



Fall
2022

Classes and
activities for

Preschool

(1 month to 6 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.

Dance

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.

Ballet – Level 1

Introduce your little one to the world of creative movement. Simple exercises are structured to develop balance and coordination, while preschoolers learn the different movements and ballet basics.

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Tue.	5:30-6 pm
Sep 20-Dec 6	\$60.75	1632156
3-5 years	Sat.	9-9:30 am
Sep 24-Dec 17	\$60.75	1632816

Eva James – 613-580-2442

3-5 years	Sat.	10:25-11:10 am
Sep 24-Dec 17	\$91	1629424
4-6 years	Sat.	11:15 am-noon
Sep 24-Dec 17	\$91	1629425

François Dupuis – 613-580-8080

4-5 years	Sun.	noon-12:40 pm
Sep 18-Dec 18	\$87.50	1633048
4-5 years	Sat.	11:10-11:50 am
Sep 17-Dec 17	\$87.50	1632867
4-5 years	Sat.	noon-12:40 pm
Sep 17-Dec 17	\$87.50	1632873
4-5 years	Sat.	12:50-1:30 pm
Sep 17-Dec 17	\$87.50	1632882

Heron – 613-247-4808

3-5 years	Wed.	5-5:45 pm
Sep 28-Dec 7	\$83.25	1631502

Hunt Club-Riverside – 613-580-2990

3-4 years	Sat.	9-9:45 am
Sep 24-Dec 10	\$83.25	1630787
4-5 years	Sat.	9:50-10:35 am
Sep 24-Dec 10	\$83.25	1630791

McNabb – 613-564-1070

18 months-5 years	Fri.	4:30-5:30 pm
Sep 9-Dec 9	\$131.25	1631270
18 months-5 years	Sat.	11 am-noon
Sep 10-Dec 10	\$131.25	1631272

Nepean Sportsplex – 613-580-2828

3-5 years	Sat.	10:45-11:15 am
Sep 24-Dec 3	\$50.50	1633836

Pat Clark – 613-748-1771

3-5 years	Mon.	5:30-6:15 pm
Sep 12-Nov 28	\$83.25	1627016

Pinecrest – 613-580-9676

3-5 years	Sun.	9:30-10 am
Oct 16-Dec 11	\$45.50	1633809

Plant – 613-232-3000

4-6 years	Mon.	6:05-6:50 pm
Sep 12-Dec 5	\$91	1628780
4-6 years	Wed.	6:10-6:55 pm
Sep 14-Dec 7	\$98.50	1631047

Sandy Hill – 613-564-1062

3-5 years	Sat.	9-9:45 am
Sep 17-Dec 10	\$91	1631737

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

3-5 years	Wed.	5:30-6 pm
Sep 21-Dec 7	\$60.75	1632160

Eva James – 613-580-2442

3-5 years	Tue.	4-4:45 pm
Sep 27-Dec 13	\$91	1629407

François Dupuis – 613-580-8080

4-5 years	Sat.	1:40-2:20 pm
Sep 17-Dec 17	\$74	1632900

Nepean Sportsplex – 613-580-2828

3-5 years	Sun.-Mon.	9-9:30 am
Sep 25-Dec 5	\$50.50	1633840

Pat Clark – 613-748-1771

3-5 years	Sat.	10:45-11:30 am
Sep 10-Dec 3	\$83.25	1632815

St-Laurent Complex – 613-742-6767

3-5 years	Sun.	10:15-11 am
Sep 18-Dec 11	\$91	1626508

Walter Baker – 613-580-2788

3-4 years	Wed.	6-6:30 pm
Sep 21-Nov 16	\$45.50	1631226
4-5 years	Tue.	5:30-6 pm
Sep 20-Nov 15	\$45.50	1631213

Dance

Gotta Dance

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

Eva James – 613-580-2442

3-5 years	Mon.	5:35-6:20 pm
Sep 26-Dec 12	\$75.75	1629401
3-5 years	Tue.	4:50-5:35 pm
Sep 27-Dec 13	\$91	1629402

François Dupuis – 613-580-8080

4-5 years	Sun.	1:40-2:20 pm
Sep 18-Dec 18	\$87.50	1633063
4-5 years	Sun.	2:30-3:10 pm
Sep 18-Dec 18	\$87.50	1633067

