



Renfrew
INC • 1858
Bridging Charm and Convenience

WINTER 2023/2024

PROGRAM GUIDE

DECEMBER ❄️ JANUARY ❄️ FEBRUARY



Register Online:

app.univerusrec.com/renfrewpub/courses/



Call:

613-432-4848 ext. 118



Visit:

Recreation Centre-67 Argyle St. S.



Email:

jfraser@renfrew.ca



Scan to
register online



***Resident fee applies to those that live in:**

Town of Renfrew, Township of Admaston/Bromley, Horton Township,
Township of Greater Madawaska, Township of McNab/Braeside



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Locations



- **Recreation Centre**, 67 Argyle St. S.
- **myFM Centre**, 1 Ma-te-Way Dr.
- **Visitor Information Centre**, 190 Mask Rd.
- **Low Square**, 127 Raglan St. S.
- **Renfrew Public Library**, 13 Railway Ave.

Program Registration

Registration for the following programs will open at 12 noon on Friday, December 1, 2023:

- **Gymnastics**
- **Kindergym**
- **Parkour**

All other programs are open for registration now.

You can register for a program online, in person at the Recreation Centre, by phone, or by email. If you have difficulty registering for a program please let us know.

Questions? Contact Janyne



jfraser@renfrew.ca



613-432-4848 x118



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SKATING SCHEDULE

Skating schedule for December, January, and February.

*There may be some cancellations due to previous ice bookings.
Please check our website for exact dates.

- FREE-You do not need to register.
- myFM Centre (Arena), 1 Ma-te-Way Drive.

Tots/ Senior Skating

- **Tuesdays: 10:30 am to 12:00 pm**
- **Fridays: 10:30 am to 12:00 pm**

Strollers are permitted. Skates are mandatory.

Public Skating

- **Saturdays: 5:30 pm to 6:30 pm**
- **Sundays: 2:00 pm to 3:00 pm**

Questions regarding Skating Schedule, please contact Randy Smith

✉ rsmith@renfrew.ca ☎ 613-432-3131 x711



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DECEMBER EVENTS

Santa Claus Parade

Brought to you by XSite Enterprises of Eastern Ontario Inc. The parade route will begin at the Armouries, moving downtown on Raglan Street South, ending at Munroe Avenue. Register your float before Thursday, November 23.

- Renfrew County Voices set up on Railway Avenue before parade at 4 pm with games, hot chocolate, stationary float, and collecting letters for Santa.
- Pictures with Santa following parade at Recreation Centre (67 Argyle St. S.) and other Holiday fun until 9 pm!

Saturday, December 2

6:00 pm*parade starts



Vigil The National Day of Remembrance and Action on Violence Against Women

It has been over 30 years since the murder of 14 young women at Polytechnique Montréal (December 6, 1989). This act of violent misogyny shook our country and led Parliament to designate December 6 as The National Day of Remembrance and Action on Violence Against Women. Town of Renfrew in partnership with Renfrew Public Library invite you to join us for this vigil to commemorate this date together.

- Low Square, 127 Raglan St. S.
- Candles available by donation

Wednesday, December 6

5:00 - 6:00 pm

*Bernadette McCann House on site.



Questions? Contact Janyne



jfraser@renfrew.ca



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Holiday Celebrations & Solstice Night Hike

Join Renfrew Public Library & Town of Renfrew to celebrate several winter holidays. Gather together for fun activities, followed by a guided Winter Solstice hike on the Algonquin Trail. We'll wrap up the event with hot chocolate!

- [Renfrew Public Library, 13 Railway Ave.](#)
- [FREE-Registration recommended](#)

Thursday, December 21

6:00 - 8:00 pm



Frew Year's Eve

Begin with a breakfast buffet of juice, coffee/tea, croissants, fruit, yogurt and cereal. Magician will perform at 10 am. Public skating in arena for the entire morning.

- myFM Centre, 1 Ma-te-Way Dr.
- FREE

Sunday, December 31

8:30 am - 12 pm



New Year's Eve Masquerade Dinner & Dance

Ring in the New Year at myFM Centre (1 Ma-te-Way Drive) with a Masquerade Dinner & Dance! Purchase tickets by December 22 at:

- Town Hall
- Renfrew Public Library
- Recreation Centre.

