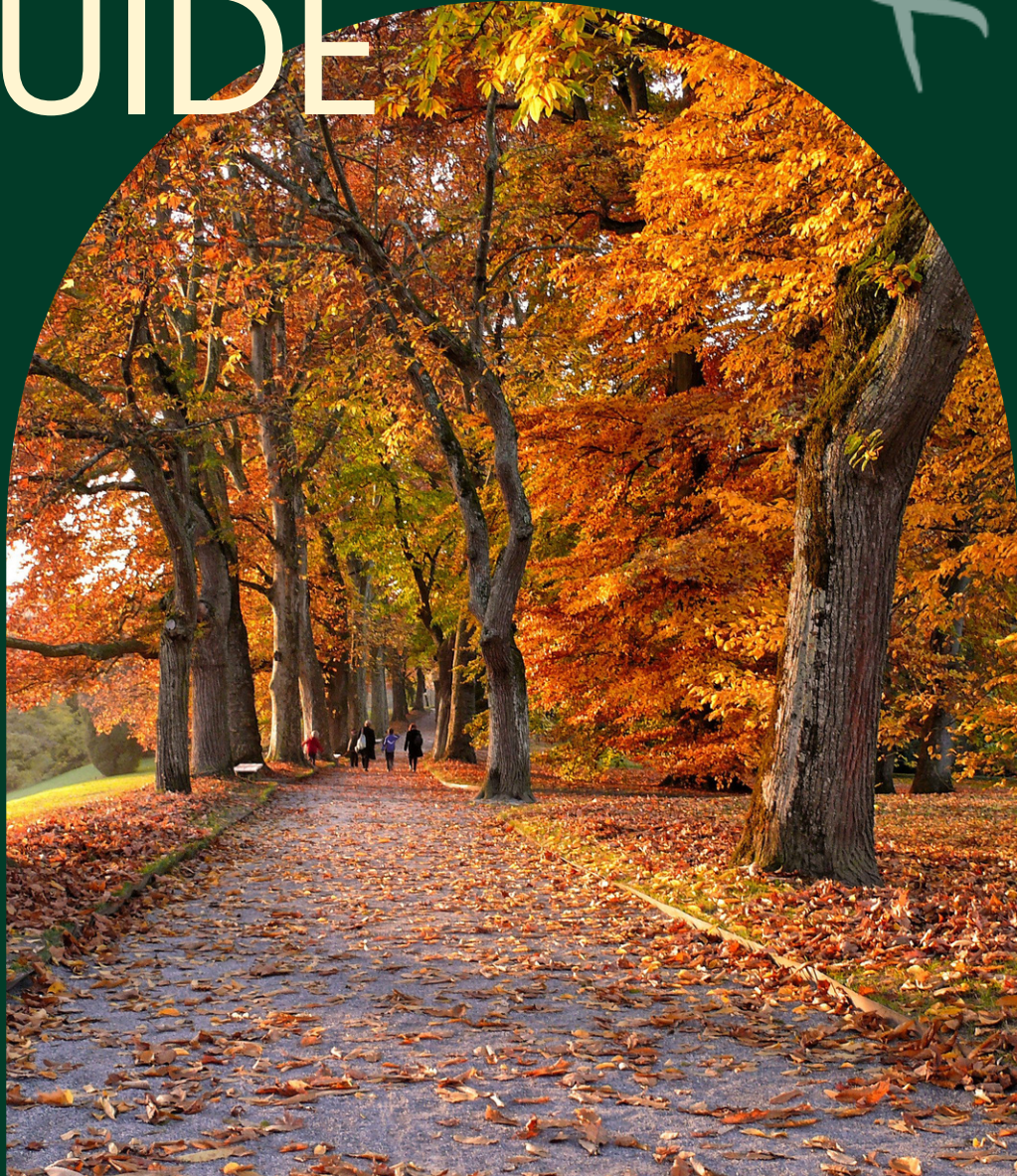


FALL PROGRAM GUIDE



2026

Cranston Residents
Association

TABLE OF CONTENTS

General Information

Contacts 2

Resident Information 3

Rental Information

Century Hall Rental Rates 4

Birthday Party Packages 5

What’s happening at the CRA?

