



Classes for Adults

Recreation eGuide

Fall 2016 and Winter 2017

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Arts Centres

The City of Ottawa's Arts Centres are destinations for specialty arts programming in arts-specific studios offering the added benefit of specialised facilities and environment. The Nepean Visual Arts, the Nepean Creative Arts and Shenkman Arts Centres, offer specialty arts classes taught by accomplished artists – painters, actors, filmmakers, writers, photographers, musicians – in custom studio spaces for participants of all levels of ability. From preschool to adult, students experience a diversity of arts instruction in a creative and dynamic environment.



[Nepean Visual Arts Centre](#)

613-580-2828

1701 Woodroffe Avenue

(Entrance 3, Nepean Sportsplex)



[Nepean Creative Arts Centre](#)

613-596-5783

35 Stafford Road, Bells Corners



[Shenkman Arts Centre](#)

613-580-2787

245 Centrum Boulevard, Orléans

What do arts centres offer adults?

- High quality instruction in studios equipped for arts
- Dance on sprung floors, with barres and floor-to-ceiling mirrors
- Make beautiful music in soundproofed studios
- Create art with an artist

Learn life time art skills here.

Destination: arts experience.

Schedules and fees may be subject to change. Fees include HST.

Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

Instructional programs are advertised in the language in which they are offered.

Performing Arts

Dance

Argentine Tango – Level 1

Embrace Argentina's signature dance, the Salon Style Tango. Discover the 8-count basico (basic step), walking, forward ochos, back ochos and molinete (windmill) and playful ganchos (hooks). Find excitement, passion and drama with Tango!

Shenkman Arts

Thu.	9-10 pm	
Sep 22-Nov 10	\$87.75	1051387
Jan 12-Mar 2	\$87.75	1048740

Ballroom – Level 1

Ballroom – the perfect exercise for your mind and body. Move to the rhythm as you learn the foxtrot, waltz, cha cha, triple swing and merengue. Register with a partner.

Nepean Creative Arts

Tue.	7-8 pm	
Sep 27-Nov 22	\$98.50	1059150
Jan 17-Mar 14	\$98.50	1059146

Shenkman Arts

Thu.	7-8 pm	
Sep 22-Nov 10	\$87.75	1051261
Jan 12-Mar 2	\$87.75	1048737

Ballroom – Level 2

Broaden your skills in ballroom. New footwork and timing are introduced as you become familiar with the rumba and the samba. Register with a partner.

Shenkman Arts

Thu.	8-9 pm	
Sep 22-Nov 10	\$87.75	1051297
Jan 12-Mar 2	\$87.75	1048738

Ballroom – Level 3

Further develop your foundation, learn new moves and perfect technique as you advance in Level three. Register with a partner.

Shenkman Arts

Thu.	8-9 pm	
Sep 22-Nov 10	\$87.75	1051341
Jan 12-Mar 2	\$87.75	1048739

Ballroom – Level 5

Nepean Creative Arts

Tue.	6-7 pm	
Sep 27-Nov 22	\$98.50	1046426
Jan 17-Mar 14	\$98.50	1046616

Belly – Level 1

Explore fluidity, grace, and strength through this ancient and sensuous dance form developed in the Middle East. The fundamentals of posture, isolations, steps and accents of belly dance are stressed.

Shenkman Arts

Mon.	7:30-8:30 pm	
Sep 19-Nov 21	\$87.75	1048745
Jan 9-Mar 6	\$87.75	1051747

Belly – Level 2

Explore more complicated arrangements. Layer movements and combinations. Prerequisite: Belly Dance Level 1.

Nepean Creative Arts

Thu.	8-9 pm	
Sep 29-Nov 17	\$87.75	1039633
Jan 19-Mar 9	\$87.75	1039637

Bollywood – Level 1

Learn to move to the Bollywood beat; a modern East Indian style of dance that will have your hips moving. Discover basic hip, leg and upper body choreography while you experience the wonders of middle-eastern glamour.

Shenkman Arts

Mon.	6:30-7:30 pm	
Sep 19-Nov 7	\$87.75	1045699
Jan 9-Mar 6	\$87.75	1051775

Dundun

Experience this unique combination of dance and drumming from Guinea, West Africa. The drumming is part of the dance in this physically powerful musical and dance experience.

Nepean Creative Arts

Thu.	7-8:30 pm	
Sep 22	\$16.50	1059203
Sep 29-Nov 3	\$98.50	1059167
Feb 2-Mar 9	\$98.50	1059179

Hip Hop – Level 1

Look forward to an exciting cardio workout that combines basic hip hop dance principals with a fresh choreographed routine. You'll be energized while learning how to pop, lock and bounce like a pro.

Nepean Creative Arts

Tue.	8-9 pm	
Sep 20-Nov 15	\$98.50	1039686
Jan 10-Mar 7	\$98.50	1040188

Shenkman Arts

Thu.	7-8 pm	
Sep 22-Nov 10	\$87.75	1051425
Jan 12-Mar 2	\$87.75	1048741

Jazz – Level 1

Basics of jazz dance will improve your co-ordination, strength, and flexibility through dance combinations set to popular music.

Shenkman Arts

Tue.	7-8:30 pm	
Sep 20-Nov 8	\$131.50	1046297
Jan 10-Mar 7	\$131.50	1051921

Tap – Level 1

Basics of tap dance through enjoyable dance combinations and simple choreography. Emphasis on rhythm and clarity of step. Keep on tapping!

Shenkman Arts

Tue.	8:30-9:30 pm	
Sep 20-Nov 8	\$87.75	1046305
Jan 10-Mar 7	\$87.75	1051939

Music

Guitar – Level 1

Strengthen guitar skills while learning basic chords, strumming, picking and tuning. Recognize different strumming patterns and shuffle accompaniment. Bring your own guitar.

Nepean Creative Arts

Mon.	6:30-7:30 pm	
Sep 19-Nov 21	\$158	1039708
Jan 16-Mar 27	\$158	1039719

Shenkman Arts

Sat.	10-11 am	
Sep 24-Nov 19	\$131	1045476
Jan 7-Mar 4	\$131	1046355

Guitar – Level 2

Once you have the basics through Guitar Level 1 or equivalent, you're ready for more advanced music.

Nepean Creative Arts

Mon.	7:30-8:30 pm	
Sep 19-Nov 21	\$158	1039728
Jan 16-Mar 27	\$158	1039723

Shenkman Arts

Sat.	1-2 pm	
Sep 24-Nov 19	\$131	1045483
Jan 7-Mar 4	\$131	1046380

Guitar – Level 3

Learn songs while adding new techniques and skills along the way. Choose a song you would like to learn. Learn to play each of the songs submitted.

Nepean Creative Arts

Mon.	8:30-9:30 pm	
Sep 19-Nov 21	\$158	1039816
Jan 16-Mar 27	\$158	1039828

Shenkman Arts

Sat.	3-4 pm	
Sep 24-Nov 19	\$131	1045496
Jan 7-Mar 4	\$131	1046386



Visual Arts

Botanical Art

Botanical Drawing

Botanical subjects are perfect for mastering fundamental art skills. Drawing from specimens, develop your skill and ability to create true-to-life drawings. Practical exercises and individual instruction ensure steady progress. Seasonal specimens will be used.

Nepean Visual Arts

Wed.	1-4 pm	
Jan 11-Mar 1	\$221	1042792

Botanical Art – Watercolours Basics

Inspired by the colours and subjects of the season, using watercolour materials and techniques create realistic paintings of our plant world. Painting from specimens, beginners acquire strong art skills. Demonstrations and step-by-step instructions ensure steady progress.

Nepean Visual Arts

Wed.	1-4 pm	
Oct 12-Nov 30	\$221	1039851

Botanical Art – Watercolours Technical Refresher

A watercolour bootcamp for students who have mastered the basics. A different technique will be studied, demonstrated and practiced each week. A great way to hone your skills for your botanical painting projects. Intermediate students. Prerequisite: Botanical art: Watercolour Basics.

Nepean Visual Arts

Wed.	9:30 am-12:30 pm	
Oct 12-Nov 30	\$221	1062202

Botanical Art – Composition

Learn fundamental elements of composition, with tips and techniques to take you to the next level. Exercises emphasize the design of visual elements and the development of individual style in drawing and watercolour. Intermediate to advanced botanical art students.

Nepean Visual Arts

Wed.	9:30 am-12:30 pm	
Jan 11-Mar 1	\$221	1042423

Drawing

Coloured Pencils – Level 1

Drawing and painting come together with this adaptable medium. Learn how to draw portraits, landscapes, seascapes, animals and still life. Learn about pencil brands, paper surfaces, layering, crosshatching, stippling, mixing and lifting colour as well as burnishing and embossing.

Nepean Visual Arts

Wed.	7-9:30 pm	
Sep 28-Nov 30	\$229.75	1041871
Jan 18-Mar 29	\$229.75	1047871

Drawing – Level 1

Learn simple tips that make a big difference in the way you draw. Observational skills are built while studying perspective, values, understanding mass, line, contour drawing, shading and more. Suitable for beginners and intermediates. Pencil and minimal colour medium.

Nepean Visual Arts

Mon.	7-9:30 pm	
Sep 26-Dec 5	\$229.75	1039525
Jan 16-Apr 3	\$229.75	1047903

Soft Pastels

An exploration of the diversity of technique and content in soft pastel. All topics will be explored from landscapes and still life to non-representational. Composition and colour are emphasized.

Nepean Creative Arts

Tue.	9:30 am-noon	
Sep 27-Nov 29	\$229.75	1039724
Jan 17-Mar 28	\$229.75	1047921

Mixed Media

Abstract Mixed Media Twist

Collage, image transfers, stamping and mark making; practice different ways to apply paint. Use brushes, brayers and water to create interesting effects. Focusing on composition, create a balanced and interesting artwork.

Nepean Visual Arts

Mon.	1-3:30 pm	
Sep 26-Dec 5	\$229.75	1039767
Jan 16-Apr 3	\$229.75	1042369

Expressive Non-Objective Drawing

Be expressive in your artistic practice. With a raw, intuitive approach to drawing and mixed media techniques, explore your art using the underpinnings of expression to create non-objective drawings. Focus on expressivity and creation while exploring mixed media.

Nepean Creative Arts

Wed.	1-4 pm	
Jan 18-Mar 29	\$276.25	1042381

Large Scale Mixed Media Painting

Focus on creative expression; and, translating imagination to creation by exploring different medias. With instruction in basic design and colour skills, create a fantastic world on a large canvas. Learn the beauty of mixed media and how to manipulate space!

Nepean Creative Arts

Wed.	1-3:30 pm	
Sep 28-Nov 30	\$229.75	1039827

Wabi-Sabi Painting

Meditate through artistic creation while living in the moment. Create pieces that connect your intuitive abilities with your artistic skills. Incorporates Oriental principles of design and eastern philosophies. Knowledge of acrylic paints, mediums and colour theory required.

Nepean Creative Arts

Thu.	1-3:30 pm	
Jan 19-Mar 30	\$229.75	1042835

Painting

Acrylic Landscape Painting

Landscape painting is a rewarding art to master. Embrace how acrylic paint hugs the canvas while you design and create your unique pieces. The focus is on perspective, depth, colour, value and design in this all skill level class. Creative direction given by professional fine artist.

Nepean Visual Arts

Mon.	7-9:30 pm	
Sep 26-Dec 5	\$229.75	1039528
Jan 16-Apr 3	\$229.75	1041938

Collage Based Acrylic

Explore collage creation then re-creating the image as a large scale acrylic painting. Discuss techniques to increase size and maximize results. The final piece will possess a tromp l'oeil effect and are truly contemporary in approach.

Nepean Visual Arts

Wed.	6:30-9:30 pm	
Oct 26-Nov 30	\$197	1039859

Coloured Reflections

Learn about yourself through creative expression while focusing on theme-based art and imagery. Though hard to express, thoughts and feelings can be revealed through the artistic journey which you will discover in this exciting and wild class.

Nepean Visual Arts

Tue.	7-9:30 pm	
Oct 4-Nov 8	\$145.75	1052422
Jan 24-Feb 28	\$145.75	1052428

Ideas and Techniques of the Modern Masters

Continuation of Techniques of the Post Impressionists. Examine one representative painting and a summary of the methods used. Then paint your own version, a painting each lesson.

Nepean Visual Arts

Thu.	6:30-9:30 pm	
Jan 19-Mar 30	\$275.75	1046382

Oil or Acrylics – Level 1

Pick up a brush and give it a try! This introductory class explores painting in oils or acrylics. Paint mixing, colour, value, form and techniques will be covered through the instructor's step-by-step demonstrations. Suitable for beginners and intermediates.

Nepean Visual Arts

Tue.	7-9:30 pm	
Sep 27-Nov 29	\$229.75	1039867
Jan 17-Mar 28	\$229.75	1042519
Wed.	9:30 am-noon	
Sep 28-Nov 30	\$229.75	1039541
Jan 18-Mar 29	\$229.75	1041943
Wed.	1-3:30 pm	
Sep 28-Nov 30	\$229.75	1039540
Jan 18-Mar 29	\$229.75	1041942

Thu.	7-9:30 pm	
Sep 29-Dec 1	\$229.75	1039542
Jan 19-Mar 30	\$229.75	1041945
Fri.	1-3:30 pm	
Sep 23-Nov 25	\$229.75	1039543
Jan 13-Mar 24	\$229.75	1041946

Oil or Acrylics -- Level 2

Choose your own adventure in advanced oils or acrylics. Explore complex techniques including working with perspective, colour mixing and brushstrokes. Try your personalized style using your own subject matter.

Nepean Creative Arts

Mon.	1-3:30 pm	
Sep 26-Dec 5	\$229.75	1039539
Jan 16-Apr 3	\$229.75	1041939

Techniques of the Post Impressionists

Dig deep into post-impressionism. Each lesson begins with an overview of an artist's life and work. Examine one representative painting and a summary of methods used. Paint your own complete painting each lesson based on the methods learned.

Nepean Visual Arts

Thu.	6:30-9:30 pm	
Sep 29-Dec 1	\$275.75	1046378

Traditional Oil Techniques

Learn age-old methods of painting with oils. Beginners will copy Vermeer's Girl with a Pearl Earring as an introduction to a structured classical approach to painting. We will discuss materials, colour theory, underpainting, overpainting, glazing, etc.. Continuing students will be able to put into practice the techniques learned towards their own projects.

Nepean Visual Arts

Mon.	6:30-9:30 pm	
Sep 26-Dec 5	\$245.50	1039544
Jan 16-Apr 3	\$245.50	1041968
Wed.	6:30-9:30 pm	
Sep 28-Nov 30	\$245.50	1056789
Jan 18-Mar 29	\$245.50	1061761

Watercolour – Expressive Experimentation

By nature watercolours are an expressive medium. Explore the most abstract and non-representation potential of watercolour. Working with contemporary expressive and experimental watercolourists, students will learn their techniques, tricks and colour theory as well as develop an abstract composition.

