

**G N A G**



**SUMMER  
PROGRAMS  
2018**

**GNAG.ca 613-233-8713 info@gnag.ca**

# Choose GNAG

**Online registration** is ONGOING at GNAG.ca  
**REGISTRATION TIPS**

**Online registration:** Go to GNAG.ca

1. If you don't already have a profile, click *Create Your Profile* (top right) to create your *ADULT* profile.
2. Click *Program* and find a course.
3. Click the blue *Register* button at the bottom right.
4. If you don't have a profile, you will be asked to *Create* one. If you do have a profile you will be asked to *Log-in*. You will create your child(ren)'s profiles once you have created your own *ADULT* profile.
5. Once you have created your child(ren), you will find everyone in the *Select Participant* list,
6. Choose a participant's name and proceed with the registration. If participant is not in the list, click *Create New Participant* and follow the prompts.
7. When creating a new participant who is a child, it is the adult's phone and email we require. Please ensure we have two different phone numbers for children.
8. New participant will now appear in *Select Participant* list, (you may need to refresh your browser.)
9. Select *Participant* and *Add to Basket*.
10. To remove from *Basket*, click red **X**.
11. Proceed to *Payment* and follow the prompts (you must agree to *Terms & Conditions*) You may click on *T & C* to review.
12. With online registration, we accept Visa and MasterCard.

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**In-person and telephone registration:** Ongoing

**In-person registration:** Come to the Glebe Community Centre and register for your program at the front desk. We accept cash, Debit, Visa, MasterCard and personal cheques with in-person registration.

**Telephone Registration:** GNAG accepts telephone registration Monday to Friday, 9 am to 5 pm. Call 613-233-8713 to register. We accept Visa and MasterCard over the phone.

**Additional Info:** Registration is on a first-come, first-served basis; program spaces cannot be reserved in advance. Course fees are due at the time of registration. There is a \$25.00 charge for N.S.F. cheques. 13% HST has been included where applicable.

**Financial Assistance:** Financial assistance is available. Please call the GNAG office at 613-233-8713 for more information. You can download the form from our website by searching under *Registration Guidelines* at the bottom of the home page.

**Waiting list:** If a course in which you are interested is full, you have the option of making another course selection, and/or being put on a waiting list online. Participants will be contacted only if a space becomes available.

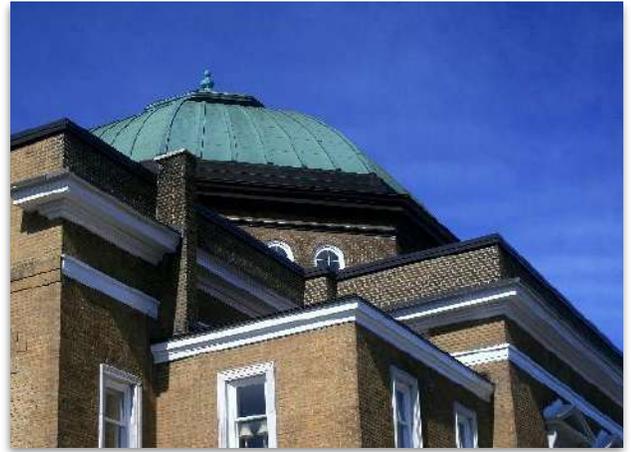


## WELCOMES YOU TO THE GLEBE COMMUNITY CENTRE

The Glebe Neighbourhood Activities Group (GNAG) is a volunteer driven, not-for-profit community group located in the Glebe Community Centre in the heart of the Glebe. We deliver social, cultural and recreational activities, in cooperation with other organizations in the community. GNAG has several satellite locations in the Glebe. Visit [GNAG.ca](http://GNAG.ca) for full details.

**LOCATION:** 175 Third Ave.  
Ottawa ON, K1S 2K2

**CONTACT:** 613-233-8713 (GNAG office) [www.gnag.ca](http://www.gnag.ca) [info@gnag.ca](mailto:info@gnag.ca)  
613-564-1058 (City of Ottawa - renting rooms) 613-564-7612 (fax)



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## OUR MISSION

The Glebe Neighbourhood Activities Group (GNAG) works to enrich our community by delivering recreational, cultural and social activities and services.

