Lethbridge Community Schools Association		www.lcsa.weebly.com Fall 2010
0,	al Blvd W 95 Mt ented U = U	aleidoscope Community Preschool . Blakiston Rd W nparented Kaleidoscope Community Preschool
Please register by Sept 10th to	avoid class canc	Langesteriones and the measured anomalies a consistent to
	Age	Description
Mama's & Munchkins		
Wednesday 1:15 - 2:00 pm Sept 22 - Oct 27/Nov 3 - Dec 8 \$35 (up to 2 children) K	P clo	y munchkins! Bring your mama's for a morning of arts & crafts followed by a sing story. We will explore various types of painting each week. All crafts d stories will be theme related. Protective paint smocks will be provided.
Parent/Tot Play Group		
Wednesday 2:15 - 3:00 Sept 22 - Oct 27/Nov 3 - Dec 8 \$30 (up to 2 children) K		lling all parents and tots! Come and join the fun with songs, stories and er mini adventures.
Kids Cookie Decorating		
Wednesday 4:00 - 5:00 Oct 27 (Halloween) Dec 8 (Christmas) \$15 (Members) \$30 (Non-members) K		is one day class will allow your child to create yummy cookie treats for the liday. Each child will take home 6 decorated cookies!
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Other Programs KEY: N = Nic	holas Sheran	K = Kaleidoscope Community Preschool
380 Lav	al Blvd W Age	95 Mt. Blakiston Rd W, Lethbridge AB Description
Vinyasa Yoga		
Monday OR Tuesday 6:30 - 7:45 Sept 20 - Nov 30 no class Oct 11 \$75 (Members) \$115 (Non-members) BOTH DAYS - \$140.00(Members)220.00(members) 25 Class Punch Pass - \$157.00(Members)/\$240.00(Non-members) N		 Following the Hatha, this flowing yoga class links a collection of simple postures together to help bring balance to the student's mind and body. Yoga practices help create better physical health and stamina while also aiding in better concentration and mental awareness. Please bring your yoga mat and water bottle to class.
Sun Style Tai Chi		
Wednesdays 6:30 - 7:40	Young Adult Adult	- This class focus will be primarily on the many health benefits of Tai Chi. Sun style, which has smaller, less combative movements is the style

6:30 - 7:40 Sept 22 – Dec 8 \$75 (Members) \$115 (Non-members) Ν

Sun style, which has smaller, less combative movements is the style used in the Arthritis Foundation's tai chi classes. The Sun form requires no special equipment or costume, can be practiced in a relatively small space and can be adjusted for those of differing physical abilities. Class instructor Dave Scotland. First class free to try!

Young Adult -

Adult

Strength/Conditioning

Mon/Wed 6:30 - 7:30 Sept 14 - Oct 21 & Oct 26 - Dec 2 **2 times/wk** \$120 (Members) \$160 (Non-members) **1 time/wk** \$70 (Members) \$90 (Non-members) **N** Want a class that covers weight training and cardio? Well this class is for you! Our instructor will take you through a variety of strength training exercises, using various pieces of portable equipment, that will increase your heart rate at the same time! This one-stop shop class will allow you to tone, sculpt and train your way into a healthier YOU! Bringing your own free weights is a definite asset.