



Classes and Activities for Adults 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 adults?

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

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

Digital 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.

Cameraless Animation

The original colouring book for adults — Create a short animated film. Suits both beginners and accomplished artists. Draw, paint or scratch onto 16mm film stock, then project the beautiful finished work.

Nepean Creative Arts

Sun.	2:30-4 pm	
Oct 15-Nov 19	\$210	1119528
Jan 21-Feb 25	\$210	1119607

Performing Arts

Dance

Ballet Barre Fit

An energizing combination of ballet moves with an emphasis on posture and alignment. Develop lean muscle mass while improving your balance, flexibility, and range of motion.

Nepean Creative Arts

Tue.	5:30-6:15 pm	
Sep 12-Nov 28	\$72.75	1108863
Jan 9-Mar 6	\$54.50	1108873

Argentine Tango – Level 1

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

Shenkman Arts

Thu.	9-10 pm	
Sep 21-Nov 9	\$89.50	1109742
Jan 11-Mar 1	\$89.50	1111648

Ballroom – Level 1

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

Nepean Creative Arts

Tue.	7-8 pm	
Sep 26-Nov 21	\$100.50	1103137
Jan 16-Mar 6	\$89.50	1103140

Shenkman Arts

Thu.	7-8 pm	
Sep 21-Nov 9	\$89.50	1109726
Jan 11-Mar 1	\$89.50	1111638

Ballroom – Level 2

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

Nepean Creative Arts

Tue.	8-9 pm	
Sep 26-Nov 21	\$100.50	1103593
Jan 16-Mar 6	\$89.50	1103596

Shenkman Arts

Thu.	8-9 pm	
Sep 21-Nov 9	\$89.50	1109739
Jan 11-Mar 1	\$89.50	1111642

Ballroom – Level 3

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

Shenkman Arts

Thu.	8-9 pm	
Sep 21-Nov 9	\$89.50	1109741
Jan 11-Mar 1	\$89.50	1111647

Belly Dance – Level 1

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

Nepean Creative Arts

Tue.	11 am-noon	
Sep 19-Oct 31	\$78.25	1108734
Wed.	8-9 pm	
Oct 18-Nov 8	\$44.75	1108731
Feb 7-28	\$44.75	1108737

Shenkman Arts

Mon.	7:30-8:30 pm	
Sep 18-Nov 20	\$89.50	1103398
Jan 8-Mar 5	\$89.50	1111603

Belly Dance – Level 2

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

Nepean Creative Arts

Tue.	11 am-noon	
Jan 16-Mar 6	\$89.50	1108739

Bollywood – Level 1

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

Nepean Creative Arts

Thu.	8-9 pm	
Oct 5-Nov 23	\$89.50	1103610
Jan 18-Mar 8	\$89.50	1103616

Shenkman Arts

Mon.	6:30-7:30 pm	
Sep 18-Nov 20	\$89.50	1103396
Jan 8-Mar 5	\$89.50	1111597

Dundun Dance

Experience this unique combination of dance and drumming from Guinea, West Africa. Learn to move and play a rhythm in unison for a lively and physically powerful experience.

Nepean Creative Arts

Thu.	7-8:30 pm	
Oct 19-Nov 23	\$146.25	1103622
Feb 1-Mar 8	\$146.25	1103626

Hip Hop – Level 1

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

Nepean Creative Arts

Tue.	8-9 pm	
Oct 10-Nov 28	\$89.50	1103631
Jan 16-Mar 6	\$89.50	1103641

Jazz – Level 1

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

Shenkman Arts

Wed.	7-8:30 pm	
Sep 20-Nov 8	\$134	1103419
Jan 10-Feb 28	\$134	1111632

Joyful Motion

A conscious dance experience inspired by music, story and sound based on principles of mind-body movement. Find your potential for ideal functional movement, fluidity and ease. In collaboration with Well Body Arts.

Nepean Creative Arts

Sun.	2-4 pm	
Sep 17-Nov 26	\$223.25	1118031
Jan 14-Mar 11	\$201	1118047

Tap Dance – Level 1

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

Shenkman Arts

Thu.	7-8 pm	
Sep 19-Nov 7	\$89.50	1103404
Jan 9-Feb 27	\$89.50	1111628

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

Sun.	9:30 am-noon	
Sep 24-Dec 3	\$335	1108598
Jan 21-Mar 4	\$234.50	1108607

Guitar**Level 1**

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

Nepean Creative Arts

Mon.	6:30-7:30 pm	
Sep 18-Nov 13	\$156.50	1106449
Jan 8-Mar 5	\$156.50	1106451

Shenkman Arts

Sat.	10-11 am	
Sep 23-Nov 25	\$152	1109785
Jan 13-Mar 10	\$152	1111677

Level 2

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

Nepean Creative Arts

Mon.	7:30-8:30 pm	
Sep 18-Nov 13	\$156.50	1106456
Jan 8-Mar 5	\$156.50	1106454

Shenkman Arts

Sat.	1-2 pm	
Sep 23-Nov 25	\$152	1109787
Jan 13-Mar 10	\$152	1111685

Level 3

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

Nepean Creative Arts

Mon.	8:30-9:30 pm	
Sep 18-Nov 13	\$156.50	1106460
Jan 8-Mar 5	\$156.50	1106463

Workshops**Dundun Dance**

Experience this unique combination of dance and drumming from Guinea, West Africa. Learn to move and play a rhythm in unison for a lively and physically powerful experience.

Nepean Creative Arts

Sun.	10-11:30 am	
Sep 17	\$48.50	1108705
Jan 14	\$48.50	1108711
Sun.	noon-1:30 pm	
Sep 17	\$48.50	1108707
Jan 14	\$48.50	1108714

Theatrical Belly Dance Fusion

Story-telling through the exotic beauty of dance. Belly Dance is entertaining, will help develop grace and strength, and provide exercise and self-expression.

Nepean Creative Arts

Thu.	7-8:30 pm	
Oct 12	\$16.75	1108727
Sun.	10:30 am-noon	
Jan 21	\$16.75	1108723

Wine 'n Jazz Nights

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

Nepean Creative Arts

Sun.	4-7 pm	
Feb 4	\$78.25	1109104

Visual Arts

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Botanical Art

Coloured Pencils

Using coloured pencils, create paintings of beautiful botanical subjects. Work from live specimens to match the pencil's colours to recreate colours found in nature. New techniques each week.

Nepean Visual Arts

Wed.	9:30 am-12:30 pm	
Sep 27-Nov 15	\$243.25	1116857

Composition

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

Nepean Visual Arts

Wed.	9:30 am-12:30 pm	
Jan 17-Mar 7	\$243.25	1100841

Drawing

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

Nepean Visual Arts

Wed.	1-4 pm	
Jan 17-Mar 7	\$243.25	1100778

Watercolours Basics

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

Nepean Visual Arts

Wed.	1-4 pm	
Sep 27-Nov 15	\$243.25	1099616

Drawing

Coloured Pencils – Level 1

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

Nepean Visual Arts

Wed.	7-9:30 pm	
Sep 27-Nov 29	\$253.25	1099514
Jan 17-Mar 7	\$202.50	1100785

Contemporary Drawing

Examine basic foundations and newer interpretations of drawing. Exploration in realism, abstraction and non-representation. Enhance skills and discover new ideas while experimenting in a variety of exercises.

Nepean Creative Arts

Thu.	1-4 pm	
Jan 18-Mar 8	\$243	1116877

Drawing – Level 1

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

Nepean Visual Arts

Mon.	7-9:30 pm	
Sep 25-Dec 4	\$253.25	1099645
Jan 15-Mar 5	\$177.25	1100793

Soft Pastels

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

Nepean Creative Arts

Tue.	1-3:30 pm	
Sep 26-Nov 28	\$253.25	1099520
Tue.	1-3:30 pm	
Jan 16-Mar 6	\$202.50	1101046

Mixed Media

Abstract Mixed Media Twist

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

Nepean Visual Arts

Mon.	1-3:30 pm	
Sep 25-Dec 4	\$253.25	1099521
Jan 15-Mar 5	\$177.25	1100812

Abstract Mixed Media – Guided Studio

Work spontaneously and intuitively on your own pieces with guidance. Use design principles, inks, pencils, pastels, acrylic paint and mediums. Experiment with: collage, pollyfilla, gesso float and pouring. Create effects with various tools. Color mixing reviewed.

Nepean Visual Arts

Tue.	1-3:30 pm	
Sep 26-Nov 28	\$253.25	1100010
Jan 16-Mar 6	\$202.50	1101050



Large Scale Mixed Media Painting

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

Nepean Creative Arts

Wed.	1-4 pm	
Sep 27-Nov 29	\$303.75	1099525
Wed.	1-4 pm	
Jan 17-Mar 7	\$243	1101103

Wabi-Sabi Painting

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

Nepean Creative Arts

Thu.	1-3:30 pm	
Sep 28-Dec 7	\$253.25	1100022

Painting

Acrylic Landscape Painting

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

Nepean Visual Arts

Mon.	7-9:30 pm	
Sep 25-Dec 4	\$253.25	1099615
Jan 15-Mar 5	\$177.25	1100824

Big Scale Abstract Art

Artistic freedom is what abstract painting is all about. Explore painting on a large scale canvas, create a composition focusing on the use of colour, space, line, shape and texture.

Nepean Visual Arts

Wed.	7-9:30 pm	
Sep 27-Nov 29	\$253.25	1115884
Jan 17-Mar 7	\$202.50	1116938

Collage Based Acrylic

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

Nepean Visual Arts

Tue. 6:30-9:30 pm
Oct 31-Dec 5 \$201 [1100018](#)

Oil and Acrylics – Level 1

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

Nepean Visual Arts

Tue. 6:30-9:30 pm
Sep 26-Nov 28 \$303.75 [1099620](#)
Jan 16-Mar 6 \$243 [1100852](#)
Wed. 9 am-noon
Sep 27-Nov 29 \$303.75 [1099622](#)
Jan 17-Mar 7 \$243 [1100857](#)
Wed. 1-4 pm
Sep 27-Nov 29 \$303.75 [1099621](#)
Jan 17-Mar 7 \$243 [1100855](#)
Thu. 7-9:30 pm
Sep 28-Nov 30 \$253.25 [1099623](#)
Jan 18-Mar 8 \$202.50 [1100861](#)
Fri. 1-4 pm
Sep 29-Dec 1 \$303.75 [1099619](#)
Jan 12-Mar 2 \$243 [1100863](#)

Oil and Acrylics – Level 2

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

Nepean Creative Arts

Mon. 1-4 pm
Sep 25-Dec 4 \$303.75 [1103254](#)
Mon. 1-4 pm
Jan 15-Mar 5 \$212.75 [1100869](#)



Traditional Oil Techniques

Learn age-old methods of painting with oils. Using Vermeer's painting Girl with the Pearl Earring as inspiration, explore a traditional approach to oil painting. Various skills and materials such as colour, under-painting, over-painting, glazing, etc will be looked at.

Nepean Visual Arts

Mon. 6:30-9:30 pm
Sep 25-Dec 4 \$303.75 [1099628](#)
Jan 15-Mar 5 \$212.75 [1100883](#)
Wed. 6:30-9:30 pm
Sep 27-Nov 29 \$303.75 [1099629](#)
Jan 17-Mar 7 \$243.25 [1100885](#)

Watercolours – Level 1

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

Nepean Creative Arts

Fri. 1-3:30 pm
Sep 29-Dec 1 \$253.25 [1099632](#)
Jan 12-Mar 2 \$202.50 [1100906](#)

Nepean Visual Arts

Mon. 9:30 am-12:30 pm
Sep 25-Dec 4 \$303.75 [1099630](#)
Jan 15-Mar 5 \$212.75 [1100887](#)

Watercolours – Level 2

Really challenge yourself! Push the limits of watercolour techniques, colour theory and the element of painting. One-on-one attention will be tailored to each student.

