



Fall  
2022

Classes and  
activities for

# Children

(5 to 14 years)

## Recreation eGuide

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## New registration system coming soon

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

### Prepare for a smooth transition:

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

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.

## Dance

### Ballet – Level 1

Delve into the most elegant yet technical of all dance forms; ballet! Explore basic to intermediate ballet moves along with exercises to provide a foundation in technique, placement, and terminology.

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

6-10 years	Tue.	6-6:45 pm
Sep 20-Dec 6	\$91	<a href="#">1631279</a>
10-14 years	Sat.	9:30-10:15 am
Sep 24-Dec 17	\$60.75	<a href="#">1632824</a>

#### Chapman Mills – 613-822-7887

2-3 years	Fri.	4-4:30 pm
Oct 14-Dec 9	\$45.50	<a href="#">1630050</a>
3-5 years	Fri.	4:30-5:15 pm
Oct 14-Dec 9	\$68.25	<a href="#">1630060</a>
3-5 years	Fri.	5:15-6 pm
Oct 14-Dec 9	\$68.25	<a href="#">1630063</a>

#### Greenboro – 613-580-2805

6-9 years	Sun.	12:30-1:30 pm
Sep 18-Oct 23	\$60.75	<a href="#">1634367</a>
Oct 30-Dec 4	\$60.75	<a href="#">1634368</a>
6-9 years	Sat.	9-10 am
Sep 24-Dec 10	\$111	<a href="#">1634365</a>
6-10 years	Mon.	5:30-6:30 pm
Sep 19-Dec 5	\$101	<a href="#">1634169</a>
6-10 years	Thu.	6:15-7:15 pm
Sep 22-Dec 8	\$121.25	<a href="#">1630264</a>
8-12 years	Sun.	1:30-2:30 pm
Sep 18-Oct 23	\$60.75	<a href="#">1634371</a>
Oct 30-Dec 4	\$60.75	<a href="#">1634372</a>

#### Heron – 613-247-4808

5-9 years	Wed.	5:45-6:30 pm
Sep 28-Nov 30	\$75.75	<a href="#">1632888</a>

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

5-6 years	Sat.	10:40-11:25 am
Sep 24-Dec 10	\$83.25	<a href="#">1630796</a>
6-10 years	Sat.	11:30 am-12:15 pm
Sep 24-Dec 10	\$83.25	<a href="#">1630798</a>

#### McNabb – 613-564-1070

6-10 years	Fri.	5:30-6:30 pm
Sep 9-Dec 9	\$131.25	<a href="#">1631277</a>

#### Minto-Barrhaven – 613-727-2683

6-9 years	Fri.	4:45-5:45 pm
Sep 23-Nov 25	\$101	<a href="#">1630883</a>

#### Pat Clark – 613-748-1771

5-7 years	Mon.	5:30-6:15 pm
Sep 12-Nov 28	\$83.25	<a href="#">1632819</a>
6-9 years	Mon.	6:30-7:15 pm
Sep 12-Nov 28	\$83.25	<a href="#">1627025</a>
6-9 years	Sat.	1-1:45 pm
Sep 10-Dec 3	\$83.25	<a href="#">1632826</a>

#### Pincrest – 613-580-9676

6-8 years	Tue.	5:30-6:30 pm
Oct 11-Dec 13	\$101	<a href="#">1633813</a>

#### Plant – 613-232-3000

7-10 years	Wed.	7-8 pm
Sep 14-Dec 7	\$131.25	<a href="#">1631059</a>

#### Richcraft-Kanata – 613-580-9696

6-8 years	Thu.	5-5:45 pm
Oct 6-Dec 22	\$91	<a href="#">1633550</a>

#### Richmond – 613-580-2424

5-7 years	Wed.	6-6:55 pm
Sep 28-Dec 14	\$111	<a href="#">1629575</a>

#### Walter Baker – 613-580-2788

5-7 years	Wed.	6:45-7:30 pm
Sep 21-Nov 16	\$68.25	<a href="#">1631231</a>

### Ballet Jazz – Level 1

Basic to intermediate ballet and jazz techniques will be practiced. Combination of contemporary movements and ballet techniques. Exercises are structured to develop strength, balance, flexibility, and coordination. Learn choreography from both dance styles.

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

6-9 years	Wed.	6-6:45 pm
Sep 21-Dec 7	\$91	<a href="#">1632758</a>

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

6-8 years	Sun.	12:15-1:15 pm
Sep 18-Dec 18	\$131.25	<a href="#">1631121</a>

#### Nepean Sportsplex – 613-580-2828

6-8 years	Sat.	11:30 am-12:15 pm
Sep 24-Dec 3	\$75.75	<a href="#">1633837</a>

#### Pat Clark – 613-748-1771

6-9 years	Sat.	11:30 am-12:45 pm
Sep 10-Dec 5	\$138.75	<a href="#">1632837</a>

#### Pincrest – 613-580-9676

6-8 years	Sun.	10-11 am
Oct 16-Dec 11	\$91	<a href="#">1633811</a>

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

6-8 years	Sun.	12:45-1:30 pm
Sep 18-Dec 11	\$91	<a href="#">1626513</a>



# Arts

## Creative Movement

A fun, casual introduction to the elements of dance and space.

### Rideauview – 613-822-7887

6-8 years	Sat.	10:30-11:15 am
Oct 22-Dec 10	\$51.25	<a href="#">1629875</a>
9-11 years	Sat.	11:15 am-noon
Oct 22-Dec 10	\$51.25	<a href="#">1629876</a>

## Gotta Dance

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

### Greenboro – 613-580-2805

6-9 years	Tue.	6-7 pm
Sep 20-Dec 6	\$121.25	<a href="#">1634340</a>

### Heron – 613-247-4808

5-7 years	Sat.	10-10:45 am
Sep 24-Nov 26	\$75.75	<a href="#">1632794</a>

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

6-12 years	Sun.	10:40-11:25 am
Sep 25-Dec 11	\$83.25	<a href="#">1630825</a>

### Minto-Barrhaven – 613-727-2683

6-9 years	Sun.	10:15-11:15 am
Sep 25-Dec 4	\$101	<a href="#">1630879</a>

### Richelieu-Vanier – 613-560-6030

6-8 years	Thu.	6:30-7:15 pm
Sep 15-Oct 20	\$45.50	<a href="#">1632640</a>
Nov 3-Dec 15	\$53	<a href="#">1632642</a>

## Hip Hop – Level 1

Hip hop, with its roots in urban dance, gets you moving to funky, up-beat tunes. Work on strength, flexibility, and musicality through intricate and fast paced choreography. Create dynamic, stylish moves just like in the latest music videos.

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

6-9 years	Sun.	10:30-11:30 am
Sep 25-Dec 18	\$134.75	<a href="#">1632901</a>
6-9 years	Thu.	6-6:45 pm
Sep 22-Dec 8	\$134.75	<a href="#">1632791</a>

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

6-8 years	Sun.	11 am-noon
Sep 18-Dec 18	\$146	<a href="#">1631116</a>

### Greenboro – 613-580-2805

6-9 years	Fri.	5-6 pm
Sep 23-Dec 16	\$112.50	<a href="#">1634378</a>

### Heron – 613-247-4808

7-10 years	Sat.	10:45-11:45 am
Sep 24-Nov 26	\$112.50	<a href="#">1632856</a>

### Minto-Barrhaven – 613-727-2683

6-9 years	Fri.	5:45-6:45 pm
Sep 23-Nov 25	\$112.50	<a href="#">1630901</a>

### Nepean Sportsplex – 613-580-2828

6-8 years	Sun.	11:30 am-12:15 pm
Sep 25-Dec 4	\$84.25	<a href="#">1633835</a>
6-8 years	Sat.	9:45-10:30 am
Sep 24-Dec 3	\$84.25	<a href="#">1633834</a>

### Pat Clark – 613-748-1771

10-14 years	Sun.	10:30-11:15 am
Sep 11-Nov 27	\$92.75	<a href="#">1632714</a>
4-6 years	Sun.	9-9:45 am
Sep 11-Nov 27	\$92.75	<a href="#">1632707</a>
6-9 years	Sun.	9:45-10:30 am
Sep 11-Nov 27	\$92.75	<a href="#">1632709</a>
6-9 years	Wed.	6:30-7:15 pm
Sep 14-Nov 23	\$92.75	<a href="#">1627047</a>

### Richcraft-Kanata – 613-580-9696

9-12 years	Thu.	5:45-6:45 pm
Oct 6-Dec 22	\$134.75	<a href="#">1633555</a>

### Richmond – 613-580-2424

8-12 years	Wed.	7-8 pm
Sep 28-Dec 14	\$134.75	<a href="#">1629576</a>

### Sandy Hill – 613-564-1062

6-12 years	Sat.	11 am-noon
Sep 17-Dec 10	\$134.75	<a href="#">1631756</a>

### St-Laurent Complex – 613-742-6767

6-8 years	Sun.	noon-12:45 pm
Sep 18-Dec 11	\$101.25	<a href="#">1626512</a>

### Walter Baker Sports Centre - 613-580-2788

10-14 years	Thu.	7-8 pm
Sep 22-Nov 17	\$101.25	<a href="#">1631240</a>
5-7 years	Sat.	9:15-10:15 am
Sep 24-Nov 19	\$90	<a href="#">1631246</a>
6-9 years	Tue.	6:15-7 pm
Sep 20-Nov 15	\$76	<a href="#">1631254</a>
7-9 years	Thu.	6-6:45 pm
Sep 22-Nov 17	\$76	<a href="#">1631238</a>

## Hip Hop – Level 2

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing and break dancing, provides a good cardio workout to funky, up-beat tunes. Hip Hop is easy to learn and fun for all ages!

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

6-11 years	Thu.	6:45-7:45 pm
Sep 22-Dec 8	\$134.75	<a href="#">1632800</a>

### Walter Baker – 613-580-2788

10-14 years	Tue.	7:15-8 pm
Sep 20-Nov 15	\$76	<a href="#">1631263</a>

# Arts

## Hip Hop and Jazz

Emphasis on body placement, coordination and basic Jazz technique.

### François Dupuis – 613-580-8080

6-10 years	Sun.	3:20-4:20 pm
Sep 10-Dec 18	\$146	<a href="#">1632930</a>
6-10 years	Sat.	3:20-4:20 pm
Sep 10-Dec 18	\$146	<a href="#">1632926</a>

## Jazz – Level 1

High energy class that encourages rhythm, co-ordination, flexibility, and execution. Introduction to different styles of jazz including theatrical, pop, and lyrical. Learn various moves, combinations of steps, and choreography.

