PROGRAM REGISTRATION
Preschool, Child & Youth Programs
Wednesday, March 4 at 12:00 pm (ONLINE & IN-PERSON)

After School and Breakfast Club 2020/2021
Wednesday, March 4 at 12:00 pm (ONLINE & IN-PERSON)

Adult Programs AND Pottery Studio Membership
Thursday, March 5 at 12:00 pm (ONLINE & IN-PERSON)

Summer Camp Registration
OPEN (ONLINE & IN-PERSON)

*Please note: registration opens online and in-person at the same time.
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OSCA BOARD 2019/2020

Virginia Asante ......................................................... Joy Morrow
Susan Brousseau ..................................................... Sue Neill
Anna Cuylits .......................................................... Luc Pellerin
Sian Fitzgerald ....................................................... Winnie Pietykowski
Christine Franklin ................................................. Shehryar Sarwar
Michael Jenkins ..................................................... Richard Slowikowski
Andrew King .......................................................... Brian Ure
Travis Lindgren ...................................................... Laura Urrechaga
Michael McKay

CITY OF OTTAWA STAFF

Centre Director
Mona Warkentin
613-247-4947

OSCA OFFICE

CONTACT
260 Sunnyside Ave
Ottawa, ON K1S 0R7
613-247-4946

Monday – Friday
9:00 am – 5:00 pm

Website: oldottawasouth.ca

COMMUNITY CENTRE HOURS

SPRING HOURS
Monday-Thursday: 8:00 am - 9:00 pm
Friday: 8:00 am - 6:00 pm
Saturday: 8:00 am - 5:00 pm
Sunday: 9:00 am - 5:00 pm

THE CENTRE WILL BE CLOSED

Friday, April 10 (Good Friday)
Sunday, April 12 (Easter Sunday)
Monday, April 13 (Easter Monday)
Monday, May 18 (Victoria Day)

OSCA STAFF

Christy Savage
OSCA Executive Director
osca@oldottawasouth.ca

Sarah Cybulski
OSCA Program Director
sarahc@oldottawasouth.ca

Matthew Mitchell
OSCA Administrative Coordinator
matt@oldottawasouth.ca

Luke Sears
OSCA Administrative Support
oscaprograms@oldottawasouth.ca

Katherine Boisvert and Darcy Middaugh
OSCA Preschool & Child Program Coordinators
firehallcoordinators@oldottawasouth.ca

Erik van der Torre
OSCA Communications & Marketing Coordinator
erik@oldottawasouth.ca

Ottawa South Community Centre (aka “The Firehall”) recreational programs are operated by the Ottawa South Community Association (OSCA) in partnership with the City of Ottawa Parks, Recreation and Cultural Services and are not City of Ottawa programs.

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## OSCA’s Open House Week

Join us for free programs, events, and fun! There’s a little something for everyone at the Firehall!

### Schedule of Events

<table>
<thead>
<tr>
<th>March 30</th>
<th>March 31</th>
<th>April 1</th>
<th>April 2</th>
<th>April 3</th>
<th>April 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Franklin Method Balance &amp; Coordination 11:30AM-1:00PM Rowena Hall</td>
<td>Stop, Drop, &amp; Play (0-5 Years with a guardian) 9:30-11:30AM Darcy Middaugh</td>
<td>Stretch Time 11:30AM-12:30PM Joanne Hale</td>
<td>Meet &amp; Greet Luncheon 12:00-2:00PM</td>
<td>Kindergym (0-5 years) 9:15-11:15AM Darcy Middaugh</td>
<td>Kundalini Yoga 9:30-10:30AM Antonia Roul</td>
</tr>
<tr>
<td>Gentle Hatha 6:00-7:00PM Elyse Pion <em>Hopewell Public</em></td>
<td>Learning to Racewalk/Jog 12:00-1:00PM Rhona Einbinder-Miller</td>
<td>Pickleball 1:15-3:15PM Darcy Middaugh</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cartooning Lessons 6:00-7:00PM Young Rembrandts</td>
<td>Kickboxing 6:00-7:00PM Michael Farach <em>Hopewell Public</em></td>
<td>Sculpt &amp; Tone 6:00-7:00PM Michael Farach</td>
<td></td>
<td></td>
<td>Parent &amp; Child MultiSport (16 mos-2 years) 9:00-9:45 am Sportball *Hopewell</td>
</tr>
<tr>
<td>Boxing Level 1 7:00-8:00PM Michael Farach <em>Hopewell Public</em></td>
<td>Hatha for All Levels 6:00-7:00PM Rhona Einbinder-Miller</td>
<td></td>
<td></td>
<td></td>
<td>Parent &amp; Child MultiSport (2-3 years) 9:45-10:30 am Sportball *Hopewell</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sportball Baseball (3-5 years) 10:30-11:30 am Sportball *Hopewell</td>
</tr>
</tbody>
</table>

**See you at the Firehall!**

260 Sunnyside Ave.
REGISTRATION INFORMATION

**NEW** PRICE DISPLAY

Adult class prices are now listed pre tax.
Taxes will be added at check-out when you finalize payment.
The tax applied will be 13% HST.

THE SPRING SESSION RUNS FROM APRIL 6TH TO JUNE 21ST.

There are no programs during Easter Break (April 10th-13th) or Victoria Day (May 18th). Please make sure you check your class exception dates. Please see page 2 for dates that the Firehall will be closed throughout the Winter session.

WHY GOOD PROGRAMS MAY BE CANCELLED

Please register early. Last minute registrations may be too late. Classes are reviewed for final decisions the week prior to the first class (earlier for preschool and children’s programs). We do our best to ensure we run classes but it’s not always possible if there are not enough registrants.

ONLINE REGISTRATION

Visit www.oldottawasouth.ca to register online! VISA or MasterCard only.

IN-PERSON REGISTRATION

Visit us at The Firehall at 260 Sunnyside Ave. VISA, MasterCard, debit, cash (exact change only) and cheques accepted.

DISCOUNTS

10% Discount for Seniors and Military personnel on Firehall Fitness Centre (FFC) membership and all fitness programs.**

10% Discount for Students (Ages 16-25) on Firehall Fitness Centre (FFC) membership and all fitness programs. Note that students will need to present their student card to receive this discount.**

15% Corporate Discount for businesses and employees in Old Ottawa South.**

25% Family Discount on any Firehall Fitness Centre (FFC) membership if you or a family member are registered in any current seasonal OSCA program.**

**Please note that these discounts do not apply to special interest programs or when you are dropping into a program.

Discounts must be requested at the time of registration and cannot be combined with other discount options. Registration, for discounts, must be done in person or over the phone.

Please call The Firehall front desk at 613-247-4946 during business hours (Monday-Friday from 8:00 am-4:00 pm). For more information about our discounts, please contact oscaprograms@oldottawasouth.ca.

IMPORTANT - REGISTRATION AND REFUND POLICIES.

Please refer to our registration and refund policies on page 31.

ROOM BOOKINGS AT THE FIREHALL THROUGH THE CITY OF OTTAWA

If you would like to rent space at The Firehall for an event, please contact the City of Ottawa at ottawasouth@ottawa.ca or call the front desk at 613-247-4946 for more information.

OSCA’S AGM
TUESDAY, MAY 5
AGM BEGINS AT 7:00 PM
ALL OOS RESIDENTS ARE WELCOME TO ATTEND!
THE FIREHALL
(260 SUNNYSIDE AVE)
OLDOTTAWASOUTH.CA

UPCOMING OSCA SPRING EVENTS
Spring Art Show & Sale
March 16-May 30
OSCA’s Annual Open House Week
March 30-April 3
OSCA’s AGM
Tuesday, May 5
80’s Trivia Night
Thursday, May 14
Spring Strawberry Social
Friday, June 12

phone: 613-247-4946
ABOUT OSCA

WHAT IS OSCA?
The Old Ottawa South Community Association (OSCA) is comprised of a board of 18 volunteers from the community in addition to our staff and over 40 volunteers on a variety of committees such as: Communications, Finance, Planning, Programing, Traffic & Safety, and SWOOS (Senior Watch Old Ottawa South). Our goal is to contribute to what makes Old Ottawa South a pleasant, fulfilling, and meaningful place to live.

OSCA operates out of the Ottawa South Community Centre (a.k.a. “The Firehall”) at 260 Sunnyside Avenue, where we hold most of our popular programs, various community and committee meetings, monthly Board meetings, and our Annual General Meeting.

WHAT WE DO
OSCA strives to improve the quality of life of those in the community and beyond in a variety of ways, including:

• Providing educational, sports, fitness, and recreational programming, including the enriching after-school program that is so important to working parents.
• Offering social events to strengthen community bonds and help neighbours get to know each other.
• Working actively to promote and protect the interests of the community with regard to planning and future development in and around Old Ottawa South.
• Ensuring that the community’s interests are effectively communicated to the public, City of Ottawa, and other governments and agencies whose activities may affect Old Ottawa South, including issues surrounding traffic and safety.
• Keeping the community informed about activities and opportunities of interest.
• Initiating new programs and policies from time to time to benefit the community.

REGISTER FOR AN OSCA MEMBERSHIP!
IT’S FREE FOR OOS RESIDENTS!
If you are a resident of Old Ottawa South, please consider supporting your community association by registering for a membership with OSCA. Membership is free and lasts for as long as you live in Old Ottawa South. As a non-profit organization we require membership in our association. Membership entitles you to be actively involved in our organization and all we do. You can attend OSCA’s AGM in May each year; vote on key issues that affect programming, as well as the community; vote on the Budget and finance; join the Board; have a say in our operations and procedures; and much more.

As a non-profit community association, we want to ensure our vision and mission are in line with the needs of the community. We rely on membership as one way to do so. Please sign up if you have not already done so.

HOW TO REGISTER
To become an OSCA member go to oldottawasouth.ca. Look for the ‘Become part of OSCA’ box on the left side of the home page. Any questions? Not sure if you’ve already registered as an OSCA member? Feel free to contact us at oscaprograms@oldottawasouth.ca.

OSCA BOARD
The Board of the Old Ottawa South Community Association meets on the third Tuesday of every month from September to June at The Firehall (260 Sunnyside Ave.). OSCA members are welcome to attend board meetings.

OSCA COMMITTEES
A variety of committees made up of interested OOS residents and Board members help run OSCA’s activities.

THE CURRENT COMMITtees ARE:
• Communications Committee
• Finance Committee
• HR Committee
• Nominations & Elections Committee
• Planning Committee
• Program Committee
• Traffic & Safety Committee
• SWOOS (Senior Watch Old Ottawa South)
You do not need to be a Board member to sit on a committee. Everyone is welcome. Please contact Christy Savage (osca@oldottawasouth.ca) for more information or to join a committee.

