



# Fall Programming Guide





# ADULT

## 2016 FALL PROGRAMMING

It's hard to believe that Fall is here already! What a summer we've had at The Waeg! Our incredible community continues to thrive, and we've been working hard to ensure that our club is growing along with it.

In continuing our commitment to growing our all season adult programming, we've made this fall our best line-up yet! Make sure to check out our new *Barre 45* and *Mindfulness Meditation* classes, plus Waeg favourites such as *Tuesday Evening Yoga*, *Book Club* and *Noon Hour Pilates*.

All of our fall programming and events require that you register. To ensure the program you are interested in attending is not cancelled due to low registration, we ask that you pre-register as soon as possible.

Registration for all programs can now be completed online. Simply sign-in through the member portal at [www.waegwoltic.ca](http://www.waegwoltic.ca) for a list of programming.

Members are encouraged to **register guests** for the program they are participating in. To register a guest for a program, please call our Main Office at 902.429.2822 (ext.2). If you would like help with registration, please contact the Main Office 902 429 2822 (ext.2) and ask for Katelyn.

### NEW! Waeg Wellness Sampler

For the four weeks of programming between Sept. 12th – Oct. 7th, you can attend any number of our Wellness Program offerings for just **\$99 (+tax)**! Programs included in the Sampler are: Morning Yoga, Evening Yoga, Pilates, Tai Chi and Mindful Meditation.

This is a great way to try out what The Waeg has on offer! All programs offered in the sampler pass will be offered in a 6-week format beginning the week of October 17th.

## Fair weather programming

All of our fall tennis programs are run exclusively on outdoor courts. In case of rain, a make-up class will be scheduled by the instructor based on the availability of the courts and the participants. Only one make-up class per week will be scheduled for the fall session. No refunds will be issued.

## Summer Credits

All Waeg credits accumulated over the 2016 season must be used by the end of December, 2016. Credits can be used against any of our fall programs. To use a program credit towards a fall program, please contact the Main Office during regular office hours. Credits can now be used online for registering for programming.

# WELLNESS & FITNESS

## Barre 45

If you haven't tried Barre, it's an absolute must for your fitness routine. Enjoy this 45 minute unique, high-energy class that fuses legendary fitness techniques from Pilates, dance, yoga and interval training. You will streamline, firm, tighten and tone your entire body while creating balance, awareness, flexibility and cardiovascular endurance. No experience is necessary and this class is open to all fitness levels!

*Instructor: Elana from Cyclone Fitness*

Program Name	Dates	Weeks	Day	Time	Location	Fee
Barre 45 A	Sept 13 – Oct 4	4	Tues	9:15 – 10:15am	MPR	\$60 +tax
Barre 45 B	Oct 18 – Nov 22	6	Tues	9:15 – 10:15am	MPR	\$90 +tax

## Easy Tai Chi for Beginners and Beyond

These gentle, non-strenuous movements are simple and enjoyable and can have profound health benefits. Although Tai Chi was an ancient moving meditation, it is practiced widely today by people who want an effective way to relax and nurture a healthy body and mind.

Combined with energy-enhancing Chi Gong, these exercises are especially good for the joints and greater vitality, balance, coordination and flexibility for everyday life, yoga, tennis, gardening, or walking with less pain and greater ease.

*Instructor: Charles Blackhall*

Program Name	Dates	Weeks	Day	Time	Location	Fee
Tai Chi A	Sept 12 – Oct 3	4	Mon	10:30 – 11:30am	MPR	\$56 +tax
Tai Chi B	Oct 17 – Nov 21	6	Mon	10:30 – 11:30am	MPR	\$84 +tax

## Mindfulness Meditation Made Easy

Mindful Awareness has been proven to reduce feelings of stress, make our bodies healthier, and allow us to appreciate day-to-day life – ups and downs included. It's possible to live your life with more presence, and to process your physical, mental, and emotional experiences with greater clarity, all by developing a simple mindful meditation routine. This Mindful Meditation class is open to members with all levels of experience in meditation – no prior experience required!

