

DROP-IN Programs

Check out the variety of drop in programs we have for you at Alexander CC – all FREE!

Community Sports Club 10 – 13 yrs. Mon 5:00 – 6:00 pm Starts: Sept 16

Y.A.R.D. Basketball Leagues various Wed 6:30 – 9:30 pm Starts: Sept 25
Join our non-competitive leagues – Boys and Girls Divisions – staffed by I LOVE TO MENTOR graduates

Thursday Night Ball 9 – 12 yrs. Thurs 6:30 – 7:30 pm Starts: Sept 19
Thursday Night Ball 13 – 17 yrs. Thurs 7:30 – 8:30 pm Starts: Sept 19

GIRLS JUST WANNA HAVE FUN 10 – 15yrs Thurs 6:30 – 8:00 pm Starts: Sept 19
Sign up at the centre for this cool program just for girls. Dancing, Crafts, healthy food prep and much, much more...

Friday Night Youth 9– 12yrs Fri 6:30 – 7:30 pm Starts: Sept 20
Friday Night Youth 13 – 17yrs Fri 7:30 – 9:00 pm Starts: Sept 20

Creative Kids Cooking 8 – 12yrs Sat 10:30 – 11:30 Starts: Sept 21

CCBL – practice (Girls) 12 – 17 yrs. Sun 11:00 – 1:00 pm Starts: Sept 22
CCBL – practice (Boys) 12 – 17 yrs. Sun 1:00 – 3:00 pm Starts: Sept 22

PAN (Physical Activity & Nutrition) Funding by Their Opportunity

10 – 15 yrs. Tues 4:30 – 7 pm Sept 24 – Nov 5 Free Barcode 1498521

Cook delicious meals while socializing with friends.

Participate in fun physical activity. Cook a great meal while getting fit.

This Program is for youth in the Carlington Community Area



REGISTRATION INFORMATION

Register in Person: at the Alexander Community Centre

Register ONLINE at www.ottawa.ca

(You will need a FAMILY PIN and the course BARCODE)

* You can get your Family Pin by calling 613-580-2588 or by visiting a Client Service Centre

ONLY courses with Barcodes can be registered online – All others must be done in person

Ottawa Alexander CC Fall 2019



4 – 12 years
Monday – Friday
3:00 – 5:30 pm



We start pick ups from
Schools & bus stops at 2:30pm

Fill in the 'GAP' between schools and home with our
awesome After School Program!

SEPTEMBER	\$53.00 (19 days)	BC 1437155
OCTOBER	\$63.50 (21 days)	BC 1437169
NOVEMBER	\$60.50 (20 days)	BC 1437179
DECEMBER	\$43.00 (15 days)	BC 1437194

Want to book the facility for a meeting?
Event? Birthday party?

Please email:
Peter.Spiess@Ottawa.ca

Customer Service hours

Monday, Tuesday 9 am – 8:30 pm

Wednesday 9 am – 9 pm

Thursday, Friday 9 am – 5:30 pm

Saturday 1:30 – 6pm

Extended weekend hours



NEW and EXCITING programs
this Fall! Check them out!

<u>Dance</u>						<u>Barcode</u>
Creative Movement	2 – 4 yrs.	Sat	9:30 – 10:15 am	Sept 21 – Nov 9	\$46.75	1496793
Creative Movement	5 – 8 yrs.	Sat	10:30 – 11:15am	Sept 21 – Nov 9	\$46.75	1496794
<i>A fun casual approach to practicing basic and fine motor skills, in this introduction to the elements of movement to music.</i>						
Creative Movement	6 – 9 yrs.	Mon	5:30 – 6:30 pm	Sept 23 – Nov 18	\$62.50	1496795
<i>A fun casual introduction to the elements of dance and space.</i>						



<u>Preschool</u>						<u>Barcode</u>
Musk and Mess	2 – 4 yrs.	Sat	10:30 – 11:30 am	Sept 21 – Nov 9	\$58.50	1496792
<i>Get into your art with various projects, using lots of imagination and materials</i>						

