

Willowgrove/University Heights

Registration is Monday, January 7 from 7:00-8:30 p.m. at Centennial Collegiate School Gym, 160 Nelson Road. A membership fee of \$10/individual or family per year is required to participate in programs and must be presented at the time of registration. A late fee of 50% of the program cost will be charged for registrations after January 7. No registrations will be accepted after January 9. Refunds will only be issued if a program is cancelled by the community association. Please consult the community newsletter or visit www.wuhca.ca for further program details. Willowgrove/University Heights Community Association honours other community association memberships. Please note (**) indicates a joint program with Erindale/Arbor Creek, and/or Sutherland/Forest Grove, and/or Silverspring Community Associations. Joint programs share space with other community associations, and thus space is limited for these programs.

ADULT

Aerobics**	18 yrs & over	St. Volodymyr School Gym	07:15 PM-08:15 PM	M/W	Jan 14-Mar 25	\$15/1 Night \$25/2 Nights
Beginner Salsa**	18 yrs & over	Silverspring School-Sm Gym	07:15 PM-08:15 PM	F	Jan 18-Mar 22	\$30pp
Beginner Yoga**	18 yrs & over	Centennial Collegiate- Dance Studio	07:15 PM-08:15 PM	W	Jan 16-Mar 27	\$45
Beginner Yoga**	18 yrs & over	Dr. J.G. Egnatoff School-Sm Gym	07:30 PM-08:30 PM	Tu	Jan 15-Mar 26	\$45
Beginner Yoga**	18 yrs & over	Dr. J.G. Egnatoff School-Sm Gym	07:30 PM-08:30 PM	Th	Jan 17-Mar 28	\$45
Beginner Yoga**	18 yrs & over	Silverspring School-Sm Gym	07:30 PM-08:30 PM	W	Jan 16-Mar 27	\$60
Bootcamp**	18 yrs & over	Forest Grove School-Lrg Gym	08:00 PM-09:00 PM	Tu	Jan 15-Mar 26	\$50
Bootcamp**	18 yrs & over	Forest Grove School-Lrg Gym	08:00 PM-09:00 PM	Th	Jan 17-Mar 28	\$50
Cardio Yoga**	18 yrs & over	Centennial Collegiate- Dance Studio	08:15 PM-09:15 PM	W	Jan 16-Mar 27	\$45
Co-ed Badminton**	18 yrs & over	Silverspring School-Lrg Gym	09:00 PM-10:00 PM	F	Jan 18-Mar 22	\$25
Co-ed Volleyball**	18 yrs & over	Silverspring School-Lrg Gym	09:00 PM-10:00 PM	Th	Jan 17-Mar 28	\$25
Core Body**	18 yrs & over	Bishop Filevich School Gym	06:00 PM-07:00 PM	M	Jan 14-Mar 25	\$45
Core Body**	18 yrs & over	Centennial Collegiate- Dance Studio	07:00 PM-08:00 PM	Th	Jan 17-Mar 28	\$45
Couples Intro to Ballroom Dance**	18 yrs & over	St. Volodymyr School Gym	08:45 PM-09:45 PM	Th	Jan 17-Mar 28	\$50/Couple
Flow Yoga**	18 yrs & over	Bishop Filevich School	07:00 PM-08:00 PM	M	Jan 14-Mar 25	\$45
Flow Yoga**	18 yrs & over	Centennial Collegiate- Dance Studio	08:00 PM-09:00 PM	Th	Jan 17-Mar 28	\$45
Gentle Yoga**	18 yrs & over	Dr. J.G. Egnatoff School-Sm Gym	06:30 PM-07:30 PM	Tu	Jan 15-Mar 26	\$45
Interval Training**	18 yrs & over	Dr. J.G. Egnatoff School-Sm Gym	06:30 PM-07:30 PM	Th	Jan 17-Mar 28	\$45
Kickboxing**	18 yrs & over	Silverspring School-Sm Gym	07:45 PM-08:45 PM	M	Jan 21-Mar 25	\$50
Men's Basketball**	Adult	Silverspring School-Lrg Gym	09:00 PM-10:00 PM	Tu	Jan 15-Mar 26	\$25
Men's Floor Hockey**	Adult	Silverspring School-Lrg Gym	09:00 PM-10:00 PM	W	Jan 16-Mar 27	\$25
Pilates Intermediate**	18 yrs & over	Silverspring School-Sm Gym	08:15 PM-09:15 PM	Tu	Jan 15-Mar 26	\$60
Pilates**	18 yrs & over	Forest Grove School-Sm Gym	06:30 PM-07:30 PM	M	Jan 14-Mar 25	\$45
Pilates-Beginner**	18 yrs & over	Silverspring School-Sm Gym	07:00 PM-08:00 PM	Tu	Jan 15-Mar 26	\$60
Piloxing**	18 yrs & over	Dr. J.G. Egnatoff School-Sm Gym	07:00 PM-08:00 PM	M	Jan 14-Mar 25	\$45
Power Yoga**	Adult	Silverspring Library	07:30 PM-09:00 PM	M	Jan 14-Mar 25	\$70
Spanish Beginner Plus**	18 yrs & over	Ebenezer Church	06:30 PM-07:30 PM	Th	Jan 24-Mar 28	\$50 +materials
Spanish Beginner**	18 yrs & over	Ebenezer Church	07:45 PM-08:45 PM	W	Jan 16-Mar 27	\$50 +materials
Spanish-Conversational**	18 yrs & over	Ebenezer Church	07:45 PM-08:45 PM	Th	Jan 17-Mar 28	\$50 +materials
Zumba**	18 yrs & over	Dr. J.G. Egnatoff School-Sm Gym	08:30 PM-09:30 PM	Th	Jan 17-Mar 28	\$45

