



Fall  
2022

Classes and  
activities for

# Adults

Recreation eGuide

## Table of Contents

Arts .....	3
General interest.....	7
Sports.....	9



[Jobs and volunteering](#)

[Financial support](#)

[Facilities](#)



## 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.

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.

## City of Ottawa Arts Centres

The City of Ottawa's Arts Centres are destinations for specialty arts programming in arts-specific studios offering the added benefit of specialised facilities and environment. The Nepean Visual Arts Centre, the Nepean Creative Arts Centre and Shenkman Arts Centre, offer specialty arts classes taught by accomplished artists – painters, actors, filmmakers, writers, photographers, musicians – in custom studio spaces for participants of all levels of ability. From preschool to adult, students experience a diversity of arts instruction in a creative and dynamic environment.

## Dancing

### 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!

#### Greenboro – 613-580-2805

18+ years	Wed.	6-7 pm
Sep 28-Nov 16	\$101.75	<a href="#">1634350</a>

#### Walter Baker – 613-580-2788

18+ years	Mon.	7:15-8:15 pm
Sep 19-Nov 14	\$101.75	<a href="#">1631303</a>

### Ballet Barre Fit

An energizing combination of ballet moves with an emphasis on posture and alignment. Develop lean muscle mass while improving your balance, flexibility, and range of motion.

#### Greenboro – 613-580-2805

18+ years	Sun.	11 am-noon
Sep 18-Oct 23	\$76.25	<a href="#">1634374</a>
Oct 30-Dec 4	\$76.25	<a href="#">1634375</a>

### 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

18+ years	Thu.	7:30-8:30 pm
Sep 22-Oct 27	\$76.25	<a href="#">1630265</a>
Nov 3-Dec 8	\$76.25	<a href="#">1630266</a>
18+ years	Sat.	11:30 am-12:30 pm
Sep 24-Dec 10	\$139.75	<a href="#">1634369</a>

### 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.

#### François Dupuis – 613-580-8080

18+ years	Wed.	6:40-7:40 pm
Oct 5-Dec 14	\$139.75	<a href="#">1632699</a>

#### Greenboro – 613-580-2805

18+ years	Fri.	7:15-8:15 pm
Sep 30-Nov 18	\$101.75	<a href="#">1630270</a>

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

18+ years	Sun.	7:30-8:30 pm
Oct 16-Dec 4	\$101.75	<a href="#">1633575</a>

#### Nepean Sportsplex – 613-580-2828

18+ years	Thu.	7-8 pm
Sep 22-Nov 10	\$101.75	<a href="#">1629279</a>

#### Queenswood Heights – 613-824-0633

18+ years	Tue.	8-9 pm
Sep 20-Nov 8	\$101.75	<a href="#">1627649</a>

#### Richelieu-Vanier – 613-560-6030

18+ years	Tue.	7-8 pm
Nov 1-Dec 13	\$89	<a href="#">1632662</a>

#### Ron Kolbus – 613-828-4313

18+ years	Thu.	7-9 pm
Sep 15-Oct 20	\$152.50	<a href="#">1632427</a>
Nov 17-Dec 15	\$127	<a href="#">1632996</a>

#### Walter Baker – 613-580-2788

18+ years	Mon.	6-7 pm
Sep 19-Nov 14	\$101.75	<a href="#">1631299</a>

### 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.

#### Greenboro – 613-580-2805

18+ years	Fri.	6:15-7:15 pm
Sep 30-Nov 18	\$101.75	<a href="#">1630269</a>

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

18+ years	Sun.	6:30-7:30 pm
Oct 16-Dec 4	\$101.75	<a href="#">1633583</a>

#### Nepean Sportsplex – 613-580-2828

18+ years	Thu.	8-9 pm
Sep 22-Nov 10	\$101.75	<a href="#">1629282</a>

#### Queenswood Heights – 613-824-0633

18+ years	Tue.	8-9 pm
Sep 20-Nov 8	\$101.75	<a href="#">1627650</a>

#### Richelieu-Vanier – 613-560-6030

18+ years	Tue.	7-8 pm
Nov 1-Dec 13	\$89	<a href="#">1632672</a>

#### Ron Kolbus – 613-828-4313

18+ years	Thu.	7-9 pm
Sep 15-Oct 20	\$152.50	<a href="#">1632435</a>
Nov 17-Dec 15	\$127	<a href="#">1633007</a>

## Ballroom – Level 3

Further develop your foundation, learn new moves, and perfect technique as you advance in level three. Register with a partner.

### Nepean Sportsplex – 613-580-2828

18+ years	Thu.	8-9 pm
Sep 22-Nov 10	\$101.75	<a href="#">1629283</a>

### Queenswood Heights – 613-824-0633

18+ years	Tue.	8-9 pm
Sep 20-Nov 8	\$101.75	<a href="#">1634045</a>

### Richelieu-Vanier – 613-560-6030

18+ years	Tue.	8-9 pm
Nov 1-Dec 13	\$89	<a href="#">1632683</a>

## Ballroom – Level 4

Continue to master the art of ballroom dance! Move gracefully to the music and work alongside your partner as you perfect your advanced technique.

