



Summer
2022

Classes and
activities for

Children

(5 to 14 years)

Recreation eGuide

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

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Instructional programs are advertised in the language in which they are offered.

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.

Pat Clark – 613-748-1771

5-7 years	Mon.	6:30-7:15 pm
Jul 4-Aug 29	\$60.75	1622437

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.

Pat Clark – 613-748-1771

5-7 years	Wed.	6:30-7:15 pm
Jul 6-Aug 31	\$76	1622439

Sports

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

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General Sports

Basketball

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

Pat Clark – 613-748-1771

8-12 years	Fri.	6-7 pm
Jul 8-Aug 26	\$68.25	1622432

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

8-14 years	Wed.	6-7 pm
May 18-Jun 29	\$59.75	1622278
Jul 6-Aug 24	\$68.25	1622281

Mooney's Bay Park – 613-580-2424

8-14 years	Tue.	6-7 pm
May 17-Jun 28	\$59.75	1622295
Jul 5-Aug 23	\$68.25	1622297

Pinecrest Park – 613-580-2400

8-14 years	Thu.	5-6 pm
May 19-Jun 23	\$51.25	1622300
Jul 7-Aug 25	\$68.25	1622308

Soccer

Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing the game.

Pat Clark – 613-748-1771

6-8 years	Mon.	7-7:50 pm
Jul 4-Aug 29	\$56.75	1624734

Richelieu-Vanier – 613-560-6030

6-7 years	Tue.	5:45-6:30 pm
Jul 5-Aug 23	\$51.25	1624134
6-7 years	Thu.	5:45-6:30 pm
Jul 7-Aug 25	\$51.25	1624133
8-10 years	Tue.	6:30-7:15 pm
Jul 5-Aug 23	\$51.25	1624139
8-10 years	Thu.	6:30-7:15 pm
Jul 7-Aug 25	\$51.25	1624138

South Fallingbrook – 613-824-0633

5-7 years	Sat.	9-10 am
Jul 9-Aug 27	\$59.75	1625210
8-12 years	Sat.	10-11 am
Jul 9-Aug 27	\$59.75	1625214

Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport, and play lots of games.

Four Season's Park – 613-580-2595

10-14 years	Mon.	6-7 pm
May 30-Jun 27	\$71	1621720
Jul 4-Aug 22	\$99.25	1621724

Klondike Road Park

10-14 years	Tue.	6-7 pm
May 31-Jun 28	\$71	1621731
Jul 5-Aug 23	\$113.50	1621732

McKellar Park – 613-580-2424 Extension

10-14 years	Wed.	6:30-7:30 pm
Jun 1-29	\$71	1621743
Jul 6-Aug 24	\$113.50	1621746

Mooney's Bay Park – 613-580-2424 Extension

10-14 years	Thu.	7-8 pm
Jun 2-23	\$56.75	1621799
Jul 7-Aug 25	\$113.50	1621803

Pinecrest Park – 613-580-2400 Extension

10-14 years	Sun.	10:30-11:30 am
Jun 5-26	\$56.75	1621808
Jul 3-Aug 28	\$113.50	1621811

Sports

Progressive Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport, and play lots of games.

Four Season's Park – 613-580-2595

6-9 years	Mon.	5-6 pm
May 30-Jun 27	\$71	1621213
Jul 4-Aug 22	\$99.25	1621221

Klondike Road Park

6-9 years	Tue.	5-6 pm
May 31-Jun 28	\$71	1621245
Jul 5-Aug 23	\$113.50	1621250

McKellar Park – 613-580-2424 Extension

6-9 years	Wed.	5:30-6:30 pm
Jun 1-29	\$71	1621251
Jul 6-Aug 24	\$113.50	1621252

Mooney's Bay Park – 613-580-2424 Extension

6-9 years	Thu.	6-7 pm
Jun 2-23	\$56.75	1621253
Jul 7-Aug 25	\$113.50	1621254

Pinecrest Park – 613-580-2400 Extension

6-9 years	Sun.	9:30-10:30 am
Jun 5-26	\$56.75	1621255
Jul 3-Aug 21	\$113.50	1621256

Gymnastics

Gymnastics – Level 1

Beginner to novice gymnastic skills is taught through the assistance of a coach on traditional equipment. Groups are divided according to age, ability, and levels. Apparatus includes the following: balance beam, floor, mini-trampoline, parallel bars, rings, uneven bars, vault.

