

Association Communautaire
CANTERBURY
Community Association

**Spring/Summer - 2018 -
Printemps/Été**

2185, rue Arch Street, Ottawa, ON K1G 2H5

www.cca-acc.ca



Canterbury Community Association
"Working Together With The City Of Ottawa For The Community"



REGISTRATION / INSCRIPTIONS

Register Online / Inscrivez-vous en ligne
www.cca-acc.ca

Online registration opens:

Spring/Summer: February 12, 2018

Début des inscriptions en ligne:

Printemps/Été: 12 Février 2018

CANCELLATIONS/ANNULATIONS

Really great programs get cancelled when you wait until the last moment to register. A decision to cancel a program is made several days prior to program running and a full refund will be issued. You will be notified beforehand if a program is cancelled so do not wait too long to register.

Des excellents programmes sont annulés lorsque vous attendez jusqu'au dernier moment pour vous inscrire. La décision d'annuler est prise plusieurs jours avant le début du programme et vous serez remboursé. Vous serez avisé préalablement si un programme est annulé.

REFUNDS / REMBOURSEMENTS

Pro-rated refunds will be given ONLY if requested at least TWO full business days before the second class in the session. Full refunds will be given if the Association cancels the course. Refunds in the form of a credit note with no cash value will be granted upon request after the second class for medical reasons only and the request must be accompanied by a medical certificate. For one-day or weekend classes or weekend classes, refunds will be given if requested, two business days before the class begins. Please note that no refunds will be given if such action jeopardizes the financial viability of the course as determined by the Program Administrator and the Treasurer. There will be an administrative charge of \$10.00 on ALL Refund requests for programs in the current session.

Les remboursements sur une base de prorata seront accordés aux participants qui en font la demande au moins DEUX jours ouvrables avant le début de la deuxième séance de la présente session. Les remboursements complets seront accordés si le cours est annulé par l'Association. Les remboursements sous forme d'une note de crédit (et non en espèces) seront remis après la deuxième séance pour des raisons médicales, seulement si la demande est accompagnée d'un certificat médical. Pour les programmes d'une journée ou d'une fin de semaine, les demandes doivent être présentées deux jours ouvrables avant le début du programme. Veuillez noter que qu'il n'y a pas de remboursement si la retraite du cours met en question sa viabilité financière tel que déterminé par le Directeur des programmes et le Trésorier. Des frais administratifs de 10,00 \$ s'appliqueront pour TOUTE demande de remboursement traitée.

New Courses

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Greetings Neighbours,
Chers voisins,

As the warmth of spring ushers in the heat of summer, embrace the changing season by registering for activities at the Canterbury Community Centre.

The Centre's selection of activities is sure to grow thanks to the newly completed and widely used Jim Tubman Chevrolet SENS RINK – it offers endless possibilities for community gatherings, sports, special events and other innovative programming. Be sure to share your ideas with the Canterbury Community Association!

Explorez votre créativité ou développez vos compétences athlétiques. Il y a une variété de programmes récréatifs, ouverts aux résidents de tous âges. Vous êtes certain de trouver l'activité parfaite pour vous et votre famille. J'ai bien hâte de vous voir participer aux nombreuses activités qui seront au programme de La Patinoire Sénateurs Jim Tubman Chevrolet.

As the Councillor for Alta Vista ward and your representative at City Hall, I am always available to discuss any municipal issue, and to offer support in your community endeavors. Please contact my office at any time – I look forward to hearing from you.

N'hésitez jamais de communiquer avec moi.

Sincerely; sincèrement

Jean Cloutier
Conseiller, Councillor: Alta Vista
613-580-2488
jean.cloutier@ottawa.ca

Register for our newsletter at
www.JeanCloutier.com!



Facebook.com/JeanCloutierOtt



Twitter.com/JeanCloutierOtt

Preschool

Music & Movement with Ms.

Jessie (4 months to 3 years)

A musical class where parents and their toddlers engage in tickling, gentle bouncing games and finger plays. Later, parents and children participate in movement set to music or accompanied by hand drum. They will also enjoy simple percussion instruments and meet "Harry" the Hedgehog and friends who come to class every week! Classes conclude with free-play and an end-of-class song

Tuesday 10:00-10:45am

April 3 – May 22 \$74

Co-operative Playgroups (up to 5 years)

Come join us for a fun morning of play. Our spacious playroom includes climbers, large riding toys, baby toys and a craft every time. So, bring a peanut-free snack and come meet some new friends!

Parent/Caregiver participation is mandatory. This is not a drop-in program; you must register for the session.

Tuesday 9:30-11:30am

April 3 – June 26 \$35

Thursday 9:30-11:30am

April 5 – June 28 \$35

***No playgroup June 7 2018**

Friday 9:30-11:30am

April 6 – June 29 \$35



Children

FITNESS & SPORTS

Get your Kicks Soccer

This CCA soccer program will allow young children to learn and understand the fundamentals of soccer skills and the basic aspects of game play, such as shooting, passing, and dribbling. In this program we will explore the sport of soccer using active, silly warm-ups and fun skill development drills. Our emphasis will be on having fun in a structured environment, and learning the basics, so come get your kicks!

3-5yrs Sat. 1:00-1:45pm

April 7 – June 2 \$68.50

6-8yrs Sat. 2:00-3:00pm

April 7 – June 2 \$68.50

Yoga Adventures for Kids! (3 to 6 years)

Come and join us Saturday afternoon for yoga with your 3-6 year old. Yoga can be helpful to children in their formative years by increasing their self-awareness, building their self-esteem, and strengthening their bodies. Filled with exciting stories and bursting with fantastic creatures and movements, this class will offer the opportunity to cultivate mind-body awareness. **Yoga mats will be supplied, but you are welcome to bring your own if you wish. Parent/Caregiver Participation Mandatory.**

Saturday 4:30- 5:00pm

April 7 – June 2 \$35

**All CCA programs
will be cancelled
May 19th, 20th &
21st as well as all
statutory holidays**

CANTERBURY AFTER-SCHOOL PROGRAM

Our After-School program operates between the hours of 2:30-5:30pm, Monday to Friday. The children in our program are organized into individual grades with their own room, with access to the Gym and outdoor space. Each group has their own Team Lead as well as qualified counselors which remain in recommended ratios. Our program accommodates Grade 1 through Grade 6. Daily activities are programmed throughout each grade and aim to build around physical, mental, and social skills.

