

## League Programs and Activities

### **ADULTS**

#### **Skating, Wine and Art**

**Thursdays, 7:00-9:00 pm**

Come to the big rink for an evening skate. Enjoy a glass of wine at our league's pub night prices and participate in an arts or craft activity in the concession area. The weekly drop-in program for adults will run until early March, depending on the ice condition. It is a great opportunity to meet other people in our community. The rink will be closed when the temperature, including wind chill, is  $-23^{\circ}\text{C}$  or colder. Host: Jan Black Stewart. For more information, call 780-432-0577.

#### **YOGA - Sunday Mornings with Dawn Lamothe**

**Sundays 9:30 – 10:45 am**

##### **Winter Session**

Continues to March 18

\$12/class drop in

##### **Spring Session (10 classes)**

Sundays, March 25 to June 3

(no class on April 22)

**Cost:** \$120 for 10-week session or \$12/class drop in

**Requirement:** Community League membership required (any league)

**Register:** Contact Dawn at [iamtsunami@gmail.com](mailto:iamtsunami@gmail.com) or text 780-990-6247.

##### **Description:**

Dawn Lamothe, BA, MA, Certified Registered Experienced Yoga Teacher with the Yoga Alliance, has been teaching in Edmonton for 15 years and is also a Teacher Trainer in yoga and acro-yoga. Founder of Lion's Breath Yoga, she invites you to a pre-registered series for the fall of 2017 Sundays 9:30-10:45 am at Strathcona Community Hall at 10139 87 Ave NW. Spring 2018 session to follow. The style of yoga is a vigorous flow with elemental influences from Shiva Rea. Props provided but please bring your own mats. Classes are cumulative in nature so expect to progress and improve over the term of the session. You will receive your best results and benefits with regular attendance. If you are ever running late, you are still welcome.



## **YOGA - Tues/Thurs Mornings with Kyla Fischer**

**Tuesdays and Thursdays 9:30 – 10:45am**

### **Winter session**

**Tuesdays until February 27**

**Thursdays until March 1**

9:30-10:45am

\$12/class drop in

### **Spring session (8 weeks)**

**Tuesdays March 6 to April 24**

**Thursdays March 8 to April 26**

**(no class on March 22)**

9:30-10:45am

**Fee:** \$96.00 for Tuesdays, \$84 for Thursdays

\$165.00 for 2 classes per week

\$12/class drop in

**Requirement:** Community League membership required (any league).

**Register:** Contact: Kyla Fischer at [fischerk@telus.net](mailto:fischerk@telus.net) or 780-430-0229.

### **Description:**

These holistic yoga classes are perfect for beginners as well as those with previous yoga experience. Yoga postures, breathwork and meditation will be taught to promote balance in the body, mind and spirit. Throughout the session, students will develop an understanding of alignment and breath while developing physical strength and flexibility. All levels are welcome!

## **YOGA - Monday Evenings with Corinne McNally**

**Mondays 7:00 – 8:15pm**

### **Session 1**

**Continues to February 26**

\$12/class drop in

### **Session 2 (8 weeks)**

**March 5 to April 30**

No Yoga April 2 - Easter Monday

**Cost:** \$96 for 8-week session or \$12/class drop in

**Requirement:** Community League membership required (any league).

**Register:** Contact Corinne McNally at [corinnemcnally@gmail.com](mailto:corinnemcnally@gmail.com), 780-239-6164.

**Website:** [www.lotusmoonyoga.ca](http://www.lotusmoonyoga.ca)

### **Description:**

Yoga is a holistic practice that can open & strengthen your body, revitalize your energy and bring peace to your mind. Hatha Flow & Yin styles of yoga are taught by certified yoga instructor Corinne McNally. These classes are perfect for both beginners and seasoned practitioners, and are taught in a friendly and supportive environment. Instructor Corinne McNally lives in Old Strathcona and has been teaching for over 10 years. She is a member of the Yoga Association of Alberta and has experience in various styles of yoga including Restorative, Yin, Hatha, Ashtanga & Pre/Postnatal.

## **ZUMBA – Wednesdays with Mel Kidder**

**Wednesdays 6:30 to 7:30pm**

**Winter Session**

**Continues to February 28**

**\$12/class drop in**

**Spring Session**

**March 7-May 2 (8 weeks)**

**Cost:** \$64 (for 8 classes) or \$12/class drop in

No class on April 4

Participants age 12-17 are welcome if accompanied by a parent.

