



Fall 2021

# Sports and fitness

Recreation eGuide

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# Preschool

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## 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.

### **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](#)

# Children

## Badminton

Develop basic techniques including serve, rally, forehand and backhand. Improve your skills through game play. Clients are encouraged to bring own racquet.

### François Dupuis – 613-580-8080

11-14 years	Wed.	6:30-7:30 pm
Sep 15-Dec 15	\$117	<a href="#">1601562</a>
8-10 years	Wed.	5:15-6:15 pm
Sep 15-Dec 15	\$117	<a href="#">1601561</a>

## Basketball

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

### CardelRec Complex (Goulbourn) – 613-580-2532

8-12 years	Sat.	10:30-11:30 am
Sep 18-Dec 11	\$100.25	<a href="#">1601162</a>

### François Dupuis – 613-580-8080

10-12 years	Sat.	12:30-1:30 pm
Sep 18-Dec 18	\$108.50	<a href="#">1601570</a>
6-7 years	Sat.	10-11 am
Sep 18-Dec 18	\$108.50	<a href="#">1601568</a>
8-9 years	Sat.	11:15 am-12:15 pm
Sep 18-Dec 18	\$108.50	<a href="#">1601569</a>

### Manotick – 613-580-2424 ext 29788

10-12 years	Wed.	4:30-5:30 pm
Sep 15-Nov 3	\$66.75	<a href="#">1601751</a>
7-9 years	Wed.	4:30-5:30 pm
Sep 15-Nov 3	\$66.75	<a href="#">1601752</a>

### Manotick School – 613-580-2400

#### 1075 Bridge

10-12 years	Wed.	8-9 pm
Nov 10-Dec 15	\$50.25	<a href="#">1601755</a>
7-9 years	Wed.	7-8 pm
Nov 10-Dec 15	\$50.25	<a href="#">1601756</a>

## 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 Complex (Goulbourn) – 613-580-3575

6-14 years	Sat.	9-10 am
Sep 11	\$59.50	<a href="#">1600928</a>
6-14 years	Sat.	10-11 am
Sep 11	\$59.50	<a href="#">1600929</a>

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

6-14 years	Sat.	9-10 am
Sep 25	\$59.50	<a href="#">1600932</a>
6-14 years	Sat.	10-11 am
Sep 25	\$59.50	<a href="#">1600933</a>

### Ron Kolbus Lakeside – 613-580-3575

6-14 years	Sun.	1-2 pm
Sep 26	\$59.50	<a href="#">1600934</a>
6-14 years	Sun.	2-3 pm
Sep 26	\$59.50	<a href="#">1600935</a>

### Terry Fox – 613-580-3575

6-14 years	Sun.	1-2 pm
Sep 12	\$59.50	<a href="#">1600930</a>
6-14 years	Sun.	2-3 pm
Sep 12	\$59.50	<a href="#">1600931</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. Program will be modified to maintain physical distancing.

### Greenboro – 613-580-2805

10-13 years	Sun.	2-3 pm
Sep 26-Oct 31	\$66.25	<a href="#">1601116</a>
Nov 14-Dec 19	\$66.25	<a href="#">1601117</a>
6-9 years	Sun.	1-2 pm
Sep 26-Nov 7	\$66.25	<a href="#">1601114</a>
Nov 14-Dec 19	\$66.25	<a href="#">1601115</a>

## Soccer

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

### Manotick – 613-580-2424 ext 29788

9-12 years	Mon.	4:30-5:30 pm
Sep 13-Nov 1	\$58.50	<a href="#">1601782</a>

### Sandy Hill – 613-564-1062

6-10 years	Fri.	6-7 pm
Sep 3-Dec 3	\$108.50	<a href="#">1601643</a>

## Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport through various fun activities.

### Klondike Road Park – 613-580-3575

10-14 years	Sun.	2-3 pm
Sep 12-Oct 3	\$55.75	<a href="#">1601380</a>

### Mooney's Bay Park – 613-580-3575

10-14 years	Tue.	6-7 pm
Sep 7-Oct 5	\$69.50	<a href="#">1601145</a>
10-14 years	Thu.	6-7 pm
Sep 9-Oct 7	\$69.50	<a href="#">1601146</a>

### Pinecrest Park – 613-580-3575

10-14 years	Sun.	10:30-11:30 am
Sep 12-Oct 3	\$55.75	<a href="#">1601147</a>

# Children

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## Tennis – Progressive

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport through various fun activities.

