



Classes for Children

Recreation eGuide

Fall 2017 and Winter 2018

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[fee support](#)



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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 children?

- High quality instruction in studios equipped for arts
- Dance on sprung floors, with barres and floor-to-ceiling mirrors
- Perform your own monologues in a black box theatre
- Paint, draw, sculpt in specialised art studios
- Be in your own movie under the direction of successful movie producers

Learn life time art skills here.
Destination: arts experience.

Performing Arts

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.

Dance

Ballet Jazz – Level 1

Basic to intermediate ballet and jazz techniques will be practiced. Combination of contemporary movements and ballet techniques. Exercises are structured to develop strength, balance, flexibility and coordination. Learn choreography from both dance styles.

Shenkman Arts

5-6 years	Sun.	11:30 am-12:15 pm
Sep 24-Nov 26	\$53.25	1109821
Jan 14-Mar 11	\$53.25	1111728

Bollywood

Move to the beat of Bollywood, fusing classical Indian, hip hop and Bhangra dance steps, combined with basic yoga postures. Learn a choreographed dance and an understanding of Bollywood's vigor and zest.

Shenkman Arts

6-9 years	Sat.	9:45-10:45 am
Sep 23-Nov 25	\$79.25	1109748
6-9 years	Sat.	9:45-10:45 am
Jan 13-Mar 10	\$79.25	1111651

Bollywood

Move to the Bollywood beat – a modern East Indian style of dance. Discover basic hip, leg and upper body choreography while experiencing the wonders of middle-eastern glamour.

Nepean Creative Arts

6-12 years	Sun.	10-11 am
Sep 17-Nov 19	\$89	1106614
Jan 14-Mar 11	\$89	1106615

Contemporary – Level 1

A dance style that borrows from modern, ballet and jazz choreography. Study basic ballet and modern dance principles while advancing your steps. Uncover various moves, step combinations and new choreography. Create your own dance.

Nepean Creative Arts

9-12 years	Wed.	6-7 pm
Sep 27-Nov 22	\$89	1122399
Jan 10-Feb 28	\$79.25	1122411

Contemporary Hip Hop Combo

Blending the modern dance techniques of suspension, release and emotion, with Hip Hop's rhythms of the street, leads to innovative choreographed routines in a class led by an expert instructor. No experience required.

Nepean Creative Arts

8-12 years	Fri.	6:30-7:30 pm
Sep 29-Nov 24	\$89	1106492
Jan 12-Mar 2	\$79.25	1106502

Gotta Dance

Introduction to the elements of dance and space. Practice fundamental large and fine motor skills through basic ballet and jazz steps.

Shenkman Arts

5-6 years	Sat.	12:30-1:15 pm
Sep 23-Nov 25	\$53.25	1109768
Jan 13-Mar 10	\$53.25	1111661

Hip Hop

Level 1

Hip hop, with its roots in urban dance, gets you moving to funky, up-beat tunes. Work on strength, flexibility and musicality through intricate and fast paced choreography. Create dynamic, stylish moves just like in the latest music videos.

Nepean Creative Arts

4-7 years	Sun.	10:15-11 am
Sep 17-Nov 19	\$66.75	1106533
Jan 14-Mar 11	\$66.75	1106529
6-8 years	Sat.	10:45-11:30 am
Sep 16-Nov 18	\$66.75	1106516
Jan 13-Mar 10	\$66.75	1106523

Level 2

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing and break dancing, provides a good cardio workout to funky, up-beat tunes. Hip Hop is easy to learn and fun for all ages!

Nepean Creative Arts

7-12 years	Sun.	11 am-noon
Sep 17-Nov 19	\$89	1106553
Jan 14-Mar 11	\$89	1106601
7-12 years	Mon.	6:30-7:30 pm
Sep 25-Nov 27	\$89	1106595
Jan 8-Mar 5	\$79.25	1106603

Hip Hop and Jazz

Emphasis on body placement, coordination and basic Jazz technique.

Nepean Creative Arts

5-8 years	Sat.	9:45-10:45 am
Sep 16-Nov 18	\$89	1108467
Jan 13-Mar 10	\$89	1108480

Irish Dancing – Level 1

Learn the Irish jig! In the style of Riverdance, learn skills to gain balance, co-ordination and self-esteem. No experience required.

Nepean Creative Arts

7-12 years	Mon.	5-5:45 pm
Sep 25-Nov 27	\$66.75	1106616
Jan 8-Mar 5	\$59.50	1106647

Jazz – Level 1

High energy class that encourages rhythm, co-ordination, flexibility and execution. Introduction to different styles of jazz including theatrical, pop, and lyrical. Learn various moves, combinations of steps, and choreography.

Nepean Creative Arts

6-9 years	Fri.	5:30-6:30 pm
Sep 29-Nov 24	\$80	1106703
Jan 12-Mar 2	\$71	1106697
8-12 years	Sat.	1:15-2:15 pm
Sep 16-Nov 18	\$80	1106672
Jan 13-Mar 10	\$80	1106684



Lyrical – Level 1

Fusion of ballet and jazz, blended with contemporary dance techniques. Learn movements that express emotions allowing you to tell a story to music with lyrics.

Nepean Creative Arts

6-8 years	Wed.	5-6 pm
Sep 27-Nov 22	\$89	1122367
Jan 10-Feb 28	\$79.25	1122389
11-14 years	Fri.	7:30-8:30 pm
Sep 29-Nov 24	\$89	1108760
Jan 12-Mar 2	\$79.25	1108770

Tap – Level 1

Learn the basics of tap dance through intricate dance combinations, expressive footwork and some simple choreography, with an emphasis on rhythm and clarity of step.

Shenkman Arts

6-12 years	Tue.	6-7 pm
Sep 19-Nov 7	\$79.25	1103403
Jan 9-Feb 27	\$79.25	1111625

Urban – Level 1

This unique style of dance incorporates hip hop, break dancing, pop'n lock, and freestyle. Master the dance moves from each style in a fun and energetic class.

Nepean Creative Arts

6-11 years	Mon.	5:30-6:30 pm
Sep 25-Nov 27	\$89	1108660
Jan 8-Mar 5	\$79.25	1108667

Shenkman Arts

6-8 years	Tue.	6:15-7:15 pm
Sep 19-Nov 7	\$79.25	1103400
Jan 9-Feb 27	\$79.25	1111610
9-12 years	Tue.	7:15-8:15 pm
Sep 19-Nov 7	\$79.25	1103401
Jan 9-Feb 27	\$79.25	1111614

Digital Arts

Animate This

The world of animation comes to life – drawn, claymation, stop motion, cameraless and painted film using video camera, still digital camera, and 16 mm film. Create your very own animated short.

Nepean Creative Arts

9-14 years	Mon.	6:30-8:30 pm
Sep 18-Oct 30	\$166	1119488
Nov 6-Dec 11	\$166	1119495
Jan 22-Mar 5	\$166	1119513

Shenkman Arts

9-13 years	Sun.	10-11:30 am
Sep 24-Nov 26	\$166	1121123
Jan 14-Mar 11	\$166	1121136

Maker Studio – Makey Makey

Work together to program and create an interactive story using the Makey Makey, an electronic invention tool. No previous programming experience required!

Shenkman Arts

8-13 years	Sat.	10:30-11:30 am
Dec 2	\$14	1124040
Jan 27	\$14	1124032

Science of Movie Making

Dive into the world of digital media and explore the science of movie making. Take photos to create a flip-book animation series, produce a short film and uncover green screen technology using DIY special effects.

Nepean Creative Arts

11-14 years	Thu.	6:45-8:15 pm
Sep 14-Oct 19	\$124.50	1106723
Jan 11-Feb 15	\$124.50	1106778

Shenkman Arts

9-13 years	Wed.	6:30-8 pm
Sep 27-Nov 15	\$166	1121097
Jan 10-Feb 28	\$166	1121103

Scratch Animation

Create a short animated film drawing, painting or scratching onto film stock. Then screen the finished work. Presented in collaboration with the Independent Filmmakers Cooperative of Ottawa.

Shenkman Arts

8-12 years	Sat.	1-4 pm
Nov 25	\$25	1109791
Feb 24	\$25	1111702

Drama

Drama and Dance

Jazz dance, improv, storytelling, character study, expression, performance skills and drama games. An open-house performance for friends and family on the last day.

Nepean Creative Arts

5-8 years	Sat.	9:15-10:45 am
Sep 16-Nov 11	\$106.50	1106733
Jan 13-Mar 3	\$106.50	1106741

Music

Guitar

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

Shenkman Arts

Level 1

10-14 years	Sat.	11 am-noon
Sep 23-Nov 25	\$121	1109786
Jan 13-Mar 10	\$121	1111681

Level 2

10-14 years	Sat.	2-3 pm
Sep 23-Nov 25	\$121	1109788
Jan 13-Mar 10	\$121	1111689

Level 3

10-14 years	Sat.	4-5 pm
Sep 23-Nov 11	\$121	1109790
Jan 13-Mar 10	\$121	1111697

Keyboard – Level 1

Love playing the electronic keyboard. Group instruction provides both practical and theory study including: left and right hand placement, reading notes, learning scales in both treble and bass clef. Pre-requisite: a keyboard at home.

Nepean Creative Arts

6-9 years	Thu.	4:30-5:10 pm
Sep 21-Nov 23	\$153.75	1106693
Jan 11-Mar 8	\$138.50	1106704

6-9 years	Thu.	5:50-6:30 pm
Sep 21-Nov 23	\$153.75	1106698
Jan 11-Mar 8	\$138.50	1106712

8-11 years	Thu.	5:10-5:50 pm
Sep 21-Nov 23	\$153.75	1106696
Jan 11-Mar 8	\$138.50	1106710

Keyboard – Level 2

Teachings include: musical terms, single hand chords, reading music, using range, and introducing the black keys. Must have keyboard at home.

Nepean Creative Arts

7-12 years	Thu.	6:15-7 pm
Nov 2-23	\$69.25	1106721
Feb 15-Mar 8	\$69.25	1106726

Ukulele

Learn a unique instrument that is affordable, fun, and easy to learn.

Shenkman Arts

10-14 years	Sat.	3-4 pm
Sep 23-Nov 25	\$121	1109789
Jan 13-Mar 10	\$121	1111693

Multi Arts

Live Wire

Enter the exciting world of performance. Drama skills, theatrical techniques, improvisation, scene study, and performance.

Nepean Creative Arts

7-12 years	Sat.	11 am-12:15 pm
Sep 16-Nov 11	\$99	1106752
Jan 13-Mar 3	\$99	1106759

That's Kindertainment

Dance, storytelling, and music set the stage for imaginary play. Learn to listen, collaborate, create, act, speak on stage, write, draw, and make friends.

Nepean Creative Arts

4-6 years	Sun.	10-11:30 am
Sep 24-Dec 3	\$207.50	1120075
Jan 21-Mar 11	\$166	1120092

Visual Arts

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

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Drawing and Painting

Big Scale Abstract Art

No matter how big or how imaginative, artistic freedom is what abstract art is all about! Explore painting on a large-scale canvas, focusing on the use of colour, space, line, shape and texture.

Nepean Visual Arts

6-9 years	Sun.	1-3 pm
Sep 24-Oct 29	\$132.50	1099694
Nov 5-Dec 3	\$132.50	1099696
Jan 21-Feb 18	\$132.50	1100985

Drawing and Painting

Discover mixed media as you learn how to paint with watercolours and acrylics, and draw with charcoal, conte and pastels. Advanced techniques and learning opportunities available.

Nepean Visual Arts

9-13 years	Sat.	9-11 am
Sep 23-Dec 2	\$234.50	1099684
Jan 13-Mar 3	\$187.50	1100968
9-13 years	Sat.	11:30 am-1:30 pm
Sep 23-Dec 2	\$234.50	1099685
Jan 13-Mar 3	\$187.50	1100971
9-13 years	Sat.	2-4 pm
Sep 23-Dec 2	\$234.50	1099686
Jan 13-Mar 3	\$187.50	1100973

Cartooning and Comics

A young and free imagination can give cartoons personality – so watch characters and comic strips come to life! Draw and animate characters through studying figures, facial expressions, actions, perspective and using specialized illustration techniques.

Nepean Visual Arts

9-12 years	Sun.	10-11:30 am
Sep 24-Dec 3	\$183.25	1099687
Jan 14-Mar 4	\$146.50	1100976
9-12 years	Sun.	noon-1:30 pm
Sep 24-Dec 3	\$183.25	1099688

Mixed Media

Mixing It

Your child's creative imagination will run wild in this dynamic and creative class. Kids will explore different mediums like ink, pencil and paint; and artistic styles and techniques like drawing, painting, collage, three-dimensional work and more.

Nepean Visual Arts

6-8 years	Sat.	9-10:30 am
Sep 23-Dec 2	\$183.25	1099690
Jan 13-Mar 3	\$146.50	1100979
6-8 years	Sat.	11 am-12:30 pm
Sep 23-Dec 2	\$183.25	1099693
Jan 13-Mar 3	\$146.50	1100981

Pottery

Handbuilding

Create sculptures and unique projects using traditional handbuilding techniques. Surface decorations, textures and glazing techniques will be introduced. Use your clay masterpiece at home.

Nepean Visual Arts

7-9 years	Sat.	9-10:30 am
Sep 23-Dec 2	\$193.25	1099699
7-9 years	Sat.	11 am-12:30 pm
Sep 23-Dec 2	\$193.25	1099700
8-12 years	Sat.	9-10:30 am
Jan 13-Mar 3	\$154.75	1100994
8-12 years	Sat.	11 am-12:30 pm
Jan 13-Mar 3	\$154.75	1100999

Arts in Your Neighbourhood

Performing Arts

Dance

Ballet – Level 1

Delve into the most elegant yet technical of all dance forms; ballet! Explore basic to intermediate ballet moves along with exercises to provide a foundation in technique, placement and terminology.

Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Tue.	6:30-7:30 pm
Sep 26-Nov 28	\$88.75	1114661
Jan 16-Mar 6	\$71	1117699
6-9 years	Sat.	noon-1 pm
Sep 30-Dec 9	\$88.75	1114568
Jan 13-Mar 10	\$71	1117365

Eva James – 613-271-0712

4-6 years	Sat.	11-11:45 am
Sep 23-Dec 16	\$80	1121393
Jan 13-Mar 10	\$53.25	1121385

Hunt Club-Riverside Park – 613-260-1299

5-6 years	Sat.	11-11:45 am
Sep 23-Dec 16	\$80	1107555
7-9 years	Sat.	12:30-1:15 pm
Sep 23-Dec 16	\$80	1107880
Jan 13-Mar 10	\$60	1128545

Kanata Recreation – 613-580-2570

5-7 years	Sat.	11:15 am-noon
Sep 30-Dec 9	\$66.75	1115808
Jan 13-Mar 10	\$46.75	1121508

McNabb – 613-564-1070

5-7 years	Tue.	6-7 pm
Sep 26-Dec 12	\$106.50	1113715
Jan 9-Mar 6	\$80	1123615
6-9 years	Sat.	11 am-noon
Sep 30-Dec 16	\$106.50	1113716
Jan 13-Mar 10	\$80	1123616

Michele Heights – 613-828-5100

8-13 years	Sat.	12:45-1:30 pm
Sep 9-Dec 9	\$86.75	1124914
Sep 9-Jun 9	\$199.75	1124223

Minto-Barrhaven – 613-727-2683

6-10 years	Tue.	4:45-5:45 pm
Sep 19-Dec 5	\$104.75	1111556
Jan 16-Mar 6	\$70	1122102
6-10 years	Sat.	12:30-1:30 pm
Sep 16-Dec 9	\$104.75	1121228
Jan 13-Mar 3	\$61.25	1122112

Nepean Sportsplex – 613-580-2828

6-8 years	Tue.	6:15-7 pm
Sep 19-Dec 5	\$80	1110255
Jan 9-Mar 6	\$60	1121451
6-8 years	Thu.	6:15-7 pm
Sep 21-Dec 7	\$80	1110235
Jan 11-Mar 8	\$60	1121449
6-8 years	Sat.	2:30-3:30 pm
Sep 16-Dec 9	\$97.75	1110245
Jan 6-Mar 3	\$71	1121452

Plant – 613-232-3000

7-10 years	Wed.	7-8 pm
Sep 20-Dec 13	\$115.50	1120513
Jan 10-Mar 7	\$80	1124777

Pretty Street – 613-580-2424 ext. 20705

4-6 years	Sat., Fri.	10-11 am
Sep 23-Dec 1	\$88.75	1122066
6-8 years	Sat.	10-11 am
Jan 13-Mar 10	\$80	1122042

Ray Friel – 613-580-4765

4-6 years	Sat.	9-9:45 am
Sep 16-Nov 4	\$53.25	1123764
Nov 18-Dec 16	\$33.50	1123767
Jan 13-Mar 10	\$53.25	1123955
6-8 years	Sat.	10-11 am
Sep 16-Nov 4	\$71	1123765
Nov 18-Dec 16	\$44.50	1123766
Jan 13-Mar 10	\$71	1123957

Richcraft-Kanata – 613-580-9696

4-6 years	Thu.	5-5:45 pm
Sep 21-Dec 14	\$86.75	1111495
Jan 11-Mar 8	\$60	1120751

Richmond – 613-580-2424 ext. 20705

4-6 years	Wed.	6-7 pm
Sep 27-Nov 29	\$88.75	1109152

St-Laurent – 613-742-6767

6-9 years	Sun.	11-11:45 am
Oct 15-Dec 3	\$53.25	1128296
Jan 14-Mar 4	\$53.25	1128297

Ballet Jazz – Level 1

Basic to intermediate ballet and jazz techniques will be practiced. Combination of contemporary movements and ballet techniques. Exercises are structured to develop strength, balance, flexibility and coordination. Learn choreography from both dance styles.

François Dupuis – 613-580-8080

7-12 years	Wed.	5:45-6:45 pm
Sep 20-Dec 6	\$106.50	1122930
Jan 10-Mar 7	\$80	1124653

Goulbourn – 613-580-2532

4-6 years	Sun.	2-2:45 pm
Sep 24-Dec 10	\$73.25	1119285
Jan 21-Mar 4	\$40	1122828

Hintonburg – 613-798-8874

5-7 years	Thu.	7-7:45 pm
Oct 5-Dec 7	\$66.75	1117854
Jan 18-Mar 8	\$53.25	1117864

Minto-Barrhaven – 613-727-2683

6-8 years	Wed.	6-7 pm
Sep 20-Dec 6	\$106.50	1120681
Jan 17-Mar 7	\$71	1122263

9-12 years	Wed.	7-8 pm
Sep 20-Dec 6	\$106.50	1120690

Jan 17-Mar 7	\$71	1122267
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Rideauview – 613-822-7887

5-7 years	Sat.	11:30 am-12:15 pm
Sep 16-Dec 16	\$80	1120612
Jan 13-Mar 3	\$46.75	1123505

Contemporary – Level 1

A dance style that borrows from modern, ballet and jazz choreography. Study basic ballet and modern dance principles while advancing your steps. Uncover various moves, step combinations and new choreography. Create your own dance.

Chapman Mills – 613-822-7887

6-9 years	Tue.	6:30-7:15 pm
Sep 19-Dec 5	\$89	1119706
Jan 16-Mar 6	\$59.50	1123474

Goulbourn – 613-580-2532

6-12 years	Sun.	3:15-4 pm
Sep 24-Dec 10	\$81.50	1119275
Jan 21-Mar 4	\$44.50	1122845

Contemporary Hip Hop Combo

Blending the modern dance techniques of suspension, release and emotion, with Hip Hop's rhythms of the street, leads to innovative choreographed routines in a class led by an expert instructor. No experience required.

Kanata Recreation – 613-580-2570

8-12 years	Wed.	6:45-7:45 pm
Sep 27-Dec 6	\$108.75	1107864
Jan 10-Mar 7	\$89	1120588

Creative Movement

A fun, casual introduction to the elements of dance and space.

Alexander – 613-798-8978

5-8 years	Mon.	5:30-6:30 pm
Sep 25-Nov 20	\$60	1120593
Jan 15-Mar 19	\$60	1120620
9-12 years	Wed.	5:30-6:30 pm
Sep 27-Nov 15	\$60	1120602
Jan 17-Mar 7	\$60	1120625

Gotta Dance

Introduction to the elements of dance and space. Practice fundamental large and fine motor skills through basic ballet and jazz steps.

