



ARE YOU LOOKING FOR A HIGH QUALITY, FUN AND, AFFORDABLE AFTER SCHOOL PROGRAM?

**CCA is the spot for you!**

Our program runs Monday – Friday  
from 2:30pm – 5:30pm  
We accept children from JK to Grade 6

Walk over service from the following schools:

- \* École élémentaire catholique Sainte-Geneviève
- \* Arch Street Public School

**Need More Information**

Contact our After-School Program Coordinator

Keyana Lakha-Doobay  
afterschool@cca-acc.ca  
(613) 415-0672



**Sunday, June 5, 2022 at 2:00pm**

**Shenkman Arts Centre**

245 Centrum Boulevard, Ottawa, ON

**Tickets: \$12.00**

Tickets available at the Shenkman Arts Centre Box Office

**Canterbury Community Association**  
Musical Theatre Class Presents



*The Musical*

**Tuesday, June 14, 2022 at 6:00pm**

**Tickets: \$1.00** or non perishable food donation  
for the *Heron Emergency Food Centre*

For more information [afterschool@cca-acc.ca](mailto:afterschool@cca-acc.ca)

CCA'S GIGANTIC  
INDOOR & OUTDOOR  
**GARAGE SALE**

**It's  
Back**

**June 12, 2022 • 10:00am – 3:00pm**

More details coming soon

Please check our website: [www.cca-acc.ca](http://www.cca-acc.ca)



**ARE YOU DONE ATTEMPTING  
TO MANAGE YOUR OWN**

Website, Print and Digital needs  
because the outcome is beyond  
unimpressive?

**If you are ready to get results you can  
count on** contact Jennifer today!

[web@lapbaby.com](mailto:web@lapbaby.com)

**[www.lapbaby.com](http://www.lapbaby.com)**

CCA flyer designed by Lapbaby Designs

**Lapbaby  
designs**  
digital design studio



**CANTERBURY**  
COMMUNITY ASSOCIATION

2185 Arch Street, Ottawa Ontario K1G 2H5

**[www.cca-acc.ca](http://www.cca-acc.ca)**

**613-738-8998**

**SPRING & SUMMER 2022 PROGRAM GUIDE**

**APRIL 4, 2022 - JUNE 25, 2022**

**Proof of COVID vaccination will be required for participants in our older adult programs. (GOLD classes and Sit Fitness).**

Participants in these classes will be asked to show their vaccination documents (electronic or paper) and a photo ID at the first class they attend in the session.

Mask wearing is optional in the building and in all classes.

Please respect your instructor's and other participants' decisions regarding wearing masks.

COVID-related policy updates will be posted on our website.



# PRESCHOOL & KIDS CLASSES



## PARENT & BABY MEET UP (Children 0-1)

April 5 – June 21, 2022

TUESDAYS 11:30am – 1:00pm **\$45**



Join a group of new parents with babies 0-12 months old for weekly discussions and social activities in a fun, low-pressure, and inclusive environment.

## CO-OPERATIVE PLAYGROUP (Children 1-5)

THURSDAYS 9:30am – 11:30am **\$45**

April 7 – June 23, 2022

FRIDAYS 9:30am – 11:30am **\$45**

April 8 – June 24, 2022

Attention all parents, caregivers, and preschoolers! Come join us for a fun morning of play. No worries about weather. Our spacious playroom includes climbers, large riding toys, baby toys, and a craft every time. So bring a peanut-free snack and come meet some new friends!

**PLEASE NOTE: PARENT OR CAREGIVER PARTICIPATION IS MANDATORY FOR THE SUCCESS OF THIS PROGRAM. REGISTRATION TO THE PROGRAM IS REQUIRED. IT IS NOT A DROP-IN GROUP.**

## GET YOUR KICKS SOCCER (Children 5-7)

SUNDAYS 10:00am – 11:00am (Gym)

**\$60**

March 27 – May 8, 2022

This soccer instruction program will allow young children to learn and understand the fundamental skills and the basic aspects of game play. The emphasis will be on learning the basics through a variety of silly warmups and fun skill-development drills. Please bring a water bottle and proper indoor shoes for playing.

## SKILLZ & DRILLZ BASKETBALL (Children 8-12)

SUNDAYS March 27 – May 8, 2022

GIRLS 8-12: 11:30am – 1:00pm (Gym)

**\$ 70**

BOYS 8-12: 1:30pm – 3:00pm (Gym)

**\$ 70**

Calling all young ballers and wannabe ballers! If you want to learn how to play basketball through fun skills and drills, this class is for you. The emphasis will be on having a good time in a no-pressure setting, as you learn the rules of the game and work on dribbling, passing, and shooting hoops. There will be a scrimmage at the end of each class. Please bring a water bottle and proper indoor shoes for playing.



