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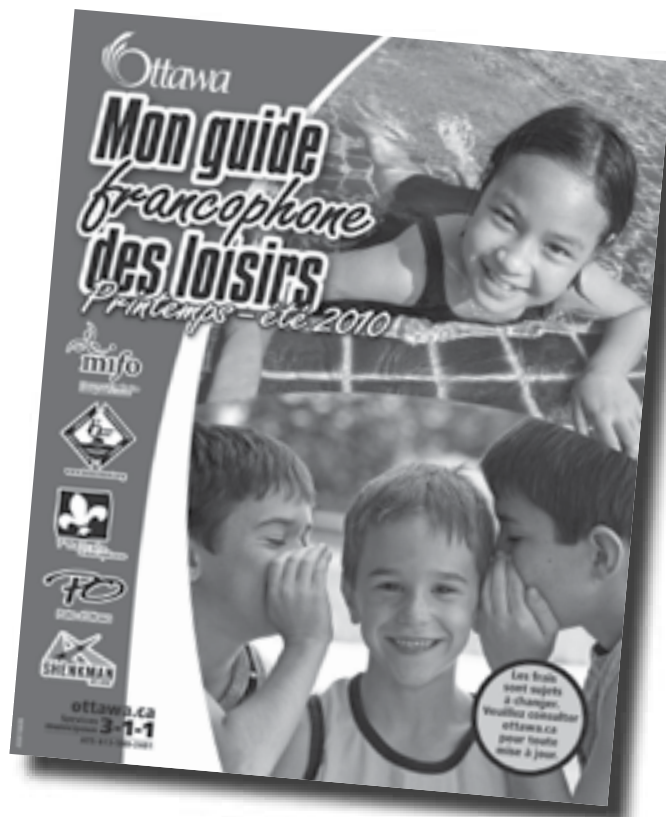
Spring-Summer 2010

Registration

Registration for Aquatics and Aquafitness programs
begins March 9

Registration for all other programs **begins March 11**

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Pour les programmes en français, veuillez consulter
« Mon guide francophone des loisirs – Printemps-été 2010 »
disponible en ligne à ottawa.ca/loisirs/.



Admittance Statement

Users of City facilities are personally responsible for ensuring they are fit to participate in physical activities. Anyone with a condition affecting his/her ability to participate must take appropriate safety precautions to ensure his/her own safety and is encouraged to be accompanied by an adult who is knowledgeable about their condition.

General Information

- Instructional programs are advertised in the language of which they are offered.
- Additional program information can be obtained at each facility listed on page 4 and 5, or online at ottawa.ca/recreation



More detailed program descriptions can be found on our Web site at ottawa.ca/recreation. Select the 123Go Register icon.

Message from the Mayor

Dear Residents,

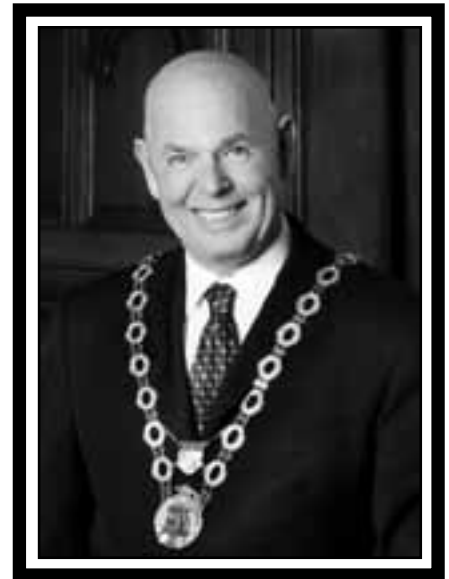
On behalf of the City of Ottawa, I am pleased to introduce the new *Spring-Summer 2010 Recreation Guide*.

As warmer weather approaches, we anxiously look forward to enjoying a variety of indoor and outdoor recreational and cultural activities.

The City of Ottawa offers seasonal activities for residents of all ages and ability, including organized soccer, softball, beach volleyball as well as biking or walking in our many parks, and swimming at our pools and beaches.

When you browse through the guide you will find a wide selection of day camps and programs in your neighbourhood that allow our children and youth to stay active and engaged throughout the summer months. I encourage you to also go online at **ottawa.ca** for additional recreation information including a complete list of day camps and swimming schedules.

Enjoy a healthy and active lifestyle this spring and summer in your city!



Sincerely,

Larry O'Brien, Mayor,
City of Ottawa



Mayor and Your Ward Councillors Offices

Mayor

Larry.O'Brien@ottawa.ca
613-580-2496

Alta Vista Ward

Peter.Hume@ottawa.ca
613-580-2488

Barrhaven Ward

Jan.Harder@ottawa.ca
613-580-2473

Bay Ward

Alex.Cullen@ottawa.ca
613-580-2477

Beacon Hill-Cyrville Ward

Michel.Bellemare@ottawa.ca
613-580-2481

Capital Ward

Clive.Doucet@ottawa.ca
613-580-2487

College Ward

Rick.Chiarelli@ottawa.ca
613-580-2478

Cumberland Ward

Rob.Jellett@ottawa.ca
613-580-2489

Gloucester-Southgate Ward

Diane.Deans@ottawa.ca
613-580-2480

Gloucester-South Nepean

Steve.Desroches@ottawa.ca
613-580-2751

Innes Ward

Rainer.Bloess@ottawa.ca
613-580-2472

Kanata North Ward

Marianne.Wilkinson@ottawa.ca
613-580-2474

Kanata South Ward

Peggy.Feltmate@ottawa.ca
613-580-2752

Kitchissippi Ward

Christine.Leadman@ottawa.ca
613-580-2485

Knoxdale-Merivale Ward

Gord.Hunter@ottawa.ca
613-580-2479

Orléans Ward

Bob.Monette@ottawa.ca
613-580-2471

Osgoode Ward

Doug.Thompson@ottawa.ca
613-580-2490

Rideau-Goulbourn Ward

Glenn.Brooks@ottawa.ca
613-580-2491

Rideau-Rockcliffe Ward

Jacques.Legendre@ottawa.ca
613-580-2483

Rideau-Vanier Ward

Georges.Bedard@ottawa.ca
613-580-2482

River Ward

Maria.McRae@ottawa.ca
613-580-2486

Somerset Ward

Diane.Holmes@ottawa.ca
613-580-2484

Stittsville-Kanata West Ward

Shad.Qadri@ottawa.ca
613-580-2476

West Carleton-March Ward

Eli.El-Chantiry@ottawa.ca
613-580-2475

Have fun at work!

Join the Parks, Recreation, and Cultural Services team!



We are looking for individuals who are:

- Energetic
- Responsible
- People-oriented

Team members get:

- Skill development
- Flexible hours
- Competitive wages

Positions:

- Camp counsellors
- Customer service representatives
- Instructors
- Lifeguards
- Preschool play leaders
- Wading pool programmers
- Youth workers

View available positions and apply online at ottawa.ca/careers

2009088053



Share your enthusiasm!

Volunteering:

The value of one! The power of many!



Volunteers have a direct impact on many aspects of our day-to-day life, including sports, arts and recreation. Share your time, skills, and energy with one of the many services or programs in the Parks, Recreation and Cultural Services department. Volunteers must be 14 years of age and over.

YOU can help make a difference too! Become a volunteer.










































Volunteer Hotline:
613-580-2624

















E-mail:
volunteer@ottawa.ca

2009088053

In Your Neighbourhood...

Recreation Centres

- 1 **Albion-Heatherington**  
1560 Heatherington •
613-247-4828
- 2 **Alexander** 
960 Silver • 613-798-8978
- 3 **Alfred Taylor**
2300 Community • 613-489-3975
- 8 **Bellevue**  
1475 Caldwell • 613-798-8917
- 75 **Bob MacQuarrie**  
Recreation Complex –
Orléans
1490 Youville • 613-824-0819
- 11 **Canterbury**  
2185 Arch • 613-247-4869
- 12 **Carleton Heights**
1665 Apeldoorn • 613-226-2208
- 13 **Carlington** 
1520 Caldwell • 613-798-8920
- 15 **Cavanagh**
8930 Flewellyn • 613-831-1169
- 17 **Constance/Buckham's Bay**
262 Len Purcell • 613-832-1050
- 18 **Corkery**
3448 Old Almonte • 613-831-4474
- 20 **Cyrville**
4355 Halmont • 613-748-1771
- 21 **Dalhousie**  
755 Somerset West • 613-564-1188
- 22 **Dempsey**  
1895 Russell • 613-247-4846
- 24 **Dovercourt** 
411 Dovercourt • 613-798-8950
- 25 **Dunrobin**
1151 Thomas Dolan • 613-832-2320
- 26 **Eva James Memorial** 
65 Stonehaven • 613-271-0712
- 29 **Fisher Park** 
250 Holland • 613-798-8945
- 30 **Fitzroy Harbour** 
100 Clifford Campbell •
613-623-5241
- 31 **Foster Farm**  
1065 Ramsey • 613-828-2004
- 33 **Galetta**
119 Darwin • 613-623-4579
- 34 **Glebe** 
175 Third • 613-564-1058
- 114 **Goulbourn Recreation**  
Complex
1500 Shea • 613-831-1169
- 37 **Greenboro**  
363 Lorry Greenberg •
613-580-2805
- 41 **Heron** 
1480 Heron • 613-247-4808
- 42 **Hintonburg**  
1064 Wellington •
613-798-8874
- 43 **Hunt Club-Riverside** 
3320 Paul Anka •
613-260-1299
- 44 **Huntley**
108 Juanita • 613-839-2959
- 45 **Huntley Mess Hall**
2240 Craig Side • 613-839-2959
- 47 **J.A. Dulude**
941 Clyde • 613-798-1716
- 48 **Jack Purcell**  
320 Jack Purcell • 613-564-1050
TTY – 613-564-4106
- 50 **Kanata Leisure Centre**  
70 Aird • 613-591-9283
- 51 **Kars**
1604 Rideau Valley •
613-489-2524
- 54 **Kinburn** 
3045 Kinburn Side •
613-832-2481
- 56 **Le Patro** 
40 Cobourg • 613-789-7733
- 57 **Lindenlea**
15 Rockcliffe • 613-742-5011
- 61 **Manor Park**
100 Thornwood • 613-741-4776
- 64 **McNabb**  
180 Percy • 613-564-1070
- 66 **Michele Heights** 
2955 Michele • 613-828-5100
- 83 **Nepean Creative** 
Arts Centre
11-35 Stafford • 613-596-5783
- 69 **Nepean National** 
Equestrian Park
401 Corkstown • 613-829-6925
- 71 **Nepean Sportsplex** 
1701 Woodroffe • 613-580-2828
- 71 **Nepean Visual Arts Centre**
1701 Woodroffe • 613-580-2828
- 74 **Old Town Hall**
61 Main • 613-564-1078
- 78 **Ottawa South**
260 Sunnyside • 613-247-4946
- 80 **Overbrook**
33 Quill • 613-742-5147
- 82 **Pinecrest** 
2250 Torquay • 613-828-3118

- 84 **Plant Recreation** 
Centre
930 Somerset West •
613-232-3000
- 88 **Ray Friel Recreation** 
Complex
1585 Tenth Line • 613-830-2747
- 89 **Richelieu Vanier** 
300 Des Pères Blancs •
613-580-2424 ext. 28464
- 90 **Rideauview** 
4310 Shoreline • 613-822-7887
- 91 **Rockcliffe Park** 
380 Springfield • 613-842-8578
- 92 **Ron Kolbus**  
Lakeside Centre
Britannia Park • 613-828-4313
- 93 **Routhier** 
172 Guigues • 613-244-4470
- 96 **St-Laurent Complex**  
525 Côte • 613-742-6767
- 98 **Sandy Hill**  
250 Somerset • 613-564-1062
- 100 **Sawmill Creek** 
3380 D'Aoust • 613-521-4092
- 136 **Shenkman Arts Centre**
245 Centrum, Orléans
- 101 **South Fallingbrook** 
998 Valin • 613-824-0633 ext. 221
- 104 **Terry Fox Athletic** 
Facility
2960 Riverside • 613-247-4883
- 110 **Walter Baker** 
Sports Centre
100 Malvern • 613-580-2788

Seniors Centres

- 121 **Churchill** 
345 Richmond • 613-798-8927
- 115 **Gloucester**
2020 Ogilvie • 613-749-1974
- 122 **Gloucester South**
4550 Bank • 613-521-2630
- 41 **Heron** 
1480 Heron • 613-247-4802
- 123 **Kanata** 
2500 Campeau • 613-599-4480
- 71 **Nepean**
1701 Woodroffe • 613-580-2828
- 94 **Roy G. Hobbs**
109 Larch • 613-580-2424
ext. 29371
- 75 **Nepean**
1701 Woodroffe •
613-580-2828
- 75 **Bob MacQuarrie**  
Recreation Complex –
Orléans
1490 Youville • 613-824-0819
- 111 **Brewer**
100 Brewer • 613-247-4938
- 11 **Canterbury** 
2185 Arch • 613-247-4865
- 112 **Champagne** 
321 King Edward • 613-244-4402
- 113 **Deborah Anne Kirwan** 
1300 Kitchener • 613-247-4820
- 24 **Dovercourt** 
411 Dovercourt • 613-798-8950
- 114 **Goulbourn Recreation** 
Complex
1500 Shea • 613-831-1169
- 48 **Jack Purcell** 
320 Jack Purcell • 613-564-1027
- 50 **Kanata Wave Pool** 
70 Aird • 613-591-9283
- 56 **Lowertown** 
40 Cobourg • 613-244-4406
- 71 **Nepean Sportsplex** 
1701 Woodroffe • 613-580-2828
- 82 **Pinecrest** 
2250 Torquay • 613-828-3118
- 84 **Plant Recreation Centre**
930 Somerset West •
613-232-3000
- 88 **Ray Friel Recreation** 
Complex
1585 Tenth Line • 613-830-2747
- 96 **St-Laurent Complex**
525 Côte • 613-742-6767
- 100 **Sawmill Creek** 
3380 D'Aoust • 613-521-4092
- 115 **Splash Wave Pool** 
2040 Ogilvie • 613-748-4222
- 110 **Walter Baker** 
Sports Centre
100 Malvern • 613-580-2788



ottawa sm@rt site

Free access to Internet-ready computers, conveniently located in recreation facilities.

Ice Rental 613-580-2595

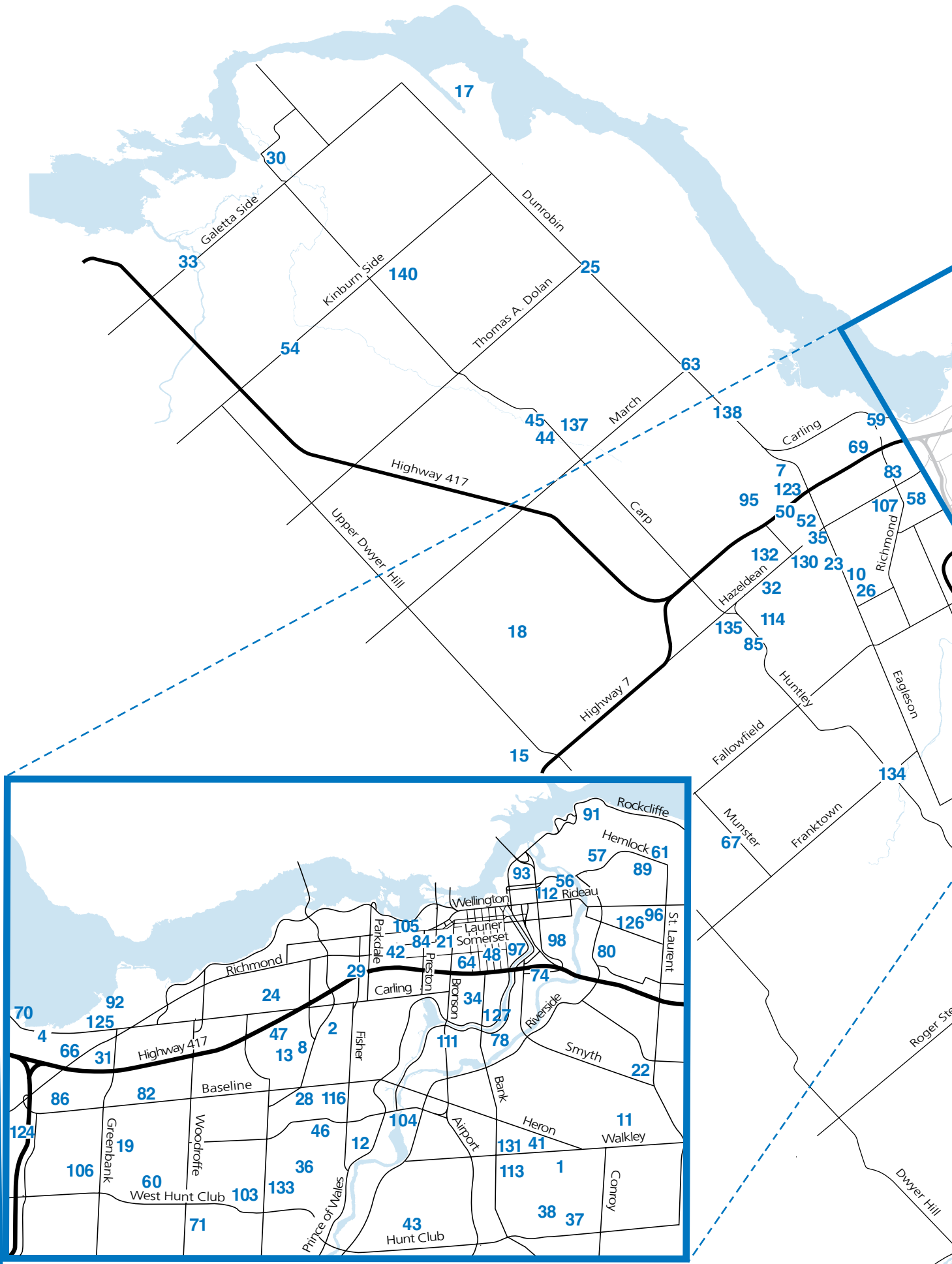
Arenas

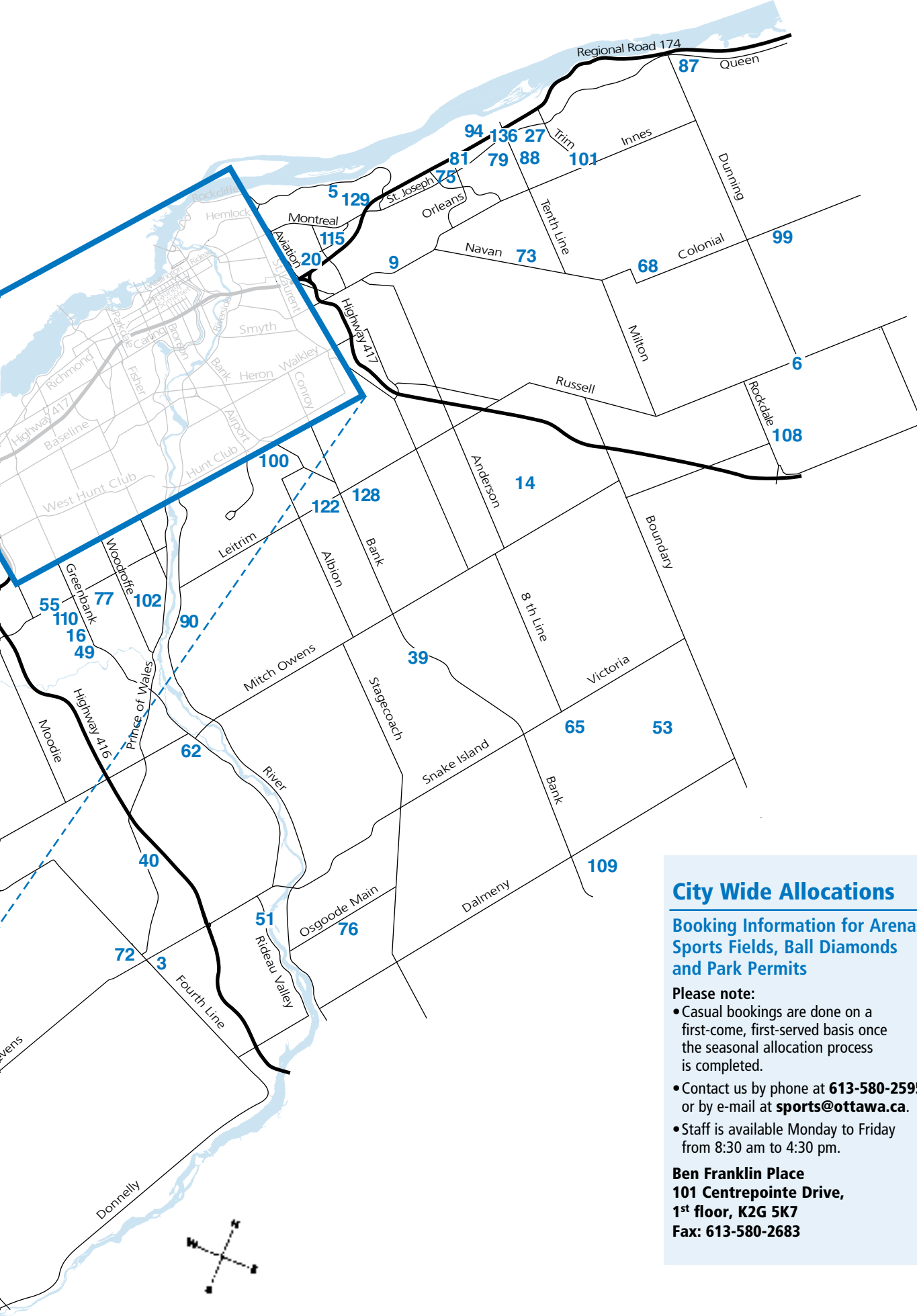
- 82 Barbara Ann Scott**
2250 Torquay • 613-828-3118
- 124 Bell Centennial**
50 Cassidy • 613-828-9629
- 125 Belltown Dome**
2915 Houghton • 613-828-3313
- 126 Bernard-Grandmaitre**
309 McArthur • 613-744-8635
- 9 Blackburn** ♿
200 Glen Park • 613-824-5197
- 75 Bob MacQuarrie Recreation Complex – Orléans** ♿
1490 Youville • 613-824-0819
- 111 Brewer**
151 Brewer • 613-247-4917
- 11 Brian Kilrea** ♿
2185 Arch • 613-247-4863
- 127 Civic Centre**
1015 Bank • 613-580-2429
- 115 Earl Armstrong** ♿
2020 Ogilvie • 613-746-7109
- 128 Fred Barrett** ♿
3280 Leitrim • 613-822-2175
- 114 Goulbourn Recreation Complex** ♿
1500 Shea • 613-831-1169
- 47 J.A. Dulude**
941 Clyde • 613-798-1716/8945
- 129 J.B. Potvin** ♿
813 Shefford • 613-741-1537
- 130 Jack Charron**
10 McKittrick • 613-580-2424 ext. 33254
- 123 John G. Mlacak** ♿
2500 Campeau • 613-580-2424 ext. 33251
- 131 Jim Durrell** ♿
1265 Walkley • 613-247-4811
- 132 Kanata Recreation Complex** ♿
100 Walter Baker • 613-836-3122
- 65 Larry Robinson** ♿
2785 8th Line • 613-821-1237
- 62 Manotick**
5572 Doctor Leach • 613-692-4772
- 64 McNabb**
180 Percy • 613-564-1070
- 133 Merivale**
1765 Merivale • 613-224-3168
- 68 Navan Memorial Centre** ♿
1295 Colonial • 613-835-2066
- 71 Nepean Sportsplex**
1701 Woodroffe • 613-580-2828
- 87 R.J. Kennedy** ♿
1115 Dunning • 613-833-2375
- 88 Ray Friel Recreation Complex** ♿
1585 Tenth Line • 613-830-2747
- 134 Richmond**
6095 Perth • 613-838-5423
- 98 Sandy Hill**
60 Mann • 613-564-1062/
613-564-1006
- 96 St-Laurent Complex** ♿
525 Côté • 613-742-6767
- 135 Stittsville** ♿
10 Warner-Colpitts • 613-836-5941
- 76 Stuart Holmes (Osgoode)**
5660 Osgoode Main • 613-826-2264
- 105 Tom Brown**
141 Bayview • 613-798-8885
- 137 W. Erskine Johnston** ♿
3832 Carp • 613-839-3000
- 110 Walter Baker Sports Centre** ♿
100 Malvern • 613-580-2788

Community Buildings

- 4 Bayshore Field House** ♿
175 Woodridge
- 5 Beacon Hill North**
2130 Radford • 613-748-1771
- 6 Bearbrook** ♿
8720 Russell • 613-580-2739
- 7 Beaverbrook**
2 Beaverbrook
- 9 Blackburn Hamlet** ♿
190 Glen Park
- 10 Bridlewood** ♿
63 Bluegrass
- 14 Carlsbad Springs**
5079 Ninth Line • 613-580-2739
- 136 Centrum** ♿
255 Centrum, Orléans • 613-580-2739

- 16 Charlie Conacher**
30 Wessex
- 19 Craig Henry**
135 Craig Henry
- 23 Dick Brûlé**
170 Castlefrank
- 28 Fisher Heights Child Care Recreation Facility**
1026 Baseline
- 116 Fisher Heights Community Place**
31 Sutton
- 27 Fallingbrook** ♿
679 Deancourt • 613-580-2739
- 32 Fringewood**
14 Fringewood • 613-580-2424 ext. 14371
- 35 Glen Cairn**
186 Morrena
- 36 General Burns**
86 Argue
- 38 Greenboro Pavilion**
14 Tapiola
- 39 Greely** ♿
1448 Meadow • 613-580-2424 ext. 30235
- 40 Harry Craig**
6045 Prince of Wales
- 46 Inverness**
76 Inverness
- 49 Jockvale Heritage Bldg**
3131 Jockvale
- 52 Katimavik** ♿
64 Chimo
- 53 Kenmore**
3242 York Corners • 613-580-2424 ext. 30235
- 55 Larkin House**
76 Larkin
- 58 Lynwood**
7 Sycamore
- 59 Maki House**
19 Leeming
- 60 Margaret Rywak (Manordale)**
68 Knoxdale
- 63 March Central**
1030 Riddell
- 62 Manotick**
5572 Doctor Leach • 613-580-2424 ext. 30235
- 65 Metcalfe**
2785 8th Line • 613-580-2424 ext. 30235
- 67 Munster**
58 Dogwood • 613-838-3995
- 68 Navan Memorial Centre**
1295 Colonial • 613-580-2739
- 139 New Edinburgh Field House**
193 Stanley
- 72 North Gower**
6548 Fourth Line
- 73 Notre-Dame-des-Champs** ♿
3659 Navan • 613-580-2739
- 138 Old Town Hall**
821 March
- 76 Osgoode** ♿
5660 Osgoode Main • 613-580-2424 ext. 30235
- 81 Pierre Rocque** ♿
1257 Joseph Drouin
- 85 Pretty Street**
2 Pretty • 613-580-2424 ext. 14371
- 86 Qualicum/Graham Park**
25 Esquimaux
- 79 Queenswood Heights** ♿
1485 Duford • 613-580-2739
- 134 Richmond**
6095 Perth • 613-838-5423
- 87 R.J. Kennedy** ♿
1115 Dunning • 613-580-2739
- 94 Roy G. Hobbs**
109 Larch • 613-580-2739
- 99 Sarsfield** ♿
3583 Sarsfield • 613-580-2739
- 95 SS#1**
400 Goldridge
- 97 St-Luke's Fieldhouse** ♿
166 Frank
- 77 South Nepean Field House**
700 Longfields
- 102 Southpointe**
220 Stoneway
- 70 Sutton**
1026 Baseline
- 105 Tom Brown Hall**
141 Bayview
- 103 Tanglewood Park**
30 Woodfield
- 106 Trend/Arlington**
50 Bellman
- 140 West Carleton**
5670 Carp • 613-599-0178
- 107 Westcliffe**
681 Seyton
- 108 Vars** ♿
5717 Rockdale • 613-580-2739
- 109 Vernon**
7950 Lawrence • 613-580-2424 ext. 30235





City Wide Allocations

Booking Information for Arenas, Sports Fields, Ball Diamonds and Park Permits

Please note:

- Casual bookings are done on a first-come, first-served basis once the seasonal allocation process is completed.
- Contact us by phone at **613-580-2595** or by e-mail at **sports@ottawa.ca**.
- Staff is available Monday to Friday from 8:30 am to 4:30 pm.

Ben Franklin Place
101 Centrepoin Drive,
1st floor, K2G 5K7
Fax: 613-580-2683

How to Register

Spring – Summer 2010 registration begins:

- Swimming and Aquafitness – March 9
- Other programs – March 11

Choose the method that's most convenient for you!



Online: direct your browser to ottawa.ca and click on the 123Go Register icon to view programs and to sign up for a course. Please have your credit card number and expiry date ready (Visa/MasterCard). You will need your Family PIN number and Client Barcode(s).



Touch Tone Telephone: at 613-580-2588. Please have your credit card number and expiry date ready (Visa/MasterCard). You will need your Family PIN number and Client Barcode(s). Receipts will be available upon request. If you require either Client Barcode(s) or Family PIN numbers, please call 613-580-2588, Monday to Friday, 7 am-7 pm (with the exception of statutory holidays) and follow the prompts.



In person: visit a Client Service Centre or a recreation facility identified on page 4 and 5 for any course that has a program code. For courses without a program code, register at the facility which offers the program. Payments accepted by cash, cheque (made payable to the City of Ottawa), debit or credit card (Visa/MasterCard).

Visit one of the following Client Service Centres Monday to Friday

- **City Hall,**
110 Laurier Ave West
8:30 am to 5 pm
- **Ben Franklin Place,**
101 Centrepointhe Drive
8:30 am to 4:30 pm
- **Kanata,**
580 Terry Fox Drive
8:30 am to 5 pm
- **Orléans,**
255 Centrum Boulevard
8:30 am to 4:30 pm

The following Client Service Centres are also available to serve you from 8:30 am to 4:30 pm on the following days:

- **Metcalf,**
8243 Victoria Street – Open Tuesdays
- **North Gower,**
2155 Roger Stevens Drive – Open Thursdays
- **West Carleton,**
5670 Carp Road – Open Wednesdays

Visit one of our Recreation Facilities identified on pages 4 and 5. For hours of operation, please contact the facility.

Course Information Key

Use the key below to learn how the information is listed.

Ages	Location of Course	Phone Number	Time of Day
listed where applicable, for children's programs			
6 yrs	Recreation Facility – 613-123-4567		
May 11-15	Mon-Fri	9-9:30 am	
	\$75	124933	
Course Dates lists first and last day of course	Course Fee	Day of the week	Program Code the code identifies each different course and is important when registering



Gift certificates

Convenient and affordable!

Practical gift idea available in \$5, \$10, \$20 and \$50 denominations. Redeemable at your favourite recreation facility. Gift certificates may be purchased at any City of Ottawa recreation facility.



Registration Terms and Conditions

At the time of registering, the City of Ottawa expects full payment before any services are provided. Payment is accepted by cheque, credit card, debit card or cash. Cheques are made payable to the City of Ottawa.

Cancellations

Courses are subject to cancellation due to insufficient registration. If this situation occurs, a full refund will be issued.

In the event that staff the Parks and Recreation branch must cancel a class or lesson, every attempt will be made to have the class or lesson re-scheduled.

Waiting Lists

If the course you are interested in is full, you have the option of making another course selection or being put on a waiting list for the course of your choice (however, there is no guarantee that a space will become available). Participants will be contacted only if a space becomes available.

Refunds

Refunds will be credited to your account unless otherwise requested. No processing fee will be charged. If a refund is requested, a Refund Request Form must be completed and submitted to City Staff for processing. A Processing Fee of \$25 will apply to all refunds, whether by cheque or credit card and will be processed within 21 days of the receipt of the Refund Request Form.

If more than 50% of the course/membership has elapsed, no refund or credit on account will be offered. There are no refunds or credits for private lessons. For admission and goods purchases, refunds will be processed at the Facility with proof of purchase.

In the event that the City must cancel a program or registration, a full refund will be provided. Should a class or lesson be cancelled, every attempt will be made to re-schedule.

Returned Cheque/Declined Credit Card Fee

A service fee will be levied after two cumulative declined credit card payments and on all cheques returned as Non Sufficient Funds (NSF); Stop Payment; or Funds Not Cleared.

Seniors' Discount

City of Ottawa residents who are 65 years of age and over will receive a discount of 10% when registering for a City program.

Goods and Services Tax (GST)/ Harmonized Sales Tax (HST)

The Goods and Services Tax of 5% applies to recreation programs, services and materials where applicable and is included in the fees. As of May 1, the HST for programs and services purchased with a start date after July 1 will replace this GST.

Existing programs that are GST exempt will remain HST exempt – for example, qualifying recreation programs for children 14 and younger and individuals with a disability. For more information, visit the Government of Ontario web site: www.rev.gov.on.ca/en/notices/hst/03.html

Non-Resident Fee

Non-residents will be charged an additional 25% per person per program/membership.

Medication Administration

If the participant requires that City of Ottawa staff be responsible for storing, administering, or supervising the administration of any medication, the participant or parent/guardian of the participant will be required to sign a release waiver at the facility where the program is being offered. Please contact the facility to obtain additional information.

Severe Allergies

It is the responsibility of the participant or parent/guardian of the participant to identify themselves or their child(ren) if they have a severe allergy and require an auto-injector. The City of Ottawa attempts to ensure the safety and well being of all participants with "allergen-safe zones and practices". Participants or parents/guardians of participants will be required to provide two auto-injectors and sign a release waiver at the facility where the program is offered.

Special Needs

Participants or parents/guardians of participants are asked to provide information regarding special needs requirements before the start of the program. Please contact the staff at the facility where the program is being offered or the Special Needs Portfolio Manager at 613-580-2424 ext. 29283 for assistance.

Fee Assistance

The City of Ottawa offers a system of financial support to ensure that all City residents can participate in recreation and culture programs and activities offered by the City, regardless of their ability to pay. For additional information or to obtain a fee assistance application, residents are invited to visit their local recreation facility or any City of Ottawa Client Service Centre. Please note that all applicants will be asked to provide proof of financial need.

Keep Your Receipts Children's Fitness Tax Credit

Many City of Ottawa Parks, Recreation and Cultural Services programs may be eligible for the Children's Fitness Tax Credit. The Children's Fitness Tax Credit is a **federal**, non-refundable, personal tax credit that lets parents claim up to \$500 per year for eligible fitness expenses paid for each child who is under 16 years of age at the beginning of the year in which the expenses are paid.

If a child qualifies for the **disability tax credit**, parents can claim up to \$500 per year in eligible fitness expenses paid for the child who is under **18 years of age** at the beginning of the year. Also, if at least \$100 in eligible fitness expenses has been paid for the child, an **additional** amount of \$500 can be added to the eligible fitness expenses actually incurred.

Fees paid by parents must relate to the cost of a facility membership or registration in an eligible physical activity program. Your receipt will indicate whether the program that your child is registered in is eligible (see receipt wording).

For more information on this credit, please see the Canada Revenue Agency website www.cra.gc.ca/fitness. The authority to determine whether any claim for a credit will be approved rests with the CRA. The City of Ottawa disclaims any responsibility or liability in connection with any determination of the CRA.

City services **3-1-1**
TTY 613-580-2401

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

Community Partners

Even More Recreation Programs Available in Your Neighbourhood!

The City of Ottawa partners with a number of community groups to deliver recreation programs in addition to those listed in the Recreation Guide. Please visit ottawa.ca/recreation or the community groups listed below to learn more about programs available in your neighbourhood.

- **Arts Ottawa East**
613-749-4978
artsoe.ca
- **Canterbury**
613-738-8998
cca-acc.ca
- **Carleton Heights**
613-226-2208
- **Carlsbad Springs**
613-822-1435
carlsbadsprings.ca
- **Community Gardening Network**
613-236-9300 ext. 309
www.justfood.ca
- **Constance/Buckhams Bay**
613-832-1050
cbbca.org
- **Corkery**
613-831-4474
corkerycommunity.ca
- **Dovercourt**
613-798-8950
dovercourt.org
- **Dunrobin**
613-832-2320
dunrobincommunity.com
- **Fitzroy Harbour**
613-623-5241
fitzroyharbour.com
- **Galetta**
613-623-2404
- **Glebe (Glebe Neighbourhood Activities Group)**
613-564-1058
gnag.ca
- **Greenboro**
613-247-4894
- **Jack Purcell**
613-564-1050
jpca.ca
- **Kinburn**
613-832-2481
kinburn.ca
- **Les Petits Ballets**
613-596-5783
- **Lindenlea**
613-742-5011
- **Manor Park**
613-741-4776
manorpark.ca
- **Nepean-Corona School of Gymnastics**
613-224-6524
coronagym.ca
- **Nepean-Ottawa Diving Club**
613-228-9270
- **Nepean Sailing Club**
613-829-6462
nsc.ca
- **Nepean Synchronized Swim Club**
613-820-2104
nepeansynchro.com
- **Old Town Hall (Ottawa East Activities Group)**
ottawaeast.ca
- **Ottawa Gymnastics Centre**
613-722-8698
ottawagymnasticscentre.ca

Log on to...

...ottawa.ca/arts

Your portal to local arts:

- Public Art
- Galleries and Exhibition Spaces
- Performing Arts
- Courses and Workshops
- Resources for Artists
- Funding and Awards



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- **Ottawa River Canoe Club**
613-832-1820, 613-832-2628
ottawarivercanoe.com
- **Ottawa South**
613-247-4946
oldottawasouth.ca
- **Petrie Island Outdoors Club**
pioc.ca




SPOTLIGHT

Your Guide to What's Happening

Visit ottawa.ca/spotlight today!

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Try it! ... It's free

May is Physical Activity Month

ACTIVE2010



Let's Get Active OTTAWA! Get active your way every day – for life!

Ottawa Parks, Recreation and Culture will be offering free classes, special events and activities during the month of May. Lots of ways to keep you active!

5-Day Try IT! Pass – May 1 to 31

Enjoy fitness classes, weights, treadmills, bikes, ellipticals and much more. Beginning May 1, pick-up your free pass at one of the following recreation centres closest to you:

Bob MacQuarrie Complex – Orléans
613-824-0819

Goulbourn Recreation Complex
613-831-1169

Jack Purcell Pool
613-564-1050

Kanata Leisure Centre
613-591-9283

Nepean Sportsplex
613-580-2828

Pinecrest Recreation Complex
613-828-3118

Plant Recreation Centre
613-232-3000

Ray Friel Recreation Complex
613-830-2747

Splash Wave Pool
613-748-4222

St. Laurent Complex
613-742-6767

Walter Baker Sports Centre
613-580-2788

Free Try it Programs for Children

Activity	Age	Day	Date	Time	Bar Code
Mooney's Bay – 613-580-2854					
Girls Beach Volleyball	13-17 yrs	Wed	Jul 7	5-6 pm	438919
Raven Park – 613-580-2854					
Lacrosse-Girls Only	7-9 yrs	Thu	May 20	6:30-7:30 pm	438896
	10-12 yrs	Thu	May 20	7:30-8:30 pm	438898
Soccer-Girls Only	7-9 yrs	Tue	May 18	6:30-7:30 pm	438903
	10-12 yrs	Tue	May 18	7:30-8:30 pm	438901
FUNDamentals-Girls Only	3-4 yrs	Sat	May 29	9-9:45 am	438943
	5-6 yrs	Sat	May 29	10-10:45 am	438947

Free Try It Programs for Adults

Activity	Day	Date	Time	Bar code
Mooney's Bay – 613-580-2854				
Beach Volleyball-Women Only	Wed	Jun 2	6:30-8:30 pm	438955
Beach Volleyball-Coed	Tue	Jun 1	6:30-8:30 pm	438930
Women's Tennis	Mon, Wed	Jun 14, 23	7:30-8:45 pm	437997
Constellation – 613-580-2854				
Women's Soccer	Sun	May 30	4:30-5:30 pm	438014
Women's Softball	Tue	May 4	6-7:30 pm	438023
Women's Dodgeball	Thu	Apr 8	8-9:30 pm	438012
Women's Tennis	Tue, Thu	May 26-Jun 16	7:30-8:45 pm	437998
Canterbury Recreation Complex – 613-247-4870				
Indoor Cycling – Intro	Sat	May 1, 8	9:30-10:15 am	437375
	Sat	May 15, 22	9:30-10:15 am	437382
	Sun	May 2, 9	9-9:45 am	437402
	Sun	May 16, 23	9-9:45 am	437397
Indoor Cycling – Interval	Sat	May 1, 8	8:30-9:15 am	437406
	Sat	May 15, 22	8:30-9:15 am	437408
	Sun	May 2, 9	10-10:45 am	437409
	Sun	May 16, 23	10-10:45 am	437411

Continued on next page.

Try It Campaign

Continued from previous page.

Free Try It Programs for Adults				
Activity	Day	Date	Time	Bar code
Canterbury Recreation Complex – 613-247-4870				
Indoor Cycling – Cycle N’ Strength	Tues	May 4, 11	9-10:15 am	437419
		May 18, 25	9-10:15 am	437425
	Thu	May 6, 13	9-10:15 am	437428
		May 20, 27	9-10:15 am	437430
	Sat	May 1, 8	10:30-11:45 am	437435
		May 15, 22	10:30-11:45 am	437437
Aquafit	Mon	May 3-31	9-10 am	437203
	Tue	May 4-25	9-10 am	
	Wed	May 5-26	9-10 am	
	Thu	May 6-27	9-10 am	
	Fri	May 7-28	9-10 am	
Rideauview Community Centre – 613-822-7887				
Cardio Energizer Fitness	Mon	May 3	6-7 pm	440305
Low Impact Fitness	Wed	May 5	6-7 pm	440296
Fred Barrett Arena – 613-822-7887				
Women on Weights Fitness	Mon	May 3	6-7 pm	440312

Free Try It Programs for 50+ Adults				
Activity	Day	Date	Time	Bar code
Canterbury Recreation Complex – 613-247-4870				
Vitality	Tue	May 4	10-11 am	437218
	Thu	May 6	10-11 am	
	Fri	May 7	10-11 am	
Rideauview Community Centre – 613-822-7887				
Weight Training Fitness	Thu	May 6	1:30-2:30 pm	440337
Fred Barrett Arena – 613-822-7887				
Low Impact Fitness	Tue	May 4	11 am-noon	440326

Try It Tennis for All Ages! – 613-580-2854					
Park	Age	Day	Date	Time	Bar code
Beacon Hill	6-12 yrs	Mon	May 10	6-7 pm	436669
	Adults	Mon	May 10	7-8 pm	436709
Celebration Park	6-12 yrs	Thu	May 13	6-7 pm	436681
	Adults	Thu	May 13	7-8 pm	436721
Fairmont Park	6-12 yrs	Tue	May 11	6-7 pm	436670
	13-17 yrs	Tue	May 11	7-8 pm	436694
Four Season's Park	6-12 yrs	Wed	May 12	6-7 pm	436679
	13-17 yrs	Wed	May 12	7-8 pm	436697
John Hopps Park	6-12 yrs	Wed	May 12	6-7 pm	436677
	Adults	Wed	May 12	7-8 pm	436716
Mooney's Bay Park	6-12 yrs	Mon	May 10	6-7 pm	436662
	13-17 yrs	Mon	May 10	7-8 pm	436688
Pinecrest Park	6-12	Tue	May 11	6-7 pm	436672
	Adults	Tue	May 11	7-8 pm	436715
Riverain Park	6-12	Thu	May 13	6-7 pm	436683
	13-17 yrs	Thu	May 13	7-8 pm	436699

Hunt Club-Riverside Community Centre

3320 Paul Anka Drive
613-260-1299

Details of the Spring and Summer 2010 programs at the enlarged Hunt Club-Riverside Centre will be available in March. Watch ottawa.ca for details or get a copy of the Hunt Club-Riverside community brochure.

Parks and Recreation Advisory Committee (PRAC)

The PRAC is made up of City Council appointed citizens who meet on a monthly basis to provide advice to the City on a broad range of parks and recreation issues. The public is welcome to attend.

For details on meetings consult your newspaper or ottawa.ca



Parks, Recreation, and Cultural Services Day Camps



Ottawa's
largest selection
of Day Camps
in your
neighbourhood!

The Best Part of Your Summer!

Our staff are

- Qualified, certified and enthusiastic!
- Committed to offering new challenges and exciting opportunities



www.highfive.org

Campers enjoy

- Action-packed days full of adventure and friendship
- Being creative and curious

We care about the health and safety of your child.

After registering for summer camp, please complete and submit the following forms on, or before the first day of camp:

1. Program Enrolment Forms (mandatory camper information)
2. Medication Administration Requests (if applicable)

Forms available online at ottawa.ca/recreation or at the Recreation Facility.

Special Needs Assistance must be arranged before the program starts.

For additional special needs programs and resources, see page 97.

Community Partners also offer camp programs. Check page 10 for contact information.

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Preschool

Swimming Camps

Aqua Preschool

Emphasizing swimming skill development, active games to enhance motor skills, creative crafts, games and lots of fun.

Brewer Pool – 613-247-4938

3-5 yrs	Mon-Fri	9 am-noon
Jun 28-Jul 2	\$74	430819
Jul 12-16	\$74	430829
Jul 19-23	\$74	430837
Jul 26-30	\$74	430838
Aug 9-13	\$74	430843
Aug 16-20	\$74	430844
Aug 23-27	\$74	430846

Deborah Anne Kirwan Pool – 613-247-4820

3-5 yrs	Mon-Fri	9 am-noon
Jun 28-Jul 2	\$59.25	426579
Jul 5-9	\$74	426641
Jul 12-16	\$74	426645
Jul 19-23	\$74	426677
Jul 26-30	\$74	426696
Aug 3-6	\$59.25	426698
Aug 9-13	\$74	426702
3-5 yrs	Mon-Fri	1-4:30 pm
Jun 28-Jul 2	\$59.25	426621
Jul 5-9	\$74	426633
Jul 12-16	\$74	426650
Jul 19-23	\$74	426669
Jul 26-30	\$74	426681
Aug 3-6	\$59.25	426701
Aug 9-13	\$74	426705

St-Laurent Complex – 613-742-6767

3-5 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$138	439569
Jul 5-9	\$172.75	439552
Jul 12-16	\$172.75	439556
Jul 19-23	\$172.75	439558
Jul 26-30	\$172.75	439559
Aug 3-6	\$138	439572
Aug 9-13	\$172.75	439562
Aug 16-20	\$172.75	439564
Aug 23-27	\$172.75	439567
3-5 yrs	Mon-Fri	9 am-12:15 pm
Jun 28-Jul 2	\$69	439507
Jul 5-9	\$86.25	439510
Jul 12-16	\$86.25	439513
Jul 19-23	\$86.25	439514
Jul 26-30	\$86.25	439529
Aug 3-6	\$69	439533
Aug 9-13	\$86.25	439516
Aug 16-20	\$86.25	439520
Aug 23-27	\$86.25	439524

Sport and Swim Lessons

A half-day sports camp for our youngest campers. Swimming lessons included.

Goulbourn R.C. – 613-831-1169

3-5 yrs	Mon-Fri	9-11:30 am
Jun 28-Jul 2	\$58.60	432405
Jul 5-9	\$73.25	432411
Jul 12-16	\$73.25	432416
Jul 19-23	\$73.25	432421
Jul 26-30	\$73.25	432423
Aug 3-6	\$58.60	432426
Aug 9-13	\$73.25	432430
Aug 16-20	\$73.25	432434
Aug 23-27	\$73.25	441555

General Interest Camps

A Bug's Life

Ewwwww BUGS! Use our gardens to look at some important bugs and the role they play. Discover through hands-on activities that bugs are not so gross but in fact kind of cool.

South Fallingbrook C.C. – 613-824-0633 ext. 221

3-5 yrs	Mon-Wed, Fri	1-4 pm
Jun 28-Jul 2	\$71.50	429792

BMRC Kinder Camp

Small camp, big fun! Games, outside play and special events.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

3-5 yrs	Mon-Fri	1-5 pm
Jun 28-Jul 2	\$78	430224
Jul 5-9	\$97	430234
Jul 12-16	\$97	430236
Jul 19-23	\$97	430237
Jul 26-30	\$97	430238
Aug 3-6	\$78	430240
Aug 9-13	\$97	430244
Aug 16-20	\$97	430247
Aug 23-27	\$97	430248



Day Camps



Drama

Includes half-day of instruction and half-day of regular camp activities. There will be a performance for family and friends at the conclusion of the camp.

Richmond C.C. –
613-580-2424 ext. 33230

3-5 yrs	Mon-Fri	9-11:30 am
Jul 12-16	\$63.75	431891

Edible Science

Step into the wacky world of kitchen chemistry. Explore basic scientific principles while having fun in the kitchen making root beer, popping popcorn, homemade ice cream, even chewing homemade bubble gum. Cleanup is easy – you just eat the results!

Huntley C.C. –
613-580-2424 ext. 33527

4-6 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$122.75	433976

Enchanted Castles

Dream of days of olde where you are a knight or a princess. Create magic potions, meet real knights, and hear stories of dragons and wizards.

South Fallingbrook C.C. –
613-824-0633 ext. 221

3-5 yrs	Mon-Fri	9 am-noon
Jul 12-16	\$90.50	439110
3-5 yrs	Mon-Fri	1-4 pm
Aug 9-13	\$90.50	439147

Pre and post care options may be available; contact your recreation facility for more information.

**No programs on
July 1 and August 2.**

Fun in the Sun

A fun-filled, action-packed summer. Arts and crafts, games, sports, special events, outdoor activities, and local trips. No swim outings!

Aquaview Community Hall –
613-580-2782

4-6 yrs	Mon-Fri	9 am-4 pm
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Animal Adventure

Jun 28-Jul 2	\$98.25	428740
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Sporty Kids

Jul 5-9	\$122.75	428741
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Moving and Grooving

Jul 12-16	\$122.75	428742
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It's a Surprise

Jul 19-23	\$122.75	428744
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Let's Pretend

Jul 26-30	\$122.75	428746
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Little Detectives

Aug 3-6	\$98.25	428748
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Soccer Tots

Aug 9-13	\$122.75	428751
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Land of the Dinosaurs

Aug 16-20	\$122.75	428885
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Let's be Silly Week

Aug 23-27	\$122.75	428886
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Eva James C.C. – 613-271-0712

5-6 yrs	Mon-Fri	9 am-4 pm
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Junior Gymnastics

Jun 28-Jul 2	\$122.50	427081
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Sporty Kids

Jul 5-9	\$122.75	427082
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Dance and Music

Jul 12-16	\$122.75	427083
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Chef's R Us

Jul 19-23	\$122.75	427086
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Early Einstein

Jul 26-30	\$122.75	427088
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Animal Adventures

Aug 3-6	\$98.25	427090
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Let's Go Green

Aug 9-13	\$122.75	427093
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Sporty Kids

Aug 16-20	\$122.75	427098
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Junior Gymnastics

Aug 23-27	\$153.25	427099
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Glebe Half a Day

Younger children enjoy a day camp experience without the full day! Smaller group setting and higher staff ratios for activities that will include themes, crafts, games, songs and off-site trips.

Glebe C.C. – 613-564-1058

3 yrs-66 mths	Mon-Fri	9 am-noon
Jun 28-Jul 2	\$76	436030
Jul 5-9	\$93.75	436035
Jul 12-16	\$93.75	436037
Jul 19-23	\$93.75	436039
Jul 26-30	\$93.75	436040
Aug 3-6	\$76	436044
Aug 9-13	\$93.75	436053
Aug 16-20	\$93.75	436058
3 yrs-66 mths	Mon-Fri	1-4 pm
Jun 28-Jul 2	\$76	436068
Jul 5-9	\$93.75	436071
Jul 12-16	\$93.75	436072
Jul 19-23	\$93.75	436074
Jul 26-30	\$93.75	436075
Aug 3-6	\$76	436077
Aug 9-13	\$93.75	436082
Aug 16-20	\$93.75	436084

Jaws and Claws Safari

Join in on a jungle safari and under the sea adventures as you explore the world of fierce and friendly animals. Bring your imagination and be ready to explore!

South Fallingbrook C.C. –
613-824-0633 ext. 221

3-5 yrs	Mon-Fri	1-4 pm
Jul 26-30	\$90.50	439201

Junior Kampers

Full day program with swimming lessons! Make new friends while participating in a wide variety of activities.

Glen Cairn C.C. –
613-580-2424 ext. 33304

5-6 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 9	\$329.50	440750
Jul 12-23	\$366	440753
Jul 26-Aug 6	\$329.50	440758
Aug 9-20	\$366	440759

Kinder Kids

Experience camp life in a shorter duration. Activities include weekly theme, crafts, indoor and outdoor games, music, stories, and more.

Alfred Taylor R.C. –
613-580-2424 ext. 30235

3-6 yrs	Mon, Wed, Fri	9-11:30 am
Jul 5-9	\$38.25	434678
Jul 12-16	\$38.25	434681
Jul 19-23	\$38.25	434682
Jul 26-30	\$38.25	434683
Aug 4-6	\$25.50	434684
Aug 9-13	\$38.25	434687
Aug 16-20	\$38.25	434689
Aug 23-27	\$38.25	434690

Little Picasso

Corkery C.C. –

613-580-2424 ext. 33230

3-6 yrs	Mon-Fri	9-11:30 am
Jul 5-9	\$63.75	440100
5-6 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$122.75	440102

Hintonburg C.C. – 613-798-8874

3-5 yrs	Mon, Wed, Fri	9 am-noon
Jul 5-9	\$46	436866
Jul 12-16	\$46	436869
Jul 19-23	\$46	436871
Jul 26-30	\$46	436872
Aug 4-6	\$31	436873
Aug 9-13	\$46	436875
Aug 16-20	\$46	436878

Pretty Street C.C. –

613-580-2424 ext. 33271

3-4 yrs	Mon-Fri	9-11:30 am
Jul 5-9	\$63.75	426348
Jul 12-16	\$63.75	426397
Jul 19-23	\$63.75	426419
Jul 26-30	\$63.75	426421
Aug 3-6	\$51	426431
Aug 9-13	\$63.75	426438
3-4 yrs	Mon-Fri	1-3:30 pm
Jul 5-9	\$63.75	426409
Aug 9-13	\$63.75	426441

Busy Bees

Aug 16-20	\$63.75	9-11:30 am 426446
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Richmond C.C. –

613-580-2424 ext. 33230

3-5 yrs	Mon-Fri	9-11:30 am
Aug 16-20	\$63.75	432045

Sawmill Creek C.C. – 613-521-4092

3-5 yrs	Mon-Fri	9 am-noon
Jun 28-Jul 2	\$58.25	427698
Jul 5-9	\$72.75	427699
Jul 12-16	\$72.75	427700
Jul 19-23	\$72.75	427701
Jul 26-30	\$72.75	427702
Aug 3-6	\$58.25	427703
Aug 9-13	\$72.75	427704
Aug 16-20	\$72.75	427705
Aug 23-27	\$72.75	427706

KinderKapers with Music

Crafts, outdoor play, songs, stories, weekly swimming, as well as music instruction.

Katimavik C.C. –

613-580-2424 ext. 33304

3-5 yrs	Mon-Fri	1:30-4 pm
Jun 28-Jul 9	\$114.75	440764
Jul 12-23	\$127.50	440766
Jul 26-Aug 6	\$114.75	440765
Aug 9-20	\$127.50	440767

KinderKapers with Swimming

Structured swimming lessons are half-hour in length.

Katimavik C.C. –

613-580-2424 ext. 33304

3-5 yrs	Mon-Fri	9-11:30 am
Jun 28-Jul 9	\$114.50	440760
Jul 12-23	\$127.50	440762
Jul 26-Aug 6	\$114.50	440761
Aug 9-20	\$127.50	440763

Little Foot Adventures

Enjoy a new theme each week. Our adventures include story time, games, crafts, outdoor pleasures and of course our daily swim.

Pinecrest R.C. – 613-828-3118

3-5 yrs	Mon-Fri	9 am-noon
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Sun, Sand and Water

Jun 28-Jul 2	\$65	422294
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A Bug's Life

Jul 5-9	\$80	422295
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Sporty Kids

Jul 12-16	\$80	422296
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Splash-a-Palooza

Jul 19-23	\$80	422297
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Soccer and T-Ball Camp

Jul 26-30	\$80	422298
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Nature-iffic

Aug 3-6	\$65	422299
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Hip Hop Performers

Aug 9-13	\$80	422300
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Wild West

Aug 16-20	\$80	422301
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Little Splinters

Aug 23-27	\$80	422302
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3-5 yrs	Mon-Fri	1-4 pm
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Dinosaurs Detectives

Jun 28-Jul 2	\$65	422303
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Crafty Kids

Jul 5-9	\$80	422304
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Music and Dance

Jul 12-16	\$80	422305
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Gymnastics Camp

Jul 19-23	\$80	422306
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Fairy Tales and Disney Week

Jul 26-30	\$80	422307
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Twinkle Toes

Aug 3-6	\$65	422308
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Sailors and Mermaids

Aug 9-13	\$80	422309
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Animal Antics

Aug 16-20	\$80	422310
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Mini Chefs

Aug 23-27	\$80	422311
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Little Picasso

Prepare to get messy! Children will work with a variety of materials to create different masterpieces each day. Includes a half-day of art instruction and a half day regular camp activities.

Huntley C.C. –

613-580-2424 ext. 33527

4-6 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$122.75	433236

Little Splinters

Preschoolers will learn to cut, hammer and sand pieces of wood into great creations all without hitting their thumb. Games, crafts and active play are also part of this camp!

Fringewood C.C. –

613-580-2424 ext. 33271

5-6 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$122.75	426507

Huntley C.C. –

613-580-2424 ext. 33527

4-6 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$122.75	434086

South Fallingbrook C.C. –

613-824-0633 ext. 221

3-5 yrs	Mon-Fri	9 am-noon
Aug 9-13	\$90.50	429878
3-5 yrs	Mon-Fri	1-4 pm
Jul 5-9	\$90.50	429863

Marvellous Musicians

Campers will experience music through movement, rhythm and song, creating their own masterpieces. Enjoy songs, games, crafts and get ready to be creative.

South Fallingbrook C.C. –

613-824-0633 ext. 221

3-5 yrs	Mon-Fri	9 am-noon
Jul 26-30	\$90.50	439187

Mini Break

A half-day camp designed for preschool aged children. Take a break and let us entertain your children with games, gym, outside play and special events.

Foster Farm C.C. – 613-828-2004

29 mths-5 yrs	Mon-Fri	1-4 pm
Jun 28-Jul 2	\$28.25	425602
Jul 5-9	\$35.25	425635
Jul 12-16	\$35.25	425636
Jul 19-23	\$35.25	425637
Jul 26-30	\$35.25	425638
Aug 2-6	\$28.25	425640
Aug 9-13	\$35.25	425643
Aug 16-20	\$35.25	425644



Day Camps

On My Own Adventures!

Prepare for kindergarten with pre-reading, math and pre-writing skills. Your child will experience activities and crafts while socializing with peers, exploring weekly themes and finishing with an energetic educational circle time.

South Fallingbrook C.C. – 613-824-0633

3-5 yrs	Mon-Fri	1-4 pm
Jul 19-23	\$90.50	439172
3-5 yrs	Mon-Fri	9 am-noon
Aug 23-27	\$90.50	439178

Ooey, Goopy Science

Science isn't only for adults! Hands-on messy fun will allow you to explore your inner scientist through games, crafts and experiments!

Fringewood C.C. – 580-2424 ext. 33271

5-6 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$122.75	426554

Ray Friel R.C. – 613-830-2747

7-12 yrs	Mon-Fri	8 am-4 pm
Jul 19-23	\$185	430888
(camping trip)		
Jul 26-30	\$146	430902

Richmond C.C. – 613-580-2424 ext. 33230

3-5 yrs	Tue-Fri	9-11:30 am
Aug 3-6	\$51	431993

Play, Create and Explore

Sports games, science experiments and crafts – a trio of fun! Half-day camp.

Eva James C.C. – 613-271-0712

3-4 yrs	Mon-Fri	9-11:30 am
Jun 28-Jul 2	\$51	427420
Jul 5-9	\$63.75	427443
Jul 12-16	\$63.75	427461
Jul 19-23	\$63.75	427464
Jul 26-30	\$63.75	427469
Aug 3-6	\$51	427476
Aug 9-13	\$63.75	427479
Aug 16-20	\$63.75	427482
Aug 23-27	\$63.75	427483



Preschool Afternoon

Come for an afternoon of fun activities including games, crafts, sing-a-long, swimming in the wading pool (weather permitting), and lots of other creative activities.

St-Laurent Complex – 613-742-6767

3-5 yrs	Mon-Fri	12:45-4 pm
Jun 28-Jul 2	\$69	439382
Jul 5-9	\$86.25	439440
Jul 12-16	\$86.25	439442
Jul 19-23	\$86.25	439444
Jul 26-30	\$86.25	439445
Aug 3-6	\$69	439449
Aug 9-13	\$86.25	439450
Aug 16-20	\$86.25	439451
Aug 23-27	\$86.25	439452

Summer Alpha – Kinder Korner

Our qualified staff will provide your child with a fun-filled summer of games, songs, crafts, and more! Parents are required to volunteer one day per session. Children may also drop into the program without pre-registering provided space permits. Contact us for drop in fees.

Charlie Conacher Com. Bldg. – 613-580-2424 ext. 41282 or 41238

2-5 yrs	Mon	9:15-11:15 am
Jun 14-Jul 12	\$33	437359
Jul 19-Aug 16	\$26.50	437363
2-5 yrs	Wed	9:15-11:15 am
Jun 16-Jul 14	\$33	437361
Jul 21-Aug 18	\$33	437365

Craig Henry Com. Bldg. – 613-580-2424 ext. 41282 or 41238

2-5 yrs	Tue	9:15-11:15 am
Jun 15-Jul 13	\$33	437415
Jul 20-Aug 17	\$33	437420
2-5 yrs	Thu	9:15-11:15 am
Jun 17-Jul 15	\$26.50	437417
Jul 22-Aug 19	\$33	437424

General Burns Com. Bldg. – 613-580-2424 ext. 41282 or 41238

2-5 yrs	Mon	9:15-11:15 am
Jun 14-Jul 12	\$33	437367
Jul 19-Aug 16	\$26.50	437372
2-5 yrs	Wed	9:15-11:15 am
Jun 16-Jul 14	\$33	437370
Jul 21-Aug 18	\$33	437376

Inverness Com. Bldg. – 613-580-2424 ext. 41282 or 41238

2-5 yrs	Tue	9:15-11:15 am
Jun 15-Jul 13	\$33	437369
Jul 20-Aug 17	\$33	437374
2-5 yrs	Thu	9:15-11:15 am
Jun 17-Jul 15	\$26.50	437371
Jul 22-Aug 19	\$33	437377

Larkin House Com. Bldg. – 613-580-2424 ext. 41282 or 41238

2-5 yrs	Mon	9:15-11:15 am
Jun 14-Jul 12	\$33	437340
Jul 19-Aug 16	\$26.50	437349
2-5 yrs	Tue	9:15-11:15 am
Jun 15-Jul 13	\$33	437343
Jul 20-Aug 17	\$33	437355
2-5 yrs	Wed	9:15-11:15 am
Jun 16-Jul 14	\$33	437346
Jul 21-Aug 18	\$33	437357
2-5 yrs	Thu	9:15-11:15 am
Jun 17-Jul 15	\$26.50	437348
Jul 22-Aug 19	\$33	437358

Margaret Rywak Com. Bldg. (Manordal) – 613-580-2424 ext. 41282 or 41238

2-5 yrs	Tue	9:15-11:15 am
Jun 15-Jul 13	\$33	437380
Jul 20-Aug 17	\$33	437389
2-5 yrs	Thu	9:15-11:15 am
Jun 17-Jul 15	\$26.50	437384
Jul 22-Aug 19	\$33	437392

Sir Guy Carleton S.S. – 613-580-2424 ext. 41282 or 41238 55 Centreponte

2-5 yrs	Mon	9:15-11:15 am
Jun 14-Jul 12	\$33	437378
Jul 19-Aug 16	\$26.50	437386
2-5 yrs	Wed	9:15-11:15 am
Jun 16-Jul 14	\$33	437381
Jul 21-Aug 18	\$33	437390

Southpointe Com. Bldg. – 613-580-2424 ext. 41282 or 41238

2-5 yrs	Mon	9:15-11:15 am
Jun 14-Jul 12	\$33	437320
Jul 19-Aug 16	\$26.50	437332
2-5 yrs	Tue	9:15-11:15 am
Jun 15-Jul 13	\$33	437322
Jul 20-Aug 17	\$33	437333
2-5 yrs	Wed	9:15-11:15 am
Jun 16-Jul 14	\$33	437326
Jul 21-Aug 18	\$33	437335
2-5 yrs	Thu	9:15-11:15 am
Jun 17-Jul 15	\$26.50	437330
Jul 22-Aug 19	\$33	437337

Trend-Arlington Com. Bldg. – 613-580-2424 ext. 41282 or 41238

2-5 yrs	Mon	9:15-11:15 am
Jun 14-Jul 12	\$33	437414
Jul 19-Aug 16	\$26.50	437418
2-5 yrs	Wed	9:15-11:15 am
Jun 16-Jul 14	\$33	437416
Jul 21-Aug 18	\$33	437421

Westcliffe Com. Bldg. – 613-580-2424 ext. 41282 or 41238

2-5 yrs	Tue	9:15-11:15 am
Jun 15-Jul 13	\$33	437360
Jul 20-Aug 17	\$33	437364
2-5 yrs	Thu	9:15-11:15 am
Jun 17-Jul 15	\$26.50	437362
Jul 22-Aug 19	\$33	437366

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

Summer Preschool

Our qualified staff will provide your child with a fun-filled summer of games, songs, crafts, and more! Parents are required to volunteer one day per session. Children may also drop into the program without pre-registering provided space permits. Contact us for drop-in fees.

