

**EVENING & WEEKEND
PROGRAMS
For Adults of All Ages!!**



These programs are open to the general public. You don't have to be a senior to participate; any adult 18+ may attend. Please register at the office or see the mail-in registration form on page 33. Sign up at least 1 week prior to class to avoid cancellation due to insufficient registration. A seasonal pass for \$30 or an annual pass for \$60 entitles you to take classes at member rates. We accept cash, cheques, debit, VISA, and MC.

BELLY DANCING **NW-137**
 Tues., Jan. 19—Mar. 23, (10 wks)
 7:30—8:30 pm
 Fee: \$65 (\$95 Non-Members)
 Instructor: Valda Roberts
 Discover a new path to fitness through this ancient and fun dance form. Improve your body's rhythm, flexibility and muscle tone as you jiggle and giggle with friends. No dance experience necessary.

COMPUTERS—BUILD A GREAT GOOGLE WEBSITE **NW-138**
 Thurs., Feb. 18 & 25, (2 wks)
 6—9 PM
 Fee: \$54 (\$84 Non-Members)
 Instructor: Shawn Gramiak
 Simple, useful & effective websites abound! In this session, using free user friendly Google sites software, you will explore the basics of developing your own website from scratch. Pre-requisite: Some typing, mouse skills, basic Windows and Word skills.

COMPUTERS—Make Your Own Movie with Windows Movie Maker
 Thurs., Jan. 28 & Feb. 4, (2 wks) **NW-139**
 6—9 pm
 Fee: \$54 (\$84 Non-Members)
 Instructor: Shawn Gramiak
 See page 7 for class description.

DRAWING—Basic **NW-140**
 Tues., Jan. 19—Feb. 23, (6 wks)
 6—9 pm
 Fee: \$67 (\$97 Non-Members)
 + supplies approx. \$50
 Instructor: Muhammed Salayi
 This is a class to train your hands & your eyes to help you build a solid foundation for understanding art. Through a series of progressive exercises, demonstrations & encouraging guidance, you will learn the principles of drawing as well as a variety of basic skills & techniques. Excellent for absolute beginners, or as a refresher for experienced artists.

EASTER FUN— With the Grandkids **NW-141**
 Sat., Mar., 27
 1—3 pm
 Fee: \$24 (\$54 Non-Members)
 Grandparent & child
 (ages 6—10 yrs) **includes supplies*
 Instructor: Janelle Tameling
 Have a hopping fun time with your grandchild making some fun and eggs-cellent crafts! Children must be 6—10 years of age.



GOLF LESSONS

IMPROVE YOUR TECHNIQUES

The following are a few specific workshops to improve your golf game. Sign up for one or all! Any questions regarding the golf programs call Ken @ 780-452-2084. Instructor: Ken Webicki

INDOOR GOLF LESSONS

Thurs., Feb. 25—Apr. 8, (5 wks)
(omit Mar. 25 & Apr. 1)

4—5 pm

OR

5:15—6:15 pm

Fee: \$66 (\$96 Non-Members)

For beginners and high handicappers! Learn from a former CPGA golf professional with more than 35 years experience. Bring #7 & #9 iron, putter, glove & indoor runners to first class.



NW-142

NW-143

APPROACH TO LOB SHOTS

Thurs., Apr. 29

4:30—5:30 pm

Fee: \$15 (\$45 Non-Members)

Improve techniques in and around the green. Bring #7, #9 and pitching wedge, as well as a golf glove to class.

NW-144

CHIPPING

Thurs., Apr. 15

4:30—5:30 pm

Fee: \$15 (\$45 Non-Members)

Ken will show you how to get that ball as close to the hole as possible. Bring your #7 & #9 irons and a golf glove to class.

NW-145

CORRECTING YOUR SLICE

Thurs., May 13

4:30—5:30 pm

Fee: \$15 (\$45 Non-Members)

Frustrated with your slice? Ken can help! Bring #7 & #5 iron, a driver and golf glove to class.

NW-146

LONG IRONS

Thurs., May 6

4:30—5:30 pm

Fee: \$15 (\$45 Non-Members)

Improve your golf swing on the fairway using long irons. Bring #3, #4, and #5 irons as well as a golf glove to class.

NW-147

POWER DRIVE

Thurs., May 20

4:30—5:30 pm

Fee: \$15 (\$45 Non-Members)

Improve your drive accuracy and increase your yardage off the tee using a driver. Bring a #1 wood driver and a golf glove to class.



NW-148

PUTTING

Thurs., Apr. 22

4:30—5:30 pm

Fee: \$15 (\$45 Non-Members)

Learn from an expert about proper alignment, set ups and ball positions. Bring your putter and a golf glove to class.

NW-149

INTRODUCTION TO POKER—

Texas Hold 'Em Style

Tues., Feb. 9

6:30—8:30 pm

Fee: \$38 (\$68 Non-Members)

Instructor: Susan Taylor For ladies only! Susan from "Poker Chicks 101" will teach you all the basic skills and strategies you'll need to feel comfortable playing this popular game. Each participant will also receive their own "Poker Chicks Handbook" - yours to keep as a reference for future poker games. You'll be playing for chips (not real money) so you can relax and just have fun learning.

NW-150

MOSAIC MIRROR

NW-151

Tues., Feb. 2 & 9, 7—9 pm &
Tues., Feb. 16, 7—8 pm



Fee: \$30 (\$60 Non-Members)

Instructor: Carolan Fehr

Not sure what to do with that chipped old china? Why not create your own mosaic masterpiece? In this 3 day course, students will construct a mosaic mirror with stained glass, tile or broken china, or a combination of materials. Check the display case in our cafeteria for a sample of this beautiful work of art! Price includes all materials and instruction.

