

# Program and Activity Guide



@MunRussellTwp

Winter/Spring 2026



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



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



613-443-2814



Municipalité de  
**RUSSELL**  
Township

# Registration Dates



## Adult Programs

- Residents: January 7, 2026, at 9:00a.m.
- Non-residents: January 14, 2026, at 9:00a.m.

## Pickleball Winter Programs

- Residents: January 7, 2026, at 9:00a.m.
- Non-residents: January 14, 2026, 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.)
- At registration, you might be put in a queue-fair virtual waiting room. Please wait your turn to enter the site to register.
- Online registrations will be possible until 9am the morning of the first class, except for one-day workshop which registration will close five days before. Late registrations can be done by contacting us by email.

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.

Please note that no registration will be accepted in-person at the Russell Sports Dome.

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

## Children and Youth Programs

- Residents: January 12, 2026, at 9:00a.m.
- Non-residents: January 19, 2026, at 9:00a.m.

## Pickleball Spring Programs

- Residents: March 24, 2026, at 9:00a.m.
- Non-residents: March 31, 2026, at 9:00a.m.

## 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. You will be charged for 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.

## 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.

## Adults



Bilingual Course



English Course



French Course

### Pilates

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, January 28 to March 25. No classes on March 18.

- 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.



## 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.

### Winter Session

Tuesdays, January 27 to March 24,  
11:30a.m. to 12:30p.m. No classes on March 17.

### Spring Session

Tuesdays, April 14 to June 2, 11:30a.m. to 12:30p.m.

\$81.50 + HST per resident, per session.

\$91.50 + 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.

### Winter Session

- Tuesdays, February 10 to March 31,  
9:30a.m. to 10:45a.m.
- Thursdays, February 12 to April 2,  
9:30a.m. to 10:45a.m.

No classes on March 17 and 19.

### Spring Session

- Tuesdays, April 14 to May 26, 9:30a.m. to 10:45a.m.
- Thursdays, April 16 to May 28, 9:30a.m. to 10:45a.m.

\$81.50 + HST per resident, per session.

\$91.50 + HST per non-resident, per session.

\$130.50 + HST per resident, per session,  
two-day bundle.

\$140.50 + HST per non-resident, per session,  
two-day bundle.



## 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.

### Winter Session

- Mondays, January 26 to March 23, 11:30a.m. to 12:30p.m.
- Thursdays, January 29 to March 26, 11:30a.m. to 12:30p.m.

### Spring Session

- Mondays, April 13 to June 1, 11:30a.m. to 12:30p.m.
- Thursdays, April 9 to May 21, 11:30a.m. to 12:30p.m.

No classes on February 16 and 19, March 16 and 19 and May 18.

\$81.50 + HST per resident, per session.

\$91.50 + HST per non-resident, per session.

\$130.50 + HST per resident, per session,  
two-day bundle.

\$140.50 + HST per non-resident, per session,  
two-day bundle.

## Yang Style Tai Chi (E)

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, January 26 to May 4, 2:00p.m. to 3:00p.m.

Palais des sports Hall, 6 Blais Street, Embrun.

- Thursdays, January 29 to April 23, 9:30a.m. to 10:30a.m.

No classes on February 16, March 16 and 19 and April 6.

\$85 + HST per resident, per session.

\$95 + HST per non-resident, per session.

\$138.50 + HST per resident, per session,  
two-class bundle.

\$148.50 + HST per non-resident, per session,  
two-class bundle.





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. Encourage regular, daily aerobic exercise.
2. Incorporate warm-up, cool-down and self-monitoring with all exercise sessions.
3. Allow participants to exercise at a safe level.
4. Offer options to modify intensity according to your needs.
5. Accept participants with various chronic health conditions, including heart disease (physician approval may be required).
6. Offer health screening for all participants.
7. Have a documented emergency plan that is known to all exercise leaders. This includes the requirement of current cardiopulmonary resuscitation certification, phone access to local paramedic services, and the on-site presence of an automated external defibrillator (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.

## 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+.

### Winter Session

Sports Dome, 150 Sportsplex Street, Embrun.

