

## SILVERWOOD HEIGHTS INDOOR PROGRAMMING INFORMATION

Registration is Wednesday, September 9, 2009 from 6:30 - 8:00 p.m. at St. Angela School Gym, 302 Russel Road. Membership fee of \$10.00/individual or family per year is required to participate in programs. A \$10.00 late fee will be charged for registrations received after September 9. Silverwood Community Association honors other community association memberships.

### ADULT PROGRAMS

GENTLE YOGA, LEVEL 1 **	17 yrs & over	Brownell School - sm gym	06:30 PM-07:30 PM	M	Sept 21-Nov 30	\$45.00
GENTLE FITNESS YOGA **	17 yrs & over	Brownell School - sm gym	07:45 PM-08:45 PM	M	Sept 21-Nov 30	\$45.00
**MATS, BLOCKS AND STRAPS ARE NEEDED FOR MONDAY YOGA CLASSES. PLEASE NOTE, DOCTOR'S APPROVAL REQUIRED BEFORE STARTING CLASS IF YOU ARE SUFFERING FROM HIGH BLOOD PRESSURE, POOR CIRCULATION, ARTHRITIS OR HEART DISEASE**						
HATHA YOGA (YOGA CENTRAL)	17 yrs & over	Brownell School - large gym	07:30 PM-08:30 PM	W	Sept 23-Dec 2	\$45.00
FLOW YOGA, GENTLE VINYASA (YOGA CENTRAL)	17 yrs & over	Brownell School - large gym	08:35 PM-09:35 PM	W	Sept 23-Dec 2	\$45.00
<i>Basic knowledge of postures required. Equipment supplied.</i>						
BELLY DANCING, BEGINNER	18 yrs & over	Silverwood Heights School - gym	07:00 PM-08:00 PM	M	Sept 21-Nov 30	\$45.00
BELLY DANCING, INT.	18 yrs & over	Silverwood Heights School - gym	08:15 PM-09:15 PM	M	Sept 21-Nov 30	\$45.00
CO-ED VOLLEYBALL	17 yrs & over	St. Angela School gym	08:30 PM-09:45 PM	M	Sept 21-Nov 30	\$15.00
CO-ED VOLLEYBALL	17 yrs & over	St. Angela School gym	08:30 PM-09:45 PM	TH	Sept 24-Nov 26	\$15.00
MEN'S FLOOR HOCKEY	17 yrs & over	Brownell School - large gym	07:00 PM-08:30 PM	TU	Sept 22-Nov 24	\$15.00
BOOT CAMP	17 yrs & over	St. Angela School gym	08:30 PM-09:30 PM	TU	Sept 22-Nov 24	\$30.00
*PILATES	17 yrs & over	Brownell School - sm gym	08:00 PM-09:00 PM	TU	Sept 22-Dec 1	\$70.00
*PILATES	17 yrs & over	Brownell School - sm gym	08:00 PM-09:00 PM	TH	Sept 24-Dec 3	\$70.00
*PLEASE NOTE PILATES WILL NOT HAVE CLASSES ON SEPTEMBER 29 & OCTOBER 1						
STRIPPERCISE	17 yrs & over	Brownell School - sm gym	08:00 PM-09:00 PM	W	Sept 23-Dec 2	\$70.00
COMMUNITY TEAM TENNIS	16+ & adult/senior	Silverwood Heights School - gym	08:30 PM-09:45 PM	TU	Sept 22-Nov 24	\$35.00

