DO COPY TO CLIPBOARD

Active Life Centre

Life at ALC

Active Life Centre. Where community, fitness, and fun come together. Enjoy classes, gym, rink, classes, and programs for all ages.

REGISTER NOW!

What makes us Speical

Zumba Classes

Zumba classes are high-energy dance fitness sessions that incorporate various dance styles, such as salsa, merengue, and hip-hop. These classes offer an enjoyable way to improve cardiovascular health while learning dance routines in a fun, social environment.

Family Fun Skate

Family fun skate times are specially designed sessions that encourage families to come together for recreational skating. These events often feature family-friendly activities, games, or themed music to create a festive atmosphere.

Swimming Lessons

Swimming lessons are structured classes that teach individuals how to swim and water safety skills at all levels. Certified instructors guide these lessons, focusing on essential swimming techniques, water safety, and building confidence in the water.

Scroll down for more

Why people love Us

"The Swimming Lessons helped me overcome my fear of water. The instructors are patient and professional."
Sean Farmer
Member for 2 years

Scroll down for more

Active Life Centre

Terms and conditions

MEMBERSHIP
PROGRAMS & CLASSES
CONTACT
AL@gmail.com
882-587-3025
2100 Iris street, Ottawa K2C 1E1

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Free Lunch Skate

Free lunch skate events typically offer an opportunity for families or individuals to enjoy a skating session at no cost, often combined with a free lunch or snack. This is particularly beneficial for those seeking affordable or family-friendly activities. DSD

Senior Fit Classes

Senior fit classes are tailored to older adults, focusing on strength, balance, flexibility, and overall mobility and health and well-being. These classes often include low-impact exercises such as gentle stretching, resistance fitness bands, dumbbells, mobility exercises, light weights, resistance bands etc.

Jamboree (Moms & Toddlers) Classes

Jamboree classes for moms and toddlers focus on bonding, socialization, and development through fun activities, music, and play. These classes provide a supportive environment for mothers to connect while their little ones.

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Sean Farmer
Member for 2 years

"Family Fun Skate is our favorite weekend activity. It's affordable, lively, and brings our whole family closer together."
Comfort Mensah
Member for 6 months.

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What makes us Speical

Swimming Lessons

Structured classes for all ages, focusing on technique and water safety.

Zumba Classes

High-energy dance fitness with salsa, merengue, and hip-hop for all levels.

Senior Fit Classes

Gentle exercise for strength, balance, and flexibility for seniors.

Jamboree (Moms & Toddlers) Classes

Fun, safe, and social activities for moms and their little ones.

Free Lunch Skate

Enjoy skating with free lunch events for the whole family.

Family Fun Skate

Fun skating sessions with games, music, and a lively atmosphere.

Why people love Us

"The Swimming Lessons helped me overcome my fear of water. The instructors are patient and professional."
Sean Farmer
Member for 2 years

"Family Fun Skate is our favorite weekend activity. It's affordable, lively, and brings our whole family closer together."
Comfort Mensah
Member for 6 months.

"The Jamboree Classes have been a wonderful bonding experience with my toddler. It's fun, safe, and full of joy."
Mandy Zhang
Member for 9 months.

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Contact us

Have questions or need assistance? Reach out to our Friendly team for info on programs, memberships, or bookings. We're here to help and would love to hear from you!

Visit Us
2100 Iris street, Ottawa K2C 1E1

Call Us
822-587-3025

Email Us
AL@gmail.com

HoursTime:6:00 AM – 10:00 PM

Reach out

Name

Email

Write something...

SUBMIT

Our Location

Iris Street
Hogan - Pinewood
Pinewood Park
Pinewood Park Drive
Hogan Avenue
Hogan Avenue
Hogan Avenue