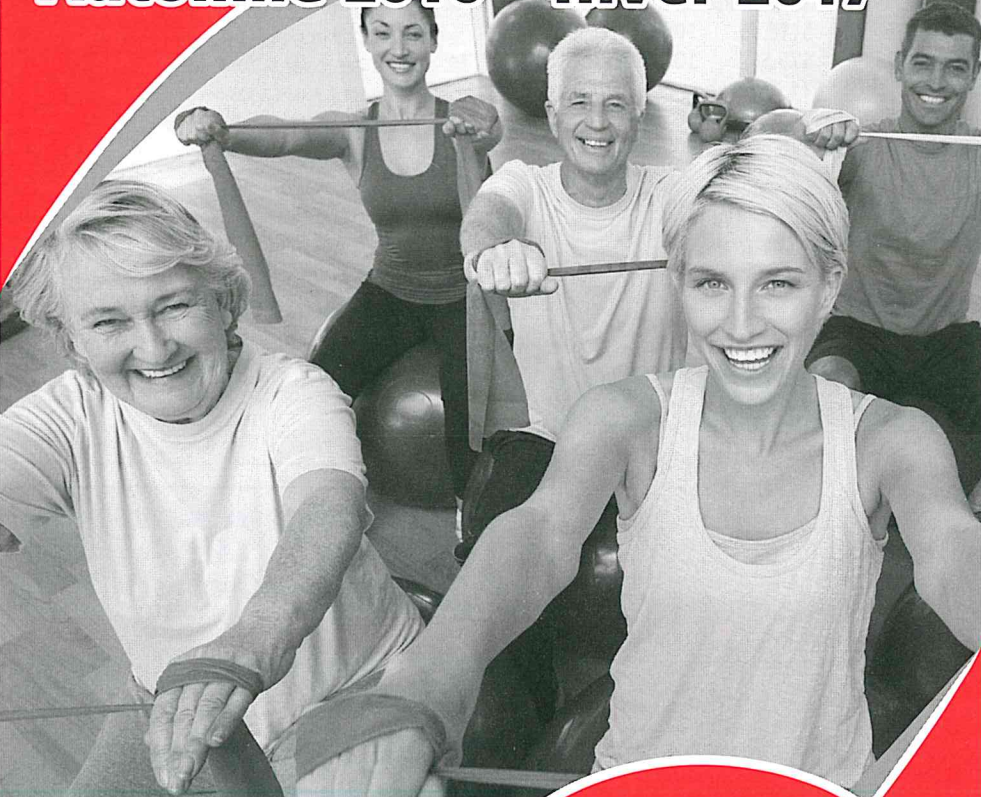


Ottawa

Centre communautaire Carleton Heights Community Centre

Fall 2016 – Winter 2017
Automne 2016 – Hiver 2017



On-line registration begins
August 10 at 9 pm and in person
during business hours on August 11.

L'inscription en ligne débute le 10 août
à 21 h et en personne, le 11 août,
pendant les heures normales
d'ouverture.

Register at
ottawa.ca/recreation
Inscrivez-vous à
ottawa.ca/loisirs

carleton.heights@ottawa.ca
ottawa.ca/carletonheights

1665 Apeldoorn
613-226-2208

3-1-1
TTY/ATS 613-580-2401

PRESCHOOL

Playgroup - Parent & Me

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 month-3 years	Tue.	9:30-11 am
Sept 13-Dec 13	\$72.25	1065991
Jan 10-Mar 7	\$46.50	1065993
1 month-3 years	Thu.	9:30-11 am
Sept 15-Dec 15	\$72.25	1065992
Jan 12-Mar 9	\$46.50	1065994

Play, Create and Explore – Play School

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

3-4 years	Mon.	9:30-11:30 am
Sept 12-Dec 12	\$119.25	1057433
Jan 9-Mar 6	\$73.50	1057558
3-4 years	Wed.	9:30-11:30 am
Sept 14-Dec 14	\$128.50	1057441
Jan 11-Mar 8	\$82.75	1057559
3-4 years	Fri.	9:30-11:30 am
Sept 16-Dec 9	\$119.25	1057544
Jan 13-Mar 10	\$82.75	1057560

Sportball® – Multi-Sport

In partnership with Sportball. www.sportball.ca. learn the FUNdamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are taught in a non-competitive and supportive environment.

