



Classes and Activities for Youth

Recreation eGuide

Fall 2017 and Winter 2018

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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.

Digital 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.

Game Development – Introduction

Create your own mobile game! Using tools like Unity and Adobe Photoshop, develop animation skills and your very own video game.

Shenkman Arts

12-18 years	Mon.	7-8:30 pm
Sep 18-Nov 20	\$106.50	1103395
Jan 8-Mar 5	\$108.75	1111593

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

Sep 14-Oct 19	Thu.	6:45-8:15 pm
11-14 years	\$124.50	1106723
15-18 years	\$140.75	1106768
Jan.11-Feb 15	Thu.	6:45-8:15 pm
11-14 years	\$124.50	1106778
15-18 years	\$140.75	1106784

Super 8mm B&W Film Making

The creative resurgence of Super 8. Develop your story and learn to shoot. Process your film in a professional darkroom (off site). Films will be transferred to digital format for editing and completion. Fee includes film and processing costs.

Nepean Creative Arts

15-17 years	Tue.	6:30-8:30 pm
Oct 3-Nov 28	\$454	1119838
Jan 16-Mar 6	\$454	1119847

Performing Arts

Dance

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

Sep 16-Nov 18	Sat.	noon-1:15 pm
11-14 years	\$111.25	1106634
15-18 years	\$125.75	1106882
Jan 13-Mar 10	Sat.	noon-1:15 pm
11-14 years	\$111.25	1106642
15-18 years	\$125.75	1106894

Drama

Acting for Horror

Learn the techniques for acting in horror films by bringing out your 'inner scream.' Taught by Brett Kelly, independent movie director and 'Ottawa's Baron of Blood.'

Nepean Creative Arts

Oct 28	Sat.	12:30-3:30 pm
9-14 years	\$41.50	1121436
15-16 years	\$47	1121443

Zombie 101

Ever wanted to be one of the walking dead? Learn the ropes from zombie film director Brett Kelly and his zombie coach. Walk, growl and have your face made up to scare the life out of slow walking humans!

Nepean Creative Arts

Jan 13	Sat.	12:30-3:30 pm
9-14 years	\$41.50	1109124
15-16 years	\$47	1109157

Multi Arts

My Costume, My Fashion, My Style

Jr. Fashionistas will thrive as you conceptualize and construct your fashion or costume designs. With instruction from KIKI® designer Kristen Saar, create customized, affordable «upcycled» styles. Bring materials, fabric or items for recycling.

Nepean Creative Arts

Sep 16-17	Sat.-Sun.	10 am-5 pm
9-14 years	\$167.25	1117366
15-16 years	\$203.25	1117378
Jan6-7	Sat.-Sun.	10 am-5 pm
9-14 years	\$180	1111030
15-16 years	\$203.25	1111053

You Bet You Can Act!

Learn effective stage presence. You can make 'em laugh and make 'em cry. Teachings include: acting skills and enunciation, projection, postures, and character development. In collaboration with Suzart Productions.

Nepean Creative Arts

Feb 24	Sat.	12:30-4 pm
10-14 years	\$60.75	1109203
15-16 years	\$68.50	1109213

You Bet You Can Dance!

Learn Broadway-style dance exploring choreography and performance styles. You bet you can dance! In collaboration with Suzart Productions.

Nepean Creative Arts

Dec 2	Sat.	12:30-4 pm
10-14 years	\$60.75	1110486
15-16 years	\$68.50	1110523

You Bet You Can Sing!

Learn the proper techniques behind Broadway-style singing. Discover how to perform various musical styles and how to command the stage and be heard. In collaboration with Suzart Productions.

Nepean Creative Arts

Nov 4	Sat.	12:30-4 pm
10-14 years	\$60.75	1109203
15-16 years	\$68.50	1109187

Music

Abba's Greatest Hits & Pop Performance

Experience performance through Abba and pop. Professional voice teacher Marina Rososky teaches singing ability, musicality and vocal projection, and helps master stage fright. A series of workshops culminates in a combined performance.

