



# It All Happens Here!

## Winter 2019

320 Jack Purcell Lane (off Elgin at Lewis) Ottawa, ON K2P 2J5 | Tel. 613-564-1050 | Fax 613-564-7758 | E-mail info@jpra.ca | www.jpra.ca

### REGISTRATION INFORMATION

Ongoing during business hours at the centre.  
Online by credit card only (minimum convenience fee is added).

**JPra Winter Programs:**

Registration Starts: Ongoing from November 27, 2018  
Winter Session Starts: January 7, 2019

**City of Ottawa:**

Aquatic Programs: Registration Starts: Ongoing  
Dry Land Programs: Registration Starts: Ongoing  
Winter Session Starts: January 7, 2019

**Place:** Jack Purcell Community Centre

**Payment:** Cash, Cheque, Credit Card or Interac  
Program fees do not include HST. Drop-in fees include HST.

Registration, with payment, will be taken at the reception area during business hours. No registrations or reservations will be taken over the phone.

**Programs, dates, times and fees are subject to change without notice and programs may be cancelled if minimum registration is not met.**

Programs with the are offered by the Jack Purcell Recreation Association. All others are offered by the City of Ottawa . Programs take place at the centre, in the school gym, at Bethell Fieldhouse, on the tennis courts or in Jack Purcell Park.

### Great Programs! Great Prices!

### Register On-Line Now!

### FITNESS AND ZUMBA CLASSES

Our evening fitness program starts you off with Total Body Conditioning. This class is open to all fitness levels and offers a combination of interval training, Tabata (fast-paced 20 seconds of intensity with 10-second rest) and weights to help condition all the body muscle groups. Short Circuit challenges your muscles through frequent--and short--workout bursts of weight-lifting, cardio and core to keep your body off balance. Body Blast-Core Strong is an hour-long cross training workout using a mix of circuit, strength and endurance training, with the last part of the class devoted to your core muscles.

Instructors change their routines and equipment weekly, so we recommend that you show up early to get set up for your workout.

Zumba® International Flavours includes more than just Latin rhythms. It also introduces you to African, Indian and Caribbean rhythms. You'll incorporate belly dancing, quebredita and tango dance to get your heart pumping and your body moving. You'll burn calories, strengthen your core and also have fun. It won't seem like a workout!

#### Winter Session: January 7 – March 20, 2019 (10 & 11 wks)

TIME	MON.	TUE.	WED.	THUR.
WINTER SESSION	Total Body Conditioning 6:00 – 7:00 p.m.	Short Circuit 6:00 – 7:00 p.m.	Zumba® International Flavours 6:00 – 6:45 p.m.	Body Blast-Core Strong 6:00 – 7:00 p.m.

**Spring Session: April 1 – June 27, 2019 (11 & 13 wks).**  
*Details to be posted.*

#### FITNESS AND ZUMBA FEES

**Sign Up for Two Classes and Get 50% Off the Second Class of Equal or Lesser Value! (plus HST)**

Monday: \$75.00 (10 wks)      Wednesday: \$80.00 (11 wks)  
Tuesday: \$80.00 (11 wks)      Thursday: \$75.00 (10 wks)

**Drop-in Fee: \$9.50 per class** (bring receipt to each class as proof of payment)

**NOTE:** Register for a fitness or Zumba® International Flavours class any time during the session. Fees are prorated. Purchase a 10-visit pass for use during the Winter Session for only \$75.00 (+ HST).

### ALTERNATIVE EXERCISE

#### Energy Dance

This is a workout based on dance for people with a wide range of fitness levels and dance abilities.

