

Ancaster Senior Achievement Centre

622 Alberton Rd South LOR 1A0

905-546-2999



Hamilton

Hamilton.ca/recreation

Winter 2025 Registered Programs

Classes have various program dates due to Instructor Availability.

Registered Programs Require a CITY OF HAMILTON SENIOR CENTRE MEMBERSHIP

Registration Day is December 11th

8:00am online/call 905-546-3747 OR 9:00am in person

Monday (January 6th- March 17th) *No Class Monday Feb 17th				
Program	Time	Instructor/Location	Course ID #	Price
Cardio, Balance and Strength (men only)	9:00-10:00am	Alana-Studio 1	2073	\$60.00
Chair Fit	9:00-10:00am	Rula-Studio 2	2076	\$60.00
Quilting (advanced)	9:00-12:00pm	Sam-Craft Studio 2	2103	\$54.90
Musical Keyboarding (beginner)	9:30-10:30am	Anne-Activity Room 1	2098	\$62.20
Yoga Vinyasa (intermediate plus)	10:15-11:15am	Alana-Studio 1	2137	\$65.00
Stability, Strength and Tone Ballet	10:15-11:15am	Rula-Studio 2	2112	\$60.00
Musical Keyboarding (advanced)	10:45-11:45am	Anne-Activity Room 1	2097	\$62.20
Low Flow Yoga	11:30-12:30pm	Alana-Studio 1	2093	\$65.00
Strength & Resistance <small>-not recommended for beginners</small>	11:30-12:30pm	Rula-Studio 2	2116	\$60.00
Okay Google	12:15-1:15pm	Amy-Craft Studio 1	2100	\$75.00
Sewing Basics	12:30-3:30pm	Linda-Lee-Craft Studio 2	2107	\$62.20
Cardio, Balance and Strength	12:45-1:45pm	Laurel-Studio 1	2067	\$60.00
Stretch & Strength	12:45-1:45pm	Rula-Studio 2	2115	\$60.00
Guitar Performance Group- Rolling Bones	1:30-3:30pm	Scott-Craft Studio 1	2089	\$54.90
Cardio, Balance, Strength, & Walking	2:00-3:00pm	Janette-Studio 1	2075	\$60.00
Cardio Dance	2:00-3:00pm	Rula-Studio 2	2066	\$60.00
Line Dancing (intermediate) <small>-progressive class, no registration after 2nd class</small>	3:15-4:15pm	Janette-Studio 1	2092	\$54.90
Tuesday (January 7th- March 11th)				
Program	Time	Instructor/Location	Course ID#	Price
Stability, Strength and Tone- <small>floorwork involved</small>	9:00-10:00am	Barb-Studio 1	2109	\$60.00
Yoga Bone & Brain Health	9:00-10:00am	Jan-Studio 2	2128	\$65.00
Watercolour- <small>Supplies not included</small>	9:00-11:00am	Lilly-Craft Studio 2	2127	\$54.90
Stained Glass (beginner)- <small>supplies included.</small>	9:30-12:30pm	Cynthia-Craft Studio 1	2113	\$65.00
Stained Glass (intermediate) <small>- supplies not included</small>	9:30-12:30pm	Cynthia-Craft Studio 1	2114	\$54.90
Yoga Restorative	10:15-11:15am	Jan-Activity Room 1	2135	\$65.00
Cardio, Balance and Strength	10:15-11:15am	Barb-Studio 1	2068	\$60.00
Tai Chi (level 1)	10:15-11:15am	Ron-Studio 2	2119	\$60.00
Drawing and Painting (intro) <small>- Supplies not included</small>	11:15-1:15pm	Lilly-Craft Studio 2	2085	\$54.90
Tai Chi (level 2/3)	11:30-12:30pm	Ron-Grand Hall	2121	\$60.00
Yoga Chair	11:30-12:30pm	Jan-Activity Room 1	2130	\$65.00
Yoga Vinyasa-Beginner	11:30-12:30pm	Alana-Studio 2	6066	\$65.00
Full Body Fitness (Circuit fit)	12:45-1:45pm	Janette-Studio 1	2086	\$60.00
Yoga Yin Yang	12:45-1:45pm	Alana-Studio 2	6071	\$65.00
Stained Glass (beginner)- <small>supplies included.</small>	12:45-3:45pm	Cynthia-Craft Studio 1-A	6072	\$65.00
Stained Glass (intermediate) <small>- supplies not included</small>	12:45-3:45pm	Cynthia-Craft Studio 1-B	6073	\$54.90
Recorder (Second Wind)	1:00-3:30pm	Bob-Grand Hall	2106	\$54.90
Mixed Media- <small>Supplies not included</small>	1:30-3:30pm	Lilly-Activity Room 1	2096	\$54.90
Albertones Choir	1:30-3:30pm	Cameron-Craft Studio 2	2063	\$29.95
Country Line Dancing (intermediate)	2:00-3:00pm	Janette-Studio 1	2083	\$54.90