### Nepean Sportsplex – 613-580-2828

18+ years	Mon.	8-9 pm
Sep 19-Nov 14	\$101.75	<a href="#">1629285</a>

### Queenswood Heights – 613-824-0633

18+ years	Tue.	7-8 pm
Sep 20-Nov 8	\$101.75	<a href="#">1627655</a>

### Richelieu-Vanier – 613-560-6030

18+ years	Tue.	8-9 pm
Nov 1-Dec 13	\$89	<a href="#">1632920</a>

## Ballroom – Level 5

Prerequisite: Level 4

### Nepean Sportsplex – 613-580-2828

18+ years	Mon.	8-9 pm
Sep 19-Nov 14	\$101.75	<a href="#">1629304</a>

### Queenswood Heights – 613-824-0633

18+ years	Tue.	7-8 pm
Sep 20-Nov 8	\$101.75	<a href="#">1627663</a>

## Ballroom – Level 6

Prerequisite: Level 5

### Nepean Sportsplex – 613-580-2828

18+ years	Thu.	6-7 pm
Sep 22-Nov 10	\$101.75	<a href="#">1629294</a>

### Queenswood Heights – 613-824-0633

18+ years	Tue.	7-8 pm
Sep 20-Nov 8	\$101.75	<a href="#">1627666</a>

## Ballroom – Level 7

Prerequisite: Level 6

### Nepean Sportsplex – 613-580-2828

18+ years	Thu.	6-7 pm
Sep 22-Nov 10	\$101.75	<a href="#">1631965</a>

### Queenswood Heights – 613-824-0633

18+ years	Tue.	6-7 pm
Sep 20-Nov 8	\$101.75	<a href="#">1627669</a>

## Ballroom – Level 8

Prerequisite: Level 7

### Nepean Sportsplex – 613-580-2828

18+ years	Mon.	6-7 pm
Sep 19-Nov 14	\$101.75	<a href="#">1629298</a>

### Queenswood Heights – 613-824-0633

18+ years	Mon.	7-8 pm
Sep 19-Nov 14	\$101.75	<a href="#">1629300</a>

### Queenswood Heights – 613-824-0633

18+ years	Tue.	6-7 pm
Sep 20-Nov 8	\$101.75	<a href="#">1627676</a>

## 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.

### Hintonburg – 613-798-8874

15+ years	Thu.	6-7 pm
Oct 13-Dec 1	\$101.75	<a href="#">1631564</a>

## 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.

### Pat Clark – 613-748-1771

18+ years	Tue.	6:30-7:30 pm
Sep 13-Nov 22	\$139.75	<a href="#">1632727</a>

## Line Dancing – Level 1

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

### St-Laurent Complex – 613-742-6767

18+ years	Wed.	10:15-11:15 am
Sep 14-Nov 30	\$152.50	<a href="#">1626392</a>
18+ years	Wed.	7:15-8:15 pm
Sep 14-Nov 30	\$152.50	<a href="#">1626393</a>

## Line Dancing – Level 2

Prerequisite: Level 1

### St-Laurent Complex – 613-742-6767

18+ years	Tue.	7:15-8:15 pm
Sep 13-Nov 29	\$152.50	<a href="#">1626390</a>
18+ years	Wed.	1:15-2:15 pm
Sep 14-Nov 30	\$152.50	<a href="#">1626394</a>

## Line Dancing – Level 3

Prerequisite: Level 2

### St-Laurent Complex – 613-742-6767

18+ years	Thu.	7:15-8:15 pm
Sep 15-Dec 1	\$152.50	<a href="#">1626469</a>

## Salsa and Merengue – Level 1

Light up the dance floor and be part of the Latin groove. An introduction to the basic steps of salsa and merengue.

### François Dupuis – 613-580-8080

18+ years	Wed.	7:50-8:50 pm
Oct 5-Dec 14	\$139.75	<a href="#">1632705</a>

### Greenboro – 613-580-2805

18+ years	Wed.	7-8 pm
Sep 28-Nov 16	\$101.75	<a href="#">1634351</a>

## Music

### Guitar – Level 1

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

#### Pat Clark – 613-748-1771

18+ years	Sun.	noon-1 pm
Sep 18-Dec 4	\$244.50	<a href="#">1631375</a>

#### Plant – 613-232-3000

16+ years	Wed.	8-9 pm
Sep 14-Dec 7	\$288.75	<a href="#">1631105</a>

### Keyboard – Level 1

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

#### Heron – 613-247-4808

18+ years	Sat.	2:30-3:15 pm
Sep 24-Dec 3	\$222.25	<a href="#">1633126</a>

#### Plant – 613-232-3000

16+ years	Sun.	11 am-noon
Sep 18-Dec 11	\$355.50	<a href="#">1631221</a>

16+ years	Mon.	8-9 pm
Sep 12-Dec 5	\$355.50	<a href="#">1628764</a>

#### Rideauview – 613-822-7887

16 years+	Thu.	11:30 am-12:15 pm
Sep 29-Nov 3	\$133.25	<a href="#">1629641</a>

### Ukulele

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

#### Plant – 613-232-3000

16+ years	Sat.	9:30-10:30 am
Sep 17-Dec 10	\$266.50	<a href="#">1631141</a>

## Visual arts

### Drawing – Level 1

Learn simple tips that make a big difference in the way you draw. Observational skills are built while studying perspective, values, understanding mass, line, contour drawing, shading and more. Suitable for beginners and intermediates. Pencil and minimal colour medium.

