



Spring
2022

Classes and
activities for

Youth

(15 to 18 years)

Recreation eGuide

Table of Contents

Digital Arts	2
Sports	2
Martial Arts	3



[Facilities](#)

[Safety measures](#)

Digital Arts

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.

Maker Studio: Micro:bit Coding and Animation

A level up for students who have done some animation and micro:bit work, or who are curious about 'Making'. Learn micro:bit coding, and create your own project, using special animation tools, micro:bit and a 3D printer.

Nepean Creative Arts – 613-596-5783

15-17 years	Thu.	6:30-8:30 pm
Mar 31-May 5	\$213.25	1615862

Sports

Badminton – Game Play

Emphasis is on active participation and fun.

Games are at a recreational level.

Eva James – 613-325-2783

15-16 years	Wed.	6:45-7:45 pm
Apr 27-Jun 15	\$41.25	1610477

South Fallingbrook – 613-824-0633 ext. 221

15-18 years	Mon.	6-7 pm
Apr 4-Jun 20	\$51.50	1613921

15-18 years	Mon.	7-8 pm
Apr 4-Jun 20	\$51.50	1613924

15-18 years	Fri.	6-7 pm
Apr 8-Jun 17	\$51.50	1613925

Basketball – Above the Rim

Develop your skills through instruction, drills, competition, and scrimmages. Players of all ability welcome. Instruction provided by professionals from abovetherimbasketballschoo.com.

Eva James – 613-325-2783

15-16 years	Mon.	7:30-9 pm
Apr 25-Jun 13	\$143.25	1610410

Volleyball

Practice the techniques to improve your skills. Develop a better understanding of the sport. Program includes skill development and fun games.

Canterbury – 613-247-4865

15-17 years	Sat.	2-3 pm
Apr 2-Jun 18	\$96.25	1615820

Eva James – 613-325-2783

15 years	Sun.	2:30-3:30 pm
Apr 24-Jun 12	\$67.50	1609349

Greenboro – 613-580-2805

15-17 years	Thu.	6-7 pm
Mar 31-Jun 9	\$86.75	1616362

Nepean Sportsplex - 613-580-2828

15-17 years	Thu.	6-6:50 pm
Mar 31-May 26	\$72.25	1610957

South Fallingbrook – 613-824-0633 ext. 221

15-18 years	Tue.	7-8 pm
Apr 5-May 24	\$77	1613973

Martial Arts

Armizare – Medieval Swordsmanship

The Medieval martial art of 15th century knights and the nobility. Curriculum includes work with spear, long sword, and dagger with leading instructors from the region.

Richelieu-Vanier – 613-560-6030

15-17 years	Wed.	7:30-9 pm
Apr 6-Jun 22	\$228.50	1614264

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

15-18 years	Thu.	6:30-7:30 pm
Apr 7-Jun 23	\$133.75	1614369

Karate Goju Ryu

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

15-18 years	Tue.	6:30-7:30 pm
Apr 5-Jun 21	\$133.75	1614366

Taekwondo

Korean martial art that teaches self defence and discipline and promotes confidence. Progress at your rate by testing held throughout the term. Additional fees may apply for uniform and testing.

Hunt Club-Riverside – 613-580-2990

15-17 years	Tue.	7:30-8:30 pm
Apr 5-Jun 21	\$152.50	1612252

Richcraft-Kanata - 613-580-9696

15-17 years	Wed.	7-8 pm
Mar 23-Jun 15	\$165	1614134
15-17 years	Wed.	8-9 pm
Mar 23-Jun 15	\$165	1614135
15-17 years	Sat.	1-2 pm
Mar 26-Jun 18	\$114.25	1614136
15-17 years	Sat.	2-3 pm
Mar 26-Jun 18	\$114.25	1614137
15-17 years	Sat.	3-4 pm
Mar 26-Jun 18	\$114.25	1614138
15-17 years	Sat.	4-5 pm
Mar 26-Jun 18	\$114.25	1614139