

# CLASS REGISTRATION NIGHTS:

at Howard Coad School (431 Avenue T North)

**Tuesday September 10<sup>th</sup>** (6pm to 8pm)  
**& Friday September 13<sup>th</sup>** (6pm to 8pm)

CLASS:	TIME:	DATE:	LOCATION:	COST:
<b>YOUTH CLASSES - 2019 Fall Session</b>				
<b>Toddlers Move</b> (ages 2-5)	Mondays 6 - 6:35 pm	Sept. 23 to Nov. 25 - no class on Oct 14 & Nov 11	Howard Coad	\$20
<b>Kids Yoga</b> (ages 6-12)	Mondays 6:40 - 7:25 pm	Sept. 23 to Nov. 25 - no class on Oct 14 & Nov 11	Howard Coad	\$20
<i>(Class info updated on 2019 Sept 7<sup>th</sup>)</i> <b>Kids Cooking</b> (ages 8-12) - Taught by a Registered Dietitian	Tuesdays 6 - 8 pm	October 1, 8, 15 & 22nd	Caroline Robins School	\$40
<b>Dance Hip Hop / Jazz</b> (ages 8 to 12)	Wednesdays 6 - 6:50 pm	Sept. 18 to Nov. 20	Howard Coad	\$20
<b>Computer Workshop by Canada Learning Code</b> - To be announced at a later date. For more information, contact Alison at: MountRoyalCommunity@gmail.com	<i>t.b.a.</i>	<i>t.b.a.</i>	<i>t.b.a.</i>	free
<b>Crafts &amp; DIY for Girls</b> (girls ages 9 to 13) - To be announced at a later date. For more information, contact Alison at: MountRoyalCommunity@gmail.com	<i>t.b.a.</i>	<i>t.b.a.</i>	<i>t.b.a.</i>	<i>t.b.a.</i>
<b>ADULT CLASSES - 2019 Fall Session</b>				
<b>Adult Sports in the Gym</b> (or \$2 drop-in fee)	Mondays 7:30 - 8:30 pm	Sept. 16 to Nov. 25 - no class on Oct 14 & Nov 11	Howard Coad	\$10
<b>Belly Dance - Intermediate</b> Learn how to shake & shimmy & use a veil with ladies in this relaxing class	Tuesdays 6:45 - 7:45 pm	Sept. 17 to Nov. 19	Howard Coad	\$45
<b>Gentle Stretch &amp; Exercise</b> (ages 50+) Modifications provided as needed for all levels/ability, chairs available	Tuesdays 7 - 8 pm	Sept. 17 to Nov. 19	St. Edward	\$35
<b>Yoga</b>	Tuesdays 8 - 9:15 pm	Sept. 17 to Nov. 19	Howard Coad	\$50
<b>Zumba</b>	Wednesdays 6:30 - 7:30 pm	Sept. 18 to Nov. 20	St. Edward	\$40
<b>STOTT Pilates</b>	Wednesdays 7 - 8 pm	Sept. 18 to Nov. 20	Howard Coad	\$40
<b>Nordic Pole Walking (Casual Walking Group)</b> For more information, contact Alison at: MountRoyalCommunity@gmail.com	<i>t.b.a.</i>	<i>t.b.a.</i>	start at Mount Royal Park	free

**\*\*\* PLEASE NOTE \*\*\***

- All class information & dates are tentative at this time. If class enrolment is too low, a program may be cancelled & refunded.
- Please treat the facilities with respect & clean up after yourself so we can continue to use the schools. Please do not be disruptive in class or wander around the schools.
- The Mount Royal Community Association does not require a membership. Everybody is welcome to sign up for a class.
- Please let us know if you have any suggestions for classes.

- If you're unable to participate in a class due to the cost, please ask us about the "**Cost as a Barrier**" program at the registration night. We have some funds available to assist Mount Royal residents. For more information, please contact us at MountRoyalPrograms@gmail.com or phone Larry at 306-384-3426. All inquiries are kept confidential.

**- We have a NEW email address for classes: MountRoyalPrograms@gmail.com**

- The main email address for the Mount Royal Community Association is still MountRoyalCommunity@gmail.com

[www.MountRoyal.INFO/classes](http://www.MountRoyal.INFO/classes)

[MountRoyalPrograms@gmail.com](mailto:MountRoyalPrograms@gmail.com)