



# Classes and Activities for Children 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 preschoolers?

- High quality instruction in studios equipped for arts
- Dance on sprung floors, with barres and floor-to-ceiling mirrors
- Make beautiful music in soundproofed studios
- Create art with an artist

**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.*

### Animate This

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

#### Nepean Creative Arts

9-14 years Mon. 6:30-8:30 pm  
 Apr 16-May 28 \$169.50 [1139654](#)

#### Shenkman Arts

9-13 years Sun. 10-11:30 am  
 Apr 15-Jun 17 \$169.50 [1140675](#)

### Maker Studio

Every Jr. Engineer would like to build a robot that can doodle or a game that lights up! You will make these using simple electronics, LED lights, recycled and conductive materials.

#### Shenkman Arts

6-8 years Sat. 10-11 am  
 Apr 21 \$15 [1140627](#)

### Scratch Animation

Create a short animated film drawing, painting or scratching onto film stock. Then screen the finished work. Presented in collaboration with the Independent Filmmakers Cooperative of Ottawa.

#### Shenkman Arts

8-12 years Sat. 1-4 pm  
 Apr 28 \$20 [1140625](#)

## Performing Arts

### Dance

#### Ballet Jazz – Level 1

Basic to intermediate ballet and jazz techniques will be practiced. Combination of contemporary movements and ballet techniques. Exercises are structured to develop strength, balance, flexibility and coordination. Learn choreography from both dance styles.

#### Shenkman Arts

5-6 years Sun. 11:30 am-12:15 pm  
 Apr 15-Jun 10 \$54.50 [1140673](#)

#### Bollywood

Move to the Bollywood beat – a modern East Indian style of dance. Discover basic hip, leg and upper body choreography while experiencing the wonders of middle-eastern glamour.

#### Nepean Creative Arts

6-12 years Sun. 10-11 am  
 Apr 8-Jun 3 \$80.75 [1145341](#)

#### Contemporary – Level 1

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

#### Nepean Creative Arts

11-14 years Sat. 12:30-1:45 pm  
 Apr 7-Jun 2 \$101 [1145228](#)

#### Contemporary Hip Hop Combo

Blending the modern dance techniques of suspension, release and emotion, with Hip Hop's rhythms of the street, leads to innovative choreographed routines in a class led by an expert instructor. No experience required.

#### Nepean Creative Arts

8-12 years Mon. 6:30-7:30 pm  
 Apr 9-Jun 4 \$80.75 [1139607](#)



## Gotta Dance

Introduction to the elements of dance and space. Practice fundamental large and fine motor skills through basic ballet and jazz steps.

### Shenkman Arts

5-6 years Sat. 11:30 am-12:15 pm  
Apr 14-Jun 9 \$54.50 [1140492](#)

## Hip Hop – Level 1

Hip hop, with its roots in urban dance, gets you moving to funky, up-beat tunes. Work on strength, flexibility and musicality through intricate and fast paced choreography. Create dynamic, stylish moves just like in the latest music videos.

### Nepean Creative Arts

5-8 years Sun. 10:15-11 am  
Apr 8-Jun 3 \$60.50 [1145326](#)

## Hip Hop – Level 2

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing and break dancing, provides a good cardio workout to funky, up-beat tunes. Hip Hop is easy to learn and fun for all ages!

### Nepean Creative Arts

9-12 years Sun. 11 am-noon  
Apr 8-Jun 3 \$80.75 [1145337](#)

## Hip Hop and Jazz

Emphasis on body placement, coordination and basic Jazz technique.

### Nepean Creative Arts

6-9 years Sat. 9:45-10:45 am  
Apr 7-Jun 2 \$80.75 [1145285](#)

## Jazz – Level 1

High energy class that encourages rhythm, co-ordination, flexibility and execution. Introduction to different styles of jazz including theatrical, pop, and lyrical. Learn various moves, combinations of steps, and choreography.

### Nepean Creative Arts

10-14 years Fri. 5:30-6:30 pm  
Apr 13-Jun 8 \$81.50 [1139952](#)



## Tap – Level 1

Learn the basics of tap dance through intricate dance combinations, expressive footwork and some simple choreography, with an emphasis on rhythm and clarity of step.

### Shenkman Arts

6-12 years Tue. 6-7 pm  
Apr 10-Jun 5 \$80.75 [1140200](#)

## Urban – Level 1

This unique style of dance incorporates hip hop, break dancing, pop'n lock, and freestyle. Master the dance moves from each style in a fun and energetic class.

### Nepean Creative Arts

10-14 years Tue. 7-8 pm  
Apr 10-Jun 5 \$80.75 [1139755](#)

### Shenkman Arts

5-8 years Tue. 6:15-7:15 pm  
Apr 10-Jun 5 \$80.75 [1140193](#)  
9-12 years Tue. 7:15-8:15 pm  
Apr 10-Jun 5 \$80.75 [1140195](#)

## Drama and Multi Arts

### Drama and Dance

Jazz dance, improv, storytelling, character study, expression, performance skills and drama games. An open-house performance for friends and family on the last day.

### Nepean Creative Arts

5-8 years Sat. 10:45 am-12:15 pm  
Apr 7-Jun 2 \$108.75 [1145297](#)

## Live Wire Drama

Enter the exciting world of performance. Drama skills, theatrical techniques, improvisation, scene study, and performance.

### Nepean Creative Arts

8-12 years Sat. 12:30-1:45 pm  
Apr 7-Jun 2 \$101 [1145320](#)

## That's Kindertainment

Dance, storytelling, and music set the stage for imaginary play. Learn to listen, collaborate, create, act, speak on stage, write and draw, make friends.

### Nepean Creative Arts

4-6 years Sun. 10-11:30 am  
Apr 8-Jun 3 \$169.50 [1153832](#)

## Music

### Guitar

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

### Shenkman Arts

#### Level 1

10-14 years Sat. 11 am-noon  
Apr 14-Jun 9 \$123.50 [1140554](#)

#### Level 2

10-14 years Sat. 2-3 pm  
Apr 14-Jun 9 \$123.50 [1140572](#)

### Keyboard

Love playing the electronic keyboard. Group instruction provides both practical and theory study including: left and right hand placement, reading notes, learning scales in both treble and bass clef. Pre-requisite: a keyboard at home.

### Nepean Creative Arts

#### Level 1

6-9 years Thu. 4:30-5:10 pm  
Apr 12-Jun 7 \$125.50 [1139904](#)  
6-9 years Thu. 5:15-5:55 pm  
Apr 12-Jun 7 \$125.50 [1139905](#)  
8-12 years Thu. 6-6:40 pm  
Apr 12-Jun 7 \$125.50 [1139906](#)

#### Level 2

7-12 years Thu. 6:45-7:30 pm  
Apr 12-Jun 7 \$141.25 [1139950](#)

## Ukulele

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

### Nepean Creative Arts

8-10 years Fri. 5:30-6:30 pm  
Apr 13-May 25 \$123.50 [1139961](#)  
10-12 years Fri. 6:30-7:30 pm  
Apr 13-May 25 \$123.50 [1139963](#)

### Shenkman Arts

10-14 years Sat. 4-5 pm  
Apr 14-Jun 9 \$123.50 [1140591](#)

## Visual Arts

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## Drawing and Painting

### Big Scale Abstract Art

No matter how big or how imaginative, artistic freedom is what abstract art is all about! Explore painting on a large-scale canvas, focusing on the use of colour, space, line, shape and texture.

### Nepean Visual Arts

6-9 years Sun. 1-3 pm  
Apr 8-May 6 \$135.25 [1144910](#)

### Cartooning and Comics

A young and free imagination can give cartoons personality – so watch characters and comic strips come to life! Draw and animate characters through studying figures, facial expressions, actions, perspective and using specialized illustration techniques.

### Nepean Visual Arts

9-12 years Sun. 10-11:30 am  
Apr 8-Jun 17 \$187 [1144779](#)  
9-12 years Sun. noon-1:30 pm  
Apr 8-Jun 17 \$187 [1144781](#)



### Drawing and Painting

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

#### Nepean Visual Arts

9-13 years	Sat.	9-11 am
Apr 7-Jun 16	\$239.25	<a href="#">1144765</a>
9-13 years	Sat.	11:30 am-1:30 pm
Apr 7-Jun 16	\$239.25	<a href="#">1144767</a>
9-13 years	Sat.	2-4 pm
Apr 7-Jun 16	\$239.25	<a href="#">1144773</a>

### Mixed Media --Mixing It

Your child's creative imagination will run wild in this dynamic and creative class. Kids will explore different mediums like ink, pencil and paint; and artistic styles and techniques like drawing, painting, collage, three-dimensional work and more.

#### Nepean Visual Arts

6-8 years	Sat.	9-10:30 am
Apr 7-Jun 16	\$187	<a href="#">1144792</a>
6-8 years	Sat.	11 am-12:30 pm
Apr 7-Jun 16	\$187	<a href="#">1144793</a>

### Pottery

#### Handbuilding

Create sculptures and unique projects using traditional handbuilding techniques. Surface decorations, textures and glazing techniques will be introduced. Use your clay masterpiece at home.

#### Nepean Visual Arts

7-9 years	Sat.	9-10:30 am
Apr 7-Jun 16	\$197.25	<a href="#">1144920</a>
7-9 years	Sat.	11 am-12:30 pm
Apr 7-Jun 16	\$197.25	<a href="#">1144919</a>

## Arts in Your Neighbourhood

### Performing Arts

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### Dance

#### Ballet – Level 1

Delve into the most elegant yet technical of all dance forms; ballet! Explore basic to intermediate ballet moves along with exercises to provide a foundation in technique, placement and terminology.

#### Albion Heatherington – 613-247-4828

6-12 years	Sun.	2:45-3:30 pm
Apr 8-Jun 24	\$81.50	<a href="#">1151907</a>

#### Alfred Taylor – 613-489-3975

6-9 years	Thu.	7-8 pm
May 10-Jun 14	\$54.50	<a href="#">1148820</a>

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

6-9 years	Tue.	6:30-7:30 pm
Apr 3-Jun 19	\$108.75	<a href="#">1150562</a>
6-9 years	Sat.	1:30-2:30 pm
Apr 7-Jun 16	\$90.75	<a href="#">1150637</a>

#### Eva James – 613-271-0712

6-8 years	Mon.	6:10-7:10 pm
Apr 9-Jun 11	\$81.50	<a href="#">1139415</a>

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

5-6 years	Sat.	11-11:45 am
Apr 7-Jun 23	\$74.75	<a href="#">1159412</a>
7-10 years	Sat.	12:30-1:15 pm
Apr 7-Jun 23	\$74.75	<a href="#">1159414</a>

#### Kanata Recreation – 613-836-3121

5-7 years	Sat.	11:15 am-noon
Apr 7-Jun 16	\$68	<a href="#">1158801</a>

#### McNabb – 613-564-1070

6-10 years	Tue.	6-7 pm
Mar 27-Jun 12	\$108.75	<a href="#">1145958</a>
6-10 years	Sat.	10-11 am
Mar 24-Jun 16	\$99.75	<a href="#">1145963</a>

#### Minto-Barrhaven – 613-727-2683

6-10 years	Tue.	5-5:45 pm
Apr 10-Jun 12	\$67	<a href="#">1143968</a>
6-10 years	Sat.	12:30-1:30 pm
Apr 7-Jun 16	\$89.25	<a href="#">1144862</a>

#### Nepean Sportsplex – 613-580-2828

6-8 years	Sat.	2:30-3:30 pm
Apr 7-Jun 9	\$72.50	<a href="#">1149411</a>
6-8 years	Tue.	6:15-7 pm
Apr 10-Jun 12	\$68	<a href="#">1149414</a>
6-8 years	Thu.	6:15-7 pm
Apr 12-Jun 14	\$68	<a href="#">1149406</a>

#### Pinecrest – 613-828-3118

6-10 years	Sun.	11-11:45 am
Apr 8-Jun 10	\$54.50	<a href="#">1160519</a>

#### Plant – 613-232-3000

6-10 years	Wed.	7-8 pm
Mar 21-Jun 20	\$126.75	<a href="#">1162639</a>
6-10 years	Wed.	7-8 pm
Jul 4-Aug 22	\$72.50	<a href="#">1164206</a>

#### Pretty Street – 613-580-2424 ext. 20705

5-7 years	Sat.	10-11 am
Apr 7-Jun 16	\$90.75	<a href="#">1148791</a>

#### Ray Friel – 613-580-4765

3-4 years	Sat.	9:15-10 am
Apr 14-Jun 16	\$61.25	<a href="#">1156144</a>
4-6 years	Sat.	10:15-11 am
Apr 14-Jun 16	\$61.25	<a href="#">1156148</a>

#### Richcraft-Kanata – 613-580-9696

4-6 years	Thu.	5-5:45 pm
Mar 22-Jun 28	\$102	<a href="#">1163243</a>

#### Richmond Memorial – 613-580-2424 ext. 20705

6-8 years	Wed.	6-7 pm
Mar 21-May 23	\$90.75	<a href="#">1142525</a>

#### Rideauview – 613-822-7887

5-7 years	Sat.	11:15 am-noon
Apr 7-Jun 16	\$68	<a href="#">1161912</a>



### Ballet Jazz – Level 1

Basic to intermediate ballet and jazz techniques will be practiced. Combination of contemporary movements and ballet techniques. Exercises are structured to develop strength, balance, flexibility and coordination. Learn choreography from both dance styles.

#### François Dupuis – 613-580-8080

6-10 years	Wed.	6-7 pm
Apr 4-Jun 13	\$99.75	<a href="#">1159875</a>
11-14 years	Wed.	7-8 pm
Apr 4-Jun 13	\$99.75	<a href="#">1159895</a>

#### Goulbourn – 613-580-2532

4-6 years	Sun.	1:45-2:30 pm
Apr 8-Jun 3	\$54.50	<a href="#">1160031</a>

#### Hintonburg – 613-798-8874

5-7 years	Thu.	7-7:45 pm
Apr 5-Jun 7	\$68	<a href="#">1159286</a>

#### Metcalfe – 613-580-2424 ext. 30235

6-8 years	Sat.	10:40-11:25 am
Apr 7-Jun 2	\$54.50	<a href="#">1159360</a>

#### St-Laurent – 613-742-6767

6-9 years	Sun.	11-11:45 am
Apr 8-Jun 3	\$54.50	<a href="#">1164216</a>

## Contemporary – Level 1

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

### Goulbourn – 613-580-2532

6-12 years	Sun.	3-3:45 pm
Apr 8-Jun 3	\$60.50	<a href="#">1159998</a>
6-14 years	Wed.	6-6:50 pm
Apr 4-May 30	\$75.75	<a href="#">1159264</a>

## Creative Movement

A fun, casual introduction to the elements of dance and space.

### Alexander – 613-798-8978

5-8 years	Mon.	5:30-6:30 pm
Apr 9-Jun 4	\$53.50	<a href="#">1148318</a>

## Gotta Dance

Introduction to the elements of dance and space. Practice fundamental large and fine motor skills through basic ballet and jazz steps.

### Greely – 613-580-2424 ext. 30235

6-8 years	Thu.	6-6:45 pm
Apr 5-May 24	\$54.50	<a href="#">1159155</a>

### Heron – 613-247-4808

6-9 years	Sat.	10:15-11:15 am
Apr 7-Jun 2	\$72.50	<a href="#">1163189</a>

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

6-10 years	Sun.	11:15 am-noon
Apr 22-Jun 24	\$61.25	<a href="#">1157778</a>

## Hip Hop – Level 1

Hip hop, with its roots in urban dance, gets you moving to funky, up-beat tunes. Work on strength, flexibility and musicality through intricate and fast paced choreography. Create dynamic, stylish moves just like in the latest music videos.

### Albion Heatherington – 613-247-4828

6-12 years	Sun.	2-2:45 pm
Apr 8-Jun 24	\$90.75	<a href="#">1151880</a>

### Aquaview – 613-824-0633 ext. 221

6-8 years	Tue.	6:45-7:30 pm
Apr 10-Jun 12	\$75.75	<a href="#">1146639</a>

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

6-10 years	Thu.	6-7 pm
Apr 5-Jun 21	\$121	<a href="#">1150579</a>

### Eva James – 613-271-0712

4-6 years	Fri.	4:45-5:30 pm
Apr 6-Jun 15	\$74.25	<a href="#">1139940</a>
7-12 years	Fri.	5:30-6:30 pm
Apr 6-Jun 15	\$99	<a href="#">1139941</a>

### Fred Barrett Arena –

#### 613-580-2424 ext. 30235

6-10 years	Mon.	6:30-7:30 pm
Mar 19-May 14	\$80.75	<a href="#">1159168</a>

### Goulbourn – 613-580-2532

6-12 years	Sat.	1:30-2:15 pm
Apr 7-Jun 2	\$60.50	<a href="#">1160019</a>

### Greenboro – 613-580-2805

6-8 years	Fri.-Sat.	6:45-7:45 pm
Apr 6-Jun 2	\$80.75	<a href="#">1163993</a>

### Heron – 613-247-4808

6-9 years	Sat.	11:15 am-12:15 pm
Apr 7-Jun 2	\$79.75	<a href="#">1163214</a>

### McNabb – 613-564-1070

6-8 years	Thu.	6-7 pm
Mar 29-Jun 14	\$111.25	<a href="#">1145981</a>

### Minto-Barrhaven – 613-727-2683

6-10 years	Sun.	1-2 pm
Apr 8-Jun 17	\$89.25	<a href="#">1145903</a>
6-10 years	Fri.	6:30-7:30 pm
Apr 13-Jun 15	\$89.25	<a href="#">1144725</a>

### Nepean Sportsplex – 613-580-2828

6-8 years	Sun.	10:15-11:15 am
Apr 8-Jun 10	\$80.75	<a href="#">1149483</a>
6-8 years	Mon.	6-6:45 pm
Apr 9-Jun 11	\$68.25	<a href="#">1149488</a>
9-12 years	Thu.	7:15-8:15 pm
Apr 12-Jun 14	\$101	<a href="#">1149486</a>

### Ray Friel – 613-580-4765

7-12 years	Thu.	6-6:45 pm
Apr 12-Jun 14	\$75.75	<a href="#">1156267</a>
7-12 years	Sat.	11-11:45 am
Apr 14-Jun 16	\$68.25	<a href="#">1156176</a>

### Richcraft-Kanata – 613-580-9696

6-8 years	Thu.	5:45-6:30 pm
Mar 22-Jun 28	\$113.50	<a href="#">1163245</a>

### Richmond Memorial – 613-580-2424 ext. 20705

7-12 years	Wed.	6:45-7:45 pm
Mar 21-May 23	\$101	<a href="#">1142531</a>

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

6-9 years	Tue.	6:45-7:45 pm
Mar 20-Apr 24	\$60.50	<a href="#">1156536</a>

### Splash Wave Pool – 613-748-4222

6-12 years	Mon.	6:15-7:15 pm
Apr 9-Jun 18	\$101	<a href="#">1155659</a>
6-12 years	Mon.	6:45-7:45 pm
Jul 9-Aug 27	\$70.75	<a href="#">1160896</a>

### St-Laurent – 613-742-6767

6-9 years	Sun.	11:45 am-12:30 pm
Apr 8-Jun 3	\$60.50	<a href="#">1164221</a>
10-12 years	Sun.	12:30-1:15 pm
Apr 8-Jun 3	\$60.50	<a href="#">1164223</a>

### Walter Baker – 613-580-2788

5-7 years	Sat.	10:05-11:05 am
Apr 7-Jun 16	\$101	<a href="#">1155826</a>
6-9 years	Thu.	6-6:45 pm
Mar 29-Jun 14	\$90.75	<a href="#">1154028</a>
7-9 years	Sat.	11:10 am-12:10 pm
Apr 7-Jun 16	\$101	<a href="#">1155838</a>
9-14 years	Thu.	6:50-7:50 pm
Mar 29-Jun 14	\$121	<a href="#">1154031</a>

## Hip Hop – Level 2

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing and break dancing, provides a good cardio workout to funky, up-beat tunes. Hip Hop is easy to learn and fun for all ages!

