



Fall 2021

Classes and activities for children and adults

Recreation eGuide

Table of contents

Preschool	2
Children	4
Youth	8
Adult	9
Adult 50+	12



[Facilities](#)

[Safety measures](#)

Preschool

Dance

Ballet – Level 1

Introduce your little one to the world of creative movement. Simple exercises are structured to develop balance and coordination, while preschoolers learn the different movements and ballet basics.

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Sat.	10-10:45 am
Sep 11-Oct 2	\$29.75	1601120
Oct 16-Nov 6	\$29.75	1601121
Nov 13-Dec 4	\$29.75	1601122

François Dupuis – 613-580-8080

4-5 years	Sun.	11:45 am-12:30 pm
Sep 19-Dec 19	\$96.50	1601621
4-5 years	Sat.	11:45 am-12:30 pm
Sep 18-Dec 18	\$96.50	1601576

Greenboro – 613-580-2805

3-5 years	Sat.	9-10 am
Sep 18-Oct 23	\$59.50	1601109
Nov 6-Dec 11	\$59.50	1601110

Sandy Hill – 613-564-1062

3-5 years	Sat.	9-9:45 am
Sep 4-Dec 4	\$96.50	1601647

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

4-5 years	Sat.	12:45-1:30 pm
Sep 18-Dec 18	\$96.50	1601607

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.

Greenboro – 613-580-2805

2-3 years	Sat.	10-11 am
Sep 18-Oct 30	\$37.50	1601111
Nov 6-Dec 11	\$37.50	1601112

Gotta Dance

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

François Dupuis – 613-580-8080

4-5 years	Sun.	1:45-2:30 pm
Sep 19-Dec 19	\$96.50	1601629

Hip Hop – With parent

Parents join their little dancer for a good cardio workout to funky, upbeat tunes. Hip hop is easy to learn in this energetic dance class.

Bob MacQuarrie-Orléans – 613-580-9600

18 months-3 years	Sun.	9:30-10:15 am
Sep 12-Oct 3	\$33.25	1601126
Oct 17-Nov 7	\$33.25	1601127
Nov 14-Dec 5	\$33.25	1601128

François Dupuis – 613-580-8080

18 months-3 years	Sun.	10:15-10:45 am
Sep 19-Dec 19	\$71.75	1601614
18 months-3 years	Sat.	11-11:30 am
Sep 18-Dec 18	\$71.75	1601572

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.

François Dupuis – 613-580-8080

4-5 years	Sun.	12:45-1:30 pm
Sep 19-Dec 19	\$107.50	1601625
4-5 years	Sat.	1:45-2:30 pm
Sep 18-Dec 18	\$107.50	1601608

Outdoor Muck and Mess – With parent

Get messy with your toddler. Various art projects using lots of imagination and materials.

CardelRec (Goulbourn) – 613-580-2532

3-5 years	Wed.	9:30-10:30 am
Sep 15-Dec 8	\$101.75	1601160

Twinkling Toes – With parent

Join your little dancer to learn creative movement through basic ballet and jazz.

François Dupuis – 613-580-8080

18 months-3 years	Sun.	9:30-10 am
Sep 19-Dec 19	\$54.25	1601613
18 months-3 years	Sat.	10:15-10:45 am
Sep 18-Dec 18	\$54.25	1601575

Twinkling Toes

Through creative movement with basic ballet and jazz, develop grace and creativity while allowing your personality to flourish. Performance at the final class.

Greenboro – 613-580-2805

3-5 years	Tue.	5-5:45 pm
Sep 28-Nov 2	\$37.75	1601078
Nov 9-Dec 14	\$37.75	1601079

Preschool

Sports

Basketball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities. No gameplay.

François Dupuis – 613-580-8080

4-5 years	Sat.	9-9:45 am
Sep 18-Dec 18	\$81.50	1601567

Soccer

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer based activities.

Sandy Hill – 613-564-1062

3-5 years	Sat.	10-11 am
Sep 4-Dec 11	\$108.50	1601644

General Interest

Kaleidoscope

Join us for a variety of interactive activities! Play games, create amazing crafts and explore the world around you with hands-on adventures!

Greenboro – 613-580-2805

3-5 years	Mon.	1-2:30 pm
Sep 13-Oct 25	\$56.25	1601072
Nov 1-Dec 6	\$56.25	1601073

Loose Parts Playground – With parent

Loose parts are materials that encourage children to invent, create, construct, and experiment. Preschoolers and their caregivers will explore early science and engineering concepts through play and exploration using unique large scale materials and equipment. Enhanced safety measures will be in place.

