

WINTER PROGRAMS AT MLCA

Online registration starts November 25th, 2009

ADULT PROGRAMS

Incredible AB's

Jan 14 – Mar 18

Thursday

7:45pm to 8:15pm (30 minutes)

10 weeks

Members \$70.00 Non-members \$85.00

Instructed by Maggie Nicole-Bowen of Wagster Fitness

During this 30 minutes intense abdominal workout you will target and increase your strength and endurance as you focus on your core.

Co-ed Boxing & Circuit Training

Jan 14 – Mar 18

Thursday

8:15pm to 9:15pm

10 weeks

Members \$90.00 Non-members \$105.00

Instructed by Maggie Nicole-Bowen of Wagster Fitness

Each class starts with a warm up then you will move into circuit training - a workout technique involving a series of exercises performed in rotation. This will prepare your endurance for the boxing component and will greatly improve your stamina and fitness level. This class is for all levels, no previous boxing experience is required you will be taught the necessary fundamentals. This is a great class to do with your spouse. *Hand raps are recommended but not necessary.*

Co-ed Body Blast

Jan 19 – Mar 9

Tuesday

6:15pm to 7:00pm

8 weeks for 45 minutes each

*Members \$70.00 Non-members \$85.00

Instructed by Caroline Mills

Do you want to blast your body back into shape or keep in shape for the New Year? This motivating workout uses a combination of cardio and strength intervals that will enhance your body definition, muscle strength and tone your overall body. ***\$15.00 member discount for the hard core fitness buff when you register for both Pilate Fusion and Co-ed Body Blast.**

Co-ed Pilate Fusion

Jan 19 – Mar 9

Tuesday

7:15pm to 8:15pm

8 weeks – 45 minutes

*Members \$80.00 Non-members \$95.00

Instructed by Caroline Mills

This class is suitable for beginners or those that have Pilates experience. Reshape, rebalance and realign your body in this Pilates based exercise class that will challenge you. Special emphasis placed on working your core. A mixture of body weight and equipment will be used. A complete fitness program should always include some element of stretching ***\$15.00 member discount for the hard core fitness buff when you register for both Pilate Fusion and Co-ed Body Blast.**

Daytime Mixed Yoga

Jan 12 – Mar 30

Tuesday

9:30am – 10:45am

12 weeks

Members \$115.00 Non-members \$130.00

Instructed by Nattacia Mantei

A Vinyasa flow of yoga postures ideal for beginner or intermediate students with a focus on posture, alignment, breath and movement for all levels to enjoy. The instructor gives variations so that beginners or intermediate yoga students will benefit. Bring a sticky yoga mat, small towel.

McKenzie Bootcamp – Co-ed

Jan 11 to Mar 22 - Monday (**no class Feb 15/10**)

and /or

Jan 13 to Mar 17 - Wednesday

9:15am – 10:15am

Members \$105.00 Non-member \$160.00 – **10 weeks** one day rate Monday or Wednesday

*Members \$120.00 *Non-members \$175.00 – **20 weeks** both Monday & Wednesday

Instructed by Shannon Little of Wagster Fitness

Are you tired at the end of the day to attend a fitness class? Join this full body workout that includes circuit training, cardio and a variety of sports conditioning to ensure that you never have the same workout twice. All fitness levels and GUYS are welcome!

***Discount if you register for both Monday and Wednesday class**

Incredible Abs (Daytime) Class

Jan 14 – Mar 25 (*no class Feb 11/10*)

Thursday

9:15am – 10:00am

10 weeks

Members \$80.00 Non-members \$95.00

Instructed by Shannon Little

Is your back bothering you a little? Do you want to have a firmer stomach? This 45 minute Incredible Abs workout targets your core and is ideal for all fitness levels. A healthier core leads to a happy back and will also increase your balance and stability.

Bollywood – Indo Jazz Fitness Class

Jan 20 – Mar 24

Wednesday

8:00pm – 9:00pm

10 weeks

Members \$105.00 Non-members \$120.00

Instructed by Studio Bollywood – I Dance

This is a fun and energetic Indian inspired class, fusing together elements of Jazz, Contemporary, Hip-Hop, Bhangara and blending them together with the rhythms of upbeat Indian Bollywood music, Experience the enigmatic and extremely popular Bollywood spectrum while getting a really good cardio workout.

COME! LETS DANCE!

CPR / Emergency First Aid

Feb 28 - Sunday

CPR / Emergency First Aid Members \$80.00 Non-members \$95.00

9:00am – 4:00pm

CPR (**only**) Members \$60.00 Non-members \$75.00

9:00am – 1:00pm

Instructed by Leona Verburg of Medistat

CPR LEVEL C Includes all information covered in Level A, plus two-rescuer CPR and infant and child skills. Students learn to quickly and confidently provide cardiopulmonary resuscitation. Covers Adult/ child/ baby choking, rescue breathing and AED training. All participants receive a Red Cross CPR/AED Skills Booklet and Certificate Card upon completion.

EMERGENCY FIRST AID - Learn basic lifesaving first aid skills and cardiopulmonary resuscitation (CPR), as well as treatment for choking and sever bleeding. Also covers strokes, heart attacks, basic AED Training and preventing disease transmission. Ideal for workplace settings. National Red Cross Certification: 3 years. Meets Occupational Health and Safety Code requirements.

