

# WINTER & SPRING RECREATION GUIDE 2024



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

REGISTRATION FOR WINTER/SPRING PROGRAMS **NOW AVAILABLE**



REGISTRATION FOR WINTER/SPRING  
PROGRAMS NOW AVAILABLE

Book online at [accoravillage.perfectmind.com](https://accoravillage.perfectmind.com)  
For more information call **(613)-366-5020**  
or email [play@accoravillage.com](mailto:play@accoravillage.com)

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



Winter Session: **January 6–March 25**  
Spring Session: **April 6–June 17**

**Note:** There will be no classes February 17–19, March 11–17, and May 18–20.  
For more information on pricing, dates, times and registration,  
visit [accoravillage.perfectmind.com](https://accoravillage.perfectmind.com)







# TODDLER, CHILDREN & YOUTH PROGRAMS

## TODDLER PROGRAMS

### 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](mailto:noor.saleh@ferguslea.com).

### PRIVATE OR GROUP TUTORING

Looking for something specific? We offer private tutoring in French and English. 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](mailto:noor.saleh@ferguslea.com).

## 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.

## 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. Private lesson are available. Contact [noor.saleh@ferguslea.com](mailto:noor.saleh@ferguslea.com) for more information.

## 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, Bharatanatyam\*, and more! For ages 4–15.

## MARTIAL ARTS

Our goal is to provide you with physical and character development. This program will help you boost confidence, learn self-defence techniques, improve physical fitness and spiritual and self-control. For ages 4–15.

## 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.

**For more details and registration visit [accoravillage.perfectmind.com](https://accoravillage.perfectmind.com)**  
**\*Seasonal Program offering.**



# ADULT & SENIOR PROGRAMS & EVENTS



## ADULT ART PROGRAM

This program will help you explore the fundamentals of making art. You will gain the skills and knowledge by exploring a variety of techniques and mediums such as paint, chalk and more! Each week you will work on creating an art project, or different painting. All materials provided. Ages 16+. Private lesson are available. Contact [noor.saleh@ferguslea.com](mailto:noor.saleh@ferguslea.com) for more information.

## ADULT MUSIC & VOCAL LESSONS

Private music lessons are available in 30-minute time blocks for Piano, Vocal and Carnatic lessons.

## 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.

## 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.

## LANGUAGE CLASSES

Now offering English as a Second Language and French lessons. These courses focus on building vocabulary and forming simple sentences. Ages 16+. Private lessons are also available. Contact [play@accoravillage.com](mailto:play@accoravillage.com) for more information.

## 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.

## MARTIAL ARTS

Our goal is to provide you with physical and character development. This program will help you boost confidence, learn self-defence techniques, improve physical fitness and spiritual and self-control.



# FITNESS

## 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. Anyone with a platinum membership can use the gym during the scheduled platinum gym times.

If you are new to using fitness equipment, we would be happy to schedule a Machine Orientation to teach you the basics on how to start and stop cardio equipment as well as how to adjust tension and incline. We can also show you how to safely adjust seat height and adjust equipment, so it fits your workout needs. To schedule an appointment, email: [play@accoravillage.com](mailto:play@accoravillage.com)

### Drop-in Day Pass:

\$10 Drop-in fee.  
Valid for the day of purchase.

For more details and registration visit [accoravillage.perfectmind.com](http://accoravillage.perfectmind.com)

## 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. For more information, please contact [shane.azzie@ferguslea.com](mailto:shane.azzie@ferguslea.com)

## CUSTOM EXERCISE PROGRAMS NOW OFFERED

Speak with one of our Personal Trainers to get a custom workout plan built around your goals. When you purchase a program, it will also include 3 one-on-one consultations that you can use at any time. For more information, please contact [shane.azzie@ferguslea.com](mailto:shane.azzie@ferguslea.com)

## GROUP FITNESS CLASSES

Get a great workout in an hour by using a combination of strength, endurance, and flexibility. Participate in one of our Group Fitness Classes: **Power Hour, Core Blast, and HIIT.**

## YOGA

We offer a variety of yoga classes for all levels: **Yin Yoga, Morning Meditation, Meditation Gentle Yoga, and Chair Yoga.**

## ZUMBA

Enjoy our high energy Zumba program that incorporates interval training with fast and slow rhythms to help improve your cardiovascular fitness. Enjoy it in our indoor pool or our fitness studio.

## MORNING MOVEMENT

Our Morning Movement fitness class is a group exercise session suitable for participants of all fitness levels. This class aims to awaken your body and mind, setting the tone for a successful and productive day ahead.

## AQUATIC FITNESS

Enjoy low to high intensity aquatic base fitness classes in our indoor pool: **Swim for Fitness, Aqua Zumba, and Cardio Splash.**

## TREKFIT

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







# SPORTS PROGRAMS

## 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 DROP-IN SPORTS

Join us for a facilitated game of basketball, soccer, and/or volleyball. Ages 12–15.

## VOLLEYBALL LESSONS\*

Train and grow by learning fundamental skills and proper form in volleyball including: bumping, volley, serving, and positioning. Ages 10–14.

