



Municipalité de
RUSSELL
Township



Program and Activity Guide

Winter/Spring 2024



@MunRussellTwp



www.russell.ca/programs



recreation.loisirs@russell.ca



613-443-2814

Adults

(B) Bilingual Course

(F) French Course

(E) English Course

Zumba (B)

This class is tailored for anyone looking to get in shape, stay in shape or just have fun. Move to the music while getting a great workout. Certified instructor: Diane Major. Ages 18+.

Palais des Sports Hall, Embrun.

Winter Session

- Mondays, January 29 to March 25, 11:30a.m. to 12:30p.m.
- Thursdays, February 1 to March 21, 11:30a.m. to 12:30p.m.

No classes on February 19.

Spring Session

- Mondays, April 8 to June 3, 11:30a.m. to 12:30p.m.
- Thursdays, April 11 to May 30, 11:30a.m. to 12:30p.m.

No classes on May 20.

\$77 + HST per resident per class.

\$87 + HST per non-resident per class.

Fitness Dance Program (B)

Zumba and Latin line dances. Cardiovascular work on popular and Latin music. Certified instructor: Diane Major. Ages 18+.

Palais des Sports Hall, Embrun.

Winter Session

Tuesdays, January 30 to March 19.

- 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.

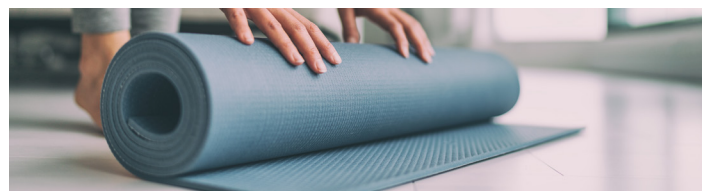
Spring Session

Tuesdays, April 9 to May 28.

- 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.

\$77 + HST per resident per class.

\$87 + HST per non-resident per class.



Adult Gentle Yoga (B)

Certified instructor: Mike Walsh. Through a series of relaxed hatha postures and vinyasa flow, participants will learn to calm their breathing and relieve stress, while gaining flexibility and improved balance and strength. Material needed: yoga mat. Ages 18+.

Winter Session

- Wednesdays, January 17 to April 3, 7:00p.m. to 8:00p.m. at the Palais des Sports Hall, Embrun.
- Thursdays, January 18 to April 4, 7:00p.m. to 8:00p.m. at the Russell Community Sports Club, 988 Concession Road, Russell.

No classes on January 24 and 25 and March 13 and 14.

Spring Session

- Wednesdays, April 10 to June 12, 8:00p.m. to 9:00p.m. at the Palais des Sports Hall, Embrun.
- Thursdays, April 11 to June 13, 8:00p.m. to 9:00p.m. at the Russell Community Sports Club, 988 Concession Road, Russell.

\$96 + HST per adult per class.

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

Fitness For Seniors (E)

Certified instructor. For older adults who enjoy engaging in exercise. Cardiorespiratory conditioning, muscle strength and endurance, with a focus on movements to support adult daily living activities. Progressions and regressions offered throughout each class. Various pieces of equipment include: bender balls, resistance bands, steps, weights. Participation will require some counting for simple routines. Materials needed: yoga mat. Ages 55+.

Camille Piché Community Centre, Embrun.

Winter Session

- Tuesdays, January 16 to March 5, 10:00a.m. to 11:15a.m.
- Thursdays, January 18 to March 7, 10:00a.m. to 11:15a.m.

No classes on January 23 and 25.

Spring Session

- Tuesdays, March 19 to April 30, 10:00a.m. to 11:15a.m.
- Thursdays, March 21 to May 2, 10:00a.m. to 11:15a.m.

The class on April 9 will take place at the Palais des Sports Hall, Embrun.

\$67 + HST per resident per class.

\$77 + HST per non-resident per class.

\$116.50 + HST per resident: two days bundle.

\$126.50 + HST per non-resident: two days bundle.

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, February 7 to April 10, 9:30a.m. to 11:30a.m.

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

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.

Tuesdays, January 23 to February 27, 12:00p.m. to 1:15p.m.

\$200 + HST per resident.
\$210 + 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. Wednesday, January 3, 7:00p.m. to 8:30p.m. at the Sports Dome, 150 Sportsplex, Embrun.
\$10 per player.

