

Association Communautaire

CANTERBURY

Community Association

Fall/Winter - 2018 - Automne/Hiver

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:

Fall: August 13, 2018

Winter: October 22, 2018

Début des inscriptions en ligne:

Automne: 13 Août 2018

Hiver: 22 Octobre 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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Dear Neighbours, chers voisins,

Welcome to the Canterbury Community Centre. Let this guide be your key to maintaining an active and social lifestyle throughout the fall and winter months. Discover the many programs that nurture your talents and explore your creativity through sport and art. The Canterbury Community Centre offers a wide variety of recreational programs for residents of all ages. *Trouvez ici l'activité parfaite pour vous et votre famille.*

In its second season, the Jim Tubman Chevrolet SENS RINK –which sits adjacent to the Centre, will offer an even longer ice season! Grab your blades and head down to the rink with your family and friends to enjoy free skating. You can find the public skating schedule posted at the rink and on the City of Ottawa's website at www.Ottawa.ca.

À sa deuxième saison, la patinoire des Sénateurs Jim Tubman Chevrolet, près du Centre, offrira une saison encore plus longue! Trouvez vos patins et dirigez-vous vers la glace avec votre famille et vos amis pour profiter du patinage libre! Vous pouvez trouver l'horaire sur le tableau d'affichage et sur le site Web de la Ville d'Ottawa à www.Ottawa.ca.

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

C'est toujours un plaisir de discuter avec vous. N'hésitez jamais de communiquer avec moi.

Sincerely; *Bien à vous*

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



Facebook.com/AltaVistaWard18



Twitter.com/AltaVistaWard18

Register for our newsletter at www.JeanCloutier.com!

Preschool

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

Sept 4 – Dec 11 \$38

Jan 8 – Mar 26 \$38

Thursday 9:30-11:30am

Sept 6 – Dec 13 \$38

Jan 10 – Mar 28 \$38

Friday 9:30-11:30am

Sept 7 – Dec 14 \$38

Jan 11 – Mar 29 \$38

* Year-long registration available for \$111 per chosen week day

Music Time for Sunrise (2-4 years)

Children are introduced to the wonderful world of music through singing, rhythm and listening activities. Teddy friends guide the children in their musical journey. Group instruction enhances development of listening awareness, fine motor skills, attention span, and social skills. Creativity and expression are nourished in every component of the program. Free for children 22 months and under when accompanied with a registered child.

***Supply fee of \$20 payable to instructor on 1st day of class**

Tuesday 10:00-10:45am

Sept 11 – Nov 13 \$100

Jan 15 – Mar 19 \$100

**No classes on
October 6 to 8,
and February
18**

Children

ARTS & CULTURE

Storytelling (9 to 14 years)

Shine as a storyteller! Learn how to choose a story to tell. Explore different techniques to absorb the story into your mind and body. Develop your performance skills. Discover ways to relax and connect with your audience. Learn to give and receive helpful feedback to strengthen a performance. At the end, you will have an opportunity to tell your story to an audience. We will create an environment to support the learning styles and goals of each participant.

Saturday 9:30-11:30am

Sept 8 – Sept 29 \$85

Jan 12 – Feb 2 \$85

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. All lines need to be memorized the week before the show date. To register for the course, the child must be able to read and follow along on their own.

Fall Production: Disney's Aladdin

Friday 6:45-8:30pm

Sept 14 – Nov 16 \$75

Open house performance on Nov 23 2018

Winter Production: Disney's Beauty and the Beast

Friday 6:45-8:30pm

Jan 11 – March 22 \$75

*No Class on March 15. Open house performance on March 22 2019



Musical Arts Workshops
Kathryn Patricia
violinist and teaching artist

Creative You! (8 to 11 years)

From painting, gesture drawing, design, to acting and story board creating, Creative You! helps participants to explore and develop their most creative self while learning arts and music skills.

Saturday 10:45-11:45am

Oct 13 – Nov 3 \$70

Feb 9 – Mar 2 \$70

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 11:30-12:30pm

Sept 15 - Nov 10 \$70

Jan 12 – Mar 2 \$70



Children

GENERAL INTEREST

Mindfulness for Kids (6 to 10 years)

Mindfulness is a superpower! Through a series of fun mindfulness activities, children have the opportunity to learn how to improve their self-awareness, self-acceptance, and develop the life skills that will help them to better manage their mind and emotions. Some additional benefits for the child are reduced stress, reduced negative thinking, ability to quiet the mind and stay in present moment awareness, improved focus, improved self-confidence, and improved academic success.

