



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



Registration begins:
Wednesday

March 9th, 2011
6 to 8pm

L'inscription débute :
le mercredi,
9 mars 2011
18h à 20h



Spring - Summer 2011
Printemps - Été 2011

Recreation Programs are sponsored by
Les programmes de loisirs sont commandités par

CHARA

Carleton Heights & Area Residents Association

If you would like to know more about what is happening in your community, visit:
Pour en savoir plus au sujet de votre communauté :

www.carletonheights.org

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Features of the Centre:

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



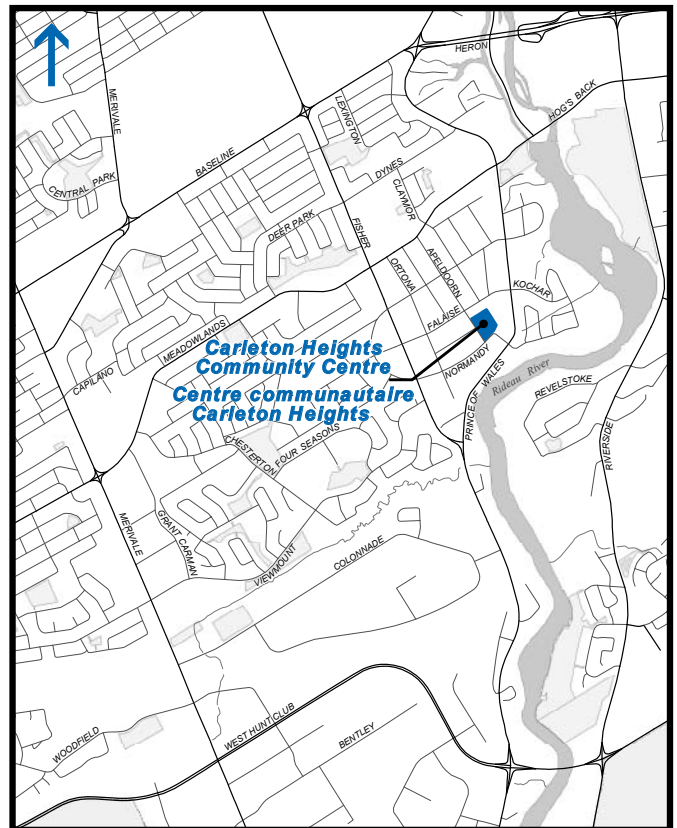
Special Needs
Besoins spéciaux

Caractéristiques du centre :

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



Special Needs
Besoins spéciaux



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 Reach Us

613-226-2208 or by e-mail at: carleton.heights@ottawa.ca

The Carleton Heights Community Centre is now serving all City of Ottawa programs! We will be happy to assist you for your next registration!

Terms and Conditions of Registration

C.H.A.R.A. Programs:

Registration begins: Wednesday March 9th, 2011 - 6 to 8pm

Registration is first come, first served; until programs are full. Participants must register, in person, at the Carleton Heights Community Centre. Full payment is required at the time of registration, before any services are provided. Payment is accepted by cash or cheque, made payable to the Carleton Heights & Area Residents Association. Fees include all applicable taxes.

Cancellations

Courses are subject to cancellation due to insufficient registration. If this occurs, a full refund will be issued. In the event that we must cancel a single class, every attempt will be made to have the class re-scheduled.

Hand in Hand; Recreation & Culture Fee Support

The Carleton Heights & Area Residents Association (CHARA) offers a system of financial support to ensure that all Carleton Heights residents can participate in recreation programs and activities offered by the community centre, regardless of ability to pay. For additional information or to obtain a fee assistance application, residents are invited to visit the Carleton Heights Community Centre. Please note that all applicants will be asked to provide proof of financial need.

Admittance Statement

Users of City facilities are personally responsible for ensuring they are fit to participate in physical activities. Anyone with a condition affecting his/her ability to participate must take appropriate safety precautions to ensure his/her own safety and is encouraged to be accompanied by an adult who is knowledgeable about their condition.