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

9-14 years	Thu.	7-8 pm
Apr 5-Jun 21	\$121	<a href="#">1150581</a>

### Walter Baker – 613-580-2788

9-14 years	Mon.	6:50-7:50 pm
Apr 9-Jun 11	\$90.75	<a href="#">1153878</a>

## Hip Hop and Jazz

Emphasis on body placement, coordination and basic Jazz technique.

### François Dupuis – 613-580-8080

6-10 years	Sat.	1:15-2:15 pm
Apr 7-Jun 9	\$90.75	<a href="#">1161075</a>
11-14 years	Sat.	2:15-3:15 pm
Apr 7-Jun 9	\$90.75	<a href="#">1161083</a>
6-10 years	Sun.	3-4 pm
Apr 8-Jun 10	\$90.75	<a href="#">1161135</a>

### Osgoode – 613-580-2424 ext. 30235

6-8 years	Sun.	11-11:45 am
May 6-Jun 17	\$45.50	<a href="#">1159303</a>

### Ray Friel – 613-580-4765

7-12 years	Thu.	7-7:45 pm
Apr 12-Jun 14	\$75.75	<a href="#">1156286</a>

## Ottawa Valley Step Dancing

There is Irish/Scottish influence in this dance dating from the 1800s in the Ottawa Valley. Routines focus on footwork, rhythms, and musicality. Progress within the same level from session to session.

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

#### Level 1

6-14 years	Sat.	1:45-2:30 pm
Apr 7-Jun 23	\$83.25	<a href="#">1159276</a>

#### Level 2

6-14 years	Sat.	12:15-1 pm
Apr 7-Jun 23	\$83.25	<a href="#">1159280</a>

#### Level 3

6-14 years	Sat.	1-1:45 pm
Apr 7-Jun 23	\$83.25	<a href="#">1159287</a>

#### Level 4

6-14 years	Sat.	2:30-3:15 pm
Apr 7-Jun 23	\$83.25	<a href="#">1159294</a>

#### Level 5

6-14 years	Sat.	3:15-4:15 pm
Apr 7-Jun 23	\$110.25	<a href="#">1159313</a>

## Music

### Guitar – Level 1

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

### Heron – 613-247-4808

6-9 years	Sun.	1-1:30 pm
Apr 8-Jun 3	\$70.75	<a href="#">1163208</a>
10-14 years	Sun.	1:30-2 pm
Apr 8-Jun 3	\$70.75	<a href="#">1163210</a>

### Nepean Sportsplex – 613-580-2828

6-12 years	Sun.	9-10 am
Apr 8-Jun 10	\$104.75	<a href="#">1149547</a>
6-12 years	Tue.	6-7 pm
Apr 10-Jun 12	\$130.75	<a href="#">1149550</a>

### Plant – 613-232-3000

6-12 years	Wed.	5-6 pm
Mar 21-Jun 20	\$244.75	<a href="#">1162701</a>
6-12 years	Sat.	10:30-11:30 am
Mar 24-Jun 23	\$192.25	<a href="#">1162941</a>



## St-Laurent – 613-742-6767

6-10 years	Thu.	4-5 pm
Apr 5-Jun 14	\$194	<a href="#">1164509</a>
6-10 years	Thu.	5-6 pm
Apr 5-Jun 14	\$194	<a href="#">1164510</a>
11-14 years	Thu.	6-7 pm
Apr 5-Jun 14	\$194	<a href="#">1164511</a>

## Guitar – Level 2

Once you have the basics through Guitar Level 1 or equivalent, you're ready for more advanced music.

## Nepean Sportsplex – 613-580-2828

6-12 years	Sun.	10-11 am
Apr 8-Jun 10	\$104.75	<a href="#">1149562</a>
6-12 years	Tue.	7-8 pm
Apr 10-Jun 12	\$130.75	<a href="#">1149570</a>

## Plant – 613-232-3000

6-12 years	Wed.	6-7 pm
Mar 21-Jun 20	\$245.75	<a href="#">1162716</a>
6-12 years	Sat.	11:30 am-12:30 pm
Mar 24-Jun 23	\$193.25	<a href="#">1162976</a>

## St-Laurent – 613-742-6767

6-10 years	Thu.	7-8 pm
Apr 5-Jun 14	\$194	<a href="#">1164512</a>
11-14 years	Thu.	8-9 pm
Apr 5-Jun 14	\$194	<a href="#">1164513</a>

## Guitar – Level 3

Learn songs while adding new techniques and skills along the way. Choose a song you would like to learn. Learn to play each of the songs submitted.

## Plant – 613-232-3000

6-12 years	Sat.	12:30-1:30 pm
Mar 24-Jun 23	\$192.50	<a href="#">1162986</a>

## Keyboard – Level 1

Love playing the electronic keyboard. Group instruction provides both practical and theory study including: left and right hand placement, reading notes, learning scales in both treble and bass clef. Pre-requisite: a keyboard at home.

## Heron – 613-247-4808

6-9 years	Sat.	9-9:30 am
Apr 7-Jun 2	\$94.25	<a href="#">1163152</a>
6-9 years	Sat.	9:30-10 am
Apr 7-Jun 2	\$94.25	<a href="#">1163157</a>
6-9 years	Sat.	10:30-11 am
Apr 7-Jun 2	\$94.25	<a href="#">1163163</a>
6-9 years	Sat.	11:30 am-noon
Apr 7-Jun 2	\$94.25	<a href="#">1163170</a>

6-9 years	Sat.	1-1:30 pm
Apr 7-Jun 2	\$94.25	<a href="#">1163181</a>
6-9 years	Sat.	2-2:30 pm
Apr 7-Jun 2	\$94.25	<a href="#">1163184</a>
6-9 years	Sat.	3-3:30 pm
Apr 7-Jun 2	\$94.25	<a href="#">1163188</a>
6-9 years	Sat.	4-4:30 pm
Apr 7-Jun 2	\$94.25	<a href="#">1163202</a>
10-14 years	Sat.	10-10:30 am
Apr 7-Jun 2	\$94.25	<a href="#">1163160</a>
10-14 years	Sat.	11-11:30 am
Apr 7-Jun 2	\$94.25	<a href="#">1163165</a>
10-14 years	Sat.	noon-12:30 pm
Apr 7-Jun 2	\$94.25	<a href="#">1163173</a>
10-14 years	Sat.	1:30-2 pm
Apr 7-Jun 2	\$94.25	<a href="#">1163182</a>
10-14 years	Sat.	2:30-3 pm
Apr 7-Jun 2	\$94.25	<a href="#">1163186</a>
10-14 years	Sat.	3:30-4 pm
Apr 7-Jun 2	\$94.25	<a href="#">1163198</a>
10-14 years	Sat.	4:30-5 pm
Apr 7-Jun 2	\$94.25	<a href="#">1163206</a>

## Plant – 613-232-3000

6-14 years	Mon.	6-7 pm
Mar 19-Jun 18	\$210	<a href="#">1146174</a>
6-14 years	Sun.	9-10 am
Mar 25-Jun 17	\$192.50	<a href="#">1163901</a>
6-14 years	Sun.	10-11 am
Mar 25-Jun 17	\$192.50	<a href="#">1163902</a>

## St-Laurent – 613-742-6767

6-9 years	Sat.	9-10 am
Apr 7-Jun 16	\$216.75	<a href="#">1164515</a>
6-9 years	Sat.	10-11 am
Apr 7-Jun 16	\$216.75	<a href="#">1164516</a>
10-14 years	Sat.	11 am-noon
Apr 7-Jun 16	\$216.75	<a href="#">1164517</a>

## Level 2

Teachings include: musical terms, single hand chords, reading music, using range, and introducing the black keys. Must have keyboard at home.

## Plant – 613-232-3000

6-14 years	Mon.	7-8 pm
Mar 19-Jun 18	\$210	<a href="#">1146187</a>
6-14 years	Sun.	11 am-noon
Mar 25-Jun 17	\$192.50	<a href="#">1163903</a>

## St-Laurent – 613-742-6767

6-9 years	Sat.	1-2 pm
Apr 7-Jun 16	\$216.75	<a href="#">1164518</a>
10-14 years	Sat.	2-3 pm
Apr 7-Jun 16	\$216.75	<a href="#">1164519</a>

## Level 3

Teachings include: musical terms, single hand chords, reading music, using range, and introducing the black keys. Must have keyboard at home.

## St-Laurent – 613-742-6767

6-9 years	Sat.	3-4 pm
Apr 7-Jun 16	\$216.75	<a href="#">1164520</a>
10-14 years	Sat.	4-5 pm
Apr 7-Jun 16	\$216.75	<a href="#">1164521</a>

## Ukulele

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

## Plant – 613-232-3000

6-12 years	Wed.	7-8 pm
Mar 21-Jun 20	\$244.75	<a href="#">1162722</a>

## Violin – Level 1

The basics: master the skill of holding the violin and using the bow properly. Memorize and learn tunes that are in first position. Learn different bow strokes and basic rhythms. Love of music and violin required.

## St-Laurent – 613-742-6767

8-14 years	Sat.	1-2 pm
Apr 7-Jun 16	\$176.50	<a href="#">1164522</a>

## Violin – Level 2

Improve proper use of violin and bow. Expanding the notion of rhythm and bow usage. Learning about bow distribution and different finger patterns. Learning how to read music. Beginning of basic theory and solfège.

## St-Laurent – 613-742-6767

8-14 years	Sat.	2-3 pm
Apr 7-Jun 16	\$176.50	<a href="#">1164523</a>

## Vocal

Find your unique voice! Revel in singing in a choral context, exploring the wonder of harmony. Practice vocal exercises and become familiar with basic note reading skills.

## Plant – 613-232-3000

6-9 years	Sat.	2-3 pm
Mar 24-Jun 23	\$194	<a href="#">1163028</a>
10-14 years	Sat.	3-4 pm
Mar 24-Jun 23	\$194	<a href="#">1163029</a>

# Drama

## Acting Up

An introduction to basic acting skills in a game themed environment. Expand your creativity through the use of playful theatre games, vocal exercises and actions. Develop characters, settings, and themes while creating stories as a class.

## Kanata Recreation – 613-580-2570

7-10 years	Tue.	6-7 pm
Mar 27-Jun 12	\$91.75	<a href="#">1157190</a>

## Drama and Dance

Jazz dance, improv, storytelling, character study, expression, performance skills and drama games. An open-house performance for friends and family on the last day.

## Kanata Recreation – 613-580-2570

5-8 years	Mon.	6-7 pm
Mar 26-Jun 11	\$90.75	<a href="#">1156522</a>

## Metcalfe – 613-580-2424 ext. 30235

8-11 years	Sat.	11:30 am-12:15 pm
Apr 7-Jun 2	\$54.50	<a href="#">1159385</a>

## Improv

Think on your feet, build confidence and gain comfort as a performer in spontaneous improv. Development skills in timing, creative thinking, storytelling, stage presence and traditional acting techniques.

## Greenboro – 613-580-2805

11-14 years	Sat.	1-2 pm
May 26-Jun 23	\$54.50	<a href="#">1162172</a>

## Kanata Recreation – 613-580-2570

11-14 years	Tue.	7-8 pm
Mar 27-Jun 12	\$124	<a href="#">1157206</a>

## Live Wire Drama

Enter the exciting world of performance. Drama skills, theatrical techniques, improvisation, scene study, and performance.

## Walter Baker – 613-580-2788

6-9 years	Fri.	6:30-7:15 pm
Apr 6-Jun 15	\$83.25	<a href="#">1155795</a>
9-14 years	Fri.	7:20-8:05 pm
Apr 6-Jun 15	\$83.25	<a href="#">1155801</a>

## Musical Theatre

Love to sing and dance? With proper direction, choreography and singing, learn good vocal techniques, the art of expressive movement, and staging for musical performance.

### Kanata Recreation – 613-580-2570

8-12 years Mon. 7-8 pm  
Mar 26-Jun 11 \$106.25 [1156537](#)

## Visual Arts

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*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.

#### Plant – 613-232-3000

12-14 years Sun. 2:30-4:30 pm  
Mar 25-Jun 17 \$194.75 [1170805](#)

## Drawing and Painting

### Cartooning and Comics

A young and free imagination can give cartoons personality – so watch characters and comic strips come to life! Draw and animate characters through studying figures, facial expressions, actions, perspective and using specialized illustration techniques.

#### François Dupuis – 613-580-8080

5-7 years Wed. 6-7 pm  
Apr 4-Jun 13 \$123.50 [1159912](#)  
8-12 years Tue. 6-7 pm  
Apr 3-Jun 12 \$123.50 [1159691](#)  
8-12 years Wed. 7-8 pm  
Apr 4-Jun 13 \$123.50 [1159917](#)

### Kanata Recreation – 613-580-2570

6-12 years Sat. 4-5 pm  
Apr 7-Jun 16 \$141.25 [1158834](#)

#### Manotick Arena –

##### 613-580-2424 ext. 30235

9-14 years Wed. 5-6 pm  
Apr 4-May 9 \$84.75 [1155860](#)  
May 16-Jun 20 \$84.75 [1155867](#)

#### Plant – 613-232-3000

6-12 years Sun. 1-2 pm  
Mar 25-Jun 17 \$155.25 [1163119](#)

#### St-Laurent – 613-742-6767

6-9 years Sat. noon-1 pm  
Apr 14-Jun 9 \$113 [1164526](#)  
10-14 years Sat. 1-2 pm  
Apr 14-Jun 9 \$113 [1164527](#)

## Drawing and Painting

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

#### Chapman Mills – 613-822-7887

6-8 years Wed. 6-7 pm  
Apr 4-Jun 13 \$155.25 [1159654](#)  
9-12 years Wed. 7-8 pm  
Apr 4-Jun 13 \$155.25 [1159665](#)

#### Eva James – 613-271-0712

8-12 years Wed. 4:30-5:30 pm  
Mar 28-Jun 13 \$144.50 [1139558](#)  
8-12 years Thu. 4:30-5:30 pm  
Mar 29-Jun 14 \$144.50 [1139560](#)  
12-14 years Wed. 5:45-6:45 pm  
Mar 28-Jun 13 \$144.50 [1139559](#)

#### Greenboro – 613-580-2805

8-12 years Thu. 6-7:30 pm  
Apr 12-May 24 \$86 [1162798](#)

#### Minto-Barrhaven – 613-727-2683

8-11 years Mon. 6-7 pm  
Apr 9-Jun 18 \$126 [1143919](#)  
12-14 years Mon. 7-8 pm  
Apr 9-Jun 18 \$126 [1143922](#)

#### Sawmill Creek – 613-521-4092

6-12 years Mon. 6-7 pm  
Mar 19-Jun 4 \$155.25 [1164475](#)

#### St-Laurent – 613-742-6767

6-9 years Sun. 10-11:30 am  
Apr 15-Jun 10 \$169.50 [1164524](#)  
10-14 years Sun. 11:30 am-1 pm  
Apr 15-Jun 10 \$169.50 [1164525](#)

## Mixed Media – Mixing It

Your child's creative imagination will run wild in this dynamic and creative class. Kids will explore different mediums like ink, pencil and paint; and artistic styles and techniques like drawing, painting, collage, three-dimensional work and more.

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

6-12 years Mon. 6-7:30 pm  
May 28-Jun 18 \$84.75 [1151251](#)

#### Greely – 613-580-2424 ext. 30235

6-9 years Wed. 5:30-6:30 pm  
May 9-30 \$56.50 [1154903](#)

#### Manotick Arena –

##### 613-580-2424 ext. 30235

6-9 years Tue. 6:30-7:30 pm  
May 22-Jun 19 \$70.75 [1154902](#)

## Pottery

### Handbuilding

Create sculptures and unique projects using traditional handbuilding techniques. Surface decorations, textures and glazing techniques will be introduced. Use your clay masterpiece at home.

