



Classes and Activities for Adults

Recreation eGuide Spring and Summer 2019

Table of Contents

Arts Centres	2
Arts in Your Neighbourhood	6
Certification.....	12
General Interest.....	12
Cooking.....	13
Languages.....	14
Martial Arts	14
Sports.....	16
Drop In Activities	24

EMPLOYMENT

VOLUNTEERING



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 adults?

- High quality instruction in studios equipped for arts
- Paint, draw, sculpt in specialized studios with models, easels and studio space
- Exhibit your arts work or perform your poetry
- Try out your acting skills in a black box performance space
- Paint, sculpt, write surrounded by artists and art

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



Performing 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.

Dance

Argentine Tango – Level 1

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

Shenkman Arts

Thu.	9-10 pm	
Apr 11-May 30	\$93	1426297

Ballet Barre Fit

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

Nepean Creative Arts

Tue.	5:30-6:15 pm	
Apr 2-May 21	\$63	1437264

Ballroom

Level 1

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

Nepean Creative Arts

Tue.	7-8 pm	
Apr 2-May 21	\$93	1437304

Shenkman Arts

Thu.	7-8 pm	
Apr 11-May 30	\$93	1426298

Level 2

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

Nepean Creative Arts

Tue.	8-9 pm	
Apr 2-May 21	\$93	1437322

Shenkman Arts

Thu.	8-9 pm	
Apr 11-May 30	\$93	1426299

Level 3

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

Shenkman Arts

Thu.	8-9 pm	
Apr 11-May 30	\$93	1426747

Belly Dance

Level 1

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

Nepean Creative Arts

Fri.	7-8 pm	
Apr 12-Jun 7	\$93	1467607

Shenkman Arts

Mon.	7:30-8:30 pm	
Apr 8-Jun 10	\$93	1426300

Level 2

Explore more complicated arrangements. Layer movements and combinations.

Prerequisite: Belly Dance Level 1.

Shenkman Arts

Mon.	8:30-9:30 pm	
Apr 8-Jun 10	\$93	1464269

Bollywood – Level 1

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

Nepean Creative Arts

Sun.	1-3 pm	
Apr 7	\$23.25	1464495

Shenkman Arts

Mon. 6:30-7:30 pm
Apr 8-Jun 10 \$93 [1426301](#)

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

Mon. 5-6 pm
Apr 8-Jun 3 \$81.50 [1437341](#)

Dundun

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

Nepean Creative Arts

Thu. 7-8:30 pm
Apr 4-May 9 \$152 [1437583](#)
Thu. 7-8:30 pm
May 23-Jun 13 \$101.50 [1471942](#)

Hawaiian Dance

Dance Hawaiian style to Don Ho, Andy Williams, and Elvis Presley. Hawaiian arm movements help arthritic fingers. Sway in your style, standing or seated.

Nepean Creative Arts

Fri. 7-8 pm
Apr 12-May 31 \$81.50 [1437656](#)

Hip Hop – Level 1

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

Nepean Creative Arts

Tue. 8-9 pm
Apr 2-Jun 11 \$104.75 [1462612](#)

Jazz – Level 1

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

Nepean Creative Arts

Thu. 8-9 pm
Apr 10-Jun 5 \$81.50 [1437632](#)

Shenkman Arts

Wed. 6:30-8 pm
Apr 10-May 29 \$139.50 [1426302](#)

Line Dancing

Learn a variety of line dances. No experience necessary. Dance for fun and get exercise as a bonus!

Level 1

Nepean Creative Arts

18+ years Thu. 10:30-11:30 am
Apr 11-May 30 \$93 [1475545](#)

Tap Dance – Level 1

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

Shenkman Arts

Wed. 8-9 pm
Apr 10-Jun 5 \$93 [1426303](#)

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

Mon. 6:30-7:30 pm
Apr 8-Jun 3 \$142.50 [1437711](#)

Shenkman Arts

Sat. 1-2 pm
Apr 13-Jun 15 \$162.75 [1426305](#)

Level 2

Nepean Creative Arts

Mon. 7:30-8:30 pm
Apr 8-Jun 3 \$142.50 [1463766](#)

Shenkman Arts

Sat. 1-2 pm
Apr 13-Jun 15 \$162.75 [1472893](#)

Level 3

Nepean Creative Arts

Mon. 8:30-9:30 pm
Apr 8-Jun 3 \$142.50 [1463779](#)

Ukulele

Nepean Creative Arts

Wed. 8:30-9:30 pm
Apr 10-May 29 \$162.75 [1464351](#)

Visual Arts

Schedules and fees may be subject to change.

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

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

Drawing

Contemporary

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

Nepean Creative Arts

Thu. 1-3:30 pm
Apr 11-Jun 13 \$284.50 [1433653](#)

Drawing – Level 1

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

Nepean Visual Arts

Mon. 7-9:30 pm
Apr 8-Jun 10 \$227.75 [1436341](#)

Garden Journal

Sketching and field studies outdoors add to the enjoyment of spring! Drawing classes will be held at the NVAC and at the Experimental Farm. Suitable for all levels.

Nepean Visual Arts

Tue. 9:30 am-12:30 pm
May 7-Jun 25 \$273.25 [1431813](#)

Soft Pastels

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

Nepean Creative Arts

Tue. 1-3:30 pm
Apr 30-Jun 25 \$256.25 [1436393](#)

Mixed Media

Large Scale Mixed Media – Painting

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

Nepean Creative Arts

Wed. 1-4 pm
Apr 10-Jun 12 \$341.50 [1433589](#)

Abstract Mixed Media – Guided Studio

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

Nepean Visual Arts

Tue. 1-3:30 pm
Apr 9-Jun 11 \$284.50 [1431833](#)



Painting

Acrylic Landscape

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

Nepean Visual Arts

Mon.	7-9:30 pm	
Apr 8-Jun 10	\$227.75	1433627
Fri.	1-3:30 pm	
Apr 5-Jun 14	\$284.75	1436402

Big Scale Abstract

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

Nepean Visual Arts

Wed.	7-9:30 pm	
Apr 10-Jun 12	\$284.50	1436351

Oil and Acrylics

Level 1

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

Nepean Visual Arts

Tue.	6:30-9:30 pm	
Apr 9-Jun 11	\$341.50	1433644
Wed.	9 am-noon	
Apr 10-Jun 12	\$341.50	1433646
Wed.	1-4 pm	
Apr 10-Jun 12	\$341.50	1433645
Thu.	7-9:30 pm	
Apr 11-Jun 13	\$284.75	1433648
Fri.	1-4 pm	
Apr 5-Jun 14	\$341.50	1433647

Level 2

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

Nepean Creative Arts

Mon.	1-4 pm	
Apr 8-Jun 24	\$341.50	1433649

Nepean Visual Arts

Wed.	7-9:30 pm	
Apr 10-Jun 12	\$290.50	1436399

Traditional Oil Techniques

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

Nepean Visual Arts

Mon.	6:30-9:30 pm	
Apr 8-Jun 10	\$273.25	1433652

Watercolours

Level 1

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

Nepean Creative Arts

Fri.	1-3:30 pm	
Apr 5-Jun 14	\$256.50	1433654

Level 2

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

Nepean Creative Arts

Fri.	9:30 am-noon	
Apr 5-Jun 14	\$256.50	1434020

Pottery

Functional Handbuilding

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

Nepean Visual Arts

Mon.	7-9:30 pm	
Apr 8-Jun 10	\$232.50	1434460
Tue.	1-3:30 pm	
Apr 9-May 28	\$232.50	1434494

Sculptural Handbuilding

Explore handbuilding construction techniques with a heavy emphasis on additional sculptural elements like the use of proportion and plane. Class is tailored appropriately to participant's level. Some experience with clay is recommended.

Nepean Visual Arts

Wed.	7-9:30 pm	
Apr 10-May 29	\$232.50	1436368

Special Projects

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

Nepean Visual Arts

Mon.	9:30 am-noon	
Apr 8-Jun 10	\$232.50	1436387

Wheel

Level 1

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

Nepean Visual Arts

Tue.	9:30 am-noon	
Apr 9-May 28	\$232.50	1436005
Wed.	7-9:30 pm	
Apr 10-May 29	\$232.50	1436009
Thu.	7-9:30 pm	
Apr 11-May 30	\$232.50	1436011

Level 2

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

Nepean Visual Arts

Mon.	6:30-9:30 pm	
Apr 8-Jun 10	\$278.75	1436043

Pottery Studios

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

Nepean Visual Arts

Spring:

6 weeks \$73.50/ 7 weeks \$85.50/8 weeks \$98.00

Handbuilding

No instruction provided. Previous experience in any Nepean Visual Arts Centre pottery class is required. Participants must bring their own clay and tools. All clay MUST be purchased at the NVAC for a per bag fee.

