



# Varsity VOICE

MARCH 2019

The Official Newsletter of the  
**VARSITY COMMUNITY ASSOCIATION**  
[www.vcacalgary.com](http://www.vcacalgary.com)

**Happy  
St. Patrick's  
Day**

**VCA Tykes  
Soccer Registration**

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# Varsity Community Association

4303 Varsity Dr. N.W., Calgary T3A 0Z7  
Tel: 403-288-9001, Fax: 403-247-3100

General E-mail: [vca@telus.net](mailto:vca@telus.net) Website [www.vcacalgary.com](http://www.vcacalgary.com)

### Board of Directors

President ..... Bob Benson, 403-286-9502  
 Past President ..... Jay Pritchard, 403-286-4607  
 Vice President ..... Bill Levesque, 403-288-3696  
 Secretary ..... Persica Jear, [pj@nucleus.com](mailto:pj@nucleus.com)  
 Treasurer ..... Collin Newman, 403-276-9687  
 Facilities ..... Vacant  
 Civic Affairs ..... Darlene Feil, 403-247-1151  
 Sports ..... Chris Steudler, [csteudler2012@gmail.com](mailto:csteudler2012@gmail.com)  
 Communications ..... Vacant  
 Director of Finance ..... Vacant  
 Director at Large ..... Matt Deacon, [matthew.w.deacon@hotmail.com](mailto:matthew.w.deacon@hotmail.com)  
 Director at Large ..... Lorina Rigaux, [lorina@ualberta.net](mailto:lorina@ualberta.net)  
 Director at Large ..... Silvia Pikal

### Committee Chairs

Casino ..... Grant Basiuk, [vcagm@telus.net](mailto:vcagm@telus.net)  
 Crowchild Twin Arenas ..... Jim Courchesne, 403-288-3617  
 Membership ..... Vacant  
 Parks ..... Sue Davison, [atbowmontpark@gmail.com](mailto:atbowmontpark@gmail.com)  
 Civic Affairs Transportation Subcommittee ..... Vacant

### Community Office Staff

General Manager ..... Grant Basiuk, [vcagm@telus.net](mailto:vcagm@telus.net)  
 Office Coordinator ..... Ann Wohlers, [vca@telus.net](mailto:vca@telus.net)  
 Program Coordinator ..... Peri-Lynne Blair, [vcapros@telus.net](mailto:vcapros@telus.net)  
 Building Coordinator ..... Dalmain Davis, [vcabldg@telus.net](mailto:vcabldg@telus.net)  
 Accountant ..... Cheryl Yowney, [vcaacct@telus.net](mailto:vcaacct@telus.net)  
 Childcare Services (Preschool/Out of School) ..... [vcachild@telus.net](mailto:vcachild@telus.net), 403-247-1145  
 Director ..... Joanne Nickerson  
 Assistant Director ..... Shelley Harrison

### Elected Officials

Councillor ..... Ward Sutherland, 403-268-2430  
 MLA ..... Stephanie McLean, 403-216-5436  
 School Board ..... Trina Hurdman, 403-817-4000  
 Catholic School Board ..... Myra D'Souza, 403-500-2000

### Varsity Voice

#### Editor & Article Submissions:

Ann Wohlers ..... 403-288-9001

#### Advertising Sales:

Pam: 403-880-1819 ..... [pam@suburbanjournals.ca](mailto:pam@suburbanjournals.ca)  
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[www.SuburbanJournals.ca](http://www.SuburbanJournals.ca)

## In Our Community

# Mom & Tot Yoga

Join Instructor Carrie Versfeld for this fun and innovative Yoga Flow style class specially designed for Moms (or Dads) and their pre-school children. The focus will be on controlled range of motion poses (asanas) designed to build strength, stamina and flexibility. Fun and playful poses for the children will be incorporated into the first 10 minutes of class with the focus on the parent to follow. The format will be flexible to allow for parent and child interaction when needed. The room is a great space with washrooms attached. (children ages: baby to 3 yrs – it is recommended that babies be in car seats for safety)

Please bring: yoga mat, water bottle, toy for your child

CLASS: 1. 4 wks Mon. Feb. 25 – Mar. 18

2. 4 wks Mon. Apr. 8 – May 6 (No class Apr 22)

TIME: 10:30 – 11:30 am

COST: \$45.00 (each session)

REGISTRATION: Online at [vcacalgary.com](http://vcacalgary.com)



# YES!

I want to be a supporter of my community and all the good it does!