### **Klondike Road Park – 613-580-3575**

6-9 years	Sun.	1-2 pm
Sep 12-Oct 3	\$55.75	<a href="#">1601381</a>

### **Mooney's Bay Park – 613-580-3575**

6-9 years	Tue.	5-6 pm
Sep 7-Oct 5	\$69.50	<a href="#">1601140</a>
6-9 years	Thu.	5-6 pm
Sep 9-Oct 7	\$69.50	<a href="#">1601141</a>

### **Pinecrest Park – 613-580-3575**

6-9 years	Sun.	9:30-10:30 am
Sep 12-Oct 3	\$55.75	<a href="#">1601143</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.

### **François Dupuis – 613-580-8080**

10-11 years	Sun.	10-11 am
Sep 19-Dec 19	\$108.50	<a href="#">1601611</a>
12-14 years	Sun.	11:15 am-12:15 pm
Sep 19-Dec 19	\$108.50	<a href="#">1601612</a>
8-9 years	Sun.	8:45-9:45 am
Sep 19-Dec 19	\$108.50	<a href="#">1601610</a>

# Youth

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## Volleyball

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

**Greenboro – 613-580-2805**

13-18 years	Thu.	6-7 pm
Sep 16-Oct 28	\$66	<a href="#">1601090</a>
Nov 4-Dec 16	\$66	<a href="#">1601091</a>

# Adult

## Aqua Healing Waters

Low-intensity aquatic exercises, which may reduce, pain, strengthen muscles, increase muscular endurance, flexibility, and improve joint stability. Exercise in water may also improve back health, core strength, balance and posture.



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

18+ years	Mon.	6:15-7:15 pm
Sep 13-Nov 22	\$144.25	<a href="#">1600020</a>
18+ years	Tue.	2:45-3:45 pm
Sep 7-Nov 9	\$144.25	<a href="#">1600024</a>
18+ years	Wed.	6:45-7:45 pm
Sep 8-Nov 10	\$144.25	<a href="#">1600035</a>
18+ years	Thu.	2:45-3:45 pm
Sep 9-Nov 11	\$144.25	<a href="#">1600037</a>

## 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 Complex (Goulbourn) – 613-580-3575

15+ years	Sat.	11 am-noon
Sep 11	\$67.25	<a href="#">1600936</a>

### Lansdowne Park – 613-580-3575

15+ years	Sat.	11 am-noon
Sep 25	\$67.25	<a href="#">1600938</a>

### Ron Kolbus Lakeside – 613-580-3575

15+ years	Sun.	3-4 pm
Sep 26	\$67.25	<a href="#">1600939</a>

### Terry Fox – 613-247-4883

15+ years	Sun.	3-4 pm
Sep 12	\$67.25	<a href="#">1600937</a>

## 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.

### François Dupuis – 613-580-8080

18+ years	Mon.	6:30-7:30 pm
Sep 13-Dec 13	\$122.75	<a href="#">1601557</a>

## Tennis

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

### Klondike Road Park – 613-580-3575

15+ years	Sun.	3-4 pm
Sep 12-Oct 3	\$63	<a href="#">1601379</a>

### Mooney's Bay Park – 613-580-3575

15+ years	Tue.	7-8 pm
Sep 7-Oct 5	\$78.75	<a href="#">1601149</a>
15+ years	Thu.	7-8 pm
Sep 9-Oct 7	\$78.75	<a href="#">1601150</a>

### Pinecrest Park – 613-580-3575

15+ years	Sun.	11:30 am-12:30 pm
Sep 12-Oct 3	\$63	<a href="#">1601151</a>

## Volleyball – Game Play

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

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

18+ years	Tue.	6-8 pm
Sep 7-Oct 19	\$70.75	<a href="#">1601595</a>
Oct 26-Dec 7	\$70.75	<a href="#">1601596</a>

### Greenboro – 613-580-2805

18+ years	Mon.	7-8:30 pm
Sep 13-Oct 25	\$45.50	<a href="#">1601118</a>
Nov 1-Dec 6	\$45.50	<a href="#">1601119</a>

## Volleyball – Game Play – Level 2

Emphasis on active participation and fun. Participants must have a good skill level and understanding of the game.

