



Classes and activities for

Youth

Recreation eGuide

Spring and Summer 2017

Table of Contents

Arts Centres Classes	2
Arts in Your Neighbourhood	3
Certification.....	3
Martial Arts	4
Sports.....	4
Drop-in Activities.....	5



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 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 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 and sculpt in specialised art studios
- Be in your own movie under the direction of successful movie producers

Learn life time art skills here.

Destination: arts experience.

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.

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.

Shenkman Arts

12-18 years	Mon.	6:30-8 pm
Apr 3-Jun 5	\$108.75	1073689

Science of Movie Making

Dive into the world of digital media and explore the science of movie making. Take photos to create a flip-book animation series, produce a short film and uncover green screen technology using DIY special effects.

Nepean Creative Arts

Mar 23-Apr 27	Thu.	6:45-8:15 pm
11-14 years	\$113.25	1072544
15-18 years	\$128.25	1072553

Performing Arts

Abba's Greatest Hits & Pop Performance

Experience performance through Abba and pop. Work with professional voice teacher Marina Rosovsky to develop excellent singing ability, musicality and vocal projection; and master stage fright. A series of workshops for children, youth and adults culminate in a combined performance on May 28 from 10 am-1 pm.

Nepean Creative Arts

15-18 years	\$284.75	1090461
Thu.	Mar 30, Apr 13, May 4	6-8:30 pm

Sun.	Apr 2, 9, 23, 30; May 7, 14	9:30 am-noon
Sun.	May 28	10 am-1 pm

Contemporary Dance – 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

Apr 1-Jun 10	Sat.	noon-1:15 pm
11-14 years	\$111.25	1072463
15-18 years	\$125.75	1078610

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

Apr 5-May 31	Wed.	5:30-6:30 pm
10-14 years	\$139.75	1072562
15-17 years	\$158.25	1072593

Level 2

Apr 5-May 31	Wed.	6:30-7:30 pm
10-14 years	\$139.75	1072610
15-17 years	\$158.25	1072632

Level 3

Apr 5-May 31	Wed.	7:30-8:30 pm
10-14 years	\$139.75	1072640
15-17 years	\$158.25	1072650



Pottery

Handbuilding

Create functional pieces using handbuilding construction techniques like coils or a slab and pinch pots. Surface decorations, textures and glazing techniques will be introduced.

Nepean Visual Arts

10-13 years	Sat.	1-3 pm
Apr 22-Jun 17	\$189	1072022

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 22-Jun 17	\$189	1072026
11-14 years	Sat.	1-3 pm
Apr 22-Jun 17	\$189	1072029

Arts in Your Neighbourhood

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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 – 613-271-0712

15-17 years	Wed.	5:45-6:45 pm
Apr 12-Jun 14	\$118	1081671

My Costume, My Fashion, My Style

Jr. Designers will hit the catwalk with advanced fashions and costume designs. Expand your expertise in sketching clothes, pattern design, then produce and star in a fashion show. Previous experience required.

Nepean Creative Arts

Apr 7-May 12	Fri.	6-9 pm
12-14 years	\$178.50	1072701
15-17 years	\$201.50	1072720

Zombie 101

Ever wanted to be one of the walking dead? Learn the ropes from zombie film director Brett Kelly and his zombie coach. Walk, growl and have your face made up to scare the life out of slow walking humans!

Nepean Creative Arts

Apr 22	Sat.	noon-3 pm
10-14 years	\$41.50	1081729
15-16 years	\$47	1081776

Minto-Barrhaven – 613-727-2683

15-17 years	Wed.	7-7:50 pm
Mar 29-Jun 7	\$111.25	1071992

Urban Art

Explore the diverse styles and techniques of urban muralists using a variety of mediums. Starting small with sketches, participants will work towards a large scale mural project throughout the program.

Hunt Club-Riverside Park – 613-260-1299

15-17 years	Tue.	7:30-8:30 pm
Apr 11-May 30	\$103.50	1093329

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

14-17 years	Sat.	10-11:30 am
Apr 22-Jun 17	\$104.25	1092937

Certification

Advanced Leadership Program (ALP)

Get job ready. Team building, communication, programming and leadership skills. Complete Standard First Aid/CPR 'C'/AED, High Five and ALP certificates plus a work placement. (40+ eligible hours for High School community service).

