

Canterbury Community Association Presents

# GIGANTIC GARAGE SALE



**SUNDAY**  
April 14, 2024

**OPEN AT**  
10:00 am - 1:00 pm

**LOCATION**  
Canterbury Community Centre



**FRIDAYS**  
5:30 PM - 8:30 PM

**\$25 PER NIGHT**

**KIDS DINNER & A MOVIE**

**NEXT DATES**  
APRIL 5, MAY 3, JULY 24 & AUG 16

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!

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

**Your go-to expert for all your WEBSITE needs**

**Lapbaby designs**  
digital design studio

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.

Reach out to Jennifer today and get ready to see your website shine like never before!  
web@lapbaby.com | [www.lapbaby.com](http://www.lapbaby.com)

Proud designers of the CCA's website and program flyers



CANTERBURY COMMUNITY ASSOCIATION

# FAMILY FUN DAY



**SATURDAY JUNE 22**  
12PM - 4PM

Jim Tubman Chevrolet Rink

MARTY CARR  
Alta Vista Ward 18 | Quarter 18 Alta Vista

**John Fraser**  
Ottawa South | Ottawa-Sud

Urbandale CORPORATION

PAUL MCCUNN  
SALES REPRESENTATIVE  
WWW.PAULMCCUNN.COM

# Art Festival

**May 11, 2024**  
10:00am - 4:00pm

The CCA and Art in the Neighbourhood present the Spring Art Festival

**Art Show and Sale • Kids Craft Food Trucks • Music**




**SPRING & SUMMER 2024 PROGRAM GUIDE**

2185 Arch Street, Ottawa Ontario K1G 2H5  
[www.cca-acc.ca](http://www.cca-acc.ca) | 613-738-8998

CANTERBURY COMMUNITY ASSOCIATION



**Art Show and Sale • Kids Craft Food Trucks • Music**

# PRESCHOOL & KIDS

## CO-OPERATIVE Playgroup

(Children 1-5)

April 2 – June 21, 2024  
TUESDAYS, THURSDAYS or FRIDAYS  
9:30am – 11:30am

Attention all parents, caregivers, and preschoolers! 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!

### 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.



**\$45**

Price per Day  
Room: Hall B

## HOME ALONE COURSE

(Children 9+)

SATURDAY April 6, 2024  
12:00pm – 4:00pm | Multi 4 | KEYANA

**\$55**



## BABYSITTING COURSE

(Children 12-18)

SUNDAY April 7, 2024  
12:00pm – 5:00pm | Multi 4 | KEYANA

**\$85**

## Sunday Fun CCA's KIDS' SPORTS

April 21 – June 16, 2024

ONLY **\$80**

Price per Class / Child

### GET YOUR Kicks (Age 5-10)

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.

#### LEARN TO PLAY SOCCER (Age 5-7)

9:00am – 10:00am | AZIM (Gym)

#### INDOOR SOCCER (Age 7-10)

10:00 am – 11:00am | AZIM (Gym)



### Skillz & Drillz BASKETBALL (Age 8-12)

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.

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

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

### Senior BASKETBALL (Age 11-15)

This class 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.

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

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

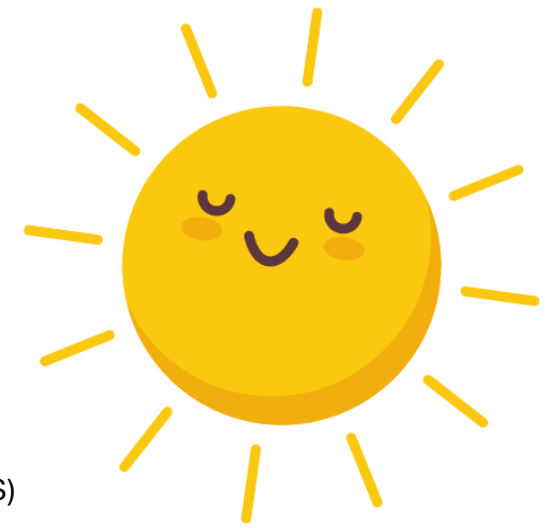
*Please bring a water bottle and proper indoor shoes for playing for the soccer and basketball classes.*

# SUMMER 2024 PROGRAMS

SESSION 1 - Tuesday, July 2 - Monday, July 29, 2024

SESSION 2 - Tuesday, July 30 - Monday, August 26, 2024

All class formats are subject to change based on instructor availability. No drop-ins. A monthly pass allows you to take as many classes as you like throughout the month.



