



Classes and Activities for Children

Recreation eGuide

Fall 2018 and Winter 2019

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[fee support](#)



[facilities](#)

Arts Centres

The City of Ottawa's Arts Centres are destinations for specialty arts programming in arts-specific studios offering the added benefit of specialized 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.

Digital Arts

Animate This

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

Nepean Creative Arts

9-13 years	Mon.	6:30-8:30 pm
Oct 15-Nov 19	\$169.50	1246613
Feb 4-Mar 25	\$169.50	1400374
14 years	Wed.	7-9 pm
Oct 17-Nov 21	\$169.50	1400056
Feb 6-Mar 20	\$169.50	1400378

Game Development – Introduction

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

Shenkman Arts

12-14 years	Mon.	7-8:30 pm
Sep 24-Nov 26	\$106.25	1179295
Jan 14-Mar 18	\$106.25	1398710

Science of Movie Making

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

Nepean Creative Arts

10-14 years	Thu.	6:45-8:15 pm
Oct 4-Nov 15	\$148.25	1246810
Feb 7-Mar 21	\$127	1401172

Scratch Animation

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

Shenkman Arts

8-12 years	Sat.	1-4 pm
Dec 8	\$20.25	1184845
Feb 23	\$20.25	1402514

Performing Arts

Dance

Acrobatic – Level 1

Free flowing class combines traditional dance styles with acrobatics. Think gymnastics but with no apparatus. Improve flexibility, strength and dance techniques. Take dance to new heights!

Shenkman Arts

6-8 years	Wed.	6:30-7:30 pm
Sep 26-Nov 14	\$62.25	1184757
Jan 16-Mar 6	\$62.25	1398802
9-12 years	Wed.	7:30-8:30 pm
Sep 26-Nov 14	\$62.25	1184759
Jan 16-Mar 6	\$62.25	1398810



Ballet Jazz — Level 1

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

Shenkman Arts

5-6 years	Sun.	11:45 am-12:30 pm
Sep 23-Nov 25	\$54.50	1398695
Jan 13-Mar 10	\$54.50	1402607

Bollywood

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

Nepean Creative Arts

6-12 years	Sun.	10-11 am
Sep 23-Nov 25	\$80.75	1273231
Feb 10-Mar 31	\$70.75	1405435

Contemporary – Level 1

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

Nepean Creative Arts

11-14 years	Sat.	12:30-1:45 pm
Sep 22-Nov 24	\$113.50	1399987
Feb 9-Mar 30	\$88.25	1405476

Gotta Dance

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

Shenkman Arts

5-6 years	Sat.	11:45 am-12:30 pm
Sep 22-Nov 17	\$54.50	1184793
Jan 12-Mar 9	\$54.50	1402363

Hip Hop

Level 1

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

Nepean Creative Arts

5-8 years	Sun.	10:15-11 am
Sep 23-Nov 25	\$60.50	1279038
Feb 10-Mar 31	\$53	1405444

Level 2

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

Nepean Creative Arts

9-12 years	Sun.	11 am-noon
Sep 23-Nov 25	\$80.75	1292479
Feb 10-Mar 31	\$70.75	1405452

Hip Hop and Jazz

Emphasis on body placement, coordination and basic Jazz technique.

Nepean Creative Arts

6-9 years	Sat.	9:45-10:45 am
Sep 22-Nov 24	\$90.75	1247065
Feb 9-Mar 30	\$70.75	1405389

Jazz – Level 1

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

Nepean Creative Arts

10-14 years	Fri.	5:30-6:30 pm
Sep 28-Nov 23	\$81.50	1247057
Feb 8-Mar 29	\$63.50	1405362

Ottawa Valley Step Dancing

Level 1

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

Nepean Creative Arts

6-9 years	Mon.	6-6:45 pm
Sep 17-Nov 19	\$68.25	1188274
Feb 4-Apr 1	\$53	1400319

Level 2

Build on skills learned in Level 1.

Nepean Creative Arts

8-12 years	Mon.	6:45-7:30 pm
Sep 17-Nov 19	\$68.25	1188435
Feb 4-Apr 1	\$53	1400331

Tap – Level 1

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

Shenkman Arts

6-12 years	Tue.	6:30-7:30 pm
Sep 25-Nov 13	\$80.75	1184747
Jan 15-Mar 5	\$80.75	1398751

Urban – Level 1

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

Nepean Creative Arts

5-7 years	Tue.	6:15-7 pm
Sep 25-Nov 20	\$68.25	1246548
Feb 5-Mar 26	\$53	1401073
8-12 years	Tue.	7-8 pm
Sep 25-Nov 20	\$90.75	1246532
Feb 5-Mar 26	\$70.75	1401075

Shenkman Arts

5-7 years	Tue.	6:15-7:15 pm
Sep 25-Nov 13	\$80.75	1184743
Jan 15-Mar 5	\$80.75	1398733
8-12 years	Tue.	7:15-8:15 pm
Sep 25-Nov 13	\$80.75	1184744
Jan 15-Mar 5	\$80.75	1398740

You Bet You Can Dance!

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

Nepean Creative Arts

Nov 10	Sat.	1-4 pm
6-14 years	\$53	1401845
15-18 years	\$60	1401914
Mar 2	Sat.	1-4 pm
6-14 years	\$53	1405815
15-18 years	\$60	1405817

Drama and Multi Arts

Drama and Dance

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

Nepean Creative Arts

5-8 years	Sat.	11 am-12:15 pm
Sep 22-Nov 17	\$90.75	1247074
Feb 9-Mar 30	\$79.25	1405422

Live Wire Drama

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

Nepean Creative Arts

9-12 years	Sat.	9:30-11 am
Sep 22-Nov 17	\$121	1252128
Feb 9-Mar 30	\$106	1405411

That's Kindertainment

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

Nepean Creative Arts

4-6 years	Sun.	9:45-11:15 am
Sep 23-Nov 18	\$169.50	1400001
Feb 10-Mar 31	\$169.50	1405463

You Bet You Can Act!

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

Nepean Creative Arts

Nov 17	Sat.	1-4 pm
6-14 years	\$53	1401941
15-18 years	\$60	1401955
Feb 23	Sat.	1-4 pm
6-14 years	\$53	1405615
15-18 years	\$60	1405730

Music

Guitar

Level 1

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

Nepean Creative Arts

10-14 years	Wed.	5:30-6:30 pm
Sep 26-Nov 14	\$141.25	1346192
Feb 6-Mar 27	\$123.50	1401079

Shenkman Arts

10-14 years	Sat.	10-11 am
Sep 22-Nov 17	\$139.50	1184832
Jan 12-Mar 9	\$139.50	1402438

Level 2

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

Nepean Creative Arts

10-14 years	Wed.	6:30-7:30 pm
Sep 26-Nov 14	\$141.25	1346200
Feb 6-Mar 27	\$123.50	1401090

Shenkman Arts

10-14 years	Sat.	11 am-noon
Sep 22-Nov 17	\$139.50	1184835
Jan 12-Mar 9	\$139.50	1402460

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

10-14 years	Wed.	7:30-8:30 pm
Sep 26-Nov 14	\$141.25	1347231
Feb 6-Mar 27	\$123.50	1401100

Shenkman Arts

10-14 years	Sat.	4-5 pm
Sep 22-Nov 17	\$139.50	1184843
Jan 12-Mar 9	\$139.50	1402502

Keyboard

Level 1

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

Nepean Creative Arts

6-9 years	Thu.	4:30-5:10 pm
Sep 27-Nov 22	\$141.25	1246823
Feb 7-Mar 28	\$109.75	1405301

6-9 years	Thu.	5:15-5:55 pm
Sep 27-Nov 22	\$141.25	1246841
Feb 7-Mar 28	\$109.75	1405306

8-12 years	Thu.	6-6:40 pm
Sep 27-Nov 22	\$141.25	1246847
8-12 years	Thu.	6-6:40 pm
Feb 7-Mar 28	\$123.50	1405311

Level 2

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

Nepean Creative Arts

7-12 years	Thu.	6:45-7:25 pm
Sep 27-Nov 22	\$141.25	1246899
Feb 7-Mar 28	\$123.50	1405316

Ukulele

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

Shenkman Arts

10-14 years	Sat.	3-4 pm
Sep 22-Nov 17	\$139.50	1184840
Jan 12-Mar 9	\$139.50	1402493

You Bet You Can Sing!

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

Nepean Creative Arts

Nov 3	Sat.	1-4 pm
6-14 years	\$53	1401820
15-18 years	\$60	1401831
Feb 16	Sat.	1-4 pm
6-14 years	\$53	1405566
15-18 years	\$60	1405581

Visual Arts

Drawing and Painting

Big Scale Abstract Art

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

Nepean Visual Arts

6-9 years	Sun.	1-3 pm
Sep 30-Nov 4	\$141.25	1183319
Jan 20-Feb 17	\$141.25	1187924

Cartooning and Comics

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

Nepean Visual Arts

9-12 years	Sun.	10-11:30 am
Sep 23-Dec 2	\$203	1183283
Jan 20-Mar 31	\$203	1187871
9-12 years	Sun.	noon-1:30 pm
Sep 23-Dec 2	\$203	1183288
Jan 20-Mar 31	\$203	1187884

Drawing and Painting

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

Nepean Visual Arts

9-13 years	Sat.	9-11 am
Sep 29-Dec 8	\$258.50	1183271
Jan 19-Mar 30	\$258.50	1187820
9-13 years	Sat.	11:30 am-1:30 pm
Sep 29-Dec 8	\$258.50	1183273
Jan 19-Mar 30	\$258.50	1187848
9-13 years	Sat.	2-4 pm
Sep 29-Dec 8	\$258.50	1183277
Jan 19-Mar 30	\$258.50	1187853

Mixed Media – Mixing It

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

Nepean Visual Arts

6-8 years	Sun.	10 am-noon
Sep 30-Nov 4	\$135.50	1183306
Jan 20-Feb 17	\$135.50	1187906

Pottery

Handbuilding

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

Nepean Visual Arts

7-9 years	Sat.	9-10:30 am
Sep 29-Dec 8	\$211.75	1183335
7-9 years	Sat.	11 am-12:30 pm
Sep 29-Dec 8	\$211.75	1183332
8-12 years	Sat.	9-10:30 am
Jan 19-Mar 30	\$211.75	1187932
8-12 years	Sat.	11 am-12:30 pm
Jan 19-Mar 30	\$211.75	1187936

Arts in Your Neighbourhood

Digital Arts

Game Development – Introduction

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

Plant – 613-232-3000

12-14 years	Sun.	2:30-4:30 pm
Sep 23-Dec 16	\$212.50	1406893
Jan 13-Apr 14	\$248	1408909

Performing Arts

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Dance

Ballet – Level 1

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

Albion Heatherington – 613-247-4828

6-12 years	Sun.	2:45-3:30 pm
Sep 23-Oct 28	\$34	1401407
Nov 4-Dec 9	\$40.75	1401417
Jan 20-Feb 10	\$27.25	1402707
Feb 17-Mar 10	\$27.25	1402708

Bob-MacQuarrie-Orléans – 613-580-9600

6-9 years	Tue.	6:30-7:30 pm
Sep 25-Nov 27	\$90.75	1184387
Jan 15-Mar 5	\$72.50	1402370
6-9 years	Sat.	1:15-2:15 pm
Sep 29-Dec 8	\$90.75	1184384
Jan 19-Mar 9	\$72.50	1402358

Eva James – 613-271-0712

6-9 years	Mon.	6:10-7:10 pm
Sep 17-Dec 17	\$117.75	1320996
Jan 7-Mar 4	\$72.50	1321000

Hunt Club-Riverside Park – 613-260-1299

5-6 years	Sat.	11-11:45 am
Sep 15-Dec 22	\$95.25	1407652
Jan 12-Apr 27	\$95.25	1407654
7-10 years	Sat.	noon-12:45 pm
Sep 15-Dec 22	\$95.25	1407653
Jan 12-Apr 27	\$95.25	1407655

Kanata Recreation – 613-580-2570

5-7 years	Sat.	11:15 am-noon
Sep 29-Dec 8	\$68	1185676
Jan 19-Mar 23	\$47.75	1401879

McNabb – 613-564-1070

6-9 years	Tue.	6-7 pm
Oct 2-Dec 18	\$108.75	1409489
Jan 8-Mar 5	\$81.50	1409538
6-9 years	Sat.	11 am-noon
Sep 29-Dec 22	\$108.75	1409490
Jan 12-Mar 9	\$81.50	1409539

Michele Heights – 613-828-5100

6-12 years	Sat.	12:45-1:30 pm
Sep 8-Dec 8	\$88.50	1406459
Sep 8-Jun 8	\$217.50	1406464

Minto-Barrhaven – 613-727-2683

6-10 years	Tue.	5-5:45 pm
Sep 18-Dec 11	\$88.50	1320438
Jan 8-Mar 5	\$61.25	1401270
6-10 years	Sat.	12:30-1:30 pm
Sep 15-Dec 8	\$117.75	1320444
Jan 12-Mar 2	\$72.50	1401263

Nepean Sportsplex – 613-580-2828

6-9 years	Tue.	6:15-7 pm
Sep 18-Dec 4	\$81.50	1403960
Jan 8-Mar 5	\$61.25	1405285
6-9 years	Thu.	6:15-7 pm
Sep 20-Dec 6	\$81.50	1403957
Jan 10-Mar 7	\$61.25	1405283
6-9 years	Sat.	2:30-3:30 pm
Sep 15-Dec 8	\$99.75	1403965
Jan 12-Mar 2	\$63.50	1405288



Pinecrest – 613-828-3118

6-10 years	Sun.	11:15 am-noon
Sep 9-30	\$27.25	1408194
Oct 14-Dec 16	\$68	1408196
Jan 13-Mar 10	\$54.50	1408657
6-10 years	Tue.	6:45-7:30 pm
Sep 11-Oct 2	\$27.25	1408480
Oct 9-Dec 11	\$68	1408482
Jan 8-Mar 5	\$61.25	1408659

Plant – 613-232-3000

7-10 years	Wed.	7-8 pm
Sep 19-Dec 12	\$117.75	1404277
Jan 9-Apr 10	\$126.75	1408441

Ray Friel – 613-580-4765

3-5 years	Sat.	9:30-10:15 am
Sep 15-Dec 15	\$88.50	1184653
Jan 12-Mar 30	\$74.75	1186941
6-9 years	Sat.	10:15-11 am
Sep 15-Dec 15	\$88.50	1184654
Jan 12-Mar 30	\$74.75	1186947

Richcraft-Kanata – 613-580-9696

4-6 years	Thu.	5-5:45 pm
Sep 27-Dec 20	\$88.50	1404946
Jan 10-Mar 7	\$61.25	1404948

Richmond – 613-580-2424 ext. 20705

5-8 years	Wed.	6-7 pm
Sep 26-Nov 28	\$90.75	1183237
5-7 years	Wed.	6-7 pm
Jan 9-Mar 20	\$90.75	1188345

Rideauview – 613-822-7887

5-7 years	Sat.	10:30-11:15 am
Sep 29-Dec 8	\$74.75	1401744
Jan 19-Mar 23	\$68	1407335

Routhier – 613-244-4470

6-8 years	Sun.	11 am-noon
Sep 30-Dec 16	\$108.75	1405629
Jan 13-Mar 24	\$99.75	1406562

Ballet Jazz – Level 1

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

François Dupuis – 613-580-8080

11-14 years	Wed.	5:30-6:30 pm
Sep 19-Dec 12	\$117.75	1400111
Jan 16-Mar 27	\$90.75	1403278
6-10 years	Wed.	6:30-7:30 pm
Sep 19-Dec 12	\$117.75	1400114
Jan 16-Mar 27	\$90.75	1403285

Hintonburg – 613-798-8874

5-7 years	Thu.	7-7:45 pm
Oct 4-Dec 6	\$68	1404473
Jan 17-Mar 7	\$54.50	1404506

Osgoode – 613-580-2424 ext. 30235

4-7 years	Sun.	11-11:45 am
Oct 14-Dec 16	\$54.50	1404405
Jan 20-Mar 31	\$54.50	1404422

St-Laurent Complex – 613-742-6767

6-9 years	Sun.	11-11:45 am
Oct 14-Dec 9	\$61.25	1409304
Jan 6-Mar 3	\$54.50	1409382

Creative Movement

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

Alexander – 613-798-8978

5-8 years	Mon.	5:30-6:30 pm
Jan 14-Mar 4	\$61.25	1187176
5-8 years	Sat.	10:30-11:15 am
Sep 22-Nov 10	\$46	1187165
Jan 19-Mar 9	\$46	1187173
6-9 years	Mon.	5:30-6:30 pm
Sep 24-Nov 19	\$61.25	1187166

Gotta Dance

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

Aquaview – 613-580-2782

5-7 years Wed. 6:40-7:25 pm
 Sep 26-Nov 28 \$61.25 [1184440](#)
 Jan 16-Mar 27 \$68 [1184450](#)

Carp Memorial Hall – 613-580-9696

5-7 years Sun. 10:45-11:30 am
 Sep 23-Dec 2 \$68 [1406969](#)
 Jan 20-Mar 24 \$54.50 [1406977](#)

6-9 years Wed. 6:30-7:30 pm
 Sep 26-Nov 28 \$90.75 [1408016](#)
 Jan 23-Mar 27 \$81.50 [1408001](#)

Chapman Mills – 613-822-7887

5-7 years Tue. 6-6:30 pm
 Sep 25-Dec 4 \$50 [1398520](#)
 Jan 15-Mar 26 \$45.50 [1404968](#)

Eva James – 613-271-0712

6-9 years Tue. 4:50-5:50 pm
 Sep 18-Dec 18 \$126.75 [1401749](#)
 Jan 8-Mar 5 \$81.50 [1401764](#)

Greely – 613-580-2424 ext. 30235

6-10 years Thu. 6:30-7:30 pm
 Sep 27-Nov 15 \$72.50 [1404098](#)
 Jan 31-Mar 21 \$63.50 [1404171](#)

Heron – 613-247-4808

6-9 years Sat. 10:15-11:15 am
 Sep 22-Nov 17 \$72.50 [1321136](#)
 Jan 12-Mar 16 \$90.75 [1402133](#)

Hip Hop

Level 1

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

Albion Heatherington – 613-247-4828

6-12 years Sun. 2-2:45 pm
 Sep 23-Oct 28 \$38 [1401458](#)
 Nov 4-Dec 9 \$45.50 [1401466](#)
 Jan 20-Feb 10 \$30.25 [1402710](#)
 Feb 17-Mar 10 \$30.25 [1402741](#)

Aquaview – 613-580-2782

5-7 years Tue. 6:40-7:25 pm
 Sep 25-Nov 27 \$75.75 [1184396](#)
 Jan 15-Mar 26 \$75.75 [1184407](#)

Bob-MacQuarrie-Orléans – 613-580-9600

6-10 years Thu. 6-7 pm
 Sep 27-Nov 29 \$101 [1184487](#)
 Jan 17-Mar 7 \$80.75 [1400963](#)

Eva James – 613-271-0712

4-6 years Fri. 4:45-5:30 pm
 Sep 21-Dec 21 \$106 [1402314](#)
 Jan 11-Mar 8 \$68.25 [1402242](#)

7-12 years Fri. 5:30-6:30 pm
 Sep 21-Dec 21 \$141.25 [1402318](#)
 Jan 11-Mar 8 \$90.75 [1402249](#)

Foster Farm – 613-828-2004

6-12 years Tue. 6:45-7:30 pm
 Sep 11-Dec 11 \$104.75 [1406640](#)
 Sep 11-Jun 11 \$269.50 [1406642](#)

