



Municipalité de
RUSSELL
Township



Program and Activity Guide

Fall 2024



@MunRussellTwp



www.russell.ca/programs



recreation.loisirs@russell.ca



613-443-2814

Adults

(B) Bilingual Course

(F) French Course

(E) English Course

Full Body Fitness (E)

Each 75-minute class caters to individual progress, offering various exercise modalities such as cardiorespiratory conditioning, muscle strength and endurance, flexibility, and balance. Modifications for different fitness levels are provided throughout the session. Participants must be able to transition from standing to floor positions for different activities.

Instructor: Diane Jackson. Ages 50+.

Materials needed: Yoga mat and towel.

Camille Piché Community Centre, Embrun.

- Tuesdays, September 24 to December 3, 9:30a.m. to 10:45a.m. No classes on November 5.
- Thursdays, September 19 to November 28, 9:30a.m. to 10:45a.m. No classes on November 7.

\$115 + HST per resident per class.

\$125 + HST per non-resident per class.

\$182.50 + HST per resident: two days bundle.

\$192.50 + HST per non-resident: two days bundle.

Fitness Dance Program (B)

Immerse yourself in an exhilarating fusion of Zumba and Latin line dances! Enjoy a dynamic cardiovascular workout set to popular and Latin music. This class welcomes all levels, with no prior experience needed. Led by certified instructor Diane Major, participants will learn choreographed routines, including Latin and popular line dances. Ages 18+.

Palais des sports Hall, Embrun.

Tuesdays, October 1 to December 3.

- Level 1 (for all, no experience required): 7:30p.m. to 8:30p.m.
- Level 2 (must have participated in Level 1 in the past): 6:30p.m. to 7:30p.m.

\$115 + HST per resident per class.

\$125 + HST per non-resident per class.

Cerveaux actifs (F)

Cognitive stimulation workshops offered to 55 years and older by Céline Côté. A series of 10 weekly meetings offering a variety of exercises and cognitive games to keep your brain alert and healthy. Offered in French only.

Sports Dome, 150 Sportsplex Street, Embrun.

Wednesdays, September 18 to November 20, 9:30a.m. to 11:30a.m.

\$65 + HST per resident.

\$75 + HST per non-resident.

Zumba (B)

This class is perfect for anyone wanting to get in shape, stay fit, or simply have fun. Dance to the music while enjoying an excellent workout. Join certified instructor Diane Major for an energizing experience. Ages 18+.

Palais des sports Hall, Embrun.

- Mondays, September 23 to December 9, 11:30a.m. to 12:30p.m. No classes on October 14 and November 11.
- Thursdays, September 26 to December 5, 11:30a.m. to 12:30p.m.

\$115 + HST per resident per class.

\$125 + HST per non-resident per class.

\$182.50 + HST per resident: two days bundle.

\$192.50 + HST per non-resident: two days bundle.



Intro to Boxing (E)

A 1 hour workout that incorporates all the fundamentals of a boxer's workout. Participants will learn technique that will strengthen their body, increase endurance and build muscle. Material needed: skipping rope, boxing gloves and hand wraps. Maximum 14 participants. Ages 16+.

Palais des sports Hall, Embrun.

Saturdays, September 21 to November 30, 9a.m. to 10a.m. No class on October 12.

\$106 + HST per resident.

\$116 + HST per non-resident.



Nia Barefoot Cardio Classic

E



Each Nia class experience combines music, mindfulness and dynamic movement to leave you physically energized, mentally clear, and emotionally balanced. Nia workouts combine 52 simple moves with dance arts, martial arts, and healing arts to energize and enliven well-being in 60 minutes - body, mind, emotion, and spirit. Nia is non-impact, practiced barefoot, and adaptable to individual needs and abilities. Ages 16+.

Sports Dome, 150 Sportsplex Street, Embrun.

Wednesdays, October 2 to December 4,
10:00a.m. to 11:00a.m.

\$95 + HST per adult.
\$105 + HST per non-resident.

Nia Moving to Heal

E



Moving to Heal supports people looking for a gentle approach to Nia® and for those dealing with a wide range of therapeutic issues from injury, trauma, grief, short-term to long-term illness. Learn to slow down and personalize movement to fit your body's way while focusing on the sensation of feeling better move by move, breath by breath. Improve feelings of wellness regardless of physical condition. Ages 40+.

Palais des sports Hall, Embrun.

