

Program and Activity Guide



@MunRussellTwp

Winter/Spring 2025



www.russell.ca/programs



recreation.loisirs@russell.ca



613-443-2814



Municipalité de
RUSSELL
Township

Registration Dates



Adult Programs

- Residents: January 6, 2025, at 9:00a.m.
- Non-residents: January 13, 2025, at 9:00a.m.

Children and Youth Programs

- Residents: January 9, 2025, at 9:00a.m.
- Non-residents: January 15, 2025, at 9:00a.m.

How to Register Online

- Go to our UniverusRec portal:
<https://app.univerusrec.com/munrussellpub/>
- Sign-in by entering your Username and Password. (You can create your own account or a family account by following the instructions on the site.)

Contact us by email recreation.loisirs@russell.ca for the following items:

- If you have questions about our programs.
- If you are having issues with the UniverusRec Portal and you cannot remember your username and or password.
- Unsure if you have an account? Let us look for you.
- If you have difficulty finding the program, make sure you're signed in your account and select the filters tab on your left to refine your search. Click the Apply button when done.

Important

- Please print the online receipt(s) for your records and income tax purposes.
- All online registrations must be paid in full using a valid MasterCard or Visa credit card. Should you have any credits on your account, you may apply them to the balance due.
- All online transactions will be subject to an administrative fee in the amount of \$3.50. 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.

Program Cancellations

All programs may be cancelled if there are not enough registrations. If your program is cancelled, you can transfer to another program of equal value (subject to availability), receive a full refund, or apply the credit to your account for future registrations.

Refunds

Refunds are available for programs cancelled by the Township of Russell. To request a withdrawal refund, please do so within two days after the first class. Prorated refunds for medical reasons require a doctor's note. No refunds will be issued for cancellations due to weather or circumstances beyond our control. On snow days, sessions are not automatically cancelled; you will be notified via email if a cancellation occurs. If no email is received, the session will proceed as scheduled. We will attempt to reschedule cancelled classes if space is available. Thank you for your understanding.

Returned Cheques

A service fee of \$25 will apply to your account for all cheques returned due to Non-Sufficient Funds (NSF), Stop Payment, or Funds Not Cleared.

Typographic 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 system.

Adults

B Bilingual Course

E English Course

F French Course

Fitness Dance Program **B**

Experience an exciting blend of Zumba and Latin line dances! Get a dynamic cardio workout with popular and Latin music. All levels are welcome, no experience needed. Taught by certified instructor Diane Major. Ages 18+.

Palais des sports Hall,
6 Blais Street, Embrun.

Level 1 (No experience required).

Winter Session: Tuesdays, January 28 to April 1, 7:30p.m. to 8:30p.m.

Spring Session: Tuesdays, April 15 to June 10, 7:30p.m. to 8:30p.m.

Level 2 (Must complete Level 1).

Winter Session: Tuesdays, January 28 to April 1, 6:30p.m. to 7:30p.m.

Spring Session: Tuesdays, April 15 to June 10, 6:30p.m. to 7:30p.m.

No class on March 11.

\$103.50 + HST per resident, per session.

\$113.50 + HST per non-resident, per session.

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. Taught by certified instructor, Diane Jackson. Ages 50+. Equipment required: Yoga mat and towel.

Camille Piché Community Centre,
8 Blais Street, Embrun.

Winter Session :

- Tuesdays, January 28 to April 1, 9:30a.m. to 10:45a.m.
- Thursdays, January 30 to April 3, 9:30a.m. to 10:45a.m.

Spring Session:

- Tuesdays, April 15 to June 17, 9:30a.m. to 10:45a.m.
- Thursdays, April 10 to June 5, 9:30a.m. to 10:45a.m.

No classes on March 11, 13 and April 29.

\$103.50 + HST per resident, per session.

\$113.50 + HST per non-resident, per session.

\$164.25 + HST per resident, per session, two-day bundle

\$174.25 + HST per non-resident, per session, two-day bundle.

Cerveaux actifs (F)

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

Sports Dome, 150 Sportsplex Street, Embrun.

Wednesdays, January 22 to April 2,
9:30a.m. to 11:30a.m.

No class on March 12.

\$65 + HST per resident.

\$75 + HST per non-resident.

MoDayo Dance (B)

MoDayo dance, led by instructor Jasmine Lalonde, is an energetic blend of dance and yoga offered in an 8-week class that promotes joy and well-being. Suitable for all skill levels, it encourages self-expression and community connection while enhancing fitness and mental wellness. Ages 18+.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

Winter Session:

Thursdays, January 30 to April 3, 7:30p.m. to 8:30p.m.

Spring Session:

Thursdays, April 10 to June 5, 7:30p.m. to 8:30p.m.

No classes on February 13, March 13, April 29 and May 1.

\$92 + HST per resident, per session.

\$102 + HST per non-resident, per session.

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 our certified instructor, Diane Major for an energizing experience. Ages 18+.

Camille Piché Community Centre, 8 Blais Street, Embrun.

Winter Session:

- Mondays, January 27 to March 31, 11:30a.m. to 12:30p.m.
- Thursdays, January 30 to March 27, 11:30a.m. to 12:30p.m.

