



# Summer 2021 Outdoor Recreation

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

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

## Children

### Cycling

A customizable 1-on-1 cycling course that addresses the specific needs of the participant. Due to physical distancing requirements, no hands-on instruction will be completed by cycle instructors

#### CardelRec - Goulbourn - 613-580-3575

6-14 years	Sun.	1-2 pm
Jul 11	\$59.50	<a href="#">1595784</a>
6-14 years	Sun.	2-3 pm
Jul 11	\$59.50	<a href="#">1595787</a>
6-14 years	Wed.	4-5 pm
Jun 23	\$59.50	<a href="#">1595775</a>
Aug 25	\$59.50	<a href="#">1595796</a>
6-14 years	Wed.	5-6 pm
Jun 23	\$59.50	<a href="#">1595777</a>
Aug 25	\$59.50	<a href="#">1595798</a>
6-14 years	Sat.	9-10 am
Jun 5	\$59.50	<a href="#">1595773</a>
Aug 7	\$59.50	<a href="#">1595790</a>
6-14 years	Sat.	10-11 am
Jun 5	\$59.50	<a href="#">1595774</a>
Aug 7	\$59.50	<a href="#">1595794</a>

#### Lansdowne - 613-580-3575

6-14 years	Sun.	9-10 am
Jun 20	\$59.50	<a href="#">1595880</a>
6-14 years	Sun.	10-11 am
Jun 20	\$59.50	<a href="#">1595882</a>
6-14 years	Sun.	1-2 pm
Jul 25	\$59.50	<a href="#">1595884</a>
6-14 years	Sun.	2-3 pm
Jul 25	\$59.50	<a href="#">1595886</a>
6-14 years	Wed.	4-5 pm
Aug 11	\$59.50	<a href="#">1595887</a>
6-14 years	Wed.	5-6 pm
Aug 11	\$59.50	<a href="#">1595889</a>
6-14 years	Sat.	9-10 am
Aug 21	\$59.50	<a href="#">1595891</a>
6-14 years	Sat.	10-11 am
Aug 21	\$59.50	<a href="#">1595892</a>

#### Ron Kolbus - 613-580-3575

6-14 years	Sun.	1-2 pm
Aug 22	\$59.50	<a href="#">1595768</a>
6-14 years	Sun.	2-3 pm
Aug 22	\$59.50	<a href="#">1595771</a>
6-14 years	Wed.	4-5 pm
Jun 9	\$59.50	<a href="#">1595750</a>
Jul 28	\$59.50	<a href="#">1595764</a>
6-14 years	Wed.	5-6 pm
Jun 9	\$59.50	<a href="#">1595753</a>
Jul 28	\$59.50	<a href="#">1595765</a>
6-14 years	Sat.	9-10 am
Jul 24	\$59.50	<a href="#">1595759</a>
6-14 years	Sat.	10-11 am
Jul 24	\$59.50	<a href="#">1595761</a>
6-14 years	Sat.	1-2 pm
Jun 19	\$59.50	<a href="#">1595755</a>
6-14 years	Sat.	2-3 pm
Jun 19	\$59.50	<a href="#">1595757</a>

#### Terry Fox - 613-580-3575

6-14 years	Sun.	1-2 pm
Jun 6	\$59.50	<a href="#">1595716</a>
Aug 8	\$59.50	<a href="#">1595728</a>
6-14 years	Sun.	2-3 pm
Jun 6	\$59.50	<a href="#">1595718</a>
Aug 8	\$59.50	<a href="#">1595730</a>
Jul 14	\$59.50	<a href="#">1595726</a>
Jul 14	\$59.50	<a href="#">1595727</a>
6-14 years	Sat.	9-10 am
Jul 10	\$59.50	<a href="#">1595722</a>
6-14 years	Sat.	10-11 am
Jul 10	\$59.50	<a href="#">1595723</a>

### Progressive Tennis

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport through various fun activities. COVID-19 regulations will be followed.

#### Four Season's Park - 613-580-3575

10-14 years	Mon.	6-7 pm
May 31-Jun 28	\$69.50	<a href="#">1595595</a>
Jul 5-Aug 23	\$97.50	<a href="#">1595597</a>

#### Klondike Road Park - 613-580-3575

10-14 years	Tue.	6-7 pm
June 1-Jun 29	\$69.50	<a href="#">1595601</a>
Jul 6-Aug 24	\$111.25	<a href="#">1595602</a>

#### McKellar Park - 613-580-3575

10-14 years	Wed.	6:30-7:30 pm
June 2-Jun 30	\$69.50	<a href="#">1595608</a>
Jul 7-Aug 25	\$111.25	<a href="#">1595610</a>

#### Mooney's Bay Park - 613-580-3575

10-14 years	Thu.	7-8 pm
June 3-Jun 24	\$55.75	<a href="#">1595614</a>
Jul 8-Aug 26	\$111.25	<a href="#">1595617</a>

#### Pinecrest Park - 613-580-3575

10-14 years	Sun.	10:30-11:30 am
June 6-Jun 27	\$55.75	<a href="#">1595623</a>
Jul 4-Aug 22	\$111.25	<a href="#">1595626</a>

## Progressive

Forehand, backhand, serve and volley. Learn the fundamental skills, develop a better understanding of the sport through various fun activities. COVID-19 regulations will be followed.