Michele Heights C.C. – 613-828-5100

30 mths-5 yrs	Mon-Fri	9 am-noon
Jul 5-9	\$51.75	439704
Jul 12-16	\$51.75	439709
Jul 19-23	\$51.75	439711
Jul 26-30	\$51.75	439713
Aug 3-6	\$41.50	439716
Aug 9-13	\$51.75	439717
Aug 16-20	\$51.75	439719
Aug 23-27	\$51.75	439720

The Secret Garden

Explore the out-of-doors while planting vegetables, following caterpillars, smelling wildflowers, splashing in puddles and more. Go outside even on rainy days. But parents shouldn't worry – we have a safe and cozy indoor space for bad weather.

Berrigan E.S. –

613-580-2424 ext. 41238

199 Berrigan

2-5 yrs	Mon-Fri	9 am-noon
Jul 12-16	\$85	437689
Jul 19-23	\$85	437690
Jul 26-30	\$85	437691
Aug 3-6	\$68	437697
2-5 yrs	Mon-Fri	1-4 pm
Jul 12-16	\$85	437699
Jul 19-23	\$85	437700
Jul 26-30	\$85	437701
Aug 3-6	\$68	437702

To Infinity and Beyond

Blast off with us. Learn about the different planets through unique activities and crafts. Find out more about the sun and if the moon is really made of cheese.

South Fallingbrook C.C. –

613-824-0633 ext. 221

3-5 yrs	Tue-Fri	9 am-noon
Aug 3-6	\$71.50	439212

Under the Sea

Dive into adventures with water, learning what lives and plays in the sea. Enjoy water games, edible crafts and ocean art.

South Fallingbrook C.C. –

613-824-0633 ext. 221

3-5 yrs	Mon-Fri	9 am-noon
Jul 5-9	\$90.50	429810
3-5 yrs	Mon-Fri	1-4 pm
Aug 16-20	\$90.50	429813

Yummy Tummies

Preschoolers will create wonderful snacks, learn kitchen safety and discover how to help out in the kitchen! Camp has never been more fun!

Fringewood C.C. –

580-2424 ext. 33271

5-6 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$122.75	426535

Richmond C.C. –

613-580-2424 ext. 33230

3-5 yrs	Mon-Fri	9-11:30 am
Jul 19-23	\$63.75	431921

South Fallingbrook C.C. –

613-824-0633 ext. 221

3-5 yrs	Mon-Fri	9 am-noon
Jul 19-23	\$90.50	439160
3-5 yrs	Mon-Fri	1-4 pm
Aug 23-27	\$90.50	439164

Sports Camps

HOTSPURS FUNtastic

Soccer Camp

Kicking the ball all the way with interactive soccer related games enables children to learn and develop the fundamental skills (ABC's). Develop agility, balance, coordination and skills through a variety of activities. Nepean Hotspurs soccer instructors are NCCP trained.

Confederation H.S. –

613-580-2424 ext. 41208

1645 Woodroffe

3-5 yrs	Mon-Fri	9 am-noon
Jul 5-9	\$94.50	428712
Jul 12-16	\$94.50	423633

Preschool Patrol Athletic

Improve the basic FUNdamental sport skills through games and active play. Must be toilet trained. Register in am or pm session only. No childcare at lunchtime. No swimming.

Nepean Sportsplex –

613-580-2424 ext. 46685

3-5 yrs	Mon-Fri	9 am-noon
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Lil' Sportsters

Jun 28-Jul 2	\$67.50	426533
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Sporty Games and Giggles

Jul 5-9	\$83.75	426538
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Munchkin Fitness

Jul 12-16	\$83.75	426541
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Survivor Tykes

Jul 19-23	\$83.75	426544
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Wee Water Wonderers

Jul 26-30	\$83.75	426546
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Sports Starters

Aug 3-6	\$67.50	426555
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Olympic Adventures

Aug 9-13	\$83.75	426558
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Game On!

Aug 16-20	\$83.75	426561
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Splish, Splash, Sploosh

Aug 23-27	\$83.75	426565
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Sports of all Sorts

Aug 30-Sep 3	\$83.75	426568
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3-5 yrs	Mon-Fri	1-4 pm
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Sports of all Sorts

Jun 28-Jul 2	\$67.50	426574
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Sports Starters

Jul 5-9	\$83.75	426577
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Game On!

Jul 12-16	\$83.75	426578
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Survivor Tykes

Jul 19-23	\$83.75	426582
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Splish, Splash, Sploosh

Jul 26-30	\$83.75	426587
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Sporty Games and Giggles

Aug 3-6	\$67.50	426594
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Olympic Adventures

Aug 9-13	\$83.75	426602
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Munchkin Fitness

Aug 16-20	\$83.75	426605
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Wee Water Wonderers

Aug 23-27	\$83.75	426612
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Lil' Sportsters

Aug 30-Sep 3	\$83.75	426619
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Sportball-Multi-Sport Camp

In partnership with Sportball. www.sportball.ca. learn the FUNdamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are taught in a non-competitive and supportive environment.

Rockcliffe Park R.C. – 613-842-8578

3-5 yrs	Mon-Fri	9 am-noon
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Aug 23-27	\$152.50	441390
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3-5 yrs	Mon-Fri	1-4 pm
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Aug 23-27	\$152.50	441391
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South Nepean Park (Core) –

613-580-2424 ext. 30307

3-6 yrs	Mon-Fri	9 am-noon
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Jul 5-9	\$153	441563
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Jul 12-16	\$153	441572
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Jul 19-23	\$153	441574
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Jul 26-30	\$153	441576
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Aug 9-13	\$153	441578
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Aug 16-20	\$153	441579
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3-6 yrs	Mon-Fri	1-4 pm
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Jul 5-9	\$153	441564
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Jul 12-16	\$153	441565
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Jul 19-23	\$153	441566
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Jul 26-30	\$153	441567
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Aug 9-13	\$153	441568
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Aug 16-20	\$153	441569
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Day Camps

Squeaky Sneakers

Get ready for a fun-filled week of sports, games, running, and crafts. Squeaky Sneakers has something for everyone!

Corkery C.C. –

613-580-2424 ext. 33230

3-6 yrs	Mon-Fri	9-11:30 am
Aug 9-13	\$63.75	432289
5-6 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$122.75	432380

South Fallingbrook C.C. –

613-824-0633 ext. 221

3-5 yrs	Tue-Fri	1-4 pm
Aug 3-6	\$71.50	439222

Super Hero Sports

Discover pre-school sports with your favourite Super Hero. Climb through obstacles like Spiderman. Run and show your strength like Wonder Woman and Superman. Take on the world like Kim Possible and Batman. Camp has never been more exciting!

Huntley C.C. – 613-839-2959

4-6 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$122.75	434050

Kanata R.C. – 613-836-3121

5-7 yrs	Tue-Fri	8:30 am-4:30 pm
Aug 3-6	\$122.75	430971

South Fallingbrook C.C. –

613-824-0633 ext. 221

3-5 yrs	Mon-Wed, Fri	9 am-noon
Jun 28-Jul 2	\$71.50	429751
3-5 yrs	Mon-Fri	9 am-noon
Aug 16-20	\$90.50	429755

Tumble Gym

Introduction to gym play to explore jumping, swinging, rolling and great socialization games. Campers will also participate in crafts and indoor/outdoor activities.

South Fallingbrook C.C. –

613-824-0633 ext. 221

3-5 yrs	Mon-Fri	1-4 pm
Jul 12-16	\$90.50	439153



Children and Youth

Swimming Camps

Aqua, Arts, Active

Be introduced to the world of arts including drama, dance, music and visual arts, and to the active world of sports, including basketball, ball hockey and soccer. Enjoy daily aquatic activities in the pool.

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$160	422361
Aug 16-20	\$160	422362

St-Laurent Complex – 613-742-6767

6-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$118	439979
6-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$147.25	439987
Aug 23-27	\$147.25	439990

Aqua Blast

Enjoy many activities such as crafts, gym games, theme days, special events, out trips and free-swims. Develop swim skills and progress through the Lifesaving Society swimming levels during morning lessons.

Canterbury R.C. – 613-247-4865

6-8 yrs	Mon-Fri	8 am-4:30 pm
Jul 5-9	\$141.50	441041
Jul 12-16	\$141.50	441042
Jul 19-23	\$141.50	441043
Jul 26-30	\$141.50	441044
Aug 3-6	\$113.25	441045
Aug 9-13	\$141.50	441046
Aug 16-20	\$141.50	441047
Aug 23-27	\$141.50	441048
Aug 30-Sep 3	\$141.50	441049
9-12 yrs	Mon-Fri	8 am-4:30 pm
Jul 5-9	\$141.50	441050
Jul 12-16	\$141.50	441051
Jul 19-23	\$141.50	441052
Jul 26-30	\$141.50	441053
Aug 3-6	\$113.25	441058
Aug 9-13	\$141.50	441054
Aug 16-20	\$141.50	441055
Aug 23-27	\$141.50	441056
Aug 30-Sep 3	\$141.50	441057

General Burns Outdoor Pool –

613-580-2424 ext. 30318

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$142.50	428864
Jul 12-16	\$142.50	428865
Jul 19-23	\$142.50	428866
Jul 26-30	\$142.50	428867
Aug 3-6	\$114	428868
Aug 9-13	\$142.50	428870
Aug 16-20	\$142.50	428871

Kanata Leisure Centre –

613-591-9283

6-12 yrs	Mon-Fri	8:30 am-4:30 pm
Jun 28-Jul 2	\$146.50	429517
Jul 5-9	\$183	429518
Jul 12-16	\$183	429519
Jul 19-23	\$183	429520
Jul 26-30	\$183	429522
Aug 3-6	\$146.50	429523
Aug 9-13	\$183	429524
Aug 16-20	\$183	429525

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$145	422331
Jul 5-9	\$180	422332
Jul 12-16	\$180	422333
Jul 19-23	\$180	422334
Jul 26-30	\$180	422335
Aug 3-6	\$145	422336
Aug 9-13	\$180	422337
Aug 16-20	\$180	422338
Aug 23-27	\$180	422339
9-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$145	422340
Jul 5-9	\$180	422341
Jul 12-16	\$180	422342
Jul 19-23	\$180	422343
Jul 26-30	\$180	422344
Aug 3-6	\$145	422345
Aug 9-13	\$180	422346
Aug 16-20	\$180	422347
Aug 23-27	\$180	422348

Aqua Fun For All Sports

An interactive sports and swimming camp where children are introduced to a variety of dry land sports and attend daily swimming lessons, swims and arts and crafts sessions.

Brewer Pool – 613-247-4938

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$146.25	430868
Jul 12-16	\$146.25	430870
Jul 19-23	\$146.25	430871
Jul 26-30	\$146.25	430875
Aug 9-13	\$146.25	430878
Aug 16-20	\$146.25	430881
Aug 23-27	\$146.25	430883

Deborah Anne Kirwan Pool –

613-247-4820

6-9 yrs	Mon-Fri	9 am-4:30 pm
Jun 28-Jul 2	\$117.25	426193
Jul 5-9	\$146.25	426197
Jul 12-16	\$146.25	426214
Jul 19-23	\$146.25	426219
Jul 26-30	\$146.25	426228
Aug 3-6	\$117.25	426461
Aug 9-13	\$146.25	426465

NEW! Family Programs section on page 94.

Aqua Junior

Develop swimming skills and progress through the Lifesaving Society swimming program. In addition to a daily swimming lesson, participate in free-swims and a variety of crafts and active games.

St-Laurent Complex – 613-742-6767

6-8 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$103	439576
Jul 5-9	\$128.75	439612
Jul 12-16	\$128.75	439600
Jul 19-23	\$128.75	439597
Jul 26-30	\$128.75	439599
Aug 3-6	\$103	439606
Aug 9-13	\$128.75	439615
Aug 16-20	\$128.75	439617
Aug 23-27	\$128.75	439619

Aqua Senior

Develop swimming skills as you progress through the Lifesaving Society swimming program. In addition to the daily swimming lesson, participate in free swims, crafts and active games.

St-Laurent Complex – 613-742-6767

9-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$103	439639
Jul 5-9	\$128.75	439633
Jul 12-16	\$128.75	439645
Jul 19-23	\$128.75	439636
Aug 3-6	\$103	439641
Aug 9-13	\$128.75	439635
Aug 16-20	\$128.75	439649

Aquasplash

Looking for some aquatic fun? Each day includes a minimum of three hours of pool time as well as traditional camp activities such as crafts, outdoor play and sports. Must have completed Swimmer 2.

Nepean Sportsplex – 613-580-2828

6-8 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$113.25	440450
6-8 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$152.25	440454
Jul 12-16	\$152.25	440457
Jul 19-23	\$152.25	440459
Jul 26-30	\$152.25	440461
Aug 9-13	\$152.25	440473
Aug 16-20	\$152.25	440477
6-8 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$122	440468

Pre and post care options may be available; contact your recreation facility for more information.



Sawmill Creek C.C. and Pool – 613-521-4092

6-8 yrs	Mon-Fri	7:30 am-5 pm
Jun 28-Jul 2	\$160	427298
Jul 5-9	\$200	427301
Jul 12-16	\$200	427306
Jul 19-23	\$200	427307
Jul 26-30	\$200	427310
Aug 3-6	\$160	427314
Aug 9-13	\$200	427318
Aug 16-20	\$200	427321
Aug 23-27	\$200	427324

Aquasport

Looking for some aquatic fun? Each day includes a minimum of three hours of pool time as well as traditional camp activities such as crafts, outdoor play and sports. Must have completed Swimmer 4.

Nepean Sportsplex – 613-580-2828

9-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$113.25	440480
Jul 12-16	\$152.25	440485
Jul 26-30	\$152.25	440488
Aug 9-13	\$152.25	440495

Sawmill Creek C.C. and Pool – 613-521-4092

9-12 yrs	Mon-Fri	7:30 am-5 pm
Jun 28-Jul 2	\$144	427333
Jul 5-9	\$180	427340
Jul 12-16	\$180	427362
Jul 19-23	\$180	427453
Jul 26-30	\$180	427457
Aug 3-6	\$144	427463
Aug 9-13	\$180	427468
Aug 16-20	\$180	427470
Aug 23-27	\$180	427474

Extreme H2O Youth

Never done it? Come try-it! Extreme H2O will include the tower of terror, snorkeling, obstacle courses and one extreme out trip! Must have completed Swimmer 4 to participate.

Nepean Sportsplex – 613-580-2828

12-14 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$152.25	441384
Jul 19-23	\$152.25	441385
Aug 3-6	\$122	441386
Aug 16-20	\$152.25	441387

Junior Lifeguard

Join a unique club for the opportunity to develop lifesaving, leadership and teamwork skills. Explore a variety of aquatic challenges around the pool and beach. You must be comfortable in the deep water, able to swim 25m front crawl and tread water for two minutes.

Deborah Anne Kirwan Pool – 613-247-4820

10-12 yrs	Mon-Fri	9 am-4:30 pm
Jun 28-Jul 2	\$117.25	426495
Jul 5-9	\$146.25	426510
Jul 12-16	\$146.25	426515
Jul 19-23	\$146.25	426527
Jul 26-30	\$146.25	426536
Aug 3-6	\$117.25	426539
Aug 9-13	\$146.25	426543

St-Laurent Complex – 613-742-6767

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$147.25	441240
Aug 23-27	\$147.25	441241

Sport and Swim

A variety of sports are introduced weekly that may include basketball, volleyball, soccer, ultimate, flag football, softball and ball hockey. Daily swimming lessons included.

Goulbourn R.C. – 613-831-1169

6-8 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$122.75	432226
Jul 5-9	\$153.50	432234
Jul 12-16	\$153.50	432236
Jul 19-23	\$153.50	432239
Jul 26-30	\$153.50	432244
Aug 3-6	\$122.75	432247
Aug 9-13	\$153.50	432259
Aug 16-20	\$153.50	432265
Aug 23-27	\$153.50	441554
9-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$122.75	432227
Jul 5-9	\$153.50	432235
Jul 12-16	\$153.50	432237
Jul 19-23	\$153.50	432243
Jul 26-30	\$153.50	432245
Aug 3-6	\$122.75	432249
Aug 9-13	\$153.50	432263
Aug 16-20	\$153.50	432267
Aug 23-27	\$153.50	441553

Day Camps

Arts Camps

Arts and Swim

Explore various arts, including dance, drama, visual arts, and music. Keep cool with a daily swim.

Nepean Creative Arts Centre – 613-596-5783

9-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$279	427386
Jul 12-16	\$279	427391
Jul 19-23	\$279	427396
Jul 26-30	\$279	427400
Aug 3-6	\$223.50	427426
Aug 9-13	\$279	427405
Aug 16-20	\$279	427410
Aug 23-27	\$279	427414

Arts Camp

Explore various arts, such as dance, drama, visual arts, and music. Different activities and outings are also included.

Fisher Park C.C. – 613-798-8945

6-10 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$156	439947

McNabb R.C. – 613-564-1070

6-12 yrs	Mon-Fri	8 am-5 pm
Jul 12-16	\$160	440091
6-12 yrs	Tue-Fri	8 am-5 pm
Aug 3-6	\$128	440101

Rockcliffe Park – 613-842-8578

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$152.50	411711

Big Art

Focus will be on experimentation and playfulness with the aim of creating large-scale art. Drama, games and free flow approaches to imagining will help children express themselves and experience the joy of art making. Childcare available.

W. Erskine Johnston Arena – 613-580-2424 ext. 33527

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$153	433239

Folding Books for Children

Fold paper to create and decorate the accordion, star, pocket, flag and hinge folding books.

Shenkman Arts Centre – 613-580-2787

6-12 yrs	Mon-Fri	9 am-noon
Jul 19-23	\$119.75	439023

No programs on July 1 and August 2

Bookbinding for Teens

Glue, stitch, cut and create soft and hard covered books using different techniques from the craft of bookbinding.

Shenkman Arts Centre – 613-580-2787

13-17 yrs	Mon-Fri	1-4 pm
Jul 19-23	\$119.75	439015

Handmade Books

Create a different type of book every day. Use materials such as paper, card stock and even your old jeans.

Nepean Creative Arts Centre – 613-596-5783

13-19 yrs	Mon-Fri	10 am-noon
Jul 12-16	\$97	441730
Aug 16-20	\$97	441732
13-19 yrs	Mon-Fri	1-3 pm
Jul 12-16	\$97	441729
Aug 16-20	\$97	441731

Beginner Cartooning and Action Painting

Kaboom! Discover the art of cartooning combined with the intense action and variety of explosive techniques found in comic book action painting.

Nepean Creative Arts Centre – 613-596-5783

11-16 yrs	Mon-Fri	1-3 pm
Jul 5-9	\$97	441726
Jul 19-23	\$97	441727
Aug 9-13	\$97	441728

Clowning and Cartooning

Everybody loves a clown, but how would you like to be one? Spend the mornings learning a variety of cartooning and animation techniques, and afternoons exploring the art of clowning... lots of movement and physical action, mime and clown games. Childcare available.

Nepean Creative Arts Centre – 613-596-5783

8-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$239	426712
Jul 26-30	\$239	426714
Aug 3-6	\$191.25	426718

Crafty Kids

Each day the children will produce a finished craft to take home with them such as papier mâché and beadwork.

Bayshore Field House – 613-828-5103

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$86.75	439752
Jul 12-16	\$86.75	439753
Jul 19-23	\$86.75	439754
Jul 26-30	\$86.75	439755
Aug 3-6	\$69.50	439756
Aug 9-13	\$86.75	439757
Aug 16-20	\$86.75	439758
Aug 23-27	\$86.75	439759

St-Laurent Complex – 613-742-6767

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$147.25	440126
Aug 3-6	\$118	440130

Creativity and Arts

All kinds of creative projects and activities. Daily visual art session. Dance, drama, music, and games. Recreational swimming included. Open house on last day.

Nepean Creative Arts Centre – 613-596-5783

6-8 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$279	426175
Jul 12-16	\$279	426182
Jul 19-23	\$279	426187
Jul 26-30	\$279	426192
Aug 3-6	\$223.50	426203
Aug 9-13	\$279	426196
Aug 16-20	\$279	426198
Aug 23-27	\$279	426201

Stittsville C.C. –

613-580-2424 ext. 33271

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$183	426713

Dance

Includes half-day instruction and half-day of regular camp activities.

Goulbourn R.C. – 613-831-1169

6-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$122.75	433173
Jul 19-23	\$153.50	433181
Aug 9-13	\$153.50	433189
Aug 30-Sep 3	\$153.50	433192

Michele Heights C.C. – 613-828-5100

6-9 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$104.25	439792
10-13 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$104.25	439793

Ray Friel R.C. – 613-830-2747

7-12 yrs	Mon-Fri	8 am-4 pm
Aug 3-6	\$122	430135
Aug 9-13	\$146	430136

Dance Junior

Introduction to ballet, jazz, hip-hop, tap and creative movement in our professionally designed dance studio. Explore and create dance combinations set to music and develop basic technical steps. Other activities include arts and crafts, games, and swimming. Performance on last day.

St-Laurent Complex – 613-742-6767

7-10 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$147.25	440153
Aug 16-20	\$147.25	440154

Dance Mix

Jazz, Hip Hop and lyrical dancing moves combined in fun choreographies. Learn how to shake and move your body while having lots of fun and a good workout. This is a high energy, exciting class!

Nepean Creative Arts Centre – 613-596-5783

7-9 yrs	Mon-Fri	9 am-noon
Jul 19-23	\$119.75	429707
Jul 26-30	\$119.75	429709
Aug 16-20	\$119.75	429710
Aug 23-27	\$119.75	429711
10-13 yrs	Mon-Fri	1-4 pm
Jul 19-23	\$119.75	429712
Jul 26-30	\$119.75	429713
Aug 16-20	\$119.75	429714
Aug 23-27	\$119.75	429715

Old Town Hall (Kanata) – 613-580-2424 ext. 33304

7-12 yrs	Mon-Fri	9 am-2 pm
Jul 26-30	\$153	440016

Dance Senior

Experience an introduction to various styles of dance, including ballet, jazz, and hip hop, in a program geared to the older beginner. Children explore dance combinations set to music, develop skills in the basic technical steps of dance, and create choreography. Performance on the last day.

St-Laurent Complex – 613-742-6767

11-14 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$118	440957
Jul 26-30	\$147.25	440160

Funky Moves Dance

Want to learn some FUNKY MOVES? Jazz, hip hop and modern dance will be featured in this high energy, fun filled, week. Add swimming, games and crafts, plus a dance demo for parents.

Canterbury R.C. – 613-247-4869

8-13 yrs	Mon-Fri	9 am-4:30 pm
Jul 5-9	\$143.75	435673
Jul 19-23	\$143.75	435674
Aug 3-6	\$114.75	435678
Aug 16-20	\$143.75	435676

Digital Photography Youth

Learn to master your digital camera. Topics include: white balance, image resolution, aperture and composition. Participants require a digital camera (with manual).

Nepean Creative Arts Centre – 613-596-5783

11-16 yrs	Mon-Fri	10 am-noon
Jul 5-9	\$97	441719
Jul 19-23	\$97	441720
Jul 26-30	\$97	441721
Aug 9-13	\$97	441722
Aug 16-20	\$97	441723
Aug 23-27	\$97	441725

Hip Hop Performance

Learn a variety of different hip hop styles taught by some of Ottawa's most experienced instructors. Wrap up the week with a performance featuring new moves packed into a high-energy show with lights, fog and other special effects!

Pinecrest R.C. – 613-828-3118

8-13 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$180	422370

Stittsville C.C. – 613-580-2424 ext. 33271

6-10 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$183	428259

Walter Baker Sports Centre – 613-580-2788

8-14 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$146.50	434773
Jul 5-9	\$183	434792
Jul 12-16	\$183	434806
Jul 19-23	\$183	434808
Jul 26-30	\$183	434818
Aug 3-6	\$146.50	434825
Aug 9-13	\$183	434826

With Lunch

8-14 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$170.50	434953
Jul 5-9	\$213	434958
Jul 12-16	\$213	434966
Jul 19-23	\$213	435095
Jul 26-30	\$213	435098
Aug 3-6	\$170.50	435102
Aug 9-13	\$213	435108

Drama

Includes half-day of instruction and half-day of regular camp activities. There will be a performance for family and friends at the conclusion of the camp.

Corkery C.C. – 613-580-2424 ext. 33230

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$153	432275

Dunrobin C.C. – 613-580-2424 ext. 33527

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$153	433978

Fred Barrett Arena – 613-822-7887

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$153	438807

Old Town Hall (Kanata) – 613-580-2424 ext. 33304

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$153	440013
Aug 23-27	\$153	440064

Richmond C.C. – 613-580-2424 ext. 33230

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$153	431885

St-Laurent Complex – 613-742-6767

7-10 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$147.25	440202
Jul 26-30	\$147.25	440194

Drama Intensive

Feeling creative? Take up this challenge to write and produce a group play. Participate in script writing, acting techniques, directing, set construction, and most importantly the final product. Showcase your production for family and friends.

John G. Mlacak Centre – 613-580-2424 ext. 33501

12-15 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$153	438967
Aug 9-13	\$153	438991

Drama and Dance

Upbeat jazz and hip hop dance. Improvisation, drama games, character creation, clowning, special events. Recreational swimming. Open house on the last day of each session.

Nepean Creative Arts Centre – 613-596-5783

7-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$279	426218
Jul 12-16	\$279	426223
Jul 19-23	\$279	426238
Jul 26-30	\$279	426244
Aug 3-6	\$223.50	426266
Aug 9-13	\$279	426248
Aug 16-20	\$279	426256
Aug 23-27	\$279	426260

Drama and Improv

Introduction to theatre arts, focusing on acting techniques, presentation skills, character development, and voice workshops, with an emphasis on improvisation. Includes arts and crafts, active games and swimming. Parents and friends are welcome on the last day for an improv game.

Canterbury R.C. – 613-247-4869

8-13 yrs	Mon-Fri	9 am-4:30 pm
Jul 12-16	\$143.75	435566
Jul 26-30	\$143.75	435605
Aug 9-13	\$143.75	435584
Aug 23-27	\$143.75	435571

Pinecrest R.C. – 613-828-3118

8-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$170	422371



Day Camps

Drama Senior

Performance-oriented camp in theatre arts, on stage and behind the scenes. Activities will concentrate on all aspects of the theatre, including script writing, acting techniques, set design, lighting boards, costume, makeup, and production techniques.

St-Laurent Complex – 613-742-6767

11-14 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$147.25	440235
Aug 16-20	\$147.25	440239

Live Wire Drama

Dramatic and performance skills including storytelling, mime, improvisation, character study, acting technique. Special workshops. One recreational swim (or park activity) at Entrance Pool. Open house on the last day.

Nepean Creative Arts Centre – 613-596-5783

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$279	426458
Jul 12-16	\$279	426462
Jul 19-23	\$279	426469
Jul 26-30	\$279	426600
Aug 3-6	\$223.50	426695
Aug 9-13	\$279	426640

Summer Student Theatre

Grab the spotlight and explore the world of theatre. An intensive course includes scene study, movement, voice, workshops, technical production, script development, and performance techniques. Some instruction and performance for family and friends at Algonquin College Theatre

Nepean Creative Arts Centre – 613-596-5783

11-14 yrs	Mon-Fri	9 am-4 pm
Aug 16-27	\$558	426951

Lunchtime Performing Arts Series 2010

Watch for the Lunchtime Performing Arts Series at city wading pool parks in July and August, featuring many of Ottawa's finest performing artists. Experience the arts for free – during a special event day of arts activities for all ages, a low-cost barbecue lunch, games and other fun groups!

Seasonal Recreation/Community Arts Program – 613-580-2590

Thu	12:30-1:30 pm
Jul-Aug	Free

Leonardo Camp

Visual arts, science, nature, environment as well as games and activities taught by a professional art instructor and educator.

Nepean Visual Arts Centre – 613-580-2828

8-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$275.75	426752
Jul 19-23	\$275.75	426753
Jul 26-30	\$275.75	426754
Aug 3-6	\$220.75	426756
Aug 9-13	\$275.75	426758
Aug 16-20	\$275.75	426760
Aug 23-27	\$275.75	426761

Rockcliffe Park R.C. – 613-842-8578

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$152.50	441394

Ready, Set, Create!

Explore a variety of visual arts media, such as sculpture, pottery, printmaking, painting and collage, using artist grade art supplies.

Nepean Visual Arts Centre – 613-580-2828

8-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-23	\$478	426775
Aug 9-20	\$478	426776

Multi Media and More

A variety of art media will be introduced such as drawing, painting and sculpture. Games, swimming and other activities will round out the week. Childcare available.

Nepean Visual Arts Centre – 613-580-2828

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$275.75	426764
Jul 26-30	\$275.75	426766
Aug 3-6	\$220.75	426770
Aug 23-27	\$275.75	426772

Pottery and Dance

Sessions of dance and pottery. Pottery instruction by the Gloucester Pottery School. Open House on last day.

Shenkman Arts Centre – 613-580-2787

6-8 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$279	439179
Aug 16-20	\$279	439169
Aug 23-27	\$279	439174
9-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$279	439166
Aug 16-20	\$279	439163
Aug 23-27	\$279	439162

Introduction to Printmaking

Ink up a storm! Experiment with the techniques of mono prints, colour and relief prints and more – in this eco-friendly studio environment.

Nepean Creative Arts Centre – 613-596-5783

11-16 yrs	Mon-Fri	10 am-noon
Jul 5-9	\$97	436745
Jul 19-23	\$97	436746
Jul 26-30	\$97	436748
Aug 9-13	\$97	436750
Aug 23-27	\$97	436752

Project Runway

From sketchbook to runway – bring your fashion ideas to life! Design and create clothing and accessories. Themed fashion challenges, photo-shoots and special guests on body image, fashion, and being a teen. Daily swim.

Pinecrest R.C. – 613-828-3118

11-16 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$153	422376

Visual Arts Camp

Paint, sculpt, print, draw, explore your talents: collage, abstract imagery, portraits, landscapes and three-dimensional works. Discover your unique style while being guided by a professional artist. Includes half a day of camp activities. Pre and post care.

Old Town Hall (Kanata) – 613-580-2424 ext. 33304

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$153	440006
Jul 19-23	\$153	440015
Aug 3-6	\$122.50	440019

Sculpture: Faces, Forms and Feelings

Make a face, sculpt a figure in 3-D! Experiment with a variety of materials to create portraits, landscapes and sculptures.

Nepean Creative Arts Centre – 613-596-5783

9-12 yrs	Mon-Fri	10 am-noon
Jul 5-9	\$97	441717
Aug 9-13	\$97	441718

Movie Advanced

Bring your camera and shoot a short movie under the guidance of an accomplished filmmaker. Advanced shooting and editing techniques will lead to a finished video movie. Experience working as a production assistant on a simulated film set.

Nepean Creative Arts Centre – 613-596-5783

13-16 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$279	426997
Aug 23-27	\$279	426996

**NEW! Family Programs
section on page 94.**

Movie Making

Teens are instructed on the production of a short film. As writers, producers, stars and editors, they experience the process of making a film from start to finish, on-location. Each student will receive a DVD of the finished movie.

Nepean Creative Arts Centre – 613-596-5783

11-15 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$279	430996
Jul 12-16	\$279	430999
Jul 19-23	\$279	431002
Aug 3-6	\$223.50	431010
Aug 9-13	\$279	431003
Aug 16-20	\$279	431006

Music! Lights! Action!

Musical theatre production including vocal technique, singing, choreography, acting, and a technical component. Themes and music from Broadway musicals or original songs. Some instruction, rehearsals, and performance for family and friends at Algonquin College Theatre.

Nepean Creative Arts Centre – 613-596-5783

11-15 yrs	Mon-Fri	9 am-4 pm
Aug 16-27	\$558	426957

Music Camps

Develop your musical awareness. No experience necessary! Play, listen and learn different instrument families and styles of music.

St-Laurent Complex – 613-742-6767

Percussion and Recorder

Introduction to recorder and various percussion instruments.

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$198	441031

Strings and Keyboard

Introduction to keyboard and various string instruments.

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$198	441030

Photoshop® for Teens

Photoshop® for Teens – Designed to provide teens with a solid foundation of skills obtained through using Photoshop® software. Learn key concepts and tools to touch up and modify existing photos and create new graphics.

Nepean Creative Arts Centre – 613-596-5783

13-19 yrs	Mon-Fri	1-3 pm
Jul 5-9	\$97	441733
Jul 12-16	\$97	441734
Jul 19-23	\$97	441735
Jul 26-30	\$97	441736
Aug 9-13	\$97	441737
Aug 16-20	\$97	441738
Aug 23-27	\$97	441739

Introduction to Printmaking

Ink up a storm! Experiment with the techniques of mono prints, colour and relief prints and more – in this eco-friendly studio environment.

Nepean Creative Arts Centre – 613-596-5783

11-16 yrs	Mon-Fri	10 am-noon
Jul 5-9	\$97	436745
Jul 19-23	\$97	436746
Jul 26-30	\$97	436748
Aug 9-13	\$97	436750
Aug 23-27	\$97	436752

Printmaking and Beyond

Traditional printmaking techniques and beyond will be discussed and developed. Monoprints, collographs, drawing and painting and mixed media collage will be part of the processes explored. Open up your imagination.

Nepean Creative Arts Centre – 613-596-5783

13-19 yrs	Mon-Fri	1-3 pm
Jul 5-9	\$97	441740
Jul 19-23	\$97	441741
Jul 26-30	\$97	441742
Aug 9-13	\$97	441743
Aug 23-27	\$97	441744

Portrait: Drawing and Painting

Learn to draw or paint imaginary portraits, self-portraits or the face of your favourite pet or friend.

Nepean Creative Arts Centre – 613-596-5783

9-12 yrs	Mon-Fri	10 am-noon
Jul 19-23	\$89.25	436649

Stop Motion Animation

Become comfortable with digital media, cameras, and video. Construct a small scale set, characters and props. Develop a short story and produce it as an animation.

Nepean Creative Arts Centre – 613-596-5783

11-16 yrs	Mon-Fri	10 am-noon
Jul 12-16	\$97	441715
Aug 16-20	\$97	441716

Kamp Rok

Continue musical development by learning teamwork required to perform as a musical group.

Shenkman Arts Centre – 613-580-2787

14-18 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$308	439152
Aug 23-27	\$308	439148



Musical Theatre

Introduction to the song-and-dance theatrical form. Good vocal technique, basic choreography, and staging in the context of the musical and dramatic creative process. One recreational swim (or park activity) at Entrance Pool. Open house on the last day.

Nepean Creative Arts Centre – 613-596-5783

8-12 yrs	Mon-Fri	9 am-4pm
Jul 5-9	\$279	433870
Jul 12-16	\$279	433873
Jul 19-23	\$279	433878
Jul 26-30	\$279	433879
Aug 3-6	\$223.50	433881
Aug 9-13	\$279	433880

Ottawa's Got Talent

Show off at Ottawa's Got Talent. Singing, dancing, music and more. Develop your talents in a wide variety of performing arts and make your debut at the final showcase.

Pinecrest R.C. – 613-828-3118

9-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$160	422330

Day Camps

Rock Star Camp

Interested in learning the guitar, drums and keyboard? Try writing lyrics, creating a melody and getting ready for the final production. Active games and swimming will complete the day.

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$198	440632
Aug 3-6	\$158.25	440633

W. Erskine Johnston Arena – 613-580-2424 ext.33527

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$122.75	433243

Sing and Dance

Learn a solo and group song plus a group dance routine. Includes half day of regular camp activities. Performance for family and friends at the end.

Fisher Park C.C. – 613-798-8945

11-14 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$178.50	439429

Song Birds Camp

Develop your singing talents! Enjoy singing in a choral context, exploring the wonder of harmony and learning vocal exercises and basic note reading skills. Includes half a day of camp activities. Pre and post care.

Old Town Hall (Kanata) – 613-580-2424 ext. 33304

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$153	440026

The Director's Cut: Claymation

Clay is the main ingredient for fun! Construct your own characters and scenes using stop motion video technology.

Shenkman Arts Centre – 613-580-2787

10-14 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$308	439034

The Director's Cut: Feature Film Making

Jump into the director's chair to film your next blockbuster. Using digital video cameras, tripods, lighting and Apple Mobile computers, you will produce, direct, film, act and edit your own film.

Shenkman Arts Centre – 613-580-2787

10-14 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$308	439044



The Director's Cut: Toying Around

Do your Toys have a secret life? Using stop motion videography, you and your toys create a DVD, add sound effects, voice-overs and music. Showcased on the big screen at the Director's Cut Film Festival!

Shenkman Arts Centre – 613-580-2787

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$308	439029
Jul 19-23	\$308	439030

Theatrix

Learn comedy, improv and musical theatre. Basics of vocal production, singing, dance, choreography, acting and creating characters. Create and perform a show on thursday morning for friends and family. Join in daily wave swims, skating and trips.

Ray Friel R.C. – 613-830-2747

7-12 yrs	Mon-Fri	8 am-4 pm
Jul 5-9	\$146	427790
Jul 12-16	\$146	427795
Jul 26-30	\$146	427797

Beyond the Ordinary – The Canadian Writing Experience

Learn the craft of writing through telling the stories of extraordinary Canadians. You could be a published Canadian writer, listed among the catalogues at the National Library of Canada. Taught by Emily-Jane Hills Orford, author of a number of books about special Canadians.

Nepean Creative Arts Centre – 613-596-5783

10-16 yrs	Mon-Fri	9 am-noon
Jul 19-23	\$119.75	427545
Jul 26-30	\$119.75	427550

The Creative Word

A creative writing program to encourage self-expression through a discovery of stories, poetry and the spoken word. Fun writing exercises and playing with words to create a writing notebook or a reading of your own.

Nepean Creative Arts Centre – 613-596-5783

10-13 yrs	Mon-Wed	9 am-2 pm
Jul 12-14	\$119.75	431045

Ron Kolbus Lakeside – 613-596-5783

10-13 yrs	Mon-Wed	9 am-2 pm
Aug 23-25	\$119.75	431035

Registering is easy!
See page 8 for
registration options.

Computer Camps



In partnership with FutureKids of Ottawa, participants develop computer skills in a positive and fun learning environment. A ratio of one PC to two participants facilitates cooperation, teamwork and enhances learning. These camps consist of one half-day computer instruction and one half-day of recreation activities. For more information visit www.futurekidsottawa.ca

Claymation Mania

Campers will have the opportunity to create their own claymation movie to take home. Includes storyboard development, creation of your own claymation characters, building sets and props, instruction in filming and movie editing. Your imagination is the only limit.

Fred Barrett Arena – 613-822-7887

8-11 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$244.75	438937

Glen Cairn C.C. – 613-580-2424 ext. 33304

8-11 yrs	Tue-Fri	9 am-4 pm
Jun 29-Jul 2	\$196	440080

Greenbank M.S. – 613-580-2424 ext. 41225 168 Greenbank

8-11 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$244.75	434718

Queenswood Heights C.C. – 613-580-2782

8-11 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$244.75	434657

Digital Kids F/X

Make a movie short with sound track and special effects. Create a cartoon and comic book while exploring the world of animation and graphics. See how easy it is to make your own effects just like the movies.

Glen Cairn C.C. – 613-580-2424 ext. 33304

8-10 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$245	440184

Queenswood Heights C.C. – 613-580-2782

8-10 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$244.75	434675

Digital Movie Maker

Star Wars meets Harry Potter! 'The movie crew' will storyboard, shoot, and edit a video movie that they authored and burn on a DVD to take home. Covers pre-production planning, shooting as well as post-production; sequencing, editing, adding sound, titles, special effects and credits.

Glen Cairn C.C. – 613-580-2424 ext. 33304

10-14 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$245	440206

Greenbank M.S. – 613-580-2424 ext. 41225 168 Greenbank

10-13 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$244.75	434715

Queenswood Heights C.C. – 613-580-2782

10-14 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$244.75	434667

St-Laurent Complex – 613-742-6767

10-14 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$244.75	440017

Game Maker Extreme

From design to completion, create a complex, realistic video game with everything from health meters to collision detection. Create your own graphics in this challenging camp that is perfect for aspiring game designers and video game lovers.

Canterbury R.C. – 613-247-4869

10-14 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$244	435775

Glen Cairn C.C. – 613-580-2424 ext. 33304

10-14 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$245	440110
Aug 23-27	\$245	440213

Greenbank M.S. – 613-580-2424 ext. 41225 168 Greenbank

10-13 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$244.75	434586
Aug 3-6	\$196	434708

Manotick Arena – 613-580-2424 ext. 30235

10-14 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$244.75	434573

Queenswood Heights C.C. – 613-580-2782

10-14 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$196	434216
Aug 9-13	\$244.75	434217
Aug 16-20	\$244.75	434714

St-Laurent Complex – 613-742-6767

10-14 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$244.75	440105

Game Maker Extreme Pro

Design and program a scrolling shooter, platform and first-person/3D game. Learn to add multiplayer functionality, cheat codes and adding code to your game for advanced features. All games made can be taken home. Prerequisite: Game Maker Extreme

Glen Cairn C.C. – 613-580-2424 ext. 33304

11-14 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$245	440187

Game Programmer Jr.

Ever wanted to know how your favourite games are created? Make three interactive games you can play at home. Discover how easy and fun it can be to plan, program, test and play your game.

Glen Cairn C.C. – 613-580-2424 ext. 33304

7-9 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$196	440113

Greenbank M.S. – 613-580-2424 ext. 41225 168 Greenbank

7-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$244.75	434382

Queenswood Heights C.C. – 613-580-2782

7-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$244.75	434651

MachiniMania (3D Movie Making)

Often called 'digital puppetry' or 3D computer generated movie making – MachiniMania will take you beyond traditional machinima. Use virtual sets, customized actors and props to make a movie. Camera angles, 3D facial puppeteering, special effects, and lighting.

Canterbury R.C. – 613-247-4869

11-14 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$244	436231

Greenbank M.S. – 613-580-2424 ext. 41225 168 Greenbank

11-13 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$244.75	436825

Queenswood Heights C.C. – 613-580-2782

11-14 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$244.75	436475

Jr. Robotics

Learn computer science by programming your own robot. Program your robot to follow a flashlight, detect obstacles, and more. Video your robot to show to friends and family!

Glen Cairn C.C. – 613-580-2424 ext. 33304

8-10 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$245	440103

Greenbank M.S. – 613-580-2424 ext. 41225 168 Greenbank

8-10 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$244.75	436838

Queenswood Heights C.C. – 613-580-2782

8-10 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$196	436470
Aug 16-20	\$244.75	436628

continued on the next page

**Schedules and fees may
be subject to change.
Fees include GST.**

Computer Camps

continued from the previous page

Robotics – Level 1

If you like LEGO you'll love Robotics camp. As a young programmer/engineer you'll build machines out of LEGO, including gears, wheels, motors, lights and a variety of sensors. Hook them to a computer and control them with programs you write yourself.

Fred Barrett Arena – 613-822-7887

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$244.75	438905

Glen Cairn C.C. – 613-580-2424 ext. 33304

9-13 yrs	Thu-Fri	9 am-4 pm
Jun 29-Jul 2	\$196	440089

Greenbank M.S. – 613-580-2424 ext. 41225 **168 Greenbank**

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$244.75	434549

Manotick Arena – 613-580-2424 ext. 30235

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$244.75	434538

Queenswood Heights C.C. – 613-580-2782

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$244.75	434679

St-Laurent Complex – 613-742-6767

9-13 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$244.75	440111

Walter Baker Sports Centre – 613-580-2424 ext. 41225

9-13 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$244.75	434725

Robotics – Level 2

Create robots that can interact with the environment and solve a variety of fun and challenging problems. Design, build and program different multi-motor robots throughout the week. Level 1 is not a pre-requisite.

Greenbank M.S. – 613-580-2424 ext. 41225 **168 Greenbank**

11-13 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$244.75	434691

Robotics – Level 3

Design and program robots to compete in real world challenges such as obstacle courses, capture-the-flag, sumo wrestling and maze solving. Robotics 1 or 2 is recommended introductory level.

Glen Cairn C.C. – 613-580-2424 ext. 33304

11-14 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$245	440201

Sponge Bob Mania

Learn computer skills in programming, animation, Web creation and graphics all doing Sponge Bob activities. Create your Web page, animation and make an interactive cartoon game to take home and play with your friends.

Glen Cairn C.C. – 613-580-2424 ext. 33304

7-9 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$245	440095

Greenbank M.S. – 613-580-2424 ext. 41225 **168 Greenbank**

7-9 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$196	434705

Queenswood Heights C.C. – 613-580-2595

7-9 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$244.75	434695

St-Laurent Complex – 613-742-6767

7-9 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$244.75	440115

Toon Factory 3D Pro

Learn how game graphics are created. Use a state-of-the-art application to learn about 3D modeling, creating landscapes and character animation. Design your own characters and landscapes and then bring them to life. Look out Shrek!

Greenbank M.S. – 613-580-2424 ext. 41225 **168 Greenbank**

10-14 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$244.75	434539

Toon Factory MX I

Get started on a career in animation. Learn essential animation principles to create animated characters and backgrounds and then bring them to life in your own cartoon. You'll also add music, voices and sound effects. Software used is the Internet's most used animation application.

Glen Cairn C.C. – 613-580-2424 ext. 33304

9-14 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$245	440097

Walter Baker Sports Centre – 613-580-2424 ext. 41225

9-13 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$244.75	434734

Web Mania

Kids will create their own websites using Macromedia Dreamweaver/Flash that will be published on the Internet. Create your own homepage interface, customs graphics and backgrounds, animated GIFs and be introduced to JavaScript. This could be the start of your own web design company.

Glen Cairn C.C. – 613-580-2424 ext. 33304

10-13 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$196	440183

Greenbank M.S. – 613-580-2424 ext. 41225 **168 Greenbank**

10-13 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$244.75	434590

Writing – Draw Out Your Story

Word play and games to create and write stories. Using storytelling exercises, dialogue, dreams, and other techniques, children will find words for their own stories, and produce an illustrated book. Play with language and images.

Nepean Creative Arts Centre – 613-596-5783

8-13 yrs	Mon-Fri	9 am-noon
Jul 5-9	\$119.75	426963
Jul 12-16	\$119.75	426965
Aug 9-13	\$119.75	426968
8-13 yrs	Mon-Fri	1-4 pm
Jul 5-9	\$119.75	426972
Jul 12-16	\$119.75	426976
Aug 9-13	\$119.75	426979

Registering is easy!
See page 8 for
registration options.

General Interest Camps

2Kool4Kamp

Enjoy a variety of activities including sports, games, crafts, cooking, swimming, special events and of course, our special out trips.

Foster Farm C.C. – 613-828-2004

6-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$56.25	425509
Jul 5-9	\$70.25	425571
Jul 12-16	\$70.25	425575
Jul 19-23	\$70.25	425577
Jul 26-30	\$70.25	425595
Aug 2-6	\$56.25	425596
Aug 9-13	\$70.25	425597
Aug 16-20	\$70.25	425598

Greenboro C.C. – 613-580-2805

11-14 yrs	Mon-Fri	8 am-5:30 pm
Jun 28-Jul 2	\$151.50	440915
Jul 5-9	\$169	440916
Jul 12-16	\$169	440917
Jul 19-23	\$169	440918
Jul 26-30	\$169	440919
Aug 3-6	\$151.50	440920
Aug 9-13	\$169	440922
Aug 16-20	\$182.75	440923

Huntley Mess Hall –

613-580-2424 ext. 33527

12-14 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$153	433230
Aug 3-6	\$122.50	433987

Kars C.C. – 613-580-2424 ext. 30235

6-13 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$183	434636

Manotick Arena –

613-580-2424 ext. 30235

6-13 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$183	434630
Aug 9-13	\$183	434633

Metcalfe C.C. –

613-580-2424 ext. 30235

6-13 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$183	434620

Osgoode C.C. –

613-580-2424 ext. 30235

6-13 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$183	434625

Richmond C.C. –

613-580-2424 ext. 33230

12-15 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$153	431908

Amazing Adventures

Full day program including pre and post care. Participate in a variety of activities including out trips, theme days, swimming, and special events.

Canterbury R.C. – 613-247-4869

5-8 yrs	Mon-Fri	9 am-4:30 pm
Jun 28-Jul 2	\$98	436057
Jul 5-9	\$122.50	436027
Jul 12-16	\$122.50	436028
Jul 19-23	\$122.50	436031
Jul 26-30	\$122.50	436033
Aug 3-6	\$98	436063
Aug 9-13	\$122.50	436036
Aug 16-20	\$122.50	436043
Aug 23-27	\$122.50	436046

Hintonburg C.C. – 613-798-8874

5-13 yrs	Mon-Fri	8 am-5:30 pm
Jun 28-30	\$85	436849
Jul 5-9	\$139	436851
Jul 12-16	\$139	436853
Jul 19-23	\$139	436854
Jul 26-30	\$139	436855
Aug 3-6	\$112	436858
Aug 9-13	\$139	436859
Aug 16-20	\$139	436860
Aug 23-27	\$139	436861

Animal Planet

Learn about animals and bugs with special guests, excursions along with games and activities.

Fisher Park C.C. – 613-798-8945

6-10 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$124	439945

Boredom Busters

Includes an outing each day.

Cairine Wilson S.S. – 613-580-2782 975 Orléans

9-14 yrs	Mon-Fri	7:30 am-5:30 pm
Jul 5-9	\$162.50	429614
Jul 12-16	\$162.50	429615
Jul 19-23	\$162.50	429617
Jul 26-30	\$162.50	429618
Aug 3-6	\$130.75	429619
Aug 9-13	\$162.50	429620
Aug 16-20	\$162.50	429621

Canterbury R.C. – 613-247-4869

11-14 yrs	Mon-Fri	9 am-4:30 pm
Jun 28-Jul 2	\$128.75	436193
Jul 5-9	\$160.75	436177
Jul 12-16	\$160.75	436179
Jul 19-23	\$160.75	436180
Jul 26-30	\$160.75	436181
Aug 3-6	\$128.75	436197
Aug 9-13	\$160.75	436183
Aug 16-20	\$160.75	436185
Aug 23-27	\$160.75	436186

Boys Club

Play in tournaments, build forts, meet special guests and participate in prank the prankster competitions.

Ray Friel R.C. – 613-830-2747

7-11 yrs	Mon-Fri	8 am-4 pm
Jun 28-Jul 2	\$122	430109
Jul 5-9	\$146	430121
Jul 12-16	\$146	430122
Jul 19-23	\$185	430124
(camping trip)		
Jul 26-30	\$146	430130
Aug 9-13	\$146	430132
Aug 16-20	\$146	430133

Brookies

Enjoy sports, arts and crafts, baking, and participating in theme days. Planned out trips throughout the city each week!

Overbrook C.C. – 613-742-5147

5-6 yrs	Mon-Fri	7:30 am-5:30 pm
Jun 28-Jul 2	\$81.75	429778
Jul 5-9	\$102	429783
Jul 12-16	\$102	429789
Jul 19-23	\$102	429795
Jul 26-30	\$102	429799
Aug 3-6	\$81.75	429820
Aug 9-13	\$102	429830
Aug 16-20	\$102	429839
Aug 23-27	\$102	429846
7-8 yrs	Mon-Fri	7:30 am-5:30 pm
Jun 28-Jul 2	\$81.75	429953
Jul 5-9	\$102	429968
Jul 12-16	\$102	429981
Jul 19-23	\$102	429983
Jul 26-30	\$102	429987
Aug 3-6	\$81.75	429990
Aug 9-13	\$102	430002
Aug 16-20	\$102	430004
Aug 23-27	\$102	430007
9-10 yrs	Mon-Fri	7:30 am-5:30 pm
Jun 28-Jul 2	\$81.75	430033
Jul 5-9	\$102	430037
Jul 12-16	\$102	430039
Jul 19-23	\$102	430040
Jul 26-30	\$102	430042
Aug 3-6	\$81.75	430044
Aug 9-13	\$102	430045
Aug 16-20	\$102	430046
Aug 23-27	\$102	430048
11-14 yrs	Mon-Fri	7:30 am-5:30 pm
Jun 28-Jul 2	\$81.75	430181
Jul 5-9	\$102	430184
Jul 12-16	\$102	430189
Jul 19-23	\$102	430192
Jul 26-30	\$102	430195
Aug 3-6	\$81.75	430207
Aug 9-13	\$102	430209
Aug 16-20	\$102	430210
Aug 23-27	\$102	430212



Day Camps

Camp Central

Take a walk on the wild side. Take part in theme weeks of some of the craziest games and activities ever.

Ray Friel R.C. – 613-830-2747

4-7 yrs	Mon-Fri	8 am-4 pm
Jun 28-Jul 2	\$122	430235
Jul 5-9	\$146	430260
Jul 12-16	\$146	430262
Jul 19-23	\$146	430263
Jul 26-30	\$146	430264
Aug 3-6	\$122	430268
Aug 9-13	\$146	430270
Aug 16-20	\$146	430272
Aug 23-27	\$146	430274

Camp Go Girl!

Bounce into summer with a mix of sport, dance, cheerleading and fitness. Try soccer, salsa, zumba, and tae cardio. Crafts, cooking, and daily swim too!

Pinecrest R.C. – 613-828-3118

11-16 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$190.75	422380

Camp Hollywood

Dress up as your favorite celebrity, act or sing in your own mini movie, be nominated for an Oscar and experience a week in the life of a celebrity.

Pinecrest R.C. – 613-828-3118

8-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$170	436959



NEW! Family Programs section on page 94.

Camp Illusion

Enter a world of magic and illusion. Evolutions, a dynamic team of young illusionists, teach you tricks that will leave your friends mystified and amazed!

Shenkman Arts Centre – 613-580-2787

9-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$279	438978
Jul 12-16	\$279	438912

Camping Adventures

Enjoy sports all week long and learn the basics of camping. Finish off with a camping trip.

South Fallingbrook C.C. – 613-824-0633

6-13 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$191	439494

Camping and Outdoor Survival

Before departing on the 3-day camping trip, develop survival, camping, and teamwork skills to tackle the great outdoors. Prepare with challenging role-play games and survival activities.

Pinecrest R.C. – 613-828-3118

11-16 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$220	422379

Cheerleading

Pump it up! Young cheerleaders learn basic cheers, dance movements and routines. Cheerleaders will demonstrate routines and participate in other camp activities.

St-Laurent Complex – 613-742-6767

7-10 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$118	440955
11-14 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$118	440956

Goulbourn R.C. – 613-831-1169

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$153	433200
Jul 26-30	\$153	433202
Aug 23-27	\$153	433201

Old Town Hall (Kanata) – 613-580-2424 ext. 33304

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$153	440033

Pinecrest R.C. – 613-828-3118

9-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$160	422365

Chess

Come and learn how to play chess or improve your game with the assistance of a chess coach. All skill levels welcome.

Pinecrest R.C. – 613-828-3118

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$170	422372

Rockcliffe Park R.C. – 613-842-8578

6-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$122	441146
6-12 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$122	441147

Conquest Camp

A camp for Pre-teens! You help us decide the activities, which could include wave pools, movies, boy/girl days, beaches and all the fun stuff!

Glebe C.C. – 613-564-1058

8-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$144.25	435966
Jul 5-9	\$171.50	435970
Jul 12-16	\$171.50	435973
Jul 19-23	\$171.50	435975
Jul 26-30	\$171.50	435978
Aug 3-6	\$144.25	435983
Aug 9-13	\$171.50	435985
Aug 16-20	\$171.50	435988

Crazy Chefs

Be crazy and experiment with different types of cooking! Show creativeness with your tastes! Swim time and non-structured play are also included.

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$130	422312
Aug 3-6	\$130	422313
9-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$160	422314

Richmond C.C. –

613-580-2424 ext. 33230

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$122.75	431899

Tom Brown Arena – 613-798-8945

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$156	439954

Creepy Crawlers

Discover the creepy crawly world of bugs that adapt to their environments and defend themselves. What can they do for you? Did you know spiders eat mosquitoes?

Huntley C.C. –

613-580-2424 ext. 33527

4-6 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$122.75	433204

Pinecrest R.C. – 613-828-3118

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$160	437743

Pre and post care options may be available; contact your recreation facility for more information.

CSI: Camp Scene Investigations

Search for evidence, gather clues, and discover how science can help solve a mystery. Learn to think like a detective and experiment like a forensic scientist.

Pinecrest R.C. – 613-828-3118

9-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$160	422326
Aug 3-6	\$130	422327

Stittsville C.C. –

613-580-2424 ext. 33271

6-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jul 26-30	\$153	428887

Vernon C.C. –

613-580-2424 ext. 30235

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$171	434603

W. Erskine Johnston Arena –

613-580-2424 ext. 33527

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$153	433977

Day Trippin'

Join your friends for an exciting week of games, activities, special events and daily outings.

Rideauview C.C. – 613-822-7887

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$169.75	429559
Jul 12-16	\$169.75	429574
Jul 19-23	\$169.75	429575
Jul 26-30	\$169.75	429577
Aug 9-13	\$169.75	429578
Aug 16-20	\$169.75	429580
Aug 23-27	\$169.75	429581
Aug 30-Sep 3	\$169.75	429583

Dog Days of Summer

Dynamic activities for that 'older' child bored with day camp. Challenging and fun events, some planned by the campers, will develop leadership and responsibility.

Cyrville C.C. – 613-748-1771

10-13 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$128.50	438781
Jul 5-9	\$158	438782
Jul 12-16	\$158	438783
Jul 19-23	\$158	438784
Jul 26-30	\$158	438785
Aug 3-6	\$128.50	438786
Aug 9-13	\$158	438787
Aug 16-20	\$158	438788

Emergency Vet

Perfect for all animal lovers. Camp Emergency Vet is a young person's ticket to the world of veterinary medicine. Through special guests and outings participants will learn the many qualities required to become a future veterinarian.

Kars C.C. – 613-580-2424 ext. 30235

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$171	434582

Osgoode C.C. –

613-580-2424 ext. 30235

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$171	434575

Pinecrest R.C. – 613-828-3118

9-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$160	422328
Aug 16-20	\$160	422329

Queenswood Heights C.C. –

613-580-2782

8-14 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$156	434745

Richmond C.C. –

613-580-2424 ext. 33230

5-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$122.50	431842

Stittsville C.C. –

613-580-2424 ext. 33271

6-10 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$153	426699

W. Erskine Johnston Arena –

613-580-2424 ext. 33527

5-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$122.50	431757

Energy 101

Fitness can be fun with your friends. Try circuits, pilates, yoga and much more! Take a dip in the pool to cool off. Don't forget your runners!

Richmond C.C. –

613-580-2424 ext. 33230

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$153	432029

Stittsville C.C. –

613-580-2424 ext. 33271

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$153	428888

W. Erskine Johnston Arena –

613-580-2424 ext. 33527

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$122.75	434051

Equestrian Camp – Level 1

Saddle up! Learn horseback riding plus games and workshops on the needs, hygiene, health, daily care, equipment and shoeing of horses.

St-Laurent Complex – 613-742-6767

8-11 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$350	440958
Aug 2-6	\$350	440994
12-15 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$350	441009
Aug 9-13	\$350	441017

Equestrian Camp – Level 2

Let the show begin! Expand your knowledge and horseback riding techniques while performing more advanced manoeuvres and routines. An introduction to a horse show.

St-Laurent Complex – 613-742-6767

8-15 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$350	441021

Equestrian Camp – French Immersion Level 1

Saddle up! Learn horseback riding plus games and workshops on the needs, hygiene, health, daily care, equipment and shoeing of horses.

St-Laurent Complex – 613-742-6767

8-11 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$350	441024
12-15 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$350	441025

Equestrian Camp – Just for Girls Level 1

Saddle up! Learn horseback riding plus games and workshops on the needs, hygiene, health, daily care, equipment and shoeing of horses.

St-Laurent Complex – 613-742-6767

8-15 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$350	441023

Explore Beyond

Designed for kids in search of an outstanding adventure. From outer space to under the sea, each week is devoted to a fun new theme. Crafts, games, songs and more.

Fringewood C.C. –

613-580-2424 ext. 33271

5-6 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$122.75	426497

Extreme Adventure

Different adventures each week. Are U extreme enough?

McNabb R.C. – 613-564-1070

6-12 yrs	Mon-Fri	8 am-5 pm
Jul 19-23	\$124.50	440096



No programs on
July 1 and August 2.

Day Camps

Extreme Explorers

An action-packed camp featuring games, crafts, sports, swimming and outings that relate to the theme of the week.

Canterbury R.C. – 613-247-4869

8-11 yrs	Mon-Fri	9 am-4:30 pm
Jun 28-Jul 2	\$98	436124
Jul 5-9	\$122.50	436100
Jul 12-16	\$122.50	436101
Jul 19-23	\$122.50	436104
Jul 26-30	\$122.50	436109
Aug 3-6	\$98	436128
Aug 9-13	\$122.50	436111
Aug 16-20	\$122.50	436114
Aug 23-27	\$122.50	436118

McNabb R.C. – 613-564-1070

6-12 yrs	Mon-Fri	8 am-5 pm
Aug 9-13	\$124.50	440109

French Connection

Do you want to get a head start on learning or maintaining your ability to speak French? Then, this summer camp is for you! Venez-vous amuser avec nous!

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

6-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$93.75	440834
Jul 5-9	\$116.75	440835
Jul 12-16	\$116.75	440836
Jul 19-23	\$116.75	440837
Jul 26-30	\$116.75	440838
Aug 3-6	\$93.75	440839
Aug 9-13	\$116.75	440840
Aug 16-20	\$116.75	440841
Aug 23-27	\$116.75	440842

French Immersion

Designed for French Immersion students to enrich their French speaking skills. Lots of outings and games.

Heron C.C. – 613-247-4808

5-12 yrs	Mon-Fri	8 am-5:30 pm
Jun 28-Jul 2	\$95	438853
Jul 5-9	\$116.75	438856
Jul 12-16	\$116.75	438858
Jul 19-23	\$116.75	438859
Jul 26-30	\$116.75	438860
Aug 3-6	\$95	438865
Aug 9-13	\$116.75	438867
Aug 16-20	\$116.75	438868
Aug 23-27	\$116.75	438869

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

Fun in the Sun

A fun-filled, action-packed summer. Arts and crafts, games, sports, special events, outdoor activities, and local trips.

Alfred Taylor R.C. – 613-580-2424 ext. 30235

4-6 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$150	434645
Jul 12-16	\$150	434650
Jul 19-23	\$150	434653
Jul 26-30	\$150	434656
Aug 3-6	\$120	434662
Aug 9-13	\$150	434668
Aug 16-20	\$150	434671
Aug 23-27	\$150	434673

McNabb R.C. – 613-564-1070

6-12 yrs	Mon-Fri	8 am-5 pm
Jun 28-Jul 2	\$98	440022

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

6-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$93.75	440825
Jul 5-9	\$116.75	440826
Jul 12-16	\$116.75	440827
Jul 19-23	\$116.75	440828
Jul 26-30	\$116.75	440829
Aug 3-6	\$93.75	440830
Aug 9-13	\$116.75	440831
Aug 16-20	\$116.75	440832
Aug 23-27	\$116.75	440833

Fun 'n Friends

Join us for games, crafts and activities following weekly themes. There is a special event or outing once a week.

Rideauview C.C. – 613-822-7887

5-9 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$108.75	429607
Jul 5-9	\$135.75	429596
Jul 12-16	\$135.75	429597
Jul 19-23	\$135.75	429598
Jul 26-30	\$135.75	429599
Aug 3-6	\$108.75	429609
Aug 9-13	\$135.75	429600
Aug 16-20	\$135.75	429601
Aug 23-27	\$135.75	429604
Aug 30-Sep 3	\$135.75	429605

Gadabouts

A variety of activities from sports, games, crafts, cooking, swimming, special events and of course, our special out trips.

Greenboro C.C. – 613-580-2805

5-7 yrs	Mon-Fri	8 am-5:30 pm
Jun 28-Jul 2	\$136	440898
Jul 5-9	\$157	440899
Jul 12-16	\$157	440900
Jul 19-23	\$157	440901
Jul 26-30	\$157	440902
Aug 3-6	\$136	440903
Aug 9-13	\$157	440904
Aug 16-20	\$157	440905

General Interest Camp

Camp will offer a variety of activities including sports, games, crafts, cooking, swimming, special events and out trips.

Alexander C.C. – 613-798-8978

11-15 yrs	Mon-Fri	9 am-4 pm
Jun 29-Jul 2	\$95	429548
Jul 5-9	\$108.50	429543
Jul 12-16	\$108.50	429544
Jul 19-23	\$108.50	429545
Jul 26-30	\$108.50	429546
Aug 3-6	\$95	429542
Aug 9-13	\$108.50	429549
Aug 16-20	\$108.50	429550

Girls! Girls! Girls!

