



Winter 2022

# Activities for all ages

Recreation eGuide

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# Preschool

## Dance

### 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.

#### Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Tue.	5:45-6:30 pm
Jan 18-Mar 8	\$59.50	<a href="#">1604069</a>
3-5 years	Sat.	10-10:45 am
Jan 22-Mar 12	\$59.50	<a href="#">1604060</a>
3-5 years	Sun.	9-9:45 am
Jan 23-Mar 13	\$59.50	<a href="#">1604061</a>

#### François Dupuis – 613-580-8080

4-5 years	Sat.	11 am-11:40 pm
Jan 15-Mar 26	\$72.75	<a href="#">1606442</a>
4-5 years	Sat.	11:50-12:30 pm
Jan 15-Mar 26	\$72.75	<a href="#">1606444</a>
4-5 years	Sun.	11:50-12:30 pm
Jan 16-Mar 27	\$72.75	<a href="#">1606445</a>

#### Hunt Club-Riverside – 613-580-2990

3-4 years	Sat.	9-9:45 am
Jan 8-Mar 12	\$74.25	<a href="#">1604509</a>
4-5 years	Sat.	10-10:45 am
Jan 8-Mar 12	\$74.25	<a href="#">1604512</a>

#### Pat Clark – 613-748-1771

3-5 years	Mon.	5:30-6:15 pm
Jan 10-Mar 7	\$59.50	<a href="#">1605178</a>

#### Sandy Hill – 613-564-1062

3-5 years	Sat.	9-9:45 am
Jan 15-Mar 12	\$59.50	<a href="#">1607622</a>

#### Walter Baker – 613-580-2788

3-4 years	Wed.	5:45-6:15 pm
Jan 12-Mar 9	\$44.75	<a href="#">1605380</a>
4-6 years	Mon.	5-5:30 pm
Jan 10-Mar 7	\$39.75	<a href="#">1605325</a>

### Ballet Jazz – Level 1

Basic to intermediate ballet and jazz techniques will be practiced. Combination of contemporary movements and ballet techniques. Exercises are structured to develop strength, balance, flexibility, and coordination. Learn choreography from both dance styles.

#### Bob MacQuarrie-Orléans – 613-580-9600

3-5 years	Sun.	10-10:45 am
Jan 23-Mar 13	\$59.50	<a href="#">1604083</a>

#### François Dupuis – 613-580-8080

4-5 years	Sat.	12:40-1:20 pm
Jan 15-Mar 26	\$72.75	<a href="#">1606447</a>

### Gotta Dance

Introduction to the elements of dance and space. Practice fundamental large and fine motor skills through basic ballet and jazz steps.

#### François Dupuis – 613-580-8080

4-5 years	Sun.	1:30-2:10 pm
Jan 16-Mar 27	\$72.75	<a href="#">1606464</a>

#### Kanata Recreation – 613-580-2570

3-5 years	Sun.	9-9:50 am
Jan 16-Mar 13	\$66	<a href="#">1607657</a>
3-5 years	Sun.	10-10:50 am
Jan 16-Mar 6	\$66	<a href="#">1607660</a>

#### Richelieu-Vanier – 613-560-6030

3-5 years	Thu.	4:30-5:15 pm
Jan 13-Mar 10	\$67	<a href="#">1607665</a>

### Hip Hop – With parent

Parents join their little dancer for a good cardio workout to funky, upbeat tunes. Hip Hop is easy to learn in this energetic dance class.

#### François Dupuis – 613-580-8080

18 months-3 years	Sat.	10:20-10:50 am
Jan 15-Mar 26	\$60.75	<a href="#">1606433</a>
18 months-3 years	Sun.	10:20-10:50 am
Jan 16-Mar 27	\$60.75	<a href="#">1606436</a>

### 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.

#### François Dupuis – 613-580-8080

4-5 years	Sat.	1:30-2:10 pm
Jan 15-Mar 26	\$80.75	<a href="#">1606459</a>
4-5 years	Sun.	12:40-1:20 pm
Jan 16-Mar 27	\$80.75	<a href="#">1606460</a>

#### Kanata Recreation – 613-580-2570

3-5 years	Sun.	11-11:50 am
Jan 16-Mar 13	\$73.50	<a href="#">1607674</a>
3-5 years	Sun.	noon-12:50 pm
Jan 16-Mar 13	\$73.50	<a href="#">1607675</a>

#### Pat Clark – 613-748-1771

3-5 years	Wed.	5:30-6:15 pm
Jan 12-Mar 2	\$66.25	<a href="#">1605180</a>

# Preschool

## Twinkling Toes – With parent

Join your little dancer to learn creative movement through basic ballet and jazz.

### François Dupuis – 613-580-8080

18 months-3 years Sat. 9:40-10:10 am

Jan 15-Mar 26 \$46 [1606391](#)

18 months-3 years Sun. 9-9:30 am

Jan 16-Mar 27 \$46 [1606403](#)

18 months-3 years Sun. 9:40-10:10 am

Jan 16-Mar 27 \$46 [1606396](#)

### Kanata Recreation – 613-580-2570

2--4 years Sat. 10-10:30 am

Jan 15-Mar 12 \$33.50 [1607632](#)

## Twinkling Toes

Through creative movement with basic ballet and jazz, develop grace and creativity while allowing your personality to flourish. Performance at the final class.

