



Classes for Adults

Recreation eGuide

Spring and Summer 2017

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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 specialised facilities and environment. The Nepean Visual Arts, the Nepean Creative Arts and Shenkman Arts Centres, offer specialty arts classes taught by accomplished artists – painters, actors, filmmakers, writers, photographers, musicians – in custom studio spaces for participants of all levels of ability. From preschool to adult, students experience a diversity of arts instruction in a creative and dynamic environment.

[Nepean Visual Arts Centre](#)

613-580-2828

1701 Woodroffe Avenue

(Entrance 3, Nepean Sportsplex)



[Nepean Creative Arts Centre](#)

613-596-5783

35 Stafford Road, Bells Corners



[Shenkman Arts Centre](#)

613-580-2787

245 Centrum Boulevard, Orléans



What do arts centres offer adults?

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

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

Performing Arts

Schedules and fees may be subject to change.
Fees include HST.

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

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

Dance

Argentine Tango – Level 1

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

Shenkman Arts

Thu.	9-10 pm	
Apr 6-Jun 1	\$89.50	1073766

Ballroom – Level 1

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

Nepean Creative Arts

Tue.	7-8 pm	
Apr 4-May 30	\$100.50	1071081

Shenkman Arts

Thu.	7-8 pm	
Apr 6-Jun 1	\$89.50	1073712

Ballroom – Level 2

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

Shenkman Arts

Thu.	8-9 pm	
Apr 6-Jun 1	\$89.50	1073741

Ballroom – Level 3

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

Shenkman Arts

Thu.	8-9 pm	
Apr 6-Jun 1	\$89.50	1073749

Ballroom – Level 5

Prerequisite : Level 4

Nepean Creative Arts

Tue.	6-7 pm	
Apr 4-May 30	\$100.50	1071538

Belly Dance – Level 1

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

Shenkman Arts

Mon.	7:30-8:30 pm	
Apr 3-Jun 5	\$89.50	1073690

Bollywood – Level 1

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

Nepean Creative Arts

Thu.	8-9 pm	
Mar 23-May 11	\$89.50	1079437

Shenkman Arts

Mon.	6:30-7:30 pm	
Apr 3-Jun 5	\$89.50	1073691

Dundun Dance

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

Nepean Creative Arts

Thu.	7-8:30 pm	
Apr 6-May 11	\$100.50	1071035



Tap – Level 1

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

Shenkman Arts

Tue. 8:30-9:30 pm
Apr 4-May 23 \$89.50 [1073703](#)

Theatrical Belly Dance Fusion

Story-telling through the exotic beauty of dance. Belly Dance is entertaining, will help develop grace and strength, and provide exercise and self-expression.

Nepean Creative Arts

Wed. 8-9 pm
Mar 22-May 10 \$89.50 [1071055](#)

Music

Abba's Greatest Hits & Pop Performance

Experience performance through Abba and pop. Professional voice teacher Marina Rosovsky teaches singing ability, musicality and vocal projection, and helps master stage fright. A series of workshops culminates in a combined performance.

Nepean Creative Arts

\$279.25 [1090341](#)
Thu Apr 6, 20, 27; May 4 6-9 pm; 6-8:30
Sun Apr 9, 30, May 7, 14 9:30 am-noon
Sun May 28 10 am-1 pm

Guitar Performance

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

Level 1

Nepean Creative Arts
Mon. 6:30-7:30 pm
Apr 3-Jun 5 \$143.50 [1071040](#)
Shenkman Arts
Sat. 10-11 am
Apr 8-Jun 10 \$133.75 [1073967](#)

Level 2

Nepean Creative Arts

Mon. 7:30-8:30 pm
Apr 3-Jun 5 \$143.50 [1071043](#)

Shenkman Arts

Sat. 1-2 pm
Apr 8-Jun 10 \$133.75 [1074007](#)

Guitar – 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

Mon. 8:30-9:30 pm
Apr 3-Jun 5 \$143.50 [1071048](#)

Shenkman Arts

Sat. 3-4 pm
Apr 8-Jun 10 \$133.75 [1074045](#)

Workshops

Theatrical Make up Design

More than any other element, stage makeup has the power to transform you from the outside. Train in maquillage – stage makeup – and design and implement fantastic theatrical looks. In collaboration with Suzart Productions.

Nepean Creative Arts

Sat. 10 am-3 pm
Apr 29 \$76 [1071615](#)

Wine 'n Jazz Nights

For adults with a little singing experience who love cool jazz. Enjoy a night of singing standards, improvisation and listening paired with a glass of local wine or beer. Facilitated and accompanied by a jazz artist/professor Yves Laroche and other international-calibre musicians of Bells Corners Academy of Music. Ability to harmonize and or read music an asset.

Nepean Creative Arts

Fri. 6:30-9:30 pm
Apr 28 \$78.25 [1071618](#)

Visual Arts

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Drawing

Botanical Art – Garden Journal

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

Nepean Visual Arts

Wed. 9:30 am-12:30 pm
May 10-Jun 28 \$225 [1072035](#)

Coloured Pencils – Level 1

Drawing and painting come together with this adaptable medium. Learn how to draw portraits, landscapes, seascapes, animals and still life. Learn about pencil brands, paper surfaces, layering, crosshatching, stippling, mixing and lifting colour as well as burnishing and embossing.

Nepean Visual Arts

Wed. 7-9:30 pm
Apr 19-Jun 7 \$187.50 [1071588](#)

Drawing – Level 1

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

Nepean Visual Arts

Mon. 7-9:30 pm
Apr 24-Jun 19 \$187.50 [1071589](#)

Hip Hop – Level 1

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

Nepean Creative Arts

Tue. 8-9 pm
Mar 28-May 23 \$100.50 [1071037](#)

Shenkman Arts

Thu. 7-8 pm
Apr 6-Jun 1 \$89.50 [1073803](#)

Jazz – Level 1

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

Shenkman Arts

Tue. 7-8:30 pm
Apr 4-May 23 \$134 [1073699](#)

Line Dancing – Level 1

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

Nepean Creative Arts

Thu. 10:30-11:30 am
Mar 30-May 25 \$100.50 [1071057](#)

Sketching en Plein Air

Let fresh air and nature inspire your creativity. Explore drawing fundamentals such as using light, perspective, composition, texture and gesture while discovering outdoor environments. Experiment with different mediums like pencil, charcoal, and ink. All levels welcome.

Nepean Visual Arts

Sun. 1-4 pm
Apr 30-Jun 25 \$268 [1072038](#)

Soft Pastels

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

Nepean Creative Arts

Tue. 9:30 am-noon
Apr 18-Jun 6 \$187.50 [1071609](#)

Mixed Media

Abstract Mixed Media – Guided Studio

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

Nepean Visual Arts

Tue. 1-3:30 pm
Apr 18-Jun 6 \$187.50 [1071620](#)

Abstract Mixed Media Twist

Collage, image transfers, stamping and mark making; practice different ways to apply paint. Use brushes, brayers and water to create interesting effects. Focusing on composition, create a balanced and interesting artwork.

Nepean Visual Arts

Mon. 1-3:30 pm
Apr 24-Jun 19 \$187.50 [1071610](#)

Large Scale Mixed Media Painting

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

Nepean Creative Arts

Wed. 1-4 pm
Apr 19-Jun 7 \$225 [1071627](#)

Painting

Acrylic Landscape Painting

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

Nepean Visual Arts

Mon. 7-9:30 pm
Apr 24-Jun 19 \$187.50 [1071629](#)

Coloured Reflections

Learn about yourself through creative expression while focusing on theme-based art and imagery. Though hard to express, thoughts and feelings can be revealed through the artistic journey which you will discover in this exciting and wild class.

Nepean Visual Arts

Tue. 7-9:30 pm
Apr 18-May 23 \$148.75 [1071635](#)

Oil and Acrylics – Level 1

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

Nepean Visual Arts

Tue. 7-9:30 pm
Apr 18-Jun 6 \$187.50 [1071637](#)
Jul 4-Aug 22 \$187.50 [1072370](#)
Wed. 9:30 am-noon
Apr 19-Jun 7 \$187.50 [1071639](#)



Wed. 1-3:30 pm
Apr 19-Jun 7 \$187.50 [1071638](#)
Fri. 1-3:30 pm
Apr 21-Jun 9 \$187.50 [1071636](#)
Jul 7-Aug 25 \$187.50 [1072377](#)
Tue. 1-3:30 pm
Jul 4-Aug 22 \$187.50 [1072374](#)
Thu. 1-3:30 pm
Jul 6-Aug 24 \$187.50 [1072386](#)
Thu. 7-9:30 pm
Jul 6-Aug 24 \$187.50 [1072382](#)

Oil and Acrylics – Level 2

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

Nepean Creative Arts

Mon. 1-3:30 pm
Apr 24-Jun 19 \$187.50 [1071649](#)

Nepean Visual Arts

Thu. 7-9:30 pm
Apr 20-Jun 8 \$187.50 [1071642](#)

Traditional Oil Techniques

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

Nepean Visual Arts

Wed. 6:30-9:30 pm
Apr 19-Jun 7 \$225.25 [1071831](#)
Mon. 6:30-9:30 pm
Apr 24-Jun 19 \$225.25 [1071829](#)

Watercolour – Expressive Experimentation

By nature watercolours are an expressive medium. Explore the most abstract and non-representation potential of watercolour. Working with contemporary expressive and experimental watercolourists, students will learn their techniques, tricks and colour theory as well as develop an abstract composition.

