

BEFORE/AFTER SCHOOL PARASCOLAIRE

Before/After School/ Program

A supervised before school program for children to participate in crafts and activities.



Hunt Club Riverside C.C.

Before School 6-12 yrs

March	442178	\$75.75
April	442282	\$84.25
May	442283	\$84.25
June	442284	\$84.25

After School 4-5 yrs

March	442168	\$140
April	442294	\$150
May	442296	\$150
June	442298	\$150

After School 6-12 yrs

March	442167	\$130
April	442293	\$140
May	442295	\$140
June	442297	\$140

Parascolaire

Sous la supervision d'un moniteur, l'enfant participera à des activités sportives et à des bricolages. À son choix, le participant peut également faire ses devoirs.

George-Étienne-Cartier 4 à 5 ans

Mars	442158	150 \$
Avril	442307	150 \$
Mai	442309	150 \$
Juin	442311	140 \$

George-Étienne-Cartier 6 à 12 ans

Mars	442156	140 \$
Avril	442306	140 \$
Mai	442308	140 \$
Juin	442310	130 \$

Registration for the 2010/2011
After School Program

Begins **May 26th, 2010.**

For more information on this great
program, please call
613-260-1299

L'inscription au programme
parascolaire
2010-2011

début le **26 mai 2010.**

Signaler le **613-260-1299** pour en
connaître davantage.

PRESCHOOL PROGRAMS

ABC'S & 1-2-3'S

Children will learn the fundamental building blocks of the English language along with an introduction to numbers, with the help of Hooked on Phonics®. Parents are encouraged to stay and participate.

30 months – 4 yrs.

Hunt Club Riverside C.C.

Sat	10:15-11 am
Mar 27-Jun 12	\$54 441941

Ballet

It is a wonderful opportunity to get exercise, improve coordination and have fun while learning the fundamental movements and techniques of dance. 3 – 4 yrs.

Hunt Club Riverside C.C.

Sat	9-9:45 am
Mar 27-Jun 12	\$69 441896
Sat	10:30-11:15 am
Mar 27-Jun 12	\$69 441897

Ballet Primary

This level concentrates on basic classical ballet technique with emphasis on the use of turnout and correct posture, musicality, as well as beginning to combine dance steps in simple sequences. 5 – 6 yrs.

Hunt Club Riverside C.C.

Sat	11:15 am-noon
Mar 27-Jun 19	\$69 441974

Bookworm

Buddies

In a supportive environment, children will have the opportunity to learn how to read while having fun, with the help of Hooked on Phonics®.

4 – 6 yrs.

Hunt Club Riverside C.C.

Sat	11-11:45 am
Mar 27-Jun 12	\$54 441942



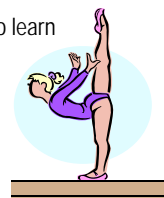
Gymnastics-Parent and Tumbler

Parents assist their junior gymnast to learn tumbling, balancing and swinging in a fun and stimulating environment. Apparatus includes: mats, vaults, uneven bars, mini-trampoline, balance beam and rings.

18-36 months

Hunt Club Riverside C.C.

Sat	10:30-11:15 am
Mar 27-Jun 12	\$75 441966
Sat	11:15 am-noon
Mar 27-Jun 12	\$75 441967



Gymnastics-Tumble Weeds

Preschoolers will truly enjoy the opportunity to run, jump, roll, swing and hang upside down in this well rounded gymnastics course.

Participants will be introduced to a variety of equipment. i.e.: floor, uneven bars, vaulting and mini trampoline. 3-5 yrs.

Hunt Club Riverside C.C.

Sat	noon-12:45 pm
Mar 27-Jun 12	\$75 441972
Sat	12:45-1:30 pm
Mar 27-Jun 12	\$75 441973

Indoor Soccer

Learn the game of soccer the fun way: a few drills, fun games and a lot of playing time. 3 – 5 yrs.

Hunt Club Riverside C.C.

Sat	10:10-10:55 am
Mar 27-Jun 12	\$68 441969

Kicks for Kids

A great opportunity for preschoolers to join the exciting world of soccer! Emphasis is on basic techniques, participation, and fun. Parents are welcome to participate. Activities will take place both indoors and out, weather permitting. 3 – 5 yrs.

