

# DROP-IN Programs

Check out the variety of drop in programs we have for you at Alexander CC – all FREE !

Community Sports Club	10 – 13 yrs	Mon	5:00 – 6:00 pm	Starts: Sept 19
Homework Club	10 – 13 yrs	Tues + Thurs	5:00 – 6:00 pm	Starts: Sept 19
Thursday Night Ball	10 – 13 yrs	Thurs	6:30 – 7:30 pm	Starts: Sept 15
Thursday Night Ball	14 – 17 yrs	Thurs	7:30 – 8:30 pm	Starts: Sept 15
Friday Night Youth	8 – 12 yrs	Fri	6:00 – 7:30 pm	Starts: Sept 16
Friday Night Youth	13 – 17 yrs	Fri	7:30 – 9:00 pm	Starts: Sept 16
Y.A.R.D. Basketball Leagues	various	Wed	6:00 – 10:00 pm	Starts: Oct 5
Join our non-competitive leagues – Boys and Girls Divisions – staffed by I LOVE TO MENTOR graduates				
CCBL – practice (Girls)	12 – 17 yrs	Sun	11:00 – 1:00 pm	Starts: Sept 18
CCBL – practice (Boys)	12 – 17 yrs	Sun	1:00 – 3:00 pm	Starts: Sept 18
Youth Arts Night	9 – 15 yrs	Mon	7:00 – 9:00 pm	Starts: Oct 3
Sponsored in part by the AOE Arts Council.				

## REGISTRATION INFORMATION

Register In Person : at the Alexander Community Centre

Register ONLINE at [www.ottawa.ca](http://www.ottawa.ca)

(you will need a FAMILY PIN and the course BARCODE)

\* you can get your Family Pin by calling 613-580-2588 or by visiting a Client Service Centre

ONLY courses with Barcodes can be registered Online –  
all others must be done in person

**Riley Brockington**  
Councillor / Conseiller  
River Ward / Quartier Rivière  
613-580-2486  
Riley.Brockington@Ottawa.ca  
RileyBrockington.ca  
110, ave Laurier Ave West/Ouest  
Ottawa, ON K1P 1J1



I Love To...

PLAY SOCCER  
DANCE  
SWIM  
SKATE  
PLAY HOCKEY  
MENTOR

Free for our community  
ASK US FOR INFO...



**Ottawa Hand in Hand**  
Recreation & Culture Fee Support



# Alexander CC

## Fall 2016



4 – 12 years

Monday – Friday  
3:00 – 5:30 pm

Fill in the 'GAP' between school  
and home with our awesome  
After School Program !

SEPTEMBER	1052240	\$57.50	(19 days)
OCTOBER	1052257	\$57.50	(19days)
NOVEMBER	1052331	\$60.50	(22 days)
DECEMBER	1052345	\$49.00	(17days)

Registration begins August 10 (online)  
and August 11 (in person at the centre)

**960 Silver Street**

**613-798-8978**



We have over 20  
**NEW and EXCITING**  
programs this Fall !!!!  
Check them out !



# Preschool

						<u>Barcode</u>
<b>Muck and Mess</b>	<b>2 – 4 yrs</b>	<b>Sat</b>	<b>9:30 – 10:15 am</b>	<b>Oct 1 – Nov 19</b>	<b>\$ 36.50</b>	1049145
<i>Get into your art with various projects, using lots of imagination and materials</i>						
<b>Wiggle + Giggle</b>	<b>2 – 4 yrs</b>	<b>Sat</b>	<b>10:30 – 11:15 am</b>	<b>Oct 1 – Nov 19</b>	<b>\$ 33.50</b>	1049184
<i>Play, climb, jump and run. Explore the world of crafts, music and movement.</i>						
<b>Gymnastics – Tumble</b>	<b>4 - 5 yrs</b>	<b>Sun</b>	<b>9:00 – 10:00 am</b>	<b>Oct 2 – Nov 20</b>	<b>\$ 64.50</b>	1049594
<i>Increase balance and coordination through gymnastic movements on the floor.</i>						