Nepean Creative Arts

Thu. 1-4 pm
Apr 20-Jun 15 \$225.25 [1071833](#)

Watercolours – Level 1

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

Nepean Creative Arts

Fri. 1-3:30 pm
Apr 21-Jun 9 \$187.50 [1071841](#)

Nepean Visual Arts

Thu. 7-9:30 pm
Apr 20-Jun 8 \$187.50 [1071844](#)

Mon. 9:30 am-12:30 pm
Apr 24-Jun 19 \$225 [1071845](#)

Watercolours – Level 2

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

Nepean Creative Arts

Fri. 9:30 am-noon
Apr 21-Jun 9 \$187.50 [1071867](#)

Nepean Visual Arts

Mon. 1-4 pm
Apr 24-Jun 19 \$225 [1071872](#)

Pottery

Functional Handbuilding

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

Nepean Visual Arts

Mon. 7-9:30 pm
Apr 24-Jun 19 \$223.25 [1071930](#)

Special Projects

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

Nepean Visual Arts

Mon. 9:30 am-noon
Apr 24-Jun 19 \$223.25 [1071939](#)

Tue. 9:30 am-noon
Jul 4-Aug 22 \$223.25 [1072659](#)

Wheel – Level 1

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

Nepean Visual Arts

Thu. 7-9:30 pm
Apr 20-Jun 8 \$223.25 [1071991](#)

Wed. 7-9:30 pm
Apr 26-Jun 14 \$223.25 [1071989](#)

Tue. 7-9:30 pm
Jul 4-Aug 22 \$223.25 [1072395](#)

Wheel – Level 2

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

Nepean Visual Arts

Mon. 6:30-9:30 pm
Apr 24-Jun 19 \$268 [1071993](#)



Pottery Studios

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

Nepean Visual Arts

Spring & Summer 7 weeks \$95.00 8 weeks \$108.75 10 weeks \$135.75 Flex It \$13.75

Handbuilding

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

Wheel

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

Nepean Visual Arts				Nepean Visual Arts			
Mon.	9 am-noon	Apr 24-Jun 19	1071901	Mon.	1-4 pm	Apr 24-Jun 19	1071920
Tue.	9 am-noon	Apr 18-Jun 20	1071910	Tue.	9 am-noon	Apr 18-Jun 20	1071922
Tue.	1-4 pm	Apr 18-Jun 20 Jul 4-Aug 22	1071907 1072425	Tue.	1-4 pm	Apr 18-Jun 20 Jul 4-Aug 22	1071921 1072438
Tue.	6-9 pm	Apr 18-Jun 20	1071911	Tue.	6-9 pm	Apr 18-Jun 20	1071923
Wed.	9 am-noon	Apr 19-Jun 21	1071912	Wed.	9 am-noon	Apr 19-Jun 21	1071924
Wed.	1-4 pm	Apr 19-Jun 21	1071913	Wed.	1-4 pm	Apr 19-Jun 21	1071925
Thu.	9 am-noon	Apr 20-Jun 22 Jul 6-Aug 24	1071915 1072432	Thu.	9 am-noon	Apr 20-Jun 22 Jul 6-Aug 24	1071926 1072444
Thu.	1-4 pm	Apr 20-Jun 22 Jul 6-Aug 24	1071917 1072435	Thu.	1-4 pm	Apr 20-Jun 22 Jul 6-Aug 24	1071927 1072443
Fri.	6-9 pm	Apr 21-Jun 23	1071918	Fri.	6-9 pm	Apr 21-Jun 23	1071928
Sun.	12:30-3:30 pm	Jul 9-Aug 27	1072436	Wed.	6-9 pm	Jul 5-Aug 23	1072440
Wed.	6-9 pm	Jul 5-Aug 23	1072428	Sun.	12:30-3:30 pm	Jul 9-Aug 27	1072447

Flex It (Handbuilding)

Going on a vacation? Need to accommodate a busy schedule? Flexible pottery studio allows you to pay for individual studio slots and build a schedule that suits you. No instruction. Previous experience in the NVAC pottery studio or instructional class is required.

Nepean Visual Arts					
Sun.	12:30-3:30 pm	Jul 9	1072474		
		Jul 16	1072482		
		Jul 23	1072489		
		Jul 30	1072530		
		Aug 13	1072555		
		Aug 20	1072564		
		Aug 27	1072588		
Tue.	1-4 pm	Jul 4	1072465		
		Jul 11	1072475		
		Jul 18	1072483		
		Jul 25	1072491		
		Aug 1	1072493		
		Aug 8	1072532		
		Aug 15	1072556		
		Aug 22	1072566		
		Wed.	6-9 pm	Jul 5	1072467
				Jul 12	1072479
Jul 19	1072484				
Jul 26	1072497				
Aug 2	1072526				
Aug 9	1072535				
Aug 16	1072560				
Aug 23	1072567				
Thu.	9 am-noon	Jul 6	1072471		
		Jul 13	1072481		
		Jul 20	1072487		
		Jul 27	1072523		
		Aug 3	1072528		
		Aug 10	1072536		
		Aug 17	1072561		
		Aug 24	1072569		
Thu.	1-4 pm	Jul 6	1072466		
		Jul 20	1072488		
		Jul 27	1072522		
		Aug 3	1072527		
		Aug 10	1072538		
		Aug 17	1072563		
		Aug 24	1072571		

Flex It (Wheel)

Going on a vacation? Need to accommodate a busy schedule? Flexible pottery studio allows you to pay for individual studio slots and build a schedule that suits you. No instruction. Previous experience in the NVAC pottery studio or instructional class is required.

Nepean Visual Arts					
Sun.	12:30-3:30 pm	Jul 9	1072601		
		Jul 16	1072613		
		Jul 23	1072620		
		Jul 30	1072631		
		Aug 13	1072638		
		Aug 20	1072644		
		Aug 27	1072657		
Tue.	1-4 pm	Jul 4	1072594		
		Jul 11	1072603		
		Jul 18	1072616		
		Jul 25	1072622		
		Aug 1	1072626		
		Aug 8	1072633		
		Aug 15	1072639		
		Aug 22	1072645		
		Wed.	6-9 pm	Jul 5	1072596
				Jul 12	1072605
Jul 19	1072617				
Jul 26	1072623				
Aug 2	1072627				
Aug 9	1072634				
Aug 16	1072641				
Aug 23	1072647				
Thu.	9 am-noon	Jul 6	1072599		
		Jul 13	1072611		
		Jul 20	1072619		
		Jul 27	1072625		
		Aug 3	1072630		
		Aug 10	1072637		
		Aug 17	1072643		
		Aug 24	1072656		
Thu.	1-4 pm	Jul 6	1072598		
		Jul 13	1072608		
		Jul 20	1072618		
		Jul 27	1072624		
		Aug 3	1072629		
		Aug 10	1072635		
		Aug 17	1072642		
		Aug 24	1072654		



Studios

Botanical Art

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

Nepean Visual Arts

Tue. 1-3:30 pm
Apr 18-Jun 20 \$53.25 [1071881](#)

Life Drawing – Combo

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

Nepean Visual Arts

Thu. 9:30 am-noon
Apr 20-Jun 22 \$53.25 [1071595](#)

Life Drawing – Short Gestural Poses

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

Nepean Visual Arts

Tue. 9:30 am-noon
Apr 18-Jun 20 \$53.25 [1071603](#)
Sun. 10 am-12:30 pm
Apr 23-Jun 18 \$42.50 [1071605](#)

Oil and Acrylics

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

Nepean Visual Arts

Fri. 9:30 am-noon
Apr 21-Jun 23 \$53.25 [1071825](#)
Thu. 9 am-noon
Jul 6-Aug 24 \$51 [1072401](#)

Portraiture

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

Nepean Visual Arts

Mon. 9:30 am-noon
May 1-Jun 26 \$42.50 [1071826](#)
Jul 10-Aug 21 \$32 [1072406](#)

Watercolour

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

Nepean Visual Arts

Thu. 10 am-3 pm
Apr 20-Jun 8 \$85 [1071887](#)
Fri. 10 am-3 pm
Apr 21-Jun 9 \$85 [1071896](#)
Fri. 9 am-noon
Jul 7-Aug 25 \$51 [1072410](#)

Workshops

Inktense Workshop

Combine the intensity of ink with the translucence of a wash and traditional coloured pencil for an inktense work of art. Create beautiful paintings with vibrant colour as participants learn to work with the pencils in dry format or with a wet brush. Supplies provided.

