



Spring 2021

Virtual activities for all ages

Recreation eGuide

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Preschool

Visit us online at ottawa.ca/virtualprograms.

Schedules and fees may be subject to change.
Fees include HST.

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Instructional programs are advertised in the language in which they are offered.

Muck and Mess – Virtual

Get into your art with various projects, using lots of imagination and materials. Supply list will be provided. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

2-5 years	Sat.	8:30-9:30 am
Apr 24	\$6	1592156
May 1	\$6	1592157
May 8	\$6	1592159
May 15	\$6	1592160
May 29	\$6	1592161
Jun 5	\$6	1592162
Jun 12	\$6	1592163
Jun 19	\$6	1592164

Wiggle and Giggle Baby – Virtual

Strengthen your bond with your baby while stimulating physical and cognitive development using songs, movement, and sensory toys. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

1-18 months	Tue.	9:15-10:15 am
Apr 20-Jun 8	\$35.75	1592175

Children

Visit us online at ottawa.ca/virtualprograms.

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Fees include HST.

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Instructional programs are advertised in the language in which they are offered.

Dance

Ballet – Level 1 – Virtual

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.

613-580-2424 ext. 32047

6-10 years Sun. 9:45-10:45 am
Apr 25-Jun 20 \$59.50 [1592180](#)

Contemporary Dance – Level 1 – Virtual

A dance style that borrows from modern, ballet and jazz choreography. Study basic ballet and modern dance principles while advancing your steps. Uncover various moves, step combinations and new choreography. Create your own dance. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

6-10 years Sun. 11:30 am-12:30 pm
Apr 25-Jun 20 \$59.50 [1592173](#)
10-14 years Sun. 12:45-1:45 pm
Apr 25-Jun 20 \$59.50 [1592174](#)

Hip Hop – Level 2 – Virtual

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.

613-580-2424 ext. 32047

9-12 years Mon. 4:45-5:45 pm
Apr 19-Jun 14 \$66.25 [1592172](#)

Hip Hop and Jazz – Virtual

Emphasis on body placement, coordination and basic Jazz technique. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

8-12 years Sat. 12:15-1:15 pm
Apr 24-Jun 19 \$66.25 [1592169](#)

Jazz – Level 1 – Virtual

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. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

6-10 years Sat. 11 am-noon
Apr 24-Jun 19 \$59.50 [1592167](#)

Music

Guitar – Level 1 – Virtual

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

613-580-2424 ext. 32047

10-14 years Sun. 9:30-10:30 am
Apr 25-Jun 20 \$115.75 [1592150](#)

Ukulele – Virtual

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.

613-580-2424 ext. 32047

10-14 years Mon. 3:45-4:45 pm
Apr 19-Jun 14 \$115.75 [1592146](#)

Ukulele – Level 2 – Virtual

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

613-580-2424 ext. 32047

10-14 years Mon. 5-6 pm
Apr 19-Jun 14 \$115.75 [1592147](#)

Visual Arts

Art Journaling – Virtual

Taught entirely virtually. Play with new materials and ideas, practice and reflect on your art, and unlock your creativity through art journaling. Explore approaches through a variety of instructor and student directed projects and exercises. Drawing, painting and mixed media techniques are taught in this course. Supply kit will be available for pick up. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

12-14 years Sat. 2:45-4:15 pm
Apr 24-Jun 19 \$132.25 [1592136](#)

Children

Cartooning and Comics – Virtual

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.

613-580-2424 ext. 32047

6-8 years	Sat.	8:15-9:45 am
Apr 24-Jun 19	\$138.75	1592096
8-10 years	Sat.	10-11:30 am
Apr 24-Jun 19	\$138.75	1592098
10-12 years	Sat.	11:45 am-1:15 pm
Apr 24-Jun 19	\$138.75	1592101

Drawing and Painting – Virtual

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

613-580-2424 ext. 32047

9-12 years	Sat.	12:30-2:30 pm
Apr 24-Jun 19	\$185	1592115

Intro to Game Development – Virtual

Create your own game! Using tools like Unity and Adobe Photoshop, develop animation skills and your very own video game. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

10-14 years	Sat.	1:45-3:15 pm
Apr 24-Jun 19	\$87.25	1592129

Virtual Animation – Virtual

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.

613-580-2424 ext. 32047

9-12 years	Mon.	6:30-8 pm
Apr 19-Jun 14	\$138.75	1592117
10-14 years	Tue.	6:45-8:15 pm
Apr 20-Jun 8	\$138.75	1592121

Sports

Karate – Virtual

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.