#### McNabb – 613-564-1070

6-12 years Wed. 5:30-7 pm  
Apr 11-Jun 13 \$211.75 [1146180](#)

## Certification

### Babysitting Course – Canadian Safety Council

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

#### Ben Franklin Place – 613-580-2424 ext. 41238

12-14 years Sun. 8:30 am-4:30 pm  
Mar 18 \$68.50 [1161311](#)  
Apr 8 \$68.50 [1155588](#)

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

10-14 years Fri. 9 am-3 pm  
Apr 27 \$84.75 [1151802](#)  
Jun 8 \$84.75 [1151803](#)

### Chapman Mills – 613-822-7887

12-14 years Mon. 8:30 am-4:30 pm  
Mar 12 \$68.50 [1160862](#)

#### Claudette Cain Park – 613-580-2595

12-14 years Fri. 8:30 am-4:30 pm  
Apr 27 \$68.50 [1160874](#)  
12-14 years Sat. 8:30 am-4:30 pm  
Jun 23 \$68.50 [1160939](#)

#### Fisher Park – 613-798-8945

11-14 years Wed. 6-8 pm  
Mar 21-Apr 11 \$85 [1144605](#)  
May 9-30 \$85 [1144607](#)

#### Greenboro – 613-580-2805

12-14 years Sat. 1-5 pm  
May 5-12 \$68.50 [1162931](#)

#### Heron – 613-247-4808

12-14 years Sat. 9 am-5 pm  
Apr 21 \$68.50 [1165139](#)  
15-18 years Sat. 9 am-5 pm  
Apr 21 \$77.50 [1165140](#)

#### Kanata Leisure – 613-591-9283

12-14 years Wed. 6-8 pm  
Apr 11-May 2 \$68.50 [1141750](#)  
May 23-Jun 13 \$68.50 [1141752](#)  
12-14 years Sat.-Sun. 10 am-2 pm  
Apr 21-22 \$68.50 [1141700](#)

May 12-13 \$68.50 [1141706](#)

Jun 16-17 \$68.50 [1141711](#)

Jul 21-22 \$68.50 [1141745](#)

Aug 11-12 \$68.50 [1141746](#)

12-14 years Fri. 9 am-5 pm

Jun 8 \$68.50 [1141719](#)

Jun 29 \$68.50 [1141728](#)

May 18 \$68.50 [1141715](#)

#### McNabb – 613-564-1070

12-14 years Sat.-Sun. 10 am-2 pm

Apr 21-22 \$68.50 [1149557](#)

Jun 2-3 \$68.50 [1149560](#)

12-14 years Wed.-Thu. 10 am-2 pm

Jul 4-5 \$68.50 [1149890](#)

Jul 18-19 \$68.50 [1149898](#)

Aug 8-9 \$68.50 [1149905](#)

#### Nepean Sportsplex –

##### 613-580-2424 ext. 41238

12-14 years Sun. 8:30 am-4:30 pm

Mar 11 \$68.50 [1155572](#)

12-14 years Fri. 8:30 am-4:30 pm

Apr 27 \$68.50 [1155577](#)

Jun 8 \$68.50 [1155581](#)

## South Fallingbrook – 613-824-0633

10-14 years	Fri.	9 am-3 pm
Apr 27	\$68.50	<a href="#">1146686</a>
Jun 8	\$68.50	<a href="#">1146687</a>

## Babysitting Course – Red Cross

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

### Greely – 613-580-2424 ext. 30235

11-14 years	Fri.	8:30 am-4:30 pm
May 18	\$68.50	<a href="#">1160549</a>

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

11-14 years	Fri.	8:30 am-4:30 pm
Apr 27	\$68.50	<a href="#">1160545</a>

### Osgoode – 613-580-2424 ext. 30235

11-14 years	Fri.	8:30 am-4:30 pm
Jun 8	\$68.50	<a href="#">1160552</a>

### Splash – 613-748-4222

12-14 years	Fri.	8:30 am-4:30 pm
May 18	\$68.50	<a href="#">1164337</a>

## LS Standard First Aid with CPR-C and AED

Prerequisite: 12 years of age. Combined course that certifies participants in Standard First Aid, CPR C and AED skills.

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

12-14 years	Sat.-Sun.	9 am-5 pm
Apr 21-22	\$122.50	<a href="#">1157025</a>
Jun 9-10	\$122.50	<a href="#">1157028</a>
Jul 21-22	\$122.50	<a href="#">1159620</a>

### Canterbury – 613-247-4865

12-14 years	Sat.	9 am-5 pm
Apr 21-28	\$122.50	<a href="#">1142347</a>

### Jules Morin Park – 613-580-2424

12-14 years	Sat.-Sun.	8 am-5:30 pm
Apr 21-22	\$122.50	<a href="#">1159040</a>
Jun 16-17	\$122.50	<a href="#">1159049</a>
Jul 21-22	\$122.50	<a href="#">1158862</a>
Aug 11-12	\$122.50	<a href="#">1158938</a>

### Kanata Leisure – 613-591-9283

12-14 years	Sat.-Sun.	8 am-4 pm
Apr 21-22	\$122.50	<a href="#">1149251</a>

## Minto – 613-727-2683

12-14 years	Sat.-Sun.	9 am-5 pm
Apr 7- 8	\$122.50	<a href="#">1139875</a>
May 12-13	\$122.50	<a href="#">1139876</a>
Jun 9-10	\$122.50	<a href="#">1139877</a>
Jul 7- 8	\$122.50	<a href="#">1142120</a>
Aug 11-12	\$122.50	<a href="#">1142121</a>

## Nepean Sportsplex – 613-580-2828

12-14 years	Sat.-Sun.	9 am-5 pm
Apr 21-22	\$122.50	<a href="#">1142754</a>
May 26-27	\$122.50	<a href="#">1142755</a>
Jun 23-24	\$122.50	<a href="#">1142756</a>
12-14 years	Sat.-Sun.	8:30 am-4:30 pm
Jul 21-22	\$122.50	<a href="#">1142757</a>

## Pinecrest – 613-828-3118

12-14 years	Sat.	8:30 am-4:30 pm
Apr 14-21	\$122.50	<a href="#">1163067</a>
12-14 years	Wed.-Thu.	8:30 am-4:30 pm
Jun 20-21	\$122.50	<a href="#">1163068</a>
12-14 years	Sat.-Sun.	8 am-5 pm
Aug 25-26	\$122.50	<a href="#">1163619</a>

## Ray Friel – 613-580-4765

12-14 years	Sat.-Sun.	9 am-5 pm
Apr 14-15	\$122.50	<a href="#">1162638</a>

## Richcraft – 613-580-9696

12-14 years	Sat.-Sun.	9 am-5 pm
Jun 2- 3	\$122.50	<a href="#">1159420</a>

## Sawmill Creek – 613-521-4092

12-14 years	Sat.-Sun.	9 am-5 pm
Mar 31-Apr 1	\$122.50	<a href="#">1164492</a>



## Splash – 613-748-4222

12-14 years	Sat.-Sun.	9 am-5 pm
Apr 28-29	\$122.50	<a href="#">1161174</a>
Jun 16-17	\$122.50	<a href="#">1161181</a>
Aug 25-26	\$122.50	<a href="#">1161193</a>

## St-Laurent – 613-742-6767

12-14 years	Sat.-Sun.	9 am-5 pm
Mar 17-18	\$122.50	<a href="#">1156127</a>
May 12-13	\$122.50	<a href="#">1156129</a>

## Walter Baker – 613-580-2788

12-14 years	Sat.	9 am-5 pm
Apr 21-28	\$122.50	<a href="#">1138908</a>
Jun 2- 9	\$122.50	<a href="#">1138909</a>
12-14 years	Sat.-Sun.	9 am-5 pm
Jul 14-15	\$122.50	<a href="#">1140310</a>
Aug 11-12	\$122.50	<a href="#">1140319</a>

# Cooking in the Kitchen

*Schedules and fees may be subject to change.*

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## Cook Me a Story

Combine the magic of storytelling with the fun of cooking. Hear a twist of your favourite story and help create easy recipes. A unique fairy-tale experience that begins with 'Once upon a kitchen...'

### Greely – 613-580-2424 ext. 30235

4-7 years	Thu.	5:15-6 pm
May 3-Jun 14	\$43	<a href="#">1158580</a>

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

4-7 years	Mon.	5:15-6 pm
Apr 9-May 14	\$43	<a href="#">1158589</a>

### Metcalfe – 613-580-2424 ext. 30235

4-7 years	Tue.	6:30-7:15 pm
May 1-Jun 5	\$43	<a href="#">1158593</a>

## Cupcake Decorating Workshop

Learn to decorate stunning cupcakes for your family and friends, including how to tint your icing, use a piping bag and create thematic designs. Participants are required to bring a dozen premade cupcakes.

### Greely – 613-580-2424 ext. 30235

9-13 years	Sat.	9:30 am-noon
May 5	\$36.50	<a href="#">1156266</a>

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

9-13 years	Sat.	1-3:30 pm
Mar 24	\$36.50	<a href="#">1156261</a>

### Osgoode – 613-580-2424 ext. 30235

9-13 years	Sun.	1-3:30 pm
Jun 3	\$36.50	<a href="#">1156269</a>

## Kitchen Adventures

Learn the basics of food preparation, cooking and baking techniques as well as healthy eating. Learn to create and enjoy good food.

### Greely – 613-580-2424 ext. 30235

7-12 years	Thu.	6:15-7:15 pm
May 3-Jun 7	\$57.25	<a href="#">1155053</a>

### Greenboro – 613-580-2805

5-7 years	Sat.	2-3:30 pm
Apr 7-May 26	\$78.50	<a href="#">1162150</a>
8-12 years	Thu.	6-7:30 pm
Apr 5-May 24	\$89.50	<a href="#">1162146</a>
8-12 years	Sun.	2-3:30 pm
Apr 8-May 20	\$78.50	<a href="#">1162151</a>

### Hintonburg – 613-798-8874

8-12 years	Sun.	10 am-noon
Apr 29	\$19.25	<a href="#">1159379</a>

### Kanata Recreation – 613-580-2570

5-7 years	Sun.	9:15-10:15 am
Apr 8-Jun 17	\$95.50	<a href="#">1159579</a>
8-12 years	Sun.	10:30-11:30 am
Apr 8-Jun 17	\$95.50	<a href="#">1159592</a>
8-12 years	Tue.	7-8 pm
Apr 10-Jun 12	\$95.50	<a href="#">1157120</a>

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

7-12 years	Mon.	6:15-7:15 pm
Apr 9-May 14	\$57.25	<a href="#">1155051</a>

### Michele Heights – 613-828-5100

6-12 years	Tue.	6-7:30 pm
Mar 27-Apr 24	\$29.25	<a href="#">1156422</a>
May 1-29	\$29.25	<a href="#">1156423</a>



**Osgoode – 613-580-2424 ext. 30235**

7-12 years Thu. 6:30-7:30 pm

Apr 12-May 17 \$47.75 [1155042](#)

**Queenswood Heights – 613-580-4765**

7-12 years Thu. 6-7 pm

Apr 12-May 10 \$47.75 [1156332](#)

May 17-Jun 14 \$47.75 [1156335](#)

## General Interest

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### Go Girls!

All girlfriends invited! Be inspired to be fearless. Come join us for a mix of sport, dance, cheerleading and fitness. Try something new and build your confidence.

**Ray Friel – 613-580-4765**

7-12 years Tue. 7-8 pm

Apr 10-Jun 12 \$57.25 [1156341](#)

### Youth Club

Everybody welcome! Make new friends and enjoy different activities, games or sports each week.

**Greely – 613-580-2424 ext. 30235**

9-12 years Fri. 7-9 pm

Apr 13-Jun 15 \$49.25 [1158833](#)

**Metcalf – 613-580-2424 ext. 30235**

9-12 years Fri. 7-9 pm

Apr 6-Jun 22 \$49.25 [1158870](#)

### Survivors-R-US

A program full of physical and mental challenges, arts and crafts, and plenty of team building activities that will bring 'SURVIVOR' to our community center!

**Ray Friel – 613-580-4765**

7-12 years Wed. 5:45-6:45 pm

Apr 11-Jun 13 \$57.25 [1156345](#)

### Zen

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

**John G. Mlacak – 613-580-2980**

6-12 years Sat. 9:30-10:30 am

Apr 7-May 26 \$46 [1159006](#)

## Hobbies and Games

### Chess Club

Enjoy playing chess practicing your skills while meeting new friends.

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

6-12 years Wed. 6-7 pm

Apr 11-Jun 13 \$66.50 [1150615](#)

**Kanata Recreation – 613-580-2570**

6-12 years Sat. 1-2:30 pm

Apr 7-Jun 16 \$99.50 [1159197](#)

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

7-9 years Thu. 6-7 pm

Apr 5-May 3 \$33.25 [1156095](#)

May 17-Jun 14 \$33.25 [1156104](#)

10-13 years Thu. 7-8 pm

Apr 5-May 3 \$33.25 [1156107](#)

May 17-Jun 14 \$33.25 [1156111](#)

**Metcalf Client Service – 613-580-2424 ext. 30235**

7-9 years Wed. 5:30-6:30 pm

May 2-30 \$33.25 [1156073](#)

10-13 years Wed. 6:30-7:30 pm

May 2-30 \$33.25 [1156077](#)

**Plant – 613-232-3000**

7-9 years Tue. 5:30-6:30 pm

Mar 20-Jun 19 \$93 [1159134](#)

10-14 years Tue. 6:30-7:30 pm

Mar 20-Jun 19 \$93 [1159161](#)

**Ray Friel – 613-580-4765**

7-9 years Thu. 5:30-6:30 pm

Apr 12-May 31 \$53.25 [1156343](#)

10-14 years Thu. 5:30-6:30 pm

Apr 12-May 31 \$53.25 [1163391](#)

### Level 2

Enjoy playing chess practicing your skills while meeting new friends.

**Kanata Recreation – 613-580-2570**

6-12 years Sat. 2:45-4:15 pm

Apr 7-Jun 16 \$99.50 [1159216](#)

### Dinosaur Discovery!

Travel through time to explore the amazing and exciting world of dinosaurs! Dig for 'fossils', make RAWRsome crafts, and learn about new dinosaurs each week.

**Rideauview – 613-822-7887**

6-10 years Thu. 6-7 pm

May 31-Jun 21 \$67.50 [1163333](#)

### Junior Vendors

Young entrepreneurs will be empowered to review advertising, safety guidelines and money management. Learn to make lemonade and other drinks, recipes and crafts to sell.

**Greely – 613-580-2424 ext. 30235**

6-12 years Thu. 6:15-7:15 pm

Apr 5-26 \$38.25 [1159105](#)

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

6-12 years Mon. 6:15-7:15 pm

May 28-Jun 18 \$38.25 [1159107](#)

**Metcalf – 613-580-2424 ext. 30235**

6-12 years Tue. 6:15-7:15 pm

Apr 3-24 \$38.25 [1159111](#)

### Magic Club 2

Learn the art of magic the way professionals perform, from card magic to how big illusions work, and everything in between. Discover the mystery!

**Richelieu-Vanier – 613-560-6030**

13-14 years Thu. 6-9 pm

Apr 26-Jun 14 \$240 [1157106](#)

### Muck and Mess

Get into your art with various projects, using lots of imagination and materials.

**Trend-Arlington – 613-580-2424 ext. 41238**

6-10 years Tue. 3-4:30 pm

Apr 10-May 29 \$68.75 [1160947](#)

**Walter Baker – 613-580-2788**

5-7 years Sun. 10:35-11:20 am

Apr 8-May 27 \$30.25 [1155946](#)

### 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.

**François Dupuis – 613-580-8080**

8-12 years Mon. 5:15-6:15 pm

Apr 9-Jun 11 \$51.50 [1159535](#)

8-12 years Fri. 5:15-6:15 pm

Apr 6-Jun 15 \$63 [1160371](#)

**Greely School – 613-580-2424 ext. 30235**

**7066 Parkway**

8-12 years Thu. 6-7 pm

Apr 5-May 24 \$46 [1157387](#)

8-12 years Thu. 7-8 pm

Apr 5-May 24 \$46 [1157393](#)

**Greenboro – 613-580-2805**

6-8 years Sat. 11 am-noon

Apr 7-Jun 2 \$46 [1162152](#)

9-12 years Sat. noon-1 pm

Apr 7-Jun 2 \$46 [1162153](#)

**Osgoode – 613-580-2424 ext. 30235**

8-12 years Fri. 6:30-7:30 pm

Apr 6-Jun 8 \$46 [1157398](#)

8-12 years Fri. 7:30-8:30 pm

Apr 6-Jun 8 \$46 [1157404](#)

**Richcraft-Kanata – 613-580-9696**

6-10 years Fri. 4-5 pm

Mar 23-Jun 29 \$86 [1163251](#)

# Martial Arts

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

## Aikido Yoseikan

Self-defensive Japanese martial art. Learn discipline, confidence, respect and responsibility and how to fall safely. Includes throws, pins, ground work as well as basic Aikido techniques.

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

5-8 years	Mon.	6-7 pm
Mar 19-Jun 18	\$120	<a href="#">1150411</a>
5-8 years	Fri.	6-7 pm
Mar 23-Jun 22	\$120	<a href="#">1150415</a>
5-8 years	Sun.	9-10 am
Mar 25-Jun 24	\$120	<a href="#">1150422</a>
9-14 years	Wed.	6-7:30 pm
Mar 21-Jun 20	\$154	<a href="#">1150413</a>
9-14 years	Fri.	7-8:30 pm
Mar 23-Jun 22	\$132	<a href="#">1150417</a>

## Jiu-Jitsu

Jiu Jitsu is a martial art using holds, escapes, ground defence, grappling techniques, restraints and controlling techniques, and much more.

### Queen Elizabeth School – 613-742-6767 689 St. Laurent

6-14 years	Fri.	6:30-7:25 pm
Mar 23-Jun 1	\$83	<a href="#">1162308</a>

### Sandy Hill – 613-564-1062

5-13 years	Tue.	6:30-7:30 pm
Mar 27-Jun 12	\$85.75	<a href="#">1162640</a>

## Level 2

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

### Queen Elizabeth School – 613-742-6767 689 St. Laurent

6-14 years	Tue.	6:30-7:25 pm
Mar 20-May 29	\$101.75	<a href="#">1162305</a>
6-14 years	Fri.	7:30-8:25 pm
Mar 23-Jun 1	\$83.25	<a href="#">1162306</a>

### Sandy Hill – 613-564-1062

5-13 years	Tue.	7:30-8:30 pm
Mar 27-Jun 12	\$85.75	<a href="#">1162714</a>

## Level 3

A complete and effective method of self-defence that uses holds, escapes, ground defence, techniques, restraints and controlling techniques. Build confidence and learn self-discipline.

### Queen Elizabeth School – 613-742-6767 689 St. Laurent

6-14 years	Tue.	7:30-8:25 pm
Mar 20-May 29	\$101.75	<a href="#">1162307</a>

## Jiu-Jitsu – Marui Ryu

Blocking and striking drills, joint lock and momentum manipulation as well as falling and throwing principles will develop simple, yet highly effective self-defence techniques.

### Overbrook – 613-742-5147

5-14 years	Wed.	6-7 pm
Mar 21-May 9	\$58	
Mar 21-May 9	\$58	
6-14 years	Wed.	7-8 pm
Mar 21-May 9	\$58	
May 16-Jul 4	\$58	
6-14 years	Thu.	7-8 pm
Mar 22-May 10	\$58	
May 17-Jul 5	\$58	

## Johnson’s Taekwon Do – Tricking 180°

A training discipline combining Taekwon Do kicks with flips and twists. New ‘Tricking 180°’ program where beginner trickers learn the fundamentals of tricking! No Taekwon Do experience required.

