

PRESCHOOL PROGRAMS

Pre-School Soccer

An introductory program to develop: soccer kicking, running and passing skills. Emphasis is on FUN!

Ages 3-5

Wed, Jan 11-Mar 21, 6-6:30 pm

(no class Mar 14)

Bar Code 165382

\$67 / 10 weeks

Wed, Jan 11-Mar 21, 6:30-7 pm

(no class Mar 14)

Bar Code 165383

\$67 / 10 weeks



Jazz

Introduction to basic jazz dance steps and technique through fun beginner routines and movement. **Ages 3-5**
Taught by Miss Monica

Tue, Jan 10-Mar 20, 10-10:30 am

(no class Mar 13)

Bar Code 165339

\$67 / 10 weeks

Tue, Jan 10-Mar 20, 10:30-11 am

(no class Mar 13)

Bar Code 165340

\$67 / 10 weeks

Ballet

Intro to basic ballet steps and creative movement using the RAD syllabus.

Ages 3-5. Taught by Miss Monica

Mon, Jan 9-Mar 26, 10-10:30 am

(no class Feb 20 or Mar 12)

Bar Code 165334

\$67 / 10 weeks

Mon, Jan 9-Mar 26, 10:30-11 am

(no class Feb 20 or Mar 12)

Bar Code 165335

\$67 / 10 weeks

Tue, Jan 10-Mar 20, 5:30-6 pm

(no class Mar 13)

Bar Code 165336

\$67 / 10 weeks

Tue, Jan 10-Mar 20, 6-6:30 pm

(no class Mar 13)

Bar Code 165337

\$67 / 10 weeks

Tue, Jan 10-Mar 20, 6:30-7 pm

(no class Mar 13)

Bar Code 165338

\$67 / 10 weeks

Kinder Gym

Come on out to burn off some of your child's extra energy through active songs and games in the gym. Emphasis will be on developing gross motor skills, rhythm, movement, co-ordination and social skills. **Ages 3-4**

Taught by Miss Monica.

Mon, Jan 9-Mar 26, 11:15 am-Noon

(no class Feb 20 and Mar 12)

Bar Code 165380

\$67 / 10 weeks

Parent & Tot Kinder Gym

Parents come help your little one burn off some extra energy through active songs and games in the gym. Emphasis will be on helping your child to develop gross motor skills and co-ordination. Parent participation mandatory.

Ages 2-3. Taught by Miss Monica

Tue, Jan 10-Mar 20, 11:15 am-Noon

(no class Mar 13)

Bar Code 165381

\$67 / 10 weeks

Day Camp Programs

Your kids will enjoy swimming, crafts, and lots of other activities.

Program runs 9 am-4 pm

Supervised drop-off 7:30-9 am

Supervised pick up 4-5:30 pm

\$28 / day

\$119.05 full week

Christmas Day Camp

Tue, Dec 27-Fri, Dec 30

Bar Code 164525

Mon, Jan 2-Fri, Jan 6

Bar Code 165907

March Break Day Camp

Mon, Mar 12-Fri, Mar 16

Bar Code 165809

Johnson Centre PA Day Camp

Mon, Jan 23, 9 am-4 pm

Bar Code 165807

Fri, Feb 3, 9 am-4 pm

Bar Code 165808

New Refund policy for Day Camp Programs at W. G. Johnson Centre and John Dolson Centre

Withdrawals or transfer 5 business days or less prior to the start of the course will receive no refund. Withdrawals or transfers greater than 5 business days prior to the start of the course will receive a full refund minus a 15% or \$5 (whichever is greater) administration fee whether the amount is left on the account or is to be refunded.



The Maple Leaf symbolizes programs that are eligible for a Federal Tax Credit. See page 4 for details.

YOUTH PROGRAMS

Ballet

Introduction to basic ballet steps and creative movement using the RAD Syllabus. **Ages 6-9**

Taught by Miss Monica

Tue, Jan 10-Mar 20, 4:45-5:30 pm

(no class Mar 13)

Bar Code 165388

\$67 / 10 weeks

Karate for Kids

Join Victor Del Hierro, the Shotokan sensei is a 5th degree black belt. He will guide you through the fundamentals of Karate and help develop security, self confidence, self discipline, self control, self respect and respect for others.

Ages 7-9

Sat, Jan 14-Mar 24, 9-10:15 am

(no class Mar 17)

Bar Code 165389

\$67 / 10 weeks

Tue, Jan 10-Mar 20, 6-7:15 pm

(no class Mar 13)

Bar Code 165390

\$67 / 10 weeks

AVAILABLE JANUARY 2011

Birthday Party Rentals for children 6 years of age or older. Party package includes 10 children plus 2 adults. For \$77.10 plus HST you participate in the leisure swim and have use of a room for one hour. Also includes a party pepperoni pizza.

NO EXCEPTIONS!

