

Fall Programs

The NCA's fall classes require a **non-refundable \$10/ individual or family membership** (other Community Association memberships honoured).

Cost-as-a-barrier financial assistance is available; contact programming@nutana.ca confidentially.

REGISTER ONLINE

Aug 17-Sept 11

Register by 11:59pm on Friday
Sept 11 to avoid late fees



nutana.ca/programs

Adult (16+)

Find program descriptions on the next pages

Program Name	Location	Time	Day	Date Start-End [no class]	Fee	Instructor / Coordinator
Badminton	Victoria School Gym	8:00-10:00 PM	Mon	Sept 14-Nov 23 [Oct 12]	\$30	Stan McGaffin & Erin Chuey
Cardio Kickboxing	Victoria School Auditorium	6:10-7:00 PM	Tues	Sept 15-Nov 17	\$50	Margie Brown
Strength, Sweat, & Stretch	Victoria School Auditorium	7:10-8:00 PM	Tues	Sept 15-Nov 17	\$50	Margie Brown
Volleyball	Hugh Cairns VC School Gym	8:00-9:30 PM	Tues	Sept 15-Nov 17	\$30	Andree Schmiedge
Animal Flow® for Beginners	Victoria School Auditorium	6:00-7:00 PM	Wed	Sept 16-Dec 02 [Sept 30, Nov 11]	\$85	Amin Nasr
Somatic Flow (NEW PROGRAM)	Victoria School Auditorium	7:00-8:00 PM	Wed	Sept 16-Dec 02 [Sept 30, Nov 11]	\$50	Jenn Sharp
Fitness Yoga	Victoria School Auditorium	6:15-7:15 PM	Thur	Sept 17-Nov 26 [Oct 22]	\$50	Amanda Plante
Yoga with Meditation (Yoga Nidra)	Victoria School Auditorium	7:30-8:30 PM	Thur	Sept 17-Nov 26 [Oct 22]	\$50	Amanda Plante
Badminton	Victoria School Gym	8:00-10:00 PM	Thur	Sept 17-Nov 26 [Oct 22]	\$30	Stan McGaffin & Erin Chuey

Youth / All Ages

Find program descriptions on the next pages

Program Name	Age	Location	Time	Day	Date Start-End [no class]	Fee	Instructor / Coordinator
Recreational Soccer (U6)	Ages 4-6	Victoria School Gym	6:00-6:50 PM	Thur	Sept 17-Nov 26 [Oct 22]	\$30	Sophie McPherson
Recreational Soccer (U10)	Ages 7-10	Victoria School Gym	7:00-8:00 PM	Thur	Sept 17-Nov 26 [Oct 22]	\$30	Sophie McPherson
Ukulele – Beginner/ Beginner Plus	All Ages	Victoria School Library	6:00-7:00 PM	Thur	Sept 17-Nov 26 [Oct 22]	\$40	Perry Boyko
Guitar – Beginner/ Beginner Plus	All Ages	Victoria School Library	7:00-8:00 PM	Thur	Sept 17-Nov 26 [Oct 22]	\$40	Perry Boyko

Program Descriptions



Animal Flow® for Beginners: Experience Quadrupedal Movement

Brought to you by Dopamine Wellness, Animal Flow® is a unique and dynamic quadrupedal movement practice which enhances strength, balance, power, endurance, speed, coordination, mobility, proprioception, and more. Whether you're a beginner looking to improve your fitness or an athlete seeking to improve your performance, Animal Flow® is for everyone. Learn more at dopaminewellness.com/animal-flow



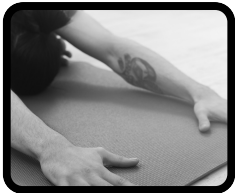
Badminton

Friendly pick-up badminton on Mondays or Thursdays; mixed doubles. Register with a friend or make new ones on the court. Please bring your own racquet if you have one, although there are a few available. Birdies supplied. **White-soled indoor shoes please. No instruction provided.**



Cardio Kickboxing

This exciting and fast-paced workout incorporates moves taken from boxing, martial arts, and aerobics. This class will raise your heart rate, working to increase your endurance and muscle tone. You will learn kickboxing techniques, including various air punches, air kicks, and blocks – all choreographed to the beat of high-energy music. This is a great workout for both beginners and those more advanced. Different intensity options will be provided to make this workout work for you. No equipment is required though you may choose to bring a mat for core strengthening exercises and stretching.



Fitness Yoga

Whether you like to walk, run, or participate in other activities, this vinyasa-based class will allow you to connect to your body through movement + breath. With options always available, you can 'choose your own yoga adventure' each time. Please bring a mat.



Guitar & Ukulele: Both Beginner/Beginner+

Have you ever wanted to learn a string instrument but weren't sure where to start? Now's your chance to learn with local teacher Perry Boyko, who aims to enrich the lives for families and children through music. <https://perry-boyko-music.ueniweb.com/> Beginning learners of all ages can attend group lessons on Thursday evenings in the cozy Ecole Victoria Library for Ukulele (6-7pm) or Guitar (7-8pm) lessons. For guitar, a nylon-string guitar is recommended (nylon guitar, acoustic guitar, or electric guitar).



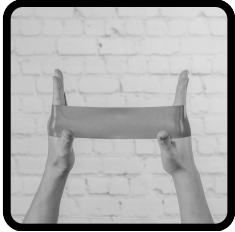
Soccer (youth)

U6 (ages 4-6) and U10 (ages 7-10) and kids of all levels will learn basic skills, run drills, and have fun playing indoor soccer with their friends, while making new ones! White-soled indoor shoes please.



NEW PROGRAM: Somatic Yoga

A gentle, relaxing practice that combines traditional yin yoga poses with somatic movement. Somatic movement encourages us to turn inward to notice subtle shifts in our bodies. This can then help deepen our mind-body connection while also regulating our nervous system. **Please bring your own mat.**



Strength, Sweat, & Stretch

This fun and energizing class will provide a full-body workout focusing on building strength and toning muscles using body weight and resistance bands. Short bursts of cardio exercises will be incorporated as well as core strengthening exercises and a full-body stretch. This is a great class for those new to strength training but is good for all levels - different intensity levels will be provided to keep everyone challenged. Up-beat music will keep us motivated during the class. You can bring your own resistance bands or borrow from the instructor during class. A two-band pack (light + medium) can also be purchased from the instructor for \$12 if you would like your own to keep. You are welcome to bring a mat to use during core work and stretching.



Volleyball

Friendly pick-up volleyball. Please wear white-soled indoor shoes. No instruction provided.



Yoga & Meditation

The first half of this class will include basic yoga postures to help improve flexibility, strengthen muscles, and relax the body. A guided meditation is led during the second half of the class. Yoga Nidra is a sleep-based meditation that uses a series of breath, body, and awareness techniques to optimize physical restoration and help relieve stress. Please bring a mat.
