



# ADULT & SENIOR PROGRAMS

# General Interest

## Copper Tooling Workshop

Join acclaimed artist, Blair Thorson, in creating a take-home framed piece of artwork you made yourself! A 5" x 7" piece of copper and tools supplied.

Shipyards Park – Frank Slim Building

M	Feb. 5	7:00 pm – 9:00 pm	1	\$50◆	70614
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Canada Games Centre – Boardroom

Th	Feb. 8	7:00 pm – 9:00 pm	1	\$50◆	70615
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### Seniors Only

Canada Games Centre – Meeting Room

Tu	Feb. 6	10:30 am – 12:00 pm	1	\$25◆	70616
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## Weaving – Introductory Skills

Join Vanessa and learn the basics of weaving from building a simple loom frame to warping the loom and selecting weft yarns. Experiment with various techniques such as Rya (fringe), tabby weave, sumac and chevron twill.

*Bring a small hammer and a collection of yarn. All other materials supplied.*

Shipyards Park – Frank Slim Building

Tu & Th	Mar. 6 – 8	6:00 pm – 8:30 pm	2	\$60◆	70619
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## Weaving – Intermediate Skills

This course is for those that have experience weaving. Join Vanessa, expert weaver and artist, in learning decorative and advanced techniques to add to your weaving projects. All materials supplied.

Shipyards Park – Frank Slim Building

Tu & Th	Mar. 13 – 15	6:00 pm – 8:30 pm	2	\$60◆	70714
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## Writing

We all have a story to tell. Join Yukon writer, Eva Holland for an introduction to personal nonfiction writing. Explore personal essays, memoir, travel / adventure writing, learn how to mine your own experiences and shape them into compelling narratives. Come ready to write.

Shipyards Park – Frank Slim Building

W	Jan. 17 – Feb. 7	7:00 pm – 9:00 pm	4	\$60	70255
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### Seniors Only

Canada Games Centre – Boardroom

W	Jan. 17 – Feb. 7	1:30 pm – 3:00 pm	4	\$30	70254
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## Basic Stitching

In partnership with the Yukon Guild of Needle Art

Master 3 stitches and work on a larger project under the supervision of Peggy's expert embroidery skills. No experience necessary. All equipment provided.

Mount McIntyre – Grey Mountain Room

M, Tu, Th	Jan. 29, 30, Feb. 1	6:00 pm – 9:00 pm	3	\$60◆	70621
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Canada Games Centre – Meeting Room

Sa & Su	Feb. 3 – 4	1:00 pm – 5:00 pm	2	\$60◆	70620
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## Hooptastic

Join Emmallee in this 4 week workshop – a combination of hula hooping, dance and fitness. All participants will receive a hula hoop to practice with and take home after the course.

Mount McIntyre – Grey Mountain Room

W	Jan. 17 – Feb. 7	7:00 pm – 8:30 pm	4	\$55◆	70662
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## Seeding and Starting Your Plants

With warmer weather and more daylight, March is the perfect time to plant seeds for your garden. Learn about variety of seeds, transplanting seedlings, types of soils, and containers to use. Alongside Master Gardener, Ingrid Wilcox, learn to plant and take home an assortment of planted seeds. Trays, soil, and seeds provided.

Canada Games Centre – Boardroom

Tu	Feb. 27	6:30 pm – 9:00 pm	1	\$50◆	70622
Th	Mar. 1	6:30 pm – 9:00 pm	1	\$50◆	70623

## Soil Composition: Q & A Period

Join Master Gardener, Ingrid Wilcox, in learning the importance of good soil for a successful garden. This session will also be a great opportunity to bring questions you have been yearning to ask regarding growing in the north, growing obstacles, pests, fertilizing and much more.

Canada Games Centre – Boardroom

Tu	Mar. 13	6:30 pm – 8:30 pm	1	\$25	70624
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## Beginner Guitar

Do you have a guitar that is collecting dust? Bring it with you and learn from the talented Nick Mah. Nick will guide you through the basics of guitar and have you jamming by the end of the session.

