



Spring and  
summer 2020

Classes and activities for

# Youth (ages 15 to 18 years)

Recreation eGuide

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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



## Arts in your neighbourhood

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

Each barcode is linked from the PDF directly to the page specific to the barcode in our registration system where you can view additional details. Starting from the registration date, you can add each class to your cart for easy registration!

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

## Digital arts

### 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.	10 am-noon
May 3-Jun 21	\$146.50	<a href="#">1537846</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**

15-17 years	Thu.	6:30-8:30 pm
Apr 9-May 14	\$143	<a href="#">1527288</a>



## Certification

### 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	Sat.	9 am-5 pm
May 2	\$81.25	<a href="#">1545036</a>

### 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**

15-18 years	Sat.-Sun.	8:30 am-5:30 pm
Jun 6-7	\$142	<a href="#">1539611</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**

15-18 years	Sat.	8:30 am-5:30 pm
May 30	\$142	<a href="#">1539555</a>

### RC Standard First Aid/CPR Level C/AED Recert

**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	Sat.	8:30 am-5:30 pm
May 30	\$93	<a href="#">1539572</a>

## Martial arts

### Armizare – Medieval swordsmanship

The Medieval martial art of 15<sup>th</sup> 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**

15-17 years	Wed.	7-8:30 pm
Apr 8-Jun 10	\$169	<a href="#">1526928</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)

## 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

15-18 years	Sat.	11:15 am-12:15 pm
Mar 28-Jun 6	\$107.25	<a href="#">1525870</a>

### Queenswood Heights – 613-580-4765

15-17 years	Mon.	6:15-7:45 pm
Mar 23-May 25	\$116.50	<a href="#">1543187</a>
15-17 years	Wed.	6:15-7:45 pm
Mar 25-May 27	\$145.50	<a href="#">1543188</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.	6:30-7:30 pm
Jul 7-Aug 25	\$70.50	<a href="#">1529332</a>
15-18 years	Tue., Thu.	6:30-7:30 pm
Apr 14-Jun 18	\$176.25	<a href="#">1529323</a>

### Level 2

### South Fallingbrook – 613-824-0633

15-18 years	Tue.	6:30-7:30 pm
Jul 7-Aug 25	\$70.50	<a href="#">1529388</a>
15-18 years	Tue., Thu.	7:30-8:30 pm
Apr 14-Jun 18	\$176.25	<a href="#">1529385</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.

### Earl Armstrong Arena – 613-748-1771

15-18 years	Tue.	6-7 pm
Mar 31-Jun 23	\$155	<a href="#">1525782</a>
Jul 7-Aug 25	\$95.25	<a href="#">1531362</a>



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

15-17 years	Mon., Wed.	6:30-7:30 pm
Mar 30-Jun 24	\$212.75	<a href="#">1528887</a>
Jun 29-Aug 26	\$141.75	<a href="#">1528500</a>
15-17 years	Mon., Wed.	7:30-8:30 pm
Mar 30-Jun 24	\$212.75	<a href="#">1528979</a>
15-17 years	Tue., Thu.	6:30-7:30 pm
Mar 31-Jun 25	\$230.25	<a href="#">1528934</a>

### Richcraft-Kanata – 613-580-9696

15-17 years	Wed.	7:15-8:15 pm
Mar 25-Jun 24	\$166.75	<a href="#">1537748</a>
Jul 8-Sep 2	\$107.25	<a href="#">1537803</a>
15-17 years	Wed.	8:15-9:15 pm
Mar 25-Jun 24	\$166.75	<a href="#">1537749</a>
Jul 8-Sep 2	\$107.25	<a href="#">1537804</a>
15-17 years	Sat.	2:15-3:15 pm
Mar 28-Jun 27	\$143	<a href="#">1537750</a>
Jul 4-Aug 29	\$95.25	<a href="#">1537805</a>

15-17 years	Sat.	3:15-4:15 pm
Mar 28-Jun 27	\$143	<a href="#">1537751</a>
Jul 4-Aug 29	\$95.25	<a href="#">1537806</a>
15-17 years	Sat.	4:15-5:15 pm
Mar 28-Jun 27	\$143	<a href="#">1537752</a>
Jul 4-Aug 29	\$95.25	<a href="#">1537807</a>