- Wednesdays, January 28 to March 25, 11:00a.m. to 12:00p.m.

Palais des sports Hall, 6 Blais Street, Embrun.

- Mondays, January 26 to March 30, 7:00p.m. to 8:00p.m.

### Spring Session

Sports Dome, 150 Sportsplex Street, Embrun.

- Wednesdays, April 15 to June 3, 11:00a.m. to 12:00p.m.

Palais des sports Hall, 6 Blais Street, Embrun.

- Mondays, April 13 to June 8, 7:00p.m. to 8:00p.m.

No classes on February 16, March 16 and 18 and May 18.

\$101 + HST per resident, per session.

\$111 + 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.

### Winter Session

Wednesdays, January 28 to March 25, 10:30a.m. to 11:30a.m. No classes on March 18.

### Spring Session

Wednesdays, April 8 to May 27, 10:30a.m. to 11:30a.m.

\$77 + HST per resident, per session.

\$87 + HST per non-resident, per session.

## Nia – Moving to Heal

Try an entry-level Nia class, for a mind/body workout that fuses dance moves with gentle aerobics, tai chi and yoga. It is proven that moving your body is beneficial for your health. Make it enjoyable by engaging your whole self in movement that incorporates expressive dance and the martial arts to help you feel better physically and emotionally. It is a gentle workout that can be done barefoot. No special equipment or training is required. Facilitated by instructor Penny-Lee Prévost. Ages 40+.

Camille Piché Community Centre, 8 Blais Street, Embrun.

### Winter Session

Tuesdays, January 27 to March 24, 1:00p.m. to 2:00p.m. No classes on March 17.

### Spring Session

Tuesdays, April 14 to June 2, 1:00p.m. to 2:00p.m.

\$93 + HST per resident, per session.

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



## Spinning Programs (E)

### 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.

#### Winter Session

- Class A: Saturdays, January 24 to March 28, 9:00a.m. to 10:00a.m.
- Class B: Mondays, January 26 to March 30, 5:30p.m. to 6:30p.m.
- Class C: Wednesdays, January 28 to March 25, 5:30p.m. to 6:30p.m.
- Class D: Thursdays, January 29 to March 26, 5:00p.m. to 6:00p.m.

#### Spring Session

- Class A: Saturdays, April 11 to June 6, 9:00a.m. to 10:00a.m.
- Class B: Mondays, April 13 to June 8, 5:30p.m. to 6:30p.m.
- Class C: Wednesdays, April 8 to May 27, 5:30p.m. to 6:30p.m.
- Class D: Thursdays, April 9 to May 28, 5:00p.m. to 6:00p.m.

No classes on February 14 and 16, March 16, 18, 19 and 21 and May 16 and 18.

\$97 + HST per resident, per session.

\$107 + 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.

#### Winter Session

- Class A: Mondays, January 26 to March 30, 7:00p.m. to 8:00p.m.
- Class B: Wednesdays, January 28 to March 25, 7:00p.m. to 8:00p.m.
- Class C: Wednesdays, January 28 to March 25, 8:00p.m. to 9:00p.m.
- Class D: Thursdays, January 22 to April 2, 7:00p.m. to 8:00p.m.

No classes on February 5, 12 and 16 and March 16, 18 and 19.

\$105 + HST per resident, per session.

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

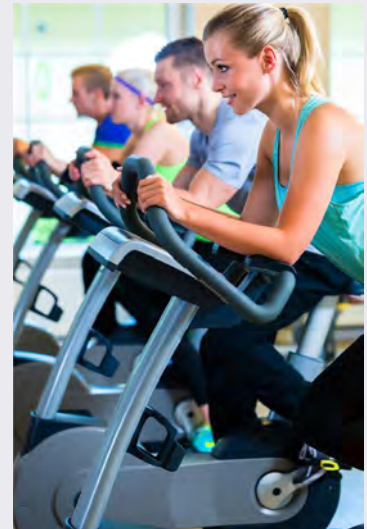
#### Spring Session

- Class A: Mondays, April 13 to June 1, 7:00p.m. to 8:00p.m.
- Class B: Wednesdays, April 15 to May 27, 7:00p.m. to 8:00p.m.
- Class C: Wednesdays, April 15 to May 27, 8:00p.m. to 9:00p.m.
- Class D: Thursdays, April 16 to May 28, 7:00p.m. to 8:00p.m.