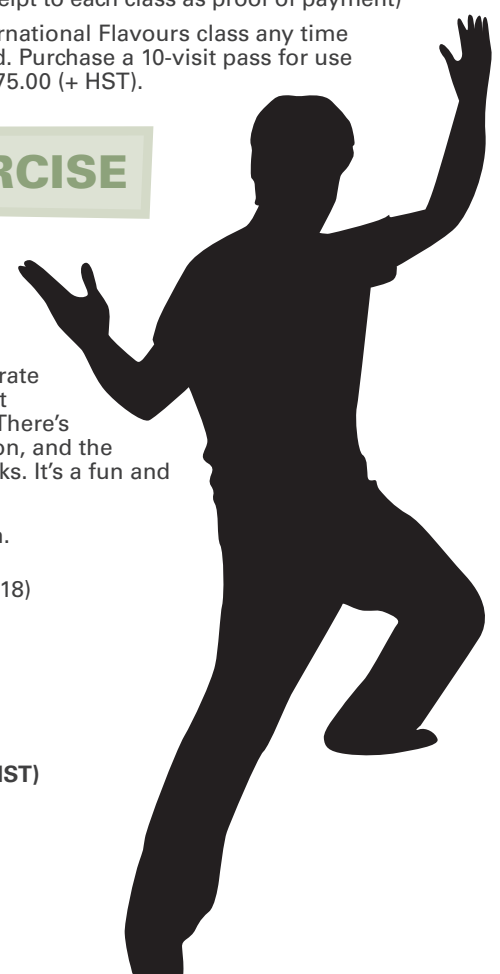
Choreographed dance moves get the heart rate up and the body moving through music that ranges from blues, folk, rock 'n' roll to jazz. There's a warm-up, a cool-down and some relaxation, and the content of the class changes every two weeks. It's a fun and friendly way to work out.

**Monday/Wednesday/Friday:** 5:30 – 6:30 p.m.  
**Dates:** January 7 – March 25, 2019 (11 wks)  
(includes make-up class for February 18)

**Cost:** Three times a week: \$130.00  
Twice a week: \$120.00  
Drop-in fee: \$8.00 per class

#### SPECIAL OFFER!

**Purchase a 10-visit pass for only \$60.00 (+ HST) for use only during the Winter Session.**



**Jack Purcell Recreation Association**  
www.jpra.ca | info@jpra.ca

## MARCH BREAK CAMP FOR AGES 5 TO 12

**DATES:** March 11 – 15, 2019  
**LOCATION:** Jack Purcell Community Centre  
**TIME:** Monday to Friday: 8:00 a.m. – 5:30 p.m.  
**COST:** \$185.00 (Discounts available for additional siblings)

**AFTER CARE AVAILABLE:** 5:30 – 6:00 p.m.  
\$7.00/day; \$20.00/week

A fun-filled week of activities that include: Swimming, Workshops, Baking, Sports and an Out Trip.

Register early to ensure a place for your child.

### NOTICE

The Jack Purcell Community Centre will be closed on the following dates:

CHRISTMAS DAY: DECEMBER 25, 2018  
BOXING DAY: DECEMBER 26, 2018  
NEW YEAR'S DAY: JANUARY 1, 2019  
FAMILY DAY: FEBRUARY 18, 2019



## YOGA OFFER!

Purchase a Yoga 10-Visit Pass for \$110.00 (+HST). Use it over the Winter Session only to drop in to any Yoga class.



### Hatha Yoga

In this all-levels yoga class, you'll connect breath with mindful movement. You'll explore various yoga poses, both relaxing and challenging for you. You'll connect with your inner rhythm, increase physical strength and flexibility, improve balance and coordination, reduce stress, and develop resilience to help you cope with the everyday ups and downs. You'll bring your body, mind, and spirit into harmony.

**Tuesday:** 6:30 – 7:45 p.m.

**Dates:** January 8 – March 26, 2019 (12 wks)

**Cost:** \$130.00; \$13.00 Drop-in Fee

### Hatha Yoga

See description under Tuesday evening.

**Thursday:** 6:30 – 7:45 p.m.

**Dates:** January 10 – March 28, 2019 (12 wks)

**Cost:** \$130.00 per person; \$13.00 Drop-in fee

### Yin Yoga

To calm your body and mind, this class offers gentle movements and supported restorative poses. The focus is on breathing, mind-body connection and relaxation to prepare you for a restful night.

A great way to decompress and unwind.

**Tuesday:** 8:00 – 9:00 p.m.

**Dates:** January 8 – February 26, 2019 (8 wks)

**Cost:** \$88.00 per person; \$13.00 Drop-in fee

## ADULT DANCE

### SPECIAL OFFER!

Sign Up for Both Entry-Level Classes A and B and Pay Only \$110.00/Couple; \$80.00/Person. (No prorating on Special Offer.)

