

2019 SPRING PROGRAMS

Registration Now Open



HOW TO REGISTER:

ONLINE:

<https://central.ivrnet.com/mahogany>

IN PERSON:

Mahogany Beach Club
29 Masters Park SE Calgary, T3M 2C1

PHONE: 403-453-1221

EMAIL: programs@mahoganyhoa.com

MAHOGANY

HOMEOWNERS
ASSOCIATION

Youth Programs

START	END	PROGRAM	TIME	WKS	RES	CMCA*	PUBLIC	DESCRIPTION
Thurs Apr 4	Thurs Apr 25	Bricks4Kidz: Little Builders (Ages 3-5)	4:45 - 5:30PM	4	\$ 64	\$ 73	\$ 80	Kids will learn interesting facts about real world objects and animals in these interactive lessons which reinforce counting, patterning, spatial awareness and fine motor skills. Each week will focus on a different letter and will include lots of time for building as well as some learning time and a fingerplay or short story related to what is being built. Participants will build with Duplo or Traditional Bricks depending on ability.
Thurs Apr 4	Thurs Apr 25	Bricks4Kidz: Early Engineers STEM Enrichment (Ages 5-12)	5:30 - 6:30PM	4	\$ 64	\$ 73	\$ 80	Bricks 4 Kidz™ STEM enrichment programs combine inquiry based learning with hands-on building fun! Our interactive lessons and custom project builds introduce children to the dynamic fields of engineering and architecture using traditional bricks, technic LEGO® and power functions. Concepts of design, scale, torque, friction and gear ratio come alive! Imagination and critical thinking is encouraged as kids are challenged to modify pieces and test outcomes to further expand on their learning.
Wed Apr 17	Wed Jun 5	Ballet (Ages 3-4) by Puddle of Mud Theatre Productions	4:45 - 5:15PM	8	\$ 120	\$ 138	\$ 150	Focusing on storytelling, imagination and play this class will teach ballet basics with an emphasis on fun and creativity. Technique, play, performance and expression mingle together perfectly to create a positive and energetic learning environment. Please dress in something you can move in. Tutu's and ballet slippers are not required (they are more than welcome) but please no socks.
Wed Apr 17	Wed Jun 5	Dance Explosion (Ages 4-6) by Puddle of Mud Theatre Productions	5:20 - 6:05PM	8	\$ 120	\$ 138	\$ 150	An explosion of dance styles! Throughout the session each week will consist of a different style of dance. We will look at jazz, tap, ballet, creative movement, hip hop and more! A great introduction to the world of dance!
Wed Apr 17	Wed Jun 5	Hip Hop (Ages 4-6) by Puddle of Mud Theatre Productions	6:10 - 6:55PM	8	\$ 120	\$ 138	\$ 150	Participants will learn the coolest moves of today and showcase their own style. By learning different styles of hip-hop and including their own personal flair, dancers of all ages will be building confidence and being funky at the same time! This class is unparented.
Mon May 6	Mon Jun 17	Sportball T-Ball Indoor/Outdoor: Coach & Child (Ages 3-5)	5:00 - 6:00PM	6	\$ 102	\$ 118	\$ 128	Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Gloves will not be provided as they are not mandatory, but participants are welcome to bring their own glove. The program will run indoors or outdoors (weather dependent); please have appropriate indoor and outdoor footwear each class.
Mon May 6	Mon Jun 17	Sportball T-Ball Indoor/Outdoor: Parent & Child (Ages 2-3)	6:00 - 6:45PM	6	\$ 102	\$ 118	\$ 128	Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Gloves will not be provided as they are not mandatory, but participants are welcome to bring their own glove. The program will run indoors or outdoors (weather dependent); please have appropriate indoor and outdoor footwear each class.
Mon May 6	Mon Jun 17	Sportball T-Ball Indoor/Outdoor: Coach & Child (Ages 5-7)	6:45 - 7:45PM	6	\$ 102.38	\$ 118	\$ 128	Please see Sportball T-Ball Coach & Child description above.
Tues Apr 9	Tues Jun 11	Sportball Multisport (Tuesdays): Coach & Child (Ages 3-5)	11:15 - 12:00PM	10	\$ 171	\$ 196	\$ 213	Refine, rehearse, and repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

