



Winter 2022

# Sports and fitness

Recreation eGuide

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# Preschool

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

Each barcode is linked from the PDF 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.

## Ball Hockey – With parent

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities. Parent and child participate together. Clients are encouraged to bring their own stick. No gameplay.

### Nepean Sportsplex – 613-580-2828

3-5 years	Sun.	2-2:50 pm
Jan 9-Mar 6	\$55.75	<a href="#">1606304</a>

## Basketball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport-based activities. No gameplay.

### François Dupuis – 613-580-8080

4-5 years	Sat.	8:50-9:30 am
Jan 15-Mar 26	\$61.25	<a href="#">1606328</a>

### Kanata Recreation – 613-580-2570

3-5 years	Sat.	9-9:50 am
Jan 15-Mar 12	\$55.75	<a href="#">1607629</a>
3-5 years	Sat.	10-10:50 am
Jan 15-Mar 12	\$55.75	<a href="#">1607630</a>

## Karate

Learn respect for others, while emphasizing manners and physical fitness. Develop life skills including discipline, self-control, patience, confidence, and courage. Progress at your own rate in this non-competitive program. Program will be modified to maintain physical distancing. No sparring.

### Nepean Sportsplex – 613-580-2828

4-5 years	Sat.	9-9:45 am
Jan 8-Mar 5	\$66.25	<a href="#">1606249</a>

## Multi-Sport – With parent

Emphasis is on active participation and fun. Non-instructional play-based programming.

### Nepean Sportsplex – 613-580-2828

3-5 years	Tue.	5-5:45 pm
Jan 11-Mar 8	\$70.50	<a href="#">1605756</a>

## Multi-Sport

Emphasis is on participation and having fun while learning the fundamental movement skills. Try a variety of sport-based activities.

### Canterbury – 613-247-4865

4-5 years	Sun.	10-10:45 am
Jan 16-Mar 6	\$62.75	<a href="#">1607762</a>

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

3-5 years	Sat.	10:30-11:15 am
Jan 8-Mar 12	\$78.25	<a href="#">1604984</a>

### Richelieu-Vanier – 613-560-6030

3-5 years	Sun.	9:30-10:30 am
Jan 16-Mar 13	\$83.50	<a href="#">1607654</a>
3-5 years	Mon.	4:30-5:30 pm
Jan 10-Mar 7	\$83.50	<a href="#">1607649</a>

## Multi-Sport – Soccer and T-Ball

Emphasis is on participation and having fun while learning the fundamental movement skills. Try a variety of sport-based activities.

### Kanata Recreation – 613-580-2570

3-5 years	Sat.	11-11:50 am
Jan 15-Mar 12	\$69.50	<a href="#">1607631</a>

## Soccer – With parent

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer-based activities. No gameplay.

### Kanata Recreation – 613-580-2570

3-5 years	Sun.	1-1:30 pm
Jan 16-Mar 13	\$33.50	<a href="#">1607647</a>
3-5 years	Sun.	1:40-2:10 pm
Jan 16-Mar 6	\$33.50	<a href="#">1607648</a>

### Nepean Sportsplex – 613-580-2828

2-3 years	Mon.	5-5:50 pm
Jan 10-Mar 7	\$55.75	<a href="#">1605776</a>

### Walter Baker – 613-580-2788

2-3 years	Sun.	11:15 am-noon
Jan 16-Mar 13	\$50.25	<a href="#">1606712</a>

## Soccer

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

### Overbrook – 613-742-5147

3-5 years	Sat.	1:30-2:15 pm
Jan 8-Mar 5	\$56.50	<a href="#">1604162</a>

### Sandy Hill – 613-564-1062

3-5 years	Sat.	10-11 am
Jan 15-Mar 12	\$66.75	<a href="#">1607644</a>

### Walter Baker – 613-580-2788

4-5 years	Sun.	12:15-1 pm
Jan 16-Mar 13	\$50.25	<a href="#">1606719</a>

# Children

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

Each barcode is linked from the PDF 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.

## Badminton

Develop basic techniques including serve, rally, forehand and backhand. Improve your skills through game play. Clients are encouraged to bring own racquet. When playing doubles, players cannot switch sides or partners.

