

SILVERWOOD HEIGHTS

Registration is Wednesday, September 10, 2008, from 6:30-8:00 p.m. at Sister O'Brien School, 451 Silverwood Road. Membership fee of \$12.00/individual or family per year is required to participate in programs. A \$10.00 late fee will be charged for registrations received after September 10. Please refer to Silverwood Heights Community Newsletter for more detailed course information. An adult supervisor must be present at all children/teen activities. Class will be cancelled if no supervision is arranged. Silverwood Heights Community Association honours other community association memberships.

ADULT

Gentle Fitness Yoga (bring mat)	17 yrs & over	Brownell School-Sm Gym	08:40 PM-09:40 PM	M	Sep 22-Dec 08	\$45.00
Fitness Yoga, Level 1	17 yrs & over	Brownell School-Sm Gym	07:30 PM-08:30 PM	M	Sep 22-Dec 08	\$45.00
Belly Dancing	18 yrs & over	Silverwood Heights School-Gym	07:00 PM-08:00 PM	M	Sep 22-Dec 01	\$35.00
Belly Dancing	18 yrs & over	Silverwood Heights School-Gym	08:00 PM-09:00 PM	M	Sep 22-Dec 01	\$35.00
Cardio & Weights	18 yrs & over	Silverwood Heights School-Gym	07:30 PM-08:30 PM	Tu	Sep 23-Dec 02	\$25.00
Co-ed Volleyball	18 yrs & over	Brownell School-Lg Gym	08:30 PM-10:00 PM	M	Sep 22-Dec 01	\$10.00
Co-ed Volleyball	18 yrs & over	Brownell School-Lg Gym	08:30 PM-10:00 PM	Th	Sep 25-Dec 04	\$10.00
Gentle Fitness	18 yrs & over	Silverwood Heights School-Gym	06:30 PM-07:30 PM	Tu	Sep 23-Dec 02	\$25.00
Managing Your Home Computer	Adult	Silverwood Heights School-Library	07:30 PM-08:30 PM	W	Sep 24-Oct 08	\$20.00
Men's Floor Hockey	18 yrs & over	Brownell School-Lg Gym	07:00 PM-08:30 PM	Tu	Sep 23-Dec 02	\$10.00

CHILDREN & YOUTH

Aesthetics	12-14 yrs	Silverwood Heights School-Art Rm	06:30 PM-07:30 PM	W	Sep 24-Oct 08	\$20.00
Ballet/Jazz Dance	5-6 yrs	Brownell School-Sm Gym	07:00 PM-08:00 PM	Th	Sep 25-Dec 04	\$20.00
Co-ed Youth Night	12-15 yrs	Brownell School-Sm Gym	07:00 PM-09:00 PM	W	Sep 24-Dec 03	FREE
Co-ed Youth Volleyball	11-13 yrs	Brownell School-Lg Gym	06:30 PM-07:30 PM	Th	Sep 25-Dec 04	\$25.00
Co-ed Youth Volleyball	14-17 yrs	Brownell School-Lg Gym	07:30 PM-08:30 PM	Th	Sep 25-Dec 04	\$25.00
Drama	8-10 yrs	Silverwood Heights School-Art Rm	06:30 PM-07:30 PM	Tu	Sep 23-Dec 02	\$25.00
Drama	11-14 yrs	Silverwood Heights School-Art Rm	07:30 PM-08:30 PM	Tu	Sep 23-Dec 02	\$25.00
Fun with Drawing	6-8 yrs	Silverwood Heights School-Art Rm	06:30 PM-07:30 PM	Th	Sep 25-Dec 04	\$20 + supp
Fun with Drawing	9-11 yrs	Silverwood Heights School-Art Rm	07:30 PM-08:30 PM	Th	Sep 25-Dec 04	\$20 + supp
Fun with Photography (bring camera & manual)	11-12 yrs	Silverwood Heights School-Art Rm	06:30 PM-07:30 PM	M	Sep 22-Nov 17	\$25.00
Fun with Photography (bring camera & manual)	13-16 yrs	Silverwood Heights School-Art Rm	07:30 PM-08:30 PM	M	Sep 22-Nov 17	\$25.00
Gymnastics	6-8 yrs	Brownell School-Sm Gym	07:00 PM-08:00 PM	Tu	Sep 23-Dec 02	\$20.00
Sport ABCs	6-9 yrs & Parent	Sister O'Brien School-Gym	06:30 PM-07:00 PM	M	Sep 22-Dec 01	\$20.00
Youth & Parent Fitness Yoga (bring mat)	13-16 yrs & Parent	Brownell School-Sm Gym	06:30 PM-07:30 PM	M	Sep 22-Dec 08	\$45.00