Nepean Creative Arts

Fri. 9:30 am-noon
Sep 29-Dec 1 \$253.25 [1099633](#)
Jan 12-Mar 2 \$202.50 [1100900](#)

Nepean Visual Arts

Mon. 1-4 pm
Sep 25-Dec 4 \$303.75 [1099631](#)

Pottery

Functional Handbuilding

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

Nepean Visual Arts

Mon. 7-9:30 pm
Sep 25-Dec 4 \$279.25 [1099652](#)
Jan 15-Mar 5 \$195.50 [1101095](#)
Tue. 1-3:30 pm
Sep 26-Nov 28 \$279.25 [1099653](#)
Jan 16-Mar 6 \$223.25 [1101096](#)

Handbuilding Combo

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

Nepean Visual Arts

Fri. 9:30 am-noon
Sep 29-Dec 1 \$279.25 [1100173](#)
Jan 12-Mar 2 \$223.25 [1101109](#)

Special Projects

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

Nepean Visual Arts

Mon. 9:30 am-noon
Sep 25-Dec 4 \$279.25 [1099662](#)
Jan 15-Mar 5 \$195.50 [1100953](#)

Wheel – Level 1

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

Nepean Visual Arts

Tue. 9:30 am-noon
Sep 26-Nov 28 \$279.25 [1100174](#)
Jan 16-Mar 6 \$223.25 [1101110](#)
Wed. 7-9:30 pm
Sep 27-Nov 29 \$279.25 [1099666](#)
Jan 17-Mar 7 \$223.25 [1100958](#)
Thu. 7-9:30 pm
Sep 28-Nov 30 \$279.25 [1099668](#)
Jan 18-Mar 8 \$223.25 [1100960](#)

Wheel – Level 2

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

Nepean Visual Arts

Mon. 6:30-9:30 pm
Sep 25-Dec 4 \$335 [1099669](#)
Jan 15-Mar 5 \$234.50 [1100962](#)



Pottery Studios

Nepean Visual Arts

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

Fall: 12 weeks \$162.75

Winter: 7 weeks \$95.00, 8 weeks \$108.50

Handbuilding

Nepean Visual Arts

Mon.	9 am-noon	Sep 18-Dec 11 Jan 15-Mar 5	1099637 1100916
Mon.	1-4 pm	Sep 18-Dec 11 Jan 15-Mar 5	1099638 1100918
Tue.	9 am-noon	Sep 19-Dec 5 Jan 16-Mar 6	1099640 1100921
Tue.	1-4 pm	Sep 19-Dec 5 Jan 16-Mar 6	1099639 1100920
Tue.	6-9 pm	Sep 19-Dec 5 Jan 16-Mar 6	1099641 1100922
Wed.	1-4 pm	Sep 20-Dec 6 Jan 17-Mar 7	1099642 1100923
Thu.	9 am-noon	Sep 21-Dec 7 Jan 18-Mar 8	1100175 1101113
Thu.	1-4 pm	Sep 21-Dec 7 Jan 18-Mar 8	1099643 1100924
Fri.	6-9 pm	Sep 22-Dec 8 Jan 12-Mar 2	1099644 1100927

Wheel

Nepean Visual Arts

Tue.	1-4 pm	Sep 19-Dec 5 Jan 16-Mar 6	1099646 1100929
Tue.	6-9 pm	Sep 19-Dec 5 Jan 16-Mar 6	1099647 1100930
Wed.	1-4 pm	Sep 20-Dec 6 Jan 17-Mar 7	1099648 1100931
Thu.	9 am-noon	Sep 21-Dec 7 Jan 18-Mar 8	1099649 1100933
Thu.	1-4 pm	Sep 21-Dec 7 Jan 18-Mar 8	1099650 1100934
Fri.	6-9 pm	Sep 22-Dec 8 Jan 12-Mar 2	1099651 1100936

Studios

Life Drawing Combo

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

Nepean Visual Arts

Thu.	9:30 am-noon	
Sep 21-Dec 7	\$64	1099518
Jan 18-Mar 8	\$42.50	1100801

Life Drawing-Short Gestural Poses – Level 1

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

Nepean Visual Arts

Tue.	9:30 am-noon	
Sep 19-Dec 5	\$64	1099519
Jan 16-Mar 6	\$42.50	1100806

Oil and Acrylics

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

Nepean Visual Arts

Fri.	9:30 am-noon	
Sep 29-Dec 15	\$64	1099626
Jan 12-Mar 2	\$42.50	1100874

Portraiture

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

Nepean Visual Arts

Mon.	9:30 am-noon	
Sep 25-Dec 18	\$64	1099627
Jan 15-Mar 5	\$37.25	1100879

Watercolours

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

Nepean Visual Arts

Tue.	1-3:30 pm	
Sep 26-Dec 12	\$64	1099634
Thu.	10 am-3 pm	
Sep 28-Dec 14	\$128	1099635
Jan 18-Mar 8	\$85.25	1100911
Fri.	10 am-3 pm	
Sep 29-Dec 15	\$128	1099636
Jan 12-Mar 2	\$85.25	1100912

Workshops

Abstract Painting – Introduction

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

Nepean Visual Arts

Sat.	10 am-4 pm	
Nov 18	\$124.50	1099618
Jan 27	\$124.50	1101105

Altered Images: Photo Transfer

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

Nepean Visual Arts

Sat.	10 am-4 pm	
Sep 30	\$96.50	1100045
Feb 3	\$96.50	1100832

Canvas and Cocktails

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

Nepean Visual Arts

Fri.	6:30-9:30 pm	
Nov 3	\$73.25	1100012
Feb 16	\$73.25	1101053

Clay Wheel

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

Nepean Visual Arts

Fri.	1-4 pm	
Sep 29	\$39.25	1100099
Oct 27	\$39.25	1100132
Nov 24	\$39.25	1100135
Jan 26	\$39.25	1100939
Feb 23	\$39.25	1100940

Colour Theory and Mixing

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

Nepean Visual Arts

Sun.	10 am-4 pm	
Oct 22-29	\$134	1099617

Faux Encaustic Sampler

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

Nepean Visual Arts

Sun.	1-4 pm	
Mar 4	\$68	1100847

InkTense

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

Nepean Visual Arts

Sat.	9:30 am-1 pm	
Oct 14	\$86	1099522

Mixed Media –Basics

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

Nepean Visual Arts

Sun.	10 am-4 pm	
Feb 25	\$67	1100819

Arts in your neighbourhood

Schedules and fees may be subject to change.

Fees include HST.

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Literary Arts

Intro to Bullet Journaling

Simplify your life, manage your time, reduce stress, set goals, plan for success and do it in a colourful and creative way. Create personalized productivity tools while enjoying the relaxation of doodling and colouring.

Lansdowne Park

Tue.	2-3:30 pm	
Oct 17-Nov 14	\$50.75	1122758
Tue.	7-8:30 pm	
Oct 17-Nov 14	\$50.75	1122785
Tue.	10-11:30 am	
Jan 23-Mar 6	\$89	1123290
Tue.	7:30-8:30 pm	
Jan 23-Mar 6	\$59.25	1123293

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

Sat.	12:30-2 pm	
Sep 30-Dec 2	\$104.25	1110780
Jan 20-Mar 10	\$91.25	1114899

John G. Mlacak – 613-580-2980

Tue.	6:30-8:30 pm	
Sep 19-Nov 21	\$151	1111772
Jan 9-Mar 6	\$136	1115546
Wed.	10 am-noon	
Sep 20-Nov 22	\$151	1111766
Jan 10-Mar 7	\$136	1111769
Thu.	10 am-noon	
Sep 21-Nov 23	\$151	1111767
Jan 11-Mar 8	\$136	1111770
Fri.	10 am-noon	
Sep 22-Nov 24	\$151	1111768
Jan 12-Mar 9	\$136	1111771

Performing Arts

Dancing with a Partner

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

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Sep 29	8	\$89.50	1109729
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Jan 26	7	\$78.25	1114876
Ballroom 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8 pm	Sep 22	12	\$134.25	1114504

Dancing with a Partner

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

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballroom 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	8-9 pm	Jan 5	10	\$111.75	1117150
Ballroom 1	Greenboro	613-580-2805	Fri.	7-8 pm	Sep 29	8	\$89.50	1109683
Ballroom 1	Greenboro	613-580-2805	Fri.	7-8 pm	Jan 26	7	\$78.25	1114867
Ballroom 1	Hintonburg	613-798-8874	Fri.	7-8:15 pm	Oct 13	8	\$111.75	1122000
Ballroom 1	Hintonburg	613-798-8874	Fri.	7-8:15 pm	Jan 12	8	\$111.75	1122002
Ballroom 1	John G. Mlacak	613-580-2980	Mon.	7:15-8:15 pm	Sep 25	10	\$111.75	1111797
Ballroom 1	Nepean Sportsplex	613-596-5783	Thu.	7-8 pm	Oct 5	8	\$89.50	1103256
Ballroom 1	Nepean Sportsplex	613-596-5783	Thu.	7-8 pm	Jan 11	8	\$89.50	1103365
Ballroom 1	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Oct 3	8	\$84.25	1104480
Ballroom 1	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Jan 9	8	\$84.25	1104481
Ballroom 1	Richelieu-Vanier	613-560-6030	Tue.	7:30-8:30 pm	Sep 26	8	\$89.50	1102253
Ballroom 1	Richelieu-Vanier	613-560-6030	Tue.	7:30-8:30 pm	Jan 16	8	\$89.50	1102261
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Sep 7	6	\$98.50	1101675
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Oct 19	4	\$98.50	1101694
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Jan 11	6	\$98.50	1101703
Ballroom 2	Greenboro	613-580-2805	Fri.	6-7 pm	Sep 29	8	\$89.50	1109690
Ballroom 2	Greenboro	613-580-2805	Fri.	6-7 pm	Jan 26	7	\$78.25	1114852
Ballroom 2	John G. Mlacak	613-580-2980	Mon.	7:15-8:15 pm	Jan 8	8	\$89.50	1111798
Ballroom 2	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Oct 5	8	\$89.50	1103260
Ballroom 2	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Jan 11	8	\$89.50	1103366
Ballroom 2	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Oct 3	8	\$84.25	1104482
Ballroom 2	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Jan 9	8	\$84.25	1104483
Ballroom 2	Richelieu-Vanier	613-560-6030	Tue.	7:30-8:30 pm	Sep 26	8	\$89.50	1102268
Ballroom 2	Richelieu-Vanier	613-560-6030	Tue.	7:30-8:30 pm	Jan 16	8	\$89.50	1102273
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Sep 7	6	\$98.50	1101716
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Oct 19	4	\$98.50	1101718
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Jan 11	6	\$98.50	1101720
Ballroom 3	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Oct 5	8	\$89.50	1103263

