



Fall 2021

Virtual activities

Recreation eGuide

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Virtual activities

Visit us online at ottawa.ca/recreation or email us at virtual.virtuel@ottawa.ca.

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.

Preschool

Muck and Mess – Virtual

Get into your art with various projects, using lots of imagination and materials. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

3-6 years	Sat.	8:30-9:30 am
Oct 16-Nov 20	\$35.25	1601531

Children

Dance

Ballet – Level 1 – Virtual

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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

6-10 years	Sun.	10:30-11:30 am
Oct 17-Nov 21	\$44.75	1601485

Contemporary – Level 1 – Virtual

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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

6-10 years	Sun.	1-2 pm
Oct 17-Nov 21	\$49.75	1601479
10-14 years	Sun.	11:45 am-12:45 pm
Oct 17-Nov 21	\$49.75	1601484

Hip Hop – Virtual

Prefer to dance with your child at home? Join virtually with the on-site instructor. 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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

8-12 years	Mon.	5:15-6:15 pm
Oct 18-Nov 22	\$49.75	1601394

Hip Hop and Jazz – Virtual

Emphasis on body placement, coordination and basic Jazz technique. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

8-12 years	Sat.	10:15-11:15 am
Oct 16-Nov 20	\$49.75	1601541

Jazz – Level 1 – Virtual

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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

6-10 years	Sat.	9-10 am
Oct 16-Nov 20	\$44.75	1601538

Digital

Intro to Game Development – Virtual

Create your own game! This course uses Scratch block coding and introduces participants to basic coding, art and animation concepts. Several types of games will be explored and created from start to finish. No coding experience is required – just a love for making and playing games! Requires a personal electronic device with internet connection.

613-580-2424 x 32047

10-14 years	Sat.	2-3:30 pm
Oct 16-Nov 20	\$65.50	1601514

Virtual activities

The World of Video Editing – Virtual

Learn to edit your videos and photos using Davinci Resolve software! This class will guide you through the entire editing process including importing your videos, editing picture and sound, colour grading, special effects and title design. Students will create a short video during the class and will require access to their own device to take photos and record footage such as a camera, a tablet or a phone.

613-580-2424 x 32047

13-14 years	Tue.	4:30-6 pm
Oct 12-Nov 16	\$104.25	1601408

Virtual Animation – Virtual

A virtual animation course with NCAC movie making and digital arts instructor and experimental filmmaker. Learn how the world of animation comes to life using Blender Animation Software, creating 3D models, 2D animations, and exploring stop-motion animation techniques and video editing. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

9-12 years	Mon.	6-7:30 pm
Oct 18-Nov 22	\$104.25	1601395
11-14 years	Tue.	6:15-7:45 pm
Oct 12-Nov 16	\$104.25	1601450

Music

Digital Music Making – Virtual

Learn to create music using web-based music making apps. Experiment with beats, bass lines, chords and melodies, all while learning how to assemble all of these into your own tracks. Each week will feature a new project where you'll learn to use a new tool to make your own track. Submit your track and get feedback to help you keep improving! Requires a PC or Mac, laptop or desktop computer and internet connection.

613-580-2424 x 32047

9-14 years	Tue.	4:45-6:15 pm
Oct 12-Nov 16	\$130.25	1601410

Guitar – Level 1 – Virtual

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

613-580-2424 x 32047

10-14 years	Sun.	9-10 am
Oct 17-Nov 21	\$86.75	1601498

Guitar – Level 2 – Virtual

Once you have the basics through Guitar Level 1 or equivalent, you're ready for more advanced music. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

10-14 years	Mon.	6:15-7:15 pm
Oct 18-Nov 22	\$86.75	1601509

Keyboard – Level 1 – Virtual

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. Must have a keyboard at home. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

7-13 years	Sat.	12:45-1:45 pm
Oct 16-Nov 20	\$115.75	1601512

Ukulele – Virtual

In this live virtual class, learn a unique instrument that is affordable, fun, and easy to play. Must have a ukulele at home. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

10-14 years	Mon.	3:45-4:45 pm
Oct 18-Nov 22	\$86.75	1601384

Ukulele – Level 2 – Virtual

Once you have the basics through Ukulele Level 1 or equivalent, you're ready for more advanced music. Must have a ukulele at home. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

