

Community Activities Group of Old Ottawa East (CAG)

Le groupe d'activités communautaires du vieux quartier d'Ottawa-Est

www.OttawaEastCAG.ca



**Winter
Program
Guide 2019**

**Registration
opens Tuesday,
December 4 at
8:00 p.m.**

Photo: Jim Lamont

info@OttawaEastCAG.ca

Old Town Hall 61 Main Street 613-627-0062
Brantwood Park field house 39 Onslow Crescent 613-230-0076



CAG... making Old Ottawa East an even better place to live, work and play

PRESCHOOL

For children with parents/guardians unless otherwise stated.

Community Playgroup (0 - 5 years)

Old Town Hall, 61 Main
January 11 - March 22,
no program March 15
Friday 9:30 - 11:30 a.m.
\$44 first child, siblings \$29

Cooperative Playgroup (0 - 3 years)

Brantwood Park field house,
39 Onslow
January 8 - March 19,
no program March 12
Tuesday 9:30 - 11:30 a.m.,
\$27 per child

Parent Time

Old Town Hall, 61 Main
January 7 - January 21 OR
February 25 - March 4
Tuesday, 10:00 - 11:30 a.m.
FREE, registration required.

Peekaboo/CouCou (0 - 3 years)

Brantwood Park field house,
39 Onslow
January 10 - March 7
Thursday 9:30 - 11:30 a.m.
\$39 first child, siblings \$24.
Pavillon du Parc Brantwood,
39 Onslow
10 janvier - 7 mars
Jeudi 9h30 à 11h30
\$39 premier enfant, frère-
soeur \$24.

Hush-a-Bye Babies® (1 - 12 months)

Old Town Hall, 61 Main
January 17 - February 28 OR
March 7 - April 18
Thursday 1:00 - 2:30 p.m.
\$96

FUNDamentals of Ballet (3 - 4 years)

Old Town Hall, 61 Main
January 17 - March 7
Thursday 5:30 - 6:15 p.m.,
\$80

Music Together (0 - 4 years)

Old Town Hall, 61 Main
January 19 - March 30,
no program February 16
Saturday 9:30 - 10:15 a.m.
\$160 including materials,
siblings \$85, siblings under 9
months are free

School age

Drop-off programs unless
otherwise stated.

Adoption Potluck & Play (5 - 12 years)

Brantwood Park field house,
39 Onslow
January 20, February 24 and
March 24
Sunday 4:30 - 6:30 p.m.
\$22 per child

Parent and Me Shiny (6 - 10 years) - NEW!

Brantwood Park outdoor rink,
39 Onslow
January 19 - February 9
Saturday 1:00 - 2:00 p.m.
\$35
Parent or supervising adult
required to participate.

Nerf Games (7 - 12 years) - NEW!

Does your child love fort build-
ing, strategizing and most of
all Nerf toys? This program is
for them!
Lady Evelyn School gym,
63 Evelyn
January 10 - March 7,
no program January 24 or
February 14
Thursday 6:00 - 7:00 p.m.
\$55

SUMMER Camp 2019

Online registration for summer camp opens 8:00p.m.
Wednesday, January 2. Prices include pre and post care.

Jump Start Summer (5 - 10 years)

Old Town Hall, 61 Main
June 24 - 28
Monday - Friday
8:30 a.m. - 5:30 p.m., \$220

The following camps all at Brantwood Park field house, 39
Onslow

Canoe Kids (7- 12 years)

July 2- 5
Tuesday - Friday
8:30 a.m. - 5:30 p.m., \$235
July 8 - 12
Monday - Friday
8:30 a.m. - 5:30 p.m., \$295
July 15 - 19
Monday - Friday
8:30 a.m. - 5:30 p.m., \$295
July 22 - 26
Monday - Friday
8:30 a.m. - 5:30 p.m., \$295

Children must pass a swim test to participate; see website
for details.

Camp Brantwood - Nature week (4 - 8 years) - NEW!

For the child who loves nature and the outdoors
July 29 - August 2
Monday - Friday
8:30 a.m. - 5:30 p.m., \$220

Camp Brantwood - Live Wires! (7 - 12 years) - NEW!

For your active child; sports and active games
August 6 - 9
Tuesday - Friday,
8:30 a.m. - 5:30 p.m., \$180

Art & Science Camp (5 - 10 years) - NEW!

For the child who loves to learn, tinker and create
August 12 - 16
Monday - Friday
8:30 a.m. - 5:30 p.m., \$220

Children's Garden Camp (5 - 10 years)

August 19 - 23
Monday - Friday,
8:30 a.m. - 5:30 p.m., \$220

Check out our new daily themes and awesome activities
for all camps at

www.OttawaEastCAG.ca



MARCH break

March Break Camp

Break through the winter blues with us! Let your child's imagination run wild – this camp has an exciting new theme every day, from superheroes to circus performers. Rain or shine, inside and out, we will have active games, crafts and group activities that keep campers happy, engaged and enthused!

Old Town Hall, 61 Main
March 11 – 15
Monday – Friday,
8:30 a.m. – 5:30 p.m.
\$220



Want to book a children's birthday party? CAG has lots of options for you!

More information at www.OttawaEastCAG.com.

EVENTS

Winter Party in the Park

Brantwood Park field house,
39 Onslow Crescent
Sunday, January 13
1:00 – 4:00 p.m.

FREE

Valentine Skate

Brantwood Park field house,
39 Onslow Crescent
Friday, February 8
6:00 – 8:00 p.m.

