

It all happens here.

SPRING & SUMMER 2020

320 Jack Purcell Lane (off Elgin at Lewis) Ottawa, ON K2P 2J5 | Tel. 613-564-1050 | E-mail info@jpra.ca | www.jpra.ca

REGISTRATION INFORMATION

Ongoing during business hours at the centre.
Online by credit card only (minimum convenience fee is added).

JPRA Spring and Summer Programs:

Registration Starts: March 9, 2020
Spring Session Starts: April 1, 2020
Summer Session Starts: June 29, 2020

City of Ottawa:



Aquatic Programs Begin: March 2, 2020 online:
ottawa.ca & in person March 3, 2020
Dry Land Programs Begin: March 4, 2020
online & in person March 5, 2020


Place: Jack Purcell Community Centre

Payment: Cash, Cheque, Credit Card or Interac.
Program fees do not include HST. Drop-in fees include HST.

Registration, with payment, will be taken at the reception area during business hours. No registrations or reservations will be taken over the phone.

Programs, dates, times and fees are subject to change without notice and programs may be cancelled if minimum registration is not met.

Programs with the  are offered by the Jack Purcell Recreation Association. All others are offered by the City of Ottawa . Programs take place at the centre, in the school gym, at Bethell Fieldhouse, on the tennis courts or in Jack Purcell Park.

Great Programs! Great Prices!
 **Register On-line Now!**



FITNESS CLASSES

Descriptions for the Spring Group Fitness classes are available on the Website.

Zumba is back. Starts Wednesday, April 8, 2020. (See Website for details.)

Spring Session: April 6 – June 25, 2020 (10 & 12 wks)

TIME	MONDAY	TUESDAY	THURSDAY
SPRING SESSION	Total Body Conditioning 6:00 – 7:00 p.m.	Short Circuit 6:00 – 7:00 p.m.	Body Blast-Core Strong 6:00 – 7:00 p.m.

FITNESS FEES

Sign Up for Two Classes and Get 50% Off the Second Class of Equal or Lesser Value! (plus HST)

Monday: \$77.00 (10 wks) Tuesday: \$92.00 (12 wks)
Thursday: \$92.00 (12 wks)

Drop-in Fee: \$9.50 per class

NOTE: Register for a fitness class any time during the session. Fees are prorated. Purchase a 10-visit pass for use during the Spring Session for only \$85.00 (+ HST).



ALTERNATIVE EXERCISE

SPECIAL OFFER!

Purchase a 10-visit pass for \$72.00 (+ HST) for the Spring Session only.

Energy Dance

This is a workout based on dance for people with a wide range of fitness levels and dance abilities. Choreographed dance moves get the heart rate up and the body moving through a variety of routines and music.

Monday/Wednesday/Friday: 5:30 – 6:30 p.m.

Dates: April 6 – June 29, 2020 (10 wks) (includes stat & other make-up classes)

Cost: Three times a week: \$120.00; Twice a week: \$110.00
Drop-in fee: \$8.50 per class

YOGA-PILATES OFFER!

Purchase a 10-Visit Pass for Yoga or Pilates for \$113.00 (+HST) for use during the Spring Session only. **NOTE: Pass is not available for the Summer Session.**

Hatha Yoga

In this all-levels class, you'll connect breath with mindful movement. You'll also explore various yoga poses that are both relaxing and challenging for you.

Tuesday: 6:30 – 7:45 p.m.

Dates: April 7 – June 23, 2020 (12 wks)

Cost: \$135.00; \$13.50 Drop-in Fee

Hatha Yoga

(See description under Tuesday evening.)

Thursday: 6:30 – 7:45 p.m.