GETTING INVOLVED WITH OSCA!
For information regarding how you can become involved with the OSCA Board or committees, or if you have an idea or concern you would like to bring to the Board, please contact Christy Savage, OSCA’s Executive Director, at osca@oldottawasouth.ca or by phone 613-247-4946.
AFTER-FOUR & BREAKFAST CLUB REGISTRATION FOR THE 2020-2021 SCHOOL YEAR

AFTER-FOUR
OSC&A’s After-Four Program provides activities for children after school ends, from 3:00-6:00 pm. Our program includes supervised walkover from Hopewell Avenue Public School (or bus pick up for those from other schools), a healthy snack, games, sports, crafts, trips to the park or library, and occasional workshops. Our dedicated staff is committed to building a positive rapport with every child. *Please note that After-Four will begin the week of August 31st as school is set to return that week.

BREAKFAST CLUB FOR HOPEWELL AVENUE PUBLIC SCHOOL CHILDREN
Our Breakfast Club starts at 7:30 am at the Firehall, Monday to Friday, with a walk-over to Hopewell School before classes begin. A healthy, well-balanced breakfast will be provided to ensure that your child will be ready for school. It’s a great way for children to start their day! Please note that Breakfast Club is only offered to those who attend Hopewell Public School. Those who attend other schools by bus must contact Sarah Cybulski at sarahc@oldottawasouth.ca prior to registering to determine whether an exception can be made or not.

2020-2021 PROGRAM FEES

AFTER-FOUR FOR JK-SK
(We only have 16 spaces available so don’t miss out!)
Administrative Fee $240
Monthly Fee $240
You can register for 2020-2021’s Gr. JK-SK program using the barcode A4KIN21

AFTER-FOUR FOR GRADES 1-6
Administrative Fee $225
Monthly Fee $225
You can register for 2020-2021’s Gr. 1-6 program using the barcode A4AF21

BREAKFAST CLUB (JK-GRADE 6)
Administrative Fee $190
Monthly Fee $190
You can register for 2020-2021’s Breakfast Club program using the barcode BCAF21

AFTER-FOUR AND BREAKFAST CLUB PAYMENT POLICIES
Upon registration, a non-refundable administrative fee is required. For participants who attend the program from the time of registration straight through to June, the administrative fee will be applied toward the June payment. The administrative fee is non-refundable for early withdrawal.

Payments must be made monthly on or before the first of the month by cash, cheque, credit card, or debit card. We do not hold credit card information.

Dates of Payments and Late Fees
• It is the responsibility of the client to ensure that payments are made prior to the start of each month.
• Payments after the 15th of the month will be charged a $25 administrative fee.
• Payments 30 days late will be subject to an additional $25 fee (for a total of $50) and all arrears must be settled.
• Advance payments will be necessary for all future registration. Further late payments may result in loss of spot in After-Four or Breakfast Club.

WALKOVER AND BUSSING
Children will be walked over from Hopewell Avenue Public School to the Firehall (260 Sunnyside Ave.). All attendees from other schools must be bussed to the Firehall or brought to the Firehall by parents or guardians. Children may also walk over on their own with written parental consent by either a note or by email to: firehallcoordinators@oldottawasouth.ca.

SIGN-OUT
Parents may pick up their child at any time during the program and sign their child out on the sign-out sheet. Participants will only be released to those who are authorized to pick-up on their waiver. Children who have permission to walk home on their own may do so at a predetermined time with written parental consent by either a note or by email to: firehallcoordinators@oldottawasouth.ca.
**JK-GRADE 6**

Don’t know what to do when your children have PD Days? Well, look no further because OSCA offers a full day recreational program for PD days for the Ottawa Carleton District School Board, the Ottawa Catholic School Board, the Conseil des écoles catholiques du Centre-Est and the Conseil des écoles publiques de l’Est de l’Ontario.

In addition to arts and crafts and sports activities, we also offer a variety of out trips on PD days to places the children love to explore like Cosmic Adventures, the Science and Tech Museum, and Fun Junction. Each PD day trip is planned in advance so you and your child can see where we’re headed. Please see below for the scheduled activities for each PD day.

Drop-Off: The Firehall, 8:00-9:00 am

Pick-Up: The Firehall, 4:00 pm unless you’ve registered for After-Care, which runs from 4:00-6:00 pm

***After Care for PD Days is included for those who are registered in OSCA’s After 4 program***

*Important Note* Registration for PD Days closes one business day prior to the PD Day (Thursday at 9:00 am for PD Days on Friday; Friday at 9:00 am for PD Days on Monday). After the deadline, children will be put on a waiting list. If additional staff are available, you may be contacted for a space. This policy is meant to ensure that appropriate staffing is in place to provide optimal safety for the participants.

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**DATES AND DETAILS**

**Ottawa Carleton District School Board and Ottawa Catholic School Board**

**PD Day #1: Trip to Sports Dome**

Friday, April 24 9:00 am-4:00 pm $60

After Care 4:00 pm-6:00 pm $11

PD0424

**PD Day #2: Trip to Baxter’s Conservation Area**

(With the CECCE and CEPEO)

Friday, June 5 9:00 am-4:00 pm $60

After Care 4:00 pm-6:00 pm $11

PD0605

**PD Day #3: Trip to the Museum of Agriculture**

Friday, June 26 9:00 am-4:00 pm $60

After Care 4:00 pm-6:00 pm $11

PD0626

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**PD DAY POTTERY WORKSHOPS FOR GRADES 1-6**

Children will be introduced to creative handbuilding techniques, drawing on the seasons for inspiration. Projects will be selected to appeal to both beginners and more experienced students. Includes a half-day of instruction (9:00-11:30 am) and a half-day of camp activities. All projects will be ready for pick up generally two weeks after the PD Day, after bisque firing and glazing by the instructor.
OSCA'S PARENT-RUN SPRING SOCCER

This recreational soccer program is aimed at kids who are interested in playing soccer on community-based co-ed teams. The emphasis of this program is on keeping active and having fun while learning some new soccer skills. This program will teach children the basic skills of soccer through fun drills and teamwork, in addition to active participation! Children also receive an OSCA T-Shirt!

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Dates</th>
<th>Venue</th>
<th>Fee</th>
<th>Barcode</th>
</tr>
</thead>
<tbody>
<tr>
<td>Novice (Ages 3-4)</td>
<td>Saturdays 10AM-11AM, May 23 - June 27 (6 Sessions)</td>
<td>Windsor Park</td>
<td>$57</td>
<td>NOV20</td>
</tr>
<tr>
<td>Mites (Ages 5-6)</td>
<td>Saturdays 10AM-11AM, May 23 - June 27 (6 Sessions)</td>
<td>Windsor Park</td>
<td>$57</td>
<td>MITE20</td>
</tr>
<tr>
<td>Tykes (Ages 7-9)</td>
<td>Saturdays 9AM-10AM, May 23 - June 27 (6 Sessions)</td>
<td>Windsor Park</td>
<td>$57</td>
<td>TYKE20</td>
</tr>
</tbody>
</table>

ATTENTION PARENTS: This program is run by parent volunteers. We need you! Since you will be on the field weekly with your children anyway, why not sign up to coach? We will need coaches, assistant coaches, and coordinators for each age group. If you’re interested in helping, please email Sarah Cybulski at sarahc@oldottawasouth.ca. Coach orientation and ongoing assistance will be provided.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Busy Bees (1-3 years) 9:15-11:15 am Katherine Boisvert</td>
<td>Stop, Drop, &amp; Play Cooperative Playgroup (0-5 years) 9:30-11:30 am</td>
<td>Busy Bees (1-3 years) 9:15-11:15 am Katherine Boisvert</td>
<td>Regenerations (0-5 years) 10:30am - 12:30pm Darcy Middaugh</td>
<td>Kindergym Drop-in Playgroup (0-5 years) 9:15-11:15 am Darcy Middaugh</td>
<td>Parent &amp; Toddler French Classes (2-4 years) 8:45-9:30 am 123 Petits Pas</td>
<td>*Programs take place at The Firehall (260 Sunnyside Ave.) unless otherwise noted.</td>
</tr>
<tr>
<td>Kidz Krew (2.5-5 years) 9:15-11:15 am Darcy Middaugh</td>
<td>Creative Cats (2.5-5 years) 9:15-11:15 am Darcy Middaugh</td>
<td></td>
<td></td>
<td>Preschool Pottery (4-5 years) 4:00-5:15 pm Andrina Cox</td>
<td></td>
<td>*Other program locations Hopewell Public School: 17 Hopewell Ave. Windsor Park: 1 Windsor Ave.</td>
</tr>
</tbody>
</table>

Please note: Parents will need to notify the school to authorize pickup by OSCA for programs beginning after school.

If your child will be absent, please notify OSCA at firehallcoordinators@oldottawasouth.ca or (613) 247-4946, so the walkover is not delayed while we locate your child.

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**PARENT/CAREGIVER & TOT TRIP TO THE MUSEUM OF AGRICULTURE**

**DATE:** FRIDAY, JUNE 19  
**TIME:** 9:30AM - 1PM  
**$15/CHILD (ADULTS FREE)**  
**REGISTER USING THE BARCODE: TOTTTRIP**

**STOP, DROP, & PLAY**  
0-5 YEARS WITH PARENT/CAREGIVER  
Tuesday 9:30-11:30 am  April 7-June 16  
$23 SDPSP20 (11 weeks)  
Drop in Fee: $2.00 *see below for details  
In this new program, you can meet other parents and caregivers while your little ones play and explore with their new friends! Children ages 5 and under are welcome to join under parent/caregiver supervision. We will have a variety of small, manipulative toys to play with.  
Please note that this is a social group and will not be led by an instructor and does not include “circle time”. We’d ask that those attending assist with clean-up.  
Location: The Firehall-Dance Studio  
Drop-In Payment details:  
$2.00 per parent/caregiver. Exact change only.

**PARENT & TODDLER FRENCH CLASS**  
WITH 123 PETITS PAS  
2-4 YEARS  
Saturdays 8:45-9:30 am  April 18-June 20  
$204 PTPSP20 (9 weeks)  
Exception dates: May 16  
These classes contain sing-alongs, action songs, rhymes, learning centres, and storytime. It focuses on teaching basic French vocabulary. A variety of instruments, puppets, and toys will be included throughout the program to ensure an engaging environment for tots. 123 Petits Pas includes parent involvement in each of their programs, as we strongly believe it is the key to creating a comfortable learning environment for little ones as they take their first few steps towards bilingualism. The goal of this program is to expose Ottawa’s children to the French language at an early age and to help parents learn enough basic vocabulary to continue their education at home.  
Instructor: Amy Maan & 123 Petits Pas  
Location: The Firehall-Activity Room
PRESCHOOL - PARENTS & TOT PROGRAMS

For the following Parent & Tot Programs, preschoolers attend class with a parent or caregiver. Parents and children are welcome to register for these programs at any time! If you begin a program after the first week, you will receive a prorated price.

SPORTBALL™ PARENT AND CHILD MULTISPORT FOR 16 MONTHS TO 2 YEARS
Saturdays 9:00-9:45 am April 18-May 30
$156 SB1SP20 (6 weeks)

Exception dates: May 16

In this Parent & Child class for children 16 months to 2 years, toddlers are introduced to the fundamental skills of eight different sports. Structured around a play-based curriculum, these classes are a fantastic kick start for an active life. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment.