### Beacon Hill – 613-748-1771

10-14 years	Sat.	11 am-noon
Mar 24-Jun 30	\$104	<a href="#">1154625</a>
Jul 7-Aug 25	\$56	<a href="#">1161024</a>

## Karate

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

### Eva James – 613-271-0712

6-10 years	Wed.	6-7 pm
Apr 4-Jun 13	\$111	<a href="#">1139512</a>
11-14 years	Wed.	7:05-8:05 pm
Apr 4-Jun 13	\$111	<a href="#">1139513</a>

### Greenboro – 613-580-2805

6-12 years	Sun.	1-2 pm
Apr 8-May 20	\$80.50	<a href="#">1162740</a>
6-12 years	Sun.	2-3 pm
Apr 8-May 20	\$80.50	<a href="#">1162762</a>

### Heron – 613-247-4808

6-14 years	Sat.	11:15 am-12:15 pm
Apr 7-Jun 2	\$57.75	<a href="#">1161802</a>

### Queenswood Heights – 613-580-4765

7-9 years	Mon.	6:15-7:15 pm
Mar 19-May 14	\$53.75	<a href="#">1156399</a>
7-9 years	Wed.	6:15-7:15 pm
Mar 21-May 16	\$60.50	<a href="#">1156400</a>
10-14 years	Mon., Wed.	7:30-8:30 pm
Mar 19-May 16	\$114.25	<a href="#">1156401</a>

## Karate – Goju Ryu

Traditional style karate developed in Japan, with a style that has both hard and soft elements. Develops self-confidence, discipline, speed, coordination, stress release, and above all, respect for oneself and others.

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

#### 866 Scala

6-14 years	Tue., Thu.	6:30-7:30 pm
Apr 3-Jun 21	\$147	<a href="#">1147777</a>

### Nepean Sportsplex – 613-580-2828

6-8 years	Sat.	10:30-11:15 am
Apr 7-Jun 9	\$60.50	<a href="#">1142651</a>
6-12 years	Wed.	6-6:45 pm
Apr 11-Jun 13	\$68.25	<a href="#">1142654</a>
9-12 years	Sat.	11:15 am-12:15 pm
Apr 7-Jun 9	\$80.75	<a href="#">1142652</a>

### Pinecrest – 613-828-3118

6-12 years	Sat.	2:15-3:15 pm
Apr 7-Jun 2	\$80.75	<a href="#">1160294</a>
6-12 years	Sat.	3:15-4:15 pm
Apr 7-Jun 2	\$80.75	<a href="#">1160303</a>

### Queen Elizabeth School – 613-742-6767 689 St. Laurent

6-14 years	Thu.	6:15-7:10 pm
Mar 22-May 31	\$78.25	<a href="#">1162314</a>

### St-Laurent – 613-742-6767

6-14 years	Tue.	6-6:55 pm
Mar 20-Jun 26	\$117.25	<a href="#">1162313</a>
Jul 10-Aug 28	\$62.75	<a href="#">1162335</a>

## Level 2

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

#### 866 Scala

6-14 years	Tue., Thu.	7:30-8:30 pm
Apr 3-Jun 21	\$147	<a href="#">1147780</a>

### Queen Elizabeth School – 613-742-6767 689 St. Laurent

6-14 years	Thu.	7:15-8:10 pm
Mar 22-May 31	\$78.25	<a href="#">1162316</a>

### St-Laurent – 613-742-6767

6-14 years	Tue.	7-7:55 pm
Mar 20-Jun 26	\$117.25	<a href="#">1162315</a>
Jul 10-Aug 28	\$62.75	<a href="#">1162336</a>

## Level 3

### Queen Elizabeth School – 613-742-6767 689 St. Laurent

6-14 years	Thu.	8:15-9:10 pm
Mar 22-May 31	\$78.25	<a href="#">1162318</a>

### St-Laurent – 613-742-6767

6-14 years	Tue.	8-8:55 pm
Mar 20-Jun 26	\$117.25	<a href="#">1162317</a>
Jul 10-Aug 28	\$62.75	<a href="#">1162337</a>

## Karate Shotokan

Improve physical fitness, increase concentration, and build self-confidence. Progress is based on commitment, self-discipline, and skill developed through repetition.

### Plant – 613-232-3000

6-14 years	Tue., Thu.	5-6 pm
Mar 20-Jun 21	\$194.75	<a href="#">1159089</a>
Jul 3-Aug 23	\$111.25	<a href="#">1164185</a>
6-14 years	Tue., Thu., Sat.	6-7 pm
Mar 20-Jun 23	\$278.25	<a href="#">1159065</a>
6-14 years	Tue., Thu.	6-7 pm
Jul 3-Aug 23	\$111.25	<a href="#">1164186</a>

## Kendo

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

### Plant – 613-232-3000

7-14 years	Sun.	3:30-5:30 pm
Mar 25-Jun 17	\$142.75	<a href="#">1163900</a>
Jul 8-Aug 26	\$90.75	<a href="#">1164252</a>

## Tae E. Lee Taekwondo

Develop discipline, confidence, focus and concentration in an exciting and positive atmosphere. No experience necessary. Offered in collaboration with Tae E. Lee Taekwondo.

### Canterbury – 613-247-4869

6-9 years	Sat.	1-2 pm
Mar 17-May 12	\$62.75	<a href="#">1141358</a>

## 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.

### Earl Armstrong Arena – 613-748-1771

6-14 years	Mon.	6-7 pm
Mar 19-Jun 25	\$104	<a href="#">1154605</a>
Jul 9-Aug 27	\$56	<a href="#">1160922</a>
6-14 years	Wed.	6-7 pm
Mar 28-Jun 27	\$112	<a href="#">1154604</a>
Jul 4-Aug 29	\$72	<a href="#">1160910</a>
6-14 years	Thu.	6-7 pm
Mar 22-Jun 28	\$120	<a href="#">1154612</a>
Jul 5-Aug 30	\$72	<a href="#">1160942</a>
6-14 years	Thu., Mon.	6-7 pm
Mar 19-Jun 28	\$224	<a href="#">1154606</a>
Jul 5-Aug 30	\$128	<a href="#">1160937</a>

### Fisher Park – 613-798-8945

4-14 years	Tue., Thu.	5:30-6:30 pm
Mar 20-Jun 21	\$198.50	<a href="#">1144661</a>
4-14 years	Tue., Thu.	6:30-7:30 pm
Mar 20-Jun 21	\$198.50	<a href="#">1144663</a>

## Frederick Banting School –

### 580-2424 ext. 20705

#### 1453 Stittsville

6-14 years	Mon.	7-8 pm
Mar 19-May 14	\$80.75	<a href="#">1153590</a>
6-14 years	Thu.	7-8 pm
Mar 22-May 17	\$90.75	<a href="#">1153596</a>

### Goulbourn – 613-580-2532

6-14 years	Fri.	6:30-7:30 pm
May 4-Jul 27	\$131	<a href="#">1158911</a>

## Hunt Club-Riverside Park –

### 613-260-1299

7-14 years	Tue., Thu.	6:30-7:30 pm
Mar 20-Jun 21	\$223.50	<a href="#">1159476</a>
Jun 26-Aug 30	\$159.75	<a href="#">1159481</a>

## Notre Dame Des Champs –

### 613-824-0819

4-14 years	Mon., Wed.	6:30-7:30 pm
Mar 19-Jun 20	\$175.50	<a href="#">1150144</a>
4-14 years	Mon., Wed.	7:30-8:30 pm
Mar 19-Jun 20	\$175.50	<a href="#">1150145</a>
4-14 years	Tue., Thu.	6:30-7:30 pm
Mar 20-Jun 21	\$189	<a href="#">1150142</a>
4-14 years	Mon., Wed.	6:30-7:30 pm
Jun 25-Aug 29	\$114.75	<a href="#">1165116</a>

## Richcraft-Kanata – 613-580-9696

5-8 years	Wed.	6:15-7:15 pm
Mar 21-Jun 27	\$147	<a href="#">1163190</a>
Jul 4-Aug 29	\$88.25	<a href="#">1159460</a>
8-14 years	Wed.	7:15-8:15 pm
Mar 21-Jun 27	\$147	<a href="#">1163191</a>
Jul 4-Aug 29	\$88.25	<a href="#">1159472</a>
8-14 years	Wed.	8:15-9:15 pm
Mar 21-Jun 27	\$147	<a href="#">1163192</a>
Jul 4-Aug 29	\$88.25	<a href="#">1159474</a>
5-8 years	Sat.	12:15-1:15 pm
Mar 24-Jun 23	\$117.50	<a href="#">1163193</a>
Jul 7-Sep 1	\$78.50	<a href="#">1159482</a>
8-14 years	Sat.	1:15-2:15 pm
Mar 24-Jun 23	\$117.50	<a href="#">1163194</a>
Jul 7-Sep 1	\$78.50	<a href="#">1159488</a>
7-14 years	Sat.	2:15-3:15 pm
Mar 24-Jun 23	\$117.50	<a href="#">1163195</a>
Jul 7-Sep 1	\$78.50	<a href="#">1159494</a>
8-14 years	Sat.	3:15-4:15 pm
Mar 24-Jun 23	\$117.50	<a href="#">1163196</a>
Jul 7-Sep 1	\$78.50	<a href="#">1159499</a>
8-14 years	Sat.	4:15-5:15 pm
Mar 24-Jun 23	\$117.50	<a href="#">1163197</a>
Jul 7-Sep 1	\$78.50	<a href="#">1159503</a>

## Level 2

### Earl Armstrong Arena – 613-748-1771

6-14 years	Mon.	7-8 pm
Mar 19-Jun 25	\$104	<a href="#">1154607</a>
Jul 9-Aug 27	\$56	<a href="#">1160960</a>
6-14 years	Thu.	7-8 pm
Mar 22-Jun 28	\$120	<a href="#">1154609</a>
Jul 5-Aug 30	\$72	<a href="#">1160974</a>
6-14 years	Thu., Mon.	7-8 pm
Mar 19-Jun 28	\$224	<a href="#">1154608</a>
Jul 5-Aug 30	\$128	<a href="#">1160964</a>

### Goulbourn – 613-580-2532

6-14 years	Fri.	7:30-8:30 pm
May 4-Jul 27	\$131	<a href="#">1158926</a>

## Taekwondo – Girls

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.

### Earl Armstrong Arena – 613-748-1771

8-14 years	Tue.	6-7 pm
Mar 27-Jun 26	\$112	<a href="#">1154629</a>
Jul 3-Aug 28	\$72	<a href="#">1161011</a>

## Wushu

Based off of Chinese martial arts styles, Wushu Taolu gives a varied choice of techniques based on what suits you best. Develop agility, coordination, strength, flexibility, discipline and team work.

### François Dupuis – 613-580-8080

5-7 years	Mon.	5:45-7:15 pm
Apr 9-Jun 11	\$128.75	<a href="#">1159556</a>
Jun 25-Aug 27	\$128.75	<a href="#">1163806</a>
5-7 years	Fri.	5:45-7:15 pm
Apr 6-Jun 15	\$157.50	<a href="#">1160441</a>
June 29-Aug 31	\$143	<a href="#">1163807</a>
8-14 years	Fri.	7:15-8:45 pm
Apr 6-Jun 15	\$157.50	<a href="#">1160447</a>
Jun 29-Aug 31	\$143	<a href="#">1163808</a>

# Safety

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

## Home Alone

Be safe while home alone. Learn how to handle callers at the door and on the phone as well as when and how to call emergency numbers. Some courses are offered by the Ottawa Safety Council.

### Ben Franklin Place – 613-580-2424

10-14 years	Sun.	1-3:30 pm
Apr 29	\$47.75	<a href="#">1155361</a>

### Bob MacQuarrie-Orléans –

#### 613-580-9600

9-13 years	Sat.	9:30 am-noon
May 5	\$67.50	<a href="#">1151810</a>

### Greenboro – 613-580-2805

10-13 years	Sat.	10 am-noon
May 5	\$38.25	<a href="#">1162892</a>

### Heron – 613-247-4808

9-13 years	Sat.	9:30 am-1:30 pm
May 5	\$76.50	<a href="#">1162743</a>

### Kanata Leisure – 613-591-9283

10-13 years	Sat.	10 am-2 pm
Apr 14	\$76.50	<a href="#">1141763</a>
May 26	\$76.50	<a href="#">1141768</a>
Jun 23	\$76.50	<a href="#">1141771</a>
Jul 14	\$76.50	<a href="#">1141781</a>
Aug 18	\$76.50	<a href="#">1141782</a>

### Nepean Sportsplex – 613-580-2828

10-14 years	Sun.	9:30 am-noon
Mar 11	\$47.75	<a href="#">1155350</a>
May 27	\$47.75	<a href="#">1155474</a>
Jun 17	\$47.75	<a href="#">1155481</a>

### Sawmill Creek – 613-521-4092

10-13 years	Fri.	9 am-4 pm
Apr 27	\$98.25	<a href="#">1164472</a>



## Stay Safe!

Learn how to be safe while alone, in and outside the home, and basic first aid and safety skills. Stay safe from: allergies, asthma, choking, poisoning, inclement weather and strangers.

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

9-13 years Fri. 9 am-3 pm  
May 18 \$46.75 [1160583](#)

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

9-13 years Fri. 9 am-3 pm  
Jun 8 \$46.75 [1160571](#)

### Metcalf – 613-580-2424 ext. 30235

9-13 years Fri. 9 am-3 pm  
Apr 27 \$46.75 [1160598](#)

## Street Proofing & Home Alone

Develop street smart safety tools and learn home safety when unsupervised by adults.

### Hintonburg – 613-798-8874

10-13 years Sun. 10 am-1 pm  
May 6 \$57.25 [1159355](#)  
10-13 years Sun. 1:30-4:30 pm  
May 6 \$57.25 [1159356](#)



## Sports

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

## Badminton

### Badminton

Develop basic techniques including serve, rally, forehand and backhand. Improve your skills through game play.

#### Bridlewood – 613-271-0712

8-10 years Thu. 6:45-7:45 pm  
Mar 29-Jun 14 \$91.75 [1139911](#)  
11-14 years Thu. 7:45-8:45 pm  
Mar 29-Jun 14 \$91.75 [1139912](#)

#### Fisher Park – 613-798-8945

10-14 years Fri. 5:30-6:30 pm  
Apr 6-Jun 8 \$63.25 [1144728](#)

#### François Dupuis – 613-580-8080

8-12 years Wed. 6:30-7:30 pm  
Apr 4-Jun 13 \$84 [1159797](#)

#### Hintonburg – 613-798-8874

11-14 years Sat. 2:30-4:30 pm  
Apr 7-Jun 9 \$116.75 [1163238](#)

#### Jockvale School – 613-580-2424 ext. 41555, 101 Malvern

6-12 years Mon. 6-7 pm  
Apr 9-Jun 4 \$61.25 [1155334](#)

#### Minto-Barrhaven – 613-727-2683

6-8 years Thu. 6-7 pm  
Apr 12-Jun 14 \$76.50 [1144676](#)  
6-9 years Sat. 3-4 pm  
Apr 7-Jun 16 \$76.50 [1144854](#)  
9-12 years Thu. 7-8 pm  
Apr 12-Jun 14 \$76.50 [1144678](#)  
10-14 years Sat. 4-5 pm  
Apr 7-Jun 16 \$76.50 [1144855](#)  
13-14 years Thu. 8-9 pm  
Apr 12-Jun 14 \$76.50 [1144681](#)

### Nepean Sportsplex – 613-580-2828

8-11 years Sun. 10-11 am  
Mar 25-May 6 \$46 [1156666](#)  
May 13-Jun 24 \$46 [1156672](#)  
12-14 years Sun. 11 am-noon  
Mar 25-May 6 \$46 [1156679](#)  
May 13-Jun 24 \$46 [1156676](#)

### Richcraft-Kanata – 613-580-9696

6-10 years Tue. 4:15-5:15 pm  
Mar 20-Jun 26 \$114.50 [1163144](#)  
11-14 years Tue. 5:15-6:15 pm  
Mar 20-Jun 26 \$114.50 [1163145](#)

## Badminton – Game Play

Emphasis is on active participation and fun. Non-instructional game play.

### Eva James – 613-271-0712

11-14 years Mon. 4:45-5:45 pm  
Apr 9-Jun 11 \$37 [1139204](#)

## Basketball

### Above the Rim Basketball

Introduction to one specific basketball skill per week. Drills, skill fundamentals and integration into team play. Instruction provided by professionals from [abovetherimbasketballschoo.com](#).

### École Jeanne-Sauvé – 613-580-4765

1979 Gardenway  
7-12 years Thu. 6-7:30 pm  
Apr 5-May 24 \$130 [1155107](#)

### Eva James – 613-271-0712

6-10 years Mon. 6-7:30 pm  
Apr 9-Jun 4 \$130 [1139254](#)  
11-14 years Mon. 7:30-9 pm  
Apr 9-Jun 4 \$130 [1139255](#)

### Fisher Park – 613-798-8945

3-5 years Sat. 9-10 am  
Apr 7-Jun 16 \$107.50 [1144851](#)  
6-9 years Mon. 6-7 pm  
Apr 9-Jun 18 \$107.50 [1144837](#)  
10-12 years Mon. 6-7 pm  
Apr 9-Jun 18 \$107.50 [1144841](#)  
13-14 years Mon. 7-8 pm  
Apr 9-Jun 18 \$107.50 [1144843](#)

### Rideauview – 613-822-7887

6-11 years Wed. 6-7 pm  
Apr 4-Jun 20 \$128.75 [1159698](#)  
12-14 years Wed. 7-8 pm  
Apr 4-Jun 20 \$128.75 [1159716](#)

## Basketball

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

### Bridlewood – 613-271-0712

8-12 years Thu. 5:30-6:30 pm  
Mar 29-Jun 14 \$91.75 [1145828](#)

### Carleton Heights School – 613-226-2208

1660 Prince of Wales  
9-12 years Wed. 7:15-8:15 pm  
Mar 28-May 23 \$68.75 [1159242](#)

### François Dupuis – 613-580-8080

6-8 years Sat. 10-11 am  
Apr 7-Jun 9 \$68.75 [1160474](#)  
9-12 years Sat. 11 am-noon  
Apr 7-Jun 9 \$68.75 [1160468](#)

### Glen Cairn – 613-836-3121

5-7 years Mon. 6:05-7:05 pm  
Apr 9-Jun 11 \$68.75 [1156581](#)

### Goulbourn – 613-580-2532

7-12 years Mon. 6-7 pm  
Apr 9-Jun 11 \$68.75 [1159024](#)

### Greely School – 613-580-2424 ext. 30235

7066 Parkway  
8-11 years Tue. 6-7 pm  
Apr 3-May 22 \$61.25 [1157493](#)

### Greenboro – 613-580-2805

8-11 years Mon. 5-6 pm  
Apr 9-May 28 \$50 [1162124](#)  
12-14 years Mon. 6-7 pm  
Apr 9-May 28 \$50 [1162128](#)

### Heron – 613-247-4808

6-10 years Sat. 1:15-2:15 pm  
Apr 7-Jun 2 \$61.25 [1161745](#)

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

8-12 years Sat. 1:45-2:45 pm  
Apr 7-Jun 23 \$84 [1156009](#)

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

1075 Bridge  
8-11 years Wed. 6:30-7:30 pm  
Apr 4-May 23 \$61.25 [1157470](#)  
11-14 years Wed. 7:30-8:30 pm  
Apr 4-May 23 \$61.25 [1157475](#)

### McNabb – 613-564-1070

6-12 years Fri. 5:30-6:30 pm  
Apr 6-Jun 15 \$84 [1145842](#)

## Minto-Barrhaven – 613-727-2683

6-8 years	Tue.	6-7 pm
Apr 10-Jun 12	\$76.50	<a href="#">1144162</a>
9-12 years	Tue.	7-8 pm
Apr 10-Jun 12	\$76.50	<a href="#">1144165</a>

## Richcraft-Kanata – 613-580-9696

7-12 years	Mon.	5-6 pm
Mar 19-Jun 25	\$99.25	<a href="#">1163138</a>

## South Fallingbrook – 613-824-0633

6-9 years	Sun.	2:15-3:15 pm
Apr 8-Jun 17	\$76.50	<a href="#">1153680</a>

## South March School – 613-580-9696 1032 Klondike

8-12 years	Sat.	11:15 am-12:15 pm
Apr 7-Jun 2	\$61.25	<a href="#">1161379</a>

## St-Laurent – 613-742-6767

6-8 years	Thu.	6-6:45 pm
Mar 22-Jun 7	\$64	<a href="#">1164179</a>
Jul 5-Aug 30	\$48	<a href="#">1164541</a>
9-12 years	Thu.	6:45-7:30 pm
Mar 22-Jun 7	\$64	<a href="#">1164180</a>
Jul 5-Aug 30	\$48	<a href="#">1164542</a>
13-14 years	Thu.	7:30-8:30 pm
Mar 22-Jun 7	\$85.25	<a href="#">1164182</a>
Jul 5-Aug 30	\$64	<a href="#">1164543</a>

## Basketball – Boys

Designed to teach the skills and rules of basketball to children in a fun and friendly environment.

