

### **Tennis Clinic**

**Description:** Want to learn how to play tennis or improve your tennis skills? This is the program for you! We have two clinics, one for juniors and one for adults. This program is a great way to start and introduce anyone new to the fun game of tennis or is a great opportunity for individuals working on improving techniques. We have excellent instructors from Western University that will be facilitating the clinics.

**Cost:** \$15 per clinic

**DLocation:** Tennis Courts beside the Glencoe District High school, 3581 Concession St, Glencoe, ON NoL 1Mo

**Please note this program could be cancelled due to weather and low enrollment.**

### **Yoga for Beginners**

**Description:** Want to try yoga or want a more low-impact yoga experience? This class is designed as an introduction to the practice of yoga and is also great for someone that is slower paced and focused on developing clear and safe alignment in foundational poses. Come try yoga in a fun and supportive environment! Everyone welcome!

**Cost:** \$6 per class

**Ages:** 12+

**Location:** Refer to Calendar for Locations.

### **Chair Yoga**

**Description:** Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga helps flexibility, lung capacity, circulation and strength, improves balance, and relieves stress. This program is suitable for older adults, people with balance or coordinator issues, etc.

**Cost:** \$6 per class

**Location:** Refer to Calendar for Locations.

### **Fitness Class**

**Description:** This class includes a variety of strength and cardio filled activities that will tone and shape your body!

**Cost:** \$6 per class

**Ages:** Adults only.

**Location:** Refer to Calendar for Locations.

### **Power Yoga with Gigi/Victoria**

**Description:** This program is a more vigorous, fitness-based approach to vinyasa-style yoga.

**Cost:** \$6 per class

**Ages:** Adults only.

**Location:** Refer to Calendar for Locations.

### **Vinyasa Flow Yoga w Victoria**

**Description:** Vinyasa Flow yoga emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. This class moves from pose to pose with each held for no more than five to eight breaths.

**Cost:** \$6 per class

**Ages:** Adults only.

**Location:** Project 2000 Pavilion (if extreme weather of heavy rain, the program will take place inside at the Glencoe Arena)

### **Dance Mix with Andrea**

**Description:** This program is excellent for anyone who would like to try out different dance styles. You will learn fundamental techniques and short routines for each dance genre. This is a super fun program in a supportive environment. Come dance with us!

**Cost:** \$5 per class

**Location:** Project 2000 Pavillion, Glencoe (Glencoe Arena will be used as a rain location)

### **Children's Fitness/Sport Program**

**Description:** This program is a fun way to keep children active through various active games, fitness activities, and various sports.

**Cost:** \$5 per class

**Ages:** Ages 4 and up

**Location:** Project 2000 Pavilion, Glencoe (Glencoe Arena will be used as a rain location)

### **Chemistry Kids**

**Description:** This class includes experimenting and learning some basic science in a fun way! During this class, we will also play games and do some art.

**Cost:** \$5 per class

**Ages:** Ages 4 and up

**Location:** Project 2000 Pavilion, Glencoe (Glencoe Arena will be used as a rain location)

### **Strong by Zumba with Erica**

**Description:** Strong by Zumba is a high intensity interval class. This includes burpees, pushups, and other high-impact moves that are synced to music.

**Cost:** \$7 per class

**Ages:** Adults only.

**Location:** Refer to Calendar for Locations.

### **Fitness Boot Camp with Erica**

**Description:** This program includes interval training with bursts of more intense activity alternated with intervals of lighter activities. This program will include functional fitness, such as using whole-body, multi-joint exercises that simulate movements people do in life.

**Cost:** \$7 per class

**Ages:** Adults only.

**Location:** Refer to Calendar for Locations.

### **Painting with Erin**

**Description:** This class is perfect for children who want to learn how to paint. In this program, your child will be introduced to basic art techniques. And do a variety of paintings.

**Cost:** \$15 per class

**Ages:** Ages 5 and up

**Location:** Appin Pavilion, Appin, ON (Ekfrid Community Centre will be used in case of rain/extreme weather)

### **Weather Notice:**

Please note that is there is extreme weather or heavy rain, the program will be inside at the arena or at the Ekfrid Community Centre depending on which pavilion the program is at. This will reduce the need for cancelling due to weather. If the program is at the Project 2000 Pavilion the program will be held in one of the rooms at the Glencoe Arena. If the program is at the Appin Pavilion, then programs will be held at the Ekrid Community Centre.

### **Registration Information**

To register, please go to the municipal office at 153 McKellar Street or call 519-287-2015 to reserve your spot. If the calendar says "Drop In/Register" then you can pay at the program with exact change as well. At the municipal office, you can pay with cash, cheque, or debit. If you have any questions or concerns, please call 519-287-2015 or email [aparker@southwestmiddlesex.ca](mailto:aparker@southwestmiddlesex.ca)

Programs may be cancelled or changed due to low registration.

If you pay for a program and it gets cancelled or changed you may go to another class or session as substitute.