Monday 6:15-7:00pm

Sept 17 - Nov 12 \$70

Jan 21 - Mar 18 \$70



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

Oct 14 & 21 (2 weeks) \$79

**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

Oct 28 \$47

**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.)

**Program cost includes supply fee of \$20.*

Cheftastic A

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

Sept 15 - Nov 10 \$115

Jan 12 - Mar 2 \$115

Cheftastic B

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

Sept 15 - Nov 10 \$115

Jan 12 - Mar 2 \$115

FITNESS & SPORTS

Yoga Adventures for Kids! (4 to 6 years)

Come and join us Saturday afternoon for yoga with your 4-6 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

Sept 15 - Nov 10 \$36

Jan 12 - Mar 2 \$36

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!

4-5yrs Sat. 1:00-1:45pm

Sept 15 - Nov 10 \$70

Jan 12 - Mar 2 \$70

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

Sept 15 - Nov 10 \$70

Jan 12 - Mar 2 \$70

Homeschool P.E. and Tech Space Genius Hour (Age 3-6, 7-12, 13-17)

This CCA program is a physical education hour paired with a creative, self-learning hour. During the Physical Education hour students will participate in a variety of sports and physical activities. This hour is programmed with age specific activities and uses the Ontario Curriculum for elementary schools as a guide. Genius hour is a movement that allows students to explore their own passions and encourages creativity in the classroom and home. Tech Space gives students a place to build and create things out of different building materials. It is designed as a safe, self-learning environment with a supervisor for guidance. Activities will be S. T. E. M. based.

Monday 11:45-2:05pm

Sept 10 - Dec 10 \$85

Jan 7 - Mar 25 \$85

Wednesday 1:00-2:00pm

Sept 12 - Dec 12 \$30

Jan 9 - Mar 27 \$30



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
Sept 8 – Nov 17		\$84.50
Jan 12 – Mar 16		\$84.50

Beginner Karate

8-14yrs	Mon.	6:00-7:15pm
	Thurs.	6:00-7:00pm
	Sat.	1:15-2:15pm
Sept 6 – Nov 17		\$105.50
Jan 7 – Mar 18		\$105.50

Adult Karate

15+yrs	Mon.	7:20-8:10pm
	Thurs.	7:00-8:00pm
	Sat	2:15-4:15pm
Sept 6 – Nov 17		\$110
Jan 7 – Mar 18		\$110

Cardio Muay Thai

15+yrs	Mon.	8:10-9:00pm
	Thurs.	8:00-9:00pm
Sept 6 – Nov 19		\$100
Jan 7 – Mar 18		\$100

Register and Save!

Register for Adult Karate and Cardio Muay Thai for only \$192/Session

No classes on
October 6 to 8,
and February 18






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 environment. Our qualified, experienced instructors strive to promote self-esteem and positive self-image. Dance styles including Tots & Toes, Jazz, Tap, Ballet, Contemporary, and Hip Hop. The CDC will host an end of year recital in which dancers will either participate in 1 or 2 dances per registered program.

<u>Important Dates – Canterbury Dance 2018-2019 Season</u>		We are pleased to offer multi-class discounts: <ul style="list-style-type: none"> • First class is full price • Second class 10% off • Third class 15% off • Fourth class 20% off • Discount will be applied to lesser fee • Discount per child not per family
Fall Session	September 10 to December 15 2018	
December Holiday Show	December 15, 2018	
Winter/Spring Session	January 7 to May 25	
Picture Day	May 26, 2019	
Recital Dress Rehearsal	May 30, 2019	
Recital	June 1, 2019	
NO CLASS	Oct 6, 8, Feb 18, Mar 11-16, Apr 20, 22, May 18 & 20	
Tots & Toes Imagination, creativity, movement and music! Learn the fundamentals of dance technique and rhythm while incorporating fun music, props and games.		Contemporary This style of dance incorporates modern, jazz, lyrical and ballet. It is an expressive form of dance inspiring a mind/body connection through fluids and rigid dance movement.
Jazz This style of dance incorporates stretching and flexibility, travelling steps (turns, jumps), and a dance combination to finish the class. Come out and enjoy stylized movement to fun upbeat music!		Hip- Hop Come get your swag on and learn funky street style dance! Learn the latest moves to energetic music. In each class students will work on new choreography dance combinations
Tap Students will learn classic and contemporary tap technique while developing rhythm and musicality. Classes start with a warm up and switch to learning travelling steps down the room. Classes will incorporate learning tap combinations.		Ballet Ballet is the foundation of all dance styles and technique. Our classes are a mix of classical ballet and free movement. We do not use a syllabus; our instructors incorporate different styles of ballet, paired with classical music.
Competitive Participation in the competitive program is based on the instructor's recommendations only. The competitive students will participate in 2 local competitions in April and should have 2-3years of experience in either Tap/Jazz/Ballet. Students have the option of doing a solo/duet/trio/small group with the instructor of their choice. Additional fees include: choreography fee, competition entry fees and costume purchase. Registration for the competitive program please contact the dance program coordinator Chantelle McEwen at dance@cca-acc.ca		