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Wed Apr 10	Wed Jun 12	Sportball Multisport (Wednesdays): Parent & Child (Ages 2-3)	10:15 - 11:00AM	10	\$ 171	\$ 196	\$ 213	You've made the team! Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games, songs, rhymes, stories, bubble time and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.
Wed Apr 10	Wed Jun 12	Sportball Multisport (Wednesdays): Coach & Child (Ages 3-5)	11:15 - 12:00PM	10	\$ 171	\$ 196	\$ 213	Please see Sportball/Multisport Coach & Child description above.
Sun Apr 7	Sun Jun 23	Sportball Multisport (Sundays): Parent & Child (Ages 16-24 months)	9:30 - 10:15AM	10	\$ 171	\$ 196	\$ 213	Please see Sportball/Multisport Parent & Child description above.
Sun Apr 7	Sun Jun 23	Sportball Multisport (Sundays): Parent & Child (Ages 2-3)	10:15 - 11:00AM	10	\$ 171	\$ 196	\$ 213	Please see Sportball/Multisport Parent & Child description above.
Sun Apr 7	Sun Jun 23	Sportball Multisport (Sundays): Coach & Child (Ages 3-5)	11:00 - 12:00PM	10	\$ 171	\$ 196	\$ 213	Please see Sportball/Multisport Coach & Child description above.
Tues May 7	Tues Jun 25	Sportball Outdoor Soccer Coach & Child (Age 3-5)	5:00 - 6:00PM	8	\$ 168	\$ 193	\$ 210	Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors, parents are required to remain on the field for children's safety. *Each registrant receives their own Sportball jersey and soccer ball to practice with and keep at the end of the season*
Tues May 7	Tues Jun 25	Sportball Outdoor Soccer Parent & Child (Age 2-3)	6:00 - 6:45PM	8	\$ 168	\$ 193	\$ 210	Get a kick out of Sportball Parent & Child Outdoor Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. *Each registrant receives their own Sportball jersey and soccer ball to practice with and keep at the end of the season*
Tues May 7	Tues Jun 25	Sportball Outdoor Soccer Coach & Child (Age 4-6)	6:45 - 7:45PM	8	\$ 168	\$ 193	\$ 210	Please see Sportball Outdoor Soccer Coach & Child description above.
Mon Apr 15	Mon Jun 24	Jitterbugs Parent and Tots (Ages 2-4)	9:30 - 10:15AM	8	\$ 120	\$ 138	\$ 150	Wondering what to do with your little one first thing in the morning? Come and join Anna, our teacher at Jitterbugs parents and tots class! Start your day with our fun interactive class where you get to shake, jiggle and wiggle your sillies out! Super fun stories, related craft and a chance for you and your child to make new friends. Suitable for ages 2 to 4. Come and join our safe and happy environment to play, learn and interact.