Cranston Clubs 6

Fall Events 7

Registered Programs

Program List 9

Program Policies 10

How to Register 11

Children’s Programs 12

Adult Programs 22

CONTACTS

General Inquires

Front Desk Staff

403-781-6614 ext.0
info@cranstonra.ca

General Manager

Stacy Marks

gm@cranstonra.ca

Facility Manager

Jim Hoffman

fm@cranstonra.ca

Recreation Manager

Cole Peralta

rec@cranstonra.ca

Programs Coordinator

Nathaniel Carrington

programs@cranstonra.ca

Community Engagement
& Experience Specialist

Fatima Llamzon

cec@cranstonra.ca



cranstonra.ca



Cranston Residents
Association at Century Hall



@cranston.centuryhall

RESIDENT INFORMATION



11 Cranarch Road SE
Calgary, AB T3M 0S8

Facility Card Access

Please be aware **residents aged 10 and above are required to have their own membership card** to access the facility.

To make a card, please bring a piece of ID (if you are 18+) or come with a parent or guardian (if you are between 10 and 17).

Guest Policy

- Adult residents can bring 5 guests per household per day.
- Youth residents can bring 2 per household per day.
- Guests cannot be Cranston residents.
- Residents must also remain present at all times when their guests are utilizing the facility.

Park & Facility Hours

Monday to Sunday

9:00 AM-9:00 PM

Please note: Hours subject to change due to inclement weather or holidays

Gymnasium

To view the full gym schedule, visit our website at cranstonra.ca.

Outdoor Tennis Courts

To view the court hours and rules, visit our website at cranstonra.ca.

CENTURY HALL RENTAL RATES



CRANSTON RESIDENTS ASSOCIATION

	Dimensions	Capacity	Hourly Rates		
			Resident	Brookfield Community	Non-Resident
Heritage Hall ABC 2652 sq. feet	34 ft. by 78 ft.	135 Guests	\$97.00	\$109.00	\$122.00
Heritage A 1037 sq. feet	34 ft. by 30.5 ft.	50 Guests	\$64.25	\$72.95	\$81.00
Heritage B 850 sq. feet	34 ft. by 25 ft.	40 Guests	\$53.00	\$60.00	\$67.00
Heritage C 765 sq. feet	34 ft. by 22.5 ft.	35 Guests	\$53.00	\$60.00	\$67.00
Heritage A & B 1887 sq. feet	34 ft. by 55.5 ft.	90 Guests	\$75.00	\$84.65	\$95.35
Heritage B & C 1615 sq. feet	34 ft. by 47.5 ft.	80 Guests	\$69.35	\$78.00	\$87.20
Vista 639 sq. feet	18 ft. by 35.5 ft.	30 Guests	\$55.60	\$62.75	\$70.40
Riverside 534 sq. feet	17.5 ft. by 30.5 ft.	25 Guests	\$55.60	\$62.75	\$70.40
Legacy (Board Room) 369 sq. feet	18 ft. by 20.5 ft.	15 Meeting	\$34.45	\$37.75	\$41.80
Gym 5159 sq. feet	57 ft. by 90.5 ft.		Party Package Only	Party Package Only	Party Package Only

Minimum two-hour rental for Heritage Room(s)

Additional Charges

Mandatory after-hours security fee applies for rentals ending between 9:00pm and 1:00am.

Mandatory after-hours teardown fee applies for rentals ending between 8:30pm and 1:00am.

SOCAN and Re:Sound fees apply for bookings with music and/or dancing.

BIRTHDAY PARTY PACKAGES

Birthday Party Package

The package includes:

- 2 hours in both the gymnasium and Riverside Room.
- Drop-in equipment
- Toddler equipment (ages 0-4) available upon request
- Access to the upstairs kitchen
- Setup: 5 tables + 25 chairs in Riverside Room
- Maximum of 25 guests.

Time Slots

Saturdays

- 12:30 PM to 2:30 PM
- 3:00 PM to 5:00 PM

Sunday

- 3:00 PM to 5:00 PM

Rates

Resident Rate: \$154.00 + GST

Brookfield Rate: \$164.00 + GST

Non-Resident Rate: \$174.00 + GST

How to book a rental

To inquire about booking a room, fill out a booking form on our website cranstonra.ca.