*** Please note that the following schedule are general guidelines. If you are unsure which course/ level is most suitable for your child contact our dance coordinator; Chantelle McEwan @ dance@cca-acc.ca**

Canterbury Dance Schedule

3-4 years	5-6 years	7-9 years	9-12 years	11-14 years	12-18 years
Tots & Toes A Saturday – 9:30-10:00AM Multi 2 - 1 Dance \$270	Ballet 1 Saturday – 9:15-10:00AM Hall B - 1 Dance \$352	Junior Jazz A Saturday – 9:15-10:00AM Hall A - 1 Dance \$352	Intermediate Jazz Tuesday – 5:15-6:00PM Hall A - 1 Dance \$352	Pre-Senior Tap Monday – 5:50-6:45PM Multi 2 - 2 Dances \$444 *1 year previous dance experience	Senior Tap Monday – 6:45-7:45PM Multi 2 - 2 Dances \$444 *minimum 3 years tap experience
Tots & Toes B Saturday – 10:05-10:35AM Hall B - 1 Dance \$270	Pre-Junior Jazz Saturday – 10:00-10:45AM Hall A - 1 Dance \$352	Junior Tap Saturday – 10:00-10:45AM Multi 2 - 1 Dance \$352	Intermediate Tap Tuesday – 6:00-6:50PM Multi 2 - 1 Dance \$352	Pre-Senior Jazz Monday – 6:45-7:45PM Hall A - 2 Dances \$444 *1 year previous dance experience	Senior Jazz Monday – 7:45-8:45PM Hall A - 2 Dances \$444 *minimum 3 years jazz experience
Tots & Toes C Saturday – 10:55-11:25AM Hall B - 1 Dance \$270	Pre-Junior Tap (4-6 years) Saturday – 10:45-11:30AM Multi 2 - 1 Dance \$352	Ballet 2 Saturday – 10:45-11:30AM Hall A - 1 Dance \$352	Ballet 3 Tuesday – 6:50-7:40PM Multi 2 - 1 Dance \$352		Contemporary Tuesday – 6:45-7:45PM Hall A - 2 Dances \$444 *1 year previous dance experience
		Junior Jazz B Monday – 6:00-6:45PM Hall A - 1 Dance \$352	Hip Hop 2 Wednesday – 6:00-7:00PM Hall A - 2 Dances \$444		Ballet 4 Tuesday – 7:45-8:45PM Hall A - 2 Dance \$444 *1 year previous ballet experience
		Hip Hop 1 Wednesday – 5:15-6:00PM Hall A - 1 Dance \$352			Hip Hop 3 Wednesday – 7:00-8:00PM Hall A - 2 Dance \$444



Adult ART

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
Sept 11 - Oct 30 \$121
Jan 8 - Feb 26 \$121

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

Bring your own supplies-
supply list available online at
www.cca-acc.ca

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, see CCA for list.

Tuesday 11:30am-1:15pm
Sept 11 - Oct 30 \$121
Jan 8 - Feb 26 \$121

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.

Thursday 9:30-11:15am
Sept 13 - Nov 1 \$121
Jan 10 - Feb 28 \$121

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
Sept 13 - Nov 1 \$121
Jan 10 - Feb 28 \$121



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
Sept 19 - Nov 7 \$89
***Supply fee of \$80 payable to instructor
on 1st day of class**

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
Sept 9 - Nov 4 \$95/person
Jan 13 - Mar 3 \$95/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
Sept 9 - Nov 4 \$95/person
Jan 13 - Mar 3 \$95/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
Sept 9 - Nov 4 \$95/person
Jan 13 - Mar 3 \$95/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

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

Sept 10 – Nov 5 \$100

Jan 14 – Mar 11 \$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

Sept 12 – Nov 14 \$102

Jan 16 – Mar 20 \$102

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

Sept 11 – Nov 13 \$102

Jan 15 – Mar 19 \$102

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 Oct 18 2018**

Level 1

Thursday 6:30-7:45pm

Sept 13 – Nov 22 \$102

Jan 17 – Mar 21 \$102

Level 2

Thursday 7:45-9:00pm

Sept 12 – Nov 22 \$102

Jan 17 – Mar 21 \$102



GENERAL INTEREST

Astronomy 1 – Understanding the Sky (ALL AGES)

This STEM based astronomy course is a beginner level class to the stars and constellations that pass us by every night. Perfect for both kids and adults, students will learn how to quickly spot over a dozen stars and twenty constellations in our sky. We will study the stars as they appear under normal viewing conditions, making this an excellent course for amateur stargazers, campers, hikers, and kids of all ages with an interest in Astronomy. No telescopes required.