<u>Children</u>						<u>Barcode</u>
Ball Hockey League	8 – 12 yrs.	Wed	4 – 6 pm	Sept 18 – Dec 18	\$17.50	1496799
<i>Join our fun co-ed league. Play one game per week with the season ending with a banquet and awards ceremony.</i>						
Indoor Soccer League	8 – 12 yrs.	Fri	4 – 6 pm	Sept 20 – Jan 10	\$17.50	1496800
<i>Join our fun co-ed league. Play one game per week with the season ending with a banquet and awards ceremony.</i>						
Chess Club Challenge	6 – 9 yrs.	Sat	2:30pm – 4pm	Sept 14 – Nov 16	\$101.50	1498531
<i>Participate in this enjoying challenging game of chess while working on your skills and meet new friend</i>						
Chess Club Challenge	10 – 14 yrs.	Sat	4pm – 5:30pm	Sept 21 – Nov 23	\$101.50	1498532
<i>Younger youth participate in this enjoying challenging game of chess while working on your skills and meet new friend</i>						
Live Wire Drama	8 – 12 yrs.	Sat	1:30pm – 3pm	Sept 21 – Nov 23	\$154.25	1496797
<i>Enter the exciting world of performance. Learn drama skills, theatrical techniques, improvisation and scene study of performing.</i>						
Drawing & Painting	8 – 12 yrs.	Sat	3:30pm – 5pm	Sept 21 – Nov 23	\$216.00	1496798
<i>Discover mixed media as you learn the art of painting and drawing with watercolours and acrylics while drawing with charcoal.</i>						
INDOOR PLAYGROUND Saturdays 9:30 – 11:30 am F R E E Starting: Sept 14 come enjoy the fun in our Main Hall with our bouncy castles and games!!! <i>*Children must be supervised by an adult*</i>						
MANY MORE YOUTH PROGRAMS IN OUR DROP-IN SECTION ON THE BACK OF THIS FLYER. Check them out!!!!						

I Love To...

PLAY SOCCER, DANCE, SWIM, SKATE, PLAY HOCKEY
& I LOVE TO MENTOR

Free for our community

ASK US FOR INFO...



<u>Fitness Adult</u>						<u>Barcode</u>
Boot Camp Workout	Adult	Sat	3:30 – 4:30 pm	Sept 14 – Nov 16	\$ 84.00	1498358
<i>Intense class builds strength, speed and power though basic cardio training and muscle conditioning</i>						
Strength + Stretch 50 + Adult		Sat	2:30 – 3:30 pm	Sept 14 – Nov 23	\$108.75	1498412
<i>All-over body conditioning combined with stretching and flexibility.</i>						
Fitness Workout	Adult	Mon	6 – 7:00 pm	Sept 16 – Dec 2 (no class Oct 14)	\$108.75	1498387
<i>Combined fitness workout to Increases strength and flexibility and decreases stress.</i>						
Fitness Workout	Adult	Wed	6:00 – 7:00 pm	Sept 18 – Dec 18	\$138.50	1498452
<i>Combined fitness workout to Increases strength and flexibility and decreases stress.</i>						



HAVE AN IDEA FOR A PROGRAM / ACTIVITY?

We are ALWAYS looking for NEW program ideas

Have one? Please give us a call!



<u>Fitness –with Joelle * (senior rates are below) *</u>						
<i>All-over body conditioning combined with stretching and flexibility.</i>						
<i>Regular FEE is \$138.50 (Mon. 108.75)</i>						
<i>(Please check your receipt for no class on these dates)</i>						<u>Barcode</u>
Stretch Only	50 +	Mon 2:45 – 3:45 pm	Sept 9 – Nov 25 (no class Oct 14)	\$99.00		1498445
Strength + Stretch 50 +		Wed 9:45 – 10:45 pm	Sept 4 – Dec 18	\$124.75		1498464
Strength + Stretch 50 +		Fri 11:50 – 12:50 pm	Sept 6 – Dec 20	\$124.75		1498495
Strength + Stretch 50 +		Wed 10:55 – 11:55 am	Sept 4 – Dec 4	\$124.75		1498477
Strength + Stretch 50 +		Wed 11:55 – 12:55 pm	Sept 4 – Dec 4	\$124.75		1498485
<u>FITNESS –with Preston</u>						<u>Barcode</u>
Stretch + Strength 50 +	Tues	10:45 – 11:45 am	Sept 17 – Dec 17	\$124.75		1498458
Stretch + Strength 50 +	Thurs	10:45 – 11:45 am	Sept 19 – Dec 19	\$124.75		1498491