



## Classes and Activities for

# Adults

## Recreation eGuide

Spring and Summer 2018

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# Arts Centres

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

[Nepean Visual Arts Centre](#)  
**613-580-2828**  
**1701 Woodroffe Avenue**  
**(Entrance 3,**  
**Nepean Sportsplex)**



[Nepean Creative Arts Centre](#)  
**613-596-5783**  
**35 Stafford Road,**  
**Bells Corners**



[Shenkman Arts Centre](#)  
**613-580-2787**  
**245 Centrum Boulevard,**  
**Orléans**

## What do arts centres offer youth?

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

**Learn life time art skills here.**

**Destination: arts experience.**



# Digital 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.

## Cameraless Animation

The original colouring book for adults -- Create a short animated film. Suits both beginners and accomplished artists. Draw, paint or scratch onto 16mm film stock, then project the beautiful finished work.

### Nepean Creative Arts

Sun.	2:30-4 pm	
Apr 8-May 13	\$214	<a href="#">1162620</a>

# Performing Arts

## Dance

### Ballet Barre Fit

An energizing combination of ballet moves with an emphasis on posture and alignment. Develop lean muscle mass while improving your balance, flexibility, and range of motion.

### Nepean Creative Arts

Tue.	5:30-6:15 pm	
Apr 10-Jun 5	\$55.75	<a href="#">1162420</a>

### Argentine Tango – Level 1

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

### Shenkman Arts

Thu.	9-10 pm	
Apr 12-May 31	\$91.25	<a href="#">1140257</a>

### Ballroom – Level 1

Ballroom is 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 10-May 29	\$91.25	<a href="#">1139707</a>

### Shenkman Arts

Thu.	7-8 pm	
Apr 12-May 31	\$91.25	<a href="#">1140234</a>

### 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.

### Nepean Creative Arts

Tue.	8-9 pm	
Apr 10-May 29	\$91.25	<a href="#">1139709</a>

### Shenkman Arts

Thu.	8-9 pm	
Apr 12-May 31	\$91.25	<a href="#">1140248</a>

### 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.

### Nepean Creative Arts

Wed.	7-8 pm	
Apr 4-May 16	\$79.75	<a href="#">1139783</a>

### Shenkman Arts

Mon.	7:30-8:30 pm	
Apr 9-Jun 4	\$91.25	<a href="#">1140178</a>

### Belly Dance – Level 2

Explore more complicated arrangements. Layer movements and combinations. Prerequisite: Belly Dance Level 1.

### Nepean Creative Arts

Wed.	8-9 pm	
Apr 4-May 16	\$79.75	<a href="#">1139790</a>

**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  
Apr 12-May 31 \$91.25 [1139862](#)

**Shenkman Arts**

Mon. 6:30-7:30 pm  
Apr 9-Jun 4 \$91.25 [1140183](#)

**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 5-May 10 \$146.25 [1139872](#)

**Hawaiian**

Dance Hawaiian style to Don Ho, Andy Williams, and Elvis Presley. Hawaiian arms movements help arthritic fingers. Sway in your style, standing or seated.

**Nepean Creative Arts**

Fri. 7-8 pm  
Apr 13-May 25 \$79.75 [1156871](#)

**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  
Apr 10-Jun 5 \$91.25 [1139765](#)



**Jazz – Level 1**

Basics of jazz dance will improve your co-ordination, strength, and flexibility through dance combinations set to popular music. This is a combined adult and youth class.

**Shenkman Arts**

Wed. 7-8:30 pm  
Apr 11-May 30 \$136.75 [1140225](#)

**Live Band Swing Dance**

Learn the craze that's sweeping the city. A coach will teach you basic Swing steps, or help you push your skills to the next level. A live band will provide the music for the last three hours.

**Nepean Creative Arts**

Thu. 6-9:30 pm  
Apr 19 \$126.50 [1156894](#)

**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. 7-8 pm  
Apr 10-Jun 5 \$91.25 [1140205](#)

**Theatrical Belly 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. 7-8 pm  
May 23-Jun 13 \$45.75 [1139817](#)

**Music**

**Abba's Greatest Hits & Pop Performance**

Experience performance through Abba and pop. Professional musician and teacher Peter Grant Mackechnie teaches singing ability, musicality, vocal projection, and performance skills through popular music. A series of workshops culminates in a combined performance.

**Nepean Creative Arts**

Sun. 10-11:30 am  
Apr 29-Jun 10 \$102.50 [1153705](#)

**Guitar**

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 9-May 28 \$139.50 [1139656](#)

**Shenkman Arts**

Sat. 10-11 am  
Apr 14-Jun 9 \$155 [1140542](#)

**Level 2**

**Nepean Creative Arts**

Mon. 7:30-8:30 pm  
Apr 9-May 28 \$139.50 [1139657](#)

**Shenkman Arts**

Sat. 1-2 pm  
Apr 14-Jun 9 \$155 [1140567](#)

**Level 3**

**Nepean Creative Arts**

Mon. 8:30-9:30 pm  
Apr 9-May 28 \$139.50 [1139658](#)

**Ukulele**

Learn a unique instrument that is affordable, fun, and easy to learn.

**Nepean Creative Arts**

Mon. 5:30-6:30 pm  
Apr 9-May 28 \$139.50 [1139655](#)

**Shenkman Arts**

Sat. 3-4 pm  
Apr 14-Jun 9 \$159.50 [1140581](#)

**Visual Arts**

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**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. Instructor: Kerri Weller

**Nepean Visual Arts**

Tue. 9:30 am-12:30 pm  
May 8-Jun 26 \$248 [11412095](#)

**Coloured Pencils**

Using coloured pencils, create paintings of beautiful botanical subjects. Work from live specimens to match the pencil's colours to recreate colours found in nature. New techniques each week.

**Nepean Visual Arts**

Wed. 9:30 am-12:30 pm  
Mar 28-May 30 \$310.25 [1141890](#)

**Drawing**

**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 11-Jun 13 \$258.25 [1142004](#)

## Contemporary Drawing

Examine basic foundations and newer interpretations of drawing. Exploration in realism, abstraction and non-representation. Enhance skills and discover new ideas while experimenting in a variety of exercises.

### Nepean Creative Arts

Tue. 1-3:30 pm  
Apr 10-Jun 19 \$258.25 [1142050](#)

## 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 9-Jun 18 \$258.50 [1141892](#)

## Mixed Media

### 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 9-Jun 18 \$258.50 [1142064](#)

### Abstract – 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 10-Jun 12 \$258.25 [1142051](#)

## Large Scale Mixed Media Painting

Focus on creative expression; and, translating imagination to creation by exploring different media. 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 11-Jun 13 \$310 [1142067](#)

## Painting

### Acrylic Landscape

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. Creative direction given by professional fine artist.

### Nepean Visual Arts

Mon. 7-9:30 pm  
Apr 9-Jun 18 \$258.50 [1142082](#)

### Big Scale Abstract Art

Artistic freedom is what abstract painting is all about. Explore painting on a large scale canvas, create a composition focusing on the use of colour, space, line, shape and texture.

### Nepean Visual Arts

Wed. 7-9:30 pm  
Apr 11-Jun 13 \$258.25 [1142088](#)

### 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. 6:30-9:30 pm  
Apr 10-Jun 12 \$310 [1142273](#)  
Wed. 9 am-noon  
Apr 11-Jun 13 \$310 [1142314](#)  
Wed. 1-4 pm  
Apr 11-Jun 13 \$310 [1142303](#)

Thu. 7-9:30 pm  
Apr 12-Jun 14 \$258.25 [1142321](#)  
Fri. 1-4 pm  
Apr 13-Jun 15 \$310 [1142358](#)  
Tue. 1-3:30 pm  
Jul 3-Aug 21 \$206.75 [1145179](#)  
Tue. 7-9:30 pm  
Jul 3-Aug 21 \$206.75 [1145173](#)  
Thu. 1-3:30 pm  
Jul 5-Aug 23 \$206.75 [1145191](#)  
Thu. 7-9:30 pm  
Jul 5-Aug 23 \$206.75 [1145187](#)  
Fri. 1-3:30 pm  
Jul 6-Aug 24 \$206.75 [1145197](#)

### 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. 1-4 pm  
Apr 9-Jun 18 \$310 [1142361](#)

### 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

Mon. 6:30-9:30 pm  
Apr 9-Jun 18 \$310 [1142381](#)  
Wed. 6:30-9:30 pm  
Apr 11-Jun 13 \$310 [1142384](#)

### 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. 1-3:30 pm  
Apr 19-Jun 21 \$232.75 [1142075](#)

### Watercolour – 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 13-Jun 15 \$232.75 [1142397](#)

### Nepean Visual Arts

Mon. 9:30 am-12:30 pm  
Apr 9-Jun 18 \$310 [1142401](#)

### Watercolour – 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 13-Jun 15 \$258.25 [1142430](#)

### Nepean Visual Arts

Mon. 1-4 pm  
Apr 9-Jun 18 \$310 [1142435](#)

## Pottery

### Handbuilding – Functional

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 9-Jun 18 \$284.75 [1142630](#)  
Tue. 1-3:30 pm  
Apr 10-Jun 12 \$284.75 [1142633](#)

### Handbuilding – Sculptural

Explore handbuilding construction techniques with a heavy emphasis on additional sculptural elements like the use of proportion and plane. Class is tailored appropriately to participant's level. Some experience with clay is recommended.

### Nepean Visual Arts

Wed. 7-9:30 pm  
Apr 11-Jun 13 \$284.75 [1142634](#)

**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.

**Nepean Visual Arts**

Mon.	9:30 am-noon	
Apr 9-Jun 18	\$284.75	<a href="#">1142647</a>
Tue.	9:30 am-noon	
Jul 3-Aug 21	\$227.75	<a href="#">1145944</a>

**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**

Tue.	9:30 am-noon	
Apr 10-Jun 12	\$284.75	<a href="#">1143118</a>
Wed.	7-9:30 pm	
Apr 11-Jun 13	\$284.75	<a href="#">1143108</a>
Thu.	7-9:30 pm	
Apr 12-Jun 14	\$284.75	<a href="#">1143143</a>
Tue.	7-9:30 pm	
Jul 3-Aug 21	\$227.75	<a href="#">1145954</a>

**Wheel – Level 2**

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

**Nepean Visual Arts**

Mon.	6:30-9:30 pm	
Apr 9-Jun 18	\$341.75	<a href="#">1143777</a>
Jul 9-Aug 20	\$205	<a href="#">1146065</a>



**Pottery Studios**

**Nepean Visual Arts**

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.

