

MEMBERSHIP & REGISTRATION INFORMATION

SUMMER 2024

Regular Member \$ 5
Associate Member \$ 20

ONLINE (Until Sunday, June 22 at 4 pm)

Beginning Tuesday, June 11 at 10 am	Regular Members only
Beginning Thursday, June 13 at 10 am	Associate Members

IN PERSON (10 am - 2pm in the Basement of the Senior's Club)

Tuesday, June 11 - Thursday, June 13	Regular Members only
Thursday, June 13	Associate Members

PROXY Registration: During the registration periods, a person may register for themselves, a family member and/or only one other household, who meet the Club's membership conditions with the exception of new members.

Non-members may register for open classes the following Tuesday during regular office hours. Class availability for non-members will be posted at the Club or on our website. We will do our best to update the list regularly.

Starting the following Monday, registration will be done during the hours of the Club's Registration Office from Monday to Friday from 9 am to 12 pm and from 1 pm to 3 pm.

PHYSICAL WELL-BEING

MONDAY

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Stretchalates	Lyse	Gym 019	9 am – 9:55 am	July 15 - August 19	6	32 \$
Balance Fit	Lyse	Gym 019	10 am – 10:55 am	July 15 - August 19	6	32 \$
Fit for Life 3	Lynn	Gym 019	11:20 am – 12:15 pm	July 8 - August 19	7	37 \$
Zumba Gold	Jackie	Gym 019	12:30 pm - 1:25pm	July 8 - August 19	7	37 \$

TUESDAY

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Gentle Yoga	Lyse	Gym 019	9 am - 10:15 am	July 16 - August 20	6	35 \$
Chair Yoga	Dana	Gym 019	11 am – 11:55 am	July 2 - August 20	8	42 \$
Essentrics	Jackie	Gym 019	12:30 pm - 1:25pm	July 2 - August 20	8	42 \$
Line Dancing 1*	Nathalie	Banquet	1 pm – 2:15 pm	July 2 - August 20	6	40 \$
Line Dancing 3*	Nathalie	Banquet	2:20 pm – 3:35 pm	July 2 - August 20	6	40 \$
Line Dancing 2*	Nathalie	Banquet	3:40 pm – 4:55 pm	July 2 - August 20	6	40 \$

WEDNESDAY

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Hatha & flow	Subanki	Banquet	8:45 am - 9:55 am	July 24 - August 21	5	29 \$
Fit for Life 2	Sharon	Gym 019	9:15 am – 10:10 am	July 3 - August 21	8	42 \$
Fit for Life 1	Sharon	Gym 019	10:20 am – 11:15 am	July 3 - August 21	8	42 \$
Dance Fusion	Lindsay	Gym 019	11:30 am - 12:25 pm	July 10 - August 7	5	27 \$
Stretching for Vitality	Lynn	Gym 019	1:20 pm – 2:15 pm	July 3 - August 21	8	42 \$

THURSDAY

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Tai Chi Kung 1	Colin	Gym 019	10:15 am - 11:10 am	July 4 - August 22	8	42 \$
Tai Chi Kung 2	Colin	Gym 019	11:20 am – 12:15 pm	July 4 - August 22	8	42 \$

FRIDAY

COURSE	INSTRUCTOR	ROOM	TIME	DATES	# WEEKS	COST
Fit for Life 3	Maya	Gym 019	10:30 am – 11:25 am	July 12 - August 16	6	32 \$
Fit for Life 2	Maya	Gym 019	11:30 am – 12:25 pm	July 12 - August 16	6	32 \$
Fit for Life 1	Maya	Gym 019	12:30 pm - 1:25pm	July 12 - August 16	6	32 \$

***No Line Dancing on July 23 & 30**

**Line dancing Party: August 20 from 1 pm to 3:30 pm
See Program Guide for course descriptions**