



Municipalité de  
**RUSSELL**  
Township



# Program and Activity Guide

**Summer 2024**



@MunRussellTwp



[www.russell.ca/programs](http://www.russell.ca/programs)



[recreation.loisirs@russell.ca](mailto:recreation.loisirs@russell.ca)



613-443-2814

## Registration

### Online Registration Dates:

- Summer camps: Residents can register starting April 10, 2024, 9:00a.m.  
Non-residents can register starting April 15, 2024, 9:00a.m.
- Aquatic Programs: Residents can register starting May 1, 2024, 9:00a.m.  
Non-residents can register starting May 6, 2024, 9:00a.m.

### In-Person Registration Date:

June 5 from 5:00p.m. to 8:00p.m. at Town Hall (717 Notre Dame Street, Embrun).  
Take an appointment to skip the line. The link for appointments will be shared at [www.russell.ca/programs](http://www.russell.ca/programs) and it will open on May 22, 2024, at 9:00a.m. Drop-in will still be accepted.

### How to Register Online:

- Go to our UniverusRec portal at <https://app.univerusrec.com/munrussellpub>.
- You will need a Username and Password. You can create your own account or family account by following the instructions on the site.
- If you have difficulty finding the program, click on the Filters tab on your left to refine your search. Click the Apply button when you are done.

For important information and disclaimers about registration, please visit [www.russell.ca/programs](http://www.russell.ca/programs).



# Summer Camp

- (F) French Camp
- (E) English Camp

The Township of Russell offers daily Summer Camps from 6:30a.m. to 6:00p.m. Camp Moustiques and Kaboum will run from June 24 to August 23. Camp Sunshine, Lightning and Xtreme will run from July 2 to August 30.

Price is per child per day.

Residents: \$33 early bird or \$43 after June 9.

Non-residents: \$43 early bird or \$53 after June 9.

## Camp Lightning (E)

Calling all kids! We take camp to a whole new level. Take part in sports, games, swimming, outdoor activities, water games and much more! Location: to be confirmed. Ages 7 to 9.



## Camp Xtreme (E)

Calling all pre-teens! We take camp to a whole new level. Take part in sports, games, swimming, outdoor activities, water games and much more! Location: to be confirmed. Ages 10 to 12.



## Camp Sunshine (E)

Each week brings a new theme. Enjoy games, arts and crafts, recreational swimming, outdoor activities, water activities and much more! Location: Frank Kinnaird Hall, Russell Arena. Ages 4 to 6.



## Camp Moustiques (F)

This camp offers exciting themes and activities each week. Activities include games, arts and crafts, recreational swimming, outdoor activities, water activities and more! Location: Embrun High School. Ages 4 to 8.



## Camp Kaboum (F)

This camp is perfect for your pre-teen! Sports, games, swimming, outdoor activities, water games and much more! Location: Embrun High School. Ages 9 to 12.



## Summer Camp Important Information

1. At the time of print, the 2024-2025 school calendars were not available for all school boards. Should any changes need to be made, the online registration system will reflect the right information.
2. Refund Policy: Withdrawal from a week or a day of camp will be refunded if the Township is notified two weeks in advance. A \$10 administrative fee for each \$100 transaction will be applied.
3. No outings have been scheduled other than going to the pool. Instead, we are planning to have special guests at camp every week. This will keep the registration fee accessible to all.
4. No registration will be taken at the camp the same day. You must register online on the Thursday before the desired camp week.
5. Only children who have reached the age of 4 can participate in the camp.
6. Any child in diapers will be refused access to camp.
7. If you register your child in the wrong age group, the Township reserves the right to withdraw your child from the camp. We will do our best to switch them to another camp depending on availability. A refund will be provided if no alternative can be found.

## Dance Workshops

Come try a workshop before the Fall session! All workshops are bilingual.

Camille Piché Community Centre, Embrun.