FREE

Photo: Jim Lamont

AFTER school

ADULT general interest

Brantwood After School (Age 6 – Grade 6)

For children attending Hopewell and Lamoureux schools
Brantwood Park field house,
39 Onslow.
\$210/month

Old Town Hall After School (Age 6 – Grade 6)

For children attending Lady Evelyn, Elgin St and Franco-junesses schools.
Old Town Hall, 61 Main
\$210/month

*Looking for a room
for a meeting or
event? We can help
with that!*

New Canadian Learn to Skate (5 – 75 years)

Brantwood Park outdoor rink,
Onslow
January 19 – February 9
2:15 – 3:15 p.m.
FREE, to register; call Chris
at 613 565-3265

Figure Drawing & Painting

Practice figure drawing or painting skills while learning and sharing with your fellow artists. A model poses each week in the natural form in an extended pose.

Old Town Hall, 61 Main Street
January 16 – March 6 OR
March 13 – May 1
Wed 10:30 a.m. – 1:00 p.m.
\$95

Intro to Swing: Lindy Hop – NEW!

Learn this exciting, energetic dance. After this class, you will be able to go out and social dance in a variety of styles and tempos, and with lots of different people! No partner required for this intro class.

Old Town Hall, 61 Main Street
January 8 – February 12
Tuesday 7:30 – 9:00 p.m.
\$95



ADULT sports

Women's Hockey

Brantwood Park outdoor rink,
39 Onslow
January 14 – February 25
Monday 7:30 – 8:30 p.m.
\$65

Men's Basketball

Lady Evelyn School,
63 Evelyn
January 9 – May 1,
no program March 13
Wednesday 8:30 – 10:00 p.m.
\$95

(Re-) TREAT Yourself!

Enjoy a relaxing and restorative start to the new year with yoga, plant-based cooking, lunch and massage. We promise you will leave feeling relaxed and with a strong sense of well being.

Old Town Hall, 61 Main
Saturday, January 12, 10:00 a.m. – 3:30 p.m., \$95



**For more detailed information visit
www.OttawaEastCAG.ca**

ADULT fitness

All classes are beginner/intermediate unless otherwise stated.



Vinyasa Flow Yoga

Old Town Hall, 61 Main
January 16 – March 27
Wednesday 7:15 – 8:45 p.m.
(Beginner/Intermediate)
Wednesday 5:30 – 7:00 p.m.
(Intermediate)
\$103

Hatha Yoga

Old Town Hall, 61 Main
January 19 – March 30,
no program February 16
Saturday 9:15 – 10:45 a.m.
\$94

Yin Yoga

Old Town Hall, 61 Main
January 8 – March 26
Tuesday 6:00 – 7:15 p.m.
\$113

Tai Chi Qi Gong

Old Town Hall, 61 Main
January 9 – March 27,
no program March 13
Wednesday 1:30 – 2:30 p.m.
OR
January 7 – March 25,
no program February 18
Monday 6:00 – 7:00 p.m.
\$103

Better Body Boot Camp

Lady Evelyn School gym,
63 Evelyn
January 7 – March 4
Monday 8:00 – 9:00 p.m.
\$96
January 9 – March 6
Wednesday 7:15 – 8:15 p.m.,
\$108

Strength & Tone

Old Town Hall, 61 Main
January 9 – March 27
Wednesday 8:00 – 9:00 a.m.
OR
January 11 – March 29
Friday 8:00 – 9:00 a.m.
\$85

Pilates

Old Town Hall, 61 Main
January 7 – March 25,
no program February 18
Monday 7:30 – 8:30 p.m.
\$103

20-20-20

Old Town Hall, 61 Main
January 8 – March 26
Tuesday 8:30 – 9:30 a.m. OR
January 10 – March 28
Thursday 8:30 – 9:30 a.m.,
\$85

Zumba

Old Town Hall, 61 Main
January 10 – March 28
Thursday 6:30 – 7:30 p.m.,
\$113
January 7 – March 25,
no program February 18,
March 11
Monday noon – 1:00 p.m.
\$94

Body Sculpting

by ESSETRICS® – NEW!

A workout that draws on the flowing movements of tai chi, the strengthening theories behind ballet and the healing principles of physiotherapy.
Old Town Hall, 61 Main
February 25 – March 25
Monday 6:15 – 7:15 p.m.
\$47

POUND® Fitness – NEW!

Channel your inner rock star with this full body cardio-jam session inspired by the fun of playing the drums
Lady Evelyn School gym,
63 Evelyn
January 10 – March 7,
no program January 24 or
February 14
Thursday 7:45– 8:30 p.m.
\$57

Fitness for Living for Older Adults

Old Town Hall, 61 Main
January 10 – March 21,
no program March 14
Thursday 1:00 – 2:00 p.m.,
\$71

For more
detailed
information
visit

www.OttawaEastCAG.ca

Online registration opens 9:00 p.m. Tuesday, December 4 at www.ottawaeastCAG.ca, with Visa or MasterCard.

In-person registration opens 2:00 p.m. at the Old Town Hall on Wednesday, December 5, payment is by personal cheque only.

Programs are advertised in the language in which they will be presented/ Les programmes seront donc offerts dans la langue dans laquelle ils sont présentés.

Financial assistance is available to Ottawa East residents; please apply in person.

The **CAG Weather Policy** cancels outdoor programs if the temperature is below -25C with wind chill, or in the event of rain or hail. To find out if a program or event is cancelled due to weather, please check the CAG website.

Single Class Fitness Passes: \$18/class - Better Body Bootcamp, \$14/class - Yoga, Pilates, Tai Chi, Essentrics, Pound and \$11/class Strength & Tone, 20-20-20, Fitness for Living

COMMUNITY Partners



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Health Centre



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If you would like more information on the CAG Community Partnership Program please email cworkun@OttawaEastCAG.ca

Old
Ottawa
East
eUpdate

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a weekly email
newsletter with
up to the minute
community
news and
events

www.ottawaeastCAG.ca/eupdate