Sunday, December 31

\$60/ticket

Must purchase tickets by December 22

- 6:30 pm Doors Open
- 7:00 pm Roast Beef Buffet Dinner by Schmidt's Catering
- 8:30 pm Richmond Ramblers Band

Questions? Contact Janyne



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HOLIDAY WORKSHOPS

Woodland Wreath Workshop

Quinny Bee Creations will provide all supplies and instructions needed for you to craft your own beautiful Holiday wreath! Begin by painting the sign that goes on the wreath, followed by construction of this pine wreath with greenery.

- Visitor Information Centre, 190 Mask Rd.
- \$65/person

Sunday, December 3
1:00 pm - 3:00 pm



Ornament Making Workshops

Join Collette Budden who will instruct you how to make your very own holiday ornaments. Enjoy hot chocolate and Holiday music while you get creative!

- 1) Sculpt your Ornament
- 2) Mold your Ornament
- 3) Cast your Ornament

Visitor Information Centre, 190 Mask Rd.

ADULT ONLY
Thursday, December 7

6-8 pm

\$35/registration

CHILD & ADULT COMBO
Sunday, December 10

2-4 pm

\$45/registration



*Make 2 ornaments each

Questions? Contact Janyne



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FREE DECEMBER POP-UP CLASSES

African Roots Dance

Suitable for any level of fitness. Let the music take you to a different Continent, while you learn guinea dance moves and get a workout with instructor Andrea Villarreal.

- myFM Centre, 1 Ma-te-Way Dr.
- FREE

Saturday, December 9
10:00 am - 11:45 am



Dancercise with Olga

Fitness dance class that will increase your heart rate as you use dance based moves, adding more on as you go.

No experience necessary. Beginners welcome.

- Games Room-Renfrew Recreation Centre, 67 Argyle St. S.
- FREE

Monday, December 11
7:30 pm - 8:30 pm

We have
other dates
available of
this program

Essentrics® with Kimberly

This dynamic workout will activate all your muscles, free your joints, and increase mobility. Easy to follow—our full body technique works through your muscle chains in order to liberate, empower and relieve them from tension.

- Games Room-Renfrew Recreation Centre, 67 Argyle St. S.
- FREE

Tuesday, December 12
5:30 pm - 6:30 pm

We have
other dates
available of
this program

Questions? Contact Janyne



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PICKLEBALL

Recreational Pickleball

This is a great place to play if you are new to the sport, or if you like to play recreationally. Get some exercise and socialize!

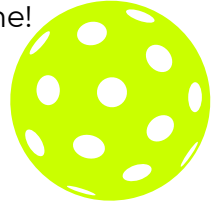
- Recreational play-not competitive
- Gymnasium-Recreation Centre-67 Argyle St. S.
- \$2.00 per 2-hour session *Drop ins welcome!

Mondays

2:00 pm-4:00 pm

Tuesdays

6:00 pm-8:00 pm



Pickleball Clinic

Join local pickleball enthusiasts who will teach you the basics of how to play pickleball in this 2-hour clinic. Please only sign up for one clinic at a time.

- For adults/seniors who have never played before or have very little experience.
- Gymnasium-Recreation Centre-67 Argyle St. S.
- FREE-Registration is mandatory, and spaces are limited.

10:00 am - 12:00 pm

DATES:

Sunday, December 17

Sunday, January 14

Sunday, February 25

NOTE We have lines on the floor for badminton which are not regulation lines for pickleball.

It will still give you a good idea of how to play.

Questions? Contact Janyne



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PARKOUR

Registration opens December 1 at 12 noon

Learn and build on the basics of parkour, a popular trend and fun activity. Participants will learn how to run, jump and fall properly in a controlled setting.

- \$50 for 5-week Session
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.
- Ages 8-14 years old.

Friday, January 12 - Friday, February 9

- 4:00 pm - 4:45 pm
- 4:45 pm - 5:30 pm



Questions? Contact Janyne



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KINDERGYM

Registration opens December 1 at 12 noon

Wednesday Afternoons is Kindergym without parents
*Ages 3-5 years old.

Children will move through a circuit including tunnels, wedges and beams aimed to increase strength, balance and coordination.

