



BRESLAU COMMUNITY NEWS

BRESLAU.ORG

Fall 2011

UPCOMING EVENTS

(All events at Breslau Community Centre unless noted otherwise)

Fall Program Registration

ONLINE: beginning Thursday, September 8th 9:00 AM and/or

IN-PERSON: Saturday, September 10th 9:30-11:00 AM &

Monday, September 12th 6:30-8:00 PM

Community Breakfast

Sunday, October 2nd 8:30-12:30 PM (\$6/person; 4 & under free)

Oktoberfest

Friday, October 14th & Saturday, October 15th Sava Club (Oberkrainer Haus) See page 3 for more details

Hallowe'en Party

Saturday, October 29th 4:00-7:00 PM

Community Breakfast

Sunday, December 4th 8:30-12:30 PM (\$6/person; 4 & under free)

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Program Registration for all Fall Programs:

ONLINE: beginning Thursday, September 8th, 9:00 AM and/or

IN-PERSON: Saturday, September 10th, 9:30-11:00 AM &

Monday, September 12th, 6:30-8:00 PM at the Breslau Community Centre (BCC)

See page 7 for more details and a complete program listing.

THE JIM BURTON PAVILION

Long-standing Breslau resident, Jim Burton, was recognized on Saturday, June 25th as the Pavilion at Breslau Memorial Park was named in his honour.

Jim currently has the role of Needs and Wants Committee Chair with the Breslau Recreation Association (B.R.A.) as well as Park and Centre Maintenance Chair where he works tirelessly to groom the ball fields, prepare the soccer



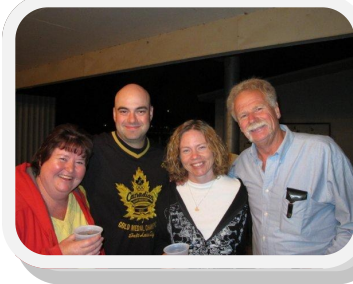
Patti and Jim Burton

Burton goes above and beyond to keep the park looking its best. You can find him almost daily on the tractor during the spring, summer and fall months. It's people like Jim that make you want to do better for your community.

Thanks again Jim for all of your hard work and dedication to Breslau. We're lucky to have you!

pitches and keep the park in tip-top shape for all of its users.

Friends, family and well-wishers gathered Saturday night to celebrate the naming of the Pavilion by enjoying cards, crokinole, food and drinks.



Well-wishers



A friendly game of cards

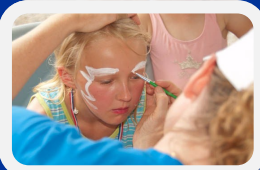
PROGRAM "DEMO DAY!"

The B.R.A. will be hosting a program demonstration day on Thursday, September 8th from 6:00-8:00 PM for residents to come and speak with instructors to learn more

about the different programs being offered this Fall. Fitness instructors will also be providing a 10 minute demonstration of their classes. Check Breslau.org for a

schedule of events closer to the date. Registration for all Fall programs will be on Saturday, Sep. 10th, 9:30-11:00 AM and Monday, Sep. 12th, 6:30-8:00 PM.

PICS FROM FAMILY FUN DAY!



LETTER FROM THE PRESIDENT

Hello All!

I hope that you have, and still are, enjoying your summer. It has been a busy one for us on the Breslau Rec Board with the Steak Fry, Family Fun Day, our first AGM and Jim's party! I hope that some of you were

able to take in at least one of these events.

I am happy to see that the soccer fields are booming with over 120 kids, ages 3-6 on the field and the school is filled with Blastball stars! It is great to see the programs for

the little ones well received. The fall will bring some new programs and new changes to the Centre and we do hope that these changes will better serve you, the community.

Lisa

FAMILY FUN DAY!

The annual Breslau Family Fun Day took place on Saturday, June 18th and it was a great success, as it continues to grow each year.

