

ADULT & SENIOR PROGRAMS





Instructor in the Spotlight

Nick Mah

Nick attended various university music performance programs before heading for Spain to study guitar, in the fall of 1980. He returned to win first prize in the Guitar Society of Toronto competition and has been performing, teaching, recording and composing since then, in a wide variety of musical styles (mostly in large cities).

He is still an avid cyclist after having pedaled from Vancouver to St. John's. (Among other long tours).

Nick finds that teaching is something that comes naturally, after much experience in the music industry. It is a wonderful gift to play the part of facilitator to someone's musical awakening.

Arts

Guitar Workshops

Bring along your guitar and choose a group class that fits your musical ability.

Introduction to Your Instrument

This class will have you learning the basic skills to start your musical career soaring. You will have proper handling of the guitar, finger placements and even be strumming a tune or two before you leave.

Canada Games Centre – Boardroom

Th	Oct. 5 – Oct. 12	6:00 pm – 6:30 pm	2	\$40	69823
----	------------------	-------------------	---	------	-------

Chords and Technique

From scales to chord progressions, your guitar technique is sure to improve as Nick Mah shows you the easiest way to play your guitar to make those sing-alongs seamless.

Canada Games Centre – Boardroom

Th	Oct. 19 – Nov. 9	6:00 pm – 6:30 pm	4	\$40	69823
----	------------------	-------------------	---	------	-------

Intermediate Guitar

Already have some experience playing but want to learn more? This class will focus and build on those skills you already have.

Canada Games Centre – Boardroom

Th	Oct. 5 – Nov. 9	6:45 pm – 7:30 pm	6	\$115	69824
----	-----------------	-------------------	---	-------	-------

Weaving – Introductory Skills

Learn the basics of weaving from building a simple loom frame to warping the loom and selecting weft yarns. The second class will have you experimenting with various techniques such as Rya (fringe), tabby weave, soumac, and chevron twill. Bring a small hammer and a collection of yarn. All other materials are supplied.

Instructor: Vanessa Aegirsdottir

Shipyards Park – Frank Slim Building

Tu & Th	Nov. 7 – Nov. 9	6:30 pm – 9:00 pm	2	\$58	69595
---------	-----------------	-------------------	---	------	-------

Glass workshops

Join Lumel studio for an evening of glass creation while enjoying snacks and non-alcoholic beverages. All materials are supplied. No experience necessary.

Halloween Creations

Have the chance to create a glass pumpkin or ghost.

Lumel Studios

Th	Oct. 26	6:00 pm – 9:00 pm	1	\$65	69637
----	---------	-------------------	---	------	-------

Feathers

Mix, mingle, and make beautiful glass feathers.

Lumel Studios

Th	Nov. 16	6:00 pm – 9:00 pm	1	\$65	69638
----	---------	-------------------	---	------	-------

Christmas Trees

Stay warm and cozy this winter making colorful Christmas trees.

Lumel Studios

Th	Dec. 7	6:00 pm – 9:00 pm	1	\$65	69640
----	--------	-------------------	---	------	-------

Paint Parties

Halloween Canvas

Tap into your inner creativity with this instructor led, step-by-step, painting evening. It is guaranteed to be inspiring, relaxing and get you in the Halloween spirit as you leave with your canvas creation. All materials are supplied.

Shipyards Park – Frank Slim Building

Sa	Oct. 28	6:00 pm – 9:00 pm	1	\$55◆	69896
----	---------	-------------------	---	-------	-------

Christmas Fireside Canvas

Paint alongside our talented and creative artist and create a festive canvas painting to decorate your home for the holiday season. All materials are supplied.

Shipyards Park – Frank Slim Building

Th	Nov. 30	6:00 pm – 9:00 pm	1	\$55◆	69897
----	---------	-------------------	---	-------	-------



Cooking

Canning 101

Learn how to get started with our veteran instructor for a night of canning with tips and tricks of the trade. Finish the night by making your own pickles to take home! All equipment provided.

Shipyards Park – Frank Slim Building

W	Oct. 11	6:00 pm – 8:30 pm	1	\$60◆	69755
---	---------	-------------------	---	-------	-------

Fall Feast

Join Yukon-loved and acclaimed chef, Michele Genest in exploring the different ways of cooking local meat with reduction sauces. You will cook alongside Michele while learning the basic skills for a successful meal, leave with a full tummy, as well as recipes to take home.

Shipyards Park – Frank Slim Building

Th	Oct. 12	6:00 pm – 9:00 pm	1	\$77◆	69901
----	---------	-------------------	---	-------	-------

Berry-licious Desserts

Join Michele Genest, acclaimed and experienced chef / baker, in finding many ways to use your gathered berries in a variety of different desserts.

Shipyards Park – Frank Slim Building

Th	Nov. 16	6:00 pm – 9:00 pm	1	\$77◆	69902
----	---------	-------------------	---	-------	-------

Taste of Oysters 101

Our expert oyster chef, Andrew Seymour, will educate you on the cultural significance and sensitivities of oysters, show you how to open them, as well as 3 tasty ways to prepare them.

