

GNAG

FALL 2026



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 50 years and we're thrilled to have you join our family.

Meet our management team! Along with our incredible staff, instructors, and volunteers, we're dedicated to making your experience at GNAG inclusive, fun, and unforgettable. We can't wait to see you again!

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Other Key Connections

Adult Program Coordinator: SD Neve adults@gnag.ca

Pottery Coordinator: Jen Drysdale pottery@gnag.ca

Fitness Coordinator: Ruth Hartanto fitness@gnag.ca

Birthdays: birthday@gnag.ca

Tutoring: tutoring@gnag.ca

Theatre: theatre@gnag.ca

Child absence: attendance@gnag.ca



GLEBE CC CITY TEAM

Recreation Supervisor:

Trevor Polk

Booking Clerk:

Kimber Marleau

Facilities Operator:

Chris Moorhouse

TO RENT:

613-564-1058 or 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.

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.

FALL REGISTRATION BEGINS August 25 at 7 pm

1. Click the REGISTER or BROWSE 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 only add immediate family members to your profile. This creates confusion at tax time and class time.

In-person registration:

Visit us during regular hours. We accept VISA, MC, debit and cash.

Telephone registration is

available when the building is open. Check hours at GNAG.ca or call 613-233-8713. We accept Visa and MC.

Registration Pro-Tips

1. Ensure your profile is up-to-date on our registration platform ahead of time. 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.

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Follow us on social media
@gnagottawa



Glebe Neighbourhood Activities Group

GNAG.ca

613-233-8713 info@gnag.ca

175 Third Avenue, Ottawa, ON

Interested in offering a
program or getting
involved with GNAG?

Email us at info@gnag.ca
and tell us what's
on your mind.

DATES TO REMEMBER!

Fall Registration: August 25 at 7 pm online

Come From Away Auditions: September 8, 9, and Callbacks on September 10
More info on Page 29.

The Glebe House Tour Fundraiser: September 20
More details on Page 25.

Youth Dances: September 18, October 23, and December 11
More info on Page 15.

PA Days:
More info on Page 13.

GNAG AGM: October 21 at 7 pm
More info on Page 26.

Halloween Party: October 25
More info on Page 6.

Glebe Craft & Artisan Fair Fundraiser: November 21 & 22
More info on Page 19 and list of vendors on the website. Remember, FREE entry!

Trivia Night in the Glebe Fundraiser: November 27
More info on Page 21.

Taste in the Glebe Fundraiser: January 27
More info on Page 25. Tickets available: December 1 at 7 pm.

REFUNDS & TRANSFERS

Notification required: email at least **1 week's** notice for each program, **2 weeks'** notice for each camp or PA Day.

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.

SUBJECT TO CHANGE

While we strive to deliver all programs as planned, schedules and program offerings may be subject to change or cancellation.

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. The email notification for that spot will have a defined timeline.

FINANCIAL ASSISTANCE

Financial assistance is available for recreation, summer camp, and child care. It 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.

NEW PARENT and ADULT & TOT



Glebe Baby Club - Free (Newborn - Walking)

Thursday 1:00 - 2:30 pm
 Sept 24 - Dec 10 FREE
 (12 classes)



Free social club for new parents and babies with coffee courtesy of Starbucks. Hosted by Beth MacMillan of Mothercraft



Indoor Playgroup Annual Membership Adult & child 0 - 4 years

Monday - Friday 9:15 - 11:00 am
 Sept 8 - Jun 11 (ex Sept 30, Oct 13, more to come)
 Annual Membership: \$60 Drop-in: \$10



Parents, caregivers and preschoolers are invited to play indoors weekday mornings under the beautiful GCC dome. Circle time and coffee included.



Fitmama: Adult Babywearing

Thursday 12:00 - 1:15 pm
 Oct 29 - Dec 3 \$159+HST (6 classes)

At Fitmama Strong, we specialize in prenatal and postpartum fitness, using the most current research in our class plans and providing modifications for the many stages of postpartum recovery. (45 min class, 30 min relax)



Little Rebels Infants 2 - 14 months

Monday 11:45 am - 12:30 pm
 Sept 21 - Dec 7 \$276 (11 classes)
 (ex Oct 12)

We will be moving and grooving to Broadway, Rock & Roll, Motown, and Pop-inspired tunes.



Little Rebels Babies 7 - 14 months

Monday 12:45 - 1:30 pm
 Sept 21 - Dec 7 \$276 (11 classes)
 (ex Oct 12)

We will be moving and grooving to Broadway, Rock & Roll, Motown, and Pop-inspired tunes.



Get Messy with Me!

Friday 10:00 - 10:45 am
 Sept 25 - Nov 20 \$171 (9 classes)

This interactive class helps children build fine motor skills, confidence, and creativity while parents and caregivers enjoy making masterpieces alongside their child. Instructor: Emily MacArthur

ADULT & TOT

Adult participation is required



Ooey Gooley Science 2 - 4 years

Thursday 10:00 - 10:45 am
Oct 9 - Nov 27 \$154 (8 classes)

Introduce your child to the world of scientific exploration through sensory play, simple experiments, and slimey fun! Messy shirts highly recommended! Adult participation is required. Instructor: Jason Irvine



Sportball Parent & Tot Multisport 2 - 3 years

Saturday Sept 26 - Dec 5 (ex Oct 10) \$245 (10 classes)
9:00 - 9:40 am or 9:45 - 10:25 am

We focus on exploration and skill development in seven different sports: soccer, hockey, basketball, baseball, volleyball, tennis and golf. Skills are presented through creative games, songs, rhymes, stories, bubble time and more!

G N A G

Halloween PARTY



OCTOBER 25

MARK YOUR CALENDARS

DETAILS TO COME



PRESCHOOL DROP-OFF PROGRAMS: 30 - 48 months



NEW! Preschool Wonder Lab

Tuesday 9:30 - 11:30 am
Sept 22 - Dec 8 \$267 (12 classes)

NEW

Young scientists will investigate the wonders of the world through age appropriate experiments, sensory activities and exciting discoveries.
Instructor: Jason Irvine



NEW! Preschool Kitchen Creators

Thursday 9:30 - 11:30 am
Sept 24 - Dec 10 \$267 (12 classes)

NEW

Mix, measure, stir, and taste! In this hands-on preschool cooking class, little chefs will discover the joy of creating simple, delicious recipes in a fun and safe environment.