Canada Games Centre – Meeting Room

Th	Jan. 18 – Feb. 22	6:15 pm – 6:45 pm	6	\$80	70625
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## Intermediate Guitar

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

Canada Games Centre – Meeting Room

Th	Jan. 18 – Feb. 22	7:00 pm – 7:45 pm	6	\$105	70626
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## Diabetes Wellness Series

In partnership with Yukon Hospital Corporation and Yukon Government's Chronic Conditions Support Program

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.

Canada Games Centre – Boardroom

M	Jan. 8 – 29	6:00 pm – 8:00 pm	4	FREE	70715
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# Sports

## Beginner Pickleball

Learn the basics of Pickleball and see what the craze is about. Start with basic ball handling and placement skills and progress into stroke and tactical games. Finish the session off with a small round robin style tournament on the 25<sup>th</sup>. All equipment provided.

Canada Games Centre-Powerade® Flexihall

Sa	Feb. 3, 17, 24	4:30 pm – 5:30 pm	5	\$45	70262
Su	Feb. 11, 25				

## Intermediate Pickleball

Already know the Pickleball basics but looking to improve? This course is aimed at improving your abilities and taking your game to the next level. Our instructor will work to advance your techniques and strategy, serving up some serious Pickleball skills. All equipment provided.

Canada Games Centre-Powerade® Flexihall

Sa	Jan. 6 – Mar. 3*	9:00 am – 10:30 am	7	\$65	70261
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\* no class on January 27 and February 10

## Roller Girls Skills and Drills

In partnership with the Yukon Roller Girls Coached by veteran skaters and players, learn how to stop, do crossovers, jump, skate backwards, take a hit, give a hit and fall safely. Successful completion of a performance assessment at the end of the program will allow you to join a house team for weekly games, become a referee or just get more comfortable on 8 wheels. All gear is mandatory — skates, helmet, knee, elbow, wrist pads and mouthguard.

Canada Games Centre – Flexihall

Th	Jan. 18 – Mar. 8	9:00 pm – 10:00 pm	8	\$60	70707
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## Women's Hockey Skills and Drills

Regardless of your ability, our trained and skilled coach is guaranteed to improve your skills. The focus will be on improving skating technique, puck handling and passing drills as well as fun games to reinforce your improving skills. Full hockey equipment is mandatory.

Canada Games Centre – ATCO Ice

F	Jan. 5 – Feb. 16*	8:00 pm – 9:00 pm	6	\$45	70627
F	Jan. 5 – Mar. 9	6:30 am – 7:30 am	10	\$75	70628

\* no class on January 26

## Multi-Sport Rec League

Grab some friends, family or coworkers and come join Whitehorse's exciting multi-sport rec league! Your team will play a variety of sports over the season in friendly competition. Sports may include; basketball, volleyball, indoor soccer, handball, dodgeball, ultimate frisbee and California kickball. Teams are co-ed and recommended to be a minimum of 8 people and a maximum of 12.

Canada Games Centre-Powerade® Flexihall

W	Jan. 10 – Mar. 14	8:00 pm – 10:00 pm	10	\$250/team	70256
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## Beginner Climbing - Women Only

If you have always wanted to try climbing, this is the course for you. Learn the basics of how to approach the wall, how to avoid injury and of course have fun! All equipment provided.

Porter Creek Secondary School – Boulder Wall (indoor gym)

Tu & Th	Jan. 9 – Feb. 8	7:00 pm – 8:30 pm	10	\$100	70629
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## Intermediate Climbing

Intermediate climbers — are you interested in setting your goals to new heights? Our instructor will focus on improving your climbing movements and techniques while challenging you to push yourself further each week.