*Instructor: Beth Wallace*

Program Name	Dates	Weeks	Day	Time	Location	Fee
Meditation A	Sept 13 – Oct 4	4	Tues	10:30- 11:30am	MPR	\$56 +tax
Meditation B	Oct 18 – Nov 22	6	Tues	10:30 – 11:30am	MPR	\$84 +tax

## Noon Hour Pilates

What could be better? Easy parking, relaxed atmosphere and a great price! Come and practice Pilates with us in the sunlit, spacious Multipurpose Building at the Waeg. Develop core strength; rebalance muscles, and gain flexibility and movement with our new Pilates group classes.

*Instructor: Erika Ferguson*

Program Name	Dates	Weeks	Day	Time	Location	Fee
Noon Hour Pilates	Sept 13 – Oct 4	4	Tues	12:10pm – 12:50pm	MPR	\$48 +tax
Noon Hour Pilates	Oct 18 – Nov 22	6	Tues	12:10pm – 12:50pm	MPR	\$72 +tax

## Evening Yoga

Back by popular demand! Join us at the Waeg on Tuesday evenings for a yoga flow class. Using breathing techniques, flowing from one pose to the next and wisdom of this ancient practice, they will bring space and ease back into your body. Let go of your day and release into this flow as you invite a true sense of calmness and wellbeing within. Our instructors will offer you the experience of a variety of yoga styles; from yoga flow and alignment to a yin/yang class as well as the restorative practice of Yoga Nidra. All levels welcome!

*Instructor: Barb Cameron*

Program Name	Dates	Weeks	Day	Time	Location	Fee
Evening Yoga A	Sept 13 – Oct 4	4	Tues	7:00pm – 8:00 pm	MPR	\$48 +tax
Evening Yoga B	Oct 18 – Nov 22	6	Tues	7:00pm – 8:00pm	MPR	\$72 +tax

## Early Morning Yoga

Join us for an invigorating early morning practice to greet the morning sun and the beginning of a new day. This ALL LEVELS class consists of a flowing practice designed to build strength, balance and flexibility. Come wake up your body, settle your mind and find your breath.

*Instructor: Coleen Nolan*

Program Name	Dates	Weeks	Day	Time	Location	Fee
Morning Yoga A	Sept 15 – Oct 6	4	Thurs	6:00am – 7:00am	MPR	\$48 +tax
Morning Yoga B	Oct 20 – Nov 24	6	Thurs	6:00am – 7:00am	MPR	\$72 +tax

## Core 45

Kick start your week with Core 45 - this fat-burning, body-sculpting class that allows individuals, from novice to athlete, to benefit from an activity which translates directly into their daily lives. This high-intensity class varies each time and mixes body weight exercises with cardio. We push our participants harder than they'd push themselves knowing that long-term participation will greatly improve both mental and physical well-being. Our two-instructor approach allows us to offer individual encouragement while monitoring progress and form. We want you to have tons of fun, but be prepared to sweat! You will walk away feeling energized and more confident, ready to take on daily activities with self-assurance. Core training, balance and flexibility are all included to create a total well-rounded program.

*Instructors: Eric & Brigitte*

Program Name	Dates	Weeks	Day	Time	Location	Fee
Core 45 AM	Sept 12 – Oct 3	4	Mon	9:15am – 10:00am	MPR	\$48 +tax
Core 45 PM	Sept 12 – Oct 3	4	Mon	5:15pm – 6:00pm	MPR	\$48 +tax
Core 45 PM (B)	Oct 17 – Nov 23	6	Mon	5:15pm – 6:00pm	MPR	\$72 +tax

## Organic Free-Range Fitness (Formerly Extreme Fitness)

This camp will improve overall fitness through a variety of high intensity circuits. The circuits emphasize cardiovascular and muscular endurance, core strength and muscle toning. The circuits will be designed to incorporate all muscle groups in the body. Each day will be different, and your body will be challenged and stressed in many ways. This can be achieved through varying the number of repetitions, time adjustments and increasing the difficulty of the exercise/station. Open to all ages and fitness levels.

Please note: Those registering for 2 classes/week are welcome to choose the days they attend from all available dates.