## Nepean Sportsplex – 613-580-2828

6-8 years	Tue.	5-5:45 pm
Apr 10-Jun 12	\$57.25	<a href="#">1142629</a>
9-12 years	Tue.	6-6:45 pm
Apr 10-Jun 12	\$57.25	<a href="#">1142631</a>

## Basketball – Game Play

Emphasis is on active participation and fun. Non-instructional game play.

## Jockvale School – 613-580-2424 ext. 41238

10-14 years	Fri.	7-8:30 pm
Jul 6-Aug 17	\$37	<a href="#">1157594</a>

## Rockcliffe Park School – 613-842-8578 350 Buena Vista

9-11 years	Tue.	6-7 pm
Apr 3-May 22	\$32.75	<a href="#">1145165</a>
12-14 years	Tue.	7-8 pm
Apr 3-May 22	\$32.75	<a href="#">1145166</a>

## South March School – 613-580-9696

<b>1032 Klondike</b>		
12-14 years	Fri.	6-7 pm
Apr 6-Jun 1	\$32.75	<a href="#">1161333</a>

## Basketball – Girls

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

## Nepean Sportsplex – 613-580-2828

6-8 years	Tue.	5-5:45 pm
Apr 10-Jun 12	\$57.25	<a href="#">1142611</a>
9-12 years	Tue.	6-6:45 pm
Apr 10-Jun 12	\$57.25	<a href="#">1142612</a>

## Richcraft-Kanata – 613-580-9696

7-12 years	Mon.	6-7 pm
Mar 19-Jun 25	\$99.25	<a href="#">1163236</a>

## Cheerleading

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

## Walter Baker – 613-580-2788

6-9 years	Mon.	6-6:45 pm
Apr 9-Jun 11	\$51.75	<a href="#">1153862</a>

## Dodgeball – Game Play

Dip, dodge and dive! Emphasis is on active participation and fun. Games are at a recreational level.

## Eva James – 613-271-0712

8-12 years	Thu.	5-6 pm
Mar 29-Jun 14	\$49.25	<a href="#">1145847</a>
<b>François Dupuis – 613-580-8080</b>		
8-12 years	Wed.	5:15-6:15 pm

Apr 4-Jun 13	\$45	<a href="#">1159776</a>
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## Greenboro – 613-580-2805

8-12 years	Sat.	1-2 pm
Apr 7-Jun 2	\$32.75	<a href="#">1162137</a>

## Richcraft-Kanata – 613-580-9696

8-12 years	Fri.	5-6 pm
Mar 23-Jun 29	\$61.50	<a href="#">1163252</a>

## Walter Baker – 613-580-2788

6-9 years	Sat.	12:35-1:35 pm
Apr 7-May 12	\$24.75	<a href="#">1155894</a>
9-13 years	Sat.	1:40-2:40 pm
Apr 7-May 12	\$24.75	<a href="#">1155898</a>

## Fencing

Young fencers are introduced to age appropriate use of a Sabre and will focus on posture, stance, strategy, safety and etiquette. Classes are conducted in an atmosphere that is fun as well as disciplined.

## Fisher Park – 613-798-8945

10-14 years	Sat.	10-11 am
Apr 7-Jun 16	\$76.50	<a href="#">1155559</a>

## Flag Football

Run, throw, catch! Develop your fundamental skills learning the basics of flag football.

## Minto-Barrhaven – 613-727-2683

9-14 years	Tue.	3:30-4:30 pm
Apr 10-Jun 12	\$76.50	<a href="#">1140495</a>
9-14 years	Thu.	3:30-4:30 pm
Apr 12-Jun 14	\$76.50	<a href="#">1140497</a>
9-14 years	Sun.	11:30 am-12:30 pm
Apr 15-Jun 24	\$61.25	<a href="#">1143814</a>

## Golf – Ollson Development

Players new to golf will get a head start on the season. Emphasis will be on club grip, swing mechanics, stance, body alignment and ball position.

## Barrhaven on the Green

## Driving Range – 613-727-2683 3232 Jockvale

8-14 years	Sat.	9-10 am
May 5-26	\$126	<a href="#">1143029</a>
Jun 2-23	\$126	<a href="#">1143032</a>
8-14 years	Sat.	10-11 am
May 5-26	\$126	<a href="#">1143035</a>
Jun 2-23	\$126	<a href="#">1143037</a>
8-14 years	Tue.	6-7 pm
May 8-29	\$126	<a href="#">1143020</a>
Jun 5-26	\$126	<a href="#">1143023</a>
8-14 years	Thu.	6-7 pm
May 10-31	\$126	<a href="#">1143026</a>
Jun 7-28	\$126	<a href="#">1143028</a>

# Gymnastics

## Gymnastics – Acro

Free flowing class combines acrobatics, tumbling and basic dance. Think gymnastics but with no apparatus. Improve balance, coordination, flexibility, and strength.

## Eva James – 613-271-0712

8-12 years	Sat.	2:05-3:05 pm
Apr 7-Jun 16	\$106.75	<a href="#">1139949</a>

## Gymnastics

Beginner to intermediate recreational gymnastic skills are taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability and levels. Apparatus will include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, vault.

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

6-9 years	Sun.	11:30 am-12:30 pm
Apr 8-Jun 17	\$95.50	<a href="#">1150982</a>

## François Dupuis – 613-580-8080

6-10 years	Tue.	6-7 pm
Apr 3-Jun 12	\$105	<a href="#">1159614</a>
6-10 years	Thu.	6-7 pm
Apr 5-Jun 14	\$105	<a href="#">1159946</a>

## Goulbourn – 613-580-2532

5-8 years	Sun.	12:30-1:15 pm
Apr 8-Jun 3	\$57.25	<a href="#">1160011</a>
5-8 years	Sat.	noon-1 pm
Apr 7-Jun 2	\$76.50	<a href="#">1160009</a>

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

6-8 years	Sat.	1:15-2 pm
Apr 7-Jun 23	\$78.75	<a href="#">1156290</a>
9-12 years	Sat.	2:15-3 pm
Apr 7-Jun 23	\$78.75	<a href="#">1156318</a>

## Jockvale School – 613-580-2424 ext. 41555

<b>101 Malvern</b>		
6-8 years	Sat.	9-10 am
Apr 7-Jun 9	\$95.50	<a href="#">1155771</a>
6-8 years	Sat.	10:10-11:10 am
Apr 7-Jun 9	\$95.50	<a href="#">1155775</a>

## McNabb – 613-564-1070

6-8 years	Sat.	2:10-3:10 pm
Mar 24-Jun 16	\$105	<a href="#">1149499</a>

6-9 years	Sat.	11:30 am-12:30 pm
Mar 24-Jun 16	\$105	<a href="#">1149490</a>
6-9 years	Wed.	6:30-7:30 pm
Mar 28-Jun 13	\$114.50	<a href="#">1149461</a>
9-14 years	Sat.	2:10-3:10 pm
Mar 24-Jun 16	\$105	<a href="#">1149504</a>

**Minto-Barrhaven – 613-727-2683**

6-10 years	Sun.	11 am-noon
Apr 8-Jun 17	\$95.50	<a href="#">1145421</a>
6-10 years	Sun.	12:05-1:05 pm
Apr 8-Jun 17	\$95.50	<a href="#">1145422</a>
6-10 years	Wed.	4:55-5:55 pm
Apr 11-Jun 13	\$95.50	<a href="#">1144198</a>
6-10 years	Wed.	6-7 pm
Apr 11-Jun 13	\$95.50	<a href="#">1144199</a>
6-10 years	Wed.	7:05-8:05 pm
Apr 11-Jun 13	\$95.50	<a href="#">1144200</a>

**South Fallingbrook – 613-824-0633 ext. 221**

5-7 years	Sat.	11:15 am-12:15 pm
Apr 21-Jun 16	\$76.50	<a href="#">1153726</a>

**St-Laurent – 613-742-6767**

4-5 years	Sat.	1-1:55 pm
Mar 24-Jun 23	\$105	<a href="#">1162329</a>
6-12 years	Sat.	2-2:55 pm
Mar 24-Jun 23	\$105	<a href="#">1162327</a>

**Level 1**

Beginner to novice gymnastic skills are taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability and levels. Apparatus includes the following: balance beam, floor, mini-trampoline, parallel bars, rings, uneven bars, vault.

**Dempsey – 613-247-4846**

6-9 years	Tue.	6:15-7:15 pm
Mar 20-May 22	\$106.75	<a href="#">1152782</a>
6-9 years	Sat.	9-10 am
Mar 24-Jun 2	\$106.75	<a href="#">1152826</a>
6-9 years	Sat.	10-11 am
Mar 24-Jun 2	\$106.75	<a href="#">1152793</a>
6-9 years	Sat.	11 am-noon
Mar 24-Jun 2	\$106.75	<a href="#">1152806</a>
6-9 years	Sun.	11 am-noon
Mar 25-Jun 3	\$106.75	<a href="#">1152839</a>

**Eva James – 613-271-0712**

6-7 years	Sat.	10:55-11:55 am
Apr 7-Jun 16	\$106.75	<a href="#">1139477</a>
6-7 years	Tue.	5-6 pm
Apr 10-Jun 12	\$106.75	<a href="#">1139471</a>
6-12 years	Sat.	1-2 pm
Apr 7-Jun 16	\$106.75	<a href="#">1139479</a>



6-12 years	Sat.	2:05-3:05 pm
Apr 7-Jun 16	\$106.75	<a href="#">1139481</a>
6-12 years	Sat.	3:10-4:10 pm
Apr 7-Jun 16	\$106.75	<a href="#">1139483</a>
6-12 years	Tue.	6:05-7:05 pm
Apr 10-Jun 12	\$106.75	<a href="#">1139473</a>
6-12 years	Tue.	7:10-8:10 pm
Apr 10-Jun 12	\$106.75	<a href="#">1139474</a>

**Level 2**

Intermediate gymnastic skills are taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability and levels. Apparatus: balance beam, floor, mini-trampoline, parallel bars, rings, uneven bars, vault. Must have completed recreational novice levels or have approval from the program coordinator.

**Dempsey – 613-247-4846**

6-12 years	Tue.	6:15-8:15 pm
Mar 20-May 22	\$213.50	<a href="#">1152883</a>

**Eva James – 613-271-0712**

6-12 years	Sat.	1-2 pm
Apr 7-Jun 16	\$106.75	<a href="#">1139491</a>
6-12 years	Sat.	2:05-3:05 pm
Apr 7-Jun 16	\$106.75	<a href="#">1139492</a>

6-12 years	Sat.	3:10-4:10 pm
Apr 7-Jun 16	\$106.75	<a href="#">1139493</a>
6-12 years	Tue.	6:05-7:05 pm
Apr 10-Jun 12	\$106.75	<a href="#">1139487</a>
6-12 years	Tue.	7:10-8:10 pm
Apr 10-Jun 12	\$106.75	<a href="#">1139489</a>

**Level 3**

Learn more complex moves with focus on strength, agility, grace and flexibility, taught through the assistance of a coach on traditional equipment at an Intermediate to advanced level. Groups are divided according to age, ability and levels. Apparatus: balance beam, floor, mini-trampoline, parallel bars, rings, uneven bars, vault. Must have completed recreational intermediate levels or have approval from the program coordinator.

**Dempsey – 613-247-4846**

6-12 years	Sun.	9 am-noon
Mar 25-Jun 3	\$320	<a href="#">1152866</a>

**Eva James – 613-271-0712**

6-12 years	Sat.	1-2 pm
Apr 7-Jun 16	\$106.75	<a href="#">1139499</a>
6-12 years	Sat.	3:10-4:10 pm
Apr 7-Jun 16	\$106.75	<a href="#">1139500</a>
6-12 years	Tue.	6:05-7:05 pm
Apr 10-Jun 12	\$106.75	<a href="#">1139496</a>
6-12 years	Tue.	7:10-8:10 pm
Apr 10-Jun 12	\$106.75	<a href="#">1139498</a>

**Gymnastics – Ninja Obstacle**

Obsessed with Ninja Warrior? Climbing your walls? Hanging from your door jams? Participate in obstacles just like a Ninja.

**McNabb – 613-564-1070**

5-10 years	Sat.	1-2 pm
Mar 24-Jun 16	\$105	<a href="#">1158632</a>

**Gymnastics – Tumble**

Increase balancing and coordination of gymnastic movements on floor and various pieces of equipment.

**Greenboro – 613-580-2805**

5-8 years	Sat.	1-2 pm
Apr 7-May 26	\$67	<a href="#">1162157</a>
5-8 years	Sat.	2-3 pm
Apr 7-May 26	\$67	<a href="#">1162159</a>

**Pincrest – 613-828-3118**

4-5 years	Sat.	12:15-1:15 pm
Apr 7-Jun 16	\$95.50	<a href="#">1160140</a>

**Richcraft-Kanata – 613-580-9696**

4-6 years	Sun.	9:45-10:30 am
Mar 25-Jun 24	\$86	<a href="#">1163848</a>

**Rhythmic Gymnastics**

Contains the dynamics and flexibility of gymnastics, the technical knowledge of ballet, and the self-expression and rhythm of modern dance. Choreographed to music and accompanied by colourful hoops, balls, ropes and ribbons.

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

6-9 years	Sun.	1:15-2:15 pm
Apr 8-Jun 17	\$95.50	<a href="#">1150985</a>

**Rideauview – 613-822-7887**

4-6 years	Sat.	12:30-1:30 pm
Apr 7-Jun 16	\$95.50	<a href="#">1160440</a>
7-11 years	Sat.	1:30-2:30 pm
Apr 7-Jun 16	\$95.50	<a href="#">1160443</a>

**Hockey**

**Ball Hockey**

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

**Eva James – 613-271-0712**

5-7 years	Sun.	2:15-3:15 pm
Apr 8-Jun 10	\$68.75	<a href="#">1138814</a>

**Glen Cairn – 613-836-3121**

6-10 years	Sat.	10-10:50 am
Apr 14-Jun 16	\$57.25	<a href="#">1160247</a>

**Goulbourn – 613-580-2532**

8-12 years	Sat.	11-11:50 am
Apr 7-Jun 2	\$51	<a href="#">1159991</a>

**Greenboro – 613-580-2805**

5-6 years	Sat.	3-4 pm
Apr 7-May 26	\$53.50	<a href="#">1162110</a>
7-9 years	Sat.	4-5 pm
Apr 7-May 26	\$53.50	<a href="#">1162114</a>
10-13 years	Sat.	5-6 pm
Apr 7-May 26	\$53.50	<a href="#">1162116</a>

**Nepean Sportsplex – 613-580-2828**

6-8 years	Sun.	2-3 pm
Apr 8-Jun 10	\$61.25	<a href="#">1142635</a>
9-12 years	Sun.	3-4 pm
Apr 8-Jun 10	\$61.25	<a href="#">1142638</a>

**Rideauview – 613-822-7887**

6-9 years	Sun.	4:15-5 pm
Apr 8-Jun 17	\$57.25	<a href="#">1157744</a>



## Walter Baker – 613-580-2788

5-7 years	Sun.	1-2 pm
Apr 8-May 13	\$46	<a href="#">1156007</a>
7-9 years	Sun.	2:05-3:05 pm
Apr 8-May 13	\$46	<a href="#">1156012</a>
9-13 years	Sun.	3:10-4:10 pm
Apr 8-May 13	\$46	<a href="#">1156013</a>

## Ball Hockey – Game Play

Emphasis is on active participation and fun. Non-instructional game play.

### Bridlewood – 613-271-0712

8-12 years	Mon.	7:15-8:15 pm
Apr 9-Jun 11	\$37	<a href="#">1145809</a>

### Metcalf – 613-580-2424 ext. 30235

5-6 years	Tue.	6:15-7 pm
May 1-Jun 12	\$21.50	<a href="#">1157172</a>
7-8 years	Tue.	6:15-7 pm
May 1-Jun 12	\$21.50	<a href="#">1157194</a>
7-8 years	Tue.	7-7:45 pm
May 1-Jun 12	\$21.50	<a href="#">1157212</a>
9-10 years	Tue.	7-7:45 pm
May 1-Jun 12	\$21.50	<a href="#">1157218</a>
9-10 years	Tue.	7:45-8:30 pm
May 1-Jun 12	\$21.50	<a href="#">1157229</a>
11-12 years	Tue.	7:45-8:30 pm
May 1-Jun 12	\$21.50	<a href="#">1157238</a>

### Osgoode – 613-580-2424 ext. 30235

5-6 years	Mon.	6:15-7 pm
Apr 30-Jun 11	\$18.50	<a href="#">1157109</a>
7-8 years	Mon.	6:15-7 pm
Apr 30-Jun 11	\$18.50	<a href="#">1157119</a>
7-8 years	Mon.	7-7:45 pm
Apr 30-Jun 11	\$18.50	<a href="#">1157133</a>
9-10 years	Mon.	7-7:45 pm
Apr 30-Jun 11	\$18.50	<a href="#">1157137</a>
9-10 years	Mon.	7:45-8:30 pm
Apr 30-Jun 11	\$18.50	<a href="#">1157143</a>
11-12 years	Mon.	7:45-8:30 pm
Apr 30-Jun 11	\$18.50	<a href="#">1157147</a>

### Ray Friel – 613-580-4765

5-7 years	Mon.	6-7 pm
Apr 9-Jun 11	\$37	<a href="#">1156198</a>
8-12 years	Mon.	7-8 pm
Apr 9-Jun 11	\$37	<a href="#">1156202</a>

## 4 on 4 Hockey

Develop and improve your hockey skills with this no body checking game. Freewheeling and high scoring with limited whistles and no face-offs or coaches. Full hockey equipment is mandatory.

