



ADULT SCHEDULE -SPRING SESSION STARTS APRIL 12TH

Puce Sports & Leisure Centre - www.pucerecentre.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lakeshore's Dance Hip Hop Class 8:30pm to 9:30pm 10 week session-\$80 Starts April 19th	SHUFFLEBOARD resumes May 4th Tuesdays, 9am to 2pm Cost: \$30-May to Sept. Register on May 4th	Zumba with Joel Contact 250-0137 for details 6:30pm to 7:30pm gymnasium weekly	WALK "LIVE" walk to music & lose weight! Drop in: \$5.00 per session Contact Kathywillan@yahoo.ca 6:30 to 7:30pm		Revolution Sports Fitness Boot Camp ages 15 years and up Starts March 6th-6 weeks Contact 890-2371	Ball Room Dance Bachata & Salsa starts March 14th 8 weeks-3pm to 4:30pm Cost: \$50 per person
Get in motion 50 and up! Fitness Program Mondays 1pm- 10 weeks Starts April 12th-Cost \$50 Register at Rec office	Taoist Society TAI CHI 1:00PM TO 2:30PM resumes April 6th -beginners Contact 255-9744 to reg.	Conversational French Adult session enhance communication Call Rec Services re: interest	COMPUTER TIME FREE OF CHARGE FOR SENIORS EVERY THURSDAY 1-3PM -BOARDROOM			YMCA PROGRAMS CONTACT 258-9622
YOGA CLASSES evening session starts March 1st 6-8pm Vinyasa yoga with Trish Cost \$64 for 8 1 hr. class	Revolution Sports Fitness Boot Camp ages 15 years and up Starts March 2nd - 6 weeks Contact Jamie at 890-2371	Adult Sewing Class Learn the basics Starts April 13th-6 weeks 7-8pm - Cost \$50.00 Register with Rec Services	TAOIST SOCIETY TAI CHI 6:30-8:00pm-beginners advanced 8-9:30pm resumes April 1st 255-9744 for all inquiries	PICKLE BALL! 10:00 am-12:00 pm drop in - \$2.00 each gymnasium 55 & Better Club		PICKLE BALL! 10:00 am-12:00 pm drop in - \$2.00 each gymnasium
PICKLE BALL! 10:00 am-12:00 am drop in - \$2.00 each 55 & Better Club on-going drop in	Adult Art Classes sketching, acrylics, explore other amazing techniques! Starts April 13th -7:30pm Cost: \$60 - 6 wks-supplies incl.	Get in motion 50 and up! Fitness Program Wednesdays 9am April 14th - 10 weeks Register at Rec Office	Revolution Sports Fitness Boot Camp ages 15 years and up Starts March 4th - 6 weeks Contact Jamie at 890-2371	Lakeshore Academy of Fine Arts 519 - 819-3278 For program info www.lakeshoreacademy.ca		SENIOR DANCES 1-2:30pm Waltz, Fot Trot, Tango 8 weeks- Starts March 28th Transportation provided if required-Call Sonia @ 253-7983 Cost: \$50 per person
LINE DANCING! evening session resumes March 29th 7pm - 8:30pm Cost: 6 weeks/\$35.00	WALK "LIVE" walk to music & lose weight! Drop in: \$5.00 per session Contact Kathywillan@yahoo.ca 6:30pm to 7:30pm	Cribbage - Free 1pm to 3pm 55 & Better Club Bring your own board Starts April 14th	Get in motion 50 and up! Fitness Program Thursdays - 10am - 10 weeks Starts April 15th-Cost:\$50 Register Rec Office		GUITAR LESSONS ADULTS 30 AND OVER FREE OF CHARGE Thursday evenings 7pm - Boardroom	
55 & Better Club SCRABBLE 1PM - Room 1A Free	Lakeshore's Dance Classes Global Dance with props Adults 8-9:15pm starts April 13 Teens - 7-8pm-starts April 13 reg rec office	PHOTOGRAPHY COURSE 55 & Better Club 6 week session-\$30 Register at Rec Office starts March 10th - 7pm	55 & Better Club Line Dancing! resumes March 25th-6 wks 1:00pm-2:30pm-Cost \$25 Registrations held 1st class	Get in motion 50 and up! Fitness Program Fridays 3pm -4pm Starts April 16th-10 weeks		Lakeshore's Dance COMING SOON! Parent's Dance Fit class Call Rec Services 727-0470
YMCA Adult Volleyball 8:30pm to 10:30pm Contact 258-9622 to reg.	Adult Computer classes Microsoft word/excel program 7pm to 8:30pm Starts April 13th 6 week program -Cost:\$60	YMCA go to Windsor.Essex ymca.ca for all details on costing and registration	PICKLE BALL! 7:30-9:30pm drop in - \$2.00 each gymnasium 55 & Better Club	Wii Fit Drop in Fridays 10am to 11am Free Room 1A	Jamboree Dreams Theme Party & Events Call 996-5922	Open Tuesdays -10am-8:30pm Societe Franco Ontarienne d'histoire et de geneologie pionniere1982@hotmail.com

CONTACT REC SERVICES TO OBTAIN MORE INFO@ 727-0470

Services	Free * Free* Free	Coming Soon Events and Programs
Boardroom - space available for meetings @ \$25 per hour - Contact Recreation services	Indoor Walking Club Mon-Fri 9-11am Oct - April Meet new people & Get Fit * Free *	55 and Better Club:
Societe Franco-Ontarienne - 10am to 8:30pm Tuesdays- Geneology Society		Wii Fit - Drop in Mondays and Fridays 9am to 11am - Free
YMCA - Contact YMCA directly for all details and to register 519-258-9622		Ongoing workshops & activities -see 55 & Better schedule of events
Gift Certificates now available - applicable to rec. services programs - Call Rec Services		Senior Safety Presentation - Friday, March 19th at 2pm
Lakeshore Handi Transit Bus - Available if transportation is required to attend 728-1435	Seniors Computer Classes Thursdays 1-3pm-on-going Call 727-0470 to reg.	Information Forum - coming soon in May (return of sno birds!) - All ages welcomed
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		



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

