



Summer
2022

Classes and
activities for

Preschool (1 month to 6 years)

Recreation eGuide

Table of Contents

Arts	2
Sports	3
Gymnastics	3
Skating	3
Soccer	4
General Interest.....	5



[Jobs and volunteering](#)

[Financial support](#)

[Facilities](#)

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.

Ballet – Level 1

Introduce your little one to the world of creative movement. Simple exercises are structured to develop balance and coordination, while preschoolers learn the different movements and ballet basics.

Pat Clark – 613-748-1771

3-5 years	Mon.	5:30-6:15 pm
Jul 4-Aug 29	\$60.75	1622436

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

3-5 years	Wed.	5:30-6:15 pm
Jul 6-Aug 31	\$76	1622438

Sports

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Gymnastics

Gymnastics – With parent

Basic gymnastic skills are taught through the assistance of a coach, and you, the parent. Apparatus will include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, uneven bars, vault.

Pat Clark – 613-748-1771

18 months-3 years	Sun.	9-9:45 am
Jul 10-Aug 28	\$56	1622472
18 months-3 years	Tue.	6-6:45 pm
Jul 5-Aug 30	\$72	1622473

Gymnastics

Basic gymnastic skills are taught through the assistance of a coach on traditional equipment. Apparatus will/may include a minimum of four of the following: balance beam, floor, mini-trampoline, bars, rings, uneven bars, vault.

Pat Clark – 613-748-1771

3-5 years	Sun.	9-9:45 am
Jul 10-Aug 28	\$56	1623936
3-5 years	Tue.	6-6:45 pm
Jul 5-Aug 30	\$72	1623943

Skating

Frosty Blades

Get acquainted with the ice, standing and shuffling. An adult on skates with some skating experience must accompany the toddler for each lesson. A CSA-certified hockey helmet is required for all skaters, including the adult. A full cage is highly recommended.

Jim Durrell – 613-247-4811

2-4 years	Mon., Wed.	6-6:25 pm
Aug 15-31	\$33	1625322
2-4 years	Mon., Wed.	6:25-6:50 pm
Aug 15-31	\$33	1625323

Ray Friel – 613-580-4765

2-4 years	Tue.	4:15-4:40 pm
Jul 5-Aug 23	\$44	1625282
2-4 years	Tue.	5:15-5:40 pm
Jul 5-Aug 23	\$44	1625283

Sandy Hill – 613-580-2424

2-4 years	Sun.	9-9:25 am
Jul 3-Aug 14	\$33	1625320
2-4 years	Sun.	9:25-9:50 am
Jul 3-Aug 14	\$33	1625321

Just You and Me

Learn to skate for the non-skater. An adult on skates with some skating experience must accompany the child for the first 3 weeks. A CSA-Certified hockey helmet is required for all skaters, including the adult. Full cage is highly recommended.

Jim Durrell – 613-247-4811

3-4 years	Mon., Wed.	6-6:50 pm
Aug 15-31	\$65.75	1625241

Sandy Hill – 613-580-2424

3-4 years	Sun.	9-9:50 am
Jul 3-Aug 14	\$65.75	1625058

Kindergliders

Learn to skate program for children with limited skating experience. Work through 5 levels and receive a badge based on ability. Learn forward skating and stopping skills. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended.

Jim Durrell – 613-247-4811

4-5 years	Mon., Wed.	6-6:50 pm
Aug 15-31	\$65.75	1625274

Ray Friel – 613-580-4765

4-5 years	Tue.	4:15-5:05 pm
Jul 5-Aug 23	\$87.75	1625287
4-5 years	Tue.	5:15-6:05 pm
Jul 5-Aug 23	\$87.75	1625288

Sandy Hill – 613-580-2424

4-5 years	Sun.	9-9:50 am
Jul 3-Aug 14	\$65.75	1625253
4-5 years	Sun.	11-11:50 am
Jul 3-Aug 14	\$65.75	1625258

Kindergliders – Low ratio

Learn to skate program for children with limited skating experience. Work through five levels and receive a badge based on ability. Learn forward skating and stopping skills. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended. Due to Covid-19 all children must be able to skate independently to register in this program. Ratio of 1:5.

Ray Friel – 613-580-4765

4-5 years	Thu.	4:15-5:05 pm
Jul 7-Aug 25	\$189.25	1625312
4-5 years	Thu.	5:15-6:05 pm
Jul 7-Aug 25	\$189.25	1625313

Arts

Snow Gliders

Learn to skate for children who are new to ice. Children should be comfortable without parental involvement. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended.

Jim Durrell – 613-247-4811

4-5 years	Mon., Wed.	7-7:25 pm
Aug 15-31	\$33	1625326
4-5 years	Mon., Wed.	7:25-7:50 pm
Aug 15-31	\$33	1625327

Ray Friel – 613-580-4765

4-5 years	Tue.	5:40-6:05 pm
Jul 5-Aug 23	\$44	1625285

Sandy Hill – 613-580-2424

4-5 years	Sun.	10-10:25 am
Jul 3-Aug 14	\$33	1625324
4-5 years	Sun.	10:25-10:50 am
Jul 3-Aug 14	\$33	1625325

Soccer

Soccer

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer-based activities.

Pat Clark – 613-748-1771

3-5 years	Mon.	6-6:50 pm
Jul 4-Aug 29	\$56.75	1624730

Richelieu-Vanier – 613-560-6030

3-5 years	Tue.	5-5:45 pm
Jul 5-Aug 23	\$51.25	1624129
3-5 years	Thu.	5-5:45 pm
Jul 7-Aug 25	\$51.25	1624126

South Fallingbrook – 613-824-0633

3-4 years	Sat.	8-9 am
Jul 9-Aug 27	\$59.75	1625198

General Interest

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Loose Parts Playground – With parent

Loose parts are materials that encourage children to invent, create, construct, and experiment. Preschoolers and their caregivers will explore early science and engineering concepts through play and exploration using unique large-scale materials and equipment.

Lansdowne Park – 613-580-2424 ext. 17323

2-5 years	Tue.	10:30-11:30 am
Jul 5-26	\$28.50	1624702
Aug 9-30	\$28.50	1624703

Muck and Mess

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

Richelieu-Vanier – 613-560-6030

3-5 years	Mon.	5-5:45 pm
Jul 4-Aug 22	\$42	1624142

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

3-5 years	Sun.	11 am-noon
Aug 7	\$8	1624718
Aug 21	\$8	1624719

STEAM Workshop

A hands-on workshop allowing families to engage in a variety of Science, Technology, Engineering, Arts and Math (STEAM) activities in a fun and relaxed way. Enhanced safety measures will be in place.

Lansdowne Park – 613-580-2424 ext. 17323

3-5 years	Sun.	9:30-10:30 am
Jul 10	\$8	1624707
Jul 24	\$8	1624711