### CardelRec (Goulbourn) – 613-580-2532

3-5 years Sun. 9:30-10:15 am

Jan 16-Mar 13 \$50.25 [1606215](#)

### Greenboro – 613-580-2805

3-5 years Tue. 5-5:45 pm

Jan 11-Mar 8 \$56.50 [1607226](#)

3-5 years Sat. 11-11:45 am

Jan 15-Mar 5 \$50.25 [1607227](#)

### Kanata Recreation – 613-580-2570

3-5 years Sat. 10:40-11:10 am

Jan 15-Mar 12 \$33.50 [1607634](#)

### Richcraft-Kanata – 613-580-9696

4-5 years Thu. 5-5:30 pm

Jan 6-Mar 10 \$41.75 [1606941](#)

### Richmond – 613-325-2783

2-3 years Wed. 4:30-5 pm

Jan 5-Mar 9 \$41.75 [1604874](#)

3-5 years Wed. 5:05-5:50 pm

Jan 5-Mar 9 \$62.75 [1604876](#)

## General Interest

### Duffer Doo

A recreational preschool program for two- to five-year olds. Designed to encourage play and enhance development with crafts, games, and theme related activities. Children socialize with caring staff and peers in a fun environment.

### Greenboro – 613-580-2805

3-5 years Mon. 9:30-11:30 am

Jan 10-Mar 7 \$100 [1607515](#)

3-5 years Wed. 9:30-11:30 am

Jan 12-Mar 2 \$112.50 [1607518](#)

### Playgroup – With parent

Parents and caregivers, come with your child to enjoy playtime, stories and crafts together. An opportunity to meet and visit with others in your community.

### Manotick – 613-692-4772

2 months-3 years Wed. 9-10 am

Jan 19-Feb 23 \$27 [1607316](#)

### Metcalfe – 613-821-1237

2 months-3 years Wed. 9-10 am

Jan 19-Feb 23 \$27 [1607317](#)

### 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. Enhanced safety measures will be in place.

### Lansdowne – 613-580-2424 ext. 17323

3-5 years Tue. 10-11 am

Jan 18-Mar 8 \$55.75 [1607606](#)

## Muck and Mess

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

### Bob MacQuarrie-Orléans – 613-580-9600

3-5 years Sun. 9:15-10 am

Jan 23-Mar 13 \$47 [1604035](#)

### Richelieu-Vanier – 613-560-6030

3-5 years Tue. 4:30-5:30 pm

Jan 11-Mar 8 \$70.50 [1607655](#)

3-5 years Sat. 9:30-10:30 am

Jan 15-Mar 12 \$62.50 [1607656](#)

## Play School

Experience independence, social interaction and learning with emphasis on language, pre-reading, counting, colour naming, dramatic play, themed crafts, music, and movement. Children to bring their own nut free snack. No parent participation in this school-ready program.

### Aquaview – 613-580-2782

4-5 years Mon., Wed., Fri. 9:30-11:30 am

Jan 17-Mar 11 \$240 [1604120](#)

# Children

## Science Quests

Hands-on science experiments! Experience science in a fun and interactive way.

### Canterbury – 613-247-4865

4-5 years	Sun.	2-2:45 pm
Jan 16-Mar 6	\$47	<a href="tel:1607777">1607777</a>

### Walter Baker – 613-580-2788

4-5 years	Sun.	10-10:45 am
Jan 16-Mar 13	\$47	<a href="tel:1606742">1606742</a>

## Certification

### Babysitting Course – Canadian Safety Council

Earn some extra money. Learn good babysitting techniques with topics on rights and responsibilities, ages and stages, emergency procedures and introductory first aid.

#### Albion Heatherington – 613-247-4828

12-14 years	Fri.	9 am-5 pm
Jan 21	\$75.25	<a href="tel:1607719">1607719</a>
Feb 18	\$75.25	<a href="tel:1607722">1607722</a>

#### Greely – 613-580-2424

12-14 years	Sat.	9 am-5 pm
Jan 15	N/A	<a href="tel:1607259">1607259</a>

#### Hintonburg – 613-798-8874

11-14 years	Sat.	10 am-2 pm
Jan 22-29	\$75	<a href="tel:1603638">1603638</a>
Feb 26-Mar 5	\$75	<a href="tel:1603639">1603639</a>

#### Manotick – 613-692-4772

12-14 years	Sat.	9 am-5 pm
Feb 5	N/A	<a href="tel:1607261">1607261</a>

#### Metcalfe – 613-821-1237

12-14 years	Sat.	9 am-5 pm
Mar 12	N/A	<a href="tel:1607262">1607262</a>

#### Osgoode – 613-580-2595

12-14 years	Sat.	9 am-5 pm
Feb 19	N/A	<a href="tel:1607260">1607260</a>

## General Interest

### 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 – 613-580-2424

6-10 years	Thu.	6-7 pm
Jan 27	\$8	<a href="tel:1607612">1607612</a>
Feb 3	\$8	<a href="tel:1607613">1607613</a>
Feb 17	\$8	<a href="tel:1607614">1607614</a>

### Kaleidoscope

Join us for a variety of interactive activities! Play games, create amazing crafts, and explore the world around you with hands-on adventures!

#### Greenboro – 613-580-2805

5-12 years	Mon.	1-2:30 pm
Jan 10-Mar 7	\$75	<a href="tel:1607235">1607235</a>

### Kids Club

Explore a variety of activities. This program allows participants to sample various activities and explore new or existing interests. Note, themes vary, please contact facility directly for a program schedule.