Dancing with a Partner

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballroom 3	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Jan 11	8	\$89.50	1103367
Ballroom 3	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Oct 3	8	\$84.25	1104484
Ballroom 3	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Jan 9	8	\$84.25	1104486
Ballroom 3	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Sep 26	8	\$89.50	1102275
Ballroom 3	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Jan 16	8	\$89.50	1102276
Ballroom 4	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Oct 2	8	\$89.50	1103242
Ballroom 4	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Jan 8	8	\$89.50	1103345
Ballroom 4	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Oct 3	8	\$84.25	1104487
Ballroom 4	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Jan 9	8	\$84.25	1104489
Ballroom 4	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Sep 26	8	\$89.50	1102279
Ballroom 4	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Jan 16	8	\$89.50	1102280
Ballroom 5	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Oct 2	8	\$89.50	1103247
Ballroom 5	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Jan 8	8	\$89.50	1103361
Ballroom 5	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Oct 3	8	\$84.25	1104490
Ballroom 5	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Jan 9	8	\$84.25	1104491
Ballroom 5	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Sep 26	8	\$89.50	1102287
Ballroom 5	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Jan 16	8	\$89.50	1102293
Ballroom 6	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Oct 5	8	\$89.50	1103251
Ballroom 6	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Jan 11	8	\$89.50	1103363
Ballroom 6	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Oct 3	8	\$84.25	1104492
Ballroom 6	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Jan 9	8	\$84.25	1104493
Ballroom 6	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Sep 28	8	\$89.50	1102302
Ballroom 6	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Jan 18	8	\$89.50	1102314
Ballroom 7	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Oct 5	8	\$89.50	1103253
Ballroom 7	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Jan 11	8	\$89.50	1103364
Ballroom 7	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Sep 28	8	\$89.50	1102320
Ballroom 7	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Jan 18	8	\$89.50	1102323
Ballroom 8	Queenswood Heights	613-580-4765	Tue.	6-7 pm	Oct 3	8	\$84.25	1104478

Dancing with a Partner

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

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballroom 8	Queenswood Heights	613-580-4765	Tue.	6-7 pm	Jan 9	8	\$84.25	1104479
Ballroom 8	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Sep 28	8	\$89.50	1102326
Ballroom 8	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Jan 18	8	\$89.50	1102332
Ballroom 8-10	Nepean Sportsplex	613-596-5783	Mon.	6-7 pm	Oct 2	8	\$89.50	1103193
Ballroom 8-10	Nepean Sportsplex	613-596-5783	Mon.	6-7 pm	Jan 8	8	\$89.50	1103293
Ballroom – Adv	Nepean Sportsplex	613-596-5783	Mon.	7-8 pm	Oct 2	8	\$89.50	1103194
Ballroom – Adv	Nepean Sportsplex	613-596-5783	Mon.	7-8 pm	Jan 8	8	\$89.50	1103296
Salsa and Merengue 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	8-9 pm	Sep 22	12	\$134.25	1114514
Salsa and Merengue 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8 pm	Jan 5	10	\$111.75	1117146
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	7-8 pm	Sep 19	12	\$134	1122228
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	7-8 pm	Jan 9	9	\$100.50	1124649
Salsa and Merengue 1	St-Laurent	613-742-6767	Mon.	8-9 pm	Oct 16	8	\$89.50	1119741
Salsa and Merengue 1	St-Laurent	613-742-6767	Mon.	8-9 pm	Jan 15	8	\$89.50	1119752
Salsa and Merengue 2	François Dupuis	613-580-8080	Tue.	8-9 pm	Sep 19	12	\$134	1122240
Salsa and Merengue 2	François Dupuis	613-580-8080	Tue.	8-9 pm	Jan 9	9	\$100.50	1124650

Dancing without a Partner

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

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballet 1	Hunt Club-Riverside Park	613-260-1299	Mon.	7-8 pm	Sep 18	12	\$134	1106107
Ballet 1	Hunt Club-Riverside Park	613-260-1299	Mon.	7-8 pm	Jan 8	8	\$89.50	1114787
Belly 1	Fisher Park	613-798-8945	Wed.	7:15-8:45 pm	Sep 20	10	\$134.75	1104520
Belly 1	Fisher Park	613-798-8945	Wed.	7:15-8:45 pm	Jan 10	9	\$121.25	1107464
Belly 1	François Dupuis	613-580-8080	Wed.	7-8 pm	Sep 20	12	\$134	1122966
Belly 1	François Dupuis	613-580-8080	Wed.	7-8 pm	Jan 10	9	\$100.50	1124676
Belly 1	Plant	613-232-3000	Fri.	6:30-7:30 pm	Sep 22	13	\$145.25	1120951
Belly 1	Plant	613-232-3000	Fri.	6:30-7:30 pm	Jan 12	9	\$100.50	1124857
Belly 1	Sandy Hill	613-564-1062	Wed.	6-7 pm	Sep 20	10	\$106	1104192
Belly 1	Sandy Hill	613-564-1062	Wed.	6-7 pm	Jan 17	8	\$84.75	1104538

Dancing without a Partner

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

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Belly 2	Sandy Hill	613-564-1062	Wed.	7-8 pm	Sep 20	10	\$106	1104194
Belly 2	Sandy Hill	613-564-1062	Wed.	7-8 pm	Jan 17	8	\$84.75	1104540
Bollywood 1	Hintonburg	613-798-8874	Thu.	6:30-7:30 pm	Oct 19	8	\$89.50	1119142
Bollywood 1	Hintonburg	613-798-8874	Thu.	6:30-7:30 pm	Jan 11	8	\$89.50	1119143
Line Dancing 1	St-Laurent	613-742-6767	Wed.	10:15-11:45 am	Sep 13	12	\$126	1117957
Line Dancing 1	St-Laurent	613-742-6767	Wed.	10:15-11:45 am	Jan 10	9	\$94.50	1118262
Line Dancing 1	St-Laurent	613-742-6767	Wed.	7:15-8:45 pm	Sep 13	12	\$126	1117962
Line Dancing 1	St-Laurent	613-742-6767	Wed.	7:15-8:45 pm	Jan 10	9	\$94.50	1118272
Line Dancing 2	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Sep 12	12	\$126	1118684
Line Dancing 2	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Jan 9	9	\$94.50	1118792
Line Dancing 2	St-Laurent	613-742-6767	Wed.	1:15-2:45 pm	Sep 13	12	\$126	1118674
Line Dancing 2	St-Laurent	613-742-6767	Wed.	1:15-2:45 pm	Jan 10	9	\$94.50	1118765
Line Dancing 3	St-Laurent	613-742-6767	Thu.	7:15-8:45 pm	Sep 14	12	\$126	1118811
Line Dancing 3	St-Laurent	613-742-6767	Thu.	7:15-8:45 pm	Jan 11	9	\$94.50	1118815
Margaret Morris 1	Dempsey	613-247-4846	Mon.	7-8 pm	Sep 25	10	\$106.75	1110016
Margaret Morris 1	Dempsey	613-247-4846	Mon.	7-8 pm	Jan 8	8	\$85.50	1114730
Margaret Morris 2	Dempsey	613-247-4846	Mon.	7-9 pm	Sep 25	10	\$153	1110032
Margaret Morris 2	Dempsey	613-247-4846	Mon.	7-9 pm	Jan 8	8	\$122.50	1114742

Music Lessons

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

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Guitar 1	Heron	613-247-4808	Sun.	2-2:45 pm	Sep 24	10	\$146.75	1123864
Guitar 1	Heron	613-247-4808	Sun.	2-2:45 pm	Jan 14	8	\$117.25	1123727
Guitar 1	John G. Mlacak	613-580-2980	Tue.	6:30-8:30 pm	Sep 26	12	\$201.75	1111786
Guitar 1	John G. Mlacak	613-580-2980	Tue.	6:30-8:30 pm	Jan 9	9	\$151.25	1111787
Guitar 1	Plant	613-232-3000	Wed.	8-9 pm	Sep 20	13	\$241.75	1120818
Guitar 1	Plant	613-232-3000	Wed.	8-9 pm	Jan 10	9	\$167.50	1124790
Guitar 1	Rockcliffe Park	613-842-8578	Wed.	10:30-11:30 am	Sep 20	8	\$156.50	1107806

Music Lessons

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

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Guitar 1	Rockcliffe Park	613-842-8578	Wed.	10:30-11:30 am	Jan 10	8	\$156.50	1107943
Guitar 1	St-Laurent	613-742-6767	Thu.	9-10 pm	Sep 14	14	\$273.50	1119768
Guitar 1	St-Laurent	613-742-6767	Thu.	9-10 pm	Jan 11	9	\$176	1119777
Guitar 2	John G. Mlacak	613-580-2980	Wed.	6:30-8:30 pm	Sep 27	12	\$201.75	1111788
Guitar 2	John G. Mlacak	613-580-2980	Wed.	6:30-8:30 pm	Jan 10	9	\$151.25	1111789
Guitar 2	Rockcliffe Park	613-842-8578	Thu.	10:30-11:30 am	Jan 11	8	\$156.50	1107949
Guitar 3	John G. Mlacak	613-580-2980	Thu.	6:30-8:30 pm	Sep 28	12	\$469	1111790
Guitar 3	John G. Mlacak	613-580-2980	Thu.	6:30-8:30 pm	Jan 11	9	\$351.75	1111791
Guitar Maintenance	John G. Mlacak	613-580-2980	Sat.	9 am-2 pm	Dec 9	1	\$56	1111773
Keyboard 1	Heron	613-247-4808	Sat.	4:30-5 pm	Sep 23	10	\$130.25	1111723
Keyboard 1	Heron	613-247-4808	Sat.	4:30-5 pm	Jan 13	8	\$104.25	1123510
Keyboard 1	Plant	613-232-3000	Mon.	8-9 pm	Sep 18	12	\$223.50	1119711
Keyboard 1	Plant	613-232-3000	Mon.	8-9 pm	Jan 8	8	\$149	1124226
Keyboard 1	St-Laurent	613-742-6767	Sat.	5-6 pm	Sep 9	14	\$340	1119791
Keyboard 1	St-Laurent	613-742-6767	Sat.	5-6 pm	Jan 13	9	\$218.75	1119808
Ukulele	Hintonburg	613-798-8874	Thu.	7-8 pm	Oct 19	6	\$117.25	1122390
Ukulele	Hintonburg	613-798-8874	Thu.	7-8 pm	Jan 25	6	\$117.25	1122393
Ukulele	Plant	613-232-3000	Sat.	9:30-10:30 am	Sep 23	12	\$234.50	1121009
Ukulele	Plant	613-232-3000	Sat.	9:30-10:30 am	Jan 13	9	\$176	1124876
Vocal	Plant	613-232-3000	Sat.	4-5 pm	Sep 23	12	\$234.50	1121087
Vocal	Plant	613-232-3000	Sat.	4-5 pm	Jan 13	9	\$176	1124889

Visual 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.

Drawing

Coloured Pencils – Level 1

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

Richelieu-Vanier – 613-580-6030

Tue.	7-8:30 pm	
Sep 19-Nov 7	\$134	1108058
Jan 16-Mar 6	\$134	1108071

Drawing – Level 1

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

Alexander – 613-798-8978

Tue.	8-9 pm	
Sep 26-Nov 28	\$111.75	1120827
Jan 16-Mar 6	\$89.50	1120802

Plant – 613-232-3000

Mon.	10-11:30 am	
Sep 18-Dec 11	\$201	1117509
Jan 8-Mar 5	\$134	1124211

St-Laurent – 613-742-6767

Mon.	7-8:30 pm	
Oct 16-Dec 4	\$134	1121342
Jan 15-Mar 5	\$117.25	1121343

Drawing – Level 2

Do you understand the fundamentals of drawing? Go further with the addition of colour using pastels, coloured pencils, conté, ink, coloured papers and sand papers. Colour sketching is a wonderful addition to painting.

