



Classes and Activities for Preschool

Recreation eGuide Spring and Summer 2019

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Arts Centres

The City of Ottawa's Arts Centres are destinations for specialty arts programming in arts-specific studios offering the added benefit of specialized facilities and environment. The Nepean Visual Arts, the Nepean Creative Arts and Shenkman Arts Centres, offer specialty arts classes taught by accomplished artists – painters, actors, filmmakers, writers, photographers, musicians – in custom studio spaces for participants of all levels of ability. From preschool to adult, students experience a diversity of arts instruction in a creative and dynamic environment.



[Nepean Visual Arts Centre](#)

613-580-2828
1701 Woodroffe Avenue
(Entrance 3,
Nepean Sportsplex)

[Nepean Creative Arts Centre](#)

613-596-5783
35 Stafford Road,
Bells Corners



[Shenkman Arts Centre](#)

613-580-2787
245 Centrum Boulevard,
Orléans

What do arts centres offer preschoolers?

- 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.



Performing Arts

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

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

Dance

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.

Shenkman Arts

3 years	Sun.	9:30-10:15 am
Apr 14-Jun 16	\$55.50	1472895
3-4 years	Sun.	10:15-11 am
Apr 14-Jun 16	\$55.50	1426471
4-5 years	Sun.	11-11:45 am
Apr 14-Jun 16	\$55.50	1426475

Creative Movement – With Parent

For our youngest students, this provides a fun, casual approach to practicing basic and fine motor skills, and a cooperative introduction to the elements of dance and space.

Nepean Creative Arts

18 months-3 years	Sat.	11:15 am-noon
Apr 6-Jun 8	\$35.25	1465471
18 months-3 years	Wed.	10-10:45 am
Apr 10-Jun 5	\$39.50	1465470

Shenkman Arts

2-3 years	Sun.	9-9:30 am
Apr 14-Jun 16	\$23.50	1426484

Gotta Dance

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

Nepean Creative Arts

3-5 years	Sat.	9-9:45 am
Apr 6-Jun 8	\$55.50	1465474

Shenkman Arts

3 years	Sat.	9:30-10:15 am
Apr 13-Jun 15	\$55.50	1472892
3-4 years	Sat.	10:15-11 am
Apr 13-Jun 15	\$55.50	1426603
4-5 years	Sat.	11-11:45 am
Apr 13-Jun 15	\$55.50	1426608

Music

Kindermusik® Foundations

A sensory-rich caring environment where infants with caregivers explore and react to new sounds, sensations, and objects through joyful music-making experiences.

Shenkman Arts

1-18 months	Wed.	11-11:45 am
Apr 3-Jun 5	\$100	1427579

Kindermusik® – Level 2

Toddlers initiate their own ideas and explore their creativity. Outlets for energy and cognitive development through singing, dancing, and instrument play. Meet other parents and caregivers while learning to use music to create routines at home.

Shenkman Arts

18 months-3 years	Wed.	10-10:45 am
Apr 3-Jun 5	\$100	1427576

Arts in Your Neighbourhood

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

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

Performing Arts

Dance

Ballet – Level 1

Introduce your little one to the world of creative movement. Simple exercises are structured to develop balance and coordination, while preschoolers learn the different movements and ballet basics.

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Tue.	5:45-6:30 pm
Apr 2-Jun 18	\$83.25	1462718
3-5 years	Sat.	11-11:45 am
Apr 6-Jun 22	\$69.50	1462682

Chapman Mills – 613-822-7887

3-5 years	Fri.	4:30-5 pm
Apr 5-Jun 21	\$51	1437252
3-5 years	Fri.	5-5:30 pm
Apr 5-Jun 21	\$51	1437257
3-5 years	Fri.	5:30-6 pm
Apr 5-Jun 21	\$51	1437261

Eva James – 613-580-2442 ext. 29814

3-5 years	Sat.	11-11:45 am
Mar 30-Jun 15	\$69.50	1437378

Fisher Park – 613-798-8945

3-5 years	Sat.	9:45-10:30 am
Apr 6-Jun 22	\$69.50	1436551

François Dupuis – 613-580-8080

3-5 years	Sat.	10:45-11:30 am
Apr 6-Jun 8	\$55.50	1467609
3-5 years	Sat.	11:30 am-12:15 pm
Apr 6-Jun 8	\$55.50	1467611
3-5 years	Sat.	12:15-1 pm
Apr 6-Jun 8	\$55.50	1467615
3-5 years	Sun.	11:30 am-12:15 pm
Apr 7-Jun 9	\$55.50	1469321

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

3-5 years	Mon.	5:30-6:15 pm
Apr 1-Jun 3	\$55.50	1461747

Greely – 613-580-2424 ext. 30235

3-5 years	Thu.	5:30-6:15 pm
Apr 4-May 23	\$55.50	1468399

Heron – 613-247-4808

3-5 years	Wed.	5-5:45 pm
Apr 3-Jun 5	\$69.50	1438996

Hintonburg – 613-798-8874

3-4 years	Thu.	6:15-7 pm
Apr 4-Jun 6	\$69.50	1463630

Hunt Club-Riverside Park – 613-580-2990

3-4 years	Sat.	9-9:45 am
May 11-Jun 22	\$41.75	1463622
4-5 years	Sat.	10-10:45 am
May 11-Jun 22	\$41.75	1463624
3-5 years	Mon.	4-4:45 pm
May 13-Jun 17	\$34.75	1463628

McNabb – 613-564-1070

18 months-5 years	Sat.	10-11 am
Mar 23-Jun 8	\$92.50	1470538
18 months-5 years	Tue.	5-6 pm
Mar 26-May 28	\$92.50	1470536
18 months-5 years	Fri.	10-11 am
Mar 29-Jun 7	\$92.50	1470537

Minto-Barrhaven – 613-727-2683

4-5 years	Tue.	4-4:45 pm
Mar 26-Jun 4	\$76.25	1467550

Nepean Sportsplex – 613-580-2828

4-5 years	Thu.	5:30-6:15 pm
Mar 28-Jun 6	\$76.25	1466730
4-5 years	Sat.	1:15-2 pm
Mar 30-Jun 8	\$62.50	1464470



Osgoode – 613-580-2424 ext. 30235

3-5 years	Sun.	10-10:45 am
Apr 7-Jun 9	\$55.50	1461814

Pat Clark – 613-748-1771

3-5 years	Mon.	5:30-6:15 pm
Apr 8-Jun 24	\$69.50	1430822
Jul 8-Aug 26	\$48.50	1440036
4-6 years	Thu.	6:15-7 pm
Apr 11-Jun 27	\$83.25	1430832
Jul 4-Aug 29	\$62.50	1440040

Pinecrest – 613-580-9676

4-5 years	Sun.	10:30-11:15 am
Mar 24-Jun 16	\$76.25	1464568
4-5 years	Tue.	6-6:45 pm
Mar 26-Jun 11	\$83.25	1464560

Plant – 613-232-3000

3-5 years	Wed.	6:10-6:55 pm
May 1-Jun 19	\$55.50	1466767
Jul 3-Aug 21	\$55.50	1467572

Ray Friel – 613-580-4765

2 years	Sat.	9-9:30 am
Apr 6-Jun 15	\$41.75	1433258
3-4 years	Sat.	9:30-10:15 am
Apr 6-Jun 15	\$62.50	1433290
3-5 years	Sat.	9:30-10 am
Jul 6-Aug 24	\$32.50	1463859

Rideauview – 613-822-7887

30 months-3 years	Sat.	9:15-9:45 am
Apr 6-Jun 22	\$42.25	1436298
3-5 years	Thu.	5:45-6:30 pm
Apr 4-Jun 6	\$63.25	1439782
3-5 years	Thu.	6:30-7:15 pm
Apr 4-Jun 6	\$63.25	1439785
3-5 years	Sat.	9:45-10:30 am
Apr 6-Jun 22	\$63.25	1436411
3-5 years	Sat.	10:30-11:15 am
Apr 6-Jun 22	\$63.25	1436415
3-5 years	Sat.	11:15 am-noon
Apr 6-Jun 22	\$63.25	1436418

Sandy Hill – 613-564-1062

3-5 years	Sat.	10-10:45 am
Mar 30-Jun 8	\$69.50	1469076
3-5 years	Sat.	10:45-11:30 am
Mar 30-Jun 8	\$69.50	1469079

Walter Baker – 613-580-2788

4-6 years	Wed.	6-6:45 pm
Apr 3-Jun 12	\$69.50	1461194

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

3-4 years	Wed.	5:45-6:30 pm
Apr 17-Jun 19	\$69.50	1433014

Eva James – 613-580-2442 ext. 29814

3-5 years	Tue.	4-4:45 pm
Mar 26-Jun 11	\$83.25	1433421

Nepean Sportsplex – 613-580-2828

3-4 years	Sun.	9-9:30 am
Mar 31-Jun 9	\$41.75	1464573
4-5 years	Sun.	9:30-10:15 am
Mar 31-Jun 9	\$62.50	1464587

St-Laurent Complex – 613-742-6767

3-5 years	Sat.	1:15-2 pm
Apr 6-Jun 15	\$62.50	1438440
3-5 years	Sun.	10:15-11 am
Apr 7-Jun 16	\$62.50	1436313

Creative Movement

A fun, casual approach to practicing basic and fine motor skills, in this introduction to the elements of movement to music.

Minto-Barrhaven – 613-727-2683

3-5 years Sun. 11:30 am-12:15 pm
Mar 24-Jun 9 \$58.50 [1467749](#)

Walter Baker – 613-580-2788

3-5 years Mon. 5:25-5:55 pm
Apr 1-Jun 10 \$35.25 [1436505](#)

Creative Movement – With Parent

For our youngest students, this provides a fun, casual approach to practicing basic and fine motor skills, and a cooperative introduction to the elements of dance and space.