Nepean Visual Arts

Sat. noon-3 pm
Apr 29 \$63.50 [1071626](#)

Intro to Abstract Painting

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

Nepean Visual Arts

Sat. 10 am-4 pm
May 27 \$124.50 [1089628](#)

Arts in Your Neighbourhood

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Literary Arts

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

Sat. 12:30-2 pm
Apr 22-Jun 17 \$104.25 [1092946](#)

John G. Mlacak – 613-580-2980

Wed. 10 am-noon
Mar 22-May 24 \$133 [1075755](#)
Thu. 10 am-noon
Mar 23-May 25 \$133 [1075756](#)
Fri. 10 am-noon
Mar 24-Jun 2 \$133 [1075757](#)



Performing Arts

Dancing with a Partner

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Apr 21	8	\$89.50	1080891
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Jul 7	8	\$89.50	1085421
Ballroom 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8 pm	Apr 7	10	\$111.75	1086086
Ballroom 1	Nepean Sportsplex	613-596-5783	Thu.	7-8 pm	Apr 20	8	\$89.50	1071076
Ballroom 1	Queenswood Heights	613-830-2747	Tue.	7-8 pm	Apr 18	8	\$66.25	1082850
Ballroom 1	Richelieu-Vanier	613-560-6030	Tue.	7:30-8:30 pm	Apr 11	8	\$78.25	1077825
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7:15-9:15 pm	Apr 13	7	\$117.25	1076165
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7:15-9:15 pm	Jul 20	7	\$117.25	1076304
Ballroom 2	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Apr 20	8	\$89.50	1071092
Ballroom 2	Queenswood Heights	613-830-2747	Tue.	7-8 pm	Apr 18	8	\$66.25	1082877
Ballroom 2	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Apr 11	8	\$78.25	1077861
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7:15-9:15 pm	Apr 13	7	\$117.25	1076188
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7:15-9:15 pm	Jul 20	7	\$117.25	1076305
Ballroom 3	Queenswood Heights	613-830-2747	Tue.	7-8 pm	Apr 18	8	\$66.25	1082898

Dancing with a Partner

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballroom 3	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Apr 11	8	\$78.25	1077873
Ballroom 4	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Apr 11	8	\$78.25	1077891
Ballroom 4	Queenswood Heights	613-830-2747	Tue.	8-9 pm	Apr 18	8	\$66.25	1082917
Ballroom 4/5	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Apr 24	8	\$89.50	1071118
Ballroom 5	Queenswood Heights	613-830-2747	Tue.	8-9 pm	Apr 18	8	\$66.25	1082931
Ballroom 5	Richelieu-Vanier	613-560-6030	Tue.	8:30-9:30 pm	Apr 11	8	\$78.25	1077904
Ballroom 6	Queenswood Heights	613-830-2747	Tue.	8-9 pm	Apr 18	8	\$66.25	1082942
Ballroom 6	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Apr 13	8	\$78.25	1077918
Ballroom 6/7	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Apr 20	8	\$89.50	1071543
Ballroom 7	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Apr 13	8	\$78.25	1077936
Ballroom 8	Queenswood Heights	613-830-2747	Tue.	6-7 pm	Apr 18	8	\$66.25	1082951
Ballroom 8	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Apr 13	8	\$78.25	1077955
Ballroom 8-10	Nepean Sportsplex	613-596-5783	Mon.	6-7 pm	Apr 24	8	\$89.50	1071544
Ballroom Advanced	Nepean Sportsplex	613-596-5783	Mon.	7-8 pm	Apr 24	8	\$89.50	1071581
Ballroom Social	Greenboro	613-580-2805	Fri.	7-8 pm	Apr 21	8	\$89.50	1085281
Ballroom Social	Greenboro	613-580-2805	Fri.	7-8 pm	Jul 7	8	\$89.50	1085443
Salsa and Merengue 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	8-9 pm	Apr 7	10	\$111.75	1086098
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	8-9 pm	Apr 4	11	\$123	1080651
Salsa and Merengue 1	St-Laurent	613-742-6767	Wed.	8:45-9:45 pm	Apr 19	6	\$67	1092795
Salsa and Merengue 2	François Dupuis	613-580-8080	Tue.	6-7 pm	Apr 4	11	\$123	1080663

Dancing without a Partner

"There are short-cuts to happiness, and dancing is one of them." Vicki Baum Improve your coordination, while dancing to the different beats. Basic to advanced steps and patterns from around the world. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballet 1	Hunt Club-Riverside Park	613-260-1299	Mon.	7-8 pm	Apr 10	8	\$78.75	1093277
Belly 1	Fisher Park	613-798-8945	Wed.	7:15-8:45 pm	Apr 5	10	\$116.75	1080624
Belly 1	François Dupuis	613-580-8080	Thu.	5:20-6:20 pm	Apr 6	10	\$111.75	1080821
Belly 1	Plant	613-232-3000	Fri.	6:35-7:35 pm	Apr 28	8	\$89.50	1085904
Belly 1	Plant	613-232-3000	Fri.	6:35-7:35 pm	Jul 7	7	\$78.25	1090585
Belly 1	Sandy Hill	613-564-1062	Wed.	6-7 pm	Apr 5	10	\$87.75	1089876
Belly 2	Sandy Hill	613-564-1062	Wed.	7-8 pm	Apr 5	10	\$87.75	1089885
Bollywood 1	Hintonburg	613-798-8874	Thu.	6:30-7:30 pm	Apr 6	8	\$89.50	1091496
Line Dancing 1	St-Laurent	613-742-6767	Wed.	10:15-11:45 am	Apr 5	8	\$72	1092669
Line Dancing 1	St-Laurent	613-742-6767	Wed.	7:15-8:45 pm	Apr 5	8	\$72	1092673
Line Dancing 2	St-Laurent	613-742-6767	Wed.	1:15-2:45 pm	Apr 5	8	\$72	1092694
Line Dancing 3	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Apr 4	8	\$72	1092711
Line Dancing 3	St-Laurent	613-742-6767	Thu.	7:15-8:45 pm	Apr 6	8	\$72	1092739
Margaret Morris 1	Dempsey	613-247-4846	Mon.	7-8 pm	Mar 20	10	\$88.75	1073328
Margaret Morris 2	Dempsey	613-247-4846	Mon.	7-9 pm	Mar 20	10	\$135	1073330

Music Lessons

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

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Guitar 1	John G. Mlacak	613-580-2980	Wed.	6:30-8:30 pm	Mar 29	10	\$150	1076000
Guitar 1	Plant	613-232-3000	Wed.	8-9 pm	Apr 26	9	\$155	1084463
Guitar 1	St-Laurent	613-742-6767	Thu.	9-10 pm	Apr 6	11	\$215	1092935
Guitar 2	John G. Mlacak	613-580-2980	Thu.	6:30-8:30 pm	Mar 30	10	\$150	1076001
Keyboard 1	Plant	613-232-3000	Mon.	8-9 pm	Apr 24	8	\$137.75	1081809
Keyboard 1	St-Laurent	613-742-6767	Sat.	5-6 pm	Apr 1	10	\$225	1092822
Vocal	Plant	613-232-3000	Sat.	4-5 pm	May 6	7	\$136.75	1086974

Visual Arts

Drawing

Drawing – Level 1

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

Lansdowne Park – 613-580-2429

Tue.	12:30-1:30 pm	
Apr 4-May 2	\$56	1090453
May 30-Jun 20	\$44.75	1090979

Plant – 613-232-3000

Mon.	10-11:30 am	
Apr 24-Jun 19	\$121.50	1078097

St-Laurent – 613-742-6767

Mon.	6:30-8 pm	
Apr 24-Jun 19	\$134	1093033

Life Drawing Class – Costumed Characters

Draw a new set of characters each week in this unique life drawing class. Learn life drawing techniques plus how to work with drape, texture, shade and colour to create dynamic drawings.

Lansdowne Park – 613-580-2429

Mon.	6-8 pm	
Jul 3	\$50.50	1091905
Jul 17	\$50.50	1091959
Jul 31	\$50.50	1092011
Tue.	7-8 pm	
Jun 20	\$25.25	1091007

Sketching en Plein Air

Let fresh air and nature inspire your creativity. Explore drawing fundamentals such as using light, perspective, composition, texture and gesture while discovering outdoor environments. Experiment with different mediums like pencil, charcoal, and ink. All levels welcome.

Lansdowne Park – 613-580-2429

Wed.	6-7:30 pm	
May 3-24	\$67	1090812
Jun 7-28	\$67	1090846
Sat.	2-4 pm	
May 6-Jun 24	\$156.50	1090899

Richelieu-Vanier – 613-560-6030

Wed.	9 am-noon	
Jul 12-Aug 16	\$201	1078096

Ikebana

Ikebana

The art of Japanese flower arranging.

McNabb – 613-564-1070

Tue.	10 am-noon	
Apr 4-May 16	\$74.75	1077698
Wed.	10 am-noon	
Apr 5-May 17	\$74.75	1077721
Wed.	7-9 pm	
Apr 5-May 24	\$74.75	1077733

Rockcliffe Park – 613-842-8578

Thu.	1-3 pm	
Apr 6-Jun 8	\$187.50	1075817
Sat.	10:30 am-12:30 pm	
Apr 8-Jun 10	\$187.50	1075826

Ikebana – Teachers

The art of Japanese flower arranging. Admission to this Advanced/Teachers level is by approval of the instructor only.

