



Classes for

Preschool

Recreation eGuide

Spring and Summer 2017

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Arts Centres

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

[Nepean Visual Arts Centre](#)

613-580-2828

1701 Woodroffe Avenue

(Entrance 3, Nepean Sportsplex)



[Nepean Creative Arts Centre](#)

613-596-5783

35 Stafford Road, Bells Corners



[Shenkman Arts Centre](#)

613-580-2787

245 Centrum Boulevard, Orléans



What do arts centres offer preschoolers?

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

Learn life time art skills here.

Destination: arts experience.

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

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

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

Performing Arts

That's Kindertainment

Storytelling, pantomime, shadow puppets and drama games set the stage for imaginary play. Learn to listen, collaborate, create, act, speak on stage, write and draw, make friends. Instructor: Ms. Katherine is an Arts Instructor and Child Development Supervisor.

Nepean Creative Arts

2-5 years Sun. 10 am-noon
Mar 26-Apr 30 \$138.50 [1072743](#)

Dance

Ballet Jazz – Level 1

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

Shenkman Arts

3-4 years Sun. 10-10:45 am
Apr 9-Jun 11 \$53.25 [1076500](#)
4-5 years Sun. 10:45-11:30 am
Apr 9-Jun 11 \$53.25 [1076501](#)

Bollyoga – Parent and Tot

Immerse yourself in joyful movements and Bollywood beats alongside your little one. Develop coordination, balance and rhythm together through simple choreographed Bollywood steps, combined with basic yoga postures.

Shenkman Arts

1 month-2 years Sat. 9-9:45 am
Apr 8-Jun 17 \$59.50 [1082592](#)

Creative Movement – Parent and Tot

For our youngest students, this provides a fun, casual approach to practicing basic and fine motor skills, and a cooperative introduction to the elements of dance and space.

Nepean Creative Arts

18 months-3 years Sat. 11-11:45 am
Apr 1-Jun 3 \$33.75 [1072750](#)
18 months-3 years Wed. 10-10:45 am
Apr 5-May 31 \$38 [1092359](#)

Creative Movement

A fun, casual approach to practicing basic and fine motor skills, in this introduction to the elements of movement to music.

Shenkman Arts

2-3 years Sun. 9:15-10 am
Apr 9-Jun 11 \$45 [1076499](#)

Dancing Barefoot

An organic approach to movement and dance that honours the child's unique creative process and natural relationship to music and dance. Self expression through stories, moods and feelings, the seasons, lots of imaginative play and a little bit of magic.

Nepean Creative Arts

2-5 years Fri. 9:45-10:35 am
Apr 7-Jun 9 \$74.25 [1072746](#)

Gotta Dance

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

Nepean Creative Arts

3-5 years Sat. 9-9:45 am
Apr 1-Jun 10 \$60 [1090148](#)

Shenkman Arts

3-4 years Sat. 11-11:45 am
Apr 8-Jun 17 \$53.25 [1073839](#)
3-5 years Tue. 10:30-11:15 am
Apr 4-May 23 \$53.25 [1073695](#)



Arts in Your Neighbourhood

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

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

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

Performing Arts

Dance and Drama

Ballet – Level 1

Introduce your little one to the world of creative movement. Simple exercises are structured to develop balance and coordination, while preschoolers learn the different movements and ballet basics.

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years Sat. 1:45-2:30 pm
Apr 1-Jun 17 \$66.75 [1084076](#)

Carp Memorial Hall – 613-580-9696 ext. 34488

4-6 years Sun. 10:15-10:45 am
Mar 26-Jun 11 \$44.50 [1077112](#)

Chapman Mills – 613-822-7887

3-5 years Fri. 4:30-5 pm
Mar 31-Jun 23 \$49 [1088610](#)
3-5 years Fri. 5-5:30 pm
Mar 31-Jun 23 \$49 [1088648](#)
3-5 years Fri. 5:30-6 pm
Mar 31-Jun 23 \$49 [1088657](#)

Fisher Park – 613-798-8945

3-4 years Sat. 9:45-10:30 am
Apr 8-Jun 24 \$66.75 [1079826](#)

François Dupuis – 613-580-8080

3-5 years Sat. noon-12:45 pm
Apr 1-Jun 17 \$66.75 [1081829](#)
3-5 years Sat. 1:30-2:15 pm
Apr 1-Jun 17 \$66.75 [1081835](#)
3-5 years Sun. 11:45 am-12:30 pm
Apr 2-Jun 18 \$66.75 [1081952](#)
3-5 years Sun. 12:30-1:15 pm
Apr 2-Jun 18 \$66.75 [1081958](#)
3-5 years Sun. 1:15-2 pm
Apr 2-Jun 18 \$66.75 [1081963](#)

Heron – 613-247-4808

3-5 years Wed. 5-5:45 pm
Apr 19-Jun 14 \$59 [1079797](#)

Hintonburg – 613-798-8874

3-4 years Thu. 6:15-7 pm
Mar 30-Jun 1 \$66.75 [1088495](#)

Hunt Club-Riverside Park – 613-260-1299

3-4 years Sat. 9-9:45 am
Apr 22-Jun 17 \$53.25 [1093271](#)
3-5 years Mon. 6-6:45 pm
Apr 10-Jun 12 \$53.25 [1093270](#)
4-5 years Sat. 10-10:45 am
Apr 22-Jun 17 \$53.25 [1093272](#)
5-6 years Sat. 11-11:45 am
Apr 22-Jun 17 \$53.25 [1093273](#)

McNabb – 613-564-1070

18 months-3 years Fri. 10-11 am
Mar 24-Jun 16 \$93 [1076279](#)
3-4 years Fri. 11 am-noon
Mar 24-Jun 16 \$93 [1076280](#)
3-5 years Tue. 5-6 pm
Mar 21-Jun 6 \$93 [1076277](#)
3-5 years Sat. 9-10 am
Mar 25-Jun 17 \$85.25 [1076281](#)

Nepean Sportsplex – 613-580-2828

4-5 years Sat. 1:45-2:30 pm
Apr 1-Jun 10 \$60 [1072979](#)
4-5 years Thu. 5:30-6:15 pm
Apr 6-Jun 8 \$66.75 [1072991](#)

Pat Clark (Cyrville) – 613-748-1771

3-5 years Mon. 5:30-6:15 pm
Apr 3-Jun 26 \$73.25 [1072254](#)
Jul 10-Aug 28 \$46.75 [1093243](#)
3-5 years Sat. 9:15-10 am
Apr 8-Jun 24 \$73.25 [1093171](#)
4-6 years Sat. 10-10:45 am
Apr 8-Jun 24 \$73.25 [1093173](#)
4-6 years Mon. 6:15-7 pm
Jul 10-Aug 28 \$46.75 [1093242](#)



Pinecrest – 613-828-3118

3-4 years Tue. 6-6:30 pm
Apr 4-Jun 20 \$53.25 [1085088](#)
3-4 years Tue. 6:30-7 pm
Apr 4-Jun 20 \$53.25 [1085089](#)
3-4 years Sun. 11-11:30 am
Apr 9-Jun 25 \$44.50 [1085092](#)

Plant – 613-232-3000

4-6 years Mon. 6:05-6:50 pm
Apr 24-Jun 19 \$53.25 [1080875](#)
4-6 years Wed. 6:10-6:55 pm
Apr 26-Jun 21 \$60 [1084430](#)
Jul 5-Aug 23 \$53.25 [1090557](#)

Richcraft-Kanata – 613-580-9696

4-6 years Tue. 5:30-6:15 pm
Mar 21-Jun 27 \$100 [1071431](#)
4-6 years Tue. 5:15-6 pm
Jul 4-Aug 29 \$60 [1079013](#)
4-6 years Thu. 5-5:45 pm
Mar 23-Jun 29 \$100 [1071432](#)
4-6 years Thu. 4:30-5:15 pm
Jul 6-Aug 31 \$60 [1079014](#)

Rideauview – 613-822-7887

2-3 years Sat. 9:30-10 am
Apr 1-Jun 10 \$40 [1089352](#)
3-4 years Sat. 10-10:45 am
Apr 1-Jun 10 \$60 [1089357](#)
3-5 years Thu. 5:45-6:30 pm
Apr 6-Jun 15 \$73.25 [1089338](#)

3-5 years Thu. 6:30-7:15 pm
Apr 6-Jun 15 \$73.25 [1089346](#)
4-5 years Sat. 10:45-11:30 am
Apr 1-Jun 10 \$60 [1089363](#)

Sandy Hill – 613-564-1062

3-5 years Sat. 10-10:45 am
Mar 25-Jun 10 \$60 [1090720](#)
3-5 years Sat. 10:45-11:30 am
Mar 25-Jun 10 \$60 [1090730](#)

Ballet Jazz – Level 1

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

McNabb – 613-564-1070

3-5 years Sat. 10-11 am
Mar 25-Jun 17 \$97.75 [1076282](#)

Nepean Sportsplex – 613-580-2828

3-4 years Sun. 9-9:30 am
Apr 2-Jun 11 \$40 [1073025](#)
4-5 years Sun. 9:30-10:15 am
Apr 2-Jun 11 \$60 [1073032](#)

St-Laurent – 613-742-6767

3-5 years Sun. 10:15-11 am
Apr 23-Jun 18 \$53.25 [1093048](#)
3-5 years Sat. 12:15-1 pm
Apr 22-Jun 17 \$53.25 [1093046](#)

Creative Movement – Parent and Tot

For our youngest students, this provides a fun, casual approach to practicing basic and fine motor skills, and a cooperative introduction to the elements of dance and space.

Chapman Mills – 613-822-7887

18 months-3 years Tue. 5-5:30 pm
Mar 28-May 30 \$28.25 [1088445](#)

Eva James – 613-271-0712

18 months-3 years Sat. 9-9:30 am
Apr 8-Jun 17 \$28.25 [1082114](#)

Fisher Park – 613-798-8945

1 year-3 years Sat. 9-9:45 am
Apr 8-Jun 24 \$42.25 [1080495](#)

Creative Movement

A fun, casual approach to practicing basic and fine motor skills, in this introduction to the elements of movement to music.

Alexander – 613-798-8978

3-5 years Sat. 10:30-11:15 am
Mar 25-May 20 \$56.50 [1078966](#)

Eva James – 613-271-0712

2-3 years Sat. 9:35-10:05 am
Apr 8-Jun 17 \$37.50 [1082115](#)

Minto-Barrhaven – 613-727-2683

3-5 years Sun. 11:30 am-12:15 pm
Mar 26-Jun 11 \$56.25 [1071985](#)

3-5 years Wed. 4-4:45 pm
Mar 29-Jun 7 \$61.75 [1071984](#)

Drama and Dance

Moving, grooving and performing on stage! Various creative learning activities include basic jazz dance choreography, improvisation, character study, expressing emotion, performance skills and drama games. Open-house performance for friends and family on last day.