Carp – 613-580-9696

2-4 years Sun. 9-9:30 am
Apr 7-Jun 9 \$23.50 [1432096](#)

Chapman Mills – 613-822-7887

18 months-3 years Tue. 5-5:30 pm
Apr 2-Jun 18 \$35.25 [1437055](#)

Eva James – 613-580-2442 ext. 29814

18 months-3 years Sat. 9-9:30 am
Mar 30-Jun 15 \$29.25 [1437368](#)

Fisher Park – 613-798-8945

1-3 years Sat. 9-9:45 am
Apr 6-Jun 22 \$44 [1436562](#)

Gotta Dance

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

Carp – 613-580-9696

5-7 years Sun. 11-11:30 am
Apr 7-Jun 9 \$37 [1432122](#)

Chapman Mills – 613-822-7887

3-5 years Tue. 5:30-6 pm
Apr 2-Jun 18 \$55.50 [1437094](#)

Eva James – 613-580-2442 ext. 29814

3-5 years Mon. 5:20-6:05 pm
Mar 25-Jun 10 \$69.50 [1432924](#)

3-5 years Tue. 4:50-5:35 pm
Mar 26-Jun 11 \$83.25 [1432932](#)

François Dupuis – 613-580-8080

3-5 years Thu. 5:15-6 pm
Apr 4-Jun 13 \$76.25 [1466204](#)

3-5 years Sun. 1:15-2 pm
Apr 7-Jun 9 \$55.50 [1469327](#)

3-5 years Sun. 2-2:45 pm
Apr 7-Jun 9 \$55.50 [1469328](#)
3-5 years Sun. 2:45-3:30 pm
Apr 7-Jun 9 \$55.50 [1469331](#)

Greenboro – 613-580-2805

3-5 years Tue. 5-6 pm
Mar 19-Apr 9 \$37 [1426824](#)

Apr 16-May 7 \$37 [1426826](#)
May 14-Jun 4 \$37 [1426839](#)

Heron – 613-247-4808

3-5 years Sat. 9:30-10:15 am
Apr 6-Jun 8 \$55.50 [1426493](#)

Hunt Club-Riverside Park – 613-580-2990

3-4 years Sun. 9-9:45 am
May 12-Jun 23 \$41.75 [1463645](#)

4-5 years Sun. 10-10:45 am
May 12-Jun 23 \$41.75 [1463647](#)

Kanata Recreation – 613-580-2570

3-5 years Sun., Sat. 9-9:45 am
Apr 7-Jun 8 \$55.50 [1438888](#)

3-5 years Sun., Sat. 9:50-10:35 am
Apr 7-Jun 8 \$55.50 [1438903](#)

Richelieu-Vanier – 613-560-6030

4-5 years Thu. 5:30-6:15 pm
Apr 11-Jun 13 \$69.50 [1436511](#)

Walter Baker – 613-580-2788

3-5 years Sat. 9:15-10 am
Apr 6-Jun 8 \$55.50 [1439493](#)

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.

Aquaview – 613-824-0633 ext. 221

3-4 years Tue. 5:45-6:30 pm
Apr 16-Jun 18 \$77.25 [1432996](#)

François Dupuis – 613-580-8080

3-5 years Sat. 1:15-2 pm
Apr 6-Jun 8 \$61.75 [1467624](#)

3-5 years Sat. 2-2:45 pm
Apr 6-Jun 8 \$61.75 [1467767](#)

3-5 years Sat. 2:45-3:30 pm
Apr 6-Jun 8 \$61.75 [1467771](#)

3-5 years Sun. 12:15-1 pm
Apr 7-Jun 9 \$61.75 [1469324](#)

Kanata Recreation – 613-580-2570

3-5 years Sun. 10:40-11:25 am
Apr 7-Jun 9 \$61.75 [1438926](#)

3-5 years Sun. 11:30 am-12:15 pm
Apr 7-Jun 9 \$61.75 [1438934](#)

Minto-Barrhaven – 613-727-2683

3-4 years Fri. 5-5:45 pm
Mar 29-Jun 7 \$77.25 [1467664](#)

4-5 years Sun. 12:15-1 pm
Mar 24-Jun 9 \$77.25 [1467764](#)

4-5 years Fri. 5:45-6:30 pm
Mar 29-Jun 7 \$77.25 [1467671](#)

Nepean Sportsplex – 613-580-2828

3-4 years Sat. 10:30-11 am
Mar 30-Jun 8 \$46.50 [1462601](#)

3-5 years Mon. 6-6:30 pm
Mar 25-Jun 3 \$46.50 [1462611](#)

4-5 years Sat. 11-11:45 am
Mar 30-Jun 8 \$69.50 [1462606](#)

Overbrook – 613-742-5147

4-6 years Sat. 11-11:45 am
Apr 6-May 25 \$61.75 [1470487](#)

Pat Clark – 613-748-1771

3-5 years Thu. 5:30-6:15 pm
Apr 11-Jun 27 \$92.75 [1431052](#)

3-5 years Mon. 6:15-7 pm
Jul 8-Aug 26 \$54 [1440115](#)

Ray Friel – 613-580-4765

3-5 years Wed. 5:15-5:45 pm
Apr 3-Jun 12 \$56.75 [1431162](#)

3-5 years Sat. 10:45-11:15 am
Jul 6-Aug 24 \$36 [1463881](#)

St-Laurent Complex – 613-742-6767

3-5 years Sun. 9:30-10:15 am
Apr 7-Jun 16 \$69.50 [1436300](#)

3-5 years Sun. 11-11:45 am
Apr 7-Jun 16 \$69.50 [1436306](#)

Hip Hop – With Parent

Parents join their little dancer for a good cardio workout to funky, upbeat tunes. Hip Hop is easy to learn in this energetic dance class.

Bob MacQuarrie-Orléans – 613-580-9600

18 months-3 years Sat. 10:15-11 am
Apr 6-Jun 22 \$77.25 [1462677](#)

François Dupuis – 613-580-8080

18 months-3 years Sat. 10-10:30 am
Apr 6-Jun 8 \$41.25 [1467604](#)

18 months-3 years Sun. 9:30-10 am
Apr 7-Jun 9 \$41.25 [1469312](#)

Minto-Barrhaven – 613-727-2683

18 months-3 years Fri. 4:30-5 pm
Mar 29-Jun 7 \$51.50 [1467652](#)

Nepean Sportsplex – 613-580-2828

18 months-3 years Sat. 10-10:30 am
Mar 30-Jun 8 \$46.50 [1462560](#)

Jazz – Level 1

Music, movement, and the basics of jazz dance. Exercises are structured to develop strength, balance, flexibility and coordination. Expand your creative scope and gain confidence.

Walter Baker – 613-580-2788

4-6 years Sat. 11:10-11:55 am
Apr 6-Jun 8 \$55.50 [1439521](#)

Twinkling Toes

Through creative movement with basic ballet and jazz, develop grace and creativity while allowing your personality to flourish. Performance at the final class.

Alfred Taylor – 613-489-3975

3-5 years Thu. 6-7 pm
Apr 25-Jun 20 \$70.25 [1430616](#)

Carleton Heights – 613-226-2208

2-3 years Sat. 9:30-10:10 am
Apr 6-Jun 8 \$41.75 [1466316](#)

3-4 years Sat. 10:20-11 am
Apr 6-Jun 8 \$41.75 [1466317](#)

4-6 years Sat. 11:20 am-noon
Apr 6-Jun 8 \$41.75 [1466318](#)

Carp – 613-580-9696

3-5 years Sun. 9:40-10:10 am
Apr 7-Jun 9 \$31.25 [1432116](#)

3-5 years Sun. 10:20-10:50 am
Apr 7-Jun 9 \$31.25 [1432118](#)

Chapman Mills – 613-822-7887

3-5 years Fri. 6-6:30 pm
Apr 5-Jun 21 \$43 [1437266](#)

5-7 years Fri. 6:30-7 pm
Apr 5-Jun 21 \$43 [1437269](#)

Eva James – 613-580-2442 ext. 29814

2-3 years	Sat.	9:35-10:05 am
Mar 30-Jun 15	\$39	1432907
3-5 years	Mon.	4:30-5:15 pm
Mar 25-Jun 10	\$58.50	1432901
4-5 years	Sat.	10:10-10:55 am
Mar 30-Jun 15	\$58.50	1432913

Cardel Rec (Goulbourn) – 613-580-2532

2-3 years	Sat.	2:15-2:45 pm
Apr 6-Jun 8	\$31.25	1463598
4-6 years	Sat.	2:45-3:15 pm
Apr 6-Jun 8	\$31.25	1463601

Greenboro – 613-580-2805

3-5 years	Sat.	10-11 am
Mar 23-Jun 1	\$78	1427232
3-5 years	Sun.	2-3 pm
Mar 24-Jun 2	\$78	1427267

Kanata Recreation – 613-580-2570

3-5 years	Wed.	5:15-5:45 pm
Apr 3-Jun 5	\$39	1438265
3-5 years	Wed.	5:45-6:15 pm
Apr 3-Jun 5	\$39	1438268
3-5 years	Sat.	10-10:30 am
Apr 6-Jun 8	\$31.25	1438458
3-5 years	Sat.	10:35-11:05 am
Apr 6-Jun 8	\$31.25	1438471

Metcalfe – 613-580-2424 ext. 30235

2-4 years	Sat.	10-10:45 am
Apr 6-Jun 8	\$46.75	1467639

Minto-Barrhaven – 613-727-2683

4-5 years	Thu.	5-5:45 pm
Mar 28-Jun 6	\$64.25	1467627

Nepean Sportsplex – 613-580-2828

3-5 years	Mon.	5:30-6 pm
Mar 25-Jun 3	\$35.25	1466632
3-5 years	Sat.	12:45-1:15 pm
Mar 30-Jun 8	\$35.25	1464456

Pinecrest – 613-580-9676

3-4 years	Sun.	10-10:30 am
Mar 24-Jun 16	\$43	1464544
3-4 years	Tue.	5:30-6 pm
Mar 26-Jun 11	\$46.75	1464539

Plant – 613-232-3000

3-5 years	Mon.	5:15-6 pm
Apr 29-Jun 17	\$41	1463131
3-5 years	Mon.	6:05-6:50 pm
Apr 29-Jun 17	\$41	1463134
3-5 years	Wed.	5:20-6:05 pm
May 1-Jun 19	\$46.75	1466764
Jul 3-Aug 21	\$46.75	1467552

Richcraft – 613-580-9696

2-3 years	Tue.	4:45-5:15 pm
Jul 2-Aug 27	\$35.25	1438825
2-3 years	Thu.	5:15-5:45 pm
Jul 4-Aug 29	\$35.25	1438826
3-5 years	Thu.	4:30-5 pm
Mar 21-Jun 20	\$54.50	1435135

Richmond – 613-580-2424 ext. 20705

2-3 years	Wed.	4:30-5 pm
Apr 17-Jun 19	\$39	1430531
3-5 years	Wed.	5-6 pm
Apr 17-Jun 19	\$78	1430537

St-Laurent Complex – 613-742-6767

3-5 years	Sat.	2-2:45 pm
Apr 6-Jun 15	\$52.75	1438441

Walter Baker – 613-580-2788

3-4 years	Wed.	5:25-5:55 pm
Apr 3-Jun 12	\$39	1438985

Twinkling Toes – With Parent

Join your little dancer to learn creative movement through basic ballet and jazz.

