



Adult Programs



* Adult Programs

Arts and Culture

Conversational Spanish – Virtual – Beginner

Path: Language Arts

Level: Beginner

Develop your vocabulary; understand and speak more Spanish. This course will introduce you to Spanish greetings, farewells, days, months, numbers, timing, alphabet, adjectives, drinks and food. Learn some verbs to say some short sentences. A link will be sent to participants along with a downloadable study guide.

Age: 16+ Years

Location: Online Class Room

Creative Writing – Journaling

Path: Literary Arts

Level: All

Write your way to a better you! This course explores how words can heal the heart & soul. Learn about the creative writing process of 'Personal Journaling'. Using colour, music, art and photos to dig deep into your psyche where you may discover the courage to change your life.

Age: 16+ Years

Location: Old Town Hall

French for Beginners

Path: Language Arts

Level: Beginner

Develop your vocabulary; understand and speak more French. This course will introduce you to French greetings, farewells, days, months, numbers, timing, alphabet, adjectives, drinks and food. Learn some verbs to say some short sentences.

Age: 16+ Years

Location: Old Town Hall

Photography Basics - The BrYangle

Path: Photography / Visual Art

Level: Beginner

Learn from Professional Photographer, Brian Weiss in this photo essentials online virtual workshop. The series will cover all the fundamentals that you need to get the most out of your photography and will focus on exposure, focus, lenses, and composition. Answer questions you didn't even know you had and discover the tools you'll need to make the photos you already see in your mind's eye. A final photo challenge is issued at the end of the session. DSLR camera required/preferred.

Age: 16+ Years

Location: Virtual Classroom

Photography Advanced

Path: Photography / Visual Art

Level: Intermediate / Advanced

This virtually delivered intermediate advanced photo essentials workshop will continue the path started with the 'BrYangle' sessions. Moving beyond fundamentals, this session will cover white balance, metering, on and off camera flash, and much more. Weekly photo assignments and reviews will be powerful tools to show personal growth. DSLR camera required/preferred.

Age: 16+ Years

Location: Virtual Classroom



To register visit
play.newmarket.ca

Watercolour Beginner

Path: Visual Art / Adult Discovery

Level: Beginner

Learn from Professional Photographer, Brian Weiss! Through experimentation and exercises, you will learn about different washes, application methods and more. You will receive individual support, instruction demonstrations and explanations on a variety of subject matters. Materials and supply list provided. Material costs are not included.

Age: 18+ Years

Location: Old Town Hall

Write Now - Creative Writing

Path: Literary Arts / Adult Discovery

Level: Beginner - Advanced

Discover joy in the writing process through the use of timed writing prompts, in-class writing exercises, positive feedback and ample time to write each week. At the end of the session, participants will have a notebook filled with 'unedited' writing pieces and a writer's resource package.

Age: 16+ Years

Location: Old Town Hall

Fitness Programs

Bounce Fit

Wearing specially designed rebound boots (provided), you will benefit from a great cardio workout while toning your core as you balance. This class is low impact and fun for any level of fitness.

Age: 16+ Years

Location: Magna Centre

HIIT Parent

You're a parent. You're up early, you're to bed late, and all the hours in between are filled with no 'me' time. That's why HIIT workouts are for you! High-intensity interval training is one of the most effective and efficient workouts you can do. This class is for all levels and for those who need to start somewhere. Come and work out with your baby and other parents in this fun-filled class.

Age: 16+ Years

Location: Magna Centre

Prenatal Yoga

By practicing yoga during pregnancy, an expectant mother invites harmony into her body. Yoga helps release stress and maintain better health, enabling the mother to cope with the changes in her body calmly. The class is specifically designed to introduce yoga poses, theory and health precaution for mothers-to-be.

Age: 16+ Years

Location: Magna Centre

Baby & Me Yoga

Calling all new moms! Learn to do yoga poses while adapting to your new bundle of joy! Each class provides postnatal exercises that will increase your energy, flexibility and improve muscle strength. This class is an excellent opportunity to connect with other new moms in the community. Moms must be 8+ weeks postpartum with medical clearance to begin a fitness routine.

Age: 16+ Years

Location: Magna Centre

Looking to try out something new?
Check out Bounce Fit this spring!



To register visit
play.newmarket.ca

Bellyfit® Flow

With this powerful, choreographed fusion of flowing, feminine, hip-centred movement, you'll finally get to experience a Yoga class that is truly designed for the unique needs of the female body. Delivered from a solid fitness foundation ~ spiced up with the magic of dance and united seamlessly with Vinyasa Flow ~ you can expect all the signature elements that Bellyfit® offers, now 100% on the mat, with a focus on strength and flexibility rather than cardiovascular endurance and coordination. Add an incredible soundtrack, and you've got a unique and powerful practise designed to uplift and energize on all levels. And yes, you will burn ~ in the best way possible.

Age: 13+ Years

Location: Ray Twinney Recreation Complex

Fitness for Breath

This post-rehabilitation program is designed for individuals with chronic lung disease such as COPD, Pulmonary Fibrosis and chronic asthma. An excellent resource to continue and support an exercise routine. Offering information on the importance of staying active in a safe and accessible environment. This program runs in partnership with the Lung Association of Ontario.

