



Classes and Activities for Adults

Recreation eGuide

Fall 2018 and Winter 2019

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Arts Centres

The City of Ottawa's Arts Centres are destinations for specialty arts programming in arts-specific studios offering the added benefit of specialized facilities and environment. The Nepean Visual Arts, the Nepean Creative Arts and Shenkman Arts Centres, offer specialty arts classes taught by accomplished artists – painters, actors, filmmakers, writers, photographers, musicians – in custom studio spaces for participants of all levels of ability. From preschool to adult, students experience a diversity of arts instruction in a creative and dynamic environment.

[Nepean Visual Arts Centre](#)

613-580-2828
1701 Woodroffe Avenue
(Entrance 3,
Nepean Sportsplex)



[Nepean Creative Arts Centre](#)

613-596-5783
35 Stafford Road,
Bells Corners



[Shenkman Arts Centre](#)
613-580-2787
245 Centrum Boulevard,
Orléans

What do arts centres offer adults?

- High quality instruction in studios equipped for arts
- Paint, draw, sculpt in specialized studios with models, easels and studio space
- Exhibit your arts work or perform your poetry
- Try out your acting skills in a black box performance space
- Paint, sculpt, write surrounded by artists and art

Learn life time art skills here.

Destination: arts experience.



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.

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!

Shenkman Arts

Thu.	9-10 pm	
Sep 27-Nov 15	\$91.25	1184773
Jan 17-Mar 7	\$91.25	1398840

Ballet Barre Fit

An energizing combination of ballet moves with an emphasis on posture and alignment. Develop lean muscle mass while improving your balance, flexibility, and range of motion.

Nepean Creative Arts

Tue.	5:30-6:15 pm	
Sep 25-Nov 20	\$69.25	1188514
Tue.	5:30-6:15 pm	
Feb 5-Mar 26	\$54	1400443

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.

Nepean Creative Arts

Tue.	7-8 pm	
Sep 25-Nov 20	\$102.50	1246468
Feb 5-Mar 26	\$79.75	1401035

Shenkman Arts

Thu.	7-8 pm	
Sep 27-Nov 15	\$91.25	1184765
Jan 17-Mar 7	\$91.25	1398818

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.

Nepean Creative Arts

Tue.	8-9 pm	
Sep 25-Nov 20	\$102.50	1246485
Feb 5-Mar 26	\$79.75	1401046

Shenkman Arts

Thu.	8-9 pm	
Sep 27-Nov 15	\$91.25	1184767
Jan 17-Mar 7	\$91.25	1398833

Ballroom – Level 3

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

Shenkman Arts

Thu.	8-9 pm	
Sep 27-Nov 15	\$91.25	1184768
Jan 17-Mar 7	\$91.25	1398837

Belly Dance – Level 1

Explore fluidity, grace, and strength through this ancient and sensuous dance form developed in the Middle East. The fundamentals of posture, isolations, steps and accents of belly dance are stressed.

Shenkman Arts

Mon.	7:30-8:30 pm	
Sep 24-Nov 26	\$91.25	1179297
Jan 14-Mar 18	\$91.25	1398716

Belly Dance – Level 2

Explore more complicated arrangements. Layer movements and combinations. *Prerequisite:* Belly Dance Level 1.

Shenkman Arts

Mon.	8:30-9:30 pm	
Sep 24-Nov 26	\$91.25	1179298
Jan 14-Mar 18	\$91.25	1398717

Bollywood – Level 1

Learn to move to the Bollywood beat; a modern East Indian style of dance that will have your hips moving. Discover basic hip, leg and upper body choreography while you experience the wonders of middle-eastern glamour.

Shenkman Arts

Mon.	6:30-7:30 pm	
Sep 24-Nov 26	\$91.25	1179296
Jan 14-Mar 18	\$91.25	1398714

Contemporary – Level 1

A dance style that borrows from modern, ballet and jazz choreography. Study basic ballet and modern dance principles while advancing your steps. Uncover various moves, step combinations and new choreography. Create your own dance.

Nepean Creative Arts

Mon.	5-6 pm	
Sep 24-Nov 19	\$91.25	1246583
Feb 4-Apr 1	\$79.75	1400224

Dundun

Experience this unique combination of dance and drumming from Guinea, West Africa. Learn to move and play a rhythm in unison for a lively and physically powerful experience.

Nepean Creative Arts

Thu.	7-8:30 pm	
Sep 20-Oct 25	\$149	1246768
Nov 1-22	\$109.25	1246772
Feb 14-Mar 28	\$149	1401157

Hawaiian Dance

Dance Hawaiian style to Don Ho, Andy Williams, and Elvis Presley. Hawaiian arm movements help arthritic fingers. Sway in your style, standing or seated.

Nepean Creative Arts

Fri.	7-8 pm	
Sep 28-Nov 23	\$102.50	1247048
Feb 8-Mar 29	\$79.75	1405350

Hip Hop – Level 1

Look forward to an exciting cardio workout that combines basic hip hop dance principals with a fresh choreographed routine. You'll be energized while learning how to pop, lock and bounce like a pro.

Nepean Creative Arts

Tue.	8-9 pm	
Sep 25-Nov 20	\$102.50	1246499
Feb 5-Mar 26	\$79.75	1401055

Jazz – Level 1

Basics of jazz dance will improve your co-ordination, strength, and flexibility through dance combinations set to popular music.

Nepean Creative Arts

Thu.	8-9 pm	
Sep 27-Nov 22	\$102.50	1246804
Feb 7-Mar 28	\$79.75	1401165

Shenkman Arts

Thu.	7-8:30 pm	
Sep 27-Nov 15	\$136.75	1184775
Jan 24-Mar 14	\$136.75	1398841

Live Swing Dance

Learn the craze that's sweeping the city. A coach will teach you basic Swing steps, or help you push your skills to the next level. A live band will provide the music for the last three hours.

Nepean Creative Arts

Sun.	1-4 pm	
Nov 25	\$27.25	1401998
Mar 10	\$27.25	1405848

Tap Dance – Level 1

Basics of tap dance through enjoyable dance combinations and simple choreography. Emphasis on rhythm and clarity of step. Keep on tapping!

Shenkman Arts

Tue.	7:30-8:30 pm	
Sep 25-Nov 13	\$91.25	1184749
Jan 15-Mar 5	\$91.25	1398759

Drawing

Botanical Drawing

Botanical subjects are perfect for mastering fundamental art skills. Drawing from specimens, develop your skill and ability to create true-to-life drawings. Practical exercises and individual instruction ensure steady progress. Seasonal specimens will be used.

Nepean Visual Arts

Tue.	1-4 pm	
Sep 25-Nov 27	\$335	1183520
Jan 15-Mar 26	\$335	1185185

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.

Nepean Visual Arts

Mon.	7-9:30 pm	
Sep 24-Dec 3	\$279	1181568
Jan 14-Apr 1	\$279	1185209

Drawing – Level 2

Do you understand the fundamentals of drawing? Go further with the addition of colour using pastels, coloured pencils, conté, ink, coloured papers and sand papers. Colour sketching is a wonderful addition to painting.

Nepean Visual Arts

Thu.	7-9:30 pm	
Sep 27-Nov 29	\$284.75	1183562

Botanical – Coloured Pencils

Using coloured pencils, create paintings of beautiful botanical subjects. Work from live specimens to match the pencil's colours to recreate colours found in nature. New techniques each week.

Nepean Visual Arts

Mon.	12:30-3:30 pm	
Sep 24-Dec 3	\$335	1179348
Jan 14-Apr 1	\$335	1185133



Coloured Pencils – Level 1

Drawing and painting come together with this adaptable medium. Learn how to draw portraits, landscapes, seascapes, animals and still life. Learn about pencil brands, paper surfaces, layering, crosshatching, stippling, mixing and lifting colour as well as burnishing and embossing.

Nepean Visual Arts

Wed.	7-9:30 pm	
Sep 26-Nov 28	\$279	1179350
Jan 16-Mar 27	\$279	1185198

Contemporary Drawing

Examine basic foundations and newer interpretations of drawing. Exploration in realism, abstraction and non-representation. Enhance skills and discover new ideas while experimenting in a variety of exercises.

Nepean Creative Arts

Thu.	1-4 pm	
Sep 27-Dec 6	\$334.75	1183527

Drawing for Painting

Learn drawing basics including perspective, composition and value. Create a full tonal drawing that can be used as a preliminary process for painting.

Nepean Visual Arts

Tue. 7:30-9:30 pm
 Sep 25-Nov 27 \$227.75 [1405650](#)

Soft Pastels

An exploration of the diversity of technique and content in soft pastel. All topics will be explored from landscapes and still life to non-representational. Composition and colour are emphasized.

Nepean Creative Arts

Tue. 1-3:30 pm
 Sep 25-Nov 27 \$279 [1181642](#)

Nepean Visual Arts

Thu. 1-3:30 pm
 Sep 27-Nov 29 \$284.75 [1181651](#)
 Jan 17-Mar 28 \$284.75 [1188030](#)

Silver Point Drawing

Silver point was commonly used in the late Gothic and early Renaissance period and is making a comeback as a medium for detail drawing. Drawn on a specially prepared ground and built up in layers, silver point line can vary from a broad soft line to a very thin line. Botanical studies are the recommended topic.

Nepean Visual Arts

Thu. 7-9:30 pm
 Jan 17-Mar 28 \$284.75 [1405667](#)

Mixed Media

Abstract Mixed Media – Guided Studio

Work spontaneously and intuitively on your own pieces with guidance. Use design principles, inks, pencils, pastels, acrylic paint and mediums. Experiment with: collage, pollyfilla, gesso float and pouring. Create effects with various tools. Color mixing reviewed.

Nepean Visual Arts

Tue. 1-3:30 pm
 Sep 25-Nov 27 \$279 [1181662](#)
 Jan 15-Mar 26 \$279 [1185280](#)

Abstract Mixed Media Twist

Collage, image transfers, stamping and mark making; practice different ways to apply paint. Use brushes, brayers and water to create interesting effects. Focusing on composition, create a balanced and interesting artwork.

Nepean Visual Arts

Mon. 1-3:30 pm
 Sep 24-Dec 3 \$279 [1181671](#)
 Jan 14-Apr 1 \$279 [1185300](#)

Large Scale Mixed Media Painting

Focus on creative expression; and, translating imagination to creation by exploring different medias. With instruction in basic design and colour skills, create a fantastic world on a large canvas. Learn the beauty of mixed media and how to manipulate space!

Nepean Creative Arts

Wed. 1-4 pm
 Sep 26-Nov 28 \$334.75 [1182114](#)
 Jan 16-Mar 27 \$334.75 [1185308](#)

Painting

Acrylic Landscape Painting

Landscape painting is a rewarding art to master. Embrace how acrylic paint hugs the canvas while you design and create your unique pieces. The focus is on perspective, depth, colour, value and design in this all skill level class. Creative direction given by professional fine artist.

Nepean Visual Arts

Mon. 7-9:30 pm
 Sep 24-Dec 3 \$279 [1182166](#)
 Jan 14-Apr 1 \$279 [1185313](#)
 Fri. 1-3:30 pm
 Sep 28-Nov 30 \$279 [1182177](#)
 Jan 18-Mar 29 \$279 [1185318](#)

Big Scale Abstract Art

Artistic freedom is what abstract painting is all about. Explore painting on a large scale canvas, create a composition focusing on the use of colour, space, line, shape and texture.

Nepean Visual Arts

Wed. 7-9:30 pm
 Sep 26-Nov 28 \$279 [1182196](#)
 Jan 16-Mar 27 \$279 [1185334](#)



Oil and Acrylics – Level 1

Pick up a brush and give it a try! This introductory class explores painting in both oils and acrylics. Paint mixing, colour, value, form and techniques will be covered through the instructor's step-by-step demonstrations.

Nepean Visual Arts

Tue. 6:30-9:30 pm
 Sep 25-Nov 27 \$334.75 [1182200](#)
 Jan 15-Mar 26 \$334.75 [1185386](#)
 Wed. 9 am-noon
 Sep 26-Nov 28 \$334.75 [1182204](#)
 Jan 16-Mar 27 \$334.75 [1185396](#)
 Wed. 1-4 pm
 Sep 26-Nov 28 \$334.75 [1182202](#)
 Jan 16-Mar 27 \$334.75 [1185394](#)
 Thu. 7-9:30 pm
 Sep 27-Nov 29 \$279 [1182206](#)
 Jan 17-Mar 28 \$279 [1185401](#)
 Fri. 1-4 pm
 Sep 28-Nov 30 \$334.75 [1182223](#)
 Jan 18-Mar 29 \$334.75 [1185402](#)

Oil and Acrylics – Level 2

Choose your own adventure in advanced oils and acrylics. Explore complex techniques including working with perspective, colour mixing and brushstrokes. Try your personalized style using your own subject matter.

Nepean Creative Arts

Mon. 1-4 pm
 Sep 24-Dec 3 \$334.75 [1182240](#)
 Jan 14-Apr 1 \$334.75 [1185455](#)

Nepean Visual Arts

Wed. 7-9:30 pm
 Sep 26-Nov 28 \$284.75 [1182252](#)
 Jan 16-Mar 27 \$284.75 [1185466](#)

Paint Your Drawing

This class builds on skill learned in Drawing for Painting. Create a tonal drawing of your chosen topic and learn painting fundamentals. Work in the paint medium of your choice.

Nepean Visual Arts

Tue. 7-9:30 pm
 Jan 15-Mar 26 \$284.75 [1405628](#)

Botanical – Watercolour Basics

Inspired by the colours and subjects of the season, using watercolour materials and techniques create realistic paintings of our plant world. Painting from specimens, beginners acquire strong art skills. Demonstrations and step-by-step instructions ensure steady progress.

Nepean Visual Arts

Wed. 1-4 pm
 Sep 26-Nov 28 \$335 [1182197](#)
 Jan 16-Mar 27 \$335 [1188012](#)

Traditional Oil Techniques

Learn age-old methods of painting with oils. Using Vermeer's painting Girl with the Pearl Earring as inspiration, explore a traditional approach to oil painting. Various skills and materials such as colour, under-painting, over-painting, glazing, etc will be looked at.