Location: Hopewell School-Small Gym

SPORTBALL™ PARENT AND CHILD MULTISPORT FOR 2 TO 3 YEARS
Saturdays 9:45-10:30 am April 18-May 30
$156 SB2SP20 (6 weeks)

Exception dates: May 16

Parents and caregivers can have a direct hand in a preschooler’s development through this Multi-Sport program. Sportball™ Parent & Child programs teach children important introductory physical skills associated with seven core sports (soccer, tennis, baseball, basketball, volleyball, golf and football) and helps them to develop confidence in their abilities. The program also helps adults understand proven teaching techniques that can be applied outside of Sportball classes. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment. Please note that this class was previously offered from 9:00-9:45 am but has since been adjusted.

Location: Hopewell School-Small Gym

KINDERGYM DROP-IN PLAYGROUP
0-5 YEARS WITH PARENT/CAREGIVER
*NOW PAY PER ADULT ONLY*
Fridays 9:15-11:15 am
April 17-June 19
$62 GYMSP20 (10 weeks)
Drop in fee $6.50 *see below for details.

Meet other parents or caregivers while your children socialize and play! Children aged 5 and under are welcome to join under parent/caregiver supervision and play with a variety of toys that foster gross motor skills. A Firehall staff member will assist with setup and take-down. Registration for the full session is optional. Parents and caregivers can also bring their own nut-free snacks.

Location: The Firehall-Michael Jenkin Hall

Drop-In Payment details:
$6.50 per parent/caregiver. Exact change only.
Please note that we have changed our pricing for this program. Previously, fees were paid per child.

BUSY BEES
1-3 YEARS WITH PARENT/CAREGIVER
You and your little one will be busy with the many exciting and creative activities offered during this playgroup. ‘Bee’ prepared for crafting, snacks, stories, songs, and a variety of free-play stations which are all designed to spark your child’s imagination and assist with their development. *Please note this program is already running. Those registering now will receive a prorated fee.

Instructor: Katherine Boisvert
Location: The Firehall-Michael Jenkin Hall & Dance Studio

Mondays 9:15-11:15 am February 3-June 15
$165 BB1W20 (16 weeks)

Exception dates: March 16, April 13, May 18

Wednesdays 9:15-11:15 am February 5-June 17
$196 BB2W20 (19 weeks)

Exception dates: March 18

Mondays & Wednesdays 9:15-11:15 am
February 3-June 17
$271 BB3W20 (20 weeks, 35 sessions)

Exception dates: March 16, 18, April 13, May 18
Registering more than one child? Second and subsequent children receive a 15% discount. Discounts can only be given in person. Please register your children at the Firehall to receive your discount.
PRESCHOOL DROP-OFF PROGRAMS

For the following drop-off programs, preschoolers who attend classes must be toilet trained. If you begin a program after the first week you will receive a prorated price.

KIDZ KREW
2.5-5 YEARS
Mondays 9:15-11:15 am February 3-June 15
$238 KRW20 (16 weeks)
Exception dates: March 16, April 13, May 18

Join Darcy Middaugh for games, art, and songs and get ready for school in a fun way! Children engage in activities in a welcoming environment and are able to experiment, play, and gain new skills in a social setting. Make new friends and learn the importance of play! *Children must be toilet trained. *Please note this program is already running. Those registering now will receive a prorated fee.

Instructor: Darcy Middaugh
Location: The Firehall-Activity Room

CREATIVE CATS
2.5-5 YEARS
Wednesdays 9:15-11:15 am April 8-June 17
$164 CATSP20 (11 weeks)

Music, artwork, and dramatic play is the cat’s meow and that’s what this program is all about. Each week your child will be led on a new fun filled adventure and try fantastic new activities. From puppet shows, intriguing artwork, skits, dancing, and instruments, this program has it all!

Instructor: Darcy Middaugh
Location: The Firehall-Activity Room

PRESCHOOL POTTERY
4-5 YEARS
Fridays 4:00-5:15 pm April 17-June 12
$187 PPSP20 (9 weeks)

Your child will be introduced to the magic of clay through various hand building projects using the basics of coil, pinch, and slab techniques. We will explore different clays and use texture and colour to bring our projects to life! Our projects will be inspired by the Fall and our imaginations! Finished pieces will be uniquely decorated and glazed. Price includes materials and firing.

Instructor: Andrina Cox
Location: The Firehall-Pottery Studio

SPORTBALL™ BASEBALL FOR 3-5 YEAR OLDS
Saturdays 10:30-11:30 am April 18-May 30
$156 SB3SP20 (6 Weeks)
Exception dates: May 16

Sportball is excited to offer our Indoor Baseball program! As Cal Ripkin Jr once said: “you can be a kid as long as you want if you play baseball.” Obviously the two-time Golden Glove must have been thinking of Sportball when he said this... well maybe not, but he definitely spent many hours throwing, catching, batting, running bases and fielding, all skills that are built into our play-based T-Ball programming. This program focuses on the fundamentals of baseball in a fun and interactive way.

All of our classes are Coached with Purpose using Sportball Methodology. All games, activities and instructions have a purpose and expected outcome. Our goal is to build your child’s confidence, competence and Physical Literacy. Our programs target three key areas of Childhood development, helping them build skills for life!

Location: Hopewell School-Small Gym
2020 SUMMER CAMP REGISTRATION

REGISTER NOW
SPACE IS LIMITED

Register online or in-person
Check out our 2020 Summer Camp Guide for a full list of camps and pricing!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>Kids Clay (6-8 years) 4:00-5:30 pm Andrina Cox</td>
<td>Youth Pottery (9-12 years) 4:00-5:30 pm Jocelyn Jenkins</td>
<td>Kids Clay (6-8 years) 4:00-5:30 pm Linda Takahashi</td>
<td>Youth Pottery (9-12 years) 4:00-5:30 pm Jocelyn Jenkins</td>
<td>Preschool Pottery (4-5 years) 4:00-5:15 pm Andrina Cox</td>
<td>Tyke Spring Soccer (7-9 years) 9:00-10:00 am *Windsor Park</td>
<td>Dance in the City (7-12 years) 9:00-10:30 am Katie Stewart</td>
</tr>
<tr>
<td>Jiu Jitsu Small Fry (6-11 years) 5:45-6:45 pm Colin Welburn</td>
<td>Nerf Wars (6-12 years) 6:00-7:00 pm Owen Boisvert</td>
<td>Chess Club (6-13 years) 6:00-7:00 pm Chess’N Math Association</td>
<td>Jr. Youth Dungeons &amp; Dragons (8-10 years) 5:15-7:45 pm Casimir Seyward</td>
<td>Jr. Youth Night (8-9 years) 6:00-8:00 pm *See poster for dates</td>
<td>Novice Spring Soccer (3-4 years) 10:00-11:00 am *Windsor Park</td>
<td>Indigo Girls Workshops (11-14 Years) 11:00 am-12:00 pm Indigo Girls</td>
</tr>
<tr>
<td>Cartooning with Young Rembrandts (7-12 years) 6:00-7:00 pm Young Rembrandts</td>
<td>Youth Dungeons &amp; Dragons (10-13 years) 6:00-8:30 pm Casimir Seyward</td>
<td>Family Badminton (6+ years) 6:15-7:15 pm Owen Boisvert</td>
<td>Youth Jiu Jitsu (11-18 years) 6:30-8:00 pm Colin Welburn</td>
<td>Youth Night (9-12 years) 6:30-9:00 pm *See poster for dates</td>
<td>Mite Spring Soccer (5-6 years) 10:00-11:00 am *Windsor Park</td>
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**Walkover**  
We provide a complimentary walkover service after school from Hopewell Public School to The Firehall for those in courses starting between 3:30 pm and 4:00 pm. The meeting place is at the Friendship Tree outside the main office at Hopewell Public School.

**Please note:** Parents will need to notify the school to authorize pickup by OSCA. If your child will be absent, please notify OSCA at firehallcoordinators@oldottawasouth.ca or (613) 247-4946, so the walkover is not delayed while we locate your child.

<table>
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<tr>
<th>VOLUNTEERING IN SUMMER CAMPS</th>
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OSCA’s Summer Camps are a great opportunity for youth to contribute to the community while learning skills they can apply in a variety of environments. Volunteers receive hands-on training in children’s programming, group dynamics and group control, safety, team building, leadership, ages and stages, and much more. Students may also use volunteer hours toward the Ontario High School Community Service Program.

High School students who are 14 years of age or older with a genuine interest in volunteering in our Summer Camps are welcome to email OSCA’s Program Director at sarahc@oldottawasouth.ca for a volunteer package and to ask any questions they may have. Volunteer packages will be ready for applicants that include volunteer information sheets and all of the necessary paperwork they must complete.

Please note that a police check will be required for all volunteers who are over 18 years of age prior to placement.

**THERE WILL BE A VOLUNTEER ORIENTATION SESSION HELD MONDAY, MAY 25TH FROM 5:30-6:30PM. ALL THOSE INTERESTED IN VOLUNTEERING ARE WELCOME!**
PRESCHOOL POTTERY
4-5 YEARS
Fridays 4:00-5:15 pm
April 17-June 12
$187 PPSP20 (9 weeks)
Your child will be introduced to the magic of clay through various hand building projects using the basics of coil, pinch, and slab techniques. We will explore different clays and use texture and colour to bring our projects to life! Our projects will be inspired by the Fall and our imaginations! Finished pieces will be uniquely decorated and glazed. Price includes materials and firing.
Instructor: Andrina Cox
Location: The Firehall-Pottery Studio

KIDS CLAY
6-8 YEARS
Mondays 4:00-5:30 pm
April 6-June 15
$187 KCL1SP20 (9 weeks)
Exception dates: April 13, May 18
Wednesdays 4:00-5:30 pm
April 8-June 10
$207 KCL2SP20 (10 weeks)
Each session offers new projects in hand building, both creative and functional, to challenge students' creativity and expand their abilities with clay. Pieces will be decorated with slips and glazes. Price includes materials and firing.
Instructor: Andrina Cox (Mondays) & Linda Takahashi (Wednesdays)
Location: The Firehall-Pottery Studio

YOUTH POTTERY
9-12 YEARS
Tuesdays 4:00-5:30 pm
April 7-June 9
$207 YP1SP20 (10 weeks)
Thursdays 4:00-5:30 pm
April 9-June 11
$207 YP2SP20 (10 weeks)
Make creative clay sculptures and projects using hand building techniques. Surface decoration, textures, and glazing techniques will be introduced to finish your projects. Wheel throwing will also be introduced.
Instructor: Jocelyn Jenkins
Location: The Firehall-Pottery Studio

BIRTHDAY PARTIES
WITH OSCA
SKIP THE WORK AND PLAN YOUR NEXT BIRTHDAY PARTY WITH OSCA!
We provide a qualified and energetic OSCA program leader to host age-appropriate party crafts and/or games to suit your child's interests.
Themes You Can Choose From:
• Sports
• Nerf
• Pottery
• "Create Your Own Adventure" You can book pottery parties on Saturdays or Sundays. They are dependent on instructor availability. Sports, Nerf, and Create Your Own Adventure parties can be booked Saturdays or Sundays in the afternoons before 5PM.
For more details or for our booking form, visit oldottawasouth.ca and find Birthday Parties under our "Programs" page. Darcy Middaugh will contact you with more information once your request is in received.
Lunchtime Lounging
Drop In for Hopewell Students in Grades 7 & 8

Monday-Friday 1:30-2:10 pm

Bored during your lunch break? Don’t feel like going home? Want to hang out with friends? If you answered ‘yes’ to any of these questions, come to The Firehall during your lunch break. You can chill-out, play cards/board games, read, do homework, or hang out with friends. Come in and enjoy your time between classes!

family badminton
6+ YEARS

Wednesdays 6:15-7:15 pm
April 8-May 27
$83+HST FBADSP20 (8 weeks)
*Price includes one child and one adult*

Birdies and racquets and nets, oh my! In this recreational badminton program, parents and guardians will get the chance to play with their child in a fun and inclusive environment. There will be an OSCA staff there to facilitate the game rotation and to gently guide families along while they enjoy quality time together. Please note that children should be at least 6 years of age to play.

