



FALL & WINTER RECREATION GUIDE 2022

REGISTRATION FOR FALL
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!



Fall Session: **September 10 – October 29**
Winter Session: **November 30 – December 22**

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





TODDLER, CHILDREN & YOUTH PROGRAMS

TODDLER PROGRAMS

DANCE*

Now offering Toddler Ballet and Hip Hop dance classes. Learn basic ballet or hiphop 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.

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.**

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+.

ADULT MUSIC & VOCAL LESSONS

Private music lessons are available in 30-minute time blocks for Piano, Mridangam, 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.

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.

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 for more information.

DANCE CLASSES

Hip hop, Bharatanatyam, and (NEW): Belly Dancing 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.

ADULT SPORTS

Residents may reserve a time to play Badminton, Basketball, Volleyball, or Soccer 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](https://www.accoravillage.perfectmind.com)

WALKING CLUB

Step outside and enjoy our Walking Club. Come gather with people in the community and enjoy friendly conversation, while getting some physical activity. Ages 16+.

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.

SPECIALTY FITNESS PROGRAMS

GENTLE YOGA

Gentle Yoga is geared specifically for those new to yoga or those who are interested in a gentle practice. This eight-week program will incorporate simple flowing sequences to warm up the body, as well as slower paced movements focusing on alignment, strength, balance, and flexibility.

CHAKRA SERIES

This seven-week program explores the seven Chakras of the body. Each week we will focus on a specific Chakra and detail its importance, meaning and how to keep them balanced.

YIN YOGA

Yin yoga consists of a series of long-held, passive floor poses that mainly work the lower part of the body. Throughout this eight-week program we will focus on these areas and help in releasing built up tension.

ZUMBA

Enjoy our high energy eight-week Zumba program that incorporates interval training with fast and slow rhythms to help improve your cardiovascular fitness.

AQUAFIT-FLUID MOVES

This 8-week Aquafit program is a low impact class for all ages, skill, and fitness levels. Jump in and make a splash with this dynamic cardio workout that tones and strengths the entire body.

AQUAFIT-AQUA ZUMBA

This 8-week program is a “pool party” workout for all ages. An effective and challenging water-based workout that incorporates the Zumba formula and philosophy into traditional aqua fitness.

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.

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

Adult Platinum Membership:

1 month	\$50.85 (\$45 before tax)
1 Year	\$406.80 Total Price (\$33.90/month)

Senior Platinum Membership:

1 month	\$38.42 (\$34 before tax)
1 Year	\$379.68 Total Price (\$31.64/month)

Drop-in Day Pass:

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

For more details and registration visit accoravillage.perfectmind.com

SPORTS PROGRAMS

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 5-7.

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 12-16.

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 3-12.

VOLLEYBALL LESSONS

Train and grow by learning fundamental skills and proper form in volleyball including: bumping, volley, serving, and positioning. Ages 9-14.

ADULT DROP-IN SPORTS

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

BIKE AND SNOWSHOE RENTALS*

The Accora Centre offers Bike and Snowshoe loans for children, youth, and adults. Bike loans are available September-through until October 10th. Snowshoe loans are available from the first snowfall of the season through until March.

***Seasonal Program offering.**

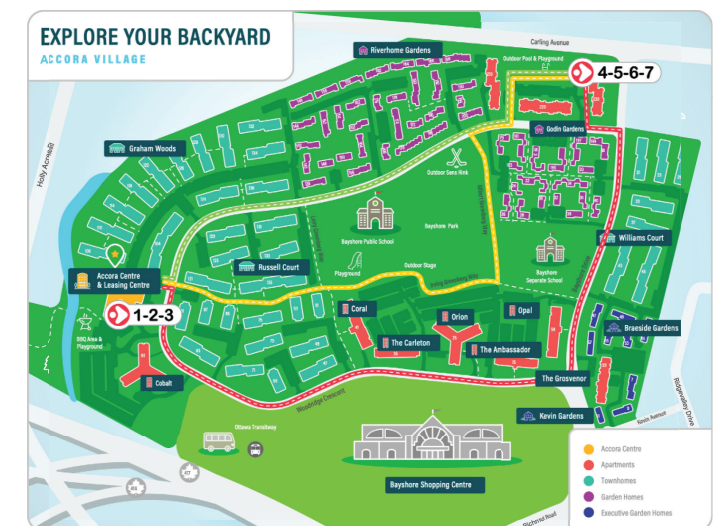
TREKFIT

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

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



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.

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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SPECIAL UPCOMING EVENTS

VILLAGEFEST

An Annual celebration of community, Villagefest brings Accora Village residents together to enjoy an afternoon of fun. Villagefest 2022 will take place on Saturday, September 10 and will feature fun engaging activities, workshops and performances for all ages.

PUMPKIN CARVING

Join us for our annual pumpkin carve for families and adults. Pumpkin, stencils and tools provided. Visit accoravillage.perferctmind.com for more upcoming details in October.

LIGHT UP THE VILLAGE

On Friday, November 25th celebrate as we light up the village. Enjoy a fun evening of entertainment, and walk around the vibrantly lit community to complete a Scavenger Hunt.

SENIORS TEA

Celebrate the holiday season while socializing with new friends and peers and enjoying a live musical performance. Visit accoravillage.perferctmind.com for more upcoming details in December.

LETTERS TO SANTA

Accora Village has an express post box to Santa Claus available from, November 25 to December 16. Children wishing to write a letter to Santa may drop a letter in the “Letters to Santa” mailbox in the Accora Centre foyer or email santa@accoravillage.com. Our Accora elves will ensure Santa receives your letter! Include a return address in your letter and Santa will send a letter back



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