



Recreation Guide

Carleton Heights Community Centre

1665 Apeldoorn Avenue • 613-226-2208

Guide des loisirs du

Centre communautaire Carleton Heights

1665 Avenue Apeldoorn • 613-226-2208



**Fall – Winter 2011 – 2012
Automne – Hiver 2011 – 2012**

**Registration begins:
Online/Touch Tone: August 10 - 10 pm.
In person August 11 - during business hours.**

**Début des inscriptions
automne 2011 – hiver 2012**

**En ligne ou par téléphone à clavier 22 h le 10 août,
et en personne le 11 août pendant les heures d'ouverture**

ottawa.ca

**City services
Services municipaux 3-1-1**

TTY/ATS 613-580-2401



Table of Contents

Registration Information.....	1
Programs and Courses.....	2
Preschool.....	2
Children & Youth.....	3
Adults.....	4
Fitness.....	5
Adult.....	5
Older Adults & Seniors.....	6
Schedule.....	7
Rental Information.....	Inside back cover
CHARA Information.....	back cover
Calendar of Events.....	Back cover

Table des Matières

Condition générales d'inscription.....	1
Programmes et cours.....	2
Âge préscolaire.....	2
Enfants et Adolescents.....	3
Adultes.....	4
Conditionnement physique.....	5
Adultes.....	5
Aînés et retraités.....	6
Horaire.....	7
Information au sujet des locations.....	intérieur de la couverture arrière
Information au sujet de CHARA.....	couverture arrière
Calendrier d'événements.....	couverture arrière

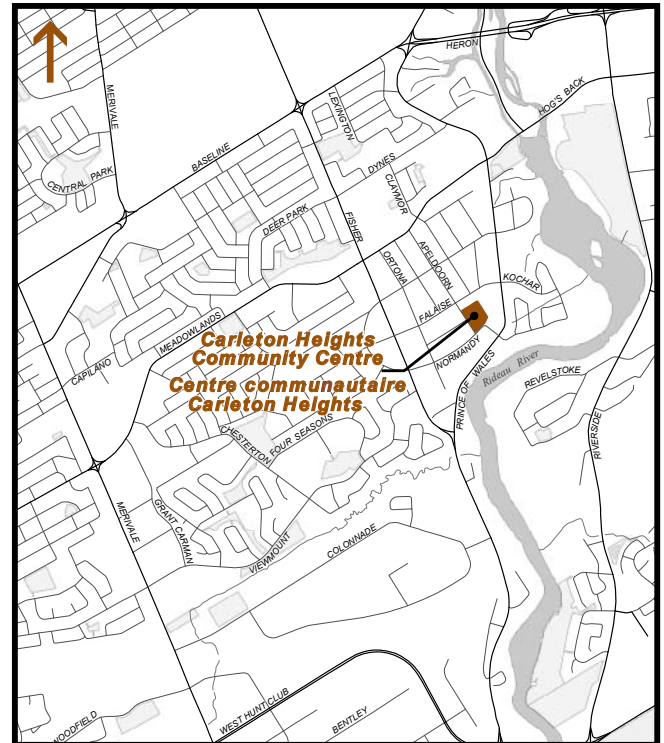
Features of the Centre:

- Fully accessible
- On site parking
- Kitchen access
- Adjacent to wading pool, outdoor preschool structure, swing set
- Surrounded by newly revamped tennis courts, baseball field & bocce courts
- Neighbouring wonderful green space and picnic areas
- Is serviced by OC Transpo - Buses # 3, 86 & 111



Caractéristiques du centre :

- Accessible
- Stationnement sur les lieux
- Accès à une cuisine
- À proximité d'une patageuse, une structure de jeux et des balançoires
- Voisinant des terrains de tennis, un champ de baseball et des terrains de pétanques
- Entouré d'un aire de pique nique et des espaces verts
- Autobus OC transpo # 3, 86 & 111



How to Reach Us

Carleton Heights Community Centre 613-226-2208
 or by e-mail at: carleton.heights@ottawa.ca
 Program Coordinator: Maureen Moynahan 613-226-2208 ext. 222
 Recreation Supervisor: Lise-Anne Robichaud 613-226-2208 ext. 225

Comment nous joindre

Centre communautaire Carleton Heights 613-226-2208
 ou par courriel: carleton.heights@ottawa.ca
 Coordonnatrice de programme : Maureen Moynahan 613-226-2208, poste 222
 Superviseure des loisirs : Lise-Anne Robichaud 613-226-2208, poste 225

Staff Qualifications

All of the centre's staff are:

- Certified in Standard First Aid and Level C CPR
- Required to have a Police Reference Check

Staff members who work with children are also:

- Certified through the Ministry of Ontario's High Five training Program which focuses on principles of healthy child development. (For more information please visit: www.highfive.org)

Qualification du personnel

Tout le personnel du centre est:

- Certifié en premier soins, et RCR – niveau C
- Doit soumettre une vérification des antécédents judiciaires

Les membres du personnel qui travaillent avec les enfants doivent également:

- Être certifié par le programme High Five, offert par le ministère de l'Ontario. (Pour de plus ample renseignement, veuillez visiter : www.highfive.org)

How to Register

Choose the method that's most convenient for you!

