

## LHCA Fall 2017 Adult Program Schedule

Email [programs@lawsonheights.ca](mailto:programs@lawsonheights.ca) if you have any questions or contact Richard at 306-242-0682

We honour other community association memberships. \$10 per year for a LHCA membership if needed.

Register online beginning Sunday, August 20th at 7:00 pm [lawsonheights.ca](http://lawsonheights.ca)

### MONDAY

Program Name	Ages	Start Date	End Date	Time	Location	Cost	Instructor	Notes
Forever in Motion/ Level 1 Fitness*	18+	September 11	November 27	6:00 - 7:00 pm	Silverwood Heights School gym	25	Norma & Bill	No class Oct 9 & Nov 13
Fundamentals of Drawing*	18+	September 18	October 30	7:00 - 8:30 pm	Ecole River Heights - Conference	65	Crystal Rassi	No class Oct 9

### TUESDAY

Program Name	Ages	Start Date	End Date	Time	Location	Cost	Instructor	Notes
Intermediate Sketching*	18+	September 19	October 24	7:00 - 8:30 pm	Ecole River Heights - Conference	65	Crystal Rassi	
Low Impact and Sculpt*	16+	September 12	November 21	7:15 - 8:15 pm	Silverwood Heights School gym	35	Jordan Kapphahn	No class Oct. 31

### WEDNESDAY

Program Name	Ages	Start Date	Duration	Time	Location	Cost	Instructor	Notes
Learn to Sew/Quilting*	18+	September 20	November 29	7:00 - 8:30 pm	Ecole River Heights - Conference	65	Natasha Just	
Badminton*	16+	September 27	November 29	8:30 - 10:00 pm	Lawson Heights School gym	25		

### THURSDAY

Program Name	Ages	Start Date	Duration	Time	Location	Cost	Instructor	Notes
Zumba Gold*	16+	September 7	October 5	6:00 - 7:00 pm	Silverwood Heights School gym	20	Tera Jensen	
Country Heat Live*	16+	September 21	November 30	7:00 - 8:00 pm	St. George School gym	35	Andrea Dielschneider	No class NOV 23
Pickleball*	16+	September 14	December 7	8:30 - 9:45 pm	Silverwood Heights School gym	25		No class Oct 26, Nov 9 & 23

### FRIDAY

Program Name	Ages	Start Date	Duration	Time	Location	Cost	Instructor	Notes
Chinese Cooking*	16+	September 29	September 29	6:00 - 9:00 pm	Marion Graham Home Ec Lab	35	Wen Chen	
Jazzercise*	16+	September 15	November 24	6:00 - 7:00 pm	St. George School gym	35	Penny Fox-Knudtson	No class NOV 10