Nepean Creative Arts

Thu. 1-4 pm
 Sep 29-Dec 1 \$275.75 [1064487](#)

Watercolours – Level 1

Watercolour is a soft and beautiful form of expression. Through exercise and demonstrations, learn to create a colour wheel and apply washes to paper while exploring realism, abstraction and non-representation.

Nepean Visual Arts

Tue. 9:30 am-12:30 pm
 Sep 27-Nov 29 \$275.75 [1039613](#)
 Jan 17-Mar 28 \$275.75 [1041970](#)
 Thu. 7-9:30 pm
 Sep 29-Dec 1 \$229.75 [1039609](#)

Pottery

Functional Handbuilding

Create unique, functional and beautiful clay pieces for your home! Serving dishes, lamp bases, planters, jewelry boxes, vases, birdfeeders – the possibilities are endless. Learn basic handbuilding techniques: coil, slab and pinch pot methods. All levels welcome.

Nepean Visual Arts

Mon. 7-9:30 pm
 Sep 26-Dec 5 \$273.75 [1039943](#)
 Jan 16-Apr 3 \$273.75 [1047884](#)

Sculptural Handbuilding

Explore handbuilding construction techniques with a heavy emphasis on additional sculptural elements like the use of proportion and plane. Class is tailored appropriately to participant's level. Some experience with clay is recommended.

Nepean Visual Arts

Wed. 7-9:30 pm
 Sep 28-Nov 30 \$273.75 [1041826](#)
 Jan 18-Mar 29 \$273.75 [1047858](#)

Special Projects

Do you have a special wheel work project in mind, but don't know how to make it a reality? Our instructor will mentor you through to a finished product. Intermediate to advanced potters only. This course is for wheel work only.

Nepean Visual Arts

Mon. 9:30 am-noon
 Sep 26-Dec 5 \$273.75 [1040323](#)
 Jan 16-Apr 3 \$273.75 [1042762](#)

Wheel – Level 1

Create basic vessel forms such as cylinders and bowls. Glazing, decorative techniques and application of handles will be introduced.

Nepean Visual Arts

Wed. 7-9:30 pm
 Sep 28-Nov 30 \$273.75 [1039901](#)
 Jan 18-Mar 29 \$273.75 [1042275](#)
 Thu. 7-9:30 pm
 Sep 29-Dec 1 \$273.75 [1039837](#)
 Jan 19-Mar 30 \$273.75 [1042287](#)

Wheel – Level 2

Create pieces such as cylinders, plates and bowls. More advanced techniques: forming lids, surface decoration (carving and painting) with underglaze techniques, will be introduced.

Nepean Visual Arts

Mon. 7-9:30 pm
 Sep 26-Dec 5 \$273.75 [1039650](#)
 Jan 16-Apr 3 \$273.75 [1061879](#)



Pottery Studios

No instruction. Previous experience in the NVAC pottery studio or instructional class is required. Participants must provide their own clay and tools. All clay MUST be purchased at the Nepean Visual Arts Centre at a fee per bag. This fee helps offset the cost of glazes and firing.

Nepean Visual Arts

Fall & Winter 12 weeks: \$159.75 11 weeks: \$146.50

Handbuilding

No instruction provided. Previous experience in any Nepean Visual Arts Centre pottery class is required. Participants must bring their own clay and tools. All clay MUST be purchased at the NVAC for a per bag fee.

Nepean Visual Arts

Mon.	9 am-noon	Sep 12-Dec 5 Jan 9-Apr 10	1039903 1042724
Tue.	9 am-noon	Sep 13-Nov 29 Jan 10-Apr 4	1039908 1042692
Tue.	1-4 pm	Sep 13-Nov 29 Jan 10-Apr 4	1039907 1042688
Tue.	6-9 pm	Sep 13-Nov 29 Jan 10-Apr 4	1039909 1042695
Wed.	9 am-noon	Sep 14-Nov 30 Jan 11-Apr 5	1039904 1042699
Wed.	1-4 pm	Sep 14-Nov 30 Jan 11-Apr 5	1039906 1042702
Thu.	9 am-noon	Sep 15-Dec 1 Jan 12-Apr 6	1039911 1042705
Thu.	1-4 pm	Sep 15-Dec 1 Jan 12-Apr 6	1039912 1042708
Fri.	6-9 pm	Sep 16-Dec 2 Jan 13-Apr 7	1039913 1042721

Wheel

No instruction provided. Previous experience in any Nepean Visual Arts Centre pottery class is required. Participants must bring their own clay and tools. All clay MUST be purchased at the NVAC for a per bag fee.

Nepean Visual Arts

Mon.	1-4 pm	Sep 12-Dec 5 Jan 9-Apr 10	1039917 1042746
Tue.	9 am-noon	Sep 13-Nov 29 Jan 10-Apr 4	1039923 1047928
Tue.	1-4 pm	Sep 13-Nov 29 Jan 10-Apr 4	1039922 1042730
Tue.	6-9 pm	Sep 13-Nov 29 Jan 10-Apr 4	1039927 1042733
Wed.	9 am-noon	Sep 14-Nov 30 Jan 11-Apr 5	1039929 1042737
Wed.	1-4 pm	Sep 14-Nov 30 Jan 11-Apr 5	1039931 1042734
Thu.	9 am-noon	Sep 15-Dec 1 Jan 12-Apr 6	1039933 1042739
Thu.	1-4 pm	Sep 15-Dec 1 Jan 12-Apr 6	1039935 1042741
Fri.	6-9 pm	Sep 16-Dec 2 Jan 13-Apr 7	1039936 1042743

Studios

Botanical Art

No instruction. Bring your own subject matter or still life to paint.

Nepean Visual Arts

Tue.	1-3:30 pm	
Sep 6-Dec 6	\$73	1061842
Jan 10-Apr 4	\$63	1061810

Life Drawing – Combo

Open, creative life-drawing space that encourages practice with like-minded artists who want to learn from each other. All mediums welcome. No guided instruction provided. Studio members share the cost of a model.

Nepean Visual Arts

Thu.	9:30 am-noon	
Sep 8-Dec 8	\$73	1039693
Jan 12-Apr 6	\$63	1042331

Life Drawing – Short Gestural Poses

Open, creative life-drawing space that encourages practice with like-minded artists who want to learn from each other. All mediums welcome. No guided instruction provided. Studio members share the cost of a model.

Nepean Visual Arts

Sun.	10 am-12:30 pm	
Sep 11-Dec 11	\$73	1039526
Jan 8-Apr 2	\$63	1041935
Tue.	9:30 am-noon	
Sep 6-Dec 6	\$73	1039527
Jan 10-Apr 4	\$63	1041937

Oil and Acrylics

No instruction. Bring your own subject matter or still life to paint. Please use only odourless solvents.

Nepean Visual Arts

Fri.	9:30 am-noon	
Sep 9-Dec 9	\$73	1039872
Jan 13-Apr 7	\$63	1042534

Portraiture

This supportive studio group is dedicated to portraiture in its many forms. No instruction is involved. All levels of skill are welcome. Studio members share the cost of the model.

Nepean Visual Arts

Mon.	9:30 am-noon	
Sep 12-Dec 12	\$73	1039878
Jan 16-Apr 24	\$57.50	1042644

Watercolours

No instruction. Bring your own subject matter or still life to paint.

Nepean Visual Arts

Thu.	10 am-3 pm	
Sep 8-Dec 8	\$146.25	1039897
Jan 12-Apr 6	\$125.50	1042666
Fri.	10 am-3 pm	
Sep 9-Dec 9	\$146.25	1039900
Jan 13-Apr 7	\$125.50	1042677

Workshops

Advent Calendar

Count down to the holidays in style. Custom create a handmade advent calendar the family can fill and reuse year after year. A beautiful addition to any holiday decor! A variety of styles are available to choose from. Supplies provided.

Nepean Visual Arts

Sat.	noon-4 pm	
Nov 5	\$119	1064474

Altered Images: Photo Transfer

Image transfer techniques are an easy, modern and creative way to add dimension to any work! Create a unique family photo display on wood artists' panels to take home. The benefit of this class is that applications are endless. Supplies provided.

Nepean Visual Arts

Sat.	10 am-4 pm	
Feb 11	\$76.75	1064479



Canvas and Cocktails

Explore your artistic side with this night out! Learn the very basics of acrylic painting, completing a 16 x 20 canvas while exploring and savouring wines from around the world. Supplies and two glasses of wine included. Professional art instructor and wine sommelier guide you and answer questions

Nepean Visual Arts

Fri.	6:30-9:30 pm	
Oct 21	\$73.25	1039854
Apr 21	\$73.25	1042443

Clay Handbuilding

Always wanted to try working with clay but can't seem to find the time? Clay workshops offer a different project and technique to choose each week! Supplies provided.

Nepean Visual Arts

Fri.	1-4 pm	
Oct 28	\$38.50	1064478

Clay Wheel

Ever wonder what it's like to throw on the potter's wheel? Come alone or grab a friend and spend a fun afternoon learning how to center clay and make a couple of pots! Supplies provided.

Nepean Visual Arts

Fri.	1-4 pm	
Sep 30	\$38.50	1062270
Feb 3	\$38.50	1062302
Feb 17	\$38.50	1062313

Colour Theory and Mixing

See colour in a whole new way. Learn to understand colour theory. Mix colours and get the right colour every time changing the way you use colour to create.

Nepean Visual Arts

Sat.-Sun.	10 am-4 pm	
Oct 22-23	\$131.50	1041904

Faux Encaustic Sampler

Simulate the look of encaustic painting (wax painting) using acrylic mediums on panels and paper to recreate its luminous quality without the use of toxic materials and special ventilation. Supplies included. Designed to give a hands-on introduction to the encaustic process. Supplies provided.

Nepean Visual Arts

Sat.	1-4 pm	
Mar 4	\$66.75	1064477

Inktense

Combine the intensity of ink with the translucence of a wash and traditional coloured pencil for an inktense work of art. Create beautiful paintings with vibrant colour as participants learn to work with the pencils in dry format or with a wet brush. Supplies provided.

Nepean Visual Arts

Sat.	10 am-3 pm	
Oct 1	\$103.50	1064475

Intro to Abstract Painting

Be introduced to the world of abstract art. Explore the principles and elements of design starting by creating a variety of small sheets of collage paper using tissue, paint and stamps. Finish by creating a 10" x 10" piece you can frame at home. Supplies provided.

Nepean Visual Arts

Sat. 10 am-4 pm
Nov 12 \$122 [1063320](#)

Mixed Media Basics

Mixed Media involves using two or more mediums such as ink, pastel, paint and collage to create a work of art. Using easy techniques and a wide range of materials- collage, paints, acrylic mediums, paper, markers and more you'll create an abstract piece of art ready to hang at home. Supplies provided.

Nepean Visual Arts

Sat. 10 am-4 pm
Apr 8 \$65.75 [1064480](#)

Wine 'n Jazz Nights

For adults with a little singing experience who love cool jazz. Enjoy a night of singing standards, improvising and listening, paired with a glass of local wine or beer. Facilitated and accompanied by a jazz artist / professor Yves Laroche and other international-calibre musicians of Bells Corners Academy of Music. Ability to harmonize and or read music an asset.

Nepean Creative Arts

Fri. 6:30-9:30 pm
Oct 28 \$76.75 [1062015](#)
Feb 10 \$76.75 [1062039](#)

Arts in Your Neighbourhood

Schedules and fees may be subject to change. Fees include HST.

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Instructional programs are advertised in the language in which they are offered.

Writing for Enjoyment

Get motivated and inspired to write – anecdotes, poetry, mystery and various topics. Participants are encouraged to set their own goals and write what they wish. No experience necessary in a supportive, friendly environment.

John G. Mlacak – 613-599-4480

Wed. 10 am-noon
Sep 21-Nov 23 \$130.25 [1058436](#)
Jan 11-Mar 1 \$104.25 [1058513](#)
Thu. 10 am-noon
Sep 22-Nov 24 \$130.25 [1058437](#)
Jan 12-Mar 2 \$104.25 [1058514](#)
Fri. 10 am-noon
Sep 23-Nov 25 \$130.25 [1058438](#)
Jan 13-Mar 3 \$104.25 [1058515](#)

Performing Arts

Dancing with Partner

Dancing with a partner is good for your rhythm, your heart and your soul. Learn the footwork to dance the night away. Register with your partner. Fees given are for the individual participant. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Sep 23	8	\$87.75	1057861
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Jan 27	8	\$87.75	1059392
Ballroom-Latin	St-Laurent	613-742-6767	Mon.	8-9 pm	Sep 19	9	\$98.50	1064513
Ballroom-Latin	St-Laurent	613-742-6767	Mon.	8-9 pm	Jan 9	8	\$87.75	1064514
Ballroom 1	Bob MacQuarrie-Orléans	613-824-0819	Fri.	7-8 pm	Sep 16	13	\$142.50	1060001
Ballroom 1	Bob MacQuarrie-Orléans	613-824-0819	Fri.	7-8 pm	Jan 20	11	\$120.50	1060614
Ballroom 1	Nepean Sportsplex	613-596-5783	Thu.	7-8 pm	Sep 15	8	\$87.75	1046454
Ballroom 1	Nepean Sportsplex	613-596-5783	Thu.	7-8 pm	Jan 12	8	\$87.75	1046456
Ballroom 1	Queenswood Heights	613-830-2747	Tue.	7-8 pm	Sep 13	8	\$64.75	1059440
Ballroom 1	Queenswood Heights	613-830-2747	Tue.	7-8 pm	Jan 10	8	\$64.75	1059973
Ballroom 1	Richelieu-Vanier	613-560-6030	Tue.	7:30-8:30 pm	Sep 13	10	\$95.75	1050557
Ballroom 1	Richelieu-Vanier	613-560-6030	Tue.	7:30-8:30 pm	Jan 10	8	\$76.50	1052337

