

Programs and Services Winter 2016

Programs for Parents, Children and Youth

Girls Multi-Sport Program: Girls ages 5 to 13 are invited to participate in various recreational programming with Sherway Sports. The program is offered on Thursday evenings, 6:00 - 7:30 p.m., at the Viscount Alexander Public School (55 Mann Ave.), in English/French. For information, call Gerald Dragon at 613-789-1500 x 2526.

Indoor Soccer: Boys and girls ages 5 to 13 are welcome to participate in building soccer skills through drills and scrimmages. Offered on Tuesday evenings, 5:00 - 6:30 p.m., at the Youville Centre (150 Mann Ave.), in English. For more information, call Gerald Dragon at 613-789-1500 x 2526.

Viscount Alexander Enhanced Homework Club: Tutors and volunteers offering homework assistance to students in grades 1 - 6. Offered in English and French, Monday to Thursday 2:30 - 5:00 p.m., from September to June, at the Viscount Alexander Public School (55 Mann Ave.). For more information, call Gloria Zhou at 613-680-6166.

Strathcona Heights Homework Club: Tutors and volunteers offering homework assistance to students in grades 7 - 10. Offered in English and French, Monday to Thursday 4:00 - 9:00 p.m., from September to June, at 731-A Chapel Crescent. For more information, call Gerald Dragon at 613-789-1500 x 2526.

Walking School Bus: Believe that physical activity and safety are important to children? Then join the Walking School Bus to Viscount Alexander Public School. The Walking School Bus weaves through the neighbourhood and collects students, so they arrive at school the active, green way. Pick up is Monday to Friday at 7:30 a.m., 731 Chapel Crescent. For more information, call Gerald Dragon at 613-613-789-1500 x 2526.

Strathcona Heights Family Fun Day: Music, food, games, competitions, art and more! Come and have fun with the whole community! Offered on February 14, 2016, 12:00 - 5:00 p.m., at 731-A Chapel Crescent. For more information, contact Lynda Giffen-Clements by e-mail at lgclements@sandyhillchc.on.ca, or by phone at 613-818-5824.

Physical Activity Library at 95 Main St.: Come and borrow an exercise DVD, urban poles, pedometers, elastic bands, and other equipment you might like to try out! For more information, call Chris Osler at 613-565-3265.

Learn to Skate for Newcomers to Canada: Do you and your family want to learn to skate? If you are a newcomer to Canada, and between 5 and 75 years of age, this free program is for you! We provide the skates, helmets and instructors. Offered Saturday afternoons, 2:30-3:30pm, January 16 to February 6 at the Brantwood Park skating rink. For more information and to register, call Chris Osler at 613-565-3265.

* * * * *

Looking for drop-in playgroups, toy lending library access, homework literacy programs, English conversation groups, ESL, the Good Food Box, exercise programs, learn-to-bicycle courses and other services in Old Ottawa East? Please contact Community Developer Chris Osler at 613-565-3265 for information.

* * * * *