#### Hunt Club-Riverside – 613-580-2990

18+ years	Tue.	7-8:30 pm
Sep 13-Oct 18	\$114.25	<a href="#">1630755</a>

Nov 1-Dec 6	\$114.25	<a href="#">1630757</a>
-------------	----------	-------------------------

#### Plant – 613-232-3000

16+ years	Mon.	10-11:30 am
Sep 12-Dec 5	\$228.50	<a href="#">1628736</a>

## Painting

### Acrylics – Level 1

Learn all the basic techniques and materials of acrylic painting. Various subjects include, equipment, perspective, colour theory, colour mixing, applications and composition. Individual instruction is available to help develop your skills.

#### Overbrook – 613-742-5147

18+ years	Thu.	1-3 pm
Sep 22-Oct 27	\$152.50	<a href="#">1630992</a>

18+ years	Sat.	9:30-11:30 am
Sep 24-Nov 5	\$152.50	<a href="#">1630994</a>

#### Plant – 613-232-3000

16+ years	Mon.	7-8:30 pm
Sep 12-Dec 5	\$228.50	<a href="#">1628816</a>

### Oil and Acrylics – Level 1

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.

#### Heron – 613-247-4808

50-99 years	Wed.	1-3:45 pm
Sep 7-Oct 12	\$209.50	<a href="#">1631547</a>

Oct 26-Nov 30	\$209.50	<a href="#">1631549</a>
---------------	----------	-------------------------

#### St-Laurent Complex – 613-742-6767

18+ years	Thu.	7-8:30 pm
Oct 20-Dec 8	\$152.50	<a href="#">1626464</a>

### 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.

#### Eva James – 613-580-2442

18+ years	Wed.	1:30-3:30 pm
Sep 28-Dec 14	\$304.75	<a href="#">1629411</a>

### Oil and Acrylics Studio

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

#### Ron Kolbus – 613-828-4313

18+ years	Wed.	9 am-12:30 pm
Sep 14-Dec 14	\$121	<a href="#">1632443</a>

### Watercolours – Level 1

Watercolour is a soft and beautiful form of expression. Through exercise and demonstrations, learn to create a colour wheel and apply washes to paper while exploring realism, abstraction and non-representation.

#### St-Laurent Complex – 613-742-6767

18+ years	Wed.	7-8:30 pm
Oct 19-Dec 7	\$152.50	<a href="#">1626397</a>

# Arts

## Pottery

### 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.

#### McNabb – 613-564-1070

18+ years	Sun.	9:30 am-12:30 pm
Sep 11-Oct 23	\$109.75	<a href="#">1631255</a>
Oct 30-Dec 18	\$125.25	<a href="#">1631258</a>
18+ years	Sun.	1-4 pm
Sep 11-Oct 23	\$109.75	<a href="#">1631259</a>
Oct 30-Dec 18	\$125.25	<a href="#">1631262</a>
18+ years	Mon.	9:30 am-12:30 pm
Sep 12-Oct 24	\$94	<a href="#">1631190</a>
Oct 31-Dec 12	\$109.75	<a href="#">1631195</a>
18+ years	Mon.	2:30-5:30 pm
Sep 12-Oct 24	\$94	<a href="#">1631201</a>
Oct 31-Dec 12	\$109.75	<a href="#">1631206</a>
18+ years	Tue.	9:30 am-12:30 pm
Sep 6-Oct 18	\$109.75	<a href="#">1631212</a>
Oct 25-Dec 13	\$125.25	<a href="#">1631223</a>
18+ years	Tue.	2:30-5:30 pm
Sep 6-Oct 18	\$109.75	<a href="#">1631217</a>
Oct 25-Dec 13	\$125.25	<a href="#">1631227</a>
18+ years	Wed.	9:30 am-12:30 pm
Sep 7-Oct 19	\$109.75	<a href="#">1631230</a>
Oct 26-Dec 14	\$125.25	<a href="#">1631233</a>
18+ years	Wed.	5:30-8:30 pm
Sep 7-Oct 19	\$109.75	<a href="#">1631232</a>
Oct 26-Dec 14	\$125.25	<a href="#">1631234</a>
18+ years	Thu.	2:30-5:30 pm
Sep 8-Oct 20	\$109.75	<a href="#">1631239</a>
Oct 27-Dec 15	\$125.25	<a href="#">1631236</a>
18+ years	Fri.	2:30-5:30 pm

Sep 9-Oct 28	\$109.75	<a href="#">1631241</a>
Nov 4-Dec 16	\$109.75	<a href="#">1631243</a>
18+ years	Sat.	1:30-4 pm
Sep 10-Oct 22	\$91.50	<a href="#">1631247</a>
Oct 29-Dec 17	\$104.50	<a href="#">1631250</a>

### Handbuilding Combo

Learn Wheel 1 throwing techniques and explore a variety of handbuilding methods like the slab roller and coils, to make functional forms. Surface decoration and glazing techniques will be covered.

#### McNabb – 613-564-1070

18+ years	Thu.	6-8:30 pm
Sep 8-Oct 20	\$222.25	<a href="#">1631177</a>
Nov 3-Dec 15	\$222.25	<a href="#">1631178</a>

### 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.

#### McNabb – 613-564-1070

18+ years	Mon.	6-8:30 pm
Sep 12-Oct 24	\$190.50	<a href="#">1631160</a>
Nov 7-Dec 12	\$190.50	<a href="#">1631162</a>
18+ years	Sat.	11 am-1:30 pm
Sep 10-Oct 22	\$190.50	<a href="#">1631165</a>
Nov 5-Dec 10	\$190.50	<a href="#">1631167</a>

### 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.

#### McNabb – 613-564-1070

18+ years	Tue.	6-8:30 pm
Sep 6-Oct 18	\$222.25	<a href="#">1631170</a>
Nov 1-Dec 13	\$222.25	<a href="#">1631172</a>

# General interest

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.