Dates: April 9 – June 25, 2020 (12 wks)

Cost: \$135.00 per person; \$13.50 Drop-in fee



 Jack Purcell Recreation Association
www.jpra.ca | info@jpra.ca

SPRING & SUMMER TENNIS PROGRAMS (FOR ADULTS & CHILDREN)

Both Beginner & Intermediate Levels Available

These drills-based classes focus on:

- technique & footwork
- serve, volley, ground stroke & overhead smash
- are played at St. Luke's Tennis Courts

See schedule under SPORTS & on Website

THE JACK PURCELL COMMUNITY CENTRE WILL BE CLOSED ON THE FOLLOWING DATES:

Good Friday: April 10, 2020
Easter Monday: April 13, 2020
Victoria Day: May 18, 2020

Canada Day: July 1, 2020
Civic Holiday: August 3, 2020

 **All-Levels Pilates**

You'll focus on legs, lower back and abs to improve lower-body strength, especially the core, and flexibility. It's a demanding workout to enhance control of the all-important back muscles.

Monday: 6:00 – 7:00 p.m.
Dates: April 20 – June 15, 2020 (8 wks)
(No class May 18, 2020)
Cost: \$78.00/person; Drop-in fee: \$13.50

 **Hatha Yoga (Summer)**

See description under Spring-Tuesday.

Tuesday: 6:30 – 7:45 p.m.
Dates: July 7 – August 25, 2020 (8 wks)
Cost: \$90.00/person; Drop-in fee: \$13.50

 **Hatha Yoga (Summer)**

See description under Spring-Tuesday.

Thursday: 6:30 – 7:45 p.m.
Dates: July 9-July 30, 2020 (4 wks)
Cost: \$45.00/person; Drop-in fee: \$13.50



SPECIAL OFFER!

Sign Up for Both Entry-Level Classes A and B and Pay Only \$113.00/Couple; \$82.00/Person. (No prorating on Special Offer.)
You can also drop in for \$11.50 per class.

 **Ballroom and Latin Dance – Entry Level A**


You'll learn to connect to music, as well as to your partner, using dance patterns in Jive, Cha-Cha, Rumba and the Waltz.

Tuesday: 6:00 – 7:00 p.m.
Dates: April 7 – May 12, 2020 (6 wks)
Cost: \$67.00/couple; \$52.00/person

 **Ballroom and Latin Dance – Entry Level B**

You'll be introduced to different dance patterns in various dances. Can be taken on its own.

Tuesday: 6:00 – 7:00 p.m.
Dates: May 19-June 30, 2020 (6 wks) (No class June 9, 2020)
Cost: \$67.00/couple; \$52.00/person

 **Ballroom and Latin Dance – Intermediate/Advanced**

You'll review and continue to build on dances you already know. The class is geared to improve your skills as a dance couple.

Tuesday: 7:00 – 8:00 p.m.
Dates: April 7 – June 30, 2020 (12 wks)
(No class June 9, 2020)
Cost: \$113.00/couple; \$67.00/person

 **Wedding Dance Preparation**

Couples choose one or two preferred dances with the focus on building confidence and enhancing communication between the couple to prepare for the big day. Limited to four couples only.

Tuesday: 8:00 – 9:00 p.m.
Dates: April 7 – May 26, 2020 (8 wks)
Cost: \$120.00/couple



 **Creativity through Watercolour**

Focus on creating your own style by learning techniques, composition and balance using different exercises in either acrylics or watercolours.

Wednesday: 7:00 – 9:00 p.m.
Dates: April 15 – June 17, 2020 (10 wks)
Cost: \$135.00 per person; \$14.00 Drop-in Fee
(Supplies extra – See Website)



WEIGHT ROOM INFORMATION

Jack Purcell's weight room includes a Universal Station, a Basic PowerTrainer (a seated cycle using arms and legs), an Equalizer 1005 (a barrier-free 5-station workout unit), treadmills, a Lifecycle, an Elliptical machine, a Scifit machine and 2 Nustep seated ellipticals, duplex pulleys, a vertical leg press, a Smith Machine, York bars and plates, and dumbbells ranging from 3 to 75 pounds.



HOURS

Monday to Friday: 7:00 a.m. – 9:00 p.m.
Saturday & Sunday: 9:00 a.m. – 8:00 p.m.

Equipment Orientation

A session is available for new members, designed to review the centre's policies, procedures and equipment use. It's strongly recommended for new members. By appointment only.

