

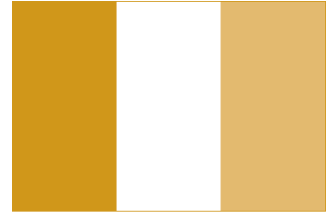
Adult

Conversational French – Levels 1 and 2

You know the basics of this language as per the Ontario curriculum for French as a second language, but you need to practice and review what was learned during your high school years. Learn in a non-stressful and relaxed atmosphere! (English will be the language of instruction for a maximum of 50 percent of the instruction time.) For optimum learning, classes are limited to 10-12 participants.

Fall Session	September 22 to November 24, 2011			
Program	Day	Time	Length	Cost
French Level 1	Thurs.	6:00-7:30 p.m.	10 weeks	\$90
French Level 2	Thurs.	7:30-9:00 p.m.	10 weeks	\$90

Winter Session	January 12 to March 15, 2012			
Program	Day	Time	Length	Cost
French Level 1	Thurs.	6:00-7:30 p.m.	10 weeks	\$90
French Level 2	Thurs.	7:30-9:00 p.m.	10 weeks	\$90



Spanish

Spanish – the language of love. Would you like to learn some basic language skills to communicate more effectively? These courses are designed to help you interact in Spanish. You will learn basic sentence structure and acquire knowledge in basic grammar.

Fall Session	September 19 to November 28, 2011 <i>(no class Oct. 10th)</i>			
Winter Session	January 9 to March 26, 2012 <i>(no class Feb. 20th or Mar. 12th)</i>			
Program	Day	Time	Length	Cost
Spanish – Level 1/2	Mon.	10:00-11:30 a.m.	10 weeks	\$90

Fall Session	September 20 to November 22, 2011			
Winter Session	January 10 to March 20, 2012 <i>(no class Mar. 13th)</i>			
Program	Day	Time	Length	Cost
Spanish – Level 2/3	Tues.	10:00-11:30 a.m.	10 weeks	\$90



We accept payment by cash, cheque, debit,  and .



Adult

Conversational Spanish (Advanced)

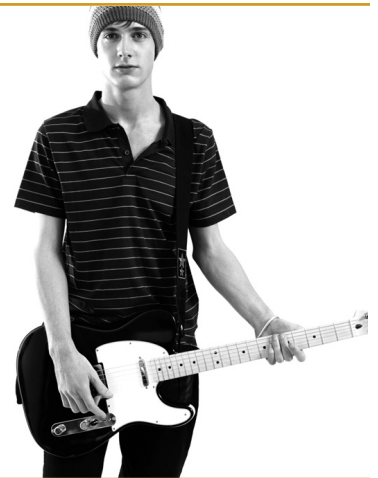
You have the basics of the language and now want to put what you have learned into practice. The goal of this course is to interact with fellow students and practice your conversational skills in a friendly and encouraging atmosphere.

Fall Session	September 19 to November 28, 2011 (no class Oct. 10th)			
Winter Session	January 9 to March 26, 2012 (no class Feb. 20th or Mar. 12th)			
Program	Day	Time	Length	Cost
Conversational Spanish	Mon.	6:00-7:30 p.m.	10 weeks	\$90

Guitar Lessons

Have you ever thought of becoming a great soloist, or playing in a band? The guitar is a great instrument to play. Along with basic chord structure and music theory, you will learn to tune your guitar in standard tuning, develop good left and right hand technique, recognize notes on the fretboard, and learn the TAB system. All students are required to bring their own guitar to class. A \$5 fee for sheet music is payable to instructor at first class.

Fall Session	September 24 to November 19, 2011 (no class Oct. 8th)			
Winter Session	January 14 to March 3, 2012			
Program	Day	Time	Length	Cost
Level 1 (14 yrs. and up)	Sat.	11:10-12:10 p.m.	8 weeks	\$75
Level 2 (14 yrs. and up)	Sat.	1:20-2:20 p.m.	8 weeks	\$75



Bellydancing

Instructor: Laura Savard (<http://fatcatbellydance.wordpress.com>)

Beginner (Level 1): Have you ever wanted to try bellydancing but were too shy? This ancient art form is designed for women of any age, size and fitness level. In this class you will receive instruction in the absolute basics – for posture, breathing, core strengthening isolation movements, and basic choreography. Learn about the history, music, props, costumes and different types of Middle Eastern dance. Express yourself creatively in a non-competitive atmosphere – and have some fun with fitness!