ALL AGES

Family Swim**	All Ages	Lakewood Civic Centre	07:00 PM-08:30 PM	Su	Jan 27-Apr 07	\$65/Family /Winter
Karate for All**	5 yrs & over	Sutherland School	06:00 PM-07:30 PM	M	Jan 14-Mar 25	\$30/Family \$15/Person
Parent/Child Yoga**	4-8 years & Parent	Centennial Collegiate- Dance Studio	06:00 PM-06:30 PM	Th	Jan 17-Mar 28	\$45

CHILDREN/YOUTH

Babysitting**	10 yrs & over	St. Volodymyr School	01:00 PM-05:00 PM	Sa/Su	Mar 09-Mar 10	\$25
Cartooning**	9-12 yrs	Dr. J. G. Egnatoff School Library	07:00 PM-08:00 PM	W	Jan 16-Mar 27	\$40
Cartooning**	13-16 yrs	Dr. J. G. Egnatoff School Library	08:05 PM-09:05 PM	W	Jan 16-Mar 27	\$40
Cheerleading**	8-11 yrs	Dr. J.G. Egnatoff School-Sm Gym	06:00 PM-07:00 PM	M	Jan 14-Mar 25	\$40
Dancersize**	4-7yrs	Centennial Collegiate- Dance Studio	06:00 PM-06:45 PM	M	Jan 14-Mar 25	\$30
Dodgeball**	10-13 yrs	Silverspring School-Sm Gym	08:25 PM-09:05 PM	F	Jan 18-Mar 22	\$20