The form can be found under the menu item *Facility Rentals* and on the *Rental Rates & Booking Info* page.

If you have any questions, please email rentals@cranstonra.ca



CRA CLUBS

CHESS CLUB

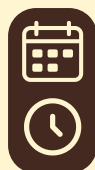


Fourth Thursday of every month

6:30 PM-8:30 PM

Chess club is a drop-in program open to Cranston residents of all ages and levels.

KNITTING CLUB

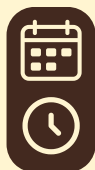


Third Tuesday of every month

6:30 PM-8:30 PM

Calling all knitting enthusiasts! Knitting club is drop-in program open to Cranston residents of all ages and knitting skills.

SENIORS SOCIAL



Every Wednesday

1:00 PM-3:00 PM

Come and drop-in to our Seniors Social Club! Residents are welcome to come and meet other residents in the community, all whilst playing games!



FALL EVENTS

CRANCHELLA

**Saturday, September 19**

2:00 PM - 8:00 PM

Cranchella is back! Join us for a day of live music, a beer garden, food trucks, a kids care zone, and great community vibes. Bring your friends and family for a fun-filled night! Everyone is welcome! Stay up to date on our social media for event details.

**REDLINE****REDLINE**

HALLOWEEN EVENT

**Saturday, October 24**

TIME TBD

Join us for a spooktacular afternoon of family fun! Enjoy Halloween-themed activities, treats, entertainment, and plenty of festive fun for all ages. Costumes are encouraged! Cranston residents only. Stay up to date on our social media for event details.

ADULT EVENT TBD



Saturday, November 7
TIME TBD

Join us for an exciting adults-only event featuring a fun evening of entertainment, great company, and unforgettable experiences. Registration is required. Stay up to date on our social media for event details and registration information.



REDLINE

real



CHRISTMAS MARKET



Saturday, November 14
10:00 AM - 3:00 PM

Celebrate the holiday season at our Annual Grand South Christmas Market! Shop unique gifts from local vendors, enjoy festive treats, and soak up the holiday spirit with family and friends. Everyone is welcome!

PROGRAM LIST

DAY	AGE	PROGRAM NAME	TIME
MON	3-5	Multi-Sport	10:05 AM - 11:00 AM
MON	2-3	Sportball T-Ball and Soccer - Parented	4:10 PM - 4:50 PM
MON	3-5	Sportball T-Ball and Soccer	5:00 PM - 5:55 PM
MON	5-8	Sportball T-Ball and Soccer	6:05 PM - 7:00 PM
MON	3-5	Triple Fun	5:30 PM - 6:30 PM
MON	7-10	Hip Hop	6:45 PM - 7:45 PM
MON	16+	Zumba	7:00 PM - 7:45 PM
MON	18+	Pickleball	7:15 PM - 8:45 PM
TUE	18+	Gentle Yoga for Mobility & Strength	11:50 AM - 12:40 PM
TUE	18+	Yoga for Healthy Aging	1:00 PM - 1:50 PM
TUE	9-12	Intro Volleyball	4:30 PM - 5:30 PM
TUE	6-9	Tennis	5:45 PM - 6:35 PM
TUE	4-6	Dance Explosion	5:30 PM - 6:15 PM
TUE	4-6	Little Vet School- Inspired Dog Vets	5:00 PM - 6:00 PM
TUE	7-12	Little Vet School- Inspired Dog Vets	6:15 PM - 7:15 PM
TUE	6-10	Musical Theatre	6:30 PM - 7:30 PM
WED	3.5-5	Young Rembrandts Pre-School	5:00 PM - 5:45 PM
WED	6-10	Young Rembrandts Elementary	6:00 PM - 7:00 PM
WED	5-8	Basketball Hoopla	5:00 PM - 5:50 PM
WED	8-12	Basketball Hoopla	6:00 PM - 6:50 PM
THUR	10-13	Badminton	4:30 PM - 5:20 PM
THUR	14-17	Badminton	5:30 PM - 6:20 PM
THUR	6-9	Introductory Karate	5:30 PM - 6:20 PM
THUR	14+	Self Defence	6:30 PM - 7:20 PM
SAT	16-24m	Multi-Sport - Parented	9:10 AM - 9:50 AM
SAT	2-3	Multi-Sport - Parented	10:00 AM - 10:40 AM
SAT	3-5	Multi-Sport	10:50 AM - 11:45 AM
SAT	5-7	Engineering for Kids	12:00 PM - 1:00 PM
SAT	8-12	Engineering for Kids	1:30 PM - 3:00 PM
SUN	18+	Adult Beginner Tennis	1:00 PM - 1:50 PM
SUN	18+	Adult Intermediate Tennis	2:00 PM - 2:50 PM