Fall Session	September 20 to November 22, 2011			
Winter Session	January 10 to March 13, 2012			
Program	Day	Time	Length	Cost
Bellydancing Level 1	Tues.	8:00-9:00 p.m.	10 weeks	\$80

Beginner (Level 2): Beginner 2 is designed for those students already comfortable with beginner basics, who now wish to move on to the next level of performance. This class will provide instruction on refining posture and improving technique, introducing combinations and layered movements, travel steps, and slightly more complicated choreography, including a drum solo. These enhanced skills will boost your self-confidence, core strength, and bring out your inner dancing diva!

Fall Session	September 22 to November 24, 2011			
Winter Session	January 12 to March 15, 2012			
Program	Day	Time	Length	Cost
Bellydancing Level 2	Thurs.	8:00-9:00 p.m.	10 weeks	\$80

Course fees quoted are member prices. Non CCA members add \$10 per course.



Adult

Ballroom Dancing **NEW**

Your instructors, Francine and Andre, have been teaching all styles of Ballroom Dancing, including International Ballroom & Latin, Swing, Salsa, Rock & Roll and Argentine Tango since 1996. They have trained many professional teachers and students for both medal tests and professional exams. We are excited to welcome them to our fall line-up of programs! So grab a partner and start the party. (For your comfort and safety, smooth soled shoes are required – no running shoes or bare feet.) Learn more about Francine and Andre at www.francineandre.com



Ballroom & Latin Dance – Level 1

Learn the basics and some fun variations of today's most popular dances: Cha-Cha, Rumba, Triple Swing, Merengue, Waltz and Foxtrot! Be ready for parties, wedding season and more! You'll be dancing like a star by the end of this 8-week session.

Fall Session	September 18 to November 13, 2011 <i>(no class Oct. 9)</i>			
Winter Session	January 15 to March 4, 2012			
Program	Day	Time	Length	Cost
Ballroom Dancing	Sun.	1:00-2:00 p.m.	8 weeks	\$75

Argentine Tango

Learn Argentina's signature dance. This class features the salon style of Argentine Tango with focus on connection, leading and following skills as well as musicality. The class has an overview of very basic yet elegant tango that is designed to be fun and accessible.

Fall Session	September 18 to November 13, 2011 <i>(no class Oct. 9)</i>			
Winter Session	January 15 to March 4, 2012			
Program	Day	Time	Length	Cost
Tango – Beginner	Sun.	2:00-3:00 p.m.	8 weeks	\$75
Tango – Intermediate	Sun.	3:00-4:00 p.m.	8 weeks	\$75



See
Zumba Gold page 27

Zumba

Join us for the latest fitness craze! This is a cardiovascular workout combining fun latino movements with fantastic latin music. You will have so much fun you'll forget you're working out!

Fall Session	September 19 to November 28, 2011 <i>(no class Oct. 10th)</i>			
Winter Session	January 9 to March 26, 2012 <i>(no classes Feb. 20th, Mar. 12th)</i>			
Program	Day	Time	Length	Cost
Zumba	Mon.	5:00-6:00 p.m.	10 weeks	\$80

We accept payment by cash, cheque, debit,  and .



Adult

Group Fitness

Co-ordinator: Doreen Wallace

The CCA's team of experienced instructors invite you to see what makes the Canterbury Aerobics program a perennial favourite. We offer a wide range of classes catering to all fitness levels for participants 16 years of age and over. Please note that we also offer a 50+ fitness program (see the 50+ section on page 25).

FALL SESSION: September 12 to January 6, 2012. There will be no classes on the following dates: October 10, November 27, December 24, 25, 26, 31, January 1, 2, January 5 (6:15 p.m. class cancelled).