Saturday, Leisure Swim 1:05-2:30 pm, room rental from 2:30-3:30 pm
Sunday, Leisure Swim 1:05-2:30 pm, room rental from 2:30-3:30 pm

Admission Standards apply, additional adult \$4.07 + HST

PRETEEN PROGRAMS

Teen in Fitness

Come on out and learn the proper techniques of weight training and fitness. Led by Tara teens will have the opportunity to go through a workout in our conditioning centre and learn how to properly train their bodies without hurting or straining their muscles. Focus will be on technique. **Age 12-17**
Wed, Mar 7-28, 8:50-9:35 pm
Bar Code 165404
 \$32 / 4 weeks + HST



Bootcamp for Teens

A full body workout! As the instructor takes you through each activity you will feel your energy, strength, focus and fitness level increase. **Age 12 - 17**
Thu, Jan 12-Feb 16, 7:30-8:15 pm
Bar Code 165400
 \$45 / 6 weeks + HST
Thu, Feb 23-Mar 29, 7:30-8:15 pm
Bar Code 165402
 \$45 / 6 weeks + HST

Zumba for Teens

Ditch the workout - Join the Party! Latin rhythms and International music that creates a dynamic, exciting, and effective cardio workout. You WILL see benefits while experiencing an absolute blast of exhilarating, caloric-burning, body-energizing fun fitness moves. **Age 12-17**
Sat, Jan 14-Feb 18, 11:05 am-Noon
Bar Code 165405
 \$45 / 6 weeks + HST
Sat, Feb 25-Mar 31, 11:05 am-Noon
Bar Code 165406
 \$45 / 6 weeks + HST

Yoga for Teens

Need time to relax? Are you a young athlete who may be injury prone? Come out to our yoga program and improve your flexibility in a low stress, high benefit class. **Age 12 - 17**
Mon, Jan 9-Feb 13, 5:30-6:30 pm
Bar Code 165401
 \$45 / 6 weeks + HST
Mon, Feb 27-Apr 2, 5:30-6:30 pm
Bar Code 165403
 \$45 / 6 weeks + HST



Guitar Intro

Learn the basic principals of guitar playing. Please bring your own guitar. Music books additional cost.

Age 10-14
Sat, Jan 14-Mar 24, 9:30-11 am
 (no class Mar 17)
Bar Code 165662
 \$82.50 / 10 weeks



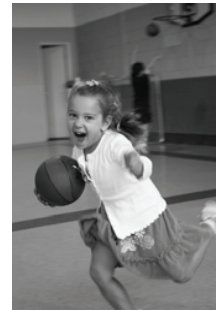
Want to Volunteer

Get involved with one of The City of Cambridge's Recreation Centres. We would love to hear from you at the W. G. Johnson Centre, call 740-4681 ext. 4457

'Bring a Buddy'

coupon can be used for any teen fitness class.
 For more information see page 34

Sportball helps children to develop socially as well as physically, through a curriculum designed to reinforce self-confidence free from the pressure of competition. In our programs, children from 16 months to 12 years of age, are provided with a skills-driven, high-energy and fun-filled curriculum. Sportball Multi-Sport programs introduce children to the fundamental concepts and skills behind eight popular ball sports: baseball, football, basketball, golf, hockey, soccer, tennis and volleyball. Using creative instruction and positive encouragement, our programs focus on the development of gross motor skills, along with balance, strength, co-ordination, stamina and timing. The equipment that we use is age-appropriate and sized just right for the children in our programs.



Parent and Tot (Age 2-3)

Sun, Jan 15-Mar 25, 9-9:45 am
 (no class Mar 18)
Bar Code 165762
 \$160 / 10 weeks



Multisport (Age 3-5)

Sun, Jan 15-Mar 25, 9:45-10:45 am
 (no class Mar 18)
Bar Code 165763
 \$160 / 10 weeks

Me and My Dad (Age 4-5)

Sun, Jan 15-Mar 25, 10:45-11:45 am
 (no class Mar 18)
Bar Code 165764
 \$160 / 10 weeks

Sportball Floor Hockey (Age 5-7)

Sun, Jan 15-Mar 25, 11:45 am-12:45 pm
 (no class Mar 18)
Bar Code 165761
 \$160 / 10 weeks

For more information on these programs, please refer to the website.

Sportball

Sports instruction for kids

www.sportball.ca

DANCE CLASSES

Salsa and Merengue Dance-Level I

Salsa and Merengue are the latest popular dances. Join us in learning these captivating, beautiful and exhilarating partner dances. Move your hips to upbeat, rhythmic Latin tunes, while getting fit, learning new skills, meeting people and HAVING FUN! Here is your opportunity to learn basic technique, timing, connection, rotations and a variety of elements in these partner dances. No partner or previous dance experience needed.