#### Ballroom and Latin Dance – Entry Level A

You'll learn to connect to music, as well as to your partner, using dance patterns in Jive, Cha-Cha, Rumba and the Waltz.

**Tuesday:** 6:00 – 7:00 p.m.

**Dates:** January 8 – February 12, 2019 (6 wks)

**Cost:** \$65.00/couple; \$50.00/person

#### Ballroom and Latin Dance – Entry Level B

You'll learn to connect to music, as well as to your partner, using dance patterns in Salsa, Samba, Tango and the Foxtrot. This program can be taken on its own.

**Tuesday:** 6:00 – 7:00 p.m.

**Dates:** February 19 – March 26, 2019 (6 wks)

**Cost:** \$65.00/couple; \$50.00/person

#### Ballroom and Latin Dance – Intermediate/Advanced

You'll review and continue to build on dances you already know. The class is geared to improve your skills as a dance couple.

**Tuesday:** 7:00 – 8:00 p.m.

**Dates:** January 8 – March 12, 2019 (10 wks)

**Cost:** \$95.00/couple; \$55.00/person

### NEW! Wedding Dance Preparation

The majority of couples will choose their preferred dances (one or two). The idea is to build confidence and enhance communication between the couple in preparation for the big day. Limited to four couples only.

**Tuesday:** 8:00 – 9:00 p.m.

**Dates:** January 8 – March 12, 2019 (10 wks)

**Cost:** \$120.00/couple

### Dance Choreography

You'll focus on building a routine for one to two dances. You'll hone your skills and learn some challenging combinations. (Dances will be determined by participants with input from the instructor.)

**Tuesday:** 9:00 – 10:00 p.m.

**Dates:** January 8 – March 12, 2019 (10 wks)

**Cost:** \$95.00/couple; \$55.00/person



## WEIGHT ROOM INFORMATION

Jack Purcell's weight room includes a Universal Station, a Basic PowerTrainer (a seated cycle using arms and legs), an Equalizer 1005 (a barrier-free 5-station workout unit), treadmills, a Lifecycle, an Elliptical machine, a Scifit machine and 2 Nustep seated ellipticals, duplex pulleys, a vertical leg press, a Smith Machine, York bars and plates, and dumbbells ranging from 3 to 75 pounds.



### HOURS

Monday to Friday: 7:00 a.m. – 9:00 p.m.  
Saturday & Sunday: 9:00 a.m. – 8:00 p.m.

### Equipment Orientation

A session is available for new members, designed to review the centre's policies, procedures and equipment use. It's strongly recommended for new members. By appointment only.

### One Option Membership Prices

<b>Adult</b>	One year:	\$275.50
	Six month:	\$152.50
	Three month:	\$84.00
	One month:	\$42.25
	* Drop-in fee:	\$9.00

### Seniors (65+), Students and Youth

	One year:	\$152.75
	Six month:	\$84.50
	Three month:	\$45.75
	One month:	\$23.50
	* Drop-in fee:	\$7.50

### \*Working with Weights for People with Disabilities Membership

A specialized fitness instructor is on hand, with the support of volunteers, to guide you through modified exercises.

<b>Time:</b>	Monday/Wednesday/Friday:	9:30 – 11:30 a.m.
	Three month:	\$43.00
	One month:	\$22.00



### Personal Training

Book a one-on-one session with our certified personal trainers, who will provide you with a cohesive program to help achieve your personal fitness goals.

**Cost:** \$62.75 per hour

### All-inclusive Packages for "class B" Facilities

Combination packages for weight training, swimming and aquafitness are available.

**NOTE:** Weight room personal training sessions are extra. Subsidies do not apply to any of the package deals.

#### Adult All-inclusive "B" Pass

One year:	\$510.50
Six months:	\$281.75
Three months:	\$153.00
One month:	\$77.00

#### Seniors, Students All-inclusive Pass

One year:	\$431.75
Six months:	\$237.50
Three months:	\$128.50
One month:	\$64.75



## ADULT ART PROGRAMS

### The Art Club

Kelley Cloer has been painting landscapes since 1972 and providing input to aspiring artists at Jack Purcell since 1994. He specializes in the techniques of stippling, scumbling, painterly and graffiti. Join this creative group who inspire each other—under Kelley's watchful eye. (Program is open to all water-based media: pen and ink, acrylic, pastel-charcoal, gouache and acrylic.)

