

Adult Programs -Drop-In

Zumba Gold with Alejandra

Day: Mondays

Location: Vernonville Community Centre

Time: 12 pm - 12:45 pm

Cost: \$ 5 drop-in fee (cash only)

Zumba Gold with Alejandra

Day: Tuesdays 11:00 -11:45 am & Thursdays

11:30 am -12:15 pm

Location: Centreton Community Centre

Cost: \$ 5 drop-in fee (cash only)

Zumba with Alejandra

Day: Thursdays 6:00 - 6:45 pm

Location: Centreton Community Centre

Cost: \$ 5 drop-in fee (cash only)

Zumba Toning with Alejandra

Day: Thursdays

Time: 7:00 - 7:45 pm

Location: Centreton Community Centre

Cost: \$ 10 drop-in fee (cash only)

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Toning sticks are provided.



Adult Programs - 6 week registered classes

Somatic Yoga with Christina

6 week session

Day: Mondays March 4th - April 15th

No class April 1st

Location: Vernonville Community Centre

Time: 10:30-11:30am

Cost: \$60+tax

Our bodies experience stress due to illness, injury, and aging and our bodies get locked into unhealthy patterns of movement. Somatic yoga works through movements that retrain the brain and the nervous system to let go of these patterns. The benefits include improving posture, mobility, and pain relief.

Hatha Yoga with Kelly from Vibe Yoga

6 week session - 2 time slots available

Day: Tuesdays Feb.27th - April 16th

No Class on March 12th and March 19th

Time: 11:30am -12:30pm or 1:00 - 2:00pm

Location: Alnwick Civic Centre Community Room

Cost: \$60+tax

Suitable for beginner to intermediate
Join Kelly from Vibe Yoga for a weekly one hour yoga practice. Classes are taught to the beginner with options to go deeper for the more seasoned yogi. In this class you can expect to connect your breath with movement in order to become more centered in your body.

Chair Yoga with Christina

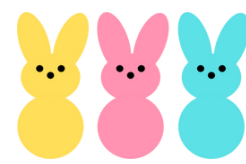
Dates: Wednesdays March 6th - April 10th

Time: 10:30 - 11:30 am

Location: Centreton Community Centre

Cost: \$60+tax

Chair yoga with Christina is a gentle form of yoga that's done while seated or using a chair for balance, it makes the practice more accessible for all. Chair Yoga invites you to find mobility in a way that is soft and gentle but also really supportive and beneficial.



SCAN ME

Adult Drop-In Programs

Pickleball

Location: Alnwick Civic Centre Gymnasium

Cost: \$2 per player

All equipment provided. Please pre-register at 905-349-2700 x22 or email jsteen@ahtwp.ca



Coffee and Chat

Location: Vernonville Community Centre

All welcome

Dates: 1st Monday of the month

Time: 1-3 pm

Cost: FREE

Come for some social time. There will always be coffee, tea, and good conversation.



Music Series - Come for live music and to socialize with friends

Location: Fenella Community Hall

Dates: Monday, March 25th

Time: 6:30 - 8:30 pm

Cost: \$5 drop-in fee (cash only)



Local recording artist Michael Arthur Tremblay will perform a medley of favourites sure to please all.

Chair Yoga with Deb

Dates: Fridays March 8th - April 19th

No Class Friday March 29th

Time: 11:00 am- 12:00 pm

Location: Alnwick Civic Centre Community Room

Cost: \$60+tax

Chair Yoga is a gentle practice, done at your pace, which teaches you to stretch, strengthen and relax. Anyone can take part in chair yoga. Tailored to all abilities and ages.

Basic Self Defense Course

Location: Alnwick Civic Centre

Date: Mondays Feb. 26th - April 8th

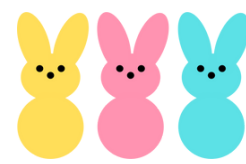
No Class April 1st

Time: 6:30-7:30pm

Cost: \$75



This course is open to anyone aged 13 and over. Families are encouraged. No previous experience is necessary. The intention of this class is to help you become more aware of your surroundings and how to react in possible uncomfortable and even dangerous situations. This class covers a basic self defense course with a focus on reaction moves and awareness. The course will not cover throws or mat work. Your instructor is a certified black belt in Tae Kwon Do with experience in Jui Jitsu.



Children's Programming

Canadian Red Cross Babysitter Course

For ages 11-15 with a maximum of 15 in a course.

Location: Haldimand Memorial Arena (upstairs)

Date: Friday, March 8th (PA Day)

Time: 9 am to 4 pm

Cost: \$65+tax

The Canadian Red Cross Babysitter course will provide training in basic first aid and caregiving skills. Participants learn how to provide care to younger children from a variety of age groups and how to prevent and respond to emergencies. The course also offers youth the training to promote themselves as a babysitter to prospective parents. Help your child build valuable skills for a lifetime, as a trained babysitter.



HALDIMAND MEMORIAL ARENA IN GRAFTON

RENTALS AVAILABLE

CALL: 905-349-2700 X22

EMAIL: JSTEEN@AHTWP.CA

VISIT: WWW.AHTWP.CA

FOLLOW THE TOWNSHIP ON FACEBOOK

@ TOWNSHIP OF ALNWICK/HALDIMAND

We highly recommend CSA approved helmets for all participants using the ice surface. Shoes are not permitted on the ice, all participants must wear skates. Only approved skate aids are permitted. Sleds, strollers, and chairs are not permitted on the ice. Sports equipment is not permitted on the ice during Public Skate or Adult Exercise Skate

Public Skating:
\$2 per person

Sundays
12:00-1:50pm

Thursdays
4:00-5:50pm

Adult Exercise Skate:
\$2 per person

Mondays
1:00-1:50pm

Wednesdays
1:00 - 1:50pm

Youth Stick and Puck
\$2 per person

Wednesdays
4:00-4:50pm

Fridays
4:00-4:50pm



Haldimand Memorial Arena Grafton

10766 County Rd. 2

For rentals call:
905-349-2700

Adult Stick and Puck:
\$2 per person

Fridays
1:00-1:50pm

Adult Shinny 40yrs+
\$5 per person

Tuesdays
9:00am-10:50am

Thursdays
9:00am-10:50am

Roseneath EarlyON Programs

Library Programs
Frist Thursday of the month, 2:30pm to 4:00pm

Gym Time
All other Thursdays of the month, 2:30pm to 4:30pm

Alnwick Civic Centre
9050 Highway 45, Roseneath, ON

Visit Northumberland.ca/EarlyON for program details or scan the QR code to follow EarlyON on Facebook.

Early ON
Child and Family Centre

Northumberland county