- 5-week Sessions beginning in January and February.
- \$50 for 5-week Session
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.

January 10-February 7

2:50 pm - 3:20 pm

February 21-March 27

*No class on March Break (March 13)

2:50 pm - 3:20 pm

Thursday Mornings is Kindergym with parents.
*Ages 5 and under

Parents accompany their children. Pre-register individual dates to guarantee your spot. Once registered you can drop in anytime through the 1.5-hour session.

- \$10/class per child
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.

January 11-February 29

*No class on March Break (March 13)

10:30 am - 12:00 pm

Questions? Contact Janyne



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GYMNASTICS

Registration opens December 1 at 12 noon

This gymnastics program has been developed to teach basic gymnastics skills as an introduction to the sport, but also includes games and activities throughout the 10-week session.

- \$100 for 10-week Session
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.
- Ages 5-11 years old.

Wednesday, January 10-Wednesday, March 20

*No class on March Break (March 13)

- 3:30 pm - 4:20 pm
- 4:30 pm - 5:20 pm



We have partnered with **Gymnastics EH!** who runs their season of gymnastics directly after our 10-week sessions. Contact youthgymnasticseh@gmail.com for more information regarding their program.

Questions? Contact Janyne



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CHILDREN & YOUTH PROGRAMS

Move It Monday!

A fitness class designed for kids.

Instructed by Meagan Mask from Bring It On.

- Ages 6-14
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.
- \$45 for full 4-week session or \$15 for 1-week

Monday, January 15-Monday, February 5

4:15 pm - 5:00 pm

Self Defence Workout

This program will build confidence, all while getting a great workout. Instructed by Meagan Mask from Bring It On.

- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.
- \$45 for full 4-week session or \$15 for 1-week

Monday, January 15 - Monday, February 5

Children 7+

5:15 pm-6:00 pm

Teen Girls

6:15 pm-7:00 pm

Youth Cooking Classes

Calling all aspiring young chefs! Instructor Trish Turner will teach you how to cook a new recipe each week.

- Ages 8-12
- Kitchen at myFM Centre, 1 Ma-te-Way Dr.
- \$50 for full 4-week session or \$15 for 1-week



Thursday, January 11 - Thursday, February 1

5:00 pm - 6:30 pm

Drama Lab for Kids

Performing Arts programs for kids. Instructed by Meaghan and Lucas of Ottawa Valley Theatre Kids.

- Gymnasium-St. Thomas School, 41 Bolger Ln.
- \$125 for full 12-week session

Thursday, January 11 - Thursday, April 4

- **Ages 6-8** 5:30 - 6:30 pm
- **Ages 9-12** 6:30 - 7:30 pm



Crafts & Pizza for Youth

Town of Renfrew has partnered with Renfrew County Youth Wellness Hub (YWHO) to offer this FREE program for youth aged 12-25. Create a craft and enjoy some pizza, all while socializing with your peers.

- Ages 12-25
- Gymnasium-Renfrew Recreation Centre, 67 Argyle St. S.
- FREE-Registration is mandatory

Saturday, January 27

12:00 pm - 2:00 pm



PA Day Camp

- 5-11 years of age
- myFM Centre, 1 Ma-te-Way Dr.
- \$40/day

Friday, February 2

8:30 am - 3:30 pm

*Late pick up available (4:15 pm for additional fee)

Check out our
**Winter Break
Activity Mornings**
over the Winter
Holiday Break!

Questions? Contact Janyne



jfraser@renfrew.ca



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PARENT & TOT DROP-IN

Every Wednesday morning you can drop in with your little one. Parent/Guardian must stay with their child(ren) the entire time. Mats available. Some equipment will be set up to play with.

***This is an unsupervised and unstructured program.**

- Ages 5 and under.
- Games Room-Renfrew Recreation Centre, 67 Argyle St. S.
- FREE-Sign in when you get to Recreation Centre.

