

# Summer Programs

# 2024



Summer fun at GNAG for adults!

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

# WELCOME TO GNAG

## Glebe Neighbourhood Activities Group

GNAG has been offering recreational, social and cultural activities and services at the Glebe Community Centre for almost 50 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

**Jason Irvine**

Early Years Manager  
jason@gnag.ca

**Katie Toogood**

Youth Program Manager  
katie@gnag.ca

**Tanis Hodder**

Office Administrator  
tanis@gnag.ca



**Lauren Kirk** Maternity Leave Sept 2023 - Sept 2024

**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**



**GNAG SUMMER OFFICE HOURS:** Mon 8:00 am - 6:00 pm, Tues - Thurs 8:00 am - 8:30 pm Friday: 8:00 - 6:00 pm. The centre may be open additional weekend hours at the discretion of the City, 613-564-1058.

**JOUR ET HEURES D'OUVERTURES:** Les heures d'ouverture sont du lundi 08h à 18h, et mardi au jeudi 08h30 à 20h30, et vendredi 08h à 18h. Les fins de semaine, les heures d'ouverture peuvent varier selon l'horaire des événements spéciaux. SVP appelez 613-564-1058 pour vérifier.

# REGISTRATION BEGINS

## May 28 at 7 pm

### 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 if you are unsure if you have an account.
4. Choose a PARTICIPANT from your list or ADD

ANOTHER PERSON, which can be found in a pop-up menu.

5. Please do NOT add non-family members to your profile. This creates confusion at tax time and class time.

**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-Tips

1. Ensure your profile is up-to-date on our registration platform. If you need help with this, give us a call or email. We'll be in the office registration night to offer you assistance if necessary.
2. We determine whether an activity will run or not based on the number of registrants. We make this decision about one week before it starts, so if you're waiting to register, please don't wait too long.

### 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.

### 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? Waitlist spot appeared?**

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

### 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.

### SUBJECT TO CHANGE

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



### GNAG PROGRAM COORDINATORS

From left to right, front row: Maya Ethier - Adult; Liam Seaker - Q4; Ruth Hartanto - Fitness. Back row: Jen Drysdale - Pottery; Monty Rogers - Birthday & Theatre; Hayat Aynalem - Playgroup.





**NOTE:** The fenced play park will be replaced this summer, which may cause parking disruptions in the surrounding area. We apologize for any inconvenience this may cause and appreciate your patience during this time.

## **GLEBE CC CITY TEAM**

### **Recreation Supervisor:**

Mona Warkentin

### **Booking Clerk:**

Kimber Marleau

### **Facilities Operator:**

Chris Moorhouse

## **TO RENT:**

613-564-1058 or [ccGlebecc@Ottawa.ca](mailto: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 the Glebe Community Centre an attractive venue. For more information contact 613-564-1058. [CcGlebeCC@ottawa.ca](mailto: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 ou [ccGlebecc@ottawa.ca](mailto:ccGlebecc@ottawa.ca).

# Dog Training

with Carolthedogwalker.ca

Tuesdays, July 9 - 30 \$265+HST (4 classes)



## Basic Skills 1 6:30 - 7:30 pm

Positive reinforcement training for dogs of all ages. Have fun teaching your dog the basic commands: sit, pay attention, leave it, come when called, and walk-nicely-on-a-leash. The goal is to have a strong bond with your new dog as well as a safe, well-socialized pet and a happy home environment. Come one, come all... training your dog is good for you and Fido too!

## Leash Skills 6:15 - 7:00 pm

Protect your body while teaching your dog to walk "nicely": loose leash walking techniques, walk-beside-me skill, and equipment support are included in this workshop.

## Emergency Recall 7:00 - 7:45 pm

Teach a "secret" recall that you can use in an emergency situation. Ensure your dog's safety and your piece of mind.



## Belly Dance

Tuesday 7:00 - 9:00 pm  
July 2 - 30 \$75+HST (5 classes)  
or \$16+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! This ancient form of dance which originated in Egypt has evolved to take on many forms. We'll capture the best! No special costumes are needed but eventually you'll want to kit yourself out in order to make the most of your new skills.  
Instructor: Caroline Hawthorne

*Don't be shy -  
unleash your  
inner goddess.*



# POTTERY CLASSES

Course & Age	Day	Time	Dates	Price	Instructor
Interm. Wheel 16+yrs	Tuesday	6:30 - 9:00 pm	July 2 - 30 (ex Jul 23)	\$192+HST (4 classes)	Marie Hennessey
Beginner Wheel 16+yrs	Wednesday	6:30 - 9:00 pm	July 3 - Aug 21	\$384+HST (8 classes)	Anna Macquistan



**Beginner Wheel:** Join us for a very hands-on intro to pottery wheel throwing. You will be guided through all aspects of this challenging but very satisfying art of ceramics. You will start with a lump of clay and you will finish the course with unique hand made, glazed pottery. Handbuilding may be introduced depending on participant interest.

