

Ottawa

Centre Communautaire Rideauview Community Centre

Spring - Summer 2017
Printemps - été 2017



Register at
ottawa.ca/recreation
Inscrivez-vous à
ottawa.ca/loisirs

Serving/Servant:
Riverside South - Sud

613-822-7887
ottawa.ca/rideauviewcc

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

201702-03

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

Preschool General Interest

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			
2-5 years	Tue.	9:15-11:15 am	
Mar 28-Jun 6	\$119	1049820	
2-5 years	Wed.	9:15-11:15 am	
Mar 29-Jun 7	\$119	1050953	
2-5 years	Thu.	9:15-11:15 am	
Mar 30-Jun 8	\$119	1050976	
2-5 years	Fri.	9:15-11:15 am	
Mar 31-Jun 9	\$108	1050988	

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			
3-5 years	Fri.	4:30-5 pm	
Mar 31-Jun 23	\$49	1088610	
3-5 years	Fri.	5-5:30 pm	
Mar 31-Jun 23	\$49	1088648	
3-5 years	Fri.	5:30-6 pm	
Mar 31-Jun 23	\$49	1088657	
Rideauview			
2.5-3 years	Sat.	9:30-10 am	
Apr 1-Jun 10	\$40	1089352	
3-4 years	Sat.	10-10:45 am	
Apr 1-Jun 10	\$60	1089357	
3-5 years	Thu.	5:45-6:30 pm	
Apr 6-Jun 15	\$73.25	1089338	
3-5 years	Thu.	6:30-7:15 pm	
Apr 6-Jun 15	\$73.25	1089346	
4-5 years	Sat.	10:45-11:30 am	
Apr 1-Jun 10	\$60	1089363	



Creative Movement – Parents and Tot

For our youngest students, this provides a fun, casual approach to practicing basic and fine motor skills, and a cooperative introduction to the elements of dance and space.

Chapman Mills			
18 months-3 years	Tue.	5-5:30 pm	
Mar 28-May 30	\$28.25	1088445	

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			
3-5 years	Tue.	5:30-6 pm	
Mar 28-May 30	\$44.50	1088486	
3-5 years	Tue.	6-6:30 pm	
Mar 28-May 30	\$44.50	1088507	

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			
2-5 years	Mon.	9:30-10:15 am	
Mar 27-Jun 12	\$133	1090567	
Rideauview			
2-5 years	Sat.	11-11:45 am	
Apr 1-Jun 17	\$133	1090549	

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. \$35 materials fee payable to instructor at first class. Recommended prerequisite: Sunrise One

Chapman Mills			
2-5 years	Mon.	11-11:45 am	
Mar 27-Jun 12	\$133	1090572	
Rideauview			
2-5 years	Sat.	9:30-10:15 am	
Apr 1-Jun 17	\$133	1090552	

Music for Young Children® – Sunrise Program

Level 3
Buzz the Fly and friends lead children in spring themed songs and activities with rhythm instruments, puppets, and games. Free for siblings under 20 months. Maximum two children per adult including sibling. \$35 materials fee payable to instructor at first class. Prerequisite: Sunrise 1 or Sunrise 2

Chapman Mills			
2-5 years	Mon.	10:15-11 am	
Mar 27-Jun 12	\$133	1090574	
Rideauview			
2-5 years	Sat.	10:15-11 am	
Apr 1-Jun 17	\$133	1094750	

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			
3-5 years	Fri.	6-6:30 pm	
Mar 31-Jun 23	\$41.25	1088743	
3-5 years	Fri.	6:30-7 pm	
Mar 31-Jun 23	\$41.25	1089053	

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			
3-5 years	Sun.	4:15-5 pm	
Apr 2-Jun 11	\$50.75	1089122	