Mon.	1-4 pm	
Apr 15-Jun 3	\$73.50	1434093
Tue.	6-9 pm	
Apr 16-Jun 4	\$98	1434139
Wed.	9 am-noon	
Apr 17-Jun 5	\$98	1434247
Wed.	1-4 pm	
Apr 17-Jun 5	\$98	1434171
Thu.	9 am-noon	
Apr 18-Jun 6	\$98	1434268
Thu.	1-4 pm	
Apr 18-Jun 6	\$98	1434255
Fri.	6-9 pm	
Apr 26-Jun 7	\$85.50	1434278

Wheel

No instruction provided. Previous experience in any Nepean Visual Arts Centre pottery class is required. Participants must bring their own clay and tools. All clay MUST be purchased at the NVAC for a per bag fee.

Mon.	1-4 pm	
Apr 15-Jun 3	\$73.50	1434300
Tue.	6-9 pm	
Apr 16-Jun 4	\$98	1434310
Wed.	9 am-noon	
Apr 17-Jun 5	\$98	1434323
Wed.	1-4 pm	
Apr 17-Jun 5	\$98	1434319
Thu.	9 am-noon	
Apr 18-Jun 6	\$98	1434327
Thu.	1-4 pm	
Apr 18-Jun 6	\$98	1434330
Fri.	6-9 pm	
Apr 26-Jun 7	\$85.50	1434334



Studios

Life Drawing Combo

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

Nepean Visual Arts

Thu.	9:30 am-noon	
Apr 18-Jun 6	\$41.50	1431818

Life Drawing Short Gestural Poses

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

Nepean Visual Arts

Tue.	9:30 am-noon	
Apr 16-Jun 4	\$41.50	1431820

Oil and Acrylics

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

Nepean Visual Arts

Fri.	9:30 am-noon	
Apr 26-Jun 14	\$41.50	1433650

Portraiture

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

Nepean Visual Arts

Mon.	9:30 am-noon	
Apr 29-Jun 10	\$31.25	1433651

Watercolours

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

Nepean Visual Arts

Thu.	10 am-3 pm	
Apr 18-Jun 6	\$83.25	1434046
Fri.	10 am-3 pm	
Apr 26-Jun 14	\$83.25	1434062

Workshops

Altered Images: Photo Transfer

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

Nepean Visual Arts

Sat.	10 am-4 pm	
Apr 27	\$119	1433642

Intro to Abstract Painting

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

Nepean Visual Arts

Sat.	10 am-4 pm	
May 25	\$129.50	1433643

Clay Wheel

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

Nepean Visual Arts

Fri.	1-4 pm	
Apr 26	\$40.75	1434434

Arts in Your Neighbourhood

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

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

Performing Arts

Dancing with Partner

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Mar 29	8	\$93	1439873
Argentine Tango 1	Shenkman Arts	613-580-2787	Thu.	9-10 pm	Apr 11	8	\$93	1426297
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Jul 5	8	\$93	1440234
Argentine Tango 2	Greenboro	613-580-2805	Sun.	6-7:30 pm	Mar 31	8	\$139.50	1439962
Argentine Tango 2	Greenboro	613-580-2805	Sun.	6 7:30 pm	Jul 7	7	\$122	1440243
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Mar 21	6	\$121	1463714
Ballroom 1	John G. Mlacak	613-580-2980	Mon.	6:45-7:45 pm	Mar 25	10	\$116.25	1464547
Ballroom 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:50-7:50 pm	Mar 29	10	\$116.25	1463095
Ballroom 1	Greenboro	613-580-2805	Fri.	7-8 pm	Mar 29	8	\$93	1439894
Ballroom 1	Nepean Creative Arts	613-596-5783	Tue.	7-8 pm	Apr 2	8	\$93	1437304
Ballroom 1	Hintonburg	613-798-8874	Fri.	7-8:15 pm	Apr 5	8	\$116.25	1464265
Ballroom 1	Manotick Arena	Ext. 30235	Sun.	7-8 pm	Apr 7	10	\$116.25	1462465
Ballroom 1	Richelieu-Vanier	613-560-6030	Tue.	7-8 pm	Apr 9	8	\$93	1435010
Ballroom 1	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Apr 9	8	\$93	1464191
Ballroom 1	Shenkman Arts	613-580-2787	Thu.	7-8 pm	Apr 11	8	\$93	1426298
Ballroom 1	Nepean Sportsplex	613-596-5783	Thu.	7-8 pm	Apr 11	8	\$93	1462456
Ballroom 1	Greenboro	613-580-2805	Fri.	7-8 pm	Jul 5	8	\$93	1440209
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Jul 11	6	\$121	1465552
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Mar 21	6	\$121	1463735
Ballroom 2	John G. Mlacak	613-580-2980	Mon.	8-9 pm	Mar 25	10	\$116.25	1464498
Ballroom 2	Greenboro	613-580-2805	Fri.	6-7 pm	Mar 29	8	\$93	1439918
Ballroom 2	Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:50-7:50 pm	Mar 29	10	\$116.25	1463103

Dancing with Partner

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballroom 2	Nepean Creative Arts	613-596-5783	Tue.	8-9 pm	Apr 2	8	\$93	1437322
Ballroom 2	Manotick Arena	Ext. 30235	Sun.	8-9 pm	Apr 7	10	\$116.25	1462470
Ballroom 2	Richelieu-Vanier	613-560-6030	Tue.	7-8 pm	Apr 9	8	\$93	1435012
Ballroom 2	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Apr 9	8	\$93	1464216
Ballroom 2	Shenkman Arts Centre	613-580-2787	Thu.	8-9 pm	Apr 11	8	\$93	1426299
Ballroom 2	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Apr 11	8	\$93	1462473
Ballroom 2	Greenboro	613-580-2805	Fri.	6-7 pm	Jul 5	8	\$93	1440217
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Jul 11	6	\$121	1465560
Ballroom 3	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 9	8	\$93	1435013
Ballroom 3	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Apr 9	8	\$93	1464230
Ballroom 3	Shenkman Arts	613-580-2787	Thu.	8-9 pm	Apr 11	8	\$93	1426747
Ballroom 3	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Apr 11	8	\$93	1462513
Ballroom 4	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Mar 25	8	\$93	1462535
Ballroom 4	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Apr 9	8	\$93	1464235
Ballroom 4	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 9	8	\$93	1435015
Ballroom 5	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Mar 25	8	\$93	1462541
Ballroom 5	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Apr 9	8	\$93	1464242
Ballroom 5	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 9	8	\$93	1435016
Ballroom 6	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Apr 9	8	\$93	1464249
Ballroom 6	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 9	8	\$93	1435019
Ballroom 6	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Apr 11	8	\$93	1462553
Ballroom 7	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Apr 11	8	\$93	1462556
Ballroom 7	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Apr 11	8	\$93	1435021
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	6-7 pm	Mar 25	8	\$93	1462565
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	7-8 pm	Mar 25	8	\$93	1462581
Ballroom 8	Queenswood Heights	613-580-4765	Tue.	6-7 pm	Apr 9	8	\$93	1464259
Ballroom 8	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Apr 11	8	\$93	1435025
Ballroom – Swing	Greenboro	613-580-2805	Wed.	6:15-7:15 pm	Mar 27	8	\$93	1440029

Dancing with Partner

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballroom Dance – Social	Richelieu-Vanier	613-560-6030	Tue.	9-10 pm	Apr 9	8	\$93	1435027
Ballroom Dance – Social	Richelieu-Vanier	613-560-6030	Thu.	7-8 pm	Apr 11	8	\$93	1435028
Ballroom Dance – Social	Richelieu-Vanier	613-560-6030	Thu.	9-10 pm	Apr 11	8	\$93	1435030
Salsa and Merengue 1	Greenboro	613-580-2805	Wed.	7:15-8:15 pm	Mar 27	8	\$93	1440076
Salsa and Merengue 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7:50-8:50 pm	Mar 29	10	\$116.25	1463106
Salsa and Merengue 1	St-Laurent Complex	613-742-6767	Mon.	8-9 pm	Apr 1	9	\$104.75	1438539
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	6:45-7:45 pm	Apr 2	6	\$69.75	1466079
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	6:45-7:45 pm	May 14	6	\$69.75	1466080
Salsa and Merengue 2	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7:50-8:50 pm	Mar 29	10	\$116.25	1463110
Salsa and Merengue 2	François Dupuis	613-580-8080	Tue.	7:45-8:45 pm	Apr 2	6	\$69.75	1466088
Salsa and Merengue 2	François Dupuis	613-580-8080	Tue.	7:45-8:45 pm	May 14	6	\$69.75	1466093