Fred Barrett Arena – 613-580-2595

6-8 years Mon. 6:15-7:15 pm
 Sep 24-Nov 26 \$80.75 [1402635](#)
 Jan 21-Mar 4 \$60.50 [1402650](#)

Goulbourn – 613-580-2532

6-12 years Sat. 1:30-2:15 pm
 Sep 22-Dec 15 \$90.75 [1408517](#)
 Jan 19-Mar 9 \$53 [1408532](#)

Greenboro – 613-580-2805

6-9 years Fri. 6:45-7:45 pm
 Oct 12-Nov 30 \$80.75 [1407320](#)
 Jan 18-Mar 8 \$80.75 [1407331](#)

Heron – 613-247-4808

6-9 years Sat. 11:15 am-12:15 pm
 Sep 22-Nov 17 \$80.75 [1321137](#)
 Jan 12-Mar 16 \$101 [1402184](#)

McNabb – 613-564-1070

6-9 years Thu. 5-6 pm
 Sep 27-Dec 13 \$121 [1409484](#)
 6-9 years Thu. 5-6 pm
 Jan 10-Mar 7 \$90.75 [1409543](#)

Michele Heights – 613-828-5100

6-12 years Sat. 3-3:45 pm
 Sep 8-Dec 8 \$97.50 [1406615](#)
 Sep 8-Jun 8 \$239.50 [1406622](#)

Minto-Barrhaven – 613-727-2683

6-10 years Sun. 1-2 pm
 Sep 16-Dec 9 \$131 [1400032](#)
 Jan 13-Mar 3 \$80.75 [1401755](#)

6-10 years Fri. 6:30-7:30 pm
 Sep 21-Dec 14 \$131 [1400034](#)
 Jan 11-Mar 8 \$90.75 [1401751](#)

Nepean Sportsplex – 613-580-2828

6-9 years Mon. 6-6:45 pm
 Sep 17-Dec 3 \$83.25 [1404008](#)
 Jan 7-Mar 4 \$60.50 [1405386](#)

6-9 years Sun. 10:15-11:15 am
 Sep 16-Dec 9 \$111 [1404000](#)
 Jan 13-Mar 3 \$70.75 [1405379](#)

9-12 years Thu. 7:15-8:15 pm
 Sep 20-Dec 6 \$121 [1404005](#)
 Jan 10-Mar 7 \$90.75 [1405303](#)

Pat Clark – 613-748-1771

6-12 years Mon. 7-8 pm
 Jan 7-Feb 25 \$80.75 [1181205](#)

Ray Friel – 613-580-4765

6-12 years Wed. 6-6:45 pm
 Sep 12-Dec 19 \$106 [1184636](#)
 Jan 9-Mar 27 \$83.25 [1186876](#)

Richcraft-Kanata – 613-580-9696

6-8 years Thu. 5:45-6:30 pm
 Sep 27-Dec 20 \$98.25 [1404951](#)
 Jan 10-Mar 7 \$68.25 [1404954](#)

Richmond – 613-580-2424 ext. 20705

7-12 years Wed. 7-8 pm
 Sep 26-Nov 28 \$101 [1183247](#)
 Jan 9-Mar 20 \$101 [1188374](#)

Routhier – 613-244-4470

6-8 years Wed. 6:15-7 pm
 Oct 10-Dec 19 \$83.25 [1405598](#)
 Jan 16-Mar 27 \$83.25 [1406527](#)

9-12 years Wed. 7-8 pm
 Oct 10-Dec 19 \$111 [1405619](#)
 Jan 16-Mar 27 \$111 [1406544](#)

Splash Wave Pool – 613-748-4222

6-12 years Mon. 6:15-7:15 pm
 Sep 17-Dec 3 \$111 [1179499](#)

St-Laurent Complex – 613-742-6767

6-9 years Sun. 11:45 am-12:30 pm
 Oct 14-Dec 9 \$68.25 [1409305](#)
 Jan 6-Mar 3 \$60.50 [1409383](#)
 10-12 years Sun. 12:30-1:15 pm
 Oct 14-Dec 9 \$68.25 [1409306](#)

Walter Baker – 613-580-2788

5-7 years Sat. 10:05-11:05 am
 Sep 15-Dec 8 \$121 [1403936](#)
 Jan 12-Mar 2 \$80.75 [1186937](#)

6-9 years Thu. 6-6:50 pm
 Sep 20-Dec 6 \$101 [1401571](#)
 Jan 17-Mar 7 \$67.25 [1185954](#)

7-9 years Sat. 11:10 am-12:10 pm
 Sep 15-Dec 8 \$121 [1403986](#)
 Jan 12-Mar 2 \$80.75 [1186939](#)
 9-14 years Thu. 6:55-7:55 pm
 Sep 20-Dec 6 \$121 [1401576](#)
 Jan 17-Mar 7 \$80.75 [1185956](#)

Level 2

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

Bob-MacQuarrie-Orléans – 613-580-9600

10-14 years Thu. 7-8 pm
 Sep 27-Nov 29 \$101 [1184494](#)
 Jan 17-Mar 7 \$80.75 [1400964](#)

Michele Heights – 613-828-5100

6-12 years Sat. 3-3:45 pm
 Sep 8-Dec 8 \$98.25 [1406653](#)
 Sep 8-Jun 8 \$242 [1406659](#)

Walter Baker – 613-580-2788

9-14 years Mon. 6:50-7:50 pm
 Sep 17-Dec 10 \$121 [1400428](#)
 Jan 14-Mar 4 \$70.75 [1182465](#)

Hip Hop and Jazz

Emphasis on body placement, coordination and basic Jazz technique.

François Dupuis – 613-580-8080

6-10 years Sun. 3:45-4:45 pm
 Sep 23-Dec 16 \$121 [1401753](#)
 Jan 13-Mar 31 \$121 [1404572](#)

6-10 years Sat. 3-4 pm
 Sep 22-Dec 15 \$121 [1400215](#)
 Jan 12-Mar 30 \$121 [1404500](#)

Ray Friel – 613-580-4765

6-12 years Wed. 7-7:45 pm
 Sep 12-Dec 19 \$106 [1184638](#)
 Jan 9-Mar 27 \$83.25 [1186883](#)

Rideauview – 613-822-7887

7-9 years Sat. 11:15 am-noon
 Sep 29-Dec 8 \$83.25 [1401759](#)
 Jan 19-Mar 23 \$75.75 [1407338](#)

Jazz Level 1

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

Foster Farm – 613-828-2004

6-12 years	Tue.	6-6:45 pm
Sep 11-Dec 11	\$95.25	1406548
Sep 11-Jun 11	\$244.50	1406521

Michele Heights – 613-828-5100

6-12 years	Sat.	10:30-11:15 am
Sep 8-Dec 8	\$88.50	1406505
Sep 8-Jun 8	\$217.50	1406509

Level 2

Students will be exposed to different styles of jazz including theatrical, pop, and lyrical. They will be taught intermediate to advanced moves, combinations of steps, and choreography.

Through the course, students will improve their sense of rhythm, coordination and execution. Jazz level 1 or equivalent is a prerequisite to this course.

Michele Heights – 613-828-5100

6-12 years	Sat.	4:30-5:15 pm
Sep 8-Dec 8	\$88.50	1406590
Sep 8-Jun 8	\$217.50	1406594

K-pop – Level 1

Learn choreographies to popular songs danced by K-pop idols. Develop dance skills in a broad range of styles, build confidence, and have fun!

Routhier – 613-244-4470

10-14 years	Sat.	9:30-10:30 am
Oct 13-Dec 15	\$76.50	1406156
Jan 12-Mar 16	\$76.50	1407651

Lyrical – Level 1

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

Michele Heights – 613-828-5100

6-12 years	Sat.	3:45-4:30 pm
Sep 8-Dec 8	\$97.50	1406731
Sep 8-Jun 8	\$239.50	1406734

Tap Level 1

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

Michele Heights – 613-828-5100

6-12 years	Sat.	2:15-3 pm
Sep 8-Dec 8	\$91.50	1406434
Sep 8-Jun 8	\$225	1406435

Level 2

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

Michele Heights – 613-828-5100

6-12 years	Sat.	1:30-2:15 pm
Sep 8-Dec 8	\$94.25	1406438
Sep 8-Jun 8	\$231.75	1406440

Drama and Multi Arts

Acting Up

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

Kanata Recreation – 613-580-2570

7-10 years	Tue.	6-7 pm
Sep 25-Dec 11	\$91.75	1180489
Jan 15-Mar 26	\$76.50	1188519

Clown Adventure

Clowning is about being free to express yourself through play. Join us on an adventure where you will learn to walk the walk; talk the talk and express your clown character through playful drama exercises, theatre and laughter.

Lansdowne Park – 613-580-2424 ext. 17323

7-12 years	Sun.	9 am-noon
Oct 7-14	\$84.75	1408144
7-12 years	Sun.	noon-3 pm
Feb 24-Mar 3	\$84.75	1408598
7-12 years	Tue.	7:15-8:15 pm
Oct 2-23	\$56.50	1408004
Jan 22-Feb 26	\$84.75	1408595

Drama and Dance

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

Carp Memorial Hall – 613-580-9696

8-12 years	Wed.	7:30-8:30 pm
Sep 26-Nov 28	\$90.75	1407980
Jan 23-Mar 27	\$81.50	1407990

Kanata Recreation – 613-580-2570

5-8 years	Mon.	6-7 pm
Sep 24-Dec 10	\$99.75	1180484
Jan 14-Mar 25	\$81.50	1187006

Improv

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

Kanata Recreation – 613-580-2570

11-14 years	Tue.	7-8 pm
Sep 25-Dec 11	\$130.50	1180491
Jan 15-Mar 26	\$108.75	1188525

Live Wire Drama

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

Walter Baker – 613-580-2788

6-9 years	Fri.	6:30-7:15 pm
Sep 21-Dec 7	\$90.75	1403808
Jan 18-Mar 8	\$60.50	1186007
9-14 years	Fri.	7:20-8:05 pm
Sep 21-Dec 7	\$90.75	1403811
Jan 18-Mar 8	\$60.50	1186008

Musical Theatre

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

Kanata Recreation – 613-580-2570

8-12 years	Mon.	7-8 pm
Sep 24-Dec 10	\$134.50	1180486
Jan 14-Mar 25	\$110	1187018

Music

Guitar Level 1

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

Heron – 613-247-4808

10-14 years	Sun.	1:30-2 pm
Sep 23-Nov 18	\$70.75	1321194
Jan 13-Mar 17	\$88.25	1403827
6-9 years	Sun.	1-1:30 pm
Sep 23-Nov 18	\$70.75	1321193
Jan 13-Mar 17	\$88.25	1403822

Nepean Sportsplex – 613-580-2828

6-12 years	Sun.	9-10 am
Sep 16-Dec 9	\$158.50	1404078
Jan 13-Mar 3	\$101	1405880
6-12 years	Tue.	6-7 pm
Sep 18-Dec 4	\$173	1404086
Jan 8-Mar 5	\$129.75	1405878

Plant – 613-232-3000

7-12 years	Wed.	5-6 pm
Sep 19-Dec 12	\$229.25	1404288
7-12 years	Sat.	10:30-11:30 am
Sep 22-Dec 15	\$211.75	1404510
7-14 years	Wed.	5-6 pm
Jan 9-Apr 10	\$247	1408455
7-14 years	Sat.	10:30-11:30 am
Jan 12-Apr 13	\$247	1408718



St-Laurent Complex – 613-742-6767

6-10 years	Thu.	4-5 pm
Sep 13-Dec 13	\$247	1409316
Jan 10-Mar 28	\$194	1409393
6-10 years	Thu.	5-6 pm
Sep 13-Dec 13	\$247	1409317
Jan 10-Mar 28	\$194	1409394
11-14 years	Thu.	6-7 pm
Sep 13-Dec 13	\$247	1409318
Jan 10-Mar 28	\$194	1409395

Level 2

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

Nepean Sportsplex – 613-580-2828

6-12 years	Sun.	10-11 am
Sep 16-Dec 9	\$158.50	1404100
Jan 13-Mar 3	\$101	1405894
6-12 years	Tue.	7-8 pm
Sep 18-Dec 4	\$173	1404094
Jan 8-Mar 5	\$129.75	1405887

Plant – 613-232-3000

7-14 years	Wed.	6-7 pm
Sep 19-Dec 12	\$229.25	1404297
Jan 9-Apr 10	\$247	1408461
7-14 years	Sat.	11:30 am-12:30 pm
Sep 22-Dec 15	\$211.75	1404520
Jan 12-Apr 13	\$247	1408721

St-Laurent Complex – 613-742-6767

6-10 years	Thu.	7-8 pm
Sep 13-Dec 13	\$247	1409319
Jan 10-Mar 28	\$194	1409396
11-14 years	Thu.	8-9 pm
Sep 13-Dec 13	\$247	1409320
Jan 10-Mar 28	\$194	1409397

Level 3

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

Plant – 613-232-3000

7-14 years	Sat.	12:30-1:30 pm
Sep 22-Dec 15	\$211.75	1404525
Jan 12-Apr 13	\$247	1408728

Keyboard

Level 1

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

Heron – 613-247-4808

6-9 years	Sat.	9-9:30 am
Sep 22-Nov 17	\$94.25	1321146
Jan 12-Mar 16	\$117.75	1402313
6-9 years	Sat.	9:30-10 am
Sep 22-Nov 17	\$94.25	1321149
Jan 12-Mar 16	\$117.75	1402320
6-9 years	Sat.	10:30-11 am
Sep 22-Nov 17	\$94.25	1321156
Jan 12-Mar 16	\$117.75	1402327
6-9 years	Sat.	11:30 am-noon
Sep 22-Nov 17	\$94.25	1321159
Jan 12-Mar 16	\$117.75	1402338
6-9 years	Sat.	1-1:30 pm
Sep 22-Nov 17	\$94.25	1321166
Jan 12-Mar 16	\$117.75	1402380
6-9 years	Sat.	2-2:30 pm
Sep 22-Nov 17	\$94.25	1321172
Jan 12-Mar 16	\$117.75	1402390
6-9 years	Sat.	3-3:30 pm
Sep 22-Nov 17	\$94.25	1321175
Jan 12-Mar 16	\$117.75	1402396
6-9 years	Sat.	4-4:30 pm
Sep 22-Nov 17	\$94.25	1321178
Jan 12-Mar 16	\$117.75	1402404
10-14 years	Sat.	10-10:30 am
Sep 22-Nov 17	\$94.25	1321153
Jan 12-Mar 16	\$117.75	1402324
10-14 years	Sat.	11-11:30 am
Sep 22-Nov 17	\$94.25	1321158
Jan 12-Mar 16	\$117.75	1402333
10-14 years	Sat.	noon-12:30 pm
Sep 22-Nov 17	\$94.25	1321161
Jan 12-Mar 16	\$117.75	1402357
10-14 years	Sat.	1:30-2 pm
Sep 22-Nov 17	\$94.25	1321169
Jan 12-Mar 16	\$117.75	1402386
10-14 years	Sat.	2:30-3 pm
Sep 22-Nov 17	\$94.25	1321174
Jan 12-Mar 16	\$117.75	1402395
10-14 years	Sat.	3:30-4 pm
Sep 22-Nov 17	\$94.25	1321176
Jan 12-Mar 16	\$117.75	1402400

Plant – 613-232-3000

7-14 years	Sun.	9-10 am
Sep 23-Dec 16	\$226.75	1406757
Jan 13-Apr 14	\$264.50	1408795
7-14 years	Mon.	6-7 pm
Sep 17-Dec 10	\$226.75	1401503
Jan 7-Apr 8	\$245.75	1408014

St-Laurent Complex – 613-742-6767

6-9 years	Sat.	9-10 am
Sep 15-Dec 15	\$327.75	1409323
Jan 12-Mar 30	\$257.50	1409399
6-9 years	Sat.	10-11 am
Sep 15-Dec 15	\$327.75	1409324
Jan 12-Mar 30	\$257.50	1409400
10-14 years	Sat.	11 am-noon
Sep 15-Dec 15	\$327.75	1409325
Jan 12-Mar 30	\$257.50	1409401

Level 2

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

Plant – 613-232-3000

7-14 years	Sun.	10-11 am
Sep 23-Dec 16	\$226.75	1406767
Jan 13-Apr 14	\$264.50	1408805
7-14 years	Mon.	7-8 pm
Sep 17-Dec 10	\$226.75	1401508
Jan 7-Apr 8	\$245.75	1408025

St-Laurent Complex – 613-742-6767

6-9 years	Sat.	1-2 pm
Sep 15-Dec 15	\$327.75	1409327
Jan 12-Mar 30	\$257.50	1409402
6-9 years	Sat.	3-4 pm
Sep 15-Dec 15	\$327.75	1409329
Jan 12-Mar 30	\$257.50	1409404
10-14 years	Sat.	2-3 pm
Sep 15-Dec 15	\$327.75	1409328
Jan 12-Mar 30	\$257.50	1409403
10-14 years	Sat.	4-5 pm
Sep 15-Dec 15	\$327.75	1409331
Jan 12-Mar 30	\$257.50	1409405

Ukulele

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

Plant – 613-232-3000

7-14 years	Wed.	7-8 pm
Sep 19-Dec 12	\$229.25	1404308
Jan 9-Apr 10	\$247	1408478

Violin

Level 1

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

St-Laurent Complex – 613-742-6767

8-14 years	Sat.	1-2 pm
Sep 15-Dec 15	\$247	1409333
Jan 12-Mar 30	\$194	1409406

Level 2

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

St-Laurent Complex – 613-742-6767

8-14 years	Sat.	2-3 pm
Sep 15-Dec 15	\$247	1409335
Jan 12-Mar 30	\$194	1409407

Vocal

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

Plant – 613-232-3000

6-8 years	Sat.	2-3 pm
Sep 22-Dec 15	\$211.75	1404531
Jan 12-Apr 13	\$247	1408730
9-14 years	Sat.	3-4 pm
Sep 22-Dec 8	\$211.75	1404535
9-14 years	Sat.	5-6 pm
Jan 12-Apr 13	\$247	1408734

Ray Friel – 613-580-4765

6-8 years	Sun.	9:45-10:30 am
Sep 16-Dec 16	\$172	1184660
Jan 13-Mar 31	\$145.50	1187041
9-14 years	Sun.	10:30-11:30 am
Sep 16-Dec 16	\$229.25	1184661
Jan 13-Mar 31	\$194	1187047



Visual Arts

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

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

Drawing and Painting

Cartooning and Comics

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

François Dupuis – 613-580-8080

5-7 years	Wed.	6-7 pm
Sep 19-Dec 12		1400076
Jan 16-Mar 27		1403266
8-12 years	Tue.	6-7 pm
Sep 18-Dec 11		1400072
Jan 15-Mar 26		1403270
8-12 years	Wed.	7-8 pm
Sep 19-Dec 12		1400080
Jan 16-Mar 27		1403268

Kanata Recreation – 613-580-2570

8-12 years	Sat.	3-4 pm
Sep 29-Dec 8		1185843
Jan 19-Mar 23		1401995

Manotick – 613-580-2424 ext. 30235

9-14 years	Wed.	5-6 pm
Oct 17-Dec 5		1179149
Jan 16-Mar 6		1179174

Plant – 613-232-3000

8-14 years	Sun., Sat.	5-6 pm
Sep 23-Dec 15		1406616
9-12 years	Sun.	5-6 pm
Jan 13-Apr 14		1408761

