

PRESCHOOL PROGRAMS

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, Sep 12-Dec 5, 11:15 am-Noon
(no class Oct 10)

Bar Code 164468

\$84 / 12 weeks

Parent & Tot Kinder Gym

Parents come help your little ones to burn off some of your child's 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, Sep 13-Nov 29, 11:15 am-Noon

Bar Code 164469

\$84 / 12 weeks

Jazz

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

Taught by Miss Monica

Tue, Sep 13-Nov 29, 10-10:30 am

Bar Code 163601

\$80.40 / 12 weeks

Tue, Sep 13-Nov 1, 10:30-11 am

Bar Code 163602

\$80.40 / 12 weeks

Ballet

Introduction to basic ballet steps and creative movement using the RAD syllabus. **Ages 3-5**

Taught by Miss Monica

Mon, Sep 12-Dec 5, 10-10:30 am

(no class Oct 10)

Bar Code 163596

\$80.40 / 12 weeks

Mon, Sep 12-Dec 5, 10:30-11 am

(no class Oct 10)

Bar Code 163597

\$80.40 / 12 weeks

Tue, Sep 13-Nov 29, 5:30-6 pm

Bar Code 163598

\$80.40 / 12 weeks

Tue, Sep 13-Nov 29, 6-6:30 pm

Bar Code 163599

\$80.40 / 12 weeks

Tue, Sep 13-Nov 29, 6:30-7 pm

Bar Code 163600

\$80.40 / 12 weeks

Pre-School Soccer

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

Ages 3-5

Wed, Sep 14-Nov 30, 6-6:30 pm

Bar Code 164470

\$80.40 / 12 weeks

Wed, Sep 14-Nov 30, 6:30-7 pm

Bar Code 164477

\$80.40 / 12 weeks



Johnson Centre PD Day Camp

Your kids can enjoy swimming, crafts, games, and lots more at the PD Day Camp.

Fri, Sep 23, 9 am-4:00 pm

Bar Code 164519

\$28

Fri, Nov 18, 9 am-4:00 pm

Bar Code 164520

\$28

Christmas Day Camp

We will be running our Day Camp program over the Winter Break! Your kids will enjoy swimming, crafts, and lots of other activities

Tue-Fri, Dec 27-30, 9 am-4 pm

Bar Code 164525

\$28 / day

Mon-Fri, Jan 2-Jan 6, 9 am-4 pm

Bar Code 164526

\$28 / day

“Withdrawals or transfers 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, Sep 13-Nov 29, 4:45-5:30 pm

Bar Code 163612

\$84 / 12 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

Tue, Sep 13-Dec 13, 6-7 pm

Bar Code 164426

\$84 / 14 weeks

Sat, Sep 17-Dec 17, 9-10:15 am

Bar Code 164425

\$84 / 14 weeks

Basketball for Youth

Learn shooting, passing and teamwork skills while learning the rules of basketball. Children will focus on a new skill each week through drills. A game of basketball will be played at the end of the class. Indoor running shoes required.

Mon, Sep 12-Nov 7, 4:30-5:30 pm

Bar Code 164591

\$42 / 8 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 519-740-4681 ext. 4457

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. Ages 12-17

Wed, Nov 2-23, 8:50-9:35 pm
Barcode 164489

\$32 / 4 weeks + HST



Bootcamp for Teens *New*

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 to 17 years)

Thu, Sep 15-Oct 27, 7:30-8:15 pm
Barcode 164385

\$52.50 / 7 weeks + HST

Thu, Nov 3-Dec 15, 7:30-8:15 pm
Barcode 164423

\$52.50 / 7 weeks + HST

Yoga for Teens *New*

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 to 17 years)

Mon, Sep 12-Oct 31, 5:30-6:30 pm
Barcode 164422

\$52.50 / 7 weeks + HST

Mon, Nov 7-Dec 19, 5:30-6:30 pm
Barcode 164424

\$52.50 / 7 weeks + HST



Zumba for Teens

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 in 55-minutes of exhilarating, caloric-burning, body-energizing fun fitness moves. Ages 12-17