Pat Clark – 613-748-1771

6-12 years	Sun.	10-11 am
Jul 10-Aug 28	\$83.25	1623949
6-12 years	Tue.	7-8 pm
Jul 5-Aug 30	\$107	1623951

Gymnastics and Ninja Obstacle

Can't decide between gymnastics and Ninja Obstacle? No problem! Perform both Ninja Obstacle courses and classic gymnastics instruction in this combined class.

Pat Clark – 613-748-1771

4-8 years	Sun.	11 am-noon
Jul 10-Aug 28	\$74.50	1623933
4-8 years	Sun.	noon-1 pm
Jul 10-Aug 28	\$74.50	1623935

Hockey

4 on 4

Develop and improve your hockey skills with this no body checking game. Freewheeling and high scoring with limited whistles and no face-offs or coaches. Full hockey equipment is mandatory.

Ray Friel – 613-580-4765

6-9 years	Mon.	4:15-5:05 pm
Jul 4-Aug 22	\$44.75	1625109
6-9 years	Wed.	4:15-5:05 pm
Jul 6-Aug 24	\$51	1625114
9-12 years	Mon.	5:15-6:05 pm
Jul 4-Aug 22	\$44.75	1625110
9-12 years	Wed.	5:15-6:05 pm
Jul 6-Aug 24	\$51	1625115

4 on 4 – Goalie

Develop and improve your goalie skills with limited whistles and no face-offs or coaches. Full hockey equipment is mandatory.

Ray Friel – 613-580-4765

6-9 years	Mon.	4:15-5:05 pm
Jul 4-Aug 22	\$44.75	1625111
6-9 years	Wed.	4:15-5:05 pm
Jul 6-Aug 24	\$51	1625116
9-12 years	Mon.	5:15-6:05 pm
Jul 4-Aug 15	\$44.75	1625112
9-12 years	Wed.	5:15-6:05 pm
Jul 6-Aug 24	\$51	1625117

Development

Perform drills at top speeds to improve your weakness and increase your strengths. Concentrate on power skating technique, agility, acceleration, skating, start, stops, stick handling, passing and shooting. Full hockey equipment is mandatory.

Ray Friel – 613-580-4765

6-9 years	Fri.	4:15-5:05 pm
Jul 8-Aug 26	\$165	1625119

Powerskating and Stick Handling

Balance, power, agility, speed, and endurance. Must have basic, forward and backward skating skills and be able to stop on command. Skills, techniques, and conditioning drills taught emphasizing application to game situations.

Ray Friel – 613-580-4765

9-12 years	Fri.	5:15-6:05 pm
Jul 8-Aug 26	\$165	1625120

Martial Arts

Karate Goju Ryu

Traditional style karate developed in Japan, with a style that has both hard and soft elements. Develops self-confidence, discipline, speed, coordination, stress release, and above all, respect for oneself and others.

South Fallingbrook – 613-824-0633

6-14 years	Tue.	6:30-7:30 pm
Jul 5-Aug 23	\$79	1622250

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

6-14 years	Thu.	6:30-7:30 pm
Jul 7-Aug 25	\$79	1622263

Sports

Karate Shotokan – Beginner

Improve physical fitness, increase concentration, and build self-confidence. Progress is based on commitment, self-discipline, and skill developed through repetition.

Plant – 613-232-3000

6-14 years	Tue., Thu.	5-6 pm
Jul 5-Aug 25	\$171.25	1622060

Karate Shotokan – Intermediate

Improve physical fitness, increase concentration, and build self-confidence. Progress is based on commitment, self-discipline, and skill developed through repetition.

Plant – 613-232-3000

6-14 years	Tue., Thu.	6-7 pm
Jul 5-Aug 25	\$171.25	1622066

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

7-14 years	Sun.	3:30-5:30 pm
Jul 10-Aug 28	\$142.75	1622981

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.

Earl Armstrong – 613-748-1771

6-14 years	Wed.	6-7 pm
Jun 29-Aug 31	\$112.50	1623975

Richcraft-Kanata – 613-580-9696

5-8 years	Wed.	6-7 pm
Jul 6-Aug 31	\$101.25	1624654
5-8 years	Sat.	noon-1 pm
Jul 9-Aug 27	\$78.75	1624657
8-14 years	Wed.	7-8 pm
Jul 6-Aug 31	\$101.25	1624655

8-14 years	Wed.	8-9 pm
Jul 6-Aug 31	\$101.25	1624656
8-14 years	Sat.	1-2 pm
Jul 9-Aug 27	\$78.75	1624658
8-14 years	Sat.	2-3 pm
Jul 9-Aug 27	\$78.75	1624659
8-14 years	Sat.	3-4 pm
Jul 9-Aug 27	\$78.75	1624660
8-14 years	Sat.	4-5 pm
Jul 9-Aug 27	\$78.75	1624661

South Fallingbrook – 613-824-0633

5-12 years	Mon., Wed.	5:30-6:30 pm
Jul 4-Aug 22	\$157.25	1622975
5-12 years	Mon., Wed.	6:45-7:45 pm
Jul 4-Aug 22	\$157.25	1622976
5-12 years	Mon., Wed.	8-9 pm
Jul 4-Aug 22	\$157.25	1622979

Taekwondo – Girls

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.

