



Fall  
2022

Classes and  
activities for

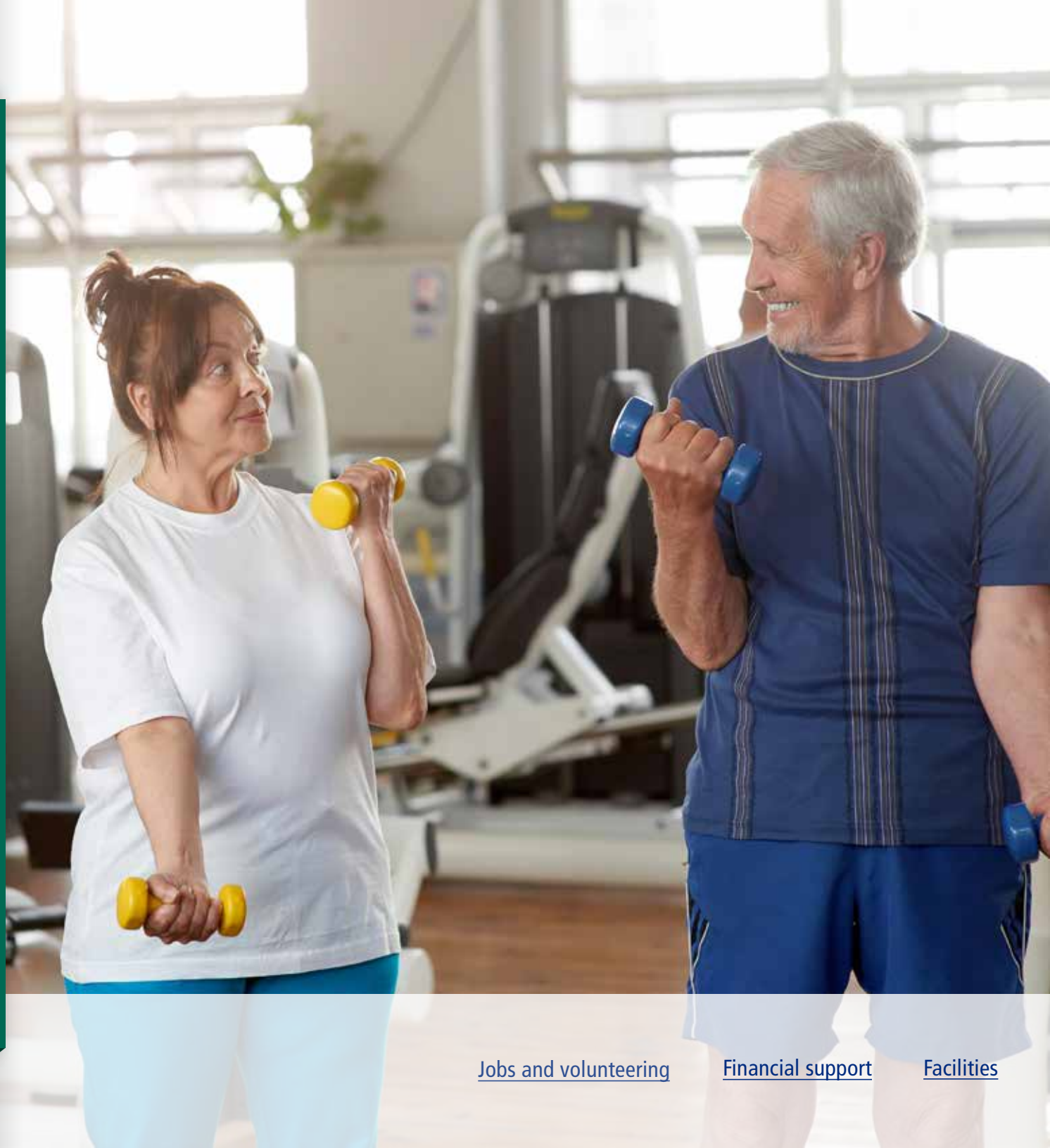
# Older Adults

(50+ years)

## Recreation eGuide

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## New registration system coming soon

Online registration for Winter 2023 programs will look a bit different and have a few improvements. The new system will allow you to browse and filter program offerings, create a wishlist in advance, and improve wait times on registration nights.

### Prepare for a smooth transition:

- Confirm your contact information is up to date by checking your online account or speaking with customer service staff next time you're in the facility.
- Subscribe to the [DiscoverRec e-newsletter](#). You'll receive instructions when it's time to create or access your new account.

# In your neighbourhood

Recreation Programs for adults 50 and over are offered in these City of Ottawa recreation centres, pools, arenas, and community buildings:

Facility	Address	Telephone
Alexander	960 Silver	613-798-8978
Barbara Ann Scott Arena	2250 Torquay	613-828-3118
Beacon Hill North	2130 Radford	613-748-1771
Blackburn Arena	200 Glen Park	613-824-5197
Bob MacQuarrie-Orléans	1490 Youville	613-580-9600
CardelRec (Goulbourn)	1500 Shea	613-580-2424 ext. 20705
Carleton Heights	1665 Apeldoorn	613-226-2208
Carp Memorial Hall	3739 Carp	613-580-2424 ext. 34488
Churchill Seniors Recreation	345 Richmond	613-798-8927
City Wide Sports	100 Constellation	613-580-2854
Dempsey	1895 Russell	613-247-4846
Eva James Memorial	65 Stonehaven	613-580-2442 ext. 29814
Fisher Heights Place	31 Sutton	613-226-2208
Fisher Park	250 Holland	613-798-8945
François Dupuis	2263 Portobello	613-580-8080
Greely	1448 Meadow	613-580-2424 ext. 30235
Greenboro	363 Lorry Greenburg	613-580-2805
Heron Seniors	1480 Heron	613-247-4808 ext. 2
Hintonburg	1064 Wellington	613-798-8874
Hunt Club-Riverside Park	3320 Paul Anka	613-580-2990
Jack Purcell	320 Jack Purcell	613-564-1050
J.A. Dulude Arena	941 Clyde	613-798-1716