<b>Spring</b>	<b>10 weeks</b>	<b>\$128</b>
<b>Summer</b>	<b>7 weeks</b>	<b>\$95.50</b>
	<b>8 weeks</b>	<b>\$110.50</b>

**Handbuilding**

Mon.	9 am-noon	Apr 9-Jun 18	<a href="#">1142542</a>
Mon.	1-4 pm	Apr 9-Jun 18	<a href="#">1142547</a>
Tue.	9 am-noon	Apr 10-Jun 12	<a href="#">1151440</a>
Tue.	1-4 pm	Apr 10-Jun 12	<a href="#">1142551</a>
		Jul 3-Aug 21	<a href="#">1145222</a>
Tue.	6-9 pm	Apr 10-Jun 12	<a href="#">1142567</a>
Wed.	1-4 pm	Apr 11-Jun 13	<a href="#">1142575</a>
Thu.	9 am-noon	Apr 12-Jun 14	<a href="#">1142609</a>
		Jul 5-Aug 23	<a href="#">1145229</a>
Thu.	1-4 pm	Apr 12-Jun 14	<a href="#">1142608</a>
		Jul 5-Aug 23	<a href="#">1145232</a>
Fri.	6-9 pm	Apr 13-Jun 15	<a href="#">1142610</a>
Wed.	6-9 pm	Jul 4-Aug 22	<a href="#">1145227</a>
Sun.	12:30-3:30 pm	Jul 8-Aug 26	<a href="#">1145239</a>

**Wheel**

Tue.	1-4 pm	Apr 10-Jun 12	<a href="#">1142613</a>
		Jul 3-Aug 21	<a href="#">1145248</a>
Tue.	6-9 pm	Apr 10-Jun 12	<a href="#">1142616</a>
Wed.	1-4 pm	Apr 11-Jun 13	<a href="#">1142618</a>
Thu.	9 am-noon	Apr 12-Jun 14	<a href="#">1142620</a>
		Jul 5-Aug 23	<a href="#">1145258</a>
Thu.	1-4 pm	Apr 12-Jun 14	<a href="#">1142621</a>
		Jul 5-Aug 23	<a href="#">1145256</a>
Fri.	6-9 pm	Apr 13-Jun 15	<a href="#">1142622</a>
Wed.	6-9 pm	Jul 4-Aug 22	<a href="#">1145252</a>
Sun.	12:30-3:30 pm	Jul 8-Aug 26	<a href="#">1145261</a>

**Nepean Visual Arts Centre**

**Flex It Studios**

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. **\$14 per date**

**Handbuilding**

Tue. 1-4 pm	Jul 3	<a href="#">1145278</a>
	Jul 10	<a href="#">1145302</a>
	Jul 17	<a href="#">1145316</a>
	Jul 24	<a href="#">1145328</a>
	Jul 31	<a href="#">1145339</a>
	Aug 7	<a href="#">1145830</a>
	Aug 14	<a href="#">1145846</a>
	Aug 21	<a href="#">1145859</a>
Wed. 6-9 pm	Jul 4	<a href="#">1145279</a>
	Jul 11	<a href="#">1145305</a>
	Jul 18	<a href="#">1145318</a>
	Jul 25	<a href="#">1145330</a>
	Aug 1	<a href="#">1145823</a>
	Aug 8	<a href="#">1145834</a>
	Aug 15	<a href="#">1145850</a>
	Aug 22	<a href="#">1145860</a>
Thu. 9 am-noon	Jul 5	<a href="#">1145287</a>
	Jul 12	<a href="#">1145308</a>
	Jul 19	<a href="#">1145319</a>
	Jul 26	<a href="#">1145333</a>
	Aug 2	<a href="#">1145827</a>
	Aug 9	<a href="#">1145835</a>
	Aug 16	<a href="#">1145853</a>
	Aug 23	<a href="#">1145863</a>
Thu. 1-4 pm	Jul 5	<a href="#">1145283</a>
	Jul 12	<a href="#">1145309</a>
	Jul 19	<a href="#">1145323</a>
	Jul 26	<a href="#">1145332</a>
	Aug 2	<a href="#">1145825</a>
	Aug 9	<a href="#">1145838</a>
	Aug 16	<a href="#">1145855</a>
	Aug 23	<a href="#">1145865</a>
Sun. 12:30-3:30 pm	Jul 8	<a href="#">1145293</a>
	Jul 15	<a href="#">1145312</a>
	Jul 22	<a href="#">1145325</a>
	Jul 29	<a href="#">1145335</a>
	Aug 12	<a href="#">1145839</a>
	Aug 19	<a href="#">1145857</a>
	Aug 26	<a href="#">1145866</a>

**Wheel**

Tue. 1-4 pm	Jul 3	<a href="#">1145871</a>
	Jul 10	<a href="#">1145881</a>
	Jul 17	<a href="#">1145891</a>
	Jul 24	<a href="#">1145898</a>
	Jul 31	<a href="#">1145907</a>
	Aug 7	<a href="#">1145915</a>
	Aug 14	<a href="#">1145927</a>
Wed. 6-9 pm	Jul 4	<a href="#">1145873</a>
	Jul 11	<a href="#">1145884</a>
	Jul 18	<a href="#">1145892</a>
	Jul 25	<a href="#">1145900</a>
	Aug 1	<a href="#">1145908</a>
	Aug 8	<a href="#">1145918</a>
	Aug 15	<a href="#">1145930</a>
Thu. 9 am-noon	Jul 5	<a href="#">1155177</a>
	Jul 12	<a href="#">1145889</a>
	Jul 19	<a href="#">1145894</a>
	Jul 26	<a href="#">1145904</a>
	Aug 2	<a href="#">1145912</a>
	Aug 9	<a href="#">1145922</a>
	Aug 16	<a href="#">1145934</a>
Thu. 1-4 pm	Jul 5	<a href="#">1145875</a>
	Jul 12	<a href="#">1145886</a>
	Jul 19	<a href="#">1145893</a>
	Jul 26	<a href="#">1145901</a>
	Aug 2	<a href="#">1145910</a>
	Aug 9	<a href="#">1145920</a>
	Aug 16	<a href="#">1145931</a>
Sun. 12:30-3:30 pm	Jul 8	<a href="#">1145878</a>
	Jul 15	<a href="#">1145890</a>
	Jul 22	<a href="#">1145896</a>
	Jul 29	<a href="#">1145897</a>
	Aug 12	<a href="#">1145924</a>
	Aug 19	<a href="#">1145936</a>

**Studios**

**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 12-Jun 14 \$51 [1142015](#)

**Life Drawing-Short Gestural Poses – Level 1**

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 10-Jun 12 \$51 [1142032](#)

**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 13-Jun 15 \$51 [1142366](#)  
Thu. 9 am-noon  
Jul 5-Aug 23 \$52 [1145205](#)

**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  
Apr 9-Jun 18 \$51 [1142374](#)  
Jul 9-Aug 20 \$33 [1145208](#)

**Watercolour**

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

**Nepean Visual Arts**

Tue. 1-3:30 pm  
Apr 10-Jun 12 \$51 [1142462](#)

Thu. 10 am-3 pm  
Apr 12-Jun 14 \$102 [1142495](#)  
Fri. 10 am-3 pm  
Apr 13-Jun 15 \$102 [1142515](#)  
Fri. 9 am-noon  
Jul 6-Aug 24 \$52 [1145214](#)

**Watercolour – Botanical**

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

**Nepean Visual Arts**

Tue. 1-3:30 pm  
Apr 10-Jun 12 \$51 [1142462](#)

**Workshops**

**Abstract Painting – Introduction**

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 included.

**Nepean Visual Arts**

Sat. 10 am-4 pm  
May 26 \$126.75 [1142097](#)

**Canvas and Cocktails**

Explore your artistic side with this night out! Learn the very basics of acrylic painting, completing a 16 x 20 canvas while exploring and savouring wines from around the world. Supplies and two glasses of wine included. Professional art instructor and wine sommelier guide you and answer questions.

**Nepean Visual Arts**

Fri. 6:30-9:30 pm  
Jun 1 \$73.25 [1142096](#)

**Clay Wheel**

Ever wonder what it's like to throw on the potter's wheel? Come alone or grab a friend and spend a fun afternoon learning how to centre clay and make a couple of pots! Supplies provided.

**Nepean Visual Arts**

Fri. 1-4 pm  
Apr 20 \$40 [1142624](#)  
May 11 \$40 [1142626](#)  
Jun 15 \$40 [1142627](#)

**Ink tense**

Combine the intensity of ink with the translucence of a wash and traditional coloured pencil for an ink tense 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.

**Nepean Visual Arts**

Sat. 9:30 am-1 pm  
May 5 \$87.75 [1156643](#)

**Photo Transfer: Altered Images**

Image transfer techniques are an easy, modern and creative way to add dimension to any work! Create a unique family photo display on wood artists' panels to take home. The benefit of this class is that applications are endless. Supplies included.

**Nepean Visual Arts**

Sat. 10 am-4 pm  
Apr 21 \$98.50 [1142085](#)

**Arts in Your Neighbourhood**

**Literary 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.*

**Bullet Journaling – Introduction**

Simplify your life, manage your time, reduce stress, set goals, plan for success and do it in a colourful and creative way. Create personalized productivity tools while enjoying the relaxation of doodling and colouring.

