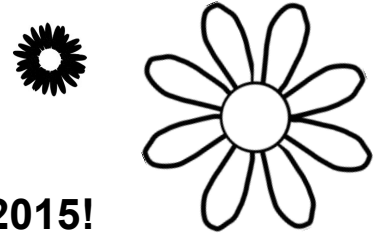


# West Lincoln

Your Future Naturally

Get fit  
this

**Spring**



**Spring Fitness Classes**  
**REGISTER BY 12:00pm APRIL 7, 2015!**

**Multiple Class Discount**

Combine any of our \$60.00 classes for a discount.

**2 classes-\$108**

**3 classes-\$155**

**4 classes-\$192**

**5 classes-\$225**

**6 classes-\$252**

*Each class requires a minimum number of participants to run. The Township of West Lincoln, Recreation Services will happily attempt to accommodate participants in another class or issue a full refund for any class that is cancelled.*

**What's coming up?**

## **PUBLIC WORKS & EMERGENCY SERVICES OPEN HOUSE**

*In celebration of National Public Works Week*  
**May 21, 2015 10am to 2pm**  
**Fire Headquarters-Station 1**

**Summer Camp Flyer and  
Registration Form Coming Soon!**

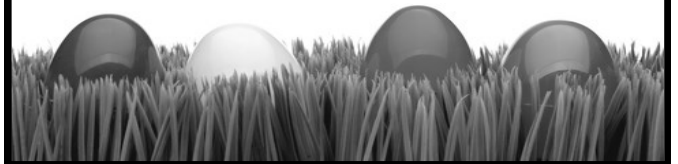
## **Easter Egg Hunt**

West Lincoln Arena  
Cattle Ties Area

**April 3, 2015 10am**

Rain or Shine

Ages 0-3, 4-5, 6-7, 8-10



**Recreation & Municipal Guide  
Coming this Spring!**

**Recreation Services**  
905.957.3346

[www.westlincoln.ca](http://www.westlincoln.ca)  
[recreation@westlincoln.ca](mailto:recreation@westlincoln.ca)



# Fitness Programs

## TABATA

Dr. Izumi Tabata created this form of exercise in 1996. By exercising in Tabatas, you will build muscle strength and endurance at a higher level than doing traditional forms of exercise. 8 rounds (20 seconds of exercise, followed by 10 seconds of rest) Bring weights, mat and water. This is high intensity interval training. 8 classes.

**Every Other Monday 8:15pm to 9:15pm \$60.00**

SLHS Gymnasium - April 13, 27, May 11, 25, June 8  
Arena Hall - June 22, July 6, 20

## TBW TOTAL BODYWEIGHT WORKOUT

Getting back into the swing of things does not need to be confusing and complex. This class will stick to classic bodyweight favourites. TBW is developed for both fitness beginners and those people who want to maintain their fitness level. This is an easy-to-follow, total body program. Bring water and a mat. 8 classes.

**Every Other Tuesday 8:15pm to 9:15pm \$60.00**

Smithville United Church  
April 21, May 5, 19, June 2, 16, 30, July 14, 28

## KETTLEBELL AMPD

Kettlebell AMPD is a hot, new, group-fitness class that takes kettlebell exercises and combines them to heart-pumping music to give you a fun and total body workout! One kettlebell required for participation. Add \$10.00/kettlebell (5lb or 10lb) to your total registration fees....or bring your own. (metal kettlebells recommended) Bring water and a mat. 8 classes

**Every Other Wednesday 8:15pm to 9:15pm \$60.00**

SLHS Gymnasium - April 8, 22, May 6, 20, June 3, 17  
Arena Hall - July 15, 29

## BOOYAH! BOOT CAMP

This Boot Camp is a fun group training experience! BOOYAH! Boot Camp is a total body workout that will leave you feeling and looking great! Class is taught by a personal training specialist. Join with a friend and get fit together! Bring weights, mat and water.

**BC1-Fridays 7:15pm to 8:15pm \$60.00**

SLHS Gymnasium-April 17, 24, May 1, 8, 15, 22, June 19  
Arena Hall - June 26

**BC2-Fridays 7:15pm to 8:15pm \$60.00**

Arena Hall - July 10, 17, 24, 31, Aug. 21, 28, Sept. 4, 11

## ZUMBA TONING

When it comes to getting in shape, Zumba® Toning raises the bar with a class designed for the more hardcore Zumba participant. Targeted body-sculpting exercises and a high-energy cardio work with Latin-infused Zumba moves creates a calorie-burning, strength-training, dance fitness-party. Participants learn how to tone arms, abs and thighs. Zumba® Toning is the perfect way for beginners and enthusiasts to sculpt their bodies naturally all while having a total blast! Bring water and weights (1-3lbs).