## Healthy Cooking

Functional recipes, friendly experiences, and fresh food! Includes meal plans for those with limited budgets, space or time. Taught by knowledgeable staff, using fresh, local, and tasty ingredients to keep costs low and taste buds dancing.

### Heron – 613-247-4808

18+ years	Mon.	6:30-8 pm
Oct 17-Nov 7	\$76.25	<a href="#">1632971</a>
Nov 14-Dec 5	\$76.25	<a href="#">1632978</a>

## Sewing – Level 1

Learn the basics of sewing. Complete simple projects that will teach a variety of skills.

### Overbrook – 613-742-5147

18+ years	Mon.	9:30-11:30 am
Sep 12-Oct 31	\$137	<a href="#">1630804</a>
Nov 7-Dec 12	\$117.25	<a href="#">1630809</a>

## Chivalrous Sword Handling – Level 1

An introduction to Longsword and Historical European Martial Arts; techniques direct from historical sources. Learn fundamental parries, strikes, and counters. Ideal for martial artists, medieval enthusiasts, or simply those looking for some fun. Respect, courtesy, and self-control are strict requirements for our students.

### Plant – 613-232-3000

16+ years	Sun.	10:30 am-12:30 pm
Sep 18-Dec 11	\$304.75	<a href="#">1631183</a>

## Chivalrous Sword Handling – Level 2

Continue building on the fundamentals of HEMA Longsword through advanced training methodologies and safe contact sparring. Come and continue your study of historical fencing. Respect, courtesy, and self-control are strict requirements for our students.

### Plant – 613-232-3000

16+ years	Sun.	1-3 pm
Sep 18-Dec 11	\$304.75	<a href="#">1631193</a>

## Dog Obedience – Level 1

For dogs five months and older. Entry level training course will focus on good manners and basic skills. Proof of current vaccination required.

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

18+ years	Thu.	6:30-7:30 pm
Oct 27-Dec 1	\$82.25	<a href="#">1634105</a>

### Ron Kolbus – 613-828-4313

18+ years	Wed.	7-8 pm
Sep 14-Dec 14	\$178	<a href="#">1632426</a>

## 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.

### Hintonburg – 613-798-8874

15+ years	Sat.	1-2 pm
Oct 22-Nov 26	\$137	<a href="#">1631385</a>

## Dog Obedience – Level 2

Dogs and handlers learn new skills to pass the Canadian Canine Good Citizen test. Proof of current vaccination required. Pre-requisite: Dog Obedience Level 1.

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

18+ years	Thu.	6:30-7:30 pm
Oct 27-Dec 1	\$82.25	<a href="#">1634107</a>

## Dog Tricks and Games – Low Ratio

Reduce stress in your dog and help your pet become reliable at basic good manner exercises. Perform a variety of tricks such as a bow, wave, sit pretty, say your prayers, spin, weave-figure eight, crawl and roll over. A tail wagging good time!

### Hintonburg – 613-798-8874

15+ years	Sat.	2-3 pm
Oct 22-Nov 26	\$137	<a href="#">1631386</a>

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

18+ years	Thu.	7:30-8:30 pm
Oct 27-Dec 1	\$137	<a href="#">1634106</a>

## French – Level 1

French at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business.

### Eva James – 613-580-2442

18+ years	Tue.	7-8:30 pm
Oct 4-Dec 6	\$190.50	<a href="#">1630973</a>

### Heron – 613-247-4808

18+ years	Wed.	6:30-8 pm
Sep 28-Nov 30	\$190.50	<a href="#">1633024</a>

# General interest

## Spanish Conversational – Level 1

Spanish at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business.

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

16+ years	Mon.	5:30-7 pm
Sep 12-Dec 5	\$228.50	<a href="#">1633005</a>

### Carleton Heights – 613-226-2208

18+ years	Mon.	6:30-8 pm
Sep 26-Dec 5	\$171.50	<a href="#">1631604</a>

### Hunt Club-Riverside – 613-580-2990

18+ years	Wed.	6:30-7:30 pm
Sep 14-Dec 14	\$177.75	<a href="#">1630723</a>

### John G. Mlacak – 613-580-2980

18+ years	Wed.	7-9 pm
Sep 28-Nov 30	\$254	<a href="#">1629793</a>

### Plant – 613-232-3000

16+ years	Tue.	7-9 pm
Sep 13-Nov 22	\$279.25	<a href="#">1629286</a>

## Spanish Conversational – Level 2

Increase your vocabulary, improve grammar, and build on your Spanish oral competency.

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

16+ years	Thu.	5:30-7 pm
Sep 15-Dec 8	\$247.50	<a href="#">1633016</a>

### Hunt Club-Riverside – 613-580-2990

18+ years	Wed.	7:30-8:30 pm
Sep 14-Dec 14	\$177.75	<a href="#">1630743</a>

### Plant – 613-232-3000

16+ years	Thu.	7-9 pm
Sep 15-Nov 24	\$279.25	<a href="#">1631130</a>

## Spanish Conversational – Level 3

Emphasis on day to day and work-related conversation. Increase your conversational and comprehension skills in a relaxed atmosphere.