St-Laurent Complex – 613-742-6767

6-11 years	Sat.	1-2 pm
Oct 13-Dec 8		1409341
Jan 26-Mar 30		1409410

Drawing and Painting

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

Chapman Mills – 613-822-7887

6-8 years	Wed.	6-7 pm
Sep 26-Dec 12		1398530
Jan 16-Mar 27		1404977
9-12 years	Wed.	7-8 pm
Sep 26-Dec 12		1398531
Jan 16-Mar 27		1404978

Eva James – 613-271-0712

8-11 years	Wed.	4:30-5:30 pm
Sep 19-Dec 19		1402073
Jan 9-Mar 6		1402019
8-11 years	Thu.	4:30-5:30 pm
Sep 20-Dec 20		1402093
Jan 10-Mar 7		1402164
12-14 years	Wed.	5:45-6:45 pm
Sep 19-Dec 19		1402081
Jan 9-Mar 6		1402027

Greenboro – 613-580-2805

6-12 years	Thu.	6-7:30 pm
Sep 27-Nov 8		1407341
Jan 17-Feb 28		1407349

Minto-Barrhaven – 613-727-2683

12-14 years	Mon.	7-8 pm
Sep 17-Dec 10		1320385
Jan 7-Mar 4		1401225
8-11 years	Mon.	6-7 pm
Sep 17-Dec 10		1320383
Jan 7-Mar 4		1401219

Pinecrest – 613-828-3118

6-8 years	Thu.	5:45-6:30 pm
Sep 13-Oct 4		1408505
Oct 11-Nov 1		1408507
Jan 10-Mar 7		1408726
9-12 years	Thu.	6:30-7:30 pm
Sep 13-Oct 4		1408510
Oct 11-Dec 13		1408508
Jan 10-Mar 7		1408729

Sawmill Creek – 613-521-4092

8-14 years	Mon.	6-7 pm
Sep 17-Oct 29		1409244
Nov 5-Dec 10		1409247

St-Laurent Complex – 613-742-6767

6-9 years	Sun.	10-11:30 am
Oct 14-Dec 9		1409337
Jan 27-Mar 31		1409408
10-14 years	Sun.	11:30 am-1 pm
Oct 14-Dec 9		1409338
Jan 27-Mar 31		1409409

Mixed Media – Mixing It

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

Bob-MacQuarrie-Orléans – 613-580-9600

6-12 years	Mon.	6-7:30 pm
Nov 12-Dec 3		1403455
Jan 21-Feb 11		1403657

Greely – 613-580-2424 ext. 30235

6-9 years	Wed.	5:30-6:30 pm
Oct 17-Dec 5		1179180
Jan 16-Mar 6		1179189

Manotick – 613-692-4772

6-9 years	Tue.	6:30-7:30 pm
Oct 16-Dec 4		1179187
Jan 15-Mar 5		1179193



Pottery

Handbuilding

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

McNabb – 613-564-1070

7-12 years	Wed.	5:30-7 pm
Oct 3-Dec 5		1409501
Jan 9-Mar 6		1409552

Certification

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

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Babysitting Course – Canadian Safety Council

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

Ben Franklin Place – 613-580-2424 ext. 41238

12-14 years	Fri.	8:30 am-4:30 pm
Jan 4		1406994
12-14 years	Sun.	8:30 am-4:30 pm
Mar 17		1406997

Bob MacQuarrie-Orléans – 613-580-9600

10-14 years	Fri.	8:30 am-4:30 pm
Oct 5		1320161
Nov 23		1320165
Jan 25		1400818
Feb 15		1400819

Fisher Park – 613-798-8945

11-14 years	Wed.	6-8 pm
Oct 3-24	\$68.50	1180284
Feb 13-Mar 6	\$68.50	1180288

Greenboro – 613-580-2805

12-14 years	Sat.	1-5 pm
Nov 17-24	\$68.50	1408603
Feb 23-Mar 2	\$68.50	1408605

Heron – 613-247-4808

12-14 years	Sat.	9 am-5 pm
Nov 17	\$68.50	1321115
Feb 2	\$68.50	1401826

Kanata Leisure – 613-580-9677

12-14 years	Sat.-Sun.	10 am-2 pm
Sep 29-30	\$68.50	1183274
Nov 3- 4	\$68.50	1183275
Mar 2- 3	\$68.50	1183661

McNabb – 613-564-1070

12-14 years	Sat.-Sun.	10 am-2:30 pm
Oct 20-21	\$62.50	1409495
Nov 17-18	\$62.50	1409496
Dec 15-16	\$62.50	1409497
Jan 12-13	\$62.50	1409547
Feb 9-10	\$62.50	1409548
Mar 9-10	\$62.50	1409549

Minto-Barrhaven – 613-727-2683

12-14 years	Fri.	8:30 am-4:30 pm
Oct 5	\$68.50	1401269
Nov 23	\$68.50	1401272
Dec 28	\$68.50	1401275
Jan 25	\$68.50	1401284
Feb 15	\$68.50	1401287
Mar 15	\$68.50	1401293

Nepean Sportsplex – 613-580-2424 ext. 41238

12-14 years	Fri.	8:30 am-3:30 pm
Oct 5	\$68.50	1406914
Nov 23	\$68.50	1406921
Jan 25	\$68.50	1406975
Feb 15	\$68.50	1406987
12-14 years	Sat.	8:30 am-4:30 pm
Dec 15	\$68.50	1406937
12-14 years	Sun.	8:30 am-4:30 pm
Sep 9	\$68.50	1406887
Mar 3	\$68.50	1406992

Pinecrest – 613-828-3118

12-14 years	Mon.	5-7:45 pm
Sep 17-Oct 1	\$68.50	1408567
Nov 26-Dec 10	\$68.50	1408571
Jan 28-Feb 11	\$68.50	1408733

Ray Friel – 613-580-4765

12-14 years	Sun.	8:30 am-4:30 pm
Nov 4	\$68.50	1184665
Mar 3	\$68.50	1184671

Rideauview – 613-822-7887

12-14 years	Sun.	8:30 am-4:30 pm
Sep 30	\$68.50	1401763
Jan 20	\$68.50	1401773

South Fallingbrook – 613-824-0633

10-14 years	Sun.	8:30 am-4:30 pm
Sep 30	\$68.50	1184458
Mar 3	\$68.50	1184462

Walter Baker – 613-580-2788

12-14 years	Fri.	8:30 am-4:30 pm
Nov 23	\$68.50	1405363
Jan 25	\$68.50	1409970

Babysitting Course – Red Cross

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

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

11-14 years	Fri.	8:30 am-4:30 pm
Feb 15	\$68.50	1401243

Greely – 613-580-2424 ext. 30235

11-14 years	Fri.	8:30 am-4:30 pm
Jan 25	\$68.50	1401236

Manotick Arena – 613-580-2424 ext. 30235

11-14 years	Fri.	8:30 am-4:30 pm
Nov 23	\$68.50	1401205

Metcalfe – 613-580-2424 ext. 30235

11-14 years	Fri.	8:30 am-4:30 pm
Oct 5	\$68.50	1401201

Sawmill Creek – 613-521-4092

12-14 years	Fri.	8:30 am-4:30 pm
Oct 5	\$68.50	1409298
Nov 23	\$68.50	1409299
Feb 15	\$68.50	1409301
Apr 5	\$68.50	1409302

LS Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age. Combined course that certifies participants in Standard First Aid, CPR C and AED skills.

Bob MacQuarrie-Orléans – 613-580-9600

12-14 years	Sat.-Sun.	9 am-5 pm
Oct 20-21	\$122.50	1180371
Dec 15-16	\$122.50	1180374
Jan 12-13	\$122.50	1180676

Canterbury – 613-247-4865

12-14 years	Sat.	9 am-5 pm
Sep 15-22	\$122.50	1181405
Nov 3-10	\$122.50	1181406
Jan 19-26	\$122.50	1182915

Jules Morin Park – 613-580-2424

12-14 years	Sat.-Sun.	9 am-5:30 pm
Oct 6- 7	\$122.50	1180724
Dec 22-23	\$122.50	1180726
Feb 9-10	\$122.50	1181073

Kanata Leisure – 613-580-9677

12-14 years	Sat.-Sun.	8 am-4 pm
Oct 20-21	\$122.50	1185867
Jan 12-13	\$122.50	1398689

Minto-Barrhaven – 613-727-2683

12-14 years	Sat.-Sun.	9 am-5 pm
Sep 15-16	\$122.50	1184082
Oct 13-14	\$122.50	1184085
Nov 3- 4	\$122.50	1184089
Dec 15-16	\$122.50	1184092

Jan 5- 6 \$122.50 [1184476](#)

Feb 23-24 \$122.50 [1184479](#)

Nepean Sportsplex – 613-580-2828

12-14 years	Sat.-Sun.	9 am-5 pm
Nov 10-11	\$122.50	1188032
Feb 23-24	\$122.50	1188120

Pinecrest – 613-828-3118

12-14 years	Thu.-Fri.	8:30 am-4:30 pm
Sep 20-21	\$122.50	1400619
Dec 20-21	\$122.50	1400628
Feb 14-15	\$122.50	1401574

Ray Friel – 613-580-4765

12-14 years	Sat.-Sun.	9 am-5 pm
Sep 29-30	\$122.50	1409016
Apr 27-28	\$122.50	1409017

Richcraft-Kanata – 613-580-9696

12-14 years	Sat.-Sun.	9 am-5 pm
Dec 1- 2	\$122.50	1320349
Mar 2- 3	\$122.50	1320217

Sawmill Creek – 613-521-4092

12-14 years	Sat.-Sun.	9 am-5 pm
Sep 22-23	\$122.50	1409278
Dec 15-16	\$122.50	1409279
Feb 16-17	\$122.50	1409283

Splash Wave Pool – 613-748-4222

12-14 years	Sat.-Sun.	9 am-5 pm
Nov 24-25	\$122.50	1401011
Feb 9-10	\$122.50	1401015

St. Laurent – 613-742-6767

12-14 years	Sat.-Sun.	9 am-5 pm
Sep 22-23	\$122.50	1180601
Nov 17-18	\$122.50	1180602
Jan 26-27	\$122.50	1246449
Mar 30-31	\$122.50	1246450

Walter Baker – 613-580-2788

12-14 years	Sat.	9 am-5 pm
Oct 20-27	\$122.50	1320393
Dec 15-22	\$122.50	1320402
Mar 2- 9	\$122.50	1398172

LS Standard First Aid and CPR+AED Recertification

Prerequisite: Lifesaving Society Standard First Aid certificate within 36 months of the certification date. A clinic to recertify Lifesaving Standard First Aid, CPR C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring current certification card. 100% attendance is required.

Bob MacQuarrie-Orléans – 613-580-9600

12-14 years	Sat.	9 am-5 pm
Oct 6	\$80	1180397
Nov 3	\$80	1180399
Dec 1	\$80	1180402
Feb 2	\$80	1180665

Canterbury – 613-247-4865

12-14 years	Sat.	9 am-5 pm
Oct 13	\$80	1181409
Dec 15	\$80	1181410
Feb 9	\$80	1182928

Jules Morin Park – 613-580-2424

12-14 years	Sat.	9 am-5:30 pm
Sep 29	\$80	1180755
Nov 10	\$80	1180757
Jan 19	\$80	1181063
Mar 9	\$80	1181065

Kanata Leisure – 613-580-9677

12-14 years	Sun.	8 am-4 pm
Sep 23	\$80	1185887
12-14 years	Sat.	8 am-4 pm
Mar 2	\$80	1398715

Minto-Barrhaven – 613-727-2683

12-14 years	Sat.	9 am-5 pm
Sep 22	\$80	1184110
Oct 20	\$80	1184112
Nov 10	\$80	1184113
Dec 1	\$80	1184114
Jan 12	\$80	1184488
Feb 16	\$80	1184490
Mar 9	\$80	1184493

Nepean Sportsplex – 613-580-2828

12-14 years	Sun.	9 am-5 pm
Feb 17	\$80	1188096
12-14 years	Sat.	9 am-5 pm
Oct 27	\$80	1188042
Dec 8	\$80	1188044

Pinecrest – 613-828-3118

12-14 years	Fri.	8:30 am-4:30 pm
Sep 14	\$80	1400677
Dec 14	\$80	1400675
Dec 28	\$80	1400697
Feb 8	\$80	1401612

Ray Friel – 613-580-4765

12-14 years	Sun.	9 am-5 pm
Nov 18	\$80	1409014
Jan 27	\$80	1409020
12-14 years	Sat.	9 am-5 pm
Oct 20	\$80	1409013

Richcraft-Kanata – 613-580-9696

12-14 years	Sun.	9 am-5 pm
Dec 9	\$80	1320366
Feb 24	\$80	1320241

Splash Wave Pool – 613-748-4222

12-14 years	Sat.	9 am-5 pm
Sep 15	\$80	1401005
Jan 19	\$80	1401006

St. Laurent – 613-742-6767

12-14 years	Sat.	9 am-5 pm
Oct 20	\$80	1180618
Feb 23	\$80	1246570

Walter Baker – 613-580-2788

12-14 years	Sun.	9 am-5 pm
Sep 23	\$80	1320433
Mar 10	\$80	1398185

Cooking in the Kitchen

Cook Me a Story

Combine the magic of storytelling with the fun of cooking. Hear a twist of your favourite story and help create easy recipes. A unique fairy-tale experience that begins with 'Once upon a kitchen...'

Greely – 613-580-2424 ext. 30235

4-7 years	Thu.	5:30-6:15 pm
Nov 8-Dec 13	\$43	1402068

Manotick Arena –

613-580-2424 ext. 30235

4-7 years	Mon.	5:15-6 pm
Nov 5-Dec 10	\$43	1402134

Metcalfe – 613-580-2424 ext. 30235

4-7 years	Sun.	10:30-11:15 am
Oct 14-Dec 16	\$57.25	1401359

Osgoode – 613-580-2424 ext. 30235

4-7 years	Thu.	5:30-6:15 pm
Jan 24-Feb 28	\$43	1401539

Cupcake Decorating Workshop

Learn to decorate stunning cupcakes for your family and friends, including how to tint your icing, use a piping bag and create thematic designs. Participants are required to bring a dozen premade cupcakes.

Fred G. Barrett Arena –

613-580-2424 ext. 30235

9-13 years	Sat.	1-3:30 pm
Nov 24	\$36.50	1408619

Goulbourn – 613-580-2532

8-12 years	Sun.	1-3:30 pm
Dec 16	\$36.50	1409005

Greely – 613-580-2424 ext. 30235

9-13 years	Sun.	1-3:30 pm
Dec 16	\$36.50	1408601

Manotick Arena –

613-580-2424 ext. 30235

9-13 years	Sat.	9:30 am-noon
Feb 9	\$36.50	1408604

Metcalfe – 613-580-2424 ext. 30235

9-13 years	Sun.	1-3:30 pm
Oct 21	\$36.50	1408600

Osgoode – 613-580-2424 ext. 30235

9-13 years	Sat.	9:30 am-noon
Mar 2	\$36.50	1408611



Gingerbread House Building

Join us to make a special holiday project.

Aquaview – 613-824-0633

5-8 years	Thu.	5:45-7:15 pm
Dec 6	\$38.25	1184364

Eva James – 613-271-0712

7-10 years	Sat.	1-2:30 pm
Dec 8	\$38.25	1320940

Kitchen Adventures

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

Greely – 613-580-2424 ext. 30235

7-12 years	Thu.	6:30-7:30 pm
Sep 27-Nov 1	\$57.25	1402096

Greenboro – 613-580-2805

5-7 years	Sat.	2-3:30 pm
Oct 20-Dec 8	\$92.50	1404937
Jan 19-Mar 9	\$92.50	1404947

8-12 years

Oct 21-Dec 2	\$92.50	1404938
Jan 20-Mar 10	\$92.50	1404949

8-12 years

Oct 18-Nov 29	\$92.50	1404936
Jan 17-Feb 28	\$92.50	1404942

Hintonburg – 613-798-8874

8-12 years	Sun.	10 am-noon
Nov 4	\$19.25	1404669
Feb 24	\$19.25	1404672

Kanata Recreation – 613-580-2570

5-7 years	Sun.	9:15-10:15 am
Sep 30-Dec 9	\$95.50	1183317
Jan 13-Mar 10	\$66.75	1187110

8-12 years

Sep 30-Dec 9	\$95.50	1183325
Jan 13-Mar 10	\$66.75	1187121

8-12 years

Sep 25-Dec 4	\$105	1183285
Jan 15-Mar 5	\$76.50	1187131

Manotick Arena –

613-580-2424 ext. 30235

7-12 years	Mon.	6:15-7:15 pm
Sep 17-Oct 29	\$57.25	1402448

Michele Heights – 613-828-5100

6-12 years	Tue.	6-7:30 pm
Sep 4-25	\$36.25	1246731

Oct 2-30

\$45.25	1246733	
Nov 6-27	\$36.25	1246735

Dec 4-18

\$27.25	1246736	
Jan 8-29	\$36.25	1247011
Feb 5-Mar 5	\$45.25	1247014

Osgoode – 613-580-2424 ext. 30235

7-12 years	Thu.	6:30-7:30 pm
Nov 8-Dec 13	\$57.25	1401568

Queenswood Heights – 613-580-4765

8-12 years	Thu.	6-7 pm
Sep 13-Oct 25	\$66.75	1405691
Nov 1-Dec 13	\$66.75	1405695

Jan 10-Feb 14

\$57.25	1405704	
Feb 21-Mar 28	\$47.75	1405708

Ray Friel – 613-580-4765

5-8 years	Sun.	10-10:45 am
Sep 16-Dec 16	\$93	1184658
Jan 13-Mar 31	\$78.75	1187020

Kitchen Adventures – Baking

Learn basic baking techniques to create and enjoy baked goods.

Greely – 613-580-2424 ext. 30235

6-12 years	Thu.	6:30-7:30 pm
Nov 8-Dec 13	\$57.25	1402086

Manotick Arena – 613-580-2424 ext. 30235

6-12 years Mon. 6:15-7:15 pm
 Nov 5-Dec 10 \$57.25 [1402442](#)

Osgoode – 613-580-2424 ext. 30235

6-12 years Thu. 6:30-7:30 pm
 Jan 24-Feb 28 \$57.25 [1401505](#)

Pat Clark – 613-748-1771

6-9 years Sat. 11 am-noon
 Jan 12-Feb 9 \$47.75 [1321489](#)
 Feb 23-Mar 23 \$47.75 [1321493](#)

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.

Dinner and a Movie

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

Manotick Arena – 613-580-2424 ext. 30235

6-11 years Sat. 6-9 pm
 Dec 8 \$17.25 [1408917](#)

Metcalf – 613-580-2424 ext. 30235

6-11 years Sat. 6-9 pm
 Nov 17 \$17.25 [1408922](#)

Osgoode – 613-580-2424 ext. 30235

6-11 years Sat. 6-9 pm
 Feb 9 \$17.25 [1408914](#)

The Great Outdoors

With binoculars and magnifiers in hand, we will leave to discover the wonders of nature in your neighborhood. Activities include: hiking, orienteering, gardening, nature-inspired crafts and much more.

Greely – 613-580-2424 ext. 30235

4-7 years Thu. 5:30-6:15 pm
 Sep 27-Nov 1 \$17.25 [1402117](#)

Manotick Arena – 613-580-2424 ext. 30235

4-7 years Mon. 5:15-6 pm
 Sep 17-Oct 29 \$17.25 [1402147](#)

4-7 years Sat. 10-11 am

Sep 22-Nov 3 \$22.75 [1402499](#)

Osgoode – 613-580-2424 ext. 30235

4-7 years Thu. 5:30-6:15 pm
 Sep 27-Nov 1 \$17.25 [1401772](#)

Jewellery Workshop

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

Pat Clark – 613-748-1771

6-12 years Sat. 1-4 pm
 Feb 23 \$28.75 [1181330](#)

Junior Vendors

Young entrepreneurs will be empowered to review advertising, safety guidelines and money management. Learn to make lemonade and other drinks, recipes and crafts to sell.