Lansdowne Park

3-5 years	Tue.	10-11 am
Sep 21-Oct 12	\$28	1601352

Outdoor Muck and Mess – With parent

Get messy with your toddler. Various art projects using lots of imagination and materials.

CardelRec (Goulbourn) – 613-580-2532

3-5 years	Wed.	9:30-10:30 am
Sep 15-Dec 8	\$101.75	1601160

Play School

Experience independence, social interaction and learning with emphasis on language, pre-reading, counting, colour naming, dramatic play, themed crafts, music and movement. Children to bring their own nut free snack. No parent participation in this school-ready program.

Greenboro – 613-580-2805

3-5 years	Mon.	9:30-11:30 am
Sep 13-Nov 1	\$73	1601070
Nov 8-Dec 20	\$73	1601071
3-5 years	Wed.	9:30-11:30 am
Sep 15-Oct 27	\$73	1601084
Nov 3-Dec 15	\$73	1601085

Children

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.

Greely – 613-580-2424

12-14 years	Sat.	9 am-5 pm
Sep 25	\$75.25	1601773

Hintonburg – 613-798-8874

11-14 years	Sat.	10 am-2 pm
Sep 18-25	\$75	1601341
Nov 6-13	\$75	1601342

Manotick – 613-692-4772

12-14 years	Sat.	9 am-5 pm
Oct 23	\$75.25	1601771

Metcalfe – 613-821-1237

12-14 years	Sat.	9 am-5 pm
Nov 20	\$75.25	1601774

Osgoode – 613-580-2595

12-14 years	Sat.	9 am-5 pm
Dec 11	\$75.25	1601772

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.

Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sat.	11 am-noon
Sep 11-Oct 2	\$39.75	1601123
Oct 16-Nov 6	\$39.75	1601124
Nov 13-Dec 4	\$39.75	1601125

Greenboro – 613-580-2805

10-13 years	Wed.	5-6 pm
Sep 29-Nov 3	\$59.50	1601086
Nov 10-Dec 15	\$59.50	1601087
6-9 years	Mon.	5:30-6:30 pm
Sep 20-Nov 1	\$59.50	1601076
Nov 8-Dec 13	\$59.50	1601077
6-9 years	Sat.	10-11 am
Sep 18-Oct 30	\$59.50	1601107
Nov 6-Dec 11	\$59.50	1601108

Ballet – Level 2

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.

Greenboro – 613-580-2805

10-13 years	Wed.	6-7 pm
Sep 29-Nov 3	\$66.25	1601088

Gotta Dance

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

Greenboro – 613-580-2805

6-9 years	Tue.	5:45-6:45 pm
Sep 28-Nov 2	\$59.50	1601080
Nov 9-Dec 14	\$59.50	1601081

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.

Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sun.	10:30-11:30 am
Sep 12-Oct 3	\$44.25	1601129
Oct 17-Nov 7	\$44.25	1601130
Nov 14-Dec 5	\$44.25	1601131

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 – 613-580-9600

10-14 years	Sun.	11:45 am-12:45 pm
Sep 12-Oct 3	\$44.25	1601132
Oct 17-Nov 7	\$44.25	1601133
Nov 14-Dec 5	\$44.25	1601134

Hip Hop and Jazz

Emphasis on body placement, coordination and basic Jazz technique.

CardelRec Complex (Goulbourn) – 613-580-2532

6-8 years	Sun.	9:30-10:30 am
Sep 19-Dec 12	\$132.25	1601163
9-12 years	Sun.	11 am-noon
Sep 19-Dec 12	\$132.25	1601164

François Dupuis – 613-580-8080

6-10 years	Sun.	2:45-3:45 pm
Sep 19-Dec 19	\$143.25	1601630
6-10 years	Tue.	6:15-7:15 pm
Sep 14-Dec 14	\$154.25	1601640
6-10 years	Sat.	2:45-3:45 pm
Sep 18-Dec 18	\$143.25	1601609

Sports

Badminton

Develop basic techniques including serve, rally, forehand and backhand. Improve your skills through game play. Clients are encouraged to bring own racquet. No doubles during COVID-19 except for same household/cohort.

