



Spring
2022

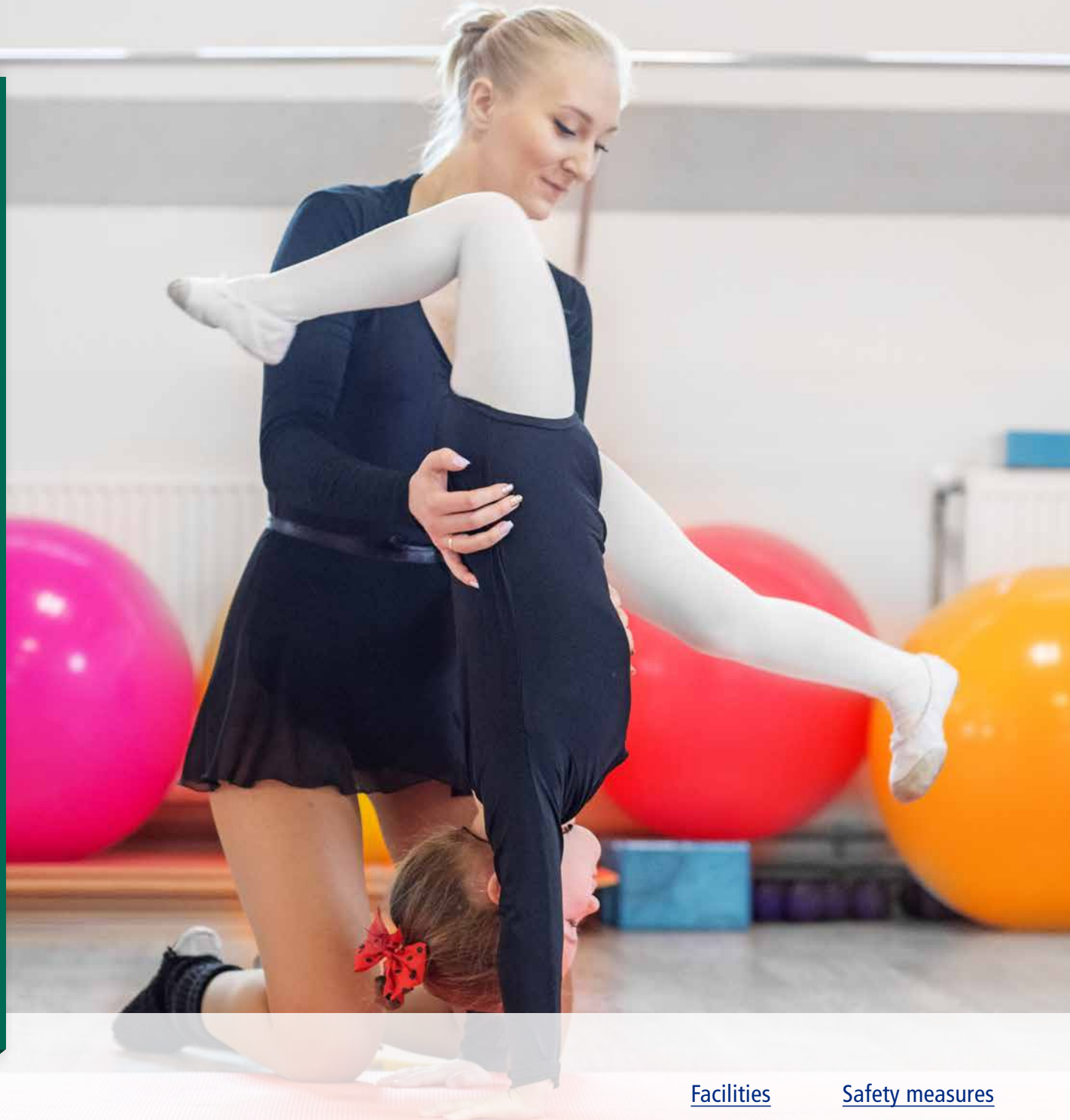
Classes and
activities for

Preschool (1 month to 6 years)

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

Ballet – Level 1

Introduce your little one to the world of creative movement. Simple exercises are structured to develop balance and coordination, while preschoolers learn the different movements and ballet basics.