St-Laurent – 613-742-6767

Sun.	1:30-3 pm	
Oct 15-Dec 3	\$134	1123131
Jan 14-Mar 4	\$134	1123140

Ikebana

Ikebana

The art of Japanese flower arranging.

McNabb – 613-564-1070

Tue.	10 am-noon	
Oct 3-Nov 21	\$74.75	1118018
Feb 6-Mar 20	\$74.75	1122003
Wed.	10 am-noon	
Oct 4-Nov 15	\$74.75	1118020
Feb 7-Mar 21	\$74.75	1122005
Wed.	7-9 pm	
Oct 4-Nov 15	\$74.75	1118022
Feb 7-Mar 21	\$74.75	1122006

Rockcliffe Park – 613-842-8578

Thu.	1-3 pm	
Sep 14-Nov 9	\$187.50	1101482
Jan 18-Mar 1	\$187.50	1101484
Sat.	10:30 am-12:30 pm	
Sep 16-Nov 18	\$187.50	1101483
Jan 20-Mar 3	\$187.50	1101485

Ikebana – Teachers

The art of Japanese flower arranging. Admission to this Advanced/Teachers level is by approval of the instructor only.

Rockcliffe Park – 613-842-8578

Thu.	1-3 pm	
Sep 14-Nov 9	\$239	1101500
Jan 18-Mar 1	\$239	1101511
Sat.	10:30 am-12:30 pm	
Sep 16-Nov 18	\$239	1101508
Jan 20-Mar 3	\$239	1101512

Painting

Acrylic Landscape Painting

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

Bob MacQuarrie-Orléans – 613-580-9600

Mon.	6-7:30 pm	
Oct 16-Nov 6	\$67	1114789
Jan 22-Feb 12	\$67	1117762
Greenboro – 613-580-2805		
Thu.	1-3 pm	
Sep 28-Nov 9	\$110.50	1123870
Jan 25-Mar 8	\$110.50	1123898

Acrylics – Level 1

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

Plant – 613-232-3000

Mon.	7-8:30 pm	
Sep 18-Dec 11	\$199	1119857
Jan 8-Mar 5	\$132.75	1124237

Oil and Acrylics – Level 1

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

St-Laurent – 613-742-6767

Thu.	7-8:30 pm	
Oct 19-Dec 7	\$134	1121347
Jan 11-Mar 1	\$134	1121349

Overbrook – 613-742-5147

Thu.	1-3:30 pm	
Sep 21-Nov 23	\$117.25	1116342
Jan 11-Mar 1	\$94	1116343

Oil and Acrylics – Level 2

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

Eva James – 613-271-0712

Wed.	1:30-3:30 pm	
Sep 20-Dec 13	\$249.75	1120739
Jan 10-Mar 7	\$173	1120732

Oil and Acrylics Studio

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

Ron Kolbus Lakeside – 613-828-4313

Wed.	9 am-12:30 pm	
Sep 13-Nov 22	\$84.50	1107791
Jan 3-Mar 7	\$74.75	1107819

Watercolours – Level 1

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

St-Laurent – 613-742-6767

Wed.	7-8:30 pm	
Oct 18-Dec 6	\$134	1121344
Jan 17-Mar 7	\$134	1121345

Photography

Digital Photography – Level 1

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

Hintonburg – 613-798-8874

Mon.	6-8 pm	
Oct 16-23	\$44.75	1119146
Jan 29-Feb 5	\$44.75	1119147

Photography – Composition

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

Ron Kolbus Lakeside – 613-828-4313

Sat.	9:30 am-2:30 pm	
Sep 16	\$56	1103042
Thu.	7:15-8:45 pm	
Sep 28-Nov 23	\$117.50	1103033
Jan 18-Mar 8	\$117.50	1103049

Pottery

Clay Modelling

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

Dempsey – 613-247-4846

Thu.	9:30 am-12:30 pm	
Sep 21-Nov 23	\$191.50	1110553
Jan 11-Mar 8	\$172.25	1110574

Handbuilding Combo

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

McNabb – 613-564-1070

Thu.	7-9:30 pm	
Sep 28-Dec 7	\$307	1113651
Jan 11-Mar 8	\$251.25	1123188

Wheel – Level 1

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

McNabb – 613-564-1070

Mon.	7-9:30 pm	
Sep 25-Dec 4	\$279.25	1113653
Jan 8-Mar 5	\$223.25	1123198

Wheel – Level 2

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

McNabb – 613-564-1070

Tue.	7-9:30 pm	
Sep 26-Dec 5	\$307	1113656
Jan 9-Mar 6	\$251.25	1123207

General Interest

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.

Cooking

A Taste of Greece

Make delicious Greek dishes in a fun, relaxed atmosphere. Sit with your classmates to enjoy the meal you've prepared.

Shenkman – 613-580-2787

Mon.	6:30-9:30 pm	
Jan 22	\$50.50	1121090

A Taste of Spain

Make Tapas – small plates packed with big flavours! Sit with your classmates to enjoy the meal you've prepared.

Shenkman – 613-580-2787

Mon.	6:30-9:30 pm	
Nov 20	\$50.50	1121079

A Taste of Tuscany

Make delicious Tuscan dishes in a fun, relaxed atmosphere. Sit with your classmates to enjoy the meal you've prepared.

Shenkman – 613-580-2787

Mon.	6:30-9:30 pm	
Oct 2	\$50.50	1121056

Asian

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

Alexander – 613-798-8978

Thu.	7-9 pm	
Oct 26	\$25	1119712

Healthy Cooking

Functional recipes, friendly experiences and fresh food! Includes meal plans for those with limited budgets, space or time. Taught by knowledgeable staff, using fresh, local and tasty ingredients to keep costs low and taste buds dancing.

Heron – 613-247-4808

Mon.	6:30-8 pm	
Sep 25-Oct 23	\$67	1115586
Jan 29-Feb 26	\$67	1120964

Middle Eastern

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

Alexander – 613-798-8978

Thu.	7-9 pm	
Nov 23	\$25	1119728

Wine Tasting

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

Plant – 613-232-3000

Fri.	7-9 pm	
Nov 17	\$51.25	1120963
Feb 9	\$51.25	1124865

Languages

Languages

Learn the basics for travel or business. Build vocabulary and grammar for your conversations in another language. For extension numbers, call 613-580-2424, then dial the extension

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
French 1	Eva James	613-271-0712	Thu.	6-7:30 pm	Sep 21	12	\$161.25	1120875
French 1	Eva James	613-271-0712	Thu.	6-7:30 pm	Jan 11	9	\$121	1120882
French 1	Heron	613-247-4808	Wed.	6:30-8 pm	Sep 27	8	\$134	1115625
French 1	Heron	613-247-4808	Wed.	6:30-8 pm	Jan 17	7	\$117.25	1123460
French 1	St-Laurent	613-742-6767	Tue.	6-7:30 pm	Sep 19	12	\$201	1117715

Languages

Learn the basics for travel or business. Build vocabulary and grammar for your conversations in another language. For extension numbers, call 613-580-2424, then dial the extension

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
French 1	St-Laurent	613-742-6767	Tue.	6-7:30 pm	Jan 9	9	\$150.75	1117745
French 1	Tanglewood	613-580-2828	Wed.	6-7:30 pm	Sep 20	12	\$201	1124860
French 1	Tanglewood	613-580-2828	Wed.	6-7:30 pm	Jan 10	9	\$150.75	1124862
French 2	St-Laurent	613-742-6767	Tue.	7:30-9 pm	Sep 19	12	\$201	1117905
French 2	St-Laurent	613-742-6767	Tue.	7:30-9 pm	Jan 9	9	\$150.75	1117920
French 2	Tanglewood	613-580-2828	Wed.	7:45-9:15 pm	Sep 20	12	\$201	1124872
French 2	Tanglewood	613-580-2828	Wed.	7:45-9:15 pm	Jan 10	9	\$150.75	1124869
Spanish Conversational 1	Bob MacQuarrie-Orléans	613-580-9600	Mon.	5:30-7 pm	Sep 18	12	\$185	1114868
Spanish Conversational 1	Bob MacQuarrie-Orléans	613-580-9600	Mon.	5:30-7 pm	Jan 8	8	\$123.25	1117153
Spanish Conversational 1	François Dupuis	613-580-8080	Thu.	10-11:30 am	Sep 21	8	\$134	1123070
Spanish Conversational 1	François Dupuis	613-580-8080	Thu.	10-11:30 am	Jan 11	8	\$134	1124689
Spanish Conversational 1	Hunt Club-Riverside	613-260-1299	Mon.	6:30-7:30 pm	Sep 18	12	\$133.25	1106110
Spanish Conversational 1	Hunt Club-Riverside	613-260-1299	Mon.	6:30-7:30 pm	Jan 8	8	\$88.75	1114818
Spanish Conversational 1	John G. Mlacak	613-580-2980	Wed.	7-9 pm	Sep 20	12	\$153.50	1111792
Spanish Conversational 1	John G. Mlacak	613-580-2980	Wed.	7-9 pm	Jan 10	9	\$115.25	1111793
Spanish Conversational 1	Plant	613-232-3000	Tue.	7-9 pm	Sep 19	13	\$214.75	1120192
Spanish Conversational 1	Plant	613-232-3000	Tue.	7-9 pm	Jan 9	9	\$148.75	1124603
Spanish Conversational 1	Routhier	613-244-4470	Sat.	10-11:30 am	Sep 9	10	\$167.50	1105117
Spanish Conversational 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	5:30-7 pm	Sep 21	12	\$199.50	1114879
Spanish Conversational 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	5:30-7 pm	Jan 11	8	\$133	1117162
Spanish Conversational 2	Hunt Club-Riverside	613-260-1299	Mon.	7:30-8:30 pm	Sep 18	12	\$134	1106111
Spanish Conversational 2	Hunt Club-Riverside	613-260-1299	Mon.	7:30-8:30 pm	Jan 8	8	\$89.50	1114880
Spanish Conversational 2	John G. Mlacak	613-580-2980	Thu.	7-9 pm	Sep 21	12	\$153.50	1111794
Spanish Conversational 2	John G. Mlacak	613-580-2980	Thu.	7-9 pm	Jan 11	9	\$115.25	1111795
Spanish Conversational 2	Plant	613-232-3000	Thu.	7-9 pm	Sep 21	13	\$222.25	1120926
Spanish Conversational 2	Plant	613-232-3000	Thu.	7-9 pm	Jan 11	9	\$154	1124843
Spanish Conversational 2	Routhier	613-244-4470	Sat.	11:30 am-1 pm	Sep 9	10	\$167.50	1105120
Spanish Conversational 2	Routhier	613-244-4470	Sat.	10-11:30 am	Jan 13	8	\$134	1105814
Spanish Conversational 3	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8:30 pm	Sep 21	12	\$201	1114886
Spanish Conversational 3	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8:30 pm	Jan 11	8	\$134	1117167
Spanish Conversational 3	Routhier	613-244-4470	Sat.	11:30 am-1 pm	Jan 13	8	\$134	1105829

Leadership and Certification

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Standard First Aid/ CPR Level C/AED

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

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

Sat.-Sun. 8:30 am-4:30 pm
Feb 10-11 \$135.75 [1108972](#)

Greely – 613-580-2424 ext. 30235

Sat.-Sun. 8:30 am-4:30 pm
Oct 14-15 \$135.75 [1108915](#)



Learning

Chivalrous Sword Handling – Level 1

An introduction to Longsword and Historical European Martial Arts; techniques direct from historical sources. Learn fundamental parries, strikes, and counters. Ideal for martial artists, medieval enthusiasts, or simply those looking for some fun. Respect, courtesy and self control are strict requirements for our students.

