

STAY ACTIVE THIS SUMMER



Session 5—2021

July 19—Sept 3

Registration opens July 5

at 10:00 AM

SESSION 5 2021 CLASS REGISTRATION AND PAYMENT OPTIONS

** Online registration will start at 10:00 AM on July 5, 2021. Go to <https://myactivecenter.com/#centers/USA.AB.Edmonton.South-East-Edmonton-Seniors-Association-SEESA/activities>

** If you are having trouble with the website, please phone the office at 780-468-1985 and we will help you register.

CANCELLATIONS, REFUNDS, AND TRANSFERS

** Classes may be cancelled or altered if minimums are not met—registering before the class starts helps us know if classes need to be cancelled due to low enrollment. Participants will be called if a class is cancelled and your fee will be returned.

** Please submit in writing if you have to withdraw from a class for injury or other medical reasons and are asking for a refund. A \$10 administration fee will be taken off all refunds issued. Refunds will not be issued to any participant who withdraws from a program of their own volition.

** Transferring from one class to another will be subject to a \$10 administration fee—no exceptions.

** Classes are not transferrable meaning that if you register in a Monday class you cannot go to a class on a different day just because you missed the Monday class.

WAITING LISTS

If the program in which you wish to register is full, you can be added to a “wait list”. When registering, you will be added to the wait list but not charged for the class. If there is a cancellation, we will contact you with the option to join the program. Our system tracks names in the order they were received so you will be contacted in the order you registered.

Liability

SEESA is not responsible for any physical injuries that may occur during any of its programs. All participants must sign the waiver and provide emergency contact information prior to registering in programs. Participants must be able to independently participate in the activity unless they bring their own caregivers. Caregivers do not need to pay for the class if they are providing assistance to a participant and not participating themselves. Please ensure you register for a class that is right for your level of ability in that class. Always consult a doctor prior to starting a new exercise program.

Session	Length (weeks)	Dates	Registration Date
1	5	Jan 18-Feb 19	Jan-04
2	5	Feb 22-Mar26	Feb-08
3	8	Mar 29-May 21	Mar 17
4	8	May 25-July 16	May 10
5	7	July 19-Sept 3	July 5
6	6	Sept 13-Oct 22	Aug 23
7	6	Nov 1-Dec 10	Oct 18

	MEMBER (55+)	NON SEESA MEMBER
ANNUAL FEE	Regular = \$30	No annual fee
VOTE AT GENERAL MEETINGS	Yes	No
ONSITE CLASSES	\$15 per hour \$3 equipment and music licensing fee per session Less 20% discount on the non member fee	\$15 per hour \$3 equipment and music licensing fee per session
ONSITE DROP IN	\$18 per hour \$0.50 equipment and music licensing fee per drop in Less 20% discount on the non member fee	\$18 per hour \$0.50 equipment and music licensing fee per drop in
ONLINE CLASSES	\$13 per hour \$3 equipment and music licensing fee per session Less 20% discount on the non member fee	\$13 per hour \$3 equipment and music licensing fee per session No drop in available
CLUB FEE	\$2.50 per hour \$0.50 equipment and music licensing fee per drop in Less 20% discount on the non member fee	\$2.50 per hour \$0.50 equipment and music licensing fee per drop in
USE FITNESS CENTRE	\$65 per year \$100 equipment fee per year Less 20% discount on the non member fee	\$65 per year \$100 equipment fee per year

Monday
July 19—Aug 23
No Class Aug 2

Time	Start Date & Course Length	Class	Instructor/ Liaison	Member Cost	Non-member Cost	Location
9:00-10:00 AM	July 19 5 weeks	Essentrics Stretch and Tone	Liz Olson	\$54.40	\$68.00	Virtual
6:00-7:00 PM	July 19 5 weeks	Qigong	Carolynne Melnyk	\$54.40	\$68.00	Virtual

Tuesday Online
July 20—Aug 10

Time	Start Date & Course Length	Class	Instructor/ Liaison	Member Cost	Non-member Cost	Location
7:00-8:00 PM	July 20 4 weeks	Barre Fitness	Kate Stashko	\$44.00	\$55.00	Virtual