3-4 years	Sat.	12:30-1:30 pm
Sept 24-Nov 5	\$106	1056592
Nov 12-Dec 17	\$106	1059133
Jan 14-Mar 4	\$124	1056611
4-6 years	Sat.	1:30-2:30 pm
Sept 24-Nov 5	\$106	1056591
Nov 12-Dec 17	\$106	1059128
Jan 14-Mar 4	\$124	1056610



All programs are held at the Carleton Heights C.C. unless otherwise indicated in the program description.
Tous les programmes sont offerts au C.C. Carleton Heights à moins d'être indiqué autrement dans la description.

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.

2-3 years	Sun.	9:30-10:10 am
Sept 25-Dec 4	\$49	1056273
Jan 15-Mar 5	\$34.25	1056336
2-3 years	Sun.	10:20-11 am
Sept 25-Dec 4	\$49	1056274
Jan 15-Mar 5	\$34.25	1056337
2-3 years	Sat.	9:30-10:10 am
Sept 24-Dec 3	\$49	1056272
Jan 14-Mar 4	\$34.25	1056335
2-3 years	Sat.	10:20-11 am
Sept 24-Dec 3	\$49	1056276
Jan 14-Mar 4	\$34.25	1056339
4-6 years	Sun.	11:10-11:50 am
Sept 25-Dec 4	\$49	1056275
Jan 15-Mar 5	\$34.25	1056338
4-6 years	Sat.	11:10-11:50 am
Sept 24-Dec 3	\$49	1056277
Jan 14-Mar 4	\$34.25	1056340

CHILDREN



Basketball Basics

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

Carleton Heights School
1660 Prince of Wales

6-8 years	Wed.	6-7 pm
Sept 28-Nov 30	\$60.50	1056405
Jan 11-Mar 8	\$54.50	1056412
9-12 years	Wed.	7-8 pm
Sept 28-Nov 30	\$60.50	1056411
Jan 11-Mar 8	\$54.50	1056413

Soccer – Indoor

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

Carleton Heights School
1660 Prince of Wales

5-8 years	Mon.	6-7 pm
Sept 26-Dec 5	\$60.50	1056432
Jan 9-Mar 6	\$48.50	1056438
9-12 years	Mon.	7-8 pm
Sept 26-Dec 5	\$60.50	1056436
Jan 9-Mar 6	\$48.50	1056439

March Break CAMPS

Registrations begins
January 18.

Fun'n Friends – Energy

Creative play, songs, crafts, themes, and cooperative games offer activities and fun for making friends in your neighbourhood.

4-5 years	Mon.-Fri.	8 am-5 pm
Mar 13-17	\$175	1058278

Ottawa Energy

Make new friends and have a blast. Join in the action with games, crafts, sports and camp activities.

6-12 years	Mon.-Fri.	8 am-5 pm
Mar 13-17	\$143	1058259

ADULT

Badminton – Game Play

Emphasis is on active participation and fun. Games are at a recreational level.

Carleton Heights School
1660 Prince of Wales

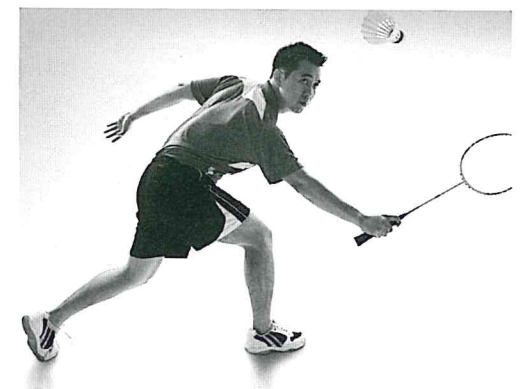
Mon.	8:15-9:45 pm
Sept 26-Dec 5	\$66.75 1056508
Jan 9-Mar 6	\$53.50 1056520

Basketball – Game Play

Play is on a recreational level with teams made up from those who show-up.

Carleton Heights School
1660 Prince of Wales

Wed.	8:15-10 pm
Sept 28-Nov 30	\$68.25 1056571
Jan 11-Mar 8	\$61.50 1056573



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, snacks and arrange for transportation to and from the program. Participants must contact the Program Coordinator, at 613-226-2208, ext. 222 prior to registration.