PROGRAM POLICIES



Cancellations

All classes are subject to cancellation if there is insufficient registration. Class cancellations will happen one week prior to classes starting. Should a class be cancelled, you will be notified by email.

The following options are available should a class be cancelled:

- Transfer participant into another program. Subject to space availability.
- Receive an account credit on your registration account.
- Receive a refund for the full amount of the program registration.

Withdrawals & Refund Requests

All withdrawal requests must be provided in writing to the Programs Coordinator by email to: programs@cranstonra.ca

A **\$20.00 administrative fee** is charged per participant for all program withdrawals requested after a program has started.

Note: Any payment done with debit card will receive a refund through cheque.

HOW TO REGISTER

Online Registration

Online registration is available at: cranstonra.perfectmind.com

Logging in to your account

If you are a Cranston resident, you are already in our system. Please do not create a new account. Instead, log in to your account or contact us at 403-781-6614 or info@cranstonra.ca to *create an account or send you a password reset*.

Adding members to your account

If you need to add family members to your account, you may do so once you have logged in. In order to receive the Cranston Resident Rate, you will need to call us at 403-781-6614 or email us at info@cranstonra.ca so we can activate their membership.

Registration in-person or over the phone

Our facility is open from 9:00 AM to 9:00 PM Monday to Sunday. Our Customer Service Representative will be happy to help with your registration. Please call (403)781-6614 ext. 0

Registration Dates

Cranston Residents

Opens August 5 2026

Non-Residents

Opens August 11 2026

MULTI-SPORT (11 CLASSES)

Sportball Multi-Sport programs introduce preschool and primary school children to eight core sports. We focus on teamwork and skill development rather than winning, fostering confidence and social skills for success in sports and life.

	SEPTEMBER 14 - NOVEMBER 30 (NO CLASS OCTOBER 12)
	Ages 3-5: 10:05 AM- 11:00 AM
	RR: \$230.00 BR: \$243.00 NR: \$253.00



SPORTBALL T-BALL AND SOCCER (11 CLASSES)

Kick off the fun with Sportball Soccer & T-Ball! Kids learn basic gameplay and skills in a supportive, non-competitive environment. Half the class focuses on soccer skills like dribbling, passing, and goalie work, while the other half covers T-ball skills like throwing, batting, and fielding.

	SEPTEMBER 14 - NOVEMBER 30 (NO CLASS OCTOBER 12)
	Ages 2-3 (parented): 4:10 PM-4:50 PM Ages 3-5: 5:00 PM-5:55 PM Ages 5-8: 6:05 PM-7:00 PM
	RR: \$230.00 BR: \$243.00 NR: \$253.00



TRIPLE FUN (12 CLASSES)

Students are introduced to three aspects of performing arts: singing, acting and dancing in a playful environment. They will learn simple songs and use popular stories with a hint of their own imagination to create mini-musical plays weekly. Costumes are also provided for dress up fun!

	SEPTEMBER 14 - DECEMBER 7 (NO CLASS OCTOBER 12)
	Ages 3-5: 5:30 PM-6:30 PM
	RR: \$208.00 BR: \$220.00 NR: \$229.00



HIP HOP (12 CLASSES)

Participants will learn the coolest moves of today and showcase their own style. The basics of several urban dance styles are introduced and dancers of all ages will build confidence and be funky while learning a short routine!