NEW! Little Explorers Lunch Club

Monday 11:30 - 1:30 pm
Sept 21 - Dec 7 (ex Oct 10) \$238 (11 classes)

NEW

Each class will begin with time for children to eat lunch packed from home, then children will embark on a new adventure each week through imaginative play, storytelling, games, and hands-on activities. Instructor: Paul O'Donnell



NEW! Little Athletes Lunch Club

Wednesday 11:30 - 1:30 pm
Sept 23 - Dec 9 \$257 (12 classes)

NEW

Each class will begin with time for children to eat lunch packed from home, then children will be introduced to a variety of fun games and age-appropriate sports in a non-competitive environment. Instructor:



NEW! Little Makers Lunch Club

Friday 11:30 - 1:30 pm
Sept 25 - Dec 11 \$257 (12 classes)

NEW

Each class will begin with time for children to eat lunch packed from home, then children will explore different themes and art mediums to create wall-worthy masterpieces. Instructor: Emily McArthur



NEW! Preschool Play Space - Mon, Wed, Fri

1:30 - 3:00 pm \$399 for all three days per week (35 classes)
Sept 21 - Dec 7 (ex Oct 10) \$148 (11 classes)
Sept 23 - Dec 9 \$161 (12 classes)
Sept 25 - Dec 11 \$161 (12 classes)

NEW

This drop-off playgroup style program is a great way for your little one to build social skills, gain independence, and meet new friends.

KIDS GET ACTIVE



Kids Mixed Martial Arts Fitness Program

Empower your child with essential self-defense skills, body awareness, and teamwork through our dynamic Kids Mixed Martial Arts Fitness Program. Designed for three age groups, this program offers a safe, supportive environment for learning striking and grappling techniques using pads and bags. We integrate the philosophies of boxing, kickboxing, and grappling (no sparring involved) to focus on skill development and personal growth. Each session includes yoga-inspired warmups, cooldowns, and fun activities like dodgeball, ensuring that fitness, confidence, discipline, and positive energy channeling are part of the experience. Watch your child thrive with us!

Attire and Equipment Requirements:

For comfort, please ensure your child wears breathable attire such as a rash guard, yoga pants/shorts, and a t-shirt. Longer shorts are ideal for ease of movement. Hydration is essential, so please pack water. **Boxing gloves are required for safety and full participation.** This ensures your child has a positive, engaging experience in every class.

Class	Age	Day	Time	Dates	Price	Location
MMA Mini	SK - Gr 2	Wednesday	4:00 - 4:45 pm	Sept 23 - Dec 9	\$240 (12 classes)	Fitness Studio
MMA Junior	Gr 3 - 6	Wednesday	5:00 - 5:45 pm	Sept 23 - Dec 9	\$240 (12 classes)	Fitness Studio
MMA Senior	Gr 7 - 12	Wednesday	6:00 - 7:00 pm	Sept 23 - Dec 9	\$240 (12 classes)	MPR



Afterschool Tennis/Sports Crash Course Gr 1 - 3

Monday 4:00 - 5:00 pm Sept 21 - Dec 7 (ex Oct 12)
\$275 (11 classes)

Join certified St. James sport coach staff as we learn the basics of a variety of popular sports, both indoors and out. Classes will begin in the St. James Tennis Courts, then move to Mutchmor gym as the weather changes. Instructor: Gabrielle Khare



Afterschool Basketball with Aaron Rados

Thursday Sept 24 - Dec 10 \$343 (12 classes)

Gr 2 - 4: 4:15 - 5:15 pm

Gr 5 - 7: 5:15 - 6:15 pm

We offer a fun and interactive basketball experience that helps athletes learn and practice important basketball skills. (30 mins of skills and 30 mins of scrimmaging) Instructor: Aaron Rados Location: Mutchmor Gym



Sportball Child & Coach Multisport

Saturday 10:30 - 11:25 am

Sept 26 - Dec 5 \$245 (10 classes)
(ex Oct 10)

This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis. Facilitated by Sportball Location: Mutchmor Gym



NEW! Overtime Athletics - Afterschool Soccer

Tuesday Sept 22 - Dec 8 \$271 (12 classes)

JK - Gr 1 4:00 - 5:00 pm

Gr 2 - 4 5:00 - 6:00 pm

NEW

Wrap up the school day with action and excitement in Overtime Athletics afterschool soccer sports program that runs throughout the school year! Facilitated by Overtime Athletics Location: Mutchmor Gym and Field

KID'S DANCE & YOGA



GNAG's recreational dance classes are designed to inspire a love for dance in every student. We focus on teaching proper dance technique while encouraging students to use their imagination and have a good time in a fun and safe atmosphere. Dancers should wear clothes they can move comfortably in - we have no uniform or footwear requirement.

Preschool Ballet with Rebecca Spiteri Your tiny dancer will learn basic ballet positions set to classical music. Imagination in movement is encouraged as dancers practice coordination, balance and group work.



Dance Combo with Rebecca Spiteri Perfect for dancers who love to try it all! This fun-filled class introduces children to a variety of dance styles, including ballet, jazz, hip hop, and Broadway. They'll develop technique, musicality, and confidence while making new friends and having a blast.

Dance Combo with Luv 2 Groove Join Luv 2 Groove and allow your child the opportunity to express themselves through a series of dance moves and activities that are fun and easy to follow. Without realizing it, participants will increase motor skills (balance and stability) as well as creative thinking. Each class fosters decision-making skills, imagination, self-esteem and a sense of accomplishment.