Metcalf – 613-580-2424 ext. 30235

4-5 years Sat. 10-10:45 am
Apr 1-Jun 10 \$53.25 [1089155](#)

Gotta Dance

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

Chapman Mills – 613-822-7887

3-5 years Tue. 5:30-6 pm
Mar 28-May 30 \$44.50 [1088486](#)

3-5 years Tue. 6-6:30 pm
Mar 28-May 30 \$44.50 [1088507](#)

François Dupuis – 613-580-8080

3-5 years Sun. 2:15-3 pm
Apr 2-Jun 18 \$66.75 [1080867](#)

3-5 years Sun. 3-3:45 pm
Apr 2-Jun 18 \$66.75 [1080868](#)

3-5 years Sun. 3:45-4:30 pm
Apr 2-Jun 18 \$66.75 [1080869](#)

Heron – 613-247-4808

3-5 years Sat. 9:30-10:15 am
Apr 22-Jun 17 \$53.25 [1079834](#)

Hunt Club-Riverside Park – 613-260-1299

3-4 years Sun. 9-9:45 am
Apr 9-Jun 11 \$53.25 [1093275](#)

4-5 years Sun. 10-10:45 am
Apr 9-Jun 11 \$53.25 [1093276](#)

Kanata Recreation – 613-836-3121

3-5 years Sun. 9-9:45 am
Apr 9-Jun 11 \$56.75 [1081615](#)

Old Town Hall (Kanata) – 613-580-9696 ext. 34488

4-6 years Sun. 10:15-10:45 am
Mar 26-Jun 11 \$44.50 [1077150](#)

South Fallingbrook – 613-824-0633 ext. 221

3-5 years Sat. 9-9:45 am
Apr 22-Jun 17 \$53.25 [1089055](#)

Walter Baker – 613-580-2788

3-5 years Mon. 5-5:45 pm
Mar 27-Jun 12 \$66.75 [1080796](#)

3-5 years Sat. 9-9:45 am
Mar 25-Jun 10 \$73.25 [1080797](#)

Hip Hop – Parent and Tot

Parents join their little dancer for a good cardio workout to funky, upbeat tunes. Hip Hop is easy to learn in this energetic dance class.

Nepean Sportsplex – 613-580-2828

18 months-3 years Sat. 10:30-11 am
Apr 1-Jun 10 \$44 [1073137](#)

Hip Hop – Level 1

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

Aquaview – 613-824-0633 ext. 221

3-5 years Tue. 5:45-6:30 pm
Apr 11-Jun 13 \$74.25 [1081709](#)

Kanata Recreation – 613-836-3121

3-5 years Sun. 10-10:45 am
Apr 9-Jun 11 \$56 [1081638](#)

McNabb – 613-564-1070

3-5 years Thu. 5-6 pm
Mar 23-Jun 8 \$93 [1084477](#)

Metcalf – 613-580-2424 ext. 30235

4-6 years Sat. 11-11:45 am
Apr 1-Jun 10 \$59.50 [1089183](#)

Minto-Barrhaven – 613-727-2683

4-5 years Fri. 4:45-5:30 pm
Mar 31-Jun 9 \$60 [1072782](#)

Nepean Sportsplex – 613-580-2828

3-4 years Sat. 11-11:30 am
Apr 1-Jun 10 \$44 [1073111](#)

3-5 years Mon. 5:30-6 pm
Apr 3-Jun 12 \$44 [1073101](#)

4-5 years Sat. 11:30 am-12:15 pm
Apr 1-Jun 10 \$66 [1073123](#)

Pat Clark (Cyrville) – 613-748-1771

3-5 years Sat. 10:45-11:30 am
Apr 8-Jun 24 \$81.50 [1072408](#)

3-5 years Thu. 5:30-6:15 pm
Jul 13-Aug 31 \$59.50 [1093800](#)

4-6 years Thu. 6:15-7 pm
Jul 13-Aug 31 \$59.50 [1093806](#)

Richcraft-Kanata – 613-580-9696

4-6 years Tue. 5-5:30 pm
Mar 21-Jun 27 \$74.25 [1070921](#)

St-Laurent – 613-742-6767

3-5 years Sun. 9:30-10:15 am
Apr 23-Jun 18 \$59.50 [1093056](#)

Little Shakers and Music Makers

Does your child love to dance, listen to music and be creative? Includes creative movement, songs, games, instrument making and more!

McNabb – 613-564-1070

6 months-3 years Tue. 10:30-11:30 am
Mar 21-Jun 6 \$102.75 [1076616](#)

Nepean Sportsplex – 613-580-2828

18 months-4 years Thu. 10:30-11:30 am
Apr 6-Jun 8 \$93.50 [1073217](#)

Vernon – 613-580-2424 ext. 30235

2-4 years Wed. 10:15-11 am
Apr 5-26 \$28.25 [1089281](#)

Twinkling Toes – Parent and Me

Join your little dancer to learn creative movement through basic ballet and jazz.

François Dupuis – 613-580-8080

18 months-3 years Sat. 10:50-11:20 am
Apr 1-Jun 17 \$37.50 [1081746](#)

18 months-3 years Sun. 10:30-11 am
Apr 2-Jun 18 \$37.50 [1081756](#)

18 months-3 years Sun. 11-11:30 am
Apr 2-Jun 18 \$37.50 [1081763](#)

Minto-Barrhaven – 613-727-2683

18 months-3 years Sat. 11:15-11:45 am
Apr 1-Jun 10 \$33.75 [1072812](#)

Nepean Sportsplex – 613-580-2828

18 months-3 years Sat. 12:15-12:45 pm
Apr 1-Jun 10 \$33.75 [1073157](#)

18 months-3 years Tue. 5:15-5:45 pm
Apr 4-Jun 6 \$37.50 [1073163](#)

Pincrest – 613-828-3118

2-3 years Tue. 5:30-6 pm
Apr 4-Jun 20 \$45 [1085083](#)

2-3 years Sun. 10-10:30 am
Apr 9-Jun 25 \$37.50 [1085101](#)

Twinkling Toes

Through creative movement with basic ballet and jazz, develop grace and creativity while allowing your personality to flourish. Performance at the final class.

Alfred Taylor – 613-489-3975

2-4 years Thu. 5:30-6:30 pm
Apr 6-Jun 8 \$75 [1072265](#)

Aquaview – 613-824-0633 ext. 221

3-5 years Wed. 5:45-6:30 pm
Apr 12-Jun 14 \$56.25 [1081428](#)

Carleton Heights – 613-226-2208

2-3 years Sat. 9:30-10:10 am
Mar 25-Jun 3 \$45 [1092898](#)

2-3 years Sat. 11:20 am-noon
Mar 25-Jun 3 \$45 [1092900](#)

4-6 years Sat. 10:20-11 am
Mar 25-Jun 3 \$45 [1092899](#)

4-6 years Sat. 12:10-12:50 pm
Mar 25-Jun 3 \$45 [1092901](#)

Carp Memorial Hall – 613-580-9696 ext. 34488

2-3 years Sun. 9-9:30 am
Mar 26-Jun 11 \$37.50 [1077172](#)

2-3 years Sun. 9:40-10:10 am
Mar 26-Jun 11 \$37.50 [1077174](#)

Chapman Mills – 613-822-7887

3-5 years Fri. 6-6:30 pm
Mar 31-Jun 9 \$41.25 [1088743](#)

3-5 years Fri. 6:30-7 pm
Mar 31-Jun 23 \$41.25 [1089053](#)

Eva James – 613-271-0712

3-4 years Sat. 10:10-10:55 am
Apr 8-Jun 17 \$56.25 [1082118](#)

Goulbourn – 613-580-2532

2-3 years	Sat.	2:15-2:45 pm
Apr 1-Jun 3	\$30	1089162
4-6 years	Sat.	2:45-3:30 pm
Apr 1-Jun 3	\$45	1089164

Kanata Recreation – 613-836-3121

3 months-5 years	Sat.	10:40-11:10 am
Apr 8-Jun 10	\$33.75	1081345
30 months-3 years	Sat.	9:30-10 am
Apr 8-Jun 10	\$33.75	1081333
30 months-3 years	Sat.	10:05-10:35 am
Apr 8-Jun 10	\$33.75	1081340

Metcalf – 613-580-2424 ext. 30235

2-4 years	Sat.	9-9:45 am
Apr 1-Jun 10	\$45	1089147

Minto-Barrhaven – 613-727-2683

3-5 years	Tue.	4-4:45 pm
Mar 28-Jun 6	\$61.75	1071054
3-5 years	Fri.	4-4:45 pm
Mar 31-Jun 9	\$56.25	1071056
3-5 years	Sat.	11:45 am-12:30 pm
Apr 1-Jun 10	\$50.75	1071263

Nepean Sportsplex – 613-580-2828

3-5 years	Sat.	1:15-1:45 pm
Apr 1-Jun 10	\$33.75	1073142
3-5 years	Tue.	5:45-6:15 pm
Apr 4-Jun 6	\$37.50	1073149

Old Town Hall (Kanata) – 613-580-9696 ext. 34488

2-3 years	Sun.	9-9:30 am
Mar 26-Jun 11	\$37.50	1077177
4-5 years	Sun.	9:40-10:10 am
Mar 26-Jun 11	\$37.50	1077180

Pinecrest – 613-828-3118

2-3 years	Tue.	5-5:30 pm
Apr 4-Jun 20	\$45	1085075
2-3 years	Sun.	10:30-11 am
Apr 9-Jun 25	\$37.50	1085097

Plant – 613-232-3000

30 months-3 years	Mon.	5:15-6 pm
Apr 24-Jun 19	\$45	1080857
30 months-3 years	Wed.	4:30-5:15 pm
Apr 26-Jun 21	\$50.75	1084387
Jul 5-Aug 23	\$45	1090545
30 months-3 years	Wed.	5:20-6:05 pm
Apr 26-Jun 21	\$50.75	1084390
Jul 5-Aug 23	\$45	1090547

Pretty Street – 613-580-2424 ext. 20705

2-3 years	Sat.	9-10 am
Apr 1-Jun 3	\$75	1072219

Richcraft-Kanata – 613-580-9696

2-3 years	Tue.	4:30-5 pm
Mar 21-Jun 27	\$56.25	1070918
2-3 years	Tue.	4:45-5:15 pm
Jul 4-Aug 29	\$33.75	1078981
2-3 years	Thu.	4:30-5 pm
Mar 23-Jun 29	\$56.25	1070919
2-3 years	Thu.	5:30-6 pm
Jul 6-Aug 31	\$33.75	1078982

Richmond – 613-580-2424 ext. 20705

2-3 years	Wed.	4:30-5 pm
Apr 5-Jun 7	\$37.50	1072249
3-4 years	Wed.	5-6 pm
Apr 5-Jun 7	\$75	1072250

St-Laurent – 613-742-6767

3-5 years	Sat.	1-1:45 pm
Apr 22-Jun 17	\$45	1093067



Music

Kindermusik® Imagine That

Small group activities stimulate creative musical development. Explore rhythm and beat, vocal expression and basic musical concepts. Develop social skills through interaction with peers. Drama, storytelling, instrument experimentation and more! Adults participate in the last 10-15 minutes. \$75 materials fee is payable to instructor.

