



# Classes and Activities for Families

## Recreation eGuide

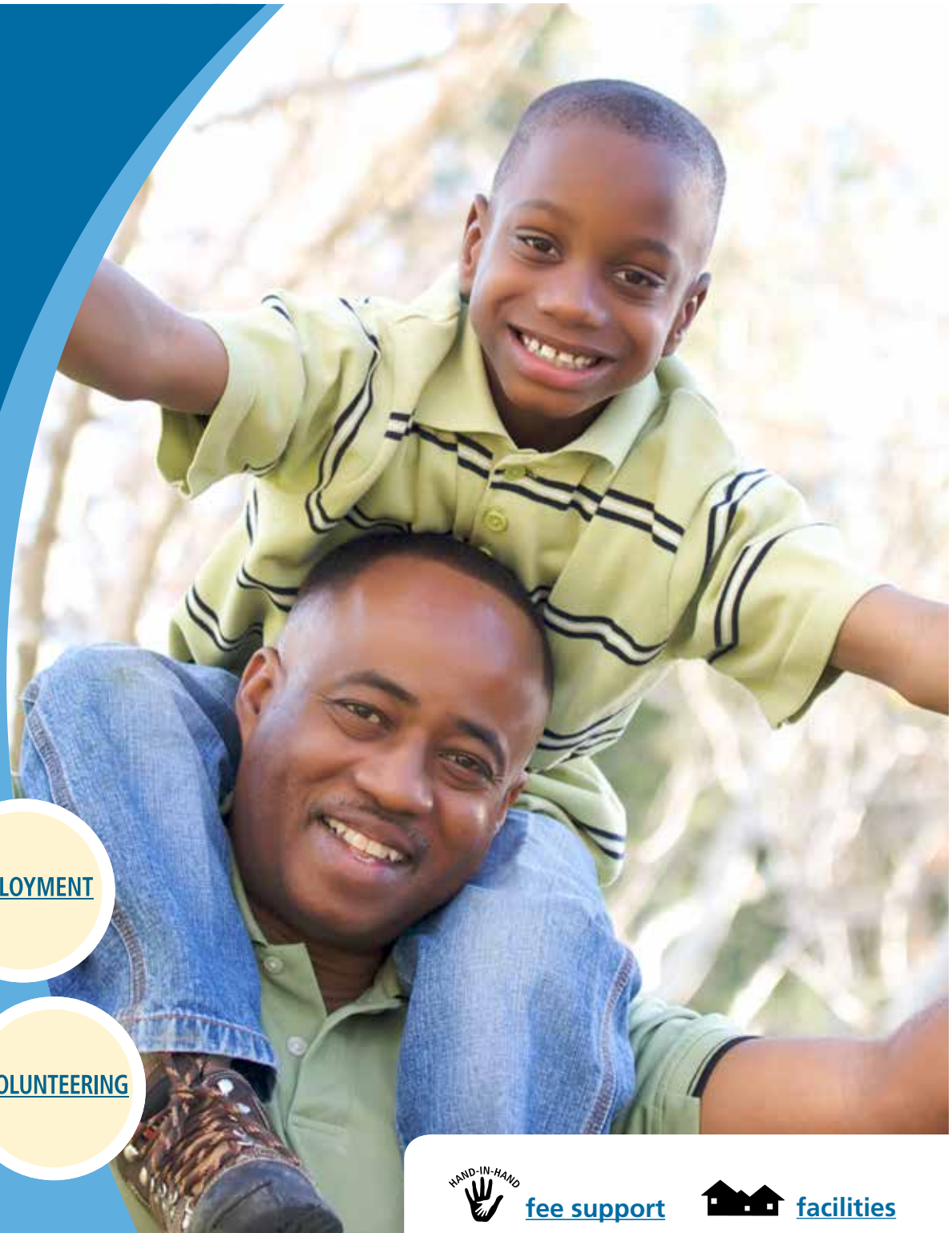
Spring and Summer 2019

### Table of Contents

Arts .....	2
Fitness .....	2
Sports .....	3

EMPLOYMENT

VOLUNTEERING



[fee support](#)



[facilities](#)