# SUMMER 2022 PROGRAMS



SESSION 1 - July 4 - July 29


SESSION 2 - August 2 - August 29

All class formats are subject to change based on instructor availability.

No drop-ins. Participants must register for each individual class for the full session.

Group classes  
per 4 week session  
**\$20 +HST**

## FITNESS SCHEDULE (15+ & 50+ YRS)

MONDAY	WEDNESDAY	FRIDAY	ZOOM
<b>Cardio FIT</b> 9:00am – 10:00am KRISTA (Hall A)	<b>Strength FIT</b> 9:00am – 10:00am KRISTA (Hall A)	<b>Zumba</b> 9:00am – 10:00am DIANE (\$1), Judy K. (\$2) (Hall A)	<b>Cardio GOLD</b> TUESDAYS & THURSDAYS 10:15am – 11:15am KRISTA  
<b>Cardio GOLD</b> 10:15am – 11:15am KRISTA (Hall A)	<b>Cardio Dance GOLD</b> 10:15am – 11:15am ANDRE (Hall A)	<b>Strength and Balance GOLD</b> 10:15am – 11:15am JUDY B. (Hall A)	
<b>Interval FIT Mix</b> 6:00pm – 7:00pm LINDSAY (Gym)	<b>Strength FIT Mix</b> 6:00pm – 7:00pm NIKKI (Gym)	<b>** NO CLASSES on Monday August 1 **</b>	

## SIT FITNESS (50+ YRS)

WEDNESDAYS 1:00pm – 2:00pm (Hall A)

July 6 - August 10, 2022 (6 weeks) — **\$48 +HST**

In this chair-based program, you will tone and strengthen using light hand weights, weighted balls, elastics, and body resistance. The class will also focus on increasing flexibility, improving posture and balance, and reducing muscle tension.

## HATHA YOGA (ALL LEVELS) (15+ YRS)

TUESDAYS 6:00pm – 7:00pm (Hall A)

4 week session — **\$45 +HST**

Yoga improves mental and physical health through relaxation, breathing, and stretching. An enjoyable and effective approach to managing stress and improving strength, flexibility, and Concentration.

## MARTIAL ARTS SELF-DEFENCE

JULY 7 — AUGUST 25, 2022

**Youth Karate All Levels** (7 to 14 yrs)

THURSDAYS 6:00pm – 6:45pm (Hall A)

8 week session — **\$70 +HST**

**Adult Karate All Levels** (15+ yrs)

THURSDAYS 7:00pm – 7:45pm (Hall A)

8 week session — **\$80 +HST**

**Cardio Kickboxing** (15+ yrs)

THURSDAYS 8:00pm – 8:45pm (Hall A)

8 week session — **\$80 +HST**

These programs are focused on developing an individual's physical and mental well-being through this ancient art. Throughout the session students will build their confidence, self-esteem, focus, balance, and co-ordination, as well as their overall physical fitness.



## HOME ALONE COURSE

(Children 9+)

SATURDAY June 4, 2022

9:30 am – 2:00 pm

**\$ 52**

## BABYSITTING COURSE

(Children 12-18)

SATURDAY June 11, 2022

9:30 am – 3:00 pm

**\$ 82**

GROUP FITNESS IN-PERSON CLASSES (15+ YEARS)

Do you want to have more energy, feel stronger and be able to navigate daily life with a sense of physical confidence and greater ease? The CCA’s adult group fitness program includes a variety of well-balanced classes that will work on toning, muscle-strength, core-strength, cardio health, balance and flexibility.

SPRING Session Dates: April 4 - June 25, 2022

All class formats are subject to change based on instructor availability. No drop-ins. Participants must register for each individual class for the full session. It is recommended that participants check with their doctor before participating in any exercise program.