Sunday 4:00-5:00pm

Sept 16 – Nov 11 \$90

Jan 13 – Mar 3 \$90

Badminton (16+years)

Always popular and great fun for the whole family, for couples or singles. This program also includes recreational tournaments.

Course takes place at Canterbury High School Gym.

Tuesday 6:30-8:00pm

Sept 18 – Dec 18 \$71

Jan 8 – March 26 \$56



Women's Self Defense (14+years)

Everyone has the right to be safe. Join Sensei Morgan Duchesney of *Okuden Karate Jutsu* and *Ouellette's Karate* to learn practical self-defense and strategies for personal security. In this course you will learn effective methods to either avoid or defeat a variety of physical threats, including sexual assaults and armed attacks that might occur in public, the workplace or even at home. The classes are designed especially for women and teenaged girls seeking self-defense training without the formality of traditional martial arts.

Tuesday 6:00-7:15pm

Sept 11 – Oct 30 \$60

Jan 8 – Feb 26 \$60

**No classes on
October 6 to 8,
and February 18**



WORKSHOPS

The CCA offers a series of different one-time workshops. See list below for dates, times and workshop cost.

Bath Bombs or Shower Fizzers

(16+ years)

In this hands-on workshop, you will learn how to transform a few simple ingredients into luxurious fizzing bath bombs. Not a fan of soaking in the tub? Make shower fizzers instead.

Thursday **7:00-8:00pm**
Sept 13 \$20.50

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

Diffuser Bracelets (16+ years)

Design and make your own beaded bracelet! Diffuser bracelets are a popular option for wearing essential oils on the go. Just apply 1-2 drops of essential oil to the porous lava beads.

Thursday **7:00-8:00pm**
Oct 4 \$20.50

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

Essential Oil Roller Bottles (16+ years)

Roller bottles are great to pop in your bag when you're on the go. Choose from a selection of recipes that suit your needs, such as: Tension Tamer, Cool Me Down, Clear and Focused, Soothe and more!

Thursday **7:00-8:00pm**
Oct 18 \$20.50

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

Ikebana Workshop (16+ years)

Learn the art of Ikebana, Japanese style flower arranging.

Sunday **1:00-3:00pm**
Mar 20 \$22

**Supply fee of \$10 payable to instructor on 1st day of class*

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. This is not a Drop-In.***

Ages 4 -12

Friday. 5:30-8:30pm

Sept 28th

Oct 26th

Nov 30th

Feb 1st

March 1st

Cost: \$15.50/Child

PARTICIPATE!

HELP OUT YOUR ASSOCIATION

The Executive of the Canterbury Community Association invites nominations for positions below on the Executive committee. After-School Program, Civic Affairs, Community Liaison, Compliance and Reporting, Dance Program, Finance, Francophone Liaison, Nominations, Outdoor Programming, Publicity and Distribution, Special Events, Scholarships, Volunteer Recruitment and Coordination.

The Executive meets about 10 times per year and the election is for a 1 year term starting in October 2018.

Interested candidates must contact Nancy Entwistle, Chair of the nominations committee nentwistle.cca@gmail.com prior to September 30, 2018 stating the position for which they would like to be elected.

Election to be held at the Annual General Meeting on Thursday October 18, 2018.

For a full description of the position or further information please do not hesitate to contact **Nancy Zettell, CCA president at president@cca-acc.ca**



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

Sept 12 – Nov 14 \$108

Jan 16 – Mar 20 \$108

Thursday 6:00-7:15pm

Sept 13 – Nov 15 \$97

Jan 17 – Mar 21 \$97

Intermediate

Thursday 7:30-9:00pm

Sept 13 – Nov 15 \$108

Jan 17 – Mar 21 \$108

Advanced Beginner

Monday 7:30-9:00pm

Sept 10 – Nov 26 \$108

Jan 14 – Mar 25 \$108

All Levels

Monday 10:30-noon

Sept 10 – Nov 19 \$108

Jan 14 – Mar 25 \$108

Sunday 9:30-11:00am

Sept 9 – Nov 25 \$108

Jan 13 – Mar 17 \$108

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

Sept 13 – Nov 15 \$92

Jan 17 – Mar 21 \$92

Restorative Yoga (16+ years)

