

# RECREATION PROGRAMS

## 18+ YEARS

Winter 2021

## ADULT

📢 To learn more about the safety measures we've put in place to ensure participant safety and prevent the spread of Covid-19, please visit [london.ca/playourway](https://london.ca/playourway) under the **Frequently Asked Questions** section.

### ARTS

#### Drawing Introductory (18+ Years)

Learn the basic skills of how to draw. Class is suitable for beginners but everyone is welcome.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	6:45pm	02:00	\$65	8	26001

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 13	We	9:45am	02:00	\$65	8	25744

Medway Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 14	Th	10:30am	02:00	\$65	8	25877

#### Oils & Acrylics Introductory 1 (18+ Years)

This introductory class will teach the basic skills of painting using either oils or acrylic paint. Recommended for anyone new to painting.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 23	Tu	1:00pm	02:00	\$65	8	16229

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	9:30am	02:00	\$65	8	25753

#### Sewing Introductory (18+ Years)

For beginners looking to learn the basics or those looking to work on simple patterns.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	6:45pm	02:00	\$74	8	25999

#### Watercolours Introductory 1 (18+ Years)

In this introductory course you will learn the fundamentals of watercolour painting including brush techniques, colour mixing and more.

Medway Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 14	Th	1:30pm	02:00	\$65	8	25879

### DANCE

#### Ballroom & Latin Introductory 1 (18+ Years)

Couples will be taught the fox trot, waltz, cha cha, jive and other popular social ballroom dances. Partners not provided.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 25	Th	7:30pm	01:00	\$51	8	24921

#### Line Dancing Introductory 1 (18+ Years)

An introductory dance course to learn the basic moves and steps in line dancing.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 22	Mo	10:00am	01:00	\$51	8	16221

#### Line Dancing Introductory 2 (18+ Years)

Building on the skills learned in *Line Dancing Introductory 1*. Each class begins with a warm up of some golden oldies, and then moves through reviewing recent dances before learning a new dance.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 22	Mo	11:00am	01:00	\$56	8	16225

Winter 2021

#### Line Dancing Recreational (18+ Years)

This program is for those who already know the basic steps and are interested in some recreational dance.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	7:15pm	01:00	\$33.04	8	25969

### FITNESS

#### Cardio Kickboxing Boot Camp (18+ Years)

Get fit and feel stronger while improving your cardiovascular health. You will work with hand and foot strikes on our portable bags.

Olympic Karate South

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo/Tu/Th	7:30pm	01:00	\$74	12	16197
Jan 19	Tu/Th/Sa	9:30am	01:00	\$74	12	16202

#### Pilates (18+ Years)

This series of Stott Pilates mat classes emphasizes correcting muscular imbalance, improving posture and toning the body from head to toe.

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	1:00pm	01:00	\$51.59	6	25736
Jan 18	Mo	2:30pm	01:00	\$51.59	6	25741
Jan 20	We	12:45pm	01:00	\$51.59	6	25754

#### Tai Chi Introductory 1 (18+ Years)

This class is for the absolute beginner who has always wanted to experience the physical benefits of Tai Chi. This class will leave you feeling relaxed and refreshed. Various styles may be practiced.

Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 24	We	1:00pm	01:00	\$44	8	16234

#### Yoga 60 min (18+ Years)

Improve your muscle tone and increase flexibility. Class will focus on muscle stretching and poses combined with breathing and relaxation techniques. Great for all fitness levels.

Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 11	Mo	9:30am	01:00	\$24.67	4	25791
Jan 11	Mo	11:00am	01:00	\$24.67	4	25792
Jan 12	Tu	10:15am	01:00	\$24.67	4	25796
Jan 12	Tu	11:45am	01:00	\$24.67	4	25797
Jan 19	Tu	5:45pm	01:00	\$24.67	4	25798
Jan 19	Tu	7:15pm	01:00	\$24.67	4	25799
Jan 20	We	7:30pm	01:00	\$24.67	4	25800
Jan 21	Th	6:00pm	01:00	\$24.67	4	25801
Jan 21	Th	7:30pm	01:00	\$24.67	4	25802
Feb 08	Mo	9:30am	01:00	\$24.67	4	25807
Feb 08	Mo	11:00am	01:00	\$24.67	4	25808
Feb 09	Tu	10:15am	01:00	\$24.67	4	25811
Feb 09	Tu	11:45am	01:00	\$24.67	4	25812
Feb 16	Tu	5:45pm	01:00	\$24.67	4	25813
Feb 16	Tu	7:15pm	01:00	\$24.67	4	25814
Feb 17	We	7:30pm	01:00	\$24.67	4	25815
Feb 18	Th	6:00pm	01:00	\$24.67	4	25803
Feb 18	Th	7:30pm	01:00	\$24.67	4	25804