REGISTER EARLY!

Last minute registrations may be too late! We review enrolment 5 business days before the start a class is schedule to start. If the minimum number of required participants has not been met, the class will be cancelled. Please register early!

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:

Easter - April 22, 23, 24 & 25, 2011

Victoria Day Weekend - May 21, 22 & 23, 2011

Civic Holiday - August 1, 2011

Comment nous joindre

613-226-2208 ou par courriel: carleton.heights@ottawa.ca

Nous sommes maintenant en mesure de prendre des inscriptions pour les programmes offerts à l'échelle de la ville. Venez nous voir, au Centre communautaire Carleton Heights, pour votre prochaine inscription!

Conditions générales d'inscription

C.H.A.R.A. Programs:

L'inscription débute : le mercredi, 9 mars 2011 - 18h à 20h .

L'inscription est "premier rendue, premier servie"; jusqu'à ce que les programmes sont remplis. Les participants doivent s'inscrire, en personne, au Centre communautaire Carleton Heights. Un paiement complet doit être effectué au moment de l'inscription. Les modes de paiement acceptés sont les suivants : argent comptant ou chèque (libellé à l'ordre de Carleton Heights & Area Residents Association). Les frais de cours incluent toutes taxes.

Annulations

Les cours peuvent être annulés en raison d'un nombre insuffisant de participants. Advenant le cas, un remboursement intégral sera accordé. Si on devait annuler un cours, tous les efforts seront déployés pour reprendre le cours.

Main dans la main; Subvention pour les programmes de loisirs et de culture

L'association communautaire (CHARA) offre un programme d'aide financière afin que tous les résidents de Carleton Heights puissent participer aux activités récréatives offertes par le centre communautaire, sans égard à leur capacité de payer. Pour obtenir de plus amples renseignements ou une demande d'aide financière, les résidents sont priés de visiter le Centre communautaire Carleton Heights. Il est à noter que tous les demandeurs devront fournir une preuve de leur besoin de financement.

Déclaration concernant l'admission

Les personnes qui utilisent les installations de la Ville doivent s'assurer qu'elles ont la forme nécessaire pour participer à des activités physiques. Toute personne qui a une affection influant sur sa capacité de participer à de telles activités doit prendre des précautions afin d'assurer sa sécurité et est invitée à se faire accompagner d'un adulte connaissant son état.

INSCRIVEZ-VOUS RAPIDEMENT!

Éviter les inscriptions de dernières minutes! Nous révisons les inscriptions 5 jours avant le début d'un programme. Si nous n'avons pas atteint le nombre minimum de participant nécessaires, le programme sera annulé. Veuillez s.v.p. vous inscrire rapidement!

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'horaire le :

Congé de Pâques - le 22, 23, 24 et 25 avril, 2011

Congé de la Reine – le 21, 22 et 23 mai, 2011

Congé civique – le 1 août, 2011

Preschool Programs

Preschool Programs

Morning Preschool

Crafts, stories, circle-time, free play & show and tell; a great social experience! Children attending this program must be toilet trained. Fee to register twice a week (or for a sibling) is \$250. Fee for three times a week (or for sibling) is \$360.

3-4 yrs	Mon	9:30-11:30am
Mar 21-Jun 13	\$121	11 weeks
3-4 yrs	Wed	9:30-11:30am
Mar 23-Jun 15	\$143	13 weeks
3-4 yrs	Fri	9:30-11:30am
Mar 25-Jun 17	\$132	12 weeks



Sporty Kids

Lots of fun and a great way to burn off some of that extra energy. (Soccer and Basketball - played indoors.)

4-5 yrs	Sat	11:30-12:15
Apr 9-Jun 18	\$50	10 week

Twinkling Toes

Through creative movement with basic ballet and jazz, dancers will develop grace and creativity. A Twinkling Toes performance completes the final class.