START	END	PROGRAM	TIME	WKS	RES	CMCA	PUBLIC	DESCRIPTION
Fri Apr 12	Fri Jun 21	Young Rembrandt's Preschool (Ages 3.5-5)	5:00 - 5:45PM	9	\$ 124	\$ 142	\$ 155	Encourage your preschooler's enthusiasm for drawing. Young Rembrandts introduces drawing lessons that will excite your budding artist. Learning to draw basic shapes is an essential building block for every artist. Our lady bug and gumball machine provide excellent practice for drawing circle shapes. From there, our lessons will become more challenging. The clown puppet and Frankenstein monster are great introductions to character drawings. Other drawings like the delicious candy bag and beautiful fall scene will strengthen your child's compositional skills. Enroll your child into a Young Rembrandts class today. THEY WILL LOVE IT!
Fri Apr 12	Fri Jun 21	Young Rembrandt's Elementary Drawing (Ages 6-12)	6:00 - 7:00PM	9	\$ 124	\$ 142	\$ 155	Enroll your elementary student in a Young Rembrandts drawing class. Our bountiful selection of drawings introduces our students to a fascinating world of color, pattern, and design. Keeping with the season, our students will create fall-themed illustrations like taffy apples and a farmer's scarecrow. Stylized art styles will be explored through our tarantula line art and Van Gogh-inspired drawing featuring vibrant sunflowers. All this and more await your child in a Young Rembrandts classroom! Sign up today!
Fri Apr 12	Fri Jun 21	Young Rembrandt's Cartoon Drawing (Ages 6-12)	7:10 - 8:10PM	9	\$ 124	\$ 142	\$ 155	Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. In our goofy animal portraits, students will learn how to personify animals, transforming them into cartoon characters. The importance of facial exaggeration and body gesture will be showcased in our illustrations featuring baseball characters and ogre expressions. Give your child the gift of learning and artistry. Enroll your student today!
Tues Apr 9	Tues Jun 11	Zumbini (Ages 0-3) Tuesdays	10:00 - 10:45AM	10	\$ 119	\$ 136	\$ 148	Designed to let you and your little ones (0 to 3 years old) wiggle, sing and learn together, the Zumbini™ program is where the science of child development meets the magic of Zumba®. Registration fee includes family registration, a book and two music CDs.
Tues Apr 23	Tues May 28	*New* Idea Lab Kids: Intro to Robotics with Dash and Dot (Ages 5-8)	4:30 - 5:45PM	6	\$ 131	\$ 151	\$ 164	Introduction to Robotics with Dash and Dot: Dash and Dot are clever bots that can be programmed in different ways and introduce students to the robotic world. Through a variety of activities students will gain skills in sequencing and coding. Students will gradually be introduced to new concepts and/or problems that will develop their problem solving skills based on different activities.
Tues Apr 23	Tues May 28	*New* Idea Lab Kids: Robotics Engineering (Ages 9-12)	6:00 - 7:15PM	6	\$ 131	\$ 151	\$ 164	Robotics Engineering: This course covers the basic functions of how robots move and the various sensors and parts that help them. Students will build simple robots to explore the basics behind robotics. It is Lego EV3 based but the knowledge gained applies to all robotic systems, even industrial automation and toys.
Mon Mar 25	Thurs Mar 28	*New* Etiquette Factory Spring Break Camp (Ages 6-12) 4 Days	1:00 - 4:00PM	n/a	\$ 124	\$ 142	\$ 155	The Etiquette Factory by Amanda is a 4 Day, 12 hour program in which your children will learn important social skills that will impact them scholastically, personally and even well into their professional life. The Complete Etiquette Factory social skills course will include; basic manners, being polite, proper behaviour for kids, table etiquette, sharing and integrity. (Just to name a few!) The key to your child's manners success is my fun, interactive, motivating manners curriculum. I use manners games, stories, songs, treats, crafts and kind discussion. Each Etiquette Factory graduate will be given an Etiquette Factory t-shirt, CD and Table Setting Placemat upon completion. Please join Amanda for this fun and rewarding program that will help shape your child for a successful, well-mannered life!
Mon Apr 15	Mon Jun 24	*New* Etiquette Factory (Ages 6-12)	7:00 - 8:00PM	10	\$ 124	\$ 142	\$ 155	The Etiquette Factory by Amanda is a 10 week program in which your children will learn important social skills that will impact them scholastically, personally and even well into their professional life. The Complete Etiquette Factory social skills course will include; basic manners, being polite, proper behaviour for kids, table etiquette, sharing and integrity. The key to your child's manners success is my fun, interactive, motivating manners curriculum. I use manners games, stories, songs, treats, crafts and kind discussion. Each Etiquette Factory graduate will be given an Etiquette Factory t-shirt, CD and Table Setting Placemat upon completion.