Dancing without Partner

“There are short-cuts to happiness, and dancing is one of them.” Vicki Baum

Improve your coordination, while dancing to the different beats. Basic to advanced steps and patterns from around the world. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Belly Dance 1	Sandy Hill	613-564-1062	Wed.	6-7 pm	Mar 27	12	\$139.50	1469320
Belly Dance 1	Fisher Park	613-798-8945	Wed.	7:15-8:45 pm	Apr 3	10	\$142.25	1426498
Belly Dance 1	Shenkman Arts	613-580-2787	Mon.	7:30-8:30 pm	Apr 8	8	\$93	1426300
Belly Dance 1	Nepean Creative Arts	613-596-5783	Fri.	7-8 pm	Apr 12	8	\$93	1467607
Belly Dance 2	Sandy Hill	613-564-1062	Wed.	7-8 pm	Mar 27	12	\$139.50	1469323
Belly Dance 2	Shenkman Arts	613-580-2787	Mon.	8:30-9:30 pm	Apr 8	8	\$93	1464269
Bollywood 1	Hintonburg	613-798-8874	Thu.	6:30-7:30 pm	Apr 4	8	\$93	1464260
Bollywood 1	Nepean Creative Arts	613-596-5783	Sun.	1-3 pm	Apr 7	1	\$23.25	1464495
Bollywood 1	Shenkman Arts	613-580-2787	Mon.	6:30-7:30 pm	Apr 8	8	\$93	1426301
Contemporary 1	Nepean Creative Arts	613-596-5783	Mon.	5-6 pm	Apr 8	7	\$81.50	1437341
Dundun	Nepean Creative Arts	613-596-5783	Thu.	7-8:30 pm	Apr 4	6	\$152	1437583
Hawaiian Dance	Nepean Creative Arts	613-596-5783	Fri.	7-8 pm	Apr 12	7	\$81.50	1437656

Dancing without Partner

"There are short-cuts to happiness, and dancing is one of them." Vicki Baum

Improve your coordination, while dancing to the different beats. Basic to advanced steps and patterns from around the world. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Hip Hop 1	Nepean Creative Arts	613-596-5783	Tue.	8-9 pm	Apr 2	9	\$104.75	1462612
Jazz 1	Shenkman Arts	613-580-2787	Wed.	6:30-8 pm	Apr 10	8	\$139.50	1426302
Jazz 1	Nepean Creative Arts	613-596-5783	Thu.	8-9 pm	Apr 11	7	\$81.50	1437632
K-pop 1	Routhier	613-244-4470	Tue.	7:30-8:30 pm	Apr 2	12	\$105.75	1465716
K-pop 1	Routhier	613-244-4470	Tue.	7:30-8:30 pm	Jul 9	12	\$105.75	1467062
K-pop 2	Routhier	613-244-4470	Tue.	8:30-10 pm	Apr 2	12	\$177.75	1465731
K-pop 2	Routhier	613-244-4470	Tue.	8:30-10 pm	Jul 9	12	\$177.75	1467065
Line Dancing 1	Nepean Creative Arts	613-596-5783	Thu.	10:30-11:30 am	Apr 11	8	\$93	1475545
Line Dancing 1	St-Laurent Complex	613-742-6767	Wed.	10:15-11:45 am	Apr 3	9	\$112.25	1438446
Line Dancing 1	St-Laurent Complex	613-742-6767	Wed.	7:15-8:45 pm	Apr 3	9	\$112.25	1438504
Line Dancing 2	St-Laurent Complex	613-742-6767	Tue.	7:15-8:45 pm	Apr 2	9	\$112.25	1438527
Line Dancing 2	St-Laurent Complex	613-742-6767	Wed.	1:15-2:45 pm	Apr 3	9	\$112.25	1438510
Line Dancing 3	St-Laurent Complex	613-742-6767	Thu.	7:15-8:45 pm	Apr 4	9	\$112.25	1438536
Margaret Morris Method 1	Dempsey	613-247-4846	Mon.	7-8 pm	Mar 25	8	\$93	1426350
Margaret Morris Method 2	Dempsey	613-247-4846	Mon.	7-9 pm	Mar 25	8	\$142.25	1426353
Tap Dance 1	Shenkman Arts	613-580-2787	Wed.	8-9 pm	Apr 10	8	\$93	1426303

Music Lesson

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Guitar 1	John G. Mlacak	613-580-2980	Wed.	5:50-6:50 pm	Mar 27	12	\$114.25	1465777
Guitar 1	St-Laurent Complex	613-742-6767	Thu.	9-10 pm	Apr 4	11	\$223.75	1438549
Guitar 1	Heron	613-247-4808	Sun.	2:30-3 pm	Apr 7	8	\$81.50	1462256
Guitar 1	Nepean Creative Arts	613-596-5783	Mon.	6:30-7:30 pm	Apr 8	7	\$142.50	1437711
Guitar 1	Hintonburg	613-798-8874	Thu.	8-9 pm	Apr 11	6	\$122	1466582
Guitar 1	Shenkman Arts	613-580-2787	Sat.	1-2 pm	Apr 13	8	\$162.75	1426305

Music Lesson

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Guitar 1	Plant	613-232-3000	Wed.	8-9 pm	May 1	8	\$162.75	1466792
Guitar 2	John G. Mlacak	613-580-2980	Wed.	6:55-7:55 pm	Mar 27	12	\$114.25	1465794
Guitar 2	Nepean Creative Arts	613-596-5783	Mon.	7:30-8:30 pm	Apr 8	7	\$142.50	1463766
Guitar 2	Shenkman Arts	613-580-2787	Sat.	2-3 pm	Apr 13	8	\$162.75	1472893
Guitar 3	John G. Mlacak	613-580-2980	Wed.	8-9 pm	Mar 27	12	\$114.25	1467327
Guitar 3	Nepean Creative Arts	613-596-5783	Mon.	8:30-9:30 pm	Apr 8	7	\$142.50	1463779
Keyboard 1	St-Laurent Complex	613-742-6767	Sat.	5-6 pm	Apr 6	10	\$271	1438591
Keyboard 1	Plant	613-232-3000	Mon.	8-9 pm	Apr 29	7	\$146.50	1463288
Keyboard 1	Plant	613-232-3000	Sun.	11am-noon	May 5	7	\$146.50	1467797
Ukulele	Routhier	613-244-4470	Mon.	7:30-8:30 pm	Apr 1	10	\$203.25	1466062
Ukulele	Routhier	613-244-4470	Thu.	1-2 pm	Apr 4	12	\$244	1467098
Ukulele	Nepean Creative Arts	613-596-5783	Wed.	8:30-9:30 pm	Apr 10	8	\$162.75	1464351
Ukulele	Hintonburg	613-798-8874	Thu.	7-8 pm	Apr 11	6	\$122	1464311
Ukulele	Plant	613-232-3000	Sat.	9:30-10:30 am	May 4	7	\$142.50	1466820
Ukulele	Routhier	613-244-4470	Thu.	1-2 pm	Jul 4	4	\$81.50	1467139
Ukulele	Routhier	613-244-4470	Mon.	7:30-8:30 pm	Jul 8	10	\$203.25	1467068
Ukulele	Routhier	613-244-4470	Thu.	1-2 pm	Aug 1	4	\$81.50	1467142
Ukulele	Routhier	613-244-4470	Thu.	1-2 pm	Aug 29	4	\$81.50	1467150
Vocal	Plant	613-232-3000	Sat.	4-5 pm	May 4	7	\$142.50	1466826



Visual Arts

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

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

Drawing

Drawing – Level 1

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

Plant – 613-232-3000

Mon.	10-11:30 am	
Apr 29-Jun 17	\$122	1463127

Routhier – 613-244-4470

Mon.	10-11:30 am	
Apr 1-Jun 17	\$174.25	1467090
Jul 8-29	\$69.75	1467135
Aug 12-26	\$52.50	1467137
Thu.	7-8:30 pm	
Apr 4-Jun 20	\$209.25	1467044
Jul 11-Sep 26	\$209.25	1467070

St-Laurent Complex – 613-742-6767

Mon.	7-8:30 pm	
Apr 1-Jun 10	\$157	1438675

Ikebana

Sogetsu – All Levels

The course covers necessary basics for Beginners, Intermediate and Advanced to acquire skills through the creative art form of flower arrangements. Deepen your understanding of plant materials to achieve self-expression through flowers.

Rockcliffe Park – 613-842-8578

Thu.	1-3 pm	
Apr 4-Jun 13	\$195.25	1433628
Sat.	10:30 am-12:30 pm	
Apr 6-Jun 15	\$195.25	1433629

Sogetsu – Teachers

Improve knowledge, creativity and teaching skills with the Riji diploma Ikebana curriculum. Pre-requisite: Ikebana Sogetsu Teacher's Diploma Fourth Grade.