613-580-2424 ext. 32047

6-14 years	Wed.	3:30-4:30 pm
Apr 21-Jun 9	\$66.25	1592181

General Interests

LEGO® Club – Virtual

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. You will also need to download and install Studio 2.0 prior to the first class. More information provided upon registration.

613-580-2424 ext. 32047

7-12 years	Wed.	4-5:30 pm
May 12-26	\$61.25	1592219
7-12 years	Sun.	2-4 pm
May 2	\$27.25	1592220
Jun 13	\$27.25	1592221

LEGO® Electronics – Virtual

Learn about electronic circuits as you use a web-based tool on your home computer or device. Learn about power sources, wiring and how to identify and use electrical components including resistors, capacitors, LEDs and switches. Learn bread boarding as you safely assemble and test virtual circuits with a variety of components in series and in parallel. Work on successively more difficult circuit building 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. This course will help you learn to use any electronics kit including Snap Circuits®, micro:bit or Arduino, but you do not need one for the course.

613-580-2424 ext. 32047

7-12 years	Sun.	2-4 pm
Apr 25	\$27.25	1592222
7-12 years	Sun.	2-4 pm
May 9	\$27.25	1592223

Children

LEGO® Robotics and Coding – Virtual

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 tool is LEGO® Mindstorms® EV3 and NXT compatible, but you do not need any LEGO or robotics products for this course

613-580-2424 ext. 32047

7-12 years	Sun.	2-4 pm
May 16	\$27.25	1592225
7-12 years	Sun.	2-4 pm
Jun 6	\$27.25	1592226

LEGO® Minecraft® Engineer – Virtual

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. The web tool is LEGO® Mindstorms® EV3 and NXT compatible.

613-580-2424 ext. 32047

7-12 years	Sun.	2-4 pm
May 30	\$27.25	1592228
7-12 years	Wed.	4-5:30 pm
Apr 21-May 5	\$61.25	1592227

LEGO® Space Creations – Virtual

Virtually build a variety of space-themed and Star Wars® mini projects on your home computer. Learn LEGO® Studio 2.0 and build micro-scale fighters, rockets and other spacecraft from instructions. Create scenes and render them as realistic images to 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 also need to *download and install Studio 2.0 prior to the first class*. More information provided upon registration.

613-580-2424 ext. 32047

7-12 years	Sun.	2-4 pm
Apr 18	\$27.25	1592229
7-12 years	Wed.	4-5:30 pm
Jun 2-16	\$61.25	1592230

Muck and Mess – Virtual

Get into your art with various projects, using lots of imagination and materials. Supply list will be provided. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

6-8 years	Sat.	9:45-10:45 am
Apr 24	\$4.75	1592125
May 1	\$4.75	1592126
May 8	\$4.75	1592127
May 15	\$4.75	1592128
May 29	\$4.75	1592130
Jun 5	\$4.75	1592131
Jun 12	\$4.75	1592133
Jun 19	\$4.75	1592134

Youth

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Art Journaling – Virtual

Taught entirely virtually, play with new materials and ideas, practice and reflect on your art, and unlock your creativity through art journaling. Explore approaches through a variety of instructor and student directed projects and exercises. Drawing, painting and mixed media techniques are taught in this course. Supply kit will be available for pick up. Requires a personal electronic device with internet connection. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

15 years	Sat.	2:45-4:15 pm
Apr 24-Jun 19	\$149.50	1592142

Contemporary Dance – Level 1 – Virtual

A dance style that borrows from modern, ballet and jazz choreography. Study basic ballet and modern dance principles while advancing your steps. Uncover various moves, step combinations and new choreography. Create your own dance. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

15-16 years	Sun.	12:45-1:45 pm
Apr 25-Jun 20	\$74.75	1592176

Leadership – 1 – Who am I? – Virtual

In this interactive virtual module, we will explore leadership concepts and how to best utilize your strengths. Through self-care, goal setting & stress management, the aim is to provide future leaders with a better understanding of self. The base of becoming a Leader is to better define what shapes you and who you want to be, as a leader. Included Certification: Accessibility for Ontarians with Disability Act (AODA).