WINTER SESSION: January 9 to April 5, 2012. There will be no classes on the following dates: February 20, and no daytime classes during the week of March Break, i.e. March 12 to March 16, 2012.

Fitness Class Descriptions

- Core/Ball Core:** Strengthen the muscles of the back and abs while increasing balance and stability.
- Fusion Fit:** A workout integrating traditional fitness training with yoga, pilates and/or tai chi. May include a 30 minute cardio segment.
- Mid Tempo Low:** For those who prefer a lower, mid tempo low impact conditioning. It will be followed by a strength component to make for a well-rounded class.
- Mid Tempo Zumba Gold:** Latin rhythms broken down into an easy to follow format to provide a mid tempo aerobic workout.
- Low Interval:** Alternates between cardio and strength for a very challenging workout.
- Low Impact/Low and Core:** Low impact cardio with intensity options. An effective workout without the bounce. Low and Core will feature an extended core strengthening component.
- Strength & Stretch:** Functional strength class training with integrated stretch component.
- Step Mix/Tone:** Alternates between cardio and strength for a very challenging workout
- Hi-Low & Strength:** Hi-Low options followed by an extended strength component.
- TriFit:** Dynamic class of cardio, strength and flexibility training. It may or may not include a step portion.
- Weekend Variety/Sunday Brunch:** Come every weekend and find a different class format! (Schedule available at registration)

Group Fitness(3-session pass) September-June 2011	\$270.00 (\$20 saving)
Group Fitness Sessional Pass (unlimited classes)	Fall Session \$100.00 Winter Session \$95.00
Student Sessional Pass (unlimited classes) (Full-time Student I.D. required)	\$65.00
10-visit pass	\$65.00
Drop in fee (waiver necessary)	\$7.00 exact change required.

Please note that passes must be visible at all times.



Please note you can register for your winter courses at the fall registration.



Adult

Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00 a.m. Low Impact	9:00-10:00 a.m. Low Interval	9:00-10:00 a.m. FusionFit	9:00-10:00 a.m. Step Mix	9:00-10:00 a.m. Strength & Stretch	9:00-10:00 a.m. Weekend Variety*	9:00-10:00 a.m. Sunday Brunch*
9:00-10:00 a.m. Mid-Tempo (Dance Studio)		9:00-10:00 a.m. Mid-Tempo – Zumba Gold (Dance Studio)				
6:15-7:15 p.m. Step Tone	6:15-7:15 p.m. Hi-Low & Strength	6:15-7:15 p.m. Core Strength	6:15-7:15 p.m. TriFit			

Note: This schedule may change based on instructor availability.

*A schedule of instructors and a weekend schedule will be available at registration

*For the Fall session, Mid-Tempo classes finish on December 14, 2011.



Yoga at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
10:30-12 p.m. “Feeling Good Yoga”				10-11:15 a.m. Gentle Yoga 50+	10-11 a.m. Mother & Daughter Yoga
		5:30-6:30 p.m. Teen Yoga	6:00-7:15 p.m. Hatha (Beginner)		11:15-12:30 p.m. Yin Yoga
7:30-9:00 p.m. Hatha (Advanced Beg.)	7:00-8:30 p.m. Ashtanga	6:00-7:15 p.m. Hatha Flow (Intermediate)	7:30-9:00 p.m. Hatha (Intermediate)		
7:30-9:00 p.m. Thai Yoga	7:30-9:00 p.m. Kundalini	7:30-8:45 p.m. Hatha (Beginner)			

See course descriptions pages 18 to 20

We accept payment by cash, cheque, debit,  and .



Adult

MIND BODY CONNECTION

Yoga (Hatha Style)

One of the most popular classes at Canterbury. Hatha Yoga improves mental and physical health through relaxation, breathing and stretching. An enjoyable and effective approach to managing stress, improving strength, flexibility, concentration and useful in improving overall wellness. Mats, blocks and bands provided. If you have high or low blood pressure you should advise your doctor that you are starting a yoga program.