Mondays, September 23 to December 9, 10:30a.m. to 11:15a.m. No classes on October 14 and November 11.

\$106 + HST per adult.
\$116 + HST per non-resident.

Chair Exercises

E



This class is designed to meet the specific needs of older adults and to prepare for further exercise classes. It is structured to benefit everyone at any level of health and fitness. Ages 40+.

Palais des sports Hall, Embrun.

Wednesdays, September 18 to December 4,
10:30a.m. to 11:30a.m.

\$96 + HST per resident.
\$106 + HST per non-resident.

Learn to Nordic Walk Clinic

E



Join our Learn to Nordic Walk Clinic, where you'll discover the benefits of Nordic Walking — a low-impact exercise that boosts calorie burn by 20 to 40% compared to regular walking. This full-body workout improves cardiovascular health, posture, and upper body strength by engaging up to 75% of your muscles. Led by a certified instructor, you'll learn essential techniques such as adjusting pole height, mastering proper poling techniques, and incorporating effective warm-up and cool-down exercises. Classes are limited to 8 participants to ensure personalized attention and guidance. Ages 50+.
Material needed: Poles.



Sports Dome, 150 Sportsplex Street, Embrun.

Wednesdays, 1:00p.m. to 2:00p.m.

- Class A: September 18 and 25
- Class B: October 2 and 9
- Class C: October 16 and 23
- Class D: October 30 and November 6

\$40 + HST per adult per class.
\$50 + HST per non-resident per class.



The Heart Wise Exercise programs are intended for participants who are interested or concerned about their health. Heart Wise Exercise programs meet the following criteria:

1. Encourages regular, daily aerobic exercise.
2. Encourages and incorporates warm up, cool down and self-monitoring with all exercise sessions.
3. Allows participants to exercise at a safe level and offers options to modify intensity.
4. Includes participants with chronic health conditions - physician approval may be required.
5. Offers health screening for all participants.
6. Has a documented emergency plan that is known to all exercise leaders, including the requirement of current CPR certification, phone access to local paramedic services and presence of an AED.

These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

Spanish Class (B)

Basic Spanish 6-week course. People who already know some Spanish and want to improve are welcome. We will explore written and oral expression through a variety of exercises. Ages 12+. Maximum 12 participants per class.

Sports Dome, 150 Sportsplex Street, Embrun.

Session A

- Beginner Group A: Tuesdays, September 10 to October 15, 11:30a.m. to 12:30p.m.
- Beginner Group B: Thursdays, September 12 to October 17, 11:30a.m. to 12:30p.m.
- Intermediate Group A: Tuesdays, September 10 to October 15, 12:45p.m. to 1:45p.m.
- Intermediate Group B: Thursdays, September 12 to October 17, 12:45p.m. to 1:45p.m.

Session B

- Beginner Group A: Tuesdays, November 5 to December 10, 11:30a.m. to 12:30p.m.
- Beginner Group B: Thursdays, November 7 to December 12, 11:30a.m. to 12:30p.m.
- Intermediate Group A: Tuesdays, November 5 to December 10, 12:45p.m. to 1:45p.m.
- Intermediate Group B: Thursdays, November 7 to December 12, 12:45p.m. to 1:45p.m.

\$200 + HST per resident.

\$210 + HST per non-resident.

Yang Style Tai Chi (E)

Composed of 27 movements, the benefits of Tai Chi are increasing strength and energy, improving balance and stability, reducing stress, and helping with mental focus. Ages 18+.

Palais des sports Hall, Embrun.

Wednesdays, September 25 to November 27, 2:30p.m. to 3:30p.m.

\$60 + HST per resident.

\$70 + HST per non-resident.

Modern Square Dancing (E)

Modern Square Dancing is not what you think it is. We still Dosido and Swing our partner, but we also do things like Grand Square, Lead Right and Veer Left - and we do it to all kind of music (New Country, Old Country, Classic Rock, Top 40, Jazz, Alternative, Easy Listening, etc.). It certainly is not the dancing our grandparents did. It's a bit more challenging and too much fun to not at least give it a try! Ages 10+.

St. Mother Teresa Catholic School, 1035 Concession Street, Russell.

Fridays, September 20 to November 29, 6:30p.m. to 8:00p.m. No classes on October 11.

\$96 + HST per resident.

\$106 + HST per non-resident.

Pickleball (B)

A fun sport that combines many elements of tennis, badminton and ping-pong. Played with a paddle and a plastic ball with holes. Please note that there will be no instructor on site to teach. Ages 18+.