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

16+ years	Thu.	7-8:30 pm
Sep 15-Dec 8	\$247.50	<a href="#">1633037</a>

### Plant – 613-232-3000

16+ years	Fri.	7-9 pm
Sep 16-Nov 25	\$279.25	<a href="#">1631132</a>

## Self Defence

Combine practical, easily learned physical defence skills with training in awareness, communication and de-escalation. Learn escapes from holds, countering techniques and ground defence. Develop confidence and learn about your own inherent strength in a safe and fun environment.

### Earl Armstrong Arena – 613-746-7109

12+ years	Sat.	9 am-noon
Sep 24	\$66.75	<a href="#">1631699</a>
Nov 12	\$66.75	<a href="#">1631700</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.	6-7 pm
Sep 6-Nov 22	\$133.75	<a href="#">1632916</a>

## Tai Chi – Level 2

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

Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Fri.	6-7 pm
Sep 9-Nov 18	\$122.50	<a href="#">1632944</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	Mon., Wed.-Fri.	9-10 am
Sep 19-Dec 16	\$9.75	<a href="#">1632184</a>

## Writing for Enjoyment

Get motivated and inspired to write – anecdotes, poetry, mystery, and various topics. Participants are encouraged to set their own goals and write what they wish. No experience necessary in a supportive, friendly environment.

### Greenboro – 613-580-2805

18+ years	Sat.	10-11 am
Sep 24-Dec 10	\$108.75	<a href="#">1634370</a>

### John G. Mlacak – 613-580-2980

18+ years	Thu.	10 am-noon
Sep 22-Nov 24	\$197.50	<a href="#">1627846</a>



# Sports

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.

## General sports

### Badminton – Game Play

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

#### Eva James – 613-580-2442

18+ years	Sun.	6:30-7:30 pm
Sep 25-Dec 11	\$56.75	<a href="#">1629391</a>
18+ years	Sun.	7:30-8:30 pm
Sep 25-Dec 11	\$56.75	<a href="#">1629392</a>
18+ years	Wed.	10:45-11:45 am
Sep 28-Dec 14	\$61.75	<a href="#">1629393</a>
18+ years	Wed.	7:45-8:45 pm
Sep 28-Dec 14	\$61.75	<a href="#">1629394</a>

#### Greenboro – 613-580-2805

18+ years	Sun.	4-5 pm
Sep 11-Dec 11	\$56.75	<a href="#">1630278</a>

#### McNabb Recreation Centre – 613-564-1070

18+ years	Wed.	6-7:15 pm
Sep 7-Dec 14	\$96.50	<a href="#">1631107</a>

### Basketball – Game Play

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

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

18+ years	Wed.	8:30-10 pm
Sep 28-Nov 30	\$77.25	<a href="#">1631723</a>

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

18+ years	Tue.	6-8 pm
Sep 13-Dec 13	\$144.25	<a href="#">1631836</a>

#### Heron – 613-247-4808

18+ years	Tue.	7:30-9 pm
Sep 27-Nov 29	\$77.25	<a href="#">1631064</a>

#### Overbrook – 613-742-5147

18+ years	Thu.	8-10 pm
Sep 8-Oct 27	\$82.50	<a href="#">1630843</a>
Nov 3-Dec 15	\$72.25	<a href="#">1630846</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 – 613-247-4883

16+ years	Mon.	6-7:30 pm
Oct 17-Nov 21	\$266.50	<a href="#">1629219</a>
16+ years	Thu.	6-7:30 pm
Oct 20-Nov 24	\$266.50	<a href="#">1629577</a>
16+ years	Sat.	9:30-11 am
Oct 22-Nov 26	\$266.50	<a href="#">1629596</a>

### Squash

Practice techniques to improve your squash skills. Develop a better understanding of the sport as you play the game.

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

18+ years	Sat.	10-11 am
Oct 15-Nov 5	\$64.25	<a href="#">1632008</a>
Nov 12-Dec 3	\$64.25	<a href="#">1632012</a>

### Soccer – Game Play

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

#### Overbrook – 613-742-5147

18+ years	Wed.	8-10 pm
Sep 7-Oct 26	\$82.50	<a href="#">1630831</a>
Nov 2-Dec 14	\$72.25	<a href="#">1630835</a>

### Table Tennis

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

#### Canterbury – 613-247-4865

18+ years	Tue.	7:30-8:30 pm
Sep 27-Dec 20	\$96.25	<a href="#">1634352</a>

### Tennis

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

#### Klondike Road Park

15+ years	Sun.	3-4 pm
Sep 11-Oct 2	\$64.25	<a href="#">1629571</a>

#### Mooney's Bay Park – 613-580-2424

15+ years	Tue.	7-8 pm
Sep 6-Oct 4	\$80.25	<a href="#">1629551</a>
15+ years	Wed.	7-8 pm
Sep 7-Oct 5	\$80.25	<a href="#">1629555</a>
15+ years	Thu.	7-8 pm
Sep 8-Oct 6	\$80.25	<a href="#">1629563</a>

#### Pinecrest Park – 613-580-2400

15+ years	Sun.	11:30 am-12:30 pm
Sep 11-Oct 2	\$64.25	<a href="#">1629567</a>

# Sports

## Basketball

### Basketball – Game Play – Men

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

**Eva James – 613-580-2442**

18+ years	Wed.	9-11 pm
Sep 28-Dec 14	\$123.50	<a href="#">1629417</a>

### Basketball – Game Play – Women

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

**Hillcrest High School – 613-580-2854**

18+ years	Thu.	8:30-10 pm
Oct 13-Dec 1	\$61.75	<a href="#">1629358</a>

### Never Too Late – Women

It's never too late to try something new. Emphasis is on understanding the game, basic techniques, skills, and participation. Program includes skill development and game play.

