



FALL & WINTER

2023 - 2024
PROGRAM GUIDE

All classes take place at the
Canterbury Community Centre
2185 Arch Street



WE HAVE SOMETHING FOR EVERYBODY

Group Fitness, Older Adult Fitness, Sit Fitness,
Zumba, Art, Yoga, Meditation, Tai Chi, Qigong,
Karate, Ballroom, Tango, Kids programs,
Children's Dance and more.

Contact Us
613-738-8998



TO REGISTER, VISIT: www.cca-acc.ca/programs



Welcome to the Canterbury Community Association

Working Together with the City for the Community

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 correct telephone number.



Canterbury Community Association
2185 Arch Street, Ottawa, ON K1G 2H5
www.cca-acc.ca

Marisa Fusaro
Program Administrator
programs@cca-acc.ca
(613) 738-8998

Keyana Lakha-Doobay
After-School Coordinator
afterschool@cca-acc.ca
(613) 415-0672

Chantelle McEwen



[Facebook.com/ccaaccaltavista/](https://www.facebook.com/ccaaccaltavista/)



Canterbury Community Centre
(City of Ottawa)
2185 Arch Street, Ottawa, ON K1G 2H5

If you are looking for information for community centre room rentals, JTC Rink schedule, summer camps, swimming lessons or table tennis please contact the City of Ottawa directly.

WAYS TO GET HERE

Free parking for cars and bikes can be accessed from both Arch Street and Canterbury Avenue. Bike racks are located at the front and back entrances.

Public Transportation Bus Routes for 48 & 49 are

REGISTRATION

Register Online:

www.cca-acc.ca/programs

IN-PERSON REGISTRATION:

Walk into the CCA office and register for your course. We accept cash, Interac, Visa, MasterCard and personal cheques.

TELEPHONE REGISTRATION:

CCA accepts telephone registration Monday to Friday, 10:00 am to 3:00 pm. Call 613-738-8998 to register. We accept Visa and MasterCard over the phone.

CANCELLATIONS:

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 the program running and a full refund will be issued. You will be notified beforehand if a program is cancelled.

REFUNDS

Full refunds will be given:

- If the Association cancels the course.
- If requested at least TWO full business days before the second class in the session.
- For one-day or weekend classes, if requested TWO business days before the class begins.

Pro-rated refunds will be given anytime during the session, upon request, for medical reasons only. The request must be accompanied by a medical certificate.

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.

CREDIT NOTES WILL NO LONGER BE ISSUED.

INSCRIPTIONS

Inscrivez-vous en ligne:

www.cca-acc.ca/programs

INSCRIPTION EN PERSONNE:

Entrez dans le bureau de la CCA et inscrivez-vous à votre cours. Nous acceptons les espèces, les cartes Interac, Visa, MasterCard et les chèques personnels avec inscription en personne.

INSCRIPTION TÉLÉPHONIQUE:

La CCA accepte les inscriptions téléphoniques du lundi au vendredi, de 10 h à 15 h. Composez le 613-738-8998 pour vous inscrire. Nous acceptons les cartes Visa et MasterCard par téléphone.

ANNULATIONS:

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.

REMBOURSEMENTS

Les remboursements complets seront accordés:

- Si l'Association annule le cours.
- Si demandé au moins DEUX jours ouvrables complets avant le deuxième cours de la session.
- Pour les cours d'un jour ou le week-end, si demandé DEUX jours ouvrables avant le début du cours.

Les remboursements au prorata seront accordés à tout moment pendant la session sur demande uniquement pour des raisons médicales. La demande doit être accompagnée d'un certificat médical.

Veuillez noter qu'aucun remboursement ne sera accordé si une telle action compromet la viabilité financière du cours telle que déterminée par l'administrateur des programmes et le trésorier.

Il y aura des frais administratifs de \$10,00 sur TOUTES les demandes de remboursement des programmes de la session en cours.

LES BILLETS DE CRÉDIT NE SERONT PLUS ÉMIS.

PRESCHOOL & KIDS

CO-OPERATIVE *Playgroup* (Children 1-5)

TUESDAYS | 9:30am – 11:30am

Sept 12 – Dec 19

\$45

Jan 9 – March 26

\$45

THURSDAYS | 9:30am – 11:30am

Sept 14 – Dec 21

\$45

Jan 11 – March 28

\$45

FRIDAYS | 9:30am – 11:30am

Sept 15 – Dec 22

\$45

Jan 12 – March 22

\$45

Attention all parents, caregivers, and preschoolers and babies! Come join us for a fun morning of play. No worries about weather. 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! **Location: Hall B**

PLEASE NOTE: PARENT OR CAREGIVER PARTICIPATION IS MANDATORY FOR THE SUCCESS OF THIS PROGRAM. REGISTRATION TO THE PROGRAM IS REQUIRED. IT IS NOT A DROP-IN GROUP.

GET YOUR *Kicks* (Age 5-10)



LEARN TO PLAY SOCCER (Age 5-7)

SUNDAYS | 9:00 – 10:00am | AZIM (Gym)

Sept 17 – Nov 12 (ex. Oct 8)

\$80

Jan 14 – March 3

\$80

INDOOR SOCCER (Age 7-10)

SUNDAYS | 10:00 – 11:00am | AZIM (Gym)

Sept 17 – Nov 12 (ex. Oct 8)

\$80

Jan 14 – March 3

\$80

This soccer instruction program will allow young children to learn and understand the fundamental skills and the basic aspects of game play. The emphasis will be on learning the basics through a variety of silly warmups and fun skill-development drills. *Please bring a water bottle and proper indoor shoes for playing.*

BASKETBALL *League* (Age 11-15)

SUNDAYS

GIRLS CLASS | 1:00pm – 2:30pm | KEYANA (Gym)

BOYS CLASS | 4:30pm – 6:00pm | ADAM (Gym)

Sept 17 – Nov 12 (ex. Oct 8)

\$80

Jan 14 – March 3

\$80



Our league is a platform where young athletes can showcase their skills, build lasting friendships, and develop a lifelong love for the sport. Whether they are seasoned players or just starting their basketball journeys, the league provides a supportive environment for players to grow and thrive. Through structured practices, engaging drills, and friendly competition, participants can improve their basketball skills while having fun and making memories.