By registering to a pickleball session, you are accepting to do a rotation of court and partner. You are also accepting to be respectful of other players. No disrespectful comments and attitude will be tolerated.

Sports Dome, 150 Sportsplex Street, Embrun.

Wondering what Pickleball is? Drop-in to our information session and try it out. Some paddles and balls will be available, but participants are encouraged to bring their own. Monday, September 9, 10:00am to 11:30am and 7:00p.m. to 8:30p.m. at the Sports Dome, 150 Sportsplex, Embrun. \$10 per player.

- Mondays, October 7 to December 9, 9:30a.m. to 10:25a.m.
- Mondays, October 7 to December 9, 12:00p.m. to 12:55p.m.
- Mondays, October 7 to December 9, 6:45p.m. to 7:40p.m.
- Tuesdays, October 8 to December 3, 6:00p.m. to 6:55p.m.
- Tuesdays, October 8 to December 3, 7:00p.m. to 8:25p.m.
- Wednesdays, October 9 to December 4, 9:30a.m. to 10:25a.m.
- Wednesdays, October 9 to December 4, 12:00p.m. to 1:25p.m.
- Thursdays, October 10 to December 5, 9:30a.m. to 10:25a.m.
- Fridays, October 11 to December 6, 9:30a.m. to 10:55a.m.

Advanced Players:

- Mondays, October 7 to December 9, 10:30a.m. to 11:55a.m.
- Wednesdays, October 9 to December 4, 10:30a.m. to 11:55a.m.
- Thursdays, October 10 to December 5, 10:30a.m. to 11:55a.m.
- Fridays, October 11 to December 6, 11:00a.m. to 12:25p.m.

No pickleball on October 14.

Per 55min block:

\$49.50 + HST per resident

\$59.50 + HST per non-resident

Per 85min block:

\$74.25 + HST per resident

\$84.25 + HST per non-resident



Mom and Baby Fitness B

Combining fitness, Pilates, and yoga, this class is designed for moms looking to exercise while connecting with other moms in the community. These sessions offer the opportunity for mothers to include their babies in the exercises, using them as weights or giving them the freedom to explore and play.

Presented by Luna Wellness Studio and led by a certified instructor in pre/postnatal exercise. Suitable for moms with babies aged 3 months and older. Material needed: Yoga mat.



Sports Dome, 150 Sportsplex Street, Embrun.

- Tuesdays, September 10 to November 12, 10:00a.m. to 11:00a.m.
- Thursdays, September 12 to November 14, 10:00a.m. to 11:00a.m.

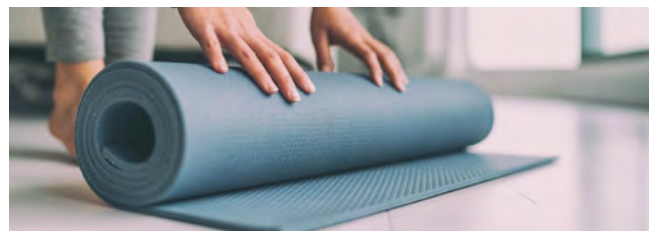
\$156 + HST per adult.
\$166 + HST per non-resident.

Adult Gentle Yoga B

Led by certified instructor Mike Walsh, our yoga classes focus on achieving flexibility and an extended range of motion through postures, breathing, and movement. The goal is to maintain mobility and stay active for years to come. Materials needed: Yoga mat, water bottle, and strap.

- Wednesdays, October 16 to December 4, 7:00p.m. to 8:00p.m. at the Palais des sports Hall, Embrun.
- Thursdays, October 17 to December 12, 7:00p.m. to 8:00p.m. at the Russell Community Sports Club, 988 Concession Road, Russell. No classes on October 31.

\$96 + HST per adult per class.
\$106 + HST per non-resident per class.



