



Winter 2021

# Virtual activities for all ages

Recreation eGuide

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# Preschool

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Visit us online at [ottawa.ca/recreation](http://ottawa.ca/recreation).

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.

## Muck and Mess – Virtual

Get into your art with various projects, using lots of imagination and materials. Supply box provided. Requires a personal electronic device with internet connection.

**613-580-2424 ext. 32047**

2-5 years	Sat.	10-11 am
Mar 27	\$6	<a href="#">1589473</a>

# Children

Visit us online at [ottawa.ca/recreation](http://ottawa.ca/recreation).

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

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## Certification and Leadership

### Leadership Program – Module 1: Who am I? – Virtual

In this interactive virtual module, we will explore leadership concepts and how to best utilize your strengths. Through self-care, goal setting & stress management, the aim is to provide future leaders with a better understanding of self. The base of becoming a Leader is to better define what shapes you and who you want to be, as a leader. Included Certification: Accessibility for Ontarians with Disability Act (AODA).

#### 613-580-2424 ext. 32047

12-14 years	Wed.	6-7:30 pm
Jan 27-Mar 17	\$106.50	<a href="#">1588952</a>

## Music

### Guitar – Level 1 – Virtual

Strengthen guitar skills while learning basic chords, strumming, picking and tuning. Recognize different strumming patterns and shuffle accompaniment. Must have your own guitar.

#### 613-580-2424 ext. 32047

6-12 years	Sun.	9:45-10:45 am
Feb 7	\$21.75	<a href="#">1589494</a>
Feb 21-Mar 21	\$72.25	<a href="#">1589495</a>

### Guitar – Level 2 – Virtual

Once you have the basics through Guitar Level 1 or equivalent, you're ready for more advanced music. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

6-12 years	Sun.	9:45-11 am
Mar 28	\$18.25	<a href="#">1589414</a>

### Keyboard – Level 1 – Virtual

Love playing the electronic keyboard. Group instruction provides both practical and theory study including left- and right-hand placement, reading notes, learning scales in both treble and bass clef. Must have a keyboard at home. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

6-12 years	Mon.	4-5:30 pm
Mar 29	\$29	<a href="#">1589392</a>

### Ukulele – Virtual

In this live virtual class, learn a unique instrument that is affordable, fun, and easy to play. Must have a ukulele at home. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

6-12 years	Mon.	3:45-5:15 pm
Feb 1	\$21.75	<a href="#">1589242</a>
6-12 years	Mon.	4-5 pm
Feb 8-Mar 22	\$86.75	<a href="#">1589240</a>

## Performing Arts

### Ballet – Level 1 – Virtual

Delve into the most elegant yet technical of all dance forms; ballet! Explore basic to intermediate ballet moves along with exercises to provide a foundation in technique, placement and terminology. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

6-10 years	Sat.	9:15-10:15 am
Feb 20-Mar 20	\$37.25	<a href="#">1589289</a>
6-10 years	Sat.	9:30-10:45 am
Jan 30	\$9.50	<a href="#">1589290</a>
Mar 27	\$9.50	<a href="#">1589405</a>

### Contemporary – Level 1 – Virtual

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. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

6-12 years	Sun.	12:15-1:15 pm
Feb 21-Mar 21	\$41.50	<a href="#">1589307</a>
6-12 years	Sun.	12:15-1:30 pm
Mar 28	\$10.50	<a href="#">1589416</a>
6-12 years	Sun.	12:15-1:45 pm
Jan 31	\$12.50	<a href="#">1589306</a>

# Children

## Hip Hop – Level 1 – Virtual

Hip hop, with its roots in urban dance, gets you moving to funky, up-beat tunes. Work on strength, flexibility and musicality through intricate and fast paced choreography. Create dynamic, stylish moves just like in the latest music videos. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

6-12 years	Mon.	3:45-4:45 pm
Feb 8-Mar 22	\$49.75	<a href="#">1589227</a>
6-12 years	Mon.	4-5:15 pm
Mar 29	\$12.50	<a href="#">1589394</a>
6-12 years	Mon.	4-5:30 pm
Jan 25	\$12.50	<a href="#">1589228</a>

## Hip Hop – Level 2 – Virtual

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing and break dancing, provides a good cardio workout to funky, up-beat tunes. Hip Hop is easy to learn and fun for all ages! Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

6-12 years	Mon.	5-6 pm
Feb 8-Mar 22	\$49.75	<a href="#">1589229</a>
6-12 years	Mon.	5:30-7 pm
Mar 29	\$12.50	<a href="#">1589395</a>

