



Fall
2022

Virtual Activities

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.

Children

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.

Arts

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. Requires a personal electronic device with internet connection.

613-325-5073

6-10 years	Sun.	10:45-11:45 am
Oct 2-Nov 27	\$60.75	1632864

Hip Hop

Prefer to dance with your child at home? Join virtually with the on-site instructor. Hip hop, with its roots in urban dance, gets you moving to funky, up-beat tunes. Work on strength, flexibility, and musicality through intricate and fast paced choreography. Create dynamic, stylish moves just like in the latest music videos. Requires a personal electronic device with internet connection.

613-325-5073

6-10 years	Sun.	9:30-10:30 am
Oct 2-Nov 27	\$67.50	1632895

Digital arts

Intro to Game Development

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

613-325-5073

9-14 years	Sun.	10:45 am-12:15 pm
Oct 2-Nov 27	\$88.75	1633725

Virtual Animation

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

613-325-5073

9-14 years	Tue.	6-7:30 pm
Sep 27-Nov 15	\$141.50	1633517

Music

Guitar – Level 1

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

613-325-5073

9-14 years	Thu.	5:45-6:45 pm
Sep 29-Nov 17	\$118	1632949

Guitar – Level 2

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

613-325-5073

9-14 years	Sun.	11:15 am-12:15 pm
Oct 2-Nov 27	\$118	1632967

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

613-325-5073

8-14 years	Wed.	5:15-6:15 pm
Sep 28-Nov 16	\$157.25	1632988

Ukulele

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

613-325-5073

8-14 years	Sun.	10-11 am
Oct 2-Nov 27	\$118	1632997

Children

Visual arts

Drawing and Painting

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

613-325-5073

6-8 years	Sat.	10 am-noon
Oct 1-Nov 26	\$188.75	1633743
9-14 years	Sat.	12:30-2:30 pm
Oct 1-Nov 26	\$188.75	1633461

Cartooning and Comics

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

613-325-5073

8-14 years	Sun.	9-10:30 am
Oct 2-Nov 27	\$141.50	1633442

Science and technology

Introduction to Robotics Simulation

Learn about a selection of software designed to program virtual robots – Open Roberta, VEX® code VR and the Virtual Robotics Toolkit. Learn how these programs work as you code an autonomous robot and operate a robot through remote control. In collaboration with ‘the LEGO® guy,’ Ian Dudley of Orange STEM Education (www.orangestem.ca). You will require a PC or Mac, laptop, or desktop computer (not a Chromebook) to run the software and to connect to Zoom.

613-325-5073

7-14 years	Sun.	12:30-2:30 pm
Oct 16	\$27.75	1632738

LEGO® Club

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

613-325-5073

7-14 years	Sun.	12:30-2:30 pm
Oct 2	\$27.75	1632733

LEGO® Minecraft® Engineer

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

613-325-5073

7-14 years	Sun.	12:30-2:30 pm
Nov 20	\$27.75	1632746

Robotics and Coding

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

613-325-5073

7-14 years	Sun.	12:30-2:30 pm
Oct 23	\$27.75	1632742

Children

Martial arts

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. Requires a personal electronic device with internet connection.

613-325-5073

6-14 years	Tue.	5:45-6:45 pm
Sep 27-Nov 15	\$67.50	1632754

Taekwondo – Level 1

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

613-325-5073

6-14 years	Wed.	4-5 pm
Sep 28-Nov 16	\$67.50	1632820

Taekwondo – Level 2

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

613-325-5073

6-14 years	Wed.	5-6 pm
Sep 28-Nov 16	\$67.50	1632830

Taekwondo – Level 3

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

613-325-5073

6-14 years	Wed.	5-6 pm
Sep 28-Nov 16	\$67.50	1632838

General interest

Chess Club

Learn to play chess in a casual environment and practice your skills while meeting new friends. Requires a personal electronic device with internet connection.

613-325-5073

8-14 years	Thu.	5-6 pm
Sep 29-Nov 17	\$38.25	1632721

Youth

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Digital arts

Virtual Animation

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

613-325-5073

15 years	Tue.	6-7:30 pm
Sep 27-Nov 15	\$160	1633510

Martial arts

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. Requires a personal electronic device with internet connection.

613-325-5073

15-17 years	Tue.	5:45-6:45 pm
Sep 27-Nov 15	\$76.25	1632761

Taekwondo – Level 1

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

613-325-5073

15-17 years	Wed.	4-5 pm
Sep 28-Nov 16	\$76.25	1632843

Taekwondo – Level 2

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

613-325-5073

15-17 years	Wed.	5-6 pm
Sep 28-Nov 16	\$76.25	1632848

Taekwondo – Level 3

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

613-325-5073

15-17 years	Wed.	5-6 pm
Sep 28-Nov 16	\$76.25	1632855

Adults

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Arts

Music

Guitar – Level 1

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

613-325-5073

15 years+	Thu.	7-8 pm
Sep 29-Nov 17	\$133.25	1632939

Guitar – Level 2

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

613-325-5073

15 years+	Sun.	11:15 am-12:15 pm
Oct 2-Nov 27	\$133.25	1632960

Visual arts

Art Journaling

Play with new materials and ideas, practice and reflect on your art, and unlock your creativity through art journaling. Explore drawing, painting and mixed media through a variety of instructor and student directed projects and exercises. Requires a personal electronic device with internet connection.