**Please send me a Varsity Community Association membership!**

Names: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Type of membership:  Community (Household) - \$36.75  
 Senior (55+) - \$10.50/senior

Payment: \$ \_\_\_\_\_ Donation: \$ \_\_\_\_\_

Please issue a tax receipt for my donation

\* Memberships are valid from September to August of the following year. Please mail or drop off, along with your cheques made payable to:

**Varsity Community Association,**  
**4303 Varsity Drive NW, Calgary, Alberta, T3A 0Z7**

## Accredited/Licensed Summer Day Camps

**V**arsity Out of School Care offers fabulous, full summer camps for K – Gr. 6 for 9 weeks. Our days are full of arts/crafts, games, activities and amazing field trips. We go to many child friendly local attractions. Up to 4 field trips per week i.e. Calgary Zoo, Calaway Park, Cochrane Ranch, Wave Pool, Science Centre and much more. Reasonable weekly rates and professional transportation. Our qualified staff are trained in childcare, first aid and have obtained a police check. We are commuter friendly. Hope to see you soon.

**Fees:** \$265 per child weekly/member rate

\$290 per child weekly/non-member rate

**Main Camp Program:** 9:00 am – 3:00 pm

**Free Before & After Care:** 7:30 am – 5:30 pm

**Calendar of Events and Registration:** [vcacamps.com](http://vcacamps.com)

For more information call 403-247-1145 or email [vcachild@telus.net](mailto:vcachild@telus.net)



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# New VCA Tykes Soccer Registration Procedure

If you have questions please email [vcapro@telus.net](mailto:vcapro@telus.net)



**2019**  
**Varsity Community**  
**Tykes Soccer**

**SOCCERTECH.CA**

Jersey, Professional Pictures, Hacky Sack, Tech Training included  
Volunteer Opportunities on first-come, first-served basis  
**U4 Tue Apr 30 - Jun 18**  
**U5-U10 Tue/Thu Apr 30 - Jun 20**

Early Registration Jan 28 - Feb 22  
**U4 \$55, U5-U10 \$70**  
Regular Registration Feb 23 - Mar 16  
**U4 \$70, U5-U10 \$85**  
VCA Membership of \$36.75 required  
**U12, U14, U16/U18 also available**

**Register at [www.soccertech.ca](http://www.soccertech.ca)**

# Varsity Programs

**Program details and online registration on our website at: [www.vcocalgary.com](http://www.vcocalgary.com)**

- **Art Class 1: Abstract Acrylic Painting:** 4 wk  
Thurs. Apr. 4 – Apr. 25 1:00 – 3:00 p.m. \$120.00
- **Art Class 2: Water Colour Painting:** 6 wk  
Mon. Mar. 25 – May 6 1:00 – 2:30 p.m. \$95.00
- **Cardio Combo Fitness:** Options  
Thurs. 14 wk Mar. 7 – Jun. 6 \$120.00  
Thurs. 10 wk Apr. 4 – Jun. 6 \$90.00  
Thurs. 6 wk May 2 – Jun. 6 \$60.00  
all at 10:30 – 11:30 am
- **LaBlast Dance Fitness: EVENING** 8 wk  
Mon. Mar. 18 – May 13 6:15 – 7:15 p.m.  
\$95.00 5X Punch \$70.00
- **LaBlast Dance Fitness: MORNING**  
1. 10 wk Wed. Feb. 6 – Apr. 10 10:30 – 11:30 a.m.  
\$110.00 5X Punch \$70.00  
2. 6 wk Wed. Apr. 24 – May 29 10:30 – 11:30 a.m.  
\$75.00
- **Mindful Meditation:** 6 wk  
Thurs. Mar. 7 – Apr. 11 9:00 – 10:00 a.m. \$70.00
- **Mom & Baby – Stretch & Strength:** 4 wk  
Wed. Mar. 13 – Apr. 3 9:00 – 10:00 a.m. \$45.00
- **Mom & Tot Yoga:** 4 wk  
Mon. Apr. 8 – May 6 10:30 – 11:30 a.m. \$45.00
- **Pilates:** 6 wk  
Wed. May 1 – Jun. 5 11 – 12:00 p.m. \$75.00
- **Seniors Yoga:** 8 wk  
Tues. Apr. 23 – Jun. 11 11 – 12:30 pm \$130.00
- **Silver Swans 55+ Ballet Fitness:** 6 wk  
Thurs. Apr. 25 – May 30 10:30 – 11:30 a.m. \$75.00
- **Tai Chi:** 8 wk  
Tues. Apr. 16 – Jun. 4 9:00 – 10:30 a.m. \$130.00