## Hip Hop and Jazz – Virtual

Emphasis on body placement, coordination and basic Jazz technique. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

6-12 years	Sat.	11:15 am-12:30 pm
Feb 6	\$10.50	<a href="#">1589291</a>
6-12 years	Sat.	11:45 am-12:45 pm
Feb 20-Mar 20	\$41.50	<a href="#">1589292</a>
6-12 years	Sat.	11 am-12:15 pm
Mar 27	\$10.50	<a href="#">1589406</a>

## Jazz – Level 1 – Virtual

High energy class that encourages rhythm, co-ordination, flexibility and execution. Introduction to different styles of jazz including theatrical, pop, and lyrical. Learn various moves, combinations of steps, and choreography. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

6-12 years	Sat.	10:30-11:30 am
Feb 20-Mar 20	\$37.25	<a href="#">1589297</a>

## Sports

### Taekwondo Child – Virtual

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. Requires a personal electronic device with internet connection. Nécessite un appareil électronique personnel avec connexion Internet.

### 613-580-2424 ext. 32047

6-14 years	Tue.	6-7:30 pm
Jan 26	\$12.50	<a href="#">1589516</a>
6-14 years	Wed.	3:30-5 pm
Feb 3	\$12.50	<a href="#">1589510</a>
Feb 10-Mar 17	\$49.75	<a href="#">1589508</a>
Mar 24	\$12.50	<a href="#">1589509</a>

## Visual Arts

### Intro to Game Development – Virtual

Create your own game! Using tools like Unity and Adobe Photoshop, develop animation skills and your very own video game. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

6-12 years	Tue.	10-11:20 am
Jan 31	\$14.75	<a href="#">1589250</a>
6-12 years	Tue.	1:30-3 pm
Feb 21-Mar 21	\$116.25	<a href="#">1589255</a>
6-12 years	Tue.	11:45 am-1:15 pm
Mar 28	\$14.75	<a href="#">1589397</a>

## Drawing and Painting – Virtual

Taught entirely virtually, participants learn to paint and draw with charcoal, conte, watercolours, etc. Advanced techniques and learning opportunities available. Supply kit available for pick up. Requires a personal electronic device with internet connection. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

6-12 years	Sat.	11:45 am-1:45 pm
Feb 6	\$23.25	<a href="#">1589276</a>
Feb 20-Mar 20	\$115.75	<a href="#">1589275</a>
6-12 years	Sat.	noon-1:30 pm
Mar 27	\$17.50	<a href="#">1589401</a>

## Cartooning and Comics – Virtual

A young and free imagination can give cartoons personality. Watch characters and comic strips come to life! Taught entirely virtually, draw and animate characters through studying figures, facial expressions, actions, perspective and use specialized illustration techniques. Supply kit available for pick up. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

6-12 years	Sun.	10-11:30 am
Jan 31	\$17.50	<a href="#">1589311</a>
Feb 21-Mar 21	\$86.75	<a href="#">1589309</a>
Mar 28	\$17.50	<a href="#">1589418</a>
6-12 years	Sun.	11:45 am-1:15 pm
Feb 21-Mar 21	\$86.75	<a href="#">1589310</a>

# Children

## Virtual Animation – Virtual

A virtual animation course with a digital arts instructor and experimental filmmaker. Learn how the world of animation comes to life using Blender Animation Software, creating 3D models, 2D animations, and exploring stop-motion animation techniques and video editing. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

6-12 years	Mon.	6:30-8:30 pm
Jan 25	\$29.66	<a href="#">1589234</a>
Mar 29	\$29.66	<a href="#">1589393</a>
9-14 years	Mon.	6:30-8:30 pm
Jan 18-Feb 22	\$156.79	<a href="#">1588160</a>

## General Interest

## Muck and Mess – Virtual

Get into your art with various projects, using lots of imagination and materials. Supply box provided. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

6-8 years	Sat.	11:15 am-12:15 pm
Mar 27	\$4.75	<a href="#">1589475</a>

## LEGO® Club – Virtual

Learn LEGO building techniques as you construct a variety of mechanical Technic projects. Develop your own creations with Technic gears, beams, wheels and axles. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education. Requires a personal electronic device with internet connection. No LEGO is required for virtual programs. You will need a PC or Mac, laptop or desktop computer (not a Chromebook) to run Studio 2.0 and to connect to Zoom. You will also need to download and install Studio 2.0 prior to the first class. More information will be provided upon registration.