Rockcliffe Park – 613-842-8578

Thu.	1-3 pm	
Apr 4-Jun 13	\$249	1434069
Sat.	10:30 am-12:0 pm	
Apr 6-Jun 15	\$249	1434096

Painting

Acrylics – Level 1

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

Plant – 613-232-3000

Mon.	7-8:30pm	
Apr 29-Jun 17	\$122	1463111

Acrylic Landscape

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

Greenboro – 613-580-2805

Thu.	12:30-3:30pm	
Apr 11-May 30	\$219.75	1464005

Oil and Acrylics – Level 1

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

Overbrook – 613-742-5147

Thu.	1-3:30 pm	
Apr 4-May 30	\$181.50	1465489
St-Laurent Complex – 613-742-6767		
Thu.	7-8:30 pm	
Apr 4-Jun 13	\$191.75	1438679

Oil and Acrylics – Level 2

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

Eva James – 613-580-2442 ext. 29814

Wed.	1:30-3:30 pm	
Mar 27-Jun 12	\$259.25	1433556

Watercolours – Level 1

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

Dempsey – 613-247-4846

Tue.	7-8:30 pm	
Mar 19-May 7	\$139.50	1469332
St-Laurent Complex – 613-742-6767		
Wed.	7-8:30 pm	
Apr 3-Jun 12	\$191.75	1438686

Photography

Digital Photography – Level 1

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

Hintonburg – 613-798-8874

Tue.	6-8 pm	
May 7-14	\$46.50	1464295

Pottery

Clay Modelling

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

Dempsey – 613-247-4846

Thu.	9:30 am-12:30 pm	
Mar 21-May 23	\$187.75	1427916

Handbuilding Combo

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

McNabb – 613-564-1070

18+ years	Thu.	7-9:30 pm	
Mar 28-Jun 13	\$348.50	1470519	
18+ years	Thu.	7-9:30 pm	
Jul 4-Aug 22	\$232.50	1470558	

Wheel – Level 1

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

McNabb – 613-564-1070

18+ years	Mon.	7-9:30 pm	
Mar 18-Jun 17	\$348.50	1470517	
18+ years	Mon.	5:30-8 pm	
Jul 8-Aug 26	\$203.25	1470556	

Wheel – Level 2

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

McNabb – 613-564-1070

18+ years	Tue.	7-9:30 pm
Mar 26-Jun 11	\$348.50	1470518
18+ years	Tue.	5:30-8 pm
Jul 2-Aug 20	\$232.50	1470557

Studios

Oil and Acrylics

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

Ron Kolbus Lakeside – 613-828-4313

Tue.	9 am-12:30 pm
Mar 19-May 28	\$86 1466033
Jun 4-Aug 27	\$86 1466081
Tue.	1-4:30 pm
Jun 4-Aug 27	\$86 1466091
Wed.	9 am-12:30 pm
Mar 20-May 29	\$78.25 1466041

Certification

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.

Greely – 613-580-2424 ext. 30235

19+ years	Sat.-Sun.	8:30 am-4:30 pm
Jun 22-23	\$138.50	1464221

Red Cross – Standard First Aid/CPR Lev 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.

Greely – 613-580-2424 ext. 30235

19+ years	Sat.	8:30 am-4:30 pm
May 25	\$138.50	1464252

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.

Greely – 613-580-2424 ext. 30235

19+ years	Sat.	8:30 am-4:30 pm
May 25	\$90.50	1464272

Manotick Arena – 613-580-2424 ext. 30235

19+ years	Sat.-Sun.	8:30 am-4:30 pm
Apr 13-14	\$138.50	1464182



General Interest

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

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

Bicycle Tune Up

Learn everything you need to know to keep your bike tuned up-repairs, adjustments, lubricate and modify your bike. Bring your bike and any minor tools.

Plant – 613-232-3000

16+ years	Sat.	9-11:30 am
May 11	\$16.25	1466827

Chivalrous Sword Handling – Level 1

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

Dempsey – 613-247-4846

15+ years	Sun.	3:30-5:30 pm
Apr 28-Jun 9	\$139.50	1426340
15+ years	Mon.	7-9 pm
Apr 29-Jun 10	\$139.50	1426332
Plant – 613-232-3000		
16+ years	Sun.	10:30 am-12:30 pm
May 5-Jun 23	\$134.75	1466836
Jul 7-Aug 25	\$134.75	1467651

Chivalrous Sword Handling – Level 2

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

Dempsey – 613-247-4846

15+ years	Sun.	3:30-5:30 pm
Apr 28-Jun 9	\$139.50	1426347

Plant – 613-232-3000

16+ years	Sun.	1-3 pm
May 5-Jun 23	\$134.75	1466837
Jul 7-Aug 25	\$134.75	1467726

Cooking and Campsite Safety

Learn different ways to cook and to keep your family safe at the campsite. Explore menu planning, safe food-packing, recipes, hygiene, plants and bugs, preventing animal visits, weather and water safety.

Greely – 613-580-2424 ext. 30235

19+ years	Wed.	6:30-8:30 pm
May 8	\$15.50	1466894

Metcalf – 613-580-2424 ext. 30235

19+ years	Sun.	1:30-3:30 pm
May 5	\$15.50	1466893

Crochet

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

Pat Clark – 613-748-1771

16+ years	Sat.	10 am-noon
Apr 6-Jun 8	\$126.75	1434385

Dog Obedience – Level 1

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

Ron Kolbus Lakeside – 613-828-4313

19+ years	Wed.	7-8 pm
Mar 20-May 22	\$112.75	1463627
Jul 3-Aug 28	\$87.75	1465501

Dog Obedience – Level 1 (Low Ratio)

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

Hintonburg – 613-798-8874

15+ years Sun. 2-3 pm
Mar 31-May 12 \$125.25 [1464354](#)

Lansdowne – 613-580-2424 ext. 17323

19+ years Thu. 6:30-7:30 pm
Apr 4-May 2 \$104.50 [1467961](#)

Dog Obedience – Level 2

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

Lansdowne – 613-580-2424 ext. 17323

19+ years Thu. 6:30-7:30 pm
Jul 4-Aug 1 \$62.75 [1468045](#)

Ron Kolbus Lakeside – 613-828-4313

19+ years Wed. 7-8 pm
Mar 20-May 22 \$112.75 [1463644](#)
Jul 3-Aug 28 \$87.75 [1465511](#)

Dog Rally Obedience (Low Ratio)

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

Lansdowne – 613-580-2424 ext. 17323

19+ years Thu. 7:30-8:30 pm
Jul 4-Aug 1 \$104.50 [1468056](#)

Dog Tricks and Games (Low Ratio)

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

Hintonburg – 613-798-8874

15+ years Sun. 1-2 pm
Mar 31-May 12 \$125.25 [1464350](#)

Lansdowne – 613-580-2424 ext. 17323

19+ years Thu. 7:30-8:30 pm
Apr 4-May 2 \$104.50 [1467965](#)

Gear & Campsite Boredom Buster

Learn to pitch a tent, about different types of bedding and other essential gear when camping or hiking. Learn some new activities, games & crafts and how to keep children safe and entertained.

Greely – 613-580-2424 ext. 30235

19+ years Wed. 6:30-8:30 pm
Apr 24 \$15.50 [1466892](#)

Metcalfe – 613-580-2424 ext. 30235

19+ years Sun. 1:30-3:30 pm
Apr 28 \$15.50 [1466891](#)

Introduction to Camping

Learn camping basics with gear tricks and tips, menu ideas, games and entertainment. Take the stress out of camping and enjoy the great outdoors.

Greely – 613-580-2424 ext. 30235

19+ years Wed. 6:30-8:30 pm
Apr 10 \$15.50 [1466890](#)

Metcalfe – 613-580-2424 ext. 30235

19+ years Sun. 1:30-3:30 pm
Apr 14 \$15.50 [1466888](#)

Intro to Bullet Journaling

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

Lansdowne – 613-580-2424 ext. 17323

19+ years Sat. 12:30-2:30 pm
May 4-11 \$35.25 [1467974](#)
May 18-25 \$35.25 [1467980](#)

Nerf® Tag

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

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

19+ years Thu. 8-9 pm
Apr 4-May 23 \$52.75 [1467921](#)

Osgoode – 613-580-2424 ext. 30235

18+ years Fri. 7:30-8:30 pm
Apr 26-Jun 14 \$46.25 [1461903](#)

Pet Massage

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

Hintonburg – 613-798-8874

15+ years Sun. 9:30 am-1:30 pm
May 26 \$46.50 [1464345](#)

Sewing – Level 1

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

Overbrook – 613-742-5147

18+ years Mon. 9:30-11:30 am
Apr 1-Jun 3 \$121 [1465578](#)

Quilting – Level 1

Learn the basics of hand quilting. Complete simple projects that teach a variety of skills.

Pat Clark – 613-748-1771

16+ years Sat. 12:15-2:15 pm
Apr 6-Jun 8 \$143.25 [1434393](#)



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

19+ years Sat. 12:30-2 pm
Apr 13-Jun 1 \$95 [1436386](#)

John G. Mlacak – 613-580-2980

18+ years Wed. 10 am-noon
Mar 27-May 29 \$175.75 [1462370](#)

18+ years Thu. 10 am-noon

Mar 28-May 30 \$175.75 [1462545](#)

18+ years Fri. 10 am-noon

Mar 22-May 31 \$175.75 [1462383](#)

Rockcliffe Park – 613-842-8578

19+ years Mon. 1-2:30 pm
Apr 8-Jun 3 \$108.50 [1434133](#)

Cooking

A Taste of India

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

Shenkman Arts – 613-580-2787

19+ years Mon. 6:30-9:30 pm
Mar 25 \$52.50 [1426242](#)

A Taste of Mexico

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

Shenkman Arts – 613-580-2787

19+ years Mon. 6:30-9:30 pm
Apr 15 \$52.50 [1426292](#)

A Taste of the Mediterranean

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

Shenkman Arts – 613-580-2787

19+ years Mon. 6:30-9:30 pm
May 27 \$52.50 [1426296](#)

Healthy Cooking

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

Albion Heatherington – 613-247-4828

18+ years Tue. 6-9 pm
Apr 23 \$35 [1439160](#)

May 21 \$35 [1439161](#)

Jun 18 \$35 [1439162](#)

Heron – 613-247-4808

18+ years Mon. 6:30-8 pm

Apr 1-29 \$69.75 [1462663](#)

May 6-Jun 3 \$69.75 [1462613](#)

18+ years Fri. 6:30-8 pm

Apr 5-May 3 \$69.75 [1462646](#)

May 10-31 \$69.75 [1462605](#)

Wine Tasting

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

Plant – 613-232-3000

19+ years	Fri.	7-9 pm
May 31	\$53.25	1466811
Aug 16	\$53.25	1467641

Languages

French – Level 1

French at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business.