**Lansdowne Park – 613-580-2424 ext. 17323**

Tue. 11:15 am-12:45 pm  
Apr 3-May 1 \$51.75 [1163923](#)  
May 8-Jun 19 \$90.75 [1163924](#)

Tue. 7:15-8:45 pm  
Apr 3-May 1 \$51.75 [1163925](#)  
May 8-Jun 19 \$90.75 [1163929](#)

**Rockcliffe Park – 613-842-8578**

Mon. 1-2:30 pm  
Apr 23-May 14 \$51.75 [1145216](#)

**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 7-May 12 \$79.75 [1162154](#)  
Sun. 12:30-2 pm  
Apr 8-May 13 \$79.75 [1162155](#)

**John G. Mlacak – 613-580-2980**

Wed. 10 am-noon  
Mar 28-May 30 \$154.25 [1158568](#)  
Thu. 10 am-noon  
Mar 29-May 31 \$154.25 [1158573](#)  
Thu. 6:30-8:30 pm  
Mar 29-May 31 \$154.25 [1158584](#)  
Fri. 10 am-noon  
Mar 23-Jun 1 \$154.25 [1158577](#)



## Performing Arts

### Dancing with 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 6	8	\$91.25	<a href="#">1162091</a>
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Jul 6	8	\$91.25	<a href="#">1163936</a>
Ballroom 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8 pm	Apr 6	10	\$115	<a href="#">1151648</a>
Ballroom 1	Greenboro	613-580-2805	Wed.	7:15-8:15 pm	Apr 4	8	\$91.25	<a href="#">1163122</a>
Ballroom 1	Greenboro	613-580-2805	Wed.	7:15-8:15 pm	Jul 4	8	\$91.25	<a href="#">1163928</a>
Ballroom 1	Greenboro	613-580-2805	Wed.	8:15-9:15 pm	Apr 4	8	\$91.25	<a href="#">1163126</a>
Ballroom 1	Greenboro	613-580-2805	Wed.	8:15-9:15 pm	Jul 4	8	\$91.25	<a href="#">1163930</a>
Ballroom 1	Greenboro	613-580-2805	Fri.	7-8 pm	Apr 6	8	\$91.25	<a href="#">1163062</a>
Ballroom 1	Greenboro	613-580-2805	Fri.	7-8 pm	Jul 6	8	\$91.25	<a href="#">1163927</a>
Ballroom 1	Hintonburg	613-798-8874	Fri.	7-8:15 pm	Apr 6	8	\$114	<a href="#">1160069</a>
Ballroom 1	John G. Mlacak	613-580-2980	Mon.	6:45-7:45 pm	Mar 19	10	\$114	<a href="#">1158635</a>
Ballroom 1	Manotick Arena	Extension 30235	Sun.	7-8 pm	Apr 8	8	\$91.25	<a href="#">1157618</a>
Ballroom 1	Metcalfe	Extension 30235	Wed.	8-9 pm	Apr 4	8	\$91.25	<a href="#">1157608</a>
Ballroom 1	Nepean Sportsplex	613-596-5783	Thu.	7-8 pm	Apr 12	8	\$91.25	<a href="#">1144936</a>
Ballroom 1	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Apr 10	8	\$86	<a href="#">1156582</a>
Ballroom 1	Richelieu-Vanier	613-560-6030	Tue.	7-8 pm	Apr 10	8	\$91.25	<a href="#">1141870</a>
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Mar 22	6	\$100.50	<a href="#">1160162</a>
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	May 10	5	\$83.75	<a href="#">1156539</a>
Ballroom 2	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7-8 pm	Apr 6	10	\$115	<a href="#">1151650</a>
Ballroom 2	Greenboro	613-580-2805	Fri.	6-7 pm	Apr 6	8	\$91.25	<a href="#">1163080</a>
Ballroom 2	Greenboro	613-580-2805	Fri.	6-7 pm	Jul 6	8	\$91.25	<a href="#">1163933</a>
Ballroom 2	John G. Mlacak	613-580-2980	Mon.	8-9 pm	Mar 19	10	\$114	<a href="#">1158657</a>
Ballroom 2	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Apr 12	8	\$91.25	<a href="#">1144957</a>
Ballroom 2	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Apr 10	8	\$86	<a href="#">1156586</a>
Ballroom 2	Richelieu-Vanier	613-560-6030	Tue.	7-8 pm	Apr 10	8	\$91.25	<a href="#">1141873</a>
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Mar 22	6	\$100.50	<a href="#">1160165</a>
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	May 10	5	\$83.75	<a href="#">1156549</a>
Ballroom 3	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Apr 12	8	\$91.25	<a href="#">1144962</a>

## Dancing with 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
Ballroom 3	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Apr 10	8	\$86	<a href="#">1156590</a>
Ballroom 3	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 10	8	\$91.25	<a href="#">1141876</a>
Ballroom 4	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Apr 9	8	\$91.25	<a href="#">1144907</a>
Ballroom 4	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Apr 10	8	\$86	<a href="#">1156593</a>
Ballroom 4	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 10	8	\$91.25	<a href="#">1141879</a>
Ballroom 5	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Apr 9	8	\$91.25	<a href="#">1144911</a>
Ballroom 5	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Apr 10	8	\$86	<a href="#">1156597</a>
Ballroom 5	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 10	8	\$91.25	<a href="#">1141882</a>
Ballroom 6	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Apr 12	8	\$91.25	<a href="#">1144922</a>
Ballroom 6	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Apr 10	8	\$86	<a href="#">1156599</a>
Ballroom 6	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 10	8	\$91.25	<a href="#">1141883</a>
Ballroom 7	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Apr 12	8	\$91.25	<a href="#">1144928</a>
Ballroom 7	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Apr 12	8	\$91.25	<a href="#">1141884</a>
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	6-7 pm	Apr 9	8	\$91.25	<a href="#">1144873</a>
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	7-8 pm	Apr 9	8	\$91.25	<a href="#">1144876</a>
Ballroom 8	Queenswood Heights	613-580-4765	Tue.	6-7 pm	Apr 10	8	\$86	<a href="#">1156601</a>
Ballroom 8	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Apr 12	8	\$91.25	<a href="#">1141885</a>
Ballroom Social	Richelieu-Vanier	613-560-6030	Tue.	9-10 pm	Apr 10	8	\$91.25	<a href="#">1141886</a>
Ballroom Social	Richelieu-Vanier	613-560-6030	Thu.	7-8 pm	Apr 12	8	\$91.25	<a href="#">1141887</a>
Ballroom Social	Richelieu-Vanier	613-560-6030	Thu.	9-10 pm	Apr 12	8	\$91.25	<a href="#">1141888</a>
Salsa and Merengue 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	8-9 pm	Apr 6	10	\$115	<a href="#">1151654</a>
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	6:45-7:45 pm	Apr 3	11	\$125.25	<a href="#">1159657</a>
Salsa and Merengue 1	St-Laurent	613-742-6767	Mon.	8-9 pm	Apr 9	8	\$91.25	<a href="#">1164507</a>
Salsa and Merengue 2	François Dupuis	613-580-8080	Tue.	7:45-8:45 pm	Apr 3	11	\$125.25	<a href="#">1159684</a>



## 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
Belly 1	Fisher Park	613-798-8945	Wed.	7:15-8:15 pm	Apr 4	10	\$91.75	<a href="#">1143908</a>
Belly 1	Plant	613-232-3000	Fri.	6:30-7:30 pm	Mar 23	12	\$136.75	<a href="#">1162888</a>
Belly 1	Plant	613-232-3000	Fri.	6:30-7:30 pm	Jul 6	7	\$79.75	<a href="#">1164231</a>
Belly 1	Sandy Hill	613-564-1062	Wed.	6-7 pm	Mar 21	8	\$86.50	<a href="#">1162775</a>
Belly 2	Sandy Hill	613-564-1062	Wed.	7-8 pm	Mar 21	8	\$86.50	<a href="#">1162777</a>
Bollywood 1	Hintonburg	613-798-8874	Thu.	6:30-7:30 pm	Apr 5	8	\$91.25	<a href="#">1160067</a>
Line Dancing 1	St-Laurent	613-742-6767	Wed.	10:15-11:45 am	Mar 21	9	\$96.50	<a href="#">1164235</a>
Line Dancing 1	St-Laurent	613-742-6767	Wed.	7:15-8:45 pm	Mar 21	9	\$96.50	<a href="#">1164237</a>
Line Dancing 2	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Mar 20	9	\$96.50	<a href="#">1164505</a>
Line Dancing 2	St-Laurent	613-742-6767	Wed.	1:15-2:45 pm	Mar 21	9	\$96.50	<a href="#">1164504</a>
Line Dancing 3	St-Laurent	613-742-6767	Thu.	7:15-8:45 pm	Mar 22	9	\$96.50	<a href="#">1164506</a>
Margaret Morris 1	Dempsey	613-247-4846	Mon.	7-8 pm	Mar 19	10	\$109	<a href="#">1155784</a>
Margaret Morris 2	Dempsey	613-247-4846	Mon.	7-9 pm	Mar 19	10	\$156.25	<a href="#">1155807</a>

## 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	Tue.	6:30-8:30 pm	Mar 20	12	\$205.75	<a href="#">1158726</a>
Guitar 1	Plant	613-232-3000	Wed.	8-9 pm	Mar 21	14	\$265.75	<a href="#">1162731</a>
Guitar 1	St-Laurent	613-742-6767	Thu.	9-10 pm	Apr 5	11	\$219.25	<a href="#">1164508</a>
Guitar 2	John G. Mlacak	613-580-2980	Wed.	6:30-8:30 pm	Mar 21	12	\$205.75	<a href="#">1158757</a>
Guitar 3	John G. Mlacak	613-580-2980	Thu.	6:45-8:45 pm	Mar 22	12	\$205.75	<a href="#">1158777</a>
Guitar Maintenance	John G. Mlacak	613-580-2980	Sat.	9 am-2 pm	Jun 9	1	\$57	<a href="#">1158805</a>
Keyboard 1	Plant	613-232-3000	Mon.	8-9 pm	Mar 19	12	\$228	<a href="#">1146203</a>
Keyboard 1	St-Laurent	613-742-6767	Sat.	5-6 pm	Apr 7	10	\$247.75	<a href="#">1164514</a>
Ukulele	Hintonburg	613-798-8874	Thu.	7-8 pm	Apr 12	6	\$119.75	<a href="#">1160080</a>
Ukulele	Plant	613-232-3000	Sat.	9:30-10:30 am	Mar 24	11	\$219.25	<a href="#">1162916</a>
Vocal	Plant	613-232-3000	Sat.	4-5 pm	Mar 24	11	\$219.25	<a href="#">1163050</a>

## Visual Arts

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

## 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.

#### Greenboro – 613-580-2805

Sat. 11:45 am-12:45 pm  
Apr 7-Jun 2 \$91.25 [1164010](#)

#### Plant – 613-232-3000

Mon. 10-11:30 am  
Mar 19-Jun 18 \$205 [1145784](#)

#### St-Laurent – 613-742-6767

Mon. 7-8:30 pm  
Apr 16-Jun 11 \$136.75 [1164528](#)

### Drawing – Level 2

Do you understand the fundamentals of drawing? Go further with the addition of colour using pastels, coloured pencils, conté, ink, coloured papers and sand papers. Colour sketching is a wonderful addition to painting.