Albion Heatherington – 613-247-4828

15-17 years	Tue.-Fri., Mon.	9 am-4 pm
Aug 8-25	\$403.50	1089331

Bob MacQuarrie-Orléans – 613-580-9600

15-17 years	Mon.-Fri.	9 am-4 pm
Jul 10-28	\$432	1086463

Jack Charron Arena – 613-271-0712

15-17 years	Tue.-Fri., Mon.	9 am-4 pm
Jul 4-21	\$403.50	1090680

15-17 years	Mon.-Fri.	9 am-4 pm
Jul 31-Aug 18	\$403.50	1090728

Sir Guy Carleton School –

613 580 2424 ext. 41238

55 Centrepointe

15-17 years	Mon.-Fri.	9 am-4 pm
Jul 17-Aug 4	\$432	1092892

Sir Wilfrid Laurier School –

613-830-2747

1515 Tenth Line

15-17 years	Tue.-Fri., Mon.	9 am-4 pm
Aug 8-25	\$403.50	1083946

Babysitting Course

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

Albion Heatherington – 613-247-4828

15-18 years	Wed.	6-7:30 pm
Apr 5-May 24	\$82.25	1082239

Fisher Park – 613-798-8945

11-14 years	Wed.	6-8 pm
Mar 29-Apr 26	\$83.75	1080654
May 10-Jun 7	\$83.75	1080655

Greenboro – 613-580-2805

12-14 years	Sat.	1-4 pm
Apr 29-May 6	\$78.50	1088947

Minto-Barrhaven –

613-580-2424 ext. 41227

12-14 years	Sat.	8:30 am-3 pm
May 27-Jun 3	\$63	1086817

Richelieu-Vanier – 613-560-6030

15-18 years	Sat.	9 am-4:30 pm
Apr 22	\$82.25	1075899

15-18 years	Fri.	9 am-4:30 pm
May 19	\$82.25	1078137

Jun 9	\$82.25	1078138
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15-18 years	Wed.	9 am-4:30 pm
Aug 16	\$82.25	1075902

15-18 years	Wed.	9 am-4:30 pm
Aug 16	\$82.25	1075902

15-18 years	Wed.	9 am-4:30 pm
Aug 16	\$82.25	1075902

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 Barrett Arena –

613-580-2424 ext. 30235

15-18 years	Sat.-Sun.	8:30 am-5:30 pm
Jun 3- 4	\$146	1087483

Martial Arts

Jiu-Jitsu

A martial art using holds, escapes, ground defence, techniques, restraints and controlling techniques, and much more.

Overbrook – 613-742-5147

15-17 years	Thu.	8-9 pm
Apr 6-Jun 8	\$67.50	1090583

Karate

Courage, integrity, humility and self-control. Chito Ryu Karate is a traditional martial art including Kihon (basics), Katas and Kumite (individual sparing).

Heron – 613-247-4808

15-17 years	Sat.	11:15 am-12:15 pm
Apr 22-Jun 17	\$51.25	1080823

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

15-18 years	Tue., Thu.	6:30-7:30 pm
Apr 4-Jun 22	\$150	1096478

Karate Goju Ryu – Level 2

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

15-18 years	Tue., Thu.	7:30-8:30 pm
Apr 4-Jun 22	\$150	1082081

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 – 613-824-0819

15-17 years	Mon., Wed.	6:30-7:30 pm
Apr 3-Jun 21	\$106	1089017
Jun 26-Aug 30	\$146.50	1092299
15-17 years	Tue., Thu.	6:30-7:30 pm
Apr 4-Jun 22	\$106	1089018

Richcraft-Kanata – 613-580-9696

15-17 years	Wed.	8:15-9:15 pm
Mar 22-Jun 28	\$147.50	1071510
Jul 5-Aug 23	\$78.75	1073990
15-17 years	Sat.	4:15-5:15 pm
Mar 25-Jun 24	\$118	1071511
Jul 8-Aug 26	\$68.75	1073991

Sports

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Badminton

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

Hintonburg – 613-798-8874

11-14 years	Sat.	2:30-4:30 pm
Apr 1-Jun 10	\$99.75	1091216

Minto-Barrhaven – 613-727-2683

15-17 years	Thu.	8-8:50 pm
Mar 30-Jun 8	\$77.75	1072775



Badminton – Game Play

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

Eva James – 613-271-0712

15-17 years	Mon.	4:45-5:45 pm
Apr 3-Jun 19	\$45.50	1077366

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.	7:30-8:30 pm
Apr 6-Jun 15	\$70.50	1093094
Jul 6-Aug 24	\$51.25	1093096

Basketball – Game Play

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

Jockvale School – 613-580-2424 ext. 41238

15-18 years	Fri.	8:30-10 pm
Jul 7-Aug 18	\$40.75	1093737

St. Andrew School – 613-580-2400

15-18 years	Fri.	7:30-9 pm
Mar 24-May 26	\$54.50	1093182

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](#).