Facility	Address	Telephone
Johnny Leroux (Stittsville) Arena	10 Warner-Colpitts	613-580-9677
Kanata Leisure	70 Aird	613-580-9677
Kanata Recreation	100 Charlie Rogers	613-580-2570
Kanata Seniors	2500 Campeau	613-580-2980
Kinburn	3045 Kinburn Side	613-580-2424 ext. 34488
Lansdowne Park	450 Queen Elizabeth	613-580-2429
Manotick	5572 Doctor Leach	613-580-2424 ext. 30235
Metcalf	2785 Eighth Line	613-580-2424 ext. 30235
Minto-Barrhaven	3500 Cambrian	613-727-2683
Nepean Creative Arts	35 Stafford	613-596-5783
Nepean Sportsplex	1701 Woodroffe	613-580-2828
Nepean Seniors Recreation	1701 Woodroffe, entrance #3	613-580-2828 option 2
Overbrook	33 Quill	613-742-5147
Osgoode	5660 Osgoode Main	613-580-2424 ext. 30235
Pat Clark	4355 Halmont	613-748-1771
Pinecrest	2250 Torquay	613-580-9676
Plant	930 Somerset West	613-232-3000
Queenswood Heights	1485 Duford	613-580-4765
Ray Friel	1585 Tenth Line	613-580-4765
Richelieu-Vanier	300 Des Pères-Blancs	613-560-6030
Richcraft-Kanata	4101 Innovation	613-580-9696

# In your neighbourhood

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Facility	Address	Telephone
Richmond	6095 Perth	613-831-1169 ext. 256
Rideauview	4310 Shoreline	613-822-7887
Rockliffe Park	380 Springfield	613-842-8578
Ron Kilbus Lakeside	102 Greenview	613-828-4313
Routier	172 Guigues	613-244-4470
Sandy Hill	250 Somerset East	613-564-1062
St-Laurent Complex	525 Côté	613-742-6767
Terry Fox Athletic	2960 Riverside	613-247-4883
W. Erskine Johnston Arena	3832 Carp	613-839-3000
West Carleton	5670 Carp	613-580-2424 ext. 34488
Vernon	7950 Lawrence	613-580-2424 ext. 30235

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

## Dance

### Line Dancing – Level 1

Learn a variety of line dances. No experience necessary. Dance for fun and get exercise as a bonus!

#### Carleton Heights – 613-226-2208

50+ years	Wed.	2:20-3:20 pm
Oct 12-Dec 7	\$114.25	<a href="#">1631765</a>

#### Churchill Seniors – 613-798-8927

50+ years	Tue.	noon-1 pm
Sep 6-Oct 25	\$101.75	<a href="#">1630336</a>
Nov 1-Dec 13	\$89	<a href="#">1630337</a>

#### John G. Mlacak – 613-580-2980

50-65 years	Tue.	9:30-10:30 am
Sep 20-Dec 6	\$152.50	<a href="#">1627834</a>

### Line Dancing – Level 2

Prerequisite: Level 1

#### Churchill Seniors – 613-798-8927

50+ years	Tue.	1:15-2:15 pm
Sep 6-Oct 25	\$101.75	<a href="#">1630346</a>
Nov 1-Dec 13	\$89	<a href="#">1630347</a>

#### John G. Mlacak – 613-580-2980

50+ years	Fri.	1:30-2:30 pm
Sep 23-Dec 9	\$152.50	<a href="#">1627839</a>

### Line Dancing – Level 3

Prerequisite: Level 2

#### John G. Mlacak – 613-580-2980

50+ years	Wed.	1:30-2:30 pm
Sep 21-Dec 7	\$152.50	<a href="#">1627844</a>

### Tap Dance – Level 1

Basics of tap dance through enjoyable dance combinations and simple choreography. Emphasis on rhythm and clarity of step. Keep on tapping!

#### Hunt Club-Riverside – 613-580-2990

50+ years	Tue.	10:30-11:30 am
Sep 13-Dec 13	\$177.75	<a href="#">1630712</a>

#### Nepean Creative Arts – 613-596-5783

50+ years	Thu.	noon-1 pm
Sep 8-Dec 8	\$177.75	<a href="#">1631822</a>
50+ years	Thu.	2-3 pm
Sep 8-Dec 8	\$177.75	<a href="#">1631826</a>

### Tap Dance – Level 2

Learn more difficult steps, combined into intricate yet easy-to-follow choreography.

#### Nepean Creative Arts – 613-596-5783

50+ years	Tue.	2-3 pm
Sep 13-Dec 13	\$177.75	<a href="#">1631833</a>
50+ years	Thu.	1-2 pm
Sep 8-Dec 8	\$177.75	<a href="#">1631830</a>

### Tap Dance Performance Group

Experienced tapper itching to show your stuff? Join singers in daytime performances to senior groups around town.

#### Nepean Creative Arts – 613-596-5783

50+ years	Tue.	1-2 pm
Sep 6-Dec 6	\$177.75	<a href="#">1631840</a>

## Performing arts

### Singing Performance Group

Like to sing for an appreciative audience? Learn songs from words and recorded music and perform with tap dancers. Performances are daytime, weekdays.

#### Nepean Creative Arts – 613-596-5783

50+ years	Tue.	noon-1 pm
Sep 6-Dec 6	\$177.75	<a href="#">1631838</a>

### Play Reading

Explore the world of theatre through readings and discussions.