### François Dupuis – 613-580-8080

8-10 years	Tue.	5:15-6:15 pm
Jan 11-Mar 29	\$100.25	<a href="#">1606253</a>
11-14 years	Tue.	6:30-7:30 pm
Jan 11-Mar 29	\$100.25	<a href="#">1606263</a>

## Badminton – Game Play

Emphasis is on active participation and fun. Non-instructional game play for the whole family. Individual registrations required. Clients are encouraged to bring own racquet. When playing doubles, players cannot switch sides or partners.

### South Fallingbrook – 613-824-0633

8-14 years	Mon.	6-7 pm
Jan 10-Mar 7	\$35.75	<a href="#">1604203</a>
8-14 years	Mon.	7-8 pm
Jan 10-Feb 28	\$35.75	<a href="#">1604204</a>
8-14 years	Fri.	6-7 pm
Jan 21-Mar 11	\$35.75	<a href="#">1604206</a>

## Ball Hockey

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games. Clients are encouraged to bring their own stick. No gameplay.

### Nepean Sportsplex – 613-580-2828

6-8 years	Sun.	3-3:50 pm
Jan 9-Mar 6	\$55.75	<a href="#">1606317</a>
9-12 years	Sun.	4-4:50 pm
Jan 9-Feb 27	\$55.75	<a href="#">1606321</a>

## Basketball

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games. No gameplay.

### Canterbury – 613-247-4865

8-12 years	Fri.	7-8 pm
Jan 14-Mar 4	\$66.75	<a href="#">1607738</a>
13-14 years	Fri.	8-9 pm
Jan 14-Mar 4	\$66.75	<a href="#">1607735</a>

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

8-12 years	Sat.	10:30-11:30 am
Jan 15-Mar 12	\$66.75	<a href="#">1606090</a>
8-12 years	Sat.-Sun.	11:45 am-12:45 pm
Jan 15-Mar 13	\$66.75	<a href="#">1606100</a>

### François Dupuis – 613-580-8080

6-7 years	Sat.	9:40-10:40 am
Jan 15-Mar 26	\$91.75	<a href="#">1606350</a>
8-9 years	Sat.	10:50-11:50 am
Jan 15-Mar 26	\$91.75	<a href="#">1606356</a>

10-12 years	Sat.	noon-1 pm
Jan 15-Mar 26	\$91.75	<a href="#">1606363</a>

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

6-9 years	Sat.	12:45-1:45 pm
Jan 8-Mar 12	\$83.50	<a href="#">1607919</a>
10-12 years	Sat.	2-3 pm
Jan 8-Mar 12	\$83.50	<a href="#">1607920</a>

### Pat Clark – 613-748-1771

8-12 years	Fri.	6:15-7:15 pm
Jan 14-Mar 4	\$66.75	<a href="#">1605151</a>

### South Fallingbrook – 613-824-0633

6-8 years	Sun.	2:30-3:30 pm
Jan 16-Mar 6	\$66.75	<a href="#">1604604</a>
7-12 years	Sun.	3:30-4:30 pm
Jan 16-Mar 6	\$66.75	<a href="#">1604609</a>

## Basketball – Above the Rim

Introduction to one specific basketball skill per week. Drills, skill fundamentals and integration into team play. Instruction provided by professionals from [abovetherimbasketballschoo.com](http://abovetherimbasketballschoo.com).

### Manotick school

#### 613-580-2400

#### 1075 Bridge St.

7-9 years	Tue.	6-7 pm
Jan 18-Mar 8	\$94.75	<a href="#">1607337</a>
10-14 years	Tue.	7:15-8:15 pm
Jan 18-Mar 8	\$94.75	<a href="#">1607339</a>

## Basketball – Boys

Designed to teach the skills and rules of basketball to children in a fun and friendly environment. No gameplay.

### Nepean Sportsplex – 613-580-2828

6-8 years	Wed.	5-5:50 pm
Jan 12-Mar 9	\$62.75	<a href="#">1605818</a>
9-12 years	Wed.	6-6:50 pm
Jan 12-Mar 9	\$62.75	<a href="#">1605823</a>

## Basketball – Girls

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games. No gameplay.

