

## **Kelsey Centre Programs & Events October 2010**

**Aerobic Workout:** Every Monday & Friday Morning, 9AM -10 AM low impact, you will gain strength and tone with weights & cardio. Class led by volunteers.

**Aqua Fit:** Will resume Oct 19 Monday evening 6 PM, Wednesday & Friday Mornings 9-10 AM. All levels of ability for every class. Fridays are modified low impact classes. Classes are led by Michelle Nielsen

**Parent and Tot:** In the POOL **Monday** 9:00AM-10:00AM for Parent and child (5 & under) A social time, no instruction.

**Volleyball** : 4:30-6 PM every Saturday. **Ages 12-14 years.** Skill development & coaching with Rod Pick.

**Floor Hockey:** 6:30 PM Every Monday. Megan Cairncross will lead Floor Hockey this season.

**Crafts with Darlene:** Saturday, October 23 from 2-4 PM Darlene will lead a crafts workshop

**NEW – YOGA:** Starts Oct 19, Every Tuesday & Thursday morning 9:00 AM, Iyengar method of Yoga Open to all levels of ability. This 1-1/2 class will strengthen your muscles & bone density, increase flexibility, promote self awareness & positive ways of relaxation through breathing techniques. Classes are led by Michelle Nielsen.

**Textiles, Arts & Crafts:** Every Wednesday evening @ 6:30. Bring your knitting, crochet, art and crafts projects. Get ready for Christmas presents. Everyone welcome to learn & share.

The Gym will be open with activities Monday thru Fridays evenings and Saturday Afternoon. Program fees are regular, drop in, 10-pack or monthly entrance.

**SAYWARD FAMILY CENTRE:** OPEN EVERY FRIDAY MORNING 10:00 AM -12 PM for 0-6 YEARS OLD with a Parent. Cost is \$2.25 per child. CRAFTS STORIES ACTIVITIES SNACKS Program assistant: Nicole Goossen **(MRS G!!!)**

**If you are a new owner or renter in the Village of Sayward, please call the office at 250-282-5512 and let us know how you want to be contacted for the Boil Water Advisory.**