OIL PAINTING—Beginners

NW-152

Thurs., Jan. 21—Feb. 25, (6 wks)
6—9 pm

Fee: \$67 (\$97 Non-Members)

+ supplies approx. \$50—\$70

Instructor: Muhammed Salayi

Learn how to transfer a simple sketch into a beautiful oil painting by exploring a variety of oil painting techniques & tools. Develop your oil painting skills under the guidance, encouragement and expertise of this talented artist. This class is ideal for both the absolute beginner & a refresher for the experienced artist.

PILATES—Basics

NW-153

Wed., Jan. 20—Apr. 7, (12 wks)
6—7 pm

Fee: \$60 (\$90 Non-Members)

Instructor: Kathy Ochoa

This class is perfect for those who have never tried Pilates or just starting out. You'll learn the basics while improving your coordination, strength, balance, posture, & flexibility. It involves a series of controlled movements on mats that will engage both your body and mind.

PILATES—Intermediate

NW-154

Wed., Jan. 20—Apr. 7, (12 wks)

7:05 pm—8:05 pm

Fee: \$60 (\$90 Non-Members)

Instructor: Kathy Ochoa

Take your Pilates conditioning to the next level and challenge yourself through a series of exercises that will help improve your core strength, balance and flexibility. Previous Pilates experience required.

SOFT PASTELS—An Introduction

NW-155

Thurs., Jan. 21—Feb. 25, (6 wks)

6:30—9:30 pm

Fee: \$68 (\$98 Non-Members)

+ supplies approx. \$50—\$70

Instructor: David Shkolny

Try a new medium! Soft pastel drawings range from the impressionistic to high realism, from dreamy to bold. In this introductory class, the focus will be on exploring various techniques using still life & landscape subjects. Fundamentals of drawing will also be covered as part of the class.

SPANISH—Conversational

NW-156

Tues., Jan. 19—Apr. 6, (12 wks)


7—8:50 pm

Fee: \$90 (\$120 Non-Members)

Instructor: Juan Acevedo



Learn useful dialogue for the everyday conversations at the airport, in the hotel restaurant, on the street, and in stores. Learn how to address yourself using common sentences and phrases, and much more. This course is essential for anyone thinking of traveling to a Spanish-speaking country.

TAI CHI—(Yang) - Level I **NW-157**
Thurs., Jan. 21—Apr. 8, (10 wks)
(omit Mar. 25 & Apr. 1)
6:45—7:45 pm
Fee: \$60 (\$90 Non-Members)
Instructor: Leslie Pedden—Sarabin
Invite grace and discipline into your life.
This martial art uses fluid, yielding motions
to strengthen the body and quiet the soul.
Discover the beauty for yourself!


TAI CHI—(Yang) - Level III **NW-158**
Thurs., Jan. 21—Apr. 8, (10 wks)
(omit Mar. 25 & Apr. 1) 
7:45—8:45 pm
Fee: \$60 (\$90 Non-Members)
Instructor: Leslie Pedden—Sarabin
This class is perfect for those who have
completed Level I and want more of a
challenge!

TWO STEP & JIVE **NW-159**
Tues., Jan. 19—Feb. 23, (6 wks)
6—7:30 pm
Fee: \$67 (\$97 Non-Members)
Instructor: Dwayne Tulik
Take a step or two away from your regular
routine. Join Dwayne for this swingin' class
that will get your feet tappin' and your
heart thumpin'! Both of these dances are
easy to learn and FUN. No partner required.

TWO STEP & WALTZ **NW-160**
Tues., Mar. 2—Apr. 6, (6 wks)
6—7:30 pm
Fee: \$67 (\$97 Non-Members)
Instructor: Dwayne Tulik
Even if you now think you have two left
feet, you'll be gliding across the dance floor
with new confidence in no time! This class
is great for beginners as well as those want-
ing to brush up on their dancing tech-
niques.
No partner required.

VALENTINE FUN—With the Grandkids
Sat., Feb. 13
1—3 pm  **NW-161**
Fee: \$24 (\$54 Non-Members) Grandparent +
Child (ages 6—10 yrs) *includes supplies
Instructor: Janelle Tameling 
Have some creative fun with your grand-
child making some lovely Valentine-
themed crafts. Children must be 6—10 years
of age.

YOGA **NW-162**
Tues., Jan. 19—Apr. 6, (12wks)
6—7:30 pm
OR
Thurs., Jan. 21—Apr. 8, (12 wks) **NW-163**
6—7:30 pm
Fee: \$72 (\$102 Non-Members)
Instructor: Beverley Moore
This invigorating mind and body class is
suitable for any fitness level. Release
tension, relieve stress while improving
strength, flexibility and general well-being.

YOGA BOOTY & BALLET **NW-164**
Tues., Jan. 19—Apr. 6, (12 wks) 
7:45—8:45 pm
Fee: \$58 (\$88 Non-Member)
Instructor: Grace McDonald
Take your workout to a whole new level! It's
a blend of yoga, ballet and booty shaking
dance moves all in one class! It's a workout
that's fun and easy...you won't believe you're
working out! You'll work your Abs, lift your
Booty, and do fat blasting cardio in every
class!

ZUMBA **NW-165**
Thurs., Jan. 21—Apr. 8, (12 wks)
7:45—8:45 pm
Fee: \$58 (\$88 Non-Members)
Instructor: Grace McDonald
* See page 19 for class description.