*+$33+HST For each additional family member

Instructor: Owen Boisvert
Location: Hopewell School-Large Gym

nerf mania!
8-12 YEARS

Tuesdays 6:00-7:00 pm
April 7-May 26
$91 NERFSP20 (8 weeks)

Thunk! Get off the couch on Saturday afternoon and join your friends for everything to do with NERF. Meet at The Firehall and play a variety of exciting NERF based games in a fun, safe and active environment. All you need are runners and protective eyewear; however, feel free to bring your own Nerf guns!

Instructor: Owen Boisvert
Location: Hopewell Public School-Large Gym

small fry samurai jiujitsu
6-11 YEARS

Mondays 5:45-6:45 pm April 6-June 15
$47 JJISP20 (9 weeks)

Exception dates: April 13, May 18

Jiu Jitsu is a practical and effective self-defence system based on strikes, balance manipulation, and throws. Jiu Jitsu is great fun to learn and provides an opportunity to meet new people and increase self-confidence. New students do not need a high standard of physical fitness or flexibility to begin, as instruction is individually tailored to student’s ability and participants will find their endurance, strength, flexibility and speed all improve as training progresses. Optional attire includes a gi which can be purchased for roughly $60 through our instructor, Colin. These are not mandatory, however.

Instructor: Colin Welburn
Location: The Firehall-Michael Jenkin Hall

youth jiujitsu
11-18 YEARS

Thursdays 6:30-8:00 pm April 9-June 18
$78 JJISP20 (10 weeks)

Exception Dates: May 14

Jiu Jitsu is a practical and effective self-defence system based on strikes, balance manipulation, and throws. Jiu Jitsu is great fun to learn and provides an opportunity to meet new people and increase self-confidence. New students do not need a high standard of physical fitness or flexibility to begin, as instruction is individually tailored to student’s ability and participants will find their endurance, strength, flexibility and speed all improve as training progresses. Optional attire includes a gi which can be purchased for roughly $60 through our instructor, Colin. These are not mandatory, however.

Instructor: Colin Welburn
Location: The Firehall-Dance Studio
### BABYSITTING CERTIFICATION
**12-14 YEARS**
Saturday, May 2, 10:00 am-5:00 pm  
$73 BSSP20

Gain the necessary skills to become a confident babysitter. Topics include safety, first aid, crafts, games, discipline and infant care. A certificate is issued by the Canadian Safety Council upon successful completion of this course. Bring your lunch. Must be 12 years of age by December 31st, 2020.

Instructor: Hanna Stewart  
Location: The Firehall-Activity Room

### HOME ALONE
**10–12 YEARS**
Saturday, May 9, 10:00 am-12:00 pm  
$48 HASP20

The Home Alone program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone. Upon completion of the program, participants will be able to identify the consequences of decisions and actions made in daily life, follow safety procedures and describe ways to obtain emergency help, demonstrate knowledge of how to use 911 correctly, and review basic first aid procedures.

Instructor: Hanna Stewart  
Location: The Firehall-Activity Room

### CARTOONING LESSONS WITH YOUNG REMBRANDTS
**7-12 YEARS**
Mondays 6:00-7:00pm  
April 6-June 15  
$135 YRSP20 (9 weeks)

Exception dates: April 13, May 18

Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts’ innovative step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor and their vivid imaginations! Materials are supplied.

Instructor: Young Rembrandts  
Location: The Firehall-Activity Room

### CHESS CLUB
**6-13 YEARS**
Wednesdays 6:00-7:00pm  
April 8-June 17  
$193 CHSP20 (11 weeks)

Our chess program and instructors are fun, knowledgeable, and dynamic. They make learning the game of chess a breeze by following a series of steps and adapting to each child’s individual needs. The game of chess has long been proven to be an ideal learning tool for school-aged children. While playing, your child is subconsciously developing their personality, intellectual skills and strength of character. All this while having fun! Wow!

Instructor: Chess’n Math Association  
Location: The Firehall-Activity Room

### DANCE IN THE CITY
**7-12 YEARS**
Sundays 9:00-10:30 am  
April 26-June 21  
$94 DNCSP20 (8 weeks)

Exception dates: May 17

Get your feet tapping and bodies moving with Dance in the City! This program is a great way to get children active, have fun, and explore many various types of dance styles all for a showcase at the end of the session! These classes will give the opportunity to get creative and expressive through twirling, jumping, and so much more!

Instructor: Katie Stewart  
Location: The Firehall-Dance Studio

### YOUTH DUNGEONS & DRAGONS
**10-13 YEARS**
Tuesdays 6:00-8:30 pm  
April 7-June 16  
$117 DD1SP20 (10 Weeks)

Exception dates: May 5

Join Dungeon Master Casimir Seywerd for a program filled with adventure and mystery in the classic tabletop role-playing game, “Dungeons and Dragons”. During each session, participants will explore dark dungeons, ruined cities, and lost temples through the use of models, paper, and their imaginations.

Instructor: Casimir Seywerd  
Location: Firehall-Activity Room

### JUNIOR YOUTH DUNGEONS & DRAGONS
**8-10 YEARS**
Thursdays 5:15-7:45 pm  
April 9-June 18  
$129 DD2SP20 (11 Weeks)

Join Dungeon Master Casimir Seywerd for a program filled with adventure and mystery in the classic tabletop role-playing game, “Dungeons and Dragons”. During each session, participants will explore dark dungeons, ruined cities, and lost temples through the use of models, paper, and their imaginations.

Instructor: Casimir Seywerd  
Location: Firehall-Activity Room

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**CHILD AND YOUTH PROGRAMS - SPECIALTY**  
**phone: 613-247-4946**
**WORKSHOPS FOR YOUNG WOMEN WITH INDIGO GIRLS**

Indigo Girls is an organization run by young women for young women. Through diverse mediums, they aim to educate and create discussion surrounding current societal themes for girls, themes relevant in both local and global contexts. They foster a safe, nonjudgmental, and supportive space to learn and engage together as growing young women.

Please note that Indigo Girls welcomes all self-identifying young women to participate in these workshops. Indigo Girls aims to create a culture that is trans-friendly and supportive of diverse LGBTQI2S+ identities and expressions, where members are free from discrimination and harassment, treated with dignity, and are able to realise their full potential.

**These workshops are free of charge but we ask that you pre-register as space is limited.**

**Workshop #1: Safety in Social Media**
11-14 Years
Sunday, April 26, 11:00 am–12:00 pm
FREE IGSP20

Social media is being accessed by young individuals who might not realize the dangers that are associated with using platforms like Facebook, Twitter, Instagram etc. The girls will learn what should be kept off the internet as well as how to handle cyberbullying. At the end of the workshop the girls will leave with the knowledge of how to protect themselves and their online presence.

**Workshop #2: Stress & Anxiety**
11-14 Years
Sunday, May 24, 11:00 am–12:00 pm
FREE IG2SP20

Stress and anxiety levels in our young population are increasing with girls almost twice as likely to experience anxiety or stress regularly by middle school. It’s important for girls to identify the signs and symptoms of unhealthy stress and anxiety while exploring ways to manage it in their own way!

**Workshop #3: Body Image & Confidence**
11-14 Years
Sunday, June 21, 11:00 am–12:00 pm
FREE IG3SP20

This workshop will focus on encouraging girls to explore and appreciate all that their bodies allow them to do by teaching them to re-channel self criticism into confidence. The girls will be introduced to concepts such as body image, objectification, expression and empowerment through a fashion show!

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**Junior Youth Nights**
For Gr. 2-4

**FRIDAY, APRIL 3: UNDER THE SEA (BARCODE JRYN0403)**
**FRIDAY, MAY 22: PIRATE PARTY (BARCODE JRYN0522)**
**FRIDAY, JUNE 5: "ICE-CREAM", YOU SCREAM (BARCODE JRYN0605)**

6:00–8:00pm
$15 INCLUDES DINNER (NOTE: YOU MUST PREREGER)

The Firehall
260 Sunnyside Ave.
GR. 4-7 YOUTH NIGHTS

APRIL 17: MARDI-GRAS PARTY-GRAS (YN0417)
APRIL 24: BOARD GAME BONANZA (YN0424)
MAY 1: MAY THE FOURTH BE WITH YOU (YN0501)
MAY 8: PAINT NIGHT WITH BOB ROSS (YN0508)
MAY 15: BAKE BOSS (YN0515)

$8 DROP-IN OR $35 FOR A SEASON PASS USING THE BARCODE YTHSP20

THE FIREHALL
260 SUNNY SIDE AVE.
6:30PM-9:00PM
At the Firehall Fitness Centre, we provide access to cardiovascular exercise machines, free weights, and resistance bands in a quiet, welcoming environment.