#### Greely – 613-580-2424

6-10 years	Tue.	4:30-6 pm
Jan 18-Feb 22	\$37.50	<a href="tel:1607313">1607313</a>
6-10 years	Thu.	4:30-6 pm
Jan 20-Feb 24	\$31.25	<a href="tel:1607314">1607314</a>

#### Manotick – 613-692-4772

6-10 years	Tue.	4:30-6 pm
Jan 18-Feb 22	\$37.50	<a href="tel:1607311">1607311</a>
6-10 years	Thu.	4:30-6 pm
Jan 20-Feb 24	\$37.50	<a href="tel:1607312">1607312</a>

#### Osgoode – 613-580-2595

6-10 years	Mon.	4:30-6 pm
Jan 17-Feb 21	\$37.50	<a href="tel:1607315">1607315</a>

#### Richelieu-Vanier – 613-560-6030

8-12 years	Wed.	4:30-6 pm
Jan 12-Mar 9	\$56	<a href="tel:1607747">1607747</a>
8-12 years	Fri.	4:30-6 pm
Jan 14-Mar 11	\$56	<a href="tel:1607748">1607748</a>

#### Walter Baker – 613-580-2788

6-10 years	Mon.	3:30-5:30 pm
Jan 10-Mar 7	\$66.25	<a href="tel:1606762">1606762</a>
6-10 years	Wed.	3:30-5:30 pm
Jan 12-Mar 9	\$74.75	<a href="tel:1606767">1606767</a>
6-10 years	Fri.	3:30-5:30 pm
Jan 14-Mar 11	\$74.75	<a href="tel:1606770">1606770</a>

### Muck and Mess

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

#### Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sun.	10:15-11:15 am
Jan 23-Mar 13	\$50	<a href="tel:1604036">1604036</a>

#### Greely – 613-580-2424

6-9 years	Mon.	5:30-6:30 pm
Jan 17-Feb 21	\$37.50	<a href="tel:1607266">1607266</a>

#### Hunt Club-Riverside – 613-580-2990

6-10 years	Thu.	6:30-7:30 pm
Jan 13-Mar 10	\$56.25	<a href="tel:1607584">1607584</a>

#### Manotick – 613-692-4772

6-9 years	Mon.	5:30-6:30 pm
Jan 17-Feb 21	\$37.50	<a href="tel:1607264">1607264</a>

#### Metcalfe – 613-821-1237

6-9 years	Wed.	5:30-6:30 pm
Jan 19-Feb 23	\$37.50	<a href="tel:1607267">1607267</a>

#### Osgoode – 613-580-2595

6-9 years	Tue.	5:30-6:30 pm
Jan 18-Feb 22	\$37.50	<a href="tel:1607265">1607265</a>

#### Richelieu-Vanier – 613-560-6030

6-10 years	Tue.	6-7 pm
Jan 11-Mar 8	\$56.25	<a href="tel:1607662">1607662</a>
6-10 years	Sat.	11 am-noon
Jan 15-Mar 12	\$50	<a href="tel:1607664">1607664</a>



# Children

## The Great Outdoors

With binoculars and magnifiers in hand, we will leave to discover the wonders of nature in your neighborhood. Activities include hiking, orienteering, gardening, nature-inspired crafts and much more. Enhanced safety measures will be in place.

### Lansdowne Park – 613-580-2424 ext. 17323

6-10 years	Sat.	11 am-noon
Feb 5-26	\$16.75	<a href="#">1607605</a>

## Youth Club

Everybody welcome! Make new friends and enjoy different activities, games or sports each week. No gameplay. Skills and drills only.

### Pat Clark – 613-748-1771

9-12 years	Fri.	7:15-9:15 pm
Jan 14-Mar 11	\$80.50	<a href="#">1607094</a>

## Science and Technology

### LEGO® EV3 Robotics and Programming

Build and program Mindstorms® EV3 robots. Build a walking robot, inch worm and EV3-Bot. Program your autonomous robots to perform tasks based on input from various sensors. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Kanata Recreation – 613-580-2570

6-12 years	Sun.	9 am-noon
Feb 6	\$54.50	<a href="#">1607687</a>
Mar 6	\$54.50	<a href="#">1607688</a>

### LEGO® Junior Robotics and Coding

Build smart Power Functions machines, and Ian's unique sensor-driven Mindstorms® EV3 robots. Using tablet-based coding, program your robot's sounds, lights, screen images, and movements. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Kanata Recreation – 613-580-2570

6-12 years	Tue.	6-7 pm
Feb 1-15	\$54.50	<a href="#">1607680</a>

### LEGO® Technic Building and EV3 Robotics

Build projects such as a vice-grip, hand drill, flywheel, robotic arm, and Bumper-Bot using Power Functions and Technic. Build a Mindstorms® EV3 robot. Perform challenges using pre-loaded programs. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

### Kanata Recreation – 613-580-2570

6-12 years	Sun.	9 am-noon
Jan 16	\$54.50	<a href="#">1607686</a>
6-12 years	Tue.	6-7 pm
Jan 11-25	\$54.50	<a href="#">1607684</a>

### Science Quests

Hands-on science experiments! Experience science in a fun and interactive way.