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Tue.	5:45-6:30 pm
Mar 29-Jun 7	\$83.25	1612185
3-5 years	Sat.	9-9:45 am
Mar 26-Jun 11	\$75.75	1612187

Eva James – 613-271-0712

3-5 years	Sat.	10:25-11:10 am
Apr 23-Jun 18	\$60.75	1610591
4-6 years	Sat.	11:15 am-noon
Apr 23-Jun 18	\$60.75	1610595

François Dupuis – 613-580-8080

4-5 years	Sun.	11:50 am-12:30 pm
Apr 10-Jun 12	\$54	1615617
4-5 years	Sat.	11:10-11:50 am
Apr 9-Jun 11	\$54	1615604
4-5 years	Sat.	12:50-1:30 pm
Apr 9-Jun 11	\$54	1615605

Hunt Club-Riverside – 613-580-2990

3-4 years	Sat.	9-9:45 am
Apr 2-Jun 18	\$91	1611848
4-5 years	Sat.	10-10:45 am
Apr 2-Jun 18	\$91	1611849

Nepean Sportsplex – 613-580-2828

3-5 years	Sat.	10:45-11:15 am
Apr 2-Jun 4	\$40.50	1613304

Pat Clark – 613-748-1771

3-5 years	Mon.	5:30-6:15 pm
Apr 11-Jun 20	\$68.25	1612862

Plant – 613-232-3000

3-5 years	Mon.	6-6:45 pm
Apr 25-Jun 20	\$60.75	1614183
3-5 years	Wed.	6:30-7:15 pm
Apr 27-Jun 22	\$68.25	1614260

Sandy Hill – 613-564-1062

3-5 years	Sat.	9-9:45 am
Mar 26-Jun 11	\$75.75	1615325

Walter Baker – 613-580-2788

3-4 years	Wed.	5:45-6:15 pm
Apr 6-Jun 1	\$45.50	1609560
4-6 years	Mon.	5-5:30 pm
Apr 4-May 30	\$40.50	1609491

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

3-5 years	Wed.	5:45-6:30 pm
Mar 30-Jun 8	\$83.25	1612274

Eva James – 613-325-2783

3-5 years	Tue.	4-4:45 pm
Apr 26-Jun 14	\$60.75	1610459

François Dupuis – 613-580-8080

4-5 years	Sat.	1:40-2:20 pm
Apr 9-Jun 11	\$54	1615608

Nepean Sportsplex – 613-580-2828

3-5 years	Sun.	9-9:30 am
Apr 3-Jun 5	\$40.50	1613307

Gotta Dance

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

Eva James – 613-325-2783

3-5 years	Mon.	5:20-6:05 pm
Apr 25-Jun 13	\$53	1610446
3-5 years	Tue.	4:50-5:35 pm
Apr 26-Jun 14	\$60.75	1610451

François Dupuis – 613-580-8080

4-5 years	Sun.	1:30-2:10 pm
Apr 10-Jun 12	\$54	1615619
4-5 years	Sun.	2:20-3 pm
Apr 10-Jun 12	\$54	1615620

Heron – 613-247-4808

3-5 years	Sat.	9:30-10:15 am
Apr 2-Jun 18	\$83.25	1614817

Kanata Recreation – 613-580-2570

3-5 years	Sun.	9-9:45 am
Apr 10-Jul 10	\$60.75	1611151
3-5 years	Sun.	10-10:45 am
Apr 10-Jun 12	\$60.75	1611153

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

3-5 years	Sun.	9:45-10:30 am
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Arts

Mar 27-Jun 12	\$84.25	1612231
3-5 years	Thu.	5-5:45 pm
Mar 31-Jun 9	\$92.75	1612229
François Dupuis – 613-580-8080		
4-5 years	Sun.	12:40-1:20 pm
Apr 10-Jun 12	\$60	1615618
4-5 years	Sat.	2:30-3:10 pm
Apr 9-Jun 11	\$60	1615610

Kanata Recreation – 613-580-2570		
3-5 years	Sun.	11-11:45 am
Apr 10-Jun 12	\$67.50	1611163
3-5 years	Sun.	noon-12:45 pm
Apr 10-Jun 12	\$67.50	1611164

Nepean Sportsplex – 613-580-2828		
3-5 years	Sat.	9-9:30 am
Apr 2-Jun 4	\$45	1613300

Pat Clark – 613-748-1771		
3-5 years	Wed.	5:30-6:15 pm
Apr 13-Jun 22	\$92.75	1612865

Hip Hop – With parent

Parents join their little dancer for a good cardio workout to funky, upbeat tunes. Hip Hop is easy to learn in this energetic dance class.