PROGRAMS AT THE LIBRARY

FALL 2024

E - English
F - French
B - Bilingual



BOOK CLUBS FOR KIDS

Free / Registration required

JUNIOR BOOK CLUB - Grades 3-5 (E)

1st Thursday of the month, 4:15 p.m. to 5:15 p.m.
Russell Branch (Oct 3, Nov 7, Dec 5)

YOUTH BOOK CLUB - Grades 6-8 (E)

1st Thursday of the month, 5:15 p.m. to 6:15 p.m.
Russell Branch (Oct 3, Nov 7, Dec 5)

CLUB DE LECTURE JUNIOR - Grades 3-5 (F)

3rd Wednesday of the month, 4:15 p.m. to 5 p.m.
Embrun Branch (Oct 16, Nov 20, Dec 18)

BOOK CLUBS FOR ADULTS

Free / Registration required

ADULT BOOK CLUB (E)

First Tuesday of the month at 8 p.m.
Russell Branch (Sept 3, Oct 1, Nov 5, Dec 3)

20s & 30s BOOK CLUB (E)

Last Thursday of the month at 7 p.m.
Russell Branch (Sept 26, Oct 24, Nov 28, Dec 19)

CLUB DE LECTURE POUR ADULTES (F)

Last Thursday of the month at 1 p.m.
Embrun Branch (Sept 26, Oct 31, Nov 28)

GENEALOGY CLUB - ADULTS (B)

First Thursday of the month at 6 p.m.
Embrun Branch.
Join us at any time to learn more about your genealogy. **Free / Registration required**

PROGRAMS FOR CHILDREN

BABIES AND BOOKS (B) (Babies 0 to 18 months)

Mondays from 11 a.m. to 11:30 a.m. Russell Branch.
In partnership with *Embrun Family Centre*.
October 7 to December 9 - **Free / Drop in**

HEURE DU CONTE AVEC EMILY (F) (3-4 years old)

Tuesdays from 10:15 a.m. to 11:00 a.m. Embrun Branch.
October 1 to December 3 - **Cost: \$25 / Register**

HIKE & STORY TIME (B) (0-6 years old)

Tuesdays from 9 a.m. to 11 a.m. Russell Branch.
Meet at 9 a.m. in parking lot for a walk, then stories inside.
In partnership with *Early ON Child & Family Centre*.
On-going - **Free / Drop in**

STORYTIME & CRAFTS WITH KRISTINA (E) (3-4 years old)

Wednesdays from 10:30 a.m. to 11:30 a.m. Russell Branch.
October 2 to December 4 - **Cost: \$25 / Register**

TODDLER TIME WITH STEPHANIE (B) (18 to 36 months)

Thursdays from 10:30 a.m. to 11:00 a.m. Russell Branch.
October 3 to December 5 - **Free / Drop in**

AFTER SCHOOL CLUB (B) (Kids 7+ years)

Russell Branch - Sep. 30, Oct. 28, Nov. 25 - 4 p.m.-5 p.m.
Embrun Branch - Sep. 26, Oct. 24, Nov. 28 - 4 p.m.-5 p.m.
Board games, card games, and Lego challenges.

Free / Registration required

STORYTIME IN PYJAMAS

September 27 from 6:30 p.m. to 8 p.m.
December 13 from 6:30 p.m. to 8 p.m.
Russell Branch in English
Embrun Branch in French
Stories, crafts and snacks. Wear your favourite pajamas!
5 - 8 years old. **Cost: \$7 / Register**

For more events & activities, visit our website & follow us on social media!

HOW TO REGISTER

- Online at russellbiblio.com
- In-person at both branches

**REGISTRATION BEGINS
SEPTEMBER 4**



613.445.5331



mylibrary@russellbiblio.com



russellbiblio.com



[@russellbiblio](https://www.instagram.com/russellbiblio)

Ball Dancing for Fun (B)

In partnership with Tom Manley, combine musical rhythm and light physical exercise with the pleasure of social dancing. This recreational activity also provides a life skill that you can use at parties, receptions, and community dances. Ages 16+.

Frank Kinnaird Hall, Russell Arena.

Wednesdays, September 18 to November 20.

- Foxtrot for beginners, 6:30p.m. to 7:30p.m.
- Advanced Cha Cha, 7:30p.m. to 8:30p.m.

Foxtrot OR Cha Cha:

\$96 + HST per resident

\$106 + HST per non-resident

\$192 + HST per resident couple

\$202 + HST per non-resident couple

Foxtrot AND Cha Cha:

\$166 + HST per resident

\$176 + HST per non-resident

\$332 + HST per couple

\$342 + HST per non-resident couple

The first lesson of each ballroom dancing class (September 18) is a free no-obligation trial to ballroom dancing. Registration will be open until September 23 for those who decides to join the program.



safeTALK Training (B)

safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources that can help them in choosing to live. Certificate of Completion will be provided. Ages 15+.

French Session: Sunday, October 6, 8:30a.m. to 12:00p.m., at the Palais des Sports Hall, Embrun.

