



Classes and Activities for Children

Recreation eGuide

Spring and Summer 2019

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[fee support](#)



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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 children?

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

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



Digital 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.

Animate This

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

Nepean Creative Arts

9-13 years	Mon.	6:30-8:30 pm
Apr 8-May 27	\$172.75	1465446

Scratch Animation

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

Shenkman Arts

8-12 years	Sat.	1-4 pm
May 25	\$20.50	1426464

Performing Arts

Dance

Acrobatic – Level 1

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

Shenkman Arts

6-8 years	Wed.	6:30-7:30 pm
Apr 3-May 22	\$63.50	1464184
9-12 years	Wed.	7:30-8:30 pm
Apr 3-May 22	\$79.25	1464239

Ballet – Level 1

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

Shenkman Arts

5-6 years	Sun.	11:45 am-12:30 pm
Apr 14-Jun 16	\$55.50	1426307

Bollywood

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

Nepean Creative Arts

6-12 years	Sun.	10-11 am
Apr 7-Jun 9	\$82.25	1464580

Contemporary – Level 1

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

Nepean Creative Arts

11-14 years	Sat.	12:30-1:45 pm
Apr 6-Jun 8	\$103	1464631

Gotta Dance

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

Shenkman Arts

5-6 years	Sat.	11:45 am-12:30 pm
Apr 13-Jun 15	\$55.50	1426308

Hip Hop – Level 1

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

Nepean Creative Arts

5-8 years	Sun.	10:15-11 am
Apr 7-Jun 9	\$61.75	1464663
9-12 years	Sun.	11 am-noon
Apr 7-Jun 9	\$82.25	1464687

Hip Hop & Jazz – Level 2

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

Nepean Creative Arts

6-9 years	Sat.	9:45-10:45 am
Apr 13-Jun 15	\$82.25	1465443

Jazz – Level 1

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

Nepean Creative Arts

9-14 years	Fri.	5:30-6:30 pm
Apr 12-Jun 7	\$74	1465442

Ottawa Valley Step Dancing

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

Nepean Creative Arts

Level 1

6-10 years	Mon.	6-6:45 pm
Apr 8-Jun 3	\$54	1471893

Level 2

8-12 years	Mon.	6:45-7:30 pm
Apr 8-Jun 3	\$54	1471894

Tap – Level 1

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

Shenkman Arts

6-12 years	Tue.	6-7 pm
Apr 9-May 28	\$82.25	1426403

Urban – Level 1

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

Nepean Creative Arts

5-7 years	Tue.	6:15-7 pm
Apr 9-Jun 18	\$69.50	1465444
8-12 years	Tue.	7-8 pm
Apr 9-Jun 18	\$92.75	1465445

Shenkman Arts

5-8 years	Tue.	6:15-7:15 pm
Apr 9-May 28	\$82.25	1426405
9-12 years	Tue.	7:15-8:15 pm
Apr 9-May 28	\$82.25	1426406

Drama and Multi Arts

Drama and Dance

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

Nepean Creative Arts

5-8 years	Sat.	11 am-12:15 pm
Apr 6-Jun 8	\$92.50	1465463

Live Wire Drama

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

Nepean Creative Arts

9-12 years	Sat.	9:30-11 am
Apr 6-Jun 8	\$123.50	1465465

That's Kindertainment

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

Nepean Creative Arts

4-6 years	Sun.	9:45-11:15 am
Apr 7-Jun 2	\$151.25	1465468



Music

Guitar

Level 1

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

Nepean Creative Arts

10-14 years	Wed.	5:30-6:30 pm
Apr 10-May 29	\$144	1465448

Shenkman Arts

10-14 years	Sat.	10-11 am
Apr 13-Jun 15	\$142.50	1426459
9-14 years	Tue.	6-7 pm
Jul 9-Aug 13	\$106.75	1427514

Level 2

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

Nepean Creative Arts

10-14 years	Wed.	6:30-7:30 pm
Apr 10-May 29	\$144	1465450

Shenkman Arts

10-14 years	Sat.	11-noon
Apr 13-Jun 15	\$142.50	1426461
9-14 years	Tue.	7-8 pm
Jul 9-Aug 13	\$106.75	1427540

Level 3

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

Nepean Creative Arts

10-14 years	Wed.	7:30-8:30 pm
Apr 10-May 29	\$144	1465452

Shenkman Arts – 613-580-2828

10-14 years	Sat.	4-5 pm
Apr 13-Jun 15	\$142.50	1472894
5-14 years	Tue.	5:30-6:30 pm
Mar 26-Jun 11	\$111.75	1473904

Keyboard

Level 1

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

Nepean Creative Arts

6-9 years	Thu.	4:30-5:10 pm
Apr 11-May 30	\$128	1465456
6-9 years	Thu.	5:15-5:55 pm
Apr 11-May 30	\$128	1465457
9-12 years	Thu.	6-6:40 pm
Apr 11-May 30	\$128	1465458

Level 2

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

Nepean Creative Arts

7-12 years	Thu.	6:45-7:25 pm
Apr 11-May 30	\$128	1465460

Ukulele

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

Nepean Creative Arts

7-10 years	Fri.	6-6:45 pm
Apr 12-May 31	\$94.50	1465454
9-12 years	Fri.	6:45-7:30 pm
Apr 12-May 31	\$94.50	1465455

Shenkman Arts

10-14 years	Sat.	3-4 pm
Apr 13-Jun 15	\$142.50	1426462

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!

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Drawing and Painting

Big Scale Abstract Art

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

Nepean Visual Arts

6-9 years	Sun.	1-3 pm
Apr 7-May 12	\$144	1436413

Cartooning and Comics

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

Nepean Visual Arts

9-12 years	Sun.	10-11:30 am
Apr 7-Jun 9	\$165.75	1436123

Drawing and Painting

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

Nepean Visual Arts

9-13 years	Sat.	9-11 am
Apr 6-Jun 8	\$211	1436109
9-13 years	Sat.	11:30 am-1:30 pm
Apr 6-Jun 8	\$211	1436116
9-13 years	Sat.	2-4 pm
Apr 6-Jun 8	\$211	1436118

Mixed Media – Mixing It

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

Nepean Visual Arts

6-8 years	Sun.	10 am-noon
Apr 7-May 12	\$138.25	1436405

Pottery

Handbuilding

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

Nepean Visual Arts

7-9 years	Sat.	9-10:30 am
Apr 6-Jun 8	\$172.75	1436143
7-9 years	Sat.	11 am-12:30 pm
Apr 6-Jun 8	\$172.75	1436134

Arts in Your Neighbourhood

Digital Arts

Intro to Game Development

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

6-14 years	Sun.	2:30-4:30 pm
May 5-Jun 23	\$126.50	1467958

Performing Arts

Dance

Acrobatic – Level 1

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

Ray Friel – 613-580-4765

6-12 years	Mon.	6:15-7 pm
Apr 1-Jun 17	\$59.50	1430911

Ballet

Level 1

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

Albion Heatherington – 613-247-4828

6-12 years	Sun.	2:45-3:30 pm
Apr 7-Jun 23	\$83.25	1464736

Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Tue.	6:30-7:30 pm
Apr 2-Jun 18	\$111	1462723
6-9 years	Sat.	11:45 am-12:45 pm
Apr 6-Jun 22	\$92.50	1462690

Eva James – 613-580-2442 ext. 29814

6-9 years	Mon.	6:10-7:10 pm
Mar 25-Jun 10	\$92.50	1432939

Hunt Club-Riverside Park – 613-580-2990

5-6 years	Sat.	11-11:45 am
May 11-Jun 22	\$41.75	1463631
7-10 years	Sat.	noon-12:45 pm
May 11-Jun 22	\$41.75	1463632

Kanata Recreation – 613-580-2570

5-7 years	Sat.	11:15 am-noon
Apr 6-Jun 8	\$55.50	1438502

McNabb – 613-564-1070

6-9 years	Sat.	11 am-noon
Mar 30-Jun 15	\$92.50	1470520

Minto-Barrhaven – 613-727-2683

6-10 years	Tue.	4:45-5:45 pm
Mar 26-Jun 4	\$101.75	1467570

Nepean Sportsplex – 613-580-2828

6-10 years	Thu.	6:15-7 pm
Mar 28-Jun 6	\$76.25	1466734
6-10 years	Sat.	2-2:50 pm
Mar 30-Jun 8	\$69.50	1464529

Pincrest – 613-580-9676

6-10 years	Sun.	11:15 am-noon
Mar 24-Jun 16	\$76.25	1464607
6-10 years	Tue.	6:45-7:30 pm
Mar 26-Jun 11	\$83.25	1464583

Plant – 613-232-3000

6-10 years	Wed.	7-8 pm
May 1-Jun 19	\$74	1466775
Jul 3-Aug 21	\$74	1467581

Ray Friel – 613-580-4765

5-9 years	Sat.	10:15-11 am
Apr 6-Jun 15	\$62.50	1433345
6-12 years	Sat.	10-10:45 am
Jul 6-Aug 24	\$48.50	1463874

Richcraft-Kanata – 613-580-9696

4-6 years	Tue.	5:15-6 pm
Jul 2-Aug 27	\$62.50	1438835
4-6 years	Thu.	4:30-5:15 pm
Jul 4-Aug 29	\$62.50	1438836

4-6 years	Thu.	5-5:45 pm
Mar 21-Jun 20	\$97	1435136

Richmond – 613-580-2424 ext. 20705

5-7 years	Wed.	6-7 pm
Apr 17-Jun 19	\$92.50	1430600

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.

Ray Friel – 613-580-4765

6-12 years	Sat.	11-11:45 am
Apr 6-Jun 15	\$69.50	1433380

Ballet Jazz – Level 1

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

Aquaview – 613-824-0633 ext. 221

5-7 years	Tue.	6:40-7:25 pm
Apr 16-Jun 18	\$69.50	1437211

François Dupuis – 613-580-8080

11-14 years Wed. 7:15-8:15 pm
 Apr 3-Jun 12 \$101.75 [1466156](#)
 6-10 years Wed. 6:15-7:15 pm
 Apr 3-Jun 12 \$101.75 [1466155](#)

Cardel Rec (Goulbourn) – 613-580-2532

4-6 years Sun. 11-11:45 am
 Apr 7-Jun 9 \$55.50 [1463616](#)

Hintonburg – 613-798-8874

5-7 years Thu. 7-7:45 pm
 Apr 4-Jun 6 \$69.50 [1463650](#)

Nepean Sportsplex – 613-580-2828

6-10 years Sun. 10:15-11 am
 Mar 31-Jun 9 \$62.50 [1466407](#)

Overbrook – 613-742-5147

4-6 years Sat. 9:30-10:15 am
 Apr 6-May 25 \$74 [1470484](#)

4-6 years Sat. 12:45-1:45 pm
 Apr 6-May 25 \$74 [1470485](#)

St-Laurent Complex – 613-742-6767

6-9 years Sun. 12:30-1:15 pm
 Apr 7-Jun 16 \$62.50 [1436318](#)

Gotta Dance

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

Aquaview – 613-824-0633 ext. 221

5-7 years Wed. 6:40-7:25 pm
 Apr 17-Jun 19 \$69.50 [1433025](#)

Chapman Mills – 613-822-7887

5-7 years Tue. 6-6:30 pm
 Apr 2-Jun 18 \$55.50 [1437097](#)

8-10 years Tue. 6:30-7:15 pm
 Apr 2-Jun 18 \$83.25 [1437098](#)

Greenboro – 613-580-2805

6-9 years Tue. 6-7 pm
 Mar 19-Apr 9 \$37 [1429656](#)

Apr 16-May 7 \$37 [1429659](#)
 May 14-Jun 4 \$37 [1429660](#)

6-9 years Sat. 11 am-noon
 Mar 23-Jun 1 \$92.50 [1429683](#)

Heron – 613-247-4808

6-9 years Sat. 10:15-11:15 am
 Apr 6-Jun 8 \$74 [1461659](#)

Overbrook – 613-742-5147

7-12 years Sat. 11:45 am-12:45 pm
 Apr 6-May 25 \$59.25 [1470488](#)

Richelieu-Vanier – 613-560-6030

6-9 years Thu. 6:15-7:15 pm
 Apr 11-Jun 13 \$92.50 [1436517](#)

Hip Hop

Level 1

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

Albion Heatherington – 613-247-4828

6-12 years Sun. 2-2:45 pm
 Apr 7-Jun 23 \$92.75 [1438881](#)

Bob-MacQuarrie-Orléans –

613-580-9600

6-10 years Thu. 6-7 pm
 Apr 4-Jun 20 \$123.50 [1462773](#)

Eva James – 613-580-2442 ext. 29814

4-6 years Fri. 4:45-5:30 pm
 Mar 29-Jun 14 \$85 [1436299](#)

7-12 years Fri. 5:30-6:30 pm
 Mar 29-Jun 14 \$113.25 [1436308](#)

Fred Barrett Arena –

613-580-2424 ext. 30235

6-10 years Mon. 6:15-7:15 pm
 Apr 1-Jun 3 \$82.25 [1461737](#)

Cardel Rec (Goulbourn) – 613-580-2532

6-12 years Sat. 1:30-2:15 pm
 Apr 6-Jun 8 \$61.75 [1463607](#)

Greely – 613-580-2424 ext. 30235

6-8 years Thu. 6:30-7:15 pm
 Apr 4-May 23 \$61.75 [1468400](#)