Shipyards Park – Frank Slim Building

Th	Nov. 23	7:00 pm – 9:00 pm	1	\$77◆	69903
----	---------	-------------------	---	-------	-------

Sports

Beginner Tennis

For those who are looking to improve their technique and tactics. These indoor lessons will be geared towards adults who want to learn the basics of tennis and get comfortable on the court. Tennis Canada certified instructor and all equipment provided.

Canada Games Centre-Powerade® Flexihall

M	Sept. 18 – Oct. 2	7:00 pm – 8:30 pm	3	\$70	69651
----------	--------------------------	-------------------	---	-------------	--------------

Beginner Pickleball

A cross between tennis and badminton, Pickleball is easy to learn and one of the fastest growing sports in Canada. Learn the basic strokes and strategy needed to play. No experience required and all equipment is provided.

Canada Games Centre-Powerade® Flexihall

Su	Oct. 15 – Oct. 29	5:00 pm – 6:00 pm	3	\$40	69650
-----------	--------------------------	-------------------	---	-------------	--------------

Intermediate Pickleball

This three week course is aimed at improving your abilities and taking your game to the next level. The instructor will work to advance your techniques and strategy while serving up some serious Pickleball skill. All equipment provided.

Canada Games Centre-Powerade® Flexihall

Sa	Oct. 14 – Oct. 28	9:00 am – 10:00 am	3	\$40	69649
-----------	--------------------------	--------------------	---	-------------	--------------

Multi-Sport Rec League

Grab some friends, family or co-workers and come join Whitehorse's exciting new multi-sport rec league! Your team will play a variety of sports over the season in friendly competition ending with playoffs at the end of the season. Sports may include; basketball, volleyball, indoor soccer, handball, dodgeball, Ultimate Frisbee and California Kickball. Teams are co-ed and must be a minimum of 8 people. (Registration includes a team T-shirt.)

Canada Games Centre-Powerade® Flexihall / Field

W	Sept. 20 – Nov. 22	8:15 pm – 10:15 pm	10	\$250/ team	69738
----------	---------------------------	--------------------	----	--------------------	--------------

Women's Hockey Skills and Drills

Regardless of your ability, this 10-week session is guaranteed to improve your skills. A beginner / intermediate program emphasizing skating, stick handling, passing and team play concepts. Full hockey equipment is mandatory.

Canada Games Centre – ATCO Ice and Northwestel Arena

W	Sept. 20 – Nov. 22	6:15 am – 7:15 am	10	\$75	69718
----------	---------------------------	-------------------	----	-------------	--------------

F	Sept. 22 – Nov. 24	8:00 pm – 9:00 pm	10	\$75	69717
----------	---------------------------	-------------------	----	-------------	--------------

Climbing for Women

Beginner and intermediate climbers — are you interested in setting your goals to new heights? Our instructor, Alain Dallaire, will focus on improving your climbing movements and techniques. This is not a rope course. All equipment provided.

Porter Creek – Boulder Wall (indoor gym)

M	Sept. 25 – Oct. 23	7:00 pm – 8:30 pm	4	\$70	69904
----------	---------------------------	-------------------	---	-------------	--------------

* no class on October 9



Fly Tying Series

Learn the ins and outs of fly tying and make your own ties for next summer's season. It doesn't matter if you are just beginning or coming back for more — there's a class for you!

Instructors: Douglas Hnatiuk & Stephan Mead

Introduction to Fly Tying

Master Instructor Douglas Hnatiuk is back to lure you in with an assortment of flies. Learn basic fly patterns, tying techniques, and fly fishing strategies for fishing throughout the Yukon and Alaska.

Canada Games Centre – Boardroom

Tu	Oct. 10 – Nov. 7	7:00 pm – 9:00 pm	5	\$115◆	69183
----	------------------	-------------------	---	--------	-------

Introductory Fly Tying (Level 2)

Prerequisite: Must have completed Introduction to Fly Tying

This class is an extension of basic skills to develop additional skill those tyers who have taken Introduction to Fly Tying.

Canada Games Centre – Boardroom

Th	Nov. 16 – Dec. 14	7:00 pm – 9:00 pm	5	\$115◆	69184
----	-------------------	-------------------	---	--------	-------

Intermediate Fly Tying

Prerequisite: Must have completed Introduction to Fly Tying

Here is your opportunity to learn the intermediate aspects of fly tying. You will be introduced to techniques and flies that enable you to increase your skills and knowledge.

Canada Games Centre – Boardroom

Tu	Nov. 14 – Dec. 12	7:00 pm – 9:00 pm	5	\$115◆	69395
----	-------------------	-------------------	---	--------	-------

Diabetes Wellness Series

Join a registered dietitian, a registered nurse, an exercise specialist and a pharmacist as they cover weekly topics including self-management, medications, and self-monitoring, healthy eating and activity strategies.

This program is offered through a partnership with the Yukon Hospital Corporation, Yukon Government's Chronic Conditions Support Program and the City of Whitehorse.

Canada Games Centre – Boardroom

M	Oct. 16 – Nov. 6	6:00 pm – 8:00 pm	4	FREE	69406
---	------------------	-------------------	---	------	-------