Class	Age/Grade	Day	Time	Dates	Price
Preschool Ballet with Rebecca Spiteri	3 - 4 years	Saturday	10:30 - 11:15 am	Sept 26 - Dec 5 (ex Oct 31)	\$143 (10 classes)
Kinder Dance Combo with Rebecca Spiteri	JK - SK	Saturday	11:30 - 12:15 pm	Sept 26 - Dec 5 (ex Oct 31)	\$143 (10 classes)
Dance Combo with Luv 2 Groove	JK - Gr 1	Tuesday	4:00 - 4:45 pm	Sept 22 - Dec 8	\$262 (12 classes)
Dance Combo with Rebecca Spiteri	Gr 1 - 3	Saturday	12:30 - 1:15 pm	Sept 26 - Dec 5 (ex Oct 31)	\$143 (10 classes)
Dance Combo with Luv 2 Groove	Gr 2 - 4	Tuesday	5:00 - 5:45 pm	Sept 22 - Dec 8	\$262 (12 classes)



Acro

Thursday Sept 24 - Dec 10 \$176 (12 classes)
Level 1: Gr 3 - 6 4:00 - 4:45 pm
Level 2: Gr 3 - 6 5:00 - 5:45 pm

Are you interested in becoming more flexible? Our acro class combines classical dance techniques with precision acrobatics and artistic gymnastics. Level 2 requirements: participants must be able to complete the following skills; cartwheel, handstand, bridge and splits. Instructor: Cate Marsland



Family Yoga 7+ years

Saturday 1:30 - 2:30 pm
 Oct 17 - Nov 28 (ex Oct 31) (6 classes)
 One Adult & child \$288 Extra Adult or Child \$144

Each class is a gentle invitation to strengthen the parent-child bond through shared moments of movement, breath, and stillness.
 Instructor: Christine Demers

AFTERSCHOOL WALKOVER

Children attending GNAG afterschool programs at the Glebe CC, Glebe-St James Church, Mutchmor Gym and the yard, can sign up for a walkover or safe arrival program from the following schools:

- First Ave Public School
- Corpus Christi School
- Mutchmor Public School

GRADE: Eligibility regarding grade varies from school to school, please register carefully as not all grades are included for every school.

WALKOVER: Our qualified staff will pick your child up and walk them to GNAG for their 4:00 pm/4:15 pm programs. Before class starts we will have a snack and have supervised free time. Please notify your child's school that GNAG will be picking up your child.

SAFE ARRIVAL: Children will walk over independently straight from school to GNAG for supervised free time and a snack before their course starts at 4:00 pm/4:15 pm. Upon arrival they will be checked in by our staff who will ensure they have arrived safe and sound. Please talk to your child about checking in and notify your child's school that your child will be leaving independently.

START DATE: Walkover and Safe Arrival will start on the first day of your child's associated course and follow that course's unique schedule. **It is up to you to track program dates to ensure your child attends walkover/safe arrival on their scheduled program days.**

ABSENT from walkover/safe arrival? Please notify GNAG by 2:00 pm of that day or it will cause a long delay for ALL the other children on the walkover while we search for your child at the school.



Walkover	afterschool	follows your child's unique course schedule	ex Oct 12	\$33/\$36 depending on course
Safe Arrival	afterschool	follows your child's unique course schedule	ex Oct 12	\$22/\$24 depending on course

Before & Afterschool Childcare JK - Gr 6

Breakfast Club (pre-care):

Registration Fee: \$75 (non-refundable)

Monthly Fee: \$286

Quest-4-Fun (post-care):

Registration Fee: \$300 (non-refundable)

Monthly Fee: \$343

- creative & exciting activities with fun & loving staff
- supervised walkover to and/or from school
- yummy snacks



We have space in some of our cohorts. Review the details online and if still interested in pursuing a spot, contact Tanis@gnag.ca.

Go to GNAG.ca under Childcare for details.

KID'S CREATIVE ACTIVITIES



Kinder Art JK - Gr 1

Monday 4:00 - 5:30 pm
Sept 21 - Dec 7 (ex Oct 12) \$278 (11 classes)

Join Art enthusiast Emily MacArthur in this course that will nurture young imaginations through engaging projects and artistic exploration.



Art with Ali Gr 1 - 4

Thursday 4:00 - 5:30 pm
Sept 24 - Dec 10 \$312 (12 classes)

Artists will experiment with an array of techniques with teacher extraordinaire, Ali O'Connor.

**Check out
Child & Youth
Pottery classes
on Pg 17**



NEW! Pencil Crayon Drawing Gr. 2 - 4

Tuesday 4:00 - 5:00 pm
Sept 22 - Dec 8 \$292 (12 classes)

NEW

Through step-by-step instruction, participants will learn how to draw a variety of exciting subjects while exploring colour, shading, composition, and drawing techniques. Instructor: Amie Talbot



NEW!! Music & Rhythm Gr. 1 - 4

Monday 4:00 - 5:00 pm
Sept 21 - Dec 7 (ex Oct 12) \$220 (11 classes)

NEW

Join Niloofar Radmand in this New music program that introduces children to rhythm, melody, and ensemble music-making through recorder, percussion, movement, singing, games, and creative activities.



NEW! Page to Stage: Intro to Scriptwriting & Storytelling with Karen Monie Gr 2-6

Saturdays 1:00 - 2:30 pm \$268 (6 classes)
Session 1: Sept 26 - Oct 24
Session 2: Nov 14 - Dec 12

NEW

Unleash your child's imagination in this playful workshop series that wraps up with a special showcase for family and friends. Instructor Karen Monie



NEW! Write It All - Creative Story Writing with Author Timm Holmes Gr 3 - 5

Monday 4:00 - 5:30 pm
Sept 21 - Nov 16 (ex Oct 12) \$299 (9 classes)

NEW

Author Timm Holmes will guide participants through the process of creating new stories each week in a variety of styles. Location: Glebe-St James Church

KID'S HOBBIES & COOKING



Screams in a Box Workshop Gr 4 - 8

Saturday and Sunday
Oct 17 & 18
9:00 am - 4:00 pm
\$153 (2 full days)

Join us this Halloween season on set (if you dare) for a weekend full of action, adventure and of course a lot of scares as you and your crew embark on creating your own scary movie. Instructor: Film in a Box



Bricks and Stop-motion Animation Gr 3 - 6

Wednesday
Sept 23 - Dec 9
4:15 - 5:15 pm
\$377 (12 classes)

Your young filmmaker will be engaged in a season full of action, adventure and a lot of comedy by getting your young filmmaker on set and on location to create a Stop motion Animation movie. Instructor: Film in a Box



Science Club Gr 3 - 5

Friday
Sept 25 - Dec 11
4:00 - 5:30 pm
\$228 (12 classes)

NEW

Step into the world of science! Learn the phenomena of physics, test some crazy chemistry, and have a blast in biology!
Instructor: Kieran Cunningham



