



Spring  
2022

Classes and  
activities for

# Children

(5 to 14 years)

## Recreation eGuide

### Table of Contents

Arts .....	2
Safety and Certification .....	5
Science and Technology .....	6
Sports.....	7
General Interest.....	13
Children.....	14



[Facilities](#)

[Safety measures](#)

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

### 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.

#### Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sat.	9:45-10:45 am
Mar 26-Jun 11	\$101	<a href="#">1612203</a>
6-9 years	Tue.	6:30-7:30 pm
Mar 29-Jun 7	\$111	<a href="#">1612201</a>

#### Greenboro – 613-580-2805

6-9 years	Mon.	5:30-6:30 pm
Mar 28-Jun 13	\$101	<a href="#">1615766</a>
10-13 years	Mon.	6:45-7:45 pm
Mar 28-Jun 13	\$101	<a href="#">1615769</a>
6-9 years	Wed.	6:45-7:45 pm
Mar 30-Jun 15	\$121.25	<a href="#">1615781</a>
6-9 years	Sat.	9-10 am
Apr 2-Jun 4	\$80.75	<a href="#">1615896</a>

#### Hunt Club-Riverside Park – 613-580-2990

5-7 years	Sat.	11-11:45 am
Apr 2-Jun 18	\$91	<a href="#">1611850</a>
7-10 years	Sat.	noon-12:45 pm
Apr 2-Jun 18	\$91	<a href="#">1611851</a>

#### Pat Clark – 613-748-1771

5-7 years	Mon.	6:30-7:15 pm
Apr 11-Jun 20	\$68.25	<a href="#">1612864</a>

#### Plant – 613-232-3000

6-9 years	Wed.	7:30-8:15 pm
Apr 27-Jun 22	\$68.25	<a href="#">1614267</a>

#### Richcraft-Kanata – 613-580-9696

6-8 years	Thu.	5:30-6:15 pm
Mar 24-Jun 16	\$98.50	<a href="#">1614690</a>

#### Walter Baker – 613-580-2788

5-7 years	Wed.	6:30-7:15 pm
Apr 6-Jun 1	\$68.25	<a href="#">1609621</a>

### 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

6-9 years	Wed.	6:30-7:30 pm
Mar 30-Jun 8	\$111	<a href="#">1612272</a>

#### Nepean Sportsplex – 613-580-2828

6-8 years	Sat.	11:30 am-12:15 pm
Apr 2-Jun 4	\$60.75	<a href="#">1613305</a>
9-12 years	Sun.	10:30-11:15 am
Apr 3-Jun 5	\$60.75	<a href="#">1613306</a>

#### Pincrest – 613-580-9676

6-9 years	Sat.	10:15-11:15 am
Apr 2-Jun 25	\$111	<a href="#">1612822</a>

### Gotta Dance

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

#### Greenboro – 613-580-2805

6-9 years	Tue.	6-7 pm
Mar 29-May 3	\$60.75	<a href="#">1615777</a>
May 10-Jun 14	\$60.75	<a href="#">1615779</a>

#### Heron – 613-247-4808

6-9 years	Sat.	10:30-11:15 am
Apr 2-Jun 18	\$83.25	<a href="#">1614818</a>

### 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

6-9 years	Sun.	10:30-11:30 am
Mar 27-Jun 12	\$112.50	<a href="#">1612244</a>
6-9 years	Thu.	5:45-6:45 pm
Mar 31-Jun 9	\$123.75	<a href="#">1612241</a>

#### CardelRec (Goulbourn) – 613-580-2532

6-10 years	Sun.	12:30-1:30 pm
Mar 27-Jun 19	\$123.75	<a href="#">1613358</a>

#### Nepean Sportsplex – 613-580-2828

6-8 years	Sat.	9:45-10:30 am
Apr 2-Jun 4	\$67.50	<a href="#">1613301</a>
9-12 years	Sun.	11:30 am-12:15 pm
Apr 3-Jun 5	\$67.50	<a href="#">1613302</a>

#### Pat Clark – 613-748-1771

5-7 years	Wed.	6:30-7:15 pm
Apr 13-Jun 22	\$92.75	<a href="#">1612867</a>

# Arts

## Richcraft-Kanata – 613-580-9696

9-12 years Thu. 6:15-7:15 pm  
Mar 24-Jun 16 \$146 [1614691](#)

## Richmond – 613-325-2783

7-12 years Wed. 7-8 pm  
Mar 30-Jun 15 \$134.75 [1611830](#)

## Sandy Hill – 613-564-1062

6-12 years Sat. 11 am-noon  
Mar 26-Jun 11 \$112.50 [1615728](#)

## Walter Baker – 613-580-2788

5-7 years Sat. 9:15-10:15 am  
Apr 9-Jun 4 \$90 [1609630](#)

7-9 years Mon. 5:45-6:30 pm  
Apr 4-May 30 \$67.50 [1609497](#)

7-9 years Thu. 6-6:45 pm  
Apr 7-Jun 2 \$76 [1609623](#)

10-14 years Thu. 7-8 pm  
Apr 7-Jun 2 \$101.25 [1609624](#)

## Hip Hop – Level 2

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing and break dancing, provides a good cardio workout to funky, up-beat tunes. Hip Hop is easy to learn and fun for all ages!

## Bob MacQuarrie-Orléans – 613-580-9600

10-14 years Thu. 6:45-7:45 pm  
Mar 31-Jun 9 \$123.75 [1612247](#)

## Hip Hop and Jazz

Emphasis on body placement, coordination, and basic Jazz technique.

## François Dupuis – 613-580-8080

6-10 years Sat. 3:20-4:20 pm  
Apr 9-Jun 11 \$90 [1615611](#)

6-10 years Sun. 3:10-4:10 pm  
Apr 10-Jun 12 \$90 [1615622](#)

# 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

7-14 years Wed. 5-6 pm  
Apr 27-Jun 22 \$177 [1614272](#)

7-14 years Sat. 10:30-11:30 am  
Apr 30-Jun 25 \$157.25 [1614304](#)

## Guitar – Level 2

Once you have the basics through Guitar Level 1 or equivalent, you're ready for more advanced music.

### Plant – 613-232-3000

7-14 years Wed. 6-7 pm  
Apr 27-Jun 22 \$177 [1614275](#)

7-14 years Sat. 6-7 pm  
Apr 30-Jun 25 \$157.25 [1614305](#)

## Guitar – Level 3

Learn songs while adding new techniques and skills along the way. Choose a song you would like to learn. Learn to play each of the songs submitted.

### Plant – 613-232-3000

7-14 years Sat. 12:30-1:30 pm  
Apr 30-Jun 25 \$157.25 [1614306](#)

## 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

7-14 years Sun. 9-10 am  
May 1-Jun 26 \$209.75 [1614599](#)

7-14 years Mon. 6-7 pm  
Apr 25-Jun 20 \$209.75 [1614166](#)

## Keyboard – Level 2

Teachings include musical terms, single hand chords, reading music, using range, and introducing the black keys. Must have keyboard at home.

