

Willowgrove/University Heights Programming

Registration is Thursday, September 5 at Centennial Collegiate School, 160 Nelson Road. Annual General Meeting will begin at 7 p.m. Program registration will follow. A membership fee of \$10 per year (Sept-Aug) is a requirement 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 September 5. 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, including program changes. Please note (**) indicates a joint program with Erindale/Arbor Creek, Sutherland/Forest Grove, and/or Silverspring Community Associations. Joint programs are shared with other community associations and thus space may be limited for these programs. Willowgrove/University Heights Community Association honours other community association memberships.



ADULT

Aerobics** Nov 27	18 yrs & over \$20/1xWk \$35/F&W \$35/2xWk \$65/F&W	St. Volodymyr School	07:15 PM-08:15 PM	M/W	Sep 16-
Beginner Yoga** Nov 25	18 yrs & over TBA	Dr. J. G Egnatoff School	06:00 PM-07:00 PM	M	Sep 16-
Beginner Yoga** Nov 28	18 yrs & over \$45	Dr. J.G. Egnatoff School-Sm Gym	07:30 PM-08:30 PM	Th	Sep 19-
Beginner Yoga** Nov 26	18 yrs & over \$45	Dr. J.G. Egnatoff School-Sm Gym	07:35 PM-08:35 PM	Tu	Sep 17-
Bootcamp** Nov 26	18 yrs & over \$50	Forest Grove School-Lrg Gym	08:00 PM-09:00 PM	Tu	Sep 17-
Cardio Combat (1.5 hour)** Nov 27	18 yrs & over \$60	St. Volodymyr School	08:30 PM-10:00 PM	W	Sep 18-
Cardio Yoga** Nov 27	18 yrs & over \$45	Centennial Collegiate- Dance Studio	08:20 PM-09:20 PM	W	Sep 18-
Co-ed Badminton** Nov 29	18 yrs & over \$25	Silverspring School-Lrg Gym	09:00 PM-10:00 PM	F	Sep 20-
Co-ed Volleyball** Nov 28	18 yrs & over \$25	Silverspring School-Lrg Gym	09:00 PM-10:00 PM	Th	Sep 19-
Core Body** Nov 25	18 yrs & over \$45	Bishop Filevich School	06:00 PM-07:00 PM	M	Sep 16-
Core Body** Nov 27	18 yrs & over \$45	Centennial Collegiate- Dance Studio	06:00 PM-07:00 PM	W	Sep 18-
Couples Intro to Ballroom Dance** Nov 21	18 yrs & over \$50/Couple	St. Volodymyr School	08:45 PM-09:45 PM	Th	Sep 26-
Flow Yoga** Nov 25	18 yrs & over \$45	Bishop Filevich School	07:10 PM-08:10 PM	M	Sep 16-