Greely – 613-580-2424 ext. 30235

6-12 years Thu. 6:30-7:30 pm
 Jan 17-Feb 28 \$57.25 [1401791](#)

Manotick Arena – 613-580-2424 ext. 30235

6-12 years Sat. 10-11 am
 Jan 19-Mar 2 \$57.25 [1402468](#)

Osgoode – 613-580-2424 ext. 30235

6-12 years Thu. 6:30-7:30 pm
 Sep 27-Nov 1 \$57.25 [1401748](#)

Melting Beads

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

Pat Clark – 613-748-1771

6-12 years Wed. 6-7 pm
 Jan 9-Mar 6 \$64.50 [1181219](#)

Parent n' Me Gardening

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

Lansdowne Park – 613-580-2424 ext. 17323

6-14 years Sun. 10:30-11:30 am
 Oct 7 \$32.25 [1408125](#)
 Oct 14 \$32.25 [1408127](#)

Pumpkin Derby

Design a pumpkin race car, build it, and let your imagination run wild to create an eye-catching racer. Compete for prizes and bragging rights at the Annual Lansdowne Park Pumpkin Derby!

Lansdowne Park – 613-580-2424 ext. 17323

6-14 years Sun. 9:30 am-2 pm
 Oct 28 \$7.25 [1408084](#)

Youth Club

Everybody welcome! Make new friends and enjoy different activities, games or sports each week.

Alexander – 613-798-8978

4-5 years Tue. 6-9 pm
 Sep 25 \$12.50 [1187085](#)
 Oct 16 \$12.50 [1186514](#)
 Oct 30 \$12.50 [1187073](#)
 Nov 20 \$12.50 [1187076](#)
 Dec 4 \$12.50 [1187094](#)
 Jan 15 \$12.50 [1187976](#)
 Feb 5 \$12.50 [1187991](#)
 Feb 19 \$12.50 [1187994](#)
 Mar 5 \$12.50 [1401591](#)
 Mar 26 \$12.50 [1188006](#)
 6-10 years Tue. 6-9 pm
 Sep 25 \$12.50 [1187092](#)
 Oct 16 \$12.50 [1186518](#)
 Oct 30 \$12.50 [1187074](#)
 Nov 20 \$12.50 [1187077](#)
 Dec 4 \$12.50 [1187095](#)
 Jan 15 \$12.50 [1187971](#)
 Feb 5 \$12.50 [1187985](#)
 Feb 19 \$12.50 [1187998](#)
 Mar 5 \$12.50 [1401595](#)
 Mar 26 \$12.50 [1188008](#)
 6-10 years Fri. 5:45-7:15 pm
 Sep 28-Nov 16 \$49.25 [1186401](#)
 Jan 18-Mar 8 \$49.25 [1186430](#)

Greely – 613-580-2424 ext. 30235

9-12 years Fri. 7-9 pm
 Oct 12-Nov 30 \$65.50 [1179219](#)
 Jan 18-Mar 8 \$65.50 [1179235](#)

Metcalf – 613-580-2424 ext. 30235

9-12 years Fri. 7-9 pm
 Oct 19-Dec 7 \$65.50 [1179227](#)
 Jan 18-Mar 8 \$65.50 [1179241](#)

South Fallingbrook – 613-824-0633

8-12 years Thu. 6:30-8 pm
 Sep 20-Dec 6 \$67.50 [1189084](#)
 Jan 17-Mar 28 \$61.50 [1189094](#)

Hobbies and Games

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Chess Club

Enjoy playing chess practicing your skills while meeting new friends.

Hunt Club-Riverside Park – 613-260-1299

6-12 years Wed. 6-7 pm
 Sep 12-Dec 12 \$93 [1406196](#)
 Jan 9-Apr 17 \$93 [1406199](#)

Kanata Recreation – 613-580-2570

6-12 years Sat. 1-2:30 pm
 Sep 29-Dec 8 \$99.50 [1185826](#)
 Jan 19-Mar 23 \$69.75 [1402028](#)

Ray Friel – 613-580-4765

7-14 years Wed. 6-7 pm
 Sep 12-Dec 19 \$93 [1184632](#)
 Jan 9-Mar 27 \$73 [1186861](#)

Routhier – 613-244-4470

8-14 years	Sat.	10-11 am
Oct 13-Dec 15	\$66.50	1406046
Jan 12-Mar 30	\$79.75	1407628
10-14 years	Wed.	6:30-7:30 pm
Oct 10-Dec 19	\$73	1406061
Jan 16-Mar 27	\$73	1407633

Dinosaur Discovery!

Travel through time to explore the amazing and exciting world of dinosaurs! Dig for 'fossils', make RAWRsome crafts, and learn about new dinosaurs each week.

Rideauview – 613-822-7887

6-10 years	Wed.	6-7 pm
Jan 16-Mar 27	\$138	1404988

Magic Club 2

Learn the art of magic the way professionals perform, from card magic to how big illusions work, and everything in between. Discover the mystery!

Richelieu-Vanier – 613-560-6030

13-14 years	Thu.	6-9 pm
Sep 20-Nov 8	\$240	1403581
Jan 17-Mar 7	\$240	1403591

Muck and Mess

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

Ray Friel – 613-580-4765

6-12 years	Tue.	5:30-6:15 pm
Sep 11-Dec 18	\$64.50	1184624
Jan 8-Mar 26	\$47.25	1186846

Walter Baker – 613-580-2788

5-7 years	Sun.	10:35-11:20 am
Sep 23-Nov 4	\$25.75	1404190
Nov 11-Dec 16	\$25.75	1404197
Jan 20-Mar 10	\$34.50	1278389

Nerf® Tag

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

François Dupuis – 613-580-8080

7-12 years	Mon.	5:15-6:15 pm
Sep 17-Dec 10	\$68.75	1321296
Jan 14-Mar 25	\$51.50	1403194
7-12 years	Fri.	5:15-6:15 pm
Sep 21-Dec 14	\$74.50	1321317
Jan 18-Mar 29	\$57.25	1403202

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

8-12 years	Thu.	6-7 pm
Oct 18-Dec 6	\$46	1179013
Jan 17-Mar 7	\$46	1179042
8-12 years	Thu.	7-8 pm
Oct 18-Dec 6	\$46	1179033

Greenboro – 613-580-2805

6-8 years	Sat.	11 am-noon
Sep 29-Dec 15	\$57.25	1399831
Jan 19-Mar 9	\$40.25	1399833
9-12 years	Sat.	noon-1 pm
Sep 29-Dec 15	\$57.25	1399832
Jan 19-Mar 9	\$40.25	1399834

Heron – 613-247-4808

8-12 years	Mon.	5:15-6:15 pm
Sep 17-Oct 15	\$23	1187954
Oct 29-Nov 19	\$23	1187967
Nov 26-Dec 17	\$23	1187970
Jan 14-Feb 4	\$23	1401278
Feb 11-Mar 11	\$23	1401282

Osgoode – 613-580-2424 ext. 30235

8-12 years	Fri.	6:30-7:30 pm
Sep 28-Dec 14	\$46	1179016
Jan 18-Mar 8	\$46	1179066
8-12 years	Fri.	7:30-8:30 pm
Sep 28-Dec 14	\$46	1179024
Jan 18-Mar 8	\$46	1179067

Overbrook – 613-742-5147

8-12 years	Sat.	11 am-noon
Sep 15-Oct 27	\$40.25	1321462
Nov 3-Dec 15	\$34.50	1321467
Jan 12-Mar 9	\$51.50	1321478

Ray Friel – 613-580-4765

7-12 years	Thu.	6-7 pm
Sep 13-Dec 20	\$86	1184642
Jan 10-Mar 28	\$63	1186898

Walter Baker – 613-580-2788

8-10 years	Sat.	11:30 am-12:30 pm
Sep 15-Dec 8	\$68.75	1404048
Jan 12-Mar 2	\$46	1187039
11-13 years	Sat.	12:35-1:35 pm
Sep 15-Dec 8	\$68.75	1404070
Jan 12-Mar 2	\$46	1187044

Holiday Camps

Winter Break Camp – Energy

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

Earl Armstrong Arena – 613-746-7109

4-12 years	Thu.	8 am-5:30 pm
Dec 27	\$41	1180823
4-12 years	Fri.	8 am-5:30 pm
Dec 28	\$41	1180832
4-12 years	Mon.	8 am-5:30 pm
Dec 31	\$41	1180892

Eva James – 613-271-0712

4-12 years	Wed.	8 am-5 pm
Jan 2	\$39.25	1402326
4-12 years	Thu.	8 am-5 pm
Jan 3	\$39.25	1402329
4-12 years	Fri.	8 am-5 pm
Jan 4	\$39.25	1402356

Greely – 613-580-2424 ext. 30235

4-12 years	Wed.	7 am-6 pm
Jan 2	\$46.25	1188136
4-12 years	Thu.	7 am-6 pm
Jan 3	\$46.25	1406514
4-12 years	Fri.	7 am-6 pm
Jan 4	\$46.25	1406517

Greenboro – 613-580-2805

4-12 years	Thu.	8 am-5:30 pm
Dec 27	\$41	1408528
4-12 years	Fri.	8 am-5:30 pm
Dec 28	\$41	1408533
4-12 years	Wed.	8 am-5:30 pm
Jan 2	\$41	1408535
4-12 years	Thu.	8 am-5:30 pm
Jan 3	\$41	1408537
4-12 years	Fri.	8 am-5:30 pm
Jan 4	\$41	1408539

Manotick Arena – 613-580-2424 ext. 30235

4-12 years	Wed.	7 am-6 pm
Jan 2	\$46.25	1188140
4-12 years	Thu.	7 am-6 pm
Jan 3	\$46.25	1406522
4-12 years	Fri.	7 am-6 pm
Jan 4	\$46.25	1406524

Minto – 613-727-2683

4-5 years	Thu.	7:30 am-5:30 pm
Dec 27	\$42.75	1408161
4-5 years	Fri.	7:30 am-5:30 pm
Dec 28	\$42.75	1408167
4-5 years	Wed.	7:30 am-5:30 pm
Jan 2	\$42.75	1408169
4-5 years	Thu.	7:30 am-5:30 pm
Jan 3	\$42.75	1408175
4-5 years	Wed.	7:30 am-5:30 pm
Jan 4	\$42.75	1408178

Pat Clark – 613-748-1771

4-12 years	Wed.	8 am-5:30 pm
Jan 2	\$41	1180840
4-12 years	Thu.	8 am-5:30 pm
Jan 3	\$41	1180861
4-12 years	Fri.	8 am-5:30 pm
Jan 4	\$41	1180864

Richcraft-Kanata – 613-580-9696

4-5 years	Mon.	8 am-5:30 pm
Dec 31	\$41	1180788
4-5 years	Wed.	8 am-5:30 pm
Jan 2	\$41	1180794
4-5 years	Thu.	8 am-5:30 pm
Jan 3	\$41	1180797
4-5 years	Fri.	8 am-5:30 pm
Jan 4	\$41	1180798

Rideauview – 613-822-7887

4-12 years	Mon.	7:30 am-5:30 pm
Dec 24	\$42.75	1402750
4-12 years	Thu.	7:30 am-5:30 pm
Dec 27	\$42.75	1402752
4-12 years	Fri.	7:30 am-5:30 pm
Dec 28	\$42.75	1402761
4-12 years	Mon.	7:30 am-5:30 pm
Dec 31	\$42.75	1402763
4-12 years	Wed.	7:30 am-5:30 pm
Jan 2	\$42.75	1402764
4-12 years	Thu.	7:30 am-5:30 pm
Jan 3	\$42.75	1402766
4-12 years	Fri.	7:30 am-5:30 pm
Jan 4	\$42.75	1402767

South Fallingbrook – 613-824-0633

4-6 years	Wed.	7:30 am-5:30 pm
Jan 2	\$42.75	1398238
7-12 years	Wed.	7:30 am-5:30 pm
Jan 2	\$42.75	1398239
4-6 years	Thu.	7:30 am-5:30 pm
Jan 3	\$42.75	1398242
7-12 years	Thu.	7:30 am-5:30 pm
Jan 3	\$42.75	1398240
4-6 years	Fri.	7:30 am-5:30 pm
Jan 4	\$42.75	1398243
7-12 years	Fri.	7:30 am-5:30 pm
Jan 4	\$42.75	1398245

Walter Baker – 613-580-2788

4-5 years	Mon.	8 am-5 pm
Dec 31	\$39.25	1287575
4-5 years	Wed.	8 am-5 pm
Jan 2	\$39.25	1293464
4-5 years	Thu.	8 am-5 pm
Jan 3	\$39.25	1300550
4-5 years	Fri.	8 am-5 pm
Jan 4	\$39.25	1303482

Winter Break Camp – Energy & Skate

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

Nepean Sportsplex – 613-580-2828

4-5 years	Thu.	8 am-5 pm
Dec 27	\$46.50	1408751
4-5 years	Wed.	8 am-5 pm
Dec 28	\$46.50	1408760
4-5 years	Fri.	8 am-5 pm
Jan 2	\$46.50	1408762
4-5 years	Thu.	8 am-5 pm
Jan 3	\$46.50	1408765
4-5 years	Fri.	8 am-5 pm
Jan 4	\$46.50	1408769

Goulbourn – 613-580-2532

4-5 years	Thu.	8 am-5 pm
Dec 27	\$46.50	1408821
4-5 years	Fri.	8 am-5 pm
Dec 28	\$46.50	1408822
4-5 years	Wed.	8 am-5 pm
Jan 2	\$46.50	1408817
4-5 years	Thu.	8 am-5 pm

Jan 3	\$46.50	1408818
4-5 years	Fri.	8 am-5 pm
Jan 4	\$46.50	1408820
6-12 years	Thu.	8 am-5 pm
Dec 27	\$46.50	1408800
6-12 years	Fri.	8 am-5 pm
Dec 28	\$46.50	1408801
6-12 years	Wed.	8 am-5 pm
Jan 2	\$46.50	1408809
6-12 years	Thu.	8 am-5 pm
Jan 3	\$46.50	1408812
6-12 years	Fri.	8 am-5 pm
Jan 4	\$46.50	1408813

Winter Break Camp – Energy & Swim

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

Minto – 613-727-2683

6-12 years	Thu.	7:30 am-5:30 pm
Dec 27	\$49.75	1408184
6-12 years	Fri.	7:30 am-5:30 pm
Dec 28	\$49.75	1408185
6-12 years	Wed.	7:30 am-5:30 pm
Jan 2	\$49.75	1408187
6-12 years	Thu.	7:30 am-5:30 pm
Jan 3	\$49.75	1408190
6-12 years	Fri.	7:30 am-5:30 pm
Jan 4	\$49.75	1408191

Richcraft-Kanata – 613-580-9696

6-7 years	Mon.	8 am-5:30 pm
Dec 31	\$48	1180765
8-12 years	Mon.	8 am-5:30 pm
Dec 31	\$48	1180766
6-7 years	Wed.	8 am-5:30 pm
Jan 2	\$48	1180767
8-12 years	Wed.	8 am-5:30 pm
Jan 2	\$48	1180770
6-7 years	Thu.	8 am-5:30 pm
Jan 3	\$48	1180773
8-12 years	Thu.	8 am-5:30 pm
Jan 3	\$48	1180775
6-7 years	Fri.	8 am-5:30 pm
Jan 4	\$48	1180778
8-12 years	Fri.	8 am-5:30 pm
Jan 4	\$48	1180779

Walter Baker – 613-580-2788

6-13 years	Mon.	8 am-5 pm
Dec 31	\$46.50	1400304
6-13 years	Wed.	8 am-5 pm
Jan 2	\$46.50	1400298
6-13 years	Thu.	8 am-5 pm
Jan 3	\$46.50	1400281
6-13 years	Fri.	8 am-5 pm
Jan 4	\$46.50	1400273

Winter Break Camp – Hockey

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

Jim Durrell – 613-247-4811

7-10 years	Wed.	8 am-5 pm
Jan 2	\$63.50	1320254
7-10 years	Thu.	8 am-5 pm
Jan 3	\$63.50	1320258
7-10 years	Fri.	8 am-5 pm
Jan 4	\$63.50	1320266

Winter Break Camp – Hockey Goalie

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

Jim Durrell – 613-247-4811

7-10 years	Wed.	8 am-5 pm
Jan 2	\$63.50	1320308
7-10 years	Thu.	8 am-5 pm
Jan 3	\$63.50	1320311
7-10 years	Fri.	8 am-5 pm
Jan 4	\$63.50	1320312

Winter Break Camp – Swim & Skate

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

Bob MacQuarrie-Orléans – 613-580-9600

4-12 years	Thu.	8 am-5 pm
Dec 27	\$46.50	1408447
4-12 years	Fri.	8 am-5 pm
Dec 28	\$46.50	1408448
4-12 years	Wed.	8 am-5 pm
Jan 2	\$46.50	1408449
4-12 years	Thu.	8 am-5 pm
Jan 3	\$46.50	1408450
4-12 years	Fri.	8 am-5 pm
Jan 4	\$46.50	1408451

Nepean Sportsplex – 613-580-2828

6-12 years	Thu.	8 am-5 pm
Dec 27	\$46.50	1408781
6-12 years	Fri.	8 am-5 pm
Dec 28	\$46.50	1408785
6-12 years	Wed.	8 am-5 pm
Jan 2	\$46.50	1408786
6-12 years	Thu.	8 am-5 pm
Jan 3	\$46.50	1408787
6-12 years	Fri.	8 am-5 pm
Jan 4	\$46.50	1408788

Pinecrest – 613-828-3118

6-12 years	Thu.	8 am-5 pm
Dec 27	\$46.50	1408755
6-12 years	Fri.	8 am-5 pm
Dec 28	\$46.50	1408759
6-12 years	Wed.	8 am-5 pm
Jan 2	\$46.50	1408764
6-12 years	Thu.	8 am-5 pm
Jan 3	\$46.50	1408766
6-12 years	Fri.	8 am-5 pm
Jan 4	\$46.50	1408768

St-Laurent – 613-742-6767

4-12 years	Thu.	8 am-5 pm
Dec 27	\$46.50	1402862
4-12 years	Fri.	8 am-5 pm
Dec 28	\$46.50	1402863
4-12 years	Wed.	8 am-5 pm
Jan 2	\$46.50	1402866
4-12 years	Thu.	8 am-5 pm
Jan 3	\$46.50	1402868
4-12 years	Fri.	8 am-5 pm
Jan 4	\$46.50	1402867



Martial Arts

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

Aikido Yoseikan

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

Bob MacQuarrie-Orléans – 613-580-9600

5-8 years	Sun.	9-10 am
Sep 23-Dec 16	\$93.75	1320064
Jan 13-Mar 10	\$62.50	1401206
5-8 years	Mon.	6-7 pm
Sep 17-Dec 10	\$93.75	1320059
Jan 7-Mar 4	\$62.50	1401183
5-8 years	Fri.	6-7 pm
Sep 21-Dec 14	\$101.75	1320063
Jan 11-Mar 8	\$62.50	1401191
9-14 years	Wed., Fri.	6-7:30 pm
Sep 19-Dec 14	\$304.75	1320062
Jan 9-Mar 8	\$199.25	1401228