### We believe...

- in creative and innovative programming, activities and events that keep up with trends and demographic changes
- in the inclusion of all in a safe and supportive surrounding
- in the importance of having a rich recreational environment within the community
- in serving the community with compassion, caring and commitment through a hands-on approach
- in engaging highly competent, experienced and friendly staff alongside dedicated volunteers
- community is stronger when its members care for each other, participate and contribute, share their skills and talents and celebrate together

GNAG practices partnership, collaboration and cooperation. We work with the City of Ottawa and other community groups to respond to the community's needs and improve the quality of life in our neighbourhood.

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## OUR HOURS

- Monday, Wednesday & Friday: 8:30 am - 6:00 pm, Tuesday and Thursday: 8:30 am - 9:00 pm
- For assistance registering or changing an enrolment, please contact us Mon - Fri 9:30 am - 5 pm
- Saturday & Sunday: Hours of operation may vary, depending on bookings and events in the facility.
- Please call 613-564-1058 for weekend hours. We are closed all statutory holidays.
- To rent space, please call the front desk at 613-564-1058.

## OUR WEBSITE

You can access our guides, special events and job opportunities on our website at [GNAG.ca](http://GNAG.ca). For your convenience, you can also register online.

## JOURS ET HEURES D'OUVERTURES

Les heures d'ouvertures sont du lundi au vendredi de 08h30 - 18h00. Durant les fins de semaines, les heures d'ouvertures peuvent varier selon l'horaire des événements spéciaux. Veuillez téléphoner au 613-564-1058 pour plus d'information. Veuillez prendre note que le centre sera fermer les jours fériés.

## L'OPTION <<24 HEURES>>

Notre site web est disponible au: [www.gnag.ca](http://www.gnag.ca) Vous y trouverez un babillard d'information, ainsi que tous les détails sur notre programmation et sur nos événements spéciaux. Vous pouvez même vous inscrire en ligne!



## GNAG TEAM

**Mary Tsai:** Executive Director [tsai@gnag.ca](mailto:tsai@gnag.ca)

**Paul O'Donnell:** Director of Recreation [paul@gnag.ca](mailto:paul@gnag.ca)

**Clare Davidson Rogers:** Office Manager [clare@gnag.ca](mailto:clare@gnag.ca)

**Peter Wightman:** Financial Administrator  
[peter@gnag.ca](mailto:peter@gnag.ca)

**Alison O'Connor:** Department Manager  
Children & Family [ali@gnag.ca](mailto:ali@gnag.ca)

**Lauren Fowler:** Sr. Program Coordinator  
[lauren@gnag.ca](mailto:lauren@gnag.ca)

**Jason Irvine:** Sr. Program Coordinator [jason@gnag.ca](mailto:jason@gnag.ca)

### GNAG BOARD OF DIRECTORS

**Chair:** Michel Ouellette

**Vice Chair:** Kate McCartney

**Treasurer:** Brad Sigouin

**Secretary:** Elspeth Tory

### VOTING MEMBERS

Geoffrey Kellow

Clare Pearson

Dominique Milne

Heather Moncur

Liz Izaguirre

John Richardson

Cathy McCallion

Sarah Wilson

Kellylee Evans

### GNAG is proud to partner with the City of Ottawa

#### Recreation Supervisor:

Keri Robertson

#### Customer Service:

Jane Wilson

**Facilities Operator:** Tim Bertrand

**RENTING ROOMS:** all occasions, weddings, banquets, meetings, parties, trade shows, **WE DO IT ALL!**

Contact 613-564-1058 or [CcGlebeCC@ottawa.ca](mailto:CcGlebeCC@ottawa.ca)



## What You Need To Know

### TELL US WHAT YOU THINK

Your feedback is important to us. If a particular program does or does not meet your expectations, we want to hear about it. Our program staff are eager to know how best to serve you. [info@gnag.ca](mailto:info@gnag.ca)

### DISCOUNTS

A 10% discount is given to individuals who are seniors 65 years and older, and families who register for three or more courses (Breakfast Club, Quest-4-Fun, P.A. days, school breaks, workshops, all drop-in, and "clubs" programs are excluded). Discounts must be processed at the time of registration so register in person or by phone.

