



PROGRAM GUIDE FALL 2019

Rideau Heights
Community Centre & Library

Play in
the gym

Sign up
for a class

Play to learn
at the library

Join-in
afterschool
activities





Welcome to rideau heights Community centre & library!



The Rideau Heights Community Centre at 85 MacCauley St. is the City's newest leisure, learning and play space! This new hub for active fun will be open daily from 8 a.m. to 9 p.m. and offers:

Programs from:

- Boys & Girls Club
- Seniors Association
- Loving Spoonful
- KFL&A Public Health
- Kingston Frontenac Public Library
- Kingston Community Health Centres
- City of Kingston
- Kobura Karate Club
- Kingston Irish Folk Club

Facilities:

- Gymnasium
- Community kitchen
- Library
- Multi-purpose rooms
- Change rooms & lockers

Please note: Program information (dates/times/fees/days) can change or may be adjusted at time of registration. Please call the service provider directly for community programs listed in this guide.

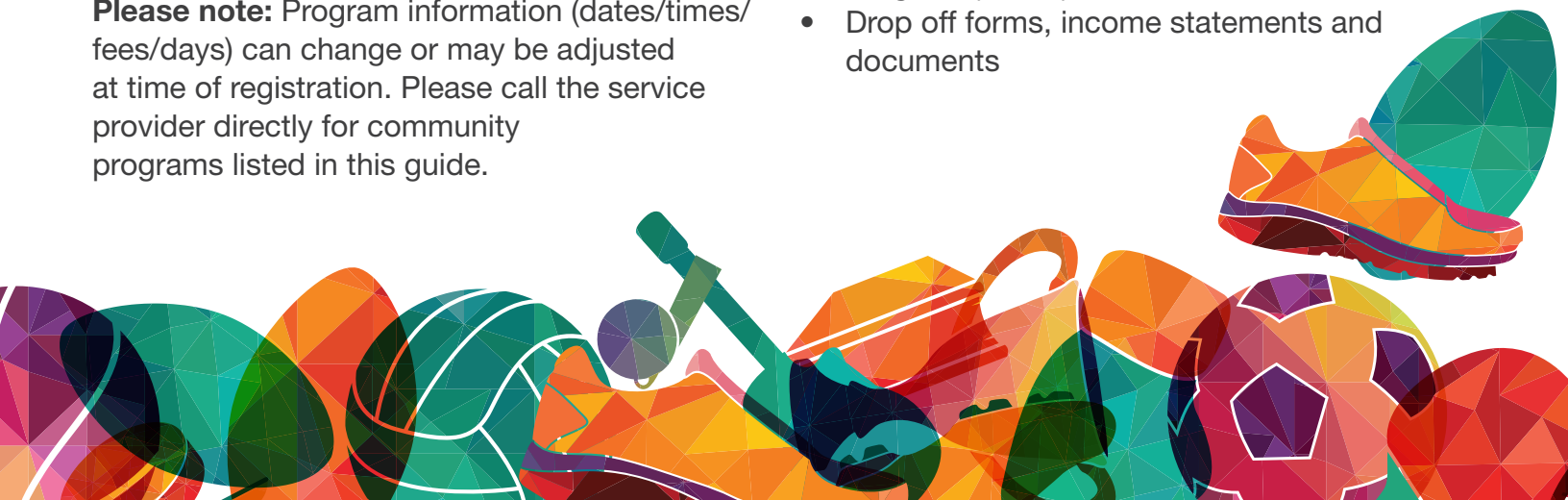
Access to:

- Kingston Transit Multi-ride cards
- Blue and grey boxes
- Garbage bag tags
- Pet licenses
- Municipal recreation program registration and information
- Municipal facility bookings

Housing and social services

Drop-in from Monday to Friday, 1-4 p.m.:

- Walk-in inquiries about Housing & Social Services programs
- Inquire about Housing and Social Services Programs
- Review Benefit Request forms
- Apply for the Municipal Fee Assistance Program (MFAP)
- Drop off forms, income statements and documents





Drop-in activities. Sign in at the front desk prior to entry



Children & Family Gym Time **FREE**

Drop into the gym for supervised sports and activities. Children under 10 must be accompanied by a caregiver aged 16+. Adults over 24 years of age must be accompanying a child.