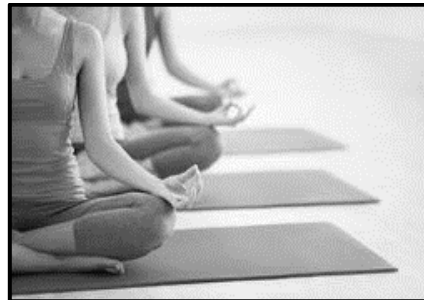
Restorative yoga is a passive, gentle style of yoga using props to support the body for longer holds. Restorative poses are usually held in lying down or seated postures using blankets, bolsters, straps and blocks. It is a relaxing form of yoga which may compliment your active practice and/or lifestyle. 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

Sept 10 – Nov 19 \$108

Jan 7 – Mar 18 \$108



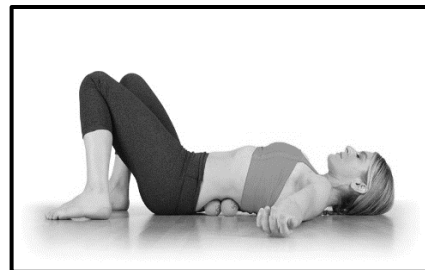
Yin Yoga (16+ years)

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

Sept 4 – Nov 6 \$97

Jan 8 – Mar 12 \$97



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

Sept 12 – Nov 14 \$97

Jan 16 – Mar 20 \$97

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

Sept 11 – Nov 13 \$108

Jan 15 – Mar 19 \$108

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

Sept 11 – Nov 13 \$108

Jan 15 – Mar 19 \$108



Adult FITNESS

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

Sept 11 – Nov 13 \$100

Jan 15 – Mar 19 \$100

Intermediate/Advanced

Tuesday 7:20-8:15pm

Sept 11 – Nov 13 \$100

Jan 15 – Mar 19 \$100

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

Sept 7 – Dec 1 \$133

Jan 7 – Mar 29 \$133

50+

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

Sept 5 – Dec 19 \$103

Jan 9 – Mar 27 \$103

Thursday 11:15-12:15pm

Sept 6 – Dec 20 \$103

Jan 10 – Mar 28 \$103

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

Sept 14 – Nov 16 \$97

Jan 18 – Mar 22 \$97

Sit Fitness! (50+ years)

This gentle, yet comprehensive fitness class is designed for the senior participant who wants and needs an alternative to the traditional aerobics class. Through the use of chairs (and walls), exercises will be adapted and modified to both sitting and standing positions. We will tone and strengthen using light hand weights, weighted balls, and elastics. We will stretch to release tight muscles and joints and will improve flexibility and range of motion. The class will also focus on improving posture, balance, and overall coordination. Learn to breath more deeply, stand a little taller and move through your day with greater confidence and ease. **Instructor:** Nancy Burns-Horler

Monday 1:00-2:00pm

Sept 10 – Nov 19 \$73

Jan 7 – Mar 18 \$73

**No class Oct 8 2018*

Wednesday 1:00-2:00pm

Sept 12 – Nov 21 \$73

Jan 9 – Mar 13 \$73

**No class Oct 10 2018*

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

Sept 8 – Nov 3 \$75

Jan 12 – March 2 \$75

Register and Save!

Register for both Monday and Wednesday Sit Fitness for only \$126/Session



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!

Fall Session Date: Sept 4 – Dec 21

Winter Session Date: Jan 7 – Mar 31

Fall Session Pass: \$127

Winter Session Pass: \$117

10 Visit Pass (Year-Long) \$90

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am Cardio Mix	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	9:30-11:00am 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		
8:10-9:00pm Cardio Muay Thai			8:00-9:00pm Cardio Muay Thai			

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.

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.

Cardio Muay Thai: 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.

****Cancellations:** October 6 to 8, Nov 18, Dec 8, and Feb 18



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+ Coordinator: Nancy Burns- Horler

Fall Session Date: Sept 4 – Dec 21

Winter Session Date: Jan 7 – Mar 31

Fall Session Pass: \$117

Winter Session Pass: \$107

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

Cardio Mix (Advanced): These classes are for the more experienced participant and will vary in format from week to week with the main emphasis on cardio. Weights, stability balls, bands and body bars will be incorporated. Step aerobics will be incorporated on alternate Fridays.

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 approximately 15-20 minutes of aerobic conditioning with a segment of muscle toning, core conditioning, and balance training.

