



SPRING & SUMMER RECREATION GUIDE 2022



accoravillage.com

REGISTRATION FOR SPRING PROGRAMS **NOW AVAILABLE**

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Book online at **accoravillage.perfectmind.com**
For more information call **(613)-366-5020**
or email **play@accoravillage.com**

Swim lessons, fitness classes, sports, dance,
art, and much more!

COVID PROCEDURE:

Please ensure to wear a mask upon entry
of facility. For ongoing changes to the covid
procedure and guidelines consult front desk for
more information.

Spring Session: **April 24 – June 26**
Summer Session: **July 4 – August 27**

For more information on pricing, dates, times and registration,
visit **accoravillage.perfectmind.com**





TODDLER, CHILDREN & YOUTH PROGRAMS

TODDLER PROGRAMS

DANCE*

Learn basic ballet dance moves through rhythm, movement and games! Ages 3.

PARENT AND TODDLER DROP IN

Your child will enjoy a variety of activities including arts and crafts, music, games and free play time. Arts and crafts will include finger painting, the use of different shapes, cutting, gluing, and much more. The second half of the program will be gym time to let out their energy! Parent must accompany child for duration of program.

CHILDREN/YOUTH PROGRAMS

PRIVATE MUSIC LESSONS

Private music lessons are available in 30-minute time blocks for one-on-one piano lessons for ages 7+. Vocal lessons are also available. For more information or to register contact noor.saleh@ferguslea.com.

PRIVATE OR GROUP TUTORING

Looking for something specific? We offer private

tutoring in a variety of subjects including French, English and Math. We can help your child reach their full potential by creating individualized learning plans to achieve success. For ages 4-14. For more information or to register contact noor.saleh@ferguslea.com.

ART

Your child will be provided with the opportunity to express themselves through art, whether that be using oil pastels, acrylic painting on canvases, watercolour painting, and sculpting with clay. For ages 4-12.

DANCE

This program promotes creativity, musicality and physicality. Dancers will be brought through creative movement and basic fundamental steps and choreography in different styles of dance including: Hip Hop, Ballet/Jazz, Bharatanatyam*, and more! For ages 4-12.

SCIENCE*

Are you eager to learn the science behind volcanoes, slime, water colours and basic

engineering techniques to build your own bridge? Want to study space from the comfort of earth? Explore different experiments and engineering opportunities in our exciting science program. For ages 4-12.

CODING*

New to coding? We offer beginner and intermediate levels for ages 8-14. Learn to create games and animations with Scratch. Already experienced in Scratch? Feel free to come and help other kids or come with your own projects to work on and receive help with. Learn new techniques and tools to accomplish different tasks. Kids will be introduced to coding languages predominantly used in the coding world. We provide Chromebooks for participants for usage during the program.

CAMPS

We offer a wide range of out of school drop-in activities and full day camps including: PD days, March break and Summer Camps. Camp activities are designed to be age-appropriate and provide

plenty of opportunity to learn, engage and have fun! Camps feature different themes each week and are based on a variety of arts, crafts, games, sports and outdoor activities. For ages 4-12.

CHILDREN/YOUTH PAINT NIGHT

Enjoy an instructor led paint night of a pre-determined painting of nature, scenery, landscape or animal. Bring on your artistic side and let's see the Picasso in you! All experience levels are welcome. For ages 8-15.

YOUTH GAMES NIGHT

Youth Night takes over the party room in the Accora Centre! Offering entertainment options for youth including Nintendo Switch, Ping Pong and Board Games. Half the duration of the program will be usage of the gymnasium and outdoors for activities and sports! Registration will include a can of soft drink and pizza. For ages 10-14.

For more details and registration visit accoravillage.perfectmind.com

*Seasonal Program offering.

BEGINNER FRENCH CLASSES*

Learn the basics of the French language and excel with speaking and conversating at a beginner level. For ages 16+.

ADULT PIANO LESSONS

Private music lessons are available in 30-minute time blocks for one-on-one piano lessons. All levels welcome. For ages 16+. For more information or to register contact noor.saleh@ferguslea.com

PAINT NIGHT

Follow an experienced instructor, step by step and create your own masterpiece. Bring on your artistic side and let’s see the Picasso in you! All experience levels welcome, for ages 16+. All supplies included.