Aquaview – 613-824-0633 ext. 221

6-7 years	Wed.	6:40-7:25 pm
Sep 27-Dec 6	\$66.75	1107176
Jan 17-Mar 7	\$53.25	1107199

Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sat.	3:15-4:15 pm
Sep 30-Dec 9	\$88.75	1114632
Jan 13-Mar 10	\$71	1117680

Eva James – 613-271-0712

4-6 years	Sat.	11:50 am-12:35 pm
Sep 23-Dec 16	\$80	1121400
Jan 13-Mar 10	\$53.25	1121406

Heron – 613-247-4808

6-9 years	Sat.	10:15-11:15 am
Sep 23-Dec 2	\$88.75	1104630
Jan 13-Mar 10	\$71	1104633

Hip Hop – Level 1

Hip hop, with its roots in urban dance, gets you moving to funky, up-beat tunes. Work on strength, flexibility and musicality through intricate and fast paced choreography. Create dynamic, stylish moves just like in the latest music videos.

Albion Heatherington – 613-247-4828

6-12 years	Sun.	2-2:45 pm
Oct 8-Nov 26	\$59.50	1120459
Jan 21-Mar 11	\$59.50	1120892

Aquaview – 613-824-0633 ext. 221

6-7 years	Tue.	6:40-7:25 pm
Sep 26-Dec 5	\$74.25	1107004
Jan 16-Mar 6	\$59.50	1107022

Bob MacQuarrie-Orléans – 613-580-9600

6-10 years	Thu.	6-7 pm
Sep 28-Nov 30	\$99	1114746
Jan 11-Mar 1	\$79.25	1117298

Eva James – 613-271-0712

4-6 years	Fri.	4:45-5:30 pm
Sep 22-Dec 15	\$86	1120940
Jan 12-Mar 9	\$59.50	1120946
7-12 years	Fri.	5:30-6:30 pm
Sep 22-Dec 15	\$114.75	1120942
Jan 12-Mar 9	\$79.50	1120989

Foster Farm – 613-828-2004

8-11 years	Tue.	6:45-7:30 pm
Sep 12-Jun 12	\$203.75	1124210
Sep 12-Dec 12	\$88.50	1124902

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

6-10 years	Mon.	6:30-7:30 pm
Sep 25-Nov 20	\$79.25	1122915

Goulbourn – 613-580-2532

6-12 years	Sat.	1:30-2:15 pm
Sep 23-Dec 9	\$81.50	1119353
Jan 20-Mar 3	\$44.50	1122779

Greely – 613-580-2424 ext. 30235

6-10 years	Thu.	6:30-7:30 pm
Sep 28-Nov 16	\$79.25	1117744
Jan 18-Mar 8	\$79.25	1118035

Heron – 613-247-4808

6-9 years	Sat.	11:15 am-12:15 pm
Sep 23-Dec 2	\$97.50	1104624
Jan 13-Mar 10	\$78	1104628

McNabb – 613-564-1070

6-8 years	Thu.	6-7 pm
Sep 28-Dec 14	\$109	1113719
Jan 11-Mar 8	\$81.75	1123610

Michele Heights – 613-828-5100

8-10 years	Sat.	3-3:45 pm
Sep 9-Dec 9	\$88.50	1124959
Sep 9-Jun 9	\$203.75	1124256
11-14 years	Sat.	3-3:45 pm
Sep 9-Dec 9	\$88.50	1124918
Sep 9-Jun 9	\$203.75	1124229

Minto-Barrhaven – 613-727-2683

6-8 years	Sun.	12:15-1:15 pm
Sep 17-Dec 10	\$104.75	1121257
Jan 14-Mar 4	\$61.25	1122887
6-10 years	Fri.	5:30-6:30 pm
Sep 22-Dec 8	\$104.75	1121202
Jan 19-Mar 9	\$70	1122880
9-12 years	Sun.	1:15-2:15 pm
Sep 17-Dec 10	\$104.75	1121258
Jan 14-Mar 4	\$61.25	1122890

Nepean Sportsplex – 613-580-2828

6-8 years	Sun.	10:15-11:15 am
Sep 17-Dec 10	\$108.75	1110327
Jan 7-Mar 4	\$79.25	1121466
6-8 years	Mon.	6-6:45 pm
Sep 18-Dec 11	\$89	1110346
Jan 8-Mar 5	\$59.50	1121467
9-12 years	Thu.	7:15-8:15 pm
Sep 21-Dec 7	\$118.75	1110337
9-12 years	Thu.	7:15-8:15 pm
Jan 8-Mar 5	\$89	1121469

Pat Clark (Cyrville) – 613-748-1771

6-12 years	Mon.	6:15-7:15 pm
Sep 18-Dec 4	\$108.75	1107875
Jan 8-Mar 5	\$79.25	1114314

Ray Friel – 613-580-4765

8-12 years	Tue.	6:30-7:30 pm
Sep 12-Oct 24	\$69.25	1123771
Nov 7-Dec 19	\$69.25	1123772
Jan 16-Mar 6	\$79.25	1123962
8-12 years	Thu.	6:30-7:30 pm
Sep 14-Nov 2	\$69.25	1123773
Nov 16-Dec 21	\$59.50	1123775
Jan 18-Mar 8	\$79.25	1123964

Richcraft-Kanata – 613-580-9696

6-8 years	Thu.	5:45-6:30 pm
Sep 21-Dec 14	\$96.50	1111520
Jan 11-Mar 8	\$66.75	1120754

Richmond – 613-580-2424 ext. 20705

7-12 years	Wed.	7-8 pm
Sep 27-Nov 29	\$99	1121883
Jan 10-Mar 7	\$89	1121851

Ron Kolbus – 613-828-4313

6-9 years	Tue.	7-8 pm
Oct 3-Dec 5	\$79.25	1128662
Jan 16-Mar 6	\$79.25	1128663

St-Laurent – 613-742-6767

6-9 years	Sun.	11:45 am-12:30 pm
Oct 15-Dec 3	\$59.50	1123108
Jan 14-Mar 4	\$59.50	1123119
10-12 years	Sun.	12:30-1:15 pm
Oct 15-Dec 3	\$59.50	1123111
Jan 14-Mar 4	\$59.50	1123121

Walter Baker – 613-580-2788

4-6 years	Wed.	6-6:45 pm
Sep 20-Dec 13	\$96.50	1100523
Jan 17-Mar 7	\$59.50	1100530
5-7 years	Sat.	10:05-11:05 am
Sep 16-Dec 16	\$128.50	1100528
Jan 13-Mar 3	\$79.25	1100535
6-9 years	Wed.	6:50-7:35 pm
Sep 20-Dec 13	\$96.50	1100524
Jan 17-Mar 7	\$59.50	1100531
6-9 years	Thu.	6-6:50 pm
Sep 21-Dec 14	\$107.25	1100526
Jan 18-Mar 8	\$66	1100533
7-9 years	Sat.	11:10 am-12:10 pm
Sep 16-Dec 9	\$128.50	1100529
Jan 13-Mar 3	\$79.25	1100536
9-14 years	Thu.	6:55-7:55 pm
Sep 21-Dec 14	\$128.50	1100527
Jan 18-Mar 8	\$79.25	1100534

Hip Hop – Level 2

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing and break dancing, provides a good cardio workout to funky, up-beat tunes. Hip Hop is easy to learn and fun for all ages!

Bob MacQuarrie-Orléans – 613-580-9600

6-10 years	Thu.	7-8 pm
Jan 11-Mar 1	\$79.25	1117301
10-14 years	Thu.	7-8 pm
Sep 28-Nov 30	\$99	1114750

Walter Baker – 613-580-2788

9-14 years	Mon.	6:50-7:50 pm
Sep 18-Dec 11	\$118.75	1100511
Jan 15-Mar 5	\$69.25	1100513



Hip Hop and Jazz

Emphasis on body placement, coordination and basic Jazz technique.

François Dupuis – 613-580-8080

6-9 years	Sat.	1:15-2:15 pm
Sep 16-Dec 9	\$118.75	1123851
Jan 13-Mar 10	\$89	1124789
9-12 years	Sat.	2:15-3:15 pm
Sep 16-Dec 9	\$118.75	1123853
Jan 13-Mar 10	\$89	1124791

Kanata Recreation – 613-580-2570

5-7 years	Wed.	6-6:45 pm
Sep 27-Dec 6	\$81.50	1107840
Jan 10-Mar 7	\$66.75	1120586

Jazz – Level 1

High energy class that encourages rhythm, co-ordination, flexibility and execution. Introduction to different styles of jazz including theatrical, pop, and lyrical. Learn various moves, combinations of steps, and choreography.

Foster Farm – 613-828-2004

5-10 years	Tue.	6-6:45 pm
Sep 12-Jun 12	\$199.75	1124209
Sep 12-Dec 12	\$86.75	1124900

Michele Heights – 613-828-5100

7-10 years	Sat.	10:30-11:15 am
Sep 9-Dec 9	\$86.75	1124910
Sep 9-Jun 9	\$199.75	1124217

Lyrical – Level 1

Fusion of ballet and jazz, blended with contemporary dance techniques. Learn movements that express emotions allowing you to tell a story to music with lyrics.

Michele Heights – 613-828-5100

9-14 years	Sat.	3:45-4:30 pm
Sep 9-Dec 9	\$88.50	1124920
Sep 9-Jun 9	\$203.75	1124231

Ottawa Valley Step Dancing

There is Irish/Scottish influence in this dance dating from the 1800s in the Ottawa Valley. Routines focus on footwork, rhythms, and musicality. Progress within the same level from session to session.

Hunt Club-Riverside Park – 613-260-1299

Level 1

6-14 years	Sat.	1:45-2:30 pm
Sep 23-Dec 16	\$81.50	1107916
Jan 13-Mar 10	\$66.75	1116074

Level 2

6-14 years	Sat.	12:15-1 pm
Sep 23-Dec 16	\$81.50	1107902
Jan 13-Mar 10	\$66.75	1116070

Level 3

6-14 years	Sat.	1-1:45 pm
Sep 23-Dec 16	\$81.50	1107909
Jan 13-Mar 10	\$66.75	1116072

Level 4

6-14 years	Sat.	2:30-3:15 pm
Sep 23-Dec 16	\$81.50	1107921
Jan 13-Mar 10	\$66.75	1116075

Level 5

6-14 years	Sat.	3:15-4:15 pm
Sep 23-Dec 16	\$108.75	1107924
Jan 13-Mar 10	\$88.25	1116080

Tap – Level 1

Learn the basics of tap dance through intricate dance combinations, expressive footwork and some simple choreography, with an emphasis on rhythm and clarity of step.

Michele Heights – 613-828-5100

8-10 years	Sat.	2:15-3 pm
Sep 9-Dec 9	\$82.75	1124958
Sep 9-Jun 9	\$191	1124255

Tap – Level 2

Prerequisite – Level 1 Emphasis is on rhythm and clarity of step, as well as the benefits of exercise.

Michele Heights – 613-828-5100

11-14 years	Sat.	1:30-2:15 pm
Sep 9-Dec 9	\$85.50	1124957
Sep 9-Jun 9	\$197.25	1124254

Drama

Acting Up

An introduction to basic acting skills in a game themed environment. Expand your creativity through the use of playful theatre games, vocal exercises and actions. Develop characters, settings, and themes while creating stories as a class.

Kanata Recreation – 613-580-2570

7-10 years	Tue.	6-7 pm
Sep 26-Dec 5	\$82.50	1107605
Jan 9-Mar 6	\$67.50	1120554

Tanglewood – 613-580-2828

6-12 years	Fri.	3:45-5:30 pm
Sep 15-Oct 27	\$78.75	1124888
Nov 3-Dec 15	\$78.75	1124890
Jan 12-Mar 2	\$78.75	1124893

Trend-Arlington – 613-580-2828

6-10 years	Thu.	2:45-4:30 pm
Sep 21-Oct 26	\$78.75	1124884
Nov 9-Dec 14	\$78.75	1124885
Jan 11-Mar 1	\$104.75	1124892

Drama and Dance

Jazz dance, improv, storytelling, character study, expression, performance skills and drama games. An open-house performance for friends and family on the last day.

Kanata Recreation – 613-580-2570

5-8 years	Mon.	6-7 pm
Sep 25-Dec 4	\$88.75	1105722
Jan 8-Mar 5	\$71	1120425

Metcalfe – 613-580-2424 ext. 30235

6-8 years	Sat.	11:30 am-12:15 pm
Oct 14-Dec 9	\$46.75	1117931
Jan 27-Mar 10	\$40	1117939

Improv

Think on your feet, build confidence and gain comfort as a performer in spontaneous improv. Development skills in timing, creative thinking, storytelling, stage presence and traditional acting techniques.

Kanata Recreation – 613-580-2570

11-14 years	Tue.	7-8 pm
Sep 26-Dec 5	\$111.25	1107666
Jan 9-Mar 6	\$91	1120571

Live Wire Drama

Enter the exciting world of performance. Drama skills, theatrical techniques, improvisation, scene study, and performance.

Walter Baker – 613-580-2788

6-9 years	Fri.	6:30-7:15 pm
Sep 21-Dec 14	\$89	1100567
Jan 18-Mar 8	\$59.50	1100569
9-14 years	Fri.	7:20-8:05 pm
Sep 21-Dec 14	\$89	1100568
Jan 18-Mar 8	\$59.50	1100570

Musical Theatre

Love to sing and dance? With proper direction, choreography and singing, learn good vocal techniques, the art of expressive movement, and staging for musical performance.

Kanata Recreation – 613-580-2570

8-12 years	Mon.	7-8 pm
Sep 25-Dec 4	\$104	1105727
Jan 8-Mar 5	\$83.25	1120370

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.

Alexander – 613-798-8978

6-14 years	Wed.	7-8 pm
Sep 27-Nov 15	\$108	1120216
Jan 17-Mar 7	\$108	1120267

Heron – 613-247-4808

6-9 years	Sun.	1-1:30 pm
Sep 24-Dec 3	\$86.50	1123855
Jan 14-Mar 11	\$69.25	1123715
10-14 years	Sun.	1:30-2 pm
Sep 24-Dec 3	\$86.50	1123857
Jan 14-Mar 11	\$69.25	1123842

Nepean Sportsplex – 613-580-2828

6-12 years	Sun.	9-10 am
Sep 17-Dec 10	\$141	1110454
Jan 7-Mar 4	\$102.50	1121526
6-12 years	Tue.	6:15-7:15 pm
Sep 19-Dec 5	\$153.75	1110463
Jan 9-Mar 6	\$115.50	1121524

Plant – 613-232-3000

7-10 years	Wed.	5-6 pm
Sep 20-Dec 13	\$222.75	1120767
Jan 10-Mar 7	\$154.25	1124782
7-10 years	Sat.	10:30-11:30 am
Sep 23-Dec 16	\$205.75	1121016
Jan 13-Mar 10	\$154.25	1124878

St-Laurent – 613-742-6767

6-10 years	Thu.	4-5 pm
Sep 14-Dec 14	\$242.25	1121567
Jan 11-Mar 8	\$155.75	1121572
6-10 years	Thu.	5-6 pm
Sep 14-Dec 14	\$242.25	1121569
Jan 11-Mar 8	\$155.75	1121573
11-14 years	Thu.	7-8 pm
Sep 14-Dec 14	\$242.25	1121571
Jan 11-Mar 8	\$155.75	1121575

Guitar – Level 2

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

Nepean Sportsplex – 613-580-2828

6-12 years	Sun.	10-11 am
Sep 17-Dec 10	\$141	1110476
Jan 7-Mar 4	\$102.50	1121535
6-12 years	Tue.	7:15-8:15 pm
Sep 19-Dec 5	\$153.75	1110482
Jan 9-Mar 6	\$115.50	1121532

Plant – 613-232-3000

7-10 years	Wed.	6-7 pm
Sep 20-Dec 13	\$223.75	1120791
Jan 10-Mar 7	\$155	1124785
7-10 years	Sat.	11:30 am-12:30 pm
Sep 23-Dec 16	\$206.50	1121023
Jan 13-Mar 10	\$155	1124881

St-Laurent – 613-742-6767

6-10 years	Thu.	6-7 pm
Sep 14-Dec 14	\$242.25	1121576
Jan 11-Mar 8	\$155.75	1121582
11-14 years	Thu.	8-9 pm
Sep 14-Dec 14	\$242.25	1121577
Jan 11-Mar 8	\$155.75	1121587

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.

Plant – 613-232-3000

7-10 years	Sat.	12:30-1:30 pm
Sep 23-Dec 16	\$205.75	1121029
Jan 13-Mar 10	\$154.25	1124883

Keyboard – Level 1

Love playing the electronic keyboard. Group instruction provides both practical and theory study including: left and right hand placement, reading notes, learning scales in both treble and bass clef. Pre-requisite: a keyboard at home.

Heron – 613-247-4808

6-9 years	Sat.	9-9:30 am
Sep 23-Dec 2	\$115.25	1104742
Jan 13-Mar 10	\$92.25	1104818
6-9 years	Sat.	9:30-10 am
Sep 23-Dec 2	\$115.25	1104743
Jan 13-Mar 10	\$92.25	1104821
6-9 years	Sat.	10:30-11 am
Sep 23-Dec 2	\$115.25	1104745
Jan 13-Mar 10	\$92.25	1104827
6-9 years	Sat.	11:30 am-noon
Sep 23-Dec 2	\$115.25	1104747
Jan 13-Mar 10	\$92.25	1115988
6-9 years	Sat.	12:30-1 pm
Sep 23-Dec 2	\$115.25	1104749
Jan 13-Mar 10	\$92.25	1116022
6-9 years	Sat.	1:30-2 pm
Sep 23-Dec 2	\$115.25	1104751
Jan 13-Mar 10	\$92.25	1116036
6-9 years	Sat.	2:30-3 pm
Sep 23-Dec 2	\$115.25	1104814
Jan 13-Mar 10	\$92.25	1116052
6-9 years	Sat.	4-4:30 pm
Sep 23-Dec 2	\$115.25	1104788
Jan 13-Mar 10	\$92.25	1104826
6-9 years	Sun.	10-10:30 am
Sep 24-Dec 3	\$115.25	1115281

Jan 14-Mar 11	\$92.25	1123482
6-9 years	Sun.	11-11:30 am
Sep 24-Dec 3	\$115.25	1115298
Jan 14-Mar 11	\$92.25	1123680
10-14 years	Sat.	10-10:30 am
Sep 23-Dec 2	\$115.25	1104744
Jan 13-Mar 10	\$92.25	1104823
10-14 years	Sat.	11-11:30 am
Sep 23-Dec 2	\$115.25	1104746
Jan 13-Mar 10	\$92.25	1104829
10-14 years	Sat.	noon-12:30 pm
Sep 23-Dec 2	\$115.25	1104748
Jan 13-Mar 10	\$92.25	1116010
10-14 years	Sat.	1-1:30 pm
Sep 23-Dec 2	\$115.25	1104750
Jan 13-Mar 10	\$92.25	1116031
10-14 years	Sat.	2-2:30 pm
Sep 23-Dec 2	\$115.25	1104752
Jan 13-Mar 10	\$92.25	1116045
10-14 years	Sat.	3:30-4 pm
Sep 23-Dec 2	\$115.25	1104785
Jan 13-Mar 10	\$92.25	1104825
10-14 years	Sun.	10:30-11 am
Sep 24-Dec 3	\$115.25	1115286
Jan 14-Mar 11	\$92.25	1123483
10-14 years	Sun.	11:30 am-noon
Sep 24-Dec 3	\$115.25	1115311
Jan 14-Mar 11	\$92.25	1123682

Kanata Recreation – 613-580-2570

7-10 years	Tue.	6-7 pm
Sep 26-Dec 5	\$253.75	1122342
Jan 9-Mar 6	\$207.50	1122358

Plant – 613-232-3000

7-10 years	Mon.	6-7 pm
Sep 18-Dec 11	\$205.75	1117625
Jan 8-Mar 5	\$137.25	1124222
7-10 years	Sun.	9-10 am
Sep 24-Dec 17	\$205.75	1124199
Jan 14-Mar 11	\$154.25	1124901

St-Laurent – 613-742-6767

6-9 years	Sat.	9-10 am
Sep 9-Dec 16	\$297.50	1122615
Jan 13-Mar 10	\$191.25	1121610
6-9 years	Sat.	10-11 am
Sep 9-Dec 16	\$297.50	1122619
Jan 13-Mar 10	\$191.25	1121613
10-14 years	Sat.	11 am-noon
Sep 9-Dec 16	\$297.50	1122624
Jan 13-Mar 10	\$191.25	1121621

Keyboard – Level 2

Teachings include: musical terms, single hand chords, reading music, using range, and introducing the black keys. Must have keyboard at home.

