### 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**

**Jan 13**
- **Th**
  - **9:45am**
  - **3:00pm**
  - **$65**
  - **8**
  - **25887**

**Medway Community Centre**

**Jan 14**
- **Th**
  - **10:30am**
  - **3:00pm**
  - **$65**
  - **8**
  - **25887**

#### 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**

**Feb 23**
- **Th**
  - **10:00am**
  - **3:00pm**
  - **$65**
  - **8**
  - **25829**

**Byron Optimist Community Centre**

**Jan 21**
- **Th**
  - **9:30am**
  - **3:00pm**
  - **$65**
  - **8**
  - **25815**

### 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**

**Jan 18**
- **Mo**
  - **7:30pm**
  - **9:30pm**
  - **$51.59**
  - **8**
  - **25873**

**Feb 18**
- **Th**
  - **7:30pm**
  - **9:30pm**
  - **$51.59**
  - **8**
  - **25874**

#### Line Dancing Introductory 1 (18+ Years)
An introductory dance course to learn the basic moves and steps in line dancing.

**Bostwick Community Centre**

**Feb 22**
- **Mo**
  - **1:00pm**
  - **3:00pm**
  - **$65**
  - **8**
  - **25753**

#### 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**

**Feb 22**
- **Th**
  - **1:00pm**
  - **3:00pm**
  - **$65**
  - **8**
  - **25753**

### 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**

**Feb 08**
- **Mo**
  - **9:30am**
  - **1:00pm**
  - **$65**
  - **8**
  - **25800**

#### Pilates (18+ Years)
This series of Stott Pilates mat classes emphasizes correcting muscular imbalance, improving posture and toning the body from head to toe.

**Bryon Optimist Community Centre**

**Feb 17**
- **Th**
  - **7:15pm**
  - **9:15pm**
  - **$48.80**
  - **8**
  - **25815**

#### 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**

**Jan 18**
- **Mo**
  - **7:30pm**
  - **9:30pm**
  - **$51.59**
  - **8**
  - **25873**

**Feb 18**
- **Th**
  - **7:30pm**
  - **9:30pm**
  - **$51.59**
  - **8**
  - **25874**

### SPORTS

#### Olympic Karate South
For beginners looking to learn the basics or those looking at work on simple patterns.

**Kiwanis Seniors Community Centre**

**Jan 18**
- **Mo/Tu/Th/Sa**
  - **9:30am**
  - **1:00pm**
  - **$74**
  - **12**
  - **16179**

#### 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.

**Boyle Memorial Community Centre**

**Feb 08**
- **Mo**
  - **9:15am**
  - **1:15pm**
  - **$48.80**
  - **8**
  - **25808**

**Feb 09**
- **Tu**
  - **10:15am**
  - **2:15pm**
  - **$48.80**
  - **8**
  - **25811**

**Feb 09**
- **Tu**
  - **11:15am**
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  - **$48.80**
  - **8**
  - **25812**

**Feb 10**
- **Th**
  - **11:45am**
  - **3:45pm**
  - **$48.80**
  - **8**
  - **25813**

**Feb 16**
- **Tu**
  - **4:45pm**
  - **6:45pm**
  - **$48.80**
  - **8**
  - **25819**

**Feb 17**
- **We**
  - **7:15pm**
  - **9:15pm**
  - **$48.80**
  - **8**
  - **25814**

**Feb 18**
- **Th**
  - **8:00pm**
  - **10:00pm**
  - **$48.80**
  - **8**
  - **25820**

**Feb 18**
- **Th**
  - **8:30pm**
  - **10:30pm**
  - **$48.80**
  - **8**
  - **25821**

### ADULT

#### Sewing Introductory (18+ Years)
For beginners looking to learn the basics or those looking to work on simple patterns.

**Kiwanis Seniors Community Centre**

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#### 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**

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#### 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**

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#### 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**

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### Frequently Asked Questions
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/playyourway](http://london.ca/playyourway) under the Frequently Asked Questions section.
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

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**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.

Kiwanis Seniors Community Centre

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**SPORTS**

Badminton Introductory (18+ Years)
For those learning to play badminton. Beginners welcome.

Kiwanis Seniors Community Centre

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**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

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**EXTREME MARTIAL ARTS SOUTH**

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

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**MUSIC**

Guitar Introductory (18+ Years)
For those learning to play the guitar. Beginners welcome.

Kiwanis Seniors Community Centre

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**KIWANIS SENIORS COMMUNITY CENTRE**

Ukulele Introductory (18+ Years)
Learn the basics of ukulele. Beginners welcome.

Kiwanis Seniors Community Centre

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**UKELELE RECREATIONAL (18+ YEARS)**

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

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**SPORTS**

Badminton Introductory (18+ Years)
A recreational game for those already comfortable with the sport.

North London Optimist Community Centre

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**INTRODUCTION TO ROCK CLIMBING (18+ YEARS)**

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

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**JUNCTION CLIMBING CENTRE**

Pickleball Introductory (18+ Years)
This program will cover the fundamentals of tennis such as forehands, backhands, serving, scoring and basic match play.

Bostwick Community Centre

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<td>$46</td>
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**BOYCE MEMORIAL COMMUNITY CENTRE**

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

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<th>Begins</th>
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**TENNIS MIXED DOUBLES (18+ YEARS)**

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

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**BOYCE MEMORIAL COMMUNITY CENTRE**

Badminton Recreational (18+ Years)
A recreational game for those already comfortable with the sport.

North London Optimist Community Centre

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**BOSTWICK COMMUNITY CENTRE**

Volleyball (18+ Years)
Enjoy a social evening of co-ed recreational volleyball.

South London Community Centre

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**SOUTH LONDON COMMUNITY CENTRE**

Jan 11 to Jan 22
11:00am to 12:30pm
$64
North London Optimist Community Centre

Winter 2021

519.661.5575 | 4
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/playyourway under the Frequently Asked Questions section.

**FITNESS**

**Cardio Strength 1 (55+ Years)**
A cardio, strength, balance and flexibility workout ideal for everyone. Beginners welcome.

**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.

**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.

**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.

**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**

**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**

**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**

**ADULT 55+**

**Train, balance and coordination, and flexibility.**

**Kiwanis Seniors Community Centre**

**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.

**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**

**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**

**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**

**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**

**Walk & Tone Recreational (55+ Years)**
Work on cardio and fitness with energetic and upbeat walking motions.

**North London Optimist Community Centre**

**FREQUENTLY ASKED QUESTIONS**

**North London Optimist Community Centre**

**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**

**Boyle Memorial Community Centre**

**Boyle Memorial Community Centre**

**Badminton 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**

**Pickleball Recreational (55+ Years)**
Cannot guarantee even number of players on the court.

**North London Optimist Community Centre**

**North London Optimist Community Centre**

**North London Optimist Community Centre**

**Boyle Memorial Community Centre**

**Boyle Memorial Community Centre**

**Boyle Memorial Community Centre**

**Kiwanis Seniors Community Centre**

**Kiwanis Seniors Community Centre**

**Kiwanis Seniors Community Centre**

**Kiwanis Seniors Community Centre**
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

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Volleyball (55+ Years)

Enjoy a social evening of co-ed recreational volleyball

North London Optimist Community Centre

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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 or by calling 519-661-5575. Pre-registration is required due to COVID-19 health measures.

Financial assistance is available for those who qualify.