	SEPTEMBER 14 - DECEMBER 7 (NO CLASS OCTOBER 12)
	Ages 7-10: 6:45 PM-7:45 PM
	RR: \$208.00 BR: \$220.00 NR: \$229.00



INTRODUCTORY VOLLEYBALL (10 CLASSES)

Get ready to jump into the exciting world of volleyball! Our Grassroots Volleyball program is the perfect place for kids aged 9–12 to learn the basics of the game in a fun, supportive, and active environment. Whether your child is brand new to volleyball or just wants to build their skills, this program focuses on teamwork, coordination, and confidence through age-appropriate drills and games.

Led by Rampage Volleyball, each session includes warm-ups, skill-building activities (like passing, serving, and setting), and plenty of game play. No experience needed—just bring your energy and a smile! This Class is also Co-Ed meaning it is both for girls and boys.

	SEPTEMBER 15 - NOVEMBER 17
	Ages 9-12: 4:30 PM-5:30 PM
	RR: \$236.00 BR: \$249.00 NR: \$259.00



TENNIS (11 CLASSES)

This program focuses on movement training, including running, jumping, catching, and hand-eye coordination. Participants will play coordination games, practice footwork, and build skills. Please bring your own racket; limited rackets are available.

	SEPTEMBER 15 - NOVEMBER 24
	Ages 6-9: 5:45 PM-6:35 PM
	RR: \$234.00 BR: \$247.00 NR: \$257.00



DANCE EXPLOSION (12 CLASSES)

An explosion of dance styles! We will look at jazz, tap, ballet, creative movement, hip hop and more. A great fast paced introduction to the world of dance!

	SEPTEMBER 15 - DECEMBER 1
	Ages 4-6: 5:30 PM-6:15 PM
	RR: \$208.00 BR: \$220.00 NR: \$229.00



MUSICAL THEATRE (12 CLASSES)

In this introduction to musical theatre, students will learn all the music, words, and a choreographed dance to a song that they will perform for their families on the last day of class. Characters and costumes will round out the class where creativity is encouraged!

	SEPTEMBER 15 - DECEMBER 1
	Ages 6-10: 6:30 PM-7:30 PM
	RR: \$208.00 BR: \$220.00 NR: \$229.00



LITTLE VET SCHOOL- INSPIRED DOG VETS (6 CLASSES)

Students will get to learn about the exciting field of veterinary medicine and become a veterinarian physician and surgeon.

This 6-week program will discuss about canine/dog health. Our Little Veterinarians will get to perform dog assessments making a nose to tail exam, keeping dog healthy with proper dog nutrition, learn about ticks, caring for lacerations and also learn some basic surgical skills, immunization and more!

They also get to take home their own premium stuffed toy dog at the end of the program.

	SEPTEMBER 29 - NOVEMBER 3
	Ages 4-6: 5:00 PM-6:00 PM Ages 7-12: 6:15 PM-7:15 PM
	RR: \$160.00 BR: \$169.00 NR: \$176.00



YOUNG REMBRANDTS (10 CLASSES)

Young Rembrandt's art classes teach foundational drawing skills essential for artistic development. Through step-by-step instruction, children build techniques to express creativity, boost confidence, and strengthen self-esteem. Participants will see improved art skills, enhanced learning abilities, and a deeper appreciation for their creative potential.

	SEPTEMBER 16 - DECEMBER 2 (NO CLASSES SEP 30 & NOV 11)
	Pre-school (Ages 3.5-5): 5:00 PM-5:45 PM Elementary (Ages 6-10): 6:00 PM-7:00 PM
	RR: \$180.00 BR: \$190.00 NR: \$197.00



BASKETBALL HOOPLA (10 CLASSES)

Kids who love basketball will build their skills and knowledge through fun games, drills, and activities. Led by Coach Will Prince, this program supports all skill levels with adaptable instruction. Each session encourages teamwork, confidence, and a lasting passion for the game—leaving kids motivated to keep improving.