Nepean Visual Arts

Mon.	6:30-9:30 pm	
Sep 24-Dec 3	\$334.75	1182351
Jan 14-Apr 1	\$334.75	1185658

Watercolour – Expressive Experimentation

By nature watercolours are an expressive medium. Explore the most abstract and non-representation potential of watercolour. Working with contemporary expressive and experimental watercolourists, students will learn their techniques, tricks and colour theory as well as develop an abstract composition.

Nepean Creative Arts

Thu.	1-3:30 pm	
Jan 17-Mar 28	\$279.50	1188019

Watercolours – Level 1

Watercolour is a soft and beautiful form of expression. Through exercise and demonstrations, learn to create a colour wheel and apply washes to paper while exploring realism, abstraction and non-representation.

Nepean Creative Arts

Fri.	1-3:30 pm	
Sep 28-Nov 30	\$251.25	1182354
Jan 18-Mar 29	\$251.25	1185671

Nepean Visual Arts

Tue.	9:30 am-12:30 pm	
Sep 25-Nov 27	\$334.75	1182356
Jan 15-Mar 26	\$334.75	1185678

Watercolours – Level 2

Really challenge yourself! Push the limits of watercolour techniques, colour theory and the element of painting. One-on-one attention will be tailored to each student.

Nepean Creative Arts

Fri.	9:30 am-noon	
Sep 28-Nov 30	\$251.25	1182358
Jan 18-Mar 29	\$251.25	1185691

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.

Nepean Creative Arts

Mon.	6:30-7:30 pm	
Sep 24-Nov 19	\$159.50	1246641
Feb 4-Apr 1	\$139.50	1400278

Shenkman Arts

Sat.	1-2 pm	
Sep 22-Nov 17	\$159.50	1184830
Jan 12-Mar 9	\$159.50	1402430

Guitar – Level 2

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

Nepean Creative Arts

Mon.	7:30-8:30 pm	
Sep 24-Nov 19	\$159.50	1246658
Feb 4-Apr 1	\$139.50	1400293

Shenkman Arts

Sat.	2-3 pm	
Sep 22-Nov 17	\$159.50	1184834
Jan 12-Mar 9	\$159.50	1402447

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.

Nepean Creative Arts

Mon.	8:30-9:30 pm	
Sep 24-Nov 19	\$159.50	1246669
Feb 4-Apr 1	\$139.50	1400305

Ukulele

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

Nepean Creative Arts

Wed.	8:30-9:30 pm	
Sep 26-Nov 14	\$159.50	1246696
Feb 6-Mar 27	\$139.50	1401154

Pottery

Functional Handbuilding

Create unique, functional and beautiful clay pieces for your home! Serving dishes, lamp bases, planters, jewelry boxes, vases, birdfeeders – the possibilities are endless. Learn basic handbuilding techniques: coil, slab and pinch pot methods. All levels welcome.

Nepean Visual Arts

Mon.	7-9:30 pm	
Sep 17-Nov 26	\$284.75	1182427
Jan 14-Apr 1	\$284.75	1186781
Tue.	1-3:30 pm	
Sep 25-Nov 27	\$284.75	1182430
Jan 15-Mar 26	\$284.75	1186787

Handbuilding Combo

Learn Wheel 1 throwing techniques and explore a variety of handbuilding methods like the slab roller and coils, to make functional forms. Surface decoration and glazing techniques will be covered.

Nepean Visual Arts

Fri.	9:30 am-noon	
Sep 28-Nov 30	\$284.75	1183542
Jan 18-Mar 29	\$284.75	1186791

Sculptural Handbuilding

Explore handbuilding construction techniques with a heavy emphasis on additional sculptural elements like the use of proportion and plane. Class is tailored appropriately to participant's level. Some experience with clay is recommended.

Nepean Visual Arts

Wed.	7-9:30 pm	
Sep 26-Nov 28	\$284.75	1183553
Jan 16-Mar 27	\$284.75	1188025

Special Projects

Do you have a special wheel work project in mind, but don't know how to make it a reality? Our instructor will mentor you through to a finished product. Intermediate to advanced potters only.

Nepean Visual Arts

Mon.	9:30 am-noon	
Sep 24-Dec 3	\$284.75	1183201
Jan 14-Apr 1	\$284.75	1186924

Wheel – Level 1

Create basic vessel forms such as cylinders and bowls. Glazing, decorative techniques and application of handles will be introduced.

Nepean Visual Arts

Tue.	9:30 am-noon	
Sep 25-Nov 27	\$284.75	1183212
Jan 15-Mar 26	\$284.75	1187037
Wed.	7-9:30 pm	
Sep 26-Nov 28	\$284.75	1183204
Jan 16-Mar 27	\$284.75	1187015
Thu.	7-9:30 pm	
Sep 27-Nov 29	\$284.75	1183207
Jan 17-Mar 28	\$284.75	1187036

Wheel – Level 2

Create pieces such as cylinders, plates and bowls. More advanced techniques: forming lids, surface decoration (carving and painting) with underglaze techniques, will be introduced.

Nepean Visual Arts

Mon.	6:30-9:30 pm	
Sep 24-Dec 3	\$341.75	1183228
Jan 14-Apr 1	\$341.75	1187049



Pottery Studios

No instruction. Previous experience in the NVAC pottery studio or instructional class is required. Participants must provide their own clay and tools. All clay MUST be purchased at the Nepean Visual Arts Centre at a fee per bag. This fee helps offset the cost of glazes and firing. Maximum 2 pottery studios per person.

Nepean Visual Arts
Fall & Winter 12 weeks \$162.75

Handbuilding

Mon.	1-4 pm	Sep 17-Dec 10	1182372
		Jan 7-Apr 8	1185839
Tue.	6-9 pm	Sep 18-Dec 4	1182373
		Jan 15-Apr 9	1185850
Wed.	9 am-noon	Sep 19-Dec 5	1182375
		Jan 16-Apr 10	1185874
Wed.	1-4 pm	Sep 19-Dec 5	1182374
		Jan 16-Apr 10	1185853
Thu.	9 am-noon	Sep 20-Dec 6	1182378
		Jan 17-Apr 11	1185890
Thu.	1-4 pm	Sep 20-Dec 6	1182377
		Jan 17-Apr 11	1185883
Fri.	6-9 pm	Sep 21-Dec 7	1182381
			1185897

Wheel

Mon.	1-4 pm	Sep 17-Dec 10	1182386
		Jan 7-Apr 8	1186305
Tue.	6-9 pm	Sep 18-Dec 4	1182391
		Jan 15-Apr 9	1186317
Wed.	9 am-noon	Sep 19-Dec 5	1182393
		Jan 16-Apr 10	1186453
Wed.	1-4 pm	Sep 19-Dec 5	1182392
		Jan 16-Apr 10	1186320
Thu.	9 am-noon	Sep 20-Dec 6	1182394
		Jan 17-Apr 11	1186583
Thu.	1-4 pm	Sep 20-Dec 6	1182396
		Jan 17-Apr 11	1186588
Fri.	6-9 pm	Sep 21-Dec 7	1182405
		Jan 18-Apr 12	1186610

Studios

Life Drawing Combo

Open, creative life-drawing space that encourages practice with like-minded artists who want to learn from each other. All media welcome. No guided instruction provided. Studio members share the cost of a model.

Nepean Visual Arts

Thu.	9:30 am-noon	
Sep 20-Dec 6	\$64	1181584
Jan 17-Apr 11	\$64	1185218

Life Drawing Short Gestural Poses

Open, creative life-drawing space that encourages practice with like-minded artists who want to learn from each other. All media welcome. No guided instruction provided. Studio members share the cost of a model.

Nepean Visual Arts

Tue.	9:30 am-noon	
Sep 18-Dec 4	\$64	1181623
Jan 15-Apr 9	\$64	1185244

Oil and Acrylics

No instruction. Bring your own subject matter or still life to paint. Please use only odourless solvents.

Nepean Visual Arts

Fri.	9:30 am-noon	
Sep 21-Dec 7	\$64	1182348
Jan 18-Apr 12	\$64	1185483

Portraiture

This supportive studio group is dedicated to portraiture in its many forms. No instruction is involved. All levels of skill are welcome. Studio members share the cost of the model.

Nepean Visual Arts

Mon.	9:30 am-noon	
Sep 17-Dec 10	\$64	1182349
Jan 14-Apr 15	\$64	1185620

Watercolours

No instruction. Bring your own subject matter or still life to paint.

Nepean Visual Arts

Thu.	10 am-3 pm	
Sep 20-Dec 6	\$128	1182361
Jan 17-Apr 11	\$128	1185784
Fri.	10 am-3 pm	
Sep 21-Dec 7	\$128	1182365
Jan 18-Apr 12	\$128	1185699

Workshops

Altered Images: Photo Transfer

Image transfer techniques are an easy, modern and creative way to add dimension to any work! Create a unique family photo display on wood artists' panels to take home. The benefit of this class is that applications are endless. Supplies included.

Nepean Visual Arts

Sat.	10 am-4 pm	
Nov 10	\$116.75	1182195

Canvas and Cocktails

Explore your artistic side with this night out! Learn the very basics of acrylic painting, completing a 16 x 20 canvas while exploring and savouring wines from around the world. Supplies and two glasses of wine included. Professional art instructor and wine sommelier guide you and answer questions.

Nepean Visual Arts

Fri.	6:30-9:30 pm	
Nov 16	\$74.75	1182199

Clay Wheel Workshops

Ever wonder what it's like to throw on the potter's wheel? Come alone or grab a friend and spend a fun afternoon learning how to center clay and make a couple of pots! Supplies provided.

Nepean Visual Arts

Fri.	1-4 pm	
Sep 28	\$40	1182415
Oct 26	\$40	1182417
Nov 23	\$40	1182419
Feb 22	\$40	1186768
Mar 29	\$40	1186771
Apr 26	\$40	1186775

Intro to Abstract Painting

Be introduced to the world of abstract art. Explore the principles and elements of design starting by creating a variety of small sheets of collage paper using tissue, paint and stamps. Finish by creating a 10" x 10" piece you can frame at home. Supplies included.

Nepean Visual Arts

Sat.	10 am-4 pm	
Feb 9	\$126.75	1185364

Mixed Media – The Basics

Develop a basic understanding of acrylic paints, inks and mediums, colour theory, printing, collaging, layering, the use of dry media and an investigation of painting surfaces. No experience necessary, but some may be helpful!

Nepean Visual Arts

Sat.	10 am-4 pm	
Mar 30	\$68.50	1400124

Portrait Workshop

Work from a live model to explore line and build form. Introduction to structure, anatomy and begin the process of developing your drawing. Draw the model onto toned paper, adding white highlights and dark values, on day 2. Introductory class suitable for beginner to intermediate level of drawing experience.

Nepean Visual Arts

Sat.	10 am-4 pm	
Oct 27-Nov 3	\$202.75	1405313
Mar 2-9	\$202.75	1405324



Arts in Your Neighbourhood

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.

Dance

Dancing with Partner

Dancing with a partner is good for your rhythm, your heart and your soul. Learn the footwork to dance the night away. Register with your partner. Fees given are for the individual participant. For extension numbers, call 613-580-2424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Oct 12	8	\$91.25	1407208
Argentine Tango 1	Greenboro	613-580-2805	Fri.	8:15-9:15 pm	Jan 18	7	\$79.75	1407222
Ballroom 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:50-7:50 pm	Sep 21	12	\$136.75	1320023
Ballroom 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:50-7:50 pm	Jan 11	9	\$102.50	1400846
Ballroom 1	Greenboro	613-580-2805	Wed.	6:15-7:15 pm	Oct 10	8	\$91.25	1407268
Ballroom 1	Greenboro	613-580-2805	Wed.	7:15-8:15 pm	Oct 10	8	\$91.25	1407267
Ballroom 1	Greenboro	613-580-2805	Fri.	7-8 pm	Oct 12	8	\$91.25	1407263
Ballroom 1	Greenboro	613-580-2805	Wed.	7:15-8:15 pm	Jan 16	8	\$91.25	1407236
Ballroom 1	Greenboro	613-580-2805	Wed.	8:15-9:15 pm	Jan 16	8	\$91.25	1407252
Ballroom 1	Greenboro	613-580-2805	Fri.	7-8 pm	Jan 18	7	\$79.75	1407233
Ballroom 1	Hintonburg	613-798-8874	Fri.	7-8:15 pm	Oct 12	8	\$114	1407013
Ballroom 1	Hintonburg	613-798-8874	Fri.	7-8:15 pm	Jan 18	8	\$114	1407015
Ballroom 1	John G. Mlacak	613-580-2980	Mon.	6:45-7:45 pm	Sep 24	8	\$91.25	1180738
Ballroom 1	John G. Mlacak	613-580-2980	Mon	6:45-7:45 pm	Jan 7	8	\$91.25	1186540
Ballroom 1	Manotick Arena	Ext. 30235	Sun.	7-8 pm	Sep 16	8	\$91.25	1402527
Ballroom 1	Manotick Arena	Ext. 30235	Sun.	7-8 pm	Jan 13	8	\$91.25	1402550
Ballroom 1	Metcalfe	Ext. 30235	Wed.	8-9 pm	Sep 26	8	\$91.25	1402564
Ballroom 1	Metcalfe	Ext. 30235	Wed.	8-9 pm	Jan 16	8	\$91.25	1402578
Ballroom 1	Nepean Sportsplex	613-596-5783	Thu.	7-8 pm	Oct 4	8	\$91.25	1321440
Ballroom 1	Nepean Sportsplex	613-596-5783	Thu.	7-8 pm	Jan 10	8	\$91.25	1326449
Ballroom 1	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Oct 2	8	\$91.25	1406359
Ballroom 1	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Jan 8	8	\$91.25	1406362
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Sep 20	6	\$118.75	1401912
Ballroom 1	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Jan 17	6	\$118.75	1401926
Ballroom 1	Richelieu-Vanier	613-560-6030	Tue.	7-8 pm	Sep 25	8	\$91.25	1402704

