



FALL & WINTER

2024 - 2025
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
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(613) 738-8998

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

Chantelle McEwen
Dance School Coordinator
cca.canterburydancecentre@gmail.com



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.

(613) 580-3600 or (613) 247-4869

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
available at www.octranspo.com.



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

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.

Veillez 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.



NO CLASSES ON: October 12 –14, 2024 and February 17, 2025

PRESCHOOL & KIDS

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

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!

\$45 Price per child/ per day
Location: Hall B

Tuesdays, Thursdays or Fridays
9:30am – 11:30am

Sept 10 – Dec 20, 2024
Jan 7 – March 28, 2025

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.

CCA's Sunday KIDS' SPORTS

Sept 15 – Nov 10, 2024 (ex. Oct 13)
Jan 12 – March 2, 2025



GET YOUR *Kicks* (Age 5-10)

LEARN TO PLAY SOCCER (Age 5-7)

9:00am – 10:00am | AZIM (Gym)

INDOOR SOCCER (Age 7-10)

10:00am – 11:00am | AZIM (Gym)

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.

Skillz & Drillz BASKETBALL (Age 8-12)

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

BOYS CLASS | 2:30pm – 4:00pm | ANTHONY (Gym)

Calling all young b-ballers and wannabe b-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.

ONLY \$85

Price per class, per child, per session

Senior BASKETBALL (Age 11-15)

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

BOYS CLASS | 4:00pm – 5:30pm | ANTHONY (Gym)

This class is a platform where young athletes can showcase their skills, build lasting friendships, and develop a lifelong love for the sport. Suitable for seasoned players or those just starting their basketball journey, this class 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.

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

KIDS & TEENS

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!



FALL SESSION

JUNIOR COURSE (Ages 8-11)

SUNDAYS | 10:00am – 11:15am | KEYANA (Hall B)

Sept 15 – Dec 15, 2024 **\$125**

- ◆ **Production:** Christmas Musical Mash-up
- ◆ **Show:** December 15 at 10:00am

SENIOR COURSE (Ages 11-15) TUESDAYS |

6:00pm – 7:30pm | KEYANA (Hall B)

Sept 10 – Dec 17, 2024 **\$160**

- ◆ **Production:** Beauty and the Beast
- ◆ **Auditions:** September 3 from 6– 8pm (Hall B)
- ◆ **Show:** December 17 at 6:00pm

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

All Musical Theatre Shows are in Hall B at the Canterbury Community Centre.

NO CLASSES ON:

- * Oct 13, 2024
- * Nov 17, 2024
- * April 20, 2025
- * May 18, 2025



Through this course you will study your role and memorize lines and songs. You will also learn new techniques to emphasize your performance.

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.

WINTER & SPRING SESSION

JUNIOR COURSE (Ages 8-11)

SUNDAYS | 10:00am – 11:15am | KEYANA (Hall B)

Jan 12 – June 8, 2025 **\$210**

- ◆ **Production:** TBA
- ◆ **Show:** June 8 at 10:00am

SENIOR COURSE (Ages 11-15) TUESDAYS |

6:00pm – 7:30pm | KEYANA (Hall B)

Jan 21 – June 10, 2025 **\$230**

- ◆ **Production:** TBA
- ◆ **Auditions:** January 7 from 6– 8pm (Hall B)
- ◆ **Show:** June 17 at 6:00pm

KIDS & TEENS



KIDS

DINNER & A MOVIE

Attention parents and guardians!


In need of a night out? Sign up your kids for a night of fun games, pizza dinner, popcorn, beverages, and a movie while you go out and do the same!

FRIDAYS
5:30 PM - 8:30PM

\$30 PER NIGHT

- Registration in advance mandatory.
- This is not a drop-in
- Room: Multi 4 & Gym

NEXT DATES
OCT 25, NOV 29, DEC 13, 2024
JAN 31, FEB 21, MAR 28, 2025



CANADA SAFETY COUNCIL Youth Programs

HOME ALONE COURSE (Children 9+)

SATURDAY
Instructor: Keyana | Room: Multi 4

September 7, 2024 | 9:30am – 1:00pm | **\$60**
December 7, 2024 | 12:00pm – 4:00pm | **\$60**

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
Instructor: Keyana | Room: Multi 4

September 9, 2024 | 9:30am – 2:30pm | **\$90**
December 8, 2024 | 12:00pm – 5:00pm | **\$90**

