



Family Fun Day

Monday, May 20

(More info coming soon...)



Summer Camps

6 - 12 years

Camps run Mon – Fri from 8 am – 5 pm
(Programming time is 9 am – 4 pm)

Dates Barcode Cost

*July 2 – 5	1429687	\$ 101.00
July 8 – 12	1429689	\$ 101.00
July 15 – 19	1429692	\$ 101.00
July 22 – 26	1429696	\$ 101.00
July 29 – Aug 2	1429700	\$ 101.00
*Aug 6 – 9	1429703	\$ 101.00
Aug 12 – 16	1429706	\$ 101.00
Aug 19 – 23	1429742	\$ 101.00

* Short week with Major outing



Champions YOUTH GROUP



Monday – Friday
10:30 am – 3 pm

July 3 – Aug 24
Ages 10 – 15 yrs.

FREE

This camp is open to YOUTH living in the
Alexander/Carlington area

YOU MUST REGISTER IN PERSON
FOR THIS PROGRAM

Youth may sign up for a maximum of 3 weeks.

HOW TO REGISTER - starting March 8th

In Person : at the Alexander Community Centre
Touch Tone Telephone : 613-580-2588. You will need your family PIN number and barcode
Online : www.ottawa.ca/recreation and select the Registration button.



Ottawa Hand in Hand
Recreation & Culture Fee Support



Alexander CC Spring / Summer 2019



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

6 – 12 years

Monday – Friday
3 – 5:30 pm



April	1184780	\$53.25 (19 days)
May	1184784	\$58.50 (22 days)
June	1184787	\$47.75 (16 days)



The Alexander Community Centre is expanding
Saturday programming until 6pm!

New programs and booking opportunities available
Stay tuned for updates in the Fall Flyer
Please call the centre or email acc@ottawa.ca for more information

Alexander Community Centre
960 Silver Street K1Z 6H5 613-798-8978



SPORTS Drop-in

Check out the variety of drop-in programs we have for you at Alexander CC

Community Sports Club	8 – 12 yrs	Mon	5:00- 6:00pm	Starts: Apr 8
Thursday Night Ball	10 – 13 yrs	Thurs	6:30 – 7:30 pm	Starts: Apr 4
Thursday Night Ball	14 – 17 yrs	Thurs	7:30 – 8:30 pm	Starts: Apr 4
Friday Night Youth	10 – 13 yrs	Fri	6:30 – 7:30 pm	Starts: Apr 5
Friday Night Youth	14 - 17 yrs	Fri	7:30 – 8:30 pm	Starts: Apr 5
Y.A.R.D. Basketball Leagues	various	Wed	6:30 – 9:30 pm	Starts: Apr 4
Join our non-competitive leagues – boys and girls divisions – staffed by I Love to Mentor graduates!				
CCBL - practice (Girls)	12 -17 yrs	Sun	11:00 - 1:00 pm	Starts: Apr 7
CCBL - practice (Boys)	12 -17 yrs	Sun	1:00 - 3:00 pm	Starts: Apr 7
GIRLS JUST WANNA HAVE FUN	9 – 14 yrs	Thurs	6:30 – 8:00 pm	Starts: Apr 4
<i>* Dancing, cooking, crafts and chill time... hang out with the cool older girls</i>				
OUR INDOOR PLAYGROUND Saturdays 9:30 – 11:30 am is FREE				
Ongoing until June 22				
In Main Hall with our bouncy castles Coloring and games!!!				
*Children must be supervised by an adult				

<u>Registered Programs</u>						
<u>Barcode</u>						
Wiggle & Giggle	2 - 4 yrs	Sat	10:30 -11:15	Starts: Apr 6	\$43.25	1430172
<u>Dance</u>						
Creative Movement	2 - 4 yrs	Sat	9:30 - 10:15	Starts: Apr 6	\$46.00	1430203
Creative Movement	5 - 8 yrs	Sat	10:30 – 11:15	Starts: Apr 8	\$46.00	1477743
Creative Movement	5 - 8 yrs	Mon	5:30 – 6:30	Starts: Apr 8	\$62.50	1430213



FITNESS

Yoga	Adult	Fri	7:00 – 8:00 pm	Apr 5 – May 31	\$ 81.75	1430933
Combined focus on mindfulness, breathing and slow physical movements. Increases strength and flexibility and decreases stress.						
Tai Chi	Adult	Tues	7:00 – 8:00 pm	Apr 2 – May 21	\$ 81.75	1430947
A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination and balance.						



50+ FITNESS

<u>Classes with Joelle</u>						<u>Barcode</u>
<u>Please ask for senior fee 65yrs and over</u>						
Level 1						
Strength + Stretch	Mon	2:45 – 3:45 pm	April 1 – June 24	\$ 93.00	1436353	
(No class – May 20 (Victoria Day))						
Strength + Stretch	Wed	11:55 - 12:55 pm	April 3 – June 26	\$ 109.75	1148191	
Level 2						
Stretch ONLY	Wed	9:45 - 10:45 am	April 3 – June 26	\$ 109.75	1436383	
Strength + Stretch	Wed	10:55 - 11:55 am	April 3 – June 26	\$ 109.75	1436390	
Strength + Stretch	Fri	11:50 - 12:50 pm	April 5 – June 28	\$ 109.75	1436496	
All over body conditioning with stretching and flexibility segments. Older adults will increase strength and range of motion.						
<u>Classes with Preston</u>						
<u>Please ask for senior fee 65yrs and over</u>						
Strength + Stretch	Tues	12 noon - 1 pm	April 2 – June 25	\$ 109.00	1436398	
Strength + Stretch	Thurs	12 noon - 1 pm	April 4 – June 27	\$ 109.00	1436400	

Evening Classes with Preston

Fitness-Work	Mon	6 - 7 pm	April 3 – June 26	\$ 84.00	1436406
Fitness-Work	Wed	6 - 7 pm	April 5 – June 28	\$ 84.00	1436409

BETTER STRENGTH – BETTER BALANCE is also offered here on Tuesday and Thursday mornings.
This program is **FREE** for seniors. You must register through Ottawa Public Health - 613-580-6744