

REC GUIDE



The Recreation, Culture
and Community Life
Department

► Plan all of your winter activities!

WINTER 2018

Sports • Culture • Leisure • Events • Community



Activities for everyone!
Consult the complete schedule

STAFF DIRECTORY

Manager of Recreational, Community and Cultural Activities
Nicole Trudeau 613.632.0106 x 2254 ntrudeau@hawkesbury.ca

Coordinator of Recreational, Community and Cultural Activities
Éric Marcotte 613.632.0106 x 2261 emarcotte@hawkesbury.ca

Recreation Technician
Zoé Fortin 613.632.0106 x 2354 zfortin@hawkesbury.ca

Aquatic Supervisor
Kim Maurice 613.632.0106 x 2259 kmaurice@hawkesbury.ca

Clerk Typist for the Info-Desk
Lucie Trudeau 613.636.2082 ltrudeau@hawkesbury.ca

Customer Service Clerks
Valérie Hudon 613.636.2082 inforec@hawkesbury.ca
Élisa Nolet 613.636.2082 inforec@hawkesbury.ca

Building Superintendent
Gerry Dicaire 613.632.0106 x 2258 gdicaire@hawkesbury.ca



RECREATION, CULTURE AND COMMUNITY LIFE DEPARTMENT

For more info about our programs and events:

613.636.2082
www.hawkesbury.ca



HAWKESBURY REC
Loisirs Culture Communauté



Loisirs et culture
Hawkesbury
Recreation and Culture

AFFORDABLE RECREATIONAL ACTIVITIES

A healthy community is essential, therefore the department provides support to local organizations and citizens by offering quality sports and recreational facilities and premises adapted to their needs. In partnership with the community, the department aims to improve citizens' well-being by enabling them to participate in activities in a healthy, welcoming and friendly environment.

Jumpstart 4-18 yrs.



Jumpstart
Bon départ

Canadian Tire Jumpstart is a community-based charitable program that helps kids in financial need aged 4 to 18 participate in organized sport. To request funding from Jumpstart, fill out the form located at the Sports Complex.

KidSport 6-18 yrs.



KidSport is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under. The sports discipline needs to be a member of Ontario Sport and of the Hawkesbury KidSport™ organization. Annual matching grants cap out at \$200 per kid. To apply, go on www.kidsportcanada.ca.

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POLICIES AND PROCEDURES

REGISTRATION

Avoid disappointment! Register as soon as possible in order to subscribe to your favorite activities. Registrations are accepted on a first come, first served basis. Make sure to complete the payment when you register if you want to guarantee your place reserved. We accept cash, Interac or credit card.

Cancellation/ Changes

We do our best to deliver quality services and to offer what's in the following guide. However, classes, schedules and fees are subject to change. For our full refund policy, please contact the customer service.

Online

Thanks to our new registration system, you can now easily plan your next visit anytime, anywhere! Click on «Sign Up» to register and pay for your class and memberships. It's as simple as that!

In person

Come meet us at the Info-Desk at the Robert Hartley Sports Complex and our staff will be pleased to help you!

Contact

Info-Desk
Sports Complex
Email

613.636.2082 or 613.632.0106 x 2252
425 Cartier Blvd., Hawkesbury
infoec@hawkesbury.ca

REFUND POLICY

1. A credit or a refund will be given for any request made 24 hours before the start date of the activity.
2. No refunds or credits will be allowed after the class starts, except for medical reasons (doctor's note required).
3. An administration fee of 20 % is applicable for any request.
4. Any request must be submitted in writing mentioning the reasons. If the administration accepts, a refund or a credit will be provided. Please allow 4 to 6 weeks for the request treatment.
5. No partial refund or credit will be given for missed classes by client.
6. The Recreational Department reserves the rights to cancel, transfer or change activities' schedule.

OUR FACILITIES

ROBERT HARTLEY SPORTS COMPLEX

The Robert Hartley Sports Complex is the hub of the community, offering you more than 200 recreational, cultural, outdoor and community-based activities over four sessions. The participation of 100 local associations adds to the recreational activities the town has to offer. It's the perfect place to plan a music show, a birthday party, an exhibitors' tradeshow, a fundraising or anything else; everything to fit your needs!

HOURS OF OPERATION

Sports Complex

Mon. - Sun. >>> 7 a.m. to 11 p.m.

Information Desk

Mon. - Sun. >>> 8 a.m. to 10 p.m.



- ▶ NHL sized ice rink
- ▶ Semi-Olympic Pool with slide
- ▶ Running track
- ▶ Interior tennis court/ Volleyball court
- ▶ 2 Badminton/Pickle-ball courts
- ▶ Horseshoe and petanque field
- ▶ Community room with a capacity of 350 people
- ▶ 4 exterior tennis courts
- ▶ Skate park
- ▶ Exterior ice rink
- ▶ Sports equipment library (loan of sports equipment)
- ▶ Restaurant services on site

Our sports equipment lending library, created in collaboration with 100% Actifs has a variety of sports equipment that can be borrowed without charge. Some examples are: badminton, tennis, pickle-ball, hockey and yoga equipment, snowshoes, etc...

MUNICIPAL LIBRARY

550 Higginson Street 613.632.0106 x 2250
info@bibliotheque.hawkesbury.ca
www.bibliotheque.hawkesbury.ca

The Hawkesbury Public Library offers residents and the organisations, services and activities that meet the educational, informational and recreational needs of the community. The library offers its collections and services to a clientele of all ages in an inviting, attractive and comfortable environment.