Monthly Pass  
**\$30 +HST**  
Price per session

## FITNESS SCHEDULE (15+ & 50+ YRS)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cardio FIT</b> 9:00am – 10:00am KRISTA (Hall A)	<b>Cardio FIT</b> 9:00am – 10:00am JOANNA (Hall A)	<b>Strength FIT</b> 9:00am – 10:00am KRISTA (Hall A)	<b>Zumba Toning</b> 9:00am – 10:00am JUDY K. (Hall A)	<b>Zumba</b> 9:00am – 10:00am ANDRE / DIANE (Hall A)
<b>Cardio GOLD</b> 10:15am – 11:15am KRISTA (Hall A)	<b>All Stretch (July ONLY)</b> 10:15am – 11:15am YURI (Hall A)	<b>Cardio Dance GOLD</b> 10:15am – 11:15am ANDRE (Hall A)		<b>Strength &amp; Balance GOLD</b> 10:15am – 11:15am ANDRE (Hall A)
<b>Interval FIT Mix</b> 6:00pm – 7:00pm LINDSAY (Gym)	<b>Strength FIT</b> 6:00pm – 7:00pm NIKKI (Gym)	<b>Strength FIT Mix</b> 6:00pm – 7:00pm LINDSAY (Gym)	<b>Step Aerobics</b> 6:00pm – 7:00pm KRISTA (Gym)	



### SIT FITNESS (50+ YRS)

MONDAYS 1:00pm – 2:00pm (Hall A)

July 8 - August 26, 2024 (7 weeks) — **\$44 +HST**

WEDNESDAYS 1:00pm – 2:00pm (Hall A)

July 3 - August 21, 2024 (8 weeks) — **\$50 +HST**

### CARDIO GOLD ZOOM PACKAGE

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

**\$60 +HST**  
Zoom Combo Pass  
BOTH DAYS

### KIDS MUSICAL THEATRE (8-14 YRS)

TUESDAYS & WEDNESDAYS

5:30pm – 7:00pm (Hall B)

July 30 - August 28, 2024

Show: Wednesday, August 28  
6:00pm – 9:00pm

**\$120** — 2 CLASSES A WEEK



### MARTIAL ARTS

JULY 4 — AUGUST 22, 2024

**Youth Karate All Levels (7 to 14 yrs)**

THURSDAYS 6:00pm – 6:45pm (Hall A)

8 week session — **\$70**

**Adult Karate All Levels (15+ yrs)**

THURSDAYS 7:00pm – 7:45pm (Hall A)

8 week session — **\$80 +HST**

**Cardio Kickboxing (15+ yrs)**

THURSDAYS 8:00pm – 8:45pm (Hall A)

8 week session — **\$80 +HST**

### HATHA YOGA (ALL LEVELS) (15+ YRS)

TUESDAYS 6:00pm – 7:00pm (Hall A)

SESSION 1: July 2 - July 23 2024

SESSION 2: July 30 - August 20, 2024

**\$45 +HST / SESSION**



## GROUP FITNESS IN-PERSON CLASSES (15+ YEARS)

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.

**Session Dates: April 2 - June 24, 2024**

All class formats are subject to change based on instructor availability. No drop-ins.

It is recommended that participants check with their doctor before participating in any exercise program.