Fall Session September 19 to November 28, 2011 (no class Oct. 10th)
Winter Session January 9 to March 19, 2012 (no class Feb. 20th)

Program	Day	Time	Length	Cost
Hatha Yoga (Adv. Beginner)	Mon.	7:30-9:00 p.m.	10 weeks	\$85

Fall Session September 21 to November 23, 2011
Winter Session January 11 to March 14, 2012

Hatha Yoga (Beginner)	Wed.	7:30 – 8:45 p.m.	10 weeks	\$80
-----------------------	------	------------------	----------	------

Fall Session September 22 to November 24, 2011
Winter Session January 12 to March 15, 2012

Hatha Yoga (Beginner)	Thurs.	6:00-7:15 p.m.	10 weeks	\$80
-----------------------	--------	----------------	----------	------

Fall Session September 22 to November 24, 2011
Winter Session January 12 to March 15, 2012

Hatha Yoga (Intermediate)	Thurs.	7:30-9:00 p.m.	10 weeks	\$85
---------------------------	--------	----------------	----------	------



Hatha Flow Yoga (Intermediate)

Derived from Ashtanga and Power Yoga, this is an energetic and dynamic practice focused on linking movement and breath, increasing energy, strength and endurance. This is a challenging class for advanced beginners and intermediate students. This class includes sun salutations, a flow of fluid movements linking yoga postures, and ends with restorative postures and relaxation.

Fall Session September 21 to November 23, 2011
Winter Session January 11 to March 14, 2012

Program	Day	Time	Length	Cost
Hatha Flow	Wed.	6:00-7:15 p.m.	10 weeks	\$80

Daytime “Feeling Good” Yoga

Yoga should feel good – and it does! Improving balance, strength, and flexibility through yoga postures makes you feel great. During this class you will explore your practice, to find the play between strength and flexibility, stability and ease and you will gain a greater understanding of physical alignment or ability. We will approach postures in gradual steps, but we will also challenge ourselves with new poses and techniques. Full Sun Salutations will be introduced during the class.

Fall Session (10 weeks) September 19 to November 28, 2011 (no class Oct. 10th)
Winter Session (8 weeks) January 9 to March 5, 2012 (no classes Feb. 20th)

Program	Day	Time	Length	Cost
Feeling Good Yoga	Mon.	10:30-12:00 noon	10 weeks	\$85
			8 weeks	\$70

Course fees quoted are member prices. Non CCA members add \$10 per course.



Adult

Kundalini Yoga

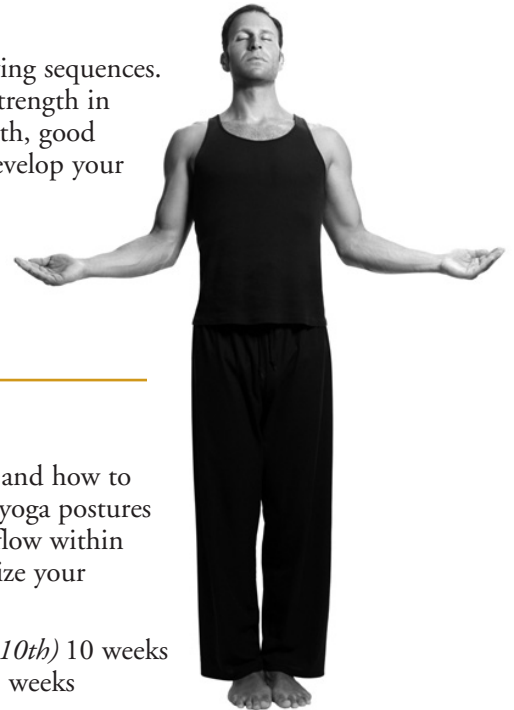
Known as the yoga of awareness, this is a meditative yet energizing practice. The key to controlling the mind and strengthening the body is control of the breath. A typical class includes tuning in to yourself (tuning out the stress of the world), warm-ups, a physical set of poses focused on a theme, relaxation and a breathing or chanting meditation.

