

OLDER ADULTS

Drawing - Level 1

50-99 years Mon. 1-2:30 pm
 Sep 9-Oct 21 \$104.75 1511741
 Nov 4-Dec 9 \$104.75 1511742
 Jan 13-Feb 24 \$104.75 1512395

Pilates

50-99 years Wed. 5:30-6:30 pm
 Sep 11-Dec 4 \$132.75 1514132
 Jan 8-Mar 11 \$102 1514133
 50-99 years Fri. 9-10 am
 Sep 6-Dec 6 \$132.75 1486512
 Jan 10-Mar 13 \$102 1486575
 50-99 years Fri. 10:15-11:15 am
 Sep 6-Dec 6 \$132.75 1486561
 Jan 10-Mar 13 \$102 1486579

Stretch & Strength

50-99 years Tue. 10:15-11:15 am
 Sep 10-Dec 17 \$153 1486359
 Jan 7-Mar 10 \$102 1486456
 50-99 years Fri. 10:15-11:15 am
 Sep 6-Dec 13 \$153 1486374
 Jan 10-Mar 13 \$102 1486469
 50-99 years Fri. 11:30 am-12:30 pm
 Sep 6-Dec 13 \$153 1486386
 Jan 10-Mar 13 \$102 1486481

Tai Chi Level 1

50-99 years Tue. 11:15 am-12:15 pm
 Sep 10-Dec 17 \$153 1486607
 Jan 7-Mar 10 \$102 1486623

Tai Chi Level 2

50-99 years Tue. 10:15-11:15 am
 Sep 10-Dec 17 \$153 1486640
 Jan 7-Mar 10 \$102 1486681

Tap Dance - Level 2

50-99 years Tue. 10:30-11:30 am
 Sep 10-Dec 17 \$174.25 1486703
 Jan 7-Mar 10 \$116.25 1486714

Yoga

50-99 years Mon. 1:30-2:30 pm
 Sep 9-Dec 16 \$142.75 1485734
 Jan 6-Mar 2 \$91.75 1486294

Cardio & Strength

50-99 years Tue. 9-10 am
 Sep 10-Dec 17 \$126 1485746
 Jan 07-Mar 10 \$102 1512396
 50-99 years Thu. 9-10 am
 Sep 12-Dec 19 \$126 1514129
 Jan 09-Mar 12 \$102 1514131



2019-2020 Fall/Winter

Hunt Club – Riverside Park Community Centre

prom. 3320 Paul Anka Dr. 613-580-2990

Performing Arts

Visual Arts

General Interest

50+ Fitness

Sports

Drop-Ins

Aerobics

GROUP FITNESS

	MON	TUE	WED	THU	FRI	SAT
8:00-8:55 AM	TMC		STEP & STRENGTH			
9:00-10:00 AM	TMC	CARDIO ADULT	TMC	CARDIO & STRENGTH	CARDIO & STRENGTH	CARDIO & STRENGTH
5:30 PM-6:30 PM	CARDIO & STRENGTH		CARDIO ADULT	20/20/20		
6:00 PM-7:00 PM		CARDIO & STRENGTH				

HOURS OF OPERATION:

Monday – Friday 7:00 AM – 9:00 PM
 Saturday & Sunday 8:30 AM – 5:00 PM

ALL RENTAL INQUIRIES:

HCRCC@OTTAWA.CA

PRESCHOOL

Ballet

3-4 years	Sat.	9-9:45 am
Sep 21-Dec 14	\$83.25	1488956
Jan 11-Mar 14	\$62.50	1488996
4-5 years	Sat.	10-10:45 am
Sep 21-Dec 14	\$83.25	1488973
Jan 11-Mar 14	\$62.50	1489006
3-5 years	Mon.	6-6:45 pm
Sep 23-Dec 16	\$83.25	1488973
Jan 06-Mar 09	\$62.50	1489006

Gotta Dance

3-4 years	Sun.	9-9:45 am
Sep 22-Dec 15	\$83.25	1490455
Jan 12-Mar 15	\$62.50	1490487
4-5 years	Sun.	10-10:45 am
Sep 22-Dec 15	\$83.25	1490460
Jan 12-Mar 15	\$62.50	1490489

Gymnastics – Parent & Child

18 months-3 years	Sat.	10-10:45 am
Sep 21-Dec 14	\$87.75	1489146
Jan 11-Mar 14	\$65.75	1489163

Gymnastics - Tumble

4-5 years	Sat.	11-11:45 am
Sep 21-Dec 14	\$87.75	1489188
Jan 11-Mar 14	\$65.75	1489199

Multi Sport

3-5 years	Sat.	10:30-11:15 am
Sep 21-Dec 14	\$87.75	1490244
Jan 11-Mar 14	\$65.75	1490254

Music for Young Children® - Sunrise Program - Level1

2-5 years	Sat.	9-9:45 am
Sep 21-Dec 14	\$166.25	1490264
Jan 11-Mar 14	\$124.75	1490270

