

BURNHAMTHORPE COMMUNITY CENTRE ACTIVE LIVING PROGRAMS

ABSESSION

A core conditioning class which focuses on proper technique and high repetitions to develop stronger abdominal back muscles.

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 22	Monday	7:00 - 7:30 pm	12	436249	\$38.70



BASIC FITNESS SAMPLER

Designed for the beginner this program will introduce a variety of fitness class styles such as low impact, step, toning & more.

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 25	Thursday	6:30 pm	13	426991	\$83.85

CARDIO GROOVE

Funk inspired movement & patterns set to a grooving' hip hop beat for a great workout.

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 25	Thursday	7:30 pm	6	433088	\$38.70

BUTTOCKS LEGS & CORE (BLC)

This muscle conditioning class will focus on your buttocks, legs and mid section. Using a variety of exercise techniques, with or without equipment, this class will help strengthen and tone these target areas.

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 20	Saturday	8:30 am	12	427003	\$77.40
Sept 23	Tuesday	6:30 pm	13	427005	\$83.85

LOW IMPACT

This program reduces the impact of the aerobic component. Ending with a stretch & relaxation component, this class is suitable for all levels of fitness.

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 23	Tuesday	9:15 am	13	427023	\$83.85
Sept 25	Thursday	9:00 am	13	427024	\$83.85

NIA TECHNIQUE

Nia is a combination of Dance, Martial Arts and Healing Arts. You will move with the power, ease and grace in this class. Done to music from around the world, and no matter what your fitness level, Nia is an easy to learn and fun workout that promotes mind, expression and personal growth.

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 24	Wednesday	6:30 pm	6	427029	\$54.60
Nov 05	Wednesday	6:30 pm	7	427030	\$63.70

PILATES

Pilates is a unique and effective method of strength training that focuses on attaining core stability while providing a full body workout. Emphasis is placed on the breath, body alignment, control, and form.

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sep 21	Sunday	8:45 am	13	427035	\$118.30

PILATES WITH BALL WORK

Perform some of the traditional pilates exercises on a stability ball for a new challenge.



Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 25	Thursday	7:30 pm	6	433097	\$54.60
Nov 06	Thursday	7:30 pm	7	433098	\$63.70

YOGA CLASSES available: Mondays, Tuesdays & Thursdays.

Burnhamthorpe
Community Centre
Where there's
something for everyone

1500 Gulleden Drive
Mississauga, On L4X 2T7
905-615-4630
www.mississauga.ca/burnhamthorpe

PROGRAMS

FALL 2008

SPORTS

Archery

Date: Sun Sep 21 Time: 8:30 - 9:30am
Ages: 8 - 11 yrs old 12 weeks
code: 424473 Fee: \$85.20

or

Date: Sun Sep 21 Time: 9:30 - 10:30am
Ages: 8 - 11 yrs old 12 weeks
code: 424474 Fee: \$85.20

Archery Advance

Date: Sun Sep 21 Time: 9:30 - 10:30am
Ages: 12 - 16 yrs old 12 weeks
code: 438415 Fee: \$85.20

Soccer Indoor

Date: Sat Sep 20 Time: 9:15-10:15am
Ages: 6 - 8 yrs old 12 weeks
code: 425157 Fee: \$66

or

Date: Sat Sep 20 Time: 10:15-11:15am
Ages: 9 - 11 yrs old 12 weeks
code: 438422 Fee: \$66

Basketball

Date: Tue Sep 23 Time: 5:30 - 6:30pm
Ages: 6 - 8 yrs old 13 weeks
code: 424552 Fee: \$71.50

or

Date: Sun Sep 21 Time: 2:00 - 3:00pm
Ages: 9 - 11 yrs old 12 weeks
code: 424560 Fee: \$66

Badminton Hit Around

Date: Sat Sep 20 Time: 3:30 - 5:00pm
Ages: 10 - 13 yrs old 7 weeks
code: 426990 Fee: \$44.10

or

Date: Sat Sep 20 Time: 3:30 - 5:00pm
Ages: 14 - 17 yrs old 7 weeks
code: 435914 Fee: \$44.10

Hockey Skills & Drills

Date: Thurs Nov 20 Time: 5:00 - 6:30pm
Ages: 7 - 12 yrs old 5 weeks
code: 424842 Fee: \$41.00

GIRLS

Hairstyles For Your Daughter

Workshop
Date: Tuesday Nov 18 Time: 6:30 - 8:30pm
code: 436181 Fee: \$23.70

Mother Daughter Time at the Spa

Ages 6 - 15 yrs old
Date: Tuesday Nov 4 Time: 6:30 - 8:30pm
code: 436180 Fee \$23.70

Cheerleading Basics

Starts: Tues Sept 23 Ages 8 - 11 yrs old
Time: 6:00 - 7:00pm code: 424681
Fee \$33.00 6 Classes

or

Starts: Tues Nov 4 Ages 8 - 11 yrs old
Time: 6:00 - 7:00pm code: 432517
Fee \$38.50 7 Classes

Modelling for Fun

Starts: Fri Sept 26 Ages 9 - 12 yrs old
Time: 6:00 - 7:00pm code: 427026
Fee \$31.50 5 Classes

or

Starts: Fri Nov 7 Ages 9 - 12 yrs old
Time: 6:00 - 7:00pm code: 427027
Fee \$44.10 7 Classes



Dance for Special Occasions

You and your partner want to look like you can dance at your wedding or other special occasions? You will learn basic steps to practical dances. Dance to your music!