KID PROGRAMS

McKenzie Tots 0 – 5 years

Feb 5 - Jun 11

Friday (no class Feb 12 or Apr 2)

10:00am to 11:30am

Members \$50.00 for 1 parent / guardian and 1 child - \$10.00 each additional child(ren)

Come and play, Have fun, Do crafts, Make friends. For parents and tots (Birth to 5). Space is limited to a maximum of 35 families and you must have a current MLCA Membership. For more information please contact Julie @ jason_julie@shaw.ca This program was formally called Mom & Tots.

Home On Your Own (8 – 12 years)

March 7

Sunday

2:15pm to 4:15pm

Members \$30.00 Non-members \$45.00

This safety awareness program is a great class that teaches children 8 – 12 years old who are mature enough to stay home on their own. They will handle non-emergency and emergency situations with confidence. This course will also talk about age appropriate situations that they may encounter outside their home regarding dealing with "strangers"; how to identify them, how to handle certain situations that they may encounter and how to stay keep safe. The course includes games, scenarios, role playing and activity book that depict everyday situations. *This Course is taught by an experience First Aid instructor.*

People Savers I & II (4 to 7 years old)

March 7

Sunday

1:00pm to 2:00pm

Members \$24.00 Non-members \$39.00

This Red Cross Safety course equips children 4 – 7 years old to recognize and deal with "strangers"; how to trust their instincts and how to keep themselves safe. They will learn when, who and how to call for help in an emergency as well as basic care for injuries until help arrives. People Savers follows the motto "Prepare, Stay Safe, Survive". The class is taught in a fun and interactive way, and includes a colouring book to reinforce the concepts taught in the course to ensure that children remember. *This Course is taught by an experience First Aid instructor.*

Cartooning for Kids (7 – 9 years)

Jan 25 – Mar 22 (no class Feb 15/10)

Monday

6:00pm to 7:00pm

8 weeks

Members \$65.00 Non-members \$80.00

Ever wanted to learn how to draw your favourite cartoon characters from comics, movies, or tv? Here's your chance to learn from a professional cartoonist. Each lesson involves drawing games, step-by-step instruction, and well known characters drawn, students' choice. All packed into one creative hour of fun.

Beauty & the Beast Drama Theatre (Ages 6-10 years)

Jan 19 – Mar 23

Tuesday

5:30pm to 6:30pm

10 weeks

Members \$110.00 Non-members \$125.00

Instructed by Centre Stage Theatre Productions professional actor

Have a budding Canadian Idol at home? Get them on stage with us and they will learn all about the biz from a musical theatre professional as they perform the family favourite Beauty and the Beast live for your family and friends. Production night held on Tuesday, March 24. Cost includes set, costumes and a small reception party.

Little Athletes – 3.5 to 5 years

Jan 18 - Mar 15 (No class Feb 15/10)

Monday

8 weeks

10:45am to 11:45am

Members \$75.00 Non-members \$90.00

Instructed by Erin Penaluna

An unparented sports class for 3.5 -5 year olds where children will learn skills and play games related to a variety of sports while interacting with each other, following direction, and most importantly having fun!

Mini Athletes – 2 to 4 years

Jan 20 - Mar 10

Wednesday

8 weeks

10:30am to 11:15am

Members \$65.00 Non-members \$80.00

Instructed by Erin Penaluna

This parented sports class for 2 to 4 year of age is where your child will learn skills and games related to a variety of sports while also learning to follow direction and most importantly have FUN! *Parents are welcome to bring younger siblings in strollers or carriers.*

TEEN PROGRAMS

Wizard of Oz Drama Class (ages 11-15 years)

Jan 19 – Mar 23

Tuesday

6:45pm to 8:00pm

10 weeks

Members \$110.00 Non-members \$125.00

Instructed by Centre Stage Theatre Productions professional actor

Want to be a triple threat? Perform the Wizard of Oz with us while learning from a musical theatre pro. No previous experience required. Production night held on Tuesday, March 24, invite your friends and family to see you live on stage. Cost includes set, costumes and a small reception party.

Red Cross Babysitting Course

Feb 11 2010

Thursday

9:00am – 4:00pm

Members \$60 .00 Non-members \$80.00

Instructed by Leona Verburg of Medistat

This babysitting course teaches 11 – 15 year olds to confidently handle the responsibilities of being a babysitter. They will learn first aid, safety tips and injury prevention for child of all ages. They will learn to diaper and feed infants as well as some basic business skills. All of this will be taught in a fun an interactive environment. Cost includes a babysitter's manual and certificate upon completion of the course. *This Course is taught by an experience First Aid instructor. Please bring a snack and lunch (peanut and nut free).*

Cartooning for Tweens 10+

Jan 25 – Mar 22 (**no class Feb 15/10**)

Monday

7:15pm to 8:30pm

8 weeks

Members \$70.00 Non-members \$85.00

Now that you have the basics of cartooning mastered would you like to know how to apply your new skills? Character design, expressions, backgrounds, gag writing, and much more are explored in an effort to have each student create their very own cartoon strip based on characters hatched from their wild imaginations.