### Greenboro – 613-580-2805

16+ years	Sun.	5:15-6:45 pm
Sep 26-Dec 19	\$91	<a href="#">1601113</a>

## 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 – 613-580-3575

16+ years	Tue.	6-7:30 pm
Oct 19-Nov 23	\$261.25	<a href="#">1600941</a>
16+ years	Thu.	6-7:30 pm
Oct 21-Nov 25	\$261.25	<a href="#">1600942</a>
16+ years	Sat.	9:30-11 am
Oct 23-Nov 27	\$261.25	<a href="#">1600940</a>

## Nia

Shape the way you feel, look, think and live! Discover your body's way of self-healing using the gentle and powerful movements of the Nia Technique. Great workout using nine movements from dance, martial, and healing arts, suitable for all.

### Nepean Creative Arts – 613-596-5783

18+ years	Tue.	2-3 pm
Sep 21-Oct 26	\$65.75	<a href="#">1600800</a>
Nov 2-Dec 7	\$65.75	<a href="#">1600801</a>



# Adult

## 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 – 613-580-3575

19+ years	Wed.	6:30-7:30 pm
Sep 8-Oct 27	\$72	<a href="#">1600943</a>
19+ years	Sat.	11 am-noon
Sep 11-Oct 30	\$72	<a href="#">1600944</a>

## 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	<a href="#">1601094</a>
Nov 4-Dec 16	\$76.50	<a href="#">1601095</a>

## Stretch and Strength

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

### Nepean Creative Arts – 613-596-5783

18+ years	Mon.	1-2 pm
Sep 20-Nov 15	\$72	<a href="#">1600792</a>
18+ years	Fri.	11:45 am-12:45 pm
Sep 24-Nov 12	\$72	<a href="#">1600789</a>

## 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	<a href="#">1601136</a>
18+ years	Thu.	6:30-7:30 pm
Sep 16-Nov 4	\$87.50	<a href="#">1601137</a>

## 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	<a href="#">1601590</a>

## 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 ext 29788

18+ years	Tue.	7:30-8:30 pm
Oct 5-Dec 7	\$109.25	<a href="#">1601760</a>

### Greenboro – 613-580-2805

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

### Hintonburg – 613-798-8874

15+ years	Mon.	6:45-7:45 pm
Oct 18-Dec 6	\$87.50	<a href="#">1601169</a>

### Manotick – 613-580-2424 ext 29788

18+ years	Tue.	7:30-8:30 pm
Oct 5-Dec 7	\$109.25	<a href="#">1601758</a>
18+ years	Thu.	7:30-8:30 pm
Oct 7-Dec 9	\$109.25	<a href="#">1601759</a>

### Metcalfe – 613-580-2424 ext 29788

18+ years	Thu.	7:30-8:30 pm
Oct 7-Dec 9	\$109.25	<a href="#">1601761</a>

### Nepean Creative Arts – 613-596-5783

18+ years	Wed.	11:30 am-12:30 pm
Sep 29-Nov 17	\$87.50	<a href="#">1600795</a>
18+ years	Fri.	noon-1 pm
Oct 1-Nov 19	\$87.50	<a href="#">1600796</a>

### Osgoode – 613-580-2424 ext 29788

18+ years	Thu.	7:30-8:30 pm
Oct 7-Dec 9	\$109.25	<a href="#">1601762</a>

### Sandy Hill – 613-564-1062

18+ years	Mon.	6:30-8 pm
Sep 13-Oct 25	\$98.50	<a href="#">1601588</a>
Nov 8-Dec 13	\$98.50	<a href="#">1601589</a>

## 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	<a href="#">1601559</a>
18+ years	Thu.	7:45-8:45 pm
Sep 16-Dec 16	\$153	<a href="#">1601565</a>

