

Program and Activity Guide



@MunRussellTwp

Fall 2025



Photo Credit Catherine Michaud



www.russell.ca/programs



recreation.loisirs@russell.ca



613-443-2814



Municipalité de
RUSSELL
Township

Registration Dates



Adult Programs

- Residents: August 26, 2025, at 9:00a.m.
- Non-residents: September 2, 2025, at 9:00a.m.

Children and Youth Programs

- Residents: August 29, 2025, at 9:00a.m.
- Non-residents: September 5, 2025, at 9:00a.m.

How to Register Online

- Go to our UniverusRec portal:
<https://app.univerusrec.com/munrussellpub/>
- Sign-in by entering your Username and Password.
(You can create your own account or a family account by following the instructions on the site.)

Contact us by email recreation.loisirs@russell.ca for the following items:

- If you have questions about our programs.
- If you are having issues with the UniverusRec Portal and you cannot remember your username or password.
- Unsure if you have an account? Let us look for you.
- If you have difficulty finding the program, make sure you're signed in your account and select the filters tab on your left to refine your search. Click the Apply button when done.

Important

- Please print the online receipt(s) for your records and income tax purposes.
- All online registrations must be paid in full using a valid MasterCard or Visa credit card. Should you have any credits on your account, you may apply them to the balance due.
- All online transactions will be subject to an administrative fee in the amount of \$3.50. This administrative fee is non-refundable even if the course/program is cancelled.
- Online registrations will not be possible once the program has started. Late registrations can be done by contacting us by email.

Program Cancellations

All programs may be cancelled if there are not enough registrations. If your program is cancelled, you can transfer to another program of equal value (subject to availability), receive a full refund, or apply the credit to your account for future registrations.

Refunds

Refunds are available for programs cancelled by the Township of Russell. To request a withdrawal refund, please do so within two days after the first class. Prorated refunds for medical reasons require a doctor's note. No refunds will be issued for cancellations due to weather or circumstances beyond our control. On snow days, sessions are not automatically cancelled; you will be notified via email if a cancellation occurs. If no email is received, the session will proceed as scheduled. We will attempt to reschedule cancelled classes if space is available. Thank you for your understanding.

Returned Cheques

A service fee of \$25 will apply to your account for all cheques returned due to Non-Sufficient Funds (NSF), Stop Payment, or Funds Not Cleared.

Typographic Errors

All precautions are taken to ensure that accurate information and prices are printed. Should a change occur, notification will be posted on our website and the registration system.

Do you have a special skill, hobby, or interest?

You could be one of our instructors!

We are looking for residents who can offer recreation activities for a group, a workshop, or a single/one-time event. Activities could involve fitness, art, games, outdoor skills, and many more!

If you think you may be able to offer a class or program, please send an email to recreation.loisirs@russell.ca with:

- your name;
- description of program you'd like to offer;
- your experience;
- the age of potential participants;
- your requested wage; and
- your availability.

Fitness Dance Program (B)

Experience a dynamic cardio workout including line dance and Zumba with popular, Latin and country music. All levels are welcome, no experience needed. Taught by certified instructor Diane Major. Ages 18+.

Camille Piché Community Centre,
8 Blais Street, Embrun.

Tuesdays, September 23 to December 2,
11:30a.m. to 12:30p.m. No classes on September 30.

\$116 + HST per resident, per session.

\$126 + HST per non-resident, per session.

Full-Body Fitness (E)

Each 75-minute class caters to individual progress, offering various exercise modalities such as cardiorespiratory conditioning, muscle strength and endurance, flexibility, and balance. Modifications for different fitness levels are provided throughout the session. Participants must be able to transition from standing to floor positions for different activities. Taught by certified instructor, Diane Jackson. Ages 50+.
Equipment required: Yoga mat and towel.

Camille Piché Community Centre,
8 Blais Street, Embrun.

- Tuesdays, October 7 to December 9,
9:30a.m. to 10:45a.m.

- Thursdays, October 9 to December 11,
9:30a.m. to 10:45a.m.

\$116 + HST per resident, per session.

\$126 + HST per non-resident, per session.

\$186 + HST per resident, per session, two-day bundle.

\$196 + HST per non-resident, per session,
two-day bundle.

MoDayo Dance (B)

MoDayo dance, led by instructor Jasmine Lalonde, is an energetic blend of dance and yoga offered in an 6-week class that promotes joy and well-being. Suitable for all skill levels, it encourages self-expression and community connection while enhancing fitness and mental wellness. Ages 18+.

Marionville Community Centre,
4629 Gregoire Road, Marionville.

Tuesdays, September 9 to October 14,
7:30p.m. to 8:30p.m.

\$70 + HST per resident, per session.

\$80 + HST per non-resident, per session.

Zumba (B)

This class is perfect for anyone wanting to get in shape, stay fit, or simply have fun. Dance to the music while enjoying an excellent workout. Join our certified instructor, Diane Major for an energizing experience. Ages 18+.

Camille Piché Community Centre, 8 Blais Street, Embrun.

- Mondays, September 22 to December 1,
11:30a.m. to 12:30p.m.

- Thursdays, September 25 to November 27,
11:30a.m. to 12:30p.m.

No classes on October 13.

\$116 + HST per resident, per session.

\$126 + HST per non-resident, per session.

\$186 + HST per resident, two-day bundle.