Hunt Club Riverside C.C.

Tue	5:45-6:30 pm
Jun 8-Jul 27	\$55 442240

Muck and Mess

An active art program for preschoolers to do various projects, use their imagination and be creative. Parents must attend and join in the fun. 3 – 4 yrs.

Hunt Club Riverside C.C.

Sat	9-10 am
Mar 27-Jun 12	\$68 441963

Parent and Tots Floor

Hockey

Shoot, pass, score! Spend time together developing your child's skills while introducing them to the concepts of teamwork and fair play. The emphasis will be on fun and physical activity.

4 – 5 yrs.

Hunt Club Riverside C.C.

Sat	11 am-noon
Mar 27-Jun 12	\$68 441964

Maria McRae

River Ward City Councillor • Conseillère, quartier Rivière

Ottawa

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CHILDREN'S PROGRAMS

All Star Sports

Skills, drills and strategies! Children will be introduced to team sports such as soccer, floor hockey, and basketball. Is your child the next sports star? 6-8 yrs

Hunt Club Riverside C.C.

Sun 10:10-11 am
Mar 28-Jun 13 \$74 441983

Ballet Level 1

This level follows Primary Ballet and begins to teach children exercises at the ballet barre in order to develop coordination and strength.

Children are then introduced to a greater variety of ballet steps and jumps in the centre, with a focus on combining these steps in combinations. 6 – 9 yrs.

Hunt Club Riverside C.C.

Thu 5:30-6:30 pm
Mar 25-May 27 \$71 441985



Basketball Basics

Develop skills to take your game to the next level. Emphasis is on basic techniques, skills, participation and fun.



Hunt Club Riverside C.C.

6 – 8 yrs Sat 3-4 pm
Mar 27-Jun 12 \$72 442047
9-12 yrs Sat 4-5 pm
Mar 27-Jun 12 \$72 442050

Cartooning Beginner

Discover the art of cartooning. A variety of cartooning and animation techniques will be used as students learn about this fun and exciting field. 6 – 12 yrs.

Hunt Club Riverside C.C.

Sat 12:45-1:45 pm
Mar 27-Jun 12 \$63 441987

Guitar Level 1

Learn basic cords, strums and finger picking. 6 – 14 yrs.

Hunt Club Riverside C.C.

Wed 6:15-7:15 pm
Mar 24-May 26 \$75 441991

Guitar Level 2

Once you have the basics through Guitar Level 1 or equivalent, you're ready for more advanced music. 6 – 14 yrs.

Hunt Club Riverside C.C.

Wed 7:15-8:15 pm
Mar 24-May 26 \$75 441992

Gymnastics Challenge

Gymnasts will learn more advanced manoeuvres on equipment and tie moves together i.e. 'handstand forward roll' and 'cartwheel back walkover'. Pre-requisite: Gymnasts must have previous gymnastic instruction. 6 – 12 yrs.

Hunt Club Riverside C.C.

Wed 7:15-8:15 pm
Mar 24-May 26 \$76 442030

Hip Hop Level 1

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing and break dancing, provides a good cardio workout to funky, up-beat tunes. Hip Hop is easy to learn and fun for all ages! 7 – 11 yrs.

Hunt Club Riverside C.C.

Wed 6:15-7:15 pm
Mar 24-May 26 \$71 442031

Hip Hop Level 2

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing and break dancing, provides a good cardio workout to funky, up-beat tunes. Hip Hop is easy to learn and fun for all ages! 7 - 11 yrs

Hunt Club Riverside C.C.

Wed 7:15-8:15 pm
Mar 24-May 26 \$71 442044

Indoor Soccer

Learn the game of soccer the fun way: a few drills, fun games and a lot of playing time.

Hunt Club Riverside C.C.

6-8 yrs Sat 1-2 pm
Mar 27-Jun 12 \$72 442045
9-12 yrs Sat 2-3 pm
Mar 27-Jun 12 \$72 442043

Introduction to Gymnastics

Children will strengthen an interest in balancing and coordination of gymnastic movements on floor and various pieces of equipment. 6 – 12 yrs.