Flow Yoga** Nov 27	18 yrs & over \$45	Centennial Collegiate- Dance Studio	07:10 PM-08:10 PM	W	Sep 18-	
Gentle Yoga** Nov 26	18 yrs & over \$45	Dr. J.G. Egnatoff School-Sm Gym	06:30 PM-07:30 PM	Tu	Sep 17-	
Hula Hooping** Nov 28	18 yrs & over \$45	Centennial Collegiate- Dance Studio	07:50 PM-08:50 PM	Th	Sep 19-	
Interval Training** Nov 28	18 yrs & over \$45	Dr. J.G. Egnatoff School-Sm Gym	06:30 PM-07:30 PM	Th	Sep 19-	
Kickboxing** Dec 02	18 yrs & over \$50	Silverspring School-Sm Gym	07:45 PM-08:45 PM	M	Sep 16-	
Men's Basketball** Nov 26	18 yrs & over \$25	Silverspring School-Lrg Gym	09:00 PM-10:00 PM	Tu	Sep 17-	
Men's Floor Hockey** Nov 27	18 yrs & over \$25	Silverspring School-Lrg Gym	09:00 PM-10:00 PM	W	Sep 18-	
Multilevel Vinyasa Flow Yoga** Nov 26	18 yrs & over \$45	Silverspring School-Sm Gym	07:45 PM-08:45 PM	Tu	Sep 17-	
Outdoor Photography**	16 yrs & over	Forestry Farm Park & Zoo	10:00 AM-04:00 PM	Sa	Sep 28	\$40
Pilates Intermediate** Nov 27	18 yrs & over \$50	Silverspring School-Sm Gym	08:30 PM-09:30 PM	W	Sep 18-	
Pilates-Beginner** Nov 27	18 yrs & over \$50	Silverspring School-Sm Gym	07:15 PM-08:15 PM	W	Sep 18-	
Piloxing** Nov 25	18 yrs & over \$45	Dr. J.G. Egnatoff School-Sm Gym	07:10 PM-08:10 PM	M	Sep 16-	
Spanish Beginner** Nov 27	18 yrs & over \$50+	TBA	06:30 PM-07:30 PM	W	Sep 18-	
Spanish-Conversational** Nov 27	18 yrs & over \$50+	TBA	07:45 PM-08:45 PM	W	Sep 18-	materials
STOTT Intermediate Pilates w/Laura** Nov 25	18 yrs & over \$45	Forest Grove School-Sm Gym	07:35 PM-08:35 PM	M	Sep 16-	materials
STOTT Pilates w/Laura** Nov 25	18 yrs & over \$45	Forest Grove School-Sm Gym	06:30 PM-07:30 PM	M	Sep 16-	
Zumba** Nov 28	18 yrs & over \$50	Forest Grove School-Lrg Gym	08:00 PM-09:00 PM	Th	Sep 19-	
Zumba** Nov 28	18 yrs & over \$50	Silverspring School-Sm Gym	08:15 PM-09:15 PM	Th	Sep 19-	
ALL AGES						
Family Swim** Nov 17	Family \$70/Fall \$130/F&W	Lakewood Civic Centre	07:00 PM-08:30 PM	Su	Sep 15-	

Karate DOH for All** Nov 25	5 yrs & over \$15/Person \$30/Family	Sutherland School	06:00 PM-07:30 PM	M	Sep 16-
Parent/Child Yoga** Nov 28	4-8 years & Parent \$45/1st Child \$15/add. child	Centennial Collegiate- Dance Studio	06:00 PM-06:30 PM	Th	Sep 19-
Parent/Child Yoga** Nov 28	6 yrs & over \$45/1st Child \$15/add child	Silverspring School-Sm Gym	06:00 PM-06:45 PM	Th	Sep 19-

CHILDREN/YOUTH

Anime Drawing** Nov 20	13-16 yrs \$40	Dr. J. G. Egnatoff School Library	08:05 PM-09:05 PM	W	Sep 18-
Babysitting** Nov 03	10 yrs & over \$25	Sutherland Evangelical Church	01:00 PM-05:00 PM	Sa/Su	Nov 02-
Cartooning** Nov 20	9-12 yrs \$40	Dr. J. G. Egnatoff School Library	07:00 PM-08:00 PM	W	Sep 18-
Dancersize** Dec 02	4-7yrs \$30	Centennial Collegiate- Dance Studio	06:00 PM-06:45 PM	M	Sep 16-
Dodgeball** Nov 29	10-13 yrs \$20	Silverspring School-Sm Gym	08:00 PM-09:00 PM	F	Sep 20-
Floor Hockey** Dec 02	6-8 yrs \$20	Silverspring School-Sm Gym	06:00 PM-06:40 PM	M	Sep 16-
Floor Hockey** Nov 14	6-8 yrs \$20	St. Volodymyr School	06:00 PM-06:45 PM	Th	Sep 26-
Floor Hockey** Dec 02	9-12 yrs \$20	Silverspring School-Sm Gym	06:45 PM-07:25 PM	M	Sep 16-
Floor Hockey** Nov 14	6-8 yrs \$20	St. Volodymyr School	06:45 PM-07:30 PM	Th	Sep 26-
Floor Hockey** Nov 14	9-12 yrs \$25	St. Volodymyr School	07:30 PM-08:30 PM	Th	Sep 26-
Hip Hop Jr.** Dec 02	8-10 yrs \$30	Centennial Collegiate- Dance Studio	07:30 PM-08:15 PM	M	Sep 16-
Hip Hop Sr.** Dec 02	10 yrs & over \$30	Centennial Collegiate- Dance Studio	08:15 PM-09:00 PM	M	Sep 16-
Hip Hop/Jazz Nov 19	6-8 yrs \$25	Centennial Collegiate- Dance Studio	07:45 PM-08:30 PM	Tu	Sep 17-
Jazz** Dec 02	6-8 yrs \$30	Centennial Collegiate- Dance Studio	06:45 PM-07:30 PM	M	Sep 16-
Learn to Draw** Nov 14	6-9 yrs \$30	Sutherland School	06:00 PM-07:00 PM	Th	Sep 19-