Family Swim**	Family	Lakewood Civic Centre	07:00 PM-08:30 PM	Su	Jan 27-Apr 07	\$65/Family /Winter
Floor Hockey**	6-8 yrs	Silverspring School-Sm Gym	06:00 PM-06:40 PM	M	Jan 14-Mar 25	\$20
Floor Hockey**	6-8 yrs	St. Volodymyr School	06:00 PM-06:45 PM	Th	Jan 17-Mar 28	\$20
Floor Hockey**	9-12 yrs	Silverspring School-Sm Gym	06:45 PM-07:25 PM	M	Jan 14-Mar 25	\$20
Floor Hockey**	6-8 yrs	St. Volodymyr School	06:45 PM-07:30 PM	Th	Jan 17-Mar 28	\$20
Floor Hockey**	9-12 yrs	St. Volodymyr School	07:30 PM-08:30 PM	Th	Jan 17-Mar 28	\$25
Hip Hop Jr.**	8-10 yrs	Centennial Collegiate- Dance Studio	07:30 PM-08:15 PM	M	Jan 14-Mar 25	\$30
Hip Hop Sr.**	10 yrs & over	Centennial Collegiate- Dance Studio	08:15 PM-09:00 PM	M	Jan 14-Mar 25	\$30
Hip Hop**	10-14 yrs	Mother Teresa School	07:45 PM-08:30 PM	Tu	Jan 15-Mar 26	\$25
Hip Hop/Jazz	6-8 yrs	Centennial Collegiate- Dance Studio	07:30 PM-08:15 PM	Tu	Jan 15-Mar 26	\$25
Jazz**	6-8 yrs	Centennial Collegiate- Dance Studio	06:45 PM-07:30 PM	M	Jan 14-Mar 25	\$30
Karate for All**	5 yrs & over	Sutherland School Gym	06:00 PM-07:30 PM	M	Jan 14-Mar 25	\$30/Family \$15/Person
Kids Yoga**	8-12 yrs	Silverspring School-Sm Gym	06:15 PM-06:45 PM	Th	Jan 17-Mar 28	\$40
Learn to Draw**	6-9 yrs	Sutherland School Boot Room	06:00 PM-07:00 PM	Th	Jan 17-Mar 28	\$30
Learn to Draw**	10-14 yrs	Sutherland School Boot Room	07:00 PM-08:00 PM	Th	Jan 17-Mar 28	\$30
Spanish for Teens**	13 yrs & over	Ebenezer Church	06:30 PM-07:30 PM	W	Jan 16-Mar 27	\$50 +materials
Tennis**	6-8 yrs	Sutherland School	06:00 PM-07:00 PM	W	Jan 16-Mar 27	\$20
Tennis**	9-12 yrs	Sutherland School	07:00 PM-08:00 PM	W	Jan 16-Mar 27	\$20
Zumba**	14 yrs & over	Silverspring School-Sm Gym	07:00 PM-08:00 PM	Th	Jan 17-Mar 28	\$45
PRESCHOOL						
Beginner Ballet	3-5 yrs	Centennial Collegiate- Dance Studio	06:00 PM-06:30 PM	Tu	Jan 15-Mar 26	\$25
Beginner Jazz/Hip Hop	3-5 yrs	Centennial Collegiate- Dance Studio	06:30 PM-07:00 PM	Tu	Jan 15-Mar 26	\$25
Beginner Jazz/Hip Hop	3-5 yrs	Centennial Collegiate- Dance Studio	07:00 PM-07:30 PM	Tu	Jan 15-Mar 26	\$25
Kindersize II**	3-5 yrs	St. Volodymyr School	06:30 PM-07:00 PM	Tu	Jan 15-Mar 26	\$20
Kindersize Parent & Tot**	2-3 yrs +adult	St. Volodymyr School	06:00 PM-06:30 PM	Tu	Jan 15-Mar 26	\$20
Sports ABC's**	3-5 yrs	Silverspring School-Sm Gym	06:00 PM-06:30 PM	W	Jan 16-Mar 27	\$20
Sports ABC's**	3-5 yrs	Silverspring School-Sm Gym	06:30 PM-07:00 PM	W	Jan 16-Mar 27	\$20
OLDER ADULT						
Fitness Fun for 50+**	Adult	Centennial Collegiate- Dance Studio	06:15 PM-07:15 PM	W	Jan 16-Mar 27	\$45

The Willowgrove University Heights Community Heights Association is sensitive to the needs of families facing financial hard ships and may partially or fully fund participation fees in various activities. Subsidization is only to cover the cost of the program and will not include membership to the Community Association. Subsidization is limited to one activity per person per session and is available only to those who reside within our community boundaries. For information, please contact the President at Registration