Winter Session

- Mondays, January 15 to March 25, 9:30a.m. to 10:30a.m.
- Mondays, January 15 to March 25, 12:30p.m. to 1:30p.m.
- Mondays, January 15 to March 25, 6:45p.m. to 7:45p.m.
- Tuesdays, January 16 to March 19, 6:00p.m. to 7:00p.m.
- Tuesdays, January 16 to March 19, 7:15p.m. to 8:45p.m.
- Wednesdays, January 17 to March 20, 9:30a.m. to 10:30a.m.
- Wednesdays, January 17 to March 20, 12:30p.m. to 2:00p.m.
- Thursdays, January 18 to March 21, 9:30a.m. to 10:30a.m.
- Fridays, January 19 to March 22, 9:30a.m. to 11:00a.m.

Advanced Players:

- Mondays, January 15 to March 25, 10:45a.m. to 12:15p.m.
- Wednesdays, January 17 to March 20, 10:45a.m. to 12:15p.m.
- Thursdays, January 18 to March 21, 10:45a.m. to 12:15p.m.
- Fridays, January 19 to March 22, 11:15a.m. to 12:45p.m.

No pickleball on February 19.

Spring Session

- Mondays, April 8 to June 17, 9:30a.m. to 10:30a.m.
- Mondays, April 8 to June 17, 12:30p.m. to 1:30p.m.
- Mondays, April 8 to June 17, 6:45p.m. to 7:45p.m.
- Tuesdays, April 9 to June 11, 6:00p.m. to 7:00p.m.
- Tuesdays, April 9 to June 11, 7:15p.m. to 8:45p.m.
- Wednesdays, April 10 to June 12, 9:30a.m. to 10:30a.m.
- Wednesdays, April 10 to June 12, 12:30p.m. to 2:00p.m.
- Thursdays, April 11 to June 13, 9:30a.m. to 10:30a.m.
- Fridays, April 12 to June 14, 9:30a.m. to 11:00a.m.

Advanced Players:

- Mondays, April 8 to June 17, 10:45a.m. to 12:15p.m.
- Wednesdays, April 10 to June 12, 10:45a.m. to 12:15p.m.
- Thursdays, April 11 to June 13, 10:45a.m. to 12:15p.m.
- Fridays, April 12 to June 14, 11:15a.m. to 12:45p.m.

No pickleball on May 20.

\$55 + HST per resident per hour block.
\$65 + HST per non-resident per hour block.
\$82.50 + HST per resident per hour and a half block.
\$92.50 + HST per non-resident per hour and a half block.

Nia

Nia is non-impact, practiced barefoot, and adaptable to individual needs and abilities. Will leave you energized and clear-minded. Ages 16+.

Sports Dome, 150 Sportsplex Street, Embrun.

Winter Session: Thursdays, January 25 to March 28, 10:00a.m. to 11:00a.m.

Spring Session: Thursdays, April 4 to June 6, 10:00a.m. to 11:00a.m.

\$116 + HST per adult.
\$126 + HST per non-resident.

Moving to Heal Nia

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, and short-term to long-term illness. Learn to slow down and personalize movement to fit your body 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.

Winter Session: Mondays, January 29 to March 25, 10:30a.m. to 11:15a.m. No classes on February 19.

Spring Session: Mondays, April 8 to June 3, 10:30a.m. to 11:15a.m. No classes on May 20.

\$85 + HST per adult.
\$95 + HST per non-resident.

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.

Chair Exercises

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.

Winter Session: Wednesdays, January 31 to March 27, 10:30a.m. to 11:30a.m.

Spring Session: Wednesdays, April 3 to June 5, 10:30a.m. to 11:30a.m. No classes on April 10.

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

Nia Move IT

Participants will shift from one move to the next every 60 seconds, progressively moving through all 52 moves within the 7 cycles class format. Within each 60-second cycle, students are encouraged to self-guide their movement, modulating their range of motion, energy dynamics, and intensity levels. Ages 30+.

Palais des Sports Hall, Embrun.

Fridays, February 2 to April 12, 3:00p.m. to 4:00p.m. No classes on March 29.

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

Learn to Nordic Walk Clinic

Nordic Walking is a low-impact workout that burns 20 to 40% more calories than regular walking. It is excellent for cardio, posture and upper body strength and exercises up to 75% of body's muscles. Learn how to properly adjust the height of your poles, proper poling technique, warm-up and cool-down exercises. Certified instructor. Material needed: poles. Maximum 8 participants per class. Ages 50+.

