

Ottawa

# Centre Communautaire Rideauview Community Centre

Fall 2016 & Winter 2017  
Automne 2016 et hiver 2017



Register at  
[ottawa.ca/recreation](http://ottawa.ca/recreation)  
Inscrivez-vous à  
[ottawa.ca/loisirs](http://ottawa.ca/loisirs)

Serving/Servant:  
Riverside South - Sud

613-822-7887  
[ottawa.ca/rideauviewcc](http://ottawa.ca/rideauviewcc)

3-1-1 TTY/ATS 613-580-2401

201606-4501

## Contact:

Rideauview Community Centre –  
613-822-7887

Chapman Mills Community  
Building – 613-822-7887

St. Francis Xavier High School –  
613-822-7887

Email: [Rideauview@ottawa.ca](mailto:Rideauview@ottawa.ca)

## Preschool

### General Interest

#### Play School

Experience independence, social interaction and learning with emphasis on language, pre-reading, counting, colour naming, dramatic play, themed crafts, music and movement. Children to bring their own nut free snack. No parent participation in this school-ready program.

Rideauview Community Centre –  
613-822-7887

30 months-5 years Mon 9:15-11:15 am

Sep 19-Nov 28 \$91.75 1056314

Jan 9-Mar 6 \$73.50 1056350

30 months-5 years Thu 9:15-11:15 am

Sep 22-Nov 24 \$91.75 1056324

Jan 12-Mar 9 \$82.75 1056363

#### Duffer Doo

A recreational preschool program for two to five year olds. Designed to encourage play and enhance development with crafts, songs, games and theme related activities. Children socialize with caring staff and peers in a fun environment.

Chapman Mills – 613-823-0541

2-5 years Tue. 9:15-11:15 am

Sep 27-Dec 6 \$119 1045947

Jan 3-Mar 21 \$119 1046546

Mar 28-Jun 6 \$119 1049820

2-5 years Wed. 9:15-11:15 am

Sep 28-Dec 7 \$119 1045960

Jan 4-Mar 22 \$119 1046582

Mar 29-Jun 7 \$119 1050953

2-5 years Thu. 9:15-11:15 am

Sep 29-Dec 8 \$119 1045973

Jan 5-Mar 23 \$119 1046585

Mar 30-Jun 8 \$119 1050976

2-5 years Fri. 9:15-11:15 am

Sep 30-Dec 9 \$119 1045982

Jan 6-Mar 24 \$119 1046590

Mar 31-Jun 9 \$108 1050988

Orientation for all locations is as follows:

Friday, September 23

Surnames A to L 9:15 to 10 am

Surnames M to Z 10:15 to 11 am.

## Performing Arts

### Ballet – Level 1

Introduce your little one to the world of creative movement. Simple exercises are structured to develop balance and coordination, while preschoolers learn the different movements and ballet basics.

Chapman Mills Community Building –  
613-822-7887

3-5 years Fri 4:30-5 pm

Sep 23-Nov 25 \$43.75 1058399

Jan 13-Mar 10 \$39.25 1058451

3-5 years Fri 5-5:30 pm

Sep 23-Nov 25 \$43.75 1058403

Jan 13-Mar 10 \$39.25 1058453

3-5 years Fri 5:30-6 pm

Sep 23-Nov 25 \$43.75 1058405

Jan 13-Mar 10 \$39.25 1058454

Rideauview Community Centre –  
613-822-7887

2-3 years Sat 9:30-10 am

Sep 24-Nov 26 \$39.25 1058425

Jan 14-Mar 11 \$35 1058457

3-4 years Sat 10-10:45 am

Sep 24-Nov 26 \$58.75 1058430

Jan 14-Mar 11 \$52.25 1058461

3-5 years Thu 5:45-6:30 pm

Sep 22-Nov 24 \$65.50 1058389

Jan 12-Mar 9 \$58.75 1058446

3-5 years Thu 6:30-7:15 pm

Sep 22-Nov 24 \$65.50 1058395

Jan 12-Mar 9 \$58.75 1058447

4-5 years Sat 10:45-11:30 am

Sep 24-Nov 26 \$58.75 1058434

Jan 14-Mar 11 \$52.25 1058470

### Creative Movement

A fun, casual approach to practicing basic and fine motor skills, in this introduction to the elements of movement to music.

