

A colorful kite with long, thin streamers in yellow, blue, red, green, and white, flying against a clear blue sky. The kite is positioned on the right side of the frame, with its tail extending towards the left.

SUMMER PROGRAMS 2019

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

Choose **GNAG** for your Summer Programs

REGISTRATION TIPS

As of September 2018, GNAG has a new registration system.

Online registration: Go to GNAG.ca

1. Click on the REGISTER or BROWSE button.
2. Choose a PROGRAM grouping, then search by CATEGORY.
3. Remember, GRADE refers your child is currently in.
4. Once you CHOOSE AN ACTIVITY you will be asked to login or create a new ADULT user profile. (NOTE: you may already have an Amilia account if you've recently signed up at the St. James Tennis Club [for lessons], Ottawa Gymnastics or Ottawa Circus School).
5. Choose a PARTICIPANT from your list or ADD ANOTHER PERSON if you need to add an additional child.
6. Please do NOT add non-family members to your profile as that registrant will be in your family profile permanently.
7. Do not forget to respond to the VERIFICATION EMAIL you received upon creating your profile.

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

Telephone Registration: GNAG accepts telephone registration Monday to Friday, 9 am to 8 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. Call 613-233-8713 for more information. You can download the form from our website by searching under the *Jump To* section on the top menu 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 for full details.

LOCATION: 175 Third Ave.

Ottawa ON, K1S 2K2

CONTACT: 613-233-8713 (GNAG office) www.gnag.ca info@gnag.ca
613-564-1058 (City - renting rooms) 613-564-7612 (fax)



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 surroundings
- 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.

OUR HOURS

Monday - Friday: 8:30 am - 9:00 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

GNAG.ca is open 24 hours! You can access a full listing of programs, special events, newsletters and more. For your convenience, you can also register online.

JOURS ET HEURES D'OUVERTURES

Les heures d'ouvertures sont du lundi au vendredi de 08h30 - 21h30. 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 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
 Paul O'Donnell: Director of Recreation paul@gnag.ca
 Clare Davidson Rogers: Office Manager clare@gnag.ca
 Peter Wightman: Financial Administrator peter@gnag.ca
 Alison O'Connor: Children & Family ali@gnag.ca
 Lauren Fowler: Sr. Program Coordinator lauren@gnag.ca
 Jason Irvine: Sr. Program Coordinator jason@gnag.ca
 John Muggleton: Youth & Adult john@gnag.ca
 Katie Toogood: Youth & Adult katie@gnag.ca

GNAG BOARD OF DIRECTORS

Chair: Michel Ouellette
Vice Chair: Kate McCartney
Treasurer: Brad Sigouin
Secretary: Elspeth Tory

VOTING MEMBERS

Geoffrey Kellow	Liz Izaguirre
Clare Pearson	John Richardson
Kellylee Evans	Cathy McCallion
Heather Moncur	Sarah Wilson
	Dominique Milne

GNAG's proud partner



Recreation Supervisor: Mona Warkentin
 Customer Service: Jane Wilson
 Facilities Operator: Tim Bertrand

RENTING ROOMS:

all occasions, weddings, banquets, meetings, parties,

WE DO IT ALL!

Contact 613-564-1058
 or 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

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.

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

Walking - 3 years Tuesdays 11:00 - 11:45 am Jul 9 - Aug 13 \$65 (6 classes)

Join us 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. Summer classes will take place at Capital Park. Instructor: Maya Ethier



Sportball

Sports instruction for kids

Sportball Soccer focuses on the fundamentals: throw-ins, kicking, dribbling and goalie skills. Children are taught to apply soccer skills successfully and confidently in soccer games. Location: Sylvia Holden Park (near the wading pool). Registration includes a team jersey and your very own soccer ball.

Please note parents are required to stay at the field.

Location: Sylvia Holden Park (near the wading pool).

