



Spring and summer 2020

Classes and activities for

# Adults

Recreation eGuide

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## Arts in your neighbourhood

### Dancing with a 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 are given for the individual participant. For extension numbers, call 613-580-2400, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Argentine tango	Greenboro	613-580-2805	Fri.	8-9 pm	Mar 27	7	\$83.50	<a href="#">1540897</a>
Argentine tango	Walter Baker	613-580-2788	Wed.	7:30-8:45 pm	Apr 8	6	\$89.50	<a href="#">1533403</a>
Argentine tango	Greenboro	613-580-2805	Fri.	8-9 pm	May 22	5	\$59.75	<a href="#">1540898</a>
Argentine tango	Walter Baker	613-580-2788	Mon.	7:30-8:45 pm	Jul 13	6	\$89.50	<a href="#">1533406</a>
Argentine tango 2	Greenboro	613-580-2805	Sun.	6-7:30 pm	Apr 5	7	\$125	<a href="#">1541126</a>
Ballroom	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Mar 26	6	\$142.75	<a href="#">1521991</a>
Ballroom	Greenboro	613-580-2805	Fri.	7-8 pm	Mar 27	7	\$83.50	<a href="#">1540893</a>
Ballroom	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Mar 31	8	\$95.25	<a href="#">1536374</a>
Ballroom	François Dupuis	613-580-8080	Wed.	7-7:55 pm	Apr 1	10	\$109.25	<a href="#">1533501</a>
Ballroom	Nepean Sportsplex	613-596-5783	Thu.	7-8 pm	Apr 2	8	\$95.25	<a href="#">1520194</a>
Ballroom	Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:50-7:50 pm	Apr 3	10	\$119.25	<a href="#">1528969</a>
Ballroom	Hintonburg	613-798-8874	Fri.	7-8:15 pm	Apr 3	8	\$119.25	<a href="#">1524708</a>
Ballroom	Manotick	Extension 30235	Sun.	7:30-8:30 pm	Apr 5	8	\$95.25	<a href="#">1537448</a>
Ballroom	Walter Baker	613-580-2788	Wed.	6-7:15 pm	Apr 8	6	\$89.50	<a href="#">1533196</a>
Ballroom	Richelieu-Vanier	613-560-6030	Tue.	7-8 pm	Apr 14	8	\$95.25	<a href="#">1525432</a>
Ballroom	Greenboro	613-580-2805	Fri.	7-8 pm	May 22	5	\$59.75	<a href="#">1540894</a>
Ballroom	Walter Baker	613-580-2788	Mon.	6-7:15 pm	Jul 13	6	\$89.50	<a href="#">1533323</a>
Ballroom 2	Ron Kolbus Lakeside	613-828-4313	Thu.	7-9 pm	Mar 26	6	\$142.75	<a href="#">1522002</a>
Ballroom 2	Greenboro	613-580-2805	Fri.	6-7 pm	Mar 27	7	\$83.50	<a href="#">1540895</a>

## Dancing with a partner

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballroom 2	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Mar 31	8	\$95.25	<a href="#">1536370</a>
Ballroom 2	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Apr 2	8	\$95.25	<a href="#">1520197</a>
Ballroom 2	Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:50-7:50 pm	Apr 3	10	\$119.25	<a href="#">1528978</a>
Ballroom 2	Manotick	Extension 30235	Sun.	6:30-7:30 pm	Apr 5	8	\$95.25	<a href="#">1537477</a>
Ballroom 2	Richelieu-Vanier	613-560-6030	Tue.	7-8 pm	Apr 14	8	\$95.25	<a href="#">1525433</a>
Ballroom 2	Greenboro	613-580-2805	Fri.	6-7 pm	May 22	5	\$59.75	<a href="#">1540896</a>
Ballroom 3	Queenswood Heights	613-580-4765	Tue.	8-9 pm	Mar 31	8	\$95.25	<a href="#">1536367</a>
Ballroom 3	Nepean Sportsplex	613-596-5783	Thu.	8-9 pm	Apr 2	8	\$95.25	<a href="#">1520212</a>
Ballroom 3	Bob MacQuarrie-Orléans	613-580-9600	Fri.	6:50-7:50 pm	Apr 3	10	\$119.25	<a href="#">1528985</a>
Ballroom 3	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 14	8	\$95.25	<a href="#">1526171</a>
Ballroom 4	Nepean Sportsplex	613-580-2828	Mon.	8-9 pm	Mar 30	8	\$95.25	<a href="#">1520219</a>
Ballroom 4	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Mar 31	8	\$95.25	<a href="#">1536362</a>
Ballroom 4	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 14	8	\$95.25	<a href="#">1526198</a>
Ballroom 5	Nepean Sportsplex	613-596-5783	Mon.	8-9 pm	Mar 30	8	\$95.25	<a href="#">1520225</a>
Ballroom 5	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Mar 31	8	\$95.25	<a href="#">1536359</a>
Ballroom 5	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 14	8	\$95.25	<a href="#">1526201</a>
Ballroom 6	Queenswood Heights	613-580-4765	Tue.	7-8 pm	Mar 31	8	\$95.25	<a href="#">1536352</a>
Ballroom 6	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Apr 2	8	\$95.25	<a href="#">1520238</a>
Ballroom 6	Richelieu-Vanier	613-560-6030	Tue.	8-9 pm	Apr 14	8	\$95.25	<a href="#">1526203</a>
Ballroom 7	Nepean Sportsplex	613-596-5783	Thu.	6-7 pm	Apr 2	8	\$95.25	<a href="#">1520289</a>
Ballroom 7	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Apr 16	8	\$95.25	<a href="#">1526204</a>

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	6-7 pm	Mar 30	8	\$95.25	<a href="#">1520293</a>
Ballroom 8	Nepean Sportsplex	613-596-5783	Mon.	7-8 pm	Mar 30	8	\$95.25	<a href="#">1520294</a>
Ballroom 8	Queenswood Heights	613-580-4765	Tue.	6-7 pm	Mar 31	8	\$95.25	<a href="#">1536315</a>
Ballroom 8	Richelieu-Vanier	613-560-6030	Thu.	8-9 pm	Apr 16	8	\$95.25	<a href="#">1526205</a>
Ballroom social	Richelieu-Vanier	613-560-6030	Thu.	7-8 pm	Apr 16	8	\$95.25	<a href="#">1526206</a>
Salsa	François Dupuis	613-580-8080	Wed.	8-8:55 pm	Apr 1	10	\$109.25	<a href="#">1533509</a>
Salsa	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7:50-8:50 pm	Apr 3	10	\$119.25	<a href="#">1528994</a>
Salsa 2	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7:50-8:50 pm	Apr 3	10	\$119.25	<a href="#">1529007</a>
Salsa 3	Bob MacQuarrie-Orléans	613-580-9600	Fri.	7:50-8:50 pm	Apr 3	10	\$119.25	<a href="#">1529015</a>

## 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 613-580-2400, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Ballet barre fit	Greenboro	613-580-2805	Wed.	6:15-7:15 pm	Mar 25	8	\$95.25	<a href="#">1533445</a>
Ballet barre fit	Greenboro	613-580-2805	Sat.	9-10 am	Mar 28	7	\$83.50	<a href="#">1540899</a>
Ballet barre fit	Greenboro	613-580-2805	Wed.	6:15-7:15 pm	May 20	5	\$59.75	<a href="#">1533450</a>
Ballet barre fit	Greenboro	613-580-2805	Sat.	9-10 am	May 23	5	\$59.75	<a href="#">1541257</a>
Ballet – Level 1	Ray Friel	613-580-4765	Mon.	7-8 pm	Apr 6	10	\$119.25	<a href="#">1536231</a>
Dance K-pop – Level 1	Routhier	613-244-4470	Tue.	7:30-8:30 pm	Apr 7	12	\$108.25	<a href="#">1537055</a>

