



ACTIVE LIVING
CLARENVILLE

WINTER 2023

ACTIVITY GUIDE

FITNESS | ART | KIDS | RECREATION





FITNESS PROGRAMS

Fitness with Hubert - ZOOM

10 weeks starting Monday February 20 - 9:00 - 10:00 a.m.

Mondays/Wednesdays (Low Impact)/Fridays Instructor: Hubert Howse Course cost: \$5 (includes all days)

Description

This is high/low aerobic workout that focuses on working the major muscle groups in the upper and lower body. It is designed to increase cardio and build endurance. The fitness session consists of a warm up, high/low impact aerobics, floor workout and a cool down.

CardioBeat Chair Aerobics - ZOOM

4 weeks starting Thursday February 23 - 6:30 - 7:30 p.m.

Instructor: Lynette Green Course cost: \$12

Description

These low-impact exercises will increase strength, flexibility, and range of motion. If you are new to exercise, have arthritis, or have lower mobility issues, this class is for you!

Yoga - Mixed - Slow Flow - ZOOM

4 weeks starting Tuesday February 21 - 7:00 - 8:00 p.m.

Instructor: Tanya Blackmore

Course cost: \$40

Description

Slower pace, time to adjust, pause and breathe between poses. Time to find the perfect alignment for the body and find stillness for the mind. Participants are asked to bring their own yoga mats if they have one.



ART PROGRAMS

Acrylic Painting 101

4 weeks starting Wednesday February 22 - 6:45 - 8:45 p.m.

Bill Davis Chalet - Elizabeth Swan Park

Instructor: Grace Payne

Course cost: \$30 includes all supplies

Description

Whether you are new to painting or looking to improve your skills, this class is for you! Learn brush strokes, how to blend and mix paint, the colour wheel, drawing basic images, how to paint your way, sealing paintings, background versus foreground painting, and surfaces to paint on.

Acrylic Paint Night, Paint and Create

Wednesday March 22 - 6:45 - 9:45 p.m.

Bill Davis Chalet - Elizabeth Swan Park

Instructor: Grace Payne

Course cost: \$30 includes all supplies

Description

Follow the instructor as you learn to paint a beautiful spring picture. Learn to mix paint, simple brush skills, and how to transfer an image to a surface. At the end of the workshop, you have a picture that you created!

Learn to crochet for beginners - Adult

4 weeks starting Thursday February 23 - 7:00 - 8:30 p.m.

Eastlink Events Centre Foyer

Instructor: Ava-Lynn Smith Course cost: \$45 includes all supplies

and patterns to make a hat and scarf

Description

This course is for beginners and will include learning to hold the hook and yarn, single and double crochet, work a straight project or in the round, read a pattern, and more.

Crochet workshop for beginners/intermediate

Thursday April 20 - 7:00 - 9:00 p.m.

Eastlink Events Centre Foyer

Instructor: Ava-Lynn Smith Course cost: \$13 including pattern

Supply list to be given once you register

Description

Amp up your crochet skills and learn how to start your projects in the round with a Magic Circle, start straight projects with a Foundation Row, make a Popcorn Stitch, make a Puff Stitch, and more.

GET OUT AND ENJOY OUR BEAUTIFUL TRAILS THIS WINTER!

[CLARENVILLE.CA/TRAILS](https://clarenville.ca/trails)





RECREATIONAL PROGRAMS

Rug Hooking

Wednesdays - 1:30 - 4:00 p.m.

Ted Cooper Room - Eastlink Events Centre

Course Cost: FREE - Ongoing

Description

Join others to work on your latest project. Want to learn?

The group will show you how!

50+ Jam Session

4 weeks starting Tuesday February 21 - 7:30 - 8:30 p.m.

Eastlink Events Centre Theatre

Instructor: Gerry Organ

Course cost: \$28 Participants require their own guitar and a tuner.

Description

Refresh your guitar skills and learn how to play music with others by learning/playing selected pieces of music. Each participant would be provided with instructions on playing and the necessary lyrics/chord sheets. Chord structures, timing, and strum patterns of new material will be covered as well as those who are more advanced will work on alternative chording and solos.

CARA Drop-in Curling

Thursdays - 10:00 - 11:30 a.m.

Eastlink Events Centre Cost: \$6 per person (First Session FREE)

Description

All Skill Levels Welcome. Must be at least 16 years of age. Get out and give this fun, relaxing sport a try for yourself. HURRY HARD!

Public Skating Sessions

Eastlink Events Centre

Skating Schedule

- Monday adult skate 9:00 a.m. - FREE
- Wed/Fri Seniors skate 9:00 a.m. - FREE
- Mon/Wed/Fri Parent and Tot 10:00 a.m. - FREE
- General skating Friday 8:00 p.m. - \$4 each/\$10 family
- Family skating Sunday 3:00 p.m. - \$4 each/\$10 family



KIDS ONLY PROGRAMS

Learn to crochet for beginners - Youth Ages 9+

4 weeks starting Thursday March 23 - 7:00 - 8:30 p.m.

