



# Annex Fall Program Description

6 - 8 Crescent Street, Deer Lake NL

## Active Families

\$2.00 Per Person

Enjoy Drop in play with your whole family at your own pace!

## Adult Open Gym

\$5.00 Per Person

Drop in and enjoy the use of gym equipment at your own pace!

## After the Bell

Free of Charge

Free afterschool drop in play for children of between ages 5-14. Adult supervision required for children 8 and under.

## All Abilities

Free of Charge

All inclusive hour for adults with exceptional abilities. A safe space to move, socialize, and stay active!

## Cards & Coffee

\$3.00 Per Person

Cards, coffee & good company! Coffee is on us, games are on you! Drop in and socialize!

## Crafts & Chats

\$2.00 Per Person

Bring your favorite crafts, knitting, colouring, etc.! And enjoy a morning of chatting and creating with friends

## Drop in Basketball & Floor Hockey

\$3.00 Per Person

Gym divided in half, your choice of sport! Ages 9-14.

## Pickle Ball

\$5.00 Per Person

Drop in and play some pickle ball at your own pace! 17+

## Energizer Hour

\$4.00 Per Person

Start your Friday strong with some cardio in the Gym followed by a cup of coffee and a chat!

## Giggle Gym

\$2.00 Per Child + 1 Caregiver Free

Free play with toddler equipment for small children ages birth - 5 years.

## Sensory Explorers

Free of Charge

Open gym time for children with sensory needs and their caregivers. Freedom to run and play in a safe space.

## Youth Zone

\$3.00 Per Person

Drop in and enjoy open play with gym equipment at your own pace and with your friends!

## Drop in Adult Basketball & Volleyball

\$5.00 Per Person

Drop in for fun recreational game of ball! No teams or sign ups, just fun!

## Walking Track

Free of Charge

Get your steps in and run or jog around our gym totally at your own speed!

## Privately Run Programs

Line Dancing with Myra Francis - Learn and enjoy easy to follow dances in a fun judgment free setting! No experience needed.

To Register: Call or TXT 709-636-1373

Markus Karate - Karate with Bob Bennett! Offerings for all ages!

To Register: Markus Karate Facebook Page or Call 709-640-0499

Mini Movers - Join the Deer Lake Tree House Resource Center for parent lead play with toddler equipment and a snack to follow! No registration required. Birth - 6 Yrs.

Simms Performance Pilates & Step Class - Specialty fitness classes offered by the pros at Simms Health & Performance Training! Fun for every fitness level!

To Register: Simms Health and Performance Facebook Page or Call 709-635-1115

Zumba with Cheyenne - Energetic, fun dance workout for all fitness levels! Get moving and dance the night away!

To Register: Zumba with Cheyenne Facebook Page