

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
PICKLE BALL! 10:00 am-12:00 am drop in - \$2.00 each 55 & Better Club on-going drop in	SHUFFLEBOARD Drop in Sept-Dec pending participants 9am-1pm Cost: \$2 per session	55 & Better Club Sewing & Quilting easy way! 9:30am - Free resumes Sept. 15th Contact Rec Dept.727-0470	GUITAR LESSONS ADULTS 30 AND OVER FREE OF CHARGE Thursday evenings 7pm - Boardroom	Adrenaline Fit With Danielle Tuesdays and Fridays 5:30pm to 6:30pm Starts Oct 14th -gym		<u>COLOR CODED</u> BABY BLUE-SENIORS SKIN- ADULTS PINK -YOUTH & ADULT GREY-PARTNERS
In Motion Senior Fitness program Cost: \$30 - Starts Sept 13 6 weeks @ 2x week Mon. and Thur. 1-2pm	NEW "A little bit of everything" fitness class 6:30-7:30pm/Starts Sept. 14th 8 wks/\$40	Restorative Yoga class with Catherine Marshall resumes Sept. 15th 8pm to 9pm -8 wks Cost:\$64-reg.519-996-9642	Line Dancing 7-8pm Starts Sept 16th Room 9 Cost: \$40 /8 weeks			EXTRA PROGRAMS Adults welcomed
YMCA Adult volleyball 8pm-9:30pm starts October 4th Call YMCA @ 258-9622	NEW ZUMBA GOLD 50 and better 4:30 to 5:30pm - Sept 14 Cost:\$40.00/8 classes 1A	NEW HOOL-A-HOOP FITNESS GYM-5:30pm Contact Kathy Bellamy 990-9072 for details	NEW PILATES CLASS 9:30AM -10:30AM 8 weeks/Starts Sept 16th Cost: \$40-Room 1A	PICKLE BALL! 10:00 am-12:00 pm drop in - \$2.00 each gymnasium 55 & Better Club	Self Defence Course with Art Mason 9-10am Ages 14 and up 12 weeks at \$60	Tuesdays LATIN DANCING-Tues ages 13 & up -Cost:\$50 basic steps/bring a friend 6:30-7:30pm - 10wks-Sept 14
Scrabble 55 & Better Club Free 1pm to 3pm on going activity	Taoist Tai Chi Resumes Oct 5th tuesdays 1pm - 2:30pm Contact 255-9744 to reg.	ZUMBA WITH JOEL  gym-6:30pm Contact Joel at 250-0137 for start date	In motion Senior Fitness Program 10am-11am - Cost \$30.00 6 weeks X 2 times wkly Starts week of Sept 13	Lakeshore Academy of Fine Arts 519 - 819-3278 For program info www.lakeshoreacademy.ca		Mondays Hip Hop Advanced 7:45pm - 8:45pm/10 wks Starts, Mon. Sept 13th-\$50
NEW ARGENTINE TANGO LESSONS 7-9pm - Room 1A Call Zubair 1-866-517-2949	NEW Super Sculpting Body fit program 8 wks/\$40 Starts Sept 14th-8-9pm	MICROSOFT -WINDOWS 07 Office word, excel, power point Intermediate course \$40.00-8 weeks -Sept 15th	NEW "A little bit of everything" fitness class 1-2pm /Starts Sept 16th 8 wks/\$40	YMCA go to Windsor.Essex ymca.ca for all details on costing and registration		Thursdays Taoist Society Tai Chi -1A 6:30pm -9:30pm Contact 255-9744 to reg
NEW "Photoshop" Photography course 6:30pm -7:30pm Sept 13th/6 wks/\$30	MICROSOFT -WINDOWS 07 Word/Excel programs basic course - 8 weeks Cost:\$40-Contact Rec Services 519-727-0470 -Starts Sept 14	Najla Bell Belly Dance Classes 7-8pm Starts Sept 15 Contact Kathy @ 990-9072	NEW Super Sculpting Body fit program 8 wks/\$40 Starts Sept 16th/2:30-3:30pm	YMCA PROGRAMS CONTACT 258-9622		
Beginner's Photography course 8-9pm Starts Sept 13th/6 wks Cost:\$30 for 6 weeks	NEW PILATES CLASS 9:30AM -10:30AM 8 weeks/Starts Sept 14th Cost: \$40-Room 1A	Men's Floor Hockey Drop in - \$5 resumes Sept. 15th Ages 13 and up welcome	PICKLE BALL! 7:30-9:30pm drop in - \$2.00 each gymnasium 55 & Better Club		Jamboree Dreams Theme Party & Events Call 996-5922	Open Tuesdays -10am-8:30pm Societe Franco Ontarienne d'histoire et de geneologie <a href="mailto:pionniere1982@hotmail.com">pionniere1982@hotmail.com</a>

CONTACT REC SERVICES TO OBTAIN MORE INFO@ 727-0470

### Services

Boardroom- space available for meetings @ \$25 per hour - Contact Recreation services
Societe Franco-Ontarienne - 10am to 8:30pm Tuesdays- Geneology Society
YMCA- Contact YMCA directly for all details and to register 519-258-9622
Gift Certificates now available- applicable to rec. services programs - Call Rec Services
Lakeshore Handi Transit Bus- Available if transportation is required to attend 728-1435
Senior's Interaction Room - now open - Contact 519-727-0470 for add. Details
Gym Rental - \$40 per hour -birthday parties, sport activity, seminars, expos etc

### Free \* Free\* Free

Indoor Walking Club Mon-Fri 9-11am Oct - April Meet new people & Get Fit * Free *
Seniors Computer Classes Resumes September 16th Call 727-0470 to reg.

### Comber Community Centre/Millen Centre, Woodslee +

55 and Better Club:
Ongoing workshops & activities -see 55 & Better schedule of events
In Motion Fitness Walk - various trails in Lakeshore-call 727-0470 for schedule
Millen Centre - Zumba Dance Fit - Mondays 7pm ages 12 & up with Nancy Byrne
Comber Community Centre - Senior Fitness Tue/Thur 9:30am and
Zumba Gold @ 6pm and Zumba Fitness @ 7pm



Puce Sports and Leisure Centre  
Supports - In Motion  
Lakeshore encourages all residents to keep active