10-14 years	Mon.	5-6 pm
Oct 18-Nov 22	\$86.75	1601393

Sports

Bike Basics – Virtual

1-hour interactive workshop to introduce children and youth cyclists to basic concepts of bike safety. Topics include bicycle and helmet check, equipment, road signs and traffic laws. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

4-14 years	Sun.	1-2 pm
Sep 19	N/A	1601193
4-14 years	Thu.	5-6 pm
Sep 2	N/A	1601191
4-14 years	Sat.	9:30-10:30 am
Sep 11	N/A	1601192
Sep 25	N/A	1601194

Karate – Virtual

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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

6-14 years	Mon.	4:45-5:45 pm
Oct 18-Dec 6	\$66.25	1601390
6-14 years	Wed.	3:45-4:45 pm
Oct 13-Dec 1	\$66.25	1601455

Virtual activities

Taekwondo – Level 1 – Virtual

Level 1: White to Yellow Belt. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

6-14 years	Wed.	4:45-5:45 pm
Oct 13-Dec 1	\$66.25	1601461

Taekwondo – Level 2 – Virtual

Level 2: Green Stripe to Blue Stripe. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

8-14 years	Wed.	6-7 pm
Oct 13-Dec 1	\$66.25	1601470

Taekwondo – Level 3 – Virtual

Level 3: Blue Stripe to Black Belt. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

8-14 years	Wed.	7:15-8:15 pm
Oct 13-Dec 1	\$66.25	1601478

Visual arts

Cartooning and Comics – Virtual

A young and free imagination can give cartoons personality. Watch characters and comic strips come to life! Taught entirely virtually, draw and animate characters through studying figures, facial expressions, actions, perspective and use specialized illustration techniques. Supply kit available for pick up. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

10-12 years	Sat.	12:15-1:45 pm
Oct 16-Nov 20	\$104.25	1601515
6-8 years	Sat.	8:45-10:15 am
Oct 16-Nov 20	\$104.25	1601517
8-10 years	Sat.	10:30 am-noon
Oct 16-Nov 20	\$104.25	1601516

Drawing and Painting – Virtual

Taught entirely virtually, participants learn to paint and draw with charcoal, conte, watercolours, etc. Advanced techniques and learning opportunities available. Supply kit available for pick up. Requires a personal electronic device with internet connection. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

6-8 years	Thu.	3:30-5:30 pm
Oct 14-Nov 25	\$138.75	1601490
9-13 years	Sat.	10 am-noon
Oct 16-Nov 20	\$138.75	1601532

General interest

Electronics – Virtual

Learn about electronic circuits as you use a web-based tool on your home computer or device. Learn about power sources, wiring and how to identify and use electrical components including resistors, capacitors, LEDs and switches. Learn breadboarding as you safely assemble and test virtual circuits with a variety of components in series and in parallel. Work on successively more difficult circuit building challenges. In collaboration with 'the LEGO® guy,' Ian Dudley of Orange STEM Education ([orangestem.ca](#)). You will require a PC or Mac (laptop or desktop), or a Chromebook, tablet or iPad, and internet access for Zoom and other web-based applications. This course will help you learn to use any electronics kit including Snap Circuits®, micro:bit or Arduino, but you do not need one for the course.

613-580-2424 x 32047

7-12 years	Sun.	12:45-2:45 pm
Dec 5	\$27.25	1601389

LEGO® Club – Virtual

Virtually build LEGO® engineering, architecture and vehicle projects on your home computer. Learn the LEGO Studio 2.0 application through a succession of building activities. Then build a variety of LEGO projects from instructions. Render your projects for display. After class, you can use your new skills to create your own virtual LEGO projects with the software. In collaboration with 'the LEGO® guy,' Ian Dudley of Orange STEM Education ([orangestem.ca](#)). No LEGO is needed. You will require a PC or Mac, laptop or desktop computer (not a Chromebook) to run Studio 2.0 and to connect to Zoom.