## Visual Arts

### Digital Arts

#### Maker Studio – Crafty Builds

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

##### Lansdowne Park – 613-580-2424 ext. 17323

Apr 8	Mon.	6-7:30 pm
3-5 years	\$21.75	<a href="#">1467880</a>
6-14 years	\$21.75	<a href="#">1467871</a>
15-18 years	\$24.50	<a href="#">1467888</a>
19+ years	\$24.50	<a href="#">1467866</a>
Apr 16	Tue.	10:30 am-noon
3-5 years	\$21.75	<a href="#">1467909</a>
6-14 years	\$21.75	<a href="#">1467902</a>
15-18 years	\$24.50	<a href="#">1467891</a>
19+ years	\$24.50	<a href="#">1467898</a>
May 21	Tue.	10:30 am-noon
3-5 years	\$21.75	<a href="#">1467928</a>
6-14 years	\$21.75	<a href="#">1467935</a>
15-18 years	\$24.50	<a href="#">1467939</a>
19+ years	\$24.50	<a href="#">1467930</a>

#### Maker Studio – Electrical Gizmos

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

##### Lansdowne Park – 613-580-2424 ext. 17323

Apr 15	Mon.	6-7:30 pm
3-5 years	\$21.75	<a href="#">1467680</a>
6-14 years	\$21.75	<a href="#">1467672</a>
15-18 years	\$24.50	<a href="#">1467693</a>
19+ years	\$24.50	<a href="#">1467665</a>
May 22	Wed.	6-7:30 pm
3-5 years	\$21.75	<a href="#">1467707</a>
6-14 years	\$21.75	<a href="#">1467704</a>
15-18 years	\$24.50	<a href="#">1467710</a>
19+ years	\$24.50	<a href="#">1467701</a>
Jun 2	Sun.	10-11:30 am
3-5 years	\$21.75	<a href="#">1467724</a>
6-14 years	\$21.75	<a href="#">1467719</a>
15-18 years	\$24.50	<a href="#">1467727</a>
19+ years	\$24.50	<a href="#">1467717</a>

#### Maker Studio – Things That Go!

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

##### Lansdowne Park – 613-580-2424 ext. 17323

Apr 29	Mon.	6-7:30 pm
3-5 years	\$21.75	<a href="#">1467743</a>
6-14 years	\$21.75	<a href="#">1467737</a>
15-18 years	\$24.50	<a href="#">1467752</a>
19+ years	\$24.50	<a href="#">1467731</a>
May 8	Wed.	6-7:30 pm
3-5 years	\$21.75	<a href="#">1467831</a>
6-14 years	\$21.75	<a href="#">1467829</a>
15-18 years	\$24.50	<a href="#">1467820</a>
19+ years	\$24.50	<a href="#">1467826</a>
Jun 9	Sun.	10-11:30 am
3-5 years	\$21.75	<a href="#">1467838</a>
6-14 years	\$21.75	<a href="#">1467850</a>
15-18 years	\$24.50	<a href="#">1467856</a>
19+ years	\$24.50	<a href="#">1467845</a>

## Performing Arts

#### Bollywood – Level 1

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

##### Nepean Creative Arts – 613-596-5783

Apr 7	Sun.	1-3 pm
7-14 years	\$20.75	<a href="#">1464469</a>
15-18 years	\$23.25	<a href="#">1464563</a>
19+ years	\$23.25	<a href="#">1464495</a>

#### You Bet You Can Act!

Learn effective stage presence. You can make 'em laugh and make 'em cry. Teachings include acting skills and enunciation, projection, postures, and character development.

##### Nepean Creative Arts – 613-596-5783

May 11	Sat.	1-4 pm
7-14 years	\$54	<a href="#">1437889</a>
15-18 years	\$61	<a href="#">1437853</a>
19+ years	\$61	<a href="#">1437860</a>

#### You Bet You Can Dance!

Learn Broadway-style dance exploring choreography and performance styles.

You bet you can dance!

