

Summer 2023 Adult Programs



Glebe Neighbourhood Activities Group
Glebe Community Centre 175 Third Ave
Ottawa, ON K1S 2K2
GNAG.ca 613-233-8713 info@gnag.ca



Welcome to the Glebe Neighbourhood Activities Group (GNAG)

GNAG has been offering recreational, social and cultural activities and services at the Glebe Community Centre for over 45 years and we're thrilled to have you join our family.

We'd like you to meet our management team. Along with our amazing staff, instructors and volunteers, we're going to do our best to ensure your experience at GNAG is inclusive, fun, and brings you back for more!

Sarah Routliffe
Executive Director
sarah@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 Manager
ali@gnag.ca

Jason Irvine
Preschool & Kinder
Coordinator
jason@gnag.ca

Lauren Kirk
Theatre & Q4 Coordinator
lauren@gnag.ca



John Muggleton
Adult Program Manager
john@gnag.ca

Katie Toogood
Youth Program Coordinator
katie@gnag.ca

Tanis Hodder
Customer Service
tanis@gnag.ca

You can find us at

175 Third Ave
Ottawa, ON
K1S 2K2

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

Follow us on social media
at GNAG Ottawa



REGISTRATION BEGINS May 30 at 7 pm GNAG.ca

Head to GNAG.ca

1. Click REGISTER button.
2. Choose a PROGRAM FOLDER.
3. Once you choose an ACTIVITY you will be asked to log-in or create an ADULT user profile. There is a password reset option. Please do NOT create a second profile. Email or call us to verify.

4. Choose a PARTICIPANT from your list or ADD ANOTHER PERSON, which can be found in a scrollable pop-up menu.

5. Please do NOT add non-family members to your profile as that registrant will be in your family profile permanently.

In-person registration: Please come in during regular hours. We accept VISA, MC, Debit and cash.

Telephone registration: GNAG accepts telephone registration when the building is open. See our hours at GNAG.ca. Dial 613-233-8713 to register. We accept Visa and MC.

Registration Pro-tip

Ensure your profile is up-to-date on our Amilia registration platform. If you need help with this, give us a call or email. We'll be at the office on the first evening of registration to offer you assistance if necessary.

WAITING LISTS

If a program in which you are interested is full, you have the option of placing yourself on a waiting list on the program registration page. Participants will be contacted only if a space becomes available.

REFUNDS & TRANSFERS

Notification required:

At least 1 week's notice for each program

1. Within notification period:

Refund with 7% admin fee or credit on GNAG account with no fee.

2. Less than notification period:

Refunds or credits on GNAG account will not be issued.

3. Change your mind?

Notify us first! We can help without incurring fees. A transfer requires the same period of notification.

FINANCIAL ASSISTANCE

Financial assistance is available and needs to be renewed every year as of July 1. Please call the GNAG office at 613-233-8713 for more information. You can also download the form from our website by searching under the "Jump To" menu. There are no geographical restrictions to our subsidy program.

TAKING PHOTOS & VIDEOS

We like to take pictures of our programs in session and we use them in our community guide, on our website, and in promotional material and social media.

COVID PROTOCOLS

Masks are optional and vaccines are not required. As always, this situation continues to evolve. Please be assured our team will monitor the Provincial and OPH requirements for any changes and GNAG will adjust its protocols accordingly and reserves the right to reinstate the masking and vaccine policy should public health mandates change and/or new scientific evidence emerge.

SUBJECT TO CHANGE

Despite our best efforts, sometimes things don't work out as we planned so things can change, sorry.

GNAG OFFICE HOURS

Monday - Thursday: 8:30 am - 6 pm, Friday: 8:30 - 7:30 pm, Saturday: 9 am - noon. Additional weekend hours of operation may vary. Please call to verify.

JOUR ET HEURES D'OUVERTURES

Les heures d'ouverture sont du lundi au vendredi de 08h30 à 20h30. Les fins de semaine, les heures d'ouverture peuvent varier selon l'horaire des événements spéciaux.