### CANCELLATIONS

Unfortunately, some programs may be cancelled due to insufficient registration; in such cases, a full refund will be issued. Every effort will be made to make decisions on these programs one week prior to the start date. To avoid disappointment, register early!

### PRIVACY POLICY

GNAG respects the right to your personal privacy. We endeavour to handle and store your personal information in a secure manner, and to protect it from unauthorized access or disclosure. We do not share information with other organizations, nor do we sell customer lists. We use the information in our database to:

- make course changes / cancellations
- provide information for our program and marketing decisions
- notify you about upcoming registration / courses / promotions / events
- generate program attendance

If you have any questions regarding our privacy policy, please do not hesitate to contact us at 613-233-8713.

### TAKING PHOTOS AND VIDEOS

We like to take pictures of our programs in session. We use the photos of our participants in our community guide, on our website, social media and in our promotional material. We do not include names in any of our publications. If you do not wish to have your photo (or your child's photo taken, please let us know.

### REFUNDS / CREDITS

Refunds & Credits will be given up to one week in advance of the program start date. If you wish to have an account credit there will be no administration fee. This credit be used by any family member for any program. Pro-rated refunds will be given with a medical certificate. An administration fee of \$25 will apply to all customer-requested refunds. Please note: Schedules and fees subject to change based on program demand. Your understanding is appreciated.

# SUMMER PROGRAMS

## ADULT & CHILD

### MUSIC & MOVEMENT

Meet at Ella Street Park (Capital Park) for a lively blend of singing, story-telling, bouncing games, rhythm, dancing and hands-on experience with musical instruments. Sing along to some old favourites and learn new ones to share with your child at home. Adult participation is required.  
Instructor: Maya Ethier



**Walking - 2.5 years** (SU18005) Tuesdays 10:00 - 10:45 am Jul 17 - Aug 21 \$65 (6 classes)

**2.5 - 5 years** (SU18006) Tuesdays 11:00 - 11:45 am Jul 17 - Aug 21 \$65 (6 classes)



### PARENT AND TOT SPORTBALL (adult participation REQUIRED)

**Preschool T-Ball 2.5 - 4.5 years** (SU18800)

Mondays 6:00 - 7:00 pm Jul 9 - Aug 20 (ex Aug 6) \$131 (6 classes)

Perfect for your little T-ball fan, Sportball instructors provide children with the basic skills required to build confidence in a non-competitive environment. Certified coaches zero in on skills including: throwing, catching, correct batting form, running bases, fielding positional play.

### Outdoor Soccer

Wednesdays, July 4 - Aug 22 (8 classes)

2 - 3.5 years 4:30 - 5:15 pm \$180 (SU18791)

3 - 4 years 4:15 - 5:15 pm \$180 (SU18792)

3 - 5 years 5:15 - 6:15 pm \$180 (SU18793)

5 - 6 years 7:15 - 8:15 pm \$180 (SU18795)

6 - 8 years 7:15 - 8:15 pm \$180 (SU18796)

Sportball focuses on the fundamentals of soccer: throw-ins, kicking, dribbling and goalie skills. Children are taught to apply soccer skills successfully and confidently in soccer games. Your registration includes a team jersey and your very own soccer ball. Please note parents are required to stay with their child.



### Summer Outdoor Soccer & T-Ball 3 -5 years (Su18801)

Wednesdays 6:15 - 7:15 pm Jul 4 - Aug 22 \$180 (8 classes)

Sportball's Soccer/T-ball programs introduce children to the fundamental concepts of the games in a fun, supportive, and non-competitive environment. Your children will get two sports in one! We help our children meet developmental milestones and develop physical literacy through our play-based "coaching with a purpose" curriculum.

# Sportball

Sports instruction for kids

**Parent & Tot Multisport 1.5 - 2.5 years**  
 (Su18799) Mondays 5:15 - 6:00 pm  
 Jul 9 - Aug 20 (ex Aug 6) \$116 (6 classes)

This dynamic sports program focuses on skill development in seven different sports: floor-hockey, baseball, basketball, soccer, tennis, volleyball and golf. This creative,

non-competitive and self-esteem building program prepares all children for a future of confident sports participation. All programs above take place at Sylvia Holden Park (near the Fifth Ave. Fire Station & wading pool).

