

Champlain LHIN

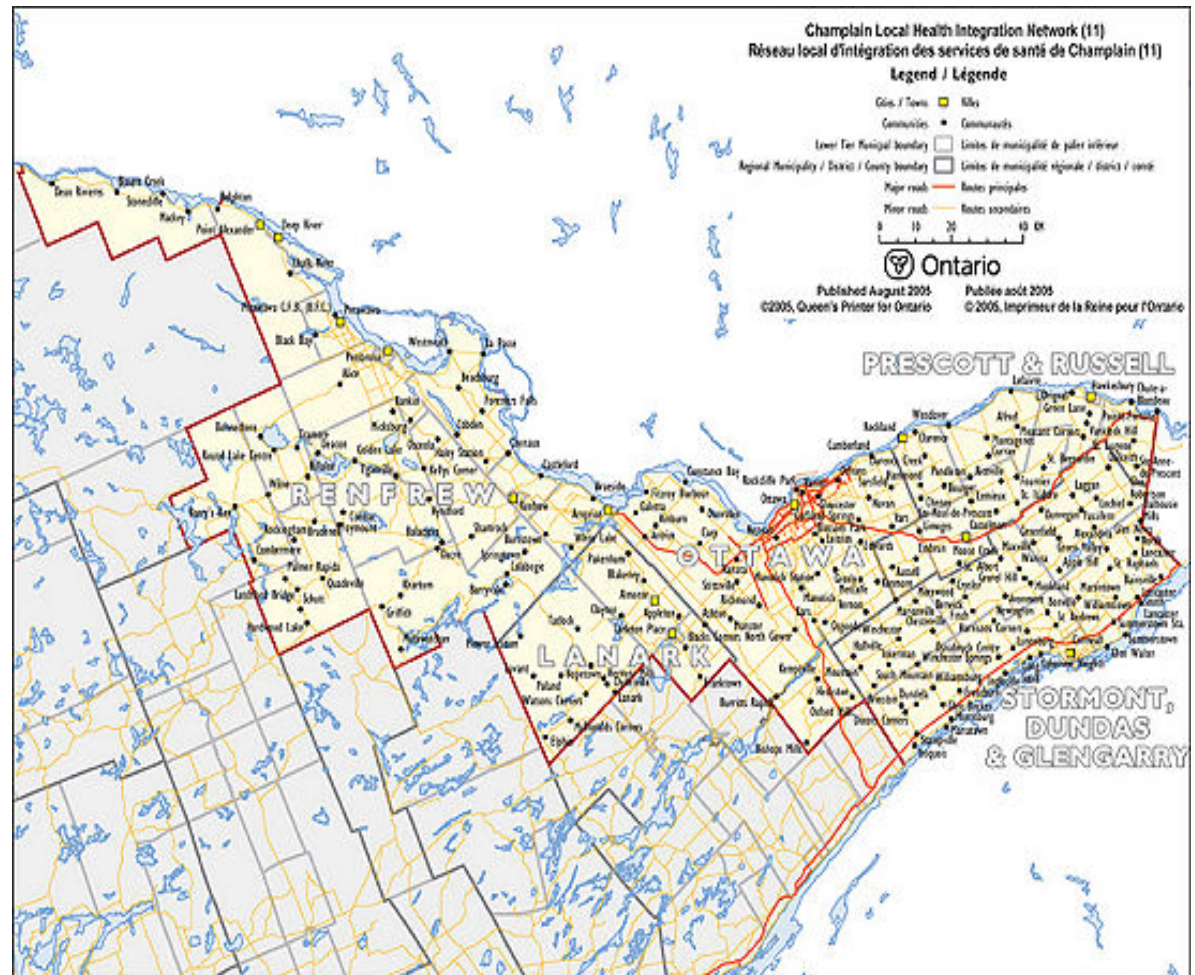
Physical Activity: Community Resources

Introduction

The purpose of this document is to present a list of physical activity offerings within the Champlain Local Health Integration Network (LHIN) based on geographic division and type of program. It is intended as a tool to assist community practitioners in the promotion of physical activity within their patient population.

Physical inactivity is a risk factor for cardiovascular and other chronic diseases. A growing body of evidence demonstrates that health care professionals can effectively increase patients' physical activity levels through brief clinical interventions that include brief advice, provision of written information, and follow up over subsequent consultations.


The recommended level for physical activity is 30 to 60 minutes of moderate physical activity (e.g. brisk walking) on most days of the week.