Shenkman – 613-580-2787

7-12 years	Sun.	12:45-2:45 pm
Oct 17	\$27.25	1601447
7-12 years	Wed.	4-5:30 pm
Nov 17-Dec 1	\$61.25	1601458

Virtual activities

LEGO® Minecraft Engineer – Virtual

Virtually build cool Minecraft LEGO® projects on your home computer. Learn the LEGO Studio 2.0 application through a succession of building activities. Then build virtual Minecraft LEGO projects and render them for display. After class, you can use your new skills to create your own virtual LEGO projects with the software. In collaboration with 'the LEGO® guy,' Ian Dudley of Orange STEM Education (orangestem.ca). You will need a PC or Mac, laptop or desktop computer (not a Chromebook) to run Studio 2.0 and to connect to Zoom. You will need to download and install Studio 2.0 prior to the first class. More information provided upon registration.

613-580-2424 x 32047

7-12 years	Sun.	12:45-2:45 pm
Nov 28	\$27.25	1601391
7-12 years	Wed.	4-5:30 pm
Oct 20-Nov 10	\$81.50	1601457

Lego® Space Creations – Virtual

Virtually build a variety of space-themed and Star Wars® mini projects on your home computer. Learn LEGO® Studio 2.0 and build micro-scale fighters, rockets and other spacecraft from instructions. Create scenes and render them as realistic images to display. After class, you can use your new skills to create your own virtual LEGO projects with the software. In collaboration with 'the LEGO® guy,' Ian Dudley of Orange STEM Education (orangestem.ca). You will need a PC or Mac, laptop or desktop computer (not a Chromebook) to run Studio 2.0 and to connect to Zoom. You will need to download and install Studio 2.0 prior to the first class. More information provided upon registration.

613-580-2424 x 32047

7-12 years	Sun.	12:45-2:45 pm
Oct 24	\$27.25	1601446

Robotics and Coding – Virtual

Learn to code, and simulate the movement of, a virtual robot using web-based software on your home computer or device. Work with a virtual robot that uses distance, rotation and colour sensors to navigate. Learn to program the robot starting with calculating distances and turns. Then learn to use various coding blocks including sensor blocks, loop blocks, wait blocks and move blocks as you work on successively more difficult coding challenges. In collaboration with 'the LEGO® guy,' Ian Dudley of Orange STEM Education (orangestem.ca). You will require a PC or Mac (laptop or desktop), or a Chromebook, tablet or iPad, and internet access for Zoom and other web-based applications. The web app is LEGO® Mindstorms® EV3 and NXT compatible, but you do not need any LEGO or robotics products for this course.

613-580-2424 x 32047

7-12 years	Sun.	12:45-2:45 pm
Nov 14-21	\$54.50	1601445

Youth

Contemporary Dance – Level 1 – Virtual

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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

15-16 years	Sun.	1-2 pm
Oct 17-Nov 21	\$56	1601475

K-pop – Level 1 – Virtual

Learn choreographies to popular songs danced by K-pop idols. Develop dance skills in a broad range of styles, build confidence, and have fun! Requires a personal electronic device with internet connection.

613-580-2424 x 32047

15-17 years	Thu.	6:30-8 pm
Oct 21	\$14	1601523
Nov 4	\$14	1601526
Nov 18	\$14	1601529

Karate – Virtual

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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

15-17 years	Mon.	4:45-5:45 pm
Oct 18-Dec 6	\$74.75	1601392
15-17 years	Wed.	3:45-4:45 pm
Oct 13-Dec 1	\$74.75	1601456

Taekwondo – Level 1 – Virtual

Level 1: White to Yellow Belt. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

15-17 years	Wed.	4:45-5:45 pm
Oct 13-Dec 1	\$74.75	1601463

Taekwondo – Level 2 – Virtual

Level 2: Green Stripe to Blue Stripe. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

15-17 years	Wed.	6-7 pm
Oct 13-Dec 1	\$74.75	1601472

Virtual activities

Taekwondo – Level 3 – Virtual

Level 3: Blue Stripe to Black Belt. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

15-17 years	Wed.	7:15-8:15 pm
Oct 13-Dec 1	\$74.75	1601480

The World of Video Editing – Virtual

Learn to edit your videos and photos using Davinci Resolve software! This class will guide you through the entire editing process including importing your videos, editing picture and sound, colour grading, special effects and title design. Students will create a short video during the class and will require access to their own device to take photos and record footage such as a camera, tablet or a phone. Also requires a PC or Mac, laptop or desktop computer and internet connection.

