



Summer
2022

Classes and
activities for

Youth

(15 to 18 years)

Recreation eGuide

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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.

Martial Arts

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

14-18 years	Tue.	6:30-7:30 pm
Jul 5-Aug 23	\$89.25	1622271

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

14-18 years	Thu.	6:30-7:30 pm
Jul 7-Aug 25	\$89.25	1622303

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

15-17 years	Wed.	7-8 pm
Jul 6-Aug 31	\$114.25	1624674
15-17 years	Wed.	8-9 pm
Jul 6-Aug 31	\$114.25	1624675
15-17 years	Sat.	1-2 pm
Jul 9-Aug 27	\$89	1624676
15-17 years	Sat.	2-3 pm
Jul 9-Aug 27	\$89	1624677
15-17 years	Sat.	3-4 pm
Jul 9-Aug 27	\$89	1624678
15-17 years	Sat.	4-5 pm
Jul 9-Aug 27	\$89	1624679

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 – 613-247-4811

15-17 years	Mon., Wed.	7-7:50 pm
Aug 15-31	\$74.25	1625329