François Dupuis – 613-580-8080

11-14 years	Wed.	6:30-7:30 pm
Sep 15-Dec 15	\$117	1601562
8-10 years	Wed.	5:15-6:15 pm
Sep 15-Dec 15	\$117	1601561

Children

Basketball

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games. No gameplay.

CardelRec (Goulbourn) – 613-580-2532

8-12 years	Sat.	10:30-11:30 am
Sep 18-Dec 11	\$100.25	1601162

François Dupuis – 613-580-8080

10-12 years	Sat.	12:30-1:30 pm
Sep 18-Dec 18	\$108.50	1601570
6-7 years	Sat.	10-11 am
Sep 18-Dec 18	\$108.50	1601568
8-9 years	Sat.	11:15 am-12:15 pm
Sep 18-Dec 18	\$108.50	1601569

Manotick – 613-692-4772

10-12 years	Wed.	4:30-5:30 pm
Sep 15-Nov 3	\$66.75	1601751
7-9 years	Wed.	4:30-5:30 pm
Sep 15-Nov 3	\$66.75	1601752

Manotick School – 613-580-2400

1075 Bridge

10-12 years	Wed.	8-9 pm
Nov 10-Dec 15	\$50.25	1601755
7-9 years	Wed.	7-8 pm
Nov 10-Dec 15	\$50.25	1601756

Cycling – Private Lesson

A customizable 1-on-1 cycling course that addresses the specific needs of the participant. Due to physical distancing requirements, no hands-on instruction will be completed by cycle instructors.

CardelRec (Goulbourn) – 613-580-2532

6-14 years	Sat.	9-10 am
Sep 11	\$59.50	1600928
6-14 years	Sat.	10-11 am
Sep 11	\$59.50	1600929

Lansdowne Park

6-14 years	Sat.	9-10 am
Sep 25	\$59.50	1600932
6-14 years	Sat.	10-11 am
Sep 25	\$59.50	1600933

Ron Kolbus – 613-828-4313

6-14 years	Sun.	1-2 pm
Sep 26	\$59.50	1600934
6-14 years	Sun.	2-3 pm
Sep 26	\$59.50	1600935

Terry Fox – 613-247-4883

6-14 years	Sun.	1-2 pm
Sep 12	\$59.50	1600930
6-14 years	Sun.	2-3 pm
Sep 12	\$59.50	1600931

Hockey – 4 on 4

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.

Manotick – 613-692-4772

11-13 years	Wed.	4-5 pm
Aug 25-Sep 1	\$15	1601793
11-13 years	Thu.	4-5 pm
Aug 26-Sep 2	\$15	1601798
Sep 9-Dec 16	\$112.50	1601790
11-13 years	Fri.	4-5 pm
Aug 27-Sep 3	\$15	1601800
7-10 years	Wed.	3-4 pm
Aug 25-Sep 1	\$15	1601792
7-10 years	Wed.	4-5 pm
Sep 8-Dec 15	\$112.50	1601789
7-10 years	Thu.	3-4 pm
Aug 26-Sep 2	\$15	1601797
7-10 years	Fri.	3-4 pm
Aug 27-Sep 3	\$15	1601799

Osgoode – 613-580-2595

7-10 years	Mon.	4:30-5:30 pm
Sep 13-Dec 20	\$105	1601791

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. Program will be modified to maintain physical distancing. No sparring.

Greenboro – 613-580-2805

10-13 years	Sun.	2-3 pm
Sep 26-Oct 31	\$66.25	1601116
Nov 14-Dec 19	\$66.25	1601117
6-9 years	Sun.	1-2 pm
Sep 26-Nov 7	\$66.25	1601114
Nov 14-Dec 19	\$66.25	1601115

Soccer

Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing skill-based games. No gameplay.

Manotick – 613-692-4772

9-12 years	Mon.	4:30-5:30 pm
Sep 13-Nov 1	\$58.50	1601782

Sandy Hill – 613-564-1062

6-10 years	Fri.	6-7 pm
Sep 3-Dec 3	\$108.50	1601643

Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport through various fun activities. COVID-19 regulations will be followed.