Nepean Creative Arts

Sep 28-Dec 3	Thu., Sun.	5:30-8:30 pm
8-14 years	\$355.75	1108546
15-18 years	\$402	1108580
Jan 18-Mar 4	Thu., Sun.	5:30-8:30 pm
8-14 years	\$237.25	1108567
15-18 years	\$268	1108590

Guitar

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

Nepean Creative Arts

Level 1

Sep 20-Nov 15	Wed.	5:30-6:30 pm
10-14 years	\$155.75	1106656
15-18 years	\$176	1106934
Jan 10-Feb 28	Wed.	5:30-6:30 pm
10-14 years	\$138.50	1106663
15-18 years	\$156.50	1107488

Level 2

Sep 20-Nov 15	Wed.	6:30-7:30 pm
10-14 years	\$155.75	1106670
15-18 years	\$176	1107517
Jan 10-Feb 28	Wed.	6:30-7:30 pm
10-14 years	\$138.50	1106674
15-18 years	\$156.50	1107541

Level 3

Sep 20-Nov 15	Wed.	7:30-8:30 pm
10-14 years	\$155.75	1106683
15-18 years	\$176	1107564
Jan 10-Feb 28	Wed.	7:30-8:30 pm
10-14 years	\$138.50	1106689
15-18 years	\$156.50	1107575



Visual Arts

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Handbuilding

Create functional pieces using handbuilding construction techniques like coils or a slab and pinch pots. Surface decorations, textures and glazing techniques will be introduced.

Nepean Visual Arts

10-13 years	Sat.	1-3 pm
Sep 23-Dec 2	\$255.25	1100168
Jan 13-Mar 3	\$204.25	1101100

Wheel – Level 1

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

Nepean Visual Arts

11-14 years	Sat.	10 am-noon
Sep 23-Dec 2	\$255.25	1099712
Jan 13-Mar 3	\$204.25	1101029
11-14 years	Sat.	1-3 pm
Sep 23-Dec 2	\$255.25	1099713
Jan 13-Mar 3	\$204.25	1101032

Arts in Your Neighbourhood

Literary Arts

Writing for Enjoyment

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

Greenboro – 613-580-2805

15-17 years	Sat.	10-11:30 am
Sep 30-Dec 2	\$104.25	1110789
Jan 20-Mar 10	\$91.25	1114914

Performing Arts

Dance

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.

Michele Heights – 613-828-5100

11-14 years	Sat.	4:30-5:15 pm
Sep 9-Jun 9	\$199.75	1124922
Sep 9-Dec 9	\$86.75	1124924

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.

Heron – 613-247-4808

15-17 years	Sun.	2-2:45 pm
Sep 24-Dec 3	\$146.75	1123872
Jan 14-Mar 11	\$117.25	1123732

Visual Arts

Drawing and Painting

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

Eva James – 613-271-0712

15-17 years	Wed.	5:45-6:45 pm
Sep 20-Dec 13	\$173	1120764
Jan 10-Mar 7	\$119.75	1120756

Minto-Barrhaven – 613-727-2683

15-17 years	Wed.	7-8 pm
Sep 20-Dec 6	\$167.25	1120986
Jan 17-Mar 7	\$111.50	1122296

Certification

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.

Alexander – 613-798-8978

13-15 years	Mon.	7-8:30 pm
Oct 2-Nov 20	\$82.25	1120864
Jan 15-Mar 19	\$82.25	1120899

Fisher Park – 613-798-8945

11-14 years	Wed.	6-8 pm
Sep 27-Oct 25	\$83.75	1103926
Jan 24-Feb 21	\$85.75	1103933

11-14 years	Sat.	11 am-1 pm
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Nov 4-Dec 2	\$83.75	1103928
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Jan 27-Mar 3	\$82	1103936
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Foster Farm – 613-828-2004

15-17 years	Mon.	5-7 pm
Sep 25-Nov 20	\$82.25	1122819
Jan 15-Mar 12	\$110	1122780

Heron – 613-247-4808

15-18 years	Sat.	9:30 am-4:30 pm
Nov 18	\$75.75	1125152
Feb 24	\$75.75	1125153

Richelieu-Vanier – 613-560-6030

15-18 years	Sat.-Sun.	9 am-1 pm
Oct 28-29	\$75.75	1101632
Feb 3-4	\$75.75	1101633