**Hillcrest High School – 613-580-2854**

18+ years	Thu.	7:30-8:30 pm
Oct 13-Dec 1	\$55	<a href="#">1629356</a>

## Hockey

### Development

A beginner program emphasizing skating, stick handling, passing and team play. Must be able to skate forwards, backwards and stop. Full hockey equipment is mandatory including CSA-approved helmet, full face mask and shoulder pads.

**Jim Durrell – ryan.sarazin@ottawa.ca**

18+ years	Tue.	9-10:20 pm
Sep 6-Oct 18	\$269.25	<a href="#">1634294</a>

**McNabb – ryan.sarazin@ottawa.ca**

18+ years	Mon.	9-9:50 pm
Oct 17-Dec 12	\$216.25	<a href="#">1635497</a>
18-99 years	Thu.	9-9:50 pm
Oct 13-Dec 8	\$216.25	<a href="#">1635498</a>

### Development – Women

A beginner/intermediate program emphasizing skating, stick handling, passing and team play concepts. Full hockey equipment mandatory: CSA-approved helmet, a half-visor and shoulder pads.

**McNabb – ryan.sarazin@ottawa.ca**

18+ years	Mon.	7-7:50 pm
Oct 17-Dec 12	\$216.25	<a href="#">1635495</a>

### Development – Level 2

An Intermediate program emphasizing individual skills and team play, including breakouts, offensive and defensive zone positioning. Full hockey equipment mandatory including CSA-approved helmet, a half-visor and shoulder pads.

**Brewer Arena – ryan.sarazin@ottawa.ca**

18+ years	Tue.	9-9:50 pm
Oct 11-Dec 6	\$216.25	<a href="#">1634298</a>

### Game Play

Un-officiated non-contact recreational pick-up hockey monitored by City of Ottawa staff. Full gear and full cage is mandatory.

**Minto-Barrhaven – 613-727-2683**

18+ years	Tue.	9-9:50 pm
Sep 27-Dec 6	\$79.25	<a href="#">1631905</a>
18+ years	Tue.	10-10:50 pm
Sep 27-Dec 6	\$79.25	<a href="#">1631910</a>
18+ years	Wed.	10-10:50 pm
Sep 28-Dec 7	\$79.25	<a href="#">1632039</a>
18+ years	Thu.	10:15-11:05 pm
Sep 29-Dec 8	\$79.25	<a href="#">1632067</a>

**Ray Friel – 613-580-4765**

18+ years	Sat.	9-9:50 pm
Sep 17-Dec 10	\$86.50	<a href="#">1633889</a>
18+ years	Sat.	10-10:50 pm
Sep 17-Dec 10	\$86.50	<a href="#">1633890</a>

### Game Play – Goalie

Un-officiated non-contact recreational pick-up hockey program monitored by City of Ottawa staff. Full gear and half visor mandatory.

**Minto-Barrhaven – 613-727-2683**

18+ years	Tue.	9-9:50 pm
Sep 27-Dec 6	\$79.25	<a href="#">1631937</a>
18+ years	Tue.	10-10:50 pm
Sep 27-Dec 6	\$79.25	<a href="#">1631940</a>
18+ years	Wed.	10-10:50 pm
Sep 28-Dec 7	\$79.25	<a href="#">1632047</a>
18+ years	Thu.	10:15-11:05 pm
Sep 29-Dec 8	\$79.25	<a href="#">1632070</a>

### 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

**Minto-Barrhaven – 613-727-2683**

18+ years	Wed.	9-9:50 pm
Sep 28-Dec 7	\$79.25	<a href="#">1632021</a>

**Ray Friel – 613-580-4765**

18+ years	Tue.	11 am-12:20 pm
Sep 20-Dec 13	\$138.50	<a href="#">1633879</a>

### Game Play – Women – Goalie

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

**Minto-Barrhaven – 613-727-2683**

18+ years	Wed.	9-9:50 pm
Sep 28-Dec 7	\$79.25	<a href="#">1632032</a>

# Sports

## Powerskating

Work on speed, agility and skating techniques. Must be able to skate forwards, backwards, and stop. Full hockey equipment is mandatory including CSA-approved helmet, full face mask and shoulder pads

**Jim Durrell – ryan.sarazin@ottawa.ca**

18+ years	Tue.	8:30-9:50 pm
Sep 6-Oct 18	\$269.25	<a href="#">1634293</a>

**McNabb Recreation Centre – ryan.sarazin@ottawa.ca**

18+ years	Mon.	8-8:50 pm
Oct 17-Dec 12	\$216.25	<a href="#">1635496</a>

## Powerskating – Level 2

Participants will develop better balance, power, agility, speed, and endurance as they improve skating technique. Full hockey equipment mandatory including CSA-approved helmet, a half-visor and shoulder pads.

**Brewer Arena – ryan.sarazin@ottawa.ca**

18+ years	Tue.	8-8:50 pm
Oct 11-Dec 6	\$216.25	<a href="#">1634297</a>

## Martial arts

### Aikido Yoseikan

Self defensive Japanese martial art utilizing little strength, unbalancing, and timing to safely control an attacker or partner. The study of Aikido also involves utilizing fast, smooth techniques resulting in joint locks to the wrist, elbow, shoulder, or pins to the ground.