Dancing with Partner

Dancing with a partner is good for your rhythm, your heart and your soul. Learn the footwork to dance the night away. Register with your partner. Fees given are for the individual participant. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7:15-9:15 pm	Sep 8	6	\$98.50	1059013
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7:15-9:15 pm	Jan 5	6	\$98.50	1059022
Ballroom 1	St-Laurent	613-742-6767	Mon.	9-10 pm	Sep 19	9	\$98.50	1064516
Ballroom 1	St-Laurent	613-742-6767	Mon.	9-10 pm	Jan 9	8	\$87.75	1064515
Ballroom 2	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Sep 15	8	\$87.75	1046459
Ballroom 2	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Jan 12	8	\$87.75	1046464
Ballroom 2	Queenswood Heights	613-830-2747	Tue.	7-8 pm	Sep 13	8	\$64.75	1059465
Ballroom 2	Queenswood Heights	613-830-2747	Tue.	7-8 pm	Jan 10	8	\$64.75	1059987
Ballroom 2	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Sep 13	10	\$95.75	1050599
Ballroom 2	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Jan 10	8	\$76.50	1052349
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7:15-9:15 pm	Sep 8	6	\$98.50	1059055
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7:15-9:15 pm	Jan 5	6	\$98.50	1059072
Ballroom 3	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Sep 15	8	\$87.75	1046467
Ballroom 3	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Jan 12	8	\$87.75	1046471
Ballroom 3	Queenswood Heights	613-830-2747	Tue.	7-8 pm	Sep 13	8	\$64.75	1059472
Ballroom 3	Queenswood Heights	613-830-2747	Tue.	7-8 pm	Jan 10	8	\$64.75	1059994
Ballroom 3	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Sep 13	10	\$95.75	1050608
Ballroom 3	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Jan 10	8	\$76.50	1052391
Ballroom 4	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Sep 12	8	\$87.75	1046434
Ballroom 4	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Jan 9	8	\$87.75	1046440
Ballroom 4	Queenswood Heights	613-830-2747	Tue.	8-9 pm	Sep 13	8	\$64.75	1059483
Ballroom 4	Queenswood Heights	613-830-2747	Tue.	8-9 pm	Jan 10	8	\$64.75	1060002
Ballroom 4	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Sep 15	10	\$95.75	1050633
Ballroom 4	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Jan 12	8	\$76.50	1052424
Ballroom 5	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Sep 12	8	\$87.75	1046428
Ballroom 5	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Jan 9	8	\$87.75	1046432
Ballroom 5	Queenswood Heights	613-830-2747	Tue.	8-9 pm	Sep 13	8	\$64.75	1059485
Ballroom 5	Queenswood Heights	613-830-2747	Tue.	8-9 pm	Jan 10	8	\$64.75	1060013
Ballroom 5	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Sep 15	10	\$95.75	1050635
Ballroom 5	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Jan 12	8	\$76.50	1052429

Dancing with Partner

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballroom 6	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Sep 15	8	\$87.75	1046447
Ballroom 6	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Jan 12	8	\$87.75	1046450
Ballroom 6	Queenswood Heights	613-830-2747	Tue.	8-9 pm	Sep 13	8	\$64.75	1059488
Ballroom 6	Queenswood Heights	613-830-2747	Tue.	8-9 pm	Jan 10	8	\$64.75	1060021
Ballroom 6	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Sep 15	10	\$95.75	1050655
Ballroom 6	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Jan 12	8	\$76.50	1052459
Ballroom 7	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Sep 15	10	\$95.75	1050659
Ballroom 7	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Jan 12	8	\$76.50	1052480
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	6-7 pm	Sep 12	8	\$87.75	1046221
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	6-7 pm	Jan 9	8	\$87.75	1046223
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	7-8 pm	Sep 12	8	\$87.75	1046424
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	7-8 pm	Jan 9	8	\$87.75	1046430
Ballroom 8	Queenswood Heights	613-830-2747	Tue.	6-7 pm	Sep 13	8	\$64.75	1059928
Ballroom 8	Queenswood Heights	613-830-2747	Tue.	6-7 pm	Jan 10	8	\$64.75	1059960
Ballroom 8	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Sep 15	10	\$95.75	1050668
Ballroom 8	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Jan 12	8	\$76.50	1052494
Ballroom Social	Greenboro	613-580-2805	Fri.	7-8 pm	Sep 23	8	\$87.75	1057856
Ballroom Social	Greenboro	613-580-2805	Fri.	7-8 pm	Jan 27	8	\$87.75	1059393
Ballroom Social	Richelieu-Vanier	613-560-6030	Thu.	7-8 pm	Sep 15	10	\$95.75	1050681
Ballroom Social	Richelieu-Vanier	613-560-6030	Thu.	7-8 pm	Jan 12	8	\$76.50	1052517
Salsa and Merengue 1	Bob MacQuarrie-Orléans	613-824-0819	Fri.	8-9 pm	Sep 16	13	\$142.50	1059989
Salsa and Merengue 1	Bob MacQuarrie-Orléans	613-824-0819	Fri.	8-9 pm	Jan 20	11	\$120.50	1060608
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	8-9:30 pm	Sep 13	1	\$16.50	1058667
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	8-9:30 pm	Jan 10	1	\$16.50	1062397
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	6-7 pm	Sep 20	10	\$109.50	1058669
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	6-7 pm	Jan 17	10	\$109.50	1062408
Salsa and Merengue 1	St-Laurent	613-742-6767	Wed.	8:45-9:45 pm	Sep 21	9	\$98.50	1053534
Salsa and Merengue 1	St-Laurent	613-742-6767	Wed.	8:45-9:45 pm	Jan 11	9	\$98.50	1053541
Salsa and Merengue 2	François Dupuis	613-580-8080	Tue.	8-9 pm	Sep 20	10	\$109.50	1058676
Salsa and Merengue 2	François Dupuis	613-580-8080	Tue.	8-9 pm	Jan 17	10	\$109.50	1062430

Dancing without a Partner

"There are short-cuts to happiness, and dancing is one of them." Vicki Baum Improve your coordination, while dancing to the different beats. Basic to advanced steps and patterns from around the world. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballet 1	Hunt Club-Riverside Park	613-260-1299	Mon.	7-8 pm	Sep 19	12	\$115.75	1052430
Ballet 1	Hunt Club-Riverside Park	613-260-1299	Mon.	7-8 pm	Jan 16	10	\$96.50	1052436
Belly 1	Fisher Park	613-798-8945	Wed.	7:15-8:45 pm	Sep 21	10	\$114.25	1058358
Belly 1	Fisher Park	613-798-8945	Wed.	7:15-8:45 pm	Jan 18	10	\$114.25	1058364
Belly 1	François Dupuis	613-580-8080	Thu.	5:20-6:20 pm	Sep 15	7	\$76.75	1054932
Belly 1	François Dupuis	613-580-8080	Thu.	5:20-6:20 pm	Nov 3	7	\$76.75	1054934
Belly 1	François Dupuis	613-580-8080	Thu.	5:20-6:20 pm	Jan 12	6	\$65.75	1062607
Belly 1	François Dupuis	613-580-8080	Thu.	5:20-6:20 pm	Feb 23	6	\$65.75	1062611
Belly 1	Plant	613-232-3000	Fri.	6:30-7:30 pm	Sep 23	13	\$142.50	1063831
Belly 1	Plant	613-232-3000	Fri.	6:30-7:30 pm	Jan 13	13	\$142.50	1064044
Belly 1	Sandy Hill	613-564-1062	Wed.	6-7 pm	Sep 14	10	\$86	1048409
Belly 1	Sandy Hill	613-564-1062	Wed.	6-7 pm	Jan 18	10	\$86	1054806
Belly 2	Sandy Hill	613-564-1062	Wed.	7-8 pm	Sep 14	10	\$86	1048413
Belly 2	Sandy Hill	613-564-1062	Wed.	7-8 pm	Jan 18	10	\$86	1054810
Bollywood 1	Hintonburg	613-798-8874	Thu.	6:30-7:30 pm	Oct 20	8	\$87.75	1053615
Bollywood 1	Hintonburg	613-798-8874	Thu.	6:30-7:30 pm	Jan 19	8	\$87.75	1055951
Line Dancing 1	St-Laurent	613-742-6767	Wed.	10:15-11:45 am	Sep 14	12	\$105.75	1051197
Line Dancing 1	St-Laurent	613-742-6767	Wed.	10:15-11:45 am	Jan 11	10	\$88	1051220
Line Dancing 1	St-Laurent	613-742-6767	Wed.	7:15-8:45 pm	Sep 14	12	\$105.75	1051206
Line Dancing 1	St-Laurent	613-742-6767	Wed.	7:15-8:45 pm	Jan 11	10	\$88	1051230
Line Dancing 2	St-Laurent	613-742-6767	Wed.	1:15-2:45 pm	Sep 14	12	\$105.75	1051405
Line Dancing 2	St-Laurent	613-742-6767	Wed.	1:15-2:45 pm	Jan 11	10	\$88	1051431
Line Dancing 3	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Sep 13	12	\$105.75	1052051
Line Dancing 3	St-Laurent	613-742-6767	Thu.	7:15-8:45 pm	Sep 15	12	\$105.75	1052125
Line Dancing 3	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Jan 10	10	\$88	1052145
Line Dancing 3	St-Laurent	613-742-6767	Thu.	7:15-8:45 pm	Jan 12	10	\$88	1052153
Margaret Morris – Beg	Dempsey	613-247-4846	Mon.	7-8 pm	Sep 19	10	\$86.75	1047944
Margaret Morris – Beg	Dempsey	613-247-4846	Mon.	7-8 pm	Jan 9	8	\$69.50	1057086
Margaret Morris – Int	Dempsey	613-247-4846	Mon.	7-9 pm	Sep 19	10	\$132.25	1047965
Margaret Morris – Int	Dempsey	613-247-4846	Mon.	7-9 pm	Jan 9	8	\$105.75	1057107

Music Lessons

Discover the joy of music with the instrument of your choice. Learn basic theories, reading music and timing. Materials fee with some classes. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Arabic Singing	HuntClub-Riverside Park	613-260-1299	Thu.	7:30-8:30 pm	Sep 22	12	\$230	1058293
Arabic Singing	HuntClub-Riverside Park	613-260-1299	Thu.	7:30-8:30 pm	Jan 19	10	\$191.75	1058295
Guitar 1	John G. Mlacak	613-599-4480	Wed.	6:30-8:30 pm	Sep 28	10	\$147	1055600
Guitar 1	John G. Mlacak	613-599-4480	Wed.	6:30-8:30 pm	Jan 18	10	\$147	1055601
Guitar 1	Plant	613-232-3000	Wed.	8-9 pm	Sep 21	13	\$219.25	1063788
Guitar 1	Plant	613-232-3000	Wed.	8-9 pm	Jan 11	14	\$236.25	1064029
Guitar 1	Sandy Hill	613-564-1062	Thu.	6:30-8 pm	Sep 22	8	\$117.25	1049326
Guitar 1	Sandy Hill	613-564-1062	Thu.	6:30-8 pm	Jan 19	8	\$117.25	1054891
Guitar 1	St-Laurent	613-742-6767	Thu.	9-10 pm	Sep 15	13	\$249	1053937
Guitar 1	St-Laurent	613-742-6767	Thu.	9-10 pm	Jan 12	10	\$191.75	1053939
Guitar 2	John G. Mlacak	613-599-4480	Wed.	6:30-8:30 pm	Sep 28	10	\$147	1055602
Guitar 2	John G. Mlacak	613-599-4480	Wed.	6:30-8:30 pm	Jan 18	10	\$147	1055603
Guitar 2	Sandy Hill	613-564-1062	Thu.	8-9:30 pm	Sep 22	8	\$117.25	1049343
Guitar 2	Sandy Hill	613-564-1062	Thu.	8-9:30 pm	Jan 19	8	\$117.25	1054915
Keyboard 1	Heron	613-247-4808	Sat.	2:30-3 pm	Sep 24	10	\$127.75	1054099
Keyboard 1	Heron	613-247-4808	Sat.	2:30-3 pm	Jan 21	10	\$127.75	1054106
Keyboard 1	Heron	613-247-4808	Sat.	3-3:30 pm	Sep 24	10	\$127.75	1054101
Keyboard 1	Heron	613-247-4808	Sat.	3-3:30 pm	Jan 21	10	\$127.75	1054108
Keyboard 1	Plant	613-232-3000	Mon.	8-9 pm	Sep 19	12	\$202.50	1063936
Keyboard 1	Plant	613-232-3000	Mon.	8-9 pm	Jan 9	13	\$219.50	1063974
Keyboard 1	St-Laurent	613-742-6767	Sat.	5-6 pm	Sep 10	13	\$286.50	1053553
Keyboard 1	St-Laurent	613-742-6767	Sat.	5-6 pm	Jan 7	10	\$220.50	1053589
Vocal	Plant	613-232-3000	Sat.	4-5 pm	Sep 24	12	\$230	1063865
Vocal	Plant	613-232-3000	Sat.	4-5 pm	Jan 14	13	\$249	1064054

Digital Arts

Digital Photography – Level 1

Get comfortable behind the lens learning photography basics: camera settings, exposure, flash, resolution and different lighting situations. Bring your camera and instruction manual.

Outdoor sessions depending on the weather.

Hintonburg – 613-798-8874

Mon.	6-8 pm	
Oct 17-24	\$44	1053822
Jan 30-Feb 6	\$44	1056062

Queenswood Heights – 613-830-2747

Thu.	6:30-8:30 pm	
Sep 8-Oct 27	\$175.25	1059583
Jan 5-Feb 23	\$175.25	1060103

Photography – Composition

Learn about basic visual composition principals as they apply to photography. A new principle introduced each week will improve your photographic skills.

Hunt Club-Riverside Park – 613-260-1299

Sat.	2-3:30 pm	
Sep 24-Oct 22	\$65.75	1063397
Jan 21-Feb 11	\$65.75	1063410



Visual Arts

Schedules and fees may be subject to change. Fees include HST.

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Instructional programs are advertised in the language in which they are offered.

Drawing

Drawing – Level 1

Learn simple tips that make a big difference in the way you draw. Observational skills are built while studying perspective, values, understanding mass, line, contour drawing, shading and more. Suitable for beginners and intermediates. Pencil and minimal colour medium.

Alexander – 613-798-8978

Sun.	3-4 pm	
Oct 2-Nov 20	\$73.50	1050020
Jan 22-Mar 12	\$73.50	1049914

Plant – 613-232-3000

Mon.	10-11 am	
Sep 19-Dec 12	\$119	1063928
Jan 9-Apr 10	\$129	1063959

St-Laurent – 613-742-6767

Mon.	7-8:30 pm	
Oct 17-Dec 5	\$131.50	1064500
Jan 9-Mar 6	\$131.50	1064501

Drawing and Painting

Develop strong drawing skills as a basis for painting and design. Unleash the creative possibilities with colour. Investigate the strengths of classical and contemporary visual artists.

Dempsey – 613-247-4846

Tue.	1-4 pm	
Sep 27-Nov 29	\$141.50	1056152
Jan 10-Mar 7	\$141.50	1056200

Life Drawing – Costumed Characters

Draw a new set of characters each week in this unique life drawing class. Learn life drawing techniques plus how to work with drape, texture, shade and colour to create dynamic drawings.

