

ADULT & SENIOR PROGRAMS



ADULT & SENIOR



Connect with others

Our facilities are filled with people of all ages, abilities, and backgrounds. Our programs create opportunities to build positive relationships with other people in the community.

Participation with others provides a powerful combination of support, accountability, and motivation to stay active and helps build healthy communities.

Be active for life

We offer accessible programs and facilities that help develop and sustain healthy and active lifestyles.

Social Responsibility

Our services promote individual social responsibility through the engagement of each person with the community. Become an active participant towards a healthy and brighter future for yourself and future generations.

Drop in and be active at the CGC.



Drop-in schedules can be picked up at the Canada Games Centre or viewed online at www.whitehorse.ca/cgcschedules



Instructor in the Spotlight

Emily Sheff

Emily Sheff began travel storytelling in 2007, when she started working in travel journalism for Tourism Toronto. In Toronto Emily collaborated with travel writers to secure PR coverage in high-profile outlets including Entertainment Tonight, Washington Post, Chicago Tribune and Travel & Leisure. Almost ten years later Emily has worked for three Canadian destinations, including Travel Yukon, shaping hundreds of travel stories in blogs, print, radio, TV and more. Emily has honed her own travel journalism skills during trips through Europe, South America and Africa, most recently producing a travel portrait series during a two months overlanding journey in West Africa. Emily works part-time in the Yukon Government Photography Unit, and runs Sheff Digital Pictures, a commercial and lifestyle photography business.

Have a great idea?

We are always looking for new program ideas. If you have a talent you would like to share or programming ideas you think we should be offering please contact Carmen.



Carmen Lindsay

Program Leadhand

Phone: **668-8327**

Email: carmen.lindsay@whitehorse.ca

Photography Series

Beginner DSLR Photography

Join local photographer Mark Kelly for an experiential workshop to learn the basics of digital photography. Mark can help you make sense of ISO, aperture, shutter speed and composition.

Each participant requires a DSLR camera with interchangeable lenses, operating manual and tripod.

Instructor: Mark Kelly

Shipyards Park – Frank Slim Building

Tu – Th May 2 – 4 6:30 pm – 9:30 pm 3 \$135 ♦ 68639

DSLR Photography Extension

This additional class is intended for those who would like an opportunity to develop the skills learned in Beginner or Intermediate DSLR workshops.

Each participant requires a DSLR camera with interchangeable lenses, operating manual and tripod.

Instructor: Mark Kelly

Canada Games Centre – Boardroom

Sa May 6 10:00 am – 5:00 pm 1 \$97 ♦ 69089

Travel Photography

Join Emily Sheff, local travel and photography professional, for an in depth exploration of travel photography. This workshop will develop your DSLR basics, applying ISO, aperture, shutter speed and composition to common travel photography scenarios. Additional topics include travel portraiture, equipment packing and care, editing, and finally, how to create a lasting story through your images.

Participants will benefit from having a laptop with Lightroom and Photoshop for Week Three. Participants are also welcome to bring in their DSLR during week one when we go over camera basics.

Instructor: Emily Sheff

Canada Games Centre – Boardroom

W Apr. 5 – 26 7:00 pm – 9:00 pm 4 \$120 ♦ 68638

Beginner Tennis Lessons

Not an Ace? Lost your serve? These indoor lessons are geared towards adults who want to learn the basics of tennis and get comfortable rallying while having fun. Tennis Canada certified instructor and all equipment provided.

Canada Games Centre – Powerade Flexihall

W	Apr. 5 – May 10	6:00 pm – 7:15 pm	5	\$71	68933
---	-----------------	-------------------	---	------	-------

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	Apr. 24 – May 15	6:00 pm – 8:00 pm	4	\$20	68617
---	------------------	-------------------	---	------	-------



Handmade Market Series

Looking for inspiration to tap into your creative side? Bring amazing colours, textures and shapes to your one of a kind creation. All materials are supplied unless otherwise stated.

All Natural Body Care Make-a-thon

This workshop is packed with information, recipes, and fun future project ideas. Bathe in the world of natural body and beauty products as you learn about challenges of conventional cosmetics and the ingredients to avoid. Create products from essential oils and whole natural ingredients to take home.

Instructor: Selene Vakharia

4133 4th Avenue – Suite 105

W	Apr. 12	6:30 pm – 8:00 pm	1	\$51	67839
---	---------	-------------------	---	------	-------

Crocus Flower Vase

Learn to blow out a bubble in 1200°C degree glass. Shape it into a funky yet functioning flower vase and use it for your Spring crocus’ for years to come. No experience necessary.

Lumel Studios

Th	Apr. 27	6:00 pm – 9:00 pm	1	\$70	67840
----	---------	-------------------	---	------	-------

Glass Garden Critters

Do you love garden bugs? Come create a glass caterpillar, lady bug, bee or any other garden critters for your garden, window sill, or planter box.

Lumel Studios

Th	May 11	6:00 pm – 9:00 pm	1	\$55	67841
----	--------	-------------------	---	------	-------



ADULT & SENIOR

Chadburn Lake: Canoe and Cookout

Join the team from Wildside Adventures and spend an afternoon on the calm waters of Chadburn lake.

Paddle around the lake before enjoying a picnic at a shore-side log cabin. A cookout smokie lunch is provided.



Chadburn Lake – Day use area and boat launch

Sa	Jul. 8	1:00 pm – 4:00 pm	1	\$95	69084
----	--------	-------------------	---	------	-------

Explore Whitehorse

Join the team from Wildside Adventures and come along for an afternoon of fun outdoor adventure.

We'll visit some of the most scenic areas Whitehorse has to offer. Take in the sights of the boreal forest, alpine lakes, and rich history of the area with a knowledgeable guide. Light snack included.

