

Centre Wakefield La Pêche

FALL 2022 PROGRAMS

Registration
now open!



PROGRAMS: KIDS & YOUTH	DAY/TIME	AGE	INSTRUCTOR	START DATE	LENGTH	COST
Beginner Skateboarding	MON 5-6pm	8-14	Elijah Olszynko	Sept 12	6 week	\$72
Element Martial Arts	MON 5:30-6:30pm	5-9	Ben Mallory	elementmartialartswakefield@gmail.com		
Skateboarding for novices	MON 6-7pm	8-14	Elijah Olszynko	Sept 12	6 weeks	\$72
Element Martial Arts	MON 6:30-7:30pm	10-15	Ben Mallory	elementmartialartswakefield@gmail.com		
Jazz Dance	TUE 4-5pm	8-14	Caroline Parent	Sept 20	10 weeks	\$140
Acro Dance	TUE 5-6pm	8-14	Caroline Parent	Sept 20	10 weeks	\$140
Hip Hop Dance	TUE 6-7pm	8-14	Caroline Parent	Sept 20	10 weeks	\$140
After School Cooking	TUE 4:30-6:30pm	10+	Christi Loughry	Sept 20	6 weeks	\$220
Kids Painting	SAT 10-11am	4-8	Iris Kiewiet	Sept 18	6 weeks	\$95
Creative Movement	SUN 9-9:45am	3-5	Brooklyn Boyd	Oct 16	8 weeks	\$115
Mini Jazz	SUN 9:45-10:30am	4-8	Brooklyn Boyd	Oct 16	8 weeks	\$115
Mini Acro	SUN 10:30-11:15am	4-8	Brooklyn Boys	Oct 16	8 weeks	\$115

PROGRAMS: ADULTS & SENIORS	DAY/TIME	AGE	INSTRUCTOR	START DATE	LENGTH	COST
Pilates	MON 10:30-11:30am	15+	Francesca Carurana	Sept 19	10 weeks	\$155
Sign Language	MON 7-8:30pm	15+	Jenny Currie	Sept 26	7 weeks	\$185
Kripalu Yoga	MON 7-8:30pm	15+	Owen Tuf	Sept 26	10 weeks	\$185
Element Martial Arts	MON 7:30-8:30	10-15	Ben Mallory	elementmartialartswakefield@gmail.com		
Gentle Yoga	TUE 9:15-10:45am	15+	Owen Tuf	Oct 4	10 weeks	\$185
Mom and Baby yoga	TUE 10-11am	Moms & Babies	Tiffany S.	Sept 20	10 weeks	185
Theater Wakefield's Ensemble	TUE 5:30-8pm	16-30	Mary Ellen MacLean	Ensemble! (theatrewakefield.ca)		
Conversational French - intro	TUE 6-7:15pm	15+	Eliane Viegas	Sept 20	10 weeks	\$160
Kickboxing	TUE 7-8pm	15+	Jean Guy Leduc	Sept 20	10 weeks	\$155
Conversational French	TUE 7:30-8:45pm	15+	Eliane Viegas	Sept 20	10 weeks	\$160
Seniors Strength & Conditioning	WED 11:30am-12:30pm	55+	Tracey samonas	Sept 28	10 weeks	\$155
Vegan Cooking	WED 6-8pm	15+	Monkia Gordon	Sept 28	4 weeks	\$170
Tastes of the World cooking	WED 6-8pm	15+	Monika Gordon	Oct 26	4 weeks	\$170
Seniors Mobility	THU 9:30-10:30am	60+	Francesca Caruana	Sept 22	10 weeks	\$155
Pilates	THU 10:30-11:30am	15+	Francesca Caruana	Sept 22	10 weeks	\$155
Kickboxing	THU 7-8pm	15+	Jean Guy Leduc	Sept 22	10 weeks	\$155
Strollersize	THU 11am- noon	Parents & Strollers	Otiena Ellwand	Sept 29	6 weeks	\$92
Knitting	FRI 6-8pm	15+	Susan Chabot	Sept 23	3 weeks	\$90

SPORTS AT WES GYMNASIUM	DAY/TIME	AGE	INSTRUCTOR	START DATE	LENGTH	COST
Volleyball	MON 7-9pm	15+	Rick Lim	Sept 12	12 weeks	\$60
Badminton	TUE 7-9pm	15+	Erik Anderson	Sept 13	12 weeks	\$60
Pickleball	WED 7-9pm	15+	Blair Richardson	www.meetup.com/wakefieldpickleball		
Youth development basketball	THU 6:15-7:15pm	11-15	Greg Ross (coach)	Sept 22	12 weeks	\$120
Basketball	THU 7:30-9:30pm	15+	Andrew Johnston	Sept 15	12 weeks	\$60
Pickleball	FRI 7-9pm	15+	Blair Richardson	www.meetup.com/wakefieldpickleball		
Pickleball	SAT 8am-12:30pm	15+	Blair Richardson	www.meetup.com/wakefieldpickleball		
Pickleball	SUN 8am-12:30pm	15+	Blair Richardson	www.meetup.com/wakefieldpickleball		
Kids Basketball	SAT 1-2pm	4-6	Greg Ross (coach)	Sept 25	12 weeks	\$120
Kids Basketball	SAT 2-3pm	7-10	Greg Ross (coach)	Sept 25	12 weeks	\$120
Kids Basketball	SAT 3-4pm	11-14	Greg Ross (coach)	Sept 25	12 weeks	\$120

COMMUNITY HUB ACTIVITIES	DAY/TIME	AGE	ORGANIZER	START DATE	LENGTH	COST
Senior Café	MON 10:00-noon	50+	Sally Swan	Sept 26	ongoing	\$3/ drop-in
Art Hive: Open Art Studio for youth	MON 4-6pm	9-14	Leiko Marr	Sept 19	ongoing	\$5/ drop-in
Art Hive: Open Art Studio for adults	MON 7-9pm	15+	Leiko Marr	Sept 19	ongoing	\$5/ drop-in
Ultimate Frisbee	WED 5:30-7pm	10+	Erin Krekoski	Sept 14	6 weeks	\$5/ drop in
Ping Pong	THU noon-2pm	all	Linda Gorka	Sept 22	ongoing	\$5/ drop-in
Family Play Group	FRI 10:30am-12:30pm	all	Jess Harris	Sept 23	ongoing	\$5/ drop-in