English Session: Sunday, October 20, 1:00p.m. to 4:30p.m., at the Frank Kinnaird Hall, Russell Arena.

\$65 + HST per resident.

\$75 + HST per non-resident.

Spinning Class (E)

Spinning® is a high energy indoor cycling class led by an instructor and accompanied by powerful and energizing music. It is challenging, fun, and one of the best ways to improve cardiovascular fitness. Because Spinning® is low impact, it is suitable for most people and our classes can accommodate all levels. Ages 18+. Maximum 7 participants per class.

Russell Community Sports Club, 988 Concession Street, Russell.

- Class A: Saturdays, September 28 to December 7, 9:00a.m. to 10:00a.m. No classes on October 12.
- Class B: Mondays, September 23 to December 9, 5:30p.m. to 6:30p.m. No classes on October 14 and November 11.
- Class C: Mondays, September 23 to December 16, 8:00p.m. to 9:00p.m. No classes on October 14, November 11 and 18.
- Class D: Thursdays, September 26 to December 12, 6:45p.m. to 7:45p.m. No classes on October 31 and November 14.

\$126 + HST per resident per class.

\$136 + HST per non-resident per class.



Applied Suicide Intervention Skills Training (ASIST) (B)

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Certificate of Completion will be provided. Ages 16+. Maximum of 15 participants per class.

Frank Kinnaird Hall, Russell Arena.

English Session: Saturday, November 16 and Sunday, November 17, 8:30a.m. to 4:30p.m.

French Session: Saturday, November 30 and Sunday, December 1, 8:30a.m. to 4:30p.m.

\$235 + HST per teenage resident.

\$245 + HST per teenage non-resident.

\$260 + HST per adult resident.

\$270 + HST per adult non-resident.

Get Your Paint On! — Adults

(B)

Have fun with your friends and create your very own work of art. Registration is open until the day before. Cancellation will need to be received the Monday before to receive a refund. Materials provided. Ages 19+.

Camille Piché Community Centre, Embrun.
Fridays, 6:30p.m. to 9:30p.m. Bar will be open.

- Autumn Serenity: September 27.
- The Three Beyond the Wall: October 25.
- Harmony in Blue: November 29.
- Sweet Whimsy: December 20.

\$50 + HST per resident per painting.
\$60 + HST per non-resident per painting.



Children and Youth

(B) Bilingual Course

(E) English Course

Little Gymnasts (B)

From the floor, little ones will move, balance, roll and jump learning their way in becoming a star. Maximum of 10 participants per class. Ages 1 to 4 is parent assisted.

Russell Sports and Youth Community Centre,
988 Concession Street, Russell.

Saturdays, September 21 to November 30.

- Ages 1 to 2 (Assisted): 8:00a.m. to 8:45a.m.
- Ages 1 to 2 (Assisted): 9:00a.m. to 9:45a.m.
- Ages 3 to 4 (Assisted): 10:00a.m. to 10:45a.m.
- Ages 5 to 6: 11:00a.m. to 11:45a.m.
- Ages 7 to 9: 12:45p.m. to 1:45p.m.

Sundays, September 22 to December 1.

- Ages 1 to 2 (Assisted): 8:00a.m. to 8:45a.m.
- Ages 1 to 2 (Assisted): 9:00a.m. to 9:45a.m.
- Ages 3 to 4 (Assisted): 10:00a.m. to 10:45a.m.
- Ages 3 to 4 (Assisted): 11:00a.m. to 11:45a.m.
- Ages 5 to 6: 12:45p.m. to 1:30p.m.
- Ages 7 to 9: 1:45p.m. to 2:45p.m.

No classes on October 12 and 13.

\$90 per resident.
\$100 per non-resident.



Gym Rat (B)

This is an intermediate recreational gymnastics fun class where kids can learn new skills and master old ones.

Russell Sports and Youth Community Centre,
988 Concession Street, Russell.

Saturdays, September 21 to November 30.

No classes on October 12.

- Age 8: 2:00p.m. to 3:00p.m.
- Ages 9+: 3:15p.m. to 4:15p.m.

\$100 per resident.
\$110 per non-resident.

Tennis (B)

Certified Instructor: Arthur Cuenco. With credentials from Tennis Canada, Ontario Tennis Association, Tennis Québec, and the United States Professional Tennis Registry, Arthur Cuenco has coached national-level players and remains deeply involved in the tennis community. Learn the fundamentals of forehand, backhand, serve, movement, and positioning. Tennis racket required. (Maximum of 8 participants per class). Sports Dome, 150 Sportsplex Street, Embrun.

