

OTHER PROGRAMS AT THE RANCH

CALGARY GOJUKAI KARATE

Please visit <http://calgarygojukai.com/> to sign up for child and adult Karate classes.

DEBORAH LAXTON SCHOOL OF DANCE

To register for child and adult dance lessons visit:

www.thedeborahlaxtonschoolofdance.ca.

POUND

POUND® transforms drumming into an incredibly effective workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. To register email llfish90@gmail.com.

ROCKY RIDGE ROCKERS

Join the rockers every Tuesday at the Ranch from 1-3pm for coffee and crafting (bring a project to work on). Free and open to everyone.

SPORTBALL

Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Please visit

<https://www.sportball.ca/calgary/> to register.

YOGART

Half Yoga. Half Art. All Fun! To register your child visit <https://www.yogartfun.com/> or <https://www.facebook.com/yogartfun/>.

MEMBER EVENTS

FALL FESTIVAL – September 16th (Saturday)

11:00 a.m. – 2:00 p.m.

We welcome all members to join us for lunch and entertainment as we celebrate the end of a great summer season at our fall festival.

Live music, face-painting, and one last splash in the pool to keep everyone busy! Hope to see you there!

CONTACT US

Office Hours

Monday – Sunday: 9 a.m. – 9 p.m.

Address

10709 Rocky Ridge Blvd., Calgary, AB T3G 4M1

Phone

403-547-6633 (office); 403-547-6644 (fax)

Email

info@rrrha.ca

Website

www.rrrha.ca



FALL 2017 CLASSES & EVENTS

Rocky Ridge Ranch
Homeowner's Association

FALL 2017 CLASSES

YOUTH CLASSES

YOUNG REMBRANDTS 8 classes

Mondays for children 3.5-5 years old

Time: 4:00pm - 4:45pm

September 18th – November 13th

Cost: \$112 (members), \$120 (non-members)

YOUNG REMBRANDTS 8 classes

Mondays for children 6-12 years old

Time: 5:00pm - 6:00pm

September 18th – November 13th

Cost: \$112 (members), \$120.00 (non-members)

ADULT CLASSES

SESSION 1

YIN/YANG YOGA 7 classes

Mondays w/Marcy

Time: 9:30am – 10:45am

September 11th – October 30th (excl. Oct. 9th)

Cost: \$85 (members), \$95 (non-members)

ZUMBA 7 classes

Mondays w/ Kavita

Time: 7:00pm – 8:00pm

September 11th – October 30th (excl. Oct. 9th)

Cost: \$70 (members), \$80 (non-members)

YOGA 8 classes

Tuesdays w/ Vanitha

Time: 6:30pm – 8:00pm

September 12th – October 31st

Cost: \$105 (members), \$120 (non-members)

THERAPEUTIC YOGA FOR A BETTER BACK

Tuesdays w/ Vanitha 8 classes

Time: 8:15pm – 9:15pm

September 12th – October 31st

Cost: \$95 (members), \$110 (non-members)

PILATES 7 classes

Tuesdays w/Laurie

Time: 8:20 pm – 9:10pm

September 19th – October 31st

Cost: \$70 (members), 80 (non-members)

50+ YOGA 7 classes

Wednesdays w/ Vanitha

Time: 10:30am - 12:00am

September 13th – October 25th

Cost: \$90 (members), \$105 (non-members)

YOGA 7 classes

Thursdays w/ Vanitha

Time: 9:00am - 10:30am

September 14th – October 26th

Cost: \$90 (members), \$105 (non-members)

SESSION 2

YIN/YANG YOGA 7 classes

Mondays w/Marcy

Time: 9:30am – 10:45am

November 6th – December 18th

Cost: \$85 (members), \$95 (non-members)

ZUMBA 7 classes

Mondays w/ Kavita

Time: 7:00pm – 8:00pm

November 6th – December 18th

Cost: \$70 (members), \$80 (non-members)

YOGA 7 classes

Tuesdays w/ Vanitha

Time: 6:30pm – 8:00pm

November 7th – December 19th

Cost: \$90 (members), \$105 (non-members)

THERAPEUTIC YOGA FOR A BETTER BACK

Tuesdays w/ Vanitha 7 classes

Time: 8:15pm – 9:15pm

November 7th – December 19th

Cost: \$85 (members), \$95 (non-members)

PILATES 7 classes

Tuesdays w/Laurie

Time: 8:20 pm – 9:10pm

November 7th – December 19th

Cost: \$70 (members), \$80 (non-members)

50+ YOGA 8 classes

Wednesdays w/ Vanitha

Time: 10:30am - 12:00am

November 1st – December 20th

Cost: \$105 (members), \$120 (non-members)

YOGA 8 classes

Thursdays w/ Vanitha

Time: 9:00am - 10:30am

November 2nd – December 21st

Cost: \$105 (members), \$120 (non-members)



REGISTRATION

You can register online at www.rrrha.ca (see REGISTER ONLINE under Programs), in-person at the Ranch office, or over the phone.

If you would like assistance during the online registration process, contact the office at 403-547-6633 during office hours.

Payment & waiver forms must be completed before a spot in the class is confirmed.

A class will run if **five or more people** have signed up for that class.

Please note that **punch passes** will be available once the minimum number of registrations (5) is received.