Kids in the Kitchen JK - SK

Thursday
Sept 24 - Dec 10
4:00 - 5:30 pm
\$348 (12 classes)

Learn how to make the most scrumptious recipes, from pizzas to pastas to healthy snacks and special treats! Instructor: Evie Snow



Kitchen Takeover Gr 1 - 3

Monday
Sept 21 - Dec 7 (ex Oct 12)
4:00 - 5:30 pm
\$319 (11 classes)

Join Tanis as participants build their confidence and delight their family with tasty creations to bring home each class. Instructor: Tanis Hodder



Culinary Classics Gr 4 - 6

Wednesday
Sept 23 - Dec 9
4:00 - 5:30 pm
\$368 (12 classes)

Have you noticed you have a flare for cooking? Why not put that passion to play in a weekly program designed to train the future culinary elite!
Instructor: Kieran Cunningham

GNAG BIRTHDAY PARTIES

Booking your party:

Please email birthday@gnag.ca.
Let us know your preferred dates, your child's age, a theme (if you know it) and your phone number. We are happy to schedule your party, however you need to book early as space is limited.

Your responsibilities:

We require at least one parent to stick around and enjoy the fun. Cake, plates, utensils, decorations and loot bags are up to you.

Custom Parties 4+years	Specialty Parties 4+years
• Classic Games • Animals • Disney Classics • Deep Space / Star Wars • Your child's favourite theme	• Dance • Art • Pottery* (all participants 6+ years) contact pottery@gnag.ca
Cost: \$350.00 - Maximum of 10 children \$15.00 each additional child if staffing allows	Cost Dance & Art: \$375.00 - Maximum of 10 children \$15.00 each additional child if staffing allows Cost Pottery: \$450.00 8 children (add 2 extra children \$45 each).
Length of Party: 1.5 hours - specialty games, activities and/or craft 30 minutes for presents and cake	

GNAG TUTORING

Gr 1 - 6 and Gr 7 - 12

Monday - Friday

Sept 21 - Dec 11 (ex Oct 12)

Private: \$50/hour

Minimum required registration: 5 sessions

Glebe-St James Church

Contact tutoring@gnag.ca and include your

- child's availability (regarding time, day of the week)
- grade
- subject area for your child.

Having trouble with Math, French, English or Science?

We're here to help! We provide assistance where a need or challenge has been identified, focusing on supplementing school work and supporting your child's unique learning needs.

Book one-on-one tutoring, and choose from after school and evening time slots. Our tutors are qualified to assist students in most subjects and grades, targeting specific areas of difficulty by providing personalized attention and support.

Our academic centre has limited availability, so book early. We cannot accommodate single session bookings. Bilingual tutors are available. Ce programme est bilingue.

PA Days & Holiday Break Camp

JK - Gr 6, 9 am - 4 pm

Pre & Post-care

Will be available for registration 2 weeks before the PA Day. BC and Q4 children have pre & post-care included in PA Days and Holiday Break Camp.

Holiday Break Camp

Registration date TBD

Public Schedule available early November.

	DATES	ACTIVITY
OCDSB OCSB	Oct 2	JK - Gr 2: Proulx Farm Gr 3 - 6: Proulx Farm
OCDSB OCSB	Nov 20	JK - Gr 2: Cosmic Adventures & In-centre Activities Gr 3 - 6: Laser Maxx & In-centre Activities
OCDSB	Nov 23	JK - Gr 2: Children's Museum Gr 3 - 6: Orleans Bowling and Level One Games Gr 2 - 4: Art camp
Holiday Break	Dec 21 Dec 22 Dec 23 Dec 29 Dec 30	Detailed plans to be revealed soon. Register for individual days or all 5!

YOUTH ZONE



Youth Cooking Gr 6 - 9

Tuesday 4:30 - 6:00 pm
Sept 22 - Dec 8 \$336 (12 classes)

Young chefs will dive into hands-on kitchen adventures, whipping up mouth-watering recipes while learning real cooking skills like chopping, seasoning, and plating like a pro. Instructor: Riley Galway



Dungeons & Dragons Gr 5 - 8

Tuesday 4:30 - 6:30 pm
Sept 22 - Dec 8 \$311 (12 classes)

Come experience a fantastical world of adventure by playing DnD! Participants will collaboratively learn the rules, create characters, and (hopefully) stop evil schemes. Instructor: Simon Keeble



Magic Cards Gr 5 - 9

Monday 6:15 - 8:00 pm
Sept 21 - Dec 7 (ex Oct 12) \$241 (11 classes)

Join your fellow spellslingers in a Magic the Gathering course for all skill levels and interest! Registration includes booster packs to further your spell count! Facilitator: SD Neve,



NEW! Fashion Design Drawing & Basic Sewing Skills Gr 6 - 9

Saturday 11:00 am - 1:00 pm
Sept 26 - Dec 5 (ex Oct 10) \$290 (11 classes)

NEW

This class will combine figure drawing basics and fashion illustration drawing with practical skills like mending holes in your clothing, and embroidery basics! Instructor: Holly Staples



NEW! Magical & Realistic Animal Drawing Gr 5 - 8

Saturday 9:00 - 10:45 am
Sept 26 - Dec 5 (ex Oct 10) \$290 (11 classes)

NEW

We will draw a different animal every week! We will learn how to draw both magical and realistic animals using graphite pencils, colored pencils, and markers. Instructor: Holly Staples



NEW! Young Entrepreneurs Lab: Get Seen, Marketing and PR Gr. 7-10

Wednesday 4:00 - 5:30 pm
Sept 23 - Dec 9 \$277 (12 classes)

NEW

This course teaches marketing, the skill of getting the right people to notice, want, and trust something you made. Facilitator: Leslie Siu, Location: Glebe-St James Church

YOUTH ZONE



Youth Night Gr 5 - 8

Fridays 6:30 - 9:00 pm
 Sept 18 - Dec 11 (Oct 16 & Nov 20)
 \$298 (12 weeks) Drop-in Fee \$25

Hang out at the Glebe CC and have a great time. Expect games, music, canteen, and even staff-youth challenges. Includes Youth Dances and Lasermass out-trip.



