

GYM DIRECTIONS

All directions to the gyms are from downtown Ottawa and St. Laurent Blvd. area hotels.

Henry Munro (2105 Kender Ave, Ottawa, ON K1J 6J7)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Blair Road - turn right (North) on Blair Road & continue to Ogilvie Road - turn right on Ogilvie Road - continue on Ogilvie Rd to Kender Ave – turn right on Kender Avenue. School is on the left

Avalon (2080 Portbello Blvd., Orleans Ontario K4A 0K5)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Trim Road exit – continue up hill and turn right on Portobello. Follow Portobello past Innes Road.

(CW) Cairine Wilson Secondary School School (975 Orléans Blvd. Ottawa ON K1C 2Z5)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Jeanne d'Arc Blvd exit and turn left onto Jeanne d'Arc Blvd. (northbound) - continue on Jeanne d'Arc Blvd to Orléans Blvd. - turn left onto Orléans Blvd. The school is on your right on Orléans Blvd.

(Col By) Colonel By Secondary School (2381 Ogilvie Road Ottawa ON K1J 7N4)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Montreal Road – turn left onto Montreal Road and continue to Ogilvie Road - turn right on Ogilvie Road. School is on your left on Ogilvie Road.

École élémentaire publique L'Odysée (1770 Grey Nuns Drive, Ottawa ON K1C 1C1)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Jeanne d'Arc Blvd exit. Keep right at the fork and merge on to Jeanne D'Arc Blvd. At the third exit merge onto St, Joseph Blvd. Turn left at Grey Nuns Drive. School will be on your right.

École secondaire catholique Garneau (6588 Carriere Street Ottawa ON K1C 1J4)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Jeanne d'Arc Blvd exit. Keep right at the fork and merge onto Jeanne d'arc Blvd. At the traffic circle, continue straight onto Jeanne d'arc Blvd S. Turn left at Orleans Blvd. Turn right at Carriere Street

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École secondaire publique Gisèle-Lalonde (500 Millenium Blvd Ottawa ON K4A 4X3)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Trim Road exit - continue up the hill on Trim Road past Innes Road to Millenium Blvd - turn left onto Millenium Blvd – the school is at the end of the road

(GHS) Gloucester High School (2060 Ogilvie Road Ottawa ON K1J 7N8)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Blair Road – turn right (North) on Blair Road and continue to Ogilvie Road - turn right on Ogilvie Road. The school is on your right on Ogilvie Road.

La Cité collégiale (801 Aviation Parkway Ottawa ON K1K 4R3) Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Blair Road - turn right (North) on Blair Road & continue to Ogilvie Road - turn left at Ogilvie Road – turn right at Bathgate Dr – turn left at Den Haag Drive.

(LBP) Lester B. Pearson Catholic High School (2072 Jasmine Cres. Ottawa ON K1J 8M5)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Blair Road - turn right (North) on Blair Road & continue to Ogilvie Road - turn right on Ogilvie Road - continue on Ogilvie Rd to Jasmine Cr. School is at the corner of Ogilvie Rd & Jasmine Cr.

(St. Matt's) St. Matthew Catholic High School (6550 Bilberry Drive, Ottawa ON K1C 2S9)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Jeanne d'Arc Blvd and turn left onto Jeanne d'Arc Blvd. (northbound) - continue on Jeanne d'Arc Blvd. to Bilberry Drive. The school is on your right.

(St Pete's) St. Peter Catholic High School (750 Charlemagne Blvd., Ottawa ON K4A 3M4)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Tenth Line exit & continue up the hill until you come to the stoplight at Tenth Line - turn left on Tenth Line & continue to the next light at Charlemagne Blvd. - turn left at Charlemagne & continue until you see St Peter High School on your left.

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(Sir Wil) Sir Wilfrid Laurier Secondary School (1515 Tenth Line Road Ottawa ON K1E 3E8)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Tenth Line exit and continue up the hill until you come to the stoplight at Tenth Line - turn left on Tenth Line Road and the school will be on your left – parking lot entrance – turn left at Amiens

Trillium (1515 Varennes Blvd, Orleans, Ontario, K4A 3S1)

Queensway East (Highway 417 East) - connect to Highway 174 towards Orléans and Rockland. Exit at Trim Road exit – continue up hill and turn right at Watters – turn left at Varennes.

ADDITIONAL GYMS

Ashbury College (362 Mariposa Avenue, Ottawa ON K1M 0T3)

Maple Ridge (1000 Valin Street, Orleans ON K4A 4B5)

Emily Carr (2681 Innes Road, Orleans ON K1B 3J7)

Fallingbrook (679 Deancourt Cres Orleans ON K4A 3E1)

Louis Riel HS (1655 Bearbrook Rd, Gloucester, ON K1B 4N3)

Summerside Public School (2350 Portobello Blvd, Orléans, ON K4A 0K5)

Notre Dame Deschamps (6280 Renaud Road Ottawa, ON K1W 0H7)

EMERGENCY CONTACT INFORMATION

Orleans Urgent Care Clinic (1220 Place D'Orleans Drive, Ottawa ON K1C 7K3)
Hours: until 9pm Friday; 8:00 – 3:00 Saturday and Sunday

Montfort Hospital (713 Montreal Road, Ottawa ON K1K 0T1)

Children's Hospital of Eastern Ontario (401 Smyth Road, Ottawa ON K1G 6W3)