François Dupuis – 613-580-8080

18 months-3 years	Sat.	9:30-10 am
Apr 6-Jun 8	\$31.25	1467600
18 months-3 years	Sun.	10-10:30 am
Apr 7-Jun 9	\$31.25	1469314

Minto-Barrhaven – 613-727-2683

18 months-3 years	Thu.	4:30-5 pm
Mar 28-Jun 6	\$43	1467613

Nepean Sportsplex – 613-580-2828

18 months-3 years	Mon.	5-5:30 pm
Mar 25-Jun 3	\$35.25	1466626
18 months-3 years	Sat.	11:45 am-12:15 pm
Mar 30-Jun 8	\$35.25	1464120

Multi-Arts

Drama & Dance

Moving, grooving and performing on stage! Various creative learning activities include basic jazz dance choreography, improvisation, character study, expressing emotion, performance skills and drama games. Open-house performance for friends and family on last day.

Greenboro – 613-580-2805

3-5 years	Thu.	5-6 pm
Mar 21-Apr 11	\$37	1427287
Apr 18-May 9	\$37	1427290
May 16-Jun 6	\$37	1427292



Music

Music for Young Children® – Sunrise Program

Sing, play, and learn! Quality music education blends the pleasure and joy of music making with sound instruction. Free for siblings under 22 months. Maximum two children per adult including sibling. Additional materials fee payable to instructor at first class.

Level 1

Bob MacQuarrie-Orléans – 613-580-9600

2-4 years	Wed.	11-11:45 am
Mar 27-May 29	\$138.75	1463593
2-4 years	Fri.	11-11:45 am
Mar 29-Jun 14	\$138.75	1463592

Chapman Mills – 613-822-7887

2-5 years	Mon.	9:45-10:30 am
Apr 1-Jun 17	\$138.75	1437004

Hunt Club-Riverside Park – 613-580-2990

2-5 years	Sat.	9-9:45 am
May 11-Jun 22	\$82.75	1463737

Rideauview – 613-822-7887

2-5 years	Sat.	10:30-11:15 am
Apr 6-Jun 22	\$138.75	1436948

Level 2

Chapman Mills – 613-822-7887

2-5 years	Mon.	10:30-11:15 am
Apr 1-Jun 17	\$138.75	1436954

Rideauview – 613-822-7887

2-5 years	Sat.	11:15 am-noon
Apr 6-Jun 22	\$138.75	1436951

Level 3

Bob MacQuarrie-Orléans – 613-580-9600

2-4 years	Wed.	10-10:45 am
Mar 27-May 29	\$138.75	1463596
2-4 years	Fri.	10-10:45 am
Mar 29-Jun 14	\$138.75	1463597

Playgroups

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.

Playgroup – With Parent

Parents and caregivers, come with your child to enjoy playtime, songs, stories and crafts together. An opportunity to meet and visit with others in your community.

Charlie Conacher – 613-727-2683

20 months-3 years Mon. 9:30-11 am
 Mar 18-Jun 3 \$62.75 [1439911](#)
 20 months-3 years Wed. 9:30-11 am
 Mar 20-Jun 5 \$75.25 [1439919](#)

Eva James – 613-580-2442 ext. 29814

18 months-3 years Thu. 9:15-10:15 am
 Mar 28-Jun 13 \$50.25 [1436230](#)

Nepean Sportsplex – 613-580-2828

6 months-4 years Wed. 9:30-11:30 am
 Mar 27-Jun 5 \$91.75 [1466709](#)
 2-4 years Tue. 9:30-11:30 am
 Mar 26-Jun 4 \$91.75 [1466702](#)

Wiggle & Giggle & Move!

Play, climb, jump and run. Explore the world of crafts, music and movement along with your child. Help develop their socialization, coordination and motor skills.

Alexander – 613-798-8978

2-4 years Sat. 10:30-11:15 am
 Apr 6-May 25 \$44 [1430172](#)

Cardel Rec (Goulbourn) – 613-580-2532

1-4 years Tue. 9:10-10:10 am
 Apr 16-Jun 18 \$73 [1464127](#)

Hintonburg – 613-798-8874

6 months-5 years Thu. 9:15-11:15 am
 Mar 28-Jun 6 \$160.50 [1463629](#)

Nepean Sportsplex – 613-580-2828

18 months-4 years Fri. 10:30-11:30 am
 Mar 29-May 31 \$58.50 [1466770](#)

Skating

Frosty Blades

Get acquainted with the ice, standing and shuffling. An adult on skates with some skating experience must accompany the toddler for each lesson. A CSA approved hockey helmet is mandatory for all skaters, including the adult. Full facemask is highly recommended.

Cardel Rec (Goulbourn) – 613-580-2532

2-4 years Tue. 5:15-5:40 pm
 Mar 19-Apr 30 \$35.25 [1466760](#)
 2-4 years Wed. 3:40-4:05 pm
 Mar 20-Apr 24 \$30.25 [1466773](#)
 2-4 years Wed. 4:40-5:05 pm
 Mar 20-Apr 24 \$30.25 [1466774](#)

Jim Durrell – 613-580-2596

2-4 years Mon., Wed. 6-6:25 pm
 Jul 8-Aug 14 \$55.25 [1438144](#)
 2-4 years Mon., Wed. 6:25-6:50 pm
 Jul 8-Aug 14 \$55.25 [1438151](#)

Minto-Barrhaven – 613-727-2683

2-4 years Mon. 11-11:25 am
 Apr 8-Jun 3 \$35.25 [1434797](#)
 2-4 years Mon. 4:25-4:50 pm
 Apr 8-Jun 3 \$35.25 [1434895](#)
 2-4 years Mon. 6-6:25 pm
 Apr 8-Jun 3 \$35.25 [1436321](#)
 2-4 years Mon. 6:25-6:50 pm
 Apr 8-Jun 3 \$35.25 [1436324](#)
 2-4 years Wed. 4-4:25 pm
 Apr 10-Jun 5 \$45.25 [1436499](#)
 2-4 years Wed. 4:25-4:50 pm
 Apr 10-Jun 5 \$45.25 [1436501](#)
 2-4 years Wed. 5-5:25 pm
 Apr 10-Jun 5 \$45.25 [1436518](#)
 2-4 years Wed. 5:25-5:50 pm
 Apr 10-Jun 5 \$45.25 [1436519](#)
 2-4 years Sat. 9-9:25 am
 Apr 13-Jun 8 \$35.25 [1436880](#)
 2-4 years Sat. 9:25-9:50 am
 Apr 13-Jun 8 \$35.25 [1436882](#)
 2-4 years Sat. 11-11:25 am
 Apr 13-Jun 8 \$35.25 [1436941](#)

Nepean Sportsplex – 613-580-2828

2-4 years Thu. 10-10:25 am
 Mar 21-Apr 18 \$25.25 [1471155](#)

Ray Friel – 613-580-4765

2-4 years Tue. 5-5:25 pm
 Apr 30-Jun 25 \$45.25 [1433423](#)
 Jul 2-Aug 20 \$40.25 [1433509](#)
 2-4 years Tue. 6-6:25 pm
 Apr 30-Jun 25 \$45.25 [1433501](#)
 Jul 2-Aug 20 \$40.25 [1433510](#)

Just You and Me

Learn to skate for the non-skater. An adult on skates with some skating experience must accompany the child for the first three lessons. A CSA approved hockey helmet is mandatory for all skaters, including the adult. Full facemask is highly recommended.

Cardel Rec (Goulbourn) – 613-580-2532

3-4 years Tue. 5:15-6:05 pm
 Mar 19-Apr 30 \$70.25 [1466755](#)
 3-4 years Wed. 4:15-5:05 pm
 Mar 20-Apr 24 \$60.25 [1466777](#)

Minto-Barrhaven – 613-727-2683

3-4 years Mon. 5-5:50 pm
 Apr 8-Jun 3 \$70.25 [1434972](#)
 3-4 years Wed. 6-6:50 pm
 Apr 10-Jun 5 \$90.25 [1436552](#)
 3-4 years Sat. 9-9:50 am
 Apr 13-Jun 8 \$70.25 [1436886](#)

Kindergliders

Learn to skate program for children with limited skating experience. Work through 5 levels and receive a badge based on ability. Learn forward skating and stopping skills. A CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

Cardel Rec (Goulbourn) – 613-580-2532

4-5 years Tue. 5:15-6:05 pm
 Mar 19-Apr 30 \$70.25 [1466753](#)
 Mar 19-Apr 30 \$70.25 [1466754](#)
 4-5 years Wed. 4:15-5:05 pm
 Mar 20-Apr 24 \$60.25 [1466784](#)
 Mar 20-Apr 24 \$60.25 [1466785](#)

Jim Durrell – 613-580-2596

4-5 years Mon., Wed. 6-6:50 pm
 Jul 8-Aug 14 \$110.25 [1438218](#)