### Nepean Sportsplex – 613-580-2828

6-10 years	Wed.	5-5:50 pm
Jan 12-Mar 9	\$62.75	<a href="#">1605832</a>
11-14 years	Wed.	6-6:50 pm
Jan 12-Mar 9	\$62.75	<a href="#">1605835</a>



# Children

## 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.

#### Manotick – 613-692-4772

7-9 years	Wed.	4-5 pm
Jan 12-Mar 30	\$90	<a href="#">1607333</a>
10-14 years	Thu.	4-5 pm
Jan 13-Mar 31	\$90	<a href="#">1607334</a>

#### Metcalfe – 613-821-1237

7-12 years	Tue.	4-5 pm
Jan 11-Mar 29	\$90	<a href="#">1607548</a>

#### Osgoode – 613-580-2595

7-12 years	Mon.	3:30-4:30 pm
Jan 10-Mar 28	\$82.50	<a href="#">1607549</a>

#### Ray Friel – 613-580-4765

7-9 years	Mon.	5:15-6:05 pm
Jan 10-Mar 7	\$50	<a href="#">1606939</a>
9-12 years	Fri.	5:15-6:05 pm
Jan 14-Mar 11	\$50	<a href="#">1606940</a>

### 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

7-9 years	Mon.	5:15-6:05 pm
Jan 10-Mar 7	\$50	<a href="#">1606943</a>
7-9 years	Fri.	5:15-6:05 pm
Jan 14-Mar 11	\$50	<a href="#">1606945</a>

## 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.

#### Canterbury – 613-247-4865

7-10 years	Sat.	8-8:45 am
Jan 15-Mar 5	\$145.50	<a href="#">1607781</a>

## Martial Arts

### Karate

Learn respect for others, while emphasizing manners and physical fitness. Develop life skills including discipline, self-control, patience, confidence, and courage. Progress at your own rate in this non-competitive program. Program will be modified to maintain physical distancing. No sparring.

#### Greenboro – 613-580-2805

6-9 years	Sun.	1-2 pm
Jan 9-Mar 6	\$99.25	<a href="#">1607508</a>
10-13 years	Sun.	2:15-3:15 pm
Jan 9-Mar 6	\$99.25	<a href="#">1607509</a>

#### Nepean Sportsplex – 613-580-2828

6-8 years	Sat.	9:55-10:40 am
Jan 8-Mar 5	\$66.25	<a href="#">1606275</a>
9-11 years	Sat.	10:50-11:35 am
Jan 8-Mar 5	\$66.25	<a href="#">1606279</a>
12-14 years	Sat.	11:45 am-12:30 pm
Jan 8-Feb 26	\$66.25	<a href="#">1606287</a>

### 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. Program will be modified to maintain physical distancing. No sparring.

#### South Fallingbrook – 613-824-0633

6-14 years	Thu.	6:30-7:30 pm
Jan 13-Mar 10	\$99	<a href="#">1607968</a>

## Karate Shotokan

Improve physical fitness, increase concentration, and build self-confidence. Progress is based on commitment, self-discipline, and skill developed through repetition. Program will be modified to maintain physical distancing. No sparring.

#### Plant – 613-232-3000

6-14 years	Tue., Thu.	5-6 pm
Jan 11-Mar 31	\$256.25	<a href="#">1606990</a>
6-14 years	Tue., Thu.	6:15-7:15 pm
Jan 11-Mar 31	\$256.25	<a href="#">1606994</a>
6-14 years	Tue., Thu., Sat.	6:15-7:15 pm
Jan 11-Apr 2	\$384.25	<a href="#">1606995</a>

#### South Fallingbrook - 613-824-0633

6-14 years	Tue.	6:30-7:30 pm
Jan 11-Mar 8	\$99	<a href="#">1607966</a>

## 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
Jan 16-Apr 3	\$239.75	<a href="#">1607090</a>



# Children

## Taekwondo – Child

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. Program will be modified to maintain physical distancing. No sparring.