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

6-12 years	Mon.	4-4:50 pm
Apr 9-Jun 18	\$57.25	<a href="#">1154306</a>

### Jim Durrell – 613-247-4811

6-8 years	Fri.	5:30-6:20 pm
May 11-Jun 29	\$46	<a href="#">1143658</a>
9-11 years	Fri.	6:30-7:20 pm
May 11-Jun 29	\$46	<a href="#">1143660</a>
12-14 years	Fri.	7:30-8:20 pm
May 11-Jun 29	\$46	<a href="#">1143669</a>

### Minto-Barrhaven – 613-727-2683

6-8 years	Fri.	5-5:50 pm
Apr 6-Jun 1	\$51.50	<a href="#">1143169</a>
9-11 years	Fri.	6-6:50 pm
Apr 6-Jun 1	\$51.50	<a href="#">1143187</a>
12-14 years	Fri.	7-7:50 pm
Apr 6-Jun 1	\$51.50	<a href="#">1143197</a>

### Nepean Sportsplex – 613-580-2828

6-8 years	Wed.	4:30-5:20 pm
Aug 8-29	\$23	<a href="#">1160647</a>
6-12 years	Wed.	4:30-5:20 pm
Jul 4-25	\$23	<a href="#">1161004</a>
9-12 years	Wed.	5:30-6:20 pm
Aug 8-29	\$23	<a href="#">1160646</a>

### Ray Friel – 613-580-4765

6-8 years	Wed.	5-5:50 pm
May 2-Jun 20	\$46	<a href="#">1151662</a>
Jul 4-Aug 22	\$46	<a href="#">1151689</a>
9-12 years	Wed.	6-6:50 pm
May 2-Jun 20	\$46	<a href="#">1151688</a>
Jul 4-Aug 22	\$46	<a href="#">1151690</a>

## 4 on 4 Hockey – Goalie

Develop and improve your goalie skills with limited whistles and no face-offs or coaches. Full hockey equipment is mandatory.

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

6-12 years	Mon.	4-4:50 pm
Apr 9-Jun 18	\$57.25	<a href="#">1154307</a>

### Jim Durrell – 613-247-4811

6-8 years	Fri.	5:30-6:20 pm
May 11-Jun 29	\$46	<a href="#">1143683</a>
9-11 years	Fri.	6:30-7:20 pm
May 11-Jun 29	\$46	<a href="#">1143685</a>

12-14 years	Fri.	7:30-8:20 pm
May 11-Jun 29	\$46	<a href="#">1143686</a>

### Minto-Barrhaven – 613-727-2683

6-8 years	Fri.	5-5:50 pm
Apr 6-Jun 1	\$51.50	<a href="#">1143220</a>
9-11 years	Fri.	6-6:50 pm
Apr 6-Jun 1	\$51.50	<a href="#">1143221</a>
12-14 years	Fri.	7-7:50 pm
Apr 6-Jun 1	\$51.50	<a href="#">1143225</a>

### Ray Friel – 613-580-4765

6-8 years	Wed.	5-5:50 pm
May 2-Jun 20	\$46	<a href="#">1151707</a>
Jul 4-Aug 22	\$46	<a href="#">1151714</a>
9-12 years	Wed.	6-6:50 pm
May 2-Jun 20	\$46	<a href="#">1151711</a>
Jul 4-Aug 22	\$46	<a href="#">1151715</a>

## Hockey

Lessons geared towards first time hockey players. Learn individual skills including stick handling, shooting and turning. Participants should have a solid skating base (forwards and stopping). Complete hockey equipment is mandatory.

### Jim Durrell – 613-247-4811

5-7 years	Sun.	9-9:50 am
May 6-Jun 24	\$105.75	<a href="#">1143524</a>
8-12 years	Sun.	10-10:50 am
May 6-Jun 24	\$105.75	<a href="#">1143530</a>

### Minto-Barrhaven – 613-727-2683

5-7 years	Tue.	5-5:50 pm
Mar 27-May 29	\$120	<a href="#">1143007</a>
8-12 years	Thu.	5-5:50 pm
Mar 29-May 31	\$120	<a href="#">1143025</a>

### Ray Friel – 613-580-4765

6-12 years	Thu.	5-5:50 pm
May 3-Jun 21	\$105.75	<a href="#">1151578</a>
Jul 5-Aug 23	\$105.75	<a href="#">1151580</a>
6-12 years	Sat.	8:30-9:20 am
May 5-Jun 23	\$92.50	<a href="#">1152191</a>
Jul 7-Aug 25	\$92.50	<a href="#">1155059</a>

### Tom Brown Arena – 613-247-4815

6-10 years	Tue.	6-6:50 pm
Aug 14-28	\$55.50	<a href="#">1143697</a>
11-14 years	Tue.	7-7:50 pm
Aug 14-28	\$55.50	<a href="#">1143698</a>

## Hockey – Development

Perform drills at top speeds to improve your weakness and increase your strengths. Concentrate on power skating technique, agility, acceleration, skating, start, stops, stick handling, passing and shooting. Full Hockey Equipment is mandatory.

### Goulbourn – 613-580-2532

4-6 years	Tue.	4:15-5:05 pm
Apr 3-May 15	\$129.50	<a href="#">1160949</a>
7-12 years	Tue.	4:15-5:05 pm
Apr 3-May 15	\$129.50	<a href="#">1160945</a>

### Ray Friel – 613-580-4765

6-8 years	Sat.	9:30-10:20 am
May 5-Jun 23	\$129.50	<a href="#">1155068</a>
Jul 7-Aug 25	\$129.50	<a href="#">1155074</a>
6-12 years	Mon.	5-5:50 pm
Apr 30-Jun 18	\$129.50	<a href="#">1148832</a>
Jul 9-Aug 20	\$111	<a href="#">1148837</a>
9-12 years	Sat.	10:30-11:20 am
May 5-Jun 23	\$129.50	<a href="#">1155072</a>
Jul 7-Aug 25	\$129.50	<a href="#">1155077</a>

## Hockey – Development Conditioning

Boys and girls get ready for the next hockey season with this on ice work out. Full Hockey equipment mandatory. Not for Goalies.

### Jim Durrell – 613-247-4811

#### (Novice)

7-8 years	Mon.-Fri.	10:30 am-12:20 pm
Aug 27-31	\$174.25	<a href="#">1143402</a>

#### (Atom)

9-10 years	Mon.-Fri.	12:30-2:20 pm
Aug 27-31	\$174.25	<a href="#">1143410</a>

#### (PeeWee/Bantam)

11-14 years	Mon.-Fri.	2:30-4:20 pm
Aug 27-31	\$174.25	<a href="#">1143415</a>

### Nepean Sportsplex – 613-580-2828

6-9 years	Mon.-Fri.	8:30-9:50 am
Aug 27-31	\$148	<a href="#">1161683</a>
10-14 years	Mon.-Fri.	10-11:50 am
Aug 27-31	\$203.50	<a href="#">1161702</a>

## Hockey – Development Conditioning – Goalie

Boys and girls get ready for the hockey season with this on ice work out. Goaltenders are integrated with regular players during this session.

### Jim Durrell – 613-247-4811

<b>(Novice)</b>			
7-8 year	Mon.-Fri.	10:30 am-12:20 pm	
Aug 27-31	\$124.75	<a href="#">1143423</a>	
<b>(Atom)</b>			
9-10 years	Mon.-Fri.	12:30-2:20 pm	
Aug 27-31	\$124.75	<a href="#">1143426</a>	
<b>(PeeWee/Bantam)</b>			
11-14 years	Mon.-Fri.	2:30-4:20 pm	
Aug 27-31	\$124.75	<a href="#">1143435</a>	

## Hockey – Development Skills

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

### Jim Durrell – 613-247-4811

<b>(Novice)</b>			
7-8 years)	Mon.-Fri.	8:30-10:20 am	
Aug 20-24	\$174.25	<a href="#">1143115</a>	
<b>(Novice)</b>			
7-8 years	Mon.-Fri.	11 am-12:50 pm	
Aug 20-24	\$174.25	<a href="#">1143125</a>	
<b>(Atom)</b>			
9-10 years	Mon.-Fri.	10:30 am-12:20 pm	
Aug 20-24	\$174.25	<a href="#">1143132</a>	
<b>(Atom)</b>			
9-10 years	Mon.-Fri.	1:30-3:20 pm	
Aug 20-24	\$174.25	<a href="#">1143145</a>	
<b>(PeeWee)</b>			
11-12 years	Mon.-Fri.	9-10:50 am	
Aug 20-24	\$174.25	<a href="#">1143154</a>	
<b>(PeeWee)</b>			
11-12 years	Mon.-Fri.	1-2:50 pm	
Aug 20-24	\$174.25	<a href="#">1143161</a>	
<b>(Bantam)</b>			
13-14 years	Mon.-Fri.	3:30-5:20 pm	
Aug 20-24	\$174.25	<a href="#">1143172</a>	

## Hockey – Development Skills – Goalie

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

### Jim Durrell – 613-247-4811

<b>(Novice)</b>			
7-8 years	Mon.-Fri.	8:30-10:20 am	
Aug 20-24	\$124.75	<a href="#">1143261</a>	
<b>(Novice)</b>			
7-8 years	Mon.-Fri.	11 am-12:50 pm	
Aug 20-24	\$124.75	<a href="#">1143272</a>	
<b>(Atom)</b>			
9-10 years	Mon.-Fri.	10:30 am-12:20 pm	
Aug 20-24	\$124.75	<a href="#">1143285</a>	
<b>(Atom)</b>			
9-10 years	Mon.-Fri.	1:30-3:20 pm	
Aug 20-24	\$124.75	<a href="#">1143310</a>	
<b>(PeeWee)</b>			
11-12 years	Mon.-Fri.	9-10:50 am	
Aug 20-24	\$124.75	<a href="#">1143318</a>	
<b>(PeeWee)</b>			
11-12 years	Mon.-Fri.	1-2:50 pm	
Aug 20-24	\$124.75	<a href="#">1143346</a>	
<b>(Bantam)</b>			
13-14 years	Mon.-Fri.	3:30-5:20 pm	
Aug 20-24	\$124.75	<a href="#">1143363</a>	

## 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.

### Minto-Barrhaven – 613-727-2683

6-12 years	Thu.	6-6:50 pm	
Mar 29-May 31	\$132.25	<a href="#">1143059</a>	

## Powerskating

Participants will work through specialized drills focusing on speed, agility and skating techniques. This is not a learn to skate program (participants must be able to skate forwards, backwards, and stop on their own). Full equipment is mandatory and sticks are used on the ice. Ringette players are welcome.

### Jim Durrell – 613-247-4811

6-12 years	Sun.	11-11:50 am	
May 6-Jun 24	\$120.25	<a href="#">1143602</a>	

### Minto-Barrhaven – 613-727-2683

6-12 years	Tue.	6-6:50 pm	
Mar 27-May 29	\$144.25	<a href="#">1143041</a>	

### Ray Friel – 613-580-4765

6-12 years	Thu.	6-6:50 pm	
May 3-Jun 21	\$144.75	<a href="#">1151761</a>	
Jul 5-Aug 23	\$144.75	<a href="#">1151764</a>	

## Powerskating – Level 2

Develop better balance, power, agility, speed, endurance, and overall skating technique. This is not a learn to skate program. Participants must be able to skate forwards, backwards, stop, pivot, and crossover. Full equipment is mandatory and sticks are used on the ice. Ringette players are welcome.

### Jim Durrell – 613-247-4811

8-12 years	Sun.	noon-12:50 pm	
May 6-Jun 24	\$120.25	<a href="#">1143619</a>	

### Minto-Barrhaven – 613-727-2683

6-12 years	Wed.	8-8:50 pm	
Mar 28-May 30	\$144.25	<a href="#">1143048</a>	

## Shinny Hockey – Game Play

Emphasis is on active participation and fun. Games are at a recreational level. Played with a shinny puck. Certified multi-impact helmet with full facemask, gloves, neck protector, skates and stick are mandatory.

### Fred Barrett Arena – 613-580-2595

6-12 years	Wed.	4:30-5:20 pm	
Jun 6-Jul 11	\$19.25	<a href="#">1163143</a>	

Jul 18-Aug 29	\$19.25	<a href="#">1163146</a>	
13-14 years	Wed.	5:30-6:20 pm	

Jun 6-Jul 11	\$19.25	<a href="#">1163150</a>	
Jul 18-Aug 29	\$19.25	<a href="#">1163153</a>	

### Sandy Hill Arena – 613-580-2424

6-12 years	Fri.	5-5:50 pm	
May 4-Jun 15	\$19.25	<a href="#">1163081</a>	

13-14 years	Fri.	6-6:50 pm	
May 4-Jun 15	\$19.25	<a href="#">1163108</a>	

## Ice Skating

### Junior Intro to Ice

Learn to skate for children who are new to ice or have limited skating experience. Learn correct forward skating and stopping skills. A CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

### Goulbourn – 613-580-2532

6-12 years	Tue.	5:15-6:05 pm	
Apr 3-May 15	\$68.75	<a href="#">1160900</a>	

Apr 3-May 15	\$68.75	<a href="#">1160914</a>	
6-12 years	Wed.	4:15-5:05 pm	

Apr 4-May 16	\$68.75	<a href="#">1160981</a>	
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### Jim Durrell – 613-580-2596

6-12 years	Tue., Thu.	6:30-7:20 pm	
Mar 20-Apr 5	\$59	<a href="#">1151258</a>	

6-12 years	Tue., Thu.	7:30-8:20 pm	
Mar 20-Apr 5	\$59	<a href="#">1151266</a>	

6-12 years	Sun.	9:30-10:20 am	
May 6-Jun 24	\$68.75	<a href="#">1150931</a>	

6-12 years	Sun.	10:30-11:20 am	
May 6-Jun 24	\$68.75	<a href="#">1150934</a>	

6-12 years	Mon., Wed.	6-6:50 pm	
Jul 9-Aug 15	\$108	<a href="#">1152559</a>	

6-12 years	Mon., Wed.	7-7:50 pm	
Jul 9-Aug 15	\$108	<a href="#">1152568</a>	

### Minto-Barrhaven – 613-727-2683

6-12 years	Mon.	4-4:50 pm	
Mar 26-May 28	\$78.75	<a href="#">1143573</a>	

6-12 years	Mon.	5-5:50 pm	
Mar 26-May 28	\$78.75	<a href="#">1143578</a>	

6-12 years	Mon.	7-7:50 pm	
Mar 26-May 28	\$78.75	<a href="#">1143582</a>	

6-12 years	Wed.	4-4:50 pm	
Mar 28-May 30	\$98.25	<a href="#">1143834</a>	

6-12 years	Wed.	6-6:50 pm	
Mar 28-May 30	\$98.25	<a href="#">1143836</a>	

6-12 years	Wed.	7-7:50 pm	
Mar 28-May 30	\$98.25	<a href="#">1143837</a>	

6-12 years	Sat.	9-9:50 am	
Apr 7-Jun 2	\$78.75	<a href="#">1143894</a>	

6-12 years	Sat.	10-10:50 am	
Apr 7-Jun 2	\$78.75	<a href="#">1143896</a>	

6-12 years	Sat.	11-11:50 am	
Apr 7-Jun 2	\$78.75	<a href="#">1143898</a>	

## Nepean Sportsplex – 613-580-2424 ext. 41238

6-12 years Thu. noon-12:50 pm  
 Mar 22-Apr 26 \$59 [1156222](#)

## Ray Friel – 613-580-4765

6-12 years Tue. 5-5:50 pm  
 May 1-Jun 19 \$78.75 [1149543](#)  
 Jul 3-Aug 21 \$78.75 [1149548](#)  
 6-12 years Tue. 6-6:50 pm  
 May 1-Jun 19 \$78.75 [1149544](#)  
 Jul 3-Aug 21 \$78.75 [1149549](#)

## Sandy Hill Arena – 613-580-2596

6-12 years Thu, Mon. 6-6:50 pm  
 Apr 5-19 \$49.25 [1151603](#)  
 6-12 years Sun. 10-10:50 am  
 May 6-Jun 17 \$68.75 [1150099](#)  
 6-12 years Sun. 11-11:50 am  
 May 6-Jun 17 \$68.75 [1150110](#)  
 6-12 years Sun. noon-12:50 pm  
 May 6-Jun 17 \$68.75 [1150115](#)

## Junior Intro to Ice – Low Ratio

Learn to skate for children who are new to ice or have limited skating experience. Learn correct forward skating and stopping skills. A CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

## Minto-Barrhaven – 613-727-2683

6-12 years Wed. 5-5:50 pm  
 Mar 28-May 30 \$212.25 [1143861](#)

## Sandy Hill Arena – 613-580-2596

6-12 years Sun. 1-1:50 pm  
 May 6-Jun 17 \$148.75 [1150297](#)

## Junior Gliders – Low Ratio

For children who can skate forward and beyond. Levels 1-5. Skills may include backwards skating, one foot gliding, and two foot turns. A CSA approved hockey helmet is mandatory.