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.*



2024-2025 DANCE SEASON

September 9, 2024 — June 1, 2025

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

***Dance experience needed for Levels 4 and 5.**



Canterbury
DANCE CENTRE

| SATURDAYS | | | MONDAYS | TUESDAYS | WEDNESDAYS |
|--|---|--|---|--|--|
| <i>Butterfly</i> Tots & Toes A 9:00am-9:30am Cassidy (Multi 3) | <i>Ladybug</i> Tots & Toes B 9:30am-10:00am Cassidy (Multi 3) | <i>Bumblebee</i> Tots & Toes C 10:50am-11:20am Angie (Multi 3) | Jazz L2a 5:15pm-6:10pm Libby (Hall A) | Hip Hop L4* 5:15pm-6:15pm Libby (Hall A) | Hip Hop L2 5:30pm-6:15pm (Hall A) |
| Jazz L1 9:15am-9:55am Sadie (Multi 4) | Jazz L2 10:00am-10:45am Sadie (Hall A) | Jazz L3 10:50am-11:45am Sadie (Hall A) | Tap L2a 6:15pm-7:00pm Chantelle (Multi 2) | Ballet L4* 6:20pm-7:30pm Cassidy (Hall A) | Hip Hop L3 6:15pm-7:15pm (Hall A) |
| Tap L1 10:50am-11:35am Eden (Multi 2) | Tap L2 9:10am-9:55am Eden (Multi 2) | Tap L3 10:00am-10:45am Angie (Multi 2) | Tap L4* 5:15pm-6:15pm Chantelle (Multi 2) | Ballet L5* 5:15pm-6:15pm Cassidy (Multi 2) | Tap L5* 6:15pm-7:15pm Madison (Multi 2) |
| Ballet L1 10:00am-10:45am Cassidy (Multi 3) | Ballet L2 10:50am-11:35am Cassidy (Hall B) | Ballet L3 9:00am-10:00am Angie (Hall A) | Jazz L4* 6:15pm-7:30pm Libby (Hall A) | Hip Hop L5* 6:30pm-7:30pm Libby (Multi 2) | Jazz L5* 7:15pm-8:30pm Madison (Hall A) |
| DANCE CLASS DESCRIPTIONS | | | | Contemporary L4* & L5* 7:30pm-8:30pm Libby (Hall A) | |
| | | | | | |
| <p>Ballet: Ballet is the foundation of all dance styles. Ballet technique enhances strength, flexibility of mind and body, discipline, coordination, teamwork, and focus. Your child will be guided in a caring, encouraging, and supportive environment into discovering their innate creativity as they develop and refine their skills. Our classical ballet training emphasizes the physical and emotional wellbeing of our students and will help your child become the best they can be.</p> <p>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.</p> <p>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.</p> | | | <p>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!</p> <p>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.</p> <p>Tots and Toes: Imagination, creativity, movement, and music! Children learn the fundamentals of dance technique and rhythm while incorporating fun music, props, and games.</p> | | |

2024-2025 DANCE SEASON

September 9, 2024 — June 1, 2025

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

***Dance experience needed for Levels 4 and 5.**

Pricing includes all classes for the 2024-2025 Season (September 1, 2024 to the Annual Dance Recital on June 1, 2025) and dance costume(s) for the Recital.

| | | |
|-------------------------|--|-----------------------------------|
| TOTS & TOES: | 3-4 years old <i>(must be 3 years old by December 31, 2024)</i> | \$315 (1 recital costume) |
| LEVEL 1: | 5 years old <i>(must be 5 years old by December 31, 2024)</i> | \$395 (1 recital costume) |
| LEVEL 2: | 6-7 years old <i>(must be 6 years old by December 31, 2024)</i> | \$395 (1 recital costume) |
| LEVEL 2a: | 7-9 years old <i>(must be 7 years old by December 31, 2024)</i> | \$395 (1 recital costume) |
| LEVEL 3: | 8-10 years old <i>(must be 8 years old by December 31, 2024)</i> | \$395 (1 recital costume) |
| LEVEL 4: | 10-13 years old <i>(must be 10 years old by December 31, 2024)</i> <i>*Must have at least one year of previous dance experience (A 10-year-old joining this class must have at least one year of experience. A 10-year-old beginner should join Level 3.)</i> | \$500 (2 recital costumes) |
| LEVEL 5: | 14 years and up <i>(must have at least one year of previous dance experience)</i> | \$500 (2 recital costumes) |

