2nd Edition

OSCA
Old Ottawa South Community Association

FIREHALL

Fall 2026



Program Guide

NEW PROGRAMS ADDED! REDISCOVER FALL!

For more information and to register:
oldottawasouth.ca/programs

Cover photo from Fall Fest 2025
Join us this year on Oct.3!

IMPORTANT INFORMATION

THE FALL SESSION RUNS FROM AUGUST 31st to DECEMBER 18th,2026
Registration for all programs begins on June 16th, 2026 both online and in-person. Exact dates for each program are listed in the registration system. Prices listed in this guide do not include HST (where applicable).

CANCELLATIONS AND REFUNDS
To cancel a registration, please email us at info@oldottawasouth.ca or call us at 613-695-6790. Refunds will be processed back to the original form of payment if paid by credit card (MC or Visa) or as an account credit (if paid by debit). **Refunds will be provided up to 3 weeks prior to the start date** and subject to a $25 administrative fee (this fee is waived if the amount is left as an account credit). Within 3 weeks (21 days) of a program start, refunds will not be issued other than for medical reasons. Documentation may be required. After Four and Breakfast Club registration fees, drop-ins, and personal training sessions are non-refundable for any reason

PAYMENT
We accept payment by credit card (Mastercard or Visa) and debit. We **do not accept cash** or cheque payments. An account in our registration system (Amilia) is necessary to sign up for all programs and workshops. If you do not have an account with us, you will be prompted to create one when registering either online or in person.

FINANCIAL ASSISTANCE
OSCA offers financial assistance options for those who may need support with program fees. Full details about eligibility and how to apply can be found on our website, oldottawasouth.ca, by selecting the Financial Assistance button.

WAIT LISTS
If a program is full, it is recommended to add your name to the wait list. We do our best to accommodate by adding spaces when available or adding an additional program if possible.

PRORATING AND DISCOUNTS
Where eligible, programs are prorated automatically for late enrolments. If an attendee is eligible for a discount, the registration system will automatically apply the discount. A promo code will be sent for special circumstances or promotions.

DROP-INS
Some programs offer a drop-in option. Drop-ins can be purchased within a week of the class. Should a program fill, drop-in spaces may be removed to accommodate those looking to register for the full session.

AMILIA ACCOUNT
We ask that clients keep their Amilia account up-to-date with current phone numbers, emails, and emergency contacts. You can make changes and add members to your account at any time. If you have forgotten your password, please reach out to the Amilia team for assistance.

ROOM RENTALS AT THE FIREHALL
All room bookings are done by the City of Ottawa. Please see below for more information.

GET IN TOUCH

www.oldottawasouth.ca
260 Sunnyside Avenue, Ottawa, ON
(613) 695-6790
info@oldottawasouth.ca

THE CITY OF OTTAWA WELCOMES YOU TO PLAN YOUR NEXT EVENT AT THE OTTAWA SOUTH COMMUNITY CENTRE

Whether you are interested in hosting banquets, dances, meetings, birthday parties or special events, our community centre can accommodate you. Our facility amenities combined with our professional and relaxed atmosphere will ensure that your event is a success.
For more information contact **ottawasouth@ottawa.ca**

LA VILLE D'OTTAWA VOUS ACCUEILLE POUR PLANIFIER VOTRE PROCHAIN ÉVÉNEMENT

Si vous souhaitiez organiser un banquete, une soirée dansante, une réunion, ou un événement spécial, notre centre communautaire est en mesure de vous accueillir. Notre ambiance a la fois professionnelle et décontractée, ainsi que la grande qualité de nos équipements, seront le gage de votre succès, Les commodités de nos installations combinées à notre atmosphère professionelle et détendue feront de votre événement un succès.
Pour plus de reseignements, appelez-le **ottawasouth@ottawa.ca**

The Old Ottawa South Community Association (OSCA) gratefully acknowledges the support of the City of Ottawa

ADULT PROGRAMS

DAYTIME FITNESS





Parent and Baby Yoga
Join Angela for a gentle in-person parent/caregiver and baby yoga class! Stretch, strengthen, and reconnect with your body while spending quality time with your baby in a welcoming and supportive environment. Enjoy personalized instruction and the chance to connect with other parents and caregivers.
Instructor: Angela
Wednesdays 11:00 - 12:00 PM $247 (newborn - 9 months)

Zumba Gold
This class is for active, healthy aging adults and is designed with easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination — all in an uplifting environment that makes exercise both enjoyable and energizing.
Instructor: Nandini
Mondays 12:00 PM - 1:00 PM $245

Stronger 4 Longer
Join Angela's class for healthy aging adults to strengthen muscle, bone health, and improve your range of motion and balance. Exercises use bodyweight, dumbbells, resistance bands and balance movements to enhance everyday functional activities.
Instructor: Angela
Mondays 12:45 PM - 2:00 PM $316
Wednesdays 9:30 AM - 10:45 AM $339
Thursdays 12:45 PM - 2:00 PM $339



Early Morning HIIT & Tabata
Start your day with a powerful 45-minute workout, alternating between Tabata and HIIT formats each week. Whether it's Tabata's quick bursts of effort with brief rest or HIIT's dynamic intervals, every class is designed to boost endurance, build strength, and rev up your metabolism. Perfect for all fitness levels, this fun and energizing workout will leave you feeling accomplished and ready to take on the day!
Instructor: Mary
Tuesdays 7:00 AM - 7:45 AM $263