All girlfriends are invited! This will be a fun filled week of all girl stuff!

Pinecrest R.C. – 613-828-3118

9-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$140	422367
Aug 9-13	\$170	422368

Ray Friel R.C. – 613-830-2747

7-12 yrs	Mon-Fri	8 am-4 pm
Jun 28-Jul 2	\$122	429025
Jul 19-23	\$185	429677
(camping trip)		
Aug 16-20	\$146	429027

Hands on Science Boot Camp

Change the way you look at science forever with daily attention-grabbing science experiments. From the weird and wacky to the ooey and gooey. Be prepared to get down and dirty with dozens of mesmerizing science activities.

Rockcliffe Park R.C. – 613-842-8578

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$152.50	441403

Into the Woods

Get back to nature with this eco-friendly camp, exploring a beautiful park while learning about nature and the environment. Get down and dirty planting gardens, following bugs, exploring forests, going on day trips and even splashing around in the rain

Huntley C.C. – 613-580-2424 ext. 33527

4-6 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$122.75	434055

Richmond C.C. – 613-580-2424 ext. 33230

3-5 yrs	Mon-Fri	9-11:30 am
Jul 5-9	\$63.75	431878
6-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$122.75	431866



Honeywell Camps

Honeywell Day Camps
Walter Baker Sports Centre –
613-580-2424 ext. 41225

Childcare no cost 8-9 am and 4-5 pm.

Preschool

Enjoy crafts, sing songs and make new friends. Swimming in afternoon only. Do not register your child in both the am and pm sessions as there is no childcare at lunchtime.

3-5 yrs	Mon-Fri	9 am-noon
Jul 5-9	\$85	436887
Jul 12-16	\$85	436888
Jul 19-23	\$85	436892
Jul 26-30	\$85	436894
Jun 28-Jul 2	\$68.50	436882
Aug 3-6	\$68.50	436884
Aug 9-13	\$85	436895
Aug 16-20	\$85	436898
Aug 23-27	\$85	436900
Aug 30-Sep 3	\$85	436902
4-6 yrs	Mon-Fri	1-4 pm
Jun 28-Jul 2	\$68.50	436921
Jul 5-9	\$85	436927
Jul 12-16	\$85	436929
Jul 19-23	\$85	436930
Jul 26-30	\$85	436933
Aug 3-6	\$68.50	436936
Aug 9-13	\$85	436937
Aug 16-20	\$85	436938
Aug 23-27	\$85	436939
Aug 30-Sep 3	\$85	436942

Children and Youth

Art Day Camp

Express your creative side with painting, drawing and other art forms. An hour and a half of art instruction and recreation activities for the remainder of the day.

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$164.25	437796
Jul 26-30	\$164.25	437826
Aug 9-13	\$164.25	437828

HOTSPURS Soccer Development

In partnership with the Nepean Hotspurs. Emphasis on ball handling, offensive and defensive skills, throw-ins, corner kicks, ball control and team play.

6-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$186.25	438461
6-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$232.50	438464
Jul 12-16	\$232.50	438466

Martial Arts

Self defence and discipline, street proofing, goal setting, coordination and teamwork are all emphasized in this camp. One hour of instruction each day followed by recreational activities including swimming.

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$189.75	437877
Jul 19-23	\$189.75	437880
Aug 3-6	\$152	437882
Aug 16-20	\$189.75	437883
10-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$189.75	437889
Jul 19-23	\$189.75	437894
Aug 3-6	\$152	437891
Aug 16-20	\$189.75	437885

Pioneers Day Camp

Pioneers focus on a variety of cooperative games, sing songs, arts and crafts. 'Aqua Splash' swim program introduces children to fun aquatics activities and teaches children survival techniques.

6-9 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$105.75	437405
Jul 5-9	\$132	437423
Jul 12-16	\$132	437427
Jul 19-23	\$132	437434
Jul 26-30	\$132	437750
Aug 3-6	\$105.75	437410
Aug 9-13	\$132	437756
Aug 16-20	\$132	437761
Aug 23-27	\$132	437764
Aug 30-Sep 3	\$132	437766

With Lunch

6-9 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$133	438606
Jul 5-9	\$166.25	438610
Jul 12-16	\$166.25	438611
Jul 19-23	\$166.25	438613
Jul 26-30	\$166.25	438615
Aug 3-6	\$133	438624
Aug 9-13	\$166.25	438961
Aug 16-20	\$166.50	438962
Aug 23-27	\$166.50	438966
Aug 30-Sep 3	\$166.25	438969

Science and Engineering

Introduce your child to the fascinating world of science and engineering. Chemistry, mechanical engineering and physics will be explored in a fun and interactive environment. Bussing provided to and from the University of Ottawa.

8-10 yrs	Mon-Fri	8:15 am-4:30 pm
Jul 5-9	\$250.25	437846
Jul 26-30	\$250.25	437849
11-13 yrs	Mon-Fri	8:15 am-4:30 pm
Jul 5-9	\$250.25	437850
Jul 26-30	\$250.25	437854

Skateboard

Recommended for beginner and intermediate riders who want to improve their skateboarding skills. Some trips to other skateboard parks included. Helmet, elbow and kneepads are mandatory.

10-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$181	438351
Aug 16-20	\$181	438355
Aug 23-27	\$181	438356

Tennis

Campers will receive 1.5 hours of tennis instruction daily. Tennis racquets provided if necessary.

6-13 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$152	438339
Jul 12-16	\$189.75	438340
Jul 19-23	\$189.75	438341
Jul 26-30	\$189.75	438342
Aug 3-6	\$152	438344
Aug 9-13	\$189.75	441226
Aug 16-20	\$189.75	442117
Aug 23-27	\$189.75	438345
Aug 30-Sep 3	\$189.75	438346

With Lunch

6-13 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$179.50	440426
Jul 12-16	\$224	440430
Jul 19-23	\$224	440431
Jul 26-30	\$224	440443
Aug 3-6	\$179.50	440428
Aug 9-13	\$224	440445
Aug 16-20	\$224	440433
Aug 23-27	\$224	440435
Aug 30-Sep 3	\$224	440437

Too Cool for Camp

Campers participate in recreation activities in the morning and spend the afternoons off-site in activities such as swimming and mini golf. Overnight camping trip towards the end of the week.

10-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$192.25	437868
10-12 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$154	437870

Day Camps

Just for Boys

No girls allowed. Chill with the boys and play indoor and outdoor activities, including sports, games, crafts and daily swim

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$135.25	441227

Just for Girls

Introduction to a variety of sports, including soccer, basketball, outdoor volleyball and ultimate in a fun and encouraging environment. Includes arts and crafts and a daily swim.

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$135.25	440620
Jul 26-30	\$135.25	440621

Just-In-Credible Kids

Explore the world of crafts, games, outings, and special events while developing new friendships. Children will grow and gain confidence in a stimulating environment.

Alfred Taylor R.C. –

613-580-2424 ext. 30235

6-13 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$122.50	434914
Jul 5-9	\$153	434927
Jul 12-16	\$153	434938
Jul 19-23	\$153	434947
Jul 26-30	\$153	434959
Aug 3-6	\$122.50	434967
Aug 9-13	\$153	434975
Aug 16-20	\$153	434984
Aug 23-27	\$153	434993

Cyrville C.C. –

613-580-2424 ext. 30235

5-9 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$118.50	438598
Jul 5-9	\$148	438599
Jul 12-16	\$148	438600
Jul 19-23	\$148	438601
Jul 26-30	\$148	438602
Aug 3-6	\$118.50	438603
Aug 9-13	\$148	438604
Aug 16-20	\$148	438605

Greely C.C. – 613-821-1010

6-13 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$122.50	435009
Jul 5-9	\$153	435025
Jul 12-16	\$153	435034
Jul 19-23	\$153	435042
Jul 26-30	\$153	435053
Aug 3-6	\$122.50	435063
Aug 9-13	\$153	435070
Aug 16-20	\$153	435080
Aug 23-27	\$153	435099

McNabb R.C. – 613-564-1070

6-12 yrs	Mon-Fri	8 am-5 pm
Jul 26-30	\$124.50	440099

South Fallingbrook C.C. –

613-824-0633 ext. 221

5-13 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$112.75	439517
Jul 5-9	\$141	439519
Jul 12-16	\$141	439521
Jul 19-23	\$141	439523
Jul 26-30	\$141	439526
Aug 3-6	\$112.75	439527
Aug 9-13	\$141	439530
Aug 16-20	\$141	439532
Aug 23-27	\$141	439534

Kamp Kanata

Spend a sensational, action-packed summer at camp! Games, sports, arts and crafts, theme days, bus excursions and much more!

Bridlewood C.C. –

613-580-2424 ext. 33501

6-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$98	428906
Jul 5-9	\$122.75	428897
Jul 12-16	\$122.75	428898
Jul 19-23	\$122.75	428899
Jul 26-30	\$122.75	428900
Aug 3-6	\$98	428907
Aug 9-13	\$122.75	428901
Aug 16-20	\$122.75	428902
Aug 23-27	\$122.75	428903
Aug 30-Sep 3	\$122.75	428904

LEGO® Powered Up

Build with LEGO® Technic elements and LEGO® RCX and NXT robotic components. Strong structures and machines will come to life using motors, pulleys and gears. Explore the programming of motorized robotic vehicles and creatures. Camp activities in the afternoons.

Fallingbrook E.S. – 613-580-2782 679 Deancourt

8-13 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$180.25	434685

Fred Barrett Arena – 613-822-7887

8-13 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$244.75	438791

Pinecrest R.C. – 613-828-3118

8-12 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$245	422369

Magic Camp

Bedazzle your friends with magic! A magician will spend two hours daily with the campers, teaching sleight of hand, juggling, balloon animals, card tricks, and many other magical talents. Active games and swimming will complete the day.

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$168.50	440624
Jul 12-16	\$210.50	440622
Aug 3-6	\$168.50	440625



Magic Camp – Level 2

Have you perfected your close-up magic tricks from Magic Camp Level 1? Now the magician will focus on stage tricks, misdirection and sophisticated trickery.

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$210.50	440626

Movie and Music Madness

Do you love Harry Potter and Hannah Montana? Variety of popular movie and music theme days, dress up as your favourite star, sing karaoke and more! Daily swim!

Pinecrest R.C. – 613-828-3118

9-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$130	422325

Nature Quest

Grab your binoculars and magnifying glasses to discover the wonders of nature in your neighbourhood. Through hands-on creative programming your child will participate in a number of nature-based activities, including hiking, gardening, nature crafts, cooking, healthy exercise, swimming, plus loads of fun and games.

Fisher Park C.C. – 613-798-8945

6-10 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$156	439925

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$160	422323

Rockcliffe Park R.C. – 613-842-8578

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$152.50	441139

**NEW! Family Programs
section on page 94.**

Knotty Knoll

Bell High School
613-580-24242 ext. 41227
40 Cassidy
Preschool

Knotty Knoll

Explore with other young adventurers and make new friends. Experience nature walks, water play, crafts and sing songs.

3-5 yrs	Mon-Fri	9 am-noon
Jul 26-30	\$85	438759

Children and Youth

Archery

Two and half hours of archery lessons and practise at the RA Centre each day. Tournament on last day. Other camp activities back at camp.

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$209	438440

Archery Lessons afternoon

Jul 5-9	\$209	438455
Jul 12-16	\$209	438472

Art Day Camp

Enjoy two hours of art instruction at the Nepean Visual Arts Centre (morning) as well as outdoor activities back at camp in the afternoon. Painting, drawing and other art forms. Swimming Tue and Thu afternoons.

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$164.50	438881
Jul 12-16	\$164.50	438885

Crafty Kids

Each day the children will produce a finished craft to take home with them such as papier mâché and beadwork.

6-9 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$145	438964

Crazy Chefs

Be crazy and experiment with different types of cooking! Show creativeness with your tastes! Swim time and non-structured play are also included.

6-8 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$132	441294
Jul 26-30	\$132	438977
6-8 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$105.75	438998



Engineering/Science

Introduction to the fascinating world of science and engineering. Chemistry, mechanical engineering and physics will be explored in a fun interactive environment. Presented in partnership with the University of Ottawa, Faculty of Science and Engineering.

8-10 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$250.25	438845
Jul 19-23	\$250.25	438857
Aug 9-13	\$250.25	441258
11-13 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$250.25	438850
Jul 19-23	\$250.25	438862
Aug 9-13	\$250.25	441259

Outdoor Adventures

Knotty Knoll Senior Adventures will enjoy a variety of challenges such as aerial park, indoor rock climbing and wave pool! Campers must be able to swim for full enjoyment. Appropriate safety gear for some activities must be worn.

10-13 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$270	438634
Jul 26-30	\$270	438639

Paddle Day Camp

Introduction to basic skills in canoeing and kayaking. Presented in partnership with the Rideau Canoe Club at their location.

8-11 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$227.75	438724

Rope Skipping

Rope skipping helps the participant develop body awareness, coordination, strength and flexibility. Designed for the beginner or novice rope skipper.

7-11 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$155	438575

Splash Adventure

Half and full day aquatic outings. Children must know how to swim. Locations may include a water park, beach and wave pool. A great way to beat the summer heat!

9-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$181	438739
Jul 26-30	\$181	441257

Too Kool for Camp

Campers are on-site in the morning and then spend the afternoon off-site in activities such as swimming, mini golf and go-carting. Activities vary from week to week.

10-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$153.75	438376
Jul 5-9	\$192	438379
Jul 12-16	\$192	438382
Jul 19-23	\$192	438385
Jul 26-30	\$192	438388
Aug 3-6	\$153.75	438407
Aug 9-13	\$192	438410

Trailblazers

Hikes, crafts, games and sing songs are all part of this program. Swimming Tue and Thu afternoons.

6-9 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$105.75	436879
Jul 5-9	\$132	436886
Jul 12-16	\$132	436908
Jul 19-23	\$132	436910
Jul 26-30	\$132	436913
Aug 3-6	\$105.75	436920
Aug 9-13	\$132	436924

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

Day Camps



Park-ticipate

Weekdays from June 28-August 20

The Park-ticipate program is a free, informal drop-in program offered at various local rural and urban parks throughout the Parks, Recreation and Cultural Services Department's East District. Children aged 4 to 10 are invited to join our highly trained recreation staff in this fun-filled program of sports, crafts and low organized games.

New Schedule for Summer 2010

A schedule listing parks, dates and times of programs will be available after June 1, 2010. Information will be posted at ottawa.ca/recreation or call 613-580-2782.

*Please note that parents/guardians are required to supervise their children while attending the park.

In partnership with: Orléans Recreation and Parks Association.

No Fixed Address!

We are on the move everyday as we explore new and different locations in the Ottawa /Hull area. For those that love the bus trips the best!

Dunrobin C.C. – 613-580-2424 ext. 33527

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$183	434113

Kinburn C.C. – 613-580-2424 ext. 33527

6-12 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$146.50	434045

Richmond C.C. – 613-580-2424 ext. 33230

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 3-6	\$146.50	431946
Aug 23-27	\$183	431959

Stittsville C.C. – 613-580-2424 ext. 33271

6-12 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$146.50	428884
6-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$183	428883

W. Erskine Johnston Arena – 613-580-2424 ext. 33527

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 3-6	\$146.50	434025
Aug 23-27	\$183	434101

Outdoor Adventures

May include activities such as hiking, orienteering and much more.

McNabb R.C. – 613-564-1070

6-12 yrs	Mon-Fri	8 am-5 pm
Aug 16-20	\$124.50	440112

Out 'n About

Join your friends for awesome adventures. Our energetic and experienced staff will take the kids to a variety of destinations.

Pinecrest R.C. – 613-828-3118

11-15 yrs	Mon	9 am-4 pm
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Paintball

Jun 28	\$60	434926
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Laronde

Jun 29	\$80	434932
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Calypso Water Park

Jun 30	\$60	434942
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Gatineau Eco Odyssey

Jul 2	\$60	434951
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Calypso Water Park

Aug 9	\$60	434995
11-15 yrs	Tue	9 am-4 pm

White Water Rafting

Aug 10	\$115	435005
11-15 yrs	Wed	9 am-4 pm

Paintball

Aug 11	\$60	435007
11-15 yrs	Thu	9 am-4 pm

Mountain Biking

Aug 12	\$60	435012
11-15 yrs	Fri	9 am-4 pm

Caves and High and Low Ropes

Aug 13	\$60	435015
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Queenswood Heights C.C. – 613-580-2782

7-13 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$156	429008
Aug 23-27	\$156	429012

Paintball

Jun 28	\$60	429023
11-15 yrs	Mon	9 am-4 pm

Laronde

Jun 29	\$80	436569
11-15 yrs	Tue	9 am-4 pm

Calypso Water Park

Jun 30	\$60	436576
11-15 yrs	Wed	9 am-4 pm

Gatineau Eco Odyssey

Jul 2	\$60	436580
11-15 yrs	Fri	9 am-4 pm

Calypso Water Park

Aug 9	\$60	436582
11-15 yrs	Mon	9 am-4 pm

White Water Rafting

Aug 10	\$115	436586
11-15 yrs	Tue	9 am-4 pm

Paintball

Aug 11	\$60	436589
11-15 yrs	Wed	9 am-4 pm

Mountain Biking

Aug 12	\$60	436590
11-15 yrs	Thu	9 am-4 pm

Caves and High and Low Ropes

Aug 13	\$60	436594
11-15 yrs	Fri	9 am-4 pm

Pet Camp

Why do cats hunt mice or dogs wag their tails? Learn the essentials of taking care of your pet and more through hands on experience with a variety of animals.

Huntley C.C. – 613-580-2424 ext. 33527

4-6 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$122.75	433240

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$160	422318

Pirate's Treasure

Ahoy Mates! Legend says that there be a treasure buried in these parts. Re-create and follow an 'ancient' map to find treasures on one of many scavenger hunts.

Corkery C.C. – 613-580-2424 ext. 33230

3-6 yrs	Mon-Fri	9-11:30 am
Jul 19-23	\$63.75	440107
5-6 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$122.75	440104

Fringewood C.C. – 613-580-2424 ext. 33271

5-6 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$98.25	426575

Pincrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$160	422324

Richmond C.C. – 613-580-2424 ext. 33230

3-5 yrs	Mon-Fri	9-11:30 am
Jul 26-30	\$63.75	431935
6-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$122.75	431928

W. Erskine Johnston Arena – 613-580-2424 ext. 33527

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$153	433226

Popstar Camp

Ever dream of being a popstar? Learn to sing and dance with 2 hours of daily instruction. Perform on stage in the final show on Friday. Active games and swimming will complete the day.

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$147.25	440629
Aug 23-27	\$147.25	440630

Reality Wrap Up

Finish the summer race at Pincrest! Be the participant in your favourite reality TV shows, with ton of twists and challenges. Compete in teams, pairs, individually. Daily swim.

Pincrest R.C. – 613-828-3118

11-15 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$190.75	422382

Round Up

A variety of activities from sports, games, crafts, cooking, swimming, special events and of course, our special out trips.

Greenboro C.C. – 613-580-2805

5-12 yrs	Mon-Fri	8 am-5:30 pm
Aug 23-27	\$169	440924

Science Camp

Action-packed week for science enthusiasts, with Mad Science as our special guests. Campers will also enjoy arts, crafts, games and outings.

Fisher Park C.C. – 613-798-8945

6-10 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$156	439447

McNabb R.C. – 613-564-1070

6-12 yrs	Mon-Fri	8 am-5 pm
Aug 23-27	\$160	440139

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$170	440634
Jul 19-23	\$170	440635



Pinhey Camps

Greenbank M.S. – 613-580-2424 ext. 41225 168 Greenbank

Childcare no cost 8-9 am and 4-5 pm

Crafty Explorers

For that adventurous spirit in children! Each day campers will make a craft. Also included are a variety of cooperative games, sing songs plus swimming three times/week.

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$147.25	434868
Jul 19-23	\$147.25	434871
Aug 3-6	\$118	434873

HOTSPURS Soccer Development

In partnership with the Nepean Hotspurs. Emphasis on ball handling, offensive and defensive skills, throw-ins, corner kicks, ball control and team play.

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$232.50	435688
Jul 26-30	\$232.50	435691

Juniors

Meet new friends and enjoy singsongs, arts and crafts and swimming in a fun environment. Cooperative games and theme days included.

5-7 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$132.25	434794
Jul 12-16	\$132.25	434797
Jul 19-23	\$132.25	434801
Jul 26-30	\$132.25	434804
Aug 3-6	\$105.75	434811
Aug 9-13	\$132.25	434807

Martial Arts

Self defense and discipline, street proofing, goal setting, coordination and teamwork will be emphasized. One hour of instruction each day followed by recreational activities including swimming.

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$189.75	435727
Jul 12-16	\$189.75	435731
Jul 26-30	\$189.75	435735
10-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$189.75	435739
Jul 12-16	\$189.75	435741
Jul 26-30	\$189.75	435744

Tennis

Campers will have 1.5 hours of tennis instruction in the morning followed by recreation activities including swimming in the afternoon. Tennis racquets provided if necessary.

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$189.75	434895
Jul 12-16	\$189.75	434902
Jul 19-23	\$189.75	434903
Jul 26-30	\$189.75	434906
Aug 3-6	\$152	434910
Aug 9-13	\$189.75	434908
10-13 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$189.75	434915
Jul 12-16	\$189.75	434919
Jul 19-23	\$189.75	434925
Jul 26-30	\$189.75	434929
Aug 3-6	\$152	434912
Aug 9-13	\$189.75	434930

Too Cool for Camp

Recreation activities and sports in the morning followed by out trips in the afternoon, such as swimming and mini golf. Overnight camping trip at the end of the week!

10-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$195.25	436803
Jul 19-23	\$195.25	436806

Day Camps

Science and Sorcery

Open your mind with magic and science, solving magic mysteries and making cool science projects. Learn the secrets! Daily swim.

Pinecrest R.C. – 613-828-3118

7-12 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$156	422373

Sew What?

Get creative with basic sewing techniques as you complete a runway project. Must bring a sewing machine to camp. Afternoons are outings and activities. (Additional cost for supplies.)

Fisher Park C.C. – 613-798-8945

11-14 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$178.50	441282

Spellbound Camp

A variety of activities from sports, games, crafts, cooking, swimming, special events and of course, our special out-trips.

Greenboro C.C. – 613-580-2805

8-10 yrs	Mon-Fri	8 am-5:30 pm
Jun 28-Jul 2	\$136	440906
Jul 5-9	\$157	440907
Jul 12-16	\$157	440908
Jul 19-23	\$157	440909
Jul 26-30	\$157	440910
Aug 3-6	\$136	440911
Aug 9-13	\$157	440912
Aug 16-20	\$157	440913

Spy Camp

Hone your craft, meet 'real spies', and run training missions through top-secret briefings and activities. Develop a disguise, make and break codes, use escape and evasion techniques, create spy gadgets, and uncover the science in spying.

Fringewood C.C. –

613-580-2424 ext. 33271

5-6 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$122.75	426627

Huntley C.C. –

613-580-2424 ext. 33527

4-6 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$98	434008

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$160	422316
Jul 26-30	\$160	422317

Pre and post care options may be available; contact your recreation facility for more information.



Summer Alpha

Summer Alpha Fun Club

Our qualified staff will provide your child with a fun-filled week of games, songs, crafts, outings, and more! Join us for an afternoon of non-stop adventure. Children may also drop into the program without pre-registering provided space permits. Contact us for drop-in fees.

613-580-2424 ext. 41282 or 41238

Charlie Conacher Com. Bldg.

6-12 yrs	Mon-Fri	1-4 pm
Jun 28-Jul 2	\$30	437498
Jul 12-16	\$37.25	437502
Jul 26-30	\$37.25	437504
Aug 9-13	\$37.25	437512

Farley Mowat P.S., 75 Waterbridge

6-12 yrs	Mon-Fri	1-4 pm
Jun 28-Jul 2	\$30	437482
Jul 5-9	\$37.25	437484
Jul 12-16	\$37.25	437486
Jul 19-23	\$37.25	437488
Jul 26-30	\$37.25	437489
Aug 3-6	\$30	437492
Aug 9-13	\$37.25	437493
Aug 16-20	\$37.25	437495

General Burns Com. Bldg.

6-12 yrs	Mon-Fri	1-4 pm
Jun 28-Jul 2	\$30	437639
Jul 12-16	\$37.25	437646
Jul 26-30	\$37.25	437647
Aug 9-13	\$37.25	437650

Inverness Com. Bldg.

6-12 yrs	Mon-Fri	1-4 pm
Jul 5-9	\$37.25	437642
Jul 19-23	\$37.25	437643
Aug 3-6	\$30	437649
Aug 16-20	\$37.25	437652

Meadowlands P.S., 10 Fieldrow

6-12 yrs	Mon-Fri	1-4 pm
Jun 28-Jul 2	\$30	437623
Jul 5-9	\$37.25	437625
Jul 12-16	\$37.25	437626
Jul 19-23	\$37.25	437627
Jul 26-30	\$37.25	437629
Aug 3-6	\$30	437633
Aug 9-13	\$37.25	437634
Aug 16-20	\$37.25	437635

Qualicum Graham Park Com. Bldg.

6-12 yrs	Mon-Fri	1-4 pm
Jun 28-Jul 2	\$30	437560
Jul 5-9	\$37.25	437611
Jul 12-16	\$37.25	437612
Jul 19-23	\$37.25	437613
Jul 26-30	\$37.25	437614
Aug 3-6	\$30	437616
Aug 9-13	\$37.25	437617
Aug 16-20	\$37.25	437620

Southpointe Com. Bldg.

6-12 yrs	Mon-Fri	1-4 pm
Jun 28-Jul 2	\$30	437464
Jul 5-9	\$37.25	437468
Jul 12-16	\$37.25	437469
Jul 19-23	\$37.25	437470
Jul 26-30	\$37.25	437471
Aug 3-6	\$30	437473
Aug 9-13	\$37.25	437476
Aug 16-20	\$37.25	437478

Westcliffe Com. Bldg.

6-12 yrs	Mon-Fri	1-4 pm
Jul 5-9	\$37.25	437501
Jul 19-23	\$37.25	437503
Aug 3-6	\$30	437507
Aug 16-20	\$37.25	437513

Summer Adventures

Join us for games, crafts and activities following weekly themes. There is a special event or outing once a week.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

5-8 yrs Mon-Fri 7:30 am-5:30 pm

Rock n' bowl

Jun 28-Jul 2 \$103.25 430137

Around the World

Jul 5-9 \$128 430152

Amazing Animals and Radical Reptiles

Jul 12-16 \$128 430153

Wacky Waves

Jul 19-23 \$128 430158

Super Star Sports

Jul 26-30 \$128 430162

Kids in the Kitchen

Aug 3-6 \$103.25 430163

Big Green Planet

Aug 9-13 \$128 430165

Crafty Creations

Aug 16-20 \$128 430167

Science and Mystery

Aug 23-27 \$128 430168

Emily Carr M.S. – 613-580-2782
2681 Innes

4-10 yrs Mon-Fri 7:30 am-5:30 pm

Jul 5-9 \$128 429624

Jul 12-16 \$128 429625

Jul 19-23 \$128 429626

Jul 26-30 \$128 429627

Aug 3-6 \$103.25 429628

Aug 9-13 \$128 429629

Aug 16-20 \$128 429631

Summer Child

Camp will offer a variety of activities from sports, games, crafts, cooking, swimming, special events and out trips.

Albion Heatherington R.C. – 613-247-4828

5-12 yrs Mon-Fri 9 am-4 pm

Jul 5-9 \$114.50 433944

Jul 12-16 \$114.50 433946

Jul 19-23 \$114.50 433947

Jul 26-30 \$114.50 433949

Aug 3-6 \$91.50 433950

Aug 9-13 \$114.50 433951

Aug 16-20 \$114.50 433952

Alexander C.C. – 613-798-8978

5-12 yrs Mon-Fri 7:30 am-5:30 pm

Jun 28-Jul 2 \$79.75 429474

Jul 5-9 \$91.75 429491

Jul 12-16 \$91.75 429497

Jul 19-23 \$91.75 429499

Jul 29-Aug 4 \$91.75 429503

Aug 3-6 \$79.75 429506

Aug 9-13 \$79.75 429511

Aug 16-20 \$91.75 429513

Cyrville C.C. – 613-748-1771

5-12 yrs Mon-Fri 9 am-4 pm

Aug 23-27 \$148 439133

Michele Heights C.C. – 613-828-5100

6-13 yrs Mon-Fri 9 am-4 pm

Jul 5-9 \$73.50 439682

Jul 12-16 \$73.50 439685

Jul 19-23 \$73.50 439686

Jul 26-30 \$73.50 439687

Aug 3-6 \$59 439692

Aug 9-13 \$73.50 439693

Aug 16-20 \$73.50 439695

Aug 23-27 \$73.50 439697

Sandy Hill C.C. – 613-564-1062

5-12 yrs Mon-Fri 9 am-4 pm

Jun 28-Jul 2 \$80 437589

Jul 5-9 \$100 437593

Jul 12-16 \$100 437594

Jul 19-23 \$100 437596

Jul 26-30 \$100 437597

Aug 3-6 \$80 437600

Aug 9-13 \$100 437601

Aug 16-20 \$100 437602

Aug 23-27 \$100 437603

Summer Madness

Things you are not allowed to do at home – such as toilet paper fights, playing with food and being very, VERY NOISY!!

Ray Friel R.C. – 613-830-2747

8-12 yrs Wed-Fri 8 am-4 pm

Jun 23-25 \$96 429742

8-12 yrs Mon-Fri 8 am-4 pm

Jun 28-Jul 2 \$122 429876

Jul 5-9 \$146 430038

Jul 12-16 \$146 430041

Jul 19-23 \$185 430047

(camping trip)

Jul 26-30 \$146 430051

Aug 3-6 \$122 430057

Aug 9-13 \$146 430068

Aug 16-20 \$146 430070

Aug 23-27 \$146 430073



Summer Youth Centres

Sports, movies, special events, camping, out trips and "hanging out" are all part of this summer's great activities. Drop in anytime and be sure to bring emergency contact information in order to fill out enrolment forms.

613-580-2424 ext. 41232
(or ext. 41238)

10-16 yrs Mon-Fri

Jun 28-Aug 20 \$2/day or \$25/summer

General Burns Com. Bldg., 86 Argue

3-6 pm and 7-10 pm

Larkin House, 76 Larkin

3-6 pm and 7-10 pm

Bells Corners P.S., 3770 Richmond

2-5 pm and 6-9 pm

Leslie Park P.S., 20 Harrison

2-5 pm and 6-9 pm

Goulbourn R.C.

3-8 pm Fri

Jul 9-Aug 27 \$2/day or register

\$16 442020



Wear the gear – wear a helmet.

No programs on July 1 and August 2.

Day Camps

Survival Adventure

Using the wooded area in Richelieu Park, campers learn about nature with orienteering, survival and camping tips. Thursday night includes an outdoor camping sleepover, weather permitting! Drop-off and pickup are at the Richelieu-Vanier Centre: 300 Avenue des Pères Blancs.

St.-Laurent Complex – 613-742-6767

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$151.50	440494
Aug 9-13	\$151.50	440502

Survivor Camp

Join our real life survivor program! Put your body and mind to the test with daily challenges. Come together with new friends and fight for your tribe to make it through the week and be the last one standing.

Stittsville C.C. –

613-580-2424 ext. 33271

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$153	428889

W. Erskine Johnston Arena –

613-580-2424 ext. 33527

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$153	434062

Theme Extreme

Dress up, act silly and have lots of fun! Be dramatic using your imagination and creativity with a new theme each day.

Ray Friel R.C. – 613-830-2747

6-10 yrs	Mon-Wed, Fri	8 am-4 pm
Jun 28-Jul 2	\$122	430815

This n' That!

Explore a variety of sports and arts with a different weekly theme. Instruction, outings and swims available. Learn a little bit of this n' that!

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

9-12 yrs	Mon-Fri	7:30 am-5:30 pm
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Soccer n' swim

Jun 28-Jul 2	\$121.50	430175
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Babysitting n' swim

Jul 5-9	\$210.25	430185
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Tennis n' swim

Jul 12-16	\$151.50	430191
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Arts n' swim

Jul 19-23	\$151.50	430198
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Golf n' swim

Jul 26-30	\$179.25	430202
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Cooking n' swim

Aug 3-6	\$121.50	430204
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Skating n' swim

Aug 9-13	\$151.50	430208
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Soccer n' swim

Aug 16-20	\$151.50	430211
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Tennis n' swim

Aug 23-27	\$151.50	430214
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Tour d'Ottawa

Bike to beaches and downtown destinations via trails and paths. Learn bike maintenance and safety. Compete in an Amazing Race Bike Challenge! Afternoon swims.

Pinecrest R.C. – 613-828-3118

11-16 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$190.75	422377
Aug 16-20	\$190.75	422378

Travel Camp

Daily visits to popular attractions in the greater Ottawa area. Participants are picked up and dropped off at the Community Centres.

John G. Mlacak Centre – 613-580-2424 ext. 33501

6-12 yrs	Mon-Fri	9 am-4 pm
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Science

Jun 28-Jul 2	\$146.50	428932
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Arts

Jul 5-9	\$183	428938
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Nature

Jul 12-16	\$183	428939
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Science

Jul 19-23	\$183	428940
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Aquatics

Jul 26-30	\$183	428941
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Arts

Aug 3-6	\$146.50	428942
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Sports

Aug 9-13	\$183	428943
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Aquatics

Aug 16-20	\$183	428944
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Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$180	422321
9-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$180	422322

Voyageur Camp

A wide variety of activities including two out-trips per week.

Glebe C.C. – 613-564-1058

5-7 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$111	435899
Jul 5-9	\$131.50	435902
Jul 12-16	\$131.50	435903
Jul 19-23	\$131.50	435906
Jul 26-30	\$131.50	435907
Aug 3-6	\$111	435911
Aug 9-13	\$131.50	435913
Aug 16-20	\$131.50	435915
5-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$131.50	435922

Waterlogged

Daily swimming lesson each morning, plus outdoor games and wave swims. Friday is trip day.

Ray Friel R.C. – 613-830-2747

6-12 yrs	Mon-Fri	8 am-4 pm
Jun 28-Jul 9	\$294	423210
Jul 12-23	\$322	427220
Jul 26-Aug 6	\$294	427227
Aug 9-20	\$322	427231

Wet 'n Wild

Come splash your days away at Wet n' Wild summer camp. Remember to slap on some sunscreen daily as we go on outdoor adventures, including a hiking trip and a fun day at Mont Cascades!

Kanata R.C. – 613-591-9283 ext. 303

11-14 yrs	Mon-Fri	8:30 am-4:30 pm
Aug 16-20	\$175	430966

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$180	422319
9-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$180	422320

Leadership Camps

Leadership Development – Level 1

Covering the basics of leadership styles and techniques, communication, program planning, special events, and skill sessions in arts and crafts, sports, games, drama, and music. Includes: off-site treks each week, biking, beach day, canoeing and babysitter's training certification.

Albion Heatherington R.C. – 613-247-4828

13-14 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 22	\$459	433957

Jack Charron Arena – 613-580-2424 ext. 33501

13-15 yrs	Mon-Fri	9 am-4 pm
Aug 9-20	\$235	438870

Old Town Hall C.C. – 613-564-1078

13-14 yrs	Mon-Fri	9 am-4 pm
Jul 5-30	\$331.25	441260

Leadership Development – Level 2

Includes a review of the key components of leadership and program planning, adding the needs of special groups, behaviour management and resume writing. A five-day placement in a recreational setting completes the session. Includes: Standard First Aid certification, overnight camping trip and special events.

Albion Heatherington R.C. – 613-247-4828

14-15 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 22	\$459	433958
Jul 26-Aug 19	\$459	433959

Old Town Hall C.C. – 613-564-1078

14-15 yrs	Mon-Fri	9 am-4 pm
Jul 5-30	\$331.25	441261

Arts Leadership Training

An exploration of art disciplines through workshops by professional artists, creating art, and acquiring practical skills in program planning, leadership techniques and child development. Includes one-week practicum placement delivering a dynamic arts animation program.

Routhier C.C. – 613-244-4435

14-17 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 23	\$516.50	440438

Babysitter's Camp

Are you looking forward to your first job? Is babysitting up your alley? We will help give you the skills required to be hired. Includes half-day instruction and regular camp activities.

Fred Barrett Arena – 613-822-7887

11-14 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$137	438813

Kars C.C. – 613-580-2424 ext. 30235

10-13 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$137	434611

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

10-13 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$137	434615

Orléans Leadership Development – Level 1

Learn about communication, program planning, child development and sun sense. Teamwork and skill sessions will also help participants organize and lead activities. Includes out-trips. Training alternated with placements. Receive the Babysitter's certificate. A Police Reference Check is required.

Cairine Wilson S.S. – 613-580-2782 975 Orléans

13-15 yrs	Mon-Fri	9 am-4 pm
Jul 5-16	\$312	426453
Jul 19-30	\$312	430339

Orléans Leadership Development – Level 2

Add to your leadership skills with planning a special event, how to include the needs of special groups, and behaviour management. Training alternated with placements. Includes out-trips. Participants will receive a Standard First Aid certification.

Cairine Wilson S.C. – 613-580-2782 975 Orléans

13-15 yrs	Mon-Fri	9 am-4 pm
Aug 3-13	\$281	430329
Aug 16-27	\$312	430335

Four Star Leadership

Learn communication, program planning, child development, first aid and sun sense. Teamwork and skill sessions will also help participants organize and lead activities for children. Swimming and out-trips are included. The second week is a 'hands-on' placement within a recreation setting.

Huntley Mess Hall – 613-580-2424 ext. 33527

11-13 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$173	434052

Richmond C.C. – 613-580-2424 ext. 33230

11-13 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$148.50	440458

Stittsville C.C. –

613-580-2424 ext. 33271

11-13 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$173	428260

Junior Leader

For Leadership 2 graduates. Gain valuable day camp experience while expanding communication, team building and decision making skills. Two-week placement in a recreation setting.

Albion Heatherington R.C. – 613-247-4828

15-17 yrs	Mon-Fri	9 am-4 pm
Jul 26-Aug 19	\$459	433961

Junior Leader Program

Pre-requisite: LDP 2. Topics include lesson planning, leadership dynamics, behaviour management techniques, High Five certification and an overnight camping trip. One-week theory session followed by a three-week placement in a recreation setting. No substitutions on placement dates.

Nepean Sportsplex – 613-580-2424 ext. 41210 or 41238

15-18 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 23	\$331.25	425876

Leader in Training

Leadership development, team building, goal-orientated projects, and emergency first aid training. Session topics include communication, child development and problem solving skills. 40-hour placement in our camp program.

Ray Friel R.C. – 613-830-2747

14-15 yrs	Mon-Fri	8 am-4 pm
Jul 5-16	\$343.50	427659
Aug 9-20	\$343.50	427683

Leadership Development – Level 1

Pre-requisite: 13 years old. Topics include: communication, leadership, program planning, child development, camping skills and introductory first aid. One week theory followed by three-week volunteer placement in recreation setting. No substitutions with placement dates.

Fred Barrett Arena – 613-822-7887

13-15 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 23	\$331.25	439191

Nepean Sportsplex – 613-580-2424 ext. 41210 or 41238

13-18 yrs	Mon-Fri	9 am-4 pm
Jul 5-30	\$331.25	425891
Jul 26-Aug 20	\$331.25	425905

Day Camps

Stittsville C.C. – 613-580-2424 ext. 33271

14-17 yrs Mon-Wed, Fri 9 am-4 pm
Jun 28-Jul 2 \$181.25 426636

Leadership Development – Level 2

Pre-requisite: LDP 1. Topics include: problem solving, job search techniques, special event planning, public relations, resume writing and group dynamics. One week theory session followed by a three-week volunteer placement in a recreation setting. Absolutely no substitutions with placement dates.

Fred Barrett Arena – 613-822-7887

13-15 yrs Mon-Wed, Fri 9 am-4 pm
Jun 28-Jul 23 \$331.25 439218

Jack Charron Arena – 613-580-2424 ext. 33501

14-16 yrs Tue-Fri, Mon 9 am-4 pm
Aug 3-27 \$235 438711

Nepean Sportsplex – 613-580-2424 ext. 41210 or 41238

14-18 yrs Mon-Fri 9 am-4 pm
Jul 5-30 \$331.25 425897
Jul 26-Aug 20 \$331.25 425900

Sports Camps

All Sport Girls Outdoor Camp

Enhance your skills, increase your knowledge and participate in a wide variety of outdoor sports. Attend team practices, receive workouts tailored to your abilities and compete in games.

Nepean Sportsplex – 613-580-2828

7-15 yrs Mon-Fri 9 am-4 pm
Jul 5-9 \$195 438579
Jul 12-16 \$195 438585
Jul 19-23 \$195 438588

All Star Sports

Skills, drills and strategies! Enjoy action-packed days full of your favourite sports including a daily swim.

Canterbury R.C. – 613-247-4869

8-13 yrs Mon-Fri 9 am-4:30 pm
Jul 12-16 \$122.50 436215
Aug 9-13 \$122.50 436216

Jack Charron Arena – 613-580-2424 ext. 33501

8-12 yrs Mon-Fri 9 am-4 pm
Jul 5-9 \$153 438692
Jul 12-16 \$153 438693
Jul 19-23 \$153 438696
Jul 26-30 \$153 438697

Sawmill Creek C.C. and Pool – 613-521-4092

8-12 yrs Mon-Wed, Fri 7:30 am-5 pm
Jun 28-Jul 2 \$144 427498
8-12 yrs Mon-Fri 7:30 am-5 pm
Jul 5-9 \$180 427530
Jul 12-16 \$180 427533
Jul 19-23 \$180 427536
Jul 26-30 \$180 427537
Aug 9-13 \$180 427549
Aug 16-20 \$180 427553
Aug 23-27 \$180 427556
8-12 yrs Tue-Fri 7:30 am-5 pm
Aug 3-6 \$144 427541

Armizare

Les Maîtres d'Armes' medieval martial arts program focuses on the martial aspects and on personal development. Through games, workshops and martial arts learn about arms and armour, history, culture, self-discipline and respect.

Rockcliffe Park R.C. – 613-842-8578

10-15 yrs Mon-Fri 9 am-4 pm
Jul 26-30 \$152.50 441424

Badminton

Learn everything there is to know about the game of badminton including: grip, smash, serve, net play, drop shots, rules and game play for singles and doubles.

Eva James C.C. – 613-271-0712

7-12 yrs Mon-Fri 9 am-4 pm
Aug 16-20 \$153 427125

Fisher Park C.C. – 613-798-8945

11-14 yrs Tue-Fri 9 am-4 pm
Aug 3-6 \$143 438316

Glen Cairn C.C. – 613-580-2424 ext. 33304

7-12 yrs Mon-Fri 9 am-4 pm
Jul 12-16 \$153 440301

Goulbourn R.C. – 613-831-1169

7-12 yrs Tue-Fri 9 am-4 pm
Aug 3-6 \$122.75 432306

Badminton – All Levels

Program led by the Soong Badminton Academy's NCCP certified coaches and supported by University varsity players and alumni. Training includes court movements, stroke production and game strategies.

Information: www.soong.ca Fallingbrook E.S. – 613-580-2782 679 Deancourt

6-12 yrs Mon-Fri 9 am-4 pm
Jul 5-9 \$229 428968
Jul 12-16 \$229 428969
13-17 yrs Mon-Fri 9 am-4 pm
Jul 5-9 \$240.50 428974
Jul 12-16 \$240.50 428975



Badminton Routhier

Programs are led by the Soong Badminton Academy's NCCP certified coaches and supported by University varsity players and alumni. Information: www.soong.ca
Routhier C.C. – 613-244-4470

Badminton Skill Development

Training includes court movements, stroke production and game strategies.

6-13 yrs Mon-Fri 9 am-4 pm
Jun 28-Jul 2 \$172 440560
Jul 5-9 \$213.50 440562
Aug 3-6 \$172 440563

Badminton – Intermediate and Competitive

For players who have several years experience playing and who have some tournament experience.

10-13 yrs Mon-Fri 9 am-4 pm
Jul 12-16 \$229 440566
Jul 26-30 \$229 440568
14-16 yrs Mon-Fri 9 am-4 pm
Jul 12-16 \$240.50 442149
Jul 26-30 \$240.50 442150

Badminton Skill Development and Intermediate

11-13 yrs Mon-Fri 9 am-4 pm
Jul 19-23 \$229 442151
Aug 9-13 \$229 442152
14-16 yrs Mon-Fri 9 am-4 pm
Jul 19-23 \$240.50 440570
Aug 9-13 \$240.50 440576

Badminton Competitive

14-19 yrs Mon-Fri 9 am-4 pm
Aug 16-20 \$262.50 440577

Badminton Intermediate and Competitive

14+ yrs Mon-Fri 9 am-4 pm
Jun 21-25 \$262.50 440556

Ball Blitz

Serving, dribbling, spiking and scoring! Develop the fundamentals of basketball, volleyball, soccer and more through skill instruction, drills and team play.

South Fallingbrook C.C. – 613-824-0633 ext. 221

6-13 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$112.75	439480

Basketball

Learn the fundamentals of the rules of basketball with instruction on the procedures and techniques of ball handling, shooting, lay ups, offence and defence, all in an innovative and exciting atmosphere.

Goulbourn R.C. – 613-831-1169

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$146.50	432307

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$135.25	440005
Aug 23-27	\$135.25	440010

Basketball Above the Rim

Drills and formal coaching on fundamental skills, reinforced through scrimmage. Friday is pizza and tournament day. Camp T-shirt and optional afternoon free swim. Information: www.abovetherimbasketballschool.com

Bell H.S. – 613-580-2424 ext. 41208 40 Cassidy

7-16 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$196	423638
Jul 12-16	\$196	423640
Jul 19-23	\$196	423642

Eva James C.C. – 613-271-0712

7-16 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$196	427118
Jul 26-30	\$196	427119
7-16 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$157	427120

Fallingbrook E.S. – 613-580-2782 679 Deancourt

7-16 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$196	428988

Fisher Park C.C. – 613-798-8945

7-14 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$196	439435

Longfields-Davidson Heights S.S. – 613-580-2424 ext. 41208 149 Berrigan

7-16 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$196	423867
Jul 26-30	\$196	423868

Turnbull School – 613-798-8945 1132 Fisher

7-14 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$196	439436
7-14 yrs	Mon-Fri	9 am-noon
Jul 5-9	\$106.25	439437
7-14 yrs	Mon-Fri	1 am-4 pm
Jul 5-9	\$106.25	439438

Basketball 'n Swim

Camp includes dribbling, passing and shooting as well as daily pool time.

Pinecrest R.C. – 613-828-3118

9-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$160	422366

Beach Volleyball

Using a soft volleyball, learn the rules, game play (bump, set, spike, tip) and skills needed to serve and volley. Includes half day of instruction and half day of regular camp activities.

Kanata R.C. – 613-591-9283 ext. 303

8-10 yrs	Mon-Fri	8:30 am-4:30 pm
Aug 9-13	\$153	430969
11-13 yrs	Mon-Fri	8:30 am-4:30 pm
Aug 9-13	\$153	430970

Big Leagues

Play volleyball, basketball, water polo, tennis, and soccer. Focus on technique, strategy, and mental preparation. Host a mega sports tournament against other youth camps. Daily swim!

Pinecrest R.C. – 613-828-3118

11-16 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$190.75	422381

Boys Only Sports Camp

This week is full of sporting activities for boys only. Soccer, Beach Volleyball, Basketball and much more!

Kanata R.C. – 613-836-3121

7-10 yrs	Mon-Fri	8:30 am-4:30 pm
Aug 9-13	\$122.75	430958

Burst of Energy

Kick off your summer with a Burst of Energy. Gain confidence and learn the basics of various sports weekly and awareness of a healthier lifestyle. End the week with a Hip Hop demo and Award Ceremony!

J. A. Dulude Arena – 613-580-2854

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$105	438626
Aug 3-6	\$84	438642
Aug 9-13	\$105	438629
Aug 16-20	\$105	438631

Burst of Energy – Just for Girls

Girls kick off your summer with a Burst of Energy. Gain confidence and learn the basics of various sports weekly and awareness of a healthier lifestyle. End the week with a hip hop demo and award ceremony!

Girls n' Women and Sport

Kanata R.C. – 613-580-2854

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$127.50	438816

Cycling

Tour of city sites, go to the beach, master bike handling, as well as develop good decision making abilities. You will need your own bike and helmets are mandatory. Daily swims.

Fisher Park C.C. – 613-798-8945

11-14 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$178.50	439427

Extreme Sports

For the adventurous child who can't wait to get out and be active. Enjoy outings such as rock climbing, mountain biking and aerial park adventures.

South Fallingbrook C.C. – 613-824-0633 ext. 221

9-13 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$183.75	439498

Extreme Youth Challenge

Sports, swimming, extreme outings, challenges, and much more! Participants are introduced to a wide variety of exciting activities and outings that are sure to get their adrenaline rushing.

Eva James C.C. – 613-271-0712

11-14 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$183	427183

Metcalfe C.C. – 613-821-1237

10-13 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$183	434596

Fencing Youth

Fencers are introduced to the appropriate use of a foil and will focus on posture, stance, strategy, safety and etiquette.

Fisher Park C.C. – 613-798-8945

11-14 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$196	439454

Flag Football and Ultimate

Team building activities, skills and drills, and development of important techniques in an exciting environment. Includes games, sports and swimming.

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$135.25	440533

No programs on
July 1 and August 2.

Day Camps

Floor Hockey

Join us every morning for instruction in all aspects of the game. We will be concentrating on shooting, passing, puck handling and game skills.

St-Laurent Complex – 613-742-6767

7-9 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$108	440564
Jul 19-23	\$135.25	440557
Aug 9-13	\$135.25	440558
10-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$108	440561
Jul 19-23	\$135.25	440559
Aug 9-13	\$135.25	440569

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$160	422355
Aug 3-6	\$130	422356
9-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$160	422357
Jul 19-23	\$160	422358

Girls Hockey Camp

R-U-Ready for tryouts! Girls stride into your next season with a head start to your game. On and off ice work out assisted by the Ottawa University Women's Hockey Gee Gee's Team. Grouped by age and ability.

Girls n' Women and Sport

Fred Barrett Arena – 613-580-2854

7-8 yrs	Mon-Fri	8:30 am-4 pm
Aug 9-13	\$241.50	438371
9-10 yrs	Mon-Fri	8:30 am-4 pm
Aug 9-13	\$241.50	438372
11-12 yrs	Mon-Fri	8:30 am-4 pm
Aug 9-13	\$241.50	438374
13-17 yrs	Mon-Fri	8:30 am-4 pm
Aug 9-13	\$257	438755

Goulbourn R.C. – 613-580-2854

7-8 yrs	Mon-Fri	9 am-noon
Aug 16-20	\$138.25	438378
9-10 yrs	Mon-Fri	9 am-noon
Aug 16-20	\$138.25	438380
11-12 yrs	Mon-Fri	1-4 pm
Aug 16-20	\$138.25	438771
13-17 yrs	Mon-Fri	1-4 pm
Aug 16-20	\$146.75	438767

Golf and Basketball

Recreational golf will cover basic skills and etiquette. The fundamentals of basketball include techniques of ball handling, shooting, lay ups, offence and defence, all in an innovative and exciting atmosphere.

Bring your wood, iron and putter.

South Fallingbrook C.C. – 613-824-0633 ext. 221

6-13 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$141	439509



Gymnastics

The main focus is gymnastics, however, children will participate in other activities such as games, crafts and outdoor activities.

Eva James C.C. – 613-271-0712

7-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$122.50	427104
Aug 23-27	\$153.25	441672

St-Laurent Complex – 613-742-6767

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$135.25	440574
Aug 9-13	\$135.25	440575

Rhythmic Gymnastics

Goulbourn R.C. – 613-831-1169

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$153	433213
Aug 16-20	\$153	427109
6-12 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$122.75	433215

Hockey Development – Regular

Develop skating and individual hockey skills. During on or off-ice instruction sportsmanship and teamwork will be the foundation of the camp experience.

Kanata R.C. – 613-591-9283 ext. 303

5-6 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 26-30	\$248.50	430955
7-8 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 26-30	\$248.50	430954

Ray Friel R.C. – 613-830-2747

6-11 yrs	Mon-Fri	8 am-4 pm
Aug 23-27	\$280	431193

St-Laurent Complex – 613-742-6767

7-9 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$248.50	440578
10-13 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$248.50	440579

Hockey Nepean – 38th Annual

For beginners, non-competitive or house league level players. On and off ice activities under the guidance of Bob Byrnes, National Hockey Coach, BA, M.Ed, Level V. Goaltenders receive an additional hour of specialized instruction daily. Catered hot lunch and recreational swimming throughout the week. Note on registration of food allergies.

613-580-2424 ext. 30307

Co-ed

Nepean Sportsplex

6-14 yrs	Mon-Fri	8 am-5 pm
Aug 3-6	\$242.25	436596
Aug 9-13	\$302.50	436616
Aug 23-27	\$302.50	436617
Aug 30-Sep 3	\$302.50	436618

Walter Baker Sports Centre

6-14 yrs	Mon-Fri	8 am-5 pm
Aug 16-20	\$302.50	436577
Aug 30-Sep 3	\$302.50	436579

Boys Only

Nepean Sportsplex

6-9 yrs	Mon-Fri	8 am-5 pm
Aug 16-20	\$302.50	436667

Walter Baker Sports Centre

6-9 yrs	Mon-Fri	8 am-5 pm
Aug 23-27	\$302.50	436671
10-12 yrs	Mon-Fri	8 am-5 pm
Aug 23-27	\$302.50	436676

Girls Only

Nepean Sportsplex

6-9 yrs	Mon-Fri	8 am-5 pm
Aug 16-20	\$302.50	436651
10-13 yrs	Mon-Fri	8 am-5 pm
Aug 16-20	\$302.50	436652

Walter Baker Sports Centre

7-10 yrs	Mon-Fri	8 am-5 pm
Aug 23-27	\$302.50	436657

Girls Hockey Puck Control Clinic

Keep your head up! Improve your passing, stick handling and shooting techniques for the upcoming hockey season.

Goulbourn R.C. – 613-580-2854

7-10 yrs	Mon-Thu	8-9 am
Aug 16-19	\$58.50	438777





Jim Durrell Hockey Camps

Hockey Development Camps
Jim Durrell R.C. – 613-247-4811

Regular

Develop skating and individual hockey skills. During on or off-ice instruction sportsmanship and teamwork will be the foundation of the camp experience.

Initiation

5-6 yrs	Mon-Fri	8:30-11:30 am
Jul 12-16	\$124.50	437455
Jul 19-23	\$124.50	437521
Aug 9-13	\$124.50	437534
5-6 yrs	Mon-Fri	12:30-3:30 pm
Jul 19-23	\$124.50	437528
Aug 9-13	\$124.50	437531

Novice

7-8 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 12-16	\$248.50	437466
Jul 19-23	\$248.50	437538
Jul 26-30	\$248.50	437543
Aug 2-6	\$248.50	437547
Aug 9-13	\$248.50	437548
Aug 16-20	\$248.50	437550

Atom

9-10 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 19-23	\$248.50	437554
Jul 26-30	\$248.50	437557
Aug 2-6	\$248.50	437558
Aug 16-20	\$248.50	437562

Peewee

11-12 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 19-23	\$248.50	437571
Aug 2-6	\$248.50	437574
Aug 9-13	\$248.50	437576

Bantam

13-14 yrs	Mon-Fri	8:30 am-4:30 pm
Aug 2-6	\$248.50	437590

Competitive

Contact will be a focus during on ice instruction.

Atom

9-10 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 26-30	\$299.25	437608
Aug 9-13	\$299.25	437615

Peewee

11-12 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 26-30	\$299.25	437624
Aug 16-20	\$299.25	437628

Bantam

13-14 yrs	Mon-Fri	8:30 am-4:30 pm
Aug 16-20	\$299.25	437631

Regular Goalies

Sportsmanship and teamwork are the foundation for the on-ice instruction and off-ice activities. Goaltenders are integrated with players.

Novice

7-8 yrs	Mon-Fri	8:30 am-5 pm
Jul 12-16	\$248.50	437485
Jul 19-23	\$248.50	437640
Jul 26-30	\$248.50	437641
Aug 2-6	\$248.50	437645
Aug 9-13	\$248.50	437651
Aug 16-20	\$248.50	437648

Atom

9-10 yrs	Mon-Fri	8:30 am-5 pm
Jul 19-23	\$248.50	437653
Jul 26-30	\$248.50	437664
Aug 2-6	\$248.50	437657
Aug 16-20	\$248.50	437668

Peewee

11-12 yrs	Mon-Fri	8:30 am-5 pm
Jul 19-23	\$248.50	437675
Aug 2-6	\$248.50	437682
Aug 9-13	\$248.50	437685

Bantam

13-14 yrs	Mon-Fri	8:30 am-5 pm
Aug 2-6	\$248.50	437687

Competitive Goalies

Focuses on developing competitive level skills. Goaltenders are integrated with players.

Atom

9-10 yrs	Mon-Fri	8:30 am-5 pm
Jul 26-30	\$299.25	437718
Aug 9-13	\$299.25	437721

Peewee

11-12 yrs	Mon-Fri	8:30 am-5 pm
Jul 26-30	\$299.25	437745
Aug 16-20	\$299.25	437748

Bantam

13-14 yrs	Mon-Fri	8:30 am-5 pm
Aug 16-20	\$299.25	437757

Goalie Clinic

Goaltenders are integrated with players during this two-hour clinic.

Novice

7-8 yrs	Mon-Fri	8:30-10:30 am
Aug 23-27	\$75	437803
7-8 yrs	Mon-Fri	11 am-1 pm
Aug 23-27	\$75	437816

Atom

9-10 yrs	Mon-Fri	10:30 am-12:30 pm
Aug 23-27	\$75	437805
9-10 yrs	Mon-Fri	1:30-3:30 pm
Aug 23-27	\$75	437817

Peewee

11-12 yrs	Mon-Fri	9-11 am
Aug 23-27	\$75	437820
11-12 yrs	Mon-Fri	1-3 pm
Aug 23-27	\$75	437809

Bantam

13-14 yrs	Mon-Fri	3:30-5:30 pm
Aug 23-27	\$75	437821

Midget

15-17 yrs	Mon-Fri	3-5 pm
Aug 23-27	\$75	437811

Goalies Only Clinic

Specialized on ice training for goalies of all levels.

7-16 yrs	Mon-Fri	noon-2 pm
Jul 12-16	\$75	441706

Skills Clinic

Clinics are open to house league and competitive players.

Novice

7-8 yrs	Mon-Fri	8:30-10:30 am
Aug 23-27	\$124.50	437775
7-8 yrs	Mon-Fri	11 am-1 pm
Aug 23-27	\$124.50	437787

Atom

9-10 yrs	Mon-Fri	10:30 am-12:30 pm
Aug 23-27	\$124.50	437780
9-10 yrs	Mon-Fri	1:30-3:30 pm
Aug 23-27	\$124.50	437792

Peewee

11-12 yrs	Mon-Fri	9-11 am
Aug 23-27	\$124.50	437793
11-12 yrs	Mon-Fri	1-3 pm
Aug 23-27	\$124.50	437783

Bantam

13-14 yrs	Mon-Fri	3:30-5:30 pm
Aug 23-27	\$124.50	437798

Midget

15-17 yrs	Mon-Fri	3-5 pm
Aug 23-27	\$124.50	437785

Day Camps

Girls Hockey Shooting Clinic

She shoots, she scores! Improve your shooting techniques for the upcoming hockey season.

Goulbourn R.C. – 613-580-2854

11-17 yrs	Mon-Thu	4-5 pm
Aug 16-19	\$61	438779

Hockey Powerskate

Work on speed, agility and skating efficiency. Must be able to skate forwards, backwards, and stop. Full equipment is mandatory and sticks are used on the ice. Off-ice training and sporting activities are included.

Kanata R.C. – 613-591-9283 ext. 303

8-12 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 19-23	\$248.50	430952
12-14 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 19-23	\$248.50	430951

Lacrosse – Pro Star

Featuring National Lacrosse players Jeff Zywicki of the San Jose Stealth, Luke Wiles of the Toronto Rock, and Jason Wiles. Develop skills in passing, shooting, ball control, offensive and defensive strategies and stick stringing. Includes sports and co-operative games. Full lacrosse equipment mandatory. Visit prostarlacrosse.com.

Blackburn Arena – 613-580-2854

5-9 yrs	Mon-Thu	8:30 am-4 pm
Jul 12-15	\$190	441212
10-14 yrs	Mon-Thu	8:30 am-4 pm
Jul 12-15	\$190	441213
Jul 12-15	\$230	441684

J. A. Dulude Arena – 613-580-2854

5-9 yrs	Mon-Thu	8:30 am-4 pm
Jul 5-8	\$190	441211
10-14 yrs	Mon-Thu	8:30 am-4 pm
Jul 5-8	\$230	441685

Rookie Athletic Camp

Ultimate sports experience. Develop athletic skills in a variety of sports in a non-competitive environment. Teamwork, sportsmanship, safety and FUN! Includes recreational swimming throughout the week.

Nepean Sportsplex – 613-580-2424 ext. 46685

6-8 yrs	Mon-Fri	9 am-4 pm
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Sports of all Sorts

Jun 28-Jul 2	\$127	426709
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Multi Sport Mayhem

Jul 5-9	\$155.50	426715
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Fitness Frenzy

Jul 12-16	\$155.50	426716
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Ultimate Survivor Challenge

Jul 19-23	\$155.50	426719
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Splish, Splash, Sploosh

Jul 26-30	\$155.50	426720
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Sports Spectacular

Aug 3-6	\$127	426722
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Olympic Adventures

Aug 9-13	\$155.50	426724
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The Amazing Race

Aug 16-20	\$155.50	426726
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Water Fun

Aug 23-27	\$155.50	426728
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Reality TV Showdown

Aug 30-Sep 3	\$155.50	426729
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Major League Athletic

Ultimate sports experience. Develop athletic skills in a variety of sports in a non-competitive environment. Teamwork, sportsmanship, safety and FUN! Includes recreational swimming throughout the week.

Nepean Sportsplex – 613-580-2424 ext. 46685

8-10 yrs	Mon-Fri	9 am-4 pm
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Sports of all Sports

Jun 28-Jul 2	\$127	426737
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Hockey Hotshots

Jul 5-9	\$155.50	426738
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Girls Only – Sports Zone

Jul 12-16	\$155.50	426739
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Boys Only – Sports Zone

Jul 12-16	\$155.50	426740
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Ultimate Survivor Challenge

Jul 19-23	\$155.50	426742
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Wet n' Wild Water Sports

Jul 26-30	\$155.50	426743
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Sports Spectacular

Aug 3-6	\$127	426744
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Olympic Adventures

Aug 9-13	\$155.50	426745
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The Amazing Race

Aug 16-20	\$155.50	426746
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Water Fun

Aug 23-27	\$155.50	426747
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Reality TV Showdown

Aug 30-Sep 3	\$155.50	426748
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**Registering is easy!
See page 8 for
registration options.**



Horseback Riding

Nepean National Equestrian Park – 613-829-6925

Beginner Riding

For new or returning riders. Teaching basic horsemanship, stable care, mounting, dismounting and a little walk and trot

10-15 yrs	Mon-Fri	9 am-3:30 pm
Jun 28-Jul 2	\$243.75	429949
Jul 5-9	\$304.50	429970
Jul 12-16	\$304.50	429973
Jul 19-23	\$304.50	429975
Jul 26-30	\$304.50	429977
Aug 3-6	\$243.75	430013
Aug 9-13	\$304.50	429985
Aug 16-20	\$304.50	429988
Aug 23-27	\$304.50	429989

Intermediate Riding

For current students that are in our regular weekly program or those students not presently enrolled in our program that have been evaluated at this level.

10-15 yrs	Mon-Fri	9 am-3:30 pm
Jun 28-Jul 2	\$249	430050
Jul 5-9	\$311.25	430052
Jul 12-16	\$311.25	430053
Jul 19-23	\$311.25	430054
Jul 26-30	\$311.25	430055
Aug 3-6	\$249	430058
Aug 9-13	\$311.25	430059
Aug 16-20	\$311.25	430060
Aug 23-27	\$311.25	430061

Advanced Riding

For current students that are in our regular weekly program or those students not presently enrolled in our program that have been evaluated at this level.

10-15 yrs	Mon-Fri	9 am-3:30 pm
Jun 28-Jul 2	\$249	430069
Jul 5-9	\$311.25	430071
Jul 12-16	\$311.25	430072
Jul 19-23	\$311.25	430074
Jul 26-30	\$311.25	430075
Aug 3-6	\$249	430086
Aug 9-13	\$311.25	430087
Aug 16-20	\$311.25	430088
Aug 23-27	\$311.25	430089
10-15 yrs	Tue-Fri	9 am-3:30 pm

Combo Martial Arts

Learn about self-discipline in various types of ancient arts such as Taekwondo, Jiu-Jitsu, Kickboxing and more. Afternoons are outings and activities.

Fisher Park C.C. – 613-798-8945

6-10 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$156	439943

Multi Sport

Includes instruction in a variety of sports as well as regular camp activities.