613-580-2424 x 32047

15-17 years	Tue.	4:30-6 pm
Oct 12-Nov 16	\$117.75	1601409

Virtual Animation – Virtual

A virtual animation course with a digital arts instructor and experimental filmmaker. Learn how the world of animation comes to life using Blender Animation Software, creating 3D models, 2D animations, and exploring stop-motion animation techniques and video editing. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

15-16 years	Tue.	6:15-7:45 pm
Oct 12-Nov 16	\$117.75	1601452

Adult

Dance

Belly Dance – Level 1 – Virtual

In this live virtual class, 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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Thu.	7:15-8:15 pm
Oct 14-Nov 25	\$56	1601510

Bollywood – Level 1 – Virtual

In this live virtual class, 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 experiencing the wonders of middle eastern glamour. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Thu.	6-7 pm
Oct 14-Nov 25	\$56	1601496

K-pop – Level 1 – Virtual

Learn choreographies to popular songs danced by K-pop idols. Develop dance skills in a broad range of styles, build confidence, and have fun! Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Thu.	6:30-8 pm
Oct 21	\$14	1601518
Nov 4	\$14	1601524
Nov 18	\$14	1601528

Food and Drink

A Taste of The World – Online

Make delicious dishes from the comfort of your own kitchen. Receive a shopping list, step-by-step recipe instructions, and enjoy a fun online cooking class. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sat.	4-6 pm
Oct 16	\$29.25	1601508
Oct 30	\$29.25	1601507
Nov 20	\$29.25	1601506

Against the Grain – The Grain Train – Virtual

Join Shelley from Against the Grain Farms as she guides you through a unique recipe using her locally grown heritage grain. Learn about sustainable agriculture, seed sovereignty and plant breeding and how to make informed choices about the food you eat! Supply kit will be available for pick up. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sat.	4-6 pm
Oct 23	\$29.25	1601505

Allergy-Friendly Memories of Japan – Virtual

Come cook with Chef Eva Bee! Japanese cuisine isn't just about raw fish. This is a nut, dairy and gluten free class. Receive a shopping list, step-by-step recipe instructions, and enjoy a fun online cooking class. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sat.	4-6 pm
Nov 27	\$29.25	1601503

Virtual activities

Chocolate Making – Virtual

Looking for the perfect gift for family and friends during the holidays? Learn how to make delicious chocolates taught by local chocolatiers! Supply kit included and will be available for pickup. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	4-6 pm
Oct 24	\$86.75	1601462
Dec 12	\$86.75	1601460

Coffee Brewing – Virtual

Getting bored with your morning cup of coffee? Learn about different brewing methods, roasts and flavour profiles from local coffee experts. It's time to develop your coffee palate! Supply kit included and will be available for pickup. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	4-6 pm
Oct 17	\$106.25	1601451
Nov 14	\$106.25	1601449

Flavours of the Middle East – Virtual

Make delicious dishes from the comfort of your own kitchen. Receive a shopping list, step-by-step recipe instructions, and enjoy a fun online cooking class with local chef and business owner Amin from Kaz Kitchen. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sat.	4-6 pm
Nov 6	\$29.25	1601500
Dec 4	\$29.25	1601499

Grain-Free Seasonal Harvest Dinner – Virtual

Come cook with Chef Eva Bee! This is a dinner fit for a family and maximizes the best of our fresh local ingredients. Learn how to make these dishes grain free! Receive a shopping list, step-by-step recipe instructions, and enjoy a fun online cooking class. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sat.	4-6 pm
Oct 2	\$29.25	1601504

Keto and Paleo Charcuterie Board – Virtual

Come cook with Chef Eva Bee! Prep snack platters for upcoming holidays or a relaxing evening for you and your loved ones. Better yet, consider giving some of these away as gifts! Learn tips for arranging and making your own custom board. All recipes keto and paleo friendly. Receive a shopping list, step-by-step recipe instructions, and enjoy a fun online cooking class. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sat.	4-6 pm
Dec 11	\$29.25	1601501

