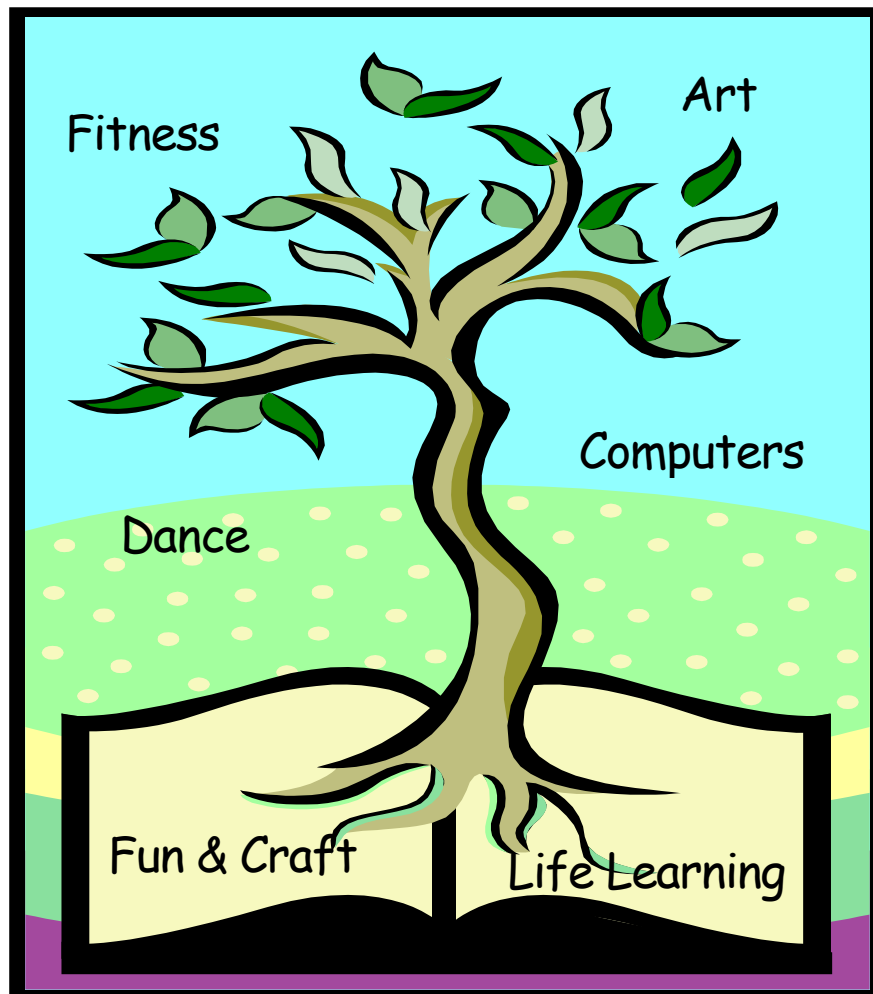


McKee Spring 2012

Instructional Programs



McKee Seniors Recreation Centre
5155 47th Avenue, Delta, BC V4K 1R4
Telephone: 604-946-1411
Email: mckeecentre@dccnet.com

On line at: http://www.corp.delta.bc.ca/assets/Parks~Recreation~and~Culture/PDF/mckee_instructional_programs.pdf

Revised: March 27, 2012

Spring 2012 Instructional Classes at McKee

McKee House Seniors' Society offers its membership a variety of quality Instructional Programs at reasonable prices. McKee House Seniors' Society annual membership is \$20 from January 1 to December 31.

McKee Volunteer Office Hours:

Monday to Friday 9:00 am – 4:00 pm; Saturday 9:30 am – 3:30 pm.

Please register in person by cheque, cash, Visa, MasterCard or Debit, during regular office hours at the customer service desk.

Most 2012 Spring Instructional Programs start the week of April 9th and end on June 30, 2012. There will be no classes on statutory holidays.

Except for drop-ins, all Instructional Programs require pre-registration. Courses may be cancelled due to insufficient registration one week prior to start date.