Dancing with Partner

Dancing with a partner is good for your rhythm, your heart and your soul. Learn the footwork to dance the night away. Register with your partner. Fees given are for the individual participant. For extension numbers, call 613-580-2424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Ballroom 1	Richelieu-Vanier	613-560-6030	Tue.	7-8 pm	Jan 15	8	\$91.25	1402706
Ballroom 2	Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:50-7:50 pm	Sep 21	12	\$136.75	1320027
Ballroom 2	Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:50-7:50 pm	Jan 11	9	\$102.50	1400848
Ballroom 2	Greenboro	613-580-2805	Fri.	6-7 pm	Oct 12	8	\$91.25	1407271
Ballroom 2	Greenboro	613-580-2805	Fri.	6-7 pm	Jan 18	7	\$79.75	1407278
Ballroom 2	John G. Mlacak	613-580-2980	Mon.	8-9 pm	Sep 24	8	\$91.25	1180795
Ballroom 2	John G. Mlacak	613-580-2980	Mon.	8-9 pm	Jan 7	8	\$91.25	1186560
Ballroom 2	Manotick Arena	Ext. 30235	Sun.	7-8 pm	Sep 16	8	\$91.25	1402592
Ballroom 2	Manotick Arena	Ext. 30235	Sun	7-8 pm	Jan 13	8	\$91.25	1402599
Ballroom 2	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Oct 4	8	\$91.25	1321446
Ballroom 2	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Jan 10	8	\$91.25	1330142
Ballroom 2	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Oct 2	8	\$91.25	1406282
Ballroom 2	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Jan 8	8	\$91.25	1406285
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Sep 20	6	\$118.75	1401972
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Jan 17	6	\$118.75	1402044
Ballroom 2	Richelieu-Vanier	613-560-6030	Tue.	7-8 pm	Sep 25	8	\$91.25	1402709
Ballroom 2	Richelieu-Vanier	613-560-6030	Tue.	7-8 pm	Jan 15	8	\$91.25	1402712
Ballroom 3	Nepean Sportsplex	613-596-5783	Thu	8-9 pm	Oct 4	8	\$91.25	1321453
Ballroom 3	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Jan 10	8	\$91.25	1335443
Ballroom 3	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Oct 2	8	\$91.25	1406258
Ballroom 3	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Jan 8	8	\$91.25	1406265
Ballroom 3	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Sep 25	8	\$91.25	1402717
Ballroom 3	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Jan 15	8	\$91.25	1402722
Ballroom 4	Nepean Sportsplex	613-596-5783	Mon	8-9 pm	Oct 1	8	\$91.25	1321395
Ballroom 4	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Jan 7	8	\$91.25	1321480
Ballroom 4	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Oct 2	8	\$91.25	1406245
Ballroom 4	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Jan 8	8	91.25	1406246
Ballroom 4	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Sep 25	8	\$91.25	1402749
Ballroom 4	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Jan 15	8	\$91.25	1402756
Ballroom 5	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Oct 1	8	\$91.25	1321399

Dancing with Partner

Dancing with a partner is good for your rhythm, your heart and your soul. Learn the footwork to dance the night away. Register with your partner. Fees given are for the individual participant. For extension numbers, call 613-580-2424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Ballroom 5	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Jan 7	8	\$91.25	1321484
Ballroom 5	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Oct 2	8	\$91.25	1406208
Ballroom 5	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Jan 8	8	\$91.25	1406211
Ballroom 5	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Sep 25	8	\$91.25	1402768
Ballroom 5	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Jan 15	8	\$91.25	1402777
Ballroom 6	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Oct 4	8	\$91.25	1321419
Ballroom 6	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Jan 10	8	\$91.25	1321534
Ballroom 6	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Oct 2	8	\$91.25	1406194
Ballroom 6	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Jan 8	8	\$91.25	1406198
Ballroom 6	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Sep 25	8	\$91.25	1402816
Ballroom 6	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Jan 15	8	\$91.25	1402822
Ballroom 7	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Oct 4	8	\$91.25	1321436
Ballroom 7	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Jan 10	8	\$91.25	1321543
Ballroom 7	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Sep 27	8	\$91.25	1402833
Ballroom 7	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Jan 17	8	\$91.25	1402839
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	6-7 pm	Oct 1	8	\$91.25	1321387
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	7-8 pm	Oct 1	8	\$91.25	1321393
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	6-7 pm	Jan 7	8	\$91.25	1321465
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	7-8 pm	Jan 7	8	\$91.25	1321471
Ballroom 8	Queenswood Heights	613-580-4765	Tue.	6-7 pm	Oct 2	8	\$91.25	1405885
Ballroom 8	Queenswood Heights	613-580-4765	Tue.	6-7 pm	Jan 8	8	\$91.25	1405886
Ballroom 8	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Sep 27	8	\$91.25	1402840
Ballroom 8	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Jan 17	8	\$91.25	1402846
Ballroom Social	Richelieu-Vanier	613-560-6030	Tue.	9-10 pm	Sep 25	8	\$91.25	1402850
Ballroom Social	Richelieu-Vanier	613-560-6030	Thu.	7-8 pm	Sep 27	8	\$91.25	1402854
Ballroom Social	Richelieu-Vanier	613-560-6030	Thu.	9-10 pm	Sep 27	8	\$91.25	1402856
Ballroom Social	Richelieu-Vanier	613-560-6030	Tue.	9-10 pm	Jan 15	8	\$91.25	1402851
Ballroom Social	Richelieu-Vanier	613-560-6030	Thu.	7-8 pm	Jan 17	8	\$91.25	1402859
Ballroom Social	Richelieu-Vanier	613-560-6030	Thu.	9-10 pm	Jan 17	8	\$91.25	1402860
Hip Hop 1	François Dupuis	613-580-8080	Wed.	7:45-8:45 pm	Sep 19	13	\$148.25	1400119

Dancing with Partner

Dancing with a partner is good for your rhythm, your heart and your soul. Learn the footwork to dance the night away. Register with your partner. Fees given are for the individual participant. For extension numbers, call 613-580-2424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Hip Hop 1	François Dupuis	613-580-8080	Wed.	7:45-8:45 pm	Jan 16	10	\$114	1403298
Hip Hop 1	Routhier	613-244-4470	Wed.	8-9 pm	Oct 10	11	\$125.25	1405984
Salsa and Merengue 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7:50-8:50 pm	Sep 21	12	\$136.75	1320029
Salsa and Merengue 1	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7:50-8:50 pm	Jan 11	9	\$102.50	1400851
Salsa and Merengue 1	Churchill Seniors	613-798-8927	Tue.	9:45-10:45 am	Sep 11	7	\$79.75	1400292
Salsa and Merengue 1	Churchill Seniors	613-798-8927	Tue.	9:45-10:45 am	Oct 30	7	\$79.75	1400296
Salsa and Merengue 1	Churchill Seniors	613-798-8927	Tue.	9:45-10:45 am	Jan 15	8	\$91.25	1405646
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	6:45-7:45 pm	Sep 18	13	\$148.25	1400061
Salsa and Merengue 1	François Dupuis	613-580-8080	Tue.	6:45-7:45 pm	Jan 15	11	\$125.25	1403363
Salsa and Merengue 1	St-Laurent	613-742-6767	Mon.	8-9 pm	Sep 10	7	\$79.75	1409314
Salsa and Merengue 1	St-Laurent	613-742-6767	Mon.	8-9 pm	Jan 14	10	\$114	1409391
Salsa and Merengue 2	François Dupuis	613-580-8080	Tue.	7:45-8:45 pm	Sep 18	13	\$148.25	1400065
Salsa and Merengue 2	François Dupuis	613-580-8080	Tue.	7:45-8:45 pm	Jan 15	11	\$125.25	1403377
Salsa and Merengue 2	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7:50-8:50 pm	Sep 21	12	\$136.75	1320037
Salsa and Merengue 2	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7:50-8:50 pm	Jan 11	9	\$102.50	1400854

Dancing without a Partner

"There are short-cuts to happiness, and dancing is one of them." – Vicki Baum. Improve your coordination, while dancing to the different beats. Basic to advanced steps and patterns from around the world. For extension numbers, call 613-580-2424, then dial the extension.

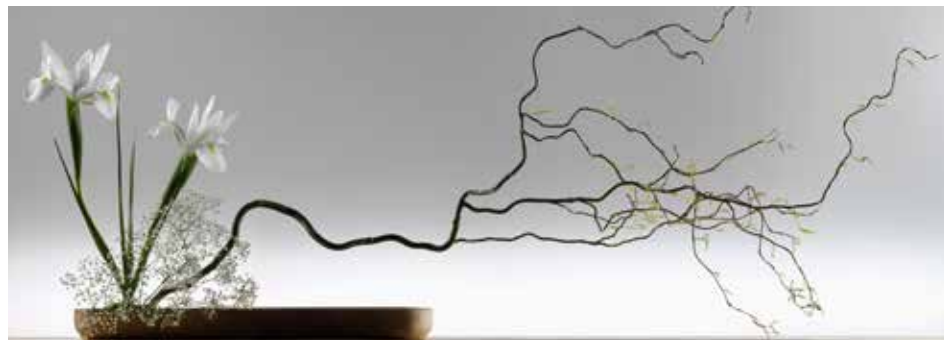
Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Belly 1	Fisher Park	613-798-8945	Wed.	7:15-8:45 pm	Sep 26	10	\$155.75	1179994
Belly 1	Fisher Park	613-798-8945	Wed.	7:15-8:45 pm	Jan 9	9	\$140	1180006
Belly 1	Sandy Hill	613-564-1062	Wed.	6-7 pm	Sep 12	12	\$136.75	1406396
Belly 1	Sandy Hill	613-564-1062	Wed.	6-7 pm	Jan 9	10	\$114	1406879
Belly 2	Sandy Hill	613-564-1062	Wed.	7-8 pm	Sep 12	12	\$136.75	1406406
Belly 2	Sandy Hill	613-564-1062	Wed.	7-8 pm	Jan 9	10	\$114	1406882
Bollywood 1	Hintonburg	613-798-8874	Thu.	6:30-7:30 pm	Oct 18	8	\$91.25	1407011
Bollywood 1	Hintonburg	613-798-8874	Thu.	6:30-7:30 pm	Jan 17	8	\$91.25	1407012
Hip Hop 1	Routhier	613-244-4470	Wed.	8-9 pm	Jan 16	11	\$125.25	1407611
K-pop 1	Routhier	613-244-4470	Tue.	7:30-8:30 pm	Oct 9	10	\$86.25	1406215

Dancing without a Partner

"There are short-cuts to happiness, and dancing is one of them." – Vicki Baum. Improve your coordination, while dancing to the different beats. Basic to advanced steps and patterns from around the world. For extension numbers, call 613-580-2424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
K-pop 1	Routhier	613-244-4470	Tue.	7:30-8:30 pm	Jan 15	10	\$86.25	1407707
K-pop 2	Routhier	613-244-4470	Tue.	8:30-10 pm	Oct 9	10	\$148.25	1406232
K-pop 2	Routhier	613-244-4470	Tue.	8:30-10 pm	Jan 15	10	\$148.25	1407819
Line Dancing 1	St-Laurent	613-742-6767	Wed.	10:15-11:45 am	Sep 12	12	\$146.75	1409308
Line Dancing 1	St-Laurent	613-742-6767	Wed.	7:15-8:45 pm	Sep 12	12	\$146.75	1409309
Line Dancing 1	St-Laurent	613-742-6767	Wed.	10:15-11:45 am	Jan 9	11	\$134.50	1409386
Line Dancing 1	St-Laurent	613-742-6767	Wed.	7:15-8:45 pm	Jan 9	11	\$134.50	1409387
Line Dancing 1	Walter Baker	613-580-2788	Wed.	6-7 pm	Sep 26	5	\$57	1401453
Line Dancing 1	Walter Baker	613-580-2788	Wed.	6-7 pm	Nov 7	5	\$57	1401457
Line Dancing 1	Walter Baker	613-580-2788	Wed.	6-7 pm	Jan 23	7	\$79.75	1401506
Line Dancing 2	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Sep 11	12	\$146.75	1409311
Line Dancing 2	St-Laurent	613-742-6767	Wed.	1:15-2:45 pm	Sep 12	12	\$146.75	1409310
Line Dancing 2	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Jan 8	11	\$134.50	1409389
Line Dancing 2	St-Laurent	613-742-6767	Wed.	1:15-2:45 pm	Jan 9	11	\$134.50	1409388
Line Dancing 3	St-Laurent	613-742-6767	Thu.	7:15-8:45 pm	Sep 13	12	\$146.75	1409313
Line Dancing 3	St-Laurent	613-742-6767	Thu.	7:15-8:45 pm	Jan 10	11	\$134.50	1409390
Margaret Morris 1	Dempsey	613-247-4846	Mon.	7-8 pm	Sep24	10	\$114	1182203
Margaret Morris 1	Dempsey	613-247-4846	Mon.	7-8 pm	Jan 7	10	\$114	1321285
Margaret Morris 2	Dempsey	613-247-4846	Mon.	7-9 pm	Sep 24	10	\$174.25	1182222
Margaret Morris 2	Dempsey	613-247-4846	Mon.	7-9 pm	Jan 7	10	\$174.25	1321306

Design



Ikebana – Sogetsu – All Levels

The course covers necessary basics for Beginners, Intermediate and Advanced to acquire skills through the creative art form of flower arrangements. Deepen your understanding of plant materials to achieve self-expression through flowers.

Rockcliffe Park – 613-842-8578

Thu.	1-3 pm	
Sep 13-Nov 8	\$191.50	1400185
Jan 10-Feb 28	\$191.50	1400259
Sat.	10:30 am-12:30 pm	
Sep 15-Nov 10	\$191.50	1400213
Jan 12-Mar 2	\$191.50	1400276

Ikebana – Sogetsu – Teachers

Improve knowledge, creativity and teaching skills with the Riji diploma Ikebana curriculum. Pre-requisite: Ikebana Sogetsu Teacher's Diploma Fourth Grade.

Rockcliffe Park – 613-842-8578

Thu.	1-3 pm	
Sep 13-Nov 8	\$244	1400294
Jan 10-Feb 28	\$244	1400317
Sat.	10:30 am-12:30 pm	
Sep 15-Nov 10	\$244	1400302
Jan 12-Mar 2	\$244	1400323

Drawing and Painting

Abstract Mixed Media – Guided Studio

Work spontaneously and intuitively on your own pieces with guidance. Use design principles, inks, pencils, pastels, acrylic paint and mediums. Experiment with: collage, pollyfilla, gesso float and pouring. Create effects with various tools. Color mixing reviewed.