One Option Membership Prices

Adult	One year:	\$288.50
	Six month:	\$159.75
	Three month:	\$88.00
	One month:	\$44.50
	* Drop-in fee:	\$9.25

Seniors (65+), Students and Youth

	One year:	\$160.00
	Six month:	\$88.50
	Three month:	\$48.00
	One month:	\$24.75
	* Drop-in fee:	\$8.00

***Working with Weights for People with Disabilities Membership**

A specialized fitness instructor is on hand, with the support of volunteers, to guide you through modified exercises.

Time: Monday/Wednesday/Friday: 9:30 – 11:30 a.m.
Cost: Three month: \$45.25
One month: \$23.25

Personal Training

Book a one-on-one session with our certified personal trainers, who will provide you with a cohesive program to help achieve your personal fitness goals.

Cost: \$66.00 per hour Adult
\$59.50 per hour Senior

All-inclusive Packages for "class B" Facilities

Combination packages for weight training, swimming and aquafitness are available.

NOTE: Weight room personal training sessions are extra. Subsidies do not apply to any of the package deals.

Adult All-inclusive "B" Pass

	One year:	\$534.00
	Six months:	\$294.75
	Three months:	\$160.25
	One month:	\$80.75

Seniors, Students All-inclusive Pass

	One year:	\$451.75
	Six months:	\$248.50
	Three months:	\$134.75
	One month:	\$68.00

 **Acrylic Workshop**

You'll explore the medium of acrylics through experimentation with various materials (from the supply list). You'll learn different ways to use this medium and how to develop your own style. (Beginners and intermediates welcome.)

Saturday: 9:30 a.m. – 4:00 p.m.
Dates: May 30, 2020
Cost: \$100.00 (Supplies extra-see Website)

 **Macramé a Plant Hanger**

Learn how to macramé from The Knotty Maker, Emily Allen! She'll share her passion for and knowledge about the art of macramé. You'll learn how to make basic knots in order to create a plant hanger that you can use in your home.

Check Website for Date, Day & Time
Cost: \$30.00/person (Supplies extra)



 **Coed Recreational Badminton**

Some instruction provided for this quick-moving sport. (Restricted to adults.)

Wednesday: 7:30 – 9:30 p.m.
Dates: April 1 – May 6, 2020 (6 wks)
Cost: \$51.00 per person; \$9.75 Drop-in fee

 **Coed Recreational Pickleball**

This sport has adapted components of tennis and ping pong to a smaller court, played with a special racket. (Equipment is provided.)

Monday: 7:00 – 9:00 p.m.
Dates: April 6 – June 29, 2020 (10 wks)
(No classes April 13, May 18 & June 8)
Cost: \$85.00 per person; Drop-in fee: \$9.75

 **Dodgeball – Intermediate/Advanced (Spring)**

Open to all skill levels and athletic abilities.

Thursday: 7:30 – 9:30 p.m.
Dates: April 2 – June 25, 2020 (12 wks)
(No class June 11, 2020)
Cost: \$70.00 per person; \$7.00 Drop-in fee

 **Dodgeball – Intermediate/Advanced (Spring)**

Saturday: 2:15 – 4:15 p.m.
Dates: April 4 – June 27, 2020 (12 wks)
(No class June 13, 2020)
Cost: \$70.00 per person; \$7.00 Drop-in fee

 **Dodgeball for Beginners (Spring)**

Saturday: 4:30 – 6:30 p.m.
Dates: April 4 – June 27, 2020 (12 wks)
(No class June 13, 2020)
Cost: \$70.00 per person; \$7.00 Drop-in fee

 **Dodgeball – Intermediate/Advanced (Summer)**

Thursday: 7:30 – 9:30 p.m.
Dates: July 9 – August 27, 2020 (8 wks)
Cost: \$46.00 per person; \$7.00 Drop-in Fee

NOTE: Spring/Summer Adult Tennis
Cost for All 6-Week Sessions: \$82.00/person
Make-up classes take place on court at Jack Purcell Park.