##### Nepean Creative Arts – 613-596-5783

Apr 13	Sat.	1-4 pm
7-14 years	\$54	<a href="#">1437697</a>
15-18 years	\$61	<a href="#">1437645</a>
19+ years	\$61	<a href="#">1437663</a>

#### You Bet You Can Sing!

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

##### Nepean Creative Arts – 613-596-5783

Apr 27	Sat.	1-4 pm
7-14 years	\$54	<a href="#">1437805</a>
15-18 years	\$61	<a href="#">1437748</a>
19+ years	\$61	<a href="#">1437796</a>

## Pottery

#### Handbuilding

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

##### Nepean Visual Arts – 613-580-2828

Apr 7-May 12	Sun.	10 am-noon
6-10 years	\$103	<a href="#">1436186</a>
19+ years	\$116.25	<a href="#">1436000</a>
Apr 7-May 12	Sun.	1-3 pm
6-10 years	\$103	<a href="#">1436211</a>
19+ years	\$116.25	<a href="#">1435991</a>

#### Wheel

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

##### Nepean Visual Arts – 613-580-2828

Apr 7-Jun 9	Sun.	1:30-3:30 pm
11-14 years	\$164.50	<a href="#">1436233</a>
19+ years	\$186	<a href="#">1436092</a>

## Fitness

*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.*

#### Yoga

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

##### Plant – 613-232-3000

May 4-Jun 22	Sat.	11 am-noon
6-14 years	\$59.50	<a href="#">1466828</a>
15-18 years	\$67.25	<a href="#">1466829</a>
19+ years	\$71.50	<a href="#">1466830</a>

##### Richcraft-Kanata – 613-580-9696

Mar 24-Jun 23	Sun.	10:30-11:30 am
6-14 years	\$102	<a href="#">1465494</a>
15-18 years	\$115.25	<a href="#">1465486</a>
19+ years	\$122.50	<a href="#">1465484</a>



## Zumba®

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

### Richcraft-Kanata – 613-580-9696

Mar 24-Jun 23	Sun.	2-3 pm
6-14 years	\$83	<a href="#">1465509</a>
15-18 years	\$93.75	<a href="#">1465502</a>
19+ years	\$100.75	<a href="#">1465497</a>

### Walter Baker – 613-580-2788

Apr 2-May 7	Tue.	7:15-8:15 pm
13-14 years	\$41.50	<a href="#">1436164</a>
15-17 years	\$47	<a href="#">1436208</a>
18+ years	\$50.50	<a href="#">1436155</a>
May 14-Jun 18	Tue.	7:15-8:15 pm
13-14 years	\$41.50	<a href="#">1436165</a>
15-17 years	\$47	<a href="#">1436209</a>
18+ years	\$50.50	<a href="#">1436157</a>
Jul 9-Aug 13	Tue.	7:15-8:15 pm
13-14 years	\$41.50	<a href="#">1439071</a>
15-17 years	\$47	<a href="#">1439072</a>
18+ years	\$50.50	<a href="#">1439026</a>

## Sports

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

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

### Badminton – Game Play

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

#### Bridlewood School – 613-580-2442 ext. 29814

Mar 29-Jun 14	Fri.	7-8 pm
6-14 years	\$37.75	<a href="#">1431825</a>
15-18 years	\$42.50	<a href="#">1431814</a>
19+ years	\$42.50	<a href="#">1431793</a>

Mar 29-Jun 14	Fri.	8-9 pm
6-14 years	\$37.75	<a href="#">1431827</a>
15-18 years	\$42.50	<a href="#">1431816</a>
19+ years	\$42.50	<a href="#">1431798</a>

#### Eva James – 613-580-2442 ext. 29814

Mar 24-Jun 16	Sun.	4-5 pm
6-14 years	\$46	<a href="#">1431821</a>
15-18 years	\$52	<a href="#">1431810</a>
19+ years	\$52	<a href="#">1431788</a>
Mar 24-Jun 16	Sun.	5-6 pm
6-14 years	\$46	<a href="#">1431823</a>
15-18 years	\$52	<a href="#">1431811</a>
19+ years	\$52	<a href="#">1431791</a>

#### Glen Cairn – 613-580-2570

Apr 6-Jun 8	Sat.	1-2 pm
6-14 years	\$33.50	<a href="#">1438609</a>
15-18 years	\$37.75	<a href="#">1438534</a>
19+ years	\$37.75	<a href="#">1438528</a>

#### Greenboro – 613-580-2805

Mar 17-Jun 23	Sun.	3-4 pm
6-14 years	\$54.25	<a href="#">1465072</a>
19+ years	\$61.25	<a href="#">1465051</a>

#### Ray Friel – 613-580-4765

Jun 13-Aug 22	Thu.	5-6 pm
6-14 years	\$46	<a href="#">1464493</a>
15-17 years	\$52	<a href="#">1464482</a>
19+ years	\$52	<a href="#">1464464</a>
Jun 13-Aug 22	Thu.	6-7 pm
6-14 years	\$46	<a href="#">1464494</a>
15-17 years	\$52	<a href="#">1464483</a>
19+ years	\$52	<a href="#">1464471</a>

