

FALL & WINTER 2026 RECREATION GUIDE



REGISTRATION FOR FALL/WINTER PROGRAMS NOW AVAILABLE

Book online at **courtreserve.com** or **accoravillage.com**.

For more information call **(613) 366-5020**, or email **play@accoravillage.com**.

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

COURTRESERVE

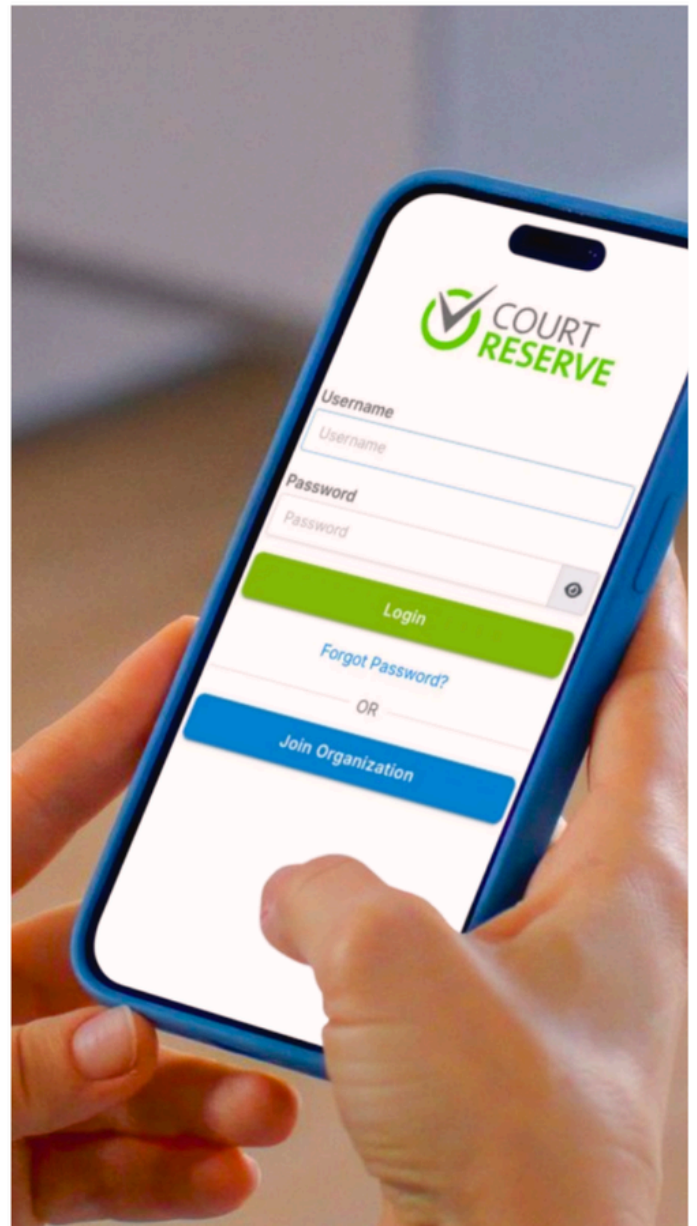
We have moved to a new booking system. You can now book swims and fitness classes and purchase memberships through CourtReserve!

1. Download the CourtReserve app.
2. Select "Log In" if you are a current member, or "Let's Get Started" if you are a new member.
3. Search for "Accora" under Organization.
4. Complete your account information and payment details.
5. Purchase membership or set membership on your account. Admin will approve; and once approval is made you can register for recreation programming.
6. Stop by the Accora Centre to update your profile picture and receive membership card if purchased a gym membership.

SIGN-UP



courtreserve.com



Fall Session 1: **September 8 - October 30**

Fall Session 2: **November 2 - December 19**

Note: There will be no classes October 10-12.

For more information on pricing, dates, times and registration, visit coursreserve.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 ryan.tonelli@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 4-9), 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.



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.

*Seasonal offering

FITNESS PROGRAMS



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.

CourtReserve:

- Purchase memberships through CourtReserve or in person at Accora Centre.
- Once your membership is purchased, new members should stop by the front desk to receive their membership card. Current members should activate or renew their card at the front desk before their next visit.

Drop-in Day Pass:

\$12 Drop-in fee.

Valid for the day of purchase.

For more details and registration, visit courtreserve.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 noor.saleh@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, Gentle Yoga, Active Aging, Power & HIIT, Core & Balance, Barrefit, Power Legs, Power Arms & Core, 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.**

OUTDOOR FITNESS



EQUIPMENT RENTALS

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

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.

OTTAWA RIVER PATHWAY

This multi-use urban trail welcomes everyone to enjoy walking, running, and biking, enhancing the National Capital's outdoor experience in Ottawa.

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.



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+. Membership required to book.**

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.

*Seasonal offering

****CourtReserve**, the in-your-hand app used for all adult gymnasium sports bookings. Check in to fitness classes, drop-in sports, and recreation programming by using the CourtReserve app or scanning in at the Accora Centre. Set up an account by visiting **courtreserve.com**.

For help setting up an account, please contact **play@accoravillage.com**.

SIGN-UP



courtreserve.com



AQUATICS

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 LANE SWIM

An unsupervised lane swim for female residents aged 18 and over. Capacity of 8.

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 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**.

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/](http://www.accoravillage.com/resident-portal/)



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WITH

US



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

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