Spring Session:

- Mondays, April 7 to June 9, 11:30a.m. to 12:30p.m.
- Thursdays, April 10 to May 29, 11:30a.m. to 12:30p.m.

No classes on February 17,
March 10, 13, April 21
and May 19.

\$103.50 + HST per resident, per session.

\$113.50 + HST per non-resident, per session.

\$164.25 + HST per resident, two-day bundle.

\$174.25 + HST per non-resident, two-day bundle.



Spanish Classes (B)

Join our 8-week basic Spanish course designed for those who already have some knowledge of the language and wish to advance further. We will explore written and oral expression through a variety of exercises. Ages 12+. Maximum of 10 participants per class.

Winter Session:

Sports Dome, 150 Sportsplex Street, Embrun.

- Beginner: Tuesdays and Thursdays, January 28 to April 3, 9:30a.m. to 10:30a.m.
- Intermediate: Tuesdays and Thursdays, January 28 to April 3, 10:45a.m. to 11:45a.m.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

- Beginner: Thursdays, January 30 to April 3, 5:45p.m. to 7:15p.m.

Spring Session:

Sports Dome, 150 Sportsplex Street, Embrun.

- Beginner: Tuesdays and Thursdays, April 10 to June 5, 9:30a.m. to 10:30a.m.
- Intermediate: Tuesdays and Thursdays, April 10 to June 5, 10:45a.m. to 11:45a.m.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

- Intermediate: Thursdays, April 10 to June 5, 5:45p.m. to 7:15p.m.

No classes on February 11, 13, March 11, 13,
April 29 and May 1.

\$250 + HST per resident, per session, two-day bundle.

\$260 + HST per non-resident, per session, two-day bundle.

\$187.50 + HST per resident, per session.

\$197.50 + HST per non-resident, per session.

Nia – Barefoot Cardio Classic

Each Nia class combines music, mindfulness, and dynamic movement to restore you physically, mentally, and emotionally, led by Instructor Penny-Lee Prévost. In just 60 minutes, Nia workouts integrate 52 simple moves with dance, martial arts, and healing arts to enhance overall well-being. Nia is a low-impact practice performed barefoot and tailored to fit individual needs and abilities. Ages 16+.

Sports Dome, 150 Sportsplex Street, Embrun.

Winter Session:

Wednesdays, January 29 to April 2, 10:00a.m. to 11:00a.m.

Spring Session:

Wednesdays, April 9 to June 4, 10:00a.m. to 11:00a.m.

No class on March 12.

\$95 + HST per resident, per session.

\$105 + HST per non-resident, per session.

Nia – Moving to Heal

Facilitated by Instructor Penny-Lee Prévost, Nia Moving to Heal offers a workout designed for those seeking a gentle approach to Nia, especially individuals facing various therapeutic challenges such as injury, trauma, grief, and both short- and long-term illnesses. This class encourages participants to slow down and adapt movements to their bodies, emphasizing the sensation of feeling better with each movement and breath. It aims to enhance overall wellness for individuals regardless of their physical condition. Ages 40+.

Camille Piché Community Centre Hall,
8 Blais Street, Embrun.

Winter Session:

- Tuesdays, January 28 to April 1, 11:00a.m. to 12:00p.m.
- Thursdays, January 30 to April 3, 12:45p.m. to 1:45p.m.

Spring Session:

- Tuesdays, April 15 to June 17, 11:00a.m. to 12:00p.m.
- Thursdays, April 10 to June 5, 12:45p.m. to 1:45p.m.

No classes on March 11, 13 and April 29.

\$95 + HST per resident, per session.

\$105 + HST per non-resident, per session.

Chair Exercises

This class is designed to meet the specific needs and to prepare for further exercise classes. Join Instructor Robin Hagen-Kennedy for sessions structured to benefit everyone at any level of health and fitness. Ages 40+.

Palais des sports Hall, 6 Blais Street, Embrun.

Winter Session: Wednesdays, January 29 to April 2, 10:30a.m. to 11:30a.m.

Spring Session: Wednesdays, April 9 to June 4, 10:30a.m. to 11:30a.m.

No class on March 12.

\$86 + HST per resident, per session.

\$96 + HST per non-resident, per session.

Learn to Nordic Walk Clinic

Join our certified instructor, Robin Hagen-Kennedy in our Learn to Nordic Walk Clinic to discover the benefits of this low-impact exercise, which burns 20-40% more calories than regular walking. This full-body workout boosts cardiovascular health, improves posture, and engages up to 75% of your muscles. You will learn pole height adjustment, polling techniques, and effective warm-up and cool-down exercises. Classes are limited to 8 participants for personalized attention. Ages 50+.



Equipment required: Walking poles.

Sports Dome, 150 Sportsplex Street, Embrun.

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

- Class A: February 5 and 12
- Class B: April 2 and 9

\$40 + HST per resident, per session.

\$50 + HST per non-resident, per session.



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 - Doctor's 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 a current CPR certification, phone access to local paramedic services and presence of an AED.