Heron – 613-247-4808

3-4 years	Sat.	9:15-10 am
Sep 24-Nov 26	\$75.75	1632786

Hunt Club-Riverside – 613-580-2990

3-4 years	Sun.	9-9:45 am
Sep 25-Dec 11	\$83.25	1630806
3-4 years	Sun.	9:50-10:35 am
Sep 25-Dec 11	\$83.25	1630813

Kanata Recreation – 613-580-2570

3-5 years	Sun.	9-9:45 am
Oct 2-Dec 4	\$68.25	1631187
3-5 years	Sun.	10-10:45 am
Oct 2-Dec 4	\$68.25	1631192

Minto-Barrhaven – 613-727-2683

4-5 years	Sun.	9:30-10:15 am
Sep 25-Dec 4	\$75.75	1630875

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

3-5 years	Sun.	9:45-10:15 am
Sep 25-Dec 18	\$67.50	1632896
3-5 years	Thu.	5:30-6 pm
Sep 22-Dec 8	\$67.50	1632770

François Dupuis – 613-580-8080

4-5 years	Sat.	2:30-3:10 pm
Sep 17-Dec 17	\$97.50	1632911
4-5 years	Sun.	12:50-1:30 pm
Sep 18-Dec 18	\$97.50	1633075

Kanata Recreation – 613-580-2570

3-5 years	Sun.	11-11:45 am
Oct 2-Dec 4	\$76	1627506
3-5 years	Sun.	noon-12:45 pm
Oct 2-Dec 4	\$76	1627508

Minto-Barrhaven – 613-727-2683

4-5 years	Sat.	11:30 am-12:15 pm
Sep 24-Dec 3	\$84.25	1630893

Nepean Sportsplex – 613-580-2828

3-5 years	Sat.	9-9:30 am
Sep 24-Dec 3	\$56.25	1633833

Pat Clark – 613-748-1771

3-5 years	Wed.	5:30-6:15 pm
Sep 14-Nov 23	\$92.75	1627035

St-Laurent Complex – 613-742-6767

3-5 years	Sun.	9:30-10:15 am
Sep 18-Dec 11	\$101.25	1626504
4-5 years	Sun.	11:15 am-noon
Sep 18-Dec 11	\$101.25	1626506

Hip Hop – With parent

Parents join their little dancer for a good cardio workout to funky, upbeat tunes. Hip Hop is easy to learn in this energetic dance class.

Bob MacQuarrie-Orléans – 613-580-9600

18 months-4 years	Sun.	9-9:45 am
Sep 25-Dec 18	\$101.25	1632880

François Dupuis – 613-580-8080

18 months-3 years	Sun.	9:50-10:20 am
Sep 18-Dec 18	\$87.50	1633008
18 months-3 years	Sat.	9:50-10:20 am
Sep 17-Dec 17	\$87.50	1632842
18 months-3 years	Sat.	10:30-11 am
Sep 17-Dec 17	\$87.50	1632851

Minto-Barrhaven – 613-727-2683

18 months-3 years	Sun.	9-9:30 am
Sep 25-Nov 27	\$56.25	1629834

Jazz – Level 1

Music, movement, and the basics of jazz dance. Exercises are structured to develop strength, balance, flexibility, and coordination. Expand your creative scope and gain confidence.

Nepean Sportsplex – 613-580-2828

3-5 years	Sun.	9:45-10:15 am
Sep 25-Dec 4	\$50.50	1633843

Dance

Twinkling Toes

Through creative movement with basic ballet and jazz, develop grace and creativity while allowing your personality to flourish. Performance at the final class.

CardelRec (Goulbourn) – 613-580-2532

2 years Sun. 10-10:45 am
Sep 18-Dec 18 \$83 [1631112](#)

Carp Memorial Hall – 613-580-9696

3-5 years Sun. 9:40-10:10 am
Sep 18-Dec 11 \$51.25 [1631744](#)
3-5 years Sun. 10:20-10:50 am
Sep 18-Dec 11 \$51.25 [1631748](#)

Chapman Mills– 613-822-7887

5-7 years Fri. 6-7 pm
Oct 14-Dec 9 \$76.75 [1630082](#)

Eva James – 613-580-2442

3-5 years Sat. 9:35-10:20 am
Sep 24-Dec 17 \$76.75 [1629423](#)