Hunt Club Riverside C.C.

Wed 6:15-7:15 pm
Mar 24-May 26 \$76 442028
Sat 2-3 pm
Mar 27-Jun 12 \$76 442029

Step Dancing Level 1

Learn the art of French-Canadian step dancing. Students learn a combination of footwork, rhythm, coordination and musicality with both individual and group activities. 5 – 12 yrs

Hunt Club Riverside Community Centre

Sat 12:15-1 pm
Mar 27-Jun 12 \$79 442938

Soccer

Learn the skills and practice the drills necessary to improve your game.

Hunt Club Riverside C.C.

4-6 yrs Wed, Mon 6-7 pm
May 12-Jun 16 \$65 442252
7-9 yrs Wed, Mon 6-7 pm
May 12-Jun 16 \$65 442253
4-6 yrs Mon, Wed 6-7 pm
Jul 5-Aug 4 \$65 442257
7-9 yrs Mon, Wed 6-7 pm
Jul 5-Aug 4 \$65 442258

Looking for volunteers and coaches for Soccer!

For more information on this great program, please call
613-260-1299

Taekwondo

This Korean martial art, teaches self defence and discipline and promotes confidence in participants of all ages. Students progress through the various belt levels at their own rate, by promotion testing, held throughout the term. Additional fees may apply for uniform and testing. 5-14 yrs

Hunt Club Riverside C.C.

Tue, Thu 6:30-7:30 pm
Mar 23-May 27 \$113 442645
Tue, Thu 6:30-7:30 pm
Jul 6-Aug 26 \$98.50 442241



All recreation programs offered within Parks and Recreation Branch are open to participants with disabilities. To help you determine the level of support needed, the City of Ottawa offers Integration Services. Portfolio Coordinator:
613-580-2424, ext. 29320.

Instructional programs are advertised in the language in which they are offered.
Les programmes d'enseignements sont décrits dans la langue dans laquelle ils sont offerts.

YOUTH

Babysitting Course

Earn some extra money. Learn good babysitting techniques with topics on rights and responsibilities, ages and stages, emergency procedures and introductory first aid. 12-17 yrs

Hunt Club Riverside C.C.

Mon 6-7 :30 pm
Mar 22-May31 \$59.50 441899

Cheerleading Beginner

Try this challenging and exciting sport with many of the benefits of gymnastics and dance plus a unique team element. No doubt about it...Cheerleaders are great athletes. Girls and boys learn beginner level tumbling skills and jumps. 11-14 yrs

Hunt Club Riverside C.C.

Sat 3:30-4:30 pm
Mar 27-Jun 12 \$71 442049

Soccer

Learn the skills and practice the drills necessary to improve your game. 10-13 yrs

Hunt Club Riverside C.C.

Wed, Mon 6-7 pm
May 12-Jun 16 \$65 442256
Mon, Wed 6-7 pm
Jul 5-Aug 4 \$65 442259

ADULT PROGRAMS

Ballroom Level 1

An introduction to ballroom dancing. It's fun, great exercise and will really impress your friends. Participants must register with a partner.

Hunt Club Riverside C.C.

Tue 1:30-2:30 pm
Mar 23-May 25 \$113 441883
Wed 7:35-8:35 pm
Mar 24-May 26 \$113 441856

Belly Dance Level 1

Develop fluidity, grace, and strength through this ancient and sensuous dance form developed in the Middle East. Learn basic movements and combinations, which are put together into easy routines

Hunt Club Riverside C.C.

Thu 6:30-7:30 pm
Mar 25-May 27 \$89 441857
Jul 8-Aug 26 \$89 442247
Thu 7:40-8:40 pm
Mar 25-May 27 \$89 441858

Belly Dance Level 2

Develop fluidity, grace and strength in this low impact activity that targets isolated muscle groups. Belly Dancing is a great way to improve posture, flexibility, and balance.

Hunt Club Riverside C.C.