Online: direct your browser to ottawa.ca/recreation 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).

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. If you require either Client Barcode(s) or Family PIN numbers, please call 613-580-2588, Monday to Friday, 7 am - 7 pm (with the exception of statutory holidays) and follow the prompts.

In person: visit the Carleton Heights Community Centre (during regular business hours). Payments accepted by cash, cheque (made payable to the City of Ottawa), debit or credit card (Visa/MasterCard).

Terms and Conditions of Registration

Programs must be paid for in full at the time of registration. Payment can be made by cheque, credit card, debit card or in cash. Cheques are made payable to the **City of Ottawa**.

Cancellations

Excellent courses are sometimes cancelled when everyone waits until the last minute to register. Please register early to avoid any disappointment to you and others. Courses with insufficient registration will be cancelled. If a class or lesson is cancelled, every attempt will be made to re-schedule. If the class or lesson cannot be rescheduled, a refund will be issued.

Withdrawals/Refunds

Visit your local recreation facility or any City of Ottawa Client Service Centre to withdraw from a program. If you would like a refund*, you must fill out and submit a Refund Request Form. No processing fee will be charged if the refund is credited to your account. A \$25 processing fee will be charged for refunds by cheque or credit card. Refunds will be issued within 21 days of the receipt of the Refund Request Form.

* If more than 50% of the course/membership has elapsed, no refund or credit on account will be offered. There are no refunds or credits for private lessons. For admission and goods purchases, refunds will be processed at the Facility with proof of purchase.

Ottawa Hand in Hand - Recreation & Culture Fee Support

The City of Ottawa offers financial support to ensure that all residents can participate in recreation and culture programs and activities offered by the City, regardless of their ability to pay. For additional information or to obtain a fee support application, visit your local recreation facility or any City of Ottawa Client Service Centre. Applicants will be asked to provide proof of financial need.

Harmonized Sales Tax (HST)

The Harmonized Sales Tax (HST) of 13% applies to recreation programs, services and materials where applicable and is included in the fees. Existing programs that were GST exempt remain HST exempt – for example, qualifying recreation programs for children 14 and younger and individuals with disabilities. For more information, visit the Government of Ontario web site: www.rev.gov.on.ca/en/notices/hst/03.htm

Fall 2011 –
Winter 2012 registration
begins: Online/Touch Tone:
August 10 - 10 pm.
In person August 11 -
during business hours.



Inscription

Choisissez le mode qui vous convient!

En ligne : Allez à ottawa.ca/loisirs et 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 de votre code à barres individuel.

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.

Si vous avez besoin d'un NIP familial et de numéros personnels, veuillez appeler au 613-580-2588, du lundi au vendredi, de 7 h à 19 h (à l'exception des congés fériés) et suivre les instructions du guide parlé.

En personne : Rendez-vous au Centre communautaire Carleton Heights (pendant les heures normales d'ouverture). 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).

Conditions générales d'inscription

Les frais doivent être entièrement acquittés lors de l'inscription à un programme. Les modes de paiement acceptés sont les suivants : chèque (libellé à l'ordre de la **Ville d'Ottawa**), carte de crédit, carte de débit ou argent comptant.

Annulations

D'excellents cours sont annulés car les gens attendent parfois à la dernière minute pour s'inscrire. Nous devons prendre des décisions environ une semaine avant le début des classes; alors ne tardez pas à vous inscrire.

Un nombre insuffisant d'inscriptions entraînera l'annulation du cours ou de la séance. Le cas échéant, tous les efforts seront déployés afin d'établir une nouvelle date à l'horaire. Si c'est impossible, il y aura remboursement.

Abandon et remboursement

Si vous souhaitez abandonner un programme, veuillez vous adresser à un centre du service à la clientèle de la Ville d'Ottawa, ou à l'installation de loisirs de votre quartier. Pour tout remboursement*, vous devez remplir et présenter un Formulaire de demande de remboursement. Aucuns frais ne seront imputés si le remboursement est crédité à votre compte, mais un remboursement par chèque ou carte de crédit occasionnera des frais de traitement de 25 \$. Les remboursements seront traités dans les 21 jours suivant la réception du Formulaire de demande de remboursement.

* Si plus de la moitié de la durée du cours ou de l'abonnement s'est déjà écoulé, aucun remboursement ni crédit ne sera accordé. Aucun remboursement ni crédit n'est accordé pour les leçons privées. Pour les frais d'admission et l'achat de produits, les demandes de remboursement seront traitées sur place, sur présentation de la preuve d'achat.

Ottawa main dans la main - Subvention pour les programmes de loisirs et de culture

La Ville d'Ottawa offre un soutien financier permettant à tous les résidents de participer aux activités et aux programmes de loisirs et de culture, quels que soient leurs moyens. Pour de plus amples renseignements ou pour obtenir un formulaire de demande, veuillez vous adresser à un centre du service à la clientèle de la Ville d'Ottawa, ou à l'installation de loisirs de votre quartier. Une preuve sera exigée pour toute demande.