Greenboro – 613-580-2805

3-5 years Tue. 5-5:45 pm
Sep 20-Dec 6 \$76.75 [1634171](#)
3-5 years Sat. 10:15-11:15 am
Sep 24-Dec 10 \$93.75 [1634366](#)

Heron – 613-247-4808

3-5 years Wed. 5-5:45 pm
Sep 28-Nov 30 \$64 [1632869](#)

Kanata Recreation – 613-580-2570

3-5 years Wed. 5:30-6 pm
Sep 28-Nov 30 \$42.75 [1627486](#)
3-5 years Wed. 6:15-6:45 pm
Sep 28-Nov 30 \$42.75 [1627488](#)
3-5 years Wed. 7-7:30 pm
Sep 28-Nov 30 \$42.75 [1627490](#)
3-5 years Sat. 11:15 am-noon
Oct 1-Dec 3 \$57.50 [1627491](#)

Minto-Barrhaven – 613-727-2683

3-5 years Sat. 11-11:30 am
Sep 24-Dec 3 \$42.75 [1630944](#)

Pinecrest – 613-580-9676

2-3 years Sun. 9-9:30 am
Oct 16-Dec 11 \$38.50 [1633804](#)
2-3 years Tue. 4:30-5 pm
Oct 11-Dec 13 \$42.75 [1633805](#)
4-5 years Tue. 5-5:30 pm
Oct 11-Dec 13 \$42.75 [1633807](#)

Plant – 613-232-3000

3-5 years Mon. 5:15-6 pm
Sep 12-Dec 5 \$76.75 [1628778](#)
3-5 years Wed. 5:20-6:05 pm
Sep 14-Dec 7 \$83 [1631040](#)

Richcraft-Kanata – 613-580-9696

4-5 years Thu. 4:30-5 pm
Oct 6-Dec 22 \$51.25 [1633546](#)

Richmond – 613-580-2424

2-3 years Wed. 4:30-5 pm
Sep 28-Dec 14 \$51.25 [1629572](#)
3-5 years Wed. 5:05-5:50 pm
Sep 28-Dec 14 \$76.75 [1629574](#)

Rideauview – 613-822-7887

3-5 years Sat. 9:45-10:30 am
Oct 22-Dec 10 \$51.25 [1629851](#)

St-Laurent Complex – 613-742-6767

2 years Sun. 8:45-9:30 am
Sep 18-Dec 11 \$76.75 [1626503](#)

Twinkling Toes – With parent

Join your little dancer to learn creative movement through basic ballet and jazz.

Carp Memorial Hall – 613-580-9696

2-4 years Sun. 9-9:30 am
Sep 18-Dec 11 \$51.25 [1631736](#)

Eva James – 613-580-2442

2-3 years Mon. 5-5:30 pm
Sep 26-Dec 12 \$42.75 [1629399](#)
2-3 years Sat. 9-9:30 am
Sep 24-Dec 17 \$51.25 [1629400](#)

François Dupuis – 613-580-8080

18 months-3 years Sat. 8:30-9 am
Sep 17-Dec 17 \$55.50 [1632804](#)
18 months-3 years Sat. 9:10-9:40 am
Sep 17-Dec 17 \$55.50 [1632812](#)
18 months-3 years Sun. 9:10-9:40 am
Sep 18-Dec 18 \$55.50 [1632989](#)
18 months-3 years Sun. 10:30-11 am
Sep 18-Dec 18 \$55.50 [1632993](#)

Kanata Recreation – 613-580-2570

2-4 years Sat. 9-9:30 am
Oct 1-Dec 3 \$38.50 [1627493](#)
2-4 years Sat. 9:45-10:15 am
Oct 1-Dec 3 \$38.50 [1627494](#)
2-4 years Sat. 10:30-11 am
Oct 1-Dec 3 \$38.50 [1627495](#)

Minto-Barrhaven – 613-727-2683

18 months-3 years Sat. 10:30-11 am
Sep 24-Dec 3 \$42.75 [1630934](#)

Rideauview – 613-822-7887

2-4 years Sat. 9:15-9:45 am
Oct 22-Dec 10 \$34.25 [1629841](#)

Music

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.

