



# HURON COMMUNITY ASSOCIATION (HCA) PROGRAMS SPRING 2021

The HCA is offering virtual programming for the Spring 2021 session.

Registration available on Kitchener Active Net - to view all the Huron programs, search 'Huron' or visit [https://anc.ca.apm.activecommunities.com/activekitchener/activity/search?onlineSiteId=0&activity\\_select\\_param=2&activity\\_keyword=huron&viewMode=list](https://anc.ca.apm.activecommunities.com/activekitchener/activity/search?onlineSiteId=0&activity_select_param=2&activity_keyword=huron&viewMode=list)

VIRTUAL PROGRAMS					
Program Description	Age	Day/Time	Duration/ Start Date	Cost	Course Code
<b>Gymnastics Home Tumble</b> Want to learn to handstand at home? The HCA has partnered with the KW Gymnastics staff to offer progressions and drills at home!	6Y-9Y	Saturday 9:45-10:15 AM	4 weeks March 27	\$25.00	65956
<b>Gymnastics Home Tumble - Family Fun</b> Presented in partnership with Kitchener-Waterloo Gymnastics. Need to shake some sillies out? Join the KW Gymnastics staff for a fun, family, music and movement session. Let's get our bodies moving!	2Y-5Y	Saturday 9:00-9:30 AM	4 weeks March 27	\$25.00	65955
<b>Virtual Hatha Flow Yoga</b> Yoga and Pilates combined as one for a full body workout, focusing on building strength, flexibility, posture, and so much more! A great way to unwind at the end of a long day! Participants will be attending virtually and are recommended to use a yoga mat.	13Y+	Monday 6:00-6:55 PM	12 weeks March 29	\$57.80	65866
<b>Virtual Gentle Yoga</b> Explore yoga through breathing techniques and proper alignment in poses. A great way to unwind at the end of a long day! Take this class along with the Hatha Flow Yoga from 6:00-6:55 pm for a full evening of exercise and relaxation. Participants will be attending virtually and are recommended to use a yoga mat.	13Y+	Monday 7:00-7:55 PM	12 weeks March 29	\$57.80	65860
<b>Virtual Intro to Dance</b> Enjoy a variety of dance moves each week, improving upon rhythm and coordination. This class will be taught virtually by instructor Jasmine.	4-6Y	Thursday 4:15-4:45 PM	6 weeks April 1	\$25.20	65928
<b>Virtual Intro to Dance</b> Enjoy a variety of dance moves each week, improving upon rhythm and coordination. This class will be taught virtually by instructor Jasmine.	7Y-9Y	Thursday 5:00-5:45 PM	6 weeks April 1	\$52.02	65869
<b>Virtual Intro to Dance</b> Enjoy a variety of dance moves each week, improving upon rhythm and coordination. This class will be taught virtually by instructor Jasmine.	4-6Y	Thursday 4:15-4:45 PM	4 weeks May 13	\$25.20	65927
<b>Virtual Intro to Dance</b> Enjoy a variety of dance moves each week, improving upon rhythm and coordination. This class will be taught virtually by instructor Jasmine.	7Y-9Y	Thursday 5:00-5:45 PM	4 weeks May 13	\$52.02	65926
<b>Virtual Babysitting Course</b> Offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. Offered virtually in partnership with Huron Community Association and KMW Outreach (training affiliate of Red Cross).	11Y-15Y	Monday Wednesday Friday 1:30-4:00PM	April Break April 12-16	\$50.00	65895