Bob MacQuarrie-Orléans – 613-580-9600		
18 months-3 years	Sun.	9-9:45 am
Mar 27-Jun 12	\$84.25	1612251

François Dupuis – 613-580-8080		
18 months-3 years	Sun.	9:40-10:10 am
Apr 10-Jun 12	\$45	1615615
18 months-3 years	Sat.	9:50-10:20 am
Apr 9-Jun 11	\$45	1615600
18 months-3 years	Sat.	10:30-11 am
Apr 9-Jun 11	\$45	1615602

Jazz – Level 1

Music, movement, and the basics of jazz dance. Exercises are structured to develop strength, balance, flexibility, and coordination. Expand your creative scope and gain confidence.

Nepean Sportsplex – 613-580-2828		
3-5 years	Sun.	9:45-10:15 am
Apr 3-Jun 5	\$40.50	1613308

Twinkling Toes

Through creative movement with basic ballet and jazz, develop grace and creativity while allowing your personality to flourish. Performance at the final class.

CardelRec (Goulbourn) – 613-580-2532		
3-5 years	Sun.	11:30 am-12:15 pm
Mar 27-Jun 19	\$70.25	1613361

Carp Memorial – 613-315-4127		
3-5 years	Sun.	9:45-10:15 am
Mar 27-Jun 5	\$38.50	1610972
3-5 years	Sun.	10:30-11 am
Mar 27-Jun 5	\$38.50	1610973

Eva James – 613-325-2783		
2-3 years	Sat.	9-9:30 am
Apr 23-Jun 18	\$34.25	1610437
2-4 years	Mon.	4:30-5:15 pm
Apr 25-Jun 13	\$44.75	1610435
3-5 years	Sat.	9:35-10:20 am
Apr 23-Jun 18	\$51.25	1610441

Greenboro – 613-580-2805		
3-5 years	Sat.	10:15-11 am
Apr 2-Jun 4	\$51.25	1615864
4-5 years	Tue.	5-5:45 pm
Mar 29-May 3	\$38.50	1615775
May 10-Jun 14	\$38.50	1615776

Kanata Recreation – 613-580-2570		
3-5 years	Wed.	5:30-6 pm
Apr 6-May 25	\$34.25	1611006
3-5 years	Wed.	6:15-6:45 pm
Apr 6-May 25	\$34.25	1611010
3-5 years	Wed.	7-7:30 pm
Apr 6-May 25	\$34.25	1611012
3-5 years	Sat.	10:40-11:10 am
Apr 9-Jun 11	\$34.25	1611014

Pincrest – 613-580-9676		
2-3 years	Sat.	9-9:30 am
Apr 9-Jun 11	\$34.25	1612175
4-5 years	Sat.	9:45-10:15 am
Apr 9-Jun 11	\$34.25	1612176

Plant – 613-232-3000		
3-5 years	Mon.	5-5:45 pm
Apr 25-Jun 20	\$51.25	1614182
3-5 years	Wed.	5:30-6:15 pm
Apr 27-Jun 22	\$57.50	1614259

Richcraft-Kanata – 613-580-9696		
4-5 years	Thu.	5-5:30 pm
Mar 24-Jun 16	\$55.50	1614687

Richmond – 613-325-2783		
2-3 years	Wed.	4:30-5 pm
Mar 30-Jun 15	\$51.25	1611827
3-5 years	Wed.	5:05-5:50 pm
Mar 30-Jun 15	\$76.75	1611828

Arts

Twinkling Toes – With parent

Join your little dancer to learn creative movement through basic ballet and jazz.