Drop-in Programs:

Drop-ins must purchase a punch card for \$40.00 for 10 sessions. Instructor will initial or punch card to indicate which session attended. When used up come to the Customer Service Desk to purchase additional cards. Thank you for your co-operation.

Refund Policy:

In the case of instructional programs, a pro rata refund, based on the number of classes remaining, will be issued if a member, for Medical Reasons, requests withdrawal after commencement of classes. Refund requests received less than seven calendar days prior to commencement are subject to a deduction equal to the cost of one session. All refunds will have a cheque-cutting surcharge applied.

Waiver Forms:

All participants in an exercise program **MUST sign a Waiver Form at the Customer Service Desk prior to starting an exercise class. You only need to sign one form although you may have signed up for more than one class.**

FITNESS

1. Fit After 50



“Fit After 50” is a program for different levels of fitness and individual fitness goals. You will be using multiple props, weights, bands, balls, and your own body as resistance to tone, maintain or increase your physical abilities, with an accentuation of posture and flexibility. Males and Females welcome.

- **Schedule: Tuesday: Apr. 10 to Jun. 26, 2012; 12:30 pm – 1:30 pm**
Thursday: Apr. 12 to Jun. 28, 2012; 12:15 pm – 1:15 pm
- **Cost: \$48 / 12 sessions (member); \$62 / 12 sessions (non-member)**
- **Instructor: Brenna Jacobson**

2. Fitness @ Five

Course Description: One of our new programs this fall is Fitness @ Five. Any or every weekday, plan to drop by McKee Recreation Centre and have a great end to the day. Mondays and Fridays, drop by for *Zumba Gold*. Stretch and relax with *Hatha Yoga* on Tuesdays and Thursdays. On Wednesdays, join Janice for *On The Ball*. Five great days... five great work outs. Come on... what are you waiting for? Also new... our Mix and Match Fitness @ Five punch card; \$40/10 sessions (member); \$52/10 sessions (non-member)

A: Hatha Yoga

- **Course Description: These stretching exercises will increase your flexibility and breathing techniques. You conclude the class with total relaxation.**
- **Schedule:**
 - A. Tuesday, Apr. 3 to Jun. 26, 2012; 5:00 pm – 6:00 pm**
 - B. Thursday, Apr. 5 to Jun. 28, 2012; 5:00 pm – 6:00 pm**
- **Instructor: Brenna Jacobson**

B: Jazzercise On-the-Ball

- **Course Description: This Jazzercise workout covers all fitness bases featuring strength training with the ball; sculpted arms, a stronger core, tighter glutes and firmer legs are the focus of this 40-50 minute muscle toning workout featuring a creative combo of strength training movements and stretching.**
- **Schedule: Wednesday, Apr. 4 to Jun. 27, 2012; 5:00 pm – 6:00 pm**
- **Instructor: Janice Triffon**

C: Zumba Gold

- **Course Description: Zumba Gold is a fun, Latin dance-based workout that is great for older adults, anyone new to fitness, and those wanting a lower impact, slightly modified Zumba class. No need to have any dance experience... just a desire to work out in a friendly, exciting environment. Come out and join the party.**
- **Schedule:**
 - A: Monday, Apr. 2 to Jun. 25, 2012; 5:00 pm – 6:00 pm**
(No class Apr. 9th or May 21st)
 - B: Friday, Apr. 13 to Jun. 29, 2012; 5:00 pm – 6:00 pm (No class Apr. 6th)**
- **Instructor: Patricia Simpson**
- **Cost: Punch Card: \$40/10 sessions (member); \$52/10 sessions (non-member)**