 **Tennis Drills-All Levels (Spring)**

Thursday: 5:30 – 6:30 p.m.
Dates: May 14 – June 18, 2020 (Spring)

 **Beginner Tennis (Spring)**

Tuesday: 6:30 – 7:30 p.m.
Dates: May 12-June 16, 2020 OR
Thursday: 6:30 – 7:30 p.m.
Dates: May 14 – June 18, 2020

 **Intermediate Tennis (Spring)**

Tuesday: 7:30 – 8:30 p.m.
Dates: May 12-June 16, 2020 OR
Thursday: 7:30 – 8:30 p.m.
Dates: May 14 – June 18, 2020

 **Tennis Drills-All Levels (Summer)**

Thursday: 5:30 – 6:30 p.m.
Dates: July 9 – August 13, 2020

 **Beginner Tennis (Summer)**

Tuesday: 6:30 – 7:30 p.m.
Dates: July 7 – August 11, 2020 OR
Thursday: 6:30 – 7:30 p.m.
Dates: July 9 – August 13, 2020

 **Intermediate Tennis (Summer)**

Tuesday: 7:30 – 8:30 p.m.
Dates: July 7 – August 11, 2020 OR
Thursday: 7:30 – 8:30 p.m.
Dates: July 9 – August 13, 2020



Youth Night (for 9 – 13 years)

Friday: 7:00 – 9:00 p.m.
Dates: April 3 – June 12, 2020 (10 wks)
(No program April 10, 2020)
Cost: \$51.00 per person; Drop-in Fee: \$6.00

Paint Night Party (for 9 – 13 years)

Thursday: 7:00 – 8:30 p.m.
Date: May 7, 2020
Cost: \$25.00 per person (Supplies included)

Babysitting Course (for 11 – 14 years)

Learn how to become a successful babysitter caring for children from 3 months to school age. Bring your lunch and snacks.

Friday: 9:00 a.m. – 5:00 p.m.
Date: April 24, 2020
Cost: \$90.00 per person (includes workbook)

Staying Home Alone Course (for 10 – 14 years)

Designed to teach your child how to be safe and responsible while home alone for short periods. Bring snacks.

Saturday: 10:00 a.m. – 1:00 p.m.
Date: May 9, 2020
Cost: \$50.00 per person (includes workbook)

Digital Piano Lessons (for 11 – 14 years)

These 30-minute interval sessions enable students to explore their music reading and performance skills. Bring indoor shoes. Performance on June 16, 2020.

Monday: 3:00 – 6:00 p.m.
Date: April 6 – June 8, 2020 (10 wks)
(No classes April 13 & May 18)
(Make-up classes: April 16 & May 21)
Cost: \$275.00 private (workbook extra)



After School Program (Grades 1 to 6)

Activities for both junior- and senior-level children include Homework Club, reading, arts and crafts, cooking, games, and sports.

Monday to Friday: 2:45 – 5:30 p.m.
Dates: January 6 – June 25, 2020
Cost: \$240.00 per month; \$215.00 for 2nd child;
\$170.00 for 3rd child
\$72.00 per week / \$16.00 per day

After Care

After Care is available in our After School Program until 6:00 p.m.

Monday to Friday: 5:30 – 6:00 p.m.
Dates: January 6 – June 25, 2020
Cost: \$43.00/month; \$20.00/week; \$7.00/day

P.A. Days

Full-day programs are scheduled for children in Grades 1 to 6.

Time: 8:00 a.m. – 5:30 p.m.
Dates: April 24, June 5 & June 26, 2020
After Care: \$7.00/day
Cost: \$57.00/day; \$55.00 for 2nd child;
\$53.00 for 3rd child

Digital Piano Lessons (for 5 – 14 years)

See information under Youth Programs.

Tuesday: 3:00 – 6:00 p.m.
Dates: April 7 – June 9, 2020 (10 wks)
Cost: \$275.00 private (workbook extra)

Intro to Musical Instruments (for 5 – 12 years)

An instructor from the Canada Music Academy will help children learn about and explore various musical instruments. Instruments provided by the academy.