**Monday:** 7:00 – 9:00 p.m.

**Dates:** January 7 – March 18, 2019 (10 wks)  
(No class February 18, 2019)

**Cost:** \$105.00 (Supplies extra)

### Creativity through Watercolour

Focus on creating your own style. To do this, you'll learn techniques, composition and balance, by using different exercises. The medium is mainly watercolour but you can use your acrylics. Classes evolve and change according to the needs of the participants.

**Wednesday:** 7:00 – 9:00 p.m.

**Dates:** January 30 – April 3, 2019 (10 wks)

**Cost:** \$110.00 per person; \$14.00 Drop-in Fee  
(Supplies extra – See Website)

### NEW! Brush Calligraphy with Watercolour

You'll learn the basics in watercolour techniques (e.g., wet on, wet on wet) and how to apply watercolour incorporating these techniques and lettering. You'll be taught, through drills, how to use freestyle to apply miniscules and majuscules with the brush.

**Saturday:** 1:00 – 4:00 p.m.

**Date:** February 9, 2019

**Cost:** \$35.00 per person  
(Supplies extra – See Website)

### NEW! Knitting 101

This is the perfect class for anyone who wants to learn how to knit. You'll learn the basics such as: reading patterns, casting on, and knit and purl. To master these techniques you'll work on some simple projects to get into the fun of knitting and creating your own accessories.

**Tuesday:** 7:00 – 9:00 p.m.

**Date:** February 5 – 26, 2019 (4 wks)

**Cost:** \$50.00/person (Supplies extra—see Website)

## ADULT SPORTS

**NOTE:** Priority to play is given to those who register for a full session in any of our sports programs. Drop-ins are accommodated as space permits and at the discretion of the instructor. First come, first-served.

### Coed Recreational Badminton

It's a quick-moving sport of agility and hand-eye coordination with some instruction. (Restricted to adults.)

**Wednesday:** 7:30 – 9:30 p.m.

**Dates:** January 9 – March 27, 2019 (12 wks)

**Cost:** \$100.00 per person; \$9.50 Drop-in fee

### Dodgeball – Intermediate/Advanced

It's a fast-paced game in a fun but competitive environment for people of all skill levels and athletic abilities.

**Thursday:** 7:30 – 9:30 p.m.

**Dates:** January 10 – March 28, 2019 (12 wks)

**Cost:** \$70.00 per person; \$7.00 Drop-in fee

### Dodgeball – Intermediate/Advanced

**Saturday:** 2:00 – 4:00 p.m.

**Dates:** January 12 – March 30, 2019 (12 wks)

**Cost:** \$70.00 per person; \$7.00 Drop-in fee

### Dodgeball for Beginners

An instructor is on-site to demonstrate some techniques in playing the game.

**Saturday:** 4:30 – 6:30 p.m.

**Dates:** January 12 – March 30, 2019 (12 wks)

**Cost:** \$70.00 per person; \$7.00 Drop-in fee



### Coed Recreational Pickleball-Instruction

One of the fastest growing sports in North America, pickleball has adapted components of tennis, ping pong and badminton. It's played on a smaller court using a special racket and ball. An instructor is on hand to teach the rules of the game and demonstrate the basic moves in this fun, fast and friendly racket sport. Equipment is provided.

**Monday:** 7:00 – 9:00 p.m.  
**Dates:** January 7 – March 25, 2019 (11 wks)  
(No class on February 18, 2019)

**Cost:** \$90.00 per person; Drop-in fee: \$9.00

### **NEW!** Drop-in Pickleball Play

This is an opportunity for the experienced player to play a more competitive game. Please note that the court is smaller than regulation size.

**Sunday:** 11:00 a.m. – 1:00 p.m.  
**Dates:** January 13 – March 31, 2019 (12 wks)

**Cost:** Drop-in fee: \$7.50

## YOUTH PROGRAMS

### Youth Night (for ages 9 to 13)

Activities include movie and dance nights, swimming, sports and crafts. Bring additional money for the concession.