Learn to Draw**	10-14 yrs	Sutherland School	07:00 PM-08:00 PM	Th	Sep 19-
Nov 14	\$30				
Tennis**	6-8 yrs	Sutherland School	06:00 PM-07:00 PM	W	Sep 18-
Nov 20	\$25				
Tennis**	9-12 yrs	Sutherland School	07:00 PM-08:00 PM	W	Sep 18-
Nov 20	\$25				
Theatre**	9-12 yrs	Dr. J.G. Egnatoff Music Room	07:00 PM-08:00 PM	Tu	Sep 17-
Mar 18	\$50				
Zumba**	14 yrs & over	Silverspring School-Sm Gym	07:00 PM-08:00 PM	Th	Sep 19-
Nov 28	\$50				

PRESCHOOL

Beginner Ballet	3-5 yrs	Centennial Collegiate- Dance Studio	06:00 PM-06:30 PM	Tu	Sep 17-
Nov 19	\$25				
Beginner Jazz/Hip Hop	3-5 yrs	Centennial Collegiate- Dance Studio	06:35 PM-07:05 PM	Tu	Sep 17-
Nov 19	\$25				
Beginner Jazz/Hip Hop	3-5 yrs	Centennial Collegiate- Dance Studio	07:10 PM-07:40 PM	Tu	Sep 17-
Nov 19	\$25				
Blast Ball**	3-4 yrs	Bishop Filevich School	06:15 PM-07:00 PM	Th	Sep 19-
Nov 14	\$25				
Blast Ball**	4-5 yrs	Bishop Filevich School	07:00 PM-07:45 PM	Th	Sep 19-
Nov 14	\$25				
Kindersize II**	3-5 yrs	St. Volodymyr School	06:30 PM-07:00 PM	Tu	Sep 24-
Nov 12	\$20				
Kindersize Parent & Tot**	2-3 yrs +adult	St. Volodymyr School	06:00 PM-06:30 PM	Tu	Sep 24-
Nov 12	\$20				
Sports ABCs**	3-5 yrs	Silverspring School-Sm Gym	06:00 PM-06:30 PM	W	Sep 18-
Nov 27	\$20				
Sports ABCs**	3-5 yrs	Silverspring School-Sm Gym	06:35 PM-07:05 PM	W	Sep 18-
Nov 27	\$20				

OLDER ADULT

Fitness Fun for 50+**	Adult	Centennial Collegiate- Dance Studio	06:40 PM-07:40 PM	Th	Sep 19-
Nov 28	\$45				
	\$30/Family				
Parent/Child Yoga**	4-8 years & Parent	Centennial Collegiate- Dance Studio	06:00 PM-06:30 PM	Th	Sep 19-
Nov 28	\$45/1st Child				
	\$15/add. child				
Parent/Child Yoga**	6 yrs & over	Silverspring School-Sm Gym	06:00 PM-06:45 PM	Th	Sep 19-
Nov 28	\$45/1st Child				
	\$15/add child				