613-325-5073

18+ years	Mon.	12:30-3 pm
Sep 26-Oct 24	\$95.25	1633729

Drawing and Painting

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

613-325-5073

18+ years	Mon.	10 am-noon
Sep 26-Nov 21	\$152.50	1633483

Loose Watercolour Florals

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

613-325-5073

18+ years	Mon.	12:30-3 pm
Oct 31-Nov 21	\$95.25	1633776

Watercolours – Level 1

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

613-325-5073

18+ years	Thu.	3-5:30 pm
Sep 29-Nov 17	\$190.50	1633736

Travel Sketching and Painting

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

613-325-5073

18+ years	Thu.	noon-2:30 pm
Sep 29-Nov 17	\$190.50	1633395

Adults

Fitness

Bootcamp

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

613-325-5073

18+ years	Sat.	9:30-10:30 am
Oct 1-Nov 26	\$55.25	1632279

Cardio and Strength

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

613-325-5073

18+ years	Wed.	5:30-6:30 pm
Sep 28-Nov 16	\$55.25	1632639
18+ years	Thu.	11:45 am-12:45 pm
Sep 29-Nov 17	\$55.25	1632643

Core Conditioning

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

613-325-5073

18+ years	Tue.	5:30-6:30 pm
Sep 27-Nov 15	\$55.25	1632663

Creative Movement

Get your body moving in creative ways each week with dynamic stretches, fun sequences from a variety of dance styles, and flowing meditative cool-downs. Requires a personal electronic device with internet connection.

613-325-5073

18+ years	Wed.	8-9 pm
Sep 28-Nov 16	\$67	1632674

Pilates

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

613-325-5073

18+ years	Wed.	6:30-7:30 pm
Sep 28-Nov 16	\$67	1632677

Tai Chi

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

613-325-5073

18+ years	Sat.	noon-1 pm
Oct 1-Nov 26	\$67	1632687

Tai Chi – Level 2

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

613-325-5073

18+ years	Sat.	1:15-2:15 pm
Oct 1-Nov 26	\$67	1632695

TMC

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

613-325-5073

18+ years	Thu.	5-6 pm
Sep 29-Nov 17	\$55.25	1632698

Yoga

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

613-325-5073

18+ years	Tue.	6:45-7:45 pm
Sep 27-Nov 15	\$67	1632701
18+ years	Thu.	1-2 pm
Sep 29-Nov 17	\$67	1632703

Zumba®

Inspired by Latin and International dance, this is a great cardio class with focus on fun and sweating. Blast calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop. Requires a personal electronic device with internet connection.

613-325-5073

18+ years	Wed.	6:45-7:45 pm
Sep 28-Nov 16	\$55.25	1632706

Meditation

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

613-325-5073

18+ years	Wed.	7:45-8:45 pm
Sep 28-Nov 16	\$76.25	1632725

Cardio Blast

Choreographed cardio of low/controlled and high/explosive impact movements. Complexity of choreography suited to the needs of the group. Requires a personal electronic device with internet connection.

613-325-5073

18+ years	Sat.	10:45-11:45 am
Oct 1-Nov 26	\$55.25	1632652

Adults

Karate Workout

Dynamic cardio workouts based on traditional and sport Karate techniques. Develop endurance, flexibility, conditioning, strength, balance, and agility. Appropriate for both beginners and advanced martial artists. Belt promotions are available for interested participants. Requires a personal electronic device with internet connection.

613-325-5073

18+ years Tue. 7-8 pm
Sep 27-Nov 15 \$76.25 [1632774](#)

Taekwondo – Level 1

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

613-325-5073

18+ years Wed. 4-5 pm
Sep 28-Nov 16 \$76.25 [1632793](#)

Taekwondo – Level 2

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

613-325-5073

18+ years Wed. 5-6 pm
Sep 28-Nov 16 \$76.25 [1632799](#)

Taekwondo – Level 3

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

613-325-5073

18+ years Wed. 5-6 pm
Sep 28-Nov 16 \$76.25 [1632811](#)

Adults 50+

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Arts

Drawing and Painting

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

613-325-5073

50+ years	Mon.	10 am-noon
Sep 26-Nov 21	\$152.50	1633452

Fitness

Cardio and Strength

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

613-325-5073

50+ years	Tue.	1-2 pm
Oct 11-Nov 29	\$67	1627751



Cardio

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

613-325-5073

50+ years	Thu.	9-10 am
Oct 13-Dec 1	\$67	1627922



Chair Exercise

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

613-325-5073

50+ years	Tue.	10:30-11:30 am
Oct 11-Nov 29	\$67	1627916



Strength and Balance – Lite

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

613-325-5073

50+ years	Thu.	10:15-11:15 am
Oct 13-Dec 1	\$67	1627925

Yoga

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

613-325-5073

50+ years	Tue.	9-10 am
Oct 11-Nov 29	\$67	1627912

Zumba Gold®

Modified moves and pacing to suit the needs of the active older adult, or those just starting a journey to a fit and healthy life. Zesty Latin music, salsa, merengue, cumbia and reggaeton, with easy-to-follow moves, in an invigorating, party atmosphere. Requires a personal electronic device with internet connection.

613-325-5073

50+ years	Tue.	2:15-3:15 pm
Oct 11-Nov 29	\$67	1627910

Social

Coffee Break – Socializing Series–50+

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

613-325-5073

50+ years	Wed.	10:30-11:30 am
Oct 12-Nov 16	N/A	1629840

Afternoon Trivia–50+

Masters of trivia are masters of memory. Join us with your afternoon tea, coffee or snack and see who remembers famous movie stars, music, fashion, world events and answers to other obscure questions. Requires a personal electronic device with internet connection.

613-325-5073

50+ years	Thu.	2:30-3:30 pm
Oct 13-Nov 17	N/A	1629837