Day	Time
Saturdays	3 - 5 p.m.
Sundays	3 - 5 p.m.
Sundays	7 - 8 p.m.
Mondays	6 - 8 p.m.

Open Gym Time **FREE**

Drop-in open gym time. Sign out equipment at the front desk. No racquet sports. Gym must be divided for team sports to allow for individual activities. Children under 10 must be accompanied by a caregiver aged 16+.

Day	Time
Mon, Wed, Thurs and Fri.	8 - 9 p.m.
Tuesdays	6 - 8 p.m.
Saturdays	11 a.m. - 1 p.m.
Saturdays	5 - 6 p.m.
Sundays	1 - 3 p.m.
Sundays	5 - 7 p.m.

Children & Family Movie Night **FREE**

Join us for a family movie and then stay and play in the gym from 7-8 p.m. The movie starts at 5:30 p.m. Children under 10 must be accompanied by a caregiver aged 16+. Movie titles posted weekly on the electronic sign and the full schedule is posted in the facility. Details: 613-546-4291 ext. 1900. Adults over 24 years of age must be accompanying a child.

Day	Time
Sundays	5:30-7 p.m.

Childred & Family Craft Time **FREE**

Ages: 6 – 12 yrs

Drop in for weekly themed crafts.

Day	Time
Saturdays	1-3 p.m.

Creative Writing Group **FREE**

Ages: 16 yrs+

The drop-in writing group is a weekly meeting of writers. Come when you can...drop in once or come every week. Open to all who would like to try creative writing, no experience required.

Day	Time
Thursdays (ongoing)	10 a.m.-12 p.m.

Drop-in Fitness **FREE**

AGES: 13 yrs+

Low-impact fitness classes designed to energize your day and step up your current your fitness level! Start date Sept 16.

Day	Time
Mondays & Wednesdays	6:30-7:15 p.m.

Recreational Sports

Ages: 16 yrs+

Drop-in for a game of pick up pickleball or badminton.

Cost: Adults (25 – 64yrs) \$5.75/visit, \$63.25/12 visit pass, or free with your City of Kingston Wellness or Fit Pass membership.

Registration/details: Pay onsite at the front desk. Call 546-4291 ext 1900 for details or visit CityofKingston.ca/PLAY

Day	Time
Sundays , Pickleball	10 a.m.-12 p.m.
Saturdays, Badminton	1 - 3 p.m.



Yoga for All Levels

Ages: 15 yrs+

This class is perfect for the beginner yoga enthusiast as well as for those wishing to challenge their current yoga abilities. No experience necessary! **Cost:** \$58.10 (7 classes).

Registration/details: Sign up onsite at the front desk or online at CityofKingston/PLAY

Day	Time
Tuesdays, Sep 17-Oct 29	6:30 - 7:15 p.m.



Let's Start Cooking **FREE**

Ages: Adult

A six-week cooking course for adults with intellectual disabilities. Learn food safety for cooking at home, how to prepare new recipes, and tips for budgeting, planning, and shopping for healthy food. **Registration/contact details:** For more information or to register, contact Janet Barry at Community Living Kingston and District: janet.barry@ckingston.ca or 613-546-6613 Ext. 259

Day	Time
Mondays, September 9, 16, 23, 30, October 7, 21	9 - 11 a.m.

Open Kitchen

Ages: Adult

Open Kitchen is a fun, delicious, and healthy drop-in cooking workshop. Participants learn how to cook on a budget, try new recipes, and experiment with fresh ingredients. Classes feature cross-cultural cooking, cooking with local doctors and seasonal cooking.

Registration/contact details: No registration required! For more information contact Tibratā Gillies at Loving Spoonful: tibrata@lovingspoonful.org or 613-507-8848.

Day	Time
Wednesdays, September 4 to December 18	11:30 a.m. – 1:30 p.m.