CRAFT NIGHT

Engage your creative side and let’s get crafty! Enjoy a fun filled evening with your friends and neighbours while we walk you through a pre-determined craft. All experience levels are welcome, for ages 16+.

BINGO

Who doesn’t love a classical night of Bingo? Enjoy a fun night playing Bingo with your family and friends at the Accora Centre. Prizes are included for the winner! Ages 16+.

WORKSHOP/SEMINAR SERIES

Once a month we offer a wide range of informative, and engaging workshops and seminars for ages 16+. Some include: pet workshops, mental health seminars, music appreciate and history, bird watching, nature walks, gardening, Terrarium building, and more. Keep an eye out for our monthly newsletter and email.

ENGLISH AS A SECOND LANGUAGE

Introductory course to learn how to speak English as a second language. Increase your understanding of the English vocabulary, forming small sentences and grasping the main concepts. Private lessons also available. Contact play@accoravillage.com

DANCE CLASSES

Hip Hop and Bharatanatyam classes are offered for adults 16+. Dancers will be brought through creative movement and basic fundamental steps and choreography. All experience levels welcome.

HOUSEHOLD/FAMILY GYM

Enjoy a one-hour reservation for you and your child(ren) to let off some energy. Must be accompanied by parent.

BADMINTON AND BASKETBALL

Residents may reserve a time to play Badminton or Basketball on their scheduled days. Each reservation provides access to the gymnasium for 60-minutes. Included in platinum membership or \$5 drop-in fee for residents. Check online for more details at accoravillage.perfectmind.com

FITNESS CLASSES

We offer a variety of fitness classes from virtual to in person, including aquafit, HIIT, and more. Refer back to accoravillage.perfectmind.com for class availability.

YOGA

From beginner to advance find your balance with one of our yoga classes. Check out the variety Yoga classes we offer: **Beginner Yoga, Gentle Yoga, Yin Yoga, Morning Meditation, and Vinyasa Yoga.** Visit accoravillage.perfectmind.com for class availability, registration, and schedules.

PERSONAL TRAINING

Whether you are looking to get fit, lose weight, gain strength, or just get healthy, work one-on-one with a certified Personal Trainer and you’ll get that much closer to achieving your goals. Email play@accoravillage.com for more information.

Platinum Membership

Platinum Memberships are available to residents ages 16 years+ and provide exclusive access to the weight room, cardio room facilities, gymnasium sports, and group fitness classes. A virtual fitness platform Wellbeats™ is also available and offers hundreds of classes taught by various instructors.

Machine Orientations are also available to you. These teach you the basics of how to use the equipment in our facility safely. Learn how to adjust cardio equipment including how to start, stop, and change settings on cardio machines. Change seat height and adjust equipment so it fits your workout. To schedule an appointment, email play@accoravillage.com

Membership Fees:

Adult: \$30 – \$45 per month depending on length of membership term.
Age 55+: \$28 – \$34 per month depending on length of membership term.
For inquires email play@accoravillage.com or visit us at the recreation centre.

Platinum Gymnasium Access

Platinum access times are available and open to your choice of sport. Gymnasium can also be split with half court badminton and half court basketball.

For more details and registration visit accoravillage.perfectmind.com

**ADULT
& SENIOR
PROGRAMS
& EVENTS**



SPORTS PROGRAMMING



TODDLER AND CHILDREN: MULTI-SPORTS PROGRAM

This is a facilitated program which will help your child learn the fundamental skills of a different sport each week while having fun and staying active! Ages 2-4 parented and Ages 5-7 unparented.

CHILDREN AND YOUTH: FREE DROP-IN MULTI-SPORT

This is a free drop-in program for children. Join us for facilitated games of a different sport each week in the Gymnasium at the Accora Centre. Sports include: Soccer, Basketball, Ball Hockey, Dodgeball, Badminton and more. Free for residents. Ages 8-12.

YOUTH: FREE DROP-IN BASKETBALL, SOCCER, AND VOLLEYBALL

Join us for facilitated game of basketball, soccer, and volleyball. This is run by our sports and fitness facilitator who will be allocating teams and enforcing rules. Ages 12-16.