Barre Workout
This 45-minute full-body Barre workout blends elements of ballet, yoga, and Pilates to sculpt long, lean muscles and improve posture and flexibility. Through small, controlled movements and sustained tension over time, you'll challenge every major muscle group while building endurance and balance.
Instructor: Mary
Tuesdays 9:45 AM - 10:30 AM $228

DAYTIME FITNESS



Hatha Yoga: A Gentle, Grounding Yoga Practice
Step into a soothing space where the focus is on slow, intentional movement and deep, mindful breathing. This class is designed to help you increase flexibility while cultivating a centered, peaceful state of mind — perfect for those looking to slow down and reconnect with their body and breath.
Instructor: Ildiko
Tuesdays 1:00 PM - 2:00 PM $288

Yoga Strength
Enhance your yoga practice by integrating light hand weights, resistance bands, and toning balls. This dynamic class combines traditional yoga postures with strength training to boost muscle tone, flexibility, and core stability. Suitable for all levels.
Instructor: Mary
Fridays 7:00 AM - 7:45 AM $263

Healthy Aging Workout
Angela's class will explore a combination of seated (in a chair) and standing exercises. Each class will focus on full body strength, balance, flexibility, mind/body connection and light aerobic activity. This lively class is great for seniors or those with mobility or balance issues.
Instructor: Angela
Fridays 10:00 AM - 11:00 AM $284



EVENING FITNESS

Intro to Boxing
A boxing workout is one of the most effective methods to lose weight, tone muscles, and build strength. Classes will involve learning different punches and combinations, hitting the punch mitts and practicing specific boxing drills to improve hand and eye coordination. For all fitness levels.
Instructor: Michael
Tuesdays 6:30 PM - 7:30 PM $239





Pilates
Pilates is a low impact workout that builds core strength, flexibility, and posture through controlled, mindful movement. Suitable for all levels, it helps you feel stronger and more balanced.
Instructor: Mary
Thursdays 5:30 PM - 6:15 PM $273

EVENING FITNESS

Sculpt & Tone Boot Camp
Push your limits in this full body circuit that challenges your cardio, strength, and endurance. Start with heart pumping cardio drills, then shift to targeted strength exercises to build muscle and improve endurance.
Instructor: Michael
Tuesdays: 7:45 PM - 8:45 PM $255
Thursdays 6:30 PM - 7:30 PM $255

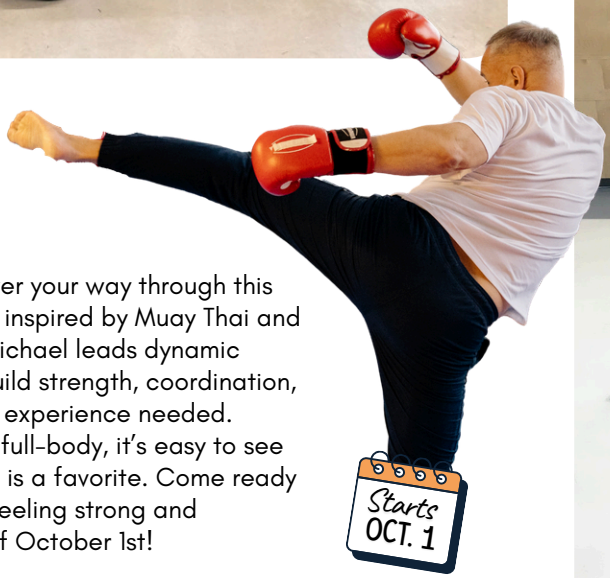


Vinyasa Yoga
Flow through a dynamic and energizing practice that connects breath to movement in a continuous sequence. This class builds strength, flexibility, and balance through fluid transitions and mindful motion. Expect a moderate to normal intensity workout that challenges both body and mind — perfect for all fitness levels looking to break a sweat and find focus.
Instructor: Angela
Wednesdays 6:45 PM - 7:40 PM $244



Broadway Workout
Broadway Workout is a dance-based fitness class for musical theatre enthusiasts of any skill level. Learning choreography is great for mental and physical agility and is a ton of fun. Broadway Workout lets you work on your choreography skills while working up a sweat to a different popular Broadway song each week. Beginners are welcome. No experience necessary.
Instructor: Deborah
Wednesdays 8:00 PM - 8:55 PM $252





Kickboxing
Punch, kick, and power your way through this high-energy workout inspired by Muay Thai and traditional boxing. Michael leads dynamic combinations that build strength, coordination, and endurance — no experience needed. Fun, motivating, and full-body, it's easy to see why this class format is a favorite. Come ready to sweat and leave feeling strong and empowered. Kicks off October 1st!
Instructor: Michael
Thursdays 7:45 PM - 8:45 PM $255



ADULT PROGRAMS

VISUAL ARTS

"Life in the Neighbourhood" Acrylic Painting with Bhat Boy

Join local artist Bhat Boy for a fun and welcoming acrylic painting class designed for artists of all skill levels. Over the course, you'll learn painting techniques step-by-step while exploring creativity in a relaxed and supportive environment. Whether you're picking up a paintbrush for the first time or looking to build your skills, this class offers a great opportunity to create, connect, and enjoy the process. Tea and cookies will be served during the break, and participants will receive a supply list before the class begins.