Wednesday (January 8th- March 12th)				
Program	Time	Instructor/Location	Course ID #	Price
Acoustic Guitar (beginner)	9:00-10:00am	Scott-Activity Room 1	2060	\$54.90
Ukulele (beginner)	9:00-10:00am	Cheryl-Grand Hall	2125	\$54.90
Yoga Hatha	9:00-10:00am	Kathleen-Studio 1	2133	\$65.00
Cardio, Balance and Strength	9:00-10:00am	Laurel-Studio 2	2069	\$60.00
Quilting (intermediate)	9:00am-12:00pm	Sam-Craft Studio 2	2105	\$54.90
Cardio, Balance and Strength (men only)	10:15-11:15am	Alana-Studio 1	2074	\$60.00
Yoga Restorative	10:15-11:15am	Kathleen-Studio 2	2136	\$65.00
Ukulele Band (all levels)	10:15-11:45am	Cheryl-Grand Hall	2126	\$54.90
Acoustic Guitar (intermediate)	10:15-11:15am	Greg-Activity Room 1	2062	\$54.90
Yoga Vinyasa - not recommended for beginners	11:30am-12:30pm	Alana-Studio 1	2138	\$65.00
Chair Fit	11:30am-12:30pm	Rula-Studio 2	2078	\$60.00
Acoustic Guitar (intermediate plus)	11:30am-12:30pm	Greg-Activity Room 1	2061	\$54.90
Quilting (beginner)	12:30-3:30pm	Sam-Craft Studio 2	2104	\$54.90
Low Flow Yoga - low impact, improve strength and flexibility	12:45-1:45pm	Alana-Studio 1	2094	\$60.00
Cardio, Balance and Strength	12:45-1:45pm	Rula-Studio 2	2070	\$60.00
Pilates (level 2)	2:00-3:00pm	Rula-Studio 2	2102	\$60.00
Thursday (January 9th- March 13th)				
Program	Time	Instructor/Location	Course ID #	Price
Core	9:00-10:00am	Barb-Studio 1	2018	\$60.00
Cardio, Balance and Strength	9:00-10:00am	Laurel-Studio 2	2071	\$60.00
Fun Chorus	10:00am-12:00pm	Anne-Craft Studio 2	2087	\$54.90
Yoga Hatha	10:15-11:15am	Kathleen-Studio 1	2134	\$65.00
Stability, Strength & Tone	10:15-11:15am	Barb-Studio 1	2110	\$60.00
Performance Guitar Group	10:15am-12:15	Scott-Activity Room 1	2090	\$54.90
Strength/Resistance Training	11:30am-12:30pm	Rula-Studio 1	2117	\$60.00
Tap	11:30am-12:30pm	Georgina-Studio 2	2124	\$54.90
Chair Fit	12:45-1:45pm	Rula-Studio 1	2079	\$60.00
Ballet/Jazz Combo	12:45-1:45pm	Georgina-Studio 2	2064	\$54.90
How Do I Write My Memoir	1:00-2:30pm	Larry-Board Room	2091	\$54.90
Bunka (beginner)	1:00-3:00pm	Pat-Studio 1	2065	\$54.90
Country Line Dancing (beginner) -progressive class, no registration after 2nd class	2:00-3:00pm	Janette-Studio 1	2084	\$54.90
Pilates (level 1)	2:00-3:00pm	Rula-Studio 2	2101	\$60.00
Friday January 10th- March 14th)				
Program	Time	Instructor/Location	Course ID #	Price
Meditation and Stretch (men only)	9:00-10:00am	Alana-Studio 1	2095	\$60.00
Stability, Strength and Tone	9:00-10:00am	Barb-Studio 2	2111	\$60.00
Cardio, Balance and Strength	10:15-11:15am	Barb-Studio 1	2072	\$60.00
Tai Chi (level 1)	10:15-11:15am	Ron-Studio 2	2120	\$60.00
Tai Chi (level 2/3)	11:30am-12:30pm	Ron-Studio 1	2122	\$60.00
Yoga Chair	11:30-12:30pm	Jan-Studio 2	2131	\$65.00
Yoga Bone & Brain Health	12:45am-1:45pm	Jan-Studio 2	2129	\$65.00
Saturday (January 11th- March 15th)				
Program	Time	Instructor/Location	Course ID #	Price
Yoga Yin Yang	9:00-10:00am	Saramin-Studio 1	2139	\$65.00
Strength/Resistance Training	9:00-10:00am	Rula-Studio 2	2118	\$60.00
Sewing Basics	9:30am-12:30pm	Linda-Lee-Craft Studio 2	2108	\$62.20
Yoga Gentle Hatha	10:15-11:15am	Saramin-Studio 1	2132	\$65.00
Core	10:15-11:15am	Rula-Studio 2	2082	\$60.00
Chair Fit	11:30am-12:30pm	Rula-Studio 2	2080	\$60.00



Schedule May Be Subject to Change, check online for updates.

Funded in partnership with the Ministry for Seniors and Accessibility If you require this information in an accessible format , please contact accessiblerec@hamilton.ca

