



MOUNT PEARL
summit
CENTRE

REGISTRATION PROGRAMS

Winter 2019

Mount Pearl Summit Centre

126 Smallwood Drive

(709) 748-1002

customerservice@mountpearl.ca

Follow us on Facebook



Online registration opens

Thursday, January 3

at 5:00 pm

Visit

www.mountpearl.ca/registration

Fitness Program Inquiries

Contact Summit Centre Customer Service

Call 748-1002 Ext 5

E-mail customerservice@mountpearl.ca



CHAIR YOGA

Jan 8 - Apr 9
1 class / week
Tue

Mahe Room
\$101
9:30 – 10:20 am

Chair Yoga, a great Gentle Yoga stretching class with the aid of a chair. This class is intended mainly for those individuals with mobility issues and can help improve posture, range of motion and strength. Ideal for a community setting.

GENTLE FLOW YOGA

Jan 7 - Apr 10
1 class / week
2 classes / week
Mon / Wed

Mahe Room
\$101
\$191
9:30 – 10:20 am

Yoga classes focus on breath, movement, balance, strength, and flexibility. Suitable, for beginners and experienced yoga participants.

HATHA YOGA

Jan 8 - Apr 11
1 class / week
2 classes / week
Tue / Thu

Mahe Room
\$101
\$191
7:00 - 7:50 pm

Yoga classes focus on breath, movement, balance, strength, and flexibility. Suitable, for beginners and experienced yoga participants.

CO-ED VOLLEYBALL - Ages 17+

Jan 8 - Apr 18
(No class: Jan 22, Feb 7, 12, 14)
1 class / week
2 classes / week
Tue
Thu

Reid Centre

\$61.30
\$110.50
9:00 – 10:30 pm
8:00 – 9:30 pm

CO-ED BADMINTON - Ages 17+

Jan 8 - Apr 16
(No class: Jan 22, Feb 12)
Tue

Reid Centre
\$40.85

9:00 – 10:00 pm

INDOOR WALKING

Summit Centre
Drop-In Fee:
12 Walking Track Drop-In
Mon - Fri
Sat & Sun

Walking Track
\$1
\$8.25
6:00 am – 10:00 pm
7:00 am – 10:00 pm

INDOOR WALKING

Reid Centre
Drop-In Fee:
12 Walking Track Drop-In
(No walking : Jan 22, Feb 7, 11, 12, 15)
Mon / Tue / Fri

Gymnasium
\$1
\$8.25

12:00 – 1:00 pm

FAMILY CHALLENGE

Jan 12 - Apr 13
(No class: Feb 9, 16)
Sat

Reid Centre
Free

10:30 am - 12:20 pm

Refund Policy: Refunds will only occur upon presentation of a doctor's note or in the event the program is cancelled by the Department of Community Development.

Come join us on Saturday mornings, it's all about fun with your family. Try some new games and play some classics. All ages welcome!