



FALL 2023 PROGRAM GUIDE

SEPTEMBER  OCTOBER  NOVEMBER



Register Online:

app.univerusrec.com/renfrewpub/courses/



Call:

613-432-4848 ext. 118



Visit:

Recreation Centre-67 Argyle St. S.



Email:

jfraser@renfrew.ca



Scan to
register online



***Resident fee applies to those that live in:**

Town of Renfrew, Township of Admaston/Bromley,

Township of Greater Madawaska, Township of McNab/Braeside, Horton Township

Children will move through a circuit including tunnels, wedges and beams aimed to increase strength, balance and coordination.

- 5-week Sessions beginning in September and November.
- \$50 for 5-week Session
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.

Wednesday Afternoons is Kindergym without parents
*Ages 3-5 years old.

September 20-October 18

- 1:30 pm-2:00 pm
- 2:10 pm-2:40 pm
- 2:50 pm-3:20 pm

November 1-November 29

- 1:30 pm-2:00 pm
- 2:10 pm-2:40 pm
- 2:50 pm-3:20 pm

Thursday Mornings is Kindergym with parents
*Ages 2-5 years old.

September 21-October 19

- 9:00 am-9:30 am
- 9:40 am-10:10 am

November 2-November 30

- 9:00 am-9:30 am
- 9:40 am-10:10 am

***To register, simply click the timeframe.**



This gymnastics program has been developed to teach basic gymnastics skills and is an introduction to the sport, but also includes games and activities throughout the 10-week session.

- \$100 for 10-week Session
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.
- Ages 5-11 years old.

Wednesday, September 20-Wednesday, November 22

- 3:30 pm-4:20 pm
- 4:30 pm-5:20 pm

***To register, simply click the timeframe.**



Learn and build on the basics of parkour, a popular trend and fun activity. Participants will learn how to run, jump and fall properly in a controlled setting.

- \$50 for 5-week Session
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.
- Ages 8-14 years old.

Fridays

September 15-October 13

- 4:00 pm-4:45 pm
- 4:45 pm-5:30 pm

October 27-November 24

- 4:00 pm-4:45 pm
- 4:45 pm-5:30 pm

***To register, simply click the timeframe.**



SKATING SCHEDULE

Skating schedule is from September 5-December 22.

***There may be some cancellations due to previous ice bookings.**

- **FREE-You do not need to register.**
- **Ma-te-Way Activity Centre Arena-1 Ma-te-Way Drive.**

Tots/ Senior Skating

- **Tuesdays: 10:30 am to 12:00 pm**
- **Fridays: 10:30 am to 12:00 pm**

Strollers are permitted. Skates are mandatory.

Public Skating

- **Saturdays: 5:30 pm to 6:30 pm**
- **Sundays: 1:00 pm to 2:00 pm**

Questions regarding Skating Schedule, please contact Randy Smith



rsmith@renfrew.ca



613-432-3131 x711

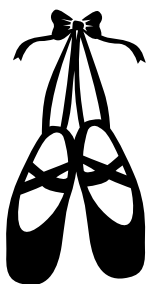
Learn this classical dance technique while developing grace, posture, musicality, and concentration in this 8-week Ballet Session. Our ballet sessions are led by Mary Falconer, a ballet instructor with over 30 years experience teaching classes based on the standards of the Canadian Ballet Association.

- 8-week session beginning Thursday, September 14.
- Games Room-Renfrew Recreation Centre, 67 Argyle St. S.
- \$100 for full 8-week session

Thursdays

September 14-November 2

- 3-4 years 3:30-4:00 pm
- 3-4 years 5:05-5:35 pm
- 5-6 years 4:10-4:55 pm
- 7-10 years 5:45-6:30 pm
- Adults (14+) 6:40-7:40pm



***To register, simply click the timeframe.**



Numerous styles of dance and dates to choose from.
There is something for everyone!

African Roots

Learn a different style of African Roots Dance every month.

- Upstairs Hall: Ma-te-Way Activity Centre
- \$65 for full 4-week session or \$20 for 1-week
*Children ages 12 and under are free to register with an adult.
- [Saturday, September 9](#) 10:00 am-11:45 am [African dance \(Guinea\)](#)
- [Saturday, October 14](#) 10:00 am-11:45 am [Belly Dance](#)
- [Sunday, November 12](#) 10:00 am-11:45 am [Salsa](#)
- [Saturday, December 9](#) 10:00 am-11:45 am [Brazilian](#)

***To register, simply click the timeframe.**

Salsa Dance

You do not need a partner or any experience to enjoy these fun Salsa lessons with Miko Sobreira.

- Upstairs Hall: Ma-te-Way Activity Centre
- \$50 for full 4-week session or \$15 for 1-week

Thursday, October 26-Thursday, November 16

7:30 pm-9:00 pm



***To register, simply click the timeframe.**



Couples Dance

Learn to be comfortable on the dance floor with your partner. Our instructors, Wendy and Denis Tessier will teach styles based on feedback from the class (jive, waltz, cha cha).

