



FALL 2019 AND  
WINTER 2020

CLASSES AND  
ACTIVITIES FOR

# Youth (15 to 18 years)

RECREATION GUIDE

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## Arts

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

### New Arts Centres Guide

Nepean Creative Arts Centre, Nepean Visual Arts Centre and Shenkman Arts Centre are destinations for specialized arts programming. Creative surroundings, purpose-built studios and expert instructors combine to deliver inspirational programs and creative, dynamic experiences.

Arts Centres now have a dedicated guide. For the fall 2019 session, some specialized arts programs appear in each of the guides, but all English programs at these facilities are in one place in the [Arts Centres guide](#). French programs at Shenkman Arts Centre can be found in [Mon Cyberguide Francophone des Loisirs](#). By 2020 the information will appear in only the Arts Centres guide.

### 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 – 613-596-5783

15-16 years	Fri.	6:30-7:30 pm
Sep 13-Nov 22	\$128	<a href="#">1491875</a>
Jan 17-Mar 27	\$145.25	<a href="#">1495532</a>



### 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

15-18 years	Sat.	1-4 pm
Feb 15	\$61	<a href="#">1495076</a>

## Digital Arts

### Animate This!

The world of animation comes to life – drawn, claymation, stop motion, cameraless and painted film using video camera, still digital camera, and 16 mm film. Create your very own animated short.

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

14-16 years	Wed.	7-9 pm
Sep 25-Oct 30	\$195.25	<a href="#">1494098</a>
Jan 29-Mar 4	\$172.75	<a href="#">1511842</a>

### Intro to Game Development

Create your own mobile game! Using tools like Unity and Adobe Photoshop, develop animation skills and your very own video game.

#### Plant – 613-232-3000

15-18 years	Sun.	2:30-4:30 pm
Sep 22-Dec 15	\$285.75	<a href="#">1503626</a>
Jan 12-Apr 12	\$285.75	<a href="#">1507031</a>

#### Shenkman Arts – 613-580-2787

15-18 years	Mon.	7-8:30 pm
Sep 23-Nov 25	\$122.50	<a href="#">1487285</a>
Jan 13-Mar 9	\$108.50	<a href="#">1490699</a>

## Science of Movie Making

Dive into the world of digital media and explore the science of movie making. Take photos to create a flip-book animation series, produce a short film and uncover green screen technology using DIY special effects.

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

15-17 years	Thu.	6:45-8:15 pm
Nov 14-Dec 19	\$146.50	<a href="#">1491999</a>
Jan 30-Mar 12	\$146.50	<a href="#">1506486</a>

## Performing Arts

### 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.

#### Heron – 613-247-4808

15-17 years	Sun.	2:30-3 pm
Sep 22-Nov 3	\$61	<a href="#">1495785</a>
Nov 10-Dec 15	\$61	<a href="#">1495787</a>
Jan 19-Mar 8	\$81.50	<a href="#">1499570</a>

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

15-16 years	Wed.	5:30-6:30 pm
Sep 18-Nov 20	\$203.25	<a href="#">1494144</a>
Jan 15-Mar 4	\$162.75	<a href="#">1499379</a>

#### St-Laurent Complex – 613-742-6767

15-17 years	Thu.	6-7 pm
Sep 5-Dec 12	\$305	<a href="#">1509441</a>
Jan 9-Mar 26	\$244	<a href="#">1509533</a>

#### Level 2

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

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

15-16 years	Wed.	6:30-7:30 pm
Sep 18-Nov 20	\$203.25	<a href="#">1494140</a>
Jan 15-Mar 4	\$162.75	<a href="#">1499539</a>

#### St-Laurent Complex – 613-742-6767

15-17 years	Thu.	8-9 pm
Sep 5-Dec 12	\$305	<a href="#">1509443</a>
Jan 9-Mar 26	\$244	<a href="#">1509534</a>

## 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 – 613-596-5783

15-16 years	Wed.	7:30-8:30 pm
Sep 18-Nov 20	\$203.25	<a href="#">1494132</a>
Jan 15-Mar 4	\$162.75	<a href="#">1499605</a>

## Visual Arts

### Art Journaling

Play with new materials and ideas, practice and reflect on your art, and unlock your creativity through art journaling. Explore approaches through a variety of instructor and student directed projects and exercises. Drawing, painting and mixed media techniques will be taught in this course.

### Richelieu-Vanier – 613-560-6030

15-18 years	Thu.	6:30-8:30 pm
Sep 19-Oct 24	\$139.50	<a href="#">1503253</a>
Jan 16-Feb 20	\$139.50	<a href="#">1503260</a>

### Drawing – Level 1

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

### St-Laurent Complex – 613-742-6767

16+ years	Mon.	7-8:30 pm
Jan 13-Mar 9	\$139.50	<a href="#">1509553</a>
Oct 21-Dec 9	\$139.50	<a href="#">1509464</a>

### Drawing and Painting

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

### Eva James – 613-580-2442

15-17 years	Wed.	5:45-6:45 pm
Sep 18-Dec 18	\$227.75	<a href="#">1506191</a>
Jan 8-Mar 11	\$162.75	<a href="#">1504229</a>

## Sports

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### Badminton – Game Play

Emphasis is on active participation and fun. Games are at a recreational level.

