



Spring
2022

Classes and
activities for

Adults

Recreation eGuide

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

Each barcode is linked from the PDF 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.

Dance

Argentine Tango – Level 1

Embrace Argentina's signature dance, the Salon Style Tango. Discover the 8-count basico (basic step), walking, forward ochos, back ochos and molinete (windmill) and playful ganchos (hooks). Find excitement, passion, and drama with Tango!

Walter Baker – 613-580-2788

18+ years	Mon.	7:45-8:45 pm
Apr 4-May 30	\$101.75	1609538

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.

Greenboro – 613-580-2805

18+ years	Sat.	11:15 am-12:15 pm
Apr 2-Jun 4	\$101.75	1615863

Ballet Barre Fit

An energizing combination of ballet moves with an emphasis on posture and alignment. Develop lean muscle mass while improving your balance, flexibility, and range of motion.

Greenboro – 613-580-2805

18+ years	Sun.	10:45-11:45 am
Apr 3-Jun 5	\$101.75	1615848

Ballroom – Level 1

Ballroom is the perfect exercise for your mind and body. Move to the rhythm as you learn the foxtrot, waltz, cha cha, triple swing, and merengue. Register with a partner.

Greenboro – 613-580-2805

18+ years	Fri.	7:30-8:30 pm
Apr 1-May 27	\$101.75	1616214

Manotick – 613-692-4772

18+ years	Sun.	7-8 pm
Mar 27-May 22	\$101.75	1613038

Nepean Sportsplex – 613-580-2828

18+ years	Thu.	7-8 pm
Apr 7-May 26	\$101.75	1615830

Queenswood Heights – 613-824-0633 ext. 221

19+ years	Tue.	8-9 pm
Apr 5-May 24	\$101.75	1613816

Ron Kolbus Lakeside – 613-828-4313

18+ years	Thu.	7-9 pm
Mar 24-Apr 21	\$127	1614439

Walter Baker – 613-580-2788

18+ years	Mon.	6-7 pm
Apr 4-May 30	\$101.75	1609525

Ballroom – Level 2

Broaden your skills in ballroom. New footwork and timing are introduced as you become familiar with the rumba and the samba. Register with a partner.

Greenboro – 613-580-2805

18+ years	Fri.	6:30-7:30 pm
Apr 1-May 27	\$101.75	1615872

Manotick – 613-692-4772

19+ years	Sun.	6-7 pm
Mar 28-May 16	\$101.75	1613042

Nepean Sportsplex – 613-580-2828

18+ years	Thu.	8-9 pm
Apr 7-May 26	\$101.75	1615832

Queenswood Heights – 613-824-0633 ext. 221

19+ years	Tue.	8-9 pm
Apr 5-May 24	\$101.75	1613819

Ron Kolbus Lakeside – 613-828-4313

18+ years	Thu.	7-9 pm
Mar 24-Apr 21	\$127	1614440

Ballroom – Level 3

Further develop your foundation, learn new moves, and perfect technique as you advance in Level three. Register with a partner.

Nepean Sportsplex – 613-580-2828

18+ years	Thu.	8-9 pm
Apr 7-May 26	\$101.75	1615833

Queenswood Heights – 613-824-0633 ext. 221

19+ years	Tue.	8-9 pm
Apr 5-May 24	\$101.75	1613825

Arts

Ballroom – Level 4

Continue to master the art of ballroom dance! Move gracefully to the music and work alongside your partner as you perfect your advanced technique.