### YOUTH PROGRAMS

COMMUNITY TEAM TENNIS	7-9 yr olds	Silverwood Heights School - gym	06:00 PM-07:15 PM	TU	Sept 22-Nov 24	\$35.00
COMMUNITY TEAM TENNIS	10-12 yr olds	Silverwood Heights School - gym	07:15 PM-08:30 PM	TU	Sept 22-Nov 24	\$35.00
HAIR/MAKE-UP/SKIN CARE	11-13 yr olds	Silverwood Heights School - Art Rm	06:30 PM-07:30 PM	W	Sept 23 Sept 30, Oct 7	\$20.00
STRICTLY DANCE	5-7 yrs	Brownell School - sm gym	07:00 PM-08:00 PM	TU	Sept 22-Nov 24	\$20.00
CO-ED YOUTH VOLLEYBALL	Under 10	Brownell School - large gym	06:00 PM-07:00 PM	TH	Oct 8-Dec 3	\$60.00
CO-ED YOUTH VOLLEYBALL	Under 12	Brownell School - large gym	07:00 PM-08:00 PM	TH	Oct 8-Dec 3	\$60.00
VOLLEY 4'S YOUTH LEAGUE VOLLEYBALL	13-17 yrs	Brownell School - large gym (practices) Henk Ruys Soccer Centre (games)	08:00 PM - 09:00 PM 05:00 PM - 06:30 PM	TH W	Oct 8-Dec 3 Oct 7-Dec 2	\$80.00
<i>a group of 4 may be signed up to play as a team</i>						
FUN WITH DRAWING	6-8 yrs	Silverwood Heights School - Art Rm	06:30 PM-07:30 PM	TH	Sept 24-Nov 26	\$25.00
ART CLASS	9-11 yrs	Silverwood Heights School - Art Rm	07:30 PM-08:30 PM	TH	Sept 24-Nov 26	\$25.00
BATON TWIRLING	5-9 yrs	Brownell School - sm gym	06:00 PM-07:00 PM	W	Sept 23-Dec 2	\$25.00
RECREATIONAL GYMNASTICS	6-8 yrs	Brownell School - sm gym	07:00 PM-08:00 PM	TH	Sept 24-Nov 26	\$20.00
CHEERLEADING	11-13 yrs	Brownell School - sm gym	07:00 PM-08:00 PM	W	Sept 23-Dec 2	\$20.00

### PRESCHOOL

BALLET & GAMES	3-4 yrs	Brownell School - sm gym	06:00 PM-07:00 PM	TU	Sept 22-Nov 24	\$20.00
TUMBLING TOTS & GAMES	4-5 yrs	Brownell School - sm gym	06:00 PM-07:00 PM	TH	Sept 24-Nov 26	\$20.00
SPORTS ABC'S	3-7 yrs & parent	Ecole Sister O'Brien Gym	06:00 PM-06:30 PM	M	Sept 21-Nov 30	\$20.00
FAMILY GYM TIME	3-12 yrs & parent	Ecole Sister O'Brien Gym	06:30 PM-07:00 PM	M	Sept 21-Nov 30	\$10.00

PLEASE SEE SHCA WEBSITE <http://www.silverwoodcommunity.org> FOR UPDATED PROGRAMMING INFORMATION

### 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 joint/spinal problems and high blood pressure/heart issues. Participant forms will be provided at the time of registration. Please bring your own yoga mat, strap and blocks.

## **CLASS DESCRIPTIONS** *continued*

**GENTLE YOGA LEVEL 1** – Ages 17+. 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 than the Gentle Fitness Yoga class. Participant forms will be provided at the time of registration. Please bring your own yoga mat, strap and blocks

**YOGA WITH YOGA CENTRAL** – hatha yoga class. Basic yoga. Equipment supplied.

**YOGA WITH YOGA CENTRAL** – Vinyasa yoga. Flow yoga with Sun Salutations incorporated into the class. Basic knowledge of yoga asanes (postures) is desirable. Persons suffering w/ health conditions should not take this class. Equipment supplied.

**STRIPPERCISE** – a fun, sizzling, sexy workout that boosts your confidence while toning up your body. Join this class and find your inner Vixen.

**BOOTCAMP** - a motivating workout that has the benefits of working with a personal trainer in a group setting. Through the use of power, resistance, speed, and agility exercises, this intense workout will quickly tone up your body!

**BATON** - Catch onto Baton... Twirl A Myracle. NEW 10 week program. Join the Saskatoon Myracles Baton Club through the Silverwood Community Association. Batons supplied for this class.

