

Cobourg Community Centre

Seniors Active Living Centre

2025 Program Information

Programs Begin January 6th



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Ontario



Program Descriptions

Legend

-  Registered Programs
 Uninstructed Program



****SENIORS ACTIVE LIVING
CENTRE MEMBERSHIP
REQUIRED**

Social Activities

Book Club

A social group that meets once a month to discuss their current group book over some coffee, tea and treats. Runs the first Wednesday or every month at 10:30am.

Line Dancing

Enjoy music and movement with this line dancing class. Using a variety of music styles that will form a line dance. Stay after for more social time and enjoy a coffee.

Camera Club

A social group designed to target photography lovers. Runs the first and third Thursday of every month at 9:30-11:30am.

Card Games

Each of the card game times are uninstructed.

- Bridge
- Partner Bridge
- Euchre
- Bid Euchre

Wood Carving

An uninstructed social group that meets weekly for wood carving.

Carpet Bowling

A form of bowling played indoors on a strip of carpet, at the centre of which lies an obstacle round which the bowl has to pass.

Quilting

An uninstructed social group that meets weekly for quilting.

Fitness Classes • On going schedule; \$1.00+HST per class

Active Fit

This class is a beautiful way to start your day. A simple tai chi warmup, then practice balance and continue on to 15 minutes of isolated resistant exercises with hand weights. Standing ab exercises and relaxing cooldown end this 30 minute Active Fit class.

Functional Fitness

Practicing functional movements are important for everyday activities. Compound movements with or without resistance targets many muscle groups at the same time. In this class you will perform exercises that build a strong foundation to improve your mobility, stability and strength for daily life. There will be lots of moves, and lots of laughs and motivating music.

Muscle

This class uses a body bar, and free weights to isolate, tone, and strengthen each muscle group. With fun motivating music that will pace and challenge your MUSCLE workout. So come to "MUSCLE" to work your body, grow stronger, and have fun.

Move it!

This is an easy to follow, low impact cardio class. We use light hand weights to add resistance to add that little bit of resistance that helps you reach your fitness goals. Lots of motivating music, and simple choreography to add the variety which will make you sweat! We have some punch type moves, and resistant training in this all-around fun class. Each class ends with standing abs and a well-deserved stretch.

Cardio & Core

One of the most popular classes. Jam packed Interval training at its best. The line-up consists of (5 minutes Cardio/5 minutes standing abs with hand weights) for approximately 30 minutes. Then, using a mat, you will challenge your abs with isolated core exercises for 10 minutes. Oh! And we would never forget to do the plank challenge! At the end of the class, we have a very well-deserved stretch.

Sweat, Step, Stretch

Maybe traditional step is not for everyone, but this step class is different. The class starts with the rehearsal of all of the moves on the floor. So, once you start to feel comfortable, we challenge ourselves and start stepping. You can stay doing the cardio on the floor or accept the challenge on the step. The choreography is basic, and the music is amazing. Your heart rate will rise, and your legs will love the workout. We end the class with standing abs and full body stretch.

Chair Zumba

A seated Zumba class that is perfect for those with mobility or balance issues, as it is done in a chair. The design of the classes introduces easy-to-follow choreography that has been adapted for chair exercise.

Zumba Gold

Get a sweat on while having fun! This class is a big dance party that incorporates aerobic exercises to work on your cardio. This is a fun and high energy workout experience with easy to follow steps that will leave you with a smile on your face and some new dance moves.

FRIENDLY

Reminder

When participating in our fitness or sport programs it is important to dress appropriately which includes proper footwear. Please make sure you have proper running shoes when participating in these programs. Sandals, dress shoes, boots and bare feet are not acceptable and you will not be permitted to take part in the program.

Sport Activities

Table Tennis

Table tennis, also known as ping-pong and whiff-whaff, is a sport in which two or four players hit a lightweight ball, also known as the ping-pong ball, back and forth across a table using small rackets.