**Requirement:** Community League membership required (any league).

**Register:** Contact Melanie Kidder to confirm dates, 780-722-7558 [facebook.com/melsactivelife](https://www.facebook.com/melsactivelife)

### **Description:**

Let the Music Move You! Using Latin and International rhythms these Dance Fitness classes are fun, energetic and make you feel amazing. In a Zumba class, participants do what they can, making it perfect for people of all fitness levels. There are no “wrong moves” in Zumba! Melanie Kidder lives in Old Strathcona and has been teaching Zumba Fitness for five years. She is licensed to teach many Zumba formats from Zumba Kids to Zumba Gold and everything in between.

## **Urban Pole Walking**

**Wednesday mornings 7:30am**

**Ongoing activity - Wednesdays 7.30am**

**Cost:** Free

**Requirement:** Community League membership required (any league).

### **Description:**

Stay active and meet some new friends! Join the Strathcona Pole Walking Group. On Wednesday mornings at 7:30am, meet Melanie Kidder at the south door, by the rink, then head out for an energizing pole walk through our friendly neighborhood and the majestic Mill Creek.

All fitness levels are welcome so dust off the walking shoes and dress for the weather in layers because you will get warm once we get moving. A good walking shoe is required. We will be on sidewalks and river valley paths. Bring a strap on water bottle like runners use if you like, since your hands will be full. Also, feel free to bring a few dollars for a beverage as there will likely be a coffee shop along the way.

Walks are between 30-60 minutes. Several sets of poles are available for use or bring your own.

NOTE: If you are interested in leading a walking group on Sunday afternoons (or possibly another time), email [hall@strathconacommunity.ca](mailto:hall@strathconacommunity.ca) A quick training session will be provided. Community League membership required (any league).

## **KIDS**

### **FUNBALL**

**May 2-June 13**

**Wednesdays**

**6:00 – 6:45pm**

Strathcona Community League rink

10139 87 Avenue

Ages 2-3

Parent involvement required.

Games, skill development, friends and fun!

Registration fee: \$20

Community League membership required

For more information or a registration form, contact [jessica.rae.nelson@gmail.com](mailto:jessica.rae.nelson@gmail.com)

### **ART AT THE HALL -WEDNESDAY AFTER SCHOOL ARTAGOGO – Learn to Draw and Paint for ages 6 and up**

**Winter Session**

**Continues to March 21**

**Spring Session**

**April 11, 18 and 25**

**May 2, 9, 16, 23 and 30**

**8 weeks**

**4:00 - 5:15 pm**

Join Berna Ponich B.Ed (28 years teaching experience, KEE Artist in Residence from 2013 - present) for eight weeks of drawing and painting with a focus on skill development and creative exploration. Introductory/practice projects will be used as teaching tools in both disciplines, followed by a completed drawing and painting.

In order to accommodate families who would like to join, but are unable to make the 4:00pm start time, the doors will be open at 4:00 pm for drawing warm-up time and snack time (not provided) with instruction beginning promptly at 4:15 pm.

**COST:** \$160 includes all instruction, art materials and a sketchbook

For more info and to register, contact Berna at [berna@telus.net](mailto:berna@telus.net)

### **ART AT THE HALL - SATURDAYS**

**ARTAGOGO – Learn to Draw and Paint for ages 6 - 12 years**

**Saturdays****April 7-June 9****(No classes April 28 and May 19 due to long weekends)****10:00 -11:30 am**

Join Berna Ponich B.Ed (28 years teaching experience, KEE Artist in Residence from 2013 - present) for eight weeks of drawing and painting with a focus on skill development and creative exploration. Introductory/practice projects will be used as teaching tools in both disciplines, followed by a completed drawing and painting.

COST: \$160 includes all instruction, art materials and a sketchbook

For more info and to register, contact Berna at [berna@telus.net](mailto:berna@telus.net)

**ART AT THE HALL - SATURDAYS****ARTAGOGO – Learn to Draw and Paint for TEENS****Saturdays -**

April 7, 14, 21 (no class on the 28; Apr 14 will be relocated due to bottle drive)

May 5, 12, 26 (no class on the 19th)

June 2 and 16 (no class on the 9th)

10:00 - 1:00 pm (8 classes)

Join Berna Ponich B.Ed (28 years teaching experience, KEE Artist in Residence from 2013 - present) for eight weeks of drawing and painting with a focus on skill development and creative exploration. Introductory/practice projects will be used as teaching tools in both disciplines, followed by a completed drawing and painting.