	SEPTEMBER 16 - DECEMBER 2 (NO CLASSES SEP 30 & NOV 11)
	Ages 5-8: 5:00 PM-5:50 PM Ages 8-12: 6:00 PM-6:50 PM
	RR: \$199.00 BR: \$211.00 NR: \$219.00



BADMINTON (AGES 10-13) (11 CLASSES)

Dive into the world of badminton with our expert instructor, where students develop and perfect essential fundamental movements. From honing serves, smashes, and drop shots to understanding court positioning, this program provides a thorough exploration of badminton basics.

	SEPTEMBER 17 - NOVEMBER 26
	Ages 10-13: 4:30 PM-5:20 PM
	RR: \$248.00 BR: \$263.00 NR: \$273.00



BADMINTON (AGES 14-17) (11 CLASSES)

This program focuses on developing badminton-specific skills and physical conditioning for players ages 14-17. Athletes will improve footwork, speed, agility, endurance, and strength while learning key techniques such as serving, shot variety, and game tactics. Sessions combine skill drills, fitness training, and match play in a structured and motivating environment, helping players build confidence, discipline, and on-court performance.

	SEPTEMBER 17 - NOVEMBER 26
	Ages 14-17: 5:30 PM-6:20 PM
	RR: \$248.00 BR: \$263.00 NR: \$273.00



INTRODUCTORY KARATE (12 CLASSES)

This introductory Shotokan Karate course is a fun way to stay active while building confidence and learning self-defense. Students will cover basic martial arts principles like punches, blocks, kicks, and katas (routines), with games and partner work to keep it engaging while promoting discipline.

	SEPTEMBER 17 TO DECEMBER 3
	Ages 6-9: 5:30 PM-6:20 PM
	RR: \$207.00 BR: \$219.00 NR: \$228.00



SELF DEFENSE (12 CLASSES)

This Self-Defence course introduces participants to practical self-defence through fundamental martial arts techniques. The program emphasizes structured training, discipline, and skill development drawn from traditional and modern martial arts systems, with a focus on real-world application.

	SEPTEMBER 17 TO DECEMBER 3
	Ages 14+: 6:30 PM-7:20 PM
	RR: \$207.00 BR: \$219.00 NR: \$228.00



MULTI-SPORT (11 CLASSES)

Sportball Multi-Sport programs introduce preschool and primary school children to eight core sports. We focus on teamwork and skill development rather than winning, fostering confidence and social skills for success in sports and life.

	SEPTEMBER 19 - NOVEMBER 28
	Ages 16-24m (Parented): 9:10 AM-9:50 AM Ages 2-3 (Parented): 10:00 AM-10:40 AM Ages 3-5: 10:50 AM-11:45 AM
	RR: \$230.00 BR: \$243.00 NR: \$253.00



ENGINEERING FOR KIDS (AGES 5-7) (6 CLASSES)

Kids will explore the exciting world of engineering as they invent new machines and explore creative design solutions using the Engineering Design Process.

The young engineers will design, build, and test candy catapults, simple flashlights, Poppers, marble runs, and more.

	NOVEMBER 7 - DECEMBER 12
	Ages 5-7: 12:00 PM-1:00 PM
	RR: \$136.00 BR: \$144.00 NR: \$149.00



ENGINEERING FOR KIDS (AGES 8-12) (6 CLASSES)

Hardware & Software Engineering Camp: Build a Computer. Code with Minecraft. Create the Future!

This fall, kids dive into real-world tech in an unforgettable Piper Computer Kit adventure! Students will build their own working computer from the ground up,

Then bring it to life through coding challenges inside Minecraft. Along the way, they explore key STEM concepts while developing problem-solving, creativity, and confidence with technology.

Every activity is hands-on, interactive, and designed to make learning feel like play. Perfect for curious minds, and future engineers!

	NOVEMBER 7 - DECEMBER 12
	Ages 8-12: 1:30 PM-3:00 PM
	RR: \$203.00 BR: \$215.00 NR: \$224.00



ZUMBA (11 CLASSES)

Zumba is a high-energy fitness program with music and dance moves suitable for ages 16+ and all fitness levels. Join our vibrant classes for a fun way to burn calories, improve cardiovascular health, and tone muscles!