Sports Dome, 150 Sportsplex Street, Embrun.

- Class A: Wednesdays, February 21 and 28, 1:00p.m. to 2:00p.m.
- Class B: Wednesdays, March 20 and 27, 1:00p.m. to 2:00p.m.
- Class C: Wednesdays, April 10 and 17, 1:00p.m. to 2:00p.m.
- Class D: Wednesdays, May 1 and 8, 1:00p.m. to 2:00p.m.

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



Intro to Boxing (E)

A 1 hour workout that incorporates all the fundamentals of a boxer's workout. During the class, 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.

Thursdays, February 1 to April 11, 7:00p.m. to 8:00p.m. No classes on March 14.

\$106 + HST per adult.
\$116 + 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, January 31 to May 15, 2:30p.m. to 3:30p.m. No classes on April 10.

\$60 + HST per resident.
\$70 + HST per non-resident.

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.

Winter Session

Wednesdays, January 24 to March 27.
• Mambo for beginners, 6:30p.m. to 7:30p.m.
• Advanced Waltz and Foxtrot, 7:30p.m. to 8:30p.m.

Spring Session

Wednesdays, April 10 to June 12.
• Advanced Mambo, 6:30p.m. to 7:30p.m.
• Cha Cha for beginners, 7:30p.m. to 8:30p.m.

\$96 + HST per resident per class.
\$106 + HST per non-resident per class.
\$166 + HST per resident: two classes bundle.
\$176 + HST per non-resident: two classes bundle.
\$192 + HST per resident couple per class.
\$202 + HST per non-resident couple per class.
\$332 + HST per couple: two classes bundle.
\$342 + HST per non-resident couple: two classes bundle.

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 Road, Russell.

Winter Session

- Class A: Saturdays, January 20 to March 9, 9:00a.m. to 10:00a.m.
- Class B: Saturdays, January 20 to March 9, 10:00a.m. to 11:00a.m.
- Class C: Mondays, January 22 to March 25, 5:30p.m. to 6:30p.m.
- Class D: Mondays, January 22 to March 25, 6:30p.m. to 7:30p.m.
- Class E: Mondays, January 22 to March 25, 8:00p.m. to 9:00p.m.
- Class F: Tuesdays, January 23 to March 19, 7:00p.m. to 8:00p.m.
- Class G: Tuesdays, January 23 to March 19, 8:00p.m. to 9:00p.m.
- Class H: Wednesdays, January 24 to March 20, 8:00p.m. to 9:00p.m.

No classes on February 19 and March 11, 12, and 13.

Spring Session

- Class A: Saturdays, April 6 to June 1, 9:00a.m. to 10:00a.m.
- Class B: Mondays, April 8 to June 3, 5:30p.m. to 6:30p.m.
- Class C: Mondays, April 8 to June 3, 6:30p.m. to 7:30p.m.
- Class D: Mondays, April 8 to June 3, 8:00p.m. to 9:00p.m.
- Class E: Tuesdays, April 9 to May 28, 7:00p.m. to 8:00p.m.
- Class F: Tuesdays, April 9 to May 28, 8:00p.m. to 9:00p.m.
- Class G: Wednesdays, April 10 to May 29, 8:00p.m. to 9:00p.m.

No classes on May 18 and 20.

\$101 + HST per resident per class.
\$111 + HST per non-resident per class.



The first lesson of each ballroom dancing class (January 24 and April 10) is a free no-obligation trial to ballroom dancing. Registration will be open until January 30 and April 16 for those who decides to join the program.

The Power of Words (B)

This workshop will cover the 3 following topics: 1) Greatly improve our communication with children of all age, our partner, coworkers, etc.; 2) Introduction to relaxation/meditation of many kinds with and without words; 3) Applications of the first 2 sessions in varied and surprising ways for everyday living. For adults and teenagers (accompanied by an adult also registered in the program). Maximum of 15 participants per class.

Sports Dome, 150 Sportsplex Street, Embrun.

- Class A (French): Tuesdays, January 23 and 30 and February 6, 9:30a.m. to 11:00a.m.
- Class B (English): Mondays, February 12 and 26 and March 4, 9:30a.m. to 11:00a.m.
- Class C (French): Tuesdays, March 26 and April 2 and 9, 7:00p.m. to 8:30p.m.
- Class D (English): Mondays, April 15, 22 and 29, 7:00p.m. to 8:30p.m.

