



Fall
2022

Arts Centres

Recreation eGuide

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New registration system coming soon

Online registration for Winter 2023 programs will look a bit different and have a few improvements. The new system will allow you to browse and filter program offerings, create a wishlist in advance, and improve wait times on registration nights.

Prepare for a smooth transition:

- Confirm your contact information is up to date by checking your online account or speaking with customer service staff next time you're in the facility.
- Subscribe to the [DiscoverRec e-newsletter](#). You'll receive instructions when it's time to create or access your new account.

Nepean Creative Arts Centre, Nepean Visual Arts Centre and Shenkman Arts Centre are destinations for specialized arts programming. Creative surroundings, purpose built studios and expert instructors combine to deliver inspirational programs and creative, dynamic experiences.

French programs at Shenkman Arts Centre can be found in Mon Cyberguide francophone des loisirs.

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

"Creative surroundings, purpose-built studios and expert instructors combine to deliver inspirational programs and creative, dynamic, experiences".

Preschool

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked 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.

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 – 613-580-2787

3-4 years	Sun.	9:30-10:15 am
Oct 2-Nov 27	\$60.75	1631617

Creative Movement – With parent

For our youngest students, this provides a fun, casual approach to practicing basic and fine motor skills, and a cooperative introduction to the elements of dance and space.

Shenkman Arts – 613-580-2787

2-3 years	Sun.	9-9:30 am
Oct 2-Nov 20	\$25.50	1630497

Gotta Dance

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

Nepean Creative Arts – 613-596-5783

4-5 years	Sat.	9-9:45 am
Sep 24-Dec 3	\$75.75	1626727

Shenkman Arts – 613-580-2787

3-4 years	Sat.	9-9:45 am
Oct 1-Nov 26	\$60.75	1630226

Children

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

Dance

Acrobatic – Level 1

Free flowing class combines traditional dance styles with acrobatics. Think gymnastics but with no apparatus. Improve flexibility, strength, and dance techniques. Take dance to new heights!

Shenkman Arts – 613-580-2787

9-12 years	Tue.	7-8 pm
Sep 27-Nov 22	\$69.25	1630125

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 – 613-580-2787

5-6 years	Sun.	10:15-11 am
Oct 2-Nov 27	\$60.75	1631626

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 – 613-596-5783

7-10 years	Sat.	10:50-11:50 am
Sep 24-Dec 3	\$112.50	1628998

Gotta Dance

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

Nepean Creative Arts – 613-596-5783

6-8 years	Sat.	9:55-10:40 am
Sep 24-Dec 3	\$75.75	1626565

Shenkman Arts – 613-580-2787

5-6 years	Sat.	9:45-10:30 am
Oct 1-Nov 26	\$60.75	1630222

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 – 613-596-5783

7-11 years	Thu.	6:15-7:15 pm
Sep 22-Nov 24	\$112.50	1626653

7-11 years	Thu.	7:25-8:25 pm
Sep 22-Nov 24	\$112.50	1626650

Shenkman Arts – 613-580-2787

6-9 years	Sun.	11 am-noon
Oct 2-Nov 27	\$90	1631629
7-12 years	Sat.	10:30-11:30 am
Oct 1-Nov 26	\$90	1630234

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 – 613-596-5783

8-12 years	Sat.	noon-1 pm
Sep 24-Dec 3	\$101	1629001

Lyrical Dance – Level 1

Fusion of ballet and jazz, blended with contemporary dance techniques. Learn movements that express emotions allowing you to tell a story to music with lyrics.

Shenkman Arts – 613-580-2787

8-12 years	Tue.	8-9 pm
Sep 27-Nov 22	\$90	1630154

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.

Shenkman Arts – 613-580-2787

6-9 years	Tue.	6-7 pm
Sep 27-Nov 22	\$90	1630116

Digital arts

Maker Studio: Micro:bit Coding and Animation

A level up for students who have done some animation and micro:bit work, or who are curious about 'Making'. Learn micro:bit coding, and create your own project, using special animation tools, micro:bit and a 3D printer.