Music

Guitar – Level 1 – Virtual

In this live virtual class, strengthen guitar skills while learning basic chords, strumming, picking and tuning. Recognize different strumming patterns and shuffle accompaniment. Must have your own guitar. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	10:15-11:15 am
Oct 17-Nov 21	\$98	1601497

Guitar – Level 2 – Virtual

In this live virtual class, continue learning more advanced music. Prerequisite: Guitar Level 1 or equivalent. Requires a personal electronic device with internet connection. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	11:30 am-12:30 pm
Oct 17-Nov 21	\$98	1601495

Keyboard – Level 1 – Virtual

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. Must have a keyboard at home. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sat.	2-3 pm
Oct 16-Nov 20	\$130.75	1601511

Visual arts

Digital Photography – Level 1 – Virtual

In this introductory class, learn about various styles of photography, composing and shooting your own images, and photo editing techniques. Requires a camera (phone, point-and-shoot, DSLR – whatever you have!) and a PC or Mac laptop or desktop computer with internet connection. The instructor will lead projects and demonstrations using Adobe Lightroom, but participants are free to use any editing software.

613-580-2424 x 32047

18+ years	Tue.	1-3 pm
Oct 12-Nov 16	\$112	1601405

Virtual activities

Drawing and Painting – Virtual

Develop drawing skills as a basis for painting and design. Unleash the creative possibilities with colour. Investigate the strengths of classical and contemporary visual artists. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Thu.	10:30 am-12:30 pm
Oct 14-Nov 25	\$112	1601483

Drawing for Absolute Beginners – Virtual

An introduction for the absolute novice to drawing techniques and materials. Entirely virtual, this course will teach tips and tricks that make a difference in how you draw. It creates a solid foundation for all your future arts classes. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Thu.	1-3 pm
Oct 14-Nov 25	\$112	1601489

Loose watercolour florals – Virtual

Learn to paint roses, filler flowers, berries and leaves in a loose style. Some experience with watercolours is recommended but not required. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Tue.	10 am-noon
Oct 19-Nov 2	\$56	1601404

Travel Sketching and Painting – Virtual

Have you always wanted to be able to sketch your surroundings or urban/rural landscapes with ease? This is a fun introduction to a variety of sketching and painting techniques. Projects will show you how to draw proportionally using perspective and will include many tips and tricks on how to make your travel sketching experience (whether you are indoors or outside) a breeze! Pencils, ink, and watercolours will be explored in this course. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Mon.	1-3 pm
Oct 18-Nov 22	\$112	1601383

Watercolours – Level 1 – Virtual

Watercolour is a soft and beautiful form of expression. Through exercise and demonstrations, learn to apply washes to paper while exploring realism, abstraction and non-representation. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sat.	12:30-3 pm
Oct 16-Nov 20	\$140	1601533

Watercolours – Fall Scenes – Virtual

Fall is in the air! Be inspired by oaks, maples, and birches and come learn to paint their leaves and capture the striking colours of Fall. Watercolour techniques will be explored and developed. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Tue.	10 am-noon
Sep 28-Oct 12	\$56	1601403

Sports and wellness

Bike Basics – Virtual

1-hour interactive workshop for adults who can ride a bike and wish to enhance their skills. Topics include bicycle and helmet check, traffic handling skills, rules of the road and simple maintenance. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

4-14 years	Sun.	2:15-3:15 pm
Sep 19	N/A	1601197
4-14 years	Thu.	6:15-7:15 pm
Sep 2	N/A	1601195
4-14 years	Sat.	10:45-11:45 am
Sep 11	N/A	1601196
Sep 25	N/A	1601198

Bootcamp – Virtual

Intense class builds strength, speed and power through basic cardio training and muscle conditioning. Push to your limit. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	9:30-10:30 am
Oct 17-Dec 5	\$54	1601488

Boxing – Virtual

In this high intensity, workout you'll learn boxing techniques and skills like the pros. No heavy bag required! Requires a personal electronic device and internet connection.