3. Fun & Fitness

- **Course Description:** A fun fitness class for men and women, which involves cardio vascular, muscular strength, endurance and flexibility training modified to your needs. Three drop-in classes are offered.
- **Schedule and instructor:**
 - A. Monday, Apr. 2 to Jun. 25, 2012; 9:00 am – 10:00 am**
(No class Apr. 9th or May 21st)
Instructor: Pamela Bellinger
 - B. Wednesday, Apr. 4 to Jun. 27, 2012; 9:00 am – 10:00 am**
Instructor: Shirin Monteiro
 - C. Friday Apr. 13 to Jun. 29, 2012; 9:00 am – 10:00 am (No class Apr. 6th)**
Instructor: Bernice Kovacevic
- **Cost:** Drop-in punch card \$40/10 sessions (member); \$52/10 sessions (non member)

4. Get Up & Go

- **Course description:** In cooperation with Fraser Health and BC Women's Health Centre, this gentle program is designed for anyone at high risk of falls with balance and mobility impairment, both male and female. Designed to improve your strength, balance and coordination. All classes are modified for your mobility level.
- **Schedule:**
 - A. Tuesday, Apr. 10 to Jun. 26, 2012; 2:00 pm – 3:00 pm**
 - B. Thursday, Apr. 12 to Jun. 28, 2012; 2:00 pm – 3:00 pm**
- **Cost:** Tue. or Thu: \$48/ 12 sessions (members); \$62 / 12 sessions (non-members)
Tue. & Thu: \$96 / 24 sessions (members); \$124 / 24 sessions (non-members)
- **Instructor:** Debbie Cheong

5. Hatha Yoga

- **Course Description:** These stretching exercises will increase your flexibility and breathing techniques. You conclude the class with total relaxation.
- **Schedule:**
 - A. Tuesday, Apr. 10 to Jun. 26, 2012; 11:00 am – 12:00 pm**
 - B. Friday, Apr. 13 to Jun. 29, 2012; 1:30 pm – 2:30 pm**
- **Cost:** \$48 / 12 sessions (member); \$62.00 / 12 sessions (non-member)
- **Instructor:** Shirin Monteiro

6. Jazzercise Low Impact

- **Course Description:** Get all the benefits of a regular Jazzercise class... without the hop! This 55-60 minute work-out blends dance and strength training movements with today's hottest music. Jazzercise Low Impact is the perfect option for those who want to improve cardio fitness, balance and flexibility
- **Schedule:** Wednesday, Apr. 11 to Jun. 27, 2012; 10:15 am – 11:15 am
- **Cost:** \$48 / 12 sessions (member); \$62 / 12 sessions (non-member)
- **Instructor:** Janice Triffon

7. Meditation

- **Course Description:** This meditation practice will focus on stilling the thoughts, developing concentration, relaxation and peace of mind. Learn to be aware of the breath and how one can use the breath to quiet the noise of the mind.
- **Schedule:** Thursday, Apr. 12 to Jun. 28, 2012; 1:30 pm – 2:30 pm
- **Cost:** \$48 / 12 sessions (member); \$62 / 12 sessions (non member)
- **Instructor:** Ivan Jones

8. Osteo-Fit

- **Course Description:** This program is clinically supported and medically endorsed by the BC Women's Hospital and Health Centre. The basic premise is fall prevention. It is suited to those diagnosed with osteoporosis but also appropriate for those looking to improve their muscular strength and endurance, balance, agility, and coordination in a fun but safe environment.
- **Schedule:**
 - A. Tuesday, Apr. 10 to Jun. 26, 2012; 2:00 pm – 3:00 pm
 - B. Thursday, Apr. 12 to Jun. 28, 2012; 3:00 pm – 4:00 pm
- **Cost:** \$48 / 12 sessions (member); \$62 / 12 sessions (non member)
- **Instructor:** Bernice Kovacevic

9. Pfilates (Pelvic Floor Pilates)

- **Course Description:** Pfilates is an innovative program of simple mat-based movements intended to promote effective and ongoing pelvic floor conditioning using dynamic exercise to build strength, sustained holds to build endurance and plyometric pulses to condition the quick reflexes.
Pelvic floor fitness is crucial for the recovery, strengthening, and prevention of urinary incontinence, overactive bladder, pelvic organ prolapse, bowel control, sexual function, pregnancy and childbirth, obesity, chronic lung disease, genetics and pelvic surgery.
The program progresses through 3 levels with modifications and is suitable for both females and males.
- **Schedule:** Tuesday, Apr. 10 to Jun. 26, 2012; 9:00 am – 10:00 am
Friday, Apr. 13 to Jun. 29, 2012; 9:00 am – 10:00 am
- **Cost:** \$48.00 / 12 session (member); \$62.00 / 12 sessions (non-member)
- **Instructor:** Brenna Jacobson