Chapman Mills Community Building –  
613-822-7887

18 months-3 years Tue 5-5:30 pm

Sep 20-Nov 22 \$27.50 1057152

Jan 10-Mar 7 \$24.75 1057167

### Gotta Dance

Introduction to the elements of dance and space. Practice fundamental large and fine motor skills through basic ballet and jazz steps.

Chapman Mills Community Building –  
613-822-7887

3-5 years Tue 5:30-6 pm

Sep 20-Nov 22 \$43.75 1057206

Jan 10-Mar 7 \$39.25 1057237

3-5 years Tue 6-6:30 pm

Sep 20-Nov 22 \$43.75 1057214

Jan 10-Mar 7 \$39.25 1057247

### Music for Young Children® Sunrise

#### Program – Level 1

Sing, play, and learn! Quality music education blends the pleasure and joy of music making with sound instruction. Free for siblings under 20 months. Maximum two children per adult including sibling. \$35-45 materials fee payable to instructor at first class.

Chapman Mills Community Building –  
613-822-7887

2-5 years Mon 10-10:45 am

Sep 19-Nov 28 \$130.25 1057797

Jan 9-Mar 6 \$104.25 1057778

Rideauview Community Centre – 613-822-7887

2-5 years Sat 9:30-10:15 am

Sep 24-Dec 3 \$130.25 1057657

Jan 14-Mar 11 \$104.25 1057756

### Music for Young Children® Sunrise Program – Level 2

Children's music journey continues in this playful, pre-keyboard program with more songs, rhythm, and listening activities! Free for siblings under 20 months. Maximum two children per adult including sibling.

Recommended prerequisite: Sunrise One

Chapman Mills Community Building –  
613-822-7887

2-5 years Mon 10:45-11:30 am

Sep 19-Nov 28 \$130.25 1057807

Jan 9-Mar 6 \$104.25 1057815

Rideauview Community Centre – 613-822-7887

2-5 years Sat 10:15-11 am

Sep 24-Dec 3 \$130.25 1057810

Jan 14-Mar 11 \$104.25 1057817

### Twinkling Toes

Through creative movement with basic ballet and jazz, develop grace and creativity while allowing your personality to flourish. Performance at the final class.

Chapman Mills Community Building –  
613-822-7887

3-5 years Fri 6-6:30 pm

Sep 23-Nov 25 \$36.75 1058583

Jan 13-Mar 10 \$33.25 1058598

3-5 years Fri 6:30-7 pm

Sep 23-Nov 25 \$36.75 1058587

Jan 13-Mar 10 \$33.25 1058600



## Sports

### Ball Hockey – Parent and Child

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities. Parent and child participate together.

Rideauview Community Centre – 613-822-7887

3-5 years Sun 4:15-5 pm

Sep 25-Nov 27 \$49.75 1054741

Jan 15-Mar 12 \$44.25 1054749

### Multi Sport – Parent & Me

Emphasis is on active participation and fun. Non-instructional play-based programming.

Rideauview Community Centre – 613-822-7887

2-4 years Sun 3:15-4 pm

Sep 25-Nov 27 \$62 1054566

Jan 15-Mar 12 \$55.25 1054720

2-4 years Tue 10:30-11:15 am

Sep 20-Nov 22 \$69 1054656

Jan 10-Mar 7 \$62 1054730

### Soccer – Parent & Me

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer based activities.

Rideauview Community Centre – 613-822-7887

3-5 years Sun 5-5:45 pm

Sep 25-Nov 27 \$49.75 1054765

Jan 15-Mar 12 \$44.25 1054778

3-5 years Tue 5:30-6:15 pm

Sep 20-Nov 22 \$55.25 1056869

Jan 10-Mar 7 \$49.75 1056880

### Sportball – Multi-Sport

In collaboration with Sportball. [www.sportball.ca](http://www.sportball.ca). learn the FUNdamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are taught in a non-competitive and supportive environment

Chapman Mills Community Building –  
613-822-7887

3-5 years Sun 9:45-10:45 am

Sep 25-Nov 27 \$149.50 1056235

Jan 15-Mar 12 \$133 1056264

Rideauview Community Centre – 613-822-7887

3-5 years Sat 9:45-10:45 am

Sep 24-Nov 26 \$149.50 1056244

Jan 14-Mar 11 \$133 1056269

### Sportball – Parent and Tot

In collaboration with Sportball. [www.sportball.ca](http://www.sportball.ca). Parents and children are introduced to soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are non-competitive, focusing on

success and confidence.