\$196 + HST per non-resident, two-day bundle.

Belly Dance (B)

Belly dance classes for all levels led by Jasmine Lalonde, We'll explore belly dance movements, shimmy and undulations, to the lively rhythms of Middle Eastern music. Ages 18+.

Marionville Community Centre,
4629 Gregoire Road, Marionville.

Tuesdays, September 9 to October 14,
6:15p.m. to 7:15p.m.

\$70 + HST per resident, per session.

\$80 + HST per non-resident, per session.

Pilates (B)

Led by Instructor Nashida Jibrin, Pilates is a low-impact practice designed to build deep core strength and stability while improving posture, balance, flexibility, and mobility for everyday activities. The movements are fluid, emphasizing breath and alignment, and can be modified for all ages and skill levels. Practiced barefoot, Pilates is accessible and adaptable for everyone. Ages 18+. Equipment required: Yoga mat, yoga block and water bottle.

Palais des sports Hall, 6 Blais Street, Embrun.

Wednesdays, October 15 to December 3.

- Morning group: 9:00a.m. to 10:00a.m.

- Evening group: 5:00p.m. to 6:00p.m.

\$93 + HST per resident, per session.

\$103 + HST per non-resident, per session.



Nia – Barefoot Cardio Classic



Each Nia class combines music, mindfulness, and dynamic movement to restore you physically, mentally, and emotionally, led by instructor Penny-Lee Prévost. In just 60 minutes, Nia workouts integrate 52 simple moves with dance, martial arts, and healing arts to enhance overall well-being. Nia is a low-impact practice and tailored to fit individual needs and abilities. Ages 16+.

Sports Dome, 150 Sportsplex Street, Embrun.

- Wednesdays, October 1 to December 3, 11:00a.m. to 12:00p.m.

Palais des sports Hall, 6 Blais Street, Embrun.

- Mondays, September 29 to December 8, 7:00p.m. to 8:00p.m. No classes October 13.

\$126 + HST per resident, per session.

\$136 + HST per non-resident, per session.

Nia – Moving to Heal



Facilitated by Instructor Penny-Lee Prévost, Nia Moving to Heal offers a workout designed for those seeking a gentle approach to Nia, especially individuals facing various therapeutic challenges such as injury, trauma, grief, and both short- and long-term illnesses. This class encourages participants to slow down and adapt movements to their bodies, emphasizing the sensation of feeling better with each movement and breath. It aims to enhance overall wellness for individuals regardless of their physical condition. Ages 40+.

Camille Piché Community Centre,
8 Blais Street, Embrun.

- Tuesdays, October 7 to December 9, 1:00p.m. to 2:00p.m.

Palais des sports Hall, 6 Blais Street, Embrun.

- Thursdays, October 2 to December 4, 11:00a.m. to 12:00p.m.

\$116 + HST per resident, per session.

\$126 + HST per non-resident, per session.

Chair Exercises



Start your journey to be fit! Using light weights, balls and stretch bands, the class is structured to benefit anyone at any level of health and fitness. It is a lower-impact class designed to meet the specific needs of older adults. There are different options and tiers of exercise, so you can sit for the class, stand for the class, or a bit of both! Ages 40+.

Palais des sports Hall, 6 Blais Street, Embrun.

Wednesdays, September 24 to December 3, 10:30a.m. to 11:30a.m.

\$96 + HST per resident, per session.

\$106 + HST per non-resident, per session.

Learn to Nordic Walk Clinic



Join our certified instructor, Robin Hagen-Kennedy in our Learn to Nordic Walk Clinic to discover the benefits of this full-body, low-impact exercise. Nordic walking burns 20-40% more calories than regular walking. You will learn how to set the correct pole height, different poling techniques, and effective warm-up and cool-down exercises. Classes are limited to 8 participants for personalized attention. Ages 50+.

Equipment required: Walking poles.

Sports Dome, 150 Sportsplex Street, Embrun.

Wednesdays, 1:00p.m. to 2:00p.m.

- Class A: October 1 and 8.
- Class B: October 29 and November 5.
- Class C: November 26 and December 3.

\$42 + HST per resident, per session.

\$52 + HST per non-resident, per session.



The Heart Wise Exercise programs are intended for participants who are interested or concerned about their health. Heart Wise Exercise programs meet the following criteria:

1. Encourages regular, daily aerobic exercise.
2. Encourages and incorporates warm up, cool down and self-monitoring with all exercise sessions.
3. Allows participants to exercise at a safe level and offers options to modify intensity.
4. Includes participants with chronic health conditions - Doctor's approval may be required.
5. Offers health screening for all participants.
6. Has a documented emergency plan that is known to all exercise leaders, including the requirement of a current CPR certification, phone access to local paramedic services and presence of an AED.

These criteria could cover a variety of levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

Yang Style Tai Chi



Composed of 27 movements, the benefits of Tai Chi are increasing strength and energy, improving balance and stability, reducing stress, and helping with mental focus. Ages 18+.

Camille Piché Community Centre Hall,
8 Blais Street, Embrun.

- Mondays, September 22 to December 1,
2:00p.m. to 3:00p.m.

Palais des sports Hall, 6 Blais Street, Embrun.

- Thursdays, September 25 to November 27,
9:30a.m. to 10:30a.m.

No classes on October 13.

\$65 + HST per resident, per session.