3-4 yrs	Sat	9:30 - 10:15am
Apr 2-Jun 18	\$50	10 weeks
5-6 yrs	Sat	10:30 - 11:15am
Apr 2-Jun 18	\$50	10 weeks

Children & Youth Programs

Babysitter's Training

Canada Safety Council course includes manual & covers child safety, first aid, and emergency situations.

12+ yrs	Tue	7:30 -9pm
Mar 29-May 3	\$50	6 weeks

Basketball

Drills and skills program. Recreational play; scrimmages complete each evening. Progressive skill development.

Carleton Heights Public School

7-8 yrs	Wed	6-7pm
Mar 30-Jun 1	\$42.50	10 weeks
9-12 yrs	Wed	7-8pm
Mar 30-Jun 1	\$42.50	10 weeks

Dinner and a Movie

New!

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	5:30-8:30pm
Apr 8-May 20	\$72	6 weeks

Family Drum Fitness

You + Stability Ball + Drumsticks + Music = workout for your entire body, mind and spirit. Feel the pulsating rhythms, dynamic movement and powerful percussions of this high-energy dance and rhythm program. (This program does not fall under the regular fitness fees. Registration fee for this program is per person.)

8-70 yrs	Sat	9:15-10:15am
Apr 2-Jun 18	\$35	10 weeks

Dodgeball

Come out and play this great game! This is recreational fun with some exercise on the side.

Carleton Heights Public School

7-10 yrs	Thu	6 -7pm
Mar 31-Jun 2	\$42.50	10 weeks

Full of Glee

Join the fun sing and dance like your favourite Glee characters. Learn a dance routine and the vocals to songs from popular children's musicals. Final class will be a performance for parents.

7-9 yrs	Sat	11:30 -12:15pm
Apr 2-Jun 18	\$50	10 weeks

Home Alone Safety Program

Course covers important aspects for when your children need to be left on their own.

9+ yrs	Tue	6-7:30pm
Mar 29-May 3	\$40	6 weeks

Indoor Soccer

Recreational play with some skill development.

Carleton Heights Public School

6-8 yrs	Mon	6-7pm
Mar 28-May 16	\$36	7 weeks
9-12 yrs	Mon	7-8pm
Mar 28-May 16	\$36	7 weeks



Small World Playgroup

Join in crafts, story, gym and play time. A great social experience for both parent and child. (Fee to register twice a week (or for a sibling) is \$135.)

1 mth-3 yrs	Tue	9:30 -11:00am
Mar 22-Jun 14	\$73.25	13 weeks
1 mth-3 yrs	Thu	9:30 -11:00am
Mar 24-Jun 16	\$73.25	13 weeks



Children & Youth Programs

Little Lotus Yoga

Yoga is a gentle non-competitive form of exercise that can be practised by children of all ages and physical abilities. While promoting a healthy mind, body, and spirit, Yoga helps to increase concentration, attention, and focus. Children will find tranquillity in their busy little lives and improve whole body health.

8-12 yrs Tue 6:30 -7:30pm
Apr 5-Jun 14 \$50 10 weeks

Painting and Sketching

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

10-15 yrs Sat 10-11am
Apr 9-Jun 18 \$90 10 weeks

Social Recreation – Special Needs

This program is a pilot project offered by the City of Ottawa.

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. *Please contact the Special Needs Portfolio Coordinator at 613-580-2424 ext. 29300 to arrange an interview prior to registration.

18-65yrs Mon-Fri 9am-3pm
Mar 21-Jun 17 \$1643 13 weeks



Spring and Summer Soccer Leagues

Leagues are recreational and focus on fair play. Volunteer coaches are required to operate league. (Please contact Maureen at 613-226-2208 x222 if you are interested in becoming a coach. A coaches meeting will be held for volunteers prior to the start of the leagues.) Price includes a t-shirt and a team photo.