### Nepean Sportsplex – 613-580-2828

6-8 years	Sun.	10:30-11:15 am
Sep 25-Dec 4	\$75.75	<a href="#">1633844</a>

### Pinecrest – 613-580-9676

9-12 years	Sun.	11 am-noon
Oct 16-Dec 11	\$91	<a href="#">1633812</a>

## Lyrical Dance – Level 1

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

### Greenboro – 613-580-2805

8-10 years	Thu.	5-6 pm
Sep 29-Dec 1	\$112.50	<a href="#">1630263</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.

### Heron – 613-247-4808

10-14 years	Sun.	1:30-2 pm
Sep 25-Dec 4	\$98.50	<a href="#">1633150</a>
10-14 years	Sun.	2:30-3 pm
Sep 25-Dec 4	\$98.50	<a href="#">1633168</a>
6-9 years	Sun.	1-1:30 pm
Sep 25-Dec 4	\$98.50	<a href="#">1633146</a>
6-9 years	Sun.	2-2:30 pm
Sep 25-Dec 4	\$98.50	<a href="#">1633164</a>

### Pat Clark – 613-748-1771

10-14 years	Sun.	10-11 am
Sep 18-Dec 4	\$216.25	<a href="#">1631373</a>
6-9 years	Sun.	9-10 am
Sep 18-Dec 4	\$216.25	<a href="#">1631372</a>

### Plant – 613-232-3000

7-14 years	Wed.	5-6 pm
Sep 14-Dec 7	\$255.50	<a href="#">1631090</a>
7-14 years	Sat.	10:30-11:30 am
Sep 17-Dec 10	\$236	<a href="#">1631145</a>

## Guitar – Level 2

Once you have the basics through Guitar Level 1 or equivalent, you're ready for more advanced music.

### Plant – 613-232-3000

7-14 years	Wed.	6-7 pm
Sep 14-Dec 7	\$255.50	<a href="#">1631095</a>
7-14 years	Sat.	11:30 am-12:30 pm
Sep 17-Dec 10	\$236	<a href="#">1631147</a>

## Guitar – Level 3

Learn songs while adding new techniques and skills along the way. Choose a song you would like to learn. Learn to play each of the songs submitted.

### Plant – 613-232-3000

7-14 years	Sat.	12:30-1:30 pm
Sep 17-Dec 10	\$236	<a href="#">1631151</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

10-14 years	Sat.	10:30-11 am
Sep 24-Dec 3	\$131.25	<a href="#">1633088</a>
10-14 years	Sat.	11:30 am-noon
Sep 24-Dec 3	\$131.25	<a href="#">1633095</a>
10-14 years	Sat.	1:30-2 pm
Sep 24-Dec 3	\$131.25	<a href="#">1633110</a>
6-9 years	Sat.	10-10:30 am
Sep 24-Dec 3	\$131.25	<a href="#">1633054</a>
6-9 years	Sat.	11-11:30 am
Sep 24-Dec 3	\$131.25	<a href="#">1633093</a>
6-9 years	Sat.	noon-12:30 pm
Sep 24-Dec 3	\$131.25	<a href="#">1633098</a>
6-9 years	Sat.	1-1:30 pm
Sep 24-Dec 3	\$131.25	<a href="#">1633104</a>
6-9 years	Sat.	2-2:30 pm
Sep 24-Dec 3	\$131.25	<a href="#">1633118</a>

### Plant – 613-232-3000

7-14 years	Sun.	9-10 am
Sep 18-Dec 11	\$314.50	<a href="#">1631207</a>
7-14 years	Mon.	6-7 pm
Sep 12-Dec 5	\$314.50	<a href="#">1628747</a>

# Arts

## Rideauview – 613-822-7887

10-11 years	Sat.	1:30-2 pm
Oct 22-Nov 26	\$78.75	<a href="#">1629944</a>
6-7 years	Sat.	12:30-1 pm
Oct 22-Nov 26	\$78.75	<a href="#">1629939</a>
8-9 years	Sat.	1-1:30 pm
Oct 22-Nov 26	\$78.75	<a href="#">1629941</a>

## Keyboard – Level 2

Teachings include musical terms, single hand chords, reading music, using range, and introducing the black keys. Must have keyboard at home.

### Plant – 613-232-3000

7-14 years	Sun.	10-11 am
Sep 18-Dec 11	\$314.50	<a href="#">1631211</a>
7-14 years	Mon.	7-8 pm
Sep 12-Dec 5	\$314.50	<a href="#">1628755</a>

## Ukulele

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

### Plant – 613-232-3000

7-14 years	Wed.	7-8 pm
Sep 14-Dec 7	\$255.50	<a href="#">1631097</a>

## Violin – Level 1

The basics: master the skill of holding the violin and using the bow properly. Memorize and learn tunes that are in first position. Learn different bow strokes and basic rhythms. Love of music and violin required.

### St-Laurent Complex – 613-742-6767

7-14 years	Sat.	1-2 pm
Oct 15-Dec 10	\$177	<a href="#">1626481</a>
7-14 years	Sat.	2-3 pm
Oct 15-Dec 10	\$177	<a href="#">1626482</a>

## Violin – Level 2

Improve proper use of violin and bow. Expanding the notion of rhythm and bow usage. Learning about bow distribution and different finger patterns. Learning how to read music. Beginning of basic theory and solfège.

### St-Laurent Complex – 613-742-6767

7-14 years	Sat.	3-4 pm
Oct 15-Dec 10	\$177	<a href="#">1626486</a>

## Vocal

Find your unique voice! Revel in singing in a choral context, exploring the wonder of harmony. Practice vocal exercises and become familiar with basic note reading skills.

### St-Laurent Complex – 613-742-6767

8-13 years	Wed.	5:45-6:45 pm
Sep 21-Dec 7	\$236	<a href="#">1626396</a>

## Theatre arts

### Acting Up

An introduction to basic acting skills in a game themed environment. Expand your creativity through the use of playful theatre games, vocal exercises and actions. Develop characters, settings, and themes while creating stories as a class.

### Kanata Recreation – 613-580-2570

7-10 years	Tue.	6-7 pm
Sep 27-Nov 29	\$85.25	<a href="#">1627503</a>

### St-Laurent Complex – 613-742-6767

7-12 years	Sat.	10:15-11 am
Sep 17-Dec 17	\$76.75	<a href="#">1626471</a>

### Walter Baker – 613-580-2788

7-10 years	Sat.	10:30-11:30 am
Sep 24-Nov 19	\$68.25	<a href="#">1631278</a>

## Drama and Dance

Jazz dance, improv, storytelling, character study, expression, performance skills and drama games. An open-house performance for friends and family on the last day.

### Kanata Recreation – 613-580-2570

5-8 years	Mon.	6-7 pm
Sep 26-Dec 12	\$101	<a href="#">1630823</a>

## Improv

Think on your feet, build confidence, and gain comfort as a performer in spontaneous improv. Development skills in timing, creative thinking, storytelling, stage presence and traditional acting techniques.

### Kanata Recreation – 613-580-2570

11-14 years	Tue.	7-8 pm
Sep 27-Nov 29	\$121.25	<a href="#">1627504</a>

### St-Laurent Complex – 613-742-6767

7-12 years	Sat.	9:15-10:15 am
Sep 24-Dec 17	\$145.50	<a href="#">1626470</a>

## Live Wire Drama

Enter the exciting world of performance. Drama skills, theatrical techniques, improvisation, scene study, and performance.

### Walter Baker – 613-580-2788

10-14 years	Sat.	11:45 am-12:45 pm
Sep 24-Nov 19	\$90	<a href="#">1631283</a>
6-8 years	Tue.	6-7 pm
Sep 20-Nov 15	\$101.25	<a href="#">1631289</a>
9-14 years	Tue.	7:15-8:15 pm
Sep 20-Nov 15	\$101.25	<a href="#">1631291</a>

## Musical Theatre

Love to sing and dance? With proper direction, choreography and singing, learn good vocal techniques, the art of expressive movement, and staging for musical performance.

### Kanata Recreation – 613-580-2570

8-12 years	Mon.	7-8 pm
Sep 26-Dec 12	\$157.25	<a href="#">1627502</a>

## Visual arts

### Drawing and Painting

Discover mixed media as you learn how to paint with watercolours, and acrylics, and draw with charcoal, conte and pastels. Advanced techniques and learning opportunities available.

#### Chapman Mills – 613-822-7887

6-8 years	Wed.	6-7 pm
Oct 12-Nov 30	\$126	<a href="#">1630534</a>
9-12 years	Wed.	7-8 pm
Oct 12-Nov 30	\$126	<a href="#">1630541</a>

#### Eva James – 613-580-2442

7-9 years	Wed.	4:30-5:30 pm
Sep 28-Dec 14	\$188.75	<a href="#">1629412</a>
10-12 years	Wed.	5:45-6:45 pm
Sep 28-Dec 14	\$188.75	<a href="#">1629413</a>

#### Greely – 613-580-2424 ext. 30235

8-12 years	Tue.	5-6 pm
Nov 1-Dec 6	\$94.50	<a href="#">1631332</a>

#### Greenboro – 613-580-2805

10-13 years	Thu.	6:15-7:15 pm
Sep 22-Oct 27	\$94.50	<a href="#">1632188</a>
Nov 3-Dec 8	\$94.50	<a href="#">1632190</a>
10-13 years	Sat.	12:45-1:45 pm
Sep 24-Oct 22	\$78.75	<a href="#">1632173</a>
Nov 12-Dec 10	\$78.75	<a href="#">1632179</a>
12-14 years	Mon.	6:30-7:30 pm
Sep 19-Oct 24	\$78.75	<a href="#">1632192</a>
Nov 7-Dec 5	\$78.75	<a href="#">1632196</a>
6-9 years	Thu.	5-6 pm
Sep 22-Oct 27	\$94.50	<a href="#">1632185</a>
Nov 3-Dec 8	\$94.50	<a href="#">1632186</a>
6-9 years	Sat.	11:30 am-12:30 pm
Sep 24-Oct 22	\$78.75	<a href="#">1632167</a>
Nov 12-Dec 10	\$78.75	<a href="#">1632175</a>

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

8-12 years	Tue.	5-6 pm
Sep 20-Oct 25	\$94.50	<a href="#">1631330</a>

#### Rideauview – 613-822-7887

11-14 years	Thu.	6-7 pm
Oct 13-Dec 1	\$126	<a href="#">1629656</a>
6-10 years	Thu.	5-6 pm
Oct 13-Dec 1	\$126	<a href="#">1629652</a>

### Cartooning and Comics

A young and free imagination can give cartoons personality – so watch characters and comic strips come to life! Draw and animate characters through studying figures, facial expressions, actions, perspective and using specialized illustration techniques.

