

## Programs Update

The Strathcona Community League is pleased to offer the following outdoor fitness programs in August and indoor programs this fall. Other new programs will be announced at the league website, social media, and members social list.

### AUGUST OUTDOOR DROP-IN CLASSES

#### **Pound Fitness**

Mondays, August 23 and 30

6:30-7:30 pm

Hard surface court

Instructor: Melanie Kidder

Fee: \$14.00 per class

#### **Zumba Fitness**

Wednesday, August 25

6:30-7:30 pm

Hard surface court

Instructor: Melanie Kidder

Fee: \$14.00 per class

For more information about the drop-in Pound and Zumba classes, contact the instructor at [melstrand\\_5@hotmail.com](mailto:melstrand_5@hotmail.com), phone 780-722-7558.

#### **Yoga**

Tuesdays, August 24 and 31

9:30 – 10:45 am

Grassed rink

Instructor: Kyla Fischer

Requirement: Valid community league membership (any league). Ring a yoga mat to class.

Drop-in: \$14.00 per class

For more information, contact Kyla at [fischerk@telus.net](mailto:fischerk@telus.net)

### FALL LEAGUE PROGRAMS

#### **New! Flexibility, Mobility & Strength with Essentrics®**

Mondays, September 13, 20, 27, October 4, 18, 25, November 1, 8 (8 classes)

No class on Thanksgiving Monday, October 11

11:00 am - 12 noon

Fee: \$96.00

Drop-in: \$14.00 per class

Requirement: Valid Community League membership (any league).

To register, contact instructor Lynn Bohuch at [essentricswithlynn@gmail.com](mailto:essentricswithlynn@gmail.com), phone 780-298-4352, and copy [programs@strathconacommunity.ca](mailto:programs@strathconacommunity.ca).

**Fee:** Send payment by e-Transfer to [payments@strathconacommunity.ca](mailto:payments@strathconacommunity.ca)

Description: This class is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening & stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this

program rebalances the body, prevents and treats injuries and unlocks tight joints. With enjoyable music, this no impact, equipment free workout leaves you feeling energized, youthful and healthy.

With a passion for all things 'health and fitness', Lynn Bohuch has 35+ years teaching group fitness including aqua fitness to participants both young and old. Lynn discovered the Essentrics® program in 2018 and knew right away she had found something outstanding. Within a short amount of time, she experienced impressive benefits as she studied Essentrics® (herself, suffering with osteoarthritis and spinal stenosis and residual effects of years of repetitive movements). Lynn was anxious to share it with others, especially older adults and her beloved seniors groups. Essentrics® is scientifically designed to benefit anyone at any age and any stage of life with strength, mobility, balance and full range of motion.

Lynn is a Certified Level 2 Essentrics® Instructor and also certified with AFLCA. She currently teaches for the City of Edmonton, County of Strathcona, private studios, private groups along with virtual classes.

### **Hatha Yoga**

Mondays, September 13, 20, 27, October 4, 18, 25 (6 classes)

No class on Thanksgiving Monday, October 11

6:00 - 7:15 pm

2nd floor hall

Registration: \$72.00

Drop-in: \$14 per class

Thursdays, September 16, 23, 30, October 7, 14, 21, and 28

9:30 – 10:45 am

2<sup>nd</sup> floor hall

Registration: \$72.00

Discounted fee for two classes: \$132.00

Instructor: Corinne McNally

Requirement: Community League membership required (any league). Bring your own yoga mat and props.

To register, contact instructor Corinne McNally at [corinne@lotusmoonyoga.ca](mailto:corinne@lotusmoonyoga.ca), phone 780-239-6164, and copy [programs@strathconacommunity.ca](mailto:programs@strathconacommunity.ca).

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

**Fee:** Send payment by e-Transfer to [payments@strathconacommunity.ca](mailto:payments@strathconacommunity.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 12 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.

### **Pound Fitness**

Mondays, September 13, 20, 27, October 4, 18, 25 (6 classes)

No class on Thanksgiving Monday, October 11

7:45 - 8:45 pm

2nd floor hall

Registration: \$72.00

Drop-in: \$14 per class

Requirement: Valid Community League membership (any league).

To register, contact instructor Melanie Kidder at [melstrand\\_5@hotmail.com](mailto:melstrand_5@hotmail.com), phone 780-722-7558, and copy [programs@strathconacommunity.ca](mailto:programs@strathconacommunity.ca)

**Fee:** Send payment by e-Transfer to [payments@strathconacommunity.ca](mailto:payments@strathconacommunity.ca)

**Description:**

Pound Fitness is a cardio and strength class that is inspired by the energizing, infectious, sweat-dripping fun of playing the drums. Come make some NOISE with us! Participants report they improve their coordination and core strength. No previous fitness or drumming experience required. Participants can modify the moves as needed with the RipStix.

**Zumba Fitness**

Wednesdays. September 15, 22, 29, October 6, 13, 20, 27 (7 classes)

6:30 - 7:30 pm

2nd floor hall

Registration: \$84.00

Drop-in: \$14 per class

Requirements: Valid Community League membership (any league).

Instructor: Melanie Kidder

To register, contact instructor Melanie Kidder at [melstrand\\_5@hotmail.com](mailto:melstrand_5@hotmail.com), phone 780-722-7558, and copy [programs@strathconacommunity.ca](mailto:programs@strathconacommunity.ca)

The class on September 22 will be held either outdoors or in the lounge.

**Fee:** Send payment by e-Transfer to [payments@strathconacommunity.ca](mailto:payments@strathconacommunity.ca)

**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 over eight years. She is licensed to teach many Zumba formats from Zumba Kids to Zumba Gold and everything in between.

**Summer Green Shack Program**

**Until August 25**

Monday-Friday

2:30 – 5:30 pm

Strathcona Community Park

Next to the splash pad

10139 87 Avenue

This FREE drop-in program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play! The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

For more information, please visit [Edmonton.ca/Greenshacks](http://Edmonton.ca/Greenshacks) or call 311.

Thanks to the Strathcona Nursery School for hosting the Green Shack Kick-Off Party for families on July 12<sup>th</sup>. Frozen treats were sponsored by the Strathcona Community League.

## **Indoor Soccer Season 2021/2022**

Online registration for the 2021/2022 indoor season opened on August 1, 2021. Please visit [www.emsasoutheast.com](http://www.emsasoutheast.com) for further details.

**Season Start Date:** Saturday, October 16, 2021

How to register:

Purchase a 2021/2022 community league membership (valid from September 1, 2021 – August 31, 2022) from the community where you live, or through the EFCL.

Log in to your Household Account via the EMSA Soccer Portal <https://emsasoccerportal.com/>

**If you have changed your address** since you last registered, please contact the ESESA Administrator ([admin@southeastsoccer.ca](mailto:admin@southeastsoccer.ca)) so the address can be changed and/or your community league name can be updated **prior to registering**.

If you don't have an account, follow the step-by-step instructions in the Soccer Portal to create one.

**You must register under the community where you live.** You may request for your child to play in another community but please keep in mind it is only a request and there is no guarantee that your child will be allowed to play in another community team.

## **Community Swim**

As a member of Strathcona Centre Community League, you can enjoy a free swim at the Bonnie Doon Leisure Centre, 8648 81 Street. **Every Saturday from 5 pm to 7 pm**, September 13, 2021 to June 26, 2022. Please make sure to take your community membership with you to receive FREE entry.