Fri, Jan 13-Feb 17, 5:45-6:45 pm

Bar Code 165272

\$45.22 Member \$56.52 Non Member + HST

Fri, Feb 24-Mar 30, 5:45-6:45 pm

(no class Mar 9)

Bar Code 165273

\$37.68 Member \$47.10 Non Member + HST

Argentine Tango

Tango is essentially walking with a partner and the music. Argentine tango is danced in an embrace that can vary from very open, in which leader and follower connect at arms length, to very closed, in which the connection is chest-to-chest, or anywhere in between.

Thu, Jan 12-Feb 16, 7-8:30 pm

Bar Code 165270

\$45.22 Member \$56.52 Non Member + HST

Thu, Feb 23-Mar 29, 7-8:30 pm

Bar Code 165271

\$45.22 Member \$56.52 Non Member + HST



Practica: Practica from 8-8:30 pm. Non-participants will pay a \$13 practica fee.

Traditional Line Dancing

DROP IN! Line Dancers will be introduced to the basics of line dancing and/or learn different steps and new sequences in a fun atmosphere. All are welcome to participate.

Instructed Classes

Beginners

Tuesdays, 2:35-3:35 pm

\$6.56 / class + HST

Advanced

Tuesdays, 1-2:30 pm

\$7.81 / class + HST

Zumba Gold

The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for novice or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Wed, Jan 11-Feb 15, 1-2 pm

Bar Code 165256

\$40.80 Member \$51 Non Member + HST

Wed, Feb 22-Mar 28, 1-2 pm

Bar Code 165257

\$40.80 Member \$51 Non Member + HST

Wed, Jan 11-Feb 15, 7-8 pm

Bar Code 165914

\$40.80 Member \$51 Non Member + HST

Wed, Feb 22-Mar 28, 7-8 pm

Bar Code 165915

\$40.80 Member \$51 Non Member + HST

New

New

Zumba

Ditch the Workout! Join the Party!

A fusion of Latin rhythms and International music that creates a dynamic, exciting, and effective cardio workout; you WILL see benefits while experiencing an absolute blast of exhilarating, caloric-burning, body-energizing fun fitness moves.

Tue, Jan 10-Feb 14, 5-5:50 pm

Bar Code 165260

\$40.80 Member \$51 Non Member + HST

Tue, Feb 21-Mar 27, 5-5:50 pm

Bar Code 165265

\$40.80 Member \$51 Non Member + HST

Thu, Jan 12-Feb 16, 5:30-6:20 pm

Bar Code 165254

\$40.80 Member \$51 Non Member + HST

Thu, Feb 23-Mar 29, 5:30-6:20 pm

Bar Code 165255

\$40.80 Member \$51 Non Member + HST

Fri, Jan 13-Feb 17, 10:05-11 am

Bar Code 165756

\$40.80 Member \$51 Non Member + HST

Fri, Feb 24-Mar 30, 10:05-11 am

Bar Code 165757

\$40.80 Member \$51 Non Member + HST

Babysitting available for a fee

Zumba Toning

A fusion of Latin rhythms and International music that creates a dynamic, exciting, and effective combo cardio and toning class using 2 and 3 lbs weights.

Mon, Jan 9-Feb 13, 5:30-6:20 pm

Bar Code 165266

\$40.80 Member \$51 Non Member + HST

Mon, Feb 27-Apr 2, 5:30-6:20 pm

Bar Code 165267

\$40.80 Member \$51 Non Member + HST

Wed, Jan 11-Feb 15, 5:30-6:20 pm

Bar Code 165263

\$40.80 Member \$51 Non Member + HST

Wed, Feb 22 Mar 28, 5:30-6:20 pm

Bar Code 165264

\$40.80 Member \$51 Non Member + HST

Babysitting available for a fee.

NEW ZUMBA DISCOUNT!

When you register for 1 Zumba class you may register for another Zumba class in the same week/same date block at half price (Johnson/TWL only)! Half price fee is for the lesser value course. All registrations must be done at the same time in person to receive discount.

Lunch Time Yoga

Yoga moves each joint through its full range of motion and simultaneously stretches and balances the body. The movements and postures of Yoga releases stiffness and tension. This class is suitable for all fitness levels.



We Love Lucy and Susan!

With over 35 years of teaching experience, Lucy & Susan are the original Hatha Yoga instructors of Cambridge. Learn from a pro during their class "Lunchtime Yoga".

Wed, Jan 11-Feb 15

11:30 am-12:20 pm

Bar Code 165283

\$36.29 Member \$45.36 Non Member +HST

Wed, Feb 22-Mar 28

11:30 am-12:20 pm

Bar Code 165284

\$36.29 Member \$45.36 Non Member +HST

Thu, Jan 12-Feb 16,

11:45 am-12:35 pm

Bar Code 165282

\$36.29 Member \$45.36 Non Member +HST

Thu, Feb 23-Mar 29

11:45 am-12:35 pm

Bar Code 165285

\$36.29 Member \$45.36 Non Member +HST

Gentle Stretch Yoga *New*

Stretch the body, relax the mind and connect to the self in this gentle version of a Hatha yoga flow class. Increase flexibility, balance, and muscle tone while focusing on moving with the breath. Props as well as modifications are used in order to allow the participant to stretch their body to the level that is right for them, in a safe and relaxed environment. This class is suitable for those who seek the benefits of yoga in a less intense practice.