Eva James – 613-580-2442 ext. 29814

18+ years	Thu.	6-7:30 pm
Mar 28-Jun 13	\$186.25	1436243

Heron – 613-247-4808

18+ years	Wed.	6-7:30 pm
Apr 3-Jun 5	\$174.25	1462407

St-Laurent Complex – 613-742-6767

16+ years	Tue.	5:30-7 pm
Apr 9-Jun 18	\$191.75	1436275

Tanglewood – 613-580-2424 ext. 41238

16+ years	Wed.	5:30-7 pm
Mar 27-May 29	\$174.25	1471092

French – Level 2

Increase your vocabulary, improve grammar and build on your French oral competency!

Heron – 613-247-4808

18+ years	Wed.	7:30-9 pm
Apr 3-Jun 5	\$174.25	1462420

St-Laurent Complex – 613-742-6767

16+ years	Tue.	7:15-8:45 pm
Apr 9-Jun 18	\$191.75	1436283

Tanglewood – 613-580-2424 ext. 41238

16+ years	Wed.	7:15-8:45 pm
Mar 27-May 29	\$174.25	1471093

Spanish Conversational – Level 1

Spanish at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business.

Bob MacQuarrie-Orléans – 613-580-9600

16+ years	Mon.	5:30-7 pm
Apr 1-Jun 17	\$174.25	1462997

François Dupuis – 613-580-8080

18+ years	Thu.	9:30-11 am
Apr 4-Jun 6	\$174.25	1466168
18+ years	Sat.	9:30-11 am
Apr 6-Jun 8	\$139.50	1467787

John G. Mlacak – 613-580-2980

18+ years	Wed.	7-9 pm
Mar 27-May 29	\$148.50	1464647

Plant – 613-232-3000

16+ years	Tue.	6:30-9 pm
Apr 30-Jun 25	\$209	1463844

Spanish Conversational – Level 2

Increase your vocabulary, improve grammar and build on your Spanish oral competency!

Bob MacQuarrie-Orléans – 613-580-9600

16+ years	Thu.	5:30-7 pm
Apr 4-Jun 20	\$209.25	1462998

François Dupuis – 613-580-8080

18+ years	Thu.	11 am-12:30 pm
Apr 4-Jun 6	\$174.25	1466171

John G. Mlacak – 613-580-2980

18+ years	Tue.	7-9 pm
Mar 26-May 28	\$148.50	1465641

Plant – 613-232-3000

16+ years	Thu.	6:30-9 pm
May 2-Jun 27	\$216.25	1466749

Spanish Conversational – Level 3

Emphasis on day to day and work related conversation. Increase your conversational and comprehension skills in a relaxed atmosphere.

Bob MacQuarrie-Orléans – 613-580-9600

16+ years	Thu.	7-8:30 pm
Apr 4-Jun 20	\$209.25	1463001

John G. Mlacak – 613-580-2980

18+ years	Thu.	7-9 pm
Mar 28-May 30	\$232.50	1465682

Plant – 613-232-3000

16+ years	Fri.	6:30-9 pm
May 3-Jun 21	\$232.50	1463308

Martial 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.

Martial Arts

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Mar 25	24	\$286.75	1463203
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Jun 24	11	\$131.50	1464817
Medieval Swordsmanship	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Mar 27	12	\$179.75	1434971
Medieval Swordsmanship 2	Richelieu-Vanier	613-560-6030	Mon.	7-8:30 pm	Mar 25	12	\$179.75	1434986
Jiu-Jitsu	Sandy Hill	613-564-1062	Tue.	7:30-8:30 pm	Mar 26	12	\$122.75	1469295

Martial Arts

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Jiu-Jitsu	Queen Elizabeth School	613-742-6767	Fri.	8:30-9:25 pm	Apr 5	7	\$74.75	1434314
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Tue.	6:30-7:25 pm	Apr 2	9	\$96	1433407
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Fri.	7:30-8:25 pm	Apr 5	7	\$74.75	1434273
Jiu-Jitsu 3	Queen Elizabeth School	613-742-6767	Tue.	7:30-8:25 pm	Apr 2	9	\$96	1434291
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Mar 20	8	\$66	1465500
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	May 15	8	\$66	1465505
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Jul 10	8	\$67.50	1467161
Karate Goju Ryu	Queen Elizabeth School	613-742-6767	Thu.	6-6:55 pm	Apr 4	8	\$85.25	1436108
Karate Goju Ryu	St-Laurent Complex	613-742-6767	Tue.	6-6:55 pm	Apr 9	12	\$128	1436106
Karate Goju Ryu	St-Laurent Complex	613-742-6767	Tue.	6-6:55 pm	Jul 9	8	\$85.25	1467593
Karate Goju Ryu 2	Queen Elizabeth School	613-742-6767	Thu.	7-7:55 pm	Apr 4	8	\$85.25	1436115
Karate Goju Ryu 2	St-Laurent Complex	613-742-6767	Tue.	7-7:55 pm	Apr 9	12	\$128	1436112
Karate Goju Ryu 2	St-Laurent Complex	613-742-6767	Tue.	7-7:55 pm	Jul 9	8	\$85.25	1467598
Karate Goju Ryu 3	Queen Elizabeth School	613-742-6767	Thu.	8-8:55 pm	Apr 4	8	\$85.25	1436122
Karate Goju Ryu 3	St-Laurent Complex	613-742-6767	Tue.	8-8:55 pm	Apr 9	12	\$128	1436120
Karate Goju Ryu 3	St-Laurent Complex	613-742-6767	Tue.	8-8:55 pm	Jul 9	8	\$85.25	1467602
Kendo	Plant	613-232-3000	Sun.	3:30-5:30 pm	May 5	7	\$112.75	1467753
Kendo	Plant	613-232-3000	Sun.	3:30-5:30 pm	Jul 7	7	\$112.75	1467999
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Mar 20	14	\$162.75	1433722
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	3:15-4:15 pm	Mar 23	12	\$139.50	1433724
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Mar 23	12	\$139.50	1433727
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Mar 25	24	\$220	1463051
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	7:30-8:30 pm	Mar 25	24	\$220	1463054
Taekwondo	Notre Dame Des Champs	613-580-9600	Tue., Thu.	6:30-7:30 pm	Mar 26	26	\$238.25	1463053
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	5:30-6:30 pm	Apr 2	24	\$239	1461712
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	6:30-7:30 pm	Apr 2	24	\$239	1461716
Taekwondo	Hunt Club-Riverside Park	613-580-2990	Tue., Thu., Sat.	7:30-8:30 pm	Apr 23	26	\$223.50	1439508
Taekwondo	Hunt Club-Riverside Park	613-580-2990	Tue., Thu.	7:30-8:30 pm	Apr 23	18	\$154.75	1439509
Taekwondo	Cardel Rec (Goulbourn)	613-580-2532	Fri.	6:30-7:30 pm	May 10	12	\$125	1464586

Martial Arts

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Taekwondo	Cardel Rec (Goulbourn)	613-580-2532	Fri.	7:30-8:30 pm	May 10	12	\$125	1464604
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Jun 24	18	\$165	1464842
Taekwondo	Hunt Club-Riverside Park	613-580-2990	Tue., Thu.	7:30-8:30 pm	Jun 25	20	\$172	1430648
Taekwondo	Hunt Club-Riverside Park	613-580-2990	Tue., Thu., Sat.	7:30-8:30 pm	Jun 25	30	\$279.50	1430652
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Jul 3	9	\$104.75	1433729
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	3:15-4:15 pm	Jul 6	7	\$81.50	1433730
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Jul 6	7	\$81.50	1433731

Sports

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.