Sat, Sep 17-Oct 29, 11:05 am-Noon
Barcode 164490

\$52.50 / 7 weeks + HST

Sat, Nov 5-Dec 17, 11:05 am-Noon
Barcode 164491

\$52.50 / 7 weeks + HST

BIRTHDAY PARTIES AVAILABLE

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 2:35-3:30 pm

Admission Standards apply, additional adult \$4.07 + HST

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 519-740-4681 ext. 4457

Guitar Intro

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

Ages 10-14

Sat, Sep 17-Dec 3, 9:30-11 am
Barcode 164467

\$99 / 12 weeks



Gym Drop-In Programs

Drop-in Rates Apply

Sunday	Open Gym 11:35am-1:30pm Basketball 1:35-3 pm
Monday	Open Gym 8:35-9:45 pm
Tuesday	Open Gym 12:05-1 pm Open Gym 4:05-5 pm Open Gym 9:00-9:45 pm
Wednesday	Open Gym 9:00-9:45 pm
Thursday	Open Gym 11:05am-1pm Open Gym 4:05-5 pm
Friday	Open Gym 4:05-6 pm
Saturday	Open Gym 1:35-3:30 pm Open Gym 6:35-7:55 pm

Babysitting Hours

Monday	8 to 11:30 am	5:30 to 7:30 pm
Tuesday	8 to 11:30 am	5 to 8 pm
Wednesday	8 to 11:30 am	5 to 7:30 pm
Thursday	8 to 11:30 am	5 to 7:30 pm
Friday	8 to 11:30 am	

\$2.25 per child per hour

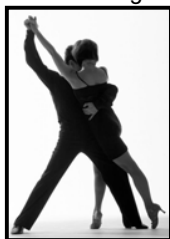
50+ Members receive a discount on the following programs offered at the Johnson Centre/TWL (pages 33-39):

- Salsa & Meringue
 - Argentine Tango
 - all Zumba classes
 - Lunch Time Yoga
 - Pilates Foundations
 - 50+ Strength Training
 - 50+ Balance Improvement
 - Move into the Health Zone
 - all Computer Classes
 - Spanish I & II
 - Getting Published
 - Pilates - Osteoblast
 - drop-in programs
 - all special events
- 519-740-4681 ext.4464**

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, Sep 16-Oct 28, 5:45-6:45 pm
Bar Code 163881
 \$65.94 / 7 weeks + HST
Fri, Nov 4-Dec 16, 5:45-6:45 pm
Bar Code 163882
 \$65.94 / 7 weeks + 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, Sep 15-Oct 27, 7-8:30 pm
Bar Code 163879
 \$65.94 / 7 weeks + HST
Thu, Nov 3-Dec 15, 7-8:30 pm
Bar Code 163880
 \$65.94 / 7 weeks + HST



Practica: Practica from 8-8:30 pm. Non-participants will pay a \$10 practica fee.

Traditional Line Dancing

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

Instructed Classes

Beginners
Starts Tue, , 2:35-3:35 pm
 \$6.56 / class + HST

Advanced
Starts Tue, , 1-2:30 pm
 \$7.81 / class + HST

ZUMBA DISCOUNTS
 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.

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 in 55-minutes of exhilarating, caloric-burning, body-energizing fun fitness moves.

Tue, Sep 13-Oct 25, 5-5:50 pm
Bar Code 163853
 \$59.50 / 7 weeks + HST
Tue, Nov 1-Dec 13, 5-5:50 pm
Bar Code 163858
 \$59.50 / 7 weeks + HST

Thu, Sep 15-Oct 27, 5:30-6:20 pm
Bar Code 163861
 \$51 / 6 weeks + HST
Thu, Nov 3-Dec 15, 5:30-6:20 pm
Bar Code 163862
 \$59.50 / 7 weeks + 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, Sep 12-Oct 24, 5:30-6:20 pm
 (no class Oct 10)
Bar Code 163859
 \$51 / 6 weeks + HST
Mon, Oct 31-Dec 12, 5:30-6:20 pm
Bar Code 163860

\$59.60 / 7 weeks + HST
Wed, Sep 14-Oct 26, 5:30-6:20 pm
Bar Code 163856
 \$59.50 / 7 weeks + HST
Wed, Nov 2-Dec 14, 5:30-6:20 pm
Bar Code 163857
 \$59.50 / 7 weeks + HST
Babysitting available for a fee.

