



Winter 2022

Ice skating lessons for all ages

Recreation eGuide

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Preschool

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

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

Skating

Just You and Me

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

J.A. Dulude – 613-580-2596

3-6 years	Sat.	noon-12:50 pm
Jan 15-Mar 12	\$96.75	1605001

Jack Charron – 613-580-2596

3-6 years	Wed.	5-5:50 pm
Jan 12-Mar 9	\$96.75	1604943

Jim Durrell – 613-580-2596

3-6 years	Wed.	5:30-6:20 pm
Jan 12-Mar 9	\$96.75	1604968

Nepean Sportsplex – 613-580-2828

3-6 years	Tue.	9-9:50 am
Jan 11-Mar 8	\$96.75	1607789
3-6 years	Thu.	noon-12:50 pm
Jan 13-Mar 10	\$96.75	1607790
3-6 years	Sat.	9:15-10:05 am
Jan 15-Mar 12	\$64.50	1607791

Pinecrest – 613-580-2596

3-6 years	Tue.	6-6:50 pm
Jan 11-Mar 8	\$96.75	1604908
3-6 years	Thu.	6-6:50 pm
Jan 13-Mar 10	\$96.75	1604985
3-6 years	Sat.	1-1:50 pm
Jan 15-Mar 12	\$96.75	1605086
3-6 years	Sat.	4-4:50 pm
Jan 15-Mar 12	\$96.75	1605127
3-6 years	Sun.	1-1:50 pm
Jan 16-Mar 13	\$96.75	1605162

Sandy Hill – 613-580-2424

3-6 years	Tue.	5-5:50 pm
Jan 11-Mar 8	\$96.75	1604872
3-6 years	Sun.	1-1:50 pm
Jan 16-Mar 6	\$86	1605173

St-Laurent – 613-742-6767

3-6 years	Wed.	5-5:25 pm
Jan 12-Mar 9	\$48.50	1606903
3-6 years	Sat.	9:25-9:50 am
Jan 15-Mar 12	\$48.50	1606904
3-6 years	Sat.	10:25-10:50 am
Jan 15-Mar 12	\$48.50	1606905

Kindergliders

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.

J.A. Dulude – 613-798-1716

4-5 years	Sat.	11-11:50 am
Jan 15-Mar 12	\$96.75	1604996

Jack Charron – 613-580-2596

4-5 years	Wed.	4-4:50 pm
Jan 12-Mar 9	\$96.75	1604939
4-5 years	Wed.	5-5:50 pm
Jan 12-Mar 9	\$96.75	1605470

Jim Durrell – 613-580-2596

4-5 years	Wed.	4:30-5:20 pm
Jan 12-Mar 9	\$96.75	1604944
4-5 years	Wed.	5:30-6:20 pm
Jan 12-Mar 9	\$96.75	1604971

Lansdowne – 613-580-2596 (Outdoor rink)

4-5 years	Sun.	10-10:50 am
Jan 9-Feb 13	\$64.50	1605475

Lois Kemp – 613-580-2596

4-5 years	Mon.	5-5:50 pm
Jan 10-Mar 7	\$86	1607759

Minto-Barrhaven – 613-727-2683

4-5 years	Mon.	4-4:50 pm
Jan 10-Mar 7	\$86	1603758
4-5 years	Mon.	5-5:50 pm
Jan 10-Mar 7	\$86	1603766
4-5 years	Mon.	6-6:50 pm
Jan 10-Mar 7	\$86	1603773
4-5 years	Wed.	4-4:50 pm
Jan 12-Mar 9	\$86	1603789
4-5 years	Wed.	5-5:50 pm
Jan 12-Mar 9	\$86	1603797
4-5 years	Wed.	6-6:50 pm
Jan 12-Mar 9	\$86	1603804

Nepean Sportsplex – 613-580-2828

4-5 years	Tue.	9-9:50 am
Jan 11-Mar 8	\$96.75	1607792
4-5 years	Thu.	noon-12:50 pm
Jan 13-Mar 10	\$96.75	1607793
4-5 years	Sat.	9:15-10:05 am
Jan 15-Mar 12	\$75.25	1607794