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

18+ years	Mon., Wed.	7:30-9 pm
Sep 12-Dec 14	\$486.50	<a href="#">1632054</a>
20+ years	Sat.	11:45 am-12:45 pm
Sep 24-Dec 17	\$152.50	<a href="#">1634906</a>
20+ years	Sat.	12:45-1:45 pm
Sep 24-Dec 17	\$152.50	<a href="#">1634907</a>

## Armizare – Medieval Swordsmanship

The Medieval martial art of 15<sup>th</sup> century knights and the nobility. Curriculum includes work with spear, long sword, and dagger with leading instructors from the region.

**Richelieu-Vanier – 613-560-6030**

18+ years	Wed.	7-8:30 pm
Nov 2-Dec 14	\$133.25	<a href="#">1632817</a>

## Armizare – Medieval Swordsmanship – Level 2

The Medieval martial art of 15<sup>th</sup> century knights and the nobility. Curriculum includes work with spear, long sword, and dagger with leading instructors from the region.

**Richelieu-Vanier – 613-560-6030**

18+ years	Wed.	7-8:30 pm
Nov 2-Dec 14	\$133.25	<a href="#">1632841</a>

## Jiu-Jitsu Marui Ryu

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

**Overbrook – 613-742-5147**

18+ years	Wed.	8:30-9:30 pm
Sep 7-Oct 19	\$89	<a href="#">1630817</a>
Oct 26-Dec 7	\$89	<a href="#">1630820</a>

## Judo

Developed from Jiu Jitsu, this safe and practical method instills self-discipline, self-respect, and respect for others. Belt grading awarded on an individual basis.

**Munster School – 613-580-2400**

15+ years	Mon.	7:30-9 pm
Sep 19-Nov 28	\$32	<a href="#">1632029</a>
15+ years	Thu.	7:30-9 pm
Sep 15-Dec 15	\$40.50	<a href="#">1632033</a>
15+ years	Sat.	10 am-noon
Sep 17-Dec 10	\$50.25	<a href="#">1632046</a>

## Karate

Courage, integrity, humility, and self-control. Chito Ryu Karate is a traditional martial art including Katas and Kumite (individual sparring).

**Queenswood Heights – 613-824-0633**

18+ years	Mon., Wed.	6:15-7:45 pm
Sep 12-Dec 14	\$514	<a href="#">1634029</a>

## Karate Goju Ryu

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

**St-Laurent Complex – 613-742-6767**

15+ years	Tue.	6-7 pm
Sep 20-Dec 6	\$152.50	<a href="#">1626372</a>

## Karate Goju Ryu – Level 2

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

**St-Laurent Complex – 613-742-6767**

15+ years	Tue.	7-8 pm
Sep 20-Dec 6	\$152.50	<a href="#">1626384</a>

## Karate Goju Ryu – Level 3

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

**St-Laurent Complex – 613-742-6767**

15+ years	Tue.	8-9 pm
Sep 20-Dec 6	\$152.50	<a href="#">1626389</a>

# Sports

## Kendo

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

### Plant – 613-232-3000

15+ years	Sun.	3:30-5:30 pm
Sep 18-Dec 11	\$304	<a href="#">1631251</a>

## Taekwondo

A Korean martial art that teaches self defence and discipline and promotes confidence. Progress at your ate by testing held throughout the term. Additional fees may apply for uniform and testing.

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

18+ years	Fri.	6:30-7:30 pm
Sep 16-Dec 16	\$165	<a href="#">1631841</a>
18+ years	Fri.	7:30-8:30 pm
Sep 16-Dec 16	\$165	<a href="#">1631842</a>

### Notre Dame Des Champs – 613-824-0633

18+ years	Tue., Thu.	6:30-7:30 pm
Sep 13-Dec 1	\$304.75	<a href="#">1629254</a>
18+ years	Tue., Thu.	7:30-8:30 pm
Sep 13-Dec 1	\$304.75	<a href="#">1629255</a>

### Richcraft-Kanata – 613-580-9696

18+ years	Wed.	7-8 pm
Oct 5-Dec 21	\$152.50	<a href="#">1626091</a>
18+ years	Wed.	8-9 pm
Oct 5-Dec 21	\$152.50	<a href="#">1626092</a>
18+ years	Sat.	1-2 pm
Oct 1-Dec 17	\$139.75	<a href="#">1626093</a>
18+ years	Sat.	2-3 pm
Oct 1-Dec 17	\$139.75	<a href="#">1626094</a>
18+ years	Sat.	3-4 pm
Oct 1-Dec 17	\$139.75	<a href="#">1626095</a>
18+ years	Sat.	4-5 pm
Oct 1-Dec 17	\$139.75	<a href="#">1626096</a>

## Pickleball

### Introduction to Pickleball

Pickleball is a combination of ping-pong, tennis, and badminton. Learn the basics of this fast-growing sport in this instructional course.

#### Greenboro – 613-580-2805

18+ years	Wed.	1-2 pm
Oct 5-26	\$38.50	<a href="#">1634379</a>
Nov 9-30	\$38.50	<a href="#">1634380</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.	6:40-7:40 pm
Sep 19-Dec 12	\$105.75	<a href="#">1632577</a>

### Game Play

Pickleball is a combination of ping-pong, tennis, and badminton. Enjoyable for all ages, pickleball can be played on any hard surface using wood paddle racquets and a plastic baseball with holes. Emphasis is on active participation at a recreational level.