Pickleball

Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles to hit a perforated polymer ball, similar to a Whiffle Ball, over a net.



Specialty Programs



***Must hold a Seniors Membership to register for specialty programs.**

FITNESS PROGRAMS

- 6 week programs, \$54 + hst.
- Please bring your own mat

Yoga

Improve balance, flexibility, core & muscle strength. Manage stress with relaxation techniques to help you cope with the daily demands of your life.

Session 1 - January 15 to March 5 - Wednesdays 12:00pm-1:00pm

Session 2 - March 19 to April 30 - Wednesdays 12:00pm-1:00pm

Chair Yoga

All the benefits of yoga but from a seated position. This class allows you to modify yoga poses based on your health and mobility.

Session 1 - January 15 to March 5 - Wednesdays 1:00pm-2:00pm

Session 2 - March 19 to April 30 - Wednesdays 1:00pm - 2:00pm

ART PROGRAMS

- 5 week programs, \$75 + hst. No classes October 14th
- Basic materials are supplied, additional materials may be required.

Drawing 101

This course will take off where the Absolute Beginners course ended.

We will explore shape, shading, line weight and value.

Session 1 - January 9 to February 20 - Thursdays 9:00am-12:00pm

Session 2 - March 6 to April 10 - Thursdays 9:00am-12:00pm

Print Making

Printmaking is the artistic process based on the principle of transferring an image from one surface to another. We will experiment with many different types of printmaking including, Monotype, Collagraph, Lino cut and Hybrid printmaking.

All materials will be supplied for this program.

Session 1 - January 7 to February 18 - Tuesdays 1:00-4:00pm

Session 2 - March 4 to April 8 - Tuesdays 1:00-4:00pm

Painting 101

This course will take off where the Absolute Beginners ended.

We will explore colour, composition, form, and brushwork.

Session 1 - January 7 to February 18 - Tuesdays 9:00am-12:00pm

Session 2 - March 4 to April 8 - Tuesdays 9:00am - 12:00pm

Painting for Absolute Beginners

From colour mixing to which brush is for what, we will show you how to get paint on the page.

Session 1 - January 9 to February 20 - Thursdays 1:00-4:00pm

Drawing for Absolute Beginners

We will cover all the basics, from how to draw lines, to shading, and everything in between.

Session 1 - March 6 to April 10 - Thursdays 1:00-3:00pm

PICKLEBALL CLINICS

- 3 week program \$40 +HST, 6 week program \$75 +HST
- Classes begin when minimum registration is met.
- Bring your own Paddle.

BEGINNERS

If you have less than 3 months of playing experience, this is the clinic for you.

An introduction program to the rules and etiquette of Pickleball!

FRIDAY 11:00am

BEGINNERS SKILLS

With 3 or more months of Beginner Pickleball experience, this program will focus on basic skills, and continuing to learn rules and etiquette.

MONDAY 6-7pm - 6 weeks

BEGINNERS SKILLS & INTERMEDIATE

After 6 or more months of playing as a beginner, you'll be ready to start learning more about strategy and skills of the game.

TUESDAY 4:00-5:00pm

Intermediate Skills

This program is meant to continue zeroing in on skill improvement and meant for the Intermediate level of play

WEDNESDAY 9am

Intermediate/Advanced Skills

This program is to prep players who have been at an intermediate level and are looking to improve skills and join Advanced levels.

WEDNESDAY 9am

SQUARE DANCING

- January 6 to April 14 (No classes January 20, February 17, March 10)
- No Drop In Option - Winter Session, 12 weeks at \$12.00+HST

BEGINNER

Groups of 8 people form a square and learn different moves each week. Dancers are prompted or cued through a sequence of steps by a caller to the beat of music. It is progressive, you will learn new moves each week and add more each week as you go. Regular attendance is necessary.