## Sandy Hill Arena – 613-580-2596

6-12 years Thu., Mon. 6-6:50 pm  
 Apr 5-19 \$106.25 [1151615](#)  
 6-12 years Sun. noon-12:50 pm  
 May 6-Jun 17 \$148.75 [1150189](#)

## Junior Gliders

For children who can skate forward and beyond. Levels 1-5. Skills may include backwards skating, one foot gliding, and two foot turns. A CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

## Jim Durrell – 613-580-2596

6-12 years Tue., Thu. 6:30-7:20 pm  
 Mar 20-Apr 5 \$59 [1151274](#)  
 6-12 years Tue., Thu. 7:30-8:20 pm  
 Mar 20-Apr 5 \$59 [1151280](#)  
 6-12 years Sun. 9:30-10:20 am  
 May 6-Jun 24 \$68.75 [1150943](#)  
 6-12 years Sun. 11:30 am-12:20 pm  
 May 6-Jun 24 \$68.75 [1150946](#)  
 6-12 years Mon., Wed. 6-6:50 pm  
 Jul 9-Aug 15 \$108 [1152597](#)  
 6-12 years Mon., Wed. 7-7:50 pm  
 Jul 9-Aug 15 \$108 [1152609](#)

## Minto-Barrhaven – 613-727-2683

6-12 years Mon. 4-4:50 pm  
 Mar 26-May 28 \$78.75 [1143588](#)  
 6-12 years Mon. 5-5:50 pm  
 Mar 26-May 28 \$78.75 [1143593](#)  
 6-12 years Mon. 6-6:50 pm  
 Mar 26-May 28 \$78.75 [1143596](#)  
 6-12 years Mon. 7-7:50 pm  
 Mar 26-May 28 \$78.75 [1143598](#)  
 6-12 years Wed. 5-5:50 pm  
 Mar 28-May 30 \$98.25 [1143864](#)  
 6-12 years Wed. 6-6:50 pm  
 Mar 28-May 30 \$98.25 [1143865](#)  
 6-12 years Wed. 7-7:50 pm  
 Mar 28-May 30 \$98.25 [1143867](#)  
 6-12 years Sat. 10-10:50 am  
 Apr 7-Jun 2 \$78.75 [1143915](#)  
 6-12 years Sat. 11-11:50 am  
 Apr 7-Jun 2 \$78.75 [1143916](#)

## Nepean Sportsplex – 613-580-2424 ext. 41238

6-12 years Thu. noon-12:50 pm  
 Mar 22-Apr 26 \$59 [1156120](#)

## Ray Friel – 613-580-4765

6-12 years Tue. 6-6:50 pm  
 May 1-Jun 19 \$78.75 [1150316](#)  
 Jul 3-Aug 21 \$78.75 [1150322](#)  
 6-12 years Tue. 5-5:50 pm  
 May 1-Jun 19 \$78.75 [1150312](#)  
 Jul 3-Aug 21 \$78.75 [1150321](#)

## Sandy Hill Arena – 613-580-2596

6-12 years Thu, Mon. 7-7:50 pm  
 Apr 5-19 \$49.25 [1151781](#)  
 6-12 years Sun. 11-11:50 am  
 May 6-Jun 17 \$68.75 [1150162](#)  
 6-12 years Sun. 1-1:50 pm  
 May 6-Jun 17 \$68.75 [1150164](#)

## Senior Gliders

For skaters that have passed all the 5 levels of the Junior Gliders program. Skills may include backwards crosscuts, one foot turns and waltz jumps. CSA approved hockey helmet is mandatory. Full facemask is highly recommended.

## Jim Durrell – 613-580-2596

8-12 years Tue., Thu. 7:30-8:20 pm  
 Mar 20-Apr 5 \$59 [1151289](#)  
 8-12 years Sun. 10:30-11:20 am  
 May 6-Jun 24 \$68.75 [1150975](#)  
 8-12 years Mon., Wed. 7-7:50 pm  
 Jul 9-Aug 15 \$108 [1152679](#)

## Minto-Barrhaven – 613-727-2683

8-12 years Mon. 6-6:50 pm  
 Mar 26-May 28 \$78.75 [1143652](#)  
 8-12 years Wed. 7-7:50 pm  
 Mar 28-May 30 \$98.25 [1143870](#)

## Sandy Hill Arena – 613-580-2596

8-12 years Thu, Mon. 7-7:50 pm  
 Apr 5-19 \$49.25 [1151627](#)  
 8-12 years Sun. noon-12:50 pm  
 May 6-Jun 17 \$68.75 [1150200](#)

## In-Line Skating – Beginner

For skaters with limited experience. Improve your stride, stopping, road safety, and turning. CSA approved hockey Helmet, kneepads, elbow pads and wrist guards are mandatory.

## St-Laurent Complex – 613-742-6767

6-12 years Sat. 9-10 am  
 Apr 21-May 12 \$47.25 [1161786](#)

## Multi Sport

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Program includes skill development and fun games.

## Eva James – 613-271-0712

7-10 years Sun. 10:55-11:55 am  
 Apr 8-Jun 10 \$68.75 [1138811](#)

## François Dupuis – 613-580-8080

7-12 years Tue. 1-2:30 pm  
 Apr 3-Jun 12 \$126 [1159591](#)

## Goulbourn – 613-580-2532

4-6 years Sat. 9-9:50 am  
 Apr 7-Jun 2 \$51 [1159892](#)  
 4-6 years Sat. 10-10:50 am  
 Apr 7-Jun 2 \$51 [1159910](#)  
 7-12 years Sat. 10-10:50 am  
 Apr 7-May 26 \$51 [1159905](#)

## Greenboro – 613-580-2805

5-7 years Wed. 6-7 pm  
 Apr 4-May 23 \$60.50 [1162162](#)  
 8-10 years Thu. 6-7 pm  
 Apr 5-May 24 \$60.50 [1162164](#)

## Hintonburg – 613-798-8874

5-7 years Mon. 5:45-6:45 pm  
 Apr 9-Jun 4 \$61.25 [1159386](#)

## Minto-Barrhaven – 613-727-2683

6-8 years Mon. 5-6 pm  
 Apr 9-Jun 18 \$76.50 [1144146](#)

## Nepean Sportsplex – 613-580-2828

6-8 years Wed. 5-5:45 pm  
 Apr 11-Jun 13 \$57.25 [1149708](#)

## Pinecrest – 613-828-3118

6-8 years Sat. 10-11 am  
 May 26-Jun 23 \$38.25 [1161374](#)

## Richcraft-Kanata – 613-580-9696

7-12 years Wed. 2-3 pm  
 Mar 21-Jun 27 \$114.50 [1163180](#)

## Walter Baker – 613-580-2788

5-7 years Sat. 10:45-11:30 am  
 Apr 7-May 12 \$34.50 [1155885](#)





## Rock Climbing

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

### Richcraft-Kanata – 613-580-9696

5-7 years	Thu.	5-5:45 pm
Mar 22-Jun 28	\$115.25	<a href="#">1163254</a>
5-7 years	Sat.	9-9:45 am
Mar 24-Jun 23	\$92.25	<a href="#">1163257</a>
8-10 years	Thu.	5:45-6:30 pm
Mar 22-Jun 28	\$115.25	<a href="#">1163255</a>
8-10 years	Sat.	9:45-10:30 am
Mar 24-Jun 23	\$92.25	<a href="#">1163258</a>
11-14 years	Thu.	6:30-7:30 pm
Mar 22-Jun 28	\$153.50	<a href="#">1163256</a>
11-14 years	Sat.	10:30-11:30 am
Mar 24-Jun 23	\$123	<a href="#">1163259</a>

## Rope Skipping

Rope skipping combines the skills of coordination, concentration, and flexibility while developing the cardiovascular capacity. Learn new skills, tricks and routines. A great workout and a ton of fun!

### Hintonburg – 613-798-8874

6-12 years	Mon.	4-5 pm
Apr 9-Jun 4	\$64	<a href="#">1159308</a>

## Skateboarding

Get started on the right foot. Learn the basic skateboard skills, how to maintain your board as well as overall skate etiquette for skate parks. Your own skateboard, helmet, elbow, and knee pads are required.

### Berrigan Park – 613-822-7887

5-7 years	Sat.	9-10 am
May 26-Jun 23	\$63.75	<a href="#">1146486</a>
8-12 years	Sat.	10-11 am
May 26-Jun 23	\$63.75	<a href="#">1146487</a>
13-14 years	Sat.	11 am-noon
May 26-Jun 23	\$63.75	<a href="#">1146488</a>

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

7-12 years	Sat.	9-10 am
May 12-Jun 23	\$76.50	<a href="#">1151793</a>
9-14 years	Sat.	10-11 am
May 12-Jun 23	\$76.50	<a href="#">1151794</a>

### Kanata Recreation – 613-580-2570

5-7 years	Sat.	9-10 am
May 26-Jun 16	\$51	<a href="#">1158548</a>
8-12 years	Sat.	10:05-11:05 am
May 26-Jun 16	\$51	<a href="#">1158561</a>

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

6-12 years	Sun.	1-2 pm
May 27-Jun 24	\$63.75	<a href="#">1163938</a>
6-12 years	Sun.	2:15-3:15 pm
May 27-Jun 24	\$63.75	<a href="#">1163939</a>
6-12 years	Sun.	3:30-4:30 pm
May 27-Jun 24	\$63.75	<a href="#">1163940</a>

### McNabb – 613-564-1070

6-12 years	Sat.	10-11 am
May 26-Jun 23	\$63.75	<a href="#">1149408</a>
6-12 years	Sat.	11 am-noon
May 26-Jun 23	\$63.75	<a href="#">1149415</a>
6-12 years	Sun.	10-11 am
May 27-Jun 24	\$63.75	<a href="#">1149419</a>
6-12 years	Sun.	11 am-noon
May 27-Jun 24	\$63.75	<a href="#">1149422</a>

### Richcraft-Kanata – 613-580-2570

7-12 years	Sun.	10-11 am
May 27-Jun 17	\$51	<a href="#">1163854</a>

## Soccer

### Soccer

Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing the game.

### Avalon School – 613-824-0633 ext. 221 2080 Portobello

5-6 years	Sat.	noon-1 pm
Apr 7-Jun 16	\$76.50	<a href="#">1145260</a>
5-6 years	Sat.	1-2 pm
Apr 7-Jun 16	\$76.50	<a href="#">1145280</a>
6-8 years	Mon.	6-7 pm
Apr 9-Jun 18	\$76.50	<a href="#">1145264</a>
7-10 years	Mon.	7-8 pm
Apr 9-Jun 18	\$76.50	<a href="#">1145289</a>
9-12 years	Mon.	8-9 pm
Apr 9-Jun 18	\$76.50	<a href="#">1145295</a>



### Carleton Heights School – 613-226-2208 1660 Prince of Wales

5-8 years	Wed.	6:15-7:15 pm
Mar 28-May 23	\$68.75	<a href="#">1159236</a>

### École Franco Jeunesse – 613-564-1062 119 Osgoode

6-10 years	Tue.	6-7 pm
Mar 27-May 1	\$46	<a href="#">1163242</a>

### Eva James – 613-271-0712

6-8 years	Fri.	4:15-5:15 pm
Apr 6-Jun 15	\$84	<a href="#">1139936</a>
9-12 years	Fri.	5:20-6:20 pm
Apr 6-Jun 15	\$84	<a href="#">1139937</a>

### Fisher Park – 613-798-8945

5-8 years	Sat.	9:15-10:15 am
Apr 7-Jun 16	\$76.50	<a href="#">1144617</a>

### Glen Cairn – 613-836-3121

5-8 years	Wed.	6:05-7:05 pm
Apr 4-Jun 13	\$84	<a href="#">1157297</a>

### Greenboro – 613-580-2805

5-6 years	Tue.	5-6 pm
Apr 3-May 15	\$53.50	<a href="#">1162783</a>
7-9 years	Tue.	6-7 pm
Apr 3-May 15	\$53.50	<a href="#">1162788</a>
10-13 years	Tue.	7-8 pm
Apr 3-May 15	\$53.50	<a href="#">1162790</a>

### Heron – 613-247-4808

5-6 years	Mon.	6:15-7 pm
Jul 9-Aug 20	\$34.50	<a href="#">1163972</a>
6-9 years	Tue.	5:30-6:30 pm
Apr 3-May 29	\$68.75	<a href="#">1161820</a>
7-9 years	Mon.	7-8 pm
Jul 9-Aug 20	\$34.50	<a href="#">1163973</a>

### Hintonburg Park – 613-798-8874

5-7 years	Tue.	6:45-7:45 pm
May 15-Jun 12	\$38.25	<a href="#">1159272</a>

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

6-9 years	Sat.	11:30 am-12:30 pm
Apr 7-Jun 23	\$84	<a href="#">1156004</a>

### Kanata Recreation – 613-580-2570

5-7 years	Sun.	2:10-2:55 pm
Apr 8-Jun 17	\$57.25	<a href="#">1159627</a>

### McCarthy Park – 613-260-1299

6-8 years	Wed., Mon.	6-7 pm
Jul 4-Aug 22	\$107	<a href="#">1149182</a>
9-10 years	Wed., Mon.	7-8 pm
Jul 4-Aug 22	\$107	<a href="#">1149188</a>
11-13 years	Wed., Mon.	7-8 pm
Jul 4-Aug 22	\$107	<a href="#">1149192</a>

### McNabb – 613-564-1070

5-7 years	Sun.	noon-1 pm
Mar 25-Jun 17	\$84	<a href="#">1145869</a>
8-12 years	Sun.	1-2 pm
Mar 25-Jun 17	\$84	<a href="#">1145874</a>

## Minto-Barrhaven – 613-727-2683

6-8 years	Fri.	6-7 pm
Apr 13-Jun 15	\$76.50	<a href="#">1144753</a>
9-12 years	Fri.	7-8 pm
Apr 13-Jun 15	\$76.50	<a href="#">1144755</a>

## Nepean Sportsplex – 613-580-2828

6-8 years	Sat.	9-9:45 am
Apr 7-Jun 9	\$46	<a href="#">1149576</a>
6-8 years	Mon.	5-5:45 pm
Apr 9-Jun 11	\$51.75	<a href="#">1149614</a>
7-9 years	Sat.	10-11 am
Apr 7-Jun 9	\$61.25	<a href="#">1149599</a>
9-12 years	Mon.	5-5:45 pm
Apr 9-Jun 11	\$51.75	<a href="#">1149618</a>
10-12 years	Sat.	10-11 am
Apr 7-Jun 9	\$61.25	<a href="#">1149606</a>

## Richcraft-Kanata – 613-580-9696

5-6 years	Mon.	5-5:45 pm
Jul 2-Aug 27	\$46	<a href="#">1159424</a>
5-6 years	Wed.	4:30-5:15 pm
Jul 4-Aug 29	\$51.75	<a href="#">1159435</a>
5-6 years	Thu.	4:30-5:15 pm
Jul 5-Aug 30	\$51.75	<a href="#">1159442</a>
7-8 years	Tue.	5-5:45 pm
Jul 3-Aug 28	\$51.75	<a href="#">1159430</a>
7-8 years	Wed.	5:15-6 pm
Jul 4-Aug 29	\$51.75	<a href="#">1159440</a>
7-8 years	Thu.	5:15-6 pm
Jul 5-Aug 30	\$51.75	<a href="#">1159448</a>

## South Fallingbrook – 613-824-0633 ext. 221

5-6 years	Sun.	11 am-noon
Apr 8-Jun 17	\$76.50	<a href="#">1145348</a>
5-6 years	Tue.	6:30-7:30 pm
Jun 26-Aug 14	\$61.25	<a href="#">1145388</a>
5-6 years	Wed.	6:30-7:30 pm
Jun 27-Aug 15	\$61.25	<a href="#">1145394</a>
5-6 years	Thu.	10:30-11:30 am
Jul 3-Aug 14	\$53.50	<a href="#">1145384</a>
5-6 years	Thu.	10:30-11:30 am
Jul 5-Aug 16	\$53.50	<a href="#">1145399</a>
6-12 years	Sat.	2:30-3:30 pm
Apr 7-Jun 16	\$76.50	<a href="#">1145336</a>
7-8 years	Sun.	noon-1 pm
Apr 8-Jun 17	\$76.50	<a href="#">1145353</a>
7-9 years	Tue.	7:30-8:30 pm
Jun 26-Aug 14	\$61.25	<a href="#">1145390</a>
7-9 years	Wed.	7:30-8:30 pm
Jun 27-Aug 15	\$61.25	<a href="#">1145397</a>
7-9 years	Thu.	7:30-8:30 pm
Jun 28-Aug 16	\$61.25	<a href="#">1145402</a>

## South March School – 613-580-9696

<b>1032 Klondike</b>		
7-9 years	Sat.	10:10-11:10 am
Apr 7-Jun 2	\$61.25	<a href="#">1161389</a>

## St. Theresa School – 613-824-0633 ext. 221, 2000 Portobello

6-8 years	Tue.	7-8 pm
Apr 3-Jun 19	\$91.75	<a href="#">1145314</a>
9-12 years	Tue.	8-9 pm
Apr 3-Jun 19	\$91.75	<a href="#">1145321</a>

## St-Laurent – 613-742-6767

6-8 years	Sat.	10:15-11:10 am
Mar 24-Jun 23	\$84	<a href="#">1162330</a>
9-12 years	Sat.	11:15 am-12:10 pm
Mar 24-Jun 23	\$84	<a href="#">1162331</a>

## Walter Baker – 613-580-2788

6-9 years	Sun.	11:30 am-12:15 pm
Apr 8-May 13	\$34.50	<a href="#">1156002</a>

## Soccer League

Learn the skills and practice the drills necessary to improve your game.

### Overbrook Park – 613-742-5147

6-9 years	Tue., Thu.	5:45-6:45 pm
May 8-Aug 2	\$30.50	<a href="#">1162874</a>
10-12 years	Tue., Thu.	6:45-7:45 pm
May 8-Aug 2	\$30.50	<a href="#">1162877</a>

## Soccer League – Just Kickin' It

Recreational league focusing on fair play. Volunteer coaches required. Short skills and drills warm up followed by game.

### Carleton Heights Park – 613-226-2208

7-9 years	Tue., Thu.	6:30-7:30 pm
May 29-Jun 28	\$41.25	<a href="#">1156598</a>
Jul 10-Aug 9	\$41.25	<a href="#">1156602</a>

### Sandy Hill – 613-564-1062

6-12 years	Mon.-Tue.,	
	Thu.	7-8 pm
May 7-Jun 14	\$48.50	<a href="#">1163302</a>
Jun 25-Aug 2	\$48.50	<a href="#">1163316</a>



## Sportball® – FitKids

In collaboration with Sportball [www.sportball.ca](http://www.sportball.ca).

Improve agility, flexibility, endurance and core strength. Classes incorporate hockey, soccer, football, baseball, basketball, volleyball, golf and tennis with appropriate exercises. Games and skills are taught in a non-competitive and supportive environment

### Greely – 613-580-2424 ext. 30235

9-12 years	Tue.	5-6 pm
Apr 10-May 22	\$121.50	<a href="#">1159378</a>
May 29-Jun 19	\$69.50	<a href="#">1159441</a>

### Osgoode – 613-580-2424 ext. 30235

9-12 years	Thu.	6-7 pm
Apr 12-May 24	\$121.50	<a href="#">1159382</a>

## Sportball® – Multi-Sport

In collaboration with Sportball [www.sportball.ca](http://www.sportball.ca).