Thu, Jan 12-Feb 16, 12:45-1:35 pm

Bar Code 165702

\$36.29 Member \$45.36 Non Member + HST

Thu, Feb 23-Mar 29, 12:45-1:35 pm

Bar Code 165703

\$36.29 Member \$45.36 Non Member +HST

Hatha Yoga

Sean has been practicing yoga for 18 years and has traveled to India to train. He has taught and been trained in the eight-fold path. Postures are comfortable and done in a slow and relaxed manner. He will focus on participant's concentration, meditation and breathing techniques. He also offers short lectures on yoga history.

Mon, Jan 9-Feb 13, 7-8:30 pm

Bar Code 165733

\$48 / 6 classes + HST

Mon, Feb 27-Apr 9, 7-8:30 pm

Bar Code 165734

\$48 / 6 classes + HST

Gentle

Sat, Jan 14-Feb 18, 11 am-Noon

Bar Code 165735

\$45 / 6 classes + HST

Sat, Feb 25-Mar 31, 11 am-Noon

Bar Code 165736

\$45 / 6 classes + HST

Classic Yoga

Classical yoga is the oldest form of hatha yoga. The postures are sequenced dynamically, allowing smooth movement from one posture to the next. This flow sequence allows your mind and body to work together creating a focused and calm state of being. The postures are those that can be enjoyed by both beginners and experienced yogis. Come and spend a little time refreshing your spirit!

Tue, Jan 10-Feb 14, 7:15-8:15 pm

Bar Code 165731

\$45 / 6 classes + HST

Tue, Feb 21-Mar 27, 7:15-8:15 pm

Bar Code 165732

\$45 / 6 classes + HST

Thu, Jan 12-Feb 16, 6-7 pm

Bar Code 165737

\$45 / 6 weeks + HST

Thu, Feb 23-Mar 29, 6-7 pm

Bar Code 165738

\$45 / 6 weeks + HST



Cycle

The cycle class is designed to accommodate all fitness levels and provides a challenge to all participants.



Mon, Jan 9-Feb 13, 6:30-7:15 am

Bar Code 165671

\$42 / 6 classes + HST

Mon, Feb 27-Apr 2, 6:30-7:15 am

Bar Code 165672

\$42 / 6 classes + HST

Mon, Jan 9-Feb 13, 7:30-8:15 pm

Bar Code 165663

\$42/ 6 classes + HST

Mon, Feb 27-Apr 2, 7:30-8:15 pm

Bar Code 165664

\$42 / 6 classes + HST

Tue, Jan 10-Feb 14, 7-7:45 pm

Bar Code 165665

\$42 / 6 classes + HST

Tue, Feb 21-Mar 27, 7-7:45 pm

Bar Code 165666

\$42 / 6 classes + HST

Wed, Jan 11-Feb 15, 6:30-7:15 am

Bar Code 165673

\$42 / 6 classes + HST

Wed, Feb 22-Mar 28, 6:30-7:15 am

Bar Code 165674

\$42 / 6 classes + HST

New **Wed, Jan 11-Feb 15, 9:15-10 am**

Bar Code 165891

\$42 / 6 classes + HST

New **Wed, Feb 22-Mar 28, 9:15-10 am,**

Bar Code 165892

\$42 / 6 classes + HST

Wed, Jan 11-Feb 15, 7:30-8:15 pm

Bar Code 165667

\$42 / 6 classes + HST

Wed, Feb 22-Mar 28, 7:30-8:15 pm

Bar Code 165668

\$42 / 6 classes + HST

Thu, Jan 12-Feb 16, 7:30-8:15 pm

Bar Code 165669

\$42 / 6 classes + HST

Thu, Feb 23-Mar 29, 7:30-8:15 pm

Bar Code 165670

\$42 / 6 classes + HST

Sun, Jan 15-Feb 19, 9:30-10:15 am

Bar Code 165675

\$42 / 6 classes + HST

Sun, Feb 26-Apr 1, 9:30-10:15 am

Bar Code 165676

\$42 / 6 classes + HST

New Baby Fat Boot Camp (Land)

Attention NEW Moms! Babies help you work out on land. Moms and babies will enjoy this unique, moderate-impact fitness class together. Moms will improve balance and core strength through toning, stretching and cardio training.

Wed, Jan 11-Feb 15, 10:05-11 am

Bar Code 165758

\$45.36 / 6 weeks + HST

Wed, Feb 22-Mar 28, 10:05-11 am

Bar Code 165759

\$45.36 / 6 weeks + HST

Women with Weights



Lean muscle reshapes your body and helps reduce unwanted poundage. Weight training makes you look good and feel great! Attend the aquafitness class after at no additional charge.