Manotick Arena –

613-580-2424 ext. 30235

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$171	434585

McNabb R.C. – 613-564-1070

6-12 yrs	Mon-Fri	8 am-5 pm
Jul 5-9	\$124.50	440081

Osgoode C.C. –

613-580-2424 ext. 30235

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$171	434588

Ollson Sports Golf Programs

Learn the sport of golf and develop your skills in putting, chipping, and full swing motions. The focus will be on the grip, stance, posture, alignment and ball position fundamentals.

Barrhaven on the Green Driving

Range – 613-580-2424 ext. 41208

7-14 yrs	Mon-Fri	9 am-noon
Jul 5-9	\$137.75	424699
Jul 12-16	\$137.75	424702
Jul 19-23	\$137.75	424704
Aug 16-20	\$137.75	424706

Olympic Gold Athletic

Want to be active? Join us! Develop athletic skills in various sports in a non-competitive environment while developing a positive attitude towards physical fitness. Includes recreational swimming throughout the week.

Nepean Sportsplex –

613-580-2424 ext. 46685

10-12 yrs	Mon-Fri	9 am-4 pm
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Sports of all Sorts

Jun 28-Jul 2	\$127	427632
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Hockey Hotshots

Jul 5-9	\$155.50	427633
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Girls Only – Sports Zone

Jul 12-16	\$155.50	427634
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Boys Only – Sports Zone

Jul 12-16	\$155.50	427635
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Ultimate Survivor Challenge

Jul 19-23	\$155.50	427637
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Wet n' Wild Water Sports

Jul 26-30	\$155.50	427638
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Sports Spectacular

Aug 3-6	\$127	427641
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Olympic Adventures

Aug 9-13	\$155.50	427642
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The Amazing Race

Aug 16-20	\$155.50	427643
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Water Fun

Aug 23-27	\$155.50	427644
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Reality TV Showdown

Aug 30-Sep 3	\$155.50	427646
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Recreational Hockey

Improve skating, passing and stick handling techniques. Afternoon scrimmage plus activities.

Sandy Hill Arena – 613-564-1062

9-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$190	440185
Jul 12-16	\$190	440186

Tom Brown Arena – 613-798-8945

7-10 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$235	439957
11-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$235	439959

Ringette – Skill Training

Get ready for the upcoming season with drills, power skating techniques, and development of ring handling, shooting and passing. Participants will be divided according to skill level on the first day.

Canterbury R.C. – 613-247-4869

8-14 yrs	Mon-Fri	9 am-4:30 pm
Aug 16-20	\$202	435993
Aug 23-27	\$202	435995

Kanata R.C. – 613-591-9283

6-7 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 5-9	\$202	430947
8-9 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 5-9	\$202	430948
9-11 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 12-16	\$202	430949

Pinecrest R.C. – 613-828-3118

8-14 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$225	422374
Aug 23-27	\$225	422375

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$225	440631

Rock 'em, Sock 'em Dodgeball

Look out! Dodge the balls in a variety of games then cool off with a daily swim. Crafts, active games and sports are also part of this action packed week!

Glen Cairn C.C. –

613-580-2424 ext. 33304

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$153	440307

Pinecrest R.C. – 613-828-3118

9-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$160	422364

St-Laurent Complex – 613-742-6767

7-12 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$135.25	441038

Rookie, Major League and Olympic Gold Athletic

Enjoy a half-day camp experience! Develop athletic skills in a variety of sports. Active play and sports instruction in the morning or a more relaxed afternoon with low active games and other recreational activities. Includes recreational swimming throughout the week (afternoons only). Weekly themes pages 44-45.

Nepean Sportsplex –

613-580-2424 ext. 46685

6-12 yrs	Mon-Fri	9 am-noon
Jun 28-Jul 2	\$67.50	427660
Jul 5-9	\$83.75	427661
Jul 12-16	\$83.75	427662
Jul 19-23	\$83.75	427663
Jul 26-30	\$83.75	427664
Aug 3-6	\$67.50	427665
Aug 9-13	\$83.75	427666
Aug 16-20	\$83.75	427667
Aug 23-27	\$83.75	427668
Aug 30-Sep 3	\$83.75	427669
6-12 yrs	Mon-Fri	1-4 pm
Jun 28-Jul 2	\$67.50	427671
Jul 5-9	\$83.75	427673
Jul 12-16	\$83.75	427675
Jul 19-23	\$83.75	427676
Jul 26-30	\$83.75	427677
Aug 3-6	\$67.50	427678
Aug 9-13	\$83.75	427679
Aug 16-20	\$83.75	427680
Aug 23-27	\$83.75	427681
Aug 30-Sep 3	\$83.75	427682

Rope Skipping and Sports Just for Girls

Learn tricks such as double Dutch, single rope, Japanese power board, plus free style. Enjoy an afternoon of sports, games and swimming. In combination with Bill Chong's Sport Programs and Ottawa Acro Ropers.

J. A. Dulude Arena – 613-580-2854

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$155	429602

Pre and post care options may be available; contact your recreation facility for more information.

Day Camps



Skateboard and Swim

The ultimate swim and board camp! Beginner and intermediate riders will improve skateboarding skills, then cool off with a swim. Helmet, elbow, wristguards and kneepads are mandatory. Trips to other skateboard parks included.

Kanata R.C. – 613-591-9283 ext. 303

10-14 yrs	Tue-Fri	8:30 am-4:30 pm
Aug 3-6	\$175	430965

Skateboarding

For riders who want to improve and work on their skateboarding skills. Helmet, elbow and kneepads are mandatory.

Eva James C.C. – 613-271-0712

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$153	427131

Goulbourn R.C. – 613-831-1169

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$153	432348

Soccer

Children are divided into groups according to age and skill level. Skills taught include dribbling, passing, shooting, ball control, goal keeping, heading and various strategies.

Eva James C.C. – 613-271-0712

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$153	427197

Fallingbrook E.S. – 613-580-2782 679 Deancourt

5-6 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$110.25	436551
Aug 3-6	\$110.25	429005
7-10 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$110.25	436552
Aug 3-6	\$110.25	429006

Fisher Park C.C. – 613-798-8945

6-10 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$156	439931

Glen Cairn C.C. – 613-580-2424 ext. 33304

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$153	440240

Rockcliffe Park R.C. – 613-842-8578

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$152.50	441392

Sandy Hill C.C. – 613-564-1062

7-13 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$110	440165
Aug 9-13	\$110	440167
Aug 16-20	\$110	440169

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$135.25	440636
Aug 3-6	\$108	440637

Soccer n' Swim

Includes half-day of instruction, swimming and regular camp activities.

Canterbury R.C. – 613-247-4869

8-13 yrs	Mon-Fri	9 am-4:30 pm
Jul 26-30	\$122.50	436223
Aug 16-20	\$122.50	436224

Goulbourn R.C. – 613-831-1169

6-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$122.75	432290

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$130	422349
Aug 9-13	\$160	422350
9-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$160	422351

Softball 'n Swim

Includes half-day of instruction, swimming and regular camp activities.

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$160	422363

**Pre and post care options
may be available; contact
your recreation facility
for more information.**

**No programs on
July 1 and August 2.**

Sport and Swim

A variety of sports are introduced weekly that may include basketball, volleyball, soccer, ultimate, flag football, softball and ball hockey. Daily swimming/no lessons.

St-Laurent Complex – 613-742-6767

6-9 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$103	440665
Jul 5-9	\$128.75	440639
Jul 12-16	\$128.75	440641
Jul 19-23	\$128.75	440642
Jul 26-30	\$128.75	440643
Aug 3-6	\$103	440668
Aug 9-13	\$128.75	440645
Aug 16-20	\$128.75	440646
Aug 23-27	\$128.75	440648
10-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$103	440667
Jul 5-9	\$128.75	440653
Jul 12-16	\$128.75	440654
Jul 19-23	\$128.75	440655
Jul 26-30	\$128.75	440656
Aug 3-6	\$103	440669
Aug 9-13	\$128.75	440657
Aug 16-20	\$128.75	440658
Aug 23-27	\$128.75	440659

Sports Camp

Learn the basics of the weekly sport for two hours per day. Improve movement and learn good sportsmanship and teamwork. Camp activities such as wave swims finish the day.

Ray Friel R.C. – 613-830-2747

8-12 yrs	Mon-Fri	8 am-4 pm
Jun 28-Jul 2	\$122	427265
Jul 5-9	\$146	427305
Jul 12-16	\$146	427377
Jul 19-23	\$185	429708
(camping trip)		
Jul 26-30	\$146	427507
Aug 3-6	\$122	427287
Aug 9-13	\$146	427597
Aug 16-20	\$146	427630

Sports Extravaganza

Experience sports like never before. Everyday will be filled with a new sport's challenge. Refine your skills or be introduced to a new dimension of your favourite sport. Teamwork and participation will be emphasized.

Avalon P.S. – 613-580-2782

2080 Portobello

10-14 yrs	Mon-Fri	9 am-4 pm
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Golf/Basketball

Jul 5-9	\$141	428957
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Lacrosse/Volleyball

Jul 12-16	\$141	428960
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Street Hockey/Dodgeball

Jul 19-23	\$141	428961
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Badminton/Touch Football

Jul 26-30	\$141	428962
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Bayshore Park – 613-828-5103

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$86.75	439730
Jul 12-16	\$86.75	439732
Jul 19-23	\$86.75	439734
Jul 26-30	\$86.75	439735
Aug 3-6	\$69.50	439738
Aug 9-13	\$86.75	439740
Aug 16-20	\$86.75	439743
Aug 23-27	\$86.75	439745

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$135.25	440492

Fisher Park C.C. – 613-798-8945

6-10 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$124	439921
11-14 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$124	441490

Fringewood C.C. –

613-580-2424 ext. 33271

5-6 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$122.75	426583

Goulbourn R.C. – 613-831-1169

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 30-Sep 3	\$146.50	432472

Richmond C.C. –

613-580-2424 ext. 33230

3-5 yrs	Mon-Fri	9-11:30 am
Aug 9-13	\$122.75	432012
6-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$122.75	432009

South Fallingbrook C.C. –

613-824-0633 ext. 221

6-13 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$112.75	439505

Sports Extravaganza – Half Day

Enjoy a day camp experience without the full day! Experience your favourite sport like never before. Teamwork and participation will be emphasized!

Avalon P.S. – 613-580-2782

2080 Portobello

10-14 yrs	Mon-Fri	9 am-noon
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Golf

Jul 5-9	\$76.50	434728
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Lacrosse

Jul 12-16	\$76.50	434736
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Street Hockey

Jul 19-23	\$76.50	434737
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Touch Football

Jul 26-30	\$76.50	434742
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10-14 yrs	Mon-Fri	1-4 pm
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Basketball

Jul 5-9	\$76.50	434733
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Volleyball

Jul 12-16	\$76.50	434735
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Dodgeball

Jul 19-23	\$76.50	434738
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Badminton

Jul 26-30	\$76.50	434741
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Survivor Sport

Survive a fun and challenging week of activities and sports! Bring your survivor instincts to get you through a hard working and exciting week!

Kanata R.C. – 613-836-3121

7-10 yrs	Mon-Fri	8:30 am-4:30 pm
Aug 16-20	\$153	430833

Taekwondo and Soccer

Experience these two sports together exploring Tae Kwon Do as a beginner or to advance your learning experience through an encouraging environment. Soccer skills taught include dribbling, passing, shooting, ball control, goal keeping, heading and various strategies.

South Fallingbrook C.C. –

613-824-0633 ext. 221

6-13 yrs	Mon-Fri	9 am-4 pm
Jul 26-30	\$141	439485

Taekwondo Kicks!

Great for all levels! Morning includes two hours of Taekwondo with an experienced instructor. Afternoons offer varied outings and activities.

Cyrville C.C. – 613-748-1771

6-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$148	438893

Taekwondo n' Swim

High-energy sports, games, daily swim, plus half-day of Taekwondo. Hard work, self control, discipline and focus. No experience necessary. Offered in partnership with Tae E. Lee Taekwondo.

Canterbury R.C. – 613-247-4869

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$96	438682
Jul 12-16	\$96	438684
Jul 26-30	\$96	438685
Aug 9-13	\$96	438687

No programs on
July 1 and August 2.

Taekwondo Sports

Explore Tae Kwon Do as a beginner or to advance your learning experience through an encouraging environment. Daily activities include two Tae Kwon Do sessions, swimming lessons, indoor sports, plus arts and crafts.

St-Laurent Complex – 613-742-6767

5-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$108	440678
Jul 5-9	\$135.25	440671
Jul 12-16	\$135.25	440672
Jul 19-23	\$135.25	440673
Jul 26-30	\$135.25	440674
Aug 3-6	\$108	440679
Aug 9-13	\$135.25	440675
Aug 16-20	\$135.25	440676
Aug 23-27	\$135.25	440677

Tennis Camp

Instruction will focus on forehand, backhand, serve, volley and game strategy.

Beacon Hill North C.C. –

613-580-2854

6-12 yrs	Mon-Fri	9:30 am-noon
Jul 26-30	\$104.75	436786
Aug 9-13	\$104.75	436787
13-17 yrs	Mon-Fri	1:30-4 pm
Jul 26-30	\$115	436801
Aug 9-13	\$115	436805

Rideauview C.C. – 613-822-7887

8-13 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$135.75	429612
8-13 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$135.75	429613

Mooney's Bay Park – 613-580-2854

6-12 yrs	Mon-Fri	9:30 am-noon
Jul 12-16	\$104.75	436776
Aug 2-6	\$104.75	436782
13-17 yrs	Mon-Fri	1:30-4 pm
Jul 12-16	\$115	436798
Aug 2-6	\$115	436799

Pinecrest Park – 613-580-2854

6-12 yrs	Mon-Fri	9:30 am-noon
Jul 9-15	\$104.75	436765
Aug 16-20	\$104.75	436767
13-17 yrs	Mon-Fri	1:30-4 pm
Jul 5-9	\$115	436793
Aug 16-20	\$115	436796

Sandy Hill C.C. – 613-564-1062

8-13 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$125	440182

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$135.25	440680
Aug 9-13	\$135.25	440681

Day Camps

Tennis and Volleyball

Build confidence and skills. Tennis will focus on forehand, backhand, serve, volley and game strategy. Volleyball skills include proper technique, the bump and dig, the serve: over and underhand, the rules and game play and spike.

South Fallingbrook C.C. – 613-824-0633 ext. 221

6-13 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$141	439500

Tennis n' Sports – Just for Girls

New players learn the basic skills of serve, return, volley and backhand in a fun environment. Enjoy an afternoon of sports, games and swimming. (Includes tennis racquet)

J. A. Dulude Arena – 613-580-2854

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$141.50	429594

Tennis n' Swim

Includes half day of tennis instruction, swimming and regular camp activities. Participants to provide their own tennis racquets.

Canterbury R.C. – 613-247-4869

8-13 yrs	Mon-Fri	9 am-4:30 pm
Jul 5-9	\$122.50	436226
Aug 3-6	\$98	436228
Aug 23-27	\$122.50	436227

Pinecrest R.C. – 613-828-3118

6-8 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$160	422352
9-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$130	422353
Aug 16-20	\$160	422354

Too Hot for Summer Hockey and Swim

Beginner and intermediate hockey players will improve skating and puck handling skills, then cool off with a swim. Full hockey equipment is mandatory. Other camp activities included.

Goulbourn R.C. – 613-831-1169

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$248.50	432298
Jul 26-30	\$248.50	432300
10-14 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$248.50	432295
Jul 19-23	\$248.50	432299

Top of the World Skateboard

Dynamic skateboard camp taught by experienced team, headed by Pro skater Richard Sarrizin.

Basic skills, board maintenance, and safety practice techniques to skateboard confidently and safely. Sandy Hill camps visit skate parks each day. McNabb camps run at indoor skate park with one outing a week.

McNabb R.C. – 613-564-1070

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$178.50	424651
Jul 26-30	\$178.50	424658
Aug 3-6	\$143	424661

Sandy Hill C.C. – 613-564-1062

8-16 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$178.50	440978
Aug 9-13	\$178.50	440980

Top of the World Ultimate Skateboard

Dynamic skateboard camp taught by an experienced team, and headed by Pro skater Richard Sarrizin. For experienced skateboarders (3 plus years experienced or approval from instructors). Visit skateboard parks throughout the city and a major skateboard park in Montreal. Helmet, elbow, and kneepads are mandatory.

Sandy Hill C.C. – 613-564-1062

10-16 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$178.50	440982
Aug 16-20	\$178.50	440983

Triple "A" Camp

Art, athletics, and aquatics! Jam-packed days including skilled art and craft instruction, daily swimming, ice-skating, games, sports and more! Activities take place indoors and out, weather permitting.

Jockvale E.S. – 613-580-2424 ext. 30307 101 Malvern

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$183	436307
Aug 30-Sep 3	\$183	436308

John McCrae H.S. – 613-580-2424 ext. 30307 103 Malvern

7-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$146.50	436299
7-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$183	436301
Jul 12-16	\$183	436302
Jul 19-23	\$183	436303
Jul 26-30	\$183	436304
Aug 3-6	\$146.50	436300
Aug 9-13	\$183	436305
Aug 16-20	\$183	436306
7-12 yrs	Tue-Fri	9 am-4 pm

With Lunch

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 23-27	\$213	436356
Aug 30-Sep 3	\$213	436357

John McCrae H.S. – 613-580-2424 ext. 30307 103 Malvern

7-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$170.50	436341
Jul 5-9	\$213	436348
Jul 12-16	\$213	436349
Jul 19-23	\$213	436350
Jul 26-30	\$213	436352
Aug 3-6	\$170.50	436342
Aug 9-13	\$213	436354
Aug 16-20	\$213	436355

Ultimate Camper Mix Martial Arts

Experience the basics of mixed martial arts with an emphasis on conditioning and self-defense. Introduction to jiu-jitsu, boxing, wrestling, karate and taekwondo. Includes games, sports and swimming.

St-Laurent Complex – 613-742-6767

7-10 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$135.25	440683
Aug 16-20	\$135.25	440684
11-14 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$135.25	440685
Aug 16-20	\$135.25	440686

Volleyball

Includes half-day of instruction and half day of regular camp activities.

Eva James C.C. – 613-271-0712

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 12-16	\$153	427203
11-14 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$153	427159

Glen Cairn C.C. – 613-580-2424 ext. 33304

7-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$153	440229

Goulbourn R.C. – 613-831-1169

7-12 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$153	432338

St-Laurent Complex – 613-742-6767

7-12 yrs	Mon-Wed, Fri	9 am-4 pm
Jun 28-Jul 2	\$135.25	440682

Volleyball

Various skills will consist of the volley: proper technique, the bump and dig, the serve: both over and underhand, the rules and game play (bump, set, spike, tip) and the spike. Soft volleyballs will be used.

Fisher Park C.C. – 613-798-8945

Girls Only

11-14 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$178.50	439432





Arts – Performing

Dance

Pre-Ballet

Introduction to movement and the basics of ballet, giving fundamentals that can be built upon in future dance and sports pursuits. The exercises are structured to develop strength, balance, flexibility and coordination.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

3-4 yrs	Sat	10:30-11:30 am
May 8-Jun 19	\$43.75	424380

Castlefrank E.S. – 613-591-9283 ext. 303 55 McCurdy

3-5 yrs	Sat	9-9:45 am
Apr 10-Jun 12	\$71.25	425315
3-5 yrs	Sat	12:45-1:30 pm
Apr 10-Jun 12	\$71.25	425349
3-5 yrs	Sat	1:30-2:25 pm
Apr 10-Jun 12	\$71.25	441699
4-5 yrs	Sat	9:45-10:30 am
Apr 10-Jun 12	\$71.25	425321
4-5 yrs	Sat	10:45-11:30 am
Apr 10-Jun 12	\$71.25	425324
5-6 yrs	Sat	11:30 am-12:15 pm
Apr 10-Jun 12	\$71.25	425345

Fisher Park C.C. – 613-798-8945

3-4 yrs	Sat	12:15-1 pm
Apr 10-Jun 12	\$66	438215

McNabb R.C. – 613-564-1070

3-5 yrs	Fri	10:15-11 am
Apr 9-Jun 11	\$62.50	423906
3-5 yrs	Sat	9-9:45 am
Apr 10-Jun 12	\$62.50	423908

Old Town Hall (Kanata) – 613-580-2424 ext. 33304

4-6 yrs	Sun	9-9:45 am
Mar 28-Jun 13	\$62.75	440804
4-6 yrs	Sun	10-10:45 am
Mar 28-Jun 13	\$62.75	440805
4-6 yrs	Sun	11-11:45 am
Mar 28-Jun 13	\$62.75	440806
4-6 yrs	Sun	noon-12:45 pm
Mar 28-Jun 13	\$62.75	440807

Pinecrest R.C. – 613-828-3118

3-4 yrs	Thu	5:30-6:15 pm
Mar 25-Jun 10	\$86	422221

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

5-6 yrs	Sat	11:15 am-noon
Apr 24-Jun 19	\$48.75	440628

Rockcliffe Park R.C. – 613-842-8578

6-7 yrs	Mon	4:50-5:35 pm
Apr 12-Jun 7	\$58.50	440627

South Fallingbrook C.C. – 613-824-0633 ext. 221

3-5 yrs	Sun	9-9:45 am
Apr 18-Jun 20	\$74	430127
3-5 yrs	Sun	9:45-10:30 am
Apr 18-Jun 20	\$74	430128
3-5 yrs	Tue	5:15-6 pm
Jun 22-Aug 24	\$74	429567
3-5 yrs	Tue	6-6:45 pm
Jun 22-Aug 24	\$74	429570
3-5 yrs	Thu	5:30-6:15 pm
Apr 15-Jun 17	\$66.75	430125
3-5 yrs	Thu	6:15-7 pm
Apr 15-Jun 17	\$66.75	430126

St. Francis Xavier H.S. – 613-822-7887

3740 Spratt

3-5 yrs	Mon	6:15-7 pm
Apr 12-Jun 14	\$64.25	429531
3-5 yrs	Sat	10-10:45 am
Apr 10-Jun 12	\$64.25	429527
3-5 yrs	Sat	10:45-11:30 am
Apr 10-Jun 12	\$64.25	429529

St-Laurent Complex – 613-742-6767

5-6 yrs	Sun	2-2:45 pm
Apr 18-Jun 6	\$68	432159
5-6 yrs	Sat	11:45 am-12:30 pm
Apr 24-Jun 19	\$74	432162

Tanglewood Com. Building – 613-580-2424 ext. 41208

3-4 yrs	Mon	5-5:45 pm
Apr 12-Jun 21	\$65	422823

Ballet

It is a wonderful opportunity to get exercise, improve coordination and have fun while learning the fundamental movements and techniques of dance.

Cyrville C.C. – 613-748-1771

3 yrs	Sat	8:30-9:15 am
Apr 10-Jun 12	\$59.75	436236
3 yrs	Sat	10:30-11:15 am
Apr 10-Jun 12	\$59.75	436240
4-5 yrs	Sat	9:30-10:15 am
Apr 10-Jun 12	\$59.75	436241
4-5 yrs	Sat	11:30 am-12:15 pm
Apr 10-Jun 12	\$59.75	436242

Hintonburg C.C. – 613-798-8874

3-4 yrs	Thu	6-6:45 pm
Apr 8-Jun 10	\$60	435167

Overbrook C.C. – 613-742-5147

3-5 yrs	Sat	10:15-11 am
Apr 10-Jun 12	\$62.50	423546

Sandy Hill C.C. – 613-564-1062

3 yrs	Sat	12:15-1 pm
Apr 17-Jun 5	\$48	436827
4 yrs	Sat	1-1:45 pm
Apr 17-Jun 5	\$48	436829
5 yrs	Sat	1:45-2:30 pm
Apr 17-Jun 5	\$48	436831

Ballet Jazz

Take the basics of ballet/jazz movement, explore dance techniques, and keep it fun with a little jazz flare.

Heron C.C. – 613-247-4808

3-4 yrs	Sat	10-10:45 am
Apr 10-Jun 12	\$62.50	438402
4-5 yrs	Sat	11-11:45 am
Apr 10-Jun 12	\$62.50	438408

McNabb R.C. – 613-564-1070

3-5 yrs	Fri	11:15 am-noon
Apr 9-Jun 11	\$62.50	423899
3-5 yrs	Sat	11-11:45 am
Apr 10-Jun 12	\$62.50	423903

St-Laurent Complex – 613-742-6767

3-5 yrs	Sun	11:15 am-noon
Apr 18-Jun 6	\$68	432152
3-5 yrs	Sun	noon-12:45 pm
Apr 18-Jun 6	\$68	432153



Preschool

Creative Movement

The Creative Movement program provides a fun, casual approach to practicing basic and fine motor skills, and a cooperative introduction to the elements of dance and space.

Kanata Leisure Centre – 613-591-9283

3-5 yrs Tue 4:30-5:15 pm
Apr 6-Jun 8 \$71.25 425091

Plant R.C. – 613-232-3000

3-5 yrs Tue 9:45-10:30 am
Apr 13-Jun 15 \$56.25 438833

Creative Movement – Level 1

Creative expression through a natural response to music, rhythm, drama, use of simple props, and development of large motor skills. Children will stretch and strengthen their bodies.

Goulbourn R.C. – 613-831-1169

2-3 yrs Sat 11:15 am-noon
Mar 27-May 29 \$67 428470

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

5-6 yrs Sat 10:30-11:15 am
Apr 24-Jun 19 \$48.75 440647

Rockcliffe Park R.C. – 613-842-8578

3-4 yrs Mon 4-4:45 pm
Apr 12-Jun 7 \$58.50 440661

St-Laurent Complex – 613-742-6767

2-3 yrs Thu 9:30-10 am
Apr 22-Jun 17 \$65.25 432146
3-5 yrs Sun 9:30-10 am
Apr 18-Jun 6 \$50.75 432147

Creative Movement – Level 2

Simple dance movements such as skipping, marching, and galloping, with a focus on using their imagination and their natural response to music.

Goulbourn R.C. – 613-831-1169

4-6 yrs Sat 12:15-1 pm
Mar 27-Jun 12 \$67 428471

St-Laurent Complex – 613-742-6767

3-5 yrs Sun 10-10:30 am
Apr 18-Jun 6 \$50.75 432148

Creative Movement – Parents and Tots

For our youngest students, this provides a fun, casual approach to practicing basic and fine motor skills, and a cooperative introduction to the elements of dance and space.

Fisher Park C.C. – 613-798-8945

1-3 yrs Wed 10-10:45 am
Apr 7-Jun 9 \$73.25 438222
1-3 yrs Sat 10:30-11:15 am
Apr 10-Jun 12 \$66 438223

Goulbourn R.C. – 613-831-1169

18 mths-3 yrs Tue 5:15-5:45 pm
Mar 23-Jun 8 \$49 428472

McNabb R.C. – 613-564-1070

18 mths-3 yrs Fri 9:30-10:15 am
Apr 9-Jun 11 \$62.50 423911

Nepean Creative Arts Centre – 613-596-5783

18 mths-3 yrs Wed 10:15-11 am
Apr 7-Jun 9 \$86.75 423979

St-Laurent Complex – 613-742-6767

1-3 yrs Thu 9-9:30 am
Apr 22-Jun 17 \$65.25 432149
18 mths-3 yrs Sun 9-9:30 am
Apr 18-Jun 6 \$50.75 432150

Gotta Dance

Does your child like to dance? This class exposes children to a variety of different dance styles. Room for creative expression

Fisher Park C.C. – 613-798-8945

3-5 yrs Wed 10:45-11:30 am
Apr 7-Jun 9 \$73.25 438255

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

3-4 yrs Sat 10:05-11 am
Apr 10-Jun 5 \$72.25 434233
5-6 yrs Sat 11:10 am-12:05 pm
Apr 10-Jun 5 \$72.25 434236

Nepean Creative Arts Centre – 613-596-5783

3-4 yrs Sun 10:30-11:15 am
Apr 11-Jun 13 \$78 424634
3-4 yrs Wed 2-2:45 pm
Apr 7-Jun 9 \$86.75 424666
3-4 yrs Thu 10:30-11:15 am
Apr 8-Jun 10 \$86.75 424669
3-4 yrs Sat 9-9:45 am
Apr 10-Jun 12 \$78 424612
3-4 yrs Sat 11:15 am-noon
Apr 10-Jun 12 \$78 424622
4-5 yrs Sun 11:15 am-noon
Apr 11-Jun 13 \$78 424624
4-5 yrs Mon 1:15-2 pm
Apr 12-Jun 14 \$78 424644
4-5 yrs Sat 9:45-10:30 am
Apr 10-Jun 12 \$78 424615

Shenkman Arts Centre – 613-580-2787

3-4 yrs Sat 11-11:45 am
Apr 24-Jun 26 \$86.50 435097
3-5 yrs Tue 10-10:45 am
Apr 20-Jun 22 \$86.50 435081
4-5 yrs Wed 9:30-10:15 am
Apr 21-Jun 23 \$86.50 435091
4-5 yrs Sat 11:45 am-12:30 pm
Apr 24-Jun 26 \$86.50 435111

St-Laurent Complex – 613-742-6767

3-5 yrs Sun 10:30-11 am
Apr 18-Jun 6 \$50.75 432151

Tanglewood Com. Building – 613-580-2424 ext. 41208

3-4 yrs Tue 5:30-6:15 pm
Apr 13-Jun 15 \$82.75 423160

Walter Baker Sports Centre – 613-596-5783

3-4 yrs Mon 11:30 am-12:15 pm
Apr 12-Jun 14 \$78 424645
3-5 yrs Fri 11-11:45 am
Apr 9-Jun 11 \$86.75 424647
3-5 yrs Fri 1:30-2:15 pm
Apr 9-Jun 11 \$86.75 424646

Hip Hop

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 in this energetic dance class.

Cyrville C.C. – 613-748-1771

4-5 yrs Sun 10-10:45 am
Apr 11-Jun 13 \$59.75 436516

Goulbourn R.C. – 613-831-1169

3-4 yrs Tue 3:45-4:30 pm
Mar 23-Jun 8 \$80 430760
5-6 yrs Tue 4:30-5:15 pm
Mar 23-Jun 8 \$80 430762

McNabb R.C. – 613-564-1070

4-6 yrs Sat 10-10:50 am
Apr 10-Jun 12 \$62.50 423915

Pinecrest R.C. – 613-828-3118

4-5 yrs Sun 4-4:45 pm
Mar 28-Jun 20 \$75.50 422261

Jazz

Children enjoy music and movement, and learn the basics of jazz dance. Exercises are structured to develop strength, balance, flexibility and coordination. Children will expand their creative scope and gain confidence in their abilities.

Kars C.C. – 613-580-2424 ext. 30235

2-3 yrs Mon 4:30-5:25 pm
Apr 12-Jun 7 \$72.25 427397
4-6 yrs Mon 5:30-6:25 pm
Apr 12-Jun 7 \$72.25 427448

Shenkman Arts Centre – 613-580-2787

4-5 yrs Tue 11-11:45 am
Apr 20-Jun 22 \$86.50 435121
4-5 yrs Sat 1-2 pm
Apr 24-Jun 26 \$86.50 435124

**NEW! Family Programs
section on page 94.**

Tap Dance

Children will be introduced to basic tap dance steps, in the context of creative movement and rhythm exercises.

Fisher Park C.C. – 613-798-8945

3-5 yrs Sat 10-10:30 am
Apr 10-Jun 12 \$42.50 438249

Tanglewood Com. Building – 613-580-2424 ext. 41208

3-5 yrs Tue 5-5:30 pm
Apr 13-Jun 15 \$47 423150

Walter Baker Sports Centre – 613-596-5783

3-5 yrs Mon 11-11:30 am
Apr 12-Jun 14 \$39 424743

Twinkling Toes

Through creative movement with basic ballet and jazz, the dancers will develop grace and creativity while allowing their personalities to flourish. A Twinkling Toes performance completes the final class.

Carp Memorial Hall –

613-580-2424 ext. 33527

2-3 yrs Sun 8-8:30 am
Mar 28-Jun 13 \$35.25 434739
2-3 yrs Sun 8:45-9:15 am
Mar 28-Jun 13 \$35.25 434748
2-3 yrs Sun 9:30-10 am
Mar 28-Jun 13 \$35.25 434752

Corkery C.C. –

613-580-2424 ext. 33527

2-4 yrs Thu 5-5:45 pm
Apr 15-Jun 10 \$49.25 431738

Eva James C.C. – 613-271-0712

2-3 yrs Sun 9:45-10:15 am
Mar 28-Jun 13 \$44 434758
2-3 yrs Sat 9-9:30 am
Mar 27-Jun 12 \$44 434744
2-3 yrs Sat 9:45-10:15 am
Mar 27-Jun 12 \$44 434746
2-3 yrs Sat 10:30-11 am
Mar 27-Jun 12 \$44 434749
3-4 yrs Sun 10:30-11:15 am
Mar 28-Jun 13 \$52 434761
3-4 yrs Sat 11:15 am-noon
Mar 27-Jun 12 \$52 434750
3-4 yrs Sat 12:15-1 pm
Mar 27-Jun 12 \$52 434755
4-5 yrs Sun 11:30 am-12:15 pm
Mar 28-Jun 13 \$52 434762
4-5 yrs Sat 1:15-2 pm
Mar 27-Jun 12 \$52 434756
4-5 yrs Sat 2:15-3 pm
Mar 27-Jun 12 \$52 434757

Kanata Leisure Centre – 613-591-9283

3-5 yrs Wed 9:15-10 am
Apr 7-Jun 9 \$71.25 425252

Munster C.C. –

613-580-2424 ext. 33527

3-4 yrs Mon 5-5:45 pm
Apr 12-Jun 7 \$43.75 431695

Pretty Street C.C. –

613-580-2424 ext. 33271

2-3 yrs Thu 4-4:45 pm
Apr 8-May 27 \$43.75 422422
4-6 yrs Thu 5-5:45 pm
Apr 8-May 27 \$43.75 422423

Richmond C.C. –

613-580-2424 ext. 33527

2-3 yrs Wed 4-4:45 pm
Apr 7-Jun 2 \$49.25 426157
2-4 yrs Tue 4-4:45 pm
Apr 6-Jun 1 \$49.25 426128

Stittsville C.C. –

613-580-2424 ext. 33271

3-4 yrs Wed 4-4:45 pm
Mar 31-May 19 \$43.75 422421

Drama

Drama and Dance School

Jazz, dance, improvisation, character study, performance skills and drama games. Open House performance on last day.

Nepean Creative Arts Centre – 613-596-5783

4-5 yrs Sat 10-11 am
Apr 10-Jun 12 \$78 424763

Walter Baker Sports Centre – 613-596-5783

4-5 yrs Sat 9:30-10:30 am
Apr 10-Jun 12 \$78 424766



Music

Music and Masterpieces – Parent and Me

Explore music through singing and create beats using rhythm instruments. Use imagination in this diverse art program by creating crafty masterpieces.

Eva James C.C. – 613-271-0712

1-2 yrs Tue 10:20-11:20 am
Mar 30-Jun 1 \$66.50 432463
2-3 yrs Tue 11:30 am-12:30 pm
Mar 30-Jun 1 \$66.50 432468

Music and Movement

Joyful movement in time to music. Learn simple rhythm on basic percussion instruments. March, jump and create body movements to match your 'music'

Albion Heatherington R.C. – 613-247-4828

30 mths-5 yrs Sat 10-11 am
Apr 10-May 29 \$53 432680

Fisher Park C.C. – 613-798-8945

2-4 yrs Fri 10:45-11:30 am
Apr 9-Jun 11 \$73.25 438250

St-Laurent Complex – 613-742-6767

3 mths-5 yrs Thu 10-10:30 am
Apr 22-Jun 17 \$65.25 437152

Music and Stories for Babies

Learn songs and stories to share with your baby. Using pentatonic and traditional songs, celebrate the seasons, honoring the baby's natural rhythm. Simple props and occasional musical instruments are used to animate songs, stories and dances.

Goulbourn R.C. – 613-831-1169 ext. 279

2-10 mths Wed 1-1:30 pm
Apr 7-Jun 9 \$35 436877
2-10 mths Fri 11:45 am-12:15 pm
Jul 9-Aug 27 \$35 431733

Plant R.C. – 613-232-3000

1-15 mths Thu 9:30-10:15 am
Apr 8-Jun 10 \$56.25 438949

Music and Stories for Toddlers

Come and connect with your child through songs and musical games. Using pentatonic and traditional songs, celebrate the seasons, honoring natural rhythm. Simple props and occasional musical instruments are used to animate songs, stories and dances.

Plant R.C. – 613-232-3000

16 mths-3 yrs Thu 10:30-11:15 am
Apr 8-Jun 10 \$56.25 438972



Kindermusik

Kindermusik® Adventures

Using an integrated approach with music, movement, storytelling, imaginative play, drama, and art. Adventures stimulates imagination, spontaneity, creativity, curiosity, and a love of music. Call to register a 2nd child under 9 months.

Pretty Street C.C. –

613-580-2424 ext. 33271

1 mth-5 yrs	Wed	10:30-11:30 am
Apr 28-May 26	\$59.50	422483
18 mths-3 yrs	Wed	9:30-10:15 am
Apr 28-May 26	\$59.50	422447

Kindermusik® Family Time

Kindermusik® Family Time is a music class for families with multiple children ages newborn and up. You'll play instruments together, dance together, share, take turns, and see how music can bring you closer as a family. Material fee: \$85

McNabb R.C. – 613-564-1070

1 mth-7 yrs	Wed	11-11:45 am
Apr 14-Jun 16	\$70	440550

Metcalfe C.C. –

613-580-2424 ext. 30235

1 mth-5 yrs	Tue	9-9:45 am
Mar 30-May 18	\$87.75	434227

Old Town Hall (Kanata) –

613-580-2424 ext. 33304

1 mth-5 yrs	Mon	11:30 am-12:15 pm
Mar 22-Jun 21	\$129	440788

S.S.#1 C.C. –

613-580-2424 ext. 33304

1 mth-5 yrs	Wed	11:30 am-12:15 pm
Mar 24-Jun 9	\$129	440778

South Fallingbrook C.C. –

613-824-0633 ext. 221

1 mth-5 yrs	Wed	9:30-10:15 am
Apr 14-Jun 16	\$114.50	431857
1 mth-5 yrs	Sat	10:35-11:20 am
Apr 17-Jun 19	\$114.50	431858

Kindermusik® Imagine That

Small group activities stimulate creative musical development. Explore rhythm and beat, vocal expression and basic musical concepts. Develop social skills through interaction with peers. Drama, storytelling, instrument experimentation and more! Adults participate in the last 10-15 minutes. \$75 materials fee is payable to instructor.

South Fallingbrook C.C. –

613-824-0633 ext. 221

3-5 yrs	Thu	9:30-10:15 am
Apr 15-Jun 17	\$114.50	431872
3-5 yrs	Sat	9:30-10:15 am
Apr 17-Jun 19	\$114.50	431873

Kindermusik® Our Time

Toddlers and adults explore music through instruments, creative movement, and singing. Activities stimulate language development, social skills, confidence, curiosity, and self-control. Materials fees: \$70

Larkin House Com. Building –

613-580-2424 ext. 41227

18 mths-3 yrs	Fri	10:30-11:15 am
Apr 9-May 28	\$94.25	434009

Nepean Creative Arts Centre –

613-596-5783

18 mths-3 yrs	Tue	10:45-11:30 am
Apr 13-Jun 15	\$90.75	424777

Old Town Hall (Kanata) –

613-580-2424 ext. 33304

18 mths-3 yrs	Mon	9:30-10:15 am
Mar 22-Jun 21	\$129	440786

S.S.#1 C.C. – 613-580-2424 ext. 33304

18 mths-3 yrs	Wed	9:30-10:15 am
Mar 24-Jun 9	\$129	440776

South Fallingbrook C.C. –

613-824-0633 ext. 221

18 mths-3 yrs	Tue	9:30-10:15 am
Apr 13-Jun 15	\$114.50	431860
18 mths-3 yrs	Wed	10:35-11:20 am
Apr 14-Jun 16	\$114.50	431862

Kindermusik® Sign and Sing

Through songs and play, learn American Sign Language for mommy, eat, more, milk and all done. In hearing children this technique speeds language development, eases frustration, and enhances long-term learning abilities. Material fee is \$42.00.

Nepean Creative Arts Centre –

613-596-5783

6 mths-3 yrs	Tue	9:30-10:15 am
Apr 20-May 18	\$45.50	424771

Kindermusik® Village

Babies and adults explore vocal play, singing, dancing, instruments, props and socializing. Discover new ways to interact with your baby and stimulate brain development. \$48 materials fee payable to the instructor.

Larkin House Com. Building –

613-580-2424 ext. 41227

1-18 mths	Fri	9:30-10:15 am
Apr 9-May 28	\$76	433991

Manotick Arena –

613-580-2424 ext. 30235

1-18 mths	Wed	1-1:45 pm
Apr 14-Jun 2	\$87.25	435760

McNabb R.C. – 613-564-1070

1-18 mths	Mon	9:30-10:15 am
Mar 29-May 17	\$48	440542
1-18 mths	Mon	11:30 am-12:15 pm
Mar 29-May 17	\$48	440544
1-18 mths	Wed	noon-12:45 pm
Mar 24-May 5	\$48	440546

Nepean Creative Arts Centre –

613-596-5783

1-18 mths	Tue	11:30 am-12:15 pm
Apr 13-Jun 1	\$72.50	424778

Old Town Hall (Kanata) –

613-580-2424 ext. 33304

1-18 mths	Mon	10:30-11:15 am
Mar 22-Jun 21	\$129	440787

Pretty Street C.C. –

613-580-2424 ext. 33271

1-18 mths	Wed	11:45 am-12:30 pm
Apr 7-May 26	\$86.75	422824

S.S.#1 C.C. – 613-580-2424 ext. 33304

1-18 mths	Wed	10:30-11:15 am
Mar 24-Jun 9	\$129	440777

South Fallingbrook C.C. –

613-824-0633 ext. 221

1-18 mths	Tue	10:35-11:20 am
Apr 13-Jun 8	\$103.75	431865
1-18 mths	Thu	10:35-11:20 am
Apr 15-Jun 10	\$103.75	431867

**Schedules and fees may
be subject to change.
Fees include GST.**

Music for Young Children® Sunrise Program

Children are introduced to the exciting world of music through singing, rhythm, and listening activities. A pre-keyboard class, which creates a fun, bonding experience for parents and children that will last a lifetime. Materials fee payable to instructor. Siblings younger than 2 yrs welcome!

Bob MacQuarrie R.C.-Orléans –
613-824-0819 ext. 279

Level 1

2-5 yrs	Fri	9:30-10:15 am
Mar 26-Jun 18	\$144.75	423941

Level 2

2-5 yrs	Tue	10:30-11:15 am
Mar 30-Jun 8	\$144.75	424161

Level 3

2-5 yrs	Tue	9:30-10:15 am
Mar 30-Jun 8	\$144.75	428707

Music Pups

An informal music and movement program that nurtures young children by motivating parents and caregivers to engage in musical activities with their child.

Heron C.C. – 613-247-4808

6 mths-4 yrs	Thu	9:30-10:15 am
Apr 8-Jun 10	\$104	438427
6 mths-4 yrs	Thu	10:30-11:15 am
Apr 8-Jun 10	\$104	438431

Musical Babies

You and your baby can have fun with music while enhancing baby's cognitive development at this early stage. Singing, clapping, interactive songs and exposure to a variety of recordings will all stimulate baby's early learning.

St-Laurent Complex – 613-742-6767

1 mth-1 yrs	Tue	9:30-10:30 am
May 4-Jun 15	\$65	432154
1 mth-1 yrs	Tue	1-2 pm
May 4-Jun 15	\$65	432155

Musical Kids

Singing, actions, rhythm instruments, and CD's are all used to teach children to enjoy and appreciate music. Basic music skills such as the musical alphabet, counting and solfege (using Curwen hand signs) are taught.

St-Laurent Complex – 613-742-6767

1-2 yrs	Tue	10:30-11:30 am
May 4-Jun 15	\$65	432156
3-5 yrs	Tue	11:30 am-12:30 pm
May 4-Jun 15	\$65	432157

Make Believe Magic

Explore drama and make believe in an enjoyable and imaginative atmosphere. Act out a fairy tale each week through drama games and creative crafts!

Goulbourn Municipal Office –
613-580-2424 ext. 33230

3-5 yrs	Sat	1-1:50 pm
Apr 10-Jun 5	\$53.50	431627

Kenmore C.C. –
613-580-2424 ext. 30235

3-5 yrs	Tue	10-11 am
Apr 27-Jun 1	\$40.75	435920

Puppets and Pals

Discover an imaginative world of puppets through movement, songs and stories on weekly themes and familiar tunes. Create a new and durable puppet each week for parents and children to enjoy together.

Kanata Leisure Centre –
613-591-9283

1-18 mths	Tue	10-10:45 am
Apr 6-Jun 8	\$66.50	426376
18-24 mths	Tue	11-11:45 am
Apr 6-Jun 8	\$66.50	426380

Nepean Creative Arts Centre –
613-596-5783

1-18 mths	Fri	9:30-10:15 am
Apr 16-Jun 11	\$78	423977
18-36 mths	Fri	10:30-11:15 am
Apr 16-Jun 11	\$78	423978

Sing, Dance and Stretch

Parent and child explore music and movement from a variety of cultures. Experiment with simple percussion instruments and learn basic yogic postures and relaxation techniques. Taught by a certified music educator and Radiant Child Yoga instructor.

McNabb R.C. – 613-564-1070

18 mths-3 yrs	Sun	10-10:45 am
Apr 25-Jun 13	\$45.50	423894
18 mths-3 yrs	Sun	11-11:45 am
Apr 25-Jun 13	\$45.50	423896

So Dramatic!

Singing, movement, poetry, puppetry and storytelling. Emphasizes the importance of play and imagination, as well as feeling comfortable in a group setting.

Fisher Park C.C. – 613-798-8945

3-5 yrs	Fri	10-10:45 am
Apr 9-Jun 11	\$73.25	438230



Arts – Visual

Crafts

Kids Create

Designed to develop your child's creativity and artistic skills through the introduction of a variety of art and craft activities. Participants must be toilet trained.

Nepean Visual Arts Centre –
613-580-2828

3-5 yrs	Fri	9:30-11 am
Apr 23-Jun 11	\$107	436372
3-5 yrs	Sat	9-10:30 am
Apr 24-Jun 19	\$107	425851

Osgoode C.C. –
613-580-2424 ext. 30235

3-5 yrs	Mon	1:30-2:30 pm
Apr 12-May 10	\$40.75	435023

Pretty Street C.C. –
613-580-2424 ext. 33271

Monday Munchkins

3-5 yrs	Mon	1-2 pm
Mar 22-May 17	\$70.50	422436

Muck and Mess

An active art program for preschoolers to do various projects, use their imagination and be creative. Parents must attend and join in the fun.

Aquaview Com. Hall –
613-580-2782

1-3 yrs	Thu	9-9:45 am
Apr 15-Jun 17	\$68	437108
4-5 yrs	Thu	10-10:45 am
Apr 15-Jun 17	\$68	437111

Fred Barrett Arena –
613-822-7887

3-5 yrs	Sat	10:45-11:30 am
Apr 10-May 29	\$41.75	425887

Glen Cairn C.C. –
613-580-2424 ext. 33304

3-5 yrs	Fri	9:30-10:30 am
Mar 26-Jun 11	\$81.25	439004
3-5 yrs	Sat	9:30-10:30 am
Mar 27-May 29	\$81.25	439100

Kanata Leisure Centre –
613-591-9283

3-5 yrs	Sun	10-11 am
Apr 11-Jun 13	\$68	430813

Kars C.C. – 613-580-2424 ext. 30235

3-5 yrs	Wed	1-2 pm
Mar 31-Apr 28	\$41.75	427289

Rideauview C.C. – 613-822-7887

3-5 yrs	Mon	6:15-7 pm
Apr 12-May 17	\$41.75	427013



580-2424 ext. 41243

Recreation preschool program designed with stimulating themes and lots of play for children two to five. Craft, songs, games, along with water and sand happen each week.

Spring 2010 Programs

Apr 5-Jun 11	10 weeks	\$98.00
Mornings	9:15-11:15am	
Afternoons (3+ yrs)	1-3pm	

How to Register

The chart lists the locations, days, times and program codes numbers you will need to register. You may register up to three half-days per week for each session. Register early to avoid disappointment.

- Parents do not stay.
- Parents are required to assist as volunteer helpers once per session for each half day your child is registered.
- Child's immunization record and medical history should be made available.
- Children do not have to be toilet trained.
- If your child has a special need and assistance is required, please call Integration Services 580-2424 ext. 41226.

Orientation Spring 2010

Newly registered participants are encouraged to arrange a visit with the program supervisor before the new session begins. Staff can be reached at the centre while the program is taking place.

Charlie Conacher Com. Bldg. – 613-825-8399

2-5 yrs	Tue	9:15-11:15 am
Apr 6-Jun 8	\$98	406263
2-5 yrs	Wed	9:15-11:15 am
Apr 7-Jun 9	\$98	406266
2-5 yrs	Thu	9:15-11:15 am
Apr 8-Jun 10	\$98	406268
2-5 yrs	Fri	9:15-11:15 am
Apr 9-Jun 11	\$98	406269
3-5 yrs	Tue	1-3 pm
Apr 6-Jun 8	\$98	406272
3-5 yrs	Thu	1-3 pm
Apr 8-Jun 10	\$98	406273

Craig Henry Com. Bldg. – 613-829-8303

2-5 yrs	Tue	9:15-11:15 am
Apr 6-Jun 8	\$98	406359

General Burns Com. Bldg. – 613-225-8495

2-5 yrs	Tue	9:15-11:15 am
Apr 6-Jun 8	\$98	406369
2-5 yrs	Thu	9:15-11:15 am
Apr 8-Jun 10	\$98	406391

Larkin House Com. Bldg. – 613-825-4070

2-5 yrs	Tue	9:15-11:15 am
Apr 6-Jun 8	\$98	406400
2-5 yrs	Wed	9:15-11:15 am
Apr 7-Jun 9	\$98	406404
2-5 yrs	Thu	9:15-11:15 am
Apr 8-Jun 10	\$98	406406

Maki House – 613-820-3088

2-5 yrs	Tue	9:15-11:15 am
Apr 6-Jun 8	\$98	406410
2-5 yrs	Wed	9:15-11:15 am
Apr 7-Jun 9	\$98	406413
2-5 yrs	Thu	9:15-11:15 am
Apr 8-Jun 10	\$98	406414

Margaret Rywak (Manordale) – 613-226-6060

2-5 yrs	Wed	9:15-11:15 am
Apr 7-Jun 9	\$98	406417
2-5 yrs	Fri	9:15-11:15 am
Apr 9-Jun 11	\$98	406418

Southpointe Com. Bldg. – 613-823-3765

2-5 yrs	Tue	9:15-11:15 am
Apr 6-Jun 8	\$98	406421
2-5 yrs	Wed	9:15-11:15 am
Apr 7-Jun 9	\$98	406423
2-5 yrs	Thu	9:15-11:15 am
Apr 8-Jun 10	\$98	406425
2-5 yrs	Fri	9:15-11:15 am
Apr 9-Jun 11	\$98	406428
3-5 yrs	Tue	1-3 pm
Apr 6-Jun 8	\$98	406430
3-5 yrs	Thu	1-3 pm
Apr 8-Jun 10	\$98	406433

Trend-Arlington Com. Bldg. – 613-828-3460

2-5 yrs	Thu	9:15-11:15 am
Apr 8-Jun 10	\$98	406440

Westcliffe Com. Bldg. – 613-596-3013

2-5 yrs	Mon	9:15-11:15 am
Apr 5-Jun 7	\$98	406443
2-5 yrs	Wed	9:15-11:15 am
Apr 7-Jun 9	\$98	406445



General Interest

A Preschool Program

Experience independence, social interaction and learning with emphasis on language, pre-reading, math, colour naming, dramatic play, themed crafts, music and movement. Children bring their snack. No parent participation in this school-ready program.

Fred Barrett Arena – 613-822-7887

30 mths-5 yrs	Wed	9:15-11:15 am
Apr 7-Jun 9	\$107.25	425824

Goulbourn R.C. – 613-831-1169

3-5 yrs	Tue	9:30-11:30 am
Mar 23-Jun 15	\$140.75	428369
3-5 yrs	Tue, Wed, Thu	9:30-11:30 am
Mar 23-Jun 17	\$371	428373
3-5 yrs	Tue	1-3 pm
Mar 23-Jun 15	\$140.75	428378
3-5 yrs	Tue, Thu	1-3 pm
Mar 23-Jun 17	\$253.25	428382
3-5 yrs	Wed	9:30-11:30 am
Mar 24-Jun 16	\$140.75	428370
3-5 yrs	Thu	9:30-11:30 am
Mar 25-Jun 17	\$140.75	428371
3-5 yrs	Thu	1-3 pm
Mar 25-Jun 17	\$140.75	428381

Rideauview C.C. – 613-822-7887

30 mths-5 yrs	Mon	9:15-11:15 am
Apr 12-Jun 21	\$107.25	427028

Sawmill Creek C.C. – 613-521-4092

30 mths-5 yrs	Tue	9:30-11:30 am
Mar 23-Apr 27	\$67	427020
May 4-Jun 22	\$89.50	427021
30 mths-5 yrs	Fri	9:30-11:30 am
Mar 26-Apr 30	\$67	427023
May 7-Jun 25	\$89.50	427024

Are You Ready for Summer Preschool?

Get ready for the beach by decorating a snazzy beach bag. Add a matching T-shirt and visor and you're all set.

Eva James C.C. – 613-271-0712

4-6 yrs	Sat	10:30 am-noon
Jun 5	\$24	438878

Sensory Play Time

Explore a world of sensory delight through playtime with sensory toys. Join our music circle for singing and vocal play to dancing, instrument and object play and soothing touch.

Old Town Hall (Kanata) – 613-580-2424 ext. 33304

1-6 mths	Fri	9:30-10:30 am
Mar 26-May 7	\$68.75	440791
May 14-Jun 18	\$68.75	440799
7-14 mths	Fri	10:45-11:45 am
Mar 26-May 7	\$68.75	440792
May 14-Jun 18	\$68.75	440798
7-14 mths	Fri	12:15-1:15 pm
Mar 26-May 7	\$68.75	440796
May 14-Jun 18	\$68.75	440797

Baby Sensory®

Music, signing, visual and tactile exploration with sensory equipment, ball and bell play, gentle activities and massage are all part of exploration in this baby and parent program. Suitable for babies with special needs.

South Fallingbrook C.C. – 613-824-0633 ext. 221

1-13 mths	Thu	1-2 pm
Apr 15-Jun 17	\$135.25	431803

Busy Bees

Explore crafts, songs and games with your children using age appropriate equipment and the special touches of our dedicated staff. Maximum three children per adult.

Bridlewood C.C. – 613-580-2424 ext. 33501

1-4 yrs	Sat	9-10 am
Mar 20-Jun 5	\$54.75	429332

Chefs R Us

Come and make yummy treats and learn about kitchen safety. Playing in the kitchen has never been this fun.

Aquaview Com. Hall – 613-580-2782

3-5 yrs	Thu	11 am-noon
Apr 15-Jun 17	\$66.75	433966

Eva James C.C. – 613-271-0712

3-5 yrs	Mon	1-2 pm
Mar 22-Jun 7	\$66.75	431659
3-5 yrs	Tue	10:20-11:20 am
Mar 30-Jun 1	\$66.75	431661
3-5 yrs	Thu	9-10 am
Apr 1-Jun 3	\$66.75	431666
3-5 yrs	Thu	10:15-11:15 am
Apr 1-Jun 3	\$66.75	431668

Goulbourn R.C. – 613-831-1169

4-6 yrs	Thu	4-4:50 pm
Mar 25-Apr 15	\$34.50	428466
Apr 29-May 20	\$34.50	428468

Crafty Athletes

Explore art activities and then play energetic games in the gym.

Goulbourn R.C. – 613-831-1169

3-5 yrs	Mon	12:30-2 pm
Mar 22-Jun 14	\$89.50	428469

Crafty Chefs

Preschoolers will truly love what they create in the kitchen and craft room, some to eat and some to show.

Greely C.C. –

613-580-2424 ext. 30235

3-5 yrs	Fri	10-11 am
Apr 9-May 21	\$40.75	435154

Rideauview C.C. – 613-822-7887

3-5 yrs	Sat	10:15-11 am
Apr 10-May 15	\$41.75	436925

South Fallingbrook C.C. – 613-824-0633 ext. 221

3-5 yrs	Sat	9:30-11:30 am
Apr 17-Jun 19	\$113.25	431821

Early Einstein

Parents and preschoolers science program to make science fun and exciting. New experiment each week.

Aquaview Com. Hall – 613-580-2782

2-3 yrs	Tue	9:30-10:30 am
Apr 6-Jun 8	\$61	436864
3-4 yrs	Tue	10:45-11:45 am
Apr 6-Jun 8	\$61	436865

Kanata Leisure Centre – 613-591-9283

2-4 yrs	Thu	10:30-11:15 am
Apr 1-Jul 1	\$97.50	435654
3-5 yrs	Sat	9:15-10 am
Apr 10-Jun 12	\$66.50	436474

Queenswood Heights C.C. – 613-580-2782

2-3 yrs	Sat	9:30-10:30 am
Apr 10-Jun 19	\$61	436867
3-4 yrs	Sat	10:30-11:30 am
Apr 10-Jun 19	\$61	436870

Fairytale Adventures

Explore the wonderful world of make believe through storytelling, arts and crafts and creative drama. Bring your imagination and live in a different fairytale each week. Come dressed up for fun!

Kanata Leisure Centre – 613-591-9283

3-5 yrs	Wed	10:15-11:15 am
Apr 7-Jun 9	\$66.50	426370

Pretty Street C.C. –

613-580-2424 ext. 33271

3-5 yrs	Thu	11-11:50 am
Apr 22-Jun 10	\$55	422469

Friday Fun Time

Join us when you can on Fridays for a special theme-based program. Parents/guardians and a maximum of two children each will join in the songs, crafts and games. Register each child separately.

Goulbourn R.C. – 613-831-1169

18 mths-3 yrs	Fri	9:30-10:45 am
Mar 26-Jun 11	\$73.50	429110

Fun Factory

Socialize with peers while experiencing a weekly theme through crafts, song, free play and story time.

Eva James C.C. – 613-271-0712

3-5 yrs	Mon	12:45-2:45 pm
Mar 22-Jun 7	\$87	424902
3-5 yrs	Wed	11:15 am-1:15 pm
Mar 24-Jun 9	\$104.50	424910
3-5 yrs	Fri	9-11 am
Mar 26-Jun 11	\$96	424921
3-5 yrs	Fri	12:30-2:30 pm
Mar 26-Jun 11	\$96	424929

Glen Cairn C.C. –

613-580-2424 ext. 33304

3-5 yrs	Mon	10:45-11:45 am
Mar 22-Jun 14	\$87	438876

Pretty Street C.C. –

613-580-2424 ext. 33271

3-5 yrs	Tue	9:30-11:30 am
Mar 23-May 25	\$108.75	422428

South Fallingbrook C.C. – 613-824-0633

3-5 yrs	Mon	9:30-11:30 am
Apr 12-Jun 14	\$89	430112

Registering is easy!
See page 8 for
registration options.



How does your Garden Grow?

Come and discover your green thumb. Decorate a pot, plant seeds and watch them grow.

Eva James C.C. – 613-271-0712

4-6 yrs	Sun	10:30 am-noon
May 9	\$24	438871

Pretty Street C.C. –

613-580-2424 ext. 33271

4-6 yrs	Sat	9-10:30 am
Apr 10	\$24	422470

Little People's Morning

Experience first time in a recreation setting. Explore various mediums, learn to listen to instructions, socialize with other children through play, organized activities, songs and weekly crafts.

Eva James C.C. – 613-271-0712

2-3 yrs	Mon	9-10 am
Mar 22-Jun 7	\$53	424859
2-3 yrs	Mon	10:15-11:15 am
Mar 22-Jun 7	\$53	424860

Glen Cairn C.C. –

613-580-2424 ext. 33304

2-3 yrs	Sat	10:45-11:45 am
Mar 27-Jun 12	\$53	440771

Little People's Parent and Me

Parents/guardians assist their toddlers experiencing their first time in a recreation setting. While exploring various mediums, they learn to listen to instructions and socialize with other children through play, activities, songs and weekly crafts.

Eva James C.C. – 613-271-0712

18-30 mths	Mon	11:30 am-12:30 pm
Mar 22-Jun 7	\$53	424867
2-3 yrs	Wed	9-11 am
Mar 24-Jun 9	\$104.50	424887

Glen Cairn C.C. –

613-580-2424 ext. 33304

18-30 mths	Mon	9:30-10:30 am
Mar 22-Jun 14	\$53	438866

Little Splinters

Preschoolers will learn to cut, hammer and sand pieces of wood into great creations all without hitting their thumb.

South Fallingbrook C.C. –
613-824-0633 ext. 221

3-5 yrs	Fri	9:30-10:30 am
Apr 16-May 7	\$62.25	431806
May 14-Jun 11	\$62.25	431808

Mom, Pop and Baby

Stimulate your baby's senses with songs and props. Help develop physical strength and coordination in a playful setting.

Goulbourn R.C. – 613-831-1169

10-18 mths	Mon	11:30 am-12:15 pm
Apr 12-Jun 14	\$47	430767

Mom, Pop and Tot

Does your toddler have loads of energy to spend? Bring him/her where they can learn how to jump, run, roll around and play! Toddler learns to tumble and how to interact and share with others.

Bridlewood C.C. –

613-580-2424 ext. 33501

3-5 yrs	Sat	10:30-11:30 am
Mar 20-Jun 5	\$54.75	429339

On My Own Adventures!

Prepare for kindergarten with pre-reading, math and pre-writing skills. Your child will experience activities and crafts while socializing with peers, exploring weekly themes and finishing with an energetic educational circle time.

Cyrville C.C. – 613-748-1771

3-5 yrs	Mon	9:30-11:30 am
Apr 12-Jun 14	\$70.25	436295
3-5 yrs	Tue	12:30-2:30 pm
Apr 6-Jun 8	\$78	436297
3-5 yrs	Wed	9:30-11:30 am
Apr 7-Jun 9	\$78	436296
3-5 yrs	Thu	12:30-2:30 pm
Apr 8-Jun 10	\$78	436298

South Fallingbrook C.C. –
613-824-0633

3-5 yrs	Wed	9:30-11:30 am
Apr 14-Jun 16	\$95	430117

Parent 'n Duffer

Program for preschoolers and one parent. Enjoy a variety of preschooler activities together including arts, crafts, song, story times and free play.

Walter Baker Sports Centre –
613-580-2424 ext. 41227

20-30 mths	Sat	9-10 am
Apr 10-Jun 5	\$65.75	431184
30 mths-4 yrs	Sat	10:15-11:45 am
Apr 10-Jun 5	\$97.25	431197

Pirate Adventures

Looking for an adventure! Jump aboard ship! Come and enjoy pirate games, stories, crafts and treasure hunting!

Kanata Leisure Centre –
613-591-9283

3-5 yrs	Mon	10-11 am
Apr 12-Jun 21	\$66.50	426432

Pretty Street C.C. –

613-580-2424 ext. 33272

4-8 yrs	Sat	9-11 am
May 1 (one day)	\$27.25	422471

**Schedules and fees may be subject to change.
Fees include GST.**

Play, Create and Explore

Sports games, science experiments and crafts – a trio of fun!

Eva James C.C. – 613-271-0712

4-5 yrs Wed 9:30-11 am
Mar 31-Jun 2 \$66.50 432784

Preschool in Movement

A different theme every week with storytelling and movement. An opportunity for preschoolers to get exercise, improve co-ordination, strength, flexibility and have fun.

Goulbourn R.C. – 613-831-1169

18 mths-3 yrs Sun 12:30-1:15 pm
Mar 28-Jun 13 \$67 430775
3-5 yrs Mon 4-4:45 pm
Mar 22-Jun 7 \$67 430774

Vernon C.C. –

613-580-2424 ext. 30235

2-5 yrs Wed 1:30-2:30 pm
May 12-Jun 9 \$42.75 427639

Sign with Your Baby

Babies can learn basic signs from 6 months. With basic sign vocabulary, you can help your baby develop control interactions with others and decrease frustration. You will learn 200 signs and the techniques to introduce them to your baby.

South Fallingbrook C.C. –

613-824-0633 ext. 221

6 mths-3 yrs Fri 9:30-11 am
Apr 16-May 7 \$91.75 431810

Snugglebugs

Meet other parents in the community, learn from special guests and help your child grow and experience play through interaction with music and social activity.

Eva James C.C. – 613-271-0712

1-12 mths Fri 11:15 am-12:15 pm
Apr 16-May 21 \$49.50 434688

Structures and Machines with LEGO®

Using specialized LEGO® Duplo™, emerging engineers will build sturdy structures and create simple mechanical devices using levers, pulleys, gears, wheels and axles. Projects will include vehicles, bridges, tools and amusement rides.

Pinecrest R.C. – 613-828-3118

5-6 yrs Sat 1:15-3:15 pm
Apr 10 \$41.75 434082

Toddler and Me

Parent and child program. Activities encourage creativity, improve coordination as well as stimulate imagination. Songs, games, dance, music reading and lots more.

