



Classes and Activities for Families

Recreation eGuide

Fall 2018 and Winter 2019

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Arts

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

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

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

Abba's Greatest Hits & Pop Performance

Experience performance through Abba and pop. Professional musician and teacher Peter Grant Mackechnie teaches singing ability, musicality and vocal projection, and performance skills through popular music.

Nepean Creative Arts – 613-596-5783

Sep 29	Sat.	1-4 pm
8-14 years	\$30.25	1408203
15-18 years	\$34.25	1408213
19+ years	\$34.25	1408188

Bollywood Dance

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 – 613-596-5783

Oct 20	Sat.	1-4 pm
6-14 years	\$30.25	1401699
15-18 years	\$34.25	1401726
19+ years	\$34.25	1401745
Feb 9	Sat.	1-4 pm
6-14 years	\$30.25	1405542
15-18 years	\$34.25	1405545
19+ years	\$34.25	1405557

Maker Studio – Crafty Builds

This Maker Family workshop brings Art and Science together in fun and exciting ways. Imagine, design, craft and build creative projects using a wide variety of materials.

Lansdowne Park – 613-580-2424 ext. 17323

Oct 1	Mon.	5:30-7 pm
3-5 years	\$21.25	1407786
6-14 years	\$21.25	1407780
15-18 years	\$24	1407794
19+ years	\$24	1407775
Feb 25	Mon.	6-7:30 pm
3-5 years	\$21.25	1408547
6-14 years	\$21.25	1408540
19+ years	\$24	1408531
Nov 17	Sat.	10-11:30 am
3-5 years	\$21.25	1408062
6-14 years	\$21.25	1408060
15-18 years	\$24	1408064
19+ years	\$24	1408057

Maker Studio – Electrical Gizmos

This Maker Family workshop involves playing with simple circuits to create imaginative and exciting gizmos like mini-bots, and stuffed critters that light up when squeezed.

Lansdowne Park – 613-580-2424 ext. 17323

Nov 19	Mon.	6-7:30 pm
3-5 years	\$21.25	1407809
6-14 years	\$21.25	1407802
15-18 years	\$24	1407816
19+ years	\$24	1407799
Nov 24	Sat.	10-11:30 am
3-5 years	\$21.25	1408071
6-14 years	\$21.25	1408069
15-18 years	\$24	1408073
19+ years	\$24	1408066

Maker Studio – Light & Sound

This Maker Family workshop explores the world of light and sound through exciting and inventive projects.

Lansdowne Park – 613-580-2424 ext. 17323

Oct 2	Tue.	10-11 am
3-5 years	\$14.25	1407862
6-14 years	\$14.25	1407860
15-18 years	\$16	1407867
19+ years	\$16	1407854

Maker Studio – Things That Go!

This Maker Family workshop will have you designing and building a variety of projects from flying machines to crazy cars.

Lansdowne Park – 613-580-2424 ext. 17323

Jan 28	Mon.	6-7:30 pm
3-5 years	\$21.25	1408526
6-14 years	\$21.25	1408521
19+ years	\$24	1408512
Oct 2	Tue.	11 am-noon
3-5 years	\$14.25	1407979
6-14 years	\$14.25	1407974
15-18 years	\$16	1407986
19+ years	\$16	1407967
Nov 28	Wed.	6-7:30 pm
3-5 years	\$21.25	1408026
6-14 years	\$21.25	1408022
15-18 years	\$24	1408030
19+ years	\$24	1408018

Pottery Wheel – Parent and Me

Learn wheel throwing techniques to create projects together in a freely creative environment. Discover how to throw on a potter's wheel, trim, decorate and glaze. Recommended one adult per child. Separate registration for each adult and child(ren).

Nepean Visual Arts – 613-580-2828

Sep 23-Dec 2	Sun.	1:30-3:30 pm
11-14 years	\$201.75	1183498
19+ years	\$227.7	1183240
Jan 20-Mar 31	Sun.	1:30-3:30 pm
11-14 years	\$201.75	1187053
19+ years	\$227.75	1187981

Pottery – Handbuilding – Parent and Me

Get messy with your little ones! Create a unique pottery piece together using simple handbuilding forms and techniques. Discover coils, slabs and pinching techniques. Recommended one adult per child. Separate registration for each adult and child(ren).

