



# Hunt Club-Riverside Park Community Centre

3320 prom. Paul Anka Dr.

613-260-1299

## NEW PROGRAMS AT HCRP

### Arabic Singing

Learn the basics of Arabic singing techniques. Build confidence and nurture a love for music by learning traditional Arabic songs as well as new contemporary pieces.

6-12 years	Thu.	6:30-7:30 pm
Sep 22-Dec 8	\$203.50	1058268
15-99 years	Thu.	7:30-8:30 pm
Sep 22-Dec 8	\$230	1058293

### Girls' Community Club

Working with female mentors, this program will help build confidence, make friends, and stay active in their community.

10-14 years	Tue., Thu.	4-5 pm
Sep 13-Oct 6	\$73.50	1058219
Oct 11-Nov 3	\$73.50	1058226
Nov 8-Dec 1	\$73.50	1058227

### Never Too Late for Fitness – Women Only

It's never too late to try something new. Emphasis is on understanding the language, techniques and moves used in aerobics classes.

18-99 years	Mon.	9-9:45 am
Sep 12-Oct 3	\$25	1058008
Oct 17-Nov 7	\$25	1058009

### Sewing – Things for Baby

Learn the basics of sewing while making projects for babies.

18-99 years	Tue.	10 am-noon
Sep 20-Dec 6	\$179.25	1066080

### Sewing – Beginner Sewing

Learn the basics of sewing. Complete simple projects that will teach a variety of skills.

18-99 years	Wed.	6-8 pm
Sep 20-Dec 6	\$179.25	1066081

### Sewing – Beginner Quilting

Learn the basics of quilting. Complete simple projects that will teach a variety of skills.

18-99 years	Tue.	2-4 pm
Sep 21-Dec 7	\$179.25	1066082

### Volleyball

Learn the rules, game play (bump, set, spike, tip) and skills needed to serve and volley. Develop the fundamental skills playing the game.

9-12 years	Thu.	6:30-7:30 pm
Sep 22-Dec 8	\$88.25	1058183

### Volleyball - Level 2

Emphasis on active participation and fun. Participants must have a good skill level and understanding of the game.

18-99 years	Mon.	6:30-7:30 pm
Sep 19-Dec 12	\$53.50	1058128

### Volleyball - Level 3

Emphasis on active participation and fun. Participants must have an advanced skill level and understanding of the game.

18-99 years	Wed.	6:30-8 pm
Sep 21-Dec 7	\$80	1058149

### Urban Art

Explore the diverse styles and techniques of urban muralists using a variety of mediums. Starting small with sketches, participants will work towards a large scale mural project throughout the program.

8-14 years	Tue.	7:30-8:30 pm
Sep 20-Dec 6	\$127	1058049
10-14 years	Tue.	6:30-7:30 pm
Sep 20-Dec 6	\$162.75	1058034

### Tabata for Everyone

High intensity interval training. Twenty seconds anaerobic exercise followed by 10 seconds of rest. Repeat each series for four minutes and feel the burn!

