

SCHEDULE C Registered Programs

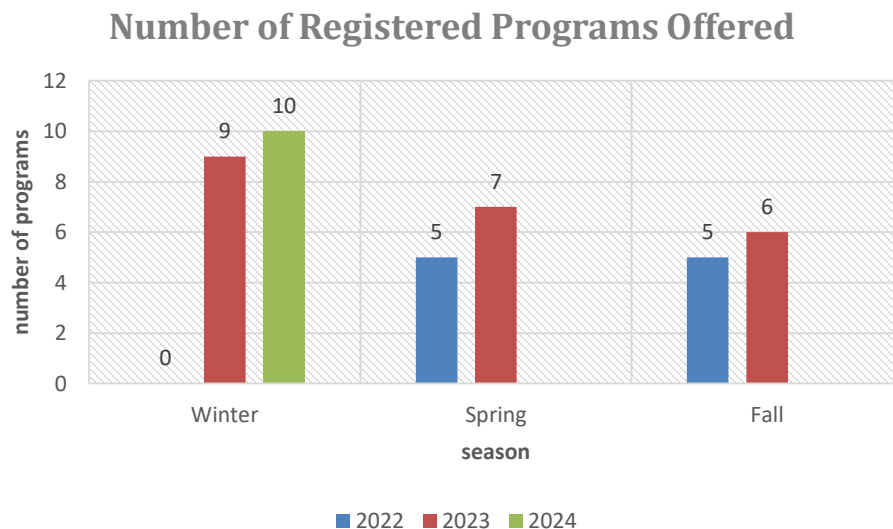
Registered programs are offered three (3) times per year during the Winter, Spring and Fall sessions. Each session is ten (10) weeks in duration and is designed with programs based on previous success and community desire. Participants are able to select appropriate classes for themselves based on the program description. Discounts are provided for Older Adults.

Overall, in 2023, the Registered Programs' status is in a phase of re-development. New fitness programming is being researched and offered. Offerings in 2023 and the beginning of 2024 have been based on success from previous sessions and identified areas of interest.

Staff have noted an increase in private business competition in the West Lincoln community in fitness and healthy lifestyle programming.

Number of Registered Programs Offered in 2023

The total number of Registered Programs that were offered in 2023 increased over 2022.

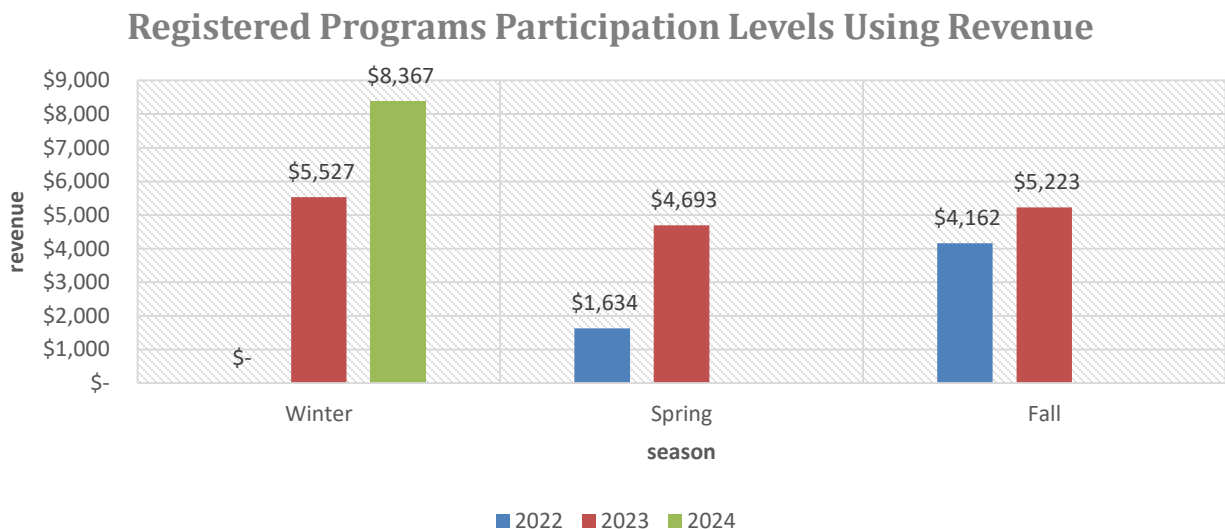


*Total Number of Registered Programs Offered in 2022 – 10

*Total Number of Registered Programs Offered in 2023 – 22

Registered Programs Participation Levels in 2023

In 2023, there was an increase in participation in each program session over 2022. The 2022 Winter program session did not have any programs due to Covid-19 recovery. There was an increase in participation in the 2023 sessions of Spring and Fall over 2022. Fees for registered programs did not increase from 2022 to 2023.