\$25 + HST per teenage resident.

\$35 + HST per teenage non-resident.

\$35 + HST per adult resident.

\$45 + HST per adult non-resident.

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.

English Session: Saturday, February 24 and Sunday, February 25, 8:30a.m. to 4:30p.m., at the Frank Kinnaird Hall, Russell Arena.

French Session: Saturday, April 13 and Sunday, April 14, 8:30a.m. to 4:30p.m., at the Palais des Sports Hall, Embrun.

\$235 + HST per teenage resident.

\$245 + HST per teenage non-resident.

\$260 + HST per adult resident.

\$270 + HST per adult non-resident.

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+.

English Session: Sunday, March 3, 1:00p.m. to 4:30p.m., at the Frank Kinnaird Hall, Russell Arena.

French Session: Saturday, May 4, 8:30a.m. to 12:00p.m., at the Palais des Sports Hall, Embrun.

\$65 + HST per resident.

\$75 + HST per non-resident.

Cardio and Muscular Strength (E)

Cardio exercise is any activity that gets you breathing a little harder and increases your heart rate to the target zone. This is the zone where you burn the most fat and calories. Muscular strength is the amount of force you can put out or the amount of weight you can lift. This program employs rhythmic activity that raises your heart rate and resistance training which involves working a muscle or group of muscles against resistance to increase strength and power. Material needed: yoga mat. We also encourage participants to bring their own weights. Ages 18+.

Frank Kinnaird Hall, Russell Arena.

Wednesdays, January 24 to March 27, 8:45p.m. to 9:45p.m.

\$96 + HST per resident.

\$106 + HST per non-resident.

Mastering Healthy Habits Workshop (E)

Are you tired of struggling to make healthy habits such as exercising, eating vegetables or flossing your teeth a regular part of your every day? This transformative workshop is designed to unravel the mysteries of behaviour change and equip you with a treasure trove of practical tools, enabling you to integrate healthy behaviours into your life, once and for all. Say goodbye to failed attempts at a healthy lifestyle and hello to lasting habits that will truly change your health and your life! Ages 18+.

Sports Dome, 150 Sportsplex Street, Embrun, 9:00a.m. to 11:00a.m.

Winter Session: Sunday, January 21.

Spring Session: Sunday, April 7.

\$20 + HST per resident.

\$30 + HST per non-resident.

Mom and Baby Fitness (B)

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 a certified instructor in pre/postnatal exercise. For moms with babies 3 months and older. Material needed: yoga mat.

Sports Dome, 150 Sportsplex Street, Embrun.

Tuesdays, January 30 to April 2, 10:30a.m. to 11:30a.m. No classes on March 12.

\$156 + HST per adult.

\$166 + HST per non-resident.

Get Your Paint On! — Adults B

Have fun with your friends and create your very own work of art. Materials provided. Ages 19+.

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

Winter Aurora: Friday, February 23.

Portrait of a Parrot: Friday, March 8.

Mystical Canopy: Friday, March 22.

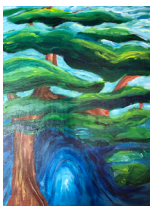
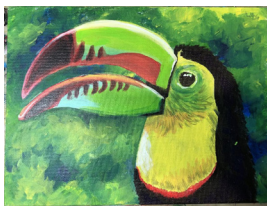
Cityscape: Friday, April 19.

The Red Canoe: Friday, May 31.

Sunburst Blooms: Friday, June 21.

\$50 + HST per resident per painting.

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



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 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, January 26 to April 19, 6:30p.m. to 8:00p.m.
No classes on February 16, March 15 and 29.

\$96 + HST per resident.

\$106 + HST per non-resident.

Children and Youth

B Bilingual Course

E English Course

Science Explorers E

Science Explorers is a program where participants can explore and learn new ideas and topics related to science. Participants will learn through different experiments in a hands-on learning environment. This class allows participants to push boundaries, use their brain and make connections. Maximum 8 participants. Ages 6+.

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

Winter Session

- Mondays, January 22 to March 25, 6:00p.m. to 7:00p.m.
- Wednesdays, January 24 to March 20, 6:00p.m. to 7:00p.m.

No classes on February 19 and March 11 and 13.

Spring Session

- Mondays, April 8 to June 3, 6:00p.m. to 7:00p.m.
- Wednesdays, April 10 to May 29, 6:00p.m. to 7:00p.m.