Aquaview – 613-824-0633 ext. 221

3-4 years	Wed.	1:30-2:15 am
Apr 5-May 24	\$92	1089128

Kanata Recreation – 613-836-3121

3-5 years	Sat.	11-11:45 am
Jun 10-24	\$36.75	1085721

Kindermusik® Our Time

Toddlers and adults explore music through instruments, creative movement, and singing. Activities stimulate language development, social skills, confidence, curiosity, and self-control. Materials fees: \$70

Aquaview – 613-824-0633 ext. 221

18 months-3 years	Mon.	5:45-6:30 pm
Apr 3-May 15	\$69	1089063

Kanata Recreation – 613-836-3121

18 months-3 years	Tue.	10-10:45 am
May 30-Jun 27	\$65	1085588
18 months-3 years	Fri.	9:30-10:15 am
Jun 9-30	\$52	1085620
18 months-3 years	Sat.	9:30-10:15 am
Jun 10-24	\$39	1085636

South Fallingbrook – 613-824-0633 ext. 221

18 months-3 years	Tue.	10:15-11 am
Apr 4-May 23	\$92	1089061

Kindermusik® Village

Babies and adults explore vocal play, singing, dancing, instruments, props and socializing. Discover new ways to interact with your baby and stimulate brain development. \$48 materials fee payable to the instructor.

Kanata Recreation – 613-836-3121

1 month-18 months	Tue.	11-11:45 am
May 30-Jun 27	\$61.25	1085654
1 month-18 months	Fri.	10:30-11:15 am
Jun 9-30	\$49	1085683

South Fallingbrook – 613-824-0633 ext. 221

1 month-18 months	Tue.	11:20 am-12:05 pm
Apr 4-May 23	\$92	1089066

Music for Young Children® - Sunrise Program – Level 1

Sing, play, and learn! Quality music education blends the pleasure and joy of music making with sound instruction. Free for siblings under 20 months. Maximum two children per adult including sibling. \$35-45 materials fee payable to instructor at first class.

Bob MacQuarrie-Orléans – 613-580-9600

2-4 years	Fri.	10-10:45 am
Apr 7-Jun 16	\$130.25	1089006

Chapman Mills – 613-822-7887

2-5 years	Mon.	9:30-10:15 am
Mar 27-Jun 12	\$133	1090567
Rideauview – 613-822-7887		
2-5 years	Sat.	11-11:45 am
Apr 1-Jun 17	\$133	1090549

Music for Young Children® - Sunrise Program – Level 2

Children's music journey continues in this playful, pre-keyboard program with more songs, rhythm, and listening activities! Free for siblings under 20 months. Maximum two children per adult including sibling. \$35 materials fee payable to instructor at first class.

Recommended prerequisite: Sunrise One

Bob MacQuarrie-Orléans – 613-580-9600

2-4 years	Tue.	9:30-10:15 am
Apr 11-Jun 13	\$130.25	1089011
2-4 years	Wed.	10:30-11:15 am
Apr 12-Jun 14	\$130.25	1089012

Chapman Mills – 613-822-7887

2-5 years	Mon.	11-11:45 am
Mar 27-Jun 12	\$133	1090572

Rideauview – 613-822-7887

2-5 years	Sat.	9:30-10:15 am
Apr 1-Jun 17	\$133	1090552

Music for Young Children® - Sunrise Program – Level 3

Buzz the Fly and friends lead children in spring themed songs and activities with rhythm instruments, puppets, and games. Free for siblings under 20 months. Maximum two children per adult including sibling. \$35 materials fee payable to instructor at first class. Prerequisite: Sunrise 1 or Sunrise 2.

Bob MacQuarrie-Orléans – 613-580-9600

2-4 years	Tue.	10:30-11:15 am
Apr 11-Jun 13	\$130.25	1089009
2-4 years	Wed.	9:30-10:15 am
Apr 12-Jun 14	\$130.25	1089010

Chapman Mills – 613-822-7887

2-5 years	Mon.	10:15-11 am
Mar 27-Jun 12	\$133	1090574

Rideauview – 613-822-7887

2-5 years	Sat.	10:15-11 am
Apr 1-Jun 17	\$133	1094750

Playgroups

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

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Play School

Experience independence, social interaction and learning with emphasis on language, pre-reading, counting, colour naming, dramatic play, themed crafts, music and movement. Children to bring their own nut free snack. No parent participation in this school-ready program.

Albion Heatherington – 613-247-4828

3-5 years	Mon.-Fri.	9-11:30 am
Apr 3-28	\$112.25	1081385
May 1-26	\$118.50	
May 29-Jun 23	\$124.75	

Aquaview – 613-824-0633 ext. 221

30 months-4 years	Mon., Wed., Fri.	9:15-11:30 am
Apr 24-Jun 23	\$273.75	1081385
30 months-4 years	Tue., Thu.	9:15-11:30 am
Apr 25-Jun 22	\$189.50	1081414

Carleton Heights – 613-226-2208

3-4 years	Wed.	9:30-11:30 am
Mar 22-Jun 14	\$121.75	1092874
3-4 years	Fri.	9:30-11:30 am
Mar 24-Jun 9	\$103	1092875
3-4 years	Mon.	9:30-11:30 am
Mar 20-Jun 12	\$103	1092873

Eva James – 613-271-0712

30 months-4 years	Mon.	9-11 am
Apr 3-Jun 19	\$93.75	1077516
30 months-4 years	Wed.	9-11 am
Apr 5-Jun 14	\$103	1077676
30 months-4 years	Fri.	9-11 am
Apr 7-Jun 16	\$93.75	1077581
2-3 years	Thu.	9-10 am
Apr 6-Jun 15	\$51.50	1077573

Goulbourn – 613-580-2532

3-4 years	Mon.	9:30-11:30 am
Mar 27-Jun 12	\$93.75	1081232
3-4 years	Tue.	9:30-11:30 am
Mar 28-Jun 13	\$112.25	1081234
3-4 years	Tue.	noon-2 pm
Mar 28-Jun 13	\$112.25	1081354
3-4 years	Wed.	9:30-11:30 am
Mar 29-Jun 14	\$112.25	1081237
3-4 years	Thu.	9:30-11:30 am
Mar 30-Jun 15	\$112.25	1081297
3-4 years	Thu.	noon-2 pm
Mar 30-Jun 15	\$112.25	1081356
3-4 years	Fri.	9:30-11:30 am
Mar 31-Jun 16	\$103	1081349

Greenboro – 613-580-2805

3-5 years	Wed.	9-11 am
Apr 19-Jun 14	\$84.25	1085791
3-5 years	Thu.	9-11 am
Apr 20-Jun 15	\$84.25	1085800
3-5 years	Fri.	9-11 am
Apr 21-Jun 16	\$84.25	1085808
3-5 years	Sat.	9-10:30 am
Apr 22-Jun 17	\$56.25	1085822
3-5 years	Mon.	9-11 am
Apr 24-Jun 19	\$75	1085783

Hintonburg – 613-798-8874

30 months-5 years	Mon.	9:15-11:15 am
Mar 27-Jun 5	\$72	1086154
30 months-5 years	Wed.	9:15-11:15 am
Mar 29-Jun 7	\$88	1086223
30 months-5 years	Fri.	9:15-11:15 am
Mar 31-Jun 2	\$64	1094676

Pincrest – 613-828-3118

30 months-4 years	Mon.	9:30-11:30 am
Apr 3-Jun 19	\$93.75	1085056
30 months-4 years	Wed.	9:30-11:30 am
Apr 5-Jun 21	\$112.25	1085059

Plant – 613-232-3000

30 months-4 years	Tue.	9:30-11:30 am
Apr 25-Jun 20	\$84.25	1083752
30 months-4 years	Tue., Thu.	9:30-11:30 am
Apr 25-Jun 22	\$168.50	1083770
30 months-4 years	Thu.	9:30-11:30 am
Apr 27-Jun 22	\$84.25	1083779

Richcraft-Kanata – 613-580-9696

3-4 years	Mon.	9:30-11:30 am
Mar 20-Jun 26	\$121.75	1071717
3-4 years	Tue.	9:30-11:30 am
Mar 21-Jun 27	\$140.50	1071718

3-4 years	Tue.	12:30-2:30 pm
Mar 21-Jun 27	\$140.50	1071719
3-4 years	Wed.	9:30-11:30 am
Mar 22-Jun 28	\$140.50	1071720
3-4 years	Thu.	9:30-11:30 am
Mar 23-Jun 29	\$140.50	1071721
3-4 years	Thu.	12:30-2:30 pm
Mar 23-Jun 29	\$140.50	1071722
3-4 years	Fri.	9:30-11:30 am
Mar 24-Jun 30	\$131	1071723

Rideauview – 613-822-7887

30 months-5 years	Mon.	9:15-11:15 am
Mar 20-Jun 19	\$112.25	1089148
Jun 26-Aug 28	\$75	1085464
30 months-5 years	Thu.	9:15-11:15 am
Mar 23-Jun 22	\$131	1089330
Jun 29-Aug 31	\$93.75	1085476

Sawmill Creek – 613-521-4092

30 months-5 years	Tue.	9:30-11:30 am
May 2-Jun 13	\$65.50	1093972
Jul 4-Aug 29	\$84.25	1094639
30 months-5 years	Wed.	9:30-11:30 am
May 3-Jun 14	\$65.50	1093973
Jul 5-Aug 30	\$84.25	1094640
30 months-5 years	Fri.	9:30-11:30 am
May 5-Jun 16	\$65.50	1093975
Jul 7-Sep 1	\$84.25	1094641

Playdates

Have fun in the sun with your preschooler and other parents.

Billings Estate – 613-247-4830

3-5 years	Fri.	10-11 am
Aug 4	\$6.25	1091938
Aug 11	\$6.25	1091944
Aug 18	\$6.25	1091949
Aug 25	\$6.25	1091955

Playgroup – Parent & Me

Parents and caregivers, come with your child to enjoy playtime, songs, stories and crafts together. An opportunity to meet and visit with others in your community.