Nepean Creative Arts – 613-596-5783

9-14 years	Sun.	1:30-3:30 pm
Sep 18-Oct 30	\$188.75	1628987
Nov 6-Dec 11	\$188.75	1628988

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 – 613-596-5783

9-14 years	Sun.	11 am-1 pm
Sep 18-Oct 30	\$188.75	1626701
Nov 6-Dec 11	\$188.75	1626702

Children

Science of Movie Making

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

Nepean Creative Arts – 613-596-5783

9-14 years	Thu.	6-8 pm
Sep 22-Oct 27	\$188.75	1628983
Nov 3-Dec 8	\$188.75	1628989

Performing arts

Music

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.

Nepean Creative Arts – 613-596-5783

7-12 years	Sun.	10-11:45 am
Sep 25-Dec 4	\$275.25	1626952

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.

Shenkman Arts – 613-580-2787

9-14 years	Sat.	1-2 pm
Oct 1-Dec 3	\$157.25	1630250

Ukulele

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

Shenkman Arts – 613-580-2787

9-14 years	Sat.	2-3 pm
Oct 1-Dec 3	\$157.25	1630251

Visual arts

My Costume, My Fashion, My Style

A workshop for would-be costume or fashion designers. Conceptualize and construct your fashion or costume designs. Instruction from costume and puppet maker Donna Bourgeault. Create customized, affordable upcycled styles. Materials will be provided.

Nepean Creative Arts – 613-596-5783

9-14 years	Sat.	10 am-4 pm
Nov 5-12	\$188.75	1628937

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 – 613-580-2828

9-12 years	Sat.	10:30 am-noon
Sep 24-Dec 3	\$236	1629136
9-12 years	Sat.	12:30-2 pm
Sep 24-Dec 3	\$236	1629146

Pottery – Handbuilding – With parent

Get messy with your little ones! Create a unique pottery piece together using simple handbuilding forms and techniques. Discover coils, slabs and pinching techniques. Recommended one adult per child. Separate registration for each adult and child(ren).

Nepean Visual Arts – 613-580-2828

6-10 years	Sat.	10 am-noon
Sep 24-Dec 3	\$224.75	1632215
6-10 years	Sat.	12:30-2:30 pm
Sep 24-Dec 3	\$224.75	1632218

Youth

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked 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.

Pottery – Wheel – Level 1

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

Nepean Visual Arts – 613-580-2828

11-14 years	Sat.	10 am-noon
Sep 24-Dec 3	\$355.50	1629211
11-14 years	Sat.	1-3 pm
Sep 24-Dec 3	\$355.50	1629213

Adults

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

Dance

Argentine Tango – Level 1

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

Shenkman Arts – 613-580-2787

19+ years Thu. 8-9 pm
Sep 15-Nov 3 \$101.75 [1630199](#)

Ballroom – Level 1

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

Shenkman Arts – 613-580-2787

19+ years Thu. 7-8 pm
Sep 15-Nov 3 \$101.75 [1630188](#)

Ballroom – Level 2

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

Shenkman Arts – 613-580-2787

19+ years Thu. 9-10 pm
Sep 15-Nov 3 \$101.75 [1630211](#)

Belly Dance – Level 1

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

Shenkman Arts – 613-580-2787

19+ years Mon. 7-8 pm
Sep 26-Nov 28 \$101.75 [1629694](#)

Bollywood – Level 1

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

Shenkman Arts – 613-580-2787

19+ years Mon. 8-9 pm
Sep 26-Nov 28 \$101.75 [1629737](#)

Hip Hop – Level 1

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

Shenkman Arts – 613-580-2787

19+ years Wed. 8-9 pm
Sep 28-Nov 16 \$101.75 [1630170](#)

Jazz – Level 1

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

Shenkman Arts – 613-580-2787

19+ years Wed. 7-8 pm
Sep 28-Nov 16 \$101.75 [1630160](#)

Drawing

Drawing for Absolute Beginners

This course introduces the absolute novice to drawing techniques and materials. In this comfortable and encouraging class, learn tips and tricks that make a difference in how you draw, creating a solid foundation for other art classes you may want to try.

