



Spring
2022

Virtual Activities

Recreation eGuide

Table of Contents

Children.....	2
Youth.....	6
Adult	7
Adults 50+	10



[Facilities](#)

[Safety Measures](#)

Children

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.

Arts

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. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

6-10 years	Sat.	9-10 am
Apr 23-Jun 18	\$60.75	1613817

Cartooning and Comics

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	Sun.	9-10:30 am
Apr 24-Jun 19	\$141.50	1614781
9-14 years	Sun.	10:45 am-12:15 pm
Apr 24-Jun 19	\$141.50	1614782

Contemporary – Level 1

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

8-14 years	Sat.	10:15-11:15 am
Apr 23-Jun 18	\$67.50	1613844

Digital Music Making

Learn to create music using web-based music making apps. Experiment with beats, bass lines, chords, and melodies, all while learning how to assemble all of these into your own tracks. Each week will feature a new project where you'll learn to use a new tool to make your own track. Submit your track and get feedback to help you keep improving! Requires a PC or Mac, laptop or desktop computer and internet connection.

613-580-2424 ext. 32047

10-14 years	Wed.	5-6:30 pm
Apr 20-May 25	\$132.75	1613874

Drawing and Painting

Taught entirely virtually, participants learn to paint and draw with charcoal, conte, watercolours, 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

6-8 years	Sat.	10 am-noon
Apr 23-Jun 18	\$188.75	1614778
9-14 years	Sat.	12:30-2:30 pm
Apr 23-Jun 11	\$188.75	1614779

Guitar – Level 1

Strengthen guitar skills while learning basic chords, strumming, picking and tuning in this all ages class. 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

9-14 years	Tue.	5-6 pm
Apr 19-Jun 7	\$118	1614751

Guitar – Level 2

Once you have the basics through Guitar Level 1 or equivalent, you're ready for more advanced music in this all ages class. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

9-14 years	Tue.	6:15-7:15 pm
Apr 19-Jun 7	\$118	1614753

Hip Hop

Prefer to dance with your child at home? Join virtually with the on-site instructor. 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

6-10 years	Sun.	9:45-10:45 am
Apr 24-Jun 19	\$67.50	1613849

Improv

Think on your feet, build confidence and gain comfort as a performer in spontaneous improv. Develop skills in timing, creative thinking, storytelling, stage presence and traditional acting techniques. Requires personal electronic device with internet connection.

613-580-2424 ext. 32047

8-14 years	Sat.	11:15 am-12:15 pm
Apr 23-Jun 18	\$67.50	1614770

Children

Intro to Game Development

Create your own game! This course uses Scratch block coding and introduces participants to basic coding, art and animation concepts. Several types of games will be explored and created from start to finish. No coding experience is required – just a love for making and playing games! Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

9-14 years	Thu.	6:30-8 pm
Apr 21-Jun 9	\$88.75	1614773

Jazz – Level 1

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	Sun.	11 am-noon
Apr 24-Jun 19	\$60.75	1613850

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. Must have a keyboard at home. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

8-14 years	Sat.	9:45-10:45 am
Apr 23-Jun 18	\$157.25	1614754

The World of Video Editing

Learn to edit your videos and photos using Davinci Resolve software! This class will guide you through the entire editing process including importing your videos, editing picture and sound, colour grading, special effects, and title design. Students will create a short video during the class and will require access to their own device to take photos and record footage such as a camera, a tablet, or a phone.

613-580-2424 ext. 32047

9-14 years	Tue.	6:15-7:45 pm
Apr 19-Jun 7	\$141.50	1614774

Ukulele

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

8-14 years	Sat.	11 am-noon
Apr 23-Jun 18	\$118	1614756

Virtual Animation

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 PC or Mac, laptop or desktop computer and internet connection.

613-580-2424 ext. 32047

9-14 years	Tue.	4:30-6 pm
Apr 19-Jun 7	\$141.50	1614776

Science and Technology

Advanced LEGO® Robotics Simulation

Build a virtual LEGO robot in Studio 2.0 and import it into the Virtual Robotics Toolkit (VRT) simulator. Learn to program your virtual robot to function autonomously and learn to drive it with the remote-control feature. Learn about several advanced features in VRT. In collaboration with 'the LEGO® guy,' Ian Dudley of Orange STEM Education ([orangestem.ca](#)). You will require a PC or Mac, laptop or desktop computer (not a Chromebook) to run the software and to connect to Zoom.