### Canterbury – 613-247-4865

6-10 years	Sun.	3-4 pm
Jan 16-Mar 6	\$62.50	<a href="#">1607778</a>

### Greely – 613-580-2424

8-10 years	Wed.	5:30-6:30 pm
Jan 19-Feb 23	\$47	<a href="#">1607308</a>

### Manotick – 613-692-4772

8-10 years	Wed.	5:30-6:30 pm
Jan 19-Feb 23	\$47	<a href="#">1607270</a>

### Osgoode – 613-580-2595

8-10 years	Thu.	5:30-6:30 pm
Jan 20-Feb 24	\$47	<a href="#">1607307</a>

### Walter Baker – 613-580-2788

6-7 years	Sun.	11 am-noon
Jan 16-Mar 13	\$62.50	<a href="#">1606749</a>
8-9 years	Sun.	12:15-1:15 pm
Jan 16-Mar 13	\$62.50	<a href="#">1607556</a>

### 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 – 613-580-2424 ext. 17323

6-10 years	Thu.	6-7 pm
Feb 10	\$8	<a href="#">1607608</a>
Feb 24	\$8	<a href="#">1607610</a>

## Performing Arts

### Dance

#### 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.

### Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Tue.	6:45-7:45 pm
Jan 18-Mar 8	\$79.25	<a href="#">1604070</a>
6-9 years	Sat.	11 am-noon
Jan 22-Mar 12	\$79.25	<a href="#">1604071</a>

### Greenboro – 613-580-2805

6-9 years	Mon.	5:30-6:30 pm
Jan 10-Mar 7	\$79.25	<a href="#">1607221</a>
6-9 years	Wed.	5:30-6:30 pm
Jan 12-Mar 9	\$89.25	<a href="#">1607223</a>
6-9 years	Sat.	9:45-10:45 am
Jan 15-Mar 5	\$79.25	<a href="#">1607224</a>
10-12 years	Mon.	6:45-7:45 pm
Jan 10-Mar 7	\$79.25	<a href="#">1607222</a>

# Children

## Hunt Club-Riverside – 613-580-2990

5-6 years	Sat.	11-11:45 am
Jan 8-Mar 12	\$74.25	<a href="#">1604534</a>
7-10 years	Sat.	noon-12:45 pm
Jan 8-Mar 12	\$74.25	<a href="#">1604543</a>

## Pat Clark – 613-748-1771

5-7 years	Mon.	6:30-7:15 pm
Jan 10-Mar 7	\$59.50	<a href="#">1605179</a>

## Richcraft-Kanata – 613-580-9696

6-8 years	Thu.	5:45-6:30 pm
Jan 6-Mar 10	\$74.25	<a href="#">1606942</a>

## Richmond – 613-325-2783

5-8 years	Wed.	5:55-6:55 pm
Jan 5-Mar 9	\$99	<a href="#">1604899</a>

## Walter Baker – 613-580-2788

5-7 years	Wed.	6:30-7:15 pm
Jan 12-Mar 9	\$67	<a href="#">1605386</a>

## Ballet Jazz – Level 1

Basic to intermediate ballet and jazz techniques will be practiced. Combination of contemporary movements and ballet techniques. Exercises are structured to develop strength, balance, flexibility, and coordination. Learn choreography from both dance styles.

## Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Sun.	11 am-noon
Jan 23-Mar 13	\$79.25	<a href="#">1604086</a>

## Drama and Dance

Jazz dance, improv, storytelling, character study, expression, performance skills and drama games. An open-house performance for friends and family on the last day. Program will be modified to maintain physical distancing. No singing.

## Kanata Recreation – 613-580-2570

5-8 years	Mon.	6-6:50 pm
Jan 10-Mar 7	\$66	<a href="#">1607599</a>

## Gotta Dance

Introduction to the elements of dance and space. Practice fundamental large and fine motor skills through basic ballet and jazz steps.

## Greenboro – 613-580-2805

6-9 years	Tue.	6-7 pm
Jan 11-Mar 8	\$89.25	<a href="#">1607228</a>

## Richelieu-Vanier – 613-560-6030

6-9 years	Thu.	5:30-6:15 pm
Jan 13-Mar 10	\$67	<a href="#">1607666</a>

## 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.

## Bob MacQuarrie-Orléans – 613-580-9600

6-9 years	Thu.	6-7 pm
Jan 20-Mar 10	\$88.25	<a href="#">1604072</a>

## Pat Clark – 613-748-1771

5-7 years	Wed.	6:30-7:15 pm
Jan 12-Mar 2	\$66.25	<a href="#">1605185</a>

## Richcraft-Kanata – 613-580-9696

9-12 years	Thu.	6:45-7:45 pm
Jan 6-Mar 10	\$110.25	<a href="#">1606944</a>

## Richelieu-Vanier – 613-560-6030

9-12 years	Thu.	6:30-7:30 pm
Jan 13-Mar 10	\$99.25	<a href="#">1607667</a>

## Richmond – 613-325-2783

7-12 years	Wed.	7-8 pm
Jan 5-Mar 9	\$110.25	<a href="#">1604901</a>

## Walter Baker – 613-580-2788

5-7 years	Sat.	9:15-10:15 am
Jan 15-Mar 12	\$88.25	<a href="#">1605449</a>
7-9 years	Mon.	5:45-6:30 pm
Jan 10-Mar 7	\$66.25	<a href="#">1605326</a>
7-9 years	Thu.	6-6:45 pm
Jan 13-Mar 10	\$74.50	<a href="#">1605400</a>
10-14 years	Thu.	7-8 pm
Jan 13-Mar 10	\$99.25	<a href="#">1605469</a>

## Sandy Hill – 613-564-1062

6-10 years	Sat.	11 am-noon
Jan 15-Mar 12	\$88.25	<a href="#">1609184</a>

## Hip Hop – Level 2

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing and break dancing, provides a good cardio workout to funky, up-beat tunes. Hip hop is easy to learn and fun for all ages!

