



Classes and Activities for Youth

Recreation eGuide Fall 2018 and Winter 2019

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Arts Centres

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

- High quality instruction in studios equipped for arts
- Dance on sprung floors, with barres and floor-to-ceiling mirrors
- Perform your own monologues in a black box theatre
- Paint, draw, sculpt in specialized art studios
- Be in your own movie under the direction of successful movie producers

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

15-16 years	Wed.	7-9 pm
Oct 17-Nov 21	\$191.50	1400067
Feb 6-Mar 27	\$223.25	1400418

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

15-18 years	Mon.	7-8:30 pm
Sep 24-Nov 26	\$120.25	1179294
Jan 14-Mar 18	\$120.25	1398707



Performing Arts

Dance

Contemporary – Level 1

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

Nepean Creative Arts

15-16 years	Sat.	12:30-1:45 pm
Sep 22-Nov 24	\$128.25	1399993
Feb 9-Mar 30	\$99.75	1405484

Drama

Zombie 101

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

Nepean Creative Arts

15-18 years	Sat.	1-4 pm
Oct 27	\$48	1401788

Music

Guitar

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

Nepean Creative Arts

Level 1

Sep 26-Nov 14	Wed.	5:30-6:30 pm
10-14 years	\$141.25	1346192
15-16 years	\$159.50	1399952
Feb 6-Mar 27	Wed.	5:30-6:30 pm
10-14 years	\$123.50	1401079
15-16 years	\$139.50	1401137

Level 2

Sep 26-Nov 14	Wed.	6:30-7:30 pm
10-14 years	\$141.25	1346200
15-16 years	\$159.50	1399956
Feb 6-Mar 27	Wed.	6:30-7:30 pm
10-14 years	\$123.50	1401090
15-16 years	\$139.50	1401145

Level 3

Sep 26-Nov 14	Wed.	7:30-8:30 pm
10-14 years	\$141.25	1347231
15-16 years	\$159.50	1399963
Feb 6-Mar 27	Wed	7:30-8:30 pm
10-14 years	\$123.50	1401100
15-16 years	\$139.50	1401150

Visual Arts

Art Journaling

Play with new materials and ideas, practice and reflect on your art, and unlock your creativity through art journaling. Explore approaches through a variety of instructor and student directed projects and exercises. Drawing, painting and mixed media techniques will be taught in this course.

Nepean Visual Arts

12-14 years	Sun.	10 am-noon
Sep 23-Dec 2	\$227.75	1405580
Jan 20-Mar 31	\$227.75	1405610

Pottery Wheel – Level 1

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

Nepean Visual Arts

11-14 years	Sat.	10 am-noon
Sep 29-Dec 8	\$281.25	1183508
Jan 19-Mar 30	\$281.25	1187990
11-14 years	Sat.	1-3 pm
Sep 29-Dec 8	\$281.25	1183511
Jan 19-Mar 30	\$281.25	1188000



Arts in Your Neighbourhood

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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

15-18 years	Sun.	2:30-4:30 pm
Sep 23-Dec 16	\$240.25	1406885
Jan 13-Apr 14	\$280.25	1408903

Performing Arts

Dance

Ballet – Level 2

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.

Michele Heights – 613-828-5100

13-17 years	Sat.	12:45-1:30 pm
Sep 8-Dec 8	\$100	1406474
Sep 8-Jun 8	\$245.75	1406478

Hip Hop – Level 2

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.

Foster Farm – 613-828-2004

13-17 years	Tue.	6:45-7:30 pm
Sep 11-Dec 11	\$102	1406703
Sep 11-Jun 11	\$250.75	1406705

Michele Heights – 613-828-5100

13-17 years	Sat.	3-3:45 pm
Sep 8-Dec 8	\$102	1406677
Sep 8-Jun 8	\$250.75	1406691

Jazz – Level 2

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

13-17 years	Tue.	6-6:45 pm
Sep 11-Dec 11	\$100	1406565
Sep 11-Jun 11	\$245.75	1406566

Michele Heights – 613-828-5100

13-17 years	Sat.	4:30-5:15 pm
Sep 8-Dec 8	\$100	1406577
Sep 8-Jun 8	\$245.75	1406579

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

15-18 years	Sat.	10:30-11:30 am
Oct 13-Dec 15	\$86.25	1406164
Jan 12-Mar 16	\$86.25	1407659

K-pop – Level 2

Learn choreography to one K-pop song over the course of the program. Film a music video-style dance cover at the end. Intermediate to advanced skill level required.