Outdoor Soccer (includes ball & jersey)

Wednesdays, July 3 - Aug 21 (8 classes)

3 - 4 years	4:15 - 5:15 pm	\$180
3 - 5 years	5:15 - 6:15 pm	\$180
3 - 5 years	6:15 - 7:15 pm	\$180
5 - 6 years	7:15 - 8:15 pm	\$180
6 - 8 years	7:15 - 8:15 pm	\$180

Sportball

Sports instruction for kids continued

Preschool T-Ball 2.5 - 4.5 years (includes jersey)

Mondays 6:00 - 7:00 pm July 8 - Aug 19 (ex Aug 5)
\$131 (6 classes)

Perfect for your little T-ball fan, Sportball instructors provides 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.

Location: Sylvia Holden Park (near the wading pool).

Outdoor Soccer and T-Ball 3 - 5 years (includes ball & jersey)

Wednesdays 6:15 - 7:15 pm July 3 - Aug 21
\$180 (8 classes)

The perfect combination of our two favourite summer sports, soccer and T-Ball.

Location: Sylvia Holden Park (near the wading pool).

Parent & Tot Multisport 2.5 - 5 years

Mondays 5:15 - 6:00 pm Jul 8 - Aug 19 (ex Aug 5) \$116 (6 classes)

This dynamic sports program focuses on skill development in seven different sports: floorhockey, 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. This is a drop-off program. Location: Sylvia Holden Park (near the wading pool).



Sport & Splash

Jr. 16 - 30 months

Mondays 9:30 - 10:30 am
Jul 8 - Aug 19 (ex Aug 5)
\$116 (6 classes)

Parent & child 2.5 - 5 years

Mondays 10:30 - 11:30 am
Jul 8 - Aug 19 (ex Aug 5)
\$116 (6 classes)

A fun program encouraging physical and social development. The first half concentrates on seven core sports and the second half focusses on structured water play. Location: Glendale Park

ALL AGES

All Levels Family Taekwon-Do 7 years - adult

Tuesdays & Thursdays 6:00 - 7:00 pm July 2 - Aug 29 \$183 (18 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

All Levels Wheel

Wednesdays 6:30 - 9:00 pm July 3 - August 28
\$225+HST (9 classes)

Learn or advance your skills on the potter's wheel. Students will be guided through a variety of wheel throwing techniques as well as the essentials of glazing and decorating.

Instructors: Debra Ducharme & Bruce Jones

Summer Pottery Membership:

July 2 - Aug 30 (ex Aug 5)

Adult \$85 + HST

Student \$47: 14 - 18 years

Junior \$47: 7 - 13 years (accompanied by adult member)



Belly Dance

Wednesdays 7:00 - 9:00 pm Jul 3 - Aug 28
\$119.43 +HST (9 classes) or \$17.70 +HST (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

ADULT DANCE WITH EMILIE PHANEUF: all-levels

Prices on table below. All Drop-ins \$22.12+HST

Bring back the 90s: Bringing back the great hits from the 90s and early 2000s! This is an all-level class where options will be given so everyone feels comfortable - and it's a great workout too! Find the schedule for 90s (songs and routines) on Emilie's website. Drop-ins are welcome throughout the session.

Bring back the 80s: Bringing back the great hits from the 80s! This is an all-level class where options will be given so everyone feels comfortable - and it's a great workout too! Find the schedule for 80s (songs and routines) on Emilie's website. Drop-ins are welcome throughout session.

Caribbean Vibes: Get yourself inspired and moving to Caribbean rhythms! Salsa, Soca, Reggae, Dembow, Dancehall... The energetic and pumping rhythms of the Caribbean will inspire you to shake it and have the best time! All levels welcome. Drop-ins are welcome throughout the session.

Dancehall Funk - Level 1: 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 - and it's a great workout too! Registration required; drop-ins welcome in the first 3 weeks only.

Dancehall Funk - Level 2: This class will teach you a combination of hot moves and a challenging routine full of fresh, street smart choreography, dancing to the hottest music. Registration required; drop-ins welcome in the first 3 weeks only.