**Friday:** 7:00 – 9:00 p.m.  
**Dates:** January 18 – March 22, 2019 (10 wks)

**Cost:** \$50.00 per person; Drop-in Fee: \$6.00

### Paint Night Party (for ages 9 to 13)

Bring your creativity and energy for an evening of painting fun and celebration with your friends.

**Thursday:** 7:00 – 8:30 p.m.  
**Date:** February 14, 2019

**Cost:** \$20.00 per person  
(Supplies provided)

### **NEW!** Staying Home Alone Course (for ages 10 to 14)

The Staying Home Alone Course will use the official Canada Safety Council curriculum to prepare your child to stay on their own. The course covers establishing a routine, house key responsibilities, strangers, emergencies, basic first aid & internet safety. Bring your lunch and snacks.

**Saturday:** 10:00 a.m. – 1:00 p.m.  
**Date:** March 30, 2019

**Cost:** \$50.00 per person  
(includes workbook)



## CHILDREN'S PROGRAMS

**NOTE:** You should apply for a subsidy for any of our children's and youth programs at least one month prior to the required payment and registration deadline. Payment must be made when registering your child.

### After School Program (Grades 1 to 6)

This program provides a safe and fun environment for children in Grades 1 to 6. Activities are planned for both junior- and senior-level children and include the Homework Club, arts and crafts, swimming, cooking and games. There are also physical activities and sports—both inside and outside (weather permitting).

**Monday to Friday:** 2:45 – 5:30 p.m.  
**Dates:** January 7 – June 27, 2019

**Cost:** \$235.00 per month (Discounts available for additional siblings)  
\$70.00 per week / \$16.00 per day



### After Care

After Care is available in our After School Program until 6:00 p.m.

**Monday to Friday:** 5:30 – 6:00 p.m.  
**Dates:** January 7 – June 27, 2019

**Cost:** \$42.00/month; \$20.00/week; \$7.00/day

### P.A. Days

Full-day programs are scheduled for children in Grades 1 to 6.

**Time:** 8:00 a.m. – 5:30 p.m.  
**Dates:** January 25, 2019 & February 15, 2019

**Cost:** \$55.00/day  
(Discounts available for additional siblings)

**After Care:** \$7.00/day

### Ready Set Imagine Drama Classes (for ages 6 to 8)

These classes will help children use their voice and movements creatively in a fun environment. They'll learn how changes in the voice and in movements can alter a story. There'll be lots of dramatic play scheduled to promote the imagination, while discovering the building blocks of drama. Bring indoor shoes.

**Saturday:** 11:00 a.m. – Noon  
**Dates:** January 19 – March 9, 2019 (8 wks)

**Cost:** \$60.00 per child; Drop-in Fee: \$8.00

### **NEW!** Digital Piano Lessons (for ages 5 to 14)

These 30-minute interval sessions will enable students to explore their music reading and performance skills. At the end of each session, there's an informal group performance to showcase what has been learned, scheduled for April 2, 2019. Beginners and all levels are welcome. (Additional cost for the workbook.)

**Tuesday:** 3:00 – 6:00 p.m.  
**Dates:** January 15 – March 26, 2019 (10 wks)  
(No classes March 12, 2019)

**Cost:** \$275 private; \$175 semiprivate

### Let It Snow Christmas Camp (for ages 5 to 12)

Kids will participate in outdoor activities such as skating—weather permitting. Indoor activities include swimming, sports, arts and crafts and baking. There'll even be an out trip. Register early as space is limited. Don't forget to bring indoor shoes, lunch and snacks.

**Wednesday to Friday:** 8:00 a.m. – 5:30 p.m.  
**Dates:** January 2 – 4, 2019

**After Care:** 5:30 – 6:00 p.m. (extra cost)

**Cost:** \$135.00 Discounts available for additional siblings)  
(No daily rate available)

## RED CROSS SWIMMING LESSONS FOR PRESCHOOLERS (4 mths-5 yrs) AND CHILDREN (6-12 yrs)

Your child will learn how to swim in a relaxing and fun environment with certified pool staff. Contact the centre for specific class times, go online at Ottawa.ca or pick up a copy of our swimming lesson information flyer.