	SEPTEMBER 21 - DECEMBER 7 (NO CLASS OCTOBER 12)
	Ages 16+: 7:00 PM-7:45 PM
	RR: \$176.00+GST BR: \$187.00+GST NR: \$194.00+GST



PICKLEBALL (12 CLASSES)

Perfect for those new to the game, this program is designed for participants who have never played pickleball before and are eager to step onto the courts for the first time! They'll learn sound fundamentals and techniques while having fun. The program covers correct technique, scoring, rules, strategies, and efficient footwork.

	SEPTEMBER 14 - DECEMBER 14 (NO CLASS SEP 28 & OCT 12)
	Ages 18+: 7:15 PM-8:45 PM
	RR: \$211.00+GST BR: \$223.00+GST NR: \$232.00+GST



GENTLE YOGA FOR MOBILITY & STRENGTH (10 CLASSES)

Laura-Ann has 15 years of yoga teaching experience and has been teaching at Cranston Century Hall since 2012. This class, Gentle Yoga for Strength and Mobility, focuses on mindful movements to enhance flexibility, build strength and improve balance. The Iyengar teachings of incorporating props into the practice include chairs, bolsters, yoga straps, blocks and blankets. Please bring your own yoga mat, one thick blanket and a yoga bolster if you have one.

Benefits:

- Improves joint mobility and range of motion
- Builds foundational strength without strain
- Enhances balance and stability
- Reduces stiffness and promotes relaxation

	SEPTEMBER 15 - DECEMBER 1 (NO CLASS OCT 13 & OCT 20)
	Ages 18+: 11:50 AM-12:40 PM
	RR: \$211.00+GST BR: \$223.00+GST NR: \$232.00+GST



YOGA FOR HEALTHY AGING (10 CLASSES)

Join us for a welcoming series of yoga classes for all skill levels, ages 18+. Each class uses props like bolsters, blankets, chairs, straps, blocks, and wall support to enhance comfort and accessibility: Yoga for Healthy Aging – Supports joint health, balance, flexibility, and strength with gentle movement.

	SEPTEMBER 15 - DECEMBER 1 (NO CLASS OCT 13 & OCT 20)
	Ages 18+: 1:00 PM-1:50 PM
	RR: \$211.00+GST BR: \$223.00+GST NR: \$232.00+GST



SELF DEFENSE (12 CLASSES)

This Self-Defence course introduces participants to practical self-defence through fundamental martial arts techniques. The program emphasizes structured training, discipline, and skill development drawn from traditional and modern martial arts systems, with a focus on real-world application.

Participants will learn proper stances, strikes, blocks, escapes, and controlled defensive movements while improving balance, coordination, strength, and confidence. Classes also include situational awareness, partner drills, and controlled practice to help students respond effectively under pressure in a safe and supportive environment.

The course is suitable for adults of all fitness levels and requires no previous martial arts experience. Qualified instructors guide participants through progressive skill development, emphasizing safety, respect, and personal growth. This program is ideal for adults interested in learning martial arts for self-defence, fitness, and confidence building.

	SEPTEMBER 17 - DECEMBER 3
	Ages 14+: 6:30 PM-7:20 PM
	RR: \$207.00 BR: \$219.00 NR: \$228.00



ADULT TENNIS (11 CLASSES)

Combined movement training such as running, jumping, catching and hand-eye coordination are skills that will be a focus of this program. You will also take part in hand-eye coordination games, foot-work exercises, and fun skill building activities. You are required to bring your own racket and wear comfortable clothing along with running shoes.

	SEPTEMBER 20 - NOVEMBER 29
	Beginner (18+): 1:00 PM-1:50 PM Intermediate (18+): 2:00 PM-2:50 PM
	RR: \$234.00 BR: \$247.00 NR: \$257.00



CRANSTON RESIDENTS ASSOCIATION

Property owners in the community of Cranston are automatically a member of the Cranston Residents Association (Cranston RA). The Cranston RA is a not-for-profit organization which manages assets owned by the Association for the benefit of Cranston residents.