Skillz & Drillz BASKETBALL (Age 8-12)

SUNDAYS

GIRLS CLASS | 11:30am – 1:00pm | KEYANA (Gym)

BOYS CLASS | 2:45pm – 4:15pm | ADAM (Gym)

Sept 17 – Nov 12 (ex. Oct 8)

\$80

Jan 14 – March 3

\$80

Calling all young ballers and wannabe ballers!

If you want to learn how to play basketball through fun skills and drills, this class is for you. The emphasis will be on having a good time in a no-pressure setting, as you learn the rules of the game and work on dribbling, passing, and shooting hoops. There will be a scrimmage at the end of each class.



Please bring a water bottle and proper indoor shoes for playing for the soccer and basketball classes.

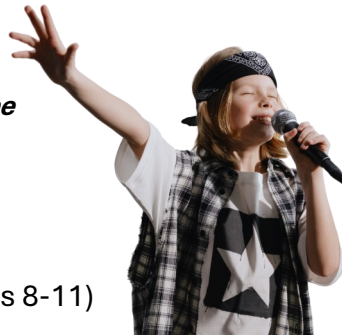
KIDS

Musical Theatre

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.

**** Roles and lines should be practiced outside of program hours. ****



JUNIOR COURSE (Ages 8-11)

FALL: Sept 12 – Nov 28 **\$120**
TUESDAYS | 6:00 – 7:15pm | KEYANA (Hall B)

- ⇒ **Production:** *Frozen*
⇒ **Performance:** November 28, 2023 at 6:00pm, Hall B at the Canterbury Community Centre

SENIOR COURSE (Ages 11-15)

FALL: Sept 12 – Dec 19 **\$150**
TUESDAYS | 7:30 – 9:00pm | KEYANA (Hall B)

- ⇒ **Production:** *High School Musical*
⇒ **Show Date:** December 19, 2023 at 6:00pm
⇒ **Auditions:** August 30, 2023 from 6– 8pm.

WINTER & SPRING: Jan 16 – June 11 **\$220**
TUESDAYS | 7:30 – 9:00pm | KEYANA (Hall B)

- ⇒ **Production:** TBA
⇒ **Show Date:** June 11, 2024 at 6:00pm
⇒ **Auditions:** January 9, 2024 from 6– 8pm.

Shows are in Hall B at the Canterbury Community Centre.

- **Registration for Musical Theatre Senior Course will open after auditions and casting.**
- Material for the auditions will be posted on the CCA's website. Please contact Keyana if you have questions: afterschool@cca-acc.ca.

Improv FOR KIDS (Ages 8-11)

WINTER: Jan 16 – March 5, 2024 **\$80**
TUESDAYS | 6:00 – 7:15pm | KEYANA (Hall B)

Improv for Kids is an interactive and fun form of theater where children use their creativity and imagination to act out scenes without a script. It encourages spontaneity, teamwork, and boosts self-confidence. Kids get to explore different characters, settings, and scenarios, making up the story as they go along. It's a great way for them to express themselves, enhance communication skills, and build a strong sense of cooperation with their peers. Improv games and exercises are tailored to suit their age and abilities, making it an enjoyable and educational experience for young performers.

KIDS Children's Choir (Age 8-13)

WEDNESDAYS | 7:30pm – 8:30pm | KEYANA (Hall B)

Sept 13 – Dec 20 **\$75**
Jan 15 – March 27 **\$55**



Throughout the program, children will explore various genres of music, from classical to contemporary, folk to pop. They will learn the fundamentals of vocal technique, including proper breathing, posture, and articulation, which will help them unleash the full potential of their voices. The choir members will also develop their music reading skills, as they learn to interpret sheet music and follow the conductor's cues. Watch your child blossom into confident singers who carry the joy of music wherever they go when they receive the gift of music.

Concerts & Shows

Hall B at the Canterbury Community Centre at 6:00pm

Fall Show: December 20, 2023 (Holiday Concert)

Winter Show: March 27, 2024 (Last day of the session)

While we will have a final concert at the end of each session, we will also be looking for opportunities for the children to perform in the community. Dates and locations of these performances will be announced at a later date.



KIDS

FUTURE COMMUNITY LEADERS



THURSDAYS

Sept 14, 2023 – June 13, 2024 | KEYANA

Part 1 - Group Discussions: 6:00pm – 7:00pm (*Multi 1*)

Part 2 - Pick-up Basketball: 7:05pm – 8:00pm (*Gym*)

The class will run throughout the academic year.

There is no charge for it, but registration is still required.

To register for the program, please email: fcl@cca-acc.ca

The Future Community Leaders Program, operated through the Canterbury Community Association, is a dynamic and impactful youth initiative designed to foster personal growth, develop essential skills, and build a stronger and more engaged community. Targeting youth within the community, the program aims to empower young individuals by providing them with transformative leadership opportunities. Through a comprehensive and structured curriculum, participants will acquire a wide range of skills and experiences that will prepare them for future success.

HOME ALONE COURSE (Children 9+)

SATURDAY 9:30 am – 1:30 pm

Instructor: Keyana | **Room:** Multi 4

Sept 9, 2023 | **\$55**

Dec 16, 2023 | **\$55**

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. *Program cost includes the CSC Home Alone Manual*

BABYSITTING COURSE (Children 12-18)

SUNDAY 9:30 am – 3:00 pm

Instructor: Keyana | **Room:** Multi 3

Sept 10, 2023 | **\$85**

Dec 17, 2023 | **\$85**

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. *Program cost includes the CSC Babysitting Manual.*



Dinner and a Movie

Attention parents and guardians! In need of a night out?

Drop off the kids at the Canterbury Community Centre where they will enjoy some fun games, pizza dinner, popcorn, beverages, and a movie while you go out and do the same!

⇒ *Registration in advance mandatory.*

⇒ *This is not a drop-in*

⇒ *Room: Multi 4*

2023 DATES: Oct-27 • Dec-1

2024 DATES: Feb-2 • Mar-1 • Apr 5

These nights are staffed by the qualified counsellors of the CCA's After School Program.