\$45 +HST  
Per class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Zumba GOLD</b> 9:00am – 10:00am JUDY K. (Hall A)	<b>Cardio GOLD</b> 9:00am – 10:00am JANE (Gym)	<b>Cardio Dance GOLD</b> 9:00am – 10:00am ANDRE (Hall A)	<b>Tri FIT</b> 9:00am – 10:00am LOUISE (Gym)	<b>Zumba</b> 9:00am – 10:00am DIANE (Hall A)	<b>FIT Variety</b> 9:15am – 10:15am ROTATION (Gym)
<b>Cardio FIT</b> 9:00am – 10:00am KRISTA (Gym)		<b>Strength FIT</b> 9:00am – 10:00am KRISTA (Gym)		<b>Strength and Balance GOLD</b> 9:00am – 10:00am JUDY B. (Gym)	
<b>Cardio GOLD</b> 10:15am – 11:15am KRISTA (Gym)	<b>Zumba GOLD</b> 10:15am – 11:15am FRANCINE (Hall A)	<b>Cardio GOLD</b> 10:15am – 11:15am KRISTA (Gym)	<b>Cardio GOLD</b> 10:15am – 11:15am LOUISE (Gym)	<b>Zumba GOLD</b> 10:15am – 11:15am FRANCINE (Hall A)	<b>Special Needs Fitness</b> 10:45am – 11:45am DOREEN (Gym)
	<b>Flexibility &amp; Mobility</b> 10:15am – 11:15am JANE (Gym)			<b>Strength and Balance GOLD</b> 10:15am – 11:15am JUDY B. (Gym)	
<b>Interval FIT Mix</b> 6:00pm – 7:00pm LINDSAY (Gym)		<b>Strength FIT</b> 6:00pm – 7:00pm NIKKI (Gym)	<b>FIT Variety</b> 6:00pm – 7:00pm ROTATION (Gym)		

ZOOM CLASSES (15+ YEARS)

All classes are delivered in the comfort of your home.

\$95+HST


Two weekly  
Classes Deal

Cardio GOLD Zoom Package

March 22 - June 23, 2022

TUESDAYS & THURSDAYS with KRISTA

10:15am – 11:15am



Qigong & Tai Chi with Nona

March 24 - May 26, 2022

THURSDAYS Qigong (10 weeks)

5:30pm – 6:45pm — \$108 +HST

THURSDAYS Tai Chi & Qigong (Level 1 & 2) (10 weeks)

7:00pm – 8:15pm — \$108 +HST

YOGA & MIND - BODY IN-PERSON CLASSES (15+ YEARS)

We offer a number of classes for all body types and fitness levels. Our yoga, meditation and Tai Chi classes help improve mental and physical health through relaxation, breathing, movement, and stretching. If you’re looking for a way to manage stress and improve flexibility, concentration & overall wellness these classes are for you.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>Hatha Yoga (All Levels)</b> 10:15am – 11:30am KATE (Hall A) \$130 +HST	<b>Yoga and Meditation</b> 6:00pm – 7:15pm MARIANN (Hall B) \$130 +HST	<b>Gentle Yoga</b> 10:15am – 11:15am SHEBA (Hall A) \$125 +HST	<b>Absolute Beginner Yoga</b> 5:45pm – 6:45pm FRANCINE (Multi 2) \$125 +HST	<b>Tai Chi (Chen Family)</b> 10:00am – 11:30am EDUARDO (Multi 4) \$120 +HST
<b>Pilates (Inter/Adv)</b> 7:15pm – 8:15pm JANICE (Gym) \$108 +HST				
<b>Yoga with Myofascial Release</b> 6:00pm – 7:00pm KATE (Multi 4) \$100 +HST				
<b>Mindfulness Meditation</b> 7:15pm – 8:45pm MARLENE (Multi 4) \$100 +HST	<b>Yoga Flow</b> 7:15pm – 8:30pm KATE (Gym) \$130 +HST		<b>Yin Yang Yoga</b> 7:15pm – 8:15pm JANE (Multi 2) \$125 +HST	

THE CENTRE WILL BE CLOSED April 15 –18 and May 21 – 23, 2022



SIT FITNESS  
(50+ YRS)

\$77 +HST  
Per class

MONDAYS 1:00pm—2:00pm (Hall A)  
April 11 – June 13, 2022 (10 weeks)

WEDNESDAYS 1:00pm—2:00pm (Hall A)  
April 6 – June 8, 2022 (10 weeks)

In this chair-based program, you will tone and strengthen using light hand weights, weighted balls, elastics, and body resistance. The class will also focus on increasing flexibility, improving posture and balance, and reducing muscle tension.



## KARATE & SELF-DEFENCE CLASSES

**Discover the HERO in YOU!** Our martial art Karate program is taught by Richard Ouelette and his team from Inner Hero Martial Arts & Fitness.