### Earl Armstrong – 613-746-7109

6-14 years	Wed.	6-7 pm
Jan 12-Mar 9	\$99.25	<a href="#">1604185</a>

### Queenswood Heights – 613-580-4765

6-14 years	Mon., Wed.	6-7 pm
Jan 10-Mar 9	\$187.25	<a href="#">1607763</a>
6-14 years	Mon., Wed.	7-8 pm
Jan 10-Mar 9	\$187.25	<a href="#">1607771</a>
6-14 years	Tue., Thu.	6:30-7:30 pm
Jan 11-Mar 10	\$198.25	<a href="#">1607764</a>

### Richcraft-Kanata – 613-580-9696

5-8 years	Sat.	noon-1 pm
Jan 8-Mar 12	\$99.25	<a href="#">1606912</a>
8-14 years	Sat.	1:15-2:15 pm
Jan 8-Mar 12	\$99.25	<a href="#">1606913</a>
8-14 years	Sat.	2:30-3:30 pm
Jan 8-Mar 12	\$99.25	<a href="#">1606914</a>
8-14 years	Sat.	3:45-4:45 pm
Jan 8-Mar 12	\$99.25	<a href="#">1606915</a>
8-14 years	Sat.	5-6 pm
Jan 8-Mar 12	\$99.25	<a href="#">1607841</a>

## Taekwondo

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. Program will be modified to maintain physical distancing. No sparring.

### Earl Armstrong – 613-746-7109

6-14 years	Wed.	7:15-8:15 pm
Jan 12-Mar 9	\$99.25	<a href="#">1604244</a>

### Notre Dame Des Champs - 613-580-9600

6-14 years	Mon., Wed.	6-7 pm
Jan 10-Mar 9	\$187.25	<a href="#">1607763</a>
6-14 years	Mon., Wed.	7-8 pm
Jan 10-Mar 9	\$187.25	<a href="#">1607771</a>
6-14 years	Tue., Thu.	6:30-7:30 pm
Jan 11-Mar 10	\$198.25	<a href="#">1607764</a>

## Skating

### Powerskating

Participants will work through specialized drills focusing on speed, agility and skating techniques. This is not a learn to skate program (participants must be able to skate forwards, backwards, and stop on their own). Full equipment is mandatory, and sticks are used on the ice.

#### Canterbury – 613-247-4865

7-10 years	Sat.	9-9:45 am
Jan 15-Mar 5	\$145.50	<a href="#">1607782</a>

#### Minto-Barrhaven – 613-727-2683

6-12 years	Tue.	5-5:50 pm
Jan 11-Mar 8	\$182	<a href="#">1603823</a>
6-12 years	Tue.	6-6:50 pm
Jan 11-Mar 8	\$182	<a href="#">1603824</a>

### Powerskating – Level 2

Develop better balance, power, agility, speed, endurance, and overall skating technique. This is not a learn to skate program. Participants must be able to skate forwards, backwards, stop, pivot, and crossover. Full equipment is mandatory, and sticks are used on the ice.

#### Minto-Barrhaven – 613-727-2683

6-12 years	Wed.	8-8:50 pm
Jan 12-Mar 9	\$182	<a href="#">1603831</a>

## Multi-Sport

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

#### Canterbury – 613-247-4865

6-9 years	Sun.	11 am-noon
Jan 16-Mar 6	\$66.75	<a href="#">1607761</a>

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

6-9 years	Sat.	11:30 am-12:30 pm
Jan 8-Mar 12	\$83.50	<a href="#">1604977</a>

#### Nepean Sportsplex – 613-580-2828

6-9 years	Tue.	6-6:45 pm
Jan 11-Mar 8	\$56.50	<a href="#">1605758</a>

#### Richelieu-Vanier – 613-560-6030

6-10 years	Sun.	11 am-noon
Jan 16-Mar 13	\$66.75	<a href="#">1607659</a>
6-10 years	Mon.	6-7 pm
Jan 10-Mar 7	\$66.75	<a href="#">1607658</a>

## Outdoor Ball Hockey

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games. Clients are encouraged to bring their own stick.