## 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 – 613-580-2424 ext 29788

18+ years	Mon.	7:30-8:30 pm
Oct 4-Dec 13	\$90	<a href="#">1601767</a>
18+ years	Wed.	7:30-8:30 pm
Oct 6-Dec 8	\$90	<a href="#">1601768</a>

# Adult 50+

## 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	<a href="tel:1601564">1601564</a>

## 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	<a href="tel:1601148">1601148</a>

## 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 Senior Centre – 613-798-8927

50+ years	Thu.	9-10 am
Sep 9-Oct 28	\$87.50	<a href="tel:1601312">1601312</a>
Nov 4-Dec 23	\$87.50	<a href="tel:1601374">1601374</a>

## 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 Senior Centre – 613-798-8927

50+ years	Tue.	9:30-10:30 am
Sep 7-Oct 26	\$87.50	<a href="tel:1601375">1601375</a>
Nov 2-Dec 21	\$87.50	<a href="tel:1601376">1601376</a>
50+ years	Fri.	9:30-10:30 am
Sep 10-Oct 29	\$87.50	<a href="tel:1601377">1601377</a>
Nov 5-Dec 17	\$76.50	<a href="tel:1601378">1601378</a>

## 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+ years	Wed.	10-11 am
Sep 22-Nov 24	\$109.25	<a href="tel:1601142">1601142</a>
50+ years	Fri.	10-11 am
Sep 24-Nov 26	\$109.25	<a href="tel:1601144">1601144</a>

## 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 Recreation Centre – 613-798-8927

50+ years	Mon.	9-10 am
Sep 13-Oct 18	\$65.75	<a href="tel:1601045">1601045</a>
Nov 1-Dec 20	\$87.50	<a href="tel:1601046">1601046</a>

## Cardio and Strength

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

### Manotick – 613-580-2424 ext 29788

50+ years	Tue.	9-10 am
Oct 5-Dec 7	\$109.25	<a href="tel:1601769">1601769</a>
50+ years	Thu.	9-10 am
Oct 7-Dec 9	\$109.25	<a href="tel:1601770">1601770</a>

### Sandy Hill – 613-564-1062

50+ years	Thu.	10-11 am
Sep 9-Oct 14	\$65.75	<a href="tel:1601591">1601591</a>
Oct 21-Dec 2	\$65.75	<a href="tel:1601592">1601592</a>

## 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	<a href="tel:1601170">1601170</a>

## 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 Senior Centre – 613-798-8927

50+ years	Mon.	12:45-1:45 pm
Sep 13-Oct 18	\$65.75	<a href="tel:1601049">1601049</a>
Nov 1-Dec 20	\$87.50	<a href="tel:1601050">1601050</a>
50+ years	Thu.	12:45-1:45 pm
Sep 9-Oct 28	\$87.50	<a href="tel:1601051">1601051</a>
Nov 4-Dec 23	\$87.50	<a href="tel:1601052">1601052</a>





# Adult 50+

## Strength Training

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

### Hintonburg – 613-798-8874

50+ years	Fri.	11:45 am-12:45 pm
Sep 24-Nov 12	\$87.50	<a href="#">1601172</a>

## 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	<a href="#">1601736</a>

## 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	<a href="#">1601138</a>
50+ years	Thu.	9:30-10:30 am
Sep 23-Nov 25	\$109.25	<a href="#">1601139</a>



## 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	<a href="#">1601066</a>

### Sandy Hill – 613-564-1062

50+ years	Fri.	10-11 am
Sep 10-Oct 22	\$76.50	<a href="#">1601593</a>
Oct 29-Dec 10	\$76.50	<a href="#">1601594</a>



## 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	<a href="#">1601067</a>



## 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 an invigorating, party atmosphere.

### Churchill Senior Centre – 613-798-8927

50+ years	Mon.	10:30-11:30 am
Sep 13-Oct 18	\$65.75	<a href="#">1601047</a>
Nov 1-Dec 20	\$87.50	<a href="#">1601048</a>
50-99 years	Thu.	10:30-11:30 am
Sep 9-Oct 28	\$87.50	<a href="#">1601053</a>
Nov 4-Dec 23	\$87.50	<a href="#">1601054</a>