21-64 years	Mon.	9 am-3 pm
Sept 12-Dec 12	\$374.50	1056656
Jan 9-Mar 6	\$230.50	1056792
21-64 years	Tue.	9 am-3 pm
Sept 6-Dec 13	\$432.25	1056657
Jan 10-Mar 7	\$259.25	1056793
21-64 years	Wed.	9 am-3 pm
Sept 7-Dec 14	\$432.25	1056658
Jan 11-Mar 8	\$259.25	1056794
21-64 years	Thu.	9 am-3 pm
Sept 8-Dec 15	\$432.25	1056659
Jan 12-Mar 9	\$259.25	1056795
21-64 years	Fri.	9 am-3 pm
Sept 9-Dec 16	\$432.25	1056660
Jan 13-Mar 10	\$259.25	1056796

Weekly program

21-64 years	Mon.-Fri.	9 am-3 pm
Sept 6-Dec 16	\$2103.25	1056668
21-64 years	Mon.-Fri.	9 am-3 pm
Jan 9-Mar 10	\$1267.75	1056728

WELCOME FRIENDS!



Programs are featured in the language in which they are offered. Schedules and fees may be subject to change. Fees include HST.

Les programmes d'enseignement sont décrits dans la langue dans laquelle ils sont offerts. Veuillez noter que les frais d'inscription peuvent être sujets à changement sans préavis. Les frais comprennent la TVH.

201605-401

ADULT

Fitness

Cardio & Strength

Choreographed low-impact cardio class designed to overload the muscles with highly repetitive movements. Some light (1-5 lbs) hand weights might be used in the cardio and/or strength portion.

Mon.	9-10 am	
Sep 12-Dec 12	\$105	1058296
Jan 9-Mar 6	\$64.75	1058298

Core Conditioning

Muscle conditioning targeting core and stabilizer muscles. Strengthen and tone your abs, back, glutes as well as improve overall posture and balance.

Tue.	10-11 am	
Sep 13-Dec 13	\$110.75	1058517
Jan 10-Mar 7	\$71.25	1058523
Wed.	6:30-7:30 pm	
Sep 14-Dec 14	\$110.75	1058516
Jan 11-Mar 8	\$71.25	1058522

Fitness Interval

Multi-level class alternating between muscle conditioning and cardio drills. Modifications help you workout at your level.

Wed.	9-10 am	
Sep 14-Dec 14	\$113	1058557
Jan 11-Mar 8	\$72.75	1058559

LeHIIT®

LeHIIT incorporates a full body interval workout that is fun and effective. Combining High Intensity Interval Training with familiar fitness choreography and high-energy music, you will explore strength, speed, agility and power using Tabata-inspired timing and partners!

Mon.	6:30-7:30 pm	
Sep 12-Dec 12	\$105	1058621
Jan 9-Mar 6	\$64.75	1058625

Masala Bhangra®

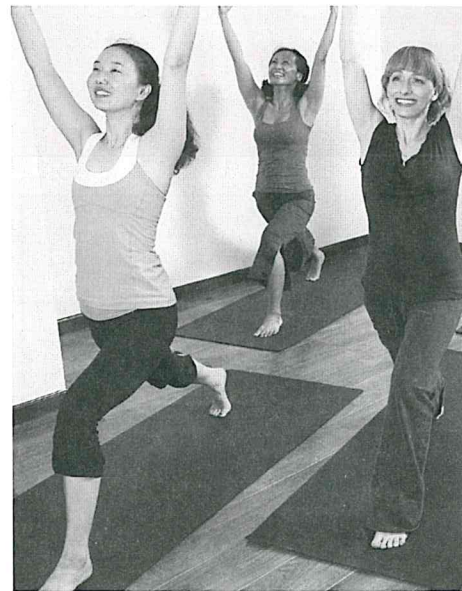
Masala Bhangra allows you to channel your masculine side with Bhangra and your feminine grace with Bollywood. Move to the beat of the dhol and unleash your inner being to a higher level.

Mon.	7-8 pm	
Sep 12-Dec 12	\$105	1058956
Jan 9-Mar 6	\$64.75	1058978

Strength Circuit

Circuit style with all stations focusing on muscle conditioning.

Fri.	9-10 am	
Sep 16-Dec 16	\$113	1058605
Jan 13-Mar 10	\$72.75	1058610



Total Muscle Conditioning (TMC)

Muscle conditioning using your body weight and a variety of equipment such as stability balls, resistance tubes and hand weights.

Tue.	9-10 am	
Sep 13-Dec 13	\$113	1058466
Jan 10-Mar 7	\$72.75	1058502
Tue.	6:30-7:30 pm	
Sep 13-Dec 13	\$113	1058467
Jan 10-Mar 7	\$72.75	1058503
Thu.	6:30-7:30 pm	
Sep 15-Dec 15	\$113	1058468
Jan 12-Mar 9	\$72.75	1058504

Yoga

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

Mon.	8-9 pm	
Sep 12-Dec 12	\$117.75	1058330
Jan 9-Mar 6	\$72.50	1058416
Thu.	6-7 pm	
Sep 15-Dec 15	\$126.75	1058332
Jan 12-Mar 9	\$81.50	1058417

Yoga – Restorative

Restorative poses have a particular ability to leave you nourished and well rested. These postures are held for several minutes at a time, usually supported by blankets, blocks, or other props.