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

7-11 years	Sun.	1-2:30 pm
Jan 9-30	\$50.25	<a href="#">1605782</a>
Feb 6-27	\$50.25	<a href="#">1605785</a>
Mar 6-27	\$50.25	<a href="#">1605786</a>

## Outdoor Multi-Sport

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

#### Canterbury – 613-247-4865

6-10 years	Sun.	12:30-1:15 pm
Jan 16-Mar 6	\$50.25	<a href="#">1607780</a>

# Children

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## Rollerskating

Want a blast from the past? Join us for roller disco for fun on eight wheels. Bring your own quad skates or inline skates.

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

5-14 years	Sat.	2-4 pm
Feb 5	\$9	<a href="#">1607984</a>
5-14 years	Sat.	5-7 pm
Feb 5	\$9	<a href="#">1607985</a>
5-14 years	Sat.	8-10 pm
Feb 5	\$9	<a href="#">1607986</a>

# Youth

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

## Badminton – Game Play

Emphasis is on active participation and fun. Non-instructional game play for the whole family. Individual registrations required. Clients are encouraged to bring own racquet. When playing doubles, players cannot switch sides or partners.

### South Fallingbrook – 613-824-0633

15-17 years	Mon.	6-7 pm
Jan 10-Mar 7	\$40.50	<a href="#">1605664</a>
15-17 years	Mon.	7-8 pm
Jan 10-Mar 7	\$40.50	<a href="#">1605668</a>
15-17 years	Fri.	6-7 pm
Jan 21-Mar 11	\$40.50	<a href="#">1605671</a>

## Basketball

Practice techniques to improve your skills. Develop a better understanding of the sport. Includes skill development and fun games. No gameplay.

### Canterbury – 613-247-4865

15-17 years	Fri.	8-9 pm
Jan 14-Mar 4	\$75.50	<a href="#">1607741</a>

## 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. Program will be modified to maintain physical distancing. No sparring.

### South Fallingbrook – 613-824-0633

15-18 years	Tue.	6:30-7:30 pm
Jan 11-Mar 8	\$112	<a href="#">1607967</a>

## Karate Goju Ryu – Level 2

### South Fallingbrook – 613-824-0633

15-18 years	Thu.	6:30-7:30 pm
Jan 13-Mar 10	\$112	<a href="#">1607969</a>

## Rollerskating

Want a blast from the past? Join us for roller disco for fun on eight wheels. Bring your own quad skates or inline skates.

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

15-17 years	Sat.	2-4 pm
Feb 5	\$10.25	<a href="#">1607981</a>
15-17 years	Sat.	5-7 pm
Feb 5	\$10.25	<a href="#">1607982</a>
15-17 years	Sat.	8-10 pm
Feb 5	\$10.25	<a href="#">1607983</a>

## Taekwondo

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. Program will be modified to maintain physical distancing. No sparring.

### Earl Armstrong – 613-746-7109

15-17 years	Wed.	7:15-8:15 pm
Jan 12-Mar 9	\$112	<a href="#">1604276</a>

### Queenswood Heights – 613-580-4765

15-17 years	Mon., Wed.	6-7 pm
Jan 10-Mar 9	\$211.50	<a href="#">1607766</a>
15-17 years	Mon., Wed.	7-8 pm
Jan 10-Mar 9	\$211.50	<a href="#">1607773</a>
15-17 years	Tue., Thu.	6:30-7:30 pm
Jan 11-Mar 10	\$224	<a href="#">1607767</a>

### Richcraft–Kanata – 613-580-9696

15-17 years	Sat.	1:15-2:15 pm
Jan 8-Mar 12	\$112	<a href="#">1606916</a>
15-17 years	Sat.	2:30-3:30 pm
Jan 8-Mar 12	\$112	<a href="#">1606917</a>
15-17 years	Sat.	3:45-4:45 pm
Jan 8-Mar 12	\$112	<a href="#">1606918</a>
15-17 years	Sat.	5-6 pm
Jan 8-Mar 12	\$112	<a href="#">1607842</a>

## Volleyball

Practice the techniques to improve your skills. Develop a better understanding of the sport. Program includes skill development and fun games. Gameplay modified to adhere to physical distancing.