Carleton Heights – 613-226-2208

3 months-3 years	Thu.	9:30-11 am
Mar 23-Jun 8	\$63.25	1092843

Fisher Park – 613-798-8945

1-3 years	Mon.	9:15-11:15 am
Apr 3-Jun 19	\$70.50	1080625
1-3 years	Thu.	9:15-11:15 am
Apr 6-Jun 8	\$70.50	1080630

Greenboro – 613-580-2805

18-42 months	Tue.	9:30-11:30 am
Apr 18-Jun 13	\$72.25	1085863

Nepean Sportsplex – 613-580-2828

6 months-4 years	Wed.	9:30-11:30 am
Apr 5-Jun 7	\$80.25	1074059

Ron Kolbus Lakeside – 613-828-4313

2-4 years	Wed.	9:30-11:30 am
Mar 22-May 10	\$64.25	1076111
Jul 12-Aug 30	\$64.25	1076301

Splash 'n Play

Come with your child and enjoy playtime, swim time, stories and crafts together. An opportunity to meet others in your community.

Nepean Sportsplex – 613-580-2828

18 months-4 years	Tue.	10-11:30 am
Apr 4-Jun 6	\$61.75	1074067

Wiggle and Giggle Baby

Strengthen your bond with your baby while stimulating physical and cognitive development using songs, movement, and sensory toys.

Nepean Sportsplex – 613-580-2828

1-18 months	Fri.	9:30-10:30 am
Apr 7-Jun 9	\$48.25	1074095

Wiggle 'n Giggle & Move!

Play, climb, jump and run. Explore the world of crafts, music and movement along with your child. Help develop their socialization, coordination and motor skills.

Alexander – 613-798-8978

2-4 years	Sat.	10:30-11:15 am
Apr 8-May 27	\$34.25	1078935

Goulbourn – 613-580-2532

1-4 years	Sun.	10:15-11:15 am
Apr 2-Jun 4	\$45.50	1089197
1-4 years	Thu.	9:10-10:10 am
Apr 6-Jun 8	\$57	1086645

Hintonburg – 613-798-8874

6 months-5 years	Thu.	9:15-11:15 am
Mar 30-Jun 8	\$129.25	1088402

Minto-Barrhaven – 613-727-2683

1-3 years Tue. 9:30-10:30 am
 Mar 28-Jun 6 \$77.25 [1071051](#)

Nepean Sportsplex – 613-580-2828

18 months-4 years Fri. 10:30-11:30 am
 Apr 7-Jun 9 \$63.25 [1074080](#)

Pinecrest – 613-828-3118

1-3 years Tue. 9-10 am
 Apr 11-Jun 27 \$84.25 [1085049](#)

Richcraft-Kanata – 613-580-9696

1-4 years Wed. 10:30-11:30 am
 Mar 22-Jun 28 \$105.25 [1071434](#)
 1-4 years Fri. 10:30-11:30 am
 Mar 24-Jun 30 \$98.25 [1071435](#)

Skating

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Preschool

Frosty Blades

Get acquainted with the ice, standing and shuffling. An adult on skates with some skating experience must accompany the toddler for each lesson. A CSA approved hockey helmet is mandatory for all skaters, including the adult. Full facemask is highly recommended.

Jim Durrell – 613-580-2596

2-4 years Sun. 9:30-9:55 am
 May 7-Jun 25 \$33.75 [1079802](#)
 2-4 years Sun. 9:55-10:20 am
 May 7-Jun 25 \$33.75 [1079810](#)
 2-4 years Sun. 10:30-10:55 am
 May 7-Jun 25 \$33.75 [1079812](#)
 2-4 years Mon., Wed. 6-6:25 pm
 Jul 10-Aug 2 \$38.50 [1092936](#)

2-4 years Mon., Wed. 6:25-6:50 pm
 Jul 10-Aug 2 \$38.50 [1092944](#)

Minto-Barrhaven – 613-727-2683

2-4 years Mon. 4:25-4:50 pm
 Mar 27-May 29 \$38.50 [1088491](#)
 2-4 years Mon. 6-6:25 pm
 Mar 27-May 29 \$38.50 [1088502](#)
 2-4 years Mon. 6:25-6:50 pm
 Mar 27-May 29 \$38.50 [1088503](#)
 2-4 years Wed. 5-5:25 pm
 Mar 29-May 31 \$48.25 [1088513](#)
 2-4 years Wed. 5:25-5:50 pm
 Mar 29-May 31 \$48.25 [1088515](#)
 2-4 years Mon. 11-11:25 am
 Apr 3-May 29 \$33.75 [1088473](#)
 2-4 years Sat. 9-9:25 am
 Apr 22-Jun 3 \$29 [1088522](#)
 2-4 years Sat. 9:25-9:50 am
 Apr 22-Jun 3 \$29 [1088526](#)
 2-4 years Sat. 11-11:25 am
 Apr 22-Jun 3 \$29 [1088530](#)

Nepean Sportsplex – 613-580-2828

2-4 years Thu. 12:25-12:50 pm
 Mar 23-Apr 27 \$29 [1086176](#)

Ray Friel – 613-580-4765

2-4 years Thu. 5-5:25 pm
 May 4-Jun 22 \$38.50 [1075741](#)
 Jul 6-Aug 24 \$38.50 [1075746](#)
 2-4 years Thu. 5:25-5:50 pm
 May 4-Jun 22 \$38.50 [1075742](#)
 Jul 6-Aug 24 \$38.50 [1075747](#)

Sandy Hill Arena – 613-580-2596

2-4 years Sun. 10-10:25 am
 May 7-Jun 4 \$24.25 [1079821](#)
 2-4 years Sun. 10:25-10:50 am
 May 7-Jun 4 \$24.25 [1079824](#)
 2-4 years Sun. 11-11:25 am
 May 7-Jun 4 \$24.25 [1079827](#)

Just You and Me

Learn to skate for the non-skater. An adult on skates with some skating experience must accompany the child for the first three lessons. A CSA approved hockey helmet is mandatory for all skaters, including the adult. Full facemask is highly recommended.

Goulbourn – 613-580-2532

2-3 years Mon. 9:15-10:05 am
 Apr 3-May 15 \$57.75 [1082630](#)

Jim Durrell – 613-580-2596

3-4 years Sun. 9:30-10:20 am

May 7-Jun 25 \$67.50 [1079889](#)
 3-4 years Mon., Wed. 6-6:50 pm
 Jul 10-Aug 2 \$77 [1092955](#)

Minto-Barrhaven – 613-727-2683

3-4 years Mon. 5-5:50 pm
 Mar 27-May 29 \$77 [1088832](#)
 3-4 years Wed. 4-4:50 pm
 Mar 29-May 31 \$96.25 [1088944](#)
 3-4 years Wed. 6-6:50 pm
 Mar 29-May 31 \$96.25 [1088833](#)
 3-4 years Sat. 9-9:50 am
 Apr 22-Jun 3 \$57.75 [1088836](#)

Sandy Hill Arena – 613-580-2596

3-4 years Sun. 10-10:50 am
 May 7-Jun 4 \$48.25 [1079904](#)

Snow Gliders

Learn to skate for children who are new to ice. Children should be comfortable without parental involvement. A CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

Goulbourn – 613-580-2532

3-5 years Tue. 3:15-3:40 pm
 Apr 4-May 16 \$33.75 [1082637](#)
 3-5 years Tue. 3:40-4:05 pm
 Apr 4-May 16 \$33.75 [1082640](#)
 3-5 years Tue. 5:15-5:40 pm
 Apr 4-May 16 \$33.75 [1082836](#)
 3-5 years Tue. 5:40-6:05 pm
 Apr 4-May 16 \$33.75 [1082826](#)
 Apr 4-May 16 \$33.75 [1082842](#)
 3-5 years Wed. 3:15-3:40 pm
 Apr 5-May 17 \$33.75 [1082855](#)
 3-5 years Wed. 3:40-4:05 pm
 Apr 5-May 17 \$33.75 [1082859](#)
 3-5 years Wed. 4:15-4:40 pm
 Apr 5-May 17 \$33.75 [1082862](#)
 3-5 years Wed. 4:40-5:05 pm
 Apr 5-May 17 \$33.75 [1082864](#)

Jim Durrell – 613-580-2596

4-5 years Sun. 10:30-10:55 am
 May 7-Jun 25 \$33.75 [1080118](#)
 4-5 years Sun. 10:55-11:20 am
 May 7-Jun 25 \$33.75 [1080128](#)

Minto-Barrhaven – 613-727-2683

4-5 years Mon. 4-4:25 pm
 Mar 27-May 29 \$38.50 [1088552](#)
 4-5 years Mon. 5-5:25 pm
 Mar 27-May 29 \$38.50 [1088560](#)
 4-5 years Wed. 4:25-4:50 pm
 Mar 29-May 31 \$48.25 [1088576](#)

4-5 years Wed. 6-6:25 pm
 Mar 29-May 31 \$48.25 [1088583](#)
 4-5 years Wed. 6:25-6:50 pm
 Mar 29-May 31 \$48.25 [1088587](#)
 4-5 years Sat. 10-10:25 am
 Apr 22-Jun 3 \$29 [1088592](#)
 4-5 years Sat. 10:25-10:50 am
 Apr 22-Jun 3 \$29 [1088595](#)
 4-5 years Sat. 11:25-11:50 am
 Apr 22-Jun 3 \$29 [1088600](#)

Nepean Sportsplex – 613-580-2828

4-5 years Thu. noon-12:25 pm
 Mar 23-Apr 27 \$29 [1086186](#)

Ray Friel – 613-580-4765

4-5 years Thu. 5-5:25 pm
 May 4-Jun 22 \$38.50 [1075772](#)
 Jul 6-Aug 24 \$38.50 [1075775](#)
 4-5 years Thu. 5:25-5:50 pm
 May 4-Jun 22 \$38.50 [1075773](#)
 Jul 6-Aug 24 \$38.50 [1075776](#)

Sandy Hill Arena – 613-580-2596

4-5 years Sun. 11-11:25 am
 May 7-Jun 4 \$24.25 [1080143](#)
 4-5 years Sun. 11:25-11:50 am
 May 7-Jun 4 \$24.25 [1080152](#)

Low Ratio

Minto-Barrhaven – 613-727-2683

4-5 years Wed. 4-4:25 pm
 Mar 29-May 31 \$104.25 [1088952](#)

Kindergliders

Learn to skate program for children with limited skating experience. Work through 5 levels and receive a badge based on ability. Learn forward skating and stopping skills. A CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

Jim Durrell – 613-580-2596

4-5 years Sun. 9:30-10:20 am
 May 7-Jun 25 \$67.50 [1079922](#)
 4-5 years Sun. 11:30 am-12:20 pm
 May 7-Jun 25 \$67.50 [1079928](#)
 4-5 years Mon., Wed. 6-6:50 pm
 Jul 10-Aug 2 \$77 [1092963](#)
 4-5 years Mon., Wed. 7-7:50 pm
 Jul 10-Aug 2 \$77 [1092968](#)