613-580-2424 x 32047

18+ years	Mon.	7-8 pm
Nov 8	\$6.75	1601398
Nov 22	\$6.75	1601399
Dec 6	\$6.75	1601400

Virtual activities

Cardio and Strength – Virtual

Choreographed low-impact cardio class designed to overload the muscles with highly repetitive movements. Some light (1-5 lbs) hand weights might be used in the cardio and/or strength portion. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Wed.	5-6 pm
Oct 14-Dec 9	\$54	1601464
18+ years	Thu.	12:15-1:15 pm
Oct 14-Dec 9	\$54	1601492

Cardio Kickboxing – Virtual

High energy mixed impact workout combining modified boxing, kicking and martial arts moves. Get rid of your stress! Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Thu.	5-6 pm
Oct 14-Dec 9	\$54	1601513

Core Conditioning – Virtual

Muscle conditioning targeting core and stabilizer muscles. Strengthen and tone your abs, back, glutes as well as improve overall posture and balance. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Tue.	5-6 pm
Oct 12-Nov 30	\$54	1601411

Indoor Cycling – Virtual

In this indoor cycling ride, challenge your aerobic and anaerobic fitness levels through strength, interval, race and themed challenges. Requires your own indoor cycling bicycle and personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	9-10 am
Oct 17-Dec 5	\$54	1601473

Karate – Virtual

Courage, integrity, humility and self-control. Chito Ryu Karate is a traditional martial art including Katas and Kumite (individual sparring). Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Mon.	4:45-5:45 pm
Oct 18-Dec 6	\$74.75	1601388
18+ years	Wed.	3:45-4:45 pm
Oct 13-Dec 1	\$74.75	1601454

Meditation – Virtual

Reduce your stress, control your moods and find inner peace. Be introduced to meditation. The ancient practice of bringing peace to the mind. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Tue.	6:15-7:15 pm
Oct 12-Nov 30	\$74.75	1601448

Pilates – Virtual

Develop the foundational movements of pilates where pelvic, hip, lumbar, spine, rib and shoulder stability are improved along with enhancing muscular endurance. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Wed.	7:30-8:30 pm
Oct 13-Dec 1	\$65.75	1601481

Tai Chi – Virtual

A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination and balance. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	10:45-11:45 am
Oct 17-Dec 5	\$65.75	1601487

Tai Chi Level 2 – Virtual

A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination and balance. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Sun.	noon-1 pm
Oct 17-Dec 5	\$65.75	1601486

Taekwondo – Level 1 – Virtual

Level 1: White to Yellow Belt. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Wed.	4:45-5:45 pm
Oct 13-Dec 1	\$74.75	1601459

Taekwondo – Level 2 – Virtual

Level 2: Green Stripe to Blue Stripe. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Wed.	6-7 pm
Oct 13-Dec 1	\$74.75	1601467

Taekwondo – Level 3 – Virtual

Level 3: Blue Stripe to Black Belt. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Wed.	7:15-8:15 pm
Oct 13-Dec 1	\$74.75	1601477

Virtual activities

TMC – Virtual

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as resistance tubes, and hand weights. Equipment not provided. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Thu.	4:30-5:30 pm
Oct 14-Dec 9	\$54	1601494

Yoga – Virtual

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress. Requires a personal electronic device with internet connection.

Shenkman – 613-580-2787

18-99 years	Mon.	6:30-7:30 pm
Oct 18-Dec 6	\$65.75	1601397

Yoga – Prenatal – Virtual

Hatha style class will include modifications and appropriate alternative poses necessary for a safe yoga practice during all stages of pregnancy. Consult your physician before beginning. No experience required. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Tue.	7:30-8:30 pm
Oct 12-Nov 30	\$65.75	1601453

Yoga with baby – Virtual

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Thu.	11 am-noon
Oct 14-Dec 9	\$65.75	1601491

Zumba® – Virtual

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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

18+ years	Wed.	6:15-7:15 pm
Oct 13-Dec 1	\$54	1601474

Adult 50+

Fitness

Cardio – Virtual

A choreographed cardio class with controlled impact. Intensity level options offered. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Thu.	9:30-10:30 am
Oct 14-Dec 9	\$65.75	1601874

Cardio and Strength – Virtual

Combination of no bounce moves done to up-beat music. Finish with resistance training. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Tue.	1:15-2:15 pm
Oct 12-Nov 30	\$65.75	1601871

Chair Exercise – Virtual

Full body workout using a chair for support. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Thu.	1:30-2:30 pm
Oct 14-Dec 9	\$65.75	1601877



Nia – Virtual

A full-body conditioning practice combining 52 simple moves from martial arts, dance and healing arts. Combining dynamic movement with music, it is adaptable to one's abilities. Be energized, mentally clear, emotionally balanced and connected to the community.