JUNIOR NBA

Looking to learn the fundamentals of basketball, or improve on your shooting, passing and dribbling skills? Build on new skills and really test your limits. Have fun with different drills and scrimmaging. Ages 9 to 14.

SOCCER SKILLS/TRAINING PROGRAM*

Join us for our first time ever instructor led soccer program. Train and grow by learning fundamental skills in soccer including: passing, dribbling, shooting, control and vision. All experiences welcome. Ages 8-12.

ADULT DROP-IN CRICKET

Join us for a social game of Indoor Cricket in the gymnasium at the Accora Centre. Ages 16+.

ADULT DROP-IN BASKETBALL

Sign up for pick-up style basketball for adults at the Accora Centre. Ages 16+.

ADULT DROP-IN VOLLEYBALL

Join us for a facilitated game of volleyball with family, friends and guests. Ages 16+.

BIKE RENTALS*

The Accora Centre offers bike loans for children, youth and adults. Bike loans are available in May - October. Call 613-366-5020 for more information or email play@accoravillage.com

OTTAWA RIVER PATHWAY

This multi-use urban trail is welcoming and inclusive to all forms of physical activity: walking, running, and biking thereby enhancing the National Capital summer experience in Ottawa.

SUMMER TRIATHLON

The Accora Village Recreation team is happy to announce the return of the Accora Village Triathlon. The Triathlon incorporates three main endurance sports. Swimming, Cycling, and Running over various distances. To be added to an interest list, please email play@accoravillage.com

LEARN TO RUN

If you are new to running and would like a safe and structured running program, then the Learn to Run program is great for you. This is an 8-week program that helps you build your endurance, cardiovascular and running strength at your own pace. Each week you will be given a program that gradually increase in time and distance.

CYCLING FOR FITNESS

Cycling is a great form of cardiovascular exercise and is even better when you can do it as a group. Join our Cycling for Fitness program and get a great workout in while enjoying the bike path scenery.

TREKFIT

Try something new and take your workouts outside. Our Trekfit circuit is a full body exercise circuit starting at 98 Woodridge crescent and ends at 230 Woodridge crescent (near the outdoor pool). Each panel shows a series of exercises. Try the exercises provided or come up with your own circuit.



For more details and registration visit accoravillage.perfectmind.com

***Seasonal Program offering.**



AQUATICS

Summer Session
July 4 – August 27

OUTDOOR POOL

Located behind 220 Woodridge Crescent, our Outdoor Pool will be opening for weekends in June and 7 days a week in July and August. We will be running Adult Swims and Open Swims as well as some outdoor Aquafit classes. Pool Hours are 12:30pm-7:30pm.

ADULT SWIM

Residents over the age of 18 are welcome to enjoy the use of the pool for swimming laps or relaxing in the water. There is no lifeguard on duty during this time. Registration required. Free for residents.

OPEN SWIM

A lifeguarded swim open to all residents and their guests. Please note: Children under the age of 10 must be accompanied in the facility by a parent or guardian over the age of 14. All children under the age of 8 must be accompanied in the water by a parent or guardian over the age of 14. Children between the ages of 8-12 must pass a swim test to enter the water unaccompanied. Registration required for all participants attending. Free for residents.

SWIMMING LESSONS

The best way to learn to swim! Join a class with one of our Lifesaving Society qualified instructors. Starting in summer 2022 we have transitioned to the Lifesaving Society Swim For Life program, with 5 modules from parent and tot classes to adult swimmers we provide lessons for all ages and skill levels. We will be offering daily and weekly sessions of swimming lessons over the summer. For lesson times please check our website [accoravillage.perfectmind.com](https://www.accoravillage.perfectmind.com)

PARENT & TOT CLASS

Swimming lesson for children ages 3 months to 3 years to attend with an adult. Adults are taught how to introduce their little ones to the joys of swimming. Skills include submersions, front and back floats and glides, front kicking, front swim, and jumping into chest-deep water. For lesson times please check our website:

[accoravillage.perfectmind.com](https://www.accoravillage.perfectmind.com)