Thursdays, October 10 to December 19.

No classes on October 31 and November 7.

- Ages 7 to 9: 6:00p.m. to 7:00p.m.
- Ages 10 to 12: 7:00p.m. to 8:00p.m.
- Ages 13 to 15: 8:00p.m. to 9:00p.m.
- Ages 16 to 18: 9:00p.m. to 10:00p.m.

\$126 per resident.
\$136 per non-resident.

Abstract Art (E)

Abstract art is a class for children that focuses on the exploration and creativity of the mind. Participants will create pieces of artwork over the various weeks with all different types of mediums. This class will allow children to socialize, learn new skills and use their creativity to create something fantastic. Maximum 10 participants. Ages 6+.

Russell Sports and Youth Community Centre,
988 Concession Street, Russell.

Wednesdays, September 18 to November 20,
6:00p.m. to 7:00p.m.

\$100 per resident.
\$110 per non-resident.

Creative Writing (E)

Creative Writing is a program where participants can use their imagination to create stories of their own. Participants will learn story structure, character development and work on their handwriting and typing skill. This class allows participants to be creative, put thoughts on to paper and be supportive of others around them. Ages 8+.

Russell Sports and Youth Community Centre,
988 Concession Street, Russell.

Wednesdays, September 18 to November 20,
7:00p.m. to 8:00p.m.

\$100 per resident.
\$110 per non-resident.



Online Babysitting Course (B)

In partnership with Menard Safety Courses. With this flexible 7-8 hour informative online babysitting course, learn essential CPR and First Aid skills, how to deal with emergency situations effectively, start a successful babysitting business and develop leadership skills and initiative.

To register: visit our website russell.ca/programs.
Click on the babysitting course link.

\$59.99 per child.

Mini Chef (E)

Learn how to prepare delicious appetizers, main courses and desserts in our 4-week program. Maximum 8 participants per class. In order to be able to offer the program to as many children as possible, we ask that you register your child to only one class. Ages 9 to 15.

Frank Kinnaird Hall, Russell Arena.

Tuesdays, September 17 & 24 and October 8 & 15.

- Class A: 6:00p.m. to 7:30p.m.
- Class B: 7:30p.m. to 9:00p.m.

Tuesdays, October 22 & 29 and November 12 & 19.

- Class C: 6:00p.m. to 7:30p.m.
- Class D: 7:30p.m. to 9:00p.m.

\$80 per resident.
\$90 per non-resident.



Monkey Rock Music (E)

Monkey Rock Music is a fun, entertaining and creative participatory music program for young children and their adult caregiver. Sing, dance, do actions and play instruments on classic, modern and original children's songs. Maximum 14 participants per class.

Frank Kinnaird Hall, Russell Arena.

Thursdays, September 19 to November 21.

- Ages 1 to 2: 10:00a.m. to 10:30a.m.
- Ages 2 to 4: 10:45a.m. to 11:15a.m.
- Ages 0 to 1: 11:30a.m. to 12:00p.m.

\$86 per resident.
\$96 per non-resident.



Bowling Youth League (B)

Play bowling games every week and keep track of your score. Ages 4 to 14. Participants will be divided by age groups following registrations.

Bowling Hall, 8 Blais Street, Embrun.

Saturdays, September 14 to November 23,
9:30a.m. to 11:00a.m. No classes on October 12.

\$100 per resident.
\$110 per non-resident.

Advanced Bowling Youth League (B)

This program is designed for advanced bowlers who want to learn more about the game as well as get advice on how to improve their scores. Maximum 16 participants. Ages 11 to 16.

Bowling Hall, 8 Blais Street, Embrun.

Saturdays, September 14 to November 23,
11:00a.m. to 1:00p.m. No classes on October 12.

\$100 per resident.
\$110 per non-resident.

Badminton (B)

Play with your friends or family. Participants must be a minimum of 9 years old and accompanied by an adult also registered in the program.

Sports Dome, 150 Sportsplex Street, Embrun.

Wednesdays, October 9 to December 4,
7:00p.m. to 8:00p.m.

\$72 per resident.
\$82 per non-resident.