Greenboro – 613-580-2805

6-9 years Fri. 6:45-7:45 pm
 Mar 22-May 3 \$61.75 [1429688](#)

Heron – 613-247-4808

6-9 years Sat. 11:15 am-12:15 pm
 Apr 6-Jun 8 \$82.25 [1461661](#)

Minto-Barrhaven – 613-727-2683

6-10 years Sun. 1-2 pm
 Mar 24-Jun 9 \$103 [1467774](#)

6-10 years Fri. 6:30-7:30 pm
 Mar 29-Jun 7 \$103 [1467698](#)

Nepean Sportsplex – 613-580-2828

6-10 years Sun. 11-11:45 am
 Mar 31-Jun 9 \$69.50 [1466455](#)

6-10 years Mon. 6:30-7:15 pm
 Mar 25-Jun 3 \$69.50 [1466634](#)

8-12 years Thu. 7-7:50 pm
 Mar 28-Jun 6 \$94.25 [1466735](#)



Pat Clark – 613-748-1771

6-12 years Mon. 6:15-7:15 pm
 Apr 8-Jun 24 \$103 [1433478](#)

6-12 years Mon. 7-8 pm
 Jul 8-Aug 26 \$72 [1440175](#)

Ray Friel – 613-580-4765

6-12 years Wed. 5:45-6:30 pm
 Apr 3-Jun 12 \$85 [1431167](#)

6-12 years Sat. 11:15 am-noon
 Jul 6-Aug 24 \$54 [1463889](#)

Richcraft – 613-580-9696

6-10 years Tue. 6-6:45 pm
 Jul 2-Aug 27 \$69.50 [1438828](#)

6-10 years Thu. 5:45-6:30 pm
 Jul 4-Aug 29 \$69.50 [1438834](#)

6-8 years Thu. 5:45-6:30 pm
 Mar 21-Jun 20 \$108 [1435137](#)

Richelieu-Vanier – 613-560-6030

10-14 years Thu. 7:30-8:30 pm
 Apr 11-Jun 13 \$103 [1436523](#)

Richmond – 613-580-2424 ext. 20705

7-12 years Wed. 7-8 pm
 Apr 17-Jun 19 \$103 [1430605](#)

St-Laurent Complex – 613-742-6767

6-9 years Sun. 11:45 am-12:30 pm
 Apr 7-Jun 16 \$69.50 [1436316](#)

Walter Baker – 613-580-2788

5-7 years Sat. 10:05-11:05 am
 Apr 6-Jun 8 \$82.25 [1439504](#)

6-9 years Thu. 6-6:50 pm
 Apr 4-Jun 6 \$85.75 [1439090](#)

10-14 years Thu. 6:55-7:55 pm
 Apr 4-Jun 6 \$103 [1439091](#)

Level 2

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

Bob-MacQuarrie-Orléans –

613-580-9600

10-14 years Thu. 7-8 pm
 Apr 4-Jun 20 \$123.50 [1462776](#)

Ray Friel – 613-580-4765

6-12 years Wed. 6:30-7:15 pm
 Apr 3-Jun 12 \$77.25 [1431185](#)

Walter Baker – 613-580-2788

9-14 years Mon. 6:50-7:50 pm
 Apr 1-Jun 10 \$92.75 [1436641](#)

Hip Hop and Jazz

Emphasis on body placement, coordination and basic Jazz technique.

François Dupuis – 613-580-8080

6-10 years Sun. 3:45-4:45 pm
 Apr 7-Jun 9 \$82.25 [1469333](#)

6-10 years Sat. 3:45-4:45 pm
 Apr 6-Jun 8 \$82.25 [1467778](#)

Metcalfe – 613-580-2424 ext. 30235

4-7 years Sat. 11-11:45 am
 Apr 6-Jun 8 \$61.75 [1467676](#)

Osgoode – 613-580-2424 ext. 30235

6-8 years Sun. 11-11:45 am
 Apr 7-Jun 9 \$61.75 [1461835](#)

Jazz – Level 1

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

Walter Baker – 613-580-2788

7-9 years Wed. 7-8 pm
 Apr 3-Jun 12 \$92.50 [1439005](#)

K-pop

Level 1

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

Routhier – 613-244-4470

10-14 years	Sat.	9:30-10:30 am
Apr 6-Jun 22	\$93.50	1469032
Jul 13-Sep 28	\$93.50	1469192

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

10-14 years	Sat.	10:30-11:30 am
Apr 6-Jun 22	\$110.50	1469038
Jul 13-Sep 28	\$110.50	1469193

Ottawa Valley Step Dancing – Level 1

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

Hunt Club-Riverside Park – 613-580-2990

7-14 years	Sat.	1:30-2:15 pm
May 11-Jun 22	\$46.50	1463692
7-14 years	Sat.	2:15-3 pm
May 11-Jun 22	\$46.50	1463697
7-14 years	Sat.	3-3:45 pm
May 11-Jun 22	\$46.50	1463698

Drama and Multi Arts

Acting Up

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

Kanata Recreation – 613-580-2570

7-10 years	Tue.	6-7 pm
Apr 2-Jun 18	\$93.50	1437614

Clown Adventure

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

Lansdowne – 613-580-2424 ext. 17323

7-14 years	Sun.	1-3 pm
Apr 7-14	\$57.75	1467994
Jun 2-9	\$57.75	1467998

Drama and Dance

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

Kanata Recreation – 613-580-2570

5-8 years	Mon.	6-7 pm
Apr 1-Jun 17	\$92.50	1437453

Improv

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

Kanata Recreation – 613-580-2570

11-14 years	Tue.	7-8 pm
Apr 2-Jun 18	\$133	1437586

Live Wire Drama

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

Walter Baker – 613-580-2788

6-8 years	Tue.	6:15-7:15 pm
Apr 2-Jun 4	\$103	1438799
9-14 years	Tue.	7:20-8:20 pm
Apr 2-Jun 4	\$103	1438938

Musical Theatre

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

Kanata Recreation – 613-580-2570

8-12 years	Mon.	7-8 pm
Apr 1-Jun 17	\$124.75	1437539

Music

Guitar

Level 1

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

Heron – 613-247-4808

10-14 years	Sun.	2-2:30 pm
Apr 7-Jun 9	\$72	1462223
6-9 years	Sun.	1-1:30 pm
Apr 7-Jun 9	\$72	1462191
6-9 years	Sun.	1:30-2 pm
Apr 7-Jun 9	\$72	1462210

Nepean Sportsplex – 613-580-2828

6-12 years	Sun.	9-9:55 am
Mar 31-Jun 9	\$121.50	1466480
6-12 years	Tue.	6-6:55 pm
Mar 26-May 28	\$134.75	1466488

Plant – 613-232-3000

6-14 years	Wed.	5-6 pm
May 1-Jun 19	\$144	1466786
6-14 years	Sat.	10:30-11:30 am
May 4-Jun 22	\$126	1466821

St-Laurent Complex – 613-742-6767

6-10 years	Thu.	4-5 pm
Apr 4-Jun 13	\$198	1438555
6-10 years	Thu.	5-6 pm
Apr 4-Jun 13	\$198	1438558
11-14 years	Thu.	6-7 pm
Apr 4-Jun 13	\$198	1438560

Level 2

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

Nepean Sportsplex – 613-580-2828

8-14 years	Sun.	10-10:55 am
Mar 31-Jun 9	\$121.50	1469423
8-14 years	Tue.	7-7:55 pm
Mar 26-May 28	\$134.75	1469425

Plant – 613-232-3000

6-14 years	Wed.	6-7 pm
May 1-Jun 19	\$144	1466788
6-14 years	Sat.	11:30 am-12:30 pm
May 4-Jun 22	\$126	1466822

St-Laurent Complex – 613-742-6767

6-10 years	Thu.	7-8 pm
Apr 4-Jun 13	\$198	1438576
11-14 years	Thu.	8-9 pm
Apr 4-Jun 13	\$198	1438581

Level 3

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

Plant – 613-232-3000

6-14 years	Sat.	12:30-1:30 pm
May 4-Jun 22	\$126	1466823

Keyboard

Level 1

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

Heron – 613-247-4808

10-14 years	Sat.	10-10:30 am
Apr 6-Jun 8	\$96	1461695
10-14 years	Sat.	11-11:30 am
Apr 6-Jun 8	\$96	1461706
10-14 years	Sat.	noon-12:30 pm
Apr 6-Jun 8	\$96	1461718
10-14 years	Sat.	1:30-2 pm
Apr 6-Jun 8	\$96	1461721
10-14 years	Sat.	2:30-3 pm
Apr 6-Jun 8	\$96	1461726
10-14 years	Sat.	3:30-4 pm
Apr 6-Jun 8	\$96	1461739
6-9 years	Sat.	9-9:30 am
Apr 6-Jun 8	\$96	1461691
6-9 years	Sat.	9:30-10 am
Apr 6-Jun 8	\$96	1461680
6-9 years	Sat.	10:30-11 am
Apr 6-Jun 8	\$96	1461701
6-9 years	Sat.	11:30 am-noon
Apr 6-Jun 8	\$96	1461714
6-9 years	Sat.	1-1:30 pm
Apr 6-Jun 8	\$96	1461731
6-9 years	Sat.	2-2:30 pm
Apr 6-Jun 8	\$96	1461720
6-9 years	Sat.	3-3:30 pm
Apr 6-Jun 8	\$96	1461735
6-9 years	Sat.	4-4:30 pm
Apr 6-Jun 8	\$96	1461741

Plant – 613-232-3000

6-14 years	Sun.	9-10 am
May 5-Jun 23	\$135	1467775
6-14 years	Mon.	6-7 pm
Apr 29-Jun 17	\$135	1463262

Rideauview – 613-822-7887

6-7 years	Sat.	noon-12:30 pm
Apr 6-Jun 22	\$120	1436285
7-8 years	Sat.	12:30-1 pm
Apr 6-Jun 22	\$120	1436287
8-9 years	Sat.	1-1:30 pm
Apr 6-Jun 22	\$120	1436289
9-12 years	Sat.	1:30-2 pm
Apr 6-Jun 22	\$120	1436292

St-Laurent Complex – 613-742-6767

6-9 years	Sat.	9-10 am
Apr 6-Jun 15	\$239	1438602
6-9 years	Sat.	10-11 am
Apr 6-Jun 15	\$239	1438607
10-14 years	Sat.	11 am-noon
Apr 6-Jun 15	\$239	1438611

Level 2

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

Plant – 613-232-3000

6-14 years	Sun.	10-11 am
May 5-Jun 23	\$135	1467783
6-14 years	Mon.	7-8 pm
Apr 29-Jun 17	\$135	1463274

St-Laurent Complex – 613-742-6767

6-9 years	Sat.	1-2 pm
Apr 6-Jun 15	\$239	1438617
6-9 years	Sat.	3-4 pm
Apr 6-Jun 15	\$239	1438627
10-14 years	Sat.	2-3 pm
Apr 6-Jun 15	\$239	1438622
10-14 years	Sat.	4-5 pm
Apr 6-Jun 15	\$239	1438628

Ukulele

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

Plant – 613-232-3000

6-14 years	Wed.	7-8 pm
May 1-Jun 19	\$144	1466790



Violin

Level 1

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

St-Laurent Complex – 613-742-6767

8-14 years	Sat.	1-2 pm
Apr 6-Jun 15	\$180	1438635

Level 2

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

St-Laurent Complex – 613-742-6767

8-14 years	Sat.	2-3 pm
Apr 6-Jun 15	\$180	1438641

Vocal

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

Plant – 613-232-3000

6-9 years	Sat.	2-3 pm
May 4-Jun 22	\$126	1466824
10-14 years	Sat.	3-4 pm
May 4-Jun 22	\$126	1466825

Visual Arts

Schedules and fees may be subject to change.

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Drawing and Painting

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.

