










BUILDING A HEALTHY COMMUNITY



PHYSICAL ACTIVITY PROGRAM LIST JANUARY – MAY 2010

CONTACT PATRICK BÉRIAL AT (613) 238-8210 EXT 2241 FOR MORE INFORMATION AND/OR REGISTRATION

PROGRAM NAME	LOCATION	TIME	DATES
SENIORS PROGRAMS			
Seniors Gentle Exercise (resistance training)	200 Bronson Centre (Yet Keen - Chinese group)	9:30-10:15	Every Monday
	1041 Wellington St. (English & French Group)	11:00-11:45	Every Monday
	55 Eccles St. (Vietnamese group)	9:00-10:00	2 nd , 3 rd and 4 th Tuesday of every month
	100 Empress St (English & French Group)	11:00- 11:45	2 nd , 3 rd and 4 th Tuesday of every month
	55 Eccles St (Chinese group)	11:00-11:45	Every Wednesday
	10 Balsam St. (Anglo-Italian Group)	13:00-13:45	Every Thursday
Seniors Swimming Club *(clients must pay for this prog.)	Plant Recreation Centre (transportation available)	9:00-11:30	Every Wednesday
Seniors Walking Club	Carlingwood Shopping Centre	9:00-11:30	Every Thursday
Low-moderate intensity training	755 Somerset West St. Dalhousie C.C. 	13:30-14:30	Mondays & Wednesdays (Jan-May 2010)
CHILDREN & YOUTH PROGRAM			
Youth – Parkour (winter training)	Starr Gymnastics (transportation available)	18:30-20:30	Mondays (Jan-March 2010)
Children – Morning Physical Activity Program	Cambridge Elementary School	8:00-8:50	Every Monday and Thursday
ADULT PROGRAM			
Fitness Assessment	 55 Eccles St. SWCHC	4:30-6:30 9:00-12:00	Tuesday Evenings Friday Mornings
Community Kitchen	 55 Eccles St. SWCHC	9:00-11:30	1 st and 2 nd Tuesday of the month
Low-moderate intensity training	 755 Somerset West St. Dalhousie C.C. 	13:30-14:3	Mondays & Wednesdays (Jan-May 2010)
Adult fitness program (moderate intensity)	 395 Parkdale Ave.	14:30-15:30	Every Tuesday and Thursday



Heart Friendly Exercise Programs



Programs supported by the
Ministry of Health Promotion



Program offered in partnership with the
city of Ottawa (Dalhousie C.C.)

(613) 238-8210

www.swchc.on.ca

HEALTH PROMOTION- PHYSICAL ACTIVITY GROUPS

MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Jessica 9:30 -Yet Keen 11:00-1041 Wellington 13:30 - 755 Somerset W. Dalhousie C.C. 18:30 - Parkour (X-training)	2 <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> All of today's programs are cancelled </div>	3 Jess & Grace 9:00 - Swimming (Plant) 11:00 - 55 Eccles (Chinese) 13:30 - 755 Somerset W. Dalhousie C.C.	4 9:00 - Walking Club <div style="border: 1px solid black; border-radius: 15px; padding: 5px; text-align: center;"> Program Cancelled </div>	5	6	7
8 Jessica 9:30 -Yet Keen 11:00-1041 Wellington 13:30 - 755 Somerset W. Dalhousie C.C. 18:30 - Parkour (X-training)	9 10:00 - 55 Eccles (Viet) 11:00 - 100 Empress 14:30 - 395 Parkdale	10 9:00 - Swimming (Plant) 11:00 - 55 Eccles (Chinese) 13:30 - 755 Somerset W. Dalhousie C.C.	11 9:00 - Walking Club 14:30 - 395 Parkdale	12	13	14
15 9:30 - Yet Keen 11:00 - 1041 Wellington 13:30 - 755 Somerset W. Dalhousie C.C. 18:30 - Parkour (X-training)	16 10:00 - 55 Eccles (Viet) 11:00 - 100 Empress 14:30 - 395 Parkdale	17 9:00 - Swimming (Plant) 11:00 - 55 Eccles (Chinese) 13:30 - 755 Somerset W. Dalhousie C.C.	18 9:00 - Walking Club 14:30 - 395 Parkdale	19 11:00 – Vietnamese Exercise Group	20	21
22 9:30 - Yet Keen 11:00 - 1041 Wellington 13:30 - 755 Somerset W. Dalhousie C.C. 18:30 - Parkour (X-training)	23 10:00 - 55 Eccles (Viet) 11:00 - 100 Empress 14:30 - 395 Parkdale	24 9:00 - Swimming (Plant) 11:00 - 55 Eccles (Chinese) 13:30 - 755 Somerset W. Dalhousie C.C.	25 9:00 - Walking Club 14:30 - 395 Parkdale	26	27	28

Health Coaching & Wellness Program: Are you looking for support to have optimal health? Do you want to manage your weight and/or prevent chronic disease? Or do you have an on-going health concern such as asthma, diabetes, heart disease, arthritis, high blood pressure, or COPD and are looking for ways to help you manage the day-to-day challenges of living with your chronic condition? If so, contact Anne Viljoen, RN at (613) 238-8210 ext 2381 for more information.

Breathing Easier Program: If you have been told you have asthma or COPD, this program is for you. 8 week session of exercise and self-management at SWCHC. This program runs Mondays and Fridays 12:30-14:30. Contact Laurie Taylor at (613)238-8210 ext 2379 for more details.