Everyone is welcome. Come paint, learn, and be inspired in a friendly community setting.

Wednesdays 12:30 PM - 3:15 PM $352

Instructor: Bhat Boy





Watercolour Painting

This class is designed for all levels of experience, including those interested in learning something new. You'll learn essential techniques and discover how to make watercolour work for you. Through guided demos, hands-on exercises, creative experiments, and time to play, you'll build skills step by step in a relaxed, supportive environment. You'll complete several small finished pieces and leave with the confidence, practical skills, and inspiration to keep painting on your own.

Wednesdays 7:00 PM - 8:45 PM $282

Instructor: Crystal Parsons







HALLOWEEN
Paint & Sip





Join us for a fun Halloween-themed watercolour paint night, perfect for beginners and a great way to enjoy an evening with friends or as a couple. With guidance from an instructor, you'll learn simple techniques and create your own spooky scene. No experience or drawing skills are needed!

All materials are provided, and your ticket includes one glass of wine or mocktail. Additional beverages will be available for purchase. Halloween costumes are optional!

Saturday, October 24 7:00 PM - 9:00 PM $50

WORKSHOPS

Fiction Writers' Workshop
Designed for returning participants, this twelve-week fiction course invites writers to continue building their fiction portfolio. In this session, writers will have the opportunity to workshop both revised and new work, participate in in-class writing exercises, and discuss readings.
Instructor: Sophia
Thursdays 7:15 PM - 8:45 PM $195



POTTERY

Please note that clay is not included in the fees for the pottery programs listed below. Clay may be purchased at the front desk for $52 plus tax per bag. Instructors will assist participants in selecting the appropriate clay, so please be prepared to make this purchase during the first class.



Beginner Handbuilding and Wheel
This beginner hand-building ceramics class with some assembly of wheel-thrown work to make figurative sculpture and food-safe practical ware. Processes utilized are slabs with pressed patterns and thrown elements assembled together. Figurative work done with thick coils to build the form up and refined by hand and tools Pinched and paddled teapots and cups, and more! Foodsafe glazes and the use of coloured clays and slips are discussed and demonstrated.
Instructor: Andrina
Wednesdays 6:15 PM - 8:45 PM $459 + Clay



Beyond Beginner Wheel Throwing
This class builds on the beginner throwing course which has already covered the basics of centering and throwing bowls, cylinders and plates. Participants should already be a able to center 2 lbs of clay reliably, and to pull the walls on a cylinder to an even thickness. This course will give you the opportunity to refine your skills and to attempt more complex forms. Techniques will be introduced for altering wheel thrown forms, throwing larger and making compound forms. Decorating with slip using stencils, transfers or slip trailing will also be covered.
Instructor: Jocelyn
Tuesdays 6:15 PM - 8:45 PM $459 + Clay

Pottery Membership
The studio is available for members to use when there are no classes in the pottery studio. Studio hours will be posted in the studio. As much notice as possible will be given when special classes are to be held outside scheduled hours. Memberships are available to those with previous pottery experience only. Membership includes a storage shelf, use of pottery facilities, equipment, glaze materials, and all firing. Current members are given access to register before it opens to the general public.
$498 + Clay

SOCIAL ACTIVITIES & DROP IN

Old Ottawa South Garden Club

Garden Club members represent a mix of beginners and more experienced gardeners, with gardens that range from pot-filled apartment balconies to professionally landscaped lots. Participants share the passion, curiosity, frustration, and pleasure of this pastime. Join us for monthly meetings at the Firehall from Sept-May to learn from experts and each other.

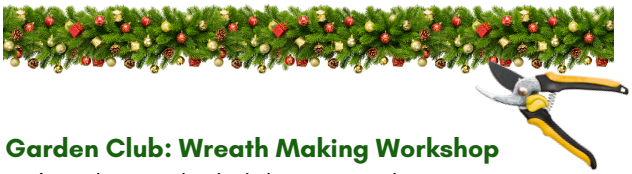
Drop-in: $7/meeting Memberships: $25/individual or $40/family

Upcoming Meetings

The ABCs of Integrated Pest Management (IPM) September 8th

The Square Foot Garden October 13th

The Art of Composting November 10th



Garden Club: Wreath Making Workshop

Let's welcome the holiday season by creating a fresh wreath with Angela Firman of Wild Roots Floral & Garden at our Winter Wreath Workshop. It will be made with a mix of natural greens, rustic pinecones, and natural accents.

The cost of the workshop is $48 per person and includes all supplies. Please bring a pair of clippers (secateurs), a glue gun if you have one, and anything else you may want to add to your wreath to personalize it.

Sunday, November 22 1:30 PM - 3:30 PM $50

Firehall Music Jam

Firehall Jammers is a weekly music jam covering many genres including rock, country, folk, and blues (to name a few). Participants choose songs from the list and play them together as a group. Since the songs vary in skill level, those joining this group should be familiar with their instrument at least at an intermediate level.