Taxe de vente harmonisée (TVH)

La taxe de vente harmonisée (TVH) de 13 % s'applique aux services, aux fournitures et aux programmes récréatifs, selon les cas, et elle est comprise dans les frais. Les programmes actuels exonérés de la TPS, comme 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 consulter le site Web du gouvernement de l'Ontario : www.rev.gov.on.ca/fr/notices/hst/03.html.

Début des
inscriptions automne
2011 – hiver 2012
En ligne ou par téléphone à
clavier 22 h le 10 août, et en
personne le 11 août pendant
les heures d'ouverture



Preschool Programs

Preschool Programs

For any information in regards to programs, please contact the Program Coordinator at 613-226-2208 ext. 222.

Morning Preschool

Experience independence, social interaction and learning with emphasis on language, pre-reading, math, colour naming, dramatic play, themed crafts, music and movement. Children to bring their own snack. No parent participation in this school-ready program - Children attending this program must be toilet trained.

3-4 yrs	Mon	9:30-11:30 am
Sep 12-Dec 19	\$154	665181
Jan 9-Mar 5	\$88	679741

3-4 yrs	Wed	9:30-11:30 am
Sep 14-Dec 21	\$160	665190
Jan 11-Mar 7	\$99	679742

3-4 yrs	Fri	9:30-11:30 am
Sep 16-Dec 16	\$154	665197
Jan 13-Mar 9	\$99	679743

Small World Playgroup

Parents and caregivers, come with your child to enjoy playtime, songs, stories and crafts together. An opportunity to meet and visit with others in your community

1 mth-3 yrs	Tue	9:30-11 am
Sep 13-Dec 20	\$82	674214
Jan 10-Mar 6	\$50.75	679744

1 mth-3 yrs	Thu	9:30-11 am
Sep 15-Dec 22	\$82	674215
Jan 12-Mar 8	\$50.75	679745

Sporty Kids

A fun time for sporty kids! Children participate in active games, sports and more!

4-5 yrs	Sat	11:30 am-12:15 pm
Sep 24-Dec 17	\$42.50	674228
Jan 7-Mar 10	\$42.50	679748

Twinkling Toes

Through creative movement with basic ballet and jazz, the dancers will develop grace and creativity while allowing their personalities to flourish. A Twinkling Toes performance completes the final class.

3-4 yrs	Sat	9:30-10:15 am
Sep 24-Dec 17	\$42.50	674258
Jan 7-Mar 10	\$42.50	679746

5-6 yrs	Sat	10:30-11:15 am
Sep 24-Dec 17	\$42.50	674268
Jan 7-Mar 10	\$42.50	679747



Have fun at work!

Join the Parks, Recreation, and Cultural Services team!

We are looking for individuals who are:

- Energetic
- Responsible
- People-oriented

Team members get:

- Skill development
- Flexible hours
- Competitive wages

Positions:

- Camp counsellors
- Customer service representatives
- Instructors
- Lifeguards
- Preschool play leaders
- Wading pool programmers
- Youth workers

View available positions and apply online at ottawa.ca/careers and/or send an e-mail to Carleton.heights@ottawa.ca

Ayez du plaisir au travail!

Joignez-vous à l'équipe des Services des parcs, des loisirs et de la culture!

Nous cherchons des individus :

- dynamiques
- responsables
- qui aiment travailler avec les gens

Les membres de notre équipe bénéficient :

- de perfectionnement et de formation
- d'un horaire flexible
- d'un salaire concurrentiel

Possibilités d'emploi dans les secteurs suivants :

- Activités aquatiques
- Arts
- Camps
- Service à la clientèle
- Conditionnement physique et mieux-être
- Personnes ayant des besoins spéciaux
- Sports

Jetez un coup d'œil aux postes offerts et faites une demande en ligne à ottawa.ca/emplois et/ou contactez-nous à Ottawa.ca

Please note

All programs are held at the Carleton Heights C.C. unless otherwise indicated in the program description. Programs are featured in the language in which they are offered. All classes/programs are cancelled / not scheduled on:

Thanksgiving - October 8-10, 2011.

Christmas Break – December 24, 2011 to January 2, 2012

Family Day – February 20, 2012

Veillez noter

Tous les programmes sont offerts au C.c. Carleton Heights à moins d'être indiqué autrement dans la description. Les programmes d'enseignement sont décrits dans la langue dans laquelle ils sont offerts. Les cours/programmes sont annulés/pas à l'heure le :

Les cours/programmes sont annulés/pas à l'heure le :

Action de grâce – 8-10 octobre, 2011.

Congé de Noël – 24 décembre, 2011 au 2 janvier, 2012

Le jour de la famille – le 20 février, 2012

Children & Youth Programs

Children & Youth Programs

After School Programme

We are exploring the possibility of offering a supervised after school program for children 6-12 years. It would be offered from September to June, Mon to Fri 3-6pm. A monthly Payment plan would be available. Participants are from any schools are welcome; the program operates on OCDSB school days only. Contact 613-226-2208 ext 222 for more information or to let us know you would be interested!

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. (Canada Safety Council course includes manual.)