## Bob MacQuarrie-Orléans – 613-580-9600

10-14 years	Thu.	7-8 pm
Jan 20-Mar 10	\$88.25	<a href="#">1604075</a>

## Walter Baker – 613-580-2788

10-14 years	Mon.	6:45-7:30 pm
Jan 10-Mar 7	\$66.25	<a href="#">1605333</a>

## Hip Hop and Jazz

Emphasis on body placement, coordination, and basic Jazz technique.

## CardelRec (Goulbourn) – 613-580-2532

6-10 years	Sun.	10:30-11:30 am
Jan 16-Mar 13	\$88.25	<a href="#">1606222</a>

## François Dupuis – 613-580-8080

6-10 years	Tue.	6:15-7:15 pm
Jan 11-Mar 29	\$132.25	<a href="#">1606269</a>
6-10 years	Sat.	2:20-3:20 pm
Jan 15-Mar 26	\$121.25	<a href="#">1606276</a>
6-10 years	Sun.	2:20-3:20 pm
Jan 16-Mar 27	\$121.25	<a href="#">1606281</a>

# Children

## Drama and Multi Arts

### Acting Up

An introduction to basic acting skills in a game themed environment. Expand your creativity through playful theatre games, vocal exercises and actions. Develop characters, settings, and themes while creating stories as a class.

#### Kanata Recreation – 613-580-2570

7-10 years	Tue.	6-6:50 pm
Jan 11-Mar 8	\$62.75	<a href="#">1607618</a>

#### Walter Baker – 613-580-2788

7-10 years	Sat.	10:30-11:30 am
Jan 15-Mar 5	\$66.75	<a href="#">1605460</a>

### Improv

Think on your feet, build confidence, and gain comfort as a performer in spontaneous improv. Development skills in timing, creative thinking, storytelling, stage presence and traditional acting techniques.

#### Kanata Recreation – 613-580-2570

11-14 years	Tue.	7-7:50 pm
Jan 11-Mar 8	\$89.25	<a href="#">1607623</a>

### Live Wire Drama

Enter the exciting world of performance. Drama skills, theatrical techniques, improvisation, scene study, and performance.

#### Walter Baker – 613-580-2788

6-8 years	Tue.	5:45-6:45 pm
Jan 11-Mar 8	\$99.25	<a href="#">1605371</a>

9-14 years	Tue.	7-8 pm
Jan 11-Mar 8	\$99.25	<a href="#">1605376</a>

10-14 years	Sat.	11:45 am-12:45 pm
Jan 15-Mar 12	\$88.25	<a href="#">1605464</a>

## Musical Theatre

Love to sing and dance? With proper direction, choreography and singing, learn good vocal techniques, the art of expressive movement, and staging for musical performance.

#### Kanata Recreation – 613-580-2570

9-12 years	Mon.	7-7:50 pm
Jan 10-Mar 7	\$102.75	<a href="#">1607615</a>

## Music

### Guitar – Level 1

Strengthen guitar skills while learning basic chords, strumming, picking and tuning. Recognize different strumming patterns and shuffle accompaniment. Bring your own guitar.

#### Plant – 613-232-3000

7-14 years	Wed.	5-6 pm
Jan 12-Mar 30	\$231.25	<a href="#">1607045</a>
7-14 years	Sat.	10:30-11:30 am
Jan 15-Apr 2	\$231.25	<a href="#">1607076</a>

### Guitar – Level 2

Once you have the basics through Guitar Level 1 or equivalent, you're ready for more advanced music.

#### Plant – 613-232-3000

7-14 years	Wed.	6-7 pm
Jan 12-Mar 30	\$231.25	<a href="#">1607049</a>
7-14 years	Sat.	11:30 am-12:30 pm
Jan 15-Apr 2	\$231.25	<a href="#">1607078</a>

### Guitar – Level 3

Learn songs while adding new techniques and skills along the way. Choose a song you would like to learn. Learn to play each of the songs submitted.

#### Plant – 613-232-3000

7-14 years	Sat.	12:30-1:30 pm
Jan 15-Apr 2	\$231.25	<a href="#">1607079</a>

## Keyboard – Level 1

Love playing the electronic keyboard. Group instruction provides both practical and theory study including left- and right- hand placement, reading notes, learning scales in both treble and bass clef. Pre-requisite: a keyboard at home.

#### Plant – 613-232-3000

7-14 years	Sun.	9-10 am
Jan 16-Apr 3	\$308.25	<a href="#">1607084</a>
7-14 years	Mon.	6-7 pm
Jan 10-Mar 28	\$282.75	<a href="#">1606480</a>

## Keyboard – Level 2

Teachings include musical terms, single hand chords, reading music, using range, and introducing the black keys. Must have keyboard at home.

#### Plant – 613-232-3000

7-14 years	Sun.	10-11 am
Jan 16-Apr 3	\$308.25	<a href="#">1607085</a>
7-14 years	Mon.	7-8 pm
Jan 10-Mar 28	\$282.75	<a href="#">1606515</a>

## Ukulele

Learn a unique instrument that is affordable, fun, and easy to learn.