PRESCHOOL

Ballet/Jazz Dance	3-4 yrs	Brownell School-Sm Gym	06:00 PM-07:00 PM	Th	Sep 25-Dec 04	\$20.00
Gymnastics	4-5 yrs	Brownell School-Sm Gym	06:00 PM-07:00 PM	Tu	Sep 23-Dec 02	\$20.00
Sport ABCs	3-5 yrs & Parent	Sister O'Brien School-Gym	06:00 PM-06:30 PM	M	Sep 22-Dec 01	\$20.00
Wiggle & Giggle Free Play	3-5 yrs & Parent	Brownell School -Sm Gym	06:00 PM-07:00 PM	W	Sep 24-Dec 03	FREE

Class Descriptions are as follows:

Gentle Fitness Yoga - Ages 17+. This Gentle Fitness Yoga Level 1 class is a Vinyasa Flow style class linking breath to asanas or postures. Designed to be more gentle on the joints and body as a whole, you will challenge yourself but have more time for stretching and recovery. Modifications and props will be incorporated within this class. This class will increase your balance, flexibility, strength and mind body awareness and will help manage stress. No experience is necessary. However, a doctor's approval is required if you have spinal problems. Please bring your own yoga mat, strap and blocks.

Fitness Yoga Level 1 - Ages 16+. This Fitness Yoga Level 1 class is a Vinyasa Flow style class linking breath to asanas or postures. Designed to increase your balance, flexibility, strength and mind body awareness you will gain athletic ability and help manage stress. No experience is necessary as the program will begin with more introductory poses that will evolve over 10 weeks. This class incorporates more strength poses held for a longer period of time. Please bring your own yoga mat, strap and blocks (if available).

Belly Dancing – This belly dancing class is an American Tribal Style Belly Dance developed within Middle Eastern Belly Dance. Jennifer has agreed to return to teach this exciting dance class!

Cardio & Weights – A combination of cardio work and weights to round out your workout.

Adult Co-Ed Volleyball - Come and join the fun of adult volleyball in the Silverwood Heights Community.

Gentle Fitness – This class, taught by a certified fitness leader, is for the active older adult, or beginner exerciser. Enjoy a non-threatening approach to fitness. The focus is on improving muscle strength, joint flexibility, balance, co-ordination and cardiovascular endurance.

Managing Your Home Computer – Questions about the basics of your home computer programming, bring them along and we'll help you figure it out.

Men's Floor Hockey – Bring along your floor hockey stick and enjoy the fun of the game.

Aesthetics – Hey Girls. If you are between the ages 11-14, this is an exciting class you won't want to miss! Come join me and you'll learn about skincare, makeup application as well as nail and hair care. We'll have plenty of fun while at the same time be learning about techniques that will help you take care of and enhance your already 'beautiful you'. I am a teacher and also have professional training in skincare and makeup. I can't wait to meet you and look forward to our time together. See you in the fall..

Ballet/Jazz Dance – Children exercise their creativity while they move their bodies!. A high-energy, fun class!

Co-Ed Youth Night –. Bring your friends and hang out, play a sport ,or participate in other games .

Co-Ed Youth Volleyball Come and join the fun of youth volleyball in the Silverwood Heights Community.

Drama – Enjoy learning the basics of drama in a fun environment.

Fun with Drawing – This class is designed to excite the participants' creative side through drawing and seeing. Using a variety of art methods to create drawings is empowering to anyone with an interest whether or not they feel they have the skill

Fun with Photography – This fall the SHCA is pleased to be offering beginner digital photography classes, hosted by professional photographer Justin Gryba of JG Photography. Just bring your digital camera, its manual, a notepad, and a creative imagination. Justin will be covering basic camera functions, as the basic concepts of aperture, shutter speed, focal length, and ISO, components of composition and other topics depending on the strength and particular areas of interest of the class. He'll utilize some of his portrait and commercial work as foundation examples and then provide the class with weekly "assignments" that they can bring back and share at the next class.

Gymnastics – Gymnastics is an excellent way to improve motor skills, flexibility, and body awareness. Most of all it FUN!.

Sports ABC's -Children, with their parents, participate in fun activities that enhance agility, balance and coordination. They will learn fundamental skills that prepare them to have the most positive experience possible from sport. This program is designed by the Saskatoon Sports Council. Loads of fun!

Youth & Parent Fitness Yoga – Ages 13+. This is a perfect opportunity for a mother and daughter to sneak out of the house and have a girls' night out (or for you to enjoy some quality time with your child). You will be introduced to a Vinyasa Flow style Fitness Yoga designed to increase your balance, flexibility, strength and improve your agility and manage stress. No experience is necessary as the program will begin with more introductory poses that will evolve over 10 weeks. Please bring your own yoga mat, strap and blocks (if available).

Wiggle & Giggle Free Play - Skip, gallop, leap, twirl - children experience the joy of movement in a fun environment! They will enjoy being animals and shapes and learning some basic body movements of dance. Parent accompaniment and involvement is required