Fall Session	September 20 to November 22, 2011			
Winter Session	January 10 to March 13, 2012			
Program	Day	Time	Length	Cost
Kundalini Yoga	Tues.	7:30-9:00 p.m.	10 weeks	\$85

Ashtanga Yoga

In this style of yoga, poses are linked together by the breath in continuous, flowing sequences. This is a vigorous, dynamic practice that builds concentration and emphasizes strength in equal proportion to flexibility. Our focus will be on linking movements to breath, good alignment in the postures and the use of variations and modifications to help develop your personal practice.

Fall Session	September 20 to November 22, 2011			
Winter Session	January 10 to March 13, 2012			
Program	Day	Time	Length	Cost
Ashtanga Yoga	Tues.	7:00-8:30 p.m.	10 weeks	\$85



Thai Yoga **NEW**

Learn techniques of Thai Yoga Massage (using palms, thumbs, elbows and feet) and how to incorporate them into your yoga practice. By opening the body through hatha yoga postures and applying pressure to different points and energy lines, we stimulate energy flow within the body and enhance overall wellbeing. Various stretches help tone and revitalize your muscles and internal systems. Each class will make you feel rejuvenated.

Fall Session	September 26 to December 5, 2011 (no class Oct. 10th) 10 weeks			
Winter Session	January 16 to March 12, 2012 (no class Feb. 20th) 8 weeks			
Program	Day	Time	Length	Cost
Thai Yoga Massage	Mon.	7:30-9:00 p.m.	10 weeks	\$85
			8 weeks	\$70

Thai Yoga Workshop **NEW**

Come experience and master some easy techniques based on the principles of the Thai Massage Acupressure System and Hatha yoga. Learn to use your palms, thumbs, feet and elbows to give yourself and others a massage while practicing yoga. This workshop consists of demonstrations of different Thai massage techniques, Hatha yoga practice and how to incorporate the two together. Thai yoga relieves muscle tension, detoxifies the body, improves blood circulation, increases energy levels and strengthens the immune system. All levels are welcome – please wear comfortable clothing.

Program	Day	Time	Cost
Thai Yoga Workshop	Sat., Sept. 19	9 a.m.-noon	\$25

We accept payment by cash, cheque, debit,  and .



Adult

Mother and Daughter Yoga **NEW**

Basic hatha poses will be taught along with the introduction of some partner poses. A wonderful bonding experience for mothers and daughters (age 8-16).

Fall Session	September 18 to November 13, 2011 (no class Oct. 10th) 8 weeks			
Winter Session	January 15 to March 4, 2012			
Program	Day	Time	Length	Cost
Mother/Daughter Yoga	Sun.	10:00-11:00 a.m.	8 weeks	\$50 per person

Yin Yoga

The Yin aspect of yoga uses long-held relaxed floor postures to stretch and stimulate the “Yin” or deep connective tissues of the body. This gentle practice will increase your flexibility, open your hips, back and shoulders. It is suitable for all levels, including beginners. Derived from Hatha and Restorative yoga, Yin Yoga provides greater self and body awareness.

Fall Session	September 18 to November 13 (no class Oct. 9th)			
Winter Session	January 15 to March 4, 2012			
Program	Day	Time	Length	Cost
Yin Yoga	Sun.	11:15-12:30 p.m.	8 weeks	\$65



Meditation

Meditation can help you to increase your level of self-awareness and to be a powerful influence in the world. Learn to live a more balanced and harmonious life, gain an overall sense of wellbeing and maintain optimal health. This course provides instruction in the basic techniques and theory for your meditation practice and supports you in developing a home practice. It is suitable for those who are new to meditation as well as those who have been meditating for a while and can help you to achieve your maximum potential. Classes will begin and end with a meditation.