\$75 + HST per non-resident, per session.

\$105 + HST per resident, two-class bundle.

\$115 + HST per non-resident, two-class bundle.



Modern Square Dancing



Instructor Wendy VanderMeulen will lead you through Modern Square Dancing, which might surprise you! While we still do moves like Dosido and Swing, we also incorporate steps like Grand Square, Lead Right, and Veer Left—all to a diverse range of music, including New and Old Country, Classic Rock, Top 40, Jazz, Alternative, and Easy Listening. It is a fresh twist on the square dancing your grandparents knew, offering a fun and engaging experience that's worth a try. Ages 10+.

St. Mother Teresa Catholic School,
1035 Concession Street, Russell.

Fridays, September 19 to December 12,
6:30p.m. to 8:30p.m.

No classes on October 10 and 31 and November 28.

\$116 + HST per resident, per session.

\$126 + HST per non-resident, per session.

Come and experience Modern Square Dancing at no cost at the Frank Kinnaid Community Centre (1084 Concession Street, Russell) on Friday, September 5 from 6:00p.m. to 8:00p.m.

Spinning Programs



Spinning

Spinning® is a high-energy indoor cycling class guided by an instructor and set to powerful, motivating music. It is a challenging yet enjoyable way to elevate cardiovascular fitness.

With its low-impact nature, Spinning® is suitable for most people, and our classes cater to all fitness levels.

Ages 18+. Maximum of 7 participants per class.

Russell Sports and Youth Centre, 988 Concession Street, Russell.

- Class A : Saturdays, September 27 to December 6, 9:00a.m. to 10:00a.m.
- Class B: Mondays, September 29 to December 8, 5:30p.m. to 6:30p.m.
- Class C: Thursdays, October 2 to December 4, 5:30p.m. to 6:30p.m.

No classes on October 11 and 13.

\$121 + HST per resident, per session.

\$131 + HST per non-resident, per session.

Spin & Tone

This class combines indoor cycling with strength training and weight lifting. This high-energy workout targets both cardiovascular fitness and muscle building. The class alternates between periods of intense cycling and off-the-bike strength training, using dumbbells and bodyweight exercises.

Ages 18+. Maximum of 7 participants per class.

Russell Sports and Youth Centre, 988 Concession Street, Russell.

- Class A : Mondays, September 22 to December 8, 7:00p.m. to 8:00p.m.
- Class B: Wednesdays, September 24 to December 3, 7:00p.m. to 8:00p.m.
- Class C: Wednesdays, September 24 to December 3, 8:00p.m. to 9:00p.m.
- Class D: Thursdays, September 25 to December 4, 7:00p.m. to 8:00p.m.

No classes on October 13, November 17, 19 and 20.

\$126 + HST per resident, per session.

\$136 + HST per non-resident, per session.



Ballroom Dancing for Fun

(B)

In partnership with Tom Manley, this program blends musical rhythm with light physical exercise and the joy of social dancing. It is a recreational activity that also provides a valuable life skill for parties, wedding receptions, and community dances.

Ages 16+.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

Wednesdays, September 24 to November 26.

- Advanced Two-Step (must complete beginner class), 6:30p.m. to 7:30p.m.
- Samba for beginners, 7:30p.m. to 8:30p.m.

\$96 + HST per resident, per session.

\$106 + HST per non-resident, per session.

\$182 + HST per couple for residents, per session.

\$192 + HST per couple for non-residents, per session.

\$166 + HST per resident, two-class bundle.

\$176 + HST per non-resident, two-class bundle.

\$312 + HST per couple for residents, two-class bundle.

\$322 + HST per couple for non-residents, two-class bundle.

The first lesson of each ballroom dancing class is a free, no-obligation trial. Come and experience ballroom dancing at no cost! Registration will be open until September 30 for anyone interested in joining the program.

Korean Sword

(E)

Join Instructor Stephen Smith for an introductory Korean Sword class that focuses on sword techniques and stances, emphasizing control, speed, and strength. Students will learn basic techniques, pre-arranged forms, and combat drills in a non-contact setting. Please come prepared for intensive physical exercise. Wooden swords will be provided for use during the course. Ages 18+.

Russell Sports and Youth Centre,
988 Concession Road, Russell.

Fridays, September 26 to November 28,
5:30p.m. to 7:00p.m.

\$105 + HST per resident, per session.

\$115 + HST per non-resident, per session.



Adult Gentle Yoga

(B)

Led by certified instructor Mike Walsh, our yoga classes emphasize enhancing flexibility and expanding the range of motion through postures, breathing techniques, and movement. The objective is to promote long-term mobility and maintain an active lifestyle.

Equipment required: Yoga mat, strap and water bottle.

Russell Sports and Youth Centre,
988 Concession Road, Russell.

- Tuesdays, September 23 to November 25,
7:00p.m. to 8:00p.m.

Location to be confirmed, Embrun.

- Wednesdays, September 24 to November 26,
7:00p.m. to 8:00p.m.

\$116 + HST per resident, per session.

\$126 + HST per non-resident, per session.



Boot Camp Program

(E)

This boot camp program is designed to push and challenge your own personal limits. This class is a full body workout which will focus on building strength and endurance in a fun environment. It will offer a combination of cardio drills, strength training (with free weights), and functional movements for a fun and dynamic session (in a circuit and/or interval format). This class is suitable for all fitness levels as modifications and different options will be provided as needed. Ages 18+.