No classes on May 20.

\$96 per resident.

\$106 per non-resident.

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.

Frank Kinnaird Hall, Russell Arena.

Tuesdays, January 23 and 30 and February 13 and 20.

- Class A (Ages 9 to 11): 6:00p.m. to 7:30p.m.
- Class B (Ages 12 to 15): 7:30p.m. to 9:00p.m.

Tuesdays, February 27, March 19 and 26 and April 9.

- Class C (Ages 9 to 11): 6:00p.m. to 7:30p.m.
- Class D (Ages 12 to 15): 7:30p.m. to 9:00p.m.

Tuesdays, April 16, 23 and 30 and May 14.

- Class E (Ages 9 to 11): 6:00p.m. to 7:30p.m.
- Class F (Ages 12 to 15): 7:30p.m. to 9:00p.m.

Tuesdays, May 21 and 28 and June 11 and 18.

- Class G (Ages 9 to 11): 6:00p.m. to 7:30p.m.
- Class H (Ages 12 to 15): 7:30p.m. to 9:00p.m.

\$80 per resident.

\$90 per non-resident.

Run Jump Throw (E)

Keep your kids active and having fun with the Russell Run Club. Run Jump Throw (RJT) is targeted at the younger youth and those who are still working on their endurance. RJT is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy using track and field inspired activities, games and skill challenges lead by trained instructors focusing on the fundamentals of running, jumping and throwing. Ages 6 to 12.

Sports Dome, 150 Sportsplex Street, Embrun.

Winter Session: Wednesdays, January 24 to February 28, 5:00p.m. to 5:50p.m.

Spring Session: Wednesdays, March 20 to April 24, 5:00p.m. to 5:50p.m.

\$72 per resident.
\$82 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, January 27 to April 13, 9:30a.m. to 11:30a.m. No classes on March 16 and 30.

\$90 per resident.
\$100 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, January 27 to April 13, 11:30a.m. to 1:00p.m. No classes on March 16 and 30.

\$90 per resident.
\$100 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.

Little Gymnasts (B)

From the floor, little ones will move, balance, roll and jump as they partner with a parent learning their way in becoming a star. Maximum of 10 participants per class.

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

Winter Session

Saturdays, January 27 to April 6.

- Ages 1 to 2 (Parent Assisted): 8:00a.m. to 8:45a.m.
- Ages 1 to 2 (Parent Assisted): 9:00a.m. to 9:45a.m.
- Ages 3 to 4 (Parent 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 28 to April 7.

- Ages 1 to 2 (Parent Assisted): 8:00a.m. to 8:45a.m.
- Ages 1 to 2 (Parent Assisted): 9:00a.m. to 9:45a.m.
- Ages 3 to 4 (Parent Assisted): 10:00a.m. to 10:45a.m.
- Ages 3 to 4 (Parent 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 March 9, 10, 16, 17, 30 and 31.

Spring Session

Saturdays, April 20 to June 15.

- Ages 1 to 2 (Parent Assisted): 8:00a.m. to 8:45a.m.
- Ages 1 to 2 (Parent Assisted): 9:00a.m. to 9:45a.m.
- Ages 3 to 4 (Parent 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 21 to June 16.

- Ages 1 to 2 (Parent Assisted): 8:00a.m. to 8:45a.m.
- Ages 1 to 2 (Parent Assisted): 9:00a.m. to 9:45a.m.
- Ages 3 to 4 (Parent Assisted): 10:00a.m. to 10:45a.m.
- Ages 3 to 4 (Parent 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 May 18 and 19.

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

Tennis (B)

Certified Instructor: Arthur Cuenco. He is a Certified Tennis Canada Course Facilitator, an Ontario Tennis Association Coach Developer, a Tennis Quebec Coach Developer and a Tennis Professional with United States Professional Tennis Registry. In addition, he has coached national level players and is heavily involved in the tennis community. Learning all the fundamentals, ball controls, various strokes such as serve, ground strokes, volleys and scoring, as well as moving efficiently and positioning, setting you up for success. Tennis racket needed. Maximum of 8 participants per class.

Sports Dome, 150 Sportsplex Street, Embrun.

Winter Session

Thursdays, January 18 to April 4. No classes on February 8 and March 14.

- Ages 7 to 9: 6:30p.m. to 7:30p.m.
- Ages 10 to 12: 7:30p.m. to 8:30p.m.
- Ages 13 to 15: 8:30p.m. to 9:30p.m.

