

Active Recreation Programs for Adults in Renfrew

The Valley Booters Line Dancing
Wednesdays 4:45pm-6:30pm
Ma-te-Way Activity Centre
Valerie Penno 613 623-7110

Square Dancing
Thursdays 1:00pm-3:30pm
Renfrew Recreation Centre
Francois Desmarais francoisd2@rogers.com

Social Dancing
Fridays 7:00pm-8:30pm
Ma-te-Way Activity Centre
Wendy Tessier 613 623-0823

Tai Chi
Wednesdays 7:00pm-9:00pm
Ma-te-Way Activity Centre
Bob Pougnet bobpougnet@gmail.com

Zumba
Mondays & Tuesdays 6:00pm-7:00pm
Ma-te-Way Activity Centre
Peter Boldt 613 432-5654 or pkboldt@xplornet.com

Karate
Thursdays 6:00pm-7:00pm
Renfrew Recreation Centre
Mauro Borghi 613 649-8391

Jiu Jitsu
Tuesdays 7:00pm-8:00pm
Renfrew Recreation Centre
Cheri Robertson (613) 281-0956

Brazilian Jiu Jitsu
Mondays at 7:45pm-8:45pm, Thursdays 7:45pm-8:45pm
Renfrew Recreation Centre
Jason Smith (613) 432-0437