



# 2021 FREE WINTER PROGRAMS:

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Gentlefit</b> 1:00 - 1:45 pm				
<b>ArtHouse</b> 4:00 - 5:30 pm	<b>YogaFit</b> 6:00 - 6:45 pm	<b>ArtHouse</b> 4:15 - 5:30 pm	<b>Kid Fit Yoga</b> 5:15 - 6:00 pm	

To receive your zoom or registration link please email:  
**[teresari@oakville.ymca.ca](mailto:teresari@oakville.ymca.ca)**  
visit **[ymcaofOakville.org/community-programs](https://ymcaofOakville.org/community-programs)**

## Kid Fit Yoga

Kidfit Yoga is for youth ages 6 to 12. With a focus on strength, endurance and flexibility, this program enhances physical literacy; increasing body awareness, balance, coordination, and concentration. Incorporating music and stories sparks imagination.

<b>Virtual Zoom Link</b>	Jan 20 - Feb 24, 2022	Thursdays from 5:15 pm – 6:00 pm
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## YogaFit

Based on traditional yoga postures and focuses on mind-body awareness, strength, flexibility, breathing and relaxation techniques. Designed to provide increased flexibility, strength and overall wellness.

<b>Virtual Zoom Link</b>	Jan 18 - Feb 22, 2022	Tuesdays from 6:00 pm – 6:45 pm
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## Gentlefit

With a combination of low impact cardiovascular aerobics, Gentlefit targets large muscle groups in order to build endurance and muscle strength. It is designed to improve cardiovascular flow, range of motion, balance and strength to allow participants to complete daily movements with confidence. This class is ideal for those new to exercise, with joint problems or limited mobility.

<b>Virtual Zoom Link</b>	Jan 17 - Feb 21, 2022	Mondays from 1:00 pm – 1:45 pm
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## ArtHouse Youth Voices Part 1: Blogging

Become a blog-writer for ArtHouse's New Blog! Open to youth ages 13 to 17.

Seeking 12 creatively driven youth to join our ArtHouse blog writing team and work with our ArtHouse Literacy Instructors to brainstorm, craft, create and promote a new blog. Do you want to get published?

This is your chance to walk away with an amazing achievement that you'll be able to share with your friends and family. *And a blog that will go out to our ArtHouse mailing list of email subscribers!*

<b>Registration Link</b>	Jan 17 - Feb 7	Mondays from 4:00 pm – 5:30 pm
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## ArtHouse Musical: Identity and Joy : Voice Class and Music Video Production

A fun-filled voice class centred around the theme of "Identity and Joy". Through three main songs and conversation, the group will explore the theme of identity and what brings us joy. These sessions will build toward the creation of a professionally edited music video, starring each member of the class! Facilitated by the lovely and talented Ramona Gilmour Darling - a Canadian actress, singer and dancer.

<b>Registration Link</b>	Feb 2 - Mar 9	Wednesdays from 4:15 pm – 5:30 pm
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## QUESTIONS?

Call Teresa at **905-580-4614**

For more information or to register [ymcaofOakville.org/community-programs](https://ymcaofOakville.org/community-programs)

