



Fall
2022

Classes and
activities for

Youth

(15 to 18 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.

Drawing and Painting

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

Greenboro – 613-580-2805

| | | |
|---------------|------|-------------------------|
| 15-17 years | Mon. | 6:30-7:30 pm |
| Sep 19-Oct 24 | \$89 | 1632201 |
| Nov 7-Dec 5 | \$89 | 1632204 |

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

| | | |
|--------------|----------|-------------------------|
| 15-18 years | Sun. | 3-3:45 pm |
| Sep 25-Dec 4 | \$166.75 | 1633183 |

Pat Clark – 613-748-1771

| | | |
|--------------|----------|-------------------------|
| 15-17 years | Sun. | 11 am-noon |
| Sep 18-Dec 4 | \$244.50 | 1631374 |

Hip Hop – Level 2

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.

Pat Clark – 613-748-1771

| | | |
|---------------|----------|-------------------------|
| 15-17 years | Sun. | 11:15 am-12:15 pm |
| Sep 11-Nov 27 | \$139.75 | 1632723 |
| 15-17 years | Tue. | 5:30-6:30 pm |
| Sep 13-Nov 22 | \$139.75 | 1632719 |

Sports

Schedules and fees may be subject to change. Fees include HST. Each barcode is linked directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration! Instructional programs are advertised in the language in which they are offered.

General sports

Badminton – Game Play

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

Eva James – 613-580-2442

| | | |
|---------------|---------|-------------------------|
| 15-16 years | Wed. | 6:45-7:45 pm |
| Sep 28-Dec 14 | \$61.75 | 1629416 |

Nepean Sportsplex – 613-580-2828

| | | |
|--------------|------|-------------------------|
| 15-17 years | Sat. | 10-10:50 am |
| Sep 24-Dec 3 | \$43 | 1633856 |

Badminton

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

Minto Recreation Complex – Barrhaven – 613-727-2683

| | | |
|-------------|---------|-------------------------|
| 15-17 years | Thu. | 7-8 pm |
| Oct 6-Dec 8 | \$96.25 | 1629985 |

Basketball – Above the Rim

Develop your skills through instruction, drills, competition, and scrimmages. Players of all ability welcome. Instruction provided by professionals from abovetherimbasketballschoo.com.

Eva James – 613-580-2442

| | | |
|--------------|----------|-------------------------|
| 15-16 years | Mon. | 7:30-9 pm |
| Sep 26-Dec 5 | \$163.75 | 1629405 |

Martial arts

Armizare – Medieval Swordsmanship

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

Richelieu-Vanier Community Centre – 613-560-6030

| | | |
|--------------|----------|-------------------------|
| 15-17 years | Wed. | 7-8:30 pm |
| Nov 2-Dec 14 | \$133.25 | 1632822 |

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.

Heron – 613-247-4808

| | | |
|--------------|-------|-------------------------|
| 15-18 years | Sat. | 11:15 am-12:15 pm |
| Sep 24-Dec 3 | \$127 | 1633286 |

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.

Notre Dame Des Champs – 613-824-0633

| | | |
|--------------|------------|-------------------------|
| 15-17 years | Tue., Thu. | 6:30-7:30 pm |
| Sep 13-Dec 1 | \$304.75 | 1629251 |
| 15-17 years | Tue., Thu. | 7:30-8:30 pm |
| Sep 13-Dec 1 | \$304.75 | 1629252 |

Richcraft Recreation Complex – Kanata – 613-580-9696

| | | |
|--------------|----------|-------------------------|
| 15-17 years | Wed. | 7-8 pm |
| Oct 5-Dec 21 | \$152.50 | 1626085 |
| 15-17 years | Wed. | 8-9 pm |
| Oct 5-Dec 21 | \$152.50 | 1626086 |
| 15-17 years | Sat. | 1-2 pm |
| Oct 1-Dec 17 | \$139.75 | 1626087 |
| 15-17 years | Sat. | 2-3 pm |
| Oct 1-Dec 17 | \$139.75 | 1626088 |
| 15-17 years | Sat. | 3-4 pm |
| Oct 1-Dec 17 | \$139.75 | 1626089 |
| 15-17 years | Sat. | 4-5 pm |
| Oct 1-Dec 17 | \$139.75 | 1626090 |

Volleyball

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

Canterbury – 613-247-4865

| | | |
|---------------|----------|-------------------------|
| 15-17 years | Sat. | 2-3 pm |
| Sep 24-Dec 17 | \$115.50 | 1632127 |

Eva James – 613-580-2442

| | | |
|---------------|----------|-------------------------|
| 15 years | Sun. | 2:30-3:30 pm |
| Sep 25-Dec 11 | \$105.75 | 1629390 |

Greenboro – 613-580-2805

| | | |
|--------------|----------|-------------------------|
| 15-17 years | Thu. | 6-7 pm |
| Sep 22-Dec 8 | \$115.50 | 1634355 |

Minto Recreation Complex – Barrhaven – 613-727-2683

| | | |
|--------------|---------|-------------------------|
| 15-17 years | Mon. | 7-8 pm |
| Sep 12-Dec 5 | \$86.75 | 1629911 |

Nepean Sportsplex – 613-580-2828

| | | |
|--------------|---------|-------------------------|
| 15-17 years | Thu. | 6-6:50 pm |
| Sep 22-Dec 8 | \$96.25 | 1633832 |

Rideauview – 613-822-7887

| | | |
|--------------|------|-------------------------|
| 15-16 years | Mon. | 7-8 pm |
| Oct 17-Dec 5 | \$77 | 1633399 |

General interest

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Indoor Gardening

Learn how to create and maintain container gardens to add greenery to your indoor space or balcony. Different themes will be explored each time from kitchen gardens to terrariums.

Lansdowne Park – 613-580-2424

| | | |
|-------------|---------|-------------------------|
| 15-17 years | Sun. | 10 am-12:30 pm |
| Oct 23 | \$22.75 | 1634101 |
| 15-17 years | Sun. | 1-3:30 pm |
| Oct 23 | \$22.75 | 1634102 |

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

| | | |
|--------------|---------|-------------------------|
| 15-17 years | Fri. | 7:15-8:15 pm |
| Sep 23-Dec 9 | \$86.50 | 1634343 |

Rideauview – 613-822-7887

| | | |
|---------------|---------|-------------------------|
| 15-18 years | Sat. | 8:30-9:30 pm |
| Oct 22-Dec 10 | \$57.75 | 1629827 |

Youth Club

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

Sandy Hill – 613-564-1062

| | | |
|-------------|------|-------------------------|
| 15-17 years | Fri. | 6-8 pm |
| Sep 23 | \$4 | 1632100 |
| Oct 28 | \$4 | 1632101 |
| Nov 25 | \$4 | 1632102 |
| Dec 16 | \$4 | 1632103 |

Writing for Enjoyment

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

St-Laurent Complex – 613-742-6767

| | | |
|--------------|----------|-------------------------|
| 15-17 years | Wed. | 7-8:30 pm |
| Sep 21-Dec 7 | \$177.75 | 1626398 |