613-580-2424 ext. 32047

12-14 years	Mon.	5:30-7 pm
Apr 12-Jun 7	\$106.50	1591899
15-17 years	Mon.	5:30-7 pm
Apr 12-Jun 7	\$120.50	1591903

Leadership – 2 – What Kind of leader am I – Virtual

In this virtual and interactive module, leadership skills such as teamwork, creativity, initiative, reliability and time management will be reviewed. Various Leadership styles will also be presented and explored. This is an opportunity to be surrounded by other aspiring leaders and to experience teamwork, by practicing and understanding various roles. Note: Module 1,2 and 3 must be completed (in no order) to access the final Module 4. Completing all Modules and completing Standard 1st Aid & CPR C is equivalent to completing the Advanced Leadership Program, typically offered only in the Sum.

613-580-2424 ext. 32047

12-14 years	Wed.	5:30-7 pm
Apr 14-May 19	\$80	1591907
12-14 years	Wed.	5:30-7 pm
Apr 14-May 19	\$90.50	1591908

Karate – Virtual

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.

613-580-2424 ext. 32047

15-17 years	Wed.	3:30-4:30 pm
Apr 21-Jun 9	\$74.75	1592182

K-pop – Level 1 – Virtual

Learn choreographies to popular songs danced by K-pop idols. Develop dance skills in a broad range of styles, build confidence, and have fun! Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

15-17 years	Wed.	6-7 pm
Apr 21-Jun 9	\$74.75	1592192

Virtual Animation – Virtual

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.

613-580-2424 ext. 32047

15-17 years	Tue.	6:45-8:15 pm
Apr 20-Jun 8	\$156.75	1592123

Adult

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Performing Arts

Belly Dance – Level 1 – Virtual

In this live virtual class, explore fluidity, grace and strength through this ancient and sensuous dance form developed in the Middle East. The fundamentals of posture, isolations, steps and accents of belly dance are stressed. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Mon.	7:30-8:30 pm
Apr 19-Jun 14	\$74.75	1592179

Bollywood – Level 1 – Virtual

In this live virtual class, learn to move to the Bollywood beat; a modern East Indian style of dance that will have your hips moving. Discover basic hip, leg and upper body choreography while experiencing the wonders of middle eastern glamour. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Mon.	6:15-7:15 pm
Apr 19-Jun 14	\$74.75	1592178

Guitar – Level 1 – Virtual

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.

613-580-2424 ext. 32047

18+ years	Sun.	10:45-11:45 am
Apr 25-Jun 20	\$130.75	1592149

K-pop – Level 1 – Virtual

Learn choreographies to popular songs danced by K-pop idols. Develop dance skills in a broad range of styles, build confidence, and have fun! Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Wed.	6-7 pm
Apr 21-Jun 9	\$74.75	1592188

Sports and Fitness

Bootcamp – Virtual

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.

613-580-2424 ext. 32047

18+ years	Sun.	9-10 am
Apr 25-Jun 20	\$54	1591976

Cardio and Strength – Virtual

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.

613-580-2424 ext. 32047

18+ years	Thu.	12:30-1:30 pm
Apr 22-Jun 10	\$54	1591992
18+ years	Wed.	5-6 pm
Apr 22-Jun 9	\$54	1591987

Core Conditioning – Virtual

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.

613-580-2424 ext. 32047

18+ years	Tue.	5-6 pm
Apr 20-Jun 8	\$54	1592016

Karate – Virtual

Courage, integrity, humility and self-control. Chito Ryu Karate is a traditional martial art including Katas and Kumite (individual sparring). Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Wed.	3:30-4:30 pm
Apr 21-Jun 9	\$74.75	1592183

Nia – Virtual

Shape the way you feel, look, think and live! Discover your body's way of self-healing using the gentle and powerful movements of the Nia Technique. Great workout using nine movements from dance, martial, and healing arts, suitable for all. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Tue.	noon-1 pm
Apr 20-Jun 8	\$65.75	1592017

Adult

Party with Baby – Virtual

High energy mix of dance music and movement. Designed for all abilities and dance styles. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Mon.	10:30-11:30 am
Apr 19-Jun 14	\$54	1592025

Pilates – Virtual

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.

613-580-2424 ext. 32047

18+ years	Wed.	7:15-8:15 pm
Apr 21-Jun 9	\$66.75	1592032

Tai Chi – Virtual

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

613-580-2424 ext. 32047

18+ years	Sun.	10:15-11:15 am
Apr 25-Jun 20	\$65.75	1592041

TMC – Virtual

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.

613-580-2424 ext. 32047

18+ years	Thu.	5:30-6:30 pm
Apr 22-Jun 10	\$54	1592045

Yoga – Virtual

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.