# Dance

						<u>Barcode</u>
<b>Creative Movement</b>	<b>2 – 3 yrs</b>	<b>Sat</b>	<b>9:00 – 9:45 am</b>	<b>Oct 1 – Dec 3</b>	<b>\$ 55.25</b>	1066270
<b>Creative Movement</b>	<b>4 – 5 yrs</b>	<b>Sat</b>	<b>10:00 – 10:45 am</b>	<b>Oct 1 – Dec 3</b>	<b>\$ 55.25</b>	1066271
<i>A fun casual approach to practicing basic and fine motor skills, in this introduction to the elements of movement to music.</i>						
<b>Creative Movement</b>	<b>6 – 8 yrs</b>	<b>Sat</b>	<b>11:00 – 11:45 am</b>	<b>Oct 1 – Dec 3</b>	<b>\$ 55.25</b>	1066272
<b>Creative Movement</b>	<b>9 - 12 yrs</b>	<b>Sat</b>	<b>12:00 – 12:45 pm</b>	<b>Oct 1 – Dec 3</b>	<b>\$ 55.25</b>	1066273
<i>A fun casual introduction to the elements of dance and space.</i>						

# Children + Youth

						<u>Barcode</u>
<b>Gymnastics – Tumble</b>	<b>6 - 8 yrs</b>	<b>Sun</b>	<b>10:00 – 11:00 am</b>	<b>Oct 2 – Nov 20</b>	<b>\$ 67.25</b>	1049639
<i>Increase balance and coordination through gymnastic movements on the floor.</i>						
<b>Cartooning + Comics</b>	<b>6 - 8 yrs</b>	<b>Sun</b>	<b>2:00 – 3:00 pm</b>	<b>Oct 2 – Nov 20</b>	<b>\$ 62.75</b>	1049475
<i>A young and free imagination can give cartoons personality! Watch characters and comic strips come to life...</i>						
<b>Guitar – level 1</b>	<b>8 - 12 yrs</b>	<b>Wed</b>	<b>7:00 – 8:00 pm</b>	<b>Oct 5 – Nov 23</b>	<b>\$ 90.00</b>	1049555
<i>Learn basic chords, strumming, picking and tuning. Bring your own guitar.</i>						
<b>Ball Hockey League</b>	<b>8 - 12 yrs</b>	<b>Wed</b>	<b>4:00 – 6:00 pm</b>	<b>Starts - Sept 21</b>	<b>\$ 17.00</b>	1056469
<i>Join our fun co-ed league. Play one game per week with the season ending with a banquet and awards ceremony.</i>						
<b>Indoor Soccer League</b>	<b>8 - 12 yrs</b>	<b>Fri</b>	<b>4:00 – 6:00 pm</b>	<b>Starts - Sept 23</b>	<b>\$ 17.00</b>	1056561
<i>Join our fun co-ed league. Play one game per week with the season ending with a banquet and awards ceremony.</i>						
<b>Tae Kwon Do</b>	<b>8 - 16 yrs</b>	<b>Sat</b>	<b>3:00 – 4:30 pm</b>	<b>Oct 1 – Nov 19</b>	<b>\$ 82.00</b>	1053857
<i>Korean Martial Art, teaches self defence and discipline and promotes confidence. Additional fees may apply for uniform + testing.</i>						
<b>GIRLS JUST WANNA HAVE FUN</b>	<b>10 - 15 yrs</b>	<b>Thurs</b>	<b>6 – 8 pm</b>	<b>Starts – Sept 22</b>	<b>FREE</b>	
<i>Sign up at the centre for this cool program just for girls. Dancing, crafts, healthy food prep and much, much more...</i>						

MANY MORE YOUTH PROGRAMS IN OUR DROP-IN SECTION ON THE BACK OF THIS FLYER. Check them out !!!!