Adult Programs

START	END	PROGRAM	TIME	WKS	RES	CMCA	PUBLIC	DESCRIPTION
Sun May 5	Sun July 14	Cardio Tennis Beginner	4:00 - 5:00PM	10	\$ 114	\$ 132	\$ 143	Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very fun and social class for players of all ability levels. If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced tennis player it is the best way to train for tennis. The one hour class includes a warm-up, drills and games. The program utilizes music in a fun and motivating experience.
Sun May 5	Sun July 14	Cardio Tennis Intermediate/A dvanced	5:00 - 6:00PM	10	\$ 114	\$ 132	\$ 143	Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very fun and social class for players of all ability levels. If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced tennis player it is the best way to train for tennis. The one hour class includes a warm-up, drills and games. The program utilizes music in a fun and motivating experience.
Tues Apr 9	Tues Jun 18	Bootcamp	6:30 - 7:30PM	11	\$ 124	\$ 142	\$ 155	This innovative metabolic and strength training Co Ed workout is sure to impress fitness lovers of all levels maximizing your fitness goals to give you the best bang for your buck. Classes involve an unique and comprehensive training system using body weight, various equipment and Metabolic HIIT intervals (Tabata workout) to leave you burning calories and torching fat all day long, further optimizing lean tissue gains and improving your strength and sporting performance to whole new levels. All drills an exercises can be modified to suit any fitness level - beginners to advanced are all welcome.
Tues Apr 9	Tues Jun 18	Bootcamp (Daily Drop-In)	6:30 - 7:30PM	n/a	\$ 12	\$ 14	\$ 15	Please see description above. Drop-In for as many days as you want!
Fri Apr 26	Fri Jun 28	Kickboxing	7:30 - 8:30PM	9	\$ 101	\$ 116	\$ 126	KickForFit Co Ed program brings it on! This electric 50-60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self-confidence! Kickboxing is an effective workout that uses all your muscles. It will increase strength, cardio, balance, and flexibility while teaching you how to properly defend yourself. This program gets rave reviews from women as it uses mostly the upper body to give great shoulder and arm definition as well as allows them to punch and kick stress out their lives. Men enjoy it because it is about as far from an "aerobics" class as you can get. All levels and any experience in kickboxing is welcome!
Fri Apr 26	Fri Jun 28	Kickboxing (Daily Drop-In)	7:30 - 8:30PM	n/a	\$ 12	\$ 14	\$ 15	Please see description above. Drop-In for as many days as you want!
Thurs May 2	Thurs Jun 6	Mom & Baby Yoga (6wks to crawling)	9:30 - 10:30AM	6	\$ 90.00	\$ 103.50	\$ 112.50	Soothe the aches of new parenthood while connecting with your newest addition and meeting other new Moms in the community. This class will teach postures to reconnect with your postnatal body and rejuvenate through gentle exercise focusing on safely restoring core and pelvic floor strength, as well as some exercises for baby that will aid digestion, relaxation and sleep patterns and provide a unique bonding experience through these important and stressful early months. Come and connect with new Moms in a supportive environment; diaper and cuddle breaks are welcomed. Recommended six weeks postpartum to crawling. Please bring a yoga mat & towel.

START	END	PROGRAM	TIME	WKS	RES	CMCA*	PUBLIC	DESCRIPTION
Mon Apr 15	Mon Jun 24	Total Body Co Ed (Kid Friendly)	9:15 - 10:00AM	9	\$ 101	\$ 116	\$ 126	<p>This innovative metabolic and strength training Co Ed workout is sure to impress fitness lovers of all levels maximizing your fitness goals to give you the best bang for your buck. Classes involve a unique and comprehensive training system using body weight, various equipment (weights, resistance bands, gliders, balls etc.) and Metabolic HIIT intervals (Tabata workout etc.) to leave you burning calories and torching fat all day long, further optimizing lean tissue gains and improving your strength and sporting performance to whole new levels. All drills and exercises can be modified to suit any fitness level - beginners to advanced are all welcome.</p> <p>Bring your kids so they could play next to you while you are working out. You can be such a great example for them how to stay fit and to make yourself stronger and healthier!</p>
Mon Apr 15	Mon Jun 24	Total Body Co Ed (Daily Drop-In) Kid Friendly	9:15 - 10:00AM	n/a	\$ 12	\$ 14	\$ 15	Please see description above. Drop-In for as many days as you want!
Fri Apr 26	Fri Jun 28	SHRED Co Ed Jillian Michaels (Kid Friendly)	10:15 - 11:00AM	9	\$ 101	\$ 116	\$ 126	<p>Jillian Michaels BODYSHRED is a high-intensity and endurance based 30 minute workout utilizing Jillian's 3-2-1 interval approach. (Additional 15 minutes pre/post are for a warm up and some demonstration of the exercises at the beginning of the class and stretching at the end of it). 3 minutes of strength/2 minutes of cardio/1 minute of abs - BODYSHRED is Intelligent Training. It's kinetic, it's energetic; it provides challenge, regardless of level integrating all of the most progressive exercise science techniques used by world-class athletes into one program.</p> <p>The MUST to try if you need to lose some weight and tone your muscles. Bring your kids so they could play next to you while you are working out. You can be such a great example for them how to stay fit and to make yourself stronger and healthier!</p>
Fri Apr 26	Fri Jun 28	SHRED Co Ed Jillian Michaels (Daily Drop-In) Kid Friendly	10:15 - 11:00AM	n/a	\$ 12	\$ 14	\$ 15	Please see description above. Drop-In for as many days as you want!
Thurs Apr 11	Thurs Jun 20	Systema	7:30 - 9:00PM	11	\$ 137.50	\$ 158	\$ 172	<p>Systema: Martial Arts (Self-Defense)</p> <p>An eclectic approach to martial arts training for both health and self-defence, all within a safe and supportive environment. Each class combines dynamic strengthening, flexibility, and endurance exercises into a component that stresses proper posture, breathing, relaxation, and movement. No previous martial art experience required.</p>
Thurs Apr 11	Thurs Jun 20	Systema (Daily Drop-In)	7:30 - 9:00PM	n/a	\$ 13	\$ 15	\$ 16	Please see description above. Drop-In for as many days as you want!
Thurs May 2	Thurs May 30	Prenatal Yoga	6:00 - 7:00PM	5	\$ 69	\$ 79	\$ 86	<p>Connect with other moms-to-be in your community. A gentle class to unwind, relax and build strength in a safe and supportive environment. We will practice yoga and breathing techniques to help prepare you for childbirth and make your prenatal experience more enjoyable and comfortable.</p> <p>Please bring a yoga mat, pillow and blanket.</p>
Thurs May 2	Thurs May 30	Prenatal Yoga (Daily Drop-In)	6:00 - 7:00PM	n/a	\$15	\$17	\$19	Please see description above. Drop-In for as many days as you want!