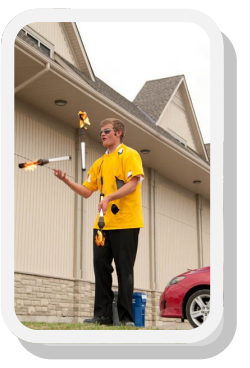
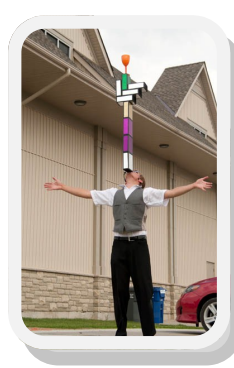
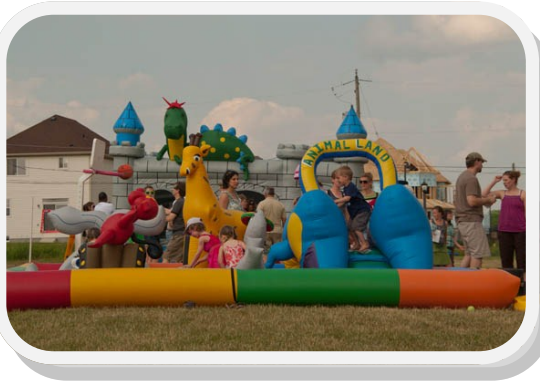
This year the event included bouncy castles, carnival-style games, face-painting, and balloon animals! The day concluded with an entertain-

ing juggler who dazzled the crowd with juggling cigar boxes, swords, and flaming torches. He even juggled from the seat of a unicycle!

Special thanks to the Breslau Mennonite Church for organizing and running the children's games as well as arranging a perennial plant exchange

where church members donated perennials for the newer residents in Breslau to begin greening their gardens.

Thank you as well for the volunteers that face-painted, served food, set-up and cleaned-up the Centre as well as the event organizers. A fun day was had by all in attendance!



PAST EVENTS

OPTIMIST BIKE RODEO: The Annual South Woolwich Optimist Bike Rodeo kicked off the spring with children learning the ABC's of bike safety. Participants learned how to ensure their bike is in proper

working order, had their helmets checked for proper fitting and practised their riding and hand signals on a controlled course. Thank you to all who helped organize this worthy event.

GARAGE SALE: Breslau basements and garages are emptier after the community garage sale took place on June 4th.

(Continued on page 3)

WHERE IN THE EMPIRE DO YOU WANT TO LIVE?

empirecommunities.com



PAST EVENTS (CONTINUED)

Thanks for pushing us to clear out the clutter...one man's junk is another man's treasure! Despite the weather, many braved the rain and then donated any unsold items to the Diabetes Donation Truck. Thank you to Leda

Schubach for coordinating this event!

STEAK FRY DINNER: The first annual Steak Fry Dinner was held on Saturday, June 11th and over 140 people attended. The evening recognized the Breslau Merchants Base-

ball team as they were recently inducted into the Waterloo Region Hall of Fame and many former players were in attendance with their families. Thank you to all of those that helped make this such a special and memorable evening.

**ONLINE PROGRAM
REGISTRATION
COMING FOR FALL
2011!**

Online registration and payments will be available for Fall programs offered at the Breslau Community Centre!

Online registration begins on Thursday, September 8th at 9:00 AM.

Check Breslau.org for more details regarding online program registration and watch for the link on our website.



GET TO KNOW YOUR NEIGHBOUR: SAVA CLUB

The Sava Club is a licenced Banquet Hall located on three acres of land next to the Hopewell Creek. Many in Breslau know it as the 'Old Mill Place'. While a part of the old mill is still a part of our structure, the building has been fully renovated, expanded and elegantly redecorated to meet all your needs as you celebrate your special events.

We cater delicious home made meals for weddings and other occasions, such as picnics, showers and Christmas parties. Many have chosen the Sava Club for their memorable indoor or outdoor weddings and wedding receptions.

Calendar of Events

July 31st: Annual Breslau Community Picnic/Pig Roast - Including Breslau's very own

'Shantz Station' performing live, plenty of children's entertainment, Bocce games and Horseshoes.

August 28th: Sava Picnic - Everyone welcome, enjoy great food and live entertainment.

October 14th: Oktoberfest - Sava Club turns into Oberkrainer Haus with a live band and special performance. Tickets are \$16.00, including admission and entertainment.

October 15th: Oktoberfest - 1:00 PM - World's Most Dangerous Bocce Ball Tournament! Put a team of 4 together and come down and show your stuff.

5:00 PM - Sava Club turns into Oberkrainer Haus. Tickets are \$16.00, including admission and entertainment with a live band.

November 5th: Hunters Banquet - You have never eaten like this before, enjoy great

food served country style! We celebrate our hunters and choose the Hunter of the Year. Accepting reservations now!