Equipment required: Yoga mat and water bottle.

Russell Sports and Youth Centre,
988 Concession Road, Russell.

- Mondays, September 22 to December 8,
8:00p.m. to 9:00p.m.
- Thursdays, September 25 to December 4,
8:00p.m. to 9:00p.m.

No classes on October 13, November 17 and 20.

\$126 + HST per resident, per session.

\$136 + HST per non-resident, per session.

Pickleball (B)

A fun sport that combines elements of tennis, badminton, and ping-pong. Played with a paddle and a plastic ball with holes. Please note that there will be no instructor on site to teach. Ages 18+.

Please evaluate your level by visiting www.russell.ca/pickleball.

By registering to a pickleball session, you agree to participate in the rotation of courts and partners. You also agree to treat other players with respect. Disrespectful comments and behaviour will not be tolerated.

Sports Dome, 150 Sportsplex Street, Embrun.

No pickleball on October 13 and November 7.

Curious about pickleball?

Join us for an informative session and get a chance to try it for yourself! We will have balls on hand, but you are required to bring your own paddles. Come by on Wednesday, August 20, from 1:00p.m. to 3:00p.m. or from 5:30p.m. to 7:30p.m. The cost is \$10 per player. Maximum 16 participants per group.

Novice Players (1 to 2.5):

- Mondays, September 22 to December 1, 11:00a.m. to 11:55a.m.
- Mondays, September 22 to December 1, 6:30p.m. to 7:25p.m.
- Tuesdays, September 23 to November 25, 6:30p.m. to 7:25p.m.
- Wednesdays, September 24 to November 26, 3:00p.m. to 3:55p.m.
- Thursdays, September 25 to November 27, 9:30a.m. to 10:25a.m.

\$55 + HST per resident, per block.

\$65 + HST per non-resident, per block.

Intermediate Players (2.5 to 3.5):

- Mondays, September 22 to December 1, 9:30a.m. to 10:55a.m.
- Mondays, September 22 to December 1, 7:30p.m. to 8:55p.m.
- Tuesdays, September 23 to November 25, 7:30p.m. to 8:55p.m.
- Wednesdays, September 24 to November 26, 12:00p.m. to 1:25p.m.
- Fridays, September 26 to December 5, 11:30a.m. to 12:55p.m.

Advanced Players (3.5 to 4):

- Mondays, September 22 to December 1, 12:00p.m. to 1:25p.m.
- Wednesdays, September 24 to November 26, 10:30a.m. to 11:55a.m.
- Thursdays, September 25 to November 27, 10:30a.m. to 11:55a.m.
- Fridays, September 26 to December 5, 10:00a.m. to 11:25a.m.

\$82.50 + HST per resident, per block.

\$92.50 + HST per non-resident, per block.

Full session? Make sure to add your name to the waiting list to show your interest in joining a group. Those individuals will be the first to be contacted if we decide to add other groups.



Workshops

Cerveaux actifs (F)

Cognitive stimulation workshops. A series of weekly meetings offering a variety of exercises and cognitive games to keep your brain alert and healthy. Offered in French only. Ages 55+.

Sports Dome, 150 Sportsplex Street, Embrun.

Wednesdays, September 24 to November 26, 9:30a.m. to 11:30a.m.

\$75 + HST per resident.

\$85 + HST per non-resident.



Spanish Classes (B)

Join our 6-week basic Spanish course designed for those who already have some knowledge of the language and wish to advance further. We will explore written and oral expression through a variety of exercises. Ages 12+. Maximum of 10 participants per class.

Sports Dome, 150 Sportsplex Street, Embrun.

Session A:

Thursdays, September 11 to October 16.

- French class: 9:15a.m. to 10:45a.m.
- English class: 11:00a.m. to 12:30p.m.

Session B:

Thursdays, October 30 to December 4.

- French class: 9:15a.m. to 10:45a.m.
- English class: 11:00a.m. to 12:30p.m.

\$75 + HST per resident, per session.

\$85 + HST per non-resident, per session.

Vision to Victory Workshop

(E)

Become unstoppable in 2026! Create the life of your dreams with Penny Lee Prevost. Achieving goals goes beyond setting them. Use unique tools to create clarity, focus and drive. Attract the success you strive for more quickly. Learn to incorporate fun and play to stay focused. This is a celebration of hopes and dreams available to you.

Be prepared to learn, share and grow. Bring magazines, pictures of yourself, favorites quotes and tokens that motivate and inspire you that can be incorporated into your vision board and watch the magic happen. Includes workbook. Maximum 10 participants. Ages 18+.

Sports Dome, 150 Sportsplex Street, Embrun.

- Class A: Saturday, December 6, 10:00a.m. to 12:00p.m.
- Class B: Wednesday, December 10, 6:00p.m. to 8:00p.m.

\$40 + HST per resident, per session.

\$50 + HST per non-resident, per session.

Get Your Paint On!

(B)

Have fun with your friends and create your very own work of art. Registration is open until the day before. Cancellations must be received by the Monday prior to the scheduled class to receive a refund. Materials provided.

For adults only

Camille Piché Community Centre,
8 Blais Street, Embrun.

Fridays, 6:30p.m. to 8:30p.m.

Ages 19+. Bar will be open.

