

ADULT PROGRAMS

A **Wellness Pass** is required to access these programs. All programs are held at the Welland Community Wellness Complex. Registration Information and form on pages 9-12.

❖AQUATICS❖

Adult Aquafit

Perform a variety of exercises using anchored, light bounce, propulsion and suspension. Commence the class with shallow water warm up exercises moving to the deep water for cardio and some strength exercises and return to the shallow for endurance and stretch.

Oct 03 - Dec 12 (11 classes)
Monday 5:00 PM - 6:00 PM
No Class: Oct 10
Fee: \$51.00 \$57.00 Non-resident

Oct 05 - Dec 14 (11 classes)
Wednesday 5:00 PM - 6:00 PM
Fee: \$51.00 \$57.00 Non-resident

Oct 07 - Dec 16 (11 classes)
Friday 5:00 PM - 6:00 PM
Fee: \$51.00 \$57.00 Non-resident

Jan 09 - Mar 12 (9 classes)
Monday 5:00 PM - 6:00 PM
No Class: Feb 20
Fee: \$42.00 \$48.00 Non-resident

Jan 11 - Mar 7 (9 classes)
Wednesday 5:00 PM - 6:00 PM
Fee: \$42.00 \$48.00 Non-resident

Jan 13 - Mar 9 (9 classes)
Friday 5:00 PM - 6:00 PM
Fee: \$42.00 \$48.00 Non-resident

Aqua Zumba Adult ☆

Join the Zumba 'pool party,' Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout. Ages 18 plus!

Oct 04 - Dec 13 (11 classes)
Tuesday 5:00 PM - 6:00 PM
Fee: \$51.00 \$57.00 Non-resident

Oct 06 - Dec 15 (11 classes)
Thursday 5:00 PM - 6:00 PM
Fee: \$51.00 \$57.00 Non-resident

Jan 10 - Mar 6 (9 classes)
Tuesday 5:00 PM - 6:00 PM
Fee: \$42.00 \$48.00 Non-resident

Jan 12 - Mar 8 (9 classes)
Thursday 5:00 PM - 6:00 PM
Fee: \$42.00 \$48.00 Non-resident

Aqua Arthritis

This basic, beginner class is designed to bring temporary relief of arthritis pain by using slow movements and exercises to improve range of motion. This class is endorsed by the Arthritis Foundation.

Oct 03 - Dec 19 (11 classes)
Monday 11:00 AM - 12:00 PM
No Class: Oct 10
Fee: \$51.00 \$57.00 Non-resident



Aqua Arthritis, cont.

Oct 08 - Dec 17 (11 classes)
Saturday 3:00 PM - 4:00 PM
Fee: \$51.00 \$57.00 Non-resident

Jan 09 - Mar 12 (9 classes)
Monday 11:00 AM - 12:00 PM
No Class: Feb 20
Fee: \$30.00 \$36.00 Non-resident

Jan 14 - Mar 10 (9 classes)
Saturday 3:00 PM - 4:00 PM
Fee: \$30.00 \$36.00 Non-resident

❖ARTS & CULTURE❖

Ballroom Dancing

Ballroom Basics is an introduction to Dance social ballroom and latin dances. Experience the Waltz, Fox Trot, Tango, Rumba, Swing, Cha Cha, Salsa and more. No dance experience or partner required. Have fun and learn at your own pace. Dancing with the feet is one thing, but dancing with the heart is another.

Oct 06 - Dec 8 (10 classes)
Thursday 6:30 PM - 8:30 PM
Fee: \$47.00 \$53.00 Non-resident

Jan 12 - Mar 1 (8 classes)
Thursday 6:30 PM - 8:30 PM
Fee: \$38.00 \$44.00 Non-resident

Quilling & Beyond

The art of paper filigree or twirling is referred to as 'Quilling'. The original tool for manipulating the paper strips was a goose quill, hence the name. This art form can be traced back centuries and is once again gaining popularity. Scrapbook and greeting card enthusiasts find these delicate scrolls a welcome addition to their designs. Once you have embellished a wedding, engagement or birth announcement with your Quilling design learn how to protect your creation by framing under glass. Your seasoned instructor is a member of the North American Quilling Guild. Includes all materials. If necessary, a beginners kit can be purchased from the instructor.

Quilling & Beyond, cont.

Oct 04 - Dec 6 (10 classes)
Tuesday 7:30 PM - 9:00 PM
Fee: \$86.00 \$92.00 Non-resident

Jan 10 - Feb 28 (8 classes)
Tuesday 7:30 PM - 9:00 PM
Fee: \$77.00 \$82.00 Non-resident

Quilling Plus Card Making

Cards, Cards, Cards....learn paper filigree flowers and new techniques to embellish greeting cards. Other paper crafts explored such as Iris Folding to add your Quilled creations to. Great for beginners, a starter kit may be purchased for \$15.00 from the instructor.