The Cranston RA annual fees support maintenance of the Century Hall facility and seven acre outdoor park, programmed Cranston RA events, activities, and the Cranston Connect website. The Cranston RA also owns and maintains several decorative corners, the Art Park, the Windmill site and Cranston entry features. Benefits of membership include access to the Century Hall facility and outdoor park, and resident rates for Cranston RA programs and events.

For more information on future Cranston RA programs and events, please visit our website: www.cranstonra.ca.

Contact us

Phone: 403-781-6614

Email: info@cranstonra.ca

HIIT PILATES (10 CLASSES)

This Adult HIIT Pilates class combines the core-strengthening principles of Pilates with high-intensity interval training (HIIT) for a dynamic, full-body workout. The program is designed to improve strength, endurance, flexibility, and cardiovascular fitness in an energizing and efficient format.

Participants will move through controlled Pilates-based exercises alternated with short bursts of higher-intensity movement. Classes focus on core stability, posture, balance, and functional strength while maintaining proper form and mindful breathing. Modifications are offered to accommodate varying fitness levels, allowing participants to work at their own pace.

This class is suitable for adults of all fitness backgrounds and requires no prior Pilates experience. Led by qualified instructors, the program emphasizes safe movement, body awareness, and overall physical conditioning in a motivating group environment.

	SEPTEMBER 16 - DECEMBER 2 (NO CLASS SEP 20 & NOV 11)
	Ages 18+: 5:30 PM-6:30 PM
	RR: \$199.00+GST BR: \$211.00+GST NR: \$219.00+GST



PROGRAM LIST

DAY	AGE	PROGRAM NAME	TIME
MON	3-5	Multi-Sport	10:05 AM - 11:00 AM
MON	2-3	Sportball T-Ball and Soccer - Parented	4:10 PM - 4:50 PM
MON	3-5	Sportball T-Ball and Soccer	5:00 PM - 5:55 PM
MON	5-8	Sportball T-Ball and Soccer	6:05 PM - 7:00 PM
MON	3-5	Triple Fun	5:30 PM - 6:30 PM
MON	7-10	Hip Hop	6:45 PM - 7:45 PM
MON	16+	Zumba	7:00 PM - 7:45 PM
MON	18+	Pickleball	7:15 PM - 8:45 PM
TUE	18+	Gentle Yoga for Mobility & Strength	11:50 AM - 12:40 PM
TUE	18+	Yoga for Healthy Aging	1:00 PM - 1:50 PM
TUE	9-12	Intro Volleyball	4:30 PM - 5:30 PM
TUE	6-9	Tennis	5:45 PM - 6:35 PM
TUE	4-6	Dance Explosion	5:30 PM - 6:15 PM
TUE	4-6	Little Vet School- Inspired Dog Vets	5:00 PM - 6:00 PM
TUE	7-12	Little Vet School- Inspired Dog Vets	6:15 PM - 7:15 PM
TUE	6-10	Musical Theatre	6:30 PM - 7:30 PM
WED	3.5-5	Young Rembrandts Pre-School	5:00 PM - 5:45 PM
WED	6-10	Young Rembrandts Elementary	6:00 PM - 7:00 PM
WED	18+	HIIT Pilates	5:30 PM - 6:30 PM
WED	5-8	Basketball Hoopla	5:00 PM - 5:50 PM
WED	8-12	Basketball Hoopla	6:00 PM - 6:50 PM
THUR	10-13	Badminton	4:30 PM - 5:20 PM
THUR	14-17	Badminton	5:30 PM - 6:20 PM
THUR	6-9	Introductory Karate	5:30 PM - 6:20 PM
THUR	14+	Self Defence	6:30 PM - 7:20 PM
SAT	16-24m	Multi-Sport - Parented	9:10 AM - 9:50 AM
SAT	2-3	Multi-Sport - Parented	10:00 AM - 10:40 AM
SAT	3-5	Multi-Sport	10:50 AM - 11:45 AM
SAT	5-7	Engineering for Kids	12:00 PM - 1:00 PM
SAT	8-12	Engineering for Kids	1:30 PM - 3:00 PM
SUN	18+	Adult Beginner Tennis	1:00 PM - 1:50 PM
SUN	18+	Adult Intermediate Tennis	2:00 PM - 2:50 PM