Klondike Road Park

10-14 years	Sun.	2-3 pm
Sep 12-Oct 3	\$55.75	1601380

Mooney's Bay Park

10-14 years	Tue.	6-7 pm
Sep 7-Oct 5	\$69.50	1601145
10-14 years	Thu.	6-7 pm
Sep 9-Oct 7	\$69.50	1601146

Pinecrest Park

10-14 years	Sun.	10:30-11:30 am
Sep 12-Oct 3	\$55.75	1601147

Children

Progressive Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport through various fun activities. COVID-19 regulations will be followed.

Klondike Road Park

6-9 years	Sun.	1-2 pm
Sep 12-Oct 3	\$55.75	1601381

Mooney's Bay Park

6-9 years	Tue.	5-6 pm
Sep 7-Oct 5	\$69.50	1601140
6-9 years	Thu.	5-6 pm
Sep 9-Oct 7	\$69.50	1601141

Pinecrest Park

6-9 years	Sun.	9:30-10:30 am
Sep 12-Oct 3	\$55.75	1601143

Volleyball

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

François Dupuis – 613-580-8080

10-11 years	Sun.	10-11 am
Sep 19-Dec 19	\$108.50	1601611
12-14 years	Sun.	11:15 am-12:15 pm
Sep 19-Dec 19	\$108.50	1601612
8-9 years	Sun.	8:45-9:45 am
Sep 19-Dec 19	\$108.50	1601610

Outdoor Ball Hockey

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games. Clients are encouraged to bring their own stick.

No gameplay.

Greely – 613-580-2424

9-12 years	Wed.	4:30-5:30 pm
Sep 15-Nov 3	\$66.75	1601785

Manotick – 613-692-4772

9-12 years	Tue.	4:30-5:30 pm
Sep 14-Nov 2	\$66.75	1601784

Osgoode – 613-580-2595

9-12 years	Thu.	4:30-5:30 pm
Sep 16-Nov 4	\$66.75	1601786

Outdoor Multi Sport

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

Greely – 613-580-2424 ext 29788

6-10 years	Tue.	4:30-5:30 pm
Sep 14-Nov 2	\$66.75	1601641

Manotick – 613-692-4772

6-10 years	Mon.	4:30-5:30 pm
Sep 13-Oct 25	\$58.50	1601642

6-10 years	Tue.	4:30-5:30 pm
Sep 14-Nov 2	\$66.75	1601783

6-10 years	Thu.	4:30-5:30 pm
Sep 16-Nov 4	\$66.75	1601787

Manotick School – 613-580-2400

1075 Bridge

6-10 years	Wed.	6-7 pm
Nov 10-Dec 15	\$50.25	1601649

Visual Arts

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.

Greenboro – 613-580-2805

10-13 years	Thu.	6-7 pm
Sep 30-Nov 4	\$92.50	1601099

Nov 11-Dec 16	\$92.50	1601100
---------------	---------	-------------------------

6-9 years	Thu.	5-6 pm
Sep 30-Nov 4	\$92.50	1601097

Nov 11-Dec 16	\$92.50	1601098
---------------	---------	-------------------------

General Interest

Fairy Gardening

Help care for the fairy garden! Plant seeds, take care of the plants, harvest the crops and craft fairy accessories to make a beautiful fairy home. Enhanced safety measures will be in place.

Lansdowne Park – 613-580-2424 ext 17323

6-10 years	Sat.	10:30-11:30 am
Sep 25-Oct 23	\$16.75	1601351

Kids Club

Explore a variety of activities. This program allows participants to sample various activities and explore new or existing interests. Note, themes vary, please contact facility directly for a program schedule.

Greely – 613-580-2424 ext 29788

8-12 years	Tue., Thu.	4:30-6 pm
Sep 14-Dec 2	\$149.25	1601631

Manotick – 613-692-4772

8-12 years	Tue., Thu.	4:30-6 pm
Sep 14-Dec 2	\$149.25	1601632

Muck and Mess

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

Greely – 613-580-2424 ext 29788

7-10 years	Mon.	5-6 pm
Sep 13-Nov 8	\$50	1601635

Manotick – 613-692-4772

7-10 years	Mon.	5-6 pm
Sep 13-Nov 8	\$50	1601636

Metcalfe – 613-821-1237

7-10 years	Tue.	5-6 pm
Sep 14-Nov 2	\$50	1601763

Osgoode – 613-580-2595

7-10 years	Tue.	5-6 pm
Sep 14-Nov 2	\$50	1601764

Children

Outdoor Kids Club

Explore a variety of activities. This program allows participants to sample various activities and explore new or existing interests. Note, themes vary, please contact facility directly for a program schedule.