Tuesdays 6:00 PM - 7:00 PM

Oct 04 - Oct 11 (2 classes) \$10.00

Oct 18 - Oct 25 (2 classes) \$10.00

Nov 01 - Nov 8 (2 classes) \$10.00

Nov 15 - Nov 22 (2 classes) \$10.00

Nov 29 - Dec 6 (2 classes) \$10.00

Jan 10 - Jan 17 (2 classes) \$10.00

Jan 24 - Jan 31 (2 classes) \$10.00

Feb 07 - Feb 14 (2 classes) \$10.00

Feb 21 - Feb 28 (2 classes) \$10.00
**\$15.00 Non-resident

Spanish Conversation Part 2

Spanish Conversation Part 2 makes learning another language exciting! You will enjoy this unique and fascinating course that will allow you to learn Spanish grammar and sentence structures, through an easy and practical method of verbs. Spanish is spoken all over the world and an exciting culture to learn.

Oct 05 - Dec 7 (10 classes)
Wednesday 7:00 PM - 9:00 PM
Fee: \$37.00 \$43.00 Non-resident

Jan 11 - Feb 29 (8 classes)
Wednesday 7:00 PM - 9:00 PM
Fee: \$31.00 \$36.00 Non-resident

❖FITNESS❖

Boot Camp for Adults

This fitness program design is moderate in intensity and the average person will get a good workout without being discouraged. In pairs of 2 for encouragement visit 10 various fitness stations and work with various equipment and stretches to enhance your whole body.

Oct 05 - Dec 14 (11 classes)
Wednesday 7:00 PM - 8:30 PM
Fee: \$57.00 \$63.00 Non-resident

Jan 11 - Mar 7 (9 classes)
Wednesday 7:00 PM - 8:30 PM
Fee: \$47.00 \$53.00 Non-resident

Fitness Kickboxing

Do you want to get back into shape, or lose weight? Want something new and effective? Then punch and kick your way to fitness with our fitness kickboxing course and see why it has become one of the most popular ways to get into shape! Participants will benefit from the cardiovascular, toning, conditioning and motor skill enhancements as well as experience kickboxing without sparring or stepping into the ring!

Oct 04 - Dec 13 (11 classes)
Tuesday 5:15 PM - 6:15 PM
Fee: \$37.00 \$43.00 Non-resident

Oct 06 - Dec 15 (11 classes)
Thursday 5:15 PM - 6:15 PM
Fee: \$37.00 \$43.00 Non-resident

Jan 10 - Mar 6 (9 classes)
Tuesday 5:15 PM - 6:15 PM
Fee: \$30.00 \$36.00 Non-resident

Jan 12 - Mar 8 (9 classes)
Thursday 5:15 PM - 6:15 PM
Fee: \$30.00 \$36.00 Non-resident

Pilates - With You In Mind

A mind/body training experience designed to improve balance, strength, flexibility and coordination. Focus on core muscle conditioning.

Pilates - With You In Mind, cont.

Oct 06 - Dec 15 (11 classes)
Thursday 11:30 AM - 12:30 PM
Fee: \$39.00 \$44.00 Non-resident

Jan 12 - Mar 8 (9 classes)
Thursday 11:30 AM - 12:30 PM
Fee: \$32.00 \$38.00 Non-resident

Zumba High Impact

When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating.

Oct 03 - Dec 19 (11 classes)
Monday 7:15 PM - 8:15 PM
No Class: Oct 10
Fee: \$38.00 \$44.00 Non-resident

Oct 05 - Dec 14 (11 classes)
Wednesday 7:15 PM - 8:15 PM
Fee: \$38.00 \$44.00 Non-resident

Oct 09 - Dec 18 (11 classes)
Sunday 11:30 AM - 12:30 PM
Fee: \$38.00 \$44.00 Non-resident

Jan 09 - Mar 12 (9 classes)
Monday 7:15 PM - 8:15 PM
No Class: Feb 20
Fee: \$30.00 \$35.00 Non-resident

Jan 11 - Mar 21 (11 classes)
Wednesday 7:15 PM - 8:15 PM
Fee: \$38.00 \$35.00 Non-resident

Jan 15 - Mar 25 (11 classes)
Sunday 11:30 AM - 12:30 PM
Fee: \$38.00 \$35.00 Non-resident

Zumba Toning

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students

Zumba Toning, cont.

learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies while having a total blast.