GNAG IS PROUD TO PARTNER WITH



GLEBE CC CITY TEAM

Recreation Supervisor:

Mona Warkentin

Facilities Operator:

Chris Moorhouse

Booking Clerk:

Kimber Marleau

TO RENT

613-564-1058

ccGlebecc@Ottawa.ca



PLAN YOUR NEXT EVENT AT THE GLEBE COMMUNITY CENTRE

Whether you are interested in hosting conferences, banquets, dances, meetings, birthday parties or special events, our community centre can accommodate you. Our facility amenities combined with our professional and relaxed atmosphere will ensure that your event is a success. Competitive and affordable rates make Glebe Community Centre an attractive venue. For more information contact 613-564-1058. CcGlebeCC@ottawa.ca

Si vous souhaitez organiser une conférence, un banquet, une soirée dansante, une réunion, ou un événement spécial, notre centre communautaire est en mesure de vous accueillir. Notre ambiance a la fois professionnelle et décontractée, ainsi que la grande qualité de nos équipements, seront le gage de votre succès. Notre centre communautaire est l'endroit idéal pour vos projets, grâce aux tarifs concurrentiels et aux services réputés de notre traiteur. Pour plus de renseignements, appelez le 613-564-1058. CcGlebeCC@ottawa.ca

Pottery



Pottery Studio

Become a member of our busy Pottery Studio. Memberships are available to those with the experience necessary to work independently. In order to become a member you must have a minimum of 1 year experience in pottery within the last 5 years. working with clay and glazes. The studio is open for members whenever the Centre is open, excluding class times, private bookings, and holidays.

Contact Jen Drysdale at pottery@gnag.ca to inquire about studio membership and what might work for you.

Clay must be purchased at \$47+HST per bag.

Summer Pottery Membership: Jul 4 - Sept 2

| | |
|--------------|-----------|
| Adult | \$150+HST |
| Make-At-Home | \$50+HST |
| Deferral | \$50+HST |

Make-At-Home Membership: Jul 4 - Sept 2

- Summer Make at Home membership fee \$50+HST
- Clay must be purchased at GNAG at \$47+HST per bag (non-refundable) which includes bisque firing.
- Studio time for glazing must be booked ahead of time.
- There will be a fee for glaze firing per piece. This will include glazes and studio time to do your glazing.

Example of glaze firing fees:

| | | | | | |
|---------------|-----|-------------------|-----|-------------|-----------|
| 6" x 12" bowl | \$8 | 4" mug | \$4 | decorations | \$1 - \$3 |
| 6" x 8" bowl | \$7 | 6" mug | \$5 | 12" plate | \$6 |
| 3" x 6" bowl | \$6 | more items online | | | |

Pottery Class

Beginner Intermediate Wheel

| | |
|----------------|-----------------------|
| Thursday | 7:00 - 9:30 pm |
| Jul 6 - Aug 24 | \$360+HST (8 classes) |

Whether you have taken a few classes and want to further your skills or you want to try pottery for the first time this class is for you. Students will be introduced to all aspects of making pottery on the wheel as well as well as decorating and glazing techniques. There will be numerous projects presented which will accommodate various skill levels. Clay is not included in the class fee.

Bubble Pottery Lessons

GNAG Pottery Studio offers private, semi-private and small group lessons for those who want to learn how to pot with friends and family who are in the same bubble. This is not a children's drop-off program. Adult participation is required.

We provide 6 hours (three sessions of 2 hours each) of professional instruction in handbuilding or wheel throwing and glazing techniques. Cost includes one bag of clay divided by the number of participants.

Book your Bubble Pottery Lesson by calling 613-233-8713 or email at: pottery@gnag.ca

| | |
|---------------------|-------------------|
| Private lesson | \$336+HST |
| Semi-private lesson | \$228+HST /person |
| 3 participants | \$186+HST/person |
| 4 participants | \$162+HST/person |

Adult Acting Workshops



Get the Part!

The Art of Auditioning for Stage

Wednesday & Thursday 7:00 - 9:00 pm
Jul 12 & 13 \$125+HST (2 classes)

Wednesday & Thursday 7:00 - 9:00 pm
Aug 9 & 10 \$125+HST (2 classes)

During this 2-night workshop, you'll learn how to prepare for an audition, choose the right monologue or scene to perform, and make the most of your time in front of a director. Instructor Chris Ralph will also cover the technical aspects of auditioning, including vocal and physical warm-ups, breathing techniques, and improvisation exercises. You'll gain confidence, learn how to handle nerves and feedback, and gain valuable insights into the industry. You'll leave the workshop with new skills, techniques, and industry knowledge, as well as the confidence to excel at your next audition. Don't miss this opportunity to learn from one of the best in Ottawa!

The Self-Tape Audition: How to Stand Out!

Wednesday & Thursday 7:00 - 9:00 pm
Jul 19 & 20 \$125+HST (2 classes)

If you're an actor looking to master the art of self-taped auditions, Robert Bockstael's self-tape acting workshop is an excellent opportunity to do just that. With decades of experience as an actor in film, television, and theater, Robert Bockstael will teach you how to create a compelling self-taped audition that showcases your talent and versatility. In this 2-night workshop, you'll learn how to set up your home studio, choose the right lighting and background, and use the right equipment to record your audition. Robert Bockstael will also teach you how to deliver a captivating performance, choose the right material for your audition, and make the most of your self-taped audition.