## Dancing without a partner

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Improve your coordination, while dancing to the different beats. Basic to advanced steps and patterns from around the world. For extension numbers, call 613-580-2400, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Dance K-pop – Level 2	Routhier	613-244-4470	Tue.	8:30-10 pm	Apr 7	12	\$182.25	<a href="#">1537067</a>
Belly dance – Level 1	Fisher Park	613-798-8945	Wed.	7:15-8:45 pm	Apr 8	10	\$178.75	<a href="#">1530799</a>
Bollywood – Level 1	Hintonburg	613-798-8874	Thu.	6:30-7:30 pm	Apr 2	8	\$95.25	<a href="#">1524702</a>
Line dancing – Level 1	Carleton Heights	613-226-2208	Thu.	7:45-8:45 pm	Apr 2	9	\$107.25	<a href="#">1539995</a>
Line dancing – Level 1	St-Laurent	613-742-6767	Wed.	10:15-11:45 am	Apr 8	8	\$115	<a href="#">1537960</a>
Line dancing – Level 1	St-Laurent	613-742-6767	Wed.	7:15-8:45 pm	Apr 8	8	\$115	<a href="#">1537971</a>
Line dancing – Level 2	St-Laurent	613-742-6767	Tue.	7:15-8:45 pm	Apr 7	8	\$115	<a href="#">1537991</a>
Line dancing – Level 2	St-Laurent	613-742-6767	Wed.	1:15-2:45 pm	Apr 8	8	\$115	<a href="#">1538013</a>
Line dancing – Level 3	St-Laurent	613-742-6767	Thu.	7:15-8:45 pm	Apr 9	8	\$115	<a href="#">1538022</a>
Margaret Morris Method 2	Dempsey	613-247-4846	Mon.	7-9 pm	Mar 30	9	\$181.25	<a href="#">1537388</a>

## Visual Arts

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.

### Drawing for absolute beginners

This course introduces the absolute novice to drawing techniques and materials. In this comfortable and encouraging class, learn tips and tricks that make a difference in how you draw, creating a solid foundation for other art classes you may want to try.

#### Rideauview – 613-822-7887

19+ years      Fri.      10 am-noon  
 Jun 5-26      \$95.25      [1535891](#)

### 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.

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

18+ years      Wed.      7-8:30 pm  
 Mar 25-Apr 29      \$107.25      [1537992](#)  
 May 13-Jun 17      \$107.25      [1538003](#)

#### Plant – 613-232-3000

16+ years      Mon.      10-11:30 am  
 Apr 27-Jun 15      \$125      [1531326](#)

#### St-Laurent – 613-742-6767

16+ years      Mon.      7-8:30 pm  
 Apr 20-Jun 15      \$143      [1537634](#)



Ottawa's Arts Centres

# Inspiration starts here

Browse the new  
Arts Centres digital guide.



## New! Arts Centres guide

Ottawa's Arts Centres offer over 4,000 courses each year with instruction at every level. Professional artist instructors know exactly how to guide you through challenges and take your creations to the next level.

Be inspired by the magic of a creative, purpose-built arts environment.

Specialized arts programs at Ottawa's Arts Centres are now listed in a separate guide.



## Find your inspiration!

Nepean Creative Arts Centre – Woodroffe Avenue, Nepean

Nepean Visual Arts Centre – Stafford Road, Bells Corners

Shenkman Arts Centre – Centrum Boulevard, Orléans

Instructional programming at Shenkman Arts Centre provided by:



Gloucester  
POTTERY SCHOOL  
ÉCOLE DE POTERIE  
de Gloucester



## Ikebana

### Ikebana – Sogetsu

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

18+ years	Thu.	1-3 pm
May 7-Jun 18	\$200	<a href="#">1525129</a>
18+ years	Sat.	10 am-noon
Apr 18-Jun 13	\$200	<a href="#">1525198</a>

### 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

18+ years	Thu.	1-3 pm
May 7-Jun 18	\$255.25	<a href="#">1525207</a>
18+ years	Sat.	10 am-noon
Apr 18-Jun 13	\$255.25	<a href="#">1525214</a>



## Music lessons

Discover the joy of music with the instrument of your choice. Learn basic theories, reading music and timing. Materials free with some classes. For extension numbers, call 613-580-2400, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Guitar	John G. Mlacak	613-580-2980	Wed.	6-7:30 pm	Mar 25	12	\$201.75	<a href="#">1526121</a>
Guitar	Sandy Hill	613-564-1062	Thu.	10-11 am	Mar 26	11	\$229.25	<a href="#">1540210</a>
Guitar	St-Laurent	613-742-6767	Thu.	9-10 pm	Apr 2	12	\$250	<a href="#">1538132</a>
Guitar	Hintonburg	613-798-8874	Thu.	6-7 pm	Apr 9	6	\$125	<a href="#">1524732</a>
Guitar	Plant	613-232-3000	Wed.	8-9 pm	Apr 29	8	\$166.75	<a href="#">1536194</a>
Guitar 2	John G. Mlacak	613-580-2980	Wed.	7:45-9:15 pm	Mar 25	12	\$201.75	<a href="#">1526124</a>
Guitar maintenance	John G. Mlacak	613-580-2980	Sat.	9 am-2 pm	May 30	1	\$59.75	<a href="#">1526128</a>
Keyboard	Heron	613-247-4808	Sat.	3-3:30 pm	Mar 28	9	\$125	<a href="#">1525864</a>
Keyboard	Heron	613-247-4808	Sat.	3:30-4 pm	Mar 28	9	\$125	<a href="#">1525865</a>
Keyboard	St-Laurent	613-742-6767	Sat.	5-6 pm	Apr 4	9	\$250	<a href="#">1539754</a>
Keyboard	Plant	613-232-3000	Mon.	8-9 pm	Apr 27	7	\$162.25	<a href="#">1531510</a>
Keyboard	Rideauview	613-822-7887	Thu.	11:30 am-noon	Apr 30	6	\$83.50	<a href="#">1535863</a>

## Music lessons

Discover the joy of music with the instrument of your choice. Learn basic theories, reading music and timing. Materials free with some classes. For extension numbers, call 613-580-2400, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Keyboard	Plant	613-232-3000	Sun.	11 am-noon	May 3	7	\$162.25	<a href="#">1538323</a>
Ukulele	Hintonburg	613-798-8874	Thu.	7-8 pm	Apr 9	6	\$125	<a href="#">1524730</a>
Ukulele	Plant	613-232-3000	Sat.	9:30-10:30 am	May 2	7	\$146	<a href="#">1537772</a>
Vocal	Plant	613-232-3000	Sat.	4-5 pm	May 2	7	\$146	<a href="#">1537988</a>
Vocal	Plant	613-232-3000	Sat.	5-6 pm	May 2	7	\$146	<a href="#">1537999</a>

## Painting

### 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.

#### Plant – 613-232-3000

16+ years      Mon.      7-8:30 pm  
 Apr 27-Jun 15      \$125      [1531309](#)

### 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.

#### Greenboro – 613-580-2805

19+ years      Thu.      12:30-3 pm  
 Mar 26-Apr 30      \$152.50      [1537782](#)  
 May 21-Jun 25      \$152.50      [1537786](#)

### 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.

#### Overbrook – 613-742-5147

18+ years      Thu.      1-3:30 pm  
 Apr 2-May 28      \$204.75      [1535526](#)

#### St-Laurent – 613-742-6767

16+ years      Thu.      7-8:30 pm  
 Apr 23-Jun 18      \$160.75      [1537664](#)

#### 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 – 613-580-2442

18+ years      Wed.      1:30-3:30 pm  
 Apr 1-Jun 17      \$285.75      [1529128](#)

### 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 – 613-742-6767

16+ years      Wed.      7-8:30 pm  
 Apr 22-Jun 17      \$160.75      [1537696](#)

## Photography

### 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

18+ years      Thu.      7:15-8:45 pm  
 Mar 26-Apr 16      \$71.50      [1522047](#)

#### Walter Baker – 613-580-2788

18+ years      Sat.      9:30 am-1:30 pm  
 May 2      \$47.75      [1533484](#)