Manly Meals **FREE**

Ages: Adult

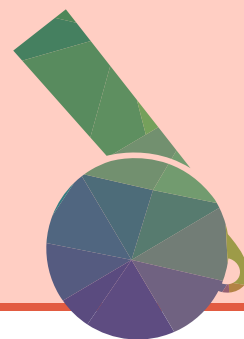
Manly Meals is a fun and delicious 5-week long cooking course for older men. Learn to cook easy, healthy and affordable meals while making new friends in the kitchen.

Registration/contact details: Registration required! For more information contact Tibratā Gillies at Loving Spoonful: tibrata@lovingspoonful.org or 613-507-8848.

Day	Time
Fridays, September 6, 13, 20, 27, October 4	10 a.m. – 12 p.m.

Volunteer Instructors

Give back to your community with what you enjoy most. Share your skills by leading interest programs at Rideau Heights Community Centre. Call Chris for details 613-546-4291 ext 1712.



Children's Programs & Events

Drop-in program admission will be on a first-come, first-served basis. Caregivers of children under the age of 7 must remain in the program space; caregivers of children ages 7-9 must remain in the building during the program. Full details and registration at Programming & Outreach: 613-549-8888 or programs@kfpl.ca.

Groove & Grow **FREE** Ages: Children of all ages and their caregivers

Music, movement and more! Get ready to naturally develop language and early literacy skills through fun activities and hands-on play.

Fall Session 1

Day	Time
Mondays (September 9- October 21*)	10:30-11 a.m.
Wednesdays (September 11-October 23)	10:30-11 a.m.

*No program on Monday, October 14.

Fall Session 2

Day	Time
Mondays (November 4- December 9)	10:30-11 a.m.
Wednesdays (November 6- December 11)	10:30-11 a.m.

STEM Punks **FREE**

Ages: 6-9

Join the STEM Punk movement! Explore STEM (Science, Technology, Engineering and Mathematics) with KFPL. Discover new books, play with new technology and explore new ideas. Drop-in.

Fall Session 1

Day	Time
Mondays (September 9- October 21*)	6:30- 7:30 p.m.

*No program on Monday, October 14.

Fall Session 2

Day	Time
Mondays (November 4- December 9)	6:30- 7:30 p.m.

Teen Advisory Group

The Rideau Heights Teen Advisory Group meets on the first Wednesday of every month (starting in October). Members develop and deliver library programs for fellow teens and assist with other library business as it arises. Volunteer spots remain for teens in grade nine to twelve.

For more information please visit:

kfpl.ca/support-your-library/volunteering-at-the-library





Kobura Karate Club

Karate **FREE**

Ages: 4 - 12+

Providing karate and self-defence for all ages and families, in a welcoming and safe environment. Choose to train for recreation only or train for competition as well! Classes run continuously. **Cost:** Classes are free, uniforms are \$50, tests are \$20. **Registration/contact details:** Sensei Kristine Miller, 613-540-4894, kingstonkoburakarate@gmail.com

Day	Time
Ages: 4 - 6 Mon. and Thurs.	6 - 6:45 p.m.
Ages: 7 - 11 Mon. and Thurs.	6:45 - 7:45 p.m.
Ages: 7 and up including adults Sat.	9:30 - 11:30 a.m.
Ages: 12 and up including adults Mon. and Thurs.	7:30 - 9 p.m.

Moving Zen **FREE**

Ages: Adults of All Ages

Low impact karate for adults and seniors who are interested in personal and spiritual growth. Classes will also promote gradual development of strength, balance and physical health, structured around the individual needs of each student. Classes run continuously.

Ages: Adults of all ages, 9:30-11 a.m.

Cost: Classes are free. Uniforms, \$50. Tests, \$20.

Registration/contact details: Sensei Kristine Miller 613-540-4894, Sensei Bob Cussler 613-572-3228

kingstonkoburakarate@gmail.com

Day	Time
Every Monday morning	9:30 - 11 a.m.

Seniors Association

Register for Seniors Association programs at 613-548-7810 or programs@seniorskingston.ca. Drop off or mail in your registration at 56 Francis St. For more information call Site Coordinator Dianne Britton at 613-985-7814, on site Tuesday - Thursday 9 a.m.-2:30 p.m.