- Acro Kinder (Ages 4 to 5): July 8, 5:30p.m. to 6:15p.m.
- Acro Junior (Ages 6 to 9): July 8, 5:30p.m. to 6:30p.m.
- Acro Intermediate (Ages 10+): July 8, 6:30p.m. to 7:30p.m.
- Jazz Kinder (Ages 4 to 5): July 11, 5:30p.m. to 6:15p.m.
- Jazz Junior (Ages 6 to 9): July 11, 6:15p.m. to 7:15p.m.
- Jazz Intermediate (Ages 10+): July 11, 7:15p.m. to 8:15p.m.
- Creative Dance (Age 3): July 13, 9:00a.m. to 9:45a.m.
- Musical Theatre Kinder (Ages 4 to 5): July 13, 9:45a.m. to 10:30a.m.
- Hip Hop Kinder (Ages 4 to 5): July 16, 5:30p.m. to 6:15p.m.
- Hip Hop Junior (Ages 6 to 9): July 16, 6:15p.m. to 7:15p.m.
- Hip Hop Intermediate (Ages 10+): July 16, 7:15p.m. to 8:15p.m.
- Musical Theatre Junior (Ages 6 to 9): July 22, 6:00p.m. to 7:00p.m.
- Musical Theatre Intermediate (Ages 10+): July 22, 7:00p.m. to 8:00p.m.
- Lyrical/Contemporary Junior (Ages 6 to 9): July 22, 6:00p.m. to 7:00p.m.
- Lyrical/Contemporary Intermediate (Ages 10+): July 22, 7:00p.m. to 8:00p.m.
- Ballet Kinder (Ages 4 to 5): July 25, 5:30p.m. to 6:15p.m.
- Ballet Junior (Ages 6 to 9): July 25, 6:15p.m. to 7:15p.m.
- Ballet Intermediate (Ages 10+): July 25, 7:15p.m. to 8:15p.m.

Interested in joining the competitive dance team for the 2024-2025 season? Contact [jbdanceworkz@gmail.com](mailto:jbdanceworkz@gmail.com) for information.



Creative Dance and Kinder: \$25 per workshop. Junior and Intermediate: \$30 per workshop. Payable at the door.

To register, please send an email to [jbdanceworkz@gmail.com](mailto:jbdanceworkz@gmail.com). Registration beforehand is required. No drop-in.

## PROGRAMS AT THE LIBRARY

### SPRING 2024

E - English  
F - French  
B - Bilingual



#### EVENTS - FOR ADULTS

##### EMBRUN HISTORY (F)

Thursday, May 2 at 6 p.m.

Embrun Branch in French

*The Genealogy Club* will have a special guest on May 2. Everyone is welcome to attend this presentation on the history of Embrun. Presented by **Jean-Pierre Proulx**, author & historian.

Free event. **Registration required.**

#### AUTHOR VISITS - FOR ADULTS

COMING SOON!

Check our website for more information.

#### BOOK CLUBS FOR ADULTS

Join us for a monthly book discussion.

New members welcome at any time. No cost.

##### ADULT BOOK CLUB (E)

Russell Branch, first Tues. of the month at 8 p.m.

##### 20s & 30s BOOK CLUB (E)

Russell Branch, last Thurs. of the month at 7 p.m.

##### CLUB DE LECTURE POUR ADULTES (F)

Embrun Branch, last Sat. of the month at 1 p.m.

#### BOARD GAME NIGHT

Mondays 6-8 p.m. at the Russell Branch.

Come discover new games with friends & family, or stick to an old favourite. A variety of games will be available to choose from, or you can bring your own. **Registration not required.**

#### KNITTING CLUB

Tuesdays 6:30-8 p.m. at the Russell Branch.

Looking for help with your knitting project? All levels of knitters welcome. Bring your projects with you. **Registration not required.**

#### PROGRAMS FOR KIDS

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

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

Meet at 9 a.m. in parking lot for a walk.

In partnership with *EarlyON Child & Family Centre*.

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

##### STORYTIME IN PAJAMAS : IT'S SPRING! (F)

Friday, April 26 at 6:30 p.m.

Embrun Branch (French)

Russell Branch (English) is FULL

Come celebrate spring with us: stories, crafts and snacks. Wear your favourite pajamas!

**Registration required.** 5 - 7 years old. Cost: \$7

#### LIBRARY COMMUNITY GARDEN

Located at the Russell Branch. This is a volunteer-based initiative where community comes together & donates the harvest to the local food bank.

#### COMING SOON!

Registration for Summer activities will begin Monday, June 10th. Check our website for more information.

#### HOW TO REGISTER

- Online at [russellbiblio.com](http://russellbiblio.com)
- In-person at both branches

REGISTRATION IS  
ON-GOING

613.445.5331 (Russell)  
613.443.3636 (Embrun)

mylibrary@russellbiblio.com

russellbiblio.com

@russellbiblio

# Aquatic Programs

(B) Bilingual

(E) English

## Parent & Tot / Preschool A-C / Swimmer Level 1-6

Total of 8 lessons.

Morning lessons are from Monday to Friday (Sessions A to D).

Afternoon lessons are Mondays and Wednesdays (Session E).

Evening lessons are Tuesdays and Thursdays (Sessions F and G).

View tables for the time of each session.

\$89.25 per resident.

\$99.25 per non-resident.

