

## **Hillsdale Community Association Programs – Winter 2024**

### **Program Registration:**

- 1) In-person registration at the City-Wide Program Registration Night.  
Hillsdale: Tuesday January 9/24, 7:00 PM - 8:00 PM, Marion McVeety School gym (38 Turgeon Cres.). At the in-person registration, payment accepted via cash or cheque.
- 2) Registration via the HCA website (payment via e-Interac).  
Details available on the HCA website (<https://www.hillsdaleca.ca/programs>).

### **Winter 2024 Programs**

#### ***East Indian Cooking***

Sunday evenings.

Dates: Jan. 14 – Feb. 11.

Time: 5:00 PM - 7:00 PM.

Location: Regina Christian School kitchen (2505 23rd Ave.).

Cost: \$90 for 5 sessions.

Note: Maximum number of participants is 14.

#### ***Fit for Your Life I***

Monday & Wednesday afternoons (twice per week).

Dates: Jan. 8 – Mar. 4 (no sessions on Feb. 19, 21, 26).

Time: 1:30 PM - 2:30 PM.

Location: South Leisure Centre gym (170 Sunset Dr.).

Cost: \$55 for 14 sessions (\$5 walk-ins).

#### ***Fit for Your Life II (extended into May)***

Monday & Wednesday afternoons (twice per week).

Dates: Mar. 6 – May 27 (no sessions on Apr. 1, Apr. 3, May 6).

Time: 1:30 PM - 2:30 PM.

Location: South Leisure Centre gym (170 Sunset Dr.).

Cost: \$80 for 21 sessions (\$5 walk-ins).

#### ***Yoga***

Wednesday evenings.

Dates: Jan. 17 – Mar. 27 (no session on Feb. 21).

Time: 7:30 PM - 8:45 PM.

Location: South Leisure Centre multi-purpose room (170 Sunset Dr.)

Cost: \$65 for 10 sessions.

Notes: Please bring your own yoga mat. Maximum number of participants is 17.

#### ***Zumba***

Monday evenings.

Dates: Jan. 15 – Apr. 15 (no sessions on Feb. 19, Apr. 1).

Time: 6:30 PM - 7:30 pm.

Location: École Massey School gym (131 Massey Rd.).

Cost: \$60 for 12 sessions (\$7 walk-ins, only if space available).

Note: Maximum number of participants is 25.