- September 26: Fall Forest
- October 17: Twilight Raven

\$50 + HST per resident, per class.

\$60 + HST per non-resident, per class.

Family Night

Camille Piché Community Centre,
8 Blais Street, Embrun.

Frosty & Fancy. Ages 6+.

Friday, December 19,

6:30p.m. to 8:00p.m.

\$30 + HST per resident.

\$40 + HST per non-resident.

\$55 + HST for two residents.

\$65 + HST for two non-residents.

\$75 + HST for three residents.

\$85 + HST for three non-residents.



Welcome to Motherhood: The Essential Newborn Care Class

(E)

Presented by The Mama Coach - Stephanie Bigras. Are you a new parent or about to welcome your little one? This hands-on workshop is designed for parents in the prenatal period or with infants up to 4 weeks old. Learn what to expect and how to confidently care for your newborn. We'll cover newborn basics, feeding (breastfeeding and formula), diapering and hygiene, safe sleep practices, and soothing techniques to help you navigate those early weeks with confidence and calm.

Palais des sports Hall, 6 Blais Street, Embrun.

Saturdays, October 18 and 25,
10:00a.m. to 11:30a.m.

\$50 per resident (participant or couple).

\$60 per non-resident (participant or couple).

New to Potty Training Workshop

(E)

Presented by The Mama Coach - Stephanie Bigras. Feeling overwhelmed at the thought of potty training? You're not alone. This 90-minute workshop is designed for parents who haven't started yet and want practical, judgment-free guidance. Learn how urinary and rectal function impacts potty training, how to assess readiness, and how to choose between parent-led and child-lead methods. We'll also explore realistic expectations, common fears, and how to manage resistance - so you can approach this big milestone with clarity and confidence.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

Saturday, December 13, 10:00a.m. to 11:30a.m.

\$50 per resident (participant or couple).

\$60 per non-resident (participant or couple).

Sleep Tips Workshop for Older Infants (E)

Presented by The Mama Coach - Stephanie Bigras. Overwhelmed by sleepless nights with your child or wanting to lay the foundations to independent sleep? This workshop offers simple, actionable tips to help you create a restful sleep routine for your child while maximizing your own sleep and free time. We'll cover sleep environment, bedtime routines, night feedings, naps, and more - no sleep consultant needed, just practical solutions to get you all the rest you deserved. This workshop is geared towards children aged 4-24 months.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell,

Saturday, November 8, 10:00a.m. to 11:15a.m.

\$39 per resident (participant or couple).

\$49 per non-resident (participant or couple).

Pumping, Bottles and Formula Workshop (E)

Presented by The Mama Coach - Stephanie Bigras. Feeding your baby doesn't have to be all or nothing. In this inclusive, judgment-free workshop, you'll gain evidence-based guidance on bottle feeding, pumping, and formula feeding - so you can make informed choices that support your baby's health and your family's lifestyle. We'll cover responsive feeding, newborn reflexes, milk expression, breast pumps, formula options, bottle types, and tips for preparing to return to work. Whether you're planning to pump, supplement, or exclusively formula feed, you'll leave feeling confident, supported, and prepared for your unique feeding journey.

Palais des sports Hall, 6 Blais Street, Embrun.

Saturday, September 27, 10:00a.m. to 11:30a.m.

\$45 per resident (participant or couple).

\$55 per non-resident (participant or couple).

Children and Youth (B) Bilingual (E) English (F) French

Russell Tots in Motion (B)

A fun, parent-assisted open gym designed for little ones to explore, move and grow! This structured playtime in a soft, safe environment helps children develop sensory awareness, agility, coordination, and confidence through climbing, crawling, balancing and bouncing.

Perfect for toddlers and preschoolers! Maximum of 10 participants per session.

Russell Sports and Youth Centre,
988 Concession Street, Russell.

Saturdays, September 27 to December 6.

- Ages 1: 8:00a.m. to 8:45a.m.
- Ages 1: 9:00a.m. to 9:45a.m.
- Ages 2 to 3: 10:00a.m. to 10:45a.m.
- Ages 2 to 3: 11:00a.m. to 11:45a.m.

Sundays, September 28 to December 7.

- Ages 1: 8:00a.m. to 8:45a.m.
- Ages 1: 9:00a.m. to 9:45a.m.
- Ages 2 to 3: 10:00a.m. to 10:45a.m.
- Ages 2 to 3: 11:00a.m. to 11:45a.m.

No classes on October 11 and 12.

\$120 per resident, per session.

\$130 per non-resident, per session.



Russell Little Movers (B)

An energetic and engaging class designed for 4 years old and over! This program uses fun, circuit-style activities to introduce foundational gymnastics skills. Through structured movement, kids build strength, coordination, and confidence - all in a supportive and playful environment that keeps them moving, learning and smiling.

Maximum of 10 participants per session. Please note that basic skills are required to join the 6+ group.

Russell Sports and Youth Centre,
988 Concession Street, Russell.

Saturdays, September 27 to December 6.

- Ages 4 to 5: 12:45p.m. to 1:45p.m.
- Ages 6+: 2:00p.m. to 3:00p.m.

Sundays, September 28 to December 7.

- Ages 4 to 5: 12:45p.m. to 1:45p.m.
- Ages 6+: 2:00p.m. to 3:00p.m.

No classes on October 11 and 12.

\$140 per resident,
per session.

