

Program and Activity Guide



@MunRussellTwp

Summer 2025



www.russell.ca/programs



recreation.loisirs@russell.ca



613-443-2814



Municipalité de
RUSSELL
Township

Registration Dates



Summer Camps

- Residents: April 9, 2025, at 9:00a.m.
- Non-residents: April 14, 2025, at 9:00a.m.

Aquatic Programs

- Residents: April 30, 2025, at 9:00a.m.
- Non-residents: May 5, 2025, at 9:00a.m.

Semi-Private and Private Swim Lessons

In-person registrations will be held on June 5, 2025, at Town Hall, 717 Notre-Dame Street, Embrun.

- By appointment only: 5:00p.m. to 7:00p.m.
Link to make an appointment will be available on www.russell.ca/programs on May 21, at 9:00a.m.
- Walk-in only (first come, first serve): 7:00p.m. to 8:00p.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 and/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.

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.

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.

Dance Workshops

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

Camille Piché Community Centre, 8 Blais Street, Embrun

- Junior Acro (Ages 6 to 9): July 7, 5:30p.m. to 6:30p.m.
- Intermediate Acro (Ages 10+): July 7, 6:30p.m. to 7:30p.m.
- Kinder Hip Hop (Ages 4 to 5): July 10, 5:15p.m. to 6:00p.m.
- Junior Hip Hop (Ages 6 to 9): July 10, 6:00p.m. to 7:00p.m.
- Intermediate Hip Hop (Ages 10+): July 10, 7:00p.m. to 8:00p.m.
- Creative Dance (Age 3): July 12, 9:00a.m. to 9:45a.m.
- Kinder Jazz (Ages 4 to 5): July 12, 9:45a.m. to 10:30a.m.
- Kinder Musical Theatre (Ages 4 to 5): July 12, 10:30a.m. to 11:15a.m.
- Kinder Ballet (Ages 4 to 5): July 21, 5:15p.m. to 6:00p.m.
- Junior Ballet (Ages 6 to 9): July 21, 5:00p.m. to 6:00p.m.
- Junior Lyrical (Ages 6 to 9): July 21, 6:00p.m. to 7:00p.m.
- Intermediate Lyrical (Ages 10+): July 21, 6:00p.m. to 7:00p.m.

Palais des sports Hall, 6 Blais Street, Embrun

- Junior Jazz (Ages 6 to 9): July 14, 6:00p.m. to 7:00p.m.
- Intermediate Jazz (Ages 10+): July 14, 7:00p.m. to 8:00p.m.
- Junior Musical Theatre (Ages 6 to 9): July 17, 6:00p.m. to 7:00p.m.
- Intermediate Musical Theatre (Ages 10+): July 17, 7:00p.m. to 8:00p.m.

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.

Registration beforehand is required. No drop-in.

Interested in joining the competitive dance team for the 2025-2026 season?

Contact jbdanceworkz@gmail.com for information.



Summer Camp

(E) English Camp

(F) French 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 23 to August 22. Camp Sunshine, Lightning and Xtreme will run from June 30 to August 29.

Price is per child per day.

Residents: \$34 early bird or \$44 after June 8.

Non-residents: \$44 early bird or \$54 after June 8.

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, swimming, outdoor activities, water activities and much more! Location: Embrun High School. Ages 4 to 7.



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 8 to 12.



Summer Camp Important Information

1. At the time of print, the 2025-2026 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 Wednesday 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.

New - New Frontiers Summer Camp

Stay tuned for more details on this new summer camp for children and youth with disabilities!

July 14 to 17 and August 5 to 8.

Location: Camille Piché Community Centre, 8 Blais Street, Embrun.



Aquatic Programs

(E) English

(F) French

(B) Bilingual

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

(B)

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 table for the time of each session.

\$89.25 per resident.

\$99.25 per non-resident.

Semi-Private & Private Lessons

(B)

In-person registration only on June 5 at Town Hall. By appointment only from 5:00pm to 7:00pm. Link to make an appointment will be available on www.russell.ca/programs on May 21, at 9:00a.m. Walk-in only (first come, first serve): 7:00p.m. to 8:00p.m. Remaining time slots can be book at the pool once open.

30 minutes per lesson.

Total of 2 to 6 people per lesson for semi-private lessons.

\$21 per resident per semi-private.

\$26 per non-resident per semi-private.

\$25.25 per resident per private.

\$30.25 per non-resident per private.

Bronze Star

(B)

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

Group A: June 26 to July 24.

Group B: July 29 to August 21.

\$147 per resident.

\$157 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: June 30 to July 11.

Group B: July 28 to August 8.

\$194.25 per resident.

\$204.25 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 14 to July 25.

Group B: August 11 to August 22.

\$194.25 per resident.

\$204.25 per non-resident.



Lessons	Session A June 30 to July 10	Session B July 14 to 23	Session C July 28 to August 7	Session D August 11 to 20	Session E July 7 to 30	Session F June 26 to July 24	Session G July 29 to Aug 21
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.

Barracudas Swim Team (B)



The Barracuda Swim Team is a fun, competitive swim team that strives to enhance the swimmers' sportmanship, endurance, strength and swimming ability. We hope the swimmers enjoy friendly competition during the swim meets and camaraderie during the summer months. From June 30 to August 22. Prices are for morning or evening sessions.

Swim Team Clothing: Following online registration, each registrant will receive an email with the choices for 2025. 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.

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.

Challengers

Tuesdays, 5:00p.m. to 5:30p.m.

\$97.50 per resident.

\$107.50 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.

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.

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 3 to August 26.

- Tuesdays from 11:15a.m. to 12:00p.m.

- Thursdays from 11:15a.m. to 12:00p.m.

\$80 + HST per resident per course.

\$90 + HST per non-resident per course.

\$128 + HST per resident: two-day bundle.

\$138 + HST per non-resident: two-day bundle.

Drop-in available only if space permits (on a first come, first served basis).

\$12 + HST per resident.

\$14 + HST per non-resident.

Standard First Aid with CPR-C (F)

This French comprehensive two-day course provides first aid and CPR training for individuals required to have certification for work, or for those seeking to gain additional skills to respond to emergencies at home. The course is taught by a certified Lifesaving Society instructor. Ages 13+.

Saturday, June 14 and Sunday, June 15,

9:00a.m. to 5:00p.m.

Palais des sports Hall, 6 Blais St., 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, June 30 to August 25.

- Mondays from 6:00p.m. to 6:45p.m. No classes on August 4.

- Wednesdays from 6:00p.m. to 6:45p.m.

\$100 + HST per resident per course.

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

\$155 + HST per resident: two-day bundle.

\$165 + HST per non-resident: two-day bundle.

Drop-in available only if space permits (on a first come, first served basis).

\$15 + HST per resident.

\$17 + HST per non-resident.

Public Swim

View next page for full schedule.

Visit www.russell.ca/pool for resident and non-resident fees.

2025 RUSSELL CENTENNIAL POOL SCHEDULE

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

	Swimming Lessons
	Public Swim
	Swim Teams

	Camp Swim
	AquaFit/Aqua Zumba
	Lane Swim