Wednesday
July 21—Aug 25

Time	Start Date & Course Length	Class	Instructor/ Liaison	Member Cost	Non-member Cost	Location
10:30-11:00 AM	Aug 4/11/18	Ukulele Summer Strum Intermediate/ Experienced	Elaine Mann	\$33.60	\$42.00	Virtual
10:30-11:30 AM	Jul 21 6 weeks	Line Dancing	Tracy Walters	\$64.80	\$81.00	Outside/ Virtual
1:30-2:30 PM	Jul 21 6 weeks	Qigong	Carolynne Melnyk	\$64.80	\$81.00	Virtual

Friday
July 23—Aug 27

Time	Start Date & Course Length	Class	Instructor/ Liaison	Member Cost	Non-member Cost	Location
9:30-10:30 AM	July 23 6 weeks	Yoga for Guys and Gals	Ken Strachan	\$64.80	\$81.00	Virtual
10:30-12:30 AM	Aug 6/13/20	Ukulele Summer Strum Beginners/ Beyond Beginners	Elaine Mann	\$33.60	\$42.00	Virtual

Other Activities

SEESA Mixed Golf League

Michael Dean

We're playing at the Country Side Golf Club on their Woodlands course, a 10-hole course (9 holes + a bonus hole) of par-3 and par-4 holes located one mile east of the junction of Hwy. 14 and the Henday and one mile south of Hwy. 14. They have a nice restaurant and patio area for post-round socialising (COVID permitting). 51466 Range Rd 232, Sherwood Park, AB T8B 1L1. We have space for forty (40) players with tee times from 12:25 - 1:45 p.m. on Thursdays. Prospective players must register with SEESA (\$25 fee) on a first-come basis as space is limited; green fees are NOT included. All golfers, regardless of ability, are welcome to play.

Walking Group

Anna Maslowski

Join us for a walk every week at a location around our area. Watch the "What's Happening" for location and time details. No registration necessary.

SEESA Bowling League at Bonnie Doon Bowling Lanes

Looking for a liaison to run this activity this fall. Please contact Melanie if this is of interest to you.

Bird Watching Group

Looking for a liaison to run this activity. Please contact Melanie if this is of interest to you.

Men's Shed

Looking for a liaison to run this activity. Please contact Melanie if this is of interest to you.

Please let us know if you are interested in any of these groups or if you would be interested in a different activity that we could look at starting.

Program Descriptions

Barre Fitness

Tuesday

Kate Stashko

A fun way to improve flexibility and strength through a series of mostly standing exercises that work the whole body. This is a fast-paced class and you're sure to break a sweat! No dance experience necessary.

ESSETRICS® Stretch and Tone

Monday

Liz Olson

A full body workout that rapidly changes the shape of your body through dynamic movement. This technique develops lean, strong, and flexible muscles, and immediate changes in posture. The body is rebalanced, injuries are prevented (and heal faster!) and tight joints are unlocked. It is a moderate level fitness class, including standing, chair, and floor work (on back and side body only). For men and women of all fitness levels. Feel energized! Feel really good!!

Line Dancing

Wednesday

Tracy Walters

Line dancing is a fun, low impact exercise class that includes dancing in lines with no partner required. Different genres of music are used (country, hip hop, Irish to name a few). Please wear comfortable shoes. No experience is needed for this class.

This class will be held outside at SEESA on nice days and will be on zoom when the weather is less cooperative. The instructor will contact participants to advise of the days that the class will be held online. This class will be starting later in the session to try and work around current health regulations.

Qigong

Monday, Wednesday

Carolynne Melnyk

Interested in more energy, improved sleep, reduced stress, relief from aches and pains, clearer thinking, and increased strength and vitality? If so, come and join this simple yet effective Qigong (pronounced cheegong) class. Qigong is an ancient moving meditation practice designed to help gain energy and feel good by using your breath along with slow, simple, gentle movements.