Nepean Sportsplex – 613-580-2828

18+ years	Mon.	8-9 pm
Apr 4-Jun 6	\$101.75	1615834

Queenswood Heights – 613-824-0633 ext. 221

19+ years	Tue.	7-8 pm
Apr 5-May 24	\$101.75	1613832

Ballroom – Level 5

Prerequisite: Level 4

Nepean Sportsplex – 613-580-2828

18+ years	Mon.	8-9 pm
Apr 4-Jun 6	\$101.75	1615838

Queenswood Heights – 613-824-0633 ext. 221

19+ years	Tue.	7-8 pm
Apr 5-May 24	\$101.75	1613843

Ballroom – Level 6

Prerequisite: Level 5

Nepean Sportsplex – 613-580-2828

18+ years	Thu.	6-7 pm
Apr 7-May 26	\$101.75	1615839

Queenswood Heights – 613-824-0633 ext. 221

19+ years	Tue.	7-8 pm
Apr 5-May 24	\$101.75	1613847

Ballroom – Level 7

Prerequisite: Level 6

Nepean Sportsplex – 613-580-2828

18+ years	Thu.	6-7 pm
Apr 7-May 26	\$101.75	1615840

Queenswood Heights – 613-824-0633 ext. 221

19+ years	Tue.	6-7 pm
Apr 5-May 24	\$101.75	1613851

Ballroom – Level 8

Prerequisite: Level 7

Nepean Sportsplex – 613-580-2828

18+ years	Mon.	6-7 pm
Apr 4-Jun 6	\$101.75	1615842
Apr 4-Jun 6	\$101.75	1615844

Queenswood Heights – 613-824-0633 ext. 221

19+ years	Tue.	6-7 pm
Apr 5-May 24	\$101.75	1613858

Line Dancing – Level 1

Learn a variety of line dances. No experience necessary. Dance for fun and get exercise as a bonus!

St-Laurent Complex – 613-742-6767

18+ years	Wed.	10:15-11:45 am
Apr 6-Jun 1	\$169	1615924
18+ years	Wed.	7:15-8:45 pm
Apr 6-Jun 1	\$169	1615927

Line Dancing – Level 2

Prerequisite: Level 1

St-Laurent Complex – 613-742-6767

18+ years	Tue.	7:15-8:45 pm
Apr 5-May 31	\$169	1615929
18+ years	Wed.	1:15-2:45 pm
Apr 6-Jun 1	\$169	1615931

Line Dancing – Level 3

Prerequisite: Level 2

St-Laurent Complex – 613-742-6767

18+ years	Thu.	7:15-8:45 pm
Apr 7-Jun 2	\$169	1615934

Salsa and Merengue – Level 1

Light up the dance floor and be part of the Latin groove. An introduction to the basic steps of salsa and merengue.

Greenboro – 613-580-2805

18+ years	Wed.	7:15-8:15 pm
Mar 30-May 18	\$101.75	1615899

Arts

Music

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.

Plant – 613-232-3000

16+ years	Wed.	8-9 pm
Apr 27-Jun 22	\$200	1614281

Sandy Hill – 613-564-1062

18+ years	Thu.	10-11 am
Mar 24-Apr 28	\$133.25	1615826
May 5-Jun 9	\$133.25	1615828

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. Pre-requisite: a keyboard at home.

Plant – 613-232-3000

18+ years	Sun.	11 am-noon
May 1-Jun 26	\$233.75	1614605
18+ years	Mon.	8-9 pm
Apr 25-Jun 20	\$233.75	1614181

Ukulele

Learn a unique instrument that is affordable, fun, and easy to learn.

Plant – 613-232-3000

18+ years	Sat. Apr	9:30-10:30 am
30-Jun 25	\$177.75	1614301

Arts

Visual Arts

Acrylics – Level 1

Learn all the basic techniques and materials of acrylic painting. Various subjects include, equipment, perspective, colour theory, colour mixing, applications and composition. Individual instruction is available to help develop your skills.

Overbrook – 613-742-5147

18+ years	Thu.	1-3 pm
Apr 7-May 19	\$177.75	1615780

Plant – 613-232-3000

16+ years	Mon.	7-8:30 pm
Apr 25-Jun 20	\$152.50	1614187

Drawing – Level 1

Learn simple tips that make a big difference in the way you draw. Observational skills are built while studying perspective, values, understanding mass, line, contour drawing, shading and more. Suitable for beginners and intermediates. Pencil and minimal colour medium.

Hunt Club-Riverside – 613-580-2990

19+ years	Tue.	7-8:30 pm
Apr 12-May 31	\$152.50	1611852

Plant – 613-232-3000

16+ years	Mon.	10-11:30 am
Apr 25-Jun 20	\$152.50	1614140

Oil and Acrylics – Level 2

Choose your own adventure in advanced oils and acrylics. Explore complex techniques including working with perspective, colour mixing and brushstrokes. Try your personalized style using your own subject matter.

Eva James – 613-325-2783

18+ years	Wed.	1:30-3:30 pm
Apr 27-Jun 15	\$203.25	1610526

Oil and Acrylics Studio

No instruction. Bring your own subject matter or still life to paint. Please use only odourless solvents.