December 31st: New Year's Eve - Come celebrate and dance the night away to a live band. Enjoy a great, plentiful dinner and a midnight buffet, along with a champagne toast and party favours. Accepting reservations now!

For tickets, reservations or hall bookings, please contact: Theresa Mirt (519-884-6194) or Maria Prilesnik (519-884-4736).

- Courtesy of Maria Prilesnik

SAVA CLUB
50 Scheifele Place
Breslau, ON
NOB 1M0
519-648-2773



LOOKING TO VOLUNTEER?

The B.R.A. is currently seeking an individual to fill the role of **Programming Chair** on the B.R.A. Board. This role entails guiding the Programming Committee, who develop and oversee programs run at the Community Centre.

ABLE TO VOLUNTEER OCCASSIONALLY?

We always need helpers for one-time events! Any available positions are listed on Breslau.org with a description of each role. Currently, we are looking for assistance to plan the following:

- Hallowe'en Party
- Christmas Party
- Winterfest Weekend
- Annual Community Garage Sale

For all inquiries regarding volunteering, please contact:

Leda@breslau.org

MEET THE BOARD

The Breslau Recreation Association held its Annual General Meeting on Thursday, June 23rd.

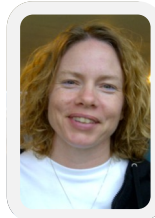
Thank you to all of those who have served on the Board and committees over the past year. Your hard work and dedication has catapulted the program offering at the Community Centre to rival any Community Centre in the city

in only one short year! The countless hours and time you have devoted to the B.R.A. is much appreciated.

Thank you to those who have put their nomination forward to serve on the 2011-2012 Breslau Recreation Association Board. Below is an introduction to those individuals and the positions they hold.

There is still space on many committees. Certain roles only require limited time at particular times of the year so if you are wanting to get involved but aren't sure how, please contact Leda@Breslau.org. Become a part of your community and help to shape its future!

2011-2012 BRESLAU RECREATION ASSOCIATION BOARD MEMBERS



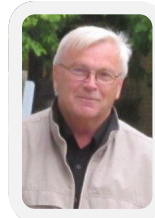
Lisa Nadon
President



Jennifer Treemer
Secretary



Dave Cowburn
Treasurer



Jim Burton, Needs and Wants
Committee Chair



Jim Burton, Park & Centre
Maintenance Chair



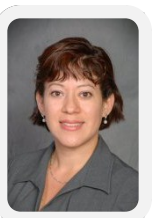
Patrick McDonald
Past President



Dave Tidd
Rental Chair



Todd Brown
Special Events Chair



Leda Schupbach
Volunteer Chair



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SUMMER IN BRESLAU: BEACH VOLLEYBALL, BLASTBALL AND SOCCER!

This summer, Breslau Memorial Park was expanded to include three new beach volleyball courts! Thank you to Sherri Benki for coordinating the inaugural season of Beach Volleyball here in Breslau!



Beach Volleyball in Breslau

Woolwich Youth Soccer continued this year with the tireless help of convenors, Matt and Stacey VanderMeer. Both the



Coach Chris Tolton looks on as Mitchell Childerhose tees it up

3/4 and 5/6 age groups were full with 60 players in each division. The 7-10 age group also fielded Breslau teams that competed on a rotating basis between St. Jacobs, Elmira and Breslau.

first base where the base makes a 'blasting' noise; introducing the key skills required in T-Ball. Thank you to Dave Cowburn for convening this program!

Blastball made its debut at Breslau P.S. this summer. Thirty-two, 3-5 year olds participated in this program, which gives children an opportunity to bat, throw and run to

Last, but not least, thank you to all of the parent-coaches in both the Soccer and Blastball leagues. Without your time, energy and commitment, these programs would not be a success.

TO MARKET, TO MARKET...

A dedicated group of individuals is working hard to bring a Farmers' Market to Breslau! At this stage, they are hoping to have *Bailey's Local Foods* as an initial vendor to gauge the community's support.



in 100 miles. You get to choose exactly what you want each week (June-October) and each month (November-May) by ordering on their website, baileyslocalfoods.ca. Your order would then be delivered to the Breslau Community

Centre for pickup on Friday from 5:00-7:00 PM.

