

DOON PIONEER PARK

Community Association

FALL 2021
PROGRAM
GUIDE



REGISTRATION OPENS AUGUST 24 AT 8:30AM
COVID - 19 PROTOCOLS IN PLACE

| Preschool | | | | | |
|---|--------|---|-------------------------|----------|-------------|
| Program Description | Age | Day/Time | Duration/ Start Date | Cost | Course Code |
| Morning Marvels with Ms. Sue and Ms. Ann This program is designed to get your child ready for the immersion into the school environment. It is a well-balanced and structured program where children will develop their social, physical, and creative abilities with the use of a variety of activities. Parent/caregivers do not stay for this program. Please be sure to bring a water bottle and snack and a change of clothes. Participants must be toilet trained. To minimize the spread of contagious illness, we kindly ask that parents and guardians keep children at home if they are not feeling well. We reserve the right to refuse a child who has a fever, runny nose, cough, or other flu or covid like symptoms. If a child were to become ill or feel unwell during our program, arrangements will be made to have child picked up. Note Class 1 is a two-day program and Class 2 is a 1-day program. | 3-4Y | Tuesday and Thursday 9:30 am to 12:00 pm | 12 weeks Sept. 14 | \$345.00 | 73004 |
| | 3-4Y | Wednesday 9:30 am to 12:00 pm | 12 weeks Sept. 15 | \$165.00 | 73015 |
| Child/Youth Fitness and Sports | | | | | |
| Parent and Child Yoga Yoga for little ones has so many benefits! You will get to model mindfulness, deep breathing, and other strategies your child can use beyond the mat. For your little yogi, the gentle stretching within the yoga poses allows for increased flexibility and improved balance. Please bring your own mat. | 6-11Y | Wednesday 5:15-6:15 pm | 11 Weeks Sept. 29 | \$60.00 | 73056 |
| Teen Yoga Teens will use simple flowing and modified poses to improve strength and flexibility. Participants will also focus on strength and breathing techniques to clear the mind and reduce stress. Please bring your own mat. | 12-16Y | Wednesday 6:30-7:30 pm | 11 Weeks Sept. 29 | \$60.00 | 73058 |

Adult Fitness and Sports

| Program Description | Age | Day/Time | Duration/ Start Date | Cost | Course Code |
|---|----------|---|-------------------------|---------|-------------|
| Pilates Through a variety of Pilates mat exercises you will develop strong abdominal and back muscles, tone and strengthen all other muscles in your body. You will increase your flexibility and improve your balance. | 16Y & Up | Monday 5:45-6:45 pm (No class Oct 11) | 10 weeks Sept. 27 | \$55.00 | 73026 |
| Pilates Sculpt When Pilates meets weights, you get Pilates Sculpt! The class implements yoga as a warmup, and transitions into sculpting by using more weights and focusing on arms and legs. As the class progresses, focus moves into hip mobility, abs, belly, and core. | 16Y & Up | Monday 7:00-8:00 pm (No class Oct 11) | 10 weeks Sept. 27 | \$55.00 | 73031 |

Adult Fitness and Sports

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|---|----------|---|----------------------|---------|-------|
| Tai Chi with Stephen This alternative form of exercise is a combination of soft martial arts and meditation. It is a low impact fitness that improves muscle control, coordination and promotes health. | 16Y & Up | Monday 6:00-7:00 pm (No class Oct 11) | 10 weeks Sept. 27 | \$55.00 | 73022 |
| Gentle Yoga with Le These yoga moves and stretches help build muscle strength and tone your body. As your posture and flexibility improve your overall energy increase. | 16Y & Up | Tuesday 9:30-10:30 am | 11 weeks Sept. 28 | \$60.00 | 73052 |
| | 16Y & Up | Thursday 9:30-10:30 am | 11 weeks Sept. 30 | \$60.00 | 73054 |
| Yoga Beginner with Le Come relax your mind and body and improve muscle tone, flexibility, and circulation. Enjoy the benefits and have fun! Bring your own mat. | 16Y & Up | Tuesday 6:15-7:15 pm | 11 weeks Sept. 28 | \$60.00 | 73041 |
| | 16Y & Up | Thursday 6:15-7:15 pm | 11 weeks Sept. 30 | \$60.00 | 73044 |
| Yoga Intermediate with Le The class will enhance your technique and enjoyment. It will build on what you have learned in the beginner class. Bring your own mat. | 16Y & Up | Tuesday 7:30-8:30pm | 11 weeks Sept. 28 | \$60.00 | 73047 |
| | 16Y & Up | Thursday 7:30-8:30 pm | 11 weeks Sept. 30 | \$60.00 | 73048 |
| Prenatal Yoga Enjoy the benefits of yoga while strengthening and preparing for labor. Please bring your own mat. | 16Y & Up | Monday 7:15-8:15 pm (No class Oct 11) | 10 weeks Sept. 27 | \$55.00 | 73055 |

Adult Drop-in Programs

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|---|----------|---|----------------------|---------------|--|
| Pickleball Pickleball is a mix of badminton, ping pong and tennis played on an indoor court. It is designed to be easy to learn and play whatever age and ability you are. Must bring own paddles and ball at present moment. | 16Y & Up | Tuesday and Thursday 1:00-4:00 pm | 12 weeks Sept. 28 | \$2 per class | |
| Pickleball Pickleball is a mix of badminton, ping pong and tennis played on an indoor court. It is designed to be easy to learn and play whatever age and ability you are. Some availability for paddle use | 16Y & Up | Wednesday 6:30-8:30 pm | 12 weeks Sept. 29 | \$2 per class | |

QUESTIONS? CALL 519-741-2641