12-14 yrs	Tue	7:30-9 pm
Oct 11-Nov 15	\$78.50	679790
Jan 24-Feb 28	\$78.50	679792
15-16 yrs	Tue	7:30-9 pm
Oct 11-Nov 15	\$78.50	674295
Jan 24-Feb 28	\$78.50	679794

Basketball Basics

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

Carleton Heights P. S.– 1660 Prince Of Wales

7–8 yrs	Wed	6–7pm
Sep 21-Nov 23	\$42.50	674322
Jan 11-Mar 7	\$38.25	679726
9–12 yrs	Wed	7–8pm
Sep 21-Nov 23	\$42.50	674330
Jan 11-Mar 7	\$38.25	679727

Broadway Kids

Dance expressed through singing and acting from themes of Broadway shows and Disney musicals. A fun class to let your inner star shine!!!

7-10 yrs	Sat	11:30 am-12:30 pm
Sep 24-Dec 17	\$55	674453
Jan 7-Mar 10	\$55	679715

Dinner and a Movie

Your child can make meals and clean up the mess in someone else's kitchen. New meals each week to dazzle their taste buds, then we sit back to be dazzled by the stars. Send them to us and enjoy a night to yourself.

8-12 yrs	Fri	5:30-8:30 pm
Oct 14-Nov 18	\$67.75	674396
Jan 20-Feb 24	\$67.75	679703

Dodgeball

Come out and play this great game! This is recreational fun with some exercise on the side. Come try your skill and 'dodge the ball'.

Carleton Heights P. S.– 1660 Prince Of Wales

7–10 yrs	Thu	6–7pm
Sep 22–Nov 24	\$42.50	674416
Jan 12-Mar 15	\$42.50	679739

Drumming – Family Style

The whole family will enjoy drumming to the beat on a stability ball. Skills and drills will develop your physical strength and coordination and tap into the mathematician in you.

6-14 yrs	Sat	12:30-1:30pm
Sep 24-Dec 17	\$55	665614
Jan 7-Mar 10	\$55	679677
15-18 yrs	Sat	12:30-1:30pm
Sep 24-Dec 17	\$55	665627
Jan 7-Mar 10	\$55	679797

*Please consult the Adult section for additional barcodes.

Home Alone

Children learn about home safety when not being supervised by an adult. Participants will learn how to handle callers at the door and on the phone as well as, when and how to call emergency numbers. Some courses are offered by the Ottawa Safety Council.

9-13 yrs	Tue	6-7:30 pm
Oct 11-Nov 15	\$50	674489
Jan 17-Feb 21	\$50	679709



Soccer - Indoor

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

Carleton Heights P. S.– 1660 Prince Of Wales

6–8 yrs	Mon	6–7pm
Sep 19-Nov 28	\$42.50	674565
Jan 9-Mar 5	\$34	679736
9–12 yrs	Mon	7–8pm
Sep 19-Nov 28	\$42.50	674570
Jan 9-Mar 5	\$34	679737

Yoga – Little Lotus

Your child will develop a strong, flexible and healthy mind, body and spirit, and help them increase their concentration, attention and focus. They will find tranquility and peace in their busy little lives while improving whole body health.

7-12 yrs	Tue	6:30-7:30 pm
Sep 20-Dec 6	\$60	674696
Jan 10-Mar 6	\$50	679701

Sketching and Painting

Drawing and painting with medias such as watercolours, acrylics, charcoal, conte and pastels, with advanced techniques and learning opportunities.

10-14 yrs	Sat	10-11 am
Sep 24-Dec 17	\$90	674716
Jan 7-Mar 10	\$90	679740

Enewsletter

Subscribe to the new recreation and culture e-newsletter! Visit www.ottawa.ca/recreation and click on the **DiscoverRec** link.

Cyberbulletin

Abonnez-vous au cyberbulletin nouveau pour récréatifs et culturels. Visitez www.ottawa.ca/loisirs et cliquez sur le lien **Bulletin Loisirs**.



Adult & Older Adult Programs

Adult & Older Adult Programs

For any information in regards to programs, please contact the Program Coordinator at 613-226-2208 ext. 222

Acrylic Painting

This course will encourage the students to move closer to realizing a unique painterly vision. With the instructor's guidance, students will work on projects of their own choice as a means to learning painting techniques, gaining practical information and will receive feedback on their work. (Participants must provide their own supplies – a suggested list is available.)

Mon		1-3pm		
Sep 19-Dec 12	\$132		674771	
Jan 9-Mar 5	\$88		679671	

Artsy Jewelry

Create dynamic artwork that you can wear! A combination of art making, beading, collage and painting techniques will be used to create fun mixed media jewelry.

Mon		7-9 pm		
Oct 17-Dec 5	\$64		675079	
Jan 9-Mar 5	\$64		679673	

Badminton

Recreational play with some basic instruction. Players must provide their own rackets.

Carleton Heights P. S.– 1660 Prince Of Wales

Mon		8:15–10pm		
Sep 19-Nov 21	\$48		674870	
Jan 9-Feb 27	\$32		679669	

Basketball – Co-Ed

Recreational basketball.

Carleton Heights P. S.– 1660 Prince Of Wales

Wed		8:15–10pm		
Sep 21-Dec 7	\$48		674910	
Jan 11-Mar 7	\$36		679666	

Bridge Lessons

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

Fri		10 am-noon		
Sep 23-Dec 9	\$48		674951	
Jan 6-Mar 9	\$40		679654	

Euchre Club

Sign up for weekly Euchre date. Course offered without instruction.