Plant – 613-232-3000

Sun. 10:30 am-12:30 pm
Sep 24-Dec 17 \$204 [1124197](#)
Jan 14-Mar 11 \$153 [1124896](#)

Chivalrous Sword Handling – Level 2

Continue building on the fundamentals of HEMA Longsword through advanced training methodologies and safe contact sparring. Come and continue your study of historical fencing. Respect, courtesy and self control are strict requirements for our students.

Plant – 613-232-3000

Sun. 1-3 pm
Sep 24-Dec 17 \$204 [1124198](#)
Jan 14-Mar 11 \$153 [1124899](#)

Computers – Level 1

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

Heron – 613-247-4808

Tue. 7-8 pm
Sep 26-Nov 14 \$94.75 [1115614](#)
Jan 16-Feb 27 \$82.75 [1123456](#)

Dog Obedience

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

Level 1

Hunt Club-Riverside Park – 613-260-1299

Mon. 6-7 pm
Oct 16-Dec 11 \$107.25 [1106097](#)
Jan 8-Mar 5 \$95.25 [1114743](#)

Level 1 – Low Ratio

Hintonburg – 613-798-8874

Sun. 1-2 pm
Oct 22-Nov 26 \$120.50 [1119154](#)
Sun. 2-3 pm
Feb 4-Mar 11 \$120.50 [1119155](#)

Level 2

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

Hunt Club-Riverside Park – 613-260-1299

Mon. 7-8 pm
Oct 16-Dec 11 \$108.50 [1106101](#)
Jan 8-Mar 5 \$96.50 [1114747](#)

Ron Kolbus Lakeside – 613-828-4313

Wed. 7-8 pm
Sep 27-Nov 22 \$96.50 [1101651](#)
Jan 17-Mar 7 \$96.50 [1101653](#)

Dog Rally Obedience – Low Ratio

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

Hintonburg – 613-798-8874

Sun. 2-3 pm
Oct 22-Nov 26 \$120.50 [1119150](#)

Dog Tricks and Games

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

Richelieu-Vanier – 613-580-2424

Tue. 6:30-7:30 pm
Sep 26-Nov 14 \$104.25 [1103394](#)

Low Ratio

Hintonburg – 613-798-8874

Sun. 1-2 pm
Feb 4-Mar 11 \$120.50 [1121249](#)

iPad/iPhone – Make an App

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

Plant – 613-232-3000

Wed. 7-9 pm
Sep 20-Dec 13 \$307.25 [1124921](#)
Jan 10-Mar 7 \$212.75 [1124923](#)

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.

Greely – 613-580-2424 ext. 30235

Thu. 8:30-9:30 pm
Sep 28-Nov 16 \$50.75 [1122745](#)
Jan 18-Mar 8 \$50.75 [1122763](#)

Pet Massage

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

Hintonburg – 613-798-8874

Sun. 9:30 am-1:30 pm
Dec 3 \$44.75 [1119148](#)
Jan 28 \$44.75 [1119149](#)

Sewing

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

Level 1

Overbrook – 613-742-5147

Mon. 9:30-11:30 am
 Oct 16-Dec 4 \$101.75 [1118097](#)

Routhier – 613-244-4470

Sat. 10 am-noon [1105172](#)
 Sep 16-30 \$53.50 [1105908](#)
 Jan 6-20 \$53.50 [1105908](#)

Splash Pool – 613-748-4222

Thu. 9:30-11:30 am
 Sep 14-Nov 30 \$206.50 [1123671](#)
 Thu. 12:15-2:15 pm
 Sep 14-Nov 30 \$206.50 [1123672](#)

Level 2

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

Routhier – 613-244-4470

Sat. 10 am-noon
 Oct 14-28 \$53.50 [1105179](#)
 Jan 27-Feb 10 \$53.50 [1105912](#)

Level 3

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

Routhier – 613-244-4470

Sat. 10 am-noon [1105183](#)
 Nov 18-Dec 2 \$53.50 [1106668](#)
 Feb 24-Mar 10 \$53.50 [1106668](#)

Wellness

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Meditation

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

Goulbourn – 613-580-2532

Wed. 7:15-8:45 pm
 Oct 18 \$16.75 [1120518](#)

John G. Mlacak – 613-580-2980

Wed. 6:30-8:30 pm
 Oct 25 \$22.50 [1122645](#)
 Feb 14 \$22.50 [1122649](#)

Self Defence

Combine practical, easily-learned physical defence skills with training in awareness, communication and de-escalation. Learn escapes from holds, countering techniques and ground defence. Develop confidence and learn about your own inherent strength in a safe and fun environment.

Hintonburg – 613-798-8874

Sun. 10 am-noon
 Nov 5 \$39.25 [1119144](#)
 Feb 25 \$39.25 [1119145](#)

Walter Baker – 613-580-2788

Tue. 6-6:45 pm
 Oct 17-Nov 28 \$102.75 [1100515](#)
 Oct 17-Nov 28 \$102.75 [1100516](#)
 Jan 16-Mar 6 \$117.25 [1100517](#)
 Jan 16-Mar 6 \$117.25 [1100518](#)

Self Defence for Women

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

Hunt Club-Riverside Park – 613-260-1299

Sun. noon-2 pm
 Feb 4 \$39.25 [1115882](#)

Sat. 10 am-noon
 Sep 16 \$39.25 [1108526](#)

Ron Kolbus Lakeside – 613-828-4313

Sat. 10 am-2 pm
 Oct 21 \$78.25 [1109641](#)

Women Self-Empowered

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

François Dupuis – 613-580-8080

Thu. 7-9 pm
 Sep 14 \$22.50 [1123129](#)
 Oct 12 \$22.50 [1123133](#)
 Nov 9 \$22.50 [1123138](#)
 Jan 11 \$22.50 [1124706](#)
 Feb 8 \$22.50 [1124707](#)
 Mar 8 \$22.50 [1124709](#)

Martial Arts

Martial Arts

Improve your physical fitness while learning self defence. Learn discipline, self-respect and build your confidence. For extension numbers, call 613-580-2424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Sep 18	26	\$287	1114337
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Jan 8	17	\$180.75	1117138
Armizare	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Sep 20	12	\$154.75	1101769
Armizare	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Jan 10	9	\$116	1101772
Armizare 2	Richelieu-Vanier	613-560-6030	Mon.	7-8:30 pm	Sep 18	12	\$154.75	1101774
Armizare 2	Richelieu-Vanier	613-560-6030	Mon.	7-8:30 pm	Jan 8	8	\$103.25	1101776
Jiu-Jitsu	Queen Elizabeth School	613-742-6767	Fri.	8:30-9:25 pm	Sep 22	13	\$133.25	1117060
Jiu-Jitsu	Queen Elizabeth School	613-742-6767	Fri.	8:30-9:25 pm	Jan 12	9	\$92.25	1117558

Martial Arts

Improve your physical fitness while learning self defence. Learn discipline, self-respect and build your confidence. For extension numbers, call 613-580-2424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Tue.	6:30-7:25 pm	Sep 19	13	\$133.25	1117014
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Tue.	6:30-7:25 pm	Jan 9	9	\$92.25	1117529
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Fri.	7:30-8:25 pm	Sep 22	13	\$133.25	1117054
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Fri.	7:30-8:25 pm	Jan 12	9	\$92.25	1117618
Jiu-Jitsu 3	Queen Elizabeth School	613-742-6767	Tue.	7:30-8:25 pm	Sep 19	13	\$133.25	1117022
Jiu-Jitsu 3	Queen Elizabeth School	613-742-6767	Tue.	7:30-8:25 pm	Jan 9	9	\$92.25	1117537
Jiu-Jitsu	Sandy Hill	613-564-1062	Tue.	7:30-8:30 pm	Sep 12	12	\$100.25	1104156
Jiu-Jitsu	Sandy Hill	613-564-1062	Tue.	7:30-8:30 pm	Jan 16	8	\$66.75	1104503
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Sep 6	8	\$64.25	1117756
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Nov 1	8	\$64.25	1117789
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Jan 10	8	\$64.25	1120826
Judo	Munster School	613-580-2400	Sat., Thu.	10 am-Noon	Sep 16	51	\$137	1115921
Karate	Queenswood Heights	613-580-4765	Mon., Wed.	7:30-8:30 pm	Sep 11	28	\$217.75	1104521
Karate	Queenswood Heights	613-580-4765	Mon., Wed.	7:30-8:30 pm	Jan 15	15	\$116.75	1104525
Karate Goju Ryu	St-Laurent	613-742-6767	Tue.	6-6:55 pm	Sep 12	14	\$134.25	1117095
Karate Goju Ryu	Queen Elizabeth School	613-580-2400	Thu.	6-6:55 pm	Sep 28	13	\$115	1117133
Karate Goju Ryu	St-Laurent	613-742-6767	Tue.	6-6:55 pm	Jan 9	9	\$86.25	1117711
Karate Goju Ryu	Queen Elizabeth School	613-580-2400	Thu.	6-6:55 pm	Jan 11	9	\$76.75	1117769
Karate Goju Ryu 2	St-Laurent	613-742-6767	Tue.	7-7:55 pm	Sep 12	14	\$134.25	1117102
Karate Goju Ryu 2	Queen Elizabeth School	613-580-2400	Thu.	7-7:55 pm	Sep 28	13	\$115	1117144
Karate Goju Ryu 2	St-Laurent	613-742-6767	Tue.	7-7:55 pm	Jan 9	9	\$86.25	1117724
Karate Goju Ryu 2	Queen Elizabeth School	613-580-2400	Thu.	7-7:55 pm	Jan 11	9	\$76.75	1117774
Karate Goju Ryu 3	St-Laurent	613-742-6767	Tue.	8-8:55 pm	Sep 12	14	\$134.25	1117107
Karate Goju Ryu 3	Queen Elizabeth School	613-580-2400	Thu.	8-8:55 pm	Sep 28	13	\$115	1117147
Karate Goju Ryu 3	St-Laurent	613-742-6767	Tue.	8-8:55 pm	Jan 9	9	\$86.25	1117739
Karate Goju Ryu 3	Queen Elizabeth School	613-580-2400	Thu.	8-8:55 pm	Jan 11	9	\$76.75	1117783
Kendo	Plant	613-232-3000	Sun.	3:30-5:30 pm	Sep 24	12	\$168	1124205
Kendo	Plant	613-232-3000	Sun.	3:30-5:30 pm	Jan 14	9	\$126	1124916
Taekwondo	Hunt Club-Riverside	613-260-1299	Tue., Thu.	7:30-8:30 pm	Sep 5	32	\$250.25	1116170