Standard First Aid/ CPR Level C/AED

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

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

15-18 years	Sat.-Sun.	8:30 am-4:30 pm
Feb 10-11	\$135.75	1108948

Greely – 613-580-2424 ext. 30235

15-18 years	Sat.-Sun.	8:30 am-4:30 pm
Oct 14-15	\$135.75	1108932

Martial Arts

Jiu-Jitsu

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

Queen Elizabeth School – 613-580-2400 689 St. Laurent

15-17 years	Fri.	6:30-7:25 pm
Sep 22-Dec 15	\$133.25	1117599
Jan 12-Mar 9	\$92.25	1117587

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

15 years	Wed.	7:05-8:05 pm
Sep 20-Dec 13	\$145.25	1120643
Jan 17-Mar 7	\$89.50	1120645

Heron – 613-247-4808

15-18 years	Sat.	11:15 am-12:15 pm
Oct 14-Dec 9	\$74	1104560
Jan 13-Mar 10	\$65.75	1104572

Queenswood Heights – 613-580-4765

15-18 years	Mon., Wed.	7:30-8:30 pm
Sep 11-Dec 18	\$217.75	1104514
Jan 15-Mar 7	\$116.75	1104517

Karate Goju Ryu

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.

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

866 Scala

15-18 years	Tue., Thu.	6:30-7:30 pm
Sep 19-Dec 7	\$162.50	1107560
Jan 16-Mar 8	\$108.50	1107694

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, increasing self-confidence and coordination.

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

866 Scala

15-18 years	Tue., Thu.	7:30-8:30 pm
Sep 19-Dec 7	\$162.50	1107631
Jan 16-Mar 8	\$108.50	1107784

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.

Notre Dame des Champs – 613-580-9600

6280 Renaud

15-17 years	Mon., Wed.	6:30-7:30 pm
Sep 18-Dec 20	\$220	1114296
Jan 8-Mar 7	\$138.50	1117076

15-17 years	Mon., Wed.	7:30-8:30 pm
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Sep 18-Dec 20	\$220	1119605
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Jan 8-Mar 7	\$138.50	1119633
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15-17 years	Tue., Thu.	6:30-7:30 pm
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Sep 19-Dec 21	\$228.25	1114298
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Jan 9-Mar 8	\$146.75	1117077
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Sports

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Badminton

Practice techniques to improve your skills. Develop a better understanding of the sport. Includes skill development and fun games.

Hintonburg – 613-798-8874

15+	Sat.	2:30-4:30 pm
Sep 23-Dec 9	\$143	1118320
Jan 20-Mar 10	\$114.25	1118330

Minto-Barrhaven – 613-727-2683

15-17 years	Thu.	8-9 pm
Sep 21-Dec 7	\$101.50	1121139
Jan 18-Mar 8	\$67.75	1122802

Badminton – Game Play

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

Eva James – 613-271-0712

15-17 years	Mon.	4:45-5:45 pm
Sep 18-Dec 11	\$54.50	1119479
Jan 8-Mar 5	\$36.25	1119497

Basketball – Above the Rim

Develop your skills through instruction, drills, competition and scrimmages. Players of all ability welcome. Instruction provided by professionals from abovetherimbasketballschool.com.

École Michel Dupuis – 613-580-2400 715 Brian Good

13-14 years	Wed.	7:30-9 pm
Sep 13-Nov 15	\$159	1122990
Jan 10-Feb 28	\$127.25	1123536
15-16 years	Wed.	7:30-9 pm
Jan 10-Feb 28	\$144	1123540

Fisher Park – 613-798-8945

11-14 years	Mon.	7-8 pm
Sep 18-Nov 27	\$105.50	1104529
13-14 years	Mon.	7-8 pm
Jan 8-Mar 5	\$127.25	1118029

Basketball – Above the Rim Advanced

Drills, skills and integration into game play. Practice fundamentals and take your game to the next level. Instruction provided by professionals from abovetherimbasketballschoo.com.