No classes on May 18.

\$92 + HST per resident, per session.

\$102 + HST per non-resident, per session.



## Learn to Nordic Walk Clinic (E)

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: February 18 and 25.
- Class B: April 1 and 8.
- Class C: May 6 and 13.

\$42 + HST  
per resident,  
per session.

\$52 + 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.

### Winter Session

Wednesdays, January 21 to March 25.

- Beginner Bachata, 6:00p.m. to 7:00p.m.
- Advanced Review Class (various dance styles), 7:00p.m. to 8:00p.m.
- Advanced Samba (must complete beginner class), 8:00p.m. to 9:00p.m.

### Spring Session

Wednesdays, April 15 to June 17.

- Advanced Bachata (must complete beginner class), 6:00p.m. to 7:00p.m.
- Advanced Review Class (various dance styles), 7:00p.m. to 8:00p.m.
- Beginner Cha Cha, 8:00p.m. to 9:00p.m.

For one class session:

\$96 + HST per resident.

\$106 + HST per non-resident.

\$182 + HST per couple for residents.

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

Two-class bundle prices:

\$166 + HST per resident.

\$176 + HST per non-resident.

\$312 + HST per couple for residents.

\$322 + HST per couple for non-residents.

Three class bundle prices:

\$225 + HST per resident.

\$235 + HST per non-resident.

\$405 + HST per couple for residents.

\$415 + HST per couple for non-residents.

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 January 27 and April 21 for anyone interested in joining the program.

## Jump Rope Detox (B)

A complete and holistic movement session designed to stimulate the lymphatic system, build strength, enhance mobility, and calm the nervous system - all in just one hour. Whether you're a beginner or a fitness pro, this class meets you where you are and guides you toward more energy, clarity, and resilience. Ages 18+.

Equipment required: Yoga mat and jump rope.

## Modern Square Dancing (E)

Discover Modern Square Dancing! Curious to know what makes it modern? Unlike traditional square dancing, modern square dancing features a wide variety of music, everything from Top 40 hits and classic rock to big band, jazz, country, and more. Instead of memorizing choreographed routines, dancers learn steps and follow the Caller, who combines them in fun, ever-changing sequences. It keeps you moving, thinking, and laughing, making it fantastic exercise for both body and brain. And to top it off, the Caller doesn't just call the moves, they sing, too! Modern square dancing is social, energizing, and a whole lot of fun. Come give it a try with instructor Wendy VanderMeulen! Ages 10+.

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

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

No classes on March 20 and April 3.

\$139 + HST per resident.

\$149 + HST per non-resident.

Come and experience Modern Square Dancing at no cost at the Frank Kinnaird Community Centre (1084 Concession Street, Russell) on Friday, January 30 from 6:30p.m. to 7:30p.m.

## Hatha Yoga (B)

Led by instructor Nashida Jibrin. Hatha yoga is for everyone. It helps us become steady in body, mind and breath. We work on building strength, balance, and flexibility in a mild steady practice while unwinding any built-up tension from the day using a combination of movement and mindfulness to reach areas that tend to hold tightness and release it through standing, seated and floor poses.

Equipment required: Yoga mat, two yoga blocks, and yoga strap.

Palais des sports Hall, 6 Blais Street, Embrun

Wednesdays, January 28 to March 25, 6:15p.m. to 7:15p.m. No classes on March 18.

\$93 + HST per resident.

\$103 + HST per non-resident.

Palais des sports Hall, 6 Blais Street, Embrun

Wednesdays, January 28 to April 8, 7:30p.m. to 8:30p.m.

No classes on March 18.

\$116 + HST per resident.

\$126 + HST per non-resident.

## 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](http://www.russell.ca/pickleball).

Each player can only register to two sessions per season.

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 February 16, March 16 to 20, and May 18.

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.

### 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 Sunday, January 4, from 12:00p.m. to 1:30p.m. or from 6:00p.m. to 7:30p.m. The cost is \$10 per player. Maximum 16 participants per group.