## 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

15+ years	Tue.	6:30-8:30 pm
May 5-12	\$47.75	<a href="#">1524724</a>

### Ron Kolbus Lakeside – 613-828-4313

18+ years	Thu.	7:15-8:45 pm
Jul 9-30	\$71.50	<a href="#">1522162</a>

## Pottery

### 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

18 years+	Thu.	7-9:30 pm
Mar 26-Jun 11	\$357.25	<a href="#">1535588</a>
18 years+	Thu.	6-8:30 pm
Jul 2-Sep 3	\$297.75	<a href="#">1535596</a>

### 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

18 years+	Mon.	7-9:30 pm
Mar 23-Jun 22	\$357.25	<a href="#">1535552</a>
18 years+	Tue.	9:30 am-noon
Mar 24-Jun 9	\$357.25	<a href="#">1535562</a>
18 years+	Mon.	5:30-8 pm
Jun 29-Aug 31	\$268	<a href="#">1535571</a>

## 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

18 years+	Tue.	6-8:30 pm
Mar 24-Jun 9	\$357.25	<a href="#">1535580</a>
Jun 30-Sep 1	\$297.75	<a href="#">1535576</a>

## Studios

### Pottery 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

18+ years	Tue.	9 am-12:30 pm
Mar 24-May 26	\$80.25	<a href="#">1522186</a>
Jun 2-Aug 25	\$104.50	<a href="#">1522175</a>
18+ years	Wed.	9 am-12:30 pm
Mar 25-May 27	\$80.25	<a href="#">1522193</a>

## Certification

### 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.

### Greely – 613-580-2424 ext. 30235

19+ years	Sat.-Sun.	8:30 am-5:30 pm
Jun 6-7	\$142	<a href="#">1539623</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

19+ years	Sat.	8:30 am-5:30 pm
May 30	\$93	<a href="#">1539602</a>

### Red Cross Standard First Aid/CPR Lev 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

19+ years	Sat.	8:30 am-5:30 pm
May 30	\$142	<a href="#">1539560</a>

## Cooking

### A taste of India

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

### Queenswood Heights – 613-580-4765

18+ years	Sat.	6-9 pm
Apr 4	\$53.75	<a href="#">1538191</a>



## 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

18-64 years	Tue.	6-9 pm
Apr 28	\$35.75	<a href="#">1534652</a>
May 26	\$35.75	<a href="#">1534654</a>
Jun 23	\$35.75	<a href="#">1534655</a>

### Heron – 613-247-4808

18+ years	Mon.	6:30-8 pm
Mar 30-May 11	\$107.25	<a href="#">1526224</a>
May 25-Jun 22	\$89.50	<a href="#">1526239</a>

## Languages

### French

#### Level 1

French at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business.

#### Eva James – 613-580-2442

18+ years	Thu.	6-7:30 pm
Apr 2-Jun 4	\$172.75	<a href="#">1528876</a>

#### Heron – 613-247-4808

18+ years	Wed.	6-7:30 pm
Mar 25-May 27	\$178.75	<a href="#">1526259</a>

#### Ray Friel – 613-580-4765

18+ years	Mon.	6-7 pm
Apr 6-Jun 22	\$119.25	<a href="#">1536274</a>

#### Level 2

Increase your vocabulary, improve grammar and build on your French oral competency!

#### Eva James – 613-580-2442

18+ years	Thu.	7:30-9 pm
Apr 2-Jun 4	\$172.75	<a href="#">1528884</a>

#### Heron – 613-247-4808

18+ years	Wed.	7:30-9 pm
Mar 25-May 27	\$178.75	<a href="#">1526261</a>

#### Ray Friel – 613-580-4765

18+ years	Mon.	7-8 pm
Apr 6-Jun 22	\$119.25	<a href="#">1536278</a>

## Spanish conversational

#### Level 1

Spanish at an introductory level with emphasis on conversation and vocabulary. Learn the basics for everyday use, travelling or business.

#### Bob MacQuarrie-Orléans – 613-580-9600

16+ years	Mon.	5:30-7 pm
Apr 20-Jun 15	\$143	<a href="#">1529250</a>

#### Carleton Heights – 613-226-2208

18+ years	Mon.	6:30-8 pm
Mar 23-Jun 1	\$160.75	<a href="#">1539804</a>

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

18+ years	Wed.	6:45-7:45 pm
Apr 1-Jun 3	\$119.25	<a href="#">1538014</a>

#### John G. Mlacak – 613-580-2980

18+ years	Wed.	6:30-9 pm
Mar 25-Jun 10	\$213.50	<a href="#">1526097</a>

#### Plant – 613-232-3000

16+ years	Tue.	6-9 pm
Apr 28-Jun 16	\$209.50	<a href="#">1536023</a>

#### Level 2

Increase your vocabulary, improve grammar and build on your Spanish oral competency!

#### Bob MacQuarrie-Orléans – 613-580-9600

16+ years	Thu.	5:30-7 pm
Apr 16-Jun 18	\$178.75	<a href="#">1529260</a>

#### Carleton Heights – 613-226-2208

16+ years	Wed.	6:30-8 pm
Mar 25-May 20	\$160.75	<a href="#">1539829</a>

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

18+ years	Wed.	7:45-8:45 pm
Apr 1-Jun 3	\$119.25	<a href="#">1543859</a>

#### John G. Mlacak – 613-580-2980

18+ years	Tue.	7-9 pm
Mar 24-Jun 9	\$205	<a href="#">1526094</a>

#### Plant – 613-232-3000

16+ years	Thu.	6-9 pm
Apr 30-Jun 18	\$256.25	<a href="#">1536284</a>

#### Level 3

Emphasis on day to day and work-related conversation. Increase your conversational and comprehension skills in a relaxed atmosphere.

#### Bob MacQuarrie-Orléans – 613-580-9600

16+ years	Thu.	7-8:30 pm
Apr 16-Jun 18	\$178.75	<a href="#">1529269</a>

#### John G. Mlacak – 613-580-2980

18+ years	Thu.	7-9 pm
Mar 26-Jun 11	\$285.75	<a href="#">1526115</a>

#### Plant – 613-232-3000

16+ years	Fri.	6-9 pm
May 1-Jun 19	\$285.75	<a href="#">1536289</a>

## Pets

### 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

15+ years Sun. 9:30 am-12:30 pm  
Apr 5 \$35.75 [1524736](#)

### Dog obedience

#### 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.

#### Lansdowne Park – 613-580-2424 ext. 17323

19+ years Thu. 6:30-7:30 pm  
Apr 2-May 14 \$77.25 [1538063](#)

#### Ron Kolbus Lakeside – 613-828-4313

18+ years Wed. 7-8 pm  
Mar 25-May 27 \$128.50 [1521974](#)  
Jul 8-Aug 26 \$102.75 [1522135](#)

#### 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.

#### Lansdowne Park – 613-580-2424 ext. 17323

19+ years Thu. 6:30-7:30 pm  
Jul 2-Aug 13 \$77.25 [1541332](#)

#### Ron Kolbus Lakeside – 613-828-4313

18+ years Wed. 7-8 pm  
Mar 25-May 27 \$128.50 [1521984](#)  
Jul 8-Aug 26 \$102.75 [1522140](#)



### 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

15+ years Sun. 1-2 pm  
Mar 29-May 10 \$128.50 [1524743](#)

### Dog tricks and games

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!