Games are held either at Carleton Heights Community Centre or Carleton Heights Public School Fields

Spring

Age categories: Junior : 4-6 yrs Intermediate: 7-9yrs Senior: 10-12 yrs

Games are played on Tuesday and Thursday evenings from 6:30 to 7:30pm

League operates from May 17-Jun 21

Fee: \$45

Summer

Age categories: Junior : 4-6 yrs Intermediate: 7-9yrs Senior: 10-12 yrs

Games are played on Tuesday and Thursday evenings from 6:30 to 7:30pm

League operates from July 12-Aug 16

Fee: \$45



Adult & Older Adult

Adult & Older Adult Programs

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.)

18+ yrs	Mon	1-3pm
Mar 28-Jun 13	\$110	10 weeks

Badminton

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

Carleton Heights Public School

18+ yrs	Mon	8:15-10pm
Mar 28-Jun 6	\$34	9 weeks
18+ yrs	Thu	8:15-10pm
Mar 31-Jun 2	\$38	10 weeks

Basketball - Co-Ed

Recreational basketball.

Carleton Heights Public School

18+ yrs	Wed	8:15-10pm
Mar 30-Jun 1	\$38	10 weeks

Bocce

Sessions or games can be organized by the centre staff or by your own group. Give us a call at 613-226-2208 or drop in and see us. Three outdoor courts are available for play adjacent to the community centre.

Let's Play Bridge

Fine tune your skills or come and learn; novice and intermediate play will be featured. The instructor will give insightful tips after each hand.

18+ yrs	Fri	10am -12pm
Apr 1-Jun 9	\$40	10 weeks

Euchre

Bring a friend or meet new ones and enjoy a friendly afternoon of cards.

18+ yrs	Wed	1-3pm
Mar 30-Jun 8	\$20	

Introduction to Bead and Wire Jewellery Making

This course is designed to introduce the student to various jewelry making techniques by completing a series of projects.

18+ yrs	Mon	7-9pm
Apr 4-Jun 6	\$64	8 weeks

Painting and Sketching

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

18+ yrs	Sat	11am-12pm
Apr 9-Jun 18	\$90	10 weeks

Quilting

Join us for good company and great conversation as you quilt. Machine and hand techniques will be demonstrated. Participants are encouraged to bring their sewing machines and or hand sewing supplies to each class as required. Various levels of experience are welcomed!

18+ yrs	Mon	11am -1pm
Apr 4-Jun 6	\$64	8 weeks



Fitness

Spring Session Fees:

Fitness Fees:
 1 class a week \$85
 2 classes a week \$160
 3 classes a week \$235
 4 classes a week \$310

Fitness Coupons:
 5 coupons for \$35
 - to use for single classes.

Pilates & Yoga Fees:
 1 class a week \$100
 2 classes a week \$185.

Pilates & Yoga Coupons:
 5 coupons for \$40
 - to use for single Yoga classes.

Summer Session Fees

Fitness Fees:
 1 class a week \$55
 2 classes a week \$100
 3 classes a week \$150
 4 classes a week \$200

Fitness Coupons:
 5 coupons for \$35
 - to use for single classes.

Pilates & Yoga Fees:
 1 class a week \$60
 2 classes a week \$110

Pilates & Yoga Coupons:
 5 coupons for \$40
 - to use for single Yoga classes.

Maria McRae
 River Ward City Councillor



City of Ottawa

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 Tel.: 613.580.2486 • Fax: 613.580.2526
 Maria.McRae@ottawa.ca • MariaMcRae.ca



Abs & Butt in Motion

A Cardio Fusion class with a focus on lower body toning and core training.

18+ yrs	Wed	6:30-7:30pm
Mar 23-Jun 22		
18+ yrs	Tue	6-7pm
Jul 5-Aug 23		

Ball Class

An effective and fun way to help develop toning & flexibility. Participants must supply their own stability ball.

18+ yrs	Tue	11:30-12:30pm
Mar 22-Jun 21		
18+ yrs	Thu	1-2pm
Mar 24-Jun 23		
18+ yrs	Tue	11am-12pm
Jul 5-Aug 23		

Belly Dancing

Great fun and exercise! Course covers techniques and routines.