**OUR FITNESS CENTRE IS IDEAL FOR**
- People of any fitness level
- Runners looking to stay fit and work on strength training
- Parents of children in OSCA programs
- Seniors and retirees
- People who work from home

**THE FFC IS EQUIPPED WITH**
- Five Treadmills
- Three Elliptical Trainers
- Two Recumbent Bikes
- Two Upright Bikes
- Rowing Machine
- Free Weights
- Stretching Area
- Dual Action Pulley System

**MEMBERSHIP FEES**
- One Month .................................. $43.00 + HST
- Four Months .................................. $131.50 + HST
- One Year ....................................... $305.50 + HST
- Drop In ........................................... $9.00 + HST

**PERSONAL TRAINING FEES**

<table>
<thead>
<tr>
<th>WITH CURRENT FFC MEMBERSHIP</th>
<th>WITHOUT CURRENT FFC MEMBERSHIP</th>
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</thead>
<tbody>
<tr>
<td>1 Hour.............................. $43.00 + HST</td>
<td>1 Hour.............................. N/A</td>
</tr>
<tr>
<td>5 Hours.............................. $192.50 + HST</td>
<td>5 Hours.............................. $253.50 + HST</td>
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<tr>
<td>10 Hours............................ $354.50 + HST</td>
<td>10 Hours............................ $488.50 + HST</td>
</tr>
<tr>
<td>8 Hours (Partner training, 2 people) .................. $445.50 + HST</td>
<td>8 Hours (Partner training, 2 people) .................. $523.00 + HST</td>
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**PLEASE NOTE**
- Membership is open to adults 18 years of age and older. Youth who are 16-17 years of age are also welcome to register with parental signature on the FFC waiver available at the front desk.
- All new members are required to sign up for a free orientation session with one of our certified personal trainers who will guide you through proper safety procedures and use of the equipment at the fitness centre.
- Only Ottawa South Community Association Personal Trainers are permitted to conduct personal training sessions in the FFC.
- Please refrain from applying perfumes or scented products.
- Please wear indoor running shoes.
- The Firehall Fitness Centre is NOT part of the City of Ottawa City Wide Fitness Memberships.

**PERSONAL TRAINING**
If interested, please fill out the Personal Training Request Form available online at www.oldottawasouth.ca or in person at The Firehall.

Our personal trainers provide effective individualized programs, active feedback on your progress, and observe each exercise to ensure proper biomechanical principles are followed for your safety and well-being.

Joanne Hale has been a personal trainer for over 12 years and has worked in our fitness centre since it’s opening in the Fall of 2011. She offers both personal training and fitness classes here at the Firehall. You may see her from time to time down in the Firehall Fitness Centre!
### ADULT PROGRAMS

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<tr>
<th>MONDAY</th>
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<tbody>
<tr>
<td>Franklin Method Balance and Coordination 11:30-10:00 pm Rowena Hall</td>
<td>Yoga Flow &amp; Pilates Core 9:30-10:30 am Lori Meyers</td>
<td>Stretch Time 11:30 am-12:30 pm Joanne Hale</td>
<td>Core Challenge &amp; Yoga Stretch 10:30-11:30 am Diane Robertson</td>
<td>HIIT 7:00-8:00 am Joanne Hale</td>
<td>Kickboxing Level 2 9:00-10:00 am Michael Farach</td>
<td>Mindful Yoga 9:30-10:30 am Jason Bailey</td>
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<tr>
<td>Stronger for Longer 12:45-2:00 pm Joanne Hale</td>
<td>Core Challenge &amp; Yoga Stretch 10:45-11:45 am Diane Robertson</td>
<td>Living on the Canal Painting 12:15-3:15 pm Bhat Boy</td>
<td>Yoga Throughout Pregnancy 11:30am-12:30pm Rhona Einbinder-Miller</td>
<td>Swans in Sneakers 10:00-11:00 am Lorraine Aston</td>
<td>Kundalini Yoga 9:00-10:30 am Antonia Roul</td>
<td>Broadway Workout 11:00 -12:00 pm Broadway Workout</td>
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<td>Learning to Race Walk/Jog 12:00-1:00 pm Rhona Einbinder-Miller</td>
<td>Pickleball 1:15-3:15 pm</td>
<td>Stronger for Longer 12:45-2:00 pm Joanne Hale</td>
<td>Pick-up Painting 11:00 am-2:00 pm</td>
<td>Vitality Plus for 55+ 11:45am-12:45pm Rhona Einbinder-Miller</td>
<td>Mental Health First Aid 10:00 am-4:00 pm Jason Alderson</td>
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<td>Awareness Through Movement 2:00-3:00PM Michaela Kreim</td>
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### MONDAY

- **Gentle Hatha** 6:00-7:00 pm Elyse Pion *Hopewell Public School
- **Yoga for Athletes** 6:45-7:45 pm Andrea Robertson
- **Contemporary Dance** 7:00-8:15 pm Lorraine Aston *Hopewell Public School
- **Volleyball** 7:30-10:00 pm Chris Dunn *Hopewell Public School
- **Yoga Sculpt** 7:50-8:50 pm Andrea Robertson
- **Resistance Flexibility & Yin Yoga** 7:50-8:50 pm Gabrielle Archer-Cork

### TUESDAY

- **Kickboxing Level 1** 6:00-7:00 pm Michael Farach *Hopewell Public School
- **Yoga/Pilates With Zina** 6:30-7:45 pm Zina Richard
- **Boxing Level 1** 7:00-8:00 pm Michael Farach *Hopewell Public School
- **Basketball** 7:30-10:00 pm Brad Mackay *Hopewell Public School
- **Boxing Level 2** 8:00-9:00 pm Michael Farach *Hopewell Public School
- **Yin Yoga** 7:50-8:50 pm Andrea Robertson

### WEDNESDAY

- **Hatha for All Levels** 6:00-7:00 pm Rhona Einbinder-Miller
- **Sculpt & Tone Circuit Blast** 6:00-7:00 pm Michael Farach
- **Power Yoga** 7:00-7:45 pm Andrea Robertson
- **Badminton** 7:30-10:00 pm Owen Boisvert *Hopewell Public School
- **Yin Yoga** 7:50-8:50 pm Andrea Robertson

### THURSDAY

- **Adult Beginner Pottery** 6:15-8:45 pm Jocelyn Jenkins
- **Core 360** 7:00-8:00 pm Lori Meyers
- **Roll, Release, Revive** 8:00-9:00 pm Lori Meyers

### FRIDAY

- **Volleyball** 7:00-9:00 pm Chris Dunn *Hopewell Public School
- **Kundalini Yoga** 9:00-10:30 am Antonia Roul

### SATURDAY

- **Get Fit Yoga & Yin Stretch** 10:30-11:30 am Gabrielle Archer-Cork
- **Postpartum Yoga** 11:45am-12:45pm Gabrielle Archer-Cork

### SUNDAY

- **Mindful Yoga** 9:30-10:30 am Jason Bailey
- **Broadway Workout** 11:00 -12:00 pm Broadway Workout
- **Mental Health First Aid** 10:00 am-4:00 pm Jason Alderson

### VITALITY 4 LIFE

Vitality 4 Life programs are suitable for members of the community who are either close to retirement or who have already retired and are committed to leading a physically and mentally active lifestyle. Search our courses for the Vitality 4 Life Leaf symbol.

### OSCA’s Adult Health & Fitness

OSCA’s Adult Health & Fitness courses are open to participants 16 years and older, unless otherwise noted. Participants 16 and 17 years of age require a parent/guardian to sign a waiver before accessing the FFC and other adult recreation and fitness programs. Waivers may be picked up at The Firehall or downloaded from our website, printed, signed and dropped off. Everyone under the age of 15 continues to require parental permission when registering for Preschool, Child, and Youth programs.

*All Seniors, Students (Ages 16-25), and Military personnel receive a 10% discount on the FFC membership and all fitness programs. Discounts must be requested at the time of registration.*
ADULT PROGRAMS - SPORTS

For many years, OSCA has run a variety of adult sports programs out of Hopewell School gym. These programs are very popular with regulars and very open to newcomers.

Participants 16 and 17 years of age will need a parent/guardian to sign a waiver before accessing the FFC and other adult recreation and fitness programs.

MONDAY CO-ED REC VOLLEYBALL
Mondays 7:30-10:00 pm
April 6-May 25
$59+HST AVB1SP20
(6 weeks)
Exception dates: April 13, May 18
‘Bump’ into new friends and ‘serve’ up excitement during a recreational game of volleyball. This group plays recreationally and as a chance to socialize with other members of the community through a fun game of volleyball. Players of all skill levels are welcome to participate.
Facilitator: Chris Dunn
Location: Hopewell School-Large Gym

FRIDAY CO-ED REC VOLLEYBALL
Fridays 7:00-9:00 pm
April 17-May 29
$59+HST AVB2SP20
(6 weeks)
Exception dates: April 24
Monday volleyball is so popular that we’ve opened up a second night of adult volleyball on Fridays! ‘Bump’ into friends and ‘serve’ up excitement during a recreational game of volleyball. This group plays recreationally and as a chance to socialize with other members of the community through a fun game of volleyball. Players of all skill levels are welcome to participate.
Facilitator: Chris Dunn
Location: Hopewell School-Large Gym

CO-ED REC BASKETBALL
Tuesdays 7:30-10:00 pm
April 7-May 26
$78+HST ABBSP20
(8 weeks)
Whether you’re Lebron James or not, we want you to join us on the court for a game of pickup basketball! Make friends in the community and enjoy a mid-week cardio workout! Players of all skill levels are welcome to participate. Alley-oop!
Facilitator: Brad Mackay
Location: Hopewell School-Large Gym

CO-ED REC BADMINTON
Wednesdays 7:30-10:00 pm
April 8-May 27
$78+HST ABDSP20
(8 weeks)
Serve up some fun in this recreational badminton group. Don’t miss this chance to improve your badminton game with other participants of every skill level. Racquets and shuttles are provided for players. Join us for a fast-paced game, it’s sure to be a smash!
Facilitator: Owen Boisvert
Location: Hopewell School-Large Gym

COOL DOWN COFFEE CLUB & CARDS
Monday-Friday 11:00 am - 3:00 pm
The Old Ottawa South Community Association hosts Cool Down Coffee Club now with Cards before and after fitness classes or for those taking a break from the Fitness Centre, Pottery Studio, or other OSCA programs. Cool Down Coffee Club and Cards is a free drop-in program, so join us for a cup of coffee or tea, relax, play some cards if you want and chat with other members of your class and community. Join us Monday through Friday from 11:00-3:00 pm for coffee and cards! A chance to get to know the members in the community.
Search our courses for the Cool Down Coffee Club cup symbol!