#### Heron – 613-247-4808

50+ years	Fri.	10-11:15 am
Sep 16-Dec 2	\$190.50	<a href="#">1633038</a>

## Visual arts

### Figurative and Portrait

Using a variety of media, work from models, self-portraits and photographs. Introductory and advanced drawing techniques and styles are touched on. Individual instruction given to enhance and further develop skills.

#### Heron – 613-247-4808

50+ years	Wed.	9-11:45 am
Sep 7-Oct 12	\$209.50	<a href="#">1631538</a>
Oct 26-Nov 30	\$209.50	<a href="#">1631540</a>

### Drawing – Level 1

Learn simple tips that make a big difference in the way you draw. Observational skills are built while studying perspective, values, understanding mass, line, contour drawing, shading and more. Suitable for beginners and intermediates. Pencil and minimal colour medium.

#### Heron – 613-247-4808

50+ years	Thu.	9-11:45 am
Sep 8-Oct 13	\$166.75	<a href="#">1631542</a>
Oct 27-Dec 1	\$166.75	<a href="#">1631543</a>

#### Hunt Club-Riverside – 613-580-2990

50+ years	Mon.	noon-2 pm
Sep 12-Oct 31	\$177.75	<a href="#">1630761</a>
Nov 7-Dec 12	\$152.50	<a href="#">1630764</a>

# Arts

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## Acrylics – Level 1

Learn all the basic techniques and materials of acrylic painting. Various subjects include, equipment, perspective, colour theory, colour mixing, applications and composition. Individual instruction is available to help develop your skills.

### St-Laurent Complex – 613-742-6767

50+ years	Tue.	1:30-3 pm
Oct 18-Dec 6	\$152.50	<a href="#">1626367</a>

## Oil and Acrylics – Level 2

Choose your own adventure in advanced oils and acrylics. Explore complex techniques including working with perspective, colour mixing and brushstrokes. Try your personalized style using your own subject matter.

### Jack Purcell – 613-564-1050

50+ years	Mon.	9 am-noon
Sep 26-Nov 14	\$304.75	<a href="#">1630938</a>

## Watercolours – Level 1

Watercolour is a soft and beautiful form of expression. Through exercise and demonstrations, learn to create a colour wheel and apply washes to paper while exploring realism, abstraction and non-representation.

### Heron – 613-247-4808

50+ years	Thu.	1-3:45 pm
Sep 8-Oct 13	\$166.75	<a href="#">1631551</a>
Oct 27-Dec 1	\$166.75	<a href="#">1631552</a>

### Rideauview – 613-822-7887

50+ years	Wed.	9:30-11:30 am
Oct 19-Nov 23	\$152.50	<a href="#">1629568</a>

### St-Laurent Complex – 613-742-6767

50+ years	Wed.	1:30-3 pm
Oct 19-Dec 7	\$152.50	<a href="#">1626395</a>

## Watercolours – Level 2

Really challenge yourself! Push the limits of watercolour techniques, colour theory and the element of painting. One-on-one attention will be tailored to each student.

### Heron – 613-247-4808

50+ years	Tue.	9-11:45 am
Sep 6-Oct 11	\$209.50	<a href="#">1631561</a>
Oct 25-Nov 29	\$209.50	<a href="#">1631562</a>

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## Balance and Stability

Designed to improve balance and stability with a focus on falls prevention and improved mobility.



### Carleton Heights – 613-226-2208

50+ years	Wed.	1:15-2:15 pm
Sep 14-Oct 26	\$78	<a href="#">1631677</a>
Nov 2-Dec 14	\$78	<a href="#">1631678</a>

### Johnny Leroux Arena – 613-580-2424

50+ years	Tue.	9:50-10:50 am
Sep 20-Oct 25	\$67	<a href="#">1629531</a>
Nov 1-Dec 6	\$67	<a href="#">1629532</a>
50+ years	Thu.	9:50-10:50 am
Sep 22-Oct 27	\$67	<a href="#">1629536</a>
Nov 3-Dec 8	\$67	<a href="#">1629539</a>

## Barre Fitness

Combining ballet barre exercises, with strength training, core conditioning and muscular endurance mat work to develop a sculpted physique. Dance experience not required!

### Churchill Seniors – 613-798-8927

50+ years	Mon.	9-10 am
Sep 12-Oct 24	\$67	<a href="#">1629709</a>
Oct 31-Dec 12	\$78	<a href="#">1629710</a>

## Cardio and Strength

Combination of no bounce moves done to up-beat music. Finish with resistance training.

### Carleton Heights – 613-226-2208

50+ years	Tue.	9-10 am
Sep 13-Oct 25	\$78	<a href="#">1631620</a>
Nov 1-Dec 13	\$78	<a href="#">1631621</a>

### Churchill Seniors – 613-798-8927

50+ years	Wed.	9-10 am
Sep 7-Oct 26	\$89.25	<a href="#">1630331</a>
Nov 2-Dec 14	\$78	<a href="#">1630332</a>

### Eva James – 613-580-2442

50+ years	Fri.	9-10 am
Oct 21-Dec 16	\$100.25	<a href="#">1630996</a>

### Manotick – 613-580-2424 ext. 30235

50+ years	Tue.	9-10 am
Oct 11-Nov 29	\$89.25	<a href="#">1631926</a>
50+ years	Thu.	9-10 am
Oct 13-Dec 1	\$89.25	<a href="#">1631931</a>

### McNabb – 613-564-1070

50 years+	Tue.	10-11 am
Sep 6-Dec 13	\$167.25	<a href="#">1631153</a>

### Pat Clark – 613-748-1771

50+ years	Mon.	6-7 pm
Sep 19-Dec 5	\$122.50	<a href="#">1627161</a>
50+ years	Wed.	6-7 pm
Sep 21-Nov 30	\$122.50	<a href="#">1627162</a>

### Richmond – 613-580-2424

50+ years	Mon.	12:45-1:45 pm
Sep 26-Nov 14	\$67	<a href="#">1629579</a>
Nov 21-Dec 12	\$44.75	<a href="#">1629583</a>
50+ years	Wed.	12:45-1:45 pm
Sep 28-Nov 2	\$67	<a href="#">1629587</a>
Nov 9-Dec 14	\$67	<a href="#">1629590</a>



## Cardio

A choreographed cardio class with controlled impact. Intensity level options offered.