FRIDAYS
5:30pm - 8:30pm
\$25/night



2023-2024 DANCE SEASON

September 16, 2023 to June 2, 2024

If you are unsure about any level, please contact Dance Program Coordinator,
Chantelle McEwen. (cca.canterburydancecentre@gmail.com)

Beginners welcome at Level 1-4 classes. Dance experience and instructor approval needed for Level 5 classes. *Triple Threat*

Discount: Students enrolled in three or more classes are eligible for a **10% discount** on the total cost of classes.

TOTS & TOES	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Tots & Toes A SATURDAYS 9:00am-9:30am Simone (Multi 3)	Jazz L1 SATURDAYS 9:15am-10:00am Cassidy (Multi 4)	Tap L2 SATURDAYS 9:15am-10:00am Lauren (Multi 2)	Ballet L3 SATURDAYS 9:00am-10:00am Michelle (Hall A)	Tap L4 MONDAYS 6:45pm-7:45pm Jillian (Multi 2)	Jazz L5 & Competitive Jazz MONDAYS 5:45pm-7:45pm Chantelle (Hall A)
Tots & Toes B SATURDAYS 9:30am-10:00am Simone (Multi 3)	Ballet L1 SATURDAYS 10:00am-10:45am Simone (Multi 3)	Jazz L2 SATURDAYS 10:00am-10:45am Cassidy (Hall A)	Tap L3 SATURDAYS 10:00am-10:45am Lauren (Multi 2)	Jazz L4 MONDAYS 7:45pm-8:45pm Jillian (Hall A)	Tap L5 MONDAYS 7:45pm-8:45pm Chantelle (Multi 2)
Tots & Toes C SATURDAYS 10:00am-10:30am Matea (Multi 4)	Tap L1 SATURDAYS 10:45am-11:30am Lauren (Multi 2)	Ballet L2 SATURDAYS 10:55am-11:40am Simone (Hall B)	Jazz L3 SATURDAYS 10:45am-11:45am Cassidy (Hall A)	Ballet L4 TUESDAYS 5:25pm-6:25pm Michelle (Multi 2)	Ballet L5 & Pointe Prep TUESDAYS 6:45pm-8:00pm Michelle (Hall A)
	Ballet L1 SATURDAYS 11:45am-12:30pm Simone (Multi 2)	Hip Hop L2 TUESDAYS 5:40pm-6:25pm Libby (Hall A)	Hip Hop L3 WEDNESDAYS 5:45pm-6:30pm Libby (Hall A)	Hip Hop L4 WEDNESDAYS 6:30pm-7:30pm Libby (Hall A)	Contemporary L5 TUESDAYS 7:45pm-8:45pm Libby (Hall A)
	Beginner Tap MONDAYS 5:45pm-6:45pm Jillian (Multi 2)	Jazz L2 TUESDAYS 6:35pm-7:35pm Libby (Multi 2)			Hip Hop L5 WEDNESDAYS 7:30pm-8:30pm Libby (Hall A)

IMPORTANT DANCE DATES

Fall Session: September 16, 2023 to December 20, 2023	HOLIDAY CANCELLATIONS: October 7 and 9, 2023 February 19, 2024 March Break: March 11 - 16, 2024 March 30 and April 1, 2024 May 18 and 20, 2024
Winter Session: January 8, 2024 to March 27, 2024	
Spring Session: April 2, 2024 - June 2, 2024	
Picture Day: May, 2024	
End of Year Recital: Sunday, June 2, 2024 at 2:00pm at the Shenkman Arts Centre	

2023-2024 DANCE SEASON

September 16, 2023 to June 2, 2024



If you are unsure about any level, please contact
Dance Program Coordinator, Chantelle McEwen.
(cca.canterburydancecentre@gmail.com)

Beginners welcome at Level 1-4 classes.
Dance experience and instructor approval needed for Level 5 classes.

Pricing includes all classes for the 2023-2024 Season (September 16, 2023 to the Annual Dance Recital on June 2, 2024) and dance costume(s) for the Recital.

Pre-Authorized Debits can be arranged for equal monthly payments throughout the season.

Please contact the CCA office to make arrangements. 613-738-8998

TOTS & TOES:	3-4 years (<i>must be 3 years old by September 1, 2023</i>)	\$300 (1 recital costume)
LEVEL 1:	5-6 years (<i>must be 5 years old by September 1, 2023</i>)	\$375 (1 recital costume)
LEVEL 2:	7-8 years (<i>must be 7 years old by September 1, 2023</i>)	\$375 (1 recital costume)
LEVEL 3:	9-11 years (<i>must be 9 years old by September 1, 2023</i>)	\$375 (1 recital costume)
LEVEL 4:	12-15 years (<i>must be 12 years old by September 1, 2023</i>) <i>11-year-olds with dance experience are welcome.</i>	\$480 (2 recital costumes)
LEVEL 5:	16 years and up (<i>instructor approval only</i>)	\$480 (2 recital costumes)

NEW! Adult Ballet Classes

Wednesday nights with Michelle. See page 17 for details.

DANCE CLASS DESCRIPTIONS

Styles will be taught at all levels except Contemporary, which will be offered only at Level 5.

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.

Contemporary: This style of dance incorporates modern, jazz, lyrical and ballet. It is an expressive form of dance inspiring a mind/body connection through fluid and rigid dance movements.

Hip Hop: Come get your swag on and learn this funky street style dance! Learn the latest moves to energetic music. In each class, students will work on new choreographed dance combinations.

Jazz: This style of dance incorporates stretching and flexibility, travelling steps (turns, jumps), and a dance combination to finish the class. Come enjoy stylized movement to fun upbeat music!

Tap: Students will learn classic and contemporary tap technique while developing rhythm and musicality. Each class will start with a warmup and switch to learning travelling steps across the room. Classes will incorporate learning tap combinations.

Tots and Toes: Imagination, creativity, movement, and music! Children learn the fundamentals of dance technique and rhythm while incorporating fun music, props, and games.

