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- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
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- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE **\$11,679**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$13,679

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COMMUNITY CONTACTS

Website	www.hpca.ca
Facility Rental and Management	403-276-6969 hallmanager@hpca.ca
Facility Rental Availability Calendar	hpca.ca/hall-calendar
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Volunteer Coordinator	volunteer@hpca.ca
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Community Social Worker	Jessica Pauletig Jessica.Pauletig@calgary.ca
Ward 4 Councillor	Sean Chu, 403-268-3727 sean.chu@calgary.ca
Police Service	Cst. Raeann Watson, District 3 pol5218@calgarypolice.ca , 403-860-8027
Bylaw Infractions	Call 311 or complete form online at: www.calgary.ca/311online

Highland Park Hall Rentals

Phone: 403-276-6969
www.hpca.ca/hall-rental

We welcome rental enquiries for our facilities. We offer a choice in hall size, a kitchen with an updated stainless steel appliances, a portable bar, a projector, sound system, and loads of tables and chairs.

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Main Hall – 186 person capacity

\$550/day (8:00 am to 10:00 pm) or \$55/hour; \$500 damage deposit.

North Hall – 60 person capacity

\$400/day (8:00 am to 10:00 pm) or \$44/hour; \$400 damage deposit.

There is a once per year 25% discount for HPCA area residents with a current membership.

All rentals are subject to GST.

Our facilities can only be rented until 10:00 pm.

Visit our current hall rental calendar at
hpca.ca/hall-calendar.



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News from the Friends of Nose Hill

by Anne Burke

Natural parkland is green space with a (relatively) low level of maintenance and natural or naturalizing vegetation. Natural areas are accessible (by trail networks) or have limited/little public access. A master plan deals with current and future needs by population for park/greenspace. The Municipal Protected Areas Program demonstrates how biodiversity will be protected, conservation lands connected, and how Canadians will gain an appreciation for local nature. A Municipal Eco Toolkit by the Miistakis Institute for Alberta municipalities will help maintain their natural infrastructure systems (municipal30x30.ca).

Nature Canada is building a web of partners to help Canada achieve its biodiversity conservation goals to protect 30% of land, water, and marine areas by 2030. As of 2022, Canada has only protected 13.7% of land. The Canadian City Parks Report surveyed 35 Canadian municipalities, 2,500+ residents of Canadian cities, as well as park staff and other professionals across the country. One-third of cities said addressing federal biodiversity and land protection goals are a high priority. When 81% of Canadians are living in urban areas, protecting land in urban areas is vital. Cities are in dire need of new space for parks. Park budgets are not keeping pace. Partnerships are critical when cities need policies and structures. Park issues are increasing and require more training and collaborations. Departmental structures can promote collaboration or disconnection. Some residents feel disempowered but still want to engage. Mental and physical health benefits are key although there is a lack of programs. There are nine case studies in the 2024 Report which includes analysis of key data from surveys of both municipal staff and residents of Canadian cities, for new and ongoing issues facing parks, and how to help city staff make better decisions about programs, policies, and funding. Read more at parkpeople.ca.



Fresh Start Recovery



HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

There is no luncheon in February. We are seeking a coordinator for this beloved event. If you'd like to volunteer, please email volunteer@hpca.ca.



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The Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. If you are ordering for the first time, please register first, a few days before the order date, with our Lead Volunteer, Ellen, at our hall on the order date between 6:00 and 7:00 pm, or via email to GoodFoodBox@HPCA.ca, and provide your name and phone number. We also need some basic demographics about how many people your box will help feed. You can pay for your box in two ways: 1) by e-transfer to our Board Member, Anne Naumann, at AnneNaumann@shaw.ca by 4:00 pm on the order date (please ensure you indicate what size box(es) you are ordering), or 2) with cash or a cheque at the hall on the order date between 6:00 and 7:00 pm. The pick-up date and time for the ordered boxes is always on a Thursday, ten days after the order date, at our hall between 6:00 to 7:00 pm.

Large Box: 45 to 50 lbs = \$40

Medium Box: 35 to 40 lbs = \$35

Small Box: 25 to 30 lbs = \$30

For more information, and the order and pick-up dates for 2025, contact our volunteer, Ellen Peterson, at GoodFoodBox@HPCA.ca and she will respond as soon as she can.

