

# Ancaster Senior Achievement Centre

622 Alberton Rd South LOR 1A0

905-546-2999



## Spring 2025 Registered Programs

Registered Programs Require a CITY OF HAMILTON SENIOR CENTRE MEMBERSHIP

**Registration Day is March 21st**

**8:00am online, in person or phone 905-546-3747**

<b>Monday (April 7th - June 23rd) *No Class Monday April 21st &amp; May 19th (10 Weeks)</b>				
Program	Time	Instructor/Location	Course ID #	Price
Cardio, Balance and Strength (men only)	9:00-10:00am	Alana-Studio 1	8222	\$60.00
Chair Fit	9:00-10:00am	Rula-Studio 2	8254	\$60.00
Quilting (advanced)	9:00-12:00pm	Sam-Craft Studio 2	8268	\$55.00
Musical Keyboarding (beginner)	9:30-10:30am	Cameron-Activity Room 1	8271	\$65.00
Yoga Vinyasa (intermediate plus)	10:15-11:15am	Alana-Studio 1	8226	\$65.00
Stability, Strength and Tone Ballet	10:15-11:15am	Rula-Studio 2	8258	\$60.00
Musical Keyboarding (advanced)	10:45-11:45am	Cameron-Activity Room 1	8274	\$65.00
Low Flow Yoga	11:30-12:30pm	Alana-Studio 1	8232	\$65.00
Strength & Resistance <small>-not recommended for beginners</small>	11:30-12:30pm	Rula-Studio 2	8259	\$60.00
iPad/iPhone 101	12:15-1:15pm	Amy-Craft Studio 1	9979	\$75.00
Sewing Basics	12:30-3:30pm	Linda-Lee-Craft Studio 2	8269	\$65.00
Cardio, Balance and Strength	12:45-1:45pm	Laurel-Studio 1	8241	\$60.00
Stretch & Strength	12:45-1:45pm	Rula-Studio 2	8260	\$60.00
Guitar Performance Group- Rolling Bones	1:30-3:30pm	Scott-Craft Studio 1	8266	\$30.00
Cardio, Balance, Strength, & Walking	2:00-3:00pm	Janette-Studio 1	8250	\$60.00
Cardio Dance	2:00-3:00pm	Macy-Studio 2	8263	\$60.00
Latin Dance - Beginner	3:15-4:15pm	Macy-Studio 2	12647	\$55.00
Line Dancing (intermediate) <small>-progressive class, no registration after 2nd class</small>	3:15-4:15pm	Janette-Studio 1	8252	\$55.00
<b>Tuesday (April 8th - June 17th) (11 Weeks)</b>				
Program	Time	Instructor/Location	Course ID#	Price
Stability, Strength and Tone- <small>floorwork involved</small>	9:00-10:00am	Barb-Studio 1	8247	\$66.00
Yoga Bone & Brain Health	9:00-10:00am	Jan-Studio 2	8261	\$71.50
Watercolour- <small>Supplies not included</small>	9:00-11:00am	Lilly-Craft Studio 2	8279	\$60.50
Stained Glass (beginner)- <small>supplies included.</small>	9:30-12:30pm	Cynthia-Craft Studio 1	8270	\$71.50
Stained Glass (intermediate) <small>- supplies not included</small>	9:30-12:30pm	Cynthia-Craft Studio 1	8273	\$60.50
Yoga Restorative	10:15-11:15am	Jan-Activity Room 1	8292	\$71.50
Cardio, Balance and Strength	10:15-11:15am	Barb-Studio 1	8251	\$66.00
Tai Chi (level 1)	10:15-11:15am	Ron-Studio 2	8262	\$66.00
Drawing and Painting (intro) <small>- Supplies not included</small>	11:15-1:15pm	Lilly-Craft Studio 2	8283	\$60.50
Tai Chi (level 2/3)	11:30-12:30pm	Ron-Grand Hall	8229	\$66.00
Yoga Chair	11:30-12:30pm	Jan-Activity Room 1	8253	\$71.50
Yoga Vinyasa-Beginner	11:30-12:30pm	Alana-Studio 2	8265	\$71.50
Full Body Fitness (Circuit fit)	12:45-1:45pm	Janette-Studio 1	8256	\$66.00
Yoga Yin Yang	12:45-1:45pm	Alana-Studio 2	8267	\$71.50
Stained Glass (beginner)- <small>supplies included.</small>	12:45-3:45pm	Cynthia-Craft Studio 1-A	8276	\$71.50
Stained Glass (intermediate) <small>- supplies not included</small>	12:45-3:45pm	Cynthia-Craft Studio 1-B	8275	\$60.50
Recorder (Second Wind)	1:00-3:30pm	Bob-Grand Hall	8238	\$60.50
Mixed Media- <small>Supplies not included</small>	1:30-3:30pm	Lilly-Activity Room 1	8285	\$60.50
Albertones Choir	1:30-3:30pm	Cameron-Craft Studio 2	8289	\$33.00
Country Line Dancing (intermediate)	2:00-3:00pm	Janette-Studio 1	8257	\$60.50