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, Sep 14-Oct 26, 7-8 pm
Bar Code 163863
 \$59.50 / 7 weeks + HST
Wed, Nov 2-Dec 14, 7-8 pm
Bar Code 163864
 \$59.50 / 7 weeks + HST

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, Sep 14-Oct 26, 11:30 am-12:20 pm

Bar Code 163874

\$52.92 / 7 weeks +HST

Wed, Nov 2-Dec 14, 11:30 am-12:20 pm

Bar Code 163875

\$52.92 / 7 weeks + HST

Thu, Sep 15-Oct 27, 11:45 am-12:35 pm

Bar Code 163873

\$52.92 / 7 weeks + HST

Thu, Nov 3-Dec 15, 11:45 am-12:35 pm

Bar Code 163876

\$52.92 / 7 weeks + HST

Yoga

Wed, Sep 14-Oct 26, 7-8:30 pm

Bar Code 163830

\$59.50 / 7 weeks + HST

Wed, Nov 9-Dec 21, 7-8:30 PM

Bar Code 163831

\$59.50 / 7 weeks + HST

Oops! We cancelled it . . .

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

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, Sep 12-Oct 31, 7-8:30 pm

(no class Oct 10)

Bar Code 163824

\$56 / 7 classes + HST

Mon, Nov 7-Dec 12, 7-8:30 pm

Bar Code 163825

\$56 / 7 classes + HST

Gentle

Sat, Sep 17-Oct 29, 11 am-Noon

Bar Code 163826

\$49 / 7 classes + HST

Sat, Nov 5-Dec 17, 11 am-Noon

Bar Code 163827

\$49 / 7 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, Sep 13-Oct 25, 7:15-8:30 pm

Bar Code 163822

\$52.50 / 7 classes + HST

Tue, Nov 1-Dec 13, 7:15-8:30 pm

Bar Code 163823

\$52.50 / 7 classes + HST

Thu, Sep 15-Oct 27, 6-7 pm

Bar Code 163828

\$49 / 7 weeks + HST

Thu, Nov 3-Dec 15, 6-7 pm

Bar Code 163829

\$49 / 7 weeks + HST



Cycle

Whether you are a grandmother committed to staying fit or a student looking to burn off steam, you can reap the benefits of joining a cycling class. The cycle class is designed to accommodate all fitness levels and provides a challenge to all participants.



Mon Sep 12-Oct 31, 6:30am-7:15am

(no class Oct 10)

Bar Code 164632

\$45.50 / 7 classes + HST

Mon Nov 7-Dec 19, 6:30am-7:15am

Bar Code 164633

\$45.50 / 7 classes + HST

Wed, Sep 14-Oct 26 6:30am-7:15am

Bar Code 164634

\$45.50 / 7 classes + HST

Wed, Nov 2-Dec 14 6:30am-7:15am

Bar Code 164635

\$45.50 / 7 classes + HST

Mon, Sep 12-Oct 31, 7:30-8:15 pm

Bar Code 164502

\$45.50 / 7 classes + HST

Mon, Nov 7-Dec 19, 7:30-8:15 pm

Bar Code 164503

\$45.50 / 7 classes + HST

Tue, Sep 6-Oct 18, 7 – 7:45 pm

Bar Code 164504

\$45.50 / 7 classes + HST

Tue, Oct 25-Dec 6, 7:30-8:15 pm

Bar Code 164505

\$45.50 / 7 classes + HST

Wed, Sep 14-Oct 26, 7:30-8:15 pm

Bar Code 164506

\$45.50 / 7 classes + HST

Wed, Nov 2-Dec 14, 7:30-8:15 pm

Bar Code 164507

\$45.50 / 7 classes + HST

Thu, Sep 15-Oct 27, 7:30-8:15 pm

Bar Code 164508

\$45.50 / 7 classes + HST

Thu, Nov 3-Dec 15, 7:30-8:15 pm

Bar Code 164509

\$4*-5.50 / 7 classes + HST

Pilates Beginners

This program is designed to lengthen and tone core muscles improve your posture, correct muscular imbalances and so much more.

