

Adult & Teen Program Descriptions

- **Painting (13+)**

This course will suit both beginners and advanced students. Develop your artistic skills while learning various drawing and painting techniques

- **Volleyball (13+)**

Come join the fun and play volleyball in East College Park!

- **Basketball for Fun (13+)**

Enjoy an evening of fun basketball and join the co-ed basketball group on Thursday evenings at Roland Michener School. Parents and teens can work on skills and play a casual game of basketball with friends and soon-to-be friends!

- **Zumba (16+)**

Zumba® is a fusion of Latin and international music combined with a heart-pumping cardio workout. The exhilarating class has a party-like atmosphere with the focus on having fun. There are no wrong moves — as long as you're moving and keeping your heart rate up, you're doing it right! The goal is simple: we want you to work out, to love working out and to get hooked. The class features interval training with a mix of fast and slow rhythms and resistance training to tone and sculpt your body while burning fat. Zumba® truly is exercise in disguise!

- **Yoga (18+)**

For those who are new to yoga and looking for a place to start learning the basic poses (asanas), and also for those who would like to continue to focus on the basic poses, breathing, stretching, strengthening and relaxation in a comfortable, non-judgmental atmosphere, and at your own pace. No experience is necessary as the program will begin with more introductory poses that are clearly explained and broken down so that everyone can adjust for their body type/conditions. Please bring your own yoga mat and water bottle. Wear bare feet and comfortable clothing. It is best not to practice yoga on a full stomach.

- **Floor Hockey (18+)**

Here is a chance for adults to relive the fun of grade school floor hockey without the aggressive play of many ball hockey leagues.

Non-marking blades and a felt puck are used. All floor hockey games are self-officiated.

- **Tai Chi *NEW* (18+)**

If you are looking for another way to reduce stress consider this class. Tai chi is sometimes described as “meditation in motion” because it promotes serenity through gentle movements — connecting the mind and body.

Originally developed in ancient China for self-defence, tai chi evolved into a graceful form of exercise that’s now used for stress reduction and to help with a variety of other health conditions.

- **Urban Poling *NEW* (adult & high school)**

Walk your way to better health! Also known as Nordic Walking, it’s all about agility. Classes take place in Sid Buckwold Park on Saturday mornings. Bring your own poles if you have some.