Wednesday, December 6 - Wednesday, March 27

10:30 am - 12:00 pm

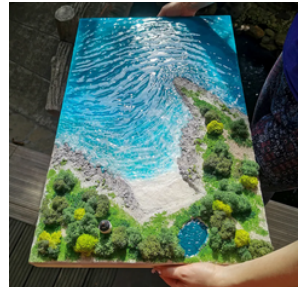
2-DAY DIORAMA WORKSHOP

Great workshop for Teens & Adults who play Dungeons & Dragons or Magic, or maybe you just want to learn a cool new skill. Join Collette Budden who will teach you how to use silicone and resins to make a realistic diorama. You can personalize it and learn the skill to make more in the future.

- Visitor Information Centre, 190 Mask Rd.
- \$75/person

**Saturday, February 10
& Sunday, February 11**

2:00 pm - 5:00 pm



Questions? Contact Janyne



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WINTER HOLIDAY BREAK

Winter Break Activity Mornings

Make new friends, explore your creativity, get outside, and have a blast during your Winter Break!

- 5-11 years of age
- \$20/morning

8:30 am - 12:30 pm

Tuesday, Jan 2

Recreation Centre

Thursday, Jan 4

myFM Centre

Friday, Jan 5

myFM Centre



Bring your skates
and helmet!

Stay Safe! Home Alone Course

Instructed by a Canadian Red Cross instructor from 13 First Aid. This program teaches applicable and age-appropriate skills while increasing and reinforcing participants' capacity to improve their own safety.

- Visitor Information Centre, 190 Mask Rd.
- Recommended for youth between the ages of 9-13
- \$70.00 registration

Wednesday, January 3

9:00 am-2:30 pm

There are other
Stay Safe,
Babysitter, and
First Aid courses
available

Questions? Contact Janyne



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RED CROSS TRAINING COURSES

Babysitter's Course

Instructed by a Canadian Red Cross instructor from 13 First Aid. This course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter, with an increased focus on first aid.

- Visitor Information Centre, 190 Mask Rd.
- Recommended for youth between the ages of 11-15
- \$75.00 registration

9:00 am - 3:30 pm

DATES:

Saturday, December 9

Sunday, February 25



Stay Safe! Home Alone Course

Instructed by a Canadian Red Cross instructor from 13 First Aid. This program teaches applicable and age-appropriate skills while increasing and reinforcing participants' capacity to improve their own safety.

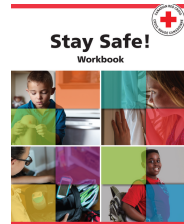
- Visitor Information Centre, 190 Mask Rd.
- Recommended for youth between the ages of 9-13
- \$70.00 registration

9:00 am - 2:30 pm

DATES:

Wednesday, January 3

Tuesday, March 12



Questions? Contact Janyne

✉ jfraser@renfrew.ca

☎ 613-432-4848 x118

CPR-C and AED

Instructed by a Canadian Red Cross instructor from 13 First Aid. Students will learn CPR, choking, and AED procedures so they may assist in emergency situations until medical aid arrives.

- Visitor Information Centre, 190 Mask Rd.
- \$75.00 registration

9:00 am - 1:00 pm

DATES:

Saturday, January 20
Saturday, February 24
Friday, March 22

Use coupon code:
RenfrewRec. This code provides users with a **\$10 discount** on CPR-C, EFA, or SFA courses offered in partnership with the Town of Renfrew.

Emergency First Aid, CPR-C, AED

Instructed by a Canadian Red Cross instructor from 13 First Aid. This course is ideal for employees of small workplaces to meet WSIB requirements and for general interest. In addition to learning CPR, choking and AED procedures for Adults, Children, and Infants, students will learn to recognize and provide interventions for life-threatening emergencies until medical aid arrives.

- Visitor Information Centre, 190 Mask Rd.
- \$105.00 registration

9:00 am - 4:00 pm

DATES:

Saturday, January 20
Saturday, February 24
Friday, March 22

Use coupon code:
RenfrewRec. This code provides users with a **\$10 discount** on CPR-C, EFA, or SFA courses offered in partnership with the Town of Renfrew.

Standard First Aid and CPR-C, AED

Instructed by a Canadian Red Cross instructor from 13 First Aid. This is their most popular course, and is a requirement for most workplaces, school programs, and general interest. Students will learn to recognize and provide interventions for life-threatening emergencies as well as provide non-emergency treatments until medical aid arrives.