Fall Session	October 3 to November 28, 2011 (no class Oct. 10th)			
Winter Session	January 16 to March 12, 2012 (no classes Feb. 20th)			
Program	Day	Time	Length	Cost
Meditation	Mon.	7:15-8:45 p.m.	8 weeks	\$70

Fall Session	October 5 to November 23, 2011			
Winter Session	January 18 to March 7, 2012			
Meditation	Wed.	10:00-11:30 a.m.	8 weeks	\$70

Tai Chi/Qigong (Hunyuan)

This gentle physical exercise, coordinated with proper breathing, is both energizing and relaxing. The flowing, mindful movements calm and tone the mind while strengthening the body, improving circulation and balance, increasing strength, flexibility and “oiling” the joints. You’ll enjoy practicing this Tai Chi form – a fountain of youth that can efficiently improve all aspects of your life. The class includes a short meditation and invigorating self-massage in a fun atmosphere. Please visit <http://harvardmagazine.com/2010/01/researchers-study-tai-chi-benefits>

Fall Session	September 22 to November 24, 2011			
Winter Session	January 12 to March 15, 2012			
Program	Day	Time	Length	Cost
Qigong/Tai Chi	Thurs.	6:15-7:30 p.m.	10 weeks	\$85

Please note you can register for your winter courses at the fall registration.



Adult

Pilates

This holistic exercise is designed to condition body and mind, help strengthen core muscles, improve posture and increase flexibility. Please note that participants must have completed Beginner Pilates before taking Intermediate and Intermediate before taking Advanced.

Fall Session (Tuesday Classes)	September 20 to November 22, 2011
Fall Session (Thursday Classes)	September 22 to November 24, 2011
Winter Session (Tuesday Classes)	January 10 to March 13, 2012
Winter Session (Thursday Classes)	January 12 to March 15, 2012

Program	Day	Time	Length	Cost
Beginner	Tues.	7:20-8:15 p.m.	10 weeks	\$80
	Thurs.	8:20-9:15 p.m.	10 weeks	\$80
Intermediate	Tues.	8:20-9:15 p.m.	10 weeks	\$80
Intermediate/Advanced	Thurs.	7:20-8:15 p.m.	10 weeks	\$80



Qigong (Hunyuan) (Qi=Chi=Energy, Gong = Practice)

Pronounced Chi Kung, this is a graceful form of exercise and meditation which energizes, relaxes and rejuvenates your entire being. It is easy to learn, suitable for all ages and fitness levels and is performed standing or sitting. Each class includes a warm-up, short meditation, proper breathing, flowing movements, invigorating self-massage and energy cleansing exercise. Benefits include, improved circulation, balance, increased strength, flexibility, oiling the joints and relaxation. Please visit www.qigonginstitute.org for more information.



Fall Session	September 21 to November 23, 2011
Winter Session	January 11 to March 14, 2012

Program	Day	Time	Length	Cost
Qigong (Level 1)	Wed.	6:30-7:45 p.m.	10 weeks	\$85
Qigong (Level 2)	Wed.	7:45-9:00 p.m.	10 weeks	\$85

Tai Chi (Yang Style)

A great way to improve blood circulation, joint flexibility and mobility! Also promotes proper posture and body balance while having a positive mental effect on attentiveness, concentration and memory retention. Before taking the Advanced level, participants must have at least 20 hours of instruction in Yang Style Tai Chi.

Fall Session	September 23 to December 2, 2011 <i>(no class Oct. 7th)</i>
Winter Session	January 13 to March 16, 2012

Program	Day	Time	Length	Cost
Beginner/Intermediate	Fri.	6:00-7:00 p.m.	10 weeks	\$80

Fall Session	September 20 to November 22, 2011
Winter Session	January 17 to March 20, 2012

Advanced	Tues.	5:45-7:00 p.m.	10 weeks	\$85
----------	-------	----------------	----------	------

We accept payment by cash, cheque, debit,  and .



Adult

Introduction to Tai Chi

This short form of Tai Chi has been specially conceived to introduce students to Tai Chi Chuan. As the physically difficult and demanding movements have been removed, the emphasis in this class will be on developing some of the basic principles such as full and empty and centering and rooting, which develop stability and balance. A gentle way to be introduced to Tai Chi and to build a foundation for more advanced classes.