Churchill Seniors – 613-798-8927

Tue.	6-8 pm	
Sep 11-Oct 23	\$159.50	1400351
Oct 30-Dec 11	\$159.50	1400352
Jan 15-Mar 5	\$182.25	1406279

Acrylic Landscape Painting

Landscape painting is a rewarding art to master. Embrace how acrylic paint hugs the canvas while you design and create your unique pieces. The focus is on perspective, depth, colour, value and design in this all skill level class. Creative direction given by professional fine artist.

Bob MacQuarrie-Orléans – 613-580-9600

Mon.	6-7:30 pm	
Oct 15-Nov 5	\$68.50	1403618
Mon.	6-8 pm	
Feb 25-Mar 4	\$45.75	1403646

Greenboro – 613-580-2805

Thu.	12:30-3 pm	
Oct 11-Nov 29	\$179.50	1407363
Jan 17-Mar 7	\$179.50	1407369

Sandy Hill – 613-564-1062

Thu.	9:30 am-noon	
Sep 27-Nov 1	\$171	1406736
Jan 24-Feb 28	\$171	1406944

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.

Manotick Arena – 613-580-2424 ext. 30235

Wed.	7-8 pm	
Oct 17-Dec 5	\$91.25	1179255
Jan 16-Mar 6	\$91.25	1179258

Plant – 613-232-3000

Mon.	7-8:30 pm	
Sep 17-Dec 10	\$205	1401673
Jan 7-Apr 8	\$222.25	1408098

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.

Plant – 613-232-3000

Mon.	10-11:30 am	
Sep 17-Dec 10	\$205	1401409
Jan 7-Apr 8	\$222.25	1407963

Ron Kolbus Lakeside – 613-828-4313

Wed.	1-3:30 pm	
Sep 19-Nov 28	\$284.75	1402215
Jan 16-Mar 6	\$227.75	1402233

St-Laurent – 613-742-6767

Mon.	7-8:30 pm	
Oct 15-Dec 10	\$153.75	1409344
Jan 28-Mar 25	\$136.75	1409411

Drawing – Level 2

Do you understand the fundamentals of drawing? Go further with the addition of colour using pastels, coloured pencils, conté, ink, coloured papers and sand papers. Colour sketching is a wonderful addition to painting.

Ron Kolbus Lakeside – 613-828-4313

Wed.	1-3:30 pm	
Sep 19-Nov 28	\$284.75	1402274
Jan 16-Mar 6	\$227.75	1402298

Drawing and Painting

Develop drawing skills as a basis for painting and design. Unleash the creative possibilities with colour. Investigate the strengths of classical and contemporary visual artists.

Churchill Seniors – 613-798-8927

Wed.	6-8 pm	
Sep 12-Oct 24	\$159.50	1403714
Oct 31-Dec 12	\$159.50	1403716
Jan 16-Mar 6	\$182.25	1406306

Oil/Acrylic Painting – Levels 1/2-1

Individual instruction will be given to enhance and develop your skills. Perspective, colour mixing and painting techniques will be explored using the subject matter of your choice.

Overbrook – 613-742-5147

Thu.	1-3:30 pm	
Sep 27-Nov 29	\$174.75	1320596
Jan 10-Mar 7	\$157.25	1320607

Oil and Acrylics – Level 1

Pick up a brush and give it a try! This introductory class explores painting in both oils and acrylics. Paint mixing, colour, value, form and techniques will be covered through the instructor's step-by-step demonstrations.

St-Laurent Complex – 613-742-6767

Thu.	7-8:30 pm	
Oct 11-Dec 6	\$153.75	1409345
Jan 31-Mar 21	\$136.75	1409412

Oil and Acrylics – Level 2

Choose your own adventure in advanced oils and acrylics. Explore complex techniques including working with perspective, colour mixing and brushstrokes. Try your personalized style using your own subject matter.

Eva James – 613-271-0712

Wed.	1:30-3:30 pm	
Sep 19-Dec 19	\$296.50	1402058
Jan 9-Mar 6	\$190.50	1402006

Oil and Acrylics Studio

No instruction. Bring your own subject matter or still life to paint. Please use only odourless solvents.

Ron Kolbus Lakeside – 613-828-4313

Tue.	9 am-12:30 pm	
Sep 4-Dec 4	\$109.75	1402367
Jan 8-Mar 5	\$70.50	1402384
Wed.	9 am-12:30 pm	
Sep 5-Dec 5	\$109.75	1402375
Jan 9-Mar 6	\$70.50	1402388

Watercolours – Level 1

Watercolour is a soft and beautiful form of expression. Through exercise and demonstrations, learn to create a colour wheel and apply washes to paper while exploring realism, abstraction and non-representation.

St-Laurent Complex – 613-742-6767

Wed.	7-8:30 pm	
Oct 10-Dec 5	\$153.75	1409348
Jan 30-Mar 20	\$136.75	1409413



Music Lessons

Discover the joy of music with the instrument of your choice. Learn basic theories, reading music and timing. Material fee with some classes. For extension numbers call 613-5802424, then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start Date	Classes	Cost	Barcode
Guitar 1	St-Laurent	613-742-6767	Thu.	9-10 pm	Sep 13	14	\$279	1409315
Guitar 1	John G. Mlacak	613-580-2980	Wed.	5:50-6:50 pm	Sep 19	13	\$121.25	1182727
Guitar 1	Plant	613-232-3000	Wed.	8-9 pm	Sep 19	13	\$259.25	1404316
Guitar 1	John G. Mlacak	613-580-2980	Wed.	5:50-6:50 pm	Jan 9	9	\$84	1187054
Guitar 1	Plant	613-232-3000	Wed.	8-9 pm	Jan 9	14	\$279	1408487
Guitar 1	St-Laurent	613-742-6767	Thu.	9-10 pm	Jan 10	11	\$219.25	1409392
Guitar 2	John G. Mlacak	613-580-2980	Wed.	6:55-7:55 pm	Sep 19	13	\$121.25	1182741
Guitar 2	John G. Mlacak	613-580-2980	Wed.	6:55-7:55 pm	Jan 9	9	\$84	1187117
Guitar 3	John G. Mlacak	613-580-2980	Wed.	8-9 pm	Sep 19	13	\$121.25	1182850
Guitar 3	John G. Mlacak	613-580-2980	Wed.	8-9 pm	Jan 9	9	\$84	1187123
Guitar Maintenance	John G. Mlacak	613-580-2980	Sat.	8 am-2 pm	Dec 8	1	\$57	1410190
Guitar Maintenance	John G. Mlacak	613-580-2980	Sat.	8 am-2 pm	Feb 9	1	\$57	1410191
Keyboard 1	St-Laurent	613-742-6767	Sat.	5-6 pm	Sep 15	14	\$372	1409321
Keyboard 1	Plant	613-232-3000	Mon	8-9 pm	Sep 17	12	\$246.25	1401518
Keyboard 1	Heron	613-247-4808	Sat.	4:30-5 pm	Sep 22	8	\$106.50	1321180
Keyboard 1	Plant	613-232-3000	Sun.	11 am-Noon	Sep 23	12	\$246.25	1406799
Keyboard 1	Plant	613-232-3000	Mon.	8-9 pm	Jan 7	13	\$266.75	1408036
Keyboard 1	Heron	613-247-4808	Sat.	4:30-5 pm	Jan 12	10	\$133	1402417
Keyboard 1	St-Laurent	613-742-6767	Sat.	5-6 pm	Jan 12	11	\$292.25	1409398
Keyboard 1	Plant	613-232-3000	Sun.	11 am-Noon	Jan 13	14	\$287.25	1408862
Ukulele	Churchill Seniors	613-798-8927	Wed.	6:30-7:30 pm	Sep 12	7	\$139.50	1403723
Ukulele	Plant	613-232-3000	Sat.	9:30-10:30 am	Sep 22	12	\$239.25	1404477
Ukulele	Hintonburg	613-798-8874	Thu.	7-8 pm	Oct 18	6	\$119.75	1407029
Ukulele	Churchill Seniors	613-798-8927	Wed.	6:30-7:30 pm	Oct 31	7	\$139.50	1403724
Ukulele	Plant	613-232-3000	Sat.	9:30-10:30 am	Jan 12	14	\$279	1408704
Ukulele	Churchill Seniors	613-798-8927	Wed.	6:30-7:30 pm	Jan 16	8	\$159.50	1406444
Ukulele	Hintonburg	613-798-8874	Thu.	7-8 pm	Jan 17	6	\$119.75	1407049
Vocal	Plant	613-232-3000	Sat.	4-5 pm	Sep 22	12	\$239.25	1404575
Vocal	Plant	613-232-3000	Sat.	4-5 pm	Jan 12	14	\$279	1408740

Photography

Digital Photography – Level 1

Get comfortable behind the lens learning photography basics: camera settings, exposure, flash, resolution and different lighting situations. Bring your camera and instruction manual. Outdoor sessions depending on the weather.

Hintonburg – 613-798-8874

Tue.	6-8 pm	
Oct 2-9	\$45.75	1407026
Feb 5-12	\$45.75	1407028

Ron Kolbus Lakeside – 613-828-4313

Thu.	7:15-8:45 pm	
Jan 17-Mar 7	\$119.75	1402340

Composition

Learn about basic visual composition principals as they apply to photography. A new principle introduced each week will improve your photographic skills.

Ron Kolbus Lakeside – 613-828-4313

Thu.	7:15-8:45 pm	
Sep 20-Oct 25	\$102.50	1402309

Pottery

Clay Modelling

Express yourself by creating three-dimensional forms. All levels welcome. Cost includes firing.

Dempsey – 613-247-4846

Thu.	9:30 am-12:30 pm	
Sep 27-Nov 29	\$184	1182239
Jan 10-Mar 14	\$184	1321405

Handbuilding Combo

Learn Wheel 1 throwing techniques and explore a variety of handbuilding methods like the slab roller and coils, to make functional forms. Surface decoration and glazing techniques will be covered.

McNabb – 613-564-1070

Thu.	7-9:30 pm	
Sep 27-Dec 6	\$313.25	1409500
Jan 10-Mar 7	\$256.25	1409553

Wheel – Level 1

Create basic vessel forms such as cylinders and bowls. Glazing, decorative techniques and application of handles will be introduced.

McNabb – 613-564-1070

Mon.	7-9:30 pm	
Sep 24-Dec 3	\$284.75	1409498
Jan 7-Mar 4	\$227.75	1409550

Wheel – Level 2

Create pieces such as cylinders, plates and bowls. More advanced techniques: forming lids, surface decoration (carving and painting) with underglaze techniques, will be introduced.

McNabb – 613-564-1070

Tue.	7-9:30 pm	
Sep 25-Dec 4	\$313.25	1409499
Jan 8-Mar 5	\$256.25	1409551

General Interest

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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.

Plant – 613-232-3000

16+ years	Sun.	10:30 am-12:30 pm
Jan 13-Apr 14	\$264	1408783
Sep 23-Dec 28	\$226.25	1406726

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.

Plant – 613-232-3000

16+ years	Sun.	1-3 pm
Sep 23-Dec 16	\$226.25	1406745
Jan 13-Apr 14	\$264	1408791

Computers – Level 1

Browse the internet, search, prepare basic documents, save and organize things so they can be found again. Try e-mail, internet communication, digital photos and music. For PC's and Mac. Computers available.

Heron – 613-247-4808

Tue.	7-8 pm	
Oct 9-Nov 27	\$96.50	1321109
Jan 15-Mar 5	\$96.50	1401322

Kayak Experience

Basic kayaking skills include entering and exiting the boat, basic paddling, high and low braces, sculling and kayak-over-kayak rescue. Get ready now for summer paddling.

Plant – 613-232-3000

Sun.	11 am-noon	
Mar 3-Apr 14	\$76.25	1185433

Learn to Camp – Cooking and Campsite Safety

Learn different ways to cook and to keep your family safe at the campsite. Explore menu planning, safe food-packing, recipes, hygiene, plants and bugs, preventing animal visits, weather and water safety.

Manotick Arena – 613-580-2424 ext. 30235

Thu.	7-9 pm	
Feb 28	\$15	1408652

Learn to Camp – Gear & Campsite Boredom Buster

Learn to pitch a tent, about different types of bedding and other essential gear when camping or hiking. Learn some new activities, games & crafts and how to keep children safe and entertained.

Metcalfe – 613-580-2424 ext. 30235

Tue.	7-9 pm	
Feb 12	\$15	1408672

Learn to Camp – Introduction to Camping

Learn camping basics with gear tricks and tips, menu ideas, games and entertainment. Take the stress out of camping and enjoy the great outdoors.

Manotick Arena – 613-580-2424 ext. 30235

Tue.	7-9 pm	
Feb 19	\$15	1408902

Metcalfe – 613-580-2424 ext. 30235

Tue.	7-9 pm	
Feb 5	\$15	1408901

Writing – Intro to Bullet Journaling

Simplify your life, manage your time, reduce stress, set goals, plan for success and do it in a colourful and creative way. Create personalized productivity tools while enjoying the relaxation of doodling and colouring.

Lansdowne Park – 613-580-2424 ext. 17323

Mon.	11:15 am-1 pm	
Jan 21-28	\$30.25	1408460
Feb 25-Mar 4	\$30.25	1408465
Mon.	11:30 am-12:30 pm	
Oct 1-22	\$34.50	1407756
Nov 5-Dec 3	\$43.25	1407841
Thu.	7-8:30 pm	
Oct 4-Nov 1	\$64.75	1408011
Sat.	9-10:30 am	
Oct 6-13	\$26	1408033

Rockcliffe Park – 613-842-8578

Sun.	1-4 pm	
Oct 28-Nov 4	\$51.75	1400479
Feb 3-10	\$51.75	1400499

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.