**\$130**  
Session Pass

**\$70**  
15-class Pass

**\$160**

Cardio Gold ZOOM (Tues & Thurs)  
+ Single Session Spring Pass

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Chair Yoga</b> 9:00am – 10:00am ANDRE (Hall A)	<b>Cardio FIT</b> 9:00am – 10:00am JOANNA (Hall A)	<b>Zumba GOLD</b> 9:00am – 10:00am JUDY K. (Hall A)	<b>Zumba Toning</b> 9:00am – 10:00am JUDY K. (Hall A)	<b>Zumba</b> 9:00am – 10:00am DIANE (Hall A)	<b>FIT Variety</b> 9:15am – 10:15am PRESTON (Gym)
<b>Cardio FIT</b> 9:00am – 10:00am KRISTA (Gym)	<b>Strength and Balance</b> 9:00am – 10:00am YURI (Gym)	<b>Strength FIT</b> 9:00am – 10:00am KRISTA (Gym)	<b>Strength GOLD</b> 9:00am – 10:00am MARY (Gym)	<b>Strength and Balance GOLD</b> 9:00am – 10:00am JUDY B. (Gym)	
<b>Cardio GOLD</b> 10:15am – 11:15am KRISTA (Gym)	<b>Cardio GOLD</b> 10:15am – 11:15am YURI (Gym)	<b>Cardio GOLD</b> 10:15am – 11:15am KRISTA (Gym)	<b>NEW Line Dancing</b> 10:15am – 11:15am JEWEL (Hall A)	<b>Zumba GOLD</b> 10:15am – 11:15am JUDY K. (Hall A)	
<b>Stability Ball Strength and Stretch</b> 11:15am – 12:15am KRISTA (Gym)		<b>Stretch and Balance</b> 11:15am – 12:15am KRISTA (Gym)	<b>All Stretch</b> 10:15am – 11:15am MARY (Gym)	<b>Strength and Balance GOLD</b> 10:15am – 11:15am JUDY B. (Gym)	
<b>Circuit Training</b> 6:00pm – 7:00pm LINDSAY/DIANE (Gym)	<b>Strength FIT</b> 6:00pm – 7:00pm NIKKI (Gym)	<b>Cardio Strength FIT</b> 6:00pm – 7:00pm LINDSAY (Gym)	<b>FIT Variety</b> 6:00pm – 7:00pm NIKKI/LINDSAY (Gym)		



**\$95 +HST**  
ZOOM COMBO Pass  
(Both Days)

### Cardio GOLD ZOOM PACKAGE

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

The package includes Krista's Tuesday & Thursday classes online. These fitness 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.



**\$60**  
For the Session

### SPECIAL NEEDS RECREATION

SATURDAYS | 10:30am – 11:30am | Gym  
April 6 - June 22, 2024

This group fitness class is for adults (15+ yrs) with developmental disabilities. Activities include basic aerobics, circuit-type workouts, core-strength, and balance exercises.

## YOGA & MIND - BODY IN-PERSON CLASSES (15+ YEARS)

We offer a number of classes for all body types and fitness levels. Our yoga, meditation and Tai Chi 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>Hatha Yoga (All Levels)</b> 10:15am – 11:30am KATE (Hall A) \$130 +HST		<b>Gentle Yoga</b> 10:15am – 11:15am SHEBAH (Hall A) \$125 +HST	<b>Absolute Beginner Yoga</b> 5:45pm – 6:45pm FRANCINE (Multi) \$125 +HST	<b>Tai Chi (Beginner)</b> 9:00am – 10:15am EDUARDO (Hall B) \$144 +HST
<b>Pilates (Beginner)</b> 6:00pm – 7:00pm JANICE (Multi 4) \$115 +HST		<b>Yoga &amp; Meditation</b> 6:00pm – 7:15pm MARIANN (Hall B) \$130 +HST	<b>Qigong</b> 5:45pm – 7:00pm NONA (Hall B) \$144 +HST	
<b>Pilates (Inter/Adv)</b> 7:15pm – 8:15pm JANICE (Gym) \$115 +HST		<b>Yoga Flow</b> 7:15pm – 8:30pm KATE (Gym) \$130 +HST	<b>Tai Chi &amp; Qigong</b> 7:00pm – 8:15pm NONA (Hall B) \$144 +HST	



**\$170 +HST**  
SPRING COMBO PASS (Both Days)

**\$92 +HST**  
Per Class for the Session

### SIT FITNESS (50+ YRS)

MONDAYS | 1:00pm – 2:00pm | Hall A  
April 8 – June 24, 2024

WEDNESDAYS | 1:00pm – 2:00pm | Hall A  
April 3 – June 19, 2024

In this chair-based program, you will tone and strengthen using light hand weights, weighted balls, elastics, and body resistance to increase flexibility, improving posture and balance, reducing muscle tension.