Minto-Barrhaven – 613-727-2683

4-5 years Mon. 4-4:50 am
 Mar 27-May 29 \$77 [1088621](#)
 4-5 years Mon. 5-5:50 pm
 Mar 27-May 29 \$77 [1088636](#)

4-5 years	Wed.	4-4:50 pm
Mar 29-May 31	\$96.25	1088656
4-5 years	Wed.	5-5:50 pm
Mar 29-May 31	\$96.25	1088662
4-5 years	Wed.	6-6:50 pm
Mar 29-May 31	\$96.25	1088666
4-5 years	Sat.	9-9:50 am
Apr 22-Jun 3	\$57.75	1088701
4-5 years	Sat.	10-10:50 am
Apr 22-Jun 3	\$57.75	1088708

Nepean Sportsplex – 613-580-2828

4-5 years	Thu.	noon-12:50 pm
Mar 23-Apr 27	\$57.75	1086171

Ray Friel – 613-580-4765

4-5 years	Thu.	5-5:50 pm
May 4-Jun 22	\$77	1075782
Jul 6-Aug 24	\$77	1075783

Sandy Hill Arena – 613-580-2596

4-5 years	Sun.	10-10:50 am
May 7-Jun 4	\$48.25	1079940
4-5 years	Sun.	noon-12:50 pm
May 7-Jun 4	\$48.25	1079947

Low Ratio

Jim Durrell – 613-580-2596

4-5 years	Sun.	10:30-11:20 am
May 7-Jun 25	\$145.75	1080171

Minto-Barrhaven – 613-727-2683

4-5 years	Mon.	6-6:50 pm
Mar 27-May 29	\$166.50	1088917

Ray Friel – 613-580-4765

4-5 years	Thu.	5-5:50 pm
May 4-Jun 22	\$166.50	1075785
Jul 6-Aug 24	\$166.50	1075786

Sandy Hill Arena – 613-580-2596

4-5 years	Sun.	11-11:50 am
May 7-Jun 4	\$104.25	1080180

In-Line Skating – Wee Rollers

Learn the basics of inline skating with an emphasis on co-ordination, balance, rolling, and the introduction to stopping. CSA approved hockey Helmet, knee pads, elbow pads and wrist guards are mandatory.

Brewer Arena – 613-580-2596

4-5 years	Wed.	6-6:50 pm
May 24-Jul 12	\$77	1093846

St-Laurent Complex – 613-742-6767

4-5 years	Sat.	9-10 am
Apr 22-May 13	\$46.25	1093120



Sports

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Ball Hockey – Parent and child

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities. Parent and child participate together.

Rideauview – 613-822-7887

3-5 years	Sun.	4:15-5 pm
Apr 2-Jun 11	\$50.75	1089122

Ball Hockey

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities.

Goulbourn – 613-580-2532

5-7 years	Sat.	11-11:50 am
Apr 1-Jun 3	\$50	1086853

Basketball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities.

Glen Cairn – 613-836-3121

3-5 years	Mon.	4:15-5 pm
Apr 3-Jun 5	\$45	1072956

Heron – 613-247-4808

3-5 years	Sat.	12:30-1:15 pm
Apr 22-Jun 17	\$45	1080704

Kanata Recreation – 613-836-3121

3-5 years	Sat.	9-9:45 am
Apr 8-Jun 10	\$50.75	1079440
3-5 years	Sat.	10-10:45 am
Apr 8-Jun 10	\$50.75	1079444

Minto-Barrhaven – 613-727-2683

4-5 years	Tue.	5-5:50 pm
Mar 28-Jun 6	\$68.75	1071929

Nepean Sportsplex – 613-580-2828

3-5 years	Tue.	4:30-5 pm
Apr 4-Jun 6	\$37.50	1080562

Richcraft-Kanata – 613-580-9696

4-6 years	Mon.	4:15-5 pm
Mar 20-Jun 26	\$73	1070885

South Fallingbrook – 613-824-0633 ext. 221

3-5 years	Sun.	1:30-2:15 pm
Mar 26-Jun 11	\$56.25	1085495

South March School – 613-580-9696 ext. 34488
1032 Klondike

3-5 years	Sat.	11:15 am-12:15 pm
Mar 25-Jun 3	\$67.50	1077279

Cheerleading

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities.

Kanata Recreation – 613-836-3121

3-5 years	Sun.	11-11:45 am
Apr 9-Jun 11	\$50.75	1081500

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.

Nepean Sportsplex – 613-580-2828

4-5 years	Sat.	9-9:45 am
Apr 1-Jun 10	\$66.75	1075192
4-5 years	Sat.	9:45-10:30 am
Apr 1-Jun 10	\$66.75	1075198
4-5 years	Wed.	5:15-6 pm
Apr 5-Jun 7	\$74.25	1075199

Pincrest – 613-828-3118

4-5 years	Sat.	2-2:45 pm
Apr 8-Jun 24	\$74.25	1085018

T-Ball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities.

Half Moon Bay – 613-580-2400

4-5 years	Sat.	10-10:50 am
May 6-Jun 10	\$39	1072811

Pat Clark (Cyrville) – 613-748-1771

4-6 years	Sat.	1:30-2:30 pm
Apr 8-Jun 24	\$73	1072459

Richmond School – 613-580-2424 ext. 20705
3499 McBean

2-3 years	Sat.	9:30-10:15 am
May 27-Jun 24	\$35.25	1072898
4-5 years	Sat.	10:30-11:15 am
May 27-Jun 24	\$35.25	1072899

Sandy Hill – 613-564-1062

4-5 years Wed. 6-7 pm
 May 10-Jun 14 \$56.25 [1092272](#)
 Jun 21-Jul 26 \$56.25 [1092278](#)

South Fallingbrook – 613-824-0633 ext. 221

4-5 years Sun. 11:30 am-12:30 pm
 May 14-Jun 25 \$56.25 [1089239](#)

Tennis

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities.

Heron – 613-247-4808

4-6 years Sat. 9:30-10:15 am
 Apr 22-Jun 17 \$75 [1080735](#)

Minto-Barrhaven – 613-727-2683

4-5 years Thu. 5-5:50 pm
 Mar 30-Jun 8 \$94.50 [1072084](#)

Pinecrest Park – 613-828-3118

4-5 years Sat. 10-11 am
 May 27-Jun 24 \$62.50 [1085134](#)

Pinecrest – 613-828-3118

4-5 years Sun. 10-11 am
 Apr 9-Jun 25 \$124.75 [1085037](#)

South Fallingbrook – 613-824-0633 ext. 221

4-5 years Sat. 9-9:45 am
 Apr 22-Jun 17 \$70 [1089153](#)

Gymnastics

Gymnastics – Parent & Child

Basic gymnastic skills are taught through the assistance of a coach, and you, the parent. Apparatus will include a minimum of four of the following: balance beam, Floor, mini-trampoline, bars, rings, uneven bars, vault.

Dempsey – 613-247-4846

2-3 years Tue. 5:15-6 pm
 Mar 21-May 23 \$70.25 [1072715](#)
 2-3 years Sat. 9-9:45 am
 Mar 25-Jun 10 \$70.25 [1072732](#)
 2-3 years Sat. 10-10:45 am
 Mar 25-Jun 10 \$70.25 [1072703](#)
 2-3 years Sat. 11-11:45 am
 Mar 25-Jun 10 \$70.25 [1072711](#)
 2-3 years Sun. 9-9:45 am
 Mar 26-Jun 11 \$70.25 [1072636](#)

Eva James – 613-271-0712

18 months-3 years Sat. 9-9:45 am
 Apr 8-Jun 17 \$70.25 [1072067](#)
 18 months-3 years Sun. 9-9:45 am
 Apr 9-Jun 18 \$70.25 [1072065](#)
 18 months-3 years Sun. 9:50-10:35 am
 Apr 9-Jun 18 \$70.25 [1072066](#)

Jockvale School – 613-580-2424 ext. 41208 101 Malvern

2-3 years Sat. 9:15-10 am
 Mar 25-Jun 10 \$77.25 [1085622](#)
 2-3 years Sat. 10:25-11:10 am
 Mar 25-Jun 10 \$77.25 [1085628](#)

McNabb – 613-564-1070

6 months-4 years Sat. 9-9:45 am
 Mar 25-Jun 17 \$77.25 [1077193](#)
 6 months-4 years Sat. 9:45-10:30 am
 Mar 25-Jun 17 \$77.25 [1077198](#)
 6 months-4 years Sat. 10:30-11:15 am
 Mar 25-Jun 17 \$77.25 [1077203](#)

Pat Clark (Cyrville) – 613-748-1771

18 months-3 years Tue. 6-6:45 pm
 Apr 4-Jun 20 \$84.25 [1072295](#)
 18 months-3 years Sun. 9-9:45 am
 Apr 9-Jun 25 \$77.25 [1072346](#)
 18 months-3 years Tue. 6-6:45 pm
 Jun 27-Aug 29 \$70.25 [1083805](#)

Gymnastics – Playgym

Play, climb, roll, crawl and balance on our equipment with the assistance of mommy or daddy! Non instructional creative gym activity for children to have indoor playtime with their parents!

Goulbourn – 613-580-2532

18 months-3 years Sat. 10-10:45 am
 Apr 1-Jun 3 \$42.25 [1089110](#)
 18 months-3 years Sun. 2:30-3 pm
 Apr 2-May 21 \$28.25 [1094733](#)

McNabb – 613-564-1070

6 months-4 years Wed. 5:15-6:15 pm
 Mar 22-Jun 7 \$84.25 [1076912](#)
 6 months-4 years Wed. 6:15-7:15 pm
 Mar 22-Jun 7 \$84.25 [1077156](#)
 6 months-4 years Sat. 11:30 am-12:30 pm
 Mar 25-Jun 17 \$77.25 [1077166](#)
 6 months-4 years Wed. 5:30-6:30 pm
 Jul 5-Aug 23 \$56.25 [1084544](#)
 6 months-4 years Wed. 6:30-7:30 pm
 Jul 5-Aug 23 \$56.25 [1084550](#)

Minto-Barrhaven – 613-727-2683

1-4 years Sun. 9-9:50 am
 Mar 26-Jun 11 \$58.50 [1071983](#)
 1-4 years Wed. 10:30-11:20 am
 Mar 29-Jun 7 \$64.25 [1071980](#)
 1-4 years Wed. 4-4:50 pm
 Apr 29-Jun 7 \$64.25 [1071982](#)

Pinecrest – 613-828-3118

1-3 years Fri. 10:30-11:30 am
 Apr 7-Jun 23 \$77.25 [1085045](#)

Richcraft-Kanata – 613-580-9696

3-4 years Sat. 9-9:45 am
 Mar 25-Jun 24 \$63.25 [1071534](#)

Gymnastics

Basic gymnastic skills are taught through the assistance of a coach on traditional equipment. Apparatus will/may include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, uneven bars, vault.