Thu 6:30-7:30 pm
Mar 25-May 27 \$89 442861
Thu 7:40-8:40 pm
Jul 8-Aug 26 \$89 442248

ADULT PROGRAMS (CONT'D)

Dog Obedience Level 1

For dogs five months and older. Teaches how to train your dog in a fun, positive way using the latest in motivational techniques. This entry level training course will focus on good manners and basic skills along with other useful tools.

Hunt Club Riverside C.C.

Mon 6:15-7:15 pm
Mar 22-Jun 7 \$77 441861

Dog Obedience Level 2

For dogs and handlers who have completed a Level 1 course. Puppy Kindergarten or Graduate Puppy is not Level 1. Course builds on Level 1 by teaching dogs new skills in a variety of situations.

Hunt Club Riverside C.C.

Mon 7:15-8:15 pm
Mar 22-Jun 7 \$77 441862

French Level 1

Speak and read French at an introductory level. Learn the basics that you may need for everyday use, travelling or business. Emphasis is placed on conversation, reading and vocabulary.

Hunt Club Riverside C.C.

Mon 6:30-8 pm
Mar 22-Jun 7 \$89 441865

French Level 2

Some French needed to join in these day-to-day conversational situations where you learn new vocabulary in a relaxed atmosphere.

Hunt Club Riverside C.C.

Mon 8-9:30 pm
Mar 22- Jun 7 \$114 441871

Guitar Beginners

Learn basic chords and at least six basic songs to begin your repertoire. A materials fee is required entitling you to a play along cd, printed materials and access to a guitar support website.

Hunt Club Riverside C.C.

Wed 8:15-9:15 pm
Mar 24-May 26 \$75 441864

Spanish Conversational

Level 1

Have fun learning the basics of this popular language.

Hunt Club Riverside C.C.

Tue 6:15-7:30 pm
Mar 23-May 25 \$93 441872

Spanish Conversational

Level 2

Enjoy a further progression into this romantic language.

Hunt Club Riverside C.C.

Tue 7:30-9 pm
Mar 23-May 25 \$114 441873

Taekwondo

This Korean martial art, teaches self defence and discipline and promotes confidence in participants of all ages. Students progress through the various belt levels at their own rate, by promotion testing, held throughout the term. Additional fees may apply for uniform and testing.

Hunt Club Riverside C.C.

Tue, Thu 6:30-7:30 pm
Mar 23-May 27 \$113 442555
Tue, Thu 7:30-8:30 pm
Mar 23-May 27 \$113 441874
Tue, Thu 6:30-7:30 pm
Jul 6-Aug 26 \$98.50 442239
Tue, Thu 7:30-8:30 pm
Jul 6-Aug 26 \$98.50 442251

50+ PROGRAMS

Bridge Club

This bridge session is offered without instruction. Sign up for a weekly bridge date with friends. Cards, score pads and refreshments are provided.

Hunt Club Riverside Community Centre

Fri 10 am-noon
Apr 16-Jun 4 \$79 442935

Bridge Lessons

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

Hunt Club Riverside C.C.

Thu 10 am-noon
Apr 15-Jun 3 \$79 442933

Chinese Brush Painting

Begin with brush and water control followed by basic strokes of simple nature subjects. Painting of flowers, plants, birds and scenery will be taught. Previous art experience not necessary but helpful.

Hunt Club Riverside C.C.

Thu 1-2:30 pm
Mar 25-May 27 \$159 441885

Tap Level 1

Basic tap for fun and exercise. Learn the steps and then put them together to a snappy routine.

Hunt Club Riverside C.C.

Tue 11:15 am-12:15 pm
Mar 23-May 25 \$59 441889

Tap Level 2

Intermediate tap for fun and exercise. Previous tap experience or completion of a beginner class is a prerequisite for this course.

Hunt Club Riverside C.C.

Tue 10-11 am
Mar 23-May 25 \$59 441893

50+ FITNESS PROGRAMS

Bones for Life

Weight-bearing exercises designed so you can strengthen bones and build bone mass. Safe and suitable for people of all ages concerned about their general health.

Hunt Club Riverside C.C.