## Sport & Splash

Thursdays Jul 5 - Aug 23 \$155 (8 classes)

**Junior Sport & Splash** 16 - 30 months (Su18797) 9:30 - 10:30 am

**Parent & Child Sport & Splash** 2.5 - 5 years (Su18798) 10:30 - 11:30 am

Parents and caregivers encourage their child's physical and social development while enjoying the fresh air outdoors. The first half includes important introductory physical skills associated with seven core sports (soccer, tennis, baseball, basketball, volleyball, golf and football), games and activities, as well as snack time. Children end the class with structured water-play activities led by their Sportball Coach. Location: Glendale Park

## EARLY LEARNING DROP-OFF

**Sports & Games 2.5 - 5 years** (Su18802)  
 Tuesdays 1:30 - 3:30 pm Jul 3 - Jul 24 \$68 (4 classes)

Two hours of sports and low and high energetic games to entertain your preschooler. The emphasis is on fun, learning skills and safe play.

**My Art 2.5 - 5 years** (Su18803)  
 Thursdays 1:30 - 3:30 pm Jul 5 - Jul 26 \$68 (4 classes)

Do you love experimenting with paint, scissors, glue and more? Each week we will be using different themes to create wall-worthy masterpieces. Come join us for this amazing class full of artistic delights!

**Young Scientists 2.5 - 5 years** (Su18804)  
 Tuesdays 1:30 - 3:30 pm Jul 31 - Aug 21 \$68 (4 classes)

A wonderful world of scientific exploration! Get messy making slime, creating foam explosions, and being dazzled by milk fireworks and more!





**Animal Crackers 2.5 - 5 years (SU18805)**

Thursdays 1:30 - 3:30 pm Aug 2 - Aug 23 \$68 (4 classes)

Explore the animal kingdom and learn about your favourite creatures, big and small through games, scavenger hunts, crafts, nature documentaries and stories. New animals and ecosystems will be presented each week.

**NEW! KinderJardin 3 - 5 years (Su18807)**

Wednesdays 1:30 - 3:30 pm

Jul 4 - Jul 25 \$86 (4 classes)

Aug 1 - Aug 22 \$86 (4 classes)

Bonjour les amis, bonjour! Did you know that kindergarten is now French Immersion for all students? Join Mlle. Mariah (Kindergarten Specialist, OCDSB French Kindergarten Teacher) and get a head start on key words and phrases en français! We will spend 2 hours a week engaging in play, circle lessons, French songs and stories to expose your child to the wonderful world of French! À bientôt! Yes, you can attend both sessions.

## ALL AGES

**All Levels Family Taekwon-Do 7 years - adult (Su18806)**

Tuesdays & Thursdays 6:00 - 7:00 pm July 3 - Aug 23 \$155 (16 classes)

Taekwon-Do is a Korean martial art developed by General Choi. Classes consist of warm-ups, sparring, patterns, self-defence and meditation. Taekwon-Do offers numerous opportunities to attend seminars, workshops and tournaments, according to individual preferences. Instruction is provided by Mr. Chris Harnett, 4th Degree Black Belt of the International Taekwon-Do Federation (ITF). Location: Glebe CC



## ADULT

**POTTERY - Wheel & Handbuilding (Su18305)**

Tuesdays 6:30 - 9 pm July 3 - August 21 \$205 (8 classes)

Learn or advance your skills on the pottery. This class is designed for all skill levels. Students will be guided through a variety of wheel throwing and handbuilding techniques as well as the essentials of glazing and decorating. Clay must be purchased at the Glebe CC prior to start of class.

**Summer Pottery Membership: July 3 - Sept 2**

Adult \$90.40

Student \$49.72 (14 - 18 years)

Junior \$44.00 (7 - 13 years - accompanied by adult member)



## ADULT DANCE WITH EMILIE PHANEUF: ALL-LEVEL

### **Salsaton** (Su18402)

Salsa & Reggaeton! This class is about adding spice to how you dance, whether you dance as your workout, to build up your confidence on the dance floor or just to have fun! Emilie will be giving lots of options for everyone to feel comfortable. Bring dance shoes or athletic shoes with clean soles.