Fall Session	September 21 to November 23, 2011			
Winter Session	January 11 to March 21, 2012 <i>(no class Mar. 14th)</i>			
Program	Day	Time	Length	Cost
Intro to Tai Chi	Wed.	10:00-11:00 a.m.	10 weeks	\$80

Karate & Self-Defense

Our program is focused on developing an individual's physical, mental and character growth through this ancient art in a safe and fun environment. Through our program, students will build their confidence and self-esteem, focus and concentration, balance and co-ordination as well as their physical fitness level. The Ouellette Karate & Self-Defense team of Certified Black Belts has over 90 years of combined experience to guide students in achieving their developmental goals.

Beginner Karate Teens/Adult (15 years and up): An introductory course that teaches the fundamentals of Karate and Self-Defense to beginners and prepares them for more advanced training. Students will begin learning the basic tools and techniques required to defend themselves (stances, blocking, punching, striking and kicking as well as safe falling and rolling) which will then be applied to simple self-defense scenarios.

Advanced Karate & Self-Defense (Adult 18 years and up): A more advanced class where students are assumed to have developed basic skills. Students will learn a variety of solo and two-person drills, including the use of ancient weapons like the long staff. Students will improve basic techniques and learn more advanced self-defense techniques like grappling, throwing, free fighting as well as competitive sparring.

Beginner Karate Teens/Adults (15 years and up)

Monday	Thursday	Saturday
7:30-8:15 p.m.	6:45-7:55 p.m.	2:00-3:00 p.m.

Advanced Karate & Self-Defense – Adults (18 years and up)

Monday	Saturday
8:15-9:00 p.m.	3:00-4:00 p.m.

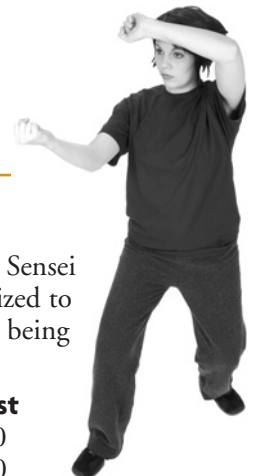
(See Karate for Children & Youth on Page 13)

Fall Session:	September 19 to December 3, 2011 <i>(no classes Oct. 8th, 10th)</i>
Winter Session:	January 9 to March 24, 2012 <i>(no classes Feb. 20th, March 10-17th)</i>
Program Cost: \$95 per session	

Women's Self-Defense

Join us to learn effective self-defense against common acts of violence in a safe and respectful setting. Sensei Morgan will help you develop the skill and confidence to protect yourself. All techniques are customized to maximize the individual potential of the student. The course is 4 hours in length with one workshop being offered in our fall session and the second one in the winter session.

Program	Day	Time	Date	Length	Cost
Women's Self-Defense	Sat.	9:00 a.m.-1:00 p.m.	Dec. 3, 2011	4 hours	\$30
	Sat.	9:00 a.m.-1:00 p.m.	Mar. 31, 2012	4 hours	\$30



Course fees quoted are member prices. Non CCA members add \$10 per course.



Adult

Margaret Morris Method

MMM is for all ages and is taught world-wide. The program teaches correct breathing, walking, posture, balance and mobility, promoting joy in creative movement, which in turn brings about a sense of “well-being”. The exercises taught are incorporated into sequences set to music, from classical to jazz. The great benefits of MMM are recognized by physiotherapists who are now incorporating the exercises into their practices. For more detailed information on MMM, please go to www.margaretmorrismethod.ca



Fall Session	September 20 to November 22, 2011			
Winter Session	January 10 to March 20, 2012 <i>(no class March 13th)</i>			
Program	Day	Time	Length	Cost
Beginner/Intermediate	Tues.	1:00-2:30 p.m.	10 weeks	\$85

Badminton

Always popular and great fun for the whole family, for couples or singles. This program also includes recreational tournaments. Please note that due to the popularity of this program, only year-long registration is permitted.