#### South Fallingbrook – 613-824-0633

Apr 8-Jun 17	Mon.	6-7 pm
8-14 years	\$37.75	<a href="#">1440369</a>
15-18 years	\$42.50	<a href="#">1440383</a>
19+ years	\$42.50	<a href="#">1440396</a>
Apr 8-Jun 17	Mon.	7-8 pm
8-14 years	\$37.75	<a href="#">1440370</a>
15-18 years	\$42.50	<a href="#">1440387</a>
19+ years	\$42.50	<a href="#">1440399</a>
Apr 12-Jun 21	Fri.	6-7 pm
8-14 years	\$41.75	<a href="#">1440375</a>
15-18 years	\$47.25	<a href="#">1440391</a>
19+ years	\$47.25	<a href="#">1440403</a>

#### Vernon – 613-580-2424 ext. 30235

Apr 11-May 30	Thu.	7-8 pm
6-14 years	\$33.50	<a href="#">1464820</a>
15-18 years	\$37.75	<a href="#">1464826</a>
19+ years	\$37.75	<a href="#">1464816</a>



## Floor Curling

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

#### Lansdowne Park – 613-580-2424 ext. 17323

Apr 6-13	Sat.	3-4:30 pm
7-14 years	\$16.75	<a href="#">1467635</a>
15-18 years	\$19	<a href="#">1467643</a>
19+ years	\$19	<a href="#">1467632</a>
May 11-18	Sat.	3-4:30 pm
7-14 years	\$16.75	<a href="#">1467648</a>
15-18 years	\$19	<a href="#">1467649</a>
19+ years	\$19	<a href="#">1467647</a>

## 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

Mar 23-Jun 29	Sat.	11 am-noon
6-14 years	\$121.25	<a href="#">1464460</a>
15-18 years	\$136.50	<a href="#">1464462</a>
19+ years	\$136.50	<a href="#">1464476</a>

Mar 27-Jun 26	Wed.	7-8 pm
6-14 years	\$130.75	<a href="#">1433242</a>
15-17 years	\$147	<a href="#">1433265</a>
19+ years	\$147	<a href="#">1434401</a>

Jul 3-Aug 28	Wed.	7-8 pm
6-14 years	\$84	<a href="#">1440220</a>
15-18 years	\$94.50	<a href="#">1440224</a>
19+ years	\$94.50	<a href="#">1440309</a>
Jul 6-Aug 31	Sat.	11 am-noon
6-14 years	\$74.75	<a href="#">1471895</a>
19+ years	\$84	<a href="#">1471897</a>

#### South Fallingbrook – 613-824-0633

Apr 8-Jun 19	Mon., Wed.	5:30-6:30 pm
6-14 years	\$173.25	<a href="#">1440103</a>
15-18 years	\$178.50	<a href="#">1440291</a>
19+ years	\$178.50	<a href="#">1440329</a>
Apr 8-Jun 19	Mon., Wed.	6:45-7:45 pm
6-14 years	\$173.25	<a href="#">1440107</a>
15-18 years	\$178.50	<a href="#">1440296</a>
19+ years	\$178.50	<a href="#">1440335</a>
Apr 8-Jun 19	Mon., Wed.	8-9 pm
6-14 years	\$173.25	<a href="#">1440114</a>
15-18 years	\$178.50	<a href="#">1440301</a>
19+ years	\$178.50	<a href="#">1440339</a>
Jul 3-Aug 21	Wed., Mon.	5:30-6:30 pm
6-14 years	\$121.25	<a href="#">1440193</a>
15-18 years	\$125	<a href="#">1440308</a>
19+ years	\$125	<a href="#">1440343</a>
Jul 3-Aug 21	Wed., Mon.	6:45-7:45 pm
6-14 years	\$121.25	<a href="#">1440198</a>
15-18 years	\$125	<a href="#">1440314</a>
19+ years	\$125	<a href="#">1440349</a>
Jul 3-Aug 21	Wed., Mon.	8-9 pm
6-14 years	\$121.25	<a href="#">1440203</a>
15-18 years	\$125	<a href="#">1440322</a>
19+ years	\$125	<a href="#">1440351</a>

## Drop In Activities

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