### Plant – 613-232-3000

7-14 years Mon. 7-8 pm  
Apr 25-Jun 20 \$209.75 [1614170](#)

7-14 years Sun. 10-11 am  
May 1-Jun 26 \$209.75 [1614602](#)

## Ukulele

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

### Plant – 613-232-3000

9-14 years Wed. 7-8 pm  
Apr 27-Jun 22 \$177 [1614278](#)

## Theatre Arts

### Acting Up

An introduction to basic acting skills in a game themed environment. Expand your creativity using playful theatre games, vocal exercises, and actions. Develop characters, settings, and themes while creating stories as a class.

#### Kanata Recreation – 613-580-2570

7-10 years	Tue.	6-6:50 pm
Apr 5-Jun 7	\$71	<a href="#">1610824</a>

#### Walter Baker – 613-580-2788

7-10 years	Sat.	10:30-11:30 am
Apr 9-Jun 4	\$68.25	<a href="#">1609638</a>

### Drama and Dance

Jazz dance, improv, storytelling, character study, expression, performance skills and drama games. An open-house performance for friends and family on the last day.

#### Kanata Recreation – 613-580-2570

5-8 years	Mon.	6-6:50 pm
Apr 4-Jun 13	\$84.25	<a href="#">1610813</a>

### Improv

Think on your feet, build confidence, and gain comfort as a performer in spontaneous improv. Development skills in timing, creative thinking, storytelling, stage presence and traditional acting techniques.

#### Kanata Recreation – 613-580-2570

11-14 years	Tue.	7-7:50 pm
Apr 5-Jun 7	\$101	<a href="#">1610825</a>

### Live Wire Drama

Enter the exciting world of performance. Drama skills, theatrical techniques, improvisation, scene study, and performance.

#### Walter Baker – 613-580-2788

6-8 years	Tue.	5:45-6:45 pm
Apr 5-May 31	\$101.25	<a href="#">1609552</a>
9-14 years	Tue.	7-8 pm
Apr 5-May 31	\$101.25	<a href="#">1609555</a>
10-14 years	Sat.	11:45 am-12:45 pm
Apr 9-Jun 4	\$90	<a href="#">1609640</a>

### Musical Theatre

Love to sing and dance? With proper direction, choreography and singing, learn good vocal techniques, the art of expressive movement, and staging for musical performance.

#### Kanata Recreation – 613-580-2570

8-12 years	Mon.	7-7:50 pm
Apr 4-Jun 13	\$131.25	<a href="#">1610819</a>

## Visual Arts

### Cartooning and Comics

A young and free imagination can give cartoons personality – so watch characters and comic strips come to life! Draw and animate characters through studying figures, facial expressions, actions, perspective and using specialized illustration techniques.

#### François Dupuis – 613-580-8080

5-7 years	Wed.	5:50-6:50 pm
Apr 13-Jun 15	\$157.25	<a href="#">1615623</a>
8-12 years	Wed.	7-8 pm
Apr 13-Jun 15	\$157.25	<a href="#">1615624</a>

#### Kanata Recreation – 613-580-2570

6-12 years	Sat.	3-4:30 pm
Apr 9-May 28	\$188.75	<a href="#">1611118</a>

#### Plant – 613-232-3000

8-12 years	Sun.	5-6 pm
May 1-Jun 26	\$126	<a href="#">1614586</a>

### Drawing and Painting

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

#### Eva James – 613-325-2783

7-9 years	Wed.	4:30-5:30 pm
Apr 27-Jun 15	\$126	<a href="#">1610527</a>
10-12 years	Wed.	5:45-6:45 pm
Apr 27-Jun 15	\$126	<a href="#">1610529</a>

#### Greenboro – 613-580-2805

6-9 years	Thu.	5-6 pm
Mar 31-May 5	\$94.25	<a href="#">1615875</a>
May 12-Jun 16	\$94.25	<a href="#">1615876</a>
10-13 years	Thu.	6:15-7:15 pm
Mar 31-May 5	\$94.25	<a href="#">1615878</a>
May 12-Jun 16	\$94.25	<a href="#">1615879</a>

# Safety and Certification

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## Babysitting Course – Canadian Safety Council

Earn some extra money. Learn good babysitting techniques with topics on rights and responsibilities, ages and stages, emergency procedures and introductory first aid.

### **Greely – 613-580-2424 ext. 30235**

12-14 years	Sat.	9 am-5 pm
Apr 30	\$75.25	<a href="#">1612783</a>

### **Hintonburg – 613-798-8874**

11-14 years	Sat.	10 am-2 pm
Apr 2- 9	\$76.50	<a href="#">1615558</a>

### **Manotick – 613-580-2424 ext. 30235**

12-14 years	Sat.	9 am-5 pm
Apr 2	\$75.25	<a href="#">1612782</a>

### **Osgoode – 613-580-2424 ext. 30235**

12-14 years	Sat.	9 am-5 pm
May 28	\$75.25	<a href="#">1612784</a>

### **Pinecrest – 613-580-9676**

11-14 years	Wed.	6-8 pm
Mar 30-Apr 20	\$73	<a href="#">1612773</a>
11-14 years	Mon.	9:30 am-4:30 pm
May 30	\$73	<a href="#">1612778</a>

# Science and Technology

## LEGO® Club

Learn LEGO building techniques as you construct a variety of mechanical Technic projects. Develop your own creations with Technic gears, beams, wheels, and axles. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Nepean Sportsplex – 613-580-2828

7-12 years	Sun.	9-11 am
Mar 27	\$37	<a href="#">1613914</a>

## LEGO® Contraptions

Learn about using gears, motors, axles, wheels and specialized Technic pieces with traditional LEGO. Discover how real machines work as you build contraptions and other machines that move. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Kanata Recreation – 613-580-2570

7-12 years	Tue.	6-7 pm
Mar 29-Apr 12	\$55.50	<a href="#">1614011</a>

## LEGO® EV3 Advanced Robotics

Design efficient and functional Mindstorms® EV3 robots, using minimal componentry. Build attachments for specific tasks and program robots to perform challenges. Learn about robotics contests. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Kanata Recreation – 613-580-2570

8-12 years	Tue.	6-7 pm
Jun 7-21	\$55.50	<a href="#">1614021</a>

### Nepean Sportsplex – 613-580-2828

7-12 years	Sun.	9-11 am
May 29	\$37	<a href="#">1614000</a>

## LEGO® EV3 Robotics and Programming

Build and program Mindstorms® EV3 robots. Build a walking robot, inch worm and EV3-Bot. Program your autonomous robots to perform tasks based on input from various sensors. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Kanata Recreation – 613-580-2570