Chapman Mills Community Building –  
613-822-7887

2-3 years Sun 9-9:45 am

Sep 25-Nov 27 \$149.50 1056146

Jan 15-Mar 12 \$133 1056197

Rideauview Community Centre – 613-822-7887

2-3 years Sat 9-9:45 am

Sep 24-Nov 26 \$149.50 1056167

Jan 14-Mar 11 \$133 1056215



Les programmes ne sont offerts  
qu'en anglais.



## Children

### Certification

#### Home Alone

Be safe while home alone. Learn how to handle callers at the door and on the phone as well as when and how to call emergency numbers. Some courses are offered by the Ottawa Safety Council.

**Rideauview Community Centre – 613-822-7887**

9-12 years	Sun	1-3 pm
Sep 11	\$36.75	1055149
Dec 4	\$36.75	1055157
Mar 5	\$36.75	1055176

### General Interest

#### Chess Club

Enjoy playing chess practicing your skills while meeting new friends.

**Rideauview Community Centre – 613-822-7887**

7-10 years	Wed	6-7 pm
Sep 21-Nov 23	\$63.75	1057381
Jan 11-Mar 8	\$57.50	1057399

#### Science Quests

Hands On science experiments! Experience science in a fun and interactive way.

**Rideauview Community Centre – 613-822-7887**

5-6 years	Wed	6:15-7:15 pm
Sep 21-Nov 23	\$68.75	1057540
Jan 11-Mar 8	\$62	1057578
7-10 years	Wed	6:15-7:15 pm
Sep 21-Nov 23	\$68.75	1057553
Jan 11-Mar 8	\$62	1057586

### Performing Arts

#### Ballet Jazz – Level 1

**Rideauview Community Centre – 613-822-7887**

5-7 years	Sat.	11:30 am-12:15 pm
Sep 24-Nov 26	\$58.75	1058774
Jan 14-Mar 11	\$52.25	1058786



#### Contemporary – Level 1

A dance style that borrows from modern, ballet and jazz choreography. Study basic ballet and modern dance principles while advancing your steps.

Uncover various moves, step combinations and new choreography. Create your own dance.

**Chapman Mills Community Building – 613-822-7887**

6-9 years	Tue	6:30-7:15 pm
Sep 20-Nov 22	\$72.75	1057289
Jan 10-Mar 7	\$65.50	1057303

### Sports

#### Badminton

Develop basic techniques including serve, rally, forehand and backhand. Improve your skills through game play.

**St. Francis Xavier High School – 613-822-7887**

8-11 years	Wed	6-7 pm
Sep 21-Nov 23	\$73.50	1058224
Jan 11-Mar 8	\$66.25	1058253

#### Basketball – Above the Rim

Introduction to one specific basketball skill per week. Drills, skill fundamentals and integration into team play. Instruction provided by professionals from [abovetherimbasketballschool.com](http://abovetherimbasketballschool.com).

**St. Francis Xavier High School – 613-822-7887**

6-12 years	Mon	6-7:30 pm
Sep 19-Nov 14	\$124.75	1056791
Jan 9-Mar 6	\$124.75	1056817

#### Basketball

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

**Rideauview Community Centre – 613-822-7887**

7-9 years	Thu	6-7 pm
Sep 22-Nov 24	\$73.50	1058561
Jan 12-Mar 9	\$66.25	1058570
10-13 years	Thu	7-8 pm
Sep 22-Nov 24	\$73.50	1058564
Jan 12-Mar 9	\$66.25	1058571

#### Flag Football

Run, throw, catch! Develop your fundamental skills learning the basics of flag football.

**Rideauview Community Centre – 613-822-7887**

9-12 years	Wed	6-7 pm
Sep 21-Nov 23	\$73.50	1057455

#### Gymnastics – Rhythmic

Contains the dynamics and flexibility of gymnastics, the technical knowledge of ballet, and the self-expression and rhythm of modern dance.