### 613-580-2424 ext. 32047

7-12 years	Sun.	2-4 pm
Feb 7	\$27.25	<a href="#">1589423</a>
7-12 years	Wed.	4-5:30 pm
Mar 17-31	\$61.25	<a href="#">1589426</a>

## LEGO® Minecraft® Engineer – Virtual

Hands-on creativity! Design and build micro or large-scale LEGO Minecraft® villages, farms and landscapes. Join them with others to create unique and amazing worlds. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education. Requires a personal electronic device with internet connection. No LEGO is required for virtual programs. You will need a PC or Mac, laptop or desktop computer (not a Chromebook) to run Studio 2.0 and to connect to Zoom. You will also need to download and install Studio 2.0 prior to the first class. More information will be provided upon registration.

### 613-580-2424 ext. 32047

7-12 years	Sun.	2-4 pm
Jan 31	\$27.25	<a href="#">1589419</a>
Mar 28	\$27.25	<a href="#">1589420</a>
7-12 years	Fri.	4-5:30 pm
Feb 12-26	\$61.25	<a href="#">1589518</a>

## LEGO® Mosaics and 8-Bit Art – Virtual

Sketch out your own designs and transform them into LEGO® mosaics. Build 8-bit LEGO® art and learn a variety of LEGO® building techniques. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education. Requires a personal electronic device with internet connection. No LEGO is required for virtual programs. You will need a PC or Mac, laptop or desktop computer (not a Chromebook) to run Studio 2.0 and to connect to Zoom. You will also need to download and install Studio 2.0 prior to the first class. More information will be provided upon registration.

### 613-580-2424 ext. 32047

7-12 years	Sun.	2-4 pm
Feb 21	\$27.25	<a href="#">1589515</a>
7-12 years	Fri.	4-5:30 pm
Mar 12-26	\$61.25	<a href="#">1589519</a>

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## Certification and Leadership

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#### 613-580-2424 ext. 32047

15-16 years	Wed.	7:45-9:15 pm
Jan 27-Mar 17	\$120.50	<a href="#">1588953</a>

## Performing Arts

### Contemporary – Level 1 – Virtual

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. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

13-17 years	Sun.	1:30-2:30 pm
Feb 21-Mar 21	\$46.75	<a href="#">1589308</a>
13-17 years	Sun.	1:45 am-3 pm
Mar 28	\$11.75	<a href="#">1589417</a>

## Sports

### Karate – Virtual

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. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

15-17 years	Wed.	3:30-5 pm
Feb 3	\$14	<a href="#">1589507</a>
Feb 10-Mar 17	\$56	<a href="#">1589505</a>
Mar 24	\$14	<a href="#">1589506</a>

### Taekwondo – Virtual

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. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

15-17 years	Tue.	6:30-7:30 pm
Feb 9-Mar 16	\$56	<a href="#">1589514</a>
Jan 26	\$14	<a href="#">1589513</a>

## Visual Arts

### Art Journaling – Virtual

Taught entirely virtually, 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 are taught in this course. Supply kit will be available for pick up. Requires a personal electronic device with internet connection. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

15-17 years	Sat.	2-4 pm
Jan 30	\$18.75	<a href="#">1589268</a>
Feb 20-Mar 20	\$93.50	<a href="#">1589270</a>
15-17 years	Sat.	1:45-3:15 pm
Mar 27	\$14	<a href="#">1589402</a>

### Virtual Animation – Virtual

A virtual animation course with a digital arts instructor and experimental filmmaker. Learn how the world of animation comes to life using Blender Animation Software, creating 3D models, 2D animations, and exploring stop-motion animation techniques and video editing. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

9-14 years	Tue.	6:30-8:30 pm
Jan 19-Feb 23	\$177.13	<a href="#">1588157</a>
13-17 years	Tue.	6:30-8:30 pm
Feb 2	\$29.66	<a href="#">1589261</a>
Mar 23	\$29.66	<a href="#">1589398</a>

# Adult

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## Fitness

### Bootcamp – Virtual

Intense class builds strength, speed and power through basic cardio training and muscle conditioning. Push to your limit. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

18+ years	Sun.	8:30-10 am
Mar 28	\$10.25	<a href="#">1589498</a>
18+ years	Sun.	9:15-10:15 am
Jan 31	\$6.75	<a href="#">1589496</a>
Feb 21-Mar 21	\$33.75	<a href="#">1589497</a>