### Hintonburg – 613-798-8874

50+ years	Mon.	noon-1 pm
Sep 19-Dec 12	\$133.75	<a href="#">1631591</a>

### John G. Mlacak – 613-580-2980

50+ years	Mon.	9-10 am
Sep 19-Dec 12	\$133.75	<a href="#">1627769</a>
50+ years	Wed.	9-10 am
Sep 21-Dec 7	\$133.75	<a href="#">1627770</a>
50+ years	Fri.	9-10 am
Sep 23-Dec 9	\$133.75	<a href="#">1627771</a>

## Chair Exercise

Full body workout using a chair for support.

### Carleton Heights – 613-226-2208

50+ years	Mon.	1:15-2:15 pm
Sep 12-Oct 31	\$67	<a href="#">1631595</a>
Nov 7-Dec 12	\$67	<a href="#">1631596</a>

### Eva James – 613-580-2442

50+ years	Wed.	1-2 pm
Sep 28-Dec 14	\$133.75	<a href="#">1629410</a>

### Heron – 613-247-4808

50+ years	Mon.	10:30-11:30 am
Sep 12-Nov 28	\$122.50	<a href="#">1632487</a>
50+ years	Wed.	10:30-11:30 am
Sep 14-Nov 30	\$133.75	<a href="#">1631091</a>

### John G. Mlacak – 613-580-2980

50+ years	Tue.	10-11 am
Sep 20-Dec 6	\$133.75	<a href="#">1627794</a>
50+ years	Wed.	10:15-11:15 am
Sep 21-Dec 7	\$133.75	<a href="#">1627795</a>

### Nepean Sportsplex – 613-580-2828

50+ years	Mon.	9-10 am
Sep 19-Dec 12	\$133.75	<a href="#">1632736</a>
50+ years	Wed.	9-10 am
Sep 21-Dec 14	\$145	<a href="#">1632744</a>



# Fitness

## Overbrook – 613-742-5147

50+ years	Wed.	10:30-11:30 am
Sep 7-Oct 26	\$89.25	<a href="#">1630927</a>
Nov 2-Dec 14	\$78	<a href="#">1630932</a>

## Pinecrest – 613-580-9676

50+ years	Tue.	9:15-10:15 am
Oct 11-Dec 13	\$111.50	<a href="#">1633845</a>

## Rockcliffe Park – 613-842-8578

50+ years	Wed.	10:30-11:30 am
Sep 14-Dec 14	\$156	<a href="#">1632897</a>

## Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture, and upper body strength through the use of Nordic poles. All fitness levels welcome.

## Jack Purcell – 613-564-1050

50+ years	Tue.	10:45-11:45 am
Sep 20-Oct 25	\$67	<a href="#">1630888</a>

## Pilates

Develop the foundational movements of Pilates where pelvic, hip, lumbar, spine, rib and shoulder stability are improved along with enhancing muscular endurance.

## Churchill Seniors – 613-798-8927

50+ years	Thu.	9-10 am
Sep 8-Oct 27	\$89.25	<a href="#">1630582</a>
Nov 3-Dec 15	\$78	<a href="#">1630583</a>

## Heron – 613-247-4808

50+ years	Wed.	1-2 pm
Sep 14-Nov 30	\$133.75	<a href="#">1631169</a>

## Hunt Club-Riverside – 613-580-2990

50+ years	Fri.	9-10 am
Sep 16-Dec 16	\$145	<a href="#">1630408</a>
50+ years	Fri.	10:15-11:15 am
Sep 16-Dec 16	\$145	<a href="#">1630411</a>

## South Fallingbrook – 613-824-0633

50+ years	Thu.	10-11 am
Sep 15-Dec 8	\$145	<a href="#">1627746</a>

## Pilates with Props

Progress your Pilates foundational movements with added props.

## Heron – 613-247-4808

50+ years	Mon.	2-3 pm
Sep 12-Nov 28	\$122.50	<a href="#">1631175</a>

## Strength and Balance – Lite

Want to stay mobile and strong enough to prevent falls? Learn how to improve your balance and strengthen your body, including your core, with exercise and easy-to-use resistance equipment. Build your independence along with stronger muscles and bones.

## Churchill Seniors – 613-798-8927

50+ years	Mon.	10:30-11:30 am
Sep 12-Oct 24	\$67	<a href="#">1629788</a>
Oct 31-Dec 12	\$78	<a href="#">1629790</a>
50+ years	Thu.	11:45 am-12:45 pm
Sep 8-Oct 27	\$89.25	<a href="#">1629789</a>
Nov 3-Dec 15	\$78	<a href="#">1629791</a>

## Huntley Mess Hall – 613-580-9696

50+ years	Tue.	12:15-1:15 pm
Sep 13-Oct 25	\$78	<a href="#">1631490</a>
Nov 1-Dec 13	\$78	<a href="#">1631494</a>
50+ years	Thu.	12:15-1:15 pm
Sep 15-Oct 27	\$78	<a href="#">1631492</a>
Nov 3-Dec 15	\$78	<a href="#">1631495</a>

## John G. Mlacak – 613-580-2980

50+ years	Mon.	10:15-11:15 am
Sep 19-Dec 12	\$133.75	<a href="#">1627783</a>
50+ years	Fri.	10:15-11:15 am
Sep 23-Dec 9	\$133.75	<a href="#">1627784</a>

## West Carleton – 613-580-9696

50+ years	Tue.	9:15-10:15 am
Sep 13-Oct 25	\$78	<a href="#">1631497</a>
Nov 1-Dec 13	\$78	<a href="#">1631499</a>
50+ years	Thu.	9:15-10:15 am
Sep 15-Oct 27	\$78	<a href="#">1631498</a>
Nov 3-Dec 15	\$78	<a href="#">1631500</a>

## Strength Training

Increase energy and gain confidence using weight and cardio machines. Learn proper techniques in this social setting.