Carp Memorial – 613-315-4127

2-4 years	Sun.	9-9:30 am
Mar 27-Jun 5	\$38.50	1610971

François Dupuis – 613-580-8080

18 months-3 years	Sun.	9-9:30 am
Apr 10-Jun 12	\$34.25	1615612
18 months-3 years	Sun.	10:20-10:50 am
Apr 10-Jun 12	\$34.25	1615613
18 months-3 years	Sat.	8:30-9 am
Apr 9-Jun 11	\$34.25	1615595

Kanata Recreation – 613-580-2570

2-4 years	Sat.	10-10:30 am
Apr 9-Jun 11	\$34.25	1611066

Music

Music for Young Children® – Sunrise Program – Level 1

Sing, play, and learn! Quality music education blends the pleasure and joy of music making with sound instruction. Free for siblings under 22 months. Maximum two children per adult including sibling. Additional materials fee payable to instructor at first class.

Bob MacQuarrie-Orléans – 613-580-9600

2-5 years	Fri.	10-10:45 am
Apr 1-May 27	\$136.25	1615279

Music for Young Children® – Sunrise Program – Level 2

Children's music journey continues in this playful, pre-keyboard program with more songs, rhythm, and listening activities! Free for siblings under 22 months. Maximum two children per adult including sibling. Additional materials fee payable to instructor at first class. Recommended prerequisite: Sunrise 1.

Bob MacQuarrie-Orléans – 613-580-9600

2-4 years	Fri.	10-10:45 am
Apr 1-Jun 10	\$136.25	1615286

Music for Young Children® – Sunrise Program – Level 3

Buzz the Fly and friends lead children in spring themed songs and activities with rhythm instruments, puppets, and games. Free for siblings under 22 months. Maximum two children per adult including sibling. Additional materials fee payable to instructor at first class. Prerequisite: Sunrise 1 or Sunrise 2.

Bob MacQuarrie-Orléans – 613-580-9600

2-4 years	Fri.	11-11:45 am
Apr 1-Jun 10	\$136.25	1615291

Sports

Ball Hockey – With parent

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities. Parent and child participate together.

Nepean Sportsplex – 613-580-2828

3-5 years	Sun.	2-2:50 pm
Apr 3-Jun 5	\$56.75	1613297

Basketball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities.

François Dupuis – 613-580-8080

4-5 years	Sat.	8:45-9:25 am
Apr 9-Jun 11	\$45.50	1615583

Heron – 613-247-4808

4-6 years	Sat.	1:30-2:15 pm
Apr 2-Jun 18	\$70.25	1614841

Kanata Recreation – 613-580-2570

3-5 years	Sat.	9-9:50 am
Apr 9-Jun 11	\$56.75	1611028
3-5 years	Sat.	10-10:50 am
Apr 9-Jun 11	\$56.75	1611025

Richcraft-Kanata – 613-580-9696

4-6 years	Mon.	4:30-5 pm
Mar 21-Jun 13	\$47	1614697

South Fallingbrook – 613-824-0633 ext. 221

4-6 years	Sun.	1:30-2:15 pm
Apr 3-Jun 19	\$64	1613071

Gymnastics – With parent

Basic gymnastic skills are taught through the assistance of a coach, and you, the parent. Apparatus will include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, uneven bars, vault.

Pat Clark – 613-748-1771

18 months-3 years	Sun.	9-9:45 am
Apr 10-Jun 19	\$72	1612874
18 months-3 years	Tue.	6-6:45 pm
Apr 12-Jun 21	\$87.75	1612881

Gymnastics

Basic gymnastic skills are taught through the assistance of a coach on traditional equipment. Apparatus will/may include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, uneven bars, vault.

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Sun.	10:45-11:30 am
Mar 27-Jun 12	\$79.75	1612102

Overbrook – 613-742-5147

3-5 years	Sat.	1:30-2:15 pm
Mar 26-May 14	\$56	1609399
May 28-Jun 25	\$40	1609403

Pat Clark – 613-748-1771

3-5 years	Sun.	9-9:45 am
Apr 10-Jun 19	\$72	1612939
3-5 years	Tue.	6-6:45 pm
Apr 12-Jun 21	\$87.75	1612965

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

3-5 years	Sun.	12:30-1:15 pm
Mar 27-Jun 12	\$79.75	1612104

Gymnastics – Tumble

Learn basic recreational gymnastics skills as you are introduced to various gymnastics equipment.

