

## SILVERWOOD HEIGHTS INDOOR PROGRAMMING INFORMATION

Registration is Tuesday, January 6, 2009, from 7:00 - 8:30 p.m. at Silverwood Heights School, 403 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 January 6. Silverwood Community Association honors other community association memberships.

### ADULT PROGRAMS

Fitness Yoga, Level 1 **	17 yrs & over	Brownell School - sm gym	06:15 PM-07:15 PM	M	Jan 19-Apr 6	\$45.00
Gentle Fitness Yoga **	17 yrs & over	Brownell School - sm gym	07:30 PM-08:30 PM	M	Jan 19-Apr 6	\$45.00
Fitness Yoga, Level 1	17 yrs & over	Brownell School - sm gym	08:00 PM-09:00 PM	W	Jan 21-Mar 27	\$45.00
Belly Dancing, beginner	18 yrs & over	Silverwood Heights School - gym	07:00 PM-08:00 PM	M	Jan 19-Apr 6	\$45.00
Belly Dancing, int.	18 yrs & over	Silverwood Heights School - gym	08:00 PM-09:00 PM	M	Jan 19-Apr 6	\$45.00
Co-Ed Volleyball	18 yrs & over	St. Angela School gym	08:30 PM-09:30 PM	M	Jan 19-Apr 6	\$20.00
Co-Ed Volleyball	18 yrs & over	St. Angela School gym	08:30 PM-09:30 PM	Th	Jan 22-Apr 2	\$20.00
Gentle Cardio/Weights	18 yrs & over	Silverwood Heights School - gym	06:30 PM-07:30 PM	Tu	Jan 20-Mar 31	\$25.00
Men's Floor Hockey	18 yrs & over	Brownell School - large gym	07:00 PM-08:30 PM	Tu	Jan 20-Mar 31	\$20.00
Boot Camp ***	17 yrs & over	Silverwood Heights School - gym	07:30 PM-08:30 PM	Tu	Jan 20-Mar 31	\$25.00
Nordic Walking Program	18 yrs & over	Ecole Sister O'Brien Gym	07:00 PM-08:00 PM	Fri	Jan 23-Mar 27	\$25.00

### CHILDREN & YOUTH

Fastpitch/Softball Pitching	8-12 yrs	Ecole Sister O'Brien Gym	05:00 PM-06:00 PM	W&Th	Jan 21-Apr 9	\$50.00
Hair/Make-up/Skin Care	12-14 yrs	Silverwood Heights School - Art Rm	06:30 PM-07:30 PM	W	Jan 21-Feb 04	\$20.00
Ballet/Jazz Dance	5-7 yrs	Brownell School - sm gym	07:00 PM-08:00 PM	Tu	Jan 20-Mar 31	\$20.00
**Co-ed Youth Volleyball	Under 10	Brownell School - large gym	06:30 PM-07:30 PM	Th	Jan 22-Apr 2	\$60.00
**Co-ed Youth Volleyball	Under 12	Brownell School - large gym	07:30 PM-08:30 PM	Th	Jan 22-Apr 2	\$60.00
Drama	8-10 yrs	Silverwood Heights School - Library	06:00 PM-07:00 PM	W	Jan 21-Apr 1	\$25.00
Drama	11-14 yrs	Silverwood Heights School - Library	07:00 PM-08:30 PM	W	Jan 21-Apr 1	\$25.00
Fun with Drawing	6-8 yrs	Silverwood Heights School - Art Rm	06:30 PM-07:30 PM	Th	Jan 22-Apr 2	\$25.00
Fun with Drawing	9-11 yrs	Silverwood Heights School - Art Rm	07:30 PM-08:30 PM	Th	Jan 22-Apr 2	\$25.00
Fun with Photography (bring camera & manual)	11-14 yrs	Silverwood Heights School - Art Rm	06:30 PM-07:30 PM	M	Jan 19-Mar 16	\$25.00
Gymnastics	6-8 yrs	Brownell School - sm gym	07:00 PM-08:00 PM	W	Jan 21-Apr 1	\$20.00
CSI Science Fun	10-12 yrs	Silverwood Heights School - Art Rm	07:30 PM-08:30 PM	W	Jan 21-Mar 11	\$25.00
Cheerleading	11-13 yrs	tba	tba	tba	tba	tba

### PRESCHOOL

Ballet/Jazz Dance	3-4 yrs	Brownell School - sm gym	06:30 PM-07:15 PM	Th	Jan 22-Apr 2	\$20.00
Ballet/Jazz Dance	3-4 yrs	Brownell School - sm gym	06:00 PM-06:45 PM	Tu	Jan 20-Mar 31	\$20.00
Gymnastics	4-5 yrs	Brownell School - sm gym	06:00 PM-07:00 PM	W	Jan 21-Apr 1	\$20.00
Sports ABC's	3-5 yrs&parent	Ecole Sister O'Brien Gym	06:00 PM-06:30 PM	M	Jan 19-Apr 6	\$20.00
Sports ABC's	6-9 yrs&parent	Ecole Sister O'Brien Gym	06:30 PM-07:00 PM	M	Jan 19-Apr 6	\$20.00

\*\*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\*\*

\*\*\*FOR BOOT CAMP CLASS, PLEASE BRING A STABILITY BALL TO CLASS\*\*\*

**PLEASE SEE SHCA WEBSITE FOR UPDATED PROGRAMMING INFORMATION**