



Caswell Hill Community FLYER

Fall 2022

Mondays starting Sept 19 th	Tuesdays starting Sept 20 th	Wednesdays starting Sept 21 st	Thursdays starting Sept 22 nd
Beginner Karate 7-8 PM	Core Fitness 6-7 PM	Birdwatching 8-9 AM	Adult Accessible Dance 1-2 PM
Modified Karate for Accessibility 7-8 PM	Gentle Fitness Yoga 7-8 PM	Functional Fitness for Older Adults 1:30-2:30 PM	Breath Work 6:15-7:15 PM
Intermediate & Advanced Karate 8- 9 PM	Ball Hockey 8-10 PM	Intro to Hula Hooping for Adults 7-8 PM More Hula Hooping for Adults 8-9 PM	Caswell Fit 7:30-8:30 PM

Making our programs more accessible

If registration fees are preventing you from participating, cost as a barrier assistance is available. Contact us at info@caswellhill.ca for details.

Join any time. Drop-in rates are also available.

Introduction to Traditional Karate

Mondays 7 – 8 PM, 10 classes, starting Sept 19 – Dec 12, Caswell Community School, 204 30th Street West
A fun, family-friendly, all-ages class. It is a great way for the entire family to get active.

Modified Introduction to Traditional JKA style Shotokan Karate

Mondays 7 – 8 PM, 5 classes, starting Sept 19 – Oct 31, Caswell Community School, 204 30th Street West
Modified training to accommodate students' limitations so they can continue to be active through individualized training.
Short, five-class session.

Traditional Shotokan Karate Intermediate and Advanced

Mondays 8 – 9 PM, 10 classes, starting Sept 19 – Dec 12, Caswell Community School, 204 30th Street West
Active, fun, family-friendly, all-ages class. Students with previous martial arts experience. Green belt & above or by invitation.

Core Body Conditioning

Tuesdays 6 – 7 PM, 12 classes, Sept 27 – Dec 13, Caswell Community School Gym, 204 30th Street West
A fun workout for all levels of fitness designed to improve strength and endurance of muscle groups in the body's core.
Benefits of core strengthening include better posture, improvements in stability and balance, and injury prevention.

Caswell Community Association
NOTICE OF ANNUAL GENERAL MEETING

November 2, 2022

Visit our website, www.caswellhill.ca for details.

Ball Hockey

Tuesdays, 8 – 10 PM, Sept 27 – Dec 13, Caswell Community School Gym, 204 30th Street West
Contact info@caswellhill.ca for more info.

Gentle Fitness Yoga

Tuesdays, 7 – 8 PM, 12 classes, Sept 27 – Dec 13, Caswell Community School Gym, 204 30th Street West
A slower paced yoga class featuring a gentle non-competitive approach to fitness and well-being, with more emphasis on the breath, warm up, gentle strengthening, and flexibility, including modifications.

Bird Watching

Wednesdays 8 AM, 4 weeks, Sept 21 – Oct 12, Ashworth Holmes Park
Join Ryan Bradshaw for some Wednesday morning birdwatching at Ashworth Holmes Park! We will strive to become more in tune with local nature as we watch and listen for the sights and sounds of our feathered friends.

Functional Fitness for Older Adults

Wednesdays 1:30 – 2:30 PM, 12 classes, Sept 28 – Dec 14, Christ Church Anglican
Designed for older adults, this class focuses on gentle exercise that supports the activities of daily living, including boosting muscle strength and endurance; developing stability and mobility in the body; improving balance, coordination, and agility; enhancing flexibility; and strengthening mind-body connections.

Introduction to Adult Hula Hooping

Wednesdays 7 – 8 PM, 8 classes, Sept 21 – Nov 9, Caswell Community School, 204 30th Street West
This Beginner Hula Hoop class is for people who are unfamiliar with hula-hooping and movement practices. The eight weeks will focus on core waist hooping, and progress slowly to expand your hooping skills. Hoops will be available to borrow and/or purchase at the class.

More Hula Hooping for Adults

Wednesdays 8 – 9 PM, 8 classes, Sept 21 – Nov 9, Caswell Community School, 204 30th Street West
This class is designed for people who have some experience with hula-hooping or are familiar and comfortable with a movement practice. More hooping will focus on revisiting tricks you know and adding more to your repertoire. Hoops will be available to borrow and/or purchase at the class.

Adult Accessible Dance

Thursdays 1-2 PM, Sept 22 – Dec 15, Christ Church Anglican
A modified, safe approach to dance which accommodates students of all abilities. A great way to gain confidence, be creative, express yourself and keep moving. This class is taught by a team of artists from KSAMB Dance Company.

Breath Work

Thursdays 6:15 PM - 7:15 PM, 12 classes, Sept 22 – Dec 15, Caswell Community School, 204 30th Street West
Breathwork is gently becoming aware of the breath and doing conscious breathing exercises and techniques to modify your breathing. Considering we take on average 25, 000 breaths a day, with only a handful of them being mindful, we have a lot of breath to play with. By becoming more aware and adjusting your breath patterns, you may experience several benefits.

Caswell Fit

Thursdays 7:30 – 8:30 PM, 11 classes, Oct 6 – Dec 15, Caswell Community School Gym, 204 30th Street West
This is a fun, challenging weekly workout using body weight exercises and high intensity intervals. The class is designed for everyone from beginners to those who work out daily.

For more info on our programs visit our website, caswellhill.ca.

Register on Eventbrite, or by email at info@caswellhill.ca.