GROUP FITNESS CLASSES (15+ YEARS)

Take as many fitness classes as you like throughout the session with our popular Fitness Passes.

Includes all classes in the Adult and Older Adult fitness programs – over 20 different classes and times slots every week for one low price.

Fall Session Pass: September 11 – December 22, 2023	\$130 +HST
Winter Session Pass: January 8 – March 28, 2024	\$130 +HST
3-Session Pass (Fall, Winter, and Spring Sessions)	\$350 +HST
Buy a 15-Class Pass* to sample fitness classes throughout the session or come every week to your favorite class.	\$70 +HST

**Passes expire at the end of the Session and may not be carried over*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio FIT 9:00am – 10:00am KRISTA (Gym)	Tri FIT 9:00am – 10:00am JOANNA (Hall A)	Strength FIT 9:00am – 10:00am KRISTA (Gym)	Strength GOLD 9:00am – 10:00am MARY (Gym)	Zumba 9:00am – 10:00am DIANE (Hall A)	FIT Variety 9:15am – 10:15am ROTATION (Gym)
Chair Yoga 9:00am – 10:00am ANDRE (Hall A)	Strength & Balance 9:00am – 10:00am YURI (Gym)	Cardio Dance GOLD 9:00am – 10:00am ANDRE (Hall A)	Zumba Toning 9:00am – 10:00am JUDY K. (Hall A)	Strength & Balance GOLD 9:00am – 10:00am JUDY B. (Gym)	
Cardio GOLD 10:15am – 11:15am KRISTA (Gym)	Cardio GOLD 10:15am – 11:15am YURI (Gym)	Cardio GOLD 10:15am – 11:15am KRISTA (Gym)	All Stretch 10:15am – 11:15am MARY (Hall A)	Zumba GOLD 10:15am – 11:15am FRANCINE (Hall A)	
Stability Ball Strength & Stretch 11:15am – 12:15pm KRISTA (Gym)	Body Sculpting 10:15am – 11:15am MARIE-CHANTALE (Hall A)	Stretch & Balance 11:15am – 12:15pm KRISTA (Gym)	Body Sculpting 10:15am – 11:15am MARIE-CHANTALE (Gym)	Strength & Balance GOLD 10:15am – 11:15am JUDY B. (Gym)	
Interval MIX 6:00pm – 7:00pm LINDSAY (Gym)	Circuit Training 6:00pm – 7:00pm DIANE (Gym)	Cardio Strength FIT 6:00pm – 7:00pm LINDSAY (Gym)	Step Aerobics 6:00pm – 7:00pm LILIYA (Gym)		

Cardio GOLD ZOOM Classes

TUESDAYS & THURSDAYS *with Krista*
10:15am – 11:15am

- All classes are delivered in the comfort of your home.
- Our online classes are conducted by a live instructor via Zoom.
- The Zoom meeting link will be sent a few days before the first class.
- At least 2 recordings available each week.

Fall Session Pass: September 12 – December 21, 2023	\$95 +HST
Winter Session Pass: January 9 – March 28, 2024	\$75 +HST
⇒ Single Session Fitness pass <i>plus+</i> ZOOM Pass:	\$160 +HST
⇒ 3 Session Pass <i>plus+</i> ZOOM Pass:	\$430 +HST

The ZOOM Pass includes Tuesday and Thursday Cardio GOLD classes.

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 aerobic conditioning followed by muscle toning, core conditioning, and balance

FITNESS CLASS DESCRIPTIONS

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 CCA's adult group fitness program includes a variety of well-balanced classes that will work on toning, muscle-strength, core-strength, cardio health, balance and flexibility.

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.

Body Sculpting: Body Sculpting is a muscle conditioning and endurance class for the whole body, which puts a great deal of focus on correcting the posture. Using Body Bars, dumbbells, and Step platforms, it challenges and sculpts your muscles.

Cardio Dance GOLD: Do you like Latin dancing fitness classes? This class is perfect for active older adults who are looking for a modified class that recreates the original moves you love in those other Latin dance fitness classes. Lower intensity, but still high energy and big fun! The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

Cardio FIT: Classes will consist of 75% aerobic conditioning and 25% muscle toning, core conditioning, and balance training. Exercise options will be given to those who wish to work at a higher (or lower) intensity.

Cardio GOLD: 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 aerobic conditioning followed by muscle toning, core conditioning, and balance training.

Cardio Strength FIT: This class will comprise of a ½-hour cardio and a ½-hour strength and stretch components using a variety of techniques and tools.

Chair Yoga: This chair-based class will focus on slow moves, mindfulness, breathing techniques and reducing stress. Learn how to increase strength, mobility and flexibility, improve posture and body awareness.

Circuit Training: This class will be taught at a moderate to fast pace where you rotate through different exercise stations set up around the gym.

FIT Variety: Something new every week! A rotation of CCA Instructors will teach a class that is a blend of high and low impact aerobics and strength training.

Interval Mix FIT: Each week will be different. Classes could include circuits, interval training, Tabata, with an emphasis on cardio and strength.

Stability Ball Strength and Stretch: This is an all over body conditioning class using the stability ball for balance. Work your core and build strength, using various equipment such as weights, resistance bands, and bodyweight exercise. A stretch segment will end every class.

Step Aerobics: This class will incorporate a segment of step aerobics, strength training using various equipment (hand weights, body bars, and resistance bands) and a stretch routine at end of class.

Strength FIT: A dynamic total body muscle conditioning class using your body weight and hand weights.

Strength GOLD: A total body muscle conditioning class for older adults. Students will use body weight and hand weights.

Strength and Balance: Learn how to improve your balance and strengthen your body using various equipment like bodyweight exercises, resistance bands, hand weights, wall exercises and chairs. This class will help increase your mobility, core strength, flexibility, and overall wellness.

Strength and Balance GOLD: Strength and balance classes, or fall prevention classes, are designed to get you feeling steadier on your feet. The classes focus on exercises to improve your balance and confidence.