Fisher Park – 613-798-8945

13-14 years	Mon.	7-8 pm
Apr 3-Jun 19	\$105.50	1080642
15-16 years	Mon.	7-8 pm
Apr 3-Jun 19	\$105.50	1080643

St. Emily School – 613-580-2424 ext. 41227

13-14 years	Mon.	6-7:30 pm
Apr 3-Jun 5	\$127.25	1089689
15-16 years	Mon.	6-7:30 pm
Apr 3-Jun 5	\$144	1085991

Basketball – Above the Rim Advanced

Drills, skills and integration into game play. Practice fundamentals and take your game to the next level. Instruction provided by professionals from [Above the Rim Basketball School](#).

Eva James – 613-271-0712

15-16 years	Mon.	7:30-9 pm
Apr 10-Jun 12	\$144	1077425

Hockey Development

A beginner/intermediate program emphasizing skating, stick handling, passing and team play. Full hockey equipment mandatory: CSA approved helmet, full face mask and shoulder pads.

Ray Friel – 613-580-4765

15-17 years	Tue.	4:30-5:20 pm
Mar 21-Apr 25	\$104.50	1075558
15-17 years	Tue.	5-5:50 pm
May 2-Jun 27	\$156.75	1075581
Jul 4-Aug 22	\$139.25	1075640

Hockey Development – Skills Clinic

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

Jim Durrell – 613-247-4811

15-17 years (Midget)	Mon.-Fri.	3-4:50 pm
Aug 21-25	\$175	1091910

Hockey Development – Goalie Clinic

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 (Midget)	Mon.-Fri.	3-4:50 pm
Aug 21-25	\$120	1091892

Hockey – Girls

Lessons geared towards first time hockey players. Learn individual skills including skating, stick handling, and passing. Participants must have taken skating lessons before. Full hockey equipment is mandatory.

Ray Friel – 613-580-4765

15-17 years	Mon.	6-6:50 pm
May 1-Jun 26	\$117.25	1075468
Jul 10-Aug 21	\$88	1075538

In-Line Skating – Beginner

Each session will cover the proper skating stance, safe falling, techniques, forward skating, stopping, road safety and skate maintenance.

St-Laurent Complex – 613-742-6767

15-17 years	Sat.	10-11 am
Apr 22-May 13	\$52.25	1093107

Intro to Ice

Learn to skate 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 certified hockey or snow board helmet mandatory.

Minto-Barrhaven – 613-727-2683

15-17 years	Mon.	7-7:50 pm
Mar 27-May 29	\$87	1088943

Skating – Beginner

Learn to skate for teens who can skate forward and beyond. Skills include backward skating, one foot gliding and two foot turns. A CSA approved hockey helmet is mandatory.

Ray Friel – 613-580-4765

15-18 years	Thu.	6-6:50 pm
May 4-Jun 22	\$87	1075945
Jul 6-Aug 24	\$87	1075948

Sandy Hill Arena – 613-580-2596

15-18 years	Sun.	1-1:50 pm
May 7-Jun 4	\$54.50	1080309

Semi-Private Lessons

One on one instruction by a certified instructor for an adult. Skills to be taught dependent on the adult's level.

Ray Friel – 613-580-4765

15-17 years	Thu.	6-6:25 pm
May 11-Jun 22	\$164.75	
Jul 13-Aug 24	\$164.75	

Rock Climbing

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

Richcraft-Kanata – 613-580-9696

15-18 years	Sat.	noon-1 pm
Mar 25-Jun 24	\$142.50	1079109



Sport Conditioning

Athletic, sports-based skills and drills workout incorporating speed, agility, plyometrics and highly coordinated sports specific movements.

Nepean Sportsplex – 613-580-2828

15-18 years	Sun.	1-2 pm
Mar 26-Apr 30	\$45	1089312
May 14-Jun 18	\$45	1089317

Tennis

Forehand, backhand, serve and volley. Practice techniques to improve your skills and develop a better understanding of the game.

South Fallingbrook – 613-824-0633

15-18 years	Thu.	7:30-8:30 pm
Jun 22-Aug 24	\$141	1089191

Volleyball

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

Goulbourn – 613-580-2532

15-17 years	Thu.	7:30-8:30 pm
Apr 6-Jun 8	\$84.75	1086739

Minto-Barrhaven – 613-727-2683

15-17 years	Mon.	8-8:50 pm
Mar 27-Jun 5	\$63.50	1071039

Drop-in Activities

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