Ron Kolbus Lakeside – 613-828-4313

1-23 mths Wed 9:30-11:30 am
Jul 7-Aug 11 \$18 439827
1-23 mths Wed, Fri, Mon 9:30-11:30 am
Apr 7-Jun 16 \$70 439822
2-5 yrs Wed 9:30-11:30 am
Jul 7-Aug 11 \$30 439826
2-5 yrs Wed, Fri, Mon 9:30-11:30 am
Apr 7-Jun 16 \$110 439821

Toddler Time

Preschoolers and parent or caregiver. Music, games, and crafts, followed by a play session in the pool.

Kanata Leisure Centre –

613-591-9283

2-5 yrs Mon 12:30-2 pm
Mar 22-Jun 21 \$59.50 435736
2-5 yrs Tue 12:30-2 pm
Mar 23-Jun 22 \$69.25 435755
2-5 yrs Thu 9-10:30 am
Mar 25-Jun 24 \$69.25 435757

Well Baby Drop-in

We welcome babies up to 3 months old. Meet other parents, have your baby weighed and talk with a public health nurse. No appointment required.

Overbrook C.C. – 613-742-5147

0-3 mths Tue 1:30-3 pm
Ongoing Call for details

Wiggle 'n Giggle

Parent and me program aims to develop basic movement skills that will allow tots to enjoy a range of physical activities.

Eva James C.C. – 613-271-0712

12-18 mths Thu 9-10 am
Apr 1-Jun 3 \$66.50 433038
18-30 mths Thu 10:15-11:15 am
Apr 1-Jun 3 \$66.50 433043

Wiggle 'n Giggle and Move!

Play, climb, jump and run. Explore the world of music and movement along with your child. Fun games, songs and stories will help toddlers develop their socialization, coordination and motor skills. Parents and little ones.

Goulbourn R.C. – 613-831-1169

12 mths-4 yrs Sun 11:15 am-12:15 pm
Mar 28-May 30 \$67 431854
12 mths-4 yrs Mon 9:15-10:15 am
Mar 22-Jun 14 \$73.50 431845
12 mths-4 yrs Wed 11-11:45 am
Jul 14-Aug 25 \$44.75 433229

Playgroups

Playgroup

Parents and caregivers, come with your child to enjoy playtime, songs, stories and crafts together. An opportunity to meet and visit with others in your community

Fisher Park C.C. – 613-798-8945

1 mth-5 yrs Mon 9-11:30 am
Apr 12-Jun 21 \$70.50 438188
1 mth-5 yrs Tue 9-11:30 am
Apr 6-Jun 22 \$84.50 438189
1 mth-5 yrs Thu 9-11:30 am
Apr 8-Jun 24 \$84.50 438190

Pretty Street C.C. –

613-580-2424 ext. 33271

9 mths-5 yrs Mon 9-10 am
Mar 22-Jun 7 \$55.50 422441
9 mths-5 yrs Thu 9:15-10 am
Apr 22-Jun 10 \$44.50 422444

Sawmill Creek C.C. – 613-521-4092

1 mth-5 yrs Mon, Thu 9:30-11:30 am
Mar 22-Apr 29 \$22.75 427046
May 3-31 \$16.50 427055
1 mth-5 yrs Thu, Mon 9:30-11:30 am
Jun 3-24 \$14.50 427060

Cooperative Playgroup

A delightful combination of free play, arts and crafts, story time and song time for the little ones.

Sandy Hill C.C. – 613-564-1062

6 mths-5 yrs Thu 10 am-noon
Jul 8-Aug 26 \$32 440200

Lil' Rascals

Drop off program for preschool children.

Hintonburg C.C. – 613-798-8874

3-5 yrs Mon 9:15-11:15 am
Mar 29-Jun 14 \$97.50 435159
3-5 yrs Wed 9:15-11:15 am
Mar 31-Jun 16 \$117 435161

Little Giggles

Free play, arts and crafts, show-and-tell and circle time are just a few of the activities your preschooler will experience. Parents and caregivers discover resources.

Cyrville C.C. – 613-748-1771

1-5 yrs Tue 9:30-11 am
Apr 6-Jun 15 \$38.75 436561
1-5 yrs Thu 9:30-11 am
Apr 8-Jun 17 \$38.75 436572

Richmond C.C. –

613-580-2424 ext. 33230

1 mth-5 yrs Mon 9:30-10:45 am
Apr 12-Jun 7 \$44.50 426448
1-9 mths Mon 9:30-10:45 am
Apr 12-Jun 7 N/A 426460



Preschool

Little Smarties

Free play, arts and crafts, show-and-tell and circle time are just a few of the activities your preschooler will experience. Parents and caregivers discover resources.

Albion Heatherington R.C. – 613-247-4828

3-5 yrs	Mon-Fri	9-11:30 am
Apr 6-30	\$112.75	432645
3-5 yrs	Mon-Fri	12:30-3 pm
Apr 6-30	\$112.75	432659
3-5 yrs	Mon-Fri	9-11:30 am
May 3-28	\$112.75	432658
3-5 yrs	Mon-Fri	12:30-3 pm
May 3-28	\$112.75	432663

PJ Playgroup

An evening of fun and games, crafts and more for preschoolers.

Pretty Street C.C. – 613-580-2424 ext. 33271

6 mths-5 yrs	Fri	6-7 pm
Mar 26-May 21	\$51.25	422438

Playclub

Parents can leave their toilet-trained preschoolers for two hours of fun, crafts and games.

Michele Heights C.C. – 613-828-5100

30 mths-5 yrs	Mon-Fri	1-3 pm
Mar 22-Jun 4	\$59.75	439805

Tots 'n Friends

Playgroup for children with their parent/caregiver.

Hintonburg C.C. – 613-798-8874

3 mths-5 yrs	Tue	9:15-11:15 am
Mar 30-Jun 15	\$75	435164
3 mths-5 yrs	Thu	9:15-11:15 am
Apr 1-Jun 17	\$75	435165
3 mths-5 yrs	Tue, Thu	9:15-11:15 am
Jul 6-8	\$12.50	436890
Jul 13-15	\$12.50	436893
Jul 20-22	\$12.50	436897
Jul 27-29	\$12.50	436899
Aug 3-5	\$12.50	436901
Aug 10-12	\$12.50	436903
Aug 17-19	\$12.50	436905

Workshops

Baby Talk

Designed to help parents recognize that babies communicate in many ways and for different reasons. The workshop will help parents learn strategies to promote speech and language development. Babies Welcome!

South Fallingbrook C.C. – 613-824-0633 ext. 221

1-18 mths	Mon	10-11:30 am
May 10	N/A	431853

Holiday Crafts

See what you can make!

Pretty Street C.C. – 613-580-2424 ext. 33271

Spring Craft

4-6 yrs	Sat	9-10:30 am
Mar 27	\$24	427045

Mother's Day Craft

4-6 yrs	Sat	9-10:30 am
May 8	\$24	422466

Sports

Basketball – Little Dribblers

Introduces young players to the fundamentals of basketball. Size 5 basketballs and child size nets are used to encourage excitement and success. Each player receives an award.

Goulbourn R.C. – 613-831-1169

4-6 yrs	Mon	5:15-6 pm
Mar 22-Jun 14	\$73.50	430765
6-8 yrs	Wed	5:30-6:15 pm
Mar 24-Jun 9	\$80	430766

Richmond E.S. – 613-580-2424 ext. 33230

3499 McBean

4-6 yrs	Fri	5:30-6:30 pm
Apr 9-Jun 4	\$66	430203

South Fallingbrook C.C. – 613-824-0633 ext. 221

4-5 yrs	Sun	1:30-2:15 pm
Apr 18-Jun 20	\$57	431849

FUNDamental

Movements – Girls Only

Allow your child to develop the groundwork for physical literacy by engaging in throwing, jumping, running, catching, and striking. Soccer, basketball, softball, and more.

Girls n' Women and Sport – 613-580-2854

CentrepoinTE Park

2-3 yrs	Tue	9:30-10:15 am
May 18-Jun 8	\$29.75	429154
Jun 15-Jul 6	\$29.75	429168

Mooney's Bay Park

2-3 yrs	Thu	9:30-10:15 am
May 20-Jun 10	\$29.75	429159
Jun 17-Jul 15	\$29.75	429162

Pincrest P.S. 1281 Pincrest

3-4 yrs	Sat	9-9:45 am
Mar 27-May 15	\$52	429128
5-6 yrs	Sat	10-10:45 am
Mar 27-May 15	\$52	429130

Raven Park

3-4 yrs	Sat	9-9:45 am
May 29-Jul 10	\$52	429136
5-6 yrs	Sat	10-10:45 am
May 29-Jul 10	\$52	429139

Gym and Swim – Parent and Tot

For preschoolers with energy to burn, this is a great combination of fun and physical activities in the gym and then in the pool. Children will play games, learn water awareness and use lots of equipment under the watchful eye of our certified instructors.

Goulbourn R.C. – 613-831-1169

18 mths-3 yrs	Wed	12:45-2 pm
Mar 24-Jun 9	\$100	429131

Walter Baker Sports Centre – 613-580-2424 ext. 41227

2-3 yrs	Sat	10:30-11:50 am
Mar 27-Jun 5	\$89.25	432459
2-3 yrs	Sat	11:15 am-12:35 pm
Mar 27-Jun 5	\$89.25	432521

Gym and Swim

For preschoolers with energy to burn, this is a great combination of active games in a room, followed by fun in the pool. Children will play games, learn water awareness and use lots of equipment. This is a non-award swim. Parents are welcome to participate.

Goulbourn R.C. – 613-831-1169

4-6 yrs	Wed	1-2:15 pm
Mar 24-Jun 9	\$100	429194

Walter Baker Sports Centre – 613-580-2424 ext. 41227

4-5 yrs	Sat	noon-1:20 pm
Mar 27-Jun 5	\$89.25	432557

Just Gym for Preschoolers

Children three and four can develop athletic ability and improve confidence through sport and games. The program introduces basic skills such as balance, large muscle development and body awareness. Parents can observe and assistance may be required.

Greely E.S. – 613-580-2424 ext. 30235

7066 Parkway

3-5 yrs	Sat	10:15-11:15 am
Mar 27-May 29	\$77.50	435168

North Gower Marlborough P.S. – 613-580-2424 ext. 30235

2403 Church

3-5 yrs	Sat	10:15-11:15 am
Mar 27-May 29	\$77.50	440866

Kindercheer

Entry-level cheer class for the young cheerleader. Kinder-cheerleaders are introduced to basic cheer tumbling; and simple cheers, chants, and dances.

Fallingbrook E.S. – 613-580-2782 679 Deancourt

3-4 yrs	Sat	11:45 am-12:30 pm
Apr 10-Jun 19	\$52	434774
5-6 yrs	Sat	12:45-1:30 pm
Apr 10-Jun 19	\$52	434777

Chito-Ryu Karate Focus

Teaching traditional and modern Chito-Ryu karate, for fitness and self-defence!

Pinecrest R.C. – 613-828-3118

3-5 yrs Sat 2:45-3:30 pm
Mar 27-Jun 19 \$79.25 422255

Tae E. Lee Taekwon Kids!

Develop discipline, confidence, focus and concentration in an exciting and positive atmosphere. No experience necessary. Partnership with Tae E. Lee Taekwondo.

Canterbury R.C. – 613-247-4869

3-4 yrs Mon 4:45-5:15 pm
Apr 12-Jun 7 \$59 441183
3-4 yrs Sat 1-1:30 pm
Apr 17-Jun 5 \$59 441185
5-6 yrs Mon 5:15-5:45 pm
Apr 12-Jun 7 \$59 441184
5-6 yrs Sat 1:30-2 pm
Apr 17-Jun 5 \$59 441186

Gymnastics

Gymnastics

The great way to initiate your child to the steps and tumbles of gymnastics!

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

3-4 yrs Sun 9-9:45 am
Apr 25-Jun 20 \$65 424146

Overbrook C.C. – 613-742-5147

3-5 yrs Sat 10:15-11 am
Apr 10-Jun 19 \$62.50 422585
3-5 yrs Sat 11-11:45 am
Apr 10-Jun 19 \$62.50 422586

Pinecrest R.C. – 613-828-3118

3-4 yrs Sat 10:40-11:25 am
Mar 27-Jun 19 \$79.25 422248
3-4 yrs Sat 11:35 am-12:20 pm
Mar 27-Jun 19 \$79.25 422249
4-5 yrs Sat 12:30-1:10 pm
Mar 27-Jun 19 \$79.25 422250

Junior Gym

Learn basic gymnastics skills by working on a modified CANGYM program. Participants will be introduced to various gymnastics equipment.

Eva James C.C. – 613-271-0712

4-5 yrs Sun 11:15 am-12:15 pm
Mar 28-Jun 13 \$90.50 432612
4-5 yrs Tue 5-6 pm
Mar 30-Jun 1 \$90.50 432605
4-5 yrs Wed 5-6 pm
Mar 31-Jun 2 \$90.50 432606
4-5 yrs Sat 10-11 am
Mar 27-Jun 12 \$90.50 432608
4-5 yrs Sat 11:15 am-12:15 pm
Mar 27-Jun 12 \$90.50 432610

Nepean Sportsplex – 613-580-2424 ext. 41227

4-5 yrs Sat 9:45-10:45 am
Mar 27-Jun 12 \$90.50 431149

Mini Trampoline

Basic skills, locomotion and positions are taught on the floor, beam, vault, bars and mini trampoline. Special fun classes are planned for most holidays.

McNabb R.C. – 613-564-1070

4-5 yrs Wed 6-6:45 pm
Mar 24-Jun 23 \$98 435962
4-5 yrs Sat 12:30-1:15 pm
Mar 20-Jun 19 \$83 435969

Mom, Pop and Tots

Parent will spot their child. Your child will learn tumbling, balancing and swinging in a fun and stimulating environment. Apparatus: vault, uneven bars, mini trampoline, balance beam and rings.

Cyrville C.C. – 613-748-1771

18-36 mths Sun 9:15-10 am
Apr 11-Jun 13 \$69.50 436588
18-36 mths Sun 10:15-11 am
Apr 11-Jun 13 \$69.50 436592
18-36 mths Sun 11:15 am-noon
Apr 11-Jun 13 \$69.50 436598

Parent and Me

Basic gymnastic skills are taught through the assistance of a coach, and you, the parent. Fun activities are planned for most holidays.

McNabb R.C. – 613-564-1070

6 mths-4 yrs Sat 8:30-9:15 am
Mar 20-Jun 19 \$80.50 434795
6 mths-4 yrs Sat 9-9:45 am
Jul 3-Aug 28 \$53.75 434905
6 mths-4 yrs Sat 9:15-10 am
Mar 20-Jun 19 \$80.50 434803
6 mths-4 yrs Sat 10-10:45 am
Mar 20-Jun 19 \$80.50 434809
6 mths-4 yrs Sat 10:45-11:30 am
Mar 20-Jun 19 \$80.50 434843
6 mths-4 yrs Sat 11:30 am-12:15 pm
Mar 20-Jun 19 \$80.50 434846

Sandy Hill C.C. – 613-564-1062

2-3 yrs Thu 3:15-4 pm
Apr 8-May 27 \$50 436835
2-3 yrs Thu 4-4:45 pm
Apr 8-May 27 \$50 436836

Parent and Tumbler

Parents assist their junior gymnast to learn tumbling, balancing and swinging in a fun and stimulating environment. Apparatus includes: mats, vaults, uneven bars, mini-trampoline, balance beam and rings.

Dempsey C.C. – 613-247-4846

2-3 yrs Sun 9-9:45 am
Apr 11-Jun 20 \$105 436136
Apr 11-Jun 20 \$105 436142
2-3 yrs Sun 10-10:45 am
Apr 11-Jun 20 \$105 436137
Apr 11-Jun 20 \$105 436143
2-3 yrs Sun 11-11:45 am
Apr 11-Jun 20 \$105 436138
2-3 yrs Tue 9-9:45 am
Apr 6-Jun 8 \$105 436139
2-3 yrs Tue 10-10:45 am
Apr 6-Jun 8 \$105 436140
2-3 yrs Sat 9-9:45 am
Apr 10-Jun 19 \$105 436131
Apr 10-Jun 19 \$105 436132
2-3 yrs Sat 10-10:45 am
Apr 10-Jun 19 \$105 436133
Apr 10-Jun 19 \$105 436141
2-3 yrs Sat 11-11:45 am
Apr 10-Jun 19 \$105 436134
2-3 yrs Sat noon-12:45 pm
Apr 10-Jun 19 \$105 436135



Preschool

Playgym

Play, climb and crawl on our equipment with the assistance of mommy or daddy! Unstructured gym activity for parents to have indoor playtime with their little ones!

Goulbourn R.C. – 613-831-1169

12-24 mths	Wed	10:45-11:30 am
Mar 24-Jun 9	\$80	429227
12-24 mths	Sat	9-9:45 am
Mar 27-Jun 12	\$67	429207
18 mths-3 yrs	Wed	11:45 am-12:30 pm
Mar 24-Jun 9	\$80	429238
18 mths-3 yrs	Sat	10-10:45 am
Mar 27-Jun 12	\$67	429220
3 mths-5 yrs	Sun	1:30-2:15 pm
Mar 28-Jun 13	\$67	429243

McNabb R.C. – 613-564-1070

6 mths-4 yrs	Wed	6-7 am
Jul 7-Aug 25	\$64	435170
6 mths-4 yrs	Wed	6-6:45 pm
Mar 24-Jun 23	\$56	434917
6 mths-4 yrs	Wed	6:45-7:30 pm
Mar 24-Jun 23	\$56	434922
6 mths-4 yrs	Sat	9:45-10:45 am
Jul 3-Aug 28	\$64	435174

Pre-Elite Tumblefeet

Pre-competitive program emphasizes skills to help gymnasts gain strength and flexibility while having tons of fun!

Dempsey C.C. – 613-247-4846

3-5 yrs	Tue	9-10:30 am
Apr 6-Jun 8	\$146.50	436092
3-5 yrs	Tue	1:30-3 pm
Apr 6-Jun 8	\$146.50	436093
3-5 yrs	Sat	11 am-12:30 pm
Apr 10-Jun 19	\$146.50	436091

Tumble Gym

Parent and me program. Introduction to "gym play" in a safe environment. Explore jumping, swinging, rolling and great socialization games!

Eva James C.C. – 613-271-0712

2-3 yrs	Sun	8:45-9:45 am
Mar 28-Jun 13	\$90.50	432629
2-3 yrs	Sun	9-10 am
Mar 28-Jun 13	\$90.50	432631
2-3 yrs	Sun	10-11 am
Mar 28-Jun 13	\$90.50	432632
2-3 yrs	Sun	10:15-11:15 am
Mar 28-Jun 13	\$90.50	432633
2-3 yrs	Sat	8:45-9:45 am
Mar 27-Jun 12	\$90.50	432627
2-3 yrs	Sat	9-10 am
Mar 27-Jun 12	\$90.50	432628

Nepean Sportsplex – 613-580-2424 ext. 41227

2-3 yrs	Sat	8:45-9:30 am
Mar 27-Jun 12	\$90.50	431128
2-3 yrs	Sat	9-9:45 am
Mar 27-Jun 12	\$90.50	431133

South Fallingbrook C.C. – 613-824-0633 ext. 221

2 yrs	Sat	8:15-8:45 am
Apr 17-Jun 19	\$67.75	431815
2 yrs	Thu	5-5:30 pm
Jun 24-Aug 26	\$61	429552

Tumble Weeds

Run, jump, roll, swing and hang upside down. Introduction to a variety of equipment. i.e.: floor, uneven bars, vaulting and mini trampoline.

Cyrville C.C. – 613-748-1771

3-5 yrs	Sun	9:15-10 am
Apr 11-Jun 13	\$69.50	436622
3-5 yrs	Sun	10:15-11 am
Apr 11-Jun 13	\$69.50	436625
3-5 yrs	Sun	11:15 am-noon
Apr 11-Jun 13	\$69.50	436627

Dempsey C.C. – 613-247-4846

4-5 yrs	Sun	9-9:45 am
Apr 11-Jun 20	\$105	436020
4-5 yrs	Sun	10-10:45 am
Apr 11-Jun 20	\$105	436021
4-5 yrs	Sun	11-11:45 am
Apr 11-Jun 20	\$105	436022
4-5 yrs	Tue	5:15-6 pm
Apr 11-Jun 20	\$105	436023
4-5 yrs	Tue	5:15-6 pm
Apr 6-Jun 8	\$105	436014
4-5 yrs	Sat	9-9:45 am
Apr 10-Jun 19	\$105	436015
4-5 yrs	Sat	10-10:45 am
Apr 10-Jun 19	\$105	436016
4-5 yrs	Sat	10-10:45 am
Apr 10-Jun 19	\$105	436017
4-5 yrs	Sat	11-11:45 am
Apr 10-Jun 19	\$105	436018
4-5 yrs	Sat	noon-12:45 pm
Apr 10-Jun 19	\$105	436019

Sandy Hill C.C. – 613-564-1062

4-5 yrs	Thu	4:45-5:30 pm
Apr 8-May 27	\$50	436880
4-5 yrs	Thu	5:30-6:15 pm
Apr 8-May 27	\$50	436883

Tumbling Tots

An introduction to mat work and tumbling. A great program for the young gymnast in your family.

Plant R.C. – 613-232-3000

3-5 yrs	Sun	9:30-10:15 am
Apr 11-Jun 13	\$50.75	438927
3-5 yrs	Sun	10:25-11:10 am
Apr 11-Jun 13	\$50.75	438934

Rideauview C.C. – 613-822-7887

2-4 yrs	Sun	9:30-10:15 am
Apr 11-Jun 13	\$71	427061
2-4 yrs	Thu	9:15-10 am
Apr 8-Jun 10	\$79	427036

South Fallingbrook C.C. – 613-824-0633 ext. 221

3-5 yrs	Sat	9-9:45 am
Apr 17-Jun 19	\$67.75	431811
3-5 yrs	Sat	11-11:45 am
Apr 17-Jun 19	\$67.75	431812
3-4 yrs	Thu	5:30-6:15 pm
Jun 24-Aug 26	\$61	429563

Hockey

Parent and Tots Floor Hockey

Shoot, pass, score! Spend time together developing your child's skills while introducing them to the concepts of teamwork and fair play. The emphasis will be on fun and physical activity.

McNabb R.C. – 613-564-1070

3-6 yrs	Sun	1-1:55 pm
Apr 11-Jun 20	\$45.50	423111

Queenswood Heights C.C. – 613-580-2782

2-3 yrs	Tue	10:30-11:30 am
Apr 6-Jun 8	\$64.25	434882
2-3 yrs	Sat	9-10 am
Apr 10-Jun 19	\$64.25	434858
3-4 yrs	Sat	10:15-11:15 am
Apr 10-Jun 19	\$64.25	434885

Rideauview C.C. – 613-822-7887

3-5 yrs	Sun	10:30-11:15 am
Apr 11-Jun 13	\$71	427072
3-5 yrs	Sat	10:30-11:15 am
Apr 10-Jun 12	\$71	427074



Ice Hockey – Introduction

Basics of hockey – skating (forwards, backwards, and turning), stick handling, shooting (forehand and backwards) among others. Complete hockey equipment mandatory. Prerequisites: must be able to skate forwards.

Kanata R.C. – 613-591-9283 ext. 303

4-5 yrs	Mon	4-4:50 pm
May 31-Jun 28	\$58.75	430508
4-5 yrs	Thu	4-4:50 pm
May 27-Jun 24	\$58.75	430524

Hockey – Introduction

Learn the basics of hockey in a fun environment. Skills include skating, stick handling and shooting. Participants must be able to skate forward. Full hockey equipment is mandatory.

Jim Durrell R.C. – 613-580-2596

5-6 yrs	Sun	9-10 am
Jun 6-Jul 25	\$72	436445
5-6 yrs	Sun	10-11 am
Jun 6-Jul 25	\$72	436460

Soccer

Soccer

Come learn the basics of soccer. Skills, drills games and much more.

Alexander C.C. – 613-798-8978

4-6 yrs	Tue	4-5 pm
Apr 13-Jun 15	\$26	425972

Avalon E.S. – 613-580-2782

2080 Portobello

3-4 yrs	Sat	8-9 am
Apr 10-Jun 19	\$57	431868
3-4 yrs	Sat	9-10 am
Apr 10-Jun 19	\$57	431870
3-4 yrs	Sat	10-11 am
Apr 10-Jun 19	\$57	431874

Hintonburg Park – 613-798-8874

3-4 yrs	Tue	5:45-6:30 pm
May 11-Jun 15	\$32.50	435171

McNabb R.C. – 613-564-1070

3-6 yrs	Sun	noon-12:55 pm
Apr 11-Jun 20	\$48.75	423090

Nepean Sportsplex – 613-580-2828

3-5 yrs	Mon	1:30-2:15 pm
Apr 12-Jun 21	\$58	437859
3-5 yrs	Wed	1:30-2:15 pm
Apr 14-Jun 16	\$58	437861

Overbrook Park – 613-742-5147

4-5 yrs	Wed	6-6:45 pm
May 19-Jun 16	\$28.50	428880

Pinecrest P.S. – 613-580-2854

1281 Pinecrest

3-4 yrs	Sat	9-10 am
Mar 13-Apr 17	\$31.75	433070
5-6 yrs	Sat	10-11 am
Mar 13-Apr 17	\$31.75	433077

Raven Park – 613-580-2854

10-12 yrs	Tue	6-7 pm
May 25-Jul 13	\$43.75	438403
3-4 yrs	Sat	9-10 am
May 22-Jul 10	\$42.50	438394
5-6 yrs	Sat	10-11 am
May 22-Jul 10	\$42.50	438398

Sandy Hill C.C. – 613-564-1062

3-5 yrs	Mon	6-6:55 pm
May 3-Jun 14	\$56.25	441311
Jun 28-Aug 9	\$56.25	441368
3-5 yrs	Tue	6-6:55 pm
May 4-Jun 8	\$56.25	441348
Jun 29-Aug 3	\$56.25	441369
3-5 yrs	Thu	6-6:55 pm
May 6-Jun 10	\$56.25	441350
Jul 8-Aug 12	\$56.25	441370

South Fallingbrook C.C. – 613-824-0633 ext. 221

3-4 yrs	Tue	9:30-10:30 am
Jun 22-Aug 24	\$56.75	429592
3-4 yrs	Tue	5-6 pm
Jun 22-Aug 24	\$56.75	429603
3-4 yrs	Tue	6-7 pm
Jun 22-Aug 24	\$56.75	429606
3-4 yrs	Wed	5-6 pm
Jun 23-Aug 25	\$56.75	429608
3-4 yrs	Wed	6-7 pm
Jun 23-Aug 25	\$56.75	429719
3-4 yrs	Thu	9:30-10:30 am
Jun 24-Aug 26	\$51.25	429725
3-4 yrs	Thu	5-6 pm
Jun 24-Aug 26	\$51.25	429730
3-4 yrs	Thu	6-7 pm
Jun 24-Aug 26	\$51.25	429735

Blastball and Soccer

Giggles of fun! Learn the basics of outdoor BlastBall and Soccer.

Goulbourn R.C. – 613-831-1169

3-5 yrs	Thu	4-4:50 pm
May 20-Jun 24	\$42.75	436889
5-7 yrs	Thu	5-5:50 pm
May 20-Jun 24	\$42.75	430780

Walter Baker Park (Kanata R.C.) – 613-591-9283 ext. 303

5-7 yrs	Sat	1-2 pm
May 29-Jun 26	\$30	430623

Soccer – Indoor

Learn the game of soccer the fun way: a few drills, fun games and a lot of playing time.

Goulbourn R.C. – 613-831-1169

4-6 yrs	Fri	6-6:45 pm
Mar 26-Jun 11	\$73.50	431720

Greely E.S. – 613-580-2424 ext. 30235

7066 Parkway

4-6 yrs	Sat	11:30 am-12:30 pm
Mar 27-May 29	\$77.50	435169

Overbrook C.C. – 613-742-5147

4-5 yrs	Mon	6-6:45 pm
Apr 12-May 10	\$10.50	423566

South Fallingbrook C.C. – 613-824-0633 ext. 221

3-5 yrs	Sat	8:30-9:30 am
Apr 17-Jun 19	\$57	431829
3-5 yrs	Sun	9:30-10:30 am
Apr 18-Jun 20	\$57	431830
3-5 yrs	Sun	10:30-11:30 am
Apr 18-Jun 20	\$57	431831

Kicks for Kids

A great opportunity for preschoolers to join the exciting world of soccer! Emphasis is on basic techniques, participation, and fun. Parents are welcome to participate. Activities will take place both indoors and out, weather permitting.

Glen Cairn C.C. –

613-580-2424 ext. 33304

3-5 yrs	Wed	5:30-6:30 pm
Mar 24-Jun 16	\$72.50	438895

Goulbourn R.C. – 613-831-1169

3-4 yrs	Wed	4-4:50 pm
May 19-Jun 23	\$42.75	431725
5-7 yrs	Wed	5-5:50 pm
May 19-Jun 23	\$42.75	431726

Walter Baker Park (Kanata R.C.) – 613-591-9283 ext. 303

4-6 yrs	Sat	11 am-noon
May 29-Jun 26	\$30	430615

Parent and Tot

Shoot, pass, score! Develop your child's skills while introducing them to the concept of teamwork and fair play. Emphasis on fun and physical activity.

Fred Barrett Arena – 613-822-7887

3-5 yrs	Sat	9-9:45 am
Apr 10-Jun 19	\$71	425875
3-5 yrs	Sat	9:45-10:30 am
Apr 10-Jun 19	\$71	441237

Rideauview C.C. – 613-822-7887

3-5 yrs	Sat	9-9:45 am
Apr 10-Jun 12	\$71	427077
3-5 yrs	Sat	9:45-10:30 am
Apr 10-Jun 12	\$71	427078

Soccer and T-Ball

Introduces preschoolers to the sports of soccer and T-Ball in a fun, non-competitive way.

Corkery C.C. –

613-580-2424 ext. 33230

3-4 yrs	Sun	9-9:50 am
May 23-Jun 20	\$54.75	431718
5-6 yrs	Sun	9-9:50 am
May 23-Jun 20	\$54.75	431719

Dunrobin C.C. –

613-580-2424 ext. 33527

3-5 yrs	Sat	10:30-11:20 am
May 22-Jun 19	\$55	434768

Preschool

Frederick Banting Site (Stittsville E.S.) – 613-580-2424 ext. 33271

115 Main Street

3-5 yrs	Wed	5:30-6:20 pm
May 19-Jun 16	\$54.75	422419
4-6 yrs	Wed	5:30-6:20 pm
May 19-Jun 16	\$54.75	422420

Fringewood Park – 613-580-2424 ext. 33271

3-5 yrs	Sat	1-1:50 pm
May 22-Jun 19	\$54.75	422413
3-5 yrs	Sat	2-2:50 pm
May 22-Jun 19	\$54.75	422415
4-6 yrs	Sat	1-1:50 pm
May 22-Jun 19	\$54.75	422414
4-6 yrs	Sat	2-2:50 pm
May 22-Jun 19	\$54.75	422416

Huntley Com. Mess Hall – 613-580-2424 ext. 33527

3-4 yrs	Sat	9-9:50 am
May 22-Jun 19	\$55	434772
5-6 yrs	Sat	9-9:50 am
May 22-Jun 19	\$55	434775

Munster North Park – 613-580-2424 ext. 33230

3-4 yrs	Sat	10-10:50 am
May 22-Jun 19	\$54.75	431715
5-6 yrs	Sat	10-10:50 am
May 22-Jun 19	\$54.75	431713

Pinecrest R.C. – 613-828-3118

3-5 yrs	Sat	10-10:50 am
May 15-Jun 19	\$67.75	422245
3-5 yrs	Sat	11-11:50 am
May 15-Jun 19	\$67.75	422246
3-5 yrs	Sat	noon-12:50 pm
May 15-Jun 19	\$67.75	422247

Richmond E.S. – 613-580-2424 ext. 33230 3499 McBean

3-4 yrs	Thu	4:30-5:20 pm
May 20-Jun 17	\$54.75	430239
3-4 yrs	Sat	9-9:50 am
May 22-Jun 19	\$54.75	430276
5-6 yrs	Thu	4:30-5:20 pm
May 20-Jun 17	\$54.75	430284
5-6 yrs	Sat	9-9:50 am
May 22-Jun 19	\$54.75	430291

Walter Baker Park (Kanata R.C.) – 613-591-9283 ext. 303

3-5 yrs	Tue	noon-12:45 pm
May 4-Jun 22	\$64	430794
3-5 yrs	Tue	1-1:45 pm
May 4-Jun 22	\$64	430797
3-5 yrs	Sat	2-2:45 pm
May 1-Jun 26	\$64	430798
3-5 yrs	Sat	3-3:45 pm
May 1-Jun 26	\$64	430799

**NEW! Family Programs
section on page 94.**

Soccer Playtime

Children will be kept busy in this two-part program. First they learn basic soccer skills, drills and play games. Secondly they play parachute games, cooperative games and sing songs. This all-in-one program will be the highlight of your child's day!

Bridlewood C.C. – 613-580-2424 ext. 33501

3-5 yrs	Sun	8-9 am
Mar 21-Jun 6	\$52	429240
3-5 yrs	Sun	9:15-10:15 am
Mar 21-Jun 6	\$52	429241

South March P.S. – 613-580-2424 ext. 33501

3-5 yrs	Sat	9-10 am
Mar 27-May 29	\$52	441076

Sportball®

Sportball® Junior

In partnership with Sportball® www.sportball.ca. Children and parents are introduced to sports, creative games, songs, rhymes, stories, bubble time and much more! Learn the FUNdamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf.

Fallingbrook E.S. – 613-580-2782 679 Deancourt

16 mths-2 yrs	Sat	9-9:45 am
Apr 10-Jun 19	\$159.75	435582

Greely C.C. – 613-580-2424 ext. 30235

16 mths-2 yrs	Mon	12:45-1:30 pm
Apr 12-Jun 14	\$127.75	435162

Queenswood Heights C.C. – 613-580-2782

16 mths-2 yrs	Wed	11:15 am-noon
Mar 24-Jun 9	\$159.75	435599

Walter Baker Sports Centre – 613-580-2788

16 mths-2 yrs	Thu	11:15 am-noon
Mar 25-May 27	\$159.75	434642

Sportball®– Multi-Sport

In partnership with Sportball® www.sportball.ca. Learn the FUNdamentals of soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are taught in a non-competitive and supportive environment

Fallingbrook E.S. – 613-580-2782 679 Deancourt

3-5 yrs	Sat	10:30-11:30 am
Apr 10-Jun 19	\$159.75	435635

Greely C.C. – 613-580-2424 ext. 30235

3-5 yrs	Mon	1:30-2:15 pm
Apr 12-Jun 14	\$127.75	435158

Pinecrest R.C. – 613-828-3118

4-5 yrs	Sun	noon-1 pm
Mar 28-Jun 20	\$171.75	422267

Queenswood Heights C.C. – 613-580-2782

3-5 yrs	Wed	10:15-11:15 am
Mar 24-Jun 9	\$159.75	435646

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

3-5 yrs	Sun	2-3 pm
Mar 28-Jun 20	\$159.75	437847
4-6 yrs	Sun	1-2 pm
Mar 28-Jun 20	\$159.75	437848

Walter Baker Sports Centre – 613-580-2788

3-6 yrs	Thu	10:15-11:15 am
Mar 25-Jun 10	\$159.75	434627
3-6 yrs	Thu	1-2 pm
Mar 25-May 27	\$159.75	434634
4-6 yrs	Thu	2-3 pm
Mar 25-May 27	\$159.75	434631

Sportball® – Outdoor Soccer

In partnership with Sportball® (www.sportball.ca) Children gain knowledge and the ability to play soccer with confidence through skill development and non-competitive games.

Pinecrest R.C. – 613-828-3118

3-5 yrs	Tue, Thu	5:45-6:45 pm
Jun 1-24	\$130	422230
3-5 yrs	Wed	5:45-6:45 pm
Jun 30-Aug 18	\$130	422236

Queenswood Heights Centennial Park – 613-580-2782

3-5 yrs	Mon, Wed	4:30-5:30 pm
May 31-Jun 23	\$130	432877
5-7 yrs	Mon, Wed	6:15-7:15 pm
May 31-Jun 23	\$130	432876
3-5 yrs	Mon	4:30-5:30 pm
Jul 5-Aug 30	\$130	432874
5-7 yrs	Mon	6:15-7:15 pm
Jul 5-Aug 30	\$130	432875

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

3-5 yrs	Thu	5:45-6:45 pm
Jul 8-Aug 26	\$130	440856

South Nepean Park (Core) – 613-580-2424 ext. 30307

3-6 yrs	Thu	5:45-6:45 pm
Jul 8-Aug 26	\$130	441653

Sportball® Outdoor Soccer – Parent and Tot

In partnership with Sportball® (www.sportball.ca) Parents are instructed how to correctly assist their children in learning the FUNdamentals of soccer. Focus is on success through participation.

Pinecrest R.C. – 613-828-3118

2-3 yrs	Tue, Thu	5-5:45 pm
Jun 1-24	\$130	422229
2-3 yrs	Wed	5-5:45 pm
Jun 30-Aug 18	\$130	422235

Queenswood Heights Centennial Park – 613-580-2782

2-3 yrs	Mon, Wed	5:30-6:15 pm
May 31-Jun 23	\$130	432907
2-3 yrs	Mon	5:30-6:15 pm
Jul 5-Aug 30	\$130	432906

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

2-3 yrs	Thu	5-5:45 pm
May 13-Jul 1	\$130	437872
Jul 8-Aug 26	\$130	440855

South Nepean Park (Core) – 613-580-2424 ext. 30307

2-3 yrs	Thu	5-5:45 pm
Jul 8-Aug 26	\$130	441561

Sportball® – Parent and Tot

In partnership with Sportball® www.sportball.ca. Parents and children are introduced to soccer, hockey, basketball, baseball, volleyball, tennis and golf. Games and skills are non-competitive, focusing on success and confidence.

Fallingbrook E.S. – 613-580-2782 679 Deancourt

2-3 yrs	Sat	9:45-10:30 am
Apr 10-Jun 19	\$159.75	435668

Pinecrest R.C. – 613-828-3118

2-3 yrs	Sun	10:30-11:15 am
Mar 28-Jun 20	\$171.75	422265
2-3 yrs	Sun	11:15 am-noon
Mar 28-Jun 20	\$171.75	422266

Queenswood Heights C.C. – 613-580-2782

2-3 yrs	Wed	9:30-10:15 am
Mar 24-Jun 9	\$159.75	435670

Walter Baker Sports Centre – 613-580-2788

2-3 yrs	Thu	9:30-10:15 am
Mar 25-Jun 10	\$159.75	434638

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

2-3 yrs	Sun	3-4 pm
Mar 28-Jun 20	\$159.75	

Sports for Tots

A fun time for sporty kids and parents/ caregivers! Children participate in active games, sports and more with parent's/ caregiver's assistance.

Goulbourn R.C. – 613-831-1169

18 mths-3 yrs	Mon	11:15 am-noon
Mar 22-Jun 14	\$73.50	431744
18 mths-3 yrs	Wed	3-3:45 pm
Mar 24-Jun 9	\$80	431749

Greely E.S. – 613-580-2424 ext. 30235 7066 Parkway

20 mths-3 yrs	Sat-Sun	9-10 am
Mar 27-May 29	\$77.50	435166

North Gower Marlborough P.S. – 613-798-8920 2403 Church

20 mths-3 yrs	Sat-Sun	9-10 am
Mar 27-May 29	\$77.50	440865

South Fallingbrook C.C. – 613-824-0633 ext. 221

2-4 yrs	Tue	9:30-10:30 am
Apr 13-Jun 15	\$61	430116

Walter Baker Park (Kanata R.C.) – 613-591-9282 ext. 303

3-5 yrs	Sat	9-10 am
May 29-Jun 26	\$30	430597

Sporty Kids

A fun time for sporty kids! Children participate in active games, sports and more!

Corkery C.C. – 613-580-2424 ext. 33230

4-6 yrs	Sun	10-10:50 am
May 23-Jun 20	\$54.75	440077

Eva James C.C. – 613-271-0712

3-5 yrs	Tue	11:30 am-12:30 pm
Mar 30-Jun 1	\$66.50	432408
3-5 yrs	Tue	12:45-1:45 pm
Mar 30-Jun 1	\$66.50	432409
3-5 yrs	Tue	2-3 pm
Mar 30-Jun 1	\$66.50	432410
3-5 yrs	Thu	10:05-11:05 am
Apr 1-Jun 3	\$66.50	432413
3-5 yrs	Thu	11:05 am-12:05 pm
Apr 1-Jun 3	\$66.50	432415

Frederick Banting Site (Stittsville E.S.) – 613-580-2424 ext. 33271 115 Main St.

4-6 yrs	Wed	4:30-5:20 pm
May 19-Jun 16	\$54.75	422418

Fringewood Park – 613-580-2424 ext. 33271

4-6 yrs	Sat	3-3:50 pm
May 22-Jun 19	\$54.75	422417

Goulbourn R.C. – 613-831-1169

3-5 yrs	Mon	10:30-11:15 am
Mar 22-Jun 14	\$73.50	431756

Hintonburg C.C. – 613-798-8874

3-5 yrs	Fri	9:15-11:15 am
Apr 9-Jun 18	\$107.25	435175

Munster North Park – 613-580-2424 ext. 33230

4-6 yrs	Sat	11-11:50 am
May 22-Jun 19	\$54.75	440071

Nepean Sportsplex – 613-580-2828

3-5 yrs	Fri	1:30-2:15 pm
Apr 16-Jun 18	\$58	437864



Richmond E.S. – 613-580-2424 ext. 33230 3499 McBean

4-6 yrs	Thu	5:30-6:20 pm
May 20-Jun 17	\$54.75	440053
4-6 yrs	Sat	10-10:50 am
May 22-Jun 19	\$54.75	440061

Richmond C.C. – 613-580-2424 ext. 33230

3-5 yrs	Mon	5-5:45 pm
Apr 19-Jun 14	\$53.50	433970
3-5 yrs	Thu	9:15-10 am
Apr 22-Jun 10	\$53.50	433973

Walter Baker Park (Kanata R.C.) – 613-591-9283 ext. 303

3-5 yrs	Sat	10-11 am
May 29-Jun 26	\$30	430603

T-Ball

The game of baseball for the little ones!

Sandy Hill C.C. – 613-564-1062

3-5 yrs	Wed	6-6:55 pm
May 5-Jun 9	\$56.25	441376
Jun 30-Aug 4	\$56.25	441378

Walter Baker Park (Kanata R.C.) – 613-591-9283 ext. 303

3-5 yrs	Sat	4-4:45 pm
May 1-Jun 26	\$64	430800

Tennis Mini

Children are introduced to the game of tennis.

Four Season's Park – 613-580-2854

3-5 yrs	Sat	9:30-10 am
May 8-29	\$47	439250
Jun 5-26	\$47	439253

Pinecrest Park – 613-580-2854

3-5 yrs	Sat	9:30-10 am
May 8-29	\$47	439240
Jun 5-26	\$47	439244



Arts – Literary

Draw Out Your Story

Word play and games to create and write stories. Using storytelling exercises, dialogue, dreams, and other techniques, children will find words for their own stories, and produce an illustrated book. Play with language and images.

Nepean Creative Arts Centre – 613-596-5783

7-14 yrs	Sat	10-11:15 am
Apr 24-May 29	\$73	423243

Writing Your Best Story Ever

Turn your best story into a picture book. Enter the lively world of creative writing while experimenting with different art forms to illustrate your story.

Nepean Creative Arts Centre – 613-596-5783

9-13 yrs	Sun	11 am-12:30 pm
Apr 11-Jun 6	\$116.50	423961



Homeschooler

These programs are designed with homeschoolers in mind. Call 613-596-5783 for more information or to make special arrangements for other age groups.

Draw Out Your Story

Word play and games to create and write stories. Using storytelling exercises, dialogue, dreams, and other techniques, children will find words for their own stories, and produce an illustrated book. Play with language and images.

Nepean Creative Arts Centre – 613-596-5783

7-14 yrs	Fri	10-11:15 am
Apr 9-May 14	\$73	423962

Arts – Performing

Dance

Acrobatic Dance – Introductory

Combining dance steps and combinations with free floor gymnastics.

Goulbourn R.C. – 613-831-1169

6-11 yrs	Sat	1:30-2:30 pm
Mar 27-Jun 12	\$70.75	428393

Acrobatic Dance – Level 2

Combining dance steps and combinations with free floor gymnastics for students with previous dance and/or gymnastics training.

Goulbourn R.C. – 613-831-1169

9-13 yrs	Sat	2:30-3:30 pm
Mar 27-Jun 12	\$70.75	428398

Ballet

Ballet, music, movement and mime. Routines designed to help the development of strength, balance, flexibility and coordination.

Fisher Park C.C. – 613-798-8945

5-7 yrs	Sat	11:30 am-12:15 pm
Apr 10-Jun 12	\$66	438262

Hintonburg C.C. – 613-798-8874

5-6 yrs	Thu	6:45-7:30 pm
Apr 8-Jun 10	\$60	435142

Overbrook C.C. – 613-742-5147

6-8 yrs	Sat	10:15-11 am
Apr 10-Jun 12	\$62.50	423852

Pretty Street C.C. – 613-580-2424 ext. 33271

6-8 yrs	Thu	7-7:45 pm
Apr 8-May 27	\$53.25	422426

Rockcliffe Park R.C. – 613-842-8578

8-12 yrs	Mon	5:40-6:40 pm
Apr 12-Jun 7	\$78	440666

Music for Home Schoolers

A dynamic musician teacher leads your home school group through adventures in music including choral singing and jazz ensemble work, experimentation in percussion and other instruments. An exciting approach to music appreciation.

Nepean Creative Arts Centre – 613-596-5783

10-12 yrs	Tue	10-11:30 am
Apr 13-Jun 1	\$116.50	423518
13-15 yrs	Tue	11:30 am-1 pm
Apr 13-Jun 1	\$116.50	423522

Shenkman Arts Centre – 613-580-2787

8-10 yrs	Fri	11 am-noon
Apr 23-Jun 25	\$131.50	435008

South Fallingbrook C.C. – 613-824-0633 ext. 221

6-8 yrs	Sun	10:30-11:30 am
Apr 18-Jun 20	\$81.25	432321

St. Francis Xavier H.S. – 613-822-7887

3740 Spratt

5-7 yrs	Sat	11:30 am-12:15 pm
Apr 10-Jun 12	\$64.25	429521

Tanglewood Com Bldg – 613-580-2424 ext. 41208

5-7 yrs	Mon	5:45-6:30 pm
Apr 12-Jun 21	\$65	423123

Ballet Jazz

Introduction for beginners.

Heron C.C. – 613-247-4808

6-9 yrs	Sat	noon-1 pm
Apr 10-Jun 12	\$62.50	438417

St. Francis Xavier H.S. – 613-822-7887

3740 Spratt

7-10 yrs	Sat	12:15-1 pm
Apr 10-Jun 12	\$64.25	429516

St-Laurent Complex – 613-742-6767

6-8 yrs	Sun	1:15-2 pm
Apr 18-Jun 6	\$68	432158



**Eat Smart
Ottawa
Dining Guide –
www.eatsmart.web.ca**

Ballet Jazz Dance Works

Taking the basics of ballet/jazz movement a little further, being a more refined exploration of dance techniques, and keeping it fun by throwing in a little jazz flare.

Goulbourn R.C. – 613-831-1169

8-12 yrs Wed 4:10-5:10 pm
Mar 31-May 19 \$77.75 428427

Stittsville C.C. –

613-580-2424 ext. 33271

5-6 yrs Wed 5:5-5:45 pm
Mar 31-May 19 \$43.75 422424

Ballet – Level 1

This level follows Primary Ballet and begins to teach children exercises at the ballet barre in order to develop coordination and strength. Children are then introduced to a greater variety of ballet steps and jumps in the centre, with a focus on combining these steps in combinations.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

7-11 yrs Sun 1:30-2:30 pm
May 9-Jun 20 \$43.75 424350

Pinecrest R.C. – 613-828-3118

5-6 yrs Thu 6:15-7 pm
Mar 25-Jun 10 \$86 422222

St-Laurent Complex – 613-742-6767

9-11 yrs Sat 2:15-3:15 pm
Apr 24-Jun 19 \$78 432976

Ballet – Pre-Primary

An introduction to classical ballet with emphasis on correct posture, basic positions, steps and musical development.

St-Laurent Complex – 613-742-6767

6-7 yrs Sun 2:45-3:30 pm
Apr 18-Jun 6 \$68 432160
6-7 yrs Sat 12:30-1:15 pm
Apr 24-Jun 19 \$74 432163

Ballet – Primary

This level concentrates on basic classical ballet technique with emphasis on the use of turnout and correct posture, musicality, as well as beginning to combine dance steps in simple sequences.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

4-6 yrs Sun 12:30-1:30 pm
May 9-Jun 20 \$43.75 424281
4-6 yrs Sat 11:30 am-12:30 pm
May 8-Jun 19 \$43.75 424276

Cyrville C.C. – 613-748-1771

6-12 yrs Sat 12:30-1:15 pm
Apr 10-Jun 12 \$59.75 436983

St-Laurent Complex – 613-742-6767

7-9 yrs Sat 1:15-2:15 pm
Apr 24-Jun 19 \$78 432953

Break Dance

The #1 selling 'how to breakdance' programme. Learn all the moves to breakdance.

Overbrook C.C. – 613-742-5147

5-7 yrs Sat 12:15-1 pm
Apr 10-Jun 12 \$78 423922

Dance Into Broadway Musicals

Pick up crazy dance moves from the latest musicals! Dance, have fun, and get ready to perform like a Broadway Star!

Carp Memorial Hall – 613-580-2424 ext. 33527

4-5 yrs Sun 10:15-11 am
Mar 28-Jun 13 \$44 436839

Dynamic Dancers

Moving to fun music, dancers will explore a variety of dance styles and steps. Learn techniques from ballet, jazz, and hip hop.

Nepean Creative Arts Centre – 613-596-5783

10-12 yrs Mon 6:30-7:30 pm
Apr 12-Jun 14 \$78 423262
6-9 yrs Mon 5:30-6:30 pm
Apr 12-Jun 14 \$78 423256
6-9 yrs Fri 4:30-5:15 pm
Apr 9-Jun 11 \$86.75 423251

Gotta Dance

Variety of different dance styles with room for creative expression.

Eva James C.C. – 613-271-0712

6-8 yrs Sat 3:15-4 pm
Mar 27-Jun 12 \$52 434763

Metcalfe C.C. –

613-580-2424 ext. 30235

7-9 yrs Sat 12:10-1:05 pm
Apr 10-Jun 5 \$72.25 434350

Nepean Creative Arts Centre – 613-596-5783

4-5 yrs Wed 1-1:45 pm
Apr 7-Jun 9 \$86.75 423964

Plant R.C. – 613-232-3000

3-5 yrs Tue 10:30-11:15 am
Apr 13-Jun 15 \$56.25 438841

Richmond C.C. –

613-580-2424 ext. 33230

6-7 yrs Wed 6-6:45 pm
Apr 7-Jun 2 \$49.25 426387



Children's Birthday Party Packages

Maximum fun, minimum fuss!

Celebrate your birthday in one of our affordable party facilities.

Choose from a range of activities such as supervised games, water sports, and crafts.

Contact the facilities below for booking and cost information.

- **Fisher Park Community Centre**
613-798-8945
- **Foster Farm Community Centre**
613-828-2004
- **Fred G. Barrett Arena**
613-822-7887
- **Goulbourn Recreation Complex Pool**
613-831-1169
- **Nepean Creative Arts Centre**
613-596-5783
- **Nepean Visual Arts Centre**
613-580-2828
- **Pinecrest Recreation Complex**
613-828-3118
- **Ray Friel Recreation Complex**
613-830-2747 ext. 227
- **Rideauview Community Centre**
613-822-7887
- **St-Laurent Complex**
613-742-6767
- **Splash Wave Pool**
613-748-4222
- **Walter Baker Sports Centre Pool**
613-580-2788

**NEW! Family Programs
section on page 94.**

Children

South Fallingbrook C.C. – 613-824-0633 ext. 221

6-9 yrs	Wed	5:30-6:30 pm
Apr 14-Jun 16	\$56	432008
Jun 23-Aug 25	\$62	439460

Walter Baker Sports Centre – 613-596-5783

3-5 yrs	Fri	12:30-1:15 pm
Apr 9-Jun 4	\$78	423270
4-6 yrs	Fri	1:15-2 pm
Apr 9-Jun 11	\$86.75	423963

Happy Feet and Tapping Toes!

Start tapping and get wild! Learn a variety of dance styles including ballet, jazz and hip-hop!

Corkery C.C. – 613-580-2424 ext. 33230

4-6 yrs	Thu	6-6:45 pm
Apr 15-Jun 10	\$49.25	431739

Kanata Leisure Centre – 613-591-9283

5-7 yrs	Tue	5:15-6 pm
Apr 6-Jun 8	\$71.25	436454

Munster C.C. – 613-580-2424 ext. 33230

5-6 yrs	Mon	6-6:45 pm
Apr 12-Jun 7	\$43.75	431685

Richmond C.C. – 613-580-2424 ext. 33230

4-5 yrs	Wed	5-5:45 pm
Apr 7-Jun 2	\$49.25	426188
5-6 yrs	Tue	5-5:45 pm
Apr 6-Jun 1	\$49.25	426179

Hip Hop – Level 1

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!

Albion Heatherington R.C. – 613-247-4828

8-12 yrs	Sat	12:30-1:30 pm
Apr 10-May 29	\$54	433246

Alexander C.C. – 613-798-8978

6-12 yrs	Thu	5:15-6:15 pm
Apr 15-Jun 17	\$27.50	428987

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

8-12 yrs	Wed	6:30-7:30 pm
Apr 21-Jun 16	\$65.75	424468

Carp Memorial Hall – 613-580-2424 ext. 33527

5-7 yrs	Mon	5-5:50 am
Mar 22-Jun 14	\$73.25	434786
8-12 yrs	Mon	6-6:50 am
Mar 22-Jun 14	\$73.25	434798

Cyrville C.C. – 613-748-1771

6-12 yrs	Mon	7-8 pm
Apr 12-Jun 7	\$53.25	436984

Eva James C.C. – 613-271-0712

6-8 yrs	Fri	4:45-5:45 pm
Mar 26-Jun 18	\$69	434722
9-12 yrs	Fri	5:55-6:55 pm
Mar 26-Jun 18	\$69	434723

Fisher Park C.C. – 613-798-8945

6-10 yrs	Thu	6:45-7:30 pm
Apr 1-Jun 3	\$73.25	438264

Goulbourn Municipal Office – 613-580-2424 ext. 33230

13-17 yrs	Tue	8-8:50 pm
Apr 6-Jun 15	\$66.75	422461
5-7 yrs	Tue	5-5:50 pm
Apr 6-Jun 15	\$66.75	422458
7-9 yrs	Tue	6-6:50 pm
Apr 6-Jun 15	\$66.75	422459
9-12 yrs	Tue	7-7:50 pm
Apr 6-Jun 15	\$66.75	422460

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

10-12 yrs	Sat	1:15-2:10 pm
Apr 10-Jun 5	\$72.25	434365

Old Town Hall (Kanata) – 613-580-2424 ext. 33304

6-8 yrs	Sat	11:15 am-noon
Mar 27-Jun 12	\$62.75	440800
6-8 yrs	Sat	12:15-1 pm
Mar 27-Jun 12	\$62.75	440802
9-12 yrs	Sat	1:15-2 pm
Mar 27-Jun 12	\$62.75	440803

Pinecrest R.C. – 613-828-3118

6-8 yrs	Sun	4:45-5:30 pm
Mar 28-Jun 20	\$75.50	422262
9-12 yrs	Sun	5:30-6:15 pm
Mar 28-Jun 20	\$75.50	422263

Plant R.C. – 613-232-3000

13-15 yrs	Sun	1:15-2:15 pm
Apr 11-Jun 20	\$68.75	440000
9-12 yrs	Sun, Sat	2:15-3:15 pm
Apr 11-Jun 19	\$68.75	432655

Pretty Street C.C. – 613-580-2424 ext. 33271

10-12 yrs	Thu	8-8:45 pm
Apr 8-May 27	\$53.25	422427

South Fallingbrook C.C. – 613-824-0633 ext. 221

10-12 yrs	Tue	6:30-7:30 pm
Apr 13-Jun 15	\$56	431997
7-12 yrs	Tue	6:45-7:45 pm
Jun 22-Aug 24	\$62	439434
7-9 yrs	Tue	5:30-6:30 pm
Apr 13-Jun 15	\$56	431996

Walter Baker Sports Centre – 613-596-5783

9-12 yrs	Sat	11:30 am-12:30 pm
Apr 10-Jun 12	\$78	423281



Hip Hop – Level 2

Goulbourn Municipal Office – 613-580-2424 ext. 33230

7-12 yrs	Wed	5:30-6:20 pm
Apr 7-Jun 9	\$66.75	422462

South Fallingbrook C.C. – 613-824-0633 ext. 221

10-12 yrs	Tue	7:30-8:30 pm
Apr 13-Jun 15	\$56	431999

Hip Hop and Jazz

Emphasis on body placement, coordination and basic jazz technique.

Sandy Hill C.C. – 613-564-1062

7-10 yrs	Sat	3:15-4:15 pm
Apr 17-Jun 5	\$50	436917

Hip Hop Funk and Jazz

Funky dance class featuring the latest in funky moves with Jazz techniques and a show at the end of the session!!

Beacon Hill North C.C. – 613-748-1771

6-8 yrs	Thu	5:15-6:15 pm
Apr 8-Jun 10	\$66.50	436985
9-12 yrs	Thu	6:30-7:30 pm
Apr 8-Jun 10	\$66.50	436986

Kanata R.C. – 613-591-9283 ext. 303

8-12 yrs	Thu	6-7 pm
Apr 8-Jun 10	\$71.25	425242

St. Francis Xavier H.S. – 613-822-7887

3740 Spratt

11-14 yrs	Mon	7-8 pm
Apr 12-Jun 14	\$64.25	429532

Jazz and Stage Dancing

The jazz and stage program is a mix of jazz dancing with an expressive Broadway style. A bit of dramatic expression is involved to liven-up the dancing, as well as the level enthusiasm.

Fisher Park C.C. – 613-798-8945

8-12 yrs Thu 7:30-8:15 pm
Apr 1-Jun 3 \$73.25 438266

Jazz

Children enjoy music and movement, and learn the basics of jazz dance. Exercises are structured to develop strength, balance, flexibility and coordination. Children will expand their creative scope and gain confidence in their abilities.

Glen Cairn C.C. –

613-580-2424 ext. 33304

3-5 yrs Sat 9-9:45 am
Mar 27-Jun 12 \$62.75 439081
3-5 yrs Sat 10-10:45 am
Mar 27-Jun 12 \$62.75 439087
6-8 yrs Sat 11-11:45 am
Mar 27-Jun 12 \$62.75 439093

Kars C.C. –

613-580-2424 ext. 30235

7-10 yrs Mon 6:30-7:25 pm
Apr 12-Jun 7 \$72.25 427631

Nepean Creative Arts Centre –

613-596-5783

4-5 yrs Sat 10-10:45 am
Apr 10-Jun 12 \$78 423290
5-6 yrs Sun noon-12:45 pm
Apr 11-Jun 13 \$78 423306
6-8 yrs Sat 10:30-11:15 am
Apr 10-Jun 12 \$78 423302

Pretty Street C.C. –

613-580-2424 ext. 33271

6-8 yrs Thu 6-6:45 pm
Apr 8-May 27 \$43.75 422425

Walter Baker Sports Centre –

613-596-5783

4-6 yrs Fri 10-10:45 am
Apr 9-Jun 11 \$86.75 423311

Jazz – Pre Teen

A continuation of the junior jazz program.

St-Laurent Complex –

613-742-6767

9-12 yrs Sun 3:30-4:30 pm
Apr 18-Jun 6 \$78 432161

**Schedules and fees may
be subject to change.
Fees include GST.**

City of Ottawa After School Programs

Certified and Enthusiastic Staff!

- Fun • Safe • Affordable
- Games, sports, crafts and homework!
- Make new friends!
- Register at the facility of your choice or visit 123Go register at ottawa.ca/recreation.



- **Alexander C.C.**
613-798-8978
- **Bridlewood C.C.**
613-580-2424 ext. 33304
- **Convent Glen E.S.**
613-580-2782
- **Cyrville C.C.**
613-748-1771
- **Forest Valley E.S.**
613-580-2782
- **Fred G. Barrett Arena**
613-822-7887
- **General Burns C.C.**
613-580-2424 ext. 41238
- **Glen Cairn C.C.**
613-580-2782
- **Glen Ogilvie P.S.**
613-824-0819 ext. 231
- **Greely C.C.**
613-580-2424 ext. 30235
- **Greenboro C.C.**
613-580-2805
- **Henry Larsen E.S.**
613-580-2782
- **Hintonburg C.C.**
613-798-8874
- **Huntley Centennial P.S.**
613-580-2424 ext. 33527
- **Le Phare E.S.**
613-748-1771
- **Manotick E.S.**
613-580-2424 ext. 30235
- **Metcalfe C.C.**
613-580-2424 ext. 30235
- **Michele Heights C.C.**
613-828-5100
- **North Gower E.S.**
613-580-2424 ext. 30235
- **Old Town Hall**
613-564-1078
- **Orléans Wood E.S.**
613-580-2782
- **Osgoode C.C.**
613-580-2424 ext. 30235
- **Overbrook C.C.**
613-742-5147
- **Queenswood Heights**
613-580-2782
- **R.E. Wilson P.S.**
613-580-2424 ext. 28464
- **Rideauview C.C.**
613-822-7887
- **Robert Hopkins P.S.**
613-748-1771
- **Roch Carrier E.S.**
613-580-2424 ext. 33304
- **Sandy Hill C.C.**
613-564-1062
- **Sawmill Creek C.C.**
613-521-4092
- **St. Laurent Complex**
613-742-6767
- **South Fallingbrook C.C.**
613-824-0633 ext. 221
- **Terry Fox E.S.**
613-580-2782
- **Walter Baker Sports Centre**
613-580-2424 ext. 30307
- **W.O. Mitchell E.S.**
613-580-2424 ext. 33304



Children

Razzle Dazzle Pom Class

Learn the latest dance moves in this innovative and energetic pom class. Improve coordination and gain confidence in your dance abilities as you master pom routines choreographed to music.

Tanglewood Com. Building – 613-580-2424 ext. 41208

6-10 yrs	Mon	6:30-7:15 pm
Apr 12-Jun 21	\$82.75	423144

Step Dancing – Ottawa Valley – Level 1

Learn the energetic and entertaining art of Step dancing. This Irish/Scottish influenced form of dance dates back to the 1800s in the Ottawa Valley. Routines will focus on footwork, rhythms, and musicality. Students progress within the same level from session to session.

Nepean Creative Arts Centre – 613-596-5783

5-7 yrs	Wed	5:30-6:15 pm
Apr 7-Jun 9	\$121	423965
7-14 yrs	Wed	5:30-6:15 pm
Apr 7-Jun 9	\$121	423966

Walter Baker Sports Centre – 613-596-5783

5-7 yrs	Fri	5:30-6:15 pm
Apr 9-Jun 11	\$121	423968
7-14 yrs	Fri	6:15-7 pm
Apr 9-Jun 11	\$121	423967

Step Dancing-Ottawa Valley – Level 1 New Student

Nepean Creative Arts Centre – 613-596-5783

5-14 yrs	Wed	5:30-6:15 pm
Apr 7-Jun 9	\$121	423969

Walter Baker Sports Centre – 613-596-5783

5-14 yrs	Fri	5:30-6:15 pm
Apr 9-Jun 11	\$121	441801

Step Dancing-Ottawa Valley – Level 2

Nepean Creative Arts Centre – 613-596-5783

7-14 yrs	Wed	6:15-7 pm
Apr 7-Jun 9	\$121	44172

Step Dancing-Ottawa Valley – Level 3

Nepean Creative Arts Centre – 613-596-5783

7-14 yrs	Wed	6:15-7 pm
Apr 7-Jun 9	\$121	423973

Step Dancing-Ottawa Valley Child – Level 4

Walter Baker Sports Centre – 613-580-2788

7-14 yrs	Fri	7-7:45 pm
Apr 9-Jun 11	\$121	423975

Tap Dance

An introduction to tap dance, progressing through more complex steps and rhythms.

Fisher Park C.C. – 613-798-8945

6-10 yrs	Thu	6-6:45 pm
Apr 1-Jun 3	\$73.25	438267

Nepean Creative Arts Centre – 613-596-5783

4-6 yrs	Sat	9:15-10 am
Apr 10-Jun 12	\$78	423320
6-12 yrs	Fri	4:30-5:15 pm
Apr 9-Jun 11	\$86.75	423325

Tap Dance – Level 1

Classes are designed for the beginner tapper. Students will learn basic footwork and rhythms, coordination, musicality and a flair for musical theatre. Tap shoes with single taps are required. Please wait until after the first class to purchase shoes.