Plant – 613-232-3000

7-10 years	Mon.	7-8 pm
Sep 18-Dec 11	\$205.75	1119704
Jan 8-Mar 5	\$137.25	1124224
7-10 years	Sun.	10-11 am
Sep 24-Dec 17	\$205.75	1124200
Jan 14-Mar 11	\$154.25	1124903
7-10 years	Sun.	11 am-noon
Sep 24-Dec 17	\$205.75	1124201
Jan 14-Mar 11	\$154.25	1124905

St-Laurent – 613-742-6767

6-9 years	Sat.	1-2 pm
Sep 9-Dec 16	\$297.50	1122635
Jan 13-Mar 10	\$191.25	1122699
6-9 years	Sat.	3-4 pm
Sep 9-Dec 9	\$297.50	1122660
Jan 13-Mar 10	\$191.25	1122711
10-14 years	Sat.	2-3 pm
Sep 9-Dec 16	\$297.50	1122637
Jan 13-Mar 10	\$191.25	1122705
10-14 years	Sat.	4-5 pm
Sep 9-Dec 16	\$297.50	1122669
Jan 13-Mar 10	\$191.25	1122718

Ukulele

Learn a unique instrument that is affordable, fun, and easy to learn.

Plant – 613-232-3000

7-10 years	Wed.	7-8 pm
Sep 20-Dec 13	\$222.75	1120805
Jan 10-Mar 7	\$154.25	1124787

Violin – Level 1

The basics: master the skill of holding the violin and using the bow properly. Memorize and learn tunes that are in first position. Learn different bow strokes and basic rhythms. Love of music and violin required.

St-Laurent – 613-742-6767

8-14 years	Sat.	1-2 pm
Oct 14-Dec 2	\$138.50	1122741
Jan 13-Mar 3	\$138.50	1122757

Violin – Level 2

Improve proper use of violin and bow. Expanding the notion of rhythm and bow usage. Learning about bow distribution and different finger patterns. Learning how to read music. Beginning of basic theory and solfège.

St-Laurent – 613-742-6767

8-14 years	Sat.	2-3 pm
Oct 14-Dec 2	\$138.50	1122774
Jan 13-Mar 3	\$138.50	1122796

Vocal

Find your unique voice! Revel in singing in a choral context, exploring the wonder of harmony. Practice vocal exercises and become familiar with basic note reading skills.

Plant – 613-232-3000

6-8 years	Sat.	2-3 pm
Sep 23-Dec 16	\$207.50	1121061
Jan 13-Mar 10	\$155.75	1124886
9-12 years	Sat.	3-4 pm
Sep 23-Dec 16	\$207.50	1121066
Jan 13-Mar 10	\$155.75	1124887



Visual Arts

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

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Drawing and Painting

Drawing and Painting

Discover mixed media as you learn how to paint with watercolours and acrylics, and draw with charcoal, conte and pastels. Advanced techniques and learning opportunities available.

Chapman Mills – 613-580-2424

6-8 years	Wed.	6-7 pm
Sep 20-Dec 6	\$166	1119718
Jan 17-Mar 7	\$110.75	1123477
9-12 years	Wed.	7-8 pm
Sep 20-Dec 6	\$166	1119720
9-13 years	Wed.	7-8 pm
Jan 17-Mar 7	\$110.75	1123478

Eva James – 613-271-0712

8-12 years	Wed.	4:30-5:30 pm
Sep 20-Dec 13	\$153.25	1120749
Jan 10-Mar 7	\$106.25	1120746
8-12 years	Thu.	4:30-5:30 pm
Sep 21-Dec 14	\$153.25	1120858
Jan 11-Mar 8	\$106.25	1120876
12-14 years	Wed.	5:45-6:45 pm
Sep 20-Dec 13	\$153.25	1120752
Jan 10-Mar 7	\$106.25	1120748

Greenboro – 613-580-2805

8-12 years	Thu.	6-7:30 pm
Sep 28-Nov 16	\$96.25	1109663
Jan 25-Mar 8	\$84.25	1114669

Minto-Barrhaven – 613-727-2683

8-12 years	Wed.	6-7 pm	
Sep 20-Dec 6	\$148.25	1120974	
Jan 17-Mar 7	\$98.75	1122280	
13-14 years	Wed.	7-8 pm	
Sep 20-Dec 6	\$148.25	1120978	
Jan 17-Mar 7	\$98.75	1122283	

St-Laurent – 613-742-6767

6-9 years	Sun.	10-11:30 am	
Oct 15-Dec 3	\$166	1122885	
Jan 14-Mar 4	\$166	1122831	
10-14 years	Sun.	11:30 am-1 pm	
Oct 15-Dec 3	\$166	1122888	
Jan 14-Mar 4	\$166	1122859	

Cartooning and Comics

A young and free imagination can give cartoons personality – so watch characters and comic strips come to life! Draw and animate characters through studying figures, facial expressions, actions, perspective and using specialized illustration techniques.

Alexander – 613-798-8978

8-12 years	Tue.	7-8 pm	
Sep 26-Nov 28	\$138.50	1120765	
Jan 16-Mar 6	\$110.75	1120777	

Bob MacQuarrie-Orléans – 613-580-9600

6-12 years	Sun.	1-2:30 pm	
Oct 15-Nov 5	\$83	1114777	
8-12 years	Sun.	1-2:30 pm	
Jan 21-Feb 11	\$83	1117741	

François Dupuis – 613-580-8080

7-12 years	Sun.	10-11 am	
Sep 17-Dec 10	\$145.25	1123877	
Jan 14-Mar 11	\$109	1124805	
7-12 years	Tue.	6-7 pm	
Sep 19-Dec 5	\$145.25	1122208	
Jan 9-Mar 6	\$109	1124648	
7-12 years	Wed.	7-8 pm	
Sep 20-Dec 6	\$145.25	1122980	
Jan 10-Mar 7	\$109	1124679	

Hunt Club-Riverside Park – 613-260-1299

6-12 years	Sat.	10:30 am-noon	
Oct 14-Dec 9	\$126	1107700	
Jan 13-Mar 10	\$126	1115974	

Kanata Recreation – 613-580-2570

6-8 years	Sat.	1-2 pm	
Jan 13-Mar 10	\$97	1121530	
6-12 years	Sat.	1-2 pm	
Sep 30-Dec 9	\$138.50	1117569	

Plant – 613-232-3000

8-12 years	Sun.	1-2 pm	
Sep 24-Dec 17	\$166	1124191	
Jan 14-Mar 11	\$124.50	1124891	

St-Laurent – 613-742-6767

6-9 years	Sat.	noon-1 pm	
Oct 14-Dec 2	\$110.75	1122902	
Jan 13-Mar 3	\$110.75	1122912	
10-14 years	Sat.	1-2 pm	
Oct 14-Dec 2	\$110.75	1122908	
Jan 13-Mar 3	\$110.75	1122917	

Pottery

Handbuilding

Create sculptures and unique projects using traditional handbuilding techniques. Surface decorations, textures and glazing techniques will be introduced. Use your clay masterpiece at home.

McNabb – 613-564-1070

6-12 years	Wed.	5:30-7 pm	
Oct 4-Dec 6	\$207.50	1113740	
Jan 10-Mar 7	\$186.75	1123279	



Certification

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Babysitting Course

Earn some extra money. Learn good babysitting techniques with topics on rights and responsibilities, ages and stages, emergency procedures and introductory first aid.

Bob MacQuarrie-Orléans – 613-580-9600

10-14 years	Fri.	9 am-3 pm	
Oct 6	\$83	1114906	
Nov 24	\$83	1114905	
Jan 26	\$83	1117797	
Feb 16	\$83	1117801	

Fisher Park – 613-798-8945

11-14 years	Wed.	6-8 pm	
Sep 27-Oct 25	\$83.75	1128653	
11-14 years	Sat.	11 am-1 pm	
Nov 4-Dec 2	\$83.75	1128654	
11-14 years	Wed.	6-8 pm	
Jan 24-Feb 21	\$83.75	1128655	
11-14 years	Sat.	11 am-1 pm	
Jan 27-Feb 24	\$83.75	1128656	

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

11-14 years	Fri.	9 am-5 pm	
Nov 24	\$67	1109344	

Greenboro – 613-580-2805

12-14 years	Sat.	1-4 pm	
Oct 14-21	\$78.50	1110719	
Feb 24-Mar 3	\$78.50	1115090	

Heron – 613-247-4808

12-14 years	Sat.	9:30 am-4:30 pm	
Nov 18	\$67	1125151	
12-14 years	Sat.	9:30 am-4:30 pm	
Feb 24	\$67	1125154	

Hunt Club-Riverside – 613-260-1299

12-14 years	Fri.	8:30 am-4:30 pm	
Nov 24	\$67	1108743	
Jan 26	\$67	1115503	

Kanata Leisure – 613-591-9283

12-14 years	Wed.	6-8 pm	
Sep 20-Oct 11	\$67	1107834	
Nov 1-22	\$67	1107837	
Jan 10-31	\$67	1107757	
Feb 7-28	\$67	1107761	
12-14 years	Sat.-Sun.	10 am-2 pm	
Sep 30-Oct 1	\$67	1107801	
Nov 4-5	\$67	1107816	
Dec 9-10	\$67	1107831	
Jan 27-28	\$67	1107726	
Feb 17-18	\$67	1107733	
Mar 3-4	\$67	1107742	

Manordale – 613-580-2828

12-14 years	Sun.	9 am-5 pm	
Oct 22	\$67	1124804	
Jan 7	\$67	1124813	

McNabb – 613-564-1070

11-14 years	Sat.-Sun.	10 am-2:30 pm	
Oct 21-22	\$62.50	1117813	
Nov 18-19	\$62.50	1117817	
Dec 16-17	\$62.50	1117820	
Jan 13-14	\$62.50	1121897	
Feb 10-11	\$62.50	1121898	
Mar 10-11	\$62.50	1121901	

Metcalfe – 613-580-2424 ext. 30235

11-14 years	Fri.	8:30 am-4:30 pm	
Oct 6	\$67	1109316	
Jan 26	\$67	1109354	

Minto-Barrhaven – 613-727-2683

10-14 years	Fri.	8:30 am-4:30 pm	
Nov 24	\$67	1106147	
Feb 16	\$67	1106150	

Nepean Sportsplex – 613-580-2828

12-14 years	Sun.	9 am-5 pm	
Sep 17	\$67	1124826	
12-14 years	Fri.	9 am-5 pm	
Oct 6	\$67	1124806	
Jan 26	\$67	1124812	

Osgoode – 613-580-2424 ext. 30235

11-14 years	Fri.	8:30 am-4:30 pm	
Feb 16	\$67	1109359	

Pat Clark (Cyrville) – 613-748-1771

11-14 years	Fri.	8:30 am-5 pm	
Jan 26	\$67	1117661	

Ray Friel – 613-580-4765

12-14 years	Sun.	9 am-5 pm
Jan 21	\$67	1123992

lieu-Vanier – 613-560-6030

12-14 years	Sat.-Sun.	9 am-1 pm
Oct 28-29	\$67	1101628
Feb 3-4	\$67	1101629

Tanglewood – 613-580-2828

12-14 years	Sat.	9 am-5 pm
Nov 25	\$67	1124822
Feb 17	\$67	1124830

Walter Baker – 613-580-2788

10-14 years	Fri.	8:30 am-4:30 pm
Oct 6	\$67	1114781
Jan 26	\$67	1114793

West Carleton – 613-580-9696

12-14 years	Fri.	8:30 am-4:30 pm
Oct 6	\$67	1104488
Feb 16	\$67	1104494



Cooking in the Kitchen

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.

Chefs R us

Introduce your child to the tasty world of cooking. Kids will have a blast measuring, mixing, stirring, mashing and best of all eating!

Pat Clark (Cyrville) – 613-748-1771

6-9 years	Sat.	11 am-noon
Sep 23-Oct 28	\$46.75	1110948
Nov 11-Dec 9	\$46.75	1110959
Jan 13-Feb 10	\$46.75	1111093

Kitchen Adventures

Learn the basics of food preparation, cooking and baking techniques as well as healthy eating. Learn to create and enjoy good food.

Greely – 613-580-2424 ext. 30235

7-12 years	Thu.	6:30-7:30 pm
Nov 2-Dec 7	\$56.25	1117792

Greenboro – 613-580-2805

5-7 years	Sat.	10-11:30 am
Sep 30-Dec 2	\$87.75	1109043
Jan 20-Mar 10	\$76.75	1114729
8-12 years	Thu.	6-7:30 pm
Sep 28-Nov 16	\$87.75	1109023
Jan 25-Mar 8	\$76.75	1114694
8-12 years	Sun.	2-3:30 pm
Oct 1-Nov 26	\$87.75	1109035
Jan 14-Mar 4	\$76.75	1114704

Hintonburg – 613-798-8874

8-12 years	Sun.	10 am-noon
Nov 5	\$18.75	1117996
Feb 25	\$18.75	1118015

Kanata Recreation – 613-580-2570

5-7 years	Sun.	9:15-10:15 am
Oct 1-Dec 10	\$93.50	1118186
Jan 14-Mar 11	\$75	1121700
8-12 years	Sun.	10:30-11:30 am
Oct 1-Dec 10	\$93.50	1118227
Jan 14-Mar 11	\$75	1121707
8-12 years	Tue.	7-8 pm
Sep 26-Dec 5	\$103	1106126
8-12 years	Tue.	6:30-7:30 pm
Jan 9-Mar 6	\$84.25	1120493

Metcalfe – 613-613-580-2424 ext. 30235

7-12 years	Mon.	6:30-7:30 pm
Oct 16-Nov 20	\$56.25	1117779

Michele Heights – 613-828-5100

6-12 years	Tue.	6-7:30 pm
Oct 3-24	\$22.75	1123621
Nov 7-28	\$22.75	1123622
Jan 9-30	\$22.75	1123623
Feb 6-27	\$22.75	1123624

Osgoode – 613-580-2424 ext. 30235

7-12 years	Thu.	6:30-7:30 pm
Jan 25-Mar 1	\$56.25	1118028

Kitchen Adventures

Learn the basics of food preparation, cooking and baking techniques as well as healthy eating. Learn to create and enjoy good food.

Albion Heatherington – 613-247-4828

7-12 years	Wed.	4-5:30 pm
Oct 4-Nov 22	\$57.50	
Jan 17-Mar 7	\$57.50	

Hangin' with Friends

Dinner and a Movie

Join us for an evening filled with delicious cuisine as we sit back and enjoy a night among the 'stars'.

Eva James – 613-271-0712

7-10 years	Sat.	5-8:30 pm
Sep 23	\$19.75	1121050
Oct 28	\$19.75	1121054
Nov 25	\$19.75	1121057
Dec 16	\$19.75	1121059
Jan 13	\$19.75	1121076
Feb 10	\$19.75	1121078
Mar 10	\$19.75	1121080

Girls' Community Club

Girls take charge and give back to their community through event planning and skill building. Working with female mentors, this program will help build confidence, make friends, and stay active in their community.

Greely – 613-580-2424 ext. 30235

12-14 years	Thu.	6:30-7:30 pm
Sep 28-Oct 27	\$75	1103820

Hunt Club-Riverside Park C.C. – 613-260-1299

12-14 years	Tue.	4-5 pm
Oct 3-24	\$37.50	1106159
Nov 7-28	\$37.50	1106161
Jan 9-30	\$37.50	1115108
Feb 6-27	\$37.50	1115112

Metcalfe Client Service Centre – 613-580-2424 ext. 30235

12-14 years	Thu.	6:30-7:30 pm
Nov 9-Dec 10	\$75	1103825

Hobbies and Games

Chess Club

Enjoy playing chess practicing your skills while meeting new friends.

Hunt Club-Riverside Park – 613-260-1299

6-12 years	Wed.	6-7 pm
Oct 4-Dec 6	\$65	1107149
Jan 10-Mar 7	\$58.50	1115236

Kanata Recreation – 613-580-2570

6-12 years	Sat.	1-2:30 pm
Sep 30-Dec 9	\$97.50	1117679
Jan 13-Mar 10	\$68.25	1121552

Plant – 613-232-3000

7-9 years	Tue.	5:30-6:30 pm
Sep 19-Dec 12	\$65	1120127
Jan 9-Feb 27	\$45.50	1124598
10-14 years	Tue.	6:30-7:30 pm
Sep 19-Dec 12	\$65	1120156
Jan 9-Feb 27	\$45.50	1124602

Chess Club – Level 2

Enjoy playing chess practicing your skills while meeting new friends.

Kanata Recreation – 613-580-2570

6-12 years Sat. 2:45-4:15 pm
Jan 13-Mar 10 \$68.25 [1121557](#)

Loose Parts Playground

Loose parts are materials that encourage children to invent, experiment and explore. Children engage in engineering and physics challenges using creativity and ingenuity to solve problems and build amazing things using unique and engaging large scale materials and equipment

Lansdowne Park – 613-580-2429

6-12 years Tue. 5:30-7 pm
Oct 17-Nov 14 \$37.50 [1122776](#)
Jan 23-Mar 6 \$65.50 [1123281](#)
6-12 years Tue. 10-11:30 am
Jan 23-Mar 6 \$65.50 [1123278](#)

Melting Beads

Design and fuse perler beads into cool and creative patterns. Make magnets, keychains, necklaces and more out of pixel art.

Pat Clark (Cyrville) – 613-748-1771

6-12 years Wed. 6-7 pm
Sep 20-Nov 29 \$77.25 [1121947](#)
Jan 10-Mar 7 \$63.25 [1122032](#)

Muck and Mess

Get into your art with various projects, using lots of imagination and materials.

Tanglewood – 613-580-2828

6-12 years Wed. 3:45-5:30 pm
Sep 20-Oct 25 \$59 [1124879](#)
Nov 8-Dec 13 \$59 [1124880](#)
Jan 10-Feb 28 \$78.75 [1124882](#)



Trend-Arlington – 613-580-2828

6-10 years Tue. 2:45-4:30 pm
Sep 19-Oct 24 \$59 [1124874](#)
Nov 7-Dec 12 \$59 [1124877](#)
Jan 9-Feb 27 \$78.75 [1124875](#)

Walter Baker – 613-580-2788

5-7 years Sun. 10:35-11:20 am
Sep 17-Dec 17 \$54.75 [1100551](#)
Jan 14-Mar 4 \$33.75 [1100552](#)

Nerf® Tag

Engage in various Nerf® Tag battles and cooperative games like Capture the Flag, Target Challenges and Nerf® Castles, for fun and fair play.

François Dupuis – 613-580-8080

8-12 years Mon. 5:30-6:30 pm
Sep 18-Dec 11 \$67.50 [1121860](#)
Jan 8-Mar 5 \$45 [1124011](#)
8-12 years Fri. 5:30-6:30 pm
Sep 22-Dec 8 \$67.50 [1123807](#)
Jan 12-Mar 9 \$50.50 [1124734](#)

Greely School –

613-580-2424 ext. 30235

7066 Parkway

8-12 years Thu. 6-7 pm
Sep 28-Nov 16 \$45 [1117812](#)
Jan 18-Mar 8 \$45 [1118016](#)
8-12 years Thu. 7-8 pm
Sep 28-Nov 16 \$45 [1117815](#)
Jan 18-Mar 8 \$45 [1118021](#)

Greenboro – 613-580-2805

6-8 years Sat. 11 am-noon
Sep 30-Dec 9 \$50.50 [1123850](#)
Jan 20-Mar 10 \$39.50 [1123878](#)
9-12 years Sat. noon-1 pm
Sep 30-Dec 9 \$50.50 [1109740](#)
Jan 20-Mar 10 \$39.50 [1114972](#)

Ray Friel – 613-580-4765

7-10 years Thu. 6:30-7:30 pm
Sep 14-Nov 2 \$45 [1123751](#)
Nov 16-Dec 21 \$33.75 [1123754](#)
Jan 11-Mar 1 \$45 [1123943](#)

LEGO® Bricks 'n Blocks

Instructor guided building with LEGO® and other bricks and blocks.