**Registrations will open online on January 1.**



## Winter Session

### Registrations

- Residents: January 7, 2026, at 9:00a.m.
- Non-residents: January 14, 2026, at 9:00a.m.

### Novice Players (1 to 2.5):

- Mondays, January 26 to March 30, 11:00a.m. to 11:55a.m.
- Mondays, January 26 to March 30, 6:30p.m. to 7:25p.m.
- Tuesdays, January 27 to March 24, 6:30p.m. to 7:25p.m.
- Wednesdays, January 28 to March 25, 3:00p.m. to 3:55p.m.
- Thursdays, January 29 to March 26, 9:30a.m. to 10:25a.m.

### Intermediate Players (2.5 to 3.5):

- Mondays, January 26 to March 30, 9:00a.m. to 9:55a.m.
- Mondays, January 26 to March 30, 10:00a.m. to 10:55a.m.
- Mondays, January 26 to March 30, 7:30p.m. to 8:55p.m.
- Tuesdays, January 27 to March 24, 7:30p.m. to 8:55p.m.
- Wednesdays, January 28 to March 25, 12:00p.m. to 1:25p.m.
- Fridays, January 30 to March 27, 11:30a.m. to 12:55p.m.

### Advanced Players (3.5 to 4):

- Mondays, January 26 to March 30, 12:00p.m. to 1:25p.m.
- Wednesdays, January 28 to March 25, 10:30a.m. to 11:55a.m.
- Thursdays, January 29 to March 26, 10:30a.m. to 11:55a.m.
- Fridays, January 30 to March 27, 10:00a.m. to 11:25a.m.

## Spring Session

### Registrations

- Residents: March 24, 2026, at 9:00a.m.
- Non-residents: March 31, 2026, at 9:00a.m.

### Novice Players (1 to 2.5):

- Mondays, April 13 to June 8, 11:00a.m. to 11:55a.m.
- Mondays, April 13 to June 8, 6:30p.m. to 7:25p.m.
- Tuesdays, April 14 to June 2, 6:30p.m. to 7:25p.m.
- Wednesdays, April 15 to June 3, 3:00p.m. to 3:55p.m.
- Thursdays, April 16 to June 4, 9:30a.m. to 10:25a.m.

### Intermediate Players (2.5 to 3.5):

- Mondays, April 13 to June 8, 9:00a.m. to 9:55a.m.
- Mondays, April 13 to June 8, 10:00a.m. to 10:55a.m.
- Mondays, April 13 to June 8, 7:30p.m. to 8:55p.m.
- Tuesdays, April 14 to June 2, 7:30p.m. to 8:55p.m.
- Wednesdays, April 15 to June 3, 12:00p.m. to 1:25p.m.
- Fridays, April 17 to June 5, 11:30a.m. to 12:55p.m.

### Advanced Players (3.5 to 4):

- Mondays, April 13 to June 8, 12:00p.m. to 1:25p.m.
- Wednesdays, April 15 to June 3, 10:30a.m. to 11:55a.m.
- Thursdays, April 16 to June 4, 10:30a.m. to 11:55a.m.
- Fridays, April 17 to June 5, 10:00a.m. to 11:25a.m.

\$46 + HST per resident, per 55 min block.

\$56 + HST per non-resident, 55 min per block.

\$68.80 + HST per resident, per 85 min block.

\$78.80 + HST per non-resident, per 85 min block.

## 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.

### Winter Session

Fridays, January 30 to March 27, 5:30p.m. to 7:00p.m.  
No classes on March 20.

### Spring Session

Fridays, April 10 to May 29, 5:30p.m. to 7:00p.m.

\$88 + HST per resident, per session.

\$98 + HST per non-resident, per session.

## Pure Balance Yoga (B)

Led by the certified yoga instructor, Véronique Houde, this hatha yoga class will incorporate postures and breathing techniques. "Ha" meaning "sun" and "tha" meaning "moon". Therefore, a hatha yoga class focuses on balancing power with flexibility and relaxation. This balanced class will help with flexibility, mobility, posture and overall wellbeing. This class will offer variations for all kinds of yoga practionners; from beginner to expert.