Street Dance - Level 1: Hip Hop, Reggaeton, Dancehall, Salsaton... Street dances are all about creativity, confidence, expression and attitude. Not sure which dance class to take this session? Emilie has so many possibilities for you to explore, learn and make yours, and she will break down moves to make them easy and fun to learn, while getting a great workout. Drop-ins are welcome throughout session.

Street Dance - Level 2: Get ready for an energetic and challenging class! Hip Hop, Reggaeton, Dancehall, Vogue, House... So many possibilities for you to explore and learn hot moves! Street dances are all about creativity, confidence, expression and attitude. Registration required; drop-ins welcome in the first 3 weeks only.

Reggaeton - All Levels: Emilie started the first Reggaeton class in Ottawa over 10 years ago at GNAG! 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. Registration required; drop-ins welcome in first 3 weeks only.

Sass Chair Dance: Celebrate creativity, individuality, uniqueness and fierceness! Fusion of different dance styles including Burlesque. Wear something comfortable that makes you feel sassy and inspired. Heels are fun, but not mandatory. Registration required; drop-ins welcome in first 3 weeks only.



Mondays July 8 - Aug 26 (ex Aug 5) \$119+HST	Tuesdays July 9 - Aug 27 \$136+HST	Thursdays July 11 - Aug 29 \$136+HST	Fridays July 12 - Aug 30 \$136+HST
	Caribbean Vibes 6:15 - 7:15 pm	Street Dance Level 1 6:15 - 7:15 pm	Street Dance Level 2 6:15 - 7:15 pm
	Bring Back the 90s 7:15 - 8:15 pm	Dance Hall Funk Level 1 7:15 - 8:15 pm	Dance Hall Funk Level 2 7:15 - 8:15 pm
Sass Chair Dance 8:15 - 9:15 pm	Bring Back the 80s 8:15 - 9:15 pm	Reggaeton All Levels 8:15 - 9:15 pm	

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! CSI = Cardio & Strength Intervals. Suitable for all levels!

Monday July 10 - Aug 28	Tuesday July 4 - Aug 29	Wednesday July 5 - Aug 30	Thursday July 6 - Aug 31	Friday July 7 - Sept 1	Saturday July 8 - Sept 2
FITXpress 6:15 - 7:00 am Ruth		FITXpress 6:15 - 7:00 am Victoria		FITXpress 6:15 - 7:00 am Mary	
TMC 7:40 - 8:40 am Ruth	TMC 7:40 - 8:40 am Carol	CSI 7:40 - 8:40 am Ruth	TMC 7:40 - 8:40 am Mary/Carol	Movement is Med. 7:40 - 8:40 am Carol	Variety 9 - 9:55 am
CSI 6:00 - 6:55 pm Gerry		Yoga Flow 6:00 - 6:55 pm Mary			
Hatha Yoga 7:00 - 7:55 pm Gitanjali					

SUMMER Season is 9 weeks,
July 2 - August 31, 2019 (ex Aug 5)
Summer Membership: \$117 +HST
10% Senior discount (65 years +)

10 tickets: \$132.75+HST
(expire June 30, 2020)
Drop-in: \$15.31+HST
(No senior discount on tickets or drop-in)

FITNESS WITH JULES Choose the ticket pack that suits you!

Mom & Baby Fitness

Thursdays 10:35 - 11:25 am July 4 - Aug 29

Research and experience have 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 welcome!

BodyGym

Saturdays 8 - 8:50 am July 6 - Aug 24

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 encouraged and challenged! Your PERSONAL BEST happens here!

Family BodyGym

Sundays 9 - 9:50 am July 7 - Aug 25

Family fitness is my new FAVOURITE!!! Get your weekend on! while your littles play or join in! Each class is a full body blast fusing the most effect cardio, strength and flexibility training EVER! All ages and fitness levels welcome and encouraged! Make Sunday a Funday for the WHOLE family!