#### St-Laurent – 613-742-6767

Sun. 1:30-3 pm  
Apr 15-Jun 10 \$136.75 [1164529](#)

## Ikebana

### Ikebana

The art of Japanese flower arranging.

#### McNabb – 613-564-1070

Tue. 10 am-noon  
Apr 10-May 15 \$76.25 [1146214](#)

Wed. 10 am-noon  
Apr 11-May 16 \$76.25 [1146221](#)

Wed. 7-9 pm  
Apr 11-May 16 \$76.25 [1146228](#)

#### Rockcliffe Park – 613-842-8578

Thu. 1-3 pm  
Apr 12-Jun 14 \$191.25 [1142553](#)

Sat. 10:30 am-12:30 pm  
Apr 14-Jun 16 \$191.25 [1142558](#)

### 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 12-Jun 14 \$244 [1142566](#)

Sat. 10:30 am-12:30 pm  
Apr 14-Jun 16 \$244 [1142571](#)

## Painting

### 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.

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

Wed. 7-8 pm  
Apr 4-May 9 \$68.50 [1154900](#)

May 16-Jun 20 \$68.50 [1154901](#)

#### Plant – 613-232-3000

Mon. 7-8:30 pm  
Mar 19-Jun 18 \$203 [1145724](#)

### 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. Creative direction given by professional fine artist.

#### Bob MacQuarrie-Orléans – 613-580-9600

Mon. 6-7:30 pm  
Apr 9-May 7 \$68.50 [1151253](#)

#### Greenboro – 613-580-2805

Thu. 12:30-3 pm  
Apr 5-May 24 \$161.25 [1162887](#)

### Geometric Abstraction

Explore the world of geometric abstraction, a form of art based on the use of geometric forms and shapes placed in non-illusionistic space and combined into non-objective compositions.

#### Greenboro – 613-580-2805

Sat. 10-11:30 am  
Apr 7-May 26 \$136.75 [1163999](#)

### 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.

#### St-Laurent – 613-742-6767

Thu. 7-8:30 pm  
Apr 26-Jun 14 \$136.75 [1164530](#)

#### 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  
Mar 28-Jun 13 \$235.25 [1139557](#)

### Oil/Acrylic – Levels 1/2-1

Individual instruction will be given to enhance and develop your skills. Perspective, colour mixing and painting techniques will be explored using the subject matter of your choice.

#### Overbrook – 613-742-5147

Thu. 1-3:30 pm  
Mar 22-Jun 7 \$149.75 [1160692](#)

### Oil and Acrylics Studio

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

#### Ron Kolbus Lakeside – 613-828-4313

Wed. 9 am-12:30 pm  
Mar 21-May 23 \$69 [1158392](#)

Tue. 9 am-12:30 pm  
Jun 5-Aug 28 \$99.50 [1158397](#)

### Watercolour – 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.

#### St-Laurent – 613-742-6767

Wed. 7-8:30 pm  
Apr 25-Jun 13 \$136.75 [1164531](#)

## 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. 7:15-8:45 pm  
Jul 19-Aug 9 \$68.50 [1156608](#)

### 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

Tue. 6-8 pm  
May 1- 8 \$45.75 [1160078](#)

#### Ron Kolbus Lakeside – 613-828-4313

Thu. 7:15-8:45 pm  
Mar 22-Apr 12 \$68.50 [1156604](#)

## 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 22-May 24	\$165.75	<a href="#">1155831</a>

### 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	
Apr 12-Jun 14	\$284.75	<a href="#">1146161</a>
Thu.	5:30-8 pm	
Jul 5-Aug 23	\$227.75	<a href="#">1149720</a>

### 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	
Apr 9-Jun 11	\$256.25	<a href="#">1146074</a>

### Wheel – Level 2

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

**McNabb – 613-564-1070**

Tue.	7-9:30 pm	
Apr 10-Jun 12	\$284.75	<a href="#">1146097</a>
Tue.	5:30-8 pm	
Jul 3-Aug 21	\$227.75	<a href="#">1149705</a>



## General Interest

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### Bicycle Tune Up

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**

Fri.	9-11:30 am	
May 4	\$16	<a href="#">1163075</a>

### Chivalrous Sword Handling

#### Level 1

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**

Sun.	10:30 am-12:30 pm	
Mar 25-Jun 17	\$190.75	<a href="#">1163221</a>
Jul 8-Aug 26	\$121.25	<a href="#">1164242</a>

#### Level 2

Continue building on the fundamentals of HEMA Longsword through advanced training methodologies and safe contact sparring. Come and continue your study of historical fencing. Respect, courtesy and self-control are strict requirements for our students.

**Plant – 613-232-3000**

Sun.	1-3 pm	
Mar 25-Jun 17	\$190.75	<a href="#">1163898</a>
Jul 8-Aug 26	\$121.25	<a href="#">1164246</a>

### 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 3-May 29	\$108.50	<a href="#">1163125</a>

### Dog Obedience

#### Level 1

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

**Hunt Club-Riverside Park – 613-260-1299**

Mon.	6-7 pm	
Apr 9-Jun 18	\$121.50	<a href="#">1148906</a>

#### 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.

**Ron Kolbus – 613-828-4313**

Wed.	7-8 pm	
Mar 21-May 23	\$110.50	<a href="#">1156615</a>
Jul 4-Aug 29	\$110.50	<a href="#">1156620</a>

### Dog Obedience – Level 1 (Low Ratio)

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

**Hintonburg – 613-798-8874**

Sun.	1-2 pm	
Apr 8-May 13	\$123	<a href="#">1160100</a>

**Lansdowne Park – 613-580-2424 ext. 17323**

Wed.	6:15-7:15 pm	
Jul 4-Aug 22	\$163.75	<a href="#">1163958</a>

### Dog Tricks and Games – Low Ratio

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!

**Hintonburg – 613-798-8874**

Sun.	2-3 pm	
Apr 8-May 13	\$123	<a href="#">1160098</a>

**Lansdowne Park – 613-580-2424 ext. 17323**

Wed.	7:30-8:30 pm	
Jul 4-Aug 22	\$163.75	<a href="#">1163961</a>

### Learn to Camp – Cooking and Campsite Safety

Learn different ways to cook and to keep your family safe at the campsite. Explore menu planning, safe food-packing, recipes, hygiene, plants and bugs, preventing animal visits, weather and water safety.

**Greely – 613-580-2424 ext. 30235**

Fri.	7:30-9:30 pm	
May 11	\$15	<a href="#">1159019</a>

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

Tue.	7:30-9:30 pm	
May 15	\$15	<a href="#">1158974</a>

**Osgoode – 613-580-2424 ext. 30235**

Thu.	7:30-9:30 pm	
May 31	\$15	<a href="#">1158978</a>

### Learn to Camp – Gear & Campsite Boredom Buster

Learn to pitch a tent, about different types of bedding and other essential gear when camping or hiking. Learn some new activities, games & crafts and how to keep children safe and entertained.

**Greely – 613-580-2424 ext. 30235**

Fri.	7:30-9:30 pm	
Apr 13	\$15	<a href="#">1159100</a>

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

Tue.	7:30-9:30 pm	
Apr 17	\$15	<a href="#">1159095</a>

**Osgoode – 613-580-2424 ext. 30235**

Thu.	7:30-9:30 pm	
May 24	\$15	<a href="#">1159097</a>

**Nerf® Tag**

Engage in various Nerf® Tag battles and cooperative games like Capture the Flag, Target Challenges and Nerf Castles, for fun and fair play.

**Greely – 613-580-2424 ext. 30235**

Thu. 8:30-9:30 pm  
Apr 5-May 24 \$51.75 [1157413](#)

**Organic Gardening**

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 12 \$34.25 [1163089](#)

**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 27 \$45.75 [1160087](#)

**Queenswood Heights – 613-580-4765**

Sat. 12-4 pm  
May 26 \$36.50 [1156680](#)  
Jun 17 \$36.50 [1156700](#)

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

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

**Greely – 613-580-2424 ext. 30235**

Sat.-Sun. 8:30 am-4:30 pm  
Apr 14 \$138.50 [1160669](#)

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

Sat.-Sun. 8:30 am-4:30 pm  
May 26 \$138.50 [1160674](#)

**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  
Mar 19-May 14 \$130 [1161470](#)

**Queenswood Heights – 613-580-4765**

Wed. 9:30-11:30 am  
Apr 11-Jun 27 \$210.50 [1156351](#)

**Splash – 613-748-4222**

Thu. 9:30-11:30 am  
Mar 22-Jun 28 \$263.25 [1144774](#)

Thu. 12:15-2:15 pm  
Mar 22-Jun 28 \$263.25 [1144776](#)

**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 7-May 12 \$79.75 [1162154](#)

Sun. 12:30-2 pm  
Apr 8-May 13 \$79.75 [1162155](#)

**John G. Mlacak – 613-580-2980**

Fri. 10 am-noon  
Mar 23-Jun 1 \$154.25 [1158577](#)

Wed. 10 am-noon  
Mar 28-May 30 \$154.25 [1158568](#)

Thu. 10 am-noon  
Mar 29-May 31 \$154.25 [1158573](#)

Thu. 6:30-8:30 pm  
Mar 29-May 31 \$154.25 [1158584](#)

**Cooking**

**A Taste of India**

Make delicious Indian dishes in a fun, relaxed atmosphere. Sit with your classmates to enjoy the meal you’ve prepared.