Order date: Monday, February 24

Pick-up date: Thursday, March 6



HPCA GOOD FOOD BOX 2025

Order Date Monday	Pick-Up Date Thursday
February 24	March 6
March 17	March 27
April 21	May 1
May 19	May 29
June 9	June 19
July 21	July 31
August 18	August 28
September 15	September 25
October 13	October 23
November 17	November 27

Email: GoodFoodBox@HPCA.ca
Or call HPCA Hall: 403-276-6969

Two ways to order:

1. Send an e-Transfer by 4:30 pm on the order date to HPCA Board Member AnneNaumann@shaw.ca.
2. Bring cash to the hall between 6:00 to 7:00 pm on the order date.

More information: www.hPCA.ca/good-food-box.

Leap Year

There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!



UPCOMING EVENTS AND VOLUNTEER OPPORTUNITIES

As always, for more information about the events below, please contact our Volunteer Coordinator, Anne, at Volunteer@HPCA.ca or leave a message or send an email to our new Hall Manager, Abi, at 403-276-6969 or HallManager@HPCA.ca. However, Abi is only at our hall on Wednesdays. Please note, events are listed in chronological order, with ongoing events first. There are also usually additional details on our website if you scroll down to Upcoming Events on HighlandParkCommunity.ca. If you haven't done so already, you can sign up for our email list and follow HPCA on our social media sites there too.

More Outdoor Rink Volunteers Needed!

While we have a couple of longtime volunteers lined up who are able to do the flooding for our outdoor rink, we really do need some younger dedicated volunteers who can commit to shovelling off the snow from the surface so it can be flooded overnight. Please contact Volunteer@HPCA.ca for more information.

Seniors' Luncheon

Stay tuned for more information coming soon on upcoming dates and plans for the next luncheon. If you are interested in getting added to our contact list to either attend the luncheon or join our team of volunteers for delivering this program, email our Volunteer Coordinator, Anne, at Volunteer@HPCA.ca or you can leave a voicemail message at the Highland Park Hall office phone at 403-276-6969.

Good Food Box

The next order date in February is on Monday, February 24, with pickup on the Thursday ten days later, as always. If you want to order, you must confirm by the order

date how many and what size of box(es) you want to order by emailing our Good Food Box Lead Volunteer, Ellen, at GoodFoodBox@HPCA.ca. If it is your first time ordering, Ellen will need additional information from you. You can pay for your box via e-transfer to HPCA's Volunteer Coordinator, Anne Naumann, by email to AnneNaumann@shaw.ca no later than 4:00 pm on the order date, and she will tally all payments and transfer payment to the Calgary Community Kitchen, or you can pay cash on the order date at the hall in person between 6:00 and 7:00 pm.

Save the Dates

Saturday, June 21 is Calgary's 12th Annual Neighbour Day, a day to celebrate our "neighbourliness" and community spirit. Why not set up a block party to meet more of your neighbours? The City of Calgary website (Calgary.ca/neighbour-day) has a free guide for planning a block party, and other resources. Also, Wednesday, July 9 will be HPCA's annual Stampede BBQ and Music In the Park. We'll be recruiting volunteers to help with this event soon!



Highland Park Community Association MEMBERSHIP FORM

Fees: Families - \$20 • Individuals aged 18 to 64 - \$10 • Individual seniors (age 65 & over) - \$5

Associate members (non-residents) - \$10

Memberships good for one year from date of purchase

Please make cheques payable to: Highland Park Community Association

Please mail cheque and this form to: Highland Community Association, 3716 - 2 Street NW, Calgary, Alberta T2K 0Y4



Name: _____

Address: _____ Postal Code: _____

Phone: _____ Email Address: _____

**memberships also available for purchase online at hPCA.ca/membership*

How to Know if You Are Ready For Couples Therapy or Not

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
 - 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
 - 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
 - 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
 - 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
 - 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
 - 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
 - 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?
- If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.
- The following are some signs that couples therapy could be unproductive or even counter-productive:
- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
 - 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
 - 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
 - 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
 - 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
 - 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
 - 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
 - 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
 - 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.
- Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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Winter Salad with Green Dressing

by Jennifer Puri

Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

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by D. Jeanne Kimber

Happy New Year! We hope that everyone in Highland Park has a healthy and happy 2025!