613-580-2424 ext. 32047

18+ years	Tue.	8-9 pm
Apr 20-Jun 10	\$66.75	1592069
18+ years	Mon.	8-9 am
Apr 19-Jun 14	\$66.75	1592052
18+ years	Mon.	8-9 pm
Apr 19-Jun 14	\$66.75	1592065

Yoga Pre Natal – Virtual

Hatha style class will include modifications and appropriate alternative poses necessary for a safe yoga practice during all stages of pregnancy. Consult your physician before beginning. No experience required. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Thu.	6:45-7:45 pm
Apr 22-Jun 10	\$66.75	1592079

Yoga with baby – Virtual

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.

613-580-2424 ext. 32047

18+ years	Tue.	10:30-11:30 am
Apr 20-Jun 8	\$66.75	1592081

Zumba® – Virtual

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.

613-580-2424 ext. 32047

18+ years	Wed.	6:15-7:15 pm
Apr 21-Jun 9	\$54	1592084
18+ years	Wed.	7:30-8:30 pm
Apr 21-Jun 9	\$54	1592087

Visual Arts

Crochet – Virtual

Learn the basics of crochet. Complete simple projects that teach a variety of skills. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Sun.	12:30-1:30 pm
Apr 25-Jun 20	\$57.50	1592114

Crochet – Level 2 – Virtual

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

613-580-2424 ext. 32047

18+ years	Sun.	2:15-3:15 pm
Apr 25-Jun 20	\$57.50	1592116

Adult

Indigenous Beaded PopSocket – Virtual

Join Kelly Nahwegahbow-Marsolais in this hands-on DIY Indigenous inspired beaded PopSocket workshop. Learn a simple design and assemble your creation. The beaded phone grip will let you take selfies like a pro and provide you with a more comfortable and secure grip on your phone or tablet. This is a fashionable and functional beaded accessory that will transform your device! Supply kit will be available for pick up. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

15+ years	Sun.	2-4 pm
May 16	\$89.25	1592184
Jun 13	\$89.25	1592185

Drawing and Painting – Virtual

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. Nécessite un appareil électronique personnel avec connexion Internet.

613-580-2424 ext. 32047

18+ years	Sat.	10:15 am-12:15 pm
Apr 24-Jun 19	\$149.50	1592112

Drawing for Absolute Beginners – Virtual

An introduction for the absolute novice to drawing techniques and materials. Entirely virtual, this course will teach tips and tricks that make a difference in how you draw. It creates a solid foundation for all your future arts classes. Supply list provided. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Thu.	1-3 pm
Apr 24-Jun 19	\$149.50	1592109

Landscape in Watercolours – Virtual

Paint a simple watercolour landscape using wet on wet watercolour blending techniques. No experience required. Supply kit will be available for pick up. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Tue.	10 am-12:30 pm
May 11-25	\$70	1592093

Loose Watercolour florals – Virtual

Learn to paint roses, filler flowers, berries and leaves in a loose style. Some experience with watercolour is recommended but not required. Supply kit will be available for pick up. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Tue.	10 am-12:30 pm
Apr 20-May 4	\$70	1592088

Watercolours – Level 1 – Virtual

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. Supply kit will be available for pick up. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Thu.	10 am-12:30 pm
Apr 22-May 27	\$140	1592082

General Interest

A Taste of the World – Virtual

Make delicious dishes from the comfort of your own kitchen. Receive a shopping list, step-by-step recipe instructions, and enjoy a fun online cooking class. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Sat.	3:30-5:30 pm
Apr 24	\$29.25	1592108
May 8	\$29.25	1592110
May 29	\$29.25	1592111

Against the Grain – The Grain Train – Virtual

Join Shelley from Against the Grain Farms as she guides you through a unique recipe using her locally grown heritage grain. Learn about sustainable agriculture, seed sovereignty and plant breeding and how to make informed choices about the food you eat! Supply kit will be available for pick up. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Sat.	3:30-5:30 pm
Apr 10	\$29.25	1592197
Apr 17	\$29.25	1592198
May 1	\$29.25	1592199

Adult

Meditation – Virtual

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.