REGULAR HOURS		SUMMER HOURS	
2 nd Monday of September to 2 nd Monday of June		2 nd Monday of June to 2 nd Monday of September	
Mon.	9 a.m. - 6 p.m.	Mon.	9 a.m. - 6 p.m.
Tue.	9 a.m. - 6 p.m.	Tue.	9 a.m. - 6 p.m.
Wed.	9 a.m. - 6 p.m.	Wed.	9 a.m. - 6 p.m.
Thu.	9 a.m. - 6 p.m.	Thu.	9 a.m. - 6 p.m.
Fri.	9 a.m. - 8 p.m.	Fri.	9 a.m. - 5 p.m.
Sat.	10 a.m. - 4 p.m.	Sat.	Closed
Sun.	12 p.m. - 4 p.m.	Sun.	Closed

OUR FACILITIES

Whether it is to practice your favorite sport by renting one of our many activity sites, to register in one of our numerous recreational, cultural and community activities or to celebrate a birthday, we are happy to welcome you!

Cadieux Park

454 KITCHENER STREET

- ▶ Outdoor skating rink
- ▶ Playground
- ▶ Splash pad

Larocque Park

470 ABBOTT STREET

- ▶ Basketball court
- ▶ Outdoor skating rink
- ▶ Playground
- ▶ Soccer field
- ▶ Splash pad

Memorial Park

433 CARTIER BLVD.

- ▶ Skate park
- ▶ Playground
- ▶ Softball field

Old Mill Park

527 JAMES STREET

- ▶ Outdoor skating rink
- ▶ Playground
- ▶ Wading pool



Sidney Park

906 SIDNEY STREET

- ▶ Playground

Cyr-de-Lasalle Park

571 MAIN STREET EAST

- ▶ Baseball field
- ▶ Boat ramp
- ▶ Dog park

Confederation Park

2 JOHN STREET

- ▶ "Maison de l'Île" heritage building
- ▶ Boat ramp
- ▶ 9 petanque lanes
- ▶ Richelieu gazebo
- ▶ Volleyball court

Place des Pionniers

351 MAIN STREET EAST

- ▶ Playground
- ▶ Outdoor theatre
- ▶ Kiosks



EVENTS CALENDAR

JULY 2017

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST 2017

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER 2017

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
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OCTOBER 2017

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29	30	31				




NOVEMBER 2017

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DECEMBER 2017

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24	25	26	27	28	29	30
31						

LEGEND

-  Sports Complex closed
-  Events organized by the Town of Hawkesbury
-  Events organized in partnership with the Town of Hawkesbury
-  Events organized by the community
-  Sports Complex activities begin
-  Sports Complex activities end
-  Registration for activities at the Sports Complex begins

EVENTS

- July 1
 - Canada Day Festivities
 - Ottawa River Festival
 - Kraken Marathon
- July 2
 - Mustang Poker Run
- July 6 to 8
 - Street Festival
- July 29
 - Western Festival
- August 18
 - Field Day
- September 1 to 2
 - BikeFest
- September 3
 - Auto Expo
- September 9
 - Firefighters Combat Challenge
- September 30
 - Wrestling Match
- October 15
 - HGH Foundation Radiotelethon
- October 27
 - Halloween on Main Street
 - Pink in the Rink at the Complex
- November 11
 - Remembrance Day
- December 2
 - Santa Claus Parade
- December 3
 - HGH Santa Claus Walk

JANUARY 2018

S	M	T	W	T	F	S
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21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2018

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18	19	20	21	22	23	24
25	26	27	28			

MARCH 2018

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL 2018

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					








MAY 2018

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20	21	22	23	24	25	26
27	28	29	30	31		

JUNE 2018

S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

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EVENTS

- February 19 Family Day Festivities
- February 23 to 25 Industrial Tournament
- March 2 to 4 Industrial Tournament
- March 5 to 9 Québec Spring Break
- March 12 to 16 Ontario Spring Break
- March 24 Tribute to Johnny Cash Show
- May 4 to 6 Festival des petits sourires
- June 16 White Garden Party
- June 3 to March 31 Recycl'Art

AQUATIC ACTIVITIES

SWIMMING LESSONS - CHILDREN & TEENS

Session Duration: 10 weeks January 8 to March 18, 2018

Red Cross Swim teaches all five strokes (front crawl, back crawl, breast stroke, elementary backstroke, and sidestroke), promotes fitness and endurance, and gives swimmers lifelong skills to safely enjoy other aquatic pursuits.

Parents & Tots

Starfish, Duck & Sea Turtle

Friday 10:30 a.m. - 11:00 a.m.
 Saturday 10:40 a.m. - 11:10 a.m.

Preschool (3-5 years old)

Sea Otter

Wednesday 5:50 p.m. - 6:20 p.m.
 Saturday 8:30 a.m. - 9:00 a.m.
 Saturday 9:40 a.m. - 10:10 a.m.
 Friday LOW RATIO 6:05 p.m. - 6:35 p.m.

Salamander

Wednesday 5:50 p.m. - 6:20 p.m.
 Saturday 8:30 a.m. - 9:00 a.m.
 Saturday 9:40 a.m. - 10:10 a.m.
 Friday LOW RATIO 6:05 p.m. - 6:35 p.m.

Sunfish

Wednesday 5:50 p.m. - 6:20 p.m.
 Saturday 8:30 a.m. - 9:00 a.m.
 Friday LOW RATIO 6:05 p.m. - 6:35 p.m.
 Friday LOW RATIO 6:40 p.m. - 7:10 p.m.

Crocodile - Whale

Saturday 9:05 a.m. - 9:35 a.m.
 Friday LOW RATIO 6:40 p.m. - 7:10 p.m.