Sports

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Badminton								
Badminton	Routhier	613-244-4470	Sat.	10 am-noon	Apr 6	12	\$211.25	1465561
Badminton	Routhier	613-244-4470	Sat.	10 am-noon	Jul 13	12	\$211.25	1467048
Game Play	Greenboro	613-580-2805	Sun.	4-5 pm	Mar 17	13	\$61.25	1464804
Game Play	Overbrook	613-742-5147	Mon.	7:30-9 pm	Mar 18	10	\$70.75	1465623
Game Play	Richcraft-Kanata	613-580-9696	Tue.	9-10 pm	Mar 19	15	\$70.75	1435127
Game Play	McNabb	613-564-1070	Wed.	8:10-10:10 pm	Mar 20	14	\$132	1466621
Game Play	Richcraft-Kanata	613-580-9696	Thu.	9-10 pm	Mar 21	15	\$70.75	1435128
Game Play	McNabb	613-564-1070	Sat.	6:30-8 pm	Mar 23	14	\$99	1466627
Game Play	Eva James	613-580-2442	Sun.	6:30-7:30 pm	Mar 24	11	\$52	1431977
Game Play	Eva James	613-580-2442	Sun.	7:30-8:30 pm	Mar 24	11	\$52	1432002


Sports

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play	Eva James	613-580-2442	Wed.	10:40 am-12:10 pm	Mar 27	12	\$85	1432330
Game Play	Eva James	613-580-2442	Wed.	7:45-8:45 pm	Mar 27	12	\$56.75	1432333
Game Play	Fisher Park	613-798-8945	Mon.	8-10 pm	Apr 1	10	\$94.25	1426513
Game Play	Routhier	613-244-4470	Wed.	4-6 pm	Apr 3	6	\$44.25	1465579
Game Play	Routhier	613-244-4470	Sun.	10 am-noon	Apr 7	12	\$88.25	1465565
Game Play	Routhier	613-244-4470	Sun.	3-4:30 pm	Apr 7	12	\$66.25	1465567
Game Play	Routhier	613-244-4470	Sun.	4:30-6 pm	Apr 7	12	\$66.25	1465571
Game Play	South Fallingbrook	613-824-0633	Mon.	8-10 pm	Apr 8	9	\$85	1440360
Game Play	Routhier	613-244-4470	Wed.	4-6 pm	Apr 10	6	\$44.25	1465585
Game Play	South Fallingbrook	613-824-0633	Fri.	7-9 pm	Apr 12	10	\$94.25	1440363
Game Play	McNabb	613-564-1070	Tue.	8-10 pm	Jul 2	9	\$85	1470552
Game Play	Richcraft-Kanata	613-580-9696	Tue.	9-10 pm	Jul 2	9	\$42.50	1435129
Game Play	Richcraft-Kanata	613-580-9696	Thu.	9-10 pm	Jul 4	9	\$42.50	1435130
Game Play	McNabb	613-564-1070	Fri.	8-10 pm	Jul 5	9	\$85	1470553
Game Play	Routhier	613-244-4470	Wed.	4-6 pm	Jul 10	6	\$44.25	1467054
Game Play	Routhier	613-244-4470	Sun.	10 am-noon	Jul 14	12	\$88.25	1467051
Game Play	Routhier	613-244-4470	Sun.	3-4:30 pm	Jul 14	12	\$66.25	1467052
Game Play	Routhier	613-244-4470	Sun.	4:30-6 pm	Jul 14	12	\$66.25	1467053
Game Play	Routhier	613-244-4470	Wed.	4-6 pm	Jul 17	6	\$44.25	1467055
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Apr 3	12	\$89.25	1465602
Game Play 2	Routhier	613-244-4470	Thu.	8-10 pm	Apr 4	12	\$89.25	1465604
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Jul 10	12	\$89.25	1467056
Game Play 2	Routhier	613-244-4470	Thu.	8-10 pm	Jul 11	12	\$89.25	1467057
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Apr 3	12	\$88.25	1465671
Game Play 3	Routhier	613-244-4470	Sun.	6:30-8:30 pm	Apr 7	12	\$88.25	1465661
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Jul 10	12	\$88.25	1467059
Game Play 3	Routhier	613-244-4470	Sun.	6:30-8:30 pm	Jul 14	12	\$88.25	1467058


Sports

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play Women	Hillcrest School	613-580-2854	Thu.	7-9 pm	Apr 4	8	\$75.50	1431702
Game Play Women	Routhier	613-244-4470	Sun.	12:30-2:30 pm	Apr 7	12	\$88.25	1465688
Game Play Women	Routhier	613-244-4470	Sun.	12:30-2:30 pm	Jul 14	12	\$88.25	1467060
Ball Hockey								
Game Play	Ray Friel	613-580-4765	Wed.	5-6 pm	Jun 12	11	\$52	1464426
Game Play	Ray Friel	613-580-4765	Wed.	6-7 pm	Jun 12	11	\$52	1464429
Game Play	Ray Friel	613-580-4765	Sun.	11 am-noon	Jun 16	9	\$42.50	1464444
Game Play	Minto-Barrhaven	613-727-2683	Wed.	6:30-8 pm	Jul 3	8	\$56.75	1438247
Coed League 	Ray Friel	613-580-4765	Wed.	7-10 pm	Jun 12	11	\$93.25	1464543
League-Men	Ray Friel	613-580-4765	Tue.	7-10 pm	Jun 11	11	\$93.25	1464536
Basketball								
Game Play	Greenboro	613-580-2805	Wed.	7-8:30 pm	Mar 20	8	\$56.75	1466383
Game Play	Carleton Heights School	613-226-2208	Wed.	8:15-10 pm	Mar 20	12	\$99	1466347
Game Play	Minto-Barrhaven	613-727-2683	Mon.	8:45-9:45 pm	Mar 25	10	\$47.25	1464823
Game Play	École Franco Jeunesse	613-564-1062	Tue.	6-8 pm	Mar 26	10	\$94.25	1469462
Game Play	École Franco Jeunesse	613-564-1062	Tue.	8-10 pm	Mar 26	10	\$94.25	1469465
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Mar 28	12	\$85	1465566
Game Play	Routhier	613-244-4470	Fri.	7-8:30 pm	Apr 5	12	\$85	1465696
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Jun 27	10	\$70.75	1467236
Game Play	Routhier	613-244-4470	Fri.	7-8:30 pm	Jul 12	12	\$85	1467061
Game Play Men	Eva James	613-580-2442	Wed.	9-11 pm	Mar 27	12	\$113.25	1433542
Disc Golf								
Disc Golf	Kanata Recreation	613-580-2570	Thu.	6:30-7:30 pm	May 23	5	\$44	1462111
Floor Curling								
Floor Curling	Lansdowne Park	Ext. 17323	Mon.	1-2:30 pm	Apr 8	2	\$19	1467608
Floor Curling	Lansdowne Park	Ext. 17323	Mon.	1-2:30 pm	May 6	2	\$19	1467619
Floor Curling	Lansdowne Park	Ext. 17323	Mon.	1-2:30 pm	Jun 10	2	\$19	1467622

Sports

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Floor Hockey								
Coed League 	Ray Friel	613-580-4765	Mon.	7-10 pm	Jun 10	9	\$42.50	1464553
Golf								
Ollson Development	Barrhaven on the Green	613-823-7996	Tue.	6-7 pm	May 7	4	\$145.25	1437521
Ollson Development	Manotick on the Green	Ext. 30235	Tue.	6-7 pm	May 7	4	\$145.25	1467559
Ollson Development	Barrhaven on the Green	613-823-7996	Wed.	10-11 am	May 8	4	\$145.25	1437505
Ollson Development	Manotick on the Green	Ext. 30235	Wed.	10-11 am	May 8	4	\$145.25	1467541
Ollson Development	Barrhaven on the Green	613-823-7996	Thu.	6-7 pm	May 9	4	\$145.25	1437538
Ollson Development	Manotick on the Green	Ext. 30235	Thu.	6-7 pm	May 9	4	\$145.25	1467561
Ollson Development	Barrhaven on the Green	613-823-7996	Tue.	6-7 pm	Jun 4	4	\$145.25	1437543
Ollson Development	Manotick on the Green	Ext. 30235	Tue.	6-7pm	Jun 4	4	\$145.25	1467588
Ollson Development	Barrhaven on the Green	613-823-7996	Wed.	10-11 am	Jun 5	4	\$145.25	1437507
Ollson Development	Manotick on the Green	Ext. 30235	Wed.	10-11 am	Jun 5	4	\$145.25	1467547
Ollson Development	Barrhaven on the Green	613-823-7996	Thu.	6-7 pm	Jun 6	4	\$145.25	1437546
Ollson Development	Manotick on the Green	613-580-2442	Thu.	6-7 pm	Jun 6	4	\$145.25	1467591
Hockey								
Development	Jim Durrell	613-247-4811	Sun.	2-2:50 pm	May 5	8	\$176	1433052
Game Play	Ray Friel	613-580-4765	Sat.	7:30-8:50 pm	Apr 6	10	\$105.50	1438692
Game Play	Ray Friel	613-580-4765	Sat.	9-10:20 pm	Apr 6	10	\$105.50	1438695
Game Play	Ray Friel	613-580-4765	Sat.	7:30-8:50 pm	Jul 6	7	\$74	1438699
Game Play	Ray Friel	613-580-4765	Sat.	9-10:20 pm	Jul 6	7	\$74	1438700
Game Play Men	Minto-Barrhaven	613-727-2683	Tue.	10-10:50 pm	Apr 9	9	\$59.50	1437866
Game Play Men	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Apr 10	9	\$59.50	1437870
Game Play Men	Minto-Barrhaven	613-727-2683	Thu.	10-10:50 pm	Apr 11	9	\$59.50	1437880
Game Play Men Goalie	Minto-Barrhaven	613-727-2683	Tue.	10-10:50 pm	Apr 9	9	\$59.50	1437907
Game Play Men Goalie	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Apr 10	9	\$59.50	1437911
Game Play Men Goalie	Minto-Barrhaven	613-727-2683	Thu.	10-10:50 pm	Apr 11	9	\$59.50	1437915
Game Play Women	Ray Friel	613-580-4765	Tue.	11 am-12:20 pm	Apr 2	4	\$40	1433382