Pat Clark (Cyrville) – 613-748-1771

5-8 years Tue. 6-7 pm
Sep 19-Dec 5 \$84.25 [1109217](#)

Richcraft – 613-580-9696

4-7 years Sun. 10:30-11:30 am
Sep 24-Dec 17 \$84.25 [1117533](#)
Jan 14-Mar 11 \$56.25 [1121742](#)

Walter Baker – 613-580-2788

5-7 years Wed. 6-7 pm
Sep 20-Dec 13 \$84.25 [1100519](#)
Jan 17-Mar 7 \$56.25 [1100521](#)
8-13 years Wed. 7:05-8:05 pm
Sep 20-Dec 13 \$84.25 [1100520](#)
Jan 17-Mar 7 \$56.25 [1100522](#)

LEGO® Build it Big

Working in teams, build large-scale pyramid and castle structures. Using specialized LEGO® such as beams, gears, axles, and wheels, create unique working machines. Operate pre-programmed LEGO robots. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Aquaview – 613-824-0633 ext. 221

5-6 years Thu. 6-7 pm
Oct 5-26 \$84 [1107234](#)

Kanata Recreation – 613-580-2570

5-6 years Tue. 6-7 pm
Sep 26-Oct 10 \$48.50 [1119339](#)

McNabb – 613-564-1070

5-6 years Sun. 9 am-noon
Jan 14 \$48.50 [1122165](#)

Sawmill Creek – 613-521-4092

5-6 years Sun. 9-11 am
Oct 29 \$48.50 [1121619](#)

LEGO® Club

Learn LEGO building techniques as you and a partner construct a variety of mechanical Technic projects. Develop your own creations with Technic gears, beams, wheels and axles. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Kanata Recreation – 613-580-2570

7-14 years Tue. 6-7 pm
Jan 9-23 \$48.50 [1122096](#)

McNabb – 613-564-1070

7-12 years Sun. 9 am-noon
Nov 19 \$48.50 [1119392](#)

Rockcliffe Park – 613-842-8578

7-14 years Thu. 3:30-5 pm
Oct 5-26 \$97 [1107993](#)
Feb 8-Mar 1 \$97 [1108023](#)

LEGO® Contraptions

Learn about using gears, motors, axles, wheels and specialized Technic pieces with traditional LEGO. Discover how real machines work as you build contraptions and other machines that move. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Aquaview – 613-824-0633 ext. 221

7-12 years Thu. 6-7 pm
Jan 11-25 \$63 [1107301](#)

Kanata Recreation – 613-580-2570

7-12 years Tue. 12:45-1:45 pm
Sep 26-Oct 10 \$48.50 [1119830](#)

7-12 years Tue. 6-7 pm
Nov 14-28 \$48.50 [1119384](#)

Nepean Sportsplex – 613-580-2828

7-12 years Sun. 8:30-11:30 am
Sep 24 \$48.50 [1119336](#)

Queenswood Heights – 613-580-4765

7-12 years Wed. 6-7 pm
Oct 25-Nov 15 \$84 [1118385](#)

Sawmill Creek – 613-521-4092

7-12 years Sun. 9 am-noon
Nov 26 \$63 [1121487](#)

LEGO® Designer

Learn about forces and engineering principles as you build large-scale structures. Strengthen LEGO building skills; build Ian's cool projects, and those from the LEGO Master Builder Academy. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Aquaview – 613-824-0633 ext. 221

6-8 years Thu. 6-7 pm
Nov 2-23 \$84 [1107254](#)

Kanata Recreation – 613-580-2570

7-8 years Tue. 12:45-1:45 pm
Oct 17-Nov 7 \$48.50 [1119867](#)

McNabb – 613-564-1070

6-7 years Sun. 9 am-noon
Oct 15 \$48.50 [1119358](#)

Queenswood Heights – 613-580-4765

7-8 years Wed. 6-7 pm
Jan 10-24 \$63 [1118632](#)

LEGO® Junior Robotics & Coding

With a partner, build smart Power Functions machines, and Ian's unique sensor-driven Mindstorms® EV3 robots. Using tablet-based coding, program your robot's sounds, lights, screen images, and movements. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Kanata Recreation – 613-580-2570

7-8 years	Tue.	12:45-1:45 pm
Nov 14-28	\$48.50	1120138
7-8 years	Tue.	6-7 pm
Feb 27-Mar 6	\$32.50	1122122

McNabb – 613-564-1070

7-8 years	Sun.	9 am-noon
Feb 11	\$48.50	1122688

Queenswood Heights – 613-580-4765

7-8 years	Wed.	6-7 pm
Jan 31-Feb 21	\$63	1118437

Rockcliffe Park – 613-842-8578

7-9 years	Thu.	3:30-5 pm
Jan 11-25	\$99.50	1108019

LEGO® Mindstorms® EV3 & NXT Robot Design

With a partner, design efficient and functional robots, using the minimum number components. Select and build attachments for specific tasks. Program your robot to perform challenges. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Kanata Recreation – 613-580-2570

8-12 years	Sun.	9 am-noon
Feb 4	\$48.50	1122059
8-14 years	Sun.	9 am-noon
Nov 12	\$48.50	1119334
8-14 years	Tue.	2-3 pm
Oct 17-Nov 7	\$48.50	1119936
Nov 14-28	\$48.50	1120154

Nepean Sportsplex – 613-580-2828

8-14 years	Sun.	8:30-11:30 am
Mar 4	\$48.50	1119347

LEGO® Mindstorms® EV3 & NXT Robotics & Programming

Choose Mindstorms® EV3, NXT, or both! Build the i-Bot, inch worm, and balancing robot. Program your autonomous robot to perform tasks based on input from various sensors. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Nepean Sportsplex – 613-580-2828

8-14 years	Sun.	8:30-11:30 am
Jan 28	\$48.50	1119352

LEGO® Minecraft® Engineer

Hands-on creativity! With a partner, design and build micro or large scale LEGO Minecraft® villages, farms and landscapes. Join them with others to create unique and amazing worlds. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Kanata Recreation – 613-580-2570

7-12 years	Tue.	6-7 pm
Oct 17-Nov 7	\$48.50	1119374
7-12 years	Sun.	9 am-noon
Jan 21	\$48.50	1122016

Nepean Sportsplex – 613-580-2828

7-12 years	Sun.	8:30-11:30 am
Nov 5	\$48.50	1119342

Queenswood Heights – 613-580-4765

7-12 years	Wed.	6-7 pm
Oct 4-18	\$63	1118366

Sawmill Creek – 613-521-4092

7-12 years	Sun.	9 am-noon
Feb 4	\$63	1121559

LEGO® Mosaics & 8-Bit Art

Sketch out your own designs and transform them into LEGO® mosaics. Build 8-bit LEGO® art, and learn a variety of LEGO® building techniques. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Shenkman – 613-580-2787

7-12 years	Sat.	9:30-11:30 am
Oct 14	\$42	1124043
Dec 16	\$42	1124047
Feb 10	\$42	1121150

LEGO® Technic Building & Mindstorms® EV3/NXT Robotics

Build a vice-grip, hand drill, flywheel, robotic arm, and bumperbot using Power Functions and Technic. Explore Mindstorms® EV3 and NXT. Build the i-Bot. Perform challenges using pre-loaded programs. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Aquaview – 613-824-0633 ext. 221

8-12 years	Thu.	6-7 pm
Feb 8-Mar 1	\$84	1107312

Kanata Recreation – 613-580-2570

8-14 years	Tue.	2-3 pm
Sep 26-Oct 10	\$48.50	1119845
8-14 years	Sun.	9 am-noon
Oct 22	\$48.50	1119312

Nepean Sportsplex – 613-580-2828

8-14 years	Sun.	8:30-11:30 am
Dec 17	\$48.50	1119344

Rockcliffe Park – 613-842-8578

8-14 years	Thu.	3:30-5 pm
Nov 2-23	\$101.75	1108005

Science Quests

Hands On science experiments! Experience science in a fun and interactive way.

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

6-9 years	Mon.	6:30-7:30 pm
Jan 22-Mar 5	\$42.25	1123004

Kanata Recreation – 613-580-2570

6-8 years	Thu.	6-7 pm
Sep 28-Dec 7	\$77.25	1115190

Metcalfe – 613-580-2424 ext. 30235

9-12 years	Sat.	1-4 pm
Oct 21	\$21.25	1122877

Osgoode – 613-580-2424 ext. 30235

6-9 years	Thu.	6:30-7:30 pm
Sep 21-Oct 26	\$42.25	1122846

Plant – 613-232-3000

2-4 years	Fri.	9-10 am
Sep 22-Dec 15	\$91.25	1120944
30 months-4 years	Fri.	9-10 am
Jan 12-Mar 9	\$63.25	1124852

Rideauview – 613-822-7887

7-10 years	Wed.	6-7 pm
Sep 13-Nov 29	\$84.25	1120770
Jan 10-Feb 28	\$56.25	1123519

Vernon – 613-580-2424 ext. 30235

6-9 years	Thu.	6:30-7:30 pm
Nov 2-Dec 7	\$42.25	1122867

Walter Baker – 613-580-2788

6-10 years	Sun.	9:40-10:25 am
Sep 17-Dec 17	\$68.50	1100549
Jan 14-Mar 4	\$42.25	1100550

Zen Child

Unwind, feel calm, confident and less stressed. Focus on how to regulate your emotions, improve concentration and relationships while having fun using your imagination.

Greenboro – 613-580-2805

8-12 years	Wed.	6:30-7:30 pm
Sep 27-Nov 15	\$60	1109169
Jan 24-Mar 7	\$52.50	1114653
13-14 years	Wed.	7:30-8:30 pm
Sep 27-Nov 15	\$60	1123866
Jan 24-Mar 7	\$60	1123884

John G. Mlacak – 613-580-2980

13-14 years	Sat.	10:45-11:45 am
Oct 14-Dec 9	\$60	1123274
Jan 13-Mar 3	\$60	1123276





Holiday Camps

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

Winter Break Camp – Above the Rim

Basketball fundamentals like shooting, ball handling, rebounds, passing and team play from trained, experienced instructors. For more information: abovetherimbasketballschool.com.

Bridlewood – 613-271-0712

6-12 years	Tue.	8 am-5 pm
Jan 2	\$45.50	1127797
6-12 years	Wed.	8 am-5 pm
Jan 3	\$45.50	1127799
6-12 years	Thu.	8 am-5 pm
Jan 4	\$45.50	1127800
6-12 years	Fri.	8 am-5 pm
Jan 5	\$45.50	1127801

Nepean Sportsplex – 613-580-2828

6-14 years	Tue.	8 am-5 pm
Jan 2	\$45.50	1128908
6-14 years	Wed.	8 am-5 pm
Jan 3	\$45.50	1128909
6-14 years	Thu.	8 am-5 pm
Jan 4	\$45.50	1128910
6-14 years	Fri.	8 am-5 pm
Jan 5	\$45.50	1128911

Winter Break Camp – Energy

When school's out, we're in for an action filled day of activities. Kids explore the world of crafts, games, and special activities while developing new friendships.

Eva James – 613-271-0712

4-12 years	Tue.	8 am-5 pm
Jan 2	\$38.25	1122642
4-12 years	Wed.	8 am-5 pm
Dec 27	\$38.25	1122630
Jan 3	\$38.25	1122643
4-12 years	Thu.	8 am-5 pm
Dec 28	\$38.25	1122631
Jan 4	\$38.25	1122648
4-12 years	Fri.	8 am-5 pm
Dec 29	\$38.25	1122633
Jan 5	\$38.25	1122653

Greely – 613-580-2424 ext. 30235

4-12 years	Tue.	7 am-6 pm
Jan 2	\$45.25	1102150
4-12 years	Wed.	7 am-6 pm
Jan 3	\$45.25	1102151
4-12 years	Thu.	7 am-6 pm
Jan 4	\$45.25	1102154
4-12 years	Fri.	7 am-6 pm
Jan 5	\$45.25	1102155

Greenboro – 613-580-2805

4-12 years	Tue.	8 am-5:30 pm
Jan 2	\$40.25	1120914
4-12 years	Wed.	8 am-5:30 pm
Dec 27	\$40.25	1120901
Jan 3	\$40.25	1120916
4-12 years	Thu.	8 am-5:30 pm
Dec 28	\$40.25	1120905
Jan 4	\$40.25	1120917
4-12 years	Fri.	8 am-5:30 pm
Dec 29	\$40.25	1120907
Jan 5	\$40.25	1120918

Hintonburg – 613-798-8874

4-5 years	Tue.	8 am-5:30 pm
Jan 2	\$40.25	1121174
4-5 years	Wed.	8 am-5:30 pm
Jan 3	\$40.25	1121175
4-5 years	Thu.	8 am-5:30 pm
Jan 4	\$40.25	1121176
4-5 years	Fri.	8 am-5:30 pm
Jan 5	\$40.25	1121177
6-12 years	Tue.	8 am-5:30 pm
Jan 2	\$40.25	1121178
6-12 years	Wed.	8 am-5:30 pm
Jan 3	\$40.25	1121179

6-12 years	Thu.	8 am-5:30 pm
Jan 4	\$40.25	1121180
6-12 years	Fri.	8 am-5:30 pm
Jan 5	\$40.25	1121181

Hunt Club-Riverside Park – 613-260-1299

4-12 years	Tue.	8 am-5:30 pm
Jan 2	\$40.25	1113692
4-12 years	Wed.	8 am-5:30 pm
Dec 27	\$40.25	1113682
Jan 3	\$40.25	1113693
4-12 years	Thu.	8 am-5:30 pm
Dec 28	\$40.25	1113685
Jan 4	\$40.25	1113694
4-12 years	Fri.	8 am-5:30 pm
Dec 29	\$40.25	1113687
Jan 5	\$40.25	1113695

Minto-Barrhaven – 613-727-2683

4-5 years	Tue.	7:30 am-5:30 pm
Jan 2	\$42	1124180
4-5 years	Wed.	7:30 am-5:30 pm
Dec 27	\$42	1124177
Jan 3	\$42	1124181
4-5 years	Thu.	7:30 am-5:30 pm
Dec 28	\$42	1124178
Jan 4	\$42	1124182
4-5 years	Fri.	7:30 am-5:30 pm
Dec 29	\$42	1124179
Jan 5	\$42	1124183

Pat Clark (Cyrville) – 613-748-1771

4-12 years	Tue.	8 am-5:30 pm
Jan 2	\$40.25	1117127
4-12 years	Wed.	8 am-5:30 pm
Dec 27	\$40.25	1117096
Jan 3	\$40.25	1117131
4-12 years	Thu.	8 am-5:30 pm
Dec 28	\$40.25	1117116
Jan 4	\$40.25	1117135
4-12 years	Fri.	8 am-5:30 pm
Dec 29	\$40.25	1117118
Jan 5	\$40.25	1117140

Richcraft-Kanata – 613-580-9696

4-5 years	Tue.	8 am-5:30 pm
Jan 2	\$40.25	1122373
4-5 years	Wed.	8 am-5:30 pm
Dec 27	\$40.25	1122368
Jan 3	\$40.25	1122374
4-5 years	Thu.	8 am-5:30 pm
Dec 28	\$40.25	1122369
Jan 4	\$40.25	1122378
4-5 years	Fri.	8 am-5:30 pm
Dec 29	\$40.25	1122371
Jan 5	\$40.25	1122379

Rideauview – 613-822-7887

4-12 years	Tue.	7:30 am-5:30 pm
Jan 2	\$42	1122817
4-12 years	Wed.	7:30 am-5:30 pm
Dec 27	\$42	1122810
Jan 3	\$42	1122818
4-12 years	Thu.	7:30 am-5:30 pm
Dec 28	\$42	1122812
Jan 4	\$42	1122820
4-12 years	Fri.	7:30 am-5:30 pm
Dec 29	\$42	1122815
Jan 5	\$42	1122825

South Fallingbrook – 613-824-0633 ext. 221

4-6 years	Tue.	7:30 am-5:30 pm
Jan 2	\$42	1126842
4-6 years	Wed.	7:30 am-5:30 pm
Jan 3	\$42	1126843
4-6 years	Thu.	7:30 am-5:30 pm
Jan 4	\$42	1126844
4-6 years	Fri.	7:30 am-5:30 pm
Jan 5	\$42	1126845
7-12 years	Tue.	7:30 am-5:30 pm
Jan 2	\$42	1126846
7-12 years	Wed.	7:30 am-5:30 pm
Jan 3	\$42	1126847
7-12 years	Thu.	7:30 am-5:30 pm
Jan 4	\$42	1126848
7-12 years	Fri.	7:30 am-5:30 pm
Jan 5	\$42	1126849

Trend-Arlington – 613-580-2424

4-6 years	Tue.	8 am-5 pm
Jan 2	\$38.25	1126942
4-6 years	Wed.	8 am-5 pm
Jan 3	\$38.25	1126943
4-6 years	Thu.	8 am-5 pm
Jan 4	\$38.25	1126944
4-6 years	Fri.	8 am-5 pm
Jan 5	\$38.25	1126945

Walter Baker – 613-580-2788

4-6 years	Tue.	8 am-5 pm
Jan 2	\$38.25	1103358
4-6 years	Wed.	8 am-5 pm
Dec 27	\$38.25	1103356
Jan 3	\$38.25	1117696
4-6 years	Thu.	8 am-5 pm
Dec 28	\$38.25	1117650
Jan 4	\$38.25	1117702
4-6 years	Fri.	8 am-5 pm
Dec 29	\$38.25	1117655
Jan 5	\$38.25	1117703

Winter Break Camp – Energy & Skate

When school's out, enjoy an action-filled day of activities with a special outing or special guest, as well as cool themes, games and crafts.

Goulbourn – 613-580-2532

4-7 years	Tue.	8 am-5 pm
Jan 2	\$45.50	1121391
4-7 years	Wed.	8 am-5 pm
Dec 27	\$45.50	1121381
Jan 3	\$45.50	1121395
4-7 years	Thu.	8 am-5 pm
Dec 28	\$45.50	1121386
Jan 4	\$45.50	1121398
4-7 years	Fri.	8 am-5 pm
Dec 29	\$45.50	1121389
Jan 5	\$45.50	1121401
8-12 years	Tue.	8 am-5 pm
Jan 2	\$45.50	1121392
8-12 years	Wed.	8 am-5 pm
Dec 27	\$45.50	1121383
Jan 3	\$45.50	1121396
8-12 years	Thu.	8 am-5 pm
Dec 28	\$45.50	1121387
Jan 4	\$45.50	1121399
8-12 years	Fri.	8 am-5 pm
Dec 29	\$45.50	1121390
Jan 5	\$45.50	1121403

Nepean Sportsplex – 613-580-2828

4-5 years	Tue.	8 am-5 pm
Jan 2	\$45.50	1109995
4-5 years	Wed.	8 am-5 pm
Dec 27	\$45.50	1109991
Jan 3	\$45.50	1109996
4-5 years	Thu.	8 am-5 pm
Dec 28	\$45.50	1109992
Jan 4	\$45.50	1109997
4-5 years	Fri.	8 am-5 pm
Dec 29	\$45.50	1109994
Jan 5	\$45.50	1109998

Winter Break Camp – Energy & Swim

When school's out, enjoy an action-filled day of activities or special guest, as well as cool themes, games and crafts.

Kanata Leisure – 613-591-9283

6-12 years	Tue.	8 am-5 pm
Jan 2	\$45.50	1107543
6-12 years	Wed.	8 am-5 pm
Dec 27	\$45.50	1107537
Jan 3	\$45.50	1107547
6-12 years	Thu.	8 am-5 pm
Dec 28	\$45.50	1107540
Jan 4	\$45.50	1107549
6-12 years	Fri.	8 am-5 pm
Dec 29	\$45.50	1107542
Jan 5	\$45.50	1107552

Minto-Barrhaven – 613-727-2683

6-12 years	Tue.	7:30 am-5:30 pm
Jan 2	\$48.75	1124187
6-12 years	Wed.	7:30 am-5:30 pm
Jan 3	\$48.75	1124184
Jan 3	\$48.75	1124188
6-12 years	Thu.	7:30 am-5:30 pm
Dec 28	\$48.75	1124185
Jan 4	\$48.75	1124189
6-12 years	Fri.	7:30 am-5:30 pm
Dec 29	\$48.75	1124186
Jan 5	\$48.75	1124190

Richcraft-Kanata – 613-580-9696

6-7 years	Tue.	8 am-5:30 pm
Jan 2	\$47	1122334
6-7 years	Wed.	8 am-5:30 pm
Dec 27	\$47	1122320
Jan 3	\$47	1122339
6-7 years	Thu.	8 am-5:30 pm
Dec 28	\$47	1122327
Jan 4	\$47	1122343
6-7 years	Fri.	8 am-5:30 pm
Dec 29	\$47	1122331
Jan 5	\$47	1122348
8-12 years	Tue.	8 am-5:30 pm
Jan 2	\$47	1122338
8-12 years	Wed.	8 am-5:30 pm
Dec 27	\$47	1122323
Jan 3	\$47	1122340

8-12 years	Thu.	8 am-5:30 pm
Dec 28	\$47	1122330
Jan 4	\$47	1122345
8-12 years	Fri.	8 am-5:30 pm
Dec 29	\$47	1122332
Jan 5	\$47	1122350

Walter Baker – 613-580-2788

6-13 years	Tue.	8 am-5 pm
Jan 2	\$45.50	1103362
6-13 years	Wed.	8 am-5 pm
Dec 27	\$45.50	1103360
Jan 3	\$45.50	1117806
6-13 years	Thu.	8 am-5 pm
Dec 28	\$45.50	1117803
Jan 4	\$45.50	1117810
6-13 years	Fri.	8 am-5 pm
Dec 29	\$45.50	1117805
Jan 5	\$45.50	1117811

Winter Break Camp – Hockey

Develop and improve your hockey skills on your day off in a fun and relaxed environment. Full hockey equipment mandatory. Not for Goalies.