**Session Dates:** March 21 - June 25, 2022

### YOUTH CLASSES (CHILDREN 7-14)

- **White to Green Belt — \$128**  
Mondays 6:00pm – 6:45pm (Hall B) and Saturdays 12:30pm – 1:15pm (Hall A)
- **Blue to Jr. Black Belt — \$128**  
Thursdays 6:00pm – 6:45pm (Hall A) and Saturdays 1:30pm – 2:15pm (Hall A)

### ADULT CLASSES (15+ YEARS)

- **White to Brown Belt — \$138 +HST**  
Mondays 7:00pm – 7:45pm (Hall B) and Saturdays 2:30pm – 3:15pm (Hall A)
- **Black Belt — \$138 +HST**  
Thursdays 7:00pm – 7:45pm (Hall A) and Saturdays 3:30pm - 5:00pm (Hall A)

### CARDIO KICKBOXING (15+ YEARS) — \$118 +HST

- Mondays 8:00pm – 8:45pm (Hall B) And Thursdays 8 - 8:45pm (Hall A)



## ART CLASSES WITH VICKY (15+ YRS)

**Session Dates:** March 29 - May 19, 2022

**Price:** \$127 +HST per class (8 weeks)

**Room:** Multi 3

### DRAWING FUNDAMENTALS BEG/INT

TUESDAYS 9:30am – 11:15am

### COLOUR THEORY & PAINTING BEG/INT

TUESDAYS 11:30am – 1:15pm

### WATERCOLOUR BEG/INT

THURSDAYS 11:30am – 1:15pm

### INTRODUCTION TO COLOURED PENCILS

THURSDAYS 9:30am – 11:15am



*This new course will provide an in depth look into the world of coloured pencils. The course will cover why it's important to use high quality materials and how they should be used.*

*Techniques taught in this course will include stippling, hatching, and scumbling. The goal is to equip students with a strong foundation of coloured pencils so they can create the artwork they have always wanted.*

## ADULT DANCE CLASSES (15+ YRS)

**Session Dates:** April 24 - June 26, 2022

**Price:** \$145 +HST per class (9 weeks)

**Room:** Hall A

### BALLROOM BEGINNER

SUNDAYS 1:00pm – 2:30pm

### ARGENTINE TANGO - INTERMEDIATE

SUNDAYS 2:45pm – 4:15pm

*\*Registration accepted for couples only.  
Prices quoted are per person, not per couple.*



Week 1: July 4 – 8, 2022

### SPORTS EXTRAVAGANZA

This week, it's game on! Kids will enjoy a rotation of different sports throughout the week. Experience doesn't matter as we will be playing with all ability levels, ensuring effective skill development in a game-based approach. The emphasis will be on good sportsmanship and fair play!

Week 2: July 11 – 15, 2022

### CCA CAMP'S GOT TALENT

This week's camp will introduce children to acting and improv exercises designed to develop confidence, broaden the imagination, and strengthen life skills. Throughout the week participants will take part in scene work, improv games, problem solving exercises, voice work, and comedy skit writing. The grand finale will be a production on Friday to showcase each camper's skills. Stars will be born!

Week 3: July 18 – 22, 2022

### AROUND THE WORLD IN 5 DAYS

This week we will be going on an adventure. There will be many tasks and possible roadblocks! Daily "visits" to new countries and travel-themed games will allow campers to learn about the traditions of each location. Don't forget your passport!

### Camp Pricing:

5-day weeks: \$240/week

August 2-5, 2022 - 4-day week: \$192/week

- Camp Hours: 9:00am – 4:00pm
- Drop off time: 8:00am – 9:00am
- Pick up time: 4:00pm - 5:00pm

**Pizza Lunch offered on Fridays:** Every Friday, enjoy one or two slices of pizza, granola bar, and a juice box.  
One slice: \$7.00, Two slices: \$8.50

## St. Timothy's Presbyterian Church

2400 Alta Vista Drive, Ottawa

**Open to children ages 4-12**

If you have questions, please email Keyana at [afterschool@cca-acc.ca](mailto:afterschool@cca-acc.ca)

Week 4: July 25 – 29, 2022

### MISSION IMPOSSIBLE

This week will focus on challenge-based activities. Our Spies-in-Training will sharpen their espionage skills. We will be cracking codes, mastering obstacle courses, learning Morse Code, and becoming skilled at how to properly disguise yourself when on a mission.

Week 5: August 2 – 5, 2022 (4-day week)

### GAME SHOW AND BOARD GAME CREATION

Have you ever wanted to be on a game show? Well, come on down! Start brushing up on your trivia and puzzles solving skills! We will also focus our creativity and make our own board games. At the end of the week, we will get a chance to play each other's board games and see if the next Pictionary is on the horizon.

Week 6: August 8 – 12, 2022

### SURVIVOR: CCA CAMP EDITION

Get ready because we are going outdoors! This week we will be doing scavenger hunts, discovering nature, and learning about survival skills. Don't worry! No one will be voted off the island.

Week 7: August 15 – 19, 2022

### FUN AND FITNESS

Get your body in motion with different fitness activities throughout the week. From dance to yoga and beyond, keeping our bodies active will be the goal this week!