### Canterbury – 613-247-4865

15-17 years	Sat.	2-3 pm
Jan 15-Mar 5	\$75.50	<a href="#">1607750</a>

### Greenboro – 613-580-2805

15-17 years	Thu.	6-7 pm
Jan 13-Mar 10	\$85	<a href="#">1607524</a>

### Nepean Sportsplex – 613-580-2828

15-17 years	Thu.	6-6:50 pm
Jan 13-Mar 10	\$70.75	<a href="#">1605941</a>

### South Fallingbrook – 613-824-0633

14-17 years	Tue.	7-8 pm
Jan 18-Mar 8	\$75.50	<a href="#">1604432</a>

## Zumba®

Inspired by Latin and International dance, this is a great cardio fitness class with focus on fun and sweating. You'll be blasting calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop without even thinking about it!

### Walter Baker – 613-580-2788

13-14 years	Tue.	7-8 pm
Jan 11-Mar 1	\$59.25	<a href="#">1606800</a>
15-17 years	Tue.	7-8 pm
Jan 11-Mar 1	\$67	<a href="#">1606801</a>











# Adult

## TMC

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as stability balls, resistance tubes, and hand weights.

### Carleton Heights – 613-226-2208

18+ years Wed. 9-10 am  
Jan 12-Mar 9 \$81 [1607042](#)

## Walking Club

Join our friendly walking group for low-impact exercise. Good for your bones, tones your body and improves your overall fitness. Walking may take place indoors or out.

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

19+ years Tue., Thu. 2-3 pm  
Jan 4-Mar 10 \$4 [1607923](#)

### Sandy Hill – 613-564-1062

18+ years Mon., Wed.-Fri. 9-10 am  
Jan 10-Mar 11 \$7 [1607633](#)

## Yoga

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

### Carleton Heights – 613-226-2208

18+ years Tue. 9-10 am  
Jan 11-Mar 8 \$98.50 [1607036](#)

### Greenboro – 613-580-2805

18+ years Mon. 10:45-11:45 am  
Jan 3-Mar 7 \$87.50 [1607232](#)

18+ years Tue. 7:30-8:30 pm  
Jan 4-Mar 8 \$98.50 [1607233](#)

### Hintonburg – 613-798-8874

15+ years Mon. 6-7 pm  
Jan 10-Mar 7 \$87.50 [1603817](#)

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

19+ years Wed. 5:30-6:30 pm  
Jan 5-Mar 9 \$109.25 [1604897](#)

### Metcalfe – 613-821-1237

18+ years Thu. 7:30-8:30 pm  
Jan 20-Mar 10 \$87.50 [1607318](#)

### Navan – 613-580-2424

18+ years Thu. 9:30-10:30 am  
Jan 20-Mar 10 \$87.50 [1604175](#)

### Nepean Creative Arts – 613-596-5783

18+ years Wed. noon-1 pm  
Feb 2-Mar 30 \$87.50 [1604209](#)

### Nepean Sportsplex – 613-580-2828

16+ years Mon. 7:15-8:15 pm  
Jan 10-Mar 14 \$109.25 [1603560](#)

### Pat Clark – 613-748-1771

18+ years Thu. 6-7 pm  
Jan 13-Mar 10 \$98.50 [1605217](#)

### R. J. Kennedy Memorial – 613-580-2595

18+ years Tue. 9:30-10:30 am  
Jan 18-Mar 8 \$87.50 [1604173](#)

### Richmond – 613-325-2783

18+ years Mon. 7:45-8:45 pm  
Jan 3-Mar 7 \$98.50 [1604841](#)

18+ years Thu. 7:45-8:45 pm  
Jan 6-Mar 10 \$109.25 [1604856](#)

### Sandy Hill – 613-564-1062

18+ years Thu. 6:30-8 pm  
Jan 13-Mar 10 \$147.50 [1607639](#)

### South Fallingbrook – 613-824-0633

18+ years Mon. 6-7 pm  
Jan 10-Mar 7 \$87.50 [1604168](#)

18+ years Wed. 7-8 pm  
Jan 12-Mar 9 \$98.50 [1604171](#)

## Yoga Yin

Yin yoga encourages long held floor poses to enhance the Chi or energy distribution through the bones and connective tissues that bind them. It marries meditation and asana into a very deep practice.