Here are some recent testimonials from our Extreme Fitness group:

*“The class is a great combination of cardio and strength training, but designed for inclusion - we never leave anyone behind” - Dale D.*

*“Excellent coaching, beautiful scenery, and genuine camaraderie, push my limits well beyond what I accomplish when exercising alone” - Margaret C.*

*“If you are looking for Richard Simmons, this isn't the class for you- no spandex or headbands in sight. Kim's class challenges you with something new every time [...] It is always interesting as no two classes are the same. “You won't be disappointed. I'm fitter now than I was in my 20s and that was a long time ago” - Jeff D.*

Instructor: Kim Houston

Price per Class: \$9 (3 times/week), \$9.75(2 times/week)

Program	Total Classes	Dates	Days	Time	Location	Fee
Option 1	45 Classes	Sept 7 – Dec 16	MWF	6:30-7:30am	MPR	\$405 +tax
Option 2	30 Classes	Sept 7 – Dec 16	MWF	6:30-7:30am	MPR	\$293 +tax

## TENNIS:

### Doubles Match Play Workshops

These workshops are designed to help players with the tactics and positioning in match play situations. The workshop will focus on strategies to help with serve, return and volleys and players will also learn different formations to help win matches. Registration is open to both Tennis Nova Scotia members and Waeg Members. Players should have a skill level of 3.5 or higher and must register in pairs. Maximum capacity: four pairs per workshop.

#### ***Program Details***

Dates: Sept 14th, 21st and 28th

Time: 6:30-7:30pm

Cost: \$120 (\$60 per player for 3 workshops)

### Book Club

Meetings will be open to both members and their guests. Meetings will take place the last Tuesday of every month at 7:00pm in the Main Clubhouse. If you are interested in joining the Waeg's Book Club, please R.S.V.P by either calling the Main Office (429-2822 ext.2) or email [katelyn@waegwoltic.ca](mailto:katelyn@waegwoltic.ca).



# YOUTH

## 2016 FALL PROGRAMMING

Hello, parents! We have very much enjoyed having your children participate in our summer programs and lessons and we look forward to welcoming them into one of our fabulous fall programs. Year after year we have grown our all season offerings and 2016 is no exception! Make sure to check out our Mountain Bike Intro for Youth. It's something completely new to the Waeg but we know the kids are going to love it!

All of our fall programming and events require that you register or RSVP. To ensure the program you are interested in attending is not cancelled due to low registration, we ask that you pre-register well in advance of the start date.

Registration for all programs can now be completed online. Simply sign-in through the member portal [www.waegwoltic.ca](http://www.waegwoltic.ca) for a list of programming.

Members are welcome to register guests for the program they are participating in. To register a guest for a program, please call the Main Office 902 429 2822 (ext.2). If you experience difficulty or would like help with registration, please contact the Main Office 902 429 2822 (ext.2) and ask for Katelyn.

### **Fair weather programming**

All of our fall tennis and basketball programs are run exclusively on outdoor courts. In case of rain, a make-up class will be scheduled by the instructor based on the availability of the courts and the participants. Only one make-up class will be scheduled for the fall session. No refunds will be issued.

### **Summer Credits**

All Waeg credits accumulated over the 2016 season must be used by the end of December, 2016. Credits can be used against any of our fall programs. To use a program credit towards a fall program, please contact the Main Office during regular office hours. You cannot use a credit for online registration.

Attn: Parents

# Register for Waeg P.D. Day Camps!

Sept. 30 | Oct 28 | Nov 14

Did your child love this year's Summer Camp?  
Did they miss out? Register them now for our  
Fall P.D. Day Camps!

Games! Crafts! Movies! Outdoor games!  
We'll have the Waeg all to ourselves for a full  
day of fun!

Drop off: 8:30am

Pick-up: 5:00pm

Ages: P-6

Cost: \$40

Afternoon snack provided by the club.





# SAILING:

## Fall Sailing Program

Some of the season's best sailing happens during the fall, with spectacular winds and fabulous sailing weather. Our new fall training sessions are designed to deliver quality on water experience for intermediate and advanced sailors looking to stay sharp leading up to, and after the primary sailing season. Thinking of racing this year? Get a jump start on the fundamental boat handling techniques and tactics before ARK! Not racing but want to hit the water early and learn to master the more challenging winds of Canadian fall?

Our new program is a great way to learn to master the winds in a fun and safe learning environment. Training sessions are skill based and dynamic, providing the perfect opportunity to build racing skills and sailing confidence.

This new training program is designed for sailors who have completed CANSail 2 or are registering for Opti Learn-To-Race and at least 11 years of age. Exceptions will be made based on skill and ability. All members under the age of 11 must be evaluated by the Head of Sailing before registering for the program.