#### Kanata Recreation – 613-580-2570

6-12 years	Sat.	1-2:30 pm
Oct 1-Dec 3	\$212.25	<a href="#">1627499</a>
6-12 years	Sat.	3-4:30 pm
Oct 1-Nov 26	\$212.25	<a href="#">1627498</a>

#### Plant – 613-232-3000

8-14 years	Sun.	5-6 pm
Sep 18-Dec 11	\$188.75	<a href="#">1631156</a>

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

6-11 years	Sat.	1-2 pm
Oct 15-Dec 10	\$141.50	<a href="#">1626491</a>

### Mixing It

Your child's creative imagination will run wild in this dynamic and creative class. Kids will explore different mediums like ink, pencil and paint, and artistic styles and techniques like drawing, painting, collage, three-dimensional work and more.

#### Pat Clark – 613-748-1771

10-14 years	Sat.	3:30-4:30 pm
Sep 10-Nov 19	\$141.50	<a href="#">1633571</a>

### Handbuilding

Create sculptures and unique projects using traditional handbuilding techniques. Surface decorations, textures and glazing techniques will be introduced. Use your clay masterpiece at home.

#### McNabb – 613-564-1070

6-13 years	Sat.	9:30-11 am
Sep 10-Oct 22	\$141.50	<a href="#">1631264</a>
Nov 5-Dec 10	\$141.50	<a href="#">1631265</a>

#### Rideauview – 613-822-7887

6-12 years	Wed.	5-6 pm
Oct 26-Nov 30	\$94.50	<a href="#">1629599</a>

# Certification

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.

## Babysitting Course – Canadian Safety Council

Earn some extra money. Learn good babysitting techniques with topics on rights and responsibilities, ages and stages, emergency procedures and introductory first aid.

### Alfred Taylor – 613-580-2424 ext. 30235

12-14 years	Sat.	9 am-5 pm
Nov 19	\$77	<a href="#">1633193</a>

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

11-14 years	Fri.	9 am-5 pm
Oct 7	\$77	<a href="#">1634733</a>
11-14 years	Fri.	9 am-5 pm
Nov 4	\$77	<a href="#">1634734</a>
11-14 years	Fri.	9 am-5 pm
Nov 25	\$77	<a href="#">1634735</a>

### Carleton Heights – 613-226-2208

10-13 years	Sat.	10 am-2 pm
Nov 19-26	\$78.25	<a href="#">1631728</a>

### Greely – 613-580-2424 ext. 30235

12-14 years	Sat.	9 am-5 pm
Sep 24	\$77	<a href="#">1633191</a>

### Hintonburg – 613-798-8874

11-14 years	Sat.	10 am-2 pm
Sep 24-Oct 1	\$78.25	<a href="#">1631381</a>
Nov 12-19	\$78.25	<a href="#">1631382</a>

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

12-14 years	Sat.	9 am-5 pm
Oct 22	\$77	<a href="#">1633192</a>
Dec 10	\$77	<a href="#">1633194</a>

### McNabb – 613-564-1070

12-14 years	Fri.	9 am-5 pm
Oct 7	\$77	<a href="#">1631296</a>
Nov 25	\$77	<a href="#">1631297</a>

### Pinecrest – 613-580-9676

11-14 years	Mon.	6-8 pm
Oct 17-Nov 7	\$77	<a href="#">1633855</a>
Nov 21-Dec 12	\$77	<a href="#">1633857</a>
11-14 years	Fri.	9 am-5 pm
Oct 7	\$77	<a href="#">1633859</a>
Nov 18	\$77	<a href="#">1633862</a>
Nov 25	\$77	<a href="#">1633863</a>

## Babysitting Course – Red Cross

Earn some extra money. Learn good babysitting techniques with topics on rights and responsibilities, ages and stages, emergency procedures and introductory first aid.

### South Fallingbrook – 613-824-0633

10-14 years	Sat.	8:30 am-4:30 pm
Oct 1	\$77	<a href="#">1628961</a>
Dec 3	\$77	<a href="#">1628963</a>



# Science and technology

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## Engineering Quest

Children use a variety of materials to build and learn engineering concepts in a fun interactive way.

### Greely – 613-580-2424 ext. 30235

8-12 years	Thu.	5-6 pm
Nov 3-Dec 8	\$48	<a href="#">1631306</a>

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

8-12 years	Thu.	5-6 pm
Sep 22-Oct 27	\$48	<a href="#">1631305</a>

## LEGO® Club

Learn LEGO building techniques as you construct a variety of mechanical Technic projects. Develop your own creations with Technic gears, beams, wheels, and axles. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Aquaview – 613-824-0633

6-7 years	Thu.	6-7 pm
Oct 6-20	\$55.50	<a href="#">1634013</a>

### Kanata Recreation – 613-580-2570

6-7 years	Tue.	6-7 pm
Sep 27-Oct 18	\$74	<a href="#">1631724</a>

### Nepean Sportsplex – 613-580-2828

6-7 years	Sun.	9-11 am
Sep 25	\$37	<a href="#">1634159</a>

### Rideauview – 613-822-7887

6-7 years	Sun.	noon-2 pm
Dec 4	\$37	<a href="#">1633470</a>
6-7 years	Wed.	6-7 pm
Sep 28-Oct 12	\$55.50	<a href="#">1633474</a>

## LEGO® Contraptions

Learn about using gears, motors, axles, wheels, and specialized Technic pieces with traditional LEGO. Discover how real machines work as you build contraptions and other machines that move. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Aquaview – 613-824-0633

8-12 years	Thu.	6-7 pm
Oct 27-Nov 10	\$55.50	<a href="#">1634015</a>

### Kanata Recreation – 613-580-2570

8-12 years	Sun.	9-11 am
Oct 16	\$37	<a href="#">1631743</a>

### Rideauview – 613-822-7887

8-12 years	Sun.	9-11 am
Oct 23	\$37	<a href="#">1633448</a>

8-12 years	Wed.	6-7 pm
Nov 9-23	\$55.50	<a href="#">1633485</a>

## LEGO® EV3 Robotics and Programming

Build and program Mindstorms® EV3 robots. Build a walking robot, inch worm and EV3-Bot. Program your autonomous robots to perform tasks based on input from various sensors. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Kanata Recreation – 613-580-2570

8-12 years	Sun.	9-11 am
Nov 20	\$37	<a href="#">1631751</a>

### Nepean Sportsplex – 613-580-2828

8-12 years	Sun.	9-11 am
Dec 4	\$37	<a href="#">1634162</a>

### South Fallingbrook – 613-824-0633

8-12 years	Sat.	9-11 am
Nov 5	\$37	<a href="#">1634012</a>

## LEGO® Junior Robotics and Coding

Build smart Power Functions machines, and Ian's unique sensor-driven Mindstorms® EV3 robots. Using tablet-based coding, program your robot's sounds, lights, screen images, and movements. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Kanata Recreation – 613-580-2570

6-7 years	Tue.	6-7 pm
Nov 15-29	\$55.50	<a href="#">1631730</a>

### Nepean Sportsplex – 613-580-2828

6-7 years	Sun.	9-11 am
Nov 13	\$37	<a href="#">1634161</a>

### Rideauview – 613-822-7887

8-12 years	Wed.	6-7 pm
Oct 19-Nov 2	\$55.50	<a href="#">1633481</a>

### South Fallingbrook – 613-824-0633

6-7 years	Sun.	9-11 am
Oct 2	\$37	<a href="#">1634011</a>

## LEGO® Technic Building and EV3 Robotics

Build projects such as a vice-grip, hand drill, flywheel, robotic arm and Bumper-Bot using Power Functions and Technic. Build a Mindstorms® EV3 robot. Perform challenges using pre-loaded programs. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Nepean Sportsplex – 613-580-2828

8-12 years	Sun.	9-11 am
Oct 23	\$37	<a href="#">1634160</a>

### Rideauview – 613-822-7887

8-12 years	Sun.	9-11 am
Nov 27	\$37	<a href="#">1633462</a>

### South Fallingbrook – 613-824-0633

8-12 years	Thu.	6-7 pm
Nov 17-Dec 1	\$55.50	<a href="#">1634016</a>

# Science and technology

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## LEGO® Tinkering

Learn to use LEGO® Technic with other materials to create fabulous moving mechanisms on our unique LEGO®-compatible peg boards. Build various motorized machines, a marble run, and more. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Kanata Recreation – 613-580-2570

8-12 years	Tue.	6-7 pm
Oct 25-Nov 8	\$55.50	<a href="#">1631727</a>

### Rideauview – 613-822-7887

8-12 years	Sun.	noon-2 pm
Nov 13	\$37	<a href="#">1633456</a>

## Science Quests

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

### Alfred Taylor – 613-580-2424 ext. 30235

7-9 years	Thu.	5-6 pm
Sep 22-Oct 27	\$48	<a href="#">1631302</a>

### Canterbury – 613-247-4865

6-10 years	Sun.	3-4 pm
Sep 25-Dec 18	\$95.75	<a href="#">1632142</a>

### Greely – 613-580-2424 ext. 30235

7-9 years	Thu.	5-6 pm
Sep 22-Oct 27	\$48	<a href="#">1631301</a>

### Greenboro – 613-580-2805

6-10 years	Wed.	5:45-6:45 pm
Sep 21-Dec 7	\$95.75	<a href="#">1634353</a>

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

7-9 years	Thu.	5-6 pm
Nov 3-Dec 8	\$48	<a href="#">1631300</a>

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

7-9 years	Wed.	5-6 pm
Sep 21-Oct 26	\$48	<a href="#">1631323</a>

### Osgoode – 613-580-2595

7-9 years	Mon.	5-6 pm
Nov 7-Dec 12	\$48	<a href="#">1631298</a>

### Walter Baker – 613-580-2788

4-5 years	Sun.	10-10:45 am
Sep 25-Nov 20	\$48	<a href="#">1631036</a>

## STEAM Workshop

A workshop allowing families to engage in a variety of Science, Technology, Engineering, Arts and Math (STEAM) activities in a fun and relaxed way.

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

6-10 years	Thu.	6-7:30 pm
Oct 20	\$12	<a href="#">1634004</a>
6-10 years	Sun.	2:30-4 pm
Oct 23	\$12	<a href="#">1634008</a>

# Sports

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## General sports

### Badminton

Develop basic techniques including serve, rally, forehand and backhand. Improve your skills through game play.