Jiu-Jitsu

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

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

6-14 years	Fri.	6:30-7:25 pm
Sep 21-Dec 21	\$129.50	1398476
Jan 11-Mar 29	\$101.75	1398544

Sandy Hill – 613-564-1062

5-14 years	Tue.	6:15-7:15 pm
Sep 11-Dec 11	\$127.75	1406324
5-14 years	Tue.	6:30-7:30 pm
Jan 8-Mar 5	\$82	1406870

Level 2

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

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

6-14 years	Tue.	6:30-7:25 pm
Sep 18-Dec 18	\$129.50	1398458
Jan 8-Mar 26	\$101.75	1398546
6-14 years	Fri.	7:30-8:25 pm
Sep 21-Dec 21	\$129.50	1398460
Jan 11-Mar 29	\$101.75	1398547

Sandy Hill – 613-564-1062

5-14 years	Tue.	7:30-8:30 pm
Sep 11-Dec 11	\$127.75	1406333
Jan 8-Mar 5	\$82	1406872

Level 3

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

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

6-14 years	Tue.	7:30-8:25 pm
Sep 18-Dec 18	\$129.50	1398468
Jan 8-Mar 26	\$101.75	1398551

Johnson's Taekwon Do – Tricking 180°

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

Beacon Hill North – 613-748-1771

10-14 years	Sat.	11 am-noon
Sep 8-Dec 8	\$120.25	1179614
Jan 5-Mar 9	\$83.25	1181342

Judo

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

Munster School – 613-580-2424 4 ext. 20705 7816 Bleeks

6-14 years	Thu., Sat.	8-10 pm
Sep 20-May 25	\$118.75	1186463

Karate

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

Eva James – 613-271-0712

6-14 years	Wed.	5:30-6:30 pm
Sep 19-Dec 19	\$131	1401980
Jan 9-Mar 6	\$90.75	1401948

Greenboro – 613-580-2805

6-12 years	Sun.	1-2 pm
Oct 14-Dec 16	\$101	1404963
Jan 13-Mar 24	\$101	1404969
6-12 years	Sun.	2-3 pm
Oct 14-Dec 16	\$101	1404966
Jan 13-Mar 24	\$101	1404972

Heron – 613-247-4808

6-14 years	Sat.	11:15 am-12:15 pm
Sep 22-Nov 17	\$72	1187937
Jan 12-Mar 16	\$89.75	1401261

Queenswood Heights – 613-580-4765

10-14 years	Mon., Wed.	7:30-8:30 pm
Sep 10-Dec 19	\$204	1405508
Jan 14-May 15	\$233.25	1405515
7-9 years	Mon.	6:15-7:15 pm
Sep 10-Dec 17	\$102	1405500
Jan 14-May 13	\$109.25	1405513
7-9 years	Wed.	6:15-7:15 pm
Sep 12-Dec 19	\$102	1405503
Jan 16-May 15	\$124	1405514

Karate Goju Ryu

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

École de la Découverte – 613-824-0633

6-14 years	Tue., Thu.	6:30-7:30 pm
Sep 18-Dec 6	\$163	1184539
Jan 15-Mar 28	\$135.75	1184560

Nepean Sportsplex – 613-580-2828

6-12 years	Wed.	6-6:45 pm
Sep 19-Dec 5	\$90.75	1403928
Jan 9-Mar 6	\$68.25	1405263
6-8 years	Sat.	10:30-11:15 am
Sep 15-Dec 8	\$83.25	1403895
Jan 12-Mar 2	\$53	1405266
9-12 years	Sat.	11:15 am-12:15 pm
Sep 15-Dec 8	\$111	1403909
Jan 12-Mar 2	\$70.75	1405268

Pinecrest – 613-828-3118

6-10 years	Sat.	2:30-3:30 pm
Sep 8-29	\$40.50	1408129
Oct 13-Dec 15	\$101	1408130
Jan 12-Mar 9	\$80.75	1408630
8-12 years	Sat.	3:30-4:30 pm
Sep 8-29	\$40.50	1408132
Oct 13-Dec 15	\$101	1408134
Jan 12-Mar 9	\$80.75	1408633

Queen Elizabeth School – 613-742-6767

689 St. Laurent

6-14 years	Thu.	6-6:55 pm
Sep 20-Dec 20	\$128.25	1398499
Jan 10-Mar 28	\$100.75	1398564

St-Laurent – 613-742-6767

6-14 years	Tue.	6-6:55 pm
Sep 4-Dec 18	\$142.25	1398497
Jan 8-Mar 26	\$97.75	1398562

Level 2

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

École de la Découverte – 613-824-0633, 899 Scala

6-14 years	Tue., Thu.	7:30-8:30 pm
Sep 18-Dec 6	\$163	1184635
Jan 15-Mar 28	\$135.75	1184637

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

6-14 years	Thu.	7-7:55 pm
Sep 20-Dec 20	\$128.25	1398504
Jan 10-Mar 28	\$100.75	1398567

St-Laurent – 613-742-6767

6-14 years	Tue.	7-7:55 pm
Sep 4-Dec 18	\$142.25	1398503
Jan 8-Mar 26	\$97.75	1398565

Level 3

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

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

6-14 years	Thu.	8-8:55 pm
Sep 20-Dec 20	\$128.25	1398509
Jan 10-Mar 28	\$97.75	1398574

St-Laurent – 613-742-6767

6-14 years	Tue.	8-8:55 pm
Sep 4-Dec 18	\$142.25	1398508
Jan 8-Mar 26	\$97.75	1398571

Karate – Heiwa Kai Dojo

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

Routhier – 613-244-4470

7-14 years	Tue., Thu.	6-7 pm
Sep 25-Dec 20	\$171.75	1405548
Jan 15-Mar 28	\$145.25	1406516

Karate – Shotokan

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

Plant – 613-232-3000

6-14 years	Tue., Thu.	5-6 pm
Sep 18-Dec 13	\$195.50	1401837
Jan 8-Apr 11	\$210.50	1408283
6-14 years	Tue., Thu., Sat.	6-7 pm
Sep 18-Dec 15	\$285.50	1401843
Jan 8-Apr 13	\$315.50	1408287

Kendo

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

Plant – 613-232-3000

7-14 years	Sun.	3:30-5:30 pm
Jan 13-Apr 14	\$200.25	1408890

Tae E. Lee Taekwondo

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

Canterbury – 613-247-4869

6-9 years	Sat.	1-2 pm
Sep 22-Dec 15	\$110	1401915
Jan 19-Apr 13	\$110	1402002

Taekwondo

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

Earl Armstrong Arena – 613-746-7109

6-13 years	Mon.	6-7 pm
Sep 10-Dec 10	\$112.50	1179527
6-13 years	Mon., Thu.	6-7 pm
Sep 10-Dec 13	\$224.75	1179532
6-13 years	Wed.	6-7 pm
Sep 5-Dec 12	\$129.75	1179521
6-13 years	Thu.	6-7 pm
Sep 6-Dec 13	\$129.75	1179535

Fisher Park – 613-798-8945

4-14 years	Tue., Thu.	5:30-6:30 pm
Sep 11-Dec 13	\$214.75	1180267
Jan 8-Mar 28	\$168.75	1401095
4-14 years	Tue., Thu.	6:30-7:30 pm
Sep 11-Dec 13	\$214.75	1180268
Jan 8-Mar 28	\$168.75	1401113

Frederick Banting School –

613-580-2424 ext. 20705

1453 Stittsville Main

6-14 years	Mon.	7-8 pm
Sep 24-Dec 17	\$121	1183638
Jan 14-May 13	\$141.25	1247060
6-14 years	Thu.	7-8 pm
Sep 27-Dec 13	\$121	1412371
Jan 17-Apr 25	\$141.25	1247066

Goulbourn – 613-580-2532

6-14 years	Fri.	6:30-7:30 pm
Sep 14-Dec 7	\$131	1183640
Jan 11-Mar 29	\$121	1408924

Hunt Club-Riverside Park –

613-260-1299

7-14 years	Tue., Thu.	6:30-7:30 pm
Sep 11-Dec 13	\$241.25	1406310
Jan 8-Apr 18	\$241.25	1406322

Notre Dame Des Champs –

613-580-9600

4-14 years	Mon., Wed.	6:30-7:30 pm
Sep 17-Dec 19	\$184.50	1184262
Jan 14-Mar 6	\$106.50	1401490
4-14 years	Mon., Wed.	7:30-8:30 pm
Sep 17-Dec 19	\$184.50	1184264
Jan 14-Mar 6	\$106.50	1401549
4-14 years	Tue., Thu.	6:30-7:30 pm
Sep 18-Dec 20	\$198.75	1184265
Jan 15-Mar 7	\$113.50	1401543

Pat Clark – 613-748-1771

6-13 years	Mon.	6-7 pm
Jan 7-Mar 4	\$67.75	1181226
6-13 years	Mon., Thu.	6-7 pm
Jan 7-Mar 7	\$143.75	1181228
6-13 years	Wed.	6-7 pm
Jan 9-Mar 6	\$76.25	1181224
6-13 years	Thu.	6-7 pm
Jan 10-Mar 7	\$76.25	1181232

Richcraft-Kanata – 613-580-9696

5-8 years	Wed.	6:15-7:15 pm
Sep 26-Dec 19	\$121	1404729
Jan 9-Mar 6	\$90.75	1406828
8-14 years	Wed.	7:15-8:15 pm
Sep 26-Dec 19	\$121	1404765
Jan 9-Mar 6	\$90.75	1406829
8-14 years	Wed.	8:15-9:15 pm
Sep 26-Dec 19	\$121	1404768
Jan 9-Mar 6	\$90.75	1406830
5-8 years	Sat.	12:15-1:15 pm
Sep 22-Dec 15	\$121	1406770
Jan 5-Mar 9	\$90.75	1406831
8-14 years	Sat.	1:15-2:15 pm
Sep 22-Dec 15	\$121	1406771
Jan 5-Mar 9	\$90.75	1406832
8-14 years	Sat.	2:15-3:15 pm
Sep 22-Dec 15	\$121	1406774
Jan 5-Mar 9	\$90.75	1406833
8-14 years	Sat.	3:15-4:15 pm
Sep 22-Dec 15	\$121	1406777
Jan 5-Mar 9	\$90.75	1406834
8-14 years	Sat.	4:15-5:15 pm
Sep 22-Dec 15	\$121	1406780
Jan 5-Mar 9	\$90.75	1406835

Level 2

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

Earl Armstrong Arena – 613-746-7109

6-13 years	Mon.	7-8 pm
Sep 10-Dec 10	\$112.50	1179537
6-13 years	Mon., Thu.	7-8 pm
Sep 10-Dec 13	\$224.75	1179542
6-13 years	Thu.	7-8 pm
Sep 6-Dec 13	\$129.75	1179549



Goulbourn – 613-580-2532

6-13 years	Fri.	7:30-8:30 pm
Jan 11-Mar 29	\$121	1408921
6-14 years	Fri.	7:30-8:30 pm
Sep 14-Dec 7	\$131	1408918

Pat Clark – 613-748-1771

6-13 years	Mon.	7-8 pm
Jan 7-Mar 4	\$67.75	1181239
6-13 years	Mon., Thu.	7-8 pm
Jan 7-Mar 7	\$143.75	1181243
6-13 years	Thu.	7-8 pm
Jan 10-Mar 7	\$76.25	1181246

Taekwondo – Girls

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

Earl Armstrong Arena – 613-746-7109

8-14 years	Tue.	6-7 pm
Sep 4-Dec 11	\$137.25	1179568

Pat Clark – 613-748-1771

8-14 years	Tue.	6-7 pm
Jan 8-Mar 5	\$80	1181265

Wushu

Based off of Chinese martial arts styles, Wushu Taolu gives a varied choice of techniques based on what suits you best. Develop agility, coordination, strength, flexibility, discipline and team work.

François Dupuis – 613-580-8080

5-8 years	Tue.	5:30-6:30 pm
Sep 18-Dec 11	\$100	1400086
Jan 15-Mar 26	\$77	1403313

Safety

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

Home Alone

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

Bob MacQuarrie-Orléans – 613-580-9600

9-13 years	Sun.	9:30 am-noon
Oct 14	\$47.75	1320065
Feb 10	\$47.75	1400965

Greenboro – 613-580-2805

10-13 years	Sat.	10 am-noon
Nov 17	\$38.25	1400981
Feb 23	\$38.25	1400982

Kanata Leisure – 613-580-9677

10-13 years	Sat.	10 am-2 pm
Sep 22	\$76.50	1183302
Oct 27	\$76.50	1183303
Nov 17	\$76.50	1183304
Jan 19	\$76.50	1183699
Feb 23	\$76.50	1183703

Nepean Sportsplex – 613-580-2424 ext. 41238

10-14 years	Sun.	9:30 am-noon
Nov 18	\$47.75	1406864
Dec 2	\$47.75	1406865
Mar 3	\$47.75	1406855
Mar 31	\$47.75	1406858
10-14 years	Sun.	12:30-3 pm
Sep 23	\$47.75	1406840
Oct 21	\$47.75	1406845
Jan 27	\$47.75	1406846
Feb 10	\$47.75	1406847

Ray Friel – 613-580-4765

8-12 years	Sun.	9:30 am-noon
Nov 18	\$47.75	1184662

Sawmill Creek – 613-521-4092

8-14 years	Fri.	8:30 am-4:30 pm
Oct 5	\$130.50	1409231
Nov 16	\$130.50	1409233
Nov 23	\$130.50	1409234
Feb 15	\$130.50	1409237
Apr 5	\$130.50	1409238
Apr 12	\$130.50	1409239
May 17	\$130.50	1409240
Jun 7	\$130.50	1409241

Tanglewood – 613-580-2424 ext. 41238

10-14 years	Sat.	9:30 am-noon
Sep 15	\$47.75	1406884

Stay Safe!

Learn how to be safe while alone, in and outside the home, and basic first aid and safety skills. Stay safe from: allergies, asthma, choking, poisoning, inclement weather and strangers.

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

9-13 years	Fri.	9 am-3 pm
Nov 16	\$46.75	1401299

Greely – 613-580-2424 ext. 30235

9-13 years	Fri.	9 am-3 pm
Oct 5	\$46.75	1401288

Metcalfe – 613-580-2424 ext. 30235

9-13 years	Fri.	9 am-3 pm
Nov 23	\$46.75	1401305

Osgoode – 613-580-2424 ext. 30235

9-13 years	Fri.	9 am-3 pm
Feb 15	\$46.75	1401317

Street Proofing & Home Alone

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

Hintonburg – 613-798-8874

10-13 years	Sun.	10 am-1 pm
Oct 21	\$57.25	1404652
Feb 10	\$57.25	1404665
10-13 years	Sun.	1:30-4:30 pm
Oct 21	\$57.25	1404653
Feb 10	\$57.25	1404666

Science & Technology

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.

LEGO® Bricks 'n Blocks

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

Pat Clark – 613-748-1771

5-8 years	Tue.	6-7 pm
Jan 8-Mar 5	\$64.50	1181313

Richcraft-Kanata – 613-580-9696

4-7 years	Sun.	10:30-11:30 am
Sep 23-Dec 16	\$86	1408423
Jan 6-Mar 10	\$64.50	1408426

Walter Baker – 613-580-2788

5-7 years	Wed.	6-7 pm
Sep 26-Oct 31	\$43	1400645
Nov 7-Dec 12	\$43	1400652
Jan 16-Mar 6	\$57.25	1185664
8-13 years	Wed.	7:05-8:05 pm
Sep 26-Oct 31	\$43	1400650
Nov 7-Dec 12	\$43	1400653
Jan 16-Mar 6	\$57.25	1185827

LEGO® Club

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

McNabb – 613-564-1070

8-13 years	Sun.	9 am-noon
Nov 4	\$49.75	1409493
8-13 years	Sat.	9 am-noon
Jan 12	\$49.75	1409545

Nepean Sportsplex – 613-580-2828

8-13 years	Sun.	8:30-11:30 am
Oct 14	\$49.75	1407639

Ray Friel – 613-580-4765

6-12 years	Thu.	6-7 pm
Oct 11-25	\$49.75	1404051

Rockcliffe Park – 613-842-8578

7-14 years	Thu.	3:30-5 pm
Oct 11-25	\$74.75	1400385

LEGO® Contraptions

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

Kanata Recreation – 613-580-2570

7-12 years	Sun.	9 am-noon
Sep 30	\$49.75	1180001

Rockcliffe Park – 613-842-8578

8-13 years	Thu.	3:30-5 pm
Jan 10-24	\$74.75	1400464



LEGO® Designer

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

Nepean Sportsplex – 613-580-2828

8-13 years Sun. 8:30-11:30 am
 Sep 23 \$49.75 [1407634](#)

Ray Friel – 613-580-4765

7-14 years Thu. 6-7 pm
 Jan 31-Feb 14 \$49.75 [1404152](#)

LEGO® Electronics

LEGO® engineering with a focus on electronics! Learn about electronics concepts, components and systems. Use a modular circuit building tool to create circuits that will power LEGO® machines and projects. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Aquaview – 613-580-2782

8-12 years Mon. 6-7 pm
 Oct 15-29 \$49.75 [1184471](#)

Kanata Recreation – 613-580-2570

7-12 years Sun. 9 am-noon
 Oct 21 \$49.75 [1180029](#)

McNabb – 613-564-1070

8-13 years Sat. 9 am-noon
 Oct 20 \$49.75 [1409494](#)

Nepean Sportsplex – 613-580-2828

8-12 years Sun. 8:30-11:30 am
 Dec 16 \$49.75 [1407631](#)

Ray Friel – 613-580-4765

8-14 years Thu. 6-7 pm
 Jan 10-24 \$49.75 [1404118](#)
 Feb 21-Mar 7 \$49.75 [1404139](#)

LEGO® Junior Robotics & Coding

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

Aquaview – 613-580-2782

7-9 years Mon. 6-7 pm
 Nov 12-26 \$49.75 [1184482](#)

Kanata Recreation – 613-580-2570

7-12 years Sun. 9 am-noon
 Nov 11 \$49.75 [1180049](#)

Nepean Sportsplex – 613-580-2828

8-13 years Sun. 8:30-11:30 am
 Oct 28 \$49.75 [1407641](#)

LEGO® Mindstorms® EV3 & NXT Robot Design

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

Kanata Recreation – 613-580-2570

7-12 years Sun. 9 am-noon
 Jan 27 \$49.75 [1180185](#)

Nepean Sportsplex – 613-580-2828

8-13 years Sun. 8:30-11:30 am
 Feb 24 \$49.75 [1407649](#)

LEGO® Mindstorms® EV3 & NXT Robotics & Programming

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

Aquaview – 613-580-2782

9-12 years Mon. 6-7 pm
 Feb 4-25 \$49.75 [1184498](#)

Kanata Recreation – 613-580-2570

7-12 years Sun. 9 am-noon
 Jan 13 \$49.75 [1180128](#)

Nepean Sportsplex – 613-580-2828

8-13 years Sun. 8:30-11:30 am
 Feb 3 \$49.75 [1407648](#)

LEGO® Minecraft® Engineer

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

Aquaview – 613-580-2782

7-12 years Mon. 6-7 pm
 Jan 14-28 \$49.75 [1184486](#)

Kanata Recreation – 613-580-2570

7-12 years Sun. 9 am-noon
 Feb 10 \$49.75 [1180233](#)

Nepean Sportsplex – 613-580-2828

8-13 years Sun. 8:30-11:30 am
 Nov 25 \$49.75 [1407643](#)

Ray Friel – 613-580-4765

6-12 years Thu. 6-7 pm
 Nov 8-22 \$49.75 [1404087](#)