MSE & Ball: This is a muscle strength and endurance workout using weights and stability balls. The ball is used to improve balance, posture, coordination, strength and endurance. If you want stronger abdominal and back muscles, this is the class for you.

All Stretch: Strength and flexibility go hand in hand. This class is dedicated to improving flexibility, releasing stress and developing better posture and body awareness.

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.

Friday Variety: This beginner level 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 workouts. A schedule of classes will available at registration.

*Although intensity options will be given in all classes, the 9:00AM advanced courses on Monday & Friday are geared specifically to the advanced participant. The cardio segment of these classes will be longer in duration and more advanced in intensity and complexity.

Please note that classes will be cancelled on Oct 8 and Feb 18,

It is recommended that participants check with their doctor before participating in any exercise program, and checking again after a change in the participants' health status.





CANTERBURY RECREATION COMPLEX COMPLEXE RÉCRÉATIF CANTERBURY

*The programs listed in the following pages are offered by the City of Ottawa.
For more information regarding the Pool please call 613-247-4865 and regarding the Community Centre
or Brian Kilrea Arena please call 613-247-4869 or email Canterbury@ottawa.ca*

Join us for SWIMMING LESSONS!!!

The swimming lessons schedule can be found at
www.ottawa.ca/recreation

or you can get a print out at the Pool or Community Centre front
desk!

Registration begins:

Online August 13th at 9pm

In person August 14th at opening

J.L.C. – Junior Lifeguard Club

Recommended 8-14 years of age.

Join the J.L.C. and experience what lifeguarding is really like. The J.L.C. is designed to encourage social interaction, community involvement, lifeguarding and lifesaving skills in a 'club' environment.

Candidates must be comfortable in deep water, able to swim 50m, front crawl and tread water for one minute.

8-14 yrs	Thu.	4 - 5 pm
Sep 13-Dec 13	\$128.75	1403627
Jan 10-Mar 7	\$82.75	1403625

Powerswim Combo

*Prerequisites: 8 years of age & Swim Kids 6
OR ability to swim 75m nonstop*

A combination of Powerswim Introduction, Intermediate and Advanced levels. Instructor will develop workouts based on the program content and the needs of the group.

8-12 years	Sun.	2:30-3:30 pm
Sep 9-Dec 16	\$128.75	1181083
Jan 13-Mar 10	\$82.75	1182477
13-14 years	Tue.	5-6 pm
Sep 11-Dec 11	\$128.75	1181080
Jan 8-Mar 5	\$82.75	1182474
15-17 years	Wed.	5:30-6:30 pm
Sep 12-Dec 12	\$128.75	1181081
Jan 9-Mar 6	\$82.75	1182475
18-24 years	Thu.	5-6 pm
Sep 13-Dec 13	\$128.75	1181082
Jan 10-Mar 7	\$82.75	1182476

Swim Basics 1 Teen

13-14yrs	Sun.	3:15-4 pm
Sep 9-Dec 16	\$107.25	1181235
Jan 13-Mar 10	\$69	1185136
15-16yrs	Tue.	4:45-5:30 pm
Sep 11-Dec 11	\$107.25	1181247
Jan 8-Mar 5	\$69	1185154

15-18 years	Sun.	3:15-4 pm
Sep 9-Dec 16	\$121.25	1181242
Jan 13-Mar 10	\$78	1185149
19-24 years	Tue.	4-4:45 pm
Sep 11-Dec 11	\$121.25	1181240
Jan 8-Mar 5	\$78	1185145

Swim Basics 2 Teen

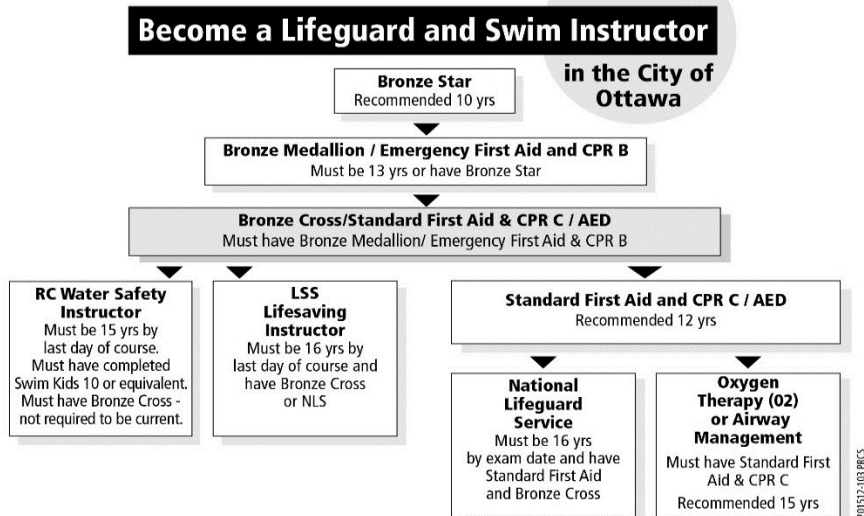
13-14 yrs	Sun.	3:15-4 pm
Sep 9-Dec 16	\$107.25	1181249
Jan 13-Mar 10	\$69	1185158
15-16 years	Tue.	4:45-5:30 pm
Sep 11-Dec 11	\$107.25	1181247
Jan 8-Mar 5	\$69	1185154