8-12 years	Tue.	6-7 pm
May 10-24	\$55.50	<a href="#">1614017</a>

### Nepean Sportsplex – 613-580-2828

7-12 years	Sun.	9-11 am
May 15	\$37	<a href="#">1613998</a>

## LEGO® Junior Robotics and Coding

Build smart Power Functions machines, and Ian's unique sensor-driven Mindstorms® EV3 robots. Using tablet-based coding, program your robot's sounds, lights, screen images, and movements. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Kanata Recreation – 613-580-2570

6-7 years	Sun.	9-11 am
Apr 3	\$37	<a href="#">1614025</a>

6-7 years	Tue.	6-7 pm
Apr 19-26	\$37	1614013

### Nepean Sportsplex – 613-580-2828

6-7 years	Sun.	9-11 am
Apr 10	\$37	<a href="#">1613936</a>

## Science Quests

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

### Canterbury – 613-247-4865

6-10 years	Sun.	3-4 pm
Mar 27-Jun 12	\$79.75	<a href="#">1615736</a>

### Greely – 613-580-2424 ext. 30235

7-10 years	Tue.	5-6 pm
Apr 5-May 24	\$63.75	<a href="#">1612467</a>

### Manotick – 613-580-2424 ext. 30235

7-10 years	Tue.	5-6 pm
Apr 5-May 24	\$63.75	<a href="#">1612465</a>

### Walter Baker – 613-580-2788

6-7 years	Sun.	11 am-noon
Apr 10-May 29	\$63.75	<a href="#">1610977</a>
8-9 years	Sun.	12:15-1:15 pm
Apr 10-Jun 5	\$63.75	<a href="#">1610978</a>

## STEAM Workshop

A workshop allowing families to engage in a variety of Science, Technology, Engineering, Arts and Math (STEAM) activities in a fun and relaxed way.

### Lansdowne Park – 613-580-2424 ext. 17323

6-10 years	Tue.	6-7:30 pm
Apr 26	\$8	<a href="#">1615715</a>
May 24	\$8	<a href="#">1615720</a>
Jun 7	\$8	<a href="#">1615718</a>

# Sports

## General Sports

### Badminton

Develop basic techniques including serve, rally, forehand and backhand. Improve your skills through game play.

**Bridlewood School – 613-325-2783**

#### 63 Bluegrass Drive

10-14 years	Thu.	7-8 pm
Apr 28-Jun 16	\$68.25	<a href="tel:1610538">1610538</a>

**François Dupuis – 613-580-8080**

8-10 years	Wed.	5:30-6:30 pm
Apr 13-Jun 15	\$85.25	<a href="tel:1615542">1615542</a>

11-14 years	Wed.	6:40-7:40 pm
Apr 13-Jun 15	\$85.25	<a href="tel:1615543">1615543</a>

**Heron – 613-247-4808**

6-9 years	Sat.	11:30 am-12:15 pm
Apr 2-Jun 18	\$70.25	<a href="tel:1614837">1614837</a>

10-14 years	Sat.	12:30-1:15 pm
Apr 2-Jun 18	\$70.25	<a href="tel:1614838">1614838</a>

**Richcraft-Kanata – 613-580-9696**

6-7 years	Tue.	4:15-5 pm
Mar 22-Jun 14	\$83	<a href="tel:1615676">1615676</a>

8-10 years	Tue.	5-6 pm
Mar 22-Jun 14	\$110.75	<a href="tel:1615677">1615677</a>

11-14 years	Tue.	6-7 pm
Mar 22-Jun 14	\$110.75	<a href="tel:1615678">1615678</a>

### Badminton – Game Play

Emphasis is on active participation and fun.

Non-instructional game play.

**Eva James – 613-325-2783**

11-14 years	Wed.	6:45-7:45 pm
Apr 27-Jun 15	\$36.50	<a href="tel:1610476">1610476</a>

**South Fallingbrook – 613-824-0633 ext. 221**

8-14 years	Mon.	6-7 pm
Apr 4-Jun 20	\$45.75	<a href="tel:1613883">1613883</a>

8-14 years	Mon.	7-8 pm
Apr 4-Jun 20	\$45.75	<a href="tel:1613904">1613904</a>

8-14 years	Fri.	6-7 pm
Apr 8-Jun 17	\$45.75	<a href="tel:1613906">1613906</a>

### Ball Hockey

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

**Nepean Sportsplex – 613-580-2828**

6-8 years	Sun.	3-3:50 pm
Apr 3-Jun 5	\$56.75	<a href="tel:1613298">1613298</a>

9-12 years	Sun.	4-4:50 pm
Apr 3-Jun 5	\$56.75	<a href="tel:1613299">1613299</a>

**St-Laurent Complex – 613-742-6767**

5-12 years	Sun.	9-10 am
Apr 24-Jun 19	\$56.75	<a href="tel:1616197">1616197</a>

### Ball Hockey – Game Play

Emphasis is on active participation and fun.

Non-instructional game play.

**Manotick – 613-580-2424 ext. 30235**

7-9 years	Thu.	4-5 pm
Apr 21-May 26	\$27.50	<a href="tel:1612753">1612753</a>

10-12 years	Thu.	5-6 pm
Apr 21-May 26	\$27.50	<a href="tel:1612757">1612757</a>

**Metcalfe – 613-580-2424 ext. 30235**

7-9 years	Wed.	4-5 pm
Apr 20-May 25	\$27.50	<a href="tel:1612764">1612764</a>

10-12 years	Wed.	5-6 pm
Apr 20-May 25	\$27.50	<a href="tel:1612761">1612761</a>

**Osgoode – 613-580-2424 ext. 30235**

7-9 years	Mon.	4-5 pm
Apr 25-May 30	\$23	<a href="tel:1612767">1612767</a>

10-12 years	Mon.	5-6 pm
Apr 25-May 30	\$23	<a href="tel:1612768">1612768</a>

### Basketball – Above the Rim

Introduction to one specific basketball skill per week.

Drills, skill fundamentals and integration into team play. Instruction provided by professionals from

[abovetherimbasketballschoool.com](http://abovetherimbasketballschoool.com).

