



FALL 2019 AND
WINTER 2020

CLASSES AND
ACTIVITIES FOR

Families

RECREATION EGUIDE

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Arts

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

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Digital Arts

Maker Studio – Crafty Builds

This Maker Family workshop brings Art and Science together in fun and exciting ways. Imagine, design, craft and build creative projects using a wide variety of materials.

Lansdowne Park – 613-580-2424 ext. 17323

Sep 30	Mon.	6-7:30 pm
3-5 years	\$21.75	1508729
6-14 years	\$21.75	1508726
19+ years	\$24.50	1508721
Feb 19	Wed.	6-7:30 pm
3-5 years	\$21.75	1509010
6-14 years	\$21.75	1509009
19+ years	\$24.50	1509008



Maker Studio – Electrical Gizmos

This Maker Family workshop involves playing with simple circuits to create imaginative and exciting gizmos like mini-bots, and stuffed critters that light up when squeezed.

Lansdowne Park – 613-580-2424 ext. 17323

Oct 14	Mon.	6-7:30 pm
3-5 years	\$21.75	1508676
6-14 years	\$21.75	1508672
19+ years	\$24.50	1508669
Oct 30	Wed.	6-7:30 pm
3-5 years	\$21.75	1508762
6-14 years	\$21.75	1508761
19+ years	\$24.50	1508760

Maker Studio – Light & Sound

This Maker Family workshop explores the world of light and sound through exciting and inventive projects.

Lansdowne Park – 613-580-2424 ext. 17323

Nov 20	Wed.	6-7:30 pm
3-5 years	\$21.75	1508765
6-14 years	\$21.75	1508764
19+ years	\$24.50	1508763

Maker Studio – Things That Go!

This Maker Family workshop will have you designing and building a variety of projects from flying machines to crazy cars.

Lansdowne Park – 613-580-2424 ext. 17323

Sep 23	Mon.	6-7:30 pm
3-5 years	\$21.75	1508664
6-14 years	\$21.75	1508661
19+ years	\$24.50	1508655
Jan 29	Wed.	6-7:30 pm
3-5 years	\$21.75	1509007
6-14 years	\$21.75	1509006
19+ years	\$24.50	1509005

Performing Arts

Theatrical Make up Design

More than any other element, stage makeup has the power to transform you from the outside. Train in maquillage – stage makeup – and design and implement fantastic theatrical looks. In collaboration with Suzart Productions.

Nepean Creative Arts – 613-596-5783

Feb 8	Sat.	1-4 pm
7-14 years	\$43.25	1500686
15-18 years	\$49	1500704
19+ years	\$49	1500430

You Bet You Can Dance!

Learn Broadway-style dance exploring choreography and performance styles. You bet you can dance!

Nepean Creative Arts – 613-596-5783

Feb 15	Sat.	1-4 pm
7-14 years	\$54	1495083
15-18 years	\$61	1495076
19+ years	\$61	1495061

You Bet You Can Act!

Learn effective stage presence. You can make 'em laugh and make 'em cry. Teachings include: acting skills and enunciation, projection, postures, and character development.

Nepean Creative Arts – 613-596-5783

Mar 7	Sat.	1-4 pm
7-14 years	\$54	1495518
15-18 years	\$61	1495514
19+ years	\$61	1495501

You Bet You Can Sing!

Learn the proper techniques behind Broadway-style singing. Discover how to perform various musical styles and how to command the stage and be heard.

Nepean Creative Arts – 613-596-5783

Nov 23	Sat.	1-4 pm
7-14 years	\$54	1501887
15-18 years	\$61	1501876
19+ years	\$61	1501869



Pottery

Handbuilding – With Parent

Get messy with your little ones! Create a unique pottery piece together using simple handbuilding forms and techniques. Discover coils, slabs and pinching techniques. Recommended one adult per child. Separate registration for each adult and child(ren).