POWER SWIM

For swimmers aged 8 years and older who know how to swim front crawl, back crawl and breaststroke and can comfortably swim 300m without stopping. The program focuses on improvement of stroke technique and endurance and provides an introduction to butterfly. Power Swim runs on Monday afternoons. To book, please check out website: [accoravillage.perfectmind.com](https://www.accoravillage.perfectmind.com)

AQUAFIT

Aquafit involves cardiovascular, balance and muscle components using the waters resistance with low impact on joints. Great for all levels of fitness! Platinum Membership required or daily drop-in fee of \$10. To book, please check out website: [accoravillage.perfectmind.com](https://www.accoravillage.perfectmind.com)

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A group of children are playing with a large, colorful rainbow parachute in a grassy field. One child in the foreground is holding the edge of the parachute, which is spread out on the ground. Other children are visible in the background, also engaged with the parachute. The scene is bright and sunny, suggesting a summer day.

SUMMER CAMPS

FREE SUMMER FUN OPEN HOUSE SATURDAY, JUNE 11 FROM 2:00-4:00PM AT THE ACCORA CENTRE

Meet the summer team and enjoy camp activities including arts, crafts, sports, games and challenges. Learn about our summer programs including summer camps, swim lessons and free summer fun activities. For some added fun we also have a guest juggler, and face painter.

WEEK 1: JULY 4-8

LITTLE PLANTERS (4-6)

Join us and learn to become an epic gardener by planting a seed, and watching your plant grow, and making your own bird feeder! Enjoy picking out your own fresh produces from the garden and make your own mini pizzas using the outdoor community oven.

SPIRIT WEEK (7-9)

Get ready and jump right into the spirit for each themed day of the week. Experience different themed days such as: Halloween, Diwali, Chinese New Year, Beach Day, Group Competition Day, Wacky Tacky/Backward Day, and 80s day!

TIME TRAVELLERS (10-12)

Are you ready to travel back in time and to the future? Throw it back to dress up in the 90s, tie dye t-shirts, black and white arts and crafts, and dinosaur and fossil activities. Let's take off to the future and use our endless imagination to create our own future car.

WEEK 2: JULY 11-15

WET N' WILD (4-6)

Join us for a week of survivor swim lessons, aquatic sports and all-around water fun! Dive in and don't be afraid to get wet! This week will be a splash while we explore our whole week through water activities including slip and slide, water art and much more!

LIVE LIFE LARGE (7-12)

It is a BIG world out there! Enjoy a variety of large games and extreme adventures from life-sized board games, jumbo slip & slide, building giant

structures, followed by a large mural painting! End-the week off with a Genvironment workshop on how compost can really impact our life at large.

WEEK 3: JULY 18-22

DISNEY (4-6)

Explore lands of endless enchantment, where fantasy becomes a reality. You will experience the adventure and fun of Disney and its characters through magic, dress-up, and sing-along. Enjoy different activities including: making your own costumes, musical instruments, magic potions, under the sea slime and Disney souvenirs! End the week off with a pirate treasure hunt at Andrew Hayden.

ISLAND ADVENTURE CHALLENGE QUEST (7-9)

Grab your backpack and set out to explore the islands through hiking, camping, and swimming. Learn to build your own campfire and shelter, make delicious smores, and use the community BBQ! Take part in different quests by unleashing your fear factor in food challenges, solving mysteries to unlock the island escape room, and finding the mystery treasure at Britannia Beach and mud lake. Let's explore the paths and animals with our special nature guide Cedrix!

WORLD TRAVEL WEEK (10-12)

Pack your bags and get ready to travel the world through the lens of a tourist. Discover popular tourist locations such as: the Eiffel tower, Great wall of China, the Colloseum and more. Bon appetite! Enjoy different foods including: famous French croissants, fortune cookies, making your own mini pizzas and using the community BBQ. We will be incorporating cultural music, dance, and art projects to enhance this experience to...

feel like reality. Visit to Britannia Beach and mud lake. Let's explore the paths and animals with our special nature guide Cedrix!