Lansdowne Park – 613-580-2429

Mon.	8:30-9:30 pm	
Sep 26-Nov 28	\$222	1059411
Jan 9-30	\$98.75	1062218

Sketching en Plein Air

Let fresh air and nature inspire your creativity. Explore drawing fundamentals such as using light, perspective, composition, texture and gesture while discovering outdoor environments. Experiment with different mediums like pencil, charcoal, and ink. All levels welcome.

Lansdowne Park – 613-580-2429

Sun.	1-3 pm	
Sep 25-Oct 30	\$126.25	1059409
Wed.	5:30-7:30 pm	
Sep 28-Nov 2	\$126.25	1059410

Ikebana

Ikebana

The art of Japanese flower arranging.

McNabb – 613-564-1070

Tue.	10 am-noon	
Oct 4-Nov 15	\$73.25	1042909
Feb 7-Mar 21	\$73.25	1045694
Wed.	10 am-noon	
Oct 5-Nov 16	\$73.25	1042911
Feb 8-Mar 22	\$73.25	1045695
Wed.	7-9 pm	
Oct 5-Nov 16	\$73.25	1042919
Feb 8-Mar 22	\$73.25	1045697

Rockcliffe Park – 613-842-8578

Thu.	1-3 pm	
Sep 22-Nov 24	\$183.75	1052579
Jan 12-Mar 2	\$183.75	1052595
Sat.	10:30 am-12:30 pm	
Sep 17-Nov 26	\$183.75	1052583
Jan 14-Mar 4	\$183.75	1052601

Ikebana – Teachers

The art of Japanese flower arranging. Admission to this Advanced/Teachers level is by approval of the instructor only. Flowers used in this art form will be supplied.

Rockcliffe Park – 613-842-8578

Thu.	1-3 pm	
Sep 22-Nov 24	\$234.25	1052614
Jan 12-Mar 2	\$234.25	1052648
Sat.	10:30 am-12:30 pm	
Sep 17-Nov 26	\$234.25	1052619
Jan 14-Mar 4	\$234.25	1052651

Painting

Acrylics – Level 1

Learn all the basic techniques and materials of acrylic painting. Various subjects include, equipment, perspective, colour theory, colour mixing, applications and composition. Individual instruction is available to help develop your skills.

Eva James – 613-271-0712

Wed.	1:30-3:30 pm	
Sep 21-Dec 7	\$204.50	1050763
Jan 11-Mar 29	\$187.50	1051188

Plant – 613-232-3000

Mon.	7-8:30 pm	
Sep 19-Dec 12	\$178.50	1063357
Jan 9-Apr 10	\$193.50	1063985

Acrylic Landscape Painting

Landscape painting is a rewarding art to master. Embrace how acrylic paint hugs the canvas while you design and create your unique pieces. The focus is on perspective, depth, colour, value and design in this all skill level class. Creative direction given by professional fine artist.

Greenboro – 613-580-2805

Thu.	1-3 pm	
Sep 29-Nov 17	\$106	1057827
Jan 26-Mar 23	\$106	1059390

Mixed Media –The Basics

Develop a basic understanding of acrylic paints, inks and mediums, colour theory, printing, collaging, layering, the use of dry media and an investigation of painting surfaces. No experience necessary, but some may be helpful!

François Dupuis – 613-580-8080

Tue.	7-9:30 pm	
Jan 17	\$27.50	1062476
Feb 21	\$27.50	1062483
Mar 21	\$27.50	1062487

Oil or Acrylic Painting – Level 1

Individual instruction will be given to enhance and develop your skills. Perspective, colour mixing and painting techniques will be explored using the subject matter of your choice.

Overbrook – 613-742-5147

Thu.	1-3:30 pm	
Sep 29-Dec 1	\$117.25	1052189
Jan 12-Mar 9	\$105.50	1058814

Watercolours – Level 1

Watercolour is a soft and beautiful form of expression. Through exercise and demonstrations, learn to create a colour wheel and apply washes to paper while exploring realism, abstraction and non-representation.

Chapman Mills – 613-822-7887

Wed.	7-8 pm	
Sep 21-Nov 23	\$109.50	1058174
Jan 11-Mar 8	\$98.50	1058189

St-Laurent – 613-742-6767

Wed.	7-8:30 pm	
Oct 12-Nov 30	\$131.50	1064502
Jan 11-Mar 1	\$131.50	1064503

Pottery

Clay Modelling

Express yourself by creating three-dimensional forms. All levels welcome. Cost includes firing.

Dempsey – 613-247-4846

Thu.	9:30 am-noon	
Sep 22-Nov 24	\$141.25	1063222
Jan 12-Mar 9	\$127.25	1063211

Handbuilding – Combo

Learn Wheel 1 throwing techniques and explore a variety of handbuilding methods like the slab roller and coils, to make functional forms. Surface decoration and glazing techniques will be covered.

McNabb – 613-564-1070

Thu.	7-9:30 pm	
Oct 6-Dec 8	\$270	1042851
Jan 12-Mar 9	\$243	1045689

Wheel – Level 1

Create basic vessel forms such as cylinders and bowls. Glazing, decorative techniques and application of handles will be introduced.

McNabb – 613-564-1070

Mon.	7-9:30 pm	
Oct 3-Dec 5	\$243	1042839
Jan 9-Mar 6	\$216	1045656

Wheel – Level 2

Create pieces such as cylinders, plates and bowls. More advanced techniques: forming lids, surface decoration (carving and painting) with underglaze techniques, will be introduced.

McNabb – 613-564-1070

Tue.	7-9:30 pm	
Oct 4-Dec 6	\$270	1042843
Jan 10-Mar 7	\$243	1045683



Cooking

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Asian Cooking

Demonstrations of different foods using exotic Asian spices and herbs to add flavour and zest.

Alexander – 798-8978

Thu.	7-8 pm	
Nov 24	\$11	1064717

A Taste of Europe

Explore different taste sensations as you focus on a different European region in each class.

Greenboro – 613-580-2805

Tue.	6:30-9 pm	
Oct 18	\$27.50	1057813
Feb 28	\$27.50	1059388

Cooking-Middle Eastern

Demonstrations of different foods using exotic middle eastern spices and herbs to add flavour and zest.

Alexander – 798-8978

Thu.	7-8 pm	
Oct 27	\$11	1064718

Wine Tasting

Discover the pleasures of wine tasting. Sample and discuss vintages from the major wine regions of the world. Participants must be leagl drinking age to register.

Pinecrest – 613-828-3118

Fri.	7-9 pm	
Oct 14	\$54.25	1053419
Feb 10	\$54.25	1053435

Plant – 613-232-3000

Fri.	7-9 pm	
Nov 18	\$47.50	1063840
Feb 24	\$47.50	1064045



Crafts and Hobbies

Sewing – Level 1

Learn the basics of sewing. Complete simple projects that will teach a variety of skills.

Overbrook – 613-742-5147

Mon.	9:30-11:30 am	
Sep 19-Nov 14	\$82	1052241

Routhier – 613-244-4470

Sat.	10 am-noon	
Sep 17-Oct 1	\$52.25	1046745
Jan 14-28	\$52.25	1055465

Sewing – Level 2

Learn to alter your clothes, install a zipper and general repairs. Hand and sewing machine work. Basic store bought patterns will be covered.

Routhier – 613-244-4470

Sat.	10 am-noon	
Oct 15-29	\$52.25	1046753
Feb 4-25	\$52.25	1055468

Sewing – Level 3

Projects including seam finishing, fitting skills and more. Skirt, top or bag pattern chosen at first class. You supply the fabric for finished project. You will need a sewing machine for homework.

Routhier – 613-244-4470

Sat.	10 am-noon	
Nov 5-19	\$52.25	1046763
Mar 4-18	\$52.25	1055469

Languages

Languages

Learn the basics for travel or business. Build vocabulary for your conversations in other languages. For extension numbers, call 6130-580-2424, and then dial the extension listed.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
French Conversational 1	Dempsey	613-247-4846	Thu.	6:30-8:30 pm	Sep 29	10	\$112	1054474
French Conversational 1	Dempsey	613-247-4846	Thu.	6:30-8:30 pm	Jan 12	9	\$100.75	1057143
French Conversational 1	Eva James	613-271-0712	Thu.	6:30-8 pm	Sep 22	12	\$140.25	1050767
French Conversational 1	Eva James	613-271-0712	Thu.	6:30-8 pm	Jan 12	11	\$128.75	1051207
French Conversational 1	Nepean Sportsplex	613-580-2828	Mon.	6-7:30 pm	Sep 12	12	\$180.75	1061062
French Conversational 1	Nepean Sportsplex	613-580-2828	Mon.	6-7:30 pm	Jan 9	8	\$120.50	1061166
French Conversational 1	St-Laurent Complex	613-742-6767	Tue.	6:30-8 pm	Sep 20	11	\$165.50	1051009
French Conversational 1	St-Laurent Complex	613-742-6767	Tue.	6:30-8 pm	Jan 10	10	\$150.50	1051020
French Conversational 2	Dempsey	613-247-4846	Wed.	6:30-8:30 pm	Sep 28	10	\$112	1054436
French Conversational 2	Dempsey	613-247-4846	Wed.	6:30-8:30 pm	Jan 11	9	\$100.75	1057161
French Conversational 2	Nepean Sportsplex	613-580-2828	Mon.	7:30-9 pm	Sep 12	12	\$180.75	1061070
French Conversational 2	Nepean Sportsplex	613-580-2828	Mon.	7:30-9 pm	Jan 9	8	\$120.50	1061171
French Conversational 2	St-Laurent Complex	613-742-6767	Thu.	6:30-8 pm	Sep 22	11	\$165.50	1051037
French Conversational 2	St-Laurent Complex	613-742-6767	Thu.	6:30-8 pm	Jan 12	10	\$150.50	1051126
Spanish Conversational 1	Bob MacQuarrie-Orléans	613-824-0819	Thu.	5:30-7 pm	Sep 22	10	\$148	1060033
Spanish Conversational 1	Bob MacQuarrie-Orléans	613-824-0819	Mon.	5:30-7 pm	Jan 16	9	\$133.25	1060623
Spanish Conversational 1	Bob MacQuarrie-Orléans	613-824-0819	Thu.	5:30-7 pm	Jan 19	10	\$148	1060629
Spanish Conversational 1	François Dupuis	613-580-8080	Mon.	8-9 pm	Sep 12	12	\$128	1053464
Spanish Conversational 1	François Dupuis	613-580-8080	Mon.	8-9 pm	Jan 9	11	\$117.25	1062337
Spanish Conversational 1	Hunt Club-Riverside Park	613-260-1299	Mon.	6:30-7:30 pm	Sep 19	12	\$112.75	1052544
Spanish Conversational 1	Hunt Club-Riverside Park	613-260-1299	Mon.	6:30-7:30 pm	Jan 16	10	\$94	1052555
Spanish Conversational 1	John G.Mlacak	613-599-4480	Wed.	7-9 pm	Sep 28	10	\$109	1055596
Spanish Conversational 1	John G.Mlacak	613-599-4480	Wed.	7-9 pm	Jan 18	10	\$109	1055597
Spanish Conversational 1	Plant	613-232-3000	Tue.	7-9 pm	Sep 20	13	\$194	1063528
Spanish Conversational 1	Plant	613-232-3000	Tue.	7-9 pm	Jan 10	14	\$208.75	1064004
Spanish Conversational 1	Routhier	613-244-4470	Sat.	10-11:30 am	Sep 17	10	\$164.25	1056623
Spanish Conversational 1	Routhier	613-244-4470	Sat.	10-11:30 am	Jan 14	10	\$164.25	1056736
Spanish Conversational 2	Bob MacQuarrie-Orléans	613-824-0819	Thu.	7-8:30 pm	Sep 22	10	\$148	1060037
Spanish Conversational 3	Bob MacQuarrie-Orléans	613-824-0819	Thu.	7-8:30 pm	Jan 19	10	\$151.25	1060634

Languages

Learn the basics for travel or business. Build vocabulary for your conversations in other languages. For extension numbers, call 6130-580-2424, and then dial the extension listed.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Spanish Conversational 2	John G.Mlacak	613-599-4480	Thu.	7-9 pm	Sep 29	10	\$109	1055598
Spanish Conversational 2	John G.Mlacak	613-599-4480	Thu.	7-9 pm	Jan 19	10	\$109	1055599
Spanish Conversational 2	Plant	613-232-3000	Thu.	7-9 pm	Sep 22	13	\$201.25	1063820
Spanish Conversational 2	Plant	613-232-3000	Thu.	7-9 pm	Jan 12	14	\$216.75	1064040

Leadership and Certification

Schedules and fees may be subject to change.

Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

Instructional programs are advertised in the language in which they are offered.

Smart Serve

Alcohol Server Course for adults who serve alcohol at events.

Heron – 613-247-4808 ext. 224

Thu.	7-10 pm	
Oct 6	\$43.25	1052233
Nov 3	\$43.25	1052235
Dec 1	\$43.25	1052237
Feb 2	\$43.25	1052245
Mar 2	\$43.25	1052246
Apr 6	\$43.25	1052247

McNabb – 613-564-1070

Tue.	6-9 pm	
Oct 11	\$43.25	1042878
Nov 8	\$43.25	1042880
Dec 6	\$43.25	1042882
Jan 10	\$43.25	1045700
Feb 7	\$43.25	1045701
Mar 7	\$43.25	1045702

Standard First Aid/ CPR Level C/AED

Includes one and two rescuer adult, child and infant CPR and Automated External Defibrillator training. Meets the requirements of First Aid Attendant under WSIB legislation. Successful participants receive Standard First Aid Certificate, CPR level 'C' and AED certificate.

Fred G. Barrett Arena – 613-580-2424 ext. 30235

Sat.-Sun.	8:30 am-5:30 pm	
Nov 26-27	\$143	1056998

Metcalfe – 613-580-2424 ext. 30235

Sat.-Sun.	8:30 am-5:30 pm	
Sep 17-18	\$143	1056912

Osgoode – 613-580-2424 ext. 30235

Sat.-Sun.	8:30 am-5:30 pm	
Jan 21-22	\$143	1056825

Learning

Chivalrous Sword Handling 1 and 2

Basic European and Japanese sword techniques, direct from historical sources. Learn fundamental parries, strikes, and counters. Ideal for martial artists or medieval enthusiasts. Training swords available for \$80.

Plant – 613-232-3000

Level 1		
Sun.	10:30 am-12:30 pm	
Sep 25-Dec 18	\$173	1063897
Jan 15-Apr 9	\$187.50	1064058

Level 2

Sun.	1-3 pm	
Sep 25-Dec 18	\$173	1063903
Jan 15-Apr 9	\$187.50	1064059

Dog Obedience – Level 1

For dogs five months and older. Entry level training course will focus on good manners and basic skills. Proof of current vaccination required.