Nepean Visual Arts – 613-580-2828

Sep 30-Nov 4	Sun.	10 am-noon
6-10 years	\$101	1183341
19+ years	\$114	1182450

Nov 11-Dec 9	Sun.	10 am-noon
6-10 years	\$101	1183344
19+ years	\$114	1182452
Jan 20-Feb 17	Sun.	10 am-noon
6-10 years	\$101	1187940
19+ years	\$114	1186819
Feb 24-Mar 31	Sun.	10 am-noon
6-10 years	\$101	1187943
19+ years	\$114	1186824
Sep 30-Nov 4	Sun.	1-3 pm
6-10 years	\$101	1183342
19+ years	\$114	1182451
Nov 11-Dec 9	Sun.	1-3 pm
6-10 years	\$101	1183494
19+ years	\$114	1182453
Jan 20-Feb 17	Sun.	1-3 pm
6-10 years	\$101	1187948
19+ years	\$114	1186897
Feb 24-Mar 31	Sun.	1-3 pm
6-10 years	\$101	1187956
19+ years	\$114	1186902

Trim Your Tree

Get into the holiday season by creating a variety of unique handmade ornaments together to decorate your home. Max 4 people per family, must include one adult. Course fee is per family and includes all supplies

Nepean Visual Arts – 613-580-2828

Dec 1	Sat.	1-3 pm	\$85.50	1183258
Dec 8	Sat.	1-3 pm	\$85.50	1183260

Fitness

Yoga

Combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

Plant – 613-232-3000

Sep 22-Dec 15	Sat.	11 am-noon
6-14 years	\$100	1404601
15-18 years	\$113	1404628
19+ years	\$120	1404633
Jan 12-Apr 13	Sat.	11 am-noon
6-14 years	\$116.75	1408746
15-18 years	\$131.75	1408749
19+ years	\$140	1408754

Richcraft-Kanata – 613-580-9696

Sep 30-Dec 16	Sun.	10:30-11:30 am
6-14 years	\$91.75	1408354
15-18 years	\$103.50	1408332
19+ years	\$110	1408310
Jan 13-Mar 3	Sun.	10:30-11:30 am
6-14 years	\$58.50	1408366
15-18 years	\$66	1408375
19+ years	\$70	1408389

Zumba®

Inspired by Latin and International dance, this is a great cardio fitness class with focus on fun and sweating. You'll be blasting calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop without even thinking about it!

Richcraft-Kanata – 613-580-9696

Sep 30-Dec 16	Sun.	2-3 pm
6-14 years	\$74.50	1408286
15-18 years	\$84.25	1408260
19+ years	\$90.75	1408245
Jan 13-Mar 3	Sun.	2-3 pm
13-14 years	\$47.50	1408294
15-18 years	\$53.50	1408276
19+ years	\$57.75	1408251

Sports

Badminton – Game Play

Emphasis is on active participation and fun. Non-instructional game play for the whole family. Individual registrations required.

Bridlewood – 613-271-0712

Sep 21-Dec 21	Fri.	7-8 pm
6-14 years	\$57.25	1188889
15-18 years	\$64.75	1410194
19+ years	\$64.75	1188829
Jan 11-Mar 8	Fri.	7-8 pm
6-14 years	\$37	1188901
15-18 years	\$41.75	1410198
19+ years	\$41.75	1188848
Sep 21-Dec 21	Fri.	8-9 pm
6-14 years	\$57.25	1188891
15-18 years	\$64.75	1410195
19+ years	\$64.75	1188831
Jan 11-Mar 8	Fri.	8-9 pm
6-14 years	\$37	1188903
15-18 years	\$41.75	1410199
19+ years	\$41.75	1188859

Eva James – 613-271-0712

Sep 16-Dec 16	Sun.	4-5 pm
6-14 years	\$53.25	1188880
15-18 years	\$60.25	1410192
19+ years	\$60.25	1188825
Jan 13-Mar 10	Sun.	4-5 pm
6-14 years	\$32.75	1188895
15-18 years	\$37	1410196
19+ years	\$37	1188840
Sep 16-Dec 16	Sun.	5-6 pm
6-14 years	\$53.25	1188883
15-18 years	\$60.25	1410193
19+ years	\$60.25	1188827
Jan 13-Mar 10	Sun.	5-6 pm
6-14 years	\$32.75	1188897
15-18 years	\$37	1410197
19+ years	\$37	1188844