Eastlink Events Centre Foyer

Instructor: Ava-Lynn Smith Course cost: \$45

Includes all supplies and patterns to make a hat and scarf

Description

This course is for beginners and will include learning to hold the hook and yarn, single and double crochet, work a straight project or in the round, read a pattern, and more.

Kids Make and Take - Easter Cupcake

Saturday April 1 - 1:00 - 2:00 p.m.

Bill Davis Chalet - Elizabeth Swan Park

Cost: \$3.00 per child

Maximum 60 registrants

Description

Decorate one fun Easter-themed cupcake with Mamma Made That. Parents are required to stay for the program.

TRY SNOWSHOEING

SNOW SHOE RENTALS AVAILABLE

Borrow our snowshoes and head out for a hike. Pay a small returnable deposit at EEC for the snowshoes.

Available Mon-Fri between 8-4



For more information please visit: <https://clarenville.ca/activeliving>

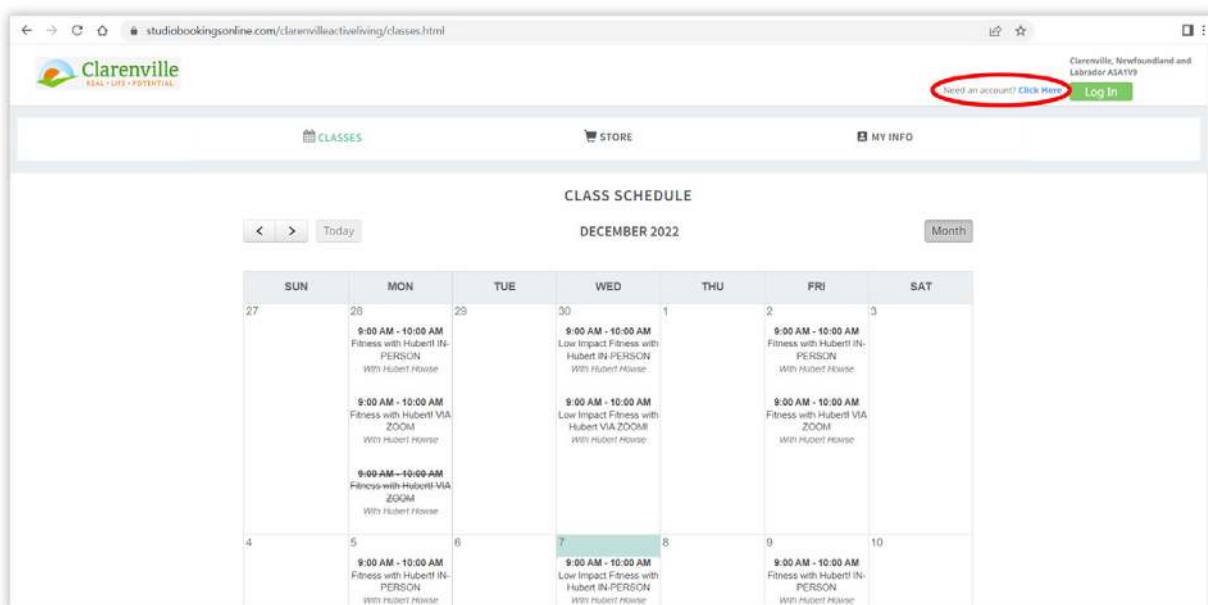




Studio Bookings: Online Sign-up Procedure



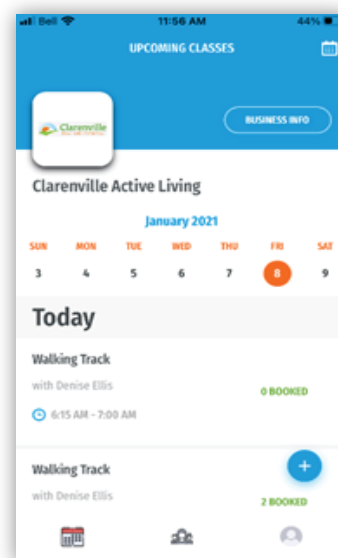
1. Visit Studio Bookings at <https://studiobookingsonline.com/clarevilleactiveliving/classes.html>
-OR- Scan the QR Code to the at the top with your smartphone.
2. Create an Account
 - a. Fill in your personal info
 - b. Click Sign-up



3. Verify your account. You will receive an email to the address you provided.
4. If you have a smartphone, Download the Studio Bookings mobile App
OR you can login to your account for quick sign-up from anywhere you have internet access.



5. Once registered, you can sign-up for any program offered by the Town of Clareville with ease.
6. **PLEASE REMEMBER** to **CANCEL** your booking for any program that you cannot attend, to allow for others to avail of the program.



If you are experiencing difficulty in registering, for assistance email thollohan@clareville.net or call 466-4105 ext 221.