\$150 per non-
resident, per
session.



Abstract Art

(E)

Abstract art is a class for children that focuses on the exploration and creativity of the mind. Participants will create pieces of artwork over the various weeks with all different types of mediums. This class will allow children to socialize, learn new skills and use their creativity to create something fantastic. Maximum of 10 participants. Ages 6+.

Russell Sports and Youth Centre,
988 Concession Street, Russell.

Wednesdays, October 1 to December 3,
5:00p.m. to 6:00p.m.

\$100 per resident, per session.

\$110 per non-resident, per session.



Fashion & Jewelry Design

(E)

This is a 60-minute program where participants will create different fashion and jewelry designs to take home and wear. Participants will learn to create bracelets, earrings, clay jewelry, tie-dye, fashion sketches, sewing and more. This class offers participants to explore their creativity using a different medium. Ages 8+.

Russell Sports and Youth Centre,
988 Concession Street, Russell.

Wednesdays, October 1 to December 3,
6:00p.m. to 7:00p.m.

\$100 per resident, per session.

\$110 per non-resident, per session.



Tennis

(B)

Certified Instructor: Arthur Cuenco. With credentials from Tennis Canada, Ontario Tennis Association, Tennis Québec, and the United States Professional Tennis Registry, Arthur Cuenco has coached national level players and remains deeply involved in the tennis community. Learn the fundamentals of forehand, backhand, serve, movement, and positioning. A tennis racket is required. Maximum of 8 participants per session.

Sports Dome, 150 Sportsplex Street, Embrun.

Thursdays, October 9 to December 11.

- Ages 7 to 9: 6:00p.m. to 7:00p.m.
- Ages 10 to 12: 7:00p.m. to 8:00p.m.
- Ages 13 to 15: 8:00p.m. to 9:00p.m.
- Ages 16 to 18: 9:00p.m. to 10:00p.m.

\$140 per resident, per session.

\$150 per non-resident, per session.



Learn to Draw

(E)

Learn to Draw is an introduction class to sketching and the basics of drawing. Participants will learn the basics of shading, shapes, grounding, dimensions and perspectives. This class will use these steps to create sketches of birds, butterflies, flowers, dogs and more. Ages 8+.

Russell Sports and Youth Centre,
988 Concession Street, Russell.

Wednesdays, October 1 to December 3,
7:00p.m. to 8:00p.m.

\$100 per resident, per session.

\$110 per non-resident, per session.

Monkey Rock Music

(E)

Monkey Rock Music is a fun, entertaining and creative participatory music program for young children and their adult caregiver. Sing, dance, do actions and play instruments on classic, modern and original children's songs. Maximum of 14 participants per session.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

Thursdays, September 25 to November 27.

- Ages 0 to 1: 11:30a.m. to 12:00p.m.
- Ages 1 to 2: 10:45a.m. to 11:15a.m.
- Ages 2 to 4: 10:00a.m. to 10:30a.m.

\$96 per resident,
per session.

\$106 per non-resident,
per session.



Youth Bowling League (B)

Play bowling games every week and keep track of your score. Participants will be divided by age groups following registrations. Ages 4 to 14.

Bowling Hall, 8 Blais Street, Embrun.

Saturdays, September 27 to December 6,
9:30a.m. to 11:00a.m.

No class on October 11.

\$95 per resident, per session.

\$105 per non-resident, per session.

Advanced Youth Bowling League (B)

This program is designed for advanced bowlers who want to learn more about the game as well as get advice on how to improve their scores. A maximum of 16 participants. Ages 11 to 16.

Bowling Hall, 8 Blais Street, Embrun.

Saturdays, September 27 to December 6,
11:00a.m. to 1:00p.m.

No class on October 11.

\$100 per resident, per session.

\$110 per non-resident, per session.

Badminton (B)

The goal of this program is to develop and enhance the technical, tactical and physical abilities of participants in badminton through structured training sessions, with a focus on improving skills, building agility and coordination, and promoting discipline and sportmanship. The program is targeted for beginner and intermediate players. Maximum 8 participants per class.

Location to be confirmed.

Wednesdays, October 15 to December 3.

- Ages 7 to 9: 6:00p.m. to 7:00p.m.
- Ages 10 to 12: 7:00p.m. to 8:00p.m.
- Ages 13 to 15: 8:00p.m. to 9:00p.m.
- Ages 16+ (including adults): 9:00p.m. to 10:00p.m.

\$140 per resident, per session.

\$150 per non-resident, per session.



Mini Chef (E)

Ready to turn up the heat and become a kitchen superstar? Join our Mini Chef cooking classes where you'll chop, mix and whip up wholesome, yummy meals all by yourself! You'll learn to cook like a pro and have a blast doing it! Healthy food has never been this fun. Spots fill fast - grab your apron and let's get cooking! Ages 9 to 15.

Maximum of 8 participants per session. To be able to offer the program to as many children as possible, we ask that you register your child to only one class.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

- Class A: Tuesdays, September 23, 30, October 14 and 21, 6:00p.m. to 7:30p.m.
- Class B: Tuesdays, October 28, November 4, 11 and 18, 6:00p.m. to 7:30p.m.
- Class C: Tuesday, November 25, December 2, 9 and 16, 6:00p.m. to 7:30p.m.

\$84 per resident, per session.

\$94 per non-resident, per session.