Program Dates:	September 20, 2011 to May 22, 2012			
Program	Day	Time	Cost	
Badminton	Tues.	7:00-8:30 p.m.	\$140 per person/per year or \$280 per family/ per year (max. 3 persons)	

Location: Canterbury High School Gym. (Please note that certain classes may be cancelled if space required by school.)

Indoor Golf

Let golf pro Jason Prince help you to fine tune your game. You'll work on all aspects of your game, from your grip to proper stance, to executing that perfect swing. Build good habits and eliminate the bad ones under Jason's watchful eye! This course is suitable for all levels. Work at your own pace in a small class setting. Register early as class is limited to 9 participants.

Fall Session	October 22 to November 26, 2011			
Winter Session	January 21 to February 25, 2012			
Program	Day	Time	Length	Cost
Beginner/Intermediate	Sat.	12:30-1:45 p.m.	6 weeks	\$120
Intermediate	Sat.	1:45-3:00 p.m.	6 weeks	\$120



Sports Conditioning

Want to prevent sports injuries, minimize aches and pains, and improve your overall performance in your favourite activity? This class will focus on developing general strength for most sports including; hockey, soccer, basketball, karate and volleyball (and even snow shoveling!). You will be taught different drills, activities and exercises that will increase energy, speed, power and flexibility. Course is taught by a certified personal trainer.

Fall Session	September 17 to November 26, 2011 <i>(no class Oct. 8th)</i>			
Winter Session	January 14 to March 17, 2012			
Program	Day	Time	Length	Cost
Sports Conditioning	Sat.	10:30-11:30 a.m.	10 weeks	\$75

We accept payment by cash, cheque, debit,  and .



Adult

ART Ikebana

Enjoy a demonstration of Japanese flower arranging and take home your own creation of fresh flowers.

Teacher: Linda Jones Sogetsu School. Supply fee: \$42 payable to instructor at registration.

Fall Session	October 16 to November 20, 2011			
Winter Session	February 26 to April 1, 2012			
Program	Day	Time	Length	Cost
Ikebana	Sun.	12:00-2:00 p.m.	6 weeks	\$60

Drawing Lessons

Come and learn how to draw! We will practice gesture, contour and structured drawing. Put them all together to see the way an artist sees. Improve line quality, find edges and spaces, define shape and volume, draw light and shadow, learn tricks to achieve accurate proportion, and discuss how to create strong composition. There will be structured exercises combined with drawing from life. This course is a perfect complement to the “Painting with Watercolour” course described below. Bring your pencils and paper. All levels welcome!

Instructor: Kathy Harker-Fiander www.kathysartwork.com

Fall Session	September 15 to November 3, 2011			
Winter Session	January 19 to March 8, 2012			
Program	Day	Time	Length	Cost
Drawing Lessons	Thurs.	9:30-11:15 a.m.	8 weeks	\$95

Painting with Watercolour

Ideal for the novice or experienced painter, this course provides a basic understanding of various materials, methods and techniques with a focus on colour mixing and colour theory that is based on Michael Wilcox’s “Colour Bias Wheel”. Bring your own supplies – list available at CCA office. (Possible supply fee \$1 per class payable to instructor)

Instructor: Kathy Harker-Fiander www.kathysartwork.com

Fall Session	September 15 to November 3, 2011			
Winter Session	January 19 to March 8, 2012			
Program	Day	Time	Length	Cost
Watercolour	Thurs.	11:30-1:15 p.m.	8 weeks	\$95

Painting with Oils

Let’s have fun learning technique, colour theory, composition and much more. Learn how to “see” and be motivated to search for inspiration. Students will work from reference and still life set ups. Bring your own supplies – list in CCA office. Oil painters will use “odorless mineral spirits” instead of turpentine for a cleaner environment. All levels welcome! (Possible supply fee of \$1 per class payable to instructor).

Instructor: Kathy Harker-Fiander www.kathysartwork.com

Fall Session	September 15 to November 3, 2011			
Winter Session	January 19 to March 8, 2012			
Program	Day	Time	Length	Cost
Oils	Thurs.	7:00-8:45 p.m.	8 weeks	\$95



Please note you can register for your winter courses at the fall registration.