Ron Kolbus Lakeside – 613-828-4313

18+ years	Tue.	9 am-12:30 pm
Mar 22-Apr 19	\$43.25	1614441
18+ years	Wed.	9 am-12:30 pm
Mar 23-Apr 20	\$43.25	1614442

Sports

Sports

Badminton – Game Play

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

Eva James – 613-325-2783

18+ years	Sun.	6:30-7:30 pm
Apr 24-Jun 12	\$36.25	1610341
18+ years	Sun.	7:30-8:30 pm
Apr 24-Jun 12	\$36.25	1610347
18+ years	Wed.	7:45-8:45 pm
Apr 27-Jun 15	\$41.25	1610355
30-99 years	Wed.	10:40 am-12:10 pm
Apr 27-Jun 15	\$61.75	1610361

South Fallingbrook – 613-824-0633

18+ years	Mon.	8-10 pm
Apr 4-Jun 20	\$103	1613867

Basketball – Game Play

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

Heron – 613-247-4808

18+ years	Tue.	7:30-9 pm
Mar 29-Jun 14	\$92.75	1614812

Basketball – Game Play – Men

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

Eva James – 613-325-2783

18+ years	Wed.	9-11 pm
Apr 27-Jun 15	\$82.50	1610493

Pickleball

Pickleball is a combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Designed to teach the skills and rules of pickleball in a fun and friendly environment.

François Dupuis – 613-580-8080

18+ years	Mon.	6:40-7:40 pm
Apr 11-Jun 13	\$77	1615625

Tennis

Forehand, backhand, serve and volley. Practice techniques to improve your skills and develop a better understanding of the game.

Four Season's Park – 613-580-2595

15+ years	Mon.	7-8 pm
May 2-Jun 13	\$112.25	1613746

Klondike Road Park

15+ years	Tue.	7-8 pm
May 3-Jun 14	\$112.25	1613749

McKellar Park – 613-580-2424

15+ years	Wed.	6:30-7:30 pm
May 4-Jun 15	\$112.25	1613747

Mooney's Bay Park – 613-580-2424

15+ years	Tue.	8-9 pm
May 3-Jun 14	\$112.25	1613748

Tennis – Level 2

Drills are geared to get your game to the next level. Come with a good understanding of tennis and basic skill level.

Mooney's Bay Park – 613-580-2424

15+ years	Thu.	8-9 pm
May 5-Jun 16	\$128.50	1613752

Volleyball – Game Play

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

Canterbury – 613-247-4865

18+ years	Sat.	3:15-4:15 pm
Apr 2-Jun 18	\$51.50	1615822

Greenboro – 613-580-2805

18+ years	Mon.	7-8:30 pm
Mar 28-Jun 27	\$77.25	1616306
18+ years	Thu.	7:15-8:45 pm
Mar 31-Jun 16	\$92.75	1616311

Volleyball – Game Play – Level 2

Emphasis on active participation and fun. Participants must have a good skill level and understanding of the game.

Greenboro – 613-580-2805

18+ years	Sun.	5:15-6:45 pm
Mar 27-Jun 26	\$77.25	1616287

South Fallingbrook – 613-824-0633

18+ years	Tue.	8-10 pm
Apr 5-May 24	\$82.50	1613983

Volleyball – Game Play – Level 3

Emphasis on active participation and fun. Participants must have an advanced skill level and understanding of the game.

South Fallingbrook – 613-824-0633

18+ years	Tue.	8-10 pm
Apr 5-May 24	\$82.50	1613995

Sports

Hockey

Game Play

Un-officiated non-contact recreational pick-up hockey monitored by City of Ottawa staff. Full gear and full cage are mandatory.

Minto-Barrhaven – 613-727-2683

18+ years	Tue.	9-9:50 pm
Mar 29-May 31	\$72.25	1614107
18+ years	Tue.	10-10:50 pm
Mar 29-May 31	\$72.25	1614108
18+ years	Wed.	10-10:50 pm
Mar 30-Jun 1	\$72.25	1614117

Ray Friel – 613-580-4765

18+ years	Sat.	7:15-8:35 pm
Apr 9-Jun 25	\$115.50	1615894
18+ years	Sat.	8:45-10:05 pm
Apr 9-Jun 25	\$115.50	1615895

Game Play – Goalie

Un-officiated non-contact recreational pick-up hockey program monitored by City of Ottawa staff. Full gear and half visor are mandatory.

