



Classes and Activities for Youth

Recreation eGuide Spring and Summer 2019

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EMPLOYMENT

VOLUNTEERING



fee support



facilities

Arts Centres

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



[Nepean Visual Arts Centre](#)

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

[Nepean Creative Arts Centre](#)

613-596-5783
35 Stafford Road,
Bells Corners



[Shenkman Arts Centre](#)

613-580-2787
245 Centrum Boulevard,
Orléans

What do arts centres offer youth?

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

Learn life time art skills here.

Destination: arts experience.



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Digital Arts

Animate This!

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

Nepean Creative Arts

14-16 years	Wed.	7-9 pm
Apr 17-May 22	\$195.25	1465447

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.

Shenkman Arts

12-18 years	Mon.	7-8:30 pm
Apr 8-Jun 10	\$122.50	1426726

Performing Arts

Dance

Contemporary – Level 1

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

Nepean Creative Arts

11-14 years	Sat.	12:30-1:45 pm
Apr 6-Jun 8	\$103	1464631
15-16 years	Sat.	12:30-1:45 pm
Apr 6-Jun 8	\$116.25	1464613

Music

Guitar

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

Nepean Creative Arts

Level 1

10-14 years	Wed.	5:30-6:30 pm
Apr 10-May 29	\$144	1465448
15-16 years	Wed.	5:30-6:30 pm
Apr 10-May 29	\$162.75	1465449

Level 2

10-14 years	Wed.	6:30-7:30 pm
Apr 10-May 29	\$144	1465450
15-16 years	Wed.	6:30-7:30 pm
Apr 10-May 29	\$162.75	1465451

Level 3

10-14 years	Wed.	7:30-8:30 pm
Apr 10-May 29	\$144	1465452
15-16 years	Wed.	7:30-8:30 pm
Apr 10-May 29	\$162.75	1465453

Visual Arts

Art Journaling

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

Nepean Visual Arts

12-14 years	Sun.	10 am-noon
Apr 7-Jun 9	\$186	1436417

Pottery

Pottery-Wheel – Level 1

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

Nepean Visual Arts

11-14 years	Sat.	10 am-noon
Apr 6-Jun 8	\$229.75	1436271
11-14 years	Sat.	1-3 pm
Apr 6-Jun 8	\$229.75	1436280

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

15-18 years	Sun.	2:30-4:30 pm
May 5-Jun 23	\$143	1467953

Performing Arts

Guitar – Level 1

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

Heron – 613-247-4808

15-17 years	Sun.	3-3:30 pm
Apr 7-Jun 9	\$81.50	1462300

Visual Arts

Art Journaling

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

Richelieu-Vanier – 613-560-6030

15-18 years	Tue.	6:30-8:30 pm
Apr 16-May 21	\$139.50	1436420

Drawing and Painting

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

Eva James – 613-580-2442 ext. 29814

15-17 years	Wed.	5:45-6:45 pm
Mar 27-Jun 12	\$183.50	1434739

Minto-Barrhaven – 613-727-2683

15-17 years	Mon.	7-8 pm
Mar 25-Jun 10	\$160.50	1467537

Certification

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Babysitting Course – Canadian Safety Council

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

Heron – 613-247-4808

15-18 years	Sat.	9 am-5 pm
May 25	\$79.25	1462090



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

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

Greely – 613-580-2424 ext. 30235

15-18 years	Sat.-Sun.	8:30 am-4:30 pm
Jun 22-23	\$138.50	1464240

Manotick – 613-580-2424 ext. 30235

15-18 years	Sat.-Sun.	8:30 am-4:30 pm
Apr 13-14	\$138.50	1464234

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

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

Greely – 613-580-2424 ext. 30235

15-18 years	Sat.	8:30 am-4:30 pm
May 25	\$138.50	1464262

Red Cross – Standard First Aid/CPR Level C/AED (Recertification)

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

Greely – 613-580-2424 ext. 30235

15-18 years	Sat.	8:30 am-4:30 pm
May 25	\$90.50	1464308

Martial Arts

Armizare – Medieval Swordsmanship

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

Richelieu-Vanier – 613-560-6030

15-18 years	Wed.	7-8:30 pm
Mar 27-Jun 19	\$179.75	1434977

Karate

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

Heron – 613-247-4808

15-17 years	Sat.	11:15 am-12:15 pm
Apr 6-Jun 8	\$85	1462288

Karate – Goju Ryu

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

École de la Découverte – 613-824-0633 ext. 221

866 Scala

15-18 years	Tue., Thu.	6:30-7:30 pm
Apr 9-Jun 13	\$156.50	1433067



Level 2

École de la Découverte –
613-824-0633 ext. 221

866 Scala

15-18 years	Tue., Thu.	7:30-8:30 pm
Apr 9-Jun 13	\$156.50	1433077

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.