Sports

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play Women	Minto-Barrhaven	613-727-2683	Tue.	9-9:50 pm	Apr 9	9	\$59.50	1437683
Game Play Women	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Apr 10	9	\$59.50	1437726
Game Play Women Goalie	Minto-Barrhaven	613-727-2683	Tue.	9-9:50 pm	Apr 9	9	\$59.50	1437753
Game Play Women Goalie	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Apr 10	9	\$59.50	1437792
League Tier 1	Ray Friel	613-580-4765	Tue., Fri.	8:30-11:30 pm	Apr 30	18	\$3936.25	1463960
League Tier 3	Ray Friel	613-580-4765	Tue., Fri.	8-9 pm	Apr 30	18	\$3936.25	1464012
League Tier 4	Ray Friel	613-580-4765	Mon., Wed., Fri.	9 pm-12 am	Apr 29	26	\$3936.25	1464038
Rec League Men	Ray Friel	613-580-4765	Wed., Fri.	7-11 pm	May 1	18	\$3936.25	1464087
League Open Div.	Ray Friel	613-580-4765	Thu.-Fri.	7 pm-12 am	May 2	18	\$3936.25	1463922
Powerskating	Jim Durrell	613-247-4811	Sun.	1-1:50 pm	May 5	8	\$176	1433044
Ice Skating								
Beginner	Nepean Sportsplex	613-580-2828	Thu.	11:30 am-12:20 pm	Mar 21	5	\$61.25	1471148
Beginner	Minto-Barrhaven	613-727-2683	Mon.	noon-12:50 pm	Apr 8	7	\$85.75	1434870
Beginner	Minto-Barrhaven	613-727-2683	Mon.	7-7:50 pm	Apr 8	7	\$85.75	1436378
Beginner	Minto-Barrhaven	613-727-2683	Wed.	7-7:50 pm	Apr 10	9	\$110.25	1436868
Beginner	Minto-Barrhaven	613-727-2683	Sat.	11-11:50 am	Apr 13	7	\$85.75	1437044
Beginner	Jim Durrell	613-580-2596	Mon., Wed.	7-7:50 pm	Jul 8	11	\$134.75	1438230
Intermediate	Nepean Sportsplex	613-580-2828	Thu.	11:30 am-12:20 pm	Mar 21	5	\$61.25	1471149
Intermediate	Jim Durrell	613-580-2596	Mon., Wed.	7-7:50 pm	Jul 8	11	\$134.75	1438226
Intro to Ice	Cardel Rec (Goulbourn)	613-580-2532	Mon.	9:15-10:05 am	Mar 18	6	\$73.50	1466745
Intro to Ice	Nepean Sportsplex	613-580-2828	Thu.	11:30 am-12:20 pm	Mar 21	5	\$61.25	1471150
Intro to Ice	Minto-Barrhaven	613-727-2683	Mon.	noon-12:50 pm	Apr 8	7	\$85.75	1434841
Intro to Ice	Minto-Barrhaven	613-727-2683	Mon.	7-7:50 pm	Apr 8	7	\$85.75	1436373
Intro to Ice	Minto-Barrhaven	613-727-2683	Wed.	7-7:50 pm	Apr 10	9	\$110.25	1436873
Intro to Ice	Minto-Barrhaven	613-727-2683	Sat.	11-11:50 am	Apr 13	7	\$85.75	1437046
Intro to Ice Low Ratio	Jim Durrell	613-580-2596	Mon., Wed.	7-7:50 pm	Jul 8	11	\$269.25	1438227
Pickleball								
Game Play	Minto-Barrhaven	613-727-2683	Tue.	6:30-8 pm	Jul 2	8	\$56.75	1438243
Game Play	Minto-Barrhaven	613-727-2683	Thu.	6:30-8 pm	Jul 4	8	\$56.75	1438244
Pickleball	Eva James	613-580-2442	Mon.	4:45-5:45 pm	Mar 25	10	\$88	1462573

Sports

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Pickleball	Dempsey	613-247-4846	Thu.	9:30-11am	Mar 28	5	\$66	1440374
Pickleball	Greenboro	613-580-2805	Thu.	noon-1:30 pm	Mar 28	6	\$79.25	1466448
Pickleball	Dempsey	613-247-4846	Sat.	3:30-5 pm	Mar 30	5	\$66	1440379
Rock Climbing								
Rock Climbing	Richcraft-Kanata	613-580-9696	Sat.	11:30 am-12:30 pm	Mar 23	12	\$185.75	1437665
Soccer								
Game Play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Mar 26	12	\$85	1465550
Game Play	Eva James	613-580-2442	Thu.	8:30-10 pm	Mar 28	12	\$85	1436227
Game Play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Jun 18	12	\$85	1470489
Women	Fallingbrook School	613-580-4765	Wed.	8-9:30 pm	Apr 3	8	\$105.75	1464168
Softball								
Pitching Clinic – Women	Mary Pitt	613-580-2854	Tue.	7-8:30 pm	Apr 30	1	\$9.50	1431815
Women	Mary Pitt	613-580-2854	Tue.	7-8:30 pm	May 7	8	\$75.50	1431819
Squash								
Squash	Nepean Sportsplex	613-580-2828	Sat.	11:30 am-12:30 pm	Apr 6	10	\$146.75	1468208
Squash	Nepean Sportsplex	613-580-2828	Sat.	11:30 am-12:30 pm	Jul 6	7	\$102.75	1469444
Tennis								
Tennis	St. Germain Park	613-564-1062	Mon.,Wed.	5:30-6:30 pm	Apr 29	6	\$88	1469339
Tennis	Four Season's Park	613-580-2854	Mon.	7-8 pm	Apr 29	7	\$102.75	1436543
Tennis	St. Germain Park	613-564-1062	Tue.,Thu.	5:30-6:30 pm	Apr 30	6	\$88	1469346
Tennis	Klondike Road Park	613-580-2854	Tue.	7-8 pm	Apr 30	7	\$102.75	1438103
Tennis	Mooney's Bay Park	613-580-2854	Tue.	8-9 pm	Apr 30	7	\$102.75	1438101
Tennis	McKellar Park	613-580-2854	Wed.	7:30-8:30 pm	May 1	7	\$102.75	1438100
Tennis	St. Germain Park	613-564-1062	Sat.	10-11 am	May 4	6	\$88	1469350
Tennis	Pinecrest Park	613-580-9676	Sun.	11:30 am-12:30 pm	May 26	5	\$73.50	1467944
Tennis	St. Germain Park	613-564-1062	Mon.,Wed.	5:30-6:30 pm	May 27	6	\$88	1469343
Tennis	St. Germain Park	613-564-1062	Tue.,Thu.	5:30-6:30 pm	May 28	6	\$88	1469348
Tennis	Klondike Road Park	613-580-2854	Tue.	7-8 pm	Jul 2	7	\$102.75	1438104
Tennis	Mooney's Bay Park	613-580-2854	Tue.	8-9 pm	Jul 2	7	\$102.75	1438105

Sports

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Tennis	McKellar Park	613-580-2854	Wed.	7:30-8:30 pm	Jul 3	7	\$102.75	1438106
Tennis	Four Season's Park	613-580-2854	Mon.	7-8 pm	Jul 8	7	\$102.75	1436553
Level 2	St. Germain Park	613-564-1062	Mon., Wed.	6:30-7:30 pm	Apr 29	6	\$100.75	1469370
Level 2	St. Germain Park	613-564-1062	Tue., Thu.	6:30-7:30 pm	Apr 30	6	\$100.75	1469375
Level 2	Mooney's Bay Park	613-580-2854	Thu.	8-9 pm	May 2	7	\$117.75	1438119
Level 2	St. Germain Park	613-564-1062	Sat.	11 am-noon	May 4	6	\$100.75	1469362
Level 2	St. Germain Park	613-564-1062	Mon., Wed.	6:30-7:30 pm	May 27	6	\$100.75	1469373
Level 2	St. Germain Park	613-564-1062	Tue., Thu.	6:30-7:30 pm	May 28	6	\$100.75	1469377
Level 2	Mooney's Bay Park	613-580-2854	Thu.	8-9 pm	Jul 4	7	\$117.75	1438120
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	9:30-11 am	Apr 6	10	\$134.25	1469472
Volleyball								
Game Play	Greenboro	613-580-2805	Mon.	7-8:30 pm	Mar 18	13	\$92	1463770
Game Play	Greenboro	613-580-2805	Thu.	7-8:30 pm	Mar 21	14	\$99	1463785
Game Play	École Franco Jeunesse	613-564-1062	Wed.	6-8 pm	Mar 27	10	\$94.25	1469386
Game Play	Greely School	Ext. 30235	Tue.	8:15-9:45 pm	Apr 2	8	\$56.75	1468402
Game Play	St. Michael's School	613-580-9696	Wed.	7-9 pm	Mar 27	8	\$75.50	1473945
Game Play Level 2	Greenboro	613-580-2805	Sun.	5:15-6:45 pm	Mar 17	13	\$92	1463914
Game Play Level 2	McNabb	613-564-1070	Thu.	8-10 pm	Mar 21	14	\$132	1470516
Game Play Level 2	McNabb	613-564-1070	Thu.	8-10 pm	Jul 4	9	\$85	1470555
Game Play Level 3	McNabb	613-564-1070	Mon.	8-10 pm	Mar 18	12	\$113.25	1470515
Game Play Level 3	Eva James	613-580-2442	Mon.	9-11 pm	Mar 25	10	\$94.25	1432467
Game Play Level 3	École Franco Jeunesse	613-564-1062	Wed.	8-10 pm	Mar 27	10	\$94.25	1469448
Game Play Level 3	Glen Cairn	613-580-2570	Thu.	8-10 pm	Apr 4	11	\$103.75	1438399
Game Play Level 3	McNabb	613-564-1070	Mon.	8-10 pm	Jul 8	7	\$66	1470554