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years Sun. 9:45-10:30 am
 Apr 2-Jun 18 \$70.25 [1072333](#)

Dempsey – 613-247-4846

4-5 years Tue. 5:15-6 pm
 Mar 21-May 23 \$70.25 [1072658](#)
 4-5 years Sat. 9-9:45 am
 Mar 25-Jun 10 \$70.25 [1072655](#)
 4-5 years Sat. 10-10:45 am
 Mar 25-Jun 10 \$70.25 [1072652](#)
 4-5 years Sat. 11-11:45 am
 Mar 25-Jun 10 \$70.25 [1072653](#)
 4-5 years Sun. 9-9:45 am
 Mar 26-Jun 11 \$70.25 [1072628](#)
 4-5 years Sun. 10-10:45 am
 Mar 26-Jun 11 \$70.25 [1072649](#)
 4-5 years Sun. 11-11:45 am
 Mar 26-Jun 11 \$70.25 [1072651](#)

Eva James – 613-271-0712

4-5 years Tue. 5-6 pm
 Apr 4-Jun 6 \$93.75 [1073996](#)
 4-5 years Sat. 9:50-10:50 am
 Apr 8-Jun 17 \$93.75 [1072069](#)
 4-5 years Sat. 10:55-11:55 am
 Apr 8-Jun 17 \$93.75 [1072070](#)
 4-5 years Sun. 8:45-9:45 am
 Apr 9-Jun 18 \$93.75 [1087076](#)
 4-5 years Sun. 10:40-11:40 am
 Apr 9-Jun 18 \$93.75 [1072068](#)

Hunt Club-Riverside Park – 613-260-1299

4-6 years Sat. 12:30-1:15 pm
 Apr 22-Jun 17 \$56.25 [1093262](#)

Jockvale School – 613-580-2424 ext. 41208

101 Malvern
 4-5 years Sat. 9-10 am
 Mar 25-Jun 10 \$103 [1085781](#)
 4-5 years Sat. 10:10-11:10 am
 Mar 25-Jun 10 \$103 [1085788](#)

McNabb – 613-564-1070

4-6 years Wed. 5:15-6:15 pm
 Mar 22-Jun 7 \$112.25 [1076651](#)
 4-6 years Sat. 11:30 am-12:30 pm
 Mar 25-Jun 17 \$103 [1076663](#)
 6-9 years Sat. 12:30-1:30 pm
 Mar 25-Jun 17 \$103 [1076693](#)
 4-6 years Wed. 5:30-6:30 pm
 Jul 5-Aug 23 \$75 [1084543](#)

Minto-Barrhaven – 613-727-2683

4-5 years Sun. 10-10:50 am
 Mar 26-Jun 11 \$78 [1072075](#)
 4-5 years Sun. 11-11:50 am
 Mar 26-Jun 11 \$78 [1072076](#)
 4-5 years Wed. 5-5:50 pm
 Mar 29-Jun 7 \$85.75 [1072072](#)
 4-5 years Wed. 6-6:50 pm
 Mar 29-Jun 7 \$85.75 [1072073](#)
 4-5 years Wed. 7-7:50 pm
 Mar 29-Jun 7 \$85.75 [1072074](#)

Pat Clark (Cyrville) – 613-748-1771

3-5 years Tue. 6-6:50 pm
 Apr 4-Jun 20 \$93.75 [1072330](#)
 3-5 years Tue. 7-7:50 pm
 Apr 4-Jun 20 \$93.75 [1092016](#)
 3-5 years Sun. 9-9:50 am
 Apr 9-Jun 25 \$85.75 [1072361](#)
 3-5 years Sun. 10-10:50 am
 Apr 9-Jun 25 \$85.75 [1072387](#)
 3-5 years Tue. 6-6:50 pm
 Jun 27-Aug 29 \$78 [1096927](#)
 3-5 years Tue. 7-7:50 pm
 Jun 27-Aug 29 \$78 [1096928](#)

St-Laurent – 613-742-6767

4-5 years Sat. 1-1:55 pm
 Apr 1-Jun 17 \$85.75 [1094646](#)

Rhythmic Gymnastics

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

Albion Heatherington – 613-247-4828

3-5 years Sat. 10:15-11 am
Apr 8-May 27 \$56.25
Jun 3-24 \$28.25

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years Sun. 1-1:45 pm
Apr 2-Jun 18 \$70.25 [1085960](#)

Goulbourn – 613-580-2532

3-4 years Sat. 11-11:45 am
Apr 1-Jun 3 \$56.25 [1089136](#)

Pat Clark (Cyrville) – 613-748-1771

3-5 years Sun. 11:30 am-12:30 pm
Apr 9-Jun 25 \$103 [1072453](#)

Tumble – Parent & Child

Introduction to gymnastics in a safe environment. Explore jumping, tumbling, rolling, games and more!

Greely – 613-580-2424 ext. 30235

2-4 years Thu. 9:30-10:15 am
May 4-Jun 22 \$56.25 [1089193](#)

Hunt Club-Riverside Park – 613-260-1299

2-3 years Sat. 11:15 am-noon
Apr 22-Jun 17 \$56.25 [1093263](#)

Metcalfe – 613-580-2424 ext. 30235

2-4 years Sun. 9:30-10:15 am
Apr 2-Jun 4 \$56.25 [1089219](#)

Minto-Barrhaven – 613-727-2683

2-4 years Sun. 10-10:50 am
Mar 26-Jun 11 \$78 [1072064](#)

2-4 years Wed. 5-5:50 pm

Mar 29-Jun 7 \$85.75 [1072047](#)

Osgoode – 613-580-2424 ext. 30235

2-4 years Sun. 9:30-10:15 am
Apr 2-Jun 18 \$56.25 [1089196](#)

Pincrest – 613-828-3118

1-3 years Sat. 10:45-11:30 am
Apr 8-Jun 24 \$70.25 [1085022](#)

Richcraft-Kanata – 613-580-9696

2-3 years Sun. 9-9:45 am
Mar 26-Jun 25 \$84.25 [1071688](#)

2-3 years Sun. 9:45-10:30 am

Mar 26-Jun 25 \$84.25 [1071689](#)

St-Laurent – 613-742-6767

1-3 years Sat. 3-3:45 pm
Apr 1-Jun 17 \$70.25 [1092933](#)

Tumble

Learn basic recreational gymnastics skills as you are introduced to various gymnastics equipment.

Goulbourn – 613-580-2532

3-4 years Sun. 11:45 am-12:30 pm
Apr 2-Jun 4 \$54.25 [1089201](#)

Hunt Club-Riverside Park – 613-260-1299

18 months-3 years Sat. 9:45-10:30 am
Apr 22-Jun 17 \$56.25 [1093264](#)

18 months-3 years Sat. 10:30-11:15 am

Apr 22-Jun 17 \$56.25 [1093265](#)

Pincrest – 613-828-3118

2-4 years Sat. 11:30 am-12:15 pm
Apr 8-Jun 24 \$70.25 [1085026](#)

Plant – 613-232-3000

3-5 years Sun. 9:30-10:15 am
Apr 30-Jun 25 \$56.25 [1088556](#)

3-5 years Sun. 10:20-11:05 am

Apr 30-Jun 25 \$56.25 [1088568](#)

Richcraft-Kanata – 613-580-9696

3-4 years Sat. 10-10:45 am
Mar 25-Jun 24 \$84.25 [1071535](#)

4-6 years Sat. 11-11:45 am

Mar 25-Jun 24 \$84.25 [1071536](#)

South Fallingbrook – 613-824-0633 ext. 221

18 months-2 years Sat. 9-9:30 am
Mar 25-Jun 10 \$47 [1085549](#)

Multi Sport

Multi Sport – Gym & Swim – Parent & Me

Try a variety of fundamental movement skills through structured play with a sport instructor, followed with interactive games in the pool with an aquatic instructor.

Walter Baker – 613-580-2788

2-4 years Sat. 9:45-11:05 am
Mar 25-May 27 \$97.75 [1080736](#)

3-5 years Sat. 10:30-11:50 am

Mar 25-May 27 \$97.75 [1080737](#)

Multi Sport – Parent & Me

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

Eva James – 613-271-0712

18 months-4 years Mon. 10:15-11 am
Apr 3-Jun 19 \$61 [1074653](#)

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

3-5 years Sat. 9:30-10:15 am
Apr 1-Jun 10 \$56.25 [1089238](#)

Kanata Recreation – 613-836-3121

30 months-5 years Sat. noon-12:45 pm
Apr 8-Jun 10 \$57.25 [1081298](#)

Metcalfe – 613-580-2424 ext. 30235

3-5 years Sun. 10:30-11:15 am
Apr 2-Jun 4 \$56.25 [1089230](#)

Minto-Barrhaven – 613-727-2683

2-4 years Thu. 9:30-10:20 am
Mar 30-Jun 8 \$85.75 [1072083](#)

Rideauview – 613-822-7887

30 months-5 years Sun. 5-5:45 pm
Apr 2-Jun 11 \$63.25 [1089060](#)

Multi Sport

Emphasis is on participation and having fun while learning the fundamental movement skills. Try a variety of sport based activities.

Eva James – 613-271-0712

3-5 years Thu. 4:45-5:45 pm
Apr 13-Jun 15 \$85.50 [1074715](#)

Hunt Club-Riverside Park – 613-260-1299

3-5 years Sat. 10:30-11:15 am
Apr 22-Jun 17 \$56.25 [1093261](#)

Minto-Barrhaven – 613-727-2683

3-5 years Sat. 9:30-10:20 am
Apr 1-Jun 10 \$70.25 [1072810](#)

Nepean Sportsplex – 613-580-2828

3 months-5 years Wed. 5-5:45 pm
Apr 5-Jun 7 \$70.25 [1085136](#)

Pincrest – 613-828-3118

30 months-4 years Sun. 1:30-2:30 pm
Apr 9-Jun 25 \$93.25 [1085106](#)

Multi Sport – Soccer and T-Ball

Emphasis is on participation and having fun while learning the fundamental movement skills. Try a variety of sport based activities.