Nepean Visual Arts – 613-580-2828

Oct 6-Nov 10	Sun.	10 am-noon
6-10 years	\$103	1491797
19+ years	\$116.25	1491563
Nov 17-Dec 15	Sun.	10 am-noon
6-10 years	\$103	1491803
19+ years	\$116.25	1491577
Oct 6-Nov 10	Sun.	1-3 pm
6-10 years	\$103	1491800
19+ years	\$116.25	1491574
Nov 17-Dec 15	Sun.	1-3 pm
6-10 years	\$103	1491805
19+ years	\$116.25	1491586
Jan 19-Feb 16	Sun.	10 am-noon
6-10 years	\$103	1494794
19+ years	\$116.25	1494118
Feb 23-Mar 29	Sun.	10 am-noon
6-10 years	\$103	1494798
19+ years	\$116.25	1494127
Jan 19-Feb 16	Sun.	1-3 pm
6-10 years	\$103	1494797
19+ years	\$116.25	1494124
Feb 23-Mar 29	Sun.	1-3 pm
6-10 years	\$103	1494800
19+ years	\$116.25	1494131

Wheel – With Parent

Learn wheel throwing techniques to create projects together in a freely creative environment. Discover how to throw on a potter's wheel, trim, decorate and glaze. Recommended one adult per child. Separate registration for each adult and child(ren).

Nepean Visual Arts – 613-580-2828

Oct 6-Dec 15	Sun.	1:30-3:30 pm
11-14 years	\$205.75	1493493
19+ years	\$232.50	1491646
Jan 19-Mar 29	Sun.	1:30-3:30 pm
11-14 years	\$205.75	1494822
19+ years	\$232.50	1494734

Trim Your Tree

Get into the holiday season by creating a variety of unique handmade ornaments together to decorate your home.

Nepean Visual Arts – 613-580-2828

Family	Sat.	1-3 pm
Dec 7	\$90.50	1491697



Fitness

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Zumba®

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

Heron – 613-247-4808

Sep 20-Nov 29	Fri.	6:30-7:30 pm
6-12 years	\$69	1495842
15-18 years	\$78	1511749

Pat Clark – 613-748-1771

Sep 24-Nov 19	Tue.	6-7 pm
12-14 years	\$62.25	1499129
15-18 years	\$70.25	1491004
19+ years	\$75.75	1491011
Jan 14-Mar 10	Tue.	6-7 pm
12-14 years	\$62.25	1499131
15-18 years	\$70.25	1491858
19+ years	\$75.75	1491862

Walter Baker – 613-580-2788

Sep 10-Oct 22	Tue.	7:15-8:15 pm
12-14 years	\$48.50	1501928
15-18 years	\$54.75	1501913
19+ years	\$59	1501895
Oct 29-Dec 10	Tue.	7:15-8:15 pm
12-14 years	\$48.50	1501931
15-18 years	\$54.75	1501948
19+ years	\$59	1501897
Jan 14-Mar 10	Tue.	7:15-8:15 pm
12-14 years	\$62.25	1501933
15-18 years	\$70.25	1501915
19+ years	\$75.75	1501904

Sports

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Badminton – Game Play

Emphasis is on active participation and fun. Non-instructional game play for the whole family. Individual registrations required.

Albion Heatherington – 613-247-4828

Jan 18-Mar 14	Sat.	3-4 pm
3-54 years	\$33.50	1499850
Sep 21-Oct 26	Sat.	3-4 pm
6-64 years	\$25.25	1495655
Nov 2-Dec 7	Sat.	3-4 pm
6-64 years	\$25.25	1495647



Bridlewood School – 613-580-2442

63 Bluegrass

Sep 27-Dec 20	Fri.	6:30-7:30 pm
6-14 years	\$54.25	1503584
15-18 years	\$61.25	1503494
19+ years	\$61.25	1503421
Sep 27-Dec 20	Fri.	7:30-8:30 pm
6-14 years	\$54.25	1503586
15-18 years	\$61.25	1503497
19+ years	\$61.25	1503438
Jan 10-Mar 13	Fri.	6:30-7:30 pm
6-14 years	\$41.75	1504459
15-18 years	\$47.25	1504446
19+ years	\$47.25	1504421
Jan 10-Mar 13	Fri.	7:30-8:30 pm
6-14 years	\$41.75	1505859
15-18 years	\$47.25	1505856
19+ years	\$47.25	1504430

Eva James – 613-580-2442

Sep 15-Dec 15	Sun.	4-5 pm
6-14 years	\$54.25	1503554
15-18 years	\$61.25	1503461
19+ years	\$61.25	1503402
Sep 15-Dec 15	Sun.	5-6 pm
6-14 years	\$54.25	1503575
15-18 years	\$61.25	1503475
19+ years	\$61.25	1503406
Jan 12-Mar 8	Sun.	4-5 pm
6-14 years	\$33.50	1503485
15-18 years	\$37.75	1503457
19+ years	\$37.75	1503436
Jan 12-Mar 8	Sun.	5-6 pm
6-14 years	\$33.50	1503492
15-18 years	\$37.75	1503468
19+ years	\$37.75	1503443

