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 Leagu Join our non-competitive		Wed Girls Divisions -	6:30 – 9:30 pm - staffed by I LOVE TO N	Starts: Sept 25 MENTOR graduates
Thursday Night Ball Thursday Night Ball	9 – 12 yrs. 13 – 17 yrs.	Thurs Thurs	6:30 – 7:30 pm 7:30 – 8:30 pm	Starts: Sept 19 Starts: Sept 19
GIRLS JUST WANNA HAVE FU Sign up at the centre for this o	•	Thurs girls. Dancing	6:30 – 8:00 pm g, Crafts, healthy food p	Starts: Sept 19 rep and much, much more
Friday Night Youth Friday Night Youth	9– 12yrs 13 – 17yrs	Fri Fri	6:30 – 7:30 pm 7:30 – 9:00 pm	Starts: Sept 20 Starts: Sept 20
Creative Kids Cooking	8 – 12yrs	Sat	10:30 - 11:30	Starts: Sept 21
CCBL – practice (Girls) CCBL – practice (Boys)	12 – 17 yrs. 12 – 17 yrs.	Sun Sun	11:00 – 1:00 pm 1:00 – 3:00 pm	Starts: Sept 22 Starts: Sept 22

PAN (Physical Activity & Nutrition) Funding by Their Opportunity

10 – 15 yrs. Tues 4:30 – 7 pm Sept 24 – Nov 5 Cook delicious meals while socializing with friends.

Barcode 1498521

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

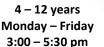
ONLY courses with Barcodes can be registered online – All others must be done in person











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

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



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

> Please email: Peter.Spiess@Ottawa.ca



Extended weekend hours

NEW and **EXCITING** programs this Fall! Check them out!

960 Silver Street

K1Z 6H5

613-798-8978

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

PreschoolMusk and Mess2 - 4 yrs.Sat Sat Sat 10:30 - 11:30 am Sept 21 - Nov 9\$58.501496792Get into your art with various projects, using lots of imagination and materials

<u>Children</u>				<u>Barcode</u>
Ball Hockey League 8 – 12 yrs. Wed Join our fun co-ed league. Play one game p	•	•	\$17.50 ad awards ceremony.	1496799
Indoor Soccer League 8 – 12 yrs. Fri Join our fun co-ed league. Play one game p	•	•	\$17.50 ad awards ceremony.	1496800
Chess Club Challenge 6 – 9 yrs. Sat Participate in this enjoying challenging game of	• •	•	\$101.50 friend	1498531
Chess Club Challenge 10 – 14 yrs. Sat Younger youth participate in this enjoying chal		•	•	1498532
Live Wire Drama 8 – 12 yrs. Sat Enter the exciting world of performance. Learn	•	•		1496797 forming.
Drawing & Painting 8 – 12 yrs. Sat Discover mixed media as you learn the art of p	•	•		1496798 harcoal.

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!!!

Children must be supervised by an adult

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...







HAVE AN IDEA FOR A PROGRAM / ACTIVITY?

We are ALWAYS looking for NEW program ideas

Have one? Please give us a call!



Fitness -with Joelle * (senior rates are below) *

All-over body conditioning combined with stretching and flexibility.

Regular FEE is \$138.50 (Mon. 108.75)

(Please check	c your	receipt for no class	on these dates)		Barcode	
Stretch Only	50 +	Mon 2:45 – 3:45 pm	Sept 9 – Nov 25 (no class Oct 14)	\$99.00	1498445	
Strength + Stretch	า 50 +	Wed 9:45 – 10:45 pm	Sept 4 – Dec 18	\$124.75	1498464	
Strength + Stretch	า 50 +	Fri 11:50 – 12:50 pm	Sept 6 – Dec 20	\$124.75	1498495	
Strength + Stretch	า 50 +	Wed 10:55 – 11:55 am	Sept 4 – Dec 4	\$124.75	1498477	
Strength + Stretch	า 50 +	Wed 11:55 – 12:55 pm	Sept 4 – Dec 4	\$124.75	1498485	
FITNESS-with Preston Barcode						
Stretch + Strength	า 50 +	Tues 10:45 – 11:45 am	Sept 17 – Dec 17	\$124.75	1498458	
Stretch + Strength	า 50 +	Thurs 10:45 – 11:45 am	Sept 19 – Dec 19	\$124.75	1498491	