Minto-Barrhaven – 613-727-2683

4-5 years Mon. 4-4:50 pm
 Apr 8-Jun 3 \$70.25 [1434900](#)
 4-5 years Mon. 5-5:50 pm
 Apr 8-Jun 3 \$70.25 [1434975](#)
 4-5 years Wed. 4-4:50 pm
 Apr 10-Jun 5 \$90.25 [1436502](#)
 4-5 years Wed. 5-5:50 pm
 Apr 10-Jun 5 \$90.25 [1436520](#)
 4-5 years Wed. 6-6:50 pm
 Apr 10-Jun 5 \$90.25 [1436575](#)
 4-5 years Sat. 9-9:50 am
 Apr 13-Jun 8 \$70.25 [1436889](#)
 4-5 years Sat. 10-10:50 am
 Apr 13-Jun 8 \$70.25 [1436913](#)

Nepean Sportsplex – 613-580-2828

4-5 years Thu. 10:30-11:20 am
 Mar 21-Apr 18 \$50.25 [1471153](#)

Ray Friel – 613-580-4765

4-5 years Tue. 5-5:50 pm
 Apr 30-Jun 25 \$90.25 [1434286](#)
 Jul 2-Aug 20 \$80.25 [1434297](#)
 4-5 years Tue. 6-6:50 pm
 Apr 30-Jun 25 \$90.25 [1434295](#)
 Jul 2-Aug 20 \$80.25 [1434298](#)

Kindergliders – Low Ratio

Learn to skate program for children with limited skating experience. Work through 5 levels and receive a badge based on ability. Learn forward skating and stopping skills. CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

Minto-Barrhaven – 613-727-2683

4-5 years Mon. 6-6:50 pm
 Apr 8-Jun 3 \$151.75 [1436330](#)

Snow Gliders

Learn to skate for children who are new to ice. Children should be comfortable without parental involvement. A CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

Cardel Rec (Goulbourn) – 613-580-2532

4-5 years Tue. 5:40-6:05 pm
 Mar 19-Apr 30 \$35.25 [1466762](#)
 4-5 years Wed. 3:40-4:05 pm
 Mar 20-Apr 24 \$30.25 [1466768](#)
 4-5 years Wed. 4:15-4:40 pm
 Mar 20-Apr 24 \$30.25 [1466771](#)

Jim Durrell – 613-580-2596

4-5 years	Mon., Wed.	6-6:25 pm
Jul 8-Aug 14	\$55.25	1438178
4-5 years	Mon., Wed.	6:25-6:50 pm
Jul 8-Aug 14	\$55.25	1438181

Minto-Barrhaven – 613-727-2683

4-5 years	Mon.	4-4:25 pm
Apr 8-Jun 3	\$35.25	1434891
4-5 years	Mon.	5:25-5:50 pm
Apr 8-Jun 3	\$35.25	1434969
4-5 years	Wed.	4-4:25 pm
Apr 10-Jun 5	\$45.25	1436414
4-5 years	Wed.	6-6:25 pm
Apr 10-Jun 5	\$45.25	1436570
4-5 years	Wed.	6:25-6:50 pm
Apr 10-Jun 5	\$45.25	1436571
4-5 years	Sat.	10-10:25 am
Apr 13-Jun 8	\$35.25	1436908
4-5 years	Sat.	10:25-10:50 am
Apr 13-Jun 8	\$35.25	1436910
4-5 years	Sat.	11:25-11:50 am
Apr 13-Jun 8	\$35.25	1436945

Nepean Sportsplex – 613-580-2828

4-5 years	Thu.	10-10:25 am
Mar 21-Apr 18	\$23.50	1471156

Ray Friel – 613-580-4765

4-5 years	Tue.	5:25-5:50 pm
Apr 30-Jun 25	\$45.25	1433549
Jul 2-Aug 20	\$40.25	1433553
4-5 years	Tue.	6:25-6:50 pm
Apr 30-Jun 25	\$45.25	1433552
Jul 2-Aug 20	\$40.25	1433554

Snow Gliders – Low Ratio

Learn to skate for children who are new to ice. Children should be comfortable without parental involvement. A CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

Minto-Barrhaven – 613-727-2683

4-5 years	Wed.	4:25-4:50 pm
Apr 10-Jun 5	\$97.50	1436496



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.

Ball Hockey

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities.

Minto-Barrhaven – 613-727-2683

4-5 years	Thu.	4:30-5:15 pm
Mar 28-Jun 6	\$64.25	1466740

Rideauview – 613-822-7887

3-5 years	Sun.	3:30-4:15 pm
Apr 7-Jun 23	\$58.50	1436506

Ball Hockey – With Parent

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities. Parent and child participate together.

Nepean Sportsplex – 613-580-2828

3-5 years	Sun.	1-1:50 pm
Mar 31-Jun 9	\$58.50	1466531

Rideauview – 613-822-7887

2-3 years	Sun.	2:45-3:30 pm
Apr 7-Jun 23	\$58.50	1436500

Walter Baker – 613-580-2788

3-5 years	Sun.	1-2 pm
Apr 7-Jun 9	\$62.50	1439830

Basketball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities.

François Dupuis – 613-580-8080

3-5 years	Sat.	8-8:45 am
Apr 6-Jun 8	\$46.75	1467562

3-5 years	Sat.	8:45-9:30 am
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Apr 6-Jun 8	\$46.75	1467567
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Heron – 613-247-4808

3-5 years	Sat.	12:30-1:15 pm
Apr 6-Jun 8	\$46.75	1461643

Kanata Recreation – 613-580-2570

3-5 years	Sat.	9-9:50 am
Apr 6-Jun 8	\$52	1438429

3-5 years	Sat.	10-10:50 am
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Apr 6-Jun 8	\$52	1438431
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Minto-Barrhaven – 613-727-2683

3-5 years	Tue.	5-6 pm
Mar 26-Jun 4	\$85.75	1464836

Richcraft-Kanata – 613-580-9696

4-6 years	Mon.	4:15-5 pm
Mar 18-Jun 17	\$70.25	1435119

South Fallingbrook – 613-824-0633

3-5 years	Sun.	1:30-2:15 pm
Apr 14-Jun 16	\$46.75	1440064

Karate – Goju Ryu

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

Nepean Sportsplex – 613-580-2828

4-5 years	Wed.	5:15-6 pm
Mar 27-Jun 5	\$85	1467278

4-5 years	Sat.	9-9:45 am
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Mar 30-Jun 8	\$69.50	1467269
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Pincrest – 613-580-9676

4-5 years	Sat.	1:45-2:30 pm
Mar 23-Jun 15	\$85	1465645

T-Ball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities.

Sandy Hill – 613-564-1062

4-5 years	Wed.	6-7 pm
May 15-Jun 19	\$58.50	1469095

Jul 3-Aug 7	\$58.50	1469096
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South Fallingbrook – 613-824-0633

4-6 years	Sun.	2:30-3:30 pm
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May 12-Jun 23	\$58.50	1473092
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4-6 years	Sun.	3:45-4:45 pm
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May 12-Jun 16	\$58.50	1473093
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T-Ball – With Parent

Build skills together. Emphasis is on having fun while learning the fundamental movement skills and trying a variety of sport-based activities.

François Dupuis – 613-580-8080

2-3 years	Thu.	4:45-5:30 pm
Apr 4-Jun 13	\$80.50	1466175

Rideauview – 613-822-7887

2-3 years	Sun.	9-9:45 am
Apr 7-Jun 23	\$73	1436451

Tennis

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities.

Heron – 613-247-4808

4-6 years	Sat.	9:30-10:15 am
Apr 6-Jun 8	\$78	1441720

Metcalfe – 613-580-2424 ext. 30235

4-5 years	Sun.	9:30-10:15 am
May 26-Jun 23	\$48.75	1466230
4-5 years	Thu.	5:30-6:15 pm
May 23-Jun 20	\$48.75	1466243

Gymnastics

Gymnastics

Basic gymnastic skills are taught through the assistance of a coach on traditional equipment. Apparatus will/may include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, uneven bars and vault.

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Sun.	10:45-11:30 am
Apr 7-Jun 23	\$73	1462756
3-5 years	Sun.	11:30 am-12:15 pm
Apr 7-Jun 23	\$73	1462757

Dempsey – 613-247-4846

4-5 years	Sun.	9-9:45 am
Mar 24-Jun 2	\$65.75	1430619
4-5 years	Sun.	10-10:45 am
Mar 24-Jun 2	\$65.75	1430629
4-5 years	Sun.	11-11:45 am
Mar 24-Jun 2	\$65.75	1430633
4-5 years	Tue.	5:15-6 pm
Mar 26-May 28	\$73	1430644
4-5 years	Sat.	9-9:45 am
Mar 23-Jun 1	\$65.75	1430606
4-5 years	Sat.	10-10:45 am
Mar 23-Jun 1	\$65.75	1430610
4-5 years	Sat.	11-11:45 am
Mar 23-Jun 1	\$65.75	1430614

Eva James – 613-580-2442 ext. 29814

4-5 years	Tue.	5-6 pm
Apr 2-Jun 4	\$97.50	1433234
4-5 years	Sat.	8:45-9:45 am
Apr 6-Jun 15	\$87.75	1433250
4-5 years	Sat.	9:50-10:50 am
Apr 6-Jun 15	\$87.75	1433255
4-5 years	Sat.	10:55-11:55 am
Apr 6-Jun 15	\$87.75	1433259
4-5 years	Sat.	1-2 pm
Apr 6-Jun 15	\$87.75	1433262

François Dupuis – 613-580-8080

4-6 years	Tue.	5:30-6:30 pm
Apr 2-Jun 11	\$107.25	1465915

Jockvale School – 613-825-1224

101 Malvern

4-5 years	Sat.	9-10 am
Apr 6-Jun 15	\$87.75	1439418
4-5 years	Sat.	10:10-11:10 am
Apr 6-Jun 15	\$87.75	1439423

McNabb – 613-564-1070

3-5 years	Wed.	5:15-6:15 pm
Mar 27-Jun 12	\$117	1470542
3-5 years	Sat.	11:30 am-12:30 pm
Mar 23-Jun 15	\$117	1470543

Minto-Barrhaven – 613-727-2683

4-5 years	Sun.	9:55-10:55 am
Mar 24-Jun 9	\$97.50	1466645
4-5 years	Sun.	11 am-noon
Mar 24-Jun 9	\$97.50	1466649

Minto-Barrhaven – 613-727-2683

4-5 years	Wed.	4:55-5:55 pm
Mar 27-Jun 5	\$107.25	1466635
4-5 years	Wed.	6-7 pm
Mar 27-Jun 5	\$107.25	1466637
4-5 years	Wed.	7:05-8:05 pm
Mar 27-Jun 5	\$107.25	1466640

Pat Clark – 613-748-1771

3-5 years	Sun.	9-9:45 am
Apr 7-Jun 23	\$73	1431924
3-5 years	Tue.	6-6:45 pm
Apr 9-Jun 25	\$87.75	1431914
Jul 2-Aug 27	\$65.75	1440134

Gymnastics – With Parent

Basic gymnastic skills are taught through the assistance of a coach, and you, the parent. Apparatus will include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, uneven bars, vault.