Music for Young Children® - Sunrise Program - Level2

Recommended prerequisite: Sunrise One

2-5 years	Sat.	9-9:45 am
Jan 11-Mar 21	\$138.75	1511746

Sportball - Multi-Sport®

3-5 years	Sun.	9:30-10:30 am
Sep 22-Dec 15	\$214.25	1490282
Jan 12-Mar 15	\$160.75	1490308
4-6 years	Sun.	10:30-11:30 am
Sep 22-Dec 15	\$214.25	1490285
Jan 12-Mar 15	\$160.75	1490311

Sportball - Parent and Tot®

2-3 years	Sun.	8:45-9:30 am
Sep 22-Dec 15	\$215.75	1490395
Jan 12-Mar 8	\$162	1490426

CHILDREN

Ballet

5-6 years	Sat.	11-11:45 am
Sep 21-Dec 14	\$83.25	1489038
Jan 11-Mar 14	\$62.50	1489072
5-6 years	Sat.	noon-12:45 pm
Jan 11-Mar 14	\$62.50	1489078
7-10 years	Sat.	noon-12:45 pm
Sep 21-Dec 14	\$83.25	1489052

Hip Hop

6-8 years	Sun.	11-12 pm
Sep 22-Dec 15	\$123.50	1514484
Jan 12-Mar 15	\$92.75	1514482
9-12 years	Sun.	12-1 pm
Sep 22-Dec 15	\$123.50	1514485
Jan 12-Mar 15	\$92.75	1514483

Basketball

8-12 years	Sat.	1:45-2:45 pm
Sep 21-Dec 14	\$93.50	1489113
Jan 11-Mar 14	\$70.25	1489132

Cartooning and Comics

8-12 years	Thu.	6-7:30 pm
Sep 12-Oct 17	\$129.50	1511738
Nov 7-Dec 12	\$129.50	1511740
Jan 16-Feb 20	\$129.50	1511743

Chess Club

8-12 years	Wed.	6-7 pm
Sep 11-Dec 18	\$101.50	1511736
Jan 8-Mar 11	\$67.75	1511737

Gymnastics

6-8 years	Sat.	12:15-1 pm
Sep 21-Dec 14	\$87.75	1489311
Jan 11-Mar 14	\$65.75	1489211
9-12 years	Sat.	1:15-2 pm
Sep 21-Dec 14	\$87.75	1489317

Martial Arts-Taekwondo

7-14 years	Tue., Thu.	6:30-7:30 pm
Sep 17-Dec 5	\$228	1490094
Jan 7-Mar 12	\$190	1514481

Ottawa Valley Step Dancing - Level 1

7-14 years	Sat.	1:30-2:15 pm
Sep 21-Dec 14	\$92.75	1490109
Jan 11-Mar 14	\$69.50	1490122

Ottawa Valley Step Dancing - Level 2

Build on skills learned in Level 1

7-14 years	Sat.	2:15-3 pm
Sep 21-Dec 14	\$92.75	1490113
Jan 11-Mar 14	\$69.50	1490126

Ottawa Valley Step Dancing - Level 3

Build on skills learned in Level 1 & 2

7-14 years	Sat.	3-3:45 pm
Sep 21-Dec 14	\$92.75	1490117
Jan 11-Mar 14	\$69.50	1490142

Soccer

6-9 years	Sat.	11:30 am-12:30 pm
Sep 21-Dec 14	\$93.50	1490070
Jan 11-Mar 14	\$70.25	1490083

ADULT

Taekwondo - Adult

18-99 years	Tue., Thu.	7:30-8:30 pm
Sep 17-Dec 12	\$302	1491600
Jan 7-Mar 12	\$232.50	1485762
18-99 years	Tue., Thu., Sat.	7:30-8:30 pm
Sep 17-Dec 14	\$441.50	1491592
Jan 7-Mar 12	\$325.25	1485761

Yoga

18-99 years	Sun.	9:30-10:30 am
Sep 15-Dec 8	\$122.50	1503683
Jan 12-Mar 15	\$91.75	1503707
18-99 years	Mon.	7-8 pm
Sep 16-Dec 16	\$132.75	1485701
Jan 6-Mar 9	\$91.75	1485715
18-99 years	Tue.	6:30-7:30 pm
Sep 17-Dec 17	\$142.75	1485703
Jan 7-Mar 10	\$102	1485720
18-99 years	Thu.	7-8 pm
Sep 19-Dec 19	\$142.75	1485707
Jan 9-Mar 12	\$102	1485725

DROP-IN PROGRAMS

Badminton Drop-In

Mondays
10:15 am – 12:00 pm
Wednesdays & Fridays
10:15 am – 12:30 pm
\$4.50

Pickleball Drop-In

Tuesdays 12:30 pm – 2:00 pm
Wednesdays 1:00 pm – 2:30 pm
Thursdays 10:30 am – 12:30 pm
\$4.50

Bridge Drop-In

Thursdays
9:00 am – 12:00 pm
\$5.50

**Please visit the Front Desk
for more information on
Drop-Ins.**

**Information is subject to change
without notice. Please call us to
confirm.**

REGISTRATION OPENS: August 14 – online (at 9:00pm) on Ottawa.ca/recreation August 15 – in person (regular business hours)