#### Lansdowne Park – 613-580-2424 ext. 17323

19+ years Thu. 7:30-8:30 pm  
Jul 2-Aug 13 \$83.50 [1541335](#)

### Dog tricks and games – Low ratio

#### Hintonburg – 613-798-8874

15+ years Sun. 2-3 pm  
Mar 29-May 10 \$128.50 [1524739](#)

#### Lansdowne Park – 613-580-2424 ext. 17323

19+ years Thu. 7:30-8:30 pm  
Apr 2-May 14 \$128.50 [1538075](#)

## Martial arts

### 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	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Mar 30	20	\$264.75	<a href="#">1529012</a>
Aikido Yoseikan	Bob MacQuarrie-Orléans	613-580-9600	Mon., Wed.	7:30-9 pm	Jun 29	9	\$119.25	<a href="#">1528503</a>
Medieval Swordsmanship	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Apr 8	10	\$169	<a href="#">1527051</a>

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Medieval Swordsmanship 2	Richelieu-Vanier	613-560-6030	Wed.	7-8:30 pm	Apr 8	10	\$169	<a href="#">1527080</a>
Jiu-Jitsu	Sandy Hill	613-564-1062	Tue.	7:30-8:30 pm	Mar 24	12	\$142.25	<a href="#">1539955</a>
Jiu-Jitsu	Queen Elizabeth School	613-742-6767	Fri.	8:30-9:25 pm	Apr 3	8	\$87.50	<a href="#">1538945</a>
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Tue.	6:30-7:25 pm	Mar 31	9	\$98.25	<a href="#">1538917</a>
Jiu-Jitsu 2	Queen Elizabeth School	613-742-6767	Fri.	7:30-8:25 pm	Apr 3	8	\$87.25	<a href="#">1538950</a>
Jiu-Jitsu 3	Queen Elizabeth School	613-742-6767	Tue.	7:30-8:25 pm	Mar 31	9	\$98.25	<a href="#">1538919</a>
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Mar 25	8	\$67.75	<a href="#">1536856</a>
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Mar 25	8	\$67.75	<a href="#">1536857</a>
Jiu-Jitsu Marui Ryu	Overbrook	613-742-5147	Wed.	8-9 pm	Jul 15	8	\$67.75	<a href="#">1542732</a>
Karate	Queenswood Heights	613-580-4765	Mon., Wed.	6:15-7:45 pm	Mar 23	18	\$261.75	<a href="#">1543182</a>
Karate Goju Ryu	Queen Elizabeth School	613-742-6767	Thu.	6-6:55 pm	Apr 2	9	\$98.25	<a href="#">1538985</a>
Karate Goju Ryu	St-Laurent	613-742-6767	Tue.	6-6:55 pm	Apr 7	12	\$131	<a href="#">1538966</a>
Karate Goju Ryu 2	Queen Elizabeth School	613-742-6767	Thu.	7-7:55 pm	Apr 2	9	\$98.25	<a href="#">1538986</a>
Karate Goju Ryu 2	St-Laurent	613-742-6767	Tue.	7-7:55 pm	Apr 7	12	\$131	<a href="#">1538969</a>
Karate Goju Ryu 3	Queen Elizabeth School	613-742-6767	Thu.	8-8:55 pm	Apr 2	9	\$98.25	<a href="#">1538987</a>
Karate Goju Ryu 3	St-Laurent	613-742-6767	Tue.	8-8:55 pm	Apr 7	12	\$131	<a href="#">1538974</a>
Kendo	Plant	613-232-3000	Sun.	3:30-5:30 pm	May 3	7	\$125.25	<a href="#">1538272</a>
Taekwondo	Hunt Club-Riverside Park.	613-580-2990	Tue., Thu.	7:30-8:30 pm	Mar 24	24	\$228.50	<a href="#">1536897</a>
Taekwondo	Hunt Club-Riverside Park.	613-580-2990	Tue., Thu., Sat.	7:30-8:30 pm	Mar 24	36	\$342.75	<a href="#">1536914</a>
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	7:15-8:15 pm	Mar 25	14	\$166.75	<a href="#">1544739</a>
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Mar 25	14	\$166.75	<a href="#">1537973</a>
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	7:15-8:15 pm	Jul 8	9	\$107.25	<a href="#">1544740</a>

## 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	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	3:15-4:15 pm	Mar 28	12	\$143	<a href="#">1537974</a>
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Mar 28	12	\$143	<a href="#">1537975</a>
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Mar 30	24	\$243.50	<a href="#">1528829</a>
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	7:30-8:30 pm	Mar 30	24	\$243.50	<a href="#">1528947</a>
Taekwondo	Earl Armstrong Arena	613-746-7109	Tue.	6-7 pm	Mar 31	13	\$155	<a href="#">1525793</a>
Taekwondo	Notre Dame Des Champs	613-580-9600	Tue., Thu.	6:30-7:30 pm	Mar 31	26	\$263.75	<a href="#">1528900</a>
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	5:30-6:30 pm	Apr 7	22	\$242.75	<a href="#">1531035</a>
Taekwondo	Fisher Park	613-798-8945	Tue., Thu.	6:30-7:30 pm	Apr 7	22	\$242.75	<a href="#">1531048</a>
Taekwondo	CARDELREC (Goulbourn)	613-580-2532	Fri.	6:30-7:30 pm	May 1	14	\$166.75	<a href="#">1531102</a>
Taekwondo	CARDELREC (Goulbourn)	613-580-2532	Fri.	7:30-8:30 pm	May 1	14	\$166.75	<a href="#">1531107</a>
Taekwondo	Hunt Club-Riverside Park.	613-580-2990	Tue., Thu.	7:30-8:30 pm	Jun 16	24	\$228.50	<a href="#">1536972</a>
Taekwondo	Hunt Club-Riverside Park.	613-580-2990	Tue., Thu., Sat.	7:30-8:30 pm	Jun16	36	\$342.75	<a href="#">1536995</a>
Taekwondo	Notre Dame Des Champs	613-580-9600	Mon., Wed.	6:30-7:30 pm	Jun 29	16	\$162.50	<a href="#">1528493</a>
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	3:15-4:15 pm	Jul4	8	\$95.25	<a href="#">1537995</a>
Taekwondo	Richcraft-Kanata	613-580-9696	Sat.	4:15-5:15 pm	Jul4	8	\$95.25	<a href="#">1537996</a>
Taekwondo	Earl Armstrong Arena	613-746-7109	Tue.	6-7 pm	Jul 7	8	\$95.25	<a href="#">1531422</a>
Taekwondo	Richcraft-Kanata	613-580-9696	Wed.	8:15-9:15 pm	Jul 8	9	\$107.25	<a href="#">1537994</a>





# PARLEZ-NOUS!

Help us develop French recreation and culture programs that meet your needs.

Suggestions,  
comments and  
questions:

**613-316-0630**  
[loisirsetculture@ottawa.ca](mailto:loisirsetculture@ottawa.ca)

## Sports

### Sports

Feeling sporty? Come play your favourite sport or try a new one. All skill levels welcome. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
<b>Badminton</b>								
Game play	Richcraft-Kanata	613-580-9696	Tue.	9-10 pm	Mar 24	14	\$67.75	<a href="#">1540085</a>
Game play	McNabb	613-564-1070	Wed.	8:10-10:10 pm	Mar 25	14	\$135.25	<a href="#">1535503</a>
Game play	Richcraft-Kanata	613-580-9696	Thu.	9-10 pm	Mar 26	14	\$67.75	<a href="#">1540086</a>
Game play	McNabb	613-564-1070	Sat.	6:30-8 pm	Mar 28	13	\$94.25	<a href="#">1535508</a>
Game play	Richcraft-Kanata	613-580-9696	Sun.	8-9 am	Mar 29	11	\$53.25	<a href="#">1540104</a>
Game play	Richcraft-Kanata	613-580-9696	Sun.	9-10 am	Mar 29	11	\$53.25	<a href="#">1540107</a>
Game play	Eva James	613-580-2442	Sun.	6:30-7:30 pm	Mar 29	10	\$48.50	<a href="#">1527305</a>
Game play	Eva James	613-580-2442	Sun.	7:30-8:30 pm	Mar 29	10	\$48.50	<a href="#">1527309</a>
Game play	Eva James	613-580-2442	Wed.	10:40 am-12:10 pm	Apr 1	12	\$87	<a href="#">1527322</a>
Game play	Eva James	613-580-2442	Wed.	7:45-8:45 pm	Apr 1	12	\$58	<a href="#">1527330</a>
Game play	Routhier	613-244-4470	Sun.	3-4:30 pm	Apr 5	11	\$74.25	<a href="#">1536918</a>
Game play	Greenboro	613-580-2805	Sun.	4-5 pm	Apr 5	10	\$48.50	<a href="#">1541122</a>
Game play	Routhier	613-244-4470	Sun.	4:30-6 pm	Apr 5	11	\$74.25	<a href="#">1536941</a>
Game play	South Fallingbrook	613-824-0633	Mon.	8-10 pm	Apr 6	9	\$87	<a href="#">1530298</a>
Game play	Fisher Park	613-798-8945	Mon.	8-10 pm	Apr 6	10	\$96.75	<a href="#">1531075</a>
Game play	Routhier	613-244-4470	Wed.	3:30-5:30 pm	Apr 8	6	\$54	<a href="#">1536968</a>
Game play	Routhier	613-244-4470	Wed.	3:30-5:30 pm	Apr 15	6	\$54	<a href="#">1536970</a>
Game play	South Fallingbrook	613-824-0633	Fri.	7-9 pm	Apr 17	9	\$87	<a href="#">1530299</a>
Game play	Glen Cairn	613-580-2570	Sat.	1-2 pm	Apr 18	9	\$43.50	<a href="#">1533271</a>