### Cardio and Strength – Virtual

Choreographed low-impact cardio class designed to overload the muscles with highly repetitive movements. Some light (1-5 lbs) hand weights might be used in the cardio and/or strength portion. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

18+ years	Thu.	12:30-1:30 pm
Feb 11-Mar 18	\$40.50	<a href="#">1589296</a>
18+ years	Thu.	12:30-2 pm
Feb 4	\$10.25	<a href="#">1589295</a>

#### 613-580-2424 ext. 32047

18+ years	Wed.	5-6 pm
Feb 10-Mar 17	\$40.50	<a href="#">1589283</a>
18+ years	Wed.	5-6:30 pm
Jan 27	\$10.25	<a href="#">1589271</a>

### Cardio Blast – Virtual

Choreographed cardio of low/controlled and high/explosive impact movements. Complexity of choreography suited to the needs of the group. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

18+ years	Tue.	5-6:30 pm
Mar 23	\$10.25	<a href="#">1589267</a>

### Core Conditioning – Virtual

Muscle conditioning targeting core and stabilizer muscles. Strengthen and tone your abs, back, glutes as well as improve overall posture and balance. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

18+ years	Tue.	5-6 pm
Feb 9-Mar 16	\$40.50	<a href="#">1589266</a>
18+ years	Tue.	5-6:30 pm
Feb 2	\$10.25	<a href="#">1589264</a>

### Party – Virtual

High energy mix of dance music and movement. Designed for all abilities and dance styles. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

18+ years	Mon.	10-11:30 am
Feb 1	\$10.25	<a href="#">1589169</a>
18+ years	Mon.	10:30-11:30 am
Feb 8-Mar 15	\$40.50	<a href="#">1589178</a>

### Party with Baby – Virtual

High energy mix of dance music and movement. Designed for all abilities and dance styles. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

18+ years	Mon.	11:15 am-12:45 pm
Jan 25	\$10.25	<a href="#">1589467</a>
Mar 29	\$10.25	<a href="#">1589471</a>
18+ years	Mon.	11:45 am-12:45 pm
Feb 8-Mar 22	\$40.50	<a href="#">1589472</a>

### Pilates – Virtual

Develop the foundational movements of pilates where pelvic, hip, lumbar, spine, rib and shoulder stability are improved along with enhancing muscular endurance. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

18+ years	Wed.	7-8:30 pm
Jan 27	\$12.50	<a href="#">1589277</a>
18+ years	Wed.	7:30-8:30 pm
Feb 10-Mar 17	\$49.25	<a href="#">1589278</a>

### Tai Chi – Virtual

A gentle, peaceful way to tone and strengthen your body that improves concentration, coordination and balance. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

18+ years	Sun.	10:15-11:45 am
Mar 28	\$12.50	<a href="#">1589500</a>
18-99 years	Sun.	10:45 am-12:15 pm
Feb 7	\$12.50	<a href="#">1589499</a>
18+ years	Sun.	10:45-11:45 am
Feb 21-Mar 21	\$41	<a href="#">1589501</a>

# Adult

## TMC – Virtual

Total muscle conditioning (TMC) using your body weight and a variety of equipment such as resistance tubes, and hand weights. Equipment not provided. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Thu.	5-6 pm
Feb 11-Mar 18	\$40.50	<a href="#">1589294</a>
18+ years	Thu.	5-6:30 pm
Jan 28	\$10.25	<a href="#">1589293</a>

## Yoga – Virtual

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Tue.	8-9 pm
Feb 9-Mar 16	\$49.25	<a href="#">1589262</a>
18+ years	Tue.	8-9:15 pm
Jan 26	\$10.25	<a href="#">1589258</a>
Mar 23	\$10.25	<a href="#">1589260</a>

### 613-580-2424 ext. 32047

18+ years	Mon.	8-9 am
Feb 8-Mar 22	\$49.25	<a href="#">1589206</a>
18+ years	Mon.	8-9:30 am
Feb 1	\$12.50	<a href="#">1589204</a>

## Yoga with baby – Virtual

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Tue.	10-11:30 am
Jan 26	\$12.50	<a href="#">1589223</a>
18+ years	Tue.	10:30-11:30 am
Feb 9-Mar 16	\$49.25	<a href="#">1589224</a>