R = Resident NR = Non-resident
 R \$61.00 NR \$73.00
 R \$106.00 NR \$127.00 LOW RATIO

Private Lessons (Ratio 1/1)

5 lessons R \$130.50 NR \$130.00
 10 lessons R \$261.00 NR \$261.00

Semi-Private Lessons (Ratio 2/1)

5 lessons R \$100.00 NR \$100.00
 10 lessons R \$198.00 NR \$198.00



Junior (6 years old and up)

Junior 1

Wednesday 6:25 p.m. - 6:55 p.m.
 Saturday 9:05 a.m. - 9:35 a.m.
 Saturday 10:05 a.m. - 10:35 a.m.
 Friday LOW RATIO 6:40 p.m. - 7:10 p.m.

Junior 2

Wednesday 6:25 p.m. - 6:55 p.m.
 Saturday 9:05 a.m. - 9:35 a.m.
 Saturday 9:20 a.m. - 9:50 a.m.
 Saturday 9:40 a.m. - 10:10 a.m.
 Friday LOW RATIO 7:15 p.m. - 7:45 p.m.

Junior 3

Wednesday 6:25 p.m. - 6:55 p.m.
 Friday 7:50 p.m. - 8:35 p.m.
 Saturday 9:05 a.m. - 9:35 a.m.
 Friday LOW RATIO 7:15 p.m. - 7:45 p.m.

R \$61.00 NR \$73.00
 R \$106.00 NR \$127.00 LOW RATIO

Junior 4

Saturday 8:30 a.m. - 9:15 a.m.
 Saturday 10:40 a.m. - 11:25 a.m.
 Friday LOW RATIO 7:15 p.m. - 7:45 p.m.

Junior 5

Saturday 8:55 a.m. - 9:40 a.m.

Junior 6

Saturday 9:50 a.m. - 10:35 a.m.

Junior 7 & 8

Saturday 10:40 a.m. - 11:25 a.m.

Junior 9 & 10

Saturday 10:40 a.m. - 11:25 a.m.

R = Resident NR = Non-Resident
 R \$92.00 NR \$110.00
 R \$159.00 NR \$191.00 LOW RATIO

LOW RATIO
 You can also choose to register your child in a low ratio class, which has less students per instructor and allows for a more focused attention.

AQUATIC ACTIVITIES

CHILDREN & TEENS

Homeschool Program

Pre-Sc. - Jr 3	R \$107.00	NR \$128.00
Jr 4 - 10	R \$160.00	NR \$192.00

Adapted Swimming Lessons

Adapted 30 minute swim program for swimmers with disabilities. *Proof required

Sunday	8:30, 9:00, 10:00, 10:30 a.m.	
5 lessons	R \$192.00	
10 lessons	R \$222.00	

Stroke Improvement & Endurance

For swimmers who would like to improve their swim techniques and endurance.

Pre-Req: Jr 4 and + and 17 and under

Monday	6:15 - 7:00 p.m.	
	R \$114.00	NR \$137.00

+ Swim Sports

Try a new watersport each week! Triathlon, synchronized swimming, water-polo, diving, underwater hockey, etc.

Pre-Req.: 11 - 16 years-old

Friday	8:00 p.m. - 8:45 p.m.	
	R \$92.00	NR \$110.00

Mermaid School

Learn to swim like a mermaid! At the end of the session, you will be able to move through the water as well as the Little Mermaid.

Mermaid tail provided for the course. A discount is offered for those who already own a tail.

Don't forget your goggles!

Pre-req.: 8 yrs. + & Jr 5 +

Friday	7:15 p.m. - 8:00 p.m.	
	R \$92.00	NR \$110.00



ACTIVITIES FOR ADULTS

Mermaid School for Adults

Are you looking for a fun activity for Friday night? Come and try to swim like a mermaid, it's loads of fun!

Mermaid tail provided for the course, but don't forget your goggles!

Spring Session 2018

	R \$32.00	NR \$42.00
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Adult Swimming Lessons

The classes allow swimmers to develop or improve their basic knowledge, techniques and knowledge to stay safe in and around the water.

Learn-to-Float	Wed.	10:30 a.m.- 11:15 a.m.	
Swim strokes	Mon.	10:30 a.m.- 11:15 a.m.	
		R \$92.00	NR \$110.00

Stand-Up Paddleboard (SUP)

Learn the basic techniques of SUP (stand-up paddleboard) and get a complete workout while building core muscle strength.

SUP Yoga	Tuesday or Thursday	6:15 - 7:15 p.m.	
SUP Fitness	Tuesday or Thursday	7:30 - 8:30 p.m.	

1 x week	R \$150.00	NR \$180.00
2 x week	R \$262.00	NR \$315.00

COMPETITIVE CLUB

Lifesaving Sports Club

Recognized by the International Olympic Committee, Lifesaving Sports combines athletic ability with lifesaving skills and rescue equipment.

Info: Cynthia Bourgeois, cynthia.bourgeois@gmail.com

Hawkesbury Orca Swim Team

Orca aims to give swimmers the means to thrive through practices of competitive swim.

Info: registrar@hawkesburyorca.ca

AQUATIC ACTIVITIES

FITNESS - ADULTS

Aquafit		
Monday	9:30 a.m. - 10:30 a.m.	
Wednesday	9:30 a.m. - 10:30 a.m.	
Friday	9:30 a.m. - 10:30 a.m.	
Adult	R \$71.00	NR \$85.00
60 years +	R \$61.00	NR \$73.00
Deep Water Aquafit		
Friday	10:30 a.m. - 11:30 a.m.	
Adult	R \$92.00	NR \$110.00
60 years +	R \$77.00	NR \$93.00
Aquatone		
Spring Session 2018		
Adult	R \$92.00	NR \$110.00
60 years +	R \$77.00	NR \$93.00
Aqua-Bootcamp		
Wednesday	7:45 p.m. - 8:45 p.m.	
Adult	R \$122.00	NR \$146.00
Aqua-Zumba		
Monday	7:45 p.m. - 8:45 p.m.	
Adult	R \$122.00	NR \$146.00
Swim N' Trim		
Monday - Wed. - Friday	8:15 a.m. - 9:15 a.m.	
Adult	R \$132.00	NR \$158.00
60 years +	R \$119.00	NR \$143.00
Aqua-Stroller / Aqua-Jogging		
Friday	10:30 a.m. - 11:30 a.m.	
Adult	R \$92.00	NR \$110.00

