**Arrowsmith Community Recreation Association**

**Winter 2017 Drumming, Drums Alive and Marimba Programs**

**Hello Everyone,**

**Please take a minute to read the program descriptions below and share this information with any of your friends who love to have fun in a supportive atmosphere. There is something uplifting you can add to almost every day in your week! Let me know if you would like me to save you a space and send you the registration information for any of the following programs.**

**I will look forward to hearing from you!**

**Kim Longmuir
Arrowsmith Recreation Coordinator
\*Errington \*Coombs \*Hilliers \*Whiskey Creek \*Meadowood**

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**Drums Alive with Monica Hofer/ Fitness Combined with Drumming**

**Combining dance, aerobic exercise and drumming, Drums Alive is a whole-body/mind workout that can't be beat! Ease stress while exercising your mind and body. Get your heart pumping and your spirit soaring! Participants work out to their comfort level, pounding on fitness balls while grooving to great music. It's the most fun you'll ever have getting fit! No drumming experience required! All equipment supplied but you are welcome to bring your own fitness ball (minimum size 55 cm fully inflated) if you have one. All levels of fitness are welcome. This class is limited to 12 people so please register early to avoid disappointment.**

**Where: KickStart Fitness, 1530 Springhill Road, Errington**

**When: Mondays, February 6th- March 20th, 2017 (No class on BC Family Day, February 13th)**

**Time: 3:30-4:30pm**

**Cost: $65.00/6 classes \* Please note, if you are owed a credit for the missed snow day December 12th, your cost will be $54.67. ($10.33 per class in the fall)**

**Instructor: Monica Hofer (****drumdeva@gmail.com****)** [**https://rhythm-spirit.blogspot.com**](https://rhythm-spirit.blogspot.com/) **Take a minute and check out Monica's short video to see how much fun Drums Alive is.** [**<unknown.png> P1010308.MOV**](https://drive.google.com/file/d/0B4s3bJZa7_acaEM3X25FeExtSFU/view?usp=drive_web)

**African Hand Drumming with Monica Hofer/ Instructional Class**

**Get your weekly "rhythm fix" with African hand drumming. Learn basic hand drumming techniques, become comfortable jamming amongst a circle of friends and reap the benefits of "getting into the groove". Drumming is scientifically proven to relieve stress, enhance your immune system and energize your soul! Join in and come away smiling!  This class is intended for those with little or no drumming experience.**

**Where: Errington War Memorial Hall, 1390 Errington Road**

**When: Mondays, February 6th- March 20th, 2017 (No class on BC Family Day, February 13th)**

**Time: 5:15-6:15pm**

**Cost: $75.00/6 classes Drums available for $5.00 each week, or bring your own (Djembes only please). \* Please note, if you are owed a credit for the missed snow day December 12th, your cost will be $62.50. ($12.50 per class in the fall)**

**Instructor: Monica Hofer (****drumdeva@gmail.com****)** [**https://rhythm-spirit.blogspot.com**](https://rhythm-spirit.blogspot.com/)[** African Drumming & Rhythm 1080p-HD.mp4**](https://drive.google.com/file/d/0B4s3bJZa7_acaF9aT3VEWGxEMTg/view?usp=drive_web)

**Drum Circle/ Jamming with Robin Shackleton/ Informal non-instructional**

**Join in for an uplifting hour of celebrating friends and community as you share the rhythm of the drums. There will be six sessions and each one will be uniquely different depending on the energy of the group. All levels of drumming are welcome!**

**Where: Errington War Memorial Hall, 1390 Errington Road**

**When: Mondays, February 20th, March 6th, March 20th, (The first three sessions follow right after the African hand drumming class, so stay and practice!) March 27th, April 3rd, April 10th, 2017 (The last three dates are not after the African hand drumming class)**

**Time: 6:15-7:15pm**

**Cost: $20.00/6 sessions pre-registered or $5.00 drop-in each week (If drop-in you will be asked to sign a waiver at the session(s) you attend)**

**Drums available for $5.00 each week, or please bring your own. (All drums welcome)**

**Facilitator: Robin Shackleton** [**http://www.sylvantemple.ca/products/AboutTheDrums.html**](http://www.sylvantemple.ca/products/AboutTheDrums.html)

**Marimba with Caitlin Duggan/ Instructional**

**Join talented and enthusiastic instructor and long time Kumbana Marimba player, Caitlin, to learn and play marimba. This program is open to all levels of marimba players from beginners, to people wanting to practice and try new parts or marimbas. No musical experience is necessary, (All the keys are colour coded and marked) just your willingness to try something fun in a supportive atmosphere. This class is limited to 9 people, so please don’t wait or you will be disappointed.**

**Where: Bradley Centre in the main hall (Corner of the Alberni Highway and Shearme Road)**

**When: Wednesdays, February 8th-March 15th, 2017**

**Time: 1:30-3:00pm**

**Cost: $90/6 sessions**

**Marimbas are provided.**

**Facilitator: Caitlin Duggan** [**https://www.youtube.com/watch?v=UFO8kBmX-Bo**](https://www.youtube.com/watch?v=UFO8kBmX-Bo)