

Courtice Fitness Training Facility

2950 Courtice Road North, Courtice 905-404-1525
 Fitness Co-ordinator: Erica Mittag - emittag@clarington.net

Membership Benefits

Join the Courtice Fitness Facility as a Full Fitness Member and enjoy these privileges:

- Access to Group Fitness Classes
- Membership Incentives
- Squash at Clarington Fitness Centre
- Monthly payment option
- Membership Freeze option
- Youth Programs
- Swimming at all indoor municipal pools
- Lockers available to rent

HOURS OF OPERATION	
Courtice Community Complex - Fitness Centre	
SATURDAY / SUNDAY	8:00 AM - 9:00 PM
MONDAY - FRIDAY	6:00 AM - 10:00 PM
NOTE: The Whirlpool & Sauna close 15 minutes before the facility (Monday - Sunday).	

Come in Today for a FREE tour!

Full Fitness Memberships *Non-residents are subject to a 10% surcharge on all memberships.

PLUS TAXES WHERE APPLICABLE
 Rates effective to September 1, 2011

COURTICE FITNESS FACILITY - membership fees

Adult (18 - 64 yrs)	Post-Secondary Student (ID required)	Youth/Seniors (15 - 17 yrs, ID required and 65 yrs +)	Group Membership (minimum 10 employees/ group members)
Annual \$451.00	4 month \$168.00	Annual \$335.00	Annual \$340.00
1 month \$80.00		1 month \$70.75	Locker rental
3 months \$171.00		3 months \$149.00	Annually \$75.00
Family (additional) \$340.00		Family (additional) \$222.00	3 months \$25.00

As low as

\$24.55*

Per Month
*Based on Youth/Senior Annual Membership

Family Additional rate is applied as follows: when a person in your household purchases an Annual Membership, each additional membership for anyone who resides at the same address will be charged the discounted rate. This only applies to an annual term.

PAY AS YOU GO

Courtice Community Complex - Fitness Facility - Day Pass

Fitness Facility Visit - \$8.76	Adult \$4.75	Youth/Senior \$4.78
10 Ticket Pass - \$76.00	Adult \$38.00	Youth/Senior

Courtice Community Complex & Newcastle & District Recreation Complex - Aerobics

Non-Member Aerobic Drop In \$6.37	Adult \$3.20	Youth/Senior \$3.19
10 Ticket Pass - \$52.00	Adult \$26.00	Youth/Senior

NEWCASTLE GROUP FITNESS - membership fees

As low as

\$6.18*

Per Month
*Based on Youth/Senior Annual Membership



Aerobics Only

Adult (18 - 64 yrs)	Youth/Seniors (15 - 17 yrs, ID required and 65 yrs +)
Annual \$265.00	Annual \$133.00
3 months \$122.00	3 months \$66.00

PLEASE NOTE: Applicable taxes are NOT included in above prices. All Memberships are non-transferable and non-refundable. GIFT CERTIFICATES are non-refundable. A pre-authorized payment (P.A.P.) plan is available on all Annual Memberships.

ADDITIONAL MEMBERSHIP INFORMATION

All annual fitness memberships pay \$65.00 at the time of purchase as a down payment and then eleven (11) equal monthly payments will be deducted from your chequing account (eleventh payment may vary slightly).

Youth/Teens under 15 years of age must have successfully completed the FIT Club course to be eligible for a Fitness Facility Membership.

Teens age 18 and over must be responsible for their finances and hold a membership under their own account.

Teens under 18 must use a parent/guardian's chequing account for the monthly payment plan and are responsible for keeping the account in good standing.

MEMBER REFERRAL PROGRAM!

3 Easy Steps

1. Refer the Courtice Fitness Facility to your friends or family members.
2. Fill out your referral card (available at Courtice Fitness Facility NOW!)
3. **Pick your prize!**

- Receive one month extension!
- Receive one hour with a Trainer!
- Three months FREE locker rental!



MEMBERSHIP SERVICES

*Non-residents are subject to a 10% surcharge. **PLUS TAXES WHERE APPLICABLE.**

Nutrition & Wellness Consulting

Personal health is constantly changing. Our Nutrition and Wellness Consulting service will have you working with a Registered Holistic Nutritionist who can help you understand your individual nutritional needs, identify areas of dietary concern, provide guidance about your physical activity requirements and suggest stress management techniques. Contact the Courtice Community Complex for more details at 905-404-1525.