*Total Revenue for Registered Programs in 2022 - \$5,796

*Total Revenue for Registered Programs in 2023 - \$15,443

Seniors' Community Grant 2023

In addition to seasonal registered programming shown in the charts above, the Township of West Lincoln was the recipient of the Seniors' Community Grant and received \$11,900 to run programming for older adults. Recreation Services offered the following programming as part of the Seniors' Community Grant.

- 3 Moccasin Making Workshops – 36 total participants (registered)
- 2 Watering Can Floral Workshops – 100 total participants (registered)
- 10 Ukulele Lessons – 18 total participants (registered)
- 1 Bird Watching Seminar – 10 participants
- 1 Niagara Elder Abuse Prevention Network Seminar – 6
- 1 Crime Stoppers Niagara Fraud Seminar – 12

All fitness classes are held at the West Lincoln Community Centre

TAI CHI

First Timers \$43

Returning \$27

Tuesdays AND Thursdays at 10:00am

January 17 to March 23 (10 weeks)

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility. Online registration not available.

HATHA FLOW YOGA

\$92.00

CLASS 1 - Tuesdays at 6:30pm

January 17 to April 4 (excl. Feb 14 & Mar 14)

CLASS 2 - Wednesdays at 7:15pm

January 18 to March 29 (excl. March 15)

Hatha Flow Yoga is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. This class is suitable to all levels. Modifications will be offered as needed. Bring a mat, a strap and water.

VINYASA YOGA

\$92.00

Tuesdays at 7:45pm

January 17 to April 4 (excl. Feb 14 & Mar 14)

Vinyasa will take you through asana sequences at a quicker pace and links movement with breath. This class builds strength and stamina and explores more challenging poses such as arm balances and backbends. Bring a mat, a strap and water.

GENTLE YOGA

\$92.00

CLASS 1 - Mondays at 10:00am

January 16 to April 3 (excl. Feb. 20 & Mar. 13)

CLASS 2 - Thursdays at 10:00am

January 19 to April 6 (excl. Feb 16 & Mar 16)

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, blanket, a strap and water.

CHAIR YOGA

\$92.00

Thursdays at 11:15am

January 19 to April 6 (excl. Feb 16 & Mar 16)

Chair Yoga is a form of Hatha Yoga in which students can experience the many benefits of yoga without having to get up or down from the floor. It will include a series of stretching and strengthening yoga postures with the aid of a chair - both from seated and standing. The benefits include improved balance, strength, flexibility, circulation and stress reduction. Bring a mat, a strap and water.

FIT & FUN FOR BOOMERS

\$92.00

CLASS 1 - Tuesdays at 10:00am

January 17 to April 4 (excl. Feb 14 & Mar 14)

CLASS 2 - Tuesdays 11:15am

January 17 to April 4 (excl. Feb 14 & Mar 14)

Improve your balance and mobility while having fun! This out-of-the-box fitness class includes games and exercises with a partner. Benefits include fall prevention, core stability, social engagement.

REGISTRATION OPENS JANUARY 4, 2023

Older Adults 55+ receive a 10% discount (Tai Chi not included)

REGISTER ONLINE! (3% processing fee applies)

<https://www.westlincoln.ca/en/recreation-and-leisure/fitness-programs.aspx>

REGISTER IN PERSON!

West Lincoln Community Centre with CASH, CHEQUE or DEBIT 177 West Street Smithville



Spring Fitness 2023

West Lincoln
Your Future Naturally

TAI CHI \$43 (first timer) or \$27 (returning)

Tuesdays AND Thursdays at 10:00am - April 18 to June 22

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility. Online registration not available for this class.

GENTLE YOGA WITH MELINDA \$92

Mondays at 10:00am-April 24 to June 26 (excl. May 22, class will be Tuesday May 23 at 12:15pm)

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and water.

GENTLE YOGA WITH KRISTIN \$92

Thursdays at 10:00am - April 20 to June 22

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and water.

HATHA FLOW YOGA \$92

Tuesdays at 6:30pm - April 18 to June 20

This is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. This class is suitable for all levels. Modifications will be offered as needed. Bring a mat, a strap and water.

VINYASA YOGA \$92

Tuesdays at 7:45pm - April 18 to June 20

Vinyasa will take you through asana sequences at a quicker pace and links movement with breath. This class builds strength and stamina and explores more challenging poses such as arm balances and backbends. Bring a mat, a strap and water.

YOGA FIT (with weights) \$92

Wednesdays at 10:00am - April 26 to June 28

Yoga Fit with weights is suitable for all levels and is designed for full body strengthening. This class will help you build core strength which will help you with other poses. Using light weights, this class combines yoga moves and poses designed to build strength and stability while toning muscles. Suitable for all levels. Bring two 2lb weights.

FIT & FUN FOR BOOMERS \$92

Tuesdays at 10:00am - April 18 to June 20

Improve your balance and mobility while having fun! This out-of-the-box fitness class includes games and exercises with a partner. Benefits include fall prevention, core stability, social engagement.

registration opens April 3, 2023

Older adults 55+ receive a 10% discount
(Tai Chi not included)



Recreation Services

905-957-3346 ext. 4688

recreation@westlincoln.ca

www.westlincoln.ca

Register ONLINE! (3% processing fee applies)

<https://www.westlincoln.ca/en/recreation-and-leisure/fitness-programs.aspx>

Register IN PERSON!