PICKLEBALL AT THE FIREHALL
Wednesdays & Fridays from 1:15-3:15 pm in Michael Jenkin Hall from April 8-June 19.
Exception dates: April 10
Pickleball is a fun option for those who love Tennis, Badminton, or Ping Pong! If you’ve ever wanted to give it a try, now is the time! The sport uses smaller paddles, a low net, and a perforated polymer ball so it’s a little safer and easier on the joints. Worried that you don’t know the rules of Pickleball? Don’t worry! We’ll be prepared to explain how the game works and you’ll pick it up in no time! This is a drop in program and there is no instructor; however, staff will be there to support set-up and take-down and answer any of your Pickleball questions!
$3.00/class this is a drop-in program only
*NEW* You can also purchase a 10-class pickleball pass for $25+HST (Barcode is PCKLSP20). If you are purchasing this online, please come in and ask for your card. We will have it ready in advance.
CONTEMPORARY DANCE
Mondays 7:00-8:15 pm
April 6-May 25
$64+HST CDSP20 (6 weeks)
Exception dates: April 13, May 18
If you’ve ever wanted to try contemporary dance, this is the class for you! Through simple movement sequences and choreography, we’ll trace the evolution of contemporary dance from its pioneers (Duncan, Graham, etc.) to its present-day icons. Within this fun and supportive environment, you’ll explore how your body uses breath, weight, rhythm, space and energy to move, express and create. Attire: Comfortable clothes. Bare feet or socks. Bring a yoga mat for floor work sequences, if you’d like.
Instructor: Lorraine Aston
Location: Hopewell-Small Gym

INTRO TO BOXING - LEVEL 1
Tuesdays 7:00-8:00 pm April 7-May 26
$86+HST BOX1SP20 (8 weeks)
A boxing workout is one of the most effective methods to lose weight, tone muscles, and build strength. Classes will mainly involve hitting the focus mitts and learning different punch combinations, performing a variety of strength training exercises and practicing specific boxing drills to improve hand/eye coordination. Programs are designed for all levels of fitness. The first half of class will typically begin with a 10 minute warm-up (skipping, jogging, etc.), followed by learning new skills and practicing with a partner. All equipment is provided, such as boxing gloves, focus mitts and hand wraps. Boxing is a fun and different approach to getting in shape while losing those unwanted pounds!
Instructor: Michael Farach
Location: Hopewell-Small Gym

INTRO TO BOXING - LEVEL 2
Tuesdays 8:00-9:00 pm April 7-May 26
$86+HST BOX2SP20 (8 weeks)
The “Intro to Boxing - Level 2” program will develop offensive & defensive skills by applying advanced techniques. Participants will learn tactics such as body punching, slipping punches, ducking punches, feinting punches, and counter punching (NOT full contact). Intro to Boxing - Level 1 is a prerequisite to partake in this class. Equipment such as hand wraps, boxing gloves, and focus mitts is provided.
Instructor: Michael Farach
Location: Hopewell-Small Gym

THE FELDENKRAIS METHOD
Tuesdays 2:00-3:00 pm April 7-June 16
$124+HST FELSP20 (11 weeks)
Enjoy an hour of mindful, meditative movements to reconnect with yourself, improve your flexibility and posture, reduce stress and increase your overall well being. These gentle movement sequences were designed by Moshe Feldenkrais, physicist and Judo athlete, to subtly challenge the body while exploring new movement options. You will gain knowledge about your habitual movements and learn to use the body with greater ease. Because it matters how we move.
Instructor: Michaela Kreim
Location: The Firehall-Michael Jenkin Hall

INTRO TO MUAY-THAI KICKBOXING - LEVEL 1
Tuesdays 6:00-7:00 pm April 7-May 26
$86+HST KICK1SP20 (8 weeks)
Muay-Thai is a style of kickboxing that is often referred to as the “Art of 8 Limbs” because it combines the use of punches, kicks, elbows and knee strikes. Almost all techniques in Muay Thai use the entire body movement, rotating the hip with each kick, punch, elbow and block. The class will allow participants to learn the techniques in a progressive and logical way. The training is intense, fun and safe! Perfect for beginners because the focus is on basic fundamentals which emphasize proper stance, movement and strikes. Class will begin with skipping to warm-up followed by shadow boxing (learning technique), partnered drills using Thai pads to improve offensive and defense technique, ending with conditioning drills to work up a sweat! Equipment such as hand wraps, boxing gloves and Thai pads (striking shield) is provided. Experience for yourself a striking art that is proven to be effective not just in the ring, but also at getting you in the best shape of your life!
Instructor: Michael Farach
Location: Hopewell School-Small Gym
LEARNING TO RACE WALK/JOG AT ANY AGE
Tuesdays 12:00-1:00 pm
April 7-June 16
$114+HST LRWSP20 (11 weeks)
This course is designed to get anyone, especially those over 55 years, to do a safe cardio workout without any equipment. We will do a short warm up, and weather permitting, go outside to Windsor Park area for a race walk/slow jog, followed by a cool down period and stretching.
Instructor: Rhona Einbinder-Miller
Location: The Firehall–Michael Jenkin Hall

STRETCH TIME
Wednesdays 11:30 am-12:30 pm
April 8-June 17
$118+HST STSP20 (11 weeks)
Let’s get flexible! Learn how to stretch safely. Participants will find their own favourites as we explore different stretching techniques and have a great time getting limber.
Instructor: Joanne Hale
Location: The Firehall–Michael Jenkin Hall

SWANS IN SNEAKERS (BALLET FOR AGES 55+)
Fridays 10:00-11:00 am
April 17-June 19
$107+HST SWSP20 (10 weeks)
We’re doing ballet the joint-friendly way: in running shoes! Enjoy dancing to music from some of the most beautiful classical and contemporary ballets, while improving posture, strength, balance, fluidity – and sharpening mental skills. Whether you studied ballet in your youth or always wanted to try ballet – this class is for you! This class is led by a graduate of Canada’s National Centre for Dance Therapy. Suitable for all levels and mobilities. Movement can be done seated or standing. Attire: Comfortable clothes and runners.
Instructor: Lorraine Aston
Location: The Firehall–Dance Studio

HIIT
Fridays 7:00-8:00 am
April 17-June 19
$107+HST HIITSP20 (10 weeks)
High Intensity Interval Training (HIIT) is a type of cardio training in which you alternate short bursts of very high intensity intervals with longer, lower intensity intervals to recover. This type of training has been used by athletes to improve performance, but it’s also been shown to benefit the average exerciser. HIIT workouts are focused on cardiovascular performance improvements. This fast-paced, easy-to-follow class will fly by and get your day off to a great start.
Instructor: Joanne Hale
Location: The Firehall–Michael Jenkin Hall

INTRO TO MUAY-THAI KICKBOXING - LEVEL 2
Saturdays 9:00-10:00am
April 18-June 20
$96+HST KICK2SP20 (9 Weeks)
Exception dates: May 16
The Intro to Muay Thai - Level 2 program will develop offensive & defensive skills by applying advanced techniques. Participants will learn tactics such as low leg kicks, body punching, walking combinations, spinning attacks and counter striking (NOT full contact). A knowledge of the basic fundamentals of Muay-Thai boxing is required in order to partake in this class. Equipment such as hand wraps, boxing gloves and Thai Pads (striking shield) is provided.
Instructor: Michael Farach
Location: Firehall–Michael Jenkin Hall

BROADWAY WORKOUT
Sundays 11:00 am-12:00 pm
April 19-June 21
$137+HST BWAYS20 (9 weeks)
Exception dates: May 17
Drop-Ins: $20.00+HST
5-6-7-8! Broadway Workout is a new dance-based fitness class for musical theater enthusiasts of any skill level. Learning choreography is great for mental and physical agility and is a ton of fun. Broadway Workout lets you work on your choreography skills while working up a sweat to a popular Broadway song. Beginners are always welcome.
Instructor: Broadway Workout
Location: The Firehall–Michael Jenkin Hall
**YOGA FOR ATHLETES**

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<tr>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Mondays</td>
<td>6:45-7:45 pm</td>
<td>April 6-June 15</td>
<td>$102+HST YASP20 (9 weeks)</td>
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**Exception dates:** April 13, May 18

Join Andrea Robertson in this all-levels yoga class where she takes participants through a series of effective strengthening and stretching exercises that are suited to the needs of athletes, no matter what sport you are involved in. This class may be what you’re missing from your training regime! You do not have to be an athlete to greatly benefit from this class. If you would like more flexibility and access to your core and lower body, consider adding this class to your schedule.

Instructor: Andrea Robertson  
Location: The Firehall–Michael Jenkin Hall

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**GENTLE HATHA YOGA**

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<tbody>
<tr>
<td>Mondays</td>
<td>6:00-7:00 pm</td>
<td>April 6-May 25</td>
<td>$64+HST GH1SP20 (6 weeks)</td>
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**Exception dates:** April 13, May 18

This gentle class moves participants through poses that help increase flexibility and strength while reducing stress. Benefits of individual poses, physical alignment, and proper use of breath will be discussed. Gentle Hatha is a great class for beginners or those who enjoy yoga at a slower and more relaxed pace, as well as those with health concerns.

Instructor: Elyse Pion  
Location: Hopewell School–Large Gym

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**YOGA SCULPT**

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<th>Time</th>
<th>Dates</th>
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<tr>
<td>Mondays</td>
<td>7:50-8:50 pm</td>
<td>April 6-June 15</td>
<td>$102+HST YSSP20 (9 weeks)</td>
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**Exception dates:** April 13, May 18

This is a full-body strengthening class. We will isolate different areas of the body using weights, bands, bars, and our own body weight as resistance to build heat and strength followed by deep stretches to lengthen the muscles.

Instructor: Andrea Robertson  
Location: The Firehall–Michael Jenkin Hall

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**5 Class Drop-In Card!**

$64+HST for 5 health and fitness or yoga and pilates classes of your choice!  
Use alone or with a friend.

*Please note that the card is not eligible to be used for the FFC, Volleyball, Basketball, Badminton, Little Lotus classes or Broadway Workout.*
POWER YOGA WITH ANDREA ROBERTSON

Wednesdays  7:00-7:45 pm  April 8-June 17
$124+HST  PYSP20  (11 weeks)

This class will be dynamic and energetic. It will help you to build strength, flexibility, and concentration. Power yoga is an innovative and challenging blend of core training and yoga sequences into a strong, energetic flow. This athletic flow focuses on building the core strength that you need to support you in more advanced postures. Get ready to take your practice seriously, but yourself lightly, as you explore your edge and discover your power.

Instructor: Andrea Robertson
Location: The Firehall-Michael Jenkin Hall

HATHA FOR ALL LEVELS WITH RHONA

Wednesdays  6:00-7:00 pm  April 8-June 17
$114+HST  GHRSP20  (11 weeks)

This traditional style of yoga encompasses everything from asana (postures), vinyasa (transitions), and pranayama (breath work). Depending on the level of the participant, options will be given in all classes that range from gentle and accessible, to vigorous and challenging.

Instructor: Rhona Einbinder-Miller
Location: The Firehall-Dance Studio

CORE 360

Thursdays  7:00-8:00 pm  April 9-June 18
$113+HST  CORESP20  (10 weeks)

Exception Dates: May 14

This course has got your core covered. Every aspect and angle of the core is considered and strengthened and lengthened during this new and exciting class. The best of various practices are used to give you a comprehensive class.

Instructor: Lori Meyers
Location: The Firehall-Michael Jenkin Hall

CORE CHALLENGE & YOGA STRETCH

Tuesdays  10:45 am–11:45 am  April 7-June 16
$118+HST  CCTSP20  (11 weeks)

Thursdays  10:30-11:30 am   April 9-June 18
$118+HST  CCTHSP20  (11 weeks)

This class is designed to strengthen and stabilize the muscles of the abdomen, back, and buttocks while challenging your balance. By strengthening our core, we strengthen our entire body. Final relaxation includes poses to gently stretch the skeletal muscles and deeply relax the nervous system. Small hand weights and other equipment will be incorporated in the class.