CardelRec Complex (Goulbourn) – 613-580-2532

6-8 years	Sat.	10-11 am
Sep 18-Dec 11	\$49.75	1601161

Science Quests

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

Greely – 613-580-2424 ext 29788

7-10 years	Wed.	5:30-6:30 pm
Sep 15-Nov 3	\$62.50	1601637

Manotick – 613-692-4772

7-10 years	Wed.	5:30-6:30 pm
Sep 15-Nov 3	\$62.50	1601638

Metcalfe – 613-821-1237

7-10 years	Thu.	5:30-6:30 pm
Sep 16-Nov 4	\$62.50	1601765

Osgoode – 613-580-2595

7-10 years	Thu.	5:30-6:30 pm
Sep 16-Nov 4	\$62.50	1601766

STEAM Workshop

A hands-on workshop allowing families to engage in a variety of Science, Technology, Engineering, Arts and Math (STEAM) activities in a fun and relaxed way. Enhanced safety measures will be in place.

Lansdowne Park – 613-580-2424 ext 17323

6-10 years	Wed.	4-5 pm
Sep 29	\$8	1601354
Oct 13	\$8	1601355
6-10 years	Sat.	1-2 pm
Oct 30	\$8	1601356

Youth

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.

Greenboro – 613-580-2805

16 years+	Sat.	9-10 am
Sep 18-Oct 30	\$74.75	1601105
Nov 6-Dec 11	\$74.75	1601106

Volleyball

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

Greenboro – 613-580-2805

13-18 years	Thu.	6-7 pm
Sep 16-Oct 28	\$66	1601090
Nov 4-Dec 16	\$66	1601091

Adult

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.

Greenboro – 613-580-2805

16 years+	Sat.	9-10 am
Sep 18-Oct 30	\$74.75	1601105
Nov 6-Dec 11	\$74.75	1601106

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 from your social circle.

Greenboro – 613-580-2805

18 years+	Fri.	7:30-8:30 pm
Sep 10-Oct 22	\$87.25	1601103
Oct 29-Dec 10	\$87.25	1601104

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 from your social circle.

Greenboro – 613-580-2805

16 years+	Fri.	6:30-7:30 pm
Sep 10-Oct 22	\$87.25	1601101
Oct 29-Dec 10	\$87.25	1601102

Sports

Cross Country Ski – Dryland Training – Level 1

Our dryland training program is designed to prepare skiers for the rigorous physical demands of skiing. Certified fitness instructors and XC ski instructors conduct group training with exciting mediums/types such as ladders, roller boards, roller ski demo; ski bounding, calisthenics and hill training.

Terry Fox Athletic Facility – 613-247-4883

16+ years	Tue.	6-7:30 pm
Oct 19-Nov 23	\$261.25	1600941
16+ years	Thu.	6-7:30 pm
Oct 21-Nov 25	\$261.25	1600942
16+ years	Sat.	9:30-11 am
Oct 23-Nov 27	\$261.25	1600940

Cycling – Private lesson

A customizable 1-on-1 cycling course that addresses the specific needs of the participant. Due to physical distancing requirements, no hands-on instruction will be completed by cycle instructors.

CardelRec (Goulbourn) – 613-580-2532

15+ years	Sat.	11 am-noon
Sep 11	\$67.25	1600936

Lansdowne Park

15+ years	Sat.	11 am-noon
Sep 25	\$67.25	1600938

Ron Kolbus – 613-828-4313

15+ years	Sun.	3-4 pm
Sep 26	\$67.25	1600939

Terry Fox – 613-247-4883

15+ years	Sun.	3-4 pm
Sep 12	\$67.25	1600937

Hockey – Game Play – Women

Un-officiated, non-contact, recreational pick-up hockey monitored by City of Ottawa staff. Full hockey equipment is mandatory including CSA approved helmet, full face mask and shoulder pads

Manotick Community Centre – 613-692-4772

25+ years	Wed.	10-11 pm
Sep 1-Dec 8	\$127.25	1601801

Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength through the use of Nordic poles. All fitness levels welcome.

Terry Fox – 613-247-4883

19+ years	Wed.	6:30-7:30 pm
Sep 8-Oct 27	\$72	1600943
19+ years	Sat.	11 am-noon
Sep 11-Oct 30	\$72	1600944

Pickleball

Pickleball is a combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Designed to teach the skills and rules of pickleball in a fun and friendly environment. COVID-19 regulations will be followed.