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

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

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

IMPORTANT DANCE DATES:

| | |
|--|---|
| Fall Session: September 9, 2024 – December 18, 2024 | HOLIDAY CLOSURES: October 12-14, 2024 December 19, 2024 – January 5, 2025 February 17, 2025 March Break: March 10 – 15, 2025 April 18 – 21, 2025 May 17 – 19, 2025 |
| Winter Session: January 6 — March 29, 2025 | |
| Spring Session: March 31, 2025 – June 1, 2025 | |
| Photo Day: May 2025 - Date TBA | |
| AT THE SHENKMAN ARTS CENTRE | |
| Recital Rehearsal: Saturday, May 31, 2025 | |
| Annual Recital: Sunday, June 1, 2025 | |

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.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|
| Cardio FIT 9:00am – 10:00am KRISTA (Gym) | | 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 PRESTON (Gym) |
| Chair Yoga 9:00am – 10:00am ANDRE (Hall A) | Strength & Balance 9:00am – 10:00am YURI (Gym) | Zumba GOLD 9:00am – 10:00am JUDY K./ANDRE (Hall A) | Zumba Toning 9:00am – 10:00am JUDY K./JOSIANNE (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) | | Stretch & Balance 11:15am – 12:15pm KRISTA (Gym) | | Strength & Balance GOLD 10:15am – 11:15am JUDY B. (Gym) | |
| Tabata 6:00pm – 7:00pm LINDSAY (Gym) | Circuit FIT 6:00pm – 7:00pm DIANE (Gym) | Strength FIT 6:00pm – 7:00pm NIKKI (Gym) | Step Aerobics 6:00pm – 7:00pm LILIYA (Gym) | | |

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

Cardio GOLD Zoom

TUESDAYS & THURSDAYS
10:15am – 11:15am

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

- 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 (Sept 9 – Dec 20, 2024) | \$130 +HST |
| Fall Session ZOOM Pass (Sept 10 – Dec 19, 2024) | \$95 +HST |
| Winter Session Pass (Jan 6 – March 29, 2025) | \$130 +HST |
| Winter Session ZOOM Pass (Jan 7 – March 27, 2025) | \$75 +HST |
| 3-Session Pass (Fall, Winter 2024, and Spring 2025) | \$350 +HST |
| 15-Class Pass: Buy to sample fitness classes throughout the session or come every week to your favorite class. | \$70 +HST |
| Add on the Cardio GOLD Zoom Class with Krista: | |
| Single Session Fitness <i>plus</i> ZOOM Pass: | \$160 +HST |
| 3 Session Pass ZOOM Pass <i>plus</i> 3 Session Pass: | \$430 +HST |
| <i>*Passes expire at the end of the Session and may not be carried over.</i> | |

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.

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.

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 FIT: This class is a high volume (reps), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness.

FIT Variety: Something new every week! This class is a blend of a of high and low impact aerobics and strength training.

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.

Tabata: Interval training comprised of 20 seconds of work/10 seconds of rest cycles. The emphasis is on cardio and strength.

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.****

\$97 +HST
Mon or Wed Per Session

SIT FITNESS

with Krista (50+ YRS)

MONDAYS | 1:00pm—2:00pm | Hall A
Sept 9 – Dec 2 (ex. October 14)
Jan 6 – March 24 (ex February 17)

WEDNESDAYS | 1:00pm—2:00pm | Hall A
Sept 11 – Nov 27
Jan 8 – March 26

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.



\$63
Per session

SPECIAL NEEDS RECREATION (15+ YRS)

SATURDAYS | 10:30am—11:30am | Gym

Sept 14 – Dec 7 (ex. October 12)
Jan 11 – March 29

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*

WEDNESDAYS | 7:15pm—9:00pm | Gym

Sept 11 – Dec 18 **\$45**
Jan 8 – March 26 **\$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 to bring a racquet.



NEW
\$179 +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+)

CCA MARTIAL ART KARATE PROGRAM

is taught by Richard Ouelette and his team from Inner Hero Martial Arts & Fitness.



Fall/Winter Dates

September 9 – December 19, 2024

January 6 – March 29, 2025



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

NO CLASSES
October 12, 14, and Feb 17

Youth CLASSES (AGES 7-14)

\$145 2 classes per week each session

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.