START	END	PROGRAM	TIME	WKS	RES	CMCA*	PUBLIC	DESCRIPTION
Thurs May 2	Thurs May 30	Yoga with Kimberly	7:15 - 8:15PM	5	\$ 56.25	\$ 64.69	\$ 70.31	Come out for a fun & light-hearted yoga class with neighbours in your community. Connect your breath, body, and mind as we integrate flexibility, strength, balance and relaxation into this yoga practice. Suitable for all levels. Modifications will be offered. Please bring a yoga mat.
Thurs May 2	Thurs May 30	Yoga with Kimberly (Daily Drop-In)	7:15 - 8:15PM	n/a	\$12	\$14	\$15	Please see description above. Drop-In for as many days as you want!
Wed Apr 10	Wed Jun 12	Zumba	7:00 - 8:00PM	10	\$ 145.83	\$ 167.71	\$ 182.29	Zumba Fitness® is a fitness program that associates aerobic movements with the use of Latin rhythm and more. The Zumba approach introduces exercising through dance. It is a fun way to get in shape because each class is like a party. Since its inception in 2001, the Zumba program has grown to become the world's largest – and most successful dance fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in over 110,000 locations across more than 125 countries.
Wed Apr 10	Wed Jun 12	Zumba (Daily Drop-In)	7:00 - 8:00PM	n/a	\$ 16.00	\$ 17.00	\$ 18.00	Please see description above. Drop-In for as many days as you want!
Wed Apr 10	Wed Jun 12	STRONG by Zumba	7:15 - 8:15PM	10	\$ 112.50	\$ 129.38	\$ 140.63	Strong by Zumba is a high intensity interval training, it is not a dance class. This class combines body weight, resistance style, muscle conditioning, cardio and plyometric training movements synced to customized music like no other fitness program ever. This program provides to the participants a challenging yet safe way to increase their fitness level with science-based, cutting edge, high intensity, full body training methods synced to the music! Strong by Zumba revolutionizes group fitness by syncing high intensity cardio and conditioning moves to music to create an optimal total body HIIT workout that is different than any other fitness program on the market.
Wed Apr 10	Wed Jun 12	STRONG by Zumba (Daily Drop-In)	7:15 - 8:15PM	n/a	\$ 12.00	\$ 14.00	\$ 15.00	Strong by Zumba is a high intensity interval training, it is not a dance class. This class combines body weight, resistance style, muscle conditioning, cardio and plyometric training movements synced to customized music like no other fitness program ever. This program provides to the participants a challenging yet safe way to increase their fitness level with science-based, cutting edge, high intensity, full body training methods synced to the music! Strong by Zumba revolutionizes group fitness by syncing high intensity cardio and conditioning moves to music to create an optimal total body HIIT workout that is different than any other fitness program on the market.

