

Program	Age	Location	Time	Day	Period	Cost	Registration Section
ADULT & YOUNG ADULT							
Beginner Spanish **	14 yrs & over	Ebenezer Church	06:30 PM - 07:30 PM	W	Jan 15	\$50 + materials	1
Zumba**	14 yrs & over	Silverspring School - Sm Gym	07:00 PM - 08:00 PM	Th	Jan 16 - Mar 20	\$45	4
FAMILY							
Karate DOH for all ** (parent must be present)	5 yrs & over	Oskayak High School	06:00 PM - 07:00 PM	W	Jan 15	\$35	1
Tae Kwon Do Beginner **	6 yrs & over	Sutherland Memorial Hall	06:30 PM - 07:15 PM	Tu +/or Thur	Jan 14/16 - Mar 25/27	\$60 \$120	1
ADULT & CHILD							
Kindersize Parent & Tot **	2-3 yrs + adult	St. Volodymyr School - Gym	06:00 PM - 06:30 PM	Tu	Jan 14	\$20	1
Learn to Skate **	3 yrs & over + adult	Sutherland School Rink Silverspring School Rink	02:00 PM - 02:30 PM 06:00 PM - 07:00 PM	Sat W	Jan 18 - Mar 22 TBA	\$20/child	1
Parent & Child Yoga **	6 - 10 yrs + adult	Silverspring School - Sm Gym	06:00 PM - 06:45 PM	Th	Jan 16 - Mar 27	\$45 + \$15 additional child	1
ADULT							
Aerobics **	15 yrs & over	St. Volodymyr School - Gym	07:15 PM - 08:15 PM	M +/or W	Jan 20 - Mar 31	\$20 \$35	3 3
Beginner Pilates **	18 yrs & over	Silverspring School - Sm Gym	07:15 PM - 08:15 PM	W	Jan 15 - Mar 19	\$60	3
Beginner Yoga **	18 yrs & over	Dr. J.G. Egnatoff School - Sm Gym	06:00 PM - 07:00 PM	M	Jan 13 - Mar 31	\$45	3
Beginner Yoga **	18 yrs & over	Dr. J.G. Egnatoff School - Sm Gym	07:35 PM - 08:35 PM	Tu	Jan 14 - Mar 25	\$45	3
Beginner Yoga **	18 yrs & over	Dr. J.G. Egnatoff School - Sm Gym	07:40 PM - 08:40 PM	Th	Jan 16 - Mar 20	\$45	3
Beginner Yoga **	18 yrs & over	Silverspring School - Sm Gym	07:45 PM - 08:45 PM	Tu	Jan 14 - Mar 25	\$60	3
Boot Camp **	18 yrs & over	Forest Grove School - Lrg Gym	08:00 PM - 09:00 PM	Tu	Jan 14 - Mar 25	\$50	2
Cardio Yoga **	18 yrs & over	Centennial Collegiate - Dance Studio	08:35 PM - 09:35 PM	W	Jan 15 - Mar 19	\$40	3
Co-ed Badminton **	18 yrs & over	Silverspring School - Lrg Gym	09:00 PM - 10:00 PM	F	Jan 17 - Mar 28	\$25	2
Co-ed Volleyball **	18 yrs & over	Silverspring School - Lrg Gym	09:00 PM - 10:00 PM	Th	Jan 16 - Mar 20	\$25	2
Conversational Spanish **	18 yrs & over	Ebenezer Church	07:45 PM - 08:45 PM	W	Jan 15 - Mar 19	\$50 + materials	1
Core Body **	18 yrs & over	Bishop Filevich School - Gym	06:00 PM - 07:00 PM	M	Jan 13 - Mar 31	\$45	2
Core Body **	18 yrs & over	Centennial Collegiate - Dance Studio	06:15 PM - 07:15 PM	W	Jan 15 - Mar 19	\$40	2
Couples Intro to Ballroom Dance **	18 yrs & over	St. Volodymyr School - Gym	08:45 PM - 09:45 PM	Th	Jan 16 - Mar 20	\$50/couple	2
Fitness Fun for 50+ **	50 yrs & over	Centennial Collegiate - Dance Studio	06:40 PM - 07:40 PM	Th	Jan 16 - Mar 20	\$40	2
Flow Yoga **	18 yrs & over	Centennial Collegiate - Dance Studio	07:25 PM - 08:25 PM	W	Jan 15 - Mar 19	\$40	3
Flow Yoga **	18 yrs & over	Bishop Filevich School - Gym	07:10 PM - 08:10 PM	M	Jan 13 - Mar 31	\$45	3
Gentle Yoga (chair) **	18 yrs & over	Dr. J.G. Egnatoff School - Sm Gym	06:30 PM - 07:30 PM	Tu	Jan 21 - Mar 25	\$45	3
Hula Hoop Play **	18 yrs & over	Centennial Collegiate - Dance Studio	07:50 PM - 08:50 PM	Th	Jan 16 - Mar 27	\$40	2
Intermediate Pilates **	18 yrs & over	Silverspring School - Sm Gym	08:30 PM - 09:30 PM	W	Jan 15 - Mar 26	\$60	3
Kettlebell/Bodyweight Fusion **	18 yrs & over	Dr. J.G. Egnatoff School - Sm Gym	06:30 PM - 07:30 PM	Th	Jan 16 - Mar 20	\$45	2
Kickboxing **	18 yrs & over	Silverspring School - Sm Gym	07:45 PM - 08:45 PM	M	Jan 13 - Mar 24	\$50	3