Programs for children, youth and adults with disabilities

New Frontiers (B)

The New Frontiers program is an opportunity for children, youth and young adults living with various disabilities to experience the benefit of participation in recreation and leisure activities. Each session will be planned and facilitated by a recreation therapist to provide participants with adapted activities that promote social, emotional, and physical well-being as well as independence, enjoyment, and community. Adapted activities will be a variety of arts, science, sports, music, community engagement and more.

Frank Kinnaird Hall, Russell Arena.

Mondays, September 23 to December 9.
No classes on October 14 and November 11.

- Group A (Children and Youth): 6:00p.m. to 7:00p.m.
- Group B (Adults): 7:30p.m. to 8:30p.m.

\$160 per resident.
\$170 per non-resident.

Challengers Bowling League (B)

Play bowling games every week and meet new friends. For youth and young adults with disabilities.

Bowling Hall, 8 Blais Street, Embrun.

Fridays, September 13 to November 22, 6:00p.m. to 7:30p.m. No classes on October 11.

\$100 per resident.
\$110 per non-resident.



Dance Programs

B

All dance programs run from September 16 to April 24.

There will be no classes on the following dates:

- All groups: September 17, October 14 and 31, November 11, from December 16 to January 5, February 17, from March 9 to 16, and April 19 and 21.
- Groups at the Camille Piché Community Centre: November 7, from January 20 to 23.
- Groups at the Palais des sports Hall: from January 20 to 23.
- Groups on Saturdays (Location to be confirmed): October 12 and January 18.

Participants will receive an email or be notified by the dance instructor if any other class is cancelled.

The recital will be on April 26, 2025.

All classes are bilingual.



Payment Options

- Option #1: Full payment online.
- Option #2: Full payment by cheque/cash.
- Option #3: Full payment in 3 installments by cheque for September, November and January.

Paying by cheque or cash? Registrations need to be made over the phone at 613-443-2814 or contact JB Danceworkz to make arrangements.

Youth Competitive Dance

In partnership with JB Danceworkz, the competitive team is made for dancers who want more challenges. It is a higher level than recreational. Auditions are necessary for anyone wanting to be part of the team. Please contact jbdanceworkz@gmail.com for more information.

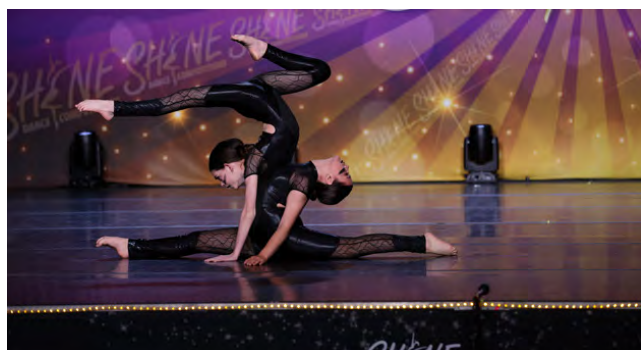
Twinkle Toes Competitive Team (Ages 6 to 8)

- \$500 per resident
- \$510 per non-resident

Competitive Team (Ages 9+)

- \$650 per resident
- \$660 per non-resident

Classes will be held on Mondays and Thursdays evenings. Schedule to be confirmed with participants after the auditions. Costumes and competitions are extra charges. Costume deposit of \$80 due by October 15.



In partnership with JB Danceworkz, these recreational programs teach the basics of dance. All prices below includes a \$100 fee for mandatory costumes.

Recreational Dance

Hip Hop

A street dance style that includes a wide range of styles and has its own technical aspects.

Palais des sports Hall, Embrun.

- Kinder (Ages 4 to 5): Thursdays, 4:45p.m. to 5:30p.m.
- Junior (Ages 6 to 9): Mondays, 5:30p.m. to 6:30p.m.
- Intermediate (Ages 10+): Mondays, 6:30p.m. to 7:30p.m.

\$350 per resident (Kinder).

\$360 per non-resident (Kinder).

\$400 per resident (Junior and Intermediate).

\$410 per non-resident (Junior and Intermediate).

Jazz

An upbeat stylistic form of dance that requires technique, musicality and stage presence.

Location to be confirmed.

- Kinder (Ages 4 to 5): Saturdays, 10:15a.m. to 11:00a.m.
- Junior (Ages 6 to 9): Saturdays, 11:45a.m. to 12:45p.m.

\$350 per resident (Kinder).

\$360 per non-resident (Kinder).

\$400 per resident (Junior).

\$410 per non-resident (Junior).