Earl Armstrong – 613-748-1771

8-14 years	Tue.	6-7 pm
Jun 28-Aug 30	\$112.50	1623985

Skating

Intro to Ice

A learn to skate program for teens who are new to ice or have limited skating experience. Learn how to fall and get up safely, skate forward and stop. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended.

Jim Durrell – 613-580-2596

13-14 years	Mon., Wed.	7-7:50 pm
Aug 15-31	\$65.75	1625328

Junior Gliders

For children who can skate forward and beyond. Levels 1 – 5. Skills may include backwards skating, one foot gliding, and two-foot turns. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended.

Jim Durrell – 613-580-2596

6-12 years	Mon., Wed.	7-7:50 pm
Aug 15-31	\$65.75	1625316

Ray Friel – 613-580-4765

6-12 years	Tue.	4:15-5:05 pm
Jul 5-Aug 23	\$87.75	1625293
6-12 years	Tue.	5:15-6:05 pm
Jul 5-Aug 23	\$87.75	1625295

Sandy Hill – 613-580-2424 Extension

6-12 years	Sun.	10-10:50 am
Jul 3-Aug 14	\$65.75	1625286

Junior Gliders – Low ratio

For children who can skate forward and beyond. Levels 1 – 5. Skills may include backwards skating, one foot gliding, and two-foot turns. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended. Ratio of 1:5.

Ray Friel – 613-580-4765

6-12 years	Thu.	5:15-6:05 pm
Jul 7-Aug 25	\$189.25	1625315

Sports

Junior Intro to Ice

Learn to skate for children who are new to ice or have limited skating experience. Learn correct forward skating and stopping skills. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended.

Jim Durrell – 613-580-2596

6-12 years	Mon., Wed.	6-6:50 pm
Aug 15-31	\$65.75	1625318

Ray Friel – 613-580-4765

6-12 years	Tue.	4:15-5:05 pm
Jul 5-Aug 23	\$87.75	1625292

Sandy Hill – 613-580-2424 Extension

6-12 years	Sun.	11-11:50 am
Jul 3-Aug 14	\$65.75	1625317

Junior Intro to Ice – Low ratio

Learn to skate for children who are new to ice or have limited skating experience. Learn correct forward skating and stopping skills. A CSA certified hockey helmet is required for all skaters. A full cage is highly recommended. Ratio of 1:5.

Ray Friel – 613-580-4765

6-12 years	Thu.	4:15-5:05 pm
Jul 7-Aug 25	\$189.25	1625314

Senior Gliders

For skaters that have passed all the five levels of the Junior Gliders program. Skills may include backwards crosscuts, one foot turns and waltz jumps. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended.

Jim Durrell – 613-580-2596

8-12 years	Mon., Wed.	7-7:50 pm
Aug 15-31	\$65.75	1625319

Ray Friel – 613-580-4765

8-12 years	Tue.	5:15-6:05 pm
Jul 5-Aug 23	\$87.75	1625297

General Interest

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STEAM Workshop

A workshop allowing families to engage in a variety of Science, Technology, Engineering, Arts and Math (STEAM) activities in a fun and relaxed way.

Lansdowne Park – 613-580-2424 ext. 17323

6-10 years	Sun.	11 am-noon
Jul 10	\$8	1624714
Jul 24	\$8	1624715

Muck and Mess

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

Richelieu-Vanier – 613-560-6030

6-8 years	Mon.	6-7 pm
Jul 4-Aug 22	\$44.75	1624146

Fairy Gardening

Help care for the fairy garden! Plant seeds, take care of the plants, harvest the crops and craft fairy accessories to make a beautiful fairy home.

Lansdowne Park – 613-580-2424 ext. 17323

6-10 years	Thu.	6-7 pm
Jul 7-Aug 11	\$25.50	1624723

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

6-10 years	Sun.	9:30-10:30 am
Aug 7	\$8	1624721
Aug 21	\$8	1624722