#### Bridlewood School – 613-580-2442

10-14 years	Thu.	7-8 pm
Oct 6-Dec 15	\$93.75	<a href="#">1629419</a>

#### François Dupuis – 613-580-8080

11-14 years	Wed.	6:40-7:40 pm
Sep 21-Dec 14	\$110.75	<a href="#">1632684</a>
8-10 years	Wed.	5:30-6:30 pm
Sep 21-Dec 14	\$110.75	<a href="#">1632679</a>

#### Heron – 613-247-4808

10-14 years	Wed.	6-7 pm
Sep 28-Nov 30	\$85.25	<a href="#">1632696</a>
6-9 years	Wed.	5:15-6 pm
Sep 28-Nov 30	\$64	<a href="#">1630988</a>

#### Minto-Barrhaven – 613-727-2683

10-14 years	Thu.	6-7 pm
Oct 6-Dec 8	\$85.25	<a href="#">1629952</a>
10-14 years	Sat.	4-5 pm
Oct 1-Dec 10	\$85.25	<a href="#">1629972</a>
6-9 years	Sat.	3-4 pm
Oct 1-Dec 10	\$85.25	<a href="#">1629965</a>

#### Nepean Sportsplex – 613-580-2828

6-8 years	Sat.	8-8:50 am
Sep 24-Dec 3	\$71	<a href="#">1633852</a>
9-12 years	Sat.	9-9:50 am
Sep 24-Nov 26	\$71	<a href="#">1633853</a>

#### Richcraft-Kanata – 613-580-9696

6-7 years	Wed.	4:15-5 pm
Oct 25-Dec 20	\$57.50	<a href="#">1633477</a>
6-7 years	Wed.	6-7 pm
Oct 26-Dec 21	\$76.75	<a href="#">1633503</a>
11-14 years	Tue.	6-7 pm
Oct 18-Dec 20	\$85.25	<a href="#">1633479</a>

### Badminton – Game Play

Emphasis is on active participation and fun.

Non-instructional game play.

#### Eva James – 613-580-2442

11-14 years	Wed.	6:45-7:45 pm
Sep 28-Dec 14	\$54.75	<a href="#">1629415</a>

#### Nepean Sportsplex – 613-580-2828

12-14 years	Sat.	10-10:50 am
Sep 24-Dec 3	\$38	<a href="#">1633854</a>

#### Rideauview – 613-822-7887

8-14 years	Mon.	5-6 pm
Oct 17-Dec 5	\$36.50	<a href="#">1629535</a>

#### South Fallingbrook – 613-824-0633

8-14 years	Fri.	6-7 pm
Sep 16-Dec 16	\$54.75	<a href="#">1633136</a>
8-14 years	Fri.	7-8 pm
Sep 16-Dec 16	\$54.75	<a href="#">1634065</a>

### Ball Hockey

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

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

6-7 years	Sat.	11:30 am-12:30 pm
Sep 17-Dec 17	\$110.75	<a href="#">1631074</a>

#### Nepean Sportsplex – 613-580-2828

6-8 years	Sun.	3-3:50 pm
Sep 25-Nov 27	\$71	<a href="#">1633860</a>
9-12 years	Sun.	4-4:50 pm
Sep 25-Dec 4	\$71	<a href="#">1633861</a>

#### Ray Friel – 613-580-4765

6-8 years	Mon.	6-7 pm
Sep 12-Oct 31	\$59.75	<a href="#">1634128</a>
Nov 7-Dec 19	\$59.75	<a href="#">1634131</a>
9-10 years	Mon.	7-8 pm
Sep 12-Oct 31	\$59.75	<a href="#">1634133</a>
Nov 7-Dec 19	\$59.75	<a href="#">1634134</a>

#### Rideauview – 613-822-7887

6-7 years	Sun.	noon-1 pm
Oct 23-Dec 11	\$68.25	<a href="#">1630045</a>

### Ball Hockey – Game Play

Emphasis is on active participation and fun.

Non-instructional game play.

#### Rideauview – 613-822-7887

11-12 years	Tue.	5-6 pm
Sep 20-Oct 25	\$27.50	<a href="#">1629591</a>
Nov 1-Dec 6	\$27.50	<a href="#">1629592</a>
7-8 years	Tue.	3-4 pm
Sep 20-Oct 25	\$27.50	<a href="#">1629582</a>
Nov 1-Dec 6	\$27.50	<a href="#">1629585</a>
9-10 years	Tue.	4-5 pm
Sep 20-Oct 25	\$27.50	<a href="#">1629588</a>
Nov 1-Dec 6	\$27.50	<a href="#">1629589</a>

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

7-12 years	Wed.	5:45-6:45 pm
Sep 14-Dec 7	\$59.25	<a href="#">1626399</a>

# Sports

## Dodgeball – Game Play

Dip, dodge, and dive! Emphasis is on active participation and fun. Games are at a recreational level.

### Canterbury – 613-247-4865

9-12 years	Sun.	3:30-4:30 pm
Sep 25-Dec 18	\$54.75	<a href="#">1634348</a>

### Greenboro – 613-580-2805

8-12 years	Sat.	10-11 am
Sep 24-Dec 10	\$50.25	<a href="#">1630274</a>

### Ray Friel – 613-580-4765

6-10 years	Thu.	6-7 pm
Sep 15-Oct 27	\$32	<a href="#">1634147</a>
Nov 3-Dec 15	\$32	<a href="#">1634148</a>

### St-Laurent Complex – 613-742-6767

7-12 years	Mon.	6-7 pm
Sep 12-Dec 12	\$59.25	<a href="#">1626360</a>

## Multi Sport

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

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

7-10 years	Sat.	10:15-11:15 am
Sep 17-Dec 17	\$110.75	<a href="#">1631068</a>

### Greenboro – 613-580-2805

6-9 years	Wed.	7:15-8:15 pm
Sep 21-Dec 7	\$102.25	<a href="#">1634349</a>

### Hintonburg – 613-798-8874

6-9 years	Mon.	5:45-6:45 pm
Oct 17-Dec 5	\$68.25	<a href="#">1631384</a>

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

6-9 years	Sat.	11:15 am-12:15 pm
Sep 24-Dec 10	\$93.75	<a href="#">1630619</a>

### Nepean Sportsplex – 613-580-2828

6-8 years	Tue.	6-6:50 pm
Sep 20-Dec 6	\$85.25	<a href="#">1632117</a>
9-12 years	Tue.	6-6:50 pm
Sep 20-Dec 6	\$85.25	<a href="#">1632120</a>

### Pat Clark – 613-748-1771

4-6 years	Thu.	6-7 pm
Sep 22-Dec 1	\$93.75	<a href="#">1631717</a>
7-10 years	Thu.	7-8 pm
Sep 22-Dec 1	\$93.75	<a href="#">1631718</a>

### St-Laurent Complex – 613-742-6767

7-10 years	Sun.	10-11 am
Sep 18-Dec 18	\$102.25	<a href="#">1626498</a>

## Racquetball

Develop fundamental racquetball skills with basic techniques and playing the game.

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

8-14 years	Sat.	10-11 am
Oct 15-Dec 3	\$113.50	<a href="#">1632024</a>
8-14 years	Sat.	11 am-noon
Oct 15-Dec 3	\$113.50	<a href="#">1632028</a>

## Basketball

### Basketball

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

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

8-12 years	Sat.	12:45-1:45 pm
Sep 17-Dec 17	\$110.75	<a href="#">1631099</a>

### Carleton Heights School – 613-226-2208 ext. 1631714

8-12 years	Wed.	7:15-8:15 pm
Sep 28-Nov 30	\$85.25	<a href="#">1631714</a>

### François Dupuis – 613-580-8080

10-12 years	Sat.	11:30 am-12:25 pm
Sep 10-Dec 17	\$101.50	<a href="#">1632782</a>
6-7 years	Sat.	9:30-10:25 am
Sep 10-Dec 17	\$101.50	<a href="#">1632764</a>
8-9 years	Sat.	10:30-11:25 am
Sep 10-Dec 17	\$101.50	<a href="#">1632768</a>

### Glen Cairn – 613-580-2570

5-7 years	Sun.	10:20-11:05 am
Oct 2-Nov 27	\$57.50	<a href="#">1632151</a>

### Greenboro – 613-580-2805

10-12 years	Sat.	3-4 pm
Sep 24-Dec 10	\$93.75	<a href="#">1632162</a>
6-7 years	Sat.	12:30-1:30 pm
Sep 24-Dec 10	\$93.75	<a href="#">1632158</a>
8-9 years	Sat.	1:45-2:45 pm
Sep 24-Dec 10	\$93.75	<a href="#">1632161</a>

### Heron – 613-247-4808

10-14 years	Tue.	6:30-7:30 pm
Oct 4-Dec 6	\$76.75	<a href="#">1631004</a>

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

6-9 years	Sat.	12:45-1:45 pm
Sep 24-Dec 10	\$93.75	<a href="#">1630630</a>
10-14 years	Sat.	1:45-2:45 pm
Sep 24-Dec 10	\$93.75	<a href="#">1630633</a>

### McNabb – 613-564-1070

6-12 years	Sun.	1-2 pm
Sep 11-Dec 18	\$119.25	<a href="#">1631293</a>

### Pat Clark – 613-748-1771

10-14 years	Fri.	7-8 pm
Sep 16-Dec 9	\$85.25	<a href="#">1631376</a>
6-9 years	Fri.	6-7 pm
Sep 16-Dec 9	\$85.25	<a href="#">1627011</a>

### Richcraft-Kanata – 613-580-9696

10-12 years	Mon.	5-6 pm
Oct 3-Dec 19	\$85.25	<a href="#">1633455</a>
7-9 years	Mon.	5-6 pm
Oct 3-Dec 19	\$85.25	<a href="#">1633454</a>

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

7-9 years	Sat.	9:40-10:40 am
Sep 24-Dec 3	\$85.25	<a href="#">1631757</a>



# Sports

## Basketball – Above the Rim

Introduction to one specific basketball skill per week. Drills, skill fundamentals and integration into team play. Instruction provided by professionals from [abovetherimbasketballschoo.com](http://abovetherimbasketballschoo.com).