Hunt Club-Riverside Park – 613-260-1299

Mon.	6-7 pm	
Sep 19-Dec 12	\$122.25	1052488
Jan 16-Apr 3	\$102	1052490

Dog Obedience – Level 1 – Low Ratio

For dogs five months and older. Entry level training course will focus on good manners and basic skills. Proof of current vaccination required.

Hintonburg – 613-798-8874

Sun.	1-2 pm	
Oct 23-Nov 27	\$118	1064768
Sun.	2-3 pm	
Feb 5-Mar 12	\$118	1064771

Dog Obedience – Level 2

Dogs and handlers learn new skills to pass the Canadian Canine Good Citizen test. Proof of current vaccination required. Pre-requisite: Dog Obedience Level 1.

Hunt Club-Riverside Park – 613-260-1299

Mon.	7-8 pm	
Sep 19-Dec 12	\$122.25	1052513
Jan 16-Apr 3	\$102	1052519

Ron Kolbus Lakeside – 613-828-4313

Wed.	7-8 pm	
Sep 14-Nov 23	\$118	1064978
Jan 11-Mar 8	\$106.25	1064979

Dog Rally Obedience

The dog and handler use directional signs to run through a numbered course within an allotted time. Includes over 40 obedience movements.

Lansdowne Park – 613-580-2429

Wed.	6:15-7:15 pm	
Sep 28-Oct 26	\$64	1059401



Dog Rally Obedience – Low Ratio

The dog and handler use directional signs to run through a numbered course within an allotted time. Includes over 40 obedience movements.

Hintonburg – 613-798-8874

Sun. 2-3 pm
Oct 23-Nov 27 \$118 [1064770](#)

Dog Tricks and Games – Low Ratio

Reduce stress in your dog and help your pet become reliable at basic good manner exercises. Perform a variety of tricks such as a bow, wave, sit pretty, say your prayers, spin, weave-figure eight, crawl and roll over. A tail wagging good time!

Hintonburg – 613-798-8874

Sun. 1-2 pm
Feb 5-Mar 12 \$118 [1064772](#)

Pet Massage

Pet massage is based on circular movements done over your pet’s body and can successfully address both health and behavioural issues. It can speed up the healing of injuries, change undesirable habits and assist with barking, carsickness and fear of loud noise.

Hintonburg – 613-798-8874

Sun. 9:30 am-1:30 pm
Dec 4 \$44 [1053796](#)
Jan 29 \$44 [1056447](#)

Makeup with Style

Learn tricks of the trade to apply your makeup with style.

Hintonburg – 613-798-8874

Sun. 10 am-noon
Nov 13 \$19.75 [1053728](#)
Feb 26 \$19.75 [1056044](#)



STEM – Computers Level 1

Browse the internet, search, prepare basic documents, save and organize things so they can be found again. Try e-mail, internet communication, digital photos and music. For PC’s and Mac. Computers available.

Alexander – 613-798-8978

Tue. 7-8 pm
Oct 4-Nov 22 \$110.75 [1049856](#)
Jan 24-Mar 14 \$110.75 [1049818](#)

Writing for Enjoyment

Get motivated and inspired to write – anecdotes, poetry, mystery and various topics. Participants are encouraged to set their own goals and write what they wish. No experience necessary in a supportive, friendly environment.

John G. Mlacak – 613-599-4480

Wed. 10 am-noon
Sep 21-Nov 23 \$130.25 [1058436](#)
Jan 11-Mar 1 \$104.25 [1058513](#)
Thu. 10 am-noon
Sep 22-Nov 24 \$130.25 [1058437](#)
Jan 12-Mar 2 \$104.25 [1058514](#)
Fri. 10 am-noon
Sep 23-Nov 25 \$130.25 [1058438](#)
Jan 13-Mar 3 \$104.25 [1058515](#)

Wellness

Schedules and fees may be subject to change. Fees include HST.

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Meditation

Reduce your stress, control your moods and find inner peace. Be introduced to meditation. The ancient practice of bringing peace to the mind.

Goulbourn – 613-580-2532

Wed. 7:15-8:45 pm
Nov 2 \$16.50 [1059380](#)

Nutrition Basics Workshop

Good nutrition is essential to good health. Diet affects your energy throughout the day. Learn practical strategies to bring together a healthy eating plan to fuel your body and boost your energy, leaving you feeling good inside and out.

Rockcliffe Park – 613-842-8578

Mon. 1-3 pm
Jan 23 \$22 [1055226](#)

Osteoporosis

A common condition leading to decreased mobility. Maintain independence through proper nutrition and exercise.

Goulbourn – 613-580-2532

Fri. 12:45-2:30 pm
Oct 21 \$19.25 [1059379](#)

Self Defence

Combine practical, easily-learned physical defence skills with training in awareness, communication and de-escalation. Learn escapes from holds, countering techniques and ground defence.

Develop confidence and learn about your own inherent strength in a safe and fun environment.

Hintonburg – 613-798-8874

Sun. 10 am-noon
Oct 23 \$38.50 [1053713](#)
Feb 12 \$38.50 [1056034](#)

Self Defence for Women

Designed for women; learn to defend yourself in life threatening situations. Feel stronger both mentally and physically.

Rockcliffe Park – 613-842-8578

Mon. 1-4 pm
Feb 27 \$57.50 [1055196](#)

The Healthy Heart

Learn how to keep your heart healthy and strong for years to come. Topics will include heart healthy recipes, exercise and much more!

Goulbourn – 613-580-2532

Fri. 12:45-2:30 pm
Feb 24 \$19.25 [1059382](#)

Women Self-Empowered

Learn how to create positive change in your life. Inspiring and empowering workshops that will help develop a ‘stronger’ you. Various insightful topics every month. Choose the ones that interest you!

François Dupuis – 613-580-8080

Thu. 7-9 pm
Sep 8 \$22 [1053882](#)
Oct 13 \$22 [1053884](#)
Nov 10 \$22 [1053885](#)
Dec 8 \$22 [1062017](#)
Jan 12 \$22 [1062635](#)
Feb 9 \$22 [1062638](#)
Mar 9 \$22 [1062641](#)

Rockcliffe Park – 613-842-8578

Mon. 1-3 pm
Oct 17 \$22 [1054311](#)

Martial Arts

Martial Arts

Improve your physical fitness while learning self defence. Learn discipline, self-respect and build your confidence. For extension numbers, call 613-580-242, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-824-0819	Mon., Wed.	7:30-9 pm	Sep 12	26	\$270.75	1059890
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-824-0819	Mon., Wed.	7:30-9 pm	Jan 9	21	\$218.75	1060580
Jiu-Jitsu	Queen Elizabeth School	613-742-6767	Fri.	8:30-9:25 pm	Sep 16	12	\$135	1052354
Jiu-Jitsu	Queen Elizabeth School	613-742-6767	Fri.	8:30-9:25 pm	Jan 13	9	\$101.25	1052585
Jiu-Jitsu	Sandy Hill	613-564-1062	Tue.	7:30-8:30 pm	Sep 13	13	\$88.50	1049460
Jiu-Jitsu	Sandy Hill	613-564-1062	Tue.	7:30-8:30 pm	Jan 17	11	\$75	1054967
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Tue.	6:30-7:25 pm	Sep 13	14	\$157.50	1052384
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Tue.	6:30-7:25 pm	Jan 10	9	\$101.25	1052589
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Fri.	7:30-8:25 pm	Sep 16	12	\$135	1052362
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Fri.	7:30-8:25 pm	Jan 13	9	\$101.25	1052586
Jiu-Jitsu 3	Queen Elizabeth School	613-742-6767	Tue.	7:30-8:25 pm	Sep 13	14	\$157.50	1052392
Jiu-Jitsu 3	Queen Elizabeth School	613-742-6767	Tue.	7:30-8:25 pm	Jan 10	9	\$101.25	1052594
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Sep 21	14	\$92.50	1056913
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Jan 11	9	\$59.50	1056940
Judo	Munster School	Extension 20705	Thu., Sat.	8-10 pm	Sep 15	62	\$134.25	1050605
Karate	Queenswood Heights	613-830-2747	Mon., Wed.	7:30-8:30 pm	Sep 12	27	\$190.50	1059828
Karate	Queenswood Heights	613-830-2747	Mon., Wed.	7:30-8:30 pm	Jan 16	32	\$225.75	1060161
Karate	Minto-Barrhaven	613-727-2683	Sun.	2:30-3:20 pm	Sep 18	12	\$121.25	1064385
Karate	Minto-Barrhaven	613-727-2683	Sun.	2:30-3:20 pm	Jan 15	7	\$70.75	1064384
Karate Goju Ryu	Pinecrest	613-828-3118	Mon.	5:45-6:45 pm	Sep 19	12	\$112.25	1052759
Karate Goju Ryu	Pinecrest	613-828-3118	Mon.	5:45-6:45 pm	Jan 16	9	\$84.25	1053519
Karate Goju Ryu	Queen Elizabeth School	613-742-6767	Thu.	6:15-7:10 pm	Sep 15	14	\$131.25	1052411
Karate Goju Ryu	Queen Elizabeth School	613-742-6767	Thu.	6:15-7:10 pm	Jan 12	9	\$84.50	1052612
Karate Goju Ryu	St-Laurent Complex	613-742-6767	Tue.	6-6:55 pm	Sep 13	14	\$131.25	1052481
Karate Goju Ryu	St-Laurent Complex	613-742-6767	Tue.	6-6:55 pm	Jan 10	9	\$84.50	1052615
Karate Goju Ryu 2	Queen Elizabeth School	613-742-6767	Thu.	7:15-8:10 pm	Sep 15	14	\$131.25	1052415
Karate Goju Ryu 2	Queen Elizabeth School	613-742-6767	Thu.	7:15-8:10 pm	Jan 12	9	\$84.50	1052620
Karate Goju Ryu 2	St-Laurent Complex	613-742-6767	Tue.	7-7:55 pm	Sep 13	14	\$131.25	1052525
Karate Goju Ryu 2	St-Laurent Complex	613-742-6767	Tue.	7-7:55 pm	Jan 10	9	\$84.50	1052627

Martial Arts

Improve your physical fitness while learning self defence. Learn discipline, self-respect and build your confidence. For extension numbers, call 613-580-242, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Karate Goju Ryu 3	Queen Elizabeth School	613-742-6767	Thu.	8:15-9:10 pm	Sep 15	14	\$131.25	1052425
Karate Goju Ryu 3	Queen Elizabeth School	613-742-6767	Thu.	8:15-9:10 pm	Jan 12	9	\$84.50	1052633
Karate Goju Ryu 3	St-Laurent Complex	613-742-6767	Tue.	8-8:55 pm	Sep 13	14	\$131.25	1052538
Karate Goju Ryu 3	St-Laurent Complex	613-742-6767	Tue.	8-8:55 pm	Jan 10	9	\$84.50	1052639
Kendo	Plant	613-232-3000	Sun.	3:30-5:30 pm	Sep 25	12	\$148	1063921
Kendo	Plant	613-232-3000	Sun.	3:30-5:30 pm	Jan 15	13	\$160.50	1064066
Medieval Swordsmanship	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Sep 14	12	\$133.75	1050507
Medieval Swordsmanship	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Jan 11	9	\$100.25	1052909
Medieval Swordsmanship 2	Richelieu-Vanier	613-560-6030	Mon.	7-8:30 pm	Sep 12	12	\$133.75	1050522
Medieval Swordsmanship 2	Richelieu-Vanier	613-560-6030.	Mon.	7-8:30 pm	Jan 9	8	\$89.25	1052915
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	5:30-6:30 pm	Sep 13	28	\$225	1058871
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	5:30-6:30 pm	Jan 10	22	\$177	1058880
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	6:30-7:30 pm	Sep 13	28	\$225	1058872
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	6:30-7:30 pm	Jan 10	22	\$177	1058881
Taekwondo	Goulbourn School	Extension 20705	Mon.	7:15-8:15 pm	Sep 12	12	\$125	1050257
Taekwondo	Goulbourn School	Extension 20705	Mon.	7:15-8:15 pm	Jan 9	13	\$125	1053538
Taekwondo	Goulbourn School	Extension 20705	Thu.	7:15-8:15 pm	Sep 15	12	\$125	1050287
Taekwondo	Goulbourn School	Extension 20705	Thu.	7:15-8:15 pm	Jan 12	12	\$125	1053556
Taekwondo	Goulbourn	613-580-2532	Fri.	6:30-7:30 pm	Sep 16	12	\$143.25	1055667
Taekwondo	Goulbourn	613-580-2532	Fri.	6:30-7:30 pm	Jan 13	14	\$167.25	1058100
Taekwondo	Goulbourn	613-580-2532	Fri.	7:30-8:30 pm	Sep 16	12	\$143.25	1055678
Taekwondo	Goulbourn	613-580-2532	Fri.	7:30-8:30 pm	Jan 13	14	\$167.25	1058114
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu.	7:30-8:30 pm	Sep 6	32	\$250	1053551
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu.	7:30-8:30 pm	Jan 10	22	\$172	1053570
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu., Sat.	7:30-8:30 pm	Sep 6	45	\$359.50	1053565
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu., Sat.	7:30-8:30 pm	Jan 10	33	\$257.75	1053571
Taekwondo	Notre Dame Des Champs	613-824-0819	Tue., Thu.	6:30-7:30 pm	Sep 20	26	\$207.25	1059849
Taekwondo	Notre Dame Des Champs	613-824-0819	Wed., Mon.	6:30-7:30 pm	Sep 21	23	\$183.50	1059839
Taekwondo	Notre Dame Des Champs	613-824-0819	Mon., Wed.	6:30-7:30 pm	Jan 9	23	\$183.50	1060550
Taekwondo	Notre Dame Des Champs	613-824-0819	Tue., Thu.	6:30-7:30 pm	Jan 10	24	\$191.25	1060558

Martial Arts

Improve your physical fitness while learning self defence. Learn discipline, self-respect and build your confidence. For extension numbers, call 613-580-242, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Sep 21	14	\$153.25	1045999
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Jan 11	9	\$98.50	1046143
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Sep24	11	\$120.50	1047658
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Jan 14	8	\$87.75	1047716
Taekwondo	South Fallingbrook	613-824-0633	Mon., Wed.	5:30-6:30 pm	Sep19	23	\$176.50	1063263
Taekwondo	South Fallingbrook	613-824-0633	Mon., Wed.	5:30-6:30 pm	Jan16	17	\$130.50	1063366
Taekwondo	South Fallingbrook	613-824-0633	Mon., Wed.	6:45-7:45 pm	Sep19	23	\$176.50	1063272
Taekwondo	South Fallingbrook	613-824-0633	Mon., Wed.	6:45-7:45 pm	Jan16	17	\$130.50	1063373
Taekwondo	South Fallingbrook	613-824-0633	Mon., Wed.	8-9 pm	Sep 19	23	\$176.50	1063274
Taekwondo	South Fallingbrook	613-824-0633	Mon., Wed.	8-9 pm	Jan 16	17	\$130.50	1063379

Sports

Schedules and fees may be subject to change. Fees include HST.

