

# TAY TOWNSHIP - Active Living Programs

**12 Week Session starting the week of March 29 to the week of June 14 unless otherwise indicated.\*** Pre-registration prior to the start of the program is required as space is limited. For further information visit [www.tay.ca](http://www.tay.ca) or contact Bryan Anderson ([banderson@tay.ca](mailto:banderson@tay.ca)), Recreation Coordinator, at 534-7248 ext 235.

**MONDAYS** \*There will be no class on April 4 or May 24.

Program	Time	Location	Details
Watercolour – Intermediate (Instructor – Jennifer Lawton)	9:00am – 12:00pm	Harbour Shore Community Room	From experimental techniques to finished masterpieces! Expand your knowledge of old and new ways to manipulate the paint to capture life and light in your subjects.
Fitness 101 (instructor – Sefi Held)	10:30am - 11:30am April 12 to Jun 21 (10wks)	Oakwood Community Centre	Low impact fitness suitable for all age groups & levels. Mat required.
Watercolour – Beginner (Instructor – Jennifer Lawton)	1:00pm – 4:00pm	Harbour Shore Community Room	From experimental techniques to finished masterpieces! Learn old and new ways to manipulate the paint to capture life and light in your subjects.
Mostly Muscle (instructor – Donna Boudreau)	5:30pm – 6:30pm	Port McNicoll Legion Community Room	Build & Tone muscles you never knew you had! Personal weights & mat required.
Yoga (Instructor – Janine Burrage)	7:00pm – 8:15pm	Harbour Shore Community Room	Come out and enjoy all of the benefits yoga has to offer. Participants must be able to perform poses on hands and knees. Mat required.
Drumming and Meditation (instructor – Donna Boudreau)	6:45pm – 7:45pm April 12 – May 3 (4wks)	Port McNicoll Legion Community Room	Join drumming facilitator and yoga and meditation instructor Donna Boudreau for an open drumming circle. Suited for all ages, class participants must bring along your own drum. Come out and see what the power of the drum can bring to your life.

**TUESDAYS**

Program	Time	Location	Details
No Jumpin' Just Pumpin' (instructor – Donna Boudreau)	5:30pm - 6:30pm	Port McNicoll Community Centre	Interval class combining low impact aerobics with weight training will get your hearts pumpin without the jumpin! Personal weights & mat required.
Core Basics Stability Ball (instructor – Donna Boudreau)	6:45pm - 7:45pm	Port McNicoll Community Centre	Strengthen your abs & lower back in this total body workout. Ball, weights & mat required.

**WEDNESDAYS**

Program	Time	Location	Details
Oil Painting (Instructor – Jennifer Lawton)	9:00am – 12:00pm	Harbour Shore Community Room	Close up and Colourful! Explore techniques and philosophies of oil painting that will allow your work to "glow" with colour and details.
Fitness 101 (instructor-Sefi Held)	9:30am - 10:30 am April 14 to June 16 (10wks)	Oakwood Community Centre	Low impact fitness suitable for all age groups & Levels. Mat required.
Yoga 101 (instructor-Sefi Held)	10:45am -11:45am April 14 to June 16 (10wks)	Oakwood Community Centre	Yoga can be practiced by most everyone. Mat required.
Taebo (instructor – Marlene Kasper – 4 black belt)	6:00pm - 7:00pm	Port McNicoll Community Centre	Ultimate total body workout for men & women combining martial arts, self defense, boxing and dance.
Yoga (instructor – Janine Burrage)	7:00pm – 8:15pm	Harbour Shore Community Room	Come out and enjoy all of the benefits yoga has to offer. Participants must be able to perform poses on hands and knees. Mat required.
Zumba (instructor – Jane Kiersnowski)	7:15pm - 8:15pm	Oakwood Community Centre	The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.
Learn to Run 5km (instructor – Carol McDonald)	6:30 pm to 7:30 pm April 7 <sup>th</sup> – June 9 <sup>th</sup> (10wks)	Victoria Harbour Post Office Parking Lot	Learn the key fundamentals to become a great runner.

**THURSDAYS**

Program	Time	Location	Details
Zumba (instructor – Jane Kiersnowski)	9:30am - 10:30 am	Oakwood Community Centre	The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.
No Jumpin' Just Pumpin' (instructor – Donna Boudreau)	6:00pm - 7:00pm	Port McNicoll Community Centre	Interval class combining low impact aerobics with weight training will get your hearts pumpin without the jumpin! Personal weights & mat required.
Yoga (instructor – Donna Boudreau)	7:15pm - 8:15pm	Port McNicoll Community Centre	Come out and enjoy all of the benefits yoga has to offer. Participants must be able to perform poses on hands and knees. Mat required.

**Program Locations:**

Harbour Shore Community Room  
Oakwood Community Centre  
Port McNicoll Community Centre  
Port McNicoll Legion

145 Albert St  
290 Park St  
560 Seventh Ave  
369 Armstrong St

Victoria Harbour  
Victoria Harbour  
Port McNicoll  
Port McNicoll