Music for Young Children® – Sunrise Program – Level 1

Sing, play, and learn! Quality music education blends the pleasure and joy of music making with sound instruction. Free for siblings under 22 months. Maximum two children per adult including sibling. Additional materials fee payable to instructor at first class.

Bob MacQuarrie-Orléans – 613-580-9600

2-5 years	Fri.	9:30-10:15 am
Oct 14-Dec 9	\$136.25	1632171

Chapman Mills – 613-822-7887

2-5 years	Mon.	9:30-10:15 am
Oct 17-Dec 12	\$136.25	1629644

Hunt Club-Riverside – 613-580-2990

2-5 years	Thu.	10-10:45 am
Sep 29-Dec 1	\$151.50	1630782
2-5 years	Sat.	9-9:45 am
Sep 24-Dec 3	\$151.50	1630779

Rideauview – 613-822-7887

2-5 years	Sat.	10:30-11:15 am
Sep 17-Nov 19	\$136.25	1629919

Music for Young Children® – Sunrise Program – Level 2

Children's music journey continues in this playful, pre-keyboard program with more songs, rhythm, and listening activities! Free for siblings under 22 months. Maximum two children per adult including sibling. Additional materials fee payable to instructor at first class. Recommended prerequisite: Sunrise One.

Bob MacQuarrie-Orléans – 613-580-9600

2-5 years	Fri.	10:30-11:15 am
Oct 14-Dec 9	\$136.25	1632177

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

Ball Hockey – With parent

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities. Parent and child participate together.

Rideauview – 613-822-7887

2-3 years	Sun.	10:30-11:15 am
Oct 23-Dec 11	\$51.25	1629953

Ball Hockey

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities.

Nepean Sportsplex – 613-580-2828

3-5 years	Sun.	2-2:50 pm
Sep 25-Dec 4	\$71	1633858

Rideauview – 613-822-7887

4-5 years	Sun.	11:15 am-noon
Oct 23-Dec 11	\$51.25	1630030

Basketball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities.

François Dupuis – 613-580-8080

4-5 years	Sat.	8:45-9:25 am
Sep 10-Dec 10	\$73.75	1632750

Glen Cairn – 613-580-2570

3-5 years	Sun.	9-9:50 am
Oct 2-Nov 27	\$64	1632148

Heron – 613-247-4808

3-5 years	Sat.	12:30-1:15 pm
Sep 24-Dec 3	\$64	1632571

Kanata Recreation – 613-580-2570

3-5 years	Sat.	9-9:50 am
Oct 1-Dec 3	\$64	1630931
3-5 years	Sat.	10-10:50 am
Oct 1-Dec 3	\$64	1630940
3-5 years	Sat.	11-11:50 am
Oct 1-Dec 3	\$64	1630946
3-5 years	Sat.	noon-12:50 pm
Oct 1-Dec 3	\$64	1630954

Richcraft-Kanata – 613-580-9696

4-6 years	Mon.	4:30-5 pm
Oct 3-Dec 19	\$42.75	1633446

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

4-6 years	Sat.	9-9:30 am
Sep 24-Dec 3	\$42.75	1631764

Multi Sport – With parent

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

Hunt Club-Riverside – 613-580-2990

3-5 years	Sat.	10:30-11:15 am
Sep 24-Dec 10	\$70.25	1630609

Multi-Sport

Emphasis is on participation and having fun while learning the fundamental movement skills. Try a variety of sport-based activities.

Nepean Sportsplex – 613-580-2828

4-5 years	Tue.	5-5:50 pm
Sep 20-Dec 6	\$85.25	1632107

Richelieu-Vanier Community Centre – 613-560-6030

3-5 years	Sun.	9:30-10:30 am
Sep 18-Oct 23	\$42.75	1632587
Nov 6-Dec 18	\$59.75	1632591

St-Laurent Complex – 613-742-6767

4-6 years	Sun.	9-10 am
Sep 18-Dec 18	\$102.25	1626497

T-Ball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities.

Pinecrest Park – 613-580-9676

4-5 years	Sun.	9-9:45 am
Sep 11-Oct 2	\$32	1633799

Ray Friel Park – 613-580-4765

4-6 years	Thu.	5-6 pm
Sep 15-Nov 3	\$85.25	1634138

Sportball® – Parent and Tot

In collaboration with Sportball. www.sportball.ca Parents and children are introduced to soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are non-competitive, focusing on success and confidence.