Online Babysitting Course (B)

In partnership with Menard Safety Courses. With this flexible 7-8 hours informative online babysitting course, learn essential CPR and First Aid skills, how to deal with emergencies effectively, start a successful babysitting business and develop leadership skills and initiative.

To register: visit our website www.russell.ca/programs. Click on the babysitting course link.

\$55 + HST per child.



Dance Programs

B

All dance programs run from September 15, 2025, to April 17, 2026.

There will be no classes on the following dates:

- All groups: October 11 and 13, from December 22 to January 3, from January 19 to 24, February 16, from March 16 to 20, and April 4 and 6.
- Groups at the Palais des sports Hall: September 18.

Participants will receive an email or be notified by the dance instructor if any other class is cancelled.

The recital will be on April 18, 2026.

All classes are bilingual.



Payment Options

- Option #1: Full payment online.
- Option #2: Full payment by cheque/cash.
- Option #3: Full payment in 3 installments by cheque for September, November and January.

Paying by cheque or cash? Registrations need to be made over the phone at 613-443-2814 or contact JB Danceworkz to make arrangements.

Youth Competitive Dance

In partnership with JB Danceworkz, the competitive team is made for dancers who want more challenges. It is a higher level than recreational. Auditions are necessary for anyone wanting to be part of the team. Please contact jbdanceworkz@gmail.com for more information.

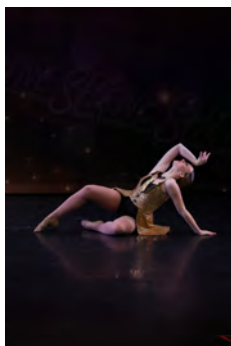
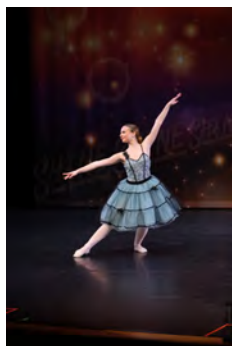
Twinkle Toes Competitive Team (Ages 6 to 8)

- \$520 per resident
- \$530 per non-resident

Competitive Team (Ages 9+)

- \$675 per resident
- \$685 per non-resident

Classes will be held on Mondays and Thursdays evenings.
Schedule to be confirmed with participants after the auditions.
Costumes and competitions are extra charges. Costume deposit of \$80 due by October 15.



Recreational Dance

Hip Hop

A street dance style that includes a wide range of styles and has its own technical aspects.

Palais des sports Hall, Embrun.

- Kinder (Ages 4 to 5): Thursdays, 4:45p.m. to 5:30p.m.

Location to be confirmed.

- Junior (Ages 6 to 9): Mondays, 6:00p.m. to 7:00p.m.
- Intermediate (Ages 10+): Mondays, 7:00p.m. to 8:00p.m.

\$360 per resident (Kinder).

\$370 per non-resident (Kinder).

\$415 per resident (Junior and Intermediate).

\$425 per non-resident (Junior and Intermediate).

Jazz

An upbeat stylistic form of dance that requires technique, musicality and stage presence.

Location to be confirmed.

- Kinder (Ages 4 to 5): Saturdays, 10:30a.m. to 11:15a.m.
- Junior (Ages 6 to 9): Saturdays, 11:15a.m. to 12:15p.m.
- Intermediate (Ages 10+): Mondays, 8:00p.m. to 9:00p.m.

\$360 per resident (Kinder).

\$370 per non-resident (Kinder).

\$415 per resident (Junior).

\$425 per non-resident (Junior).

Creative Dance

Introduction to the rhythm of music through simple dance movements and exercises. Ages 3.

Location to be confirmed.

- Saturdays, 9:00a.m. to 9:45a.m.

\$360 per resident.

\$370 per non-resident.



In partnership with JB Danceworkz, these recreational programs teach the basics of dance. All prices below includes a \$100 fee for mandatory costumes.

Ballet

Introduction to the basics of dance technique through fun and easy exercises. A highly technical style that defines the fundamental techniques used in many styles of dance.

Location to be confirmed.

- Kinder (Ages 4 to 5): Saturdays, 9:45a.m. to 10:30a.m.

\$360 per resident.

\$370 per non-resident.

Contemporary/Lyrical

A combination of modern, jazz, and ballet.

Location to be confirmed.

- Intermediate (Ages 10+): Saturdays, 12:15p.m. to 13:15p.m.

\$415 per resident.

\$425 per non-resident.

Acro

A combination of gymnastics, jazz and lyrical.

Camille Piché Community Centre, Embrun.

- Junior (Ages 6 to 9): Tuesdays, 5:30p.m. to 6:30p.m.

\$415 per resident.

\$425 per non-resident.

Musical Theatre

A combination of dance, lip syncing and acting, presenting a story and emotional content.

Palais des sports Hall, Embrun.

- Kinder (Ages 4 to 5): Mondays, 5:00p.m. to 5:45p.m.

Location to be confirmed.

- Junior (Ages 6 to 9): Mondays, 6:00p.m. to 7:00p.m.
- Intermediate (Ages 10+): Mondays, 7:00p.m. to 8:00p.m.

\$360 per resident (Kinder).

\$370 per non-resident (Kinder).

\$415 per resident (Junior and Intermediate).

\$425 per non-resident (Junior and Intermediate).