Thu.	9-10 am	
Sep 15-Dec 15	\$137.25	1063195
Jan 12-Mar 9	\$88.25	1063197

Zumba®

Inspired by a Latin and International dance, this is a great cardio class with focus on fun and sweating. Blast calories through salsa, meringue, samba, belly dance, reggaeton, and hip-hop.

Wed.	7:30-8:30 pm	
Sep 14-Dec 14	\$113	1058589
Jan 11-Mar 8	\$72.75	1058594

ADULT 50+



Heart Wise Exercise Programs

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. All the programs featured on this page are part of the Heart Wise Exercise programs.

Seniors' Discount

City of Ottawa residents who are 65 years of age and over will receive a discount of 10% when registering for a City program. A proof of age is required.

Balance and Stability

Using resistance bands and balls these exercises will help improve your balance and stability, to prevent falls and keep you mobile.

Wed.	1-2 pm	
Sep 14-Dec 14	\$118.75	1058575
Jan 11-Mar 8	\$76.50	1058579

Chair Exercise

Complete and gentle workout done seated to lively music. Includes light strength training.

Mon.	1-2 pm	
Sep 12-Dec 12	\$117.75	1058310
Jan 9-Mar 6	\$72.50	1058322



Lo Impact

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

Wed.	10:15-11:15 am	
Sep 14-Dec 14	\$107	1058566
Jan 11-Mar 8	\$68.75	1058569

Stretch & Strength

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

Tue.	11 am-noon	
Sep 13-Dec 13	\$118.75	1058531
Jan 10-Mar 7	\$76.50	1058544
Thu.	11 am-noon	
Sep 15-Dec 15	\$118.75	1058532
Jan 12-Mar 9	\$76.50	1058545

Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9-10 am Cardio Strength	9-10 am TMC	9-10 am Fitness Interval	9-10 am Yoga - Restorative	9-10 am Strength Circuit
	10-11 am Core Conditioning	50+ Lo Impact		
	11 am-noon 50+ Stretch/Strength		11 am-noon 50+ Stretch/Strength	
1-2 pm 50+ Chair Exercise		1-2 pm 50+ Balance & Stability		
6:30-7:30 pm LeHIIT®	6:30-7:30 pm TMC	6:30-7:30 pm Core Conditioning	6:30-7:30 pm TMC	6-7 pm Yoga
7-8 pm Masala Bhangra®		7:30-8:30 pm Zumba		
8-9 pm Yoga				

Register at ottawa.ca/recreation
Inscrivez-vous à ottawa.ca/loisirs

Rental Information

The halls within the Carleton Heights Community Centre are available for rental. We welcome dances, birthday parties, meetings and more. Our rooms are versatile and accommodating.

- Main Hall – 1800 sq. ft. / capacity: 150
- Gail Denton Hall – 1450 sq. ft. / capacity: 75
- Community Room – 570 sq. ft. / capacity: 25
- Preschool Room – 610 sq. ft. / capacity: 25
- Conference Room – 300 sq. ft. / capacity: 12

For more information about rentals, please contact: 613-226-2208

Locations

Les salles du Centre communautaire Carleton Heights sont disponibles pour des locations; des danses, des célébrations, des réunions et bien d'autres. Nos salles sont versatiles et accommodantes.

- Grande salle – 1800 pi. ca. / capacité: 150
- Salle Gail Denton – 1450 pi.ca. / capacité: 75
- Salle communautaire – 570 pi.ca. / capacité: 25
- Salle préscolaire – 610 pi.ca. / capacité: 25
- Salle de conférence – 300 pi. ca. / capacité: 12

Pour de plus amples informations au sujet des locations, composé le: 613-226-2208.

CHARA Carleton Heights and Area

Residents Association

Upcoming Events

Fall Community Yard Sale	September 17
Kids Halloween Party	October 28
Christmas Craft Sale	November 26
Winter Carnival	February 25

Contact Info

e-mail: info@carletonheights.org
Website: carletonheights.org
Twitter: @CarHeightsARA
Or like us on Facebook

CHARA is a volunteer community organization.

Please contact us for more information about volunteering or for more information about our events.