Notre-Dame-des-Champs –
613-580-9600

3659 Navan

15-17 years	Mon., Wed.	6:30-7:30 pm
Mar 25-Jun 19	\$191.50	1463062
Jun 24-Aug 28	\$143.50	1464824
15-17 years	Mon., Wed.	7:30-8:30 pm
Mar 25-Jun 19	\$191.50	1463066
15-17 years	Tue., Thu.	6:30-7:30 pm
Mar 26-Jun 20	\$207.25	1463063

Richcraft-Kanata – 613-580-9696

15-17 years	Wed.	7:15-8:15 pm
Mar 20-Jun 19	\$162.75	1428743
Jul 3-Aug 28	\$104.75	1428748
15-17 years	Wed.	8:15-9:15 pm
Mar 20-Jun 19	\$162.75	1428744
Jul 3-Aug 28	\$104.75	1428749
15-17 years	Sat.	3:15-4:15 pm
Mar 23-Jun 22	\$139.50	1428745
Jul 6-Aug 24	\$81.50	1428750
15-17 years	Sat.	4:15-5:15 pm
Mar 23-Jun 22	\$139.50	1428746
15-17 years	Sat.-Sun.	4:15-5:15 pm
Jul 6-Aug 25	\$81.50	1428751

Sports

Badminton

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

Hintonburg – 613-798-8874

15-18 years	Sat.	2:30-4:30 pm
Mar 30-Jun 8	\$134	1464025

Nepean Sportsplex – 613-580-2828

15-16 years	Sun.	11-11:55 am
Mar 31-Jun 9	\$72.75	1468948

Badminton – Game Play

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

Minto-Barrhaven – 613-727-2683

15-17 years	Thu.	7:30-8:30 pm
Mar 28-Jun 6	\$52	1466776

Ball Hockey – League

For those with a good skill level and understanding of the game.

Ray Friel – 613-580-4765

15-17 years	Fri.	7-10 pm
Jun 14-Aug 23	\$93.25	1464548

Basketball

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

St-Laurent Complex – 613-742-6767

15-17 years	Thu.	7:45-8:45 pm
Apr 4-Jun 20	\$105.75	1431964
Jul 4-Aug 29	\$79.25	1431967

Basketball – Above the Rim

Develop your skills through instruction, drills, competition and scrimmages. Players of all ability welcome. Instruction provided by professionals from [Above the Rim Basketball School](#).

Eva James – 613-580-2442 ext. 29814

15-16 years	Mon.	7:30-9 pm
Apr 8-Jun 10	\$149.75	1432450

Rideauview – 613-822-7887

15-16 years	Wed.	7:30-9 pm
Apr 3-May 22	\$149.75	1436159

Basketball – Game Play

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

Eva James – 613-580-2442 ext. 29814

15-16 years	Wed.	6:30-7:30 pm
Mar 27-Jun 12	\$56.75	1433530

Rideauview – 613-822-7887

15-17 years	Fri.	8-10 pm
Apr 5-Jun 21	\$103.75	1436239

Hockey Development Skills

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

Jim Durrell – 613-247-4811

15-17 years (<i>Midget</i>)	Mon.-Fri.	3-4:50 pm
Aug 19-23	\$219.50	1434471

Hockey Development Skills – Goalie

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

Jim Durrell – 613-247-4811

15-17 years (<i>Midget</i>)	Mon.-Fri.	3-4:50 pm
Aug 19-23	\$162.50	1434477

Rock Climbing

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

Richcraft-Kanata – 613-580-9696

15-17 years	Sat.	11:30 am-12:30 pm
Mar 23-Jun 22	\$185.75	1439298

Skating – Intro to Ice (15-17)

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

15-17 years	Mon.	7-7:50 pm
Apr 8-Jun 3	\$79.25	1436382
15-17 years	Wed.	7-7:50 pm
Apr 10-Jun 5	\$102	1436865
15-17 years	Sat.	11-11:50 am
Apr 13-Jun 8	\$79.25	1437029

Volleyball

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

Eva James – 613-580-2442 ext. 29814

15 years	Sun.	11 am-noon
Mar 24-Jun 16	\$97	1431786

Minto-Barrhaven – 613-727-2683

15-17 years	Mon.	7:30-8:30 pm
Mar 25-Jun 10	\$88	1464815

Nepean Sportsplex – 613-580-2828

15-16 years	Thu.	5-5:50 pm
Mar 28-Jun 6	\$80.75	1466743

General Interest

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Writing for Enjoyment

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

Greenboro – 613-580-2805

15-18 years	Sat.	10-11:30 am
Apr 13-Jun 1	\$95	1436404