Charcoal Drawing **NEW**

Discover the rich darks through willow charcoal drawing to create brilliantly shaded works of art. Further develop or create a new understanding of natural charcoal, light source and drawing from life. Materials supplied.

Cost: \$130 (10 classes)

Day	Time
Tuesdays, Sept. 3 to Nov. 5	11 a.m.-1 p.m.

Asian Cuisines **NEW**

China, Thailand, Vietnam, Japan, Southeast Asia equals sunshine, spice, colour and enticing aromas. In these hands-on cooking classes, come for a literal taste of these exotic countries. Bring your favourite apron and a container for leftovers. **Cost:** \$100 (10 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7	6:30 - 7:15 p.m.

Book Club

Book lovers meet monthly to discuss works of fiction or non-fiction, with a different participant leading the discussion each month. Book selections will be available at the Front Desk in advance of registration. Readers are responsible for finding the books.

Cost: \$62/10 months (10 classes)

Day	Time
4th Wednesday (Sept. to June)	12-1:30 p.m.



Writers' Rendezvous

Have you always wanted to write? Do you need motivation and encouragement? Join this congenial group of writers, from novice to published author to share work, provide mutual support, and offer constructive suggestions.

Cost: \$42 (10 classes)

Day	Time
Tuesdays, Sept. 24 to Nov. 5	10 - 11:30 a.m.

Spanish – Beginner

Hola! This introduction to conversational Spanish focuses on vocabulary and grammar for the absolute beginner. Gain confidence speaking and have fun in a relaxed atmosphere.

Cost: \$96 (10 classes)

Day	Time
Tuesdays, Sept. 3 to Nov. 5	12 - 1 p.m.

Guitar, Acoustic – Beginner

Learn the basics of playing the acoustic guitar including chord shapes and their note relationships to the scales and popular strumming patterns. For those with little or no experience. Supply own guitar.

Cost: \$70 (10 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7	9 - 10 a.m.

Guitar, Acoustic – Intermediate

Explore more guitar techniques and repertoire, and build on the skills you have learned in a fun, casual environment. Knowledge of basic chords required. Supply own guitar.

Prerequisite: Acoustic guitar, beginner.

Cost: \$90 (10 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7	11 - 12:30 p.m.

Music Theory **NEW**

Designed for the beginner, this program will expand your musical horizons by teaching you the building blocks of music, including basic notation, major and minor scales, time signatures, key signatures and more.

Cost: \$90 (10 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7	12:30 - 1:30 p.m.

Ukulele – Intermediate

Enjoy the jaunty sounds of this originally Hawaiian, stringed instrument. Includes instruction on care and tuning, major and minor chord structure, scales, strumming patterns, and songs. Supply own ukulele.

Prerequisite: Ukulele beginner

Cost: \$58 (10 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7	10 - 11 a.m.

Let's Dance!

Let's work body and mind! Get a cardio workout, learn dance routines, have fun and unleash the dancer in you. Supportive athletic footwear recommended.

Cost: \$39 (9 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7 (no class Sep 26)	9 - 9:50 a.m.

Line Dancing – Introductory

New to line dancing? Learn to line dance from the very beginning steps, to a variety of music genres including Country, Irish and Waltz.

Cost: \$47 (10 classes)

Day	Time
Tuesdays, Sept. 3 to Nov. 5	10:30 - 11:30 a.m.



5-6-7 Move

If you like good tunes, dancing, and having fun, come shake your groove thing to beginner and intermediate level cardio, muscle conditioning and stretching.

Cost: \$37 (9 classes)

Day	Time
Tuesdays, Sept. 3 to Nov. 5 (no class Sep 24)	9 - 10 a.m.

Better Balance

Feeling off balance? These exercises help keep your feet firmly planted and train your core muscle groups to create more stability when walking or standing.

Cost: \$71 (10 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7	11:30 a.m. - 12:30 p.m.

Essentrics **NEW**

A delightful 55 minutes of gentle continuous movement. Regain mobility, flexibility, core strength, balance and energy. No shoes required. Bring a yoga mat, small towel and a resistance band.