Richelieu-Vanier – 613-560-6030

13-14 years	Tue.	6:30-8:30 pm
Apr 16-May 21	\$123.50	1436416

Cartooning and Comics

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

Dempsey – 613-247-4846

8-12 years	Tue.	6-7 pm
Mar 26-May 14	\$115.25	1469318
8-12 years	Thu.	6-7 pm
Mar 28-May 16	\$115.25	1469319

François Dupuis – 613-580-8080

5-7 years	Wed.	6-7 pm
Apr 3-Jun 12	\$153.75	1466158
8-12 years	Tue.	6-7 pm
Apr 2-Jun 11	\$153.75	1466070
8-12 years	Wed.	7-8 pm
Apr 3-Jun 12	\$153.75	1466157

Greenboro – 613-580-2805

6-12 years	Sat.	2-3 pm
Mar 23-May 4	\$86.50	1427726
May 11-Jun 15	\$86.50	1427736

Kanata Recreation – 613-580-2570

6-12 years	Sat.	3-4 pm
Apr 6-Jun 8	\$115.25	1438702

Plant – 613-232-3000

8-12 years	Sun.	1-2 pm
May 5-Jun 23	\$100.75	1466831

St-Laurent Complex – 613-742-6767

6-11 years	Sat.	1-2 pm
Apr 6-Jun 15	\$129.50	1438663

Drawing and Painting

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

Chapman Mills – 613-822-7887

6-8 years	Wed.	6-7 pm
Apr 17-Jun 19	\$144	1437223
9-12 years	Wed.	7-8 pm
Apr 17-Jun 19	\$144	1437226

Eva James – 613-580-2442 ext. 29814

8-11 years	Wed.	4:30-5:30 pm
Mar 27-Jun 12	\$162.50	1434702
8-11 years	Thu.	4:30-5:30 pm
Mar 28-Jun 13	\$162.50	1434728
12-14 years	Wed.	5:45-6:45 pm
Mar 27-Jun 12	\$162.50	1434720

Greenboro – 613-580-2805

6-12 years	Thu.	6-7:30 pm
Mar 21-May 2	\$102	1427562
May 9-Jun 20	\$102	1427564

Minto-Barrhaven – 613-727-2683

12-14 years	Mon.	7-8 pm
Mar 25-Jun 10	\$142.25	1467532
8-11 years	Mon.	6-7 pm
Mar 25-Jun 10	\$142.25	1467527

Pincrest – 613-580-9676

6-8 years	Thu.	5:45-6:30 pm
Mar 28-May 23	\$97.25	1464762
9-12 years	Thu.	6:30-7:30 pm
Mar 28-May 23	\$129.50	1464765

St-Laurent Complex – 613-742-6767

6-9 years	Sun.	10-11:30 am
Apr 7-Jun 16	\$194.25	1438646
10-14 years	Sun.	11:30 am-1 pm
Apr 7-Jun 16	\$194.25	1438654

Mixed Media – Mixing It

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

Walter Baker – 613-580-2788

6-8 years	Wed.	6-6:45 pm
Apr 3-Jun 12	\$108	1438944
9-14 years	Wed.	7-8 pm
Apr 3-Jun 12	\$144	1438965

Pottery – Handbuilding

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

McNabb – 613-564-1070

6-13 years	Wed.	5:30-7 pm
Apr 3-Jun 5	\$216	1470524

Certification

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.

Bob MacQuarrie-Orléans – 613-580-9600

10-14 years	Fri.	8:30 am-4:30 pm
Apr 12	\$70	1463223
Jun 7	\$70	1463221

Fisher Park – 613-798-8945

11-14 years	Wed.	6-8 pm
May 29-Jun 19	\$70	1436597

Greenboro – 613-580-2805

12-14 years	Sat.	1-5 pm
Jun 8-15	\$70	1466636

Heron – 613-247-4808

12-14 years	Tue.	9 am-5 pm
Mar 12	\$70	1462143
12-14 years	Sat.	9 am-5 pm
May 25	\$70	1462070

Kanata Leisure – 613-580-9677

12-14 years	Fri.	9 am-5 pm
Jul 19	\$70	1427674
12-14 years	Sat.	9 am-5 pm
May 11	\$70	1427425
Jun 15	\$70	1427426

McNabb – 613-564-1070

12-14 years	Sat.-Sun.	10 am-2 pm
Apr 27-28	\$63.75	1470530
May 25-26	\$63.75	1470531

Minto-Barrhaven – 613-727-2683

12-14 years	Fri.	8:30 am-4:30 pm
Apr 12	\$70	1437461
May 17	\$70	1437463
Jun 7	\$70	1437469

Nepean Sportsplex – 613-580-2828

12-14 years	Sun.	8:30 am-4:30 pm
May 5	\$70	1471496
12-14 years	Fri.	8:30 am-4:30 pm
Apr 12	\$70	1471492
May 17	\$70	1471493
Jun 7	\$70	1471494
12-14 years	Sat.	8:30 am-4:30 pm
Jun 15	\$70	1471495

Pincrest – 613-580-9676

12-14 years	Mon.	5-7:45 pm
Apr 1-15	\$70	1464386
Jun 3-17	\$70	1464387

Rideauview – 613-822-7887

12-14 years	Sun.	9 am-5 pm
Jun 9	\$70	1436564

South Fallingbrook – 613-824-0633

10-14 years	Sun.	9 am-3 pm
Mar 10	\$68.50	1433033
Jun 16	\$68.50	1433037

Babysitting Course – Red Cross

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

Manotick – 613-580-2424 ext. 30235

11-14 years	Fri.	8:30 am-4:30 pm
Apr 12	\$70	1464569

Metcalfe – 613-580-2424 ext. 30235

11-14 years	Fri.	8:30 am-4:30 pm
Jun 7	\$70	1464577

LS Standard First Aid with CPR-C and AED

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

Canterbury – 613-247-4865

12-14 years	Fri.-Sat.	8 am-5 pm
Jul 19-20	\$122.50	1428950
Aug 16-17	\$122.50	1428951

Cooking in the Kitchen

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Cook Me a Story

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

Manotick – 613-580-2424 ext. 30235

4-6 years	Mon.	5:15-6 pm
May 13-Jun 17	\$36.50	1462054

Metcalfe – 613-580-2424 ext. 30235

4-7 years	Tue.	5:30-6:15 pm
Apr 2-May 7	\$44	1467729

Osgoode – 613-580-2424 ext. 30235

4-6 years	Thu.	5:30-6:15 pm
Apr 4-May 9	\$44	1462015

Crafty Chefs

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

Walter Baker – 613-580-2788

7-10 years	Sat.	9:55-10:55 am
Apr 6-Jun 8	\$78	1439553
11-13 years	Sat.	11 am-noon
Apr 6-Jun 8	\$78	1439562

Cupcake Decorating Workshop

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

Greely – 613-580-2424 ext. 30235

9-14 years	Sun.	1-3:30 pm
May 5	\$37.25	1466880

Manotick – 613-580-2424 ext. 30235

7-12 years	Sat.	1-3:30 pm
May 11	\$37.25	1462338

Metcalfe – 613-580-2424 ext. 30235

9-14 years	Sun.	1-3:30 pm
Apr 7	\$37.25	1466878



Baking

Learn basic baking techniques to create and enjoy baked goods.

Greely – 613-580-2424 ext. 30235

6-12 years	Thu.	6:30-7:30 pm
Apr 4-May 9	\$58.50	1468396

Manotick – 613-580-2424 ext. 30235

7-12 years	Mon.	6:15-7:15 pm
Apr 7-May 6	\$48.75	1461949

Metcalfe – 613-580-2424 ext. 30235

6-12 years	Tue.	6:30-7:30 pm
May 14-Jun 18	\$58.50	1468403

Osgoode – 613-580-2424 ext. 30235

7-12 years	Thu.	6:30-7:30 pm
May 16-Jun 20	\$58.50	1461942

Kitchen Adventures

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

Greely – 613-580-2424 ext. 30235

7-12 years	Thu.	6:30-7:30 pm
May 16-Jun 20	\$58.50	1468398

Greenboro – 613-580-2805

5-13 years	Wed.	10:30 am-noon
Mar 20-Apr 24	\$80.75	1427400
May 1-Jun 5	\$80.75	1427480

5-7 years	Sat.	2-3:30 pm
Mar 23-May 4	\$80.75	1427512
May 11-Jun 15	\$80.75	1427527

8-12 years	Sun.	2-3:30 pm
Mar 24-May 5	\$80.75	1427542
May 12-Jun 16	\$80.75	1427550

8-12 years	Thu.	6-7:30 pm
Mar 21-May 2	\$94.25	1427495
May 9-Jun 20	\$94.25	1427501

8-12 years	Thu.	6-7:30 pm
Mar 21-May 2	\$94.25	1427495
May 9-Jun 20	\$94.25	1427501

8-12 years	Thu.	6-7:30 pm
Mar 21-May 2	\$94.25	1427495
May 9-Jun 20	\$94.25	1427501

Hintonburg – 613-798-8874

8-12 years	Sun.	10 am-noon
Apr 28	\$19.50	1463769

Kanata Recreation – 613-580-2570

8-12 years	Sun.	9:15-10:15 am
Apr 7-Jun 9	\$78	1437803
8-12 years	Sun.	10:30-11:30 am
Apr 7-Jun 9	\$78	1437816

8-12 years	Tue.	6-7 pm
Apr 2-Jun 4	\$97.25	1437639

Manotick – 613-580-2424 ext. 30235

7-12 years	Mon.	6:15-7:15 pm
May 13-Jun 17	\$48.75	1461967

Metcalfe – 613-580-2424 ext. 30235

7-12 years	Tue.	6:30-7:30 pm
Apr 2-May 7	\$58.50	1468405

Osgoode – 613-580-2424 ext. 30235

7-12 years	Thu.	6:30-7:30 pm
Apr 4-May 9	\$58.50	1461919

Ray Friel – 613-580-4765

7-9 years	Sun.	11 am-noon
Apr 7-Jun 16	\$87.75	1434799
7-9 years	Sat.	11 am-noon
Jul 6-Aug 24	\$68.25	1463818

General Interest

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Social – Youth Club

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

South Fallingbrook – 613-824-0633

8-12 years	Thu.	6:30-8 pm
Apr 11-May 30	\$50.25	1440056

The Great Outdoors

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

Greely – 613-580-2424 ext. 30235

4-7 years	Thu.	5:30-6:15 pm
May 16-Jun 20	\$17.50	1468397

Metcalfe – 613-580-2424 ext. 30235

4-7 years	Tue.	5:30-6:15 pm
May 14-Jun 18	\$17.50	1468404

Hobbies and Games**Chess Club**

Enjoy playing chess practicing your skills while meeting new friends.

Kanata Recreation – 613-580-2570

6-12 years	Sat.	1-2:30 pm
Apr 6-Jun 8	\$81.25	1438414

Plant – 613-232-3000

10-14 years	Wed.	6:30-7:30 pm
May 1-Jun 19	\$54.25	1466795

6-9 years	Wed.	5:30-6:30 pm
May 1-Jun 19	\$54.25	1466794

Ray Friel – 613-580-4765

6-14 years	Wed.	6-7 pm
Apr 3-Jun 12	\$74.50	1431146

6-14 years	Sat.	10-11 am
Jul 6-Aug 24	\$47.50	1463828

Chess Club – Level 2

Enjoy playing chess practicing your skills while meeting new friends.

Ray Friel – 613-580-4765

7-14 years	Sun.	11 am-noon
Apr 7-Jun 16	\$61	1434825

Dinosaur Discovery!

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

Manotick – 613-580-2424 ext. 30235

6-9 years	Wed.	6:15-7:15 pm
May 15-Jun 19	\$93	1462189

Jewellery Workshop

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

Pat Clark – 613-748-1771

6-12 years	Sat.	1-4 pm
Jun 15	\$29.25	1433457

Ray Friel – 613-580-4765

6-12 years	Sat.	1-4 pm
May 4	\$29.25	1433392

Junior Vendors

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

Greely – 613-580-2424 ext. 30235

4-7 years	Thu.	5:30-6:15 pm
Apr 4-May 9	\$44	1467869

Manotick – 613-580-2424 ext. 30235

6-12 years	Sun.	11 am-noon
May 26-Jun 23	\$48.75	1462316

Kaleidoscope

Join us for a variety of interactive activities! Play games, create amazing crafts and explore the world around you with hands-on adventures!

Greenboro – 613-580-2805

3-11 years	Mon.	1-2:30 pm
Mar 18-Apr 15	\$44	1427329
Apr 29-Jun 3	\$44	1427333

Magic Club

Embark on a journey to become a magician! Learn the fundamentals of this mysterious art. Dazzle your friends and family with magic tricks.

Ray Friel – 613-580-4765

7-12 years	Tue.	6-7 pm
Apr 16-Jun 11	\$92	1430963

Melting Beads

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

Pat Clark – 613-748-1771

6-12 years	Wed.	6-7 pm
Apr 10-May 8	\$36.50	1432036
May 22-Jun 19	\$36.50	1432037

Minecraft®

For the beginner to intermediate 'crafter' this class will offer Minecraft® gameplay options in a group setting, including weekly challenges, builds, and redstone. Computers provided.