Pinecrest – 613-580-2596

4-5 years	Tue.	5-5:50 pm
Jan 11-Mar 8	\$96.75	1604906
4-5 years	Thu.	5-5:50 pm
Jan 13-Mar 10	\$96.75	1604981
4-5 years	Sat.	1-1:50 pm
Jan 15-Mar 12	\$96.75	1605089
4-5 years	Sat.	4-4:50 pm
Jan 15-Mar 12	\$96.75	1605132
4-5 years	Sun.	noon-12:50 pm
Jan 16-Mar 13	\$96.75	1605160

Preschool

Ray Friel – 613-580-4765

4-5 years	Tue.	4:15-5:05 pm
Jan 11-Mar 8	\$96.75	1607696
4-5 years	Tue.	6:15-7:05 pm
Jan 11-Mar 8	\$96.75	1607697
4-5 years	Sat.	9:15-10:05 am
Jan 15-Mar 12	\$86	1607720
4-5 years	Sat.	11:15 am-12:05 pm
Jan 15-Mar 12	\$86	1607721

Sandy Hill – 613-580-2424

4-5 years	Sun.	noon-12:50 pm
Jan 16-Mar 6	\$86	1605170
4-5 years	Tue.	4-4:50 pm
Jan 11-Mar 8	\$96.75	1604862

St-Laurent – 613-742-6767

4-5 years	Wed.	4-4:50 pm
Jan 12-Mar 9	\$96.75	1606894
4-5 years	Sat.	9-9:50 am
Jan 15-Mar 12	\$96.75	1606895
4-5 years	Sat.	11-11:50 am
Jan 15-Mar 12	\$96.75	1606896

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.

J.A. Dulude – 613-580-2596

4-5 years	Sat.	noon-12:50 pm
Jan 15-Mar 12	\$208.75	1605007

Nepean Sportsplex – 613-580-2828

4-5 years	Tue.	9-9:50 am
Jan 11-Mar 8	\$208.75	1607795
4-5 years	Thu.	1-1:50 pm
Jan 13-Mar 10	\$208.75	1607796
Jan 13-Mar 10	\$208.75	1607797
4-5 years	Sat.	1-1:50 pm
Jan 22-Mar 12	\$162.50	1607798

Pinecrest – 613-580-2596

4-5 years	Sun.	1-1:50 pm
Jan 16-Mar 13	\$208.75	1605164

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.

J.A. Dulude – 613-580-2596

2-4 years	Sat.	11-11:25 am
Jan 15-Mar 12	\$48.50	1604993
2-4 years	Sat.	11:25-11:50 am
Jan 15-Mar 12	\$48.50	1604995

Jack Charron – 613-580-2596

2-4 years	Wed.	4-4:25 pm
Jan 12-Mar 9	\$48.50	1604930
2-4 years	Wed.	4:25-4:50 pm
Jan 12-Mar 9	\$48.50	1604935

Jim Durrell – 613-580-2596

2-4 years	Wed.	4:30-4:55 pm
Jan 12-Mar 9	\$48.50	1604960
2-4 years	Wed.	4:55-5:20 pm
Jan 12-Mar 9	\$48.50	1604962

Lois Kemp – 613-580-2596

2-4 years	Mon.	5-5:25 pm
Jan 10-Mar 7	\$43	1607751
2-4 years	Mon.	5:25-5:50 pm
Jan 10-Mar 7	\$43	1607753
2-4 years	Mon.	6-6:25 pm
Jan 10-Mar 7	\$43	1607754
2-4 years	Mon.	6:25-6:50 pm
Jan 10-Mar 7	\$43	1607755

Pinecrest – 613-580-2596

2-4 years	Tue.	5-5:25 pm
Jan 11-Mar 8	\$48.50	1604902
2-4 years	Tue.	5:25-5:50 pm
Jan 11-Mar 8	\$48.50	1604903
2-4 years	Thu.	5-5:25 pm
Jan 13-Mar 10	\$48.50	1604978

2-4 years	Thu.	5:25-5:50 pm
Jan 13-Mar 10	\$48.50	1604980
2-4 years	Sat.	3-3:25 pm
Jan 15-Mar 12	\$48.50	1605114
2-4 years	Sat.	3:25-3:50 pm
Jan 15-Mar 12	\$48.50	1605116
2-4 years	Sun.	noon-12:25 pm
Jan 16-Mar 13	\$48.50	1605157
2-4 years	Sun.	12:25-12:50 pm
Jan 16-Mar 13	\$48.50	1605158