**Shenkman – 613-580-2787**

Mon. 6:30-9:30 pm  
Mar 26 \$50.50 [1163813](#)

**A Taste of Mexico**

Make delicious Mexican dishes in a fun, relaxed atmosphere. Sit with your classmates to enjoy the meal you’ve prepared.

**Shenkman – 613-580-2787**

Mon. 6:30-9:30 pm  
Apr 23 \$50.50 [1163814](#)

**A Taste of the Mediterranean**

Make delicious Mediterranean dishes in a fun, relaxed atmosphere. Sit with your classmates to enjoy the meal you’ve prepared.

**Shenkman – 613-580-2787**

Mon. 6:30-9:30 pm  
May 28 \$50.50 [1163815](#)

**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.

**Albion Heatherington – 613-247-4828**

Tue. 6:30-8 pm  
Apr 24 \$17.25 [1160101](#)

May 22 \$17.25 [1160104](#)  
Jun 19 \$17.25 [1160105](#)

**Heron – 613-247-4808**

Mon. 6:30-7:30 pm  
Apr 9-30 \$68.50 [1163111](#)

**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 18 \$52.25 [1162890](#)  
Aug 17 \$52.25 [1164236](#)

**Languages**

*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.*

**French – Level 1**

French at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business.

**Eva James – 613-271-0712**

Thu. 6-7:30 pm  
Mar 29-Jun 14 \$164.50 [1139924](#)

**Heron – 613-247-4808**

Wed. 6:30-8 pm  
Apr 4-May 30 \$153.75 [1162759](#)

**St-Laurent – 613-742-6767**

Tue. 6-7:30 pm  
Mar 20-Jun 5 \$205 [1164187](#)

**Tanglewood – 613-580-2424 ext. 41238**

Wed. 6-7:30 pm  
Mar 28-Jun 13 \$205 [1156048](#)

**Level 2**

Increase your vocabulary, improve grammar and build on your French oral competency!

**St-Laurent – 613-742-6767**

Tue. 7:45-9:15 pm  
Mar 20-Jun 5 \$205 [1164188](#)

**Tanglewood – 613-580-2424 ext. 41238**

Wed. 7:45-9:15 pm  
Mar 28-Jun 13 \$205 [1156113](#)

**Spanish Conversational – Level 1**

Spanish at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business.

**Bob MacQuarrie-Orléans – 613-580-9600**

Mon. 5:30-7 pm  
Apr 9-Jun 18 \$157.25 [1151777](#)

**François Dupuis – 613-580-8080**

Thu. 10-11:30 am  
Apr 5-Jun 7 \$171 [1159971](#)

**Hunt Club-Riverside Park – 613-260-1299**

Wed. 6:30-7:30 pm  
Apr 11-Jun 20 \$124.50 [1149139](#)

**John G. Mlacak – 613-580-2980**

Wed. 7-9 pm  
Mar 21-Jun 13 \$156.50 [1158844](#)

**Plant – 613-232-3000**

Tue. 7-9 pm  
Mar 20-Jun 19 \$236 [1159349](#)

**Level 2**

Increase your vocabulary, improve grammar and build on your Spanish oral competency!

**Bob MacQuarrie-Orléans – 613-580-9600**

Thu. 5:30-7 pm  
Apr 12-Jun 14 \$169.50 [1151779](#)

**Hunt Club-Riverside Park – 613-260-1299**

Wed. 7:30-8:30 pm  
Apr 11-Jun 20 \$125.25 [1149149](#)

**John G. Mlacak – 613-580-2980**

Tue. 7-9 pm  
Mar 20-Jun 12 \$156.50 [1158888](#)

**Plant – 613-232-3000**

Thu. 7-9 pm  
Mar 22-Jun 21 \$244.25 [1162794](#)

**Level 3**

Emphasis on day to day and work related conversation. Increase your conversational and comprehension skills in a relaxed atmosphere.

**Bob MacQuarrie-Orléans – 613-580-9600**

Thu. 7-8:30 pm  
Apr 12-Jun 14 \$169.50 [1151782](#)

**Hunt Club-Riverside Park – 613-260-1299**

Thu. 6:30-8 pm  
Apr 12-Jun 21 \$188 [1149151](#)

**John G. Mlacak – 613-580-2980**

Mon. 7-9 pm  
Mar 19-Jun 11 \$250.50 [1158682](#)

**Plant – 613-232-3000**

Mon. 7-9 pm  
Mar 19-Jun 18 \$273.50 [1146318](#)

**Wellness**

**Meditation**

Reduce your stress, control your moods and find inner peace. Be introduced to meditation. The ancient practice of bringing peace to the mind.

**John G. Mlacak – 613-580-2980**

Tue. 6:30-8:30 pm  
May 22 \$23 [1163092](#)

**Rideauview – 613-822-7887**

Tue. 6-6:30 pm  
Apr 3-Jun 19 \$68.50 [1159459](#)

**Mindful Knitting**

Improve your mood, lower your stress levels, learn a new skill, and have fun! The first hour of the session includes guided meditation, discussions of mindfulness topics and knitting. The second hour is social knitting time. Knitting skill is not a pre-requisite.

**Ray Friel – 613-580-4765**

Wed. 10 am-noon  
Apr 11-May 9 \$114 [1156654](#)  
May 16-Jun 13 \$114 [1156660](#)

**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 26 \$34.25 [1163095](#)

**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 27 \$40 [1160074](#)

**Martial Arts**

**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	Mar 19	26	\$286	<a href="#">1150407</a>
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Jun 25	8	\$121	<a href="#">1165114</a>
Jiu-Jitsu	Queen Elizabeth School	613-742-6767	Fri.	8:30-9:25 pm	Mar 23	9	\$94	<a href="#">1162309</a>
Jiu-Jitsu	Sandy Hill	613-564-1062	Tue.	7:30-8:30 pm	Mar 27	11	\$93.75	<a href="#">1162896</a>
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Tue.	6:30-7:25 pm	Mar 20	11	\$115	<a href="#">1162310</a>
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Fri.	7:30-8:25 pm	Mar 23	9	\$94	<a href="#">1162311</a>
Jiu-Jitsu 3	Queen Elizabeth School	613-742-6767	Tue.	7:30-8:25 pm	Mar 20	11	\$115	<a href="#">1162312</a>
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	7-8 pm	Mar 21	8	\$65.75	<a href="#">1160757</a>
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	7-8 pm	May 16	8	\$65.75	<a href="#">1160758</a>
Karate	Queenswood Heights	613-580-4765	Mon., Wed.	7:30-8:30 pm	Mar 19	17	\$135	<a href="#">1156421</a>

## 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
Karate Goju Ryu	St-Laurent	613-742-6767	Tue.	6-6:55 pm	Mar 20	15	\$146.75	<a href="#">1162321</a>
Karate Goju Ryu	Queen Elizabeth School	613-742-6767	Thu.	6:15-7:10 pm	Mar 22	10	\$97.75	<a href="#">1162322</a>
Karate Goju Ryu	St-Laurent	613-742-6767	Tue.	6-6:55 pm	Jul 10	8	\$78.25	<a href="#">1162338</a>
Karate Goju Ryu 2	St-Laurent	613-742-6767	Tue.	7- 7:55 pm	Mar 20	15	\$146.75	<a href="#">1162323</a>
Karate Goju Ryu 2	Queen Elizabeth School	613-742-6767	Thu.	7:15-8:10 pm	Mar 22	10	\$97.75	<a href="#">1162324</a>
Karate Goju Ryu 2	St-Laurent	613-742-6767	Tue.	7-7:55 pm	Jul 10	8	\$78.25	<a href="#">1162339</a>
Karate Goju Ryu 3	St-Laurent	613-742-6767	Tue.	8-8:55 pm	Mar 20	15	\$146.75	<a href="#">1162325</a>
Karate Goju Ryu 3	Queen Elizabeth School	613-742-6767	Thu.	8:15-9:10 pm	Mar 22	10	\$97.75	<a href="#">1162326</a>
Karate Goju Ryu 3	St-Laurent	613-742-6767	Tue.	8- 8:55 pm	Jul 10	8	\$78.25	<a href="#">1162340</a>
Kendo	Plant	613-232-3000	Sun.	3:30- 5:30 pm	Mar 25	11	\$157.25	<a href="#">1163899</a>
Kendo	Plant	613-232-3000	Sun.	3:30- 5:30 pm	Jul 8	7	\$100	<a href="#">1164251</a>
Medieval Swordsmanship	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Apr 11	10	\$131.50	<a href="#">1140009</a>
Medieval Swordsmanship 2	Richelieu-Vanier	613-560-6030	Mon.	7- 8:30 pm	Apr 9	10	\$131.75	<a href="#">1140011</a>
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Mar 19	26	\$221	<a href="#">1150140</a>
Taekwondo	Frederick Banting	613-580-2400	Mon.	7-8 pm	Mar 19	8	\$87.50	<a href="#">1153535</a>
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	7:30-8:30 pm	Mar 19	26	\$221	<a href="#">1150141</a>
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Jun 25	17	\$144.50	<a href="#">1165115</a>
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	5:30-6:30 pm	Mar 20	28	\$253	<a href="#">1144670</a>
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	6:30-7:30 pm	Mar 20	28	\$253	<a href="#">1144672</a>
Taekwondo	Notre Dame Des Champs	613-580-9600	Tue., Thu.	6:30-7:30 pm	Mar 20	28	\$319	<a href="#">1150139</a>
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu.	7:30-8:30 pm	Mar 20	28	\$223.50	<a href="#">1159575</a>
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu. Sat.	7:30-8:30 pm	Mar 20	40	\$319.25	<a href="#">1159600</a>
Taekwondo	Richcraft	613-580-9696	Wed.	8:15-9:15 pm	Mar 21	15	\$171	<a href="#">1163239</a>
Taekwondo	Frederick Banting	613-580-2400	Thu.	7- 8 pm	Mar 22	9	\$98.50	<a href="#">1153562</a>
Taekwondo	Richcraft	613-580-9696	Sat.	4:15-5:15 pm	Mar 24	12	\$136.75	<a href="#">1163240</a>
Taekwondo	Goulbourn	613-580-2532	Fri.	6:30-7:30 pm	May 4	13	\$148.25	<a href="#">1158936</a>
Taekwondo	Goulbourn	613-580-2532	Fri.	7:30-8:30 pm	May 4	13	\$148.25	<a href="#">1158939</a>
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu.	7:30-8:30 pm	Jun 26	20	\$159.75	<a href="#">1159578</a>
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu., Sat.	7:30-8:30 pm	Jun26	27	\$215.50	<a href="#">1159814</a>
Taekwondo	Richcraft	613-580-9696	Wed.	8:15-9:15 pm	Jul4	9	\$102.50	<a href="#">1159513</a>
Taekwondo	Richcraft	613-580-9696	Sat.	4:15-5:15 pm	Jul7	8	\$91.25	<a href="#">1159519</a>

