



WINTER SESSION – ADULT SCHEDULE – PUCE CENTRE

Programs start week of January 16th, 2012 - Call Recreation Services at 727-0470 for all details

DAY OF WEEK	SPORT / ACTIVITY	TIME	COST : VISIT PUCERECENTRE.COM
MONDAY	Pickleball	10:00 to 12:00 noon	Drop In \$2.00 (beginner's welcomed)
	Senior Fitness	9:00 to 10:00 am	\$50 / 10 weeks (2x on Mon. & Wed.)
	Scrabble	1:00 to 3:00 pm	FREE every Monday
	Photography	7:00 to 9:00 pm	\$30.00 / 6 weeks (1hr) beginners/advanced
	Revolution Bootcamp	7:00pm to 8:00pm	Register with Jamie at 890-2371
	Zumba Fitness -gym	6:30pm to 7:30pm	\$5.00 class with punch card/ongoing
TUESDAY	Pilates Class AM	9:30 to 10:30 am	\$50.00 / 10 weeks
	Shuffleboard	9am to 12pm	\$2 drop in fee until regular season in May
	Zumba Gold	11:00 to 12 noon	\$50.00 / 10 weeks
	Taoist Tai Chi	1:00 to 2:30 pm	Contact Taoist Society to register 255-9744
	Computer Classes for Seniors (NEW!)	1:00 to 2:30 pm	\$35.00; 4 Easy Computer & Internet Lessons
	Adrenaline Fit	5:30 to 6:30 pm	Register with Danielle @ 790-8017
	MS Word/Excel (Beginner Level)	6:30 to 8:00 pm	\$85.00 / 8 weeks
	Basketball	8:00 to 9:30 pm	Drop In - \$5.00 session
	Pilates Class PM	7:00 to 8:00 pm	\$50.00 / 10 weeks
	Revolution Bootcamp	7:00 to 8:00pm	Call Jamie to register at 890-2371
Pickleball	10:00 to 12 noon	Drop in \$2.00 – starts Feb 14 th 2012	
WEDNESDAY	Senior Fitness	9:00 to 10:00 am	\$50.00 / 10 weeks (2x on Mon. & Wed.)
	Hula Hoop Fitness	6:00 to 7:00 pm	Register with Cathy at 990-9072
	Gentle Yoga	7:30 to 8:30 pm	Register with Colleen @ 728-1364
	Belly Dance	7:00 to 8:00 pm	Register with Cathy at 990-9072
	Men's Floor Hockey	7:30 to 9:30 pm	\$5.00 / session – Drop -in
	MS Word/Excel (Intermediate level)	6:30 to 8:00 pm	\$85.00 / 8 weeks
	Youth Pickleball 12 & up	5:00 to 6:30pm	Drop in - \$2 per class – Instructor on site
	Zumba Toning	6:30 to 7:30pm	\$5.00 per class with punch card/ongoing
THURSDAY	Pickleball	10:00 to 12:00am	\$2.00 / session
	Revolution Bootcamp	7:00 to 8:00 pm	Contact Jamie to register 890-2371
	Tai Chi	6:30 to 8:00 pm	Register with Taoist Society at 255-9744
	Pickleball	7:30 to 9:30 pm	\$2.00 / session
	Guitar – 8 yrs & up	6:00 to 7:00 pm	FREE – register early – call 727-0470
	Guitar – Adults	7:00 to 9:00 pm	FREE – drop in
	Super Sculpting-(low impact exercises)	9:30 to 10:30am	\$50/10 weeks
FRIDAY	Pickleball	10:00 to 12:00 noon	\$2.00 / session
	Adrenaline Fit	5:30 to 6:30 pm	Register with Danielle @ 790-8017
	Euchre	1:00 to 3:00 pm	FREE every Friday
SATURDAY	Revolution Bootcamp	9:30 to 10:30 am	Contact Jamie to register at 890-2371
	Yoga	10:00 to 11:00 am	Register with Colleen at 728-1364
	Advanced Art Class (Adults welcomed)	10:00 to 11:30am	\$60/10 weeks
SUNDAY	Ball Room Dance	2:00 to 3:00 pm	call Sonia at 253-7983 to reg.
	Spanish classes	1:00 to 2:00 pm	\$50.00/6 weeks

Ongoing Activities at Puce Centre

Services

55 and Better Club: workshops, interaction room & activities

Rental/ hour: Boardroom \$26.00; Gym \$41.00; Room \$26.00

Societe Franco-Ontarienne Geneology – Tues. 10 am to 8:30 pm

Lakeshore Handi Transit Bus: 519-728-1435

Indoor Walking Club (9 to 12 noon) Daily from Oct. to April

Gift Certificates for programs are available