St-Laurent Complex – 613-742-6767

8-12 years	Wed.	7-8 pm
Mar 27-May 8	\$51.25	1438590
May 15-Jun 19	\$44	1438598

8-12 years	Sat.	9 am-noon
May 4	\$22	1438612
Jun 15	\$22	1438614

New

Muck and Mess

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

Ray Friel – 613-580-4765

6-12 years Tue. 5:15-6 pm
Apr 2-Jun 11 \$48.25 [1430945](#)

Richcraft – 613-580-9696

5-7 years Sat. 10:30-11:15 am
Mar 23-May 4 \$26.50 [1432063](#)
May 11-Jun 15 \$22 [1432065](#)

Nerf® Tag

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

François Dupuis – 613-580-8080

7-12 years Mon. 5:15-6:15 pm
Apr 1-Jun 10 \$52.75 [1465708](#)

Greely – 613-580-2424 ext. 30235

12-14 years Thu. 7-8 pm
Apr 4-May 23 \$46.75 [1466441](#)
8-11 years Thu. 6-7 pm
Apr 4-May 23 \$46.75 [1466438](#)

Greenboro – 613-580-2805

7-12 years Sat. noon-1 pm
Apr 6-Jun 15 \$58.50 [1461887](#)

Heron – 613-247-4808

8-12 years Mon. 5:30-6:30 pm
Apr 1-Jun 3 \$46.75 [1428517](#)

Manotick – 613-580-2424 ext. 30235

8-12 years Tue. 6-7 pm
Apr 2-May 7 \$35.25 [1462226](#)

Metcalfe – 613-580-2424 ext. 30235

8-12 years Sun. 10:30-11:30 am
Mar 31-May 12 \$35.25 [1466401](#)

Osgoode – 613-580-2424 ext. 30235

8-12 years Fri. 6:30-7:30 pm
Apr 26-Jun 14 \$41 [1461873](#)

Ray Friel – 613-580-4765

7-13 years Wed. 6-7 pm
Apr 3-Jun 12 \$64.25 [1431074](#)
7-13 years Thu. 6-7 pm
Apr 4-Jun 13 \$64.25 [1433054](#)

Rideauview – 613-822-7887

8-11 years Fri. 6-7 pm
Apr 5-Jun 21 \$64.25 [1436190](#)
12-14 years Fri. 7-8 pm
Apr 5-Jun 21 \$64.25 [1436195](#)



Walter Baker – 613-580-2788

8-10 years Fri. 6-7 pm
Apr 5-Jun 7 \$52.75 [1439096](#)
11-13 years Fri. 7:05-8:05 pm
Apr 5-Jun 7 \$52.75 [1439104](#)

Martial Arts

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Aikido Yoseikan

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

Bob MacQuarrie-Orléans – 613-580-9600

5-8 years Mon. 6-7 pm
Mar 25-Jun 17 \$87.75 [1463204](#)
5-8 years Fri. 6-7 pm
Mar 29-Jun 21 \$87.75 [1463207](#)
9-14 years Wed., Fri. 6-7:30 pm
Mar 27-Jun 21 \$287 [1463205](#)
5-8 years Sun. 9-10 am
Mar 31-Jun 23 \$87.75 [1463208](#)

Jiu-Jitsu

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

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

6-14 years Fri. 6:30-7:25 pm
Apr 5-May 31 \$66 [1434302](#)

Sandy Hill – 613-564-1062

5-14 years Tue. 5:30-6:30 pm
Mar 26-Jun 11 \$111.75 [1473904](#)
5-14 years Tue. 6:30-7:30 pm
Mar 26-Jun 11 \$111.75 [1469152](#)

Level 2

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

6-14 years Tue. 6:30-7:25 pm
Apr 2-May 28 \$85 [1432495](#)
6-14 years Fri. 7:30-8:25 pm
Apr 5-May 31 \$66 [1432514](#)

Sandy Hill – 613-564-1062

5-14 years Tue. 7:30-8:30 pm
Mar 26-Jun 11 \$111.75 [1469159](#)

Level 3

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

6-14 years Tue. 7:30-8:25 pm
Apr 2-May 28 \$85 [1433353](#)

Johnson's Taekwon Do Tricking 180°

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

Earl Armstrong Arena – 613-748-1771

6-14 years Sat. noon-1 pm
Mar 23-Jun 29 \$122.50 [1433278](#)
10-14 years Sat. noon-1 pm
Jul 6-Aug 24 \$75.50 [1440236](#)

Karate

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

Eva James – 613-580-2442 ext. 29814

6-14 years Wed. 5:30-6:30 pm
Mar 27-Jun 12 \$123.50 [1433505](#)

Greenboro – 613-580-2805

6-12 years Sun. 1-2 pm
Apr 7-Jun 16 \$103 [1428674](#)
6-12 years Sun. 2-3 pm
Apr 7-Jun 16 \$103 [1428675](#)

Heron – 613-247-4808

6-14 years Sat. 11:15 am-12:15 pm
Apr 6-Jun 8 \$73.25 [1461656](#)

Karate – Goju Ryu

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

École de la Découverte –

613-824-0633 ext. 221, 866 Scala

6-14 years Tue., Thu. 6:30-7:30 pm
Apr 9-Jun 13 \$138.50 [1433051](#)

Nepean Sportsplex – 613-580-2828

6-8 years Sat. 9:45-10:30 am
Mar 30-Jun 8 \$69.50 [1467243](#)
6-10 years Wed. 6-6:45 pm
Mar 27-Jun 5 \$85 [1467259](#)
9-12 years Sat. 10:30-11:15 am
Mar 30-Jun 8 \$69.50 [1467248](#)

Pincrest – 613-580-9676

6-9 years Sat. 2:30-3:30 pm
Mar 23-Jun 15 \$113.25 [1465652](#)
8-12 years Sat. 3:30-4:30 pm
Mar 23-Jun 15 \$113.25 [1465675](#)

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

6-14 years Thu. 6-6:55 pm
Apr 4-May 30 \$74.75 [1434928](#)

St-Laurent Complex – 613-742-6767

6-14 years Tue. 6-6:55 pm
Apr 9-Jun 25 \$108.75 [1434915](#)
Jul 9-Aug 27 \$72.50 [1467556](#)

Level 2

École de la Découverte –

613-824-0633 ext. 221, 866 Scala

6-14 years Tue., Thu. 7:30-8:30 pm
Apr 9-Jun 13 \$138.50 [1433061](#)

Nepean Sportsplex – 613-580-2828

10-14 years Sat. 11:15 am-12:15 pm
Mar 30-Jun 8 \$92.75 [1474516](#)

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

6-14 years Thu. 7-7:55 pm
Apr 4-May 30 \$74.75 [1434978](#)

St-Laurent Complex – 613-742-6767

6-14 years Tue. 7-7:55 pm
Apr 9-Jun 25 \$108.75 [1434974](#)
Jul 9-Aug 27 \$72.50 [1467579](#)

Level 3

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

6-14 years Thu. 8-8:55 pm
Apr 4-May 30 \$74.75 [1434994](#)

St-Laurent Complex – 613-742-6767

6-14 years Tue. 8-8:55 pm
Apr 9-Jun 25 \$108.75 [1434985](#)
Jul 9-Aug 27 \$72.50 [1467587](#)

Karate – Heiwa Kai Dojo

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

Routhier – 613-244-4470

7-14 years Tue., Thu. 6-7 pm
Apr 2-Jun 20 \$160.75 [1469161](#)
Sep 3-26 \$53.75 [1469195](#)

**Karate JKA Shotokan –
Beginners**

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

Plant – 613-232-3000

6-14 years Tue., Thu., Sat. 6-7 pm
Apr 30-Jun 22 \$176.25 [1463761](#)
6-14 years Tue., Thu. 5-6 pm
Apr 30-Jun 20 \$122.75 [1463746](#)
Jul 2-Aug 22 \$122.75 [1467451](#)
6-14 years Tue., Thu. 6-7 pm
Jul 2-Aug 22 \$122.75 [1467454](#)

Kendo

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

Plant – 613-232-3000

6-14 years Sun. 3:30-5:30 pm
May 5-Jun 23 \$102.25 [1467768](#)
Jul 7-Aug 25 \$102.25 [1468022](#)

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 – 613-748-1771

6-14 years Mon. 6-7 pm
Mar 18-Jun 24 \$114.75 [1432043](#)
Jul 8-Aug 26 \$61.75 [1440192](#)
6-14 years Mon., Thu. 6-7 pm
Mar 18-Jun 27 \$247 [1432045](#)
6-14 years Wed. 6-7 pm
Mar 27-Jun 26 \$123.50 [1432041](#)
Jul 3-Aug 28 \$79.50 [1436618](#)
6-14 years Thu. 6-7 pm
Mar 21-Jun 27 \$132.25 [1432047](#)
Jul 4-Aug 29 \$79.50 [1440201](#)
6-14 years Thu., Mon. 6-7 pm
Jul 4-Aug 29 \$141.25 [1440195](#)
7-14 years Sat. 10-11 am
Mar 23-Jun 29 \$114.75 [1464442](#)

Cardel Rec (Goulbourn) – 613-580-2532

6-14 years Fri. 6:30-7:30 pm
May 10-Jul 26 \$123.50 [1464619](#)
6-14 years Fri. 7:30-8:30 pm
May 10-Jul 26 \$123.50 [1467927](#)

Fisher Park – 613-798-8945

4-14 years Tue., Thu. 5:30-6:30 pm
Apr 2-Jun 20 \$187.75 [1436608](#)
4-14 years Tue., Thu. 6:30-7:30 pm
Apr 2-Jun 20 \$187.75 [1436610](#)

**Hunt Club-Riverside Park –
613-580-2990**

7-14 years Tue., Thu. 6:30-7:30 pm
Jun 25-Aug 29 \$176 [1430664](#)

**Notre Dame Des Champs –
613-580-9600**

4-14 years Mon., Wed. 6:30-7:30 pm
Mar 25-Jun 19 \$173.75 [1463057](#)
Jun 24-Aug 28 \$130.25 [1464843](#)
4-14 years Mon., Wed. 7:30-8:30 pm
Mar 25-Jun 19 \$173.75 [1463060](#)
4-14 years Tue., Thu. 6:30-7:30 pm
Mar 26-Jun 20 \$188.25 [1463058](#)

Richcraft-Kanata – 613-580-9696

5-8 years Wed. 6:15-7:15 pm
Mar 20-Jun 19 \$144 [1428705](#)
Jul 3-Aug 28 \$92.75 [1428728](#)
5-8 years Sat. 12:15-1:15 pm
Mar 23-Jun 22 \$123.50 [1428708](#)
Jul 6-Aug 24 \$72 [1428731](#)
8-14 years Wed. 7:15-8:15 pm
Mar 20-Jun 19 \$144 [1428706](#)
Jul 3-Aug 28 \$92.75 [1428729](#)
8-14 years Wed. 8:15-9:15 pm
Mar 20-Jun 19 \$144 [1428707](#)
Jul 3-Aug 28 \$92.75 [1428730](#)
8-14 years Sat. 1:15-2:15 pm
Mar 23-Jun 22 \$123.50 [1428709](#)
Jul 6-Aug 24 \$72 [1428732](#)
8-14 years Sat. 2:15-3:15 pm
Mar 23-Jun 22 \$123.50 [1428710](#)
Jul 6-Aug 24 \$72 [1428733](#)
8-14 years Sat. 3:15-4:15 pm
Mar 23-Jun 22 \$123.50 [1428711](#)
Jul 6-Aug 24 \$72 [1428734](#)
8-14 years Sat. 4:15-5:15 pm
Mar 23-Jun 22 \$123.50 [1428712](#)
Jul 6-Aug 24 \$72 [1428735](#)

Level 2

Earl Armstrong Arena – 613-748-1771

6-14 years Mon. 7-8 pm
Mar 18-Jun 24 \$114.75 [1432051](#)
Jul 8-Aug 26 \$61.75 [1440210](#)
6-14 years Mon., Thu. 7-8 pm
Mar 18-Jun 27 \$247 [1432052](#)
6-14 years Thu. 7-8 pm
Mar 21-Jun 27 \$132.25 [1432053](#)
Jul 4-Aug 29 \$79.50 [1440215](#)
6-14 years Thu., Mon. 7-8 pm
Jul 4-Aug 29 \$141.25 [1440214](#)



Taekwondo – Girls

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

Earl Armstrong Arena – 613-748-1771

8-14 years Tue. 6-7 pm
Mar 26-Jun 25 \$130.75 [1433288](#)
Jul 2-Aug 27 \$84 [1440231](#)

Safety

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.

Home Alone

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

**Bob MacQuarrie-Orléans –
613-580-9600**

9-13 years Sun. 9:30 am-noon
May 5 \$48.75 [1463219](#)

Greenboro – 613-580-2805

10-13 years Sat. 10 am-noon
 Mar 9 \$39 [1466617](tel:1466617)

Heron – 613-247-4808

9-13 years Sat. 9:30 am-1:30 pm
 May 4 \$78 [1461650](tel:1461650)

Kanata Leisure – 613-580-9677

10-13 years Fri. 9 am-1 pm
 Aug 16 \$78 [1427681](tel:1427681)
 10-13 years Sat. 10 am-2 pm
 May 4 \$78 [1427437](tel:1427437)
 Jun 8 \$78 [1427433](tel:1427433)

Nepean Sportsplex – 613-580-2828

10-14 years Sun. 9:30 am-noon
 Apr 28 \$48.75 [1471442](tel:1471442)
 May 26 \$48.75 [1471443](tel:1471443)
 Jun 16 \$48.75 [1471444](tel:1471444)

Pinecrest – 613-580-9676

10-14 years Thu. 5:30-8 pm
 Jun 6-13 \$97.50 [1464782](tel:1464782)

Sawmill Creek – 613-521-4092

8-14 years Fri. 8 am-5 pm
 Apr 12 \$150 [1468448](tel:1468448)
 Jun 7 \$150 [1468449](tel:1468449)

Stay Safe!