Wed		1-3 pm		
Sep 21-Dec 21	\$25		675008	
Jan 4-Mar 7	\$25		679655	

Painting and Sketching

Drawing and painting with media such as watercolours, acrylics, charcoal, conte and pastels, with advanced techniques and learning opportunities.

Sat		11am- 1pm		
Sep 24-Dec 17	\$110		675044	
Jan 7-Mar 10	\$110		679818	

Pickleball

Pickleball is a combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Pickleball can be played on any hard surface using wood paddle racquets and a plastic baseball with holes.

Carleton Heights P. S.– 1660 Prince Of Wales

Tues		6-8pm		
Sep 20-Dec 13	\$50		682238	
Jan 10-Mar 6	\$38		682239	

Social Recreation – Special Needs

This is a social recreation program for adults with developmental disabilities. Participants take part in a variety of social, recreational and educational activities. Participants are to bring their own lunch and snacks and arrange for transportation to and from the program. *You must contact the Program Coordinator at 613-226-2208 ext. 222 to arrange an interview prior to registration.

18-64 yrs	Mon		9 am-3 pm	
Sep 12-Dec 19	\$385		675103	
Jan 9-Mar 5	\$220		679657	
18-64 yrs	Tue		9 am-3 pm	
Sep 13-Dec 20	\$412.50		675125	
Jan 10-Mar 6	\$247.50		679658	
18-64 yrs	Wed		9 am-3 pm	
Sep 14-Dec 21	\$412.50		675128	
Jan 11-Mar 7	\$247.50		679659	
18-64 yrs	Thu		9 am-3 pm	
Sep 15-Dec 22	\$412.50		675131	
Jan 12-Mar 8	\$247.50		679660	
18-64 yrs	Fri		9 am-3 pm	
Sep 16-Dec 23	\$412.50		675135	
Jan 13-Mar 9	\$247.50		679661	



Fitness

Abs Toning

(formerly Abs & Butt in Motion)

This program focuses on body toning and abdominals with the use of stability balls, free weights, and mats.

Wed	6:30-7:30 pm	
Sep 14-Dec 14	\$76.75	665248
Jan 4-Feb 29	\$49.25	676268

Balance and Stability

(formerly Power Posture Training)

Maintain and improve your balance and stability through exercise. Props such as resistance bands and balls will be utilized.

Mon	2:05 –3pm	
Sep 12-Dec 19	\$76.75	681398
Jan 9-Mar 5	\$49.25	681399

Ball Workout

Total body core workout using the stability ball. Increase overall body tone by focusing on core muscles.

Tue	11:30 am-12:30 pm	
Sep 13-Dec 13	\$76.75	665290
Jan 3-Mar 6	\$55	676291
Thu	1-2 pm	
Sep 15-Dec 1	\$76.75	665311
Jan 5-Mar 8	\$55	676292

Belly Dancing

Great fun and exercise! Course covers techniques and routines.

18+ yrs	Tue	7:30- 8:30pm
Sep 20- Dec 6	\$65.75	665323
Jan 3-Mar 6	\$55	679656

Cardio Interval

(formerly Low & Tone)

A great aerobic workout combining cardio intervals with strength training intervals.

Mon	6:30-7:30 pm	
Sep 12-Dec 19	\$76.75	676073
Jan 9-Mar 5	\$44	679621

Cardio Tone

A great cardiovascular workout plus muscle toning!

Mon	9-10 am	*Cardio Fusion
Sep 12-Dec 19	\$76.75	675865
Jan 9-Mar 5	\$44	679622
Wed	9-10 am	*Calorie Burner
Sep 14-Dec 14	\$76.75	676058
Jan 4-Mar 7	\$55	679623
Fri	9-10 am	*Cardio Pump
Sep 16-Dec 16	\$76.75	676063
Jan 6-Mar 9	\$55	679624

Drumming – Family Style

The whole family will enjoy drumming to the beat on a stability ball. Skills and drills will develop your physical strength and coordination and tap into the mathematician in you

18yrs+	Sat	12:30-1:30pm
Sep 24-Dec 27	\$55	665643
Jan 7-Mar 10	\$55	679625

**Please consult the Children and Youth section for additional barcodes.*

Groove

DANCE YOUR OWN WAY – for the HEALTH OF IT! GROOVEmethod™ classes help participants develop spatial awareness, functional strength, flexibility, coordination, cardio vascular endurance, balance and much more all while getting their GROOVE on!

18 + yrs	Wed	7:30 – 8:30pm
Sep 14-Dec 14	\$76.75	682375
Jan 4-Mar 7	\$55	682376

Pilates

A strength training class designed to improve your core stability. The Pilates method focuses on the strengthening, stretching and aligning of the body through physical and mental conditioning.

Mon	10:15 –11:15am	
Sep 12-Dec 19	\$89.50	675731
Jan 9-Mar 5	\$51.25	679646
Thu	7:30 – 8:30pm	
Sep 15-Dec 15	\$89.50	675742
Jan 5-Mar 8	\$64	679647

Strength Circuit Training – Men only

This workout will help increase self-esteem and improve overall strength. Our fast-paced program alternates between weight training and aerobic exercises. Participants from all fitness levels will be challenged.