Jim Durrell – 613-247-4811

7-10 years	Wed.	8 am-5 pm
Dec 27	\$62.25	1110120
Jan 3	\$62.25	1110125
7-10 years	Thu.	8 am-5 pm
Jan 4	\$62.25	1110131
7-10 years	Fri.	8 am-5 pm
Jan 5	\$62.25	1110132

Winter Break Camp – Hockey Goalie

Develop and improve your hockey skills on your day off in a fun and relaxed environment. Full hockey equipment mandatory. Goalies Only.

Jim Durrell – 613-247-4811

7-10 years	Wed.	8 am-5 pm
Dec 27	\$62.25	1110155
Jan 3	\$62.25	1110159
7-10 years	Thu.	8 am-5 pm
Jan 4	\$62.25	1110161
7-10 years	Fri.	8 am-5 pm
Jan 5	\$62.25	1110163

Winter Break Camp – Swim & Skate

When school's out, enjoy an action-filled day of activities with a special outing or special guest, as well as cool themes, games and crafts.

Bob MacQuarrie-Orléans – 613-580-9600

4-12 years	Tue.	8 am-5 pm
Jan 2	\$45.50	1124521
4-12 years	Wed.	8 am-5 pm
Dec 27	\$45.50	1124517
Jan 3	\$45.50	1124522
4-12 years	Thu.	8 am-5 pm
Dec 28	\$45.50	1124518
Jan 4	\$45.50	1124523
4-12 years	Fri.	8 am-5 pm
Dec 29	\$45.50	1124520
Jan 5	\$45.50	1124524

Nepean Sportsplex – 613-580-2828

6-12 years	Tue.	8 am-5 pm
Jan 2	\$45.50	1110154
6-12 years	Wed.	8 am-5 pm
Dec 27	\$45.50	1110143
Jan 3	\$45.50	1110156
6-12 years	Thu.	8 am-5 pm
Dec 28	\$45.50	1110148
Jan 4	\$45.50	1110158
6-12 years	Fri.	8 am-5 pm
Dec 29	\$45.50	1110151
Jan 5	\$45.50	1110160

St-Laurent – 613-742-6767

4-12 years	Tue.	8 am-5 pm
Jan 2	\$45.50	1124770
4-12 years	Wed.	8 am-5 pm
Dec 27	\$45.50	1124764
Jan 3	\$45.50	1124771
4-12 years	Thu.	8 am-5 pm
Dec 28	\$45.50	1124766
Jan 4	\$45.50	1124772
4-12 years	Fri.	8 am-5 pm
Dec 29	\$45.50	1124767
Jan 5	\$45.50	1124773

Martial 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.

Aikido Yoseikan

Self-defensive Japanese martial art. Learn discipline, confidence, respect and responsibility and how to fall safely. Includes throws, pins, ground work as well as basic Aikido techniques.

Bob MacQuarrie-Orléans – 613-580-9600

5-8 years	Sun.	9-10 am
Sep 17-Dec 17	\$124.75	1114360
Jan 14-Mar 11	\$76.75	1117092
5-8 years	Mon.	6-7 pm
Sep 18-Dec 18	\$124.75	1114347
Jan 8-Mar 5	\$76.75	1117088
5-8 years	Fri.	6-7 pm
Sep 22-Dec 22	\$124.75	1114357
Jan 12-Mar 9	\$76.75	1117091
9-14 years	Wed., Fri.	6-7:30 pm
Sep 20-Dec 22	\$297.75	1114350
Jan 10-Mar 9	\$180.75	1117089

Jiu-Jitsu

Jiu Jitsu is a martial art using holds, escapes, ground defence, grappling techniques, restraints and controlling techniques, and much more.

Queen Elizabeth School – 613-742-6767 689 St. Laurent

6-14 years	Fri.	6:30-7:25 pm
Sep 22-Dec 15	\$117.25	1117040
Jan 12-Mar 9	\$81.50	1117543

Sandy Hill – 613-564-1062

5-12 years	Tue.	6:30-7:30 pm
Sep 12-Dec 12	\$91.50	1104136
Jan 16-Mar 6	\$61	1104500



Level 2

A martial art using holds, escapes, ground defense, techniques, restraints and controlling techniques, and much more.

Queen Elizabeth School – 613-742-6767 689 St. Laurent

6-14 years	Tue.	6:30-7:25 pm
Sep 19-Dec 12	\$117.75	1116999
Jan 9-Mar 6	\$81.50	1117518
6-14 years	Fri.	7:30-8:25 pm
Sep 22-Dec 15	\$117.75	1117044
Jan 12-Mar 9	\$81.50	1117549

Sandy Hill – 613-564-1062

5-12 years	Tue.	7:30-8:30 pm
Sep 12-Dec 12	\$91.50	1104154
Jan 16-Mar 6	\$61	1104501

Level 3

A complete and effective method of self-defence that uses holds, escapes, ground defence, techniques, restraints and controlling techniques. Build confidence and learn self-discipline.

Queen Elizabeth School – 613-742-6767 689 St. Laurent

6-14 years	Tue.	7:30-8:25 pm
Sep 19-Dec 12	\$117.75	1117007
Jan 9-Mar 6	\$81.50	1117524

Johnson's Taekwon Do Tricking 180°

A training discipline combining Taekwon Do kicks with flips and twists. New 'Tricking 180°' program where beginner trickers learn the fundamentals of tricking! No Taekwon Do experience required.

Pat Clark (Cyrville) – 613-748-1771

10-14 years	Sat.	2-3 pm
Sep 9-Dec 9	\$99.75	1121801
Jan 13-Mar 3	\$53.50	1121903

Judo

Developed from Jujitsu this is a safe martial art that instills self-discipline, self-respect and respect for others. Belt grading awarded on an individual basis.

Munster School – 613-580-2400 ext. 20705 7816 Bleeks

6-14 years	Sat., Thu.	10 am-noon
Sep 9-Mar 10	\$125	1116027

Karate

Learn respect for others, while emphasizing manners and physical fitness. Develop life skills including discipline, self-control, patience, confidence, and courage. Progress at your own rate in this non-competitive program.

Eva James – 613-271-0712

6-10 years	Wed.	6-7 pm
Sep 20-Dec 13	\$128.50	1120628
Jan 17-Mar 7	\$79.25	1120621
11-14 years	Wed.	7:05-8:05 pm
Sep 20-Dec 13	\$128.50	1120633
Jan 17-Mar 7	\$79.25	1120629

Greenboro – 613-580-2805

6-12 years	Sun.	1-2 pm
Oct 1-Dec 10	\$120	1110740
Jan 14-Mar 4	\$78.75	1115125
6-12 years	Sun.	2-3 pm
Oct 1-Dec 10	\$120	1110758
Jan 14-Mar 4	\$78.75	1115161

Heron – 613-247-4808

6-14 years	Sat.	11:15 am-12:15 pm
Oct 14-Dec 9	\$63.50	1104555
Jan 13-Mar 10	\$56.50	1104558

Queenswood Heights – 613-580-4765

10-14 years	Mon., Wed.	7:30-8:30 pm
Sep 11-Dec 18	\$184.25	1104498
Jan 15-Mar 7	\$98.75	1104506
7-9 years	Mon.	6:15-7:15 pm
Sep 11-Dec 18	\$92.25	1104496
Jan 15-Mar 5	\$46.25	1104504
7-9 years	Wed.	6:15-7:15 pm
Sep 13-Dec 13	\$92.25	1104497
Jan 17-Mar 7	\$52.75	1104505

Karate – Goju Ryu

Traditional style karate developed in Japan, with a style that has both hard and soft elements. Develops self-confidence, discipline, speed, coordination, stress release, and above all, respect for oneself and others.

École de la Découverte – 613-824-0633 ext. 221

866 Scala

6-14 years	Tue., Thu.	6:30-7:30 pm
Sep 19-Dec 7	\$144	1107512
Jan 16-Mar 8	\$96	1107647

Nepean Sportsplex – 613-580-2828

6-12 years	Wed.	6-6:45 pm
Sep 20-Dec 6	\$89	1110538
Jan 10-Mar 7	\$66.75	1121371
6-8 years	Sat.	10:30-11:15 am
Sep 16-Dec 9	\$81.50	1110516
Jan 6-Mar 3	\$59.50	1121368
9-12 years	Sat.	11:15 am-12:15 pm
Sep 16-Dec 9	\$108.75	1110530
Jan 6-Mar 3	\$79.25	1121370

Pincrest – 613-828-3118

6-12 years	Mon.	5-5:45 pm
Sep 25-Dec 11	\$81.50	1116807
Jan 8-Mar 5	\$59.50	1119543
6-12 years	Sat.	2:45-3:30 pm
Sep 30-Dec 16	\$81.50	1116811
Jan 13-Mar 10	\$66.75	1119548
6-12 years	Sat.	3:30-4:15 pm
Sep 30-Dec 16	\$81.50	1116813
Jan 13-Mar 10	\$66.75	1119550

Queen Elizabeth School – 613-742-6767 689 St. Laurent

6-14 years	Thu.	6-6:55 pm
Sep 28-Dec 14	\$92	1117111
Jan 11-Mar 8	\$61.50	1117747

St-Laurent – 613-742-6767

6-14 years	Tue.	6-6:55 pm
Sep 12-Dec 12	\$107.25	1117072
Jan 9-Mar 6	\$69	1117630

Karate Goju Ryu – Level 2

Traditional non-competitive hard/soft style. Basic techniques are taught where more complexity is added as the student progresses, fostering growth, self-discipline and respect.

Ecole de la Découverte – 613-824-0633 ext. 221

866 Scala

6-14 years	Tue., Thu.	7:30-8:30 pm
Sep 19-Dec 7	\$144	1107545
Jan 16-Mar 8	\$96	1107662

Queen Elizabeth School – 613-742-6767

689 St. Laurent

6-14 years	Thu.	7-7:55 pm
Sep 28-Dec 14	\$92	1117079
Jan 11-Mar 8	\$61.50	1117752

St-Laurent – 613-742-6767

6-14 years	Tue.	7-7:55 pm
Sep 12-Dec 12	\$107.25	1121878
Jan 9-Mar 6	\$69	1117672

Martial Arts – Karate Goju Ryu: Level 3

Traditional non-competitive hard/soft style. Basic techniques are taught where more complexity is added as the student progresses, fostering growth, self-discipline and respect, increasing self-confidence and coordination.

Queen Elizabeth School – 613-742-6767

689 St. Laurent

6-14 years	Thu.	8-8:55 pm
Sep 28-Dec 14	\$92	1117126
Jan 11-Mar 8	\$61.50	1117760

St-Laurent – 613-742-6767

6-14 years	Tue.	8-8:55 pm
Sep 12-Dec 12	\$107.25	1117083
Jan 9-Mar 6	\$69	1117695

Karate Heiwa Kai Dojo

Strive to develop mentally and spiritually as well as physically using practical composite of striking, kicking, throwing, holding and choking techniques.

Routhier – 613-244-4470

7-14 years	Tue., Thu.	6-7 pm
Sep 12-Dec 7	\$152.50	1105103
Jan 9-Mar 8	\$105.75	1105806

Karate JKA Shotokan

Improve physical fitness, increase concentration, and build self-confidence. Progress is based on commitment, self-discipline, and skill developed through repetition.

Plant – 613-232-3000

Beginner

6-14 years	Tue., Thu.	5-6 pm
Sep 19-Dec 14	\$177.25	1120027
Jan 9-Mar 8	\$122.75	1124591

Intermediate and Advanced

6-14 years	Tue., Thu., and Sat.	6-7 pm and 10-11 am
Sep 19-Dec 16	\$259	1119994
Jan 9-Mar 10	\$184	1124592

Kendo

The way of the sword or Japanese fencing, Kendo is much more. Why not try this dynamic martial art from the Samurai tradition and improve your self? Shoshin Kendo provides a no pressure introduction for all.

Plant – 613-232-3000

7-14 years	Sun.	3:30-5:30 pm
Sep 24-Dec 17	\$152.50	1124204
Jan 14-Mar 11	\$114.50	1124913

Tae E. Lee Taekwondo

Develop discipline, confidence, focus and concentration in an exciting and positive atmosphere. No experience necessary. Offered in collaboration with Tae E. Lee Taekwondo.

Canterbury – 613-247-4869

6-9 years	Sat.	1-2 pm
Oct 7-Dec 23	\$92	1117285
Jan 20-Mar 10	\$61.50	1117297

Taekwondo

Korean martial art, teaches self defence and discipline and promotes confidence. Progress at your rate by testing held throughout the term. Additional fees may apply for uniform and testing.

Fisher Park – 613-798-8945

4-14 years	Tue., Thu.	5:30-6:30 pm
Sep 12-Nov 30	\$125.25	1104532
Jan 9-Mar 8	\$125.25	1108082
4-14 years	Tue., Thu.	6:30-7:30 pm
Sep 12-Nov 30	\$166.75	1104533
Jan 9-Mar 8	\$166.75	1118085

Goulbourn School – 613-580-2400 2176 Huntley ext. 20705

6-14 years	Mon.	7:15-8:15 pm
Sep 11-Nov 27	\$119.25	1108832
Jan 8-Mar 5	\$100	1108861
6-14 years	Thu.	7:15-8:15 pm
Sep 14-Nov 30	\$119.25	1108838
Jan 11-Mar 1	\$100	1108872

Goulbourn – 613-580-2532

6-14 years	Fri.	6:30-7:30 pm
Sep 15-Dec 15	\$158.25	1119425
Jan 12-Mar 9	\$109.50	1122406

Hunt Club-Riverside Park – 613-260-1299

7-14 years	Tue., Thu.	6:30-7:30 pm
Sep 5-Dec 21	\$250.25	1108632
Jan 9-Mar 8	\$141	1115181

Notre Dame Des Champs – 613-580-9600, 6280 Renaud

4-14 years	Mon., Wed.	6:30-7:30 pm
Sep 18-Dec 20	\$172.25	1114316
Jan 8-Mar 7	\$108.50	1117036
4-14 years	Mon., Wed.	7:30-8:30 pm
Sep 18-Dec 20	\$172.25	1119612
Jan 8-Mar 7	\$108.50	1119636
4-14 years	Tue., Thu.	6:30-7:30 pm
Sep 19-Dec 21	\$178.75	1114318
Jan 9-Mar 8	\$114.75	1117038

Pat Clark (Cyrville) – 613-748-1771

6-13 years	Mon.	6-7 pm
Sep 11-Dec 11	\$99.75	1108360
Jan 8-Mar 5	\$61.25	1114374
6-13 years	Mon., Thu.	6-7 pm
Sep 11-Dec 14	\$207	1108366
Jan 8-Mar 8	\$130.25	1114385
6-13 years	Wed.	6-7 pm
Sep 6-Dec 13	\$115	1108355
Jan 10-Mar 7	\$69	1114328

6-13 years	Thu.	6-7 pm
Sep 14-Dec 14	\$107.25	1108393
Jan 11-Mar 8	\$69	1114443

Richcraft-Kanata – 613-580-9696

5-8 years	Wed.	6:15-7:15 pm
Sep 20-Dec 13	\$124.75	1111339
Jan 10-Mar 7	\$86.50	1120705
5-8 years	Sat.	12:15-1:15 pm
Sep 23-Dec 16	\$115.25	1111342
Jan 13-Mar 10	\$77	1120708
5-8 years	Sat.	2:15-3:15 pm
Sep 23-Dec 16	\$115.25	1111344
Jan 13-Mar 10	\$77	1120710
8-14 years	Wed.	7:15-8:15 pm
Sep 20-Dec 13	\$124.75	1111340
Jan 10-Mar 7	\$86.50	1120706
8-14 years	Wed.	8:15-9:15 pm
Sep 20-Dec 13	\$124.75	1111341
Jan 10-Mar 7	\$86.50	1120707
8-14 years	Sat.	1:15-2:15 pm
Sep 23-Dec 16	\$115.25	1111343
Jan 13-Mar 10	\$77	1120709
8-14 years	Sat.	3:15-4:15 pm
Sep 23-Dec 16	\$105.75	1111345
Jan 13-Mar 10	\$77	1120711
8-14 years	Sat.	4:15-5:15 pm
Sep 23-Dec 16	\$96	1111346
Jan 13-Mar 10	\$77	1120712

Taekwondo – Level 2

Korean martial art, teaches self-defense and discipline and promotes confidence. Progress at your rate by testing held throughout the term. Additional fees may apply for uniform and testing.

Goulbourn – 613-580-2532

6-14 years	Fri.	7:30-8:30 pm
Sep 15-Dec 15	\$158.25	1119416
Jan 12-Mar 9	\$109.50	1122430

Pat Clark (Cyrville) – 613-748-1771

6-13 years	Mon.	7-8 pm
Sep 11-Dec 11	\$99.75	1108466
Jan 8-Mar 5	\$61.25	1114456
6-13 years	Mon., Thu.	7-8 pm
Sep 11-Dec 14	\$207	1108487
Jan 8-Mar 8	\$130.25	1114464
6-13 years	Thu.	7-8 pm
Sep 14-Dec 14	\$107.50	1108505
Jan 11-Mar 8	\$69	1114468

Taekwondo – Girls

Korean martial art, teaches self defence and discipline and promotes confidence. Progress at your rate by testing held throughout the term. Additional fees may apply for uniform and testing.

Pat Clark (Cyrville) – 613-748-1771

8-14 years	Tue.	6-7 pm
Sep 5-Dec 12	\$115	1108654
Jan 9-Mar 6	\$89	1114507

Safety

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

Home Alone

Be safe while home alone. Learn how to handle callers at the door and on the phone as well as when and how to call emergency numbers. Some courses are offered by the Ottawa Safety Council.

Bob MacQuarrie-Orléans – 613-580-9600

9-13 years	Sun.	9:30 am-noon
Oct 15	\$66	1114928
Feb 11	\$66	1117781

Greenboro – 613-580-2805

10-13 years	Sat.	10 am-noon
Oct 14	\$37.50	1110676
Feb 24	\$37.50	1115048

Heron – 613-247-4808

10-13 years	Fri.	9:30 am-1:30 pm
Nov 24	\$75	1115537
Feb 16	\$75	1120470

Kanata Leisure – 613-591-9283

9-13 years	Sat.	10 am-2 pm
Oct 28	\$75	1107758
Nov 18	\$75	1107772
Dec 2	\$75	1107768
Jan 20	\$75	1106998
Feb 10	\$75	1107003
Feb 24	\$75	1107002
10-13 years	Sat.	10 am-2 pm
Sep 23	\$75	1107750

Nepean Sportsplex – 613-580-2828

10-12 years	Sun.	9:30 am-noon
Oct 22	\$47	1124846
Nov 19	\$47	1124848
Feb 11	\$47	1124853

Notre Dame Des Champs – 613-580-9600

9-13 years	Sat.	noon-2:30 pm
Nov 18	\$66	1114934

Ray Friel – 613-580-4765

10-12 years	Sun.	9:30 am-noon
Feb 11	\$47	1123993

Sawmill Creek – 613-521-4092

9-13 years	Fri.	9 am-4 pm
Oct 6	\$96.25	1106351
Nov 24	\$96.25	1106352
Jan 26	\$96.25	1106356
Feb 16	\$96.25	1106357

Tanglewood – 613-580-2828

10-12 years	Sun.	1-3:30 pm
Sep 24	\$47	1124840
Jan 28	\$47	1124842

Stay Safe!

Learn how to be safe while alone, in and outside the home, and basic first aid and safety skills.

Stay safe from: allergies, asthma, choking, poisoning, inclement weather and strangers.

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

9-13 years	Fri.	9 am-3 pm
Jan 26	\$45.75	1118041

Osgoode – 613-580-2424 ext. 30235

9-13 years	Fri.	9 am-3 pm
Oct 6	\$45.75	1117563

Street Proofing & Home Alone

Develop street smart safety tools and learn home safety when unsupervised by adults.

Hintonburg – 613-798-8874

10-13 years	Sun.	10 am-1 pm
Oct 22	\$56.25	1117969
Feb 4	\$56.25	1117987

Sports

Badminton

Develop basic techniques including serve, rally, forehand and backhand. Improve your skills through game play.