## Hintonburg – 613-798-8874

50+ years	Fri.	noon-1 pm
Sep 23-Dec 16	\$145	<a href="#">1631609</a>

## Nepean Sportsplex – 613-580-2828

50+ years	Mon.	10-11 am
Sep 19-Dec 12	\$133.75	<a href="#">1632078</a>

## Pinecrest – 613-580-9676

50+ years	Mon.	1:30-2:30 pm
Oct 17-Nov 7	\$44.75	<a href="#">1633838</a>
Nov 21-Dec 12	\$44.75	<a href="#">1633839</a>
50+ years	Thu.	9:15-10:15 am
Oct 20-Nov 10	\$44.75	<a href="#">1633841</a>
Nov 24-Dec 15	\$44.75	<a href="#">1633842</a>

## Plant – 613-232-3000

50+ years	Tue.	9-10 am
Sep 13-Dec 6	\$145	<a href="#">1629275</a>
50+ years	Thu.	9-10 am
Sep 15-Dec 8	\$145	<a href="#">1631110</a>

## Stretch and Strength

All-over body conditioning combined with stretching and flexibility segments. Older adults will increase strength and range of motion of major muscle groups to prevent falls.

## Hintonburg – 613-798-8874

50+ years	Wed.	noon-1 pm
Sep 21-Dec 14	\$145	<a href="#">1631597</a>

## Jack Purcell – 613-564-1050

50+ years	Tue.	9:30-10:30 am
Sep 20-Dec 6	\$133.75	<a href="#">1630866</a>
50+ years	Thu.	9:30-10:30 am
Sep 22-Dec 8	\$133.75	<a href="#">1630869</a>
50+ years	Fri.	9:30-10:30 am
Sep 23-Dec 9	\$122.50	<a href="#">1630874</a>

## Overbrook – 613-742-5147

50+ years	Mon.	10:30-11:30 am
Sep 12-Oct 31	\$67	<a href="#">1630894</a>
Nov 7-Dec 12	\$67	<a href="#">1630898</a>



# Fitness

## Stretch and Strength-Lite

Combine strength training movements with flexibility to improve muscular strength and mobility. A focus on falls prevention is included.

### Kanata Recreation – 613-580-2570

50+ years	Tue.	10-10:50 am
Sep 27-Nov 29	\$93	<a href="#">1627514</a>
50+ years	Thu.	10-10:50 am
Sep 29-Dec 1	\$93	<a href="#">1627517</a>



## Stretch and Strength

Combine strength training movements with flexibility to improve muscular strength and mobility.

### Bob MacQuarrie-Orléans – 613-580-9600

50+ years	Fri.	10-11 am
Sep 16-Dec 16	\$133.75	<a href="#">1631976</a>

### Carleton Heights – 613-226-2208

50+ years	Fri.	10-11 am
Sep 16-Oct 28	\$67	<a href="#">1631684</a>
Nov 4-Dec 16	\$78	<a href="#">1631686</a>

### François Dupuis – 613-580-8080

50+ years	Wed.	2:15-3:15 pm
Sep 21-Dec 14	\$145	<a href="#">1632671</a>

### Hunt Club-Riverside – 613-580-2990

50+ years	Tue.	10:30-11:30 am
Sep 13-Dec 13	\$156	<a href="#">1630368</a>
50+ years	Fri.	10:30-11:30 am
Sep 16-Dec 9	\$145	<a href="#">1630373</a>

### Johnny Leroux Arena – 613-580-2424

50+ years	Mon.	10:30-11:30 am
Sep 19-Nov 7	\$67	<a href="#">1629291</a>
Nov 14-Dec 12	\$55.75	<a href="#">1629521</a>



## Tai Chi Chair

Gentle, peaceful way to tone and strengthen your body, improving concentration, coordination and balance. Slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing and soft-soled shoes.

### Nepean Sportsplex – 613-580-2828

50+ years	Tue.	11:30 am-12:30 pm
Sep 20-Dec 13	\$145	<a href="#">1633124</a>

## Tai Chi

Gentle, peaceful way to tone and strengthen your body, improving concentration, coordination and balance. Slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing and soft-soled shoes.

### Hunt Club-Riverside – 613-580-2990

50+ years	Thu.	9:15-10:15 am
Sep 15-Dec 15	\$156	<a href="#">1630491</a>

### Jack Purcell – 613-564-1050

50+ years	Wed.	10-11 am
Sep 21-Dec 7	\$133.75	<a href="#">1630899</a>

### John G. Mlacak – 613-580-2980

50+ years	Mon.	11:15 am-12:15 pm
Sep 19-Dec 12	\$122.50	<a href="#">1627824</a>

50+ years	Mon.	1:30-2:30 pm
Sep 19-Dec 12	\$133.75	<a href="#">1627826</a>

### Pinecrest – 613-580-9676

50+ years	Wed.	1:30-2:30 pm
Oct 12-Dec 14	\$111.50	<a href="#">1633847</a>

### Sandy Hill – 613-564-1062

50 years+	Fri.	11 am-noon
Sep 16-Dec 16	\$133.75	<a href="#">1632191</a>



## Tai Chi – Level 2

Gentle, peaceful way to tone and strengthen your body, improving concentration, coordination and balance. Slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing and soft-soled shoes.