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

Greely – 613-580-2424 ext. 30235

9-13 years Fri. 9 am-3 pm
 May 17 \$47.50 [1464779](tel:1464779)

Metcalfe – 613-580-2424 ext. 30235

9-13 years Fri. 9 am-3 pm
 Apr 12 \$47.50 [1464758](tel:1464758)

Street Proofing & Home Alone

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

Hintonburg – 613-798-8874

10-13 years Sun. 10 am-1 pm
 May 5 \$58.50 [1463752](tel:1463752)
 10-13 years Sun. 1:30-4:30 pm
 May 5 \$58.50 [1463753](tel:1463753)

Sports

Badminton

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

Bridlewood School –

613-580-2442 ext. 29814

63 Bluegrass

10-14 years Thu. 7:45-8:45 pm
 Mar 28-Jun 13 \$93.50 [1434993](tel:1434993)

Fisher Park – 613-798-8945

10-14 years Fri. 5:30-6:30 pm
 Apr 5-Jun 21 \$83.25 [1436595](tel:1436595)

François Dupuis – 613-580-8080

8-10 years Wed. 5:30-6:30 pm
 Apr 3-Jun 12 \$85.75 [1466129](tel:1466129)
 11-14 years Wed. 6:35-7:35 pm
 Apr 3-Jun 12 \$85.75 [1466137](tel:1466137)

Hintonburg – 613-798-8874

11-14 years Sat. 2:30-4:30 pm
 Mar 30-Jun 8 \$124.75 [1463984](tel:1463984)

Minto-Barrhaven – 613-727-2683

6-9 years Thu. 5:30-6:30 pm
 Mar 28-Jun 6 \$85.75 [1466744](tel:1466744)
 6-9 years Sat. 3-4 pm
 Mar 23-Jun 8 \$78 [1466748](tel:1466748)

9-12 years Sat. 4-5 pm
 Mar 23-Jun 8 \$78 [1467870](tel:1467870)

9-12 years Thu. 6:30-7:30 pm
 Mar 28-Jun 6 \$85.75 [1466746](tel:1466746)

Nepean Sportsplex – 613-580-2828

8-12 years Sun. 10-10:55 am
 Mar 31-Jun 9 \$64.25 [1466509](tel:1466509)
 13-14 years Sun. 11-11:55 am
 Mar 31-Jun 9 \$64.25 [1466514](tel:1466514)

Richcraft-Kanata – 613-580-9696

6-7 years Tue. 4:15-5 pm
 Mar 19-Jun 18 \$81.75 [1435124](tel:1435124)
 8-10 years Tue. 5-6 pm
 Mar 19-Jun 18 \$109 [1435125](tel:1435125)
 11-14 years Tue. 6-7 pm
 Mar 19-Jun 18 \$109 [1435126](tel:1435126)

Vernon – 613-580-2424 ext. 30235

6-9 years Thu. 6-7 pm
 Apr 11-May 30 \$62.50 [1464811](tel:1464811)

Game Play

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

Minto-Barrhaven – 613-727-2683

12-14 years Thu. 7:30-8:30 pm
 Mar 28-Jun 6 \$46 [1466769](tel:1466769)

Ball Hockey

Ball Hockey

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

Glen Cairn – 613-580-2570

6-10 years Sat. 11 am-noon
 Apr 6-Jun 8 \$62.50 [1438688](tel:1438688)

Cardel Rec (Goulbourn) – 613-580-2532

5-7 years Sat. 11-11:50 am
 Apr 6-Jun 8 \$52 [1463634](tel:1463634)
 8-12 years Sat. 11-11:50 am
 Apr 6-Jun 8 \$52 [1463646](tel:1463646)

Rideauview – 613-822-7887

6-9 years Sun. 4:15-5 pm
 Apr 7-Jun 23 \$58.50 [1436516](tel:1436516)

St-Laurent Complex – 613-742-6767

5-7 years Sun. 9-10 am
 Apr 28-Jun 23 \$62.50 [1438626](tel:1438626)
 8-12 years Sun. 10-11 am
 Apr 28-Jun 23 \$62.50 [1438633](tel:1438633)

Game Play

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

Bridlewood School –

613-580-2442 ext. 29814

63 Bluegrass

8-12 years Thu. 6:30-7:30 pm
 Mar 28-Jun 13 \$50.25 [1434988](tel:1434988)

Greely – 613-580-2424 ext. 30235

5-6 years Thu. 6-6:45 pm
 May 9-Jun 20 \$22 [1464932](tel:1464932)
 7-8 years Thu. 6-6:45 pm
 May 9-Jun 20 \$22 [1464937](tel:1464937)
 7-10 years Thu. 6:45-7:30 pm
 May 9-Jun 20 \$22 [1464942](tel:1464942)

Greenboro – 613-580-2805

7-10 years Sat. 3-4 pm
 Apr 6-Jun 15 \$41.75 [1427936](tel:1427936)
 11-13 years Sat. 4-5 pm
 Apr 6-Jun 15 \$41.75 [1427938](tel:1427938)

Manotick Arena –

613-580-2424 ext. 30235

5-6 years Fri. 6:15-7 pm
 Apr 12-May 31 \$19 [1462428](tel:1462428)
 7-8 years Fri. 6:15-7 pm
 Apr 12-May 31 \$19 [1462438](tel:1462438)
 7-8 years Fri. 7-7:45 pm
 Apr 12-May 31 \$19 [1462444](tel:1462444)
 9-10 years Fri. 7-7:45 pm
 Apr 12-May 31 \$19 [1462445](tel:1462445)
 9-10 years Fri. 7:45-8:30 pm
 Apr 12-May 31 \$19 [1462449](tel:1462449)
 11-12 years Fri. 7:45-8:30 pm
 Apr 12-May 31 \$19 [1462451](tel:1462451)

Metcalfe – 613-580-2424 ext. 30235

5-6 years Tue. 6:15-7 pm
 May 7-Jun 18 \$22 [1464906](tel:1464906)
 7-8 years Tue. 6:15-7 pm
 May 7-Jun 18 \$22 [1464912](tel:1464912)
 7-8 years Tue. 7-7:45 pm
 May 7-Jun 18 \$22 [1464916](tel:1464916)
 9-10 years Tue. 7-7:45 pm
 May 7-Jun 18 \$22 [1464919](tel:1464919)
 9-10 years Tue. 7:45-8:30 pm
 May 7-Jun 18 \$22 [1464923](tel:1464923)
 11-12 years Tue. 7:45-8:30 pm
 May 7-Jun 18 \$22 [1464926](tel:1464926)

Nepean Sportsplex – 613-580-2828

6-8 years Sun. 2-2:55 pm
 Mar 31-Jun 9 \$34.50 [1466537](tel:1466537)
 9-12 years Sun. 3-3:55 pm
 Mar 31-Jun 9 \$34.50 [1466552](tel:1466552)

Osgoode – 613-580-2424 ext. 30235

5-6 years Mon. 6:15-7 pm
 May 6-Jun 17 \$19 [1462374](tel:1462374)
 7-8 years Mon. 6:15-7 pm
 May 6-Jun 17 \$19 [1462379](tel:1462379)
 7-8 years Mon. 7-7:45 pm
 May 6-Jun 17 \$19 [1462385](tel:1462385)
 9-10 years Mon. 7-7:45 pm
 May 6-Jun 17 \$19 [1462391](tel:1462391)
 9-10 years Mon. 7:45-8:30 pm
 May 6-Jun 17 \$19 [1462393](tel:1462393)
 11-12 years Mon. 7:45-8:30 pm
 May 6-Jun 17 \$19 [1462398](tel:1462398)

Ray Friel – 613-580-4765

3-4 years	Sun.	10:15-11 am
Apr 7-Jun 16	\$28.25	1434809
6-8 years	Mon.	5-6 pm
Jun 10-Aug 19	\$37.75	1464372
6-8 years	Fri.	5-6 pm
Jun 14-Aug 23	\$46	1464391
6-8 years	Sun.	9-10 am
Jun 16-Aug 25	\$37.75	1464406
7-12 years	Mon.	6-7 pm
Apr 1-Jun 3	\$33.50	1430904
9-12 years	Mon.	6-7 pm
Jun 10-Aug 19	\$37.75	1464378
9-12 years	Fri.	6-7 pm
Jun 14-Aug 23	\$46	1464397
9-12 years	Sun.	10-11 am
Jun 16-Aug 25	\$37.75	1464419

Walter Baker – 613-580-2788

6-8 years	Sun.	2:05-3:05 pm
Apr 7-Jun 9	\$33.50	1439842
9-13 years	Sun.	3:10-4:10 pm
Apr 7-Jun 9	\$33.50	1439848

Basketball

Above the Rim

Introduction to one specific basketball skill per week. Drills, skill fundamentals and integration into team play. Instruction provided by professionals from [Above the Rim Basketball School](#).

École Jeanne-Sauvé – 613-580-4765

1917 Gardenway

7-12 years	Thu.	6-7:30 pm
Apr 4-May 23	\$132.50	1464155

Eva James – 613-580-2442 ext. 29814

6-10 years	Mon.	6-7:30 pm
Apr 8-Jun 10	\$132.50	1432430
11-14 years	Mon.	7:30-9 pm
Apr 8-Jun 10	\$132.50	1432436

Fisher Park – 613-798-8945

3-5 years	Sat.	9-10 am
Apr 6-Jun 8	\$88.50	1436583
6-7 years	Mon.	6-7 pm
Apr 1-Jun 17	\$110.50	1436585
8-10 years	Mon.	6-7 pm
Apr 1-Jun 17	\$110.50	1436586
11-14 years	Mon.	7-8 pm
Apr 1-Jun 17	\$110.50	1436587

Jockvale School – 613-580-2788

101 Malvern

10-14 years	Thu.	6-7:30 pm
Mar 28-May 16	\$132.50	1437438

Mother Teresa School – 613-727-2683

440 Longfields

7-13 years	Tue.	6-7:30 pm
Mar 26-May 14	\$132.50	1437434

Rideauview – 613-822-7887

6-11 years	Wed.	6-7:30 pm
Apr 3-May 22	\$132.50	1436154

12-14 years	Wed.	7:30-9 pm
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Apr 3-May 22	\$132.50	1436156
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St. Cecilia School – 613-727-2683

3490 Cambrian

8-12 years	Fri.	6-7:30 pm
Mar 29-May 24	\$132.50	1441738

St. Emily Catholic School –

613-825-4300

500 Chapman

6-11 years	Mon.	6-7:30 pm
Mar 25-May 27	\$132.50	1437421

Basketball – Boys

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

Nepean Sportsplex – 613-580-2828

6-8 years	Tue.	5-5:55 pm
Mar 26-Jun 4	\$78.50	1462527
9-12 years	Tue.	6-6:55 pm
Mar 26-Jun 4	\$78.50	1462529

Basketball – Girls

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

Nepean Sportsplex – 613-580-2828

6-8 years	Tue.	5-5:55 pm
Mar 26-Jun 4	\$78.50	1462532
9-12 years	Tue.	6-6:55 pm
Mar 26-Jun 4	\$78.50	1462533

Richcraft-Kanata – 613-580-9696

7-9 years	Mon.	6-7 pm
Mar 18-Jun 17	\$93.50	1435122
10-12 years	Mon.	6-7 pm
Mar 18-Jun 17	\$93.50	1435123

Basketball

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

Barrhaven School –

613-580-2424 ext. 41238

80 Larkin

10-14 years	Fri.	6-7:30 pm
Apr 5-May 25	\$37.75	1471145
Jul 5-Aug 23	\$50.25	1471143

Bells Corners School – 613-580-2424 ext. 41238

3770 Old Richmond

10-14 years	Fri.	6-7:30 pm
Apr 26-May 31	\$37.75	1471146
Jul 5-Aug 23	\$50.25	1471144

François Dupuis – 613-580-8080

6-8 years	Sat.	9:45-10:45 am
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Apr 6-Jun 8	\$62.50	1467582
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6-8 years	Sat.	10:45-11:45 am
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Apr 6-Jun 8	\$62.50	1467586
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9-12 years	Sat.	11:45 am-12:45 pm
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Apr 6-Jun 8	\$62.50	1467589
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Glen Cairn – 613-580-2570

5-7 years	Mon.	6-7 pm
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Apr 1-Jun 3	\$62.50	1461843
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Cardel Rec (Goulbourn) – 613-580-2532

7-12 years	Mon.	6-7 pm
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Apr 8-Jun 10	\$62.50	1463649
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Greely School – 613-580-2424 ext. 30235

7066 Parkway

7-11 years	Tue.	6-7 pm
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Apr 2-May 21	\$62.50	1468401
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Greenboro – 613-580-2805

8-11 years	Mon.	5-6 pm
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Apr 1-Jun 17	\$78	1427865
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Heron – 613-247-4808

6-10 years	Sat.	1:15-2:15 pm
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Apr 6-Jun 8	\$62.50	1461654
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Hunt Club-Riverside Park –

613-580-2990

8-12 years	Sat.	1:45-2:45 pm
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May 11-Jun 15	\$46.75	1433962
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Jockvale School – 613-580-2424 ext. 41238

101 Malvern

10-14 years	Fri.	7-8:30 pm
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Jul 5-Aug 23	\$50.25	1471142
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Manotick School – 613-580-2424 ext. 30235

8-11 years	Wed.	6:15-7:15 pm
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Apr 3-May 22	\$62.50	1462072
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McNabb – 613-564-1070

6-12 years	Fri.	5:30-6:30 pm
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Apr 5-Jun 14	\$78	1470521
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Minto-Barrhaven – 613-727-2683

6-9 years	Tue.	6-7 pm
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Mar 26-Jun 4	\$85.75	1464846
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9-12 years	Tue.	7-8 pm
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Mar 26-Jun 4	\$85.75	1464850
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Pincrest Park – 613-580-9676

6-8 years	Sat.	9-10 am
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May 25-Jun 22	\$39	1465760
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9-12 years	Sat.	10-11 am
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May 25-Jun 22	\$39	1465761
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Richcraft-Kanata – 613-580-9696

7-9 years	Mon.	5-6 pm
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Mar 18-Jun 17	\$93.50	1435120
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10-12 years	Mon.	5-6 pm
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Mar 18-Jun 17	\$93.50	1435121
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Routhier – 613-244-4470

8-12 years	Tue.	6:15-7:15 pm
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Apr 2-Jun 18	\$93.50	1469010
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Jul 9-Sep 24	\$93.50	1469162
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South Fallingbrook – 613-824-0633

6-9 years	Sun.	2:15-3:15 pm
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Apr 14-Jun 16	\$62.50	1440073
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St-Laurent Complex – 613-742-6767

