



Fall
2022

Classes and
activities for

Families

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.

Families

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.

Badminton – Game Play

Emphasis is on active participation and fun. Parents and children/youth enjoy non-instructional game play. Each family member must register separately. Participation requires child/youth registrations along with at least one adult registration.

Bridlewood School – 613-580-2442

6-14 years	Fri.	6:30-7:30 pm
Oct 7-Dec 16	\$50.25	1630935
6-14 years	Fri.	7:30-8:30 pm
Oct 7-Dec 16	\$50.25	1630937
15-18 years	Fri.	6:30-7:30 pm
Oct 7-Dec 16	\$56.75	1630840
15-18 years	Fri.	7:30-8:30 pm
Oct 7-Dec 16	\$56.75	1630841
19+ years	Fri.	6:30-7:30 pm
Oct 7-Dec 16	\$56.75	1630807
19+ years	Fri.	7:30-8:30 pm
Oct 7-Dec 16	\$56.75	1630811

Eva James – 613-580-2442

6-14 years	Sun.	4-5 pm
Sep 25-Dec 11	\$50.25	1630850
6-14 years	Sun.	5-6 pm
Sep 25-Dec 11	\$50.25	1630928
15-18 years	Sun.	4-5 pm
Sep 25-Dec 11	\$56.75	1630828
15-18 years	Sun.	5-6 pm
Sep 25-Dec 11	\$56.75	1630833

19+ years	Sun.	4-5 pm
Sep 25-Dec 11	\$56.75	1630783
19+ years	Sun.	5-6 pm
Sep 25-Dec 11	\$56.75	1630799
Greenboro – 613-580-2805		
6-14 years	Sun.	3-4 pm
Sep 11-Dec 11	\$54.75	1630275
15-17 years	Sun.	3-4 pm
Sep 11-Dec 11	\$61.75	1630276
18+ years	Sun.	3-4 pm
Sep 11-Dec 11	\$61.75	1630277

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

18+ years	Fri.	8:30-9:30 pm
Sep 23-Dec 9	\$86.50	1634344

Rideauview – 613-822-7887

6-14 years	Sat.	6:30-7:30 pm
Oct 22-Dec 10	\$51	1629808
15 years+	Sat.	6:30-7:30 pm
Oct 22-Dec 10	\$57.75	1629732

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.

Earl Armstrong Arena – 613-746-7109

6-14 years	Wed.	7:15-8:15 pm
Sep 14-Dec 14	\$157.25	1627156
15-17 years	Wed.	7:15-8:15 pm
Sep 14-Dec 14	\$177.75	1627157
18-99 years	Wed.	7:15-8:15 pm
Sep 14-Dec 14	\$177.75	1627155

Hunt Club-Riverside – 613-580-2990

6-14 years	Tue., Thu.	7:15-8:15 pm
Sep 20-Dec 8	\$269.50	1630652
15-17 years	Tue., Thu.	7:15-8:15 pm
Sep 20-Dec 8	\$304.75	1630660
18-99 years	Tue., Thu.	7:15-8:15 pm
Sep 20-Dec 8	\$304.75	1630670

Volleyball – Girls – With parent

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

Alta Vista School – 613-580-2854

7-12 years	Tue.	6:30-7:30 pm
Oct 11-Nov 29	\$68.25	1629333
18+ years	Tue.	6:30-7:30 pm
Oct 11-Nov 29	\$77	1629338

Zumba®

Inspired by Latin and International dance, this is a great cardio fitness class with focus on fun and sweating. You'll be blasting calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop without even thinking about it!

Walter Baker – 613-580-2788

13-14 years	Tue.	7-8 pm
Sep 20-Nov 15	\$68	1631325

Walter Baker – 613-580-2788

15-17 years	Tue.	7-8 pm
Sep 20-Nov 15	\$76.75	1631319

Walter Baker – 613-580-2788

18+ years	Tue.	7-8 pm
Sep 20-Nov 15	\$82.75	1631312