**For more information visit
our website at**

www.cca-acc.ca

**or to inquire about
availability contact:**

Keyana Lakha-Doobay

613-415-0672

afterschool@cca-acc.ca



Children

ARTS & CULTURE

Musical Theatre (8 to 14 years)

Would you like to express your creativity into three combined art forms? In this musical theatre course, you will learn the fundamentals of acting, singing and dancing! Through this course you will study your role and memorize lines and songs. You will also learn new techniques to emphasize your performance.

Spring Production: The Lion King

Friday 6:45-8:30pm

April 6 – June 8 \$75

*Open house performance on June 8 2018



Improv (6 to 9 years)

Come and get out of your comfort zone and shake out your silly's! You will study the fundamentals of improvisation through exercises that help to develop strong ensemble and character work. Develop stage presence, patience, good communication skills, self-confidence and a respect for other performers and their creativity. We will focus on storytelling, random scenarios, dance, performance skills and drama games. Come join in on all the fun!

Saturday 1:30-2:30pm

April 7 – June 2 \$68.50

Kid's Dinner & Movie

Hey Parents and Guardians! In need of a night out? At the CCA, we offer a date night for you and the kids. Come drop off the kids at the Canterbury Community Center where they will enjoy some fun starter games, a pizza dinner with a healthy snack and beverage, and a movie all while you go out and do the same! These nights are staffed by our qualified counsellors of the After School Program.

*Registration in advance mandatory
Ages 4 -12

Friday. 5:30-8:30pm

April 27th

May 25th

June 22nd

Cost: \$15/Child

**All CCA programs
will be cancelled
May 19th, 20th &
21st as well as all
statutory holidays**

GENERAL INTEREST

Babysitting Course (12+ years)

The Canada Safety Council has designed this course to provide information on babysitting skills and emergency situations. A certificate will be provided upon successful completion of this course.

Sunday noon-5:15pm

April 22 & 29 (2 weeks) \$77

**Program cost includes Manual*

Home Alone Course (9+ years)

The Canada Safety Council has designed the Home Alone Program to provide children 9 years and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. The child will learn to follow safety procedures, learn how to obtain emergency help and will review basic first aid procedures.

Sunday noon-5:15pm

May 6 \$46

**Program cost includes Manual*

Cheftastic

Our chefs will learn a variety of techniques and understand the importance of kitchen safety and personal hygiene. The recipes will consist of simple ingredients, easy to follow instructions, and fun for everyone. Each chef will complete the course with a personal recipe book! You'll be able to bring home your masterpiece each week (Please bring your own plastic container with a lid for leftovers.) The cost of the program includes a supply fee of \$20.

Cheftastic A

8-13 yrs Sat. 9:00-11:00am

April 7 – May 12 \$90

Cheftastic B

8-13 yrs Sat. noon-2:00pm

April 7 – May 12 \$90



MARTIAL ARTS

The Ouellette Karate & Self-Defense team of Certified Black Belts has over 90 years of combined experience to guide students in achieving their developmental goals. Please note uniforms are not mandatory, they can be purchased directly from the Richard Ouellette School of Karate.

These programs are focused on developing an individual's physical and mental well-being through this ancient art. Throughout these programs students will build up their confidence, self-esteem, focus, balance and co-ordination, as well as their overall physical fitness level.

Karate for Kids – 5 – 7 years old

A fun, high energy program designed to introduce children to Karate. This introductory program focuses on building strong self-esteem, personal fitness, and fundamentals of self-defense through fun physical activities and continuous positive re-enforcement. Our program prepares young students for participation in the Beginner class. All classes are taught by caring, licensed instructors.

Beginner Karate – 8 - 14 years old

An introductory course that teaches the fundamentals of Karate and Self-Defense to beginners and prepares them for more advanced training. Students will learn stances, blocking, punching, striking and kicking along with safe falling and rolling. Fun and teamwork will be emphasized.

Adult Karate – 15+ years old

This is a comprehensive course that starts with the fundamentals of Karate and Self-Defense. Students will begin learning the basic tools and techniques to defend themselves (stances, blocking, punching, striking, kicking as well as safe falling & rolling). You will learn more advanced techniques such as pressure points, throws, chokes, strangulations, ground work as well as free sparring & apply them to more complex self-defence scenarios. Lastly, students are exposed to weapons such as the two-foot canes, 6-foot-long staff and defending against knife attacks!

Cardio Muay Thai – 15+ years old

Our Muay Thai kickboxing-based program provides fun, positive & challenging full-body cardio workouts that will burn fat, build strength and increase endurance. These high intensity interval classes will also help to relieve stress, provide better eye-hand coordination, and build self-confidence. Techniques such as punches elbows, kicks, and knees on hand pads and kicking shields will be taught so you can learn to deliver powerful fighting combinations.

Karate for Kids

5-7yrs Sat. 11:45-12:30pm
April 7 – June 16 \$82.50

Beginner Karate

8-14yrs Mon. 6:00-7:15pm
Thurs. 6:00-7:00pm
Sat. 1:15-2:15pm
April 7 – June 18 \$103

Adult Karate

15+yrs Mon. 7:20-8:10pm
Thurs. 7:00-8:00pm
Sat 2:15-4:15pm
April 7 – June 18 \$108

Cardio Muay Thai

15+yrs Mon. 8:10-9:00pm
Thurs. 8:00-9:00pm
April 9 – June 18 \$98

All CCA programs
will be cancelled
May 19th, 20th &
21st as well as all
statutory holidays



Register and Save!