Spring Session

Thursdays, April 18 to June 27. No classes on May 9.

- Ages 7 to 9: 6:30p.m. to 7:30p.m.
- Ages 10 to 12: 7:30p.m. to 8:30p.m.
- Ages 13 to 15: 8:30p.m. to 9:30p.m.

\$130 per resident.

\$140 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 Road, Russell.

Saturdays, January 27 to June 8.

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

No classes on March 9, 16 and 30 and May 18.

\$160 per resident.

\$170 per non-resident.

Crafting with Hand Sewing (E)

Learn the basics of hand sewing and use these new skills to create crafts each week. Sewing kits will be provided for participants to keep at the end of the course. Maximum 10 participants. Ages 8 to 14.

Russell Arena Meeting Room.

Thursdays, February 1 to April 25, 6:30p.m. to 7:30p.m. No classes on February 15, March 14 and April 11.

\$100 per resident.

\$110 per non-resident.

Yoga for Pre-Teens (B)

Beginner level. Certified instructor. This class introduces yoga to youth by offering a non-competitive, dynamic program. Introduction to yoga asanas (poses), with the goal to building increased body awareness, strength, and flexibility, as well as self-calming/emotional regulation skills through breathwork and relaxation techniques. Be prepared to have fun. Material needed: yoga mat. Ages 10 to 13.

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

Winter Session: Tuesdays, January 30 to April 2, 6:30p.m. to 7:30p.m. No classes on March 12 and 26.

Spring Session: Tuesdays, April 23 to June 11, 6:30p.m. to 7:30p.m.

\$69 per resident.

\$79 per non-resident.

Yoga for Teens (B)

Beginner/Intermediate level. Certified instructor. This class offers a dynamic non-competitive program combining breathing techniques with asanas (poses), with the goal to connect the body and mind in a loving way, finding balance on and off the mat, as well as building inner and physical strength. Be prepared to have fun. Material needed: yoga mat. Ages 14 to 17.

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

Winter Session: Tuesdays, January 30 to April 2, 7:45p.m. to 8:45p.m. No classes on March 12 and 26.

Spring Session: Tuesdays, April 23 to June 11, 7:45p.m. to 8:45p.m.

\$69 per resident.

\$79 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.

Winter Session: Wednesdays, January 24 to March 27, 7:00p.m. to 8:00p.m. No classes on March 13.

Spring Session: Wednesdays, April 10 to June 12, 7:00p.m. to 8:00p.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.

Winter Session

Thursdays, January 25 to March 28. No classes on March 14.

- 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.

Spring Session

Thursdays, April 11 to June 6.

- 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.

\$77 per resident.

\$87 per non-resident.



Learn to Draw (E)

Learn to Draw is an introduction class to sketching and the basics of drawing. Participants will learn the basics of shading, shapes, grounding, dimensions and perspectives. This class will use these steps to create sketches of birds, butterflies, flowers, dogs and more. Maximum 8 participants. Ages 8+.

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

Winter Session

- Mondays, January 22 to March 25, 7:00p.m. to 8:00p.m.
- Wednesdays, January 24 to March 20, 7:00p.m. to 8:00p.m.

No classes on February 19 and March 11 and 13.

Spring Session

- Mondays, April 8 to June 3, 7:00p.m. to 8:00p.m.
- Wednesdays, April 10 to May 29, 7:00p.m. to 8:00p.m.

No classes on May 20.

\$80 per resident.

\$90 per non-resident.

PROGRAMS AT THE LIBRARY

WINTER 2024

E - English
F - French
B - Bilingual



BOOK CLUBS FOR KIDS - Free / Register

JUNIOR BOOK CLUB - Grades 3-5 (E)

1st Thursday of the month, 4:15 p.m. to 5:15 p.m.

YOUTH BOOK CLUB - Grades 6-8 (E)

1st Thursday of the month, 5:15 p.m. to 6:15 p.m.

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

3rd Wednesday of the month, 4:15 p.m. to 5 p.m.

BOOK CLUBS FOR ADULTS - Free / Register

ADULT BOOK CLUB (E)

First Tuesday of the month at 8 p.m. (Russell)

20s & 30s BOOK CLUB (E)

Last Thursday of the month at 7 p.m. (Russell)

CLUB DE LECTURE POUR ADULTES (F)

Last Saturday of the month at 1 p.m. (Embrun)

EVENTS FOR ADULTS

POETRY WORKSHOP Offered by Silvia Fiorita Smith (E)

Every second Thursday, from 1 to 2:30 p.m.

