

OPEN HOUSE

Jan 13 - Feb 9, 2018

Adults & Seniors

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weight & Cardio Room Access 6:00 am - 10:00 pm	Weight & Cardio Room Access 6:00 am - 10:00 pm	Weight & Cardio Room Access 6:00 am - 10:00 pm	Weight & Cardio Room Access 6:00 am - 10:00 pm	Weight & Cardio Room Access 6:00 am - 10:00 pm	Weight & Cardio Room Access 8:00 am - 9:00 pm	Weight & Cardio Room Access 8:00 am - 9:00 pm
Adult Swim 6:30 am - 4:00 pm 8:00 pm - 10:00 pm	Adult Swim 6:30 am - 4:00 pm 8:00 pm - 10:00 pm	Adult Swim 6:30 am - 4:00 pm 8:00 pm - 10:00 pm	Adult Swim 6:30 am - 4:00 pm 8:00 pm - 10:00 pm	Adult Swim 6:30 am - 4:00 pm 8:00 pm - 10:00 pm	Adult Swim 8:00 am - 9:00 am	Aqua Fit 11:15 am - 12:00 pm
Zumba 10:00 am - 10:45 am Dance Aerobics	Pickleball 10:00 am - 11:00 am Raquette Sport	Group Strength Training Class 10:00 am - 10:45 am	Aqua Fit 10:00 am - 10:45 am	Group Strength Training Class 10:00 am - 10:45 am	Cardio Boot Camp 9:00 am - 9:45 am	
Book Club Jan 29 (2:00 pm - 3:00 pm) Program Introduction Social	Beginner Yoga 1:30 pm - 2:30 pm	Seniors Lounge Mix & Mingle 1:30 pm - 3:00 pm	Snowshoe Club 2:00 pm - 3:00 pm Instructor led (Snowshoes provided)		Beginner Yoga 10:00 am - 11:00 am	Snowshoe Adventure 1:00 pm - 3:00 pm Self-guided (Snowshoes provided)
High Intensity Interval Training 7:00 pm - 8:00 pm	Beginner Yoga 7:00 pm - 8:00 pm	CrossFit Workout 7:00 pm - 8:00 pm	Beginner Yoga 6:15 pm - 7:15 pm	Snowshoe Adventure 7:00 pm - 8:30 pm Self-guided (Snowshoes provided)		
			Trivia Night Feb 1 7:00 pm - 9:00 pm			
			Book Club Jan 18 7:00 pm - 8:00 pm Program Introduction Social			
Adult Open Gym 8:00 pm - 10:00 pm (Soccer, Basketball, Badminton)	Adult Badminton 8:00 pm - 10:00 pm	Adult Basketball 8:00 pm - 10:00 pm	Paint Nite* Jan 25 7:00 pm - 9:00 pm	Adult Basketball 8:00 pm - 10:00 pm	Adult Open Gym 7:00 pm - 9:00 pm (Soccer, Basketball, Badminton)	Adult Swim 8:00 pm - 9:00 pm
			Zumba 7:30 pm - 8:30 pm Dance Aerobics			Adult Soccer 8:00 pm - 9:00 pm
			Adult Badminton 8:00 pm - 10:00 pm			

*CALL TO RESERVE A SPACE.

CHECK OUT OUR WEBSITE AT WWW.ACCORAVILLAGE.COM OR CALL 613-366-5020.

RECREATION CENTRE

OPEN HOUSE



Jan 13 - Feb 9, 2018

Family, Child & Youth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Parent & Tot Music 10:00 am - 10:30 am Family Sing along	Parent & Tot Open Swim 10:00 am - 11:00 am	Open Swim 4:00 pm - 8:00 pm	Toddler & Me 10:00 am - 11:15 am Family Play Time	Open Swim 4:00 pm - 8:00 pm	Open Gym 8:00 am - 12:00 pm	Open Swim 12:00 pm - 4:00 pm
Jr. Explorer 10:35 am - 11:05 am Fun for junior minds	Open Gym 4:00 pm - 8:00 pm	Youth Basketball 5:00 pm - 7:00 pm Free play	Open Gym 4:00 pm - 8:00 pm	Youth Basketball 5:00 pm - 7:00 pm Free play	Open Swim 12:00 pm - 7:00 pm	Family Snowshoe Adventure 1:00 pm - 3:00 pm Self-guided - Snowshoes provided
Open Swim 4:00 pm - 8:00 pm	Exploring Math* 6:00 pm - 6:30 pm Math games & learning		Group Ukulele* 5:15 pm - 5:45 pm Beginner Class - instruments provided	Date Night* You go out - we'll watch the kids Jan 19 (6:00 pm - 9:00 pm)	Youth Open Gym 1:00 pm - 4:00 pm (Soccer, Basketball, Badminton)	
Youth Gym - Soccer 5:00 pm - 7:00 pm Free play	Learn to Groove 7:00 pm - 7:45 pm Youth Dance Class	Exploring French* 6:00 pm - 6:30 pm Games & language development	Exploring English* 6:00 pm - 6:30 pm Games to support language development	Youth Snowshoe Hike* Jan 12 (6:00 pm - 7:00 pm) Instructor led - snowshoes provided		Open Gym 4:00 pm - 8:00 pm
Youth Yoga* 6:00 pm - 6:45 pm						

*CALL TO RESERVE A SPACE.

CHECK OUT OUR WEBSITE AT WWW.ACCORAVILLAGE.COM OR CALL 613-366-5020.