- Visitor Information Centre, 190 Mask Rd.
- \$129.00 registration

9:00 am - 4:00 pm

DATES:

Saturday, January 20 & Sunday, January 21
Saturday, February 24 (Part Online)
Friday, March 22 (Part Online)

Use coupon code:
RenfrewRec. This code provides users with a **\$10 discount** on CPR-C, EFA, or SFA courses offered in partnership with the Town of Renfrew.

Questions? Contact Janyne



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FITNESS & DANCE CLASSES

Line Dancing

All ages are welcome to register for Line Dancing Classes with instructor Val Penno. Suitable for beginners.

- myFM Activity Centre, 1 Ma-te-Way Dr.
- \$50 for full 6-week session or \$10 for 1-week

Wednesday, January 10-Wednesday, February 14

6:00 pm - 7:00 pm

Swing Dancing

Grab a friend, partner, or simply your enthusiasm, and join David for this incredible opportunity to learn, groove, and have a swingin' good time! Anyone can join! Solos or couples are both welcome. No experience necessary.

- Games Room-Recreation Centre, 67 Argyle St. S.
- \$40/ 5-week session or \$10/1-week class

Thursday, February 1-Thursday, February 29

6:00 pm - 7:00 pm

Dancercise

Get ready to dance your way to fitness with our exciting program, led by the fabulous Olga! Dancercise will increase your heart rate as you work through the class using dance based moves, adding more on as you go. Beginners welcome!

- Games Room-Recreation Centre, 67 Argyle St. S.
- \$35 for full 6-week session or \$6 for 1-week class

Monday, January 15-Monday, February 26

***no class on Family Day (February 19, 2024)**

7:30 pm - 8:30 pm

Questions? Contact Janyne



jfraser@renfrew.ca



613-432-4848 x118

We have
FREE pop-up
classes in
Dec & Jan

Essentrics® with Kimberly

This dynamic workout will activate all your muscles, free your joints, and increase mobility. Easy to follow—our full body technique works through your muscle chains in order to liberate, empower and relieve them from tension.

- Games Room-Renfrew Recreation Centre, 67 Argyle St. S.
- \$40 for full 5-week session or \$10 for 1-week class

Tuesday, January 30-Tuesday, February 27

5:30 pm - 6:30 pm

We have
FREE pop-up
classes in
Dec & Jan

Pop-Up Yoga Classes

Town of Renfrew in partnership with the Golden Age Activity Centre are offering different styles of yoga at this downtown location with lots of parking. **ALL AGES WELCOME!**

- Golden Age Activity Centre, 212 Raglan St. S.
- \$10/class (\$7 for members of GAAC)



Wednesday, December 13

Chair Yoga
5:30-6:15 pm

Wednesday, December 13

Yogalates
6:30-7:30 pm

Wednesday, January 17

Chair Yoga
5:30-6:15 pm

Wednesday, January 17

Yin Yoga
6:30-7:30 pm

Wednesday, February 21

Chair Yoga
5:30-6:15 pm

Wednesday, February 21

Yin Yoga
6:30-7:30 pm

Questions? Contact Janyne



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NEW YEAR, NEW YOU: Healthy Living Program

Healthy Eating Workshop

Registered Dietitian: Melissa Verch will teach you about nutrition and you will make your own Hearty Health Bowl.

- Kitchen at myFM Centre, 1 Ma-te-Way Dr.
- \$30/person

Saturday, January 6

1:00 pm - 2:00 pm



Dancercise with Olga

Fitness dance class that will increase your heart rate as you use dance based moves, adding more on as you go.

No experience necessary. Beginners welcome.

- Games Room-Renfrew Recreation Centre, 67 Argyle St. S.
- FREE

Monday, January 8

7:30 pm - 8:30 pm

We have
other dates
available for
this program

Essentrics® with Kimberly

This dynamic workout will activate all your muscles, free your joints, and increase mobility. Easy to follow—our full body technique works through your muscle chains in order to liberate, empower and relieve them from tension.

- Games Room-Renfrew Recreation Centre, 67 Argyle St. S.
- FREE

Tuesday, January 9

5:30 pm - 6:30 pm

We have
other dates
available for
this program

Questions? Contact Janyne



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Guided Snowshoe

Guide from OVCATA will take you for a snowshoe through Ma-te-Way Recreation Trail. We have a limited number of snowshoes available. Please register for a pair of snowshoes if you need. If you have your own, please bring them.