Watch the Breslau.org website for further updates. Questions? Contact Carolyn Snider at: glenandcarolyn@hotmail.com or Tracy Wright at: tracywright@rogers.com.

Bailey's Local Foods provides foods grown or produced with-

STAY INFORMED

Want to stay up-to-date as to what's going on in Breslau?



The email contains information pertaining to:

- Upcoming Special Events
- Program Registration Information
- Volunteer Opportunities
- Community Breakfasts and Much More!



Email: Blast@breslau.org and include "Breslau Community E-Blast" in the subject line to be added to the distribution list.



- HEATING
- COOLING
- GEOTHERMAL
- HYDRONICS

Did you know

Now that the fall is upon us, it is time to have your furnace serviced. Maintaining your furnace is important to help prevent costly after hours service calls and maintain the efficiency of your furnace and the integrity of your warranty. Call us to book your preventative maintenance and let us show you how to take care of your equipment.

Visit us at 92 Woolwich St. S. Breslau, ON NOB 1M0 (519) 648-2222 or www.brcmechanical.com.

GENERAL INFO

Lisa Nadon, President
519-648-9675
Info@breslau.org

RENTALS

Park & Ball Diamond
Jim Burton
519-648-2469

Soccer Pitch
Lisa Nadon
519-648-9675

Hall
David Tidd
519-501-9540



Find us on
Facebook

If you would like to see us put something in the next Newsletter, please contact: Melissa Cowburn at Info@breslau.org



The Breslau Recreation Association (BRA) operates as a service to the community and coordinates services for the park, sports fields and Community Centre.

The Breslau Recreation Association is affiliated with the Township of Woolwich.



TOWNSHIP OF
WOOLWICH

UPCOMING EVENTS

OKTOBERFEST: Join your neighbours and celebrate the largest Oktoberfest festival in North America at the Sava Club—right here in Breslau! No need to drive, you can walk home! See page 3 for more details.

HALLOWE'EN PARTY: The 2nd Annual Community Hallowe'en

Party is on Saturday, October 29th from 4:00-7:00 PM at the Community Centre. Come decked out in your costume and be ready to participate in themed games, crafts and activities! Check Breslau.org for further details closer to the date.

COMMUNITY BREAKFAST: The increasingly popular community breakfasts will take place on Sunday, October 2nd and Sunday, December 4th this Fall. A delicious breakfast for only \$6/person (ages 4 and under eat for free) - what a deal!

Students: Earn "Volunteer Hours"!

We need students to run the game stations at the upcoming Hallowe'en Party — these hours can go toward your "Volunteer Hours" that you need to accumulate before graduating from secondary school.

Email Leda@breslau.org for more info.

Beautiful Breslau Bridge Flower Boxes!

Thank you to Karen Geddes and Lynn Dettweiler for keeping the flower boxes on the Woolwich Street bridge in Breslau looking beautiful all spring and summer!



FUN FACTS, FINDS & FAMILY ACTIVITIES

DID YOU KNOW...

...The original ball field was located on the Mader farm in the late 1800's and then was moved in the late 1930's to the Hipel farm down by the Grand River.

...Breslau Memorial Park was named in honour of Don Burkholder, the sole Breslau native, killed in action during WWII as well in honour of all War veterans.

...As of 1855, Breslau began with the building of a sawmill, gristmill, general store and the railway. A blacksmith shop, post office and tavern opened as well during

this time.

...The 2011 World Crokinole Doubles Champions are Robert E. (Bob) Mader of Breslau and Richard Mader of Waterloo.

...Breslau is named after the former German city of Breslau, now capital of Poland's Lower Silesia.

..."Breslau" is also the name of a popular drink, made famous at many local weddings.

It consists of Gin, Cranberry juice and a splash of 7-Up.

FUN, FAMILY ACTIVITIES!

Discover the Woolwich Trails!

There are over 77 kilometres of trail in Woolwich Township and there is a Woolwich Trails Group that meets Sundays for group hikes. Consult the *Woolwich Observer* and look under "Community Events" for upcoming hikes. Or, visit www.woolwich.ca/en/tourism/woolwichtrailsguide.asp for more details on the Group or to purchase a Woolwich Trails Guide.





