



Spring
2022

Classes and
activities for

Families

Recreation eGuide

Table of Contents

Families2



[Facilities](#)

[Safety measures](#)

Families

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.

15-18 years	Sun.	5-6 pm
Apr 24-Jun 12	\$36.25	1609365

19+years	Sun.	5-6 pm
Apr 24-Jun 12	\$36.25	1609355

South Fallingbrook – 613-824-0633 ext. 221

19+ years	Mon.	6-7 pm
-----------	------	--------

Apr 4-Jun 20	\$51.50	1613935
--------------	---------	-------------------------

19+ years	Mon.	7-8 pm
-----------	------	--------

Apr 4-Jun 20	\$51.50	1613937
--------------	---------	-------------------------

19+ years	Fri.	6-7 pm
-----------	------	--------

Apr 8-Jun 17	\$51.50	1613942
--------------	---------	-------------------------

Badminton – Game Play

Emphasis is on active participation and fun.

Non-instructional game play for the whole family.

Individual registrations required.

Bridlewood School – 613-325-2783

63 Bluegrass Dr.

6-14 years	Fri.	6:30-7:30 pm
------------	------	--------------

Apr 29-Jun 17	\$36.50	1610331
---------------	---------	-------------------------

15-18 years	Fri.	6:30-7:30 pm
-------------	------	--------------

Apr 29-Jun 17	\$41.25	1609368
---------------	---------	-------------------------

19+years	Fri.	6:30-7:30 pm
----------	------	--------------

Apr 29-Jun 17	\$41.25	1609359
---------------	---------	-------------------------

6-14 years	Fri.	7:30-8:30 pm
------------	------	--------------

Apr 29-Jun 17	\$36.50	1610332
---------------	---------	-------------------------

15-18 years	Fri.	7:30-8:30 pm
-------------	------	--------------

Apr 29-Jun 17	\$41.25	1609369
---------------	---------	-------------------------

19+years	Fri.	7:30-8:30 pm
----------	------	--------------

Apr 29-Jun 17	\$41.25	1609363
---------------	---------	-------------------------

Eva James – 613-325-2783

6-14 years	Sun.	4-5 pm
------------	------	--------

Apr 24-Jun 12	\$32	1609559
---------------	------	-------------------------

15-18 years	Sun.	4-5 pm
-------------	------	--------

Apr 24-Jun 12	\$36.25	1609364
---------------	---------	-------------------------

19+years	Sun.	4-5 pm
----------	------	--------

Apr 24-Jun 12	\$36.25	1609353
---------------	---------	-------------------------

6-14 years	Sun.	5-6 pm
------------	------	--------

Apr 24-Jun 12	\$32	1610328
---------------	------	-------------------------

Taekwondo

Korean martial art, 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.	7:15-8:15 pm
------------	------	--------------

Mar 30-Jun 22	\$146	1613470
---------------	-------	-------------------------

15-17 years	Wed.	7:15-8:15 pm
-------------	------	--------------

Mar 30-Jun 22	\$165	1613471
---------------	-------	-------------------------

18+ years	Wed.	7:15-8:15 pm
-----------	------	--------------

Mar 30-Jun 22	\$165	1613472
---------------	-------	-------------------------

Notre Dame des Champs – 613-824-0633 ext. 221

6-14 years	Mon., Wed.	6:30-7:30 pm
------------	------------	--------------

Apr 4-Jun 22	\$247.25	1614010
--------------	----------	-------------------------

6-14 years	Tue., Thu.	6:30-7:30 pm
------------	------------	--------------

Apr 5-Jun 23	\$269.50	1614019
--------------	----------	-------------------------

15-18 years	Tue., Thu.	6:30-7:30 pm
-------------	------------	--------------

Apr 5-Jun 23	\$304.75	1614353
--------------	----------	-------------------------

19+ years	Mon., Wed.	6:30-7:30 pm
-----------	------------	--------------

Apr 4-Jun 22	\$297.25	1614043
--------------	----------	-------------------------

19+ years	Tue., Thu.	6:30-7:30 pm
-----------	------------	--------------

Apr 5-Jun 23	\$304.75	1614357
--------------	----------	-------------------------