Cost: \$71 (10 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7	1 - 2 p.m.

Exercise with Arthritis

Improve your strength and flexibility through exercises including light weights, therabands and stretching. Easily adapted to your physical abilities.

Cost: \$41 (10 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7	10:15-11:15 a.m.

Movin' & Groovin'

Energy to burn? A faster-paced workout to reinvigorate and challenge. Includes cardio, strength, balance and flexibility exercises.

Cost: \$33(8 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7 (no class Sep 26 & Oct 17)	9 - 10 a.m.

Pilates – Beginner

Strengthen your core muscles while focusing on overall spine health. Safely improve flexibility, balance, coordination, posture, and sense of well-being. Supply own yoga mat.

Cost: \$75 (10 classes)

Day	Time
Wednesdays, Sept. 4 to Nov. 6	9 - 10 a.m.



Walk On at Rideau Heights Community Centre November 5 to April 30!

Walk On is a free, indoor walking program.

Walk On provides a safe, social, and accessible environment for people of all ages and abilities to walk indoors. Trained volunteers are on site to lead walks. No registration required.

For more information, call 613-549-1232, ext. 1180.

**Tuesdays and Thursdays from 10 to 11 a.m.
Wednesday from 4 to 5 p.m.**

In partnership with: City of Kingston and Limestone District School Board

kflaph.ca/WalkOn



Chair Yoga **NEW**

A gentle chair-based yoga program focusing on simple breathing, stretching, and relaxation techniques. Suitable for all seniors, including those with arthritis and mobility issues.

Cost: \$76 (10 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7	12 - 1 p.m.

Hatha Yoga **NEW**

This gentle yoga class will help you unwind from your day and incorporate balance, flexibility, strength, and relaxation. A short meditation will end practice and introduce inner peace and holistic care. Modifications for all abilities. Provide own yoga mat and blanket.

Cost: \$76 (10 classes)

Day	Time
Wednesdays, Sept. 4 to Nov. 6	1 - 2 p.m.

Pain Management **NEW**

Find relief and vitality by combining self-massage, gentle stretching and meditation. These exercises can be done seated or standing. You will learn how to activate the body's natural healing power and restore it back to normal.

Cost: \$76 (10 classes)

Day	Time
Thursdays, Sept. 5 to Nov. 7	10:30 - 11:30 a.m.

Reflexology **NEW**

Learn to stimulate points on your feet, hands and face to enhance your overall health. Successfully treat yourself (and your family members) through reflexology. Tips on how to prepare, physically and mentally, will be covered.

Cost: \$76 (10 classes)

Day	Time
Tuesdays, Sept. 3 to Nov. 5	9:30-10:30 a.m.

Bridge: 2 over 1 **NEW**

The 2 over 1 bridge is a game-forcing bidding system. The main advantage of the 2-over-1 system is that it saves bidding space, which in turn allows players to explore slam possibilities. Prerequisite: Must have a solid knowledge of basic bridge.

Cost: \$33 (3 classes)

Day	Time
Tuesdays, Sept. 3 to 17	9 a.m. - 12 p.m.

Canasta, Hand and Foot

This versatile, strategic card game is believed to be a variant of rummy. Join in for an afternoon of social card play. New and experienced players welcome. Instruction provided to newcomers in first two classes.

Cost: \$32 (10 classes)

Day	Time
Tuesdays, Sept. 3 to Nov. 5	10:30 a.m. - 1:30 p.m.