## Sports

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game play	McNabb	613-564-1070	Tue.	8-10 pm	Jun 30	10	\$96.75	<a href="#">1535514</a>
Game play	Routhier	613-244-4470	Sun.	3-4:30 pm	Jul 5	12	\$81	<a href="#">1539148</a>
Game play	Routhier	613-244-4470	Sun.	4:30-6 pm	Jul 5	12	\$81	<a href="#">1539149</a>
Game play	Routhier	613-244-4470	Wed.	4-6 pm	Jul 8	6	\$54	<a href="#">1539150</a>
Game play	Routhier	613-244-4470	Wed.	4-6 pm	Jul 15	5	\$45	<a href="#">1539151</a>
Game play 2	Routhier	613-244-4470	Wed.	8-10 pm	Apr 8	12	\$108.25	<a href="#">1536989</a>
Game play 2	Routhier	613-244-4470	Thu.	6-8 pm	Apr 9	12	\$108.25	<a href="#">1536997</a>
Game play 2	Routhier	613-244-4470	Wed.	8-10 pm	Jul 8	12	\$108.25	<a href="#">1539152</a>
Game play 2	Routhier	613-244-4470	Thu.	6-8 pm	Jul 9	12	\$108.25	<a href="#">1539153</a>
Game play 3	Routhier	613-244-4470	Sun.	6:30-8:30 pm	Apr 5	11	\$99.25	<a href="#">1537002</a>
Game play 3	Routhier	613-244-4470	Wed.	6-8 pm	Apr 8	12	\$108.25	<a href="#">1537034</a>
Game play 3	Routhier	613-244-4470	Sun.	6:30-8:30 pm	Jul 5	12	\$108.25	<a href="#">1539154</a>
Game play 3	Routhier	613-244-4470	Wed.	6-8 pm	Jul 8	12	\$108.25	<a href="#">1539155</a>
Game play – Women	Hillcrest School	613-244-4470	Thu.	7-9 pm	Apr 9	8	\$77.25	<a href="#">1542436</a>
<b>Basketball</b>								
Game play	Carleton Heights School	613-226-2208	Wed.	8:15-10 pm	Mar 25	7	\$59.25	<a href="#">1539587</a>
Game play	Minto-Barrhaven	613-727-2683	Mon.	8:15-9:30 pm	Mar 30	10	\$60.50	<a href="#">1518830</a>
Game play	Heron	613-247-4808	Tue.	7:30-9 pm	Mar 31	10	\$72.50	<a href="#">1526209</a>
Game play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Apr 2	13	\$94.25	<a href="#">1535376</a>
Game play	Overbrook	613-742-5147	Thu.	8-9:30 pm	Jul 2	9	\$65.25	<a href="#">1535399</a>
Game play – Men	Eva James	613-580-2442	Wed.	9-11 pm	Apr 1	12	\$116	<a href="#">1529093</a>
Rec League Women's	Mary Pitt		Wed.	6-10 pm	Apr 8	8	\$89.18	<a href="#">1530682</a>

## Sports

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Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
<b>Curling</b>								
Floor	Lansdowne Park	Extension 17323	Mon.	7-8:30 pm	Apr 6	6	\$58	<a href="#">1537260</a>
Floor	Lansdowne Park	Extension 17323	Mon.	7-8:30 pm	Jun 1	4	\$38.75	<a href="#">1541345</a>
<b>Hockey</b>								
Development	Jim Durrell	613-247-4811	Sun.	2-2:50 pm	Apr 26	8	\$180.50	<a href="#">1525810</a>
Game play	Ray Friel	613-580-4765	Sat.	7:30-8:50 pm	May 2	8	\$86.75	<a href="#">1527444</a>
Game play	Ray Friel	613-580-4765	Sat.	9-10:20 pm	May 2	8	\$86.75	<a href="#">1527454</a>
Game play	Ray Friel	613-580-4765	Sat.	7:30-8:50 pm	Jul 4	7	\$75.75	<a href="#">1527461</a>
Game play	Ray Friel	613-580-4765	Sat.	9-10:20 pm	Jul 4	7	\$75.75	<a href="#">1527462</a>
Game play – Men	Minto-Barrhaven	613-727-2683	Tue.	9-9:50 pm	Mar 31	10	\$67.75	<a href="#">1527627</a>
Game play – Men	Minto-Barrhaven	613-727-2683	Tue.	10-10:50 pm	Mar 31	10	\$67.75	<a href="#">1527632</a>
Game play – Men	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Apr 1	10	\$67.75	<a href="#">1527639</a>
Game play – Men	Minto-Barrhaven	613-727-2683	Thu.	10-10:50 pm	Apr 2	10	\$67.75	<a href="#">1527644</a>
Game play – Men – Goalie	Minto-Barrhaven	613-727-2683	Tue.	9-9:50 pm	Mar 31	10	\$67.75	<a href="#">1533050</a>
Game play – Men – Goalie	Minto-Barrhaven	613-727-2683	Tue.	10-10:50 pm	Mar 31	10	\$67.75	<a href="#">1533058</a>
Game play – Men – Goalie	Minto-Barrhaven	613-727-2683	Wed.	10-10:50 pm	Apr 1	10	\$67.75	<a href="#">1533069</a>
Game play – Men – Goalie	Minto-Barrhaven	613-727-2683	Thu.	10-10:50 pm	Apr 2	10	\$67.75	<a href="#">1533073</a>
Game play – Women	Minto-Barrhaven	613-727-2683	Wed.	9-9:50 pm	Apr 1	10	\$67.75	<a href="#">1527678</a>
Hockey league Tier 2	Ray Friel	613-580-4765	Tue.	8:30-11:30pm	May 5	15	\$4034.75	<a href="#">154513</a>
Hockey league Tier 3	Ray Friel	613-580-4765	Tue.	8 pm-12 am	May 5	18	\$4034.75	<a href="#">1529242</a>
Hockey league Tier 4	Ray Friel	613-580-4765	Mon.	9 pm-12 am	May 4	18	\$4034.75	<a href="#">1529251</a>
Hockey league Rec Men	Ray Friel	613-580-4765	Wed.	7 pm-12 am	May 6	18	\$4034.75	<a href="#">1529286</a>