This information was provided by the network of community partners throughout the Champlain LHIN who are committed to the prevention of chronic disease in our community. The health educators and physiotherapists at the University of Ottawa Heart Institute (UOHI) Division of Prevention and Rehabilitation compiled the information and will plan to update it on an annual basis. If you notice inaccuracies or wish to add a program, please contact the UOHI Heart Health Education Centre at: Phone: 613 761 4753 or 1 866 399 4432; email: hearthealth@ottawaheart.ca


Heart Wise Exercise Programs*

The University of Ottawa Heart Institute has partnered with many organizations throughout the Champlain LHIN to develop safe and appropriate exercise programs for people who have heart disease.

The goal of the Heart Wise  symbol is to visually identify exercise programs that have been designated as meeting the conditions for safety and suitability for people with heart disease.

Heart Wise programs are intended for people who are interested or concerned about their heart health. Individuals who have heart disease will be accepted at designated Heart Wise locations provided they have approval from their doctor.



Heart Wise  designated exercise programs meet the following criteria:

- Encourage regular, daily aerobic exercise
- Incorporate and encourage warm up, cool down and self-monitoring with all exercise sessions
- Allow participants to exercise at a safe level with progressive options to increase intensity if appropriate
- Accept participants with a known history of cardiac disease – provided they have physician approval
- Provide health screening for all participants
- Have an emergency plan that is documented and known to all exercise leaders that includes
 - Mandatory, current CPR certification for all exercise leaders
 - Phone access to EMS and
 - The presence of an automated external defibrillator (AED)

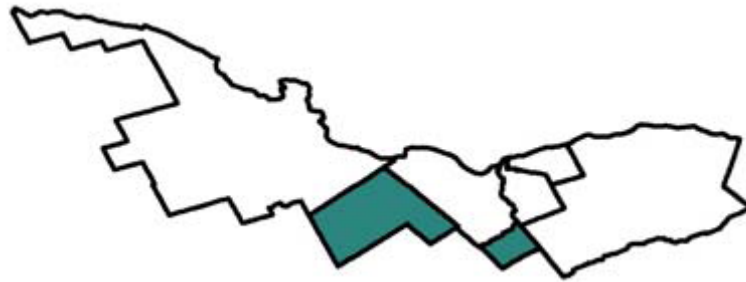
These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you. If you are unsure, please contact the program operator.

*This project is supported by the Government of Ontario  Ontario



Programs displaying this symbol are designated Heart Wise programs

North Lanark/North Grenville



Cardinal Johnstown

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Cardinal & District Community Centre	Skating	Public Skating	Fri 6-7:30	\$2	613-657-3210
		Adult & Preschool	Mon-Fri 8-10am	FREE	
Cardinal Outdoor Pool Johnstown Outdoor Pool poools@edwardsburghcardinal.ca	Swimming	All ages	Varies	\$2	613-657-4504 613-925-5822

Kemptville

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
North Grenville Municipal Centre	Skating	Public Skating	Wed 10-11pm Fri 6:30-7:50, Sat 6:00-7:20, 7:30-8:50	\$2 Child & Senior	613-258-2434
		Adult	Mon/ Wed/Thurs/ Fri 7:30-8:50am	\$3 Adult	
		Family	Wed 10-11am		
Kemptville Community Complex	Indoor/Outdoor Walking	Seniors	Mon, Wed & Fri 9-10am	N/A	613-258-2434

Prescott

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Leo Boivin Community Centre:	Skating	Public Skating	Sun 2-3:20	Child \$1 Adult \$2	www.prescott.ca
		Preschool	Mon 9-10am, Thurs 1-2pm	FREE	
		Adult	Thurs 12-1pm	FREE	
Prescott Medical Centre	SMART Exercise Program	Seniors	Mon 1-2pm	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Spencerville

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Arena	Skating	Open Ice	Tues 10-11pm, Sat 7-8am, 9:30- 11pm; Sun 7-8am	\$2	www.edwardsburghcardinal.ca
		Public Skating	Sun 1:30-2:30pm		
		Adult	Wed 2-3pm, Thurs 9-10am Fri 2-3pm		
		Parents & tot	Thurs 10-11am		
St. Andrews Church	SMART Exercise Program	Seniors	Wed 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Almonte

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Almonte Arena	Skating	Public Skating	Sat 7-9pm Sun 2-4pm	\$2.50 adult, \$2 child & senior Seasons Passes: Adult \$40, Child \$20, Senior \$30, Family \$60	613-256-1077
		Mom & tots	Tues & Wed 11-12pm	FREE	
Almonte United Church	Fit as a Fiddle Home Support Older Adult Exercise Program	Seniors	Fri 10:00 AM	\$3.50	613-256-4700
<i>Home Support Hikers</i>	Hikes	Older adults	Once a month low impact walks	\$15.00 Includes bus and picnic lunch	Home Support 613-256-4700

