

Community Activities Group of Old Ottawa East (CAG)

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

www.OttawaEastCAG.ca



**Spring -
Summer 2019
Program Guide**

**Registration
opens Tuesday,
March 5 at
8:00 p.m.**

info@OttawaEastCAG.ca

Old Town Hall 61 Main Street 613-627-0062
Brantwood Park fieldhouse 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
April 5 - June 21
Friday 9:30 - 11:30 a.m.
\$48 first child, siblings \$33.
July 3 - August 14
Wednesday, 9:30- 11:30 a.m.
\$30 first child, siblings \$15.

Cooperative Playgroup (0 - 3 years)

Brantwood fieldhouse,
39 Onslow
April 2 - June 11
Tuesday, 9:30 - 11:30 a.m.
\$30 per child

Children's Garden Playgroup (0 - 5 years)

Ottawa Children's Garden,
Main & Clegg
July 9 - August 29,
no program August 20 or 22
Tuesday or Thursday
10:00 - 11:30 a.m.
\$30 first child, siblings \$15

Playgroups: Siblings under 12 months of age are free

Parent Time

Old Town Hall, 61 Main
April 1 - May 27
Monday, 10:00 - 11:30 a.m.,
no program April 22, May 20
FREE, pre-registration req'd.
Program funded by CAG.

Hush-a-Bye Babies® (1 - 12 months)

Old Town Hall, 61 Main
March 7 - April 18 OR;
April 25 - June 13,
no program May 16
Thursday 1:00 - 2:30 p.m.
\$96

Music Together (0 - 4 years)

Old Town Hall, 61 Main
April 6 - June 22,
no program April 20, May 18
Saturday 9:30 - 10:15 a.m. or
Saturday 10:30 - 11:15 a.m.
\$160 including materials,
siblings \$85. Siblings under 9
months of age are free.

FUNDamentals of Ballet (3 - 4 years)

Old Town Hall, 61 Main
April 4 - May 9
Thursday 5:30 - 6:15 p.m.
\$60

School age

Drop-off programs unless
otherwise stated

Adoption Potluck & Play (5 - 12 years)

Brantwood Park fieldhouse,
39 Onslow
April 14, May 12 and June 9
Sunday 4:30 p.m. - 6:30 p.m.
\$22 per child with family

Soccer in the Park (3 - 6 years)

Brantwood Park, 39 Onslow
May 11 - June 22,
no program May 18
Saturday
9:30 - 10:30 a.m. (3 yrs)
10:30 - 11:30 a.m. (4 - 6 yrs)
\$53

June 20 - July 18
Thursday
6:00 - 7:00 p.m. (3 - 6 years)
\$44

Parent or supervising adult
required to stay in the park.

Nerf Games (7 - 12 years) - NEW!

Does your child love fort
building, strategizing and Nerf
toys? This program is for them!
Lady Evelyn School, 63 Evelyn
March 21 - April 25
Thursday 6:00 - 7:00 p.m.
\$37

Magic the Gathering - NEW! Family Tutorial & Friendly Tournament (Age 6 +)

A card game where play-
ers use logic and strategy to
defeat their opponent. Par-
ent participation required.
Old Town Hall, 61 Main
March 10
Sunday, 2:00 - 4:30 p.m.,
\$7/person

Stay Safe (9+ years) - NEW!
Learn how to keep yourself
safe in a variety of settings.
Old Town Hall, 61 Main
April 7
Sunday 9:00 a.m. - 4:00 p.m.
\$72

Babysitting Course - NEW! (11 - 15 years)

Old Town Hall, 61 Main
April 14
Sunday 9:00 - 4:00 p.m.
\$72

SUMMER Camp 2018

Registration for summer camp is open now.