Greenboro – 613-580-2805

Sat. 12:30-2 pm
Oct 13-Dec 1 \$93 [1403041](#)

John G. Mlacak – 613-580-2980

Wed. 10 am-noon
Sep 19-Nov 28 \$172.25 [1180691](#)
Jan 9-Mar 6 \$155 [1185404](#)

Thu. 10 am-noon
Sep 20-Nov 29 \$172.25 [1180694](#)
Jan 10-Mar 7 \$155 [1185411](#)

Thu. 6:30-8:30 pm
Sep 27-Nov 29 \$172.25 [1180843](#)
Jan 10-Mar 7 \$155 [1410185](#)

Fri. 10 am-noon
Sep 21-Nov 30 \$172.25 [1180698](#)
Jan 11-Mar 8 \$155 [1185412](#)

Rockcliffe Park – 613-842-8578

Mon. 1-2:30 pm
Sep 17-Nov 19 \$106.50 [1400513](#)
Jan 7-Mar 4 \$106.50 [1400521](#)

Pumpkin Derby

Design a pumpkin race car, build it, and let your imagination run wild to create an eye-catching racer. Compete for prizes and bragging rights at the Annual Lansdowne Park Pumpkin Derby!

Lansdowne Park – 613-580-2424 ext. 17323

Sun. 9:30 am-2 pm
Oct 28 \$8.25 [1408080](#)

Sewing

Level 1

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

Overbrook – 613-742-5147

Mon. 9:30-11:30 am
Sep 17-Nov 26 \$148.25 [1187874](#)

Routhier – 613-244-4470

18+ years Sat. 10 am-noon
Sep 15-29 \$52.75 [1405995](#)
Jan 12-26 \$52.75 [1407612](#)

Splash Wave Pool – 613-748-4222

Thu. 9:30-11:30 am
Sep 13-Nov.29 \$210.50 [1401140](#)
Thu. 12:15-2:15 pm
Sep 13-Nov. 29 \$210.50 [1401141](#)

Level 2

Learn to alter your clothes, install a zipper and general repairs. Hand and sewing machine work. Basic store bought patterns will be covered.

Routhier – 613-244-4470

18 years+ Sat. 10 am-noon
Oct 13-27 \$52.75 [1406011](#)
Sat. 10 am-noon
Feb 9-23 \$52.75 [1407617](#)

Level 3

Projects including seam finishing, fitting skills and more. Skirt, top or bag pattern chosen at first class. You supply the fabric for finished project. You will need a sewing machine for homework.

Routhier – 613-244-4470

18+ years Sat. 10 am-noon
Mar 9-23 \$52.75 [1407625](#)
Sat. 10 am-noon
Nov 17-Dec 1 \$52.75 [1406023](#)

Cooking

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Asian

Demonstrations of different foods using exotic Asian spices and herbs to add flavour and zest.

Alexander – 613-798-8978

Thu. 7-9 pm
Nov 22 \$23 [1321434](#)
Feb 28 \$23 [1403705](#)

A Taste of Greece

Make delicious Greek dishes in a fun, relaxed atmosphere. Sit with your classmates to enjoy the meal you've prepared.

Shenkman – 613-580-2787

Mon. 6:30-9:30 pm
Feb 25 \$51.50 [1398706](#)

A Taste of the Mediterranean

Make delicious Mediterranean dishes in a fun, relaxed atmosphere. Sit with your classmates to enjoy the meal you've prepared.

Shenkman – 613-580-2787

Mon. 6:30-9:30 pm
Jan 28 \$51.50 [1398705](#)

A Taste of Spain

Make Tapas – small plates packed with big flavours! Sit with your classmates to enjoy the meal you've prepared.

Shenkman – 613-580-2787

Mon. 6:30-9:30 pm
Oct 1 \$51.50 [1179292](#)

A Taste of Tuscany

Make delicious Tuscan dishes in a fun, relaxed atmosphere. Sit with your classmates to enjoy the meal you've prepared.

Shenkman – 613-580-2787

Mon. 6:30-9:30 pm
Nov 26 \$51.50 [1179293](#)

Healthy Cooking

Functional recipes, friendly experiences and fresh food! Includes meal plans for those with limited budgets, space or time. Taught by knowledgeable staff, using fresh, local and tasty ingredients to keep costs low and taste buds dancing.

Albion Heatherington – 613-247-4828

Tue. 6-9 pm
Sep 18 \$34.25 [1402317](#)
Oct 23 \$34.25 [1402331](#)
Nov 20 \$34.25 [1402337](#)
Dec 18 \$34.25 [1402339](#)
Jan 22 \$34.25 [1402872](#)
Feb 19 \$34.25 [1402875](#)
Mar 19 \$34.25 [1402877](#)

Heron – 613-247-4808

Mon. 6:30-8 pm
Oct 15-Nov 5 \$68.50 [1187997](#)
Nov 12-Dec 3 \$68.50 [1188003](#)
Jan 21-Feb 11 \$68.50 [1401292](#)
Feb 25-Mar 18 \$68.50 [1401298](#)

Middle Eastern

Demonstrations of different foods using exotic middle eastern spices and herbs to add flavour and zest.

Alexander – 613-798-8978

Thu. 7-9 pm
Oct 25 \$23 [1321429](#)
Mar 28 \$23 [1403720](#)

Wine Tasting

Discover the pleasures of wine tasting. Sample and discuss vintages from the major wine regions of the world. Participants must be legal drinking age to register.

Plant – 613-232-3000

Fri. 7-9 pm
Nov 16 \$52.25 [1404419](#)
Feb 8 \$52.25 [1406930](#)

First Aid

Red Cross Standard First Aid/ CPR Level C/AED

Includes one and two rescuer adult, child and infant CPR and Automated External Defibrillator training. Meets the requirements of First Aid Attendant under WSIB legislation. Successful participants receive Standard First Aid Certificate, CPR level 'C' and AED Certificate.

Manotick Arena – 613-580-2424 ext. 30235

Sat.-Sun. 8:30 am-4:30 pm
Sep 29-30 \$138.50 [1401452](#)
Mar 2-3 \$138.50 [1401487](#)

Red Cross Standard First Aid/ CPR Level C/AED – Blended Learning

This course will meet the requirements of First Aid attendant under WSIB legislation. Blended learning is a combination of in-class, face-to-face instruction with online instruction. A self-paced, online session is completed first, followed by an in-class skills session. Successful participants receive Standard First Aid, CPR level 'C' and AED certificate.

**Manotick Arena –
613-580-2424 ext. 30235**

Sat. 8:30 am-4:30 pm
Feb 23 \$138.50 [1406022](#)

Red Cross Standard First Aid/ CPR Level C/AED Recertification

Prerequisite: Red Cross Standard First Aid certificate within 36 months of the certification date. A clinic to recertify Red Cross Standard First Aid, CPR C and AED. Previous certification must be from a full course and not a recertification clinic. Please bring certification card. 100% attendance is required.

**Manotick Arena –
613-580-2424 ext. 30235**

Sat. 8:30 am-4:30 pm
Nov 10 \$90.50 [1406039](#)



Languages

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Languages

Learn the basics for travel or business. Build vocabulary and grammar for your conversations in another language. For extension numbers, call 613-580-2424 then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
French 1	Eva James	613-271-0712	Thu.	6-7:30 pm	Sep 20	14	\$213	1402254
French 1	Eva James	613-271-0712	Thu.	6-7:30 pm	Jan 10	9	\$137	1402180
French 1	Heron	613-247-4808	Wed.	6:30-8 pm	Sep 26	8	\$136.75	1188040
French 1	Heron	613-247-4808	Wed.	6:30-8 pm	Jan 16	8	\$136.75	1401308
French 1	Ray Friel	613-580-4765	Mon.	6-7 pm	Sep 10	14	\$159.50	1406783
French 1	Ray Friel	613-580-4765	Mon.	6-7 pm	Jan 7	10	\$114	1186977
French 1	St-Laurent	613-742-6767	Tue.	5:30-7 pm	Sep 18	14	\$239.25	1409292
French 1	St-Laurent	613-742-6767	Tue.	5:30-7 pm	Jan 8	9	\$153.75	1409377
French 1	Tanglewood	Ext. 41238	Wed.	6-7:30 pm	Sep 19	12	\$205	1407005
French 1	Tanglewood	Ext. 41238	Wed.	7:45-9:15 pm	Jan 9	9	\$153.75	1407006
French 2	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Sep 18	14	\$239.25	1409293
French 2	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Jan 8	9	\$153.75	1409378
French 2	Tanglewood	Ext. 41238	Wed.	7:45-9:15 pm	Sep 19	12	\$205	1407022
French 2	Tanglewood	Ext. 41238	Wed.	6-7:30 pm	Jan 9	9	\$153.75	1407024

Languages

Learn the basics for travel or business. Build vocabulary and grammar for your conversations in another language. For extension numbers, call 613-580-2424 then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Spanish 1	Bob MacQuarrie-Orléans	613-580-9600	Mon.	5:30-7 pm	Sep 24	12	\$205	1184528
Spanish 1	Bob MacQuarrie-Orléans	613-580-9600	Mon.	5:30-7 pm	Jan 14	7	\$119.75	1400826
Spanish 1	François Dupuis	613-580-8080	Thu.	9:30-11 am	Sep 20	10	\$171	1400126
Spanish 1	François Dupuis	613-580-8080	Sat.	9:30-11 am	Sep 22	10	\$171	1401963
Spanish 1	François Dupuis	613-580-8080	Sat.	9:30-11 am	Jan 12	10	\$171	1404459
Spanish 1	François Dupuis	613-580-8080	Thu.	9:30-11 am	Jan 17	10	\$171	1403987
Spanish 1	Hunt Club-Riverside Park	613-260-1299	Wed.	6:30-7:30 pm	Sep 12	14	\$159.50	1402022
Spanish 1	Hunt Club-Riverside Park	613-260-1299	Wed.	6:30-7:30 pm	Jan 9	14	\$159.50	1402127
Spanish 1	John G.Mlacak	613-580-2980	Wed.	7-9 pm	Sep 26	10	\$145.50	1180825
Spanish 1	John G.Mlacak	613-580-2980	Wed.	7-9 pm	Jan 9	9	\$131	1186613
Spanish 1	Plant	613-232-3000	Tue.	7-9 pm	Sep 18	10	\$182.25	1401871
Spanish 1	Plant	613-232-3000	Tue.	7-9 pm	Jan 8	12	\$218.50	1408305
Spanish 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	5:30-7 pm	Sep 27	12	\$205	1184529
Spanish 2	Bob MacQuarrie-Orléans	613-580-9600	Thu.	5:30-7 pm	Jan 17	8	\$136.75	1400828
Spanish 2	François Dupuis	613-580-8080	Thu.	11 am-12:30 pm	Sep 20	10	\$171	1400134
Spanish 2	François Dupuis	613-580-8080	Thu.	11 am-12:30 pm	Jan 17	10	\$171	1404361
Spanish 2	Hunt Club-Riverside Park	613-260-1299	Wed.	7:30-8:30 pm	Sep 12	14	\$159.50	1402090
Spanish 2	Hunt Club-Riverside Park	613-260-1299	Wed.	7:30-8:30 pm	Jan 9	14	\$159.50	1402112
Spanish 2	John G.Mlacak	613-580-2980	Tue.	7-9 pm	Sep 25	12	\$174.75	1180819
Spanish 2	John G.Mlacak	613-580-2980	Tue.	7-9 pm	Jan 8	9	\$131	1186603
Spanish 2	Plant	613-232-3000	Thu.	7-9 pm	Sep 20	10	\$188.50	1404366
Spanish 2	Plant	613-232-3000	Thu.	7-9 pm	Jan 10	11	\$207.25	1408568
Spanish 3	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8:30 pm	Sep 27	12	\$205	1184530
Spanish 3	Bob MacQuarrie-Orléans	613-580-9600	Thu.	7-8:30 pm	Jan 17	8	\$136.75	1400830
Spanish 3	Hunt Club-Riverside Park	613-260-1299	Thu.	6:30-8 pm	Sep 13	14	\$239.25	1402157
Spanish 3	Hunt Club-Riverside Park	613-260-1299	Thu.	6:30-8 pm	Jan 10	14	\$239.25	1402162
Spanish 3	John G.Mlacak	613-580-2980	Mon.	7-9 pm	Sep 24	11	\$250.50	1180808
Spanish 3	John G.Mlacak	613-580-2980	Mon.	6:30-9 pm	Jan 7	8	\$227.75	1186572
Spanish 3	Plant	613-232-3000	Mon.	7-9 pm	Sep 17	10	\$227.75	1401691
Spanish 3	Plant	613-232-3000	Mon.	6:45-9:15 pm	Jan 7	9	\$256.25	1408118

Pets

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

Sun. 1-2 pm [1407060](#)
 Oct 21-Nov 25 \$123

Sun. 2-3 pm [1407062](#)
 Feb 3-Mar 10 \$123

Lansdowne Park – 613-580-2424 ext. 17323

Thu. 6:15-7:15 pm [1408158](#)
 Sep 27-Oct 25 \$82

Level 1

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

Ron Kolbus Lakeside – 613-828-4313

Wed. 7-8 pm [1401835](#)
 Oct 3-Dec 5 \$110.50

Jan 16-Mar 6 \$98.25 [1401847](#)

Level 2

Dogs and handlers learn new skills to pass the Canadian Canine Good Citizen test. Proof of current vaccination required. *Pre-requisite:*

Dog Obedience Level 1.

Ron Kolbus Lakeside – 613-828-4313

Wed. 7-8 pm [1401869](#)
 Oct 3-Dec 5 \$110.50

Jan 16-Mar 6 \$98.25 [1401895](#)

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.

Hintonburg – 613-798-8874

Sun. 2-3 pm [1407057](#)
 Oct 21-Nov 25 \$123

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

Sun. 1-2 pm [1407058](#)
 Feb 3-Mar 10 \$123

Lansdowne Park – 613-580-2424 ext. 17323

Thu. 7:30-8:30 pm [1408172](#)
 Sep 27-Oct 25 \$82

Pet Massage

Pet massage is based on circular movements done over your pet's body and can successfully address both health and behavioural issues. It can speed up the healing of injuries, change undesirable habits and assist with barking, carsickness and fear of loud noise.

Hintonburg – 613-798-8874

Sun. 9:30 am-1:30 pm [1407052](#)
 Oct 14 \$45.75 [1407053](#)

Jan 27 \$45.75 [1407053](#)



Wellness

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Infant Massage

With a certified infant massage instructor, learn how to massage your baby with circular movements to help improve their sleep, bonding, development and more. Program is intended for infants under 9 months. 1 registration per family.