#### Fallingbrook School – 613-824-0633

18+ years	Sun.	9-10:30 am
Sep 18-Dec 11	\$92.75	<a href="#">1627757</a>

#### St. Michael's School – Fitzroy – 613-580-9494

15+ years	Sat.	11 am-noon
Sep 24-Dec 3	\$51.50	<a href="#">1631808</a>

## Volleyball

### Volleyball – Level 2 – Women

Drills are geared to improving skill. Good skill level and understanding of the game required. Program includes skill development and fun games.

#### Centennial School – 613-580-2854

18+ years	Tue.	7:30-9 pm
Oct 11-Nov 29	\$117.25	<a href="#">1629297</a>

### Coed – Recreational

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

#### Hintonburg – 613-798-8874

18+ years	Tue.	6-11 pm
Sep 20-Dec 20	\$518.50	<a href="#">1631579</a>

# Sports

## Game Play

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

### Canterbury – 613-247-4865

18+ years	Sat.	3:15-4:15 pm
Sep 24-Dec 17	\$61.75	<a href="#">1632136</a>

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

18+ years	Wed.	6-8 pm
Sep 14-Dec 14	\$144.25	<a href="#">1631829</a>

### Glen Cairn – 613-580-2570

16+ years	Thu.	8-9:30 pm
Sep 29-Dec 1	\$77.25	<a href="#">1632069</a>

### Greenboro – 613-580-2805

18+ years	Mon.	7-8:30 pm
Sep 12-Dec 11	\$92.75	<a href="#">1634168</a>
18+ years	Thu.	7:15-8:45 pm
Sep 22-Dec 8	\$92.75	<a href="#">1634358</a>

### McNabb – 613-564-1070

18+ years	Wed.	7:45-9 pm
Sep 7-Dec 14	\$96.50	<a href="#">1631113</a>

### Rideauview – 613-822-7887

16 years+	Mon.	8-9:30 pm
Oct 17-Dec 5	\$61.75	<a href="#">1629564</a>

## 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

18+ years	Sun.	5:15-6:45 pm
Sep 11-Dec 4	\$92.75	<a href="#">1630279</a>

### South Fallingbrook – 613-824-0633

18+ years	Wed.	8-10 pm
Sep 14-Dec 14	\$144.25	<a href="#">1634003</a>

## Never Too Late – Women

It's never too late to try something new. Emphasis is on understanding the game, basic techniques, skills, and participation. Program includes skill development and game play.

### Centennial School – 613-580-2854

18+ years	Tue.	6:30-7:30 pm
Oct 11-Nov 29	\$77	<a href="#">1629327</a>

## Sports leagues

### Ball Hockey – Women

All levels welcome. League is divided according to level of play. One-hour games.

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

19+ years	Sat.	9-10 pm
Sep 17-Dec 17	\$121.25	<a href="#">1633173</a>

### Basketball – Intermediate – Women

Geared to players with considerable knowledge and skill level. League is divided according to level of play.

One-and-a-half-hour games. Registration deadline: September 8, 2022.

#### Various locations – 613-580-2854

18+ years	Tue.	6-10 pm
Oct 4-Mar 28	\$325	<a href="#">1629274</a>

### Basketball – Recreational – Women

Geared to players new to the game or who have not played for a while. League is divided according to level of play.

One-hour games. Registration deadline: September 8, 2022.

#### Various locations – 613-580-2854

18+ years	Wed.	6-10 pm
Oct 5-Feb 22	\$220.50	<a href="#">1629273</a>

### Hockey – Recreational – Men

Non-contact league with officiated games and playoffs for qualifiers. This league strives to provide a safe, fun, adult hockey experience.

#### Ray Friel – 613-580-4765

35+ years	Wed.	9 pm-12 am
Sep 21-Mar 8	\$5890.50	<a href="#">1633871</a>
35+ years	Wed.	9:15 pm-12:15 am
Sep 21-Mar 8	\$5890.50	<a href="#">1633872</a>

### Soccer – Indoor – Women

All levels welcome. League is divided according to level of play. One-hour games. Registration deadline: September 8, 2022.

#### Various locations – 613-580-2854

18+ years	Tue.	6-10 pm
Oct 11-Apr 11	\$264.50	<a href="#">1631623</a>

### Volleyball – Coed – Recreation

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

#### Hintonburg – 613-798-8874

18+ years	Tue.	6-11 pm
Sep 20-Apr 11	\$1036.75	<a href="#">1631387</a>

#### Heron – 613-580-2854

18+ years	Sun.	2-5 pm
Oct 16-Feb 19	\$243.75	<a href="#">1629284</a>

### Volleyball – Recreational – Women

Geared to players who are new or returning to the sport. League is divided according to level of play. One-and-a-quarter-hour game. Registration deadline: September 8, 2022.

#### Various locations – 613-580-2854

18+ years	Thu.	7-10 pm
Sep 29-Feb 9	\$243.75	<a href="#">1629277</a>

### Volleyball – Intermediate – Women

Geared to players with considerable knowledge and skill level. League is divided according to level of play.

One-and-a-half-hour games. Registration deadline: September 8, 2022.

#### Various locations – 613-580-2854

18+ years	Mon.	7-10 pm
Sep 26-Apr 3	\$292	<a href="#">1629276</a>



## **Girls, Women and Sport**

Fun, friendship, and fair play sports and physical activity programs 18+. Learn the basics with introductory sport courses and leagues.

Basketball, volleyball, indoor soccer, ball hockey, beach volleyball, outdoor soccer, and softball.

613-580-2854

[gws-ffs@ottawa.ca](mailto:gws-ffs@ottawa.ca)