# Sports

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## 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	Facility	Phone #	Day	Time	Start	Classes	Cost	Barcode
<b>Badminton</b>								
Game Play	Routhier	613-244-4470	Sun.	4:30-6:30 pm	Mar 18	15	\$89.75	<a href="#">1160891</a>
Game Play	South Fallingbrook	613-824-0633	Mon.	8-10 pm	Mar 19	12	\$111	<a href="#">1154686</a>
Game Play	McNabb	613-564-1070	Wed.	8:10-10:10 pm	Mar 21	13	\$120.25	<a href="#">1145773</a>
Game Play	Routhier	613-244-4470	Thu.	7:15-9:15 pm	Mar 22	15	\$89.75	<a href="#">1160883</a>
Game Play	South Fallingbrook	613-824-0633	Fri.	7-9 pm	Mar 23	12	\$111	<a href="#">1154687</a>
Game Play	McNabb	613-564-1070	Sat.	6:30-8 pm	Mar 24	11	\$76.25	<a href="#">1145788</a>
Game Play	Eva James	613-271-0712	Tue.	9-10 pm	Mar 27	12	\$55.50	<a href="#">1139170</a>
Game Play	Eva James	613-271-0712	Wed.	10:40 am-12:10 pm	Mar 28	12	\$83.25	<a href="#">1139168</a>
Game Play	Eva James	613-271-0712	Sun.	6:30-7:30 pm	Apr 8	9	\$41.75	<a href="#">1139165</a>
Game Play	Eva James	613-271-0712	Sun.	7:30-8:30 pm	Apr 8	9	\$41.75	<a href="#">1139166</a>
Game Play	Fisher Park	613-798-8945	Mon.	8-10 pm	Apr 9	10	\$92.50	<a href="#">1144741</a>
Game Play	Greenboro	613-580-2805	Sun.	4-5 pm	Apr 22	8	\$37	<a href="#">1162094</a>
Game Play	McNabb	613-564-1070	Tue.	6-8 pm	Jul 3	8	\$74	<a href="#">1149619</a>
Game Play	McNabb	613-564-1070	Sat.	6:30-8 pm	Jul 7	7	\$48.50	<a href="#">1149645</a>
Game Play	Routhier	613-244-4470	Sun.	4:30-6:30 pm	Jul 8	7	\$42	<a href="#">1163660</a>
Game Play	Routhier	613-244-4470	Thu.	7:15-9:15 pm	Jul 12	7	\$42	<a href="#">1163657</a>
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Mar 21	15	\$90	<a href="#">1160899</a>
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Jul 11	7	\$42	<a href="#">1163661</a>
Game Play 3	Routhier	613-244-4470	Sun.	6:30-8:30 pm	Mar 18	15	\$90	<a href="#">1160921</a>
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Mar 21	15	\$90	<a href="#">1160916</a>
Game Play 3	Routhier	613-244-4470	Sun.	6:30-8:30 pm	Jul 8	7	\$42	<a href="#">1163663</a>
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Jul 11	7	\$42	<a href="#">1163662</a>

## Sports

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Activity Name	Facility	Phone #	Day	Time	Start	Classes	Cost	Barcode
<b>Ball Hockey</b>								
Game Play	Greenboro	613-580-2805	Thu.	8:30-10 pm	Mar 22	8	\$55.50	<a href="#">1162119</a>
<b>Basketball</b>								
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Mar 22	12	\$70	<a href="#">1161417</a>
Game Play	Carleton Heights School	613-224-7922	Wed.	8:15-10 pm	Mar 28	12	\$97	<a href="#">1159259</a>
Game Play	Minto	613-727-2683	Mon.	8-9:30 pm	Apr 10	10	\$69.50	<a href="#">1144167</a>
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Jun 14	12	\$70	<a href="#">1161423</a>
Game Play Men	Eva James	613-271-0712	Wed.	9-11 pm	Mar 28	12	\$105.25	<a href="#">1139517</a>
Game Play Men	Manotick School	Extension 30235	Wed.	8:30-10 pm	Apr 4	8	\$55.50	<a href="#">1157536</a>
<b>Golf</b>								
Ollson Development	Barrhaven on the Green	613-727-2683	Tue.	7-8 pm	May 8	4	\$142.50	<a href="#">1143014</a>
Ollson Development	Barrhaven on the Green	613-727-2683	Thu.	7-8 pm	May 10	4	\$142.50	<a href="#">1143016</a>
Ollson Development	Barrhaven on the Green	613-727-2683	Tue.	7-8 pm	Jun 5	4	\$142.50	<a href="#">1143015</a>
Ollson Development	Barrhaven on the Green	613-727-2683	Thu.	7-8 pm	Jun 7	4	\$142.50	<a href="#">1143017</a>
<b>Hockey</b>								
Development	Jim Durrell	613-247-4811	Sun.	2-2:50 pm	May 6	8	\$172.50	<a href="#">1143650</a>
Development Women	Ray Friel	613-580-4765	Mon.	6-6:50 pm	Apr 30	7	\$131.75	<a href="#">1148897</a>
Development Women	Ray Friel	613-580-4765	Mon.	6-6:50 pm	Jul 9	6	\$113	<a href="#">1148909</a>
Game Play	Ray Friel	613-580-4765	Sat.	7:30-8:50 pm	May 5	13	\$132.25	<a href="#">1155081</a>
Game Play	Ray Friel	613-580-4765	Sat.	9-10:20 pm	May 5	13	\$132.25	<a href="#">1155083</a>
Game Play Men	Minto	613-727-2683	Tue.	10-10:50 pm	Mar 27	10	\$64.75	<a href="#">1143093</a>
Game Play Men	Minto	613-727-2683	Wed.	10-10:50 pm	Mar 27	10	\$64.75	<a href="#">1143094</a>
Game Play Men	Minto	613-727-2683	Thu.	10-10:50 pm	Apr 5	9	\$58.25	<a href="#">1143100</a>
Game Play Men Goalie	Minto	613-727-2683	Tue.	10-10:50 pm	Mar 27	10	\$64.75	<a href="#">1143142</a>
Game Play Men Goalie	Minto	613-727-2683	Wed.	10-10:50 pm	Mar 28	10	\$64.75	<a href="#">1143147</a>
Game Play Men Goalie	Minto	613-727-2683	Thu.	10-10:50 pm	Apr 5	9	\$58.25	<a href="#">1143150</a>
Game Play Women	Minto	613-727-2683	Tue.	9-9:50 pm	Mar 27	10	\$64.75	<a href="#">1143071</a>
Game Play Women	Minto	613-727-2683	Wed.	9-9:50 pm	Mar 28	10	\$64.75	<a href="#">1143076</a>



## 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	Facility	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play Women Goalie	Minto	613-727-2683	Tue.	9-9:50 pm	Mar 27	10	\$64.75	<a href="#">1143083</a>
Game Play Women Goalie	Minto	613-727-2683	Wed.	9-9:50 pm	Mar 28	10	\$64.75	<a href="#">1143085</a>
League Tier 1	Ray Friel	613-580-4765	Tue.	8:30-11:30 pm	May 1	16	\$3858	<a href="#">1154206</a>
League Tier 3	Ray Friel	613-580-4765	Mon.	9-11 pm	Apr 30	13	\$3858	<a href="#">1154210</a>
League Tier 4	Ray Friel	613-580-4765	Tue.	7 pm-12 am	May 1	16	\$3858	<a href="#">1154207</a>
Powerskating	Jim Durrell	613-247-4811	Sun.	1-1:50 pm	May 6	8	\$172.50	<a href="#">1143639</a>
Powerskating Development	Jim Durrell	613-247-4811	Tue., Thu.	8:30-10:20 pm	Mar 20	6	\$284.75	<a href="#">1143504</a>
Rec League-Men	Ray Friel	613-580-4765	Wed.	7-11 pm	May 2	16	\$3858	<a href="#">1154255</a>
Hockey League Open Div.	Ray Friel	613-580-4765	Thu.	7 pm-12 am	May 3	16	\$3858	<a href="#">1154204</a>
<b>Ice Skating</b>								
Intro to Ice	Goulbourn	613-580-2532	Mon.	9:15-10:05 am	Apr 9	6	\$72	<a href="#">1161055</a>
Intro to Ice	Goulbourn	613-580-2532	Wed.	4:15-5:05 pm	Apr 4	7	\$84	<a href="#">1161046</a>
Intro to Ice	Jim Durrell	613-580-2596	Tue., Thu.	7:30-8:20 pm	Mar 20	6	\$72	<a href="#">1151351</a>
Intro to Ice	Jim Durrell	613-247-4811	Mon., Wed.	7-7:50 pm	Jul 9	11	\$132	<a href="#">1152703</a>
Intro to Ice	Minto-Barrhaven	613-727-2683	Mon.	11-11:50 am	Mar 26	8	\$96	<a href="#">1143433</a>
Intro to Ice	Minto-Barrhaven	613-727-2683	Mon.	7-7:50 pm	Mar 26	8	\$96	<a href="#">1143672</a>
Intro to Ice	Minto-Barrhaven	613-727-2683	Sat.	11-11:50 am	Apr 7	8	\$96	<a href="#">1143927</a>
Intro to Ice	Nepean Sportsplex	613-580-2828	Thu.	11-11:50 am	Mar. 22	6	\$72	<a href="#">1156212</a>
Intro to Ice	Sandy Hill Arena	613-580-2596	Thu., Mon.	7-7:50 pm	Apr 5	5	\$60	<a href="#">1151787</a>
Intro to Ice-low ratio	Jim Durrell	613-580-2596	Sun.	11:30 am-12:20 pm	May 6	7	\$168	<a href="#">1151015</a>
Intro to Ice-low ratio	Sandy Hill Arena	613-580-2596	Sun.	noon-12:50 pm	May 6	7	\$168	<a href="#">1150237</a>
Beginner	Jim Durrell	613-580-2596	Tue, Thu.	7:30-8:20 pm	Mar 20	6	\$72	<a href="#">1151358</a>
Beginner	Jim Durrell	613-580-2596	Sun.	11:30 am-12:20 pm	May 6	7	\$84	<a href="#">1151020</a>
Beginner	Jim Durrell	613-247-4811	Mon.,Wed.	7-7:50 pm	Jul 9	11	\$132	<a href="#">1152717</a>
Beginner	Minto-Barrhaven	613-727-2683	Mon.	11-11:50 am	Mar 26	8	\$96	<a href="#">1143454</a>
Beginner	Minto-Barrhaven	613-727-2683	Wed.	7-7:50 pm	Mar 28	10	\$120	<a href="#">1143871</a>
Beginner	Minto-Barrhaven	613-727-2683	Sat.	11-11:50 am	Apr 7	8	\$96	<a href="#">1143921</a>
Beginner	Nepean Sportsplex	613-580-2828	Thu.	11-11:50 am	Mar 22	6	\$72	<a href="#">1156172</a>
Beginner	Sandy Hill Arena	613-580-2596	Thu., Mon.	7-7:50 pm	Apr 5	5	\$60	<a href="#">1151789</a>