These criteria could cover a variety of 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.

Belly Dance Cardio (B)

Guided by Jasmine Lalonde, this 30-minute, low-impact dance fitness class is inspired by belly dancing and combines cardio exercise, muscle strengthening and typical Middle Eastern movements. Ages 18+.

Frank Kinnaird Community Centre,
1084 Concession St., Russell.

Winter session: Thursdays, January 30 to April 3,
5:00p.m. to 5:30 p.m.

Spring session: Thursdays, April 10 to June 5,
5:00p.m. to 5:30 p.m.

No classes on February 13, March 13 and May 1.

\$40 + HST per resident, per session.

\$50 + HST per non-resident, per session.

Clogging (E)

Clogging is a fun and accessible dance style that originated in the Appalachian Mountains. It is popular throughout the US & Canada and appeals to people of all ages. Clogging steps are easy to learn and cued by instructor Miriam Tetler starting at a beginner level and advancing as you learn more steps. We dance to all genres of music, country, bluegrass, Irish & popular pop. If you enjoy music, dancing & fun, noncompetitive clogging maybe the activity for you. Ages 18+.



Camille Piché Community Centre Hall,
8 Blais Street, Embrun.

Winter Session:

- Mondays, January 27 to March 31,
2:00p.m. to 3:00p.m.
- Thursdays, January 30 to March 27,
2:00p.m. to 3:00p.m.

Spring Session:

- Mondays, April 7 to June 9, 2:00p.m. to 3:00p.m.
- Thursdays, April 3 to May 22, 2:00p.m. to 3:00p.m.

Palais des sports Hall, 6 Blais Street, Embrun.

Winter Session:

- Wednesdays, January 29 to March 26,
6:00p.m. to 7:00p.m.

Spring Session:

- Wednesdays, April 2 to May 28,
6:00p.m. to 7:00p.m.

No classes on February 17, March 10, 12, 13,
April 21, May 14 and 19.

\$77 + HST per resident, per session.

\$87 + HST per non-resident, per session.

\$96 + HST per resident, two-class bundle.

\$106 + HST per non-resident, two-class bundle.

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+.



Camille Piché Community Centre Hall,
8 Blais Street, Embrun.

Winter Session:

- Mondays, January 27 to March 31,
3:00p.m. to 4:00p.m.
- Thursdays, January 30 to March 27,
3:00p.m. to 4:00p.m.

Spring Session:

- Mondays, April 7 to June 9, 3:00p.m. to 4:00p.m.
- Thursdays, April 3 to May 22, 3:00p.m. to 4:00p.m.

No classes on February 17, March 10, 13, April 21
and May 19.

\$48 + HST per resident, per session.

\$58 + HST per non-resident, per session.

\$92.80 + HST per resident, two-class bundle.

\$102.80 + HST per non-resident, two-class bundle.

Modern Square Dancing (E)

Instructor Wendy VanderMeulen will lead you through Modern Square Dancing, which might surprise you! While we still do moves like Dosido and Swing, we also incorporate steps like Grand Square, Lead Right, and Veer Left—all to a diverse range of music, including New and Old Country, Classic Rock, Top 40, Jazz, Alternative, and Easy Listening. It is a fresh twist on the square dancing your grandparents knew, offering a fun and engaging experience that's worth a try. Ages 10+.

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

Level 1 (No experience required).

Winter Session:

Fridays, January 31 to April 4, 6:30p.m. to 7:30p.m.

Spring Session:

Fridays, April 11 to June 6, 6:30p.m. to 7:30p.m.

Level 2 (Must complete Level 1).

Winter Session:

Fridays, January 31 to April 4, 7:30p.m. to 8:30p.m.

Spring Session:

Fridays, April 11 to June 6, 7:30p.m. to 8:30p.m.

No classes on February 21, March 14 and April 18.

\$96 + HST per resident, per session.

\$106 + HST per non-resident, per session.

Mom and Baby Fitness E F

Combining fitness and yoga, this class is designed for moms looking to exercise and meeting other moms in the community. These sessions provide the opportunity for mothers to include their babies in exercises, using them as weights or giving them the freedom to explore and play. Presented by Luna Wellness Studio, led by Myriam Beausoleil, certified instructor in pre/postnatal exercise.

Please note that we cannot assume responsibility for your child's health and safety during the program, and there may be potential hazards if a child is left unattended. To ensure understanding, a waiver must be signed prior to the first day, which will be sent to you in advance.

Sports Dome, located at 150 Sportsplex Street, Embrun

Winter Session:

- Tuesdays, January 28 to April 1, 9:45a.m. to 10:45a.m. (English)
- Tuesdays, January 28 to April 1, 11:00a.m. to 12:00p.m. (French)
- Thursdays, January 30 to April 3, 9:45a.m. to 10:45a.m. (English)
- Thursdays, January 30 to April 3, 11:00a.m. to 12:00p.m. (French)

Spring Session:

- Tuesdays, April 8 to June 3, 9:45a.m. to 10:45a.m. (English)
- Tuesdays, April 8 to June 3, 11:00a.m. to 12:00p.m. (French)
- Thursdays, April 10 to June 5, 9:45a.m. to 10:45a.m. (English)
- Thursdays, April 10 to June 5, 11:00a.m. to 12:00p.m. (French)

No classes on March 11 and 13.

