# Schedule of Proposed Spring Courses

- **Fall Prevention:** Mondays, 9:15-10:15 am and Thursdays, 3:00-4:30 pm **FREE**
  **Begins March 25th – June 13th (No class April 18th, April 22nd and May 20th)**
  Contactivity Centre, in conjunction with the CLSC Metro, will be offering a twice-weekly, 12-week Fall Prevention program. There is no cost but the group must remain small and participants must make a commitment to the full 12 weeks. **Unfortunately, this course is full but you can call the Centre at 514-932-2326 to add your name on a waiting list for the FALL semester.**

- **Monday Stretch to Music:** 10:30 – 11:30 **8 weeks**
  **Begins April 1st – June 3rd (No class on April 22nd & May 20th Cost: $32.00 Member**
  **Instructor:** Lana Romandini **$37.00 Non-Member**

- **Friday Fitness:** Fridays, 9:30 - 10:30 **8 weeks**
  **Begins April 5th – May 31st** (No class on April 19th) **Cost: $32.00 Member**
  **Instructor**: Lana Romandini **$37.00 Non-Member**

  An energetic class comprised of a warm up with dynamic stretches followed by 20 minutes of choreography to music. Resistance exercises (using the chair, weights, tubes, etc…) and relaxing cool down will complete the second half of the class. **Participants in this more demanding course must be fit enough to keep moving vigorously for the first 30 minutes.**

- **Tai Chi:** Friday, 11:00-12:00 **8 weeks**
  **Begins April 5th – May 31st (No class April 19th)** **Cost: $32.00 Member**
  **Instructor**: Heather McDow **$37.00 Non-Member**

- **1 ½ Hours Line Dancing II:** Friday, 1:30-3:00 **8 weeks**
  **Begins April 5th – May 31st (No class April 19th)** **Cost: $48.00 Member**
  **Instructor**: Linda Chou **$53.00 Non-Member**

- **Beginners III Bridge:** Wednesday, 9:45 – 11:45 **10 weeks**
  **Begins April 10th – June 12th** **Cost**: **$80.00 Member**
  **Instructor:** Heather Felsky **$90.00 Non-Member**

- **Intermediate Bridge:** Wednesday, 12:15 - 2:15 **10 weeks**
  **Begins April 10th – June 12th** **Cost**: **$80.00 Member**
  **Instructor**: Heather Felsky **$90 .00 Non-Member**

- **Supervised Bridge:** Wednesday, 2:15 -4:15 **10 weeks**
  **Begins April 10th – June 12th** **Cost**: **$80.00 Member**
  **Instructor:** Heather Felsky **$90.00 Non-Member**

- **Thursday Stretch to Music:** 10:00 - 11:00 **8 weeks**
  **Begins April 11th – May 30th** **Cost**: **$32.00 Member**
  **Instructor**: Wilma Christiansen **$37.00 Non-Member**

- **Argentinian Tango:** Friday, 1:00-2:00 **5 weeks**
  **Begins April 12th – May 24th (no classes April 19th and April 26th)Cost: $50.00 Member**
  **Instructor**: Laura-Eva Steinmander **$55.00 Non-Member**
  Classes take place at Victoria Hall.

- **Argentinian Tango:** Friday, 1:00-2:00 **5 weeks**
  **Begins May 31st – June 28th** **Cost: $50.00 Member**
  **Instructor**: Laura-Eva Steinmander **$55.00 Non-Member**
  Classes take place at Victoria Hall