FALL PROGRAMS 2011

BRESLAU.ORG

Program Registration for all Fall Programs:



ONLINE: beginning Thursday, September 8th, 9:00 AM and/or
IN-PERSON: Saturday, September 10th, 9:30-11:00 AM &
 Monday, September 12th, 6:30-8:00 PM at the
 Breslau Community Centre (BCC)



- * All sessions are 8 weeks (unless otherwise noted); done on a first-come, first-served basis.
- * All programs have limited spaces; may be cancelled if registration is insufficient and may be subject to change in date, time and fee.
- * Participants under 18 years of age require a parent/guardian signature at registration.
- * Online registration also available for Fall as of Thursday, September 8th at 9:00 AM. Check Breslau.org for a link to online registration and payment.
- * For "In-Person" registration: please print and complete registration form at Breslau.org and bring to registration dates; must be completed **IN FULL** to be accepted; methods of payment: Cash or Cheque ONLY (Post-dated cheques will NOT be accepted); **Cheques payable to Breslau Recreation Association.**
- * **NOTE: HST will be calculated in addition to the listed rates below for adult programs. Children/youth programs are HST exempt.**
- * Your privacy is important to us; information is only used for administration of Recreation Association programs and events.

If you are unable to attend either date, registration forms and cheques MUST be received by Lisa Nadon at 139 Horseshoe Crescent, Breslau, ON NOB 1M0 by **Monday, September 12th** to ensure your spot in the program.

Please Note: During inclement weather, if the school boards have closed the schools, then the Breslau Recreation Association programs will be CANCELLED. School closures will be announced on 96.7 CHYM FM or 105.3 KOOL FM. Cancellations will also be posted on the Breslau Facebook page by 5:00 PM on the day of the cancellation. The Centre will be closed for Thanksgiving from Saturday, October 8th to Monday, October 10th.

PRESCHOOL PROGRAMS

| PROGRAM | AGE | DAY | TIME | DATES | COST |
|---|--------------------------------|----------|---------------|--------------------------------|--|
| INSTRUCTED PLAYGROUP: Instructor will lead children in a co-operative play group setting. Children will experience science experiments, make crafts, play games and participate in special themed days. Instructor: Jess. | Age 0-5 | Friday | 9:30-11:30am | Sept 23 - Nov 11 | \$40/8 wks; per child |
| PRESCHOOL STORYTIME: The Region of Waterloo Library will be hosting Storytime throughout the Fall! The program is designed for 3-5 year olds but younger siblings/families are welcome. Instructor: Susan. | 3-5 (younger children welcome) | Thursday | 10:00-10:45am | Sept 29; Oct 20; Nov 24; Dec 8 | Free |
| RHYTHM & MUSIC: Come and find out how enjoyable it is to make and explore music with your child. We'll have fun using both traditional pieces and some less known songs from around the world whilst we sing, dance and discover rhythm using instruments, movement and more. Space is limited. Instructor: Sasha. | Parent & Child(ren) (Infant-6) | Thursday | 12:00-12:45pm | Oct 13 - Dec 1 | \$60/8 wks; \$40 for each additional child |

YOUTH PROGRAMS

| PROGRAM | AGE | DAY | TIME | DATES | COST |
|---|------------|----------|-------------|------------------|------------|
| COMIC BOOK ART: Must have taken the Multi-Media Art class or had previous art experience. Instructor: Ana. (No program Sept. 29) | Age 6-12 | Thursday | 6:30-7:30pm | Sept 22 - Nov 17 | \$35/8 wks |
| HOMEWORK BUDDIES: Books and games designed to help kids get ahead with their homework. Kids will move through a selection of games and activities at their own pace and level. Kids are welcome to bring their reading books and logs from school as well as their homework books. Instructor: Taryn. (No program Sept. 26) | JK-Grade 3 | Monday | 6:30-7:30pm | Sept 19 - Dec 5 | Free |
| MULTI-MEDIA ART: Come explore the amazing world of art with a variety of creative art supplies. Enhance your child's creativity and self-expression through art. Instructor: Ana. (No program Sept. 29) | Age 5-8 | Thursday | 5:30-6:30pm | Sept 22 - Nov 17 | \$35/8 wks |
| YOUTH BASKETBALL: Learn the basic skills of basketball and enjoy a scrimmage at the end of each class. Instructor: Joe. | Age 6-8 | Friday | 6:30-7:30pm | Sept 23 - Nov 11 | \$35/8 wks |
| YOUTH GROUP: Come out and enjoy the fun, games, sports, snacks and an introduction to God. Host: Sam, Youth Pastor at BEMC. | Grade 6-8 | Tuesday | 7:00-8:30pm | Sept 13 - Dec 6 | Free |