Stretch and Balance: This class will be split into a balance segment and a stretch segment. It will focus on slow moves involving balance to improve core strength, help improve stability, and prevent falls. The stretch segment will focus on a full body stretch using various tools including chairs, resistance bands, walls, and mats. Improve flexibility, increase mobility, reduce stress, improve posture, and help prevent injuries.

Tri FIT: Dynamic, fast-paced class that includes equal parts cardio, strength, and floor work.

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

Zumba GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance.

Zumba Toning: Zumba® Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba® moves to create a calorie-torching, strength-training fitness party. Students use light hand weights enhance rhythm and tone all their target zones, including arms, abs, and thighs.

Please bring your own mat to class.

All class formats are subject to change based on instructor availability.

**** PLEASE CHECK WITH YOUR HEALTH CARE PROVIDER BEFORE STARTING ANY EXERCISE PROGRAM. ****

SIT FITNESS

with Krista (50+ YRS)

MONDAYS | 1:00pm—2:00pm | Hall A

Sept 11 – Dec 4 (ex. October 9)

Jan 8 – March 25 (ex February 19)

WEDNESDAYS | 1:00pm—2:00pm | Hall A

Sept 13 – Nov 29

Jan 10 – March 27

In this chair-based program, 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.



NEW
\$170 +HST
per session

SIT FITNESS COMBO

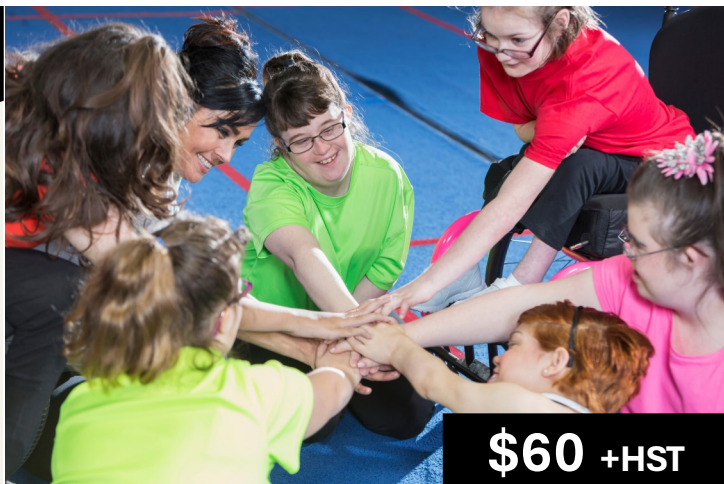
Take both days of Sit Fitness for one price



* This is NOT a drop-in course. Participants must register for the session. (Adults 15+)

\$92 +HST

Mon or Wed Per Session



\$60 +HST
Per session

SPECIAL NEEDS RECREATION (15+ YRS)

SATURDAYS | 10:30am—11:30am | Gym

Sept 16 – Dec 16 (ex. October 7)

Jan 13 – March 23

This group class is for adults with developmental disabilities.

ACTIVITIES INCLUDE active games, various sports (basketball, floor hockey, etc.), and exercise.

Participants must be mobile and are encouraged to work at their own pace. Guardians and/or caregivers will need to complete an intake form for the participant on the day of their first class. Guardians and/or caregivers may stay for the class if the participant needs one-on-one attention. Staff and designated volunteers will run the program with 1 staffer responsible for 5 participants.

BADMINTON

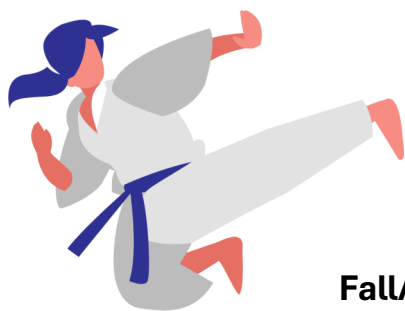
BACK FOR
Fall & Winter

WEDNESDAYS | 7:15pm—9:00pm | Gym

Sept 13 – Dec 20 **\$45**

Jan 10 – March 27 **\$36**

Nets will be set up in the gym at the Canterbury Community Centre for this always popular sport. We'll supply the birdies and you'll just need bring a racquet.



KARATE & SELF-DEFENCE

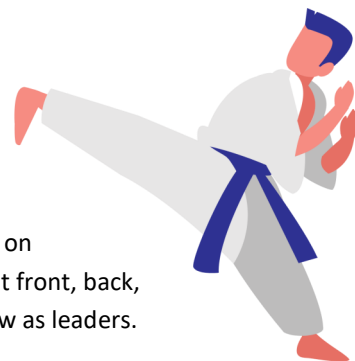
Discover the HERO in YOU!

Our martial art Karate program is taught by Richard Ouelette and his team from Inner Hero Martial Arts & Fitness.

Fall/Winter Dates

September 11 – December 21, 2023 (ex. Oct 7 and 9)

January 9 – March 28, 2024 (ex. Feb 19)



YOUTH CLASSES (CHILDREN 7-14)

Want to help your child develop leadership and self-defense skills? Try this course focusing on self-defense, success strategies, and leadership skills. Your child will learn to defend against front, back, and ground attacks. Instructors will help participants build confidence, self-esteem, and grow as leaders.

Note: Your progress will vary based on number of classes attended per week.

- **White to Orange Belt — \$138**

Mondays 6:00pm – 6:55pm (Hall B) and Saturdays 12:30pm – 1:25pm (Hall A)

- **Green to Jr. Black Belt — \$138**

Thursdays 6:00pm – 6:55pm (Hall A) and Saturdays 1:30pm – 2:25pm (Hall A)

ADULT CLASSES (15+ YEARS)

This course will help you learn karate skills like strikes, blocks, pressure points, throws, chokes, ground work, and free sparring. Get fit as you increase your confidence and learn valuable self-defense techniques. Bring out your inner Chuck Norris and start the journey to your black belt!

Note: Your progress will vary based on number of classes attended per week.

- **White to Brown Belt — \$148 +HST**

Mondays 7:00pm – 7:55pm (Hall B) and Saturdays 2:30pm – 3:25pm (Hall A)

- **Black Belt — \$148 +HST**

Thursdays 7:00pm – 7:55pm (Hall A) and Saturdays 3:30pm - 5:00pm (Hall A)

CARDIO KICKBOXING (15+ YEARS)

This is a fun, high-energy, kickboxing workout set to your favorite music.