**\*Seasonal Program offering.**

## 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 8–15.

## 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 4–15.

## ADULT DROP-IN SPORTS

Sign up for pick-up style Soccer, Basketball, Volleyball, Badminton and/or ball hockey on their scheduled days. Ages 16+.

## HOUSEHOLD/FAMILY GYM

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

## BRITANNIA WINTER TRAIL

This multi-use urban trail is welcoming and inclusive to all forms of winter activity: cross- country skiing, winter biking, snow shoeing, or walking, thereby promoting active winter living and enhancing the National Capital winter experience in Ottawa. For more info visit **[britanniawintertrail.com](http://britanniawintertrail.com)**

## FACILITY RENTALS

Party room, Gymnasium and Pool rentals are now available at the Accora Centre. Call or visit the Accora Recreation centre for more details.

### Party Room Rentals:

Saturday and Sunday 9:00am–8:30pm

### Gym Rentals:

Saturday and Sunday 6:30pm–8:30pm

### Pool Rentals:

Saturdays 12:30pm–3:30pm

Only available in 1 hour time blocks.

## EQUIPMENT RENTALS\*

The Accora Centre offers snowshoe, skating and bike rental loans for children, youth and adults. Bike rentals are available from May–October. Snowshoe and skate rentals are available from December – March.

**\*Seasonal Program offering.**

## 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.





# AQUATICS

### LIFESAVING SPORT

This program offers participants a recreational introduction to Lifesaving Sport skills, teaching team building, fair play, ethics in sport and responsibility. It offers a fun approach to leadership and teamwork, builds on “learn to swim” skills, and introduces some lifeguarding skills. Participants must have at least a level 3 swimming ability to begin. Ages 8+.

### STANDARD FIRST AID COURSE

The two-day Lifesaving Society Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR. Ages 16+. See website schedule for upcoming dates.

### WOMEN’S ONLY SWIM

Female residents of all ages are welcome to come and use the pool at the Accora Centre! Please note: children under the age of 12 must be accompanied by a parent or guardian over the age of 18. Children between the ages of 8–12 must pass a swim test to enter the water unaccompanied.

### ADULT LEISURE SWIM

An unsupervised swim providing residents over the age of 18 an opportunity to enjoy the pool. Capacity of 10.

### SENIOR SWIM

Residents over the age of 55 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.

### OPEN SWIM

A lifeguarded swim open to all residents and their guests. Please note: Children between the ages of 8–12 must pass a swim test to enter the water unaccompanied. Children between the ages of 8–9 that pass the swim test must still have a parent/guardian over the age of 14 supervise from the pool deck. 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 visit: [accoravillage.perfectmind.com](https://accoravillage.perfectmind.com)

### PARENT & TOT CLASS

Swimming lesson for children ages 4 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 visit: [accoravillage.perfectmind.com](https://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, visit: [accoravillage.perfectmind.com](https://accoravillage.perfectmind.com)

### FAMILY SWIM

This is a swim for households and families. Children must be accompanied by a parent or guardian over 18.

### ADULT SWIM WORKSHOPS

A workshop set up for adult swimmers who have taken adult swim lessons. Come learn more about the mechanics of moving through the water and how to improve your strokes and techniques.

### ADULT LANE SWIM

An unsupervised lane swim providing residents over the age of 18 an opportunity to swim laps. Capacity of 6





# MARCH BREAK CAMP

**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 Colosseum, Disney World, and more through a **scavenger hunt**.

**Bon appétit!** Enjoy different foods, including famous French croissants, fortune cookies, and making your own mini pizzas. We will be incorporating **cultural music, dance, and art projects** to enhance this experience and make it feel like reality. **Enjoy a visit by Little Ray's reptiles.**

## SPECIAL UPCOMING EVENTS

### FAMILY PAINT NIGHT

Join us for an instructor led family paint night in February for Family day. Enjoy quality time with your child, sibling, parent, or family member. All experience levels are welcome. Child ages 5+ must be accompanied by parent. All supplies included.

### MARCH BREAK CAMP

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 Colosseum, Disney World, and more through a scavenger hunt. Bon appétit! Enjoy different foods, including famous French croissants, fortune cookies, and making your own mini pizzas. We will be incorporating cultural music, dance, and art projects to enhance this experience and make it feel like reality. Enjoy a visit by Little Ray's reptiles.

**SUMMER CAMP PROMOTION AND INFORMATION WILL BE AVAILABLE ONLINE BY APRIL 2ND, 2024.**

### ADULT BADMINTON TOURNAMENT

Join us for badminton singles and doubles tournament in May! Enjoy a full day tournament, and prizes for the winner!

### SUMMER FUN DAY

Camp promo - Join us for a free community event of summer camp open house with your family and friends to learn about the different summer programs and events we have to offer. Meet the camp staff and enjoy free demo of arts and crafts, science experiments, outdoor sports, games, and challenges! Face painting and animal balloons will be available, and entertainment by an acrobat / juggler! Allowing walk-ins, registration not required. Children must be accompanied by parent.



# CONNECT



# WITH



# US



Follow us on social media to stay up to date on community news,  
events, emergency notices, giveaways, and more!

[accoravillage.com](http://accoravillage.com)