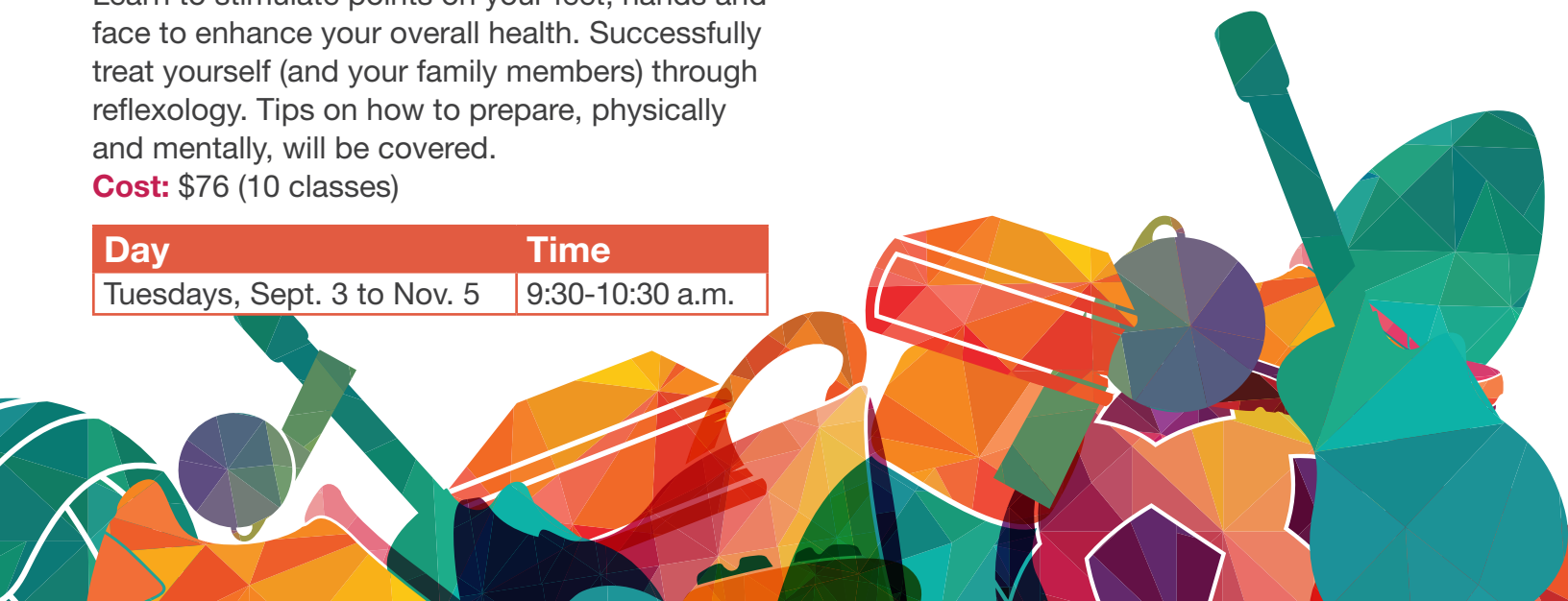
Seniors Association Pickleball

Experienced players at all levels.

Enjoy a friendly game.

Cost: \$66 (10 classes)

Day	Time
Tuesdays, Sept. 3 to Nov. 5	12:15-2:15 p.m.
Wednesdays, Sept. 4 to Nov. 6	12:15-2:15 p.m.
Thursdays, Sept. 5 to Nov. 7	12:15-2:15 p.m.





Kingston Community
Health Centres
Centres de santé
communautaire de Kingston



Boys & Girls Club
of Kingston & Area

Seniors Beginner Spanish

North Kingston seniors get together to learn about a new language and practice Spanish phrases. Ongoing drop-in. Details contact Christine at 613 767 8591 ext. 2144 or Christineb@kchc.ca. Free

Day	Time
Fridays	12 - 1 p.m.



Child and Family Centre

FREE EarlyON
programming at
Rideau Heights
Community Centre.

Parents, Caregivers and their children aged 0 to 6 are encouraged to drop in to learn and play together.

Day	Time
Tuesdays	4 - 7 p.m.



View & register online 24/7 at
CityofKingston.ca/PLAY

Boys & Girls Club of Kingston & Area

After-school programs

for more information and to register contact Jackie at 613-561-3777 or jackie@bgckingston.ca

After-School Program

Ages: 6-12

After-school program at Rideau Heights Community Centre.

Cost: \$40/child per month.

Day	Time
Monday-Friday	2:30 - 6 p.m.

Licensed Program After-school Program

Ages: 4-5

After-school program at Rideau Heights Public School.