Fright Night - Saunders Farm Out-trip Gr 5 - 8

Friday, Oct 16 6:10 - 10:45 pm \$89

Join us Friday October 16 for a super fun and spooky Saunders Farm Fright Night experience!!!! Transportation and admissions are included. Important: this out-trip is NOT included in the full fall Youth Night registration.



Youth Dances Gr 5 - 8

Friday 7:00 - 10:00 pm
 Advance: \$20 Day-of: \$25
 Sept 18 Oct 23 Dec 11

Join us for an awesome evening of dancing, games and prizes! Included in full fall season Youth Night registration. Tickets will go on sale 2 weeks before each dance.



LaserMaxx Out-Trip Gr 5 - 8 (non-youth night participants)

Friday 6:30 - 10:00 pm
 Nov 20 \$55

Go solo, battle with a team and seek out the hidden powerups to become the ultimate winner on the leaderboard. Included in full Fall season Youth Night registration.



Learn to Play Rugby Gr 5 - 8

Friday 5:00 - 6:30 pm
 Oct 2 - Dec 11 \$202 (11 classes)

Join us for the best game in the world! Score a try, take on scrums and learn the basics of rugby with local Ottawa Rugby Club Juniors and Ottawa Wolves coach, Sofie Ansen. Location: Mutchmor Field & Gym



Afterschool Basketball Gr 5 - 7

Thursday 5:15 - 6:15 pm
 Sept 24 - Dec 10 \$343 (12 classes)

We offer a fun and interactive basketball experience that helps athletes learn and practice important basketball skills. (30 mins of skills and 30 mins of scrimmaging) Instructor: Aaron Rados Location: Mutchmor Gym

LEARNING & DEVELOPMENT



Glebe Leadership Gr 7 - 8

Thursday

4:15 - 5:45 pm

FULL Year (Fall, Winter & Spring)

Sept 24 - Jun 10

\$764 (32 classes)

(ex Dec 17, 24, & 31, Jan 7, Mar 18, Apr 1 & 8)

Fall Session

Sept 24 - Dec 10

\$290 (12 classes)

GNAG's flagship Leader-in-training program, provides participants with the opportunity to develop their leadership skills, give back to their community and experience fun and exciting games and challenges. This program is the very first step in transitioning from a participant to a camp volunteer or leader!

*In order to receive the full First Step Leadership Certification you must complete the full year course (Fall, Winter and Spring) or attend a full 2-week Summer camp. Instructor: Erica Nowlan Location: St Matthew's Church



Home Alone Workshop 10+ years

Saturday, Oct 3

10:30 am - 12:30 pm

\$50

Saturday, Nov 7

10:30 am - 12:30 pm

\$50

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. Instructor: Avery Cole



Babysitter Training Course 12+ years

Saturday

9:00 am - 2:30 pm

Dec 5 & Dec 12

\$200 (10 classes)

In this course designed by the Canada Safety Council, students will cover baby-sitting skills, rights and responsibilities, first aid and emergency situations. A practicum and attendance is required on both Saturdays to receive the certificate. Instructor: Avery Cole



NEW! Pencil Crayon Drawing Gr 5-7

Tuesday

5:00 - 6:00 pm

Sept 22 - Dec 8

\$374 (12 classes)

NEW

Take your drawing skills to the next level in this engaging and creative program! Participants will learn a variety of drawing techniques through step-by-step instruction while exploring subjects such as animals, nature, landscapes, and more. Instructor: Amie Talbot



Youth Mixed Martial Arts Fitness Program Gr 7 - 12

Wednesday

6:00 - 7:00 pm

Sept 23 - Dec 9

\$274 (12 classes)

Empower your child with essential self-defense skills, body awareness, and teamwork through our dynamic Kids Mixed Martial Arts Fitness Program.

Boxing gloves are required for safety and full participation. Details Pg 8.

Instructor: Imad Khaddaj

POTTERY CLASSES

Course & Age	Day	Time	Dates	Price	Instructor
Children Gr 1 - 3 Handbuilding	Tuesday	4:00 - 5:30 pm	Sept 22 - Dec 8	\$396 (12 classes)	Clare Davidson Rogers
Children Gr 2 - 4 Handbuilding	Monday	4:00 - 5:30 pm	Sept 21 - Dec 7 (ex Oct 12)	\$363 (11 classes)	Anna Macquistan
Children Gr 4 - 6 Handbuilding	Friday	4:00 - 5:30 pm	Sept 25 - Dec 11	\$396 (12 classes)	Monty Rogers
Youth Wheel & Handbuilding Gr 6 - 8	Tuesday	4:00 - 5:30 pm	Sept 22 - Dec 8	\$396 (12 classes)	Kathrin Von Dehn
Family Pottery (includes 1 adult & 1 child Gr 1+) Add second child/adult	Sunday	3:30 - 5:30 pm	Sept 27 - Dec 13 (ex Oct 11 & 25)	\$470 (10 classes) \$220 2nd child \$470+HST 2nd adult	Monty Rogers
Inter. / Adv. Hand-Building 16+yrs	Monday	7:00 - 9:30 pm	Sept 21 - Dec 7 (ex Oct 12)	\$517+HST (11 classes)	Russell Cagas
Beginner Wheel 16+yrs	Tuesday	7:00 - 9:30 pm	Sept 22 - Dec 8	\$564+HST (12 classes)	Anna Macquistan
Intermediate Wheel 16+yrs	Wednesday	7:00 - 9:30 pm	Sept 23 - Dec 9	\$564+HST (12 classes)	James Thorne
All Levels Hand Building & Sculpture 16+yrs	Wednesday	6:30 - 9:00 pm	Sept 23 - Dec 9	\$564+HST (12 classes)	Nadine Argo
Inter. / Adv. Wheel 16+yrs	Thursday	1:00 - 3:30 pm	Sept 24 - Dec 10	\$564+HST (12 classes)	Carolynne Pynn-Trudeau
Intro. Hand-Building 16+yrs	Thursday	7:00 - 9:30 pm	Sept 24 - Dec 10	\$564+HST (12 classes)	Russell Cagas
Beginner / Intermediate Wheel 16+yrs	Saturdays	10:00 am - 12:30 pm	Sept 26 - Dec 12 (ex Oct 10)	\$517+HST (11 classes)	Anna Macquistan

Additional information about Pottery classes

CLAY: All child and youth classes include clay. Adult and Family classes do not include clay.