Mon	11:30 am-12:30 pm	
Sep 12-Dec 19	\$76.75	675988
Jan 9-Mar 5	\$49.25	679626
Wed	11:30 am-12:30 pm	
Sep 14-Dec 14	\$76.75	676023
Jan 4-Mar 7	\$55	679627
Fri	11:30 am-12:30 pm	
Sep 16-Dec 16	\$76.75	676026
Jan 6-Mar 9	\$55	679628

Total Body Boot Camp

Increase your strength, cardio and body image when we put you through this tough conditioning session. Experience many drills that Olympic athletes do on a regular basis.

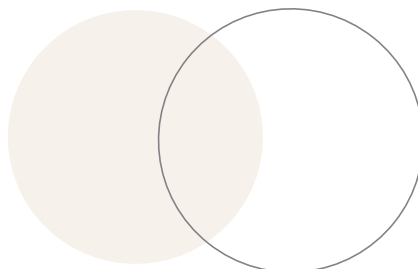
**Carleton Heights P. S.–
1660 Prince Of Wales**

Thu	7-8 pm	
Sep 22-Dec 15	\$71	665420
Jan 12-Mar 8	\$49.25	679631

Total Body Conditioning

Come and get in shape while having fun. Wake up some of your sleepy muscles. With accessories like ropes, tubes, balls, steps, etc., getting in shape will be fun! Because of its aerobic and anaerobic components, this training will be more than complete.

Tue	9-10 am	*Women only
Sep 13-Dec 13	\$76.75	675766
Jan 3-Mar 6	\$55	679635
Tue	6:30-7:30 pm	*Women only
Sep 13-Dec 13	\$76.75	675772
Jan 3-Mar 6	\$55	679636
Thu	1-2 pm	*Women only
Sep 15-Dec 15	\$76.75	675781
Jan 5-Mar 8	\$55	679637
Thu	6:30-7:30 pm	*Co-Ed
Sep 15-Dec 15	\$76.75	675788
Jan 5-Mar 8	\$55	679638



Fitness

Zumba®

Dance your way to fitness through Salsa, Meringue and Samba.

Fri	1–2pm		
Sep 16	\$89.50	675628	
Jan 6	\$64	679643	
Mon	7:30–8:30pm		
Sep 19	\$76.75	675614	
Jan 9	\$51.25	679642	
Sat	9-10am		
Sep 24-Dec 17	\$64	675425	
Jan 7	\$57.50	679641	

Yoga – Hatha

Gain flexibility, strengthen muscles, improve circulation, and relieve stress while gaining many other benefits.

Mon	7:45–9pm		
Sep 12	\$89.50	675664	
Jan 9	\$51.25	679650	
Tue	1–2:15pm		
Sep 13	\$89.50	675684	
Jan 3	\$64	679651	
Tue	7:30–8:45pm		
Sep 13	\$89.50	675688	
Jan 3	\$64	679652	
Thu	9–10:15am		
Sep 15	\$89.50	675694	
Jan 5	\$64	679653	

Heart Wise Exercise Programs



Safe, fun, enjoyable and accessible classes

In partnership with the University of Ottawa Heart Institute and other community agencies, Heart Wise Exercise programs are intended for participants who are interested or concerned about their heart health. To find Heart Wise Exercise programs look for the Heart Wise Exercise logo shown above.

Programmes d'exercices Corps à cœur



Cours sécurisés, amusants, agréables et accessibles

En partenariat avec l'Institut de cardiologie de l'Université d'Ottawa et d'autres organismes communautaires, les programmes d'exercices Corps à cœur sont destinés aux participants que la santé cardiaque intéresse ou préoccupe. Pour trouver les programmes d'exercices Corps à cœur, recherchez le logo Exercices Corps à cœur illustré ci-dessus.

50+ Fitness

Chair-exercise



Exercise while sitting in a chair, or using the chair as an adaptive device. Improve muscle tone, flexibility and endurance.

Excellent alternative to low impact aerobics, when combined with walking. Ideal for those with arthritis, osteoporosis or those starting an exercise program.

Mon	1-2 pm		
Sep 12-Dec 19	\$76.75	665563	
Jan 9-Mar 5	\$44	679752	
Wed	1-2 pm		
Sep 14-Dec 14	\$76.75	665571	
Jan 4-Mar 7	\$55	679753	

Low Impact

A low to mid-level aerobics class designed for participants 50+. Includes muscle toning and flexibility exercises.

Wed	10:15-11:15 am		
Sep 14-Dec 14	\$76.75	675589	
Jan 4-Mar 7	\$55	679779	

Gentle Joint For Seniors (formerly Gentle Fitness)



Designed for sufferers of osteoporosis, arthritis, decreased mobility and flexibility, depression/lack of concentration or recent illness. Learn to move safely to regain lost flexibility and vigour, improve your health and bring a happier state of mind. Seated and standing exercises geared to individual needs.

