

SILVERWOOD HEIGHTS INDOOR PROGRAMMING

Registration will be held on **January 6, 2010 from 6:30-8:00** at **Silverwood Heights School**, 403 Silverwood Road. Membership fee of \$10.00/individual or family per year is required to participate in programs. A \$25.00 late fee may be charged for registrations received after January 6, 2010. Silverwood Community Association honors other community association memberships.

ADULT

**VINYASA FLOW YOGA	17 yrs & over	Brownell School - sm gym	07:05 PM-08:05 PM	M	Jan 18-Mar 29	\$45.00
**GENTLE YOGA	17 yrs & over	Brownell School - sm gym	08:10 PM-09:10 PM	M	Jan 18-Mar 29	\$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 (beginner) Equipment Supplied	17 yrs & over	Brownell School - small gym	7:15 PM-08:15 PM	W	Jan 20-Mar 31	\$45.00
*FLOW YOGA, GENTLE VINYASA (experience required)	17 yrs & over	Brownell School – small gym	08:30PM-09:30 PM	W	Jan 20-Mar 31	\$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	Jan 18-Mar 29	\$45.00
BELLY DANCING, INTERMEDIATE	18 yrs & over	Silverwood Heights School – gym	08:15 PM-09:15 PM	M	Jan 18-Mar 29	\$45.00
CO-ED VOLLEYBALL	17 yrs & over	St. Angela School gym	08:30 PM-09:45 PM	M	Jan 18-Mar 29	\$15.00
CO-ED VOLLEYBALL	17 yrs & over	St. Angela School gym	08:00 PM-09:30 PM	W	Jan 20-Mar 30	\$15.00
MEN'S FLOOR HOCKEY	17 yrs & over	Brownell School - large gym	07:00 PM-08:30 PM	TU	Jan 19-Mar 30	\$15.00
GROUP BOOT CAMP	17 yrs & over	Silverwood Heights School gym	08:30 PM-09:30 PM	TU	Jan 19-Mar 30	\$30.00
GROUP BOOT CAMP	17 yrs & over	St. Angela School gym	08:30 PM-09:30 PM	Th	Jan 21-Apr 01	\$30.00
QUANTUM BOOT CAMP	17 yrs & over	Brownell School – large gym	08:30 PM-09:30 PM	M	Jan 18-Mar 29	\$50.00
QUANTUM BOOT CAMP	17 yrs & over	Brownell School – large gym	08:30 PM-09:30 PM	W	Jan 20-Mar 30	\$50.00
ESSENTIAL PILATES (BEGINNER)	17 yrs & over	Brownell school – small gym	07:00 PM-08:00 PM	Th	Jan 21-April 1	\$70.00
PILATES WITH PROPS (INTERMEDIATE)	17 yrs & over	Brownell School - sm gym	08:15 PM-09:15 PM	Th	Jan 21-April 1	\$70.00
QUANTUM CARDIO & CORE	17 yrs & over	St. Angela School gym	08:30 PM-09:30 PM	Tu	Jan 19-Mar 30	\$35.00
WALK FIT (OUTDOORS)	17 yrs & over	Meet at St. Angela School boot room	07:00 PM-08:00 PM	Th	Jan 21-Apr 1	\$30.00
BEGINNER FITNESS	Adult	Silverwood Heights School library	07:15 PM-08:15 PM	Tu	Jan 19-Mar 30	\$40.00
OLDER ADULT FITNESS	Adult/Senior	Silverwood Heights school library	06:00 PM-07:00 PM	Tu	Jan 19-Mar 30	\$40.00

