



Summer
2022

Classes and
activities for

Older Adults

(50+ years)

Recreation eGuide

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Older Adults

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!

Churchill Seniors – 613-798-8927

50+ years	Tue.	12:15-1:15 pm
Jul 5-Aug 23	\$101.75	1623642

John G. Mlacak – 613-580-2980

50+ years	Tue.	11:30 am-12:30 pm
Jul 5-Aug 23	\$101.75	1619269

Line Dancing – Level 2

Prerequisite: Level 1

Churchill Seniors – 613-798-8927

50+ years	Tue.	1:30-2:30 pm
Jul 5-Aug 23	\$101.75	1623665

John G. Mlacak – 613-580-2980

50+ years	Fri.	2-3 pm
Jul 8-Aug 26	\$101.75	1619345

Line Dancing – Level 3

Prerequisite: Level 2

John G. Mlacak – 613-580-2980

50+ years	Wed.	2-3 pm
Jul 6-Aug 24	\$101.75	1619392

Fitness

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	Fri.	11 am-noon
Jul 8-Aug 26	\$89.25	1624417



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
Jul 4-Aug 22	\$78	1623588

Cardio and Strength

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

Churchill Seniors – 613-798-8927

50+ years	Wed.	9:30-10:30 am
Jul 6-Aug 24	\$89.25	1623675

Pat Clark – 613-748-1771

50+ years	Mon.	6-7 pm
Jul 4-Aug 29	\$89.25	1624725
50+ years	Wed.	6-7 pm
Jul 6-Aug 31	\$100.25	1624728



Cardio

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

John G. Mlacak – 613-580-2980

50+ years	Mon.	9-10 am
Jul 4-Aug 22	\$78	1618767
50+ years	Wed.	9-10 am
Jul 6-Aug 24	\$89.25	1618786
50+ years	Fri.	9-10 am
Jul 8-Aug 26	\$89.25	1618792



Chair Exercise

Full body workout using a chair for support.

Carleton Heights – 613-226-2208

50+ years	Tue.	11 am-noon
Jul 5-Aug 23	\$89.25	1624408

John G. Mlacak – 613-580-2980

50+ years	Tue.	10-11 am
Jul 5-Aug 23	\$89.25	1619291
50+ years	Wed.	10:15-11:15 am
Jul 6-Aug 24	\$89.25	1619295



Nepean Sportsplex – 613-580-2828

50+ years	Mon.	9-10 am
Jul 11-Aug 29	\$78	1619406
50+ years	Wed.	9-10 am
Jul 6-Aug 31	\$100.25	1619407
50+ years	Fri.	9-10 am
Jul 8-Sep 2	\$100.25	1619408

Older Adults

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
Jul 7-Aug 25	\$89.25	1623713

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
Jul 4-Aug 22	\$78	1623598
50+ years	Thu.	11:45 am-12:45 pm
Jul 7-Aug 25	\$89.25	1623599

John G. Mlacak – 613-580-2980

50+ years	Mon.	10:15-11:15 am
Jul 4-Aug 22	\$78	1619157
50+ years	Fri.	10:15-11:15 am
Jul 8-Aug 26	\$89.25	1619159

Richcraft-Kanata – 613-580-9696

50+ years	Tue.	1-2 pm
Jul 5-Aug 23	\$89.25	1619806
50+ years	Fri.	1-2 pm
Jul 8-Aug 26	\$89.25	1619810

Strength Training

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

Nepean Sportsplex – 613-580-2828

50+ years	Mon.	10-11 am
Jun 27-Aug 22	\$89.25	1624806

Stretch and Strength

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

Bob MacQuarrie-Orléans – 613-580-9600

50+ years	Fri.	noon-1 pm
Jul 8-Aug 26	\$89.25	1622689

Carleton Heights – 613-226-2208

50+ years	Fri.	10-11 am
Jul 8-Aug 26	\$89.25	1624422

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.

John G. Mlacak – 613-580-2980

55+ years	Mon.	12:30-1:30 pm
Jul 4-Aug 22	\$78	1619177

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.

John G. Mlacak – 613-580-2980

50+ years	Mon.	1:45-2:45 pm
Jul 4-Aug 22	\$78	1619259

Total Fitness

Low ratio Instruction in a group setting using senior friendly fitness equipment.

Churchill Seniors – 613-798-8927

50+ years	Wed.	11 am-noon
Jul 6-Aug 24	\$89.25	1623715
50+ years	Fri.	12:30-1:30 pm
Jul 8-Aug 26	\$89.25	1623716



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.

Heron – 613-247-4808

50+ years	Mon.-Fri.	10:30 am-noon
Jul 4-Sep 30	\$19.25	1619463

Yoga Chair

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

John G. Mlacak – 613-580-2980

50+ years	Thu.	11 am-noon
Jul 7-Aug 25	\$89.25	1619366

Yoga

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

John G. Mlacak – 613-580-2980

50+ years	Mon.	10-11 am
Jul 4-Aug 22	\$78	1619402

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.	9:30-10:30 am
Jul 5-Aug 23	\$89.25	1623607
Jul 12-Aug 30	\$89.25	1623608



Older Adults

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
Jul 5-Aug 23	\$89.25	1623635
50+ years	Thu.	10:30-11:30 am
Jul 7-Aug 25	\$89.25	1623636

Nepean Sportsplex – 613-580-2828

50+ years	Tue.	noon-1 pm
Jun 28-Aug 23	\$100.25	1624799

Plant – 613-232-3000

50+ years	Mon.	11 am-noon
Jul 4-Aug 22	\$78	1620949

General Interest

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.

Heron – 613-247-4808

50+ years	Thu.	12:45-3:45 pm
Jul 7	\$8.50	1619454
Jul 14	\$8.50	1619455
Jul 21	\$8.50	1619456
Jul 28	\$8.50	1619457
Aug 4	\$8.50	1619458
Aug 11	\$8.50	1619459
Aug 18	\$8.50	1619460
Aug 25	\$8.50	1619461
Sep 1	\$8.50	1619462

Sports

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

40+ years	Thu.	6:15-7:05 pm
Jul 7-Aug 25	\$57.75	1625118