18+ yrs	Tue	7:30-8:45pm
Mar 22-Jun 21		

Boot Camp

Increase strength cardio and body image through this conditioning session. Experience drills and sport related exercises used by athletes.

Carleton Heights Public School

18+ yrs	Tue	7-8pm
Mar 22-Jun 7		

18+ yrs	Thu	7-8pm
Mar 24-Jun 9		

Carleton Heights Community Centre

18+ yrs	Tue	7-8pm
Jul 5-Aug 23		

Cardio Fusion

Includes an extended mixed impact cardio workout followed by a stretch segment.

18+ yrs	Mon	9-10am
Mar 21-Jun 20		

Cardio Pump

A cardio class that also incorporates some core and circuit training.

18+ yrs	Fri	9-10am
Mar 25-Jun 24		
18+ yrs	Thu	8:45-9:45am
Jul 7-Aug 25		

Calorie Burner

A great cardio workout that is easy on the joints. A slower but longer pace burns extra calories; will include some weight training.

18+ yrs	Wed	9-10am
Mar 23-Jun 22		



Chair Exercise

For those starting an exercise program (specifically older adults) and specifically designed for use in a chair or as an assistive device. Ideal for those with arthritis, osteoporosis or decrease in joint movement; improvement in balance, flexibility and muscle tone is the main focus of the program.

18+ yrs	Mon	1-2pm
Mar 21-Jun 20		

18+ yrs	Wed	1-2pm
Mar 23-Jun 22		

18+ yrs	Thu	11am-12pm
Jul 7-Aug 25		

Family Drum Fitness

You + Stability Ball + Drumsticks + Music = workout for your entire body, mind and spirit. Feel the pulsating rhythms, dynamic movement and powerful percussions of this high-energy dance and rhythm program. (This program does not fall under the regular fitness fees. Registration fee for this program is per person.)

8-70 yrs	Sat	9:15-10:15am
Apr 2-Jun 18	\$35	10 weeks

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
Mar 23-Jun 22		

Hooping

Looking for a new way to work out? Strengthen your core muscles and get a great cardio workout with this unique class. A weighted hoop for strengthening and great music will keep you going throughout the hour. Hoops available for purchase.

18+ yrs	Wed	11:30-12:30pm
Mar 23-Jun 22		

Low & Tone

A varied workout that alternates between weight training and aerobic exercises. It is meant to keep all fitness levels motivated and challenged.

18+ yrs	Mon	6:30-7:30pm
Mar 21-Jun 20		

Men's Fitness

An all-round fitness and strength-training. Cardio, free-weight strength training, flexibility, co-ordination and comradery that will set you up for golf, gardening, curling, and more.

18+ yrs	Mon	11:30am-12:30pm
Mar 21-Jun 20		

18+ yrs	Wed	11:30am-12:30pm
Mar 23-Jun 22		

18+ yrs	Fri	11:30am-12:30pm
Mar 25-Jun 24		

18+ yrs	Wed	8:45-9:45am
Jul 6-Aug 24		

Pilates

Total body conditioning for all ages. Especially good for abdominals and back.

18+ yrs	Mon	10:15-11:15am
Mar 21-Jun 20		

18+ yrs	Thu	7:30-8:30pm
Mar 24-Jun 23		

Power Posture Training

Empower yourself with good posture. This class emphasizes active and ergonomic sitting. It optimizes proper posture while it builds back strength, improves balance, and stabilizes muscles in the feet, legs and core.

18+ yrs	Mon	2-3pm
Mar 21-Jun 20		

Walk to Run

For the walker who wants to run safely. Participants will be taught proper running form, correct use of equipment, proper stretching and will be running 2-3 km by the end of the course.

18+ yrs	Wed	7-8pm
May 8-Jun 22	\$35	

18+ yrs	Sat	9:15-10:15am
Apr 30-Jun 25	\$35	

Fitness

Weight Training

Tone and strengthen muscles to benefit bone density and posture.