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	6:15pm	01:00	\$48.80	8	25990
Jan 20	We	6:15pm	01:00	\$48.80	8	25991

Lambeth Arena and Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 15	Fr	8:30am	01:00	\$24.67	4	25805
Feb 12	Fr	8:30am	01:00	\$24.67	4	25806

Medway Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 11	Mo	1:00pm	01:00	\$24.67	4	25794
Jan 11	Mo	2:15pm	01:00	\$24.67	4	25795
Feb 08	Mo	1:00pm	01:00	\$24.67	4	25809
Feb 08	Mo	2:15pm	01:00	\$24.67	4	25810

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	6:15pm	01:00	\$48.80	8	25872
Jan 20	We	7:45pm	01:00	\$48.80	8	25873

## Yoga Plus Size (18+ Years)

Focusing on gentle stretching, relaxing and balance, this course is appropriate for individuals recovering from injury or with restricted joint flexibility.

### Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	7:30pm	01:00	\$48.80	8	25992

## LANGUAGE

### French Conversation (18+ Years)

Practice your French speaking skills in an environment where French is spoken the entire time. Instructor-facilitated sessions will help you familiarize yourself with dialogue used in everyday areas like grocery stores or restaurants, while also expanding your vocabulary. It is helpful for participants to have a prior knowledge of the language before taking this class.

### Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 27	Sa	1:30pm	02:00	\$82	8	16053

## MARTIAL ARTS

### Aikido (18+ Years)

A non-competitive atmosphere explores the dynamic nature of Aikido's circular movements. Inner and external techniques are studied to develop the discipline required to control, pin and throw a partner safely.

### Extreme Martial Arts South

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu/Th	7:00pm	01:00	\$61	16	16376

### Taekwondo (18+ Years)

Taekwondo is a fun and popular form of physical and mental fitness. Repetitive movements and mental discipline is often used for fitness, self defense and competition.

### Extreme Martial Arts South

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo/We	7:00pm	01:00	\$61	16	16916

## MUSIC

### Guitar Introductory (18+ Years)

For those learning to play the guitar. Beginners welcome.

### Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	6:45pm	02:00	\$65.04	8	25998

### Ukulele Introductory (18+ Years)

Learn the basics of ukulele. Beginners welcome.

### Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 22	Fr	1:45pm	01:00	\$60	8	25996

### Ukulele Recreational (18+ Years)

For those already familiar with the instrument and are looking for an environment to play along with other people.

### Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 22	Fr	3:15pm	01:00	\$60	8	25997

## SPORTS

### Badminton Recreational (18+ Years)

A recreational game for those already comfortable with the sport. Cannot guarantee even number of players on the court.

### North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	7:00pm	02:00	\$38.72	8	25861

### Introduction to Rock Climbing (18+ Years)

This program is aimed at those who are brand new to rock climbing and would like to learn the fundamentals of the sport. This 4 week session will teach participants how to belay, the basics of route climbing and bouldering technique as well as gym safety.

### Junction Climbing Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 11	Mo	9:00pm	00:55	\$85	4	25817
Feb 08	Mo	9:00pm	00:55	\$85	4	25818
Mar 22	Mo	9:00pm	00:55	\$85	4	25819

### Pickleball Introductory (18+ Years)

This program will include one hour of formal lesson on various techniques followed by one hour of recreational play.

### Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 23	Tu	12:00pm	02:00	\$46	8	16014

### Byron Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 11	Mo	1:30pm	02:00	\$46	8	25777
Jan 21	Th	6:15pm	02:00	\$46	8	25779

## Winter 2021

### Pickleball Recreational (18+ Years)

This program provides no formal instruction but instructor is available to assist with play and organization. Participants should understand the rules of the game.