- Ma-te-Way Recreation Trail, 1 Ma-te-Way Dr.
- FREE

Saturday, January 13

10:00 am - 11:30 am

We have
another
snowshoe on
February 17



Sound Bath Healing

During the session, you'll immerse yourself in soothing sounds, vibrations, and frequencies. The aim is to promote deep relaxation, reduce stress, and restore balance to your mind, body, and spirit. It's a truly rejuvenating experience!

- Visitor Information Centre, 190 Mask Rd.
- \$15/person

Sunday, January 14

6:00 pm - 6:30 pm



Adult Book Tasting

In partnership with the Renfrew Public Library. Sample a variety of different genres of books to see what whets your appetite for reading. For adults aged 18+.

- Renfrew Public Library, 13 Railway Ave.
- FREE

Thursday, January 18

6:00 pm - 7:30 pm



Questions? Contact Janyne



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FREWFEST FAMILY DAY WINTER CARNIVAL

Join us for 3 days over the Family Day weekend for our Frewfest Winter Carnival. Mark your calendars, you won't want to miss this! More details to come.

**Saturday, February 17-
Monday, February 19**

Ma-te-Way Park & myFM Centre
1 Ma-te-Way Dr.



- Vintage Snowmobile Show & Swap Meet
- Guided Snowshoe
- Trivia with Renfrew Public Library
- Inflatables
- Scavenger Hunt
- Pancake Breakfast
- Rock the Arts-Puppet Show
- The Zoo Crew-Hands on Animal Event
- Skating
- Outdoor Winter Fun



The
ZOO CREW.ca
HANDS-ON ANIMAL EVENTS



**ROCK the
ARTS
Puppets**



Questions? Contact Janyne



jfraser@renfrew.ca



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EXTERNAL CONTACTS

The below contacts are individuals and organizations that rent space at a Town of Renfrew facility to instruct their own programs.

- **FITNESS CLASSES:** Pat McGregor 613-312-9544 patter@sympatico.ca
- **YOGA:** Francis Finnigan 613-601-6124 flowerlady_450@hotmail.com
- **DOG OBEDIENCE:** Ashley Fontes 613-570-1823 ashley.fontes.11@gmail.com
- **BRAZILIAN JIU JITSU:** Jason Smith 613-432-0437 renfrewbjj@gmail.com
- **BEAT BUDDIES:** Kelly Pecoskie 613-312-7531 kellypecoskie@gmail.com
- **WATER PAINT CLASS:** Pat Forrest 613-433-6539 paforrest@gmail.com
- **ACRYLIC PAINT CLASS:** Murielle Egan 613-290-5413 murielleegan@gmail.com
- **KARATE:** Mauro Borghi 613-432-0070 mauroborghi@hotmail.com
- **ZUMBA:** Peter Boldt 613-432-5654 boldtqualitycontrol@gmail.com
- **BELLY DANCE:** Gwen Melville 613-432-7459 gelabellydance@gmail.com
- **BABY COLLEGE:** Katrina Morrison 613-204-8770 kat@babycollege.ca
- **BALLET:** Michelle Picard 613-639-3588 michellepicard@nrtco.net
- **CIRCUIT TRAINING:** Dan Caldwell wathunk@hotmail.com
- **GYMNASTICS:** Gymnastics EH! youthgymnasticseh@gmail.com
- **MINOR HOCKEY:** Kyle Schroeder (President) president@renfrewminorhockey.ca
- **RINGETTE:** president@uovringette.ca
- **FIGURE SKATING:** Marnie Pratt (President) renfrewfigureskatingclub@gmail.com
- **MINOR SOCCER:** Shannon Hewitt (President) neenee27@hotmail.ca

Questions regarding renting a facility, please contact Donna McWhirter



dmcwhirter@renfrew.ca



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Stay up to date!
Click here to sign up for
our monthly newsletter



Do you have a special skill, hobby or interest?

We are always looking for instructors who can offer programs and activities for groups, workshops, or even single/one-time events. Contact us using information below.

Questions? Contact Janyne



jfraser@renfrew.ca



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