Wed, Jan 18-Feb 22, 7-7:45 pm

Bar Code 165723

\$48 / 6 weeks + HST

50+ MEMBERS ONLY:
REGISTER TWO WEEKS
BEFORE YOUR PROGRAM
BEGINS & RECEIVE A 10%
EARLY BIRD DISCOUNT ON
SELECTED PROGRAMS.

New Bring a Buddy

This coupon allows you to bring a friend to your registered fitness class at the WG Johnson Centre for a **FREE one-time trial**

Present coupon at front desk

Conditions:

- participation depends on space availability in the fitness class
- registered participants can use multiple coupons but only one coupon per class
- one free trial per person
- a PARQ must be completed at front desk prior to participation

Valid during the Winter 2012 session (Jan 9-Mar 31)



Pilates –All Levels

Experience the benefits of pilates, a total body workout with emphasis on strength and flexibility. Options will be given for all levels attending.

Mon, Jan 9-Feb 13, 6:45-7:40 pm

Bar Code 164747

\$51 / 6 weeks + HST

Mon, Feb 27-Apr 2, 6:45-7:40 pm

Bar Code 164748

\$51 / 6 weeks + HST



Pilates Foundations

Gentle yet profound. This class will help to improve your range of motion, strengthen around your joints and provide you with a stronger core.

Tue, Jan 10-Feb 14, 10:05-11 am

Bar Code 165274

\$40.80 Member \$51 Non Member + HST

Tue, Feb 21-Mar 27, 10:05-11 am

Bar Code 165275

\$40.80 Member \$51 Non Member + HST

Babysitting available for a fee.

Pilates – Osteoblast

Sculpt and strengthen your body and build bone density with intensity. Using body weight and resistance apparatus your "osteoblasts" will increase. The cells that form and mineralize your bones. This class is designed for women and men who are active and concerned about losing bone density.

Tue, Jan 10-Feb 14, 9-10 am

Bar Code 165276

\$36.29 Member \$45.36 Non Member + HST

Tue, Feb 21-Mar 27, 9-10 am

Bar Code 165277

\$36.29 Member \$45.36 Non Member + HST

Oops!! We cancelled it . . .

Because we didn't know that you wanted it! Don't wait – avoid disappointment; register early.

Pilates on the Ball

Similar to mat pilates, you will lengthen and strengthen your core muscles. By including the ball we will be adding more intensity and more fun! This is a mixed level class, beginner to advance. Come and enjoy!

Fri, Jan 13-Feb 17, 11:05-11:50 am

Bar Code 164749

\$51 / 6 weeks + HST

Fri, Feb 24-Mar 30, 11:05-11:50 am

Bar Code 164750

\$51 / 6 weeks + HST



Yogalates

This class is a blend of yoga postures and pilates and is available to all levels in terms of yoga and pilates. Benefits include improved strength, endurance and flexibility with a special emphasis on the core during the pilates section. A nice introduction to participants who want to try both disciplines.

Mon, Jan 9-Feb 13, 7:45-8:45 pm

Bar Code 165741

\$51 / 6 weeks + HST

Mon, Feb 27-Apr 2, 7:45-8:45 pm

Bar Code 165742

\$51 / 6 weeks + HST



Baby Fat Boot Camp

Attention NEW Mom's! No Babysitter? Babies help you work out in the pool while they get their first orientation to the water. Strong focus on tightening abdominals after childbirth. Bond with your baby and get fit!

Wed, Jan 11-Feb 15, 9:15-10 am

Bar Code 165713

\$48 / 6 weeks + HST

Wed, Feb 22-Mar 28, 9:15-10 am

(no class Mar 14)

Bar Code 165716

\$40 / 5 weeks + HST

Wed, Jan 11-Feb 15, 1-1:45 pm

Bar Code 165714

\$48. / weeks + HST

Wed, Feb 22-Mar 28, 1-1:45 pm

(no class Mar 14)

Bar Code 165715

\$40 / 5 weeks + HST

HydroPower

Looking for a different way of running instead of on the treadmill? Then try this intense deep running program. Tara will maximize your strength and endurance through this 45 min intense workout. Gain all of the benefits of running with less of an impact on your bones and joints. Participants must be comfortable in deep water to participate in this program. Please note pool space is shared with the lane swim.

Wed, Jan 18-Feb 22, 8:50-9:35 pm

Bar Code 165720

\$48 / 6 weeks + HST



Adult Learn To Swim-Beginner

Afraid of the water or the deep end? Want to learn to be comfortable enough to swim on your own? Want to make sure your kids are safe while they swim with you? This class is for you! No in water experience needed just come out and we will help you become more comfortable in the water.

Mon, Jan 9-Mar 5, 9-10 pm

Bar Code 165820

Resident \$53.48 / 8 week session + HST

Non Resident \$59.62 / 8 week session + HST

Triathlon Swim Training

An adult swim club workout. Stroke correction provided as needed. Open to teens and Adults. Must be able to swim 4 lengths of the pool.