Ray Friel – 613-580-4765

2-4 years	Tue.	4:15-4:40 pm
Jan 11-Mar 8	\$48.50	1607681
2-4 years	Tue.	4:40-5:05 pm
Jan 11-Mar 8	\$48.50	1607682
2-4 years	Tue.	5:15-5:40 pm
Jan 11-Mar 8	\$48.50	1607683
2-4 years	Tue.	5:40-6:05 pm
Jan 11-Mar 8	\$48.50	1607685
2-4 years	Sat.	9:15-9:40 am
Jan 15-Mar 12	\$43	1607707
2-4 years	Sat.	9:40-10:05 am
Jan 15-Mar 12	\$43	1607708
2-4 years	Sat.	10:15-10:40 am
Jan 15-Mar 12	\$43	1607710
2-4 years	Sat.	10:40-11:05 am
Jan 15-Mar 12	\$43	1607711

Sandy Hill – 613-580-2424

2-4 years	Tue.	4-4:25 pm
Jan 11-Mar 8	\$48.50	1604837
2-4 years	Tue.	4:25-4:50 pm
Jan 11-Mar 8	\$48.50	1604838
2-4 years	Sun.	noon-12:25 pm
Jan 16-Mar 6	\$43	1605165
2-4 years	Sun.	12:25-12:50 pm
Jan 16-Mar 6	\$43	1605168

Preschool

St-Laurent – 613-742-6767

2-4 years	Wed.	4-4:25 pm
Jan 12-Mar 9	\$48.50	1607028
2-4 years	Wed.	4:25-4:50 pm
Jan 12-Mar 9	\$48.50	1607029
2-4 years	Sat.	9-9:25 am
Jan 15-Mar 12	\$48.50	1607030
2-4 years	Sat.	10-10:25 am
Jan 15-Mar 12	\$48.50	1607032

Children

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Junior Gliders

For children who can skate forward and beyond. Levels 1 – 5. Skills may include backwards skating, one foot gliding, and two-foot turns. 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.

J.A. Dulude – 613-798-1716

6-12 years	Sat.	noon-12:50 pm
Jan 15-Mar 12	\$96.75	1605006

Jack Charron – 613-580-2596

6-12 years	Wed.	5-5:50 pm
Jan 12-Mar 9	\$96.75	1604945
6-12 years	Wed.	6-6:50 pm
Jan 12-Mar 9	\$96.75	1604952

Jim Durrell – 613-580-2596

6-12 years	Wed.	5:30-6:20 pm
Jan 12-Mar 9	\$96.75	1604970
6-12 years	Wed.	6:30-7:20 pm
Jan 12-Mar 9	\$96.75	1604972

Lansdowne – 613-580-2596 (Outdoor rink)

6-12 years	Sun.	11-11:50 am
Jan 9-Feb 13	\$64.50	1605480

Lois Kemp – 613-580-2596

6-12 years	Mon.	6-6:50 pm
Jan 10-Mar 7	\$86	1607760

Minto-Barrhaven – 613-727-2683

6-12 years	Mon.	4-4:50 pm
Jan 10-Mar 7	\$86	1603759

6-12 years	Mon.	5-5:50 pm
Jan 10-Mar 7	\$86	1603767
6-12 years	Mon.	6-6:50 pm
Jan 10-Mar 7	\$86	1603774
6-12 years	Mon.	7-7:50 pm
Jan 10-Mar 7	\$86	1603780
6-12 years	Wed.	4-4:50 pm
Jan 12-Mar 9	\$86	1603790
6-12 years	Wed.	5-5:50 pm
Jan 12-Mar 9	\$86	1603798
6-12 years	Wed.	6-6:50 pm
Jan 12-Mar 9	\$86	1603805
6-12 years	Wed.	7-7:50 pm
Jan 12-Mar 9	\$86	1603812

Nepean Sportsplex – 613-580-2828

6-12 years	Tue.	10-10:50 am
Jan 11-Mar 8	\$96.75	1607805
6-12 years	Thu.	1-1:50 pm
Jan 13-Mar 10	\$96.75	1607806
6-12 years	Sat.	10:15-11:05 am
Jan 15-Mar 12	\$75.25	1607808
6-12 years	Sat.	11:15 am-12:05 pm
Jan 15-Mar 12	\$75.25	1607807