Fallingbrook School – 613-580-4765

2-3 years	Sat.	8:45-9:25 am
Oct 15-Dec 3	\$139.75	1633241
2-3 years	Sat.	9:30-10:10 am
Oct 15-Dec 3	\$139.75	1634397
4-5 years	Sat.	10:15-11:10 am
Oct 15-Dec 3	\$143.25	1633242

Tennis

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities.

Heron – 613-247-4808

4-6 years	Sat.	9:30-10:15 am
Sep 24-Dec 3	\$106.50	1631524
7-10 years	Sat.	10:15-11 am
Sep 24-Dec 3	\$106.50	1631526

Sports

Gymnastics

Gymnastics – With parent

Basic gymnastic skills are taught through the assistance of a coach, and you, the parent. Apparatus will include a minimum of four of the following: balance beam, Floor, mini-trampoline, bars, rings, uneven bars, vault.

Eva James – 613-580-2442

18 months-3 years	Sat.	9-9:45 am
Oct 15-Dec 17	\$79.75	1631017
18 months-3 years	Sat.	10:05-10:50 am
Oct 15-Dec 17	\$79.75	1631021

Pat Clark – 613-748-1771

18 months-3 years	Sun.	9-9:45 am
Sep 18-Nov 27	\$79.75	1627139
18 months-3 years	Tue.	6-6:45 pm
Sep 20-Nov 29	\$87.75	1627141

Gymnastics

Basic gymnastic skills are taught through the assistance of a coach on traditional equipment. Apparatus will/may include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, uneven bars, vault.

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Sun.	10:45-11:30 am
Sep 18-Dec 11	\$95.75	1631899

Eva James – 613-580-2442

4-5 years	Sat.	8:45-9:45 am
Oct 15-Dec 17	\$106.50	1631003
4-5 years	Sat.	9:50-10:50 am
Oct 15-Dec 17	\$106.50	1631009
4-5 years	Sat.	10:55-11:55 am
Oct 15-Dec 17	\$106.50	1631010

Minto-Barrhaven – 613-727-2683

4-5 years	Sun.	11 am-noon
Oct 2-Dec 11	\$106.50	1630025

Pat Clark – 613-748-1771

3-5 years	Sun.	10-10:45 am
Sep 18-Nov 27	\$79.75	1627142
3-5 years	Tue.	6-6:45 pm
Sep 20-Nov 29	\$87.75	1627144

Playgym

Play, climb, roll, crawl, and balance on our equipment with the assistance of mommy or daddy! Non instructional creative gym activity for children to have indoor playtime with their parents!

Sandy Hill – 613-564-1062

3-5 years	Sat.	11-11:45 am
Sep 17-Dec 10	\$65.75	1631816

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

3-5 years	Sun.	12:30-1:15 pm
Sep 18-Dec 11	\$95.75	1631912

Overbrook – 613-742-5147

3-5 years	Sat.	1:30-2:15 pm
Sep 10-Oct 29	\$56	1629257
Nov 5-Dec 17	\$56	1629260

Tumble – With Parent

Introduction to gymnastics in a safe environment. Explore jumping, tumbling, rolling, games and more!

South Fallingbrook – 613-824-0633

2-3 years	Sat.	9-9:30 am
Sep 17-Nov 26	\$53.25	1627736

Tumble

Learn basic recreational gymnastics skills as you are introduced to various gymnastics equipment.

South Fallingbrook – 613-824-0633

4-5 years	Sat.	9:45-10:30 am
Sep 17-Nov 26	\$79.75	1627739

St-Laurent Complex – 613-742-6767

2-4 years	Sat.	2:30-3:15 pm
Sep 17-Dec 17	\$95.75	1626478

Soccer

Soccer

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer-based activities.