Bridlewood – 613-271-0712

8-10 years	Thu.	6:45-7:45 pm
Sep 28-Dec 14	\$90	1120783
Jan 11-Mar 8	\$67.50	1120782
11-14 years	Thu.	7:45-8:45 pm
Sep 28-Dec 14	\$90	1120787
Jan 11-Mar 8	\$67.50	1120785

Fisher Park – 613-798-8945

10-14 years	Fri.	5-6:30 pm
Sep 22-Nov 24	\$93	1104058

François Dupuis – 613-580-8080

8-12 years	Wed.	6:15-7:15 pm
Sep 20-Dec 6	\$90	1123028
Jan 10-Mar 7	\$67.50	1124656

Hintonburg – 613-798-8874

11-14 years	Sat.	2:30-4:30 pm
Jan 20-Mar 10	\$114.25	1126507

Jockvale School –

613-580-2424 ext. 41238

101 Malvern

6-12 years	Mon.	6-7 pm
Sep 18-Dec 11	\$90	1110846
Jan 15-Mar 5	\$52.50	1110968

Minto-Barrhaven – 613-727-2683

6-8 years	Thu.	6-7 pm
Sep 21-Dec 7	\$90	1121099
Jan 18-Mar 8	\$60	1122783
6-8 years	Sat.	3-4 pm
Sep 16-Dec 16	\$90	1121231
Jan 13-Mar 3	\$52.50	1122925
9-12 years	Thu.	7-8 pm
Sep 21-Dec 7	\$90	1121101
Jan 18-Mar 8	\$60	1122787

9-12 years	Sat.	4-5 pm
Sep 16-Dec 16	\$90	1121232
Jan 13-Mar 3	\$52.50	1122928
13-14 years	Thu.	8-9 pm
Sep 21-Dec 7	\$90	1121104
Jan 18-Mar 8	\$60	1122789

Nepean Sportsplex – 613-580-2828

8-11 years	Sun.	10-11 am
Sep 17-Dec 10	\$90	1124003
Jan 14-Mar 4	\$52.50	1124062
11-14 years	Sun.	11 am-noon
Jan 14-Mar 4	\$52.50	1124065
12-14 years	Sun.	11 am-noon
Sep 17-Dec 3	\$90	1124005

Richcraft-Kanata – 613-580-9696

6-10 years	Tue.	4:15-5:15 pm
Sep 19-Dec 12	\$97.50	1111317
Jan 9-Mar 6	\$67.50	1120692
11-14 years	Tue.	5:15-6:15 pm
Sep 19-Dec 12	\$97.50	1111318
Jan 9-Mar 6	\$67.50	1120694

Badminton – Game Play

Emphasis is on active participation and fun. Non-instructional game play.

Eva James – 613-271-0712

12-14 years	Mon.	4:45-5:45 pm
Sep 18-Dec 11	\$48.25	1119447
Jan 8-Mar 5	\$32.25	1119460

St. Francis Xavier School – 613-822-7887, 3740 Spratt

8-14 years	Wed.	6-7 pm
Sep 13-Nov 29	\$48.25	1121415
9-14 years	Wed.	6-7 pm
Jan 17-Mar 7	\$32.25	1123523

Basketball

Above the Rim Basketball

Introduction to one specific basketball skill per week. Drills, skill fundamentals and integration into team play. Instruction provided by professionals from abovetherimbasketballschoo.com.

École Jeanne-Sauvé –

613-580-4765, 1917 Gardenway

7-12 years	Tue.	6-7:30 pm
Sep 12-Nov 7	\$143.25	1121154
Jan 16-Mar 6	\$127.25	1121163
7-12 years	Thu.	6-7:30 pm
Sep 14-Nov 9	\$143.25	1121159
Jan 18-Mar 8	\$127.25	1121164

**École Michel Dupuis – 613-742-1867
715 Brian Good**

6-12 years Wed. 6-7 pm
 Sep 13-Nov 15 \$157.50 [1122918](#)
 6-12 years Wed. 6-7:30 pm
 Jan 10-Feb 28 \$126 [1123527](#)

**École Sainte-Kateri – 613-727-2683
2450 River Mist**

6-10 years Wed. 6-7:30 pm
 Sep 27-Nov 15 \$127.52 [1111296](#)
 Jan 10-Feb 28 \$127.25 [1106131](#)

Eva James – 613-271-0712

6-10 years Mon. 6-7:30 pm
 Sep 25-Nov 20 \$127.25 [1119628](#)
 Jan 8-Mar 5 \$127.25 [1119657](#)
 8-12 years Mon. 7:30-9 pm
 Sep 25-Nov 20 \$127.25 [1119635](#)
 Jan 8-Mar 5 \$127.25 [1119661](#)

Fisher Park – 613-798-8945

**Fisher Park Community Centre –
613-798-8945**

6-7 years Mon. 6-7 pm
 Sep 18-Nov 27 \$105.50 [1104527](#)
 6-9 years Mon. 6-7 pm
 Jan 8-Mar 5 \$127.25 [1118042](#)
 8-10 years Mon. 6-7 pm
 Sep 18-Nov 27 \$105.50 [1104528](#)
 Jan 8-Mar 5 \$127.25 [1118046](#)
 13-14 years Mon. 7-8 pm
 Sep 18-Nov 27 \$105.50 [1127292](#)
 Jan 8-Mar 5 \$84.50 [1127293](#)

**Jockvale School – 613-727-2683
101 Malvern**

10-14 years Thu. 6-7:30 pm
 Sep 28-Nov 16 \$127.25 [1106091](#)
 Jan 11-Mar 1 \$127.25 [1106125](#)

**Mother Teresa School – 613-727-2683
440 Longfields**

6-12 years Tue. 6-7:30 pm
 Sep 26-Nov 21 \$127.25 [1106092](#)
 Jan 9-Feb 27 \$127.25 [1106127](#)

**St. Emily School – 613-727-2683
500 Chapman Mills**

6-10 years Mon. 6-7:30 pm
 Sep 25-Nov 20 \$127.25 [1106094](#)
 Jan 8-Mar 5 \$127.25 [1106130](#)

**Above the Rim Basketball –
Advanced**

Drills, skills and integration into game play.
 Practice fundamentals and take your game to
 the next level. Instruction provided by profes-
 sionals from [abovetherimbasketballschoo.com](#).

Eva James – 613-271-0712

8-14 years Mon. 7:30-9 pm
 Sep 25-Nov 20 \$127.25 [1119678](#)
 Jan 8-Mar 5 \$127.25 [1119696](#)

Basketball

Develop fundamental skills. Emphasis is on
 basic techniques, skills, and participation.
 Includes skill development and fun games.

**Carleton Heights School –
613-226-2208 ext. 222**

1660 Prince of Wales
 9-12 years Wed. 7-8 pm
 Sep 27-Nov 29 \$75 [1121712](#)
 Jan 10-Mar 7 \$67.50 [1121724](#)

François Dupuis – 613-580-8080

6-8 years Sat. 10-11 am
 Sep 16-Dec 9 \$90 [1123819](#)
 Jan 13-Mar 10 \$67.50 [1124739](#)
 9-12 years Sat. 11 am-noon
 Sep 16-Dec 9 \$90 [1123821](#)
 Jan 13-Mar 10 \$67.50 [1124740](#)

Glen Cairn – 613-580-2570

5-7 years Mon. 6:05-7:05 pm
 Sep 25-Dec 4 \$75 [1106003](#)
 Jan 8-Mar 5 \$60 [1120444](#)

Goulbourn – 613-580-2532

7-12 years Mon. 6-6:50 pm
 Sep 18-Dec 4 \$68.75 [1119492](#)
 Jan 22-Mar 5 \$37.50 [1122134](#)

Greenboro – 613-580-2805

8-11 years Mon. 5-6 pm
 Sep 25-Dec 4 \$69.75 [1108865](#)
 Jan 22-Mar 5 \$42 [1110972](#)
 12-14 years Mon. 6-7 pm
 Sep 25-Dec 4 \$69.75 [1108870](#)
 Jan 22-Mar 5 \$42 [1110975](#)

Heron – 613-247-4808

6-10 years Sat. 1:15-2:15 pm
 Oct 14-Dec 9 \$67.50 [1104597](#)
 Jan 13-Mar 10 \$60 [1104596](#)

**Hunt Club-Riverside Park –
613-260-1299**

8-12 years Sat. 1:45-2:45 pm
 Sep 23-Dec 16 \$90 [1107811](#)
 Jan 13-Mar 10 \$67.50 [1116059](#)

**Manotick School –
613-580-2424 ext. 30235**

1075 Bridge
 8-11 years Wed. 6:15-7:15 pm
 Sep 27-Nov 15 \$60 [1117843](#)
 Jan 17-Mar 7 \$60 [1117991](#)

McNabb – 613-564-1070

6-12 years Fri. 5:30-6:30 pm
 Sep 29-Dec 15 \$90 [1113677](#)
 Jan 12-Mar 9 \$67.50 [1123591](#)

Minto-Barrhaven – 613-727-2683

6-8 years Tue. 6-7 pm
 Sep 19-Dec 5 \$90 [1111574](#)
 Jan 16-Mar 6 \$60 [1122142](#)
 9-12 years Tue. 7-8 pm
 Sep 19-Dec 5 \$90 [1111576](#)
 Jan 16-Mar 6 \$60 [1122147](#)

Richcraft-Kanata – 613-580-9696

7-12 years Mon. 5-6 pm
 Sep 18-Dec 11 \$90 [1111208](#)
 Jan 8-Mar 5 \$60 [1120637](#)

**South Fallingbrook –
613-824-0633 ext. 221**

6-9 years Sun. 2:15-3:15 pm
 Sep 24-Dec 17 \$90 [1113688](#)
 Jan 14-Mar 11 \$60 [1113690](#)

**South March School – 613-580-9696
1032 Klondike**

8-12 years Sat. 11 am-noon
 Sep 23-Dec 2 \$75 [1104569](#)
 Jan 20-Mar 3 \$45 [1104570](#)

St-Laurent – 613-742-6767

6-8 years Thu. 6-6:45 pm
 Sep 14-Dec 7 \$68 [1121358](#)
 Jan 11-Mar 8 \$47 [1121361](#)
 9-12 years Thu. 6:45-7:30 pm
 Sep 14-Dec 7 \$68 [1121359](#)
 Jan 11-Mar 8 \$47 [1121362](#)
 13-14 years Thu. 7:30-8:30 pm
 Sep 14-Dec 7 \$90.50 [1121360](#)
 Jan 11-Mar 8 \$62.75 [1121363](#)

Basketball – Game Play

Emphasis is on active participation and fun.
 Non-instructional game play.

**Barrhaven School – 613-580-2828
80 Larkin**

12-14 years Fri. 6:30-7:30 pm
 Sep 15-Dec 1 \$31.75 [1124950](#)
 Jan 12-Mar 9 \$22.25 [1124955](#)

**Bells Corners School – 613-580-2828
3770 Old Richmond**

12-14 years Fri. 6:30-7:30 pm
 Sep 15-Nov 17 \$40.25 [1124952](#)
 Jan 12-Feb 23 \$28.25 [1124956](#)

**South March School – 613-580-9696
1032 Klondike**

12-14 years Fri. 6-7 pm
 Sep 22-Dec 1 \$40.25 [1104563](#)
 Jan 19-Mar 2 \$24.25 [1104564](#)

**St. Andrew School – 613-580-2828
201 Crestway**

12-14 years Fri. 6:30-7:30 pm
 Sep 15-Dec 1 \$40.25 [1124949](#)
 Jan 12-Mar 9 \$28.25 [1124954](#)

Basketball – Boys

Designed to teach the skills and rules
 of basketball to children in a fun and
 friendly environment.

Bridlewood – 613-271-0712

8-12 years Thu. 5:30-6:30 pm
 Sep 28-Dec 14 \$90 [1120768](#)
 Jan 11-Mar 8 \$67.50 [1120766](#)

Nepean Sportsplex – 613-580-2828

6-8 years Tue. 5-5:45 pm
 Sep 19-Dec 5 \$67.50 [1119245](#)
 Jan 9-Mar 6 \$50.75 [1119423](#)
 9-12 years Tue. 6-6:45 pm
 Sep 19-Dec 5 \$67.50 [1119246](#)
 Jan 9-Mar 6 \$50.75 [1119426](#)

Basketball – Girls

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

Bridlewood – 613-271-0712

8-12 years	Thu.	5:30-6:30 pm
Sep 28-Dec 14	\$90	1120776
Jan 11-Mar 8	\$67.50	1120774

Nepean Sportsplex – 613-580-2828

6-8 years	Tue.	5-5:45 pm
Sep 19-Dec 5	\$67.50	1119243
Jan 9-Mar 6	\$50.75	1119411
9-12 years	Tue.	6-6:45 pm
Sep 19-Dec 5	\$67.50	1119247
Jan 9-Mar 6	\$50.75	1119414

Richcraft-Kanata – 613-580-9696

7-12 years	Mon.	6-7 pm
Sep 18-Dec 11	\$90	1111219
Jan 8-Mar 5	\$60	1120676

Gymnastics

Gymnastics – Acro

Free flowing class combines acrobatics, tumbling and basic dance. Think gymnastics but with no apparatus. Improve balance, coordination, flexibility, and strength.

Eva James – 613-271-0712

8-12 years	Sat.	2:05-3:05 pm
Oct 14-Dec 16	\$104.75	1125149
Jan 13-Mar 10	\$83.75	1125150

Gymnastics

Beginner to intermediate recreational gymnastic skills are taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability and levels. Apparatus will include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, vault.

François Dupuis – 613-580-8080

6-10 years	Tue.	6:15-7:15 pm
Sep 19-Dec 5	\$112.25	1122176
Jan 9-Mar 6	\$84.25	1124647
6-10 years	Thu.	6:15-7:15 pm
Sep 21-Dec 7	\$112.25	1123101
Jan 11-Mar 8	\$84.25	1124697

Goulbourn – 613-580-2532

5-8 years	Sun.	12:30-1:30 pm
Sep 24-Dec 10	\$103	1119289
Jan 21-Mar 4	\$56.25	1122768
5-8 years	Sat.	noon-1 pm
Sep 23-Dec 9	\$103	1119292
Jan 20-Mar 3	\$56.25	1122755

Jockvale School –

613-580-2424 ext. 41555

101 Malvern

6-8 years	Sat.	9-10 am
Sep 16-Dec 16	\$121.75	1110898
Jan 13-Mar 3	\$75	1110963
6-8 years	Sat.	10:10-11:10 am
Sep 16-Dec 16	\$121.75	1110901
Jan 13-Mar 3	\$75	1110964

McNabb – 613-564-1070

6-8 years	Sat.	2-3 pm
Sep 30-Dec 16	\$112.25	1113689
Jan 13-Mar 10	\$84.25	1123594
6-9 years	Wed.	6:30-7:30 pm
Sep 27-Dec 13	\$112.25	1113684
Jan 10-Mar 7	\$84.25	1123592
6-9 years	Sat.	12:30-1:30 pm
Sep 30-Dec 16	\$112.25	1113686
Jan 13-Mar 10	\$84.25	1123593
9-14 years	Sat.	2-3 pm
Sep 30-Dec 16	\$112.25	1113691
Jan 13-Mar 10	\$84.25	1123595

Minto-Barrhaven – 613-727-2683

6-10 years	Sun.	11 am-noon
Sep 17-Dec 10	\$112.25	1121245
Jan 14-Mar 4	\$65.50	1122973
6-10 years	Sun.	12:05-1:05 pm
Sep 17-Dec 10	\$112.25	1121246
Jan 14-Mar 4	\$65.50	1122976
6-10 years	Wed.	6-7 pm
Sep 20-Dec 6	\$112.25	1121035
Jan 17-Mar 7	\$75	1122693
6-10 years	Wed.	7:05-8:05 pm
Sep 20-Dec 6	\$112.25	1121038
Jan 17-Mar 7	\$75	1122701

South Fallingbrook – 613-824-0633 ext. 221

5-7 years	Sat.	10:15-11:15 am
Sep 23-Dec 16	\$112.25	1116232
Jan 13-Mar 10	\$75	1116237

St-Laurent – 613-742-6767

6-12 years	Sat.	2-2:55 pm
Sep 9-Dec 16	\$120.25	1117175
Jan 13-Mar 10	\$68.75	1117888

Gymnastics – Level 1

Beginner to novice gymnastic skills are taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability and levels. Apparatus includes the following: balance beam, floor, mini-trampoline, parallel bars, rings, uneven bars, vault.

Dempsey – 613-247-4846

6-9 years	Sun.	11 am-noon
Sep 24-Dec 3	\$104.75	1109978
Jan 7-Mar 11	\$94.25	1114386
6-9 years	Tue.	6:15-7:15 pm
Sep 26-Nov 28	\$104.75	1109987
Jan 9-Mar 6	\$94.25	1114394
6-9 years	Sat.	9-10 am
Sep 23-Dec 2	\$104.75	1109973
Jan 6-Mar 10	\$94.25	1114375
6-9 years	Sat.	10-11 am
Sep 23-Dec 2	\$104.75	1109954
Jan 6-Mar 10	\$94.25	1114288
6-9 years	Sat.	11 am-noon
Sep 23-Dec 2	\$104.75	1109956
Jan 6-Mar 10	\$94.25	1114353

Eva James – 613-271-0712

6-7 years	Tue.	5-6 pm
Oct 3-Dec 12	\$104.75	1120331
Jan 16-Mar 6	\$83.75	1120386
6-7 years	Sat.	10:55-11:55 am
Oct 14-Dec 16	\$104.75	1120348
Jan 13-Mar 10	\$83.75	1120393
6-12 years	Tue.	6:05-7:05 pm
Oct 3-Dec 12	\$104.75	1120338
Jan 16-Mar 6	\$83.75	1120390
6-12 years	Tue.	7:10-8:10 pm
Oct 3-Dec 12	\$104.75	1120344
Jan 16-Mar 6	\$83.75	1120391
6-12 years	Sat.	1-2 pm
Oct 14-Dec 16	\$104.75	1120353
Jan 13-Mar 10	\$83.75	1120395
6-12 years	Sat.	2:05-3:05 pm
Oct 14-Dec 16	\$104.75	1120358
Jan 13-Mar 10	\$83.75	1120403

6-12 years	Sat.	3:10-4:10 pm
Oct 14-Dec 16	\$104.75	1120363
Jan 13-Mar 10	\$83.75	1120406

Pat Clark (Cyrville) – 613-748-1771

6-12 years	Sun.	10-10:55 am
Sep 17-Dec 3	\$105.50	1107753
Jan 7-Mar 11	\$86.50	1114293
6-12 years	Tue.	7-7:55 pm
Sep 19-Dec 5	\$115.25	1107734
Jan 9-Mar 6	\$86.50	1114276

Gymnastics – Level 2

Intermediate gymnastic skills are taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability and levels. Apparatus: balance beam, floor, mini-trampoline, parallel bars, rings, uneven bars, vault. Must have completed recreational novice levels or have approval from the program coordinator.

Dempsey – 613-247-4846

6-12 years	Tue.	6:15-8:15 pm
Sep 26-Nov 28	\$209.25	1110004
Jan 9-Mar 6	\$188.25	1114722
6-12 years	Sat.	10 am-noon
Sep 23-Dec 2	\$209.25	1110001
Jan 6-Mar 10	\$188.25	1114714

Eva James – 613-271-0712

6-12 years	Tue.	6:05-7:05 pm
Oct 3-Dec 12	\$104.75	1120417
Jan 16-Mar 6	\$83.75	1120432
6-12 years	Tue.	7:10-8:10 pm
Oct 3-Dec 12	\$104.75	1120422
Jan 16-Mar 6	\$83.75	1120434
6-12 years	Sat.	1-2 pm
Oct 14-Dec 16	\$104.75	1120426
Jan 13-Mar 10	\$83.75	1120437
6-12 years	Sat.	2:05-3:05 pm
Oct 14-Dec 16	\$104.75	1120427
Jan 13-Mar 10	\$83.75	1120442
6-12 years	Sat.	3:10-4:10 pm
Oct 14-Dec 16	\$104.75	1120428
Jan 13-Mar 10	\$83.75	1120446

Gymnastics – Level 3

Learn more complex moves with focus on strength, agility, grace and flexibility, taught through the assistance of a coach on traditional equipment at an Intermediate to advanced level. Groups are divided according to age, ability and levels. Apparatus: balance beam, floor, mini-trampoline, parallel bars, rings, uneven bars, vault. Must have completed recreational intermediate levels or have approval from the program coordinator.