COST:	MEMBERS	NON-MEMBERS
1 session	\$ 40.00	\$ 48.00
5 sessions	\$ 182.00	\$ 222.00
10 sessions	\$ 324.00	\$ 404.00

Session are 1 hour in length

Personal Training

Work out with a personal trainer and design an exercise program tailored to your health concerns, fitness goals and schedule. A personal trainer can also provide information on training principles and give motivational advice to help you stick to your exercise program.



Sessions are 1 hour each in length.

COST	MEMBERS	NON-MEMBERS
1 session	\$ 40.00	\$ 48.00
5 sessions	\$ 182.00	\$ 222.00
10 sessions	\$ 324.00	\$ 404.00
Semi private/person		
1 session	\$ 30.00	N/A
Semi private/person		
5 sessions	\$ 133.75	N/A
Semi private/person		
10 sessions	\$ 238.00	N/A

Fitness Program

\$ 40.00

Fitness Programs are booked with a personal trainer for a one-hour appointment. Programs incorporate proper stretching, form and technique, safety and a general program based on the client's needs and goals.



Fitness Assessments

\$ 40.00

A fitness assessment tests your aerobic fitness, muscular strength, muscular endurance, flexibility, power and postural strength.



FIRST STEPS FITNESS PACKAGE

Start off on the right foot TODAY!

This 2 hour package is only \$61.25 plus tax and includes:

**1 hour Fitness Assessment
and**

**1 hour Fitness Program with a Certified Trainer
Available at the Courtice Fitness Training Facility**

Dryland Sport Conditioning

The types of activities that we will cover with the teams will focus on speed, power, strength, balance and agility in a sport specific manner so they can dominate in their sport. A better conditioned athlete will have fewer chances for injury so it's important to continually modify the program to challenge & improve their performance. As well, the training time will also be a wonderful opportunity for the team to bond outside of the game or sport.

Basic Training Package:

Includes training session in a private room; spinning and core programs available.

Youth Teams (under 18 years):

\$53.00/hour (for 10 - 15 players) Add \$4.50/hour for each additional player up to a total of 18 players.

Adult (18 years and over):

\$106.00/hour (for 10 - 15 players) Add \$8.75/hour for each additional player up to a total of 18 players.

Flex Training Package:

Spinning and core programs in combination with strength equipment.

Youth Teams (under 18 years):

\$104.00/hour for 10 - 15 players) Add \$7.00/hour for each additional player up to a total of 18 players.

Adult (18 years and over):

\$196.00/hour (for 10 - 15 players) Add \$13.00/hour for each additional player up to a total of 18 players.

COURTICE FITNESS TRAINING FACILITY (2950 Courtice Road North, Courtice)
& NEWCASTLE & DISTRICT RECREATION COMPLEX (1780 Rudell Road, Newcastle)

To book your time: 905-404-1525 ext. 28

POOL & SQUASH ADMISSION & MEMBERSHIP FEE INFORMATION

POOL MEMBERSHIP COURTICE COMMUNITY COMPLEX, CLARINGTON FITNESS CENTRE & NEWCASTLE RECREATION COMPLEX				SQUASH MEMBERSHIP CLARINGTON FITNESS CENTRE (includes use of pool)				
	PAY-GO	10TICKET	ANNUAL	DAILY	10TICKET	3 MONTH	ANNUAL	FAMILY ADDITIONAL (ANNUAL)
Adult	\$3.54	\$30.00	\$156.00	\$7.96	\$70.00	\$127.00	\$223.00	\$190.00
Youth 4-17 yrs	\$2.75	\$23.25	\$84.00	\$4.00	\$35.00	\$55.00	\$112.00	\$95.00
Senior 65+	\$2.74	\$23.25	\$79.00	\$3.98	\$35.00	\$55.00	\$112.00	\$95.00
Group*	\$8.85	\$74.00	N/A					
Family	N/A	N/A	\$291.00					

Family & Group* rates include a maximum of 5 people, including a maximum of 2 adults. Preschool children (3 years and younger) are admitted free when accompanied by a participating adult 14 years of age or older. For Family memberships, family members must live in same household. **NOTE: Non-residents add 10% surcharge to their membership rates. Plus taxes where applicable.**

PLEASE NOTE: All Memberships are non-transferable and non-refundable. GIFT CERTIFICATES are non-refundable. A pre-authorized payment (P.A.P.) plan is available on all Annual Memberships.

