

SPRING & SUMMER

2026 RECREATION GUIDE

REGISTRATION FOR SPRING/SUMMER PROGRAMS NOW AVAILABLE

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!



Spring Session: **May 2 - June 27** Summer Session: **July 4 - August 29**

Note: There will be no classes May 16-18, and August 1-3.
For more information on pricing, dates, times and registration,
visit accoravillage.perfectmind.com





CHILDREN & YOUTH PROGRAMS

PRIVATE MUSIC LESSONS

Private music lessons are available in 30-minute time blocks for one-on-one piano lessons for ages 6+. Vocal lessons are also available. For more information or to register, contact noor.saleh@ferguslea.com.

CARNATIC MUSIC

Learn this classical vocal form of Southern India right from the basics through a structured curriculum that blends theory and practice. Ages 5+.

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. Offering Ballet (ages 4–7), and Bharatanatyam (ages 5+) dance classes.

ART

Express yourself with your artistic side through arts and crafts. There will be a specialized art/craft piece your child will work on weekly including: canvas painting, mixed media art, collages, stamping, yarning and much more. For ages 4–12.

SKETCH ANIMATION

Are you looking to learn how to sketch and draw? We walk you through step by step with a facilitator on how to sketch anime starting off with the basics. For ages 7–15.

CAMPS: DOVERCOURT

We offer full-day camps, including March Break and Holiday Camps.

This summer, we're partnering with Dovercourt Recreation to provide meaningful, engaging experiences featuring a variety of arts, crafts, games, sports, and outdoor activities. Open to ages 4–12.



ADULT & SENIOR PROGRAMS & EVENTS

ADULT MUSIC & VOCAL LESSONS

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

DANCE

Bharatanatyam class is offered for adults 16+. Dancers will be brought through creative movement and basic fundamental steps and choreography. All experience levels welcome.

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+.

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 are included.

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 appreciation and history, bird watching, nature walks, gardening, terrarium building, and more. Keep an eye out for our monthly newsletter and email.



FITNESS

FITNESS MEMBERSHIPS

Fitness memberships are available to residents ages 16+, and provide exclusive access to the weight room, cardio room and fitness studios.

If you are new to using fitness equipment, our Personal Trainers offer a Kick Off session to discuss your goals and orient you with the spaces, offering valuable safety advice.

Drop-in Day Pass:

\$12 Drop-in fee.

Valid for the day of purchase.

For more details and registration, visit accoravillage.perfectmind.com

PERSONAL TRAINING

Whether you are looking to get fit, lose weight, gain strength, or just feel healthy, our Certified Personal Trainers can help you reach your goals. Personal Training is available as a private session or semi-private for those who wish to be joined by a loved one.

For more information or to schedule your first visit today, please contact

kim.dangelo@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: **Morning Movement, Stretch & Strength, Active Aging, Power & HIIT, Core & Balance, Jazzercise and Circuit Work-it.**

YOGA

We offer a variety of yoga classes for all levels: **Flow, Meditation, Yin, Hatha, Power and Mindful Movement.**

AQUATIC FITNESS

Enjoy low to high intensity aquatic base fitness classes in our indoor pool: **AquaSTRENGTH, AquaTURBO and AquaCARDIO.**

TREKFIT

Try something new and take your workouts outside. Our Trekfit circuit is a full body exercise circuit starting at 98 Woodridge Cr. (near the Accora Centre). Each panel shows a series of exercises. Try the exercise 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 12–17.

JUNIOR SOCCER

Looking to learn the fundamentals of soccer, or improve on your passing, dribbling, shooting, control and vision skills? Build on new skills and test your limits. Ages 4–12.

VOLLEYBALL LESSONS*

Train and grow by learning fundamental skills and proper form in volleyball including: bumping, volley, serving, and positioning. Ages 9–15.

ADULT SPORTS

Sign up for pick-up style Basketball and Badminton on their scheduled days. Ages 16+. Sports Membership required to book.**

RALLY & TAP

We are happy to partner with Ottawa Sport & Social Club to offer our adult residents access to the city's biggest lineup of leagues, tournaments, drop-ins and events. Accora residents can use the code "**ACCORA15**" to save on their bookings

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.

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.

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 offering

****Court Reserve**, the in-your-hand app used for all adult gymnasium sports bookings. For help setting up an account, please contact play@accoravillage.com

AQUATICS

OUTDOOR POOL

Our outdoor pool will be open for the summer season from June 6 to August 28, located behind Deschenes Court at 220 Woodridge Crescent.

June Hours:

Weekends only (Saturday & Sunday)
12:30 PM - 7:30 PM

July & August Hours:

Open daily (Monday to Sunday)
12:30 PM - 7:30 PM



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.

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.

FAMILY SWIM

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

ADULT LEISURE SWIM

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

ADULT LANE SWIM

An unsupervised lane swim providing residents over the age of 18 an opportunity to swim laps. Capacity of 8.

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.

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.

SWIMMING LESSONS

Join a class with one of our Lifesaving Society qualified instructors. The Lifesaving Society Swim For Life program consists of 5 modules for all ages and skills levels ranging from:

Parent and Tot, Preschool 1-5, Swimmer 1-6, Advanced and Adult.

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.

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.

WOMEN ONLY LESSONS

Beginner and intermediate lessons are available taught by a female instructor. For ages 16+.

ADULT LESSONS

Beginner and intermediate levels are available. Swimmers will become comfortable with the water by focusing on body positioning by doing floats and glides. Swimmers will progress with stroke corrections and increasing speed and distance. For ages 16+

PRIVATE AND SEMI PRIVATE*

Learn how to swim in a 1-on-1 environment with one of our certified Lifesaving Society swim instructors. Semi-private lessons for family and friends are also available.

*Limited in capacity and only upon request. For more information or to book private swimming lessons, please contact
noor.saleh@ferguslea.com





DOVERCOURT SUMMER CAMPS at

Accora
VILLAGE



Join us this summer for the
following camp activities:

- STEM
- Culinary Arts
- Art Projects
- Music & Dance
- Sports
- ...and more!



Are you a resident?

Sign up before **May 1** and receive **30% OFF!**

*The discount will be automatically applied to the second half of the payment.



For any questions, please reach out to info@dovercourt.org or 613-798-8950 ext. 0

2026 Spring / Summer

Ask about our Referral Bonus Program

Refer a friend or family member to
join our community and you can both
receive a credit against your rent.

Get
\$250

FOR DETAILS:



www.accoravillage.com/resident-portal/



CONNECT

WITH

US



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

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

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