LEGO® Mosaics & 8-Bit Art

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

Kanata Recreation – 613-580-2570

7-12 years Sun. 9 am-noon
 Mar 10 \$49.75 [1180209](#)

Nepean Sportsplex – 613-580-2828

8-13 years Sun. 8:30-11:30 am
 Mar 10 \$49.75 [1407650](#)

LEGO® Technic Building & Mindstorms® EV3/NXT Robotics

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

Kanata Recreation – 613-580-2570

7-12 years Sun. 9 am-noon
 Dec 2 \$49.75 [1180113](#)

Nepean Sportsplex – 613-580-2828

8-13 years Sun. 8:30-11:30 am
 Jan 20 \$49.75 [1407647](#)

Rockcliffe Park – 613-842-8578

8-14 years Thu. 3:30-5 pm
 Nov 8-22 \$74.75 [1400422](#)

Loose Parts Playground

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

Lansdowne Park – 613-580-2424 ext. 17323

7-12 years Sun. 9:30-10:30 am
 Nov 4-18 \$19.25 [1408091](#)
 7-12 years Mon. 12:30-2:30 pm
 Oct 1-22 \$51 [1407764](#)
 Nov 5-Dec 3 \$63.75 [1407843](#)
 Jan 21-Mar 4 \$76.50 [1408479](#)
 7-12 years Tue. 6-7 pm
 Oct 2-23 \$25.50 [1407996](#)
 Jan 22-Feb 26 \$38.25 [1408588](#)
 7-12 years Sat. 11 am-12 pm
 Oct 6-20 \$19.25 [1408037](#)

Science Quests

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

Greely – 613-580-2424 ext. 30235

4-7 years Thu. 5:30-6:15 pm
 Jan 17-Feb 28 \$32.25 [1402016](#)

Greenboro – 613-580-2805

9-12 years Thu. 6-7 pm
 Oct 11-Nov 29 \$57.25 [1408980](#)

Kanata Recreation – 613-580-2570

Jan 17-Mar 7 \$57.25 [1408983](#)
 6-8 years Thu. 6-7 pm
 Sep 27-Dec 6 \$78.75 [1183751](#)

Nepean Sportsplex – 613-580-2828

8-12 years Thu. 6-7 pm
 Jan 17-Mar 7 \$57.25 [1401701](#)

Manotick Arena – 613-580-2424 ext. 30235

4-7 years Mon. 6:15-7:15 pm
 Jan 21-Mar 4 \$43 [1402434](#)

Nepean Sportsplex – 613-580-2828

6-9 years Sat. 10-11 am
 Nov 10-Dec 15 \$43 [1402490](#)

Metcalfe – 613-580-2424 ext. 30235

4-7 years Sun. 10:30-11:15 am
 Jan 20-Mar 31 \$43 [1401343](#)

Osgoode – 613-580-2424 ext. 30235

4-8 years Thu. 5:30-6:15 pm
 Nov 8-Dec 13 \$32.25 [1401590](#)

Pat Clark – 613-748-1771

5-8 years Mon. 6-7 pm
 Jan 7-Mar 4 \$57.25 [1181321](#)

Rideauview – 613-822-7887

6-10 years Wed. 6-7 pm
 Sep 26-Dec 5 \$71.50 [1398543](#)

Walter Baker – 613-580-2788

6-10 years Sun. 9:40-10:25 am
 Sep 23-Nov 4 \$32.25 [1404145](#)
 Nov 11-Dec 16 \$32.25 [1404175](#)
 Jan 20-Mar 10 \$43 [1409972](#)

Sports

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Badminton

Badminton

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

Bridlewood – 613-271-0712

10-14 years Thu. 7:45-8:45 pm
 Sep 27-Dec 20 \$99.25 [1402176](#)
 Jan 10-Mar 7 \$68.75 [1402082](#)

Fisher Park – 613-798-8945

10-14 years Fri. 5:30-6:30 pm
 Sep 21-Nov 23 \$74 [1180116](#)
 Jan 11-Mar 29 \$74 [1246589](#)

François Dupuis – 613-580-8080

8-12 years Wed. 6:30-7:30 pm
 Sep 19-Dec 12 \$99.25 [1400108](#)
 Jan 16-Mar 27 \$76.50 [1403255](#)

Goulbourn – 613-580-2532

11-14 years Thu. 7:30-8:30 pm
 Sep 20-Dec 6 \$91.75 [1408847](#)
 Jan 17-Mar 7 \$61.25 [1408859](#)

Hintonburg – 613-798-8874

11-14 years Sat. 2:30-4:30 pm
 Sep 22-Dec 8 \$152.75 [1405554](#)
 Jan 19-Mar 9 \$122.25 [1405563](#)

Minto-Barrhaven – 613-727-2683

10-14 years Sat. 4-5 pm
 Sep 15-Dec 15 \$91.75 [1400059](#)
 Jan 12-Mar 2 \$61.25 [1401682](#)
 13-14 years Thu. 8-9 pm
 Sep 20-Dec 13 \$91.75 [1398019](#)
 Jan 10-Mar 7 \$68.75 [1401665](#)
 6-8 years Thu. 6-7 pm
 Sep 20-Dec 13 \$91.75 [1394590](#)
 Jan 10-Mar 7 \$68.75 [1401389](#)
 6-9 years Sat. 3-4 pm
 Sep 15-Dec 15 \$91.75 [1400055](#)
 Jan 12-Mar 2 \$61.25 [1401671](#)
 9-12 years Thu. 7-8 pm
 Sep 20-Dec 13 \$91.75 [1397164](#)
 Jan 10-Mar 7 \$68.75 [1401660](#)

Nepean Sportsplex – 613-580-2828

12-14 years Sun. 11 am-noon
 Sep 16-Dec 16 \$99.25 [1400724](#)
 Jan 13-Mar 24 \$76.50 [1403935](#)
 8-11 years Sun. 10-11 am
 Sep 16-Dec 16 \$99.25 [1400722](#)
 Jan 13-Mar 24 \$76.50 [1403902](#)



Richcraft-Kanata – 613-580-9696

6-7 years Tue. 4:15-5 pm
 Sep 25-Dec 18 \$74.50 [1402322](#)
 Jan 8-Mar 5 \$51.75 [1402342](#)
 8-10 years Tue. 5-6 pm
 Sep 25-Dec 18 \$99.25 [1402323](#)
 Jan 8-Mar 5 \$68.75 [1402343](#)
 11-14 years Tue. 6-7 pm
 Sep 25-Dec 18 \$99.25 [1402351](#)
 Jan 8-Mar 5 \$68.75 [1402353](#)

Badminton – Game Play

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

Goulbourn – 613-580-2532

6-12 years Sun. 5-6 pm
 Sep 16-Dec 9 \$49.25 [1408928](#)
 Jan 13-Mar 10 \$32.75 [1408998](#)

Jockvale School – 613-580-2788

101 Malvern
 6-12 years Mon. 6-7 pm
 Sep 17-Dec 10 \$49.25 [1401522](#)
 Jan 21-Mar 4 \$24.75 [1401532](#)

Basketball

Above the Rim Basketball

Introduction to one specific basketball skill per week. Drills, skill fundamentals and integration into team play. Instruction provided by professionals from [abovetherimbasketballschoool.com](#).

École Jeanne-Sauvé – 613-580-4765

1917 Gardenway
 7-12 years Thu. 6-7:30 pm
 Sep 13-Nov 8 \$146.25 [1405870](#)
 Jan 10-Mar 7 \$146.25 [1405873](#)

Eva James – 613-271-0712

6-10 years Mon. 6-7:30 pm
 Sep 24-Nov 26 \$130 [1401463](#)
 Jan 7-Mar 4 \$130 [1401483](#)
 11-14 years Mon. 7:30-9 pm
 Sep 24-Nov 26 \$130 [1401470](#)
 Jan 7-Mar 4 \$130 [1401484](#)

Fisher Park – 613-798-8945

11-14 years Mon. 7-8 pm
 Sep 17-Nov 26 \$108.25 [1180261](#)
 Jan 7-Mar 4 \$86.75 [1246970](#)
 3-5 years Sat. 9-10 am
 Oct 13-Dec 15 \$97.50 [1180256](#)
 Jan 12-Mar 9 \$86.75 [1246951](#)

6-7 years Mon. 6-7 pm
 Sep 17-Nov 26 \$108.25 [1180259](#)
 Jan 7-Mar 4 \$86.75 [1246959](#)
 8-10 years Mon. 6-7 pm
 Sep 17-Nov 26 \$108.25 [1180260](#)
 Jan 7-Mar 4 \$86.75 [1246967](#)

Jockvale School – 613-580-2400 ext. 41227

101 Malvern
 7-12 years Thu. 6-7:30 pm
 Oct 4-Nov 22 \$130 [1401197](#)
 Jan 10-Feb 28 \$130 [1401229](#)

Mother Teresa School – 613-580-2400 ext. 41227

440 Longfields
 7-12 years Tue. 6-7:30 pm
 Oct 2-Nov 20 \$130 [1401213](#)
 Jan 8-Feb 26 \$130 [1401230](#)

Rideauview – 613-822-7887

6-11 years Wed. 6-7:30 pm
 Sep 26-Dec 5 \$162.50 [1398538](#)
 Jan 16-Mar 27 \$162.50 [1404980](#)
 12-14 years Wed. 7:30-9 pm
 Sep 26-Dec 5 \$162.50 [1398540](#)
 Jan 16-Mar 27 \$162.50 [1404981](#)

St. Cecilia School – 613-580-2424 ext. 41227

3490 Cambrian
 7-12 years Wed. 6-7:30 pm
 Oct 3-Nov 21 \$130 [1408636](#)
 Jan 9-Feb 27 \$130 [1408638](#)

St. Emily School – 613-825-4300

500 Chapman Mills
 7-12 years Mon. 6-7:30 pm
 Oct 1-Nov 26 \$130 [1401203](#)
 Jan 7-Mar 4 \$130 [1401224](#)

Basketball

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

François Dupuis – 613-580-8080

6-8 years Sat. 10:30-11:30 am
 Sep 22-Dec 15 \$91.75 [1400186](#)
 Jan 12-Mar 30 \$91.75 [1404447](#)
 9-12 years Sat. 11:30 am-12:30 pm
 Sep 22-Dec 15 \$91.75 [1400192](#)
 Jan 12-Mar 30 \$91.75 [1404449](#)

Glen Cairn – 613-580-2570

5-7 years	Mon.	6-7 pm
Sep 24-Dec 10	\$84	1187089
Jan 14-Mar 4	\$53.50	1187096
11-14 years	Tue.	3:15-4:15 pm
Sep 25-Dec 11	\$84	1404173
Jan 15-Mar 5	\$53.50	1403878
11-14 years	Fri.	3:15-4:15 pm
Sep 28-Dec 14	\$91.75	1404189
Jan 18-Mar 8	\$61.25	1403896

Goulbourn – 613-580-2532

7-12 years	Mon.	6-7 pm
Sep 17-Dec 10	\$91.75	1405524
Jan 14-Feb 25	\$53.50	1405532

Greely School –

613-580-2424 ext. 30235, 7066 Parkway

8-11 years	Tue.	6-7 pm
Oct 16-Dec 4	\$61.25	1179000
Jan 15-Mar 5	\$61.25	1179002

Greenboro – 613-580-2805

8-11 years	Mon.	5-6 pm
Sep 24-Dec 3	\$68.75	1400975
Jan 14-Mar 4	\$53.50	1400977
12-14 years	Mon.	6-7 pm
Sep 24-Dec 3	\$68.75	1400976
Jan 14-Mar 4	\$53.50	1400978

Heron – 613-247-4808

6-10 years	Sat.	1:15-2:15 pm
Sep 22-Dec 1	\$76.50	1187837
Jan 12-Mar 16	\$76.50	1401214

Hunt Club-Riverside Park –

613-260-1299

6-9 years	Wed.	6-7 pm
Sep 12-Dec 12	\$107	1406539
Jan 9-Apr 10	\$107	1406543
8-12 years	Sat.	1:45-2:45 pm
Sep 15-Dec 22	\$107	1406531
Jan 12-Apr 27	\$107	1406542

Manotick School –

613-580-2424 ext. 30235

1075 Bridge

8-11 years	Wed.	6:30-7:30 pm
Oct 17-Dec 5	\$61.25	1179001
Jan 16-Mar 6	\$61.25	1179003
11-14 years	Wed.	7:30-8:30 pm
Oct 17-Dec 5	\$61.25	1179008
Jan 16-Mar 6	\$61.25	1179004

McNabb – 613-564-1070

6-12 years	Fri.	5:30-6:30 pm
Oct 5-Nov 30	\$68.75	1409506
Jan 11-Mar 8	\$68.75	1409561

Minto-Barrhaven – 613-727-2683

6-8 years	Tue.	6-7 pm
Sep 18-Dec 11	\$99.25	1320463
Jan 8-Mar 5	\$68.75	1401281
9-12 years	Tue.	7-8 pm
Sep 18-Dec 11	\$99.25	1320468
Jan 8-Mar 5	\$68.75	1401283

Richcraft-Kanata – 613-580-9696

7-9 years	Mon.	5-6 pm
Sep 24-Dec 17	\$91.75	1402177
Jan 7-Mar 4	\$61.25	1402199
10-12 years	Mon.	5-6 pm
Sep 24-Dec 17	\$91.75	1402178
Jan 7-Mar 4	\$61.25	1402200

South Fallingbrook – 613-824-0633

6-9 years	Sun.	2:15-3:15 pm
Sep 16-Dec 2	\$76.50	1184673
Jan 13-Mar 31	\$76.50	1184674

St-Laurent – 613-742-6767

6-8 years	Thu.	5:45-6:45 pm
Sep 20-Dec 6	\$91.75	1409280
Jan 10-Mar 28	\$84	1409373
9-12 years	Thu.	6:45-7:45 pm
Sep 20-Dec 6	\$91.75	1409281
Jan 10-Mar 28	\$84	1409374
13-14 years	Thu.	7:45-8:45 pm
Sep 20-Dec 6	\$91.75	1409287
Jan 10-Mar 28	\$84	1409375



Basketball – Boys

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

Nepean Sportsplex – 613-580-2828

6-8 years	Tue.	5-5:50 pm
Sep 18-Dec 4	\$76.50	1402547
Jan 8-Mar 5	\$57.25	1405247
9-12 years	Tue.	6-6:50 pm
Sep 18-Dec 4	\$76.50	1402551
Jan 8-Mar 5	\$57.25	1405254

Basketball – Game Play

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

Barrhaven School –

613-580-2424 ext. 41238

80 Larkin

8-12 years	Fri.	6-7:30 pm
Sep 21-Dec 7	\$49.25	1407869
Jan 11-Mar 8	\$43	1407870
13-14 years	Fri.	6-7:30 pm
Sep 21-Dec 7	\$49.25	1407942
Jan 11-Mar 8	\$43	1407947

Eva James – 613-271-0712

12-14 years	Wed.	6:30-7:30 pm
Sep 19-Dec 19	\$53.25	1401999
Jan 9-Mar 6	\$37	1401959

St. Cecilia School –

613-580-2424 ext. 41227

3490 Cambrian

12-14 years	Wed.	6-7 pm
Oct 3-Dec 5	\$41	1403238
Jan 9-Feb 27	\$32.75	1403245
12-14 years	Fri.	6-7 pm
Oct 5-Dec 7	\$41	1403239
Jan 11-Mar 1	\$32.75	1403246

Basketball – Girls

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

Hillcrest School – 613-580-2854

1900 Dauphin

12-14 years	Thu.	8-9 pm
Oct 11-Dec 13	\$76.50	1402268
Feb 7-Mar 21	\$46	1409071

Hunt Club-Riverside Park –

613-260-1299

6-9 years	Sun.	9-10 am
Sep 9-Oct 28	\$53.50	1407669
Nov 4-Dec 16	\$53.50	1407673
Jan 13-Feb 24	\$53.50	1407674
Mar 17-May 5	\$53.50	1407675

Nepean Sportsplex – 613-580-2828

6-8 years	Tue.	5-5:50 pm
Sep 18-Dec 4	\$76.50	1402458
Jan 8-Mar 5	\$57.25	1405230
9-12 years	Tue.	6-6:50 pm
Sep 18-Dec 4	\$76.50	1402462
Jan 8-Mar 5	\$57.25	1405235

Richcraft-Kanata – 613-580-9696

7-9 years	Mon.	6-7 pm
Sep 24-Dec 17	\$91.75	1408620
Jan 7-Mar 4	\$61.25	1402280
10-12 years	Mon.	6-7 pm
Sep 24-Dec 17	\$91.75	1402277
Jan 7-Mar 4	\$61.25	1402281

General Sports

Cheerleading

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

Eva James – 613-271-0712

6-12 years	Thu.	6-7 pm
Sep 20-Dec 20	\$107	1402207
Jan 10-Mar 7	\$68.75	1402111

Walter Baker – 613-580-2788

6-9 years	Mon.	6-6:45 pm
Sep 17-Dec 10	\$68.75	1400412
Jan 14-Mar 4	\$40.25	1182464

Cross Country Ski Classic

Level 1 and 2

Learn to classic ski or improve on the basics. Learn diagonal stride, double pole, hill climbing and descent.

Terry Fox – 613-247-4883

6-9 years	Tue.	4:45-5:45 pm
Jan 8-Feb 5	\$92.50	1399076
6-9 years	Sat.	12:30-1:30 pm
Jan 12-Feb 9	\$92.50	1399078
6-9 years	Sat.	2-3 pm
Jan 12-Feb 9	\$92.50	1399079

6-9 years	Sun.	12:30-1:30 pm
Jan 13-Feb 10	\$92.50	1399082
6-9 years	Sun.	2-3 pm
Jan 13-Feb 10	\$92.50	1399081
6-9 years	Sat.-Sun.	3:30-5 pm
Jan 12-13	\$55.50	1399083
Jan 19-20	\$55.50	1399084
Jan 26-27	\$55.50	1399085
Feb 2-3	\$55.50	1399086
Feb 9-10	\$55.50	1399087
10-14 years	Tue.	4:45-5:45 pm
Jan 8-Feb 5	\$92.50	1399091
10-14 years	Sat.	12:30-1:30 pm
Jan 12-Feb 9	\$92.50	1399092
10-14 years	Sat.	2-3 pm
Jan 12-Feb 9	\$92.50	1399094
10-14 years	Sun.	12:30-1:30 pm
Jan 13-Feb 10	\$92.50	1399095
10-14 years	Sun.	2-3 pm
Jan 13-Feb 10	\$92.50	1399099

Level 3

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

Terry Fox – 613-247-4883

8-14 years	Sat.	12:30-1:30 pm
Jan 12-Feb 9	\$92.50	1399114

Cross Country Ski-Skate – Level 1

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

Terry Fox – 613-247-4883

10-14 years	Sun.	3:30-4:30 pm
Jan 13-Feb 10	\$92.50	1399116
6-9 years	Sun.	3:30-4:30 pm
Jan 13-Feb 10	\$92.50	1399115

Curling – Little Rocks

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

Nepean Sportsplex – 613-580-2828

10-14 years	Sat.	9-11 am
Nov 3-Feb 9	\$179.50	1401864
8-10 years	Sat.	9-11 am
Nov 3-Feb 9	\$179.50	1401860

Disc Golf

Learn proper throwing techniques while participating in a wide variety of skills and drills needed to play this exciting sport.