#### Plant – 613-232-3000

7-14 years	Wed.	7-8 pm
Jan 12-Mar 30	\$231.25	<a href="#">1607050</a>

# Children

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## Visual Arts

### Drawing and Painting

Discover mixed media as you learn how to paint with watercolours and acrylics, and draw with charcoal, conte and pastels. Advanced techniques and learning opportunities available.

#### Greenboro – 613-580-2805

6-9 years	Thu.	5-6 pm
Jan 13-Mar 3	\$123.25	<a href="#">1607512</a>
10-13 years	Thu.	6:15-7 pm
Jan 13-Mar 3	\$123.25	<a href="#">1607513</a>

### Cartooning and Comics

A young and free imagination can give cartoons personality – so watch characters and comic strips come to life! Draw and animate characters through studying figures, facial expressions, actions, perspective and using specialized illustration techniques.

#### Kanata Recreation – 613-580-2570

6-12 years	Sat.	3-4:30 pm
Jan 15-Mar 12	\$185	<a href="#">1607643</a>



# Adult

## Dance

### Argentine Tango – Level 1

Embrace Argentina's signature dance, the Salon Style Tango. Discover the 8-count basico (basic step), walking, forward ochos, back ochos and molinete (windmill) and playful ganchos (hooks). Find excitement, passion, and drama with Tango! Register with a partner from your social circle.

#### Walter Baker – 613-580-2788

18+ years	Mon.	7:45-8:45 pm
Jan 10-Mar 14	\$87.25	<a href="#">1605375</a>

### 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.

#### Greenboro – 613-580-2805

18+ years	Sat.	8:45-9:45 am
Jan 15-Mar 5	\$99.75	<a href="#">1607225</a>

### Ballroom – Level 1

Ballroom is the perfect exercise for your mind and body. Move to the rhythm as you learn the foxtrot, waltz, cha cha, triple swing and merengue. Register with a partner from your social circle.

#### Greenboro – 613-580-2805

18+ years	Fri.	7:30-8:30 pm
Jan 7-Mar 4	\$99.75	<a href="#">1607231</a>

#### Manotick – 613-692-4772

18+ years	Sun.	7:30-8:30 pm
Jan 16-Mar 6	\$99.75	<a href="#">1607322</a>

#### Queenswood Heights – 613-580-4765

18+ years	Tue.	8-9 pm
Jan 11-Mar 1	\$99.75	<a href="#">1608274</a>

#### Walter Baker – 613-580-2788

18+ years	Mon.	6-7 pm
Jan 10-Mar 7	\$87.25	<a href="#">1605342</a>

### Ballroom – Level 2

Broaden your skills in ballroom. New footwork and timing are introduced as you become familiar with the rumba and the samba. Register with a partner from your social circle.

#### Greenboro – 613-580-2805

18+ years	Fri.	6:30-7:30 pm
Jan 7-Mar 4	\$99.75	<a href="#">1607230</a>

#### Manotick – 613-692-4772

18+ years	Sun.	6:30-7:30 pm
Jan 16-Mar 6	\$99.75	<a href="#">1607325</a>

#### Queenswood Heights – 613-580-4765

18+ years	Tue.	8-9 pm
Jan 11-Mar 1	\$99.75	<a href="#">1608275</a>

### Ballroom – Level 3

Further develop your foundation, learn new moves and perfect technique as you advance in Level three. Register with a partner from your social circle.

#### Queenswood Heights – 613-580-4765

18+ years	Tue.	8-9 pm
Jan 11-Mar 1	\$99.75	<a href="#">1608276</a>

### Ballroom – Level 4

Continue to master the art of ballroom dance! Move gracefully to the music and work alongside your partner as you perfect your advanced technique. Register with a partner from your social circle.

#### Queenswood Heights – 613-580-4765

18+ years	Tue.	7-8 pm
Jan 11-Mar 1	\$99.75	<a href="#">1608280</a>

### Ballroom – Level 5

Prerequisite: Level 4. Register with a partner from your social circle.

#### Queenswood Heights – 613-580-4765

18+ years	Tue.	7-8 pm
Jan 11-Mar 1	\$99.75	<a href="#">1608281</a>

### Ballroom – Level 6

Prerequisite: Level 5. Register with a partner from your social circle.

#### Queenswood Heights – 613-580-4765

18+ years	Tue.	7-8 pm
Jan 11-Mar 1	\$99.75	<a href="#">1608282</a>

### Ballroom – Level 7

Prerequisite: Level 6. Register with a partner from your social circle.

#### Queenswood Heights – 613-580-4765

18+ years	Tue.	6-7 pm
Jan 11-Mar 1	\$99.75	<a href="#">1608278</a>

### Ballroom - Level 8

Prerequisite: Level 7. Register with a partner from your social circle.

#### Queenswood Heights – 613-580-4765

18+ years	Tue.	6-7 pm
Jan 11-Mar 1	\$99.75	<a href="#">1608279</a>

### Salsa and Merengue – Level 1

Light up the dance floor and be part of the Latin groove. An introduction to the basic steps of salsa and merengue. Register with a partner from your social circle.