Cost: \$2.50/day (full-time registration only)

Day	Time
Monday-Friday	2:30 - 5:30 p.m.

Drop-In Sports Night **FREE**

Each week is a new sport, designed to be fun and get everyone involved. Designed for the middle years. No experience necessary.

Contact Kylie Filion 613-507-3306 or kylie@bgckingston.ca

Day	Time
Thursdays	6 - 8 p.m.

YOUTH programs

Contact Devin Reynolds 613-507-3306 ext. 109
or devin@bgckingston.ca

Youth Leadership Programs **FREE** Ages: 12-18

After-school leadership program for Grade 7-12s with a focus on teamwork, communication, learning for life, personal health and wellness, the arts and more.

Day	Time
Monday - Friday	3 - 6 p.m.

Youth Cooking Classes **FREE** Ages: 13-18

Learn kitchen skills in a fun and safe way by preparing (and eating!) a different dinner each week. Session will run February - March.

Day	Time
Tuesdays	4 - 5:30 p.m.

Wednesday Night Soccer Drop-In **FREE** Ages: 13-18

Join us for basketball each Friday. The first hour will be skill-building mini-games followed by an hour of scrimmage.

Day	Time
Wednesdays	6 - 8 p.m.

Drop-In Sports **FREE** Ages: 13-18

Each week is a new sport, designed to be fun and get everyone involved. No experience necessary.

Day	Time
Saturdays	6 - 8 p.m.



Kingston Irish Folk Club

Register for programs by calling Tony O'Loughlin (founder & president Kingston Irish Folk Club) at 613-389-0754. Leave a message including your return phone contact.

Irish Dance & Celtic Music **FREE** Ages: 5 - Adult

Irish dance classes are for beginners, dancers may participate in shows. Celtic music includes singing and/or learning a musical instrument such as the tin whistle. You don't have to be Irish to join – everyone is welcome, you just need to have an interest in dancing, singing or music.

Day	Time
Sundays	2 - 4 p.m.

ActivKids Play Kits at Rideau Heights Community Centre

Free to borrow anytime, Play Kits promote physical literacy and help families to be active. There are two types of Play Kits available: Starter Kit (0-6yrs) help children develop jumping, throwing, catching, kicking, hitting and balancing.

Family Kit is for the entire family to continue to develop sport specific fundamentals.



Details at KingstonGetsActive.ca





Community Response to Neighbourhood Concerns (CRNC) is a charitable organization which brings together residents, businesses, educators, police and local organizations working in the Rideau Heights and Markers Acres Districts, to develop and promote awareness and understanding of the needs and concerns of the communities.

We encourage anyone who is interested in learning more or becoming more involved in the community to attend our monthly meetings! The meetings are held at 1:15 p.m. on the third Tuesday of each month (September through June) at the Rideau Heights Community Centre & Library, and are open to everyone.

For more information please contact Gillian Moss gmoss3@cogeco.ca

Grade 5 and 9

Recreational swims, skates and open gym times are free to grade 5 and 9 students at municipal reception centres.

Show your grade 5 or 9 ActivPass/student ID at each visit to gain entry.

Visit KingstonGetsActive.ca for more details.

Raising awareness of the benefits of physical activity.



Contact us

Phone: 613-546-4291 ext. 1900

TTY (teletypewriter service): 613-546-4889

85 MacCauley St. Kingston, ON K7K 2V8

Community Centre hours:

Monday to Sunday – 8 a.m. to 9 p.m.



Get there by bus!

High school students ride FREE on Kingston Transit with the Student Transit Pass. Details at KingstonTransit.ca



Get involved and create positive change in our youth friendly community KFLAYouth.ca

Municipal Community Events

Visit CityofKingston.ca/FeatureEvents to get all the details and updates on upcoming events in Kingston!



Library: Monday & Wednesday – 10 a.m. to 8 p.m.
Friday & Saturday – 9 a.m. to 5 p.m.

Ontario Works drop-in:

Monday to Friday - 1 p.m. to 4 p.m.

CityofKingston.ca/Facilities

TheCityofKingston | @cityofkingston

YouTube /TheCityofKingston