Albion Heatherington – 613-247-4828

3-5 years Sun. 11-11:45 am
Apr 9-Jun 4 \$56.25 [1082671](#)

Glen Cairn – 613-836-3121

3-5 years Sat. 10-10:45 am
Apr 8-Jun 10 \$63.25 [1081407](#)

3-5 years Sat. 11-11:45 am

Apr 8-Jun 10 \$63.25 [1081411](#)

Kanata Recreation – 613-836-3121

3-5 years Sat. 9-9:45 am

May 27-Jun 17 \$28.25 [1094827](#)

3-5 years Sat. 9:50-10:35 am

May 27-Jun 17 \$28.25 [1094828](#)

3-5 years Sat. 10:40-11:25 am

May 27-Jun 17 \$28.25 [1094829](#)

Nepean Sportsplex – 613-580-2828

3-5 years Mon. 4-4:45 pm

Apr 3-Jun 12 \$63.25 [1080592](#)

3-5 years Wed. 4:15-5 pm

Apr 5-Jun 7 \$70.25 [1085143](#)

Pincrest Park – 613-828-3118

3-5 years Sat. 9:30-10:15 am

May 27-Jun 24 \$35.25 [1085118](#)

Plant – 613-232-3000

3-5 years Sun. 9:30-10:15 am

Apr 30-Jun 4 \$35.25 [1087291](#)

3-5 years Sun. 10:20-11:05 am

Apr 30-Jun 4 \$35.25 [1087297](#)

Sportball – Junior

In collaboration with [Sportball](#)®. Children and parents are introduced to sports, creative games, songs, rhymes, stories, bubble time and much more! Learn the FUNdamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf.

Walter Baker – 613-580-2788

16 months-2 years Thu. 9:30-10:15 am
Apr 6-Jun 8 \$172 [1089315](#)

Sportball – Multi-Sport

In collaboration with [Sportball](#)® learn the FUNdamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are taught in a non-competitive and supportive environment

Carleton Heights – 613-226-2208

3-4 years Sat. 12:30-1:30 pm
Apr 1-May 27 \$126.25 [1093736](#)

4-6 years Sat. 1:30-2:30 pm

Apr 1-May 27 \$126.25 [1093735](#)

Chapman Mills – 613-822-7887

3-5 years Sun. 9:45-10:45 am
Apr 23-Jun 18 \$136 [1090410](#)

**Greely School –
613-580-2424 ext. 30235
7066 Parkway**

3-5 years Sat. 9:45-10:45 am
Mar 25-May 27 \$138.25 [1087400](#)

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

3-5 years Sun. 9:30-10:30 am
Apr 9-Jun 11 \$122.50 [1093316](#)
4-6 years Sun. 10:30-11:30 am
Apr 9-Jun 11 \$122.50 [1093321](#)

Richelieu-Vanier – 613-560-6030

3-5 years Sun. 10-11 am
Mar 26-Jun 11 \$173 [1075916](#)

Rideauview – 613-822-7887

3-5 years Sat. 9:45-10:45 am
Apr 22-Jun 17 \$136 [1090270](#)

Walter Baker – 613-580-2788

3-5 years Thu. 11 am-noon
Apr 6-Jun 8 \$172 [1089307](#)

**Sportball – Parent and Child –
Soccer and T-ball**

In collaboration with Sportball®. You and your child are introduced to the basics of Soccer and T-ball. Games and skills are non-competitive, focusing on success and building confidence.

Greely – 613-580-2424 ext. 30235

2-3 years Thu. 4:30-5:15 pm
Jul 6-Aug 24 \$138.25 [1087337](#)

**Queenswood Heights Centennial
Park – 613-580-4765 ext. 32037**

2-3 years Mon., Wed. 4:30-5:15 pm
Jun 5-28 \$138.25 [1092510](#)
2-3 years Mon. 4:30-5:15 pm
Jul 10-Aug 28 \$121.25 [1092546](#)

Richelieu-Vanier – 613-560-6030

2-3 years Thu. 4:30-5:15 pm
Jul 6-Aug 24 \$138.25 [1075926](#)

Sportball – Parent and Tot

In collaboration with Sportball®. Parents and children are introduced to soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are non-competitive, focusing on success and confidence.

Chapman Mills – 613-822-7887

2-3 years Sun. 9-9:45 am
Apr 23-Jun 18 \$136 [1090401](#)
Jul 9-Aug 20 \$101.75 [1085694](#)

**Greely School –
613-580-2424 ext. 30235
7066 Parkway**

2-3 years Sat. 9-9:45 am
Mar 25-May 27 \$138.25 [1087385](#)

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

2-3 years Sun. 8:45-9:30 am
Apr 9-Jun 11 \$133.75 [1093323](#)
**Queenswood Heights –
613-580-4765 ext. 32037**

2-3 years Mon. 10:15-11 am
Apr 3-Jun 12 \$172.25 [1092496](#)

Richelieu-Vanier – 613-560-6030

2-3 years Sun. 9:15-10 am
Mar 26-Jun 11 \$173 [1075905](#)

Rideauview – 613-822-7887

2-3 years Sat. 9-9:45 am
Apr 22-Jun 17 \$136 [1090294](#)

Walter Baker – 613-580-2788

2-3 years Thu. 10:15-11 am
Apr 6-Jun 8 \$172 [1089320](#)



Soccer

Soccer – Parent & Me

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer based activities.

Fisher Park – 613-798-8945

3-4 years Sat. 10:15-11 am
Apr 8-Jun 24 \$56.25 [1080739](#)

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

3-5 years Sat. 10:30-11:15 am
Apr 1-Jun 10 \$45 [1089251](#)

Heron – 613-247-4808

3-4 years Mon. 5:30-6:15 pm
Jul 10-Aug 21 \$33.75 [1090519](#)

Nepean Sportsplex – 613-580-2828

30 months-4 years Sat. 8:15-9 am
Apr 1-Jun 10 \$50.75 [1080608](#)

Osgoode – 613-580-2424 ext. 30235

3-5 years Sun. 10:30-11:15 am
Apr 2-Jun 18 \$45 [1089248](#)

Overbrook – 613-742-5147

18-36 months Thu. 6-6:45 pm
Apr 6-Jun 8 \$35 [1089062](#)

Rideauview – 613-822-7887

3 months-5 years Sun. 3:15-4:15 pm
Apr 2-Jun 11 \$67.50 [1089142](#)

3 months-5 years Tue. 5:30-6:15 pm
Apr 4-Jun 6 \$56.25 [1089185](#)

Walter Baker – 613-580-2788

2-3 years Sun. 9-9:45 am
Mar 26-Jun 11 \$61.75 [1080888](#)
3-4 years Sun. 9:50-10:35 am
Mar 26-Jun 11 \$61.75 [1080889](#)
4-5 years Sun. 10:40-11:25 am
Mar 26-Jun 11 \$61.75 [1080890](#)

Soccer

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer based activities.

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

3-4 years Sat. 8-9 am
Mar 25-Jun 10 \$75 [1083026](#)
3-4 years Sat. 9-10 am
Mar 25-Jun 10 \$75 [1083039](#)
4-5 years Sat. 10-11 am
Mar 25-Jun 10 \$75 [1083046](#)

Blackburn Park – 613-580-9600

2-3 years Tue. 5-5:45 pm
May 16-Jun 20 \$33.75 [1088730](#)
4-5 years Wed. 5-5:45 pm
May 17-Jun 21 \$33.75 [1088733](#)

Bridlewood – 613-271-0712

2-3 years Sun. 9-9:45 am
Apr 9-Jun 18 \$56.25 [1072051](#)
4-5 years Sun. 9:50-10:35 am
Apr 9-Jun 18 \$56.25 [1072053](#)

**Convent Glen School – 613-580-9600
1708 Grey Nuns**

2-3 years Sat. 9-9:45 am
Apr 8-Jun 10 \$45 [1088749](#)
3-4 years Sat. 10-10:45 am
Apr 8-Jun 10 \$45 [1088786](#)

**École Sainte-Kateri –
613-580-2424 ext. 41227
2450 River Mist**

4-5 years Sat. 11 am-noon
Jan 14-Mar 4 \$45 [1052339](#)
2 years Sat. 10-10:45 am
Apr 1-May 13 \$33.75 [1076700](#)
3 years Sat. 9-9:45 am
Apr 1-May 13 \$33.75 [1076638](#)

Glen Cairn – 613-836-3121

3-5 years Wed. 5:30-6:15 pm
Apr 5-Jun 7 \$56.25 [1073284](#)
Half Moon Bay
4-5 years Tue. 5:45-6:30 pm
May 2-Jun 6 \$33.75 [1071909](#)

Heron – 613-247-4808

3-5 years Tue. 4:45-5:30 pm
Apr 18-Jun 13 \$50.75 [1080871](#)

Hintonburg – 613-798-8874

3-4 years Tue. 6-6:45 pm
May 9-Jun 6 \$28.25 [1088563](#)

Kanata Recreation – 613-836-3121

3-4 years Sun. 1:50-2:20 pm
Apr 9-Jun 11 \$33.75 [1081694](#)
4-5 years Sun. 2:25-3:10 pm
Apr 9-Jun 11 \$50.75 [1081710](#)

McNabb – 613-564-1070

3-5 years Sun. 11 am-noon
Mar 26-Jun 18 \$82.50 [1076274](#)

Minto-Barrhaven – 613-727-2683

4-5 years Fri. 5-5:50 pm
Mar 31-Jun 9 \$62.50 [1072800](#)

Nepean Sportsplex – 613-580-2828

3-5 years Sat. 8:15-9 am
Apr 1-Jun 10 \$50.75 [1081115](#)

3-5 years	Sat.	9-9:45 am
Apr 1-Jun 10	\$50.75	1081113
3-5 years	Mon.	4:30-5 pm
Apr 3-Jun 12	\$33.75	1081110
Overbrook – 613-742-5147		
4-5 years	Wed.	6-6:45 pm
Apr 5-Jun 7	\$35	1085091
Pat Clark (Cyrville) – 613-748-1771		
2-3 years	Sat.	10-10:45 am
Apr 8-Jun 24	\$61.75	1072439
4-5 years	Sat.	10:45-11:30 am
Apr 8-Jun 24	\$61.75	1072446
Pinecrest Park – 613-828-3118		
2-3 years	Sat.	10:15-11 am
May 27-Jun 24	\$28.25	1085121
Ray Friel Park – 613-580-4765 ext. 32039		
2-3 years	Tue.	4:45-5:45 pm
May 16-Jun 20	\$45	1072695
3-4 years	Wed.	4:45-5:45 pm
May 17-Jun 21	\$45	1072698
4-5 years	Thu.	4:45-5:45 pm
May 18-Jun 22	\$45	1072700
Richcraft-Kanata – 613-580-9696		
3-4 years	Mon.	4:15-5 pm
Jul 3-Aug 28	\$45	1073751
3-4 years	Tue.	9:50-10:35 am
Jul 4-Aug 29	\$50.75	1073752
3-4 years	Wed.	4:15-5 pm
Jul 5-Aug 30	\$50.75	1073753
3-4 years	Thu.	5:05-5:50 pm
Jul 6-Aug 31	\$50.75	1073754
Sandy Hill – 613-564-1062		
3-5 years	Mon.	6-7 pm
May 8-Jun 12	\$37.50	1092024
May 8-Jun 12	\$37.50	1092027
Jun 19-Jul 24	\$45	1092239
Jun 19-Jul 24	\$45	1092246
3-5 years	Tue.	6-7 pm
May 9-Jun 13	\$45	1092033
May 9-Jun 13	\$45	1092039
Jun 20-Jul 25	\$45	1092245
Jun 20-Jul 25	\$45	1092247
3-5 years	Thu.	6-7 pm
May 11-Jun 15	\$45	1092041
May 11-Jun 15	\$45	1092043
Jun 22-Jul 27	\$45	1092249
Jun 22-Jul 27	\$45	1092251
Aug 3-Sep 7	\$45	1092252