Instructor: Diane Robertson
Location: The Firehall–Michael Jenkin Hall

SENIORS' LUNCH BUNCH

COME JOIN US FOR A DELICIOUS HOME-COOKED LUNCH AND ENJOY MEETING YOUR WONDERFUL NEIGHBOURS FROM OOS

Lunch #1
Friday, April 17
Cost: $11+HST
Barcode: Lunch1
Lunch will feature roast beef
12-2PM

Lunch #2
Friday, May 8
Cost: $11+HST
Barcode: Lunch2
Lunch will feature roast chicken
12-2PM
KUNDALINI YOGA
Saturdays 9:00-10:30 am
April 18-June 20
$96+HST KYS2P20 (9 weeks)
Exception Dates: May 16
Kundalini Yoga is the yoga of awareness. It is a balanced style of yoga incorporating postures, chanting, breathwork, and meditation. It’s a type of yoga which is more spiritual and meditative. Each class includes six major components: 1) Tuning In; 2) Pranayam or Warm-up; 3) Kriya; 4) Relaxation; 5) Meditation; and 6) Closing. Essentially, Kundalini Yoga consists of simple yoga techniques that can be enjoyed by everyone, no matter age or physical ability. Everybody is welcome.
Instructor: Antonia Roul
Location: Firehall-Dance Studio

GET FIT YOGA AND YIN STRETCH
Saturdays 10:30-11:30 am
April 18-June 20
$96+HST GFYSP20 (9 weeks)
Exception dates: May 16
Are you a fitness enthusiast or just looking to strengthen and tone your body? Either way, you will love using this blended yoga approach to achieve your wellness goals. Increase your fitness level, play with body-weight-bearing poses, and get your heart pumping while using your breath as a training tool. We end with deep tissue stretches that realign, decompress and release tension. Feel rejuvenated and lower your stress levels too!
Instructor: Gabrielle Archer-Cork
Location: The Firehall-Michael Jenkin Hall

MINDFUL YOGA
Sundays 9:30-10:30 am
April 19-June 21
FREE MYSP20 (9 weeks)
Exception Dates: May 17
Come and experience the wonderful practice of mindfulness. This class will combine various meditation practices and mindful yoga techniques to help reconnect participants with the present moment and once again experience the wonder of simply being. *Please note that space is limited in this class. We will have 6 spaces for people to register and 6 drop-in spaces available.
Instructor: Jason Bailey
Location: The Firehall-Lounge

ROLL, RELEASE, REVIVE
Thursdays 8:00-9:00 pm
April 9-June 18
$113+HST RRRSP20 (10 weeks)
Exception Dates: May 14
This specialized course is geared towards muscle lengthening and tension release in the body. It combines the wisdom of the East and the science of the West to help stretch connective tissue, muscle, tendons, and fascia. Equipment such as rollers, balls and bands will be used. Participants will learn extremely effective resist/relax stretching techniques, Proprioceptive Neuromuscular Facilitation (PNF) and long held opening positions (similar to Yin Yoga) in combination with the breath and the mind. Wear clothing that you can move in and a layer to stay warm during the stretches. Lori Meyers has specialized in rehabilitative and safe instruction throughout her teaching career. She has worked with the Canadian Back Institute, doctors and therapists in a team approach to help clients learn.
Instructor: Lori Meyers
Location: The Firehall–Michael Jenkin Hall

YOGA THROUGHOUT PREGNANCY AND BEYOND
Thursdays 11:35 am-12:35 pm
April 16-June 18
$104+HST YTPSP20 (10 weeks)
This course is designed for pre or post natal participants. It will include breathwork, postures, meditation, and chanting for pregnancy, labour and the postpartum period.
We will also explore yogic recommendations for postpartum recovery and parent/baby yoga poses for bonding.
Instructor: Rthona Einbinder-Miller
Location: The Firehall-Michael Jenkin Hall

POSTPARTUM YOGA
Saturday 11:45 am-12:45 pm
April 18-June 20
$96+HST PPYSP20 (9 weeks)
Exception dates: May 16
Join this new class during your “fourth trimester”. It will help new mothers reconnect with their bodies and calm their minds during those early months with a new baby. We will work on pelvic floor health and address hip, lower back and neck issues. *Please note that you are welcome to bring your baby with you.
Instructor: Gabrielle Archer-Cork
Location: The Firehall-Michael Jenkin Hall
ADULT PROGRAMS - SPECIAL INTEREST PROGRAMS

Stay tuned on our website (oldottawasouth.ca) and our social media (@oldottsouth) because we might add new and exciting workshops throughout the session!

LIVING ON THE CANAL: ACRYLIC PAINTING WITH BHAT BOY

Wednesdays 12:15-3:15 pm  April 29-June 10  
$210+HST PBBSP20 (7 weeks)

This 7 week course about color, technique and style will explore love and life along our own Rideau Canal. Step by step classes take us through three paintings about the canal. Classes are fun and entertaining, with tea served at break, fun for everyone. At the end of the term there is a group exhibition at the Life of Pie Cafe.

Instructor: Bhat Boy  
Location: The Firehall–Activity Room

FRANKLIN METHOD BALANCE AND COORDINATION WORKSHOPS

*NOW OFFERED ON MONDAYS

Workshop 1  
Monday, April 27, 11:30 am–1:00 pm  
$23+HST FMBC1SP20

Workshop 2  
Monday, May 25, 11:30 am-1:00 pm  
$23+HST FMBC2SP20

Workshop 3  
Monday, June 15, 11:30 am-1:00 pm  
$23+HST FMBC3SP20

Franklin Method uses imagery and other novel tools to help you understand and experience your body in a new way. Anyone can take part in Franklin Method classes!

The objective of this class is to increase sensory awareness, in order to provide better balance and coordination for all your activities. During this fun and informative class, we will also learn simple anatomy, release tension, increase flexibility and strength, and improve posture and mood!

Instructor: Rowena Hall  
Location: Firehall–Lounge

MENTAL HEALTH FIRST AID

Sundays 10:00 am-4:00 pm  May 31st and June 14th  
$110+HST MHSP20 (2 weeks)

This course focuses on the four most common mental health disorders including substance related, mood related, anxiety and trauma related, and psychotic disorders. Crisis first aid skills taught in the cases of substance overdose, suicidal behaviour, panic attack, acute stress reaction and psychotic episode. Participants who take this course are well prepared to interact confidently about mental health with their family, friends, communities, and workplaces. This course involves 12 hours of instruction time. Please note that this class runs over two Sundays. You must be present for both in order to receive your certificate.

Instructor: Jason Alderson  
Location: The Firehall-Dance Studio

SENIORS’ LUNCH BUNCH

Lunch 1  
Friday, April 17, 12:00–2:00 pm  
$11+HST LUNCH1

Lunch 2  
Friday, May 8, 12:00–2:00 pm  
$11+HST LUNCH2

We will be hosting two lunches for our clients to come and join. Come meet your neighbours, eat a delicious lunch and enjoy a wonderful afternoon. Our first lunch will feature roast beef and the second lunch will feature roast chicken. *Please note if you have dietary restrictions, we’d ask that you please email us ahead of time at oscaprograms@oldottawasouth.ca.

Instructor: Katherine Boisvert  
Location: The Firehall-Dance Studio

SPRING STRAWBERRY SOCIAL

Friday, June 12 12:00-2:00 pm  
$15+HST SSOC

Join us for an afternoon of sweet treats, friends, and fun! It’s gonna be a berry nice time! *Please note if you have dietary restrictions, we’d ask that you please email us ahead of time at oscaprograms@oldottawasouth.ca.

Instructor: Katherine Boisvert  
Location: The Firehall-Dance Studio

OSCA PRESENTS

Friday, June 12 12–2PM  
$15+HST/person  
Barcode: SSOC

Join us for an afternoon of sweet treats, friends, and fun! It’s gonna be a berry nice time!
### CLUBS & FREE STUFF

**TUESDAY**
- **iGen Walking Group** 10:00-11:00 am  
  Darcy Middaugh
- **Shutterbug Photography Club** (Rotating Dates) 1:00-3:00 pm  
  Darcy Middaugh
- **Book Club** (Rotating Dates) 1:00-3:00 pm  
  Darcy Middaugh

**WEDNESDAY**
- **Musical Jam** (Rotating Dates) 10:00 am - 12:00 pm  
  Darcy Middaugh
- **Card Club** (Rotating Dates) 1:00-3:00 pm  
  Darcy Middaugh

**THURSDAY**
- **Crafters’ Corner** 9:30-11:30 am  
  Darcy Middaugh
- **Re-Generations** 10:30-12:30 pm  
  Darcy Middaugh

**FRIDAY**
- **Pick-Up Painting** 11:00 am - 2:00 pm  

### These programs are all free of charge. You have the option of dropping in when you’d like to or pre-registering for the session so we know to expect you.

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### INTERGENERATIONAL WALKING GROUP

**Tuesdays** 10:00-11:00 am  
April 7-June 16  
**FREE WALKSP20** (11 weeks)

Looking to keep active and meet others in your neighbourhood? We will meet every Tuesday at 10AM to take an hour-long stroll around OOS together. Everyone is welcome! Please note that we will not host the group during heavy rainfall or dangerous conditions. If you’d like to receive email updates about weather cancellations, please email darcy.osca@gmail.com to be put on his email list.

Instructor: Darcy Middaugh  
Location: The Firehall

### SHUTTERBUGS PHOTOGRAPHY CLUB

**Tuesdays** 1:00-3:00 pm  
April 21, May 19, June 16  
**FREE PICSP20** (3 weeks)

From beginner to advanced, this new club will be great for budding amateur photographers to learn from each other. Each month, we will have a set theme. Participants are encouraged to take pictures in advance matching the theme and send them to our program facilitator, Darcy Middaugh. From there, we will discuss the pictures as well as strategies for shooting within the theme. Some meetings will also feature going out with our DSLR cameras to take pictures as a group!

Instructor: Darcy Middaugh  
Location: The Firehall-Lounge

### BOOK CLUB

**Tuesdays** 1:00-3:00 pm  
April 14, May 12, June 9  
**FREE BOOKSP20** (3 weeks)

Discover new bestsellers and old classics while meeting new friends in the community! Each meeting, we will discuss the book we decided on the month before. This club is for any adult who wants to join. There will be coffee and tea provided as well!

Instructor: Darcy Middaugh  
Location: The Firehall-Lounge

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### CARD CLUB

**Tuesdays** 1:00-3:00 pm  
April 7-June 16  
**FREE CARDSP20** (11 weeks)

Come out and join us for cards at the Firehall. Socialize with other folks from Old Ottawa South and play your favourite card games: Euchre, Rummy, Bridge! Whatever your “hearts” desire! We will meet twice a month, so make sure to “shuffle” your schedule around it!

Instructor: Darcy Middaugh  
Location: The Firehall-Dance Studio/Lounge

### MUSICAL JAM

**Wednesdays** 10:00 am-12:00 pm  
April 8 & 22, May 6 & 20, June 3 & 17  
**FREE MJSP20** (6 weeks)

Looking to play some tunes with people in your neighbourhood? OSCA has your back with a new FREE jam group. All instruments, all ages, all levels are welcome. All participants should have at least a basic level of understanding of their instrument. We are a judgement free zone and welcome all players and styles.