Bridlewood School – 613-580-2442

4-5 years	Sun.	9:35-10:20 am
Sep 25-Dec 11	\$70.25	1629388

Glen Cairn – 613-580-2570

3-5 years	Wed.	5:30-6:15 pm
Sep 28-Nov 30	\$64	1632104

Heron – 613-247-4808

3-5 years	Tue.	4:45-5:30 pm
Sep 27-Nov 29	\$64	1632644

McNabb – 613-564-1070

3-4 years	Sun.	11 am-noon
Sep 11-Dec 18	\$119.25	1631282

Minto-Barrhaven – 613-727-2683

4-5 years	Tue.	4:30-5:15 pm
Oct 4-Dec 6	\$64	1630909

Nepean Sportsplex – 613-580-2828

4-5 years	Mon.	5-5:50 pm
Sep 19-Dec 5	\$78	1632080

Overbrook – 613-742-5147

3-5 years	Sat.	3:15-4 pm
Sep 10-Oct 29	\$44.75	1629264
Nov 5-Dec 17	\$44.75	1629265

Pat Clark – 613-748-1771

3-5 years	Mon.	6-6:50 pm
Sep 19-Dec 5	\$78	1627053

Pinecrest Park – 613-580-9676

4-5 years	Sun.	10-10:45 am
Sep 11-Oct 2	\$25.75	1633800

Ray Friel Park – 613-580-4765

4-5 years	Mon.	4-5 pm
Sep 12-Oct 31	\$59.75	1634119

Sandy Hill – 613-564-1062

3-5 years	Sat.	9-9:45 am
Sep 17-Dec 10	\$70.25	1631811

Sports

South Fallingbrook – 613-824-0633

3-4 years	Sat.	8-9 am
Sep 10-Dec 3	\$102.25	1627530
4-5 years	Sat.	9-10 am
Sep 10-Dec 3	\$102.25	1627533
5-6 years	Sat.	10-11 am
Sep 10-Dec 3	\$102.25	1627534

St-Laurent Complex – 613-742-6767

3-5 years	Sat.	8:30-9:15 am
Sep 17-Dec 17	\$76.75	1626472

Soccer – With parent

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer-based activities.

Bridlewood School – 613-580-2442

2-3 years	Sun.	9-9:30 am
Sep 25-Dec 11	\$47	1629386
2-3 years	Sun.	10:25-10:55 am
Sep 25-Dec 11	\$47	1629387

Hintonburg – 613-798-8874

3-5 years	Sat.	11:45 am-12:30 pm
Oct 15-Dec 3	\$51.25	1631850

Hunt Club-Riverside – 613-580-2990

3-5 years	Sun.	9-9:45 am
Sep 25-Dec 11	\$70.25	1630587

Kanata Recreation – 613-580-2570

3-5 years	Sun.	12:25-12:55 pm
Oct 2-Dec 4	\$38.50	1631119
3-5 years	Sun.	1-1:30 pm
Oct 2-Dec 4	\$38.50	1631139
3-5 years	Sun.	1:40-2:10 pm
Oct 2-Dec 4	\$38.50	1631143

Walter Baker – 613-580-2788

2-3 years	Sun.	11:15 am-noon
Sep 25-Nov 20	\$51.25	1630983
4-5 years	Sun.	12:15-1 pm
Sep 25-Nov 20	\$51.25	1630999

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.

Dinosaur Discovery!

Travel through time to explore the amazing and exciting world of dinosaurs! Dig for 'fossils', make RAWRsome crafts, and learn about new dinosaurs each week.

Canterbury – 613-247-4865

4-5 years	Sun.	1-1:45 pm
Sep 25-Dec 18	\$71.75	1632149

Rideauview – 613-822-7887

3-5 years	Sun.	9-10 am
Sep 11-Oct 2	\$32	1630062

St-Laurent Complex – 613-742-6767

4-7 years	Sun.	1-4 pm
Oct 2	\$24	1626500

Duffer Doo

A recreational preschool program for two- to five-year-olds. Designed to encourage play and enhance development with crafts, songs, games, and theme related activities. Children socialize with caring staff and peers in a fun environment.

Greenboro – 613-580-2805

3-5 years	Mon.	9:30-11:30 am
Sep 19-Oct 31	\$76.50	1630257
Nov 7-Dec 5	\$63.75	1630258
3-5 years	Wed.	9:30-11:30 am
Sep 21-Oct 26	\$76.50	1630259
Nov 2-Dec 7	\$76.50	1630260
3-5 years	Fri.	9:30-11:30 am
Sep 23-Nov 4	\$63.75	1630261
Nov 11-Dec 9	\$63.75	1630262

Richmond – 613-580-2424

2-3 years	Mon.	9:30-10:30 am
Sep 26-Nov 28	\$63.75	1632141
3-5 years	Mon.	9:15-11:15 am
Sep 26-Nov 28	\$127.50	1632144

Gingerbread House Building – With parent

Calling all parents! Join us to make a special project to take home with your child.