\$140.40 + HST per resident, per session.

\$150.40 + HST per non-resident, per session.

Long & Lean B

Led by Instructor Nashida Jibrin, Long & Lean is a full-body workout that blends ballet, Pilates, yoga, and barre techniques to create long, lean muscles in the arms, legs, and core. The class emphasizes joint stability, mobility, balance, and coordination. Participants need a mat, and the workout is done barefoot. Ages 18+.

Palais des sports Hall,
6 Blais Street, Embrun.

Winter Session:

Wednesdays, January 29 to April 2,
4:30p.m. to 5:30p.m.

Spring Session:

Wednesdays, April 9 to June 4,
4:30p.m. to 5:30p.m.

No classes on March 5 and 12.

\$92 + HST per resident, per session.

\$102 + HST per non-resident, per session.

PROGRAMS AT THE LIBRARY

WINTER/SPRING 2025

E - English
F - French
B - Bilingual



BOOK CLUBS FOR KIDS & ADULTS

The library offers many book clubs in French and English. For more details and registration, please visit our website.

PROGRAMS FOR ADULTS & YOUNG ADULTS

MEET THE AUTHOR EVENT WITH

RICK MOFINA (E)

Monday, April 14 at 6:30 p.m. Russell Branch.

Cost: \$ 8 / Register

MEET THE AUTHOR EVENT WITH

AMÉLIE DUBOIS (F)

Tuesday, April 29 at 6:30 p.m. Embrun Branch.

Cost: \$ 8 / Register

LITERARY CAFÉ (B)

Last Monday of the month at 6:30 p.m.
Russell Branch. Come share or just listen.

Free / Drop in

GENEALOGY CLUB (B)

First Thursday of the month at 6 p.m.
Embrun Branch.

Free / Registration required

MARCH BREAK WEEK - ACTIVITIES (B)

March 10 to 14 at both branches.
Sow seeds, make buttons, build with Lego and much more! Details to come on our website.

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*.

January 13 to June 30 - **Free / Drop in**

TODDLER TIME WITH EMILY (F) (18-36 months)

Tuesdays from 10:30 a.m. to 11:00 a.m. Embrun Branch.

February 4 to April 15 - **Free / Drop in**

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.

February 5 to April 16 - **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.

February 6 to April 17 - **Free / Drop in**

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

Russell Branch - Last Monday of the month - 4 p.m.-5 p.m.

Embrun Branch - Last Thursday of the month - 4 p.m.-5 p.m.

Board games, card games, and Lego challenges.

Free / Registration required

STORYTIME IN PYJAMAS

Friday, April 25 from 6:30 p.m. to 8 p.m.

Russell Branch in English

Embrun Branch in French

Stories, crafts and snacks. Wear your favourite pyjamas!

5 - 8 years old. **Cost: \$ 8 / 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
JANUARY 8



613.445.5331



mylibrary@russellbiblio.com



russellbiblio.com



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

Pilates (B)

Led by Instructor Nashida Jibrin, Pilates is a low-impact practice designed to build deep core strength and stability while improving posture, balance, flexibility, and mobility for everyday activities. The movements are fluid, emphasizing breath and alignment, and can be modified for all ages and skill levels. Practiced barefoot, Pilates is accessible and adaptable for everyone. Ages 18+. Equipment required: Yoga mat, yoga block and water bottle.

Palais des sports Hall, 6 Blais Street, Embrun.

Winter Session:

- Tuesdays, January 28 to April 1, 5:00p.m. to 6:00p.m.
- Wednesdays, January 29 to April 2, 9:00a.m. to 10:00a.m.

Spring Session:

- Tuesdays, April 8 to May 27, 5:00p.m. to 6:00p.m.
- Wednesdays, April 9 to May 28, 9:00a.m. to 10:00a.m.

No classes on March 4, 5, 11, 12 and May 14.

\$92 + HST per resident, per session.

\$102 + HST per non-resident, per session.

Pickleball (B)

A fun sport that combines 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 agree to participate in the rotation of courts and partners. You also agree to treat other players with respect. Disrespectful comments and behaviour will not be tolerated.

Sports Dome, 150 Sportsplex Street, Embrun.

No pickleball on February 17, April 18 and May 19.

Registration

Registration will follow a lottery-style random selection process. Participants may choose up to two sessions and submit their registration requests in person at the Sports Dome, by phone at 613-443-9272, or via an online form sent by email on December 20th. We will be accepting registration requests from **December 20th to January 10th**. Selected participants must pay the program fees by January 20 to secure their spot. This method ensures equitable participation by allowing each participant to register for only one class per session, thereby accommodating a greater variety of players.

Curious about pickleball?

Join us for an informative session and get a chance to try it for yourself! We will have paddles and balls on hand, but feel free to bring your own. Come by on Monday, January 6, from 10:00a.m. to 11:30a.m. or 7:00p.m. to 8:30p.m. The cost is \$10 per player.