Martial Arts

Improve your physical fitness while learning self defence. Learn discipline, self-respect and build your confidence. For extension numbers, call 613-580-2424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Taekwondo	Hunt Club-Riverside	613-260-1299	Tue., Thu., Sat.	7:30-8:30 pm	Sep 5	45	\$352	1116185
Taekwondo	Goulbourn School	613-580-2400	Mon.	7:15-8:15 pm	Sep 11	12	\$128.50	1108578
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	5:30-6:30 pm	Sep 12	24	\$212.50	1104545
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	6:30-7:30 pm	Sep 12	24	\$212.50	1104546
Taekwondo	Goulbourn School	613-580-2400	Thu.	7:15-8:15 pm	Sep 14	12	\$128.50	1108587
Taekwondo	Goulbourn	613-580-2532	Fri.	6:30-7:30 pm	Sep 15	13	\$158.25	1119386
Taekwondo	Goulbourn	613-580-2532	Fri.	7:30-8:30 pm	Sep 15	13	\$158.25	1119379
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Sep 18	27	\$220	1114236
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	7:30-8:30 pm	Sep 18	27	\$220	1119594
Taekwondo	Notre Dame Des Champs	613-580-9600	Tue., Thu.	6:30-7:30 pm	Sep 19	28	\$228.25	1114238
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Sep 20	13	\$145.25	1111351
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Sep 23	10	\$111.75	1111352
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Jan 8	17	\$138.50	1117058
Taekwondo	Goulbourn School	613-580-2400	Mon.	7:15-8:15 pm	Jan 8	8	\$100	1108945
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	7:30-8:30 pm	Jan 8	17	\$138.50	1119627
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	5:30-6:30 pm	Jan 9	18	\$212.50	1118107
Taekwondo	Notre Dame Des Champs	613-580-9600	Tue., Thu.	6:30-7:30 pm	Jan 9	18	\$146.75	1117059
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	6:30-7:30 pm	Jan 9	18	\$212.50	1118109
Taekwondo	Hunt Club-Riverside	613-260-1299	Tue., Thu.	7:30-8:30 pm	Jan 9	18	\$141	1116202
Taekwondo	Hunt Club-Riverside	613-260-1299	Tue., Thu., Sat.	7:30-8:30 pm	Jan 9	27	\$211.25	1116206
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Jan 10	9	\$100.50	1120702
Taekwondo	Goulbourn School	613-580-2400	Thu.	7:15-8:15 pm	Jan 11	8	\$100	1108955
Taekwondo	Goulbourn	613-580-2532	Fri.	6:30-7:30 pm	Jan 12	9	\$109.50	1122445
Taekwondo	Goulbourn	613-580-2532	Fri.	7:30-8:30 pm	Jan 12	9	\$109.50	1122456
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Jan 13	8	\$89.50	1120703

Sports

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



Sports

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

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Badminton								
Badminton	Routhier	613-244-4470	Sat.	10-11:30 am	Sep 9	12	\$152.25	1105153
Game Play	Overbrook	613-742-5147	Mon.	7:30-9 pm	Sep 11	8	\$45.75	1118176
Game Play	St. Francis Xavier School	613-822-7887	Wed.	7-8:30 pm	Sep 13	12	\$81.50	1121419
Game Play	Routhier	613-244-4470	Thu.	7:15-9:15 pm	Sep 14	14	\$82.25	1105150
Game Play	Eva James	613-271-0712	Sun.	6:30-7:30 pm	Sep 17	12	\$54.50	1118680
Game Play	Eva James	613-271-0712	Sun.	7:30-8:30 pm	Sep 17	12	\$54.50	1118689
Game Play	Fisher Park	613-798-8945	Mon.	8-10 pm	Sep 18	10	\$90.75	1104078
Game Play	South Fallingbrook	613-824-0633	Mon.	8-10 pm	Sep 18	12	\$108.75	1118950
Game Play	Eva James	613-271-0712	Wed.	10:40 am-12:10 pm	Sep 20	13	\$88.50	1118698
Game Play	Routhier	613-244-4470	Wed., Fri.	11:45 am-12:45 pm	Sep 20	26	\$76.25	1105344
Game Play	South Fallingbrook	613-824-0633	Fri.	7-9 pm	Sep 22	12	\$108.75	1118951
Game Play	McNabb	613-247-4815	Wed.	8:10-10:10 pm	Sep 27	12	\$108.75	1113642
Game Play	McNabb	613-247-4815	Sat.	6:30-8 pm	Sep 30	12	\$81.50	1113645
Game Play	Greenboro	613-580-2805	Sun.	4-5 pm	Oct 1	10	\$45.50	1115487
Game Play	Overbrook	613-742-5147	Mon.	7:30-9 pm	Nov 13	6	\$34.50	1118265
Game Play	Overbrook	613-742-5147	Mon.	7:30-9 pm	Jan 8	8	\$45.75	1118308
Game Play	Fisher Park	613-798-8945	Mon.	8-10 pm	Jan 8	8	\$72.50	1107578
Game Play	South Fallingbrook	613-824-0633	Mon.	8-10 pm	Jan 8	8	\$72.50	1118953
Game Play	Eva James	613-271-0712	Wed.	10:40 am-12:10 pm	Jan 10	9	\$61.25	1118728
Game Play	Routhier	613-244-4470	Wed., Fri.	11:45 am-12:45 pm	Jan 10	18	\$53	1105930

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play	McNabb	613-247-4815	Wed.	8:10-10:10 pm	Jan 10	9	\$81.50	1122822
Game Play	Routhier	613-244-4470	Thu.	7:15-9:15 pm	Jan 11	9	\$53	1105876
Game Play	South Fallingbrook	613-824-0633	Fri.	7-9 pm	Jan 12	8	\$72.50	1118954
Game Play	McNabb	613-247-4815	Sat.	6:30-8 pm	Jan 13	9	\$61.25	1122824
Game Play	Greenboro	613-580-2805	Sun.	4-5 pm	Jan 14	7	\$31.75	1115293
Game Play	Eva James	613-271-0712	Sun.	6:30-7:30 pm	Jan 14	8	\$36.25	1118712
Game Play	Eva James	613-271-0712	Sun.	7:30-8:30 pm	Jan 14	8	\$36.25	1118720
Game Play	St. Francis Xavier School	613-822-7887	Wed.	7-8:30 pm	Jan 17	8	\$54.50	1123524
Game Play – Women	Hillcrest School	613-580-2854	Thu.	7-9 pm	Oct 12	10	\$90.75	1102377
Game Play – Women	Hillcrest School	613-580-2854	Thu.	7-9 pm	Feb 1	6	\$54.50	1106120
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Sep 13	14	\$82.25	1105136
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Jan 10	9	\$53	1105854
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Sep 13	14	\$82.25	1105125
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Jan 10	9	\$53	1105842
Badminton 2	Routhier	613-244-4470	Sat.	11:30 am-1 pm	Sep 9	12	\$152.25	1105162
Badminton 2	Routhier	613-244-4470	Sat.	10-11:30 am	Jan 13	8	\$101.50	1105885
Badminton 3	Routhier	613-244-4470	Sat.	11:30 am-1 pm	Jan 13	8	\$101.50	1105898
Ball Hockey								
Game Play	Greenboro	613-580-2805	Thu.	8:30-10 pm	Sep 28	11	\$74.75	1109671
Game Play	Greenboro	613-580-2805	Thu.	8:30-10 pm	Jan 25	7	\$47.75	1114783
Ball Hockey								
League – Women	Mary Pitt	613-580-2854	Sun.	9 am-5 pm	Sept 24	19	\$177.50	1102413
Int. League – Women	Mary Pitt	613-580-2854	Sun.	9 am-5 pm	Sept 24	19	\$177.50	1102457
Basketball								
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Sep 14	14	\$80	1117910
Game Play	Carleton Heights	613-226-2208	Wed.	8:15-10 pm	Sep 27	10	\$79.25	1121758
Game Play	Carleton Heights	613-226-2208	Wed.	8:15-10 pm	Jan 10	9	\$71.50	1121761
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Jan 11	8	\$45.75	1118073
Game Play-Men	Eva James	613-271-0712	Wed.	9-11 pm	Sep 20	14	\$120.25	1120700
Game Play-Men	Eva James	613-271-0712	Wed.	9-11 pm	Jan 10	9	\$77.25	1120662

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play-Women	Eva James	613-271-0712	Thu.	8:30-10 pm	Sep 21	13	\$88.50	1120803
Game Play-Women	Eva James	613-271-0712	Thu.	8:30-10 pm	Jan 11	9	\$61.25	1120833
Never too late – Women	Hillcrest School	613-580-2854	Thu.	8-9 pm	Oct 12	10	\$60.50	1102568
Never Too Late – Women	Hillcrest School	613-580-2854	Thu.	8-9 pm	Feb 1	5	\$36.25	1106490
Never Too Late – Women	Briargreen School	613-580-2854	Wed.	8:30-9:30 pm	Feb 7	5	\$30.25	1106483
Rec League – Women	Mary Pitt	613-580-2854	Wed.	6-9 pm	Sept 20	19	\$194.25	1102593
Int. League – Women	Mary Pitt	613-580-2854	Tue.	6-10 pm	Sep 19	23	\$286.25	1102522
Cross Country Ski								
Information Session	Terry Fox	613-247-4883	Mon.	6-8 pm	Dec 11	1	\$0	1121113
Help with Hills	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 13	1	\$53	1120107
Help with Hills	Terry Fox	613-247-4883	Sat.	9-11:30 am	Feb 3	1	\$53	1120108
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 5	3	\$110.50	1119921
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 5	3	\$110.50	1119924
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 5	3	\$110.50	1119950
Level 1	Terry Fox	613-247-4883	Tue., Thu.	11 am-12:30 pm	Jan 9	5	\$150.50	1119883
Level 1	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Jan 9	5	\$150.50	1119892
Level 1	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 9	5	\$150.50	1119899
Level 1	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 9	5	\$150.50	1119908
Level 1	Terry Fox	613-247-4883	Wed.	11 am-12:30 pm	Jan 10	5	\$150.50	1119872
Level 1	Terry Fox	613-247-4883	Wed.	8-9:30 pm	Jan 10	5	\$150.50	1119881
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 12	3	\$110.50	1119927
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 12	3	\$110.50	1119931
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 12	3	\$110.50	1119953
Level 1	Goulbourn	613-580-2532	Sat.	11 am-Noon	Jan 13	6	\$120.50	1122522
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 19	3	\$110.50	1119935
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 19	3	\$110.50	1119956
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 26	3	\$110.50	1119937
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 26	3	\$110.50	1119940
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 26	3	\$110.50	1119959
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Feb 2	3	\$110.50	1119942

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 2	3	\$110.50	1119962
Level 1	Terry Fox	613-247-4883	Tue., Thu.	11 am-12:30 pm	Feb 6	5	\$150.50	1119887
Level 1	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Feb 6	5	\$150.50	1119903
Level 1	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Feb 6	5	\$150.50	1119911
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Feb 9	3	\$110.50	1119945
Level 1-Low Ratio	Terry Fox	613-247-4883	Mon.	6:15-7:45 pm	Jan 8	5	\$188	1111867
Level 1-Low Ratio	Terry Fox	613-247-4883	Mon.	8-9:30 pm	Jan 8	5	\$188	1111871
Level 1-Low Ratio	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 9	5	\$188	1111872
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 5	3	\$110.50	1113696
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 5	3	\$110.50	1113701
Level 2	Terry Fox	613-247-4883	Mon.	11 am-12:30 pm	Jan 8	5	\$150.50	1113665
Level 2	Terry Fox	613-247-4883	Mon.	6:15-7:45 pm	Jan 8	5	\$150.50	1113667
Level 2	Terry Fox	613-247-4883	Tue., Thu.	11 am-12:30 pm	Jan 9	5	\$150.50	1113672
Level 2	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Jan 9	5	\$150.50	1113675
Level 2	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 10	5	\$150.50	1113668
Level 2	Terry Fox	613-247-4883	Wed.	8-9:30 pm	Jan 10	5	\$150.50	1113669
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 12	3	\$110.50	1113697
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 12	3	\$110.50	1113702
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45pm	Jan 19	3	\$110.50	1113698
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 19	3	\$110.50	1113703
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 26	3	\$110.50	1113699
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 26	3	\$110.50	1113704
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Feb 2	3	\$110.50	1113700
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 2	3	\$110.50	1113705
Level 2	Terry Fox	613-247-4883	Tue., Thu.	11 am-12:30 pm	Feb 6	5	\$150.50	1113673
Level 2	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Feb 6	5	\$150.50	1113676
Level 2-Low Ratio	Terry Fox	613-247-4883	Mon.	6:15-7:45 pm	Jan 8	5	\$188	1113680
Level 2-Low Ratio	Terry Fox	613-247-4883	Mon.	8-9:30 pm	Jan 8	5	\$188	1113683
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 5	3	\$116.50	1113711
Level 3	Terry Fox	613-247-4883	Tue., Thu.	1-2:30 pm	Jan 9	5	\$158.75	1113707