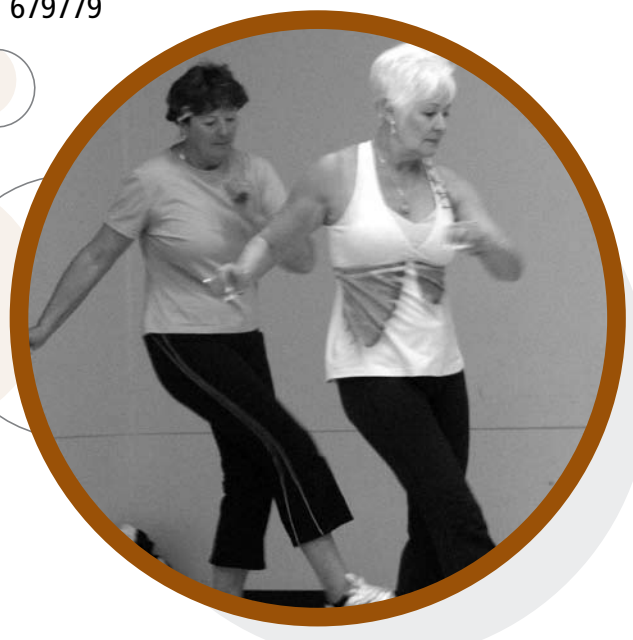
Fri	10:15-11:15 am		
Sep 16-Dec 16	\$82	675537	
Jan 6-Mar 9	\$55	679777	

Tone and Stretch



Strength training with hand held weights, bands, and mats.






Tue	11 am-noon		
Sep 13-Dec 13	\$76.75	675375	
Jan 3-Mar 6	\$55	679781	
Thu	11 am-noon		
Sep 15-Dec 15	\$76.75	675385	
Jan 5-Mar 8	\$55	679782	



Fitness Schedule for Adult & 50+

Fitness Schedule for Adult & 50+

Fall-Winter Schedule (in effect from Sep 12-Dec 19 & Jan 3-Mar 9)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9–10am Cardio Tone *Fusion Catherine	9–10am Total Body Cond. -Women Donna	9–10am Cardio Tone *Burner Slain	9–10:15am Yoga-Hatha Julia	9–10am Cardio Tone *Pump	9-10am Zumba®
10:15–11:15am Pilates Dana	11–12pm 50+ Tone & Stretch June 	10:15–11:15am 50+ Low Impact Slain	11am–12pm 50+ Tone & Stretch June 	10:15–11:15am Gentle Joint For Seniors June / Joy 	
11:30am – 12:30pm Strength Circuit Men Only Daniel	11:30-12:30pm Ball Workout Daniel	11:30am – 12:30pm Strength Circuit Men Only Daniel	1pm - 2pm Total Body Cond. - Women Nelda	11:30 – 12:30pm Strength Circuit Men Only Daniel	12:30-1:30pm 9-10am Drumming – Family Style
1–2pm  Chair-exercise Daniel	1–2:15pm Yoga Hatha Julia	1–2pm  Chair-exercise Daniel	1–2pm Ball Workout Daniel	1–2pm Zumba® Nelda	
2–3pm Balance and Stability Daniel	6:30–7:30pm Total Body Cond. - Women Daniel		6:30–7:30pm Total Body Cond. -Co-Ed Daniel		
6:30 – 7:30pm Cardio Interval Joanna	7–8pm Boot Camp Carleton H. School	6:30–7:30pm Abs Toning Anita	7-8pm Boot Camp Carleton H. School Joe		
7:30–8:30pm Zumba® Scott	7:30-8:45pm Belly Dance	7:30-8:30pm Groove Anita			
7:45–9pm Yoga-Hatha	7:30-8:45pm Yoga-Hatha Terry		7:30–8:30pm Pilates Glynis		



Check us out on our new website link ottawa.ca/carletonheights
 Venez nous visiter sur notre nouveau site web à ottawa.ca/carletonheights

March Break Camp

Join us for lots of adventure during your week off! We will be going on amazing out trips, experience cool special events, and enjoy wonderful theme days. Programmed activities are offered from 9am to 4pm. Pre and post care is included in the price of our camps and is available from 8am to 5pm.

Preschool - Wannameetchu

4-6 yrs	Mon-Fri	9am-4pm
Mar 12-Mar 16	\$149.50	676339

Children - Wannago

7-12 yrs	Mon-Fri	9am-4pm
Mar 12-Mar 16	\$149.50	676380

See you at Camp!



Carleton Heights Curling Club

A part of this Community Since 1956.

We have 4 sheets of fast ice and we welcome newcomers to all our Leagues. We have a Day Men's League, a Day Ladies League, A Day Mixed League and a Business Women's League Wednesday night. We also have competitive evening leagues Monday and Thursday and a Mixed League Friday night. We have an Open House for interested curlers Thursday September 15, 2011 at 7 pm.

For more information please contact our Manager, **Don Richardson** at 613-224-6224.



GOING GREEN!

Both the *Recreation Guide* and *Mon Guide francophone des loisirs* are only available **online**. The *Recreation Guide* can be found at ottawa.ca/recreationguide. *Mon Guide francophone des loisirs* can be found at ottawa.ca/monguide. Both are interactive PDFs.



VIRAGE AU VERT!

Désormais, *Mon guide francophone des loisirs* et le *Recreation Guide* existent uniquement **en ligne**.