### Hunt Club-Riverside – 613-580-2990

50+ years	Thu.	10:15-11:15 am
Sep 15-Dec 15	\$156	<a href="#">1630518</a>

### Jack Purcell – 613-564-1050

50+ years	Wed.	9-10 am
Sep 21-Dec 7	\$133.75	<a href="#">1630911</a>

### John G. Mlacak – 613-580-2980

50+ years	Mon.	12:20-1:20 pm
Sep 19-Dec 12	\$133.75	<a href="#">1627828</a>

### Nepean Sportsplex – 613-580-2828

50+ years	Tue.	10:15-11:15 am
Sep 20-Dec 13	\$145	<a href="#">1633135</a>



## TMC

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as stability balls, resistance tubes, and hand weights.

### Eva James – 613-580-2442

50+ years	Mon.	10-11 am
Sep 26-Dec 12	\$111.50	<a href="#">1634382</a>

### Heron – 613-247-4808

50+ years	Tue.	9-10 am
Sep 6-Dec 13	\$167.25	<a href="#">1631188</a>

50+ years	Thu.	9-10 am
Sep 8-Dec 15	\$167.25	<a href="#">1631191</a>

### Johnny Leroux Arena – 613-580-2424

50+ years	Tue.	8:45-9:45 am
Sep 20-Oct 25	\$67	<a href="#">1629281</a>

Nov 1-Dec 6	\$67	<a href="#">1629514</a>
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50+ years	Thu.	8:45-9:45 am
Sep 22-Oct 27	\$67	<a href="#">1629516</a>
Nov 3-Dec 8	\$67	<a href="#">1629519</a>

# Fitness

## Rockcliffe Park – 613-842-8578

50+ years	Tue.	9-10 am
Sep 13-Dec 13	\$156	<a href="#">1632876</a>
50+ years	Tue.	10:15-11:15 am
Sep 13-Dec 13	\$156	<a href="#">1632886</a>
50+ years	Wed.	9-10 am
Sep 14-Dec 14	\$156	<a href="#">1632889</a>
50+ years	Thu.	9-10 am
Sep 15-Dec 15	\$156	<a href="#">1632893</a>

## West Carleton – 613-580-9696

50+ years	Tue.	10:30-11:30 am
Sep 13-Oct 25	\$78	<a href="#">1631503</a>
Nov 1-Dec 13	\$78	<a href="#">1631505</a>
50+ years	Thu.	10:30-11:30 am
Sep 15-Oct 27	\$78	<a href="#">1631504</a>
Nov 3-Dec 15	\$78	<a href="#">1631506</a>

## Total Fitness

Low Ratio Instruction in a group setting using Senior Friendly Fitness Equipment.

### Churchill Seniors – 613-798-8927

50+ years	Mon.	11 am-noon
Sep 12-Oct 24	\$67	<a href="#">1630291</a>
Oct 31-Dec 12	\$78	<a href="#">1630294</a>
50+ years	Wed.	11 am-noon
Sep 7-Oct 26	\$89.25	<a href="#">1630292</a>
Nov 2-Dec 14	\$78	<a href="#">1630309</a>
50+ years	Fri.	11 am-noon
Sep 9-Oct 28	\$78	<a href="#">1630293</a>
Nov 4-Dec 16	\$78	<a href="#">1630325</a>

## Walking Club

Join our friendly walking group for low-impact exercise. Good for your bones, tones your body and improves your overall fitness. Walking may take place indoors or out.

### South Fallingbrook – 613-824-0633

50+ years	Fri.	9-10 am
Sep 16-Dec 9	\$2.75	<a href="#">1627752</a>

## Yoga Chair

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

### François Dupuis – 613-580-8080

50+ years	Tue.	2:15-3:15 pm
Sep 20-Dec 13	\$145	<a href="#">1632660</a>

### Heron Community Centre – 613-247-4808

50+ years	Mon.	11 am-noon
Sep 12-Dec 5	\$133.75	<a href="#">1635871</a>
50+ years	Wed.	11 am-noon
Sep 14-Nov 30	\$133.75	<a href="#">1635872</a>

### John G. Mlacak – 613-580-2980

50+ years	Thu.	10-11 am
Sep 22-Dec 8	\$133.75	<a href="#">1628014</a>

### Overbrook – 613-742-5147

50+ years	Wed.	9:30-10:30 am
Sep 7-Oct 26	\$89.25	<a href="#">1630917</a>
Nov 2-Dec 14	\$78	<a href="#">1630920</a>

## Yoga

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

### Bob MacQuarrie-Orléans – 613-580-9600

50+ years	Mon.	1-2 pm
Oct 17-Dec 12	\$100.25	<a href="#">1631868</a>
50+ years	Thu.	1-2 pm
Oct 20-Dec 15	\$100.25	<a href="#">1631875</a>

### Heron – 613-247-4808

50+ years	Tue.	10:15-11:15 am
Sep 13-Nov 29	\$133.75	<a href="#">1631417</a>
50+ years	Thu.	1-2 pm
Sep 15-Dec 1	\$133.75	<a href="#">1631413</a>

### Hunt Club-Riverside – 613-580-2990

50+ years	Tue.	1-2 pm
Sep 20-Dec 13	\$145	<a href="#">1630456</a>

### Jack Purcell – 613-564-1050

50+ years	Wed.	10-11 am
Sep 21-Dec 7	\$133.75	<a href="#">1630765</a>



50+ years	Fri.	10-11 am
Sep 23-Dec 9	\$122.50	<a href="#">1630788</a>

### Rideauview – 613-822-7887

50+ years	Mon.	10:15-11:15 am
Sep 26-Nov 21	\$89.25	<a href="#">1629597</a>

### Ron Kolbus Lakeside – 613-828-4313

50+ years	Tue.	1:30-2:30 pm
Sep 13-Dec 6	\$145	<a href="#">1632388</a>
50+ years	Thu.	1:30-2:30 pm
Sep 15-Dec 15	\$156	<a href="#">1632391</a>