François Dupuis – 613-580-8080

18+ years	Mon.	6:30-7:30 pm
Sep 13-Dec 13	\$122.75	1601557

Qi Gong

Combining gentle movement with meditation, this ancient art is believed to reduce stress and prevent illness through the integration of the spirit, body and energy (Chi).

Greenboro – 613-580-2805

18+ years	Thu.	10:45-11:45 am
Sep 16-Oct 28	\$76.50	1601094
Nov 4-Dec 16	\$76.50	1601095

Adult

Tai Chi

A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination and balance.

Bob MacQuarrie - Orléans – 613-580-9600

18+ years	Tue.	9:30-10:30 am
Sep 14-Nov 2	\$87.50	1601136
18+ years	Thu.	9:30-10:30 am
Sep 16-Nov 4	\$87.50	1601137

Tennis

Forehand, backhand, serve and volley. Practice techniques to improve your skills and develop a better understanding of the game. COVID-19 regulations will be followed.

Klondike Road Park

15+ years	Sun.	3-4 pm
Sep 12-Oct 3	\$63	1601379

Mooney's Bay Park

15+ years	Tue.	7-8 pm
Sep 7-Oct 5	\$78.75	1601149
15+ years	Thu.	7-8 pm
Sep 9-Oct 7	\$78.75	1601150

Pinecrest Park

15+ years	Sun.	11:30 am-12:30 pm
Sep 12-Oct 3	\$63	1601151

Volleyball – Game Play – Adult

Emphasis is on active participation and fun. Games are at a recreational level. Gameplay modified to adhere to physical distancing.

École Franco Jeunesse

119 Osgoode

18+ years	Tue.	6-8 pm
Sep 7-Oct 19	\$70.75	1601595
Oct 26-Dec 7	\$70.75	1601596

Greenboro – 613-580-2805

18+ years	Mon.	7-8:30 pm
Sep 13-Oct 25	\$45.50	1601118
Nov 1-Dec 6	\$45.50	1601119

Volleyball – Game Play – Level 2

Emphasis on active participation and fun. Participants must have a good skill level and understanding of the game. Gameplay modified to adhere to physical distancing.

Greenboro – 613-580-2805

16+ years	Sun.	5:15-6:45 pm
Sep 26-Dec 19	\$91	1601113

Walking Club

Join our friendly walking group for low-impact exercise. Good for your bones, tones your body and improves your overall fitness. Walking may take place indoors or out.

Sandy Hill – 613-564-1062

18+ years	Wed.-Fri., Mon.	9-10 am
Sep 8-Dec 17	\$11.50	1601590

Yoga

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

Greely – 613-580-2424

18+ years	Tue.	7:30-8:30 pm
Oct 5-Dec 7	\$109.25	1601760

Greenboro – 613-580-2805

18+ years	Mon.	10:45-11:45 am
Sep 13-Oct 25	\$65.75	1601074
Nov 1-Dec 13	\$76.50	1601075
18+ years	Tue.	7:30-8:30 pm
Sep 28-Nov 2	\$65.75	1601082
Nov 9-Dec 14	\$65.75	1601083

Hintonburg – 613-798-8874

15+ years	Mon.	6:45-7:45 pm
Oct 18-Dec 6	\$87.50	1601169

Manotick – 613-692-4772

18+ years	Tue.	7:30-8:30 pm
Oct 5-Dec 7	\$109.25	1601758
18+ years	Thu.	7:30-8:30 pm
Oct 7-Dec 9	\$109.25	1601759

Metcalfe – 613-821-1237

18+ years	Thu.	7:30-8:30 pm
Oct 7-Dec 9	\$109.25	1601761

Osgoode – 613-580-2595

18+ years	Thu.	7:30-8:30 pm
Oct 7-Dec 9	\$109.25	1601762

Sandy Hill – 613-564-1062

18+ years	Mon.	6:30-8 pm
Sep 13-Oct 25	\$98.50	1601588
Nov 8-Dec 13	\$98.50	1601589

Yoga Yin

Yin yoga encourages long held floor poses to enhance the Chi or energy distribution through the bones and connective tissues that bind them. It marries meditation and asana into a very deep practice.