## Zumba® – Virtual

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

### 613-580-2424 ext. 32047

18+ years	Wed.	5:45-7:15 pm
Feb 3	\$10.25	<a href="#">1589279</a>
Mar 24	\$10.25	<a href="#">1589280</a>
18+ years	Wed.	6:15-7:15 pm
Feb 10-Mar 17	\$40.50	<a href="#">1589282</a>

## Music

### Guitar – Level 1 – Virtual

In this live virtual class, strengthen guitar skills while learning basic chords, strumming, picking and tuning. Recognize different strumming patterns and shuffle accompaniment. Must have your own guitar. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18-99 years	Sun.	11:15 am-12:45 pm
Feb 7	\$24.50	<a href="#">1589304</a>
18+ years	Sun.	11 am-noon
Feb 21-Mar 21	\$81.75	<a href="#">1589303</a>

### Guitar – Level 2 – Virtual

In this live virtual class, continue learning more advanced music. Prerequisite: Guitar Level 1 or equivalent. Requires a personal electronic device with internet connection. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Sun.	11:15 am-12:30 pm
Mar 28	\$20.50	<a href="#">1589415</a>

## Keyboard – Level 1 – Virtual

Love playing the electronic keyboard. Group instruction provides both practical and theory study including left- and right- hand placement, reading notes, learning scales in both treble and bass clef. Must have a keyboard at home. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Mon.	5:45-7:15 pm
Mar 29	\$32.75	<a href="#">1589596</a>

## Performing Arts

### Belly Dance – Level 1 – Virtual

In this live virtual class, 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. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Mon.	7:45-9 pm
Feb 1	\$11.75	<a href="#">1589232</a>
18+ years	Mon.	7:30-8:30 pm
Feb 8-Mar 22	\$56	<a href="#">1589233</a>

### Belly Dance – Level 2 – Virtual

In this live virtual class, explore more complicated arrangements as you layer movements and combinations. Prerequisite: Belly Dance - Level 1. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Mon.	7:15-8:45 pm
Mar 29	\$14	<a href="#">1589396</a>



# Adult

## Bollywood – Level 1 – Virtual

In this live virtual class, 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 experiencing the wonders of middle-eastern glamour. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Mon.	6-7:30 pm
Feb 1	\$14	<a href="#">1589231</a>
18+ years	Mon.	6:15-7:15 pm
Feb 8-Mar 22	\$56	<a href="#">1589230</a>

## Sports

### Karate – Virtual

Courage, integrity, humility and self-control. Chito Ryu Karate is a traditional martial art including Katas and Kumite (individual sparring). Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Wed.	3:30-4:30 pm
Feb 3	\$14	<a href="#">1589504</a>
Feb 10-Mar 17	\$56	<a href="#">1589502</a>
Mar 24	\$14	<a href="#">1589503</a>

### Taekwondo – Virtual

Learn together. Any combination of four participants, which must include one adult. Participants must register separately. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Tue.	6:30-7:30 pm
Jan 26	\$14	<a href="#">1589511</a>
Feb 9-Mar 16	\$56	<a href="#">1589512</a>

## Visual Arts

### Drawing and Painting – Virtual

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. Requires a personal electronic device with internet connection. Nécessite un appareil électronique personnel avec connexion Internet.

### 613-580-2424 ext. 32047

18+ years	Sat.	9:30-11:30 am
Feb 6	\$18.75	<a href="#">1589272</a>
Feb 20-Mar 20	\$93.50	<a href="#">1589273</a>

### Drawing for Absolute Beginners – Virtual

An introduction for the absolute novice to drawing techniques and materials. Entirely virtual, this course will teach tips and tricks that make a difference in how you draw. It creates a solid foundation for all your future arts classes. Supply list provided. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Thu.	1-3 pm
Jan 28	\$18.75	<a href="#">1589263</a>
Feb 11-Mar 18	\$112	<a href="#">1589265</a>
Mar 25	\$18.75	<a href="#">1589399</a>

## General Interest

### A taste of the world – Online

Make delicious dishes from the comfort of your own kitchen. Receive a shopping list, step-by-step recipe instructions, and enjoy a fun online cooking class. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Sat.	4-6 pm
Jan 30	\$29.25	<a href="#">1589281</a>
Mar 27	\$29.25	<a href="#">1589403</a>

### Crochet – Virtual

Learn the basics of crochet. Complete simple projects that teach a variety of skills. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Sun.	noon-1:30 pm
Jan 31	\$11	<a href="#">1589478</a>
18+ years	Sun.	12:30-1:30 pm
Feb 21-Mar 21	\$36	<a href="#">1589488</a>