## Bronze Medallion (B)

Mondays, Wednesdays and Fridays from 5:30p.m. to 8:30p.m. and Tuesdays and Thursdays from 6:00p.m. to 8:30p.m.

Group A: July 2 to July 12.

Group B: July 29 to August 9.

\$194.25 per resident.

\$204.25 per non-resident.

## Bronze Star (B)

Tuesdays and Thursdays from 5:30p.m. to 6:45p.m.

Group A: July 2 to July 25.

Group B: July 30 to August 22.

\$147 per resident.

\$157 per non-resident.

## Bronze Cross (B)

Mondays, Wednesdays and Fridays from 5:30p.m. to 8:30p.m. and Tuesdays and Thursdays from 6:00p.m. to 8:30p.m.

Group A: July 15 to July 26.

Group B: August 12 to August 23.

\$194.25 per resident.

\$204.25 per non-resident.

Lessons	Session A July 2 to 11	Session B July 15 to 24	Session C July 29 to August 8	Session D August 12 to 21	Session E July 8 to 31	Session F July 2 to 25	Session G July 30 to 22
Parent & Tot	9:00a.m.	8:00a.m.	9:00a.m.	8:00a.m.	Not Offered	Not Offered	Not Offered
Preschool A	8:30a.m. 10:00a.m.	8:30a.m.	8:30a.m. 10:00a.m.	8:30a.m.	4:00p.m.	5:30p.m.	5:30p.m.
Preschool B	8:00a.m.	9:30a.m. 10:00a.m.	8:00a.m.	9:30a.m. 10:00a.m.	4:00p.m.	5:30p.m.	5:30p.m.
Preschool C	10:00a.m.	8:00a.m.	10:00a.m.	8:00a.m.			
Swimmer 1	8:00a.m. 9:30a.m.	8:45a.m. 10:00a.m.	8:00a.m. 9:30a.m.	8:45a.m. 10:00a.m.	3:30p.m.	6:00p.m.	6:00p.m.
Swimmer 2	8:45a.m. 10:00a.m.	9:00a.m. 10:00a.m.	8:45a.m. 10:00a.m.	9:00a.m. 10:00a.m.	3:30p.m.	6:00p.m.	6:00p.m.
Swimmer 3	8:30a.m.	9:15a.m.	8:30a.m.	9:15a.m.	Not Offered	6:30p.m.	6:30p.m.
Swimmer 4	9:15a.m.	8:30a.m.	9:15a.m.	8:30a.m.	Not Offered		
Swimmer 5	8:00a.m.	9:15a.m.	8:00a.m.	9:15a.m.	Not Offered		
Swimmer 6	9:15a.m.	8:00a.m.	9:15a.m.	8:00a.m.	Not Offered	6:30p.m.	6:30p.m.

## Semi-Private and Private Lessons

30 minutes per lesson.

In-person registrations only on June 5 at Town Hall or at the pool once it is open.

### Semi-Private Lessons

Total of 2 to 6 people per class.

\$21 per resident.

\$26 per non-resident.

### Private Lessons

\$25.25 per resident.

\$30.25 per non-resident.

(B)



### Typographics 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 will post the correct information.

## Baraccudas Swim Team

The Barracuda Swim Team is a fun, competitive swim team that strives to enhance the swimmers' sportsmanship, endurance, strength and swimming ability. We hope the swimmers enjoy friendly competition during the swim meets and camaraderie during the summer months. From July 2 to August 23. Prices are for morning or evening sessions.

(B)

### Head Start

Tuesdays and Thursdays  
Mornings: 12:00p.m. to 12:45p.m.  
Evenings: 4:15p.m. to 5:00p.m.  
\$148.75 per resident.  
\$158.75 per non-resident.

### Junior

Mondays, Wednesdays and Fridays.  
Mornings: 11:00a.m. to 11:45a.m.  
Evenings: 4:30p.m. to 5:15p.m.  
\$159.25 per resident.  
\$169.25 per non-resident.

### Swim Team Clothing

Following online registration, each registrant will receive an email with the choices for 2024. Pieces will be available to try on at the in-person registration night on June 5 at Town Hall. The final clothing order will be made on June 6.

### Challengers

Tuesdays, 5:00p.m. to 5:30p.m.  
\$97.50 per resident.  
\$107.50 per non-resident.

### Senior

Mondays, Wednesdays and Fridays.  
Mornings: 11:45a.m. to 12:30p.m.  
Evenings: 5:15p.m. to 6:00p.m.  
\$159.25 per resident.  
\$169.25 per non-resident.