Dates: August 29th – October 29th

Weekday Training: Tuesdays & Thursday from 5pm to 7pm

Weekend Training: Saturdays from 1pm to 4pm

Location: Sailing Building

Fee: \$375

# TENNIS:

## Red Ball FUNdamentals

This introductory class is recommended for children ages 5 - 7 with little to no tennis experience. Whether your child is new to the sport, or they took Le Petit Tennis this summer (or they have taken First Serve in 2014), they'll be a great fit for this class. This class focuses on basic co-ordination and cooperative activities that will lead to the development of basic strokes and fundamentals.

Program Name	Age	Dates	Day	Time	Location	Fee
Fall Red Ball	5-7	TBA	TBA	TBA	Hard Courts	\$84
Fall Red Ball B	5-7	TBA	TBA	TBA	Hard Courts	\$84

## Orange Ball FUNdamentals

This class is recommended for children who are between the ages of 8 - 9. If your child has taken Red Ball in 2016 and has since turned 8, completed Second Serve in 2014, or were enrolled in Ace but did not complete the level, they'll also be a great fit for Orange Ball. This course facilitates the development of an all-court game style with net-play. The key is to develop the same tactics as full court tennis along with the associated fundamentals and techniques.

Program Name	Age	Dates	Day	Time	Location	Fee
Fall Orange Ball	8-9	TBA	TBA	TBA	Hard Courts	\$84

## Green Ball FUNdamentals

Our Green Ball class is taught in a full-court format for children ages 10-16, and is suitable for a range of skill levels, including those just starting out in full-court play, as well as more experienced, older players. A 23' - 25' raquet is required.

Program Name	Age	Dates	Day	Time	Location	Fee
Fall Green Ball	10-16	TBA	TBA	TBA	Hard Courts	\$106

# RECREATION:

## Intro to Mountain Biking

Curious to see what all the hype is about? Within these 2 hour sessions, we will teach you some basic mountain bike handling skills before guiding you through the beautiful South End Halifax trails. This session is perfect for those riders who are new to the sport and looking to try riding off-road for the first time.

Our "Intro to Mountain Biking" is the perfect way to offer your kids the opportunity to test out mountain biking, and see if it is something for them while riding with a professional instructor. All you need is a mountain bike and helmet!

Instructor: Chuck Sutton of Ride East

**Session 1:** Sept. 24: On-site skills training (both age groups)  
9:30-10:30: Ages 9-11  
10:30-11:30: Ages 11+

**Session 2:** Oct. 1: 30 min on-site skills + 30 min trail ride.  
9:30-10:30: Ages 9-11  
10:30-11:30: Ages 11+

Price: \$60 per participant

## After School Art

This is an introductory course focused on expanding participants' knowledge of painting with acrylics. Emphasis will be placed on learning how to work with colours, different types of paintbrushes/mark-making tools, various painting techniques, and most importantly, experimentation. Over the course of six weeks, participants will be able to feel their painting skills progress! All supplies are included in the registration fee.

Program Name	Dates	Day	Time	Location	Fee
Afterschool Art	Sept 12 – Oct. 28	Tues	4:00 – 5:00pm	MPR	\$156

## Wednesday - Skills & Drills Basketball

Want to improve your game before try-outs? Looking to spend some time outdoors before winter hits? Sign up for Skills and Drills Basketball at the Waegwoltic, Wednesday afternoons this September! Ball-handling, shooting, passing, rebounding and defence, we will help you become a better all-around basketball player by focusing on the fundamentals and polishing your skills!

Ages: 6-8 (additional classes may be added depending on interest)

Program Name	Dates	Day	Time	Location	Fee
Skills & Drills	Sept 12 – Oct 7	Wed	4:00pm-5:00pm	MPR	\$40

## Thursday - Running Club

Strap on your runners and join us for our new fall running program! This class will introduce young participants to the basics of running — you'll learn how to stretch and begin with short distance runs, and work towards developing a healthy running regimen. Runners will begin and end each week's session outside our Multipurpose room.

Ages: 8-12

<b>Program Name</b>	<b>Dates</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Fee</b>
Afterschool Running	Sept 12 – Oct. 28	Thurs	4:00 – 5:00pm	MPR	\$48