Rockcliffe Park – 613-842-8578

Thu.	1-3 pm	
Apr 6-Jun 8	\$239	1075843
Sat.	10:30 am-12:30 pm	
Apr 8-Jun 10	\$239	1075855

Painting

Acrylic Landscape Painting

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

Bob MacQuarrie-Orléans – 613-580-9600

Mon.	6-7:30 pm	
May 8-Jun 5	\$67	1088926

Acrylics – Level 1

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

Plant – 613-232-3000

Mon.	7-8:30 pm	
Apr 24-Jun 19	\$121.50	1078083

Ideas and Techniques of the Modern Masters

Continuation of Techniques of the Post Impressionists. Examine one representative painting and a summary of the methods used. Then paint your own version, a painting each lesson.

François Dupuis – 613-580-8080

Tue.	7-9:30 pm	
Apr 18	\$28	1080722
May 16	\$28	1080724

Oil and Acrylics – Level 2

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

Eva James – 613-271-0712

Wed.	1:30-3:30 pm	
Apr 12-Jun 14	\$174	1081643

Overbrook – 613-742-5147

Thu.	1-3:30 pm	
Apr 6-Jun 8	\$119.75	1094890

Watercolours – Level 1

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

Overbrook – 613-742-5147

Mon.	1-3:30 pm	
Apr 3-Jun 5	\$95.75	1090512

St-Laurent – 613-742-6767

Wed.	6:30-8 pm	
Apr 26-Jun 14	\$134	1093039

Photography

Photography – Composition

Learn about basic visual composition principals as they apply to photography. A new principle introduced each week will improve your photographic skills.

Ron Kolbus Lakeside – 613-828-4313

Thu.	7:30-8:30 pm	
Apr 13-Jun 1	\$67	1092985
Jul 20-Sep 7	\$89.50	1092993

Digital Photography – Level 1

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

Hintonburg – 613-798-8874

Mon.	6-8 pm	
May 8-15	\$44.75	1091505

Pottery

Clay Modelling

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

Dempsey – 613-247-4846

Thu.	9:30 am-12.30 pm	
Mar 23-May 25	\$173.25	1073427

Handbuilding Combo

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

McNabb – 613-564-1070

Thu.	7-9:30 pm	
Mar 23-May 11	\$220.50	1077920
Jul 6-Aug 24	\$220.50	1084560

Wheel – Level 1

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

McNabb – 613-564-1070

Mon. 7-9:30 pm
 Mar 20-May 8 \$193 [1077872](#)

Wheel – Level 2

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

McNabb – 613-564-1070

Tue. 7-9:30 pm
 Mar 21-May 9 \$220.50 [1077890](#)
 Jul 4-Aug 22 \$220.50 [1084555](#)

May 1-Oct 15 \$92 [1073369](#)

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.

Cooking

A Taste of Europe

Explore different taste sensations as you focus on a different European region in each class.

Greenboro – 613-580-2805

Tue. 6:30-9 pm
 May 9 \$28 [1080800](#)

Wine Tasting

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

Plant – 613-232-3000

Fri. 7-9 pm
 May 26 \$48.50 [1086167](#)
 Aug 18 \$48.50 [1090630](#)

Healthy Cooking

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

Heron – 613-247-4808

Mon. 6:30-8 pm
 Apr 24-May 15 \$67 [1092556](#)

Allotment Gardens

Do you enjoy growing your own fresh vegetables or beautiful flowers? Our Allotment Gardens are available to rent from May to October. Our 355 garden plots (approximately 25' X 50' each) located between Kilborn Ave. and Pleasant Park Drive offer ample free parking and access to water.

Dempsey – 613-247-4846

Daily 8 am-8 pm
 May 1-Oct 15 \$46 [1073368](#)

Languages

Languages

Learn the basics for travel or business. Build vocabulary and grammar for your conversations in another language. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
French Conversational 1	Nepean Sportsplex	613-580-2828	Mon.	6-7:30 pm	Apr 3	8	\$123	1073191
French Conversational 1	St-Laurent	613-742-6767	Tue.	6:30-8 pm	Apr 4	8	\$123	1092631
French Conversational 1	Eva James	613-271-0712	Thu.	6:30-8 pm	Apr 13	10	\$119.50	1081846
French Conversational 1	Heron	613-247-4808	Wed.	6:30-8 pm	Apr 26	8	\$134	1092303
French Conversational 2	Nepean Sportsplex	613-580-2828	Mon.	7:30-9 pm	Apr 3	8	\$123	1073205
French Conversational 2	St-Laurent	613-742-6767	Wed.	7:30-9 pm	Apr 5	8	\$123	1092641
Spanish Conversational 1	Routhier	613-244-4470	Sat.	10-11:30 am	Apr1	10	\$167.50	1072452
Spanish Conversational 1	Bob MacQuarrie-Orléans	613-580-9600	Mon.	5:30-7 pm	Apr 3	10	\$151	1088820
Spanish Conversational 1	François Dupuis	613-580-8080	Mon.	8-9 pm	Apr 3	9	\$98	1080571
Spanish Conversational 1	John G.Mlacak	613-580-2980	Wed.	7-9 pm	Apr 5	11	\$122.50	1075998
Spanish Conversational 1	Hunt Club-Riverside Park	613-260-1299	Mon.	6:30-7:30 pm	Apr 10	8	\$76.75	1093281

Languages

Learn the basics for travel or business. Build vocabulary and grammar for your conversations in another language. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Spanish Conversational 1	Plant	613-232-3000	Tue.	7-9 pm	Apr 25	9	\$137	1084176
Spanish Conversational 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	5:30-7 pm	Apr 6	12	\$181.25	1090548
Spanish Conversational 2	John G.Mlacak	613-580-2980	Thu.	7-9 pm	Apr 6	11	\$122.50	1075999
Spanish Conversational 2	Plant	613-232-3000	Thu.	7-9 pm	Apr 27	9	\$142.25	1085561
Spanish Conversational 3	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8:30 pm	Apr 6	12	\$181.25	1088847



Leadership and Certification

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.

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

Sat.-Sun. 8:30 am-5:30 pm
 Jun 3- 4 \$146 [1087458](#)

Learning

Bicycle Tune

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

Plant – 613-232-3000

Sat. 9-11 am
 Apr 22 \$12.50 [1087033](#)

Blacksmith Program

Learn the art of blacksmithing. You will be assessed on your current skill level to be placed in the appropriate training level. No experience required.

Cumberland Heritage Village Museum – 613-833-3059

Thu. 10 am-1 pm
 May 18 \$10.75 [1093857](#)
 May 25 \$10.75 [1093859](#)
 Jul 13 \$10.75 [1093894](#)
 Jul 20 \$10.75 [1093895](#)
 Sat. 10 am-1 pm
 May 20-Jun 24 \$53.25 [1093881](#)
 Jul 8-Aug 12 \$53.25 [1093900](#)
 Aug 19-Sep 23 \$53.25 [1093908](#)

Chivalrous Sword Handling

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

Plant – 613-232-3000

Level 1
 Sun. 10:30 am-12:30 pm
 Apr 30-Jun 25 \$117.75 [1088687](#)
 Jul 9-Aug 27 \$103 [1090683](#)

Level 2
 Sun. 1-3 pm
 Apr 30-Jun 18 \$117.75 [1088740](#)
 Jul 9-Aug 27 \$103 [1090713](#)

Dog Obedience

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

Level 1

Hunt Club-Riverside Park – 613-260-1299
 Mon. 6-7 pm
 Apr 10-Jun 12 \$83.25 [1093279](#)

Level 1 – Low Ratio

Hintonburg – 613-798-8874
 Sun. 1-2 pm
 Apr 2-May 14 \$120.50 [1091523](#)

Lansdowne Park – 613-580-6030
 Wed. 6:15-7:15 pm
 May 3-Jun 7 \$120.50 [1090470](#)
 Sat. 1-2 pm
 Jul 8-Aug 12 \$120.50 [1092135](#)

Level 2

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

Hunt Club-Riverside Park – 613-260-1299
 Mon. 7-8 pm
 Apr 10-Jun 12 \$83.25 [1093280](#)

Lansdowne Park – 613-580-6030
 Wed. 6:15-7:15 pm
 Jul 5-Aug 9 \$72.25 [1092092](#)
 Sat. 1-2 pm
 May 6-Jun 17 \$72.25 [1091026](#)

Ron Kolbus Lakeside – 613-828-4313
 Wed. 7-8 pm
 Mar 29-Jun 7 \$120.50 [1076157](#)
 Jul 12-Aug 30 \$96.50 [1076303](#)

Dog Rally Obedience – Low Ratio

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

Hintonburg – 613-798-8874

Sun.	2-3 pm	
Apr 2-May 14	\$120.50	1091518

Lansdowne Park – 613-580-6030

Sat.	2:30-3:30 pm	
May 6-Jun 17	\$120.50	1091035
Wed.	7:30-8:30 pm	
Jul 5-Aug 9	\$120.50	1092100

Dog Tricks and Games

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

Richelieu-Vanier – 613-560-6030

Tue.	6:30-7:30 pm	
Apr 11-May 30	\$104.25	1078098
Jul 11-Aug 15	\$78.25	1078103

Low Ratio

Lansdowne Park – 613-580-6030

Wed.	7:30-8:30 pm	
May 3-Jun 7	\$120.50	1090473
Sat.	2:30-3:30 pm	
Jul 8-Aug 12	\$120.50	1092142

Pet Massage

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

Hintonburg – 613-798-8874

Sun.	9:30 am-1:30 pm	
May 28	\$44.75	1091515

Geocaching

Geocaching is an outdoor game where people try to find hidden containers using only latitude and longitude with searching techniques and hand held GPS. Join us for exciting searches.