18-99 years	Tue.	6:30-7:30 pm
Sep 20-Dec 6	\$97	1052621

## NEW DROP-INS

### STARTING SEPTEMBER 19

#### Parent & Me – Open Gym

Tuesdays and Thursdays 8:30 -10 am  
Omos – 3 years  
North Gym  
\$3.10

#### Basketball – Open Gym

Tuesdays and Thursdays 4-5:15 pm  
17-99 years  
South Gym  
\$3.10

#### Pickleball Drop-In

Wednesday's 1-2:30 pm  
18-99 years  
North Gym  
\$4.10

## FREE SENIOR DROP-INS

### Social Drop-In

Monday's 10-12 pm  
Wednesday's 9:30 am-noon

### Senior Movie

Monday's 1-3 pm

### Walking Club

Tuesday & Thursday's  
1:15-2:15 pm





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## PRESCHOOL

## CHILD

## ADULT

## 50+

## DROP-IN

<b>Ballet</b>		
3-4 years	Sat.	9-9:45 am
Sep 24-Dec 17	\$78.50	1052171
3-5 years	Mon.	6-6:45 pm
Sep 19-Dec 12	\$78.50	1052163
4-5 years	Sat.	10-10:45 am
Sep 24-Dec 17	\$78.50	1052176
5-6 years	Sat.	11-11:45 am
Sep 24-Dec 17	\$78.50	1052179
<b>Gotta Dance</b>		
3-5 years	Sun.	9-9:45 am
Sep 18-Dec 11	\$65.50	1052211
<b>Gymnastics-Preschool</b>		
4-6 years	Sat.	12:30-1:15 pm
Sep 24-Dec 17	\$82.75	1049938
<b>Tumble - Parent &amp; Child</b>		
2-3 years	Sat.	
11:15 am-noon		
Sep 24-Dec 17	\$82.75	1050013
<b>Tumble - Preschool</b>		
18 months-3 years	Sat.	9:45-10:30 am
Sep 24-Dec 17	\$82.75	1050312
18 months-3 years	Sat.	10:30-11:15 am
Sep 24-Dec 17	\$82.75	1052039
<b>Multi Sport</b>		
3-5 years	Sat.	10:30-11:15 am
Sep 24-Dec 17	\$82.75	1049871
<b>Sportball</b>		
3-5 years	Sun.	9:30-10:30 am
Sep 18-Dec 11	\$183.50	1053477
4-6 years	Sun.	10:30-11:30 am
Sep 18-Dec 11	\$183.50	1053484

<b>Ballet</b>		
7-9 years	Sat.	12:30-1:15 pm
Sep 24-Dec 17	\$78.50	1052343
<b>Basketball</b>		
8-12 years	Sat.	1:45-2:45 pm
Sep 24-Dec 17	\$88.25	1052109
<b>Cartooning and Comics</b>		
6-12 years	Sat.	10:30 am-noon
Sep 24-Dec 17	\$141	1054811
<b>Gotta Dance</b>		
6-8 years	Sun.	10-10:45 am
Sep 18-Dec 11	\$78.50	1052313
<b>Indoor Soccer - Boys Only</b>		
6-9 years	Sat.	11:30 am-12:25 pm
Sep 24-Dec 17	\$80.75	1052133
<b>Ottawa Valley Step Dancing - Level 1</b>		
6-14 years	Sat.	4-4:45 pm
Sep 24-Dec 17	\$87.25	1053371
<b>Ottawa Valley Step Dancing - Level 2</b>		
6-14 years	Sat.	12:15-1 pm
Sep 24-Dec 17	\$87.25	1053373
<b>Ottawa Valley Step Dancing - Level 3</b>		
6-14 years	Sat.	1-1:45 pm
Sep 24-Dec 17	\$87.25	1053378
<b>Ottawa Valley Step Dancing - Level 4</b>		
6-14 years	Sat.	1:45-2:30 pm
Sep 24-Dec 17	\$87.25	1053384
<b>Ottawa Valley Step Dancing - Level 5</b>		
6-14 years	Sat.	2:30-4 pm
Sep 24-Dec 17	\$122.50	1053387
<b>Tumble</b>		
6-8 years	Sat.	1:15-2 pm
Sep 24-Dec 17	\$82.75	1052057
9-12 years	Sat.	2-2:45 pm
Sep 24-Dec 17	\$82.75	1052097
<b>Taekwondo</b>		
7-14 years	Tue., Thu.	6:30-7:30 pm
Sep 6-Dec 22	\$250	1053528

