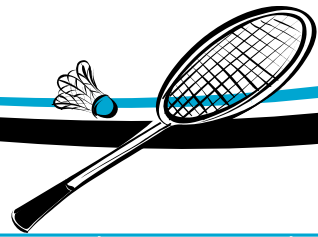


# Adult & Seniors



## General Interest & Sports Programs

### AT A GLANCE

Please see page 4 for Detailed Registration Information

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am						Run Club	
10:00 -11:30 am	Senior Badminton	Senior Table Tennis			Senior Pickleball		
10:30 -11:30 am			Nordic Walking				
5:00 - 6:30 pm							Volleyball-Int.
6:30 - 7:30 pm	Run Club		Run Club	Run Club Table Tennis-Rec.			
6:45 - 8:15 pm							Badminton-Int.
7:00 - 8:30 pm	Volleyball-Rec.						
7:30 - 8:30 pm			Ballet Barre-Fitness	Table Tennis-Int.			
7:45 - 8:45pm			Tap Dance				
8:30 -10:00 pm	BasketBall-Rec.	Badminton-Beg.	Soccer	Floor Hockey			

#### Adult - General Interest

##### Adult Greek Cooking Workshop

Join us for a culinary experience! Tantalize your taste buds as Anna and Mary explore a different taste sensation each and every workshop. Watch for the workshop news to be available at registration.restore energy and increase flexibility.

##### Adult Tap

Adult will learn classic tap steps based on routine, adapted for adult with or without experience.

##### Adult Ballet - "Barre Fitness"

A unique fitness class based on principles of classical ballet barre exercise, pilates, mat work, core fitness ball, middle aerobic and warm-down.

#### Adult - Sports

All sport programs at Greenboro are of a recreational nature. The aim is to have a good time regardless of individual skill levels. Overly competitive behaviour will not be tolerated and participants will be disqualified from the program after one warning from the instructor. Minimum age: 18 years.

##### Basketball

Basketball is back at Greenboro and better than ever. Sign up with some friends and get ready to shoot some hoops. No class Monday February 20th (Family Day).

##### Badminton - Beginner/Intermediate

Come out and join your neighbours for a fun evening of badminton. No instruction given. Both beginner and intermediate players welcome. Bring your own racquet, we will supply the birdies.

##### Floor Hockey

Calling all hockey enthusiasts! Weekly pick-up games provide an opportunity to improve your skills, meet new people and have fun. Grab a stick and get in the game. Bring a black T-shirt and a white T-shirt.

#### Volleyball - Intermediate

A step up from our recreational level. This program is for those participants interested in a higher skill level. Games will allow participants a quicker pace, while still allowing you to enjoy a recreational atmosphere. (Participants must have basic volleyball skills and experience).

#### Volleyball - Recreational

All skill levels are welcome to participate and enjoy an evening of recreational volleyball. Whether you're a beginner or a pro, we want to see you out there! No class Monday February 20th (Family Day).

#### Soccer

Sign up to play this fast paced sport. All skill levels are welcome for this recreational program.

#### Table Tennis - Recreational/Intermediate

This program is back and better than ever. With our new resurfaced tables, we are able to provide a Recreational and Intermediate program that takes place in the gym!

#### Nordic Walking

The benefits of this outdoor low-impact, high energy activity includes caloric expenditure between 20% and 45%, increased heart rate between 5-7 beats per minute, increased upper body strength, work on core stability and help alleviate tension in your neck and shoulders. Each week, rain or shine, will offer a new route and new challenges. Individual coaching will be offered and as the weeks go along, you will progress and develop the technique from basic to more advanced. This low-impact, high-energy activity will enhance your walking workout by adding poles. Introductory/refresher workshop will be held on the first day. Poles are available. From a beginner level to advanced, Nordic Walking can help you achieve your fitness goals. Location: Greenboro Park and local neighborhood.

## Seniors - Sports (55+)

Recreational fun. Come play and meet your neighbours!

### Badminton

This great sport is being offered for our seniors. All skill levels are welcome and no racquet necessary we will supply the birdies. Limited number of badminton racquet.

### Table Tennis

A Greenboro favorite. This sport is great for eye hand coordination and a ton of fun.

### Pickleball

This brand new sport is all the rage in the U.S. and is gaining popularity in Canada. This innovative sport combines elements of badminton and table tennis to provide an excellent work out all fun.

Please see page 5 for Detailed Registration Information