**Costs and Sessions:**  
Winter Session – (30-minute classes): 12 wks: \$91.00 & LR: \$164.25



### Preschool Mornings Low Ratio Lessons (4 mths – 5 yrs)

**Friday:** 9:00 – 10:00 a.m.  
**Dates:** January 11 – March 29, 2019 (12 wks)



### Preschool and Children Lessons (4 mths – 12 yrs)

**Tuesday:** 5:00 – 7:00 p.m.  
**Dates:** January 8 – March 26, 2019 (12 wks)

**Saturday:** 9:00 a.m. – Noon  
**Dates:** January 12 – March 30, 2019 (12 wks)

**Sunday:** 10:00 a.m. – Noon (Low Ratio Lessons)  
**Dates:** January 13 – March 31, 2019 (12 wks)



## RED CROSS SWIMMING LESSONS FOR ADULTS (18+)



### Swim Basics Adult 1 & 2

This program integrates swimming instruction with water safety to develop your comfort and safety in, on and around the water. Whether you're a newcomer to water activities or a master swimmer looking for stroke improvement, we offer the ideal programs for you.

**Tuesday:** 8:00 – 8:45 p.m.  
**Dates:** January 8 – March 26, 2019 (12 wks)



### Swim Basics Adult 1 & 2 (Women Only)

See Swim Basics Adult 1 & 2 for description. We offer the ideal program for women's only swim.

**Sunday:** 4:45 – 5:30 p.m.  
**Dates:** January 13 – March 31, 2019 (12 wks)

**Costs and Sessions:**  
Winter Session (45-minute classes): 12 wks: \$133.00



### Interested in Private Swimming Lessons?

A one-on-one instructor is there to accommodate your needs. Private lessons are ideal for children or adults who want to work on specific areas or who prefer personalized lessons. Any private lesson can be converted to semi-private and semi-private lessons on request to the Pool Supervisor. Call Jack Purcell Pool at 613-564-1027 for more information.

**Costs and Sessions:**  
Winter Sessions (30-minute classes):  
12 wks: Child \$317.50 or Adult \$438.75



### Adult Private Lessons

We now offer Adult Private Lessons. Contact 613-564-1027 for more information.

**Sunday:** 4:00 – 4:30 p.m. (30 minutes)  
**Dates:** January 13 – March 31, 2019 (12 wks: \$438.75)

## WELLNESS MEMBERSHIP

This is an ideal program for individuals living with fibromyalgia, chronic fatigue syndrome, arthritis or osteoporosis. It's also suitable for individuals recovering from an injury and/or recent surgery. Membership gives you an option of 12 classes a week. This includes 7 aqua therapy and 5 chronic pain classes, which take place in a warm, accessible pool. This program is ongoing throughout the year and clients can participate in one class per day.



### Aqua Therapy

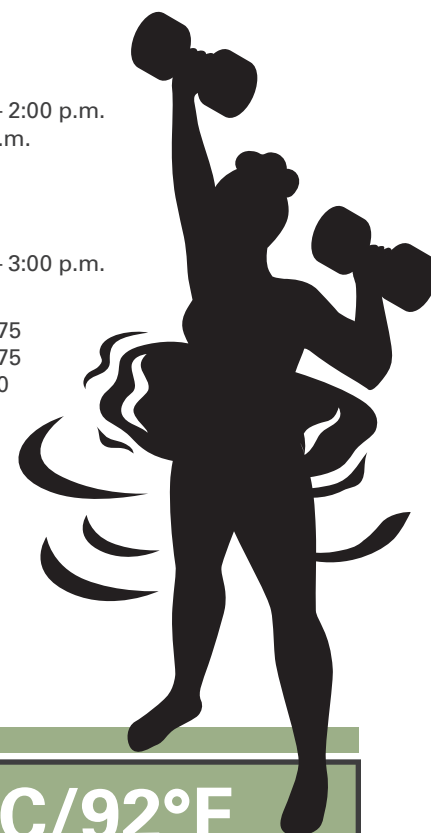
**Monday to Friday:** 1:00 – 2:00 p.m.  
**Saturday:** Noon – 1:00 p.m.