# Calgary Connection

**Taxes have you stressed!** FREE Tax Clinic for low income Families, Seniors & Individuals. SSCA will be hosting free tax clinics for low income families, seniors and individuals. Returns are processed by Chartered Professional Accountants (CPA's) and CPA candidate volunteers organized through CPA Alberta. Thursday, March 21/19, 6:00 – 9:00 pm and Tuesday, April 2/19, 6 – 9pm at the Silver Springs CA. By appointment only. Call 403-288-2616 to book your time slot.

**24th Annual Bow West Art Show and Sale - Saturday April 6 10am to 3pm** at the Silver Springs Community Centre where approximately 30 artists will show case their work. From landscapes to still life, there is sure to be something for everyone. Payment is accepted by cash or cheque only. Entry is FREE



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# Varsity Child Care

### School Age Child Care at Varsity Out of School:

We offer child care for children Gr. 1 to Gr. 6 attending Varsity Acres. The program is operated at the Varsity Community Centre. Our program is full of fun, games, various child friendly clubs, sewing, hockey and much, much more. We are an accredited and licensed program with the Alberta government.



We offer full day care on professional days, teacher convention and Spring break for children enrolled in the Out of School programs.

We offer child care for children attending the A.M. Kindergarten program at the Varsity Acres School.

At the Varsity Community Centre,  
4303 Varsity Drive NW 403-247-1145, vcachild@telus.net,  
www.vcocalgary.com

# Varsity Babysitters

An asterisk (\*) before the names below indicates that babysitters have passed a course sponsored by the Calgary Safety Council.

* Alice	403-481-1364
* Angel	403-797-4443
* Calla	587-438-5343
* Chiara	403-454-3306
* Christine	403-863-8634
* Julia	403-220-9102
* Liam	403-690-5666
* Maria	587-887-2424
* Nick	403-710-8984
* Olivia	403-312-0941
* Prerna	403-286-9595
* Sara	403-607-4365
* Shelby	403-275-6728
* Sierra, *Aleisha	403-276-8085
* Sophie	403-719-2834
* Stavroula	587-998-5557
* Stefan	403-288-0608
* Tessa	403-275-6728
* Tiffany	403-202-7668

*If you want your name added to the list, please call Ann at the Varsity Community Centre at 403-288-9001. The Varsity Community Association will not accept responsibility – sitters are not screened. The employer is responsible for negotiating reliability, maturity, safety, rates, etc.*

### What We Are In Need of In Childcare.....

- Buttons
- CD's
- Bright Coloured Yarn.

# Varsity Preschool:

**W**e want to emphasize that learning through play is fun. We believe that a valuable part of learning occurs through unstructured play, and within this atmosphere, a variety of art material, toys and play centers (i.e. blocks, sand, water, etc.) are presented to the children each day during supervised play periods. As professionals, we promote the overall development of our children, including physical, social, emotional and intellectual needs. We recognize that each child is an individual with distinct needs and interests, and endeavor to meet the needs of each child.

Family grouping is a mix of 3 and 4 year olds in a class. The learning is based on how a family works together. Family members are different ages yet they all learn from each other and work together all the time. Age is not a factor, its knowing what you can do and helping someone else learn as well as knowing what you cannot do and asking for help.

### Varsity Preschool Registration For School Term 2018-2019

#### Ongoing Registration

- 3 year old by end of October 2018
- 4 year old by end of February 2019

#### For School Term 2019-2020

- 3 year old by end of October 2019
- 4 year old by end of February 2020

#### Open House

Saturday March 23, 2019  
10:00am – 1:00pm  
Online Registration  
Opens March 23, 2019

#### Current & Alumni Registration

- Online Registration
- Opens Tuesday March 19, 2019

Please contact us for more information at  
vcachild@telus.net  
vcocalgary.com  
403-247-1145

# Silver Swans - 55+ Ballet Fitness



Join Melinda Morrall a certified Royal Academy of Dance Ballet Teacher and Silver Swans Licencee to re-kindle or discover your love of dance in a fun, safe and positive environment. Each class will be a blend of barre work, ballet and fun fitness! Silver Swans Licencees are trained specifically to teach Ballet to adults over 55 with a range of abilities. (all ages are welcome) These classes will improve your mobility, posture, coordination and energy level no matter how old you are!