Pinecrest – 613-580-2596

6-12 years	Tue.	6-6:50 pm
Jan 11-Mar 8	\$96.75	1604909
6-12 years	Thu.	6-6:50 pm
Jan 13-Mar 10	\$96.75	1604987
6-12 years	Sat.	2-2:50 pm
Jan 15-Mar 12	\$96.75	1605104
6-12 years	Sat.	3-3:50 pm
Jan 15-Mar 12	\$96.75	1605118
6-12 years	Sun.	1-1:50 pm
Jan 16-Mar 13	\$96.75	1605163

Ray Friel – 613-580-4765

6-12 years	Tue.	5:15-6:05 pm
Jan 11-Mar 8	\$96.75	1607700
6-12 years	Tue.	6:15-7:05 pm
Jan 11-Mar 8	\$96.75	1607701
6-12 years	Sat.	10:15-11:05 am
Jan 15-Mar 12	\$86	1607726

6-12 years	Sat.	11:15 am-12:05 pm
Jan 15-Mar 12	\$86	1607728

Sandy Hill – 613-580-2424

6-12 years	Tue.	5-5:50 pm
Jan 11-Mar 8	\$96.75	1604884
6-12 years	Sun.	noon-12:50 pm
Jan 16-Mar 6	\$86	1605172
6-12 years	Sun.	1-1:50 pm
Jan 16-Mar 6	\$86	1605176

St-Laurent – 613-742-6767

6-12 years	Wed.	4-4:50 pm
Jan 12-Mar 9	\$96.75	1606899
6-12 years	Wed.	5-5:50 pm
Jan 12-Mar 9	\$96.75	1606900
6-12 years	Sat.	9-9:50 am
Jan 15-Mar 12	\$96.75	1606901
6-12 years	Sat.	11-11:50 am
Jan 15-Mar 12	\$96.75	1606902

Junior Gliders – Low Ratio

For children who can skate forward and beyond. Levels 1 – 5. Skills may include backwards skating, one foot gliding, and two-foot turns. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended. Ratio of 1:5. Due to COVID-19 all children must be able to skate independently to register in this program.

J.A. Dulude – 613-580-2596

6-12 years	Sat.	11-11:50 am
Jan 15-Mar 12	\$208.75	1604998

Jack Charron – 613-580-2596

6-12 years	Wed.	4-4:50 pm
Jan 12-Mar 9	\$208.75	1604942

Jim Durrell – 613-580-2596

6-12 years	Wed.	4:30-5:20 pm
Jan 12-Mar 9	\$208.75	1604967

Nepean Sportsplex – 613-580-2828

6-12 years	Tue.	10-10:50 am
Jan 11-Mar 8	\$208.75	1607809
Jan 11-Mar 8	\$208.75	1607810
6-12 years	Thu.	1-1:50 pm
Jan 13-Mar 10	\$208.75	1607811

Children

Pinecrest – 613-580-9676

6-12 years	Tue.	5-5:50 pm
Jan 11-Mar 8	\$208.75	1604907
6-12 years	Thu.	5-5:50 pm
Jan 13-Mar 10	\$208.75	1604982
6-12 years	Sun.	noon-12:50 pm
Jan 16-Mar 13	\$208.75	1605161

Sandy Hill – 613-580-2424

6-12 years	Tue.	4-4:50 pm
Jan 11-Mar 8	\$208.75	1604867

Beginner

Learn to skate for teens who can skate forward and beyond. Skills include backward skating, one foot gliding and two-foot turns. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended.

Minto-Barrhaven – 613-727-2683

13-14 years	Mon.	7-7:50 pm
Jan 10-Mar 7	\$86	1603782
13-14 years	Wed.	7-7:50 pm
Jan 12-Mar 9	\$86	1603814

Pinecrest – 613-580-2596

13-14 years	Sat.	2-2:50 pm
Jan 15-Mar 12	\$96.75	1605108

St-Laurent – 613-742-6767

13-14 years	Wed.	6-6:50 pm
Jan 12-Mar 9	\$96.75	1606992
13-14 years	Sat.	noon-12:50 pm
Jan 15-Mar 12	\$96.75	1606993

Senior Gliders

For skaters that have passed all the five levels of the Junior Gliders program. Skills may include backwards crosscuts, one-foot turns and waltz jumps. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended.

