

ADULT PROGRAMS:

Badminton

Join us for some fun and fitness with adult drop in badminton. This self-supervised program will give you the opportunity to meet and play against other Silverwood and Lawson Heights badminton players. Please bring your own racquet and shuttlecocks.

Country Heat™ LIVE

Country Heat™ LIVE is the newest dance-fitness workout from Beachbody! This country dance-inspired workout is unlike any other workout you've tried. It's so simple and so much fun, you'll always be ready for more. And in no time, you will be addicted to the simple steps and catchy country songs that make it such a fun-filled, calorie-scorching good time! Who says dance moves have to be complicated? Not with Country Heat™ LIVE! It's the jump-right-in-and-do-it dance workout that's so much fun you'll barely notice you're getting a total-body workout as you work up a sweat. Super Trainer and professionally trained dancer Autumn Calabrese collaborated with Beachbody to create this country dance-inspired workout to merge her love of country music with simple moves that'll melt off the weight.

Chinese Cooking

Want to make your own wonton soup but think it is too hard to do? Come join Wen for a single class on making authentic wonton soup! In this class, you will learn how to make delicious wonton filling with ground pork, and how to wrap wonton dumplings effortlessly. You will be introduced to some common ingredients in Chinese cooking. We will end the class by tasting of wonton soup with homemade broth and fresh vegetables – a simple and tasty meal.

Forever in Motion/Level 1 Fitness

For most, aging well is living independently, sleeping well, enjoying good health and being free of pain. To help you age well, join the Forever.... in Motion/Level 1 Fitness class that begins in September. Gradually build balance, strength and vitality, and have some laughs with a new group of friends. Build endurance, increase energy and decrease stress. Increase muscular strength so everyday activities are easier. If you are new to exercise, or it's been some time since you exercised, or if you are a walker and want to get in shape to join the local Pickle Ball league, this class is for you.

Fundamentals of Drawing

An introduction to drawing where anyone can draw a stick person. 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.

Intermediate Sketch Class

Building on the fundamental skills, more advanced techniques will challenge you to grow as an artist. Examples:



Jazzercise

HOW WE WORK IT - Jazzercise will rock it out, slim it down and tone it up with fresh pulse-pounding music and body-blasting moves. This high intensity dance workout targets the 3 major muscle groups: upper body, abs, and legs so you'll feel it where you need it.

WHAT'S IN IT FOR YOU - Incinerate up to 800 calories in this 60 minute class. With Jazzercise Dance Mixx you'll get toned target zones, increased energy and a mood boost. You'll leave it all on the dance floor.

GOT THE FIRST-CLASS JITTERS? We get that—it's normal. We'll help you through that awkward first visit with support and excellent instruction, not to mention our totally friendly and always-ready-to-help-a-newbie regular krew. No worries...after just a few classes you'll have it down.

DON'T KNOW HOW TO DANCE? Oh yes you do! The dance moves are basic enough for everyone; instructors will ensure you never miss a beat with their step-by-step instruction.

All participants need a mat such as a yoga mat. You may want to bring light hand weights about 2 - 3 pounds, but that's optional. For more about this program visit www.jazzercise.com, search Facebook Jazzercise Saskatoon, or contact Penny at 306-230-5529 or penny.knudson@shaw.ca

Learn to Sew/Quilting

Do you own a sewing machine and need some motivation to get sewing? This weekly class will provide basic sewing instructions to gain skills and knowledge. Each week will focus on a small sewing project, leading up to a small quilting project for the last few weeks. This class is perfect for anyone new to sewing, children* and adults. This class will provide a great introduction to sewing and quilting for anyone who will be interested in taking

future quilting classes. Some materials will be provided and materials lists for anything that needs to be purchased will be provided ahead of time (that way you can choose fabrics that you love). No previous sewing experience is required but you will provide your own sewing machine in good working condition, equipped with white or grey thread, and must be able to operate the machine independently (it is recommended that you bring your machine's manual). For the first five weeks, you will gain new sewing skills and will take home either a finished project or the materials and know-how to complete a new sewing project each week. The final three weeks will focus on using these skills to create a very basic quilted project.

Low Impact and Sculpt

You know that exercise is a great help to banish winter blues. You know that adults should get about 150 minutes per week of moderate exercise in order to ward off unwanted changes in body composition and loss of strength. Lower body strength, in fact, is one of the best indicators of independence. Those who maintain muscle mass tend to suffer fewer injuries due to falls and tend to remain living independently for a greater length of time. Maintaining flexibility, balance and healthy heart and lungs is also key to aging well.

This class is targeted at those who want to build strength, balance and flexibility as well as tone. It is a low impact class and allows participants to work at a pace that is comfortable for them. The atmosphere in this class is fun, no stress and non-competitive. There's music and movement, but it's not an 80's Jane Fonda. Singles, couples, men and women – this is a modern workout that isn't boring and doesn't require dancing prowess. Give it a try! We think you will love it!

Pickleball

It looks like tennis, sounds like ping pong, and favours the same light-on-your-toes action of badminton, but pickleball is a sport in its own right. Due to an explosion of popularity among older adults pickleball is a fast-growing sport in Canada good for all ages. The game doesn't require the same cardiovascular intensity of tennis, but you'll soon see that matches are a good workout and lots of fun. Beginners and experienced players welcome. Equipment provided but feel free to bring your own paddles if you have them.

Zumba™ Gold

Zumba Gold® takes the popular Latin-dance inspired workout of Zumba® and modifies the moves and pacing to make it lower impact and lower intensity making it accessible to all populations, regardless of fitness level. Experience with dance is not required. The intention of the class is to move a little and have a lot of fun--even if you don't perform each move perfectly. What stays the same are all the elements the Zumba® Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Which means WE KEEP THE FUN!!