**Eva James – 613-325-2783**

6-10 years	Mon.	6-7:30 pm
Apr 25-Jun 13	\$126.75	<a href="tel:1610403">1610403</a>

11-14 years	Mon.	7:30-9 pm
Apr 25-Jun 13	\$126.75	<a href="tel:1610407">1610407</a>

**Manotick – 613-580-2424 ext. 30235**

7-9 years	Tue.	5-6 pm
Apr 19-May 24	\$72.50	<a href="tel:1613130">1613130</a>

10-12 years	Tue.	6-7 pm
Apr 19-May 24	\$72.50	<a href="tel:1613134">1613134</a>

12-14 years	Tue.	7-8 pm
Apr 19-May 24	\$72.50	<a href="tel:1613135">1613135</a>

**Mother Teresa School – 613-822-7887**

#### 440 Longfields Drive

7-12 years	Tue.	6-7:30 pm
Apr 5-Jun 7	\$181	<a href="tel:1612093">1612093</a>

**Rideauview – 613-822-7887**

6-10 years	Fri.	6-7:30 pm
Apr 1-Jun 10	\$181	<a href="tel:1609412">1609412</a>

11-14 years	Fri.	7:30-9 pm
Apr 1-Jun 10	\$181	<a href="tel:1609417">1609417</a>

### Basketball

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

**CardelRec (Goulbourn) – 613-580-2532**

8-12 years	Sat.	11:45 am-12:45 pm
Mar 26-Jun 18	\$93.75	<a href="tel:1614277">1614277</a>

# Sports

## François Dupuis – 613-580-8080

6-7 years	Sat.	9:30-10:25 am
Apr 9-Jun 11	\$62.50	<a href="#">1615582</a>
8-9 years	Sat.	10:30-11:25 am
Apr 9-Jun 11	\$62.50	<a href="#">1615584</a>
10-12 years	Sat.	11:30 am-12:25 pm
Apr 9-Jun 11	\$62.50	<a href="#">1615585</a>

## Greenboro – 613-580-2805

6-7 years	Sat.	12:15-1:15 pm
Apr 2-May 14	\$51.25	<a href="#">1615804</a>
8-9 years	Sat.	1:30-2:30 pm
Apr 2-May 14	\$51.25	<a href="#">1615806</a>
10-12 years	Sat.	2:45-3:45 pm
Apr 2-May 14	\$51.25	<a href="#">1615807</a>

## Heron – 613-247-4808

7-10 years	Sat.	2:30-3:15 pm
Apr 2-Jun 18	\$70.25	<a href="#">1614845</a>
11-14 years	Sat.	3:30-4:15 pm
Apr 2-Jun 18	\$70.25	<a href="#">1614849</a>

## Hunt Club-Riverside Park – 613-580-2990

6-9 years	Sat.	12:45-1:45 pm
Apr 2-Jun 18	\$102.25	<a href="#">1612096</a>
10-12 years	Sat.	2-3 pm
Apr 2-Jun 18	\$102.25	<a href="#">1612097</a>

## Pat Clark – 613-748-1771

8-12 years	Fri.	6-7 pm
Apr 22-Jun 24	\$85.25	<a href="#">1613248</a>

## Richcraft-Kanata – 613-580-9696

7-9 years	Mon.	5-6 pm
Mar 21-Jun 13	\$93.75	<a href="#">1614700</a>
10-12 years	Mon.	5-6 pm
Mar 21-Jun 13	\$93.75	<a href="#">1614701</a>

## South Fallingbrook – 613-824-0633 ext. 221

6-9 years	Sun.	2:30-3:30 pm
Apr 3-Jun 19	\$85.25	<a href="#">1613079</a>
10-14 years	Sun.	3:30-4:30 pm
Apr 3-Jun 19	\$85.25	<a href="#">1613089</a>

## St-Laurent Complex – 613-742-6767

6-8 years	Thu.	5:45-6:45 pm
Apr 7-Jun 23	\$102.25	<a href="#">1616005</a>
9-12 years	Thu.	6:45-7:45 pm
Apr 7-Jun 23	\$102.25	<a href="#">1616006</a>
13-14 years	Thu.	7:45-8:45 pm
Apr 7-Jun 23	\$102.25	<a href="#">1616007</a>

## Basketball – Boys

Designed to teach the skills and rules of basketball to children in a fun and friendly environment.

### Nepean Sportsplex – 613-580-2828

6-8 years	Wed.	5-5:50 pm
Mar 30-May 25	\$64	<a href="#">1610952</a>
9-12 years	Wed.	6-6:50 pm
Mar 30-May 25	\$64	<a href="#">1610953</a>

## Basketball – Game Play

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

### CardelRec (Goulbourn) – 613-580-2532

11-12 years	Sat.	3:30-4:30 pm
Mar 26-Jun 18	\$50.25	<a href="#">1614280</a>
13-14 years	Sat.	4:45-5:45 pm
Mar 26-Jun 18	\$50.25	<a href="#">1614285</a>

### Manotick – 613-580-2424 ext. 30235

7-9 years	Tue.	5-6 pm
Apr 19-May 24	\$27.50	<a href="#">1612775</a>
10-12 years	Tue.	6-7 pm
Apr 19-May 24	\$27.50	<a href="#">1612776</a>
12-14 years	Tue.	7-8 pm
Apr 19-May 24	\$27.50	<a href="#">1612777</a>

## Basketball – Girls

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

### Nepean Sportsplex – 613-580-2828

6-10 years	Wed.	5-5:50 pm
Mar 30-May 25	\$64	<a href="#">1610954</a>
11-14 years	Wed.	6-6:50 pm
Mar 30-May 25	\$64	<a href="#">1610955</a>

### Richcraft-Kanata – 613-580-9696

7-9 years	Mon.	6-7 pm
Mar 21-Jun 13	\$93.75	<a href="#">1614706</a>
10-12 years	Mon.	6-7 pm
Mar 21-Jun 13	\$93.75	<a href="#">1614707</a>

## Multi-Sport

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Program includes skill development and fun games.

### CardelRec (Goulbourn) – 613-580-2532

4-7 years	Sat.	10:30-11:30 am
Mar 26-Jun 18	\$93.75	<a href="#">1613346</a>

### Greely – 613-580-2424 ext. 30235

7-10 years	Tue.	4:30-5:30 pm
Apr 19-May 24	\$51.25	<a href="#">1612769</a>

### Hunt Club-Riverside Park – 613-580-2990

6-10 years	Sat.	11:30 am-12:30 pm
Apr 2-Jun 18	\$102.25	<a href="#">1611858</a>

### Manotick – 613-580-2424 ext. 30235

7-10 years	Tue.	4-5 pm
Apr 19-May 24	\$51.25	<a href="#">1612770</a>

### Nepean Sportsplex – 613-580-2828

6-8 years	Tue.	6-6:45 pm
Mar 29-May 24	\$57.50	<a href="#">1610948</a>

### Pincrest Park – 613-580-2400

5-8 years	Sat.	9-10 am
May 7-Jun 11	\$51.25	<a href="#">1612907</a>

### Richelieu-Vanier – 613-560-6030

6-10 years	Tue.	6-7 pm
Apr 5-Jun 21	\$102.25	<a href="#">1613950</a>



# Sports

## Soccer

Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing the game.