Register for Adult Karate and Cardio
Muay Thai for only \$190/Session





Canterbury Dance Centre

The Canterbury Dance Centre offers children of all ages the opportunity to dance in a fun, positive and professional environment. Our recreational dance program is ideal for children to stay fit and to explore their artistic talents in a non-competitive atmosphere. Our qualified, experienced instructors strive to promote self-esteem and positive self-image.

Dance styles include Tots & Toes, Jazz, Tap, Ballet, Contemporary and Hip Hop. Programs are held in a safe, community based environment, and are cost effective. This is a year-round program with progressive instruction of skills leading to a final recital in June.

Upcoming Important Dates 2017-2018 Session

Winter Spring Session	January 8 to May 28
Picture Day	May 27, 2018
Recital Dress Rehearsal	May 31, 2018
Recital	June 3, 2018
Cancelled classes	Feb 19, March 12-17, Apr 2, May 19 & 21

Looking for more information on our dance programs? Check out our website at www.cca-acc.ca for program descriptions, schedules, pricing and more!



*As programs have already started, registration for the 2017-2018 session is closed. Be sure to check in late August to register for the 2018-2019 session.



Adult

ART

Ikebana (16+ years)

Learn the art of Ikebana, Japanese style flower arranging. Classes are suitable for new and continuing students.

Wednesday 7:00-9:00pm

April 11 – May 30

\$87*

*Supply fee of \$80 payable to instructor on 1st day of class



Drawing Fundamentals (16+ years)

Beginner/Intermediate Level

We will explore the fundamentals of drawing. Discover how line quality, shape, measurement, light logic, and form hold the answer to drawing everything. We will use proven drawing exercises made famous by accomplished art teachers- past & present. Bring your pencils and paper, let's have some fun!

Tuesday

9:30-11:15am

April 3 – May 22

\$118.50

Colour Theory & Painting- Focus on Watercolour (16+ years)

Beginner/Intermediate Level

(Oils & Acrylics welcome)

Mix the colour you want quickly, accurately, and without waste! Painting techniques will be introduced as we practice colour theory in a logical manner using the amazing insights of Michael Wilcox's "colour bias wheel". Bring your own supplies (list available at CCA office)

Tuesday

11:30am-1:15pm

April 3 – May 22

\$118.50

Kathy Harker-Fiander
(www.kathysartwork.com)
teaches our **Drawing Fundamentals, Colour Theory, Classical Drawing, Watercolour and Oil Painting** courses.

Bring your own supplies-
supply list available online
at

www.cca-acc.ca

Classical Drawing- Focus on the Human Figure (16+ years)

Intermediate/Advanced

We will learn classical drawing fundamentals with a focus on the human figure including the human head. Discover how understanding light logic, form, measurements, shape and line quality hold the answers to accurate drawing. Supply list at CCA!

Thursday

9:30-11:15am

April 5 – May 24

\$118.50

Watercolour Painting (16+ years)

Intermediate/Advanced

Ideal for those who have watercolour experience, previous artistic training and an understanding of colour mixing. We will be refining or painting skills as we explore various techniques in order to recognize and develop your own unique style.

Thursday

11:30am-1:15pm

April 5 – May 24

\$118.50

Oil Painting (16+ years)

"Let's Learn from the Masters"

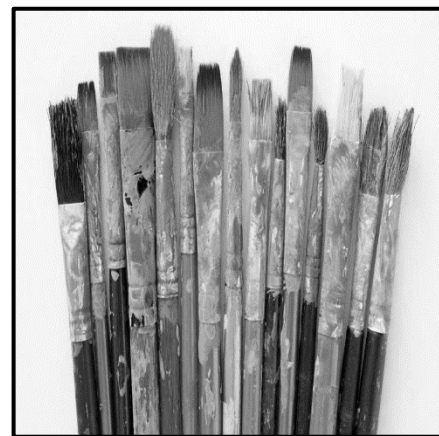
Ideal for beginners and experienced painters. Students will copy a Master painting with step by step instruction, or paint from an image of their own choosing. Experience the oil painting procedure, learn colour theory and much more. We will use odorless minerals spirits. Instead of turpentine for a cleaner environment. (Acrylics or water-soluble oils can be used if you have experience with them.)

Thursday

7:00-8:45pm

April 5 – May 24

\$118.50



Adult

GENERAL INTEREST

DIY Bath Bomb Workshop (16+ years)

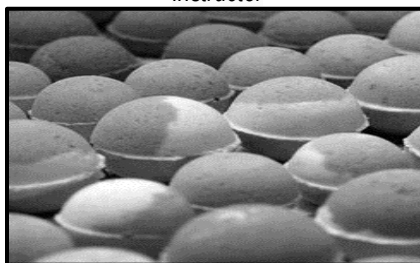
Learn how to transform basic ingredients such as baking soda and Epsom salts into luxurious fizzing bath bombs. These are great home-made gifts!

Wednesday 7:00-8:00pm

Mar 21 \$20

April 4 \$20

**Additional supply fee of \$5 payable to instructor*



MIND & BODY

Mindfulness Meditation (16+ years)

Experience the benefits of a regular meditation practice. This course provides instructions in the basic techniques and theory for meditation and supports you in developing a home practice. Learn to increase your level of self-awareness, self-mastery, gain an overall sense of wellbeing, live a more balanced and harmonious life and maintain optimal health to help you achieve your maximum potential.

Monday 7:15-8:45pm

April 9 – June 4 \$98

Tai Chi (Yang Style) – All levels (16+ years)

This great way to improve your blood circulation, joint flexibility and mobility! Also promotes proper posture and body balance while having a positive mental effect on attentiveness, concentration and memory retention. Students learn the whole Hand Form (108 movements).

Tuesday 5:45-7:00pm

April 3 – June 5 \$100

Tai Chi (Chen Style) and Qigong

This course is designed for better health, stress relief, relaxation and to keep your body fit and flexible. We learn 24 Tai Chi forms that also encompass Qigong, along with breathing techniques that build internal energy while moving it through the body meridians.