18+ yrs	Tue	9-10am
Mar 22-Jun 21	Women	
18+ yrs	Tue	6:30 - 7:30pm
Mar 22-Jun 21	Women	
18+ yrs	Thu	1-2pm
Mar 24-Jun 23	Women	
18+ yrs	Thu	6:30 - 7:30pm
Mar 24-Jun 23	Co-Ed	
18+ yrs	Tue	8:45-9:45am
Jul 5-Aug 23	Women	
18+ yrs	Thu	6-7pm
Jul 7-Aug 25	Co-Ed	

Zumba®

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

18 yrs+	Mon	7:30-8:30pm
Mar 21-Jun 20		
18+ yrs	Fri	1- 2pm
Mar 25-Jun 24		

Yoga - Hatha

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

18 + yrs	Mon	7:45 -9pm
Mar 21-Jun 20		
18 + yrs	Tue	1-2:15pm
Mar 22-Jun 21		
18 + yrs	Tue	7:30-8:45pm
Mar 22-Jun 21		
18 + yrs	Thu	9 -10:15am
Mar 24-Jun 23		
18 + yrs	Thu	7 -8:15am
Jul 7-Aug 24		

Zumba Gold®

Designed for those learning Zumba and or looking for a gentle version. Combines Latin music and dance themes to create a dynamic fitness system.

18+ yrs	Sat	10:20-11:20am
Apr 2-Jun 18		

Older Adult Fitness

Fitness Fees/Coupons: Same as Adult Fitness

Yoga Fees/Coupons: Same as Adult Fitness

Senior Discount: A \$10 discount will be offered to participants 65 and older, registered in 2 fitness classes.

Intended for persons who are concerned about their Heart Health and who want to participate in regular fitness programs. Heart Wise programs can be recommended for those with or without known cardiac disease.

*Ask the staff at the front desk for our info sheet



50 + Tone & Stretch

Safely increase your flexibility and strength using hand weights, exercise bands, stretch bands and more!

50+ yrs	Tue	11am-12pm
Mar 22-Jun 21		
50+ yrs	Thu	11am-12pm
Mar 24-Jun 23		
50+ yrs	Tue	9:45-10:45am
Jul 5-Aug 23		
50+ yrs	Thu	9:45-10:45am
Jul 7-Aug 25		

Zumba Gold®

Designed for those learning Zumba and or looking for a gentle version. Combines Latin music and dance themes to create a dynamic fitness system.

18+ yrs	Sat	10:20-11:20am
Apr 2-Jun 18		



50 + Fitness

Very low impact exercising using aerobics, hand-held weights, resistance bands, and other equipment, while allowing each participant to work and progress at their own pace.

50+ yrs	Wed	10:15-11:15am
Mar 23-Jun 22		

50 + Gentle Fitness




A gentle approach to fitness including strength, cardio and flexibility while taking into consideration limitations of joint movement, arthritis, and osteoporosis.