Bolingbroke

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Community Hall	SMART Exercise Program	Seniors	Mon 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Carleton Place

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Carleton Place Arena	Skating	Public skating	Mon & Wed 7-8pm, Sat & Sun 2-3pm	\$2 adult, \$1 child	Joanne 613-257-1690
		Seniors Skating	Mon & Thurs 9:30-10:30am	FREE	
		Parents & Tots	Mon & Thurs 10:30-11:30am	FREE	
		Adult Pick-up Hockey	Tues & Thurs 11:30am-1pm	\$5/player	
Carleton Place Pool http://www.carletonplace.ca	Swimming	Lane Swims	Mon, Wed, Fri 7:30-9am, Tues & Thurs 8:30-9:30pm	2yrs and younger FREE	613-257-1005
		Hot & Wading Pool Swims	Mon & Wed 11:15am-12pm	2-12 yrs-\$2.40	
		Adult Swims	Sat, Sun 12-1pm	Youth 13-17yrs- \$3.50	
		Public Swims	Sun 1-2:25pm Mon 6:30 -7:40pm, Fri 10-11:15am, 7-8:25pm Sat 1-2:25pm	Adults \$4.30 Seniors \$3.50	
Carleton Place Pool and Beaches 359 Bridge St. Carleton Place	Post Rehab Gentle Aqua A program designed to meet the needs of people with significant weight bearing issues. Classes will focus on individual goals including: balance, core stability, strength, flexibility, gait pattern Arthritis Aquafit	Adults Older adults	Mon & Wed 2 – 3 pm	\$75.50 for 10 classes \$ 151.00 for 20 classes 45 Private lessons \$25	Sandy Wooley 613-257-1005 x22
			Mon/Wed/Fri 11:15 – 12pm		Anne Tanner 613-257-1005

Joe's Lake

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
North Lavant /Joe's Lake Community Centre	Adult Fitness Class	Adults	10:45-11:45am Second Wed. of the month	FREE	613-259-2182

Village of Lanark

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Lanark & District Community Centre http://lanarkhighlands.ca	Skating	Public Skating	Wed 6:30-8pm Sun 1:30-3pm	N/A	613-259-3345
North Lanark County Community Health Centre United Church	Adult Fitness Classes	Older Adults	Low mobility Mon 9:30-10:30am Regular mobility Wed 9:30-10:30am	FREE	613-259-2182
North Lanark County Community Health Centre	Walking Group	Seniors	Tues 9-10am	FREE	613-259-2182
Active Seniors Coalition	A variety of activities including line dancing, shuffleboard, Aqua fitness and walking groups.	Seniors	2 nd Thursday of the month 3:00-4:30 at rotating locations across Lanark Highlands.	N/A	Barb 613-273-8596 Beth 613-259-2398 1-800-239-4695

Mc Donalds Corners

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
MERA School House	Fitness Class	Adults	Mon 9:30-10:30am	FREE	613-259-2182

Middleville

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Community Hall	Fitness Class	Adult	Thurs 9:30-10:30am	FREE	613-259-2182

Pakenham

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Stewart Community Centre	Skating	Public Skating	Fri 7:30-9pm, Sat 6-8 pm	\$2.50 adult, \$2 child & senior \$6 family	613-256-1077

Perth

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Perth Arena	Skating	Public Skating Moms & tots Adults	Sat 8-9:30pm, Sun 11:45am-1:45pm Wed 10:30am-12pm Tues & Thurs 12:00-1:00	\$2 adult \$1 child \$4 family	613-267-2455 x3311

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Perth Pool www.perthcanada.com	Swimming	Public Swimming Family Swim Adult Swim Aquafit Low impact Aquafit:	Mon, Wed & Thurs 6-7pm, Fri 6-8pm, Sat & Sun 2-4pm. Thurs 11:00-11:45am Sat & Sun 1-2pm Mon - Fri 7-8am, Mon - Sun 12-1pm, Mon, Wed, Fri 3-4pm, Mon-Fri 8-9pm Mon Tues Wed, Fri 11:00-11:45am, Mon Wed Thurs 7:15-8:00pm Tues & Thurs 3:00-3:45pm	Fees from \$2.00-\$4.95 daily rate	613-267-5302
Rideau Trails Association	Hiking	All ages	Regular scheduled hikes every week	Membership \$20/ individual, \$25 household / 1 yr	

