

Silverwood Heights Community Association Winter 2011 Indoor Programming Schedule Program Descriptions

Adult Programs

Adult Coed Volleyball (ages 17+) - Come and join the fun of adult volleyball in the Silverwood Heights Community.

Men's Floor Hockey - (ages 17+) - Bring along your floor hockey stick and enjoy the fun of the game.

Vinyasa Flow Yoga - beginner/intermediate (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.

Beginner Pilates (ages 17+) - We are excited to offer for the first time, two separate, twice a week, five week sessions. This 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. "To learn more about STOTT PILATES, please visit www.stottpilates.com" or participants are welcome to email the instructor any questions at info@thebalancedbody.ca.

Yoga 1 ,2 and 3 with Karen Dagdick - Beginner (ages 13+) - This class introduces the inexperienced yoga student to the basic principles of movement, breath and alignment as we build on basic hatha yoga postures or "asanas". Students with more yoga experience will have the opportunity to refine the fundamentals of alignment and breath and to deepen their yoga practice. Emphasis will be on improving flexibility and strength, as well as reducing tension in the body. Please bring your own yoga mat. Other equipment will be supplied.

Zumba (Latin Dance Fitness) Beginner - (ages 16+) - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class!

Zumba (Latin Dance Fitness) Intermediate - (ages 16+) ***MUST HAVE TAKEN BEGINNER ZUMBA*** - Take your Zumba beginner skills to the next level with Zumba Intermediate.

Group Fitness Boot Camps - Monday/Tuesday/Wednesday/Thursday - (ages 17+) Using body weight exercises, interval training, endurance exercises and flexibility training, we make you sweat! Wear comfortable running shoes, bring along a mat for cool down exercises and a bottle of water!

Youth Programs

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 and senior level cheerleading. Please wear runners and comfortable clothes. Bring along a set of pompoms to add to the fun!

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 allow tennis to be fun and easy to learn. All equipment is provided, although players are welcome to bring their own rackets.

For further information, please contact Rufus Nel, rnel@tenniscanada.com or 241-5565.

Fun Ballet & Mime (3-4 year olds) - This class is for your budding ballerinas to learn the basic steps required to dance like their favourite Prince or Princess. Included in this class will be Mime where they get to pretend and act just like the real Ballerinas.

Please could all children who register for this class wear either a Ballet leotard or a swim suit. If they have Ballet shoes to wear them but if they don't bare feet will be just as good. (This class will have no more than 10 children in it. Please note that this will mean a high demand for this class.) We are very lucky to have an extremely qualified, adult instructor hired with extensive teaching and performance experience.

Fun Ballet & Mime (5-6 year olds) - This class is for your budding ballerinas to learn the basic steps and more required to dance like their favourite Prince or Princess and encouragement to perform. Included in this class will be Mime where they get to pretend and act just like the real Ballerina. Please could all children who register for this class wear either a Ballet leotard or a swim suit. If they have Ballet shoes to wear them but if they don't bare feet will be just as good. Please note that this class will be limited to 15 students. We are very lucky to have an extremely qualified, adult instructor hired with extensive teaching and performance experience.

Baton (equipment supplied) - 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.

Musical Theatre (2 groups) (Ages 7-9 & 10-14) -This class is to help make your children have more confidence in front of a big crowd and get to perform those songs that just get played over and over again in the house. We will learn all about improvisation, acting with a script & putting the acting and small movement to a favourite piece from a musical of the children's choice. This class was very successful last term and we hope to see some familiar faces back again.

Blastball/Soccer/Tennis for Kids (ages 4-5 years) - Three weeks each of blastball, soccer and tennis. A great way for your young child to be introduced to three fantastic sports.

Winter Indoor Learn to Golf for Kids (ages 6-8 years) - A brand new, 10 week program we are excited to be offering to the Silverwood Heights Community. Introduce your children to the sport of Golf in a fun and exciting way using specially modified equipment and curriculum.

3D Art Fun! (ages 8-13) - Learn how to draw basic 3D shapes from models and how to shade them according to different lights. Use different colors in your 3D drawing project. Have fun making a collage of 3D shapes with colors in your final project using mixed-media.