Dempsey – 613-247-4846

2-3 years	Sun.	10-10:45 am
Mar 24-May 19	\$65.75	1430854
2-3 years	Tue.	5:15-6 pm
Mar 26-May 28	\$73	1430859
2-3 years	Sat.	9-9:45 am
Mar 23-Jun 1	\$65.75	1430845
2-3 years	Sat.	10-10:45 am
Mar 23-Jun 1	\$65.75	1430849

Eva James – 613-580-2442 ext. 29814

18 months-3 years	Tue.	5:15-6 pm
Apr 2-Jun 4	\$73	1433109
18 months-3 years	Sat.	9-9:45 am
Apr 6-Jun 15	\$65.75	1433174
18 months-3 years	Sat.	10:05-10:50 am
Apr 6-Jun 15	\$65.75	1433182
18 months-3 years	Sat.	1:15-2 pm
Apr 6-Jun 15	\$65.75	1433185

François Dupuis – 613-580-8080

18 months-3 years	Tue.	4:45-5:30 pm
Apr 2-Jun 11	\$80.50	1465839

Hunt Club-Riverside Park – 613-580-2290

18 months-3 years	Sat.	10-10:45 am
May 11-Jun 15	\$44	1439482
18 months-3 years	Sat.	11-11:45 am
May 11-Jun 15	\$44	1439483

Jockvale School – 613-825-1224

101 Malvern

2-3 years	Sat.	9:15-10 am
Apr 6-Jun 15	\$65.75	1439399
2-3 years	Sat.	10:25-11:10 am
Apr 6-Jun 15	\$65.75	1439405

McNabb – 613-564-1070

4 months-4 years	Sat.	9-9:45 am
Mar 23-Jun 15	\$87.75	1470539
4 months-4 years	Sat.	9:45-10:30 am
Mar 23-Jun 15	\$87.75	1470540
4 months-4 years	Sat.	10:30-11:15 am
Mar 23-Jun 15	\$87.75	1470541

Pat Clark – 613-748-1771

18 months-3 years	Sun.	9-9:45 am
Apr 7-Jun 23	\$73	1431064
18 months-3 years	Tue.	6-6:45 pm
Apr 9-Jun 25	\$87.75	1431063
Jul 2-Aug 27	\$65.75	1440129

Playgym

Play, climb, roll, crawl and balance on our equipment with the assistance of mommy or daddy! Non-instructional creative gym activity for children to have indoor playtime with their parents!

Cardel Rec (Goulbourn) – 613-580-2532

1-4 years	Sat.	10-10:45 am
Apr 6-Jun 8	\$44	1463704

Minto-Barrhaven – 613-727-2683

1-4 years	Wed.	9:30-10:15 am
Mar 27-Jun 5	\$60.25	1466566
1-4 years	Wed.	10:30-11:15 am
Mar 27-Jun 5	\$60.25	1466569
1-4 years	Wed.	4-4:45 pm
Mar 27-Jun 5	\$60.25	1466571
1-5 years	Sun.	9-9:45 am
Mar 24-Jun 9	\$54.75	1466576

Rhythmic

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.

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Sun.	1:15-2 pm
Apr 7-Jun 23	\$73	1462768

Pat Clark – 613-748-1771

3-5 years	Sun.	11:30 am-12:15 pm
Apr 7-Jun 23	\$73	1431973



Tumble

Learn basic recreational gymnastics skills as you are introduced to various gymnastics equipment.

Cardel Rec (Goulbourn) – 613-580-2532

3-4 years Sun. 11:45 am-12:30 pm
Apr 7-Jun 9 \$58.50 [1463716](#)

Hunt Club-Riverside Park – 613-580-2290

4-5 years Sat. 12:15-1 pm
May 11-Jun 15 \$44 [1439466](#)

Overbrook – 613-742-5147

3-5 years Tue. 6:45-7:30 pm
Mar 19-May 21 \$73 [1467063](#)

Pinecrest – 613-580-9676

2-4 years Sat. 11:45 am-12:30 pm
Mar 23-Jun 15 \$80.50 [1465631](#)

4-6 years Sat. 12:30-1:30 pm
Mar 23-Jun 15 \$107.25 [1465637](#)

Plant – 613-232-3000

3-5 years Sun. 9:30-10:15 am
May 5-Jun 23 \$51.25 [1466834](#)

3-5 years Sun. 10:20-11:05 am
May 5-Jun 23 \$51.25 [1466835](#)

Richcraft-Kanata – 613-580-9696

3-4 years Sat. 9-9:45 am
Mar 23-Jun 22 \$87.75 [1437640](#)

4-6 years Sun. 9:45-10:30 am
Mar 24-Jun 23 \$87.75 [1437642](#)

4-6 years Sat. 9:45-10:30 am
Mar 23-Jun 22 \$87.75 [1437641](#)

South Fallingbrook – 613-824-0633

3-5 years Sat. 9:30-10:15 am
Apr 13-Jun 15 \$58.50 [1440087](#)

Tumble – With Parent

Introduction to gymnastics in a safe environment. Explore jumping, tumbling, rolling, games and more!

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

2-4 years Wed. 9:30-10:15 am
Apr 3-May 8 \$44 [1462271](#)

2-4 years Sat. 9:30-10:15 am
Apr 27-Jun 22 \$58.50 [1461750](#)

Greely – 613-580-2424 ext. 30235

2-4 years Fri. 9:30-10:15 am
Apr 5-May 24 \$58.50 [1466362](#)

Manotick Arena –

613-580-2424 ext. 30235

2-4 years Tue. 10:30-11:15 am
Apr 2-May 7 \$44 [1462153](#)

2-4 years Sat. 9-9:45 am
Mar 30-May 11 \$44 [1462127](#)

Metcalfe – 613-580-2424 ext. 30235

2-4 years Sat. 9-9:45 am
Apr 6-Jun 8 \$58.50 [1466341](#)

Minto-Barrhaven – 613-727-2683

1-4 years Sun. 9:55-10:55 am
Mar 24-Jun 9 \$97.50 [1466584](#)

1-4 years Wed. 4:55-5:55 pm
Mar 27-Jun 5 \$107.25 [1466579](#)

1-4 years Wed. 6-7 pm
Mar 27-Jun 5 \$107.25 [1466581](#)

Osgoode – 613-580-2424 ext. 30235

2-4 years Sun. 9-9:45 am
Apr 7-Jun 9 \$58.50 [1461785](#)

Overbrook – 613-742-5147

1-4 years Tue. 6-6:45 am
Mar 19-May 21 \$73 [1467050](#)

Pinecrest – 613-580-9676

1-3 years Sat. 11-11:45 am
Mar 23-Jun 15 \$80.50 [1465626](#)

Richcraft-Kanata – 613-580-9696

2-3 years Sun. 9-9:45 am
Mar 24-Jun 23 \$87.75 [1437691](#)

St-Laurent Complex – 613-742-6767

1-3 years Sat. 3-3:45 pm
Apr 6-Jun 22 \$73 [1438398](#)

Multi-Sport

Multi-Sport

Emphasis is on participation and having fun while learning the fundamental movement skills. Try a variety of sport based activities.

Eva James – 613-580-2442 ext. 29814

4-6 years Sun. 9:50-10:35 am
Mar 24-Jun 16 \$80.50 [1431774](#)

Hunt Club-Riverside Park – 613-580-2290

3-5 years Sat. 10:30-11:15 am
May 11-Jun 15 \$44 [1463619](#)

Minto-Barrhaven – 613-727-2683

4-5 years Mon. 4:30-5:15 pm
Mar 25-Jun 10 \$73 [1464742](#)

Nepean Sportsplex – 613-580-2828

3-5 years Mon. 4:30-5 pm
Mar 25-Jun 3 \$44 [1466622](#)

3-5 years Wed. 4:15-5 pm
Mar 27-Jun 5 \$80.50 [1466714](#)

Pinecrest – 613-580-9676

4-5 years Sun. 10-10:45 am
Mar 24-May 12 \$51.25 [1465683](#)

Richcraft-Kanata – 613-580-9696

4-6 years Wed. 2-3 pm
Mar 20-Jun 19 \$136.25 [1435132](#)

Multi-Sport – With Parent

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

Eva James – 613-580-2442 ext. 29814

2-3 years Sun. 9-9:45 am
Mar 24-Jun 16 \$80.50 [1431770](#)

Multi-Sport – Soccer & T-Ball

Emphasis is on participation and having fun while learning the fundamental movement skills. Try a variety of sport based activities.