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Instructional programs are advertised in the language in which they are offered.

Sports for Life

Feeling sporty? Get active and stay fit playing any of these games. Learn the basic skills plus plenty of tips to play better. For extension numbers call 613-580-2424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Badminton								
Badminton	Hintonburg	613-798-8874	Sat.	2:30-4:30 pm	Sep 24	10	\$136	1053568
Badminton	Hintonburg	613-798-8874	Sat.	2:30-4:30 pm	Jan 21	8	\$108.75	1055231
Badminton	Routhier	613-244-4470	Sat.	10:30 am-Noon	Sep 17	6	\$74.75	1051363
Badminton 2	Routhier	613-244-4470	Sat.	Noon-1:30 pm	Sep 17	6	\$74.75	1046691
Badminton 2	Routhier	613-244-4470	Sat.	10:30 am-Noon	Nov 5	6	\$74.75	1052577
Badminton 3	Routhier	613-244-4470	Sat.	Noon-1:30 pm	Nov 5	6	\$74.75	1046698
Game Play	Carleton Heights School	613-226-2208	Mon.	8:15-9:45 pm	Sep 26	10	\$66.75	1056508
Game Play	Carleton Heights School	613-226-2208	Mon.	8:15-9:45 pm	Jan 9	8	\$53.50	1056520
Game Play	Eva James	613-271-0712	Sun.	7-8 pm	Sep 18	12	\$53.50	1050757

Sports for Life

Feeling sporty? Get active and stay fit playing any of these games. Learn the basic skills plus plenty of tips to play better. For extension numbers call 613-580-2424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Game Play	Eva James	613-271-0712	Sun.	7-8 pm	Jan 15	10	\$44.50	1051164
Game Play	Fisher Park	613-798-8945	Mon.	8-10 pm	Sep 12	14	\$124	1059255
Game Play	Fisher Park	613-798-8945	Mon.	8-10 pm	Jan 9	10	\$88.50	1059256
Game Play	Glen Cairn	613-836-3121	Tue.	8:30-9:30 pm	Sep 27	10	\$44.50	1044736
Game Play	Glen Cairn	613-836-3121	Tue.	8:30-9:30 pm	Jan 10	8	\$35.75	1046482
Game Play	Greenboro	613-580-2805	Sun.	6:45-8:15 pm	Sep 25	11	\$73.25	1058315
Game Play	Greenboro	613-580-2805	Sun.	6:45-8:15 pm	Jan 22	10	\$66.75	1059396
Game Play	McNabb	613-564-1070	Wed.	8-10 pm	Sep 21	13	\$115.50	1042501
Game Play	McNabb	613-564-1070	Sat.	6:30-8 pm	Sep 24	12	\$80	1042504
Game Play	McNabb	613-564-1070	Wed.	8-10 pm	Jan 11	9	\$80	1045368
Game Play	McNabb	613-564-1070	Sat.	6:30-8 pm	Jan 14	9	\$60	1045392
Game Play	Minto-Barrhaven	613-727-2683	Thu.	9-10:15 pm	Sep 22	12	\$66.75	1050852
Game Play	Minto-Barrhaven	613-727-2683	Thu.	9-10:15 pm	Jan 19	8	\$44.50	1057067
Game Play	Overbrook	613-742-5147	Mon.	7:30-9 pm	Sep 19	12	\$49.50	1054274
Game Play	Overbrook	613-742-5147	Mon.	7:30-9 pm	Jan 9	8	\$33	1058915
Game Play	Routhier	613-244-4470	Thu.	8-10 pm	Sep 22	13	\$57	1046624
Game Play	Routhier	613-244-4470	Thu.	8-10 pm	Jan 12	12	\$52.50	1055459
Game Play	South Fallingbrook	613-824-0633	Mon.	8-10 pm	Sep 26	10	\$89	1063754
Game Play	South Fallingbrook	613-824-0633	Mon.	8-10 pm	Jan 16	10	\$89	1063764
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Sep 21	13	\$57	1046633
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Jan 11	12	\$52.50	1055460
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Sep 21	13	\$57	1056781
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Jan 11	12	\$52.50	1056762
Game Play – Women	Sir Wilfrid Laurier School	613-830-2747	Fri.	9-10:30 pm	Sep 30	10	\$66.75	1058938
Game Play – Women	Sir Wilfrid Laurier School	613-830-2747	Fri.	9-10:30 pm	Jan 13	7	\$46.75	1058945
Ball Hockey								
Game Play	Bridlewood	613-271-0712	Mon.	8:30-9:30 pm	Sep 19	12	\$53.50	1046375
Game Play	Bridlewood	613-271-0712	Mon.	8:30-9:30 pm	Jan 9	10	\$44.50	1049323
Game Play	Greenboro	613-580-2805	Thu.	8:45-10 pm	Sep 22	11	\$61.25	1057829
Game Play	Greenboro	613-580-2805	Thu.	8:45-10 pm	Jan 19	10	\$55.50	1059391

Sports for Life

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Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Game Play	Overbrook	613-742-5147	Fri.	8:30-10 pm	Sep 16	12	\$36.25	1056446
Game Play	Overbrook	613-742-5147	Fri.	8:30-9:30 pm	Jan 13	9	\$18.25	1061709
Basketball								
Game Play	Carleton Heights School	613-226-2208	Wed.	8:15-10 pm	Sep 28	10	\$68.25	1056571
Game Play	Carleton Heights School	613-226-2208	Wed.	8:15-10 pm	Jan 11	9	\$61.50	1056573
Game Play	Glen Cairn	613-836-3121	Mon.	8:15-9:15 pm	Sep 26	9	\$40	1045100
Game Play	Glen Cairn	613-836-3121	Mon.	8:15-9:15 pm	Jan 9	7	\$31.25	1046835
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Sep 22	12	\$49.50	1056203
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Jan 12	9	\$37.25	1061628
Game Play	Minto-Barrhaven	613-727-2683	Tue.	9:15-10:30 pm	Sep 20	12	\$66.75	1048597
Game Play	Minto-Barrhaven	613-727-2683	Tue.	9:15-10:30 pm	Jan 17	8	\$44.50	1054432
Game Play – Men	Eva James	613-271-0712	Wed.	9-11 pm	Sep 14	14	\$100	1050753
Game Play – Men	Eva James	613-271-0712	Wed.	9-11 pm	Jan 11	11	\$78.75	1051145
Game Play – Men	Richcraft-Kanata	613-580-9696	Mon.	8-9 pm	Sep 19	13	\$57.75	1045345
Game Play – Men	Richcraft-Kanata	613-580-9696	Mon.	8-9 pm	Jan 9	8	\$35.75	1045360
Rec League Women’s	Eva James	613-271-0712	Thu.	8:30-9:30 pm	Sep 15	14	\$140.75	1052676
Rec League Women’s	Eva James	613-271-0712	Thu.	8:30-9:30 pm	Jan 12	11	\$110.50	1052663
Cycling								
CAN-BIKE Commuter Cycling Safety	FisherPark	613-580-2854	Sat.	9 am-3 pm	Sep 17	1	\$106.75	1058861
Hockey								
Development	McNabb	613-247-4815	Mon.	9-9:50 pm	Oct 17	9	\$186.75	1056423
Development	McNabb	613-247-4815	Mon.	9-9:50 pm	Jan 9	9	\$186.75	1057118
Development	McNabb	613-247-4815	Thu.	9-9:50 pm	Oct 13	9	\$186.75	1056427
Development	McNabb	613-247-4815	Thu.	9-9:50 pm	Jan 12	9	\$186.75	1057120
Development	Minto-Barrhaven	613-727-2683	Thu.	9-9:50 pm	Oct 13	10	\$207.25	1060895
Development	Minto-Barrhaven	613-727-2683	Thu.	9-9:50 pm	Jan 12	9	\$186.75	1060965
Development	Ray Friel	613-830-2747	Tue.	4:30-5:20 pm	Sep 6	8	\$143.25	1043893
Development	Ray Friel	613-830-2747	Tue.	4:30-5:20 pm	Nov 1	8	\$143.25	1043894
Development	Ray Friel	613-830-2747	Tue.	4:30-5:20 pm	Jan 10	8	\$143.25	1043895
Development 2	Brewer Arena	613-247-4815	Tue.	9-9:50 pm	Oct 11	9	\$186.75	1056433

Sports for Life

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Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Development 2	Brewer Arena	613-247-4815	Tue.	9-9:50 pm	Jan 10	9	\$186.75	1057145
Development – Men	Jim Durrell	613-247-4815	Tue.	8:30-9:50 pm	Sep 6	6	\$190	1056409
Development – Women	Jim Durrell	613-247-4815	Tue.	7-8:20 pm	Sep 6	6	\$190	1056349
Development – Men	Minto-Barrhaven	613-727-2683	Tue.	8:30-9:50 pm	Oct 11	10	\$311	1059035
Development – Men	Minto-Barrhaven	613-727-2683	Tue.	8:30-9:50 pm	Jan 10	9	\$280	1060939
Development – Women	McNabb	613-247-4815	Mon.	7-7:50 pm	Oct 17	9	\$186.75	1056359
Development – Women	McNabb	613-247-4815	Mon.	7-7:50 pm	Jan 9	9	\$186.75	1057084
Development – Women	Minto-Barrhaven	613-727-2683	Tue.	7-8:20 pm	Oct 11	10	\$311	1059017
Development – Women	Minto-Barrhaven	613-727-2683	Tue.	7-8:20 pm	Jan 10	9	\$280	1060933
Game Play	Ray Friel	613-830-2747	Sat.	9:30-10:20 pm	Sep 10	14	\$73.50	1043467
Game Play	Ray Friel	613-830-2747	Sat.	9:30-10:20 pm	Jan 14	15	\$78.75	1043472
Game Play	Ray Friel	613-830-2747	Sat.	10:30-11:20 pm	Sep 10	14	\$73.50	1043468
Game Play	Ray Friel	613-830-2747	Sat.	10:30-11:20 pm	Jan 14	15	\$78.75	1043473
Game Play – Men	Minto-Barrhaven	613-727-2683	Mon.	9-9:50 pm	Oct 17	9	\$56	1058932
Game Play – Men	Minto-Barrhaven	613-727-2683	Mon.	9-9:50 pm	Jan 9	8	\$49.75	1062829
Game Play – Men	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Oct 12	10	\$62.25	1058937
Game Play – Men	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Jan 11	9	\$56	1061002
Game Play – Men – Goalie	Minto-Barrhaven	613-727-2683	Mon.	9-9:50 pm	Oct 17	9	\$56	1058951
Game Play – Men – Goalie	Minto-Barrhaven	613-727-2683	Mon.	9-9:50 pm	Jan 9	8	\$49.75	1062853
Game Play – Men – Goalie	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Oct 12	10	\$62.25	1058962
Game Play – Men – Goalie	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Jan 11	9	\$56	1061009
Game Play – Women	Minto-Barrhaven	613-727-2683	Mon.	8-8:50 pm	Oct 17	9	\$56	1058862
Game Play – Women	Minto-Barrhaven	613-727-2683	Mon.	8-8:50 pm	Jan 9	8	\$49.75	1060905
Game Play – Women	Minto-Barrhaven	613-727-2683	Wed.	8-8:50 pm	Oct 12	10	\$62.25	1058925
Game Play – Women	Minto-Barrhaven	613-727-2683	Wed.	8-8:50 pm	Jan 11	9	\$56	1062889
Game Play – Women	Ray Friel	613-830-2747	Tue.	11 am-12:20 pm	Sep 13	15	\$118.50	1045430
Game Play – Women	Ray Friel	613-830-2747	Tue.	11 am-12:20 pm	Jan 10	13	\$102.75	1045440
Game Play – Women – Goalie	Minto- Barrhaven	613-727-2683	Mon.	8-8:50 pm	Oct 17	9	\$56	1058887
Game Play – Women – Goalie	Minto- Barrhaven	613-727-2683	Mon.	8-8:50 pm	Jan 9	8	\$49.75	1062804
Game Play – Women – Goalie	Minto- Barrhaven	613-727-2683	Wed.	8-8:50 pm	Oct 12	10	\$62.25	1058929

Sports for Life

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Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Game Play – Women – Goalie	Minto- Barrhaven	613-727-2683	Wed.	8-8:50 pm	Jan 11	9	\$56	1062901
Hockey League RF Open Division	Ray Friel	613-830-2747	Fri.	9 pm-12 am	Sep 30	24	\$5290	1061575
Hockey League Rec Men	Ray Friel	613-830-2747	Wed.	9 pm-12 am	Sep 28	24	\$5290	1061552
Hockey League Tier 2	Ray Friel	613-830-2747	Thu.	9 pm-12 am	Sep 29	24	\$5290	1061523
Hockey League Tier 3	Ray Friel	613-830-2747	Tue.	9 pm-12 am	Sep 27	24	\$5290	1061533
Hockey League Tier 4	Ray Friel	613-830-2747	Mon.	9 pm-12 am	Sep 25	24	\$5290	1061544
Powerskating	McNabb	613-247-4815	Mon.	8-8:50 pm	Oct 17	9	\$186.75	1056444
Powerskating	McNabb	613-247-4815	Mon.	8-8:50 pm	Jan 9	9	\$186.75	1057268
Powerskating	Minto-Barrhaven	613-727-2683	Thu.	8-8:50 pm	Oct 13	10	\$207.25	1060893
Powerskating	Minto-Barrhaven	613-727-2683	Thu.	8-8:50 pm	Jan 12	9	\$186.75	1060958
Powerskating 2	Brewer Arena	613-247-4815	Tue.	8-8:50 pm	Oct 11	9	\$186.75	1056467
Powerskating 2	Brewer Arena	613-247-4815	Tue.	8-8:50 pm	Jan 10	9	\$186.75	1057321
Powerskating and Development	Jim Durrell	613-247-4815	Tue., Thu.	8:30-10:20 pm	Mar 21	6	\$197	1057176
Shooting Clinic – Women	Tom Brown Arena	613-247-4813	Thu.	9-9:50 pm	Sep 8	1	\$20.75	1056634
Skating Clinic – Women	Tom Brown Arena	613-247-4813	Thu.	9-9:50 pm	Aug 25	1	\$20.75	1056598
Stick Handling Clinic – Women	Tom Brown Arena	613-247-4813	Thu.	9-9:50 pm	Sep 1	1	\$20.75	1056613
Multi Sports								
Never Too Late – Women	Hunt Club-Riverside Park	613-260-1299	Mon.	9-9:45 am	Sep 12	4	\$25	1058008
Never Too Late – Women	Hunt Club-Riverside Park	613-260-1299	Mon.	9-9:45 am	Oct 17	4	\$25	1058009
Never Too Late	Glen Cairn	613-836-3121	Tue.	9:30-10:30 pm	Sep 27	10	\$81.50	1045330
Never Too Late	Glen Cairn	613-836-3121	Tue.	9:30-10:30 pm	Jan 10	8	\$65.25	1050790
Soccer								
Game Play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Jan 10	9	\$37.25	1061587
Game Play	Minto-Barrhaven	613-727-2683	Wed.	9:15-10:30 pm	Sep 21	12	\$66.75	1050048
Game Play	Minto-Barrhaven	613-727-2683	Wed.	9:15-10:30 pm	Jan 18	8	\$44.50	1056847
Women	Fallingbrook School	613-830-2747	Wed.	8-9:30 pm	Sep 14	14	\$174.25	1040080
Women	Fallingbrook School	613-830-2747	Wed.	8-9:30 pm	Jan 11	9	\$112	1040081