Equipment required: Yoga mat and water bottle

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

Tuesdays, January 27 to April 7, 7:00p.m. to 8:00p.m.  
No classes on March 17.

\$116 + HST per resident.

\$126 + HST per non-resident.

## Mom and Baby Fitness (B)

Combining fitness and yoga, this class is designed for moms looking to exercise and meeting other moms in the community. These sessions provide the opportunity for mothers to include their babies in exercises, using them as weights or giving them the freedom to explore and play. Presented by Luna Wellness Studio, led by Myriam Beausoleil, certified instructor in pre/postnatal exercise.

Please note that we cannot assume responsibility for your child's health and safety during the program, and there may be potential hazards if a child is left unattended. To ensure understanding, a waiver must be signed prior to the first day, which will be sent to you in advance.

Sports Dome, 150 Sportsplex Street, Embrun.

### Winter Session

- Tuesdays, January 27 to March 24, 11:00a.m. to 12:00p.m.
- Thursdays, January 29 to March 26, 11:00a.m. to 12:00p.m.

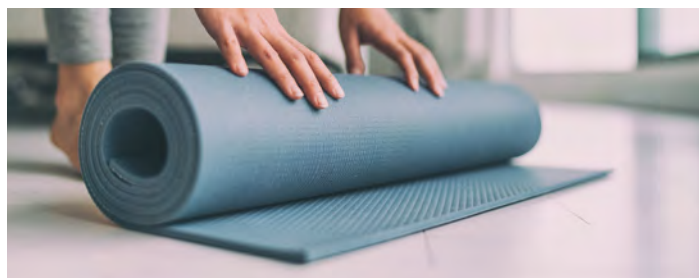
### Spring Session

- Tuesdays, April 7 to May 26, 11:00a.m. to 12:00p.m.
- Thursdays, April 9 to May 28, 11:00a.m. to 12:00p.m.

No classes on March 17 and 19.

\$153 + HST per resident, per session.

\$163 + 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.

### Winter Session

- Mondays, January 26 to March 30, 8:00p.m. to 9:00p.m.
- Thursdays, January 22 to April 2, 8:00p.m. to 9:00p.m.

No classes on February 5, 12 and 16 and March 16 and 19.

\$101 + HST per resident, per session.

\$111 + HST per non-resident, per session.

### Spring Session

- Mondays, April 13 to June 1, 8:00p.m. to 9:00p.m.
- Thursdays, April 16 to May 28, 8:00p.m. to 9:00p.m.

No classes on May 18.

\$88.50 + HST per resident, per session.

\$98.50 + HST per non-resident, per session.



## Workshops

### Spanish Classes (B)

Learn Spanish in a stimulating and friendly environment! This basic 8-week course is designed for beginners who want to build a solid foundation for traveling. 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.

Thursdays, April 2 to May 28. No classes on April 30.

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

\$120 + HST per resident, per session.

\$130 + HST per non-resident, per session.

### Card Making Workshop (B)

Would you like to give homemade cards to your friends and family? Join us to learn how to make cards you will be thrilled to give on special occasion. Pre-registration is required one week prior to the class. Materials provided. Please bring glue and scissors. Ages 14+.

Frank Kinnaird Community Centre,  
1084 Concession Street, Russell.

- Valentine's Cards (2 cards):  
Tuesday, February 10, 6:30p.m. to 8:30p.m.
- Mother's Day/Father's Day (2 cards):  
Thursday, April 23, 6:30p.m. to 8:30p.m.

\$15 + HST per resident, per session.

\$25 + HST per non-resident, per session.

Palais des sports Hall, 6 Blais Street, Embrun.

- Easter Cards (4 cards):  
Sunday, March 22, 1:30p.m. to 3:30p.m.

\$25 + HST per resident, per session.

\$35 + HST per non-resident, per session.

### German Classes (B)

Ages 18+. Maximum of 10 participants per class.

Equipment required: pen or pencil.

Sports Dome, 150 Sportsplex Street, Embrun.

#### Winter Session

For beginners: Basic class for learning German; no prior knowledge of the language is required.

