***APCCA Fall 2014 Programs***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Program** | **Location** | **Day of Week** | **Time** | **Registration** **Fee** |
| **Adult (18 years and over)**  |
| Pilates\* | École canadienne-français – Theatre Room | WednesdaySept 24-Nov 26 | 7:00 – 8:00 pm | $55.00 |
| Yoga\* | École canadienne-français – Theatre Room | WednesdaySept 24-Nov 26  | 6:00 – 7:00 pm | $55.00 |
| Zumba® Everyday\*\*\* | Prince Philip, St. Philip and John Lake School gyms | Monday to Friday(Sept 15-Dec 2) | Varying times – see schedule at website | $80.00 |
| Co-Ed Volleyball\* | Prince Philip School – Gym | Thursday(Sept 25-Nov 27) | 8:00 – 9:00 pm | $5.00 |
| Yoga for Stress Relief\*\* | John Lake School – Music Room | Wednesday(Sept 17-Nov 19) | 7:00 – 8:00 pm | $50.00 |
| Yin Yan Yoga\*\* | John Lake School – Gym | Wednesday(Sept 17-Nov 19)  | 8:15 – 9:30 pm | $60.00 |
| Pilates\*\* | John Lake School – Gym  | Thursday(Sept 18-Nov 20) | 8:00 – 9:00 pm  | $50.00 |
| Ballroom Dancing\* | Prince Philip School – Gym | Wednesday(Sept 24-Nov 26) | 7:00 – 8:00 pm | $125.00 per couple |
| Adult Game Night\* | Prince Phillip School – LRC | Friday(Sept 26-Nov 28) | 7:00 – 9:00 pm | $5.00 |
| Beginner DSLR Photography\*\* | John Lake School  | Wednesday(Sept 17-Nov 5) | 7:00 – 8:30 pm | $50.00 |
| Insanity\*\* | John Lake School – Gym | Thursday(Sept 18-Nov 20) | 6:00 – 7:00 pm | $50.00 |
| **Senior (55 years and over)** |
| Senior’s Social\*\* | Avalon Alliance Church | Thursday(Sept 16-Nov 25) | 1:00 – 2:00 pm | $15.00 |

***APCCA Fall 2014 Programs - continued***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Program** | **Location** | **Day of Week** | **Time** | **Registration** **Fee** |
| **Youth and Children Programs** |
| Children’s Drama(6-10 yrs)\*\*\* | Prince Philip School | Monday(Sept 22-Dec 8) | 5:00 – 6:00 pm | $50.00 |
| Youth Drama\*\*(11-14 yrs) | John Lake School – Music Room | Tuesday(Sept 16-Nov 25) | 6:00 – 7:00 pm | $40.00 |
| Tae Kwon Do\*\*(5-8 yrs) | John Lake School – Gym | Monday(Sept 15-Dec 1) | 6:00 – 7:00 pm | $40.00 |
| Zumba® Kids\*\*(7-11 yrs) | John Lake School – Gym  | Thursday(Sept 16-Nov 25) | 5:00 – 5:45 pm | $50.00 |
| Drop-In Youth Floor Hockey\*\* (9-12 yrs) | John Lake School – Gym | Tuesday(Sept 16-Nov 25) | 7:30 – 8:30 pm | $20.00 |
| Breakdance\*(9-16 yrs) | John Lake School – Gym | Thursday(Sept 18-Nov 20) | 7:00 – 8:00 pm | $25.00 |
| Youth Yoga\*\*\*(9-14 yrs) | Hugh Cairns School - Gym | Tuesday(Sept 23-Nov 25) | 5:00 – 6:00 pm | $55.00 |
| Youth Hip \*\*\*(9-14 yrs) | Hugh Cairns School – Gym | Thursday(Sept 25-Nov 27) | 4:30 – 5:30 pm | $40.00 |
| Youth Art & Drawing\*\*\* (9-14 yrs) | Prince Phillip School | Thursday(Sept 25-Nov 27)  | 4:00 – 5:00 pm | $25.00 |
| St. John Ambulance Babysitting Course\*\*(10 yrs & over) | Prince Philip School – LRC | Wednesday(Oct 8-Oct 29) | 6:30 – 8:30 pm  | $40.00 |
| Kid’s Floor Hockey\*\***(?? Yrs)** | Prince Philip School – Gym | Thursday(Sept 25-Nov 27)  | 6:00 – 7:00 pm | $15.00 |
|  |  |  |  |  |

***APCCA Fall 2014 Programs - continued***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Program** | **Location** | **Day of Week** | **Time** | **Registration** **Fee** |
| **Youth and Children Programs (continued)** |
| Engineering for Kids – Juniors \*(4-6 yrs) | Prince Philip School – LRC | Wednesday(Oct 15-Nov 19) | 3:30 – 4:15 pm | $110.00 |
| Engineering for Kids – Apprentice \*(7-11 yrs) | Prince Philip School – LRC | Tuesday(Oct 7-Nov 25) | 3:30 – 5:00 pm | $160.00  |
| Kindergym\*\*(3-5 yrs) | John Lake School – Gym | Wednesday(Sept 17-Nov 19) | 6:00 – 6:45 pm | $25.00 |
| Creative Movement\*\*(4-7 yrs) | John Lake School – Music Room | Wednesday(Sept 17-Nov 19) | 6:00 – 7:00 pm | $25.00 |
| Kindersoccer\*(3-4 yrs) | Prince Philip School – Gym | Wednesday(Sept 24-Nov 26) | 6:00 – 6:30 pm | $15.00 |
| Kindersoccer\*\*(3-5 yrs) | John Lake School – Gym | Tuesday(Sept 16-Nov 25) | 5:00 – 5:45 pm | $25.00 |
|  |  |  |  |  |
|  |  |  |  |  |
| **Family/All Ages Programs**  |
| Family Gym Night\* | Prince Philip School – Gym | Friday(Sept 26-Nov 28) | 6:00 – 7:30 pm  | $30.00 |
| Drop-In Family Fitness\*\*\* | Hugh Cairns School – Gym | Friday(Sept 26-Dec 5) | 7:00 – 9:00 pm | $30.00 |
|  |  |  |  |  |

\* Shared with South Nutana Park CA

\*\* Shared with Avalon CA

\*\*\*Shared with both South Nutana Park and Avalon CAs