

# RIVER HEIGHTS COMMUNITY ASSOCIATION

# WINTER 2017 PROGRAMMING

**REGISTRATION:** Online beginning Dec 4<sup>th</sup> through to 17th and In-person THURSDAY JANUARY 5<sup>TH</sup> River Heights School – Large Gym from 5:30pm to 7:30pm.

- For programming details and updates, please go to [www.riverheights.sk.ca](http://www.riverheights.sk.ca).
- We honour all community association memberships. Annual Memberships may be purchased at a cost of \$10, if needed.

## MONDAYS

CLASS	AGE	TIME	DATES	INSTRUCTOR	LOCATION	COST
Advanced Yoga	18+	6:30pm to 8pm	Jan 9 <sup>th</sup> – Mar 6 <sup>th</sup> Cancelled Dates: Feb 20	Sarah Junkin	River Heights School – Sm Gym	\$85
Beginner Yoga	18+	8:15pm to 9:15pm	Jan 9 <sup>th</sup> – Mar 6 <sup>th</sup> Cancelled Dates: Feb 20	Lisa Leis	River Heights School – Sm Gym	\$55
Butts N' Guts*	18+	8:15pm to 9:15pm	Jan 9 <sup>th</sup> – Mar 6 <sup>th</sup> Cancelled Dates: Feb 20	K-Rush Fitness	River Heights School – Lrg Gym	\$30
Co-ed Badminton	16+	9:15pm to 10:15pm	Jan 9 <sup>th</sup> – Mar 6 <sup>th</sup> Cancelled Dates: Feb 20	Self- instructed	River Heights School – Lrg Gym	\$15
Family Tae Kwon Do - Beginner	4+	6pm to 7pm	Jan 9 <sup>th</sup> – Mar 6 <sup>th</sup> Cancelled Dates: Feb 20	Jim Daley	St. Anne's Gym	\$45 includes 1 parent, 2 children
Family Tae Kwon Do - Advanced	4+	7pm to 8pm	Jan 9 <sup>th</sup> – Mar 6 <sup>th</sup> Cancelled Dates: Feb 20	Jim Daley	St. Anne's Gym	\$45 includes 1 parent, 2 children

## TUESDAYS

Zumba	18+	7pm to 8pm	Jan 10 <sup>th</sup> – Mar 7 <sup>th</sup> Cancelled Dates: Feb 21	Heather McDonald	River Heights School – Sm Gym	\$30
<b>*Fundamentals of Drawing*</b> <b>NEW CLASS</b>	18+	7pm to 8:30pm	Jan 17 <sup>th</sup> – Mar 7 <sup>th</sup> Cancelled Dates: Feb 20	Crystal Rassi	River Heights School – Conference Room	\$65

## WEDNESDAYS

Pilates 1.0	18+	7pm to 8pm	Jan 11 <sup>th</sup> – Mar 8 <sup>th</sup> Cancelled Dates: Feb 22	Diane Hein	River Heights School – Sm Gym	\$50
Pilates 1.5	18+	8pm to 9pm	Jan 11 <sup>th</sup> – Mar 8 <sup>th</sup> Cancelled Dates: Feb 22	Diane Hein	River Heights School – Sm Gym	\$50

## THURSDAYS

Zumba	18+	7pm to 8pm	Jan 12 <sup>th</sup> – Mar 16 <sup>th</sup> Cancelled Dates: Feb 9/ 23	Heather McDonald	River Heights School – Sm Gym	\$30
Butts N' Guts	18+	8:15pm to 9:15pm	Jan 12 <sup>th</sup> – Mar 16 <sup>th</sup> Cancelled Dates: Feb 9/ 23	K-Rush Fitness	River Heights School – Lrg Gym	\$30

## FRIDAYS

Floor Hockey	4 to 6yrs	6:30pm to 7:15pm	Jan 13 <sup>th</sup> – Mar 17 <sup>th</sup> Cancelled Dates: Jan 27, Feb 24, Mar 10	TBD	River Heights School – Sm Gym	\$15
Floor Hockey	7 to 9yrs	7:15pm to 8pm	Jan 13 <sup>th</sup> – Mar 17 <sup>th</sup> Cancelled Dates: Jan 27, Feb 24, Mar 10	TBD	River Heights School – Sm Gym	\$15

NEW:

# FUNDAMENTALS OF DRAWING

**Instructor:**

Crystal Rassi

**Time:**

Tuesday at 7pm to 8:30pm River Heights School

**Class Information:**

An introduction to drawing for adults. Covering the importance of line, shape, contour, perspective, and shading, you'll be able to manipulate your pens and pencils like you never thought you could before. Focus is on basic still life and landscape to be able to get your feet wet for more complex subjects.

**Required Class Materials:**

\*\*\*All materials can be purchased at Art Placement, downtown Saskatoon\*\*\*

Pencils - 1ea...2H, 2B, 5B, 8B  
Pencil sharpener  
1-gum eraser  
1-kneaded rubber eraser  
1- Canson 11x14 drawing pad

1-Compressed Charcoal (medium)  
Blending stick  
1-white eraser  
1- Economic Newsprint pad 18x24.

**Examples of Crystal's Work:**