Porter Creek Secondary School – Boulder Wall (indoor gym)

Tu & Th	Feb. 13 – Mar. 15	7:00 pm – 8:30 pm	10	\$100	70632
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# Photography

## Beginner Photography

Join local photographer, Mark Kelly, for a hands-on workshop to learn about the basics of digital SLR photography. Gain a better understanding of aperture, shutter speed and composition. This course is for those with interchangeable lens cameras. Please bring your camera, operation manual, and a tripod.

### Shipyard Park – Frank Slim Building

Th	Jan. 4	7:00 pm – 9:00 pm		
F	Jan. 5	7:00 pm – 9:00 pm	3	\$ 150◆ 70643
Sa	Jan. 6	10:00 am – 5:00 pm		

## Aurora Photography

If you have always wanted to learn more about the Aurora and photography, look no further. Expert photographer, Mark Kelly, will have you discovering the technique and share his skill in getting that perfect image. Bring warm clothes, a sturdy tri-pod and your DSLR with the operation manual. This course is for those already familiar with their camera and manual settings.

### Shipyard Park – Frank Slim Building

Th	Mar. 1	6:00 pm – 9:00 pm		
F	Mar. 2	9:00 pm – 12:00 am	3	\$ 150◆ 70644
Sa	Mar. 3	9:00 pm – 12:00 am		

## Processing Photos

Have you taken a course or two, or want more information on how to get the great shots off your camera? Our instructor and expert photographer himself, Jason Wolsky, will be able to guide you through the import editing and exporting photos using Adobe Lightroom as well as answer any questions that may arise. Please bring a laptop with a copy of Lightroom, and a camera card with some photos on it. A free trial of lightroom can be downloaded from adobe website.

### Canada Games Centre – Board Room

Sa	Jan. 13	12:00 pm – 4:00 pm	1	\$60 70645
Sa	Mar. 10	12:00 pm – 4:00 pm	1	\$60 70646



## Instructor in the Spotlight

### Mark

Mark Kelly has been photographing since the age of 8, when he received his first Kodak Instamatic 110 camera for his birthday. Since then he has not put the camera down and has experimented with many different cameras all over the world.

He came to Whitehorse for a canoe trip in 1997 and returned in 1999 to make Whitehorse his home. He continues to travel by air, land and water to capture unique images of the wilderness, people and cultures. “My work allows me to fill my insatiable need for travel and new experiences, and for this I am grateful.”

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# Outdoors



## Snowshoeing

As daylight returns, join Lauren from Wildside Adventures as she takes you to a new trail each week. You can choose to meet at the CGC for transportation or meet at the program location. Snowshoes are provided and please wear appropriate clothing. (Wool, fleece etc.)

### Jackson Lake

Su	Jan. 21	1:00 pm – 4:00 pm	1	\$50◆	70650
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### Long Lake (family friendly)

Su	Jan. 28	1:00 pm – 4:00 pm	1	\$50◆	70651
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### Takhini Hot Springs (Hot Springs admission included)

Su	Feb. 4	1:00 pm – 4:00 pm	1	\$58◆	70653
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## Backcountry Style Dinner

Learn how to make a gourmet backcountry meal over a campfire with adventure seekers Lauren and Stephen of Wildside Adventures. The menu consists of appetizer crackers with red pepper jelly alongside a cup of Labrador tea, Chicken Souvlaki and for dessert, Cinnamon Buns! Take home a campfire cookbook with tips and tricks of backcountry cooking as well as more recipes to try on your next adventure.

### Wolf Creek Campground

Th	Feb. 8	5:30 pm – 7:30 pm	1	\$60◆	70658
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## Get Out and Ski!

Whether you have your own skis or need some, Wildside Adventures is going to show you the trails right in Whitehorse's backyard. Sign up for one or all 3 sessions that are sure to get you inspired to keep getting out.

*Ski rentals available through Wildside Adventures. Contact them at [info@wildsideyukon.com](mailto:info@wildsideyukon.com)*

### Chadburn Ski Trails

Su	Feb. 18	1:00 pm – 3:00 pm	1	\$20	70659
Su	Feb. 25	1:00 pm – 3:00 pm	1	\$20	70660
Su	Mar. 4	1:00 pm – 3:00 pm	1	\$20	70661

## Ski Wax Clinic for Beginners



In partnership with Whitehorse Cross Country Ski Club.

