

Ottawa - Youths in Action

1. SATURDAY INTERMEDIATE-INTERMEDIATE ADVANCED VOLLEYBALL LEAGUE (~ 23 Matches) - PRE REGISTRATION REQUIRED:

- Saturdays from 12:00 - 3:00 PM
- Location: Immaculata High School (in D/T Ottawa)
- Cost: \$60 Per Person or \$50 Per Student (Uni or Highschool) - Includes T-Shirt
- Sign up as a team (Min 6 players, and at least 2 girls) or individual
- Maximum 8 teams, please register by **September 16th** - include T-Shirt sizes (**8 colors for 8 teams, teams that register first has more available T shirt color to pick from**)
- 3 games to 25 cap at 27 each week
- Non-Profit organization - Price is used to cover miscellaneous administrative expenses and equipment
- **To Register contact Vinh Phu Le at Vinnyle78@hotmail.com**

2. DROP IN VOLLEYBALL & BADMINTON - MONDAY NIGHTS (~30 Sessions)

- Recreational Volleyball and Badminton Monday Nights from 7:30 - 9:00 PM
- Location: **St. Paul High School (2675 Draper Avenue)**
- Drop in Fee is \$1 each time, or one time fee of \$20 for whole season (Fall/Winter)
- Your volleyball league membership includes membership for drop-in activities.

3. ZUMBA and YOGA

- Zumba class: from 7:00PM to 8:00PM

Yoga class: from 8:00PM to 9:00PM

- Drop in fee for each class is still \$5.00 (same as last term).
- The cost for 13 weeks of zumba is \$50 / a person.
- The cost for 13 weeks of yoga is \$60 / a person.
- or \$100.00 if you attend both classes.
- We will need a minimum of 15 participants in each class to start the program.
- Please register by Sept 11 by replying to either this email or by contacting Danh Lam at danhlam.nguyen@gmail.com
- The location for both Zumba and Yoga will be at St. Gregory Elementary School, 148 Meadowlands Dr Ottawa
- **Payment in full at the first class for all sessions.**

NOTE ON PRICE INCREASES: We apologize for having to increase the prices for the Fall and Winter activities. The City of Ottawa has changed its funding program, as

such we were unable to receive funding for this year's program and require to increase the price to cover the administrative costs, instructors and equipment replacement. Costs remain low compared to market prices due to the kind donations of facilities by the Catholic School Board. All programs are run by volunteers and we can't wait to see everyone out again this year!

Kindest regards,

The YIA Team

Contact: Vinh Le, vinnyle78@hotmail.com