### Bridlewood School – 613-325-2783

#### 63 Bluegrass Dr.

8-12 years	Thu.	5:45-6:45 pm
Apr 28-Jun 16	\$68.25	<a href="#">1610537</a>

#### Greenboro – 613-580-2805

9-11 years	Tue.	6:30-7:30 pm
Mar 29-May 10	\$59.75	<a href="#">1615811</a>

#### Hintonburg – 613-798-8874

6-8 years	Tue.	6:45-7:45 pm
May 17-Jun 14	\$42.75	<a href="#">1615540</a>

#### Kanata Recreation – 613-580-2570

5-7 years	Sun.	2:20-3:10 pm
Apr 10-Jun 12	\$56.75	<a href="#">1611131</a>
5-7 years	Sun.	3:20-4:10 pm
Apr 10-Jun 12	\$56.75	<a href="#">1611132</a>

#### Pat Clark – 613-748-1771

6-8 years	Mon.	7-7:50 pm
Apr 11-Jun 20	\$64	<a href="#">1615576</a>

#### Pinecrest – 613-580-9676

8-12 years	Sun.	10:30-11:30 am
Apr 24-Jun 19	\$68.25	<a href="#">1614869</a>

#### Sandy Hill – 613-564-1062

6-10 years	Tue.	7-8 pm
May 24-Jun 21	\$42.75	<a href="#">1615846</a>

6-10 years	Thu.	7-8 pm
May 26-Jun 23	\$42.75	<a href="#">1615847</a>

#### South Fallingbrook – 613-824-0633 ext. 221

5-7 years	Sat.	9-10 am
Apr 2-Jun 18	\$85.25	<a href="#">1613126</a>

6-12 years	Sat.	11 am-noon
Apr 2-Jun 18	\$85.25	<a href="#">1613105</a>

8-12 years	Sat.	10-11 am
Apr 2-Jun 18	\$85.25	<a href="#">1613133</a>

#### Walter Baker – 613-580-2788

6-7 years	Sun.	1:15-2:15 pm
Apr 10-Jun 5	\$68.25	<a href="#">1610974</a>

8-9 years	Sun.	2:30-3:30 pm
Apr 10-Jun 5	\$68.25	<a href="#">1610975</a>

#### St-Laurent Complex – 613-742-6767

6-8 years	Sat.	10-11 am
Apr 23-Jun 18	\$59.75	<a href="#">1616198</a>

9-12 years	Sat.	11 am-noon
Apr 23-Jun 18	\$59.75	<a href="#">1616199</a>

## Soccer League Just Kickin'it

Recreational league focusing on fair play. Volunteer coaches required. Short skills and drills warm up followed by game.

#### Carleton Heights Park – 613-580-2424

7-9 years	Tue., Thu.	6:30-7:30 pm
May 24-Jun 23	\$45.25	<a href="#">1615690</a>

## Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport, and play lots of games.

#### Alexander Grove Park – 613-325-2783

5-7 years	Mon.	5:30-6:30 pm
May 30-Jun 20	\$56.75	<a href="#">1611813</a>

8-11 years	Mon.	6:30-7:30 pm
May 30-Jun 20	\$56.75	<a href="#">1611815</a>

#### Four Season's Park – 613-580-2595

10-14 years	Mon.	6-7 pm
May 2-Jun 13	\$99.25	<a href="#">1613758</a>

#### Heron – 613-247-4808

5-7 years	Sat.	9:30-10:15 am
Apr 2-Jun 18	\$117	<a href="#">1614825</a>

8-10 years	Sat.	10:30-11:15 am
Apr 2-Jun 18	\$117	<a href="#">1614829</a>

#### Klondike Road Park

10-14 years	Tue.	6-7 pm
May 3-Jun 14	\$99.25	<a href="#">1613759</a>

#### McKellar Park – 613-580-2424

10-14 years	Wed.	6:30-7:30 pm
May 4-Jun 15	\$99.25	<a href="#">1613760</a>

#### Mooney's Bay Park – 613-580-2424

10-14 years	Tue.	7-8 pm
May 3-Jun 14	\$99.25	<a href="#">1613761</a>

10-14 years	Thu.	7-8 pm
May 5-Jun 16	\$99.25	<a href="#">1613762</a>

10-14 years	Thu.	7-8 pm
May 5-Jun 16	\$99.25	<a href="#">1613762</a>

#### Munster (Dogwood) Park – 613-325-2783

5-7 years	Wed.	5:30-6:30 pm
May 25-Jun 22	\$71	<a href="#">1611819</a>

8-11 years	Wed.	6:30-7:30 pm
May 25-Jun 22	\$71	<a href="#">1611820</a>

#### Richmond Lions Park – 613-325-2783

5-7 years	Tue.	5:30-6:30 pm
May 24-Jun 21	\$71	<a href="#">1611817</a>

8-11 years	Tue.	6:30-7:30 pm
May 24-Jun 21	\$71	<a href="#">1611818</a>

#### South Fallingbrook – 613-824-0633 ext. 221

5-7 years	Sun.	11-11:45 am
Apr 3-Jun 19	\$85.25	<a href="#">1613219</a>

8-12 years	Sun.	noon-1 pm
Apr 3-Jun 5	\$113.50	<a href="#">1613222</a>

## Progressive Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport and play lots of games.

#### Four Season's Park – 613-580-2595

6-9 years	Mon.	5-6 pm
May 2-Jun 13	\$99.25	<a href="#">1613753</a>

#### Klondike Road Park

6-9 years	Tue.	5-6 pm
May 3-Jun 14	\$99.25	<a href="#">1613754</a>

#### McKellar Park – 613-580-2424

6-9 years	Wed.	5:30-6:30 pm
May 4-Jun 15	\$99.25	<a href="#">1613755</a>

#### Mooney's Bay Park – 613-580-2424

6-9 years	Tue.	6-7 pm
May 3-Jun 14	\$99.25	<a href="#">1613756</a>

6-9 years	Thu.	6-7 pm
May 5-Jun 16	\$99.25	<a href="#">1613757</a>

# Sports

## Volleyball

Learn the rules, game play (bump, set, spike, tip) and skills needed to serve and volley. Develop the fundamental skills playing the game.

### Canterbury – 613-247-4865

8-12 years	Sat.	1-1:45 pm
Apr 2-Jun 18	\$64	<a href="#">1615817</a>
13-14 years	Sat.	2-3 pm
Apr 2-Jun 18	\$85.25	<a href="#">1615819</a>

### Eva James – 613-325-2783

11-14 years	Sun.	2:30-3:30 pm
Apr 24-Jun 12	\$59.75	<a href="#">1609347</a>

### François Dupuis – 613-580-8080

8-9 years	Sun.	8:30-9:30 am
Apr 10-Jun 12	\$68.25	<a href="#">1615590</a>
10-11 years	Sun.	9:40-10:40 am
Apr 10-Jun 12	\$68.25	<a href="#">1615591</a>
12-14 years	Sun.	10:50-11:50 am
Apr 10-Jun 12	\$68.25	<a href="#">1615592</a>

### Greenboro – 613-580-2805

8-14 years	Thu.	6-7 pm
Mar 31-Jun 9	\$76.75	<a href="#">1617221</a>

### Nepean Sportsplex – 613-580-2828

12-14 years	Thu.	5-5:50 pm
Mar 31-May 26	\$64	<a href="#">1610956</a>

## Gymnastics

### Gymnastics

Beginner to intermediate recreational gymnastic skills is taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability, and levels. Apparatus will include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, vault.

### Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sun.	11:30 am-12:30 pm
Mar 27-Jun 12	\$106.50	<a href="#">1612103</a>

### Overbrook – 613-742-5147

6-12 years	Sat.	2:15-3:15 pm
Mar 26-May 14	\$74.50	<a href="#">1609460</a>
May 28-Jun 25	\$53.25	<a href="#">1609462</a>

### St-Laurent Complex – 613-742-6767

4-5 years	Sat.	1-1:55 pm
Apr 23-Jun 18	\$68.25	<a href="#">1615891</a>
6-12 years	Sat.	2-2:55 pm
Apr 23-Jun 18	\$68.25	<a href="#">1615892</a>

### Gymnastics and Ninja Obstacle

Can't decide between gymnastics and Ninja Obstacle? No problem! Perform both Ninja Obstacle courses and classic gymnastics instruction in this combined class.

### Pat Clark – 613-748-1771

4-8 years	Sun.	11 am-noon
Apr 10-Jun 19	\$95.75	<a href="#">1613467</a>

### Gymnastics – Level 1

Beginner to novice gymnastic skills is taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability, and levels. Apparatus includes the following: balance beam, floor, mini-trampoline, parallel bars, rings, uneven bars, vault.

### Pat Clark – 613-748-1771

6-12 years	Sun.	10-11 am
Apr 10-Jun 19	\$107	<a href="#">1612966</a>
6-12 years	Tue.	7-8 pm
Apr 12-Jun 21	\$130.75	<a href="#">1612967</a>

### Gymnastics – 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

6-9 years	Sun.	1:15-2:15 pm
Mar 27-Jun 12	\$106.50	<a href="#">1612105</a>

## Gymnastics – Tumble

Increase balancing and coordination of gymnastic movements on floor and various pieces of equipment.

### South Fallingbrook – 613-824-0633

6-7 years	Sat.	10:45-11:30 am
Apr 2-Jun 4	\$64	<a href="#">1613242</a>

## Hockey

### Hockey

Lessons geared towards first time hockey players. Learn individual skills including stick handling, shooting and turning. Participants should have a solid skating base (forwards and stopping). Complete hockey equipment is mandatory.

### Ray Friel – 613-580-4765

6-9 years	Sat.	9:15-10:05 am
Apr 9-Jun 18	\$132.50	<a href="#">1615975</a>

### 4 on 4

Develop and improve your hockey skills with this no body checking game. Freewheeling and high scoring with limited whistles and no face-offs or coaches. Full hockey equipment is mandatory.

### Fred Barrett Arena – 613-822-7887

6-8 years	Fri.	6-6:50 pm
May 6-Jun 24	\$51	<a href="#">1614610</a>
9-11 years	Fri.	7-7:50 pm
May 6-Jun 24	\$51	<a href="#">1614620</a>
12-14 years	Fri.	8-8:50 pm
May 6-Jun 24	\$51	<a href="#">1614624</a>

### Ray Friel – 613-580-4765

7-9 years	Wed.	5:15-6:05 pm
Apr 6-Jun 15	\$63.75	<a href="#">1615866</a>
7-9 years	Sat.	10:15-11:05 am
Apr 9-Jun 18	\$57.50	<a href="#">1615869</a>
9-12 years	Wed.	6:15-7:05 pm
Apr 6-Jun 15	\$63.75	<a href="#">1615867</a>
9-12 years	Sat.	11:15 am-12:05 pm
Apr 9-Jun 18	\$57.50	<a href="#">1615870</a>

# Sports

## 4 on 4 – Goalie

Develop and improve your goalie skills with limited whistles and no face-offs or coaches. Full hockey equipment is mandatory.

### Fred Barrett Arena – 613-822-7887

6-8 years	Fri.	6-6:50 pm
May 6-Jun 24	\$51	<a href="#">1614655</a>
9-11 years	Fri.	7-7:50 pm
May 6-Jun 24	\$51	<a href="#">1614656</a>
12-14 years	Fri.	8-8:50 pm
May 6-Jun 24	\$51	<a href="#">1614658</a>

### Ray Friel – 613-580-4765

7-9 years	Wed.	5:15-6:05 pm
Apr 6-Jun 15	\$63.75	<a href="#">1615873</a>
7-9 years	Sat.	10:15-11:05 am
Apr 9-Jun 18	\$57.50	<a href="#">1615877</a>
9-12 years	Wed.	5:15-6:05 pm
Apr 6-Jun 15	\$63.75	<a href="#">1615874</a>
9-12 years	Sat.	11:15 am-12:05 pm
Apr 9-Jun 4	\$57.50	<a href="#">1615880</a>

## Development

Perform drills at top speeds to improve your weakness and increase your strengths. Concentrate on power skating technique, agility, acceleration, skating, start, stops, stick handling, passing and shooting. Full Hockey Equipment is mandatory.

### Ray Friel – 613-580-4765

6-10 years	Fri.	5:15-6 pm
Apr 8-Jun 17	\$167	<a href="#">1615977</a>

## Mini-Stick Hockey

Come participate in an age-old Canadian tradition and play the sport our forefathers built this country on.

### Pat Clark – 613-748-1771

4-6 years	Thu.	5:30-6:30 pm
Apr 14-Jun 23	\$50.25	<a href="#">1615593</a>
7-9 years	Thu.	6:30-7:30 pm
Apr 14-Jun 23	\$50.25	<a href="#">1615594</a>

## Powerskating

Participants will work through specialized drills focusing on speed, agility and skating techniques. This is not a learn to skate program (participants must be able to skate forwards, backwards, and stop on their own). Full equipment is mandatory, and sticks are used on the ice.

### Minto-Barrhaven – 613-727-2683

6-12 years	Tue.	5:15-6:05 pm
Apr 12-May 31	\$165	<a href="#">1614099</a>
6-12 years	Tue.	6:15-7:05 pm
Apr 12-May 31	\$165	<a href="#">1614101</a>

## Powerskating – Level 2

Develop better balance, power, agility, speed, endurance, and overall skating technique. This is not a learn to skate program. Participants must be able to skate forwards, backwards, stop, pivot, and crossover. Full equipment is mandatory, and sticks are used on the ice.

### Minto-Barrhaven – 613-727-2683

6-12 years	Wed.	8-8:50 pm
Mar 30-Jun 1	\$206.25	<a href="#">1614113</a>

## Powerskating and Stick Handling

Balance, power, agility, speed and endurance. Must have basic, forward, and backward skating skills and be able to stop on command. Skills, techniques, and conditioning drills taught emphasizing application to game situations.

