

APCCA Spring 2015 Programs

Activity	Day	Dates	Start Time	End Time	Location	Registration Fee
Adult Programs (18yrs & over)						
Zumba® Everyday	M – F	Apr 13 – June 12	Varies	Varies	Prince Philip and St. Philip Schools	\$75.00
Adult Multi-Level Yoga	Wed	Apr 8-June, 10, 2015	6:00 pm	7:00 pm	ECF – Theatre Room	\$55.00
Pilates	Wed	Apr 8-June 10, 2015	7:00 pm	8:00 pm	ECF – Theatre Room	\$55.00
Yoga in the Park	Wed	May 20-June 24	7:00 pm	8:00 pm	John Lake Park	\$40.00
Biggest Loser Bootcamp*	Tue & Thur	May 19-June 25	8:00 pm	9:00 pm	John Lake School/Park	\$80.00 (new BL participants) \$60.00 (returning BL participants)
Spring Bootcamp*	Thur	May 21-June 25	7:00 pm	8:00 pm	John Lake School/Park	\$50.00
Load & Explode	Thur	Apr 2-June 4 No class Apr 9 & May 21	8:00 pm	9:00 pm	Prince Philip School gym	\$45.00

APCCA Spring 2015 Programs (continued)

Activity	Day	Dates	Start Time	End Time	Location	Registration Fee
Child/Youth Programs						
Run, Jump, Throw (8-12 years)	Mon/ Thurs	Mar16, 23, 30, Apr 16, 23,30, May 7, 14	7:00 pm	8:00 pm	Hugh Cairns School gym	\$80.00
Bricks 4 Kidz (5-13 years)	Tue	Apr 14- May19	3:15 pm	4:20 pm	Prince Philip School LRC	\$70.00
Outdoor Tot's Gym (18-35 months + Adult)	Wed	May 20-June 24	5:00 pm	5:30 pm	John Lake Park	\$25.00
Kindersoccer (Indoor/Outdoor) (3-5 years)	Thur	Apr 16-June 4	5:15 pm	6:00 pm	Hugh Cairns School Gym and school yard	\$25.00
St. John's Ambulance Babysitting Course (10 yrs & over)	Tue & Thur	May 19, 21, 26, 28	6:30 pm	8:30 pm	Hugh Cairns School LRC	\$40.00

Program Information:

- Zumba® Everyday:** One registration fee (\$75.00) – over 35 classes to attend!! You can attend one class per week or every class in the program that runs between April 13 and June 12. A program with a flexible schedule for the lifestyle in need of flexibility.
- Load & Explode:** No equipment? No problem! Load and explode has you covered. This body weight only workout will give you the high intensity metabolic effect you need to get results anytime and anywhere. Burn calories and increase your strength and power as you move through all planes of motion. Can be modified to suit all levels and no equipment is needed. Bring your own body and build on it!!
- *Biggest Loser Bootcamp and Spring Bootcamp:** May classes will be held at John Lake School Gym. June classes will be held outdoors.
- Biggest Loser Bootcamp:** The goal of the BLBC is weight loss. Registrants participate in two workouts per week, private weekly weigh-ins, and will receive a nutrition document.
- Run, Jump, Throw:** Run, Jump, Throw is a grass roots track and field program that teaches the basic movement patterns for track and field in a fun, sequential way. Run, Jump, Throw will be offered for children ages 8-12 years.
- Kindersoccer:** This program will be held outside if the weather permits.
- St. John's Ambulance Babysitting Course:** Registration fee includes manual and certificate.
Note: Participants are required to bring a doll or teddy bear for the first and third classes.
- Bricks 4 Kidz®:** One hour classes where kids can explore architecture, engineering and technology concepts using LEGO® bricks. Classes follow the Bricks 4 Kidz® motto: We Learn, We Build, We Play with . . . LEGO® Bricks.