

Georgina Spring Leisure Guide 2010

ADULT PROGRAM DESCRIPTIONS & SCHEDULE

ADULT BASIC ACRYLICS ©

This is a beginner class designed for people who would like to experience the effects of this diverse medium. These classes are strictly for those who just want to ease into a painting class, make new acquaintances and enjoy the morning. There will be two sessions each with a different theme.

BADMINTON, BASKETBALL & FLOOR HOCKEY DROP-IN

These are drop-in programs/pay as you play time slots. Equipment is provided, just come and hit some birdies, shoot some hoops or take some shots on net. See schedule for available times.

BALLROOM DANCING ©

This fun ten-week beginner level course will introduce you to four popular social dances (Waltz, Foxtrot, Jive and Meringue), and will be taught with patience and enthusiasm. You and your partner will learn to move on the dance floor as one, with rhythm and style.

BOAT OPERATORS COURSE

Everyone who operates a power boat as of Sept 15, 2009 will need the Pleasure Craft Operator's Card. Any power driven vessel, large or small.

BELLY DANCING ©

Belly Dance is the common term used to describe the ancient and very feminine dance form that comes from the Middle Eastern area of our world. This dance created for women by women. No impact or equipment needed. Learn to dance while toning your body and boosting your feminine self esteem.

CARDIO HIP HOP ©

Hip Hop your way to the latest dance craze, these energetic up beat, funky dance steps will have you moving to the music a whole new way. Grab your running shoes and get ready to bust a move.

FITNESS BABY FIT (Parent & Infant) © ©

Here is a fitness class where babies are welcome - and new moms have a chance to meet other new moms in Georgina. Babies must be less than 1 year of age or not crawling. The class includes a cardiovascular aerobic workout and a muscle conditioning segment that uses the baby as resistance.

FITNESS - BALANCE BALL © ✱

Do you want to become lean and fit? Join us on Saturday mornings for a great balance ball and weight workout with the bonus of some aerobics. For all ages and different fitness levels. Bring your own balance ball & hand weights.

FITNESS – CARDIO BOOTCAMP ©

A fun, high energy one hour cardio and strength training class involving aerobic, anaerobic and callisthenics exercises. Circuit/interval training, running drills, muscle conditioning exercises, and exercises using your body weight and different equipment will give your body an all-over workout. Anyone can do this class from beginner to advanced as all exercises can be modified. Every class is different so you never get bored. No special equipment needed.

FITNESS – CARDIO KICK BOX NON-CONTACT © ✱

No Contact Cardio Kick-boxing Class. Learn how to air kick box with punches jabs kicks and blocks.....no physical contact. A workshop that will get you in shape teach you how to defend yourself and build self confidence and have fun! There are Beginner and Intermediate level courses available to suit your skill level.

FITNESS – "MIX IT UP" ©



This fitness class will provide you a little of everything...Step, Muscle Conditioning, Balance Ball, Weights, Aerobics & Circuit. Work at your own level and increase you well-being.

FITNESS PASS

Introducing a fitness pass that can be used for some of the Town of Georgina Fitness Programs (excluding Aquatics). Programs included in this promotion are Bootcamp, Balance Ball Fitness, Mix it Up, Kickboxing and Stretch & Strength. You can buy a pass that offers you the ability to go to any of the classes (i.e. buy our 30 class pass and attend any variety of the above noted classes), The instructor will mark off your pass for every class you attend. When your 30 classes are used up, you will need to purchase a new card.

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FITNESS - STRETCH & STRENGTH ©

This class involves callisthenic, resistance training and flexibility exercises with the use of tools such as dumbbells, exercubes. This class is designed to increase endurance, build caloric-burning muscle tissue, prevent back problems, tone muscles and more. All fitness levels are welcome. Bring your own dumbbells or borrow from the Gym. Bring a mat and/or towel.

FITNESS - YOGALATES ©

The blend of Yoga and Pilates is a very innovative way to strengthen both the mind and the body through the combination of poses and exercises. You will work on breathing techniques, strengthening core muscles, improving your posture, flexibility and relieving your stress.

FITNESS - ZUMBA ©

Zumba has become one of the fastest growing Latin dance-inspired fitness crazes in North America and has reached far and wide across the world. People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Reggae town and other Latin beats.