YOUTH PROGRAMS

COMMUNITY TEAM TENNIS #1	7-9 yr olds	Silverwood Heights School - gym	06:00 PM-07:15 PM	TU	Jan 19-Mar 2	\$20.00
COMMUNITY TEAM TENNIS #1	10-12 yr olds	Silverwood Heights School - gym	07:15 PM-08:30 PM	TU	Jan 19 – Mar 2	\$20.00
COMMUNITY TEAM TENNIS #2	7-9 yr olds	Silverwood Heights School - gym	06:00 PM-07:15 PM	TU	Mar 9 –Apr 20	\$20.00
COMMUNITY TEAM TENNIS #2	10-12 yr olds	Silverwood Heights School - gym	07:15 PM-08:30 PM	TU	Mar 9 – Apr 20	\$20.00
OUTDOOR SPRING COMMUNITY TEAM TENNIS	TBA	TBA	TBA	TBA	TBA	TBA
BATON TWIRLING (equipment supplied for class use)	9-12 yrs	Brownell School - sm gym	06:00 PM-07:00 PM	W	Jan 20-Mar 31	\$25.00
CREATIVE PHOTOGRAPHY	11-14 yr olds	Silverwood Heights School – Art Room	06:30 PM-07:30 PM	M	Jan 18-Mar 8	\$25.00
STRICTLY DANCE	5-7 yrs	Brownell School - sm gym	07:00 PM-08:00 PM	TU	Jan 19-Mar 30	\$20.00
CO-ED YOUTH VOLLEYBALL	Under 10	Brownell School - large gym	06:00 PM-07:00 PM	TH	Jan 21-Mar 25	\$60.00
CO-ED YOUTH VOLLEYBALL	Under 12	Brownell School - large gym	07:00 PM-08:00 PM	TH	Jan 21-Mar 25	\$60.00
VOLLEY 4'S YOUTH	14-16 yrs	Brownell School- large gym (practices)	08:00 PM - 09:00 PM	TH	Jan 20-Mar 25	\$80.00
LEAGUE VOLLEYBALL	Henk Ruys Soccer Centre (games) 05:00 PM - 06:00 PM W				Jan 19-Mar 24	
<i>a group of 4 may be signed up to play as a team</i>						
CREATE YOUR OWN SUPER HERO COMIC	8-11 yrs	Silverwood Heights School Art Room	06:00 PM-07:00 PM	TH	Jan 21-Apr 1	\$25.00
CSI SCIENCE FUN	9-12 yrs	Silverwood Heights School Art Room	06:30 PM-07:30 PM	TU	Jan 19-Mar 9	\$25.00
CREATIVE DRAMA	8-10 yrs	Silverwood Heights School Art Room	06:00 PM-07:00 PM	W	Jan 20-Mar 24	\$25.00
CREATIVE DRAMA	11-14 yrs	Silverwood Heights School Art Room	07:00 PM-08:00 PM	W	Jan 20-Mar 24	\$25.00
CHEERLEADING	10-13 yrs	Brownell School - sm gym	07:15 PM-08:15 PM	W	Jan 20-Mar 31	\$20.00
FASTPITCH PITCHING CLASS	8-14 yrs	Tba	05:00 PM-06:00 PM	W/Th	Jan 20-April 1	\$50.00

PRESCHOOL

BALLET & GAMES	3-4 yrs	Brownell School – sm gym	06:00 PM-07:00 PM	M	Jan 18-Mar 29	\$20.00
BALLET & GAMES	3-4 yrs	Brownell School - sm gym	06:00 PM-07:00 PM	TU	Jan 19-Mar 30	\$20.00
BLASTBALL	4-6yrs	Ecole Sister O'Brien Gym	06:00 PM-07:00 PM	M	Jan 18-Mar 29	\$20.00

SILVERWOOD HEIGHTS INDOOR PROGRAMMING CLASS DESCRIPTIONS

ADULT CLASS DESCRIPTIONS:

GENTLE YOGA (Monday) – Ages 17+. This Gentle Yoga 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.

VINYASA FLOW YOGA – LEVEL 1 (Monday) - Ages 17+. This 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 Yoga class. Participant forms will be provided at the time of registration. Please bring your own yoga mat, strap and blocks

YOGA w/ Karen Dagdick (formerly of Yoga Central)(Wednesday) – Hatha Yoga . Beginner Level. Equipment supplied

YOGA w/ Karen Dagdick (formerly of Yoga Central)(Wednesday) – Flow Yoga. Basic knowledge of yoga asanas (postures) is desirable. Persons suffering w/ health conditions should not take this class. Equipment supplied.

BEGINNER 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.

