

# OPEN HOUSE

## LIFESTYLE AND FITNESS OFFERINGS



**GROUP UKULELE:** Give ukulele a try in a group setting! Learn the basics with some rudimentary theory and learn some new songs! This is a beginner level course. Instruments will be provided for the class. (ages 10-12yrs)



**TODDLER & ME:** Come join us and socialize with others, while your child enjoys our drop-in play group! Toddlers will have the opportunity to take part in fun games, educational activities, arts and crafts and much more!  
(ages 5yrs and under)



**JR. EXPLORER:** Give your toddler the opportunity to explore the world through sight, sound and touch.  
(ages 3-5yrs)



**PARENT & TOT MUSIC:** Circle time for you and your little one to enjoy a variety of songs and percussion instruments.  
(ages 5yrs and under)



**PARENT AND TOT OPEN SWIM:** No big kids allowed! Enjoy the swimming pool with your little one in a toddler focused environment. (ages 5yrs and under)



**TEAM TRIVIA NIGHT:** Join us in the party room for a fun-filled evening of trivia! Five different categories - General knowledge, Sports, Music, History and a Surprise Theme! You'll have a chance to win prizes as you collaborate with your team on a quest to become the ultimate Accora Village Quizmaster. Snacks and non-alcoholic beverages provided. Assemble a team of 4 to 6 players or join a "Meet My Neighbors" team!  
(ages 18yrs+)



**DATE NIGHT:** You deserve a break, drop the kids off at the Accora Centre for a fun-filled evening kids and parents can enjoy! The fun begins with programmed activities in the pool followed by bedtime snack and winds down with quiet programs to get ready for bed.  
(ages 4-12yrs)



**YOUTH GYM:** Come by the Accora Centre for our supervised Sports Drop-In program. Some nights have a set sport; others are open for the sport of your choice. (ages 12-15yrs)



12-15yrs

**YOUTH SNOESHOW HIKE:** Get your feet strapped in and your lamps turned on for a guided hike in Accora Park. (equipment provided) (ages 12-15yrs)



**FAMILY SNOWSHOE ADVENTURE:** Take your family on a winter adventure in Accora Park. (equipment provided) (all ages)



**ADULT SWIM:** Come for a quiet relaxing time in the pool, or for a workout to do laps! (ages 18yrs+)



**OPEN SWIM:** Enjoy your time with your family and friends swimming! (all ages)



**ADULT GYM:** Come by the Accora Centre for our Sports Drop-In program. Some nights have a set sport; others are open for the sport of your choice.  
(ages 16yrs+)



**AQUA FIT:** Use the water's resistance to add a level of difficulty to your total body aerobic workout! Great for all levels of fitness! (ages 16yrs+)



**YOGA:** Build the foundations of yoga by focusing the first half of the class on building flexibility and warming the body through breath and holding poses for longer periods of time. The second half of the class focuses on movement through a flow of gentle yet powerful poses. (ages 16yrs+)

# RECREATION CENTRE OPEN HOUSE

Accora  
VILLAGE 

Jan 13 - Feb 9, 2018

## LIFESTYLE AND FITNESS OFFERINGS



**HIIT:** This is a High-Intensity Interval Training (HIIT) workout! Challenge yourself in this total body workout that stresses cardiovascular and muscular fitness through a mix of high and low intensity light weight exercises. (ages 16yrs+)



**CROSSFIT:** Maximize your sweat session by mixing cardio with strength training. We offer modifications for every move, so no matter your fitness level, we've got you covered! (ages 16yrs+)



**GROUP STRENGTH TRAINING:** Group Strength Training - Don't be shy, let's hit the gym together! Join our personal trainer for a group session in the weight room and using free weights. (ages 16yrs+)



**CARDIO BOOT CAMP:** Come pace yourself and increase your stamina with this boot camp by developing both cardiovascular and muscular endurance. (ages 16yrs+)



**ZUMBA:** What better way to work out then having a dance fitness party! Come get your sweat on and shaking it off! (ages 16yrs+)



**LEARN TO GROOVE:** This kids' dance class will have you busting a move in no time. (ages 6-11yrs)



12-15yrs

**YOUTH YOGA:** Put down that phone and tune into your inner self. Enjoy a yoga class just for you-th. (ages 12-15 yrs)



**EXPLORING MATH:** Develop your child's math skills in a play-based learning environment that will expand on the foundations they are laying in the classroom. (ages 6-11yrs)

EN

**EXPLORING ENGLISH:** Explore the art of the English language through an inquiry based learning program. (ages 6-11yrs)

FR

**EXPLORING FRENCH:** Bonjour is only the beginning! Your child can explore the French language through interactive games and activities. (ages 6-11yrs)



**PICKLEBALL:** Get your swinging ready for a fun game of Pickleball! (ages 16yrs+)



**BOOK CLUB:** Join us for open discussions and reflections on your favourite books with your friends and neighbours. (ages 18yrs+)



**PAINT NITE:** Ready to show your artistic side? Enjoy a step by step instructor led painting with your friends and neighbours! (ages 18yrs+)



50+

**SENIORS' LOUNGE:** Come grab a cup of coffee and socialize, play cards or board games with your neighbours! (ages 50yrs+)

CHECK OUT OUR WEBSITE AT [WWW.ACCORAVILLAGE.COM](http://WWW.ACCORAVILLAGE.COM) OR CALL 613-366-5020.