613-580-2424 ext. 32047

8-14 years	Sun.	12:30-2:30 pm
Jun 5-12	\$55.50	1613352

Introduction to Robotics Simulation

Learn about a selection of software designed to program virtual robots – Open Roberta, VEX®code VR and the Virtual Robotics Toolkit. Learn how these programs work as you code an autonomous robot and operate a robot through remote control. In collaboration with 'the LEGO® guy,' Ian Dudley of Orange STEM Education ([orangestem.ca](#)). You will require a PC or Mac, laptop, or desktop computer (not a Chromebook) to run the software and to connect to Zoom.

613-580-2424 ext. 32047

8-14 years	Wed.	5-6 pm
May 25-Jun 1	\$27.75	1613356

Children

LEGO® Club

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.

613-580-2424 ext. 32047

7-14 years	Wed.	5-6 pm
Apr 20-May 4	\$41.75	1613357

LEGO® Minecraft® Engineer

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. You will need to download and install Studio 2.0 prior to the first class.

613-580-2424 ext. 32047

7-14 years	Sun.	12:30-2:30 pm
May 29	\$27.75	1613359
7-14 years	Wed.	5-6 pm
May 11-18	\$27.75	1613360

LEGO® Space Creations

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 need to download and install Studio 2.0 prior to the first class.

613-580-2424 ext. 32047

7-14 years	Sun.	12:30-2:30 pm
May 15	\$27.75	1613362
7-14 years	Wed.	5-6 pm
Jun 8-15	\$27.75	1613363

Robotics and Coding

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 need to download and install Studio 2.0 prior to the first class.

613-580-2424 ext. 32047

7-14 years	Sun.	12:30-2:30 pm
Apr 24	\$27.75	1613364

Sports

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. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

6-14 years	Tue.	5:45-6:45 pm
Apr 19-Jun 7	\$67.50	1613369

Taekwondo – Level 1

Level 1: White to Yellow Belt all ages class. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

6-14 years	Wed.	4:30-5:30 pm
Apr 20-Jun 8	\$67.50	1613806

Taekwondo – Level 2

Level 2: Green Stripe to Blue Stripe all ages class. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

6-14 years	Wed.	5:45-6:45 pm
Apr 20-Jun 8	\$67.50	1613807

Taekwondo – Level 3

Level 3: Blue Stripe to Black Belt all ages class. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

6-14 years	Wed.	7-8 pm
Apr 20-Jun 8	\$67.50	1613810

Children

General Interest

Chess Club

Learn to play chess in a casual environment and practice your skills while meeting new friends. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

8-14 years	Thu.	5-6 pm
Apr 21-Jun 9	\$38.25	1616946

Dance

Contemporary – Level 1

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	Sat.	10:15-11:15 am
Apr 23-Jun 18	\$76.25	1613846

Digital Arts

The World of Video Editing

Learn to edit your videos and photos using Davinci Resolve software! This class will guide you through the entire editing process including importing your videos, editing picture and sound, colour grading, special effects, and title design. Students will create a short video during the class and will require access to their own device to take photos and record footage such as a camera, tablet or a phone. Also requires a PC or Mac, laptop or desktop computer and internet connection.

613-580-2424 ext. 32047

15-17 years	Tue.	6:15-7:45 pm
Apr 19-Jun 7	\$160	1614775

Virtual Animation

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 PC or Mac, laptop or desktop computer and internet connection.

613-580-2424 ext. 32047

15 years	Tue.	4:30-6 pm
Apr 19-Jun 7	\$160	1614777

Sports

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. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

15-17 years	Tue.	5:45-6:45 pm
Apr 19-Jun 7	\$76.25	1613373

Taekwondo – Level 1

Level 1: White to Yellow Belt all ages class. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

15-17 years	Wed.	4:30-5:30 pm
Apr 20-Jun 8	\$76.25	1613813

Taekwondo – Level 2

Level 2: Green Stripe to Blue Stripe all ages class. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

15-17 years	Wed.	5:45-6:45 pm
Apr 20-Jun 8	\$76.25	1613814

Taekwondo – Level 3

Level 3: Blue Stripe to Black Belt all ages class. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

15-17 years	Wed.	7-8 pm
Apr 20-Jun 8	\$76.25	1613815

Adult

Arts

Loose watercolour florals

Learn to paint roses, filler flowers, berries and leaves in a loose style. Some experience with watercolour is recommended but not required. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18+ years	Mon.	10 am-12:30 pm
Jun 13-27	\$71.50	1617382

Natural Looks

Whether you're reporting to the office, visiting with friends or enjoying the comforts of home, enhance your natural beauty by learning soft yet fun makeup application techniques for easy day-to-day living. Requires personal electronic device with internet connection.