Creative Dance

Introduction to the rhythm of music through simple dance movements and exercises. Ages 3.

Location to be confirmed.

- Saturdays, 9:30a.m. to 10:15a.m.

\$350 per resident.

\$360 per non-resident.

Musical Theatre

A combination of dance, lip syncing and acting, presenting a story and emotional content.

Location to be confirmed.

- Kinder (Ages 4 to 5): Saturdays, 11:00a.m. to 11:45p.m.

Camille Piché Community Centre, Embrun.

- Junior (Ages 6 to 9): Tuesdays, 6:30p.m. to 7:30p.m.
- Intermediate (Ages 10+): Tuesdays, 7:30p.m. to 8:30p.m.

\$350 per resident (Kinder).

\$360 per non-resident (Kinder).

\$400 per resident (Junior and Intermediate).

\$410 per non-resident (Junior and Intermediate).

Ballet

Introduction to the basics of dance technique through fun and easy exercises. A highly technical style that defines the fundamental techniques used in many styles of dance.

Camille Piché Community Centre, Embrun.

- Kinder (Ages 4 to 5): Tuesdays, 6:30p.m. to 7:15p.m.

\$350 per resident.

\$360 per non-resident.

Contemporary/Lyrical

A combination of modern, jazz, and ballet.

Camille Piché Community Centre, Embrun.

- Intermediate (Ages 10+): Tuesdays, 8:15p.m. to 9:15p.m.

\$400 per resident.

\$410 per non-resident.

Acro

A combination of gymnastics, jazz and lyrical.

Camille Piché Community Centre, Embrun.

- Junior (Ages 6 to 9): Tuesdays, 7:15p.m. to 8:15p.m.

\$400 per resident.

\$410 per non-resident.

Adult Jazz/Musical Theatre

This class is an open-level adult dance class that connects the aspects of musical theatre (broadway) and the basics of Jazz dance. No singing is involved.

Camille Piché Community Centre, Embrun, Tuesdays, 8:30p.m. to 9:30p.m.

\$450 per resident.

\$460 per non-resident.





Registration

Registration Dates

Online Registration Dates:

- Adult Programs: Residents can register starting August 26, 2024, 9:00a.m. Non-residents can register starting August 30, 2024, 9:00a.m.
- Children and Youth Programs: Residents can register starting August 28, 2024, 9:00a.m. Non-residents can register starting September 1, 2024, 9:00a.m.

Online Registration

How to Register Online:

- Go to our UniverusRec portal at <https://app.univerusrec.com/munrussellpub>.
- You will need a Username and Password. You can create your own account or family account by following the instructions on the site.
- If your child is registered at the daycare, contact us by email at recreation.loisirs@russell.ca
- because your account already exists. If you are unsure, please send us an email.
- If you have difficulty finding the program, click on the Filters tab on your left to refine your search.
- Click the Apply button when you are done.

Confirmation and Receipts:

Please print the online receipts for your records and income tax purposes.

Important:

- All online registrations must be paid in full using a valid MasterCard or Visa credit card. Any credits on your account will automatically be applied to the total balance due.
- All online transactions will be subject to an administrative fee. This administrative fee is non-refundable even if the course/program is cancelled.
- Online registrations will not be possible once the program has started. Late registrations can be done by contacting us by email.

Disclaimers

Program Cancellations:

All programs are subject to cancellation due to insufficient registrations. If your program is cancelled due to insufficient enrolment, you may transfer to another program (of equal value and subject to availability), receive a full refund or apply the credit to your account for future registrations.

Refunds:

A refund will be issued for all programs cancelled by the Township of Russell. Requests for refunds based on withdrawal must be received no later than two days after the first class. Prorated refunds will be issued for medical reasons only upon receipt of a doctor's note. Refunds will not be given for a session/class cancelled due to inclement weather or a situation that is out of our control. If there is a snow day, the session is not automatically cancelled. If the session is cancelled, you will receive an email the day of your session. If you do not receive an email, the session will run as planned. We will make every attempt to reschedule the cancelled class if space is available. We thank you for your understanding.

Returned Cheques:

A service fee of \$25 will be charged on all cheques returned as Non Sufficient Funds (NSF), Stop Payment or Funds Not Cleared.

Typographics Errors:

All precautions are taken to ensure that accurate information and prices are printed. Should a change occur, notification will be posted on our website and the registration

Questions about the fall programs? Contact us at recreation.loisirs@russell.ca.