Eva James – 613-271-0712

15-16 years	Mon.	7:30-9 pm
Sep 25-Nov 20	\$144	1119707
Jan 8-Mar 5	\$144	1119713

Basketball – Game Play

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

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

15-18 years	Fri.	7:30-9 pm
Sep 15-Dec 1	\$68	1124964
Jan 12-Mar 9	\$47.75	1124967

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

15-18 years	Fri.	7:30-9 pm
Sep 15-Dec 1	\$68	1124965
Jan 12-Mar 9	\$47.75	1124968

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

15-18 years	Fri.	7:15-8:15 pm
Sep 22-Dec 1	\$45.50	1121281
Jan 19-Mar 2	\$27.25	1121283

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

15-18 years	Fri.	7:30-9 pm
Sep 15-Dec 1	\$68	1124962
Jan 12-Mar 9	\$47.75	1124963

Basketball – Game Play

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

Foster Farm – 613-828-2004

13-14 years	Wed.	6-8 pm
Sep 27-Dec 13		
Jan 17-Mar 7		

Basketball

Practice techniques to improve your skills. Develop a better understanding of the sport. Includes skill development and fun games.

St-Laurent Complex – 613-742-6767

15-17 years	Thu.	7:30-8:30 pm
Sep 14-Dec 7	\$104.75	1121364
Jan 11-Mar 8	\$72.50	1121365

Basketball League

Recreational ball with some skill development

Foster Farm – 613-828-2004

15-17 years	Sat.	noon-2 pm
Sep 23-Dec 9		
Jan 13-Mar 3		

**Cross Country
Ski-Skate – Level 1**

Develop your basic skate-skiing technique. Including one-skate, offset hill technique and double poling. Helpful for a high school racing.

Terry Fox – 613-247-4883

15-18 years	Sat.-Sun.	3:30-5 pm
Jan 27-28	\$60.25	1124545

Rock Climbing

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

Richcraft-Kanata – 613-580-9696

15-17 years	Sat.	noon-1 pm
Sep 23-Dec 16	\$160.75	1116372
Jan 13-Mar 10	\$107.25	1121726

Soccer – Game Play

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

Minto-Barrhaven – 613-727-2683

15-20 years	Sun.	10-11:30 am
Sep 10-Oct 15	\$40.75	1109266

Sport Conditioning

Athletic, sports-based skills and drills workout incorporating speed, agility, plyometrics and highly coordinated sports specific movements.

Kanata Leisure – 613-591-9283

15-17 years	Thu.	3:15-4:15 pm
Sep 21-Dec 14	\$97.50	1111198
Jan 11-Mar 8	\$67.50	1111206

Volleyball

Practice the techniques to improve your skills. Develop a better understanding of the sport. Program includes skill development and fun games.

Eva James – 613-271-0712

15 years	Sun.	1-2 pm
Sep 17-Dec 10	\$101.50	1118002
Jan 14-Mar 11	\$67.75	1118013

Goulbourn – 613-580-2532

15-17 years	Thu.	7:30-8:30 pm
Sep 21-Dec 7	\$101.50	1119456
Jan 25-Mar 8	\$59.25	1122385

Minto-Barrhaven – 613-727-2683

15-17 years	Mon.	8-9 pm
Sep 18-Dec 11	\$101.50	1111120
Jan 15-Mar 5	\$59.25	1121931

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

15-18 years	Sat.	1:40-2:40 pm
Sep 23-Dec 2	\$84.75	1104557
Jan 20-Mar 3	\$50.75	1104559



General Interest

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iPad/iPhone – Make an App

From beginning to end, become familiar with iOS design and coding, to create a fully functional application for an iPad/iPhone. Participants are required to bring their own iPhone or iPad.

Plant – 613-232-3000

15-18 years	Wed.	7-9 pm
Sep 20-Dec 13	\$307.25	1125344
Jan 10-Mar 7	\$212.75	1125343

Writing for Enjoyment

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

Greenboro – 613-580-2805

15-17 years	Sat.	10-11:30 am
Sep 30-Dec 2	\$104.25	1110789
Jan 20-Mar 10	\$91.25	1114914

Zen Youth

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

15-17 years	Wed.	7:30-8:30 pm
Sep 27-Nov 15	\$67.75	1123859
Jan 24-Mar 7	\$67.75	1123889

John G. Mlacak – 613-580-2980

15-17 years	Sat.	10:45-11:45 am
Oct 14-Dec 9	\$67.75	1123286
Jan 13-Mar 3	\$67.75	1123287