### Eva James – 613-580-2442

6-10 years	Mon.	6-7:30 pm
Sep 26-Dec 5	\$144.75	<a href="#">1629403</a>
11-14 years	Mon.	7:30-9 pm
Sep 26-Dec 5	\$144.75	<a href="#">1629404</a>

### Jockvale School – 613-822-7887 ext. 21

10-14 years	Thu.	6-7:30 pm
Oct 13-Dec 1	\$144.75	<a href="#">1627166</a>

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

10-12 years	Tue.	5-6 pm
Sep 20-Oct 11	\$48.25	<a href="#">1632933</a>
12-14 years	Tue.	6-7 pm
Sep 20-Oct 11	\$48.25	<a href="#">1632936</a>
7-9 years	Tue.	5-6 pm
Sep 20-Oct 11	\$48.25	<a href="#">1632929</a>

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

10-12 years	Tue.	7-8 pm
Oct 18-Dec 6	\$96.50	<a href="#">1632945</a>
12-14 years	Tue.	8-9 pm
Oct 18-Dec 6	\$96.50	<a href="#">1632948</a>
7-9 years	Tue.	6-7 pm
Oct 18-Dec 6	\$96.50	<a href="#">1632941</a>

### Minto-Barrhaven – 613-727-2683

12-14 years	Wed.	7:30-9 pm
Oct 12-Nov 30	\$144.75	<a href="#">1632132</a>
4-6 years	Sun.	9-10 am
Oct 16-Dec 4	\$96.50	<a href="#">1632137</a>
6-8 years	Wed.	4:30-6 pm
Oct 12-Nov 30	\$144.75	<a href="#">1632126</a>
9-12 years	Wed.	6-7:30 pm
Oct 12-Nov 30	\$144.75	<a href="#">1632129</a>

### Rideauview – 613-822-7887

11-14 years	Wed.	7:30-9 pm
Sep 28-Nov 16	\$144.75	<a href="#">1629636</a>
6-10 years	Wed.	6-7:30 pm
Sep 28-Nov 16	\$144.75	<a href="#">1629634</a>

### South Fallingbrook – 613-824-0633

10-12 years	Tue.	7:30-9 pm
Sep 27-Nov 15	\$144.75	<a href="#">1634058</a>
7-9 years	Tue.	6-7:30 pm
Sep 27-Nov 15	\$144.75	<a href="#">1634057</a>

### St. Emily School – 613-822-7887 ext. 21

7-10 years	Mon.	6-7:30 pm
Oct 17-Dec 5	\$144.75	<a href="#">1627168</a>

### St-Laurent Complex – 613-742-6767

10-13 years	Thu.	8-9 pm
Sep 22-Nov 24	\$120.75	<a href="#">1626468</a>
6-7 years	Thu.	6-7 pm
Sep 22-Nov 24	\$120.75	<a href="#">1626466</a>
8-9 years	Thu.	7-8 pm
Sep 22-Nov 24	\$120.75	<a href="#">1626467</a>

## Basketball – Boys

Designed to teach the skills and rules of basketball to children in a fun and friendly environment.

### Nepean Sportsplex – 613-580-2828

6-8 years	Wed.	5-5:50 pm
Sep 21-Dec 7	\$85.25	<a href="#">1633826</a>
9-12 years	Wed.	6-6:50 pm
Sep 21-Dec 7	\$85.25	<a href="#">1633827</a>

## Basketball – Girls

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

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

7-9 years	Thu.	6:30-7:30 pm
Oct 13-Dec 1	\$68.25	<a href="#">1629349</a>

### Nepean Sportsplex – 613-580-2828

6-8 years	Wed.	5-5:50 pm
Sep 21-Dec 7	\$85.25	<a href="#">1633828</a>
9-12 years	Wed.	6-6:50 pm
Sep 21-Dec 7	\$85.25	<a href="#">1633829</a>

### Richcraft-Kanata – 613-580-9696

10-12 years	Mon.	6-7 pm
Oct 3-Dec 19	\$85.25	<a href="#">1633467</a>
7-9 years	Mon.	6-7 pm
Oct 3-Dec 19	\$85.25	<a href="#">1633466</a>

# Gymnastics

## Gymnastics

Beginner to intermediate recreational gymnastic skills are taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability and levels. Apparatus will include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, vault.

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

6-9 years	Sun.	11:30 am-12:30 pm
Sep 18-Dec 11	\$127.75	<a href="#">1631891</a>

### Eva James – 613-580-2442

6-7 years	Sat.	10:55-11:55 am
Oct 15-Dec 17	\$106.50	<a href="#">1631060</a>
6-12 years	Sat.	1-2 pm
Oct 15-Dec 17	\$106.50	<a href="#">1631063</a>
6-12 years	Sat.	2:05-3:05 am
Oct 15-Dec 17	\$106.50	<a href="#">1631065</a>

### Minto-Barrhaven – 613-727-2683

6-9 years	Sun.	noon-1 pm
Oct 2-Dec 11	\$106.50	<a href="#">1630837</a>

### Sandy Hill – 613-564-1062

6-12 years	Sat.	11:45 am-12:45 pm
Sep 17-Dec 10	\$117	<a href="#">1631817</a>

### St-Laurent Complex – 613-742-6767

5-7 years	Sat.	12:30-1:30 pm
Sep 17-Dec 17	\$127.75	<a href="#">1626476</a>
7-9 years	Sat.	1:30-2:30 pm
Sep 17-Dec 17	\$127.75	<a href="#">1626477</a>

## Gymnastics – Level 1

Beginner to novice gymnastic skills are taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability, and levels. Apparatus includes the following: balance beam, floor, mini-trampoline, parallel bars, rings, uneven bars, vault.

### Pat Clark – 613-748-1771

6-12 years	Sun.	10-11 am
Sep 18-Nov 27	\$119	<a href="#">1627145</a>
6-12 years	Tue.	7-8 pm
Sep 20-Nov 29	\$130.75	<a href="#">1627146</a>

# Sports

## Ninja Obstacle

Obsessed with Ninja Warrior? Climbing your walls? Hanging from your door jams? Participate in obstacles just like a Ninja.

### Minto-Barrhaven – 613-727-2683

6-8 years	Sat.	10-11 am
Oct 1-Dec 10	\$106.50	<a href="#">1630961</a>
9-14 years	Sat.	11 am-noon
Oct 1-Dec 3	\$106.50	<a href="#">1630968</a>
<b>Pat Clark – 613-748-1771</b>		
4-8 years	Sun.	12:15-1:15 pm
Sep 18-Nov 27	\$106.50	<a href="#">1633374</a>

## Rhythmic

Contains the dynamics and flexibility of gymnastics, the technical knowledge of ballet, and the self-expression and rhythm of modern dance. Choreographed to music and accompanied by colourful hoops, balls, ropes and ribbons.

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

6-9 years	Sun.	1:15-2:15 pm
Sep 18-Dec 11	\$127.75	<a href="#">1631922</a>

### Overbrook – 613-742-5147

6-12 years	Sat.	2:15-3:15 pm
Sep 10-Oct 29	\$74.50	<a href="#">1630717</a>
Nov 5-Dec 17	\$74.50	<a href="#">1630719</a>

## Tumble

Increase balancing and coordination of gymnastic movements on floor and various pieces of equipment.

### South Fallingbrook – 613-824-0633

6-7 years	Sat.	10:45-11:30 am
Sep 17-Nov 26	\$79.75	<a href="#">1627742</a>

# Hockey

## Hockey

Lessons geared towards first time hockey players. Learn individual skills including stick handling, shooting and turning. Participants should have a solid skating base (forwards and stopping). Complete hockey equipment is mandatory.

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

6-9 years	Fri.	4:30-5:20 pm
Oct 14-Dec 9	\$132.50	<a href="#">1634295</a>
8-12 years	Fri.	5:30-6:20 pm
Oct 14-Dec 9	\$132.50	<a href="#">1634296</a>

### McNabb – ryan.sarazin@ottawa.ca

8-12 years	Thu.	6-6:50 pm
Oct 13-Dec 8	\$132.50	<a href="#">1635499</a>

### Minto-Barrhaven – 613-727-2683

5-7 years	Tue.	5-5:50 pm
Sep 27-Dec 6	\$162	<a href="#">1631818</a>
5-7 years	Thu.	4-4:50 pm
Sep 29-Dec 8	\$162	<a href="#">1632056</a>
8-12 years	Thu.	5-5:50 pm
Sep 29-Dec 8	\$162	<a href="#">1632060</a>

### Pinecrest – 613-580-2854

5-7 years	Tue.	6-6:50 pm
Oct 11-Dec 6	\$132.50	<a href="#">1634252</a>

## Hockey – Girls

Lessons geared towards first time hockey players. Learn individual skills including skating, stick handling, and passing. Participants must have taken skating lessons before. Full hockey equipment is mandatory.

### Minto-Barrhaven – 613-727-2683

6-12 years	Thu.	6-6:50 pm
Sep 29-Dec 8	\$162	<a href="#">1632065</a>

## 4 on 4

Develop and improve your hockey skills with this no body checking game. Freewheeling and high scoring with limited whistles and no face-offs or coaches. Full hockey equipment is mandatory.

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

10-12 years	Thu.	4-5 pm
Sep 15-Dec 15	\$107.25	<a href="#">1633074</a>
12-14 years	Fri.	4-5 pm
Sep 16-Dec 23	\$107.25	<a href="#">1633077</a>
7-9 years	Wed.	4-5 pm
Sep 14-Dec 14	\$107.25	<a href="#">1633070</a>

### Minto-Barrhaven – 613-727-2683

6-8 years	Fri.	5-5:50 pm
Oct 7-Dec 9	\$63.75	<a href="#">1632079</a>
9-12 years	Fri.	6-6:50 pm
Oct 7-Dec 9	\$63.75	<a href="#">1632082</a>

### Osgoode – 613-580-2424 ext. 30235

10-12 years	Mon.	4:30-5:30 pm
Sep 12-Dec 19	\$107.25	<a href="#">1633090</a>
7-9 years	Mon.	3:30-4:30 pm
Sep 12-Dec 19	\$107.25	<a href="#">1633089</a>

### Ray Friel – 613-580-4765

6-9 years	Fri.	4-4:50 pm
Sep 16-Oct 28	\$38.25	<a href="#">1633880</a>
Nov 4-Dec 16	\$44.75	<a href="#">1633881</a>
9-12 years	Fri.	5-5:50 pm
Sep 16-Oct 28	\$38.25	<a href="#">1633882</a>
Nov 4-Dec 16	\$44.75	<a href="#">1633883</a>

# Sports

## 4 on 4 – Goalie

Develop and improve your goalie skills with limited whistles and no face-offs or coaches. Full hockey equipment is mandatory.

### Minto-Barrhaven – 613-727-2683

6-8 years	Fri.	5-5:50 pm
Oct 7-Dec 9	\$63.75	<a href="#">1632085</a>
9-12 years	Fri.	6-6:50 pm
Oct 7-Dec 9	\$63.75	<a href="#">1632086</a>

### Ray Friel – 613-580-4765

6-9 years	Fri.	4-4:50 pm
Sep 16-Oct 28	\$38.25	<a href="#">1633884</a>
Nov 4-Dec 16	\$44.75	<a href="#">1633885</a>
9-12 years	Fri.	5-5:50 pm
Sep 16-Oct 21	\$38.25	<a href="#">1633886</a>
Nov 4-Dec 16	\$44.75	<a href="#">1633887</a>

## Development

Perform drills at top speeds to improve your weakness and increase your strengths. Concentrate on power skating technique, agility, acceleration, skating, start, stops, stick handling, passing and shooting. Full Hockey Equipment is mandatory.