Follow step-by-step guidance that adjusts to your fitness level. You'll punch and kick to a full-body workout, burning fat, building lean muscle tissue, strengthen, tone, and tighten. You'll leave this positive atmosphere feeling rejuvenated and awesome.

Note: Your progress will vary based on number of classes attended per week.

- **All Levels — \$128 +HST**

Mondays 8:00pm – 8:55pm (Hall B) And Thursdays 8:00 – 8:55pm (Hall A)



REGISTER FOR BOTH
Adult Karate & Cardio Kickboxing

YOGA

We offer a number of classes for all body types and fitness levels. Our yoga, Pilates, meditation, Tai Chi and Qigong classes help improve mental and physical health through relaxation, breathing, movement, and stretching. If you're looking for a way to manage stress and improve flexibility, concentration & overall wellness these classes are for you.



Please bring your own mat to class.

HATHA YOGA (All Levels)

MONDAYS | 10:15am – 11:30am | KATE (Hall A)

Sept 11 – Dec 18 (ex. Oct 9) **\$130** +HST
Jan 8 – March 25 (ex. Feb 19) **\$104** +HST

This class is suitable for beginners, masters and everyone in between. Modifications will be offered so that you can customize your class to fit your specific needs and level of expertise.



YOGA FLOW

TUESDAYS | 7:15pm – 8:30pm | KATE (Gym)

Sept 12 – Dec 18 **\$130** +HST
Jan 9 – March 26 **\$104** +HST

The sequences offered in the Yoga Flow style of practice are designed to generate heat, build strength, and increase flexibility. Drawing from its roots in traditional *Vinyāsa* practice, this course will offer creative, flowing, breath-based sequences to challenge and inspire. Modifications will be offered to help participants to personalize your practice.

GENTLE YOGA

WEDNESDAYS | 10:15am – 11:15am | SHEBA (Hall A)

Sept 13 – Dec 20 **\$125** +HST
Jan 10 – March 27 **\$100** +HST

Increase flexibility and strength through a combination of centering and breath work, warm-up stretching, gentle hatha postures, and guided relaxation. Emphasis is on body and mind awareness, safe alignment, and cultivating compassionate self-acceptance.

YOGA AND MEDITATION

WEDNESDAYS | 6:00pm – 7:15pm | MARIANN (Hall B)

Sept 13 – Dec 13 **\$130** +HST
Jan 10 – March 27 **\$104** +HST

Find balance through yoga and meditation. Flex, stretch, strengthen, and calm your body, mind, heart, and nervous system. This class offers a complete series of yoga postures followed by an integration period where we will explore a variety of different types of meditation practices.

ABSOLUTE BEGINNER YOGA

THURSDAYS | 5:45pm – 6:45pm | FRANCINE (Multi 4)

Sept 14 – Nov 30 **\$125** +HST
Jan 11 – March 28 **\$125** +HST

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.



THE CENTRE WILL BE CLOSED October 7-9, 2023 and February 19, 2024

MIND & BODY

Please bring your own mat to class.

PILATES (BEGINNER)

MONDAYS | 6:00pm – 7:00pm | JANICE (*Multi 4*)

Sept 11 – Dec 4 (ex. Oct 9) **\$115** +HST
Jan 8 – March 25 (ex. Feb 19) **\$105** +HST



This holistic exercise is designed to condition body and mind, help strengthen core muscles, improve posture, and increase flexibility.

PILATES (INTERMEDIATE/ADVANCED)

MONDAYS | 7:15pm – 8:15pm | JANICE (*Gym*)

Sept 11 – Dec 4 (ex. Oct 9) **\$115** +HST
Jan 8 – March 25 (ex. Feb 19) **\$105** +HST

Pilates (Intermediate/Advanced): 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.*

MINDFULNESS MEDITATION

TO BUILD RESILIENCE IN CHALLENGING TIMES

MONDAYS | 7:00pm – 8:30pm | MARLENE (*Multi 3*)
Sept 11 – Nov 6 (ex. Oct 9) **\$100** +HST

Learn to build your mental and emotional resilience through the basic practices of mindfulness and meditation.

These practices can help you to de-stress, develop increased self-awareness, tap into your inner strength, gain a greater sense of overall well-being and live a more balanced and harmonious life.



YOGA, PILATES, MEDITATION, TAI CHI AND QIGONG SCHEDULE AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Hatha Yoga (All Levels) 10:15am – 11:30am KATE (<i>Hall A</i>)		Gentle Yoga 10:15am – 11:15am SHEBA (<i>Hall A</i>)		Tai Chi (All Levels) 9:15am – 10:30am EDUARDO (<i>Hall B</i>)
Pilates (Beginner) 6:00pm – 7:00pm JANICE (<i>Multi 4</i>)		Yoga & Meditation 6:00pm – 7:15pm MARIANN (<i>Hall B</i>)	Absolute Beg. Yoga 5:45pm – 6:45pm FRANCINE (<i>Multi 4</i>)	
Pilates (Inter/Adv) 7:15pm – 8:15pm JANICE (<i>Gym</i>)			Qigong 5:45pm – 7:00pm NONA (<i>Hall B</i>)	
Mindfulness Meditation 7:00pm – 8:30pm MARLENE (<i>Multi 3</i>)	Yoga Flow 7:15pm – 8:30pm KATE (<i>Gym</i>)		Tai Chi and Qigong 7:00pm – 8:15pm NONA (<i>Hall B</i>)	

**** PLEASE CHECK WITH YOUR HEALTH CARE PROVIDER BEFORE STARTING ANY EXERCISE PROGRAM. ****

TAI CHI & QIGONG

Want to enhance your physical and mental health, relieve stress, improve posture, balance, flexibility, and strength?