**Please wear:** work out pants and top or dance leotard With dance skirt and tights.

**Footwear:** ballet or jazz flats are best, or ballet teaching flats with small Cuban heel, or indoor runners with a very flexible mid sole, socks are used for barre work

**Please note:** long hair should be tied back, no loose jewelry

CLASS: 6 wk Thurs. Apr. 25 – May 30

TIME: 10:30 – 11:30 am

COST: \$75.00

REGISTRATION: Online [vcacalgary.com](http://vcacalgary.com)

## Pilates

Join instructor Christine Penner and experience a fantastic whole body workout. Pilates concentrates on establishing a strong core to correct and prevent a wide range of back and joint issues. Results are achieved by correcting muscle imbalances, and improving both muscle elasticity and joint mobility. Fluid controlled movements along with correct spinal and pelvic alignment with focused breathing help establish a strong body. It is gentle yet challenging with many movement options for beginners.

Please bring: yoga mat, water bottle, wear comfortable clothing

CLASS: 6 wk Wed. May 1 - Jun. 5

COST: \$75.00

TIME: 11:00 – 12 noon

REGISTRATION: Online at [vcacalgary.com](http://vcacalgary.com)

# Varsity Open Stage Night

## Live Music in Varsity!

7:00 pm, Friday, March 8, 2019

Come out and enjoy live music/performances by local talent in an all-ages venue. This is our 8th year in operation! Open mic sign-up starts at 7:00 pm when the opening band starts performing. In addition to open mic, an energetic Celtic band My Son Ted (<https://www.mysonted.com/>) will perform as featured guests. A full sound/lighting system. Complimentary refreshments. Free admittance. Call Nobuo (403-288-4895) or email [kawaguchi.nobuo@gmail.com](mailto:kawaguchi.nobuo@gmail.com) for more details. Also see facebook group (Varsity Open Stage Night) for photos and future dates.



## Mom & Baby Stretch & Strength

Join instructor Anita Wong for this specially designed program for moms and their babies. This class will focus on post-natal recovery with movements to improve strength, balance, flexibility and core fitness. Simple Brain Gym development movements for baby will also be included. (babies: newborn – 12 mon recommended) Please bring: yoga mat, baby blanket, babies favorite toy Optional free visit time available after class till 10:30 am

CLASS: 1. 4 wks Wed. Feb. 6 – Feb. 27

: 2. 4 wks Wed. Mar. 13 – Apr. 3

TIME: 9:00 – 10:00 am (optional free visit till 10:30 am)

COST: \$45.00 (each session)

REGISTRATION: Online at [vcacalgary.com](http://vcacalgary.com)

**Bronwen's comments:** "I wanted to share that my first Mom & Baby class went so well. I loved the Baby Brain Gym portion and the new songs for my son. I learned some great breathing techniques and deceptively simple exercises (bit sore today!!). Anita was so welcoming and the room was full of natural light. A great way to spend the morning. Can't wait for next week!"

# Councillor Report

I am extremely pleased Council unanimously supported the passing of the "Rowan Park in Haskayne" outline plan. The ability to move forward on this significant development was the result of Council's vote to remove the Growth Management Overlay of 12 communities. This decision will benefit all Calgarians in terms of an increased tax base, ongoing investments, positive effects on housing affordability and the creation of 1000's of jobs.

Over the total build-out, \$70MM in levies will be paid by the developers, which represents over \$2.4B in total economic value. At total build-out, the area will be home to 19,000 Calgarians.

Rowan Park in Haskayne is truly a game changer for North West Calgary. The innovative design of the community meets both the environmental and financial sustainability needs for The City of Calgary. The density is actually more than what the Beltline is. As well, this community will provide the missing link in pathway and trail connections from Calgary to Cochrane, including Haskayne Legacy Park and Glenbow Ranch Provincial Park.

This new community ties in nicely with Greenwich in the NW with its upcoming 60,000 sq. ft. Calgary Farmers Market.

On a separate note, and outside of North West Calgary, Council supported my Notice of Motion to move on the BMO convention expansion, when completed will generate over \$267MM every year to the Calgary economy. These projects involve significant work by many people. I would like to thank everyone for their hard work to get these projects to the finish line!

Please join me in celebrating these Calgary building accomplishments.