Wednesdays, January 28 to March 25,  
6:00p.m. to 7:30p.m.

No classes on March 18.

#### Spring Session

For beginners/Intermediates: Course for learning German for those who have a basic knowledge of the language (continuation of the winter session).

Wednesdays, April 15 to June 17, 6:00p.m. to 7:30p.m.

No classes on May 13 and June 10.

\$120 + HST per resident, per session.

\$130 + HST per non-resident, per session.

### Irish Classes (E)

This course introduces participants to the basics of the Irish (Gaelic) language - its pronunciation, grammar, and conversational necessities - while connecting it to the broader Gaelic heritage of our region. Ages 14+. Maximum of 10 participants per class.

Sports Dome, 150 Sportsplex Street, Embrun.

Mondays, February 2 to April 13, 6:30p.m. to 8:00p.m.

No classes on February 16, March 16 and April 6.

\$72 + HST per resident.

\$82 + HST per non-resident.

### Standard First/Aid & CPR (AED - Level C, Blended) (B)

Learn how to save lives by enrolling in our comprehensive two-day course focused on first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillators (AED) for adults, children, and infants. This course is perfect for professionals or anyone who wants to improve their knowledge for personal reasons. Each course includes an 8-hour online portion (completed before class), and two in-person sessions.

#### English Course

Registrations from December 5 to January 4 by emailing [fire-dept@russell.ca](mailto:fire-dept@russell.ca).

Online portion starts January 5.

In-person sessions:

Station 12, 1195 South Russell Road, Russell.

- Thursday, January 22, 5:30p.m. to 9:30p.m.
- Thursday, January 29, 5:30p.m. to 9:00p.m.

\$130 + HST per resident.

\$140 + HST per non-resident.

#### French Course

Online registrations from January 2 to February 1 at <https://app.univerusrec.com/munrussellpub/>.

Online portion starts February 2.

In-person sessions:

Station 11, 1128 Route 300, Embrun.

- Thursday, February 19, 5:30p.m. to 9:30p.m.
- Thursday, February 26, 5:30p.m. to 9:00p.m.

\$130 + HST per resident.

\$140 + HST per non-resident.

## Cerveaux actifs 1 (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.

Tuesdays, January 27 to April 7,  
9:30a.m. to 11:30a.m.

No classes on March 10.

\$75 + HST per resident.  
\$85 + HST per non-resident.

## 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.

Camille Piché Community Centre,  
8 Blais Street, Embrun.

Fridays, 6:30p.m. to 8:30p.m.  
Ages 19+. Bar will be open.

- February 13: Bonjour Paris
- March 27: The Enchanted Toadstool
- May 29: Love Blooms Here
- June 19: Summer Gnome

\$50 + HST per resident, per class.  
\$60 + HST per non-resident, per class.



## Cerveaux actifs 2 (F)

Keep your brain healthy with these cognitive stimulation workshops, offering a variety of games in a friendly and fun atmosphere. Participants must have completed Level 1 of Cerveaux actifs. Offered in French only. Ages 55+.

Sports Dome, 150 Sportsplex Street, Embrun.

Wednesdays, January 28 to March 4,  
9:30a.m. to 11:30a.m.

\$50 + HST per resident.  
\$60 + HST per non-resident.

## Thriving After Birth: Navigating Postpartum Health, Body, and Mind (E)

Presented by The Mama Coach - Stephanie Bigras. Your baby gets a lot of attention after birth—but what about you? This workshop brings the focus back to the mother and everything your body and mind move through in those early weeks and months.

We'll cover the essentials every mother deserves to know: body recovery (vaginal and C-section), healing, nutrition, gentle return to movement, and caring for your mental and emotional wellbeing. We'll also explore what's happening for the non-birthing parent and how to build the kind of support system that actually makes life easier.

Frank Kinnaird Community Centre,  
1084 Concession Street, Russell.

Thursday, February 5, 6:30p.m. to 8:00p.m.

\$39 + HST per resident (participant or couple).  
\$49 + HST per non-resident (participant or couple).