FAMILY ZUMBA (Parent & Child 8+yrs) 🎵 ©

Join this program with your child and enjoy the Zumba experience together. Zumba has become one of the fastest growing Latin dance-inspired fitness crazes in North America and has reached far and wide across the world. People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Reggae town and other Latin beats.

GOLF CLINICS

Improve your Golf skills, learn from a CPGA Golf Professional. Bring your own clubs or borrow from the Centre. Includes 1 large basket of balls each day (4 day program).

LINE DANCING ©

What better way to Boot Scoot your booty into shape and have fun doing it! One class a week, fun and easy to learn. No experience necessary. Great music and great exercise.

SPORTS OF ALL SORTS (16+yrs)

This is a free drop in program. Come and enjoy a different sport each day. Participants will receive a brief introduction and then have the rest of the time to play. Example of sports offered: Bball, Badminton, FI Hockey, Vball, Soccer, Football. See the Gym for weekly schedule.

URBAN POLE WALKING

Also called Nordic walking, Exerstriding or pole walking - combines the aerobic and strength building benefits of cross-country skiing with the walking. This full-body, cardiomyuscular exercise engages the arms, back, stomach and legs. Poling is a year-round activity designed to be done in urban settings (sidewalk and street surfaces). Poles are provided, just come ready for the weather (rain or shine).

WOMEN'S SELF-DEFENCE CLASSES ©

These classes are to show woman how to properly protect themselves if they're attacked and show how to escape safely. These six days have themes and follow a progression towards the worst case scenario and how to get away safely.

WALKING CLUB

For those physically active adults that are looking for some exercise inside out of the weather elements. Come and walk with some friends.

PROGRAM	AGE	LOCATION	DAY	TIME	START	COST	DUR.
ADULT BASIC ACRYLICS 🎨 ©	18+	Ice Palace MPR	Sat	10:00am-11:30am	09-Apr 14-May	\$44 + mat \$44 + mat	4 wks 4 wks
BADMINTON (pay as you play)	16+	Georgina Gym	Fri	7:30pm-10:00pm	Ongoing	\$2/day	25-Jun
BASKETBALL (pay as you play)	16-19 20+	Georgina Gym Georgina Gym	Mon Thurs	8:00pm-10:00pm 8:00pm-10:00pm	Ongoing	\$2/day \$2/day	21-Jun 24-Jun
BALLROOM DANCING ©	18+	Ice Palace Hall	Tues	8:15pm-9:45pm	06-Apr	\$75	10 wks
BELLY DANCING ©	18+	Stephen Leacock Thtr. Stephen Leacock Thtr.	Wed Wed	6:45pm-7:45pm 8:00pm-9:00pm	21-Apr 21-Apr	\$48 \$48	8 wks 8 wks
BOAT OPERATORS COURSE	8+yrs	Ice Palace MPR Ice Palace MPR Ice Palace MPR	Wed Wed Wed	6:00pm-9:00pm 6:00pm-9:00pm 6:00pm-9:00pm	07-Apr 05-May 02-Jun	\$70 \$70 \$70	3 hrs 3 hrs 3 hrs
CARDIO HIP HOP ©	18+	Stephen Leacock Thtr	Thurs	8:00pm-9:00pm	01-Apr	\$44	8 wks
FITNESS BABY FIT 👶 ©	Parent & Infant	Ice Palace Hall Ice Palace Hall	Tues Tues	11:00am-12:00pm 11:00am-12:00pm	06-Apr 18-May	\$48 \$48	6 wks 6 wks
FITNESS BALANCE BALL ©🌟	16+	Georgina Gym	Sat	9:15am-10:15am	27-Mar 15-May	\$33 \$27.50	6 wks 5 wks
FITNESS CARDIO BOOTCAMP©	16+	Georgina Gym Georgina Gym	Tues Fri	7:30pm-8:30pm 6:30pm-7:30pm	06-Apr 09-Apr	\$44 \$44	8 wks 8 wks
FITNESS CARDIO KICK BOX NON-CONTACT ©🌟	Beg 16+ Inter 16+ Beg 16+ Inter 16+ Beg 16+ Inter 16+ Beg 16+ Inter 16+	Pefferlaw Lions Hall Pefferlaw Lions Hall Sutton Multi-Use MPR Sutton Multi-Use MPR Ice Palace Hall Ice Palace Hall Pefferlaw Lions Hall Pefferlaw Lions Hall	Mon Mon Tues Tues Thurs Thurs Fri Fri	7:00pm-8:00pm 8:00pm-9:00pm 6:00pm-7:00pm 8:00pm-9:00pm 6:00pm-7:00pm 8:00pm-9:00pm 7:00pm-8:00pm 8:00pm-9:00pm	19 Apr 19 Apr 20 Apr 20 Apr 22 Apr 22 Apr 23 Apr 23 Apr	\$44 \$44 \$44 \$44 \$44 \$44 \$44 \$44	8 wks 8 wks 8 wks 8 wks 8 wks 8 wks 8 wks 8 wks