South Fallingbrook – 613-824-0633 ext. 221

3-5 years	Sat.	9:45-10:30 am
Apr 2-Jun 4	\$64	1613243

St-Laurent Complex – 613-742-6767

1-3 years	Sat.	3-3:45 pm
Apr 23-Jun 18	\$56	1615897

Gymnastics – Tumble – With parent

Introduction to gymnastics in a safe environment. Explore jumping, tumbling, rolling, games and more!

South Fallingbrook – 613-824-0633 ext. 221

2-3 years	Sat.	9-9:30 am
Apr 2-Jun 4	\$42.75	1613227

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.

Nepean Sportsplex – 613-580-2828

4-5 years	Sat.	9-9:45 am
Apr 2-Jun 4	\$67.50	1613293

Multi Sport

Emphasis is on participation and having fun while learning the fundamental movement skills. Try a variety of sport-based activities.

Canterbury – 613-247-4865

4-5 years	Sun.	3-3:45 pm
Mar 27-Jun 12	\$79.75	1615746

Hunt Club-Riverside – 613-580-2990

3-5 years	Sat.	10:30-11:15 am
Apr 2-Jun 18	\$95.75	1611857

Nepean Sportsplex – 613-580-2828

3-5 years	Tue.	5-5:45 pm
Mar 29-May 24	\$72	1610947

Richelieu-Vanier – 613-560-6030

3-5 years	Sun.	9:30-10:30 am
Apr 10-Jun 26	\$106.50	1613941

Sports

Multi Sport – Soccer and T-Ball

Emphasis is on participation and having fun while learning the fundamental movement skills. Try a variety of sport-based activities.

Kanata Recreation – 613-580-2570

3-5 years	Sat.	9-9:45 am
May 7-Jun 4	\$32	1611181
3-5 years	Sat.	10-10:45 am
May 7-Jun 4	\$32	1611061
3-5 years	Sat.	11-11:45 am
May 7-Jun 4	\$32	1611183

Soccer

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer-based activities.

Bridlewood School – 613-325-2783

63 Bluegrass Dr.

4-5 years	Sun.	9:35-10:20 am
Apr 24-Jun 12	\$44.75	1609346

Hintonburg – 613-798-8874

4-5 years	Tue.	6-6:45 pm
May 17-Jun 14	\$32	1615554

Nepean Sportsplex – 613-580-2828

3-5 years	Mon.	5-5:50 pm
Mar 28-Jun 6	\$64	1610949

Overbrook – 613-742-5147

3-5 years	Sat.	3:15-4 pm
Mar 26-May 14	\$44.75	1609409
May 28-Jun 25	\$32	1609413

Pat Clark – 613-748-1771

3-5 years	Mon.	6-6:50 pm
Apr 11-Jun 20	\$64	1615573

Pinecrest – 613-580-9676

4-5 years	Sun.	9:30-10:30 am
May 1-Jun 19	\$59.75	1612196

Sandy Hill – 613-564-1062

3-5 years	Tue.	6-7 pm
May 24-Jun 21	\$42.75	1615854
3-5 years	Thu.	6-7 pm
May 26-Jun 23	\$42.75	1615861

3-5 years	Fri.	5:30-6:15 pm
Mar 25-Apr 29	\$32	1615865
3-5 years	Sat.	10-10:45 am
Mar 26-Apr 30	\$32	1615871

South Fallingbrook – 613-824-0633 ext. 221

3-4 years	Sat.	8-9 am
Apr 2-Jun 18	\$85.25	1613117

St-Laurent Complex – 613-742-6767

3-5 years	Sat.	9:15-10 am
Apr 23-Jun 18	\$44.75	1614202

Walter Baker – 613-580-2788

4-5 years	Sun.	12:15-1 pm
Apr 10-Jun 5	\$51.25	1609656

Soccer – With parent

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer-based activities.

Bridlewood School – 613-325-2783

63 Bluegrass Dr.

2-3 years	Sun.	9-9:30 am
Apr 24-Jun 12	\$30	1609345

Kanata Recreation – 613-580-2570

3-5 years	Sun.	1-1:30 pm
Apr 10-Jun 12	\$34.25	1611125
3-5 years	Sun.	1:40-2:10 pm
Apr 10-Jun 12	\$34.25	1611127

Walter Baker – 613-580-2788

2-3 years	Sun.	11:15 am-noon
Apr 10-Jun 5	\$51.25	1609648

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 – 613-580-2424 Extension

4-6 years	Tue., Thu.	6:30-7:30 pm
May 24-Jun 23	\$45.25	1615683

T-Ball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities.