### Eva James – 613-580-2442

15-16 years	Wed.	6:45-7:45 pm
Sep 18-Dec 18	\$66	<a href="#">1504978</a>
Jan 8-Mar 11	\$47.25	<a href="#">1504140</a>

### Minto-Barrhaven – 613-727-2683

15-17 years	Thu.	8-9 pm
Sep 19-Dec 5	\$56.75	<a href="#">1494803</a>
Jan 16-Mar 12	\$42.50	<a href="#">1505683</a>

### Nepean Sportsplex – 613-580-2828

15-17 years	Sun.	noon-12:55 pm
Sep 15-Dec 8	\$52	<a href="#">1500327</a>
Jan 12-Mar 8	\$39	<a href="#">1504658</a>

### Badminton

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

### Hintonburg – 613-798-8874

15-18 years	Sat.	2:30-4:30 pm
Sep 21-Dec 7	\$176	<a href="#">1500485</a>
Jan 18-Mar 7	\$141	<a href="#">1500492</a>

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

15+ years	Tue., Thu.	7:30-8:30 pm
Jan 7-Mar 12	\$232.50	<a href="#">1485762</a>
15+ years	Tue., Thu., Sat.	7:30-8:30 pm
Jan 7-Mar 12	\$325.25	<a href="#">1485761</a>

### Curling – Bantam

Participate in a variety of instructional drills, skills, in-club games and bonspiels. Improve your curling skills and make new friends

### Nepean Sportsplex – 613-580-2828

14-18 years	Sat.	9-11 am
Nov 9-Feb 29	\$178.25	<a href="#">1506806</a>

### Rock Climbing

Learn the basics of rock climbing. All safety equipment is provided.

### Richcraft-Kanata – 613-580-9696

15-17 years	Sat.	11:30 am-12:30 pm
Sep 21-Dec 14	\$198	<a href="#">1504546</a>
Jan 11-Mar 7	\$132	<a href="#">1504548</a>

### Volleyball

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

### Eva James – 613-580-2442

15 years	Sun.	2:30-3:30 pm
Sep 22-Dec 15	\$105.75	<a href="#">1503391</a>
Jan 12-Mar 8	\$70.50	<a href="#">1503411</a>

### François Dupuis – 613-580-8080

15-16 years	Sun.	9:45-10:45 am
Sep 22-Dec 15	\$105.75	<a href="#">1501864</a>
Jan 12-Mar 29	\$105.75	<a href="#">1505147</a>

### Minto-Barrhaven – 613-727-2683

15-16 years	Mon.	7-8 pm
Sep 16-Dec 16	\$105.75	<a href="#">1493772</a>
Jan 13-Mar 9	\$70.50	<a href="#">1505673</a>

### Nepean Sportsplex – 613-580-2828

15-16 years	Thu.	5-5:50 pm
Sep 19-Dec 5	\$88	<a href="#">1500278</a>
Jan 16-Mar 12	\$66	<a href="#">1504536</a>





## Basketball

### Basketball

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

#### St-Laurent Complex – 613-742-6767

15-17 years	Thu.	7:45-8:45 pm
Sep 12-Dec 12	\$123.25	<a href="#">1509372</a>
Jan 9-Mar 26	\$97	<a href="#">1509482</a>

### Basketball – Above the Rim

Develop your skills through instruction, drills, competition and scrimmages. Players of all ability welcome. Instruction provided by professionals from [abovetherimbasketballschooll.com](http://abovetherimbasketballschooll.com).

#### Eva James – 613-580-2442

15-16 years	Mon.	7:30-9 pm
Sep 30-Dec 2	\$149.75	<a href="#">1504383</a>
Jan 6-Mar 2	\$149.75	<a href="#">1503619</a>

#### Rideauview – 613-822-7887

15-16 years	Wed.	7:30-9 pm
Oct 2-Nov 20	\$149.75	<a href="#">1500604</a>
Jan 22-Mar 11	\$149.75	<a href="#">1505964</a>

### Basketball – Game Play

Emphasis is on active participation and fun. Games are at a recreational level.

#### Rideauview – 613-822-7887

15-17 years	Fri.	8-10 pm
Sep 20-Dec 13	\$122.50	<a href="#">1500673</a>
Jan 17-Mar 27	\$94.25	<a href="#">1506070</a>

## Martial Arts

### Armizare – Medieval Swordsmanship

The Medieval martial art of 15th century knights and the nobility. Curriculum includes work with spear, long sword, and dagger with leading instructors from the region.