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PROGRAM	AGE	LOCATION	DAY	TIME	START	COST	DUR.
FITNESS "MIX IT UP" ©	16+	Sutton Multi-Use	Tues	7:00pm-8:00pm	23-Mar 04-May	\$33 \$27.50	6 wks 5 wks
FITNESS PASS	16+	To be used for Fitness classes within the Town of Georgina programs (Bootcamp, Balance Ball, Mix it up, Kickboxing & Stretch & Strength)			30 FITNESS PASS package \$150.00		
FITNESS © STRETCH & STRENGTH	16+	Ice Palace Hall	Tues	7:15pm-8:15pm	13-Apr	\$44	8 wks
FITNESS YOGALATES ©	16+	Ice Palace MPR	Mon	7:00pm-8:00pm	12-Apr	\$45	6 wks
		Ice Palace MPR	Mon	8:00pm-9:00pm	12-Apr	\$45	6 wks
		Ice Palace MPR	Mon	7:00pm-8:00pm	31-May	\$37.50	5 wks
		Ice Palace MPR	Mon	8:00pm-9:00pm	31-May	\$37.50	5 wks
FITNESS ZUMBA ©	16+	Black River PS, Sutton	Mon	6:00pm-7:00pm	12-Apr	\$64	8 wks
		Ice Palace Hall	Tues	6:00pm-7:00pm	13-Apr	\$64	8 wks
DANCE/FITNESS FAMILY ZUMBA 🎶 ☺ ☺ ©	Parent & Child 8+yrs	Ice Palace Hall	Tues	5:15pm-6:00pm	12-Apr	\$40	8 wks
		Black River PS, Sutton	Mon	5:15pm-6:00pm	13-Apr	\$40	8 wks
FLOOR HOCKEY (pay as you play)	16+	Georgina Gym	Tues	8:30pm-10:00pm	Ongoing	\$2/day	22-Jun
GOLF CLINICS	7-13yrs	Willow Greens	Mon	6:00pm-7:00pm	Sessions Begin May 3, June 7 \$95/session, 4 wks/session		
	14+yrs	Golf Centre	Mon	7:00pm-8:00pm			
LINE DANCING ©	16+	Black River PS, Sutton	Mon	7:15pm-8:15pm	12-Apr	\$44	8 wks
SPORTS OF ALL SORTS (pay as you play)	16+	Georgina Gym	Wed	8:30pm-10:00pm	Feb	\$2/day	23-Jun
WOMEN'S SELF DEFENCE CLASSES ©	16+	Ice Palace Hall	Thurs	7:00pm-8:00pm	22-Apr	\$44	8 wks
		Sutton Multi-Use MPR	Tues	7:00pm-8:00pm	20-Apr	\$44	8 wks
URBAN POLE WALKING	16+	Ice Palace	Thurs	9:00am-10:00am	08-Apr	\$48	6 wks
		Rear Parking Lot	Thurs	6:30pm-7:30pm	08-Apr		
			Thurs	9:00am-10:00am	20-May		
			Thurs	6:30pm-7:30pm	20-May		
WALKING CLUB	16+	Georgina Gym	Th/F	9:00am-10:00am	Ongoing	FREE	End June
		Ice Palace Hall	M/T	9:00am-10:45am			End June
		Ice Palace Hall	W	9:00am-10:00am			End June
		Sutton Arena Hall	M/W/F	9:00am-11:00am			End Apr

All programs, times, dates and prices are subject to change without notice

FOR REGISTRATION AND BOOKING INFORMATION SEE PAGE 58



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