Richelieu-Vanier – 613-560-6030

Sat.	9:30 am-12:30 pm	
May 27	\$33.50	1077991

Sewing – Level 1

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

Overbrook – 613-742-5147

Mon.	9:30-11:30 am	
Apr 3-Jun 5	\$83.75	1092513

Routhier – 613-244-4470

Sat.	10 am-noon	
Mar 25-Apr 8	\$53.50	1072756

Splash – 613-748-4222

Thu.	9:30-11:30 am	
Apr 6-Jun 22	\$206.50	1080894

STEM-Computers – Level 1

Browse the internet, search, prepare basic documents, save and organize things so they can be found again. Try e-mail, internet communication, digital photos and music. For PC's and Mac. Computers available.

Heron – 613-247-4808

Tue.	7-8 pm	
Apr 25-Jun 13	\$94.75	1092331

Wellness

Organic Gardening Level 1

Discover your talent for growing produce or planting flower beds. Beginner or experienced gardener, you can learn more in our hands-on workshop.

Plant – 613-232-3000

Sat.	9 am-noon	
May 13	\$33.50	1087098

Nutrition Basics Workshop

Good nutrition is essential to good health. Diet affects your energy throughout the day. Learn practical strategies to bring together a healthy eating plan to fuel your body and boost your energy, leaving you feeling good inside and out.

Plant – 613-232-3000

Sat.	9 am-noon	
May 6	\$33.50	1087256

Self Defence

Combine practical, easily-learned physical defence skills with training in awareness, communication and de-escalation. Learn escapes from holds, countering techniques and ground defence. Develop confidence and learn about your own inherent strength in a safe and fun environment.

Hintonburg – 613-798-8874

Sun.	10 am-noon	
May 7	\$39.25	1091502

Routhier – 613-244-4470

Tue.	6-8 pm	
Apr 4	\$39.25	1072441
May 2	\$39.25	1072449

Self Defence for Women

Designed for women; learn to defend yourself in life threatening situations. Feel stronger both mentally and physically.

Goulbourn – 613-580-2532

Tue.	7:30-8:15 pm	
Mar 21-May 16	\$132	1092906

Women Self-Empowered

Learn how to create positive change in your life. Inspiring and empowering workshops that will help develop a 'stronger' you. Various insightful topics every month. Choose the ones that interest you!

François Dupuis – 613-580-8080

Thu.	7-9 pm	
Apr 13	\$22.50	1080859
May 11	\$22.50	1080861

Richelieu-Vanier – 613-560-6030

Tue.	7-9 pm	
Mar 28	\$22.50	1079081
Apr 25	\$22.50	1079082
May 16	\$22.50	1079086
Jun 6	\$22.50	1079088



Martial Arts

Schedules and fees may be subject to change. Fees include HST.

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

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

Martial Arts

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

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Apr 3	20	\$234	1089569
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Jun 26	9	\$95.75	1089902
Jiu-Jitsu	Queen Elizabeth School	613-742-6767	Fri.	8:30-9:25 pm	Mar 24	9	\$92.25	1092740
Jiu-Jitsu	Overbrook	613-742-5147	Thu.	8-9 pm	Apr 6	8	\$89.50	1085150
Jiu-Jitsu	Sandy Hill	613-564-1062	Tue.	7:30-8:30 pm	Apr 11	10	\$69.50	1090523
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Tue.	6:30-7:25 pm	Mar 21	11	\$112.75	1092749
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Fri.	7:30-8:25 pm	Mar 24	9	\$92.25	1092751
Jiu-Jitsu 3	Queen Elizabeth School	613-742-6767	Tue.	7:30-8:25 pm	Mar 21	11	\$112.75	1092982
Karate Goju Ryu	Queen Elizabeth School	613-742-6767	Thu.	6:15-7:10 pm	Mar 23	10	\$95.75	1092871
Karate Goju Ryu	St-Laurent	613-742-6767	Tue.	6-6:55 pm	Mar 21	15	\$143.75	1092801
Karate Goju Ryu	St-Laurent	613-742-6767	Tue.	6-6:55 pm	Jul 11	8	\$76.75	1093011
Karate Goju Ryu 2	Queen Elizabeth School	613-742-6767	Thu.	7:15-8:10 pm	Mar 23	10	\$95.75	1092877
Karate Goju Ryu 2	St-Laurent	613-742-6767	Tue.	7-7:55 pm	Mar 21	15	\$143.75	1092808
Karate Goju Ryu 2	St-Laurent	613-742-6767	Tue.	7-7:55 pm	Jul 11	8	\$76.75	1093016
Karate Goju Ryu 3	Queen Elizabeth School	613-742-6767	Thu.	8:15-9:10 pm	Mar 23	10	\$95.75	1092881
Karate Goju Ryu 3	St-Laurent	613-742-6767	Tue.	8-8:55 pm	Mar 21	15	\$143.75	1092817
Karate Goju Ryu 3	St-Laurent	613-742-6767	Tue.	8-8:55 pm	Jul 11	8	\$76.75	1093020
Kendo	Plant	613-232-3000	Sun.	3:30-5:30 pm	Jul 9	7	\$88.25	1090775
Medieval Swordsmanship	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Mar 29	10	\$113.75	1077571
Medieval Swordsmanship 2	Richelieu-Vanier	613-560-6030	Mon.	7-8:30 pm	Mar 27	10	\$113.75	1077596
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	5:30-6:30 pm	Apr 4	24	\$229.50	1080726
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	6:30-7:30 pm	Apr 4	24	\$229.50	1080727
Taekwondo	Goulbourn	613-580-2532	Fri.	6:30-7:30 pm	May 5	13	\$158.25	1083226

Martial Arts

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

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Taekwondo	Goulbourn	613-580-2532	Fri.	7:30-8:30 pm	May 5	13	\$158.25	1083234
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu.	7:30-8:30 pm	Apr 4	26	\$203.50	1093285
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu., Sat.	7:30-8:30 pm	Apr 4	36	\$305	1093286
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu., Sat.	7:30-8:30 pm	Jul 4	24	\$187.75	1093381
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu.	7:30-8:30 pm	Jul 4	16	\$125.25	1093382
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Apr 3	13	\$106	1089013
Taekwondo	Notre Dame Des Champs	613-580-9600	Tue., Thu.	6:30-7:30 pm	Apr 4	13	\$106	1089014
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Jun 26	18	\$146.50	1092294
Taekwondo	Pat Clark (Cyrville)	613-748-1771	Wed.	7-8 pm	Apr 12	11	\$123	1074409
Taekwondo	Pat Clark (Cyrville)	613-748-1771	Wed.	7-8 pm	Jul 5	8	\$89.50	1084680
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Mar 22	15	\$167.50	1071514
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Mar 25	12	\$134	1071515
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Jul 5	8	\$89.50	1074027
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Jul 8	7	\$78.25	1074028

Sports

Schedules and fees may be subject to change. Fees include HST.

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

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

Sports

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

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Badminton								
Badminton	Routhier	613-244-4470	Sat.	10-11:30 am	Apr 1	8	\$101.50	1072470
Badminton	Hintonburg	613-798-8874	Sat.	2:30-4:30 pm	Apr 1	8	\$111	1091486
Game Play	Eva James	613-271-0712	Wed.	10:40 am-12:10 pm	Apr 5	11	\$74.75	1081569
Game Play	Eva James	613-271-0712	Sun.	7-8 pm	Apr 9	10	\$45.50	1073940

Sports

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

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Game Play	Fisher Park	613-798-8945	Mon.	8-10 pm	Apr 3	10	\$90.50	1080617
Game Play	Greenboro	613-580-2805	Sun.	6:45-8:15 pm	Apr 23	8	\$54.50	1080885
Game Play	McNabb	613-564-1070	Wed	8:10-10:10 pm	Mar 22	12	\$108.75	1076240
Game Play	McNabb	613-564-1070	Sat.	6:30-8 pm	Mar 25	11	\$74.75	1076263
Game Play	McNabb	613-564-1070	Tue.	6-8 pm	Jul 4	8	\$72.50	1084480
Game Play	McNabb	613-564-1070	Sat.	6:30-8 pm	Jul 8	7	\$47.75	1084482
Game Play	Overbrook	613-742-5147	Mon.	7:30-9 pm	Apr 3	8	\$33.75	1085494
Game Play	Overbrook	613-742-5147	Sat.	1-2:30 pm	Apr 8	10	\$42.25	1093334
Game Play	Routhier	613-244-4470	Thu.	8-10 pm	Apr 6	11	\$49.25	1072455
Game Play	Routhier	613-244-4470	Thu.	6-8 pm	Jun 29	8	\$35.75	1072600
Game Play	South Fallingbrook	613-824-0633	Fri.	7-9 pm	Apr 7	10	\$90.75	1089693
Game Play	South Fallingbrook	613-824-0633	Mon.	8-10 pm	Apr 10	10	\$90.75	1089686
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Apr 5	11	\$49.25	1072462
Game Play 2	Routhier	613-244-4470	Tue.	6-8 pm	Jun 27	8	\$35.75	1072565
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Apr 5	11	\$49.25	1072458
Game Play 3	Routhier	613-244-4470	Tue.	6-8 pm	Jun 27	8	\$35.75	1072589
Level 2	Routhier	613-244-4470	Sat.	11:30 am-1 pm	Apr 1	8	\$101.50	1072478
Ball Hockey								
Game Play	Greenboro	613-580-2805	Thu.	8:45-10 pm	Apr 20	9	\$51	1080816
Game Play	Nepean Sportsplex	613-580-2828	Tue.	7:30-8:30 pm	May 2	16	\$72.50	1089470
Game Play	Nepean Sportsplex	613-580-2828	Tue.	8:30-9:30 pm	May 2	16	\$72.50	1089487
Game Play	Nepean Sportsplex	613-580-2828	Thu.	7:30-8:30 pm	May 4	16	\$72.50	1089482
Game Play	Nepean Sportsplex	613-580-2828	Thu.	8:30-9:30 pm	May 4	16	\$72.50	1089490
Basketball								
Game Play	Minto-Barrhaven	613-727-2683	Tue.	9:15-10:30 pm	Mar 21	14	\$79.25	1084084
Game Play	Carleton Heights School	613-226-2208	Wed.	8:15-10 pm	Mar 22	11	\$76.75	1092716
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Apr 6	10	\$42.25	1085180
Game Play	Overbrook	613-742-5147	Sun.	4-5:30 pm	Apr 9	10	\$42.25	1093374
Game Play-Men	Richcraft-Kanata	613-580-9696	Mon.	8-9 pm	Mar 20	13	\$59	1070915