Winter Session:

Beginner Players:

- Mondays, January 27 to March 31, 9:30a.m. to 10:25a.m.
- Tuesdays, January 28 to April 1, 6:00p.m. to 6:55p.m.
- Wednesdays, January 29 to April 2, 12:00p.m. to 1:25p.m.
- Thursdays, January 30 to April 3, 9:30a.m. to 10:25a.m.

Intermediate Players:

- Mondays, January 27 to March 31, 12:00p.m. to 12:55p.m.
- Mondays, January 27 to March 31, 6:45p.m. to 7:40p.m.
- Tuesdays, January 28 to April 1, 7:00p.m. to 8:25p.m.
- Wednesdays, January 29 to April 2, 9:30a.m. to 10:25a.m.
- Fridays, January 31 to April 4, 9:30a.m. to 10:55a.m.

Advanced Players:

- Mondays, January 27 to March 31, 10:30a.m. to 11:55a.m.
- Wednesdays, January 29 to April 2, 10:30a.m. to 11:55a.m.
- Thursdays, January 30 to April 3, 10:30a.m. to 11:55a.m.
- Fridays, January 31 to April 4, 11:00a.m. to 12:25p.m.

Spring Session:

Beginner Players:

- Mondays, April 14 to June 23, 9:30a.m. to 10:25a.m.
- Tuesdays, April 8 to June 10, 6:00p.m. to 6:55p.m.
- Wednesdays, April 9 to June 11, 12:00p.m. to 1:25p.m.
- Thursdays, April 10 to June 12, 9:30a.m. to 10:25a.m.

Intermediate Players:

- Mondays, April 14 to June 23, 12:00p.m. to 12:55p.m.
- Mondays, April 14 to June 23, 6:45p.m. to 7:40p.m.
- Tuesdays, April 8 to June 10, 7:00p.m. to 8:25p.m.
- Wednesdays, April 9 to June 11, 9:30a.m. to 10:25a.m.
- Fridays, April 11 to June 13, Fridays, 9:30a.m. to 10:55a.m.

Advanced Players:

- Mondays, April 14 to June 23, 10:30a.m. to 11:55a.m.
- Wednesdays, April 9 to June 11, 10:30a.m. to 11:55a.m.
- Thursdays, April 10 to June 12, 10:30a.m. to 11:55a.m.
- Fridays, April 11 to June 13, Fridays, 11:00a.m. to 12:25p.m.

Per 55-minute blocks:

\$49.50 + HST per resident, per block.

\$59.50 + HST per non-resident, per block.

Per 85-minute blocks:

\$74.25 + HST per resident, per block.

\$84.25 + HST per non-resident, per block.



Healing Meditation (E) (F)

Quiet your mind and rebalance your energy with Valérie Galloway for 60 minutes of meditation and energy work. Reiki is a healing technique that promotes relaxation and stress reduction. Maximum of 10 participants per class. Ages 18+. Equipment required: Yoga mat and items for comfort. (e.g., blanket, bolster, and pillow.)

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

Winter Session:

- Tuesdays, January 28 to April 1,
7:00p.m. to 8:00p.m. (English)
- Sundays, February 2 to April 6,
7:00p.m. to 8:00p.m. (French)

Spring Session:

- Tuesdays, April 8 to June 3,
7:00p.m. to 8:00p.m. (English)
- Sundays, April 13 to June 15,
7:00p.m. to 8:00p.m. (French)

No classes on March 11, 16 and April 20.

\$95.40 + HST per resident, per session.

\$105.40 + HST per non-resident, per session.



Women Power Yoga (B)

Join instructor Myriam Beausoleil, certified instructor, for a unique blend of Pilates-inspired strength and calming yoga, presented by Luna Wellness Studio! This class integrates core exercises with fluid movements to enhance endurance, flexibility, and overall well-being. Energize your body while soothing your mind—experience the best of both worlds! Ages 18+. Equipment required: Yoga mat

Camille Piché Community Centre Hall,
8 Blais Street, Embrun.

Winter Session: Tuesdays, January 28 to April 1,
12:30p.m. to 1:30p.m.

Spring Session: Tuesdays, April 15 to June 17,
12:30p.m. to 1:30p.m.

No classes on March 11 and April 29.

\$106 + HST per resident, per session.

\$116 + HST per non-resident, per session.

Adult Gentle Yoga (B)

Led by certified instructor Mike Walsh, our yoga classes emphasize enhancing flexibility and expanding the range of motion through postures, breathing techniques, and movement. The objective is to promote long-term mobility and maintain an active lifestyle.

Equipment required: Yoga mat, strap and water bottle.

Camille Piché Community Centre,
8 Blais Street, Embrun.

- Mondays, January 27 to May 12,
12:45p.m. to 1:45p.m.

Palais des sports Hall, 6 Blais Street, Embrun.

- Wednesdays, January 29 to May 7,
7:00p.m. to 8:00p.m.

Russell Sports and Youth Centre,
988 Concession Road, Russell.

- Thursdays, January 30 to May 8,
7:00p.m. to 8:00p.m.