**BELLY DANCE** - Jennifer is returning again to instruct another session of exciting dance. For those who want a refresher or those who want to learn, this class is for you.

**BELLY DANCING** - Tribal-Style Bellydance Fit Class Mondays 8-9 – This class will take the dance steps you've learned in class and allow you to practice them with the added benefit of a cardio workout! We will be using Tribal Bellydance moves to enhance our muscle memory and our stamina to become better dancers (or just have some shimmy fun!). There will be challenges for both newcomers and returning students as we will be using moves from the full Tribal Style repertoire along with some fun combos. Grab your tassel belt and join us!

**ADULT CO-ED VOLLEYBALL** – Come and join the fun of adult volleyball in the Silverwood Heights Community.

**PILATES** -Pilates is designed to dynamically stretch and strengthen the body. It focuses on spinal positioning and abdominal engagement to improve posture and how we move our spines. You will learn how to use various pilates props to facilitate, challenge and support your practice. For more information on how you can benefit from pilates please visit [www.stottpilates.com](http://www.stottpilates.com).

**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 11-13 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 & GAMES** – Children exercise their creativity while they move their bodies!. A high-energy, fun class!

**STRICTLY DANCE** – This class will incorporate hip hop, tap, musical theatre and jazz. Learn some new moves and have fun doing it!

**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.

**ART** – More than just drawing, this class will expand into art projects. More information to follow from instructor.

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

**TUMBLING TOTS & GAMES – SPORTS ABC'S & FAMILY GYM TIME** – Children, with their parents, learn a variety of sport skills together through participating in fun activities that enhance agility, balance and co-ordination. Parent enrolment with children is required. Add Family Gym Time and involve the whole family!

**\*\*CO-ED YOUTH VOLLEYBALL** – Volleyball Saskatoon is offering a 9 week program modelled after the Saskatoon Minor Basketball Association (SMBA) and Winnipeg Minor Volleyball Association (WMVA). One game and one practice per week. There will be 7 weeks of matches for U10's (born in 1999 or earlier) and U12's (born in 1997 or earlier). The matches will be held Saturday afternoons between 11:30 am and 6pm at the Henk Ruys Soccer Centre. Cost per child is \$60. We are looking for a coach for Silverwood Area – practices are at Brownell School Thursday nights U10 6:00-7:00, U12 7:00-8:00. Volleyball Saskatoon will provide a coaches workshop in early December to have all programs following the Atomic developmental program. At this time, we anticipate participation from Lakeridge, Lakeview, Brevort Park, Martensville/Warman/Langham and River Heights. Our main purposes are: NON-COMPETITIVE, LOW COST, REASONABLE TIME COMMITMENT FOR PARENTS AND VOLUNTEERS – FUN!!!!

**VOLLEY 4'S YOUTH VOLLEYBALL** - League Schedule: Starting October 7 & 8 till December 2, 2009, Wednesdays (games) from 5 to 6:30 pm (Henk Ruys Soccer Centre) and Thursdays (practices) 8-9 pm (Brownell School - large gym). Cost per child is \$80.00. Parent supervision is required for this league.

**COMMUNITY TEAM TENNIS** - CTT is an exciting new tennis program that provides the opportunity for new participants to combine the learning of skills with the enjoyment of playing very quickly. Players are coached the basics of tennis so that they are able to serve, rally and score. Modified equipment; smaller rackets, slower balls and smaller nets allows tennis to be fun and easy to learn. All equipment is provided. Players are welcome to bring their own rackets. For further information please contact Rufus Nel, [rnel@tenniscanada.com](mailto:rnel@tenniscanada.com) or 241.5565. Community Team Tennis – Adult Learn to Play and Get Fit Program - This is a unique program for adults who have never played tennis before. Players will learn the skills and basic strategy to move onto full court tennis. There will also be a focus on fitness. This combined playing, learning and tons of moving creates a fun high energy environment for any adult. If you have your own racket, please bring it.

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