613-580-2424 ext. 32047

15 years+	Wed.	6-8 pm
May 25	\$19.25	1613349

Dance

Belly Dance – Level 1

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+	Thu.	7-8 pm
Apr 21-Jun 9	\$76.25	1613818

Bollywood – Level 1

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+	Thu.	5:45-6:45 pm
Apr 21-Jun 9	\$76.25	1613823

Fitness

Bootcamp

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.	8:45-9:45 am
Apr 24-Jun 19	\$55.25	1613310

Cardio and Strength

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+	Wed.	5:30-6:30 pm
Apr 20-Jun 8	\$55.25	1613312
18 years+	Thu.	11:30 am-12:30 pm
Apr 21-Jun 9	\$55.25	1613311

Core Conditioning

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.	5:30-6:30 pm
Apr 19-Jun 7	\$55.25	1616945

Creative Movement

Get your body moving in creative ways each week with dynamic stretches, fun sequences from a variety of dance styles, and flowing meditative cool-downs.

613-580-2424 ext. 32047

18 years+	Thu.	6:45-7:45 pm
Apr 21-Jun 9	\$67	1613313

Indoor Cycling

In this indoor cycling ride, challenge your aerobic and anaerobic fitness levels through strength, interval, race, and themed challenges. Requires your own indoor cycling bicycle and personal electronic device with internet connection.

613-580-2424 ext. 32047

18 years+	Sun.	8:30-9:30 am
Apr 24-Jun 19	\$55.25	1613314

Phoenix Boxing

In partnership with Phoenix Boxing, this workout class will improve muscle tone, strength and conditioning, balance, coordination, confidence and relieve stress all at the same time. No heavy bag required. Requires a personal electronic device and internet connection.

613-580-2424 ext. 32047

18+ years	Mon.	7-8 pm
May 30	\$27.75	1617209

Adult

Pilates

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 20-Jun 8	\$67	1613315

Tai Chi

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.	10-11 am
Apr 24-Jun 19	\$67	1613324

Tai Chi – Level 2

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.	11:15 am-12:15 pm
Apr 24-Jun 19	\$67	1613323

TMC

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.	4:30-5:30 pm
Apr 21-Jun 9	\$55.25	1613325

Yoga

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.	6:45-7:45 pm
Apr 19-Jun 7	\$67	1613327

Zumba®

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.	6:45-7:45 pm
Apr 20-Jun 8	\$55.25	1613328

Food

A Taste of The World – Online

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

19 years+	Sat.	4-6 pm
May 14	\$29.75	1613329
Jun 11	\$29.75	1613330

Allergy-Friendly Memories of Japan

Come cook with Chef Eva Bee! Japanese cuisine isn't just about raw fish. This is a nut, dairy and gluten free class. 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

19 years+	Mon.	5:30-7:30 pm
May 2	\$29.75	1613334

Chocolate Making

Looking for the perfect gift for family and friends during the holidays? Learn how to make delicious chocolates taught by local chocolatiers! Supply kit included and will be available for pickup. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

19 years+	Mon.	5:30-7:30 pm
May 16	\$88.50	1613337

Flavours of the Middle East

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 with local chef and business owner Amin from Kaz Kitchen. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

19 years+	Sat.	4-6 pm
Apr 23	\$29.75	1613341
May 28	\$29.75	1613342

Keto and Paleo Charcuterie Board

Come cook with Chef Eva Bee! Prep snack platters for upcoming holidays or a relaxing evening for you and your loved ones. Better yet, consider giving some of these away as gifts! Learn tips for arranging and making your own custom board. All recipes keto and paleo friendly. 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

19 years+	Mon.	5:30-7:30 pm
Jun 6	\$29.75	1613344

Adult

Sports

Karate

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

613-580-2424 ext. 32047

18+ years	Tue.	5:45-6:45 pm
Apr 19-Jun 7	\$76.25	1613365

Taekwondo – Level 1

Level 1: White to Yellow Belt all ages class. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18 years+	Wed.	4:30-5:30 pm
Apr 20-Jun 8	\$76.25	1613796

Taekwondo – Level 2

Level 2: Green Stripe to Blue Stripe all ages class. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18 years+	Wed.	5:45-6:45 pm
Apr 20-Jun 8	\$76.25	1613798

Taekwondo – Level 3

Level 3: Blue Stripe to Black Belt. Taekwondo is a Korean martial art that teaches self-defense and discipline and promotes confidence. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18 years+	Wed.	7-8 pm
Apr 20-Jun 8	\$76.25	1613801

Music

Guitar – Level 1

Strengthen guitar skills while learning basic chords, strumming, picking and tuning in this all ages class. 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