Albion Heatherington – 613-247-4828

3-5 years Sun. 11-11:45 am
Apr 7-Jun 23 \$87.75 [1439094](#)

François Dupuis – 613-580-8080

4-5 years Thu. 5:30-6:15 pm
Apr 4-Jun 13 \$80.50 [1466187](#)

Kanata Recreation – 613-580-2570

3-5 years Sun. 1-2 pm
May 26-Jun 16 \$39 [1438979](#)

3-5 years Sun. 2-3 pm
May 26-Jun 16 \$39 [1438983](#)

3-5 years Sat. 11 am-noon
Apr 6-Jun 8 \$78 [1438437](#)

Pinecrest Park – 613-580-9676

3-5 years Sun. 9-9:45 am
May 26-Jun 23 \$36.50 [1467925](#)

Plouffe Park – 613-580-2400

3-5 years Sun. 9:30-10:15 am
May 5-Jun 23 \$51.25 [1466832](#)

3-5 years Sun. 10:20-11:05 am
May 5-Jun 23 \$51.25 [1466833](#)

Rideauview – 613-822-7887

3-5 years Sun. 9:45-10:30 am
Apr 7-Jun 23 \$73 [1436492](#)

Soccer

Soccer

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer based activities.

Avalon School – 613-824-0633 ext. 221 2080 Portobello

3-4 years Sat. 8-9 am
Apr 13-Jun 15 \$62.50 [1434412](#)

3-4 years Sat. 9-10 am
Apr 13-Jun 15 \$62.50 [1434415](#)

4-5 years Sat. 10-11 am
Apr 13-Jun 15 \$62.50 [1434418](#)

Blackburn Park – 613-580-9600

2-3 years Tue. 5-5:45 pm
May 21-Jun 18 \$29.25 [1462990](#)

4-5 years Wed. 5-5:45 pm
May 22-Jun 19 \$29.25 [1462991](#)

Bridlewood School – 613-580-2442 ext. 29814 63 Bluegrass

4-5 years Sun. 9:35-10:20 am
Mar 24-Jun 16 \$64.25 [1431746](#)

Glen Cairn – 613-580-2570

3-5 years Mon. 5:30-6 pm
Apr 1-Jun 3 \$31.25 [1461768](#)

3-5 years Sat. 10-10:50 am
Apr 6-Jun 8 \$52 [1438662](#)

4-5 years Wed. 5:30-6:15 pm
Apr 3-Jun 5 \$58.50 [1438238](#)

Heron – 613-247-4808

3-5 years Tue. 4:30-5:15 pm
Apr 2-Jun 4 \$58.50 [1461642](#)

Hintonburg – 613-798-8874

3-4 years Tue. 6-6:45 pm
May 14-Jun 11 \$29.25 [1463643](#)

Kanata Recreation – 613-580-2570

3-5 years Sun. 1-1:30 pm
Apr 7-Jun 9 \$31.25 [1438722](#)

3-5 years Sun. 1:30-2 pm
Apr 7-Jun 9 \$31.25 [1438728](#)

McCarthy Park – 613-580-2290

4-5 years Wed., Mon. 6-6:45 pm
Jul 3-Aug 28 \$99.50 [1463801](#)

McNabb – 613-564-1070

3-4 years Sun. 11 am-noon
Mar 24-Jun 23 \$93.50 [1470544](#)

Minto-Barrhaven – 613-727-2683

4-5 years Fri. 5-6 pm
Mar 29-Jun 7 \$78 [1466789](#)

Nepean Sportsplex – 613-580-2828

4-5 years Mon. 4:30-5 pm
Mar 25-Jun 3 \$35.25 [1461795](#)

4-5 years Sat. 8:15-9 am
Mar 30-Jun 8 \$52.75 [1461787](#)

4-5 years Sat. 9-9:45 am
Mar 30-Jun 8 \$52.75 [1461788](#)

Overbrook – 613-742-5147

3-5 years Wed. 6-6:45 pm
Mar 20-May 8 \$46.75 [1467042](#)

Overbrook Park – 613-742-5147

3-5 years Wed. 6-6:45 pm
May 15-Jun 19 \$26.75 [1467047](#)

Pat Clark – 613-748-1771

2-3 years Sat. 10-10:45 am
Apr 13-Jun 29 \$58.50 [1431948](#)

4-5 years Sat. 10:45-11:30 am
Apr 13-Jun 29 \$58.50 [1431951](#)

Ray Friel Park – 613-580-2400

2-3 years Tue. 4:45-5:45 pm
May 21-Jun 18 \$39 [1430972](#)

4-6 years Tue. 4:45-5:45 pm
May 21-Jun 18 \$39 [1430976](#)

Ray Friel – 613-580-4765

2-3 years Sat. 8:30-9:15 am
Apr 6-Jun 15 \$52.75 [1433175](#)

Richcraft-Kanata – 613-580-9696

3-4 years Mon. 4:30-5 pm
Jul 8-Aug 26 \$27.25 [1438222](#)

3-4 years Tue. 4:30-5 pm
Jul 2-Aug 27 \$35.25 [1438223](#)

3-4 years Wed. 4-4:30 pm
Jul 3-Aug 28 \$35.25 [1438224](#)

3-4 years Thu. 4-4:30 pm
Jul 4-Aug 29 \$35.25 [1438225](#)

Sandy Hill – 613-564-1062

3-5 years Sat. 10-10:45 am
Mar 30-May 11 \$35.25 [1469304](#)

South Fallingbrook – 613-824-0633

3-4 years Sun. 10-11 am
Apr 7-Jun 9 \$62.50 [1434422](#)

3-4 years Tue. 9:30-10:30 am
Jul 2-Aug 20 \$62.50 [1434513](#)

3-4 years Tue. 5:30-6:30 pm
Jun 18-Aug 20 \$78 [1434519](#)

3-4 years Wed. 5:30-6:30 pm
Jun 19-Aug 21 \$78 [1434521](#)

3-4 years Thu. 9:30-10:30 am
Jul 4-Aug 22 \$62.50 [1434516](#)

3-4 years Thu. 5:30-6:30 pm
Jun 20-Aug 22 \$78 [1434526](#)

3-4 years Thu. 6:30-7:30 pm
Jun 20-Aug 22 \$78 [1434533](#)

St-Laurent Complex – 613-742-6767

3-5 years Sat. 9:15-10 am
Apr 6-Jun 22 \$58.50 [1438408](#)

Walter Baker – 613-580-2788

4-5 years Sun. 9:50-10:35 am
Apr 7-Jun 9 \$46.75 [1439763](#)

Soccer – With Parent

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer based activities.

Bridlewood School – 613-580-2442 ext. 29814

2-3 years Sun. 9-9:30 am
Mar 24-Jun 16 \$43 [1431735](#)

Fisher Park – 613-798-8945

3-4 years Sat. 10:15-11 am
Apr 6-Jun 22 \$56.25 [1436582](#)

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

2-4 years Wed. 9:30-10:15 am
May 15-Jun 19 \$35.25 [1462278](#)

2-4 years Sat. 10:30-11:15 am
Apr 27-Jun 22 \$46.75 [1461754](#)

Greely – 613-580-2424 ext. 30235

3-5 years Wed. 5:15-6 pm
May 15-Jun 19 \$35.25 [1467496](#)

Heron – 613-247-4808

3-4 years Mon. 5-5:45 pm
Jul 8-Aug 19 \$35.25 [1463161](#)

Manotick Arena – 613-580-2424 ext. 30235

2-4 years Sun. 9-9:45 am
Apr 7-Jun 23 \$58.50 [1461770](#)

2-4 years Tue. 10:30-11:15 am
May 14-Jun 18 \$35.25 [1462234](#)

Metcalf – 613-580-2424 ext. 30235

3-5 years Sun. 9:30-10:15 am
Apr 7-May 12 \$29.25 [1467452](#)

Nepean Sportsplex – 613-580-2828

2-4 years Sat. 8:15-9 am
Mar 30-Jun 8 \$52.75 [1461777](#)

Osgoode – 613-580-2424 ext. 30235

3-5 years Fri. 5:30-6:15 pm
Apr 26-Jun 14 \$41 [1461758](#)

Walter Baker – 613-580-2788

2-3 years Sun. 9-9:45 am
Apr 7-Jun 9 \$46.75 [1439755](#)

Soccer League – Just Kickin' it

Recreational league focusing on fair play. Volunteer coaches required. Short skills and drills warm up followed by game.

Carleton Heights Park – 613-226-2208

4-6 years Tue., Thu. 6:30-7:30 pm
May 28-Jun 27 \$42.25 [1467324](#)

Jul 9-Aug 8 \$42.25 [1467374](#)

Sandy Hill – 613-564-1062

3-5 years Tue., Thu. 6-7 pm
May 14-Jun 20 \$49.50 [1469105](#)

Jul 2-Aug 8 \$49.50 [1469107](#)

Sportball®

Sportball® – Junior

In collaboration with Sportball (www.sportball.ca). Children and parents are introduced to sports, creative games, songs, rhymes, stories, bubble time and much more! Learn the FUNDamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf.

Fallingbrook School – 613-580-4765 679 Deancourt

16 months-2 years Sat. 9-9:45 am
Apr 6-May 18 \$108 [1469297](#)

Sportball® – With Parent

In collaboration with Sportball. (www.sportball.ca). Parents and children are introduced to soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are non-competitive, focusing on success and confidence.