Thu, Jan 12-Mar 29, 9-9:55 pm

Bar Code 165718

\$78 / 12 weeks+ HST

50+ Strength Training



Experience the benefits and sage execution of resistance training at an introductory level. Strengthen bones and muscles as you learn proper execution of techniques involved

in resistance training.

Thu, Jan 12-Feb 16, 11:05 am-Noon

Bar Code 165261

\$36.29 Member \$45.36 Non Member + HST

Thu, Feb 23-Mar 29, 11:05 am-Noon

Bar Code 165262

\$36.29 Member \$45.36 Non Member + HST

Flexibility and Stretching

Experience the benefits and safe execution of flexibility training. Reduce the chances of injury and/or rehab from injury with the static and dynamic stretching techniques.



Mon, Jan 9-Feb 13, 11 am-Noon

Bar Code 165258

\$36.29 Member \$45.36 Non Member + HST

Mon, Feb 27-Apr 2, 11 am-Noon

Bar Code 165259

\$36.29 Member \$45.36 Non Member + HST

Move into the Health Zone!

Experience the benefits and safe execution of balance training. Strengthen abdominal and back muscles as you increase balance and coordination.

Wed, Jan 11-Feb 15, 2-3 pm

Bar Code 165268

\$36.29 Member \$45.36 Non Member + HST

Wed, Feb 22-Mar 28, 2-3 pm

Bar Code 165269

\$36.29 Member \$45.36 Non Member + HST

Best Body Boot Camp

Come join Kara Judge as she helps you lose inches and sculpt your body like you've always wanted to. Interval cardio and muscle moves that will give you your best body ever!

Wed, Jan 11-Feb 15, 11:05 am-Noon

Bar Code 165724

\$42 / 6 weeks + HST

Wed, Feb 22-Mar 28, 11:05 am-Noon

Bar Code 165725

\$42 / 6 weeks + HST

Cardio Boot Camp

This cardio focused boot camp will have you sweating the calories away.

Sat, Jan 14-Feb 18, 8:05-9 am

Bar Code 165727

\$42 / 6 weeks + HST

Sat, Feb 25-Mar 31, 8:05-9 am

Bar Code 165730

\$42 / 6 weeks + HST

Turbo Kick

It's kickboxing, but it's so much more! It combines the best of two worlds: group exercise and martial arts. Each workout starts with a sport specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training and cool down.

Mon, Jan 9-Feb 13, 5:30-6:30 pm

Bar Code 165728

\$42 / 6 weeks + HST

Mon, Feb 27-Apr 2, 5:30-6:30 pm

Bar Code 165729

\$42 / 6 weeks + HST

Aikido

Aikido is a non-aggressive martial art that uses the opponents' energy against them. Taught by experienced 3rd Dan, Michelle Hogan, Aikido utilizes the energy of the universe (Ki). Practicing Aikido using Ki sets our School apart from others.

Wed, Jan 11-Mar 28, 7:15-8:30 pm

Bar Code 165721

\$48 / 12 weeks + HST



Computer Club

Drop in anytime during these hours to get extra practice and help, and to hang out with a great group of computer users ranging from beginner to advanced. An instructor is available to answer your questions and guide your computer concerns. This is a drop-in program: no advanced registration required.

Every Wednesday, 9:30-11 am
\$2 + HST
Babysitting available for a fee.

Introduction to Computer

Learn the basics of using a Personal Computer (PC). Parts of the computer, turning it on and off properly, understanding Windows and the Accessories, using the mouse, creating folders and shortcuts, plus more.

Instructor: Carol Bremner
Wed, Jan 11-Feb 1, 1-3 pm

Bar Code 165710
\$48.77 Member \$60.96 Non Member + HST



MS Word

One of the most popular features of Microsoft Office is their Word program. Learn the main functions of the toolbar, create and save a document, add formatting, cut, copy and paste, insert



photos and clip art, and use advanced features such as tables, Word Art, page breaks, and headers and footers

Instructor: Carol Bremner
Tue, Feb 7-28, 10 am-Noon

Bar Code 165705
\$48.77 Member \$60.96 Non Member + HST

W.G. Johnson Centre rental

information on page 81. Pool, gym and rooms available for rent. Call 519-740-4681, ext 4468 for available dates and times.

Using the Internet

Become an expert at using the Internet. Find out about web addresses, learn to search, open multiple windows, bookmark, become comfortable with Internet lingo - everything from hyperlinks to PDF files.

Instructor: Carol Bremner.

Mon, Mar 5-26, 1-3 pm

Bar Code 165709

\$48.77 Member \$60.96 Non Member + HST

Using Social Media

This course will cover various aspects Of social Media. Learn

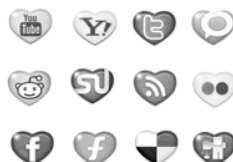
about Twitter, Facebook, Facebook Fan Pages for business, LinkedIn, Youtube, Squidoo, and Social Media time-saving tips using Hootsuite. Whether for personal or business use, you'll enjoy learning to interact online with others.