Sports

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

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Game Play-Men	Eva James	613-271-0712	Wed.	9-11 pm	Apr 12	10	\$73	1081595
Game Play-Women	Eva James	613-271-0712	Thu.	8:30-10 pm	Apr 13	10	\$54.75	1081771
Never Too Late Women	Lansdowne Park	613-580-2429	Thu.	7:15-8:15 pm	May 11	7	\$42.50	1090877
Cycling								
CAN-BIKE 3: Core Concepts	Fisher Park	613-580-2854	Sat.	1-5 pm	May 6	2	\$160.50	1090067
CAN-BIKE 3: Core Concepts	Walter Baker	613-580-2854	Sat.	1- 5 pm	Jun 17	2	\$160.50	1090069
CAN-BIKE 3: Core Concepts	Richcraft-Kanata	613-580-2854	Sun.	1- 5 pm	Jun 18	2	\$160.50	1090068
Dodgeball								
Game Play	Greely School	Ext. 30235	Tue.	6-7 pm	Apr 4	8	\$36.25	1087226
Golf								
Ollson Development	Barrhaven on the Green Driving Range	613-823-7996	Sat.	1-2 pm	Apr 29	4	\$139.50	1078922
Ollson Development	Barrhaven on the Green Driving Range	613-823-7996	Tue.	6-7 pm	May 2	4	\$139.50	1088523
Ollson Development	Barrhaven on the Green Driving Range	613-823-7996	Tue.	7-8 pm	May 2	4	\$139.50	1088564
Ollson Development	Barrhaven on the Green Driving Range	613-823-7996	Thu.	6-7 pm	May 4	4	\$139.50	1078913
Ollson Development	Barrhaven on the Green Driving Range	613-823-7996	Thu.	7-8 pm	May 4	4	\$139.50	1078916
Ollson Development	Barrhaven on the Green Driving Range	613-823-7996	Tue.	6-7 pm	May 30	4	\$139.50	1088574
Ollson Development	Barrhaven on the Green Driving Range	613-823-7996	Tue.	7-8 pm	May 30	4	\$139.50	1088570
Ollson Development	Barrhaven on the Green Driving Range	613-823-7996	Thu.	6-7 pm	Jun 1	4	\$139.50	1078918
Ollson Development	Barrhaven on the Green Driving Range	613-823-7996	Thu.	7-8 pm	Jun 1	4	\$139.50	1078921
Ollson Development	Barrhaven on the Green Driving Range	613-823-7996	Sat.	1-2 pm	Jun 3	4	\$139.50	1078923
Hockey								
Development	Jim Durrell	613-247-4811	Sun.	2-2:50 pm	May 7	8	\$169.25	1087138
Development	Minto-Barrhaven	613-727-2683	Thu.	9-9:50 pm	Mar 30	10	\$211.50	1088596
Development	Ray Friel	613-830-2747	Tue.	4:30-5:20 pm	Mar 21	6	\$109.75	1075568
Development	Ray Friel	613-830-2747	Tue.	5-5:50 pm	May 2	9	\$164.50	1075590
Development	Ray Friel	613-830-2747	Tue.	5-5:50 pm	Jul 4	8	\$146.25	1075644
Development Men	Minto-Barrhaven	613-727-2683	Tue.	8:30-9:50 pm	Mar 28	10	\$321	1088471
Development Women	Minto-Barrhaven	613-727-2683	Tue.	7-8:20 pm	Mar 28	10	\$321	1088411

Sports

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

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Development Women	Ray Friel	613-830-2747	Mon.	6-6:50 pm	May 1	8	\$129.50	1075482
Development Women	Ray Friel	613-830-2747	Mon.	6-6:50 pm	Jul 10	6	\$97	1075551
Game Play	Ray Friel	613-830-2747	Sat.	7:30-8:50 pm	May 6	13	\$111.50	1077310
Game Play	Ray Friel	613-830-2747	Sat.	9-10:20 pm	May 6	13	\$111.50	1077338
Game Play Men	Minto-Barrhaven	613-727-2683	Mon.	9-9:50 pm	Mar 27	8	\$48.50	1088250
Game Play Men	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Mar 29	10	\$60.50	1088521
Game Play Men	Minto-Barrhaven	613-727-2683	Fri.	8-8:50 pm	Mar 31	9	\$52.75	1090530
Game Play Men Goalie	Minto-Barrhaven	613-727-2683	Mon.	9-9:50 pm	Mar 27	8	\$48.50	1088286
Game Play Men Goalie	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Mar 29	10	\$60.50	1088535
Game Play Men Goalie	Minto-Barrhaven	613-727-2683	Fri.	8-8:50 pm	Mar 31	8	\$52.75	1090532
Game Play Women	Minto-Barrhaven	613-727-2683	Mon.	8-8:50 pm	Mar 27	8	\$48.50	1088149
Game Play Women	Minto-Barrhaven	613-727-2683	Wed.	8-8:50 pm	Mar 29	10	\$60.50	1088490
Game Play Women Goalie	Minto-Barrhaven	613-727-2683	Mon.	8-8:50 pm	Mar 27	8	\$48.50	1088183
Game Play Women Goalie	Minto-Barrhaven	613-727-2683	Wed.	8-8:50 pm	Mar 29	10	\$60.50	1088511
League Rec Men	Ray Friel	613-830-2747	Wed.	7 pm-12 am	May 3	16	\$3782.25	1088748
League Tier 1	Ray Friel	613-830-2747	Wed.	6:30-9:30 pm	May 3	16	\$3782.25	1087488
League Tier 2	Ray Friel	613-830-2747	Tue.	9:30-11:30 pm	May 2	16	\$3782.25	1088729
League Tier 3	Ray Friel	613-830-2747	Mon., Fri.	9:30-11:30 pm	May1	16	\$3782.25	1087498
League Tier 4	Ray Friel	613-830-2747	Tue.	7 pm-12 am	May 2	16	\$3782.25	1087584
League Open	Ray Friel	613-830-2747	Thu.	7 pm-12 am	May 4	16	\$3782.25	1088768
Powerskating	Jim Durrell	613-247-4811	Sun.	1-1:50 pm	May 7	8	\$169.25	1087167
Powerskating	Minto-Barrhaven	613-727-2683	Thu.	8-8:50 pm	Mar 30	10	\$211.50	1088578
Ice Skating								
Intro to Ice	Nepean Sportsplex	613-580-2828	Thu.	11-11:50 am	Mar 23	6	\$70.75	1086214
Intro to Ice	Minto-Barrhaven	613-727-2683	Mon.	7-7:50 pm	Mar 27	8	\$94.25	1088170
Intro to Ice	Goulbourn	613-580-2532	Mon.	9:15-10:05 am	Apr 3	6	\$70.75	1082594
Intro to Ice	Minto-Barrhaven	613-727-2683	Mon.	11-11:50 am	Apr 3	7	\$82.50	1088137
Intro to Ice	Goulbourn	613-580-2532	Wed.	4:15-5:05 pm	Apr 5	7	\$82.50	1082596
Intro to Ice	Minto-Barrhaven	613-727-2683	Sat.	11-11:50am	Apr 22	6	\$70.75	1088191