Canada Games Centre – Parking lot - Hike is at Fish Lake

Sa	Jun. 24	12:30 pm – 4:30 pm	1	\$65	69082
----	---------	--------------------	---	------	-------

Canada Games Centre – Parking lot - Hike is at Miles Canyon

Sa	Jul. 22	12:30 pm – 4:30 pm	1	\$65	69083
----	---------	--------------------	---	------	-------

Gardening Series

Workshops are led by Master Gardener, Ingrid Wilcox who has a wealth of passion and information to share. Are you interested in planting seeds, small space gardening or essentials of herbs? Enjoy a hands on workshop and take home your planted seeds which can transfer to your garden or greenhouse space.

All About Flowers and Herbs

Dig into this workshop and discover an assortment of indoor and outdoor herbs, annual and perennial flowering plants. Cultivate an awareness of culinary roles, soil structure, nutrient requirements, watering, plant varieties and seeding times and tips.

Instructor: Ingrid Wilcox

Canada Games Centre – Meeting Room

Tu & Th	Apr. 4 & 6	6:00 pm – 9:00 pm	2	\$85◆	68930
---------	------------	-------------------	---	-------	-------

Growing Under Cover

Looking to extend your growing season? Hot house topics include growing plants using row covers, cold frames, hot frames and the traditional greenhouse. Temperature control, small space gardening, container gardening, organic methods, pollinating and prevention of cross pollination will be discussed along with soil preparation and layout plans to maximize plant growth.

Instructor: Ingrid Wilcox

Canada Games Centre – Meeting Room

M & W	Apr. 10 & 12	6:00 pm – 9:30 pm	2	\$87◆	68931
-------	--------------	-------------------	---	-------	-------

Outdoor Garden Preparation

Improve your knowledge of area selection, raised bed construction, turning of soil, composting, nutrients, dealing with pesky weeds and basic gardening techniques for our northern climate. Vegetables highlighted are outdoor vegetables including potatoes, broccoli, cabbage, cauliflower, and salad fixings. After lunch visit Ingrid's greenhouse and outdoor garden beds for a question and answer session.

Instructor: Ingrid Wilcox

Morning session: Canada Games Centre – Meeting Room Afternoon session: 60 Klondike Road

Sa	May 13	9:30 am – 1:00 pm	1	\$79◆	68932
		1:00 am – 3:30 pm			



Landscaping Series

There's more to landscaping than knowing which way the sod goes. Whether you're planning to hire a contractor or do it yourself the workshops below can help bring essential information to light about landscaping.

On Your Way: A Landscape Design Workshop

Have some ideas for your landscaping but can't quite pull it together? Bring your landscaping concepts to this workshop and collaborate as a group through the guidance of an experienced landscaper and take your project to the next step on your way to creating that special outdoor space for your home.

Instructor: Marianne Darragh

Canada Games Centre – Boardroom

Tu	Apr. 18	7:00 pm – 9:00 pm	1	\$45	67838
----	---------	-------------------	---	------	-------

Lay of the Land

Is your property flat, steep, sloped or swampy? Landscaping in the Yukon can be challenging for any homeowner. Learn about drainage, retaining walls, the nitty-gritty of pipes, building codes, and best practices. We'll also dive into the topic of rain gardens, dry wells, and other sustainable approaches to keeping storm water flowing in the right direction.

Instructor: Marianne Darragh

Canada Games Centre – Boardroom

Th	Apr. 20	7:00 pm – 9:00 pm	1	\$45	67837
----	---------	-------------------	---	------	-------

Don't Beat Around the Bush

Break new ground this Spring and learn how to select a hardy species of tree or shrub to grow and establish in the Yukon climate. Sarah will go into detail on watering, fertilizing, mulching, pruning, winter care and site selection. There will be local trees and shrubs at the workshop for instructor demonstration and participant practice. Participants please bring a pair of hand pruners to the workshop.

Instructor: Sarah Corbeil

Shipyards Park – Frank Slim Building

Th	Apr. 25	7:00 pm – 9:00 pm	1	\$47	67836
----	---------	-------------------	---	------	-------

Fly Casting / Fly Fishing Series

Get ready for this flying fishing season and enjoy one of Canada's top leisure and sport activity. Each participant requires a 2017 Yukon Fishing License.

Introduction to Fly Casting

Come 'fly' with Douglas as he walks you through the basics of fly fishing by covering casting techniques, leaders, knots, tackle, fly patterns, fly selection and fly fishing strategies. You'll be 'hooked' to gear up for a great season of fly casting in the Yukon. All equipment is provided.

Instructor: Douglas Hnatiuk

Class 1 - Canada Games Centre – Boardroom

Classes 2 – 4 - Powerade® Flexihall

Class 5 - Yukon River

Tu	Apr. 4 – May 2	6:30 pm – 8:30 pm	5	\$120◆	67810
Th	Apr. 6 – May 4	6:30 pm – 8:30 pm	5	\$120◆	67812

Fly Fishing

Prerequisite: Participants must have completed an Introductory Fly Casting program

There's nothing fishy about this hands on fly fishing program with master fly casting instructor Douglas Hnatiuk. Expand your existing skills with plenty of practice at a variety of nearby locations. Douglas offers great tips and proper fly fishing strategies in each class. All materials are provided.

Instructor: Douglas Hnatiuk

Yukon River Intake – Selkirk Pumphouse

Tu	May 9 – Jun. 6	6:30 pm – 8:30 pm	5	\$140◆	67811
Th	May 11 – Jun. 8	6:30 pm – 8:30 pm	5	\$140◆	67813

ADULT & SENIOR