10. Pilates

- **Course Description:** Through body alignment and awareness of breath this form of gentle postural exercise will focus on building core muscle strength and endurance. Some exercise equipment is used as well.
- **Schedule:** Thursday, Apr. 12 to Jun. 28, 2012; 10:00 am – 11:00 am
- **Cost:** \$48 / 12 sessions (member); \$62 / 12 sessions (non member)
- **Instructor:** Jodi Butchart

11. Simply Stretch



- **Course Description:** Simply Stretch is a stretching program (not yoga) mainly for patrons who need joint mobilization for arthritis and related conditions that can cause pain, stiffness and swelling in the joints. Anybody who has deterioration in the joints will also benefit from this program. We will be doing pain free range of motion movements and gentle stretching. You will not be required to get onto the floor, if that is not possible for you. The program aims to keeping the joints lubricated and moving.
- **Schedule:** Monday, Apr. 16 to Jun. 25; 1:30 pm – 2:30 pm (No class May 21st)
- **Cost:** \$40 / 10 sessions (member); \$52 / 10 sessions (non-member)
- **Instructor:** Shirin Monteiro

12. Sit & Fit

- **Course Description:** This fun class is specifically designed to improve muscular strength and endurance. Exercises include seated and standing work in order to improve stamina, balance, and coordination intended to bring confidence to everyday living activities.
- **Schedule:** Friday, Apr. 13 to Jun. 29, 2012; 10:15 am – 11:15 am
- **Cost:** \$48 / 12 sessions (member); \$62 / 12 sessions (non-member)
- **Instructor:** Brenna Jacobson

13. Stretch & Strength

- **Course Description:** A mild to moderate fitness program that is designed to increase muscular strength, and improve flexibility, strength, and balance and functional ability.
- **Schedule:** Wednesday, Apr. 11 to Jun. 27, 2012; 12:30 pm – 1:30 pm
- **Cost:** \$48 / 12 sessions (member); \$62 / 12 sessions (non member)
- **Instructor:** Shirin Monteiro

14. Tai Chi

- **Course Description:** This gentle, ancient Chinese martial art is an easy-to-learn moving meditation that helps to improve balance, body awareness, and flexibility. Regular practice helps develop healthy breathing patterns and relaxation skills. Tai Chi can be practiced by people of all ages in most physical conditions. This Tai Chi program is mainly Yang Style.
- **Schedule:** Wednesday, Apr. 18 to Jun. 27, 2012; 10:00 am – 11:00 am
- **Cost:** \$66 / 11 sessions (member); \$85 / 11 sessions (non member)
- **Instructor:** Eric Lui

15. Yoga

- **Course Description:** This program creates a balance between body, mind and spirit through gentle exercises and breathing. Yoga enhances physical vitality and mental clarity. Participants are asked to wear loose, comfortable clothing and bring a personal yoga mat.
- **Schedule:**
 - A. Tuesday, Apr. 10 to Jun. 26, 2012; 12:15 pm – 1:15 pm
 - B. Thursday, Apr. 12 to Jun. 28, 2012; 12:15 pm – 1:15 pm
 - C. Thursday, Apr. 12 to Jun. 28, 2012; 6:30 pm – 7:30 pm
- **Cost:** \$48 / 12 sessions (member); \$62 / 12 sessions (non member)
- **Instructor:** Ivan Jones