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Level 3	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 9	5	\$158.75	1113709
Level 3	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 10	5	\$158.75	1113706
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 2	3	\$116.50	1113712
Level 3	Terry Fox	613-247-4883	Tue., Thu.	1-2:30 pm	Feb 6	5	\$158.75	1113708
Level 3	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Feb 6	5	\$158.75	1113710
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 9	3	\$116.50	1113713
Level 4	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 9	5	\$158.75	1113714
Level 4	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 19	3	\$116.50	1113717
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 6	1	\$53	1120044
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 20	1	\$53	1120046
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 27	1	\$53	1120048
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Feb 10	1	\$53	1120051
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Jan 15	1	\$8.50	1120213
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Jan 22	1	\$8.50	1120219
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Jan 29	1	\$8.50	1120223
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Feb 5	1	\$8.50	1120224
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Feb 12	1	\$8.50	1120229
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Feb 26	1	\$8.50	1120230
Cross Country Ski-Skate								
Help with Hills	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 27	1	\$53	1120118
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 5	3	\$110.50	1116845
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 5	3	\$110.50	1116851
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 5	3	\$110.50	1116864
Level 1	Terry Fox	613-247-4883	Mon.	8-9:30 pm	Jan 8	5	\$150.50	1113741
Level 1	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Jan 9	5	\$150.50	1113749
Level 1	Terry Fox	613-247-4883	Wed.	1-2:30 pm	Jan 10	5	\$150.50	1113744
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 12	3	\$110.50	1116853
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 26	3	\$110.50	1116854
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 2	3	\$110.50	1116867
Level 1	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Feb 6	5	\$150.50	1113751

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Feb 9	3	\$110.50	1116856
Level 1-Low Ratio	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 9	5	\$188	1113761
Level 1-Low Ratio	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 10	5	\$188	1113757
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 5	3	\$110.50	1116910
Level 2	Terry Fox	613-247-4883	Mon.	8-9:30 pm	Jan 8	5	\$150.50	1116889
Level 2	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Jan 9	5	\$150.50	1116900
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 12	3	\$110.50	1116912
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 19	3	\$110.50	1116913
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 19	3	\$110.50	1116917
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 26	3	\$110.50	1116919
Level 2	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Feb 6	5	\$150.50	1116907
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 9	3	\$110.50	1116920
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Feb 16	3	\$110.50	1116915
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 16	3	\$110.50	1116922
Level 2-Low Ratio	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 10	5	\$188	1116930
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 5	3	\$116.50	1119997
Level 3	Terry Fox	613-247-4883	Mon.	6:15-7:45 pm	Jan 8	5	\$158.75	1119981
Level 3	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 9	5	\$158.75	1119988
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 26	3	\$116.50	1119996
Level 3	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Feb 6	5	\$158.75	1119991
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 9	3	\$116.50	1120000
Level 4	Terry Fox	613-247-4883	Mon.	6:15-7:45 pm	Jan 8	5	\$158.75	1120006
Level 4	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 19	3	\$116.50	1120015
Pre-Level 1	Terry Fox	613-247-4883	Sun.	3-4:30 pm	Jan 7	1	\$30.25	1113732
Pre-Level 1	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 10	1	\$30.25	1113720
Pre-Level 1	Terry Fox	613-247-4883	Sun.	3-4:30 pm	Jan 14	1	\$30.25	1113734
Pre-Level 1	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 17	1	\$30.25	1113722
Pre-Level 1	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Feb 7	1	\$30.25	1113723
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 13	1	\$53	1120084

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Feb 3	1	\$53	1120090
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Feb 17	1	\$53	1120094
Curling								
Clinic	Nepean Sportsplex	613-580-2828	Sat.	9-11 am	Nov 4	1	\$42.50	1124631
Clinic	Nepean Sportsplex	613-580-2828	Sat.	11 am-1 pm	Nov 11	1	\$42.50	1124632
League Mixed	Nepean Sportsplex	613-580-2828	Tue.	7-9 pm	Nov 7	16	\$130.25	1124703
League Mixed	Nepean Sportsplex	613-580-2828	Wed.	9-11 pm	Nov 8	16	\$130.25	1124657
League Mixed	Nepean Sportsplex	613-580-2828	Wed.	9-11 pm	Nov 8	16	\$130.25	1124693
League Mixed	Nepean Sportsplex	613-580-2828	Thu.	7-9 pm	Nov 9	16	\$130.25	1124659
Curling Men	Nepean Sportsplex	613-580-2828	Mon.	8-9 pm	Nov 13	6	\$124.25	1124634
Curling Men	Nepean Sportsplex	613-580-2828	Mon.	8-9 pm	Jan 8	6	\$124.25	1128543
Curling Women	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Nov 13	6	\$124.25	1124635
Curling Women	Nepean Sportsplex	613-580-2828	Mon.	8-9 pm	Nov 13	6	\$124.25	1124636
Curling Women	Nepean Sportsplex	613-580-2828	Mon.	7-8 pm	Jan 8	6	\$124.25	1124729
Curling Women	Nepean Sportsplex	613-580-2828	Mon.	8-9 pm	Jan 8	6	\$124.25	1124730
Dodgeball								
Game Play	Greely School	ext. 30235	Tue.	6-7 pm	Sep 26	8	\$36.25	1117833
Game Play	Greenboro	613-580-2805	Sun.	7-8 pm	Oct 1	10	\$45.50	1110851
Game Play	Greenboro	613-580-2805	Sun.	7-8 pm	Jan 14	7	\$31.75	1115371
Game Play	Greely School	613-580-2400	Tue.	6-7 pm	Jan 16	8	\$36.25	1118001
Golf								
Ollson Development	Barrhaven on the Green	613-823-7996	Tue.	6:30-7:30 pm	Sep 5	4	\$139.50	1121296
Ollson Development	Barrhaven on the Green	613-823-7996	Thu.	6:30-7:30 pm	Sep 7	4	\$139.50	1121297
Ollson Development	Barrhaven on the Green	613-823-7996	Tue.	6:30-7:30 pm	Oct 3	4	\$139.50	1121298
Ollson Development	Barrhaven on the Green	613-823-7996	Thu.	6:30-7:30 pm	Oct 5	4	\$139.50	1121299
Hockey								
Development	Ray Friel	613-580-4765	Fri.	4:30-5:20 pm	Sep 15	8	\$162.50	1120262
Development	McNabb	613-247-4815	Thu.	9-9:50 pm	Oct 12	9	\$190.25	1110224
Development	McNabb	613-247-4815	Mon.	9-9:50 pm	Oct 16	9	\$190.25	1110220
Development	Ray Friel	613-580-4765	Fri.	4:30-5:20 pm	Nov 10	7	\$142.25	1120272

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Development	McNabb	613-247-4815	Mon.	9-9:50 pm	Jan 8	9	\$190.25	1110785
Development	McNabb	613-247-4815	Thu.	9-9:50 pm	Jan 11	9	\$190.25	1110786
Development	Ray Friel	613-580-4765	Fri.	4:30-5:20 pm	Jan 12	7	\$142.25	1120290
Development 2	Brewer Arena	613-247-4815	Tue.	9-9:50 pm	Oct 10	9	\$190.25	1110250
Development 2	Brewer Arena	613-247-4815	Tue.	9-9:50 pm	Jan 9	9	\$190.25	1110804
Development Men	Jim Durrell	613-247-4811	Tue.	8:30-9:50 pm	Sep 5	6	\$203	1110206
Development Men	Minto-Barrhaven	613-727-2683	Tue.	10-10:50 pm	Oct 10	10	\$211.50	1115949
Development Men	Minto-Barrhaven	613-727-2683	Tue.	10-10:50 pm	Jan 9	9	\$190.25	1116231
Development Women	Jim Durrell	613-247-4811	Tue.	7-8:20 pm	Sep 5	6	\$203	1110181
Development Women	Minto-Barrhaven	613-727-2683	Tue.	9-9:50 pm	Oct 10	10	\$211.50	1115933
Development Women	McNabb	613-247-4815	Mon.	7-7:50 pm	Oct 16	9	\$190.25	1110184
Development Women	McNabb	613-247-4815	Mon.	7-7:50 pm	Jan 8	9	\$190.25	1110777
Development Women	Minto-Barrhaven	613-727-2683	Tue.	9-9:50 pm	Jan 9	9	\$190.25	1116229
Game Play Men	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Oct 11	10	\$63.50	1129010
Game Play Men	Minto-Barrhaven	613-727-2683	Thu.	10:15-11:05 pm	Oct 12	10	\$63.50	1129013
Game Play Men	Minto-Barrhaven	613-727-2683	Sat.	10:15-11:05 pm	Oct 14	9	\$57.25	1115863
Game Play Men	Minto-Barrhaven	613-727-2683	Sat.	10:15-11:05 pm	Jan 6	8	\$50.75	1116203
Game Play Men	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Jan 10	9	\$57.25	1129027
Game Play Men	Minto-Barrhaven	613-727-2683	Thu.	10:15-11:05 pm	Jan 11	9	\$57.25	1129028
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Oct 11	10	\$63.50	1129011
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Thu.	10:15-11:05 pm	Oct 12	10	\$63.50	1129012
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Sat.	10:15-11:05 pm	Oct 14	9	\$57.25	1115877
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Sat.	10:15-11:05 pm	Jan 6	8	\$50.75	1116217
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Jan 10	9	\$57.25	1129029
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Thu.	10:15-11:05 pm	Jan 11	9	\$57.25	1129045
Game Play	Ray Friel	613-580-4765	Sat.	9:30-10:20 pm	Sep 9	15	\$93.50	1120392
Game Play	Ray Friel	613-580-4765	Sat.	10:30-11:20 pm	Sep 9	15	\$93.50	1120398
Game Play	Ray Friel	613-580-4765	Sat.	9:30-10:20 pm	Jan 13	8	\$50	1120400
Game Play	Ray Friel	613-580-4765	Sat.	10:30-11:20 pm	Jan 13	8	\$50	1120401
Game Play Women	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Oct 11	10	\$63.50	1129007