CHILDREN/YOUTH

Anime Drawing**	13-16 yrs	Dr. J. G. Egnatoff School Library	08:05 PM-09:05 PM	W	Sep 18-
Nov 20	\$40				
Babysitting**	10 yrs & over	Sutherland Evangelical Church	01:00 PM-05:00 PM	Sa/Su	Nov 02-
Nov 03	\$25				
Cartooning**	9-12 yrs	Dr. J. G. Egnatoff School Library	07:00 PM-08:00 PM	W	Sep 18-
Nov 20	\$40				
Dancersize**	4-7yrs	Centennial Collegiate- Dance Studio	06:00 PM-06:45 PM	M	Sep 16-
Dec 02	\$30				
Dodgeball**	10-13 yrs	Silverspring School-Sm Gym	08:00 PM-09:00 PM	F	Sep 20-
Nov 29	\$20				
Floor Hockey**	6-8 yrs	Silverspring School-Sm Gym	06:00 PM-06:40 PM	M	Sep 16-
Dec 02	\$20				
Floor Hockey**	6-8 yrs	St. Volodymyr School	06:00 PM-06:45 PM	Th	Sep 26-
Nov 14	\$20				
Floor Hockey**	9-12 yrs	Silverspring School-Sm Gym	06:45 PM-07:25 PM	M	Sep 16-
Dec 02	\$20				
Floor Hockey**	6-8 yrs	St. Volodymyr School	06:45 PM-07:30 PM	Th	Sep 26-
Nov 14	\$20				
Floor Hockey**	9-12 yrs	St. Volodymyr School	07:30 PM-08:30 PM	Th	Sep 26-
Nov 14	\$25				
Hip Hop Jr.**	8-10 yrs	Centennial Collegiate- Dance Studio	07:30 PM-08:15 PM	M	Sep 16-
Dec 02	\$30				
Hip Hop Sr.**	10 yrs & over	Centennial Collegiate- Dance Studio	08:15 PM-09:00 PM	M	Sep 16-
Dec 02	\$30				
Hip Hop/Jazz	6-8 yrs	Centennial Collegiate- Dance Studio	07:45 PM-08:30 PM	Tu	Sep 17-
Nov 19	\$25				
Jazz**	6-8 yrs	Centennial Collegiate- Dance Studio	06:45 PM-07:30 PM	M	Sep 16-
Dec 02	\$30				
Learn to Draw**	6-9 yrs	Sutherland School	06:00 PM-07:00 PM	Th	Sep 19-
Nov 14	\$30				
Learn to Draw**	10-14 yrs	Sutherland School	07:00 PM-08:00 PM	Th	Sep 19-
Nov 14	\$30				
Tennis**	6-8 yrs	Sutherland School	06:00 PM-07:00 PM	W	Sep 18-
Nov 20	\$25				
Tennis**	9-12 yrs	Sutherland School	07:00 PM-08:00 PM	W	Sep 18-
Nov 20	\$25				
Theatre**	9-12 yrs	Dr. J.G. Egnatoff Music Room	07:00 PM-08:00 PM	Tu	Sep 17-
Mar 18	\$50				
Zumba**	14 yrs & over	Silverspring School-Sm Gym	07:00 PM-08:00 PM	Th	Sep 19-
Nov 28	\$50				

PRESCHOOL

Beginner Ballet Nov 19	3-5 yrs \$25	Centennial Collegiate- Dance Studio	06:00 PM-06:30 PM	Tu	Sep 17-
Beginner Jazz/Hip Hop Nov 19	3-5 yrs \$25	Centennial Collegiate- Dance Studio	06:35 PM-07:05 PM	Tu	Sep 17-
Beginner Jazz/Hip Hop Nov 19	3-5 yrs \$25	Centennial Collegiate- Dance Studio	07:10 PM-07:40 PM	Tu	Sep 17-
Blast Ball** Nov 14	3-4 yrs \$25	Bishop Filevich School	06:15 PM-07:00 PM	Th	Sep 19-
Blast Ball** Nov 14	4-5 yrs \$25	Bishop Filevich School	07:00 PM-07:45 PM	Th	Sep 19-
Kindersize II** Nov 12	3-5 yrs \$20	St. Volodymyr School	06:30 PM-07:00 PM	Tu	Sep 24-
Kindersize Parent & Tot** Nov 12	2-3 yrs +adult \$20	St. Volodymyr School	06:00 PM-06:30 PM	Tu	Sep 24-
Sports ABCs** Nov 27	3-5 yrs \$20	Silverspring School-Sm Gym	06:00 PM-06:30 PM	W	Sep 18-
Sports ABCs** Nov 27	3-5 yrs \$20	Silverspring School-Sm Gym	06:35 PM-07:05 PM	W	Sep 18-
OLDER ADULT					
Fitness Fun for 50+** Nov 28	Adult \$45	Centennial Collegiate- Dance Studio	06:40 PM-07:40 PM	Th	Sep 19-