Age: 16+ Years

Location: Magna Centre

T.I.M.E. Exercise Program

TIME is an exercise program tailored to people with neurological conditions such as Stroke, Acquired Brain Injury (ABI), Parkinson's Disease, Multiple Sclerosis or have challenges with balance and coordination. This exercise program involves moving through circuit stations devised by Toronto Rehabilitation Institute physiotherapists and led by fitness instructors. The focus is on improving balance and coordination abilities. Participants are required to walk independently for 10m with or without a walking aid. The 60-minute class incorporates a warm-up, circuit stations and ends with a cool-down. The ratio of participants to staff is 1:4 & can increase to 1:6 when the participants improve their fitness levels.

Age: 50+ Years

Location: Magna Centre

Sports

Basketball - Co-Ed Recreational

A recreational program that will help you practice your shooting, dribbling, and passing skills during a shoot around warm-up and scrimmages.

Age: 18+ Years

Location: Magna Centre

Karate – Introduction

Self defense, fitness and fun are the building blocks of martial arts and this class lets you experience them all. In partnership with Jitsu-Do Karate, this introduction class is a chance to take up a hobby that can end up as a lifestyle.

Age: 6+ Years

Location: Jitsu-Do Karate



To register visit
play.newmarket.ca

Learn to Skate Adult/Senior

In partnership with the Newmarket Skating Club, this program is designed for beginner ice skaters or those who skated as a child and want to brush up on their skills. A Newmarket Skating Club coach will assist you to become a confident skater. Helmets are strongly recommended for new skaters.

Age: 18+ Years

Location: Magna Centre

Volleyball - Co-ed – Recreational

Those interested in a recreational atmosphere will play games organized by an on-site instructor. General knowledge of rules required for safety of participants.

Age: 18+ Years

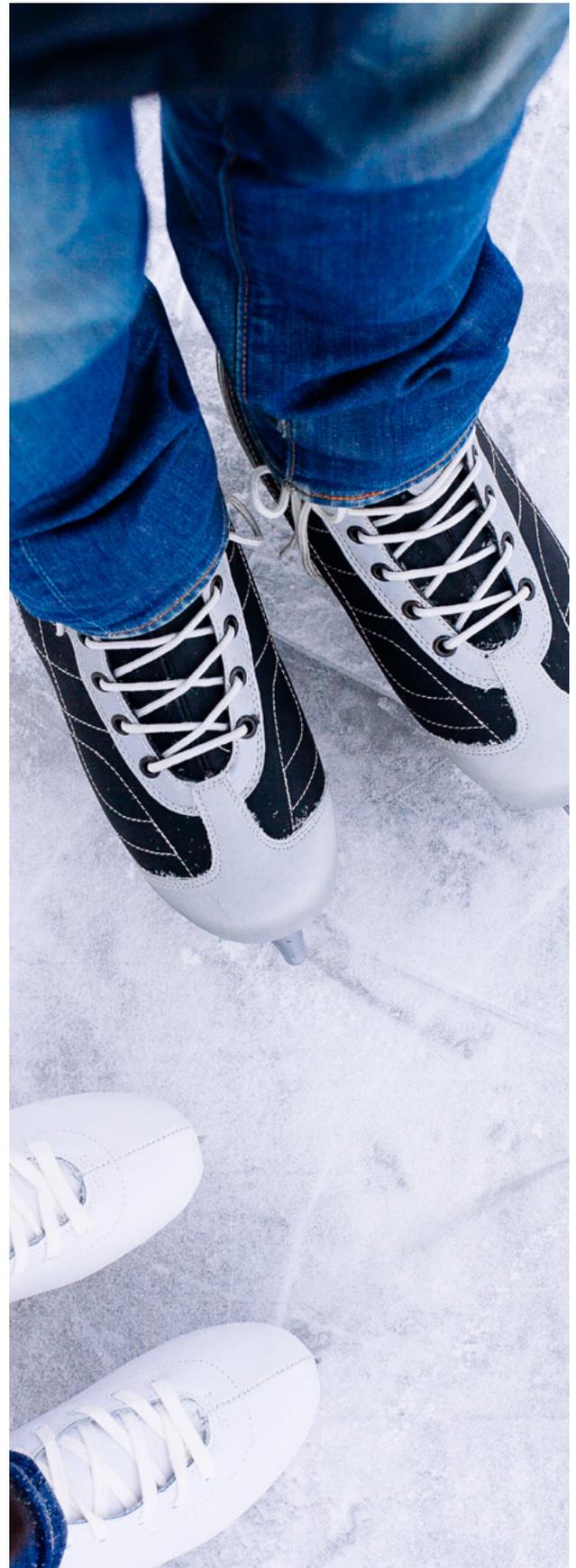
Location: Magna Centre

Volleyball - Co-ed Intermediate

This program is for the intermediate/advanced volleyball player who is more competitive. Spiking is permitted

Age: 18+ Years

Location: Magna Centre



To register visit
play.newmarket.ca