Chapman Mills – 613-822-7887

16 months-2 years Sun. 9:15-10 am
Apr 7-Jun 23 \$180 [1437276](#)

Jul 7-Aug 18 \$108 [1462357](#)



Fallingbrook School – 613-580-4765 679 Deancourt

2-4 years Sat. 9:45-10:30 am
Apr 6-May 18 \$108 [1469303](#)

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

2-3 years Sat. 9-9:45 am
Apr 6-May 25 \$108 [1468406](#)

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

2-3 years Sun. 8:45-9:30 am
May 12-Jun 23 \$102.75 [1463748](#)

Richelieu-Vanier – 613-560-6030

2-3 years Sun. 9:15-10 am
Mar 31-Jun 16 \$162 [1434236](#)

Rideauview – 613-822-7887

16 months-2 years Sat. 9:15-10 am
Apr 6-Jun 22 \$180 [1436242](#)

Walter Baker – 613-580-2788

2-3 years Thu. 9:30-10:15 am
Apr 4-May 9 \$108 [1439082](#)

May 16-Jun 20 \$108 [1439086](#)

Sportball® – Multi-Sport

In collaboration with Sportball (www.sportball.ca). Learn the FUNDamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are taught in a non-competitive and supportive environment

Carleton Heights – 613-226-2208

3-4 years Sat. 12:30-1:30 pm
Apr 6-Jun 8 \$143 [1466256](#)

4-6 years Sat. 1:30-2:30 pm
Apr 6-Jun 8 \$143 [1466257](#)

**Fallingbrook School – 613-580-4765
679 Deancourt**

3-5 years Sat. 10:30-11:30 am
Apr 6-May 18 \$107.25 [1469308](#)

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

3-5 years Sat. 9:45-10:45 am
Apr 6-May 25 \$107.25 [1468407](#)

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

3-5 years Sun. 9:30-10:30 am
May 12-Jun 23 \$102.75 [1463755](#)

3-5 years Sun. 10:30-11:30 am
May 12-Jun 23 \$102.75 [1463758](#)

Richelieu-Vanier – 613-560-6030

3-5 years Sun. 10-11 am
Mar 31-Jun 16 \$160.75 [1434257](#)

Walter Baker – 613-580-2788

3-5 years Tue. 4:15-5:15 pm
Apr 2-May 7 \$107.25 [1439855](#)

May 14-Jun 18 \$107.25 [1439864](#)

3-5 years Thu. 10:15-11:15 am

Apr 4-May 9 \$107.25 [1439075](#)

May 16-Jun 20 \$107.25 [1439089](#)

5-7 years Tue. 5:15-6:15 pm

Apr 2-May 7 \$107.25 [1439858](#)

May 14-Jun 18 \$107.25 [1439865](#)

Sportball® – Outdoor Soccer

In collaboration with Sportball (www.sportball.ca). Children gain knowledge and the ability to play soccer with confidence through skill development and non-competitive games.

Chapman Mills – 613-822-7887

3-5 years Sun. 10:45-11:45 am
Jul 7-Aug 18 \$107.25 [1462369](#)

Greely – 613-580-2424 ext. 30235

3-4 years Thu. 5:15-6:15 pm
Jul 11-Aug 22 \$125 [1468410](#)

**Queenswood Heights Centennial
Park – 613-580-4765**

3-5 years Mon. 5:15-6:15 pm
Jul 8-Aug 26 \$125 [1464282](#)

6-8 years Mon. 6:15-7:15 pm
Jul 8-Aug 26 \$125 [1464289](#)

Richelieu-Vanier – 613-560-6030

3-5 years Thu. 5:30-6:30 pm
Jul 4-Aug 22 \$143 [1436540](#)

Rideauview – 613-822-7887

3-5 years Wed. 6-7 pm
Jul 10-Aug 21 \$125 [1462344](#)

**Sportball® – Outdoor
Soccer – With Parent**

In collaboration with Sportball (www.sportball.ca). Parents are instructed how to correctly assist their children in learning the FUNdamentals of soccer. Focus is on success through participation.

Chapman Mills – 613-822-7887

2-3 years Sun. 10-10:45 am
Jul 7-Aug 18 \$108 [1462361](#)

Rideauview – 613-822-7887

2-3 years Wed. 5:15-6 pm
Jul 10-Aug 21 \$126 [1462340](#)

**Sportball® – Soccer & T-ball –
With Parent**

In collaboration with Sportball® (www.sportball.ca). You and your child are introduced to the basics of Soccer and T-ball. Games and skills are non-competitive, focusing on success and building confidence.

Greely – 613-580-2424 ext. 30235

2-3 years Thu. 4:30-5:15 pm
Jul 11-Aug 22 \$126 [1468409](#)

**Queenswood Heights Centennial
Park – 613-580-4765**

2-3 years Mon. 4:30-5:15 pm
Jul 8-Aug 26 \$126 [1464274](#)



Richelieu-Vanier – 613-560-6030

2-3 years Thu. 4:45-5:30 pm
Jul 4-Aug 22 \$144 [1436536](#)

General Interest

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

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

Baby Sign and Songs

Babies understand language long before they can speak. Discover the benefits of using 'baby sign' to promote early communication with young children. Learn 50-75 of the most common signs.

Plant – 613-232-3000

5 months-2 years Wed. 10-10:45 am
May 1-Jun 19 \$61.75 [1466712](#)

5 months-2 years Wed. 11-11:45 am
May 1-Jun 19 \$61.75 [1466716](#)

5 months-2 years Sat. 10-10:45 am
May 4-Jun 22 \$54 [1466722](#)

5 months-2 years Sat. 11-11:45 am
May 4-Jun 22 \$54 [1466725](#)

Crafty Chefs

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

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

2-4 years Wed. 10:30-11:15 am
Apr 3-May 8 \$44 [1462285](#)

Greely – 613-580-2424 ext. 30235

2-4 years Tue. 9:30-10:15 am
Apr 30-May 21 \$29.25 [1467809](#)

**Manotick Arena –
613-580-2424 ext. 30235**

3-5 years Mon. 5:15-6 pm
Apr 1-May 6 \$36.50 [1462002](#)

3-5 years Tue. 9:30-10:15 am
May 14-Jun 18 \$44 [1462251](#)

Osgoode – 613-580-2424 ext. 30235

3-5 years Thu. 5:30-6:15 pm
May 16-Jun 20 \$44 [1461990](#)

Pat Clark – 613-748-1771

3-5 years Sat. 10-10:45 am
Apr 13-May 25 \$36.50 [1432012](#)

Jun 1-29 \$36.50 [1432014](#)

Ray Friel – 613-580-4765

4-6 years Sun. 10-10:45 am
Apr 7-Jun 16 \$65.75 [1434793](#)

4-6 years Sat. 10-10:45 am
Jul 6-Aug 24 \$51.25 [1463794](#)

Walter Baker – 613-580-2788

11-13 years Sat. 11 am-noon
Apr 6-Jun 8 \$78 [1439562](#)

4-6 years Sat. 9-9:45 am

Apr 6-Jun 8 \$58.50 [1439535](#)

7-10 years Sat. 9:55-10:55 am

Apr 6-Jun 8 \$78 [1439553](#)

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 Arena –
613-580-2424 ext. 30235**

3-5 years Sat. 10-10:45 am
Mar 30-May 11 \$75 [1462164](#)

Rideauview – 613-822-7887

2-5 years Sun. 10-11 am
Apr 7-May 12 \$70.50 [1436537](#)

Kaleidoscope

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

Eva James – 613-580-2442 ext. 29814

3-5 years Tue. 9:30-11 am
Mar 26-Jun 11 \$105.25 [1433459](#)

Greely – 613-580-2424 ext. 30235

2-4 years Thu. 9:30-10:30 am
Apr 4-25 \$23.50 [1467594](#)

May 2-23 \$23.50 [1467596](#)

May 30-Jun 20 \$23.50 [1467597](#)



A recreational preschool program for two to five year olds. Designed to encourage play and enhance development with crafts, songs, games and theme related activities. Children socialize with caring staff and peers in a fun environment. 3 to 5 year programs run 2 hours and are offered from 9:15 am to 11:15 am. 2 year old programs are 1 hour and run from 9:15 am to 10:15 am. Ages are strictly enforced due to the new Provincial Early Years Act.

Spring session: March to June

- How to register: The chart lists the locations, days, times and program codes numbers you will need to register. Make sure to update your email on your account.
- Register early to avoid disappointment.
- Registration for spring programs commences March 6. No classes: HOLIDAYS

Orientation for participants

- Registered participants and parents are invited to visit their Duffer Doo Centre before the program begins to meet the staff and get acquainted. Information will be distributed by email after registration. For more information call the Duffer Doo Coordinator at 613-580-2424 ext. 15258.

Chapman Mills – 613-822-7887

2-3 years	Tue.	9:15-10:15 am
Apr 2-Jun 18	\$70.25	1437012
2-3 years	Wed.	9:15-10:15 am
Apr 3-Jun 19	\$70.25	1437100
2-3 years	Thu.	9:15-10:15 am
Apr 4-Jun 20	\$70.25	1437229
2-3 years	Fri.	9:15-10:15 am
Apr 5-Jun 21	\$64.25	1437233
3-5 years	Tue.	9:15-11:15 am
Apr 2-Jun 18	\$140.25	1437015
3-5 years	Wed.	9:15-11:15 am
Apr 3-Jun 19	\$140.25	1437102
3-5 years	Thu.	9:15-11:15 am
Apr 4-Jun 20	\$140.25	1437231
3-5 years	Fri.	9:15-11:15 am
Apr 5-Jun 21	\$128.50	1437236

Larkin House – 613-727-2683

2-3 years	Tue.	9:15-10:15 am
Mar 19-Jun 4	\$70.25	1439446
2-3 years	Thu.	9:15-10:15 am
Mar 21-Jun 6	\$70.25	1439451
3-5 years	Tue.	9:15-11:15 am
Mar 19-Jun 4	\$140.25	1439411
3-5 years	Thu.	9:15-11:15 am
Mar 21-Jun 6	\$140.25	1439413
Margaret Rywak (Manordale) – 613-727-2683		
2-3 years	Mon.	9:15-10:15 am
Mar 18-Jun 3	\$58.50	1439892
2-3 years	Wed.	9:15-10:15 am
Mar 20-Jun 5	\$70.25	1439452
3-5 years	Mon.	9:15-11:15 am
Mar 18-Jun 3	\$116.75	1439425
3-5 years	Wed.	9:15-11:15 am
Mar 20-Jun 5	\$140.25	1439420

Minto-Barrhaven – 613-727-2683

2-3 years	Mon.	9:15-10:15 am
Mar 18-Jun 3	\$58.50	1439877
2-3 years	Mon.	10:15-11:15 am
Mar 18-Jun 3	\$58.50	1439881
2-3 years	Wed.	9:15-10:15 am
Mar 20-Jun 5	\$70.25	1439431
2-3 years	Wed.	10:15-11:15 am
Mar 20-Jun 5	\$70.25	1439465
2-3 years	Fri.	9:15-10:15 am
Mar 22-Jun 7	\$64.25	1439888
2-3 years	Fri.	10:15-11:15 am
Mar 22-Jun 7	\$64.25	1439890
3-5 years	Mon.	9:15-11:15 am
Mar 18-Jun 3	\$116.75	1439422
3-5 years	Tue.	9:15-11:15 am
Mar 19-Jun 4	\$140.25	1439406
3-5 years	Wed.	9:15-11:15 am
Mar 20-Jun 5	\$140.25	1439410
3-5 years	Thu.	9:15-11:15 am
Mar 21-Jun 6	\$140.25	1439409
3-5 years	Fri.	9:15-11:15 am
Mar 22-Jun 7	\$128.50	1439426

Ray Friel – 613-580-4765

2 years	Wed.	10:30-11:30 am
Apr 3-Jun 12	\$64.25	1430918
Richmond – 613-580-2424 ext. 20705		
2 years	Mon.	9:30-10:30 am
Apr 1-Jun 10	\$58.50	1430372
3-5 years	Mon.	9:15-11:15 am
Apr 1-Jun 10	\$116.75	1430339
Southpointe – 613-823-3765		
2-3 years	Tue.	9:15-10:15 am
Mar 19-Jun 4	\$70.25	1439456
2-3 years	Thu.	9:15-10:15 am
Mar 21-Jun 6	\$70.25	1439459
3-5 years	Tue.	9:15-11:15 am
Mar 19-Jun 4	\$140.25	1439414
3-5 years	Thu.	9:15-11:15 am
Mar 21-Jun 6	\$140.25	1439416

Little Shakers and Music Makers

Does your child love to dance, listen to music and be creative? Includes creative movement, songs, games, instrument making and more!