Tuesdays 1:00 PM - 3:00 PM Free



Fix and Learn

Join us for the OOS Fix & Learn workshops at the Firehall, a monthly hands-on community repair and learning event where neighbours, local businesses, and volunteer fixers come together to share practical skills, exchange knowledge, solve problems, and help give everyday items a second life.

Small Appliances & Fabric Repair

Sunday, September 13 9:00 AM - 11:30 AM

Upcoming Dates:

Saturday, October 3 12:00 PM -4:00 PM **Info Table at Fall Fest**

Sunday, November 8 9:00 AM - 11:30 AM

Sunday, December 13 9:00 AM - 11:30 AM

Community Connections with Coffee & Tea

A welcoming space for neighbours to come together and connect. Each gathering is guided by the interests of the group, creating a flexible and inclusive environment. Participants are encouraged to share ideas and help shape the weekly activities, making each session meaningful and community-driven.

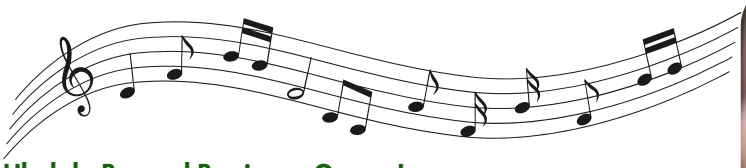
Wednesdays 1:00 PM - 2:30 PM Free (All Ages)

Firehall Gentle Jam

Perfect for those who haven't picked up their instrument in some time or are looking to learn a new one. For those at the beginner- intermediate level, this gentle jam group focuses on learning and mastering songs that are less complicated than in the Firehall Jammers program. Selected songs will use basic chords allowing for all levels to play along and learn from each other.

Thursdays 10:00 AM - 12:00 PM Free

MUSIC





Ukulele Beyond Beginner Group Lessons
Ready for the next step? If you've completed the Ukulele Beginner course or are already comfortable with a few chords on the uke, it's time to level up! This course will get you playing songs, mastering chords, and improving strumming. Varying degrees of experience is no problem in a group setting, and in fact can enhance everyone's learning and enjoyment.
Instructor: Keith
Mondays 10:00 AM - 11:00 AM $333

SPORTS

Volleyball
'Bump' into new friends and 'serve' up excitement during a recreational game of volleyball. This group plays recreationally and as a chance to socialize with other members of the community through a fun game of volleyball. Players of all skill levels are welcome to participate.
Mondays 7:30 PM - 9:30 PM $253
Location: Hopewell Public School Gym
Instructor: Matteo



Basketball
Whether you're Lebron James or not, we want you to join us on the court for a game of pickup basketball! Make friends in the community and enjoy a mid-week cardio workout! Players of all skill levels are welcome to participate. Alley-oop!
Instructor: Matteo
Tuesdays 7:30 PM - 9:30 PM $253
Location: Hopewell Public School Gym

Pickleball at Hopewell
Pickleball is a popular game that combines elements of tennis, badminton, and ping pong. OSCA offers this program in a fun non-competitive and inclusive environment. Our evening program at the Hopewell Gym offers two regulation-sized courts for those looking for a more official setup.
Wednesdays 7:30 PM - 9:30 PM $245
Fridays 7:00 PM - 9:00 PM $245
Location: Hopewell Public School Gym
Instructor: Maria

Pickleball at Firehall (Drop-in)
Firehall offers daytime opportunities to enjoy a fun, non competitive game of pickleball. Courts are to be set up and taken down by the participants. All equipment including paddles and balls is included in the price.
Tuesdays 11:00 AM - 12:30 PM $11 Drop-in
Thursdays 10:30 AM - 12:00 PM $11 Drop-In
Fridays: 1:00 PM - 2:30 PM $11 Drop-in
Location: Firehall



OSCA

DECK THE FIREHALL Craft Fair

SUNDAY, NOVEMBER 15TH
10AM TO 3PM
OLD OTTAWA SOUTH COMMUNITY CENTRE
260 SUNNYSIDE AVENUE

SHOP LOCAL TALENT!

Skip the ordinary and discover unique, handmade gifts created by local artists, crafters, artisans and makers. With plenty of one of a kind finds to choose from, you're sure to find something special for everyone on your list, including yourself!

Support local creators, find gifts with a personal touch, and enjoy a festive day of shopping in the community.
Admission is free, so come browse, discover and get a head start on your holiday shopping!



CHILDREN'S PROGRAMS

PRESCHOOL



Friday Playgroup (4yrs and under)
Join our parent-led Playgroup, where the Main Hall will be set up for fun with our play kitchen, puzzles, blocks, and more. Feel free to bring your own snacks for a light break during playtime. We look forward to seeing you and your little ones enjoy the space!
Fridays 9:00 AM - 11:00 AM $140 Session/$10 Drop-In



Firehall Friends (4yrs and under)
Led by experienced staff, this playgroup offers a fun and engaging environment for children to explore and learn. The room is open for gross motor activities, featuring ride-on toys, as well as a dramatic play area with a kitchen and dolls for imaginative play. Each week, children will work on fine motor skills through a creative craft project, and enjoy sensory play to stimulate their senses. The session ends with a cozy circle time, filled with stories and songs to wrap up the day. It's a perfect blend of learning, play, and socializing for children!
Mondays 9:00 AM - 11:00 AM $224 Drop-In $20