Sandy Hill – 613-564-1062

4-5 years	Sat.	10-11 am
Dec 17	\$36	1632062

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

3-5 years	Sun.	11:30 am-12:30 pm
Oct 23	\$8	1634010
3-5 years	Thu.	6-7 pm
Nov 10	\$8	1634009

Little Shakers and Music Makers

Does your child love to dance, listen to music and be creative? Includes creative movement, songs, games, instrument making and more!

St-Laurent Complex – 613-742-6767

6-18 months	Tue.	9-9:45 am
Sep 20-Dec 6	\$95.75	1626362

Loose Parts Playground – With parent

Loose parts are materials that encourage children to invent, create, construct, and experiment. Preschoolers and their caregivers will explore early science and engineering concepts through play and exploration using unique large-scale materials and equipment.

Lansdowne Park – 613-580-2424 ext. 17323

2-5 years	Tue.	10-11 am
Oct 11-Nov 8	\$28.50	1633888
Nov 15-Dec 6	\$28.50	1633892

Muck and Mess

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

Aquaview – 613-824-0633

18 months-4 years	Mon.	9-10 am
Sep 12-Dec 5	\$95.75	1628883
18 months-4 years	Fri.	9-10 am
Sep 16-Dec 2	\$95.75	1628885

Bob MacQuarrie-Orléans – 613-580-9600

2-4 years	Sun.	10-10:45 am
Sep 18-Dec 4	\$71.75	1633083

Hunt Club-Riverside – 613-580-2990

3-5 years	Thu.	5:30-6:15 pm
Sep 15-Oct 27	\$42	1630768
Nov 3-Dec 15	\$42	1630769

Pincrest – 613-580-9676

3-5 years	Sat.	10-10:45 am
Oct 15-Dec 10	\$54	1633816

Ray Friel – 613-580-4765

4-5 years	Sun.	10-11 am
Sep 11-Oct 30	\$56	1634151
Nov 6-Dec 18	\$56	1634152

St-Laurent Complex – 613-742-6767

2-4 years	Sun.	9-9:45 am
Sep 18-Dec 18	\$71.75	1626494

General interest

Muck and Mess – With parent

Get messy with your toddler. Various art projects using lots of imagination and materials.

Pinecrest – 613-580-9676

2-3 years	Sat.	9-9:45 am
Oct 15-Dec 10	\$54	1633815

Outdoor Muck and Mess – With parent

Get messy with your toddler. Various art projects using lots of imagination and materials.

Rideauview – 613-822-7887

3-5 years	Sun.	10-11 am
Sep 11-Oct 2	\$32	1630068

Playgroup – With parent

Parents and caregivers, come with your child to enjoy playtime, songs, stories and crafts together. An opportunity to meet and visit with others in your community.

Manotick – 613-580-2424 ext. 30235

1-3 years	Wed.	9:30-10:30 am
Oct 12-Dec 14	\$45.75	1631945

Minto-Barrhaven – 613-727-2683

2-3 years	Tue.	9-10 am
Sep 20-Nov 22	\$45.75	1629747
2-3 years	Thu.	9-10 am
Sep 22-Nov 24	\$45.75	1629748

Play School

Experience independence, social interaction and learning with emphasis on language, pre-reading, counting, colour naming, dramatic play, themed crafts, music, and movement. Children to bring their own nut free snack. No parent participation in this school-ready program.

CardelRec (Goulbourn) – 613-580-2532

2 years	Mon.	9:30-11:30 am
Sep 12-Dec 12	\$138.25	1630847
2 years	Tue.	9:30-11:30 am
Sep 13-Dec 13	\$149	1630848

2 years	Wed.	9:30-11:30 am
Sep 14-Dec 14	\$149	1630849
2 years	Thu.	9:30-11:30 am
Sep 15-Dec 15	\$149	1630851
2 years	Fri.	9:30-11:30 am
Sep 16-Dec 16	\$138.25	1630852