SQUASH

- The Clarington Fitness Centre provides two International squash courts for pay-as-you-play and members use
- No court fees for members
- Advanced court bookings



Pre-authorized payment memberships now available! • Memberships as low as \$9.33/month* plus applicable taxes

*based on senior annual

Squash Co-ed House League

Come out for a fun evening of team format house league squash! First evening will consist of player evaluation/ranking with 10 weeks of play to follow. Participants must supply racquet and wear non-marking indoor shoes. Eye protection is strongly recommended. Open to adults 18 years and older.

Clarington Fitness Centre
Wednesdays 5:20 PM - 10:00 PM
September 7 (15 weeks)
\$10.00 Members - \$25.00 Non Members
(plus applicable taxes)
Barcode: 113383

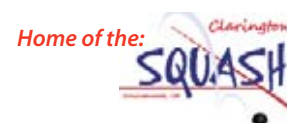
Squash Ladies House League

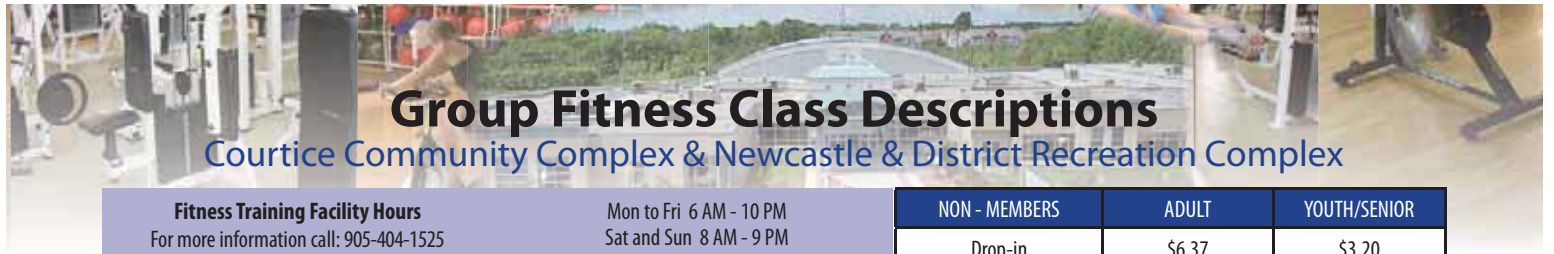
Come out for a fun evening of singles format house league squash! First evening will consist of player evaluation/ranking with 10 weeks of play to follow. Participants must supply racquet and wear non-marking indoor shoes. Eye protection is strongly recommended. Open to adults 18 years and older.

Clarington Fitness Centre
Thursdays 6:40 PM - 8:40 PM
September 8 (15 weeks)
\$10.00 Members - \$25.00 Non Members
(plus applicable taxes)
Barcode: 113384



Call today for more details: 905-623-3392
Proud to be an Ontario Squash Club Member





Group Fitness Class Descriptions

Courtice Community Complex & Newcastle & District Recreation Complex

Fitness Training Facility Hours
For more information call: 905-404-1525

Mon to Fri 6 AM - 10 PM
Sat and Sun 8 AM - 9 PM

NON - MEMBERS	ADULT	YOUTH/SENIOR
Drop-in	\$6.37	\$3.20
10-Pass	\$52.00	\$26.00
10 Week Program	\$46.50	\$23.50
11 Week Program	\$51.15	\$25.85
12 Week Program	\$55.75	\$28.25

CLASSES START September 26, 2011

The Community Services Department is committed to your physical well-being by offering a variety of fitness choices. All programs are available for registration through EazyReg (Page 3). Register immediately! Group fitness classes are free of charge to Courtice Fitness Facility Members. Non-residents add 10%. **Plus applicable taxes.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Sept 26 - Dec 19 12 CLASSES	Sept 27 - Dec 13 12 CLASSES	Sept 28 - Dec 14 12 CLASSES	Sept 29 - Dec 15 12 CLASSES	Sept 30 - Dec 16 12 CLASSES	Oct 1 - Dec 17 11 CLASSES	Oct 2 - Dec 18 11 CLASSES