### Ray Friel – 613-580-4765

6-9 years	Mon.	4-4:45 pm
Sep 12-Oct 31	\$130	<a href="#">1633875</a>
Nov 7-Dec 19	\$130	<a href="#">1633876</a>

## Powerskating

Participants will work through specialized drills focusing on speed, agility and skating techniques. This is not a learn to skate program (participants must be able to skate forwards, backwards, and stop on their own). Full equipment is mandatory and sticks are used on the ice. Ringette players are welcome.

### Bell Centennial Arena - ryan.sarazin@ottawa.ca

6-12 years	Sun.	noon-12:50 pm
Oct 16-Dec 11	\$185.50	<a href="#">1635003</a>

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

6-9 years	Tue.	7-8:20 pm
Sep 6-Oct 18	\$231	<a href="#">1634291</a>
8-12 years	Tue.	7:30-8:50 pm
Sep 6-Oct 18	\$231	<a href="#">1634292</a>

### McNabb – ryan.sarazin@ottawa.ca

6-12 years	Thu.	7-7:50 pm
Oct 13-Dec 8	\$185.50	<a href="#">1635500</a>

### Minto-Barrhaven – 613-727-2683

6-12 years	Tue.	6-6:50 pm
Sep 27-Dec 6	\$226.75	<a href="#">1631820</a>
6-12 years	Fri.	4-4:50 pm
Oct 7-Dec 9	\$206.25	<a href="#">1632076</a>

## Powerskating – Level 2

Develop better balance, power, agility, speed, endurance, and overall skating technique. This is not a learn to skate program. Participants must be able to skate forwards, backwards, stop, pivot, and crossover. Full equipment is mandatory, and sticks are used on the ice. Ringette players are welcome.

### Bell Centennial Arena – ryan.sarazin@ottawa.ca

8-12 years	Sun.	1-1:50 pm
Oct 16-Dec 11	\$185.50	<a href="#">1635004</a>

### McNabb – ryan.sarazin@ottawa.ca

8-12 years	Thu.	8-8:50 pm
Oct 13-Dec 8	\$185.50	<a href="#">1635501</a>

### Minto-Barrhaven – 613-727-2683

6-12 years	Wed.	8-8:50 pm
Sep 28-Dec 7	\$226.75	<a href="#">1631954</a>

### Richcraft-Kanata – 613-580-9696

6-7 years	Tue.	4:15-5 pm
Oct 18-Dec 20	\$57.50	<a href="#">1633477</a>
8-10 years	Tue.	5-6 pm
Oct 18-Dec 20	\$85.25	<a href="#">1633478</a>
11-14 years	Tue.	6-7 pm
Oct 18-Dec 20	\$85.25	<a href="#">1633479</a>

## Powerskating and Stick Handling

Balance, power, agility, speed and endurance. Must have basic, forward, and backward skating skills and be able to stop on command. Skills, techniques and conditioning drills taught emphasizing application to game situations.

### Ray Friel – 613-580-4765

9-12 years	Mon.	5-5:45 pm
Sep 12-Oct 31	\$130	<a href="#">1633877</a>
Nov 7-Dec 19	\$130	<a href="#">1633878</a>

## Martial arts

### Aikido Yoseikan

Self-defensive Japanese martial art. Learn discipline, confidence, respect and responsibility and how to fall safely. Includes throws, pins, groundwork as well as basic Aikido techniques.

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

5-8 years	Sun.	9-10 am
Sep 11-Dec 11	\$146	<a href="#">1632088</a>
5-8 years	Mon.	6-7 pm
Sep 12-Dec 12	\$146	<a href="#">1632081</a>
5-8 years	Fri.	6-7 pm
Sep 16-Dec 16	\$146	<a href="#">1632083</a>
9-14 years	Wed.	6-7:30 pm
Sep 14-Dec 16	\$455	<a href="#">1632121</a>
	Fri.	7-8 pm

### Judo

Developed from Jujitsu this is a safe martial art that instills self-discipline, self-respect and respect for others. Belt grading awarded on an individual basis.

### Munster School – 613-580-2400

6-14 years	Thu.	7:30-9 pm
Sep 15-Dec 15	\$40.25	<a href="#">1632015</a>
6-14 years	Sat.	10 am-noon
Sep 17-Dec 17	\$50	<a href="#">1632022</a>

# Sports

## 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.

### Eva James – 613-580-2442

6-14 years	Wed.	5:30-6:30 pm
Sep 28-Dec 14	\$134.75	<a href="#">1629414</a>

### Greenboro – 613-580-2805

6-12 years	Sun.	1-2 pm
Sep 18-Dec 4	\$134.75	<a href="#">1630271</a>
6-12 years	Sun.	2:15-3:15 pm
Sep 18-Dec 4	\$134.75	<a href="#">1630272</a>

### Heron – 613-247-4808

6-14 years	Sat.	11:15 am-12:15 pm
Sep 24-Nov 26	\$112.50	<a href="#">1631501</a>

### Nepean Sportsplex – 613-580-2828

6-12 years	Sat.	10:10-11:15 am
Sep 24-Dec 3	\$112.50	<a href="#">1633850</a>
6-12 years	Sat.	9-10 am
Sep 24-Dec 3	\$112.50	<a href="#">1633849</a>

### Queenswood Heights – 613-824-0633

10-14 years	Mon.	6:15-7:45 pm
Sep 12-Dec 12	\$219	<a href="#">1634032</a>
10-14 years	Wed.	6:15-7:45 pm
Sep 14-Dec 14	\$236	<a href="#">1634033</a>
7-9 years	Mon.	6:15-7:15 pm
Sep 12-Dec 12	\$146	<a href="#">1634030</a>
7-9 years	Wed.	6:15-7:15 pm
Sep 14-Dec 14	\$157.25	<a href="#">1634031</a>

### Sandy Hill – 613-564-1062

6-12 years	Thu.	6-7 pm
Sep 15-Dec 15	\$157.25	<a href="#">1631935</a>
6-12 years	Thu.	7-8 pm
Sep 15-Dec 15	\$157.25	<a href="#">1631936</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.

### South Fallingbrook – 613-824-0633

5-14 years	Tue., Thu.	6:30-7:30 pm
Sep 20-Dec 8	\$269	<a href="#">1624047</a>

### St-Laurent Complex – 613-742-6767

6-14 years	Tue.	6-7 pm
Sep 20-Dec 6	\$134.75	<a href="#">1626369</a>

## Karate Goju Ryu – Level 2

Traditional non-competitive hard/soft style. Basic techniques are taught where more complexity is added as the student progresses, fostering growth, self-discipline and respect, increasing self-confidence and coordination.

### South Fallingbrook – 613-824-0633

5-14 years	Tue., Thu.	7:30-8:30 pm
Sep 20-Dec 8	\$269	<a href="#">1634048</a>

### St-Laurent Complex – 613-742-6767

6-14 years	Tue.	7-8 pm
Sep 20-Dec 6	\$134.75	<a href="#">1626379</a>

## Karate Goju Ryu – Level 3

Traditional non-competitive hard/soft style. Basic techniques are taught where more complexity is added as the student progresses, fostering growth, self-discipline, and respect, increasing self-confidence and coordination.

### St-Laurent Complex – 613-742-6767

6-14 years	Tue.	8-9 pm
Sep 20-Dec 6	\$134.75	<a href="#">1626388</a>

## Karate Shotokan – Beginner

Improve physical fitness, increase concentration, and build self-confidence. Progress is based on commitment, self-discipline, and skill developed through repetition.

### Plant – 613-232-3000

6-14 years	Tue., Thu.	5-6 pm
Sep 13-Dec 8	\$292	<a href="#">1629278</a>

## Karate Shotokan – Intermediate/Advanced

Improve physical fitness, increase concentration, and build self-confidence. Progress is based on commitment, self-discipline, and skill developed through repetition.

### Plant – 613-232-3000

6-14 years	Tue., Thu.	6-7 pm
Sep 13-Dec 8	\$292	<a href="#">1629280</a>

## 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

7-14 years	Sun.	3:30-5:30 pm
Sep 18-Dec 11	\$269.50	<a href="#">1631245</a>



# Sports

## Taekwondo

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

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

6-14 years	Fri.	6:30-7:30 pm
Sep 16-Dec 16	\$146	<a href="#">1631839</a>

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

5-10 years	Mon.	5:15-6 pm
Sep 12-Dec 12	\$109.50	<a href="#">1631680</a>
5-10 years	Mon.	6:15-7 pm
Sep 12-Dec 12	\$109.50	<a href="#">1631682</a>
5-10 years	Wed.	5:15-6 pm
Sep 14-Dec 14	\$118	<a href="#">1631688</a>
5-10 years	Wed.	6:15-7 pm
Sep 14-Dec 14	\$118	<a href="#">1631689</a>
5-10 years	Thu.	5:15-6 pm
Sep 15-Dec 15	\$109.50	<a href="#">1631692</a>
5-10 years	Thu.	6:15-7 pm
Sep 15-Dec 8	\$118	<a href="#">1631694</a>
6-14 years	Wed.	6-7 pm
Sep 14-Dec 14	\$157.25	<a href="#">1627154</a>

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

6-14 years	Tue., Thu.	6:15-7:15 pm
Sep 20-Dec 8	\$269.50	<a href="#">1630643</a>

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

6-14 years	Tue., Thu.	6:30-7:30 pm
Sep 13-Dec 1	\$269.50	<a href="#">1629244</a>
6-14 years	Tue., Thu.	7:30-8:30 pm
Sep 13-Dec 1	\$269.50	<a href="#">1629245</a>

### Richcraft-Kanata – 613-580-9696

5-8 years	Wed.	6-7 pm
Oct 5-Dec 21	\$134.75	<a href="#">1626054</a>
5-8 years	Sat.	noon-1 pm
Oct 1-Dec 17	\$123.75	<a href="#">1626057</a>
8-14 years	Wed.	7-8 pm
Oct 5-Dec 21	\$134.75	<a href="#">1626055</a>
8-14 years	Wed.	8-9 pm
Oct 5-Dec 21	\$134.75	<a href="#">1626056</a>
8-14 years	Sat.	1-2 pm
Oct 1-Dec 17	\$123.75	<a href="#">1626058</a>
8-14 years	Sat.	2-3 pm
Oct 1-Dec 17	\$123.75	<a href="#">1626059</a>
8-14 years	Sat.	3-4 pm
Oct 1-Dec 17	\$123.75	<a href="#">1626060</a>
8-14 years	Sat.	4-5 pm
Oct 1-Dec 17	\$123.75	<a href="#">1626061</a>