No classes on February 17, March 10, 12, 13, April 21 and 26.

\$137.80 + HST per resident, per session.

\$147.80 + HST per non-resident, per session.

Women Gentle Yoga (B)

Join instructor Myriam Beausoleil for a unique experience that blends Pilates-inspired strength with soothing yoga, presented by Luna Wellness Studio! This class integrates core exercises with fluid movements to enhance endurance, flexibility, and overall well-being. Additionally, enjoy a yin-inspired gentle yoga session designed to relax your body and calm your mind. Through deep slow stretches held for extended periods, this class promotes relaxation and release, perfect for those looking to unwind and reconnect with themselves. Ages 18+.

Equipment required: Yoga mat

Camille Piché Community Centre Hall,
8 Blais Street, Embrun.

Winter Session:

Tuesdays, January 28 to April 1, 1:30p.m. to 2:30p.m.

Spring Session:

Tuesdays, April 15 to June 17, 1:30p.m. to 2:30p.m.

No classes on March 11 and April 29.

\$95.40 + HST per resident, per session.

\$105.40 + HST per non-resident, per session.



Korean Sword (E)

Join Instructor Stephen Smith for an introductory Korean Sword class that focuses on sword techniques and stances, emphasizing control, speed, and strength. Students will learn basic techniques, pre-arranged forms, and combat drills in a non-contact setting. Please come prepared for intensive physical exercise, and wooden swords will be provided for use during the course. Ages 18+.

Russell Sports and Youth Centre,
988 Concession Road, Russell.

Winter Session: Fridays, January 31 to April 4, Fridays, 5:30p.m. to 7:00p.m.

Spring Session: Fridays, April 11 to June 13, 5:30p.m. to 7:00p.m.

No classes on March 14 and April 18.

\$103.50 + HST per resident, per session.

\$113.50 + HST per non-resident, per session.



Ballroom Dancing (B)

In partnership with Tom Manley, this program blends musical rhythm with light physical exercise and the joy of social dancing. It is a recreational activity that also provides a valuable life skill for parties, wedding receptions, and community dances. Ages 16+.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

Winter Session: Wednesdays, January 29 to April 9:

- Advanced Foxtrot (must complete beginner class), 6:30p.m. to 7:30p.m.
- Triple Swing for beginners, 7:30p.m. to 8:30p.m.

Spring Session: Wednesdays, April 16 to June 18:

- Two Step for beginners, 6:30p.m. to 7:30p.m.
- Advanced Triple Swing (must complete beginner class), 7:30p.m. to 8:30p.m.

No class on March 12.

\$96 + HST per resident, per session.

\$106 + HST per non-resident, per session.

\$192 + HST per couple for residents, per session.

\$202 + HST per couple for non-residents, per session.

\$166 + HST per resident, two-class bundle.

\$176 + HST per non-resident, two-class bundle.

\$332 + HST per couple for residents, two-class bundle.

\$342 + HST per couple for non-residents, two-class bundle.

The first lesson of each ballroom dancing class is a free, no-obligation trial. Come and experience ballroom dancing at no cost! Registration will be open until February 26 for anyone interested in joining the program.

Spinning (E)

Spinning® is a high-energy indoor cycling class guided by an instructor and set to powerful, motivating music. It is a challenging yet enjoyable way to elevate cardiovascular fitness.

With its low-impact nature, spinning® is suitable for most people, and our classes cater to all fitness levels.

Winter Session:

- Class A, with Alex Dyer: Mondays, January 27 to March 31, 5:30p.m. to 6:30p.m.
- Class B, with Erica Sabatino: Mondays, January 27 to March 31, 7:00p.m. to 8:00p.m.
- Class C, with Erica Sabatino: Mondays, January 27 to March 31, 8:00p.m. to 9:00p.m.
- Class D, with Erica Sabatino: Thursdays, January 30 to March 27, 6:45p.m. to 7:45p.m.
- Class E, with Alex Dyer: Saturdays, February 1 to March 29, 9:00a.m. to 10:00a.m.
- Class F, with Alex Dyer: Thursdays, January 30 to March 27, 5:30p.m. to 6:30p.m.

Spring Session:

- Class A, with Alex Dyer: Mondays, April 7 to May 12, 5:30p.m. to 6:30p.m.
- Class B, with Erica Sabatino: Mondays, April 7 to June 9, 7:00p.m. to 8:00p.m.
- Class C, with Erica Sabatino: Mondays, April 7 to June 9, 8:00p.m. to 9:00p.m.
- Class D, with Erica Sabatino: Thursdays, April 10 to May 29, 6:45p.m. to 7:45p.m.
- Class E, with Alex Dyer: Saturdays, April 5 to May 10, 9:00a.m. to 10:00a.m.
- Class F, with Alex Dyer: Thursdays, April 10 to May 8, 5:30p.m. to 6:30p.m.

Ages 18+. Maximum of 7 participants per class.

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

No classes on February 17, March 10-15, May 19,
and April 19-21.

\$126 + HST per resident, per session.

\$136 + HST per non-resident, per session.