***No Classes June 7 2018**

Level 1

Thursday 6:30-7:45pm

April 5 – June 14 \$100

Level 2

Thursday 7:45-9:00pm

April 5 – June 14 \$100

Qigong (16+ years)

Qi = Energy, Gong = Practice

Pronounced Chi Kung, this is a graceful form of exercise and meditation which energizes, relaxes, and rejuvenates your entire being. It is easy to learn, suitable for all ages and fitness levels, and is performed standing or sitting. Each class includes a warm-up, short meditation, proper breathing, flowing movements, invigorating self-massage, and energy cleansing exercise.

Wednesday 6:30-7:45pm

April 4 – June 6 \$100

**All CCA
programs will be
cancelled April
15th, May 19th,
20th & 21st as well
as all
statutory holidays**

Adult

DANCE

Ballroom Dancing- 1 & 2 (16+ years)

Learn the basics of ballroom with this class for beginners. Some of the dances include; Cha-Cha, Rumba, Triple Swing, Merengue, Waltz & Foxtrot.

Sunday 1:00-2:00pm

April 8 – June 10 \$93/person

Ballroom Dancing- Intermediate

(16+ years)

Open to all dancers with knowledge and experience in the basics. Dances include Cha-Cha, Rumba, Waltz, Foxtrot, Swing, Samba and more. In this course, you will learn more figures and more expression of the dances.

Sunday 2:00-3:00pm

April 8 – June 10 \$93/person

Argentine Tango- Beginner (16+ years)

Learn Argentina's signature dance. This class features the salon style of Argentine Tango with focus on connection, leading and following skills as well as musicality. The class has an overview of very basic yet elegant tango that is designed to be fun and easy to dance.

Sunday 3:00-4:00pm

April 8 – June 10 \$93/person

Andre Beaulne
your instructor, since 1996 has been teaching all styles of Ballroom Dancing, including *International Ballroom & Latin, Swing, Salsa, Rock & Roll and Argentine Tango*. He is the Head of Department with the Canadian Dancesport Federation. So, grab a partner and start the party!
(www.francineandre.com)



Adult YOGA

Hatha Yoga (16+ years)

Hatha Yoga improves mental and physical health through relaxation, breathing and stretching. An enjoyable and effective approach to managing stress and improving strength, flexibility, concentration & overall wellness.

Beginner

Wednesday 7:30-9:00pm

April 4 – June 6 \$105

Thursday 6:00-7:15pm

April 5 – June 7 \$95

Intermediate

Thursday 7:30-9:00pm

April 5 – June 7 \$105

Advanced Beginner

Monday 7:30-9:00pm

April 9 – June 18 \$105

All Levels

Monday 10:30-noon

April 9 – June 18 \$105

Sunday 9:30-11:00am

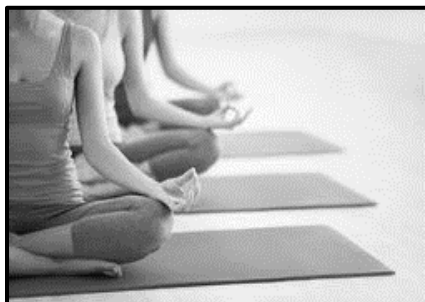
April 8 – June 24 \$105

Absolute Beginner Yoga (16+ years)

Never practiced yoga? This class is designed as an introduction to yoga practice in a supportive environment and is welcoming to the apprehensive student. If you want a gentle way to learn more about yoga, this class is for you.

Thursday 5:30-6:30pm

April 5 – June 7 \$90



Restorative Yoga (16+ years)

Restorative yoga is a passive, gentle style of yoga using props to support the body for longer holds. Restorative poses are usually held in lying down or seated postures using blankets, bolsters, straps and blocks. It is a relaxing form of yoga which may compliment your active practice and/or lifestyle. As there is limited movement, an extra top layer of clothing is recommended. **Please bring a light blanket or two (approx. 80" x 20") and, an optional eye mask/pillow.**

Monday 7:30-8:45pm

April 9 – June 18 \$105

Yin Yoga (16+ years)

Yin Yoga targets the deep tissues of the body (ligaments, joints, bones and the deep fascia) by stressing them differently through a variety of poses. Most poses are done on the floor and include the hips, lower body and spine and are usually held 3-5 minutes in calmness and stillness. Some upper body poses may also be incorporated. It is now well known that healthy and strong connective tissues are key to continued vitality and mobility.

Tuesday 10:15-11:30am

April 3 – June 5 \$95

Kundalini Yoga (16+ years)

Known as the yoga of awareness, this is a meditative yet energizing practice. The key to controlling the mind and strengthening the body is control of the breath.

Tuesday 7:30-9:00pm

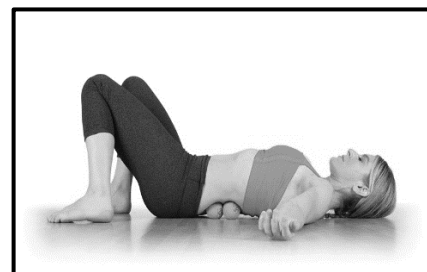
April 3 – June 5 \$105

The Roll Model (16+ years)

This Hatha class will integrate the Roll Model® Method, developed by Jill Miller, to enhance our exploration of asana sequences with an emphasis on sound alignment. Each class will include guided self-massage using therapy balls to awaken muscles, loosen up adhesions, and restore slide and glide to your tissues. We will experiment with the use of props to fine-tune postural practice to *your* body. Join us to experience this profoundly transformational practice!

Wednesday 6:00-7:15pm

April 4 – June 6 \$95



Ashtanga (16+ years)

In this style of yoga, poses are linked together by the breath in continuous, flowing sequences. This is a vigorous, dynamic practice that builds concentration & emphasizes strength in equal proportion to flexibility. Our focus will be on linking movements to breath, good alignment in the postures, and modifications to help develop yourself.

Tuesday 7:00-8:30pm

April 3 – June 5 \$105

**All CCA programs will
be cancelled April
15th, May 19th, 20th &
21st as well as all
statutory holidays**



Adult FITNESS

Bollywood Dance (16+ years)

A mix of Indo pop, belly dance, bhangra and more! Bollywood dance is a fun way to get fit and learn new dance moves you can use anywhere. All are welcome.