Nepean Sportsplex – 613-580-2828

1-18 months	Fri.	9:45-10:30 am
Mar 29-May 31	\$58.50	1467284
2-4 years	Thu.	10:30-11:30 am
Mar 28-Jun 6	\$107	1466723

Loose Parts Playground – With Parent

Loose parts are materials that encourage children to invent, create, construct, and experiment. Preschoolers and their caregivers will explore early science and engineering concepts through play and exploration using unique large scale materials and equipment.

Lansdowne Park – 613-580-2424 ext. 17323

2-5 years	Mon.	9:30-11 am
Apr 8-May 27	\$58.50	1467087
2-5 years	Sat.	9:30-11 am
Apr 6-May 25	\$68.25	1467599

Muck and Mess

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

Hintonburg – 613-798-8874

3-5 years	Sat.	10:30-11:30 am
Apr 6-Jun 1	\$51.25	1463633

Manotick Arena – 613-580-2424 ext. 30235

3-5 years	Tue.	9:30-10:15 am
Apr 2-May 7	\$33	1462245

Ray Friel – 613-580-4765

3-5 years	Tue.	5:15-5:45 pm
Apr 2-Jun 11	\$40.25	1430928
4-7 years	Sat.	11:15-11:45 am
Jul 6-Aug 24	\$25.75	1463841

Muck and Mess – With Parent

Get messy with your toddler. Various art projects using lots of imagination and materials.

Greely – 613-580-2424 ext. 30235

2-4 years	Tue.	9:30-10:15 am
Apr 2-23	\$22	1467800

Richcraft-Kanata – 613-580-9696

2-4 years	Sat.	9:30-10:15 am
Mar 23-May 4	\$33	1431955
May 11-Jun 15	\$27.50	1431958

Play School

Experience independence, social interaction and learning with emphasis on language, pre-reading, counting, colour naming, dramatic play, themed crafts, music and movement. Children to bring their own nut free snack. No parent participation in this school-ready program.

Aquaview – 613-824-0633 ext. 221

3-4 years	Mon., Wed., Fri.	
9:30-11:30 am		
Apr 8-Jun 21	\$292	1432955
3-4 years	Tue., Thu.	9:30-11:30 am
Apr 9-Jun 20	\$214.25	1432966

Cardel Rec (Goulbourn) – 613-580-2532

3-4 years	Mon.	9:30-11:30 am
Mar 25-Jun 10	\$97.50	1440969
3-4 years	Tue.	9:30-11:30 am
Mar 26-Jun 11	\$117	1440974
3-4 years	Wed.	9:30-11:30 am
Mar 27-Jun 12	\$117	1440979
3-4 years	Thu.	9:30-11:30 am
Mar 28-Jun 13	\$117	1440981
3-4 years	Fri.	9:30-11:30 am
Mar 29-Jun 14	\$107.25	1440982

Eva James – 613-580-2442 ext. 29814

3-4 years	Mon.	9-11 am
Mar 25-Jun 10	\$97.50	1432478
3-4 years	Wed.	9-11 am
Mar 27-Jun 12	\$117	1432483
3-4 years	Fri.	9-11 am
Mar 29-Jun 14	\$107.25	1432490

Greenboro – 613-580-2805

3-5 years	Mon.	9-11 am
Apr 1-May 6	\$48.75	1426692
May 13-Jun 17	\$48.75	1426712
3-5 years	Tue.	9-11 am
Apr 2-May 7	\$58.50	1426695
May 14-Jun 18	\$58.50	1426737
3-5 years	Wed.	9-11 am
Apr 3-May 8	\$58.50	1426699
May 15-Jun 19	\$58.50	1426741
3-5 years	Thu.	9-11 am
Apr 4-May 9	\$58.50	1426704
May 16-Jun 20	\$58.50	1426742
3-5 years	Fri.	9-11 am
Apr 5-May 10	\$48.75	1426706
May 17-Jun 21	\$58.50	1426744

Hintonburg – 613-798-8874

3-5 years	Mon.	9:15-11:15 am
Mar 25-Jun 3	\$87.75	1463611
3-5 years	Wed.	9:15-11:15 am
Mar 27-Jun 5	\$107.25	1463612
3-5 years	Fri.	9:15-11:15 am
Mar 29-May 31	\$78	1463613

Richcraft-Kanata – 613-580-9696

3-4 years	Mon.	9:30-11:30 am
Mar 18-Jun 17	\$117	1431750
3-4 years	Tue.	9:30-11:30 am
Mar 19-Jun 18	\$136.25	1431753
3-4 years	Tue.	12:30-2:30 pm
Mar 19-Jun 18	\$136.25	1431754
3-4 years	Wed.	9:30-11:30 am
Mar 20-Jun 19	\$136.25	1431755
3-4 years	Thu.	9:30-11:30 am
Mar 21-Jun 20	\$136.25	1431756
3-4 years	Thu.	12:30-2:30 pm
Mar 21-Jun 20	\$136.25	1431757
3-4 years	Fri.	9:30-11:30 am
Mar 22-Jun 21	\$126.75	1431758

Rideauview – 613-822-7887

3-5 years	Mon.	9:15-11:15 am
Apr 1-Jun 24	\$107.25	1436111
Jul 8-Aug 26	\$68.25	1462303
3-5 years	Thu.	9:15-11:15 am
Apr 4-Jun 27	\$126.75	1436124
Jul 4-Aug 29	\$87.75	1462310

Sawmill Creek Pool – 613-521-4092

3-5 years	Tue.	9:30-11:30 am
Mar 26-Jun 4	\$107.25	1468445
Jul 2-Aug 20	\$78	1468468
3-5 years	Wed.	9:30-11:30 am
Mar 27-Jun 5	\$107.25	1468446
Jul 3-Aug 21	\$78	1468469
3-5 years	Fri.	9:30-11:30 am
Mar 29-Jun 7	\$97.50	1468447
Jul 5-Aug 23	\$78	1468470

Splash'n Play

Come with your child and enjoy playtime, swim time, stories and crafts together. An opportunity to meet others in your community.

Nepean Sportsplex – 613-580-2828

6 months-4 years	Mon.	10:30-11:30 am
Mar 25-Jun 3	\$47.75	1466580

Science Quests

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

Greely – 613-580-2424 ext. 30235

3-5 years	Wed.	5:15-6 pm
Apr 3-May 8	\$33	1467776

Manotick Arena – 613-580-2424 ext. 30235

3-5 years	Sun.	10-10:45 am
Apr 7-May 12	\$27.50	1462099

Pat Clark – 613-748-1771

4-6 years	Sat.	1-1:45 pm
Apr 13-May 25	\$27.50	1432017
Jun 1-29	\$27.50	1432018

Richcraft-Kanata – 613-580-9696

4-6 years	Sat.	1-1:45 pm
Mar 23-May 4	\$33	1432072
May 11-Jun 15	\$27.50	1432073

Walter Baker – 613-580-2788

3-5 years	Mon.	5:25-5:55 pm
Apr 1-Jun 10	\$35.25	1436505

The Great Outdoors – With Parent

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

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

2-4 years	Wed.	10:30-11:15 am
May 15-Jun 19	\$17.50	1462295

Greely – 613-580-2424 ext. 30235

2-4 years	Tue.	9:30-10:15 am
May 28-Jun 18	\$11.75	1467819

Manotick Arena – 613-580-2424 ext. 30235

3-5 years	Sun.	10-10:45 am
May 26-Jun 23	\$14.50	1462299

Workshops

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.

Father's Day Craft

Calling all parents! Join us to make a special project to take home with your child.

Rideauview – 613-822-7887

2-8 years	Sun.	9-10 am
Jun 16	\$33	1436557

Gardening – With Parent

Calling all parents! Join us to make a special project to take home with your child.

Nepean Sportsplex – 613-580-2828

3-5 years	Sat.	9:30-11 am
May 11	\$39	1467347

Mother's Day Craft

Calling all parents! Make a special project with your child.

Rideauview – 613-822-7887

2-8 years	Sun.	9-10 am
May 12	\$33	1436549

Muck and Mess – With Parent

Get messy with your toddler. Various art projects using lots of imagination and materials.

Nepean Sportsplex – 613-580-2828

3-5 years	Sat.	9:30-11 am
Apr 6	\$39	1467333

Ooey, Goey Science

Calling all parents! Join us to make a special project to take home with your child.

Nepean Sportsplex – 613-580-2828

3-5 years	Sat.	9:30-11 am
Apr 27	\$39	1467340

Woodworking – With Parent

Calling all parents! Join us to make a special project to take home with your child.

Nepean Sportsplex – 613-580-2828

3-5 years	Sat.	9:30-11 am
Jun 1	\$39	1467352

Drop In Activities

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