St-Laurent Complex – 613-742-6767

6-8 yrs	Sat	3:30-4:30 pm
Apr 24-Jun 19	\$78	433013
9-12 yrs	Sat	4:30-5:30 pm
Apr 24-Jun 19	\$78	433023

West African Dance

Discover the rhythm and the energy of African dance. Have fun learning a new dance as well as getting a great cardio workout at the same time!

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

9-16 yrs	Mon	6:15-7:15 pm
Apr 12-Jun 21	\$70	441686

Drama

Drama

Introduction to the world of acting. Course will include character development, voice projection and stage.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

10-13 yrs	Tue	5:30-7 pm
Apr 13-Jun 15	\$100	423853

Rideauview C.C. – 613-822-7887

8-11 yrs	Wed	6-7 pm
Apr 7-Jun 9	\$79	426921

Basic Drama and Improv Skills

This program is designed for those interested in theatre arts, or those wanting to improve their presentation skills. Includes introduction to character development, voice workshops, on the spot acting, with a focus on improvisation.

St-Laurent Complex – 613-742-6767

10-14 yrs	Thu	7-8 pm
Apr 15-Jun 17	\$82.50	433162

Drama and Dance School

Jazz, dance, improvisation, character study, performance skills and drama games. Open House performance on last day.

Goulbourn R.C. – 613-831-1169

9-12 yrs	Mon	5-6 pm
Apr 12-Jun 14	\$77.25	429103

Nepean Creative Arts Centre – 613-596-5783

6-9 yrs	Sat	11 am-noon
Apr 10-Jun 12	\$78	423329

Walter Baker Sports Centre – 613-596-5783

6-9 yrs	Sat	10:30-11:30 am
Apr 10-Jun 12	\$78	423332

How Dramatic!

A further introduction to drama through role play, cooperatively concluding an unfinished story by acting out, learning mime, storytelling and changing a story to a play.

Bridlewood C.C. – 613-580-2424 ext. 33501

6-9 yrs	Wed	6-6:50 pm
Mar 31-Jun 16	\$88	429224

Goulbourn Municipal Office – 613-580-2424 ext. 33230

7-10 yrs	Sat	3-3:50 pm
Apr 10-Jun 5	\$53.50	431623

Kanata R.C. – 613-591-9283 ext. 303

7-10 yrs	Sat	2:30-4 pm
Apr 10-Jun 12	\$100.75	425268

Drama – Introduction

Younger children can experience a great introduction to acting. Activities will include exercises to build voice projection, mime, character development and improvisation skills, all with a focus on encouraging children to use their imagination.

Kanata R.C. – 613-591-9283 ext. 303

6-8 yrs	Sat	1:30-2:30 pm
Apr 10-Jun 12	\$100.75	425276

St-Laurent Complex – 613-742-6767

6-9 yrs	Thu	6-7 pm
Apr 15-Jun 17	\$82.50	433114

Live Wire Drama

Enter the exciting world of performance. Drama skills, theatrical techniques, improvisation, scene study, and performance.

Bridlewood C.C. –

613-580-2424 ext. 33501

8-10 yrs	Sat	1-2:30 pm
May 1-Jun 12	\$60.75	440970

Nepean Creative Arts Centre – 613-596-5783

8-10 yrs	Sat	noon-1:30 pm
Apr 10-Jun 12	\$117	423659
11-13 yrs	Sat	1:30-3 pm
Apr 10-Jun 12	\$117	423665

Musical Theatre

Explore the world of theatrical song and dance. Learn good vocal technique, the art of choreographed movement, and staging for musical performance.

Nepean Creative Arts Centre – 613-596-5783

7-10 yrs	Thu	5:15-6:30 pm
Apr 8-Jun 10	\$151	423477

Ready, Set, Play!

An introduction to drama through role playing, mime, creative movement and acting. A fun way to express yourself and your imagination.

Goulbourn Municipal Office – 613-580-2424 ext. 33230

5-7 yrs	Sat	2-2:50 pm
Apr 10-Jun 5	\$53.50	431625

Music

Guitar – Level 1

Learn basic cords, strums and finger picking

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

10-17 yrs	Wed	6-7 pm
Apr 7-Jun 9	\$92.25	423627

Foster Farm C.C. – 613-828-2004

7-12 yrs	Mon	6-7 pm
Mar 22-May 17	\$33.25	423952

Fringewood C.C. –

613-580-2424 ext. 33271

10-14 yrs	Sat	11:30 am-12:45 pm
Apr 10-May 15	\$50.50	427970
5-7 yrs	Sat	9:45-10:30 am
Apr 10-May 15	\$37.75	427878
7-9 yrs	Sat	10:45-11:30 am
Apr 10-May 15	\$37.75	427879

Pinecrest R.C. – 613-828-3118

7-12 yrs	Wed	6-7 pm
Apr 7-Jun 9	\$92.25	422291
7-12 yrs	Wed	7-8 pm
Apr 7-Jun 9	\$92.25	422292

Instrumental Music Lessons

St. Laurent Recreation Complex – 613-742-6767

Experience the art and love of music. Excellent private lessons for children, youth and adults are available in the following disciplines:

Bass Guitar
Keyboard
Electric Guitar
Violin
Guitar
Voice
Piano

Students will be instructed in both practical and theory elements. An instrument is required at home for practice.

Queenswood Heights C.C. – 613-580-2782

9-12 yrs	Mon	6:45-7:45 pm
Apr 12-Jun 21	\$89.25	434548
9-12 yrs	Thu	6-7 pm
Apr 8-Jun 10	\$89.25	431327

Richelieu-Vanier C.C. –

613-580-2424 ext. 28464

8-12 yrs	Wed	6-7 pm
Mar 31-May 19	\$71.25	435400

S.S.#1 C.C. – 613-580-2424 ext. 33304

10-13 yrs	Tue	6:45-7:45 pm
Mar 30-Jun 1	\$85.25	440774
7-9 yrs	Tue	5:30-6:30 pm
Mar 30-Apr 27	\$42.75	440773
May 4-Jun 1	\$42.75	441309

St-Laurent Complex – 613-742-6767

10-13 yrs	Fri	7-8 pm
Apr 23-Jun 25	\$85	434503
7-9 yrs	Wed	6-7 pm
Apr 21-Jun 16	\$85	434501
7-9 yrs	Fri	6-7 pm
Apr 23-Jun 25	\$85	434502

Guitar – Level 2

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

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

10-17 yrs	Wed	7-8 pm
Apr 7-Jun 9	\$92.25	423632

Pinecrest R.C. – 613-828-3118

7-12 yrs	Wed	8-9 pm
Apr 7-Jun 9	\$92.25	422290

Queenswood Heights C.C. – 613-580-2782

9-12 yrs	Mon	6:45-7:45 pm
Apr 12-Jun 21	\$89.25	431338

S.S.#1 C.C. – 613-580-2424 ext. 33304

7-13 yrs	Tue	8-9 pm
Mar 30-Jun 1	\$85.25	440775

St-Laurent Complex – 613-742-6767

10-13 yrs	Wed	7-8 pm
Apr 21-Jun 16	\$85	434793

Guitar – Private Lessons

Students will be coached through a variety of repertoire and exercises intended to improve the guitarist's musicianship and technique. All you need is your own guitar and a love of music. Instruction available for: acoustic, bass, and electric guitar.

Queenswood Heights C.C. – 613-580-2782

9-12 yrs	Sat	3:15-4 pm
Apr 10-Jun 5	\$184	

Hand Drumming

Learn the joy of music through hand drumming. Join our drum circle and learn traditional African and Latin rhythms on djembes, congas, timbales, and more. No musical training required.

Nepean Creative Arts Centre – 613-596-5783

7-10 yrs	Sun	11 am-noon
Apr 11-May 30	\$57	423509

Hand Drumming – Parent and Child

Learn the joy of music through hand drumming. Join our drum circle and learn traditional African and Latin rhythms on djembes, congas, timbales, and more. No musical training required.

Shenkman Arts Centre – 613-580-2787

9-12 yrs	Fri	6-7:30 pm
Apr 23-Jun 25	\$197	434979

Jam Band Music Lessons

Experience what it's like to be part of a band. Improve musicianship by learning individual parts that make up a song. All instruments welcomed. Intermediate to advanced levels.

St-Laurent Complex – 613-742-6767

13-17 yrs	Wed	7-8 pm
Apr 21-Jun 23	\$100.50	436832
8-12 yrs	Wed	6-7 pm
Apr 21-Jun 23	\$94.50	436824



Keyboard Group Lessons – Advanced

Experience the art and love of music through the study of electronic keyboard. Instruction in both practical and theory. Prerequisite: a keyboard at home.

St-Laurent Complex – 613-742-6767

6-8 yrs	Sat	3-4 pm
Apr 24-Jun 26	\$85	434889
9-12 yrs	Sat	4-5 pm
Apr 24-Jun 26	\$85	436288

Keyboard Group Lessons – Beginners

Students will be instructed in both practical and theory. Experience the art and love of music through the study of the electronic keyboard in a group setting. Pre-requisite: a keyboard at home.

Fringewood C.C. – 613-580-2424 ext. 33271

4-6 yrs	Sat	1:15-2 pm
Apr 10-May 15	\$37.75	428723
7-9 yrs	Sat	2:15-3 pm
Apr 10-May 15	\$37.75	428725

St-Laurent Complex – 613-742-6767

6-8 yrs	Sat	10-11 am
Apr 24-Jun 26	\$85	434872
9-12 yrs	Sat	11 am-noon
Apr 24-Jun 26	\$85	434876

Keyboard Group Lessons – Intermediate

St-Laurent Complex – 613-742-6767

6-8 yrs	Sat	1-2 pm
Apr 24-Jun 26	\$85	434884
9-12 yrs	Sat	2-3 pm
Apr 24-Jun 26	\$85	436286

Piano Group Lessons

Students will be instructed in both practical and theory. Experience the art and love of music through the study of piano in a group setting. Prerequisite: a piano at home, or access to a piano for practice time.

Glen Cairn C.C. – 613-580-2424 ext. 33304

6-8 yrs	Sun	10-10:30 am
Mar 28-Jun 13	\$100	441334
6-8 yrs	Sun	10:30-11 am
Mar 28-Jun 13	\$100	441335
8-13 yrs	Sun	11-11:30 am
Mar 28-Jun 13	\$100	441336
8-13 yrs	Sun	11:30 am-noon
Mar 28-Jun 13	\$100	441337

Heron C.C. – 613-247-4808

7-15 yrs	Sat	noon-1 pm
Apr 10-Jun 12	\$99	438568
7-15 yrs	Sat	1-2 pm
Apr 10-Jun 12	\$99	438574
7-15 yrs	Sat	2-3 pm
Apr 10-Jun 12	\$99	438577
7-15 yrs	Sat	3-4 pm
Apr 10-Jun 12	\$99	438578

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

6-12 yrs	Thu	3-4 pm
Apr 15-Jun 17	\$125	441419
6-12 yrs	Thu	4-5 pm
Apr 15-Jun 17	\$125	441420
6-12 yrs	Thu	5-6 pm
Apr 15-Jun 17	\$125	441421
6-12 yrs	Thu	6-7 pm
Apr 15-Jun 17	\$125	441422
6-12 yrs	Sat	11 am-noon
Apr 24-Jun 19	\$100	441433
6-12 yrs	Sat	noon-1 pm
Apr 24-Jun 19	\$100	441434
6-12 yrs	Sat	1-2 pm
Apr 24-Jun 19	\$100	441435
6-12 yrs	Sat	2-3 pm
Apr 24-Jun 19	\$100	441436
6-12 yrs	Sat	3-4 pm
Apr 24-Jun 19	\$100	441437

Shenkman Arts Centre – 613-580-2787

7-11 yrs	Wed	4:30-5:30 pm
Apr 21-Jun 23	\$121	434988

St-Laurent Complex – 613-742-6767

6-12 yrs	Sat	2-3 pm
Apr 24-Jun 26	\$85	434983
6-8 yrs	Sat	11 am-noon
Apr 24-Jun 26	\$85	434937
9-12 yrs	Sat	1-2 pm
Apr 24-Jun 26	\$85	434943

Ukulele Group Lessons

Learn a unique instrument that is affordable, fun, and easy to learn

St-Laurent Complex – 613-742-6767

6-12 yrs	Thu	6-7 pm
Apr 22-Jun 17	\$85	435180
6-12 yrs	Thu	7-8 pm
Apr 22-Jun 17	\$85	435181

Violin Group Lessons Advanced

Students will be motivated to play the violin and develop rhythm and ear training in a group setting. All you need is your own violin and a love of music.

St-Laurent Complex – 613-742-6767

8-17 yrs	Sat	4-5 pm
Apr 24-Jun 26	\$90	435231

Violin Group Lessons – Beginner

Students will be motivated to play the violin and develop rhythm and ear training in a group setting. All you need is your own violin and a love of music.

St-Laurent Complex – 613-742-6767

8-17 yrs	Sat	11 am-noon
Apr 24-Jun 26	\$90	435226
8-17 yrs	Sat	1-2 pm
Apr 24-Jun 26	\$90	435228

Violin Group Lessons – Intermediate

Students will be motivated to play the violin and develop rhythm and ear training in a group setting. All you need is your own violin and a love of music.

St-Laurent Complex – 613-742-6767

8-17 yrs	Sat	2-3 pm
Apr 24-Jun 26	\$90	435229
8-17 yrs	Sat	3-4 pm
Apr 24-Jun 26	\$90	435230

Group Vocal Lessons – Introduction

Prepares students for RCM Vocal Examinations. Focus on fundamentals of breathing, voice placement and practical elements required for exams.

Shenkman Arts Centre – 613-580-2787

7-14 yrs	Sat	10-10:45 am
Apr 24-Jun 26	\$121	434971

Voice Group Lessons

Find your unique voice! Students will enjoy singing in a choral context, exploring the wonder of harmony and learning vocal exercises and basic note reading skills.

S.S.#1 C.C. – 613-580-2424 ext. 33304

6-8 yrs	Sun	1:30-2:30 pm
Mar 28-Jun 13	\$93.75	440783
9-12 yrs	Sun	2:45-3:45 pm
Mar 28-Jun 13	\$93.75	440784

St-Laurent Complex – 613-742-6767

10-15 yrs	Fri	7-8 pm
Apr 23-Jun 25	\$85	435176
6-15 yrs	Mon	5:30-6:30 pm
Apr 19-Jun 21	\$85	435172
6-9 yrs	Fri	6-7 pm
Apr 23-Jun 25	\$85	435173

Voice Group Lessons – Level 2

For children who have had choir experience, can read a little music and wish to sing something a little more advanced.

S.S.#1 C.C. – 613-580-2424 ext. 33304

8-12 yrs	Sun	4-5 pm
Mar 28-Jun 13	\$93.75	440785

NCAC Choir

Learn and perform a small repertoire of popular songs, by ear or by reading music. No experience necessary – just a desire to sing.

Nepean Creative Arts Centre – 613-596-5783

7-11 yrs	Mon	5:15-6:45 pm
Apr 12-Jun 7	\$116.50	423529

Arts – Visual

Crafts

Artsy Kids

Art class that is fun, creative and messy. Unleash those creative ideas in a big way.

Bridlewood C.C. – 613-580-2424 ext. 33501

6-9 yrs	Sun	10:15-11:15 am
Mar 21-May 16	\$83.25	429235

Carp Memorial Hall – 613-580-2424 ext. 33527

6-9 yrs	Wed	6-7 pm
Mar 24-Jun 9	\$125	434819

Michele Heights C.C. – 613-828-5100

6-12 yrs	Thu	6:30-7:30 pm
Mar 25-Jun 3	\$32.50	439804

Plant R.C. – 613-232-3000

6-12 yrs	Sun	9:30-10:30 am
Apr 11-Jun 13	\$66	439331

South Fallingbrook C.C. – 613-824-0633 ext. 221

6-8 yrs	Sat	12:30-1:30 pm
Apr 17-Jun 19	\$57	432296

Animaplates Crafts Workshop

Discover the wonderful world of animaplates! Use your imagination, paper plates, cardboard rolls, paint, etc. to make unique creations!

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

4-12 yrs	Sat	9 am-noon
May 1	\$22.25	423196
Jun 12	\$22.25	423211

Pinecrest R.C. – 613-828-3118

4-12 yrs	Sat	9 am-noon
May 15	\$22.25	440012
4-12 yrs	Sat	12:30-3:30 pm
Jun 19	\$22.25	440014

Art Around the World

Create a passport and travel each week to a different area in the world. Learn about the art and culture by making international crafts that integrate painting, collage, sculpture and more.

Nepean Visual Arts Centre – 613-580-2828

6-8 yrs	Sun	1-2:30 pm
Apr 18-Jun 13	\$107	425804

Art of Nature

Let the beauty of nature inspire you to create masterpieces including scenic landscapes and found art creations.

Rockcliffe Park R.C. – 613-842-8578

6-12 yrs	Thu	3:45-5 pm
May 6-Jun 10	\$67.75	441134

Arts and Crafts Club

Children can hang-out and have fun at the Arts & Crafts Club! A different craft every week uses a variety of materials while teaching different aspects of art.

Richmond C.C. – 613-580-2424 ext. 33230

3-5 yrs	Wed	10-11 am
Apr 7-May 26	\$80	431662
6-9 yrs	Thu	4-5 pm
Apr 8-May 27	\$80	431665

Crafty Kids

Crafty Kids introduces children to the basics of tactile and visual arts with a variety of hands-on creations and projects.

Kanata Leisure Centre – 613-591-9283

6-8 yrs	Sun	11 am-noon
Apr 11-Jun 13	\$68	436548

Funky Things for Your Room

Need new, cool things to funk up your room? Come out and make a jewelled garbage can, a snazzy light switch plate, a pretty mirror and more...

Eva James C.C. – 613-271-0712

6-10 yrs	Sun	10 am-noon
Jun 6	\$27.25	438863

Pretty Street C.C. – 613-580-2424 ext. 33271

6-10 yrs	Sun	10 am-noon
Jun 13	\$27.25	422464

Claymation

Bring a blob of clay to life. Where else can you build something from nothing? Make it do crazy things like dance, jump, walk, talk and laugh. Anything is possible!

Shenkman Arts Centre – 613-580-2787

9-17 yrs	Sun	noon-1 pm
May 2-Jun 20	\$135.50	435030

Digital Photography

S.S.#1 C.C. – 613-580-2424 ext. 33304

8-11 yrs	Sat	3:15-4:15 pm
Apr 10	\$93.75	440782

Holiday Crafts Workshops

Rockcliffe Park R.C. – 613-842-8578

Easter Egg Painting and Design

6-12 yrs	Sat	9:30 am-noon
Mar 20	\$32.50	441262

Ron Kolbus Lakeside – 613-828-4313

5-12 yrs	Sun	1-3 pm
Easter	Mar 28	439825
Mother's Day	May 2	439820
Father's Day	Jun 13	439819

\$14 per workshop

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

7-10 yrs	Fri	7-8:30 pm
Mother's Day	Apr 30	434425
Father's Day	Jun 11	434421

\$24 per workshop

Pretty Street C.C. – 613-580-2424 ext. 33271

Father's Day

4-6 yrs	Sat	9-10:30 am
Jun 19	\$24	422463

Scrapbooking

Learn to use a variety of tools to create beautiful 8 1/2x11 scrapbook pages

St-Laurent Complex – 613-742-6767

6-12 yrs	Sun	2:30-4:30 pm
Apr 18-Jun 13	\$99	433235

Scrapbooking for Kids

Meet new people, be creative and preserve your memories.

Pretty Street C.C. – 613-580-2424 ext. 33271

8-12 yrs	Sat	9-11 am
Apr 17	\$27.25	422467

Children

Sewing for Kids

Learn some basic sewing skills and make a tote bag.

Overbrook C.C. – 613-742-5147

8-12 yrs	Sat	12:30-3:30 pm
May 15	\$31.25	436856

Splinters

Measure, cut, and assemble wood projects in this safe, easy way to big learning. Measuring improves spatial and number sense, and design and visualization skills.

South Fallingbrook C.C. – 613-824-0633 ext. 221

6-8 yrs	Mon	6-7 pm
Apr 12-May 3	\$62.25	431895
May 10-Jun 7	\$62.25	431896

Drawing

Cartooning – Beginner

Discover the art of cartooning. A variety of cartooning and animation techniques will be used in this fun and exciting field.

Nepean Visual Arts Centre – 613-580-2828

9-12 yrs	Sun	10-11:30 am
Apr 18-Jun 13	\$107	425809

Cartooning – Intermediate

Discover a variety of cartooning and stop-motion animation techniques in this fun and exciting field. Further develop your skills in illustration, comics and animation. Prerequisite: Cartooning – Beginner.

Nepean Visual Arts Centre – 613-580-2828

9-12 yrs	Sun	noon-1:30 pm
Apr 18-Jun 13	\$107	425814

Animal and Cartoon Drawing

Horses, dogs, cats and more! Students will become familiar with the shapes that make up their favourite animals and will learn how to draw them in poses that give them expression and life.

St-Laurent Complex – 613-742-6767

7-15 yrs	Sat	9-10:30 am
Apr 24-Jun 5	\$99	433221
Jun 12-Jul 17	\$99	433228



General Course Information 613-580-2828

- Course Fees include supplies.
- No classes on: May 22-24, Aug 1 & 2, 2010

Creative Drawing and Cartooning

Learn the basics of drawing or sharpen your skills in the art of creative cartooning. (Supplies will cost \$10 extra)

St-Laurent Complex – 613-742-6767

7-15 yrs	Sat	12:30-2 pm
Apr 24-Jun 5	\$99	433205
Jun 12-Jul 17	\$99	433208

Cartoon Workshop

Come learn some awesome cartoon art projects!

Overbrook C.C. – 613-742-5147

6-12 yrs	Sat	12:30-3:30 pm
May 29	\$31.25	436874

Comic Relief

Become a super hero or villain and be who you want to be in your first Comic Book! Dress in costume, spin webs, add the paws and wows and turn yourself into the world's most popular comic.

Shenkman Arts Centre – 613-580-2787

6-10 yrs	Sun	9-10 am
May 2-Jun 20	\$135.50	435052

Drawing and Painting – Level 1

Learn the principles of shading and dimensions while developing your drawing and painting skills.

St-Laurent Complex – 613-742-6767

7-15 yrs	Sat	10:45 am-12:15 pm
Apr 24-Jun 5	\$99	433231
Jun 12-Jul 17	\$99	433232

Painting

Little Picasso's

Children will enjoy learning basic drawing techniques such as shading, dimensions and proportions. Come join our class! Pastels, charcoal and pencils will be provided

Overbrook C.C. – 613-742-5147

8-12 yrs	Sat	12:30-3:30 pm
May 8	\$31.25	436779

Sketching and Painting

Drawing and painting with medias such as watercolours, acrylics, charcoal, conte and pastels, with advanced techniques and learning opportunities.

Eva James C.C. – 613-271-0712

8-11 yrs	Wed	4:30-5:30 pm
Mar 31-Jun 2	\$85.50	432963
8-11 yrs	Thu	4:30-5:30 pm
Apr 1-Jun 3	\$85.50	432966

Nepean Visual Arts Centre – 613-580-2828

9-13 yrs	Sat	9:30-11:30 am
Apr 24-Jun 19	\$142.75	425747
9-13 yrs	Sat	noon-2 pm
Apr 24-Jun 19	\$142.75	425748

Pottery

Learn the art of pottery including hand building and glazing techniques.

McNabb R.C. – 613-564-1070

6-9 yrs	Fri	4-5:30 pm
Apr 16-Jun 18	\$122.25	431628

Pottery – Handbuilding

Make creative clay sculptures and projects using handbuilding techniques. To finish your projects, surface decorations, textures and glazing techniques will be introduced.

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

7-13 yrs	Thu	6:15-7:45 pm
Apr 8-May 13	\$99	440872

Nepean Visual Arts Centre – 613-580-2828

7-9 yrs	Sat	10-11:30 am
Apr 24-Jun 19	\$107.25	425752

Creative Minds Mixed Media

Let your imagination go wild!!! Explore painting (watercolour, acrylics, and pastels); three-dimensional work (mosaics and papier mâché), plus mono printing and drawing with graphite.

Fringewood C.C. – 613-580-2424 ext. 33271

6-9 yrs	Wed	6-7 pm
Apr 7-May 26	\$136.25	431742



Glue, Scissors and Rollers

Tactile and imaginative. Learn simple and effective techniques of hand printing and the basics of collages. Focus on methods, colour, pattern, texture, overlapping, tearing, cutting and the use of found objects to create artworks that are ready to frame.

Nepean Visual Arts Centre – 613-580-2828

6-8 yrs	Sat	1-2:30 pm
Apr 24-Jun 19	\$107	425819

Multi Media – Mixing It

A dynamic, creative experience, which explores different mediums and techniques in art. Projects will integrate drawing, painting, sculpture collage and more. New ideas each class.

Nepean Visual Arts Centre – 613-580-2828

6-8 yrs	Sat	9-10:30 am
Apr 24-Jun 19	\$107	425826
6-8 yrs	Sat	11 am-12:30 pm
Apr 24-Jun 19	\$107	425829

Sculpture

Exciting sculptures can be made with recyclable materials, papier mâché, wood, wire, plaster, cardboard, and clay. Emphasis will be on basic sculptural techniques and the development of the ability to visualize in 3-D.

St-Laurent Complex – 613-742-6767

7-15 yrs	Sat	2:15-3:45 pm
Apr 24-Jun 5	\$99	433233
Jun 12-Jul 17	\$99	433234

Sculpture: Faces, Forms and Feelings

Make a face, sculpt a figure in 3-D! Experiment with a variety of materials to create portraits, landscapes and sculptures.

Nepean Creative Arts Centre – 613-596-5783

9-12 yrs	Sun	1-3 pm
Apr 18-May 16	\$103	438632

The Art of Math

Hate math but love art? Explore mathematical concepts through drawing, painting and sculpture. Improve your skills, boost confidence and discover math is really not that painful.

Nepean Visual Arts Centre – 613-580-2828

9-12 yrs	Tue	4:30-6 pm
Apr 20-Jun 8	\$107	425838

Time Traveller

Journey through art history and create drawings, painting, sculptures and more in the style of a different artist each week. Bring your own ideas and images to life while learning hands on about famous artists.

Nepean Visual Arts Centre – 613-580-2828

6-10 yrs	Sat	2:30-4:30 pm
Apr 24-Jun 19	\$142.50	425846

Toying Around

Toys, action figures and dolls come to life. Catch them on film to prove your toys have a secret life! Your toys will move, speak or do whatever your imagination dreams up.

Shenkman Arts Centre – 613-580-2787

6-10 yrs	Sun	10-11 am
May 2-Jun 20	\$135.50	435065

Certification

CAN-BIKE Kids

Teaches essential bicycle handling and traffic skills for young cyclists. Topics include: helmet fittings, bicycle maintenance, handling, signaling, gears, braking, avoiding road hazards and more. Participants must know how to ride.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

9-13 yrs	Sat-Sun	1-4 pm
May 1-9	\$79	428714

Rideauview C.C. – 613-580-2854

6-12 yrs	Sun	9 am-noon
May 2, 16, 30		
Jun 6	\$79	435548
Jun 5-27	\$79	435552
6-12 yrs	Sun	1-4 pm
May 9-30	\$79	435547

McNabb R.C. – 613-580-2854

6-12 yrs	Tue, Sat	9 am-noon
Jun 8-19	\$79	435546

Westcliffe C.C. – 613-580-2854

6-12 yrs	Tue, Thu	1-4 pm
May 1, 8, 15, 29	\$79	435568
6-12 yrs	Sat	9 am-noon
May 8-29	\$79	435539

Earl Armstrong Arena – 613-580-2854

Jun 5-26	\$79	435544
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Eva James C.C. – 613-271-0712

9-13 yrs	Sat-Sun	12:30-3:30 pm
Jun 5-13	\$79	438361
9-13 yrs	Mon-Thu	12:30-3:30 pm
Jul 5-8	\$79	438364

Fisher Heights Child Care & Rec Centre – 613-580-2424 ext. 41225

9-13 yrs	Sat-Sun	9 am-noon
Jun 19-27	\$79	439083

Fisher Park C.C. – 613-798-8945

9-13 yrs	Sat	9 am-noon
May 29-Jun 19	\$79	438258

Rockcliffe Park R.C. – 613-842-8578

9-13 yrs	Wed	3:30-6:30 pm
May 5-26	\$79	426692
9-13 yrs	Sun	9:30 am-3:30 pm
Jun 13-27	\$79	426691

Southpointe Com. Bldg – 613-580-2424 ext. 41225

9-13 yrs	Sat-Sun	9 am-noon
May 22-30	\$79	439071

General Interest

Boys Club

Focus on sports (floor hockey, touch football, indoor soccer and dodge ball), activities, and special guests. Opportunity to make new friends, learn new activities and have tons of fun!

Overbrook C.C. – 613-742-5147

8-14 yrs	Sat	7-9 pm
Apr 10-Jun 12	N/A	424752

Girls Only

No more sharing with the guys. Sports, crafts, music and cooking are just a few ideas our staff have in mind for you.

Alexander C.C. – 613-798-8978

12-15 yrs	Tue	5-6:30 pm
Apr 13-Jun 15	N/A	429040

Dog Communication – Children's Class

Children and their companion dogs. Learn about dog behaviour, and communication with unfamiliar dogs. Positive training methods are used to teach the dogs hand signals and tricks.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

7-13 yrs	Wed	7-8 pm
Apr 7-May 26	\$80	441469

Future Circus

Performers – Beginners

Challenging workshops introduces you to the basics of several circus art forms – juggling, flower-stick, diabolo, poi, hula-hoop, acro-balancing and unicycling. Taught by professional circus artist Sophie Latreille.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

8-14 yrs	Sat	10-11:30 am
Apr 17	\$35	429228

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

Children

Juggling

Develop your concentration and coordination. Learn to juggle with three balls and more – basic to advanced tricks. Make people smile!

Plant R.C. – 613-232-3000

7-14 yrs	Fri	7-8:30 pm
Apr 16-30	\$28.50	439346

Magic Workshop

Welcome to the world of magical workshop where you learn magic and surprises.

Overbrook C.C. – 613-742-5147

9-12 yrs	Sat	1:30-3 pm
Apr 10	\$31.25	431178

Girls Only

No more sharing with the guys. Sports, crafts, music and cooking are just a few ideas our staff have in mind for you.

Alexander C.C. – 613-798-8978

12-15 yrs	Tue	5-6:30 pm
Apr 13-Jun 15	N/A	429040

Michele Heights C.C. – 613-828-5100

6-13 yrs	Wed	6-7:45 pm
Mar 24-Jun 2	\$49	439800

Overbrook C.C. – 613-742-5147

8-14 yrs	Fri	7-9 pm
Apr 9-Jun 11	N/A	424720

Pinecrest R.C. – 613-828-3118

10-13 yrs	Thu	6:15-7:45 pm
Mar 25-Jun 10	\$73	422223

S.S.#1 C.C. – 613-580-2424 ext. 33304

8-12 yrs	Fri	5:45-6:45 pm
Mar 26-Jun 4	\$66.50	440779



LEGO® Club

Open-ended fun with LEGO®. Develop your own creations using a wide variety of LEGO® Technique pieces including gears and motors. Unique building instructions and tips available to guide you.

Beacon Hill North C.C. – 613-748-1771

6-12 yrs	Mon	6-7 pm
Apr 12-26	\$40.75	436987
May 17-Jun 7	\$40.75	436988

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

7-12 yrs	Sat	8:30-11:30 am
May 29	\$41.75	426308

Munster C.C. –

613-580-2424 ext. 33230

6-12 yrs	Tue	4:30-5:30 pm
Apr 27-Jun 15	\$64.50	433979

Overbrook C.C. – 613-742-5147

7-12 yrs	Thu	5:30-6:30 pm
Apr 8-29	\$32.50	423919
May 6-27	\$32.50	423920

Pinecrest R.C. – 613-828-3118

7-12 yrs	Sat	8:45-11:45 am
Jun 19	\$41.75	434102

LEGO® NXT Robotics

Learn tips and tricks while building a variety of robots. Learn basic programming of NXT-G to control your robot using Netbooks and laptops. Projects include the NXT Inch worm, rover, crawler etc.

Aquaview Com Hall – 613-580-2782

8-13 yrs	Wed	6:30-7:30 pm
Apr 7-28	\$84	437164
May 12-Jun 2	\$84	437184

Pinecrest R.C. – 613-828-3118

8-13 yrs	Fri	6-8 pm
Apr 9-16	\$84	434177

LEGO® Basic Contraptions

Build contraptions, vehicles and machines that move. Learn about special LEGO® Technic gears, beams, pulleys, wheels, axels, pieces and motors. Everything you need to know to invent cool things that move using LEGO.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

7-9 yrs	Sun	8:30-11:30 am
Jun 13	\$41.75	426323

Pinecrest R.C. – 613-828-3118

7-9 yrs	Sat	1:15-3:15 pm
Apr 24	\$41.75	434091

Movie Night

Join us for a kid's night out. Drop your children off for supervised activities, some food and a movie.

Rockcliffe Park R.C. – 613-842-8578

5-7 yrs	Fri	6-8:30 pm
Apr 23	\$12.50	441128
May 7	\$12.50	441130
Jun 11	\$12.50	441131

Science and Sorcery

Open your mind with magic and science, solving magic mysteries and making cool science projects. Learn the secrets

Kanata Leisure Centre – 613-591-9283

7-10 yrs	Mon	5-6 pm
Apr 12-Jun 21	\$66.50	426390

Pinecrest R.C. – 613-828-3118

7-12 yrs	Mon	7:30-8:30 pm
Mar 29-Jun 14	\$79	422199

Crazy Science

Hands-on science experiences for children to promote science subjects, in a fun, interactive, and amazing way!

Glen Cairn C.C. –

613-580-2424 ext. 33304

6-9 yrs	Wed	6:15-7:15 pm
Mar 24-Jun 16	\$76	438928

Kanata Leisure Centre – 613-591-9283

7-10 yrs	Sat	10:45-11:45 am
Apr 10-Jun 12	\$70	436477

Rideauview C.C. – 613-822-7887

5-7 yrs	Sat	11-11:45 am
Apr 10-May 15	\$41.75	426962

Home Alone

Children learn about home safety when not being supervised by an adult. Participants will learn how to handle callers at the door and on the phone as well as, when and how to call emergency numbers. Some courses are offered by the Ottawa Safety Council.

Bridlewood C.C. –

613-580-2424 ext. 33501

9-13 yrs	Sun	11:30 am-5:30 pm
Mar 28	\$64	429378
9-13 yrs	Sun	8 am-2 pm
Jun 13	\$64	441073
9-13 yrs	Sat	9 am-3 pm
Aug 28	\$64	429388

Carp Memorial Hall –

613-580-2424 ext. 33527

9-13 yrs	Sat	10 am-3 pm
Apr 10	\$64	434864

Fred G. Barrett Arena – 613-822-7887

9-13 yrs	Wed	6-7 pm
May 5	\$23	437716

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

Goulbourn Municipal Office – 613-580-2424 ext. 33230

9-13 yrs	Sat	10 am-3 pm
May 29	\$64	431635

Kinburn C.C. – 613-580-2424 ext. 33527

9-13 yrs	Sat	10 am-3 pm
Apr 24	\$64	434866

Manotick Arena – 613-580-2424 ext. 30235

9-13 yrs	Sat	9 am-noon
Jun 12	\$43.25	435771

Metcalfe Client Service Centre – 613-580-2424 ext. 30235

9-13 yrs	Sat	9 am-noon
Apr 24	\$43.25	434923

Overbrook C.C. – 613-742-5147

6-12 yrs	Sat	12:30-3:30 pm
Apr 17	\$31.25	431203

Pinecrest R.C. – 613-828-3118

9-13 yrs	Tue	6:15-8:15 pm
Jun 15	\$46	422212

Rideauview C.C. – 613-822-7887

9-13 yrs	Mon	6-7 pm
Jun 14	\$23	437711

South Fallingbrook C.C. – 613-824-0633 ext. 221

9-12 yrs	Sat	noon-2:30 pm
May 8	\$51	441423

Street Proofing

Develop street-smart personal safety tools. Topics: Identifying dangerous situations; Making safe choices; Keeping a safe distance; Saying NO; Identifying common lures. Through discussions, role-playing and other interactive teaching methods children will learn vital skills.

Centrum Community Services – 613-580-2782

8-12 yrs	Sat	4:15-6 pm
May 8	\$26	433053

Fred G. Barrett Arena – 613-822-7887

5-8 yrs	Wed	6-7 pm
May 12	\$23	437727

Rideauview C.C. – 613-822-7887

5-8 yrs	Mon	6-7 pm
Jun 7	\$23	437725

Board Games

Chess Club

Learn to play chess or improve your game with the assistance of a chess coach. All skill levels welcome.

Bridlewood C.C. – 613-580-2424 ext. 33501

5-7 yrs	Sun	1-2 pm
Apr 11-Jun 13	\$84.50	441067
8-12 yrs	Sun	2:15-3:15 pm
Apr 11-Jun 13	\$84.50	441068

Fisher Park C.C. – 613-798-8945

10-14 yrs	Mon	7-8 pm
Mar 29-Jun 7	\$85	438273
6-9 yrs	Mon	6-7 pm
Mar 29-Jun 7	\$85	438272

McNabb R.C. – 613-564-1070

5-7 yrs	Sat	1-2 pm
Apr 10-Jun 19	\$97.25	423218
8-12 yrs	Sat	noon-1 pm
Apr 10-Jun 19	\$97.25	423225

Pinecrest R.C. – 613-828-3118

5-7 yrs	Wed	6-7 pm
Mar 24-Jun 9	\$112.50	422215

Rockcliffe Park R.C. – 613-842-8578

6-12 yrs	Tue	5-6 pm
Apr 6-May 25	\$75	441145

Chess Club – Level 2

Improve your chess skills. Simple tactics like pins, forks, and skewers will be discussed, and more exotic fare – zugzwang and zwischenzugs.

Pinecrest R.C. – 613-828-3118

8-12 yrs	Wed	7-8 pm
Mar 24-Jun 9	\$112.50	422216

Chess Club – Level 3

Tournament players only. Emphasis will be on recording and examining games and the thought processes necessary to become a strong player.

Pinecrest R.C. – 613-828-3118

8-12 yrs	Wed	8-9 pm
Mar 24-Jun 9	\$112.50	422217

Recreational Chess Time

Enjoy playing chess while practicing your skills with friends

Alexander C.C. – 613-798-8978

6-9 yrs	Thu	5:15-6:15 pm
Apr 15-Jun 17	\$16.50	429032

Games Night

Love board games? Come and play with other enthusiasts. A variety of games played each week.

S.S.#1 C.C. – 613-580-2424 ext. 33304

7-13 yrs	Fri	7-8 pm
Mar 26-Jun 4	\$29	440780

GO Board Game

Created over 4,000 years ago and enjoyed by millions around the world. Professional players in Japan and China are celebrities on par with golf stars. Elegant in its simplicity, all ages learn to play quickly and then proceed toward mastering it.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

8+ yrs	Sat	10:45 am-12:15 pm
Mar 27	\$20	431790
8+ yrs	Fri	6-8 pm
Apr 16-Jun 18	\$65	431791

Cooking

Baking Workshops

Create and sample a variety of delicious baked goods in these fun and interactive workshops.

Overbrook C.C. – 613-742-5147

6-10 yrs	Sat	12:30-3:30 pm
May 1	\$31.25	436850

Chefs R Us

Come and make yummy treats and learn about kitchen safety. Playing in the kitchen has never been this fun.

Pinecrest R.C. – 613-828-3118

7-12 yrs	Mon	6:15-7:15 pm
Mar 29-Jun 14	\$98.75	422198

Chocolate Making for Kids

Experience the magic of creating personalized chocolates with your own hands.

Pretty Street C.C. – 613-580-2424 ext. 33271

4-6 yrs	Sat	9-11 am
May 29	\$27.25	422472

St-Laurent Complex – 613-742-6767

7-12 yrs	Sat	10 am-3 pm
May 8	\$59	433183

Dinner and a Movie

Your child can make meals and clean up the mess in someone else's kitchen. New meals each week to dazzle their taste buds, then we sit back to be dazzled by the stars. Send them to us and enjoy a night to yourself.

Eva James C.C. – 613-271-0712

7-10 yrs	Sat	5-8:30 pm
Apr 10-May 1	\$67	438817



Children

Kitchen Adventures Series

This hands-on kitchen series is a great way to introduce your child to the tasty world of cooking! Kids will have a blast while measuring, mixing, stirring, mashing & best of all eating! Each workshop will give your child a new adventure in the kitchen.

Albion Heatherington R.C. – 613-247-4828

12-16 yrs	Tue	5:30-7 pm
Apr 6-May 25	\$38	432746

Eva James C.C. – 613-271-0712

6-10 yrs	Sun	10 am-noon
Jun 13	\$27.25	438855
6-10 yrs	Sat	9:30-11:30 am
Apr 17	\$27.25	438848
6-10 yrs	Sat	10 am-noon
May 8	\$27.25	438843

Goulbourn R.C. – 613-831-1169

7-11 yrs	Thu	5-6 pm
Mar 25-Apr 15	\$34.50	430763
Apr 29-May 20	\$34.50	430764

Kitchen Kids

An opportunity to have your child introduced to a hands on experience in the kitchen. Parents may drop off there child for this programme and our qualified staff will take it from there. You pack your appetite we pack the smiles.

Albion Heatherington R.C. – 613-247-4828

8-12 yrs	Tue	4-5:30 pm
Apr 6-May 25	\$38	432704



Martial Arts

Capoeira

A fighting dance developed by African slaves in Brazil in their struggle for freedom. This ancient art form remains to this day a powerful medium of communication that embodies both physical training (combat, acrobatics and dance) and folklore elements (music and songs). For information: <http://www.dendedorecife.ca>

Shenkman Arts Centre – 613-580-2787

6-12 yrs	Tue	6:30-7:30 pm
Apr 20-Jun 22	\$86.50	435020

Jiu-Jitsu

A martial art using holds, escapes, ground defence, techniques, restraints and controlling techniques, and much more.

St-Laurent Complex – 613-742-6767

Beginner

6-16 yrs	Fri	6:30-7:25 pm
Apr 9-Jun 11	\$90	438990
6-16 yrs	Thu	6:30-7:25 pm
Jul 8-Aug 26	\$72	439000

Intermediate

6-16 yrs	Tue	6:30-7:25 pm
Apr 6-Jun 8	\$90	439042
6-16 yrs	Fri	7:30-8:25 pm
Apr 9-Jun 11	\$90	439052
6-16 yrs	Thu	6:30-7:25 pm
Jul 8-Aug 26	\$72	439066

Advanced

6-16 yrs	Tue	7:30-8:25 pm
Apr 6-Jun 8	\$90	438954
6-16 yrs	Fri	7:30-8:25 pm
Apr 9-Jun 11	\$90	438959
6-16 yrs	Thu	6:30-7:25 pm
Jul 8-Aug 26	\$72	438963

Jiu-Jitsu – All Levels

Jiu Jitsu is a martial art using holds, escapes, ground defence, grappling techniques, restraints and controlling techniques, and much more.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

6-12 yrs	Fri	6:30-8:30 pm
Apr 23-Jul 9	\$102.50	441382
6-12 yrs	Sat	10 am-noon
Apr 24-Jul 10	\$102.50	441383

Sawmill Creek C.C. – 613-521-4092

10-16 yrs	Tue	7-8 pm
Mar 23-Jun 22	\$122.50	427079
10-16 yrs	Wed	7-8 pm
Mar 24-Jun 23	\$122.50	427080

Marui Ryu Jiu Jitsu – All Levels

'Circular Motion' is the emphasis of this informal class. Blocking and striking drills, joint lock and momentum manipulation as well as falling and throwing principles will develop simple, yet highly effective self-defence techniques.

Albion Heatherington R.C. – 613-247-4828

5-12 yrs	Thu	6-7 pm
Apr 8-May 27	\$61	432847

Overbrook C.C. – 613-742-5147

6-12 yrs	Wed	7-8 pm
Mar 24-Jun 9	\$106.25	423917

Judo

Judo, developed from Jujitsu, is a safe martial art that instills self-discipline, self-respect and respect for others. Belt grading awarded on an individual basis.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

8-14 yrs	Wed	6-7:30 pm
Apr 7-Jun 23	\$83.50	423341
5-8 yrs	Fri	6-7 pm
Apr 16-Jun 18	\$69.50	423322
8-14 yrs	Fri	7-8:30 pm
Apr 16-Jun 18	\$69.50	423338

Karate – Beginners

Karate lessons for beginners. Ongoing classes register anytime.

Heron C.C. – 613-247-4808

6-12 yrs	Tue, Thu	5:30-6:30 pm
Ongoing	Sat	11:30am-1 pm
\$34.25/month	\$89.00/3 months	

Karate for Kids

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

Foster Farm C.C. – 613-828-2004

6-12 yrs	Mon	7-8 pm
Mar 22-May 17	\$62.50	429547

Queenswood Heights C.C. – 613-580-2782

6-9 yrs	Mon	6:30-7:30 pm
Apr 12-Jun 7	\$50	431992
6-9 yrs	Wed	6:30-7:30 pm
Apr 14-Jun 2	\$50	431995

St-Laurent Complex – 613-742-6767

6-16 yrs	Mon	6-6:55 pm
Apr 12-Jun 21	\$65	437490
6-16 yrs	Thu	6:15-9:10 pm
Apr 15-Jun 24	\$71.50	437541
Jul 8-Sep 2	\$58.50	437549
6-16 yrs	Mon	6-8:55 pm
Jul 5-Aug 30	\$52	437527

Karate Heiwa Kai Dojo

To strive to develop mentally and spiritually as well as physically using practical composite of striking, kicking, throwing, holding and choking techniques.

Routhier C.C. – 613-244-4470

7-14 yrs	Tue, Thu	6:30-7:30 pm
Apr 20-Jun 24	\$102.25	438910

Level 2

7-14 yrs	Tue	7:30-8:15 pm
Apr 20-Jun 22	\$37.75	438915

Karate Shotokan

Improve your physical fitness while learning a system of self-defence. Success is based on commitment, time, repetition, and self-discipline. Karate will increase your strength, energy level and self-confidence.

Plant R.C. – 613-232-3000

6-15 yrs	Tue, Thu	5-6 pm
Apr 6-Jun 24	\$107.25	440644
6-15 yrs	Tue, Thu, Sat	6-7:30 pm
Apr 6-Jun 26	\$148	440649
6-15 yrs	Tue, Thu	6:35-8:05 pm
Jun 29-Aug 26	\$90.75	440651

Chito-Ryu Karate Focus

Teaching traditional and modern Chito-Ryu karate, for fitness and self-defence!

Pinecrest R.C. – 613-828-3118

6-12 yrs	Mon	5:15-6 pm
Mar 22-Jun 21	\$79.25	422209
6-12 yrs	Sat	3:30-4:15 pm
Mar 27-Jun 19	\$79.25	422256

Kendo

The way of the sword or Japanese fencing, Kendo is much more. Why not try this dynamic martial art from the Samurai tradition and improve your self? Shoshin Kendo provides a no pressure introduction for all.

Plant R.C. – 613-232-3000

7-15 yrs	Sun	3:45-5:45 pm
Apr 11-Jun 20	\$80.25	439358
7-15 yrs	Sun	4-6 pm
Jul 4-Aug 29	\$65.75	439363

Taekwondo

This Korean martial art teaches self-defence and discipline and promotes confidence in participants of all ages. Students progress through the various belt levels at their own rate, by promotion testing, held throughout the term. Additional fees may apply for uniform and testing.

Alexander C.C. – 613-798-8978

5-12 yrs	Wed	6-7 pm
Apr 7-Jun 9	\$63.50	428728
Jun 16-Aug 18	\$63.50	428733
5-12 yrs	Fri	6-7 pm
Apr 9-Jun 11	\$63.50	428729
Jun 18-Aug 20	\$63.50	428737

Cyrville C.C. – 613-748-1771

5-13 yrs	Wed	6-7 pm
Apr 7-Jun 9	\$54	436991
6-12 yrs	Wed	6-7 pm
Jun 16-Aug 18	\$54	439849

Fisher Park C.C. – 613-798-8945

In partnership with Demers ITF Taekwondo

4-12 yrs	Thu, Tue	5:30-6:30 pm
Apr 1-Jun 22	\$154	438140
4-12 yrs	Thu, Tue	6:30-7:30 pm
Apr 1-Jun 22	\$154	438155

South Fallingbrook C.C. – 613-824-0633 ext. 221

7-12 yrs	Mon	5:30-6:30 pm
Apr 12-Jun 14	\$51.25	432016
6-12 yrs	Wed	5:30-6:30 pm
Jun 23-Aug 25	\$51.25	439426

Taekwondo – Advanced

Cyrville C.C. – 613-748-1771

6-13 yrs	Thu	6-7 pm
Apr 8-Jun 10	\$54	436996
6-13 yrs	Thu, Mon	6-7 pm
Apr 8-Jun 10	\$87.50	437006
6-13 yrs	Thu	7-8 pm
Apr 8-Jun 10	\$43.25	437007
6-13 yrs	Thu, Mon	7-8 pm
Apr 8-Jun 10	\$77.75	437009
6-13 yrs	Mon	6-7 pm
Apr 12-Jun 7	\$43.25	437005
6-13 yrs	Mon	7-8 pm
Apr 12-Jun 7	\$43.25	437008
6-12 yrs	Mon	6-7 pm
Jun 14-Aug 16	\$47	440944
6-12 yrs	Mon, Thu	6-7 pm
Jun 14-Aug 19	\$88.75	439856
6-12 yrs	Mon	7-8 pm
Jun 14-Aug 16	\$47	440940
6-12 yrs	Mon, Thu	7-8 pm
Jun 14-Aug 19	\$88.75	440938
6-12 yrs	Thu	6-7 pm
Jun 17-Aug 19	\$47	440942
6-12 yrs	Thu	7-8 pm
Jun 17-Aug 19	\$47	439857

South Fallingbrook C.C. – 613-824-0633 ext. 221

7-12 yrs	Wed	5:30-6:30 pm
Apr 14-Jun 16	\$57	432021

Taekwondo – Competitive

Offered to students of green belt rank and higher, this competitive training program will begin to educate participants on the rules and regulations of WTF competitive style training. Sparring gear is required.

St-Laurent Complex – 613-742-6767

8-16 yrs	Sat	noon-12:55 pm
Apr 17-Jun 26	\$110	438206
Jul 17-Aug 28	\$66	438217

Taekwondo – New Wave

Korean Olympic sport helps to improve one's strength, coordination, self-confidence, discipline, and overall mental and physical fitness. Assists students to improve in their daily activities. Offered in partnership with New Wave Taekwondo.

St-Laurent Complex – 613-742-6767

4-13 yrs	Mon	5:30-6:25 pm
Apr 12-Jun 21	\$93	437819
Jul 12-Aug 30	\$65.25	437767
14-16 yrs	Mon	6:30-7:25 pm
Apr 12-Jun 21	\$93	437822
Jul 12-Aug 30	\$65.25	437782
4-14 yrs	Tue	6:30-7:25 pm
Apr 13-Jun 22	\$102.50	437839
Jul 13-Aug 31	\$74.50	437786
4-11 yrs	Wed	5:30-6:25 pm
Apr 14-Jun 23	\$102.50	437842
Jul 14-Sep 1	\$74.50	437800
4-11 yrs	Wed	6:30-7:25 pm
Apr 14-Jun 23	\$102.50	437836
4-14 yrs	Thu	6:30-7:25 pm
Apr 15-Jun 24	\$102.50	437835
Jul 15-Sep 2	\$74.50	437795
4-8 yrs	Sat	11-11:55 am
Apr 17-Jun 26	\$93	437831
Jul 17-Aug 28	\$56	437806
8-12 yrs	Sat	9:30-9:55 am
Apr 17-Jun 26	\$110	438242
Jul 17-Aug 28	\$66	438247
9-16 yrs	Sat	noon-12:55 pm
Apr 17-Jun 26	\$93	437830
Jul 17-Aug 28	\$56	437804
4-8 yrs	Sun	11:30 am-12:25 pm
Apr 18-Jun 27	\$93	437824
Jul 18-Aug 29	\$56	437810
9-14 yrs	Sun	12:30-1:25 pm
Apr 18-Jun 27	\$93	437827
Jul 18-Aug 29	\$56	437814
12-16 yrs	Wed	6:30-7:25 pm
Jul 14-Sep 1	\$74.50	437790

Taekwondo – New Wave – Red Belt/Above

St-Laurent Complex – 613-742-6767

8-16 yrs	Sat	10-10:55 am
Apr 17-Jun 26	\$110	437852
Jul 17-Aug 28	\$66	437857

NEW! Family Programs section on page 94.

**Registering is easy!
See page 8 for registration options.**

Children

Sports

Badminton

Badminton

Introduction to the game. Includes rally and serving, emphasizing ways of serving, location of serve and positioning in the game of singles and doubles. Scoring, forehand shot, backhand shot, drop shot and smash are introduced.

Fisher Park C.C. – 613-798-8945

10-12 yrs	Fri	5-6:30 pm
Apr 9-Jun 11	\$52	438271

Goulbourn R.C. – 613-831-1169

7-12 yrs	Tue	4-5 pm
Mar 23-Jun 8	\$80	428424

Badminton – Skill Development

Partnership between the City of Ottawa and the Soong Badminton Academy. For more information, please visit: www.soong.ca. Badminton shuttles (birds) supplied.

Fallingbrook E.S. – 613-580-2782 679 Deancourt

6-12 yrs	Sat	2:15-4:15 pm
Apr 10-Jun 5	\$147	430416

Mother Teresa H.S. – 613-580-2424 ext. 41208 440 Longfields

6-12 yrs	Fri	6-8 pm
Apr 16-Jun 4	\$147	423178

Routhier C.C. – 613-244-4470

6-14 yrs	Sun	2-4 pm
May 2-Jun 27	\$147	439078

Ball Hockey – Girls Only

Join us on the slab to keep improving your hockey skills. Stay active and make new friends. All abilities welcome.

J. A. Dulude Arena – 613-798-1716

9-12 yrs	Sun	9-10 am
Apr 18-Jun 20	\$57.25	438792
9-12 yrs	Sun	9-10 am
Jul 4-Aug 15	\$28.75	438795

Basketball

Basketball

Designed to teach the skills and rules of basketball in a fun and friendly environment.

Boys

D. Roy Kennedy P.S. – 613-580-2854 919 Woodroffe

6-9 yrs	Sat	9-10:30 am
Mar 27-May 1	\$32.75	433107
10-12 yrs	Sat	10:30 am-noon
Mar 27-May 1	\$32.75	433109

Fisher Park C.C. – 613-798-8945

9-14 yrs	Mon	6-7 pm
Mar 29-Jun 7	\$43.75	438269

Girls

Fisher Park C.C. – 613-798-8945

9-14 yrs	Mon	7-8 pm
Mar 29-Jun 7	\$43.75	438270

Michele Heights C.C. – 613-828-5100

10-15 yrs	Sat	6-8 pm
Mar 20-Jun 5	\$27.25	439802

Girls Only Basketball

Alexander C.C. – 613-798-8978

8-12 yrs	Tue	3-4 pm
Apr 13-Jun 28	\$28.50	426791

Basketball – Above the Rim

Introduction to one specific basketball skill per week. Drills, skill fundamentals and integration into team play. Visit www.abovetherimbasketballschoo.com.

Ecole élémentaire Jeanne-Sauvé – 613-580-2782

1917 Gardenway

6-12 yrs	Thu	6-7:30 pm
Apr 8-May 27	\$118.50	430414

Eva James C.C. – 613-271-0712

6-12 yrs	Mon	6-7:30 pm
Mar 29-May 31	\$118.50	431716
6-12 yrs	Mon	7:30-9 pm
Mar 29-May 31	\$118.50	431717
6-12 yrs	Thu	6-7:30 pm
Apr 8-May 27	\$118.50	433163

Mother Teresa H.S. – 613-580-2424 ext. 41208 440 Longfields

6-12 yrs	Tue	6-7:30 pm
Apr 6-May 25	\$118.50	423169
6-12 yrs	Thu	6-7:30 pm
Apr 8-Jun 3	\$118.50	423171

Basketball Basics

Develop skills to take your game to the next level. Emphasis is on basic techniques, skills, participation and fun.

Alexander C.C. – 613-798-8978

6-9 yrs	Mon	5-6 pm
Apr 12-Jun 21	\$27.25	426782

Glen Cairn C.C. – 613-580-2424 ext. 33304

6-8 yrs	Mon	6-7 pm
Mar 22-Jun 14	\$60.25	438437
9-12 yrs	Mon	7:15-8:15 pm
Mar 22-Jun 14	\$60.25	438449

Goulbourn R.C. – 613-831-1169

9-12 yrs	Mon	4:15-5:15 pm
Mar 22-Jun 14	\$73.50	428428

North Gower Marlborough P.S., – 613-580-2424 ext. 30235 2403 Church

6-9 yrs	Thu	6:30-7:25 pm
Apr 1-May 27	\$53.25	433945
10-12 yrs	Thu	7:30-8:25 pm
Apr 1-May 27	\$53.25	433948

Pinecrest R.C. – 613-828-3118

8-12 yrs	Sat	1-2 pm
May 1-Jun 19	\$64	422244

South Fallingbrook C.C. – 613-824-0633 ext. 221

6-7 yrs	Sun	2:15-3:15 pm
Apr 18-Jun 20	\$57	432332
8-10 yrs	Sun	3:15-4:15 pm
Apr 18-Jun 20	\$57	432339

South March P.S. – 613-580-2424 ext. 33501 1032 Klondike

6-8 yrs	Sat	1-2 pm
Mar 27-May 15	\$42.25	440989
9-12 yrs	Sat	2:15-3:15 pm
Mar 27-May 15	\$42.25	440988

St. Francis Xavier H.S. – 613-822-7887 3740 Spratt

8-11 yrs	Mon	7-8 pm
Apr 12-Jun 14	\$56.25	427493

St-Laurent Complex – 613-742-6767

6-9 yrs	Thu	4:45-5:25 pm
Apr 8-Jun 24	\$54	435551
Jul 8-Sep 2	\$40.50	435538
10-12 yrs	Thu	5:30-6:10 pm
Apr 8-Jun 24	\$54	435554
Jul 8-Sep 2	\$40.50	435543



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



Walter Baker Park (Kanata R.C.) – 613-591-9283 ext. 303

8-10 yrs	Sat	10-11 am
May 8-Jun 19	\$50	440122
11-14yrs	Sat	11:00-12noon
May 8-Jun 19	\$50	440124

Basketball League

Co-ed league for all skill levels. Focus is on equal participation and fair play.

St. Francis Xavier H.S. – 613-822-7887

3740 Spratt

8-13 yrs	Sat	9-10:30 am
Apr 10-Jun 12	\$56.25	437865

Cheerleading – Beginner

Try this challenging and exciting sport with many of the benefits of gymnastics and dance plus a unique team element. Girls and boys learn beginner level tumbling skills and jumps

Barrhaven P.S. –

613-580-2424 ext. 41208

80 Larkin

6-9 yrs	Sat	9-10 am
Mar 27-May 29	\$47.25	422743
6-9 yrs	Sat	10-11 am
Mar 27-May 29	\$47.25	422747
10-13 yrs	Sat	11 am-noon
Mar 27-May 29	\$47.25	422750

Bob MacQuarrie R.C.-Orléans –

613-824-0819 ext. 279

5-9 yrs	Mon	5-6 pm
Apr 12-Jun 14	\$47	441677

Fallingbrook E.S. – 613-580-2782

679 Deancourt

7-9 yrs	Sat	1:45-3:45 pm
Apr 10-Jun 19	\$52	430857

Greely C.C. – 613-580-2424 ext. 30235

8-11 yrs	Fri	5:45-6:45 pm
Apr 9-Jun 4	\$72.25	435720

Pinecrest R.C. – 613-828-3118

8-12 yrs	Wed	5:30-6:30 pm
Mar 24-Jun 9	\$62.50	422238

Cheerleading – Intermediate

Cheerleading will improve your physical fitness while advancing basic motions, jumps, stunts, and cheers. Develop valuable teamwork, communication and trust skills.

Barrhaven P.S. –

613-580-2424 ext. 41208

80 Larkin

10-13 yrs	Sat	noon-1 pm
Mar 27-May 29	\$47.25	422755

Dodgeball

Something other than basketball. Come try your skill and 'dodge the ball'.

Fallingbrook E.S. – 613-580-2782

679 Deancourt

4-6 yrs	Sat	8-9 am
Apr 10-Jun 19	\$41.75	434536
7-10 yrs	Sat	9-10 am
Apr 10-Jun 19	\$41.75	434535

Glen Cairn C.C. –

613-580-2424 ext. 33304

7-11 yrs	Sat	12:15-1:15 pm
Mar 27-Jun 12	\$49	439051

Manotick P.S. –

613-580-2424 ext. 30235

1075 Bridge

6-9 yrs	Wed	6:30-7:25 pm
Mar 31-May 26	\$53.50	435766
10-12 yrs	Wed	7:30-8:25 am
Mar 31-May 26	\$53.50	435768

St. Francis Xavier H.S. –

613-822-7887

3740 Spratt

9-11 yrs	Sat	10:30-11:30 am
Apr 10-Jun 12	\$56.25	437853

Sports Extravaganza

Experience a variety of sports! You will get the chance to play Basketball, Volleyball, Ball hockey and Soccer. Each sport will be featured for 2 weeks. Join us with your friends!

Bridlewood C.C. –

613-580-2424 ext. 33501

8-12 yrs	Mon	6:15-7:15 pm
Mar 22-Jun 7	\$50.25	440963

Glen Cairn C.C. –

613-580-2424 ext. 33304

8-12 yrs	Thu	6:15-7:15 pm
Mar 25-May 27	\$50.25	438944

Goulbourn R.C. – 613-831-1169

6-10 yrs	Thu	4:10-5 pm
Mar 25-Jun 10	\$39.50	436926

South March P.S. –

613-580-2424 ext. 33501

1032 Klondike

8-12 yrs	Sat	10:15-11:15 am
Mar 27-May 29	\$50.25	441089

Fencing

Young fencers are introduced to age appropriate use of a Sabre and will focus on posture, stance, strategy, safety and etiquette.

Fisher Park C.C. – 613-798-8945

10-12 yrs	Wed	6-7 pm
Mar 31-Jun 2	\$64.25	438263



Flag Football

Learn new skills and have fun playing the game.

Greely E.S. – 613-580-2424 ext. 30235

7066 Parkway

6-9 yrs	Sat	12:45-1:45 pm
Mar 27-May 29	\$53.50	435498
10-12 yrs	Sat	2-3 pm
Mar 27-May 29	\$53.50	435501

Golf

An introduction/review of the rules of golf, chipping, driving and improving golf swings with focus on grip, stance, alignment, ball position and full swing mechanics. Small group sessions.

Bridlewood C.C. –

613-580-2424 ext. 33501

6-9 yrs	Sun	10:30-11:30 am
Mar 21-Jun 6	\$52	429247

Golf

Come and discover the exciting game of golf. Swing techniques will be taught in a friendly hands-on environment.

Goulbourn R.C. – 613-831-1169

4-6 yrs	Sat	11:15 am-noon
Mar 27-Jun 12	\$70.75	429121
7-9 yrs	Sat	noon-12:50 pm
Mar 27-Jun 12	\$70.75	429126

Ollson Golf – Development

Players new to golf will get a head start on the season. Emphasis will be on club grip, swing mechanics, stance, body alignment and ball position.

Barrhaven on the Green Driving

Range – 613-580-2424 ext. 41208

7-14 yrs	Sat	11 am-noon
May 1-29	\$129.75	423275
Jun 5-26	\$129.75	423278
7-14 yrs	Wed	6-7 pm
Aug 4-25	\$129.75	424734

Barrhaven on the Green Driving

Range – 613-580-2424 ext. 41225

10-12 yrs	Thu	7-8 pm
May 6-27	\$129.75	441187
7-9 yrs	Thu	7-8 pm
Jun 3-24	\$129.75	441120

Registering is easy!
See page 8 for
registration options.

Children

Gymnastics

Gymnastics

Our recreational gymnastic classes use the Cangym badge system and traditional equipment to teach beginner to intermediate gymnastic skills. Groups are divided according to age and ability.

Eva James C.C. – 613-271-0712

6-12 yrs	Sat	3:15-4:15 pm
Mar 27-Jun 12	\$90.50	432638
6-12 yrs	Sat	12:45-1:45 pm
Mar 27-Jun 12	\$90.50	432641
6-12 yrs	Sat	2-3 pm
Mar 27-Jun 12	\$90.50	432642
6-12 yrs	Sat	4:30-5:30 pm
Mar 27-Jun 12	\$90.50	432643
6-12 yrs	Tue	6-7 pm
Mar 30-Jun 1	\$90.50	432634
6-12 yrs	Tue	7:15-8:15 pm
Mar 30-Jun 1	\$90.50	432635
6-12 yrs	Wed	6-7 pm
Mar 31-Jun 2	\$90.50	432636
6-12 yrs	Wed	7:15-8:15 pm
Mar 31-Jun 2	\$90.50	432637

Gymnastics – Introduction

Children will strengthen an interest in balancing and coordination of gymnastic movements on floor and various pieces of equipment.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

5-7 yrs	Sun	9:45-10:30 am
Apr 25-Jun 20	\$65	424127

Overbrook C.C. – 613-742-5147

6-8 yrs	Sat	11:45 am-12:30 pm
Apr 10-Jun 19	\$62.50	423844

Pinecrest R.C. – 613-828-3118

6-8 yrs	Sat	1:20-2:20 pm
Mar 27-Jun 19	\$90.50	422251

Sandy Hill C.C. – 613-564-1062

6-10 yrs	Thu	6:15-7:15 pm
Apr 8-May 27	\$55	437045

St-Laurent Complex – 613-742-6767

6-12 yrs	Sat	4-4:55 pm
Apr 10-Jun 26	\$55	435764

Gymnastics – Recreational Level 1

Introduction to mat work, tumbling, and balance beam.