#### Greenboro – 613-580-2805

18+ years	Wed.	7:15-8:15 pm
Jan 5-Mar 2	\$99.75	<a href="#">1607229</a>

## Music

### Guitar – Level 1

Strengthen guitar skills while learning basic chords, strumming, picking and tuning. Recognize different strumming patterns and shuffle accompaniment. Bring your own guitar.

#### Plant – 613-232-3000

16+ years	Wed.	8-9 pm
Jan 12-Mar 30	\$261.25	<a href="#">1607058</a>

# Adult

## Keyboard – Level 1

Love playing the electronic keyboard. Group instruction provides both practical and theory study including left- and right-hand placement, reading notes, learning scales in both treble and bass clef. Pre-requisite: a keyboard at home.

### Plant – 613-232-3000

16+ years	Mon.	8-9 pm
Jan 10-Mar 28	\$315	<a href="#">1606526</a>
16+ years	Sun.	11 am-noon
Jan 16-Apr 3	\$343.75	<a href="#">1607086</a>

## Ukulele

Learn a unique instrument that is affordable, fun, and easy to learn.

### Plant – 613-232-3000

16+ years	Sat.	9:30-10:30 am
Jan 15-Apr 2	\$261.25	<a href="#">1607075</a>

## Visual Arts

### Acrylics – Level 1

Learn all the basic techniques and materials of acrylic painting. Various subjects include, equipment, perspective, colour theory, colour mixing, applications and composition. Individual instruction is available to help develop your skills.

### Overbrook – 613-742-5147

18+ years	Thu.	1-3 pm
Jan 13-Mar 10	\$204.25	<a href="#">1604170</a>

### Plant – 613-232-3000

18+ years	Wed.	7-8:30 pm
Jan 12-Mar 30	\$224	<a href="#">1607055</a>

## Drawing – Level 1

Learn simple tips that make a big difference in the way you draw. Observational skills are built while studying perspective, values, understanding mass, line, contour drawing, shading and more. Suitable for beginners and intermediates. Pencil and minimal colour medium.

### Hunt Club-Riverside – 613-580-2990

19+ years	Tue.	7-8:30 pm
Jan 11-Mar 1	\$149.50	<a href="#">1604559</a>

### Plant – 613-232-3000

16+ years	Mon.	10-11:30 am
Jan 10-Mar 28	\$205.50	<a href="#">1606456</a>

## General Interest

### 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. Program will be modified to maintain physical distancing.

### Plant – 613-232-3000

16+ years	Sun.	10:30 am-12:30 pm
Jan 16-Apr 3	\$298.75	<a href="#">1607081</a>

### 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. Program will be modified to maintain physical distancing.

### Plant – 613-232-3000

16+ years	Sun.	1-3 pm
Jan 16-Apr 3	\$298.75	<a href="#">1607082</a>

## Dog Obedience – Level 1 – Low ratio

For dogs five months and older. Entry level training course will focus on good manners and basic skills. Proof of current vaccination required.

### Hintonburg – 613-798-8874

15+ years	Sat.	1-2 pm
Jan 15-Feb 19	\$134.25	<a href="#">1603634</a>

## 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 – 613-580-2424 ext. 17323

18+ years	Thu.	6:30-7:30 pm
Jan 20-Feb 24	\$134.25	<a href="#">1607601</a>

## 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!

### Hintonburg – 613-798-8874

15+ years	Sat.	2-3 pm
Jan 15-Feb 19	\$134.25	<a href="#">1605486</a>

### Lansdowne – 613-580-2424 ext. 17323

18+ years	Thu.	7:30-8:30 pm
Jan 20-Feb 24	\$134.25	<a href="#">1607603</a>

# Adult

## 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 – 613-580-2424 ext. 17323

18+ years	Sat.	12:30-1:30 pm
Feb 5-26	\$35.50	<a href="#">1607598</a>

## Meditation

Reduce your stress, control your moods, and find inner peace. Be introduced to meditation. The ancient practice of bringing peace to the mind.

### Aquaview – 613-580-2782

18+ years	Thu.	10:30-11:30 am
Jan 20-Mar 10	\$99.75	<a href="#">1604159</a>

## Sewing – Level 1

Learn the basics of sewing. Complete simple projects that will teach a variety of skills.

### Overbrook – 613-742-5147

18+ years	Mon.	9:30-11:30 am
Jan 10-Mar 7	\$172.50	<a href="#">1604712</a>

## Spanish Conversational – Level 1

Spanish at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business.

### Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Mon.	5:30-7 pm
Jan 10-Mar 7	\$149.50	<a href="#">1604099</a>

### Hunt Club-Riverside – 613-580-2990

18+ years	Wed.	6:30-7:30 pm
Jan 12-Mar 16	\$124.50	<a href="#">1604551</a>

### Plant – 613-232-3000

16+ years	Tue.	5-7 pm
Jan 18-Mar 29	\$273.75	<a href="#">1607005</a>
16+ years	Tue.	7:15-9:15 pm
Jan 18-Mar 29	\$273.75	<a href="#">1607007</a>

## Spanish Conversational – Level 2

Increase your vocabulary, improve grammar, and build on your Spanish oral competency!

### Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Thu.	5:30-7 pm
Jan 20-Mar 10	\$149.50	<a href="#">1604123</a>

### Hunt Club-Riverside – 613-580-2990

18+ years	Wed.	7:45-8:45 pm
Jan 12-Mar 16	\$124.50	<a href="#">1604865</a>

### Plant – 613-232-3000

16+ years	Thu.	7:30-9:30 pm
Jan 20-Mar 31	\$273.75	<a href="#">1607071</a>

## Spanish Conversational – Level 3

Emphasis on day to day and work-related conversation. Increase your conversational and comprehension skills in a relaxed atmosphere.