## Other Programs

### Aqua-Fit (B)

Designed as a medium intensity total body workout, it provides a balance of cardiovascular as well as muscular strength/endurance components.  
Ages 16+.

Russell Centennial Pool, July 2 to August 22.  
• Tuesdays from 11:15a.m. to 12:00p.m.  
• Thursdays from 11:15a.m. to 12:00p.m.

\$80 + HST per resident per class.  
\$90 + HST per non-resident per class.  
\$128 + HST per resident: two days bundle.  
\$138 + HST per non-resident: two days bundle.

Drop-in available only if space permits (on a first-come, first-serve basis).  
\$12 + HST per resident.  
\$14 + HST per non-resident.

### Standard First Aid with CPR-C (E)

Comprehensive, two-day course offers first aid and cardiopulmonary resuscitation (CPR) skills, for those who need training due to work requirements, or who want more knowledge to respond to emergencies at home. Also, recommended for participants of the Bronze Medallion and Bronze Cross course. Course given by a certified Lifesaving Society instructor.  
Ages 13+.

Saturday, June 22 and Sunday, June 23, 9:00am to 5:00pm, at the Palais des sports Hall, Embrun.

\$110 + HST per resident.  
\$120 + HST per non-resident.

### Aqua Zumba (B)

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Ages 16+.

Russell Centennial Pool, July 3 to August 26.  
• Mondays from 6:00p.m. to 6:45p.m. No classes on August 5.  
• Wednesdays from 6:00p.m. to 6:45p.m.

\$87.50 + HST per resident for Mondays.  
\$97.50 + HST per non-resident for Mondays.  
\$100 + HST per resident for Wednesdays.  
\$110 + HST per non-resident for Wednesdays.  
\$150 + HST per resident: two days bundle.  
\$160 + HST per non-resident: two days bundle.

Drop-in available only if space permits (on a first-come, first-serve basis).  
\$15 + HST per resident.  
\$17 + HST per non-resident.



# 2024 RUSSELL CENTENNIAL POOL SCHEDULE

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8AM	:00								
	:15								
	:30								
	:45								
9AM	:00	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	
	:15								
	:30								
	:45								
10AM	:00	Swimming Lessons						Swimming Lessons	
	:15								
	:30								
	:45								
11AM	:00		Junior Swim Team	Aquafit	Junior Swim Team	Aquafit	Junior Swim Team	Swimming Lessons	
	:15		Senior Swim Team	Head Start Swim Team	Senior Swim Team	Head Start Swim Team	Senior Swim Team		
	:30								
	:45								
12PM	:00	Lane Swim	Senior Swim Team	Head Start Swim Team	Senior Swim Team	Head Start Swim Team	Senior Swim Team	Lane Swim	
	:15								
	:30								
	:45								
1PM	:00		Public Swim	Camp Swim	Public Swim	Camp Swim	Camp Swim	Public Swim	
	:15								
	:30								
	:45								
2PM	:00		Public Swim	Camp Swim	Public Swim	Camp Swim	Camp Swim	Public Swim	
	:15								
	:30								
	:45								
3PM	:00	Public Swim		Public Swim		Public Swim	Public Swim	Public Swim	
	:15		Swimming Lessons		Swimming Lessons				
	:30								
	:45								
4PM	:00		Junior Swim Team	Head Start Swim Team	Junior Swim Team	Head Start Swim Team	Junior Swim Team	Public Swim	
	:15								
	:30								
	:45								
5PM	:00		Senior Swim Team	Challengers Swim Team	Senior Swim Team		Senior Swim Team	Public Swim	
	:15								
	:30								
	:45								
6PM	:00	<b>NOTICE:</b> The pool will close at 8pm in August, or when the sun sets before 9pm.	Aqua Zumba	Swim Lessons	Aqua Zumba	Swim Lessons		* This schedule is subject to change without notice.	
	:15								
	:30								
	:45								
7PM	:00		Public Swim	Public Swim	Public Swim	Public Swim	Public Swim		
	:15								
	:30								
	:45								
8PM	:00			Lane Swim			Lane Swim		
	:15								
	:30								
	:45								

	Swimming Lessons
	Public Swim
	Swim Teams
	Camp Swim
	Aquafit/Aqua Zumba
	Lane Swim

## Public Swim – Residents

Daily swim (children 14 years of age or younger): \$4.20  
 Daily swim (children 15 years of age or older, adults): \$4.80 (HST included)

Individual monthly pass: \$71.30  
 Family monthly Pass: \$100.90

Individual season pass: \$83.10  
 Family season pass: \$163.90

Visit [www.russell.ca/pool](http://www.russell.ca/pool) for non-resident prices.