ADULT PROGRAMS

| PROGRAM | DAY | TIME | DATES | COST |
|---|-----------|--------------|------------------|---|
| ADULT CO-ED INDOOR VOLLEYBALL (REC/NON-COMPETITIVE): Come out and join us for some fun. 6 on 6 traditional style game; self-officiated. Played at a premier sports facility ideal for volleyball, where the ceilings are high. Coordinator: Sherri Benki: H:(519) 648-3467; C:(519) 404-4760; sherribenki@hotmail.com . | Sunday | 5:00-10:00pm | Sept 18 - Dec 4 | \$50/individual OR \$400/team of up to 8 players (12 games) |
| MEN'S BALL HOCKEY: Recreational ball hockey. Plastic blade sticks required. Coordinator: Craig. (No program Oct. 6) | Thursday | 8:30-10:00pm | Sept 22 - Nov 17 | \$35/8 wks |
| MEN'S BASKETBALL: Drop-in for a weekly game of pick-up basketball. Coordinator: Joe. | Friday | 7:45-9:30pm | Sept 23 - Nov 11 | \$5/wk; 8 wks |
| PHOTO GROUP: Share your passion for photography with like-minded individuals. Share ideas on photo composition, tips on getting the right shot, information about post-processing your digital images. This group is facilitated by Patrick McDonald, whose background includes Photo Arts at Ryerson, Professional photography and he is currently a network, colour and application specialist with Xerox. Instructor: Patrick. (No program Sept. 28) | Wednesday | 8:00-9:0pm | Sept 21 - Dec 14 | \$20/12 wks |



PARTICIPANT SICKNESS POLICY

If you or your kids are sick or not right,
Please **STAY** at home for the day and the night!
Return to programs when all are feeling well,
If you follow our policy, that would be swell!

FITNESS

Note: For all fitness classes, please download the [Par-Q form](#) from [Breslau.org](#) and bring the completed form to your first class (unless you handed in the form during the Winter or Spring sessions). If you handed the form in during the Winter session but your health has changed, you also need to hand in an updated Par-Q form. Thank you!

| PROGRAM | DAY | TIME | DATES | COST |
|--|----------|--------------|-------------------|-------------|
| BOOTCAMP: Energize yourself in this high-energy interval training class. Intervals of cardio and strength training will help you achieve the results you're after. Instructor: Deb. (No program Oct. 10) | Monday | 7:30-8:30pm | Sept 19 - Dec 12 | \$60/12 wks |
| BOOTCAMP: Energize yourself in this high-energy interval training class. Intervals of cardio and strength training will help you achieve the results you're after. Instructor: Deb. (No program Oct. 6) | Thursday | 7:00-8:00pm | Sept. 22 - Dec 15 | \$60/12 wks |
| CORE ABS: This 30 minute class is sure to strengthen your abdominals and lower back. A great core workout! All levels. Instructor: Deb. (No program Oct. 10) | Monday | 7:00-7:30pm | Sept 19 - Dec 12 | \$30/12 wks |
| CORE ABS: This 30 minute class is sure to strengthen your abdominals and lower back. A great core workout! All levels. Instructor: Deb. (No program Oct. 6) | Thursday | 6:30-7:00pm | Sept 22 - Dec 15 | \$30/12 wks |
| MUSCLE: This class is a combination of Core and BLT. This fitness class has no cardio, but instead focuses on the BUTT, LEGS, and THIGHS, using a variety of exercises/resistance training. A portion of the class is also devoted to strengthening your abdominals and lower back. Instructor: Deb. (No program Oct. 8 & Nov. 26) | Saturday | 10:00-11am | Sept 24 - Dec 10 | \$60/12 wks |
| RUNNING: LEARN TO RUN CLUB: A progressive learn-to-run training program including health and nutrition information sessions. Instructors: Lisa and Linda. | Tuesday | 6:30-7:30pm | Sept 20 - Nov 22 | \$50/10 wks |
| RUNNING: 5-10 KM CLUB: Stay motivated with this 5-10km training program that will keep you fit. Instructor: Denise. | Thursday | 6:30-7:30pm | Sept 22 - Nov 24 | \$50/10 wks |
| RUNNING: OPEN RUN CLUB: Begin the weekend on the right foot. All runners welcome for this open run. | Saturday | 9:00-10:00am | Sept 24 - Nov 26 | Free |
| PILATES: Mat pilates is a unique form of exercise that emphasizes the balanced development of the body through core strength, flexibility and body awareness. Develop leaner, long muscles, improved balance and coordination with Pilates to become a fitter you. Instructor: Kellie. | Tuesday | 5:30-6:30pm | Sept 20 - Nov 8 | \$50/8 wks |
| POST-NATAL AEROBICS: This fitness class is designed with the new mom in mind. Come meet other moms while exercising with your baby! Instructor: Lynda. (No program Sept. 22) | Tuesday | 9:30-10:25am | Sept 27 - Nov 15 | \$40/8 wks |
| STEP: Work it out and get your butt and legs in shape! Instructor: Sophie. (No program Oct. 6) | Thursday | 5:00-6:00pm | Sept 22 - Nov 17 | \$40/8 wks |
| SWEAT 'N' SCULPT: Elevate your heart rate as you tone and sculpt your muscles. This class combines low impact aerobics with muscular conditioning to blast calories. Instructor: Deb. (No program Oct. 8 & Nov. 26) | Saturday | 9:00-10:00am | Sept 24 - Dec 10 | \$60/10 wks |