You have likely heard or read that the legal challenge against the Rezoning for Housing bylaw was dismissed by the judge. Unless there is a successful appeal against the decision, then the change to R-CG zoning for properties previously zoned R-C1 and R-C2 stands.

The following are matters of significance:

- The Development Permit (DP) application for a four-building rowhouse complex at 4016 to 4024 3 Street NW is now under review. The 16 units (with suites) would be oriented towards 3 Street NW. We expect that the City's review process will take some time. A comparable project for 40 Avenue NW took several amendments to the plans and roughly two years before it was approved. We have reiterated our concerns regarding traffic issues on 3 Street and 40 Avenue NW.
- The DP approval for two front and rear semi-detached buildings with suites at 3827 Centre B Street NW was appealed to the Subdivision and Development Appeal Board (SDAB) by an affected neighbour. The appeal was won and the DP approval overturned. The main reasons for overturning the approval centred on the protrusion of window wells into the 1.2m wide walkways along the side yards which reduced these walkways to widths deemed too narrow and less functional. Likewise, the window wells occupied too much of the so-called amenity space in the area between the two semi-detached, rendering the amenity space less usable. The SDAB quoted a couple of sections of the Municipal Development Plan (MDP) which emphasize that redevelopment should be sensitive to the surrounding properties. The SDAB found that the proposed mid-block redevelopment had the minimum front setback of 3m whereas all the other houses on the block had front setbacks of 6 to 7m. The Board therefore ruled that the project was not sensitive to the context and did not therefore conform to the MDP.
- As a result of the SDAB's decision regarding the property at 3827 Centre B Street NW, we have filed an appeal against a nearly identical project proposed for

215 41 Avenue NW where the project would also be mid-block surrounded by bungalows all with roughly 6.5m front setbacks. The window wells also occupy more than half the width of the side yard walkways. The recent ruling by the SDAB should, hopefully, act as a precedent.

- A new DP application has been submitted for two rowhouse buildings to be built where 36 Avenue NE curves around onto Centre A Street NE. The street address of the property is 3703 Centre A Street NE. The project would contain six units with suites plus a six-car garage along the laneway. The proposed design is slope adaptive, to take advantage of the land sloping both to the north and to the east. The file reference is DP2024-08555.

In addition to the above-mentioned development projects, a new DP application for a five-unit rowhouse with suites has been submitted for 137 40 Avenue NW. This would replace a previously approved DP for the same property, which was also for a five-unit rowhouse with suites. The file reference is DP2024-08783.

The DP and Land Use Change (LOC) applications that were listed as new or under review in last month's newsletter, are still under review. The City's Public Notices are published online every Thursday and show that there have been no new DP or LOC applications approved in the past week. These Public Notices (calgary.ca/development/public-notices.html) and the Development Map (developmentmap.calgary.ca) are invaluable sources of planning information for community residents.

Email development@hpca.ca.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Highland Park/Highwood Real Estate Update

Last 12 Months Highland Park MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2024	\$539,350	\$526,900
November 2024	\$699,900	\$690,000
October 2024	\$364,900	\$350,000
September 2024	\$499,900	\$480,000
August 2024	\$564,950	\$557,500
July 2024	\$779,900	\$782,800
June 2024	\$699,000	\$690,000
May 2024	\$624,900	\$635,000
April 2024	\$619,900	\$635,000
March 2024	\$695,000	\$697,500
February 2024	\$599,000	\$599,000
January 2024	\$371,900	\$368,500

Last 12 Months Highwood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2024	\$849,000	\$822,500
November 2024	\$584,943	\$607,499
October 2024	\$699,900	\$672,000
September 2024	\$708,950	\$691,750
August 2024	\$564,450	\$571,500
July 2024	\$839,000	\$810,000
June 2024	\$685,000	\$670,000
May 2024	\$734,900	\$742,750
April 2024	\$664,950	\$690,000
March 2024	\$657,450	\$666,000
February 2024	\$664,950	\$650,750
January 2024	\$738,450	\$721,000

To view more detailed information that comprise the above MLS averages please visit hila.mycalgary.com or high.mycalgary.com

YOUR CITY OF CALGARY

Celebrate the Season at Chinook Blast, Calgary's Winter Festival

by The City of Calgary

Chinook Blast is back for its fifth year, running from January 31 to February 17, 2025. This beloved winter celebration is a must-attend tradition, drawing Calgarians and visitors alike to discover Calgary and its downtown in a whole new way.

