

Caledon Course Descriptions – March/April 2014

Basic Cooking: Come and learn to cook and bake easy, delicious meals and snacks. Kitchen safety, food and nutrition, will also be discussed. Come prepared with your appetite!

BoxFit: A combination of kickboxing and mixed fitness. Enjoy your favourite music while working out to the beat!

Canvas Art: Join us for weekly visits to the Caledon Art Studio Inc., to work on unique canvas art, with the help of a skilled instructor.

Crafts: A class in which you learn how to make various art activities such as seasonal crafts and projects.

Discovering The Community: What activities are of interest in the community outside of Connections? This eight week course will provide an opportunity to brainstorm and set goals with staff and peers, to achieve these objectives. In the process, you will have a chance to experience others' activities as well. At the end, we hope you will have attained skills and connections that will help you to carry out these new interests.

Exchange-Volunteer: Take this exciting opportunity to give back to the community by volunteering at the Exchange. The Exchange is a project of Caledon Community Services and its community partners. It has a focus on nutritious food support and education, community programs and a community meeting spot designed to enrich all of our lives.

Fitness & Recreation: Some of the activities will include walking/hiking, playing sports, instruction on how to use equipment at the gym, stretching, and learning about basic health and nutrition.

Flex N' Glide: This class incorporates resistance training with Gliding. Gliding exercises allow you to do smooth, graceful movements that firm, tone and sculpt long, lean muscles. Challenge your muscles to maximize your results and work your body like never before.

Group Social: Come have fun each week, as we will be doing a wide variety of activities including: bowling, arcade, movies, fitness, billiards, mini-golf, driving range, etc. As well as exploring individual hobbies and interests.

Indoor Sports: A variety of sports/activities within the community and sports fields. Some of the activities and sports include football, soccer, baseball, tennis, badminton, and Frisbee.

Indoor Walking Club: Enjoy time at Caledon Wellness Centre walking around the track or participating in low impact exercises. Please remember to bring your indoor running shoes.

Karate: This is a martial art of Japanese origin that deals with attacks through evasive body movements and is a method of keeping fit and healthy; it develops balance, co-ordination, aerobic fitness, strength and flexibility.

Ladies Club: A unique and fun opportunity to gather with other ladies and socialize. Every week we will be participating in various activities, sharing and learning about various life skills such as hygiene, hair styling, light make-up application, esthetics, fashion, health and fitness. Time to let out the inner Diva!

Library & Current Events: Learn how to find and checkout books, movies and Cd's. Discuss and research current events in the community and worldwide. This will be a perfect opportunity to obtain your own library card.

Mind, Body & Fitness: Take some time to stretch and relax in a class that integrates various movements from Yoga, Pilates, Tai chi, and Relaxation exercises.

Mixed Fitness: A gentle fitness class that is geared towards anyone looking for a low impact exercise session.

Muscle Pump: Take your training routine to a whole new level with this barbell class. Challenge a variety of muscle groups each week for a full body toning experience geared at getting you results.

Music & Movement: This music program introduces people to the musical alphabet and time-counting, while experiencing many different instruments and sounds, as well as foundational music terms and concepts through fun, interactive learning, dance and movement.

Nature & Great Outdoors: Explore and learn about nature and our ecosystem. Appreciate the beauty of nature through the changing seasons, and discover the importance of going "green" and recycling; while also learning basic survival skills. May include walks outdoors (weather permitting- please come prepared).

Pottery: During these classes, students learn the various hand-building techniques with pottery and clay. They are also taught how to use color and decoration to enrich their projects.

Scrapbooking: For this program you will need to bring pictures from home and will use the photos to make beautiful pages that can be added to your scrapbook. Scrapbooks will be provided and a skilled scrap-booking instructor will be teaching the class.

Spa & Esthetics: Attend weekly mini workshops at Angie's Esthetics. As a professional esthetician, she will teach various techniques and pamper attendees to the skill taught that day.

Super Sculpt: This challenging class uses a variety of equipment to improve strength, definition and bone density. Modifications are given for different intensity levels.

Swimming: This is an open swim at a local community centre. Please bring a bathing suit, towel and a lock when you are attending this program.

Ten Pin Bowling: Come learn basic bowling skills and play a friendly game of 10-pin bowling.

Therapeutic Swimming: This is an open therapeutic leisure swim at a local community centre. Please bring a bathing suit, towel and a lock when you are attending this program.

Voice Lessons: If you like to sing then this program is for you. Work on training your vocal chords; learn new songs and how to perform using a microphone. Please come prepared each week with songs you would like to practice.

Woodworking: Learn basic woodworking skills starting with simple projects, using hand tools. Once the project has been sanded, and assembly complete, enjoy painting and decorating the piece so that it is ready to bring home. Continuing participants can undertake larger and more complex projects, gaining appreciation for wood as a creative medium. New projects each section.

Yoga: This is a group fitness class that is designed to lengthen and tone the muscles. You will also do different poses, which will help flexibility. Please bring your own yoga mat, appropriate gym attire and a water bottle to each class.

Zumba: A fusion of international music, mixed with dance – zumba, samba, reggae, burlesque or salsa to name a few- this class tones and sculpts without you even knowing it- fun and easy to do!