

# Georgina Spring Leisure Guide 2010

## SENIOR PROGRAM DESCRIPTIONS & SCHEDULE

### 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. Hockey helmet is mandatory for floor hockey.

### BALANCE BALL & FITNESS ©✳

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.

### BADMINTON

Senior Badminton is a very successful program offered to those adults 55+ with lots of energy and interest in the game of badminton. Come out to learn, have fun and get some exercise. Beginners are welcome & equipment is available.

### 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.

### 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.

### FLOOR SHUFFLEBOARD

Come out and try your skill at this wonderful game of Floor Shuffleboard. The groups that get together love the game and the challenge and yet most of all love the fun and entertainment they have with friends. Beginners are welcome & equipment is available.

### 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.

### 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).

### WALKING CLUB

For those physically active adults who are looking for some exercise inside out of the weather elements.

**Call 905-476-9972 for other Club 55 Senior's Activities**

PROGRAM	AGE	LOCATION	DAY	TIME	START	COST	DUR.
BALANCE BALL & FITNESS ©✳	16+	Georgina Gym	Sat	9:15am-10:15am	27-Mar 15-May	\$33 \$27.50	6 wks 5 wks
BADMINTON (pay as you play)	55+	Georgina Gym Georgina Gym	Mon Wed	9:00am-11:15am 9:00am-11:15am	Ongoing	\$0.50/day	21-Jun 23-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
BID EUCHRE	55+	Club 55 Keswick Club 55 Keswick Club 55 Sutton Club 55 Peff Club 55 Peff	Tues Thurs Friday Mon Thurs	7:00pm-10:00pm 1:00pm-4:00pm 1:00pm-4:00pm 1:00pm-4:00pm 7:00pm-9:30pm	Ongoing	\$2 mem, \$3 non-mem	Ongoing
CONTRACT BRIDGE	55+	Club 55 Keswick	Mon	2:00pm-4:00pm	Ongoing	\$2 mem, \$3 non-mem	Ongoing
FLOOR SHUFFLEBOARD	55+	Sutton Arena Hall Sutton Arena Hall Pefferlaw Lions Hall	Tues Thurs Thurs	1:30pm-3:00pm 9:30am-11:30am 9:30am-11:30am	Ongoing	\$1/day \$1/day FREE	Ends May
FITNESS © YOGALATES	16+	Ice Palace MPR Ice Palace MPR Ice Palace MPR Ice Palace MPR	Mon Mon Mon Mon	7:00pm-8:00pm 8:00pm-9:00pm 7:00pm-8:00pm 8:00pm-9:00pm	12-Apr 12-Apr 31-May 31-May	\$45 \$45 \$37.50 \$37.50	6 wks 6 wks 5 wks 5 wks
GOLF CLINICS	7-13yrs 14+yrs	Willow Greens Golf Centre	Mon Mon	6:00pm-7:00pm 7:00pm-8:00pm	Sessions Begin May 3, June 7 \$95/session, 4 wks/session		
LUNCHES	All ages	Club 55 Keswick Club 55 Pefferlaw	Wed 1 & 3 Tues	12 noon 12noon	Ongoing	\$4mem or \$5non	Ends June
WALKING CLUB	16+	Georgina Gym Ice Palace Hall Ice Palace Hall Sutton Arena Hall	Th/F M/T W M/W/F	9:00am-10:00am 9:00am-10:45am 9:00am-10:00am 9:00am-11:00am	Ongoing	FREE	End June End June End June End Apr

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