### **I Love The 90s! Bring Back the 90s** (Su18403)

Bringing back the great hits from the 90s and early 2000s! Street styles ranging from Hip Hop to Vogue to House just to name a few. Options will be given so everyone feels comfortable - and it's a great workout too! Drop-ins are welcome throughout the session.

### **Heels** (Su18404)

Strut your stuff! Celebrate creativity, individuality, uniqueness and fierceness! Dance styles such as Vogue, Sass and Jazz get you moving to great music in heels. Learn a routine and find new confidence on and off the dance floor! Bring dance shoes or heels that you can't kick off.

### **Street Dance** (Su18405)

Emilie will break down moves from various popular street dances such as Hip Hop, House, Reggaeton, Dancehall, Salsaton... Street dances are all about creativity, confidence, expression and attitude. You will learn hot moves and also work on choreography that will incorporate all these funky dance styles. Options will be given so everyone feels comfortable - and it's a great fun workout too!

### **Dancehall Funk**(Su18406)

Originating from the beautiful island of Jamaica and spreading rapidly on a global scale, Dancehall has made a huge impact on the dance community. This class will teach you a combination of hot moves and an energetic routine full of fresh, street smart choreography, dancing to the hottest music. Options will be given so everyone feels comfortable - and it's a great, fun, workout too!

### **Reggaeton** (Su18407)

Reggaeton is a fusion of Hip Hop/Reggae movements with Latino rhythms. It is a free style that is sensual, energetic & fun. This class will emphasize body isolations focusing on core strength & movement, and will teach you a combination of hot moves and an energetic routine that will give you a great workout - and make you more confident on the dance floor. With its popularity rapidly on the rise world-wide, you won't want to miss out on this captivating craze!

### **NEW! Dirty Dancing The Movie Dance Workshop** (Su18408)

Hungry Eyes, Hey Baby, Do You Love Me, Cry To Me, (I've Had) The Time Of My Life... Learn the final routine and dance your heart out! You won't want to miss it! All levels welcome.

### **Caribbean Vibes Workshop** (Su18408)

The energetic and pumping rhythms will inspire you to shake your tail feathers and whine it up! Get ready for a fun, energetic workshop, and spice up your summer with Caribbean vibes! All levels welcome.

Street Dance	6:00 - 7:00 pm	Thursdays Jul 5 - Aug 23	\$141 (8 classes)	Su18405
Dancehall Funk	7:00 - 8:00 pm	Thursdays Jul 5 - Aug 23	\$141 (8 classes)	Su18406
Reggaeton	8:00 - 9:00 pm	Thursdays Jul 5 - Aug 23	\$141 (8 classes)	Su18407
Salsaton	6:15 - 7:15 pm	Tuesdays Jul 10 - Aug 21	\$123 (7 classes)	Su18402
I Love the 90s!	7:15 - 8:15 pm	Tuesdays Jul 10 - Aug 21	\$123 (7 classes)	Su18403
Heels	8:15 - 9:15 pm	Tuesdays Jul 10 - Aug 21	\$123 (7 classes)	Su18404
Dirty Dancing Workshop	1:00 - 2:15 pm	Saturday, July 14	\$35 (one time)	Su18408
Caribbean Vibes Workshop	1:00 - 2:15 pm	Saturday, August 18	\$35 (one time)	Su18409



**Belly Dance ( Su18505)**

Tuesdays 7:00 - 9:00 pm Jul 3 - Aug 21 \$123 (8 classes) or \$20 (drop-in)

Develop fluidity, grace and strength in this low-impact activity that targets isolated muscle groups. It's a great way to improve posture, flexibility, balance and grace. New and experienced dancers are welcome! Don't be shy - unleash your inner goddess. Instructor: Caroline Hawthorne

## SUMMER GROUP FITNESS

GNAG understands how important it is to find the right blend of core, strength and cardio exercises to provide you with the best results. We offer a wide range of specialty and regular group fitness classes geared to fit all levels with a focus to get you in shape, stay active and improve your health. Programs are led by a team of top quality, energetic and passionate instructors. Come try us out and feel the difference!

