



Classes and Activities for Families

Recreation eGuide

Spring and Summer 2017

Table of Contents

Arts	2
Fitness	2
Sports	3
Drop-in Activities	3



fee support



facilities

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.

Drawing-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

Apr 3-May 8	Mon.	2-4 pm
6-14 years	\$99	1090399
15+ years	\$111.75	1090379
May 6-Jun 24	Sat.	11 am-12:30 pm
7-14 years	\$103.75	1090895
15+ years	\$117.25	1090889

Maker Studio – Crafty Builds

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

Lansdowne Park – 613-580-2429

Jul 4	Tue.	6-7:30 pm
3-5 years	\$20.75	1092030
6-14 years	\$20.75	1092023
15-18 years	\$23.50	1092035
18+ years	\$23.50	1092018

Maker Studio – Electrical Gizmos

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

Lansdowne Park – 613-580-2429

Apr 2	Sun.	10 am-noon
3-5 years	\$27.75	1090291
6-14 years	\$27.75	1090278
15-18 years	\$31.50	1090328
18+ years	\$31.50	1090268
Jul 24	Mon.	6-7:30 pm
3-5 years	\$20.75	1091986
6-14 years	\$20.75	1091975
15-18 years	\$23.50	1091998
18+ years	\$23.50	1091966
Aug 21	Mon.	6-7:30 pm
3-5 years	\$20.75	1092107
6-14 years	\$20.75	1092106
15-18 years	\$23.50	1092110
18+ years	\$23.50	1092104

Maker Studio – Light & Sound

Share in the excitement of building a doodlebot, a robot that doodles! Using motors, batteries and recycled materials, you will assemble it together. LED lights, recycled and conductive materials.

Lansdowne Park – 613-580-2429

Jul 10	Mon.	6-7:30 pm
3-5 years	\$20.75	1091941
6-14 years	\$20.75	1091918
15-18 years	\$23.50	1091952
18+ years	\$23.50	1091913
Aug 28	Mon.	6-7:30 pm
3-5 years	\$20.75	1092117
6-14 years	\$20.75	1092116
15-18 years	\$23.50	1092120
18+ years	\$23.50	1092111

Maker Studio – Things That Go!

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

Lansdowne Park – 613-580-2429

Apr 2	Sun.	1-3 pm
3-5 years	\$27.75	1090348
6-14 years	\$27.75	1090343

15-18 years	\$31.50	1090353
18+ years	\$31.50	1090338
Jul 18	Tue.	6-7:30 pm
3-5 years	\$20.75	1092070
6-14 years	\$20.75	1092059
15-18 years	\$23.50	1092079
18+ years	\$23.50	1092048

Pottery – Handbuilding

Get messy with your little ones! Create a unique pottery piece together using simple handbuilding forms and techniques. Discover coils, slabs and pinching techniques. One adult per child. No exceptions. Separate registration.

Nepean Visual Arts – 613-580-2828

Apr 23-May 14	Sun.	10 am-noon
6-10 years	\$79.25	1072007
19+ years	\$89.50	1071935
May 28-Jun 18	Sun.	10 am-noon
6-10 years	\$79.25	1072010
19+ years	\$89.50	1071937
Apr 23-May 14	Sun.	1-3 pm
6-10 years	\$79.25	1072008
19+ years	\$89.50	1071936
May 28-Jun 18	Sun.	1-3 pm
6-10 years	\$79.25	1072011
19+ years	\$89.50	1071938

Wheel Parent and Me

Learn wheel throwing techniques to create projects together in a freely creative environment. Discover how to throw on a potter's wheel, trim, decorate and glaze. One adult per child. No exceptions. Separate registration.

Nepean Visual Arts – 613-580-2828

Apr 23-Jun 18	Sun.	1:30-3:30 pm
11-14 years	\$158.25	1072013
19+ years	\$178.75	1071994

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 – 613-596-5783

Apr 29	Sat.	10 am-3 pm
10-14 years	\$69.25	1081922
15-18 years	\$73.75	1081929
19+ years	\$76	1071615



Fitness

Bootcamp

Intense class builds strength, speed and power through basic cardio training and muscle conditioning. Push to your limit.

Nepean Sportsplex – 613-580-2828

Mar 26-May 7	Sun.	1-2 pm
6-10 years	\$40	1088392
18+ years	\$48.50	1088414
May 14-Jun 25	Sun.	1-2 pm
6-10 years	\$40	1088399
18+ years	\$48.50	1088423

Ray Friel – 613-580-4765

Apr 2-Jun 4	Sun.	11:30 am-12:30 pm
10-14 years	\$53.25	1077364
15-18 years	\$60	1077376
18+ years	\$64.75	1077346

Yoga

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

Plant – 613-232-3000

Apr 26-Jun 21	Wed.	7:35-8:35 pm
8-14 years	\$73.50	1085119
15-17 years	\$83	1085129
18+ years	\$88.25	1085124

Richcraft-Kanata – 613-580-9696

Mar 26-Jun 25	Sun.	2-2:55 pm
6-14 years	\$90	1078937
15-18 years	\$101.50	1078889
18+ years	\$108	1078872

Zen

Practice meditation, mindful yoga postures and breathing exercises, and reflect upon your experience through art activities. Feel calm, confident and less stressed. Learn to regulate your emotions, improve concentration and relationships while having fun using your imagination. Individual registrations required.