FITNESS (CONTINUED)

| PROGRAM | DAY | TIME | DATES | COST |
|--|-----------|---------------|------------------|-------------|
| <p>TAI-CHI AND 15 MINUTES TO HEALTH (LEVEL I): This class focuses on short and easy to learn exercises, empowering everyone to develop a rewarding 15 minutes daily program for health and stress relief. The core principles of the "15 Minutes to Health" program are detailed out and applied to Qigong, meridian stretching, and Tai-Chi. No prior fitness or Tai-Chi experience required. More information at: www.LeShiatsu.com. Instructor: Patricia. Note: 10 week program; beginning Sep. 21.</p> | Wednesday | 7:00-8:00pm | Sept 21 - Nov 23 | \$75/10 wks |
| <p>TAI-CHI AND 15 MINUTES TO HEALTH (LEVEL II, PART A): Intermediate students will learn the most practiced Tai-Chi form in the world: the Yang style 24 postures form. The first half of the form will be detailed out, while the entire form will be covered for a general overview. The instruction style remains the same: enjoyable warm-up exercises, Qigong, drills to break down key principles, and lots of practice. Preferably for people who attended Level I a couple of times or more, however beginners are also welcome at any time. More information at: www.LeShiatsu.com. Instructor: Patricia. Note: 10 week program; beginning Sep 21.</p> | Wednesday | 5:30-6:30pm | Sept 21 - Nov 23 | \$75/10 wks |
| <p>YOGA: BEGINNER'S CLASS: In this introductory class you will explore the basic foundation, alignment and stability elements of yoga asana. Instruction in awareness and the breath will also allow you to explore the mind/body connection that is integral to this practice. Please wear clothing that is comfortable enough for you to move freely in. Instructor: Peggy.</p> | Wednesday | 7:30-8:45pm | Sept 21 - Nov 9 | \$60/8 wks |
| <p>YOGA: LEVEL 1 CLASS: Prerequisite: previous yoga experience required. Continuing with the blend of the alignment principle of Iyengar Yoga with the flow and vigour of Ashtanga Yoga, we will explore further refinements of familiar poses, as well as opening to experience new ones. You will gain a deeper understanding of the mechanics of yoga poses, get sweaty, work hard and have fun! Instructor: Peggy.</p> | Wednesday | 6:00-7:15pm | Sept 21 - Nov 9 | \$60/8 wks |
| <p>ZUMBA: Get your heart rate up and have some fun in this aerobic class inspired by Latin rhythms. Instructor: Sophia. (No program Oct. 10)</p> | Monday | 6:00-6:50pm | Sept 19 - Nov 14 | \$45/8 wks |
| <p>ZUMBA GOLD: This introductory Zumba class is designed for beginners and seniors. Move to the Latin beat while you burn calories, stay active and have fun! Instructor: Lynda. (No program Sept. 22)</p> | Tuesday | 10:35-11:30am | Sept 27 - Nov 15 | \$45/8 wks |