Mon, Sep 12-Oct 31, 6:45-7:40 pm
(no class Oct 10)

Bar Code 163815
\$59.50 / 7 weeks + HST

Mon, Nov 7-Dec 12, 6:45-7:40 pm

Bar Code 163816
\$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, Sep 13-Oct 25, 10:05-11 am
Bar Code 163867

\$59.50 / 7 weeks + HST

Tue, Nov 1-Dec 13, 10:05-11 am

Bar Code 163868
\$59.50 / 7 weeks + HST
Babysitting available for a fee.

New 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, Sep 13-Oct 25, 9-10 am

Bar Code 163888
\$59.50 / 7 weeks + HST

Tue, Nov 1-Dec 13, 9-10 am

Bar Code 163889
\$59.50 / 7 weeks + HST

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, Sep 16-Oct 28, 11:05-11:50 am

Bar Code 163819
\$59.50 / 7 weeks + HST

Fri, Nov 4-Dec 16, 11:05-11:50 am

Bar Code 164501
\$59.50 / 7 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.

Mon, Sep 12-Oct 31, 7:45-8:45 pm
(no class Oct 10)

Bar Code 163820
\$59.50 / 7 weeks + HST

Mon, Nov 7-Dec 12, 7:45-8:45 pm

Bar Code 163821
\$51 / 6 weeks + HST

2nd annual Fall Round-up! **yippee**

FREE for FIRST TIMERS

yee-haw

Howdy Partner!

The instructors and staff at the WG Johnson Centre/TWL would like to invite all first timers to participate in our fall line-up of adult fitness classes, workshops, wellness seminars and specialty classes for **FREE!***

Sept 19-24

* conditions: must be a first time user of the particular class, workshop or seminar at Johnson Centre/TWL; all participants must check in at the front desk upon arrival for identification, and clearance; participation is not guaranteed; participation depends on space availability; adult (18+) programs only; does not include any water-based programs except for aquafitness;

FITNESS CLASSES

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, Sep 14-Oct 26, 9:15-10 am

Bar Code 164492

\$50.23 / 7 weeks + HST

Wed, Nov 2-Dec 14, 9:15-10 am

Bar Code 164495

\$50.23 / 7 weeks + HST

Wed, Sep 14-Oct 26, 1-1:45 pm

Bar Code 164493

\$50.23 / 7 weeks + HST

Wed, Nov 2-Dec 14, 1-1:45 pm

Bar Code 164496

\$50.23 / 7 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, Oct 19-Nov 23, 8:50-9:35 pm

Bar Code 164488

\$48 / 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, Sat Sep 14-Dec 14, 7:15-8:30 pm

Bar Code 164604

\$56 / 14 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, Sep 15-Oct 27, 11 am-Noon

Bar Code 163854

\$52.92 / 7 weeks + HST

Thu, Nov 3-Dec 15, 11 am-Noon

Bar Code 163855

\$52.92 / 7 weeks + HST



50+ Balance Improvement

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

Mon, Sep 12-Oct 24, Noon-1 pm

(no class Oct 10)

Bar Code 163877

\$45.36 / 6 weeks + HST

Mon, Oct 31-Dec 12, Noon-1 pm

Bar Code 163878

\$52.92 / 7 weeks + 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, Sep 14-Oct 26, 6-7 pm

Bar Code 164058

\$52.92 / 7 weeks + HST

Wed, Nov 2-Dec 14, 6-7 pm

Bar Code 164059

\$52.92 / 7 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, Sep 19-Nov 21, 9-10 pm

(no class Oct 10)

Bar Code 164598

Resident \$53.48 / 9 week session + HST

Non Resident \$59.62 / 9 week session + HST

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, Sep 15-Nov 10, 9-9:55 pm

Bar Code 164486

\$60 / 9 weeks+ HST

50+ Rec Members

receive a discount on the following programs offered at the Johnson Centre/TWL (pages 33-39):

