

## Wellness & Lifestyles

### Promoting Positive Body Image and Self-Esteem in Your Teens **New!**

Everywhere you turn your teens are being bombarded with photographs of skeleton-thin models and commercials about the latest diets. The ideas those messages convey can give your teen(s) an unrealistic expectation of how they should look (body image) and is part of the rise in body-image fears that teen girls and boys are experiencing. Teen girls feel pressured to be smaller and thinner, guys feel pressured to bulk up and look strong. Don't let those pressures overwhelm them. Join members of the Body Image Network for an interactive session of fun learning experiences where the focus is on a sensible body image, media awareness and healthy living.

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 Mon., Oct. 19 (1 class), 7 – 9:15 p.m. \$59. Facilitation through Body Image Network.

### Personal Protection Self-Defense Course **New!**

*For students of every level and ability.*

In today's ever-changing global climate, personal safety is becoming increasingly important. Protect yourself through increased awareness and avoidance strategies and de-escalation tactics. Preparedness is paramount. Learn what to do when these options fail by using simple self-defense techniques that work under a variety of real-life assault situations. You will build self-esteem, and confidence while learning self-protection.

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 Wed., Sept. 30 – Nov. 25 (8 classes/no class Nov. 11), 7 – 9 p.m. \$169. Facilitator: Dan Longtin.

### Dance! Dance! Dance! Ages 18+

*Get active with our various styles of dance classes. If you love movement with music, our dance classes are a great way to incorporate a fun physical activity into your lifestyle. And whether you will be dancing for the first time or continuing an existing interest, our aim is for you to enjoy yourself!*

### Recreational/Beginner Hip Hop **New!**

This class is very upbeat and centered around physical activity. Beginning with a strength/condition-

ing warm-up and followed by choreography, this Hip Hop style is made for beginners who enjoy moving to music. Music selections will have a broad range.

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 Thu., Sept. 24 – Dec. 3 (9 classes/no class Oct. 15 or Nov. 12), 6 – 7 p.m. \$79. Facilitator: Emily Keating.

### Recreational/Contemporary **New!**

*Previous experience in musical physical activity is recommended; e.g., dancing, gymnastics, figure-skating, but experience in contemporary style is not necessary.*

Contemporary style is interpreted in many different ways, depending on the choreographer. Emily's style is self-expressive, feel-good movement, taking inspiration from jazz and modern techniques. Music selections will be slow tempo, utilizing flexibility and core work to execute the choreography.

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 Thu., Sept. 24 – Dec. 3 (9 classes/no class Oct. 15 or Nov. 12), 7 – 8 p.m. \$79. Facilitator: Emily Keating.

### Performance/Hip Hop **New!**

*This performance class is for advanced dancers or those who have extended experience in musical movement; e.g., gymnastics, figure skating....*

Routines will be made for various performances, so choreography will be the main focus of each class. Each participant will be assumed to have basic technique to compliment the choreography. This class is fast-paced and full commitment will be expected.

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 Thu., Sept. 24 – Dec. 3 (9 classes/no class Oct. 15 or Nov. 12), 8 – 9 p.m. \$79. Facilitator: Emily Keating.

### Performance/Contemporary **New!**

*This performance class is for advanced dancers (general) or those who have extended experience in musical movement; e.g., gymnastics or figure skating. Choreography will be the main focus of each class, so basic technique will be expected of each participant. Routines will be choreographed for various performances; weekly full commitment is assumed.*

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 Thu., Sept. 24 – Dec. 3 (9 classes/no class Oct. 15 or Nov. 12), 9 – 10 p.m. \$79. Facilitator: Emily Keating.