## 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	Facility	Phone #	Day	Time	Start	Classes	Cost	Barcode
Beginner	Sandy Hill Arena	613-580-2596	Sun.	1-1:50 pm	May 6	7	\$84	<a href="#">1150245</a>
Intermediate	Jim Durrell	613-580-2596	Tue., Thu.	7:30-8:20 pm	Mar 20	6	\$72	<a href="#">1151364</a>
Intermediate	Jim Durrell	613-580-2596	Sun.	11:30 am-12:20 pm	May 6	7	\$84	<a href="#">1151023</a>
Intermediate	Jim Durrell	613-247-4811	Mon., Wed	7-7:50 pm	Jul 9	11	\$132	<a href="#">1152725</a>
Intermediate	Nepean Sportsplex	613-580-2828	Thu.	11-11:50 am	Mar 22	6	\$72	<a href="#">1156200</a>
Intermediate	Sandy Hill Arena	613-580-2596	Sun.	1-1:50 pm	May 6	7	\$84	<a href="#">1150283</a>
<b>In-Line Skating</b>								
Beginner	St-Laurent	613-742-6767	Mon.	10-11 am	Apr 21	4	\$57.75	<a href="#">1161774</a>
<b>Pickleball</b>								
Pickleball	Greenboro	613-580-2805	Fri.	1-2 pm	Mar 23	8	\$37	<a href="#">1162961</a>
Game Play	Metcalfe	Extension 30235	Wed.	7-8:30 pm	May 2	8	\$55.50	<a href="#">1157332</a>
<b>Rock Climbing</b>								
Rock Climbing	Richcraft	613-580-9696	Sat.	11:30 am-12:30 pm	Mar 24	12	\$164	<a href="#">1163838</a>
<b>Soccer</b>								
Game Play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Mar 20	12	\$70	<a href="#">1161361</a>
Game Play	Minto	613-727-2683	Sun.	8:30-10 am	Apr 15	8	\$55.50	<a href="#">1143054</a>
Game Play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Jun 12	12	\$70	<a href="#">1161385</a>
Game Play	Nepean Sportsplex	613-580-2828	Mon.	4:30-5:30 pm	Jul 9	7	\$32.50	<a href="#">1162536</a>
<b>Touch Football</b>								
Game Play – Adult	Nepean Sportsplex	613-580-2828	Thu.	4:30- 5:30 pm	Jul 5	8	\$37	<a href="#">1162535</a>
<b>Squash</b>								
Squash	Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Mar 20	7	\$100.75	<a href="#">1158637</a>
Squash	Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	May 8	7	\$100.75	<a href="#">1158640</a>
<b>Tennis</b>								
Tennis	Klondike Road Park	613-580-2854	Mon.	8-9 pm	Apr 30	7	\$100.75	<a href="#">1161188</a>
Tennis	Four Season's Park	613-580-2854	Tue.	8-9 pm	May 1	7	\$100.75	<a href="#">1160766</a>
Tennis	Mooney's Bay Park	613-580-2854	Tue.	8-9 pm	May 1	7	\$100.75	<a href="#">1150686</a>
Tennis	McKellar Park	613-580-2854	Wed.	8-9 pm	May 2	7	\$100.75	<a href="#">1160592</a>
Tennis	Alexander Grove Park	613-580-2400	Mon.	7:30-8:30 pm	May 14	5	\$72	<a href="#">1148647</a>

## 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	Facility	Phone #	Day	Time	Start	Classes	Cost	Barcode
Tennis	Alfred Taylor	613-489-3975	Tue.	7:30-8:30 pm	May 15	5	\$72	<a href="#">1148666</a>
Tennis	Richmond Lions Park	613-580-2400	Wed.	7:30-8:30 pm	May 16	5	\$72	<a href="#">1148655</a>
Tennis	Pinecrest Park	613-580-2400	Sun.	Noon-1 pm	May 27	5	\$72	<a href="#">1161207</a>
Tennis	Four Season's Park	613-580-2854	Tue.	8-9 pm	Jul 3	7	\$100.75	<a href="#">1161120</a>
Tennis	Klondike Road Park	613-580-2854	Mon.	8-9 pm	Jul 9	7	\$100.75	<a href="#">1161229</a>
Tennis	McKellar Park	613-580-2854	Wed.	8-9 pm	Jul 4	7	\$100.75	<a href="#">1160705</a>
Tennis	Mooney's Bay Park	613-580-2854	Tue.	8-9 pm	Jul 3	7	\$100.75	<a href="#">1159526</a>
Tennis	St. Germain Park	613-564-1062	Mon., Wed.	5:30-6:30 pm	Apr 30	12	\$86.25	<a href="#">1165071</a>
Tennis	St. Germain Park	613-564-1062	Mon., Wed.	7:30-8:30 pm	Apr 30	12	\$86.25	<a href="#">1165073</a>
Tennis	St. Germain Park	613-564-1062	Tue., Thu	5:30-6:30 pm	May 1	12	\$86.25	<a href="#">1165075</a>
Tennis	St. Germain Park	613-564-1062	Tue., Thu	6:30-7:30 pm	May 1	12	\$86.25	<a href="#">1165077</a>
Tennis	St. Germain Park	613-564-1062	Sat..	9-10 am	May 5	12	\$86.25	<a href="#">1165079</a>
Tennis	St. Germain Park	613-564-1062	Sat.	11 am-noon	May 5	12	\$86.25	<a href="#">1165080</a>
Tennis	St. Germain Park	613-564-1062	Mon., Wed.	5:30-6:30 pm	May 28	12	\$86.25	<a href="#">1165072</a>
Tennis	St. Germain Park	613-564-1062	Mon., Wed.	7:30-8:30 pm	May 28	12	\$86.25	<a href="#">1165074</a>
Tennis	St. Germain Park	613-564-1062	Tue., Thu.	5:30-6:30 pm	May 29	12	\$86.25	<a href="#">1165076</a>
Tennis	St. Germain Park	613-564-1062	Tue., Thu.	6:30-7:30 pm	May 29	12	\$86.25	<a href="#">1165078</a>
Tennis 2	Mooney's Bay Park	613-580-2854	Thu.	8-9 pm	May 3	7	\$115.25	<a href="#">1159393</a>
Tennis 2	Mooney's Bay Park	613-580-2854	Thu.	8-9 pm	Jul 5	7	\$115.25	<a href="#">1159589</a>
Tennis 2	St. Germain Park	613-564-1062	Mon., Wed.	6:30-7:30 pm	Apr 30	12	\$99	<a href="#">1162997</a>
Tennis 2	St. Germain Park	613-564-1062	Tue., Thu.	7:30-8:30 pm	May 1	12	\$99	<a href="#">1163009</a>
Tennis 2	St. Germain Park	613-564-1062	Mon., Wed.	6:30-7:30 pm	May 28	12	\$99	<a href="#">1163004</a>
Tennis 2	St. Germain Park	613-564-1062	Tue., Thu.	7:30-8:30 pm	May 29	12	\$99	<a href="#">1163010</a>
<b>Triathlon</b>								
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	9:30-10:30 am	Mar 24	12	\$105.25	<a href="#">1158933</a>
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	9:30-10:30 am	Jul 7	7	\$61.50	<a href="#">1159763</a>