## Not Your Average Prenatal Class (E)

Presented by The Mama Coach - Stephanie Bigras. Prepare for birth and beyond with confidence! This three-part prenatal class, is designed to empower you with the knowledge and tools you need for a positive, informed, and supported birth and postpartum experience.

Part One will cover the final weeks of pregnancy, stages of labor, pain relief options, partner support, and the realities of both vaginal and cesarean births. Part Two will cover maternal recovery, newborn care, early milestones, and when to seek support. Part Three will cover antenatal hand expression and the basics of breastfeeding and a surprise bonus topic if time permits.

Frank Kinnaird Community Centre,  
1084 Concession Street, Russell,

Thursdays, February 26, March 5 and 12,  
6:30p.m. to 8:30p.m.

\$150 + HST per resident (participant or couple).  
\$160 + HST per non-resident (participant or couple).

## 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.

### Winter Session

Saturdays, January 24 to March 14.

- 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, January 25 to March 15.

- 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.

### Spring Session

Saturdays, April 11 to June 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, April 12 to June 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 May 16 and 17.

\$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, January 24 to April 18,  
9:30a.m. to 11:00a.m.

No class on March 21 and April 4.

\$104.50 per resident.

\$114.50 per non-resident.

## Russell Little Movers (B)

An energetic and engaging class designed for 4 to 6 years old! 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.

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

### Winter Session

Saturdays, January 24 to March 14.

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

Sundays, January 25 to March 15.

- Ages 4 to 6: 12:00p.m. to 1:00p.m.

### Spring Session

Saturdays, April 11 to June 6.

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

Sundays, April 12 to June 7.

- Ages 4 to 6: 12:00p.m. to 1:00p.m.

No classes on May 16 and 17.

\$112 per resident, per session.

\$122 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, January 24 to April 18,  
11:00a.m. to 1:00p.m.

No class on March 21 and April 4.

\$110 per resident.

\$120 per non-resident.



# March Break Camp

This bilingual camp offers exciting activities for your kids including outings, skating at the Embrun Arena, outdoor games, etc. Join the fun! Ages 4 to 10.

(B)

Palais des sports Hall, 6 Blais Street, Embrun.

March 16 to 20, 6:30a.m. to 6:00p.m.

\$170 per resident, per week.

\$220 per non-resident, per week.



## 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 to classic, modern and original children's songs. Maximum of 14 participants per session.

Frank Kinnaird Community Centre,  
1084 Concession Street, Russell.

### Winter Session

Thursdays, January 29 to March 26.  
No classes on March 19.

- 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.

### Spring Session

Thursdays, April 9 to May 28.

- 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.

\$77 per resident, per session.

\$87 per non-resident, per session.



## Fashion & Jewelry Design

(B)

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 allows participants to explore their creativity using a different medium. Ages 8+.

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

### Winter Session

Wednesdays, January 28 to March 11,  
6:00p.m. to 7:00p.m.

### Spring Session

Wednesdays, April 1 to May 13,  
6:00p.m. to 7:00p.m.

\$77 per resident, per session.

\$87 per non-resident, per session.

## Abstract Art

(B)

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.

### Winter Session

Wednesdays, January 28 to March 11,  
5:00p.m. to 6:00p.m.

### Spring Session

Wednesdays, April 1 to May 13,  
5:00p.m. to 6:00p.m.

\$77 per resident, per session.

\$87 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.

École élémentaire publique De la Rivière Castor,  
100 Maheu Street, Embrun.

### Winter Session

Tuesdays, January 27 to March 24.  
No classes on March 18.

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

Wednesdays, January 28 to March 25.  
No classes on March 19.

- Ages 10 to 12: 6:15p.m. to 7:15p.m.
- Ages 13 to 15: 7:15p.m. to 8:15p.m.

### Spring Session

Tuesdays, April 7 to May 26.

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

Wednesdays, April 8 to May 27.

- Ages 10 to 12: 6:15p.m. to 7:15p.m.
- Ages 13 to 15: 7:15p.m. to 8:15p.m.

\$140 per resident, per session.

\$150 per non-resident, per session.

## Learn to Draw (B)

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.

### Winter Session

Wednesdays, January 28 to March 11,  
7:00p.m. to 8:00p.m.