6-8 years	Thu.	5:45-6:45 pm
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Apr 4-Jun 20	\$93.50	1431957
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Jul 4-Aug 29	\$70.25	1431968
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9-12 years	Thu.	6:45-7:45 pm
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Apr 4-Jun 20	\$93.50	1431960
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Jul 4-Aug 29	\$70.25	1431969
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13-14 years	Thu.	7:45-8:45 pm
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Apr 4-Jun 20	\$93.50	1431962
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Jul 4-Aug 29	\$70.25	1431970
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Game Play

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

Eva James – 613-580-2442 ext. 29814

12-14 years	Wed.	6:30-7:30 pm
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Mar 27-Jun 12	\$50.25	1433520
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Greenboro – 613-580-2805

12-14 years	Mon.	6-7 pm
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Apr 1-Jun 17	\$41.75	1427868
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Pinecrest Park – 613-580-9676

11-14 years Sat. 11 am-noon
 May 25-Jun 22 \$21 [1465796](tel:4465796)

Cheerleading

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

Eva James – 613-580-2442 ext. 29814

6-12 years Thu. 6-7 pm
 Mar 28-Jun 13 \$93.50 [1435001](tel:1435001)

Walter Baker – 613-580-2788

6-9 years Mon. 6-6:45 pm
 Apr 1-Jun 10 \$52.75 [1436633](tel:1436633)

Disc Golf

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

Kanata Recreation – 613-580-2570

6-12 years Thu. 5:30-6:30 pm
 May 23-Jun 20 \$39 [1462138](tel:1462138)

Dodgeball – Game Play

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

Eva James – 613-580-2442 ext. 29814

8-12 years Thu. 5-6 pm
 Mar 28-Jun 13 \$50.25 [1434997](tel:1434997)

François Dupuis – 613-580-8080

8-12 years Thu. 6:30-7:30 pm
 Apr 4-Jun 13 \$46 [1466198](tel:1466198)

Greenboro – 613-580-2805

8-12 years Sat. 1-2 pm
 Apr 6-Jun 15 \$41.75 [1428509](tel:1428509)

Nepean Sportsplex – 613-580-2828

8-12 years Wed. 5-5:55 pm
 Mar 27-Jun 5 \$42.25 [1466720](tel:1466720)

Pat Clark – 613-748-1771

8-12 years Sun. 2-3 pm
 Apr 7-Jun 23 \$41.75 [1433490](tel:1433490)

Ray Friel – 613-580-4765

7-12 years Tue. 6-7 pm
 Apr 2-Jun 11 \$46 [1430954](tel:1430954)

Richcraft-Kanata – 613-580-9696

8-12 years Fri. 5-6 pm
 Mar 22-Jun 21 \$54.25 [1437625](tel:1437625)

Walter Baker – 613-580-2788

8-11 years Sun. 11:30 am-12:15 pm
 Apr 7-Jun 9 \$25.25 [1439777](tel:1439777)

Fencing

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

Fisher Park – 613-798-8945

10-14 years Sat. 10-11 am
 Apr 6-Jun 22 \$78.25 [1436588](tel:1436588)

Flag Football

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

Bridlewood School –

613-580-2442 ext. 29814

63 Bluegrass

8-12 years Mon. 7:15-8:15 pm
 Mar 25-Jun 10 \$78 [1432350](tel:1432350)

Manotick Arena –

613-580-2424 ext. 30235

7-12 years Tue. 6-7 pm
 May 14-Jun 18 \$46.75 [1462216](tel:1462216)

Osgoode – 613-580-2424 ext. 30235

7-12 years Mon. 5-6 pm
 May 6-Jun 17 \$46.75 [1462257](tel:1462257)

Richelieu-Vanier – 613-560-6030

8-10 years Mon. 5:30-6:30 pm
 May 13-Jun 24 \$46.75 [1436410](tel:1436410)
 11-14 years Mon. 6:30-7:30 pm
 May 13-Jun 24 \$46.75 [1436412](tel:1436412)

Golf – Olsson Development

Players new to golf will get a head start on the season. Emphasis will be on club grip, swing mechanics, stance, body alignment and ball position.

Barrhaven on the Green Driving

Range – 613-727-2683

6-8 years Sat. 9:30-10:15 am
 May 4-25 \$96.50 [1437627](tel:1437627)
 Jun 1-22 \$96.50 [1437628](tel:1437628)
 9-13 years Sat. 10:15-11 am
 May 4-25 \$96.50 [1438228](tel:1438228)
 Jun 1-22 \$96.50 [1438229](tel:1438229)

Manotick on the Green Driving

Range – 613-580-2424 ext. 30235

6-8 years Sat. 9:30-10:15 am
 May 4-25 \$96.50 [1467523](tel:1467523)
 Jun 1-22 \$96.50 [1467526](tel:1467526)
 6-8 years Sat. 10:15-11 am
 May 4-25 \$96.50 [1467529](tel:1467529)
 Jun 1-22 \$96.50 [1467530](tel:1467530)

Gym Ringette – Game Play

Emphasis on active participation and fun. Games are at a recreational level. Played with provided indoor ringette sticks and rings. Certified multi-impact helmet with full ringette facemask and gloves is required.

Dempsey – 613-247-4846

6-9 years Sun. 5:30-6:30 pm
 Mar 24-May 12 \$29.25 [1440354](tel:1440354)
 10-12 years Sun. 6:30-7:30 pm
 Mar 24-May 12 \$29.25 [1440357](tel:1440357)

Gymnastics

Acro

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

Eva James – 613-580-2442 ext. 29814

8-12 years Sat. 2:05-3:05 pm
 Apr 6-Jun 15 \$98 [1437321](tel:1437321)

Pat Clark – 613-748-1771

6-9 years Sat. 1-2 pm
 Apr 6-Jun 22 \$109 [1432032](tel:1432032)
 6-9 years Sun. 12:45-1:45 pm
 Apr 7-Jun 23 \$109 [1432029](tel:1432029)

Gymnastics

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

Bob MacQuarrie-Orléans – 613-580-9600

6-9 years Sun. 12:15-1:15 pm
 Apr 7-Jun 23 \$97.50 [1462760](tel:1462760)

Cardel Rec (Goulbourn) – 613-580-2532

5-8 years Sat. noon-1 pm
 Apr 6-Jun 8 \$58.75 [1463654](tel:1463654)
 5-8 years Sun. 12:30-1:30 pm
 Apr 7-Jun 9 \$58.75 [1463694](tel:1463694)

François Dupuis – 613-580-8080

7-9 years Tue. 6:30-7:30 pm
 Apr 2-Jun 11 \$107.25 [1465927](tel:1465927)

Hunt Club-Riverside Park – 613-580-2990

6-8 years Sat. 1:15-2 pm
 May 11-Jun 15 \$44 [1439300](tel:1439300)
 9-12 years Sat. 2:15-3 pm
 May 11-Jun 15 \$44 [1439457](tel:1439457)

Jockvale School – 613-580-2788

101 Malvern

6-8 years Sat. 9-10 am
 Apr 6-Jun 15 \$87.75 [1439428](tel:1439428)
 6-8 years Sat. 10:10-11:10 am
 Apr 6-Jun 15 \$87.75 [1439440](tel:1439440)

McNabb – 613-564-1070

6-9 years Sat. 11:30 am-12:30 pm
 Mar 23-Jun 15 \$117 [1470526](tel:1470526)
 6-9 years Wed. 5:15-6:15 pm
 Mar 27-Jun 12 \$117 [1470525](tel:1470525)

Minto-Barrhaven – 613-727-2683

6-10 years Sun. 9:55-10:55 am
 Mar 24-Jun 9 \$97.50 [1466672](tel:1466672)
 6-10 years Sun. 11 am-noon
 Mar 24-Jun 9 \$97.50 [1466683](tel:1466683)
 6-10 years Sun. 12:05-1:05 pm
 Mar 24-Jun 9 \$97.50 [1466692](tel:1466692)
 6-10 years Wed. 4:55-5:55 pm
 Mar 27-Jun 5 \$107.25 [1466661](tel:1466661)
 6-10 years Wed. 6-7 pm
 Mar 27-Jun 5 \$107.25 [1466664](tel:1466664)
 6-10 years Wed. 7:05-8:05 pm
 Mar 27-Jun 5 \$107.25 [1466666](tel:1466666)

Pat Clark – 613-748-1771

6-8 years Sun. 10-11 am
 Apr 7-Jun 23 \$97.50 [1439999](tel:1439999)
 6-8 years Tue. 7-8 pm
 Apr 9-Jun 25 \$117 [1439986](tel:1439986)
 Jul 2-Aug 27 \$87.75 [1440180](tel:1440180)
 9-12 years Sun. 10-11 am
 Apr 7-Jun 23 \$97.50 [1439993](tel:1439993)
 9-12 years Tue. 7-8 pm
 Apr 9-Jun 25 \$117 [1439990](tel:1439990)
 Jul 2-Aug 27 \$87.75 [1440181](tel:1440181)



South Fallingbrook – 613-824-0633

5-7 years Sat. 10:15-11:15 am
 Apr 13-Jun 15 \$78 [1440092](#)

St-Laurent Complex – 613-742-6767

4-5 years Sat. 1-1:55 pm
 Apr 6-Jun 22 \$89.25 [1436141](#)
 6-12 years Sat. 2-2:55 pm
 Apr 6-Jun 22 \$89.25 [1436150](#)

Level 1

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

Dempsey – 613-247-4846

6-12 years Sat. 9-10 am
 Mar 23-Jun 1 \$98 [1427931](#)
 6-12 years Sat. 10-11 am
 Mar 23-Jun 1 \$98 [1427934](#)
 6-12 years Sat. 11 am-noon
 Mar 23-Jun 1 \$98 [1427935](#)
 6-12 years Sun. 11 am-noon
 Mar 24-Jun 2 \$98 [1427937](#)
 6-12 years Tue. 11 am-noon
 Mar 26-May 28 \$109 [1427939](#)



Eva James – 613-580-2442 ext. 29814

6-7 years Tue. 5-6 pm
 Apr 2-Jun 4 \$109 [1433295](#)
 6-7 years Sat. 10:55-11:55 am
 Apr 6-Jun 15 \$98 [1433318](#)
 6-12 years Tue. 6:05-7:05 pm
 Apr 2-Jun 4 \$109 [1433303](#)
 6-12 years Tue. 7:10-8:10 pm
 Apr 2-Jun 4 \$109 [1433307](#)
 6-12 years Sat. 1-2 pm
 Apr 6-Jun 15 \$98 [1433323](#)
 6-12 years Sat. 2:05-3:05 pm
 Apr 6-Jun 15 \$98 [1433326](#)

Level 2

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

Dempsey – 613-247-4846

6-12 years Sat. 10 am-noon
 Mar 23-Jun 1 \$192.50 [1430872](#)
 6-12 years Tue. 6:15-8:15 pm
 Mar 26-May 28 \$214 [1430874](#)

Eva James – 613-580-2442 ext. 29814

6-12 years Tue. 6:05-7:05 pm
 Apr 2-Jun 4 \$109 [1433352](#)
 6-12 years Tue. 7:10-8:10 pm
 Apr 2-Jun 4 \$109 [1433356](#)
 6-12 years Sat. 1-2 pm
 Apr 6-Jun 15 \$98 [1433366](#)
 6-12 years Sat. 2:05-3:05 pm
 Apr 6-Jun 15 \$98 [1433370](#)

Level 3

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

Eva James – 613-580-2442 ext. 29814

6-12 years Tue. 6:05-7:05 pm
 Apr 2-Jun 4 \$109 [1433384](#)
 6-12 years Tue. 7:10-8:10 pm
 Apr 2-Jun 4 \$109 [1433385](#)
 6-12 years Sat. 2:05-3:05 pm
 Apr 6-Jun 15 \$98 [1433391](#)

Dempsey – 613-247-4846

6-12 years Sun. 9 am-noon
 Mar 24-Jun 2 \$293.75 [1473543](#)

Ninja Obstacle

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

Eva James – 613-580-2442 ext. 29814

6-13 years Sat. 3:20-4:20 pm
 Apr 6-Jun 15 \$87.75 [1437338](#)

Jockvale School – 613-580-2788

101 Malvern

8-11 years Sat. 11:10 am-12:10 pm
 Apr 6-Jun 15 \$87.75 [1439455](#)

McNabb – 613-564-1070

4-7 years Sat. 12:45-1:45 pm
 Mar 23-Jun 15 \$117 [1470529](#)
 5-9 years Sat. 2-3 pm
 Mar 23-Jun 15 \$117 [1470528](#)
 5-9 years Wed. 6:30-7:30 pm
 Mar 27-Jun 12 \$117 [1470527](#)

Rhythmic Gymnastics

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

Rideauview – 613-822-7887

4-6 years Sat. 1:15-2:15 pm
 Apr 6-Jun 22 \$97.50 [1436426](#)
 7-11 years Sat. 2:15-3:15 pm
 Apr 6-Jun 22 \$97.50 [1436435](#)

Tumble

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

Greenboro – 613-580-2805

5-8 years Sat. 1-2 pm
 Apr 6-Jun 15 \$97.50 [1427940](#)
 5-8 years Sat. 2-3 pm
 Apr 6-Jun 15 \$97.50 [1427941](#)