## 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	Facility	Phone #	Day	Time	Start	Classes	Cost	Barcode
<b>Volleyball</b>								
Game Play	Greenboro	613-580-2805	Mon.	7-8:30 pm	Mar 19	8	\$55.50	<a href="#">1162823</a>
Game Play	Greenboro	613-580-2805	Wed.	7-8:30 pm	Mar 21	9	\$62.50	<a href="#">1162840</a>
Game Play	Greenboro	613-580-2805	Thu.	7-8:30 pm	Mar 22	9	\$62.50	<a href="#">1162851</a>
Game Play	Greenboro	613-580-2805	Sun.	5:15-6:45 pm	Mar 25	8	\$55.50	<a href="#">1162862</a>
Game Play	École Franco Jeunesse	613-564-1062	Wed.	6-8 pm	Mar 21	12	\$105	<a href="#">1163023</a>
Game Play	École Franco Jeunesse	613-564-1062	Wed.	8-10 pm	Mar 21	12	\$105	<a href="#">1163024</a>
Game Play	Eva James	613-271-0712	Thu.	8:30-10 pm	Mar 29	12	\$83.25	<a href="#">1139920</a>
Game Play	Nepean Sportsplex	613-580-2828	Thu.	5-6 pm	Mar 22	14	\$64.75	<a href="#">1158872</a>
Game Play	Rideauview	613-822-7887	Mon.	7-8 pm	Apr 9	10	\$46.25	<a href="#">1159108</a>
Game Play	South Fallingbrook	613-824-0633	Tue.	6:30-8 pm	Mar 20	7	\$48.50	<a href="#">1156110</a>
Game Play 2	Eva James	613-271-0712	Thu.	8:30-10 pm	Mar 29	12	\$83.25	<a href="#">1139921</a>
Game Play 2	McNabb	613-564-1070	Thu.	8-10 pm	Mar 22	13	\$120.25	<a href="#">1145826</a>
Game Play 2	McNabb	613-564-1070	Thu.	6-8 pm	Jul 5	8	\$74	<a href="#">1149635</a>
Game Play 2	South Fallingbrook	613-824-0633	Tue.	8-10 pm	Mar 20	7	\$64.75	<a href="#">1156117</a>
Game Play 2	South Fallingbrook	613-824-0633	Wed.	6-8 pm	Mar 21	9	\$83.25	<a href="#">1156121</a>
Game Play 3	École Franco Jeunesse	613-564-1062	Tue.	8-10 pm	Mar 20	12	\$105	<a href="#">1163069</a>
Game Play 3	Eva James	613-271-0712	Mon.	9-11 pm	Apr 9	9	\$83.25	<a href="#">1139304</a>
Game Play 3	Glen Cairn	613-580-2570	Thu.	8-10 pm	Apr 5	11	\$101.75	<a href="#">1157513</a>
Game Play 3	Hunt Club-Riverside Park	613-260-1299	Wed.	7-9 pm	Mar 21	14	\$129.50	<a href="#">1150705</a>
Game Play 3	McNabb	613-564-1070	Mon.	8-10 pm	Mar 19	12	\$111	<a href="#">1145728</a>
Game Play 3	McNabb	613-564-1070	Mon.	6-8 pm	Jul 9	7	\$64.75	<a href="#">1149601</a>
Game Play 3	South Fallingbrook	613-824-0633	Wed.	8-10 pm	Mar 21	9	\$83.25	<a href="#">1156125</a>



## Beach Volleyball

City Wide Sports – 613-580-2854  
E-mail: [cws-psm@ottawa.ca](mailto: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.

#### Mooney's Bay Park

Mon.	6:30-8 pm	
Jun 4-25	\$51.75	<a href="#">1156550</a>
Jul 9-30	\$51.75	<a href="#">1156551</a>

### Volleyball-Beach – Game Play

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

#### Britannia Park

Mon.	6:30-8:30 pm	
May 28-Aug 13	\$91	<a href="#">1154181</a>

#### Mooney's Bay Park

Wed.	6:30-8:30 pm	
Jun 6-Aug 22	\$101.25	<a href="#">1156781</a>

#### Stuemer Park

Thu.	6:30-8:30 pm	
Jun 7-Aug 23	\$111	<a href="#">1156786</a>

#### League registration deadline: April 30

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

Mon.	6-9 pm	
May 28-Aug 13	\$474.50	<a href="#">1154180</a>

Wed.	6-9 pm	
May 23-Aug 8	\$569.75	<a href="#">1156575</a>

IND:		
Mon.	6-9 pm	

May 28-Aug 13	\$73	<a href="#">1153833</a>
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Wed.	6-9 pm	
May 23-Aug 8	\$87.25	<a href="#">1154256</a>

#### Mooney's Bay Park

Mon.	6-9 pm	
May 28-Aug 13	\$474.50	<a href="#">1155722</a>

Thu.	6-9 pm	
May 24-Aug 9	\$569.75	<a href="#">1154254</a>

IND:		
Mon.	6-9 pm	

May 28-Aug 13	\$73	<a href="#">1155739</a>
Thu.	6-9 pm	

May 24-Aug 9	\$87.25	<a href="#">1156570</a>
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#### Stuemer Park

Mon.	6-9 pm	
May 28-Aug 13	\$474.50	<a href="#">1155778</a>

IND:		
Mon.	6-9 pm	
May 28-Aug 13	\$73	<a href="#">1155916</a>

### Beach Volleyball – Coed Competitive League

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

#### Britannia Park

Mon.	6-9 pm	
May 28-Aug 13	\$364.75	<a href="#">1154208</a>

IND:		
Mon.	6-9 pm	

May 28-Aug 13	\$73	<a href="#">1154205</a>
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#### Mooney's Bay Park

Tue.	6-9 pm	
May 22-Aug 7	\$435.75	<a href="#">1156621</a>

Thu.	6-9 pm	
May 24-Aug 9	\$435.75	<a href="#">1156605</a>

IND:		
Tue.	6-9 pm	
May 22-Aug 7	\$87.25	<a href="#">1156619</a>

Thu.	6-9 pm	
May 24-Aug 9	\$87.25	<a href="#">1156603</a>

### Beach Volleyball – Men's 2 League

Men's recreational 2s beach volleyball league.

#### Mooney's Bay Park

Tue.	6-9 pm	
May 22-Aug 7	\$257.25	<a href="#">1156632</a>



## Women and Sport

### Girls n' Women and Sport – 613-580-2854 E-mail: [gws-ffs@ottawa.ca](mailto:gws-ffs@ottawa.ca)

Sport and physical activity programs for women 18+ years 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 – 613-580-2400

Thu.	7-9 pm	
Apr 5-May 24	\$74	<a href="#">1154273</a>

### 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

Thu.	6:30-8 pm	
May 10-17	\$26	<a href="#">1156584</a>

### Beach Volleyball – Game Play

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

#### Mooney's Bay Park

Tue.	6:30-8:30 pm	
May 29-Aug 14	\$101.25	<a href="#">1156641</a>

#### Stuemer Park

Mon.	6:30-8:30 pm	
May 28-Aug 13	\$111	<a href="#">1156646</a>

### 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

Tue.	6:30-7:30 pm	
Apr 3-May 22	\$64.50	<a href="#">1154265</a>

### 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

Tue.	7:30-9 pm	
Apr 3-May 22	\$105.25	<a href="#">1154271</a>

### 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 11

#### Basketball – Intermediate League – April 18

#### Basketball – Recreational League – March 21

#### Softball Leagues – April 18

#### Soccer League – April 30

#### Beach Volleyball – April 30

### Ball Hockey League

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

#### Mary Pitt

Sun.	10 am-4 pm	
Apr 29-May 20	\$76.50	<a href="#">1154278</a>

### 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.

#### Mary Pitt

Wed.	6-10 pm	
Apr 4-May 2	\$85.25	<a href="#">1155186</a>

**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.

**Mary Pitt**

Tue. 6-10 pm  
May 1-29 \$63.25 [1154744](#)

**Beach Volleyball League**

**2 Team**

Women's 2's Recreational League

**Mooney's Bay Park**

Wed. 6-9 pm  
May 23-Aug 8 \$257.25 [1156661](#)

**Stuemer Park**

Thu. 6-9 pm  
May 24-Aug 9 \$257.25 [1156664](#)

**3 Team**

Women's 3's Recreational League

**Mooney's Bay Park**

Mon. 6-9 pm  
May 28-Aug 13 \$290.75 [1155249](#)

Wed. 6-9 pm  
May 23-Aug 8 \$346.75 [1156674](#)

IND: Mon. 6-9 pm  
May 28-Aug 13 \$73 [1155257](#)

Wed. 6-9 pm  
May 23-Aug 8 \$87.25 [1156678](#)

**Stuemer Park**

Thu. 6-9 pm  
May 24-Aug 9 \$346.75 [1156683](#)

IND: Thu. 6-9 pm  
May 24-Aug 9 \$87.25 [1156685](#)

**4 Team**

Women's 4's Recreational League

**Mooney's Bay Park**

Mon. 6-9 pm  
May 28-Aug 13 \$364.75 [1155293](#)

Wed. 6-9 pm  
May 23-Aug 8 \$435.75 [1156736](#)

IND: Mon. 6-9 pm  
May 28-Aug 13 \$73 [1155311](#)

Wed. 6-9 pm  
May 23-Aug 8 \$87.75 [1156755](#)

**Stuemer Park**

Thu. 6-9 pm  
May 24-Aug 9 \$435.75 [1156762](#)

IND: Thu. 6-9 pm  
May 24-Aug 9 \$87.75 [1156766](#)

**6 Team**

Women's 6's Recreational League

**Britannia Park**

Mon. 6-9 pm  
May 28-Aug 13 \$475.25 [1154218](#)

IND: Mon. 6-9 pm  
May 28-Aug 13 \$73 [1154225](#)

**Mooney's Bay Park**

Mon. 6-9 pm  
May 28-Aug 13 \$475.25 [1155666](#)

IND: Mon. 6-9 pm  
May 28-Aug 13 \$73 [1155677](#)

**Stuemer Park**

Thu. 6-9 pm  
May 24-Aug 9 \$569.75 [1156797](#)

IND: Thu. 6-9 pm  
May 24-Aug 9 \$87.25 [1156801](#)

**Soccer Outdoor League**

One hour games.

**Mary Pitt**

Tue. 6-10 pm  
May 22-Aug 21 \$83.25 [1155139](#)

**Softball Recreational League**

Recreational play. All skill levels welcome.

**Mary Pitt**

Wed. 6-10 pm  
May 2-Aug 15 \$128.75 [1155191](#)

**Softball Intermediate League**

Geared for players with considerable knowledge and skill level.

**Mary Pitt**

Thu. 6-10 pm  
May 3-Aug 16 \$83.25 [1154730](#)

End Girls n' Women and Sport

**Drop In Activities**

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