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

Canoe Kids (7- 12 years)

Brantwood Park field house, 39 Onslow
July 2 - 5
Tuesday - Friday
8:30 - 5:30 p.m., \$235
July 8 - 12
Monday - Friday
8:30 - 5:30 p.m., \$295
July 15 - 19
Monday - Friday
8:30 - 5:30 p.m., \$295
July 22 - 26
Monday - Friday
8:30 - 5:30 p.m., \$295

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

Camp Brantwood - Nature Week (4 - 8 years)

Brantwood Park field house, 39 Onslow
July 29 - August 2
Monday - Friday
8:30 a.m. - 5:30 p.m., \$220

Camp Brantwood - Live Wires (7 - 12 years)

Brantwood Park field house, 39 Onslow
August 6 - 9
Tuesday - Friday
8:30 a.m. - 5:30 p.m., \$180

Arts and Science Camp (5 - 10 years)

Brantwood Park field house, 39 Onslow
August 12 - 16
Monday - Friday
8:30 a.m. - 5:30 p.m., \$220

Children's Garden Camp (5 - 10 years)

Brantwood Park field house, 39 Onslow
August 19 - 23
Monday - Friday,
8:30 a.m. - 5:30 p.m., \$220



For more detailed information visit www.OttawaEastCAG.ca

MARCH break

Registration for this camp is open now.

March Break Camp (5 - 10 years)

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

AFTER school

Registration for the 2019 - 2020 school year opens at 8:00 p.m. on Tuesday, March 5.

Brantwood Park After School (Age 6 - Grade 6)

For children attending Hopewell and Lamoureux schools
Brantwood Park fieldhouse,
39 Onslow
Pick up by 5:45 p.m.
\$210/month

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

For children attending Lady Evelyn, Elgin and Francojeunesse schools
Old Town Hall, 61 Main
Pick up by 5:30 p.m.
\$210/month

If the program is full please add your name to the wait list by email to:

info@OttawaEastCAG.ca

New legislation may allow programs such as ours once again to accept children from the age of 4 as of September 2019. A decision is anticipated for July 1, 2019. If that legislation passes CAG will open registration to children in Junior Kindergarten and up.

Please see www.OttawaEastCAG.ca for more information and updates regarding CAG After School programs.



Want to book a children's birthday party? Need a room for an event or meeting? CAG has lots of options for you! See website for birthday parties and rentals.

ADULT general interest

Intro to Swing - Lindy Hop

The Lindy Hop is an exciting, energetic dance that is all about joy, expression, and having fun! No partner is required for this intro class.
Old Town Hall, 61 Main
April 9 - May 14
Tuesday 7:30 - 9:00 p.m.
\$95

Figure Drawing and Painting

Practice figure drawing or painting skills while learning and sharing. A model is organized each week. Model poses in natural form in an extended pose.
Old Town Hall, 61 Main
March 13 - May 1 or;
May 8 - June 26
Wednesday 10:00 - 1:00 p.m.
\$110



ABOUT us

The Community Activities Group of Old Ottawa East (CAG) is a voluntary, not for profit, community-based organization that works in partnership with the City of Ottawa to provide the residents of Ottawa East with programming, recreation, and special event opportunities that are local, affordable, inclusive and of interest to members of the community.

Co-Chair, Don Stephenson, **Co-Chair,** Tina Raymond,
Treasurer, Lynne Byford,
Secretary: Camrose Burdon

Executive Director, Carol Workun, **Program Assistant,**
Megan Shoemaker, **Program Assistant,** Asha Bruce

info@OttawaEastCAG.ca

For more detailed information visit
www.OttawaEastCAG.ca

ADULT fitness

All classes are beginner/intermediate unless stated.

Vinyasa Flow Yoga

Old Town Hall, 61 Main
April 10 – June 19
Wednesday 7:15 – 8:45 p.m.
Wednesday 5:30 – 7:00 p.m.
(Intermediate),
\$103
July 3 – August 21
Wednesday 5:45 – 7:15 p.m.
\$75

Hatha Yoga

Old Town Hall, 61 Main
April 6 – June 22, no program
April 20 & May 18
Saturday 9:15 – 10:45 a.m.
\$94

Yin Yoga

Old Town Hall, 61 Main
April 9 – June 18,
Tuesday 6:00 – 7:15 p.m.
\$103
April 8 – June 17, no program
April 22 & May 20
Monday 1:30 – 2:45 p.m.
\$84
July 9 – August 20
Tuesday 6:00 – 7:15 p.m.
\$66

Tai Chi Qi Gong

April 8 – June 17, no program
April 22 & May 20
Monday 6:00 – 7:00 p.m.
\$84
April 10 – June 19,
Wednesday 1:30 – 2:30 p.m.
\$103

POUND® Fitness – New!