#### Richelieu-Vanier – 613-560-6030

15-18 years	Wed.	7-8:30 pm
Sep 18-Dec 4	\$198	<a href="#">1501095</a>
Jan 15-Mar 4	\$132	<a href="#">1501110</a>

### Karate

Learn respect for others, while emphasizing manners and physical fitness. Develop life skills including discipline, self-control, patience, confidence, and courage. Progress at your own rate in this non-competitive program.

#### Heron – 613-247-4808

15-17 years	Mon.	7:15-8:15 pm
Sep 23-Dec 16	\$139.50	<a href="#">1501884</a>
Jan 20-Mar 23	\$93	<a href="#">1499453</a>
15-17 years	Wed.	7:15-8:15 pm
Sep 25-Dec 11	\$139.50	<a href="#">1495653</a>
Jan 22-Mar 11	\$93	<a href="#">1499458</a>

### Karate – Goju Ryu

Traditional non-competitive hard/soft style. Basic techniques are taught where more complexity is added as the student progresses, fostering growth, self-discipline and respect, increasing self-confidence and coordination.

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

15-18 years	Tue., Thu.	6:30-7:30 pm
Sep 17-Dec 5	\$206.25	<a href="#">1492393</a>
Jan 14-Mar 26	\$172	<a href="#">1492402</a>

### Level 2

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

15-18 years	Tue., Thu.	7:30-8:30 pm
Sep 17-Dec 5	\$206.25	<a href="#">1492406</a>
Jan 14-Mar 26	\$172	<a href="#">1492407</a>

## Taekwondo

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

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

15-17 years	Mon., Wed.	6:30-7:30 pm
Sep 16-Dec 11	\$207.50	<a href="#">1500526</a>
Jan 13-Mar 11	\$147	<a href="#">1504950</a>
15-17 years	Mon., Wed.	7:30-8:30 pm
Sep 16-Dec 11	\$207.50	<a href="#">1500528</a>
Jan 13-Mar 11	\$147	<a href="#">1504834</a>
15-17 years	Tue., Thu.	6:30-7:30 pm
Sep 17-Dec 12	\$224.75	<a href="#">1500527</a>
Jan 14-Mar 12	\$155.50	<a href="#">1504913</a>

#### Richcraft-Kanata – 613-580-9696

15-17 years	Wed.	7:15-8:15 pm
Sep 25-Dec 18	\$151	<a href="#">1499364</a>
Jan 8-Mar 11	\$116.25	<a href="#">1499575</a>
15-17 years	Wed.	8:15-9:15 pm
Sep 25-Dec 18	\$151	<a href="#">1499365</a>
Jan 8-Mar 11	\$116.25	<a href="#">1499576</a>
15-17 years	Sat.	2:15-3:15 pm
Sep 21-Dec 14	\$139.50	<a href="#">1499366</a>
Jan 11-Mar 7	\$93	<a href="#">1499577</a>
15-17 years	Sat.	3:15-4:15 pm
Sep 21-Dec 14	\$139.50	<a href="#">1499368</a>
Jan 11-Mar 7	\$93	<a href="#">1499579</a>
15-17 years	Sat.	4:15-5:15 pm
Sep 21-Dec 14	\$139.50	<a href="#">1499367</a>
Jan 11-Mar 7	\$93	<a href="#">1499578</a>

## Taekwondo – Girls

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

15-18 years	Tue.	6-7 pm
Sep 10-Dec 17	\$174.25	<a href="#">1507936</a>
Jan 7-Mar 10	\$116.25	<a href="#">1507947</a>



## General Interest

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## 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

15-17 years	Sat.	10-11:30 am
Sep 14-Oct 19	\$81.50	<a href="#">1505614</a>
Nov 2-Dec 14	\$95	<a href="#">1505616</a>
15-17 years	Sat.	10-11:30 am
Jan 11-Mar 7	\$122	<a href="#">1507048</a>

## Certification

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## Babysitting Course – Canadian Safety Council

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

### Heron – 613-247-4808

15-17 years	Sun.	9 am-5 pm
Oct 20	\$79.25	<a href="#">1499344</a>
Jan 19	\$79.25	<a href="#">1499919</a>

## 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.

### Greely – 613-580-2424 ext. 30235

15-18 years	Sun.	8:30 am-5:30 pm
Sep 15	\$138.50	<a href="#">1505141</a>

### Manotick – 613-580-2424 ext. 30235

15-18 years	Sun.	8:30 am-5:30 pm
Nov 3	\$138.50	<a href="#">1505143</a>
Jan 19	\$138.50	<a href="#">1505139</a>

## 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.

### Greely – 613-580-2424 ext. 30235

15-18 years	Sun.	8:30 am-5:30 pm
Sep 15	\$90.50	<a href="#">1505169</a>

### Manotick – 613-580-2424 ext. 30235

15-18 years	Sun.	8:30 am-5:30 pm
Nov 3	\$90.50	<a href="#">1505168</a>
Jan 19	\$90.50	<a href="#">1505164</a>

## Drop In Activities

You can search up-to-date drop-in activities near you by using our [search tool](#).