Nepean Visual Arts – 613-580-2828

18+ years Mon. 6:30-9 pm
Sep 19-Nov 28 \$317.25 [1628165](#)

Botanical Art – Coloured Pencils

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

Nepean Visual Arts – 613-580-2828

18+ years Tue. 10 am-1 pm
Sep 20-Nov 22 \$380.75 [1628877](#)

Botanical Drawing

Botanical subjects are perfect for mastering fundamental art skills. Drawing from specimens, develop your skill and ability to create true-to-life drawings. Practical exercises and individual instruction ensure steady progress. Seasonal specimens will be used.

Nepean Creative Arts – 613-596-5783

18+ years Wed. noon-3 pm
Sep 21-Nov 23 \$380.75 [1629770](#)

Coloured Pencils – Level 1

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

Nepean Visual Arts – 613-580-2828

18+ years Wed. 6:30-9 pm
Sep 21-Nov 23 \$317.25 [1628884](#)

Adults

Mixed media

Mixed Media – The Basics

Develop a basic understanding of acrylic paints, inks and mediums, colour theory, printing, collaging, layering, the use of dry media and an investigation of painting surfaces. No experience necessary, but some may be helpful!

Nepean Visual Arts – 613-580-2828

18+ years	Tue.	6:30-9 pm
Sep 20-Nov 22	\$317.25	1628184

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.

Shenkman Arts – 613-580-2787

16+ years	Mon.	7-8 pm
Sep 26-Dec 5	\$177.75	1629749

Ukulele

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

Shenkman Arts – 613-580-2787

16+ years	Mon.	8-9 pm
Sep 26-Dec 5	\$177.75	1629766

Painting

Fluid Acrylic Pouring Workshop

Create a unique art project meant to imitate resin. Tips, tricks and varied pouring techniques will help create different layers and patterns of colour in this interactive workshop. All supplies included. Participants will be able to take their piece home after a week of drying time.

Supplies included.

Nepean Visual Arts – 613-580-2828

18+ years	Tue.	6:30-9 pm
Sep 20-Oct 4	\$144	1631368
Oct 18-Nov 1	\$144	1631369
Nov 15-29	\$144	1631370

Oil and Acrylics – Level 1 – Adult

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

Nepean Visual Arts – 613-580-2828

18+ years	Mon.	6:30-9 pm
Sep 19-Nov 28	\$317.25	1628325
18+ years	Wed.	10 am-1 pm
Sep 21-Nov 23	\$380.75	1628261
18+ years	Wed.	6:30-9 pm
Sep 21-Nov 23	\$317.25	1628283
18+ years	Thu.	1:30-4:30 pm
Sep 22-Nov 24	\$380.75	1628299
18+ years	Thu.	6:15-9:15 pm
Sep 22-Nov 24	\$380.75	1628307

Oil and Acrylics – Level 2

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

Nepean Visual Arts – 613-580-2828

18+ years	Wed.	1:30-4:30 pm
Sep 21-Nov 23	\$380.75	1628400

Traditional Oil Techniques

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

Nepean Visual Arts – 613-580-2828

18+ years	Tue.	1:30-4:30 pm
Sep 20-Nov 22	\$380.75	1628943

Adults

Pottery

Functional Handbuilding

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

Nepean Visual Arts – 613-580-2828

18+ years	Mon.	6:30-9 pm
Sep 19-Nov 28	\$317.25	1631371

Handbuilding – With parent

Get messy with your little ones! Create a unique pottery piece together using simple handbuilding forms and techniques. Discover coils, slabs and pinching techniques. Recommended one adult per child. Separate registration for each adult and child(ren).

Nepean Visual Arts – 613-580-2828

18+ years	Sat.	10 am-noon
Sep 24-Dec 3	\$254	1632208
18+ years	Sat.	12:30-2:30 pm
Sep 24-Dec 3	\$254	1632211

Wheel – Level 1

Create basic vessel forms such as cylinders and bowls. Glazing, decorative techniques and application of handles will be introduced. For beginner or early-stage potters only.