Tue	10:15-11:15 am
Mar 23-May 25	\$73 441886

Strength Training

Increase your energy level and gain confidence to use weights and cardio machines in our facilities. Learn stretching, warm-up and strengthening techniques that may help you prevent injuries and increase your functional activity.

Hunt Club Riverside C.C.

Fri	10:15-11:15 am
Mar 26-Jun 4	\$73 441888

Tai Chi-Level 1

A gentle, peaceful way to tone and strengthen your body as well as improve concentration, coordination and balance. The slow, graceful movements calm the mind and energize the body.

Hunt Club Riverside C.C.

Tue	11:30 am-12:30 pm
Mar 23-May 25	\$83 441894

Tai Chi-Level 2

Improve circulation, joint flexibility and balance with Tai Chi, an ancient Chinese system of exercise characterized by slow, deliberate, continuous movements. It is believed that the practice of Tai Chi develops both body and mind in harmony to produce a feeling of well-being. Movements are gentle, rhythmic and relaxing.

Hunt Club Riverside C.C.

Tue	10:30-11:30 am
Mar 23-May 25	\$83 441895

Weight & Balance Your Life

A progressive beginner program designed for all seniors to improve strength and balance. Through the safe use of free weights, stability balls and various resistance equipment you will be provided with the latest fitness information.

Hunt Club Riverside C.C.

Mon	1-2 pm
Mar 22-Jun 7	\$75 442016

Zumba Gold®

Designed specifically for the active older adult, Zumba Gold combines Latin music and dance themes to create a dynamic fitness system. The routines feature aerobic fitness interval training using fast and slow rhythms used to sculpt and tone.

Hunt Club Riverside Community Centre

Mon	9:30-10:30 am
Mar 22-Jun 7	\$78 442936

ADULT FITNESS

Fitness Fusions

A mix of the gentle movement of Tai Chi for motion and balance, Yoga for flexibility, and Pilates for core conditioning in abdominals and back.

Hunt Club Riverside Community

Tue	1:30-2:30 pm
Mar 23-May 25	\$75 442924

Hatha Yoga

Stretching exercises to make the body supple and flexible. It will also improve posture, tone the body, improve circulation, increase flexibility and develop inner awareness.

Hunt Club Riverside C.C.

Mon	7:05-8:05 pm
Mar 22-Jun 7	\$115 442055
Jul 5-Aug 30	\$73 442243
Thu	8:25-9:25 pm
Mar 25-May 27	\$115 442056
Jul 8-Aug 26	\$73 442244

On the Ball

This class uses the stability ball and the principles of Stott Pilates to assist in the development of core strength and stability. Participants do not need to have taken Pilates in the past to take part in this course.

Hunt Club Riverside Community Centre

Tue	10:15-11:15 am
Mar 23-May 25	\$75 442862

Olympic Boxing Level 1

Basic footwork, punch combinations and cardio conditioning.

Hunt Club Riverside C.C.

Tue	7:35-8:35 pm
Mar 23-May 25	\$78 441859
Thu	7:35-8:35 pm
Mar 25-May 27	\$78 441860
Tue	6:35-7:35 pm
Jul 6-Aug 24	\$78 442249
Thu	6:35-7:35 pm
Jul 8-Aug 26	\$78 442250

Pilates-Level 1

A strength training class designed to improve your core stability.

Hunt Club Riverside C.C.

Thu	6:15-7:15 pm
Mar 25-May 27	\$82 442053
Jul 8-Aug 26	\$73 442242

Strength Circuit Training

This workout will help increase self-esteem and improve overall strength. Our fast-paced program alternates between weight training and aerobic exercises.

Hunt Club Riverside C.C.

Mon	7:40-8:40 pm
Mar 22-Jun 7	\$75 441875
Thu	6:35-7:35 pm
Mar 25-May 27	\$75 441876

Tai Chi-Qi Gong

Qigong is a self-healing art that combines gentle movement and meditation to enhance the mind/body connection and assist in healing. This 3000 year old art is thought to prevent illness, reduce stress and integrate mind, body and spirit.

Hunt Club Riverside Community Centre

Mon	11:30 am-12:30 pm
Mar 22-Jun 7	\$75 442863

Svaroopa Yoga

Gentle but effective style of yoga that focuses on relieving muscular tension, especially in the back.