THE CENTRE WILL BE CLOSED  
May 18 – 20, 2024

**\$36 +HST**  
For the Session



### BADMINTON (15+ YRS)

WEDNESDAYS | 7:15pm – 9:30pm | Gym  
April 3 - June 19, 2024

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.

⇒ This is NOT a drop-in course.  
⇒ Participants must register for the session.

# ART (15+ YRS)

Art classes offer a wonderful opportunity to explore one's creativity and express oneself whether you are a beginner looking to learn the basics or an experienced artist wanting to hone your skills.

Our skilled instructors can help you unlock your artistic potential and develop your own unique style.



## Instructor Kathy

**\$128 +HST**  
Price per class  
Room: Multi 3

**8 week session**  
APRIL 2 — MAY 23, 2024

**DRAWING FUNDAMENTALS**  
TUESDAYS 9:30am – 11:15am  
THURSDAYS 11:30am – 1:15pm

**WATERCOLOUR PAINTING**  
TUESDAYS 11:30am – 1:15pm  
THURSDAYS 11:30am – 1:15pm

## Instructor Vicky

**\$160 +HST**  
Price per class  
Room: Multi 3

**10 week session**  
APRIL 4 — JUNE 7, 2024

**OIL PAINTING**  
THURSDAYS 6:15pm – 8:00pm

**DRAWING WITH COLOURED PENCILS**  
FRIDAYS 9:00am – 10:45am (Int./Adv.)  
FRIDAYS 11:00am – 12:45pm (Beginner)

# DANCE (15+ YRS)

Instructors Francine & Andre Beaulne

**SALSA & BACHATA DANCING BEGINNER**  
THURSDAYS 5:45pm – 6:45pm

**8 week session**  
APRIL 4 — MAY 23, 2024

**\$100 +HST**  
Room: Multi 2



**8 week session**  
APRIL 21 — JUNE 16, 2024

**BALLROOM BEGINNER**  
SUNDAYS 1:00pm – 2:30pm

**ARGENTINE TANGO INT./ADV.**  
SUNDAYS 2:45pm – 4:15pm

**\$145 +HST**  
Room: Hall A

- ⇒ Registration accepted for couples 15+ years only.
- ⇒ Prices quoted are per person, not per couple, and class



# CCA MARTIAL ART KARATE PROGRAM

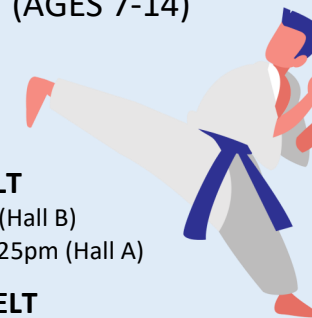
is taught by Richard Ouelette and his team from Inner Hero Martial Arts & Fitness.

**Spring Session:**  
April 4 - June 24, 2024

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

## YOUTH CLASSES (AGES 7-14)

**\$138** per class/person



- **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)

**\$148 +HST** per class/person

- **WHITE TO BROWN BELT — \$148 +HST**  
Mondays 7:00pm – 7:55pm (Hall B)  
and Saturdays 2:30pm – 3:25pm (Hall A)
- **BLACK BELT — \$138 +HST**  
Thursdays 7:00pm – 7:55pm (Hall A)  
and Saturdays 3:30pm – 5:00pm (Hall A)

## CARDIO KICKBOXING (15+ YRS)

**\$128 +HST** per class/person

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

Register for both  
**\$217 +HST**  
Adult Karate &  
Cardio Kickboxing



## Hooks & Needles

GROUP

APRIL 2 — JUNE 18, 2024  
**12 week session**

TUESDAYS  
7:00pm – 9:00pm

Room: Multi 3

**\$36 +HST**  
per person



## Sew Fabulous!

LEARN TO SEW

APRIL 3 — JUNE 19, 2024  
**12 week session**

WEDNESDAYS  
7:00pm – 9:00pm

Instructor: Kristina  
Room: Multi 4

**\$150 +HST**  
per person