Rideauview – 613-822-7887

16+ years Thu. 9:30-10:30 am [1409057](#)
 Oct 4-25 \$45.75

Feb 7-28 \$45.75 [1409063](#)

Meditation

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

John G. Mlacak – 613-580-2980

18+ years Wed. 6:30-8:30 pm [1410188](#)
 Oct 24 \$23

Feb 20 \$23 [1410189](#)

Rideauview – 613-822-7887

Wed. 12:30-1:15 pm [1398526](#)
 Sep 26-Dec 5 \$94

Jan 16-Mar 27 \$85.50 [1404970](#)

Nutrition Basics Workshop

Good nutrition is essential to good health. Diet affects your energy throughout the day. Learn practical strategies to bring together a healthy eating plan to fuel your body and boost your energy, leaving you feeling good inside and out.

South Fallingbrook – 613-824-0633

Tue. 7-8 pm [1183990](#)
 Sep 18-Oct 23 \$68.50

Jan 15-Feb 19 \$68.50 [1184057](#)



Self Defence

Combine practical, easily-learned physical defence skills with training in awareness, communication and de-escalation. Learn escapes from holds, countering techniques and ground defence. Develop confidence and learn about your own inherent strength in a safe and fun environment.

Hintonburg – 613-798-8874

Sun. 10 am-noon [1407019](#)
 Nov 4 \$40

Feb 24 \$40 [1407021](#)

Self Defence For Women

Designed for women; learn to defend yourself in life threatening situations. Feel stronger both mentally and physically.

Greenboro – 613-580-2805

Sat. 1-4 pm [1408955](#)
 Oct 20 \$60

Feb 23 \$60 [1408957](#)

The Healthy Heart

Learn how to keep your heart healthy and strong for years to come. Topics will include heart healthy recipes, exercise and much more!

Fallingbrook – 613-824-0633

Tue. 7-8 pm [1398055](#)
 Oct 30-Dec 4 \$68.50

Martial Arts

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Martial Arts

Improve your physical fitness while learning self defence. Learn discipline, self-respect and build your confidence. For extension numbers, call 613-580-2424 then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Sep 17	25	\$292.75	1320052
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Jan 7	17	\$199.25	1401264
Jiu-Jitsu	Sandy Hill	613-564-1062	Tue.	7:30-8:30 pm	Sep 11	14	\$140.50	1406350
Jiu-Jitsu	Queen Elizabeth School	613-742-6767	Fri.	8:30-9:25 pm	Sep 21	14	\$146.25	1398483
Jiu-Jitsu	Sandy Hill	613-564-1062	Tue.	7:30-8:30 pm	Jan 8	9	\$90.25	1406875
Jiu-Jitsu	Queen Elizabeth School	613-742-6767	Fri.	8:30-9:25 pm	Jan 11	11	\$115	1398521
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Tue.	6:30-7:25 pm	Sep 18	14	\$146.25	1398488
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Fri.	7:30-8:25 pm	Sep 21	14	\$146.25	1398489
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Tue.	6:30-7:25 pm	Jan 8	11	\$115	1398554
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Fri.	7:30-8:25 pm	Jan 11	11	\$115	1398555
Jiu-Jitsu 3	Queen Elizabeth School	613-742-6767	Tue.	7:30-8:25 pm	Sep 18	14	\$146.25	1398493
Jiu-Jitsu 3	Queen Elizabeth School	613-742-6767	Tue.	7:30-8:25 pm	Jan 8	11	\$115	1398559
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Sep 12	8	\$65.75	1400151
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Nov 7	8	\$65.75	1400393
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Jan 16	8	\$65.75	1400396
Judo	Munster School	Ext. 20705	Thu., Sat.	8-10 pm	Sep 20	65	\$130.75	1321514
Karate	Queenswood Heights	613-580-4765	Mon., Wed.	7:30-8:30 pm	Sep 10	28	\$240.25	1405599
Karate	Queenswood Heights	613-580-4765	Mon., Wed.	7:30-8:30 pm	Jan 14	32	\$274.50	1405603
Karate Goju Ryu	St-Laurent	613-742-6767	Tue.	6-6:55 pm	Sep 4	16	\$167	1398511
Karate Goju Ryu	St-Laurent	613-742-6767	Tue.	6-6:55 pm	Jan 8	11	\$115	1398576
Karate Goju Ryu	Queen Elizabeth School	613-742-6767	Thu.	6-6:55 pm	Sep 20	14	\$146.25	1398512
Karate Goju Ryu	Queen Elizabeth School	613-742-6767	Thu.	6-6:55 pm	Jan 10	11	\$115	1398578
Karate Goju Ryu 2	St-Laurent	613-742-6767	Tue.	7-7:55 pm	Sep 4	16	\$167	1398513
Karate Goju Ryu 2	St-Laurent	613-742-6767	Tue.	7-7:55 pm	Jan 8	11	\$115	1398580
Karate Goju Ryu 2	Queen Elizabeth School	613-742-6767	Thu.	7-7:55 pm	Sep 20	14	\$146.25	1398515

Martial Arts

Improve your physical fitness while learning self defence. Learn discipline, self-respect and build your confidence. For extension numbers, call 613-580-2424 then dial the extension.

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Karate Goju Ryu 2	Queen Elizabeth School	613-742-6767	Thu.	7-7:55 pm	Jan 10	11	\$115	1398582
Karate Goju Ryu 3	St-Laurent	613-742-6767	Tue.	8-8:55 pm	Sep 4	16	\$167	1398516
Karate Goju Ryu 3	St-Laurent	613-742-6767	Tue.	8-8:55 pm	Jan 8	11	\$115	1398585
Karate Goju Ryu 3	Queen Elizabeth School	613-742-6767	Thu.	8-8:55 pm	Sep 20	14	\$146.25	1398517
Karate Goju Ryu 3	Queen Elizabeth School	613-742-6767	Thu.	8-8:55 pm	Jan 10	11	\$115	1398587
Kendo	Plant	613-232-3000	Sun.	3:30-5:30 pm	Jan 13	14	\$221.25	1408896
Medieval Swordsmanship	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Sep 19	12	\$176	1402666
Medieval Swordsmanship	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Jan 9	9	\$132	1402676
Medieval Swordsmanship 2	Richelieu-Vanier	613-560-6030	Mon.	7-8:30 pm	Sep 17	12	\$176	1402688
Medieval Swordsmanship 2	Richelieu-Vanier	613-560-6030	Mon.	7-8:30 pm	Jan 7	8	\$117.50	1402700
Taekwondo	Earl Armstrong Arena	613-748-1771	Tue.	6-7 pm	Sep 4	15	\$154.50	1179641
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	5:30-6:30 pm	Sep 11	28	\$273.25	1180278
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	6:30-7:30 pm	Sep 11	28	\$273.25	1180281
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu.	7:30-8:30 pm	Sep 11	28	\$241.25	1406343
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu., Sat.	7:30-8:30 pm	Sep 11	42	\$362	1406365
Taekwondo	Goulbourn	613-580-2532	Fri.	6:30-7:30 pm	Sep 14	13	\$148.25	1408915
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Sep 17	26	\$233.75	1184253
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	7:30-8:30 pm	Sep 17	26	\$233.75	1184255
Taekwondo	Notre Dame Des Champs	613-580-9600	Tue., Thu.	6:30-7:30 pm	Sep 18	28	\$251.50	1184256
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Sep 22	12	\$136.75	1406802
Taekwondo	Frederick Banting	Ext. 20705	Mon.	7-8 pm	Sep 24	12	\$136.75	1183626
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Sep 26	12	\$136.75	1404780
Taekwondo	Frederick Banting	Ext. 20705	Thu.	7-8 pm	Sep 27	12	\$136.75	1183631
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Jan 5	9	\$102.50	1406820
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	5:30-6:30 pm	Jan 8	22	\$214.75	1247027
Taekwondo	Pat Clark	613-748-1771	Tue.	6-7 pm	Jan 8	9	\$102.50	1321457
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	6:30-7:30 pm	Jan 8	22	\$214.75	1247035
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu.	7:30-8:30 pm	Jan 8	28	\$241.25	1406344

Martial Arts

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Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Taekwondo	Hunt Club-Riverside Park	613-260-1299	Tue., Thu., Sat.	7:30-8:30 pm	Jan 8	41	\$362	1406371
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Jan 9	9	\$102.50	1406819
Taekwondo	Goulbourn	613-580-2532	Fri.	6:30-7:30 pm	Jan 11	12	\$136.75	1408923
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Jan 14	15	\$134.75	1401648
Taekwondo	Frederick Banting	Ext. 20705	Mon.	7-8 pm	Jan 14	14	\$159.50	1188442
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	7:30-8:30 pm	Jan 14	15	\$134.75	1401692
Taekwondo	Notre Dame Des Champs	613-580-9600	Tue., Thu.	6:30-7:30 pm	Jan 15	16	\$143.75	1401684
Taekwondo	Frederick Banting	Ext. 20705	Thu.	7-8 pm	Jan 17	14	\$159.50	1247041

Sports

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.

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Badminton								
Badminton	Routhier	613-244-4470	Mon.	10:30 am-12:30 pm	Sep 24	11	\$189.75	1405639
Badminton	Routhier	613-244-4470	Mon.	10:30 am-12:30 pm	Jan 14	11	\$189.75	1406574
Game Play	Eva James	613-271-0712	Sun.	6:30-7:30 pm	Sep 16	13	\$60.25	1188927
Game Play	Eva James	613-271-0712	Sun.	7:30-8:30 pm	Sep 16	13	\$60.25	1188928
Game Play	Eva James	613-271-0712	Wed.	10:40 am-12:10 pm	Sep 19	14	\$97	1188930
Game Play	Eva James	613-271-0712	Wed.	7:45-8:45 pm	Sep 19	14	\$64.75	1188932
Game Play	Eva James	613-271-0712	Wed.	10:40 am-12:10 pm	Jan 9	9	\$62.50	1320927
Game Play	Eva James	613-271-0712	Wed.	7:45-8:45 pm	Jan 9	9	\$41.75	1320925
Game Play	Eva James	613-271-0712	Sun.	6:30-7:30 pm	Jan 13	8	\$37	1320919
Game Play	Eva James	613-271-0712	Sun.	7:30-8:30 pm	Jan 13	8	\$37	1320922
Game Play	Fisher Park	613-798-8945	Mon.	8-10 pm	Sep 17	10	\$92.50	1180148
Game Play	Fisher Park	613-798-8945	Mon.	8-10 pm	Jan 7	10	\$92.50	1246854
Game Play	Greenboro	613-580-2805	Sun.	4-5 pm	Oct 14	10	\$46.25	1400973

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play	Greenboro	613-580-2805	Sun.	4-5 pm	Jan 13	7	\$32.50	1400974
Game Play	Goulbourn	613-580-2532	Sun.	6:15-7:45 pm	Sep 16	13	\$90.25	1409000
Game Play	Goulbourn	613-580-2532	Sun.	6:15-7:45 pm	Jan 13	8	\$55.50	1408999
Game Play	McNabb	613-564-1070	Wed.	8:10-10:10 pm	Sep 26	12	\$111	1409504
Game Play	McNabb	613-564-1070	Sat.	6:30-8 pm	Sep 29	12	\$83.25	1409505
Game Play	McNabb	613-564-1070	Wed.	8:10-10:10 pm	Jan 9	9	\$83.25	1409556
Game Play	McNabb	613-564-1070	Sat.	6:30-8 pm	Jan 12	9	\$62.50	1409557
Game Play	Overbrook	613-742-5147	Mon.	7:30-9 pm	Sep 10	7	\$48.50	1320184
Game Play	Overbrook	613-742-5147	Mon.	7:30-9 pm	Nov 5	7	\$48.50	1320222
Game Play	Overbrook	613-742-5147	Mon.	7:30-9 pm	Jan 7	8	\$55.50	1320307
Game Play	Routhier	613-244-4470	Wed.	4-6 pm	Sep 26	13	\$93.50	1405676
Game Play	Routhier	613-244-4470	Sun.	10 am-Noon	Sep 30	12	\$86.50	1405705
Game Play	Routhier	613-244-4470	Sun.	3-4:30 pm	Sep 30	12	\$64.75	1405689
Game Play	Routhier	613-244-4470	Sun.	4:30-6:30 pm	Sep 30	12	\$86.50	1405696
Game Play	Routhier	613-244-4470	Sun.	10 am-Noon	Jan 13	11	\$79.25	1406617
Game Play	Routhier	613-244-4470	Sun.	3-4:30 pm	Jan 13	11	\$59.50	1406598
Game Play	Routhier	613-244-4470	Sun.	4:30-6:30 pm	Jan 13	11	\$79.25	1406613
Game Play	Routhier	613-244-4470	Wed.	4-6 pm	Jan 16	11	\$79.25	1406591
Game Play	South Fallingbrook	613-824-0633	Mon.	8-10 pm	Sep 17	11	\$101.75	1184886
Game Play	South Fallingbrook	613-824-0633	Fri.	7-9 pm	Sep 21	11	\$101.75	1184887
Game Play	South Fallingbrook	613-824-0633	Mon.	8-10 pm	Jan 7	10	\$92.50	1184888
Game Play	South Fallingbrook	613-824-0633	Fri.	7-9 pm	Jan 11	11	\$101.75	1184889
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Sep 26	13	\$94.75	1405731
Game Play 2	Routhier	613-244-4470	Thu.	6-8 pm	Sep 27	13	\$94.75	1405795
Game Play 2	Routhier	613-244-4470	Wed.	8-10 pm	Jan 16	11	\$80.25	1406631
Game Play 2	Routhier	613-244-4470	Thu.	6-8 pm	Jan 17	11	\$80.25	1406638
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Sep 26	13	\$93.75	1405804
Game Play 3	Routhier	613-244-4470	Sun.	6:30-8:30 pm	Sep 30	12	\$86.50	1405809
Game Play 3	Routhier	613-244-4470	Sun.	6:30-8:30 pm	Jan 13	11	\$79.50	1406693
Game Play 3	Routhier	613-244-4470	Wed.	6-8 pm	Jan 16	11	\$79.50	1406685