15-17 years	Sun.	3:15-4 pm
Sep 9-Dec 16	\$121.25	1181253
Jan 13-Mar 10	\$78	1185174
18-24 years	Tue.	4:45-5:30 pm
Sep 11-Dec 11	\$121.25	1181252
Jan 8-Mar 5	\$78	1185172

Swim Strokes Teen

13-14 years	Tue.	4-5 pm
Sep 11-Dec 11	\$143	1181266
Jan 8-Mar 5	\$92	1186030

15-17 years	Tue.	4-5 pm
Sep 11-Dec 11	\$161.50	1181268
Jan 8-Mar 5	\$103.75	1186036



All courses listed above are required for employment with the City of Ottawa.

Bronze Star

Must be comfortable swimming a minimum of 300 meters continuously. This level prepares candidates for timed swims, lifesaving rescues and rescue skills. Further first aid skills are taught. Excellent for those who want to take their Bronze Medallion and are not the required 13 years of age.

10-14yrs	Thu.	5:30-6:20 pm
Sep 13-Nov 22	\$74.75	1403603
	Thu.	5-6 pm
Jan 10-Mar 7	\$74.75	1403615

Bronze Medallion and Emergency First Aid w-CPR-B

Prerequisite: Bronze Star OR 13 years old by the date of the exam.

Teaches lifesavers how to respond to complex water rescue situations. Develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Candidates will develop stroke efficiency and endurance in a timed swim.

Fri.	Sep 14-Nov 16	6:30-9:30 pm
13-14yrs	\$128.25	1181401
15+yrs	\$145	1181402
Fri.	Jan 11-Mar 8	6:30-10 pm
13-14yrs	\$128.25	1182895
15+ yrs	\$145	1182897

Bronze Cross

Prerequisites: Bronze Medallion and Emergency First Aid.

More advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and use of special equipment

Fri.	Sep 14-Nov 16	6:30-9:30 pm
12-14yrs	\$97	1181398
15+yrs	\$109.75	1181399
Fri.	Jan 11-Mar 8	6:30-10 pm
12-14yrs	\$97	1182871
15+yrs	\$109.75	1182883

LS Airway Management

Prerequisite: Standard First Aid from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross, or Canadian Ski Patrol Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment.

15+yrs	Sat.	9 am-1 pm
Sep 29	\$37	1181411
Nov 24	\$37	1181412
Mar 2	\$37	1182934

National Lifeguard (NLS)

Prerequisites: 16 years of age by the last day of the course, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized).

Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Additional 2-hour candidate assignment required. Manual required at additional cost.

16+yrs	Sun.	1:30-7 pm
Sep 14-Nov 16	\$145	1181402
Sep 9-Nov 11	\$160	1181400

Lifesaving Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age.

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

Sat.	Sep 15 & 22	9 am-5 pm
12-14yrs	\$122.50	1181405
15+yrs	\$138.50	1181403
Sat.	Nov 3 & 10	9 am-5 pm
12-14yrs	\$122.50	1181406
15+yrs	\$138.50	1181404
Sat.	Jan 19 & 26	9 am-5 pm
12-14yrs	\$122.50	1182915
15+yrs	\$138.50	1182912



Lifesaving Standard First Aid and CPR & AED Recert

Prerequisite: Lifesaving Society Standard First Aid certificate within 36 months of the certification date

A clinic to recertify Lifesaving Standard First Aid, CPR C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Sat.	Oct 13	9 am-5 pm
12-14yrs	\$80	1181409
15+yrs	\$90.50	1181407
Sat.	Dec 15	9 am-5 pm
12-14yrs	\$80	1181410
15+yrs	\$90.50	1181408
Sat.	Feb 9	9 am-5 pm
12-14yrs	\$80	1182928
15+yrs	\$90.50	1182923

CANTERBURY RECREATION COMPLEX

Red Cross Water Safety Instructor Part 1

Prerequisites: 15 years of age by the last day of the course, the ability to perform to the equivalent of Red Cross Swim kids 10 strokes and skills and Bronze Cross (not required to be current.)