SAFETY & FIRST AID

+ Stay Safe! (9 - 13 years)		
This program increases and reinforces a youth's capacity to improve his or her own safety.		
February 19 (Family Day) 10:00 a.m. - 4:00 p.m.		
	R & NR	\$50.00
+ Babysitting		
February 24-25		9:00 a.m. - 1:00 p.m.
	R & NR	\$67.00
⚡ First Aid for Teens (11 - 15 years)		
Spring Session 2018		
	R & NR	\$80.00
⚡ CPR Child and Infant		
If your child suddenly stopped breathing, would you know what to do?		
Spring Session 2018		
	R & NR	\$40.00

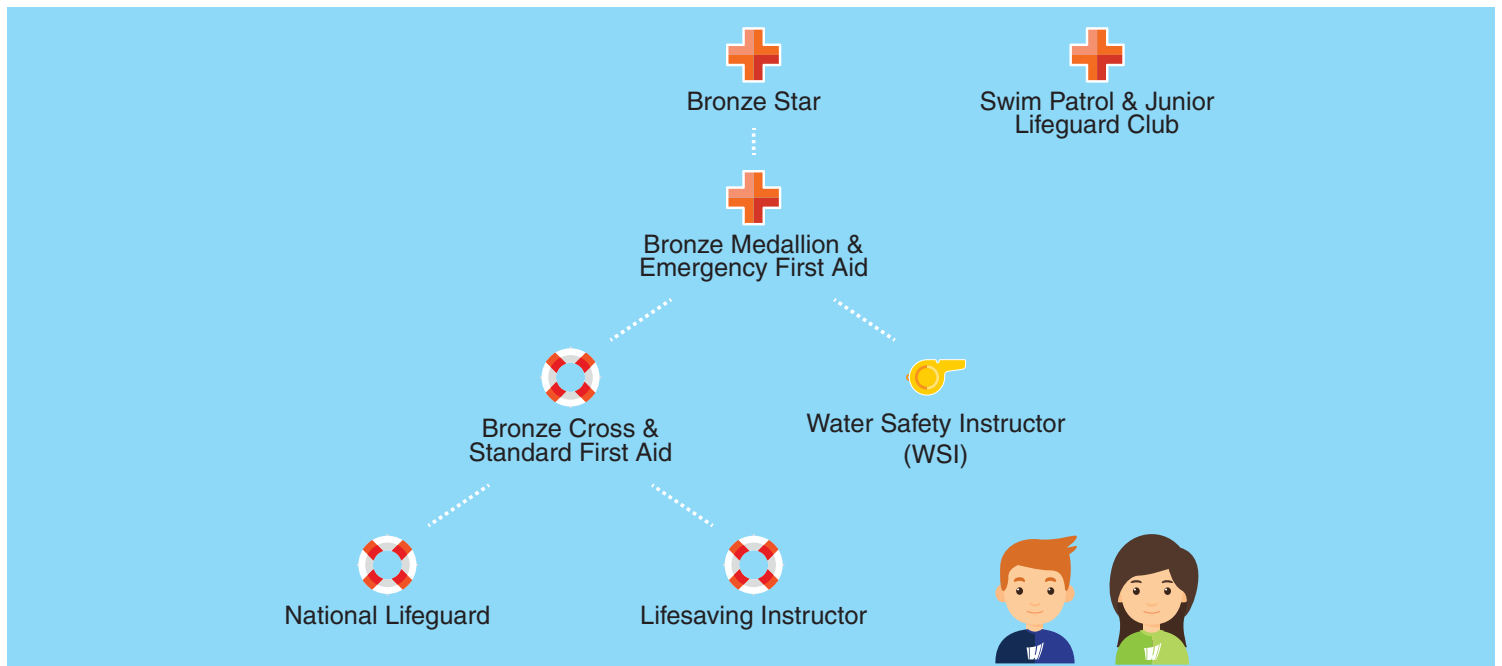
Lifesaving Society Standard First Aid		
This course is the PRE-REQUISITE for National Lifeguard course. Certification valid for 3 years. Manual included.		
Spring Session 2018		
	R & NR	\$147.00
Red Cross Standard First Aid		
First aid course for all. Manual included.		
Spring Session 2018		
	R & NR	\$147.00

JUNIOR LIFEGUARD

Rookie, Ranger, Star Patrol		
Saturday	11:20 a.m. - 12:05 p.m.	
	R \$ 92,00	NR \$110.00
Junior Lifeguarding Club		
Pre-Req.: 11 years + & Jr 5 +		
Spring Session 2018		
	R \$142.00	NR \$170.00

AQUATIC ACTIVITIES

ADVANCED TRAINING




Bronze Star		
Swim Patrol recommended		
Spring Session 2018	R & NR	\$147.00
Bronze Medallion & Emergency First Aid		
Pre-Req.: 13 years + or Bronze Star		
Spring Session 2018	R & NR	\$147.00
Bronze Cross & Standard First Aid		
Pre-Req.: Bronze Medallion and Emergency First Aid		
Saturday	11:00 a.m. - 2:00 p.m.	
	R & NR	\$147.00

