

Programs - Winter 2012

All programs run for 10 weeks
and start the week of Jan 23rd

All participants must be WLCC Co-op
members. Fee: \$20 lifetime



	Day	Time	Description	Ages	Cost for 10 weeks Sales taxes apply	Duration	# Part	Lang	Room	Instructor
Art	Mon	10 - 11:30 am	Painting & Drawing for Seniors	55+	\$100*	1.5 hr	6-15	B	YC	Kathryn Drysdale
	Mon	3 - 5 pm	Multimedia for Children	8-12	\$120*	2 hr	6-12	B	YC	Kathryn Drysdale
	Wed	7:30- 10pm	Drawing for Adults	18+	\$175*	2.5 hrs	8-12	B	YC	Kathryn Drysdale
	Fri	9:30 -11am	'Little Fingers' Family Art (2+ yrs. with parents)	2+	\$100*/ pair	1.5 hr	6-9 pairs	E	YC	Zaneta Pernicova
	Fri	3-4:30 pm	'Meet the Artist' Art with children	4-7	\$100*	1.5 hr	6-12	E	YC	Zaneta Pernicova
Crafts	Mon	7 - 9 pm	Knitting for all ages	14+	\$160*	2 hr	6-12	E	YC	Stephanie Hill
Dance	Tues	6-7 pm	Belly Dancing	18+	\$120	1 hr	6-20	B	GH	Christine M. Fortin
	Sat	9:30-10:15 am	'Creative Movement' (Pre ballet)	3-5	\$85	45 min	6-10	B	MP	Jennifer Dewolfe
	Sat	9:30-10:15 am	'Creative Movement' (Pre ballet)	3-5	\$85	45 min	6-10	B	MP	Jennifer Dewolfe
Martial Arts	Thurs	7-9 pm	Capoeira	18+	\$120	2 hrs	6-30	B	GH	Phil Benard
Fitness	Tues	7-8 pm	Zumba	18+	\$120	1 hr	8-20	B	GH	Christine M. Fortin
	Tues	7-8 pm	Kettle Bell Fitness	18+	\$120*	1 hr	6-15	E	MP	Liz Robertson
	Wed	5:30 - 6:30pm	Pilates Basic to Intermediate	18+	\$150*	1 hr	8-12	E	MP	Jen Milton
	Sat	8-9 am	Circuit training	18+	\$120	1 hr	6-20	E	GH	Liz Robertson
	Sat	9-10 am	Zumba	18+	\$120	1 hr	8-20	B	GH	Chrissy Payne
Music	Mon	3 - 4 pm	Ukulele for the Whole Family	4 -100	\$100* /adult, \$50* /child	1 hr	6-16	B	MP	Marc Fleury
	Mon	7 - 8 pm	Guitar for Adults	18+	\$120*	1 hr	6-10	E	MP	Greg Stone
Pottery	Wed	5 - 6:30pm	Creative Clay for children	8-13	\$165	1.5 hr	6-15	B	YC	Carrie Leavoy
	Thurs	7-9:30 pm	Hand building for Adults	18+	\$165*	2.5 hrs	6-15	B	MP	Carrie Leavoy
Yoga	Mon	7-8:30 pm	Hatha Yoga –Sivanada Style	16+	\$100*	1.5 hr	6-30	B	GH	Helene Cadieux
	Wed	10 - 10:45 am	Yoga for Preschoolers & Parents	2+	\$120*/pair, + \$40 extra child	45 min	5-8 pairs	E	MP	Anamda Sly
	Wed	11 am-12	Integrated Yoga for Seniors	55+	\$80*	1 hr	6-15	E	MP	Storm Russell
	Wed	6:30 - 7:30pm	Teen Yoga	12-17	\$90*	1 hr	6-12	E	MP	Anamda Sly
	Wed	7:30 - 8:45pm	Integrated Yoga for women 40+	40+	\$100*	1.25hr	6-15	E	MP	Storm Russell
Alternative	Mon	9 - 10 am	I Rest Yoga Nidra for Older adults	45+	\$80	1 hr	6-10	E	MP	Anna Beaudet
	Thurs	5:30 -7 pm	I Rest Yoga Nidra for 16+	16+	\$100*	1 .5hr	6-10	E	MP	Anna Beaudet
Health	2 nd Thursday of each month - 7:15 - 8:45 pm - Cancer Support Group – English. Free. Offered by the Canadian Cancer Society. Drop in, no registration required									

* There will be additional costs for materials and/or participant may be required to bring own equipment

Rooms : MP : Multipurpose Room GH: Great Hall YC: Youth Centre

Registrations: January 9-14, Mon to Fri 2pm -8pm; Sat 10 am to 2 pm; Fees payable by cheque.

Info: www.wakefieldcentre.ca

819-459-2025

Wakefield La Pêche Community Centre, 38 Valley Drive, Wakefield