### Ray Friel – 613-580-4765

8-12 years	Fri.	6:15-7 pm
Apr 8-Jun 17	\$167	<a href="#">1615976</a>

## Shinny Hockey – Game Play

Emphasis is on active participation and fun. Games are at a recreational level. Played with a shinny puck. Certified multi-impact helmet with full facemask, gloves, neck protector, skates and stick are mandatory.

### Fred Barrett Arena – 613-822-7887

6-8 years	Wed.	3-3:50 pm
May 4-Jun 22	\$26.75	<a href="#">1614672</a>
9-12 years	Wed.	4-4:50 pm
May 4-Jun 22	\$26.75	<a href="#">1614675</a>

### Sandy Hill Arena – 613-580-2424

6-8 years	Fri.	5-5:50 pm
May 6-Jun 24	\$30.50	<a href="#">1614565</a>
9-11 years	Fri.	6-6:50 pm
May 6-Jun 24	\$30.50	<a href="#">1614566</a>
12-14 years	Fri.	7-7:50 pm
May 6-Jun 24	\$30.50	<a href="#">1614567</a>

## Martial Arts

### Aikido Yoseikan

Self-defensive Japanese martial art. Learn discipline, confidence, respect, and responsibility and how to fall safely. Includes throws, pins, groundwork as well as basic Aikido techniques.

### Bob MacQuarrie-Orléans – 613-580-9600

5-8 years	Mon.	6-7 pm
Apr 4-Jun 20	\$111.25	<a href="#">1612107</a>
9-14 years	Wed., Fri.	7-8:30 pm
Apr 6-Jun 22	\$367.25	<a href="#">1612108</a>
5-8 years	Fri.	6-7 pm
Apr 8-Jun 17	\$111.25	<a href="#">1612109</a>
5-8 years	Sun.	9-10 am
Apr 10-Jun 19	\$111.25	<a href="#">1612110</a>

### 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.

### Eva James – 613-325-2783

6-14 years	Wed.	5:30-6:30 pm
Apr 27-Jun 15	\$90	<a href="#">1612099</a>

### Greenboro – 613-580-2805

6-12 years	Sun.	1-2 pm
Apr 3-Jun 5	\$101.25	<a href="#">1616332</a>
6-12 years	Sun.	2:15-3:15 pm
Apr 3-Jun 5	\$101.25	<a href="#">1616334</a>

### Nepean Sportsplex – 613-580-2828

6-8 years	Sat.	9:45-10:30 am
Apr 2-Jun 4	\$67.50	<a href="#">1613294</a>

# Sports

9-11 years	Sat.	10:30-11:15 am
Apr 2-Jun 4	\$67.50	<a href="#">1613295</a>
12-14 years	Sat.	11:15 am-12:15 pm
Apr 2-Jun 4	\$90	<a href="#">1613296</a>

## **Pinecrest – 613-580-9676**

5-8 years	Sat.	11:15 am-12:15 pm
Apr 23-Jun 18	\$90	<a href="#">1612276</a>
9-12 years	Sat.	12:15-1:15 pm
Apr 23-Jun 18	\$90	<a href="#">1612894</a>

## **Sandy Hill – 613-564-1062**

6-14 years	Thu.	6-7 pm
Mar 24-Jun 16	\$134.75	<a href="#">1615831</a>

## **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.

### **South Fallingbrook – 613-824-0633 ext. 221**

6-14 years	Tue.	6:30-7:30 pm
Apr 5-Jun 21	\$118.50	<a href="#">1614361</a>

### **St-Laurent Complex – 613-742-6767**

6-14 years	Tue.	6-6:55 pm
Apr 5-Jun 21	\$123.75	<a href="#">1615901</a>

## **Karate Goju Ryu – Level 2**

Traditional non-competitive hard/soft style. Basic techniques are taught where more complexity is added as the student progresses, fostering growth, self-discipline, and respect, increasing self-confidence and coordination.

### **South Fallingbrook – 613-824-0633 ext. 221**

6-14 years	Thu.	6:30-7:30 pm
Apr 7-Jun 23	\$118.50	<a href="#">1614364</a>

### **St-Laurent Complex – 613-742-6767**

6-14 years	Tue.	7-7:55 pm
Apr 5-Jun 21	\$123.75	<a href="#">1615902</a>

## **Karate Goju Ryu – Level 3**

Traditional non-competitive hard/soft style. Basic techniques are taught where more complexity is added as the student progresses, fostering growth, self-discipline, and respect, increasing self-confidence and coordination.

### **St-Laurent Complex – 613-742-6767**

6-14 years	Tue.	8-8:55 pm
Apr 5-Jun 21	\$123.75	<a href="#">1615903</a>

## **Karate Shotokan**

Improve physical fitness, increase concentration, and build self-confidence. Progress is based on commitment, self-discipline, and skill developed through repetition.

### **Plant – 613-232-3000**

6-14 years	Tue., Thu.	5-6 pm
Apr 26-Jun 23	\$192.50	<a href="#">1614574</a>
6-14 years	Tue., Thu.	6:15-7:15 pm
Apr 26-Jun 23	\$192.50	<a href="#">1614575</a>

## **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**

7-14 years	Sun.	3:30-5:30 pm
May 1-Jun 26	\$163	<a href="#">1614625</a>

## **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.

### **Earl Armstrong Arena – 613-746-7109**

6-14 years	Wed.	6-7 pm
Mar 30-Jun 22	\$146	<a href="#">1613469</a>

### **Hunt Club-Riverside Park – 613-580-2990**

6-14 years	Tue.	6:15-7:15 pm
Apr 5-Jun 21	\$134.75	<a href="#">1612232</a>

## **Richcraft-Kanata – 613-580-9696**

5-8 years	Wed.	6-7 pm
Mar 23-Jun 15	\$146	<a href="#">1614051</a>
5-8 years	Sat.	noon-1 pm
Mar 26-Jun 18	\$101.25	<a href="#">1614054</a>
8-14 years	Wed.	7-8 pm
Mar 23-Jun 15	\$146	<a href="#">1614052</a>
8-14 years	Wed.	8-9 pm
Mar 23-Jun 15	\$146	<a href="#">1614053</a>
8-14 years	Sat.	1-2 pm
Mar 26-Jun 18	\$101.25	<a href="#">1614055</a>
8-14 years	Sat.	2-3 pm
Mar 26-Jun 18	\$101.25	<a href="#">1614056</a>
8-14 years	Sat.	3-4 pm
Mar 26-Jun 18	\$101.25	<a href="#">1614057</a>
8-14 years	Sat.	4-5 pm
Mar 26-Jun 18	\$101.25	<a href="#">1614058</a>

## **Taekwondo – Girls**

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.