Minto-Barrhaven – 613-727-2683

18+ years	Tue.	9-9:50 pm
Mar 29-May 31	\$72.25	1614110
18+ years	Tue.	10-10:50 pm
Mar 29-May 31	\$72.25	1614111
18+ years	Wed.	10-10:50 pm
Mar 30-Jun 1	\$72.25	1614118

Game Play – Women

Un-officiated, non-contact, recreational pick-up hockey monitored by City of Ottawa staff. Full hockey equipment is mandatory including CSA-approved helmet, full face mask, and shoulder pads.

Minto-Barrhaven – 613-727-2683

18+ years	Wed.	9-9:50 pm
Mar 30-Jun 1	\$72.25	1614115

Game Play – Women – Goalie

Un-officiated non-contact recreational pick-up hockey for Goalies monitored by City of Ottawa staff. Full hockey equipment is mandatory including CSA-approved helmet, full face mask, and shoulder pads.

Minto-Barrhaven – 613-727-2683

18+ years	Wed.	9-9:50 pm
Mar 30-Jun 1	\$72.25	1614116

Sports

Martial Arts

Aikido Yoseikan

Self-defensive Japanese martial art utilizing little strength, unbalancing and timing to safely control an attacker or partner. The study of Aikido also involves utilizing fast, smooth techniques resulting in joint locks to the wrist, elbow, shoulder, or pins to the ground.

Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Mon., Wed.	7:30-9 pm
Apr 4-Jun 22	\$367	1612106

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 – 613-560-6030

18+ years	Wed.	7:30-9 pm
Apr 6-Jun 22	\$228.50	1614253

Armizare – Medieval Swordsmanship – Level 2

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 – 613-560-6030

18+ years	Wed.	7:30-9 pm
Apr 6-Jun 22	\$228.50	1614271

Jiu-Jitsu Marui Ryu

Blocking and striking drills, joint lock and momentum manipulation as well as falling and throwing principles will develop simple, yet highly effective self-defence techniques.

Overbrook – 613-742-5147

18+ years	Wed.	8-9 pm
Mar 23-May 11	\$101.75	1609492
May 18-Jun 29	\$89	1609493
18+ years	Thu.	8-9 pm
Mar 24-May 12	\$101.75	1609494
May 19-Jun 30	\$89	1609495

Karate

Courage, integrity, humility, and self-control. Chito Ryu Karate is a traditional martial art including Katas and Kumite (individual sparing).

Sandy Hill – 613-564-1062

15+ years	Thu.	7-8 pm
Mar 24-Jun 16	\$152.50	1615835

Karate Goju Ryu

Traditional style karate developed in Japan, with a style that has both hard and soft elements. Develops self-confidence, discipline, speed, coordination, stress release, and above all, respect for oneself and others.

St-Laurent Complex – 613-742-6767

15+ years	Tue.	6-6:55 pm
Apr 5-Jun 21	\$139.75	1615904

Karate Goju Ryu – Level 2

Traditional style karate developed in Japan, with a style that has both hard and soft elements. Develops self-confidence, discipline, speed, coordination, stress release, and above all, respect for oneself and others.

St-Laurent Complex – 613-742-6767

15+ years	Tue.	7-7:55 pm
Apr 5-Jun 21	\$139.75	1615907

Karate Goju Ryu – Level 3

Traditional style karate developed in Japan, with a style that has both hard and soft elements. Develops self-confidence, discipline, speed, coordination, stress release, and above all, respect for oneself and others.

St-Laurent Complex – 613-742-6767

15+ years	Tue.	8-8:55 pm
Apr 5-Jun 21	\$139.75	1615910

Kendo

The way of the sword or Japanese fencing, Kendo is much more. Why not try this dynamic martial art from the Samurai tradition and improve yourself? Shoshin Kendo provides a no pressure introduction for all.

Plant – 613-232-3000

15+ years	Sun.	3:30-5:30 pm
May 1-Jun 26	\$180.50	1614627

Taekwondo

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.

Hunt Club-Riverside – 613-580-2990

18+ years	Tue.	7:30-8:30 pm
Apr 5-Jun 21	\$144	1612221

Richcraft-Kanata – 613-580-9696

18+ years	Wed.	7-8 pm
Mar 23-Jun 15	\$165	1614149
18+ years	Wed.	8-9 pm
Mar 23-Jun 15	\$165	1614150
18+ years	Sat.	1-2 pm
Mar 26-Jun 18	\$114.25	1614151
18+ years	Sat.	2-3 pm
Mar 26-Jun 18	\$114.25	1614152
18+ years	Sat.	3-4 pm
Mar 26-Jun 18	\$114.25	1614159
18+ years	Sat.	4-5 pm
Mar 26-Jun 18	\$114.25	1614161

General Interest

Bicycle Tune Up

Learn everything you need to know to keep your bike tuned up – repairs, adjustments, lubricate and modify your bike. Bring your bike and any minor tools.