613-580-2424 ext. 32047

18+ years	Sat.	8:45-9:45 am
Apr 24-Jun 19	\$74.75	1592177

Wine Tasting – Natural Wines – Virtual

Discover the pleasures of wine tasting with natural wines. Sample and discuss wines produced by artisans from across the world! Participants must be legal drinking age to register. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

19+ years	Sun.	4:30-6 pm
May 2	\$132.75	1592231
May 16	\$132.75	1592232
May 30	\$132.75	1592233
Jun 6	\$132.75	1592234

Wine Tasting – Local Wines – Virtual

Discover the pleasures of wine tasting with local viticulturists. Sample and discuss wines created at local vineyards. Participants must be legal drinking age to register. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

19+	Sat.	4:30-6 pm
May 8	\$132.75	1592377
Jun 12	\$132.75	1592378

Family

Taekwondo – Virtual

Korean martial art teaches self-defense and discipline and promotes confidence. Progress at your rate by testing held throughout the term. Additional fees may apply for uniform and testing. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

6-14 years Tue. 6:30-7:30 pm
Apr 20-Jun 8 Res: \$66.25, Non-Res: \$83 [1592186](#)

Taekwondo – Virtual

Korean martial art teaches self-defense and discipline and promotes confidence. Progress at your rate by testing held throughout the term. Additional fees may apply for uniform and testing. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

15-17 years Tue. 6:30-7:30 pm
Apr 20-Jun 8 Res: \$74.75, Non-Res: \$93.50 [1592187](#)

Taekwondo – Virtual

Learn together. Any combination of four participants, which must include one adult. Participants must register separately. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years Tue. 6:30-7:30 pm
Apr 20-Jun 8 Res: \$74.75, Non-Res: \$93.50, Senior: \$67.50 [1592189](#)

Adult 50+

Arts

Drawing and Painting – Virtual

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.

613-247-4808 ext.227

50+ years	Mon.	1:30-3:30 pm
Apr 26-Jun 7	\$112	1597552

Coloured Pencils – Virtual

Discover the tips and tricks used to sketch your natural surroundings with coloured pencils! Learn the basics of drawing and how to create captivating compositions. Requires a personal electronic device with internet connection.

613-247-4808 ext.227

50+ years	Wed.	10 am-noon
Apr 28-Jun 2	\$112	1597567

Ukulele – Virtual

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.

613-580-2424 ext. 32047

50+ years	Mon.	2-3:30 pm
Apr 19-Jun 14	Res: \$261.25, Non-Res: \$326.75, Senior: \$235.25	1592148

Fitness

Cardio – Virtual

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

613-247-4808 ext.227

50+ years	Thu.	9:30-10:30 am
Apr 29-Jun 3	\$49.25	1597549



Cardio and Strength – Virtual

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

613-580-2424 ext. 32047

50+ years	Tue.	1:15-2:15 pm
Apr 20-Jun 8	Res: \$65.75, Non-Res: \$82.25, Senior: \$59.25	1591999
50+ years	Thu.	11:15 am-12:15 pm
Apr 22-Jun 10	Res: \$65.75, Non-Res: \$82.25, Senior: \$59.25	1592002

Chair Exercise – Virtual

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

613-580-2424 ext. 32047

50+ years	Thu.	3-4 pm
Apr 22-Jun 10	Res: \$65.75, Non-Res: \$82.25, Senior: \$59.25	1592012

613-247-4808 ext.227

50+ years	Mon.	10:30-11:30 am
Apr 26-Jun 7	\$49.25	1597488
50+ years	Wed.	10:30-11:30 am
Apr 28-Jun 2	\$49.25	1597513

Pilates – Virtual

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.

613-247-4808 ext.227

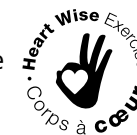
50+ years	Mon.	2:30-3:30 pm
Apr 26-Jun 7	\$49.25	1597524

Strength and Balance – Lite – Virtual

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.

613-247-4808 ext.227

50+ years	Fri.	10-11 am
Apr 30-Jun 4	\$49.25	1597550
50+ years	Fri.	1-2 pm
Apr 30-Jun 4	\$49.25	1597551



Adult 50+

Tai Chi – Virtual

Gentle, peaceful way to tone and strengthen your body, improving concentration, coordination and balance. Slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing. Requires a personal electronic device with internet connection.



613-247-4808 ext.227

50+ years Wed.
Apr 28-Jun 2 \$49.25

1-2 pm
[1597548](tel:1597548)

Yoga – Virtual

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.

613-247-4808 ext.227

50+ years Tue.
Apr 27-Jun 1 \$49.25

10-11 am
[1597546](tel:1597546)

Yoga Chair – Virtual

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.



613-247-4808 ext.227

50+ years Tue.
Apr 27-Jun 1 \$49.25

3-4 pm
[1597547](tel:1597547)

Zumba Gold® – Virtual

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.

613-580-2424 ext. 32047

50+ years Thu.
Apr 8-Jun 10 Res: \$65.75, Non-Res: \$82.25, Senior: \$59.25

1:45-2:45 pm
[1592103](tel:1592103)