Hunt Club Riverside Community Centre

Wed	10:15-11:45 am
May 26-Jul 28	\$115 442884
Wed	noon-1:30 pm
May 26-Jul 28	\$115 442883

Women's Core Strength

Training

A progressive beginner program designed specifically for women. You will be provided with the latest fitness information along with safe training techniques using free weights, stability balls and resistance equipment.

Hunt Club Riverside C.C.

Mon	10:15-11:15 am
Mar 22-Jun 7	\$73 442021
Thu	10:15-11:15 am
Mar 25-May 27	\$73 442022

Yogalates & Hearts

Pilates gives core stability and dynamic function, while yoga adds strength, flexibility, and spiritual awareness. Blend the ancient and modern techniques of Eastern and Western practices for a holistic and intelligent approach to wellness of mind, body, and breath.

Hunt Club Riverside C.C.

Thu	7:20-8:20 pm
Mar 25-May 27	\$82 442556

Zumba®

Inspired by Latin and International dance, this is a great cardio fitness class with focus on fun and sweating. You'll be blasting calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop without even thinking about it!

Hunt Club Riverside C.C.

Mon	6:35-7:35 pm
Mar 22-Jun 7	\$79 441877
Jul 5-Aug 30	\$63 442245
Wed	6:35-7:35 pm
Mar 24-May 26	\$79 441878
Thu	6:35-7:35 pm
Jul 8-Aug 26	\$63 442246

Fitness Studio / Weight Room Hours

Monday to Friday, 7 am - 9 pm
 Saturday, 8:30 am - 5 pm
 Sunday, 8:30 am - 1 pm
 See Centre for holiday hours.

Great Equipment and Facility

- Elliptical Trainer
- Rowing Machines
- Treadmills
- Stationary Bikes
- Weight machines and free weights
- 2 LCD televisions
- Air-conditioned weight room
- Lots of free parking

Certified Staff

- Certified instructors and personal trainers
- Trained staff on the defibrillator

Fitness Drop in Fees

Seniors, Students, Youth	\$6.85
Adults	\$8

May is Physical Activity Month

Let's Get Active OTTAWA! Get active your way every day – for life!

Try it! ... It's free

Parks, Recreation and Culture will be offering free classes, special events and activities during the month of May. Lots of ways to keep you active!

Mai est le mois de l'activité physique

Devenons actifs à OTTAWA! Soyez actif à votre façon tous les jours – pour toujours!

Essayez-le... C'est gratuit.

Le Service des parcs, des loisirs et de la culture offrira des cours gratuits et organisera des activités et des événements spéciaux durant le mois de mai.

Salle de conditionnement physique/ salle de musculation

Heures
 Du lundi au vendredi, de 7 h à 21 h
 Samedi, de 8 h 30 à 17 h
 Dimanche, de 8 h 30 à 13 h
 Consultez l'horaire des jours fériés au centre

Équipement et installation moderne

- appareil elliptique
- rameurs
- tapis roulants
- vélos stationnaires
- appareils à contre-poids et poids et altères
- 2 téléviseurs à écran ACL
- salle de musculation climatisée
- grand stationnement gratuit

Personnel qualifié

- instructeurs certifiés et entraîneurs personnels
- personnel certifié en RCR et en Premiers soins (y compris l'utilisation

Frais d'entrée pour une visite

Aînés, étudiants, enfants	6,85 \$
Adultes	8 \$

How to Register

Choose the method that's most convenient for you!

1. **Online:** direct your browser to ottawa.ca and click on the **123Go Register** icon to view programs and to sign up for a course. Please have your credit card number and expiry date ready (Visa/MasterCard). You will need your Family PIN number and Client Barcode(s). *
2. **Touch Tone Telephone:** at 613-580-2588. Please have your credit card number and expiry date ready (Visa/MasterCard). You will need your Family PIN number and Client Barcode(s). * Receipts will be available upon request.
3. **In person:** Visit any Client Service Centre or a recreation facility for any course that has a program code. For courses without a program code, register at the facility which offers the program. Payments accepted by cash, cheque (made payable to the City of Ottawa), debit or credit card (Visa/MasterCard).