Starts: Wed Sept 24th & Nov 5th
Time: 8:30pm - 9:30pm
Fee: \$44.76 (6weeks)
Fee: \$52.22 (7weeks)



Additional Programs offered at BCC:
Pilates
Yoga
Sports & Fitness Classes

Fall Session starts September 20, 2008!

Latin & Club Dancing:

Our newest & most fun upbeat class starts: Wed, Sept 24
Time: 7:30pm Fee: \$96.98 (13wk)



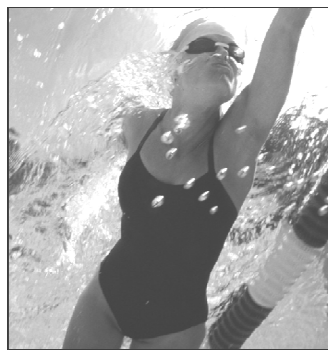
GLENFOREST POOL (located 3575 Fieldgate Dr)

FUN SWIM (Starts: Sept 20th 2008 - Mar 28th 2009)

Fri 7:05 - 8:30 pm
Sat 1:00 - 2:30 pm

RATES:
Fun Swim \$2.60
Length Swim \$3.50
Family \$6.50

Glenforest Pool offers various swim programs & lessons.
Contact us for more information at: 905-615-4630 ext. 2509



LENGTH SWIM
Mon, Fri 8:35 - 9:30 pm
Wed 9:05 - 10:00 pm
Sat & Sun 12:00 - 1:00 pm

PRESCHOOL PROGRAMS

Little Learners level 1 & 2

Through recreational games & learning activities children will explore letter recognition, beginning sounds and other pre-reading and comprehension skills. Children must be able to participate without parents.

Starts: Wednesdays Sept 24th

Times: 10:35am - 12:05pm or 4:45pm - 6:15pm

Fee: \$107.25 (13 weeks) or \$57.75 (7 weeks)



Spiffy Sports & Awesome Art

Children will spend time in the gym, without mom or dad, playing sports & cooperative games. Next, they will make art creations that focus on the many creative ways to use paint.

Starts: Wednesday Sept. 24th

Times: 9:00am - 10:30am

Fee: \$58.38 (7 weeks)

or

Starts: Wednesday Nov 12

Times: 9:00am - 10:30am

Fee: \$50.04 (6 weeks)



Kindergym Level 3 & 4

Children will discover the fun of climbing, jumping, sliding and crawling on a variety of apparatus. Structured activities and free play will help develop gross motor skills, coordination & balance.

Starts: Monday Sept 22nd & Friday Sep 26

Times: 9:00am - 10:00am or 10:00am - 11:00am

Fee: \$81.60 (12 weeks)

Mini Basketball

Children will be introduced to the concepts of passing, dribbling, shooting, team play & rules.

Starts: Sunday Sept 21st

Time: 1:00pm - 2:00pm

Fee: \$66 (12 weeks)



Mini Soccer Indoor

Children will participate in a variety of soccer activities & drills that promote coordination, development of gross motor skills & cooperation.

Starts: Saturday Sept 20

Time: 8:15am - 9:15am

Fee: \$66 (12 weeks)



BURNHAMTHORPE COMMUNITY CENTRE ACTIVE LIVING PROGRAMS

SPICY DANCE

This exotic dance class is for every woman who wants to discover herself, how her body moves, and having fun at the same time! Spicy Dance is not just about dancing sexy, but also about finding out your inner grace and beauty while having a great night out with the girls. Ages: 18 yrs & up

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 25	Thursday	8:30 pm	6	436246	\$44.76



MAMBO MODERN DANCING

Learn the Mambo dance steps in this upbeat, brassy rhythm class. This program will feature mambo, and merengue dance steps for single dancers in a fun atmosphere. Age: 15 yrs & up

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 25	Thursday	7:30 pm	6	433095	\$44.76



MERENGUE DANCING

This program will feature merengue and mambo dance steps for single dancers in an upbeat, hip swaying, fun setting. Age: 15 yrs & Up

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Nov 6	Thursday	7:30 pm	7	433096	\$52.22

REGGAETON

The blending of Cuban music, reggae, dancehall and Latin American music gives you this fresh way to get fit. Dance to the beat of reggaeton music, shape up and have fun. Ages: 15 yrs & up

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 22	Monday	7:30 pm	6	427036	\$44.76



The Burnhamthorpe CC offers Belly Dancing Level 1, 2 & 3, Mondays, Wednesdays & Saturdays. Sign up for the time & day that fits your schedule. For more information on our most popular program contact us at 905-615-4630.

DANCE MIX ADULT

A night out with your friends is about to get more exciting. Have fun in this relaxed setting while learning dance steps from ballet, jazz, hip hop, belly, Hawaiian and Bollywood. Age: 15 yrs & Up

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Sept 25	Thursday	6:30 pm	6	427012	\$44.76
Nov 06	Thursday	6:30 pm	7	433080	\$52.22

INDIAN DANCE BOLLYWOOD

Hindi dance and music is centuries old, but changing with the times. Learn hip hop dance Bollywood style. It is all the rage!

Age: 15 yrs & Up

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Nov 06	Thursday	7:30 pm	7	433090	\$52.22

DANCE FIT CLASS

A great way to get in shape! A combination of Dance, energy, ball, exercise and stretch! This fitness class is truly the best!

Start Date:	Day:	Time:	Length: (Weeks)	Code:	Fee:
Nov 6	Thursday	8:30 pm	7	436248	\$45.15

Youth dance lessons also provided: BBOY CULTURE, INDIAN DANCE & CLUB DANCE MOVEZ..... visit us for more information!