For more information, visit my website at [www.calgary.ca/ward1](http://www.calgary.ca/ward1) or sign up for my monthly newsletter at [www.WardSutherland.com](http://www.WardSutherland.com)

*Ward Sutherland, Councillor, Ward 1*



# Crowchild Hockey News

Wow the month of February just flew by. There have been some exciting things going on in the last two months with Northwest Warriors Hockey. In January our teams made a very strong show in Esso Minor Hockey Week. We would like to congratulate the following teams for their efforts during Esso Minor Hockey Week:

### **Semi-Finalists:**

Novice 3 Red Major, Atom 7 White, Peewee 2, Peewee 3 White, Peewee 4, Peewee 5 Red, Bantam 4 and Bantam 7

### **Our Silver Medal Winners:**

Novice 2 White, Atom 5, Atom 6 White, Bantam 2 and Bantam 6

### **Our Gold Medal Winners:**

Novice 1 Major, Atom 4 White, Atom 7 Red, Peewee 6 and Midget 1

It was an amazing effort by all of our teams and we are extremely proud of all the kids! February marked the final month in the regular season and our teams were perfecting their game in anticipation of the playoffs. They were squeezing in as much ice time as possible. The regular season ended on February 24th and playoffs started on February 26th. We wish them all the best of luck!

The end of February also heralds the beginning of an event that is very dear to our hearts: The Georgie Bamber Tournament of Champions. This hockey tournament for Timbit players (5 & 6 year old stars) is in its thirteenth year, and just keeps getting better and better. We are fortunate to be able to have the Bamber family be part of our wrap-up festivities. The kids are having an amazing time playing the game Georgie loved so much. We look forward to many more years of hosting this wonderful event. If you would like to know more about Georgie, his story is posted on our website ([www.nwwarriorshockey.com](http://www.nwwarriorshockey.com)).

Thank you again to all our dedicated volunteers within the Northwest Warriors. It is their passion and enthusiasm that makes our association such a great place to play hockey.

*The Northwest Warriors & Crowchild Hockey*

## Varsity Community Garden News

### AGM

Thursday March 21, 2019  
7:00 P.M.

Varsity Community Centre – Vista Room

Join us to elect a new set of Directors who will be on the Executive Committee.

### Heads Up Gardeners

Seedy Saturday is March 16, 2019 10am – 3pm at the Hillhurst – Sunnyside Community Association.

More information at

<http://www.calgaryseedysaturday.ca>

## Tai Chi

### 1.5 hr format

Join instructor Yan Cui to learn and master the beginner to intermediate forms for Tai Chi. These movements are derived from meditation, yoga and martial arts. Practicing these gentle flowing movement series improves, balance, coordination, concentration and mindfulness.

Please wear: comfortable clothing, flat shoes that slide

CLASS: 8 wks Tues. Apr. 16 - Jun. 4

: if the weather is nice class will be outside

TIME: 9:00 – 10:30 am

COST: \$130.00

REGISTRATION: Online at [vcacalgary.com](http://vcacalgary.com)

## Mindful Meditation

Join Instructor Lynn Fairey to explore several innovative approaches to meditation with the goal of improving mindfulness, concentration, and relaxation. Technique focus will include: stimulating the imagination, quieting negative thoughts, improving thought process and conscious breathing practice. Please bring: small note book, pen, and a sweater

CLASS: 6 weeks, Thurs. Mar. 7 – Apr. 11

TIME: 9:00 – 10:00 am

COST: \$70.00

REGISTRATION: Online at [vcacalgary.com](http://vcacalgary.com)

## Seniors Yoga

This innovative class format: using chairs and mats, invites participants to listen to their own bodies and work at a comfortable level. Instructor Lynn Fairey combines traditional yoga postures with breathing and relaxation techniques. Please bring: yoga mat, blocks, water bottles

CLASS: 8 wks Apr. 23 - Jun. 11

TIME: 11:00 - 12:30 pm

COST: \$130.00

REGISTRATION: Online at [vcacalgary.com](http://vcacalgary.com)

## Varsity Walking Group

Join this social and adventurous group for walks and coffee in and around our beautiful community. The group meets in the VCA lobby and walks for at least an hour followed by coffee.