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Mon Apr 29	Mon Jun 24	Pilates	7:15 - 8:15PM	8	\$ 90	\$ 103.50	\$ 112.50	<p>In this dynamic group class, ideal for beginners and intermediate students. The classes incorporate all the key principles of Pilates such as postural alignment, breathing, core stability, controlled movement and flexibility. The mat floor exercises may also be combined with other props such as weights, balls and thera-bands. Instructor is able to give participants hand-on attention and make appropriate modifications for each student's ability.</p> <p>What is Pilates</p> <p>Pilates is a mind-body method of movement that rejuvenates the physical and mental well-being. It is a full body health program and therapeutic exercise with the purpose to improve body strength, flexibility, circulation, and rehabilitation from injury or those living with chronic pain.</p> <p>What to wear</p> <p>Wear comfortable, breathable, clothes that you can move easily in so that you can focus on your breathing and movements. Socks are important for all Pilates classes and we recommend grip socks for safety prospective.</p> <p>What to bring</p> <p>Bring your yoga mat and your bottle of water. You can refill your bottle of water at HOA. Don't forget your socks!</p>
Mon Apr 29	Mon Jun 24	Pilates (Daily Drop-In)	7:15 - 8:15PM	n/a	\$ 12	\$ 14	\$ 15	Please see description above. Drop-In for as many days as you want!
Wed Apr 10	Wed Apr 10	Prenatal Pelvic Floor Physiotherapy Workshop	7:00 - 9:00PM	n/a	\$ 62.50	\$ 72	\$ 78	<p>This class is for all woman during all stage of pregnancy.</p> <p>Pelvic floor symptoms are common, but should never be considered normal! Pregnancy and childbirth is a special time with many wonderful life changes. However, having a baby doesn't mean you need to live with pelvic floor dysfunction. Corinne Langford is a Pelvic Floor Physiotherapist with Inner Balance Physiotherapy. Join us for this 2 hour Pre-Natal Pelvic Floor Workshop. The first half will be education, and the second half will be exercises to practice what you've learned. Learn how to connect with your pelvic floor, protect it during pregnancy, and what to do after delivery to help prevent issues from developing.</p> <p><i>*Bring a yoga mat and comfortable clothing*</i> Visit: www.innerbalancephysio.com</p>
Wed May 8	Wed May 8	*New* Inner Core & Pelvic Floor - Pelvic Health Beyond Kegels	7:00 - 9:00PM	n/a	\$ 62.50	\$ 72	\$ 78	<p>Pelvic floor symptoms are common but never normal! This workshop is for everyone with a pelvic floor. We will discuss bladder and bowel incontinence and urgency, pelvic organ prolapse, diastasis recti, and more. Come learn how to connect with your pelvic floor correctly, and what the guidelines are for doing kegels (and whether or not you should be doing them!). This is a very interactive session that will include education and exercises, as well as a resource handout. Bring a yoga mat and wear comfortable clothing.</p>
Wed Apr 10	Wed May 1	*New* Knitting Basics (Beginner) Adult	6:45 - 8:45PM	4	\$ 62.50	\$ 72	\$ 78	<p>Learn all the basics of knitting!</p> <p>Cast on, knit stitch, purl stitch, casting off. Choose from many different patterns for your first project. By the end of this class you will have mastered the basics of knitting and will have forged friendships with other budding knitters. Come out to this fun class and feel satisfaction from your creativity! Please bring to class:</p> <p>One pair of 8mm needles One ball of chunky yarn</p>

REFUND POLICY

- Refunds will only be issued up to 2 week before the class begins, less a \$30.00 admin fee.
- The Mahogany Homeowner's Association reserves the right to cancel any programs that may not meet the minimum participant required to operate or due to unforeseen circumstances.
- Should a class be cancelled due to insufficient registration, you will be notified by phone at least one day prior to the commencement of the program.
- When a program is cancelled due to insufficient registration you have the following options:
 1. Receive a full refund.
 2. Receive a credit on your registration account to be used towards another program.
 3. Transfer participant to another program (space permitting).
- Once class commences, refunds will only be issued due to medical reasons with a doctor's note (prorated to remaining classes).
- Reasonable efforts will be made to reschedule a lesson cancelled by the instructor or the MHOA.
- Classes will not be prorated for late registration, unless otherwise reviewed and approved by the MHOA.
- Session Times may change based on enrolment.
- Refunds will not be issued for participants who are unable to attend rescheduled make-up classes.