

NORDIC WALKING CLUB:

Schedule: Mondays and Fridays; 10:00 am to 11:00 am

Start Date: June 11th year round.

Age Group: All Ages, Co-Ed

Every Monday and Friday morning head over to the Community Centre Pavilion and join The Magnetawan Nordic Walking Group, using a variety of local roadways, trails and facilities. Nordic Pole Walking is a total body exercise version of walking, burning 20-50 % more calories than just regular walking. The work is shared by so many major muscles, you can actually feel like you're working less while accomplishing much more, and with much less risk of injury. Strengthen abdominal, back, arm, shoulder, chest, leg and all "core" muscles (without separate weight or resistance training!), and too many others to list. All Ages, Co-Ed.

DROP IN SPORTS PROGRAM:

Schedule: Tuesdays 6:30 pm to 7:30 pm

Start Date: June 12th year round.

Age Group: See below for more details, ages 6 to adult, Co-Ed

Don't have time to commit to a 10 week program or league? Try our drop-in programs and join your family and friends for a friendly pick-up game on Tuesday Evenings at the Community Centre Pavilion. Pick up sports are supervised but not coached or instructed and equipment will be supplied. Choose from basketball, floor hockey, badminton, soccer, volley ball, and various outdoor/indoor Games. You can be active and have fun with your family and friends in a non-competitive community environment. All Ages, All Genders. **Please note; that Children under the age of 8 must be accompanied by a parent or guardian.**

EXERCISE/FITNESS CLASS:

Schedule: Tuesdays and Thursdays; 11:00 am to 12:00 pm

Start Date: Currently in process, Year round.

Age Group: 50+, Co-Ed

Healthy Aging Fitness Class:

The one-hour Healthy Aging Class consists of walking around the room for about 6 minutes at the beginning, then working into a cardio session with forward/backward movement and side-to-side. Followed by a warmup stretch. Onto the muscle conditioning section using weights, we strength train all the major muscles of the body either standing, sitting or lying on the floor - 2 sets of 12 repetitions. Stretches are interspersed throughout. We finish on the floor with ab & back exercises and a final relaxation stretch! A total body workout in 1 hour!!

PICKLE BALL:

Schedule: Wednesdays; 10:00 am to 11:30 am,

Start Date: June 6th year round.

Age Group: Currently restricted to 50+, Co-Ed

Every Wednesday Morning head over the Community Centre Pavilion and join in playing Pickle Ball; a sport blending physical, mental and social elements together, since it works both your legs and upper

body. Pickle ball is a paddle sport that combines elements of badminton, tennis, and table tennis. Unlike many other activities that involve jumping or repeated impact (running), pickle ball is easier on the joints, making the game more accessible for older players. Currently restricted to 50+, Co-Ed

ARCHERY:

Schedule: Thursdays; 6:00 pm to 7:00 pm: Children 6- 12 yrs Only, Co-Ed
7:00 pm to 8:00 pm: Youth 13-24 yrs Only, Co-Ed

Start Date: July 5th to October 25th

Thursday Evenings, beginning July 5th, come down to the Community Centre Pavilion and take part in a night of target practice. Participants will gain a solid understanding of the basics of archery and learn proper shooting techniques. Whether you're an aspiring Olympian or just looking for a new backyard family sport, this is the place to get started.

Please Note:

- All participants must agree to follow all Range rules and the Instructors, or they will be asked to leave the session.
- Children under the age of 8 must be accompanied by a parent or guardian.
- Participants are encouraged to participate in the following sessions;
- 6:00 pm to 7:00 pm: Children 6- 12 yrs Only, Co-Ed,
- 7:00 pm to 8:00 pm: Youth & Adults 13+ yrs Only, Co-Ed

WORKSHOPS/OTHERS: (Dates are subject to Change)

- ❖ Thursday June 28th, 2018; Spry in Sport Older Adult Fun Night!
 - 6:00 pm to 7:30 pm, Community Centre Hall
 - Physical Literacy and what that means to you!
 - Games and Activities to get you moving! For 50+ ages

- ❖ Monday July 16th, 2018; Getting your 150 per week!
 - 7:00 pm to 8:30 pm, Community Centre Hall
 - Creating new and SMART goals
 - Cardio vs. Aerobic vs. Muscular vs Endurance, the importance of variation, and intensity levels
 - ParticipACTION 150 challenge
 - Tracking our Goals, (paper/electronic)
 - journals/charts/logs; foods/calories/menus/blood sugar levels/blood pressure
 - self-reflections/review
 - New technologies available to assist with tracking.
i.e. carot, other phone apps, health apps, fit bits, pedometers

- ❖ Monday August 20th, 2018; New Canadian Food Guide and Menu planning (No food will be Served)
 - 7:00 pm to 8:30 pm, Community Centre Hall
 - Find out about the new changes in Canada's Food guide and which foods will give you the best boost!
 - Recipe exchanges and how to convert old favourites in to new healthier versions-
i.e. low fat, seasonal menus, 100 mile diet, farmer's markets.
 - Understanding food labels and proper portioning, shopping smart.

- ❖ Monday September 17th, 2018; Plogging! Community Clean Up Workshop,
 - 4:30 pm to 5:30 pm, Community Centre Hall
 - Picking up trash has turned into a semi-competitive sport, called Plogga! Plogga was born in Stockholm, Sweden, mixing the words "plocka" and "jogga," or "pick up" and "jogging". Plogging is similar to interval training and mobility training. Plogging has gained international interest in running communities, but it's not just about jogging. You can pick up trash while walking your dog or heading anywhere, or while biking or even boating.
 - Please join us and participate in an activity that combines movement and taking care of the environment, and keeping Magnetawan an inviting place to visit.

- ❖ Planning Session: For Future Fifty Plus Summer Games, to be held in Summer 2019 TBA closer to October.