Smith Falls

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Youth Arena At Community Centre	Skating	Public Skating	Sat 2:30-3:30pm Tues, Wed and Thurs 10-11am Sun 11:30-12:30pm	\$2	613-283-1265
County Fair Mall	Mall Walking	Adults	Daily 7-9am	FREE	613-283-2418

Watson's Corners

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Community Hall	Fitness Class	Adult	Thurs 9:30-10:30am	FREE	613-259-2182

Athens

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Athens Arena	Skating	Public Skating	Sat 7-7:50pm, Sun 1-1:50pm	Adult \$2 Child \$1	613-924-9086
Joshua Bates Centre	SMART Exercise Program	Seniors	Wed 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Brockville

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Memorial Centre	Skating	Public Skating	Sun 1-2pm	\$2	613-342-8772 X8288
		Adult	Mon & Thurs 1-2pm		
		Parent & Tot	Mon & Thurs 2-3pm		
Youth Arena		Adult Shinney	Tues 11am-1pm	\$4	
		Public Skating	Sat 8-9pm	\$2	

North Lanark/ North Grenville

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Brockville YMCA	Open Swim Adult Swim Aqua Fit and Masters Swim	All ages	Varies	Family \$16.25, Adult \$10.00, Senior \$7.00 Students 18+ \$7.00 Children/ Youth/Teens \$4.00 Babies& toddlers \$2.00	613-342-7961
1000 Islands Mall	Mall Walking	Older adults	Daily 7:30-9am	N/A	613-342-1333
Trinity Church Standard Church Executive Condominiums	SMART Exercise Program	Seniors	Tues 10-11am Mon 1-2pm Thurs 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Elgin

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Elgin Community Centre	SMART Exercise Program	Seniors	Tues 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Gananoque

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Gananoque Recreation Centre	Skating	Public Skating	Mon 3:30-5pm Fri 8-9:30 Sun 2-3:15pm	Child \$1.50, adult \$2	613-382-2248
		Moms & tots	Tues 10:30-11:30am, Wed 10-11am	\$1 adult tots FREE	
		Seniors	Mon, Wed, Fri 1-2:30pm		
Gananoque Arena	SAIL Walking Group	adults 55 and older	Mon and Wed 10-11am	FREE	613-382-1175 1-800-561-8024

Lansdowne

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Lansdowne Community Hall	SMART Exercise Program	Seniors	Thurs 1-2pm	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Lyndhurst

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Lyndhurst Legion Hall	SMART Exercise Program	Seniors	Mon 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Portland

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Portland Community Hall	SMART Exercise Program	Seniors	Thurs 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Toledo

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
Toledo Legion Hall	SMART Exercise Program	Seniors	Tues 10-11am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Westport

PROGRAM	DESCRIPTION	AUDIENCE	HOURS	COST	CONTACT
North Crosby Hall	SMART Exercise Program	Seniors	Wed 9:45-10:45am	\$2	Vivienne Fotheringham 613-342-3693 x229 or 1-800-465-7646

Personal Trainers

Name	Address	Email	Phone
Allen, Kimberly	Fitness For Freedom In home personal training	info@fitnessforfreedom.com	613-260-2703
Chant, Jonathan	Fitness For Freedom In home personal training	info@fitnessforfreedom.com	613-260-2703
Ciavaglia, Casey	Heritage Fitness Centre Carleton Place, ON	Pipes_5@hotmail.com	613-253-2112
Flynn, Kit	Kit Flynn & Associates In-home Personal Training & Nutritional Counseling Website: kitflynn.ca	kit_flynn@rogers.com	613-729-4653
Hicks, Jennifer	Heritage Fitness Centre Carleton Place, ON	Jenhicks00@hotmail.com	613-253-2112
Lesco, Sandy	Best Western Fitness Trainer/Instructor	lesco@sympatico.ca	613-735-3534 613-735-0474
MacDonald, Dagmar	Elements Post Rehab Fitness Solutions In home personal training Brockville, ON	elements@ripnet.com	613-342-5901
Macleod, Danielle	HGMH Pool Full 360 Personal Training		613-330-9360
Nott, Julie		julespft@yahoo.ca	613-321-4824
Rispoli, Maddalena	Private Contractor	maddli@sympatico.ca	613-726-6523
Strickland, Melody		runmelrun@hotmail.com	613-253-3224
Townshend, Denise	Private Contractor	dtown@nrtco.net	613-687-5248