### South Fallingbrook – 613-824-0633

50+ years	Mon.	11 am-noon
Sep 12-Dec 5	\$133.75	<a href="#">1627725</a>

## Yoga

Hatha Yoga's combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

### Churchill Seniors – 613-798-8927

50+ years	Tue.	9-10 am
Sep 6-Oct 25	\$89.25	<a href="#">1629855</a>
Nov 1-Dec 13	\$78	<a href="#">1629857</a>
50+ years	Fri.	9-10 am
Sep 9-Oct 28	\$78	<a href="#">1629856</a>
Nov 4-Dec 16	\$78	<a href="#">1629858</a>

### François Dupuis – 613-580-8080

50+ years	Thu.	10-11 am
Sep 22-Dec 15	\$145	<a href="#">1632726</a>

### John G. Mlacak – 613-580-2980

50+ years	Mon.	10-11 am
Sep 19-Dec 12	\$122.50	<a href="#">1627812</a>

### Overbrook – 613-742-5147

50+ years	Mon.	9:30-10:30 am
Sep 12-Oct 31	\$67	<a href="#">1630862</a>
Nov 7-Dec 12	\$67	<a href="#">1630868</a>

### Plant – 613-232-3000

50+ years	Wed.	9-10 am
Sep 14-Dec 7	\$145	<a href="#">1631007</a>



# Fitness

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## Zumba Gold®

Modified moves and pacing to suit the needs of the active older adult, or those just starting a journey to a fit and healthy life. Zesty Latin music, salsa, merengue, cumbia and reggaeton, with easy-to-follow moves, in a invigorating, party atmosphere.

### Churchill Seniors – 613-798-8927

50+ years	Tue.	10:30-11:30 am
Sep 6-Oct 25	\$89.25	<a href="#">1629892</a>
Nov 1-Dec 13	\$78	<a href="#">1629894</a>
50+ years	Thu.	10:30-11:30 am
Sep 8-Oct 27	\$89.25	<a href="#">1629893</a>
Nov 3-Dec 15	\$78	<a href="#">1629895</a>

### Eva James – 613-580-2442

50+ years	Tue.	1:30-2:30 pm
Sep 27-Dec 13	\$133.75	<a href="#">1629406</a>

### John G. Mlacak – 613-580-2980

50+ years	Thu.	11:15 am-12:15 pm
Sep 22-Dec 8	\$133.75	<a href="#">1628016</a>

### Nepean Sportsplex – 613-580-2828

50+ years	Tue.	noon-1 pm
Sep 20-Dec 13	\$145	<a href="#">1632118</a>

### Plant – 613-232-3000

50+ years	Mon.	11 am-noon
Sep 12-Dec 5	\$133.75	<a href="#">1628739</a>
50+ years	Wed.	11 am-noon
Sep 14-Dec 7	\$145	<a href="#">1631013</a>

### South Fallingbrook – 613-824-0633

50+ years	Tue.	10-11 am
Sep 13-Dec 6	\$145	<a href="#">1627744</a>

## Pickleball

Pickleball is a combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Designed to teach the skills and rules of pickleball in a fun and friendly environment.

### François Dupuis – 613-580-8080

50+ years	Tue.	8:40-9:40 am
Sep 13-Dec 13	\$125	<a href="#">1632638</a>
50+ years	Thu.	1:20-2:20 pm
Sep 22-Dec 15	\$125	<a href="#">1632641</a>

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

**Terry Fox Athletic Facility – 613-247-4883**  
or [terryfoxathletic@ottawa.ca](mailto:terryfoxathletic@ottawa.ca)

The Active Living Club promotes outdoor activities in a group setting for older adults aged 50+. Activities include cycling, hiking in spring, summer and fall. In the winter, we offer snowshoeing and cross-country skiing. Our leaders guide you all over the Ottawa and Gatineau area to enjoy the trails, pathways, and landscape our region has to offer.

Please note, this program is not an instructional program and participants must provide their own transportation to the starting locations. Schedules are e-mailed to the participants after registration.

**Active Living Club annual membership**  
Membership has its privileges!

Access to all seasonal activities, including Spring/Summer/Fall/Winter activities within a one-year cycle for just: \$168.25 or \$151.50 (65+). Register at City of Ottawa Recreation facilities!

## Multi-Sport – Try It ALC

Free trial memberships! Join the Active Living Club for a week at no cost.

**Terry Fox – 613-247-4883**

50+ years	Mon., Wed., Fri.	10 am-1 pm
Sep 12-16	N/A	<a href="#">1629934</a>
50+ years	Tue., Thu.	10 am-1 pm
Sep 13-15	N/A	<a href="#">1629969</a>

## Cycling – ALC

City wide cycling excursions lead by experienced leaders consisting of Tuesday level 3 and Thursday level 1 or 2 rides.

**Terry Fox – 613-247-4883**

50+ years	Tue., Thu.	10 am-1 pm
Sep 13-Oct 20	\$53.50	<a href="#">1629822</a>

## Hiking ALC

Hiking excursions on various trails throughout the City of Ottawa and Gatineau Park consisting of Monday level 2, Wednesday level 1, and Friday level 3 hikes.