## Taekwondo – Girls

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

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

8-14 years	Tue.	6-7 pm
Sep 13-Dec 13	\$157.25	<a href="#">1627158</a>

## Taekwondo – Level 2

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

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

6-14 years	Fri.	7:30-8:30 pm
Sep 16-Dec 16	\$146	<a href="#">1631866</a>

## Soccer

### Soccer

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

### Bridlewood School – 613-580-2442

8-12 years	Thu.	5:45-6:45 pm
Oct 6-Dec 15	\$93.75	<a href="#">1629418</a>

### Carleton Heights School – 613-580-2424 ext. 30235

6-9 years	Wed.	6-7 pm
Sep 28-Nov 30	\$85.25	<a href="#">1631711</a>

### Frederick Banting – 613-580-2400

7-12 years	Thu.	7-8 pm
Sep 22-Dec 8	\$102.25	<a href="#">1632084</a>

### Glen Cairn – 613-580-2570

5-7 years	Wed.	6:30-7:15 pm
Sep 28-Nov 30	\$64	<a href="#">1632108</a>

### Heron – 613-247-4808

6-8 years	Tue.	5:30-6:30 pm
Sep 27-Nov 29	\$85.25	<a href="#">1631509</a>
9-12 years	Tue.	6:30-7:30 pm
Sep 27-Nov 29	\$85.25	<a href="#">1632673</a>

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

6-8 years	Sun.	9:45-10:30 am
Sep 25-Dec 11	\$70.25	<a href="#">1630592</a>
9-12 years	Sun.	10:30-11:30 am
Sep 25-Dec 11	\$93.75	<a href="#">1630597</a>

### Kanata Recreation – 613-580-2570

5-7 years	Sun.	2:20-3:10 pm
Oct 2-Dec 4	\$64	<a href="#">1631159</a>
5-7 years	Sun.	3:20-4:10 pm
Oct 2-Dec 4	\$64	<a href="#">1631163</a>

### McNabb – 613-564-1070

5-7 years	Sun.	noon-1 pm
Sep 11-Dec 18	\$119.25	<a href="#">1631287</a>

### Minto-Barrhaven – 613-727-2683

6-8 years	Tue.	5:15-6:15 pm
Oct 4-Dec 6	\$85.25	<a href="#">1630921</a>

# Sports

9-12 years Tue. 6:15-7:15 pm  
 Oct 4-Dec 6 \$85.25 [1630923](#)

## Nepean Sportsplex – 613-580-2828

6-8 years Mon. 6-6:50 pm  
 Sep 19-Dec 12 \$78 [1632094](#)

9-12 years Mon. 6-6:50 pm  
 Sep 19-Dec 12 \$78 [1632097](#)

## Pat Clark – 613-748-1771

6-8 years Mon. 7-7:50 pm  
 Sep 19-Dec 5 \$78 [1627138](#)

## Pinecrest Park – 613-580-9676

6-8 years Sun. 10:45-11:45 am  
 Sep 11-Oct 2 \$34.25 [1633802](#)

## Ray Friel Park – 613-580-4765

6-8 years Mon. 5-6 pm  
 Sep 12-Oct 31 \$59.75 [1634108](#)

## Sandy Hill – 613-564-1062

6-12 years Fri. 6-7 pm  
 Sep 16-Dec 16 \$102.25 [1631772](#)

## South Fallingbrook – 613-824-0633

10-12 years Mon. 8-9 pm  
 Sep 12-Dec 12 \$102.25 [1627518](#)

10-12 years Sat. 1-2 pm  
 Sep 10-Dec 3 \$102.25 [1627521](#)

5-7 years Mon. 6-7 pm  
 Sep 12-Dec 12 \$102.25 [1627523](#)

5-7 years Sat. 11 am-noon  
 Sep 10-Dec 3 \$102.25 [1627515](#)

7-9 years Mon. 7-8 pm  
 Sep 12-Dec 12 \$102.25 [1627525](#)

7-9 years Sat. noon-1 pm  
 Sep 10-Dec 3 \$102.25 [1627516](#)

## Walter Baker – 613-580-2788

6-7 years Sun. 1:15-2:15 pm  
 Sep 25-Nov 20 \$68.25 [1631008](#)

8-9 years Sun. 2:30-3:30 pm  
 Sep 25-Nov 20 \$68.25 [1631011](#)

## Game Play

Emphasis is on active participation and fun.  
 Non-instructional game play.

## Greenboro – 613-580-2805

5-8 years Tue. 5:45-6:45 pm

Sep 20-Dec 13 \$54.75 [1634346](#)

9-11 years Tue. 7-8 pm

Sep 20-Dec 13 \$54.75 [1634347](#)

## Tennis

### Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport and play lots of games.

#### Klondike Road Park

10-14 years Sun. 2-3 pm

Sep 11-Oct 2 \$56.75 [1629744](#)

#### Mooney's Bay Park – 613-580-2424

10-14 years Tue. 6-7 pm

Sep 6-Oct 4 \$71 [1629717](#)

10-14 years Wed. 6-7 pm

Sep 7-Oct 5 \$71 [1630490](#)

10-14 years Thu. 6-7 pm

Sep 8-Oct 6 \$71 [1629724](#)

#### Pinecrest Park – 613-580-2400

10-14 years Sun. 10:30-11:30 am

Sep 11-Oct 2 \$56.75 [1629736](#)

#### South Fallingbrook – 613-824-0633

5-7 years Sun. 11-11:45 am

Sep 18-Dec 11 \$127.75 [1634316](#)

8-12 years Sun. noon-1 pm

Sep 18-Dec 11 \$170.25 [1634317](#)

## Progressive Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport and play lots of games.

#### Klondike Road Park

6-9 years Sun. 1-2 pm

Sep 11-Oct 2 \$56.75 [1629784](#)

#### Mooney's Bay Park – 613-580-2424

6-9 years Tue. 5-6 pm

Sep 6-Oct 4 \$71 [1629763](#)

6-9 years Wed. 5-6 pm

Sep 7-Oct 5 \$71 [1629769](#)

6-9 years Thu. 5-6 pm

Sep 8-Oct 6 \$71 [1629774](#)

#### Pinecrest Park – 613-580-2400

6-9 years Sun. 9:30-10:30 am

Sep 11-Oct 2 \$56.75 [1629781](#)

## Volleyball

### Volleyball

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

#### Canterbury – 613-247-4865

13-14 years Sat. 2-3 pm

Sep 24-Dec 17 \$102.25 [1632124](#)

8-12 years Sat. 1-1:45 pm

Sep 24-Dec 17 \$76.75 [1632122](#)

#### Eva James – 613-580-2442

11-14 years Sun. 2:30-3:30 pm

Sep 25-Dec 11 \$93.75 [1633254](#)

#### François Dupuis – 613-580-8080

10-11 years Sun. 9:30-10:25 am

Sep 11-Dec 18 \$101.50 [1632953](#)

12-14 years Sun. 10:30-11:25 am

Sep 11-Dec 18 \$101.50 [1632956](#)

8-9 years Sun. 8:30-9:25 am

Sep 11-Dec 18 \$101.50 [1632946](#)

# Sports

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## **Greenboro – 613-580-2805**

8-14 years	Thu.	6-7 pm
Sep 22-Dec 8	\$102.25	<a href="#">1634354</a>

## **Minto-Barrhaven – 613-727-2683**

9-14 years	Mon.	6-7 pm
Sep 12-Dec 5	\$76.75	<a href="#">1629880</a>

## **Nepean Sportsplex – 613-580-2828**

12-14 years	Thu.	5-5:50 pm
Sep 22-Dec 8	\$85.25	<a href="#">1633831</a>

9-11 years	Thu.	5-5:50 pm
Sep 22-Dec 8	\$85.25	<a href="#">1633830</a>

## **Rideauview – 613-822-7887**

12-14 years	Mon.	7-8 pm
Oct 17-Dec 5	\$68.25	<a href="#">1633389</a>

8-11 years	Mon.	6-7 pm
Oct 17-Dec 5	\$68.25	<a href="#">1633383</a>

## **Volleyball – Girls**

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

## **Alta Vista School – 613-580-2854**

12-14 years	Tue.	7:30-8:30 pm
Oct 11-Nov 29	\$68.25	<a href="#">1629342</a>

## **Youth Club (Drop-In)**

Everybody welcome! Make new friends while playing recreational volleyball. Emphasis is on active participation and fun.

## **Sandy Hill – 613-564-1062**

12-14 years	Fri.	6-8 pm
Sep 23	\$3.50	<a href="#">1632091</a>
Oct 28	\$3.50	<a href="#">1632093</a>
Nov 25	\$3.50	<a href="#">1632095</a>
Dec 16	\$3.50	<a href="#">1632096</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.

## Card Club

Enjoy playing popular card games while meeting new friends.

### Canterbury – 613-247-4865

9-12 years	Mon.	6-7 pm
Sep 26-Dec 19	\$88.75	<a href="#">1633679</a>

### Ray Friel – 613-580-4765

6-12 years	Wed.	7-8 pm
Sep 21-Dec 7	\$88.75	<a href="#">1634137</a>

## Chess Club

Enjoy playing chess practicing your skills while meeting new friends.

### Kanata Recreation – 613-580-2570

6-12 years	Sat.	1-2:30 pm
Oct 1-Dec 3	\$99.75	<a href="#">1627526</a>

6-12 years	Sat.	2:30-4 pm
Oct 1-Dec 3	\$99.75	<a href="#">1627528</a>

### Plant – 613-232-3000

10-14 years	Tue.	6:30-7:30 pm
Sep 13-Dec 6	\$96.25	<a href="#">1629295</a>

7-9 years	Tue.	5:30-6:30 pm
Sep 13-Dec 6	\$96.25	<a href="#">1629293</a>

### Ray Friel – 613-580-4765

6-12 years	Wed.	5-6 pm
Sep 21-Dec 7	\$88.75	<a href="#">1634136</a>

### St-Laurent Complex – 613-742-6767

6-13 years	Thu.	6:15-7:15 pm
Sep 15-Dec 15	\$103.50	<a href="#">1626465</a>

## Cupcake Decorating Workshop

Learn to decorate stunning cupcakes for your family and friends., including how to tint your icing, use a piping bag and create thematic designs. Participants are required to bring a dozen premade cupcakes.

### St-Laurent Complex – 613-742-6767

8-13 years	Sat.	1-3 pm
Nov 19	\$34	<a href="#">1626492</a>
Dec 10	\$34	<a href="#">1626493</a>

## Dinner and a Movie

Join us for an evening filled with delicious cuisine as we sit back and enjoy a night among the 'stars'.