National Lifeguard		
Pre-Req.: Current Standard First Aid with CPR C, 16 years + and Bronze Cross		
	R & NR	\$228.00
	Manual	\$50.00
Aquatic Supervisor		
Pre-Req.: National Lifeguard or Lifesaving Society Instructor certification & 100 hr. experience as a lifeguard and/or instructor.		
Spring Session 2018	R	\$115.00
	NR	\$138.00

Water Safety Instructor Prep		
Swim technique improvement		
Saturday	9:45 a.m. - 10:30 a.m.	
	R	\$92.00
	NR	\$110.00
Water Safety Instructor PART 1		
Step 1 - Stroke evaluation		
Spring Session 2018		
Step 2 - Teaching experience and online component		
Pre-Req.: 15 years + & Bronze Cross & WSI Prep		
	R & NR	\$142.00
Contact the Aquatic Supervisor for more info!		
Water Safety Instructor PART 2		
In pool and classroom, total of 22 hours. Please refer to handout for required materials.		
Pre-Req.: 15 years + & WSI 1		
	R & NR	\$142.00
Water Safety Instructor Recert		
The certification must be expired for less than 5 years. Bring your bathing suit, a whistle and your WSI binder for the course.		
Spring Session 2018		
	R & NR	\$71.00

SCHEDULE & POOL PARTIES

POOL SCHEDULE & ADMISSION FEES

4 years and under	FREE				5 years and up			\$3
	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.	
6:45 a.m. to 8:15 a.m.		Adult Swim 16 years +		Adult Swim 16 years +				
10:45 a.m. to 11:45 a.m.		Public Swim		Public Swim				Public Swim
12:00 p.m. to 12:45 p.m.	Adult Lap Swim & sauna 16 years +					Adult Swim 16 years +	11:00 a.m. to 1:15 p.m.	
12:45 p.m. to 1:15 p.m.	Adult Swim & sauna 16 years +							
1:30 p.m. to 4:00 p.m.						Public Swim	Public Swim	
3:45 p.m. to 5:00 p.m.						Adapted Swim		
7:00 p.m. to 8:00 p.m.	Public Swim		Public Swim					
8:30 p.m. to 9:30 p.m.		Adult Swim 16 years +		Adult Swim 16 years +				



BIRTHDAY POOL PARTIES

Have a splash of a good time for your next birthday! Swim with us and then head up to the party room for more fun!

Private without slide - \$106

Pool closed to public and a maximum of 60 children permitted. The pool party rental also includes the free rental of the community room for one hour.

Private with slide - \$135

Pool closed to public and a maximum of 30 children permitted. The pool party rental also includes the free rental of the community room for one hour.

During public swim - \$3 per person

Fee per person during public swim. With the option of renting the community room for a fee.



RINK ACTIVITIES

ADMISSION FEES

Skating & Pick-Up Hockey

4 years and under FREE
 5 years + \$3

You want to have a birthday party on the rink?
 Contact us!

SKATING & PICK-UP HOCKEY SCHEDULE

	MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
10:00 a.m. to 11:30 a.m.	Adult Skate		Adult Skate		Adult Skate		
3:00 p.m. to 4:00 p.m.					Pick-up Hockey 13 years and up	Public Skate	FREE
4:00 p.m. to 4:45 p.m.					Pick-up Hockey 12 years and under		
4:45 p.m. to 5:30 p.m.	Pick-up Hockey 13 years and up		Pick-up Hockey 12 years and under		Public Skate		
5:30 p.m. to 6:30 p.m.						Saturday Fun Skate (disco skating)	



For hockey and skating related activities and courses, please refer to the section - Activities in the community.

SPORTS AND RECREATION ACTIVITIES

PROGRAMMING

January 8 to March 18 - 10 weeks



YOGA



NEW YEAR, NEW ME

- **THURSDAY 6:00 P.M. - 7:00 P.M.**
- **DANCE CLASS - Le Sommet**
- Created to improve balance, flexibility and muscular strength, yoga fosters relaxation. What better way to focus on yourself and put your best foot forward.
- Elevator access - Modified yoga can be practiced from a chair for people with disabilities.

R \$50.00 NR \$60.00 \$8/class

- **TUESDAY 6:00 P.M. - 7:00 P.M.**
- **INDOOR TENNIS COURT - Sports Complex**
- **BEGINNER** - Intense training comprised of simple and more complex movements through circuit training that work endurance, cardio and muscular strength for a fresh start!

R \$50.00 NR \$60.00 \$8/class

COACH-IN-TRAINING

You are between 13 and 18 years old and you would like to gain some professional experience while completing your volunteer hours? It's possible to become a coach-in-training for the Town of Hawkesbury. Contact us for more info!



ABS & BOOTY

- **THURSDAY 6:15 P.M. - 7:00 P.M.**
- **INDOOR TENNIS COURT - Sports Complex**
- Strength training based focused on abdominals and buttocks muscles. Sculpt your abdominals, form your buttocks and tone your thighs!

R \$50.00 NR \$60.00 \$8/class

SPORTS AND RECREATION ACTIVITIES

PROGRAMMING

January 8 to March 18 - 10 weeks



ZUMBA

MONDAY 6:00 P.M. - 7:00 P.M.

GYM - Le Sommet

A dynamic workout for those who want to move and have fun while toning muscles! A mix of aerobic and latin dance, fast and slow rhythms that improve cardiovascular endurance.

R \$50.00 NR \$60.00 \$8/class



STAND UP PADDLE

POOL - Sports Complex

Get a complete workout while building core muscle strength on a SUP. In collaboration with Csurf Boardshop and La Providence Canot/ Kayak.

SUP YOGA Tuesday or Thursday 6:15 - 7:15 p.m.

SUP FITNESS Tuesday or Thursday 7:30 - 8:30 p.m.

1x week R \$150.00 NR \$180.00 \$20/class

2x week R \$262.00 NR \$315.00 \$20/class

DO YOU HAVE A SUGGESTION ?