Unless otherwise stated, Classes are for ALL levels. No Classes October 8 - 10 Thanksgiving

ATHLETIC YOGA

Athletic Yoga uses breath to move in and out of postures that may be linked by variations of Ashtanga sun salutations. The overall goal is to stretch and strengthen the muscles, which will reduce the risk of injuries and to improve performance, whatever your sport. Level: Intermediate to Advanced

BUDAKON **NEW!**

Tone your muscles, lose the extra pounds and relax at the same time. Budakon is a blend of modern yogic and martial art styles and translates from the Japanese "Bu" warrior, "Du" way, and "Kon" spirit. The technique uses a lot of core strength and is also an aerobic exercise. The objective is to teach agility, focus, power and flow in mind and body.

CARDIO BOSU

40 minutes of cardio and muscle conditioning intervals on the BOSU. This is a great way to start your day.

CARDIO PILATES

Step it up a notch and get more calorie burning cardio-fitness power. An fusion of Pilates movements and cardio exercise, Cardio Pilates delivers the strength conditioning effects Pilates is known for - as well as a cardiovascular workout.

CARDIO SCULPT

Elevate your heart rate as you tone and sculpt your muscles! This class combines aerobic work with muscular conditioning to blast calories!

COURTICE RUN CLUB

This program is for those who have completed the Learn to Run 5K program and want to continue running. Must be able to run 5K comfortably. Level: Intermediate **Please note:** this is a run for fitness program, not a progressive learn to run program.

DANCE YOUR WAY!

A fun filled class for all levels. Dance your way through the decades including swing dancing, disco and salsa! No dance experience necessary. *Please note this is a fitness class with a focus on dance.*

DRUMS ALIVE **NEW!**

Using fitness balls and drumsticks improve physical/mental fitness and have fun. Drums Alive is a cardio class full of powerful and motivating music and drumming rhythms that will get your body moving! Equipment & drumsticks provided.

FITNESS FUSION

The blending of some latin, some basic cardio kickbox, some high/low impact - a weight training component and a yoga/pilates cool down - each interval is 8 - 10 minutes - sections flow together and provide participants with a fun variety - the class is over before you know it!

INTERVAL TRAINING

Tone, sculpt, strengthen, energize and revitalize with this exciting interval class! A great variety of exercises!

KETTLEBELL

Kettlebells are an ancient Russian exercise tool that have been adapted for modern day living. Kettlebell training can help you achieve your overall fitness goals. Level: Intermediate to Advanced

KICKBOX BOOTCAMP

A bootcamp style class filled with real kickboxing drills, plyometric drills and strength training topped off with core strengthening and a rejuvenating stretch.

MUSCLE MOVES

60 minutes of strength training, using free weights and balls. Designed to improve strength, muscle tone and body alignment. This is a non-aerobic workout.

NIA

Nia is a cardio dance class, for all fitness levels. Increase your heart rate while dancing to music, then throw in a few martial arts moves. So much fun, you'll forget you are exercising.

ON THE BALL

A class designed around the proper use of stability balls. A great all around workout to help you stay 'on the ball'!

PILATES

A form of body conditioning which emphasizes muscular balance, strength with flexibility, as well as improvement to posture. This program delivers simultaneous lengthening and strengthening in a non-impact, balanced system of mind/body control that works well for all fitness levels.

SPINNING

An exhilarating, challenging class that integrates music and motivation on a bike. A terrific cardio and lower body workout. No cycling background is needed. Level: Intermediate to Advanced Check out a twist to regular spinning with:

- SPIN & ABS
- SPIN & PILATES
- SPIN & SCULPT

TAI CHI/YOGA COMBO

Combine the benefits of Yoga and Tai Chi in this innovative class. Leave feeling refreshed, relaxed and rejuvenated!

URBAN POLING

Urban poling also known as Nordic walking - think cross country skiing in urban settings like sidewalks and city parks without the skis! This group exercise turns walking into a full body workout that engages 90% of your muscles. Poles provided for use during the course. Space is limited.

YOGA

Yoga helps increase stamina, strength, flexibility and balance while focusing on body awareness. Participants practice various yoga traditions, all of which combine forms of breathing, posture and exercise.

YOGALATES

A fusion of yoga with Pilates moves, this class mixes both disciplines to develop core strength, help tone and lengthen muscles, increase flexibility, and reduce stress.

