



Summer
2022

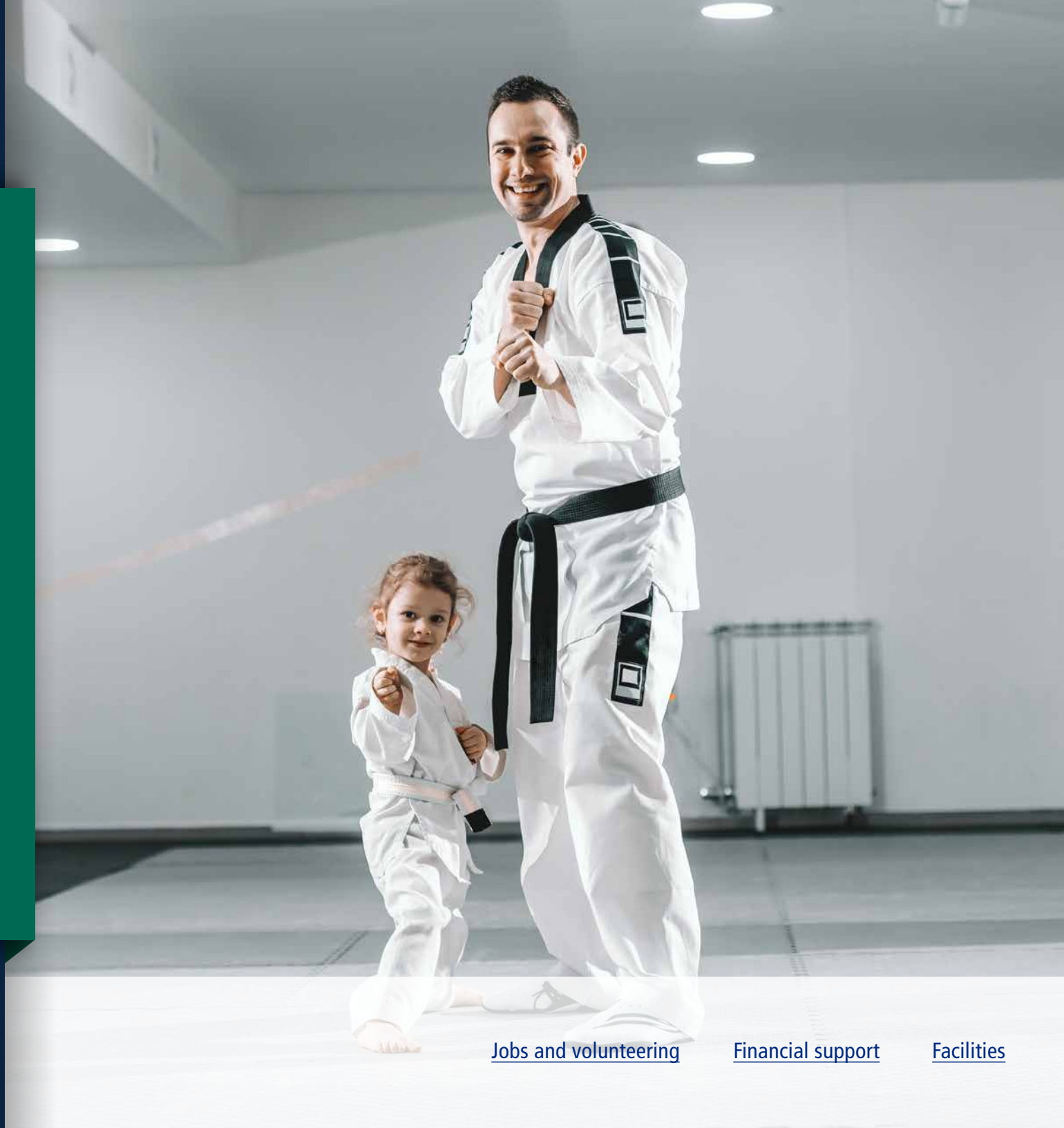
Classes and
activities for

Families

Recreation eGuide

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Families

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.

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. | 7:15-8:15 pm |
| Jun 29-Aug 31 | \$112.50 | 1623977 |
| 15-17 years | Wed. | 7:15-8:15 pm |
| Jun 29-Aug 31 | \$127 | 1623979 |
| 18+ years | Wed. | 7:15-8:15 pm |
| Jun 29-Aug 31 | \$127 | 1623983 |

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 |
| 13-17 years | Mon., Wed. | 5:30-6:30 pm |
| Jul 4-Aug 22 | \$175.50 | 1623007 |
| 13-17 years | Mon., Wed. | 6:45-7:45 pm |
| Jul 4-Aug 22 | \$175.50 | 1623010 |
| 13-17 years | Mon., Wed. | 8-9 pm |
| Jul 4-Aug 22 | \$175.50 | 1623017 |
| 18+ years | Mon., Wed. | 5:30-6:30 pm |
| Jul 4-Aug 22 | \$175.50 | 1622967 |
| 18+ years | Mon., Wed. | 6:45-7:45 pm |
| Jul 4-Aug 22 | \$175.50 | 1622970 |
| 18+ years | Mon., Wed. | 8-9 pm |
| Jul 4-Aug 22 | \$175.50 | 1622972 |