Sports for Life

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Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Squash								
Squash	Bob MacQuarrie-Orléans	613-824-0819	Sat.	9-10 am	Sep 24	6	\$83	1054857
Squash	Bob MacQuarrie-Orléans	613-824-0819	Sat.	9-10 am	Nov 12	6	\$83	1054875
Squash	Bob MacQuarrie-Orléans	613-824-0819	Sat.	9-10 am	Jan 21	6	\$83	1054920
Squash	Nepean Sportsplex	613-580-2828	Sat.	12:30-1:30 pm	Oct 1	6	\$74.50	1058837
Squash	Nepean Sportsplex	613-580-2828	Sat.	12:30-1:30 pm	Jan 21	6	\$74.50	1058849
Squash	Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Oct 4	6	\$74.50	1058845
Squash	Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Jan 24	6	\$74.50	1058852
Table Tennis								
Table Tennis	Johnny Leroux Stittsville	613-	Tue., Thu.	12:15-1:45 pm	Sep 20	24	\$100	1053390
Tennis								
Tennis	Pinecrest Park	613	Sat.	11 am-Noon	Sep 10	6	\$83	1052994
Tennis	Sir Wilfrid Laurier School	613-830-2747	Sat.	4:15-5:15 pm	Sep 24	9	\$124.50	1059105
Tennis	Sir Wilfrid Laurier School	613-830-2747	Sat.	4:15-5:15 pm	Jan 14	8	\$110.75	1059112
Tennis	Tanglewood Park	613-	Thu.	11 am-Noon	Sep 15	6	\$83	1063941
Tennis	Woodroffe Schooll	613	Tue.	7:30-8:30 pm	Oct 4	10	\$101.50	1053825
Tennis	Woodroffe Schooll	613	Tue.	7:30-8:30 pm	Jan 10	10	\$101.50	1053798
Tennis-Women	Tanglewood Park	613	Thu.	Noon-1 pm	Sep 15	6	\$83	1063947
Triathlon								
Triathlon	Goulbourn	613-580-2532	Sun.	3-4 pm	Sep 18	12	\$101.25	1059311
Triathlon	Goulbourn	613-580-2532	Sun.	3-4 pm	Jan 8	9	\$76	1059315
Triathlon	Minto-Barrhaven	613-727-2683	Tue.	8:10-9:10 pm	Sep 20	12	\$101.25	1064936
Triathlon	Minto-Barrhaven	613-727-2683	Tue.	8:10-9:10 pm	Jan 17	8	\$67.50	1064937
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	10:30-11:30 am	Sep 17	8	\$67.50	1056173
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	10:30-11:30 am	Nov 12	6	\$50.75	1056178
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	10:30-11:30 am	Jan 14	9	\$76	1056211
Volleyball								
Volleyball	Routhier	613-244-4470	Mon.	6-8 pm	Sep 19	12	\$142.25	1052426
Volleyball	South Fallingbrook	613-824-0633	Wed.	6-8 pm	Sep 28	12	\$142.25	1063744
Volleyball	Routhier	613-244-4470	Mon.	6-8 pm	Jan 9	11	\$130.50	1055463

Sports for Life

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Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Volleyball	South Fallingbrook	613-824-0633	Wed.	6-8 pm	Jan 18	18	\$213.25	1063748
Coed Rec. League	Hintonburg	613-798-8874	Tue.	6-11 pm	Sep 13	28	\$938.50	1056512
Game Play	École Franco Jeunesse	613-564-1062	Tue.	6-7:55 pm	Sep 13	12	\$79.50	1050647
Game Play	École Franco Jeunesse	613-564-1062	Tue.	6-7:55 pm	Jan 10	9	\$59.50	1055350
Game Play	École Franco Jeunesse	613-564-1062	Wed.	6-7:55 pm	Sep 14	12	\$79.50	1050652
Game Play	École Franco Jeunesse	613-564-1062	Wed.	6-7:55 pm	Jan 11	9	\$59.50	1055353
Game Play	Greenboro	613-580-2805	Mon.	7-8:30 pm	Sep 19	11	\$73.25	1057785
Game Play	Greenboro	613-580-2805	Mon.	7-8:30 pm	Jan 16	9	\$60	1059368
Game Play	Greenboro	613-580-2805	Wed.	7-8:30 pm	Sep 21	11	\$73.25	1057790
Game Play	Greenboro	613-580-2805	Wed.	7-8:30 pm	Jan 18	10	\$66.75	1059384
Game Play	Greenboro	613-580-2805	Thu.	7-8:30 pm	Sep 22	11	\$73.25	1057795
Game Play	Greenboro	613-580-2805	Thu.	7-8:30 pm	Jan 19	10	\$66.75	1059386
Game Play	Minto-Barrhaven	613-727-2683	Mon.	8-9:15 pm	Sep 19	12	\$66.75	1048566
Game Play	Minto-Barrhaven	613-727-2683	Mon.	8-9:15 pm	Jan 16	7	\$39	1054268
Game Play	South Fallingbrook	613-824-0633	Tue.	6:30-8 pm	Sep 27	12	\$80	1063622
Game Play	South Fallingbrook	613-824-0633	Tue.	6:30-8 pm	Jan 17	15	\$100	1063641
Game Play 2	Eva James	613-271-0712	Tue.	9-11 pm	Sep 13	14	\$111.50	1050749
Game Play 2	Eva James	613-271-0712	Tue.	9-11 pm	Jan 10	11	\$87.50	1051132
Game Play 2	Greenboro	613-580-2805	Sun.	5-6:30 pm	Sep 25	11	\$73.25	1057804
Game Play 2	Greenboro	613-580-2805	Sun.	5-6:30 pm	Jan 22	10	\$66.75	1059395
Game Play 2	Hunt Club-Riverside Park	613-260-1299	Mon.	6:30-7:30 pm	Sep 19	12	\$53.50	1058128
Game Play 2	Hunt Club-Riverside Park	613-260-1299	Mon.	6:30-7:30 pm	Jan 16	10	\$44.50	1058129
Game Play 2	McNabb	613-564-1070	Thu.	8-10 pm	Sep 22	13	\$115.50	1062879
Game Play 2	McNabb	613-564-1070	Thu.	8-10 pm	Jan 12	9	\$80	1045373
Game Play 2	South Fallingbrook	613-824-0633	Tue.	6:30-8 pm	Sep 27	12	\$80	1063668
Game Play 2	South Fallingbrook	613-824-0633	Tue.	6:30-8 pm	Jan 17	15	\$100	1063678
Game Play 3	Eva James	613-271-0712	Mon.	9-11 pm	Sep 12	13	\$103.50	1050746
Game Play 3	Eva James	613-271-0712	Mon.	9-11 pm	Jan 9	10	\$79.50	1051118
Game Play 3	École Franco Jeunesse	613-564-1062	Tue.	8-9:55 pm	Sep 13	12	\$79.50	1050671

Sports for Life

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Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Game Play 3	École Franco Jeunesse	613-564-1062	Tue.	8-9:55 pm	Jan 10	9	\$59.50	1055361
Game Play 3	École Franco Jeunesse	613-564-1062	Wed.	8-9:55 pm	Sep14	12	\$79.50	1050678
Game Play 3	École Franco Jeunesse	613-564-1062	Wed.	8-9:55 pm	Jan 11	9	\$59.50	1055364
Game Play 3	Glen Cairn	613-836-3121	Thu.	8:30-10:30 pm	Sep 29	13	\$99.25	1045367
Game Play 3	Glen Cairn	613-836-3121	Thu.	8:30-10:30 pm	Jan 5	12	\$74.50	1053449
Game Play 3	Hunt Club-Riverside Park	613-260-1299	Wed.	6:30-8 pm	Sep 21	12	\$80	1058149
Game Play 3	Hunt Club-Riverside Park	613-260-1299	Wed.	6:30-8 pm	Jan 18	10	\$66.75	1058150
Game Play 3	McNabb	613-564-1070	Mon.	8-10 pm	Sep 19	12	\$106.75	1042488
Game Play 3	McNabb	613-564-1070	Mon.	8-10 pm	Jan 9	8	\$71.25	1045364
Game Play 3	South Fallingbrook	613-824-0633	Tue.	8-10 pm	Sep 27	12	\$98.25	1063705
Game Play 3	South Fallingbrook	613-824-0633	Tue.	8-10 pm	Jan 17	15	\$123	1063717
Game Play 3	South Fallingbrook	613-824-0633	Wed.	8-10 pm	Sep 28	12	\$98.25	1063736
Game Play 3	South Fallingbrook	613-824-0633	Wed.	8-10 pm	Jan 18	18	\$147.50	1063739

Women and Sport • 613-580-2854

Email: gws-ffs@ottawa.ca

Sport and activity programs for women 18 years and over that promote fun, friendship, participation and fair play values; where "Everyone gets to Play". Introductory sport courses and leagues are designed to encourage women with no or very little experience to learn the basics while being active and getting fit. "Girls just want to have Fun!"

Women's Instructional Programs

Never Too Late for Sports

It's never too late to try something new. Emphasis is on understanding the game, basic techniques, skills, and participation. Program includes skill development and game play.

Basketball

Briargreen School, 19 Parkfield

Wed. 6:30-7:30 pm
 Oct 12-Dec 14 \$59.25 [1041595](#)
 Feb 1-Mar 8 \$35.75 [1046780](#)

Hillcrest School, 1900 Dauphin

Thu. 8-9 pm
 Oct 13-Dec 15 \$59.25 [1041590](#)
 Feb 2-Mar 9 \$35.75 [1046778](#)

Soccer

Briargreen School, 19 Parkfield

Wed. 7:30-8:30 pm
 Oct 12-Dec 14 \$83 [1041687](#)
 Feb 1-Mar 8 \$49.75 [1046787](#)

Hillcrest School, 1900 Dauphin

Thu. 7-8 pm
 Oct 13-Dec 15 \$83 [1041678](#)
 Feb 2-Mar 9 \$49.75 [1046785](#)

Volleyball

Briargreen School, 19 Parkfield

Wed. 8:30-9:30 pm
 Oct 12-Dec 14 \$59.25 [1041734](#)
 Feb 1-Mar 8 \$35.75 [1046814](#)

Centennial School, 376 Gloucester

Tue. 6:30-7:30 pm
 Oct 11-Dec 13 \$59.25 [1041727](#)
 Jan 31-Mar 7 \$35.75 [1046809](#)

Badminton – Game Play

Emphasis is on active participation and fun. Games are at a recreational level.

Hillcrest School, 1900 Dauphin

Thu. 7-9 pm
 Oct 13-Dec 15 \$89 [1041708](#)
 Feb 2-Mar 9 \$53.50 [1046797](#)

Volleyball – Level 2

Drills are geared to improving skill. Good skill level and understanding of the game required. Program includes skill development and fun games.

Centennial School, 376 Gloucester

Tue. 7:30-9 pm
 Oct 11-Dec 13 \$126.50 [1041719](#)
 Jan 31-Mar 7 \$76 [1046803](#)

Volleyball Tournament

Serve up some fun! A volleyball tournament for recreational level teams.

Sat. 8 am-6 pm
 Nov 19 \$122.25 [1058780](#)
 Feb 11 \$122.25 [1058793](#)

Women's Leagues

Leagues are played at various locations. Registration can be done as a team member or as an individual to be placed on a team. Contact office for more information.

Registration and roster deadlines are:

Volleyball: September 7
Ball Hockey: September 9
Basketball: September 14
Soccer: September 12

Ball Hockey Recreational

All levels welcome. League is divided according to level of play. One-hour games.

Sun. 9 am-5 pm
 Sep 25-Jan 29 \$177.50 [1041575](#)

Ball Hockey Intermediate

Game level is for those with a good skill level and understanding of the game.

Sun. 9 am-5 pm
 Sep 25-Jan 29 \$177.50 [1064521](#)

Basketball Recreational

Geared to players new to the game or who have not played for a while. League is divided according to level of play. One-hour games.

Wed. 6-10 pm
 Oct 5-Feb 8 \$194.25 [1041570](#)

Basketball Intermediate

Geared to players with considerable knowledge and skill level. League is divided according to level of play. One and a half hour games.

Tue. 6-10 pm
 Oct 4-Mar 7 \$286.25 [1041549](#)

Soccer Indoor

All levels welcome. League is divided according to level of play. One-hour games.

Tue. 6-10 pm
 Oct 4-Mar 7 \$233.25 [1041573](#)

Volleyball Leagues

Intermediate C

Geared to players who are new or returning to the sport. League is divided according to level of play. One and a quarter hour games.

Thu. 7-10 pm
 Sep 29-Feb 2 \$214.75 [1041589](#)

Intermediate A/B

Geared to players with considerable knowledge and skill level. League is divided according to level of play. One and a half hour games.

Mon. 7-10 pm
 Sep 26-Feb 27 \$257.25 [1041578](#)



Cross Country Skiing

Schedules and fees may be subject to change.

Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

Instructional programs are advertised in the language in which they are offered.

Terry Fox Athletic Facility

613-247-4883
2960 Riverside Drive

Information Session

Free cross country ski information session. Drop in and take a tour of our facility. Our knowledgeable instructors will be on-hand to answer all your questions. Learn about cross-country ski equipment, clothing, and basic waxing techniques. Local ski stores will showcase their merchandise.

Mon. 6-8:30 pm
 Dec 12 N/A [1050085](#)

Classic Refresher

Review technique – diagonal stride, double poling, and climbing and descending hills, in a cooperative environment.