Hockey

4 on 4

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

Bob MacQuarrie-Orléans –

613-580-9600

6-12 years Mon. 4-4:50 pm
 Apr 8-Jun 17 \$52.75 [1441026](#)

Jim Durrell – 613-247-4811

6-8 years Fri. 5:30-6:20 pm
 May 10-Jun 28 \$46.75 [1433078](#)
 9-11 years Fri. 6:30-7:20 pm
 May 10-Jun 28 \$46.75 [1433080](#)
 12-14 years Fri. 7:30-8:20 pm
 May 10-Jun 28 \$46.75 [1433081](#)

Minto-Barrhaven – 613-727-2683

6-8 years Fri. 5-5:50 pm
 Apr 12-Jun 7 \$46.75 [1437942](#)
 9-11 years Fri. 6-6:50 pm
 Apr 12-Jun 7 \$46.75 [1437964](#)
 12-14 years Fri. 7-7:50 pm
 Apr 12-Jun 7 \$46.75 [1437971](#)

Nepean Sportsplex – 613-580-2828

6-8 years	Wed.	4:15-5:05 pm
Jul 10-31	\$23.50	1471158
Aug 7-28	\$23.50	1471160
9-12 years	Wed.	5:15-6:05 pm
Jul 10-31	\$23.50	1471159
Aug 7-28	\$23.50	1471161

Ray Friel – 613-580-4765

6-8 years	Wed.	5-5:50 pm
May 1-Jun 26	\$52.75	1436930
Jul 3-Aug 21	\$46.75	1436935
6-8 years	Thu.	5-5:50 pm
May 2-Jun 27	\$52.75	1436938
Jul 4-Aug 22	\$46.75	1436940
6-8 years	Sat.	10:30-11:20 am
May 4-Jun 22	\$41	1436949
9-12 years	Wed.	6-6:50 pm
May 1-Jun 26	\$52.75	1436934
Jul 3-Aug 21	\$46.75	1436936
9-12 years	Thu.	6-6:50 pm
May 2-Jun 27	\$52.75	1436939
Jul 4-Aug 22	\$46.75	1436942
9-12 years	Sat.	11:30 am-12:20 pm
May 4-Jun 22	\$41	1436952

4 on 4 – Goalie

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

Bob MacQuarrie-Orléans – 613-580-9600

6-12 years	Mon.	4-4:50 pm
Apr 8-Jun 17	\$52.75	1441032

Jim Durrell – 613-247-4811

6-8 years	Fri.	5:30-6:20 pm
May 10-Jun 28	\$46.75	1433088
9-11 years	Fri.	6:30-7:20 pm
May 10-Jun 28	\$46.75	1433091
12-14 years	Fri.	7:30-8:20 pm
May 10-Jun 28	\$46.75	1433092

Minto-Barrhaven – 613-727-2683

6-8 years	Fri.	5-5:50 pm
Apr 12-Jun 7	\$46.75	1437975
9-11 years	Fri.	6-6:50 pm
Apr 12-Jun 7	\$46.75	1437977
12-14 years	Fri.	7-7:50 pm
Apr 12-Jun 7	\$46.75	1437979

Nepean Sportsplex – 613-580-2828

6-8 years	Wed.	4:15-5:05 pm
Jul 10-31	\$23.50	1471162
Aug 7-28	\$23.50	1471163
9-12 years	Wed.	5:15-6:05 pm
Jul 10-31	\$23.50	1471164
Aug 7-28	\$23.50	1471165

Ray Friel – 613-580-4765

6-8 years	Wed.	5-5:50 pm
May 1-Jun 26	\$52.75	1436992
Jul 3-Aug 21	\$46.75	1437000
6-8 years	Thu.	5-5:50 pm
May 2-Jun 27	\$52.75	1436997
Jul 4-Aug 22	\$46.75	1437002
6-8 years	Sat.	10:30-11:20 am
May 4-Jun 22	\$41	1437013
9-12 years	Wed.	6-6:50 pm
May 1-Jun 26	\$52.75	1436995
Jul 3-Aug 21	\$46.75	1437001
9-12 years	Thu.	6-6:50 pm
May 2-Jun 27	\$52.75	1436999
Jul 4-Aug 22	\$46.75	1437003
9-12 years	Sat.	11:30 am-12:20 pm
May 4-Jun 22	\$41	1437016

Hockey

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

Jim Durrell – 613-247-4811

5-7 years	Sun.	9-9:50 am
May 5-Jun 23	\$108	1433010
8-12 years	Sun.	10-10:50 am
May 5-Jun 23	\$108	1433015

Minto-Barrhaven – 613-727-2683

5-7 years	Tue.	5-5:50 pm
Apr 9-Jun 4	\$121.50	1437198
8-12 years	Thu.	5-5:50 pm
Apr 11-Jun 6	\$121.50	1437203

Ray Friel – 613-580-4765

6-12 years	Fri.	5-5:50 pm
May 3-Jun 28	\$121.50	1438571
Jul 5-Aug 23	\$108	1438582
6-12 years	Sat.	8:30-9:20 am
May 4-Jun 22	\$94.50	1438578
Jul 6-Aug 24	\$94.50	1438583

Conditioning Clinic

Get a jump on the competition! Join us for an intense, on-ice conditioning class that incorporates drills, fundamental skating and hockey skills in a boot camp format.

Tom Brown Arena – 613-247-4815

6-10 years	Tue.	6-6:50 pm
Aug 20-Sep 3	\$56.75	1433098
11-14 years	Tue.	7-7:50 pm
Aug 20-Sep 3	\$56.75	1433099

Development

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

Cardel Rec (Goulbourn) – 613-580-2532

4-6 years	Tue.	4:15-5:05 pm
Mar 19-Apr 30	\$132.25	1466763
7-12 years	Tue.	4:15-5:05 pm
Mar 19-Apr 30	\$132.25	1466765

Ray Friel – 613-580-4765

6-12 years	Sat.	9:30-10:20 am
May 4-Jun 22	\$132.25	1438672
Jul 6-Aug 24	\$132.25	1438676

Development Conditioning

Boys and girls get ready for the next hockey season with this on ice work out. Full Hockey equipment mandatory. Not for Goalies.

Jim Durrell – 613-247-4811

(Novice)	Mon.-Fri.	10:30 am-12:20 pm
7-8 years	\$194.25	1434489
Aug 26-30		
(Atom)		

9-10 years	Mon.-Fri.	12:30-2:20 pm
Aug 26-30	\$194.25	1434496
(PeeWee/Bantam)		

11-14 years	Mon.-Fri.	2:30-4:20 pm
Aug 26-30	\$194.25	1434497

Development

Conditioning – Goalie

Boys and girls get ready for the hockey season with this on ice work out. Goalkeepers are integrated with regular players during this session.

Jim Durrell – 613-247-4811

(Novice)		
7-8 years	Mon.-Fri.	10:30 am-12:20 pm
Aug 26-30	\$143.75	1434503
(Atom)		

9-10 years	Mon.-Fri.	12:30-2:20 pm
Aug 26-30	\$143.75	1434505

(PeeWee/Bantam)

11-14 years	Mon.-Fri.	2:30-4:20 pm
Aug 26-30	\$143.75	1434507

Development Skills

Clinics are open to house league and competitive players Full Hockey equipment mandatory. Not for Goalies.

Jim Durrell – 613-247-4811

(Novice)		
7-8 years	Mon.-Fri.	8:30-10:20 am
Aug 19-23	\$194.25	1433140
(Novice)		

7-8 years	Mon.-Fri.	11 am-12:50 pm
Aug 19-23	\$194.25	1433247

(Atom)		
9-10 years	Mon.-Fri.	10:30 am-12:20 pm
Aug 19-23	\$194.25	1433161

(Atom)		
9-10 years	Mon.-Fri.	1:30-3:20 pm
Aug 19-23	\$194.25	1433263
(PeeWee)		

11-12 years	Mon.-Fri.	9-10:50 am
Aug 19-23	\$194.25	1433273

(PeeWee)		
11-12 years	Mon.-Fri.	1-2:50 pm
Aug 19-23	\$194.25	1433225
(Bantam)		

13-14 years	Mon.-Fri.	3:30-5:20 pm
Aug 19-23	\$194.25	1433287

Development Skills – Goalie

Clinics are open to house league and competitive players. Goalenders are integrated with regular players during this clinic.

Jim Durrell – 613-247-4811

(Novice)

7-8 years Mon.-Fri. 8:30-10:20 am
 Aug 19-23 \$143.75 [1433319](#)

(Novice)

7-8 years Mon.-Fri. 11 am-12:50 pm
 Aug 19-23 \$143.75 [1433386](#)

(Atom)

9-10 years Mon.-Fri. 10:30 am-12:20 pm
 Aug 19-23 \$143.75 [1433327](#)

(Atom)

9-10 years Mon.-Fri. 1:30-3:20 pm
 Aug 19-23 \$143.75 [1433390](#)

(PeeWee)

11-12 years Mon.-Fri. 9-10:50 am
 Aug 19-23 \$143.75 [1433396](#)

(PeeWee)

11-12 years Mon.-Fri. 1-2:50 pm
 Aug 19-23 \$143.75 [1433339](#)

(Bantam)

13-14 years Mon.-Fri. 3:30-5:20 pm
 Aug 19-23 \$143.75 [1433409](#)

Hockey – Girls

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

Minto-Barrhaven – 613-727-2683

6-12 years Thu. 6-6:50 pm
 Apr 11-Jun 6 \$121.50 [1437935](#)

Mini-Stick Hockey

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

Pat Clark – 613-748-1771

4-6 years Fri. 6-6:45 pm
 Apr 12-Jun 21 \$31.50 [1432004](#)
 6-9 years Fri. 7-8 pm
 Apr 12-Jun 21 \$41.75 [1432007](#)

Powerskating

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

Level 1

Jim Durrell – 613-247-4811

6-12 years Sun. 11-11:50 am
 May 5-Jun 23 \$139 [1433027](#)

Minto-Barrhaven – 613-727-2683

6-12 years Tue. 6-6:50 pm
 Apr 9-Jun 4 \$147.25 [1437619](#)

Ray Friel – 613-580-4765

6-12 years Fri. 6-6:50 pm
 May 3-Jun 28 \$170 [1438603](#)
 Jul 5-Aug 23 \$151 [1438605](#)

Level 2

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

Jim Durrell – 613-247-4811

8-12 years Sun. noon-12:50 pm
 May 5-Jun 23 \$139 [1433035](#)

Minto-Barrhaven – 613-727-2683

6-12 years Wed. 8-8:50 pm
 Apr 10-Jun 5 \$147.25 [1437929](#)

Shinny Hockey – Game Play

Emphasis is on active participation and fun. Games are at a recreational level. Played with a shinny puck. Certified multi-impact helmet with full facemask, gloves, neck protector, skates and stick are mandatory.

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

5-7 years Wed. 3:30-4:20 pm
 Jun 5-Jul 3 \$17.50 [1464465](#)

Jul 17-Aug 28 \$21 [1464472](#)

8-10 years Wed. 4:30-5:20 pm

Jun 5-Jul 3 \$17.50 [1463494](#)

Jul 17-Aug 28 \$21 [1463497](#)

11-14 years Wed. 5:30-6:20 pm

Jun 5-Jul 3 \$17.50 [1463495](#)

Jul 17-Aug 28 \$21 [1463498](#)

Sandy Hill Arena – 613-580-2666

6-10 years Fri. 5-5:50 pm

May 3-Jun 14 \$24.50 [1436872](#)

11-14 years Fri. 6-6:50 pm

May 3-Jun 14 \$24.50 [1436879](#)



Ice skating

Junior Intro to Ice

Learn to skate for children who are new to ice or have limited skating experience. Learn correct forward skating and stopping skills. A CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

Cardel Rec (Goulbourn) – 613-580-2532

6-12 years Tue. 5:15-6:05 pm

Mar 19-Apr 30 \$70.25 [1466756](#)

Mar 19-Apr 30 \$70.25 [1466758](#)

6-12 years Wed. 4:15-5:05 pm

Mar 20-Apr 24 \$60.25 [1466787](#)

Jim Durrell – 613-580-2596

6-12 years Mon., Wed. 6-6:50 pm

Jul 8-Aug 14 \$110.25 [1438186](#)

6-12 years Mon., Wed. 7-7:50 pm

Jul 8-Aug 14 \$110.25 [1438189](#)

Minto-Barrhaven – 613-727-2683

6-12 years Mon. 4-4:50 pm

Apr 8-Jun 3 \$70.25 [1434921](#)

6-12 years Mon. 5-5:50 pm

Apr 8-Jun 3 \$70.25 [1434976](#)

6-12 years Wed. 4-4:50 pm

Apr 10-Jun 5 \$90.25 [1436507](#)

6-12 years Wed. 5-5:50 pm

Apr 10-Jun 5 \$90.25 [1436527](#)

6-12 years Wed. 6-6:50 pm

Apr 10-Jun 5 \$90.25 [1436581](#)

6-12 years Sat. 9-9:50 am

Apr 13-Jun 8 \$70.25 [1436894](#)

6-12 years Sat. 10-10:50 am

Apr 13-Jun 8 \$70.25 [1436915](#)

6-12 years Sat. 11-11:50 am

Apr 13-Jun 8 \$70.25 [1436947](#)

Nepean Sportsplex – 613-580-2828

6-12 years Thu. 10:30-11:20 am

Mar 21-Apr 18 \$50.25 [1471152](#)

Ray Friel – 613-580-4765

6-12 years Tue. 5-5:50 pm

Apr 30-Jun 25 \$90.25 [1434308](#)

Jul 2-Aug 20 \$80.25 [1434316](#)

6-12 years Tue. 6-6:50 pm

Apr 30-Jun 25 \$90.25 [1434309](#)

Jul 2-Aug 20 \$80.25 [1434317](#)

Intro to Ice

A learn to skate program for teens who are new to ice or have limited skating experience. Learn how to fall and get up safely, skate forward and stop. A CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

Minto-Barrhaven – 613-727-2683

13-14 years	Mon.	7-7:50 pm
Apr 8-Jun 3		\$70.25 1436380
13-14 years	Wed.	7-7:50 pm
Apr 10-Jun 5		\$90.25 1436860
13-14 years	Sat.	11-11:50 am
Apr 13-Jun 8		\$70.25 1437027

Junior Gliders

For children who can skate forward and beyond. Levels 1-5. Skills may include backwards skating, one foot gliding, and two foot turns. A CSA approved hockey helmet is mandatory.