Learn the FUNdamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are taught in a non-competitive and supportive environment.

### Chapman Mills – 613-822-7887

6-9 years	Sun.	11 am-noon
Apr 8-Jun 17	\$173.50	<a href="#">1157544</a>

### Greely – 613-580-2424 ext. 30235

6-9 years	Tue.	4-5 pm
Apr 10-May 22	\$121.50	<a href="#">1159290</a>
May 29-Jun 19	\$69.50	<a href="#">1159421</a>

### Greely School –

### 613-580-2424 ext. 30235, 7066 Parkway

5-7 years	Sat.	10:45-11:45 am
Apr 14-May 12	\$86.75	<a href="#">1159319</a>

### Osgoode – 613-580-2424 ext. 30235

6-9 years	Thu.	5-6 pm
Apr 12-May 24	\$121.50	<a href="#">1159299</a>

### Rideauview – 613-822-7887

6-9 years	Sat.	11 am-noon
Apr 7-Jun 16	\$173.50	<a href="#">1169556</a>

## Sportball® – Outdoor Soccer

In collaboration with Sportball [www.sportball.ca](http://www.sportball.ca).

Children gain knowledge and the ability to play soccer with confidence through skill development and non-competitive games.

### Greely – 613-580-2424 ext. 30235

3-4 years	Thu.	5:15-6:15 pm
Jul 12-Aug 23	\$121.50	<a href="#">1159462</a>
5-7 years	Thu.	6:15-7:15 pm
Jul 12-Aug 23	\$121.50	<a href="#">1159456</a>

## Queenswood Heights Centennial

### Park – 613-580-4765

6-8 years	Mon.	6:15-7:15 pm
Jul 9-Aug 27	\$123.50	<a href="#">1161147</a>

### Richelieu-Vanier – 613-560-6030

6-8 years	Thu.	6:30-7:30 pm
Jul 5-Aug 23	\$141.25	<a href="#">1141894</a>

## T-Ball

Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities.

### Rideauview – 613-822-7887

6-9 years	Sun.	10:30-11:15 am
Apr 8-Jun 17	\$71.75	<a href="#">1157642</a>

## Squash

Develop fundamental squash skills with basic techniques and playing the game.

### Nepean Sportsplex – 613-580-2828

10-14 years	Tue.	5:30-6:30 pm
Mar 20-May 1	\$89.25	<a href="#">1158664</a>
May 8-Jun 19	\$89.25	<a href="#">1158668</a>
10-14 years	Sat.	9:30-10:30 am
Mar 24-May 5	\$76.50	<a href="#">1158681</a>
May 12-Jun 23	\$76.50	<a href="#">1158683</a>
10-14 years	Sat.	10:30-11:30 am
Mar 24-May 5	\$76.50	<a href="#">1158693</a>
May 12-Jun 23	\$76.50	<a href="#">1158689</a>

## Table Tennis

Improve your reflexes and speed up your thinking playing table tennis. Develop your skills and a better understanding of the sport as you play the game.

### Johnny Leroux Arena – 580-2424 ext. 20705

7-10 years	Wed.	6:30-7:30 pm
Mar 21-May 23	\$63.75	<a href="#">1148565</a>
11-14 years	Wed.	7:30-8:30 pm
Mar 21-May 23	\$63.75	<a href="#">1148569</a>

### Richcraft-Kanata – 613-580-9696

7-10 years	Sun.	9-10 am
Mar 25-Jun 24	\$76.50	<a href="#">1163849</a>
11-14 years	Sun.	10-11 am
Mar 25-Jun 24	\$76.50	<a href="#">1163850</a>

## Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport and play lots of games.

### Alexander Grove Park – 580-2424 ext. 20705

6-9 years	Mon.	5:30-6:30 pm
May 14-Jun 18	\$63.75	<a href="#">1141757</a>
10-14 years	Mon.	6:30-7:30 pm
May 14-Jun 11	\$63.75	<a href="#">1141759</a>

### Alfred Taylor – 613-489-3975

6-9 years	Tue.	5:30-6:30 pm
May 15-Jun 12	\$63.75	<a href="#">1141773</a>
10-14 years	Tue.	6:30-7:30 pm
May 15-Jun 12	\$63.75	<a href="#">1141778</a>

### Four Season's Park – 613-580-2854

10-14 years	Tue.	7-8 pm
May 1-Jun 12	\$89.25	<a href="#">1160760</a>
Jul 3-Aug 14	\$89.25	<a href="#">1161112</a>

### Heron – 613-247-4808

7-10 years	Sat.	10:15-11 am
Apr 7-Jun 2	\$76.50	<a href="#">1161764</a>

### Klondike Road Park – 613-580-2854

10-14 years	Mon.	7-8 pm
Apr 30-Jun 18	\$89.25	<a href="#">1161179</a>
Jul 9-Aug 27	\$89.25	<a href="#">1161223</a>

### McKellar Park – 613-580-2854

10-14 years	Wed.	7-8 pm
May 2-Jun 13	\$89.25	<a href="#">1160585</a>
Jul 4-Aug 15	\$89.25	<a href="#">1160691</a>

### Mooney's Bay Park – 613-580-2854

10-14 years	Tue.	7-8 pm
May 1-Jun 12	\$89.25	<a href="#">1150682</a>
Jul 3-Aug 14	\$89.25	<a href="#">1159509</a>
10-14 years	Thu.	7-8 pm
May 3-Jun 14	\$89.25	<a href="#">1159035</a>
Jul 5-Aug 16	\$89.25	<a href="#">1159583</a>

### Munster (Dogwood) Park – 580-2424 ext. 20705

6-9 years	Tue.	6:30-7:30 pm
May 15-Jun 12	\$63.75	<a href="#">1150514</a>
10-14 years	Tue.	5:30-6:30 pm
May 15-Jun 12	\$63.75	<a href="#">1150507</a>

### Richmond Lions Park – 580-2424 ext. 20705

6-9 years	Wed.	5:30-6:30 pm
May 16-Jun 13	\$63.75	<a href="#">1141714</a>
10-14 years	Wed.	6:30-7:30 pm
May 16-Jun 13	\$63.75	<a href="#">1141740</a>

### South Fallingbrook – 613-824-0633 ext. 221

6-7 years	Sat.	10-10:45 am
Apr 21-Jun 16	\$76.50	<a href="#">1153569</a>
8-10 years	Sat.	11 am-noon
Apr 21-Jun 16	\$102	<a href="#">1153574</a>
8-14 years	Tue.	6:30-7:30 pm
Jun 19-Aug 21	\$127.50	<a href="#">1153583</a>

### St. Germain Park – 613-564-1062

8-14 years	Sat.	10-11 am
May 5-Jun 9	\$76.50	<a href="#">1165082</a>

## Progressive Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport and play lots of games.

### Four Season's Park – 613-580-2854

6-9 years	Tue.	6-7 pm
May 1-Jun 12	\$89.25	<a href="#">1160749</a>
Jul 3-Aug 14	\$89.25	<a href="#">1161089</a>

### Klondike Road Park – 613-580-2854

6-9 years	Mon.	6-7 pm
Apr 30-Jun 18	\$89.25	<a href="#">1161166</a>
Jul 9-Aug 27	\$89.25	<a href="#">1161213</a>

### McKellar Park – 613-580-2854

6-9 years	Wed.	6-7 pm
May 2-Jun 13	\$89.25	<a href="#">1160573</a>
Jul 4-Aug 15	\$89.25	<a href="#">1160680</a>

### Mooney's Bay Park – 613-580-2854

6-9 years	Tue.	6-7 pm
May 1-Jun 12	\$89.25	<a href="#">1150658</a>
Jul 3-Aug 14	\$89.25	<a href="#">1159500</a>

### Mooney's Bay Park – 613-580-2854

6-9 years	Thu.	6-7 pm
May 3-Jun 14	\$89.25	<a href="#">1159028</a>
Jul 5-Aug 16	\$89.25	<a href="#">1159580</a>

### Pincrest Park – 613-828-3118

5-8 years	Sun.	11 am-noon
May 27-Jun 24	\$63.75	<a href="#">1161118</a>

### Pincrest – 613-828-3118

5-7 years	Sun.	11:45 am-12:45 pm
Apr 8-May 13	\$63.75	<a href="#">1161019</a>

### Richcraft-Kanata – 613-580-9696

6-8 years	Sat.	10:45-11:45 am
Mar 24-Jun 23	\$152.75	<a href="#">1163839</a>
6-8 years	Sun.	11 am-noon
Mar 25-Jun 24	\$152.75	<a href="#">1163841</a>
9-12 years	Sat.	11:45 am-12:45 pm
Mar 24-Jun 23	\$152.75	<a href="#">1163840</a>
9-12 years	Sun.	noon-1 pm
Mar 25-Jun 24	\$152.75	<a href="#">1163842</a>

## Triathlon

Why not train for a triathlon and get a complete body workout? Weekly sessions include running, swimming and indoor cycling. You will be able to complete a 'Try a Tri' by the end.

### Richcraft-Kanata – 613-580-9696

10-14 years	Thu.	7:45-8:45 pm
Mar 22-Jun 28	\$116.50	<a href="#">1163246</a>

## Volleyball

Learn the rules, game play (bump, set, spike, tip) and skills needed to serve and volley. Develop the fundamental skills playing the game.

### Eva James – 613-271-0712

11-14 years	Sun.	1-2 pm
Apr 8-Jun 10	\$68.75	<a href="#">1138812</a>

### Fisher Park – 613-798-8945

10-14 years	Thu.	7-8 pm
Apr 5-Jun 7	\$76.50	<a href="#">1144625</a>

### Goulbourn – 613-580-2532

11-14 years	Thu.	7:30-8:30 pm
Apr 5-May 31	\$68.75	<a href="#">1159346</a>

### Minto-Barrhaven – 613-727-2683

9-12 years	Mon.	6-7 pm
Apr 9-Jun 18	\$76.50	<a href="#">1143872</a>
13-14 years	Mon.	7-8 pm
Apr 9-Jun 18	\$76.50	<a href="#">1143903</a>

### Nepean Sportsplex – 613-580-2828

8-12 years	Thu.	4-4:45 pm
Apr 12-Jun 14	\$57.25	<a href="#">1149655</a>
11-14 years	Thu.	5-5:45 pm
Apr 12-Jun 14	\$57.25	<a href="#">1149657</a>

### Rideauview – 613-822-7887

8-12 years	Mon.	6-7 pm
Apr 9-Jun 18	\$76.50	<a href="#">1159060</a>

### Level 2

For the more avid volleyball player. Participants are expected to have a good understanding of the game and to be able to perform all basic techniques.

### South March School – 613-580-9696

10-12 Klondike	Sat.	12:30-1:30 pm
Apr 7-Jun 2	\$61.25	<a href="#">1161301</a>

# Science & Technology

*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.*

## 3D Game Programmer Jr.

Create your own 3D worlds, choosing characters and enemies to program your game. Three different PC games that can be taken home and shared. Software to create your own games at home.

### Glen Cairn – 613-836-3121

8-10 years	Tue.-Fri.	8 am-5 pm
Jul 3- 6	\$219.25	<a href="#">1153888</a>

### Kanata Recreation – 613-580-2570

7-9 years	Wed.	5-6:30 pm
Apr 11-May 30	\$195	<a href="#">1160374</a>
7-9 years	Sat.	9-11 am
Apr 14-May 5	\$195	<a href="#">1160490</a>

## Game Maker Extreme

From design to completion, create a complex, realistic video game with everything from health meters to collision detection. Create graphics in this challenging program that is perfect for aspiring video game designers.

### Kanata Recreation – 613-580-2570

10-12 years	Wed.	6:30-8 pm
Apr 11-May 30	\$195	<a href="#">1160395</a>
10-12 years	Sat.	1-4 pm
Apr 14-May 5	\$0	<a href="#">1160470</a>

## LEGO® Bricks 'n Blocks

Instructor guided building with LEGO® and other bricks and blocks.

### Richcraft-Kanata – 613-580-9696

4-7 years	Sun.	10:30-11:30 am
Mar 25-Jun 24	\$86	<a href="#">1163851</a>



## Walter Baker – 613-580-2788

5-7 years	Wed.	6-7 pm
Apr 11-May 30	\$57.25	<a href="#">1153933</a>
8-13 years	Wed.	7:05-8:05 pm
Apr 11-May 30	\$57.25	<a href="#">1153937</a>

## LEGO® Build it Big

Working in teams, build large-scale pyramid and castle structures. Using specialized LEGO® such as beams, gears, axles, and wheels, create unique working machines. Operate pre-programmed LEGO robots. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

## Kanata Recreation – 613-580-2570

4-6 years	Sun.	9 am-noon
May 27	\$49.75	<a href="#">1153115</a>

## LEGO® Club

Learn LEGO building techniques as you and a partner construct a variety of mechanical Technic projects. Develop your own creations with Technic gears, beams, wheels and axles. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

## Aquaview – 613-824-0633 ext. 221

7-13 years	Thu.	6-7 pm
Mar 29-Apr 12	\$49.75	<a href="#">1146688</a>

## Sawmill Creek – 613-521-4092

7-12 years	Sun.	9 am-noon
Apr 22	\$48.75	<a href="#">1165092</a>

## LEGO® Contraptions

Learn about using gears, motors, axles, wheels and specialized Technic pieces with traditional LEGO. Discover how real machines work as you build contraptions and other machines that move. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

## Kanata Recreation – 613-580-2570

8-13 years	Tue.	6-7 pm
Mar 27-Apr 10	\$49.75	<a href="#">1152910</a>

## McNabb – 613-564-1070

8-13 years	Sun.	9 am-noon
Mar 25	\$49.75	<a href="#">1146329</a>

## Rockcliffe Park – 613-842-8578

8-13 years	Thu.	3:30-5 pm
Mar 29-Apr 12	\$74.75	<a href="#">1145107</a>

## LEGO® Designer

Learn about forces and engineering principles as you build large-scale structures. Strengthen LEGO building skills; build Ian's cool projects, and those from the LEGO Master Builder Academy. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

## Ray Friel – 613-580-4765

6-8 years	Wed.	6-7 pm
Apr 18-May 2	\$49.75	<a href="#">1156742</a>

## LEGO® Electronics

LEGO® engineering with a focus on electronics! Learn about electronics concepts, components and systems. Use a modular circuit building tool to create circuits that will power LEGO® machines and projects. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

## McNabb – 613-564-1070

8-13 years	Sun.	9 am-noon
Apr 29	\$68.50	<a href="#">1165091</a>

## Nepean Sportsplex – 613-580-2828

8-13 years	Sun.	8:30-11:30 am
Apr 8	\$49.50	<a href="#">1158685</a>

## LEGO® Mindstorms® EV3 & NXT Robot Design

With a partner, design efficient and functional robots, using the minimum number components. Select and build attachments for specific tasks. Program your robot to perform challenges. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

## Kanata Recreation – 613-580-2570

8-14 years	Sun.	9 am-noon
Apr 15	\$49.75	<a href="#">1153079</a>

## LEGO® Mindstorms® EV3 & NXT Robotics & Programming

Choose Mindstorms® EV3, NXT, or both! Build the i-Bot, inch worm, and balancing robot. Program your autonomous robot to perform tasks based on input from various sensors. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

## Rockcliffe Park – 613-842-8578

8-13 years	Thu.	3:30-5 pm
Apr 26-May 10	\$74.75	<a href="#">1145114</a>

## LEGO® Minecraft® Engineer

Hands-on creativity! With a partner, design and build micro or large scale LEGO Minecraft® villages, farms and landscapes. Join them with others to create unique and amazing worlds. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

## Aquaview – 613-824-0633 ext. 221

7-14 years	Thu.	6-7 pm
Apr 19-May 3	\$49.75	<a href="#">1146691</a>

## Kanata Recreation – 613-580-2570

8-13 years	Tue.	6-7 pm
Apr 17-May 1	\$49.75	<a href="#">1152934</a>

## Ray Friel – 613-580-4765

7-14 years	Wed.	6-7 pm
Mar 28-Apr 11	\$49.75	<a href="#">1156738</a>

## LEGO® Mosaics & 8-Bit Art

Sketch out your own designs and transform them into LEGO® mosaics. Build 8-bit LEGO® art, and learn a variety of LEGO® building techniques. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

## Shenkman – 613-580-2787

7-12 years	Sat.	9:30-11:30 am
May 5	\$24.50	<a href="#">1140629</a>

## LEGO® Technic Building & Mindstorms® EV3/NXTRobotics

Build a vice-grip, hand drill, flywheel, robotic arm, and bumperbot using Power Functions and Technic. Explore Mindstorms® EV3 and NXT. Build the i-Bot. Perform challenges using pre-loaded programs. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

## Nepean Sportsplex – 613-580-2828

8-13 years	Sun.	8:30-11:30 am
May 13	\$49.50	<a href="#">1145117</a>

## Loose Parts Playground

Loose parts are materials that encourage children to invent, experiment and explore. Children engage in engineering and physics challenges using creativity and ingenuity to solve problems and build amazing things using unique and engaging large scale materials and equipment

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

6-12 years	Tue.	11:15 am-12:45 pm
Apr 3-May 1	\$38.25	<a href="#">1163918</a>
May 8-Jun 19	\$67	<a href="#">1163919</a>
6-12 years	Tue.	5:30-7 pm
Apr 3-May 1	\$38.25	<a href="#">1163920</a>
May 8-Jun 19	\$67	<a href="#">1163921</a>

## Science Quests

Hands On science experiments! Experience science in a fun and interactive way.

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

6-9 years	Mon.	6:30-7:30 pm
May 28-Jun 25	\$35.75	<a href="#">1155792</a>

## Kanata Recreation – 613-580-2570

6-12 years	Thu.	6-7 pm
Apr 5-Jun 14	\$78.75	<a href="#">1157451</a>

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

6-9 years	Tue.	6:30-7:30 pm
Apr 17-May 15	\$35.75	<a href="#">1155167</a>

## Osgoode – 613-580-2424 ext. 30235

6-9 years	Thu.	6:30-7:30 pm
May 24-Jun 21	\$35.75	<a href="#">1155149</a>

## Rideauview – 613-822-7887

5-7 years	Wed.	6-7 pm
Apr 11-Jun 13	\$71.50	<a href="#">1159879</a>

8-10 years Wed. 6-7 pm

Apr 11-Jun 13 \$71.50 [1159883](#)

## Walter Baker – 613-580-2788

6-10 years	Sun.	9:40-10:25 am
Apr 8-May 27	\$37.75	<a href="#">1155922</a>

## Drop In Activities

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