### François Dupuis – 613-580-8080

18+ years Mon. 7:45-8:45 pm  
Jan 10-Mar 28 \$120.25 [1606174](#)

18+ years Thu. 7:45-8:45 pm  
Jan 13-Mar 31 \$131.25 [1606288](#)

### Plant – 613-232-3000

16+ years Wed. 8:30-9:30 am  
Jan 12-Mar 30 \$131.25 [1607023](#)

## Zumba®

Inspired by Latin and International dance, this is a great cardio class with focus on fun and sweating. Blast calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop.

### Hintonburg – 613-798-8874

15+ years Wed. 6:10-7:10 pm  
Jan 12-Mar 2 \$72 [1603642](#)

### Kanata Recreation – 613-580-2570

18+ years Tue. 7-7:50 pm  
Jan 11-Mar 8 \$67.50 [1607626](#)

### Manotick – 613-692-4772

18+ years Mon. 7:30-8:30 pm  
Jan 17-Mar 7 \$72 [1607319](#)

18+ years Wed. 7:30-8:30 pm  
Jan 19-Mar 9 \$72 [1607320](#)

### Nepean Sportsplex – 613-580-2828

16+ years Thu. 7-8 pm  
Jan 13-Mar 17 \$90 [1603562](#)

### Walter Baker – 613-580-2788

18+ years Tue. 7-8 pm  
Jan 11-Mar 1 \$72 [1606787](#)

## Zumba® Family

Inspired by Latin and International dance, this is a great cardio fitness class with focus on fun and sweating. You'll be blasting calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop without even thinking about it!

### Walter Baker – 613-580-2788

18+ years Tue. 7-8 pm  
Jan 11-Mar 1 \$72 [1606795](#)









# Adult 50+

## Stretch and Strength

Combine strength training movements with flexibility to improve muscular strength and mobility.

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

50+ years	Fri.	10-11 am
Jan 14-Mar 4	\$87.50	<a href="#">1604191</a>

### Carleton Heights – 613-226-2208

50+ years	Tue.	10:15-11:15 am
Jan 11-Mar 8	\$98.50	<a href="#">1607040</a>
50+ years	Fri.	10:15-11:15 am
Jan 14-Mar 11	\$98.50	<a href="#">1607041</a>

### François Dupuis – 613-580-8080

50+ years	Mon.	10:30-11:30 am
Jan 10-Mar 28	\$120.25	<a href="#">1606596</a>

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

50+ years	Tue.	10:30-11:30 am
Jan 4-Mar 8	\$109.25	<a href="#">1604428</a>
50+ years	Fri.	10:30-11:30 am
Jan 7-Mar 11	\$109.25	<a href="#">1604424</a>

### Johnny Leroux – 613-325-2783

50+ years	Mon.	10:30-11:30 am
Jan 3-24	\$43.75	<a href="#">1604904</a>
Jan 31-Mar 7	\$54.75	<a href="#">1604910</a>

## Stretch and Strength – Lite

Combine strength training movements with flexibility to improve muscular strength and mobility. A focus on falls prevention is included.

### Kanata Recreation – 613-580-2570

50+ years	Tue.	10-10:50 am
Jan 11-Mar 8	\$82	<a href="#">1607627</a>
50+ years	Thu.	10-10:50 am
Jan 13-Mar 10	\$82	<a href="#">1607628</a>



## Table Tennis – Gameplay

Emphasis is on active participation and fun. Games are at a recreational level. Clients must provide their own paddle. When playing doubles, players cannot switch sides or partners.

### Johnny Leroux – 613-325-2783

50+ years	Tue.	noon-1 pm
Jan 4-Mar 8	\$50.50	<a href="#">1607889</a>
50+ years	Thu.	noon-1 pm
Jan 6-Mar 10	\$50.50	<a href="#">1607890</a>

## Tai Chi

Gentle, peaceful way to tone and strengthen your body, improving concentration, coordination, and balance. Slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing and soft-soled shoes.