Storybook Adventures NEW
Each week, children explore a new storybook through crafts, games, movement, imaginative play, and other hands-on activities. Children enrolled in this drop-off program may join the Parented Playgroup with their caregiver from 9:00-9:30 a.m. before transitioning to class with program staff. Designed for preschool-aged children, Storybook Adventures fosters literacy, creativity, social skills, and a love of learning through stories.
Fridays 9:00 AM - 11:00 AM
Oct 30 - Dec 18 $120



SPORTS @ HOPEWELL GYM

**Entrance is through the school's side doors on Hopewell Avenue.*



Gymnastics

Experienced instructors create a positive space where every child can learn, move, and grow at their own pace while building fundamental movement skills such as balance, coordination, strength, and flexibility in a fun and supportive environment. Through age appropriate activities, obstacle courses, and basic apparatus work, children gain confidence while developing body awareness and listening skills. Programs range from parent and child classes for little ones just getting started to independent beginner levels that introduce foundational gymnastics skills in a safe and encouraging setting.

Parent & Tot Gymnastics (Ages 18 months - 3 years) Saturdays 9:00 AM - 9:45 AM $156
Preschool Gymnastics (Ages 3-4) Saturdays 10:00 AM - 10:45 AM $156
Gymnastics (Ages 5-7) Saturdays 11:00 AM - 11:45 AM $156
Gymnastics (Ages 8-10) Saturdays 12:00 PM - 12:45 PM $156





MUNDIAL FOOTBALL CLUB
EST. 2020
OTTAWA
"Vires in Unitate"

Indoor Soccer (Ages 8-10 and 10-13)

In partnership with local soccer club Mundial FC, this program offers a fun way to learn and practice soccer skills in a non-competitive environment. Developed and delivered by Mundial FC's certified coaches, this is a great opportunity for skill development and fun scrimmages. Takes place in the gym at Hopewell School. For more information about Mundial FC please visit mundialfc.com.

Mondays 6:15 PM - 7:15 PM $185
Wednesdays 6:15 PM - 7:15 PM $204





Basketball FUNdamentals (Ages 6-8)

Learn the basics of basketball through engaging drills and scrimmages, designed to build your skills in a fun and supportive environment. Improve your technique and understanding of the game while working with an experienced coach.

Tuesdays 6:00 PM - 7:00 PM $253



Basketball Skill Development (Ages 9-11)

Enhance your basketball abilities with focused drills, scrimmages, and game strategy sessions led by an experienced coach. This program is designed to improve technique, teamwork, and on-court decision-making.

Tuesdays 6:00 PM - 7:00 PM $253



FIREHALL DANCE SCHOOL

Preschool Dance (Ages 3-4)
Introducing your child to the world of dance at an early age can be a wonderful way to foster a lifelong love for movement and creativity. This class focuses on basic technique, flexibility, creativity, and coordination. No formal dance attire is required and dancers should wear what is comfortable.
Saturdays 9:00 AM - 9:45 AM $179

Dance in the City Junior (Ages 5-7 and 8-10)
A great class to get active, make new friends, and explore the world of dance. This class will allow your child to get creative with music and performing. They will get familiar with the basics of jazz, ballet, hip-hop, and contemporary.
Saturdays 9:00 AM - 10:00 AM (Ages 5-7) $316
Saturdays 10:15 AM - 11:45 AM (Ages 8-10) $316

Dance In The City Senior (Ages 10-14)
Explore further into the styles of jazz, ballet, hip hop, and contemporary. In this class, dancers will work at a more advanced level; a great class for those who have some experience in dance and for those who are looking to improve their skills.
Saturdays 10:15 AM - 11:45 AM $316

Classes begin September 12th
Recital for family and friends on December 12th



Dance In The City Advanced (Ages 12+)
This program is designed for students who have previously participated in our Dance in the City program or have a background in dancing. This class provides an opportunity for participants to choreograph and perform dances with the guidance of our skilled and talented dance instructor.
Saturdays 12:00 PM - 2:00 PM (12+) $350

POTTERY

Afterschool Pottery
Get creative in the pottery studio, where children have the opportunity to craft and create using clay and explore the art of hand-building techniques. Participants benefit from hands-on learning in a small group with an experienced instructor. Finished pieces are glazed and fired in the kiln before heading home to be put on display.
Mondays 4:00 PM - 5:15 PM (Ages 6-7) $322
Tuesdays 4:00 PM - 5:30 PM (Ages 9-12) $322
Wednesdays 4:00 - 5:15 PM (Ages 7-9) $322
Thursdays 4:00 PM - 5:30 PM (Ages 9-12) $322



Pottery Class Walk-Over
If your child attends one of our Pottery classes and requires walkover from Hopewell Avenue Public School, they can join the After Four group during the supervised walk.
Mondays, Wednesdays, or Thursdays 3:45 PM - 4:00 PM $35