Multi Sport – Parent & Me

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

Rideauview			
30 months-5 years	Sun.	5-5:45 pm	
Apr 2-Jun 11	\$63.25	1089060	

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			
30 months-5 years	Sun.	3:15-4:15 pm	
Apr 2-Jun 11	\$67.50	1089142	
30 months-5 years	Tue.	5:30-6:15 pm	
Apr 4-Jun 6	\$56.25	1089185	

Sportball® – Multi-Sport

In collaboration with Sportball. 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			
3-5 years	Sun.	9:45-10:45 am	
Apr 23-Jun 18	\$136	1090410	
Rideauview			
3-5 years	Sat.	9:45-10:45 am	
Apr 22-Jun 17	\$136	1090270	

Sportball® – Outdoor Soccer

In collaboration with Sportball (www.sportball.ca) Children gain knowledge and the ability to play soccer with confidence through skill development and non-competitive games.

Chapman Mills			
3-5 years	Sun.	10:30-11:30 am	
Jul 9-Aug 20	\$101.75	1085675	
Rideauview			
3-5 years	Wed.	6-7 pm	
Jun 7-Aug 9	\$169.50	1085665	

Les programmes ne sont offerts
qu'en anglais.

Sportball® – Outdoor Soccer – Parent & Tot

In collaboration with Sportball (www.sportball.ca) Parents are instructed how to correctly assist their children in learning the FUNdamentals of soccer. Focus is on success through participation.

Chapman Mills			
2-3 years	Sun.	9:45-10:30 am	
Jul 9-Aug 20	\$101.75	1085572	
Rideauview			
2-3 years	Wed.	5:15-6 pm	
Jun 7-Aug 9	\$169.50	1085557	



Sportball® – Parent and Tot

In collaboration with Sportball. 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			
2-3 years	Sun.	9-9:45 am	
Apr 23-Jun 18	\$136	1090401	
Jul 9-Aug 20	\$101.75	1085694	
Rideauview			
2-3 years	Sat.	9-9:45 am	
Apr 22-Jun 17	\$136	1090294	

General Interest

Play, Create and Explore – 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			
30 months-5 years	Mon.	9:15-11:15 am	
Mar 20-Jun 19	\$112.25	1089148	
Jun 26-Aug 28	\$75	1085464	
30 months-5 years	Thu.	9:15-11:15 am	
Mar 23-Jun 22	\$131	1089330	
Jun 29-Aug 31	\$93.75	1085476	



Children Performing Arts

Ballet Jazz – Level 1
Basic to intermediate ballet and jazz techniques will be practiced. Combination of contemporary movements and ballet techniques. Exercises are structured to develop strength, balance, flexibility and coordination. Learn choreography from both dance styles.
Rideauview
5-7 years **Sat. 11:30 am-12:15 pm**
Apr 1-Jun 10 \$60 1089371

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
6-8 years **Tue. 6:30-7:15 pm**
Mar 28-May 30 \$74.25 1088536

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
6-8 years **Wed. 5:30-6:30 pm**
Apr 12-Jun 14 \$138.50 1088557

Sports

Above the Rim – Child
Introduction to one specific basketball skill per week. Drills, skill fundamentals and integration into team play. Instruction provided by professionals from abovetherimbasketballschoo.com.
École élémentaire publique Michel Dupuis
6-12 years **Wed. 6-7:30 pm**
Apr 5-May 24 \$126 1098183

Badminton
Develop basic techniques including serve, rally, forehand and backhand. Improve your skills through game play.
St. Francis Xavier School , 3740 Spratt
8-10 years **Wed. 6-7 pm**
Apr 26-Jun 7 \$52.50 1089399

Badminton – Game Play
Emphasis is on active participation and fun. Non-instructional game play.
St. Francis Xavier School , 3740 Spratt
8-14 years **Wed. 7-8 pm**
Apr 26-Jun 7 \$28.25 1089409

Basketball
Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.
Rideauview
7-10 years **Thu. 6-7 pm**
Apr 6-Jun 15 \$82.50 1090795