- **WHITE TO ORANGE BELT**
Mondays 6:00pm – 6:55pm (Hall B)
and Saturdays 12:30pm – 1:25pm (Hall A)
- **GREEN TO JR. BLACK BELT**
Thursdays 6:00pm – 6:55pm (Hall A)
and Saturdays 1:30pm – 2:25pm (Hall A)

Adult CLASSES (15+ YRS)

\$155 +HST 2 classes per week each session

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!

- **WHITE TO BROWN BELT**
Mondays 7:00pm – 7:55pm (Hall B)
and Saturdays 2:30pm – 3:25pm (Hall A)
- **BLACK BELT**
Thursdays 7:00pm – 7:55pm (Hall A)
and Saturdays 3:30pm - 5:00pm (Hall A)

Cardio KICKBOXING (15+ YRS)

\$135 +HST 2 classes per week each session

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.

- ALL LEVELS**
Mondays 8:00pm – 8:55pm (Hall B)
and Thursdays 8:00 – 8:55pm (Hall A)



Register for both
\$228 +HST
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.

HATHA YOGA (All Levels)

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

Sept 9 – Dec 2 (ex. Oct 14) **\$137** +HST

Jan 6 – March 24 (ex. Feb 17) **\$132** +HST

This class is suitable for students at Beginner to Intermediate levels of practice. Participants should be able to move from a standing position to a position on the floor with relative ease. Modifications will be offered to help participants personalize their practice.

YOGA FLOW

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

Sept 10 – Nov 26 **\$137** +HST

Jan 7 – March 25 **\$137** +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 | SHEBAH (Hall A)

Sept 11 – Nov 27 **\$132** +HST

Jan 8 – March 26 **\$132** +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.

Please bring your own mat to class.



YOGA AND MEDITATION

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

Sept 11 – Nov 27 **\$137** +HST

Jan 8 – March 26 **\$137** +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 2)

Sept 12 – Nov 28 **\$132** +HST

Jan 9 – March 27 **\$132** +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.

YOGA FLOW AND RESTORE

THURSDAYS | 7:15pm – 8:45pm | SARA (Gym)

Sept 12 – Nov 28 **\$132** +HST

Jan 9 – March 27 **\$132** +HST

The first half of the class consists of a flow through Hatha yoga poses to build strength, heat, and flexibility. The second half of the class uses gravity and yoga props to calmly surrender into Restorative and Yin yoga poses. This class will provide modifications through yoga poses making the class accessible to many levels and it is recommended that students have some yoga experience to move through the yoga flow.

MIND & BODY

PILATES (BEGINNER)

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

Sept 9 – Dec 16 (ex. Oct 14) **\$120** +HST

Jan 6 – March 24 (ex. Feb 17) **\$110** +HST

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 Beg. Pilates before taking Inter./Adv. Pilates.

PILATES (INTERMEDIATE/ADVANCED)

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

Sept 9 – Dec 16 (ex. Oct 14) **\$120** +HST

Jan 6 – March 24 (ex. Feb 17) **\$110** +HST

Pilates (Intermediate/Advanced): This holistic exercise is designed to condition body and mind, help strengthen core muscles, improve posture, and increase flexibility.



MEDITATION & MINDFULNESS

TO BUILD RESILIENCE IN CHALLENGING TIMES

MONDAYS | 7:00pm – 8:30pm | MARLENE (*Multi 3*)

Sept 9 – Nov 4 (ex. Oct 14) **\$105** +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.

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

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

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

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 ALL LEVELS

THURSDAYS | 5:45pm – 7:00pm | NONA (Hall B)
Sept 12 – Nov 28 **\$156** +HST
Jan 9 – March 27 (ex. Jan 23) **\$143** +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 (Chen Family) ALL LEVELS

SATURDAYS | 9:00am – 10:15am | EDUARDO (Hall B)
Sept 14 – Dec 7 (ex. Oct 12) **\$156** +HST
Jan 11 – March 29 **\$156** +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 12 – Nov 28 **\$156** +HST
Jan 9 – March 27 (ex. Jan 23) **\$143** +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 Vicky Collins

www.vickysartstudio.com



with Kathy Harker - Fiander

www.kathysartwork.com

DRAWING FUNDAMENTALS

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

Sept 17 – Nov 5

\$135 +HST

Jan 7 – Feb 25

\$135 +HST

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

Sept 19 – Nov 7

\$135 +HST

Jan 9 – Feb 27

\$135 +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 17 – Nov 5

\$135 +HST

Jan 7 – Feb 25

\$135 +HST

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

Sept 19 – Nov 7

\$135 +HST

Jan 9 – Feb 27

\$135 +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/art-classes-supply-lists

OIL PAINTING

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

Sept 12 – Oct 31

\$135 +HST

Jan 9 – Feb 27

\$135 +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.