Youth Pottery (Ages 13-15 and 15-18)
Open to all skill levels, this combination wheel-throwing & hand-building class offers a creative space to get your hands muddy and have fun! You'll learn basic techniques for throwing pieces on the wheel, hand-building and decorating. Follow instructor-lead projects or come to class with your own ideas and receive guidance to expand your skills.
Fridays 4:00 PM - 6:00 PM (Ages 13-15) $395
Fridays 6:30 PM - 8:30 PM (Ages 15-18) $395
Come try it! Drop-in option now available $40 NEW



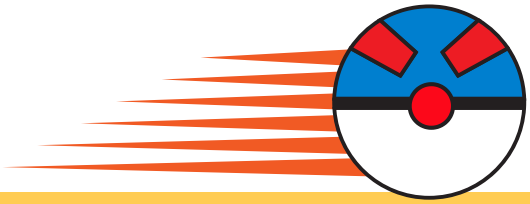
TRADING CARD GAMES

Magic: The Gathering (Ages 10+)
The fantasy-based card game *Magic: the Gathering* is back at the Firehall, and best of all we have all the supplies needed. Our instructor will teach the basics of deck building, game rules and help hone your skills playing against other players.
Tuesdays 6:00 PM - 8:00 PM Sept 1 - Oct 20 $180
Tuesdays 6:00 PM - 8:00 PM Oct 27 - Dec 15 $180





Pokémon Trading Card Game (Ages 7-12)
Join our Pokémon expert and explore the Pokémon Trading Card Game! Learn deck-building, gameplay, and strategy while playing with friends and trading cards if desired. Whether you're new to the game or looking to improve, this fun program helps build both Pokémon knowledge and literacy skills.
Sundays 10:00 AM - 11:30 AM Sept 13 - Nov 1 $164
Sundays 10:00 AM - 11:30 AM Nov 8 = Dec 20 $164



DUNGEONS & DRAGONS

Dungeons & Dragons
It's time for adventure! Come and be part of the story as our group of heroes start a campaign in the world of Dungeons and Dragons. There will be spooky ruins and lost temples to explore, quests and treasure across the land, and of course monsters of all kinds, such dragons, owlbears and vampires! With magical items, daring battles, and spells of all kinds, the journey awaits! Bring your imagination, creativity, and sense of adventure! Join our professional Dungeon Master, an enthusiastic and experienced leader of D&D, as another epic journey begins - with you!

Dungeons & Dragons (Ages 8-10)
Mondays 6:00 PM - 7:30 PM
Session 1: Aug 31 - Oct 26 $257
Session 2: Nov 2 - Dec 14 $257

Dungeons & Dragons (Ages 8-10)
Wednesdays 6:00 PM - 7:30 PM
Oct 28 - Dec 16 $257

Dungeons & Dragons (Ages 8-10)
Sundays 10:00 AM - 11:30 AM
Session 1: Sept 13 - Oct 25 $226
Session 2: Nov 1 - Dec 13 $226









Dungeons & Dragons (Ages 13-16)
Saturdays 12:00 PM - 2:00 PM
Session 1: Sept 12 - Oct 24 $294

Dungeons & Dragons (Ages 8-10)
Sundays 10:00 AM - 11:30 AM
Session 1: Sept 13 - Oct 25 $226
Session 2: Nov 1 - Dec 13 $257

Dungeons & Dragons (Ages 12-14)
Saturdays 12:00 PM - 2:00 PM
Session 2: Oct 31 - Dec 19 $294

Dungeons & Dragons (Ages 13-16)
Thursdays 6:00 PM - 8:30 PM
Session 1: Sept 3 - Oct 22 $409
Session 2: Oct 29 - Dec 17 $409

Dungeons & Dragons (Ages 13-16)
Saturdays 2:15 PM - 4:45 PM
Session 1: Sept 12 - Oct 24 $409
Session 2: Oct 31 - Dec 19 $409

Dungeons & Dragons (Ages 13-16)
Sundays 12:00 PM - 2:00 PM
Session 1: Sept 13 - Oct 25 $294
Session 2: Nov 1 - Dec 13 $294

BREAKFAST CLUB/AFTER FOUR

The Firehall is the place to be before and after school. Breakfast Club and After Four programs offer engaging activities that keep children active, social, and supervised throughout the week. Both programs include a supervised walk to and from Hopewell Avenue Public School and also welcome children from other schools where transportation arrangements have been made.
To secure your child's spot, the first step is to complete registration and pay the non-refundable registration fee. Over the summer, families will receive detailed information to help them prepare for the start of the school year.

Firehall Breakfast Club
This before-school program offers a healthy and fun breakfast menu and fun group activities in the morning to wake up and get our bodies and brains ready for the day. Breakfast Club runs each day your child has school and begins at 7:30 AM.
School days 7:30AM until school starts
$2720 for the year split into 10 equal payments.
An additional $200 non-refundable fee is required to secure your spot.

Firehall After-Four
This after-school program extends the school day in the most fun way. Talented and caring After Four Leaders offer a wide variety of age appropriate activity options perfect for kids wanting to burn off energy, meet new friends, or unwind after a full day of learning.
School days after school until 6:00 PM
$3680 for the year split into 10 equal payments. An additional $300 non-refundable deposit is required to secure your spot.