ART

1. Acrylic Art

- **Course Description:** Everyone can paint! This fun and social class will develop your level of ability in acrylic medium. All levels welcome!
- **Schedule:**
 - A: Tuesday, Apr. 10 to Jun. 26, 2012; 9:30 am – 11:30 am
 - B: Tuesday, Apr. 10 to Jun. 26, 2012; 6:30 pm – 8:30 pm
- **Cost:** \$72.00 / 12 sessions (member); \$94.00 / 12 sessions (non member)
- **Instructor:** Bill Miloglav

2. Mixed Medium Art

- **Mixed Media class for different art experiences. Instruction given in each media plus homework.**
- **Schedule:** Wednesday, Apr. 11, 2012 to Jun. 27, 2012; 1:45 pm – 3:45 pm
- **Cost:** \$72 / 12 sessions (member); \$94 / 12 sessions (non member)
- **Instructor:** Angela Kaye
- **Supplies:** Art Book & pencils (HB), Exercise Book, Pastel Crayons (if possible), Water Colours (if possible)



3. Watercolour Painting

- **Course Description:** Painters will be challenged with exercises to develop their skills in technique, composition and colour theory. If you are new to the program, art supplies will be available for the first class.
- **Schedule:**
 - A: Monday, Apr. 16 to Jun. 25, 2012; 10:00 am – 12:00 pm (No class May 21st)
 - B: Monday, Apr. 16 to Jun. 25, 2012; 12:30 pm – 2:30 pm
- **Cost:** \$60 / 10 sessions (member); \$80 / 10 sessions (non-member)
- **Instructor:** Bill Miloglav

DANCE

1. Line Dance Advanced

- **Course Description:** For line dancers looking for a greater challenge.
- **Schedule:**
 - A. Monday, Apr. 2 to Jun. 25, 2012; 10:30 am – 12:00 pm
(No class Apr. 9th or May 21st)
 - B. Friday, Apr. 13 to Jun. 29, 2012; 10:30 am – 12:00 pm (No class Apr. 6th)
- **Cost:** Punch card, \$40/10 sessions (member); \$52/10 sessions (non-member)
- **Instructor:** Liz Salikin

2. Line Dance Beginner & Beginner Plus

A: Beginner:

- **Course Description:** This fun class will introduce you to all the basic steps. Everyone welcome!
- **Schedule:** Monday, Apr. 16 to Jun. 25, 2012; 12:30 pm – 1:30 pm (No class May 21st)
- **Instructor:** Dorothy Russell

B: Beginner Plus:

- **Course Description:** For anyone with all the line dance basics.
- **Schedule:** Monday, Apr. 16 to Jun. 25, 2012; 1:30 pm – 2:30 pm (No class May 21st)
- **Instructor:** Dorothy Russell

Cost: \$40 / 10 sessions (member), \$60 / 10 sessions (non member)

3. Tap Dance

Beginners

- **Course Description:** Everyone is welcome to beginners Tap! You will learn the basic steps.

Advanced:

- **Course Description:** Your happy feet will experience more advanced steps and routines. Completion of Beginner Tap is required
- **Schedule:**
 - A. Beginners: Wednesday, Apr. 4 to Jun. 20, 2012; 1:45 pm – 2:45 pm
 - B. Advanced: Wednesday, Apr. 4 to Jun. 20, 2012; 11:15 am – 12:15 pm
- **Cost:** \$72 / 12 sessions (member); \$94 / 12 sessions (non-member)
- **Instructor:** Carol Humphries

COMPUTER

1. Camera to Computer

- **Learn to upload pictures to your computer right from your camera to edit and share with your friends and family! Basic Computer skills required. No photography skills required. Please bring your camera, and laptop if you own one.**
- **Schedule:** Saturday, Apr. 14, 21 & 28, 2012; 1:00 pm – 3:00 pm
- **Cost:** \$36.00 / 3 sessions (member); \$47.00 / 3 sessions (non member)
- **Instructor:** Jaycee-Ann Day



2. Computer Basics

- **Course Description:** Learn the ABCs of computers painlessly.
- **Schedule:** Tuesday, Apr. 10, 17 and 24, 2012; 2:00 pm – 4:00 pm
- **Cost:** \$36.00 / 3 sessions (member); \$47.00 / 3 sessions (non member)
- **Instructor:** Paul Vanderwood