### **Earl Armstrong Arena – 613-746-7109**

8-14 years	Tue.	6-7 pm
Mar 29-Jun 21	\$146	<a href="#">1613473</a>

# General Interest

## Chess Club

Enjoy playing chess practicing your skills while meeting new friends.

### Kanata Recreation – 613-580-2570

6-12 years Sat. 1-2:30 pm  
Apr 9-Jun 11 \$88.75 [1612259](#)

### Plant – 613-232-3000

7-9 years Tue. 5:30-6:30 pm  
Apr 26-Jun 21 \$66.50 [1614208](#)  
7-9 years Tue. 6:30-7:30 pm  
Apr 26-Jun 21 \$66.50 [1614209](#)

## Fairy Gardening

Help care for the fairy garden! Plant seeds, take care of the plants, harvest the crops and craft fairy accessories to make a beautiful fairy home.

### Lansdowne Park – 613-580-2424 ext. 17323

6-10 years Sat. 9:30-10:30 am  
Apr 23-Jun 11 \$34 [1614569](#)

## 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

6-10 years Thu. 6-7 pm  
May 19 \$8 [1615836](#)

## Kids Club

Explore a variety of activities. This program allows participants to sample various activities and explore new or existing interests. Note, themes vary, please contact facility directly for a program schedule

### Greely – 613-580-2424 ext. 30235

6-10 years Tue. 4-5 pm  
Apr 5-May 24 \$34 [1612447](#)  
6-10 years Thu. 4-5 pm  
Apr 7-May 26 \$34 [1612448](#)

### Manotick – 613-580-2424 ext. 30235

6-10 years Tue. 4-5 pm  
Apr 5-May 24 \$34 [1612439](#)  
6-10 years Thu. 4-5 pm  
Apr 7-May 26 \$34 [1612442](#)

### Metcalfe – 613-580-2424 ext. 30235

6-10 years Wed. 4-5 pm  
Apr 6-May 25 \$34 [1612452](#)

### Osgoode – 613-580-2424 ext. 30235

6-10 years Mon. 4-5 pm  
Apr 4-May 23 \$34 [1612451](#)

### Pinecrest – 613-580-9676

6-10 years Sun. noon-2 pm  
Mar 27-Jun 5 \$76.25 [1612763](#)  
6-10 years Wed. 4-6 pm  
Mar 30-May 25 \$76.25 [1612749](#)

### Richelieu-Vanier Community Centre – 613-560-6030

8-12 years Wed. 4:30-6 pm  
Apr 6-Jun 22 \$76.25 [1614018](#)  
8-12 years Fri. 4:30-6 pm  
Apr 8-Jun 24 \$69.75 [1614020](#)

## Kitchen Adventures – Baking

Learn basic baking techniques to create and enjoy baked goods.

### Greely – 613-580-2424 ext. 30235

9-12 years Thu. 5:30-6:30 pm  
Apr 7-May 26 \$85 [1612399](#)

### Manotick – 613-580-2424 ext. 30235

9-12 years Thu. 5:30-6:30 pm  
Apr 7-May 26 \$85 [1612398](#)

## Kaleidoscope

Join us for a variety of interactive activities! Play games, create amazing crafts, and explore the world around you with hands-on adventures!

### Greenboro – 613-580-2805

6-13 years Mon. 1-2:30 pm  
Mar 28-May 2 \$48 [1615755](#)  
May 9-Jun 13 \$48 [1615756](#)

## Kitchen Adventures

Learn the basics of food preparation, cooking, and baking techniques as well as healthy eating. Learn to create and enjoy good food.

### Greely – 613-580-2424 ext. 30235

9-12 years Tue. 5:30-6:30 pm  
Apr 5-May 24 \$85 [1612377](#)

### Manotick – 613-580-2424 ext. 30235

9-12 years Tue. 5:30-6:30 pm  
Apr 5-May 24 \$85 [1612346](#)

### Metcalfe – 613-580-2424 ext. 30235

9-12 years Wed. 5:30-6:30 pm  
Apr 6-May 25 \$85 [1612380](#)

### Osgoode – 613-580-2424 ext. 30235

9-12 years Mon. 5:30-6:30 pm  
Apr 4-May 23 \$85 [1612384](#)

## The Great Egg Race

Design an egg car, build it, and compete in The Great Egg Race at Lansdowne Park!

### Lansdowne Park – 613-580-2424 17323

10-14 years Sat. 2-4 pm  
Apr 9 \$17.25 [1615765](#)  
4-6 years Sat. 9-11 am  
Apr 9 \$17.25 [1615757](#)  
7-9 years Sat. 11:30 am-1:30 pm  
Apr 9 \$17.25 [1615759](#)

# Children

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## Muck and Mess

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

### Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sun.	11 am-noon
Mar 27-Jun 12	\$63.75	<a href="#">1612295</a>

### Greely – 613-580-2424 ext. 30235

7-10 years	Thu.	5-6 pm
Apr 7-May 26	\$51	<a href="#">1612408</a>

### Hintonburg – 613-798-8874

6-10 years	Sat.	11:30 am-12:30 pm
Apr 2-Jun 4	\$51	<a href="#">1615621</a>

### Hunt Club-Riverside Park – 613-580-2990

6-12 years	Thu.	6:30-7:30 pm
Apr 7-May 26	\$51	<a href="#">1611854</a>

### Manotick – 613-580-2424 ext. 30235

7-10 years	Thu.	5-6 pm
Apr 7-May 26	\$51	<a href="#">1612413</a>

### Metcalfe – 613-580-2424 ext. 30235

7-10 years	Wed.	5-6 pm
Apr 6-May 25	\$51	<a href="#">1612421</a>

### Osgoode – 613-580-2424 ext. 30235

7-10 years	Mon.	5-6 pm
Apr 4-May 23	\$51	<a href="#">1612416</a>

### Richelieu-Vanier – 613-560-6030

6-10 years	Mon.	6-7 pm
Apr 4-Jun 20	\$63.75	<a href="#">1613927</a>
6-10 years	Sat.	11 am-noon
Apr 9-Jun 25	\$63.75	<a href="#">1613932</a>

## 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

8-12 years	Fri.	6:15-7 pm
Apr 1-Jun 10	\$63.75	<a href="#">1615824</a>

### Rideauview – 613-822-7887

12-14 years	Wed.	7-8 pm
Apr 6-Jun 15	\$70.25	<a href="#">1609395</a>

8-11 years	Wed.	6-7 pm
Mar 30-Jun 8	\$70.25	<a href="#">1609392</a>

## Youth Club

Everybody welcome! Make new friends and enjoy different activities, games or sports each week.

### Pat Clark – 613-748-1771

9-12 years	Fri.	7:15-9:15 pm
Apr 22-Jun 24	\$91.25	<a href="#">1613249</a>