PD DAY PROGRAMS

When school is out, Firehall is here to make the day extra special. Our PD Day Camps offer a dynamic and enriching experience for children, featuring exciting adventures, creative activities, and opportunities to spend time with friends in a supportive environment. Each PD Day Camp includes a special off-site excursion, with details for all trips announced closer to the start of the first camp. Extended care is included, with supervision available from 8:00 a.m. to 6:00 p.m. Excursions typically take place between 9:00 a.m. and 4:00 p.m., so campers should arrive by 9:00 a.m. to ensure they do not miss the bus and can fully participate in the day's adventure.

$100 / $50 for After-Four members.
*To be posted soon

October 2 (English Boards)
October 26 (French Boards)
November 20 (English Boards)
November 23 (English Public Board)
November 27 (French Boards)
January 22 (French Boards)
January 29 (English Boards)
April 16 (English Public Board)
April 26 (French Boards)
June 4 (All Boards)





EVENING ACTIVITIES
(PARENTS' NIGHT OFF!)

Friday Night Pyjama Party (Ages 4-11)
The Firehall is the place to be on Friday nights! Drop the kids off with our caring and energetic leaders and enjoy an evening out, or quiet evening at home. We'll have a full evening planned for participants including a pizza dinner and fun group activities. After-Four program participants can stay straight through from school dismissal as long as they are registered ahead of time.
**No cost for A4 Participants (registration required)*
Friday, September 25 5:30 PM - 9:00 PM $40
Friday, October 16 5:30 PM - 9:00 PM $40
Friday, November 6 5:30 PM - 9:00 PM *TOY DRIVE*
Friday, December 11 5:30 PM - 9:00 PM $40





CERTIFICATION COURSES

Home Alone (Ages 10+)
The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Successful participants will receive an official certification from the Canada Safety Council.
Friday, October 2 9:00 AM - 4:00 PM $145



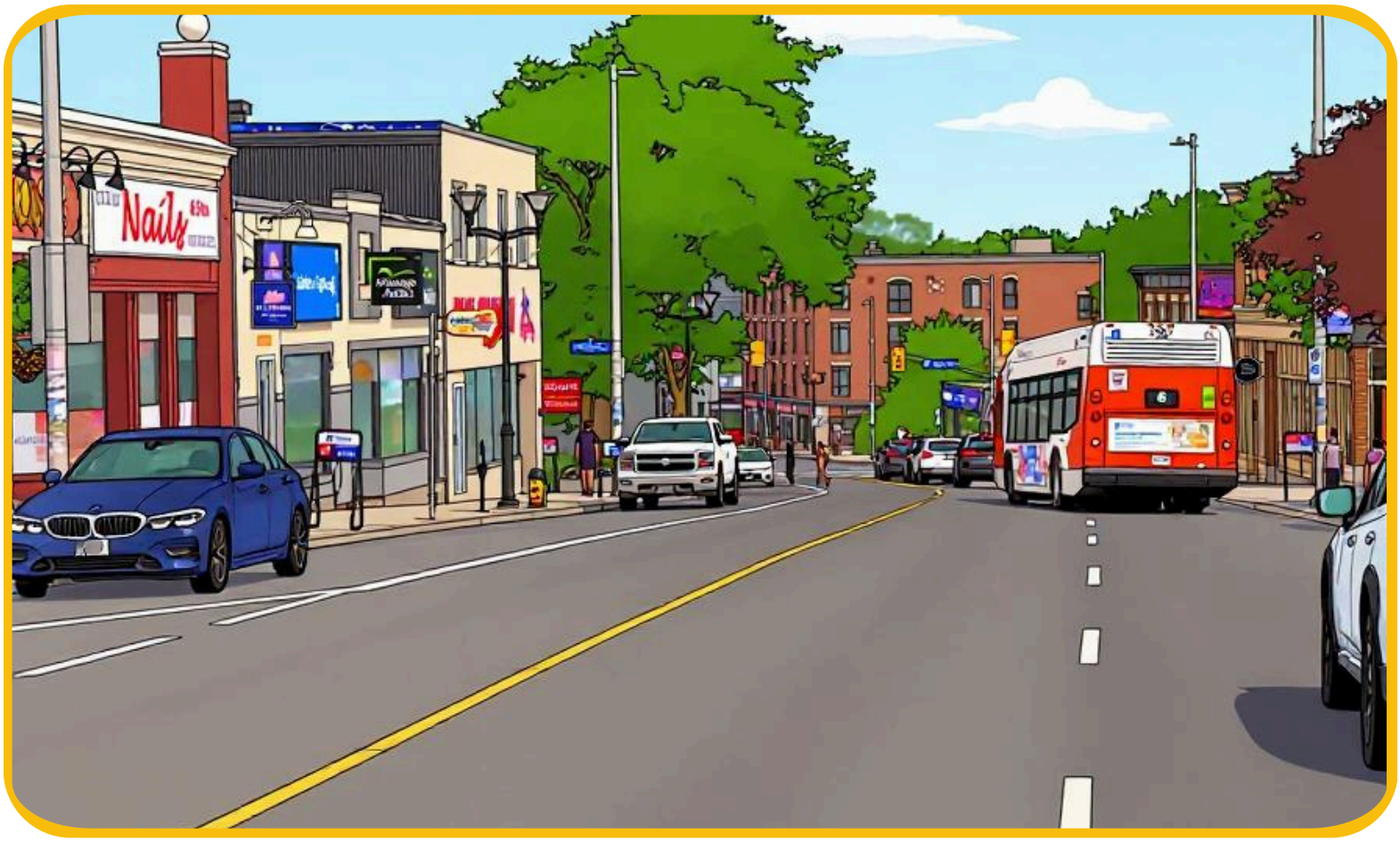
Official certification from the Canada Safety Council is provided to those who successfully pass the Home Alone or Babysitting course.