Glen Cairn – 613-580-2570

6-12 years	Sat.	3-4 pm
Jan 19-Mar 9	\$53.50	1405488

Kanata Recreation – 613-580-2570

6-12 years	Thu.	5:30-6:30 pm
Sep 20-Oct 25	\$46.00	1405373

Dodgeball – Game Play

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

Eva James – 613-271-0712

8-12 years	Thu.	5-6 pm
Sep 20-Dec 20	\$57.25	1402195
Jan 10-Mar 7	\$37	1402097

François Dupuis – 613-580-8080

8-12 years	Wed.	5:15-6:15 pm
Sep 19-Dec 12	\$53.25	1400097
Jan 16-Mar 27	\$41	1403251

Greenboro – 613-580-2805

8-12 years	Sat.	1-2 pm
Sep 29-Dec 15	\$41	1400979
Jan 19-Mar 9	\$28.75	1400980

Pat Clark – 613-748-1771

5-7 years	Sun.	1-2 pm
Jan 6-Mar 10	\$37	1181181
8-12 years	Sun.	2-3 pm
Jan 6-Mar 10	\$37	1181184

Ray Friel – 613-580-4765

7-12 years	Tue.	6-7 pm
Sep 11-Dec 18	\$61.50	1184621
Jan 8-Mar 26	\$45	1186833

Richcraft-Kanata – 613-580-9696

8-12 years	Fri.	5-6 pm
Sep 28-Dec 21	\$49.25	1406461
Jan 11-Mar 8	\$37	1406462

Fencing

Young fencers are introduced to age appropriate use of a Sabre and will focus on posture, stance, strategy, safety and etiquette. Classes are conducted in an atmosphere that is fun as well as disciplined.

Fisher Park – 613-798-8945

10-14 years	Sat.	10-11 am
Sep 22-Dec 15	\$76.50	1180263
Jan 12-Mar 30	\$76.50	1246927

Flag Football

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

Bridlewood – 613-271-0712

8-12 years	Mon.	7:15-8:15 pm
Sep 17-Dec 17	\$91.75	1400714
Jan 7-Mar 4	\$61.25	1400720

Rideauview – 613-822-7887

9-12 years	Tue.	6:30-7:15 pm
Sep 18-Oct 23	\$34.50	1398523

Multi Sport

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

Glen Cairn – 613-580-2570

11-14 years	Mon.	3:15-4:15 pm
Sep 24-Dec 10	\$84	1403994
Jan 14-Mar 4	\$53.50	1403791

11-14 years Thu. 3:15-4:15 pm

Sep 27-Dec 13	\$84	1404001
Jan 17-Mar 7	\$61.25	1403871

Goulbourn – 613-580-2532

4-6 years	Sat.	10-11 am
Sep 22-Dec 15	\$91.75	1405827
Jan 19-Mar 9	\$53.50	1405861

7-12 years Sat. 10-11 am

Sep 22-Dec 15	\$91.75	1405819
Jan 19-Mar 9	\$53.50	1405853

Greenboro – 613-580-2805

5-7 years	Wed.	6-7 pm
Sep 26-Nov 21	\$61.25	1408663
Jan 16-Mar 6	\$61.25	1408679

8-10 years Thu. 6-7 pm

Sep 27-Nov 22	\$61.25	1408666
Jan 17-Mar 7	\$61.25	1408682

Hintonburg – 613-798-8874

5-7 years	Mon.	5:45-6:45 pm
Oct 15-Dec 3	\$61.25	1404677
Jan 14-Mar 4	\$53.50	1404678

Minto-Barrhaven – 613-727-2683

6-8 years	Mon.	5-6 pm
Jan 7-Mar 4	\$61.25	1401179
Sep 17-Dec 10	\$84	1320080

Nepean Sportsplex – 613-580-2828

6-8 years	Wed.	5-5:45 pm
Sep 19-Dec 5	\$68.75	1404213
Jan 9-Mar 6	\$51.75	1407614

Pinecrest Park – 613-828-3118

6-10 years	Sat.	10-11 am
Sep 8-29	\$30.75	1407927

Pinecrest – 613-828-3118

6-9 years	Sun.	11 am-noon
Sep 9-30	\$30.75	1408278
Oct 14-Dec 16	\$76.50	1408282
Jan 13-Mar 10	\$61.25	1408685

Ray Friel – 613-580-4765

6-12 years	Thu.	1-2 pm
Sep 13-Dec 20	\$114.50	1184640
Jan 10-Mar 28	\$84	1186888

Richcraft-Kanata – 613-580-9696

7-12 years	Wed.	2-3 pm
Sep 26-Dec 19	\$99.25	1404706
Jan 9-Mar 6	\$68.75	1404708

Walter Baker – 613-580-2788

5-7 years	Sat.	10:45-11:30 am
Sep 15-Dec 8	\$68.75	1404030
Jan 12-Mar 2	\$46	1187034

Racquetball

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

Bob MacQuarrie-Orléans – 613-580-9600

8-14 years	Sat.	10-11 am
Oct 13-Dec 1	\$102	1398535
Jan 12-Mar 2	\$102	1398537

Rock Climbing

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

Richcraft-Kanata – 613-580-9696

5-7 years	Thu.	5-5:45 pm
Oct 11-Dec 20	\$93.25	1404140
Jan 10-Mar 7	\$76.50	1404386
5-7 years	Sat.	9-9:45 am
Oct 13-Dec 15	\$76.50	1404305
Jan 12-Mar 2	\$59.50	1404207
8-10 years	Thu.	5:45-6:30 pm
Oct 11-Dec 20	\$93.25	1404154
Jan 10-Mar 7	\$76.50	1404389
8-10 years	Sat.	9:45-10:30 am
Oct 13-Dec 15	\$84.75	1404339
Jan 12-Mar 2	\$59.50	1404214
11-14 years	Thu.	6:30-7:30 pm
Oct 11-Dec 20	\$124.50	1404179
Jan 10-Mar 7	\$101.75	1404392
11-14 years	Sat.	10:30-11:30 am
Oct 13-Dec 15	\$113	1404350
Jan 12-Mar 2	\$79.25	1404221

Sportball – FitKids®

In collaboration with Sportball® www.sportball.ca. Improve agility, flexibility, endurance and core strength. Classes incorporate hockey, soccer, football, baseball, basketball, volleyball, golf and tennis with appropriate exercises. Games and skills are taught in a non-competitive and supportive environment.

Richelieu-Vanier – 613-560-6030

5-7 years	Sun.	11 am-noon
Sep 16-Nov 4	\$105	1400783
Nov 11-Dec 16	\$105	1400785
Jan 13-Mar 3	\$122.50	1400788

Sportball – Multi-Sport®

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

Chapman Mills – 613-822-7887

6-9 years	Sun.	11 am-noon
Sep 30-Dec 2	\$175	1398465
Jan 20-Mar 24	\$175	1402946

Rideauview – 613-822-7887

6-9 years	Sat.	11 am-noon
Sep 29-Dec 1	\$175	1398579
Jan 19-Mar 23	\$175	1407309

Squash

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

Nepean Sportsplex – 613-580-2828

10-14 years	Tue.	5:30-6:30 pm
Sep 11-Dec 11	\$178.25	1400787
Jan 8-Mar 26	\$140	1406593
10-14 years	Sat.	9:30-10:30 am
Sep 15-Dec 15	\$165.50	1401829
Jan 12-Mar 23	\$127.25	1406596
10-14 years	Sat.	10:30-11:30 am
Sep 15-Dec 15	\$165.50	1401832
Jan 12-Mar 23	\$127.25	1406600

Table Tennis

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

Fisher Park – 613-798-8945

7-10 years	Wed.	6:30-7:30 pm
Sep 19-Nov 21	\$63.75	1183630
Jan 9-Mar 6	\$57.25	1183678
11-14 years	Wed.	7:30-8:30 pm
Sep 19-Nov 21	\$63.75	1183635
Jan 9-Mar 6	\$57.25	1183681
11-14 years	Fri.	6:30-7:30 pm
Jan 11-Mar 29	\$63.75	1398377
11-14 years	Fri.	7:30-8:30 pm
Jan 11-Mar 29	\$63.75	1183707

Richcraft-Kanata – 613-580-9696

7-10 years	Sun.	9-10 am
Sep 23-Dec 16	\$70	1408431
Jan 6-Mar 10	\$57.25	1408433
11-14 years	Sun.	10-11 am
Sep 23-Dec 16	\$70	1408432
Jan 6-Mar 10	\$57.25	1408434

T-Ball

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

Rideauview – 613-822-7887

6-9 years	Sun.	10:30-11:15 am
Sep 30-Dec 2	\$71.75	1398486
Jan 20-Mar 24	\$71.75	1403022

Tennis

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

Heron – 613-247-4808

7-10 years	Sat.	10:15-11 am
Sep 22-Nov 17	\$76.50	1187892
Jan 12-Mar 16	\$95.50	1401257

Pinecrest Park – 613-828-3118

5-8 years	Sun.	10-11 am
Sep 9-30	\$51	1408140
9-13 years	Sun.	11 am-noon
Sep 9-30	\$51	1408146

South Fallingbrook – 613-824-0633

5-7 years	Sat.	10-10:45 am
Sep 22-Dec 1	\$95.50	1184663
Jan 12-Mar 30	\$95.50	1184666
8-10 years	Sat.	11 am-noon
Sep 22-Dec 1	\$127.25	1184664
Jan 12-Mar 30	\$127.25	1184667

Woodroffe School – 613-580-2854

10-14 years	Tue.	7:30-8:30 pm
Oct 16-Dec 18	\$127.25	1400062
Jan 8-Mar 5	\$114.50	1400116

Progressive Tennis

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

Fallingbrook School – 613-580-4765

679 Deancourt

5-7 years	Sat.	1:45-2:30 pm
Sep 15-Dec 8	\$105	1405449
Jan 12-Mar 30	\$95.50	1405459
8-12 years	Sat.	2:30-3:30 pm
Sep 15-Dec 8	\$140	1405456
Jan 12-Mar 30	\$127.25	1405460

Richcraft-Kanata – 613-580-9696

6-8 years	Sun.	11 am-noon
Sep 23-Dec 16	\$152.75	1408457
Jan 6-Mar 10	\$114.50	1408464
6-8 years	Sat.	10:45-11:45 am
Sep 22-Dec 15	\$152.75	1406628
Jan 5-Mar 9	\$114.50	1406672
9-12 years	Sun.	noon-1 pm
Sep 23-Dec 16	\$152.75	1408459
Jan 6-Mar 10	\$114.50	1408466
9-12 years	Sat.	11:45 am-12:45 pm
Sep 22-Dec 15	\$152.75	1406634
Jan 5-Mar 9	\$114.50	1406673

Woodroffe School – 613-580-2854

6-9 years	Tue.	6:30-7:30 pm
Oct 16-Dec 18	\$127.25	1400105
Jan 8-Mar 5	\$114.50	1400109

Triathlon

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

Richcraft-Kanata – 613-580-9696

10-14 years	Thu.	7:45-8:45 pm
Sep 27-Dec 20	\$101	1404956
Jan 10-Mar 7	\$70	1404957

Volleyball

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

Eva James – 613-271-0712

11-14 years	Sun.	11 am-noon
Sep 23-Dec 16	\$91.75	1188673
Jan 13-Mar 10	\$61.25	1188756

Fisher Park – 613-798-8945

10-14 years	Thu.	7-8 pm
Sep 20-Nov 22	\$76.50	1180186
Jan 17-Mar 28	\$76.50	1246913

Glen Cairn – 613-580-2570

11-14 years	Wed.	3:15-4:15 pm
Sep 26-Dec 12	\$91.75	1403982
Jan 16-Mar 6	\$61.25	1403925

Hillcrest School – 613-580-2854

1900 Dauphin

12-14 years	Thu.	6-7 pm
Oct 11-Dec 13	\$76.50	1409068
Feb 7-Mar 21	\$46	1409079

Minto-Barrhaven – 613-727-2683

9-12 years	Mon.	6-7 pm
Sep 17-Dec 10	\$84	1320153
Jan 7-Mar 4	\$61.25	1401186
13-14 years	Mon.	7-8 pm
Sep 17-Dec 10	\$84	1320362
Jan 7-Mar 4	\$61.25	1401188

Nepean Sportsplex – 613-580-2828

8-12 years	Thu.	4-4:45 pm
Sep 20-Dec 6	\$68.75	1404202
Jan 10-Mar 7	\$51.75	1405967
11-14 years	Thu.	5-5:45 pm
Sep 20-Dec 6	\$68.75	1404205
Jan 10-Mar 7	\$51.75	1405970

Rideauview – 613-822-7887

8-12 years	Mon.	6-7 pm
Sep 24-Dec 3	\$76.50	1398589
Jan 14-Mar 25	\$68.75	1407380

Gymnastics

Gymnastics

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

Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sun.	12:15-1:15 pm
Sep 30-Dec 9	\$95.50	1184411
Jan 20-Mar 10	\$76.50	1400954

François Dupuis – 613-580-8080

7-9 years	Tue.	6:15-7:15 pm
Sep 18-Dec 11	\$124.25	1400013
Jan 15-Mar 26	\$95.50	1403240
7-9 years	Thu.	6:15-7:15 pm
Sep 20-Dec 13	\$124.25	1400012
7-9 years	Thu.-Fri.	6:15-7:15 pm
Jan 17-Mar 29	\$95.50	1403242

Goulbourn – 613-580-2532

5-8 years	Sat.	noon-1 pm
Sep 22-Dec 15	\$114.50	1363614
Jan 19-Mar 9	\$67	1408469
5-8 years	Sun., Sat.	12:30-1:30 pm
Sep 23-Dec 15	\$114.50	1408577
Jan 20-Mar 9	\$50.25	1408580

Hunt Club-Riverside Park – 613-260-1299

6-8 years	Sat.	1-1:45 pm
Sep 15-Dec 22	\$100.25	1406718
Jan 12-Apr 27	\$100.25	1406729
9-12 years	Sat.	2-2:45 pm
Sep 15-Dec 22	\$100.25	1406721
Jan 12-Apr 27	\$100.25	1406733

Jockvale School – 613-580-2788, 101 Malvern

6-8 years	Sat.	9-10 am
Sep 22-Dec 15	\$114.50	1401906
Jan 19-Mar 9	\$67	1401983
6-8 years	Sat.	10:10-11:10 am
Sep 22-Dec 15	\$114.50	1401976
Jan 19-Mar 9	\$67	1401984

McNabb – 613-564-1070

6-9 years	Wed.	5:15-6:15 pm
Sep 26-Dec 19	\$114.50	1409514
Jan 9-Mar 6	\$86	1409568
6-9 years	Sat.	11:30 am-12:30 pm
Sep 29-Dec 22	\$105	1409513
Jan 12-Mar 9	\$86	1409567

Minto-Barrhaven – 613-727-2683

6-10 years	Sun.	11 am-noon
Sep 16-Dec 9	\$114.50	1361772
Jan 13-Mar 3	\$76.50	1401358
6-10 years	Sun.	12:05-1:05 pm
Jan 13-Mar 3	\$76.50	1401360
6-10 years	Wed.	4:55-5:55 pm
Sep 19-Dec 12	\$114.50	1351659
Jan 9-Mar 6	\$86	1406785
6-10 years	Wed.	6-7 pm
Sep 19-Dec 12	\$114.50	1354002
Jan 9-Mar 6	\$86	1401349
6-10 years	Wed.	7:05-8:05 pm
Sep 19-Dec 12	\$114.50	1359610
Jan 9-Mar 6	\$86	1401353

South Fallingbrook – 613-824-0633

5-7 years	Sat.	11 am-noon
Sep 22-Dec 1	\$95.50	1398143
Jan 12-Mar 30	\$95.50	1398152

St-Laurent – 613-742-6767

4-5 years	Sat.	1-1:55 pm
Sep 15-Dec 22	\$122.50	1398592
Jan 12-Mar 30	\$87.50	1398628
6-12 years	Sat.	2-2:55 pm
Sep 15-Dec 22	\$122.50	1398596
Jan 12-Mar 30	\$87.50	1398638



Level 1

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

Dempsey – 613-247-4846

6-9 years	Sat.	9-10 am
Sep 22-Dec 1	\$106.75	1181941
Jan 5-Mar 16	\$106.75	1246702
6-9 years	Sat.	10-11 am
Sep 22-Dec 1	\$106.75	1181909
Jan 5-Mar 16	\$106.75	1246665
6-9 years	Sat.	11 am-noon
Sep 22-Dec 1	\$106.75	1181929
Jan 5-Mar 16	\$106.75	1246693
6-9 years	Sun.	11 am-noon
Sep 23-Dec 2	\$106.75	1181950
Jan 6-Mar 17	\$106.75	1246709
6-9 years	Tue.	6:15-7:15 pm
Sep 25-Nov 27	\$106.75	1181897
Jan 8-Mar 12	\$106.75	1246715

Eva James – 613-271-0712

6-7 years	Tue.	5-6 pm
Oct 9-Dec 11	\$106.75	1401314
Jan 8-Mar 19	\$106.75	1401347
6-7 years	Sat.	10:55-11:55 am
Oct 13-Dec 15	\$106.75	1401326
Jan 12-Mar 30	\$106.75	1401363
6-12 years	Tue.	6:05-7:05 pm
Oct 9-Dec 11	\$106.75	1401318
Jan 8-Mar 19	\$106.75	1401351
6-12 years	Tue.	7:10-8:10 pm
Oct 9-Dec 11	\$106.75	1401323
Jan 8-Mar 19	\$106.75	1401356

6-12 years	Sat.	1-2 pm
Oct 13-Dec 15	\$106.75	1401333
Jan 12-Mar 30	\$106.75	1401366
6-12 years	Sat.	2:05-3:05 pm
Oct 13-Dec 15	\$106.75	1401340
Jan 12-Mar 30	\$106.75	1401372

Pat Clark – 613-748-1771

6-12 years	Sun.	10-10:55 am
Jan 6-Mar 10	\$88	1181197
6-12 years	Tue.	7-7:55 pm
Jan 8-Mar 5	\$88	1181190

Level 2

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

Dempsey – 613-247-4846

6-12 years	Tue.	6:15-8:15 pm
Sep 25-Nov 27	\$213.50	1182029
Jan 8-Mar 12	\$213.50	1246732

Eva James – 613-271-0712

6-12 years	Tue.	6:05-7:05 pm
Oct 9-Dec 11	\$106.75	1401384
Jan 8-Mar 19	\$106.75	1401394
6-12 years	Tue.	7:10-8:10 pm
Oct 9-Dec 11	\$106.75	1401387
Jan 8-Mar 19	\$106.75	1401395
6-12 years	Sat.	1-2 pm
Oct 13-Dec 15	\$106.75	1401390
Jan 12-Mar 30	\$106.75	1401399
6-12 years	Sat.	2:05-3:05 pm
Oct 13-Dec 15	\$106.75	1401391
Jan 12-Mar 30	\$106.75	1401403

Level 3

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

Dempsey – 613-247-4846

6-12 years	Sun.	9 am-noon
Sep 23-Dec 2	\$320	1182198
Jan 6-Mar 17	\$320	1246749

Eva James – 613-271-0712

6-12 years	Tue.	6:05-7:05 pm
Oct 9-Dec 11	\$106.75	1401408
Jan 8-Mar 19	\$106.75	1401426
6-12 years	Tue.	7:10-8:10 pm
Oct 9-Dec 11	\$106.75	1401410
Jan 8-Mar 19	\$106.75	1401429
6-12 years	Sat.	2:05-3:05 pm
Oct 13-Dec 15	\$106.75	1401414
Jan 12-Mar 30	\$106.75	1401434

Gymnastics – Acro

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

Eva James – 613-271-0712

8-12 years	Sat.	2:05-3:05 pm
Oct 13-Dec 15	\$106.75	1401849
Jan 12-Mar 30	\$106.75	1401858

Gymnastics – Ninja Obstacle

Obsessed with Ninja Warrior? Climbing your walls? Hanging from your door jams? Participate in obstacles just like a Ninja.