### French – Level 1 – Virtual

French at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Tue.	5-6:30 pm
Jan 26	\$14	<a href="#">1589239</a>
18+ years	Tue.	5:30-6:30 pm
Feb 9-Mar 16	\$56	<a href="#">1589241</a>

# Adult

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## French – Level 2 – Virtual

Increase your vocabulary, improve grammar and build on your French oral competency! Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Tue.	5:30-6:30 pm
Mar 23	\$9.50	<a href="#">1589256</a>

## Spanish Conversational – Level 1 – Virtual

Spanish at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Tue.	4:15-5:15 pm
Feb 9-Mar 16	\$56	<a href="#">1589252</a>
18+ years	Tue.	4:15-5:45 pm
Feb 2	\$14	<a href="#">1589246</a>

## Spanish Conversational – Level 3 – Virtual

Emphasis on day to day and work-related conversation. Increase your conversational and comprehension skills in a relaxed atmosphere. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Tue.	4:15-5:15 pm
Mar 23	\$9.50	<a href="#">1589257</a>

## Meditation – Virtual

Reduce your stress, control your moods and find inner peace. Be introduced to meditation. The ancient practice of bringing peace to the mind. Requires a personal electronic device with internet connection.

### 613-580-2424 ext. 32047

18+ years	Sat.	8:30-9:30 am
Jan 30	\$9.50	<a href="#">1589464</a>
Feb 27-Mar 27	\$46.75	<a href="#">1589465</a>

# Adult 50+

Visit us online at [ottawa.ca/recreation](http://ottawa.ca/recreation).

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.

## Fitness

### Cardio and Strength – Virtual

Combination of no bounce moves done to up-beat music. Finish with resistance training. Requires a personal electronic device with internet connection.



#### 613-580-2424 ext. 32047

50+ years	Tue.	9:15-10:15 am
Feb 9-Mar 16	\$49.25	<a href="#">1589226</a>
50+ years	Tue.	9:15-10:45 am
Feb 2	\$12.50	<a href="#">1589225</a>

### Chair Exercise – Virtual

Full body workout using a chair for support. Requires a personal electronic device with internet connection.



#### 613-580-2424 ext. 32047

50+ years	Thu.	2:30-4 pm
Feb 4	\$12.50	<a href="#">1589300</a>
50+ years	Thu.	3-4 pm
Feb 11-Mar 18	\$49.25	<a href="#">1589302</a>
50+ years	Thu.	3-4:30 pm
Mar 25	\$12.50	<a href="#">1589301</a>

### Nia – Virtual

Shape the way you feel, look, think and live! Discover your body's way of self-healing using the gentle and powerful movements of the Nia Technique. Great workout using nine movements from dance, martial, and healing arts, suitable for all. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

50+ years	Tue.	11:15 am-12:45 pm
Feb 2	\$12.50	<a href="#">1589235</a>
50+ years	Tue.	noon-1 pm
Feb 9-Mar 16	\$49.25	<a href="#">1589237</a>

### Strength and Balance – Lite – Virtual

Combine strength training movements with flexibility to improve muscular strength and mobility. A focus on falls prevention is included. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

50+ years	Tue.	9:15-10:45 am
Mar 23	\$12.50	<a href="#">1589269</a>

### Zumba Gold® – Virtual

Modified moves and pacing to suit the needs of the active older adult, or those just starting a journey to a fit and healthy life. Zesty Latin music, salsa, merengue, cumbia and reggaeton, with easy-to-follow moves, in a invigorating, party atmosphere. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

50+ years	Thu.	1:15-2:45 pm
Mar 25	\$12.50	<a href="#">1589287</a>
50+ years	Thu.	1:45-2:45 pm
Feb 11-Mar 18	\$49.25	<a href="#">1589288</a>
50+ years	Thu.	1:45-3:15 pm
Jan 28	\$12.50	<a href="#">1589286</a>

## Performing Arts

### Ukulele – Virtual

In this live virtual class, learn a unique instrument that is affordable, fun, and easy to play. Must have a ukulele at home. Requires a personal electronic device with internet connection.

#### 613-580-2424 ext. 32047

50+ years	Mon.	2-3:30 pm
Feb 1	\$32.75	<a href="#">1588947</a>
50+ years	Mon.	2:45-3:45 pm
Feb 8-Mar 22	\$130.75	<a href="#">1589238</a>
50+ years	Mon.	2:15-3:45 pm
Mar 29	\$32.75	<a href="#">1589390</a>