**Intermediate Wheel:** This course focuses on practicing and refining your throwing skills. Topics may include mugs, lidded containers, plates as well as curvy, tall and larger forms. Combining thrown and hand built options can be explored. Slips, underglazes and oxides will be demonstrated along with glazing methods.

## Additional information: Adult classes

**Clay:** Adult classes do not include clay. Cost per bag is \$50+HST and must be purchased at the front desk or upon registration.

**Pottery Tools:** \$30+HST / set and are available for purchase. There are also tools available in the studio for students to use.

**Extra Studio Time** is available for participants who are registered in an adult pottery course, at the discretion of their instructor, in order to complete current projects. This \$70+HST extra time will allow you to access the studio for up to 5 hours during non-class times.

Inquire at the front desk for more details.

Please sign-in each time you visit.

**Extra studio time must be completed BEFORE the end of the session.**



# POTTERY STUDIO

## Studio Memberships (adult)

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 completed at least 2 pottery classes and have a minimum of 1 year experience working with clay and glazes. The studio is open to members, excluding class times, private bookings, and holidays.

**INTERESTED IN BECOMING A MEMBER?**  
Contact Jen Drysdale at [pottery@gnag.ca](mailto:pottery@gnag.ca).

### FULL POTTERY Membership Summer Season July 2 - Aug 31 (ex Aug 5)

Adult Membership: 2 months \$150+HST

### DROP-IN Membership: July 2 - Aug 31 (ex Aug 5)

- No cubby included.
- **Only** clay may be stored at GNAG.
- Tools must be taken home after each visit.
- Clay must be purchased from GNAG.
- Membership includes use of all equipment in the studio, glazes, 1 bisque firing and 1 glaze firing for each piece.
- Members must check in and out at the front desk.
- No refunds or credits for unused time on membership.

### DROP-IN Membership Options

1 hr = \$15+HST                      20 hrs = \$240+HST  
5 hrs = \$70+HST                    40 hrs = \$400+HST  
10 hrs = \$130+HST

### MAKE-AT-HOME Membership: July 2 - Aug 31 (ex Aug 5) \$50+HST

- Clay must be purchased at GNAG (non-refundable) which includes bisque firing.
- There will be a fee for glaze firing per piece. This will include glazes and studio time to do your glazing.

### Examples of Glaze fees: more items online

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



## Private 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. Great opportunity for a social activity with your team. Time line can be customized for larger groups.

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 Private Pottery Lesson by email to [pottery@gnag.ca](mailto:pottery@gnag.ca).

1 participant	\$505+HST
2 participants	\$290+HST/person
3 participants	\$225+HST/person
4 participants	\$175+HST/person

# Adult Dance with Emilie Phaneuf

Emilie is a motivating, experienced street dance instructor and choreographer who teaches fun, energy-packed classes. Ask any of her students and they'll tell you how much fun they had! She brings energy, passion and 20 years of teaching experience to her students, motivating them with a variety of skills and levels from beginner to advanced.

**Why not try something new this term?**

**Emilie's registration begins  
June 4 at 7 pm**

**\$162+HST for 6 weeks  
Drop-in: \$30+HST**



**Interested in private lessons?  
Contact Emilie at**

@dancewithemilie  
dancewithemilie@gmail.com  
www.dancewithemilie.com

<b>TUESDAY</b> July 9 - Aug 13	<b>WEDNESDAY</b> July 10 - Aug 14	<b>THURSDAY</b> July 11 - Aug 15
<b>Feel the Vibes All Levels</b> 6:15 - 7:05 pm Main Hall	<b>Hip Hop All Levels</b> 6:15 - 7:05 pm Dance Studio	<b>Dancehall All Levels</b> 6:15 - 7:05 pm Dance Studio
<b>Bring it Back All Levels</b> 7:15 - 8:05 pm Main Hall	<b>Afro Vibes All Levels</b> 7:15 - 8:05 pm Dance Studio	<b>Reggaeton All Levels</b> 7:15 - 8:05 pm Dance Studio
<b>Dancehall Level 2</b> 8:15 - 9:05 pm Dance Studio	<b>Sass All Levels</b> 8:15 - 9:05 pm Dance Studio	<b>Private Lessons</b> 8:15 - 9:05 pm Dance Studio



**Feel the Vibes - All Levels:** This is the perfect class for those who love variety and learning something new each week! Get ready for a tropical-inspired dance party as we shimmy and vibe to Latin, Caribbean, and Afro-inspired rhythms, including reggaeton, soca, salsa, samba, house, dancehall, bachata... and many other vibes! This is an all-levels class where options will be given so everyone feels comfortable - and it's a great workout too.