Chapman Mills – 613-822-7887 ext. 21

3-4 years	Fri.	9:15-11:15 am
Oct 7-Dec 9	\$106.50	1628901

Eva James – 613-580-2442

3-4 years	Mon.	9-11 am
Sep 26-Dec 12	\$117	1629395
3-4 years	Wed.	9-11 am
Sep 28-Dec 14	\$127.75	1629396

Larkin House – 613-822-7887 ext. 21

3-4 years	Wed.	9:15-11:15 am
Oct 5-Dec 7	\$106.50	1627510

Margaret Rywak – 613-822-7887 ext. 21

3-4 years	Tue.	9:15-11:15 am
Oct 4-Dec 6	\$106.50	1627512
3-4 years	Thu.	9:15-11:15 am
Oct 6-Dec 8	\$106.50	1627513

Minto-Barrhaven – 613-727-2683

3-4 years	Mon.	9:15-11:15 am
Sep 19-Nov 28	\$106.50	1629515
3-4 years	Wed.	9:15-11:15 am
Sep 21-Nov 23	\$106.50	1629740
3-4 years	Fri.	9:15-11:15 am
Sep 23-Nov 25	\$106.50	1629743

Richcraft-Kanata – 613-580-9696

3-4 years	Mon.	9:30-11:30 am
Oct 3-Dec 19	\$117	1631321
3-4 years	Tue.	9:30-11:30 am
Oct 4-Dec 20	\$127.75	1631324
3-4 years	Wed.	9:30-11:30 am
Oct 5-Dec 21	\$127.75	1631326
3-4 years	Thu.	9:30-11:30 am
Oct 6-Dec 22	\$127.75	1631327
3-4 years	Fri.	9:30-11:30 am
Oct 7-Dec 23	\$127.75	1631328

Rideauview – 613-822-7887

3-5 years	Tue.	9:30-11:30 am
Sep 20-Dec 13	\$138.25	1629594
3-5 years	Thu.	9:30-11:30 am
Sep 22-Dec 15	\$138.25	1629595

Sawmill Creek – 613-521-4092

3-5 years	Mon.	9:30-11:30 am
Oct 3-Dec 12	\$95.75	1626831
3-5 years	Wed.	9:30-11:30 am
Oct 5-Dec 14	\$117	1626832

Southpointe – 613-822-7887 ext. 21

3-4 years	Tue.	9:15-11:15 am
Oct 4-Dec 6	\$106.50	1627507
3-4 years	Thu.	9:15-11:15 am
Oct 6-Dec 8	\$106.50	1627509

St-Laurent Complex – 613-742-6767

2 years	Tue.	10-11 am
Sep 20-Dec 6	\$64	1626365
3-4 years	Wed.	9-11 am
Sep 21-Dec 7	\$127.75	1626391

Pumpkin Patch Workshop

Work on a special craft and get ready for Thanksgiving or Halloween!

Canterbury – 613-247-4865

2-12 years	Sun.	11 am-noon
Oct 9	\$36	1634361
Oct 30	\$36	1634362

Santa Claus is Coming to Town!

Want to make sure your list gets to Santa? Make crafts for each of Santa's reindeer. Parents participate!

Canterbury – 613-247-4865

2-12 years	Sun.	11 am-noon
Dec 18	\$36	1634364
2-12 years	Sat.	11 am-noon
Dec 17	\$36	1634363

General interest

Science Quests

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

Canterbury – 613-247-4865

4-5 years	Sun.	2-2:45 pm
Sep 25-Dec 18	\$71.75	1632147

STEAM Workshop

A hands-on workshop allowing families to engage in a variety of Science, Technology, Engineering, Arts and Math (STEAM) activities in a fun and relaxed way. Enhanced safety measures will be in place.

Lansdowne Park – 613-580-2424 ext. 17323

3-5 years	Thu.	6-7:30 pm
Oct 6	\$12	1633988
3-5 years	Sun.	9:30-11 am
Oct 23	\$12	1633994

Wiggle and Giggle and Move!

Play, climb, jump, and run. Explore the world of crafts, music, and movement along with your child. Help develop their socialization, coordination, and motor skills.

Bob MacQuarrie-Orléans – 613-580-9600

1-5 years	Sun.	9-9:45 am
Sep 18-Dec 11	\$71.75	1633099

CardelRec (Goulbourn) – 613-580-2532

1-4 years	Sat.	10-11 am
Sep 17-Dec 17	\$103.75	1631102