

Adult & Senior Programs

Please note that the non-resident fee will be a 20% surcharge over the resident fee.

Adult Creative Contemporary

An expressive artistic dance form that incorporates modern, jazz and ballet techniques, allowing the dancer to portray their artistic self through storytelling movement.

Day	Loc.	Dates	Time	Price	Code
M	TR	Apr 30-Jun 25	8:15 PM	\$61.02	39917

Adult Hip Hop

Mix of hip hop, popping and basic breakdance. This class is good for improving co-ordination, building confidence and having lots of fun. The class will begin with a warm-up, progress to skills development and conclude with a fun choreography.

Day	Loc.	Dates	Time	Price	Code
Tu	TR	May 1-Jun 19	8:15 PM	\$61.02	39918

Adult Latin Dance

In this class, students will learn the basic Cha-Cha, Salsa Merengue and Bachata. This class is good for improving co-ordination, connecting with a dance partner and building confidence. No partners needed as students can switch partners during the class.

Day	Loc.	Dates	Time	Price	Code
Th	TR	May 3-Jun 21	7:30 PM	\$61.02	39919

Adult Tap Dance

Learn the foundations of tap dancing! These classes provide instruction on basic tap steps, improving timing and rhythm, building confidence, and having fun. This class is for all levels of tap dancers from beginner to experienced.

Day	Loc.	Dates	Time	Price	Code
M	TR	Apr 30-Jun 25	8:00 PM	\$61.02	39920



Social Ballroom

This program is designed specifically for beginners, to teach them to dance to a variety of tempos and tunes in a very relaxed and fun-filled atmosphere. Students should wear hard-soled (easily slide) shoes. (preferably with rubber heels for the quick stops). Absolutely no sneakers. Partner is required for the course.

Day	Loc.	Dates	Time	Price	Code
Tu	TR	Apr 17-Jun 19	6:15 PM	\$89.95	39923

Indoor Nordic Walking

Walking using poles is a low-stress, total body workout that is fantastic for weight loss, lowering blood pressure, reducing cholesterol, relieving back, shoulder and neck pain, helps recovery from knee and hip replacement surgery and will also improve your posture, balance and core muscles

Beginner 60 min.

Day	Loc.	Dates	Time	Price	Code
Tu	ARC	Apr 17-Jun 19	8:00 AM	\$89.95	39922

Aqua Zumba

A low-impact and high-energy fitness class in the pool. Uses the natural resistance of the water to build muscle endurance. (Pre-reg. 45 min. class)

Day	Loc.	Dates	Time	Price	Code
Su	ARC	Apr 8-May 6	11:15 AM	\$56.17	38738
Su	ARC	May 27-Jun 24	11:15 AM	\$56.17	39146

Low-Impact / Pre-natal Aquafit

Water provides a safe environment for low-impact exercise which will not stress your joints. Research has shown that regular water exercise offers older adults significant benefits for general health – excellent for improving circulation, increasing flexibility, building muscle and strengthening the heart and lungs.

Fee: \$7 seniors, \$8.75 adults (50 min., drop-in)

Day	Loc.	Dates	Time
M, F	TR		10-10:50 AM
Tu, Th	ARC	ongoing	11:05-11:55 AM

Movement Enhancement

While enjoying the warmer water, Improve your quality of life by maintaining and improving your mobility with the variety of range of motion exercises offered in these classes. This class is ideal for clients with arthritis, fibromyalgia and other movement conditions. Pre-registered, 45 min.

Day	Loc.	Dates	Time	Price	Code
M	ARC	Apr 23-Jun 25	11:30 AM	\$101.14	38736
F	ARC	Apr 27-Jun 22	9:00 AM	\$101.14	38734
F	ARC	Apr 27-Jun 22	9:45 AM	\$101.14	38735