Sports

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Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Intro to Ice	Jim Durrell	613-247-4811	Sun.	11:30 am-12:20 pm	May 7	7	\$82.50	1080262
Intro to Ice	Sandy Hill	613-580-2596	Sun.	Noon-12:50 pm	May 7	5	\$59	1080271
Intro to Ice	Jim Durrell	613-580-2596	Mon., Wed.	7-7:50 pm	Jul 10	8	\$94.25	1093026
Beginner	Nepean Sportsplex	613-580-2828	Thu.	11-11:50 am	Mar 23	6	\$70.75	1086222
Beginner	Minto-Barrhaven	613-727-2683	Wed.	7-7:50 pm	Mar 29	10	\$117.75	1088255
Beginner	Minto-Barrhaven	613-727-2683	Mon.	11-11:50 am	Apr 3	7	\$82.50	1088239
Beginner	Minto-Barrhaven	613-727-2683	Sat.	11-11:50am	Apr 22	6	\$70.75	1088272
Beginner	Jim Durrell	613-580-2596	Sun.	11:30 am-12:20 pm	May 7	7	\$82.50	1080278
Beginner	Sandy Hill	613-580-2596	Sun.	1-1:50 pm	May 7	5	\$59	1080288
Beginner	Jim Durrell	613-580-2596	Mon., Wed.	7-7:50 pm	Jul 10	8	\$94.25	1093032
Intermediate	Nepean Sportsplex	613-580-2828	Thu.	11-11:50 am	Mar 23	6	\$70.75	1086229
Intermediate	Sandy Hill	613-580-2596	Sun.	1-1:50 pm	May 7	5	\$59	1080313
Intermediate	Jim Durrell	613-580-2596	Mon., Wed.	7-7:50 pm	Jul 10	8	\$94.25	1093037
In-Line Skating								
Beginner	St-Laurent	613-742-6767	Sat.	10-11 am	Apr 22	4	\$56.50	1093115
Beginner	Brewer	613-580-2596	Wed.	7-7:50 pm	May 24	8	\$94.25	1094068
Beginner	Brewer	613-580-2596	Wed.	8-8:50 pm	May 24	8	\$94.25	1094079
Intermediate 1	Brewer	613-580-2596	Wed.	8-8:50 pm	May 24	8	\$94.25	1094083
Rock Climbing								
Rock Climbing	Richcraft-Kanata	613-580-9696	Sat.	Noon-1 pm	Mar 25	12	\$142.50	1079131
Soccer								
Game Play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Apr 4	10	\$42.25	1085160
Table Tennis								
Table Tennis	Johnny Leroux Stittsville	Ext. 41227	Tue., Thu.	12:15-1:45 pm	Apr 4	24	\$102	1083917
Tennis								
Tennis	Alexander Grove Park	613-580-2854	Wed.	8-9 pm	May 3	4	\$56.50	1093452
Tennis	Four Season's Park	613-580-2854	Tue.	8-9 pm	May 2	4	\$56.50	1093460
Tennis	Half Moon Bay	Ext. 41227	Sat.	11 am-Noon	Apr 29	4	\$56.50	1072062
Tennis	Half Moon Bay	Ext. 41227	Wed.	8-9 pm	May 3	4	\$56.50	1072060

Sports

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Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Tennis	Half Moon Bay	Ext. 41227	Sat.	11 am-Noon	Jun 3	4	\$56.50	1072063
Tennis	Half Moon Bay	Ext. 41227	Wed.	8-9 pm	Jun 7	4	\$56.50	1072061
Tennis	Klondike Road Park	613-580-2854	Mon.	8-pm	May 1	4	\$56.50	1093466
Tennis	Mooney's Bay Park	613-580-2854	Tue.	8-9 pm	May 2	4	\$56.50	1093485
Tennis	Mooney's Bay Park	613-580-2854	Mon.	8-9 pm	May 1	4	\$56.50	1093477
Tennis	Mooney's Bay Park	613-580-2854	Wed.	8-9 pm	May 3	4	\$56.50	1093493
Tennis	Pinecrest Park	613-828-3118	Sat.	Noon-1 pm	May 27	5	\$70.50	1085142
Tennis	Richmond Lions Park	Ext. 41227	Wed.	7:30-8:30 pm	May 17	5	\$70.50	1072891
Tennis	St. Germain Park (Sandy Hill CC)	613-564-1062	Mon., Wed.	5:30-6:30 pm	May 1	6	\$82.25	1091881
Tennis	St. Germain Park (Sandy Hill CC)	613-564-1062	Mon., Wed.	7:30-8:30 pm	May 1	6	\$82.25	1091919
Tennis	St. Germain Park (Sandy Hill CC)	613-564-1062	Tue., Thu.	5:30-6:30 pm	May 2	6	\$82.25	1091923
Tennis	St. Germain Park (Sandy Hill CC)	613-564-1062	Tue., Thu.	6:30-7:30 pm	May 2	6	\$82.25	1091957
Tennis	St. Germain Park (Sandy Hill CC)	613-564-1062	Sat.	9-10 am	May 6	6	\$82.25	1091962
Tennis	St. Germain Park (Sandy Hill CC)	613-564-1062	Sat.	11 am-Noon	May 6	6	\$82.25	1091967
Tennis	St. Germain Park (Sandy Hill CC)	613-564-1062	Mon., Wed.	5:30-6:30 pm	May 29	6	\$82.25	1091916
Tennis	St. Germain Park (Sandy Hill CC)	613-564-1062	Mon., Wed.	7:30-8:30 pm	May 29	6	\$82.25	1091921
Tennis	St. Germain Park (Sandy Hill CC)	613-564-1062	Tue., Thu.	5:30-6:30 pm	May 30	6	\$82.25	1091953
Tennis	St. Germain Park (Sandy Hill CC)	613-564-1062	Tue., Thu.	6:30-7:30 pm	May 30	6	\$82.25	1091961
Tennis 2	Mooney's Bay Park	613-580-2854	Thu.	8-9 pm	May 4	4	\$64.75	1094065
Tennis 2	Mooney's Bay Park	613-580-2854	Thu.	8-9 pm	Jun 8	4	\$64.75	1093531
Tennis 2	Mooney's Bay Park	613-580-2854	Thu.	8-9 pm	Jul 6	4	\$64.75	1093530
Tennis 2	Mooney's Bay Park	613-580-2854	Thu.	8-9 pm	Aug 10	4	\$64.75	1093532
Tennis 2	Mooney's Bay Park	613-580-2854	Thu.	8-9 pm	Sep 7	4	\$64.75	1093533
Tennis 2	St. Germain Park (Sandy Hill CC)	613-564-1062	Mon., Wed.	6:30-7:30 pm	May 1	6	\$82.25	1091993
Tennis 2	St. Germain Park (Sandy Hill CC)	613-564-1062	Tue., Thu.	7:30-8:30 pm	May 2	6	\$82.25	1092003
Tennis 2	St. Germain Park (Sandy Hill CC)	613-564-1062	Mon., Wed.	6:30-7:30 pm	May 29	6	\$82.25	1091997
Tennis 2	St. Germain Park (Sandy Hill CC)	613-564-1062	Tue., Thu.	7:30-8:30 pm	May 30	6	\$82.25	1092006
Tennis Women	South Fallingbrook	613-824-0633	Tue.	7:30-8:30 pm	Jun 20	10	\$141	1089195

Sports

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Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Triathlon								
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	9:30-10:30 am	Mar 25	6	\$51.75	1089221
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	9:30-10:30 am	May 13	6	\$51.75	1089223
Volleyball								
Volleyball	Routhier	613-244-4470	Mon.	6-8 pm	Apr 3	9	\$109	1072402
Game Play	École Franco Jeunesse	613-564-1062	Tue.	6-8 pm	Mar 21	12	\$84.75	1090499
Game Play	École Franco Jeunesse	613-564-1062	Wed.	6-8 pm	Mar 22	12	\$84.75	1090501
Game Play	Greenboro	613-580-2805	Wed.	7-8:30 pm	Apr 19	9	\$61.25	1080747
Game Play	Greenboro	613-580-2805	Thu.	7-8:30 pm	Apr 20	9	\$61.25	1093009
Game Play	Greenboro	613-580-2805	Mon.	7-8:30 pm	Apr 24	8	\$54.50	1080741
Game Play	Overbrook	613-742-5147	Fri.	7:45-9:45 pm	Apr 7	9	\$81.50	1085200
Game Play	South Fallingbrook	613-824-0633	Tue.	7:30-9:30 pm	May 9	7	\$63.50	1089733
Game Play	South Fallingbrook	613-824-0633	Tue.	7:30-9:30 pm	Jul 4	7	\$63.50	1089744
Game Play	St. Francis Xavier School	613-822-7887	Mon.	7-8 pm	Apr 3	9	\$40.75	1089390
Game Play 2	Eva James	613-271-0712	Tue.	9-11 pm	Apr 11	10	\$81.25	1081517
Game Play 2	Greenboro	613-580-2805	Sun.	5-6:30 pm	Apr 23	8	\$54.50	1080766
Game Play 2	Hunt Club-Riverside Park	613-260-1299	Mon.	6:30-7:30 pm	Apr 10	8	\$54.50	1093333
Game Play 2	McNabb	613-564-1070	Thu.	8-10 pm	Mar 23	12	\$108.75	1076243
Game Play 2	McNabb	613-564-1070	Thu.	6-8 pm	Jul 6	8	\$72.50	1084481
Game Play 2	South Fallingbrook	613-824-0633	Tue.	7:30-9:30 pm	May 9	7	\$63.50	1089755
Game Play 2	South Fallingbrook	613-824-0633	Tue.	7:30-9:30 pm	Jul 4	7	\$63.50	1089761
Game Play 3	École Franco Jeunesse	613-564-1062	Tue.	8-10 pm	Mar 21	12	\$84.75	1090503
Game Play 3	École Franco Jeunesse	613-564-1062	Wed.	8-10 pm	Mar 22	12	\$84.75	1090504
Game Play 3	Eva James	613-271-0712	Mon.	9-11 pm	Apr 3	10	\$81.25	1077436
Game Play 3	Glen Cairn	613-836-3121	Thu.	8-10 pm	Mar 30	14	\$118.75	1079341
Game Play 3	Hunt Club-Riverside Park.	613-260-1299	Wed.	6:30-8 pm	Apr 12	8	\$54.50	1093335
Game Play 3	McNabb	613-564-1070	Mon.	8-10 pm	Mar 20	12	\$108.75	1076234
Game Play 3	McNabb	613-564-1070	Mon.	6-8 pm	Jul 10	7	\$63.50	1084479

