



Summer
2022

Classes and
activities for

Adults

Recreation eGuide

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Sports

Schedules and fees may be subject to change. Fees include HST.

Each barcode is linked 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.

General Sports

Pickleball

Pickleball is a combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Designed to teach the skills and rules of pickleball in a fun and friendly environment.

Klondike Road Park – 613-580-2424 ext.

15+ years	Wed.	7-8 pm
May 18-Jun 29	\$67.50	1622316
Jul 6-Aug 24	\$77	1622319

Mooney's Bay Park – 613-580-2424 ext.

15+ years	Tue.	7-8 pm
May 17-Jun 28	\$67.50	1622332
Jul 5-Aug 23	\$77	1622335

Pinecrest Park – 613-580-2400 ext.

15+ years	Thu.	6-7 pm
May 19-Jun 23	\$57.75	1622338
Jul 7-Aug 25	\$77	1622337

Tennis

Forehand, backhand, serve and volley. Practice techniques to improve your skills and develop a better understanding of the game.

Four Season's Park – 613-580-2595

15+ years	Mon.	7-8 pm
May 30-Jun 27	\$80.25	1621819
Jul 4-Aug 22	\$112.25	1621822

Klondike Road Park – 613-580-2424 ext.

15+ years	Tue.	7-8 pm
May 31-Jun 28	\$80.25	1621883
Jul 5-Aug 23	\$128.25	1621907

McKellar Park – 613-580-2424 ext.

15+ years	Wed.	7:30-8:30 pm
Jun 1-29	\$80.25	1621909
Jul 6-Aug 24	\$128.25	1621917

Mooney's Bay Park – 613-580-2424 ext.

15+ years	Thu.	8-9 pm
Jun 2-23	\$64.25	1621946
Jul 7-Aug 25	\$128.25	1621947

Pinecrest Park – 613-580-2400 ext.

15+ years	Sun.	11:30 am-12:30 pm
Jun 5-26	\$64.25	1622179
Jul 3-Aug 28	\$128.25	1622183

Hockey

Development

A beginner program emphasizing skating, stick handling, passing and team play. Must be able to skate forwards, backwards and stop. Full hockey equipment is mandatory including CSA-approved helmet, full face mask and shoulder pads.

Ray Friel – 613-580-4765

18+ years	Tue.	6:15-7:05 pm
Jul 5-Aug 23	\$192.25	1625113

Game Play

Un-officiated non-contact recreational pick-up hockey monitored by City of Ottawa staff. Full gear and full cage is mandatory.

Ray Friel – 613-580-4765

18+ years	Sat.	7:15-8:35 pm
Jul 9-Aug 27	\$80.75	1625121
18+ years	Sat.	8:45-10:05 pm
Jul 9-Aug 27	\$80.75	1625122

Sports

Martial Arts

Aikido Yoseikan

Self-defensive Japanese martial art utilizing little strength, unbalancing and timing to safely control an attacker or partner. The study of Aikido also involves utilizing fast, smooth techniques resulting in joint locks to the wrist, elbow, shoulder, or pins to the ground.

Bob MacQuarrie-Orléans – 613-580-9600

16+ years	Mon., Wed.	7:30-9 pm
Jun 27-Jul 27	\$166.75	1618492

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

15+ years	Sun.	3:30-5:30 pm
Jul 10-Aug 28	\$158	1622973

Taekwondo

This 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.

Richcraft-Kanata – 613-580-9696

18+ years	Wed.	7-8 pm
Jul 6-Aug 31	\$114.25	1624688
18+ years	Wed.	8-9 pm
Jul 6-Aug 31	\$114.25	1624689
18+ years	Sat.	1-2 pm
Jul 9-Aug 27	\$89	1624690
18+ years	Sat.	2-3 pm
Jul 9-Aug 27	\$89	1624691
18+ years	Sat.	3-4 pm
Jul 9-Aug 27	\$89	1624692
18+ years	Sat.	4-5 pm
Jul 9-Aug 27	\$89	1624693

General Interest

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Chivalrous Sword Handling – Level 1

An introduction to Longsword and Historical European Martial Arts; techniques direct from historical sources. Learn fundamental parries, strikes, and counters. Ideal for martial artists, medieval enthusiasts, or simply those looking for some fun. Respect, courtesy, and self-control are strict requirements for our students.

Plant – 613-232-3000

16+ years	Sun.	10:30 am-12:30 pm
Jul 10-Aug 28	\$177.75	1622966

Chivalrous Sword Handling – Level 2

Continue building on the fundamentals of HEMA Longsword through advanced training methodologies and safe contact sparring. Come and continue your study of historical fencing. Respect, courtesy, and self-control are strict requirements for our students.

Plant – 613-232-3000

16+ years	Sun.	1-3 pm
Jul 10-Aug 28	\$177.75	1622971

Dog Rally Obedience – Low ratio

The dog and handler use directional signs to run through a numbered course within an allotted time. Includes over 40 obedience movements.

Lansdowne Park – 613-580-2424 ext. 17323

18+ years	Thu.	7:30-8:30 pm
Jul 7-Aug 11	\$137	1624647

Dog Tricks and Games – Low ratio

Reduce stress in your dog and help your pet become reliable at basic good manner exercises. Perform a variety of tricks such as a bow, wave, sit pretty, say your prayers, spin, weave-figure eight, crawl and roll over. A tail wagging good time!

Lansdowne Park – 613-580-2424 ext. 17323

18+ years	Thu.	6:30-7:30 pm
Jul 7-Aug 11	\$137	1624638

Indoor Gardening

Learn how to create and maintain container gardens to add greenery to your indoor space or balcony. Different themes will be explored each time from kitchen gardens to terrariums.

Lansdowne Park – 613-580-2424 ext. 17323

18+ years	Thu.	7:30-8:30 pm
Jul 7-Aug 11	\$54.25	1624724