Do you have all the gear you need to hit the ski trails but need a bit of guidance? Join Whitehorse Cross-Country Ski instructors in learning the basics of your gear and how to apply the right wax for the temperature to ensure a great ski.

### Mount McIntyre Ski Lodge

M	Jan. 15	7:30 pm – 8:30 pm	1	\$6*	70633
Su	Jan. 21	3:30 pm – 4:30 pm	1	\$6*	70635
W	Jan. 24	7:30 pm – 8:30 pm	1	\$6*	70634

\* No Senior / Youth / Child discounts for this course

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# Cooking

## Valentine Chocolates

Make your own Valentine chocolates in a variety of shapes and sizes, gift wrapping them, and leave class with presents ready to deliver.

Mount McIntyre Recreation Centre - Kitchen

M Feb. 12 7:00 pm – 9:00 pm 1 \$45◆ 70636

## Grandparent and Grandchild Valentine Chocolates

Bring your grandchild to a fun-filled session of making your own chocolates. Choose different shapes, sizes and flavors, decorate, and package them to deliver to special friends and loved-ones for Valentine's Day.

Mount McIntyre Recreation Centre – Kitchen

Tu Feb. 13 10:00 am – 12:00 pm 1 \$45◆ 70637

\* One caregiver per child \*\* Price is for Grandparent and Child

## Spanish Cuisine

Join us for a series of 3 evenings with Veronica Geier as she shares her favorite recipes and Spanish culture. Master a different dish each week, learning cultural techniques and bring home recipes to share with friends or family.

Shipyards Park – Frank Slim Building

W Feb. 28 – Mar. 14 6:30 pm – 9:00 pm 3 \$140◆ 70640



## Asian Cuisine – Wonton Soup

Bring your appetite and awaken your senses with a fabulous evening of Asian cuisine. Our instructor, Oviana, will share her passion for authentic Asian food with her favorite recipe – wonton soup.

Shipyards Park – Frank Slim Building

Sa Jan. 13 6:00 pm – 9:00 pm 1 \$75◆ 70642

## Asian Cuisine

Join us for a series of 3 evenings with Oviana and explore the specialties and authentic cuisine of the Asian culture. Each week, prepare, cook and enjoy a new and exciting menu.

Shipyards Park – Frank Slim Building

Th Jan. 25 – Feb. 8 6:00 pm – 9:00 pm 3 \$135◆ 70641



## Instructor in the Spotlight

### Brian

Brian is a CSEP Certified Personal Trainer and an honours Fitness and Health Promotions student from Durham College. He moved to the Yukon last year for the mountains, trails and nature. Brian loves it here and he loves to compete in Obstacle Course Races and in running races. The Whitehorse Reckless Raven Trail Ultramarathon is the hardest thing he has ever done! He loved every moment of it.

Brian's goal is to help inspire people to become healthier and to live a more balanced and active lifestyle. He wants people to feel how amazing he started to feel when he re-introduced fitness into his own life. In Brian's mind, that is the number one benefit of becoming active!

As an instructor, Brian loves the challenge of having people of every different fitness level in his class, at the same time. He loves the social dynamic of group classes and having an option for every fitness level. It makes it much more fun for the participants and for Brian as an instructor! At the end of the day, fitness needs to be enjoyable, so that it can become a sustainable part of a person's life!

# Fitness

## Strong Woman

Strong Woman is specifically designed for women who are interested in learning proper lifting technique. Change the way you look at lifting weights and understand the benefits of lifting heavy. Build your confidence with this 5 week program.