City Wide Sports – 613-580-2854
E-mail: beachleagues@ottawa.ca

Beach Volleyball



Beach Volleyball

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

Mooney's Bay Park

18+ years	Wed.	6:30-8 pm
Jun 5-26	\$53	1431910

Beach Volleyball – Game Play

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

Britannia Park

18+ years	Mon.	6:30-8:30 pm
May 27-Aug 12	\$94.25	1433045

Mooney's Bay Park

18+ years	Wed.	6:30-8:30 pm
May 29-Aug 14	\$113.25	1433049

Stuemer Park

18+ years	Thu.	6:30-8:30 pm
May 30-Aug 15	\$113.25	1433089

Beach Volleyball League Registration Deadline: May 1, 2019

If you are looking for a team to join please register using the IND barcode

Beach Volleyball – Coed Recreational League

Recreational League 'Coed 6's League. Two matches of 40 minutes.

Britannia Park

18+ years	Wed.	6-9 pm
May 22-Aug 7-IND	\$89	1437439

May 22-Aug 7	\$581.25	1437462
--------------	----------	-------------------------

May 27-Aug 12-IND	\$74.50	1437358
-------------------	---------	-------------------------

May 27-Aug 12	\$484	1437364
---------------	-------	-------------------------

Mooney's Bay Park

18+ years	Mon.	6-9 pm
May 27-Aug 12-IND	\$74.50	1437350

May 27-Aug 12	\$484	1437356
---------------	-------	-------------------------

18+ years	Thu.	6-9 pm
-----------	------	--------

May 23-Aug 8-IND	\$89	1437340
------------------	------	-------------------------

May 23-Aug 8	\$581.25	1437344
--------------	----------	-------------------------

Stuemer Park

18+ years	Mon.	6-9 pm
-----------	------	--------

May 27-Aug 12-IND	\$74.50	1437370
-------------------	---------	-------------------------

May 27-Aug 12	\$484	1437375
---------------	-------	-------------------------

Beach Volleyball – Coed Competitive League

Competitive League 'Coed 4's League. Two matches of 40 minutes.'

Britannia Park

18+ years	Mon.	6-9 pm
-----------	------	--------

May 27-Aug 12	\$372	1433164
---------------	-------	-------------------------

May 27-Aug 12-IND	\$74.50	1433178
-------------------	---------	-------------------------

Mooney's Bay Park

18+ years	Tue.	6-9 pm
-----------	------	--------

May 21-Aug 6-IND	\$89	1433222
------------------	------	-------------------------

May 21-Aug 6	\$444.50	1433243
--------------	----------	-------------------------

18+ years	Thu.	6-9 pm
-----------	------	--------

May 23-Aug 8-IND	\$89	1433193
------------------	------	-------------------------

May 23-Aug 8	\$444.50	1433206
--------------	----------	-------------------------

Beach Volleyball – Men 2's League

Men's recreational 2's beach volleyball league.

Mooney's Bay Park

18+ years	Tue.	6-9 pm
-----------	------	--------

May 21-Aug 6	\$262.50	1438620
--------------	----------	-------------------------



Women and Sport

Girls n' Women and Sport – 613-580-2854

E-mail: gws-ffs@ottawa.ca

Sport and physical activity programs for women 18+ years that promote fun, friendship, participation and fair play values; where "Everyone Gets To Play!" Introductory sport courses and leagues are designed to encourage women with no or very little experience to learn the basics while being active and getting fit.

"Girls Just Want to have Fun!"

Beach Volleyball

Practice techniques to improve your bump, set, spike and tip skills. Develop a better understanding of the sport and play the game.

Mooney's Bay Park

Tue.	6:30-8 pm
Jun 4-25	\$53 1431857

Stuemer Park

Mon.	6:30-8 pm
Jun 3-24	\$53 1431848

Beach Volleyball – Game Play

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

Mooney's Bay Park

Tue.	6:30-8:30 pm
May 28-Aug 13	\$113.25 1433293

Stuemer Park

Mon.	6:30-8:30 pm
May 27-Aug 19	\$113.25 1433308

Volleyball – Level 2

Drills are geared to improving skill. Good skill level and understanding of the game required. Program includes skill development and fun games.

Centennial Public School

Tue.	7:30-9:30 pm
Apr 2-May 21	\$143.25 1428065

Volleyball – Never too late

It's never too late to try something new. Emphasis is on understanding the game, basic techniques, skills, and participation. Program includes skill development and game play.

Centennial Public School

Tue.	6-7:30 pm
Apr 2-May 21	\$105.75 1428063

LEAGUE REGISTRATION DEADLINES:

Ball Hockey: March 27

Basketball: March 27

Softball: April 17

Soccer: May 8

Beach Volleyball: May 1

Leagues & Description of leagues.

BEACH LEAGUES ONLY: If you are looking for a team to join please register using the IND barcode

all other leagues are individual registration. Team contacts send in team roster or you will be added to a team

Ball Hockey – League

All levels welcome. League is divided according to level of play. One-hour games.

Mary Pitt Centre

Sun.	10 am-4 pm
Apr 7-Jun 9	\$195 1431834

Basketball – Recreational League

Geared to players new to the game or who have not played for a while. League is divided according to level of play. One-hour games.

Various Locations

Wed. 6-10 pm
Apr 3-May 22 \$87 [1431826](#)

Beach Volleyball – League

2 Team

Women's 2's League.

Mooney's Bay Park

Wed. 6-9 pm
May 22-Aug 7 \$262.50 [1438632](#)

Stuemer Park

Thu. 6-9 pm
May 23-Aug 8 \$262.50 [1438640](#)

3 Team

Women's 3's League.

Mooney's Bay Park

Mon. 6-9 pm
May 27-Aug 12-IND \$74.50 [1438647](#)
May 27-Aug 12 \$297 [1438657](#)

Wed. 6-9 pm
May 22-Aug 7 \$354 [1438665](#)
May 22-Aug 7-IND \$89 [1438669](#)

Stuemer Park

18+ years Thu. 6-9 pm
May 23-Aug 8 \$89 [1438677](#)

May 23-Aug 8 \$354 [1438680](#)

4 Team

Women's 4's League.

Mooney's Bay Park

Mon. 6-9 pm
May 27-Aug 12-IND \$74.50 [1438689](#)
May 27-Aug 12 \$372 [1438694](#)

Wed. 6-9 pm
May 22-Aug 7-IND \$89 [1438714](#)

May 22-Aug 7 \$444.50 [1438718](#)

Stuemer Park-613-580-2424

Thu. 6-9 pm
May 23-Aug 8-IND \$89 [1438725](#)
May 23-Aug 8 \$444.50 [1438733](#)

6 Team

Women's 6's Recreational League.

Britannia Park

Mon. 6-9 pm
May 27-Aug 12-IND \$74.50 [1438744](#)
May 27-Aug 12 \$484 [1438749](#)

Mooney's Bay Park

Mon. 6-9 pm
May 27-Aug 12-IND \$74.50 [1438773](#)
May 27-Aug 12 \$484 [1438776](#)

Stuemer Park

Thu. 6-9 pm
May 23-Aug 8-IND \$89 [1438784](#)
May 23-Aug 8 \$581 [1438792](#)

Soccer Outdoor League

One-hour games.
Tue. 6-10 pm
May 21-Aug 20 \$85 [1428080](#)

Soccer Outdoor League

One-hour games.

Various Locations

Tue. 6-10 pm
May 21-Aug 20 \$85 [1428080](#)

Softball Recreational League

Recreational play. All skill levels welcome.

Various Locations

Wed. 6-10 pm
May 1-Aug 14 \$131.50 [1428171](#)

Softball Intermediate League

Geared for players with considerable knowledge and skill level.

Various Locations

Thu. 6-10 pm
May 2-Aug 15 \$131.50 [1428145](#)

Drop In Activities

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