20/20/20

Looking for a class that has it all in 1 hour? 20 minutes cardio (instructor's choice), 20 minutes conditioning and 20 minutes of stretching!

ZUMBA®

Zumba is a fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms utilizing the principles of interval and resistance training with easy to follow dance steps. Zumba is a 'feel-happy' workout that is great for the body, mind and soul.

ZUMBA® GOLD **NEW!**

Zumba Gold, inspired by the latin-dance craze Zumba, is a program designed for older active adults as well those who have been previously sedentary or are in wheelchairs. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with exhilarating dance moves. It develops coordination and burns calories to stave off the weight gain that often accompanies aging.

NEW!

ZUMBA® - MOM WITH BABY

This program is suitable for pre and (min 6 weeks) post natal participants. Baby must be pre-crawling and in an infant carseat or strap-on carrier.

Fall Group Fitness Schedule

Effective September 26 - December 19 No classes October 8 - 10, 2011

All classes with NDRC are at the Newcastle & District Recreation Complex only, all other classes at Courtice Community Complex (CCC)

TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS	
6:10 AM	Kettlebell #113347 6:10 - 6:50 AM	Spinning #113378 6:10 - 6:50 AM	Muscle Moves #113362 6:10 - 6:50 AM		Cardio BOSU #113329 6:10 - 6:50 AM			
9:00 AM	Urban Poling #124927	Muscle Moves #113826 9:15 AM	Spin & Pilates #113372	On The Ball #113364 9:15 AM	Spin & Sculpt #113374	NEW! Budakon 9:30 AM #121426 NRDC	Quick Spin #113371 9 - 9:30 AM	
	Spinning #113377	Cardio Sculpt #113335 9:30 AM NRDC		Cardio Pilates #113330 9:30 AM NRDC			Pilates #113368 NRDC	Spinning #113379
10:00 AM	Muscle Moves #113359	Dance Your Way #113338 10:15 AM	Athletic Yoga #113328	Pilates #113367 10:15 AM	Muscle Moves #113358	Yogalates 10:30 AM #121427 NRDC	Muscle Moves #113360 9:30 - 10:30 AM	
		Yoga #113395 10:30 AM NRDC		Yoga #113398 10:30 AM NRDC			Dance Your Way #113337 NRDC	Tai Chi/Yoga #113387
11:00 AM	Yoga #113394			Stroller Fit 11:15 AM #113385	Tai Chi /Yoga #113388	Zumba #121476 10:30 AM		
1:30 PM	Zumba NEW! Mom with Baby 1:15 PM #124126	Yoga #113396	NEW! Zumba Gold 1:15 PM 123876			<p>For Class Descriptions please see page 15.</p> <p>NOTE: Instructors are subject to change without notice.</p> <p>Fitness classes may be cancelled at any time due to low participation. We apologize for any inconvenience this may cause.</p>		
4:00 PM				Teen Yoga #113390				
5:00 PM	Yoga #113393	Spin & Sculpt #113375		Kettlebell & Core #113346	NEW! Drums Alive #121326			
6:00 PM	20/20/20 #113327	Fitness Fusion #113345	Kettlebell #113348 NRDC	20/20/20 #113326	NIA #121376 NRDC			NIA #113363
		Courtice Run Club #113336	Spinning #113376					
7:00 PM	Muscle Moves #113357	Kettlebell 7:00 - 7:30 PM #122426	Urban Poling #124926 NRDC	Kickbox Bootcamp #113349				
	Cardio Sculpt #113333 NRDC	Zumba #113402 7:30 PM Hall A	Cardio Sculpt #113331	Cardio Sculpt #113334 NRDC				
8:00 PM	Spin & Abs #113373	On The Ball 7:30 - 8:00 PM #113365	Pilates #113366	Yogalates #113401				
	Yoga #113399 NRDC	Kickbox Bootcamp #113350	Tai Chi/Yoga #113386 8:30 PM Hall A	Yoga #113397 NRDC	Yoga #113400 NRDC			

Note: This schedule is subject to change. Please visit our website www.clarington.net or our facilities to obtain a list of cancellations.

LEGEND
Spinning
Mind / Body
Cardio / Impact
Toning / Conditioning

Learn to Run

You were made to run! Put your best foot forward! Try our Learn To Run programs!