**Bring It Back - All Levels:** Get ready to groove and rewind with Bring It Back! This dynamic class is all about fun and freedom, as we dive into the choreography of dance hits from the 80's, 90's, and 2000's. Join us for a blast from the past and check out the schedule below for this session's exciting themes! This is an all-levels class where options will be given so everyone feels comfortable - and it's a great workout too.

**Dancehall - Level 2:** 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 a challenging routine full of fresh, street smart choreography, dancing to the hottest music! Minimum of two years of street dance experience.

**Hip Hop - All Levels:** From classic, to old school, to recent hits, this class will keep you moving to great music! Hip Hop movements are all about confidence, creativity and attitude. Level up your flow and personal style on the dance floor! This is an all-levels class where options will be given so everyone feels comfortable - and it's a great workout too.

**Afro Vibes - All Levels:** NEW! Explore the vibrant and diverse world of Afro-inspired dance styles. Get ready for the high-energy movements, infectious beats, and cultural richness behind these hot rhythms! This new class is open to all skill levels, from beginners to experienced dancers, and a welcoming environment for everyone to learn and enjoy Afro dance styles!

**Sass - All Levels:** Step into a space where your creativity shines, your individuality is celebrated, and your fierceness is unleashed. Join us in a vibrant and inclusive environment where you'll groove to sassy routines and discover newfound confidence that extends far beyond the dance floor. Whether you're a beginner or a seasoned dancer, this class welcomes all levels, promising a journey of self-expression and empowerment with every step.

**Dancehall - All Levels:** 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 a routine full of fresh, street smart choreography, dancing to the hottest music. This is an all-levels class where options will be given so everyone feels comfortable - and it's a great workout too.

**Reggaeton - All Levels:** From the clubs of Bogotá to the streets of Havana, Reggaeton music is the hugely popular, pulsing rhythm you hear just about everywhere, from artists like Bad Bunny, Daddy Yankee, J Balvin, and so many more! This class will emphasize hard-hitting moves and body isolations that will challenge you and make you more confident on the dance floor! Emilie started the first Reggaeton class in Ottawa over 15 years ago, and it's still one of her favourite classes to teach! This is an all-levels class where options will be given so everyone feels comfortable - and it's a great workout too.



# GNAGFit Summer 2024 - 9 weeks

GNAGFit classes are created with the Active Agers in mind but are suitable for ALL levels and all ages. Our instructors provide and demonstrate options for all levels.

Please advise your instructor of any injuries or issues so that they can suggest alternative moves and modifications.

## Start your day with GNAG!

**SUMMER SEASON: July 2 to Aug 30, 2024**

**Summer GNAGFit Multipass \$125+HST**

**GNAGFit 10 tickets (in-person only) \$160+HST**

**GNAGFit Drop-in (in-person only) \$18+HST**



<b>MONDAY</b> July 8 - Aug 26 (ex Aug 5)	<b>TUESDAY</b> July 2 - Aug 27	<b>WEDNESDAY</b> July 3 - Aug 28	<b>THURSDAY</b> July 4 - Aug 29	<b>FRIDAY</b> July 5 - Aug 30
<b>Strength &amp; Core</b> 7:45 - 8:30 am Ruth 	<b>Movement is Medicine</b> 7:45 - 8:30 am Carol	<b>The Blend</b> 7:45 - 8:30 am Gina 	<b>CSI</b> 7:45 - 8:30 am Christine 	<b>Zumba</b> 7:45 - 8:30 am Vicki

**Strength & Core:** Target the major muscle groups of the upper and lower body with compound and isolation exercises. We'll add movements that will also strengthen your abdomen and back muscles.

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

**The Blend:** Brighten your spirits with a blend of yoga and Pilates-inspired movement set to music. Connect body movement and breath to improve posture, strength and mobility.

**CSI (Cardio Strength Interval):** Alternate between high and low impact options of cardio and strength moves to increase heart and muscle health! HIIT, Tabata and other forms of training may be included.

**Zumba:** An exhilarating workout that fuses Latin rhythms and easy-to-follow moves creating a dynamic class that's great for the brain and body. We'll break down the steps so you'll be partying in no time!

### Not sure about GNAGFit?

Pay to drop-in and try a class and we'll roll those \$\$\$ into your Multipass fee.

GNAG is part of the University of Ottawa Heart Institute's Heart Wise Exercise (HWE) Network. The instructors for these classes are HWE certified.



## We did the MATH!

**How much does each class cost if I buy the GNAGFit Multipass?**

3 classes a week for 9 weeks = 27 classes

$\$125/27 = \$4.63$  per class!

2 classes a week for 9 weeks = 18 classes

$\$125/18 = \$6.90$  per class!