Program Descriptions

Ukulele Summer Strum—Beginner/Beyond Beginner

Friday

Elaine Mann

Ukulele Summer Strum—Intermediate/Experienced

Wednesday

Elaine Mann

These classes will review all the new songs and skills we have learned online since September 2020 plus a few old favourites. We will simply go through the songs together in a relaxed “summer” kind of way. No teaching; Just play and enjoy!

Week 1: Sept – Nov review plus old favourites

Week 2: Jan – Mar review plus old favourites

Week 3: May—July review plus old favourites

Registrants will receive a list of songs for each week.

Yoga for Guys and Gals

Friday

Ken Strachan

This class is open to both men and women participants. Come out and join a gentle but progressive class with a friend or on your own.

9350 82 Street NW Edmonton AB T6C 2X8

Ph 780.468.1985

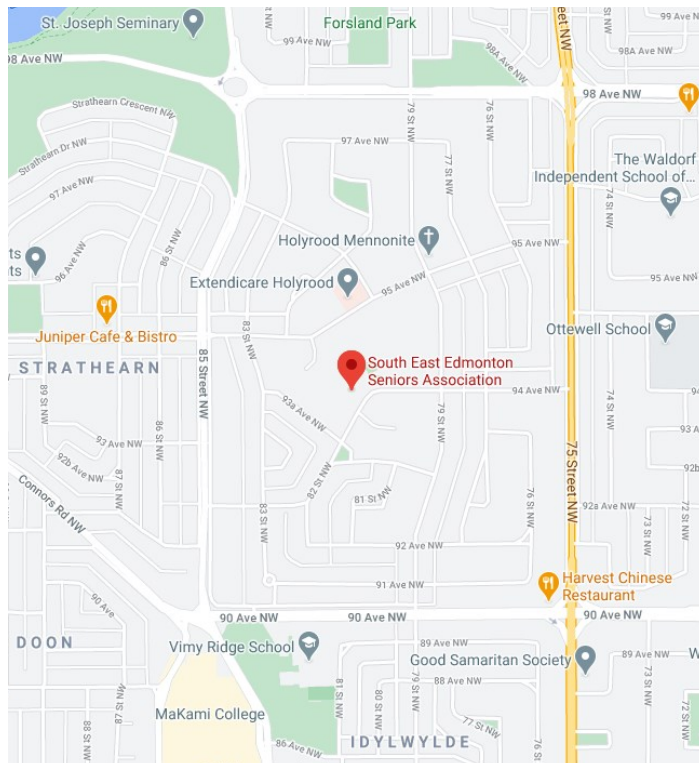
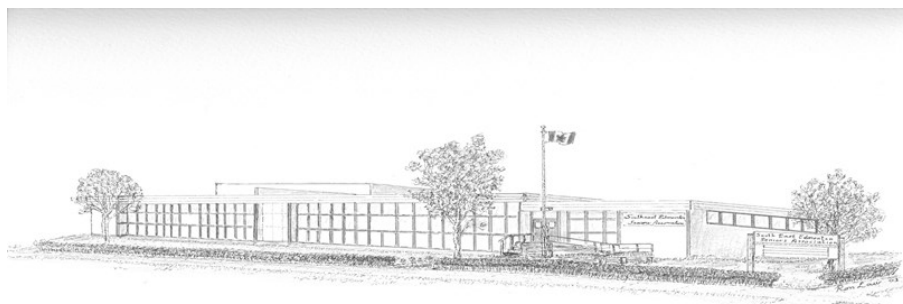
www.seesa.ca

Mission Statement: To empower and enhance the quality of life of people in our community as they age.

Office Hours:

Monday—Friday 8:30 am—4:30 pm

*Closed Holidays



Driving Directions :

From 79th Street turn west on to 94th Avenue (you will see a big green building Holyrood Elementary School on the corner). Follow 94th along the playground. 94th Ave bends and turns into 82nd Street. We are the blue and white building on the bend.

The bus #524 stops right out front of our building