Modes d'inscription – Méthodes pratiques

Choisissez la méthode qui vous convient!

1. **En ligne :** Allez au ottawa.ca, cliquez sur le logo « **123 On s'inscrit** » pour visionner les programmes et vous inscrire à un cours. Vous aurez besoin du numéro et de la date d'expiration de votre carte de crédit (Visa/MasterCard), ainsi que de votre NIP familial et votre code à barres individuel. *
2. **Téléphone à clavier :** Composez le **613-580-2588**. Vous aurez besoin du numéro et de la date d'expiration de votre carte de crédit (Visa/MasterCard), ainsi que de votre NIP familial et de votre code à barres individuel. *
 Les reçus seront disponibles sur demande.
3. **En personne :** Rendez-vous à l'une des installations de loisirs ou à l'un des centres du service à la clientèle pour les cours affichant un code de programme. Pour les cours qui n'affichent pas de code de programme, vous devez vous inscrire aux installations qui offrent le programme. Les modes de paiement acceptés sont les suivants : argent comptant, chèque (libellé à l'ordre de la Ville d'Ottawa), carte de débit ou de crédit (Visa/MasterCard).

Membership

Class B Facilities	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$19.00	\$36.75	\$69.50	\$125.50
Adults	\$34.25	\$68.50	\$126.50	\$229.50
Family	\$47.50	\$125.50	\$224.50	\$411.75

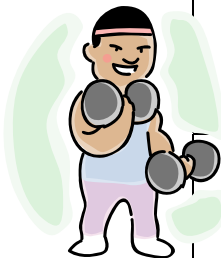


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 - 10am Hiromi Strength & Tone	9 - 10am Hiromi Low Impact Core	9 - 10 am Bea MSE	9 - 10 am Catherine Strength Training & Core	9 - 10 am Daniel Low Impact Core	See Centre for Details	See Centre for Details
5:30 - 6:30pm Dawn Low N Tone	5:30 - 6:30pm Cheryl/Sally Cardio Tone & Yoga Stretch/Low N Abs	5:30-6:30pm Joanna Low Impact Core	5:30 - 6:30pm Sally Cardio Plus			

CONDITIONNEMENT PHYSIQUE ET MIEUX-ÊTRE

Abonnement

Installations de classe B	1 mois	3 mois	6 mois	1 an
Aînés, étudiants, enfants	19 \$	36,75 \$	69,50 \$	125,50 \$
Adultes	34,25 \$	68,50 \$	126,50 \$	229,50 \$
Familles	47,50 \$	125,50 \$	224,50 \$	411,75 \$



Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9 h à 10 h Hiromi Strength & Tone	9 h à 10 h Hiromi Low Impact Core	9 h à 10 h Bea MSE	9 h à 10 h Catherine Strength Training & Core	9 h à 10 h Daniel Low Impact Core	Voir le centre pour plus de renseignements	Voir le centre pour plus de renseignements
17 h 30 à 18 h 30 Dawn Low N Tone	17 h 30 à 18 h 30 Cheryl/Sally Cardio Tone & Yoga Stretch/Low N Abs	17 h 30 à 18 h 30 Joanna Low Impact Core	17 h 30 à 18 h 30 Sally Cardio Plus			

PRESCHOOL CAMPS

Amazing Adventures

Full day program including pre- and post-care. Participate in a variety of activities including out trips, theme days, swimming, and special events. **4 - 5 yrs**

Hunt Club Riverside C.C.

Mon-Fri		7 am-6 pm
Jul 5- 9	\$175	442210
Jul 12-16	\$175	442211
Jul 19-23	\$175	442212
Jul 26-30	\$175	442213
Aug 9-13	\$175	442215
Aug 16-20	\$175	442216
Aug 23-27	\$175	442217
Aug 30-Sep 3	\$175	442218

Mon-Wed, Fri		7 am-6 pm
Jun 28-Jul 2	\$150	442209

Tue-Fri		7 am-6 pm
Aug 3- 6	\$150	442214

CHILDREN CAMPS

Extreme Explorers

An action-packed camp featuring games, crafts, sports, swimming and outings that relate to the theme of the week. **6 - 10 yrs**

Hunt Club Riverside C.C.