Wednesday 8:00-9:00pm
April 4 – June 6 \$72

Pilates (16+ years)

This holistic exercise is designed to condition body and mind, help strengthen core muscles, improve posture and increase flexibility. Please note that participants must have completed Beginner Pilates before taking Intermediate/Advanced Pilates

Beginner

Tuesday 8:20-9:15pm
April 3 – June 5 \$98

Intermediate/Advanced

Tuesday 7:20-8:15pm
April 3 – June 5 \$98

Zumba

This is a cardiovascular workout, combining fun Latino movements with fantastic Latin music. You will have so much fun you'll forget you're working out.

16+yrs Fri. 4:30-5:30pm
April 6 – June 29 \$130

50+ Energy

Sit Fitness! (50+ years)

We are pleased to offer this gentle fitness class designed for the senior participant who wants and needs an alternative to the traditional aerobics exercise class. Through the use of chairs, exercises will be adapted and modified to the sitting position. You will tone and strengthen using light hand weights, weighted balls, elastics and body resistance. The class will also focus on increasing flexibility, improving posture and balance and reducing muscle tension.

Instructor: Nancy Burns-Horler

Monday 1:00-2:00pm
April 9 – June 18 \$72

**No class May 21 2018*

Wednesday 1:00-2:00pm
April 11 – June 20 \$72

**No class May 23 2018*

Register and Save!
*Register for both Monday and
Wednesday Sit Fitness for
only \$124/Session*



Zumba Gold (50+ years)

Dance Fitness uses Latin dancing and international rhythms to provide a safe, fun and effective workout. Moves are broken down in an easy to follow format- you'll be having so much fun you'll forget you're working out! Dance Fitness strives to improve balance, strength, flexibility and aerobic ability. No dance experience or partner required.

Wednesday 9:00-10:00am
April 4 – June 27 \$101
Thursday 11:15-12:15pm
April 5 – June 28 \$101

Gentle Yoga (50+ years)

Increase flexibility and strengthen through a combination of centering and breathe work, warm-up stretching, gentle hatha postures, and guided relaxation.

Friday 10:15-11:30am
April 6 – June 8 \$95

Special Needs Fitness

This group fitness class is for adults with developmental disabilities.

Activities include basic aerobics, circuit-type workouts, core-strength and balance exercises. Participants are encouraged to work at their own pace and must be mobile and able to work at a 1:5 ratio. Assessment of the participants is required prior to the start of the program

16+yrs Sat. 10:45-11:45am
April 7 – June 2 \$74



ADULT GROUP FITNESS PROGRAM

The CCA's group fitness program includes a variety of well-balanced classes including Muscle-Strength, Core-Strength, Cardio, Step, Ball and Balance & Flexibility. Our team of instructors love what they do and will help you achieve your fitness goals!

Spring Session Date: April 3 – June 29

Spring Session Pass: \$115

10 Visit Pass: \$85

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am Low Impact	9:00-10:00am Strength Mix	9:00-10:00am Tabata for Everyone	9:00-10:00am Tri Fit	9:00-10:00am Strength & Stretch	9:00-10:30am Weekend Variety	9:00-10:30am Hatha Yoga
	10:15-11:30am Yin Yoga	10:00-10:45am All Stretch				
6:10-7:10pm Cardio & Muscle Variety	6:10-7:10pm Tabata for Everyone	6:10-7:10pm Body Fit	6:10-7:10pm Tri Fit	4:30-5:30pm Zumba		

Class Descriptions:

Low Impact: A low impact workout offering higher intensity and cardio options.

Total Body Fit: This full-body workout will combine cardio, strength and core work. Dynamic, full-body movements are paired with isolation exercises focusing on one muscle group. Special emphasis on the core, including back, hips, glutes and abs.

Tabata for Everyone: A very effective workout combining cardio and muscle conditioning in a shorter 45-minute class. The format consists of 8 rounds of one exercise in a 20-second on and 10-second off interval. Includes 6 exercises that change each week to keep it fun and fresh.

All Stretch: Did you know strength and flexibility go hand in hand? This class is dedicated to improving flexibility, releasing stress and developing better posture and body awareness.

Strength Mix: A complete workout to strengthen and tone all muscle groups while improving balance using a variety of equipment.

Tri Fit: Dynamic, fast-paced class that includes cardio, strength and flexibility training. This class includes a step portion.

Strength & Stretch: Functional strength class training with integrated stretch component.

Cardio & Muscle Variety: Each week will be different. Class could include step, low impact and weight training.

****Cancellations:** April 15th, May 19th- 20th - 21st 2018



50+ ENERGY

GROUP FITNESS PROGRAM

Do you want to have more energy, feel stronger and be able to navigate daily life with a sense of physical confidence and greater ease? The physical and social benefits associated with regular group physical activity are well documented. Join us and discover how our program can improve your life and general sense of well-being!

Our sessional pass enables you to attend any class in the ENERGY PLUS schedule, thereby customizing a program suitable to your physical abilities and preferences.

50+ Coordinators: Nancy Burns- Horler

Spring Session Date: April 3 – June 29

Spring Session Pass: \$108

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00am Step Mix (Level 2)	10:15-11:15am Basic Aerobics (Level 1)	9:00-10:00am Zumba Gold (All Levels)	10:15-11:05am Aerobics (All Levels)	9:00-10:15am Cardio Mix (Level 2)
10:15-11:05am Aerobics (All Levels)	1:00-2:00pm All Stretch (All Levels)	10:00-10:45am All Stretch (All Levels)	11:15-12:15pm Zumba Gold (All Levels)	10:30-11:30am Friday Variety (Level 1)
11:15-12:05pm MSE & Ball (All Levels)		10:15-11:15am Aerobics (All Levels)		

Step Mix (Level 2): This class is for those looking for a more advanced cardio experience and to challenge balance and co-ordination in a new way! Each class will contain a step aerobics component “mixed” in with some interval training low impact aerobics and muscle conditioning. Every week will be a little different from the week before. This is not a beginner class. (Please check with Nancy to determine your suitability for this class).