3. Computer Basics

- **Course Description:** Learn the ABCs of computers painlessly.
- **Schedule:** Saturday, Apr. 14 to Apr. 28, 2012; 11:00 am – 12:30 pm
- **Cost:** \$27.00 / 3 sessions (member); \$35.00 / 3 sessions (non member)
- **Instructor:** Jaycee-Ann Day

4. Digital Photo

- **Course Description:** learn the basics of digital photography. (Must have computer basics.)
- **Schedule:** Wednesday, April 11 to April, 2012 - 2:00 pm – 4:00 pm
- **Cost:** \$36 / 3 sessions (member), \$47 / 3 sessions (non member)
- **Instructor:** Trish Connelly

5. Email

- **Course Description:** Learn to set up, compose, send and receive emails
- **Schedule:** Thursday, May. 10 and May. 17, 2012; 2:00 pm – 4:00 pm;
- **Cost:** \$24.00 / 2 sessions (member); \$31.00 / 2 sessions (non member)
- **Instructor:** Paul Vanderwood

6. Internet

- **Course Description:** Learn to browse the Internet.
- **Schedule:** Thursday, Apr. 19, 26 and May 3, 2012; 2:00 pm – 4:00 pm;
- **Cost:** \$36.00 / 3 sessions (member); \$47.00 / 3 sessions (non member)
- **Instructor:** Paul Vanderwood

CRAFTS

1. Card Making: Paper Lace Greeting Cards

Course description: Amaze your friends and relatives with hand-crafted greeting cards that look like lace! Begin with an easy pattern and progress to more difficult ones, taking home lots of ideas and patterns for future projects.

- **Schedule:** Friday, Apr. 20, 2012; 10:00am – 11:30am
- **Cost:** \$10 /session (member); \$13.00 (non member)
Plus \$5.00 supply fee payable to instructor
- **Instructor:** Ruth Sands

Spring 2012 Instructional Classes at McKee

INSTRUCTIONAL PROGRAM SCHEDULE						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am – 10:00 am	Fun + Fitness	Pfilates	Fun + Fitness		Fun + Fitness Pfilates	
9:30 am - 11:30 am		Acrylic Art				
10:00 am - 11:00 am			Jazzercise Low Impact Tai Chi	Pilates		
10:00 am - 11:30 am			Card Making			
10:00 am - 12:00 pm	Water Colour					
10:15 am - 11:15 am					Sit & Fit	
10:30 am - 12:00 pm	Line Dance Adv				Line Dance Adv	
11:00 am - 12:00 pm		Hatha Yoga				
11:00 am - 12:30 pm						Computer Basics
11:15 am - 12:15 pm			Tap Dance Adv.			
11:30 am - 1:00 pm						
12:15 pm - 1:15 pm		Yoga		Yoga Fit After 50		
12:30 pm - 1:30 pm	Line Dance Beg.	Fit After 50	Stretch & Strength			
12:30 pm - 2:30 pm	Water Color Simply Stretch					
1:00 pm - 3:00 pm						Camera to Computer
1:30 pm - 2:30 pm	Line Dance Beg. Plus			Meditation	Hatha Yoga	
1:45 pm - 2:45 pm			Tap Dance Beg.			
1:45 pm - 3:45 pm			Mixed Medium Art			
2:00 pm - 3:00 pm		Get Up and Go Osteofit		Get Up and Go		
2:00 pm - 4:00 pm		Computer Basics	Digital Photo	Email Internet		
2:30 pm - 3:30 pm						
3:00 pm - 4:00 pm				Osteofit		
5:00 pm - 6:00 pm	Fitness@Five Zumba Gold	Fitness@Five Hatha Yoga	Fitness@Five On the Ball	Fitness@Five Hatha Yoga	Fitness@Five Zumba Gold	
6:30 pm - 7:30 pm				Yoga		
6:30 pm - 8:30 pm		Acrylic Art				