- Salsa & Meringue
- Argentine Tango
- all Zumba classes
- Lunch Time Yoga
- Pilates Foundations
- 50+ Strength Training
- 50+ Balance Improvement
- Move into the Health Zone
- all Computer Classes
- Spanish I & II
- Getting Published
- Pilates - Osteoblast
- Drop-in programs
- All special events

For info please call
519-740-4681 ext. 4464

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, Sep 14-Oct 19, 7-7:45 pm

Bar Code 164481

\$48 / 6 weeks + 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, Sep 14-Oct 26, 11:05 am-Noon

Bar Code 164482

\$45.50 / 7 weeks + HST

Wed, Nov 2-Dec 14, 11:05 am-Noon

Bar Code 164483

\$45.50 / 7 weeks + HST

Cardio Boot Camp

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

Sat, Sep 17-Oct 29, 8:05-9 am

Bar Code 164485

\$45.50 / 7 weeks + HST

Sat, Nov 5-Dec 17, 8:05-9 am

Bar Code 164573

\$45.50 / 7 weeks + HST

Learn to Run

This is for beginners and those who run 2-3kms who want to learn or improve their running. Participants will receive lots of encouragement, training on injury prevention and health information.

Mon, Wed, Sep 12-Oct 19, 7-8:15 pm

Bar Code 164484

\$60 / 12 classes + 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, Sep 12-Oct 31, 5:30-6:30 pm

(no class Oct 10)

Bar Code 164570

\$45.50 / 7 weeks + HST

Mon, Nov 7-Dec 19, 5:30-6:30 pm

Bar Code 164571

\$45.50 / 7 weeks + HST



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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, starting

Sep 14, 9:30-11 am

\$2 + HST

Babysitting available for a fee.

Congratulations

Bonnie and Cathy on receiving your Certificates!



Pictured above, Bonnie Munson with her Digital Camera Certificate

New

Virtual Assistant Certificate

Get your personal and/or business computer skills updated with by taking the following 6 programs: Running a Virtual Assistant Business; Start an Internet Home Business; Content Creation; Using Social Media; Getting Traffic To Your Website; Teleseminars; Membership Sites. Other certificate programs are still available, ask your instructor for details.

Membership Sites

Membership sites allow a business person to build community and share their expertise. Using simple Internet tools, you can quickly start your own.

Mon, Nov 7-28, 7 - 9 pm

Bar Code 163924

\$60.96 / 4 weeks + HST

MS Word Tools

MS Word is a program used to create text documents. Its built-in functions can enhance your letters, brochures, posters etc. Discover highlighting, cutting and pasting, formatting, spelling and grammar checking. Insert pictures, text boxes, symbols, and tables. Use Toolbars to quickly access frequently used functions. This course covers both basic and more advanced procedures.

Mon, Dec 5, Tue, Dec 6 & Thu, Dec 8

6-8 pm

Bar Code 163921

\$45.72 / 3 classes + HST

Babysitting available for a fee.

Running a Virtual Assistant Business

This course will cover what it means to be a virtual assistant and offer services to small business owners from your own home via the Internet. You will learn how to assess your skills, decide which ones to offer clients, how to find the right clients, what to charge for your services, what types of billing to use, equipment needed, and much more.

Tue, Sep 13-Oct 4, 7-9 pm

Bar Code 163920

\$60.96 / 4 weeks + HST

Content Creation

In this course, you will learn the difference between writing for the web and writing offline. You will find out what keywords are, why they are important, how to use them in your content to help with search engine ranking, and the importance of back linking to get more website traffic. You will learn how to research quickly, write articles, press releases, blog posts, and how to create transcripts from audio.

Thu, Sep 15-Oct 6, 7-9 pm

Bar Code 163922

\$60.96 / 4 weeks + HST

Teleseminars

Using your telephone, you can record an interview, training, or seminar as a teleseminar, then use the Internet to access an mp3 recording of your session. Turn that teleseminar into a product to sell or use as a promotional tool. Free Internet tools make the process simple and fun.

Thu, Oct 13-Nov 3, 7-9 pm

Bar Code 163923

\$60.96 / 4 weeks + HST

Gmail

Gmail is a popular Internet email program owned by Google. Learn to set up a Gmail account that will allow you to send and retrieve your email from any computer. Attach files and photos, send to more than one person at a time, even conduct a live text chat right from your Gmail account.