613-580-2424 x 32047

50+ years	Tue.	noon-1 pm
Oct 12-Nov 30	\$65.75	1601870

Strength and Balance – Lite – Virtual

Combine strength training movements with flexibility to improve muscular strength and mobility. A focus on falls prevention is included. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Fri.	10-11 am
Oct 15-Dec 3	\$65.75	1601876

Yoga – Virtual

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Tue.	10-11 am
Oct 12-Nov 30	\$65.75	1601860

Zumba Gold® – Virtual

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. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Tue.	2:30-3:30 pm
Oct 12-Nov 30	\$65.75	1601861
50+ years	Wed.	10:30-11:30 am
Oct 13-Dec 1	\$65.75	1601862

Virtual activities

Visual Arts

Drawing and Painting – Virtual

Unlock your creativity with drawing and painting. Explore and learn watercolour and drawing techniques with this fun and creative course! Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Mon.	10 am-noon
Oct 18-Nov 22	\$112	1601859

Coloured Pencils – Virtual

Discover the tips and tricks used to sketch your natural surroundings with coloured pencils! Learn the basics of drawing and how to create captivating compositions. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Wed.	10 am-noon
Oct 13-Nov 17	\$112	1601872

General Interest

Coffee Break Socializing Series – Virtual

Build new friendships and rekindle old ones while chatting on Zoom about gardening, photography, cooking, crafts, sewing, books, movies, music, trivia and more. Connect and enjoy upbeat conversations, stories and share memories. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Mon.	1:30-2:30 pm
Oct 18-Nov 22	N/A	1601863

Have Lunch Will Travel Series – Virtual

This weekly program is about socializing and centers around chatting on Zoom about travelling. Over homemade lunches take virtual guided tours. Bring out the photo album and share experiences. No passport needed, just a sense of adventure. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Wed.	noon-12:45 pm
Oct 13-Nov 17	N/A	1601819

Intergenerational Luncheon Date Series –Virtual

Do you remember when? This weekly program is for adults and their older adult parent(s). Connect with your parent(s) or your adult child(ren) on Zoom while socializing with others about fashion, cars, toys, recipes, vacations, tv shows, movies or any other topics of interest. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

19+ years	Fri.	noon-12:45 pm
Oct 15-Nov 19	N/A	1601820

The **Long-Distance Grandparent Series** workshops are perfect for those who are not able to connect with their family members or friends in-person. Each workshop will cover the “how-to” of a topic/theme. Then afterwards, you will then set up a “meet” with your family to stay connected and enjoy quality time together.

Long Distance Grandparent Crafts – Virtual

Learn simple crafts to do with your grandchildren and other family members next time you are online with them. Using simple supplies that can be found around the home or purchased at a low cost. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Wed.	1-2 pm
Oct 20	N/A	1601865

Long Distance Grandparent Games – Virtual

Learn games to play online to have fun with your grandchildren and other family members next time you are online with them. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Wed.	1-2 pm
Oct 13	N/A	1601864

Long Distance Grandparent Hunts – Virtual

Learn to create different scavenger hunts you could set up for your grandchildren and other family members to do next time you are online with them. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Wed.	1-2 pm
Oct 27	N/A	1601866

Virtual activities

Long Distance Grandparent Magic – Virtual

Learn magic tricks to amaze your grandchildren and other family members next time you are online with them.

Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Wed.	1-2 pm
Nov 17	N/A	1601869

Long Distance Grandparent Puzzles – Virtual

Learn secret codes and other puzzles to send to your grandchildren and other family members next time you are online with them. Your family members will need to decode the messages to know what you wanted to tell them.

Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Wed.	1-2 pm
Nov 3	N/A	1601867

Long Distance Grandparent Recipes – Virtual

Learn simple recipes to cook or bake with your grandchildren and other family members next time you are online with them. Requires a personal electronic device with internet connection.

613-580-2424 x 32047

50+ years	Wed.	1-2 pm
Nov 10	N/A	1601868