City Wide Sports

613-580-2854

E-mail: cws-psm@ottawa.ca



Beach Volleyball

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

Britannia Park

Wed.	6:30-8 pm	
May 10-17	\$25.50	1074456
Jun 7-28	\$50.75	1074466
Jul 5-26	\$50.75	1074471

Mooney's Bay Park

Mon.	6:30-8 pm	
Jun 5-26	\$50.75	1074477
Jul 10-31	\$50.75	1074486

Beach Volleyball – Game Play

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

Britannia Park

Mon.	6:30-8 pm	
Jun 5-Aug 14	\$42	1072552

Mooney's Bay Park

Wed.	6:30-8 pm	
May 31-Aug 16	\$56.25	1072554

Stuemer Park/Petrie Island

Thu.	6:30-8 pm	
Jun 1-Aug 17	\$81.50	1072559

League registration deadline: May 1

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

Beach Volleyball – Coed Recreational League

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

Britannia Park

Wed.	6-9 pm	
May 24-Aug 9	\$558.50	1074546
May 24-Aug 9	\$85.50 IND	1074577

Mon.	6-9 pm	
May 29-Aug 14	\$465	1074528
May 29-Aug 14	\$71.50 IND	1074571

Mooney's Bay Park

Tue.	6-9 pm	
May 23-Aug 8	\$558.50	1074638
May 23-Aug 8	\$85.50 IND	1074640

Thu.	6-9 pm	
May 25-Aug 10	\$558.50	1074584
May 25-Aug 10	\$85.50 IND	1074595

Mon.	6-9 pm	
May 29-Aug 14	\$465	1074604
May 29-Aug 14	\$71.50 IND	1074613

Stuemer Park/Petrie Island

Mon.	6-9 pm	
May 29-Aug 14	\$465	1074646
May 29-Aug 14	\$71.50 IND	1074659

Mon.	6-9 pm	
May 29-Aug 14	\$465	1074646
May 29-Aug 14	\$71.50 IND	1074659

Beach Volleyball – Coed Competitive League

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

Britannia Park

Mon.	6-9 pm	
May 29-Aug 14	\$71.50 IND	1072714
May 29-Aug 14	\$357.50	1072726

Mooney's Bay Park

Tue.	6-9 pm	
May 23-Aug 8	\$427	1072699
May 23-Aug 8	\$85.43 IND	1072731

Thu.	6-9 pm	
May 25-Aug 10	\$427	1072738
May 25-Aug 10	\$85.43 IND	1072740

Beach Volleyball – Men's 2 League

Men's recreational 2s beach volleyball league.

Mooney's Bay Park

Tue.	6-9 pm	
May 23-Aug 8	\$252	1074671

Women and Sport



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

E-mail: gws-ffs@ottawa.ca

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

"Girls Just Want to Have Fun!"

Badminton – Game Play

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

Hillcrest School

Thu.	7-9 pm	
Apr 6-May 25	\$72.50	1072262

Beach Volleyball

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

Mooney's Bay Park

Thu.	6:30-8 pm	
May 11-18	\$25.50	1072607

Tue.	6:30-8 pm	
Jun 6-27	\$50.75	1072684
Jul 4-25	\$50.75	1072691

Beach Volleyball – 6 Team

Women's 6's Recreational League

Britannia Park – 613-580-2424

18+ years	Mon.	6-9 pm
May 29-Aug 7	\$78.50	1090588
May 29-Aug 7	\$511.50	1090631

Mooney's Bay Park – 613-580-2424

18+ years	Mon.	6-9 pm
May 29-Aug 7	\$511.50	1090584
May 29-Aug 7	\$78.50	1090586



Stuemer Park/Petrie Island – 613-580-2424

18+ years	Thu.	6-9 pm
May 25-Aug 10	\$85.50	1090575
May 25-Aug 10	\$558.50	1090581

Beach Volleyball – Game Play

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

Mooney's Bay Park

Tue.	6:30-8 pm	
May 30-Aug 15	\$56.25	1072592

Stuemer Park/Petrie Island

Mon.	6:30-8 pm	
Jun 5-Aug 14	\$61.25	1072568

Soccer

Practice techniques to improve your skills. Develop a better understanding of soccer and play the game.

Mary Pitt Centre

Wed.	6-7:30 pm	
May 17-Jul 5	\$101.50	1072348

Softball

Practice softball basics: hitting, catching, throwing. Develop a better understanding of the sport and play ball!

Mary Pitt Centre

Tue. 6-7:30 pm
 May 2 \$9.25 [1072362](#)
 May 9-Jun 27 \$72.50 [1072366](#)

Never Too Late for Volleyball

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

Centennial School

376 Gloucester
 Tue. 6:30-7:30 pm
 Apr 4-May 23 \$48.50 [1072414](#)

Volleyball – Level 2

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

Centennial School

376 Gloucester
 Tue. 7:30-9 pm
 Apr 4-May 23 \$103.25 [1072396](#)

Women's Leagues

Leagues are played at various locations. Registration can be done as a team member or as an individual to be placed on a team. Team member registration and roster deadlines are:

- Ball Hockey League – April 12
- Basketball – Intermediate League – April 19
- Basketball – Recreational League – March 22
- Softball Leagues – April 19
- Soccer League – May 1
- Beach Volleyball – May 1

Ball Hockey League

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

Various Locations

Sun. 9 am-4 pm
 Apr 30-Jun 25 \$75 [1072282](#)

Ball Hockey Intermediate League

Game level is for those with a good skill level and understanding of the game.

Various Locations

Sun. 9 am-4 pm
 Apr 30-Jun 25 \$75 [1072273](#)

Basketball Recreational League

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

Various Locations

Wed. 6-10 pm
 Apr 5-May 24 \$83.50 [1072322](#)

Basketball Intermediate League

Geared to players with considerable knowledge and skill level. League is divided according to level of play. One and a half hour games.

Various Locations

Tue. 6-10 pm
 May 2-30 \$62 [1072297](#)

Beach Volleyball League

2 Team

Mooney's Bay Park
 Wed. 6-9 pm
 May 24-Aug 9 \$252 [1078379](#)

Stuemer Park/Petrie Island

Thu. 6-9 pm
 May 25-Aug 10 \$252 [1078382](#)

3 Team

Mooney's Bay Park

Wed. 6-9 pm
 May 24-Aug 9 \$339.75 [1078416](#)
 May 24-Aug 9 \$85.50 IND [1078524](#)
 Mon. 6-9 pm

May 29-Aug 14 \$285 [1078400](#)
 May 29-Aug 14 \$71.50 IND [1078517](#)

Stuemer Park/Petrie Island

Thu. 6-9 pm
 May 25-Aug 10 \$339.75 [1078488](#)
 May 25-Aug 10 \$85.50 IND [1078510](#)

4 Team

Mooney's Bay Park

Wed. 6-9 pm
 May 24-Aug 9 \$427 [1094181](#)
 May 24-Aug 9 \$85.50 IND [1094186](#)
 Mon. 6-9 pm

May 29-Aug 14 \$357.50 [1082816](#)
 May 29-Aug 14 \$71.50 IND [1094230](#)

Stuemer Park/Petrie Island

Thu. 6-9 pm
 May 25-Aug 10 \$427 [1094182](#)
 May 25-Aug 10 \$85.50 IND [1094185](#)

6 Team

Britannia Park

Mon. 6-9 pm
 May 29-Aug 14 \$465.50 [1094261](#)
 May 29-Aug 14 \$71.25 IND [1094267](#)

Mooney's Bay Park

Mon. 6-9 pm
 May 29-Aug 14 \$465.50 [1094262](#)
 May 29-Aug 14 \$71.25 IND [1094270](#)

Stuemer Park/Petrie Island

Thu. 6-9 pm
 May 25-Aug 10 \$558.50 [1094263](#)
 May 25-Aug 10 \$85.50 IND [1094266](#)

Soccer Outdoor League

One hour games.

Various Locations

Tue. 6-10 pm
 May 16-Aug 15 \$81.50 [1072341](#)

Softball Recreational League

Recreational play. All skill levels welcome.

Various Locations

Wed. 6-10 pm
 May 3-Aug 16 \$126 [1072388](#)

Softball Intermediate League

Geared for players with considerable knowledge and skill level.

Various Locations

Thu. 6-10 pm
 May 4-Aug 17 \$126 [1072380](#)



Drop In Activities

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