François Dupuis – 613-580-8080

18+ years	Mon.	7:45-8:45 pm
Sep 13-Dec 13	\$142	1601559
18+ years	Thu.	7:45-8:45 pm
Sep 16-Dec 16	\$153	1601565

Zumba®

Inspired by Latin and International dance, this is a great cardio class with focus on fun and sweating. Blast calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop.

Manotick – 613-692-4772

18+ years	Mon.	7:30-8:30 pm
Oct 4-Dec 13	\$90	1601767
18+ years	Wed.	7:30-8:30 pm
Oct 6-Dec 8	\$90	1601768

Visual Arts

Acrylic Landscape Painting

Landscape painting is a rewarding art to master. Embrace how acrylic paint hugs the canvas while you design and create your unique pieces. The focus is on perspective, depth, colour, value and design in this all skill level class. Creative direction given by professional fine artist.

Greenboro – 613-580-2805

18 years+	Thu.	12:30-3 pm
Oct 21-Dec 9	\$249	1601096

Adult

General Interests

Dog Obedience – Level 1 – Low ratio

For dogs five months and older. Entry level training course will focus on good manners and basic skills. Proof of current vaccination required. Enhanced safety measures will be in place.

Lansdowne Park – 613-580-2424

18+	Thu.	7-8 pm
Sep 30-Oct 28	\$112	1601353

Dog Rally Obedience – Low ratio

The dog and handler use directional signs to run through a numbered course within an allotted time. Includes over 40 obedience movements.

Hintonburg – 613-798-8874

15+	Sat.	1-2 pm
Sep 25-Oct 30	\$134.25	1601335
Nov 6-Dec 11	\$134.25	1601336

Line Dancing – Level 1

Learn a variety of line dances. No experience necessary. Dance for fun and get exercise as a bonus!

Churchill Seniors Centre – 613-798-8927

50+ years	Tue.	noon-1 pm
Sep 7-Oct 26	\$99.75	1601056
Nov 2-Dec 21	\$99.75	1601057

Line Dancing – Level 2

Prerequisite: Level 1

Churchill Seniors Centre – 613-798-8927

50+ years	Tue.	1:15-2:15 pm
Sep 7-Oct 26	\$99.75	1601058
Nov 2-Dec 21	\$99.75	1601059
Nov 10-Dec 15	\$66.25	1601089

Adult 50+

Dance

Line Dancing – Level 1

Learn a variety of line dances. No experience necessary. Dance for fun and get exercise as a bonus!

Churchill Seniors Centre – 613-798-8927

50+ years	Tue.	noon-1 pm
Sep 7-Oct 26	\$99.75	1601056
Nov 2-Dec 21	\$99.75	1601057

Line Dancing – Level 2

Prerequisite: Level 1

Churchill Seniors Centre – 613-798-8927

50+ years	Tue.	1:15-2:15 pm
Sep 7-Oct 26	\$99.75	1601058
Nov 2-Dec 21	\$99.75	1601059
Nov 10-Dec 15	\$66.25	1601089

Fitness

Barre Fitness

Combining ballet barre exercises, with strength training, core conditioning and muscular endurance mat work to develop a sculpted physique. Dance experience not required!

Churchill Seniors – 613-798-8927

50+ years	Mon.	9-10 am
Sep 13-Oct 18	\$65.75	1601045
Nov 1-Dec 20	\$87.50	1601046

Fitness-Cardio

A choreographed cardio class with controlled impact. Intensity level options offered.

Hintonburg – 613-798-8874

50+ years	Mon.	11:45 am-12:45 pm
Sep 20-Nov 15	\$87.50	1601170



Cardio and Strength

Combination of no bounce moves done to up-beat music. Finish with resistance training.

Manotick – 613-692-4772

50+ years	Tue.	9-10 am
Oct 5-Dec 7	\$109.25	1601769
50-99 years	Thu.	9-10 am
Oct 7-Dec 9	\$109.25	1601770

Sandy Hill – 613-564-1062

50-99 years	Thu.	10-11 am
Sep 9-Oct 14	\$65.75	1601591
Oct 21-Dec 2	\$65.75	1601592

Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength through the use of Nordic poles. All fitness levels welcome. It is recommended for clients to bring their own Nordic pole.

Jack Purcell – 613-564-1050

50+ years	Wed.	10:30-11:30 am
Sep 22-Oct 27	\$65.75	1601148

Pickleball

Pickleball is a combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Designed to teach the skills and rules of pickleball in a fun and friendly environment. Clients highly encouraged to provide their own racquets.