## Sports

### 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
Mar 28-Jun 6	\$144.50	<a href="#">1524582</a>

### South Fallingbrook – 613-824-0633

15-17 years	Mon.	7-8 pm
Apr 6-Jun 15	\$81.25	<a href="#">1543863</a>

### 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
Apr 1-Jun 17	\$58	<a href="#">1529079</a>

### Glen Cairn – 613-580-2570

15-17 years	Sat.	1-2 pm
Apr 18-Jun 20	\$43.50	<a href="#">1533293</a>

### Minto-Barrhaven – 613-727-2683

15-17 years	Thu.	8-9 pm
Apr 2-Jun 11	\$53.25	<a href="#">1518879</a>

### Nepean Sportsplex – 613-580-2828

15-17 years	Sun.	noon-12:55 pm
Mar 29-Jun 7	\$40	<a href="#">1527846</a>

### Richcraft-Kanata – 613-580-9696

15-17 years	Sun.	10-11 am
Mar 29-Jun 21	\$53.25	<a href="#">1540324</a>
15-17 years	Sun.	11 am-noon
Mar 29-Jun 21	\$53.25	<a href="#">1540326</a>



## Basketball

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

### St-Laurent – 613-742-6767

15-17 years	Wed.	7:45-8:45 pm
Apr 8-Jun 17	\$99.25	<a href="#">1540056</a>
15-17 years	Thu.	7:45-8:45 pm
Jun 25-Sep 3	\$99.25	<a href="#">1540077</a>

## Basketball – Above the Rim

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

### Eva James – 613-580-2442

15-16 years	Mon.	7:30-9 pm
Mar 30-Jun 1	\$153.50	<a href="#">1527426</a>

### Rideauview – 613-822-7887

15-16 years	Wed.	7:30-9 pm
Apr 1-May 20	\$153.50	<a href="#">1534300</a>

## Hockey development skills

Clinics are open to house league and competitive players. Full hockey equipment mandatory. Not for goalies.

### Jim Durrell – 613-247-4811

#### (Midget)

15-17 years	Mon.-Fri.	3-4:50 pm
Aug 24-28	\$240.50	<a href="#">1533612</a>

## Hockey development skills – Goalie

Clinics are open to house league and competitive players. Goaltenders are integrated with regular players during this clinic.

### Jim Durrell – 613-247-4811

#### (Midget)

15-17 years	Mon.-Fri.	3-4:50 pm
Aug 24-28	\$185.25	<a href="#">1533618</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
Mar 28-Jun 20	\$186.25	<a href="#">1540278</a>

## Volleyball

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

### CARDELREC (Goulbourn) – 613-580-2532

13-15 years	Thu.	7:30-8:30 pm
Mar 26-Jun 11	\$108.25	<a href="#">1525784</a>

### Eva James – 613-580-2442

15 years	Sun.	2:30-3:30 pm
Mar 29-Jun 14	\$90.25	<a href="#">1526268</a>

### François Dupuis – 613-580-8080

15-17 years	Sun.	11-11:55 am
Apr 5-Jun 7	\$66.25	<a href="#">1533720</a>

### Minto-Barrhaven – 613-727-2683

15-17 years	Mon.	7-8 pm
Mar 30-Jun 15	\$90.25	<a href="#">1518826</a>

### Nepean Sportsplex – 613-580-2828

15-16 years	Thu.	5-5:50 pm
Apr 2-Jun 4	\$75.25	<a href="#">1529038</a>

## Volleyball – Beach – Girls

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

### Mooney's Bay Park – 613-580-2854

15-17 years	Tue.	6:30-7:30 pm
May 26-Jun 23	\$45.25	<a href="#">1525904</a>

### Stuemer Park/Petrie Island – 613-580-2854

15-17 years	Tue.	6:30-7:30 pm
Jun 2-30	\$45.25	<a href="#">1526638</a>

# General interest

## 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
Mar 28-May 16	\$97.25	<a href="#">1538027</a>
May 23-Jun 20	\$69.50	<a href="#">1538032</a>

## Drop-in activities

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