Kickboxing **	18 yrs & over	St. Volodymyr School - Sm Gym	08:30 PM - 09:30 PM	W	Jan 15 - Mar 26	\$50	3
Men's Basketball **	18 yrs & over	Silverspring School - Lrg Gym	09:00 PM - 10:00 PM	Tu	Jan 14	\$25	2
Men's Floor Hockey **	18 yrs & over	Silverspring School - Lrg Gym	09:00 PM - 10:00 PM	W	Jan 13	\$25	2
Piloxing **	18 yrs & over	Dr. J.G. Egnatoff School - Sm Gym	07:10 PM - 08:10 PM	M	Jan 13 - Mar 31	\$45	2
STOTT Beginner Pilates (with Laura) **	18 yrs & over	Forest Grove School - Sm Gym	06:30 PM - 07:30 PM	M	Jan 13 - Mar 24	\$45	3
STOTT Intermediate Pilates (with Laura) **	18 yrs & over	Forest Grove School - Sm Gym	07:40 PM - 08:40 PM	M	Jan 13 - Mar 24	TBD	3
Volleyball	18 yrs & over	Forest Grove Community Church - Gym	08:00 PM - 09:00 PM	Th	Jan 16 - Mar 20	\$25	2
Zumba **	18 yrs & over	Silverspring School - Sm Gym	08:15 PM - 09:15 PM	Th	Jan 16	\$50	3
Zumba **	18 yrs & over	Forest Grove School - Lrg Gym	08:00 PM - 09:00 PM	Th	Jan 16 - Mar 20	\$45	3
CHILDREN/YOUTH							
Anime Drawing **	13 - 16 yrs	Dr. J.G. Egnatoff School - Library	08:05 PM - 09:05 PM	W	Jan 15 - Mar 26	\$40	4
Babysitting **	10 yrs & over	Sutherland School	01:00 PM - 05:00 PM	Sat/Sun	Apr 05 - Apr 06	\$30	4
Beginner Ballet	3 - 5 yrs	Centennial Collegiate - Dance Studio	06:00 PM - 06:30 PM	Tu	Jan 14 - Mar 25	\$30	5
Beginner Dance	3 - 5 yrs	Centennial Collegiate - Dance Studio	06:35 PM - 07:05 PM	Tu	Jan 14 - Mar 25	\$30	5
Beginner Dance	3 - 5 yrs	Centennial Collegiate - Dance Studio	07:10 PM - 07:40 PM	Tu	Jan 14 - Mar 25	\$30	5
Blast Ball **	3 - 4 yrs	Bishop Filevich School - Gym	06:15 PM - 07:00 PM	TH	Jan 23 - Mar 27	\$25	5
Blast Ball **	4 - 5 yrs	Bishop Filevich School - Gym	07:00 PM - 07:45 PM	TH	Jan 23 - Mar 27	\$25	5
Drawing & Cartooning **	8 - 12 yrs	Dr. J.G. Egnatoff School - Library	07:00 PM - 08:00 PM	W	Jan 15 - Mar 26	\$40	4
Co-ed Youth Dodgeball **	10 - 13 yrs	Silverspring School - Sm Gym	08:00 PM - 09:00 PM	F	Jan 17 - Mar 28	\$20	4
Dancersize **	4 - 7 yrs	Centennial Collegiate - Dance Studio	06:00 PM - 06:45 PM	M	Jan 13 - Mar 24	\$30	5
Floor Hockey **	6 - 8 yrs	Silverspring School - Sm Gym	06:00 PM - 06:40 PM	M	Jan 13 - Mar 24	\$20	4
Floor Hockey **	6 - 8 yrs	St. Volodymyr School - Gym	06:30 PM - 07:30 PM	Th	Jan 16 - Mar 27	\$20	4
Floor Hockey **	9 - 12 yrs	Silverspring School - Sm Gym	06:45 PM - 07:25 PM	M	Jan 13 - Mar 24	\$20	4
Floor Hockey **	9 - 12 yrs	St. Volodymyr School - Gym	07:30 PM - 08:30 PM	Th	Jan 16 - Mar 27	\$25	4
Hip Hop Jr. **	8 - 10 yrs	Centennial Collegiate - Dance Studio	07:30 PM - 08:15 PM	M	Jan 13 - Mar 24	\$30	4
Hip Hop Sr. **	10 yrs & over	Centennial Collegiate - Dance Studio	08:15 PM - 09:00 PM	M	Jan 13 - Mar 10	\$30	4
Hip Hop / Jazz **	6 - 8 yrs	Centennial Collegiate - Dance Studio	07:45 PM - 08:30 PM	Tu	Jan 14 - Mar 25	\$30	4
Jazz **	6 - 8 yrs	Centennial Collegiate - Dance Studio	06:45 PM - 07:30 PM	M	Jan 13 - Mar 24	\$30	4
Kindersize II	3 - 5 yrs	St. Volodymyr School - Gym	06:30 PM - 07:00 PM	Tu	Jan 14 - Mar 25	\$20	5
Sport ABC's **	3 - 5 yrs	Silverspring School - Sm Gym	06:00 PM - 06:30 PM	W	Jan 15 - Mar 26	\$20	5
Sport ABC's **	3 - 5 yrs	Silverspring School - Sm Gym	06:35 PM - 07:05 PM	W	Jan 15 - Mar 26	\$20	5
Tae Kwon Do Preschool **	3 - 5 yrs	Sutherland Memorial Hall	06:00 PM - 06:30 PM	Tu +/or Thur	Jan 14/16 - Mar 25/27	\$50 \$100	5 5
Tennis **	6 - 8 yrs	St. Volodymyr School - Gym	06:00 PM - 07:00 PM	W	Jan 15 - Mar 26	\$25	4
Tennis **	9 - 12 yrs	Sutherland School - Gym	07:00 PM - 08:00 PM	W	Jan 15 - Mar 26	\$25	4

Program Corrections