François Dupuis – 613-580-8080

50+ years	Thu.	12:45-2:15 pm
Sep 16-Dec 16	\$198	1601564



Pilates

Develop the foundational movements of pilates where pelvic, hip, lumbar, spine, rib and shoulder stability are improved along with enhancing muscular endurance. It is recommended for clients to bring their own mats/towels for laying down.

Churchill Seniors – 613-798-8927

50+ years	Thu.	9-10 am
Sep 9-Oct 28	\$87.50	1601312
Nov 4-Dec 23	\$87.50	1601374

Strength and Balance – Lite

Want to stay mobile and strong enough to prevent falls? Learn how to improve your balance and strengthen your body, including your core, with exercise and easy-to-use resistance equipment. Build your independence along with stronger muscles and bones.

Churchill Seniors – 613-798-8927

50+ years	Mon.	12:45-1:45 pm
Sep 13-Oct 18	\$65.75	1601049
Nov 1-Dec 20	\$87.50	1601050
50+ years	Thu.	12:45-1:45 pm
Sep 9-Oct 28	\$87.50	1601051
Nov 4-Dec 23	\$87.50	1601052

Strength Training

Increase energy and gain confidence using weight and cardio machines. Learn proper techniques in this social setting.

Hintonburg – 613-798-8874

50-99 years	Fri.	11:45 am-12:45 pm
Sep 24-Nov 12	\$87.50	1601172

Stretch and Strength

All-over body conditioning combined with stretching and flexibility segments. Older adults will increase strength and range of motion of major muscle groups to prevent falls.

Hintonburg – 613-798-8874

50+ years	Wed.	11:45 am-12:45 pm
Sep 22-Nov 10	\$87.50	1601736

Adult 50+

Stretch and Strength

Combine strength training movements with flexibility to improve muscular strength and mobility.

Jack Purcell – 613-564-1050

50+ years	Tue.	9:30-10:30 am
Sep 21-Nov 23	\$109.25	1601138
50+ years	Thu.	9:30-10:30 am
Sep 23-Nov 25	\$109.25	1601139



Tai Chi

Gentle, peaceful way to tone and strengthen your body, improving concentration, coordination and balance. Slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing and soft-soled shoes.

Jack Purcell – 613-564-1050

50+ years	Wed.	10-11 am
Sep 22-Nov 24	\$109.25	1601066

Sandy Hill – 613-564-1062

50+ years	Fri.	10-11 am
Sep 10-Oct 22	\$76.50	1601593
Oct 29-Dec 10	\$76.50	1601594



Tai Chi – Level 2

Gentle, peaceful way to tone and strengthen your body, improving concentration, coordination and balance. Slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing and soft-soled shoes.

Jack Purcell – 613-564-1050

50+ years	Wed.	9-10 am
Sep 22-Nov 24	\$109.25	1601067



Yoga

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress. It is recommended for clients to bring their own mats/towels for laying down.

Churchill Seniors – 613-798-8927

50+ years	Tue.	9:30-10:30 am
Sep 7-Oct 26	\$87.50	1601375
Nov 2-Dec 21	\$87.50	1601376
50+ years	Fri.	9:30-10:30 am
Sep 10-Oct 29	\$87.50	1601377
Nov 5-Dec 17	\$76.50	1601378

Yoga

Hatha Yoga's combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress. It is recommended for clients to bring their own mats/towels for laying down.

Jack Purcell – 613-564-1050

50-99 years	Wed.	10-11 am
Sep 22-Nov 24	\$109.25	1601142
50-99 years	Fri.	10-11 am
Sep 24-Nov 26	\$109.25	1601144



Zumba Gold®

Modified moves and pacing to suit the needs of the active older adult, or those just starting a journey to a fit and healthy life. Zesty Latin music, salsa, merengue, cumbia and reggaeton, with easy-to-follow moves, in a invigorating, party atmosphere.

Churchill Seniors – 613-798-8927

50+ years	Mon.	10:30-11:30 am
Sep 13-Oct 18	\$65.75	1601047
Nov 1-Dec 20	\$87.50	1601048
50+ years	Thu.	10:30-11:30 am
Sep 9-Oct 28	\$87.50	1601053
Nov 4-Dec 23	\$87.50	1601054