**Please note:** if it is below -10 the group meets at the west doors of Market Mall by Shoppers to walk indoors.

CLASS: ongoing Thurs. Sept through August

TIME: 9:15 a.m. meet VCA lobby

COST: FREE VCA membership required

## Abstract Acrylic Painting

Join Calgary Abstract Artist and Instructor Karen Biko as she leads you through the process of creating your own fabulous abstract art piece. Students will be encouraged to tap into the freedom of creating through emotion, in addition to learning various painting techniques, making their own tools, working on small sketchbook projects and completing a canvas. **No experience necessary, just your inner artist!**

Please bring: red, blue and yellow acrylic paint, good quality sketchbook, pencil, eraser

All other supplies including a canvas will be provided.

Please wear: old painting clothes or a smock

CLASS: 4 wk. Thurs. Apr. 4 –

Apr. 25

TIME: 1:00 – 3:00 pm

COST: \$120.00

REGISTRATION: Online at [vcacalgary.com](http://vcacalgary.com)





# 2019 VCA Christmas Craft Sale Vendor Call

**Returning Vendors (2018) - March 1 (onward)**  
**New Vendors - March 25 (onward)**

The Varsity Community Association is looking for CREATIVE and INNOVATIVE artisans and home crafters for our 2019 Christmas Craft Sale.

**DATE:** Sat. Nov. 9, 2019 (one day)

**TIME:** 10 am – 4 pm

**COST:** \$55.00 8 ft table only

**LOCATION:** Main Hall

**NEW YOUTH VENDOR ROOM** (age 10 – 17) parental supervision required

**COST:** \$35.00 4 ft table only

**LOCATION:** Vista Rm

1. Information and applications: [vcacalgary.com](http://vcacalgary.com) click on Christmas Craft Sale.
2. Email applications to [vcapro@telus.net](mailto:vcapro@telus.net) or drop off at the VCA 4303 Varsity Dr. NW
3. **All applications are subject to approval.** (not first come first served). This is to ensure quality and variety at the sale for vendors and customers.
4. Payment will be arranged upon approval

# Water Colour Painting (18+)

Please join Artist and Instructor John Cheng to find your inner artist! Learn and expand your knowledge of this expressive and creative medium. Explore the concepts of colour mixing and composition, in addition to becoming familiar with a variety of painting techniques. Enjoy the studio space which has exceptional north light!

**Please bring:** set of 8 – 12 water colour paints, 4-6 brushes, good quality water colour paper pad, pencil, sharpener, eraser

**CLASS:** 6 wk Mon. Mar. 25 – May 6 (no class Apr. 22)

**TIME:** 1:00 – 2:30 pm

**COST:** \$95.00

**REGISTRATION:** Online at [vcacalgary.com](http://vcacalgary.com)

# Cardio Combo Fitness (55+)

Join instructor Anita Wong, our new senior fitness specialist, for this program focusing on seniors looking to establish a more active lifestyle. Whether you are already active or recovering from an illness or injury this program will provide activity modifications to meet a variety of fitness levels. Two class styles including regular AEROBICS and WALKFIT will be rotated to provide variety. Warm up and a stretch & strength component will be part of every class. This class will improve balance, increase cardiovascular endurance as well as improve strength and flexibility, all important for fall prevention and improved quality of life.

**Please bring:** yoga mat, small hand weights, and a water bottle

**Please note:** if you are new to fitness or recovering from an illness or injury please speak with your Doctor before starting any activity program.

### CLASS OPTIONS:

1. 14 wks Thurs. Mar. 7 – June 6 **COST:** \$120.00

2. 10 wks Thurs. Apr. 4 – June 6 **COST:** \$90.00

3. 6 wks Thurs. May 2 – June 6 **COST:** \$60.00

**TIME:** 10:30 – 11:30 am

**REGISTRATION:** Online at [vcacalgary.com](http://vcacalgary.com)

# LaBlast Dance Fitness

Join Instructor Anita Wong for this awesome partner free ballroom style dance fitness class, with choreography designed by Louis Van Amstel (ABC's Dancing with the Stars). This class is low impact, easy to follow and suitable for a variety of fitness levels. You will enjoy learning everything from tango, waltz, jive, disco and line dance! **Please wear:** comfortable clothing, supportive shoes

### CLASS OPTIONS:

1. Evening 8 wk. Mon. Mar. 18 - May 13 6:15 - 7:15 pm  
Cost: \$95.00 5X punch \$70.00

2. Morning 10 wk Wed. Feb. 6 - Apr. 10 10:30 - 11:30 am  
Cost: \$110.00 5X punch \$70.00

3. Morning 6 wk Wed. Apr. 24 - May 29 10:30 - 11:30 am  
Cost: \$75.00

Registration: online at [vcacalgary.com](http://vcacalgary.com)