**Terry Fox – 613-247-4883**

50+ years	Mon., Wed., Fri.	10 am-1 pm
Sep 12-Oct 28	\$71	<a href="#">1629867</a>
Sep 12-Dec 16	\$107	<a href="#">1629883</a>

## Hockey – Game Play

Un-officiated, non-contact, recreational pick-up hockey monitored by City of Ottawa staff. Full hockey equipment is mandatory including CSA-approved helmet, full face mask and shoulder pads

**Ray Friel – 613-580-4765**

50+ years	Mon.	10-11:20 am
Sep 19-Dec 12	\$138.50	<a href="#">1633873</a>
50+ years	Wed.	10-11:20 am
Sep 21-Dec 14	\$138.50	<a href="#">1633874</a>

## Pickleball – Gameplay

Pickleball is a combination of ping-pong, tennis, and badminton. Enjoyable for all ages, pickleball can be played on any hard surface using wood paddle racquets and a plastic baseball with holes. Emphasis is on active participation at a recreational level.

**Fallingbrook School – 613-824-0633**

50+ years	Sun.	10:30 am-noon
Sep 18-Dec 11	\$92.75	<a href="#">1627759</a>

## Table Tennis

Improve your reflexes and speed up your thinking playing table tennis. Develop your skills and a better understanding of the sport as you play the game.

**Canterbury – 613-247-4865**

65+ years	Fri.	6:15-7:15 pm
Sep 23-Dec 16	\$96.25	<a href="#">1634356</a>

**Johnny Leroux Arena – 613-580-2424**

50+ years	Tue., Thu.	12:15-1:15 pm
Sep 27-Dec 1	\$160.25	<a href="#">1629559</a>

# General interest

## KSC Special Events

Senior Special Events

### John G. Mlacak – 613-580-2980

50+ years	Thu.	11 am-2 pm
Dec 15	\$22	<a href="#">1629230</a>
50+ years	Thu.	noon-3 pm
Oct 20	\$20	<a href="#">1629227</a>

## Bridge – Level 1

For the beginner bridge player or for the person who needs a refresher.

### Carleton Heights – 613-226-2208

50+ years	Tue.	10 am-noon
Sep 13-Oct 25	\$137	<a href="#">1631631</a>
Nov 1-Dec 13	\$137	<a href="#">1631634</a>

### Churchill Seniors – 613-798-8927

50+ years	Mon.	10 am-noon
Sep 12-Nov 7	\$156.50	<a href="#">1629829</a>

## Bridge – Level 3

Continue to learn the common conventions of Bridge and improve your game. This level is intended for those who have completed the level 1 and level 2 courses.

### Churchill Seniors – 613-798-8927

50+ years	Fri.	10 am-noon
Sep 16-Nov 11	\$156.50	<a href="#">1630415</a>

## KSC Learning Series

Benefit from informative and dynamic speakers ranging in topics from history to health.

### John G. Mlacak – 613-580-2980

50+ years	Thu.	1-3 pm
Sep 29	N/A	<a href="#">1628950</a>
Oct 27	N/A	<a href="#">1628951</a>
Nov 24	N/A	<a href="#">1628952</a>
50+ years	Thu.	1:30-3:30 pm
Oct 6	N/A	<a href="#">1628956</a>
Nov 3	N/A	<a href="#">1628957</a>
Dec 1	N/A	<a href="#">1628958</a>
50+ years	Fri.	9-11:30 am
Sep 9-Dec 2	N/A	<a href="#">1628959</a>

## Bridge Duplicate

Play duplicate-style bridge with a qualified director in a relaxed, non-competitive setting. This event is non-ACBL sanctioned and great for those new to Duplicate Bridge. Partners will be provided.

### Carleton Heights – 613-226-2208

50+ years	Tue.	12:30-3 pm
Sep 13	\$7	<a href="#">1631642</a>
Sep 20	\$7	<a href="#">1631646</a>
Sep 27	\$7	<a href="#">1631650</a>
Oct 4	\$7	<a href="#">1631652</a>
Oct 11	\$7	<a href="#">1631653</a>
Oct 18	\$7	<a href="#">1631655</a>
Oct 25	\$7	<a href="#">1631656</a>
Nov 1	\$7	<a href="#">1631659</a>
Nov 8	\$7	<a href="#">1631661</a>
Nov 15	\$7	<a href="#">1631662</a>
Nov 22	\$7	<a href="#">1631665</a>
Nov 29	\$7	<a href="#">1631666</a>
Dec 6	\$7	<a href="#">1631667</a>
Dec 13	\$7	<a href="#">1631670</a>

### Churchill Seniors – 613-798-8927

50+ years	Mon.	12:30-2:30 pm
Aug 15	\$5.75	<a href="#">1630493</a>
Aug 22	\$5.75	<a href="#">1630494</a>

### Heron – 613-247-4808

50+ years	Thu.	12:45-3:45 pm
Aug 18	\$8.50	<a href="#">1619460</a>
Aug 25	\$8.50	<a href="#">1619461</a>
Sep 1	\$8.50	<a href="#">1619462</a>
Sep 8	\$8.50	<a href="#">1631419</a>
Sep 15	\$8.50	<a href="#">1631420</a>
Sep 22	\$8.50	<a href="#">1631422</a>
Sep 29	\$8.50	<a href="#">1631424</a>
Oct 6	\$8.50	<a href="#">1631425</a>
Oct 13	\$8.50	<a href="#">1631426</a>
Oct 20	\$8.50	<a href="#">1631427</a>
Oct 27	\$8.50	<a href="#">1631429</a>
Nov 3	\$8.50	<a href="#">1631431</a>
Nov 10	\$8.50	<a href="#">1631434</a>
Nov 17	\$8.50	<a href="#">1631435</a>
Nov 24	\$8.50	<a href="#">1631436</a>
Dec 1	\$8.50	<a href="#">1631441</a>
Dec 8	\$8.50	<a href="#">1631442</a>
Dec 15	\$8.50	<a href="#">1631445</a>