Friday: 3:00 – 4:00 p.m.
Dates: April 3 – June 12, 2020 (8 wks)
(No lessons April 10, April 24, June 5)
Cost: \$180.00

Mommy, Daddy & Me-Baby French (for 2-18 months)

Tuesday: 11:00 – 11:45 a.m.
Dates: April 14 – June 2, 2020 (8 wks)
Cost: \$135.00/person; Drop-in: \$20.00

Children's Beginner Dance (for 6 to 8 years)

Children learn the fundamentals of dance, as well as some traditional ballet techniques. Bring indoor shoes.

Saturday: 10:00 – 11:00 a.m.
Dates: April 18 – June 6 (8 wks)
Cost: \$65.00/child; Drop-in: \$9.00

Summer Camp (for 5 – 12 years)

Check the website for details and activities planned for the week. (Bring indoor shoes.)

Monday to Friday: 8:00 a.m. – 5:00 p.m.
Dates: June 29 – August 21, 2020 (8 wks)
Cost: \$195.00/child; \$185.00 for 2nd child;
\$175.00 for 3rd child (Special rate for 4-day weeks)
After Care Available

Reading Exploration (for 3 – 8 years)

Using the five senses, children will engage in activities designed to promote a love of reading and create an eagerness to learn.

Saturday: 11:30 a.m. – 12:30 p.m.
Dates: April 18 – June 6, 2020 (8 wks)
Cost: \$150.00/person; Drop-in fee: \$20.00

Preschool Dance (for 3 – 5 years)

This program is designed to develop children's motor skills through some basic ballet and Jazz steps while having fun. (Bring indoor shoes.)

Saturday: 9:00 – 10:00 a.m.
Dates: April 18 – June 6, 2020 (8 wks)
Cost: \$65.00/person; Drop-in fee: \$9.00

Making Waves-Art Workshops (for 7-12 years)

Street artist Robbie Lariviere provides 8 unique workshops including cartooning and painting. (Details to be posted.)

Wednesday: 3:00 – 4:00 p.m. OR 4:30 – 5:30 p.m.
Dates: April 15 – June 3, 2020 (8 wks)
Cost: \$200.00/child; Drop-in Fee: \$30.00 (includes supplies)

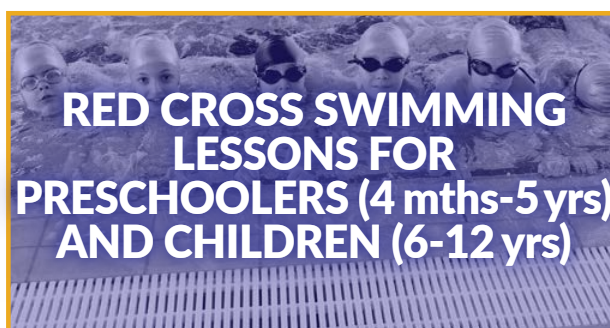
Children's Beginner Tennis (Spring)

For 8 years and older. The focus is on learning forehand and backhand groundstrokes, as well as how to rally, hit volleys and serve.

Tuesday: 5:30 – 6:30 p.m.
Dates: May 12 – June 16, 2020 (6 wks)
Cost: \$62.00/child

Children's Beginner Tennis (Summer)

Tuesday: 5:30 – 6:30 p.m.
Dates: July 7 – August 11, 2020 (6 wks)
Cost: \$62.00/child



Your child will learn how to swim in a relaxing and fun environment with certified pool staff. Contact the centre for specific class times, go online at Ottawa.ca or pick up a copy of our swimming lesson information flyer.