Instructor: Lana O'Connell

### Canada Games Centre – Wellness Centre

<b>Sa</b>	<b>Jan. 6 – Feb. 3</b>	<i>9:00 am – 10:30 am</i>	<b>5</b>	<b>\$65</b>	<b>70282</b>
<b>Sa</b>	<b>Feb. 10 – Mar. 17*</b>	<i>11:30 am – 1:30 pm</i>	<b>5</b>	<b>\$65</b>	<b>70283</b>

\* No class February 24

## Stroller Bootcamp

Join our certified fitness professional for a good sweat and social time with other fun-loving moms. This indoor Stroller Fitness Program consists of cardio, body weight training, core strengthening and connect time. Our program is for all fitness levels, so every new mom is welcome. Babies will be happy while you get a challenging workout, and time to connect with other parents in your community. Your fitness level and confidence will be transformed.

Instructor: Jennifer Kiess

### Canada Games Centre – Dasani® Running Track

<b>Tu &amp; Th</b>	<b>Jan. 9 – Feb. 1</b>	<i>10:30 am – 11:30 am</i>	<b>8</b>	<b>\$100</b>	<b>70277</b>
<b>Tu &amp; Th</b>	<b>Feb. 6 – Mar. 1</b>	<i>10:30 am – 11:30 am</i>	<b>8</b>	<b>\$100</b>	<b>70278</b>

## Warrior Strength

This 4 week program will consist of strength, cardio and HIIT circuits, all tailored to empower you into your best self! Starting with a fitness test then slowly progressing each week, finishing off by retesting at the end so you can see the results!

### Canada Games Centre-Coca-Cola® Fieldhouse

<b>M, W, F</b>	<b>Jan. 15 – Feb. 9</b>	<i>6:30 pm – 7:30 pm</i>	<b>12</b>	<b>\$125</b>	<b>70712</b>
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## Beginner Pilates

In partnership with the studio.

A great starting point for beginners, this course teaches the five basic principles of Pilates and builds a foundation of exercises required to move on to the next level. This mat based workout is designed to help participants develop longer, leaner muscles, establish core strength and stability and heighten mind body awareness.

Instructor: Master Trainer,  
Ann Asquith



**Ages 16 + years**

Canada Games Centre – Wellness Studio

W Jan. 3 – Feb. 7 7:40 pm – 8:40 pm 6 \$80 70269

## Seniors Only Beginner Pilates

In partnership with the studio.

This beginner Pilates course is designed for those over 60 who are new to, or have a basic foundation in Pilates and wish to improve your fitness level. While you strengthen your core and back muscles you will improve your balance and flexibility in the process. This course is taught by Master Trainer, Ann Asquith, who is a senior herself and specializes in teaching Pilates to seniors.

Instructor: Master Trainer,  
Ann Asquith



Canada Games Centre – Wellness Studio

W Jan. 3 – Feb. 7 2:00 pm – 3:00 pm 6 \$40 70271

## Discover Yoga

This flowing yoga class moves slowly through key poses with modifications provided to meet everyone's needs. This is a great class for beginners or those who enjoy a slower pace.

Instructor: Beverley Avano

Canada Games Centre – Wellness Studio

M Jan. 8 – Feb. 26 7:40 pm – 8:55 pm 8 \$100 70267



## Wellness Program Design

Are you looking to start a fitness program or not sure if your current workout is right for you?

A Wellness Program Design is a customized workout plan created through consultation with one of our certified Fitness Specialists that will reflect your needs and fitness & lifestyle goals. These workout plans are designed for a 3 month period to keep you moving forward towards a healthy and active life.

**\$25 / Session**

**Free for CGC members using Bonus Pass**

How do I book a Wellness Program Design?

- Book online or in person at the Canada Games Centre
- Complete the PAR-Q Questionnaire prior to appointment
- Check in at Reception on the day of your appointment and to get your wristband
- Come prepared to be active, indoor shoes, comfortable clothing and a water bottle
- Meet your Fitness Specialist in the Wellness Centre for all appointments
- 24 hours' notice for all bookings
- 24 hours for all cancellations. A "no show" fee of the cost equal to your booking will be charged for all no shows