Richmond School – 613-325-2783

3499 McBean St.

2-3 years	Sat.	9:30-10:15 am
May 28-Jun 18	\$32	1611831
2-3 years	Sat.	10:30-11:15 am
May 28-Jun 18	\$32	1611832

Sandy Hill – 613-564-1062

4-5 years	Wed.	6-7 pm
May 25-Jun 22	\$53.25	1615837

South Fallingbrook – 613-824-0633 ext. 221

4-6 years	Sun.	2:30-3:30 pm
May 8-Jun 19	\$64	1612872
4-6 years	Sun.	3:45-4:45 pm
May 8-Jun 19	\$64	1612878

General Interest

Dinosaur Discovery!

Travel through time to explore the amazing and exciting world of dinosaurs! Dig for 'fossils', make RAWRsome crafts, and learn about new dinosaurs each week.

Canterbury – 613-247-4865

4-5 years	Sun.	1-1:45 pm
Mar 27-Jun 12	\$59.75	1615741

Duffer Doo

A recreational preschool program for two- to five-year-olds. Designed to encourage play and enhance development with crafts, songs, games, and theme related activities. Children socialize with caring staff and peers in a fun environment.

Greenboro – 613-580-2805

3-5 years	Mon.	9:30-11:30 am
Mar 28-May 2	\$63.75	1616215
May 9-Jun 13	\$63.75	1616216

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

3-5 years	Thu.	6-7 pm
Apr 28	\$8	1615849
Jun 9	\$8	1615850

Loose Parts Playground – With parent

Loose parts are materials that encourage children to invent, create, construct, and experiment. Preschoolers and their caregivers will explore early science and engineering concepts through play and exploration using unique large-scale materials and equipment.

Lansdowne Park – 613-580-2424 ext. 17323

2-5 years	Tue.	10-11 am
Apr 5-26	\$28.50	1615730
May 17-Jun 14	\$35.50	1615750

Muck and Mess

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

Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Sun.	10-10:45 am
Mar 27-Jun 12	\$59.75	1612292

Richelieu-Vanier – 613-560-6030

3-5 years	Mon.	4:30-5:30 pm
Apr 4-Jun 20	\$79.75	1613917

Play School

Experience independence, social interaction and learning with emphasis on language, pre-reading, counting, colour naming, dramatic play, themed crafts, music, and movement. Children to bring their own nut free snack. No parent participation in this school-ready program.

Aquaview – 613-824-0633 ext. 221

3-4 years	Mon., Wed., Fri.	9:30-11:30 am
Apr 4-Jun 10	\$287.25	1614034

Playgroup – With parent

Parents and caregivers, come with your child to enjoy playtime, songs, stories, and crafts together. An opportunity to meet and visit with others in your community.

Manotick – 613-692-4772

6 months-3 years	Wed.	9:30-10:30 am
Mar 23-May 11	\$36.50	1613046

Metcalf – 613-821-1237

6 months-3 years	Wed.	9:30-10:30 am
Mar 23-May 11	\$36.50	1613049

Science Quests

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

Canterbury – 613-247-4865

4-5 years	Sun.	2-2:45 pm
Mar 27-Jun 12	\$59.75	1615731

Walter Baker – 613-580-2788

4-5 years	Sun.	10-10:45 am
Apr 10-Jun 5	\$48	1610976

Wiggle and Giggle and Move!

Play, climb, jump, and run. Explore the world of crafts, music, and movement along with your child. Help develop their socialization, coordination, and motor skills.

Bob MacQuarrie-Orléans – 613-580-9600

18 months-3 years	Sun.	9-9:45 am
Mar 27-Jun 12	\$59.75	1612289

CardelRec (Goulbourn) – 613-580-2532

2-4 years	Sun.	10-11 am
Mar 27-Jun 19	\$87.75	1613336
2-4 years	Wed.	10-11 am
Mar 30-Jun 15	\$95.75	1613339