

ST. ALBERT SENIOR CITIZENS' CLUB

Phone 459-0433 * Fax: 459-9588 * e-mail: info@stalbertseniorsclub.org

Spring 2008 CLASSES

REGISTER BY MAIL OR DROP OFF TO

7 Tache Street, St. Albert, T8N 2S3

REGISTER IN PERSON April 1st & 2nd FROM 10:00 AM - 2:00 PM

There is no deadline for registrations but the number of registrants determines whether or not the class will be offered, so please register early.

GENTLE AEROBICS

Mon 9:00 - 10:00 a.m.

Apr 7 – June 23 (10 weeks)

Members \$30.00

Non members \$45.00

Instructor: Heike Hatcher

No class May 19 & 26

Thurs 9:30 - 10:30 a.m.

Apr 10 – June 26 (10 weeks)

Members \$30.00

Non members \$45.00

Instructor: Tracy Simons

No class May 29 & June 5

SILVER SHOES AEROBICS

Mon 10:05 - 11:05 a.m.

Apr 7 – June 23 (10 weeks)

Members \$30.00

Non members \$45.00

Instructor: Heike Hatcher

No class May 19 & 26

Thurs 10:35 - 11:35 a.m.

Apr 10 – June 26 (10 weeks)

Members \$30.00

Non members \$45.00

Instructor: Tracy Simons

No class May 29 & June 5

GOLDEN SNEAKERS AEROBICS

Tues 10:45 - 11:45 a.m.

Apr 8 – July 8 (10 weeks)

Members \$30.00

Non members \$45.00

Instructor: Tracy Simons

No class Apr 29, May 27, June 3 & July 1

CREATIVE DANCE MOVES

Fri 11:00 a.m.- 12:00 p.m.

Apr 11 – July 4 (10 weeks)

Members \$50.00

Non members \$65.00

Instructor: Carol McDonald

No class Apr 25, May 30, June 6

PAINTING

Mon 9:00 a.m. - 12:00 p.m.

Apr 7 – June 23 (10 weeks)

Members \$65.00

Non members \$80.00

Instructor Harvey Kucher

No class May 19 & 26

PAINTING

Mon 1:00 - 4:00 pm

Apr 7 – June 23 (10 weeks)

Members \$65.00

Non members \$80.00

Instructor: Harvey Kucher

No class May 19 & 26

TAI CHI - SUN STYLE MINI SET

Thurs 2:30 - 3:15 p.m.

April 10 - June 26 (10 weeks)

Members \$30.00

Non members \$45.00

Instructor: Brad Schultz

No class May 29 & June 5

This very gentle and relaxing act is from the Sun Style of Tai Chi. The Sun Style is characterized by its healing Chi Gong elements and flowing movements. Being easy to learn, it is ideal for beginners and those wishing to add to their Tai Chi experience.

YOGA

Tues 9:15 - 10:45 a.m.

Apr 8 – July 8 (10 weeks)

No class Apr 29, May 27, June 3 & July 1

Wed 9:15 - 10:45 a.m.

Apr 9 – June 25 (10 weeks)

No class May 28 & June 4

Fri 9:15 - 10:45 a.m.

Apr 11 – June 20 (10 weeks)

No class Apr 25, May 30, June 6

Members \$45.00 (1 class/wk)

\$70.00 (2 class/wk)

\$100.00 (3 class/wk)

Non members \$60.00 (1 class/wk)

\$85.00 (2 class/wk)

\$115.00 (3 class/wk)

Instructor: Jeanne Irwin

NO REFUNDS UNLESS
CLASS CANCELLED

Non members pay an additional
\$15.00 per class unless
otherwise noted

CLASSES ARE SUBJECT TO CHANGE

The Seniors Club offers rental of the
Auditorium and Dining Room for weddings,
Meetings, parties and other functions at
competitive prices