Mon Guide francophone des loisirs se trouve à ottawa.ca/monguide, et le *Recreation Guide* se trouve à ottawa.ca/recreationguide. Les documents PDF sont interactifs.



City services
 Services municipaux **3-1-1**
 TTY/ATS 613-580-2401

Thank you to all of our patrons

Thank you for choosing our programs and services. Your well-being matters to us! Please feel free to give us a call or come in and see us in person to inquire about more information on our programs and services.

Merci à tous nos clients

Merci d'avoir choisi nos programmes et services. Votre bien-être nous tient à cœur!
Vous pouvez également passer nous voir et nous nous ferons un plaisir de vous expliquer nos divers programmes

Maria McRae

River Ward City Councillor • Conseillère, quartier Rivière



City of Ottawa

110 Laurier Avenue West, Ottawa, ON K1P 1J1
 Tel: (613) 580-2486 • Fax: (613) 580-2526
maria.mcrae@ottawa.ca • mariamcrae.ca

Rental Information

The halls within the Carleton Heights Community Centre are available for rental. Come take advantage of our newly renovated centre! We welcome dances, birthday parties, meetings, workshops, stags, wedding receptions and more. Our rooms are versatile and accommodating!

Not-For-Profit Group Rates	Meetings/Programs	Special Event (without liquor)	Special Event (with liquor)
Main Hall	\$11.15	\$47.92	\$86.29
Hall	\$8.62	\$36.85	\$66.37
Community/ Preschool and Conference Room	\$6.59	\$28.34	\$51.08
Private Group Rates	Meetings/Programs	Special Event (without liquor)	Special Event (with liquor)
Main Hall	\$46.48	\$66.37	\$86.29
Hall	\$35.75	\$51.08	\$66.37
Community/ Preschool and Conference Room	\$27.50	\$39.27	\$51.08
Commercial Group Rates	Meetings/Programs	Special Event (without liquor)	Special Event (with liquor)
Main Hall	\$66.37	\$92.93	\$120.80
Hall	\$51.08	\$71.49	\$92.93
Community/ Preschool and Conference Room	\$39.27	\$55.00	\$71.49

Please note that the centre staff will make the determination as to what "category" rental groups fall within. Not-For-Profit groups may be asked to provide their charitable number. Extra charges such as staff recovery fees and SOCAN fees may apply to certain rentals. Table and chairs are included in the prices featured above.

Carleton Heights C.C.



Main Hall Capacity • 150



Hall Capacity • 55 / 75(standing room only)



Community Room • Capacity: 25



Preschool Room • Capacity: 25



Conference Room • Capacity: 12



For more information about rentals, please do not hesitate to contact Maureen and/or Lise-Anne at 613-226-2208.

CHARA



Carleton Heights & Area Residents Association (CHARA)

The Carleton Heights and Area Residents' Association (CHARA) is an incorporated non-profit organization run by volunteers who care about and take an active role in what goes on in our community and City.

The Residents' Association encourages a sense of community by representing the interests of the community in local issues, hosting community events and supporting recreational activities offered at the Carleton Heights Community Centre.

If you would like to know more about **what is happening** in your community, visit us at: www.carletonheights.org

If you would like to be more involved in your community, **consider volunteering**. Contact us at info@carletonheights.org

The Association is governed by a volunteer Board of Directors, elected by residents.

Diane Gorman	President	Paula Batson	Director
Cheryl Holden	Vice-President	Ciineas Boyle	Director
Beverley Leeks	Treasurer	Luke Morton	Director
Christine McMillan	Secretary	Trevor Stevado	Director
Basil Adam	Director	Peter Organ	Liaison with Debra Dynes
		Elvira Vallati	Community Liaison

Attend Board Meetings:

Meetings of CHARA's Board are open to members of the community and are held at the Community Centre at 7 p.m. on the third Tuesday of each month.

Calendar of Events – Calendrier d'évènements

October 2011 octobre	December 2011 décembre	February 2012 février	
<p>Hidden Treasures Garage Sale Carleton Heights Community Centre Saturday, October 22, 2011 9am–1pm Rent a table for \$20. What you no longer want may be someone else's treasure!</p>	<p>Christmas Craft and Unique Gift Sale Carleton Heights Community Centre Saturday, December 3, 2011 9am–1pm Rent a table for \$20.</p>	<p>Winter Carnival & Family Day Celebration Carleton Heights Community Centre Sunday, February 19, 2012 Noon – 4pm</p>	<p>Hockey Day in Canada Carleton Heights Community Centre TBA</p>
<p>Vente de garage des secrets cachés Centre communautaire Carleton Heights le samedi 22 octobre, 2011 9h–13h Louer une table; 20\$. Ce que vous ne voulez plus peut devenir le trésor d'un autre!</p>	<p>Vente artisanale de Noel Centre communautaire Carleton Heights Le samedi 3 décembre, 2011 9h–13h Louer une table; 20\$.</p>	<p>Carnaval d'hiver Centre communautaire Carleton Heights Le dimanche 19 février, 2012 midi-16h</p>	<p>La journée du Hockey au Canada Centre communautaire Carleton Heights Détails à suivre...</p>

Please contact us at 613-226-2208 for more information regarding any of these events.
Pour de plus amples renseignements, veuillez nous joindre au 613-226-2208.