This year's festival will once again showcase the city's creativity and community spirit with a spectacular lineup of events and experiences for all ages. From live music performances to thrilling outdoor sports, captivating art installations and unique cultural experiences, there's truly something for everyone to enjoy.

Whether you're exploring downtown, discovering local artists, or simply embracing the winter magic with friends and family, Chinook Blast is a perfect way to warm up Calgary's coldest season!

Mark your calendars and don't miss out on this incredible winter tradition. Visit chinookblast.ca to learn more.




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The Little Month



We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February “y mis bach,” which means “the little month”.



Calgary Confederation
Len Webber, MP
 2020 – 10 St NW
 Calgary, AB T2M 3M2
 ☎ 403-220-0888
 ✉ len.webber@parl.gc.ca

Are You Registered?

Canada will have a federal election this year, but its timing is uncertain. We may be in the middle of one by the time you read this.

When an election is called, Elections Canada provides information about when and where you can vote. To do this, the non-partisan government agency maintains the federal electors list.

The electors' list, the Register, is continually updated with information from a variety of sources, but there is a chance your information is not up-to-date, especially if you have moved since the last federal election in 2021.

You can verify if you are registered to vote by visiting www.elections.ca. You must be at least 18 years of age and a Canadian citizen to vote. If you do not have access to the internet, you can call 1-800-463-6868 for assistance.

You can register at the polls when you go to vote, but, if you register in advance at the right address, you will receive a voter information card in the mail when a federal election is called. The voter information card tells you when, where, and the ways to vote. An up-to-date registration will also make the voting process faster.

Maintaining the list is a mammoth job as the Register contains records for almost 28 million voters.

Each year, over 13% of all eligible elector information changes. In addition to address changes, electors turning 18 and new Canadian citizens are added to the Register, and the names of deceased electors are removed.

Canadians living abroad can vote in a Canadian election if they are registered on the International Register of Electors. More information on registering here and learning how to cast your vote from outside Canada is available at www.elections.ca.

Your participation in our elections is critical to our democracy. Please vote!



Councillor, Ward 4
Sean Chu
 ☎ 403-268-3727
 ✉ ward04@calgary.ca
 🌐 www.calgary.ca/ward4
 📧 www.seanchu.ca

Warmest greetings to all,

Each winter, some Calgarians experience frozen water pipes, service lines, or meters, leading to water outages. The City's Frozen Pipes Prevention Program works with homes at higher risk due to factors like location, pipe depth, and freezing history.

Recently, frozen pipes have also affected lower-risk homes. Taking these steps can help prevent freezing:

- Maintain an indoor temperature of at least 15°C, even when away.
- Seal cold drafts in unheated areas like basements, crawl spaces, attics, garages, or under sinks.
- Repair windows, check doors, and insulate cold-prone areas.
- Insulate hot and cold-water pipes in cooler zones.
- Open interior doors and cabinets to let heat reach unprotected pipes.
- Disconnect and drain outdoor water lines, including hoses, pools, and decorative features.
- Ensure hot water tanks in maintenance rooms are adequately heated.
- Regularly run water to keep pipes moving.

Visit calgary.ca/frozenpipes for more tips and solutions if your pipes freeze.

Help Prevent Street Flooding

A Chinook can quickly melt snow, causing water to pool on streets if storm drains are clogged. With over 60,000 storm drains in Calgary, your help to prevent flooding is invaluable:

- Clear debris, snow, and ice from nearby storm drains.
- If safe, create channels to guide water toward the drain.
- Use the storm drain map at calgary.ca/stormdrains to locate covered drains.

If water pools and you suspect a frozen storm drain, contact 3-1-1:

- Submit a "Storm Drain/Catch Basin Concern" via the 311 app.
- Attach a photo to prioritize your request.

Our crews prioritize areas impacting safety and property.

Thank you for doing your part to keep our community safe and thriving.

Wishing you a safe and wonderful February!

Warm regards,

Councillor Sean Chu

Ward 4



Visit our website to register for the September 2025-26 school year!

Open spots are still available for our Tuesday/Thursday afternoon class.

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Mon/Wed/Fri | 9:00 am to 11:30 am | \$105 per month
Tues/Thurs | 9:00 am to 11:30 am | \$65 per month

Afternoon Classes

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