Mon-Fri		7 am-6 pm
Jul 5- 9	\$165	442220
Jul 12-16	\$165	442221
Jul 19-23	\$165	442222
Jul 26-30	\$165	442223
Aug 9-13	\$165	442225
Aug 16-20	\$165	442226
Aug 23-27	\$165	442227
Aug 30-Sep 3	\$165	442228

Mon-Wed, Fri		7 am-6 pm
Jun 28-Jul 2	\$140	442219

Tue-Fri		7 am-6 pm
Aug 3- 6	\$140	442224

YOUTH CAMPS

2Kool4Kamp

Enjoy a variety of activities including sports, games, crafts, cooking, swimming, special events and of course, our special out trips.

11 - 12 yrs

Hunt Club Riverside C.C.

Mon-Fri		7 am-6 pm
Jul 5- 9	\$165	442230
Jul 12-16	\$165	442231
Jul 19-23	\$165	442232
Jul 26-30	\$165	442233
Aug 9-13	\$165	442235
Aug 16-20	\$165	442236
Aug 23-27	\$165	442237
Aug 30-Sep 3	\$165	442238

Mon-Wed, Fri		7 am-6 pm
Jun 28-Jul 2	\$140	442229

Tue-Fri		7 am-6 pm
Aug 3- 6	\$140	442234

CAMP D'ÉTÉ

Adventures d'été

Les enfants participeront à une multitude d'activités. Il y aura un nouveau thème chaque semaine. Venez vous divertir en français (natation, sports, jeux et bricolages inclus). **4 - 12 yrs**

Hunt Club Riverside C.C.

Mon-Fri		7 am-6 pm
Jul 5- 9	\$175	442210
Jul 12-16	\$175	442211
Jul 19-23	\$175	442212
Jul 26-30	\$175	442213
Aug 9-13	\$175	442215
Aug 16-20	\$175	442216
Aug 23-27	\$175	442217
Aug 30-Sep 3	\$175	442218

Mon-Wed, Fri		7 am-6 pm
Jun 28-Jul 2	\$150	442209

Tue-Fri		7 am-6 pm
Aug 3- 6	\$150	442214

Goods and Services Tax (GST)/Harmonized Sales Tax (HST)

The Goods and Services Tax of 5% applies to recreation programs, services and materials where applicable and is included in the fees. As of May 1, the HST for programs and services purchased with a start date after July 1 will replace this GST.

Existing programs that are GST exempt will remain HST exempt - for example, qualifying recreation programs for children 14 and younger and individuals with a disability.

For more information, visit the Government of Ontario web site:
www.rev.gov.on.ca/en/notices/hst/03.html

Taxe sur les produits et services (TPS)Taxe de vente harmonisée (TVH)

Les programmes récréatifs, les services et les fournitures sont, selon les cas, sujets à la taxe de 5 % sur les produits et services qui est comprise dans les frais. À partir du 1^{er} mai, la TVH remplacera la TPS lors de l'achat de programmes et services qui débiteront après le 1^{er} juillet.

Les programmes actuels exonérés de la TPS, les programmes récréatifs pour les enfants de moins de 14 ans et les programmes pour personnes handicapées par exemple, seront également exonérés de la TVH.

Pour plus de renseignements, veuillez visiter le site Web du gouvernement de l'Ontario :
www.rev.gov.on.ca/fr/notices/hst/03.htm
Pour plus de renseignements, veuillez visiter le site Web du gouvernement de l'Ontario :

Did you know?

All City of Ottawa Parks and Recreation camp staff are:

- Certified in Standard First Aid and Level C CPR
- Certified through the Ministry of Ontario's High Five training Program (Healthy Child Development - Positive experiences in sport and recreation help children become capable, caring adults who will contribute effectively to the community in the future. For more information please visit:

www.highfive.org)

- Required to have a Police Reference Check

Our camps offer a safe, fun and exciting way to keep children active, meet new friends and develop social skills. Please call 613-260-1299 for more information.