# Adult

						<u>Barcode</u>
<b>Drawing – level 1</b>	<b>Adult</b>	<b>Sun</b>	<b>3:00 – 4:00 pm</b>	<b>Oct 2 – Nov 20</b>	<b>\$ 73.50</b>	1050020
<i>Learn simple tips that make a big difference in the way you draw. Designed for beginners.</i>						
<b>Computers – level 1</b>	<b>Adult</b>	<b>Tues</b>	<b>7:00 – 8:00 pm</b>	<b>Oct 4 – Nov 22</b>	<b>\$ 110.75</b>	1049856
<i>Browse the internet, search, prepare simple documents, save and organize things so they can be found again</i>						
<b>Cooking –Middle Eastern</b>	<b>Adult</b>	<b>Thurs</b>	<b>7:00 – 9:00 pm</b>	<b>October 27</b>	<b>\$ 25.00</b>	1064718
<i>WORKSHOP - Demonstrations of different foods using exotic Asian spices and herbs to add flavour and zest.</i>						
<b>Cooking – Asian</b>	<b>Adult</b>	<b>Thurs</b>	<b>7:00 – 9:00 pm</b>	<b>November 24</b>	<b>\$ 25.00</b>	1064717
<i>WORKSHOP - Demonstrations of different foods using exotic Asian spices and herbs to add flavour and zest.</i>						
<b>CARD CLUB</b>	<b>Adult</b>	<b>Tues + Thurs</b>	<b>1:00 – 2:30 pm</b>	<b>Starts – Oct 4</b>	<b>FREE</b>	
<i>Join your friends and neighbours for this social card club and refreshments. Small fees for refreshments.</i>						
<b>WALKING CLUB</b>	<b>Adult</b>	<b>Wed + Fri</b>	<b>1:00– 2:00 pm</b>	<b>Starts – Oct 5</b>	<b>FREE</b>	
<i>Walk into shape with your friends either in the Main Hall or out in the neighbourhood, weather permitting.</i>						

## HAVE AN IDEA FOR A PROGRAM / ACTIVITY ?

We are ALWAYS looking for NEW program ideas  
Have one ? Please give us a call ! ! ! ! !

# FITNESS

						<u>Barcode</u>
<b>Family Yoga</b>	<b>6 – 17 yrs</b>	<b>Sun</b>	<b>1:00 – 2:00 pm</b>	<b>Oct 2 – Nov 20</b>	<b>\$ 65.50</b>	1049455
<b>Family Yoga</b>	<b>Adult</b>	<b>Sun</b>	<b>1:00 – 2:00 pm</b>	<b>Oct 2 – Nov 20</b>	<b>\$ 78.50</b>	1049339
<i>Combined focus on mindfulness, breathing and slow physical movements. Increases strength and flexibility and decreases stress.</i>						
<b>Tai Chi</b>	<b>Adult</b>	<b>Wed</b>	<b>7:00 – 8:00 pm</b>	<b>Oct 5 – Nov 23</b>	<b>\$ 78.50</b>	1063313
<i>A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination and balance.</i>						
<b>Strength + Stretch</b>	<b>50 + yrs</b>	<b>Wed</b>	<b>11:50 - 12:50 pm</b>	<b>Sept 21 – Dec 14</b>	<b>\$ 62.00</b>	1066268
<b>Strength + Stretch</b>	<b>50 + yrs</b>	<b>Fri</b>	<b>11:50 - 12:50 pm</b>	<b>Sept 23 – Dec 16</b>	<b>\$ 62.00</b>	1066269
<i>All over body conditioning with stretching and flexibility segments. Older adults will increase strength and range of motion.</i>						
<b>Low Impact</b>	<b>Adult</b>	<b>Mon</b>	<b>6:30 – 7:30 pm</b>	<b>Sept 19 – Dec 12</b>	<b>\$ 55.25</b>	1066299
<i>More information to follow...</i>						

**BETTER STRENGTH – BETTER BALANCE** is also offered here on Tuesday and Thursday mornings.  
**This program is FREE for seniors. You must register through Ottawa Public Health.**