**Mondays 7:00pm to 8:00pm (8 weeks) \$60.00**

South Lincoln High School Gymnasium  
April 13, 20, 27, May 4, 11, 25, June 1, 8

## HATHA YOGA

Welcome to Yoga with Mandy!...a balanced combination of poses (asana) with attention to basic alignment and therapeutic principals. Classes will focus on developing mindfulness by observing the breath and body through movement while finding that balance between effort and ease. Prepare to be gently challenged.

Bring yoga mat and blanket.

All classes are held at the Smithville Train Station.

Gentle Hatha - Great for beginners!

**Mondays 9:00am to 10:15am (10 weeks) \$75.00**

April 13, 20, 27, May 4, 11, 25, June 1, 8, 15, 22

Hatha

**Mondays 7:00pm to 8:15pm (10 weeks) \$75.00**

April 13, 20, 27, May 4, 11, 25, June 1, 8, 15, 22

**Thursdays 7:00pm to 8:15pm (10 weeks) \$75.00**

April 9, 16, 23, 30, May 14, 21, 28, June 4, 11, 18

**2 Yoga Class Combo - \$135.00**

## TAI CHI

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi. Improve your circulation, reduce tension, and increase your strength and flexibility. Tai Chi is a gentle fitness class suitable for older adults and is adaptable to all fitness levels. Suitable for all ages.

**Tuesdays & Thursdays (10 weeks)**

**10:00am to 11:00am**

Start: Week of April 20, 2015

West Lincoln Arena Hall

**\$40.00**

## NORDIC WALKING

**Nordic.  
Walking**

Enjoy the outdoors and receive instruction from a certified Nordic Walking Instructor. Space is limited, so register early to save your spot.

**Thursdays 6:30pm to 8:00pm at West Lincoln Arena (outdoors)**

\$50 (Includes set of poles) Limited Availability

\$40 (Poles not provided)

April 16, 30, May 7, 14, 21, June 11, 25, July 9, 23, August 6, 20

### FAMILY INFORMATION

Name	Age	Birthdate DD/MM/YYYY	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female
Address		Home Phone Number	
		Email	
		Cell/Other Phone Number	
Parent/Guardian Name (If under 18)			

### PAR-Q & YOU and Medical and Special Considerations

An accurate disclosure of health and special considerations is important to ensuring safety in all recreation programs.

**Please make sure you fill out the form on the reverse of this page.**

### EMERGENCY INFORMATION

Emergency Contact Name	Phone Numbers	Relationship
Emergency Contact Name	Phone Numbers	Relationship

### PARTICIPANT INFORMATION

Activity/Course	Location	Day & Time	Fee
Activity/Course	Location	Day & Time	Fee
Activity/Course	Location	Day & Time	Fee
Activity/Course	Location	Day & Time	Fee

### WAIVER

In consideration of the enrolment in the above program(s), the undersigned, in his/her personal capacity, and on behalf of the participant named above, hereby releases and forever discharges the Township of West Lincoln, its agents, servants and employees from all damages, claims, actions or causes of actions, however caused, arising from the participation of the said participant in the above-noted program(s) at any location where the program may be conducted, except where the damage or injury to the said participant is caused by gross negligence of the said Township, its agents, servants, or employees.

Permission is hereby granted to the Township of West Lincoln and its representatives to transport my child to a local Doctor or hospital for medical treatment if necessary.

**The Township of West Lincoln reserves the right to use photographs of recreation programs and participants for promotional purposes.**

Personal information contained on this form is collected, maintained and used in accordance with the Municipal Freedom of Information and Protection of Privacy Act, and said information will be used only to facilitate registration for Township program, to produce statistical reports, and to provide inclusive programming. Questions about this collection should be directed to the Township Clerk at 905-957-3346.

Signature or (Parent /Guardian): \_\_\_\_\_

Date: \_\_\_\_\_

# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. <b>Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

If  
you  
answered

## YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT  
or GUARDIAN (for participants under the age of majority) \_\_\_\_\_

WITNESS \_\_\_\_\_

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**