Minto-Barrhaven – 613-727-2683

8-12 years	Mon.	5-5:50 pm
Jan 10-Mar 7	\$86	1603768
8-12 years	Mon.	6-6:50 pm
Jan 10-Mar 7	\$86	1603775
8-12 years	Mon.	7-7:50 pm
Jan 10-Mar 7	\$86	1603781
8-12 years	Wed.	5-5:50 pm
Jan 12-Mar 9	\$86	1603799
8-12 years	Wed.	6-6:50 pm
Jan 12-Mar 9	\$86	1603806
8-12 years	Wed.	7-7:50 pm
Jan 12-Mar 9	\$86	1603813

Pinecrest – 613-580-2596

8-12 years	Tue.	6-6:50 pm
Jan 11-Mar 8	\$96.75	1604912

Ray Friel – 613-580-4765

8-12 years	Tue.	6:15-7:05 pm
Jan 11-Mar 8	\$96.75	1607704
8-12 years	Sat.	11:15 am-12:05 pm
Jan 15-Mar 12	\$86	1607732

Youth

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Beginner

Learn to skate for teens who can skate forward and beyond. Skills include backward skating, one foot gliding and two-foot turns. A CSA-certified hockey helmet is required for all skaters. A full cage is highly recommended.

Minto-Barrhaven – 613-727-2683

15-17 years	Mon.	7-7:50 pm
Jan 10-Mar 7	\$97	1603783
15-17 years	Wed.	7-7:50 pm
Jan 12-Mar 9	\$97	1603815

Pinecrest – 613-580-2596

15-17 years	Sat.	2-2:50 pm
Jan 15-Mar 12	\$109.25	1605111

St-Laurent – 613-742-6767

15-18 years	Wed.	7-7:50 pm
Jan 12-Mar 9	\$109.25	1607092
15-18 years	Sat.	noon-12:50 pm
Jan 15-Mar 12	\$109.25	1607093

Adults

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

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Beginner

For adults who can skate forward and beyond. Skills include backward skating, one foot gliding and two-foot turns. A CSA-certified hockey helmet is required.

Jack Charron – 613-580-2596

18+ years	Wed.	6-6:50 pm
Jan 12-Mar 9	\$118	1604949

Jim Durrell – 613-580-2596

18+ years	Wed.	6:30-7:20 pm
Jan 12-Mar 9	\$118	1604973

Minto-Barrhaven– 613-727-2683

18+ years	Mon.	11-11:50 am
Jan 10-Mar 7	\$105	1603755

18+ years	Mon.	7-7:50 pm
Jan 10-Mar 7	\$105	1603784

18+ years	Wed.	7-7:50 pm
Jan 12-Mar 9	\$105	1603816

Nepean Sportsplex – 613-580-2828

18+ years	Sat.	11:15 am-12:05 pm
Jan 15-Mar 12	\$91.75	1607820

Pinecrest – 613-580-2596

18+ years	Sat.	4-4:50 pm
Jan 15-Mar 12	\$118	1605142

St-Laurent – 613-742-6767

18+ years	Wed.	6-6:50 pm
Jan 12-Mar 9	\$118	1606910

18+ years	Sat.	10-10:50 am
Jan 15-Mar 12	\$118	1606911

Beginner – Low ratio

For adults who can skate forward and beyond. Skills include backward skating, one foot gliding and two-foot turns. A CSA-certified hockey helmet is required. Ratio of 1:5.

Pinecrest – 613-580-2596

18+ years	Thu.	6-6:50 pm
Jan 13-Mar 10	\$236	1604989

Sandy Hill – 613-580-2424

18+ years	Tue.	5-5:50 pm
Jan 11-Mar 8	\$236	1604888

Intermediate

For skaters who have mastered the basic skills. Emphasis placed on increased technical skills (e.g., forward crosscuts, backward crosscuts and one-foot turns). A CSA-certified hockey helmet is required for all skaters.

St-Laurent – 613-742-6767

18+ years	Sat.	noon-12:50 pm
Jan 15-Mar 12	\$118	1607024