Costs and Sessions:
Spring Session: (30-minute classes):
10 wks: \$79.25 & LR \$143.00
Summer Session: (30-minute classes):
9 wks: \$71.25; 9 wks: LR \$128.75

Preschool Mornings Low Ratio Lessons (4 mths – 5 yrs)

Friday: 9:00 – 10:00 a.m.
Dates: April 24 – June 26, 2020 (Spring 10 wks)
July 3 – August 28, 2020 (Summer 9 wks)

Preschool and Children Lessons (4 mths – 12 yrs)

Tuesday: 5:00 – 7:00 p.m.
Dates: April 21 – June 23, 2020 (Spring 10 wks)
Saturday: 9:00 a.m. – Noon
Dates: April 25 – June 27, 2020 (Spring 10 wks)
July 4 – August 29, 2020 (Summer 9 wks)
Sunday: 10:00 a.m. – Noon (Low Ratio Lessons)
Dates: April 26 – June 28, 2020 (Spring 10 wks)

Preschool and Children Private Lessons (4 mths – 12 yrs)

Tuesday: 5:00 – 7:00 p.m.
Dates: April 21 – June 23, 2020 (Spring 10 wks)
Saturday: 9:00 a.m. – Noon
Dates: April 25 – June 27, 2020 (Spring 10 wks)
July 4 – August 29, 2020 (Summer 9 wks)
Sunday: 10:00 a.m. – Noon
Dates: April 26 – June 28, 2020 (Spring 10 wks)

Costs and Sessions:
Spring Session (30-minute classes): 10 wks: \$276.50
Summer Session (30-minute classes): 9 wks: \$249.00



Swim Basics Adult 1 & 2

This program integrates swimming instruction with water safety to develop your comfort and safety in, on and around the water. Whether you're a newcomer to water activities or a master swimmer looking for stroke improvement, we offer the ideal programs for you.

Tuesday: 8:00 – 8:45 p.m.
Dates: April 21 – June 23, 2020

Costs and Sessions:
Spring Session (45-minute classes): 10 wks: \$115.75
Summer Session (45-minute classes): 9 wks: \$104.25

Swim Basics Adult 1 & 2 (Women Only)

See Swim Basics Adult 1 & 2 for description. We offer the ideal program for women's only swim.

Sunday: 4:45 – 5:30 p.m.
Dates: April 26 – June 28, 2020 (Spring 10 wks)
July 5 – August 30, 2020 (Summer 9 wks)

Interested in Private Swimming Lessons?

A one-on-one instructor is there to accommodate your needs. Private lessons are ideal for children or adults who want to work on specific areas or who prefer personalized lessons. Any private lesson can be converted to semi-private and semi-private lessons on request to the Pool Supervisor. Contact Jack Purcell Pool at 613-564-1027 for more information.

Adult Private Lessons

We now offer Adult Private Lessons. Contact 613-564-1027 for more information.

Sunday: 4:00 – 4:30 p.m.
Dates: April 26 – June 28, 2020 (Spring 10 wks)
July 5 – August 30, 2020 (Summer 9 wks)

Costs and Sessions:
Spring Session (30-minute classes): 10 wks: \$382.25
Summer Session (30-minute classes): 9 wks: \$344.25



This is an ideal program for individuals living with fibromyalgia, chronic fatigue syndrome, arthritis or osteoporosis. It's also suitable for individuals recovering from an injury and/or recent surgery. Membership gives you an option of 12 classes a week. This includes 7 aqua therapy and 5 chronic pain classes, which take place in a warm, accessible pool. This program is ongoing throughout the year and clients can participate in one class per day.

**Jack Purcell Pool
CLOSED FOR ANNUAL MAINTENANCE**

March 30 – April 19, 2020

 **Aqua Therapy**

Monday to Friday: 1:00 – 2:00 p.m.
Saturday: Noon – 1:00 p.m.

 **Chronic Pain**

Monday to Friday: 2:00 – 3:00 p.m.
Cost:
Three-month Pass: \$101.25
One-month Pass: \$38.50
Drop-in Fee: \$5.75



POOL PROGRAMS

 **Swim Membership**

This includes a membership for the Adult Lane Swims, Public Swims and Women's Only Swims.