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play Women	Minto-Barrhaven	613-727-2683	Sat.	9:15-10:05 pm	Oct 14	9	\$57.25	1115587
Game Play Women	Minto-Barrhaven	613-727-2683	Sat.	9:15-10:05 pm	Jan 6	8	\$50.75	1116163
Game Play Women	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Jan 10	9	\$57.25	1129025
Game Play Women-Goalie	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Oct 11	10	\$63.50	1129008
Game Play Women-Goalie	Minto-Barrhaven	613-727-2683	Sat.	9:15-10:05 pm	Oct 14	9	\$57.25	1115663
Game Play Women-Goalie	Minto-Barrhaven	613-727-2683	Sat.	9:15-10:05 pm	Jan 6	8	\$50.75	1116197
Game Play Women-Goalie	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Jan 10	9	\$57.25	1129026
Game Play Women	Ray Friel	613-580-4765	Tue.	11 am-12:20 pm	Sep 12	15	\$125.75	1118471
Game Play Women	Ray Friel	613-580-4765	Tue.	11 am-12:20 pm	Jan 9	9	\$75.50	1118477
League Rec Men	Ray Friel	613-580-4765	Wed.	9 pm-12 am	Oct 4	22	\$5396	1121886
League Tier 2	Ray Friel	613-580-4765	Thu.	9 pm-12 am	Oct 5	22	\$5396	1121768
League Tier 3	Ray Friel	613-580-4765	Tue.	9 pm-12 am	Oct 3	22	\$5396	1121805
League Tier 4	Ray Friel	613-580-4765	Mon.	9 pm-12 am	Sep 25	22	\$5396	1121844
Powerskating	Minto-Barrhaven	613-727-2683	Thu.	8-8:50 pm	Oct 12	10	\$211.50	1116073
Powerskating	McNabb	613-247-4815	Mon.	8-8:50 pm	Oct 16	9	\$190.25	1110274
Powerskating	McNabb	613-247-4815	Mon.	8-8:50 pm	Jan 8	9	\$190.25	1110793
Powerskating	Minto-Barrhaven	613-727-2683	Thu.	8-8:50 pm	Jan 11	9	\$190.25	1116238
Powerskating 2	Brewer Arena	613-247-4815	Tue.	8-8:50 pm	Oct 10	9	\$190.25	1110289
Powerskating 2	Brewer Arena	613-247-4815	Tue.	8-8:50 pm	Jan 9	9	\$190.25	1110812
Shooting Clinic Women	Tom Brown Arena	613-247-4815	Thu.	9-9:50 pm	Sep 7	1	\$21.25	1110361
Skating Clinic Women	Tom Brown Arena	613-247-4815	Thu.	9-9:50 pm	Aug 24	1	\$21.25	1110325
Stick Handling Women	Tom Brown Arena	613-247-4815	Thu.	9-9:50 pm	Aug 31	1	\$21.25	1110347
Pickleball								
Game Play	Goulbourn	613-580-2532	Sat.	10-11:30 am	Sep 16	1	\$7	1120577
Rock Climbing								
Rock Climbing	Richcraft-Kanata	613-580-9696	Sat.	Noon-1 pm	Sep 23	12	\$160.75	1117512
Rock Climbing	Richcraft-Kanata	613-580-9696	Sat.	Noon-1 pm	Jan 13	8	\$107.25	1120780
Soccer								
Game Play	Minto-Barrhaven	613-727-2683	Sun.	8:30-10 am	Sep 10	6	\$40.75	1109260
Game Play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Sep 12	14	\$80	1117825

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play	Fallingbrook School	613-580-4765	Sat.	Noon-1:30 pm	Sep 16	12	\$81.50	1120522
Game Play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Jan 9	8	\$45.75	1117829
Game Play	Fallingbrook School	613-580-4765	Sat.	Noon-1:30 pm	Jan 13	9	\$61.25	1120526
Women	Fallingbrook School	613-580-4765	Wed.	8-9:30 pm	Sep 20	13	\$165	1120574
Women	Fallingbrook School	613-580-4765	Wed.	8-9:30 pm	Jan 10	9	\$114.25	1120575
Indoor League – Women	Mary Pitt	613-580-2854	Tues.	6-9 pm	Sep 19	23	\$233.25	1102625
Never Too Late – Women	Briargreen School	613-580-2854	Wed.	7:30-8:30 pm	Oct 11	10	\$84.75	1102667
Never Too Late – Women	Hillcrest School	613-580-2854	Thu.	7-8 pm	Feb 1	6	\$50.75	1106499
Never Too Late – Women	Briargreen School	613-580-2854	Wed.	7:30-8:30 pm	Feb 7	5	\$42.50	1106497
Never Too Late – Women	Hillcrest School	613-580-2854	Thu.	7-8 pm	Oct 12	10	\$84.75	1102683
Squash								
Squash	Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Oct 3	10	\$141	1124013
Squash	Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Jan 16	8	\$112.75	1124044
Tennis								
Tennis	Fallingbrook School	613-580-4765	Sat.	3:30-4:30 pm	Sep 16	12	\$169.25	1120561
Tennis	Woodroffe School	613-580-2400	Tue.	7:30-8:30 pm	Oct 17	10	\$121.75	1118478
Tennis	Woodroffe School	613-580-2400	Tue.	7:30-8:30 pm	Jan 9	10	\$121.75	1118501
Tennis	Fallingbrook School	613-580-4765	Sat.	3:30-4:30 pm	Jan 13	9	\$127	1120565
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	9:15-10:15 am	Sep 16	12	\$103.25	1123995
Triathlon	Goulbourn	613-580-2532	Sat.	3-4 pm	Sep 23	12	\$103.25	1120413
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	9:15-10:15 am	Jan 13	7	\$60.25	1124620
Ultimate Frisbee								
Game Play – Women	Mary Pitt	613-580-2854	Thu.	6:30-8:30 pm	Sep 7	8	\$72.50	1102705
Volleyball								
Coed Rec. League	Hintonburg	613-798-8874	Tue.	6-11 pm	Sep 12	24	\$957.50	1119120
Game Play	École Franco Jeunesse	613-564-1062	Wed.	6-8 pm	Sep 13	12	\$103	1104195
Game Play	École Franco Jeunesse	613-564-1062	Wed.	8-10 pm	Sep 13	12	\$103	1104242
Game Play	Eva James	613-271-0712	Tue.	9-11 pm	Sep 19	13	\$117.75	1120512

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play	Greenboro	613-580-2805	Mon.	7-8:30 pm	Sep 25	10	\$68	1108889
Game Play	South Fallingbrook	613-824-0633	Tue.	6:30-8 pm	Sep 26	12	\$81.50	1113652
Game Play	South Fallingbrook	613-824-0633	Wed.	6-8 pm	Sep 27	12	\$108.75	1117294
Game Play	Greenboro	613-580-2805	Wed.	7-8:30 pm	Sep 27	11	\$74.75	1108897
Game Play	Greenboro	613-580-2805	Thu.	7-8:30 pm	Sep 28	11	\$74.75	1108901
Game Play	Eva James	613-271-0712	Tue.	9-11 pm	Jan 9	9	\$81.50	1120524
Game Play	South Fallingbrook	613-824-0633	Tue.	6:30-8 pm	Jan 16	8	\$54.50	1113654
Game Play	École Franco Jeunesse	613-564-1062	Wed.	6-8 pm	Jan 17	8	\$68.75	1104519
Game Play	South Fallingbrook	613-824-0633	Wed.	6-8 pm	Jan 17	8	\$72.50	1117288
Game Play	École Franco Jeunesse	613-564-1062	Wed.	8-10 pm	Jan 17	8	\$68.75	1104518
Game Play	Greenboro	613-580-2805	Mon.	7-8:30 pm	Jan 22	6	\$40.75	1110987
Game Play	Greenboro	613-580-2805	Wed.	7-8:30 pm	Jan 24	7	\$47.75	1110995
Game Play	Greenboro	613-580-2805	Thu.	7-8:30 pm	Jan 25	7	\$47.75	1110997
Game Play 2	Hunt Club-Riverside	613-260-1299	Mon.	7:15-9:15 pm	Sep 18	12	\$108.75	1106117
Game Play 2	Eva James	613-271-0712	Tue.	9-11 pm	Sep 19	13	\$117.75	1120542
Game Play 2	South Fallingbrook	613-824-0633	Tue.	6:30-8 pm	Sep 26	12	\$81.50	1113655
Game Play 2	South Fallingbrook	613-824-0633	Wed.	6-8 pm	Sep 27	12	\$108.75	1113657
Game Play 2	McNabb	613-247-4815	Thu.	8-10 pm	Sep 28	12	\$108.75	1113659
Game Play 2	Greenboro	613-580-2805	Sun.	5:15-6:45 pm	Oct 1	10	\$68	1110840
Game Play 2	Hunt Club-Riverside	613-260-1299	Mon.	7:15-9:15 pm	Jan 8	8	\$72.50	1114901
Game Play 2	Eva James	613-271-0712	Tue.	9-11 pm	Jan 9	9	\$81.50	1120567
Game Play 2	McNabb	613-247-4815	Thu.	8-10 pm	Jan 11	9	\$81.50	1123257
Game Play 2	Greenboro	613-580-2805	Sun.	5:15-6:45 pm	Jan 14	7	\$47.75	1115319
Game Play 2	South Fallingbrook	613-824-0633	Tue.	6:30-8 pm	Jan 16	8	\$54.50	1113660
Game Play 2	South Fallingbrook	613-824-0633	Wed.	6-8 pm	Jan 17	8	\$72.50	1113662
Game Play 3	Glen Cairn	613-836-3121	Thu.	8-10 pm	Sep 7	15	\$136	1115238
Game Play 3	École Franco Jeunesse	613-564-1062	Tue.	8-10 pm	Sep 12	12	\$103	1126343
Game Play 3	Eva James	613-271-0712	Mon.	9-11 pm	Sep 18	12	\$108.75	1119826
Game Play 3	Hunt Club-Riverside	613-260-1299	Wed.	7:15-9:15 pm	Sep 20	13	\$117.75	1115275
Game Play 3	McNabb	613-247-4815	Mon.	8-10 pm	Sep 25	11	\$99.75	1113663

Sports

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play 3	South Fallingbrook	613-824-0633	Tue.	8-10 pm	Sep 26	12	\$108.75	1113666
Game Play 3	South Fallingbrook	613-824-0633	Wed.	8-10 pm	Sep 27	12	\$108.75	1113664
Game Play 3	McNabb	613-247-4815	Mon.	8-10 pm	Jan 8	8	\$72.50	1123266
Game Play 3	Eva James	613-271-0712	Mon.	9-11 pm	Jan 8	8	\$72.50	1119834
Game Play 3	Hunt Club-Riverside	613-260-1299	Wed.	7:15-9:15 pm	Jan 10	9	\$81.50	1115254
Game Play 3	Glen Cairn	613-836-3121	Thu.	8-10 pm	Jan 11	9	\$81.50	1120741
Game Play 3	École Franco Jeunesse	613-564-1062	Tue.	8-10 pm	Jan 16	8	\$68.75	1104542
Game Play 3	South Fallingbrook	613-824-0633	Tue.	8-10 pm	Jan 16	8	\$72.50	1113670
Game Play 3	South Fallingbrook	613-824-0633	Wed.	8-10 pm	Jan 17	8	\$72.50	1113674
Level 2 – Women	Centennial School	613-580-2854	Tues.	7:30-8:30 pm	Feb 6	5	\$43.25	1106505
Level 2 – Women	Centennial School	613-580-2854	Tues.	7:30-8:30 pm	Oct 10	10	\$86	1102774
Never Too Late – Women	Centennial School	613-580-2854	Tues.	6:30-7:30 pm	Oct 10	10	\$78.75	1102775
Never Too Late – Women	Centennial School	613-580-2854	Tues.	6:30-7:30 pm	Feb 6	5	\$39.50	1106509
Int. A/B League – Women	Mary Pitt	613-580-2854	Mon.	7-10 pm	Sep 18	21	\$257.25	1102729
Int. C League – Women	Mary Pitt	613-580-2854	Thu.	7-10 pm	Sep 21	19	\$214.75	1102763
Tournament – Women	Mary Pitt	613-580-2854	Sat.	9 am-5 pm	Nov 18	1	\$114.25	1102778

Drop In Activities

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