



**Fall Programs for 2011  
at the South Bonson Community Centre**

**For full program descriptions and registration information, see the Parks & Leisure [Recreation Guide](#)**

Adult Sport Conditioning	Oct 17-Nov14; Nov 21-Dec 19
Babysitter Training	Nov 1; Dec 20
Biomechanics and Exercise Series	Oct 6; 13; 20; 27
Bonson Bootcamp	Oct 3-Nov 7; Nov 14-Dec 12; Oct 5-Nov 2; Nov 9-Dec 7
Creative Cupcakes Holiday Edition	Oct 27
Family Play Time	Sept 25; Oct 23; Nov 27
HFS Course – Hot Flash Survival	Oct 6-Nov 3; Nov 10-Dec 8
Hip Hop for Preschoolers	Oct 17-Dec 5
Movement and Dance for Preschoolers	Oct 17-Dec 5
Nordic Walking	Oct 15-Nov 19
Origami Holiday Edition	Dec 20-22
Outdoor Body Camp	Oct 4-Dec 6
Parent & Tot Dancin' Babes	Oct 17-Dec 5
Parent & Tot Rhythmic Gymnastics	Oct 12-Nov 30
Pilates Mat Class	Oct 5-Dec 14
Pilates on the Ball	Oct 3-Dec 12
StoryART	Sept 13-Nov 1
StoryART Christmas	Nov 15-Dec 6
Storybook Cooks	Nov 3-24
Strength and Conditioning for Runners	Oct 6-Nov 10; Nov 17-Dec 22
Strong Bones	Oct 5-Nov 9; Nov 16-Dec 21
Zumba	Oct 4-Nov 1; Nov 15-Dec 13; Oct 6-Nov 3; Nov 10-Dec 8