15 years+	Tue.	5-6 pm
Apr 19-Jun 7	\$133.25	1614749

Guitar – Level 2

Once you have the basics through Guitar Level 1 or equivalent, you're ready for more advanced music in this all ages class. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

15 years+	Tue.	6:15-7:15 pm
Apr 19-Jun 7	\$133.25	1614752

Visual Arts

Art Journaling

Play with new materials and ideas, practice and reflect on your art, and unlock your creativity through art journaling. Explore drawing, painting and mixed media through a variety of instructor and student directed projects and exercises. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18 years+	Mon.	1-3:30 pm
Apr 25-Jun 20	\$190.50	1614771

Drawing for Absolute Beginners

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. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18 years+	Thu.	3:30-6 pm
Apr 21-Jun 9	\$190.50	1614780

Travel Sketching and Painting

Have you always wanted to be able to sketch your surroundings or urban/rural landscapes with ease? This is a fun introduction to a variety of sketching and painting techniques. Projects will show you how to draw proportionally using perspective and will include many tips and tricks on how to make your travel sketching experience (whether you are indoors or outside) a breeze! Pencils, ink, and watercolours will be explored in this course. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

18 years+	Thu.	12:30-3 pm
Apr 21-Jun 9	\$190.50	1614783

Adults 50+

Arts

Drawing and Painting

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.

613-580-2424 ext. 32047

50+years	Mon.	10 am-noon
Apr 25-Jun 6	\$114.25	1613091

Coloured Pencils

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.

613-580-2424 ext. 32047

50+years	Wed.	10 am-noon
Apr 20-May 25	\$114.25	1613098

Fitness

Cardio and Strength

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.	1-2 pm
Apr 19-Jun 7	\$67	1613116



Cardio

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

613-580-2424 ext. 32047

50+years	Thu.	9-10 am
Apr 21-Jun 9	\$67	1613221



Chair Exercise

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

613-580-2424 ext. 32047

50+ years	Tue.	2-3 pm
Apr 19-Jun 7	\$67	1613218



Nia

A full-body conditioning practice combining 52 simple moves from martial arts, dance, and healing arts. Combining dynamic movement with music, it is adaptable to one's abilities. Be energized, mentally clear, emotionally balanced and connected to the community. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

50+years	Tue.	12:30-1:30 pm
Apr 19-Jun 7	\$67	1613216

Strength and Balance – Lite

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.

613-580-2424 ext. 32047

50+years	Thu.	10:15-11:15 am
Apr 21-Jun 9	\$67	1613244

Yoga

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.

Nécessite un appareil électronique personnel avec connexion Internet.

613-580-2424 ext. 32047

50+ years	Tue.	10-11 am
Apr 19-Jun 7	\$67	1617208

Zumba Gold®

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 a invigorating, party atmosphere. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

50+years	Tue.	2:15-3:15 pm
Apr 19-Jun 7	\$67	1613120

Adults 50+

General Interest

Coffee Break – Socializing Series

Build new friendships and rekindle old ones while chatting on Zoom about gardening, photography, cooking, crafts, sewing, books, movies, music, trivia and more. Connect and enjoy upbeat conversations, stories and share memories. Requires a personal electronic device with an internet connection.

613-580-2424 ext. 32047

50+years	Tue.	10:30-11:30 am
Apr 26-May 31	N/A	1613245

Afternoon Trivia

Masters of trivia are masters of memory. Join us with your afternoon tea, coffee or snack and see who remembers famous movie stars, music, fashion, world events and answers to other obscure questions. Requires a personal electronic device with internet connection.

613-580-2424 ext. 32047

50+years	Thu.	1:15-2:15 pm
Apr 28-Jun 2	N/A	1613317

Have Lunch Will Travel Series

This weekly program is about socializing and centres around chatting on Zoom about travelling. Over homemade lunches take virtual guided tours. Bring out the photo album and share experiences. No passport needed, just a sense of adventure. Requires a personal electronic device with an internet connection.

613-580-2424 ext. 32047

50+years	Thu.	noon-1 pm
Apr 28-Jun 2	N/A	1613246

Intergenerational Luncheon – Date Series

Do you remember when? This weekly program is for adults and their older adult parent(s). Connect with your parent(s) or your adult child(ren) on Zoom while socializing with others about fashion, cars, toys, recipes, vacations, tv shows, movies or any other topics of interest. Requires a personal electronic device with an internet connection.

613-580-2424 ext. 32047

50+years	Tue.	11:45 am-12:45 pm
Apr 26-May 31	N/A	1613316