Glen Cairn – 613-580-2570

Sep 28-Dec 14	Sat.	1-2 pm
8-14 years	\$46	1495552
15-17 years	\$52	1495543
18+ years	\$52	1495539
Jan 18-Apr 4	Sat.	1-2 pm
6-14 years	\$41.75	1505124
15-18 years	\$47.25	1505126
19+ years	\$47.25	1505134

Greenboro – 613-580-2805

Sep 15-Dec 15	Sun.	3-4 pm
8-14 years	\$54.25	1492101
18+ years	\$61.25	1492099
Jan 12-Mar 15	Sun.	3-4 pm
8-14 years	\$41.75	1499301
19+ years	\$47.25	1499308

Overbrook – 613-742-5147

Sep 9-Oct 28	Mon.	6:30-7:30 pm
6-14 years	\$29.25	1495636
15-17 years	\$33	1495644
18+ years	\$33	1495621
Nov 4-Dec 9	Mon.	6:30-7:30 pm
6-14 years	\$25.25	1495642
15-17 years	\$28.50	1495645
18+ years	\$28.50	1495626
Jan 6-Mar 2	Mon.	6:30-7:30 pm
6-14 years	\$37.75	1495648
18+ years	\$37.75	1495656

South Fallingbrook – 613-824-0633

Sep 16-Dec 9	Mon.	6-7 pm
8-14 years	\$46	1492970
15-18 years	\$52	1493001
19+ years	\$52	1493056
Jan 13-Mar 30	Mon.	6-7 pm
8-14 years	\$41.75	1492982
15-18 years	\$47.25	1493022
19+ years	\$47.25	1493084
Sep 16-Dec 9	Mon.	7-8 pm
8-14 years	\$46	1492974
15-18 years	\$52	1493006
19+ years	\$52	1493071
Jan 13-Mar 30	Mon.	7-8 pm
8-14 years	\$41.75	1492987
15-18 years	\$47.25	1493030
19+ years	\$47.25	1493089
Sep 20-Dec 6	Fri.	6-7 pm
8-14 years	\$50.25	1492979
15-18 years	\$56.75	1493011
19+ years	\$56.75	1493075
Jan 17-Mar 27	Fri.	6-7 pm
8-14 years	\$41.75	1492996
15-18 years	\$47.25	1493040
19+ years	\$47.25	1493096

St. Michael's Fitzroy – 613-580-9696

159 Kedey

Sep 25-Dec 11	Wed.	7-9 pm
8-15 years	\$100.25	1495627
16+ years	\$113.25	1495623

Floor Curling

Introduction to the sport of curling – without ice. Learn the basics and develop skills through game play.

Lansdowne Park – 613-580-2424 ext. 17323

Sep 23-Oct 28	Mon.	6:30-8 pm
7-14 years	\$33.50	1508027
15-18 years	\$37.75	1508041
19+ years	\$37.75	1508016
Nov 10-Dec 8	Sun.	11 am-12:30 pm
6-14 years	\$41.75	1508768
15-18 years	\$47.25	1508769
19+ years	\$47.25	1508767
Nov 18-Dec 9	Mon.	6:30-8 pm
7-14 years	\$33.50	1508645
15-18 years	\$37.75	1508646
19+ years	\$37.75	1508644
Jan 13-Mar 2	Mon.	7-8:30 pm
6-14 years	\$58.50	1508997
19+ years	\$66	1508996

Girls Volleyball – With Parent

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

Alta Vista School – 613-580-2854

1349 Randall

Oct 8-Nov 26	Tue.	6:30-7:30 pm
9-14 years	\$62.50	1511775
18+ years	\$70.50	1511772
Jan 14-Mar 3	Tue.	6:30-7:30 pm
9-14 years	\$62.50	1511776
18+ years	\$70.50	1511773



Open Rollerskating

Want a blast from the past? Join us for roller disco for fun on eight wheels. Family friendly; bring your quad or inline skates.