Topics covered will include the importance of dynamic warmups & cool down, core conditioning and cross-training, injury prevention, proper running attire and nutrition for running. Meet others who enjoy similar activities.

Each session will be comprised of a short talk/workshop/exercise demo, followed by a group run. Each participant will receive a Learn to Run manual. Two registration options: Standalone program or add a ten visit pass to the Fitness Facility discount. Run rain or shine!



Learn to Run 5K 6 months cardio conditioning recommended prior to participation

LOCATION	DAY	TIME & COST	BARCODE
Courtice Community Complex	Mondays	6:00 PM for 1 hour	
	Sept 26 - Dec 19	Basic \$61.75 + tax Senior/Youth \$31.00 + tax Basic+10 visit pass \$100.50 + tax Senior/Youth \$50.25 + tax	113353 113354

Learn to Run 10K must be able to run 5k+ comfortably

LOCATION	DAY	TIME & COST	BARCODE
Courtice Community Complex	Wednesdays	6:30 PM for 1.5 hour	
	Sept 28 - Dec 14	Basic \$71.75 + tax Senior/Youth \$36.00 + tax Basic+10 visit pass \$109.50 + tax Senior/Youth \$54.75 + tax	113351 113352

Please note this program is intended for ages 15 +

Fitness Bootcamp

Truly experience how it feels to achieve great results in a motivating environment! Have fun with a variety of training programs that are always different and fun! You will experience what it feels like to succeed in your health and fitness goals! Two registration options: Standalone program or add a ten visit pass to the Courtice Fitness Facility at a discount. (Courtice Boot Camp only)

LOCATION	DAY	TIME & COST	BARCODE
Courtice Community Complex	Mondays & Wednesdays	5:30 PM for 1 hour	
	October 5	Basic \$84.00 + tax Seniors/Youth \$42.00 + tax Basic+10 visit pass \$127.75 + tax Seniors/Youth \$63.75 + tax	113340 113341



Grade 5 Students

The Grade 5 Action Pass entitles you to FREE and UNLIMITED access to:

- public swimming
- public skating
- some drop-in programs

Check with local recreation centres as programs vary by location.

Your Grade 5 Action Pass is valid throughout your grade 5 year! (September 2011 - August 31, 2012)

NEW THIS FALL - FAMILY ENGAGEMENT STRATEGY

For more information contact Erica Mittag, Fitness Coordinator at 905-404-1525 ext. 28 or emittag@clarington.net



Programs at the Courtice Community Complex

Prices do not include applicable taxes.

Stroller FIT

Stroller Fit is a fitness class for you and your baby/toddler that incorporates strength training, cardio intervals and stretching along with friendships and loads of fun. Get ready for a great outdoor workout! Indoor circuit available during inclement weather.



LOCATION	DAY	TIME & COST (+ taxes)	BARCODE
Courtice Community Complex	Thursdays Sept 29 - Dec 15	11:15 AM for 1 hour Basic \$54.08 + tax	113385

Women's Total Fitness

- Lose inches
- Increase strength
- Gain power
- Prevent disease
- Boost esteem

Discover the benefits of adding strength training to your workouts for the ultimate body sculpting and health results. You will leave the session with tools to goal set, design a beginner program and implement a total body workout from cardio to weights to flexibility.

LOCATION	DAY	TIME & COST (+ taxes)	BARCODE
Courtice Community Complex	Session 1 Tuesday & Thursdays starts Sept 27 for 6 weeks	10:30 AM for 1.5 hours Basic: Adult \$53.50 / Senior \$26.75 10 visit pass: Adult \$98.50 / Senior \$49.25	113391 113392
	Session 2 Tuesdays & Thursdays starts November 8 for 6 weeks	10:30 AM for 1.5 hours Basic: Adult \$53.50 / Senior \$26.75 10 visit pass: Adult \$98.50 / Senior \$49.25	120476 120526

Strength Training for Older Adults (appropriate for ages 55+)

This program is designed with the Older Adult in mind to help you gain valuable knowledge on the fundamentals of strength training. The content includes technique analysis, basic anatomy, determining the ideal starting weights and much more to get you on the path to becoming a stronger and healthier you.