Tue, Oct 18, 7-9 pm

Bar Code 163925

\$15.24 + HST

50+ Rec Members receive a discount on the following programs offered at the Johnson Centre/TWL (pages 33-39):

- Salsa & Meringue
- Argentine Tango
- all Zumba classes
- Lunch Time Yoga
- Pilates Foundations
- 50+ Strength Training
- 50+ Balance Improvement
- Move into the Health Zone
- all Computer Classes
- Spanish I & II
- Getting Published
- Pilates - Osteoblast
- Drop-in programs
- All special events

For info please call 519-740-4681 ext. 4464

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, Nov 4-18, 6:30-9:30 pm

Bar Code 164597

\$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, then this program will give you a chance to use Spanish in social settings such as greetings, expressing needs, ordering meals and much more. Class size limited to 8 students.

Wed, Sep 14-Oct 26, 5:45-7:15 pm

Bar Code 163869

\$68.25 / 7 weeks + HST

Wed, Nov 2-Dec 14, 5:45-7:15 pm

Bar Code 163870

\$68.25 / 7 weeks + 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, Sep 14-Oct 26, 7:15-8:45 pm

Bar Code 163871

\$68.25 / 7 weeks + HST

Wed, Nov 2-Dec 14, 7:15-8:45 pm

Bar Code 163872

\$68.25 / 7 weeks + 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, Oct 4, 5:45-7:45 pm

Bar Code 163930

\$2 + HST

Getting Published in Magazine or Newspaper

Do you have flare with the written word or an interesting story to tell but don't know how to get started? Local writer Tess Bridgwater has been a successful freelance writer for more than 20 years and will share some of her tips for getting published. This five week course is designed to make you a published writer.

Tue, Sep 13-Oct 4, 1-2:30 pm

Bar Code 163948

\$45.36 / 4 weeks + HST

Prevention Strategies to Remain Independent

Important information for seniors about the help that is available to them in the community, allowing them to remain independent in their own homes.

Tue, Sep 27, 1:30-2:30 pm

Bar Code 163890

\$2 + HST

Film: "I Have Alzheimer Disease"

New

A must-see film about the experience of living with Alzheimer's disease including symptoms, daily frustrations and tips for living well. Discussion to follow..

Thu, Sep 8, 1-2:30 pm

Bar Code 163931

\$2 + HST

Learning About Memory Loss

New

An informal talk for people who are worried about their memory or have symptoms of memory loss, and those who would like to know more about the difference between dementia and normal aging.

Thu, Nov 10, 1-2:30 pm

Bar Code 163932

\$2 + HST

Travel Insurance Info Session

Attend this informative session that help you to become better informed so you are prepared to ask the right questions when you purchase insurance. Topics covered: Why purchase travel insurance? How do I prepare to get travel insurance? Understanding the stability clause! Travel insurance options (Emergency Medical Insurance, Trip Cancellation & Interruption, All Inclusive Insurance, Expatriate Insurance, Visitors to Canada). What affects the cost of travel insurance?

Tue, Oct 18, 10:30-11:30 am

Bar Code 163953

\$2 + HST

Ted Wake Lounge Special Events

Octoberfest

Enjoy an authentic Oktoberfest meal and German folk dancers

Fri, Oct 21, 12:30 pm

Bar Code 163849

\$22 per person

Pumpkinfest

Join us for a fun filled afternoon celebrating the season and everything pumpkin. There will be pumpkin pie, pumpkin cheesecake and so many more fall treats and refreshments. Entertainment also provided.

Thu, Nov 3, 12:30 pm

Bar Code 163851

\$9 per person

Christmas Dinner

Enjoy a traditional Christmas Dinner at the Ted Wake Lounge. Menu includes turkey, dressing, mashed potatoes, veggies, assorted deserts, coffee and tea. Special Entertainment Erick Traplin and a silent auction.

Tue, Dec 20, 12:30 pm

Bar Code 163852

\$22 per person

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, **Wed 1-4pm**

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

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