Basketball – Game Play
Emphasis is on active participation and fun. Non-instructional game play.
Rideauview
8-13 years **Thu. 7-8 pm**
Apr 6-Jun 15 \$44.25 1090815

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
4-6 years **Sat. 1:15-2:15 pm**
Apr 1-Jun 10 \$84.50 1089789
7-11 years **Sat. 2:15-3:15 pm**
Apr 1-Jun 10 \$84.50 1089794

Soccer
Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing the game.
Rideauview
6-9 years **Tue. 6:15-7:15 pm**
Apr 4-Jun 6 \$75 1089259

Volleyball
Learn the rules, game play (bump, set, spike, tip) and skills needed to serve and volley. Develop the fundamental skills playing the game.
St. Francis Xavier School, 3740 Spratt –
8-12 years **Mon. 6-7 pm**
Apr 3-Jun 12 \$67.50 1089381

General Interest

Cybersafe and Bully Proofing
Increase your safety awareness when using the internet, and explore the idea of bullying: what it is and how to prevent it. Interactive and hands-on with role-playing, and group discussion. Developed by Kidproof Canada kidproofsafety.com and facilitated by the Ottawa Safety Council.
Rideauview
8-11 years **Sun. 1-4 pm**
Apr 30 \$56.50 1089723

Street Proofing & Home Alone
Develop street smart safety tools and learn home safety when unsupervised by adults.
Rideauview
9-12 years **Sun. 1-4 pm**
Jun 11 \$56.50 1089735
9-12 years **Sat. 1-4 pm**
May 13 \$56.50 1089732

Chess Club
Enjoy playing chess practicing your skills while meeting new friends.
Rideauview
6-12 years **Wed. 6-7 pm**
Apr 12-Jun 14 \$65 1089327

Science Quests
Hands On science experiments! Experience science in a fun and interactive way.
Rideauview
5-7 years **Wed. 6:15-7:15 pm**
Apr 12-Jun 14 \$70.25 1089316
8-10 years **Wed. 6:15-7:15 pm**
Apr 12-Jun 14 \$70.25 1089321

Youth
Above the Rim – Youth
Develop your skills through instruction, drills, competition and scrimmages. Players of all ability welcome. Instruction provided by professionals from abovetherimbasketballschoo.com.
École élémentaire publique Michel Dupuis
13-14 years **Wed. 7:30-9 pm**
Apr 5-May 24 \$127.25 1098184
15-16 years **Wed. 7:30-9 pm**
Apr 5-May 24 \$144 1098185

Adults
Yoga
The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.
Rideauview 19+ years Tue. 6:30-7:30 pm
Mar 21-Jun 6 \$117.75 1089178

Volleyball – Game Play – Adult
Emphasis is on active participation and fun. Games are at a recreational level.
St. Francis Xavier High School - 613-822-7887
18-99 years **Mon. 7-8 pm**
Apr 3-Jun 12 \$40.75 1089390

Yoga – Level 2
The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.
Rideauview
16+ years **Wed. 7:30-9 pm**
Mar 22-Jun 14 \$191.25 1089277

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
18+ years **Thu. 7:30-8:30 pm**
Apr 6-Jun 8 \$80.75 1089332

DROP-IN PROGRAMS

Adult Basketball
Looking for a gym to shoot some hoops? Meet new people or bring your friends.
Rideauview C.C.
18+ years **Thurs. 8-10 pm**
Mar 23-Jun 22 \$4/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 C.C.
0-4 years **Wed. 10-11:30 am**
Mar 22-Jun 21 Drop-in
Fee applicable



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 C.C.
Mar 31 – June 2
Youth Drop-in 9-13 yrs 6-8:30 FREE
Youth Basketball 14-18 yrs 8:30-10 pm FREE

Sponsored by Riverside South Community Association and Riverside Pizza



Facility Rentals
To book the Rideauview Community Centre or Chapman Mills Community building please call 613-822-7887 or email rideauview@ottawa.ca