Lady Evelyn gym, 63 Evelyn
March 28 – April 25
Thursday 7:15– 8:00 p.m.,
\$47

Zumba

Old Town Hall, 61 Main
April 11 – June 20
Thursday 6:30 – 7:30 p.m.
\$103
April 8 – June 17, no program
April 22 and May 20
Monday Noon – 1:00 p.m.,
\$84
July 4 – August 22
Thursday 6:30 – 7:30 p.m.
\$75

Better Body Boot Camp

Lady Evelyn gym, 63 Evelyn
March 18 – April 29,
no program April 22
Monday 8:00 – 9:00 p.m.,
\$72
March 27 – May 1
Wednesday 7:15 – 8:15 p.m.,
\$72

Better Body Boot Camp in the Park

Brantwood Park, 39 Onslow
May 6 – June 17,
no program May 20
Monday 7:00 – 8:00 p.m.,
\$72
May 8 – June 19
Wednesday 7:00 – 8:00 p.m.
\$84
June 24 – July 29,
no program July 1
Monday 7:00 – 8:00 p.m.,
\$60
June 26 – July 31
Wednesday 7:00 – 8:00 p.m.
\$72

Strength and Tone

Old Town Hall, 61 Main
April 10 – June 19
Wednesday 8:00 – 9:00 a.m.
\$78
April 12 – June 21,
no program April 19
Friday 8:00 – 9:00 a.m.
\$71
July 3 – August 21
Wednesday 8:00 – 9:00 a.m.
July 5 – August 23
Friday 8:00 – 9:00 a.m.
\$57

Zen Bootcamp - NEW!

Combining the Zen of yoga
with the high intensity of
bootcamp. The perfect blend
of strength, mobility, flexibil-
ity and cardio in one cued
breath.
Old Town Hall, 61 Main
April 6 – May 11,
no program April 20
Saturday 11:00 – 12:15 p.m.,
\$60
May 21 – June 25
Tuesday 7:30 – 8:45 p.m.,
\$72

Pilates

Old Town Hall, 61 Main
April 8 – June 17, no
program April 22 & May 20
Monday 7:30 – 8:30 p.m.
\$84
July 3 – August 14
Wednesday 7:30 – 8:30p.m.,
\$66

20-20-20

Old Town Hall, 61 Main
April 9 – June 18
Tuesday 8:30 – 9:30 a.m.
\$78

Urban Pole Walking

Old Town Hall, 61 Main
May 28 & June 4
Tuesday 7:00 – 8:00 p.m.
\$15

Body Sculpting by ESSETRICS®

Old Town Hall, 61 Main
April 8 – June 17, no pro-
gram April 22 & May 20
Monday 6:15 – 7:15 p.m.
\$84

Single Class Fitness Passes

\$18/class Bee Body Boot-
camp
\$14/class for Yoga, Pilates,
Tai Chi
\$11/class for Strength &
Tone and 20-20-20

For more
information
visit

www.OttawaEastCAG.ca

Online registration opens
8:00 p.m. Tuesday, March 5 at
www.OttawaEastCAG.ca, with
Visa or MasterCard.

In-person registration opens
2:00 p.m. at the Old Town Hall
on Wednesday, March 6, pay-
ment is by personal cheque
only.

Programs are advertised in the
language in which they will be
presented/ Les programmes se-
ront 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** is
such that we run all outdoor
programs rain or shine unless
otherwise stated in the program
description; programs will be
cancelled in the event of light-
ning or thunderstorm at the
time of the program.

COMMUNITY Partners



Sandy Hill
Community
Health Centre



Centre de santé
communautaire
Côte-de-Sable

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& COMPOUNDING CENTRE

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OTTAWA
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(Main Street)

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

Old
Ottawa
East
eUpdate

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

www.ottawaeastCAG.ca/eupdate