Green Cairn – 613-580-2570

Sep 29-Dec 8	Sat.	1-2 pm
8-14 years	\$41	1185938
15-17 years	\$46.25	1185946
19+ years	\$46.25	1185934
Jan 19-Mar 30	Sat.	1-2 pm
6-14 years	\$37	1402289
15-17 years	\$41.75	1402305
18+ years	\$41.75	1402264

Greenboro – 613-580-2805

Oct 14-Dec 16	Sun.	3-4 pm
6-14 years	\$41	1400971
19+ years	\$46.25	1400969
6-14 years	\$28.75	1400972
19+ years	\$32.50	1400970

Overbrook – 613-742-5147

Sep 10-Oct 29	Mon.	6:30-7:30 pm
6-14 years	\$28.75	1404526
15-17 years	\$32.50	1408481
19+ years	\$32.50	1404320
Nov 5-Dec 17	Mon.	6:30-7:30 pm
6-14 years	\$28.75	1404532
15-17 years	\$32.50	1408732
19+ years	\$32.50	1404378
Jan 7-Mar 4	Mon.	6:30-7:30 pm
6-14 years	\$32.75	1404571
15-17 years	\$37	1408624

Floor Curling

Introduction to the sport of curling – without ice. Learn the basics and develop skills through game play.

Lansdowne Park – 613-580-2424 ext. 17323

Oct 1-22	Mon.	11:30 am-12:30 pm
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6-14 years	\$22	1407830
15-18 years	\$24.75	1407832
18+ years	\$24.75	1407822
Nov 5-Dec 3	Mon.	11:30 am-12:30 pm
6-14 years	\$27.50	1407836
15-18 years	\$31	1407837
18+ years	\$31	1407835
Jan 21-Mar 4	Mon.	11:30 am-12:30 pm
6-14 years	\$32.75	1408440
15-18 years	\$37	1408454
18+ years	\$37	1408386

Martial Arts 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

Sep 5-Dec 12	Wed.	7-8 pm
6-13 years	\$137.25	1179558
15-18 years	\$154.50	1179563
19+ years	\$154.50	1179639

Pat Clark – 613-748-1771

Jan 9-Mar 6	Wed.	7-8 pm
6-13 years	\$80	1181251
15-18 years	\$90.50	1181258
19+ years	\$90.50	1321452

South Fallingbrook – 613-824-0633

Sep 17-Dec 10	Mon., Wed.	5:30-6:30 pm
6-14 years	\$195.25	1184785
15-18 years	\$201.25	1184803
19+ years	\$201.25	1184818
Sep 17-Dec 10	Mon., Wed.	6:45-7:45 pm
6-14 years	\$195.25	1184788
15-18 years	\$201.25	1184804
19+ years	\$201.25	1184819
Sep 17-Dec 12	Mon., Wed.	8-9 pm
6-14 years	\$203.75	1184792
15-18 years	\$210	1184809
19+ years	\$210	1184821
Jan 7-Mar 25	Mon., Wed.	5:30-6:30 pm
6-14 years	\$169.75	1184794
15-18 years	\$175	1184811
Jan 7-Mar 25	Mon., Wed.	6:45-7:45 pm
19+ years	\$175	1184822
6-14 years	\$169.75	1184797
15-18 years	\$175	1184813
19+ years	\$175	1184823
Jan 7-Mar 27	Mon., Wed.	8-9 pm
6-14 years	\$178.25	1184799
15-18 years	\$183.75	1184815

19+ years	\$183.75	1184825
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General Interest

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Pumpkin Racer

Get hands-on guidance while learning how to build a pumpkin racer before competing in the Pumpkin Derby! All you need to bring is your pumpkin, all other materials are provided. Adult attendance required for children under 15.

Lansdowne Park – 613-580-2424 ext. 17323

6+ years	Sat.	10 am-noon
Oct 27	\$49.75	1408055
6+ years	Sat.	1-3 pm
Oct 27	\$49.75	1408047