

Programs	Age	Date and Time	Location	Cost
Learn to Skate	4-6	Jan 14-End of Season Sundays 1015-11am	SNP Rink – Harold Tatler Park North	\$45
Participants must be able to stand on their own or need a parent/guardian to assist on the ice.				
Learn to Skate	7-10	Jan 14-End of Season Sundays 1115am-12pm	SNP Rink – Harold Tatler Park North	\$45
Participants must be able to stand on their own or need a parent/guardian to assist on the ice.				
Drop In Pickleball	15+	Jan 15-Mar 25 Mondays 8-10pm	Prince Philip School	\$30
Drop In Pickleball	15+	Jan 17-Mar 27 Mondays 8-10pm	Prince Philip School	\$30
Kindersoccer	2-4	Jan 8 - Mar 25 Mondays 6-7 pm	Pope John Paul II	\$25
Zumba	18+	Jan 18- Mar 21 Thursdays 7-8 pm	George Vanier Dance Studio	\$60
Junior Floor Hockey	7 - 9	Jan 17-Mar 27 Wednesdays 6-7pm	Prince Philip School	\$30
Senior Floor Hockey	10 - 12	Jan 19-Mar 22 Fridays 6-7pm	Prince Philip School	\$30
Mindful Yoga	18+	Jan 18-Mar 28 Tuesdays 8:15 pm	Prince Philip School	\$60
This class weaves together yoga postures and breath practices with embodiment, compassion, and mindfulness. This class is appropriate for those new to, and familiar with yoga. You will be supported and empowered to adapt the class to meet your needs. Please bring a yoga mat, your curiosity, and wear comfy clothing for movement.				
TRX Strength & Cardio	15+	Jan 8 - Mar 25 Mondays 7-8 pm	Pope John Paul II	\$60
TRX is a type of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability! This TRX class will focus on increasing your cardiovascular and building full body foundational strength. No experience necessary. Only 8 registrants can register for this program.				