Monday July 9 - Aug 20 (ex Aug 6)	Tuesday July 3 - Aug 21	Wednesday July 4 - Aug 22	Thursday July 5 - Aug 23	Friday July 6 - Aug 24	Saturday July 7 - Aug 25 (ex Aug 4)
FITXpress 6:15 - 7:15 am Ruth		FITXpress 6:15 - 7:15 am Lindsay		FITXpress 6:15 - 7:15 am Mary	
TMC 7:40 - 8:40 am Ruth	Pilates 7:40 - 8:40 am Carol	CSI 7:40 - 8:40 am Ruth	TMC 7:40 - 8:40 am Catherine	Stretch & Strength 7:40 - 8:40 am Carol	Variety 9:00 - 10:00 am Rotation
CSI Gerry 5:30 - 6:30 pm					

## ALL AGES ALL LEVELS BRING A FRIEND

**The price is right!**

**SUMMER** Season is 8 weeks  
July 3 - August 26, 2018 (ex Aug 4 & 6)  
**Summer Membership: \$125 incl. HST**  
10% Senior discount (65 years+)

**10 tickets: \$140 incl. HST**  
(expire June 30, 2019)  
(No senior's discount on tickets)  
**Drop-in: \$15 incl. HST**  
(No senior's discount on drop-in)



## GROUP FITNESS DESCRIPTIONS

**CSI (Cardio Strength Interval):** This workout alternates cardio and strength drills for optimal fitness results.

**TMC (Total Muscle Conditioning):** A challenging and dynamic whole body muscle conditioning class using a variety of exercise equipment, as well as your own body weight. Exercises will be modified for all fitness levels. Be prepared to work all your muscles.

**PILATES:** The fundamental principles of Pilates focus on balance, concentration, control, centering, fluid movement and breath. This is achieved by focusing on the deep stabilization muscles of the torso, hips, and shoulder girdle.

**STRETCH & STRENGTH:** Strengthening exercises for the whole body followed by a deep relaxation stretch.

### **Hatha Yoga (Su18600)**

Tuesdays 7:15 - 8:15 pm Jul 3 - Aug 21 \$86 (8 classes) or \$15 drop-in

These Hatha-based classes are designed for all levels and encompass a variety of styles including Yin/Yang and Restorative Yoga. Focusing on breathwork (pranayama), these dynamic classes help build strength and flexibility with an emphasis on core muscles. Our goal is to help you relieve stress and tension of the mind and body.

## FITNESS WITH JULES

### **Mom & BabyGym**

Thursdays 1:00 - 1:50 pm July 5 - Aug 23 (Tickets at front desk)

Research and experience proven cardio, strength, flexibility and SAFE core combinations help you create a BETTER THAN BEFORE BABY BODY! Have FUN and FEEL ENERGIZED to keep up with your growing family! All fitness levels and BABY WEARING MAMAS are welcome! Diastasis recti, pelvic floor, carpal tunnel and many other postnatal considerations will be addressed! Children of all ages are welcome!



### **BodyGym**

Saturdays 8:00 - 9:00 am Jul 7 - Aug 18 (ex Aug 4) (Tickets at front desk)

Sundays 9:00 - 10:00 am Jul 8 - Aug 19 (ex Aug 5) (Tickets at front desk)

FIERCE FUSION of the BEST training techniques for strength, energy and endurance! Cardio, resistance, core and bodyweight & flexibility training gets the RESULTS you want! All fitness levels are encouraged and will be challenged! Your PERSONAL BEST happens here!



**Fitness with Jules**

### **Women Only TEAM BodyGym (Su18609)**

Saturdays 9:00 - 10:00 am Jul 7 - Aug 18 (ex Aug 4) \$169.50 (6 classes)

THE GAME CHANGER! Personal Training in small group setting for HUGE results! YOUR health and wellness goals are assessed and specifically targeted. Laser focus on form, function and safety. Experience includes weekly home workouts, lifestyle challenges, nutritional guidance PLUS a PERSONALIZED home training plan to guarantee to maintain your success!