CLAY is \$55+HST per bag and must be purchased at the front desk or upon registration.

POTTERY TOOLS: \$30+HST/set and are available for purchase. We also have studio tools 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 is not intended for the creation of new projects.

Pottery Class Descriptions can be found online.

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. This is a great opportunity for a social activity with your team. The 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.

POTTERY STUDIO

Studio Memberships (7 yrs - 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. Junior memberships are available to members with children 7 - 14 years. Junior members must be accompanied by an adult studio member.

FULL POTTERY Membership

Fall Season

Sept 1 - Dec 30 (ex Oct 12)

Adult Membership: 4 months \$500+HST

Adult Membership: monthly \$150+HST

Jr. Membership (7 - 14 yrs) (4 months) \$160

Must be accompanied by an adult member

INTERESTED IN BECOMING A MEMBER?

Contact Jen Drysdale at pottery@gnag.ca to be added to the waitlist.

GLEBE CRAFT & ARTISAN FAIR

Nov 21: 10 am - 5 pm

Nov 22: 11 am - 4 pm

Glebe Community Centre
175 Third Ave GNAG.ca

FREE
Admission

*Support
Local*



ADULTS CREATE



Watercolours Autumn Inspirations with Dhanashri

Monday 10:00 - 12:30 pm
Sept 14 - Dec 7 (ex Oct 12) \$309+HST (12 classes)

Learn to create rich and vibrant paintings based on the season through the medium of watercolours!



Go with the flow: Water, Trees & Skies Watercolours with Dhanashri

Wednesday 6:00 - 8:30 pm
Sept 16 - Dec 2 \$309+HST (12 classes)

Let's explore the joy of creating expressive, rich watercolour paintings.



Drawing and Painting (Oils / Acrylics) All Levels with Nina

Wednesday 11:45 - 2:45 pm
Sept 16 - Oct 21 \$250+HST (6 classes)
Nov 4 - Dec 9 \$250+HST (6 classes)

Bring your creativity to life with individualized guidance in drawing and painting techniques tailored to your interests. www.ninabirdifinearts.com



Life in the Neighbourhood with Bhat Boy

Tuesday 12:15 - 3:00 pm
Oct 6 - Dec 15 (ex Nov 10) \$350+HST (10 classes)

Fun and entertaining, you can let your free-wheeling self paint your heart out while learning about colour, composition and technique.



Introduction to Drawing with Robyn Bragg

Thursday 7:00 - 9:00 pm
Sept 24 - Nov 12 \$229+HST (8 classes)

Do you think you can't draw? Think again! Drawing is a skill anyone can learn. The secret is in learning how to see in a new way.



Watercolour Painting with Kathy

Thursday 12:30 - 3:00 pm
Sept 17 - Nov 12 (ex Oct 22) \$206+HST (8 classes)

Let's have some fun as we explore colour mixing and technique. Everyone is welcome, tea and cookies served at break, a safe and supportive environment for everyone. Instructor: Kathy Harker Fiander

Check for our Open Studio options on Tues & Wed mornings.

ADULTS CREATE



NEW! Coloured Pencil Fundamentals: Drawing with Confidence

NEW

Tuesday 10:00 - 11:00 am
Workshop: Sept 29 \$50+HST Class: Oct 20 - Nov 17 \$250+HST (5 classes)

Whether you're brand new to coloured pencils or looking to sharpen your techniques, this class will guide you through creating a beautiful finished drawing while learning valuable artistic skills. Instructor: Amie Talbot



Card Making Workshop with Debbie

NEW

Saturday 1:00 - 4:00 pm \$25
Sept 12 or Oct 10 or Dec 12

Join us for 3 hours of fun, laughter, and crafting as we create three beautiful handmade cards together. No matter your experience, you'll enjoy a relaxing afternoon surrounded by friendly, like-minded people who love being creative. Instructor: Debbie Lafort



Family Holiday Card workshop with Maya

Sunday 1:00 - 2:30 pm
Nov 29 \$10 per person

Get into the holiday spirit with our Holiday Card-Making Workshop, perfect for families or individuals looking to create something magical! Facilitator: Maya Ethier



Holiday Pottery Ornament Workshop with Monty

Saturday 10:00 am - 12:00 pm
Dec 5 \$75

Handcraft a holiday votive to add a personal touch to your festive decor. All supplies included. Children 10+ are welcome to register as an independent participant. Instructor: Monty Rogers



Festive Fall Candle Making Workshop

Thursday 7:00 - 9:00 pm
Oct 8 \$45+HST

Celebrate the cozy season by crafting your own autumn-inspired candles! Facilitator: Sarah Routliffe



Beginner D&D

Tuesday 7:00 - 9:00 pm
Sept 22 - Nov 10 (ex Oct 11) \$248+HST (8 classes)

Join us for a game of Dungeons & Dragons, and dive headfirst into a world of danger and discovery. Dungeon Master: Simon Keeble



Creative Writing with Larry McCloskey

Tuesday 1:00 - 3:00 pm \$275+HST (6 classes)
 Sept 15 - Oct 20 or Nov 3 - Dec 8

Rediscover the joy of creative writing in a supportive workshop designed to inspire, encourage, and connect writers of all experience levels.



Build A Book: Writing Children's Stories with Timm Holmes

Monday 6:30 - 8:30 pm
 Sept 21 - Nov 30 (ex Oct 12) \$429+HST (10 classes)

Do you have a story for your children or grandchildren that you've always wanted to bring to life as a book? Timm Holmes will help make it a reality.

Trivia Night
 IN THE GLEBE

PRIZES | FUN GAME | FOOD & DRINK

NOV 27

Tickets available soon

Doors open at 7:00 pm
Trivia starts at 7:30 pm

Glebe Community Centre - 175 Third Ave
 613-233-8713 info@gnag.ca

Did you know GNAG has a subsidy program?

As a not-for-profit organization, GNAG is committed to ensuring that its programs and services are available to all in our community. While we strive to make our programs affordable, sometimes families and individuals may need financial assistance to help cover program costs.

Financial assistance is available for our recreation programs, child care and summer camps. Please email info@gnag.ca or call the GNAG office at 613-233-8713 for more information.

You can also download the forms from our website by searching under the red "Jump To" menu.

There are no geographical restrictions to our subsidy program but forms need to be renewed every year as of July 1.