Cost for Seniors, Students, Youth & Children:

Six months: \$88.00
Three months: \$48.25
One month: \$24.25

Cost for Adults:

Six months: \$191.25
Three months: \$104.50
One month: \$52.50

Cost for Children and Parent(s):

Six months: \$371.75
Three months: \$203.00
One month: \$101.75

 **Aqua Fitness – Aqua General**

Focus is on resistance training to build up strength and keep you fit. Certified instructors provide a fun and challenging fitness alternative.

Monday/Wednesday/Friday: 5:00 – 6:00 p.m.
Tuesday: 7:00 – 8:00 p.m.
Thursday: 6:00 – 7:00 p.m.
Saturday & Sunday: 3:00 – 4:00 p.m.
Dates: Ongoing

 **Aqua-Lite**

This is an ideal form of total body conditioning for adults and seniors at all levels of fitness.

Monday/Wednesday/Friday: 3:00 – 4:00 p.m.
Dates: Ongoing

 **Aqua-General Women Only**

Monday: 8:00 – 9:00 p.m.
Thursday: 11:00 a.m. – Noon
Dates: Ongoing

Costs: Seniors, Students and Youth:

Six-month Pass: \$197.50
Three-month Pass: \$108.00
One-month Pass: \$54.50
Drop-in Fee: \$8.00

Adults:

Six-month Pass: \$245.50
Three-month Pass: \$134.50
One-month Pass: \$67.50
Drop-in Fee: \$9.25

 **Diaper Fit**

This is a fun-filled exercise program, designed for parents and their toddlers from 4 months to 2 years. Children are placed in flotation seats that remain in direct contact with the parent.

Tuesday: 11:00 – 11:45 a.m.
Dates: April 21 – June 23, 2020 (Spring 10 wks)
Cost: \$103.50



**PROGRAMS FOR PEOPLE
WITH DISABILITIES**

 **Special Needs Aqua Fitness**

This is a fitness program in the water for people with developmental disabilities.

Monday: 9:15 – 10:15 a.m.
Dates: April 20 – June 22, 2020 (Spring 9 wks)
Cost: \$90.00 (Barcode 1527564)

 **Swim for Persons with a Disability**

This is open to participants with a long-term disability. Participants are encouraged to bring a volunteer for assistance in changing and transferring. **You must see full-time staff in order to register.**

Spring and Summer

Monday/Wednesday/Friday: 10:30 a.m. – Noon
Thursday: 7:00 – 8:00 p.m.

Dates: Ongoing

Cost: No charge



SPECIAL NEEDS PROGRAMS

 **Rehab Walking Program**

For individuals who want to walk in a safe, supervised and small-group environment. Participants may bring walking aids if required. In addition to walking, seated stretching and strengthening exercises are included. Call **613-564-4106** for more information.

Tuesday: 1:00 – 2:00 p.m.
Dates: April 14 – June 16, 2020 (Spring)
Cost: \$86.25 (Barcode 1522891)

 **MS Exercise Group**

Individuals with multiple sclerosis work with a fitness trainer to improve and maintain strength and agility.

Wednesday: 1:00 – 2:00 p.m.
Dates: April 8 – June 10, 2020 (Spring)
Cost: \$86.25 (Barcode 1522703)

 **Frank St. Drop-in**

This social program is for adults with a psychiatric disability. Activities take place at the Bethell Fieldhouse.

Thursday: 6:00 – 9:00 p.m. at 166 Frank St.
Saturday: 6:00 – 9:30 p.m. at 166 Frank St.
Dates: Ongoing
Cost: No charge

 **Special Needs Yoga**

Ease tension and stress through supported yoga postures, relaxation and breath awareness. Participants should be able to get up and down from the floor independently. No prior yoga experience necessary. Program designed for individuals with developmental disabilities.

Monday: 10:15 – 11:15 a.m.
Dates: April 6 – June 22, 2020
Cost: \$86.25 (Barcode 1522860)

 **Visually Impaired Total Body Workout**

Designed for adults who have a visual impairment or low vision, this aerobic workout includes a warm-up, followed by low- and high-cardio sets, controlled movement and strengthening exercises. It finishes with floor work and relaxation.