<b>Bootcamp</b>		
18+ years	Tue.	7:45-8:45 pm
Sep 20-Dec 6	\$97	1052587
18+ years	Thu.	7:45-8:45 pm
Sep 22-Dec 8	\$97	1052590
<b>Core Conditioning for Women</b>		
18+ years	Mon.	10:15-11:15 am
Sep 19-Dec 12	\$97	1052742
18+ years	Thu.	10:15-11:15 am
Sep 22-Dec 8	\$97	1052746
<b>Conversational Spanish - Level 1</b>		
18+ years	Mon.	6:30-7:30 pm
Sep 19-Dec 12	\$112.75	1052544
<b>Dog Obedience - Level 1</b>		
18+ years	Mon.	6-7 pm
Sep 19-Dec 12	\$122.25	1052488
<b>Dog Obedience - Level 2</b>		
18+ years	Mon.	7-8 pm
Sep 19-Dec 12	\$122.25	1052513
<b>Pilates</b>		
18+ years	Wed.	6:35-7:35 pm
Sep 21-Dec 7	\$117.75	1052642
18+ years	Sat.	9:45-10:45 am
Sep 24-Dec 17	\$117.75	1052644
<b>Taekwondo</b>		
18+ years	Tue., Thu.	7:30-8:30 pm
Sep 6-Dec 22	\$250	1053551
18+ years	Tue., Thu.	7:30-8:30 pm
Advanced	Sat.	8:15-9:15 am
Sep 6-Dec 22	\$359.50	1053565
<b>TRX®</b>		
18+ years	Mon.	7:45-8:45 pm
Sep 19-Dec 12	\$97	1052662
<b>Yoga</b>		
18+ years	Mon.	7:30-8:30 pm
Sep 19-Dec 12	\$117.75	1052691
18+ years	Tue.	6:30-7:30 pm
Sep 20-Dec 6	\$117.75	1052695
18+ years	Thu.	7-8 pm
Sep 22-Dec 8	\$117.75	1052699
18+ years	Sat.	8:30-9:30 am
Sep 24-Dec 17	\$117.75	1052703

<b>Bridge - Level 1</b>		
50-99 years	Thu.	1-3 pm
Sep 8-Oct 27	\$103.75	1065367
<b>Bridge - Level 2</b>		
50-99 years	Thu.	1-3 pm
Nov 3-Dec 22	\$103.75	1065368
<b>Cardio &amp; Strength 50+</b>		
50+ years	Tue.	9-10 am
Sep 20-Dec 6	\$115.50	1053318
<b>Drawing - Level 1</b>		
50+ years	Tue.	2:30-4 pm
Sep 20-Dec 6	\$141.50	1054829
<b>Memory Fitness®</b>		
50+ years	Mon.	10-11 am
Sep 19-Dec 12	\$120.50	1053499
<b>Pilates 50+</b>		
50+ years	Fri.	10:15-11:15 am
Sep 23-Dec 9	\$117.75	1053327
<b>Stretch &amp; Strength 50+</b>		
50+ years	Tue.	10:15-11:15 am
Sep 20-Dec 6	\$115.50	1053336
50+ years	Fri.	10:15-11:15 am
Sep 23-Dec 9	\$115.50	053339
50+ years	Fri.	11:30 am-12:30 pm
Sep 23-Dec 9	\$115.50	1053342
<b>Tai Chi 50+</b>		
50+ years	Tue.	11 am-noon
Sep 20-Dec 6	\$117.75	1053358
<b>Tai Chi 50+ Level 2</b>		
50+ years	Tue.	10-11 am
Sep 20-Dec 6	\$117.75	1053362
<b>Tap Dance - Level 2</b>		
50+ years	Tue.	10:30-11:30 am
Sep 20-Dec 6	\$101	1052466

<b>Mondays</b>	
<b>Badminton</b>	
10:15 am-12:30 pm	
<b>Tuesdays</b>	
<b>Parent &amp; Me Open Gym</b>	
8:30-10 am	
<b>Basketball</b>	
4-5:15 pm	
<b>Wednesdays</b>	
<b>Badminton</b>	
10:15 am-12:30 pm	
<b>Pickleball</b>	
1-2:30pm	
<b>Thursdays</b>	
<b>Parent &amp; Me Open Gym</b>	
8:30-10 am	
<b>Pickleball</b>	
10:30am-12:30pm	
<b>Basketball</b>	
4-5:15 pm	
<b>Fridays</b>	
<b>Badminton</b>	
10:15 am-1:30 pm	

Please visit [ottawa.ca/recreation](http://ottawa.ca/recreation) for details and descriptions of programs.