Aerobics: These classes will be taught in a multi-level fashion. Exercise options will be given to those who wish to work at a higher (or lower) intensity. Classes will consist of approximately 20-25 minutes of aerobics with a segment of muscle toning and/or core conditioning and strength.

MSE & Ball: MSE stands for Muscle Strength and Endurance. The emphasis here is on improving muscle strength and endurance through the use of weights, body bars, elastics and stability balls. The stability ball will be used to improve balance, posture, coordination, strength and endurance. If you want stronger abdominal and back muscles, visit this fun and dynamic class!

Basic Aerobics: Similar to the Aerobics class (above), with an aerobic segment approximately 15-20 minutes in duration. If you want an aerobics class that is low to moderate intensity, this class may be suitable for you.

All Stretch: Did you know strength and flexibility go hand in hand? This class is dedicated to improve flexibility releasing stress and developing better posture and body awareness.

Cardio Mix (level 2): This class will be different from week to week with the main emphasis on cardio. It will include low impact, step circuit and low and tone. We'll mix it up every Friday and you will get a cardiovascular workout every class. We'll also use weights, stability balls, bands and body bars. Come prepared to sweat and challenge yourself. (Please note this is not a beginner class)

Friday Variety (Level 1): This level one class is suited for beginners or for those wishing for a lighter workout at the end of the week. The class format will change from week to week to provide a “variety” of class formats. Several of our instructors will instruct the class on a “rotation” basis. A scheduled class format will be available September

*Although intensity options will be given in all classes, the Level 2 classes are geared specifically to the advanced participant and the aerobic segment of this class will be longer in duration and more advanced in intensity



Summer Programs 2018 – Programmes d'Été 2018

Group Fitness

Session Dates: July 3 – August 27

Cost: \$62

Group Summer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 9 :30am Low Interval		8:30 – 9 :30am Tabata for Everyone		8:30 – 9 :30am Strength & Stretch
6:00 – 7 :00pm Cardio Muscle Variety	6:00 – 7 :00pm Tabata for Everyone		6:00 – 7 :00pm Cardio Combo & Abs	

Class Description:

Low Interval: Alternates between cardio and strength for a challenging workout.

Tabata for Everyone: A very effective workout combining cardio and muscle conditioning in a shorter 45-minute class. The format consists of 8 rounds of one exercise in a 20-second on and 10-second off interval. Includes 6 exercises that change each week to keep it fun and fresh.

Strength & Stretch: Functional strength class training with integrated stretch component.

Cardio & Muscle Variety: Each week will be different. Class could include step, low impact and weight training.

Cardo Combo & Abs: This class offers various levels of cardio intensity and includes a step portion. This class finishes with a longer abs and back segment.

Pilates Intermediate

This holistic exercise is designed to condition body and mind, help strengthen core muscles, improve posture and increase flexibility. Please note that participants must have completed Beginner Pilates before taking Intermediate/Advanced Pilates.

Session Dates: July 3 – August 7

Day: Tuesday

Time: 7 :15 – 8 :15pm

Cost: \$51.50

Hatha Yoga – All Levels

Hatha Yoga improves mental and physical health through relaxation, breathing and stretching. An enjoyable and effective approach to managing stress and improving strength, flexibility, concentration & overall wellness.

Session Dates: July 5 – August 23

Day: Thursday

Time: 6 :00 – 7 :15pm

Cost: \$72

Martial Arts

Child/Teen Karate (8-16)

Session Dates: July 5 – August 30

Day: Thursday

Time: 6 :00 – 7 :00pm

Cost: \$62

Adult Karate

Session Dates: July 5 – August 30

Day: Thursday

Time: 7 :00 – 8 :00pm

Cost: \$67

Cardio Muay Thai

Session Dates: July 5 – August 30

Day: Thursday

Time: 8 :00 – 9 :00pm

Cost: \$67



Summer Programs 2018 – Programmes d'Été 2018

50 + Energy

Session Dates: July 4 – August 27

Cost: \$57

Energy Summer Schedule

Monday	Wednesday	Friday
9:45 – 10:45am Cardio Mix (All Levels)	9:45 – 10:45am Cardio Mix (All Levels)	9:45 – 10:45am Zumba Gold
11:00am – 12:00pm Muscle Toning (All Levels)	11:00am – 12:00pm Stretch	

Class Description:

Cardio Mix (All levels): This class will be different from week to week, with the main emphasis on cardio. It will include low impact, step circuit, aerobics, and a low and tone. You will get a cardiovascular workout every class. We'll also use weights, stability balls, bands and body bars. Come prepared to sweat and challenge yourself. Exercise options will be given to those who wish to work at a higher (or lower) intensity.

All Stretch: Did you know strength and flexibility go hand in hand? This class is dedicated to improve flexibility releasing stress and developing better posture and body awareness.

Sit Fitness

We are pleased to offer this gentle fitness class designed for the senior participant who wants and needs an alternative to the traditional aerobics exercise class. Through the use of chairs, exercises will be adapted and modified to the sitting position. You will tone and strengthen using light hand weights, weighted balls, elastics and body resistance. The class will also focus on increasing flexibility, improving posture and balance and reducing muscle tension.

Session Dates: July 4 – August 8

Day: Wednesday

Time: 1:00 – 2:00pm

Cost: \$43.50

Zumba Gold

Dance Fitness uses Latin dancing and international rhythms to provide a safe, fun and effective workout. Moves are broken down in an easy to follow format- you'll be having so much fun you'll forget you're working out! Dance Fitness strives to improve balance, strength, flexibility and aerobic ability. No dance experience or partner required.

Session Dates: July 6 – August 24

Day: Friday

Time: 9:45 – 10:45am

Cost: \$80





Canterbury Recreation Complex SUMMER CAMPS

REGISTRATION

In person: Any City of Ottawa recreation centre during regular business hours.

Online: www.ottawa.ca/recreation You will need your family PIN number and Client Barcode(s).