Eva James – 613-271-0712

6-12 years	Tue.	6:05-7:05 pm
Oct 3-Dec 12	\$104.75	1120461
Jan 16-Mar 6	\$83.75	1120481
6-12 years	Tue.	7:10-8:10 pm
Oct 3-Dec 12	\$104.75	1120467
Jan 16-Mar 6	\$83.75	1120486
6-12 years	Sat.	1-2 pm
Oct 14-Dec 16	\$104.75	1120472
Jan 13-Mar 10	\$83.75	1120492
6-12 years	Sat.	3:10-4:10 pm
Oct 14-Dec 16	\$104.75	1120476
Jan 13-Mar 10	\$83.75	1120498

Rhythmic Gymnastics

Contains the dynamics and flexibility of gymnastics, the technical knowledge of ballet, and the self-expression and rhythm of modern dance. Choreographed to music and accompanied by colourful hoops, balls, ropes and ribbons.

Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sun.	1-2 pm
Oct 1-Dec 10	\$93.75	1114744
Jan 7-Mar 4	\$75	1117292

Rideauview – 613-822-7887

4-6 years	Sat.	1:15-2:15 pm
Sep 23-Dec 9	\$94	1123018
7-11 years	Sat.	2:15-3:15 pm
Sep 23-Dec 9	\$94	1123007

Gymnastics – Tumble

Increase balancing and coordination of gymnastic movements on floor and various pieces of equipment.

Goulbourn – 613-580-2532

3-4 years	Sun.	11:45 am-12:30 pm
Sep 24-Dec 10	\$77.25	1119300
Jan 21-Mar 4	\$42.25	1122740
3-4 years	Sat.	11-11:45 am
Sep 23-Dec 9	\$77.25	1119303
Jan 20-Mar 3	\$42.25	1122732

Greenboro – 613-580-2805

5-8 years	Sat.	1-2 pm
Sep 30-Dec 9	\$84.25	1110584
Jan 20-Mar 10	\$65.50	1115029
5-8 years	Sat.	2-3 pm
Sep 30-Dec 9	\$84.25	1110587
Jan 20-Mar 10	\$65.50	1115038

Hunt Club-Riverside Park –

613-260-1299

4-6 years	Sat.	12:30-1:15 pm
Sep 23-Dec 16	\$84.25	1107865
Jan 13-Mar 10	\$63.25	1116038
6-8 years	Sat.	1:15-2 pm
Sep 23-Dec 16	\$84.25	1107871
Jan 13-Mar 10	\$63.25	1116042
9-12 years	Sat.	2-2:45 pm
Sep 23-Dec 16	\$84.25	1107872
Jan 13-Mar 10	\$63.25	1116048

Pincrest – 613-828-3118

4-5 years	Sat.	12:15-1 pm
Sep 30-Dec 16	\$77.25	1117063
Jan 13-Mar 10	\$63.25	1119710
4-5 years	Sat.	1-1:45 pm
Sep 30-Dec 16	\$77.25	1117068
Jan 13-Mar 10	\$63.25	1119714

Richcraft-Kanata – 613-580-9696

4-6 years	Sun.	9:45-10:30 am
Sep 24-Dec 17	\$84.25	1117603
Jan 14-Mar 11	\$56.25	1121970

Hockey

Ball Hockey

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

Bridlewood – 613-271-0712

8-12 years	Mon.	7:15-8:15 pm
Sep 18-Dec 11	\$90	1118084
Jan 8-Mar 5	\$60	1118075

Eva James – 613-271-0712

5-7 years	Sun.	2:15-3:15 pm
Sep 17-Dec 10	\$90	1118052
Jan 14-Mar 11	\$60	1118065

Goulbourn – 613-580-2532

7-12 years	Sat.	11-11:50 am
Sep 23-Dec 9	\$68.75	1119362
Jan 20-Mar 3	\$37.50	1122690

Greenboro – 613-580-2805

5-6 years	Sat.	3-4 pm
Sep 30-Dec 9	\$67.50	1110602
Jan 20-Mar 10	\$52.50	1114806
7-9 years	Sat.	4-5 pm
Sep 30-Dec 9	\$67.50	1110608
Jan 20-Mar 10	\$52.50	1114817
10-13 years	Sat.	5-6 pm
Jan 20-Mar 10	\$52.50	1114823
10-14 years	Sat.	5-6 pm
Sep 30-Dec 9	\$67.50	1110618

Minto-Barrhaven – 613-727-2683

6-8 years	Mon.	5-6 pm
Sep 18-Dec 11	\$90	1111075
Jan 15-Mar 5	\$52.50	1121869
9-12 years	Mon.	6-7 pm
Sep 18-Dec 11	\$90	1111083
Jan 15-Mar 5	\$52.50	1121881

Nepean Sportsplex – 613-580-2828

6-8 years	Sun.	2-3 pm
Sep 17-Dec 10	\$82.50	1119259
Jan 7-Mar 4	\$60	1119437
9-12 years	Sun.	3-4 pm
Sep 17-Dec 10	\$82.50	1119266
Jan 7-Mar 4	\$60	1119442

Ray Friel – 613-580-4765

5-6 years	Sat.	noon-12:45 pm
Sep 16-Nov 4	\$45	1123818
Nov 18-Dec 16	\$28.25	1123820
Jan 13-Mar 10	\$45	1123976
7-10 years	Sat.	1-2 pm
Sep 16-Nov 4	\$60	1123822
Nov 18-Dec 16	\$37.50	1123823
Jan 13-Mar 10	\$60	1123983

Richcraft-Kanata – 613-580-9696

8-12 years	Fri.	4-5 pm
Sep 22-Dec 15	\$97.50	1116353
Jan 12-Mar 9	\$67.50	1120772

Walter Baker – 613-580-2788

5-7 years	Sun.	1-2 pm
Sep 17-Dec 17	\$97.50	1100561
Jan 14-Mar 4	\$60	1100564
7-9 years	Sun.	2:05-3:05 pm
Sep 17-Dec 17	\$97.50	1100562
Jan 14-Mar 4	\$60	1100565
9-13 years	Sun.	3:10-4:10 pm
Sep 17-Dec 17	\$97.50	1100563
Jan 14-Mar 4	\$60	1100566

Ball Hockey – Game Play

Emphasis is on active participation and fun. Non-instructional game play.

École Sainte-Kateri – 613-727-2683

2450 River Mist

6-8 years	Thu.	6-7 pm
Sep 14-Nov 30	\$48.25	1105981
Jan 11-Mar 1	\$32.25	1106011
6-8 years	Sat.	9-10 am
Sep 16-Dec 9	\$48.25	1105994
Jan 6-Mar 3	\$32.25	1106028
8-10 years	Thu.	7-8 pm
Sep 14-Nov 30	\$48.25	1105986
Jan 11-Mar 1	\$32.25	1106013
8-10 years	Sat.	10-11 am
Sep 16-Dec 9	\$48.25	1105998
Jan 6-Mar 3	\$32.25	1106034

Rideauview – 613-822-7887

6-8 years	Sun.	5-6 pm
Sep 17-Dec 10	\$48.25	1120672
Jan 14-Mar 4	\$28.25	1123511
9-11 years	Sun.	6-7 pm
Sep 17-Dec 10	\$48.25	1120678
Jan 14-Mar 4	\$28.25	1123512

4 on 4 Hockey

Develop and improve your hockey skills with this no body checking game. Freewheeling and high scoring with limited whistles and no face-offs or coaches. Full hockey equipment is mandatory.

Bob MacQuarrie-Orléans –

613-580-9600

6-12 years	Fri.	4-4:50 pm
Oct 13-Dec 15	\$50.50	1124595
Jan 12-Mar 2	\$45	1124599

Minto-Barrhaven – 613-727-2683

12-14 years	Fri.	6-6:50 pm
Oct 13-Dec 15	\$56.25	1129018
Jan 12-Mar 9	\$50.50	1129034
6-8 years	Fri.	4-4:50 pm
Oct 13-Dec 15	\$56.25	1129016
Jan 12-Mar 9	\$50.50	1129032
9-11 years	Fri.	5-5:50 pm
Oct 13-Dec 15	\$56.25	1129017
Jan 12-Mar 9	\$50.50	1129033

Ray Friel – 613-580-4765

6-8 years	Mon.	4:30-5:20 pm
Sep 11-Dec 18	\$78.75	1118221
Jan 8-Mar 5	\$45	1118275
9-12 years	Wed.	4:30-5:20 pm
Sep 13-Dec 20	\$84.25	1118494
Jan 10-Mar 7	\$50.50	1118503

Hockey – 4 on 4 Goalie

Develop and improve your goalie skills with limited whistles and no face-offs or coaches. Full hockey equipment is mandatory.

Bob MacQuarrie-Orléans – 613-580-9600

6-12 years	Fri.	4-4:50 pm
Oct 13-Dec 15	\$50.50	1124600
Jan 12-Mar 2	\$45	1124601

Minto-Barrhaven – 613-727-2683

12-14 years	Fri.	6-6:50 pm
Oct 13-Dec 15	\$56.25	1129021
Jan 12-Mar 9	\$50.50	1129037

6-8 years

	Fri.	4-4:50 pm
Oct 13-Dec 15	\$56.25	1129019
Jan 12-Mar 9	\$50.50	1129035

9-11 years

	Fri.	5-5:50 pm
Oct 13-Dec 15	\$56.25	1129020
Jan 12-Mar 9	\$50.50	1129036

Ray Friel – 613-580-4765

6-8 years	Mon.	4:30-5:20 pm
Sep 11-Dec 18	\$78.75	1118322
Jan 8-Mar 5	\$45	1118328
9-12 years	Wed.	4:30-5:20 pm
Sep 13-Dec 20	\$84.25	1118515
Jan 10-Mar 7	\$50.50	1118521

Hockey

Lessons geared towards first time hockey players. Learn individual skills including stick handling, shooting and turning. Participants should have a solid skating base (forwards and stopping). Complete hockey equipment is mandatory.

Bernard Grandmaitre Arena – 613-247-4815

6-12 years	Sat.	9-9:50 am
Oct 14-Dec 9	\$116.75	1110418
Jan 13-Mar 10	\$116.75	1110720

Jack Charron Arena – 613-247-4815

5-7 years	Tue.	5-5:50 pm
Oct 10-Dec 5	\$116.75	1110391
Jan 9-Mar 6	\$116.75	1110687

8-12 years

	Tue.	6-6:50 pm
Oct 10-Dec 5	\$116.75	1110408
Jan 9-Mar 6	\$116.75	1110695

Jim Durrell – 613-247-4811

5-7 years	Fri.	4:30-5:20 pm
Oct 13-Dec 8	\$116.75	1110397
Jan 12-Mar 9	\$116.75	1110683

8-12 years

	Fri.	5:30-6:20 pm
Oct 13-Dec 8	\$116.75	1110404
Jan 12-Mar 9	\$116.75	1110714

McNabb – 613-247-4815

8-12 years	Thu.	6-6:50 pm
Oct 12-Dec 7	\$116.75	1110414
Jan 11-Mar 8	\$116.75	1110705

Minto-Barrhaven – 613-727-2683

5-7 years	Tue.	5-5:50 pm
Oct 10-Dec 12	\$117.50	1129006
Jan 9-Mar 6	\$105.75	1129022

8-12 years

	Thu.	5-5:50 pm
Oct 12-Dec 14	\$117.50	1129014
Jan 11-Mar 8	\$105.75	1129023

Pincrest – 613-247-4815

5-7 years	Tue.	6-6:50 pm
Oct 10-Dec 5	\$116.75	1110387
Jan 9-Mar 6	\$116.75	1110668

Hockey – Development

Perform drills at top speeds to improve your weakness and increase your strengths. Concentrate on power skating technique, agility, acceleration, skating, start, stops, stick handling, passing and shooting. Full Hockey Equipment is mandatory.

Goulbourn – 613-580-2532

4-6 years	Tue.	4:15-5:05 pm
Sep 19-Dec 12	\$235.75	1119839
Jan 23-Mar 6	\$127	1122089

7-12 years

	Tue.	4:15-5:05 pm
Sep 19-Dec 12	\$235.75	1119841
Jan 23-Mar 6	\$127	1122093

Ray Friel – 613-580-4765

8-12 years	Thu.	4:30-5:20 pm
Sep 14-Nov 2	\$145.25	1121448
Nov 9-Dec 21	\$127	1121457
Jan 11-Mar 8	\$163.25	1121473

Hockey – Girls

Lessons geared towards first time hockey players. Learn individual skills including skating, stick handling, and passing. Participants must have taken skating lessons before. Full hockey equipment is mandatory.

Bernard Grandmaitre Arena – 613-247-4815

6-12 years	Sat.	10-10:50 am
Oct 14-Dec 9	\$116.75	1110498
Jan 13-Mar 10	\$116.75	1110739

Minto-Barrhaven – 613-727-2683

6-12 years	Thu.	6-6:50 pm
Oct 12-Dec 14	\$129.75	1129015
Jan 11-Mar 8	\$116.75	1129031

Powerskating

Participants will work through specialized drills focusing on speed, agility and skating techniques. This is not a learn to skate program (participants must be able to skate forwards, backwards, and stop on their own). Full equipment is mandatory and sticks are used on the ice. Ringette players are welcome.

Jim Durrell – 613-247-4811

6-12 years	Tue.	7-8:20 pm
Sep 5-Oct 10	\$130.25	1110435

McNabb – 613-247-4815

6-12 years	Thu.	7-7:50 pm
Oct 12-Dec 7	\$130.25	1110443
Jan 11-Mar 8	\$130.25	1110762

Minto-Barrhaven – 613-727-2683

6-12 years	Tue.	6-6:50 pm
Oct 10-Dec 12	\$141.25	1115918
Jan 9-Mar 6	\$127.25	1116228

Powerskating – Level 2

Develop better balance, power, agility, speed, endurance, and overall skating technique. This is not a learn to skate program. Participants must be able to skate forwards, backwards, stop, pivot, and crossover. Full equipment is mandatory and sticks are used on the ice. Ringette players are welcome.

McNabb – 613-247-4815

8-12 years	Thu.	8-8:50 pm
Oct 12-Dec 7	\$130.25	1110474
Jan 11-Mar 8	\$130.25	1110772

Minto-Barrhaven – 613-727-2683

8-12 years	Wed.	8-8:50 pm
Oct 10-Dec 12	\$141.25	1116067
Jan 9-Mar 6	\$127.25	1116235

Powerskating and Stick Handling

Balance, power, agility, speed and endurance. Must have basic, forward and backward skating skills and be able to stop on command. Skills, techniques and conditioning drills taught emphasizing application to game situations.

Bob MacQuarrie-Orléans – 613-580-9600

8-13 years	Wed.	8-8:50 pm
Sep 27-Dec 13	\$198.25	1124576
Jan 17-Mar 7	\$132.25	1124579



Mini-Stick Hockey

Come participate in an age-old Canadian tradition and play the sport our forefathers built this country on.

Pat Clark (Cyrville) – 613-748-1771

4-6 years	Fri.	6-7 pm
Sep 22-Nov 24	\$40.25	1122866
Jan 12-Mar 9	\$36.25	1122898
6-9 years	Fri.	7-8 pm
Sep 22-Nov 24	\$40.25	1122871
Jan 12-Mar 9	\$36.25	1122931

Soccer

Soccer

Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing the game.

Avalon School – 613-824-0633 ext. 221 2080 Portobello

5-6 years	Sat.	noon-1 pm
Sep 16-Dec 16	\$90	1113475
Jan 13-Mar 10	\$60	1113551
5-6 years	Sat.	1-2 pm
Sep 16-Dec 16	\$90	1113479
Jan 13-Mar 10	\$60	1113554
6-8 years	Mon.	6-7 pm
Sep 18-Dec 11	\$90	1113532
Jan 15-Mar 5	\$52.50	1113603
7-10 years	Mon.	7-8 pm
Sep 18-Dec 11	\$90	1113535
Jan 15-Mar 5	\$52.50	1113613
9-12 years	Mon.	8-9 pm
Sep 18-Dec 11	\$90	1113540
Jan 15-Mar 5	\$52.50	1113619

Carleton Heights School – 613-226-2208 1660 Prince of Wales

5-8 years	Wed.	6-7 pm
Sep 27-Nov 29	\$75	1121739
Jan 10-Mar 7	\$67.50	1121748

École Franco Jeunesse – 613-580-2400 119 Osgoode

6-10 years	Tue.	6-7 pm
Sep 12-Nov 21	\$75	1104259
Jan 16-Mar 6	\$60	1104531

Eva James – 613-271-0712

6-8 years	Fri.	4:15-5:15 pm
Sep 22-Dec 15	\$97.50	1120927
Jan 12-Mar 9	\$67.50	1120908
9-12 years	Fri.	5:20-6:20 pm
Sep 22-Dec 15	\$97.50	1120930
Jan 12-Mar 9	\$67.50	1120911

Fallingbrook School – 613-580-4765 679 Deancourt

5-6 years	Sat.	9-10 am
Sep 16-Dec 16	\$90	1120436
Jan 13-Mar 10	\$67.50	1120462
6-7 years	Sat.	10-11 am
Sep 16-Dec 16	\$90	1120447
Jan 13-Mar 10	\$67.50	1120463
8-12 years	Sat.	11 am-noon
Sep 16-Dec 16	\$90	1120456
Jan 13-Mar 10	\$67.50	1120464

Fisher Park – 613-798-8945

5-8 years	Sat.	9:15-10:15 am
Sep 23-Dec 9	\$75	1103956
Jan 13-Mar 10	\$60	1107535

Glen Cairn – 613-580-2570

5-7 years	Wed.	6:20-7:05 pm
Sep 27-Dec 6	\$61.75	1115042
Jan 10-Mar 7	\$50.75	1120605

Greenboro – 613-580-2805

5-6 years	Tue.	5-6 pm
Sep 26-Dec 5	\$82.50	1108920
Jan 23-Mar 6	\$52.50	1111000
7-9 years	Tue.	6-7 pm
Sep 26-Dec 5	\$82.50	1108929
Jan 23-Mar 6	\$52.50	1111012
10-13 years	Tue.	7-8 pm
Sep 26-Dec 5	\$82.50	1108941
Jan 23-Mar 6	\$52.50	1111016

Heron – 613-247-4808

6-9 years	Tue.	5:30-6:30 pm
Sep 26-Nov 28	\$75	1115495
Jan 16-Mar 6	\$60	1118560

Kanata Recreation – 613-580-2570

5-7 years	Sun.	2:10-2:55 pm
Oct 1-Dec 10	\$56.25	1118008
Jan 14-Mar 11	\$45	1121670
5-7 years	Sun.	3-3:45 pm
Oct 1-Dec 10	\$56.25	1118011
Jan 14-Mar 11	\$45	1121675

McNabb – 613-564-1070

5-7 years	Sun.	noon-1 pm
Oct 1-Dec 17	\$90	1113725
Jan 14-Mar 11	\$67.50	1123606
8-12 years	Sun.	1-2 pm
Oct 1-Dec 17	\$90	1113728
Jan 14-Mar 11	\$67.50	1123607

Minto-Barrhaven – 613-727-2683

6-8 years	Fri.	6-7 pm
Sep 22-Dec 8	\$90	1121215
Jan 19-Mar 9	\$60	1122914
9-12 years	Fri.	7-8 pm
Sep 22-Dec 8	\$90	1121216
Jan 19-Mar 9	\$60	1122921

Nepean Sportsplex – 613-580-2828

6-8 years	Mon.	5-5:45 pm
Sep 18-Dec 4	\$67.50	1119287
Jan 8-Mar 5	\$45	1121388
6-8 years	Tue.	4-4:45 pm
Sep 12-Oct 24	\$39.50	1123655
6-8 years	Tue.	5-5:45 pm
Sep 12-Oct 24	\$39.50	1123658
6-8 years	Sat.	9-9:45 am
Sep 16-Dec 9	\$61.75	1119279
Jan 6-Mar 3	\$45	1121378
7-9 years	Sat.	10-11 am
Sep 16-Dec 9	\$82.50	1119283
Jan 6-Mar 3	\$60	1121379
9-12 years	Mon.	5-5:45 pm
Sep 18-Dec 11	\$67.50	1119290
Jan 8-Mar 5	\$45	1121394
10-12 years	Sat.	10-11 am
Sep 16-Dec 9	\$82.50	1119284
Jan 6-Mar 3	\$60	1121382

Pat Clark (Cyrville) – 613-748-1771

6-8 years	Sat.	11:30 am-12:30 pm
Sep 23-Dec 9	\$82.50	1109201
Jan 6-Mar 10	\$67.50	1114560

Ray Friel – 613-580-4765

3-5 years	Sat.	10-10:45 am
Sep 16-Nov 4	\$45	1123838
Nov 18-Dec 16	\$28.25	1123840
Jan 13-Mar 10	\$45	1123988

South Fallingbrook – 613-824-0633 ext. 221

5-6 years	Sun.	11 am-noon
Sep 17-Dec 17	\$90	1113492
Jan 14-Mar 11	\$60	1113567
6-12 years	Sat.	2:30-3:30 pm
Sep 16-Dec 16	\$90	1113485
Jan 13-Mar 10	\$60	1113563
7-8 years	Sun.	noon-1 pm
Sep 17-Dec 17	\$90	1113501
Jan 14-Mar 11	\$60	1113570

South March School – 613-580-9696 1032 Klondike

7-9 years	Sat.	9:50-10:50 am
Sep 23-Dec 2	\$75	1104567
Jan 20-Mar 3	\$45	1104568

St. Theresa School – 613-824-0633 ext. 221

2000 Portobello

7-10 years	Tue.	7-8 pm
Sep 19-Dec 5	\$90	1113519
Jan 16-Mar 6	\$60	1113580
11-14 years	Tue.	8-9 pm
Sep 19-Dec 5	\$90	1113525
Jan 16-Mar 6	\$60	1113593

St-Laurent – 613-742-6767

6-8 years	Sat.	10:15-11:10 am
Sep 9-Dec 16	\$96.25	1117220
Jan 13-Mar 10	\$55	1117930
9-12 years	Sat.	11:15 am-12:10 pm
Sep 9-Dec 16	\$96.25	1117229
Jan 13-Mar 10	\$55	1117934

Walter Baker – 613-580-2788

6-9 years	Sun.	11:30 am-12:15 pm
Sep 17-Dec 17	\$73	1100559
Jan 14-Mar 4	\$45	1100560

Soccer – Boys

Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing the game.