INTERMEDIATE BELLY DANCING - Tribal-Style Belly Dance 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 Belly Dance 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

MEN'S FLOOR HOCKEY – Bring along your floor hockey stick and enjoy the fun of the game.

GROUP BOOT CAMP – Not for sissies. Using body weight exercises, interval training, endurance exercises and flexibility training, we make you sweat! Running shoes needed.

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

ESSENTIAL PILATES (beginner) - This 10 week intro to Pilates will enable you to gain competency and fitness performing all 'essential' exercises of the STOTT Pilates method. You will be introduced to various Pilates props (toning balls, fitness circle, mini stability ball), designed to facilitate or add challenge to the exercises.

PILATES WITH PROPS (intermediate) -Each class within this program will build on the principles from the intro class continuing to build strength, stamina and spinal movement. Intermediate exercises will be added as appropriate. Props will be utilized at each class.

QUANTUM CARDIO & CORE - Work large muscle groups and get your heart rate going, then concentrate on the area that REALLY counts – your middle! This is a one hour class where you can cover everything you want to accomplish – an efficient and fun workout with Quantum Fitness personal trainers and instructors

WALK FIT: A rigorous walking program designed to get you out of the house and into the fresh air. Focus on endurance, core strength and fun. This class will be safely mapped. Warm up and cool down done indoors. We brave any temperature, no fancy clothing necessary. Winter wear guidelines and ideas included at sign up.

BEGINNER FIT - For those with little or no fitness experience, or who want a gentle work out. We focus on the fundamentals of fitness: form, technique, simple cardio/muscle/balance exercises all taught in a fun and supportive environment. No special equipment necessary, just show up!

OLDER ADULT FIT - Gentle, yet effective fitness designed to improved muscle strength, cardiovascular health, balance, coordination, relaxation and concentration...and let's not forget laughter, the best medicine. No special equipment necessary, just show up!

YOUTH CLASS DESCRIPTIONS:

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 or 241.5565.

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.

CREATIVE PHOTOGRAPHY- This winter 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 its 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

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

****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. Our main purposes are: NON-COMPETITIVE, LOW COST, REASONABLE TIME COMMITMENT FOR PARENTS AND VOLUNTEERS – FUN!!!!

VOLLEY 4'S YOUTH VOLLEYBALL - League Schedule: Wednesdays (games) from 5 to 6:00 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.

CREATE YOUR OWN SUPER HERO COMIC -This is a nine week program beginning on January 21st in which the children will be learning drawing basics and applying them in the design of their own super hero comic. The first four classes will be used to design their own super hero and the remaining five will be used to design panels that will illustrate the story and action. The classes will also include a half hour of learning drawing concepts and applying them in the rest of the class.

CSI SCIENCE FUN – If you have an interest in forensic sciences, you will want to register for this class. Participants will learn about Fingerprints, DNA, Forensic dentistry, and Handwriting analysis. Check with the website for more information.

CREATIVE DRAMA – A fun way to let your dramatic creativity shine! Explore drama through acting games, memorization techniques, and group or partner scenes. Become more comfortable acting in front of others by performing in front of the class and possibly even a showcase for families and friends.

CHEERLEADING- Learn the basic principles and techniques of competitive cheerleading. Learn to do cheerleading jumps, as well as stunts. A beginner class with everything a cheerleader would have to know from safety to cheer etiquette. Open to both boys and girls. This class will prepare you for stunting in junior to senior level cheerleading.

FASTPITCH PITCHING CLASS- Fastpitch Pitching Class - introductory and intermediate fastpitch skills class, with emphasis on training programs, mental prep, control, fundamentals and ball spins. For ages 8 to 14.

PRESCHOOL CLASS DESCRIPTONS

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

BLASTBALL - Blastball is a developmental game inventory to utilize the skills of softball in a fun, fast paced activity for young beginner players. It is a good introduction to Softball and Baseball for a number of reasons: it is fun, it is easy to play, players have

instant success; it is fast paced; no gloves or special equipment is required by the player (ball gloves are optional); minimal rules and instruction required. It develops skills for softball and baseball.