DAY CAMPS

Preschool

Fun'n Friends Energy
Creative play, songs, crafts, themes, and cooperative games offer activities and fun for making friends in your neighbourhood.
Chapman Mills
4-5 years **Mon.-Fri. 8 am-5 pm**
Jul 10-14 \$163.25 1072934
Jul 17-21 \$163.25 1072937
Jul 24-28 \$163.25 1072962
Jul 31-Aug 4 \$163.25 1072973
Aug 14-18 \$163.25 1072977
Aug 21-25 \$163.25 1072985
Aug 28-Sep 1 \$163.25 1072995
4-5 years **Tue.-Fri. 8 am-5 pm**
Jul 4-7 \$130.75 1072931
Aug 8-11 \$130.75 1072933
Rideauview
4-5 years **Mon.-Fri. 8 am-5 pm**
Jul 10-14 \$178.50 1073043
Jul 17-21 \$178.50 1073053
Jul 24-28 \$178.50 1073057
Jul 31-Aug 4 \$178.50 1073066
Aug 14-18 \$178.50 1073077
Aug 21-25 \$178.50 1073087
Aug 28-Sep 1 \$178.50 1073095
4-5 years **Tue.-Fri. 8 am-5 pm**
Jul 4-7 \$143 1073027
Aug 8-11 \$143 1073034

Children

Pre and Post Care 7:30-8 am & 5-5:30 pm
Chapman Mills
44 months-5 years **Mon.-Fri.**
Jul 10-14 \$25.50 1072766
Jul 17-21 \$25.50 1072767
Jul 24-28 \$25.50 1072768
Jul 31-Aug 4 \$25.50 1072769
Aug 14-18 \$25.50 1072770
Aug 21-25 \$25.50 1072771
Aug 28-Sep 1 \$25.50 1072772
44 months-5 years **Tue.-Fri.**
Jul 4-7 \$20.50 1072765
Aug 8-11 \$20.50 1072773
Rideauview
4-12 years **Mon.-Fri.**
Jul 10-14 \$25.50 1072758
Jul 17-21 \$25.50 1072759
Jul 24-28 \$25.50 1072760
Aug 14-18 \$25.50 1072762
Aug 21-25 \$25.50 1072763
Aug 28-Sep 1 \$25.50 1072764
4-12 years **Tue.-Fri.**
Jul 4-7 \$20.50 1072754
Aug 8-11 \$20.50 1072757

Camp Ottawa Adventure
Bring all your energy to camp for days of adventure and making friends. Sports, games, crafts, special events and of course, an out trip! (Out trip may include swimming). Contact centre for themes and details.
Rideauview
6-12 years **Mon.-Fri. 8 am-5 pm**
Jul 10-14 \$168.50 1072721
Jul 17-21 \$168.50 1072722
Jul 24-28 \$168.50 1072723
Jul 31-Aug 4 \$168.50 1072725
Aug 14-18 \$168.50 1072727
Aug 21-25 \$168.50 1072728
Aug 28-Sep 1 \$168.50 1072730
6-12 years **Tue.-Fri. 8 am-5 pm**
Jul 4-7 \$134.75 1072686
Aug 8-11 \$134.75 1072706



P.D. DAYS AND SCHOOL BREAKS

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
4-12 years **Thu. 7:30 am-5:30 pm**
Jun 29 \$42 1089619
4-12 years **Fri. 7:30 am-5:30 pm**
May 19 \$42 1089609
Jun 9 \$42 1089621
Jun 30 \$42 1089623

Camp Ottawa Energy - May Break
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
4-12 years **Tue.-Fri. 8 am-5 pm**
May 23-26 \$116.75 1086967
Pre and Post Care 7:30-8 am & 5-5:30 pm
4-12 years **Mon.-Fri.**
May 23-26 \$20.50 1086944

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.