By Telephone: 613-580-2588 You will need your family PIN number and Client Barcode(s).

ENROLMENT FORMS must be completed in order to attend camp. Please submit 1 per child before the beginning of camp

MEDICAL FORMS are required for children with epipen allergies or asthma, who require medication to be administered during camp hours. Please also note any medication taken at home on the enrolment form. Children are to come to camp with **two** epipens daily.

Forms can be found online at www.ottawa.ca/summercamp, or a hard copy can be provided to you at Community Centre or Pool front desks.

For more information on the City of Ottawa Summer Camps offered at Canterbury Recreation Complex, please call 613-247-4869 or email Canterbury@ottawa.ca

Pizza Day Friday!

Choice of up to 2 slices of cheese or pepperoni
Apple or orange juice
Apple sauce or granola bar (alternating weeks)

Register on Mondays at the front desk for pizza.

**children should still be sent to camp with an extra snack for the morning*

Fun'n Friends Energy

Creative play, songs, crafts, themes, and cooperative games offer activities and fun for making friends in your neighbourhood.

Campers must be fully toilet trained to attend this camp.

4-5 years	Mon.-Fri.	8 am-5 pm
Jun 25-29	\$182.25	1141271
*Jul 3-6	\$145.75	1141272
Jul 9-13	\$182.25	1141273
Jul 16-20	\$182.25	1141274
Jul 23-27	\$182.25	1141275
Jul 30-Aug 3	\$182.25	1141276
*Aug 7-10	\$145.75	1141280
Aug 13-17	\$182.25	1141277
Aug 20-24	\$182.25	1141278
Aug 27-31	\$182.25	1141279

Basketball & Swim

Practice the fundamentals of basketball including ball handling, shooting, lay ups, offence and defence, all in an innovative and exciting atmosphere. Includes camp activities and swimming (3x/week).

8-12 years	Mon.-Fri.	8 am-5 pm
*Jul 3-6	\$157.25	1141313
Jul 30-Aug 3	\$196.50	1141315
Aug 20-24	\$196.50	1141316

Cooking & Swim

Get ready for a sweet and savory week filled with slice'n and dice'n. Includes camp activities and swimming (3x/week).

6-12 years	Mon.-Fri.	8 am-5 pm
Jul 9-13	\$192.50	1141329
Jul 16-20	\$192.50	1141330
Jul 30-Aug 3	\$192.50	1141331
Aug 13-17	\$192.50	1141332

Ottawa Energy

Make new friends and have a blast. Join in the action with games, crafts, sports and camp activities.

6-7 years	Mon.-Fri.	8 am-5 pm
Jun 25-29	\$182.25	1141282
*Jul 3-6	\$145.75	1141286
Jul 23-27	\$182.25	1141283
*Aug 7-10	\$145.75	1141287
Aug 27-31	\$182.25	1141285

Summer camp hours:

Drop off: 8-9am
Pick up: 4-5pm
A late fee will apply to any pick-ups after 5pm.

Ottawa Adventure & Swim

Sports, games, crafts, swimming (3x/week), special events, and an out-trip! This camp has it all!

6-12 years Mon.-Fri. 8 am-5 pm

Jun 25-29	\$191.25	1141255
*Jul 3-6	\$153	1141260
Jul 9-13	\$191.25	1141261
Jul 16-20	\$191.25	1141263
Jul 23-27	\$191.25	1141264
Jul 30-Aug 3	\$191.25	1141265
*Aug 7-10	\$153	1141266
Aug 13-17	\$191.25	1141267
Aug 20-24	\$191.25	1141268
Aug 27-31	\$191.25	1141269



Science Camp Adventure

Hands-on messy fun will allow you to explore your inner scientist through games, crafts and experiments! Science isn't only for adults! Camp activities may include special guests or outings.

6-7 years Mon.-Fri. 8 am-5 pm

Jul 9-13	\$171.75	1141321
Jul 23-27	\$171.75	1141322
*Aug 7-10	\$137.50	1141324

8-12 years Mon.-Fri. 8 am-5 pm

Jul 9-13	\$171.75	1141326
Jul 23-27	\$171.75	1141327
*Aug 7-10	\$137.50	1141325
Aug 20-24	\$171.75	1141328

Sports Camp

Skills, drills and strategies! Enjoy action-packed days full of your favorite sports and recreational activities.

6-7 years Mon.-Fri. 8 am-5 pm

Jul 9-13	\$182.25	1141288
Jul 16-20	\$182.25	1141289
Jul 30-Aug 3	\$182.25	1141290
Aug 13-17	\$182.25	1141291
Aug 20-24	\$182.25	1141292

Sports & Swim

Skills, drills and strategies! Enjoy action-packed days full of your favorite sports. Includes camp activities and swimming (3x/week).

8-12 years Mon.-Fri. 8 am-5 pm

Jul 16-20	\$203	1141318
Jul 23-27	\$203	1141319
*Aug 7-10	\$162.75	1141317
Aug 13-17	\$203	1141320

Swim Explorer

Love to swim? Improve your skills and strokes with daily lessons from the Red Cross Swim Program and leisure swim time. Fun camp games and crafts will round out each day.

6-7 years Mon.-Fri. 8 am-5 pm

*Jul 3-6	\$154.00	1141293
Jul 9-13	\$192.50	1141295
Jul 16-20	\$192.50	1141296
Jul 23-27	\$192.50	1141297
Jul 30-Aug 3	\$192.50	1141298
*Aug 7-10	\$154.00	1141294
Aug 13-17	\$192.50	1141299
Aug 20-24	\$192.50	1141300

8-12 years Mon.-Fri. 8 am-5 pm

*Jul 3-6	\$154.00	1141310
Jul 9-13	\$192.50	1141303
Jul 16-20	\$192.50	1141304
Jul 23-27	\$192.50	1141305
Jul 30-Aug 3	\$192.50	1141306
*Aug 7-10	\$154.00	1141311
Aug 13-17	\$192.50	1141307
Aug 20-24	\$192.50	1141309

Ringette Skill Training - Recreational

Get ready for the upcoming season with drills, ring handling, shooting and passing. **Note that all campers must come prepared with their own equipment.*

6-7 years Mon.-Fri. 8 am-5 pm

Aug 13-17	\$314.50	1144735
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8-12 years Mon.-Fri. 8 am-5 pm

Aug 13-17	\$314.50	1144736
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Ringette Skill Training - Competitive

Get ready for the upcoming season with drills, power skating, ring handling, shooting, passing and off ice training. **Note that all campers must come prepared with their own equipment.*

6-7 years Mon.-Fri. 8 am-5 pm

Aug 20-24	\$314.50	1144337
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8-12 years Mon.-Fri. 8 am-5 pm

Aug 20-24	\$314.50	1144338
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Which Summer Camp should I register my child in?