### Bostwick Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Feb 24	We	12:00pm	02:00	\$32	8	16017

### Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	7:15pm	02:00	\$32	8	26006
Jan 21	Th	7:15pm	02:00	\$32	8	26003

### Tennis Introductory (18+ Years)

This program will cover the fundamentals of tennis such as forehands, backhands, serving, scoring and basic match play. This is a fun and enjoyable chance to practice and improve basic tennis skills.

### North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	6:30pm	01:00	\$61.33	8	25845
Jan 20	We	6:30pm	01:00	\$61.33	8	25846

### Tennis: Mixed Doubles (18+ Years)

Tennis Mixed Doubles is for experienced doubles players who are interested in an evening of recreational play. Emphasis is on fun and fitness. Facilitation will be provided.

### North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	2:00pm	02:00	\$64	8	25853
Jan 20	We	8:00pm	02:00	\$64	8	25854
Jan 22	Fr	9:00am	02:00	\$64	8	25858
Jan 22	Fr	8:00pm	02:00	\$64	8	25860

### Volleyball (18+ Years)

Enjoy a social evening of co-ed recreational volleyball

### North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	1:45pm	02:00	\$62.72	8	25870

### South London Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	7:00pm	01:00	\$15.68	4	25816
Feb 17	We	7:00pm	01:00	\$15.68	4	25930

# ADULT 55+

ⓘ To learn more about the safety measures we've put in place to ensure participant safety and prevent the spread of Covid-19, please visit [london.ca/playourway](http://london.ca/playourway) under the **Frequently Asked Questions** section.

## ARTS

### Ceramics (55+ Years)

You will learn how to prepare green ware, glaze and decorate items of your choice. More advanced students can get advice on their projects.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	1:30pm	02:00	\$52	8	26005

## FITNESS

### Cardio Strength 1 (55+ Years)

A cardio, strength, balance and flexibility workout ideal for everyone. Beginners welcome.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 20	We	3:15pm	01:00	\$30.72	8	25983

### Fit for Bones (55+ Years)

This class is taught with consideration for those with reduced bone density and those who have osteoporosis. This exercise program includes cardio, weight bearing activity, resistance training, balance and coordination, and flexibility.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	1:45pm	01:00	\$54.67	8	25984

### Strength Training (55+ Years)

Strength training done regularly builds bone and muscle while helping to preserve independence and increase energy. Exercises are safe and effective for women and men of all ages.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	3:15pm	01:00	\$46.72	8	25986

### Strengthen Core (55+ Years)

This program includes exercises to strengthen the core, lengthen the spine, increase muscle strength, body awareness, and balance.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	3:15pm	01:00	\$46.72	7	25985

### Tai Chi Introductory (55+ Years)

This class is for the absolute beginner who has always wanted to understand and experience the physical benefits of Tai Chi. This class will leave you feeling relaxed and refreshed. Various styles may be practiced.

Boyle Memorial Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	2:45pm	01:00	\$44	8	26000

### Tai Chi Sun Style 1 (55+ Years)

For the absolute beginner who wants to de-stress and improve balance, core strength and flexibility. The warm-up exercises and the focus on safe, natural movement will help even people with restrictions to regain balance and mobility in comfort.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 22	Fr	1:15pm	01:00	\$44	8	25994

### Tai Chi Sun Style 2 (55+ Years)

This program is an extension of *Tai Chi Sun Style 1* with opportunities to practice and build on the 18 movement original set. This form contains powerful Qigong exercises to enhance healing, agile steps to improve mobility and balance.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 22	Fr	2:45pm	01:00	\$46.72	8	25995

### Zumba Gold (55+ Years)

Designed to take the exciting Latin and international dance rhythms created in the original Zumba program and bring them to the active adult 55 or beginner.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 21	Th	1:45pm	01:00	\$46.72	8	25993