Hunt Club-Riverside Park – 613-260-1299

6-9 years	Sat.	11:30 am-12:30 pm
Sep 23-Dec 16	\$90	1107722
Jan 13-Mar 10	\$67.50	1115960

Soccer – Girls

Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing the game.

Hunt Club-Riverside Park – 613-260-1299

8-12 years	Sun.	10:30-11:30 am
Sep 24-Dec 17	\$90	1107327
Jan 14-Mar 11	\$67.50	1115626

Soccer League

Learn the skills and practice the drills necessary to improve your game.

Alexander – 613-798-8978

8-12 years	Fri.	4-6 pm
Sep 22-Dec 15	\$17	1120396
Jan 12-Apr 13	\$17	1120384

Tennis

Progressive Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport and play lots of games.

Fallingbrook School – 613-580-4765 679 Deancourt

5-7 years	Sat.	1:45-2:30 pm
Sep 16-Dec 16	\$112.25	1120551
Jan 13-Mar 10	\$84.25	1120556
8-12 years	Sat.	2:30-3:30 pm
Sep 16-Dec 16	\$149.75	1120555
Jan 13-Mar 10	\$112.25	1120557

Heron – 613-247-4808

7-10 years	Sat.	10:15-11 am
Oct 14-Dec 9	\$84.25	1104552
Jan 13-Mar 10	\$75	1104553

Pincrest – 613-828-3118

5-7 years	Sun.	11 am-noon
Oct 1-Dec 17	\$137.25	1117123
Jan 14-Mar 11	\$112.25	1119772
5-7 years	Sun.	noon-1 pm
Oct 1-Dec 17	\$137.25	1117128
Jan 14-Mar 11	\$112.25	1119774

Richcraft-Kanata – 613-580-9696

6-8 years	Sun.	11 am-noon
Sep 24-Dec 17	\$149.75	1116361
Jan 14-Mar 11	\$100	1121737
6-8 years	Sat.	10:45-11:45 am
Sep 23-Dec 16	\$149.75	1116359
Jan 13-Mar 10	\$100	1121734
9-12 years	Sun.	noon-1 pm
Sep 24-Dec 17	\$149.75	1116362
Jan 14-Mar 11	\$100	1121738
9-12 years	Sat.	11:45 am-12:45 pm
Sep 23-Dec 16	\$149.75	1116360
Jan 13-Mar 10	\$100	1121736

Table Tennis

Improve your reflexes and speed up your thinking playing table tennis. Develop your skills and a better understanding of the sport as you play the game.

Richcraft-Kanata – 613-580-9696

7-10 years	Sun.	9-10 am
Sep 24-Dec 17	\$68.75	1117646
Jan 14-Mar 11	\$50	1121991
11-14 years	Sun.	10-11 am
Sep 24-Dec 17	\$68.75	1117647
Jan 14-Mar 11	\$50	1121992

Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport and play lots of games.

South Fallingbrook – 613-824-0633

6-7 years	Sat.	10-10:45 am
Sep 23-Dec 16	\$112.25	1117882
Jan 13-Mar 10	\$75	1117942
8-10 years	Sat.	11 am-noon
Sep 23-Dec 16	\$149.75	1117896
Jan 13-Mar 10	\$100	1117956

Woodroffe School – 613-580-2400

2410 Georgina		
8-12 years	Tue.	6:30-7:30 pm
Oct 17-Dec 19	\$119.75	1118335
Jan 9-Mar 13	\$119.75	1118425

Volleyball

Volleyball

Learn the rules, game play (bump, set, spike, tip) and skills needed to serve and volley. Develop the fundamental skills playing the game.

Eva James – 613-271-0712

11-14 years	Sun.	1-2 pm
Sep 17-Dec 10	\$90	1117963
Jan 14-Mar 11	\$60	1117982

Fisher Park – 613-798-8945

10-14 years	Thu.	7-8 pm
Sep 21-Nov 23	\$75	1104516
Jan 11-Mar 8	\$67.50	1107591

Goulbourn – 613-580-2532

11-14 years	Thu.	7:30-8:30 pm
Sep 21-Dec 7	\$90	1119468
Jan 25-Mar 8	\$52.50	1122366

Minto-Barrhaven – 613-727-2683

8-12 years	Mon.	7-8 pm
Sep 18-Dec 11	\$90	1111108
Jan 15-Mar 5	\$52.50	1121910
13-14 years	Mon.	8-9 pm
Sep 18-Dec 11	\$90	1111112
Jan 15-Mar 5	\$52.50	1121916

Nepean Sportsplex – 613-580-2828

10-14 years	Thu.	5-5:45 pm
Sep 21-Dec 7	\$67.50	1119317
Jan 11-Mar 8	\$50.75	1121435

Rideauview – 613-822-7887

9-13 years	Mon.	6-7 pm
Sep 18-Dec 11	\$90	1119923
Jan 15-Mar 5	\$52.50	1123491

Volleyball – Level 2

For the more avid volleyball player. Participants are expected to have a good understanding of the game and to be able to perform all basic techniques.

South March School – 613-580-9696

1032 Klondike		
12-14 years	Sat.	12:30-1:30 pm
Sep 23-Dec 2	\$75	1104554
Jan 20-Mar 3	\$45	1104556



General Sports

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.

Cheerleading

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

Plant – 613-232-3000

6-10 years	Sat.	11:15 am-12:15 pm
Sep 23-Dec 16	\$90	1120990
Jan 13-Mar 10	\$67.50	1124873

Sandy Hill – 613-564-1062

6-10 years	Sat.	12:30-1:30 pm
Sep 16-Nov 25	\$75	1104257
Jan 13-Mar 10	\$67.50	1104536

Walter Baker – 613-580-2788

6-9 years	Mon.	6-6:45 pm
Sep 18-Dec 11	\$67.50	1100509
Jan 15-Feb 26	\$39.50	1100510

Cross Country Ski – Classic

Learn or review the basics of classic skiing: diagonal stride, double poling, and climbing and descending hills. Reinforced through activities, games and skiing in the park.

Goulbourn – 613-580-2532

13-15 years	Sat.	1:30-2:20 pm
Jan 13-Feb 17	\$109	1122556

Terry Fox – 613-247-4883

6-14 years	Tue.	4:45-5:45 pm
Jan 9-Feb 6	\$90.75	1120397
6-14 years	Sat.-Sun.	3:30-5 pm
Jan 13-14	\$54.50	1120412
6-14 years	Sat.	12:30-1:30 pm
Jan 13-Feb 10	\$90.75	1120402
6-14 years	Sat.	2-3 pm
Jan 13-Feb 10	\$90.75	1120405
6-14 years	Sun.	12:30-1:30 pm
Jan 14-Feb 11	\$90.75	1120407
6-14 years	Sun.	2-3 pm
Jan 14-Feb 11	\$90.75	1120409
10-14 years	Sun.	12:30-1:30 pm
Jan 14-Feb 11	\$90.75	1124529
10-14 years	Sun.	2-3 pm
Jan 14-Feb 11	\$90.75	1124530
10-14 years	Tue.	4:45-5:45 pm
Jan 9-Feb 6	\$90.75	1124516
10-14 years	Sat.	12:30-1:30 pm
Jan 13-Feb 10	\$90.75	1124519
10-14 years	Sat.	2-3 pm
Jan 13-Feb 10	\$90.75	1124527
6-14 years	Sat.-Sun.	3:30-5 pm
Jan 20-21	\$54.50	1120414
6-14 years	Sat.-Sun.	3:30-5 pm
Jan 27-28	\$54.50	1120416
6-14 years	Sat.-Sun.	3:30-5 pm
Feb 3-4	\$54.50	1120419
6-14 years	Sat.-Sun.	3:30-5 pm
Feb 10-11	\$54.50	1120420

Level 3

Improve your basic classic-skiing technique. Including diagonal stride, hill technique and double poling. Previous instruction is recommended.

Terry Fox – 613-247-4883

8-14 years Sat. 12:30-1:30 pm
Jan 13-Feb 10 \$90.75 [1120366](#)

Cross Country Ski-Skate – Level 1

Requires special skate-ski equipment. Children learn the basics of skate-skiing: free skate, double poling, and offset. Reinforced through activities, games and skiing in the park.

Terry Fox – 613-247-4883

6-14 years Sun. 3:30-4:30 pm
Jan 14-Feb 11 \$90.75 [1120257](#)
10-14 years Sun. 3:30-4:30 pm
Jan 14-Feb 11 \$90.75 [1120265](#)

Curling – Little Rocks

Develop fundamental skills of sweeping and throwing the rock. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

Nepean Sportsplex – 613-580-2828

8-10 years Sat. 9-11 am
Nov 4-Mar 3 \$172 [1124637](#)
10-14 years Sat. 9-11 am
Nov 4-Mar 3 \$172 [1124638](#)

Dodgeball – Game Play

Dip, dodge and dive! Emphasis is on active participation and fun. Games are at a recreational level.

Greenboro – 613-580-2805

8-12 years Sat. 1-2 pm
Sep 30-Dec 9 \$36.25 [1110566](#)
Jan 20-Mar 10 \$28.25 [1114987](#)

Heron – 613-247-4808

7-10 years Mon. 5:15-6:15 pm
Sep 25-Dec 4 \$40.25 [1115569](#)
Jan 15-Mar 5 \$28.25 [1120553](#)

Pat Clark (Cyrville) – 613-748-1771

8-12 years Sun. 2-3 pm
Sep 17-Nov 26 \$40.25 [1110973](#)
Jan 7-Mar 11 \$36.25 [1111211](#)

Ray Friel – 613-580-4765

7-10 years Tue. 6:30-7:30 pm
Sep 12-Oct 24 \$28.25 [1123747](#)
Nov 7-Dec 19 \$28.25 [1123749](#)
Jan 9-Feb 27 \$32.25 [1123938](#)

Richcraft-Kanata – 613-580-9696

8-12 years Fri. 5-6 pm
Sep 22-Dec 15 \$52.25 [1116354](#)
Jan 12-Mar 9 \$36.25 [1120775](#)

Walter Baker – 613-580-2788

6-9 years Sat. 11:20 am-12:20 pm
Sep 16-Dec 16 \$52.25 [1100545](#)
Jan 13-Mar 3 \$32.25 [1100547](#)
9-13 years Sat. 12:25-1:25 pm
Jan 13-Mar 3 \$32.25 [1100548](#)
9-13 years Sat., Wed. 12:25-1:25 pm
Sep 16-Dec 13 \$52.25 [1100546](#)

Flag Football

Run, throw, catch! Develop your fundamental skills learning the basics of flag football.

Minto-Barrhaven – 613-727-2683

10-14 years Tue. 4:30-5:30 pm
Sep 12-Oct 17 \$45 [1106073](#)
10-14 years Thu. 4:30-5:30 pm
Sep 14-Oct 19 \$45 [1106075](#)

Multi Sport

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Program includes skill development and fun games.

Eva James – 613-271-0712

6-10 years Sun. 10:55-11:55 am
Sep 17-Dec 10 \$90 [1117929](#)
Jan 14-Mar 11 \$60 [1117944](#)
6-10 years Thu. 4:45-5:45 pm
Sep 21-Dec 14 \$97.50 [1119551](#)
Jan 11-Mar 8 \$67.50 [1119556](#)

François Dupuis – 613-580-8080

6-12 years Tue. 1-3 pm
Sep 19-Dec 5 \$179.75 [1122031](#)
Jan 9-Mar 6 \$134.75 [1124037](#)
6-12 years Thu. 1-3 pm
Sep 21-Dec 7 \$179.75 [1123077](#)
Jan 11-Mar 8 \$134.75 [1124039](#)



Goulbourn – 613-580-2532

4-6 years Sat. 10-10:50 am
Sep 23-Dec 9 \$68.75 [1119375](#)
Jan 20-Mar 3 \$37.50 [1122628](#)
7-12 years Sat. 10-10:50 am
Sep 23-Dec 9 \$68.75 [1119373](#)
Jan 20-Mar 3 \$37.50 [1122632](#)

Greenboro – 613-580-2805

5-7 years Wed. 6-7 pm
Sep 27-Dec 6 \$81.50 [1108967](#)
Jan 24-Mar 7 \$51.75 [1114610](#)
8-10 years Thu. 6-7 pm
Sep 28-Dec 7 \$81.50 [1108976](#)
Jan 25-Mar 8 \$51.75 [1114631](#)

Hintonburg – 613-798-8874

5-7 years Mon. 5:45-6:45 pm
Oct 16-Dec 4 \$60 [1118061](#)
Jan 8-Mar 5 \$60 [1118066](#)

Nepean Sportsplex – 613-580-2828

6-8 years Wed. 5-5:45 pm
Sep 20-Dec 6 \$67.50 [1119322](#)
Jan 10-Mar 7 \$50.75 [1121538](#)

Pinecrest – 613-828-3118

4-7 years Sun. 1:30-2:30 pm
Oct 1-Dec 17 \$82.50 [1117141](#)
4-7 years Sun. 2:30-3:30 pm
Jan 14-Mar 11 \$67.50 [1119784](#)

Richcraft-Kanata – 613-580-9696

4-6 years Wed. 2-3 pm
Sep 20-Dec 13 \$97.50 [1111482](#)
Jan 10-Mar 7 \$67.50 [1120721](#)
7-12 years Wed. 2-3 pm
Sep 20-Dec 13 \$97.50 [1111483](#)
Jan 10-Mar 7 \$67.50 [1120722](#)

Rockcliffe Park School – 613-842-8578

350 Buena Vista

6-9 years Tue. 6-7 pm
Sep 26-Nov 28 \$75 [1108026](#)
Jan 16-Mar 6 \$60 [1108028](#)
10-14 years Tue. 7-8 pm
Sep 26-Nov 28 \$75 [1108027](#)
Jan 16-Mar 6 \$60 [1108029](#)

Multi Sport – Community Sports Club

Multi-sport league, with weekly games and tournaments. Sports offered include ball hockey, indoor soccer, basketball, dodge ball and much more!

Foster Farm – 613-828-2004

7-12 years Sat.
Sep 23-Dec 9 10:30 am-noon
Jan 13-Mar 3 10:30 am-noon

Michele Heights – 613-828-5100

6-12 years Fri.
Sep 29-Dec 22 6-7:30 pm
Jan 12-Mar 9 6-7:30 pm



Rock Climbing

Learn the basics of rock climbing. All safety equipment is provided.

Richcraft-Kanata – 613-580-9696

5-7 years	Thu.	5-5:45 pm
Sep 21-Dec 14	\$98	1116346
Jan 11-Mar 8	\$67.75	1120757
5-7 years	Sat.	9:30-10:15 am
Sep 23-Dec 16	\$90.50	1116349
Jan 13-Mar 10	\$60.25	1120760
8-11 years	Thu.	5:45-6:30 pm
Sep 21-Dec 14	\$98	1116347
Jan 11-Mar 8	\$67.75	1120758
8-11 years	Sat.	10:15-11 am
Sep 23-Dec 16	\$90.50	1116350
Jan 13-Mar 10	\$60.25	1120761
12-14 years	Thu.	6:30-7:30 pm
Sep 21-Dec 14	\$130.50	1116348
Jan 11-Mar 8	\$90.50	1120759
12-14 years	Sat.	11 am-noon
Sep 23-Dec 16	\$120.50	1116351
Jan 13-Mar 10	\$80.25	1120762

Rope Skipping

Rope skipping combines the skills of coordination, concentration, and flexibility while developing the cardiovascular capacity. Learn new skills, tricks and routines. A great workout and a ton of fun!

Hintonburg – 613-798-8874

6-12 years	Mon.	4-5 pm
Oct 16-Dec 4	\$65	1122625
Jan 15-Mar 5	\$57	1122689

Skateboarding

Get started on the right foot. Learn the basic skateboard skills, how to maintain your board as well as overall skate etiquette for skate parks. Your own skateboard, helmet, elbow, and knee pads are required.

Bob MacQuarrie-Orléans – 613-580-9600

7-12 years	Sat.	9-10 am
Sep 9-Oct 7	\$62.50	1114986
9-14 years	Sat.	10-11 am
Sep 9-Oct 7	\$62.50	1114988

Sportball® – Basketball

Learn basketball fundamental skills: dribbling, passing, shooting and more. Put your skills to work in an exciting, non-competitive game.

Emily Carr School – 613-580-9600

2681 Innes

8-12 years	Wed.	6-7 pm
Sep 13-Nov 1	\$141.75	1114959
8-12 years	Wed.	7-8 pm
Jan 17-Mar 7	\$141.75	1117890

Sportball® – Multi-Sport

In collaboration with Sportball. www.sportball.ca. learn the FUNdamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are taught in a non-competitive and supportive environment

Emily Carr School – 613-580-9600

2681 Innes

8-12 years	Wed.	6-7 pm
Jan 17-Mar 7	\$141.75	1117875
8-12 years	Wed.	7-8 pm
Sep 13-Nov 1	\$141.75	1114969

Greely School – 613-580-2424 ext. 30235

7066 Parkway

5-7 years	Sat.	10:45-11:45 am
Sep 16-Oct 28	\$101.75	1111538
Nov 4-Dec 16	\$101.75	1111541
Jan 20-Mar 10	\$121.25	1111502

Richelieu-Vanier – 613-560-6030

4-6 years	Sun.	noon-1 pm
Jan 14-Mar 4	\$121.25	1101652

Walter Baker – 613-580-2788

3-5 years	Thu.	11 am-noon
Jan 18-Mar 8	\$137.75	1102094
5-7 years	Tue.	5:15-6:15 pm
Sep 12-Oct 24	\$120.50	1102009
Nov 7-Dec 12	\$103.25	1102010
Jan 16-Mar 6	\$137.75	1102093

Squash

Develop fundamental squash skills with basic techniques and playing the game.

Nepean Sportsplex – 613-580-2828

10-12 years	Sat.	9:30-10:30 am
Sep 30-Dec 9	\$124.75	1124031
Jan 13-Mar 3	\$87.50	1124053
10-14 years	Tue.	5:30-6:30 pm
Oct 3-Dec 5	\$124.75	1124022
Jan 16-Mar 6	\$100	1124050

12-14 years	Sat.	10:30-11:30 am
Jan 13-Mar 3	\$87.50	1124057
12-14 years	Sat.	10:30-11:30 am
Sep 30-Dec 10	\$124.75	1124034

Triathlon

Why not train for a triathlon and get a complete body workout? Weekly sessions include running, swimming and indoor cycling. You will be able to complete a 'Try a Tri' by the end.

Goulbourn – 613-580-2532

13-14 years	Sat.	3-4 pm
Sep 23-Dec 16	\$91.50	1116352

Workshops

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.

Gingerbread House Building

Join us to make a special holiday project.

Eva James – 613-271-0712

7-10 years	Sat.	1-2:30 pm
Dec 9	\$37.50	1123383

Jewellery Workshop

Make easy, stylish and impressive ready-to-wear jewellery pieces.

Pat Clark (Cyrville) – 613-748-1771

6-12 years	Sat.	1-4 pm
Feb 24	\$28.25	1123057

Drop In Activities

You can now search for up to date drop-in activities at your local facility using our new [search tool](#).