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play Women	Hillcrest High School	613-580-2854	Thu.	7-9 pm	Oct 11	10	\$92.50	1401119
Game Play Women	Hillcrest High School	613-580-2854	Thu.	7-9 pm	Feb 7	6	\$55.50	1401892
Game Play Women	Routhier	613-244-4470	Sun.	12:30-2:30 pm	Sep 30	12	\$93.50	1405850
Game Play Women	Routhier	613-244-4470	Sun.	12:30-2:30 pm	Jan 13	11	\$101.75	1406715
Ball Hockey								
Women's League	Mary Pitt	613-580-2854	Sun.	9 am-5 pm	Sep 23	19	\$181.25	1401125
Game Play	Overbrook	613-742-5147	Tue.	6:15-7:45 pm	Sep 25	12	\$83.25	1320346
Game Play	Overbrook	613-742-5147	Tue.	6:15-7:45 pm	Jan 8	9	\$62.50	1320360
Basketball								
Game Play	Carleton Heights School	613-224-7922	Wed.	8:15-10 pm	Sep 12	13	\$105.25	1181783
Game Play	Carleton Heights School	613-224-7922	Wed.	8:15-10 pm	Jan 9	9	\$72.75	1181785
Game Play	École Franco Jeunesse	613-564-1062	Tue.	6-8 pm	Sep 11	14	\$129.50	1406460
Game Play	École Franco Jeunesse	613-564-1062	Tue.	8-10 pm	Sep 11	14	\$129.50	1406506
Game Play	École Franco Jeunesse	613-564-1062	Tue.	6-8 pm	Jan 8	9	\$83.25	1406895
Game Play	École Franco Jeunesse	613-564-1062	Tue.	8-10 pm	Jan 8	9	\$83.25	1406897
Game Play	Minto-Barrhaven	613-727-2683	Mon.	8-9:30 pm	Sep 17	11	\$76.25	1320375
Game Play	Minto-Barrhaven	613-727-2683	Mon.	8-9:30 pm	Jan 7	8	\$55.50	1401211
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Sep 13	14	\$97	1321331
Game Play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Jan 10	9	\$62.50	1321336
Game Play	Routhier	613-244-4470	Thu.	8:15-10:15 pm	Oct 11	11	\$101.75	1405919
Game Play	Routhier	613-244-4470	Thu.	8:15-10:15 pm	Jan 17	11	\$101.75	1407607
Game Play Men	Eva James	613-271-0712	Wed.	9-11 pm	Sep 19	14	\$129.50	1402023
Game Play Men	Eva James	613-271-0712	Wed.	9-11 pm	Jan 9	9	\$83.25	1401978
Int. League-Women's	Mary Pitt	613-580-2854	Tue.	6-10 pm	Sep 25	23	\$292	1401143
Never Too Late Women	Briargreen School	613-580-2854	Wed.	7:30-8:30 pm	Oct 10	10	\$61.75	1401155
Never Too Late Women	Briargreen School	613-580-2854	Wed.	6:30-7:30 pm	Feb 6	6	\$37	1401901
Rec League Women's	Mary Pitt	613-580-2854	Wed.	6-10 pm	Sep 26	19	\$198.25	1401160
Cross Country Ski								
Information Session	Terry Fox	613-247-4883	Mon.	6-8:30 pm	Dec 10	1	\$0	1408607
Help with Hills	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 12	1	\$54	1399054
Help with Hills	Terry Fox	613-247-4883	Sat.	9-11:30 am	Feb 2	1	\$54	1399055

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 4	3	\$112.75	1398588
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 4	3	\$112.75	1398590
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 4	3	\$112.75	1398601
Level 1	Terry Fox	613-247-4883	Tue., Thu.	11 am-12:30 pm	Jan 8	5	\$153.50	1398550
Level 1	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Jan 8	5	\$153.50	1398553
Level 1	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 8	5	\$153.50	1398558
Level 1	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 8	5	\$153.50	1398560
Level 1	Terry Fox	613-247-4883	Wed.	11 am-12:30 pm	Jan 9	5	\$153.50	1398539
Level 1	Terry Fox	613-247-4883	Wed.	8-9:30 pm	Jan 9	5	\$153.50	1398541
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 11	3	\$112.75	1398591
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 11	3	\$112.75	1398593
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 11	3	\$112.75	1398602
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 18	3	\$112.75	1398594
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 18	3	\$112.75	1398604
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 25	3	\$112.75	1398595
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 25	3	\$112.75	1398597
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	12:30-2:30 pm	Jan 25	3	\$112.75	1398610
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Feb 1	3	\$112.75	1398598
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 1	3	\$112.75	1398613
Level 1	Terry Fox	613-247-4883	Tue., Thu.	11 am-12:30 pm	Feb 5	5	\$153.50	1398552
Level 1	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Feb 5	5	\$153.50	1398556
Level 1	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Feb 5	5	\$153.50	1398557
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Feb 8	3	\$112.75	1398599
Level 1 – Low Ratio	Terry Fox	613-247-4883	Mon.	6:15-7:45 pm	Jan 7	5	\$210	1398569
Level 1 – Low Ratio	Terry Fox	613-247-4883	Mon.	8-9:30 pm	Jan 7	5	\$210	1398570
Level 1 – Low Ratio	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 8	5	\$210	1398581
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 4	3	\$112.75	1398643
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 4	3	\$112.75	1398655
Level 2	Terry Fox	613-247-4883	Mon.	11 am-12:30 pm	Jan 7	5	\$153.50	1398617
Level 2	Terry Fox	613-247-4883	Mon.	6:15-7:45 pm	Jan 7	5	\$153.50	1398618
Level 2	Terry Fox	613-247-4883	Tue., Thu.	11 am-12:30 pm	Jan 8	5	\$153.50	1398623
Level 2	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Jan 8	5	\$153.50	1398626

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Level 2	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 9	5	\$153.50	1398619
Level 2	Terry Fox	613-247-4883	Wed.	8-9:30 pm	Jan 9	5	\$153.50	1398621
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 11	3	\$112.75	1398647
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 11	3	\$112.75	1398658
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 18	3	\$112.75	1398649
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 18	3	\$112.75	1398659
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 25	3	\$112.75	1398650
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 25	3	\$112.75	1398661
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Feb 1	3	\$112.75	1398652
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 1	3	\$112.75	1398663
Level 2	Terry Fox	613-247-4883	Tue., Thu.	11 am-12:30 pm	Feb 5	5	\$153.50	1398624
Level 2	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Feb 5	5	\$153.50	1398627
Level 2 – Low Ratio	Terry Fox	613-247-4883	Mon.	6:15-7:45 pm	Jan 7	5	\$210	1408296
Level 2 – Low Ratio	Terry Fox	613-247-4883	Mon.	8-9:30 pm	Jan 7	5	\$210	1408301
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 4	3	\$132.25	1408325
Level 3	Terry Fox	613-247-4883	Tue., Thu.	1-2:30 pm	Jan 8	5	\$180.25	1398671
Level 3	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 8	5	\$180.25	1398676
Level 3	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 9	5	\$180.25	1398670
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 1	3	\$132.25	1408329
Level 3	Terry Fox	613-247-4883	Tue., Thu.	1-2:30 pm	Feb 5	5	\$180.25	1398673
Level 3	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Feb 5	5	\$180.25	1398678
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 8	3	\$132.25	1408331
Classic 4	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 8	5	\$180.25	1408536
Classic 4	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 18	3	\$116	1408542
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 5	1	\$54	1399043
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 19	1	\$54	1399045
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 26	1	\$54	1399046
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Feb 9	1	\$54	1399047
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Jan 14	1	\$9	1399067
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Jan 21	1	\$9	1399068
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Jan 28	1	\$9	1399069
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Feb 4	1	\$9	1399070

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Feb 11	1	\$9	1399071
Ski-Club	Terry Fox	613-247-4883	Mon.	6:30-7:30 pm	Feb 25	1	\$9	1399072
Cross Country Ski-Skate								
Help with Hills	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 26	1	\$54	1399059
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 4	3	\$112.75	1399137
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 4	3	\$112.75	1399138
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 4	3	\$112.75	1399146
Level 1	Terry Fox	613-247-4883	Mon.	8-9:30 pm	Jan 7	5	\$153.50	1398708
Level 1	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Jan 8	5	\$153.50	1398711
Level 1	Terry Fox	613-247-4883	Wed.	1-2:30 pm	Jan 9	5	\$153.50	1398709
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 11	3	\$112.75	1399139
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 25	3	\$112.75	1399140
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 1	3	\$112.75	1399149
Level 1	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Feb 5	5	\$153.50	1398712
Level 1	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Feb 8	3	\$112.75	1399141
Level 1 – Low Ratio	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 8	5	\$210	1399131
Level 1 – Low Ratio	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 9	5	\$210	1399129
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 4	3	\$112.75	1398788
Level 2	Terry Fox	613-247-4883	Mon.	8-9:30 pm	Jan 7	5	\$153.50	1398771
Level 2	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Jan 8	5	\$153.50	1398777
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 11	3	\$112.75	1398793
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 18	3	\$112.75	1398801
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 18	3	\$112.75	1398804
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 25	3	\$112.75	1398806
Level 2	Terry Fox	613-247-4883	Tue., Thu.	6:15-7:45 pm	Feb 5	5	\$153.50	1398780
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 8	3	\$112.75	1398808
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Feb 15	3	\$112.75	1398803
Level 2	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 15	3	\$112.75	1398811
Level 2 – Low Ratio	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 9	5	\$210	1399155
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Jan 4	3	\$132.25	1399028

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Level 3	Terry Fox	613-247-4883	Mon.	6:15-7:45 pm	Jan 7	5	\$180.25	1399015
Level 3	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Jan 8	5	\$180.25	1399017
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 25	3	\$132.25	1408513
Level 3	Terry Fox	613-247-4883	Tue., Thu.	8-9:30 pm	Feb 5	5	\$180.25	1399018
Level 3	Terry Fox	613-247-4883	Fri.-Sun.	8-9:30 pm	Feb 8	3	\$132.25	1399030
Level 4	Terry Fox	613-247-4883	Mon.	6:15-7:45 pm	Jan 7	5	\$180.25	1399035
Level 4	Terry Fox	613-247-4883	Fri.-Sun.	6:15-7:45 pm	Jan 18	3	\$132.25	1399038
Pre-Level 1	Terry Fox	613-247-4883	Sun.	3-4:30 pm	Jan 6	1	\$30.75	1409596
Pre-Level 1	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 9	1	\$30.75	1409593
Pre-Level 1	Terry Fox	613-247-4883	Sun.	3-4:30 pm	Jan 13	1	\$30.75	1409597
Pre-Level 1	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Jan 16	1	\$30.75	1409594
Pre-Level 1	Terry Fox	613-247-4883	Wed.	6:15-7:45 pm	Feb 6	1	\$30.75	1409595
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Jan 12	1	\$54	1399051
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Feb 2	1	\$54	1399052
Refresher	Terry Fox	613-247-4883	Sat.	9-11:30 am	Feb 16	1	\$54	1399053
Curling								
Clinic	Nepean Sportsplex	613-580-2828	Sat.	9-11 am	Nov 3	1	\$43.25	1401889
Clinic	Nepean Sportsplex	613-580-2828	Sat.	11 am-1 pm	Nov 10	1	\$43.25	1401893
Clinic	Nepean Sportsplex	613-580-2828	Sat.	9-11 am	Jan 12	1	\$43.25	1402473
Mixed League	Nepean Sportsplex	613-580-2828	Wed.	9:15-11:15 pm	Nov 7	17	\$141.25	1407834
Mixed League	Nepean Sportsplex	613-580-2828	Thu.	7:15-9:15 pm	Nov 8	17	\$141.25	1407844
Mixed League	Nepean Sportsplex	613-580-2828	Sat.	11 am-1 pm	Nov 10	15	\$141.25	1407847
Mixed League	Nepean Sportsplex	613-580-2828	Sat.	11 am-9 pm	Mar 9	1	\$25	1407863
Mixed League	Nepean Sportsplex	613-580-2828	Sat.	11 am-9 pm	Mar 9	1	\$25	1407866
Floor Curling	Lansdowne Park	Ext. 17323	Tue.	9:30-10:30 am	Oct 2	4	\$24.75	1407845
Floor Curling	Lansdowne Park	Ext. 17323	Mon.	6:30-7:30 pm	Jan 21	4	\$37	1408489
Floor Curling	Lansdowne Park	Ext. 17323	Tues.	9:30-10:30 am	Jan 22	4	\$37	1408551
Curling Men	Nepean Sportsplex	613-580-2828	Mon.	8:15-9:15 pm	Nov 5	6	\$129.50	1407886
Curling Men	Nepean Sportsplex	613-580-2828	Mon.	8:15-9:15 pm	Jan 7	6	\$129.50	1407887
Curling Women	Nepean Sportsplex	613-580-2828	Mon.	7:15-8:15 pm	Nov 5	6	\$129.50	1407892
Curling Women	Nepean Sportsplex	613-580-2828	Mon.	7:15-8:15 pm	Jan 7	6	\$129.50	1407894