"Yes And": Improv workshop for Beginners

Wednesday & Thursday 7:00 - 9:00 pm
Jul 26 & 27 \$125+HST (2 classes)

Are you interested in learning the art of improvisation? If so, John Muggleton's improv workshop for beginners is the perfect opportunity to get started. With years of experience as a veteran actor and improv artist, John will guide you through the fundamentals of improvisation and help you develop your creativity, spontaneity, and teamwork skills. John will also teach you how to listen and respond to your scene partner, and how to stay present and focused in the moment. Whether you're an actor, comedian, or just looking to explore a new hobby, this workshop is a great way to hone your skills and have fun in the process.



Auditioning for the Camera with Robert Bockstael

Wednesday & Thursday 7:00 - 9:00 pm
Aug 16 & 17 \$125+HST (2 classes)

If you're an actor looking to excel in auditions for TV and film roles, Robert Bockstael's Auditioning for TV and Film workshop is the perfect opportunity to learn from a veteran in the industry. With decades of experience as a TV and film actor, Bockstael will guide you through the nuances of auditioning for these mediums and help you master the skills necessary to stand out in your auditions. During the workshop, Bockstael will share his insights on what casting directors are looking for, how to prepare for your audition, and how to deliver a strong performance on camera. You'll also learn how to handle nerves, how to take direction, and how to make the most of your time in front of the camera.

The Perfect Monologue for the Perfect Audition

Wednesday & Thursday 7:00 - 9:00 pm
Aug 23 & 24 \$125+HST (2 classes)

The right monologue is key to showcasing your strengths and abilities, while also giving insight into your personality. Join veteran actor Robert Bockstael to find a contemporary monologue that's right for you and dive into coaching and techniques so you feel confident auditioning with your new piece.

Belly Dance with Caroline Hawthorne

Wednesday 7:00 pm - 8:30 pm
July 5 - Aug 23 \$120+HST (8 classes)

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.



Group Fitness & Wellness

**Start your day with
GNAG!**
At home or the Glebe C.C.

**Summer Season
July 4 - Sept 1 (9 weeks)**

Summer Multipass: includes all classes
\$108+HST
10 tickets: (in-person classes only): \$140+HST
In-person Drop-in: \$16+HST

We did the MATH!

How much per class if I buy the pass?

3 classes a week for 9 weeks = 27
\$108/27 = **\$4 per class!**

2 classes a week for 9 weeks = 18
\$108/18 = **\$6 per class!**

**Take advantage of this sweet
Super Summer Deal!**

| Monday Jul 10 - Aug 28 (ex Aug 7) 7:45 - 8:30 am | Tuesday Jul 4 - Aug 29 7:45 - 8:30 am | Wednesday Jul 5 - Aug 30 7:45 - 8:30 am | Thursday Jul 6 - Aug 31 7:45 - 8:30 am | Friday Jul 7 - Sept 1 7:45 - 8:30 am |
|--|---|---|--|--|
| SuperYou with Ruth  | Movement is Medicine with Carol | The Blend with Gina  | CSI with Christine  | Zumba with Vicki |

CLASS DESCRIPTIONS

CSI (Cardio Strength Interval): Alternate between high and low impact options of cardio and strength moves to increase strength and endurance. HIIT, Tabata and other forms of training may be included. Suitable for all levels; proper form emphasized.

Movement is Medicine: Work on muscles, ligaments, tendons and joints to enable ease of movement and range of motion, proper posture and spinal alignment.

SuperYou: Strength based class focusing on power, endurance and functional fitness. Modifications provided for all abilities. Stay strong for life!

The Blend: Combining elements of Yoga and Pilates, this mind-body class focuses on posture, strength and flexibility. Guaranteed to relax and improve your overall well-being.

Zumba: An exhilarating workout that fuses Latin rhythms and easy-to-follow moves creating a dynamic class that's tonnes of fun!

The Nitty Gritty

- If you register after the start date, please notify GNAG by emailing info@gnag.ca.
- You will be emailed a Liability Waiver which must be completed prior to attending your first class.
- You will be emailed the Zoom password for the online classes.
- You will be emailed a link to our recorded, on-demand classes.
- If you buy 10 tickets, in-person classes must be booked individually using your Multipass on Amilia.
- You can book up to one week in advance, please cancel online or via email.

If you need assistance, call 613-233-8713 or email info@gnag.ca.