\$75.60 + HST per resident, per session. (Spring, Class A, E, F)

\$85.60 + HST per non-resident, per session. (Spring, Class A, E, F)





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. Cancellations must be received by the Monday prior to the scheduled class to receive a refund. Materials provided. Ages 19+.

Camille Piché Community Centre,
8 Blais Street, Embrun.

Fridays, 6:30p.m. to 8:30p.m.
Bar will be open (except January 31).

- January 31: Owl Love U 2 Pieces – **Parent and Child, ages 10+***
- March 28: Spring Highlander
- April 25: Cherry Moon
- May 23: Mushroom Gnome
- June 20: Backcountry Bear

\$50 + HST per resident, per class.
\$60 + HST per non-resident, per class.

**One ticket includes entrance for one adult and one child to make a 2-panel painting.*

Re-think Vintage (E)

Looking to give your furniture a fresh look using premium refinishing products? Join us for an exciting opportunity to upcycle a small piece of furniture (no larger than 2ft by 3ft). Come prepared in clothes you don't mind getting messy! All refinishing materials and brushes will be supplied. This class is hosted by local business Re-think Vintage. Ages 18+.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

- Class A: Wednesdays, February 5, 6:00p.m. to 9:00p.m.
- Class B: Wednesdays, April 2, 6:00p.m. to 9:00p.m.

\$100 + HST per resident, per class.
\$110 + HST per non-resident, per class.



Children and Youth

(B) Bilingual (E) English (F) French

Little Gymnasts (B)

From the floor, little ones will move, balance, roll and jump their way to becoming a star. Maximum of 10 participants per session.

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

No classes on March 15, 16, and April 19, 20, May 17 and 18.

\$90 per resident, per session. / \$100 per non-resident, per session.

**Please note that when parental assistance is required, the guardian must be at least 18 years old.*

Winter Session:

Saturdays, January 25 to March 29:

- 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, January 26 to March 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 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.

Spring Session:

Saturdays, April 5 to June 14:

- 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, April 6 to June 15:

- 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.



Gym Rat (B)

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

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

Winter Session - Saturdays, January 25 to March 29:

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

Spring Session - Saturdays, April 5 to June 14:

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

No classes on March 15, April 19 and May 17.

\$100 per resident, per session.

\$110 per non-resident, per session.



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 of 10 participants. Ages 6+.

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

Winter Session: Wednesdays, January 29 to April 2,
6:00p.m. to 7:00p.m.

Spring Session: Wednesdays, April 9 to June 11,
6:00p.m. to 7:00p.m.

No class on March 12.

\$90 per resident, per session.

\$100 per non-resident, per session.

Book Club (E)

This is a 60-minute program where participants will read a book and discuss the book in class with other participants. There will be themed activities around the book. Participants will work on their reading skills, writing skills, and discussion skills. Ages 6+.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

Winter Session:

Tuesdays, January 28 to April 8, 6:00p.m. to 7:00p.m.

Spring Session:

Tuesdays, April 15 to June 17, 6:00p.m. to 7:00p.m.

No class on March 11.

\$70 per resident, per session.

\$80 per non-resident, per session.

Mini Chef (E)

Learn how to prepare delicious snacks, appetizers, mains, and desserts in just 4 weeks! Join us for a delicious journey that will elevate your cooking game. Maximum of 8 participants per session. 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 Community Centre,
1084 Concession Street, Russell.

Tuesdays, January 28, February 11, 18, and 25.

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

Tuesdays, March 18, 25, April 8 and 15.

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

Tuesdays, April 22, 29, May 13, and 20.

- Class E: 6:00p.m. to 7:30p.m.
- Class F: 7:30p.m. to 9:00p.m.

Tuesdays, May 27, June 3, 10, and 17.

- Class G: 6:00p.m. to 7:30p.m.
- Class H: 7:30p.m. to 9:00p.m.

\$80 per resident, per session.

\$90 per non-resident, per session.



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 Centre,
988 Concession Street, Russell.

Winter Session: Wednesdays, January 29 to April 9,
7:00p.m. to 8:00p.m.

Spring Session: Wednesdays, April 16 to June 18,
7:00p.m. to 8:00p.m.

No class on March 12.

\$100 per resident, per session.

\$110 per non-resident, per session.

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. A tennis racket is required. (Maximum of 8 participants per session.)

Sports Dome, 150 Sportsplex Street, Embrun.

Winter Session: Thursdays, January 30 to April 10.

Spring Session: Thursdays, April 17 to June 19.

- 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.

No class on March 13.

\$126 per resident, per session.

\$136 per non-resident, per session.



Wrestling (E)

Led by Geneviève Morrison, a career-long national team member and mom of three, this program boosts your child's energy and confidence through fun wrestling exercises, teamwork, and basic grappling. Focused on body awareness, coordination, and confidence building, it helps kids develop strength, balance, and discipline while fostering positive interactions in a supportive environment. Welcoming all skill levels, the program empowers beginners and challenges young athletes to grow. Ages 6-10.

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

Winter Session:

Tuesdays, January 28 to April 8, 5:30p.m. to 6:30p.m.