West Lincoln Community Centre with CASH, CHEQUE or DEBIT
177 West Street, Smithville, ON

Fall Fitness

2023 West Lincoln

Your Future Naturally

TAI CHI \$43 (first timer) or \$27 (returning)

Tuesdays AND Thursdays at 10:00am - September 19 to November 23

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility. Online registration not available for this class.

GENTLE YOGA \$92

Mondays at 10:00am-September 18 to December 4 (excluding October 2 & 9)

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

GENTLE YOGA \$92

Wednesdays at 10:00am - September 20 to November 22

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

HATHA FLOW YOGA \$92

Tuesdays at 6:30pm - September 19 to November 21

This is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. This class is suitable for all levels. Modifications will be offered as needed. Bring a mat, a strap and blocks.

VINYASA YOGA \$92

Tuesdays at 7:45pm - September 19 to November 21

Vinyasa will take you through asana sequences at a quicker pace and links movement with breath. This class builds strength and stamina and explores more challenging poses such as arm balances and backbends. Bring a mat, a strap and blocks.

INTRO TO PICKLEBALL & GAME PLAY \$55.20

Wednesdays 10:00am to 12:00pm - October 11 to November 15

Learn the basics of playing pickleball in a fun and supportive environment. This six week session will take participants through understanding the rules, learning basic shots and skills and working on strategies during game play.

registration opens Sept 1, 2023 9:00am

Older adults 55+ receive a 10% discount
(Tai Chi not included)



Recreation Services

905-957-3346 ext. 4688

recreation@westlincoln.ca

www.westlincoln.ca

Register ONLINE! (3% processing fee applies)

<https://www.westlincoln.ca/en/recreation-and-leisure/fitness-programs.aspx>

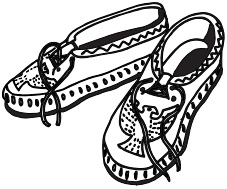
Register IN PERSON! (Mon-Fri 9:00am-4:00pm)

West Lincoln Community Centre with CASH, CHEQUE or DEBIT
177 West Street, Smithville, ON

Try Something NEW! 55+

The Township of West Lincoln is proud to announce, they have received the Seniors Community Grant from the Ministry of Seniors and Accessibility. With this grant we are able to offer all of these amazing programs for FREE.

Moccasin Making Workshop



Learn the ancient art of Moccasin making from local First Nations teachers from Barefoot Bushcraft. In this workshop you will learn the history and importance of moccasin making, as well create your very own soft soled moccasin shoes in true First Nations Style. This is a full day workshop with lunch and breaks in between. No experience needed, space is very limited. ***REGISTRATION REQUIRED**

Workshop #1: November 17, 2023 from 9:00am to 4:00pm

Workshop #2: December 1, 2023 from 9:00am to 4:00pm

Workshop #3: January 19, 2024 from 9:00am to 4:00pm

Crime Stoppers Presentations

Join Crime Stoppers as they have partnered up with Niagara Elder Abuse Prevention Network (NEAPN) to bring you 2 opportunities to educate and protect yourselves.

Friday November 24th, 2023 @ 10:30am: "Senior-to-Senior Bullying and Elder Abuse Awareness."

Friday December 8th, 2023 @ 10:30am: "Be Aware...Take Care - A Safety Guide for Our Community."

Introduction to Bird Watching Speaker

Come and join Marcie Jacklin who is the Canada Chair of Birds on the Niagara, as she has been Bird Watching for over 30 years. You do not want to miss this spectacular presentation on how to get started on this popular hobby, it will be IM-PECK-ABLE.

Friday November 10, 2023 @ 10:30am

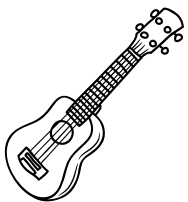


The Watering Can Workshops

Winter is near, so let us take care of you. Jump on our bus that will take you down the mountain to Vineland to the beautiful Watering Can Flower Market. Here you will be able to enjoy the floral surroundings while creating your very own Holiday or Winter season arrangement. Coffee, tea and snacks will be available for purchasing. **Bus leaves the Community Centre at 9:45am sharp. *REGISTRATION REQUIRED**

Workshop #1: Monday November 13th, 2023 @ 10:30am

Workshop#2: Tuesday December 12th, 2023 @ 10:30am



Ukulele Lessons

Beamsville/Grimsby Music Studio is coming to West Lincoln to offer Ukulele Lessons. Join our 8 week program every Wednesday at 11:00am starting **October 25th until December 13th**. No need to bring anything all Ukulele's are supplied. Come and learn something new, uke 'n do it!

***REGISTRATION REQUIRED**

Registration OPENS Monday October 16th @ 10:00am by calling 905-957-3346 ext. 4682.