Plant – 613-232-3000

16+ years	Sat.	9 am-noon
May 28	\$21.50	1614307

Chivalrous Sword Handling – Level 1

An introduction to Longsword and Historical European Martial Arts; techniques direct from historical sources. Learn fundamental parries, strikes, and counters. Ideal for martial artists, medieval enthusiasts, or simply those looking for some fun. Respect, courtesy, and self-control are strict requirements for our students.

Plant – 613-232-3000

16+ years	Sun.	10:30 am-12:30 pm
May 1-Jun 26	\$203.25	1614592
16+ years	Sun.	1-3 pm
May 1-Jun 19	\$203.25	1614594

Dog Obedience – Level 1

For dogs five months and older. Entry level training course will focus on good manners and basic skills. Proof of current vaccination required.

Lansdowne Park – 613-580-2424 ext. 17323

18+ years	Thu.	6:30-7:30 pm
Apr 7-Jun 2	\$82.25	1614573

Ron Kolbus Lakeside – 613-828-4313

18+ years	Wed.	7-8 pm
Mar 23-Apr 20	\$68.50	1614436

Dog Obedience – Level 1 – Low Ratio

For dogs five months and older. Entry level training course will focus on good manners and basic skills. Proof of current vaccination required.

Hintonburg – 613-798-8874

15+ years	Sat.	1-2 pm
Apr 23-Jun 11	\$137	1615614

Dog Obedience – Level 2

Dogs and handlers learn new skills to pass the Canadian Canine Good Citizen test. Proof of current vaccination required. Pre-requisite: Dog Obedience Level 1.

Lansdowne Park – 613-580-2424 ext. 17323

18+ years	Thu.	6:30-7:30 pm
Apr 7-Jun 2	\$82.25	1614577

Dog Tricks and Games – Low Ratio

Reduce stress in your dog and help your pet become reliable at basic good manner exercises. Perform a variety of tricks such as a bow, wave, sit pretty, say your prayers, spin, weave-figure eight, crawl and roll over. A tail wagging good time!

Hintonburg – 613-798-8874

15+ years	Sat.	2-3 pm
Apr 23-Jun 11	\$137	1615609

Lansdowne Park – 613-580-2424 ext. 17323

18+ years	Thu.	7:30-8:30 pm
Apr 7-Jun 2	\$137	1614579

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

18+ years	Sat.	1-2 pm
Apr 23-May 14	\$35.50	1615827
May 21-Jun 11	\$35.50	1615829

Sewing – Level 1

Learn the basics of sewing. Complete simple projects that will teach a variety of skills.

Overbrook – 613-742-5147

18+ years	Mon.	9:30-11:30 am
Mar 21-May 30	\$176	1609489

General Interest

Spanish Conversational – Level 1

Spanish at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business.

Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Mon.	5:30-7 pm
Apr 4-Jun 6	\$152.50	1612067

Hunt Club-Riverside – 613-580-2990

18+ years	Wed.	6:30-7:30 pm
Apr 6-Jun 8	\$127	1611855

Plant – 613-232-3000

16+ years	Tue.	5-7 pm
Apr 26-Jun 21	\$228.50	1614203
16+ years	Tue.	7:15-9:15 pm
Apr 26-Jun 21	\$228.50	1614206

Spanish Conversational – Level 2

Increase your vocabulary, improve grammar, and build on your Spanish oral competency!

Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Thu.	5:30-7 pm
Apr 7-Jun 9	\$190.50	1612069

Hunt Club-Riverside – 613-580-2990

18+ years	Wed.	7:45-8:45 pm
Apr 6-Jun 8	\$127	1611856

Plant – 613-232-3000

16+ years	Thu.	7:30-9:30 pm
Apr 28-Jun 23	\$228.50	1614292

Spanish Conversational – Level 3

Emphasis on day to day and work-related conversation. Increase your conversational and comprehension skills in a relaxed atmosphere.

Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Thu.	7-8:30 pm
Apr 7-Jun 9	\$190.50	1612070

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.

John G. Mlacak – 613-580-2980

18+ years	Wed.	10 am-noon
Mar 30-Jun 1	\$197.50	1614082
18+ years	Fri.	10 am-noon
Mar 25-Jun 3	\$197.50	1614084