Choreographed to music and accompanied by colourful hoops, balls, ropes and ribbons.

**Rideauview Community Centre – 613-822-7887**

4-6 years	Sat	1:15-2:15 pm
Sep 24-Nov 26	\$82.75	1058808
Jan 14-Mar 11	\$73.50	1058823
7-11 years	Sat	2:15-3:15 pm
Sep 24-Nov 26	\$82.75	1058810
Jan 14-Mar 11	\$73.50	1058827

#### Soccer

Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing the game.

**Rideauview Community Centre – 613-822-7887**

6-9 years	Tue	6:15-7:15 pm
Sep 20-Nov 22	\$73.50	1056903
Jan 10-Mar 7	\$66.25	1056915

#### Volleyball

Learn the rules, game play (bump, set, spike, tip) and skills needed to serve and volley. Develop the fundamental skills playing the game.

**Rideauview Community Centre – 613-822-7887**

6-9 years	Mon	6-7 pm
Sep 19-Nov 21	\$66.25	1056380
Jan 9-Mar 6	\$58.75	1056751
10-13 years	Mon	7-8 pm
Sep 19-Nov 21	\$66.25	1056395
Jan 9-Mar 6	\$58.75	1056759

### Visual Arts

#### Drawing and Painting

Discover mixed media as you learn how to paint with watercolours and acrylics, and draw with charcoal, conte and pastels. Advanced techniques and learning opportunities available.

**Chapman Mills Community Building – 613-822-7887**

6-8 years	Wed	6-7 pm
Sep 21-Nov 23	\$135.75	1058133
Jan 11-Mar 8	\$122.25	1058142

### Day Camps

#### Camp Ottawa Energy

Make new friends and have a blast. Join in the action with games, crafts, sports and camp activities. Contact your local centre for themes and details.

**Rideauview Community Centre – 613-822-7887**

4-12 years	Tue-Fri	8 am-5 pm
Oct 11-14	\$114.50	1053925

#### Pre/Post Care

4-12 years	Tue-Fri	7:30-8 am, 5-5:30 pm
Oct 11-14	\$20	1058847

#### P.D. Day – Energy

When school's out, we're in for an action filled day of activities. Kids explore the world of crafts, games, and special activities while developing new friendships.

**Rideauview Community Centre – 613-822-7887**

4-12 years	Mon	7:30 am-5:30 pm
Sep 26	\$41	1052791
Jan 30	\$41	1053812
4-12 years	Fri	7:30 am-5:30 pm
Oct 7	\$41	1052825
Nov 18	\$41	1052829
Jan 27	\$41	1053803
Feb 17	\$41	1053815

#### Winter Break Camp – Energy

When school's out, we're in for an action filled day of activities. Kids explore the world of crafts, games, and special activities while developing new friendships.

**Rideauview Community Centre – 613-822-7887**

4-12 years	Tue	7:30 am-5:30 pm
Dec 27	\$41	1053912
Jan 3	\$41	1053852
4-12 years	Wed	7:30 am-5:30 pm
Dec 28	\$41	1053915
Jan 4	\$41	1053881
4-12 years	Thu	7:30 am-5:30 pm
Dec 29	\$41	1053916
Jan 5	\$41	1053883
4-12 years	Fri	7:30 am-5:30 pm
Dec 30	\$41	1053918
Jan 6	\$41	1053902
4-12 years	Mon	7:30 am-5:30 pm
Jan 2	\$41	1053838

### Youth

### Sports

#### Ball Hockey

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

**Rideauview Community Centre – 613-822-7887**

11-14 years	Tue	7:15-8:15 pm
Sep 20-Nov 22	\$73.50	1056942.
Jan 10-Mar 7	\$66.25	1056956

#### Basketball – Above the Rim

Develop your skills through instruction, drills, competition and scrimmages. Players of all ability welcome. Instruction provided by professionals from [abovetherimbasketballschool.com](http://abovetherimbasketballschool.com).

**St. Francis Xavier High School – 613-822-7887**

13-14 years	Mon	7:30-9 pm
Sep 19-Nov 14	\$124.75	1056833
Jan 9-Mar 6	\$124.75	1056854
15-16 years	Mon	7:30-9 pm
Sep 19-Nov 14	\$141	1056838
Jan 9-Mar 6	\$141	1056860

Schedules and fees may be subject to change. Fees include HST.