DRAWING WITH COLOURED PENCILS

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

Sept 13 – Nov 1

\$135 +HST

Jan 10 – Feb 28

\$135 +HST

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.

MIXED MEDIA EXPLORATION

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

Sept 13 – Nov 1

\$135 +HST

Jan 10 – Feb 28

\$135 +HST

Unleash your creativity as you explore a variety of materials and techniques to create unique and expressive works of art. Each class will offer hands-on instruction and demonstrations, as well as opportunities for individualized guidance and feedback. You'll have the chance to experiment with combining different mediums to create multi-dimensional artwork that reflects your personal style and vision. This course is open to artists of all levels, from beginners eager to explore new techniques to experienced artists looking to expand their repertoire. Whether you're a painter, illustrator, or mixed media enthusiast, this course will inspire and challenge you to push the boundaries of your creativity.

DANCE CLASSES

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 15 – Nov 10 (ex. Oct 13) **\$155** +HST
 Jan 12 – March 2 **\$155** +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.

So, grab a partner and start the party!

ARGENTINE TANGO INTER/ADV

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

Sept 15 – Nov 10 (ex. Oct 13) **\$155** +HST
 Jan 12 – March 2 **\$155** +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.

**Registration accepted for couples only.*

*Prices quoted are per person, not per couple.**

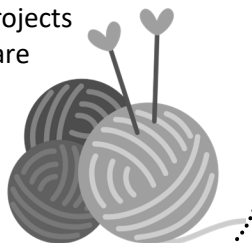
Hooks & Needles GROUP

Tuesdays | 7:00pm – 9:00pm | (Multi 3)

Sept 10 – Dec 17 **\$45** +HST
 Jan 7 – March 25 **\$36** +HST

Attention knit & crochet enthusiasts!

Join fellow knitters and crocheters at this weekly meet up where you can work on your projects with others who share your interest in yarn crafts.

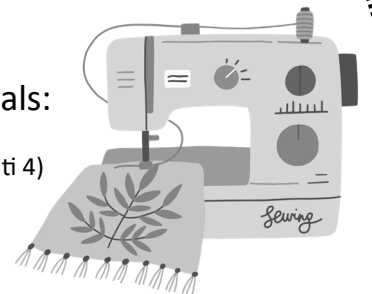


SEW Fabulous!

Sewing Machine Fundamentals:

Wednesdays | 6:30pm – 9:00pm | (Multi 4)

Sept 11 – Dec 18 **\$158** +HST
 Jan 8 – March 26 **\$128** +HST



You've got the sewing machine, and a dream, but not sure how to make that happen? Join this class for novice sewers for the boost you need to thread your machine and get started. Here, you'll find an overview of many of the basic tools, supplies, techniques, and strategies to translate intention to creation. The approach will be to understand what it is that you ultimately want to make and then work on a series of small projects so you can acquire the skills in manageable chunks to get you there. Think of it as a "choose your own adventure" with a personal tour guide.

****You will need to bring your own sewing machine to each class.****

ANNUAL GENERAL MEETING (AGM)

Thursday, January 23, 2025 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



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 at nentwistle.cca@gmail.com

APPLICATIONS

- Applications accepted beginning:
December 13, 2024
- Deadline for all applications:
December 26, 2024

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

Election to be held at the Annual General Meeting on Thursday, January 23, 2025

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

Your go-to expert for all your WEBSITE & GRAPHIC needs

With her wealth of experience and sharp eye for detail, Jennifer can help you bring your online presence to the next level. Whether you are starting from scratch or looking to enhance your current website, she will work closely with you to ensure that your vision is brought to life.



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- Print layout graphic design
- User experience (UX) website optimization
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- Landing page design, Email marketing
- Website maintenance & support
- CMS platforms: WordPress, Wix, Squarespace
- WordPress builders: Elementor, OptimizePress
- E-Commerce: WooCommerce, Shopify, Square

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

Councillor Marty Carr and the CCA Present



BREAKFAST WITH SANTA



SATURDAY
DECEMBER 14, 2024

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 are also accepted.



MOST NEEDED ITEMS

- 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



FIND SOMETHING FOR EVERYONE
ON YOUR HOLIDAY GIFT LIST!



NOVEMBER

17

10AM-3PM



FREE ADMISSION

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

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