COST: \$160 includes all instruction, art materials and a sketchbook

For more info and to register, contact Berna at [berna@telus.net](mailto:berna@telus.net)

**Requirement:** Community League membership required (any league).

## **Baby and Toddler Music Classes**

Friday mornings (ages 6 mos-3 years)

### **Spring Session**

**April 6-June 1**

**(No class May 18 due to long weekend)**

**10:00 to 11:00am or**

**11:10 am-12:10 pm**

**Cost:** \$96 for 8 classes

**Register:** To register contact: Lara at [lara.debeyer@gmail.com](mailto:lara.debeyer@gmail.com) or 587-974-1283

### **Description:**

This is a group music class for 0-3 year olds and their caregivers, with instructor Lara DeBeyer. We'll sing, dance, listen, and play together! The class is intended to expose your little ones to the joy of music through songs, rhymes, and finger plays, to give them a basic, bodily understanding of rhythm, beat, pitch, and melody, and to build early confidence in a group setting. They'll also get experience playing some basic percussion instruments like drum, woodblock, and glockenspiel in addition to singing and creative movement. I love teaching these classes, and I hope to see you there!! Class size is capped at 8 caregiver-child pairs.

## **YOGA – Kids’ - Early Dismissal on Thursday Afternoons (ages 5 – 9)**

**Spring session (6 classes)**

**March 8 to April 19**

No class on March 29

**Cost:** \$72 (or \$60 for Community League members) for 6 week session

**Register:** To register contact: [info@yogikids.ca](mailto:info@yogikids.ca) or call Chandra McGlone at 780-700-7971.

### **Description:**

This is the perfect activity for early dismissal Thursdays! Kids’ yoga is a magical adventure that helps children develop important skills in a loving environment. It nurtures creativity, mental focus, body awareness, strength and coordination. And most importantly—it’s fun! Classes led by two certified kids’ yoga instructors from Yogi Kids. A community league membership is required (any league).

## **PLAYGROUP**

### **Monday and Wednesdays mornings**

**Day/time:** Every Monday and Wednesday (usually closed on school holidays – check the league event calendar). From 10am to noon.

**Cost:** free

**Requirement:** Community League membership required (any league). Memberships available on-site.

**Register:** Not required – just drop in when you can!

#### **Description:**

Parents/caregivers, are you looking for an activity for your young children during the week? The Strathcona Playgroup provides a safe and happy environment for babies, children and caregivers to meet, socialize and have fun. Please bring a snack for your child (nut free), and a coffee for yourself. Upstairs in the main hall – come up the ramp on the north side of the building.

## **Friday Fun Skate**

**Strathcona Community League rink**

**10139 87 Avenue**

**Fridays, 3:30 pm to 9:00 pm**

**Hot chocolate and cookies 3:30 to 6pm**

Friday Fun Skate will continue every week, weather permitting (cancelled if temperature with wind chill is -23° or colder). It is lots of fun and all ages are welcome - parents included! No sticks or pucks will be on the ice at this time. Helmets are mandatory for kids.

## **Tuesday Youth Hockey**

**Tuesdays**

**6:30-7:30 pm**

**Age 4-12 years old**

Join us to learn some basic hockey skills and play a game or two at Strathcona Community League, 10139 87 Avenue. Any skill level is welcome.

Required equipment: Skates, helmet and a stick (gloves encouraged).  
Community league membership required.

For more info, email Cheryl West Hicks at [cwesthicks@gmail.com](mailto:cwesthicks@gmail.com)





**City of Edmonton Program  
Strathcona Community League**

10139 87 Avenue

**Winter Green Shack**

**Until March 2, 2018**

Mondays and Wednesdays, 3:30-6:00 pm

Saturdays, 1:00 – 5:00 pm

Come join us for crafts, games, winter activities, outdoor cooking, and more! This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend. Come prepared for winter fun, bring your winter boots, and mittens, and a flashlight. For more information, visit <https://Edmonton.ca/greenshacks> or call 311.