	4-5 yrs	6-7 yrs	8-12 yrs	Leisure Swim	Out-trip
Fun'n Friends Energy	✓				
Basketball & Swim			✓	✓	
Cooking & Swim		✓	✓	✓	
Ottawa Energy		✓			
Ottawa Adventure & Swim		✓	✓	✓	✓
Science Camp Adventure		✓	✓		✓
Sports Camp		✓			
Sports & Swim			✓	✓	
Swim Explorer		✓	✓	✓	
Ringette Skill Training		✓	✓		

Is your child interested in **BABYSITTING?**
Do you also think they should be trained in
STANDARD FIRST AID?

The Canterbury Community Association and the City of Ottawa have partnered together to be able to offer your child to become certified in both the Canada Safety Council Babysitting Course and the LifeSaving Society Standard First Aid and CPR level-C all in just 2 weekends.

Babysitting Course

The Canada Safety Council has designed this course to provide information on babysitting skills and emergency situations. A certificate will be provided upon successful completion of this course.

Sun. April 22 & 29 noon-5:15pm

12+ yrs \$77

*Program cost includes Manual

Register with the Canterbury Community Association

Standard First Aid and CPR-C with AED skills

Prerequisite: 12 years of age.

This course certifies participants in LifeSaving Society Standard First Aid, CPR C and AED skills.

Sat. April 21 & 28 9 am-5 pm

12-14yrs \$120 1142347

15+yrs \$135.75 1142342

*Register in person at any City of Ottawa facility or online at
www.ottawa.ca/recreation

**CANTERBURY
COMMUNITY CENTRE
RENTAL
INFORMATION**

Looking for a spot to host your child's birthday, a family dinner banquet, or even your wedding?!

With space to hold over 100 people, we are your next stop!

We have beautiful hardwood floors in our Banquet Hall that will look great for your First Dance.

A full sized Gymnasium which you can rent to play your favorite sport. Or consider hosting your next conference here with us – with 4 Multi-Purpose Rooms.

We have a fully functional on site Kitchen which can be packaged with any rental.

For more information on; pricing, availability or if you would like to come and have a site visit, please book an appointment through our

Program Coordinator by calling 613-247-4870 or by sending an email to

Canterbury@ottawa.ca

**City of Ottawa
SPRING/SUMMER REGISTRATION**

Registration for Aquatics Programs:

Online March 5th at 9pm

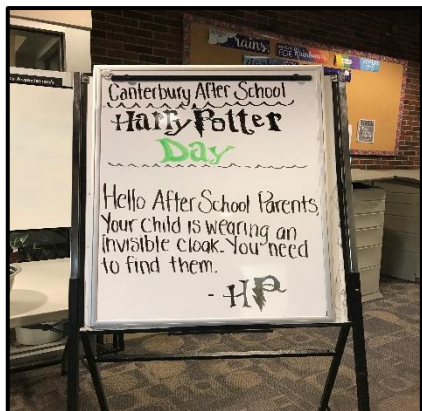
In-person March 6th during business hours

Registration for Land Programs and Summer Camps:

Online March 7th at 9pm

In-person March 8th during business hours

Canterbury After-School Program



Did you know?

The after-school program also does March break camp and offers PD days for both French and English school boards, available from JK to Grade 6! Registration open to the public.

The Canterbury After-School program is held at the Canterbury Community Centre between 2:30pm and 5:30pm, Monday to Friday. We cater to most schools in the Alta Vista neighborhood, available for grades 1 through 6. The Children are organized into individual grades with their own room. They have access to the gym, surrounding outdoor space such as local parks and baseball fields, and the contents of the recreation complex such as the pool and the indoor/outdoor arenas. Each group is led by their own Team leader, as well as qualified counselors which remain in recommended ratios. We also have Canterbury wide events held every Friday, a monthly movie and popcorn day proceeds of which provide opportunity for children to attend recreational programming, and we offer a variety of clubs at an additional cost. Daily activities are programmed throughout each grade and aim to build on social, mental and physical skills.

For more information or to inquire about availability contact: Keyana Lakha-Doobay
613-415-0672
afterschool@cca-acc.ca

MAKE THE RIGHT CALL!

Did you know that we are two entities working cohesively under one roof?
In order to save you time, please ensure you are calling the right phone number.

Canterbury Community Association (CCA):

CCA Program Information 613-738-8998
CCA After School 613-415-0672
Coordinator

City of Ottawa:

Canterbury CC Front Desk 613-247-4869
& Brian Kilrea Arena
Canterbury CC Rentals 613-247-4870
Canterbury Pool 613-247-4865

Canterbury's Gigantic Indoor Spring Garage Sale



**Join us at the Canterbury Community Centre
for our annual gigantic indoor garage sale!**

**Where: 2185 Arch Street, Ottawa
When: April 15th, 2018 from 10am to 3pm
Entry is FREE!**

***Note to vendors: Registration for previous vendors of 2017 will be available in person or by phone during the hours of 10am and 3pm between February 20th 2018 and March 2nd, 2018. All vacant tables will be open for public registration on Saturday March 3rd 2018, between 10am and 12pm. The cost per table is \$30 tax included. A maximum of 3 tables per vendor.**

Please call office at 613-738-8998 or see online at www.cca-acc.ca for more details.