This course prepares candidates to instruct Red Cross Swim programs. Includes stroke/skill evaluation and development, introduction to online module and teaching experience requirements. 8 hours-minimum of teaching experience is to be completed outside of course time. Parents/Guardians are encouraged to attend the information session on the first day. Course manuals and Red Cross online access are included in the course fee.

15+yrs	Thu.	5:30-7:30 pm
Sep 6-27	\$219.75	1186067
	Thu.	5:30-7:30 pm
Jan 10-31	\$219.75	1186136

**first class will be 5:30-9:30pm with a meeting for parents occurring the first 2 hrs*

Red Cross Water Safety Instructor Part 2

Prerequisites: 15 years of age by the last day of the course, proof of completion for Water Safety Instructor Part 1 - including; stroke and skill evaluation form signed off, online workbook completed and 8 hours teaching experience signed off with completed teaching experience journal. This course further prepares candidates to instruct the Red Cross Swim programs. Focus will be on strategies to introduce and develop swimming and water safety skills and ensure candidates fully comprehend the content, standards and expectations of each level. Includes classroom and pool sessions as well as the adapted aquatics program.

15+yrs	Thu.	4:30-9:30 pm
Nov 1-Dec 6	\$196.25	1186074
	Thu. & Fri.	4:30-9:30 pm
	Sat. & Sun.	9am – 5pm
Mar 14-17	\$196.25	1186150

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 150 people, we are your next stop!

We have beautiful hardwood floors in our Banquet Hall that will look great for your First Dance or our full-sized Gymnasium can be rented to play your favorite sport. We have a fully functional on site Kitchen which can be packaged with any rental. Looking for a smaller space? 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 emailing Canterbury@Ottawa.ca**

Centre communautaire CANTERBURY Community Centre

Drop-in Activities

Information: 613-247-4869

TABLE TENNIS

Monday – Thursday	10 am -2 pm	Adults
Tuesday	7-9 pm	Adults
Friday	6-9 pm	Adults
Sunday	1-4pm	Family

TENNIS DE TABLE

lundi à jeudi	10 h à 14 h	Adultes
mardi	19 h à 21 h	Adultes
vendredi	18 h à 21 h	Adultes
dimanche	13 h à 16 h	Famille

Schedules may be subject to change. For up-to-date schedules and fees please visit www.ottawa.ca/Canterbury
Les horaires sont sujets à changements. Veuillez consulter www.ottawa.ca/Canterbury pour obtenir les horaires et prix à jour

Canterbury After-School Program

The Canterbury After-School Program is held in the Canterbury Community Centre between the hours of 2:30 pm and 5:30 pm, Monday to Friday. We cater to most of the schools in the Alta Vista neighborhood, available for ages 6 to 12.

Did you know? The After-School Program also offers PD Day Programs and March Break Camps for both French and English Boards, available from JK to Grade 6! **Registration is open to the public.**

The children are organized into individual grades with their own room. The children have access to the gym, larger rooms and surrounding outdoor spaces such as the local parks, the baseball fields, and the contents of the recreation complex: the splash pad, the indoor pool, the indoor arena and the outdoor arena.

Each group has its own team leader, as well as qualified counsellors which remain in recommended ratios. Daily activities are programmed throughout each grade and aim to build on social, mental and physical skills. We also have Canterbury wide themed events held every Friday, 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. Some examples of clubs are: chess, baking, science, slime, astronomy, volleyball, basketball and many more.★

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 613-738-8998

Information

CCA After School 613-415-0672

Coordinator

City of Ottawa:

Canterbury CC Front 613-247-4869

Desk & Brian Kilrea

Arena

Canterbury CC Rentals 613-247-4870

Canterbury Pool 613-247-4865



Canterbury's Annual Christmas Craft Fair

Join us at the Canterbury Community Centre
for our annual Christmas Craft Fair!

Where: 2185 Arch Street, Ottawa

When: November 18th, 2018 from 10am to 3pm

*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 September 17th 2018 and September 28th, 2018. All vacant tables will be open for public registration on Saturday, September 29th 2018, between 10am and 12pm. The cost per table is \$33 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.

Annual General Meeting

Thursday, October 18, 2018 at 7:00pm
Canterbury Community Centre – Hall
B

2185 Arch Street

Reports by our local political
representatives Jean Cloutier, David
McGuinty and John Fraser
Election of Executive for 1 year term
For more information please email:
president@cca-acc.ca

Please join us for

BREAKFAST WITH SANTA

Saturday, December 8
8:00 – 10:00am