### Chronic Pain

**Monday to Friday:** 2:00 – 3:00 p.m.

**Cost:**  
Three-month Pass: \$96.75  
One-month Pass: \$36.75  
Drop-in Fee: \$5.50



## POOL TEMPERATURE

The water temperature in the Jack Purcell Pool is

33°C/92°F

## POOL PROGRAMS

### Swim Membership

This includes a membership for the Adult Lane Swims, Public Swims and Women's Only Swims.

#### Cost for Seniors, Students, Youth & Children:

<b>Six months:</b>	\$84.00
<b>Three months:</b>	\$46.00
<b>One month:</b>	\$23.50

#### Cost for Adults:

<b>Six months:</b>	\$182.75
<b>Three months:</b>	\$99.75
<b>One month:</b>	\$50.00

#### Cost for Children and Parent(s):

<b>Six months:</b>	\$355.25
<b>Three months:</b>	\$194.00
<b>One month:</b>	\$97.25

### Aqua Fitness

Focus is on resistance training to build up strength and keep you fit. Certified instructors provide a fun and challenging fitness alternative.

#### Monday/Wednesday/Friday:

**Aqua-General:** 5:00 – 6:00 p.m.  
**Tuesday:** Aqua-General: 7:00 – 8:00 p.m.  
**Thursday:** Aqua-Turbo: 6:00 – 7:00 p.m.  
**Saturday:** Aqua-Turbo: 3:00 – 4:00 p.m.  
**Sunday:** Aqua-General: 3:00 – 4:00 p.m.  
**Dates:** Ongoing

### Aqua-Lite

This is an ideal form of total body conditioning for adults and seniors at all levels of fitness.

**Monday/Wednesday/Friday:** 3:00 – 4:00 p.m.  
**Dates:** Ongoing

### Aqua-General Women Only

**Monday:** 8:00 – 9:00 p.m.  
**Thursday:** 11:00 a.m. – Noon  
**Saturday:** 4:00 – 5:00 p.m.  
**Dates:** Ongoing

#### Costs: Seniors, Students and Youth:

<b>Six-month Pass:</b>	\$188.50
<b>Three-month Pass:</b>	\$103.00
<b>One-month Pass:</b>	\$51.75

#### Adults:

<b>Six-month Pass:</b>	\$234.75
<b>Three-month Pass:</b>	\$128.25
<b>One-month Pass:</b>	\$64.25
<b>Drop-in Fee:</b>	\$9.00

### Diaper Fit

This is a fun-filled exercise program, designed for parents and their toddlers from 4 months to 2 years. Children are placed in flotation seats that remain in direct contact with the parent.

**Tuesday:** 11:00 – 11:45 a.m.  
**Dates:** January 8 – March 26, 2019 (12 wks)

**Cost:** \$118.75

## PROGRAMS FOR PEOPLE WITH DISABILITIES

### Special Needs Aqua Fitness

This is a fitness program in the water for people with developmental disabilities.

**Monday:** 9:15 – 10:15 a.m.  
**Dates:** January 7 – March 25, 2019 (11 wks)  
 No class on February 18, 2019

**Cost:** \$110.00

### Swim for Persons with a Disability

This is open to participants with a long-term disability. Participants are encouraged to bring a volunteer for assistance in changing and transferring. **You must see full-time staff in order to register.**

**Monday/Wednesday/Friday:** 10:30 a.m. – Noon  
**Thursday:** 7:00 – 8:00 p.m.  
**Dates:** Ongoing

**Cost:** No charge

## VOLUNTEERS NEEDED

Volunteers are needed to assist people with disabilities to participate in swimming programs. Includes lifting, changing and assisting in the water. Training will be provided.

Please call 613-564-1050 for more information

## SPECIAL NEEDS PROGRAMS

### Rehab Walking Program

For individuals who want to walk in a safe, supervised and small-group environment. Participants may bring walking aids if required. In addition to walking, seated stretching and strengthening exercises are included. Call 613-564-4106 for more information.

**Tuesday:** 1:00 – 2:00 p.m.  
**Dates:** January 22 – April 9, 2019

**Cost:** \$98.00 (Barcode 1186758)  
 Initial assessment: \$21.00

### MS Exercise Group

Individuals with multiple sclerosis work with a fitness trainer to improve and maintain strength and agility.