Routhier – 613-244-4470

15-18 years	Tue.	6:30-7:30 pm
Oct 9-Dec 11	\$105.25	1406190
Jan 15-Mar 19	\$105.25	1407661

Lyrical Dance – Level 2

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

13-17 years	Sat.	3:45-4:30 pm
Sep 8-Dec 8	\$102	1406744
Sep 8-Jun 8	\$250.75	1406746

Tap Dance – Level 2

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

13-17 years	Sat.	1:30-2:15 pm
Sep 8-Dec 8	\$95.50	1406443
Sep 8-Jun 8	\$235	1406447



Music

Guitar – Level 1

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

Heron – 613-247-4808

15-18 years	Sun.	2-2:30 pm
Sep 23-Nov 18	\$79.75	1321204
Jan 13-Mar 17	\$99.75	1403843

Visual Arts

Drawing and Painting

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

Eva James – 613-271-0712

15-17 years	Wed.	5:45-6:45 pm
Sep 19-Dec 19	\$194.75	1402120
Jan 9-Mar 6	\$134.75	1402041

Manotick Arena – 613-580-2424 ext. 30235

15-18 years	Wed.	6-7 pm
Oct 17-Dec 5	\$127.75	1179204
Jan 16-Mar 6	\$127.75	1179213

Minto – 613-727-2683

15-17 years	Mon.	7-8 pm
Sep 17-Dec 10	\$188.75	1320390
Jan 7-Mar 4	\$126	1401232

Certification

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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.

Heron – 613-247-4808

15-18 years	Sat.	9 am-5 pm
Nov 17	\$77.50	1321118
Feb 2	\$77.50	1402034

Red Cross Standard First Aid/ CPR Level C/AED

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

Manotick Arena – 613-580-2424 ext. 30235

15-18 years	Sat.-Sun.	8:30 am-4:30 pm
Sep 29-30	\$138.50	1401471
Mar 2- 3	\$138.50	1401480

Red Cross Standard First Aid/ CPR Level C/AED – Blended Learning

This course will meet the requirements of First Aid attendant under WSIB legislation. Blended learning is a combination of in-class, face-to-face instruction with online instruction. A self-paced, online session is completed first, followed by an in-class skills session. Successful participants receive Standard First Aid, CPR level 'C' and AED certificate.

Manotick Arena – 613-580-2424 ext. 30235

15-18 years	Sat.	8:30 am-4:30 pm
Feb 23	\$138.50	1405987

Red Cross Standard First Aid/ CPR Level C/AED Recertification

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

Manotick Arena – 613-580-2424 ext. 30235

15-18 years	Sat.	8:30 am-4:30 pm
Nov 10	\$90.50	1406075



Martial Arts

Armizare – Medieval Swordsmanship

The Medieval martial art of 15th century knights and the nobility. Curriculum includes work with spear, long sword, and dagger with leading instructors from the region.

Richelieu-Vanier – 613-560-6030

15-18 years	Wed.	7-8:30 pm
Sep 19-Dec 5	\$176	1405884
Jan 9-Mar 6	\$132	1406008

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.

Heron – 613-247-4808

15-18 years	Sat.	11:15 am-12:15 pm
Sep 22-Nov 17	\$83.25	1187946
Jan 12-Mar 16	\$104	1401265

Queenswood Heights – 613-580-4765

15-17 years	Mon., Wed.	7:30-8:30 pm
Sep 10-Dec 19	\$240.25	1405547
Jan 14-May 15	\$274.50	1405551

Karate – Goju Ryu

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

École de la Découverte – 613-824-0633

15-18 years	Tue., Thu.	6:30-7:30 pm
Sep 18-Dec 6	\$184	1184623
Jan 15-Mar 28	\$153.25	1184629

Level 2

École de la Découverte – 613-824-0633

15-18 years	Tue., Thu.	7:30-8:30 pm
Sep 18-Dec 6	\$184	1184639
Jan 15-Mar 28	\$153.25	1184641

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

15-18 years	Tue.	6-7 pm
Sep 4-Dec 11	\$154.50	1179603

Notre Dame Des Champs – 613-580-9600

15-18 years	Mon., Wed.	6:30-7:30 pm
Sep 17-Dec 19	\$203.25	1184258
Jan 14-Mar 6	\$117.25	1401577

15-18 years	Mon., Wed.	7:30-8:30 pm
Sep 17-Dec 19	\$203.25	1184259
Jan 14-Mar 6	\$117.25	1401611
15-18 years	Tue., Thu.	6:30-7:30 pm
Sep 18-Dec 20	\$219	1184261
Jan 15-Mar 7	\$125.25	1401600

Pat Clark – 613-748-1771

15-18 years	Mon.	6-7 pm
Jan 7-Mar 4	\$102.50	1181283

Richcraft-Kanata – 613-580-9696

15-17 years	Wed.	8:15-9:15 pm
Sep 26-Dec 19	\$136.75	1404774
Jan 9-Mar 6	\$102.50	1406790
15-17 years	Sat.	4:15-5:15 pm
Sep 22-Dec 15	\$136.75	1406808
Jan 5-Mar 9	\$102.50	1406877