## Sports

Feeling sporty? Come play your favourite sport or try a new one. All skill levels welcome. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Hockey league Open Div.	Ray Friel	613-580-4765	Thu.	7 pm-12 am	May 7	18	\$4034.75	<a href="#">1529189</a>
Powerskating	Jim Durrell	613-247-4811	Sun.	1-1:50 pm	Apr 26	8	\$180.50	<a href="#">1525815</a>
<b>Pickleball</b>								
Pickleball	Eva James	613-580-2442	Mon.	4:45-5:45 pm	Mar 30	5	\$45.25	<a href="#">1529331</a>
Pickleball	Fallingbrook School	613-580-4765	Sat.	Noon-1 pm	Apr 4	10	\$90.25	<a href="#">1536534</a>
Pickleball	Eva James	613-580-2442	Mon.	4:45-5:45 pm	May 11	5	\$45.25	<a href="#">1529334</a>
Pickleball	Fallingbrook School	613-580-4765	Sat.	11 am-Noon	Jul 4	8	\$72.25	<a href="#">1540192</a>
Introduction to pickleball	Fallingbrook School	613-580-4765	Sat.	9-10 am	Apr 4	2	\$18.25	<a href="#">1536506</a>
Introduction to pickleball	Fallingbrook School	613-580-4765	Sat.	9-10 am	May 2	4	\$36.25	<a href="#">1536511</a>
Introduction to pickleball	Half Moon Bay	613-580-2854	Thu.	9-11 am	May 14	1	\$18.25	<a href="#">1534951</a>
Introduction to pickleball	Mooney's Bay Park	613-580-2854	Thu.	9-11 am	May 21	1	\$18.25	<a href="#">1534945</a>
Introduction to pickleball	Alexander Grove Park	613-580-2854	Thu.	9-11 am	May 28	1	\$18.25	<a href="#">1534948</a>
Introduction to pickleball	Half Moon Bay	613-580-2854	Thu.	9-11 am	Jun 4	1	\$18.25	<a href="#">1534953</a>
Introduction to pickleball	Fallingbrook School	613-580-4765	Sat.	9-10 am	Jun 6	4	\$36.25	<a href="#">1536515</a>
Introduction to pickleball	Mooney's Bay Park	613-580-2854	Thu.	9-11 am	Jun 11	1	\$18.25	<a href="#">1534946</a>
Introduction to pickleball	Alexander Grove Park	613-580-2854	Thu.	9-11 am	Jun 18	1	\$18.25	<a href="#">1534950</a>
Introduction to pickleball	Fallingbrook School	613-580-4765	Sat.	9-10 am	Jul 4	4	\$36.25	<a href="#">1540144</a>
Introduction to pickleball	Mooney's Bay Park	613-580-2854	Thu.	9-11 am	Jul 9	1	\$18.25	<a href="#">1534964</a>
Introduction to pickleball	Alexander Grove Park	613-580-2854	Thu.	9-11 am	Jul 16	1	\$18.25	<a href="#">1534965</a>
Introduction to pickleball	Half Moon Bay	613-580-2854	Thu.	9-11 am	Jul 23	1	\$18.25	<a href="#">1534966</a>
Introduction to pickleball	Fallingbrook School	613-580-4765	Sat.	9-10 am	Aug 8	4	\$36.25	<a href="#">1540147</a>
Game play	St. Germain Park	613-564-1062	Tue.,Thur.	10-11:30 am	Apr 28	10	\$72.50	<a href="#">1540139</a>



## Sports

Feeling sporty? Come play your favourite sport or try a new one. All skill levels welcome. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game play	St. Michael's School – Fitzroy	613-580-9494	Sat.	Noon-1 pm	Mar 28	6	\$29	<a href="#">1533466</a>
Game play	Fallingbrook School	613-580-4765	Sat.	10-11 am	Apr 4	10	\$48.50	<a href="#">1539625</a>
Game play	Fallingbrook School	613-580-4765	Sat.	10-11 am	Jul 4	8	\$38.75	<a href="#">1540160</a>
<b>Rock Climbing</b>								
Rock Climbing-Adult	Richcraft-Kanata	613-580-9696	Sat.	11:30 am-12:30 pm	Mar 28	11	\$186	<a href="#">1540281</a>
<b>Skating</b>								
Beginner	Nepean Sportsplex	613-580-2828	Thu.	11:30 am-12:20 pm	Mar 26	6	\$75.25	<a href="#">1541231</a>
Beginner	Minto-Barrhaven	613-727-2683	Wed.	7-7:50 pm	Apr 1	10	\$125.50	<a href="#">1524925</a>
Beginner	Minto-Barrhaven	613-727-2683	Mon.	Noon-12:50 pm	Apr 6	7	\$88	<a href="#">1524912</a>
Beginner	Minto-Barrhaven	613-727-2683	Mon.	7-7:50 pm	Apr 6	7	\$88	<a href="#">1524916</a>
Beginner	Jim Durrell	613-580-2596	Mon., Wed.	7-7:50 pm	Jul 6	11	\$138	<a href="#">1520854</a>
Intermediate	Nepean Sportsplex	613-580-2828	Thu.	11:30 am-12:20 pm	Mar 26	6	\$75.25	<a href="#">1541232</a>
Intermediate	Jim Durrell	613-580-2596	Mon., Wed.	7-7:50 pm	Jul 6	11	\$138	<a href="#">1520849</a>
Intro to ice	CARDELREC (Goulbourn)	613-580-2532	Mon.	9:15-10:05 am	Mar 23	7	\$88	<a href="#">1540695</a>
Intro to ice	Nepean Sportsplex	613-580-2828	Thu.	11:30 am-12:20 pm	Mar 26	6	\$75.25	<a href="#">1541233</a>
Intro to ice	Minto-Barrhaven	613-727-2683	Wed.	7-7:50 pm	Apr 1	10	\$125.50	<a href="#">1524854</a>
Intro to ice	Minto-Barrhaven	613-727-2683	Wed.	7-7:50 pm	Apr 1	10	\$125.50	<a href="#">1524867</a>
Intro to ice	Minto-Barrhaven	613-727-2683	Sat.	11-11:50 am	Apr 4	8	\$100.50	<a href="#">1524895</a>
Intro to ice	Minto-Barrhaven	613-727-2683	Sat.	11-11:50 am	Apr 4	8	\$100.50	<a href="#">1524903</a>
Intro to ice	Minto-Barrhaven	613-727-2683	Mon.	Noon-12:50 pm	Apr 6	7	\$88	<a href="#">1524816</a>
Intro to ice	Minto-Barrhaven	613-727-2683	Mon.	7-7:50 pm	Apr 6	7	\$88	<a href="#">1524822</a>
Intro to ice	Minto-Barrhaven	613-727-2683	Mon.	7-7:50 pm	Apr 6	7	\$88	<a href="#">1524836</a>
Intro to ice	Jim Durrell	613-580-2596	Mon., Wed.	7-7:50 pm	Jul 6	11	\$138	<a href="#">1520853</a>

## Sports

Feeling sporty? Come play your favourite sport or try a new one. All skill levels welcome. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
<b>Soccer</b>								
Game play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Apr 7	12	\$87	<a href="#">1535307</a>
Game play	Minto-Barrhaven	613-727-2683	Wed.	8:30-9:30 pm	Apr 8	10	\$48.50	<a href="#">1518869</a>
Game play	University of Ottawa	613-564-1062	Sun.	9-10 am	Jun 7	8	\$38.75	<a href="#">1540315</a>
Game play	Overbrook	613-742-5147	Tue.	8-9:30 pm	Jul 7	9	\$65.25	<a href="#">1535346</a>
Women	Fallingbrook School	613-580-4765	Wed.	8-9:30 pm	Apr 8	9	\$121.75	<a href="#">1536416</a>
<b>Spikeball®</b>								
Gameplay	École Franco Jeunesse	613-564-1062	Tue.	6-8 pm	Mar 24	12	\$116	<a href="#">1540124</a>
Gameplay	Sandy Hill	613-564-1062	Mon.	5:30-6:30 pm	Jun 22	8	\$38.75	<a href="#">1540283</a>
<b>Touch football</b>								
Game play	University of Ottawa	613-564-1062	Sun.	10-11 am	Jun 7	8	\$38.75	<a href="#">1540314</a>
<b>Tennis</b>								
Tennis	St. Germain Park	613-564-1062	Mon.,Wed.	5:30-6:30 pm	Apr 27	6	\$90.25	<a href="#">1540039</a>
Tennis	St. Germain Park	613-564-1062	Tue.,Thu.	5:30-6:30 pm	Apr 28	6	\$90.25	<a href="#">1540045</a>
Tennis	St. Germain Park	613-564-1062	Sat.	10-11 am	May 2	6	\$90.25	<a href="#">1540063</a>
Tennis	Four Season's Park	613-580-2596	Mon.	7-8 pm	May 4	7	\$105.25	<a href="#">1520919</a>
Tennis	Klondike Road Park	613-580-2596	Tue.	7-8 pm	May 5	7	\$105.25	<a href="#">1521850</a>
Tennis	McKellar Park	613-580-2596	Wed.	7:30-8:30 pm	May 6	7	\$105.25	<a href="#">1521889</a>
Tennis	Mooney's Bay Park	613-580-2596	Thu.	8-9 pm	May 7	7	\$105.25	<a href="#">1521890</a>
Tennis	Pinecrest Park	613-580-9676	Sun.	Noon-1 pm	May 24	5	\$75.25	<a href="#">1520617</a>
Tennis	St. Germain Park	613-564-1062	Mon.,Wed.	5:30-6:30 pm	May 25	6	\$90.25	<a href="#">1540042</a>
Tennis	Pinecrest Park	613-580-9676	Mon.	7-8 pm	May 25	5	\$75.25	<a href="#">1520618</a>
Tennis	St. Germain Park	613-564-1062	Tue.,Thu.	5:30-6:30 pm	May 26	6	\$90.25	<a href="#">1540047</a>