The Recreation Department is always looking for new activities, volunteers, coaches, comments, etc. You are welcome to contact us to suggest activities or offer your services at zfortin@hawkesbury.ca.

SPORTS AND RECREATION ACTIVITIES

OPEN ACTIVITIES

January 8 to March 18 - 10 weeks



OPEN BASKETBALL

● MONDAY 6:00-8:00 P.M. \$20 / SESSION
● GYM - Le Sommet

● A basketball court and nets are available so you can play for fun. Teams are made on the spot based on those present. All levels welcome. Bring your basketball.



COUCH-TO-5K

● MONDAY TO SUNDAY 7 A.M. TO 11 P.M.
● SPORTS COMPLEX FREE

● Would you like to be able to run a 5k, but have trouble walking down the block? This program fits for you! You'll find all the steps of the program on the wall near the walking track.



URBAN POLING

WEDNESDAY 11:30 A.M. FREE
SPORTS COMPLEX

BEGINNER - Based on cross-country skiing, nordic walking is a sport that consists of accelerated walking with specific walking poles. Nordic poles available at the Sports Complex.



OPEN BADMINTON

TUESDAY-THURSDAY 6:30-8:00 P.M.
GYM - Le Sommet \$20 / SESSION

You like to play badminton but don't always have a partner? Meet new opponents during our open badminton sessions. Raquets and birdies provided if needed. A great way to burn off extra energy at a small price, with family or friends.

RENTALS & COACH-IN-TRAINING

RENT OUR FACILITIES

- ▶ Sports facilities rental
- ▶ Event facilities rental
- ▶ Facilities rental for a meeting or a party
- ▶ Weekly facilities rental
- ▶ Park rental
- ▶ Track available from 7:00 a.m. to 11:00 p.m. free of charge



To rent one of our facilities, fill out the
RENTAL FORM

that can be found on our website. Once completed, send it to
zfortin@hawkesbury.ca

The person responsible for rentals will contact you to confirm your reservation.

COACH-IN-TRAINING PROGRAM

The Recreation Department is launching a new program aimed at helping students acquire the knowledge and abilities needed to safely monitor athletes and facility users. This is a great opportunity for teens who wish to work towards their volunteer hours while participating in sports and recreation activities. Whether it be as a badminton referee, a volleyball resource person or a bootcamp assistant trainer, you are welcome to join us!

Benefits of the Coach-In-Training Program

- Gain professional knowledge and skills;
- A great opportunity to enter the workforce;
- Possible employment opportunities;
- Becoming a positive community leader;
- Sports Complex gift certificates;
- Professional experience in a sports that interests you;
- A flexible schedule based on your availability.



This program interests you?

Contact Zoe Fortin at 613 632-0106 #2354 or by email at zfortin@hawkesbury.ca

MEMBERSHIPS

HAWKESBURY RESIDENTS

NON-RESIDENTS

	3 mo.	6 mo.	12 mo.
Pool			
Child (5-14 yrs)	\$35	\$55	\$84
Student (15-21 yrs)	\$43	\$66	\$101
Adult	\$56	\$86	\$132
Senior (60 +)	\$43	\$66	\$101
Family	\$106	\$164	\$253
Multifunctional			
Child (5-14 yrs)	\$51	\$91	\$152
Student (15-21 yrs)	\$61	\$106	\$177
Adult	\$73	\$122	\$203
Senior (60 +)	\$61	\$106	\$177
Family	\$152	\$238	\$400
Skating Rink (8 months)			
Child (5-14 yrs)		\$46	
Student (15-21 yrs)		\$56	
Adult		\$76	
Senior (60 +)		\$56	
Family		\$127	
Outdoor Tennis (8 months)			
Child (5-14 yrs)		\$20	
Student (15-21 yrs)		\$30	
Adult		\$41	
Senior (60 +)		\$30	
Family		\$81	
All Inclusive (Pool, Multi, Skating Rink, out. tennis)			
Child (5-14 yrs)	\$73	\$132	\$222
Student (15-21 yrs)	\$81	\$177	\$298
Adult	\$152	\$248	\$420
Senior (60 +)	\$81	\$177	\$298
Family	\$263	\$354	\$602

	3 mo.	6 mo.	12 mo.
Pool			
Child (5-14 yrs)	\$42	\$66	\$100
Student (15-21 yrs)	\$52	\$79	\$121
Adult	\$67	\$103	\$158
Senior (60 +)	\$52	\$79	\$121
Family	\$127	\$197	\$304
Multifunctional			
Child (5-14 yrs)	\$61	\$109	\$182
Student (15-21 yrs)	\$73	\$127	\$212
Adult	\$88	\$146	\$244
Senior (60 +)	\$73	\$127	\$212
Family	\$182	\$286	\$480
Skating Rink (8 months)			
Child (5-14 yrs)		\$55	
Student (15-21 yrs)		\$67	
Adult		\$91	
Senior (60 +)		\$67	
Family		\$152	
Outdoor Tennis (8 months)			
Child (5-14 yrs)		\$24	
Student (15-21 yrs)		\$36	
Adult		\$49	
Senior (60 +)		\$36	
Family		\$97	
All Inclusive (Pool, Multi, Skating Rink, out. tennis)			
Child (5-14 yrs)	\$91	\$162	\$268
Student (15-21 yrs)	\$100	\$223	\$360
Adult	\$182	\$300	\$500
Senior (60 +)	\$100	\$223	\$360
Family	\$314	\$440	\$724

OUR EVENTS

FAMILY DAY

Come celebrate Family Day at the Robert Hartley Sports Complex! The Recreation, Culture and Community Life Department, the Family Centre and the Communities that Care program from Valoris has prepared a day full of activities for children and adults! A hot-dog lunch with cheese, veggies and dessert will be served to the first 350 people in attendance and this special day will end with a magic show from Majinx.