Instructor: Darcy Middaugh  
Location: The Firehall-Lounge

### CRAFTERS CORNER

**Thursdays** 9:30-11:30 am  
April 9-June 18  
**FREE CCSP20** (11 weeks)

Knitting, scrapbooking, painting, drawing or whatever you are into! Bring your work and spend time working on it while enjoying the company of others in a relaxed setting. Coffee and tea will also be on! Note: We have some of our own supplies but encourage you to bring your own items, especially specialty items such as canvasses.

Instructor: Darcy Middaugh  
Location: The Firehall-Activity Room
**CLUBS & FREE STUFF**

**RE-GENERATIONS: INTERGENERATIONAL DROP-IN**

**Fridays** 11:00 am-2:00 pm  
**April 17-June 19**  
**FREE**  
**GENSP20**  
(11 weeks)

OSCA's ReGeneration program is Intergenerational! Intergenerational programs enable younger, older and everyone in between to play, sing, read, do arts and crafts, socialize, or just meet others in the community. It takes a village and the value of intergenerational programs is to build a sense of belonging and community. Come join us for this free weekly drop-in and bring a friend or neighbour. We’ll have coffee, cards, crafts, reading, games, and time to socialize. Everyone is welcome. Please note the children must be accompanied by an adult.

Instructor: Darcy Middaugh  
Location: The Firehall-Dance Studio

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**OLD OTTAWA SOUTH GARDEN CLUB 2019–2020**

**Meetings:** Ottawa South Community Centre (The Firehall), 260 Sunnyside Avenue.  
**Time:** Second Monday of the month (except October and April) from 7:00-9:00 p.m.  
**Membership:** $22.12 +HST per year; $35.40 + HST for a family; drop-in fee is $6.19+HST per meeting  
**Barcode:** You can register for a membership using CM1920  
**Information:** Ottawa South Community Centre at 613 247 4946  
**About the Old Ottawa South Garden Club:** Old Ottawa South Garden Club members represent a mix of beginners and more experienced gardeners, with gardens that range from pot-filled apartment balconies to professionally landscaped lots. We all share the passion, curiosity, frustration, and pleasure of this pastime.

**Monday, April 20, 2020**  
Composting and Soil Management: Bruce Watkinson is an Ottawa-born environmentalist and avid floral and vegetable gardener. He has been actively practising the art of composting (believing it to be the original recycling technology) for more than forty years. Bruce will share new and innovative ways of composting in addition to simple ways of capturing rainwater.

**Monday, May 11, 2020**  
Floral-Cutting Gardens: If you love the look of local, fresh-cut flowers in your home, join Master Gardener, Nancy Jordan, as she inspires us to set up and maintain our very own small, urban floral-cutting garden through the seasons.

**Plant Exchange:** Bring potted and labelled perennial plants to exchange. Set up starts at 6:00 P.M. The exchange will start at 6:30 P.M., with the sale of the remaining plants afterwards.

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**Saturday, May 16, 2020**  
Tour of Gees Bees  
The Old Ottawa South Garden Club will be hosting a tour of Gees Bees—a local honey company (www.geesbees.ca). The tour will take place at 538 River Road on Saturday, May 16, 2020 at 1:00 pm with a rain-date of Sunday, May 17, 2020 at 1:00 pm.

The guided tour will start in the Pollinator Garden where visitors will see bees pollinating the flowers, will move through the orchard to one of the bee-yards where visitors will learn about beekeeping and see the bees in action. The tour will finish with a guided honey-tasting.

Cost is $8.00+HST per person or plant donations to help expand the Pollinator Garden (either flower seedlings, plant transplants, or divisions suitable for shade or full sun). Tours are free for children 4 and under. Transportation not included.

For more details email Gail Kayuk at kayuk@rogers.com.

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**25 YEARS**

**THE GARDEN CLUB’S TWENTY-FIFTH ANNIVERSARY**

The Old Ottawa South Garden Club was started in the fall of 1994 and, over the intervening twenty-five years, the club has organized monthly meetings, workshops, garden tours, garden and photographic competitions, and volunteer gardening.

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**PICK UP PAINTING**

**Fridays** 11:00 am-2:00 pm  
**April 17-June 19**  
**FREE** (10 weeks)

Bring your easels, bring your paints! Come join fellow aspiring artists to collaborate and develop artwork. This is an open group for anyone to attend. There is no instructor, just friendly fellow painters. *Offered EVERY Friday!  
Location: The Firehall–Activity Room
Jocelyn Jenkins is the studio technician here at the Firehall and also teaches a variety of classes and camps with OSCA. She is a fixture at the Firehall Pottery Studio where she has shared her love of clay with people of all ages for many years. Jocelyn creates whimsical projects that challenge her classes to pour themselves into their work. Jocelyn is also a functional potter whose work can be seen several times a year in shows and sales in the area. Through her work she attempts to forge a connection with her audience.

**THURSDAY THROWING: BEGINNER AND BEYOND**

Thursdays  6:15-8:45 pm  April 9-June 18  
$302+HST  PTTTSP20  (10 weeks)

Exception dates: May 21

This course will take the participants through aspects of throwing bowls, plates and cylinders. For those with more experience, the focus will be on fine tuning the process to throw larger pieces, with intention. The class will also cover some topics relating to decorating and glazing.

Instructor: Jocelyn Jenkins  
Location: The Firehall-Pottery Studio

**SEASONAL POTTERY STUDIO MEMBERSHIP**

April 1st - June 28th (12 weeks)  
$237+HST + clay PTYSMSP20

Exception dates: April 10, 12, 13, May 18

The studio is available for members to use when there are no classes in the pottery studio. Studio hours will be posted in the studio. As much notice as possible will be given when special classes are to be held outside scheduled hours.

Memberships are available to those with previous pottery experience. Membership includes a storage shelf, use of pottery facilities, equipment, glaze materials, and all firing.

Clay cost for adult courses and membership is $37+HST per 25 lb. bag.

**PRIVATE POTTERY LESSONS**

If you are interested in private/semi-private pottery lessons or a special event, please contact us at oscaprograms@oldottawasouth.ca

**POTTERY STUDIO HOURS**

Complete studio hours are posted in the pottery studio. *Please note that the studio is unavailable during Pottery class hours*

**OSCA Spring Art Show & Sale**

A Spring Themed Art Exhibit at the Firehall  
Featuring Work From Local Artists  
March 14 - May 3  
Ottawa South Community Centre  
260 Sunnyside Avenue  
100% OF SALE GOES TO THE ARTIST

**OSCA Summer Art Show & Sale**

A Summer Themed Art Exhibit at the Firehall  
Artists may submit ONE piece of summer related artwork, in any medium, for exhibition and sale - maximum size 2 x 3 ft

Submission Dates:  
June 3 - 10  
Exhibition Dates:  
June 13 - August 29  
Ottawa South Community Centre  
260 Sunnyside Avenue  
100% OF SALE GOES TO THE ARTIST
REGISTRATION INFORMATION & POLICIES

PAYMENT
Online registration payment can be made by VISA or MasterCard only. In-person registration payment can be made by debit, VISA, MasterCard, exact cash or cheques payable to OSCA. There will be a $25 charge for NSF cheques. Adult program prices do not include 13% HST in the advertised price. Tax will be applied upon payment.

PROGRAM SUBSIDIES
OSCA sets aside a small amount of funds to help those in need for a variety of reasons. None of the funding comes from municipal, provincial or federal government grants.

• A subsidy will only be considered for persons applying to OSCA prior to registration.
• Payment is required for all programs in order to register.
• Subsidy amounts, if applicable, will be issued upon approval of application.
• Subsidies will also be considered on an emergency basis due to extenuating circumstances.

Please contact OSCA’s Executive Director, Christy Savage, for all subsidy requests: 613-247-4872 or osca@oldottawasouth.ca.

PHOTO WAIVER
Please indicate on the program waiver if you do not wish for photos of you or your child to be used for promotional purposes. Waivers can be found online at oldottawasouth.ca or at the front desk.

CANCELLED CLASSES
On occasion, classes are cancelled due to unforeseen circumstances (sick instructor, inclement weather, gym cancellation). We try to make up these classes, but it is not always possible for us to do so. Refunds will be issued whenever possible.

CHANGES TO PROGRAMS AFTER BROCHURE PRINTING
We make every effort to ensure the program information is accurate. Occasionally, arrangements change after the brochure goes to print. Should this occur, any changes will be posted on the website in the online PDF file at www.oldottawasouth.ca.

REFUND POLICY
Refund requests have different deadlines depending on the type of program. Please read each section carefully for deadlines and administrative fees.

All refund requests must be submitted via email to oscaprograms@oldottawasouth.ca

Full refunds (minus administrative fees) will be issued for requests submitted in accordance with the set deadlines.

Refund requests made after the deadline must be submitted with a refund request form for medical and extenuating circumstances. Forms can be picked up at the front desk or may be downloaded online.

Prorated refunds will be given with a valid refund request form and accompanying medical certificate.

Requests submitted without a medical certificate and refund request form will be denied.

Refund requests submitted after the first class but prior to the second class will be prorated upon approval.

A refund will not be issued if it jeopardizes the operation of a program.

Refunds may take up to 10 business days to be processed.

ADULT PROGRAMS CLASSES/WEEKLY PROGRAMS
Deadline: Prior to the second class Administrative fee: $10

AFTER 4
Refunds will be issued if received in writing to oscaprograms@oldottawasouth.ca prior to the 1st of the month. Refund fee is as follows:

The administrative fee is $25. It is applied to all After 4/Breakfast club refunds.

Refunds requested after the first of the month will be considered on a case-by-case basis only.

Please note the Non-Refundable Administrative fee will not be reversed upon cancellation at any time.

CAMS (INCLUDING BREAK CAMPS)
Deadline: One week prior to the start of the camp. Requests must be submitted via email or in writing by 9:00 am on the Monday before the camp is scheduled to begin.

Administrative fee: $25

Requests received after the deadline will be denied.

PD DAYS/WORKSHOPS
Deadline: 48 hours. Requests must be submitted via email or in writing by 9:00 am two days prior to the PD Day.

Administrative fee: $10

Requests submitted after the deadline of 48 hours are contingent upon overall registration and will be a maximum of 50% of the total course cost.
80s TRIVIA NIGHT

$30+HST/TABLE FOR UP TO 6 PEOPLE (BARCODE: 80TTBL)
OR $10+HST/INDIVIDUAL (BARCODE: 80TSNG)

EVENT IS 19+ ID REQUIRED

THURSDAY, MAY 14

DOORS OPEN AT 6:30. TRIVIA BEGINS AT 7:00PM AND RUNS TO 9:30PM

JOIN US FOR TRIVIA, DRINKS, AND GOOD OLD RETRO FUN!

The Firehall
260 Sunnyside Ave.
www.oldottawasouth.ca