### Spring Session

Wednesdays, April 1 to May 13,  
7:00p.m. to 8:00p.m.

\$70 per resident, per session.

\$80 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.

### Winter Session

Thursdays, January 29 to April 2.  
No classes on March 19.

- 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.

### Spring Session

Thursdays, April 16 to June 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.

\$144 per resident, per session.

\$154 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](http://www.russell.ca/programs).  
Click on the babysitting course link.

\$55 + HST per child.





# 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, January 26 to April 27.

- 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 February 16, March 16 and April 6.

\$176 per resident, per session.

\$186 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.

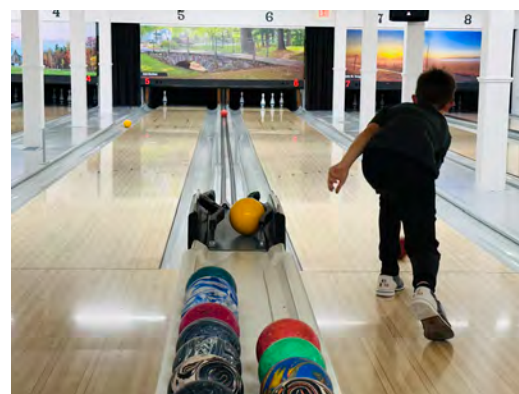
Bowling Hall, 8 Blais Street, Embrun.

Fridays, January 23 to April 17, 6:00p.m. to 7:30p.m.

No class on March 20 and April 3.

\$99 per resident.

\$109 per non-resident.



## PROGRAMS AT THE LIBRARY

## WINTER/SPRING 2026

E - English  
F - French  
B - Bilingual



### BOOK CLUBS FOR KIDS & ADULTS

The library offers many book clubs in French and English. For more details and registration, please visit our website.

### PROGRAMS FOR ADULTS & YOUNG ADULTS

**MEET THE AUTHOR WITH EMILY AUSTIN (E)**  
Monday, April 20 at 6:30 p.m. Russell Branch.  
**Cost: \$8 / Register**

**INCOME IN RETIREMENT (E)**  
Workshop presented by a financial advisor  
Thursday, January 22 at 6:30 p.m. (E) | Russell  
Wednesday, January 28 at 6:30 p.m. (F) | Embrun  
**Free / Register**

**POETRY WORKSHOP (E)**  
Wednesdays from 1 p.m. to 2:30 p.m. | Russell  
January 21 to March 11  
**Cost: \$25 for 8 sessions / Register**

### MARCH BREAK WEEK - ACTIVITIES (B)

**MEET THE KEEPERS SHOW**  
Friday, March 20 at 2:30 p.m.  
**Free / Registration required**  
March 16 to 20 at both branches: Lego challenges, games, crafts, drawing contest and much more! Details to come on our website.

### PROGRAMS FOR CHILDREN

**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**

**TODDLER TIME WITH EMILY (F)** (18-36 months)  
Tuesdays from 10:30 a.m. to 11:00 a.m. Embrun Branch.  
February 3 to April 14 - **Free / Drop in**

**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*.  
January 13 to March 10 - **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.  
February 4 to April 15 - **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.  
February 5 to April 16 - **Free / Drop in**

**AFTER SCHOOL CLUB (B)** (Kids 7+ years)  
Russell Branch - Last Monday of the month - 4 p.m.-5 p.m.  
Embrun Branch - Last Thursday of the month - 4 p.m.-5 p.m.  
Board games, coding with our robot, and Lego challenges.  
**Free / Registration required**

### STORYTIME IN PYJAMAS

Friday, April 24 from 6:30 p.m. to 8 p.m.  
Russell Branch in English  
Embrun Branch in French  
Stories, crafts and snacks. Wear your favourite pajamas!  
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](http://russellbiblio.com)
- In-person at both branches

**REGISTRATION BEGINS  
JANUARY 7**

613.445.5331  
[mylibrary@russellbiblio.com](mailto:mylibrary@russellbiblio.com)  
[russellbiblio.com](http://russellbiblio.com)  
[@russellbiblio](https://www.instagram.com/russellbiblio)