### Four Season's Park - 613-580-3575

6-9 years	Mon.	5-6 pm
May 31-Jun 28	\$69.50	<u>1595570</u>
Jul 5-Aug 23	\$97.50	<u>1595574</u>

### Klondike Road Park - 613-580-3575

6-9 years	Tue.	5-6 pm
June 1-Jun 29	\$69.50	<u>1595576</u>
Jul 6-Aug 24	\$111.25	<u>1595578</u>

### McKellar Park - 613-580-3575

6-9 years	Wed.	5:30-6:30 pm
June 2-Jun 30	\$69.50	<u>1595582</u>
Jul 7-Aug 25	\$111.25	<u>1595583</u>

### Mooney's Bay Park - 613-580-3575

6-9 years	Thu.	6-7 pm
June 3-Jun 24	\$83.50	<u>1595584</u>
Jul 8-Aug 26	\$111.25	<u>1595585</u>

### Pinecrest Park - 613-580-3575

6-9 years	Sun.	9:30-10:30 am
June 6-Jun 27	\$55.75	<u>1595586</u>
Jul 4-Aug 22	\$111.25	<u>1595588</u>

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## Adults

### Cycling

#### Private Lesson

A customizable 1-on-1 cycling course that addresses the specific needs of the participant. Due to physical distancing requirements, no hands on instruction will be completed by cycle instructors.

#### CardelRec - Goulbourn - 613-580-3575

15+ years	Sun.	3-4 pm
Jul 11	\$67.25	<a href="#">1595838</a>
15+ years	Wed.	6-7 pm
Jun 23	\$67.25	<a href="#">1595836</a>
Aug 25	\$67.25	<a href="#">1595844</a>
15+ years	Sat.	11 am-noon
Jun 5	\$67.25	<a href="#">1595833</a>
Aug 7	\$67.25	<a href="#">1595841</a>

#### Lansdowne - 613-580-3575

15+ years	Sun.	11 am-noon
Jun 20	\$67.25	<a href="#">1595860</a>
15+ years	Sun.	3-4 pm
Jul 25	\$67.25	<a href="#">1595863</a>
15+ years	Wed.	6-7 pm
Aug 11	\$67.25	<a href="#">1595868</a>
15+ years	Sat.	11 am-noon
Aug 21	\$67.25	<a href="#">1595871</a>

#### Ron Kolbus - 613-580-3575

15+ years	Sun.	3-4 pm
Aug 22	\$67.25	<a href="#">1595832</a>
15+ years	Wed.	6-7 pm
Jun 9	\$67.25	<a href="#">1595820</a>
Jul 28	\$67.25	<a href="#">1595830</a>
15+ years	Sat.	11 am-noon
Jul 24	\$67.25	<a href="#">1595827</a>
15+ years	Sat.	3-4 pm
Jun 19	\$67.25	<a href="#">1595824</a>

#### Terry Fox - 613-580-3575

15+ years	Sun.	3-4 pm
Jun 6	\$67.25	<a href="#">1595808</a>
Aug 8	\$67.25	<a href="#">1595815</a>
Jul 14	\$67.25	<a href="#">1595814</a>
15+ years	Sat.	11 am-noon
Jul 10	\$67.25	<a href="#">1595810</a>

### Tennis

Forehand, backhand, serve and volley. Practice techniques to improve your skills and develop a better understanding of the game. COVID-19 regulations will be followed.

#### Four Season's Park - 613-580-2595

15+ years	Mon.	7-8 pm
May 31-Jun 28	\$78.75	<a href="#">1595630</a>
Jul 5-Aug 23	\$110	<a href="#">1595632</a>

#### Klondike Road Park - 613-580-3575

15+ years	Tue.	7-8 pm
June 1-Jun 29	\$78.75	<a href="#">1595635</a>
Jul 6-Aug 24	\$125.75	<a href="#">1595639</a>

#### McKellar Park - 613-580-3575

15+ years	Wed.	7:30-8:30 pm
June 2-Jun 30	\$78.75	<a href="#">1595648</a>
Jul 7-Aug 25	\$125.75	<a href="#">1595653</a>

#### Mooney's Bay Park - 613-580-3575

15+ years	Thu.	8-9 pm
June 3-Jun 24	\$63	<a href="#">1595654</a>
Jul 8-Aug 26	\$125.75	<a href="#">1595655</a>

#### Pinecrest Park - 613-580-3575

15+ years	Sun.	11:30 am-12:30 pm
June 6-Jun 27	\$63	<a href="#">1595656</a>
Jul 4-Aug 22	\$125.75	<a href="#">1595658</a>