- 10:00 a.m.** Doors open to the multifunctional room
- 10 a.m. - 2 p.m.** Activities for childrens & adults
- 12 - 1:30 p.m.** Lunch in the community hall
- 10 a.m. - 4 p.m.** Family skating, hockey & swimming
- 2 p.m.** Majinx Show

*schedule is subject to change



TRIBUTE TO JOHNNY CASH

The Tennessee Two duet (Mario Dubé et Luc LeBlanc) offers an unique show in memory of the famous american singer Johnny Cash. This original tribute is intended to be both intimate and anecdotal and brings the man in black's too often kept hidden sensibility to light. The perfect gift for Christmas or Valentine's Day!

Saturday, March 24, 2018 at 8:00 p.m.
Sports Complex Community Hall

Ticket on sale now at \$20!

On sale at the Sports Complex or online at reservations.hawkesbury.ca

Book early as the number of places are limited!



MARCH BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MARCH 5 TO 9 2018	Public Swim 10:45 - 11:45 a.m.	Public Swim 10:45 - 11:45 a.m.	Public Swim 10:45 - 11:45 a.m.	Public Swim 10:45 - 11:45 a.m.	Public Swim 10:45 - 11:45 a.m.	Public Swim 1:30 - 4:00 p.m.	Public Swim 11:00 am-1:15pm.
	Public Swim 1:30 - 3:00 p.m.		Public Swim 1:30 - 3:00 p.m.	Public Swim 1:30 - 3:00 p.m.	Hockey 13+ 3:00 - 4:00 p.m.	Public Skate 3:00 - 4:00 p.m.	Public Swim 1:30 - 4:00 p.m.
	Hockey 13 + 4:45 - 5:30 p.m.		Hockey 12 - 4:45 - 5:30 p.m.		Hockey 12 - 4:00 - 4:45 p.m.	Disco Skate 5:30 - 6:30 p.m.	
MARCH 12 TO 16 2018	Public Swim 1:30 - 3:30 p.m.	Public Swim 10:45 - 11:45 a.m.	Public Swim 1:30 - 3:30 p.m.	Public Swim 10:45 - 11:45 a.m.	Public Swim 1:30 - 3:00 p.m.	Public Swim 1:30 - 4:00 p.m.	Public Swim 11:00 am-1:15pm.
	Public Skate 12:00 - 1:30 p.m.	Public Skate 12:00 - 1:30 p.m.	Public Skate 12:00 - 1:30 p.m.	Public Skate 12:00 - 1:30 p.m.	Hockey 13+ 3:00 - 4:00 p.m.	Public Skate 3:00 - 4:00 p.m.	Public Swim 1:30 - 4:00 p.m.
	Hockey 13 + 4:45 - 5:30 p.m.	Public Swim 1:30 - 3:00 p.m.	Hockey 12 - 4:45 - 5:30 p.m.	Public Swim 1:30 - 3:00 p.m.	Hockey 12 - 4:00 - 4:45 p.m.	Disco Skate 5:30 - 6:30 p.m.	
	Public Swim 7:00 - 8:00 p.m.		Public Swim 7:00 - 8:00 p.m.		Public Skate 4:45 - 5:30 p.m.		

COMMUNITY ACTIVITIES

SPORTS ACTIVITIES

Hockey

The new Hockey Association of Prescott Russell East, is a fusion of the Hawkesbury Minor Hockey Association and the Vankleek Hill Minor Hockey Association. Check out www.hawkesburyminorhockey.com for more information.

Figure Skating

HSC Club is located at the Robert Hartley Sports Complex and offers quality programs and training for all levels of recreational and competitive figure skating. Participants of all ages will have the opportunity to participate in figure skating programs, competitions, shows and special events. Contact cpahawkesbury@gmail.com for more information or visit www.hawkesburyskatingclub.com.

Ski-Vent-Clic Cross-Country Ski Club

The Ski-Vent-Clic cross-country ski club invites you to discover its 11 km of groomed trails in Vankleek Hill. Information: 613-678-3621, 613-632-2415, www.champlain.ca, Facebook : Ski Vent Clic.



Minor Baseball

The Hawkesbury minor baseball league. Contact the association for more information at 613-632-0263, alray@hawk.igs.net, www.HawkesburyBaseball.com.

Ultimate Frisbee

A summer recreational Ultimate Frisbee league. Contact Pierre-Luc Lacelle or Philippe Lauzon for more information. Facebook: Pierre-Luc Lacelle or 613-306-1907 (text message).

Exercise class by Carefor

The purpose of this class is to keep people 55 and up in shape through simple exercises. The workout alternates walking with light chair exercises. Every Tuesday and Thursday, in the community room, at the Sports Complex, \$3 per class.

Curling

The Hawkesbury Curling Club has 4 sheets and offers varied activities such as leagues, tournaments and special events. Information: 613-632-8506, hawkesburycurling@gmail.com, www.hawkesburygolfandcurling.com.

**Would you like to see your activity in our guide?
Send a brief description of your activities and your contact
information
(phone number, email, website, facebook page)
to info@hawkesbury.ca.**

COMMUNITY ACTIVITIES

SPORTS ACTIVITIES (CONT'D)

Golf

A challenging public golf course in the heart of Hawkesbury. For more information, please contact 613-632-6010, golflacite@gmail.com, <http://www.lacitegolf.com>.

Swim Club

Orca is a competitive and pre-competitive swim club that trains at the Robert Hartley Sports Complex. For more information: 613-636-2082, registrar@hawkesburyorca.ca, www.hawkesburyorca.ca.