Instructor: Carol Bremner

Mon, Jan 9-Feb 6, 7-9 pm

Bar Code 165704

\$48.77 Member \$60.96 Non Member + HST



Personal Training

Your key to success!

- ❖ Sessions and packages for all fitness levels
- ❖ Prices from only \$38.25 + taxes
- ❖ Certified and professional staff
- ❖ Customized packages to help you meet your goals
- ❖ Discounts for couples and group training

For more info please call
519-740-4681
ext 4457 or 4459
or stop by the
WG Johnson Centre

Start an Internet Home Business for Under \$100

Have you Always wanted to start your own business? Traditional methods can cost thousands of dollars, even to test the waters. Why not have an Internet home business instead? For under \$100, you can begin selling your own products or services or recommend those of others and earn commission. Work when and where you choose, even change directions without a lot of expense. The perfect business model for stay-at-home moms, seniors, and the disabled, as well as those with limited funds and a dream of becoming an entrepreneur.

Instructor: Carol Bremner

Mon, Feb 27-Mar 26, 7-9 pm

Bar Code 165707

\$60.96 Member \$76.20 Non Member + HST

Using a Wordpress Website

Wordpress has become the Preferred method of having a website nice enough for business, yet easy enough for anyone to update. Learn about themes, plugins, widgets, and adding content. Create a website you'll be proud of.

Instructor: Carol Bremner

Thu, Jan 19-Feb 9, 7-9 pm

Bar Code 165708

\$48.77 Member \$60.96 Non Member + HST

Getting Traffic to Your Website

A website needs to be found on the Internet to be effective. Find out how to drive traffic to your site through articles, newsletters, search engine optimized content, and social marketing. One session will also focus on email marketing to turn that traffic into customers.

Instructor: Carol Bremner

Thu, Mar 1-22, 7-9 pm

Bar Code 165708

\$48.77 Member \$60.96 Non Member + HST



Red Cross Child Care Course / Standard First-Aid CPR – B

Childcare is a safety awareness certification for parents, grandparents, childcare workers, and teachers. The focus is on injury prevention & provides caregivers with skills to manage an emergency. New emphasis on First-Aid and CPR skills, replaces the old Child Safe Program.

Fri, Jan 13-27, 6:30-9:30 pm

Bar Code 165794

\$61.86 / 3 weeks + HST

Conversational Spanish I

Hola! Have you been thinking of traveling to a Spanish speaking country, or do you need to exercise your brain by learning another language, this program will give you a chance to use Spanish in social settings. Class size limited to 8 students. **Wed, Jan 18-Feb 22, 5:45-7:15 pm Bar Code 165278** \$46.80 Member \$58.50 Non Member + HST

Wed, Feb 29-Apr 4, 5:45-7:15 pm

Bar Code 165279

\$46.80 Member \$58.50 Non Member + HST

Babysitting available for a fee.

Conversational Spanish II

Hola! Take the next step in conversing in Spanish. This program will further enhance your use of Spanish in social settings. Class size limited to 8 students.

Wed, Jan 18-Feb 22, 7:15-8:45 pm

Bar Code 165280

\$46.80 Member \$58.50 Non Member + HST

Wed, Feb 29-Apr 4, 7:15-8:45 pm

Bar Code 165281

\$46.80 Member \$58.50 Non Member + HST

Introduction to Geocaching Workshop

Geocaching is a fun, family friendly, outdoor game played with GPS receivers. You will learn how to use your GPSr to find hidden caches. We will help you with loading geocaches into your hand-held GPSr all the way through to finding a geocache. An event specific geocache will be hidden on site so you can try your hand at discovering a cache. You are encouraged to bring your own GPS unit but a few will be available for you to try.

Tue, Mar 27, 5:45-7:45 pm *New*

Bar Code 165743

\$0 Member \$2 Non Member + HST

Learn to Use Urban Poles for Walking

Urban Poling is a combination of upper body cross-country skiing and lower body walking. Research shows that the many benefits include: 90% muscle use while walking, increased caloric expenditure, improved posture, stability and balance and decreased pressure on lower body joints during walking.

Join Barb Minnick, Cert. Kinesiologist and Urban Poling Instructor for a "how-to" education session, trial use of the poles and correct fitting. Poles can be purchased at the session.

Tue, Apr 3, 4-5 pm *New*

Bar Code 165745

\$5 Member \$7 Non Member + HST



Hearing and Hearing Aid Clinic

Free hearing screenings

Free hearing aid

clean and check

Find out all about:

Signs of hearing

loss, benefits of

treating hearing loss,

hearing protection and swim plugs.

The latest in hearing aid technology

Care Provider: Lisa Simmonds Taylor, H.I.S.