Friday: 5:30 – 6:30 p.m.
Dates: April 3 – June 12, 2020
Cost: \$86.25 (Barcode 1522878)

 **Seated Yoga**

For those who want to enjoy the benefits of yoga but who are unable to sit for long periods on the floor or transition easily from sitting to standing. Seated yoga postures give participants the ability to stretch, strengthen and balance; and learn breathing techniques to expand their lungs and to practice mindfulness to achieve a calm and relaxed sense of being.

Friday: 1:15 – 2:15 p.m.
Dates: April 10 – June 12, 2020
Cost: \$86.25 (Barcode 1522861)

 **Inclusive Recreation-Spring Nights**

An evening activity for adults with a physical disability. Activities include community events, dancing, films and workshops held throughout the Ottawa area. For registration information, call 613-564-4106.

Friday: 6:00-8:30 p.m.
Dates: April 16 – June 18, 2020
Cost: \$150.50

 **Inclusive Recreation-Summer Nights**

See description under Spring Nights.

Thursday: 6:00-8:30 p.m.
Dates: July 2 – August 20, 2020
Cost: \$120.00

 **Jack Purcell Recreation Association**
www.jprra.ca | info@jprra.ca

**JPRA ANNUAL
GENERAL MEETING**

Join the Board or a committee, elect a President and Directors, and receive audited financial statements. **Everyone is welcome!**

Tuesday: 7:00 – 9:00 p.m.
Date: May 26, 2020
Location: Jack Purcell Community Centre



**SENIOR ADULT
PROGRAMS (50+)**

 **Fitness**

Stay fit through stretching, muscle strengthening, flexibility and a gentle aerobic workout.

Monday, Tuesday, Wednesday & Thursday: 11:00 a.m. – Noon
Friday: 9:30 – 10:30 a.m.
Date: April 6 – June 26, 2020 (Spring)

Cost: Monday: \$104.50 (Barcode 1521720)
Tuesday: \$125.50 (Barcode 1521744)
Wednesday: \$125.50 (Barcode 1521748)
Thursday: \$125.50 (Barcode 1521753)
Friday: \$115.00 (Barcode 1521754)

Monday & Wednesday: 9:30 – 10:30 a.m.
Date: July 6 – July 27, 2020 (Summer)
Cost: Monday: \$42.00 (Barcode 1521778)
Thursday: \$42.00 (Barcode 1521782)

 **Tai Chi**

This is a gentle, peaceful way to tone and strengthen your body, as well as improve concentration, coordination and balance. Wear loose, comfortable clothing and soft-soled shoes.

Thursday: 9:00 – 10:00 a.m.
(Intermediate: Barcode: 1521701)

Thursday: 10:00 – 11:00 a.m.
(Beginner: Barcode 1521710)

Dates: April 9 – June 11, 2020
Cost: \$104.50

 **Yoga Level 1**

Various stretching, breathing techniques and concentration exercises are used to improve body functions leading to greater confidence and relaxation skills.

Wednesday: 9:30 – 11:00 a.m.
Dates: April 8 – June 10, 2020
Cost: \$156.75 (Barcode 1521718)

Friday: 1:00 – 2:30 p.m.
Dates: April 17 – June 12, 2020
Cost: \$141.25 (Barcode 1521719)

NEW!  **Senior Adult Yoga**

Focus is on mindfulness, breathing and slow physical movements that will increase strength and flexibility, and decrease stress.

Tuesday: 10:00 – 11:00 a.m.
Dates: April 7 – June 9, 2020
Cost: \$104.50 (Barcode 1521968)

 **Painting**

This course will suit both beginners and advanced students. Develop your artistic skills while learning various drawing and painting techniques.

Friday: 9:30 a.m. – Noon
Dates: April 17 – June 12, 2020
Cost: \$163.25 (Barcode 1521761)

 **Wednesday Night Social Dance**

Practice your social and ballroom dancing skills. For 40 years +.

Wednesday: 7:00 – 9:30 p.m.
Date: March 25, April 29, May 27, 2020 (Spring)
June 24, July 29, August 26, 2020 (Summer)
Cost: \$4.75 per person