Sat. 9-11:30 am
 Jan 7 \$49.25 [1050026](#)
 Jan 21 \$49.25 [1050028](#)
 Jan 28 \$49.25 [1050029](#)
 Feb 11 \$49.25 [1050032](#)

Classic Level 1 (Introduction)

Learn or review the basics, including how to get up when you fall, diagonal stride, double poling, and climbing and descending hills, in a supportive environment.

Tue., Thu. 11 am-12:30 pm
 Jan 10-24 \$132.75 [1050263](#)
 Feb 7-21 \$132.75 [1050268](#)
 Tue., Thu. 6:15-7:45 pm
 Jan 10-24 \$132.75 [1050276](#)
 Feb 7-21 \$132.75 [1050282](#)
 Wed. 11 am-12:30 pm
 Jan 11-Feb 8 \$132.75 [1050251](#)
 Wed. 8-9:30 pm
 Jan 11-Feb 8 \$132.75 [1050254](#)
 Fri. 6:15-7:45 pm
 Sat., Sun. 10 am-noon
 Jan 6- 8 \$97.25 [1050289](#)
 Jan 6- 8 \$97.25 [1050292](#)
 Jan 13-15 \$97.25 [1050296](#)
 Jan 20-22 \$97.25 [1050299](#)
 Jan 27-29 \$97.25 [1050302](#)
 Feb 3- 5 \$97.25 [1050304](#)
 Feb 3- 5 \$97.25 [1050309](#)
 Feb 10-12 \$97.25 [1050313](#)
 Fri. 8-9:30 pm
 Sat., Sun. 12:30-2:30 pm
 Jan 6- 8 \$97.25 [1050349](#)
 Jan 13-15 \$97.25 [1050352](#)
 Jan 20-22 \$97.25 [1050353](#)
 Jan 27-29 \$97.25 [1050354](#)

Classic Level 1 (Introduction) – Low Ratio

Learn the basics, including how to get up when you fall, diagonal stride, double poling, and climbing and descending hills, in a supportive environment. Low-ratio enables much more individual attention.

Mon. 6:15-7:45 pm
 Jan 9-Feb 6 \$166.50 [1047087](#)
 Mon. 8-9:30 pm
 Jan 9-Feb 6 \$166.50 [1047094](#)

Classic Level 2 (Novice)

Develop a solid foundation in classic technique, starting from the basics. Level 1 material, but covered at a faster pace and more in-depth. Must be comfortable on flats and small hills.

Mon.	11 am-12:30 pm	
Jan 9-Feb 6	\$132.75	1047149
Mon.	6:15-7:45 pm	
Jan 9-Feb 6	\$132.75	1047150
Tue., Thu.	11 am-12:30 pm	
Jan 10-24	\$132.75	1047160
Feb 7-21	\$132.75	1047161
Tue., Thu.	6:15-7:45 pm	
Jan 10-24	\$132.75	1047166
Feb 7-21	\$132.75	1047167
Wed.	6:15-7:45 pm	
Jan 11-Feb 8	\$132.75	1047151
Wed.	8-9:30 pm	
Jan 11-Feb 8	\$132.75	1047153
Fri.	6:15-7:45 pm	
Sat., Sun.	10 am-noon	
Jan 6- 8	\$97.25	1047185
Jan 13-15	\$97.25	1047188
Jan 20-22	\$97.25	1047190
Jan 27-29	\$97.25	1047191
Feb 3- 5	\$97.25	1047195
Fri.	8-9:30 pm	
Sat., Sun.	12:30-2:30 pm	
Jan 6- 8	\$97.25	1047202
Jan 13-15	\$97.25	1047205
Jan 20-22	\$97.25	1047206
Jan 27-29	\$97.25	1047208
Feb 17-19	\$97.25	1047213

Classic Level 2 (Novice) – Low Ratio

Develop a solid foundation in classic technique, starting from the basics. Level 1 material, but covered at a faster pace and more in-depth. Must be comfortable on flats and small hills. Low-ratio enables individual attention.

Mon.	6:15-7:45 pm	
Jan 9-Feb 6	\$166.50	1047180
Mon.	8-9:30 pm	
Jan 9-Feb 6	\$166.50	1047182

Classic Level 3 (Intermediate)

Refine the basic techniques, increase your power and speed, and learn to improve your efficiency and control on more challenging terrain. For skiers who have completed Level 2. Ideal for preparing for the CSM or Keski.

Tue., Thu.	1-2:30 pm	
Jan 10-24	\$137.75	1047228
Feb 7-21	\$137.75	1047233
Tue., Thu.	8-9:30 pm	
Jan 10-24	\$137.75	1047235
Feb 7-21	\$137.75	1047241
Wed.	6:15-7:45 pm	
Jan 11-Feb 8	\$137.75	1047223
Fri.	6:15-7:45 pm	
Sat., Sun.	10 am-noon	
Jan 6- 8	\$101	1047254
Jan 13-15	\$101	1047262
Fri.	8-9:30 pm	
Sat., Sun.	12:30-2:30 pm	
Feb 3- 5	\$101	1047350
Feb 10-12	\$101	1047355

Classic Level 4 (Advanced)

Refine your skills through focused technical analysis, and concentrate on strength development and advanced hill work. For skiers who have completed Level 3.

Tue., Thu.	8-9:30 pm	
Jan 10-24	\$137.75	1047383
Wed.	8-9:30 pm	
Jan 11-Feb 8	\$137.75	1047379
Fri.	6:15-7:45 pm	
Sat., Sun.	10 am-noon	
Jan 20-22	\$101	1047390

Cross Country Ski Club

Join our weekly outings on the trails at Mooney's Bay Park and meet other ski enthusiasts. Guided by an instructor who can give ski technique tips.

16+ years	Mon.	6:30-7:30 pm
Jan 9	\$10.50	1050096
Jan 16	\$10.50	1065526
Jan 23	\$10.50	1065527
Jan 30	\$10.50	1065528
Feb 6	\$10.50	1065529
Feb 13	\$10.50	1065530
Feb 20	\$10.50	1065531
Feb 27	\$10.50	1065532

16+ years	Wed.	10:30-11:30 am
Jan 11	\$10.50	1050111
Jan 18	\$10.50	1065534
Jan 25	\$10.50	1065535
Feb 1	\$10.50	1065536
Feb 8	\$10.50	1065537
Feb 15	\$10.50	1065538
Feb 22	\$10.50	1065539
Mar 1	\$10.50	1065540

Help with Hills

Still unsure about going downhill on cross-country skis? Get better at climbing up hills, and work to improve your control on the way back down. Develop side step, herringbone, snowplow and snowplow turns.

Sat.	9-11:30 am	
Jan 14	\$49.25	1050071
Jan 28	\$49.25	1050072

Ski Skate Refresher

Review technique – free skate, one skate, and climbing and descending hills, in a cooperative environment.

Sat.	9-11:30 am	
Jan 14	\$49.25	1050044
Feb 4	\$49.25	1050047
Feb 18	\$49.25	1050050

Ski Skate Pre-Level 1

Understand the basic requirements for skate skiing. Key aspects of appraisal include balance, timing and agility. Instructors will suggest which introductory class best suits each skier.

Sun.	3-4:30 pm	
Jan 8	\$29.50	1047415
Jan 15	\$29.50	1047418
Wed.	6:15-7:45 pm	
Jan 11	\$29.50	1047409
Jan 18	\$29.50	1047411
Feb 8	\$29.50	1047413

Ski Skate Level 1 (Introduction)

For those new to skate-skiing. Develop proper stance, balance and co-ordination. Learn the basics including one-skate, hill climbing and descent, and double poling, in a supportive environment for beginner skate-skiers.

Mon.	8-9:30 pm	
Jan 9-Feb 6	\$132.75	1047426
Tue., Thu.	6:15-7:45 pm	
Jan 10-24	\$132.75	1047433
Feb 7-21	\$132.75	1047441
Wed.	1-2:30 pm	
Jan 11-Feb 8	\$132.75	1047428
Fri.	6:15-7:45 pm	
Sat., Sun.	10 am-noon	
Jan 6- 8	\$97.25	1047468
Jan 6- 8	\$97.25	1047473
Jan 13-15	\$97.25	1047476
Jan 27-29	\$97.25	1047482
Feb 10-12	\$97.25	1047483
Fri.	8-9:30 pm	
Sat., Sun.	12:30-2:30 pm	
Jan 6- 8	\$97.25	1047478
Feb 3- 5	\$97.25	1047480

Ski Skate Level 1 (Introduction) – Low Ratio

For those new to skate-skiing. Develop proper stance, balance and co-ordination. Learn the basics including one-skate, hill climbing and descent, and double poling, in a supportive environment. Low-ratio enables individual attention.

Wed.	6:15-7:45 pm	
Jan 11-Feb 8	\$166.50	1047451

Ski Skate Level 2 (Novice)

Develop a solid foundation in skate-ski technique. Level 1 material, but covered at a faster pace and more in-depth.

Mon.	8-9:30 pm	
Jan 9-Feb 6	\$132.75	1047487
Tue., Thu.	6:15-7:45 pm	
Jan 10-24	\$132.75	1047493
Feb 7-21	\$132.75	1047499
Fri.	6:15-7:45 pm	
Sat., Sun.	10 am-noon	
Jan 6- 8	\$97.25	1047531
Jan 13-15	\$97.25	1047533
Jan 20-22	\$97.25	1047536
Feb 17-19	\$97.25	1047538

Fri.	8-9:30 pm	
Sat., Sun.	12:30-2:30 pm	
Jan 20-22	\$97.25	1047542
Jan 27-29	\$97.25	1047546
Feb 10-12	\$97.25	1047548
Feb 17-19	\$97.25	1047551

Ski Skate Level 2 (Novice) – Low Ratio

Develop a solid foundation in skate-ski technique. Level 1 material, but covered at a faster pace and more in-depth. Low-ratio enables individual attention.

Wed.	6:15-7:45 pm	
Jan 11-Feb 8	\$166.50	1047517

Ski Skate Level 3 (Intermediate)

Refine your one-skate, two-skate and offset, and increase your power and speed. Improve your efficiency and control on more challenging terrain.

Mon.	6:15-7:45 pm	
Jan 9-Feb 6	\$137.75	1049833
Tue., Thu.	8-9:30 pm	
Jan 10-24	\$137.75	1049870
Feb 7-21	\$137.75	1049905
Wed.	8-9:30 pm	
Jan 11-Feb 8	\$137.75	1049838
Fri.	6:15-7:45 pm	
Sat., Sun.	10 am-noon	
Jan 27-29	\$101	1049919
Fri.	8-9:30 pm	
Sat., Sun.	12:30-2:30 pm	
Jan 6- 8	\$101	1049928
Feb 10-12	\$101	1049932

Ski Skate Level 4 (Advanced)

Refine your skills through focused technical analysis, and concentrate on strength development and advanced hill work.

Mon.	6:15-7:45 pm	
Jan 9-Feb 6	\$137.75	1049978
Fri.	6:15-7:45 pm	
Sat., Sun.	10 am-noon	
Jan 20-22	\$101	1050000

Curling Sportsplex

Nepean Sportsplex Curling Centre

**613-580-2828 ext. 5
1701 Woodroffe Avenue**

Curling Clinic

Introduction to the sport of curling. Learn the rules of the game, how to keep score and tips on improve your shot.

Sat.	11 am-1 pm	
Nov 5	\$41.50	1056373
Nov 12	\$41.50	1056375

Curling Lessons – Men

Practice your techniques, develop a better understanding of the game strategy and improve your skills with lots of game time.

Mon.	8-9 pm	
Nov 14-Dec 19	\$104	1058464
Jan 16-Feb 20	\$104	1058540

Curling Lessons – Women

Join women who are taking up the sport of curling. Learn the sport and improve your current skills with our excellent instructor to student ratios.

Mon.	7-8 pm	
Nov 14-Dec 19	\$104	1058300
Jan 16-Feb 20	\$104	1058428
Mon.	8-9 pm	
Nov 14-Dec 19	\$104	1058474
Jan 16-Feb 20	\$104	1058478

Curling League – Mixed

Join us for Mixed Curling.

Tue.	9-11 pm	
Nov 8-Mar 7	\$127.50	1058567
Wed.	7-9 pm	
Nov 9-Mar 8	\$127.50	1058157
Wed.	9-11 pm	
Nov 9-Mar 8	\$127.50	1057260
Thu.	7-9 pm	
Nov 10-Mar 9	\$199	1057330
Thu.	9-11 pm	
Nov 10-Mar 9	\$127.50	1056643
Fri.	7-9 pm	
Nov 11-Mar 10	\$127.50	1058163

Drop-in Activities

Activity Name	Location	Phone #	Day	Time	Start Date	Age	Fee
Badminton	Hintonburg	613-798-8874	Wednesday	11:30 am to 1:30 pm	September 7	18+ years	\$3.35
Ball Hockey	Hintonburg	613-798-8874	Wednesday	8:30 to 10:30 pm	September 28	18+ years	\$4.10
Basketball	Rideauview	613-822-7887	Thursday	8 to 9:30 pm	September 22	18+ years	\$4.10
Open Gym	Hintonburg	613-798-8874	Thursday	8 to 10 pm	September 29	18+ years	\$4.10
Pickleball	Greenboro	613-580-2805	Tuesday	8 to 9:30 pm	September 6	18+ years	\$3.10
Pickleball	Greenboro	613-580-2805	Wednesday	Noon to 2 pm	September 7	18+ years	\$3.10
Pickleball	South Fallingbrook	613-824-0633	Saturday	Noon to 2 pm	September 24	18+ years	\$3.10
Pickleball	South Fallingbrook	613-824-0633	Sunday	3:30 to 5:30 pm	September 25	18+ years	\$3.10
Pickleball	South Fallingbrook	613-824-0633	Saturday	Noon to 2 pm	January 14	18+ years	\$3.10
Pickleball	South Fallingbrook	613-824-0633	Sunday	3:30 to 5:30 pm	January 15	18+ years	\$3.10
Table Tennis	Canterbury	613-247-4869	Monday & Wednesday	10 am to 2 pm	October 19	18+ years	\$2.70/ hour
Table Tennis	Canterbury	613-247-4869	Tuesday & Thursday	10 am to 2 pm	September 6	18+ years	\$2.70/ hour
Table Tennis	Canterbury	613-247-4869	Tuesday	7 to 9 pm	October 18	18+ years	\$2.70/ hour
Table Tennis	Canterbury	613-247-4869	Friday	6 to 9 pm	September 9	18+ years	\$2.70/ hour
Volleyball	Canterbury	613-247-4869	Sunday	4 to 6 pm	September 11	18+ years	\$2.70/ hour