

# WELLINGTON

## RECREATION COMMITTEE WINTER PROGRAMS

### STARTING THIS WEEK

#### TUESDAY EVENINGS

YOUTH'S SOCCER SKILLS

#### WEDNESDAY MORNINGS

PILATES CLASSES

#### WEDNESDAY EVENINGS

INTRODUCTORY PICKLEBALL

#### THURSDAY MORNINGS

YOGA CLASSES

#### SATURDAY MORNINGS

CHILDREN'S DANCE



At CML Snider Gym, Wellington

### INTRODUCING PICKLEBALL

**Evening:** Wednesdays, January 11 - May 2

**Fee:** \$5 per night, first session free.

**Adults:** 7 p.m. - 9 p.m.

**Fun Exercise - Equipment Supplied**

**Info:** Betsy 613-399-3463 [mackinnon.betsy@gmail.com](mailto:mackinnon.betsy@gmail.com)

**What's Pickleball?**

<http://www.youtube.com/watch?v=0kt8dzoz2bk>

**NEWBIES  
INVITED!**

At CML Snider Gym, Wellington

### SOCCER SKILLS CLINIC WITH ANDREW HOUSTON

**Evening:** Tuesdays, January 17th to May 1st

(excluding School Break, March 13th)

**Fee:** 15 weeks for \$20

**Youth:** (ages 9-15) 7:00 - 8:30 pm

**Conditioning - Skills Development**

**Info:** Andrew 613-922-2501 [ajhouston@live.com](mailto:ajhouston@live.com)

**JUMP START  
SPRING!**

Day Programs at the Town Hall

### PILATES MAT & SMALL EQUIPMENT CLASSES WITH CERTIFIED INSTRUCTOR JENNIFER COBB

**Day:** Wednesdays 9:30 - 10:30 am January 11th - March 7th

No class January 25th

**Fee:** 8 Weeks \$72. Drop in \$10/session

**Get to your Core Strength,**

**Flexibility and Balance**

**Info:** Jennifer 613-399-5222 [jennifer.cobb@live.com](mailto:jennifer.cobb@live.com)

**DROPS INS  
WELCOME!**

### YOGA WITH GORDON GWYNNE-TIMOTHY

**Day:** Thursdays 9:30 - 10:45 am January 12th to March 1st

**Fee:** 8 Weeks \$72. Drop in \$10/session

**Relax - Feel Better - Enjoy**

**Info:** Gordon 613-399-5424

[gordon.gwynnetimothy@gmail.com](mailto:gordon.gwynnetimothy@gmail.com)

**DROP INS  
WELCOME!**

Saturday Mornings at the Town Hall

### CHILDREN'S DANCE WITH KERRY BRUCE-SLADE

**Day:** Saturdays, January 14th to March 3rd

**Fee:** 8 Weeks \$56

**Exercise - Confidence - Fun**

**Ages 3-5:** 10 - 11 am

**Ages 6-12:** 11 am - noon

**Info:** Kerry 613-399-5779 [kerryannebruce@hotmail.com](mailto:kerryannebruce@hotmail.com)

**TWO  
AGE GROUPS!**

**BOOK EARLY AS MINIMUM CLASS SIZES APPLY!**

### THE WELLINGTON WALKING CLUB

Meets Wednesdays 6-7 pm on the track at Essroc Arena.

All are welcome. Walk for health, speed, distance and fun.

Free of charge!

**Pre-registration preferred or, 10 minutes before sessions**

**Cheques payable to Wellington Recreation Committee**