<b>Wednesday (April 9th - June 18th) (11 Weeks)</b>				
Program	Time	Instructor/Location	Course ID #	Price
Acoustic Guitar (beginner)	9:00-10:00am	Scott-Activity Room 1	8302	\$60.50
Ukulele (beginner)	9:00-10:00am	Cheryl-Grand Hall	8278	\$60.50
Yoga Hatha	9:00-10:00am	Kathleen-Studio 1	8281	\$71.50
Cardio, Balance and Strength	9:00-10:00am	Laurel-Studio 2	8288	\$66.00
Quilting (intermediate)	9:00am-12:00pm	Sam-Craft Studio 2	8300	\$60.50
Woodworking (Beginner) (6 weeks course. Make cutting/charcuterie board)	9:00am-12:00pm	Tom- Wood Shop	12857	\$45.00
Cardio, Balance and Strength (men only)	10:15-11:15am	Alana-Studio 1	8282	\$66.00
Yoga Restorative	10:15-11:15am	Kathleen-Studio 2	8291	\$71.50
Ukulele Band (all levels)	10:15-11:45am	Cheryl-Grand Hall	8280	\$60.50
Acoustic Guitar (intermediate)	10:15-11:15am	Greg-Activity Room 1	8304	\$60.50
Yoga Vinyasa- not recommended for beginners	11:30am-12:30pm	Alana-Studio 1	8284	\$71.50
Chair Fit	11:30am-12:30pm	Rula-Studio 2	8293	\$66.00
Acoustic Guitar (intermediate plus)	11:30am-12:30pm	Greg-Activity Room 1	8306	\$60.50
Quilting (beginner)	12:30-3:30pm	Sam-Craft Studio 2	8301	\$60.50
Low Flow Yoga - low impact, improve strength and flexibility	12:45-1:45pm	Alana-Studio 1	8286	\$71.50
Cardio, Balance and Strength	12:45-1:45pm	Rula-Studio 2	8294	\$66.00
Pilates (level 2)	2:00-3:00pm	Rula-Studio 2	8295	\$71.50
<b>Thursday (April 10th - June 19th) (11 Weeks)</b>				
Program	Time	Instructor/Location	Course ID #	Price
Core	9:00-10:00am	Barb-Studio 1	8307	\$66.00
Cardio, Balance and Strength	9:00-10:00am	Laurel-Studio 2	8316	\$66.00
Fun Chorus	10:00am-12:00pm	TBD-Craft Studio 2	8325	\$60.50
Yoga Hatha	10:15-11:15am	Kathleen-Studio 1	8317	\$71.50
Stability, Strength & Tone	10:15-11:15am	Barb-Studio 2	8305	\$66.00
Performance Guitar Group - Rolling Bones	10:15am-12:15	Scott-Craft Studio 1	8326	\$33.00
Strength/Resistance Training	11:30am-12:30pm	Rula-Studio 1	8312	\$66.00
Tap	11:30am-12:30pm	Georgina-Studio 2	8319	\$60.50
Chair Fit	12:45-1:45pm	Rula-Studio 1	8313	\$66.00
Ballet/Jazz Combo	12:45-1:45pm	Georgina-Studio 2	8320	\$60.50
Creative Writing	1:00-2:30pm	Larry-Board Room	11981	\$60.50
Bunka (beginner)	1:00-3:00pm	Pat-Studio 1	8323	\$60.50
Country Line Dancing (beginner) -progressive class, no registration after 2nd class	2:00-3:00pm	Janette-Studio 1	9454	\$60.50
Pilates (level 1)	2:00-3:00pm	Rula-Studio 2	8322	\$71.50
<b>Friday (April 11th - June 27th) *No Class Friday April 18th (11 Weeks)</b>				
Program	Time	Instructor/Location	Course ID #	Price
Meditation and Stretch (men only)	9:00-10:00am	Alana-Studio 2	8296	\$66.00
Stability, Strength and Tone (10 weeks)	9:00-10:00am	Barb-Studio 1	8305	\$60.00
Cardio, Balance and Strength (10 weeks)	10:15-11:15am	Barb-Studio 1	8299	\$60.00
Tai Chi (level 1)	10:15-11:15am	Ron-Studio 2	8308	\$66.00
Tai Chi (level 2/3)	11:30am-12:30pm	Ron-Studio 1	8303	\$66.00
Yoga Chair	11:30-12:30pm	Jan-Studio 2	8311	\$71.50
Yoga Bone & Brain Health	12:45pm-1:45pm	Jan-Studio 2	8314	\$71.50
Ballroom Dance Singles - Beginner	12:45-1:45pm	Macy-Studio 1	12649	\$60.50
Ballroom Dance Couples - Beginner	2:00-3:00pm	Macy-Studio 1	12650	\$60.50
<b>Saturday (April 12th - June 21st) (11 Weeks)</b>				
Program	Time	Instructor/Location	Course ID #	Price
Yoga Yin Yang	9:00-10:00am	Saramin-Studio 1	8318	\$71.50
Strength/Resistance Training	9:00-10:00am	Rula-Studio 2	8324	\$66.00
Sewing Basics	9:30am-12:30pm	Linda-Lee-Craft Studio 2	8331	\$71.50
Yoga Gentle Hatha	10:15-11:15am	Saramin-Studio 1	8321	\$71.50
Core	10:15-11:15am	Rula-Studio 2	8327	\$66.00
Chair Fit	11:30am-12:30pm	Rula-Studio 2	8330	\$66.00



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

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