### Greenboro – 613-580-2805

6-8 years	Fri.	6:15-8:45 pm
Sep 23-Dec 16	\$159.50	<a href="#">1634376</a>

## Fairy Garden Tea Party

Get dressed up and join the fairies in the garden for yummy treats, awesome crafts and fun activities!

### St-Laurent Complex – 613-742-6767

4-7 years	Sun.	1-4 pm
Nov 6	\$12.75	<a href="#">1626501</a>

## Fairy Gardening

Help care for the fairy garden! Plant seeds, take care of the plants, harvest the crops and craft fairy accessories to make a beautiful fairy home.

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

6-10 years	Sat.	9:30-10:30 am
Oct 15-Nov 19	\$21.25	<a href="#">1633971</a>

6-10 years	Sat.	11 am-noon
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Oct 15-Nov 19	\$21.25	<a href="#">1633982</a>
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## Gingerbread House Building

Join us to make a special holiday project.

### Ray Friel – 613-580-4765

4-12 years	Sun.	9-10 am
Dec 4	\$36	<a href="#">1634139</a>

### Sandy Hill – 613-564-1062

6-12 years	Sat.	10-11 am
Dec 17	\$36	<a href="#">1632053</a>

## Imagination Hour

Flex your creative muscles. Explore different materials and techniques to bring your creations to life. Use paint or collage materials, create sculptures, or use science, technology and more to express what your imagination sees.

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

6-10 years	Sun.	1-2 pm
Oct 23	\$8	<a href="#">1634095</a>

6-10 years	Thu.	6-7 pm
Nov 24	\$8	<a href="#">1634014</a>

## Junior Vendors

Young entrepreneurs will be empowered to review advertising, safety guidelines and money management. Learn to make lemonade and other drinks, recipes and crafts to sell.

### St-Laurent Complex – 613-742-6767

8-13 years	Sun.	1-4 pm
Nov 27	\$32	<a href="#">1626502</a>

## Kaleidoscope

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

### Greenboro – 613-580-2805

6-13 years	Mon.	1-2:30 pm
Sep 19-Oct 31	\$57.50	<a href="#">1634165</a>

Nov 7-Dec 5	\$48	<a href="#">1634166</a>
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# General interest

## Kids Club

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

### Alfred Taylor – 613-580-2424 ext. 30235

6-10 years	Thu.	4-5 pm
Sep 22-Oct 27	\$25.50	<a href="#">1632976</a>
Nov 3-Dec 8	\$25.50	<a href="#">1632985</a>

## Kitchen Adventures – With parent

Learn the basics of food preparation, cooking and baking techniques as well as healthy eating. Learn to create and enjoy good food.

### Heron – 613-247-4808

5-8 years	Sat.	10-11 am
Oct 15-Dec 3	\$85	<a href="#">1633002</a>
8-12 years	Sat.	11 am-noon
Oct 15-Dec 3	\$85	<a href="#">1633009</a>

## Kitchen Adventures

Learn the basics of food preparation, cooking and baking techniques as well as healthy eating. Learn to create and enjoy good food.

### Alfred Taylor – 613-580-2424 ext. 30235

8-10 years	Thu.	6-7 pm
Nov 3-Dec 8	\$63.75	<a href="#">1632059</a>

### Greely – 613-580-2424 ext. 30235

9-12 years	Thu.	6-7 pm
Sep 22-Oct 27	\$63.75	<a href="#">1632042</a>
Nov 3-Dec 8	\$63.75	<a href="#">1632043</a>

### Greenboro – 613-580-2805

8-12 years	Mon.	6-7 pm
Sep 19-Dec 5	\$106.25	<a href="#">1634167</a>

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

9-12 years	Thu.	6-7 pm
Sep 22-Oct 27	\$63.75	<a href="#">1632037</a>
Nov 3-Dec 8	\$63.75	<a href="#">1632040</a>

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

8-10 years	Wed.	6-7 pm
Nov 2-Dec 7	\$63.75	<a href="#">1632057</a>

### Osgoode – 613-325-2424 ext. 30235

8-10 years	Mon.	6-7 pm
Nov 7-Dec 12	\$63.75	<a href="#">1632052</a>

## Kitchen Adventures – Baking

Learn basic baking techniques to create and enjoy baked goods.

### Alfred Taylor – 613-580-2424 ext. 30235

8-10 years	Thu.	6-7 pm
Sep 22-Oct 27	\$63.75	<a href="#">1632019</a>

### Greely – 613-580-2424 ext. 30235

8-10 years	Tue.	6-7 pm
Sep 20-Oct 25	\$63.75	<a href="#">1632005</a>
Nov 1-Dec 6	\$63.75	<a href="#">1632006</a>

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

8-10 years	Tue.	6-7 pm
Sep 20-Oct 25	\$63.75	<a href="#">1631998</a>
Nov 1-Dec 6	\$63.75	<a href="#">1632001</a>

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

8-10 years	Wed.	6-7 pm
Sep 21-Oct 26	\$63.75	<a href="#">1632011</a>

### Osgoode – 613-580-2424 ext. 30235

8-10 years	Mon.	6-7 pm
Sep 19-Oct 17	\$42.50	<a href="#">1632020</a>

## Home Alone

Be safe while home alone. Learn how to handle callers at the door and on the phone as well as when and how to call emergency numbers. Some courses are offered by the Ottawa Safety Council.

### Pinecrest – 613-580-9676

9-12 years	Mon.	6-8 pm
Sep 19-26	\$85.25	<a href="#">1633814</a>

### South Fallingbrook – 613-824-0633

9-13 years	Sat.	9 am-noon
Sep 24	\$64	<a href="#">1628856</a>
Nov 12	\$64	<a href="#">1628857</a>

## Magic Club

Embark on a journey to become a magician! Learn the fundamentals of this mysterious art. Dazzle your friends and family with magic tricks.

### Sandy Hill – 613-564-1062

6-12 years	Thu.	5:30-6:30 pm
Sep 15-Dec 15	\$156.25	<a href="#">1632178</a>

## Muck and Mess

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

### Alfred Taylor – 613-580-2424 ext. 30235

6-9 years	Thu.	5-6 pm
Nov 3-Dec 8	\$38.25	<a href="#">1631342</a>

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

5-7 years	Sun.	11 am-noon
Sep 18-Dec 11	\$76.50	<a href="#">1633065</a>

### Greely – 613-580-2424 ext. 30235

6-9 years	Tue.	5-6 pm
Sep 20-Oct 25	\$38.25	<a href="#">1631339</a>

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

6-12 years	Thu.	6:30-7:30 pm
Sep 15-Oct 27	\$44.75	<a href="#">1630771</a>
Nov 3-Dec 15	\$44.75	<a href="#">1630772</a>

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

6-9 years	Tue.	5-6 pm
Nov 1-Dec 6	\$38.25	<a href="#">1631337</a>

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

6-9 years	Wed.	5-6 pm
Nov 2-Dec 7	\$38.25	<a href="#">1631343</a>

### Osgoode – 613-580-2424 ext. 30235

6-9 years	Mon.	5-6 pm
Sep 19-Oct 17	\$25.50	<a href="#">1631344</a>

### Pat Clark – 613-748-1771

5-7 years	Sat.	1-2 pm
Sep 10-Nov 19	\$57.50	<a href="#">1633566</a>
7-9 years	Sat.	2:15-3:15 pm
Sep 10-Nov 19	\$57.50	<a href="#">1633568</a>

### Pinecrest – 613-580-9676

6-8 years	Sat.	11 am-noon
Oct 15-Dec 10	\$57.50	<a href="#">1633819</a>

**Ray Friel – 613-580-4765**

6-8 years	Sun.	11 am-noon
Sep 11-Oct 23	\$44.75	<a href="#">1634153</a>
Nov 6-Dec 18	\$44.75	<a href="#">1634154</a>

**St-Laurent Complex – 613-742-6767**

5-7 years	Sun.	10-11 am
Sep 18-Dec 18	\$76.50	<a href="#">1626495</a>

**Nerf® Tag**

Engage in various Nerf Tag battles and cooperative games like Capture the Flag, Target Challenges and Nerf Castles, for fun and fair play.

**Canterbury – 613-247-4865**

13-14 years	Fri.	7:15-8:15 pm
Sep 23-Dec 9	\$76.50	<a href="#">1634341</a>
8-12 years	Fri.	6-7 pm
Sep 23-Dec 9	\$76.50	<a href="#">1633681</a>

**François Dupuis – 613-580-8080**

7-11 years	Thu.	5:15-6:15 pm
Sep 22-Dec 15	\$83	<a href="#">1632734</a>

**Greenboro – 613-580-2805**

8-12 years	Sat.	11:15 am-12:15 pm
Sep 24-Dec 10	\$70.25	<a href="#">1632150</a>

**Ray Friel – 613-580-4765**

6-10 years	Thu.	7-8 pm
Sep 15-Oct 27	\$44.75	<a href="#">1634149</a>
Nov 3-Dec 15	\$44.75	<a href="#">1634150</a>

**Richelieu-Vanier – 613-560-6030**

6-12 years	Sat.	9:30-10:30 am
Sep 17-Oct 22	\$32	<a href="#">1632542</a>
Nov 5-Dec 17	\$44.75	<a href="#">1632549</a>
6-8 years	Tue.	5-6 pm
Sep 13-Oct 25	\$44.75	<a href="#">1632529</a>
Nov 1-Dec 13	\$44.75	<a href="#">1632533</a>
9-12 years	Tue.	6-7 pm
Sep 13-Oct 25	\$44.75	<a href="#">1632531</a>
Nov 1-Dec 13	\$44.75	<a href="#">1632539</a>

**Rideauview – 613-822-7887**

11-14 years	Sat.	7:30-8:30 pm
Oct 22-Dec 10	\$51	<a href="#">1629715</a>
7-10 years	Sat.	5:30-6:30 pm
Oct 22-Dec 10	\$51	<a href="#">1629712</a>

**Youth Club (Drop-In)**

Everybody welcome! Make new friends while playing recreational volleyball. Emphasis is on active participation and fun.

**Sandy Hill – 613-564-1062**

12-14 years	Fri.	6-8 pm
Sep 23	\$3.50	<a href="#">1632091</a>
12-14 years	Fri.	6-8 pm
Oct 28	\$3.50	<a href="#">1632093</a>
12-14 years	Fri.	6-8 pm
Nov 25	\$3.50	<a href="#">1632095</a>
12-14 years	Fri.	6-8 pm
Dec 16	\$3.50	<a href="#">1632096</a>