Winter 2021

## DANCE

### Line Dancing Recreational 1 (55+ Years)

This program is for those who already know the basic steps and are interested in some recreational dance. Easier dances will be performed.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	12:30pm	01:00	\$33.04	8	25973
Jan 19	Tu	12:30pm	01:00	\$33.04	8	25974
Jan 20	We	2:45pm	01:00	\$33.04	8	25971
Jan 21	Th	12:30pm	01:00	\$33.04	8	25975

### Line Dancing Recreational 2 (55+ Years)

This program is for those who already know the basic steps and are interested in some recreational dance. Moderate dances will be performed.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	2:00pm	01:00	\$33.04	8	25977
Jan 19	Tu	2:00pm	01:00	\$33.04	8	25978
Jan 20	We	1:15pm	01:00	\$33.04	8	25976
Jan 21	Th	2:00pm	01:00	\$33.04	8	25979

### Line Dancing Recreational 3 (55+ Years)

This program is for those who already know the basic steps and are interested in some recreational dance. More complex dances will be performed.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	3:30pm	01:00	\$33.04	8	25980
Jan 19	Tu	3:30pm	01:00	\$33.04	8	25981
Jan 21	Th	3:30pm	01:00	\$33.04	8	25982

## FITNESS

### Walk & Tone Recreational (55+ Years)

Work on cardio and fitness with energetic and upbeat walking motions.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	12:30pm	01:00	\$25.36	8	25843
Jan 22	Fr	12:30pm	01:00	\$25.36	8	25844

### Yoga 60 Min Seated (55+ Years)

Improve your muscle tone and increase flexibility while sitting in a chair. Class will focus on muscle stretching and poses combined with breathing and relaxation techniques. Great for all fitness levels.

Kiwanis Seniors Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 18	Mo	1:45pm	01:00	\$48.80	8	25987
Jan 18	Mo	3:15pm	01:00	\$48.80	8	25988
Jan 20	We	12:15pm	01:00	\$48.80	8	26054
Jan 20	We	1:45pm	01:00	\$48.80	8	25989
Jan 21	Th	12:15pm	01:00	\$48.80	8	26055

## SPORTS

### Badminton Recreational (55+ Years)

A recreational game for those already comfortable with the sport. Cannot guarantee even number of players on the court.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	11:15am	02:00	\$38.72	8	25862
Jan 20	We	8:45am	02:00	\$38.72	8	25863
Jan 21	Th	11:15am	02:00	\$38.72	8	25864
Jan 22	Fr	8:45am	02:00	\$38.72	8	25865

### Pickleball Recreational (55+ Years)

This program provides no formal instruction but instructor is available to assist with play and organization. Participants should understand the rules of the game.

North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	1:45pm	02:00	\$32	8	25866
Jan 20	We	11:15am	02:00	\$32	8	25867
Jan 21	Th	1:45pm	02:00	\$32	8	25868

### Tennis: Mixed Doubles (55+ Years)

Tennis Mixed Doubles is for experienced doubles players who are interested in an evening of recreational play. Emphasis is on fun and fitness. Facilitation will be provided.

#### North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	9:00am	02:00	\$64	8	25848
Jan 19	Tu	11:30am	02:00	\$64	8	25849
Jan 19	Tu	2:00pm	02:00	\$64	8	25850
Jan 20	We	9:00am	02:00	\$64	8	25851
Jan 20	We	11:30am	02:00	\$64	8	25852
Jan 21	Th	9:00am	02:00	\$64	8	25855
Jan 21	Th	11:30am	02:00	\$64	8	25856
Jan 21	Th	2:00pm	02:00	\$64	8	25857
Jan 22	Fr	5:30pm	02:00	\$64	8	25859

### Volleyball (55+ Years)

Enjoy a social evening of co-ed recreational volleyball

#### North London Optimist Community Centre

Begins	Day	Time	Duration	Fee	Classes	Code
Jan 19	Tu	8:45am	02:00	\$62.72	8	25869
Jan 21	Th	8:45am	02:00	\$62.72	8	25871



## Coming in January

Drop-ins for various age groups at community centres across London!

Registration starts one week in advance of each program through

[www.london.ca/playyourway](http://www.london.ca/playyourway) or by calling 519-661-5575. Pre-registration is required due to COVID-19 health measures.

Financial assistance is available for those who qualify.