MONDAYS 10am

ADVANCED/MAINSTREAM

Enjoy some dancing in groups of 4 with structured moves and callouts with a variety of music. Next level after Beginners.

You will continue to learn new moves to add onto the ones from the previous year. Dancers are cued through a sequence of steps by a caller to the beat of the music. Regular attendance is necessary.

MONDAYS 11am



Membership Fees

Seniors Membership Information

The Cobourg Seniors Activity Centre has been helping adults aged 55 and older to improve their quality of life by keeping active in programs and services, since 1999. We aim to keep residents, aged 55 and over, active, healthy and connected with their community. We welcome everyone to enjoy our numerous programs that suit every ability and provide a welcoming, fun atmosphere.

Membership Fee:

- Annual membership fee is \$58 +HST
- Each class is an additional \$1.00 +HST
- Memberships allow for registration for Specialty Programs, additional fees may apply.

Drop-In Pass Packages:

- 11 passes for \$10.00 +HST
- 22 passes for \$20.00+HST
- 55 passes for \$50.00+HST

Must obtain an annual membership to purchase a pass package. *Not valid for specialty programs.

Visitors Drop-in Pass:

\$5.00 per class. Valid for visitors wanting to drop-in to a registered class that do not have an annual membership or are out of town residents. Not valid for specialty programs, a separate drop-in fee of \$10.00 is required for specialty program drop-ins only if space permits.

Dates to Remember:

- Family Day - February 17th - No Programs Available
- Good Friday - April 18th - Facility Closed
- Seniors Spring Social - May 1st - More details to come!

Join our EMAIL list for additional program information and updates!



Cobourg Seniors Active Living Centre

Program Schedule

Registered Programs
You must register online or by calling reception

Begins February 3rd, 2025

****Must have valid Seniors Active Living Centre Membership to participate****

Monday	Tuesday	Wednesday	Thursday	Friday
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Pickleball Adv 9-10:45am Gym A	Pickleball Adv 9-10:45am Gym A	Active Fit 8:45-9:15am Gym B	Functional Fitness 8:45-9:15am Gym B	Chair Zumba 9:30 -10:00am Gym B
Active Fit 9:00-9:30am Gym B	Wood Carving 9:00-12:00pm Seniors Room	Quilting 9:00-3:00pm HTM Room	Pickleball Adv 9-10:45am Gym A	Zumba Gold 10:15 - 11:00am Gym B
Friendship Group 9:30-11:30am Seniors Room	Zumba 9:30-10:15am Gym B	Cardio & Core 9:30-10:15am Gym B	Move It! 9:30-10:15am Gym B	Euchre 1:00-4:00pm Seniors Room
Move it! 9:45-10:30am Gym B	Line Dancing 10:00-11:00am Cameco	Muscle 10:30-11:15am Gym B	Sweat, Step, Stretch 10:30-11:15am Gym B	
Muscle 10:45-11:30am Gym B	Pickleball Int 11:30am-1:15pm Gym A+B	Pickleball Int 11:30am-1:15pm Gym A+B	Pickleball Int 11:30-1:15pm Gym A+B	
Pickleball Beg 11:45am-1:30pm Gym A+B	Carpet Bowling 1:00-4:00pm Cameco	Pickleball Beg 1:45-3:30pm Gym A+B	Carpet Bowling 1:00-4:00pm Cameco	
Pickleball Int 1:45-3:30pm Gym A+B	Bridge 1:00-4:00pm Seniors Room	Partner Bridge 1:00-4:00pm Seniors Room	Table Tennis 2:00-4:00pm Gym B	
Bridge 1:00-4:00pm Seniors Room	Table Tennis 2:00-4:00pm Gym B	Bid Euchre 2:00-4:00pm Cameco A		

***CAMERA CLUB**
Meets the first and third Thursday of every month
9:30am-12:00pm

***BOOK CLUB**
meets the first Wednesday of every month
10:30am -11:30am



Schedule and Information - January 30, 2025