Oct 04 - Dec 13 (11 classes)
Tuesday 7:00 PM - 8:00 PM
Fee: \$38.00 \$44.00 Non-resident

Oct 06 - Dec 15 (11 classes)
Thursday 7:45 PM - 8:45 PM
Fee: \$38.00 \$44.00 Non-resident

Jan 10 - Mar 6 (9 classes)
Tuesday 7:00 PM - 8:00 PM
Fee: \$31.00 \$37.00 Non-resident

Jan 12 - Mar 8 (9 classes)
Thursday 7:45 PM - 8:45 PM
Fee: \$31.00 \$37.00 Non-resident

❖GENERAL INTEREST❖

Adult Drop In Table Tennis

If you are 16 and over and wish to have a little fun and competition, join us for a friendly game of table tennis, the most popular racquet sport in the world.

Oct 07 - Dec 23 (Drop-In)
Friday 5:00 PM - 7:30 PM
Fee: Free (pre-registration required)

Jan 13 - Mar 23 (Drop-In)
Friday 5:00 PM - 7:30 PM
Fee: Free (pre-registration required)

Drop In Billiards for Women

This is 2 hours that is set aside for Just the Gals! Learn at your own pace and just have some fun with the girls. Please note women can play at all other indicated times as well.

Oct 05 - Dec 21
Wednesday 5:00 PM - 7:00 PM
Fee: FREE (pre-registration required)

Drop In Billiards for Women, cont.

Jan 04 - Mar 21
Wednesday 5:00 PM - 7:00 PM
Fee: FREE (pre-registration required)

Billiards for Adults

Adults will learn *Tools of the game *Rules *Shot making *Positioning *Breaking *Angling and much more. This course aims to give the beginner proper fundamentals in billiards.

Oct 06 - Dec 8 (10 classes)
Thursday 5:30 PM - 07:00 PM
Fee: \$40.00 \$45.00 Non-resident

Jan 12 - Mar 1 (8 classes)
Thursday 5:30 PM - 7:00 PM
Fee: \$40.00 \$45.00 Non-resident

High Five: Principles of Healthy Child Development

This course is designed for anyone who interacts with children on all levels. You will learn the five principles of healthy child development and how to create environments and relationships that support the positive nature of a child. This course is intended to identify participants' impact on children. PLEASE NOTE: If you are applying for summer employment with the City of Welland in day camps or at swimming pools, this course is a required certification. Ages 14+



Nov 05 (Workshop)
Saturday 9:00 AM - 4:00 PM
Fee: \$72.00 \$77.00 Non-resident

Mar 03 (Workshop)
Saturday 9:00 AM - 4:00 PM
Fee: \$72.00 \$77.00 Non-resident

❖HEALTH & WELL-BEING❖

Mommie & Me Yoga

(Mom & Infant) See page 20

Prenatal Yoga

Learn yoga and meditation techniques to build strength, confidence, and prepare for birth. After experiencing first hand all the benefits of Yoga during her pregnancy the instructor is happy to be sharing it with others. This Class recommended for 2nd and 3rd trimesters. No yoga experience necessary. Please bring a mat, blanket, and exercise ball.

Oct 08 - Dec 15 (10 classes)
Saturday 9:30 AM - 10:30 AM
Fee: \$34.00 \$39.00 Non-resident

Jan 14 - Mar 3 (8 classes)
Saturday 9:30 AM - 10:30 AM
Fee: \$27.00 \$33.00 Non-resident

Yoga - Adult

Stretch * Strengthen * Relax * Refresh. Yoga is an excellent healing practice that helps to unify body mind and breath; creating a sense of peace, stillness and strength. Yoga helps to free the joints of the body, strengthen muscles, aid concentration, relax the nervous system and induce a feeling of total well being. The class is taught according to individual needs and is suitable for beginners, as well as, those who have practiced before. Learn the gentle stretching and strengthening exercises of Yoga as well as an introduction to relaxation and meditation techniques.

Oct 03 - Dec 12 (10 classes)
Monday 6:00 PM - 7:30 PM
No Class: Oct 10
Fee: \$55.00 \$60.00 Non-resident

Oct 04 - Dec 13 (11 classes)
Tuesday 6:00 PM - 7:30 PM
Fee: \$55.00 \$60.00 Non-resident

Yoga - Adult, cont.

Oct 04 - Dec 13 (11 classes)
Tuesday 7:45 PM - 9:15 PM
Fee: \$55.00 \$60.00 Non-Resident

Jan 09 - Mar 12 (9 classes)
Monday 6:00 PM - 7:30 PM
No Class: Feb 20
Fee: \$45.00 \$50.00 Non-resident

Jan 10 - Mar 6 (9 classes)
Tuesday 6:00 PM - 7:30 PM
Fee: \$45.00 \$50.00 Non-resident

Jan 10 - Mar 6 (9 classes)
Tuesday 7:45 PM - 9:15 PM
Fee: \$45.00 \$50.00 Non-resident

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Rob's Run for Rotary



Sunday, October 16, 2011

11 am - Registration @ Welland City Hall
1:30 pm - Warm Up
2 pm - Run begins Merritt Island Park
4 pm Closing ceremony,
entertainment and FREE food
www.wellandrotary.org