### Bob MacQuarrie-Orléans – 613-580-9600

18+ years	Thu.	7:15-8:45 pm
Jan 20-Mar 10	\$149.50	<a href="#">1604124</a>

### Plant – 613-232-3000

16+ years	Fri.	7-9 pm
Jan 21-Apr 1	\$273.75	<a href="#">1607073</a>

## Writing for Enjoyment

Get motivated and inspired to write - anecdotes, poetry, mystery and various topics. Participants are encouraged to set their own goals and write what they wish. No experience necessary in a supportive, friendly environment.

### John G. Mlacak – 613-580-2980

18+ years	Thu.	10 am-noon
Jan 13-Feb 24	\$135.50	<a href="#">1605479</a>

# Adult 50+

## Bridge – Level 1

For the beginner bridge player or for the person who needs a refresher.

### Churchill Seniors – 613-798-8927

50+ years	Mon.	10 am-noon
Jan 10-Feb 28	\$137.75	<a href="#">1608635</a>

## Bridge – Level 2

If you already know a little bridge or have completed the beginner course, this is for you!

### Churchill Seniors – 613-798-8927

50+ years	Fri.	10 am-noon
Jan 14-Mar 4	\$137.75	<a href="#">1608829</a>

## Bridge – Level 4

Continue to learn the common conventions of Bridge and improve your game. This level is intended for those who have completed the levels 1, 2 and 3.

### Nepean Sportsplex - 613-580-2828

50+ years	Tue.	10 am-noon
Jan 11-Mar 1	\$137.75	<a href="#">1609112</a>

## Drawing – Level 1

Learn simple tips that make a big difference in the way you draw. Observational skills are built while studying perspective, values, understanding mass, line, contour drawing, shading and more. Suitable for beginners and intermediates. Pencil and minimal colour medium.

### Hunt Club-Riverside – 613-580-2990

50+ years	Mon.	12:30-2 pm
Jan 10-Mar 7	\$149.50	<a href="#">1604785</a>

## Line Dancing – Level 1

Learn a variety of line dances. No experience necessary. Dance for fun and get exercise as a bonus!

### Churchill Seniors – 613-798-8927

50+ years	Tue.	noon-1 pm
Jan 4-Mar 8	\$124.50	<a href="#">1603306</a>

### John G. Mlacak – 613-580-2980

50+ years	Fri.	2-3 pm
Jan 14-Mar 11	\$112	<a href="#">1605059</a>

## Line Dancing – Level 2

### Churchill Seniors – 613-798-8927

50+ years	Tue.	1:15-2:15 pm
Jan 4-Mar 8	\$124.50	<a href="#">1603309</a>

## Line Dancing – Level 3

### John G. Mlacak – 613-580-2980

50+ years	Wed.	11 am-noon
Jan 12-Mar 9	\$112	<a href="#">1605495</a>

## Fitness

### Cardio

A choreographed cardio class with controlled impact. Intensity level options offered.

### John G. Mlacak Centre - 613-580-2980

50+ years	Mon.	9-10 am
Jan 10-Mar 7	\$87.50	<a href="#">1605011</a>
50+ years	Wed.	9-10 am
Jan 12-Mar 9	\$98.50	<a href="#">1605012</a>
50+ years	Fri.	9-10 am
Jan 14-Mar 11	\$98.50	<a href="#">1605013</a>

### Chair Exercise

Full body workout using a chair for support.

### John G. Mlacak – 613-580-2980

50+ years	Tue.	11 am-noon
Jan 11-Mar 8	\$98.50	<a href="#">1605053</a>

### Strength and Balance – Lite

Want to stay mobile and strong enough to prevent falls? Learn how to improve your balance and strengthen your body, including your core, with exercise and easy-to-use resistance equipment. Build your independence along with stronger muscles and bones.

### John G. Mlacak – 613-580-2980

50+ years	Mon.	10:30-11:30 am
Jan 10-Mar 7	\$87.50	<a href="#">1605034</a>
50+ years	Fri.	10:30-11:30 am
Jan 14-Mar 11	\$98.50	<a href="#">1605035</a>

## Yoga

Hatha Yoga's combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress. It is recommended for clients to bring their own mats/towels for laying down.

### John G. Mlacak – 613-580-2980

50+ years	Mon.	11 am-noon
Jan 10-Feb 28	\$87.50	<a href="#">1605154</a>

## Yoga Chair

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

### John G. Mlacak Centre – 613-580-2980

50+ years	Thu.	11 am-noon
Jan 13-Mar 10	\$98.50	<a href="#">1605144</a>

## Zumba Gold®

Modified moves and pacing to suit the needs of the active older adult, or those just starting a journey to a fit and healthy life. Zesty Latin music, salsa, merengue, cumbia and reggaeton, with easy-to-follow moves, in a invigorating, party atmosphere.

### John G. Mlacak – 613-580-2980

50+ years	Mon.	1-2 pm
Jan 10-Mar 7	\$87.50	<a href="#">1605049</a>
50+ years	Wed.	1-2 pm
Jan 12-Mar 9	\$98.50	<a href="#">1605050</a>