Cardel Rec (Goulbourn) – 613-580-2532

6-12 years	Tue.	5:15-6:05 pm
Mar 19-Apr 30		\$70.25 1466750
Mar 19-Apr 30		\$70.25 1466752
6-12 years	Wed.	4:15-5:05 pm
Mar 20-Apr 24		\$60.25 1466779
Mar 20-Apr 24		\$60.25 1466780
Mar 20-Apr 24		\$60.25 1466781

Jim Durrell – 613-580-2596

6-12 years	Mon., Wed.	6-6:50 pm
Jul 8-Aug 14		\$110.25 1438194
6-12 years	Mon., Wed.	7-7:50 pm
Jul 8-Aug 14		\$110.25 1438217

Minto-Barrhaven – 613-727-2683

6-12 years	Mon.	4-4:50 pm
Apr 8-Jun 3		\$70.25 1434929
6-12 years	Mon.	5-5:50 pm
Apr 8-Jun 3		\$70.25 1434979
6-12 years	Mon.	6-6:50 pm
Apr 8-Jun 3		\$70.25 1436339
6-12 years	Mon.	7-7:50 pm
Apr 8-Jun 3		\$70.25 1436364
6-12 years	Wed.	4-4:50 pm
Apr 10-Jun 5		\$90.25 1436504
6-12 years	Wed.	5-5:50 pm
Apr 10-Jun 5		\$90.25 1436528
6-12 years	Wed.	6-6:50 pm
Apr 10-Jun 5		\$90.25 1436584

6-12 years	Wed.	7-7:50 pm
Apr 10-Jun 5		\$90.25 1436856
6-12 years	Sat.	9-9:50 am
Apr 13-Jun 8		\$70.25 1436899
6-12 years	Sat.	10-10:50 am
Apr 13-Jun 8		\$70.25 1436921
6-12 years	Sat.	11-11:50 am
Apr 13-Jun 8		\$70.25 1437014

Nepean Sportsplex – 613-580-2828

6-12 years	Thu.	10:30-11:20 am
Mar 21-Apr 18		\$50.25 1471151

Ray Friel – 613-580-4765

6-12 years	Tue.	5-5:50 pm
Apr 30-Jun 25		\$90.25 1434353
Jul 2-Aug 20		\$80.25 1434363
6-12 years	Tue.	6-6:50 pm
Apr 30-Jun 25		\$90.25 1434359
Jul 2-Aug 20		\$80.25 1434364

Senior Gliders

For skaters that have passed all the 5 levels of the Junior Gliders program. Skills may include backwards crosscuts, one foot turns and waltz jumps. CSA approved hockey helmet is mandatory.

Jim Durrell – 613-580-2596

8-12 years	Mon., Wed.	7-7:50 pm
Jul 8-Aug 14		\$110.25 1438219

Minto-Barrhaven – 613-727-2683

8-12 years	Mon.	6-6:50 pm
Apr 8-Jun 3		\$70.25 1436345
8-12 years	Mon.	7-7:50 pm
Apr 8-Jun 3		\$70.25 1436367
8-12 years	Wed.	7-7:50 pm
Apr 10-Jun 5		\$90.25 1436858
8-12 years	Sat.	11-11:50 am
Apr 13-Jun 8		\$70.25 1437025

Lacrosse

Introduction to basic skills (pass, shoot, cradle) and game strategy. Drills and game play enhance learning. CSA approved helmets and hockey gloves required. Lacrosse sticks provided.

Ray Friel – 613-580-4765

8-12 years	Tue.	5-6 pm
Jun 11-Aug 20		\$85.75 1464525
8-12 years	Tue.	6-7 pm
Jun 11-Aug 20		\$85.75 1464527

Multi-Sport

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

Cardel Rec (Goulbourn) – 613-580-2532

4-6 years	Sat.	10-10:50 am
Apr 6-Jun 8		\$52 1464098
7-12 years	Sat.	10-10:50 am
Apr 6-Jun 8		\$52 1464099

Greenboro – 613-580-2805

8-10 years	Thu.	6-7 pm
Apr 4-May 9		\$46.75 1427846
May 16-Jun 20		\$46.75 1427852

Hintonburg – 613-798-8874

5-7 years	Mon.	5:45-6:45 pm
Apr 1-Jun 3		\$62.50 1463783

Manotick School –

613-580-2400 ext. 30235

1075 Bridge

10-14 years	Wed.	7:15-8:15 pm
Apr 3-May 22		\$62.50 1462086

Pinecrest – 613-580-9676

6-9 years	Sun.	11 am-noon
Mar 24-May 12		\$54.50 1465691

Ray Friel – 613-580-4765

6-12 years	Sat.	1-2 pm
Jun 15-Aug 24		\$70.25 1464517

Richcraft-Kanata – 613-580-9696

7-13 years	Wed.	2-3 pm
Mar 20-Jun 19		\$109 1435131

Racquetball

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

Bob MacQuarrie-Orléans –

613-580-9600

8-14 years	Sat.	10-11 am
Mar 30-May 18		\$104 1440145

Rock Climbing

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

Richcraft-Kanata – 613-580-9696

5-7 years	Thu.	5-5:45 pm
Mar 21-Jun 20		\$121.25 1435142
5-7 years	Sat.	9-9:45 am
Mar 23-Jun 22		\$103.75 1435139

8-10 years	Thu.	5:45-6:30 pm
Mar 21-Jun 20		\$121.25 1435143
8-10 years	Sat.	9:45-10:30 am
Mar 23-Jun 8		\$103.75 1435140
11-14 years	Thu.	6:30-7:30 pm
Mar 21-Jun 20		\$161.50 1435144
11-14 years	Sat.	10:30-11:30 am
Mar 23-Jun 22		\$138.50 1435141

Scoter

Learn basic skills, drills, maintenance and park etiquette. Scooter, helmet, elbow, and knee pads are required.

Bob MacQuarrie-Orléans –

613-580-9600

7-12 years	Sat.	11 am-noon
May 4-Jun 15		\$78 1463038

Skateboarding

Get started on the right foot. Learn the basic skateboard skills, how to maintain your board as well as overall skate etiquette for skate parks. Your own skateboard, helmet, elbow, and knee pads are required.

Bob MacQuarrie-Orléans –

613-580-9600

7-12 years	Sat.	9-10 am
May 4-Jun 15		\$78 1463028
9-14 years	Sat.	10-11 am
May 4-Jun 15		\$78 1463032

Diamond Jubilee Park – 613-822-7887

5-7 years	Sun.	1-2 pm
Jun 2-23		\$52 1436565
8-12 years	Sun.	2-3 pm
Jun 2-23		\$52 1436567

Kanata Recreation – 613-580-2570

5-7 years	Sat.	9-10 am
May 25-Jun 15		\$52 1440304
8-12 years	Sat.	10-11 am
May 25-Jun 15		\$52 1440318

Lansdowne Park –

613-580-2424 ext. 17323

6-9 years	Sun.	1-2:30 pm
May 19-Jun 23		\$117 1468014
Jul 7-28		\$78 1468063
10-14 years	Sun.	3-4:30 pm
May 19-Jun 23		\$117 1468029
Jul 7-28		\$78 1468066



Triathlon

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

Richcraft-Kanata – 613-580-9696

10-14 years	Thu.	7:45-8:45 pm
Mar 21-Jun 20	\$111	1435138

Volleyball

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

Eva James – 613-580-2442 ext. 29814

11-14 years	Sun.	11 am-noon
Mar 24-Jun 16	\$85.75	1431785

Fisher Park – 613-798-8945

10-14 years	Thu.	7-8 pm
Apr 11-Jun 13	\$78	1426519

François Dupuis – 613-580-8080

9-12 years	Fri.	5:15-6:15 pm
Apr 5-Jun 14	\$78	1469347

Glen Cairn – 613-580-2570

11-14 years	Wed.	3:15-4:15 pm
Apr 3-Jun 5	\$78	1439015

Cardel Rec (Goulbourn) – 613-580-2532

8-12 years	Thu.	7:30-8:30 pm
Apr 11-Jun 13	\$78	1464145

Minto-Barrhaven – 613-727-2683

6-9 years	Mon.	5:30-6:30 pm
Mar 25-Jun 10	\$78	1464767

9-11 years	Mon.	6:30-7:30 pm
Mar 25-Jun 10	\$78	1464803

12-14 years	Mon.	7:30-8:30 pm
Mar 25-Jun 10	\$78	1464808

Nepean Sportsplex – 613-580-2828

9-12 years	Thu.	4-4:50 pm
Mar 28-Jun 6	\$71.50	1466738

13-14 years	Thu.	5-5:50 pm
Mar 28-Jun 6	\$71.50	1466741

Rideauview – 613-822-7887

8-12 years	Mon.	6-7 pm
Apr 29-Jun 24	\$62.50	1436135

Science & Technology

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.

LEGO® Bricks 'n Blocks

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

Pat Clark – 613-748-1771

5-8 years	Tue.	6-7 pm
Apr 9-Jun 11	\$73	1433377

Richcraft-Kanata – 613-580-9696

4-7 years	Sun.	10:45-11:45 am
Mar 24-Jun 23	\$87.75	1438220

Rideauview – 613-822-7887

5-8 years	Sun.	10-11 am
May 26-Jun 23	\$36.50	1436539

LEGO® Club

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

Aquaview – 613-824-0633 ext. 221

6-12 years	Mon.	6-7 pm
Apr 1-15	\$50.75	1433040

LEGO® Contraptions

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

Kanata Recreation – 613-580-2570

7-12 years	Sun.	9 am-noon
Apr 14	\$50.75	1429647

LEGO® EV3 Advanced Robotics

With a partner, design efficient and functional Mindstorms® EV3 robots, using minimal componentry. Build attachments for specific tasks and program robots to perform challenges. Learn about robotics contests. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Kanata Recreation – 613-580-2570

9-14 years	Sun.	9 am-noon
May 26	\$50.75	1429884

LEGO® EV3 Robotics & Programming

Build and program Mindstorms® EV3 robots. Build a walking robot, inch worm and EV3-Bot. Program your autonomous robots to perform tasks based on input from various sensors. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

Aquaview – 613-824-0633 ext. 221

8-14 years	Mon.	6-7 pm
May 13-Jun 3	\$57.35	1437637

Nepean Sportsplex – 613-580-2828

8-14 years	Sun.	8:30-11:30 am
Apr 28	\$50.75	1466783

Ray Friel – 613-580-4765

8-14 years	Thu.	6-7 pm
Apr 25-May 9	\$57.35	1433063

LEGO® Mosaics & 8-Bit Art

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

Ray Friel – 613-580-4765

7-12 years	Thu.	6-7 pm
May 16-30	\$50.75	1433072

LEGO® Technic Building & EV3 Robotics

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

Nepean Sportsplex – 613-580-2828

8-14 years	Sun.	8:30-11:30 am
Apr 7	\$50.75	1466778

Loose Parts Playground

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

Lansdowne – 613-580-2424 ext. 17323

7-14 years	Tue.	7-8:30 pm
Apr 9-May 28	\$68.25	1467948

Science Quests

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

Kanata Recreation – 613-580-2570

6-8 years	Thu.	6-7 pm
Apr 4-Jun 6	\$73	1438301

Manotick – 613-580-2424 ext. 30235

6-9 years	Sun.	11 am-noon
Apr 7-May 12	\$36.50	1462117

6-9 years	Wed.	6:15-7:15 pm
Apr 3-May 8	\$44	1462201

Pat Clark – 613-748-1771

6-9 years	Sat.	2-3 pm
Apr 13-May 25	\$36.50	1433440

Jun 1-29	\$36.50	1433444
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Richcraft – 613-580-9696

7-9 years	Sat.	2-2:45 pm
Mar 23-May 4	\$33	1432080

May 11-Jun 15	\$27.50	1432082
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Rideauview – 613-822-7887

4-6 years	Wed.	5-6 pm
May 1-Jun 5	\$44	1436170

7-9 years	Wed.	6-7 pm
May 1-Jun 5	\$44	1468800

Rockcliffe Park – 613-842-8578

6-8 years	Tue.	3:30-5 pm
Mar 26-Apr 16	\$44	1434203

8-10 years	Tue.	3:30-5 pm
May 7-28	\$44	1434206

Walter Baker – 613-580-2788

6-10 years	Sun.	9:40-10:25 am
Apr 28-Jun 16	\$33	1439630