Programs for Children, Youth, and Adults with Disabilities

New Frontiers B

The New Frontiers program is an opportunity for children, youth and young adults living with various disabilities to experience the benefit of participation in recreation and leisure activities. Each session will be planned and facilitated by a recreation therapist to provide participants with adapted activities that promote social, emotional, and physical well-being as well as independence, enjoyment, and communities. Adapted activities will be a variety of arts, science, sports, music, community engagement and more.

Frank Kinnaird Community Centre,
1084 Concession Street, Russell.

Mondays, September 29 to December 8.

- Group A (Children and Youth): 5:45p.m. to 6:45p.m.
- Group B (Adults): 7:00p.m. to 8:00p.m.

No classes on October 13.

\$160 per resident, per session.

\$170 per non-resident, per session.

Challengers Bowling League B

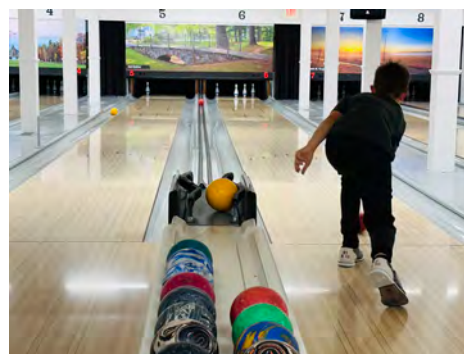
Play bowling games every week and meet new friends. For youth and young adults with disabilities.

Bowling Hall, 8 Blais Street, Embrun.

Fridays, September 26 to November 28,
6:00p.m. to 7:30p.m.

\$90 per resident, per session.

\$100 per non-resident, per session.



PROGRAMS AT THE LIBRARY

FALL 2025

E - English
F - French
B - Bilingual



BOOK CLUBS FOR KIDS

Free / Registration required

JUNIOR BOOK CLUB - Grades 3-5 (E)

1st Thursday of the month, 4:15 p.m. to 5:15 p.m.
Russell Branch (Oct 2, Nov 6, Dec 4)

YOUTH BOOK CLUB - Grades 6-8 (E)

1st Thursday of the month, 5:15 p.m. to 6:15 p.m.
Russell Branch (Oct 2, Nov 6, Dec 4)

CLUB DE LECTURE JUNIOR - Grades 3-5 (F)

3rd Wednesday of the month, 4:15 p.m. to 5 p.m.
Embrun Branch (Oct 15, Nov 19, Dec 17)

BOOK CLUBS FOR ADULTS

Free / Registration required

ADULT BOOK CLUB (E) Russell Branch

First Tuesday of the month at 8 p.m.

20s & 30s BOOK CLUB (E) Russell Branch

Last Thursday of the month at 7 p.m.

CLUB DE LECTURE POUR ADULTES (F) Embrun B.

Last Thursday of the month at 1 p.m.

GENEALOGY CLUB - ADULTS (B)

First Thursday of the month at 6 p.m.

Embrun Branch. **Free / Registration required**

FRENCH LANGUAGE LESSONS - BEGINNER (F)

Mondays from 7 p.m. to 8:30 p.m. Online
September 29 to November 24

Cost: \$30 / Registration required

PROGRAMS FOR CHILDREN

BABIES AND BOOKS (B) (Babies 0 to 18 months)

Tuesdays from 11 a.m. to 11:30 a.m. Russell Branch.

In partnership with *Embrun Family Centre*.

September 9 to December 16 - **Free / Drop in**

TODDLER TIME WITH EMILY (F) (18-36 months)

Tuesdays from 10:30 a.m. to 11:00 a.m. Embrun Branch.

September 30 to December 2 - **Free / Drop in**

HIKE & STORY TIME (B) (0-6 years old)

Mondays from 9 a.m. to 11 a.m. Russell Branch.

Meet at 9 a.m. in parking lot for a walk, then stories inside.

In partnership with *Early ON Child & Family Centre*.

On-going - **Free / Drop in**

STORYTIME & CRAFTS WITH KRISTINA (E) (3-4 years old)

Wednesdays from 10:30 a.m. to 11:30 a.m. Russell Branch.

October 1 to December 3 - **Cost: \$25 / Register**

TODDLER TIME WITH STEPHANIE (B) (18 to 36 months)

Thursdays from 10:30 a.m. to 11:00 a.m. Russell Branch.

October 2 to December 4 - **Free / Drop in**

AFTER SCHOOL CLUB (B) (Kids 7+ years)

Russell Branch - Sep. 29, Oct. 27, Nov. 24 - 4 p.m.-5 p.m.

Embrun Branch - Sep. 25, Oct. 30, Nov. 27 - 4 p.m.-5 p.m.

Board games, Minecraft cubes, and Lego challenges.

Free / Registration required

STORYTIME IN PYJAMAS

October 24 from 6:30 p.m. to 8 p.m.

December 12 from 6:30 p.m. to 8 p.m.

Russell Branch in English

Embrun Branch in French

Stories, crafts and snacks. Wear your favourite pyjamas!

5 - 8 years old. **Cost: \$8 / Register**

For more events & activities, visit our website & follow us on social media!

HOW TO REGISTER

- Online at russellbiblio.com
- In-person at both branches

**REGISTRATION BEGINS
SEPTEMBER 5**



613.445.5331



mylibrary@russellbiblio.com



russellbiblio.com



@russellbiblio