- Upstairs Hall: Ma-te-Way Activity Centre
- \$120 for full 8-week session

Friday, September 1-Friday, October 27

7:00 pm-8:00 pm

***To register, simply click the timeframe.**

Line Dancing

All ages are welcome to register for Line Dancing Classes with instructor Wendy Tessier. Suitable for beginners.

- Upstairs Hall: Ma-te-Way Activity Centre
- \$50 for full 7-week session or \$10 for 1-week

Wednesday, September 13-Wednesday, October 25

7:00 pm-8:30 pm

***To register, simply click the timeframe.**

Ballet Adults (14+)

Learn this classical dance technique from instructor Mary Falconer. Great for beginners or those looking to dust off their ballet slippers.

- Games Room: Recreation Centre
- \$100 for full 8-week session

Thursday, September 14-Thursday, November 2

6:40 pm-7:40 pm

***To register, simply click the timeframe.**



CHILDREN & YOUTH PROGRAMS

Move It Monday!

A fitness class designed for kids. Instructed by Meagan Mask from Bring It On.

- Ages 6-14
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.
- \$45 for full 4-week session or \$15 for 1-week

Monday, September 11-Monday, October 2

5:15 pm-6:00 pm

***To register, simply click the timeframe.**

Self Defence Workout for Kids

This program will build confidence, all while getting a great workout. Instructed by Meagan Mask from Bring It On.

- Ages 7+
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.
- \$45 for full 4-week session or \$15 for 1-week

Monday, September 11-Monday, October 2

6:15 pm-7:00 pm

***To register, simply click the timeframe.**

We also have an
adult program (Ages 14+)
[CLICK HERE FOR MORE INFO!](#)



Drama Lab for Kids

Performing Arts programs for kids. Instructed by Meaghan and Lucas of Ottawa Valley Theatre Kids.

- Gymnasium-St. Thomas School, 41 Bolger Ln.
- \$125 for full 12-week session

Thursday, September 14-Thursday, November 30

- Ages 6-8 5:30-6:30 pm
- Ages 9-12 6:30-7:30 pm

**To register, simply click the timeframe.*



Crafts & Pizza for Youth

Town of Renfrew has partnered with Renfrew County Youth Wellness Hub (YWHO) to offer this FREE program for youth aged 12-25. Create a craft and enjoy some pizza, all while socializing with your peers.

- Ages 12-25
- Upstairs Hall: Ma-te-Way Activity Centre
- FREE-Registration is mandatory

Saturday, September 23

11:00 am-1:00 pm

**To register, simply click the timeframe.*



PA Day Camps

- 5-11 years of age
- Renfrew Recreation Centre, 67 Argyle St. S.
- \$40/day *Late pick up available for \$8 (4:15 pm pick up)

Friday, October 6

8:30 am-3:30 pm

Friday, November 17

8:30 am-3:30 pm

**To register, simply click the timeframe.*

Questions? Contact Janyne



jfraser@renfrew.ca



613-432-4848 x118

Low Impact Fitness

Join us on Thursdays for this Low Impact Fitness Class instructed by Colleen Barrie. Low impact avoids putting a lot of strain and weight on your muscles and joints while exercising.

- Upstairs Hall: Ma-te-Way Activity Centre
- \$50 for full 5-week session or \$15 for 1-week

September 14-October 12

4:30 pm-5:30 pm

***To register, simply click the timeframe.**



Self Defence Workout

Suitable for any level of fitness. Build your confidence and strength! Instructed by Meagan Mask from Bring It On.

- Ages 14+
- Games Room-Renfrew Recreation Centre, 67 Argyle St. S.
- \$60 for full 4-week session or \$18 for 1-week

Monday, September 11-Monday, October 2

7:15 pm-8:15 pm

***To register, simply click the timeframe.**

We also have a program
for children(Ages 7-14)
[CLICK HERE FOR MORE INFO!](#)



Pickleball Clinic

Join local pickleball enthusiasts who will teach you how to play pickleball in this 2-hour clinic.

- For adults/seniors who have never played before or have very little experience.
- Gymnasium-Recreation Centre-67 Argyle St. S.
- FREE-Registration is mandatory, and spaces are limited.

Sunday, September 24

9:30 am-11:30 am

***To register, simply click the timeframe.**



Recreational Pickleball

Come play pickleball at the Renfrew Recreation Centre on Monday afternoons. This is a great place to play if you are new to the sport, or if you like to play recreationally.

Get some exercise and socialize!

- Recreational play-not competitive
- Gymnasium-Recreation Centre-67 Argyle St. S.
- \$2.00 per 2-hour session *Drop ins welcome!

Monday, September 25-Monday, December 18

2:00 pm-4:00 pm

***To register, simply click the timeframe.**

NOTE We have lines on the floor for badminton which are not regulation lines for pickleball. It will still give you a good idea of how to play.