LOCATION	DAY	TIME & COST (+ taxes)	BARCODE
Courtice Community Complex	Mondays starts September 26 for 10 weeks No class October 10	10:00 AM for 1 hour Basic: Adult \$46.45/ Senior \$23.25	120626
		10 visit pass: Adult \$89.69 / Senior \$44.80	120676



TEEN PROGRAMS

F.I.T. Club



AGES 13 - 16 YEARS

Develop a personal fitness program! Enjoy the benefits of an active lifestyle!

Teens work with a Fitness Trainer to learn safe and effective training principles and techniques. Each day includes some theory and workout time on treadmills, elliptical trainers, weight machines, free weights and more!

Upon successful completion (80% attendance mandatory) of the F.I.T. Club, you will be eligible to purchase a Youth Fitness Membership!

LOCATION	DAY	TIME & COST (+ tax)	BARCODE
Courtice Community Complex	Mondays / Wednesdays starts Sept 26 for 5 weeks	4:00 - 5:30 PM \$80.25	113339
Courtice Community Complex	Saturday & Sunday Oct 15 & 16 (1 weekend only)	9:00 AM - 4:00 PM \$80.25	121526



Teen Yoga



AGES 12 - 17 YEARS

Designed to help increase stamina, strength, flexibility & balance while focusing on body awareness.

LOCATION	DAY	TIME & COST	BARCODE
Courtice Community Complex	Thursdays Sept 29 - Dec 15	4:00 - 5:00 PM for 1 hour Basic \$28.25 + tax	113390





The Community Services Department and the Clarington Older Adult Association are pleased to introduce the following partnership programs for older adults of Clarington.

Pre-registration is required for all classes

ARTHRITIS FITNESS

This class is suited for those with Osteo Arthritis, Rheumatoid Arthritis and Fibromyalgia. The class helps to increase range of motion, balance and strength which improves your quality of life by decreasing pain, swelling and stiffness.

LOCATION	DAY	TIME	COST + HST	BARCODE
COURTICE FITNESS CENTRE	Wednesdays starts Sept 14 10 WEEKS	10:00 - 11:00 AM	\$37.20 members \$41.60 non members	122326 122376

BALLROOM & LATIN DANCE

Ballroom and Latin Dance for fitness, strength, cardio, socializing and memory. *Please no rubber soled shoes*
Instructor: Barbie Cameron with Assistants: John Pyatt & Peter Gill

BEGINNER - Learn the Rumba, Jive and Merengue

LOCATION	DAY	TIME	COST + HST	BARCODE
NEWCASTLE RECREATION COMPLEX	Wednesdays starts Sept 14 12 WEEKS	3:00 - 4:00 PM	\$56.20 members \$60.62 non members	120426 120427

INTERMEDIATE - Learn the Quickstep, Foxtrot and Jive

LOCATION	DAY	TIME	COST + HST	BARCODE
NEWCASTLE RECREATION COMPLEX	Wednesdays starts Sept 14 12 WEEKS	2:00 - 3:00 PM	\$56.20 members \$60.62 non members	120428 120429

BRONZE - Learn the Foxtrot/Quickstep, Cha Cha and Mambo/Salsa

LOCATION	DAY	TIME	COST + HST	BARCODE
NEWCASTLE RECREATION COMPLEX	Wednesdays starts Sept 14 12 WEEKS	1:00 - 2:00 PM	\$56.20 members \$60.62 non members	120430 120431

DROP-IN PROGRAMS

Please pay at Reception Desk upon arrival for all drop-in programs

BADMINTON

LOCATION	DAY	TIME	COST (+ HST)
NEWCASTLE RECREATION COMPLEX	Wednesday Oct 5 - Nov 30 10 WEEKS	10:00 AM - 12:00 PM	\$1.20 members \$1.50 non members PER PLAY



PICKLEBALL

Pickleball is the fastest growing sport among older adults. It is a cross between badminton and table tennis. The game is played on a badminton court with tennis height nets using a larger size table tennis paddle and a wiffle ball. It is fun and all the rage!.

LOCATION	DAY	TIME	COST (+ HST)
NEWCASTLE RECREATION COMPLEX	Mondays Sept 19 - Dec 5	10:00 AM - 12:00 PM	\$1.20 members
	Thursdays Sept 22 - Dec 8	1:00 - 3:00 PM	\$1.50 non members PER PLAY



For additional information on the Clarington Older Adult Association, please see page 58.