Greenboro – 613-580-2805

Apr 25-Jun 13	Tue.	6:30-7:30 pm
8-12 years	\$40	1089208
19+ years	\$45.50	1089224

Zumba®

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

John G. Mlacak – 613-580-2980

Mar 27-Jun 5	Mon.	6:15-7 pm
6-14 years	\$45	1075990
15+ years	\$54.50	1075991

Kanata Recreation – 613-836-3121

Apr 6-Jun 8	Thu.	6-7 pm
7-14 years	\$66.50	1073306
18+ years	\$80.75	1073302

Sports

Badminton

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

Bridlewood – 613-271-0712

Apr 21-Jun 16	Fri.	6-7 pm
6-14 years	\$36.25	1073869
15+ years	\$40.75	1073737
Apr 21-Jun 16	Fri.	7-8 pm
6-14 years	\$36.25	1073879
15+ years	\$40.75	1073770
Apr 21-Jun 16	Fri.	8-9 pm
6-14 years	\$36.25	1073886
15+ years	\$40.75	1073772

Carleton Heights School – 613-226-2208

Mar 20-Jun 5	Mon.	7-8:30 pm
6-14 years	\$54.25	1092804
15+ years	\$61.25	1092768

Eva James – 613-271-0712

Apr 9-Jun 18	Sun.	4-5 pm
6-14 years	\$40.25	1073817
15+ years	\$45.50	1072794
Apr 9-Jun 18	Sun.	5-6 pm
6-14 years	\$40.25	1073824
15+ years	\$45.50	1072795
Apr 9-Jun 18	Sun.	6-7 pm
6-14 years	\$40.25	1073829
15+ years	\$45.50	1072797

Greenboro – 613-580-2805

Apr 23-Jun 18	Sun.	3-4 pm
6-14 years	\$32.25	1086293
15+ years	\$36.25	1080882

South Fallingbrook – 613-824-0633 ext. 221

Apr 7-Jun 9	Fri.	6-7 pm
8-14 years	\$40.25	1089560
15-18 years	\$45.50	1089597
Apr 7-Jun 23	Fri.,	6-7 pm
19+ years	\$45.50	1089631
Apr 10-Jun 26	Mon.	6-7 pm
8-14 years	\$40.25	1089548

15-18 years	\$45.50	1089574
19+ years	\$45.50	1089620
Apr 10-Jun 26	Mon.	7-8 pm
8-14 years	\$40.25	1089552
15-18 years	\$45.50	1089589
19+ years	\$45.50	1089624

Kendo

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

Plant – 613-232-3000

Apr 30-Jun 25	Sun.	3:30-5:30 pm
15+ years	\$100.75	1088788
7-14 years	\$92	1088809
Jul 9-Aug 27	Sun.	3:30-5:30 pm
7-14 years	\$80.50	1090792
15+ years	\$88.25	1090775

Rollerskating

Want a blast from the past? Join us for roller disco for fun on eight wheels. Family friendly with rental skates available.

Lansdowne Park – 613-580-2429

Apr 3-May 8	Mon.	6-8 pm
6-14 years	\$37.75	1090440
15-18 years	\$42.50	1090446
18+ years	\$42.50	1090432
May 29-Jun 26	Mon.	2-4 pm
6-14 years	\$37.75	1090947
15-18 years	\$42.50	1090951
18+ years	\$42.50	1090940
May 29-Jun 26	Mon.	6-8 pm
6-14 years	\$37.75	1090968
15-18 years	\$42.50	1090956
18+ years	\$42.50	1090962

Softball

Family fun on the diamond! Learn the basics of baseball/softball together with the help of a coach.

McCarthy Park – 613-260-1299

May 6-Jun 24	Sat.	10-11 am
5-9 years	\$28.25	1093341
18+ years	\$31.75	1093340

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.

Pat Clark (Cyrville) – 613-748-1771

Apr 12-Jun 21	Wed.	7-8 pm
5-14 years	\$84.25	1074209
15-18 years	\$123	1074235
Jul 5-Aug 23	Wed.	7-8 pm
5-14 years	\$61.25	1084677
15-18 years	\$89.50	1084678

South Fallingbrook – 613-824-0633 ext. 221

Apr 3-Jun 19	Mon., Wed.	5:30-6:30 pm
6-14 years	\$207.50	1085635
15-18 years	\$168	1085743
19+ years	\$168	1085805
Apr 3-Jun 19	Mon., Wed.	6:45-7:45 pm
6-14 years	\$207.50	1085652
15-18 years	\$168	1085754
19+ years	\$168	1085815
Apr 3-Jun 21	Mon., Wed.	8-9 pm
6-14 years	\$217.50	1085670
15-18 years	\$176	1085763
19+ years	\$176	1085824
Jun 26-Aug 23	Mon., Wed.	5:30-6:30 pm
6-14 years	\$158.25	1085927
15-18 years	\$128	1085956
19+ years	\$128	1085855
Jun 26-Aug 23	Mon., Wed.	6:45-7:45 pm
6-14 years	\$158.25	1085939
15-18 years	\$128	1085958
19+ years	\$128	1085877
Jun 26-Aug 28	Mon., Wed.	8-9 pm
6-14 years	\$168	1085946
15-18 years	\$136	1085964
19+ years	\$136	1085891

Drop-in Activities

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