



Winter 2019

4355 Halmont Dr. OTTAWA, ONTARIO K1J 8W6

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Course Registration January 28, 29, 30, 31 in person or by phone with Visa or MC

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|--|---|
| Intermediate/Advance Acrylic/Oil – Tricia Savoie W19OILM Monday 9:30 to 11:30 am Feb 4 to Mar 25 (No class Feb 18, Mar 11) \$90 (Mem \$60) 6 weeks | Intermediate Watercolour - Allison Luedtke W19INTWC Wednesday 9:30 to 11:30 am Feb 6 to Mar 27 \$120 (Mem \$80) 8 weeks |
| Beginner Watercolour - Allison Luedtke W19BEGWC Monday 9:30 to 11:30 am Feb 4 to Mar 25 (No Class Feb 18) \$105 (Mem \$70) 7 weeks | Beginner/Int Acrylic/Oil Painting - Tricia Savoie W19OILBEG Wednesday 1:15 to 3:15 pm Feb 6 to Mar 27 (no class Mar 13) \$105 (Mem \$70) 7 Weeks |
| Zumba Gold - Susan Sloan W19ZUM Monday 11:45 am to 12:45 pm Feb 4 to Mar 25 (no class Feb 18) \$52.50 (Mem \$35) 7 Weeks  | Mat Yoga - Kim Bolton W19MAT Wednesday 11:30 am to 12:30 pm Feb 6 to Mar 27 \$60 (Mem \$40) 8 Weeks |
| Write It Now! - Judith Coulter W19WIN Mondays 1 to 2 pm Feb 4 to Mar 25 (no class Feb 11,18) \$9 (Mem \$6) 6 Weeks | Chair Yoga - Kim Bolton W19CHAIR1 Wednesday 12:40 to 1:40 pm Feb 6 to Mar 27 \$60 (Mem \$40) 8 Weeks |
| Fitness - Nina Lepage W19FIT1 Tuesday 9:30 to 10:30 am Feb 19 to Mar 26 \$45 (Mem \$30) 6 weeks  | Chair Yoga - Kim Bolton W19CHAIR 2 Wednesday 1:45 to 2:45 pm Feb 6 to Mar 27 \$60 (Mem \$40) 8 Weeks |
| Core Strength - Nina Lepage W19CORE1 Tuesday 10:35 to 11:35 am Feb 19 to Mar 26 \$45 (Mem \$30) 6 weeks  | Zumba Gold - Susan Sloan W19ZUMW Wednesday 12:45 to 1:45 pm Feb 6 to Mar 27 \$60 (Mem \$40) 8 Weeks  |
| Conversational French - Salwa Khouzam W19FRENCH Tuesday 2:10 to 3:10 pm Feb 26 to Mar 26 Basic fluency required (Mem only \$5) 5 Weeks | Fitness - Nina Lepage W19FIT2 Thursday 9:30 to 10:30 am Feb 21 to Mar 29 \$45 (Mem \$30) 6 Weeks  |
| Tai Chi - Master Peter Chan W19TAI Wednesday 9:30 to 11:00 am Feb 6 to Mar 27 \$90 (Mem \$60) 8 Weeks | Core Strength - Nina Lepage W19CORE2 Thursday 10:35 to 11:35 am Feb 21 to Mar 29 \$45 (Mem \$30) 6 Weeks  |

Drop In Activities

MONDAY

| | | |
|------------------|---------------|---------|
| 500 | 12:35 to 2:30 | Multi 2 |
| Duplicate Bridge | | Multi 2 |

TUESDAY

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|-----------------|----------------|-----------|
| Pétanque– Atout | 10:00 to 11:30 | Main Hall |
| Sandbags | 12:30 to 2:00 | Main Hall |
| Whist | 12:35 to 3:00 | Multi 2 |

WEDNESDAY

| | | |
|---------------|---------------|---------|
| Social Bridge | 9:30 to 11:15 | Multi 2 |
| Bridge | 12:00 to 3:00 | Multi 2 |

THURSDAY

| | | |
|------------|---------------|------------|
| Stamp Club | 9:30 to 11:30 | Board Room |
| Bid Euchre | 9:00 to 11:30 | Multi 2 |
| Bingo | 1:00 to 3:00 | Multi 2 |
| Euchre | 12:45 to 2:45 | Multi 1 |

FRIDAY

| | | |
|----------------|---------------|-----------|
| Cribbage | 9:30 to 11:30 | Multi 1 |
| Darts | 9:45 to 11:30 | Multi 2 |
| Bridge | 12:00 to 3:00 | Multi 2 |
| Carpet Bowling | 12:30 to 3:00 | Main Hall |

SATURDAY

| | | |
|-------------------------|------------------|---------|
| Benefit Bridge | 1:00 to 3:00 | Multi 2 |
| Chase the Ace | 2:00 to 6:00 | Multi 2 |
| Duplicate/Social Bridge | 7:00 to 10:00 pm | Multi 2 |

SUNDAY

| | | |
|---------------|--------------|---------|
| Bid Euchre | 1:00 to 4:00 | Multi 2 |
| Social Bridge | 1:00 to 4:00 | Multi 2 |
| Darts | 2:00 to 4:00 | Multi 2 |

Registered Courses

MONDAY

| | |
|--------------------------|----------------|
| Intermediate Acrylic/Oil | 9:30 to 11:30 |
| Beginner Watercolour | 9:30 to 11:30 |
| Zumba Gold | 11:45 to 12:45 |
| Write it Now | 1:00 to 2:00 |

TUESDAY

| | |
|---------|----------------|
| Fitness | 9:30 to 10:30 |
| Core | 10:35 to 11:35 |

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|---------------------|--------------|
| French Conversation | 2:00 to 3:00 |
|---------------------|--------------|

WEDNESDAY

| | |
|----------------------|----------------|
| Int Watercolour | 9:30 to 11:30 |
| Tai Chi | 9:30 to 11:00 |
| Mat Yoga | 11:30 to 12:30 |
| Chair Yoga 1 & 2 | 12:40 & 1:45 |
| Beginner Acrylic/Oil | 1:15 to 3:15 |
| Zumba Gold | 12:45 to 1:45 |

THURSDAY

| | |
|---------|----------------|
| Fitness | 9:30 to 10:30 |
| Core | 10:35 to 11:35 |

If needed Winter session refunds will be payable by cheque until the second week of your course. Administration fees will apply. Special thanks to our team of instructors! They are working diligently behind the scenes as well as during their classes to offer you the best experience!



This logo identifies physical activity courses that meet the University of Ottawa Heart Wise Exercise Program criteria. Visit the website or ask at Reception for a copy of the Winter Course descriptions.

Please ensure you bring proper foot wear, and a water bottle.

Yoga participants supply their own yoga mat.

**Want to drop into a Course or Activity to see if it's a good fit for you?
Please visit Reception to learn how.**