Lansdowne Park – 613-580-2424 ext. 17323

Nov 12-Dec 17	Tue.	7-8:30 pm
6-14 years	\$37.75	1508755
15-18 years	\$42.50	1508757
19+ years	\$42.50	1508752
Jan 14-Feb 25	Tue.	7-8:30 pm
6-14 years	\$44	1509002
15-18 years	\$49.50	1509003
19+ years	\$49.50	1509001
Feb 1	Sat.	2-4 pm
6-14 years	\$8.50	1509013
15-18 years	\$9.50	1509014
19+ years	\$9.50	1509012
Feb 1	Sat.	5-7 pm
6-14 years	\$8.50	1509016
15-18 years	\$9.50	1509017
19+ years	\$9.50	1509015
Feb 1	Sat.	8-10 pm
6-14 years	\$8.50	1509019
15-18 years	\$9.50	1509020
19+ years	\$9.50	1509018

Taekwondo

Korean martial art, teaches self defence and discipline and promotes confidence. Progress at your rate by testing held throughout the term. Additional fees may apply for uniform and testing.

Earl Armstrong Arena – 613-748-1771

Sep 11-Dec 18	Wed.	7-8 pm
6-14 years	\$154.25	1491019
15-18 years	\$174.25	1491020
19+ years	\$174.25	1500014
Sep 14-Dec 14	Sat.	11 am-noon
6-14 years	\$133.75	1491595
15-18 years	\$151	1491597
19+ years	\$151	1491602
Jan 8-Mar 11	Wed.	7-8 pm
6-14 years	\$103	1491886
15-18 years	\$116.25	1491973
19+ years	\$116.25	1491978
Jan 11-Mar 7	Sat.	11 am-noon
6-14 years	\$82.25	1496739
15-18 years	\$93	1492108
19+ years	\$93	1492109

South Fallingbrook – 613-824-0633

Sep 16-Dec 9	Mon., Wed.	5:30-6:30 pm
6-14 years	\$215.25	1492786
15-18 years	\$223	1492931
19+ years	\$223	1492952
Sep 16-Dec 9	Mon., Wed.	6:45-7:45 pm
6-14 years	\$215.25	1492787
15-18 years	\$223	1492936
19+ years	\$223	1492955
Sep 16-Dec 9	Mon., Wed.	8-9 pm
6-14 years	\$215.25	1492813
15-18 years	\$223	1492938
19+ years	\$223	1492957
Jan 13-Mar 25	Mon., Wed.	5:30-6:30 pm
6-14 years	\$177.75	1492869
15-18 years	\$184.25	1492940

19+ years	\$184.25	1492958
Jan 13-Mar 25	Mon., Wed.	6:45-7:45 pm
6-14 years	\$177.75	1492918
15-18 years	\$184.25	1492941
19+ years	\$184.25	1492959
Jan 13-Mar 25	Mon., Wed.	8-9 pm
6-14 years	\$177.75	1492919
15-18 years	\$184.25	1492942
19+ years	\$184.25	1492960

8-14 years	\$6	1507620
15+ years	\$6.75	1507638
Jan 17	Fri.	7-8 pm
8-14 years	\$6	1507682
15+ years	\$6.75	1507702
Feb 7	Fri.	7-8 pm
8-14 years	\$6	1507678
15+ years	\$6.75	1507704
Mar 6	Fri.	7-8 pm
8-14 years	\$6	1507685
15+ years	\$6.75	1507697

General Interest

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Nerf® Tag

Engage in various Nerf Tag battles and cooperative games like Capture the Flag, Target Challenges and Nerf Castles, for fun and fair play.

Greely – 613-580-2424 ext. 30235

Sep 27	Fri.	7-8 pm
8-14 years	\$6	1492134
15+ years	\$6.75	1492130
Oct 18	Fri.	7-8 pm
8-14 years	\$6	1507606
15+ years	\$6.75	1507633
Nov 8	Fri.	7-8 pm
8-14 years	\$6	1507617
15+ years	\$6.75	1507637
Nov 29	Fri.	7-8 pm

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

Oct 27	Sun.	9 am-4 pm
6-14 years	\$7.50	1508779
15+ years	\$8.50	1508781

Pumpkin Racer

Get hands-on guidance while learning how to build a pumpkin racer before competing in the Pumpkin Derby! All you need to bring is your pumpkin, all other materials are provided.

Lansdowne Park – 613-580-2424 ext. 17323

Oct 26	Sat.	10 am-noon
6-14 years	\$34.25	1508774
15+ years	\$38.75	1508772

Pumpkin Racer – Final Touches Workshop

Are you ready to race in the Pumpkin Derby? This workshop is for you if you need tools, a bit of help and a space to decorate your racer but you already have your wheels and axles.

Lansdowne Park – 613-580-2424 ext. 17323

Oct 26	Sat.	10 am-noon
6-14 years	\$20.25	1508776
15+ years	\$22.75	1508778