Sports

Badminton

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

Hintonburg – 613-798-8874

15-18 years	Sat.	2:30-4:30 pm
Sep 22-Dec 8	\$164	1405775
Jan 19-Mar 9	\$131.25	1405786

Minto-Barrhaven – 613-727-2683

15-17 years	Thu.	8-9 pm
Sep 20-Dec 13	\$103.50	1398026
Jan 10-Mar 7	\$77.75	1401693

Basketball – Above the Rim

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

Eva James – 613-271-0712

15-16 years	Mon.	7:30-9 pm
Sep 24-Nov 26	\$146.75	1404552
Jan 7-Mar 4	\$146.75	1407951

Rideauview – 613-822-7887

15-16 years	Wed.	7:30-9 pm
Sep 26-Dec 5	\$183.50	1398542
Jan 16-Mar 27	\$183.50	1404984

Basketball – Game Play

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

Barrhaven School – 613-580-2424 ext. 41238

80 Larkin		
15-16 years	Fri.	7:30-9 pm
Sep 21-Dec 7	\$55.50	1407912
Jan 11-Feb 22	\$48.50	1407919

Eva James – 613-271-0712

15-16 years	Wed.	6:30-7:30 pm
Sep 19-Dec 19	\$60.25	1402008
Jan 9-Mar 6	\$41.75	1401967

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

3490 Cambrian		
15-18 years	Wed.	7-8 pm
Oct 3-Dec 5	\$46.25	1403230
Jan 9-Feb 27	\$37	1403234
15-18 years	Fri.	7-8 pm
Oct 5-Dec 7	\$46.25	1403231
Jan 11-Mar 1	\$37	1403236

Basketball

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

St-Laurent – 613-742-6767

15-17 years	Thu.	7:45-8:45 pm
Sep 20-Dec 6	\$103.50	1409290
Jan 10-Mar 28	\$95	1409376

Basketball – Girls

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

Hillcrest School – 613-580-2854

1900 Dauphin		
15-17 years	Thu.	8-9 pm
Oct 11-Dec 13	\$86.50	1407828
Feb 7-Mar 21	\$51.75	1409072

Curling – Bantam Club

Participate in a variety of instructional drills, skills, in-club games and bonspiels. Improve your curling skills and make new friends

Nepean Sportsplex – 613-580-2828

15-18 years	Sat.	9-11 am
Nov 3-Feb 9	\$169	1401874

Rock Climbing

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

Richcraft-Kanata – 613-580-9696

15-18 years	Sat.	11:30 am-12:30 pm
Oct 13-Dec 15	\$151.75	1402855
Jan 12-Mar 2	\$106.25	1404369

Soccer – Game Play

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

Minto-Barrhaven – 613-727-2683

15-16 years	Fri.	5-6 pm
Sep 14-Nov 2	\$37	1401527
17-24 years	Fri.	6-7 pm
Sep 14-Nov 2	\$37	1401501

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		
15-17 years	Thu.	7-8 pm
Oct 11-Dec 13	\$86.50	1409067
Feb 7-Mar 21	\$51.75	1409074

Volleyball

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

Eva James – 613-271-0712

15 years	Sun.	11 am-noon
Sep 23-Dec 16	\$103.50	1188804
Jan 13-Mar 10	\$69	1188806

Hillcrest School – 613-580-2854

1900 Dauphin		
15-17 years	Thu.	6-7 pm
Oct 11-Dec 13	\$86.50	1409070
Feb 7-Mar 21	\$51.75	1409082

Minto-Barrhaven – 613-727-2683

15-17 years	Mon.	7-8 pm
Sep 17-Dec 10	\$95	1320371
Jan 7-Mar 4	\$69	1401200

General Interest

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Dinner and a Movie

You will prepare a new 'theme meal' each week to dazzle your taste buds. Then we sit back to be dazzled by the stars. Come and enjoy a night out with friends!

Albion Heatherington – 613-247-4828

10-14 years	Fri.	5-8 pm
Sep 21-Oct 26	\$86	1401537
Nov 2-Dec 7	\$103	1401544
Jan 18-Feb 8	\$68.75	1402852
Feb 15-Mar 8	\$68.75	1402858

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

15-18 years	Thu.	6-9 pm
Sep 20-Nov 8	\$271.25	1403605
Jan 17-Mar 7	\$271.25	1403621

Writing for Enjoyment

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

Greenboro – 613-580-2805

15-18 years	Sat.	10-11:30 am
Oct 13-Dec 1	\$93	1403055
15-18 years	Sat.	10:30 am-noon
Jan 19-Mar 9	\$93	1403066