South Fallingbrook C.C. – 613-824-0633 ext. 221

5-6 yrs	Sat	10-11 am
Apr 17-Jun 19	\$81.25	432293
7-8 yrs	Sat	11:45 am-12:45 pm
Apr 17-Jun 19	\$81.25	432294
5-6 yrs	Thu	6:15-7:15 pm
Jun 24-Aug 26	\$76.25	439415

St-Laurent Complex – 613-742-6767

6-12 yrs	Sat	2-2:55 pm
Apr 10-Jun 26	\$55	435745

Gymnastics – Recreational Level 2

A continuation of mat work, tumbling, and balance beam.

St-Laurent Complex – 613-742-6767

6-12 yrs	Sat	3-3:55 pm
Apr 10-Jun 26	\$55	435752

Gymnastics – Recreational Level 3

Gymnasts work on a specific set of advanced skills, stressing form and technique.

St-Laurent Complex – 613-742-6767

6-12 yrs	Sat	5-5:55 pm
Apr 10-Jun 26	\$55	435759

Gymnastics – Gazelles

Children enjoy the opportunity to run, jump, roll and swing in this gymnastics course. Participants will be introduced to a variety of equipment: floor, balance beam, uneven bars, vaulting, mini trampoline and rings.

Cyrville C.C. – 613-748-1771

6-12 yrs	Sun	9:15-10:15 am
Apr 11-Jun 13	\$69.50	437104
6-12 yrs	Sun	10:15-11:15 am
Apr 11-Jun 13	\$69.50	437118
6-12 yrs	Sun	11:15 am-12:15 pm
Apr 11-Jun 13	\$69.50	437122

Dempsey C.C. – 613-247-4846

6-12 yrs	Tue	6:15-7:15 pm
Apr 6-Jun 8	\$91.50	436105
6-12 yrs	Sat	10-11 am
Apr 10-Jun 19	\$91.50	436106
6-12 yrs	Sun	11 am-noon
Apr 11-Jun 20	\$91.50	436107

Gymnastics – Advanced

CANGYM program. Gymnasts work on a specific set of advanced skills, stressing form and technique. Must have passed badge 4 – bronze.

Eva James C.C. – 613-271-0712

6-12 yrs	Sat	1-3 pm
Mar 27-Jun 12	\$180.75	432771
6-12 yrs	Wed	6:30-8:30 pm
Mar 31-Jun 2	\$180.75	432762

Gymnastics – Challenge

Gymnasts will learn more advanced manoeuvres on equipment and tie moves together i.e. 'handstand forward roll' and 'cartwheel back walkover'. Pre-requisite: Gymnasts must have previous gymnastic instruction.

Dempsey C.C. – 613-247-4846

6-12 yrs	Tue	5:15-7:15 pm
Apr 6-Jun 8	\$180.25	436192
6-12 yrs	Sat	11 am-1 pm
Apr 10-Jun 19	\$180.25	436191

Gymnastics – Mini Trampoline

Floor, beam, vault, bars and mini trampoline are taught. Each class begins with a warm-up and ends with a cool-down game. Special fun classes are planned for most holidays. Aimed at the beginner level gymnast. Badge Program.

McNabb R.C. – 613-564-1070

Level 1

5-9 yrs	Mon	5:30-6:30 pm
Mar 22-Jun 14	\$108	435897
5-7 yrs	Wed	6:45-7:30 pm
Mar 24-Jun 23	\$98	435916

Level 1/2

6-12 yrs	Sat	1:30-2:30 pm
Mar 20-Jun 19	\$117.75	435989

Hockey

Ball Hockey

Be part of a team while developing your skills. Boys and girls welcomed. Each team plays a one-hour game per week. Volunteer coaches are needed. Helmets are mandatory. Teams will be developed at the first session.

Hintonburg C.C. – 613-798-8874

7-12 yrs	Wed	6-7 pm
Apr 7-Jun 9	\$28	435155

Ball Hockey – Basic

Come play ball hockey while learning the skills and drills of the game.

Bridlewood C.C. – 613-580-2424 ext. 33501

6-9 yrs	Wed	7-8 pm
Mar 24-Jun 2	\$39	429308

Eva James C.C. – 613-271-0712

5-7 yrs	Sun	1-2 pm
Mar 28-Jun 13	\$54.75	434780
8-12 yrs	Sun	2:15-3:15 pm
Mar 28-Jun 13	\$54.75	434782

Glen Cairn C.C. – 613-580-2424 ext. 33304

7-10 yrs	Sat	11 am-noon
Mar 27-Jun 19	\$58	439038



Goulbourn R.C. – 613-831-1169

7-11 yrs Fri 4-5 pm
Mar 26-Jun 11 \$73.50 428426

Rideauview C.C. – 613-822-7887

6-8 yrs Sat 11:15 am-12:15 pm
Apr 10-Jun 12 \$56.25 426980

Floor Hockey – Parent and Child

Shoot, pass, score! Spend time together developing your child's skills while introducing them to the concepts of teamwork and fair play. The emphasis will be on fun and physical activity.

McNabb R.C. – 613-564-1070

5-7 yrs Sun 2-2:55 pm
Apr 11-Jun 20 \$48.75 423193

Hockey – 4 on 4

Develop and improve your hockey skills with this no body checking game. Freewheeling and high scoring with limited whistles and no face-offs or coaches. Think outside the box and be creative.

Potvin Arena – 613-580-2596

7-8 yrs Tue 4-5 pm
May 18-Jun 29 \$41.25 427754
9-10 yrs Tue 5-6 pm
May 18-Jun 29 \$41.25 431157

Hockey – Introduction

Lessons geared towards first time hockey players. Learn individual skills including stick handling, shooting and turning. Participants should have a solid skating base (forwards and stopping). Complete hockey equipment is mandatory.

Jim Durrell R.C. – 613-580-2596

6-12 yrs Sun 11 am-noon
Jun 6-Jul 25 \$72 436469
6-12 yrs Sun 2-3 pm
Jun 6-Jul 25 \$72 436471

Potvin Arena – 613-580-2596

6-12 yrs Sun 10-11 am
Aug 15 \$80.75 436482

Hockey – Fundamentals

Lessons geared towards first time hockey players. Learn individual skills including stick handling, shooting and turning. Participants should have a solid skating base (forwards and stopping). Complete hockey equipment is mandatory.

Ray Friel R.C. – 613-830-2747

6-12 yrs Tue 5-6 pm
May 11-Jun 29 \$106 427693
Jul 6-Aug 24 \$106 427694

Hockey – Skills and Development

Perform drills at top speeds to improve your weakness and increase your strengths. Concentrate on power skating technique, agility, acceleration, skating, start, stops, stick handling, passing and shooting.

Fred G. Barrett Arena – 613-580-2596

7-8 yrs Mon-Fri 9 am-noon
Jul 5-9 \$125 429770
7-8 yrs Mon-Fri 1-4 pm
Jul 5-9 \$125 429815
9-10 yrs Mon-Fri 9 am-noon
Jul 19-23 \$125 429772
9-10 yrs Mon-Fri 1-4 pm
Jul 19-23 \$125 429818
11-12 yrs Mon-Fri 9 am-noon
Jul 26-30 \$125 429774
11-12 yrs Mon-Fri 1-4 pm
Jul 26-30 \$125 429819

Potvin Arena – 613-741-1537

7-8 yrs Mon-Fri 9 am-noon
Jul 5-9 \$125 429777
Jul 19-23 \$125 429780
7-8 yrs Mon-Fri 1-4 pm
Jul 5-9 \$125 429827
Jul 19-23 \$125 429831
9-10 yrs Mon-Fri 9 am-noon
Jul 12-16 \$125 429779
Jul 26-30 \$125 429782
9-10 yrs Mon-Fri 1-4 pm
Jul 12-16 \$125 429829
Jul 26-30 \$125 429833
11-12 yrs Mon-Fri 9 am-noon
Aug 2-6 \$125 429785
11-12 yrs Mon-Fri 1-4 pm
Aug 2-6 \$125 429835

Powerskate – Level 1

Participants will work on speed, agility and skating efficiency. Must be able to skate forwards, backwards, and stop. Full equipment is mandatory and sticks are used on the ice.

Jim Durrell R.C. – 613-580-2596

6-12 yrs Sun noon-1 pm
Jun 6-Jul 25 \$72 436473

Kanata R.C. – 613-591-9283 ext. 303

9-12 yrs Fri 7-8 pm
Jun 18-Jul 30 \$78.50 430545

RFJHL Powerskating

Work on speed, agility and skating efficiency. Must be able to skate forwards, backwards, and stop. Full equipment is mandatory and sticks are used.

Ray Friel R.C. – 613-830-2747

6-12 yrs Mon 5-6 pm
May 3-Jun 28 \$106 427696
Jul 5-Aug 30 \$106 427697

Make it Your Game

Introduction to various sports – Soccer/ Badminton/Touch Football/Floor Hockey etc. For a more detailed account of the program please visit www.abovetherimbasketballschooll.com

A. Lorne Cassidy E.S. – 613-580-2424 ext. 33271

27 Hobin

6-12 yrs Mon 6-7 pm
Mar 22-May 17 \$78 423454

Richmond E.S. – 613-580-2424 ext. 33230

3499 McBean

6-12 yrs Fri 6:40-7:40 pm
Mar 26-May 21 \$78 440036

Open Gym

Enjoy basketball, ball hockey, soccer and other sports. It's a great way to get together with friend, play a few games and burn off some energy! Please verify schedule with Program Staff for cancellations.

Eva James C.C. – 613-271-0712

10-13 yrs Fri 6:30-8:30 pm
Ongoing-Jun 18 \$2.45

Glen Cairn C.C. – 613-580-2424 ext. 33304

8-13 yrs Fri 6:30-8:30 pm
Ongoing-Jun 18 \$2.45

Open Gym – All Ages

Gym will be split to accommodate children and older youth. Children under 5 must be accompanied by a parent.

Goulbourn R.C. – 613-831-1169

5-17 yrs Wed 3:15-5:15 pm
Mar 24-Jun 23
Child: \$2.00
Youth: \$2.35

Preteen Sports Night

Come drop by for a variety of sports including basketball, hockey, soccer and more.

Michele Heights C.C. – 613-828-5100

6-13 yrs Fri 6-7:30 pm
Mar 26-Jun 4 \$45.50 439803

Rope Skipping – Level 1

Rope skipping helps the participant develop body awareness, coordination, strength and flexibility. This course is designed for the beginner or novice rope skipper.

Bridlewood C.C. – 613-580-2424 ext. 33501

6-12 yrs Sun 9-10 am
Mar 21-May 16 \$59 429229

Walter Baker Sports Centre – 613-580-2424 ext. 41208

6-12 yrs Mon 6-7 pm
Apr 12-Jun 21 \$73.50 422853

Children

Saturday Morning Sports Club

Learn teamwork and improve your skills in a variety of different sports. Burn lots of energy playing games including; soccer, ball hockey, basketball, dodge ball and much more!

Cyrville C.C. – 613-748-1771

6-12 yrs	Sat	9:30-11 am
Apr 10-Jun 12	\$25.50	437096

Goulbourn R.C. – 613-831-1169

4-6 yrs	Sat	9-9:50 am
Mar 27-Jun 12	\$33	430776
7-10 yrs	Sat	10-10:50 am
Mar 27-Jun 12	\$33	430777

Sporty Kids

A fun time for sporty kids! Children participate in active games, sports and more!

South Fallingbrook C.C. – 613-824-0633 ext. 221

6-10 yrs	Tue	6:30-7:30 pm
Apr 13-Jun 15	\$38.75	432002

Skateboarding

Skateboarding – Beginners

Get started on the right foot. Learn the basic skateboard skills, how to maintain your board as well as overall skate etiquette for skating parks. Your own skateboard, helmet elbow and knee pads are required.

Kanata R.C. – 613-591-9283 ext. 303

7-9 yrs	Sun	10-10:50 am
May 9-Jun 13	\$82.50	438852
9-14 yrs	Sun	11 am-noon
May 9-Jun 13	\$82.50	438864

McNabb R.C. – 613-564-1070

6-12 yrs	Sat	9-9:50 am
May 8-29	\$54.25	424684
Jun 5-26	\$54.25	424693
7-13 yrs	Sat	10-10:50 am
May 8-29	\$54.25	424703
6-12 yrs	Sun	9-9:50 am
May 9-30	\$54.25	424689
Jun 6-27	\$54.25	424691
7-13 yrs	Sun	10-10:50 am
May 9-30	\$54.25	424701

Skateboarding – Intermediate

Improve on the basics while being introduced to new tricks and skills. Your own skateboard, helmet, elbow and kneepads required.

Kanata R.C. – 613-591-9283 ext. 303

7-14 yrs	Sun	11 am-noon
May 9-Jun 13	\$82.50	438880

McNabb R.C. – 613-564-1070

7-13 yrs	Sat	10-10:50 am
May 8-29	\$54.25	424722
Jun 5-26	\$54.25	424733
7-13 yrs	Sun	10-10:50 am
May 9-30	\$54.25	424736
Jun 6-27	\$54.25	424738

Skateboarding – Advanced

For those who skate parks confidently and are looking for new ways to do their tricks and make runs. Your own skateboard, helmet, elbow and kneepads required.

McNabb R.C. – 613-564-1070

9-13 yrs	Sat	10-10:50 am
May 8-29	\$54.25	424679
9-13 yrs	Sun	10-10:50 am
May 9-30	\$54.25	424681

Skateboarding – Girls Only

Coaching for all levels will concentrate on improving weak points and expanding on skills. Helmet, elbow and kneepads are mandatory.

Kanata R.C. – 613-591-9283 ext. 303

7-12 yrs	Sun	10-11 am
May 9-Jun 13	\$82.50	438877

McNabb R.C. – 613-564-1070

6-12 yrs	Sat	9-9:50 am
May 8-29	\$52	424711
Jun 5-26	\$52	424714
6-12 yrs	Sun	9-9:50 am
May 9-30	\$52	424716
6-13 yrs	Sun	9-9:50 am
Jun 6-27	\$52	424718

Skateboarding – Semi-Private Lessons – Level 1

Quality instruction based on individual needs. Participants need to be of similar skateboarding ability. Helmet, elbow and kneepads are mandatory.

McNabb R.C. – 613-564-1070

5+ yrs	Sat	11-11:50 am
May 8-29	\$78	424744
Jun 5-26	\$78	424745
5+ yrs	Sun	11-11:50 am
May 9-30	\$78	424747
Jun 6-27	\$78	424748

Soccer

Soccer

Learn the skills and practice the drills necessary to improve your game.

Eva James C.C. – 613-271-0712

6-8 yrs	Fri	4:15-5:15 pm
Mar 26-Jun 18	\$65.75	434660
9-12 yrs	Fri	5:20-6:20 pm
Mar 26-Jun 18	\$65.75	434669

Glen Cairn C.C. – 613-580-2424 ext. 33304

9-12 yrs	Wed	6:45-7:45 pm
Mar 24-Jun 16	\$72.50	438906

Goulbourn R.C. – 613-831-1169

Outdoor Soccer

6-8 yrs	Tue	4-4:50 pm
May 18-Jun 22	\$40.25	430783
9-12 yrs	Tue	5-5:50 pm
May 18-Jun 22	\$40.25	430785

Hintonburg Park – 613-798-8874

5-7 yrs	Tue	6:30-7:30 pm
May 11-Jun 15	\$32.50	435148
8-12 yrs	Tue	6:30-7:30 pm
May 11-Jun 15	\$32.50	435150

McNabb R.C. – 613-564-1070

6-8 yrs	Sun	11-11:55 am
Apr 11-Jun 20	\$48.75	423201

Pinecrest P.S. – 613-580-2854 1281 Pinecrest

7-9 yrs	Sat	11 am-noon
Mar 13-Apr 17	\$37.50	433092

Pinecrest R.C. – 613-828-3118

6-8 yrs	Wed	5-6 pm
May 12-Jun 23	\$50	422241
9-12 yrs	Wed	6-7 pm
May 12-Jun 23	\$50	422242

Ray Friel Park – 613-830-2747

2-3 yrs	Tue	4:30-5:30 pm
May 18-Jun 22	\$49	425654
4-5 yrs	Wed	4:30-5:30 pm
May 19-Jun 23	\$49	425657
6-7 yrs	Thu	4:30-5:30 pm
May 20-Jun 24	\$49	425659

Sandy Hill C.C. – 613-564-1062

6-10 yrs	Mon	7-7:55 pm
May 3-Jun 14	\$56.25	441317
Jun 28-Aug 9	\$56.25	441358
6-10 yrs	Tue	7-7:55 pm
May 4-Jun 8	\$56.25	441318
Jun 29-Aug 3	\$56.25	441359
6-10 yrs	Thu	7-7:55 pm
May 6-Jun 10	\$56.25	441357
Jul 8-Aug 12	\$56.25	441360

South Fallingbrook C.C. – 613-824-0633 ext. 221

5-6 yrs	Tue	10:30-11:30 am
Jun 22-Aug 24	\$56.75	439463
5-6 yrs	Tue	5-6 pm
Jun 22-Aug 24	\$56.75	439465
5-6 yrs	Tue	6-7 pm
Jun 22-Aug 24	\$56.75	439464
5-6 yrs	Wed	5-6 pm
Jun 23-Aug 25	\$56.75	439466
5-6 yrs	Wed	6-7 pm
Jun 23-Aug 25	\$56.75	439468
7-8 yrs	Wed	7-8 pm
Jun 23-Aug 25	\$56.75	439469
5-6 yrs	Thu	10:30-11:30 am
Jun 24-Aug 26	\$51.25	439471
5-6 yrs	Thu	5-6 pm
Jun 24-Aug 19	\$51.25	439474
5-6 yrs	Thu	6-7 pm
Jun 24-Aug 19	\$51.25	439475

NEW! Family Programs section on page 94.

Soccer – League

Learn the skills and practice the drills necessary to improve your game.

Overbrook Park – 613-742-5147

6-8 yrs	Tue, Thu	6-7 pm
May 18-Jun 17	\$28.50	428831
9-12 yrs	Tue, Thu	7-8 pm
May 18-Jun 17	\$28.50	428833

Soccer – Indoor

Learn the game of soccer the fun way: a few drills, fun games and a lot of playing time.

Avalon P.S. – 613-580-2782

2080 Portobello

5-6 yrs	Sat	noon-1 pm
Apr 10-Jun 19	\$57	431767
5-6 yrs	Sat	1-2 pm
Apr 10-Jun 19	\$57	431771
6-8 yrs	Mon	6-7 pm
Apr 12-Jun 14	\$51.50	435536
6-8 yrs	Mon	7-8 pm
Apr 12-Jun 14	\$51.50	435545
9-12 yrs	Mon	8-9 pm
Apr 12-Jun 14	\$51.50	435540

Foster Farm C.C. – 613-828-2004

5-7 yrs	Fri	5-6 pm
Mar 26-May 7	\$13	425665

Goulbourn R.C. – 613-831-1169

7-12 yrs	Fri	5-6 pm
Mar 26-Jun 11	\$73.50	430786

South Fallingbrook C.C. – 613-824-0633 ext. 221

5-6 yrs	Sat	9:30-10:30 am
Apr 17-Jun 19	\$57	432308
5-6 yrs	Sun	11:30 am-12:30 pm
Apr 18-Jun 20	\$57	432309
7-9 yrs	Sun	12:30-1:30 pm
Apr 18-Jun 20	\$57	432311

St. Francis Xavier H.S. – 613-822-7887

3740 Spratt

6-8 yrs	Mon	6-7 pm
Apr 12-Jun 14	\$56.25	429514

Soccer School

Soccer enhances speed, endurance, coordination and reflexes. Improve skills with a teaching method approved by the Canadian Soccer Association.

Greenbank M.S. – 613-580-2424 ext. 41208

168 Greenbank

6-8 yrs	Sat	1-2:30 pm
Mar 27-May 29	\$117.50	422776
9-12 yrs	Sat	2:45-3:45 pm
Mar 27-May 29	\$78.50	422780

Soccer Skills and Drills

Kick into action and join Soccer Skill and Drills!

Henry Larsen E.S. – 613-824-0819

7-9 yrs	Fri	6-7 pm
Apr 9-May 28	\$37.50	425216
10-13 yrs	Fri	7-8 pm
Apr 9-May 28	\$37.50	425225

Kickball

Kick! Run! Soccer Baseball is back! Bring some friends or come alone. Enjoy some old fashion schoolyard fun!

Walter Baker Park (Kanata) – 613-591-9283

8-12 yrs	Sat	11 am-noon
May 1-Jun 26	\$30	430628

Squash – Juniors Clinic

Try Squash as a fitness option. Learn the basics of forehand, backhand, serve/serve return and the rules. Meet the Pro.

Nepean Sportsplex – 613-580-2828

8-18 yrs	Sun	6:20-7:20 pm
Apr 11-Jun 13	\$96.50	437834
8-18 yrs	Sun	6:20-7:40 pm
Jun 27-Aug 29	\$96.50	437845

Tennis

Tennis

Participants can improve their tennis technique in these small group lessons with highly qualified instructors. These lessons are specifically designed to help develop basic skills and coordination and maintain a love for the game. Learn the basics of tennis, including forehand, backhand and serve. Lessons are conveniently separated by age category.

St. Germain Park (Sandy Hill CC) – 613-564-1078

6-12 yrs	Sat	9:30-10:25 am
May 1-Jun 12	\$57.25	441032
6-12 yrs	Mon, Wed	5:30-6:25 pm
May 3-19	\$57.25	441037
Jul 5-21	\$57.25	441193
6-12 yrs	Wed, Mon	5:30-6:25 pm
Jun 2-21	\$57.25	441220

Tennis – Beginner/Novice

Develop basic tennis skills. Forehand, backhand, serve and volley will be covered.

Pinecrest R.C. – 613-828-3118

8-12 yrs	Sat	10-11 am
Apr 24-Jun 19	\$80	422252

South Fallingbrook C.C. – 613-824-0633 ext. 221

8-12 yrs	Tue	6-7 pm
May 11-Jun 15	\$62.50	432354
Jun 22-Aug 24	\$104	439259
8-12 yrs	Sat	11 am-noon
May 15-Jun 19	\$62.50	432357

Tennis – Intermediate

Previous tennis experience required. Forehand, backhand, serve and volley will be covered.

Pinecrest R.C. – 613-828-3118

8-12 yrs	Sat	11 am-noon
Apr 24-Jun 19	\$80	422253

South Fallingbrook C.C. – 613-824-0633 ext. 221

8-12 yrs	Thu	6-7 pm
May 13-Jun 17	\$62.50	432399
Jun 24-Aug 26	\$93.75	439370
8-12 yrs	Sat	11 am-noon
Jun 26-Aug 28	\$93.75	439373

Tennis – Learn 1/2

The program teaches the basic skills of serve, return, volley and backhand to new players in a fun environment. Every player gets a tennis racquet.

613-580-2854

Beacon Hill North C.C.

6-12 yrs	Wed, Mon	6-7:15 pm
May 19-31	\$73	438475
6-12 yrs	Mon, Wed	6-7:15 pm
Jun 7-16	\$73	438480

Four Season's Park

6-12 yrs	Sat	10-11 am
May 8-29	\$56.50	438558
Jun 5-26	\$56.50	438560

John Hopps Park

6-12 yrs	Mon	6-7:15 pm
May 10-31	\$73	438567
May 31-Jun 21	\$73	438573

Mooney's Bay Park

6-12 yrs	Tue, Thu	6-7:15 pm
May 18-27	\$73	438526
May 18-27	\$73	438531
Jun 1-10	\$73	438536
Jun 1-10	\$73	438537
6-12 yrs	Wed, Mon	6-7:15 pm
May 19-31	\$73	438499
6-12 yrs	Mon, Wed	6-7:15 pm
Jun 7-16	\$73	438503

Pinecrest Park

6-12 yrs	Sat	10-11 am
May 8-29	\$56.50	438552
Jun 5-26	\$56.50	438556
6-12 yrs	Tue, Thu	6-7:15 pm
May 18-27	\$73	438509
May 18-27	\$73	438511
Jun 8-17	\$73	438515
Jun 8-17	\$73	438519
6-12 yrs	Wed, Mon	6-7:15 pm
May 19-31	\$73	438494
6-12 yrs	Mon, Wed	6-7:15 pm
Jun 7-16	\$73	438497

Richmond Lions Park

6-12 yrs	Tue, Thu	6-7:15 pm
May 18-27	\$73	438540
Jun 1-10	\$73	438542



Girls and Sport

Girls n' Women and Sport – 613-580-2854

Sport and physical activity programs that promote fun, friendship, skill development, confidence building and fair play values while learning to play in a team setting.



"Girls Just Want to have Fun!"

Basketball – Above the Rim

Introduction to one specific basketball skill per week. Drills, skill fundamentals and integration into team play. Visit www.abovetherimbasketballschoo.com.

J.H. Putman P.S., 2051 Bel-Air

6-12 yrs Wed 7:30-9 pm

Mar 24-May 12 \$118.50 429009

FUNdamental Movements

Allow your child to develop the groundwork for physical literacy by engaging in throwing, jumping, running, catching, and striking. Soccer, basketball, softball, and more.

Pinecrest P.S., 1281 Pinecrest

7-9 yrs Sat 11-11:45 am

Mar 27-May 15 \$43.25 429175

Girl's Self Defence

Be confident in difficult or dangerous situations. From bullies to strangers, on line issues to verbal assertiveness. Course covers physical, emotional and psychological safety. In partnership with **Stronger You Martial Arts and Self Defense**.

3570 Strandherd – 613-580-2854

6-12 yrs Thu 6:30-7:15 pm

Apr 15-May 20 \$99 441088

Lacrosse Skills and Drills

Try something new and learn all about lacrosse. (Mouth guards are mandatory)

Raven Park

7-9 yrs Thu 6:30-7:30 pm

May 20-Jul 8 \$42 429019

10-12 yrs Thu 7:30-8:30 pm

May 20-Jul 8 \$42 429020

Skiping Club!

Girls who love to skip can learn amazing new tricks and have a show at the end of the session!

Broadview P.S., 590 Broadview

7-12 yrs Fri 6-7 pm

Mar 26-May 28 \$57.50 429022

Soccer – Skills and Drills

Kick into action and join Soccer Skill & Drills!

Alta Vista P.S., 1349 Randall

7-9 yrs Tue 6-7 pm

Mar 23-May 18 \$47.50 429015

10-12 yrs Tue 7-8 pm

Mar 23-May 18 \$47.50 429016

Mooney's Bay Park

7-9 yrs Wed 6-7 pm

Jul 7-Aug 18 \$42 429576

10-12 yrs Wed 7-8 pm

Jul 7-Aug 18 \$42 429579

Raven Park

7-9 yrs Tue 6:30-7:30 pm

May 18-Jun 29 \$42 429013

10-12 yrs Tue 7:30-8:30 pm

May 18-Jun 29 \$42 429014

Volleyball – Beach

Enjoy playing and learning Beach Volleyball. Bring your friends, create a team or simply join one! (1hr skills & 1hr League play)

Mooney's Bay Park

10-12 yrs Mon 5-6 pm

Jul 5-Aug 23 \$40.25 430242

10-12 yrs Tue 5-6 pm

Jul 6-Aug 17 \$40.25 438808

10-12 yrs Wed 5-6 pm

Jul 7-Aug 18 \$40.25 438809

10-12 yrs Thu 5-6 pm

Jul 8-Aug 19 \$40.25 438811

Volleyball – Skills and Drills

Serve up some fun! Progress through our Passport Series. Levels 1, 2 & 3. Participants will learn the basics of volleyball according to their abilities.

First Avenue P.S., 73 First

7-9 yrs Thu 6-7 pm

Mar 25-May 13 \$36 429026

10-12 yrs Thu 7-8 pm

Mar 25-May 13 \$36 429028

Tanglewood Park – 613-580-2424 ext. 41225

6-12 yrs Tue, Thu 6-7:15 pm

Jun 1-10 \$73.00 428715

Jul 6-15 \$73.00 428718

6-12 yrs Thu, Tue 6-7:15 pm

Jun 17-29 \$73.00 428717

Pinecrest Park – 613-580-2854

12-14 yrs Wed, Mon 7:15-8:30 pm

May 19-31 \$37.50 438662

12-14 yrs Mon, Wed 7:15-8:30 pm

Jun 7-16 \$37.50 438663

Volleyball

Volleyball

Learn basic skills. Game play.

Glen Cairn C.C. –

613-580-2424 ext. 33304

8-12 yrs Thu 7:30-8:30 pm

Mar 25-Jun 17 \$60 438958

8-12 yrs Sat 1:30-2:30 pm

Mar 27-Jun 12 \$60 439058

Manotick P.S. – 613-580-2424 ext. 30235

1075 Bridge

6-9 yrs Fri 6:30-7:25 pm

Mar 26-May 28 \$53.50 436687

10-12 yrs Fri 7:30-8:20 pm

Mar 26-May 28 \$53.50 436692

**Registering is easy!
See page 8 for
registration options.**





Arts – Literary

Beyond the Ordinary – The Canadian Writing Experience

Learn the craft of writing through telling the stories of extraordinary Canadians. You could be a published Canadian writer, listed among the catalogues at the National Library of Canada. Taught by Emily-Jane Hills Orford, author of a number of books about special Canadians.

Nepean Creative Arts Centre – 613-596-5783

10-16 yrs	Sat	1-2:30 pm
Apr 10-May 15	\$87.50	425632

Arts – Performing

Dance

Ballet – Level 2

This level introduces more complex and extended barre work in order to strengthen the dancer for centre practice. It also includes more lengthy adagio and allegro work, as well as steps and combinations moving across the room.

St-Laurent Complex – 613-742-6767

11-16 yrs	Sat	2:15-3:15 pm
Apr 24-Jun 19	\$78	432992

Ballroom – Level 1

An introduction to the foxtrot, waltz, cha cha, triple swing and merengue. It's fun, great exercise and will really impress your friends. Participants must register with a partner.

Nepean Creative Arts Centre – 613-596-5783

15-19 yrs	Fri	5-6 pm
Apr 16-Jun 4	\$69.25	424802

Break Dance

The #1 selling 'how to breakdance' programme. Learn all the moves to breakdance.

Overbrook C.C. – 613-742-5147

Level 1

8-14 yrs	Sat	1-2 pm
Apr 10-Jun 12	\$104	424854

Level 2

8-14 yrs	Sat	2-3 pm
Apr 10-Jun 12	\$104	425918

Contemporary Dance

Increase strength, flexibility, range of technique, and body-mind connection with performance and choreography skills. Contemporary dance draws on modern techniques using such principles as centering, alignment, gravity, breath, contraction, release, fall and recovery, suspension, balance and off-balance, tension and relaxation, opposition and emotion.

Nepean Creative Arts Centre – 613-596-5783

11-13 yrs	Wed	5-6 pm
Apr 7-Jun 9	\$86.75	424836
14-17 yrs	Wed	6-7 pm
Apr 7-Jun 9	\$86.75	424840

Dance Mix

Jazz, Hip Hop and lyrical dancing moves combined in fun choreographies. Learn how to shake and move your body while having lots of fun and a good workout. This is a high energy, exciting class!

Goulbourn R.C. – 613-831-1169

12-16 yrs	Wed	5:10-6:10 pm
Mar 24-Jun 9	\$80	428473

Nepean Creative Arts Centre – 613-596-5783

12-16 yrs	Wed	4-5 pm
Apr 7-Jun 9	\$86.75	424931



Hip Hop and Jazz

A high energy class for teenagers combining contemporary jazz and hip hop styles.

Nepean Creative Arts Centre – 613-596-5783

9-14 yrs	Thu	7-8 pm
Apr 8-Jun 10	\$86.75	424960

Walter Baker Sports Centre – 613-596-5783

9-14 yrs	Wed	6-7 pm
Apr 7-Jun 9	\$86.75	424942
9-14 yrs	Wed	7-8 pm
Apr 7-Jun 9	\$86.75	424947

Hip Hop – Level 1

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing, is an amazing workout to funky, up-beat tunes.

Albion Heatherington R.C. – 613-247-4828

13-15 yrs	Sat	1:30-2:30 pm
Apr 10-May 29	\$54	433249

Cyrville C.C. – 613-748-1771

10-13 yrs	Mon	8-9 pm
Apr 12-Jun 7	\$53.25	438326

Eva James C.C. – 613-271-0712

12-16 yrs	Fri	7:05-8:05 pm
Mar 26-Jun 18	\$69	434731

Fitzroy Harbour C.C. – 613-580-2424 ext. 33527

10-15 yrs	Tue	7-8 pm
Mar 30-May 25	\$66	434972

Pinecrest R.C. – 613-828-3118

13-17 yrs	Sun	6:15-7:15 pm
Mar 28-Jun 20	\$75.50	422264

Plant R.C. – 613-232-3000

13-15 yrs	Sun	12:15-1:15 pm
Apr 11-Jun 13	\$63	439337

South Fallingbrook C.C. – 613-824-0633 ext. 221

13-17 yrs	Tue	8:30-9:30 pm
Apr 13-Jun 15	\$58.50	432439

Walter Baker Sports Centre – 613-580-2788

11-17 yrs	Thu	6:15-7:15 pm
Mar 25-Jun 24	\$91	434665

Hip Hop – Level 2

Learn all the moves in this fun, energetic dance class. Hip Hop, with its roots in street dancing, is an amazing workout to funky, up-beat tunes.

Goulbourn Municipal Office – 613-580-2424 ext. 33236

13-17 yrs	Wed	6:30-7:20 am
Apr 7-Jun 9	\$66.75	422465

Youth

Jazz

Learn the basics of jazz dance. Exercises are structured to develop strength, balance, flexibility and coordination. Expand your creative scope and gain confidence.

Shenkman Arts Centre – 613-580-2787

12-16 yrs	Sat	5-6 pm
Apr 24-Jul 3	\$86.50	435152
9-12 yrs	Sat	4-5 pm
Apr 24-Jul 3	\$86.50	435134

Modern Dance

Use your body to express yourself. Combine structured technique with freedom of movement. Explore aspects of space, time, shape, and movement dynamics through individual work as well as group participation.

Nepean Creative Arts Centre – 613-596-5783

13-17 yrs	Sat	noon-1:30 pm
Apr 10-Jun 12	\$117	424990

Prom Dance

A short and sweet program to teach the basics of ballroom dance for your next formal affair. Look smooth on that special day.

Nepean Creative Arts Centre – 613-596-5783

15-19 yrs	Fri	6:30-7:30 pm
Apr 16-Jun 4	\$69.25	425010

Drama

Acting For Film

This course will coach teenagers in the techniques of film and television acting. Students will explore such subjects as auditioning, scene study, film jargon, and tools of the trade. Students will have a chance to see themselves on camera in mini screen-tests.

Nepean Creative Arts Centre – 613-596-5783

13-16 yrs	Wed	7-8:30 pm
Apr 7-Jun 9	\$130	425421

Movie Making

As writers, producers, stars and editors, experience the process of making a film from start to finish, on-location. Each student will receive a DVD of the finished movie.

Nepean Creative Arts Centre – 613-596-5783

12-16 yrs	Thu	6-9 pm
Apr 15-May 20	\$156	425430

Musical Theatre

Explore the world of theatrical song and dance. Learn good vocal technique, the art of choreographed movement, and staging for musical performance.

Nepean Creative Arts Centre – 613-596-5783

11-17 yrs	Thu	6:30-8 pm
Apr 8-Jun 10	\$181	425444

Improv for Teens

Fast thinking, spontaneous collaboration, excellent performing skills, social skills, and a good laugh are the things you'll gain from improv.

Nepean Creative Arts Centre – 613-596-5783

13-16 yrs	Fri	5-6:30 pm
Apr 16-May 21	\$78	436896

Triple Talent On Stage

Develop your multiple skills in singing, dancing, and acting! Develop your skills and techniques in performance and auditioning. You can have fun being a Triple Threat!

Nepean Creative Arts Centre – 613-596-5783

12-16 yrs	Mon	6-8:15 pm
Apr 12-Jun 7	\$217.50	425634

Ready, Set, Play!

An introduction to drama through role-playing, mime, creative movement and acting. A fun way to express yourself and your imagination.

Fisher Park C.C. – 613-798-8945

11-14 yrs	Tue	5:15-6:15 pm
Mar 30-Jun 1	\$93.75	438297

Social Issues Monologues

Collaborate with other teens to create dramatic material about issues that interest you. Develop your ideas into a monologue or dramatic performance piece that expresses how you see the world, and explore various presentation styles.

Nepean Creative Arts Centre – 613-596-5783

10-16 yrs	Tue	6:30-8 pm
Apr 13-May 18	\$78	431069

Social Theatre

Collaborate with other teens to create dramatic material about issues that interest you. Develop your ideas into a monologue or dramatic performance piece that expresses how you see the world, and explore various presentation styles.

Albion Heatherington R.C. – 613-247-4828

13-16 yrs	Tue	6:30-8 pm
Apr 6-May 25	\$74	433888

Theatre Production Company

Collaborate with other teenagers to create a theatre production. You choose a combination of backstage work (sets, costumes, lights, sound, stage management), and/or performance.

Nepean Creative Arts Centre – 613-596-5783

12-16 yrs	Sun	noon-2 pm
Apr 18-May 16	\$86.75	425599

Music

Drums – Level 1

Learn to play the drums and to read music notation. No experience necessary. Hands-on playing on practice pads.

John G. Mlacak Centre – 613-580-2424 ext. 33501

13-17 yrs	Thu	6-7:30 pm
Apr 8-Jun 10	\$110.50	429180

Guitar – Level 1

Learn basic chords, strums and finger picking

Albion Heatherington R.C. – 613-247-4828

13-16 yrs	Mon	7:30-8:15 pm
Apr 12-May 31	\$74.50	433260

John G. Mlacak Centre – 613-580-2424 ext. 33501

13-17 yrs	Mon	5:45-7:15 pm
Apr 12-Jun 21	\$110.50	429160

Nepean Creative Arts Centre – 613-596-5783

10-16 yrs	Wed	5:30-6:30 pm
Apr 7-Jun 2	\$108.75	425600

Queenswood Heights C.C. – 613-580-2782

13-17 yrs	Thu	7:15-8:15 pm
Apr 8-Jun 10	\$89.25	431332
13-17 yrs	Mon	8-9 pm
Apr 12-Jun 21	\$89.25	434553

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

13-17 yrs	Wed	7-8 pm
Mar 31-May 19	\$75	435404

Sandy Hill C.C. – 613-564-1062

13-16 yrs	Sat	1-2 pm
Mar 27-May 29	\$85	437046

Shenkman Arts Centre – 613-580-2787

10-16 yrs	Sun	5-6 pm
Apr 18-Jul 4	\$121	435153

Guitar – Level 2

More advanced theory and music. Choose either group or private guitar lessons. For additional information call the centre.

John G. Mlacak Centre – 613-580-2424 ext. 33501

13-17 yrs	Mon	7:30-9 pm
Apr 12-Jun 21	\$110.50	429164

**NEW! Family Programs
section on page 94.**

Nepean Creative Arts Centre – 613-596-5783

10-16 yrs Wed 6:30-7:30 pm
Apr 7-Jun 2 \$108.75 425609

Queenswood Heights C.C. – 613-580-2782

13-17 yrs Mon 8-9 pm
Apr 12-Jun 21 \$89.25 431343

Shenkman Arts Centre – 613-580-2787

10-16 yrs Sun 6-7 pm
Apr 18-Jul 4 \$121 435156

Guitar – Level 3

Learn songs while adding new techniques and skills along the way. Participants provide the name of one song they would like to learn and all participants learn and play each of the songs submitted.

Nepean Creative Arts Centre – 613-596-5783

10-16 yrs Wed 7:30-8:30 pm
Apr 7-Jun 2 \$108.75 425621

Guitar – Level 4

For those who have completed level 3, or are familiar with all the main open chords in keys A, C, D, E, and G. Also required is the ability to play several different strumming and picking patterns in 3/4 and 4/4 time.

Nepean Creative Arts Centre – 613-596-5783

10-16 yrs Wed 8:30-9:30 am
Apr 7-Jun 2 \$108.75 425629

Guitar – Private Lessons

Students will be coached through a variety of repertoire and exercises intended to improve the guitarist's musicianship and technique. All you need is your own guitar and a love of music. Instruction available for: acoustic, bass, and electric guitar.

Queenswood Heights C.C. – 613-580-2782

13-17 yrs Sat 4:15-5 pm
Apr 10-Jun 5 \$184

Hand Drumming

Learn the joy of music through hand drumming. Join our drum circle and learn traditional African and Latin rhythms on djembes, congas, timbales, and more. No musical training required.

Shenkman Arts Centre – 613-580-2787

12-17 yrs Mon 6-7:30 pm
Apr 19-Jun 28 \$197 440539

Piano – Group Lessons

Students will be instructed in both practical and theory. Experience the art and love of music through the study of piano in a group setting. Prerequisite: a piano at home, or access to a piano for practice time.

Shenkman Arts Centre – 613-580-2787

12-17 yrs Wed 5:30-6:30 pm
Apr 21-Jun 23 \$131.25 435157

St-Laurent Complex – 613-742-6767

13-16 yrs Sat 3-4 pm
Apr 24-Jun 26 \$90.25 435003

I Wanna Rock

We're making music – Digital Kid Style! Rap, Hip Hop, R & B, Rock, Classical, any style you want!

Shenkman Arts Centre – 613-580-2787

9-17 yrs Sun 11 am-noon
May 2-Jun 20 \$135.50 435163

Arts – Visual

Art Portfolio Building Course

Learn to draw portraits, paint with acrylics, use pastels and more while creating your own personal portfolio suitable for auditions for specialty art schools. No experience is required. A material list will be provided. Bring an eraser, pencil and sketchbook to the first class.

Plant R.C. – 613-232-3000

11-14 yrs Sun 10:45 am-12:15 pm
Apr 11-Jun 13 \$45 439379

Cartooning and Action Painting – Beginner

Kaboom! Discover the art of cartooning combined with the intense action and variety of explosive techniques found in comic book action painting.

Nepean Creative Arts Centre – 613-596-5783

11-16 yrs Sun 10 am-noon
Apr 18-Jun 20 \$174.75 439938

Creative Journey Teen

Introduction to different materials: mask making, paint, pastels, clay and printmaking. The creative process requires no previous art background. Supplies Included.

John G. Mlacak Centre – 613-580-2424 ext. 33501

12-15 yrs Mon-Fri 9 am-4 pm
Jul 12-16 \$153 438894

Creative Minds Mixed Media

Let your imagination go wild!!! Explore painting (watercolour, acrylics, and pastels); three-dimensional work (mosaics and papier mâché), plus mono printing and drawing with graphite.

Fringewood C.C. – 613-580-2424 ext. 33271

10-14 yrs Wed 7:15-8:15 pm
Apr 7-May 26 \$136.25 431746

Photography

Learn to master your digital camera. Topics include: white balance, image resolution, aperture and composition. Participants require a digital camera (with manual).

Aquaview Com. Hall – 613-580-2782

13-17 yrs Tue 6-7:30 pm
Apr 6-Jun 8 \$76 436647

S.S.#1 C.C. – 613-580-2424 ext. 33304

13-17 yrs Sat 1:30-3 pm
Apr 10-Jun 19 \$93.75 440781

Digital and Photoshop® Special Effects

Digital cameras and Photoshop® team together to move, re-size, duplicate or re-colour images. Use layers, create special effects or create the illusion of hand-tinted photographs and/or funky designs. Let the digital darkroom free the way.

Nepean Creative Arts Centre – 613-596-5783

11-16 yrs Sun 10 am-noon
Apr 18-Jun 20 \$162 434584
11-16 yrs Sat 10 am-noon
Apr 17-Jun 19 \$162 434583

Photoshop® for Teens

Using Photoshop® software, each class introduces a key concept, and tools to touch up and modify existing photos and create new graphics.

Nepean Creative Arts Centre – 613-596-5783

11-16 yrs Sun 1-3 pm
Apr 18-Jun 20 \$174.75 434580

Pottery – Wheel Basic and Intermediate

Learn wheel thrown techniques to create cylinders, vases and bowls on the pottery wheel. More advanced techniques shown to students with previous experience.

Nepean Visual Arts Centre – 613-580-2828

11-16 yrs Sat 10 am-noon
Apr 24-Jun 19 \$155.25 425867
11-16 yrs Sat 1-3 pm
Apr 24-Jun 19 \$155.25 425870
15-19 yrs Sun 6:30-8:30 pm
Apr 18-Jun 27 \$273 436367
11-16 yrs Mon, Wed 10 am-noon
Jul 5-28 \$143 426601
11-16 yrs Wed, Mon 10 am-noon
Aug 4-30 \$143 426613





Pottery – Wheel Parent and Teen

Learn wheel thrown techniques to create projects together or just to work along side your teen in a creative environment.

Nepean Visual Arts Centre – 613-580-2828

11-16 yrs	Sun	2:30-4:30 pm
Apr 18-Jun 27	\$273	437077

Teen Hand Building

Discover the versatility of clay. You will be introduced to basic techniques in creating sculpture and functional forms in clay. Surface decorations, textures and glazes will be introduced.

Nepean Visual Arts Centre – 613-580-2828

11-16 yrs	Sun	12:30-2:30 pm
Apr 18-Jun 13	\$155.25	425874

Parent and Teen Hand Building

Spend time with your teen or tween creating pottery projects together in a fun and easygoing setting. Instructor: Allison Usher

Nepean Visual Arts Centre – 613-580-2828

11-16 yrs	Mon	6:30-8:30 pm
Apr 19-Jun 28	\$273	425863

Handmade Books

Create a different type of book every day. Use materials such as paper, card stock and even your old jeans.

Nepean Creative Arts Centre – 613-596-5783

9-14 yrs	Sat	10 am-noon
Apr 17-May 15	\$97.25	438414

Printmaking and Beyond

Traditional printmaking techniques and beyond will be discussed and developed. Monoprints, collographs, drawing and painting and mixed media collage will be part of the processes explored. Open up your imagination.

Nepean Creative Arts Centre – 613-596-5783

12-16 yrs	Sun	1-3 pm
Apr 18-Jun 27	\$194.25	438387

Painting for Portfolio Development

Watercolour and acrylic for creating paintings of still life, landscape and people. Colour mixing, shading and composition will be emphasized. Develop your skills while creating a portfolio. Bring a sketchbook. Supply fee for other materials.

John G. Mlacak Centre – 613-580-2424 ext. 33501

12-15 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$153	438945

Stop Motion Animation

Become comfortable with digital media, cameras, and video. Construct a small scale set, characters and props. Develop a short story and produce it as an animation.

Nepean Creative Arts Centre – 613-596-5783

9-14 yrs	Sat	1-3 pm
Apr 17-Jun 19	\$174.75	434581

Sketching and Painting

Drawing and painting with medias such as watercolours, acrylics, charcoal, conte and pastels, with advanced techniques and learning opportunities.

Eva James C.C. – 613-271-0712

12-17 yrs	Wed	5:45-6:45 pm
Mar 31-Jun 2	\$85.50	432977

Certification

Babysitting Course

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

Albion Heatherington R.C. – 613-247-4828

12-18 yrs	Thu	6-7:30 pm
Apr 8-May 27	\$67.50	433261

Ben Franklin Place – 613-580-2424 ext. 41243

12-15 yrs	Mon-Tue	8:30 am-3 pm
Jul 5-6	\$58.50	441291
12-15 yrs	Thu-Fri	8:30 am-3 pm
Jul 8-9	\$58.50	441293

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

10-15 yrs	Sun	9 am-4 pm
May 16	\$78.50	441692
Jun 13	\$78.50	441693

Bridlewood C.C. – 613-580-2424 ext. 33501

12-16 yrs	Sat	12:30-4:30 pm
Apr 10-24	\$73.25	429364
12-16 yrs	Sat-Sun	9 am-3 pm
Jun 19-20	\$73.25	429371

Constance Bay C.C. – 613-580-2424 ext. 33527

12-18 yrs	Sat-Sun	9 am-3:30 pm
Jun 26-27	\$73.25	434899

Corkery C.C. – 613-580-2424 ext. 33230

12-18 yrs	Sat-Sun	9 am-3:30 pm
May 15-16	\$73.25	431740

Eva James C.C. – 613-271-0712

12-17 yrs	Mon-Wed, Fri	12:30-3:30 pm
Jun 28-Jul 2	\$73.25	438357

Fisher Park C.C. – 613-798-8945

11-16 yrs	Wed	6-8 pm
Apr 7-May 5	\$73.25	438274

Fitzroy Harbour C.C. – 613-580-2424 ext. 33527

12-18 yrs	Sat-Sun	9 am-3:30 pm
May 15-16	\$73.25	434890

Foster Farm C.C. – 613-828-2004

12-17 yrs	Sat	10 am-noon
Apr 10-May 29	\$68	423955

Goulbourn Municipal Office – 613-580-2424 ext. 33230

12-18 yrs	Sat-Sun	9 am-3:30 pm
Jun 12-13	\$73.25	431642

Huntley Mess Hall – 613-580-2424 ext. 33527

12-18 yrs	Sat-Sun	9 am-3:30 pm
Apr 17-18	\$73.25	434883
12-17 yrs	Mon-Tue	9 am-3:30 pm
Aug 9-10	\$73.25	434048

Kinburn C.C. – 613-580-2424 ext. 33527

12-17 yrs	Mon-Tue	9 am-3:30 pm
Jun 28-29	\$73.25	433050

Manotick Arena – 613-692-4772

12-17 yrs	Sat-Sun	9 am-4 pm
May 15-16	\$59.75	441062

Nepean Sportsplex – 613-580-2424 ext. 41243

12-15 yrs	Sat	8:30 am-3 pm
Apr 17-24	\$58.50	431647
May 29-Jun 5	\$58.50	432046

Overbrook C.C. – 613-742-5147

11-15 yrs	Fri	6:30-8 pm
May 14-Jun 11	\$39	425927

Pinecrest R.C. – 613-828-3118

12-15 yrs	Tue	6:15-7:15 pm
Apr 6-May 25	\$57.75	422211

Plant R.C. – 613-232-3000

11-16 yrs	Sun	12:30-4:30 pm
Apr 11-18	\$57.75	439405

Rockcliffe Park R.C. – 613-842-8578

10-16 yrs	Sun	9 am-5 pm
May 16	\$76.75	441141
Jun 6	\$76.75	441142
Aug 29	\$76.75	441144
10-16 yrs	Sat	9 am-5 pm
Jun 26	\$76.75	441143

South Fallingbrook C.C. – 613-824-0633 ext. 221

11-16 yrs	Sat	9 am-3 pm
Apr 10	\$80.75	441426

CAN-BIKE Teen

Experienced riders will enhance their skills. Topics include: maintenance, handling, hazard avoidance, emergency manoeuvres and learning to ride more safely in low traffic areas.

Earl Armstrong Arena – 613-580-2854

13-17 yrs	Tue, Fri	6-8:30 pm
May 25-Jun 8	\$82.50	435506

Emergency First Aid

We recommend that Emergency First Aid be taken in conjunction with or before Bronze Medallion. This used to be Senior Resuscitation.

Overbrook C.C. – 613-742-5147

11-14 yrs	Sat	12:30-5:30 pm
Apr 24	\$31.25	436735

Leadership Using Eastern Principles

Explore the sacred text, The Bhagavad Gita, a handbook for leadership. While learning its powerful message we will practice chanting in the original Sanskrit. Called 'the language of the Gods', Sanskrit is the cornerstone of yoga as we know it today.

Nepean Creative Arts Centre – 613-596-5783

14-18 yrs	Tue	5-6 pm
Apr 13-Jun 1	\$85	424783

Standard First Aid with CPR C

Comprehensive first aid and CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace.

Rideauview C.C. – 613-822-7887

12+ yrs	Sat-Sun	8:30 am-5:30 pm
Jun 12-13	\$112	437606

General Interest

Dinner and a Movie

You will prepare a new 'theme meal' each week to dazzle your taste buds. Then we sit back to be dazzled by the stars. Come and enjoy a night out with friends!

Eva James C.C. – 613-271-0712

11-14 yrs	Sat	5:30-9 pm
May 8-Jun 5	\$67	438822

Goulbourn R.C. – 613-831-1169

10-14 yrs	Fri	6-9:30 pm
Apr 9-May 7	\$43.25	428474

Girls Rock!

Build healthy self-esteem and take pride in your abilities, skills, and accomplishments. Participate in fun workshops, interactive guest speakers, self-development, healthy relationships, positive role models, fitness and realistic goal setting.

Aquaview Com. Hall – 613-580-2782

9-14 yrs	Tue	6-7:30 pm
Apr 6-Jun 8	\$45	441701

Fitzroy Harbour C.C. –

613-580-2424 ext. 33527

10-15 yrs	Thu	6-8 pm
Apr 8-May 13	\$45	434907

Kanata Leisure Centre –

613-591-9283

11-15 yrs	Fri	6-8 pm
Apr 9-Jun 11	\$71.25	426402

LEGO® Building/Robotics – Intermediate

Using motors and gears, build intermediate LEGO® projects including a drawbridge, steering mechanism, flywheel, and bumperbot. Build unique RCX and NXT robotic projects including rovers and walking robots.

Bob MacQuarrie R.C.-Orléans –

613-824-0819 ext. 279

7-9 yrs	Sun	8:30-11:30 am
Apr 25	\$41.75	426263

Pinecrest R.C. – 613-828-3118

8-12 yrs	Sun	8:45-11:45 am
May 30	\$41.75	434119

LEGO® Building/ Robotics – Advance

Using LEGO Mindstorms® components, the junior robotics engineers will work in teams to build advanced LEGO® projects such as a robotic arm and Mars rovers.

Bob MacQuarrie R.C.-Orléans –

613-824-0819 ext. 279

8-12 yrs	Sun	8:30-11:30 am
May 16	\$41.75	426284

LEGO® Building/ Robotics – Senior

Use LEGO® Technic™, Mindstorms™, and the new NXT™ to build advanced LEGO machines such as a cable car with winch. Learn NXT building tips as you construct unique RCX and NXT controlled robots.

Pinecrest R.C. – 613-828-3118

8-12 yrs	Sun	8:45-11:45 am
May 2	\$41.75	434114

Math Counts – Algebra, Geometry and Probability

Improve your knowledge of mathematics and get ready for math exams.

Pinecrest R.C. – 613-828-3118

12-15 yrs	Sun	10-11 am
Apr 11-Jun 27	\$108	436923

Math Counts – Functions

Expand your knowledge in functions (trigonometry, financial applications, exponential functions, etc.)

Pinecrest R.C. – 613-828-3118

16-17 yrs	Sun	11:15 am-12:15 pm
Apr 11-Jun 27	\$108	436940

Math Counts – Algebra

Mathematically-oriented students develop advanced knowledge to form an excellent foundation for university preparation.

Pinecrest R.C. – 613-828-3118

14-16 yrs	Wed	6-7 pm
Jun 30-Aug 18	\$108	436945

Math Counts – Advanced Functions

Advanced course designed for solid university preparation for senior high school students and graduates.

Pinecrest R.C. – 613-828-3118

16-17 yrs	Wed	7:15-8:15 pm
Jun 30-Aug 18	\$108	436949

Sew What?

Get creative as you learn basic sewing techniques and complete a take home project. Supply list given out on first day. Must bring your own sewing machine to class.

Fisher Park C.C. – 613-798-8945

11-14 yrs	Thu	6:30-8 pm
Apr 1-May 27	\$88.50	438286

Youth Nights

Come join us for a variety of activities, movie and pizza nights, special events, fun and friendship.

Sawmill Creek C.C. and Pool – 613-521-4092

13-16 yrs	Fri	6-8 pm
Mar 26-Jun 18	N/A	427076

Alexander C.C. – 613-798-8978

10-13 yrs	Thu	5-6 pm
Mar 11-May 13	N/A	
14-17 yrs	Thu	6-7 pm
Mar 11-May 13	N/A	

Old Town Hall C.C. – 613-564-1078

12-21 yrs	Sat	6:30-9:30 pm
N/A	N/A	

**Registering is easy!
See page 8 for
registration options.**

Youth

Girls Self Defence

Join us for a three and half hour workshop focusing on the philosophy and techniques for self defence that includes an hour of practice. A must for all women over the age of 12 years. A great program for moms and their teen to take together. A workshop that could save your life!

Centrum Community Services – 613-580-2782

12-18 yrs	Sat	1-4 pm
May 8	\$31.25	438888

Martial Arts

Armizare

Les Maîtres D'Armes' medieval martial arts program focuses on the martial aspects and on personal development. Through games, workshops and martial arts learn about arms and armour, history, culture, self-discipline and respect.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

11-15 yrs	Wed	7-8:30 pm
Apr 21-Jun 9	\$93.75	440953

Capoeira

A fighting dance developed by African slaves in Brazil in their struggle for freedom. This ancient art form remains to this day a powerful medium of communication that embodies both physical training (combat, acrobatics and dance) and folklore elements (music and songs). For information: <http://www.dendedorecife.ca>

Dempsey C.C. – 613-247-4846

10-15 yrs	Sun	11 am-12:30 pm
Apr 11-Jun 20	\$89.50	436198

Chito-Ryu Karate Focus

Teaching traditional and modern Chito-Ryu karate, for fitness and self-defence!

Pinecrest R.C. – 613-828-3118

13-17 yrs	Sat	4:15-5:15 pm
Mar 27-Jun 19	\$88.50	422258

Jiu-Jitsu – All Levels

Jiu Jitsu is a martial art using holds, escapes, ground defence, grappling techniques, restraints and controlling techniques, and much more.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

13-18 yrs	Fri	6:30-8:30 pm
Apr 23-Jul 9	\$107.75	441388
13-18 yrs	Sat	10 am-noon
Apr 24-Jul 10	\$107.75	441389

**NEW! Family Programs
section on page 94.**

Marui Ryu Jiu Jitsu – All Levels

'Circular Motion' is the emphasis of this informal class. Blocking and striking drills, joint lock and momentum manipulation as well as falling and throwing principles will develop simple, yet highly effective self-defence techniques.

Albion Heatherington R.C. – 613-247-4828

13-17 yrs	Thu	7-8 pm
Apr 8-May 27	\$61	433882

Overbrook C.C. – 613-742-5147

13-17 yrs	Wed	8-9:30 pm
Mar 24-Jun 9	\$106.25	424765

Karate

Fosters the traits of courage, integrity, humility and self control. Chito Ryo Karate is a traditional martial art taught by Sensei Pat and Evelyn Hollinger. Learn Kihon, (basics) Katas and Kumite (individual sparring).

Queenswood Heights C.C. – 613-580-2782

Beginner

10-18 yrs	Mon, Wed	7:30-8:30 pm
Apr 12-Jun 7	\$96.50	432023

Intermediate

10-18 yrs	Mon, Wed	8:30-9:30 pm
Apr 12-Jun 7	\$96.50	432026

Taekwondo – Family

Learn together. Any combination of four participants, which must include one adult. Participants must register separately.

Alexander C.C. – 613-798-8978

13-18 yrs	Mon	6-7:30 pm
Mar 22-May 24	\$33	428847
13-18 yrs	Mon-Tue	6-7:30 pm
Jun 14-Aug 24	\$32.25	428876

Sports

Badminton

Badminton

Keep in shape by playing badminton! These sessions enable you to perfect your badminton techniques while playing with friends.

Fisher Park C.C. – 613-798-8945

13-16 yrs	Fri	5-6:30 pm
Apr 9-Jun 11	\$52	438276

Goulbourn R.C. – 613-831-1169

13-17 yrs	Tue	5:10-6:10 pm
Mar 23-Jun 8	\$80	428425

St. Francis Xavier H.S. – 613-822-7887

3740 Spratt

10-13 yrs	Wed	7-8 pm
Apr 7-Jun 9	\$49	427398
14-18 yrs	Wed	7-8 pm
Apr 7-Jun 9	\$49	427403

Badminton – Instructional Intermediate

Conducted as a partnership between the City of Ottawa and the Soong Badminton Academy. For more information, please visit: www.soong.ca. Badminton shuttles will be supplied.

Fallingbrook E.S. – 613-580-2782

13-17 yrs	Sat	6:45-8:45 pm
Apr 10-Jun 5	\$154.50	430513

Mother Teresa H.S. – 613-580-2424 ext. 41208

440 Longfields

13-17 yrs	Fri	8-10 pm
Apr 16-Jun 4	\$154.50	440948

Routhier C.C. – 613-244-4470

12-19 yrs	Sun	4:15-6:15 pm
May 2-Jun 27	\$154.50	439040

Badminton – Drop in

Drop in Badminton program for youth.

Hintonburg C.C. – 613-798-8874

10-18 yrs	Fri	6-9 pm
Apr 9-Aug 27	\$3 drop-in	

Basketball

Basketball

Register or just drop-in, with a team or by yourself. Recreational ball with some skill development.

Michele Heights C.C. – 613-828-5100

12-18 yrs	Mon-Tue, Thu	6-7:45 pm
Mar 22-Jun 3	\$30.75	439806

Basketball

Recreational ball with some skill development

Alexander C.C. – 613-798-8978

10-13 yrs	Wed	6:30-7:30 pm
Mar 24-May 26	N/A	
14-17 yrs	Wed	7:30-8:30 pm
Mar 24-May 26	N/A	

Basketball – Open Gym

Drills, skills and integration into game play.

Practice fundamentals and take your game to the next level.

Fitzroy Harbour C.C. – 613-580-2424 ext. 33527

13-17 yrs	Wed	7-8 pm
Apr 7-Jun 23	\$60.50	435051
6-12 yrs	Wed	6-7 pm
Apr 7-Jun 23	\$60.50	440529

McNabb R.C. – 613-564-1070

13-17 yrs	Thu	4-5:50 pm
Apr 8-Jun 24	N/A	441238
13-17 yrs	Fri	4-5:50 pm
Apr 9-Jun 25	N/A	441239

Robert E. Wilson P.S. – 613-742-5147 373 McArthur

13-17 yrs	Thu	7-8:30 pm
Apr 1-May 13	N/A	424709

South March P.S. – 613-580-2424 ext. 33501 1032 Klondike

13-15 yrs	Sat	3:30-5 pm
Mar 20-May 29	\$60.50	441087

Above the Rim Basketball – Advanced

Drills, skills and integration into game play. Practice fundamentals and take your game to the next level.

Eva James C.C. – 613-271-0712

8-16 yrs	Mon	7:30-9 pm
Mar 29-May 31	\$118.50	431721

Basketball 3-on-3 Tournament

Register as team or individual

Eva James C.C. – 613-271-0712

12-17 yrs	Sun	11 am-4 pm
Aug 22	\$2 ind	442018
Aug 22	\$5 team	442019

Hoops 3 on 3 Basketball League

Play basketball in your own neighborhood park! Teams are made up on site.

Fisher Park C.C. – 613-798-8945

11-14 yrs	Tue	7:15-8:15 pm
May 4-Jun 22	\$40	438283

Basketball – Drop in

Drop in for some pick up basketball.

Goulbourn R.C. – 613-831-1169

12-17 yrs	Sun	3-4:30 pm
Mar 21-Aug 29	\$2.35 drop-in	
12-17 yrs	Fri	8-10 pm
Mar 26-Jun 25	\$2.35 drop-in	

Heron C.C. – 613-247-4808

12-15 yrs	Sat	7-9 pm
Mar 6-Jun 26	Free	
13-18 yrs	Wed	7-9 pm
Mar 3-Jun 30	Free	
16-20 yrs	Sat	9-11 pm
Mar 6-Jun 26	Free	
12-15 yrs	Fri	7-9 pm
Jul 2-Aug 27	Free	
16-20 yrs	Fri	9-11 pm
Jul 2-Aug 27	Free	

Jockvale Gym – 613-580-2788

Year round	Sat	7-10 pm
Child: \$2.00		
Youth: \$2.35		
Adult: \$2.75		

Cheerleading

Learn basic tumbling skills, lifts, and cheers. Cheerleading is a great workout, and lots of fun!

Albion Heatherington R.C. – 613-247-4828

8-14 yrs	Sat	2:30-4:30 pm
Apr 10-May 29	\$56.25	433259

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

10-16 yrs	Wed	4:45-5:45 pm
Apr 14-Jun 9	\$47	423296
6-9 yrs	Mon	5-6 pm
Apr 12-Jun 14	\$47	441677

Pinecrest R.C. – 613-828-3118

6-9 yrs	Wed	5:30-6:30 pm
Mar 24-Jun 9	\$62.50	441677

Fencing

Young fencers are introduced to age appropriate use of a Sabre and will focus on posture, stance, strategy, safety and etiquette. Classes are conducted in an atmosphere that is fun as well as disciplined.