- *Tai chi* is often described as “meditation in motion”
- *Qigong*, pronounced Chi Kung (Qi = Energy, Gong = Practice)



QIGONG

THURSDAYS | 5:45pm – 7:00pm | NONA (Hall B)

Sept 14 – Dec 7 (ex. Oct 12) **\$144** +HST
Jan 11 – March 28 (ex. Jan 25) **\$144** +HST

Qigong 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 can be performed standing or sitting. Each class includes a warm-up, short meditation, proper breathing techniques, flowing movements, invigorating self-massage, and energy cleansing exercises in a joyful atmosphere. It improves flexibility, posture, balance, blood circulation, and muscle tone.

It is recommended to take Nona's Qigong program prior to taking her Tai Chi program, as Qigong is the foundation for Tai Chi and prepares you for the next level.

TAI CHI—ALL LEVELS (CHEN FAMILY)

SATURDAYS | 9:15am – 10:30am | EDUARDO (Hall B)

Sept 16 – Dec 16 (ex. Oct 7) **\$144** +HST
Jan 13 – March 23 (ex. Mar 9) **\$120** +HST

Tai Chi is a powerful mind-body practice. You will learn Standing Meditation, Silk Reeling Qigong, and the 19 Postures Tai Chi movement sequence. You will learn how to properly align your body for balance, better posture, and efficient power, and how to find quietness inside action. The emphasis in class is on correct posture alignment, which leads you to relax and unlock your joints, while strengthening your muscles and achieving optimal energy circulation. The teacher will bridge the gap between the traditional Tai Chi teachings that are kept and prized, and the need for objective and straightforward explanations.

The movement sequence in this class is the 19 Posture Form by Grandmaster Chen Xiaowang, which is appropriate for beginners. After the initial Standing Meditation and Qigong exercises, the group will be split in two - those who already know the moves and are perfecting them, and those who are learning the moves for the first time. The first group will receive adjustments in posture and technique, and the second will learn the moves step by step.

TAI CHI (CHEN STYLE) AND QIGONG

THURSDAYS | 7:00pm – 8:15pm | NONA (Hall B)

Sept 14 – Dec 7 (ex. Oct 12) **\$144** +HST
Jan 11 – March 28 (ex. Jan 25) **\$144** +HST

This practice involves a series of gentle movements coordinated with proper breathing. The flowing, mindful movements calm the mind while strengthening the body, oiling the joints, improving blood circulation, posture, overall flexibility, balance, coordination, and mobility.

You will practice 24 form Chen style Hunyuan Tai Chi Chuan and Qigong forms. The class includes a warm-up, short meditation, proper breathing, and mindful movements that boost health, vitality, internal power, and mental clarity. A cleansing, invigorating self-massage ends the class in a joyful atmosphere.



ART CLASSES

with Kathy Harker - Fiander

www.kathysartwork.com



DRAWING FUNDAMENTALS

TUESDAYS | 9:30am – 11:15am | KATHY (Multi 3)

Sept 19 – Nov 21

\$160 +HST

Jan 9 – Feb 27

\$128 +HST

THURSDAYS | 9:30am – 11:15am | KATHY (Multi 3)

Sept 21 – Nov 23

\$160 +HST

Jan 11 – Feb 29

\$128 +HST

This Beginner/Intermediate level class 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 and let's have some fun!

WATERCOLOUR PAINTING

TUESDAYS | 11:30am – 1:15pm | KATHY (Multi 3)

Sept 19 – Nov 21

\$160 +HST

Jan 9 – Feb 27

\$128 +HST

THURSDAYS | 11:30am – 1:15pm | KATHY (Multi 3)

Sept 21 – Nov 23

\$160 +HST

Jan 11 – Feb 29

\$128 +HST

In this Beginner/Intermediate level class, we will learn color theory and technique as we have some fun with the magic of watercolor. All levels welcome

BRING YOUR OWN SUPPLIES

The supply list is available online at

www.cca-acc.ca/artsupplies

with Vicky Collins

www.vickysartstudio.com

DRAWING WITH COLOURED PENCILS

Sept 22 – Nov 24

\$160 +HST

Jan 12 – March 15

\$160 +HST

BEGINNER

FRIDAYS | 9:30am – 11:15am | VICKY (Multi 3)

INTERMEDIATE/ADVANCED

FRIDAYS | 11:30am – 1:15pm | VICKY (Multi 3)

This course will provide an in depth look into the world of coloured pencils. The course will cover why it's important to use high quality materials and how they should be used. Techniques taught in this course will include stippling, hatching, and scumbling. The goal is to equip students with a strong foundation of coloured pencils so they can create the artwork they have always wanted.

OIL PAINTING

THURSDAYS | 6:15pm – 8:00pm | VICKY (Multi 3)

Sept 21 – Nov 23

\$160 +HST

Jan 11 – March 14

\$160 +HST

Oil painting is a versatile painting medium that has been used for hundreds of years and has stood the test of time. It often gets a bad rep for slow drying times and powerful odours. This class is designed to not only show you the materials, the methods, and colour theory in a step-by-step way, it will hopefully change your mind into seeing oil painting as a wonderfully expressive way to paint and to be creative.

ADULT DANCE



Adult Ballet

2023-2024 Dance Season:

Sept 20, 2023 – May 29, 2024

See page 5 for session dates.

LEVEL 1

WEDNESDAYS | 8:15pm – 9:15pm | MICHELLE (*Multi 2*)

\$330 +HST

Adult Elementary Ballet is for participants with some experience in ballet with a basic understanding of technique and vocabulary. Ballet increases your posture, strength, balance, flexibility, coordination, and artistry. We offer a nurturing and inclusive environment where learning happens organically.

LEVEL 2

WEDNESDAYS | 5:45pm – 6:45pm | MICHELLE (*Multi 2*)

\$330 +HST

Adult Ballet Basic is for participants with little or no experience in ballet. This class will give you an in depth understanding of the technique and the application in movements and steps. We offer a nurturing and inclusive environment where learning happens naturally and is fulfilling.

LEVEL 3

WEDNESDAYS | 6:45pm – 7:45pm | MICHELLE (*Multi 2*)

\$330 +HST

Adult Ballet – Level 3 is for students with a solid understanding of ballet technique with at least 2 years of recent experience. We will work on control, stamina, and include full barre work and centre work including adage, pirouettes, allegros, batteries, and grand allegro.

