

River Heights Community Association

WINTER 2016 PROGRAM SCHEDULE

REGISTRATION NIGHT: Tuesday, January 5th at ÉCOLE RIVER HEIGHTS – Large Gym 5:30pm to 7:30pm.

ALL ADULT PROGRAMS (17+) or AGES AS NOTED. Class duration varies due to several school events throughout this session.

*Annual Membership cost is \$10. We honour all other community association memberships.

Monday – 10weeks <i>Begins Jan 11</i>	Tuesday – 10weeks <i>Begins Jan 12</i>	Wednesday – 9weeks <i>Begins Jan 13</i>	Thursday – 10weeks <i>Begins Jan 14</i>	Friday - 7 weeks <i>Begins Jan 15</i>
Yoga – Advanced \$70 Sarah Junkin 6:30pm to 8pm ERHS – small gym	Family Tae Kwon Do **To Be Confirmed** \$50 6pm to 7pm ERHS – small gym 1 parent & 2 kids (ages 5 to 10yrs)	Family Tae Kwon Do \$45 6pm to 7pm ERHS – small gym 1 parent & 2 kids (ages 5 to 10yrs)	Family Yoga \$60 6:15pm to 7pm ERHS – small gym 1 parent & 2 kids (ages 4 to 10yrs)	Floor Hockey \$15 Ages 4 to 6 6:30pm to 7:15pm ERHS – small gym
Yoga – Beginner \$65 Lisa Leis 8:15pm to 9:15pm ERHS – small gym	Zumba \$35 Heather McDonald 7:00pm to 8:00pm ERHS – small gym	Pilates on the Mat 1.0 \$60 Diane Hein 7pm to 8pm ERHS – small gym	Zumba \$35 Heather McDonald 7pm to 8pm ERHS – small gym	Floor Hockey \$15 Ages 7 to 9 7:15pm to 8pm ERHS – small gym
Butts & Guts \$35 K-Rush Fit 8:15pm to 9:15pm ERHS – large gym		Pilates on the Mat 1.5 \$60 Diane Hein 8pm to 9pm ERHS – small gym	Butts & Guts \$35 K-Rush Fit 8:15pm to 9:15pm ERHS – small gym	Co-Ed Volleyball \$15 9pm to 10:15pm ERHS – large gym
Co-Ed Badminton \$20 9:15pm to 10:15pm ERHS – large gym				