## Sports

Feeling sporty? Come play your favourite sport or try a new one. All skill levels welcome. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Tennis	Four Season's Park	613-580-2596	Mon.	7-8 pm	Jul 6	7	\$105.25	<a href="#">1520956</a>
Tennis	Klondike Road Park	613-580-2596	Tue.	7-8 pm	Jul 7	7	\$105.25	<a href="#">1521933</a>
Tennis	McKellar Park	613-580-2596	Wed.	7:30-8:30 pm	Jul 8	7	\$105.25	<a href="#">1521934</a>
Tennis	Mooney's Bay Park	613-580-2596	Thu.	8-9 pm	Jul 9	7	\$105.25	<a href="#">1521935</a>
Tennis 2	St. Germain Park	613-564-1062	Mon., Wed.	6:30-7:30 pm	Apr 27	6	\$103.25	<a href="#">1540091</a>
Tennis 2	St. Germain Park	613-564-1062	Tue., Thu.	6:30-7:30 pm	Apr 28	6	\$103.25	<a href="#">1540102</a>
Tennis 2	St. Germain Park	613-564-1062	Sat.	11 am-Noon	May 2	6	\$103.25	<a href="#">1540080</a>
Tennis 2	St. Germain Park	613-564-1062	Mon., Wed.	6:30-7:30 pm	May 25	6	\$103.25	<a href="#">1540099</a>
Tennis 2	St. Germain Park	613-564-1062	Tue., Thu.	6:30-7:30 pm	May 26	6	\$103.25	<a href="#">1540106</a>
<b>Triathlon</b>								
Triathlon	Nepean Sportsplex	613-580-2828	Sat.	9-10:30 am	Apr 11	12	\$165	<a href="#">1540291</a>
<b>Volleyball</b>								
Game play	École Franco Jeunesse	613-564-1062	Tue.	8-10 pm	Mar 24	12	\$116	<a href="#">1540112</a>
Game play	École Franco Jeunesse	613-564-1062	Wed.	6-8 pm	Mar 25	12	\$116	<a href="#">1540115</a>
Game play	Eva James	613-580-2442	Mon.	9-11 pm	Mar 30	10	\$96.75	<a href="#">1527624</a>
Game play	Greenboro	613-580-2805	Thu.	7-8:30 pm	Apr 2	12	\$87	<a href="#">1533253</a>
Game play	Jockvale School	613-580-2854	Sat.	2:05-3:05 pm	Apr 4	9	\$43.50	<a href="#">1539685</a>
Game play	Greenboro	613-580-2805	Mon.	7-8:30 pm	Apr 6	10	\$72.50	<a href="#">1533233</a>
Game play	Glen Cairn	613-580-2570	Thu.	8-10 pm	Apr 16	9	\$87	<a href="#">1533225</a>
Game play	Rideauview	613-822-7887	Mon.	7:45-9:15 pm	Mar 30	10	\$72.50	<a href="#">1534207</a>
Game play 2	McNabb	613-564-1070	Thu.	8-10 pm	Mar 26	14	\$135.25	<a href="#">1535531</a>
Game play 2	Greenboro	613-580-2805	Sun.	5:15-6:45 pm	Apr 5	10	\$72.50	<a href="#">1541123</a>
Game play 2	McNabb	613-564-1070	Thu.	8-10 pm	Jul 2	10	\$96.75	<a href="#">1535540</a>

## Sports

Feeling sporty? Come play your favourite sport or try a new one. All skill levels welcome. For extension numbers, call 613-580-2424, then dial the extension.

Activity	Location	Phone #	Day	Time	Start	Classes	Cost	Barcode
Game play 3	McNabb	613-564-1070	Mon.	8-10 pm	Mar 23	12	\$116	<a href="#">1535524</a>
Game play 3	McNabb	613-564-1070	Mon.	8-10 pm	Jun 29	9	\$87	<a href="#">1535517</a>
Level 2 – Women	Centennial School	613-580-2854	Tue.	6:30-8:30 pm	May 26	8	\$146.75	<a href="#">1526964</a>



**City Wide Sports – 613-580-2854**

**E-mail:** [beachleagues@ottawa.ca](mailto:beachleagues@ottawa.ca)

## Beach volleyball



### Britannia Beach Dredging Project

This summer, the City of Ottawa will be investing \$3 Million to restore and improve the water depths of Britannia Beach, a popular public swimming area. This means that there will be no beach volleyball league at Britannia this summer. Work is expected to be done by this fall.

### Beach volleyball – Coed recreational league

Recreational League 'Coed 6's League. Two matches of 40 minutes.'

#### Mooney's Bay Park

18+ years	Mon.	6-9 pm
May 25-Aug 10 IND	\$84.75	<a href="#">1534112</a>
May 25-Aug 10	\$535	<a href="#">1534183</a>
18+ years	Thu.	6-9 pm
May 21-Aug 6 IND	\$92.50	<a href="#">1535512</a>
May 21-Aug 6	\$583.75	<a href="#">1535530</a>

#### Stuemer Park/Petrie Island

18+ years	Mon.	6-9 pm
May 25-Aug 10 IND	\$84.75	<a href="#">1534235</a>
May 25-Aug 10	\$535	<a href="#">1534248</a>

### Beach volleyball – Coed competitive league

Competitive League 'Coed 4's League. Two matches of 40 minutes.'

#### Mooney's Bay Park

18+ years	Tue.	6-9 pm
May 19-Aug 4 IND	\$92.50	<a href="#">1535614</a>
May 19-Aug 4	\$583.75	<a href="#">1535637</a>
18+ years	Thu.	6-9 pm
May 21-Aug 6 IND	\$92.50	<a href="#">1535646</a>
May 21-Aug 6	\$583.75	<a href="#">1535655</a>

### Beach volleyball – Men 2's league

Men's recreational 2s beach volleyball league.

#### Mooney's Bay Park

18+ years	Tue.	6-9 pm
May 19-Aug 4	\$265	<a href="#">1536237</a>

### Pickleball – Doubles recreational league

Emphasis is on active participation and fun. Games are at a recreational level. Players may sign up with a partner or may sign up as an individual and be paired with another player. League takes place on outdoor pickleball courts.

#### Various locations – 613-580-2854

18+ years	Tue.	6- 8pm
May 19	\$143.75	<a href="#">1539810</a>



## Women and sport

**City Wide Sports**  
E-mail: [gws-ffs@ottawa.ca](mailto:gws-ffs@ottawa.ca)

### Basketball – League

Geared to players new to the game or who have not played for a while. League is divided according to level of play. One-hour games.

#### Mary Pitt

18+ years	Wed.	6-10 pm
Apr 8-May 27	\$90	<a href="#">1530682</a>

### Beach volleyball

Practice techniques to improve your bump, set, spike and tip skills. Develop a better understanding of the sport and play the game.