POINTE WORK PREPARATION

WEDNESDAYS | 7:45pm – 8:15pm | MICHELLE (*Multi 2*)

\$95 +HST

Adult Ballet Pointe Work Preparation is for students with 2 to 3 years of recent experience to begin and continue getting ready for pointe work. (With teacher's approval)

Classes with Andre



Andre Beaulne has been teaching all styles of ballroom dancing including *International Ballroom & Latin, Swing, Salsa, Rock & Roll, and Argentine Tango* since 1996. He is the Head of Department in Argentine Tango with the Canadian Dancesport Federation.

BALLROOM BEGINNER

SUNDAYS | 1:00pm – 2:30pm | ANDRE (*Hall A*)

Sept 17 – Nov 12 (ex. Oct 8)

\$145 +HST

Jan 14 – March 3

\$145 +HST

Learn the basics of ballroom with this class for beginners. Some of the dances include Cha-Cha, Rumba, Triple Swing, Merengue, Waltz, and Foxtrot. Be ready for parties, wedding season, and more.

ARGENTINE TANGO BEGINNER

THURSDAYS | 6:00pm – 7:30pm | ANDRE (*Multi 2*)

Sept 14 – Nov 2

\$145 +HST

Jan 11 – Feb 29

\$145 +HST

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.

ARGENTINE TANGO INTERMEDIATE

SUNDAYS | 2:45pm – 4:15pm | ANDRE (*Hall A*)

Sept 17 – Nov 12 (ex. Oct 8)

\$145 +HST

Jan 14 – March 3

\$145 +HST

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. For intermediate dancers.

So, grab a partner and start the party!

www.francineandre.com

***Registration accepted for couples only.**

Prices quoted are per person, not per couple.*



THE CCA NEEDS YOU!!!

The Executive of the Canterbury Community Association invites nominations for the following positions on the Executive committee:

- After-School Program
- Civic Affairs
- Dance Program
- Finance
- Francophone Liaison
- Nominations
- Special Events
- Scholarships

The Executive meets about 10 times per year and the election is for a 1-year term.

Interested?

Contact: **Nancy Entwistle**, Chair of the Nominations Committee
nentwistle.cca@gmail.com

APPLICATIONS

- Applications accepted beginning:
December 8, 2023
- Deadline for all applications:
December 22, 2023

Please state the position for which you would like to be considered.

Election to be held at the Annual General Meeting on Thursday, January 25, 2024

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

ANNUAL GENERAL MEETING

Thursday, January 25, 2024 at 6 - 9pm
Canterbury Community Centre
2185 Arch Street

Reports by our local political representatives
and the CCA staff.
Election of Executive for 1-year term

For more information please email:
president@cca-acc.ca

HOW thrilled are you with the STATE of your Website and Graphic Branding?

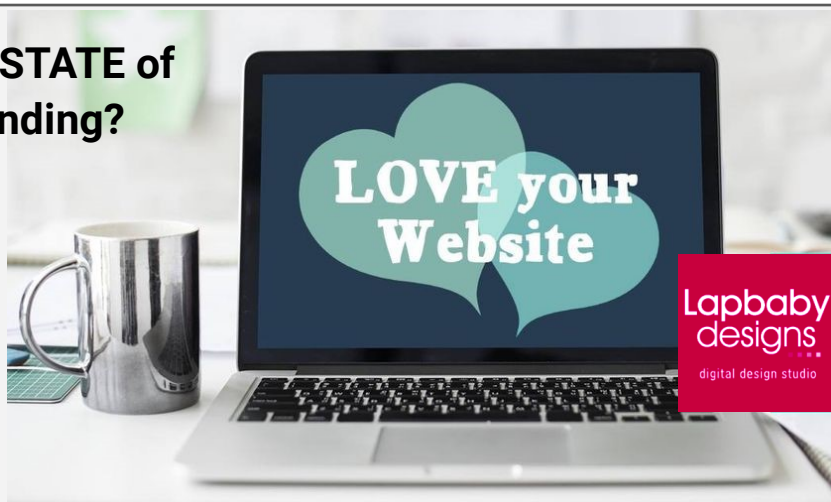
I can help you create something that you will absolutely LOVE!



Contact Jennifer today!

web@lapbaby.com
(613) 400-8495

www.lapbaby.com

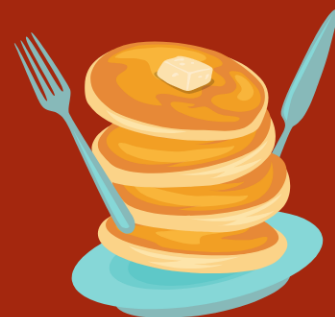


We're the proud designers of the CCA's flyers and website.

Councillor Marty Carr and the CCA Present



BREAKFAST WITH SANTA



SATURDAY
DECEMBER 9, 2023

From 8 AM Until 11 AM

Join us at the Canterbury Community Centre,
2185 Arch Street, for a pancake breakfast and
pictures with Santa.

We look forward to seeing you there!

We will be collecting non-perishable food items for the
Ottawa Food Bank. Monetary donations also accepted.



THINGS MOST NEED

- Baby Diapers
- Baby Food & Formula
- Canned Fish & Meat
- Canned Vegetables & Fruit
- Cereal (Whole Grains)
- Dry Pasta (Whole Grain) & Sauce
- Legumes (Canned or Dried)
- Peanut Butter
- Rice (Brown)
- Canned Stews & Chili



Canterbury Community Association
PRESENTS



CHRISTMAS

Craft Show

SUNDAY, NOVEMBER 19TH, 2023



10AM – 3PM



Join us at the Canterbury Community Centre
2185 Arch Street, Ottawa

FREE ADMISSION

OVER 80 VENDORS, INCLUDING THE
RETURN OF THE KID CRAFTER CORNER
WITH ITEMS FROM SOME GREAT KID
CRAFTERS!

FIND SOMETHING FOR EVERYONE
ON YOUR HOLIDAY GIFT LIST!