**Wednesday:** 1:00 – 2:00 p.m.  
**Dates:** January 16 – April 3, 2019

**Cost:** \$98.00 (Barcode 1186747)  
 Initial assessment: \$21.00

### Winter Nights

This is an evening outing and activity program for adults with special needs. Activities include movie, theatre, workshops and more.

**Thursday:** 6:00 – 8:30 p.m.  
**Dates:** January 24 – March 28, 2019

**Cost:** \$140.50 On-site registration only

### Frank St. Drop-in

This social program is for adults with a psychiatric disability. Activities take place at 166 Frank Street at the Bethell Fieldhouse.

**Thursday:** 6:00 – 9:00 p.m. at 166 Frank St.  
**Saturday:** 6:00 – 9:30 p.m. at 166 Frank St.  
**Dates:** Ongoing

**Cost:** No charge

### The Art Thing

This is an art program for people with disabilities.

**Monday:** 1:00 – 3:00 p.m.  
**Dates:** January 21 – April 1, 2019

**Cost:** \$97.00 (Barcode 1186878)

### Special Needs Yoga

This yoga class is for youth and adults with disabilities.

**Monday:** 10:15 – 11:15 a.m.  
**Dates:** January 21 – April 1, 2019

**Cost:** \$98.00 (Barcode 1186885)

### Visually Impaired Total Body Workout

Designed for adults who have a visual impairment or low vision, this aerobic workout includes a warm-up, followed by low- and high-cardio sets, controlled movement and strengthening exercises. It finishes with floor work and relaxation.

**Friday:** 5:30 – 6:30 p.m.  
**Dates:** January 11 – March 29, 2019

**Cost:** \$98.00 (Barcode 1186772)

## SENIOR ADULT PROGRAMS (50+)

### Fitness

Stay fit through stretching, muscle strengthening, flexibility and a gentle aerobic workout.

**Monday & Thursday:** 11:00 a.m. – Noon  
**Tuesday, Wednesday & Friday:** 9:30 – 10:30 a.m.  
**Dates:** January 7 – March 29, 2019

**Cost:** \$109.75 once a week for the session  
 (Opportunity to buy additional days)





## Jack Purcell Community Centre

offers  
**Woman Alive!**



**Femme active!**

Affordable program of physical activity for women on limited incomes. Includes yoga, aquafitness, weight training classes and a health education component provided by Ottawa Public Health.

For more information, call  
**Cynthia Moase at 613-564-1019**

### Tai Chi

This is a gentle, peaceful way to tone and strengthen your body, as well as improve concentration, coordination and balance.

**Thursday:** 9:00 – 10:00 a.m.  
 (Intermediate: Barcode:1400373)

**Thursday:** 10:00 – 11:00 a.m.  
 (Beginner: Barcode 1400395)

**Dates:** January 17 – March 21, 2019

**Cost:** \$100.00

### Yoga Level 1

Various stretching, breathing techniques and concentration exercises are used to improve body functions leading to greater confidence and relaxation skills.

**Wednesday:** 9:30 – 11:00 a.m.  
**Dates:** January 16 – March 20, 2019  
**Cost:** \$150.00 (Barcode 1400401)

**Friday:** 1:00 – 2:30 p.m.  
**Dates:** January 18 – March 22, 2019

**Cost:** \$150.00 (Barcode 1400410)

### Painting

This course will suit both beginners and advanced students. Develop your artistic skills while learning various drawing and painting techniques.

**Friday:** 9:30 a.m. – Noon  
**Dates:** January 18 – March 22, 2019

**Cost:** \$158.25 (Barcode 1400495)

## SENIORS' CLUB & DROP-IN PROGRAMS

No advanced registration is required.

### Wednesday Night Social Dance

Practice your social and ballroom dancing skills. For 40 years +.

**Wednesday:** 7:00 – 10:00 p.m.  
**Date:** March 27, 2019

**Cost:** \$4.50 per person

### Bridge

Enjoy an afternoon of drop-in bridge and tea. For more information, call 613-564-1019.

**Tuesday:** 10:30 a.m. – 2:30 p.m.  
**Dates:** Ongoing throughout the year

**Drop In:** \$2.00 a visit