ADULT GENERAL INTEREST



Improving French Through Songs and Poetry

Wednesday 11:00 am - 12:30 pm
Sept 16 - Nov 4 \$202.50+HST (8 classes)

NEW

This course explores simple, practical, everyday French through a small number of songs from the 70's onwards and through some easy poetry.

Instructor: Stephane Aubry



Conversational French

Wednesday 2:00 - 3:00 pm
Sept 16 - Oct 21 \$135+HST (8 classes)

A fun-filled, lively and interactive conversational French class with a retired French teacher, geared to improving both confidence and fluency in French.

Instructor: Brenda Perras



Conversational Spanish

Thursday \$135+HST (6 classes)
Session 1: Sept 17 - Oct 22 Session 2: Nov 5 - Dec 10
Beginner 1: 12:00 - 1:00 pm Beginner 2: 1:00 - 2:00 pm

Beginner 1: Acquire the basic vocabulary and grammar you need to engage in simple, informal conversations in Spanish. **Beginner 2:** Completed Beginner 1 or already have a foundation in Spanish. Instructor: Luz Patricia



Let's Talk Menopause: The Nutrition Conversation Every Woman Needs

Tuesday, Oct 20 6:30 - 8:00 pm \$24.50+HST

Join Kelly Beaton, MPA, R.H.N. to discover how nutrition can help with perimenopause and menopause symptoms.



Reflourishment - Retirement Workshop

Saturday 10:00 am - 3:00 pm
Oct 17 \$60+HST

Join this workshop for a playful day of information and activities designed to help you settle happily (or more happily) into retirement.

Facilitators: Kathy Bol and Nadine Dawson

Bridge Club

Wednesday 9:30 - 11:30 am
Sept 16 - Dec 16 \$40+HST (14 classes)

Come on your own or bring a partner to this informal venue for playing the game and meeting other people who play at your level. Free coffee is provided.



GNAG is HIRING!

**Before & After School Childcare
Staff & Volunteers, and Tutors**

**For details head to
<https://gnag.ca/careers/>**

Deadline Aug 28



DOG TRAINING with



Dog Training Tuesdays	Date	Time	Price
Basic Skills Level 1	Sept 15 - Oct 6	6:15 - 7:00 pm	\$196+HST (4 classes)
Basic Skills Next Step	Sept 15 - Oct 6	7:00 - 7:45 pm	\$196+HST (4 classes)
Focus and Attention Exercises	Sept 15 - Oct 6	7:45 - 8:30 pm	\$196+HST (4 classes)
Reliable Recall	Oct 20 - Nov 24	6:15 - 7:00 pm	\$294+HST (6 classes)
Calm Leash Walks	Oct 20 - Nov 24	7:00 - 7:45 pm	\$294+HST (6 classes)



Basic Skills Part 1: Lay the Foundation

Canine communication, behaviour and foundation skills for a happy home. Gentle methods, backed by up-to-date learning theory. Skills such as coming when called, impulse control, people greeting, and how to walk-nicely-on-a-leash are taught using quick and effective methods.



Basic Skills Next Step

Build on your foundation skills in a more challenging environment. Polite greetings, calm city walks and key behaviours such as recall, leave it, drop it will be addressed. Learn to understand and solve common problem behaviours.



Focus & Attention Exercises **NEW**

Get your dog's attention anytime you need it. Relationship building exercises, brain games, and practical skills for real life. Great for dogs of all ages and skill levels.



Calm Leash Walks

Loose-leash walking skills, leave it, drop it, and calm behaviour are all addressed in this focused workshop. Good for beginners or as a refresher!



Reliable Recall

Start from the beginning to ensure your dog's safety and your peace of mind with a recall skill that works.

TASTE in the GLEBE

Tickets on sale Dec 1 at 7 pm
Event Date: Jan 27, 6:30 - 9 pm

Glebe House Tour

Sept 20, 1 - 4 pm

Tickets at GNAG.ca



ADULT DANCE CLASSES

with Emilie Phaneuf

Emilie's registration begins Aug 18 at 7 pm

MONDAY Sept 14 - Dec 14 <i>(ex. Oct 26)</i>	WEDNESDAY Sept 16 - Dec 9 <i>(ex. Oct 28)</i>	THURSDAY Sept 17 - Dec 10 <i>(ex. Oct 29)</i>	SATURDAY Workshops
Tropical Vibes* All Levels <i>Drop-ins welcome</i> 6:30 - 7:20 pm = 50 min Main Hall \$335+HST	Hip Hop Royalty* All Levels <i>Drop-ins welcome</i> 6:15 - 7:05 pm = 50 min Dance Studio \$335+HST	Dancehall All Levels <i>Progressive class</i> 6:15 - 7:05 pm = 50 min Dance Studio \$335+HST	Thriller All Levels Main Hall Saturday, Oct 24 2:00 - 3:30 pm \$51+HST
Bring it Back* All Levels <i>Drop-ins welcome</i> 7:30 - 8:20 pm = 50 min Main Hall \$335+HST	Street Dance Intermediate <i>Progressive class</i> 7:10 - 8:10 pm = 60 min Dance Studio \$370+HST	Reggaeton All Levels <i>Progressive class</i> 7:15 - 8:05 pm = 50 min Dance Studio \$335+HST	Carnival Vibes All Levels Saturday, Nov 14 3:00 - 4:30 pm \$51+HST
Bring running shoes with clean soles and a water bottle.	Sass/Heels All Levels <i>Progressive class</i> 8:15 - 9:05 pm = 50 min Dance Studio \$335+HST	Dancehall Intermediate <i>Progressive class</i> 8:15 - 9:15 pm = 60 min Dance Studio \$370+HST	Party Vibes and Freestyling All Levels Saturday, Nov 14 5:00 - 6:30 pm \$51+HST

WHAT'S THE DIFFERENCE BETWEEN 'ALL LEVELS' AND 'INTERMEDIATE' CLASSES?

All Levels classes are open to everyone, from beginners to experienced dancers. These classes offer options so that everyone feels comfortable, challenged, and has a great time! With 50 minutes of high-energy and heart-pumping dancing, you will leave sweaty and smiling... guaranteed!