Eva James – 613-271-0712

8-14 years	Sat.	3:20-4:20 pm
Oct 13-Dec 15	\$95.50	1401876
Jan 12-Mar 30	\$95.50	1401891

Jockvale School – 613-580-2788

101 Malvern

8-11 years	Sat.	11:10 am-12:10 pm
Sep 22-Dec 15	\$114.50	1402221
Jan 19-Mar 9	\$67	1402229

McNabb – 613-564-1070

4-7 years	Sat.	12:45-1:45 pm
Sep 29-Dec 22	\$105	1409522
Jan 12-Mar 9	\$86	1409569
5-9 years	Wed.	6:30-7:30 pm
Sep 26-Dec 19	\$114.50	1409521
Jan 9-Mar 6	\$86	1409571
5-9 years	Sat.	2-3 pm
Sep 29-Dec 22	\$105	1409523
Jan 12-Mar 9	\$86	1409570

Gymnastics – Tumble

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

Goulbourn – 613-580-2532

3-4 years	Sat.	11-11:45 am
Sep 22-Dec 15	\$86	1408422
Jan 19-Mar 9	\$50.25	1408453

Greenboro – 613-580-2805

5-8 years	Sat.	1-2 pm
Oct 13-Dec 8	\$76.50	1399821
Jan 19-Mar 9	\$67	1399823
5-8 years	Sat.	2-3 pm
Oct 13-Dec 8	\$76.50	1399822
Jan 19-Mar 9	\$67	1399824

Rhythmic Gymnastics

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

Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sun.	2-3 pm
Sep 30-Dec 9	\$95.50	1184418
Jan 20-Mar 10	\$76.50	1400959

Rideauview – 613-822-7887

4-6 years	Sat.	12:30-1:30 pm
Sep 29-Dec 1	\$95.50	1398583
Jan 19-Mar 23	\$95.50	1407314
7-11 years	Sat.	1:30-2:30 pm
Sep 29-Dec 1	\$95.50	1398584
Jan 19-Mar 23	\$95.50	1407316

Hockey

Ball Hockey

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

École Sainte-Kateri –

613-580-2400 ext. 41227, 2450 River Mist

11-14 years	Wed.	7-7:50 pm
Oct 3-Dec 5	\$63.75	1401392
Jan 9-Feb 27	\$51	1401420
11-14 years	Sat.	10-10:50 am
Oct 13-Dec 1	\$51	1401397
Jan 12-Mar 9	\$51	1401427
8-10 years	Wed.	6-6:50 pm
Oct 3-Dec 5	\$63.75	1401388
Jan 9-Feb 27	\$51	1401418
8-10 years	Sat.	9-9:50 am
Oct 13-Dec 1	\$51	1401396
Jan 12-Mar 9	\$51	1401421

Glen Cairn – 613-580-2570

6-10 years	Sat.	11 am-noon
Sep 29-Dec 8	\$76.50	1185876
Jan 19-Mar 30	\$68.75	1402230

Goulbourn – 613-580-2532

5-7 years	Sat.	11 am-noon
Sep 22-Dec 15	\$91.75	1402496
Jan 19-Mar 9	\$53.50	1408722
8-12 years	Sat.	11 am-noon
Sep 22-Dec 15	\$91.75	1408715
Jan 19-Mar 9	\$53.50	1408725

Nepean Sportsplex – 613-580-2828

6-8 years	Sun.	3-4 pm
Sep 16-Dec 9	\$84	1410822
Jan 13-Mar 3	\$53.50	1402505
9-12 years	Sun.	2-3 pm
Sep 16-Dec 9	\$84	1402482
Jan 13-Mar 3	\$53.50	1402504

Pat Clark – 613-748-1771

5-7 years	Sat.	11:30 am-12:30 pm
Jan 5-Mar 9	\$68.75	1181150
8-12 years	Sat.	12:30-1:30 pm
Jan 5-Mar 9	\$68.75	1181152

Rideauview – 613-822-7887

6-9 years	Sun.	4:15-5 pm
Sep 30-Dec 2	\$57.25	1398505
Jan 20-Mar 24	\$57.25	1404958

Walter Baker – 613-580-2788

5-7 years	Sun.	1-2 pm
Sep 16-Dec 16	\$91.75	1404292
Jan 13-Mar 3	\$61.25	1321147
7-9 years	Sun.	2:05-3:05 pm
Sep 16-Dec 16	\$91.75	1404300
Jan 13-Mar 3	\$61.25	1321150
9-13 years	Sun.	3:10-4:10 pm
Sep 16-Dec 16	\$91.75	1404303
Jan 13-Mar 3	\$61.25	1321154

Ball Hockey – Game Play

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

Bridlewood – 613-271-0712

8-12 years	Thu.	6:30-7:30 pm
Sep 27-Dec 20	\$53.25	1402146
Jan 10-Mar 7	\$37	1402067

Greenboro – 613-580-2805

5-6 years	Sat.	3-4 pm
Sep 29-Dec 15	\$41	1399828
Jan 19-Mar 9	\$28.75	1399825
7-9 years	Sat.	4-5 pm
Sep 29-Dec 15	\$41	1399829
Jan 19-Mar 9	\$28.75	1399826
10-13 years	Sat.	5-6 pm
Sep 29-Dec 15	\$41	1399830
Jan 19-Mar 9	\$28.75	1399827

Ray Friel – 613-580-4765

5-7 years	Mon.	6-7 pm
Sep 10-Dec 17	\$57.25	1184565
Jan 7-Mar 25	\$41	1186769
5-7 years	Sun.	1:45-2:45 pm
Sep 16-Dec 16	\$53.25	1184576
Jan 13-Mar 31	\$45	1187033
8-12 years	Mon.	7-8 pm
Sep 10-Dec 17	\$57.25	1184572
Jan 7-Mar 25	\$41	1186784

4 on 4 Hockey

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

Metcalfe – 613-580-2424 ext. 30235

8-12 years	Tue.	3-4 pm
Oct 23-Dec 11	\$55	1179267
Jan 15-Mar 5	\$55	1179268

Minto-Barrhaven – 613-727-2683

12-14 years	Fri.	6-6:50 pm
Oct 12-Dec 21	\$63	1401223
Jan 11-Mar 8	\$51.50	1401354
6-8 years	Fri.	4-4:50 pm
Oct 12-Dec 21	\$63	1401215
Jan 11-Mar 8	\$51.50	1401346
9-11 years	Fri.	5-5:50 pm
Oct 12-Dec 21	\$63	1401218
Jan 11-Mar 8	\$51.50	1401348

Ray Friel – 613-580-4765

6-8 years	Mon.	4:30-5:20 pm
Sep 24-Nov 5	\$34.50	1399998
Nov 12-Dec 17	\$34.50	1400010
Jan 7-Mar 25	\$57.25	1402586
9-12 years	Wed.	4:30-5:20 pm
Sep 26-Nov 7	\$34.50	1400014
Nov 14-Dec 19	\$34.50	1400017
Jan 9-Mar 27	\$63	1402587

4 on 4 – Goalie

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

Metcalfe – 613-580-2424 ext. 30235

8-12 years	Tue.	3-4 pm
Oct 23-Dec 11	\$55	1179269
Jan 15-Mar 5	\$55	1179270

Minto-Barrhaven – 613-727-2683

6-8 years	Fri.	4-4:50 pm
Oct 12-Dec 21	\$63	1401231
Jan 11-Mar 8	\$51.50	1401364
9-11 years	Fri.	5-5:50 pm
Oct 12-Dec 21	\$63	1401233
Jan 11-Mar 8	\$51.50	1401368
12-14 years	Fri.	6-6:50 pm
Oct 12-Dec 21	\$63	1401234
Jan 11-Mar 8	\$51.50	1401371

Ray Friel – 613-580-4765

6-8 years	Mon.	4:30-5:20 pm
Sep 24-Nov 5	\$34.50	1400031
Nov 12-Dec 17	\$34.50	1400035
Jan 7-Mar 25	\$57.25	1402606
9-12 years	Wed.	4:30-5:20 pm
Sep 26-Nov 7	\$34.50	1400043
Nov 14-Dec 19	\$34.50	1400038
Jan 9-Mar 27	\$63	1402609



Hockey

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

Bernard Grandmaitre Arena – 613-247-4815

6-12 years	Sat.	9-9:50 am
Oct 13-Dec 8	\$119	1296860
Jan 12-Mar 9	\$119	1320056

Jack Charron Arena – 613-247-4815

5-7 years	Tue.	5-5:50 pm
Oct 9-Dec 4	\$119	1266882
Jan 8-Mar 5	\$119	1320020
8-12 years	Tue.	6-6:50 pm
Oct 9-Dec 4	\$119	1274247
Jan 8-Mar 5	\$119	1320035

Jim Durrell – 613-247-4811

5-7 years	Fri.	4:30-5:20 pm
Oct 12-Dec 7	\$119	1269440
Jan 11-Mar 8	\$119	1320060
8-12 years	Fri.	5:30-6:20 pm
Oct 12-Dec 7	\$119	1271494
Jan 11-Mar 8	\$119	1320058

McNabb – 613-247-4815

8-12 years	Thu.	6-6:50 pm
Oct 11-Dec 6	\$119	1276244
Jan 10-Mar 7	\$119	1320045

Minto-Barrhaven – 613-727-2683

5-7 years	Tue.	5-5:50 pm
Oct 9-Dec 18	\$145.50	1400832
Jan 8-Mar 5	\$119	1401256
8-12 years	Thu.	5-5:50 pm
Oct 11-Dec 20	\$145.50	1401162
Jan 10-Mar 7	\$119	1401320

Pinecrest – 613-247-4815

5-7 years	Tue.	6-6:50 pm
Oct 9-Dec 4	\$119	1264493
Jan 8-Mar 5	\$119	1320017

Ray Friel – 613-580-4765

6-12 years	Fri.	4:30-5:20 pm
Sep 14-Nov 2	\$105.75	1400764
Nov 9-Dec 21	\$92.50	1400765
Jan 11-Mar 29	\$145.50	1403663

Hockey – Development

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

Goulbourn – 613-580-2532

4-6 years	Tue.	4:15-5:05 pm
Sep 25-Dec 11	\$222	1404935
Jan 8-Mar 5	\$166.50	1407055
7-12 years	Tue.	4:15-5:05 pm
Sep 25-Dec 11	\$222	1404934
Jan 8-Mar 5	\$166.50	1407054

Metcalfe – 613-580-2424 ext. 30235

8-12 years	Tue.	4-5 pm
Oct 16-Dec 4	\$177.75	1179260
Jan 15-Mar 5	\$177.75	1179261

Hockey – Girls

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

Bernard Grandmaitre Arena – 613-247-4815

6-12 years	Sat.	10-10:50 am
Oct 13-Dec 8	\$119	1319808
Jan 12-Mar 9	\$119	1320081

Minto-Barrhaven – 613-727-2683

6-12 years	Thu.	6-6:50 pm
Oct 11-Dec 20	\$145.50	1401177
Jan 10-Mar 7	\$119	1401329

Mini-Stick Hockey

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

Pat Clark – 613-748-1771

4-6 years	Fri.	6-7 pm
Jan 11-Mar 8	\$37	1181070
6-9 years	Fri.	7-8 pm
Jan 11-Mar 8	\$37	1181347

Powerskating

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

Jim Durrell – 613-247-4811

6-12 years	Tue.	7-8:20 pm
Sep 4-Oct 9	\$149	1308803

McNabb – 613-247-4815

6-12 years	Thu.	7-7:50 pm
Oct 11-Dec 6	\$149	1311677
Jan 10-Mar 7	\$149	1320066

Minto-Barrhaven – 613-727-2683

6-12 years	Tue.	6-6:50 pm
Oct 9-Dec 18	\$176.25	1400839
Jan 8-Mar 5	\$144.25	1401260

Level 2

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

McNabb – 613-247-4815

8-12 years	Thu.	8-8:50 pm
Oct 11-Dec 6	\$149	1317791
Jan 10-Mar 7	\$149	1320074

Minto-Barrhaven – 613-727-2683

6-12 years	Wed.	8-8:50 pm
Oct 10-Dec 19	\$176.25	1400897
Jan 9-Mar 6	\$144.25	1401300

Powerskating and Stick Handling

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

Bob MacQuarrie-Orléans – 613-580-9600

8-13 years	Wed.	8-8:50 pm
Oct 3-Dec 5	\$182	1408092
Jan 16-Mar 27	\$182	1408515

Soccer

Soccer

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

Avalon School – 613-824-0633

2028 Portobello

5-6 years	Sat.	noon-1 pm
Sep 15-Dec 8	\$91.75	1184263
Jan 12-Mar 30	\$76.50	1184137
5-6 years	Sat.	1-2 pm
Sep 15-Dec 8	\$91.75	1184266
Jan 12-Mar 30	\$76.50	1184142
6-8 years	Mon.	6-7 pm
Sep 17-Dec 10	\$91.75	1184283
Jan 14-Mar 25	\$68.75	1184173
7-10 years	Mon.	7-8 pm
Sep 17-Dec 10	\$91.75	1184284
Jan 14-Mar 25	\$68.75	1184244
9-12 years	Mon.	8-9 pm
Sep 17-Dec 10	\$91.75	1184286
Jan 14-Mar 25	\$68.75	1184248

Carleton Heights School – 613-224-7922

1660 Prince of Wales

5-8 years	Wed.	6:15-7:15 pm
Sep 12-Dec 5	\$99.25	1181758
Jan 9-Mar 6	\$68.75	1181761

Eva James – 613-271-0712

8-12 years	Fri.	5:15-6:15 pm
Sep 28-Dec 21	\$99.25	1402296
Jan 11-Mar 8	\$68.75	1402226

Fisher Park – 613-798-8945

5-8 years	Sat.	9:15-10:15 am
Sep 22-Dec 15	\$76.50	1180076
Jan 12-Mar 30	\$76.50	1246555

Glen Cairn – 613-580-2570

5-7 years	Wed.	6:20-7:05 pm
Sep 26-Dec 12	\$63	1183377
Jan 16-Mar 6	\$40.25	1188672

Greenboro – 613-580-2805

5-6 years	Tue.	5-6 pm
Sep 25-Nov 20	\$68.75	1403077
Jan 15-Mar 5	\$61.25	1403087
7-9 years	Tue.	6-7 pm
Sep 25-Nov 20	\$68.75	1403081
Jan 15-Mar 5	\$61.25	1403090
10-13 years	Tue.	7-8 pm
Sep 25-Nov 20	\$68.75	1403082
Jan 15-Mar 5	\$61.25	1403093

Heron – 613-247-4808

6-9 years	Tue.	5:30-6:30 pm
Sep 25-Nov 27	\$76.50	1187862
Jan 15-Mar 19	\$76.50	1401237

Hunt Club-Riverside Park – 613-260-1299

10-12 years	Mon.	7-8 pm
Sep 10-Dec 17	\$99.25	1406433
Jan 7-Apr 29	\$107	1406470
6-9 years	Sat.	11:30 am-12:30 pm
Sep 15-Dec 22	\$107	1406430
Jan 12-Apr 27	\$107	1406452

Kanata Recreation – 613-580-2570

5-7 years	Sun.	2-3 pm
Sep 30-Dec 9	\$76.50	1186951
Jan 20-Mar 24	\$53.50	1403681
5-7 years	Sun.	3-4 pm
Sep 30-Dec 9	\$76.50	1186952
Jan 20-Mar 24	\$53.50	1403698

McNabb – 613-564-1070

5-7 years	Sun.	noon-1 pm
Sep 30-Dec 16	\$91.75	1409508
Jan 13-Mar 10	\$68.75	1409559
8-12 years	Sun.	1-2 pm
Sep 30-Dec 16	\$91.75	1409509
Jan 13-Mar 10	\$68.75	1409560

Minto-Barrhaven – 613-727-2683

6-8 years	Fri.	6-7 pm
Sep 21-Dec 14	\$91.75	1400047
Jan 11-Mar 8	\$68.75	1401782
9-12 years	Fri.	7-8 pm
Sep 21-Dec 14	\$91.75	1400049
Jan 11-Mar 8	\$68.75	1401786

Nepean Sportsplex – 613-580-2828

10-12 years	Sat.	10-11 am
Sep 15-Dec 8	\$84	1404130
Jan 12-Mar 2	\$53.50	1405913
6-8 years	Mon.	5-5:50 pm
Sep 17-Dec 3	\$70	1404136
Jan 7-Mar 4	\$51	1405921
6-8 years	Sat.	9-9:50 am
Sep 15-Dec 8	\$70	1404114
Jan 12-Mar 2	\$44.75	1405910
7-9 years	Sat.	10-11 am
Sep 15-Dec 8	\$84	1404122
Jan 12-Mar 2	\$53.50	1405911
9-12 years	Mon.	5-5:45 pm
Sep 17-Dec 3	\$63	1404141
Jan 7-Mar 4	\$46	1405925

Pat Clark – 613-748-1771

6-8 years	Sat.	2:30-3:30 pm
Jan 5-Mar 9	\$68.75	1181358

Ray Friel – 613-580-4765

4-6 years	Sat.	10-10:45 am
Sep 15-Dec 15	\$74.50	1184649
Jan 12-Mar 30	\$63	1186927

South Fallingbrook – 613-824-0633

5-6 years	Sun.	11 am-noon
Sep 16-Dec 9	\$84	1184268
Jan 13-Mar 31	\$76.50	1184157
6-12 years	Sat.	2:30-3:30 pm
Sep 15-Dec 8	\$91.75	1184267
Jan 12-Mar 30	\$76.50	1184150
7-8 years	Sun.	noon-1 pm
Sep 16-Dec 9	\$84	1184278
Jan 13-Mar 31	\$76.50	1184160

St. Theresa School – 613-837-4114

2000 Portobello

7-10 years	Tue.	7-8 pm
Sep 18-Dec 4	\$91.75	1184291
Jan 15-Mar 26	\$76.50	1184165

St-Laurent – 613-742-6767

6-8 years	Sat.	10-11 am
Sep 15-Dec 22	\$107	1398615
6-8 years	Sat.	11 am-noon
Sep 15-Dec 22	\$107	1398616
9-12 years	Sat.	10-11 am
Jan 12-Mar 30	\$76.50	1398666
9-12 years	Sat.	11 am-noon
Jan 12-Mar 30	\$76.50	1398668

Walter Baker – 613-580-2788

6-9 years	Sun.	11:30 am-12:15 pm
Sep 16-Dec 16	\$68.75	1404323
Jan 13-Mar 3	\$46	1321143

Soccer – Game Play

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

Minto-Barrhaven – 613-727-2683

12-14 years	Fri.	5-6 pm
Sep 14-Nov 2	\$32.75	1401523

Soccer – Girls

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

Hillcrest School – 613-580-2854

1900 Dauphin

12-14 years	Thu.	7-8 pm
Oct 11-Dec 13	\$76.50	1409066
Feb 7-Mar 21	\$46	1409076

Hunt Club-Riverside Park – 613-260-1299

6-9 years	Mon.	6-7 pm
Sep 17-Dec 10	\$99.25	1406494
Jan 7-Apr 29	\$107	1406502

Soccer League

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

Alexander – 613-798-8978

8-12 years	Fri.	4-6 pm
Sep 28-Jan 11	\$17	1184806