Nepean Visual Arts – 613-580-2828

18+ years	Tue.	10:30 am-1 pm
Sep 20-Nov 22	\$317.25	1629210
18+ years	Tue.	6:30-9 pm
Sep 20-Nov 22	\$317.25	1632225
18+ years	Wed.	6:30-9 pm
Sep 21-Nov 23	\$317.25	1632228
18+ years	Thu.	6:30-9 pm
Sep 22-Nov 24	\$317.25	1632234
18+ years	Fri.	12:30-3 pm
Sep 23-Nov 25	\$317.25	1632226

Wheel – Level 2

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

Nepean Visual Arts – 613-580-2828

18+ years	Mon.	10 am-1 pm
Sep 19-Nov 28	\$380.75	1632241
18+ years	Mon.	6:15-9:15 pm
Sep 19-Nov 28	\$380.75	1632244

Studio

Abstract Mixed Media – Studio

Work spontaneously and intuitively on your own mixed media pieces in this supportive and creative studio setting.

Nepean Creative Arts – 613-596-5783

18+ years	Tue.	1-4 pm
Sep 20-Nov 22	\$74	1626958

Life Drawing Studio Combo

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

Nepean Visual Arts – 613-580-2828

18+ years	Thu.	10 am-12:30 pm
Sep 22-Nov 24	\$61.75	1628525

Life Drawing Studio Short Gestural Poses – Level 1

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

Nepean Visual Arts – 613-580-2828

18+ years	Tue.	10 am-12:30 pm
Sep 20-Nov 22	\$61.75	1628544

Oil and Acrylics Studio

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

Nepean Visual Arts – 613-580-2828

18+ years	Fri.	12:30-3:30 pm
Sep 23-Nov 25	\$74	1628417

Portraiture Studio

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

Nepean Visual Arts – 613-580-2828

18+ years	Mon.	10 am-12:30 pm
Sep 19-Nov 28	\$61.75	1628494

Watercolours Studio

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

Nepean Visual Arts – 613-580-2828

18+ years	Thu.	10 am-3 pm
Sep 22-Nov 24	\$123.50	1628869
18+ years	Fri.	10 am-3 pm
Sep 23-Nov 25	\$123.50	1628873

Adults

Pottery Studio – Handbuilding

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

Nepean Visual Arts – 613-580-2828

18+ years	Mon.	2-5 pm
Sep 19-Nov 28	\$156.75	1629025
18+ years	Tue.	10:15 am-1:15 pm
Sep 20-Nov 22	\$156.75	1629035
18+ years	Tue.	2-5 pm
Sep 20-Nov 22	\$156.75	1629058
18+ years	Wed.	10:15 am-1:15 pm
Sep 21-Nov 23	\$156.75	1629059
18+ years	Wed.	2-5 pm
Sep 21-Nov 23	\$156.75	1629060
18+ years	Thu.	10:15 am-1:15 pm
Sep 22-Nov 24	\$156.75	1629061
18+ years	Thu.	2-5 pm
Sep 22-Nov 24	\$156.75	1629062
18+ years	Fri.	5-8 pm
Sep 23-Nov 25	\$156.75	1629063

Pottery Studio – Wheel

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

Nepean Visual Arts – 613-580-2828

18+ years	Mon.	2-5 pm
Sep 19-Nov 28	\$156.75	1629065
18+ years	Tue.	10:15 am-1:15 pm
Sep 20-Nov 22	\$156.75	1629066
18+ years	Tue.	2-5 pm
Sep 20-Nov 22	\$156.75	1629067
18+ years	Wed.	10:15 am-1:15 pm
Sep 21-Nov 23	\$156.75	1629079
18+ years	Wed.	2-5 pm
Sep 21-Nov 23	\$156.75	1629102
18+ years	Thu.	10:15 am-1:15 pm
Sep 22-Nov 24	\$156.75	1629111
18+ years	Thu.	2-5 pm
Sep 22-Nov 24	\$156.75	1629114
18+ years	Fri.	5-8 pm
Sep 23-Nov 25	\$156.75	1629118