January 11 to March 21. Russell Branch.

Cost: \$15 / Register

BOOK LAUNCH WITH DANNY COVEY (E)

Sat, February 3rd from 10 a.m. to 3 p.m.

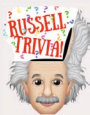
Russell Branch. **Free / Drop-in**

TRIVIA NIGHT (E)

Sat, March 2nd 7 p.m. (doors open 6:30)

Russell Arena. Tickets for sale at library.

For the relocation of the Embrun Branch.



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 15 to April 8 - **Free / Drop in**

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

Tuesdays from 10:15 a.m. to 11 a.m. Embrun Branch.

February 6 to April 16 - **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.

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 7 to April 17 - **Cost: \$ 25 / Register**

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

Fridays from 10:30 a.m. to 11:00 a.m. Russell Branch.

February 9 to April 19 - **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 / Register

EVENTS FOR CHILDREN

STORYTIME IN PAJAMAS

April 26 from 6:30 p.m. to 8 p.m.

Russell Branch in English

Embrun Branch in French

Come celebrate spring with us: 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
JANUARY 15



613.445.5331



mylibrary@russellbiblio.com



russellbiblio.com



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

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.

Winter Session

Mondays, January 22 to April 8. No classes on February 19, March 11 and April 1.

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

Spring Session

Mondays, April 15 to June 17. No classes on May 20.

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

\$121.50 per resident.

\$131.50 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, January 26 to April 12, 6:00p.m. to 7:30p.m.
No classes on March 15 and 29.

\$75 per resident.

\$85 per non-resident.

Dancing to a Different Beat (B)

Dance classes for children with Autism to improve confidence, motor skills and socialization. Through simple patterns, movements and repetition, dancers will learn the basics of movement, rhythm and the fundamentals of jazz dance. Ages 5+.

École secondaire catholique d'Embrun, pavillon intermédiaire, 1276 St-Jacques Road, Embrun.

Saturdays, February 3 to April 27, 9:00a.m. to 9:30a.m. No classes on March 9, 16 and 30.

\$130 per resident.

\$140 per non-resident.

Dance Programs

In partnership with JB Danceworkz, these recreational programs teach the basics of dance.

Creative Dance (B)

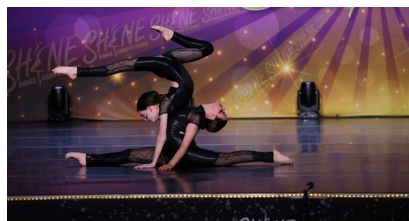
Introduction to the rhythm of music through simple dance movements and exercises. Ages 3.

École secondaire catholique d'Embrun, pavillon intermédiaire, 1276 St-Jacques Road, Embrun.

Saturdays, February 3 to April 27, 9:30a.m. to 10:00a.m. No classes on March 9, 16 and 30.

\$60 per resident.

\$70 per non-resident.



JB DANCEWORKZ

Acro (B)

A combination of gymnastics, jazz and lyrical.

Camille Piché Community Centre, Embrun

Intermediate (Ages 10+): Tuesdays, January 30 to April 16, 7:15p.m. to 8:15p.m. No classes on March 12 and April 9.

\$115 per resident.

\$125 per non-resident.

Jazz (B)

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

École secondaire catholique d'Embrun, pavillon intermédiaire, 1276 St-Jacques Road, Embrun.

Junior (Ages 6 to 9): Saturdays, February 3 to April 27, 12:15p.m. to 1:00p.m. No classes on March 9, 16 and 30.

\$85 per resident.

\$95 per non-resident.

March Break Camp

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

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

Monday, March 11 to Friday, March 15, 7:00a.m. to 6:00p.m.

\$34 per day per resident.
\$44 per day per non-resident.



Registration

Registration Dates

Online Registration Dates:

- Adult Programs: Residents can register starting January 4, 2024, 9:00a.m. Non-residents can register starting January 9, 2024, 9:00a.m.
- Children and Youth Programs: Residents can register starting January 8, 2024, 9:00a.m. Non-residents can register starting January 13, 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 system will post the correct information.

Questions about the winter and spring programs? Contact us at recreation.loisirs@russell.ca.