WEEK 4: JULY 25-29

LITTLE SCIENTISTS (4-6)

Put your goggles on and learn the science behind mixing colours by travelling waters experiment and exploding rainbow chemical reactions! Get ready to experiment and build your own solar system, soda bottle rockets and baking soda powered boats! We will end the week off by getting messy making slime followed by a mad science show!

MAD SCIENCE (7-12)

Come make a mess and learn more about science as we make slime, explore chemical reactions, make our own lava lamps, bottle rockets, and robots using recyclable materials. Put your lab coat on and enjoy making your own volcano and KABOOM - watching it erupt! Finally let's see who has what It takes to be an engineer and build the strongest and longest bridge. End of the week with a mad science show.

WEEK 5: AUGUST 2-5

SAFARI (4-6)

CRICKEY! Grab your binoculars and explore the habitats of the mighty lion, the majestic elephant, and the ferocious Tiger! Learn fun facts about animals, become as fast as a cheetah in animal games, and make your own paper bag animals. Enjoy a fun giraffe science experiment and make a safari project! End the week off by exploring the different birds around Andrew Hayden and a visit by Little Rays Reptiles.

EXPLORING THE WILD (7-12)

Grab your binoculars and let's jump in the wild to explore nature, animals and insects. Learn about bees and their habitat, and examine the different species found in pond water. Take part in animal stem activities, making bird feeders and bird nests, orienteering, and geo-catching. End the week off with a visit by Little Rays Reptiles and a trip to Omega park.

WEEK 6: AUGUST 8-12

SPORTSAPOOLZA (4-6)

Get your athletic wear on and enjoy a sports filled week of soccer, basketball, hockey, swimming, dodgeball, and more! Learn different fundamental skills and play a variety of games that will have you compete for first place. Enjoy an obstacle course, parachute activities, and water balloon race games!

OLYMPICS (7-9)

Let's explore the summer Olympics and take part in a variety of sports including: running, biking, soccer, hockey, shotput, and more! Beginning by breaking off in teams and choosing to represent one country. Let's enhance the experience by having an opening ceremony creating the country flag and torch! End the week off with canoeing lessons, followed by a closing ceremony!

SPORTS AND LEADERSHIP (10-12)

Get ready for a fun filled week of sports including: soccer, basketball, hockey, flag football, soccer baseball, biking and more! While maintaining the Sport themed camp, this camp is also focused on leadership which will help you gain fundamental skills to become a leader. Get ready to take part in

leadership and team building exercises including: connect four race, Giant Jenga, Escape room, obstacle courses, and blind folded activities. Break off in teams and take part in the Accora Village Amazing race, biking with Ottawa Police and canoeing lessons.

WEEK 7: AUGUST 15-19

SPACE ADVENTURES (4-6)

Explore the mysteries of space from the comfort of earth. Enjoy making your own solar system, galaxy in a jar, alien goo, rocket ship and experience life as an astronaut! 5..4..3..2..1.. TAKE OFF!

WET N' WILD (7-12)

Join us for a week of survivor swim lessons, aqua sports and all-around water fun! Dive in and don't be afraid to get wet at Westboro beach! The week will be a splash while we explore water activities including slip and slide, water art and much more!

WEEK 8: AUGUST 22-26

EXPRESS YOURSELF (4-6)

Express yourself through arts, dance, theatre and more! We will explore Hollywood up close through acting, making puppets, dress up, and strutting the red carpet. Express your artsy side through colour painting with ice, creating dart balloon and water gun art, and making colourful playdough sculptures! Enjoy a visit by a special guest from Orbital Talent and end-off the week with a Talent Show!

CREATIVE MAKERS AND PERFORMERS (7-9)

Lights! Camera! Action! Hold on to your popcorn and your 3D glasses because this year we are bringing you some of the biggest Hollywood camps of all time! We will explore Hollywood up close through acting, making a movie, and strutting the red carpet. Show your creative side through art and hip-hop dance classes! Enjoy a visit by a special guest from Orbital Talent!

URBAN ART ATTACK (10-12)

Discover your inner Picasso as you create masterpieces through a variety of art forms including street art, comic books, chalk painting, tie dye t-shirts and more. Enjoy an instructor led paint afternoon and a visit by a special guest from Orbital Talent!



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