Intermediate classes (formerly called Level 2 and Level 2/3) are open to those with at least two years of dance experience. These classes are now 60 minutes to allow extra time to perfect technique and choreo!

What to bring and wear: Come with comfortable exercise clothes and running shoes with clean soles, except for Sass where no shoes are needed. Don't forget your water bottle!

FULL descriptions can be found at <https://gnag.ca/activities/>

Drop-in classes*

50 min = \$33+HST

Drop-ins are welcome for these * classes throughout the session as space permits. Better yet, secure your spot by registering for the full session. Given the popularity of these classes, it's recommended to reserve your drop-in spots in advance.

Progressive classes: These classes build on the same routine every week. Registration is required for the full session. Drop-ins are possible only during the first three weeks, as space permits (contact Emilie to inquire).

50 min = \$33+HST 60 min = \$35+HST

Questions? Contact Emilie at

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



* Dance with Emilie classes are non-refundable.

ACTIVE ADULTS



NEW! O-Town Shuffle: First Timer & Beginner

Saturday 3:00 - 4:30 pm \$31+HST
Sept 19 or Oct 17 or Nov 21 or Dec 12

NEW

Always wanted to learn how to shuffle but didn't know where to start? This workshop is for you. Grab some friends and make this Saturday one to remember. Instructor: Alex Mera



Belly Dance

Saturday 10:30 am - 12:30 pm
Sept 27 - Dec 6 \$154+HST
(11 classes) or \$20+HST (drop-in)

This low-impact activity targets isolated muscle groups and is a great way to improve posture, flexibility, balance and grace. New and experienced dancers are welcome! Instructor: Caroline Hawthorne



Boxing with Michael Farach 13+ yrs

Friday 6:30 - 7:30 pm
Sept 18 - Dec 18 \$280+HST
(14 classes) Drop-in \$25+HST

A boxing workout is one of the most effective methods to lose weight, tone muscles, and build strength.



Muay Thai Kick-Boxing with Michael Farach 13+ yrs

Friday 7:45 - 8:45 pm
Sept 18 - Dec 18 \$280+HST
(14 classes) Drop-in \$25+HST

Experience for yourself a striking art that is proven to be effective not just in the ring, but also at getting you in the best shape of your life!



Tai Chi

Friday 1:00 - 2:00 pm
Oct 23 - Nov 27 \$140.40+HST
(6 classes) Drop-in: \$25+HST

NEW

Tai Chi is an ancient Chinese mind-body practice renowned for its extensive health benefits. Instructor: Xiang Zhang

GNAG

ANNUAL GENERAL MEETING
PLEASE JOIN US ON SEPT 21 AT 7 PM

ACTIVE ADULTS



Slow Flow Yoga with Amy Wannamaker

Monday 6:30 - 7:25 pm
Sept 14 - Dec 14 (ex Oct 12) \$182+HST
(13 classes) Drop-in \$20+HST

Join Amy for this Monday night class that explores elements of hatha, vinyasa, and yin yoga.



Candlelight Flow Yoga with Kelly Lennie

Tuesday 6:30 - 7:25 pm
Sept 15 - Dec 8 \$182+HST
(13 classes) Drop-in \$20+HST

This class is based on the principles of hatha with a strong focus on fluid movement that links breath with postures.



Barre & Stretch

Tuesday 1:30 - 2:30 pm
Sept 22 - Dec 8 \$242+HST (12 classes)

This Barre workout features low-impact movements and exercises inspired by classical ballet, yoga, and Pilates. Instructor: Mary Tsai



Strength In Numbers

Thursday 1:30 - 2:45 pm
Sept 24 - Dec 10 \$288+HST (12 classes)

Join a group of like-minded women who believe that you're never too old to get stronger! Instructor: Ruth Hartanto



Sound Bath Therapy

Tuesday 11:00 am - 12:00 pm \$35+HST
Sept 15 or Oct 13 or Nov 24

Sound Therapy is a gentle treatment for people to move to greater health and wellbeing through relaxing.
Instructor: Jennifer Bell

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GNAGFit FALL 2026 Aug 31 - Dec 19, 2026

Start your day with GNAG!

GNAGFit classes are created with Active Agers in mind but are suitable for all ages and levels. Our instructors provide and demonstrate options for everyone. Please advise your instructor of any medical conditions or injuries so that they can suggest alternatives and modifications.

As the saying goes, "use it or lose it." Come ready to challenge yourself at your own pace!

Start your day with GNAG!

August 31 - Dec 19, 2026 (ex Oct 12): 16 weeks

FALL GNAGFit Multipass \$336+HST

FALL FitXpress Multipass \$208+HST

GNAGFit 10 tickets \$165+HST

GNAGFit Drop-in \$18+HST

3 SEASON Multipass: Fall, Winter & Spring

41 weeks - \$820+HST - What a deal!

Not sure about GNAGFit?

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

MONDAY Aug 31 - Dec 14 (ex Oct 12)	TUESDAY Sept 1 - Dec 15 (ex Sept 7)	WEDNESDAY Sept 2 - Dec 16	THURSDAY Sept 3 - Dec 17	FRIDAY Sept 4 - Dec 18	SATURDAY Sept 5 - Dec 19
FITXpress 6:30 - 7:15 am Ruth		FITXpress 6:30 - 7:15 am Mary		FITXpress 6:30 - 7:15 am Alison	
Strength & Power 8:15 - 9:00 am Ruth	CSI 8:15 - 9:00 am Carol	Strength & Power 8:15 - 9:00 am Mary	CSI 8:15 - 9:00 am Christine	Strength & Power 8:15 - 9:00 am Christine	
Vitality 9:15 - 10:10 am Ruth	Movement is Medicine 9:15 - 10:10 am Carol	Vitality 9:15 - 10:10 am Mary	Vitality S&S 9:15 - 10:10 am Christine	Zumba 9:15 - 10:10 am Federico	CSI 9:15 - 10:10 am Ciana
We require a minimum of 5 regular participants per class so grab a friend and come get fit with GNAG!			Strength and Breath 10:30 - 11:25 am Angela	All GNAGFit passes available online.	

We did the MATH!

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

3 classes a week for 16 weeks = 48 classes

\$336/48 = \$7.00 per class!

2 classes a week for 16 weeks = 32 classes

\$336/32 = \$10.50 per class!

****** WHAT A DEAL! ******