50+ yrs	Fri	10:15-11:15am
Mar 25-Jun 24		






Fitness Schedule for Adult & Older Adult Fitness

Spring Schedule (in effect from March 21 to June 24, 2011)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10am Cardio Fusion	9-10am Weight Training - Women Donna	9-10am Calorie Burner Leslie	9-10:15am Hatha Yoga Julia	9-10am Cardio Pump Dr. Luke	9:15-10:15am Family Drumming
10:15-11:15am Pilates	11-12pm 50+ Tone & Stretch June 	10:15-11:15am 50+ Fitness Leslie 	11am-12pm 50+ Tone & Stretch June 	10:15-11:15am 50+ Gentle Fitness June / Joy 	9:15-10:15am Walk to Run
11:30am-12:30pm Men's Fitness Daniel 	11:30-12:30pm Ball Class Daniel	11:30am-12:30pm Men's Fitness Daniel 	1pm-2pm Weight Training - Women Nelda	11:30-12:30pm Men' Fitness Daniel 	10:20-11:20am Zumba Gold® Linda
1-2pm Chair Exercise Daniel 	1-2:15pm Yoga Hatha Julia	11:30-12:30pm Hooping Leslie	1-2pm Ball Class Daniel	1-2pm Zumba® Nelda	
2-3pm Power Posture Daniel	6:30-7:30pm Weight Training - Women Daniel	1-2pm Chair Exercise Daniel 	6:30-7:30pm Weight Training - Co-Ed Daniel		
6:30-7:30pm Low & Tone Joanna	7-8pm Boot camp Carleton H. School Dr. Luke	6:30-7:30pm Abs & butt Anita	7-8pm Boot camp Carleton H. School Joe		
7:30-8:30pm Zumba® Scott	7:30-8:45pm Belly Dance Dunia	7:30-8:30pm Groove Anita			
7:45-9pm Yoga Hatha Melanie	7:30-8:45pm Yoga-Hatha Terry	7-8pm Walk to Run	7:30-8:30pm Pilates Glynis		

Summer Schedule
(in effect from July 4
to August 26, 2011)

Tuesday	Wednesday	Thursday
8:45-9:45am Weight Training - Women	8:45-9:45am Men's Fitness Daniel	8:45-9:45am Cardio Pump Dr.Luke
9:45-10:45am 50+ Tone & Stretch June 		9:45-10:45am 50+ Tone & Stretch June 
11am-12pm Ball Class Daniel		11am-12pm Chair Class Daniel 
6-7pm Abs and Butt Anita		6-7pm Co-Ed Weights Daniel
7-8pm Boot Camp Dr. Luke		7-8:15pm Yoga Melanie

Summer Camps

Summer Camps

Wanna get active, creative and adventurous? Carleton Heights is the place to be in the summer. We have a great team just waiting to entertain your kids all summer long!!!

Wannahalfday (3-4yrs):

This program will be offered from 9am to 11:30am. Preschoolers can benefit from the fun of camp in this half day program. This camp includes games, crafts, outdoor play, sports and guest speakers. (Please note this camp will not be participating in outings or wading pool activities.)

Camp Wannameetchu (4-6yrs) & Camp Wannago (7-12 yrs):

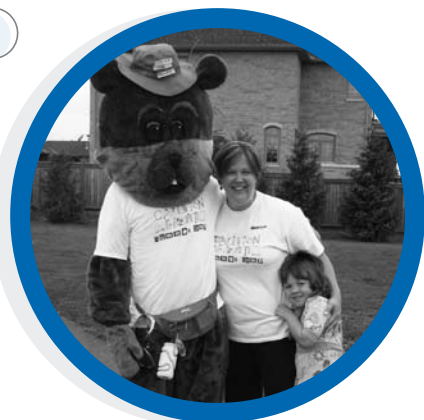
Programmed activities are offered from 9am to 4pm. Pre and post care is included in the price of our camps and is available from 8am to 5pm. These camps include outings, special guests, games, indoor/outdoor play, crafts... An amazing camp experience filled with unforgettable adventures!



Dates	Weekly Themes Wannahalfday Wannameetchu	Wannahalfday (3-4yrs)	Wannameetchu (4-6 yrs)	Weekly Themes Wannago	Wannago (7-12 yrs)
July 4-July 8	Sporty kids	\$74.75	\$149.50	Fitness - shape up!	\$149.50
July 11-July 15	Let's go green	\$74.75	\$149.50	Environment 101	\$149.50
July 18-July 22	Little chefs	\$74.75	\$149.50	Gourmet challenge	\$149.50
July 25-July 29	Animal adventures	\$74.75	\$149.50	Veterinarian camp	\$149.50
Aug 2-Aug 5	Making a splash!	\$60	\$119.75	Wet n' wild!	\$119.75
Aug 8-Aug 12	Movin' and groovin'	\$74.75	\$149.50	Camp idol	\$149.50
Aug 15-Aug 19	Adventureland	\$74.75	\$149.50	Extreme adventures	\$149.50
Aug 22-Aug 26	Blast into science	\$74.75	\$149.50	Around the world	\$149.50

*Discount of \$10 for a child from the same family/household attending the same week of camp.