Fri, Feb 10, Noon-4 pm *New*

Bar Code 165711

FREE Member, \$2 Non Member + HST



Active Living Drop-Ins

Don't let the cool weather slow you down. Join us at one of our indoor programs. Nominal fees are applicable to some of the drop-in programs. Non-Members of the Cambridge 50+ Centres are subject to an additional \$2 day fee + HST.

Gym Walking, **Mon & Fri 2:45-4 pm**

Shuffleboard, **Wed 1-2:30 pm**

Wii Sports, **Fri 1-4pm**

Badminton, **Thu, 1:30-3:30pm**

Table Tennis, **Mon 1-4pm**

Designer Inspired Arrangements *New*

Bring spring to your Door! Learn how to create a designer inspired arrangement on a DIY budget. Container gardening is an easy way to enjoy gardening, great for your general well-being while adding beauty and value to your home. This course is designed in two parts. **Part One**, is an hour of exploring the creative ways to use materials to achieve a desired look and a demonstration of how to build a container from the bottom up. Bring a picture of the front of your house to discuss what works best for you. **Part Two**, is a 2-3 hour work shop where you can purchase materials at less than retail prices, receive some instruction and guidance to build a bouquet ready to be inserted in your planter at home. Coffee and scones will be served at the work shop.



Part One

Sun, Mar 18, 1:30-2:30 pm

Part Two

Sat, Mar 24, 10:30 am-1:30 pm

Bar Code 165690

\$28 Member \$35 Non Member + HST

TWL Special Events Trivia Pursuit Challenge

Come as a group of six or on your own. Refreshments and snacks served.

This is a licensed event: must be 19 years of age to participate.

Sat, Mar 24, 1-4 pm

Bar Code 165806

\$12 Member \$14 Non Member

ALLAN REUTER CENTRE

507 King Street
Cambridge, ON N3H 3N4
519.740.4681 ext. 4406
Open
Mon to Fri – 9 am – 4 pm

DAVID DURWARD CENTRE

62 Dickson Street
Cambridge, ON N1R 1T8
519.740.4681 ext. 4360
Open
Mon to Thu 8:30 am-9 pm
Fri 8:30 am-4 pm

G.E. TED WAKE LOUNGE W.G. JOHNSON CENTRE

31 Kribs Street
Cambridge, ON N3C 2L3
519.740.4681 ext. 4464
Open
Mon to Fri 9 am - 4 pm

WILLIAM E. PAUTLER CENTRE

1145 Concession Road
Cambridge, ON N3H 4L6
519.740.4681 ext. 4722
Open



One Membership = Three Centres

Did you know that if you are a member at one centre, you are a member at all three centres? Travel around and visit each centre. All centres are unique and have something special to offer

GREAT PROGRAMS AND EVENTS

Our 50+ Recreation Centers' offer a great variety of recreational, fitness, social, athletic and educational programs and events.

OPEN TO ALL ADULTS

All adults, 18 years and older, are welcome to register for programs.

50+ MEMBERSHIP BENEFITS

Membership is offered to adults 50 years and older. The benefits of membership include the following:

- Reduced rates on 50+ courses and events
- Early bird discount on selected programs registered in person
- Reduced rates on support services*
- Drop-in activities with nominal fee
- Access to Clubs
- Quarterly program newsletter

SUPPORT SERVICES

- Senior Day Programs
- Friendly Visiting Program
- Caregiver Support Program
- Foot Care Clinics*
- Foot Reflexology*
- Osteoporosis Support Group*

50+ MEMBERSHIPS

Annual \$25.66 + HST = \$29.00
Lifetime: \$245.56 + HST = \$277.48
Non-Member Drop-in Fee \$2.15

CLUB ACTIVITIES & PARTNERSHIPS

Ancient Mariners Canoe Club

The Ancient Mariners meet every Tuesday, year round, for fun, fellowship and invigorating but leisurely outdoor activity. In warm weather we paddle the local rivers; in winter we hike or cross-country ski. New member canoe training each February.

For more information please call Membership Chair Barb Tuck at 519-658-5827

barb.tuck@sympatico.ca

Travel Club of the Cambridge 50+ Recreation Centres

Join us on one of our day trips on luxury coach lines. Call 519.740.4681 ext. 4407 for more information. All travelers must be members of the Cambridge 50+ Recreation Centres.

Chesley Lake Campers

This active group of seniors venture to Chesley Lake, Ontario each September for a fun-filled week. 2012 Camp dates are Sep 10-14. Mark your calendar for registration end of May.

Cambridge Seniors Woodworking

Two state of the art woodworking shops for adults 55+. Visit our shops at the Allan Reuter and David Durward Centres Mon – Fri, 9 am – noon and 1 – 4 pm, or call 519-740-4681: ARC ext. 4409: DDC ext. 4579

Cambridge Senior Choir

The Choir practices at the David Durward Centre but performs regularly at special events. Call Tessie at 519-621-7952 for information about choir performances or to join the choir.