Questions? Contact Janyne



jfraser@renfrew.ca



613-432-4848 x118

Group Mountain Bike Ride

Town of Renfrew has partnered with Frew the Woods to offer this 10-14km single-track mountain bike ride on the trails at Ma-te-Way Park.

***Mountain bike or fat bike friendly.**

- Meet at Dog Park Parking Lot-1 Ma-te-Way Drive
- FREE

Saturday, September 16

10:00 am Start

***To register, simply click the timeframe.**



10 km Cycle/Run/Walk for Renfrew Hospice

Town of Renfrew in partnership with OVCATA (Ottawa Valley Cycling and Active Transportation Alliance) is holding this 10 km Cycle/Run/Walk to raise funds for Hospice Renfrew. 10 km is primarily on the two trails in Renfrew (Millennium Trail, and Algonquin Trail). Enjoy a BBQ following your trek!

- All Ages Welcome
- Ma-te-Way Park-1 Ma-te-Way Drive
- \$10-Fee donated to Hospice Renfrew



Sunday, October 15

10:00 am Registration

***To register, simply click the timeframe.**



Questions? Contact Janyne



jfraser@renfrew.ca



613-432-4848 x118

NATIONAL DAY FOR TRUTH & RECONCILIATION

The Kairos © Blanket Exercise

This training lead by The Circle of Turtle Lodge will help us to educate local people about the true history of this area. It is a teaching tool to share the historic and contemporary relationship between Indigenous and non-Indigenous peoples in Canada.

- Upstairs Hall: Ma-te-Way Activity Centre
- FREE-Registration is mandatory

Tuesday, September 26

1:00 pm-4:00 pm

***To register, simply click the timeframe.**



Creating Your Own Land Acknowledgment

This training lead by The Circle of Turtle Lodge via Zoom will discuss the local history, and participants history for each individual to create their own land acknowledgment.

- Online via Zoom
- FREE-Registration is not mandatory

Thursday, September 28

1:00 pm-3:00 pm

***For Zoom link, simply click the timeframe.**



National Day for Truth & Reconciliation (Orange Shirt Day)

Everyone is welcome to join us on Saturday, September 30 to listen, learn and watch the Spirit Wolf Singers, and Indigenous dancers.

- Ma-te-Way Park-1 Ma-te-Way Drive.
- FREE
- All Ages Welcome

Saturday, September 30

11:00 am-12:00 pm



Dancer:
Kayla Robbins

Questions? Contact Janyne



jfraser@renfrew.ca



613-432-4848 x118

Community Showcase Evening

The Town of Renfrew & the Renfrew & Area Chamber of Commerce are pleased to host the Community Showcase Evening (Previously known as New to the Frew). This event is an opportunity for residents to connect directly with community organizations, and for organizations to showcase their services and opportunities in one location.

- Royal Canadian Legion Branch 148, 30 Raglan St S,
- FREE-Everyone is welcome

Wednesday, September 20

6:00 pm-8:00 pm



Craft Beer & Food Truck Festival

Enjoy a day of live music, great food, and ice-cold craft beer!

- Low Square in front of Town Hall (127 Raglan St. S.)
- FREE-Everyone is welcome

Saturday, October 21

11:00 am-9:00 pm



EXTERNAL CONTACTS

The below contacts are individuals and organizations that rent space at a Town of Renfrew facility to instruct their own programs.

- **FITNESS CLASSES:** Pat McGregor 613-312-9544 patter@sympatico.ca
- **FITNESS CLASSES:** Judy Leclair 343-768-2076 jleclair51@gmail.com
- **DOG OBEDIENCE:** Ashley Fontes 613-570-1823 ashley.fontes.11@gmail.com
- **STEP DANCING:** Debbie Gardner 613-401-9537 debbiefelske@hotmail.com
- **BRAZILIAN JIU JITSU:** Jason Smith 613-432-0437 renfrewbjj@gmail.com
- **BABY BEATS MUSIC:** Kelly Pecoskie 613-312-7531 kellypecoskie@gmail.com
- **PAINT CLASS:** Pat Forrest 613-433-6539 paforrest@gmail.com
- **KARATE:** Mauro Borghi 613-432-0070 mauroborghi@hotmail.com
- **ZUMBA:** Peter Boldt 613-432-5654 boldtqualitycontrol@gmail.com
- **BELLY DANCE:** Gwen Melville 613-432-7459 gelabellydance@gmail.com
- **BABY COLLEGE:** Katrina Morrison 613-204-8770 kat@babycollege.ca
- **BALLET:** Michelle Picard 613-639-3588 michellepicard@nrtco.net
- **CIRCUIT TRAINING:** Dan Caldwell wathunk@hotmail.com
- **GYMNASTICS:** Gymnastics EH! youthgymnasticseh@gmail.com

Questions regarding renting a facility, please contact Donna McWhirter.



dmcwhirter@renfrew.ca



613-432-3131 x701