See you at Camp!



Wading Pool

The Carleton Heights Wading Pool will be open from July to August 2011. (Daily operation is weather permitting.)

Mon-Fri 11am-5pm
Weekends Closed

Pataugeuse

La pataugeuse du Centre communautaire Carleton Heights sera ouverte en juillet et aout 2011. (L'ouverture journalière est dépendante de la température.)

lun-ven 11h - 17h
Fin de semaine Fermé



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!

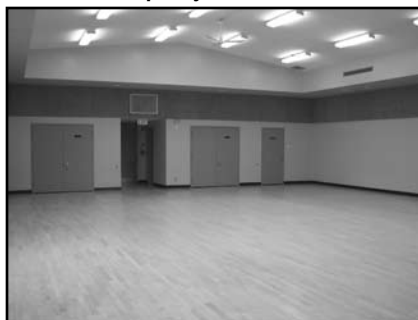
Not-For-Profit Group Rates (Hourly)	Meetings/Programs (without liquor)	Special Event (without liquor)	Special Event (with liquor)
Main Hall	\$11.15	\$47.92	\$86.29
Hall	\$8.62	\$36.85	\$66.37
Community/ Preschool and Conference Room	\$6.59	\$28.34	\$51.08
Private Group Rates (Hourly)	Meetings/Programs (without liquor)	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 (Hourly)	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) officially represents the interests of residents and homeowners in Carleton Heights and area. Carleton Heights is defined in the official City plan as the area bounded to the east by the Rideau River, to the west by Fisher, to the South at the junction of Prince of Wales and Fisher and to the North by the Experimental Farm.

The Residents Association encourages a sense of community by supporting recreation programming offered at the Carleton Heights Community Centre and representing residents in matters of real property, planning, development, crime, quality of life, transportation, and essential services.

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

Diane Gorman	President	Luce Normandin	Director
Cheryl Holden	Vice-President	Trevor Stevado	Director
John Batson	Treasurer	Peter Organ	Liaison with Debra Dynes Community
Myriam Montrat	Director	Elvia Vallati	Community Liaison

Become a Volunteer:

The Association is looking for volunteers to assist with a number of activities in the community.

Attend Board Meetings:

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

Annual General Meeting: Tuesday June 7, 2011 - 7pm. Everyone is invited to join us.

If you would like to know more about what is happening in your community, visit

www.carletonheights.org

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.

Calendar of Events - Calendrier d'événements

May 2011 mai	May 2011 mai	June 2011 juin
<p>Spring Garage Sale Carleton Heights Community Centre Saturday, May 7, 2011 9am-1pm Rent a table for \$20. What you no longer want may be someone else's treasure!</p>	<p>Annual General Meeting Carleton Heights Community Centre Tuesday June 7, 2011 7pm Everyone is welcome! Let's shape our community together!</p>	<p>Community BBQ Carleton Heights Community Centre Wednesday June 29, 2011 5:30-7:30pm Come join us for an afternoon of fun! The wading pool will be open for the first time this season. Games and entertainers will be on site for the kids!</p>
<p>Vente de garage du printemps Centre communautaire Carleton Heights le samedi 7 mai, 2011 9h-13h Louer une table; 20\$. Ce que vous ne voulez plus peut devenir le trésor d'un autre!</p>	<p>Assemblée générale Centre communautaire Carleton Heights le mardi 7 juin, 2011 19h Tous sommes bienvenue! Formons notre communauté ensemble!</p>	<p>BBQ Communautaire Centre communautaire Carleton Heights le mercredi 29 juin, 2011 5 :30-7:30pm Venez-vous joindre à nous pour une après-midi de plaisir. La pataugeuse sera ouverte pour la première fois cette saison. Des jeux et des animateurs pour enfants seront de la fête!</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.