South Fallingbrook – 613-824-0633 ext. 221		
3-4 years	Sun.	10-11 am
Mar 26-Jun 11	\$75	1083060
3-4 years	Tue.	9:30-10:30 am
Jun 27-Aug 15	\$60	1093799
3-4 years	Wed.	5:30-6:30 pm
Jun 28-Aug 16	\$60	1093803
3-4 years	Thu.	9:30-10:30 am
Jun 29-Aug 17	\$60	1093804
3-4 years	Thu.	5:30-6:30 pm
Jun 29-Aug 17	\$60	1093805
3-4 years	Thu.	6:30-7:30 pm
Jun 29-Aug 17	\$60	1093807
South March School – 613-580-9696 ext. 34488		
1032 Klondike		
3-4 years	Sat.	9-10 am
Mar 25-Jun 3	\$67.50	1077269
4-5 years	Sat.	10:10-11:10 am
Mar 25-Jun 3	\$67.50	1077275
St-Laurent – 613-742-6767		
3-5 years	Sat.	9:30-10:15 am
Apr 1-Jun 17	\$56.25	1092950

Sportball – Outdoor Soccer®		
In collaboration with Sportball®. Children gain knowledge and the ability to play soccer with confidence through skill development and non-competitive games.		
Chapman Mills – 613-822-7887		
3-5 years	Sun.	10:30-11:30 am
Jul 9-Aug 20	\$101.75	1085675
Greely – 613-580-2424 ext. 30235		
3-4 years	Thu.	5:15-6:15 pm
Jul 6-Aug 24	\$138.25	1087345
Queenswood Heights – 613-580-4765 ext. 32037		
3-4 years	Mon., Wed.	5:15-6:15 pm
Jun 5-28	\$139.75	1092555
3-4 years	Mon.	5:15-6:15 pm
Jul 10-Aug 28	\$122.50	1092565
Richelieu-Vanier – 613-560-3060		
3-4 years	Thu.	5:15-6:15 pm
Jul 6-Aug 24	\$138.25	1075932
Rideauview – 613-822-7887		
3-5 years	Wed.	6-7 pm
Jun 7-Aug 9	\$169.50	1085665

Sportball – Outdoor Soccer® Parent & Tot		
In collaboration with Sportball® Parents are instructed how to correctly assist their children in learning the FUNdamentals of soccer. Focus is on success through participation.		
Chapman Mills – 613-822-7887		
2-3 years	Sun.	9:45-10:30 am
Jul 9-Aug 20	\$101.75	1085572
Rideauview – 613-822-7887		
2-3 years	Wed.	5:15-6 pm
Jun 7-Aug 9	\$169.50	1085557
Soccer League – Just Kickin' it		
Recreational league focusing on fair play. Volunteer coaches required. Short skills and drills warm up followed by game. Includes a team photo and t-shirt.		
Carleton Heights Park – 613-226-2208		
4-6 years	Tue., Thu.	6:30-7:30 pm
May 23-Jun 22	\$40.25	1085470
Jul 4-Aug 3	\$40.25	1093794



General Interest

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.

Baby Sign and Songs

Babies understand language long before they can speak. Discover the benefits of using 'baby sign' to promote early communication with young children. Learn 50-75 of the most common signs.

Plant – 613-232-3000		
5 months-2 years	Wed.	10-10:45 am
Apr 26-Jun 14	\$59.50	1084302
5 months-2 years	Wed.	11-11:45 am
Apr 26-Jun 14	\$59.50	1084305

Crafts

Calling all parents! Join us to make a special project to take home with your child.

Plant – 613-232-3000

Mother's Day

3-5 years	Sun.	3-4 pm
Apr 30	\$4.25	1089765

Father's Day

3-5 years	Sun.	3-4 pm
Jun 4	\$4.25	1089756

Crafty Chefs

Create in the kitchen and craft room, some to eat and some to show.

Pat Clark (Cyrville) – 613-748-1771		
3-5 years	Sat.	10-11 am
Apr 8-May 13	\$46.75	1072469
May 27-Jun 24	\$46.75	1072473
Vernon – 613-580-2424 ext. 30235		
2-4 years	Wed.	10:15-11 am
May 31-Jun 21	\$28.25	1089288

Kaleidoscope

Join us for a variety of interactive activities! Play games, create amazing crafts and explore the world around you with hands-on adventures! Parent participation not required.

Eva James – 613-271-0712

30 months-4 years Tue. 9:30-11 am
Apr 4-Jun 13 \$92.75 [1080892](#)

Little Critters

Find bugs hiding in the garden, or lurking on the lawn. Learn about their lifecycles, diets and homes before making a buggy craft.

Billings Estate – 613-247-4830

3-5 years Fri. 10-11 am
Jul 7 \$6.25 [1092014](#)
Jul 14 \$6.25 [1092017](#)
Jul 21 \$6.25 [1092019](#)
Jul 28 \$6.25 [1092021](#)

Loose Parts Playground – Parent & Me

Loose parts are materials that encourage children to invent, create, construct, and experiment. Preschoolers and their caregivers will explore early science and engineering concepts through play and exploration using unique large scale materials and equipment.

Lansdowne Park – 613-580-2429

2-5 years Mon. 10 am-noon
Apr 3-May 8 \$62.50 [1090249](#)
May 29-Jun 26 \$62.50 [1090927](#)
2-5 years Tue. 10 am-noon
Apr 4-May 2 \$62.50 [1090450](#)
May 23-Jun 20 \$62.50 [1090975](#)

Muck and Mess

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

Kanata Recreation – 613-836-3121

3-5 years Sun. 10-11 am
Apr 9-Jun 11 \$63.25 [1081535](#)

Minto-Barrhaven – 613-727-2683

1-3 years Mon. 9:15-11:15 am
Mar 27-Jun 5 \$111.25 [1070987](#)
2-5 years Fri. 9:15-11:15 am
Mar 31-Jun 9 \$123.50 [1070989](#)

Plant – 613-232-3000

30 months-4 years Wed. 9:15-10 am
Apr 26-Jun 21 \$47.50 [1084242](#)

Muck and Mess – Parent and Tot

Get messy with your toddler. Various art projects using lots of imagination and materials.

Eva James – 613-271-0712

18 months-4 years Thu. 10:15-11:15 am
Apr 6-Jun 15 \$77.25 [1081800](#)

Greely – 613-580-2424 ext. 30235

2-4 years Thu. 9:30-10:15 am
Apr 6-27 \$21.25 [1089262](#)

Pat Clark (Cyrville) – 613-748-1771

1-3 years Sat. 9-9:45 am
Apr 8-May 13 \$26.50 [1072485](#)

Vernon – 613-580-2424 ext. 30235

2-4 years Wed. 10:15-11 am
May 3-24 \$21.25 [1089269](#)

Parent n’ Me Woodworking

Calling all parents! Join us to make a special project to take home with your child.

Nepean Sportsplex – 613-580-2828

3-5 years Sat. 9:30-11 am
Jun 3 \$37.50 [1084206](#)

STEM – Ooey, Goopy Science

Calling all parents! Join us to make a special project to take home with your child.

Nepean Sportsplex – 613-580-2828

3-5 years Sat. 9:30-11 am
Mar 25 \$37.50 [1084156](#)



613-580-2424 extension 41243

A recreational preschool program for two to five year olds. Designed to encourage play and enhance development with crafts, songs, games and theme related activities. Children socialize with caring staff and peers in a fun environment.

Spring Program: March 27 to June 9

***Please note registration has been ongoing since August 2016.*

11 weeks \$119
10 weeks \$108
9 weeks \$97.25

Helping Parent: Parents are required to assist as volunteer helpers once per session for each half day your child is registered.

Summer Program: June 26 to August 18

Our exciting Duffer Doo half day program will be running again this summer. Lots of fun activities and outdoor fun when weather permits! Start time: 9:00 am to 11:30 am (*no pre care with this program*).

5 days \$69
4 days \$55.25

How to Register:

The locations, days, times and program code numbers you will need to register. You may register up to three half-days per week for each session. Parents do not stay. Register early to avoid disappointment. Newly registered participants are encouraged to arrange a visit with the program supervisor at **613-580-2424 ext. 41243** before March 3.

Chapman Mills – 613-822-7887

2-5 years Tue. 9:15-11:15 am
Mar 28-Jun 6 \$119 [1049820](#)
2-5 years Wed. 9:15-11:15 am
Mar 29-Jun 7 \$119 [1050953](#)
2-5 years Thu. 9:15-11:15 am
Mar 30-Jun 8 \$119 [1050976](#)
2-5 years Fri. 9:15-11:15 am
Mar 31-Jun 9 \$108 [1050988](#)

Richmond – 613-580-2424 ext. 20705

2-5 years Mon. 9:15-11:15 am
Apr 3-Jun 19 \$112.25 [1052154](#)

Southpointe – 613-823-3765

2 ½-5 years Mon.-Fri. 9-11:30 am
Jun 26-30 \$69 [1072913](#)

Larkin House – 613-825-4070

2 ½-5 years Tue.-Fri. 9-11:30 am
Jul 4-7 \$55.25 [1072954](#)

Margaret Rywak (Manordale) – 613-226-6060

2 ½-5 years Mon.-Fri. 9-11:30 am
Jul 10-14 \$69 [1072971](#)

Trend-Arlington – 613-828-3460

2 ½-5 years Mon.-Fri. 9-11:30 am
Jul 17-21 \$69 [1073000](#)

Larkin House – 613-825-4070

2 ½-5 years Mon.-Fri. 9-11:30 am
Jul 24-28 \$69 [1073141](#)

General Burns – 613-225-8495

2 ½-5 years Mon.-Fri. 9-11:30 am
Jul 31-Aug 4 \$69 [1073206](#)

Margaret Rywak (Manordale) – 613-226-6060

2 ½-5 years Tue.-Fri. 9-11:30 am
Aug 8-11 \$55.25 [1073231](#)

Southpointe – 613-823-3765

2 ½-5 years Mon.-Fri. 9-11:30 am
Aug 14-18 \$69 [1073184](#)

Drop-in Activities

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