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Dodgeball								
Game Play	Routhier	613-244-4470	Tue.	4-6 pm	Oct 9	11	\$101.75	1405899
Game Play	Routhier	613-244-4470	Tue.	4-6 pm	Jan 15	11	\$101.75	1406782
Hockey								
Development	McNabb	613-247-4815	Thu.	9-9:50 pm	Oct 11	9	\$194.25	1246779
Development	McNabb	613-247-4815	Mon.	9-9:50 pm	Oct 15	9	\$194.25	1246774
Development	McNabb	613-247-4815	Mon.	9-9:50 pm	Jan 7	9	\$194.25	1319889
Development	McNabb	613-247-4815	Thu.	9-9:50 pm	Jan 10	9	\$194.25	1319894
Development 2	Brewer Arena	613-247-4815	Tue.	9-9:50 pm	Oct 9	9	\$194.25	1246802
Development 2	Brewer Arena	613-247-4815	Tue.	9-9:50 pm	Jan 8	9	\$194.25	1319916
Development Men	Jim Durrell	613-247-4811	Tue.	8:30-9:50 pm	Sep 4	6	\$207	1246757
Development Women	McNabb	613-247-4815	Mon.	7-7:50 pm	Oct 15	9	\$194.25	1246739
Development Women	McNabb	613-247-4815	Mon.	7-7:50 pm	Jan 7	9	\$194.25	1321515
Game Play	Ray Friel	613-580-4765	Sat.	9:30-10:20 pm	Sep 8	15	\$97	1400925
Game Play	Ray Friel	613-580-4765	Sat.	10:30-11:20 pm	Sep 8	15	\$97	1400926
Game Play	Ray Friel	613-580-4765	Sat.	9:30-10:20 pm	Jan 12	10	\$64.75	1404383
Game Play	Ray Friel	613-580-4765	Sat.	10:30-11:20 pm	Jan 12	10	\$64.75	1404384
Game Play Men	Minto-Barrhaven	613-727-2683	Tue.	10-10:50 pm	Oct 9	11	\$71.25	1400888
Game Play Men	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Oct 10	11	\$71.25	1400921
Game Play Men	Minto-Barrhaven	613-727-2683	Thu.	10:15-11:05 pm	Oct 11	11	\$71.25	1401182
Game Play Men	Minto-Barrhaven	613-727-2683	Tue.	10-10:50 pm	Jan 8	9	\$58.25	1401285
Game Play Men	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Jan 9	9	\$58.25	1401312
Game Play Men	Minto-Barrhaven	613-727-2683	Thu.	10:15-11:05 pm	Jan 10	9	\$58.25	1401332
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Tue.	10-10:50 pm	Oct 9	11	\$71.25	1400893
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Oct 10	11	\$71.25	1400922
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Thu.	10:15-11:05 pm	Oct 11	11	\$71.25	1401189
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Tue.	10-10:50 pm	Jan 8	9	\$58.25	1401279
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Jan 9	9	\$58.25	1401315
Game Play Men-Goalie	Minto-Barrhaven	613-727-2683	Thu.	10:15-11:05 pm	Jan 10	9	\$58.25	1401342
Game Play Women	Minto-Barrhaven	613-727-2683	Tue.	9-9:50 pm	Oct 9	11	\$71.25	1400842

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game Play Women	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Oct 10	11	\$71.25	1400905
Game Play Women	Minto-Barrhaven	613-727-2683	Tue.	9-9:50 pm	Jan 8	9	\$58.25	1401271
Game Play Women	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Jan 9	9	\$58.25	1401304
Game Play Women	Ray Friel	613-580-4765	Tue.	11 am-12:20 pm	Sep 11	15	\$146.50	1400079
Game Play Women	Ray Friel	613-580-4765	Tue.	11 am-12:20 pm	Jan 8	12	\$117.25	1403655
Game Play Women-Goalie	Minto-Barrhaven	613-727-2683	Tue.	9-9:50 pm	Oct 9	11	\$71.25	1400886
Game Play Women-Goalie	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Oct 10	11	\$71.25	1400911
Game Play Women-Goalie	Minto-Barrhaven	613-727-2683	Tue.	9-9:50 pm	Jan 8	9	\$58.25	1401296
Game Play Women-Goalie	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Jan 9	9	\$58.25	1401307
League Rec Men	Ray Friel	613-580-4765	Wed.	9 pm-12 am	Oct 3	22	\$5504	1406426
League Tier 2	Ray Friel	613-580-4765	Thu.	9 pm-12 am	Oct 4	22	\$5504	1406375
League Tier 3	Ray Friel	613-580-4765	Tue.	9 pm-12 am	Sep 25	22	\$5504	1406378
League Tier 4	Ray Friel	613-580-4765	Mon.	9 pm-12 am	Sep 24	22	\$5504	1406410
Powerskating	McNabb	613-247-4815	Mon.	8-8:50 pm	Oct 15	9	\$194.25	1246809
Powerskating	McNabb	613-247-4815	Mon.	8-8:50 pm	Jan 7	9	\$194.25	1319985
Powerskating 2	Brewer Arena	613-247-4815	Tue.	8-8:50 pm	Oct 9	9	\$194.25	1246828
Powerskating 2	Brewer Arena	613-247-4815	Tue.	8-8:50 pm	Jan 8	9	\$194.25	1320010
Powerskating Development	Jim Durrell	613-247-4811	Tue., Thu.	8:30-10:20 pm	Mar 19	6	\$284.75	1319954
Shooting Clinic Women	Tom Brown Arena	613-247-4815	Thu.	9-9:50 pm	Sep 13	1	\$21.75	1256277
Skating Clinic Women	Tom Brown Arena	613-247-4815	Thu.	9-9:50 pm	Aug 30	1	\$21.75	1247069
Stick Handling Clinic Women	Tom Brown Arena	613-247-4815	Thu.	9-9:50 pm	Sep 6	1	\$21.75	1247072
Pickleball								
Pickleball	Greenboro	613-580-2805	Thu.	Noon-1:30 pm	Oct 11	6	\$77.75	1408939
Pickleball	Greenboro	613-580-2805	Thu.	Noon-1:30 pm	Jan 24	6	\$77.75	1408940
Game Play	Eva James	613-271-0712	Mon.	4-5:30 pm	Sep 17	12	\$83.25	1400755
Game Play	Eva James	613-271-0712	Mon.	4-5:30 pm	Jan 7	8	\$55.50	1400760
Game Play	Routhier	613-244-4470	Thu.	10:45 am-12:15 pm	Oct 11	11	\$76.25	1405938
Game Play	Routhier	613-244-4470	Thu.	10:45 am-12:15 pm	Jan 17	11	\$76.25	1407608
Rock Climbing								
Rock Climbing	Richcraft-Kanata	613-580-9696	Sat.	11:30 am-12:30 pm	Oct 13	10	\$151.75	1404081
Rock Climbing	Richcraft-Kanata	613-580-9696	Sat.	11:30 am-12:30 pm	Jan 12	7	\$106.25	1404363

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Soccer								
Game Play	Eva James	613-271-0712	Thu.	8:30-10 pm	Sep 20	14	\$97	1402224
Game Play	Eva James	613-271-0712	Thu.	8:30-10 pm	Jan 10	9	\$62.50	1402142
Game Play	Minto-Barrhaven	613-727-2683	Fri.	7-8:30 pm	Sep 14	8	\$55.50	1401488
Game Play	Minto-Barrhaven	613-727-2683	Fri.	8:30-10 pm	Sep 14	8	\$55.50	1401469
Game Play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Sep 11	14	\$97	1320380
Game Play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Jan 8	11	\$76.25	1320384
Game Play	University of Ottawa	613-564-1062	Sun.	10-11 am	Sep 16	6	\$27.75	1406668
Indoor League Women's	Mary Pitt	613-580-2854	Tue.	6-10 pm	Sep 25	23	\$238	1401514
Never Too Late Women	Briargreen School	613-580-2854	Wed.	7:30-8:30 pm	Oct 10	10	\$86.25	1401545
Never Too Late Women	Briargreen School	613-580-2854	Wed.	7:30-8:30 pm	Feb 6	6	\$51.75	1401908
Women	Fallingbrook School	613-580-4765	Wed.	8-9:30 pm	Oct 3	12	\$142.50	1405436
Women	Fallingbrook School	613-580-4765	Wed.	8-9:30 pm	Jan 30	8	\$103.50	1405437
Disc Golf								
Disc Golf	Kanata Recreation	613-580-2570	Thu.	6:30-7:30 pm	Sep 20	6	\$51.75	1405415
Disc Golf	Glen Cairn	613-580-2570	Sat.	2-3 pm	Jan 19	7	\$60.50	1405468
Touch Football								
Game Play	University of Ottawa	613-564-1062	Sun.	9-10 am	Sep 16	7	\$32.50	1406629
Squash								
Squash	Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Oct 20	4	\$57.50	1398525
Squash	Bob MacQuarrie-Orléans	613-580-9600	Sat.	9-10 am	Jan 19	4	\$57.50	1398527
Squash	Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Sep 11	14	\$201.25	1400784
Squash	Nepean Sportsplex	613-580-2828	Tue.	6:30-7:30 pm	Jan 8	11	\$158.25	1406585
Tennis								
Tennis	Fallingbrook School	613-580-4765	Sat.	3:30-4:30 pm	Sep 15	12	\$158.25	1405482
Tennis	Fallingbrook School	613-580-4765	Sat.	3:30-4:30 pm	Jan 12	10	\$143.75	1405485
Tennis	Pinecrest Park	613-828-3118	Sun.	Noon-1 pm	Sep 9	4	\$57.50	1408153
Tennis	Woodroffe School	613-580-2854	Tue.	8:30-9:30 pm	Oct 16	10	\$142.50	1400315
Tennis	Woodroffe School	613-580-2854	Tue.	8:30-9:30 pm	Jan 8	9	\$128.25	1400328

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Triathlon								
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	9:30-11 am	Sep 15	13	\$171	1401821
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	9:30-11 am	Jan 12	10	\$131.75	1406711
Ultimate Frisbee								
Game Play Women	Mary Pitt	613-580-2854	Thu.	6:30-8:30 pm	Sep 6	8	\$74	1401747
Volleyball								
Coed Rec. League	Hintonburg	613-798-8874	Tue.	6-11 pm	Sep 11	28	\$976.75	1407001
Game Play	École Franco Jeunesse	613-564-1062	Wed.	6-8 pm	Sep 12	12	\$111	1406437
Game Play	École Franco Jeunesse	613-564-1062	Wed.	6-8 pm	Jan 9	9	\$83.25	1406888
Game Play	Greenboro	613-580-2805	Mon.	7-8:30 pm	Sep 17	13	\$90.25	1404974
Game Play	Greenboro	613-580-2805	Wed.	7-8:30 pm	Sep 19	13	\$90.25	1404975
Game Play	Greenboro	613-580-2805	Thu.	7-8:30 pm	Sep 20	13	\$90.25	1404976
Game Play	Greenboro	613-580-2805	Mon.	7-8:30 pm	Jan 7	8	\$55.50	1404979
Game Play	Greenboro	613-580-2805	Wed.	7-8:30 pm	Jan 9	9	\$62.50	1404982
Game Play	Greenboro	613-580-2805	Thu.	7-8:30 pm	Jan 10	9	\$62.50	1404983
Game Play	Nepean Sportsplex	613-580-2828	Thu.	5-6 pm	Sep 13	14	\$64.75	1401811
Game Play	Nepean Sportsplex	613-580-2828	Thu.	5-6 pm	Jan 10	11	\$51	1406695
Level 2	Hunt Club-Riverside Park	613-260-1299	Wed.	7-9 pm	Sep 12	14	\$129.50	1406234
Level 2	Hunt Club-Riverside Park	613-260-1299	Wed.	7-9 pm	Jan 9	14	\$129.50	1406238
Level 2	Greenboro	613-580-2805	Sun.	5:15-6:45 pm	Sep 16	13	\$90.25	1404985
Level 2	Greenboro	613-580-2805	Sun.	5:15-6:45 pm	Jan 13	8	\$55.50	1404987
Level 2	McNabb	613-564-1070	Thu.	8-10 pm	Sep 27	12	\$111	1409503
Level 2	McNabb	613-564-1070	Thu.	8-10 pm	Jan 10	9	\$83.25	1409555
Level 2	South Fallingbrook	613-824-0633	Tue.	6-7 pm	Sep 18	12	\$55.50	1398191
Level 2	South Fallingbrook	613-824-0633	Wed.	6-8 pm	Sep 19	12	\$111	1398200
Level 2	South Fallingbrook	613-824-0633	Tue.	6-7 pm	Jan 22	14	\$64.75	1398197
Level 2	South Fallingbrook	613-824-0633	Wed.	6-8 pm	Jan 23	16	\$147.75	1398206
Level 3	École Franco Jeunesse	613-564-1062	Wed.	8-10 pm	Sep 12	12	\$111	1406446
Level 3	École Franco Jeunesse	613-564-1062	Wed.	8-10 pm	Jan 9	9	\$83.25	1406891
Level 3	Eva James	613-271-0712	Mon.	9-11 pm	Sep 17	12	\$111	1400767

Activity Name	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Level 3	Eva James	613-271-0712	Mon.	9-11 pm	Jan 7	8	\$74	1400770
Level 3	Glen Cairn	613-580-2570	Thu.	8-10 pm	Sep 20	12	\$111	1183549
Level 3	Glen Cairn	613-580-2570	Thu.	8-10 pm	Jan 10	11	\$101.75	1401585
Level 3	McNabb	613-564-1070	Mon.	8-10 pm	Sep 24	11	\$101.75	1409502
Level 3	McNabb	613-564-1070	Mon.	8-10 pm	Jan 7	8	\$74	1409554
Level 3	South Fallingbrook	613-824-0633	Tue.	7-9 pm	Sep 18	12	\$111	1402646
Level 3	South Fallingbrook	613-824-0633	Wed.	8-10 pm	Sep 19	12	\$111	1398216
Level 3	South Fallingbrook	613-824-0633	Tue.	7-9 pm	Jan 22	14	\$129.50	1402652
Level 3	South Fallingbrook	613-824-0633	Wed.	8-10 pm	Jan 23	16	\$147.75	1398220
Int A/B League Women's	Mary Pitt	613-580-2854	Mon.	7-10 pm	Sep 24	23	\$262.50	1401762
Int C League Women's	Mary Pitt	613-580-2854	Thu.	7-10 pm	Sep 27	19	\$219.25	1401798
Level 2 Women	Centennial School	613-580-2854	Tue.	7:30-9 pm	Oct 9	10	\$131.75	1401823
Level 2 Women	Centennial School	613-580-2854	Tue.	7:30-9 pm	Feb 5	6	\$79	1401923
Never Too Late Women	Centennial School	613-580-2854	Tue.	6:30-7:30 pm	Oct 9	10	\$86.25	1401851
Never Too Late Women	Centennial School	613-580-2854	Tue.	6:30-7:30 pm	Feb 5	6	\$51.75	1401945
Tournament Women	Mary Pitt	613-580-2854	Sat.	9 am-5 pm	Nov 17	1	\$134.75	1401866
Tournament Women	Mary Pitt	613-580-2854	Sat.	9 am-5 pm	Feb 9	1	\$134.75	1401957

Drop In Activities

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