Babysitting (Ages 11-15)
The Babysitting Course is the perfect training solution for youth aged 11 and up who are interested in babysitting. This comprehensive course, designed by Canadian Safety Council, covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Aspiring babysitters also learn basic first aid skills.

Upon successful completion of the course, each participant will receive a Babysitting Manual and Certificate.
Monday, November 23 9:00 AM - 5:00 PM $160





OLD OTTAWA SOUTH

Your Voice
Your Community

Help shape our community.
Add your input to help us make it better.

OSCA

COMPLETE THE ONLINE SURVEY

am.lol/p/i219tzW

OSCA

Fall Fest



WINDSOR PARK (1 WINDSOR AVE.)

NOON TO 4PM

SATURDAY, OCTOBER 3RD

FREE COMMUNITY EVENT

*GIANT INFLATABLES

*HORSE DRAWN WAGON RIDES

*LIVE MUSIC

*GAMES AND ART

*FACE PAINTING

*REFRESHMENTS (EXTRA $)

The Ottawa South Community Association gratefully acknowledges the financial support of the City of Ottawa / Ottawa South Community Association remercie sincèrement la Ville d'Ottawa de son soutien financier.

OTTAWA 200

Ottawa

TOURISME OTTAWA TOURISM

OSCA
Old Ottawa South Community Association

260 Sunnyside Ave (613) 695-6790 @oldottsouth



Old Ottawa South
Community Centre "The Old Firehall"
Hours of Operation

Monday	07:30 - 21:00
Tuesday	07:30 - 21:00
Wednesday	07:30 - 21:00
Thursday	07:30 - 21:00
Friday	07:30 - 21:00
Saturday & Sunday	08:00 - 17:00

IMPORTANT DATES

October 3: FALL FEST

October 7: CAPITAL WARD CANDIDATES DEBATE

October 12: THANKSGIVING (CLOSED)

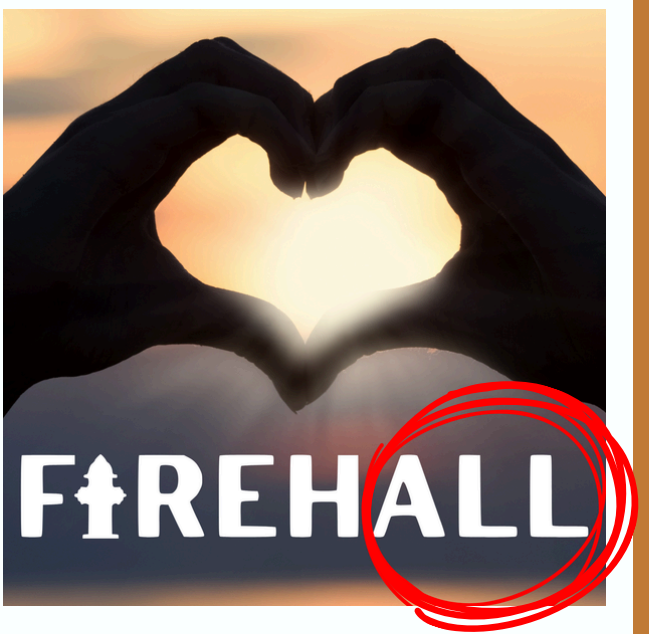
October 24: HALLOWEEN PAINT NIGHT (18+)

November 15: DECK THE FIREHALL

Questions? Reach out by email info@oldottawasouth.ca or give us a call 613-695-6790

FALL SESSION

The Fall program session runs between August 31 and December 18. Program start and end dates vary; please refer to individual program descriptions online for exact schedules and any exceptions.



We believe that everyone deserves to take part in Firehall programs. For this reason, OSCA offers Financial Assistance including our "All In" program. Details can be found using the button at the top of our webpage: **oldottawasouth.ca**

FALL EVENTS AT A GLANCE

Mark your calendar for OSCA's Fall lineup of events. Most events are free to attend but require payment for extras (refreshments, goods, etc.). Vendor spaces can be found online in our Special Events section.



SATURDAY, OCTOBER 03

FALL FEST

12PM-4PM

WINDSOR PARK
(1 WINDSOR AVE.)

FREE!



SATURDAY, OCTOBER 24

HALLOWEEN PAINT & SIP

7:00PM-9:00 PM

OLD FIREHALL
260 SUNNYSIDE AVE.



SUNDAY, NOVEMBER 15

DECK THE FIREHALL CRAFT FAIR

10AM-3PM

OLD FIREHALL
260 SUNNYSIDE AVE.

FREE!

We like to keep you informed about new additions to our Special Events. Follow us on Facebook and Instagram **@oldottsouth** so you never miss a thing.