Veillez noter que les frais d'inscription peuvent être sujets à changement sans préavis. TVH incluse.

We try our best to make sure programs run exactly as outlined but, sometimes a course date, time, location or fee may change. Courses are subject to cancellation if insufficient registration is not met prior to class start date.

Nous nous efforçons d'offrir nos programmes exactement tel que décrit, mais parfois, la date d'un cours, l'heure ou l'endroit où il se donne ou les frais d'inscription peuvent être modifiés. Les cours peuvent être annulés s'il n'y a pas le nombre minimal de participants.

## Family

#### Badminton - Game Play – Family

Emphasis is on active participation and fun. Non-instructional game play for the whole family. In order to participate, an adult and child/youth must register separately.

**St. Francis Xavier High School – 613-822-7887**

Sep 21-Nov 23 Wed 7-8 pm

**6-14 years \$39.50 1058336**

**15+ years \$44.50 1058302**

Jan 11-Mar 8 Wed 7-8 pm

**6-14 years \$35.50 1058353**

**15+ years \$40.00 1058321**

### Adult

### Visual Arts

#### Watercolours – Level 1

Watercolour is a soft and beautiful form of expression. Through exercise and demonstrations, learn to create a colour wheel and apply washes to paper while exploring realism, abstraction and non-representation.

**Chapman Mills Community Building – 613-822-7887**

**19+ years Wed 7-8 pm**

Sep 21-Nov 23 \$109.50 1058174

Jan 11-Mar 8 \$98.50 1058189

### Fitness

#### Tai Chi/Qi Gong 50+

Qigong is a self-healing art that combines gentle movement and meditation. This 3000 year old art is thought to prevent illness, reduce stress and integrate mind, body and spirit.

**Rideauview Community Centre – 613-822-7887**

**50+ years Wed 10:30-11:30 am**

Sep 21-Nov 23 \$98 1057341

Jan 11-Mar 8 \$88.25 1057351



### DROP-IN PROGRAMS

#### Adult Basketball

Looking for a gym to shoot some hoops? Meet new people or bring your friends.

**Rideauview Community Centre**

**18+ yrs Thurs 8-9:30 pm**

Sep 22-Dec 15 \$4.10/drop-in fee

Jan 12-Mar 9 \$4.10/drop-in fee

#### Open Gym with Parent

Come and use our gym to play unsupervised sports with your little one(s).

Parent/Caregiver participation is required.

**Rideauview Community Centre**

0-4 yrs Wed 10-11:30 am

Sept 14 -Dec 7 \$2.55

#### Yoga

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

**Rideauview Community Centre – 613-822-7887**

**18+ years Tue 6:30-7:30 pm**

Sep 20-Nov 22 \$98 1057091

Jan 10-Mar 7 \$88.25 1057125

#### Yoga – Level 2

**18+ years Wed 7:30-9 pm**

Sep 21-Nov 23 \$147 1057418

Jan 11-Mar 8 \$132.50 1057436

#### Zumba®

Inspired by Latin and International dance, this is a great cardio class with focus on fun and sweating. Blast calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop.

**Rideauview Community Centre – 613-822-7887**

**16+ years Thu 7:30-8:30 pm**

Sep 22-Nov 24 \$80.75 1058489

Jan 12-Mar 9 \$72.75 1058498

## FRIDAY YOUTH NIGHT

#### Friday Youth Night

Come join us for a variety of activities, movie and pizza nights, special events, fun and friendship. Registration takes place Friday nights at the community centre.

**Rideauview Community Centre**

**Oct 14-Dec 2**

**Jan 13-Mar 10**

Youth Drop-In	9-13 yrs	6-8:30 pm	FREE
Youth Basketball	14-18 yrs	8:30-10 pm	FREE

Sponsored by Riverside South Community Association



### Riverside South Community Association

#### Upcoming Events:

#### December 3, 2016

Pancake Breakfast with Santa	9 am to noon
Parade	1 pm
Evening Sleigh Rides	6 to 8:30 pm

Contact the association for more details.  
**riversidesouth.org**

### Facility Rentals

To book the Rideauview Community Centre or Chapman Mills Community building please call 613-822-7887 or email