Spring Session:

Tuesdays, April 15 to June 17, 5:30p.m. to 6:30p.m.

No class on March 11.

\$100 per resident, per session.

\$110 per non-resident, per session.



Salon & Spa (E)

This is a 60-minute program where participants can come and enjoy some relaxing and self-care activities. Participants will learn techniques on mindfulness, create their own bath bombs, and paint their nails along with other fun activities. This class offers participants the chance to try new things, take care of oneself and meet new people. Ages 6+.

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

Winter Session: Mondays, January 27 to March 31,
7:00p.m. to 8:00p.m.

Spring Session: Mondays, April 7 to June 9,
7:00p.m. to 8:00p.m.

No classes on February 17, March 10, April 21 and
May 19.

\$80 per resident, per session.

\$90 per non-resident, per session.

Tap Dance for Beginners (E)

This is a 60-minute tap class that allows participants to explore the use of sounds in relation to movement. Participants will learn rhythm, footwork, musicality, and precision by using their body as an instrument. Tap is an energetic dance style that is a unique way to create music with your feet. Ages 4+.

Required equipment: Tap shoes.

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

Winter Session: Mondays, January 27 to March 31,
6:00p.m. to 7:00p.m.

Spring Session: Mondays, April 7 to June 9,
6:00p.m. to 7:00p.m.

No classes on February 17, March 10, April 21 and
May 19.

\$80 per resident, per session.

\$90 per non-resident, per session.



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 of 14 participants per session.

Frank Kinnaird Community Centre, 1084 Concession Street, Russell.

Winter Session:

Thursdays, January 30 to April 3.

Spring Session:

Thursdays, April 10 to June 5.

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

\$86 per resident, per session.

\$96 per non-resident, per session.



Fashion & Jewelry Design (E)

This is a 60-minute program where participants will create different fashion and jewelry designs to take home and wear. Participants will learn to create bracelets, earrings, clay jewelry, tie-dye, fashion sketches, sewing and more. This class offers participants to explore their creativity using a different medium. Ages 8+.

Frank Kinnaird Community Centre, 1084 Concession Street, Russell.

Winter Session:

Tuesdays, January 28 to April 8, 7:00p.m. to 8:00p.m.

Spring Session:

Tuesdays, April 15 to June 17, 7:00p.m. to 8:00p.m.

No class on March 11.

\$100 per resident, per session.

\$110 per non-resident, per session.



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.

Winter Session: Wednesdays, January 29 to April 9, 7:00p.m. to 8:00p.m.

Spring Session: Wednesdays, April 16 to June 18, 7:00p.m. to 8:00p.m.

No class on March 12.

\$72 per resident, per session.

\$82 per non-resident, per session.



Standard First Aid with CPR-C (E) (F)

This comprehensive two-day course provides first aid and CPR training for individuals required to have certification for work, or for those seeking to gain additional skills to respond to emergencies at home. The course is taught by a certified Lifesaving Society Instructor. Ages 13+.

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

- Saturday, January 18 and Sunday, January 19, 9:00a.m. to 5:00p.m. (E)

Frank Kinnaird Community Centre, 1084 Concession Street, Russell

- Saturday, March 22 and Sunday, March 23, 9:00a.m. to 5:00p.m. (F)

\$110 per resident.

\$120 per non-resident.

Online Babysitting Course (E) (F)

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

To register: visit our website www.russell.ca/programs.

Click on the babysitting course link.

\$59.99 per child.



Youth Bowling League B

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

Bowling Hall, 8 Blais Street, Embrun.

Saturdays, January 18 to April 5,
9:30a.m. to 11:00a.m.

No class on March 15.

\$100 per resident, per session.

\$110 per non-resident, per session.

Advanced Youth Bowling 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. A maximum of 16 participants. Ages 11 to 16.

Bowling Hall, 8 Blais Street, Embrun.

Saturdays, January 18 to April 5,
11:00a.m. to 1:00p.m.

No class on March 15.

\$100 per resident, per session.

\$110 per non-resident, per session.

March Break Camp

This bilingual camp offers exciting activities for your kids including outings, skating at the Embrun Arena, outdoor games, etc. B
Join the fun! Ages 4 to 10.

Palais des sports Hall, 6 Blais Street, Embrun.

\$34 per resident, per day.

\$44 per non-resident, per day.



Programs for Children, Youth, and Adults with Disabilities

B Bilingual

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 communities. Adapted activities will be a variety of arts, science, sports, music, community engagement and more.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

Winter Session: Mondays, January 27 to March 31.

- Group A (Children and Youth): 5:30p.m. to 6:30p.m.
- Group B (Adults): 6:45p.m. to 7:45p.m.

Spring Session: Mondays, April 14 to June 9.

- Group A (Children and Youth): 5:30p.m. to 6:30p.m.
- Group B (Adults): 6:45p.m. to 7:45p.m.

No classes on February 17, March 10, April 21 and May 19.

\$128 per resident, per session.

\$138 per non-resident, per session.

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, January 17 to April 4,
6:00p.m. to 7:30p.m.

No class on March 14.

\$100 per resident, per session.

\$110 per non-resident, per session.