#### Mooney's Bay Park

18+ years	Tue.	6:30-7:30 pm
May 26-Jun 23	\$45.25	<a href="#">1525824</a>

#### Stuemer Park/Petrie Island

18+ years	Thu.	6:30-7:30 pm
May 28-Jun 25	\$45.25	<a href="#">1526626</a>

### Beach volleyball – Game play

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

#### Mooney's Bay Park

18+ years	Wed.	6:30-7:30 pm
May 27-Aug 12	\$58	<a href="#">1525701</a>

### Beach volleyball – League

#### Women's 2's League

##### Mooney's Bay Park

18+ years	Wed.	6-9 pm
May 20-Aug 5	\$243	<a href="#">1535679</a>

##### Stuemer Park/Petrie Island

18+ years	Thu.	6-9 pm
May 21-Aug 6	\$265	<a href="#">1536246</a>

#### Women's 3's League

##### Mooney's Bay Park

18+ years	Mon.	6-9 pm
May 25-Aug 10	\$329.50	<a href="#">1535756</a>
May 25-Aug 10 IND	\$84.50	<a href="#">1536277</a>

18+ years	Wed.	6-9 pm
May 20-Aug 5	\$91.50	<a href="#">1536268</a>
May 20-Aug 5	\$329.45	<a href="#">1536273</a>

##### Stuemer Park/Petrie Island

18+ years	Thu.	6-9 pm
May 21-Aug 6 IND	\$84.50	<a href="#">1536280</a>
May 21-Aug 6	\$354	<a href="#">1536287</a>

#### Women's 4's League

##### Mooney's Bay Park

18+ years	Mon.	6-9 pm
May 25-Aug 10 IND	\$84.75	<a href="#">1535771</a>
May 25-Aug 10	\$412	<a href="#">1535790</a>

18+ years	Wed.	6-9 pm
May 20-Aug 5 IND	\$84.75	<a href="#">1535714</a>
May 20-Aug 5	\$412	<a href="#">1535724</a>

##### Stuemer Park/Petrie Island

18+ years	Thu.	6-9 pm
May 21-Aug 6 IND	\$92.50	<a href="#">1536313</a>
May 21-Aug 6	\$449.50	<a href="#">1536319</a>

#### Women's 6's Recreational League

##### Mooney's Bay Park

18+ years	Mon.	6-9 pm
May 25-Aug 10 IND	\$84.75	<a href="#">1535853</a>
May 25-Aug 10	\$535	<a href="#">1535860</a>

### Stuemer Park/Petrie Island

18+ years	Thu.	6-9 pm
May 21-Aug 6 IND	\$92.50	<a href="#">1535869</a>
May 21-Aug 6	\$583.75	<a href="#">1535889</a>

### Soccer – Outdoor

One hour games.

#### Mary Pitt

18+ years	Tue.	6-10 pm
May 19-Aug 18	\$87.25	<a href="#">1531047</a>

### Softball recreational league

Recreational play. All skill levels welcome.

#### Mary Pitt

18+ years	Wed.	6-10 pm
May 6-Aug 19	\$134.75	<a href="#">1531552</a>

### Softball intermediate league

Geared for players with considerable knowledge and skill level.

#### Mary Pitt

18+ years	Thu.	6-10 pm
May 7-Aug 20	\$134.75	<a href="#">1531620</a>

### Spikeball® – Gameplay

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

#### Mooney's Bay Park

18+ years	Tue.	6:30-7:30 pm
Jul 7-Aug 11	\$29	<a href="#">1524838</a>

#### Stuemer Park/Petrie Island

18+ years	Thu.	6:30-7:30 pm
Jul 9-Aug 13	\$29	<a href="#">1525586</a>



## General interest

### Bicycle tune up

Learn everything you need to know to keep your bike tuned up – repairs, adjustments, lubricate and modify your bike. Bring your bike and any minor tools.

#### Plant – 613-232-3000

16+ years	Sat.	9-11:30 am
May 9	\$16.75	<a href="tel:1538020">1538020</a>

### 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
May 3-Jun 21	\$149.25	<a href="tel:1538180">1538180</a>
Jul 12-Aug 30	\$149.25	<a href="tel:1539436">1539436</a>

#### 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
May 3-Jun 21	\$149.25	<a href="tel:1538202">1538202</a>
Jul 12-Aug 30	\$149.25	<a href="tel:1539443">1539443</a>

### 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 PCs and Mac. Computers available.

#### Dempsey – 613-247-4846

18+ years	Tue.	10:30-11:30 am
Mar 31-Jun 9	\$138.75	<a href="tel:1537439">1537439</a>

### Crochet

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

#### Dempsey – 613-247-4846

18+ years	Tue.	1-2 pm
Mar 31-Jun 9	\$89.25	<a href="tel:1537453">1537453</a>

### Geocaching

Geocaching is an outdoor game where people try to find hidden containers using only latitude and longitude with searching techniques and hand held GPS. Join us for exciting searches.

#### Greely – 613-580-2424 Ext. 30235

19+ years	Thu.	6-8 pm
May 14	\$24	<a href="tel:1540178">1540178</a>

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

19+ years	Wed.	6-8 pm
May 6	\$24	<a href="tel:1540182">1540182</a>

### 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.

#### Ray Friel – 613-580-4765

18+ years	Wed.	9-10 am
Apr 22-May 13	\$47.75	<a href="tel:1533114">1533114</a>
18+ years	Sun.	1-3 pm
May 24	\$24	<a href="tel:1533074">1533074</a>

### 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

16+ years	Mon.	7-8:30 pm
Apr 6-May 25	\$81.25	<a href="tel:1537155">1537155</a>
19+ years	Mon.	7-8:30 pm
Jun 1-22	\$54.25	<a href="tel:1541344">1541344</a>

### 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.

#### Greely – 613-580-2424 ext. 30235

19+ years	Thu.	6-8 pm
May 7	\$15.75	<a href="tel:1540163">1540163</a>

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

19+ years	Wed.	6-8 pm
May 13	\$15.75	<a href="tel:1540155">1540155</a>

### 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

19+ years	Fri.	7:30-8:30 pm
Apr 17	\$7	<a href="tel:1540061">1540061</a>
May 22	\$7	<a href="tel:1540062">1540062</a>
Jun 12	\$7	<a href="tel:1540065">1540065</a>





## 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

15+ years	Sun.	10 am-noon
May 3	\$41.75	<a href="#">1524719</a>

### Pinecrest – 613-580-9676

18+ years	Sun.	3:30-5:30 pm
Apr 26	\$41.75	<a href="#">1520519</a>
50+ years	Tue.	2:30-4:30 pm
May 12	\$41.75	<a href="#">1520525</a>

## Sewing – Level 1

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

### Overbrook – 613-742-5147

18+ years	Mon.	9:30-11:30 am
Mar 23-May 11	\$95.25	<a href="#">1535424</a>

### Splash Wave Pool – 613-748-4222

18+ years	Thu.	9:30-11:30 am
Apr 2-Jun 25	\$238.50	<a href="#">1542982</a>
18+ years	Thu.	12:15-2:15 pm
Apr 2-Jun 25	\$238.50	<a href="#">1542983</a>

**NEW** **Stand-up and storytelling**  
 Discover your comedic voice. With help from a local comedian, learn how to develop compelling stories from your personal experiences, and present them to audiences in captivating ways. Practice your set in a constructive setting.

### Walter Baker – 613-580-2788

18+ years	Mon.	7:15-8:15 pm
Apr 27-May 25	\$43	<a href="#">1532436</a>

## 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

18+ years	Sat.	12:30-2 pm
Mar 28-May 16	\$97.25	<a href="#">1538040</a>
May 23-Jun 20	\$69.50	<a href="#">1538126</a>

### John G. Mlacak – 613-580-2980

18+ years	Wed.	10 am-noon
Mar 25-May 27	\$185.25	<a href="#">1526041</a>
18+ years	Thu.	10 am-noon
Mar 26-May 28	\$185.25	<a href="#">1526042</a>
18+ years	Fri.	10 am-noon
Mar 27-Jun 5	\$185.25	<a href="#">1526043</a>

## Drop-in activities

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