Running Group

Hawkesbury Runners is a group of runners that meet up Sunday mornings to share stories and to stay motivated. Facebook: Hawkesbury Runners

Soccer

The PRO17 soccer association is a non profit group dedicated to soccer development in the Hawkesbury and Alfred and Plantagenet regions. Registration for the summer league takes place at the Robert Hartley Sports Complex in mid-February or beginning of March. Information: pro17soccer@hotmail.com or <http://soccerpro17.ca>.

Basketball

The Minor Basketball Association, Titans, practice in several schools of Hawkesbury divided in 3 different divisions, Peewee, Mini-Bantam and Bantam. Information: Marcel Arseneau, 613 632-8006, marcel@titansbasketball.ca

Cosom Hockey

About fifteen boys and girls between 10 and 15 years old play cosom hockey, on Saturday mornings from 10:30 a.m. to 12:00 p.m. at ESCRH, since October. For more info, Vincent Gougeon, 613 675-0142, jvgougeon@gmail.com.

Spinning

Fitness group class, with music, on a stationary bicycle, at the Adult Ed. Campus in Hawkesbury. Info: Cheryl Jean-Louis, willy3616@gmail.com



ADVERTISING
 \$75 for associations and \$150 for businesses



COMMUNITY ACTIVITIES

CULTURAL ACTIVITIES

Literary Café

Le Chenail Cultural Centre offers gatherings with authors that include discussions surrounding their latest books.

Info: 613-632-9555, lechenail@gmail.com, www.lechenail1975.com

Tea Room

Every Sunday from 1 pm to 4 pm, Shirley Clermont welcomes you with tea and desserts in a relaxed atmosphere with a view on the river.

Info: 613-632-9555, lechenail@gmail.com, www.lechenail1975.com

Artists Exhibits, concerts, dance and storytelling

Different exhibits and shows are offered at Le Chenail Cultural Centre throughout the year. See their program guide for more information: www.lechenail1975.com

Hawkesbury 50 + Golden Age Club

The 50 + Golden Age Club offers different activities for seniors. Information: 613-632-8294

Auto Club & Expo

Gatherings and exhibits of distinctive car enthusiasts. Information: autohawk@hawk.igs.net, www.clubautohawk.com

Dinner and Dancing

The Hawkesbury Legion offers entertainment programming that includes dinner and dancing.

Info: 613-632-9561, rcl472@bellnet.ca, www.hawk.igs.net, Facebook: Hawkesbury Legion

Cribbage and Dart League

The Hawkesbury Legion offers a cribbage league and a dart league in their facilities. See above for the Hawkesbury Legion's contact information.

Video Game Tournaments

King of Them All organizes a Super Smash Bros themed video game tournament in the community room of the Sports Complex with prizes to be won. Facebook: King of Them All.

Moving, grooving, and growing (Zumbini)

Created by Zumba® and BabyFirst for kids ages 0-4, the Zumbini® program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun! For more info, please contact Shirley Baaklini or zumbini.com.

ADVERTISING

\$75 for associations and \$150 for businesses

Display your offer here!

Our recreation guide is a great way to increase visibility while showing your support of leisure activities.

PHONE DIRECTORY

HEALTH PROFESSIONALS



Osteopathy

Simon Kemp 613.632.1878
 Guylaine Golden 613.632.1873

www.stellastouch.com

Physiotherapy

Michelle Bennett 613.677.8844
 Patrick Lalonde 613.677.8844
 Emmanuel LoMonaco 1.855.693.1978
 Mary-Katherine McMahon 1.855.693.1978
 Kendra Bertin 1.855.693.1978
 Programme PART (HGH) 613.632.1111

www.lalondephysio.com
www.lalondephysio.com
www.hawkesburytherapy.ca
www.hawkesburytherapy.ca
www.hawkesburytherapy.ca
www.hgh.ca

Registered Massotherapists

Yuri Yusupov 1.855.693.1978
 Kathleen Noailles 613.636.0156
 Kinedetente 613.632.7391
 Jeannine Schubert 613.577.7702

www.hawkesburytherapy.ca
www.kine-detente.com
www.thevkhmassageclinic.com

Chiropractors

Brianna Albright 613.678.3800
 Denis St-Jean 613.632.0953
 Dominique Charbonneau 613.632.0909
 Edward Burge 613.632.4167
 Marjolaine Sabourin 613.632.4265

www.vankleekhillchiro.com

Occupational Therapists

Véronique Gauthier 514.922.0960

Psychologists

Patrice Oigny 819.242.1133

Hawkesbury General Hospital 613.632.1111

www.hgh.ca

Help Line

Community and Social Services Index of Ontario 211
 Telehealth Ontario 1.866.797.0000
 Mental Health 1.866.531.2600
 Antipoison Centre 1.800.268.9017

Are you a health professional whose information is not in the guide?
Send us your information at info@hawkesbury.ca



EQUIPMENT RENTAL

SPORTS EQUIPMENT LIBRARY

It is now possible to borrow sports equipment at the Sports Complex. Find out more at the Info-Desk.

- Tennis, badminton, pickle-ball, ping-pong raquets
- Ice hockey and cosom hockey equipment
- Snowshoes
- Tennis, pickle-ball, ping-pong, cosom hockey balls
- Volleyball, basketball, soccer balls
- Yoga mats
- Petanque equipment
- and more!



Stay tuned for new additions to our library and feel free to send us your requests!

REGISTER NOW!

IN PERSON OR ONLINE!

www.hawkesbury.ca
613.632.0106 x 2252
425 Cartier Blvd., Hawkesbury, ON

Register
by visiting us
at the Sports
Complex, by
phone or on-line!



@HAWKESBURYREC
or **Loisirs et culture Hawkesbury Recreation and Culture**
Check out our Facebook page for the latest news!

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