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

50+ years	Thu.	9:15-10:15 am
Jan 27-Mar 10	\$76.50	<a href="#">1604441</a>

### Jack Purcell – 613-564-1050

50+ years	Wed.	10-11 am
Jan 12-Mar 23	\$109.25	<a href="#">1607570</a>

### Nepean Sportsplex – 613-580-2828

50+ years	Tue.	11:30 am-12:30 pm
Jan 11-Mar 8	\$98.50	<a href="#">1603675</a>

### Sandy Hill – 613-564-1062

50+ years	Fri.	11 am-noon
Jan 14-Mar 11	\$98.50	<a href="#">1607638</a>

## Tai Chi – Level 2

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

50+ years	Thu.	10:30-11:30 am
Jan 27-Mar 10	\$76.50	<a href="#">1604430</a>

### Nepean Sportsplex – 613-580-2828

50+ years	Tue.	10:15-11:15 am
Jan 11-Mar 8	\$98.50	<a href="#">1603676</a>

## Tai Chi – Level 3

### Nepean Sportsplex – 613-580-2828

50+ years	Tue.	9-10 am
Jan 11-Mar 8	\$98.50	<a href="#">1603677</a>



## TMC

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as stability balls, resistance tubes, and hand weights.

### Johnny Leroux – 613-325-2783

50+ years	Tue.	9-10 am
Jan 4-Feb 1	\$54.75	<a href="#">1604937</a>
Feb 8-Mar 8	\$54.75	<a href="#">1604955</a>
50+ years	Thu.	9-10 am
Jan 6-Feb 3	\$54.75	<a href="#">1604957</a>
Feb 10-Mar 10	\$54.75	<a href="#">1604959</a>

## Yoga

The 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.

### Aquaview – 613-580-2782

50+ years	Tue.	9:30-10:30 am
Jan 18-Mar 8	\$87.50	<a href="#">1604140</a>

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

50+ years	Mon.	1-2 pm
Jan 17-Mar 7	\$76.50	<a href="#">1603552</a>

50+ years	Thu.	1-2 pm
Jan 20-Mar 10	\$87.50	<a href="#">1603554</a>

### Churchill Seniors – 613-798-8927

50+ years	Tue.	9:30-10:30 am
Jan 4-Mar 8	\$109.25	<a href="#">1603104</a>

50+ years	Fri.	9:30-10:30 am
Jan 7-Mar 11	\$109.25	<a href="#">1603105</a>

### Plant – 613-232-3000

50+ years	Mon.	9:30-10:30 am
Jan 10-Mar 28	\$120.25	<a href="#">1606425</a>

# Adult 50+

## Yoga

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

### Jack Purcell – 613-564-1050

50+ years	Wed.	10-11 am
Jan 12-Mar 23	\$109.25	<a href="tel:1607557">1607557</a>
50+ years	Fri.	10-11 am
Jan 14-Mar 25	\$109.25	<a href="tel:1607558">1607558</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.

### François Dupuis – 613-580-8080

50+ years	Thu.	10-11 am
Jan 13-Mar 31	\$131.25	<a href="tel:1606603">1606603</a>

## Yoga Chair

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

### François Dupuis – 613-580-8080

50+ years	Tue.	10-11 am
Jan 11-Mar 29	\$131.25	<a href="tel:1607220">1607220</a>

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

50+ years	Wed.	10:30-11:30 am
Jan 5-Mar 9	\$109.25	<a href="tel:1604478">1604478</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 an invigorating, party atmosphere.

### Churchill Seniors – 613-798-8927

50+ years	Mon.	10:30-11:30 am
Jan 10-Mar 7	\$87.50	<a href="tel:1603084">1603084</a>
50+ years	Thu.	10:30-11:30 am
Jan 6-Mar 10	\$109.25	<a href="tel:1603085">1603085</a>

### Nepean Sportsplex – 613-580-2828

50+ years	Tue.	noon-1 pm
Jan 11-Mar 15	\$109.25	<a href="tel:1603561">1603561</a>

### Plant – 613-232-3000

50+ years	Mon.	11 am-noon
Jan 10-Mar 28	\$120.25	<a href="tel:1606467">1606467</a>
50+ years	Wed.	noon-1 pm
Jan 12-Mar 30	\$131.25	<a href="tel:1607027">1607027</a>