

# WINTER & SPRING RECREATION GUIDE 2023



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

REGISTRATION FOR WINTER PROGRAMS **NOW AVAILABLE**



REGISTRATION FOR WINTER  
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 9 – March 27**  
Spring Session: **April 3 – June 23**

For more information on pricing, dates, times and registration,  
visit [accoravillage.perfectmind.com](https://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](mailto: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](mailto: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. 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, Ballet/Jazz, Bharatanatyam\*, and more! For ages 4-12.

### 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.

### 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](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, 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.

## SOCIAL CLUB

Stop by the Accora Centre Party Room and bring your friends to socialize and meet new people. Enjoy a cup of coffee, cards and board games! Free for residents.

## 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, 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.

## 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.



# SPECIALTY FITNESS PROGRAMS

We offer a variety of fitness classes from virtual to in person, including aquafit, HIIT, and more. Refer back to [accoravillage.perfectmind.com](http://accoravillage.perfectmind.com) for class availability.

## BEGINNER YOGA

This series introduces fundamental principles of alignment, and breath work. Students will be introduced to yoga postures and emphasis is placed on safety, and stability within each pose. If you have never tried yoga this series is perfect for you and is designed to meet the needs of those new to yoga as well as those seeking continued understanding of basic yoga poses.

## GENTLE YOGA

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

## VINYASA YOGA

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

## HATHA YOGA

This series introduces you to different postures to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. Full-body relaxation and balance are the goals, as we make a full circuit of the body’s range of motion with different postures.

## ZUMBA

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

## AQUAFIT

Aquafit involved cardiovascular, balance, and muscle components using water’s resistance with low impact on joints. Great for all levels of fitness.

## AQUAFIT-FLUID MOVES

This 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 program is a “pool party” workout for ages 16+. 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](mailto: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. 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)

## 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](http://accoravillage.perfectmind.com)

## FACILITY RENTALS

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

## Party Room Rentals:

Saturday and Sunday 8:30am – 8:30pm

## Gym Rentals:

Saturday and Sunday 6:30pm – 8:45pm



# SPORTS PROGRAMS

## 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 2-3 parented, and ages 4-6 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 DROP-IN SPORTS

Join us for a facilitated game of basketball, soccer, and/or volleyball. Ages 10-15.

## 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 to 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 7-15.

## ADULT DROP-IN SPORTS

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

## SKATING AND HOCKEY PROGRAM\*

Join us for this joint program of skating and ball hockey. Learn to skate at the Bayshore Sens rink with an instructor. Skating is weather dependent. On days with extreme weather and ice conditions, skating will be replaced with ball hockey at the Accora Centre in the gymnasium. **Please provide your own set of skates and helmet for skating.** We also offer limited quantities and sizes of skate rentals at an additional cost. Ages 7+.

## SNOWSHOE, SKATE AND BIKE RENTALS\*

The Accora Centre offers snowshoe, skate and bike loans for children, youth, and adults. Snowshoe and skate loans are available from the first snowfall of the season through March. Bike loans are available from May-October.

**\*Seasonal Program offering.**

## 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)





# AQUATICS

## LIFESAVING SPORT

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

## BRONZE MEDALLION

This program challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

## BRONZE CROSS

Begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

## 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)

## FAMILY SWIM

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





# 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**

Join us for full day camps this march break. Camp activities are filled with a balance of arts, crafts, science activities, games, sports, and outdoor play! Full day camps are offered from 8:30am-4:30pm. Pre and post camp available from 7:30-8:30am and 4:30-5:30pm.

## **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.

## **ADULT BADMINTON TOURNAMENT**

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

## **MARCH MADNESS BASKETBALL TOURNAMENT**

Join us for a 3 v 3 basketball tournament during march break. Make your own team or join a team by pre-registering. Ages 8-15 and Ages 16+.





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