Fisher Park C.C. – 613-798-8945

13-15 yrs	Wed	7-8 pm
Mar 31-Jun 2	\$64.25	438278

Hockey

Ball Hockey – League

This coed league is for beginners to experienced. The season is followed by an awards ceremony and banquet

Hintonburg C.C. – 613-798-8874

13-17 yrs	Wed	7-8:30 pm
Apr 7-Jun 9	\$28	435177

Ball Hockey – Drop in

Hintonburg C.C. – 613-798-8874

13-17 yrs	Thu	7-8:30 pm
Apr 1-Jun 24	Free	

R.F.J.H.L. Midget

Join a fun non-contact 4-on-4-hockey league. Play for the Ray Friel Cup.

Ray Friel R.C. – 613-830-2747

15-17 yrs	Thu, Sat	5-8 pm
May 6-Aug 26	\$364	427688

R.F.J.H.L. Midget Goalies

Summer Hockey League Midget level, come and join a fun non contact 4 on 4 hockey league and get your name engraved on the Ray Friel Cup.

Ray Friel R.C. – 613-830-2747

15-17 yrs	Thu, Sat	5-8 pm
May 6-Aug 26	\$200	430714

RFJHL Powerskating

Intermediate skaters. (forwards, backwards, stop) Work on speed, agility and skating efficiency. Full equipment mandatory. Sticks used on ice.

Ray Friel R.C. – 613-830-2747

13-17 yrs	Mon-Fri	7:30-8:30 pm
Aug 16-20	\$75	430906

Puck Control

Lessons geared towards intermediate skaters. Emphasis on skating, shooting, stick handling, passing, powerskating with puck and team break-outs. Participants should have a solid skating base (forwards and stopping). Complete hockey equipment mandatory.

Ray Friel R.C. – 613-830-2747

12-16 yrs	Wed	5-5:50 pm
May 5-Jun 23	\$106	436961
12-16 yrs	Wed	5-5:50 pm
Jun 30-Aug 18	\$106	430956

Lawn Bowling – Level 1

This summer sport is more challenging than one might imagine! Participants will learn the history, rules and strategies, followed by game playing.

Galetta C.C. – 613-580-2424 ext. 33527

12-17 yrs	Sat	10-11 am
Jun 5-26	\$25	435710

Goulbourn Municipal Office – 613-580-2424 ext. 33230

12-17 yrs	Sat	10-11 am
Jun 5-26	\$25	438920

Nepean Junior Squash Club

For a more competitive edge, join this junior squash club and get over 40 hours of certified coaching and unlimited playing time for three months.

Nepean Sportsplex – 613-580-2828

8-18 yrs	Tue, Thu	4:20-5:40 pm
Jun 22-Aug 31	\$135	438638

Sport Conditioning

Challenge yourself in preparation for your sport. Engage in a dynamic and evolving program that focuses on all major muscle groups. Great for beginner and intermediate athletes alike.

Walter Baker Park (Kanata) – 613-591-9283 ext. 303

11-14 yrs	Sat	10-11 am
Apr 24-Jun 19	\$71.25	430912



Youth

Sport – Drop in

Staff will give youth the freedom to play their favourite sports in a fun and safe environment. Bring a friend and choose a sport. Please call for updates on schedule cancellation.

Fisher Park C.C. – 613-798-8945

11-14 yrs Fri 6:30-8 pm
Mar 26-Jun 18 \$3 drop-in

Open Gym

Great way to get together with friends, play a few games and burn off some energy. Please verify schedule with program staff for cancellations.

Goulbourn R.C. – 613-831-1169

12-17 yrs Wed 4-5:15 pm
Mar 24-Jun 23 Child: \$2 Youth \$2.35

Eva James C.C. – 613-271-0712

14-17 yrs Fri 9-11 pm
Ongoing to Jun 18 \$2.45 drop-in

South March P.S. – 613-580-2424 ext. 33501 1032 Klondike

10-12 yrs Fri 6-8 pm
13-15 yrs Fri 8-10 pm
Mar 26-May 28 \$2.50 drop-in

Soccer – Indoor

Develop your skills. Play will be held both indoors and outdoors, weather permitting.

Goulbourn R.C. – 613-831-1169

13-17 yrs Fri 7-8 pm
Mar 26-Jun 11 \$73.50 431722

Soccer – Drop in

Heron Road C.C. – 613-247-4808

13-18 yrs Fri 5-6:30 pm
Mar 5-Apr 30 Free

Tennis

Tennis – Beginner

Have fun while learning to play tennis.

South Fallingbrook C.C. – 613-824-0633 ext. 221

13-17 yrs	Tue	7-8 pm
May 11-Jun 15	\$65.75	432455
Jun 22-Aug 24	\$109.25	439380
13-17 yrs	Thu	7-8 pm
May 13-Jun 17	\$65.75	432460
Jun 24-Aug 26	\$98.50	439383
13-17 yrs	Sat	noon-1 pm
May 15-Jun 19	\$65.75	432464
Jun 26-Aug 28	\$109.25	439386

St. Germain Park (Sandy Hill CC) – 613-564-1062

13-17 yrs	Sat	10:30-11:25 am
May 1-Jun 12	\$57.25	441033

Extreme Sports!

Skateboard and BMX Parks

Central

McNabb Arena "The O"

(Inside arena - summer only)
180 Percy
613-564-1070
Flat surface, 10+ components

East

Bearbrook Community Centre/ Leslie Armstrong Park

8720 Russell Rd
Flat asphalt, 5 components

Blackburn Park

200-202 Glen Park
613-824-0819
Flat asphalt, 5 components

Orléans Recreation Complex/*SK8 Extreme Park

1490 Youville
613-824-0819
Skateboard Park – Flat asphalt, 13 components
BMX Park – Flat asphalt, 5 components

Splash Wave Pool / Trillium Park

2030 Ogilvie
613-748-4222
Flat asphalt surface, 5 components

South

Greenboro Skateboard Park

3142 Conroy (west side between
Thurston and Johnston)
613-247-4894
Flat asphalt, 5 components

Legacy Skate Park

101 Centrepoinette (Behind Theatre)
613-580-2424 ext. 41238
Large concrete bowl, 17,000 sq. ft.

Tennis – Learn 1

Learn the basic skills of serve, return, volley and backhand to new players in a fun environment. Every player gets a tennis racquet.

613-580-2854

Beacon Hill North C.C.

13-17 yrs	Mon, Wed	7:15-8:30 pm
Jun 7-16	\$66.50	438985
13-17 yrs	Wed, Mon	7:15-8:30 pm
May 19-31	\$66.50	438984

Longfields Skate Park

(Across from South Nepean Park)
645 Longfields
Flat asphalt, 8 components

Manotick Arena / Centennial Park

5572 Doctor Leach
613-580-2424 ext. 30235
Flat asphalt, 8 components

Osgoode Mobile Skatepark

Summer operations at 5 locations in Osgoode ward.
613-580-2424 ext. 30235
Flat asphalt, 7 components

West

Bridlewood Core Park

65 Stonehaven
613-580-2424 ext. 33501
Flat asphalt, 5 components

Bridlewood Skateboard Park

Please exercise caution and safety, park is unsupervised - use only at your own risk. Participants must wear CSA protective equipment and adhere to the rules posted on site. Children under age 10 must be supervised.

Eva James C.C. – 613-271-0712 ext. 225 Free

Constance Bay Community Centre Park

262 Len Purcell
613-580-2424 ext. 3323
Flat asphalt, 6 components

Walter Baker Park / Kanata

100 Walter Baker Place
613-580-2424 ext. 3350
Concrete bowl, 7000 sq.ft.

Four Season's Park

13-17 yrs	Sat	noon-1 pm
May 8-29	\$66.50	439018
Jun 5-26	\$66.50	439019

John Hopps Park

13-17 yrs	Tue	7:15-8:30 pm
May 18-Jun 8	\$66.50	439057
Jun 8-29	\$66.50	439061

Mooney's Bay Park

13-17 yrs	Tue, Thu	7:15-8:30 pm
May 18-27	\$66.50	438996
Jun 8-17	\$66.50	439001



Girls and Sport

Girls n' Women and Sport – 613-580-2854

Sport and physical activity programs that promote fun, friendship, skill development, confidence building and fair play values while learning to play in a team setting.



"Girls Just Want to have Fun!"

Flag Football

Introduction to flag football. Learn new skills and have fun playing the game.

Mooney's Bay Park

13-17 yrs	Wed	6:30-7:20 pm
Jul 7-Aug 18	\$44.50	429569

Touch Football

Fallingbrook E.S., 679 Deancourt

10-14 yrs	Sun	1-2pm
Apr 11-Jun 20	\$66.75	441649

Girls Only Running Club

Join us for a jog. Perfect for beginners.

Constellation

13-17 yrs	Wed	7:30-8:30 pm
May 19-Jun 23	\$44.25	441691

Sport Conditioning

Challenge yourself in preparation for your sport. Engage in a dynamic and evolving program that focuses on all major muscle groups. Great for beginner and intermediate athletes alike.

Mooney's Bay Park

13-17 yrs	Tue	6:30-7:30 pm
Jul 6-Aug 10	\$40.75	429571

Pinecrest P.S., 1281 Pinecrest

13-17 yrs	Tue	6-7 pm
Mar 23-May 11	\$59	429124

Soccer Skills and Drills

Kick into action and join soccer skills and drills.

Alta Vista P.S., 1349 Randall

13-17 yrs	Tue	8-9 pm
Mar 23-May 18	\$50.75	429018

Mooney's Bay Park

13-17 yrs	Thu	6:30-7:30 am
Jul 8-Aug 19	\$44.50	429589

Ultimate

Learn the basics of the game and get ultimately in shape.

Mooney's Bay Park

13-17 yrs	Mon	6:30-7:30 pm
Jul 5-Aug 23	\$44.50	429566

Beach Volleyball League

Girls Only! Teams grouped by skill level so that everyone enjoys this great sport! Individual registrants welcome.

Mooney's Bay Park

15-17 yrs	Wed	5-6 pm
Jul 7-Aug 18	\$41.75	436436

Beach Volleyball

Improve your volleyball skills in the summer sun! Pick-up style with guidance from a volleyball coach ensures you get the most out of beach time.

Britannia Park

13-17 yrs	Wed	5-6 pm
Jul 7-Aug 18	\$41.75	430216

Mooney's Bay Park

13-17 yrs	Tue	5-6 pm
Jul 6-Aug 17	\$41.75	436437

13-17 yrs	Wed	5-6 pm
Jul 7-Aug 18	\$41.75	430215

13-17 yrs	Thu	5-6 pm
Jul 8-Aug 19	\$41.75	436438

Volleyball Skills and Drills

Serve up some fun! and progress through our Passport Series. Levels 1, 2 & 3. Participants will learn the basics of volleyball according to their abilities.

First Avenue P.S., 73 First Avenue

13-17 yrs	Thu	8-9 pm
Mar 25-May 13	\$38	429117

Pinecrest Park

13-17 yrs	Tue, Thu	7:15-8:30 pm
May 18-27	\$66.50	438988
Jun 8-17	\$66.50	438992
13-17 yrs	Sat	noon-1 pm
May 8-29	\$66.50	439009
Jun 5-26	\$66.50	439013

Richmond Lions Park

13-17 yrs	Tue, Thu	7:15-8:30 pm
May 18-27	\$66.50	439005
Jun 8-17	\$66.50	439006

Volleyball

Volleyball

Learn basic skills. Game play.

Eva James C.C. – 613-271-0712

12-17 yrs	Thu	4:30-5:30 pm
Mar 25-Jun 17	\$71	433139

Fallingbrook E.S. – 613-580-2782 679 Deancourt

10-14 yrs	Sat	10-11 am
Apr 10-Jun 19	\$52	432990

Fisher Park C.C. – 613-798-8945

11-15 yrs	Thu	7-8 pm
Apr 1-Jun 3	\$44	438279

Glen Cairn C.C. – 613-580-2424 ext. 33304

13-17 yrs	Sat	2:45-3:45 pm
Mar 27-Jun 12	\$60	439069

Goulbourn R.C. – 613-831-1169

13-17 yrs	Thu	6:30-7:30 pm
Mar 25-Jun 10	\$80	431773

Level 2

14-17 yrs	Mon	7:15-8:15 pm
Mar 22-Jun 14	\$73.50	431775

Volleyball – Beach Coed Recreational League

Recreational Coed 6's League with two matches of 40 minutes.

Britannia Park – 613-580-2854

13-17 yrs	Wed	5-6 pm
Jul 7-Aug 18	\$41.75	430227

Mooney's Bay Park – 613-580-2854

13-17 yrs	Wed	5-6 pm
Jul 7-Aug 18	\$41.75	430221

**Registering is easy!
See page 8 for
registration options.**



New! Family Programs

Family programs are activities where many ages learn a new skill or exercise together. Each participant will register to play using the bar code for their age group.

Parent and me programs, where an adult is needed to assist the child to participate, are still located in the Preschool and Children's sections.

Arts

Belly Dance – Mom and Daughter

Share the experience of this free and expressive dance form. No experience necessary, just a sense of fun!

South Fallingbrook C.C. – 613-824-0633 ext. 221

Apr 12-Jun 14	Mon	5:15-6:15 pm
6-13 yrs	\$34.75	435123
15+ yrs	\$38	435120

Hip Hop – Mother and Daughter

Learn the latest hip hop and funk moves together.

**St. Francis Xavier H.S. – 613-822-7887
3740 Spratt**

Apr 12-Jun 14	Mon	8-9 pm
13-16 yrs	\$64.25	427232
19+ yrs	\$64.25	427252

Pottery Handbuilding – Parent and Child

Have fun making hand built pottery.

Nepean Visual Arts Centre – 613-580-2828

Apr 18-Jun 13	Sun	9:30-11:30 am
6-10 yrs	\$136.50	425792
19+ yrs	\$136.50	425282
Apr 18-Jun 13	Sun	10 am-noon
6-10 yrs	\$136.50	425758
19+ yrs	\$136.50	425263
Apr 18-Jun 13	Sun	noon-2 pm
6-10 yrs	\$136.50	425794
19+ yrs	\$136.50	425292
Apr 23-Jun 11	Fri	4:30-6:30 pm
6-10 yrs	\$136.50	425796
19+ yrs	\$136.50	425301

Digital Photography

Learn to master your digital camera. Topics include: white balance, image resolution, aperture and composition. Participants require a digital camera (with manual).

Aquaview Com. Hall – 613-580-2782

Apr 6-Jun 8	Tue	6-7:30 pm
13-17 yrs	\$76	436647
18+ yrs	\$76	436673

Writing My Life So Far

Write your story for each other and those who will someday want to know who you were. Collect your narratives, illustrating them with photos and other materials to tell your unique story.

Nepean Creative Arts Centre – 613-596-5783

Apr 18-May 16	Sun	3-5 pm
13-19 yrs	\$81.75	440892
19+ yrs	\$105	440891

Sports and Fitness

Mother and Daughter Bootcamp

Spend time together while exercising in a unique way that will make you feel awesome. Each participant must register individually.

Aquaview Com. Hall – 613-580-2782

Apr 7-28	Wed	7:45-8:45 pm
12-16 yrs	\$29.50	438535
17+ yrs	\$29.50	435924
Apr 12-Jun 21	Mon	6:15-7:15 pm
12-16 yrs	\$73	435918
17+ yrs	\$73	438546
Jun 28-Aug 23	Mon	6:15-7:15 pm
12-16 yrs	\$59	437225
17+ yrs	\$59	437232

Family Dancercise

A dance oriented fitness class for the whole family. Register children by calling.

Pretty Street C.C. – 613-580-2424 ext. 33271

16+ yrs	Sat	9-10 am
May 15	\$16	422473

Mom and Daughter – Beginner Running Club

Achieve your running goals together in this encouraging program. Walk-to-run program helps inexperienced runners get started.

Constellation – 613-580-2854

May 20-Jun 24	Thu	7:30-8:30 pm
13-17 yrs	\$25.25	441689
18+ yrs	\$25.25	441687

Mom and Daughter – Intermediate Running Club

Constellation – 613-580-2854

May 29-Jul 3	Sat	10-11 am
13-17 yrs	\$25.25	441690
18+ yrs	\$25.25	441688

Yoga – Family

Through stretching exercises, yoga helps to improve posture, tones the body, improves circulation, increases flexibility and develops inner awareness. Participants must register separately.

St-Laurent Complex – 613-742-6767

Apr 10-Jun 26	Sat	2-2:55 pm
6-12 yrs	\$88	438426
16+ yrs	\$104.50	438381
Jul 10-Aug 28	Sat	2-2:55 pm
6-12 yrs	\$56	436554
16+ yrs	\$66.50	438401

Yoga – Mother and Daughter

Beginner level yoga class will focus on breath, posture, strength, empowerment, stretching and relaxation.

Pretty Street C.C. – 613-580-2424 ext. 33271

Apr 19-Jun 21	Mon	5:45-6:45 pm
10-14 yrs	\$53	423690
15+ yrs	\$53	423684

Splash Wave Pool – 613-748-4222

Apr 28-May 26	Wed	7:30-8:30 pm
10-14 yrs	\$39.50	436848
15+ yrs	\$44.50	436852

St. Francis Xavier H.S. – 613-822-7887

3740 Spratt

Apr 7-Jun 9	Wed	6-7 pm
8-14 yrs	\$81.75	426895
19+ yrs	\$81.75	426896



Zumba® Family

Combine fitness, hip-hop and Latin spice with fun music to motivate kids and parents to get up and get moving!

Cyrville C.C. – 613-748-1771

Apr 11-Jun 6	Sun	11:30 am-12:15 pm
6-12 yrs	\$42.25	439890
13-17 yrs	\$42.25	439906
18+ yrs	\$42.25	439893

Frederick Banting Secondary Altern Prog. – 613-580-2424 ext. 33271

Mar 26-May 21	Fri 7-8 pm
10-14 yrs	\$47.25 427107
15+ yrs	\$47.25 427084

General Interest

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.

Stittsville C.C. –

613-580-2424 ext. 33271

Apr 24	Sat	1-3 pm
3-14 yrs	N/A	428018
16+ yrs	\$25	428008
50+ yrs	\$25	428067

Nature Nights

Join environmental educator and naturalist Diana "Cedar" Brushey for this fun, family-friendly learning series. Each session starts with a narrated slideshow of fantastic images and is followed by an interactive discussion, activities, and hands-on exploration of nature treasures. A great way to spend an entertaining and educational evening with the kids!

Rockcliffe Park R.C. – 613-842-8578

6+ yrs	Fri	6:30-7:45 pm
Brilliant Birds – Apr 30,		
Incredible Insects and Amazing arthropods –		
May 28		
\$10/family, register in advance, pay at the door		

Sports

Family Badminton

Parents/guardians play with their children in a recreational setting. Register individually.

Bridlewood C.C. –

613-580-2424 ext. 33501

Mar 19-Jun 11	Fri 6-7 pm
6-12 yrs	\$55.50 429256
13-17 yrs	\$55.50 429259
18+ yrs	\$55.50 429253
Mar 19-Jun 11	Fri 7-8 pm
6-12 yrs	\$55.50 429258
13-17 yrs	\$55.50 429260
18+ yrs	\$55.50 429254

Eva James C.C. – 613-271-0712

Mar 28-Jun 13	Sun	4-5 pm
6-12 yrs	\$48	434789
13-17 yrs	\$48	434810
18+ yrs	\$48	434824
Mar 28-Jun 13	Sun	5-6 pm
6-12 yrs	\$48	434796
13-17 yrs	\$48	434812
18+ yrs	\$48	434827
Mar 28-Jun 13	Sun	6-7 pm
6-12 yrs	\$48	434800
13-17 yrs	\$48	434814
18+ yrs	\$48	434832

Glen Cairn C.C. –

613-580-2424 ext. 33304

Mar 28-Jun 13	Sun	6-7 pm
6-12 yrs	\$46.25	441346
16+ yrs	\$46.25	441349

South Fallingbrook C.C. –

613-824-0633 ext. 221

Apr 12-Jun 14	Mon	6-8 pm
6-13 yrs	\$52	432495
18+ yrs	\$57.75	432505

St. Francis Xavier H.S. –

613-822-7887

3740 Spratt

Apr 7-Jun 9	Wed	6-7 pm
6-11 yrs	\$49	427363
19+ yrs	\$49	427350

Family Badminton – Drop-in

All levels welcome. Drop-in rates included in all-inclusive memberships. Players must bring their own racquet. Birdies are provided.

Goulbourn R.C. – 613-831-1169

8+ yrs	Sun	10-11:30 am
Mar 21-Aug 29		
\$2/child, \$2.35/youth, \$2.75/adult		

Badminton Instructional – All Levels

Conducted as a partnership between the City of Ottawa and the Soong Badminton Academy. For more information, please visit: www.soong.ca. Badminton shuttles will be supplied. Each player must register individually.

Fallingbrook E.S. – 613-580-2782

679 Deancourt

Apr 10-Jun 5	Sat	4:30-6:30 pm
6-14 yrs	\$147	430492
15+ yrs	\$154.50	430454

Routhier C.C. – 613-244-4470

May 2-Jun 27	Sun	11:45 am-1:45 pm
6-13 yrs	\$147	439144
14-19 yrs	\$154.50	439197
16+ yrs	\$154.50	439210

Family Basketball – Drop-in

All levels welcome; drop-in rates included in all-inclusive memberships.

Goulbourn R.C. – 613-831-1169

8+ yrs	Sun	1:30-3 pm
Mar 21-Aug 29		
\$2/child, \$2.35/youth, \$2.75/adult		

Pickleball

Pickleball is a combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Pickleball can be played on any hard surface using wood paddle racquets and a plastic baseball with holes.

J.H. Putman P.S. – 613-580-2854

2051 Bel-Air

Mar 25-May 27	Thu	7-8 pm
6-12 yrs	\$35.50	436521
18+ yrs	\$44.50	432640

Pickleball – Grandparents and Me

Bring your grandchildren and play this game that's part ping-pong, tennis and badminton. Pickleball can be played on any hard surface using wood paddle racquets and a plastic baseball with holes.

J.H. Putman P.S. – 613-580-2854

2051 Bel-Air

Mar 27-May 15	Sat	9:30-10:30 am
6-8 yrs	\$35.50	432980
55+ yrs	\$44.50	432957
Mar 27-May 15	Sat	10:30-11:30 am
9-12 yrs	\$35.50	432988
55+ yrs	\$44.50	432969

Softball Duet – Mom and Daughter

Enjoy an active night out together .Hit a home run of fun and learn the sport of Softball!

Carlington Park – 613-580-2854

May 18-Jun 29	Tue	6:30-7:30 pm
10-12 yrs	\$28.25	429004
18+ yrs	\$29.50	429007

Soccer

Enjoy quality time together while learning skills and practicing drills necessary to improve your game. Includes lots of playing time. Register separately.

Fallingbrook E.S. – 613-580-2782

679 Deancourt

Father and Son

Apr 10-Jun 19	Sat	1-2 pm
7-14 yrs	\$59.50	436885
15+ yrs	\$59.50	436891

Mother and Daughter

Apr 10-Jun 19	Sat	noon-1 pm
7-14 yrs	\$59.50	434928
15+ yrs	\$59.50	434950

Family

Power Swim – Family

Excellent opportunity for parents and their children (8+ yrs) who want to swim more efficiently. Gradual introduction to competitive swimming skills, without the pressure of competition.

St-Laurent Complex – 613-742-6767

Apr 8-Jun 3	Thu	5-6 pm
8-14 yrs	\$74.25	441613
64 yrs	\$74.25	433857

Taekwondo – Family

Learn together. Any combination of four participants, which must include one adult. Participants register separately.

Cyrville C.C. – 613-748-1771

Apr 7-Jun 9	Wed	7-8 pm
6-12 yrs	\$54	438329
13-17 yrs	\$54	438330
18+ yrs	\$54	438328
Jun 16-Aug 18	Wed	7-8 pm
6-12 yrs	\$54	440974
13-17 yrs	\$54	440975
18+ yrs	\$54	440973

South Fallingbrook C.C. – 613-824-0633 ext. 221

Apr 12-Jun 14	Mon	6:30-7:30 pm
7-12 yrs	\$51.25	435072
18+ yrs	\$56.75	435056

Taekwondo Family

Learn together. Any combination of four participants, which must include one adult. Participants must register separately.

Alexander C.C. – 613-798-8978

Mar 22-Jun 7	Mon	6-7:30 pm
5-12 yrs	\$33	428860
13-18 yrs	\$33	428847
19+ yrs	\$33	428764
Jun 14-Aug 24	Mon	6-7 pm
5-12 yrs	\$33	428872
13-18 yrs	\$33	428876
19+ yrs	\$33	428881

Taekwondo Family – Advanced

This Korean martial art, teaches self defence and discipline and promotes confidence in participants of all ages. Students progress through the various belt levels at their own rate, by promotion testing, held throughout the term. Additional fees may apply for uniform and testing. Register individually.

South Fallingbrook C.C. – 613-824-0633 ext. 221

Apr 14-Jun 16	Wed	6:30-7:30 pm
7-12 yrs	\$56.75	435104
18+ yrs	\$63.25	435087

Tennis – Family

Learn the basic skills of tennis while enjoying time with your family.

Four Season's Park – 613-580-2854

May 8-29	Sat	11 am-noon
6-12 yrs	\$25.75	439316
18+ yrs	\$25.75	439275
Jun 5-26	Sat	11 am-noon
6-12 yrs	\$25.75	439318
18+ yrs	\$25.75	439278

Pinecrest Park – 613-580-2854

May 8-29	Sat	11 am-noon
6-12 yrs	\$25.75	439313
18+ yrs	\$25.75	439267
Jun 5-26	Sat	11 am-noon
6-12 yrs	\$25.75	439315
18+ yrs	\$25.75	439270

Tennis Duet – Mom and Daughter

Take a swing at tennis! Teaches the basic skills of serve, return, volley and backhand to new players in a fun environment.

Mooney's Bay Park – 613-580-2854

May 18-27	Tue, Thu	7:15-8:30 pm
12-14 yrs	\$37.50	438659
18+ yrs	\$39.50	438646
Jun 8-17	Tue, Thu	7:15-8:30 pm
12-14 yrs	\$37.50	438660
18+ yrs	\$39.50	438648

Pinecrest Park – 613-580-2854

May 19-31	Wed, Mon	7:15-8:30 pm
12-14 yrs	\$37.50	438663
18+ yrs	\$39.50	438650
Jun 7-16	Mon, Wed	7:15-8:30 pm
18+ yrs	\$39.50	438652
12-14 yrs	\$37.50	438662

Volleyball Duet – Mom and Daughter

Girls and moms get to have fun while learning the basics of volleying, bumping, serving, offensive and defensive techniques. Serve up some FUN!!

D. Roy Kennedy P.S. – 613-580-2854 919 Woodroffe

Mar 27-May 8	Sat	noon-1 pm
10-12 yrs	\$24.25	428996
18+ yrs	\$25.25	428983
Mar 27-May 8	Sat	1-2 pm
13-17 yrs	\$25.25	429001
18+ yrs	\$25.25	428986

Fallingbrook E.S. – 613-580-2782 679 Deancourt

Apr 10-Jun 19	Sat	11 am-noon
10-16 yrs	\$52	430793
17+ yrs	\$52	430957



Pinecrest P.S. – 613-580-2854 1281 Pinecrest

Mar 22-May 17	Mon	6-7 pm
10-12 yrs	\$32	428992
18+ yrs	\$33.75	428980

Volleyball Family

Get active with your family, learn the basics of volleyball! Register individually.

Rideauview C.C. – 613-822-7887

Apr 8-May 13	Thu	6-7 pm
10-13 yrs	\$41.75	427004
19+ yrs	\$41.75	426998

Beach Volleyball – Mother and Daughter

Using a soft volleyball, learn the rules, game play (bump, set, spike, tip) and skills to serve and volley. Brush up your skills and then play the game!

Mooney's Bay Park – 613-580-2854

Jul 6-27	Tue	6:30-8 pm
7-9 yrs	\$16.25	438557
18+ yrs	\$17	438541
10-12 yrs	\$16.25	438561
18+ yrs	\$17	438508
Aug 3-24	Tue	6:30-8 pm
7-9 yrs	\$16.25	438559
18+ yrs	\$17	438544
10-12 yrs	\$16.25	438564
18+ yrs	\$17	438530

Stuemer Park/Petrie Island – 613-580-2854

Jul 5-26	Mon	6:30-8 pm
10-12 yrs	\$16.25	438571
18+ yrs	\$17	438533

Women and Girls Self Defence

Designed for girls and women; learn to defend yourself in life threatening situations. Feel stronger both mentally and physically. An opportunity for mothers and daughters to learn together.

Centrum Community Services – 613-580-2782

May 8	Sat	1-4 pm
12-17 yrs	\$31.25	441543
18 yr +	\$31.25	436914

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



Integration Services

As part of our ongoing commitment to safely include participants with disabilities in Parks, Recreation and Cultural programs, Special Needs Portfolio Coordinators are available. The Portfolio Coordinators will assist individuals in selecting the most appropriate program and/or level of support required through a leisure counselling assessment and referral process.

Support Persons

Support Persons assisting persons with Special Needs may be required to produce a Police Records Check and the form "Family Procured Release for 1:1 Support worker Form-2009" prior to commencement of the program and could be subject to an admission fee as per the Accessibility Standards for Customer Service, O. Reg. 429/07, under the Accessibility for Ontarians with Disabilities Act, 2005, S.O. 2005, c. 11.

Therapeutic Recreation Programs

The City of Ottawa, in partnership with the Ministry of Health and Long Term Care, Service Coordination, Ottawa Children's Treatment Centre and several community organizations, hosts Therapeutic and Recreation Day Programs throughout the city. This service represents three major areas of specialized programming.

1. Treatment

The focus of the treatment component is to improve functional and behavioural abilities of the participant.

2. Leisure Education

Emphasis on participant developing and acquiring leisure knowledge, skills and attitudes.

3. Recreation participation

Structured group recreation experiences.

Full day programs currently being offered include the following: SCEL (Support Community Enhanced Learning), VARIETY East and West (Adult day programs for people with developmental delay) and Rendez Vous (francophone).

For more information about these above programs please contact Service Coordination at 613-748-1788.

ABI (Acquired Brain Injury Program) and SPIRIT (for medically fragile children).

For general information please contact Katie Cox, Program Clerk, City Wide Special Needs at 613-580-2424 ext. 29283.

Social/Recreation Programs

Programs are offered throughout various community centres giving children, youth and adults with special needs, the opportunity to participate in year round programs that provide recreation and social programming. The social/recreation programs take place throughout the city during the day, evening and weekends. The programs include a wide range of options: community outings, social clubs, fitness, aquatics, summer camps for children, youth and adults, health and wellness and other leisure activities.

Information

For more information, assessments, referrals, integration and volunteer opportunities, contact the Special Needs Portfolio Coordinator within your community.

Rural and Community Recreation Branch

Diane Cyr – 613-580-2424 ext. 29300

Katie Jacobson Lang (A) – 613-580-2424 ext. 29320

Jodie Gilvear – 613-580-2424 ext. 41226

Christina McCormick – 613-580-2424 ext. 29291

Donna Quiggin – Portfolio Manager – 613-580-2424 ext. 29289

Hintonburg (program information) – 613-798-8874

Jack Purcell C.C. (program information) – 613-564-1050

City Wide Special Needs – 613-580-2424 ext. 29283



Special Needs

Children

Summer Camps

Summer Rays Camp

Exciting day camp for children and youth who have a visual impairment.

Jack Purcell C.C. – 613-564-1050

8-16 yrs	Mon, Wed-Fri	8:30 am-4:30 pm
Jul 19-23	\$156	435469
Jul 26-30	\$156	435470

Summer Splash Camp



For children who are deaf, hard of hearing or who have parents who are deaf. Participate in a supportive aquatic environment, while developing swimming skills in the Lifesaving Society program. Enjoy outings, crafts, games, theme days, and special events. Sign language interpreters will be provided.

Jack Purcell C.C. – 613-564-1050

TTY: 613-564-4106

6-12 yrs	Mon, Wed-Fri	8:30 am-4:30 pm
Aug 16-20	\$180	440811

Summer Success Camp

For children requiring specialized programming and support due to attention, hyperactivity, learning and behaviour difficulties. Social skill training and anger management skill training is built into the therapeutic recreational programming. Must be able to function in a 1:4 staff to client ratio. Pre/post care available.

McNabb R.C. – 613-580-2424 ext. 29291

8-12 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$163.25	440205
8-12 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$204	440210
Aug 16-20	\$204	440215
Aug 23-27	\$204	440218

General Interest

Aqua SNAP

Aquatic activities for children with autism. Structured 30-minute swim followed by 15-minutes of free play. Builds on motor skills, communication, socialization, and survival skills in an aquatic environment.

Pinecrest R.C. – 613-828-3118

5-12 yrs	Sat	12:15-1 pm
May 1-Jun 26	\$124.25	440739



Shared Care Model

Specialized support in mainstream summer camps intending to normalize the experience for special needs campers. As part of our regular day camp program, children with special needs are integrated into camp at 1: 3 staff to child ratio.

- Contact the Special Needs Portfolio Coordinator noted beside each facility for information.
- Child can only be registered for up to three weeks of this program.
- Child must be registered four weeks prior to attending camp.

Children

Shared Care – East

Albion Heatherington R.C. – 613-580-2424 ext. 29320

5-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$114.50	437368
Jul 12-16	\$114.50	437385
Jul 19-23	\$114.50	437388
Jul 26-30	\$114.50	437393
Aug 9-13	\$114.50	437399
Aug 16-20	\$114.50	437400
5-12 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$91.50	437395

Overbrook C.C. – 613-580-2424 ext. 29300

5-8 yrs	Mon-Fri	8:30 am-4:30 pm
Jun 28-Jul 2	\$81.75	435624
Jul 5-9	\$102	435626
Jul 12-16	\$102	435628
Jul 19-23	\$102	435630
Jul 26-30	\$102	435631
Aug 3-6	\$81.75	435633
Aug 9-13	\$102	435636
Aug 16-20	\$102	435639
Aug 23-27	\$102	435640
9-14 yrs	Mon-Fri	8:30 am-4:30 pm
Jun 28-Jul 2	\$81.75	435645
Jul 5-9	\$102	435647
Jul 12-16	\$102	435658
Jul 19-23	\$102	435659
Jul 26-30	\$102	435661
Aug 3-6	\$81.75	435662
Aug 9-13	\$102	435663
Aug 16-20	\$102	435664
Aug 23-27	\$102	435665

Ray Friel R.C. – 613-580-2424 ext. 29300

8-12 yrs	Mon-Fri	8 am-4 pm
Jun 28-Jul 2	\$122	429573
Jul 5-9	\$146	429582
Jul 12-16	\$146	429585
Jul 19-23	\$185	429660
* camping trip		
Jul 26-30	\$146	429587
Aug 3-6	\$122	429639
Aug 9-13	\$146	429591
Aug 16-20	\$146	429593

Sandy Hill C.C. – 613-580-2424 ext. 29320

5-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$80	441780
Jul 5-9	\$100	441781
Jul 12-16	\$100	441782
Jul 19-23	\$100	441783
Jul 26-30	\$100	441784
Aug 3-6	\$80	441785
Aug 9-13	\$100	441786
Aug 16-20	\$100	441787
Aug 23-27	\$100	441788

Sawmill Creek C.C. – 613-580-2424 ext. 29320

8-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$144	436522
Jul 5-9	\$180	436524
Jul 12-16	\$180	436526
Jul 19-23	\$180	436527
Jul 26-30	\$180	436528
Aug 3-6	\$144	436529
Aug 9-13	\$180	436530
Aug 16-20	\$180	436531
Aug 23-27	\$180	436532

South Fallingbrook C.C. – 613-580-2424 ext. 29300

6-13 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$112.75	439540
Jul 5-9	\$141	439544
Jul 12-16	\$141	439546
Jul 19-23	\$141	439547
Jul 26-30	\$141	439549
Aug 3-6	\$112.75	439550
Aug 9-13	\$141	439553
Aug 16-20	\$141	439554
Aug 23-27	\$141	439555

St-Laurent Complex – 613-580-2424 ext. 29300

6-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$103	441290
Jul 5-9	\$128.75	441283
Jul 12-16	\$128.75	441284
Jul 19-23	\$128.75	441285
Jul 26-30	\$128.75	441286
Aug 3-6	\$103	441292
Aug 9-13	\$128.75	441287
Aug 16-20	\$128.75	441288
Aug 23-27	\$128.75	441289

Shared Care West

Alexander C.C. – 613-580-2424 ext. 29291

5-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$91.75	429533
Jul 5-9	\$91.75	429535
Jul 12-16	\$91.75	429536
Jul 19-23	\$91.75	429537
Jul 26-30	\$91.75	429538
Aug 3-6	\$79	429539
Aug 9-13	\$91.75	429540
Aug 16-20	\$91.75	429541

Hintonburg C.C. – 613-580-2424 ext. 29291

5-13 yrs	Mon-Fri	8 am-5:30 pm
Jun 28-30	\$85	436950
Jul 5-9	\$139	436946
Jul 12-16	\$139	436951
Jul 19-23	\$139	436952
Jul 26-30	\$139	436953
Aug 3-6	\$112	436954
Aug 9-13	\$139	436956
Aug 16-20	\$139	436957
Aug 23-27	\$139	436958

Kamp Kanata

Bridlewood C.C. – 613-580-2424 ext. 41226

6-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$98	428924
Jul 5-9	\$122.75	428913
Jul 12-16	\$122.75	428915
Jul 19-23	\$122.75	428916
Jul 26-30	\$122.75	428917
Aug 3-6	\$98	428925
Aug 9-13	\$122.75	428918
Aug 16-20	\$122.75	428919
Aug 23-27	\$122.75	428920
Aug 30-Sep 3	\$122.75	428921

Pinecrest R.C. – 613-580-2424 ext. 29291

6-8 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$130	422396
Jul 12-16	\$160	422397
Jul 26-30	\$160	422398
Aug 9-13	\$180	422399
Aug 23-27	\$160	422400

Camp Fair

Secure your child's spot in Shared Care!

Special Needs staff will be on hand to answer your questions. Shared Care is based on a first-come, first-served basis and can only accommodate up to three children per week per designated site. A minimum of four weeks notice is required. Reserve early to get the dates you want. No last minute support services will be offered. You may request up to three weeks of Shared Care, but you must reserve the spot. The City of Ottawa has invited over 50 camps, including some residential camps. Information:

613-580-2424 ext. 29283
Jim Durrell Arena –
1265 Walkley Road

Saturday, May 22 10 am-3:30 pm

9-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$160	422401
Jul 19-23	\$180	422402
Aug 3-6	\$130	422403
Aug 16-20	\$160	422404

Stittsville C.C. – 613-580-2424 ext. 41226

6-10 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$153	428249
Jul 12-16	\$183	428251
Jul 19-23	\$183	428252
Jul 26-30	\$153	428253
Aug 3-6	\$146.50	428254
Aug 9-13	\$153	428255
Aug 16-20	\$153	428257
Aug 23-27	\$183	428258

Walter Baker Sports Centre – 613-580-2424 ext. 29291

6-9 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$105.75	440028
Jul 5-9	\$132	440031
Jul 12-16	\$132	440039
Jul 19-23	\$132	440041
Jul 26-30	\$132	440043
Aug 3-6	\$105.75	440029
Aug 9-13	\$132	440045
Aug 16-20	\$132	440047
Aug 23-27	\$132	440049

Sport and Swimming Lessons Goulbourn R.C. – 613-580-2424 ext. 41226

6-12 yrs	Mon-Fri	9 am-4 pm
Jun 28-Jul 2	\$122.75	441749
Jul 5-9	\$153.50	441751
Jul 12-16	\$153.50	441752
Jul 19-23	\$153.50	441753
Jul 26-30	\$153.50	441754
Aug 3-6	\$122.75	441750
Aug 9-13	\$153.50	441755
Aug 16-20	\$153.50	441756
Aug 23-27	\$153.50	441757
Aug 30-Sep 3	\$146.50	432472

Registering is easy!
See page 8 for
registration options.

Dog Communication

For children with autism and their siblings. The goals are teamwork (child-dog), group coordination and having fun in a social setting.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

7-16 yrs	Wed	8-9 pm
Apr 7-May 26	\$80	441470

Junior Gym

Learn basic gymnastics skills by working on a modified CANGYM program. Participants will be introduced to various gymnastics equipment. Contact 613-580-2424 ext. 41226 prior to registration.

Eva James C.C. – 613-271-0712

4-5 yrs	Sat	6-6:45 pm
Mar 27-Jun 12	\$102	432611

Gymnastics

Our recreational gymnastic classes use the Cangym badge system and traditional equipment to teach beginner to intermediate gymnastic skills. Groups are divided according to age and ability. Contact 613-580-2424 ext. 41226 prior to registration.

Eva James C.C. – 613-271-0712

6-12 yrs	Sat	6-7 pm
Mar 27-Jun 12	\$135.75	432644



Get active
and get fit.

Music Ability

Children of all abilities will create music using adaptive electronic devices and instruments. Children with significant disabilities are encouraged to participate. Ensemble playing, composing, and recording music are all components of this program.

Nepean Creative Arts Centre – 613-596-5783

7-12 yrs	Sun	noon-1 pm
Apr 25-Jun 13	\$57	423976

Rock, Rattle and Roll

For children with a physical and or developmental disability. Small ratios will encourage participants to get involved in a ton of fun!

Brother Andre School – 613-564-1050

6-12 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$220	440808
Jul 12-16	\$220	440809

Saturday Fun Club

Social recreation program for children with developmental disabilities

Hintonburg C.C. – 613-798-8874

5-12 yrs	Sat	10 am-2 pm
Apr 10-Jun 5	\$83.75	

SNAP

Therapeutic recreation program for children with Autism. Participants must be able to work in a 1:4 staff to client ratio. Involves a swim component, snack time and recreation activities chosen to build on communication, socialization and gross motor skills.

Brother Andre School – 613-580-2424 ext. 29300 1923 Elmridge

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$255	440330
Jul 12-16	\$255	440332
10-13 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$255	440333
Jul 26-30	\$255	440335
14-18 yrs	Mon-Fri	9 am-4 pm
Aug 3-6	\$204	440339
Aug 9-13	\$255	440342

Goulbourn RC. – 613-580-2424 ext. 41226

6-12 yrs	Sat	1-4 pm
Apr 10-Jun 12	\$260	440145

Ray Friel R.C. – 613-580-2424 ext. 29300

6-12 yrs	Sun	1-4 pm
Apr 11-Jun 13	\$260	440155

Special Needs

St. Patrick School (Nepean) – 613-580-2424 ext. 41226 68 Larkin

6-9 yrs	Mon-Fri	9 am-4 pm
Jul 5-9	\$255	440308
Jul 12-16	\$255	440314
10-13 yrs	Mon-Fri	9 am-4 pm
Jul 19-23	\$255	440316
Jul 26-30	\$255	440317
14-18 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$204	440319
14-18 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$255	440321

St-Laurent Complex – 613-580-2424 ext. 29300

6-12 yrs	Sun	1-4 pm
Apr 11-Jun 13	\$260	440157

Walter Baker Sports Centre – 613-580-2424 ext. 41226

6-12 yrs	Sat	1-4 pm
Apr 10-Jun 12	\$260	440144

Spirit

A therapeutic recreation program for medically fragile/technologically dependent children.

Bob MacQuarrie R.C.-Orléans – 613-580-2424 ext. 29320

7-18 yrs	Sat	9:30 am-3:30 pm
Mar 27-May 22	\$34.50	
7-18 yrs	Tue-Fri	9 am-4 pm
Aug 3-6	\$28.75	440373
7-18 yrs	Mon-Fri	9 am-4 pm
Aug 9-13	\$35	440380

Walter Baker Sports Centre – 613-580-2424 ext. 29320

7-18 yrs	Sun	9:30 am-3:30 pm
Mar 28-Jun 6	\$34.50	
7-18 yrs	Mon-Fri	9 am-4 pm
Aug 16-20	\$35	440385
Aug 23-27	\$35	440381

Youth

Summer Camp

Experience/Adventures Camp

Social/Recreation program for youth and young adults with disabilities. Pre/Post care for those who are mobile only.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

15-25 yrs	Mon-Fri	8:30 am-4:30 pm
Jul 5-9	\$129	429656
Jul 12-16	\$129	429657
Jul 19-23	\$129	429658
Jul 26-30	\$129	429661
Aug 9-13	\$129	429665
Aug 16-20	\$129	429666
Aug 23-27	\$129	429667
15-25 yrs	Tue-Fri	8:30 am-4:30 pm
Aug 3-6	\$103.25	429664

Hintonburg C.C. – 613-798-8874

13-35 yrs	Mon-Fri	10 am-3 pm
Jul 5-9	\$132.25	438386
Jul 12-16	\$132.25	438389
Jul 19-23	\$132.25	438391
Jul 26-30	\$132.25	438392
Aug 9-13	\$132.25	438396
Aug 16-20	\$132.25	438397
Aug 23-27	\$132.25	438400
13-35 yrs	Tue-Fri	10 am-3 pm
Aug 3-6	\$118.75	438204

Ron Kolbus Lakeside – 613-828-4313

13-35 yrs	Mon-Fri	10 am-3 pm
Jul 5-9	\$132.25	438121
Jul 12-16	\$132.25	438171
Jul 19-23	\$132.25	438174
Jul 26-30	\$132.25	438176
Aug 3-6	\$118.75	438196
Aug 9-12	\$132.25	438179
Aug 16-20	\$132.25	438183
Aug 23-27	\$132.25	438184

Personal Support Assistance

Personal support assistance is available at no extra cost for participants who require toileting, transferring assistance and the use of a mechanical lift. Only the Hintonburg site will take up to 3 participants per week for the Youth Summer Experience. Maximum of 4 weeks. Extra weeks may become available based on registration. Personal Support Workers perform the duties.

Hintonburg C.C. – 613-798-8874

13-35 yrs	Mon-Fri	10 am-2 pm
Jul 5-9	\$132.25	438411
Jul 12-16	\$132.25	438412
Jul 19-23	\$132.25	438413
Jul 26-30	\$132.25	438415
13-35 yrs	Tue-Fri	10 am-3 pm
Aug 9-13	\$132.25	438418
Aug 16-20	\$132.25	438420
Aug 23-27	\$132.25	438421

General Interest

Art

An art program for youth who have disabilities.

Hintonburg C.C. – 613-798-8874

13-64 yrs	Wed	4-5:30 pm
Apr 7-Jun 9	\$135.25	437294
13-64 yrs	Wed	5:30-7 pm
Apr 7-Jun 9	\$135.25	437309

Friday Night Youth

Social program for youth who have disabilities.

Hintonburg C.C. – 613-798-8874

13-21 yrs	Fri	6:30-9:30 pm
Apr 9-Jun 4	\$83.75	437781

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

13-21 yrs	Fri	6:30-9:30 pm
Apr 16-Jun 18	\$109.50	441694

Hintonburg's Black Box Theatre Youth

Explore the world of theatre for youth/young adults with special needs. Develops their creativity and self-expression. Participants must be able to work in a 1:5 staff client ratio.

Nepean Creative Arts Centre – 613-798-8684

19-64 yrs	Sun	10:30 am-noon
Apr 11-Jun 20	\$135.25	437843

Leadership Development for Visually Impaired

Enhance your programming skills, behaviour management and resume writing. A five-day placement in a recreational setting completes the session. Includes: Standard First Aid certification.

Jack Purcell C.C. – 613-564-1050

13-18 yrs	Tue-Fri, Mon	9 am-4 pm
Aug 3-16	\$250	440810

Ready, Set, Cook Youth

Improve confidence and independence in the kitchen. Youth with a developmental disability must be able to work in a 1:5 staff client ratio.

Hintonburg C.C. – 613-798-8874

13-21 yrs	Sun	11:30 am-1 pm
Apr 11-Jun 6	\$83.75	437918

Saturday Night Social

A social night for visually impaired youth. Join us for a variety of activities chosen by YOU! Possible activities include games, movies, pizza nights, baking, karaoke competitions, and special guests. The focus is on fun and friendship.

Old Town Hall – 613-564-1078

13-21 yrs	Sat	6:30-9:30 pm
\$5		



SNAP for Teens

A therapeutic recreation program for teen's who have a diagnosis on the Autism spectrum. Participants must be able to function within a staff to participant ratio of 1:4. Designed to help participants improve social, communication and recreation skills along with physical fitness, healthy living and self-confidence.

Walter Baker Sports Centre – 613-580-2424 ext. 41226

12-16 yrs	Fri	6-8 pm
Apr 9-Jun 11	\$195	440137

Spring Sensation Youth

Create a unique Spring Craft with your friends at Hintonburg. For youth and young adults with disabilities who are able to work in a 1:5 ratio.

Hintonburg C.C. – 613-798-8874

13-18 yrs	Sat	12:30-2 pm
Mar 27	\$36.50	437352

Yoga

A yoga class for youth and adults who have disabilities.

Hintonburg C.C. – 613-798-8874

13-64 yrs	Tue	4:30-6 pm
Apr 6-May 25	\$83.75	437252

Adult

Acquired Brain Injury/Post Stroke Day Program

The City of Ottawa and The Ministry of Health and Long Term Care offer this therapeutic recreation and life skills program for adults with brain injuries. Participants maintain and improve functional, social and behavioural skills through leisure participation. Aquafit and fitness classes available.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 234

21-65 yrs		
Mon, Wed, Fri	Acquired Brain Injury	
Tue, Thu	Post Stroke	
Aug 31-Jul 30	9 am-3 pm	\$10.50 per day

(fee is prorated based on start date)

Cardio Pump

Low and high intensity aerobics for adults with developmental disabilities. Participants must be mobile and able to work in a 1:5 ratio. Assessment is required prior to beginning the program.

Pinecrest R.C. – 613-828-3118

18-85 yrs	Fri	5:30-6:30 pm
Apr 9-Jun 18	\$75	434574

Friends for Fun

A therapeutic recreation program for adults with a developmental disability.

Walter Baker Sports Centre – 613-580-2424 ext. 29291

21-60 yrs	Tue	7-9 pm
Apr 6-Jun 8	\$166.50	440997

Hintonburg Alumni

Social Recreation program for young adults who have disabilities

Hintonburg C.C. – 613-798-8874

19-40 yrs	Fri	6:30-9:30 pm
Apr 9-Jun 4	\$83.75	437791

Hintonburg's Black Box Theatre

Explore the world of theatre for youth/young adults with special needs. Develops their creativity and self-expression. Participants must be able to work in a 1:5 staff client ratio.

Nepean Creative Arts Centre – 613-798-8874

19-64 yrs	Sun	10:30 am-noon
Apr 11-Jun 20	\$135.25	437833

Hip Hop

An energetic dance class for adults with developmental disabilities. Participants must be mobile and able to work in a 1:5 staff client ratio.

Hintonburg C.C. – 613-798-8874

13-35 yrs	Tue	6-7 pm
Apr 6-May 25	\$83.75	

MS Exercise Group

Meet weekly with an exercise specialist in the gym who customizes a workout routine geared to the individual's specific abilities. The group offers support and resource information as well as encouragement.

Jack Purcell C.C. – 613-564-1050

18+ yrs	Wed	11:30 am-1 pm
Apr 7-Jun 9	\$63.25	436188

Out and About

An evening of fun with friends, for youth and young adults with disabilities. Participants must be able to work in a 1:5 ratio

Hintonburg C.C. – 613-798-8874

19-64 yrs	Fri	6:30-9 pm
Jun 18	\$47	438680

Frank St. Drop-in

A social recreation program for adults living with a mental health issue. The program takes place at 166 Frank St. at the Bethell Field House. Program is ongoing and participation is free.

Jack Purcell C.C. –

613-564-1050/613-564-4106 TTY

Tue	6-9 pm
Wed	1-3 pm Movie afternoon
Thu	6-9 pm
Fri	6-10 pm
Sat	6-10 pm

Ready, Set, Cook

Improve confidence and independence in the kitchen, for adults with a developmental disability. Participants must be able to work in a 1:5 staff client ratio.

Hintonburg C.C. – 613-798-8874

16-45 yrs	Tue	4:30 am-6 pm
Apr 6-May 25	\$83.75	437264
16-45 yrs	Tue	6:30-8 pm
Apr 6-May 25	\$83.75	437273
19-64 yrs	Sun	1:30-3 pm
Apr 11-Jun 6	\$83.75	437929

Rehab Walking

Walk in a safe supervised small group environment. Clients may bring their walking aids if required.

In addition to walking, we offer seated stretching, strengthening and balancing exercises. The program goals are to improve walking independence, increase mobility, building stamina, balance and gaining confidence.

Jack Purcell C.C. – 613-564-1050

18+ yrs	Tue	2:30-3:30 pm
Apr 6-Jun 8	\$63.25	436201
Jun 29-Aug 17	\$50.75	436456
18+ yrs	Tue, Thu	2:30-3:30 pm
Apr 6-Jun 10	\$109.75	436208
18+ yrs	Thu	2:30-3:30 pm
Apr 8-Jun 10	\$63.25	436203
Jun 24-Aug 12	\$50.75	436457
18+ yrs	Thu, Tue	2:30-3:30 pm
Jun 24-Aug 17	\$89.25	436468



Special Needs

Saturday Social

An exciting program for adults with developmental delay. Program features offsite excursions, cooking, crafts and much more.

McNabb R.C. – 613-564-1070

18-65 yrs	Sat	1-4 pm
Apr 10-Jun 5	\$62.25	423880
Jun 19-Aug 7	\$62.25	423885

Seated Aerobics

A workout designed to increase cardiovascular fitness as well as tone and build upper-body strength for persons with disabilities.

Jack Purcell C.C. – 613-564-1050

18+ yrs	Tue	5:30-6:30 pm
Apr 6-Jun 8	\$63.25	436209

Social Recreation

This is a social recreation program for adults with developmental disabilities. Participants take part in a variety of social, recreational and educational activities.

Carp Memorial Hall – 613-580-2424 ext. 33527

18-64 yrs	Fri	6:30-8:30 pm
Apr 9-Jun 4	\$171	440555

Osgoode Youth Association – 613-580-2424 ext. 30235

18-64 yrs	Thu	9 am-2 pm
Apr 1-Jun 3	\$234.50	435048

Canterbury R.C. – 613-247-4869

18-64 yrs	Mon	9 am-3 pm
Mar 22-Jun 14	\$286	
18-64 yrs	Tue	9 am-3 pm
Mar 23-Jun 15	\$338	
18-64 yrs	Wed	9 am-3 pm
Mar 24-Jun 16	\$338	
18-64 yrs	Thu	9 am-3 pm
Mar 25-Jun 17	\$338	
18-64 yrs	Fri	9 am-3 pm
Mar 26-Jun 18	\$312	

Spring Nights

An evening activity program for adults with a physical disability. Activities include community events, dancing, films and workshops held throughout the Ottawa area.

Jack Purcell C.C. – 613-564-1050

18+ yrs	Thu	6-9 pm
Apr 15-Jun 3	\$71	

Summer in the City

A summer day program for adults with a physical disability. The program includes outings within the city and a weekly bus trip to outlying areas.

Jack Purcell C.C. – 613-564-1050

18+ yrs	10 am-3 pm
\$20.75 per day	Mon, Tue, Thu, Fri
\$30 per day	Wed
Jun 28-Aug 19	

Summer Sizzler Camp

This is an interactive recreation program for individuals with developmental disabilities where participants will be encouraged to plan a variety of activities from sports, games, cooking and crafts that they wish to participate in. An assessment is required prior to the start of camp.

Brother Andre School – 613-863-4009

21-50 yrs	Tue-Fri	9 am-3 pm
Aug 3-6	\$157	440267
21-50 yrs	Mon-Fri	9 am-3 pm
Aug 9-13	\$196	440270

Walter Baker Sports Centre – 613-580-2424 ext. 30375

21-50 yrs	Tue-Fri	9 am-3 pm
Aug 3-6	\$157	440280
21-50 yrs	Mon-Fri	9 am-3 pm
Aug 9-13	\$196	440283

Supported Community Enhanced Learning (S.C.E.L.)

A therapeutic recreation day program for adults with developmental disabilities. Participants take part in a variety of social, recreational and leisure programs.

Routhier C.C. – 613-863-4009

21-50 yrs	Mon-Fri	9 am-3 pm
Aug 31-Jul 30	\$10.50 per day	
(Fee is prorated depending on start date)		

Swim for Persons with a Disability

Open to participants with a long-term disability. Participants are encouraged to bring a volunteer for assistance in changing and transferring. You must see a full-time staff in order to register.

Jack Purcell C.C. – 613-564-1050

18+ yrs	Mon, Wed, Fri	10:30 am-noon
Thu	7-8 pm	
Ongoing	Free	

The Art Thing

An art program for people with a disability.

Jack Purcell Complex – 613-564-1050

18+ yrs	Mon	1-3 pm
Jun 7-14	\$70	

Thursday Nights Rock

Social/recreation program for adults who have disabilities

Hintonburg C.C. – 613-798-8874

19-64 yrs	Thu	6-9 pm
Apr 8-May 27	\$83.75	437318

Total Body Workout

Designed for adults with visual impairment or low vision. Aerobic warm up followed by low and high cardio sets, control movement and strengthening exercises. Finishes with floor work, relaxation and stretching.

Jack Purcell C.C. – 613-564-1050

18+ yrs	Fri	5:30-6:30 pm
Apr 9-Jun 11	\$75	436229

Variety East and West Day Program

Therapeutic recreation day program for adults with developmental disabilities. Participants take part in a variety of social, recreational and leisure activities.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 240

21-55 yrs	Tue, Wed, Thu, Fri	9 am-3 pm
Sep 1-Jun 25	Fee is prorated based on start date	

Walter Baker Sports Centre – 613-580-2424 ext. 30375

21-50 yrs	Mon-Fri	9 am-3 pm
Aug 31-Jul 30	\$10.50 per day	
(fee is prorated based on start date)		

Weight Program for Persons with a Disability

A supervised weight-training program for persons with a disability. Volunteers are always welcome to assist with training.

Jack Purcell C.C. – 613-564-1050

14+ yrs	Mon, Wed, Fri	9:30-11:30 am
\$18 /1 mth	\$35.50/3 mths	

Yoga

A yoga class for youth and adults who have a disability.

Jack Purcell C.C. – 613-564-1050

18+ yrs	Mon	10:15-11:15 am
Apr 12-Jun 21	\$63.25	436222

Yoga For Persons With A Visual Impairment

For adults who have a visual impairment, this hatha yoga class encourages each person to strive for growth in strength, endurance, and flexibility in both mind and body in a positive, nurturing environment.

Jack Purcell C.C. – 613-564-1050

18+ yrs	Sat	9:30-10:45 am
Apr 10-Jun 12	\$75	436506





Heart Wise

Exercise information on page 159.

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



Arts – Literary

A Novel Idea – Level 1

Sharpen your writing skills and discover strategies for submitting your manuscripts for publication.

Shenkman Arts Centre – 613-580-2787

Tue	7-9:30 pm	
Apr 20-Jun 22	\$262.50	434874

Drawing A Short Story

Writing a story is not unlike drawing a picture, one line connecting to another to form an image. Writer Ian Roy explores how we see things, how we describe and record that which we see, and how we make it fiction.

Dalhousie C.C. – 613-564-1188

Sat	1-4 pm	
May 1	\$31	441121

From One Poem To Many

Poet Sandra Ridley looks at ways to build and expand on stand-alone poems. Strengthen your style and voice, and tighten a larger body of work.

Fisher Park C.C. – 613-798-8945

Sat	1-4 pm	
May 8	\$31	441122



Art and Craft of Memoir Writing

Using fictional techniques, learn to give voice to your own life stories with Carleton University writer Richard Taylor, whose last memoir was *House Inside The Waves: Domesticity, Art and the Surfing Life*.

Ron Kolbus Lakeside – 613-828-4313

Sat	1-4 pm	
May 15	\$31	441124

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.

John G. Mlacak Centre – 613-599-4480

Wed	10 am-noon	
Mar 24-May 26	\$98.75	428678
Wed	1:30-3:30 pm	
Mar 24-May 26	\$98.75	428676
Thu	9:15-11:15 am	
Mar 25-May 27	\$98.75	428680
Thu	11:30 am-1:30 pm	
Mar 25-May 27	\$98.75	428682
Fri	10 am-noon	
Mar 26-Jun 4	\$98.75	428683

Nepean Creative Arts Centre – 613-596-5783

Fri	10-11:30 am	
Apr 16-Jun 4	\$126	422580

Arts – Performing

Dance

Ballet

For beginner, elementary and intermediate levels. Learn ballet technique consisting of an open format. *Pliés, tendus, dégagés, ronde de jambe, grand battement* and other exercises will be taught at the barre. Center practice: *adagio, allegro* and *grande allegro*.

St-Laurent Complex – 613-742-6767

Wed	8:30-10 pm	
Apr 21-Jun 23	\$65	433258

Ballroom Dance – Level 1

An introduction to the foxtrot, waltz, cha cha, triple swing and merengue. It's fun, great exercise and will really impress your friends. Participants must register with a partner.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228, 230

Fri	6:30-7:30 pm	
May 7-Jun 25	\$65.75	423678

Cyrville C.C. – 613-748-1771

Thu	7-8:30 am	
Apr 8-Jun 10	\$114	437148

Dempsey C.C. – 613-247-4846

Tue	7-8 pm	
Apr 6-Jun 8	\$81.25	435963

Nepean Creative Arts Centre – 613-596-5783

Tue	6-7 pm	
Apr 13-Jun 15	\$131.25	422601

Nepean Sportsplex – 613-596-5783

Mon	8-9 pm	
Apr 12-Jun 7	\$105	422598
Thu	6-7 pm	
Apr 15-Jun 3	\$105	422602

Queenswood Heights C.C. – 613-580-2782

Tue	7-8 pm	
Apr 6-May 25	\$105.25 p.c.	430807

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Tue	9-10 pm	
Apr 6-May 25	\$51.50	435446

Ron Kolbus Lakeside – 613-828-4313

Tue	7-8 pm	
Apr 6-Jun 1	\$52.50	439813

Sandy Hill C.C. – 613-564-1062

Mon	6-7 pm	
Mar 22-May 24	\$60	437064

Shenkman Arts Centre – 613-580-2787

Thu	7-8 pm	
Apr 22-Jun 24	\$131.25	434629

Stittsville C.C. – 613-580-2424 ext. 33271

Tue	8:15-9:15 pm	
Apr 20-Jun 8	\$69.75	423942

St-Laurent Complex – 613-742-6767

Mon	8-9 pm	
Mar 22-May 17	\$63	433262

Ballroom Dance – Level 2

Improve your skills with the foxtrot, waltz, cha cha, rumba, triple swing and introducing the samba. Participants must register with a partner.

Dempsey C.C. – 613-247-4846

Tue	8-9 pm	
Apr 6-Jun 8	\$81.25	435967

Nepean Creative Arts Centre – 613-596-5783

Tue	7-8 pm	
Apr 13-Jun 15	\$131.25	423800

Nepean Sportsplex – 613-596-5783

Thu	7-8 pm	
Apr 15-Jun 3	\$105	423614

Queenswood Heights C.C. – 613-580-2782

Tue	8-9 pm	
Apr 6-May 25	\$105.25 p.c.	430801

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Tue 7-8 pm
Apr 6-May 25 \$51.50 435413

Ron Kolbus Lakeside – 613-828-4313

Tue 8-9 pm
Apr 6-Jun 1 \$52.50 439814

Sandy Hill C.C. – 613-564-1062

Mon 7-8 pm
Mar 22-May 24 \$60 437067

Shenkman Arts Centre – 613-580-2787

Thu 8-9 pm
Apr 15-Jun 17 \$131.25 422606

Stittsville C.C. – 613-580-2424 ext. 33271

Mon 7:15-8:45 pm
Apr 19-Jun 14 \$104.75 426751

St-Laurent Complex – 613-742-6767

Mon 9-10 pm
Mar 22-May 17 \$63 433263

Ballroom Dance – Level 3

Participants must register with a partner.

Nepean Sportsplex – 613-596-5783

Thu 8-9 pm
Apr 15-Jun 3 \$105 423805

Queenswood Heights C.C. – 613-580-2595

Tue 9-10 pm
Apr 6-May 25 \$105.25 p.c. 430842

Shenkman Arts Centre – 613-580-2782

Thu 9-10 pm
Apr 22-Jun 24 \$131.25 440508

Ballroom Dance – Level 4

At this more advanced level, you and your partner will work on variations to dances already learned.

Nepean Sportsplex – 613-596-5783

Thu 9-10 pm
Apr 15-Jun 3 \$105 423808

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Tue 8-9 pm
Apr 6-May 25 \$51.50 435437

Ballroom Dance – Level 5 Dempsey C.C. – 613-247-4846

Tue 9-10 pm
Apr 6-Jun 8 \$81.25 435972

Nepean Sportsplex – 613-596-5783

Fri 6-7 pm
Apr 9-May 28 \$105 423842

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Tue 8-9 pm
Apr 6-May 25 \$51.50 435442

Ballroom Dance – Level 6

Nepean Sportsplex – 613-596-5783

Fri 7-8 pm
Apr 9-May 28 \$105 423847

Ballroom Dance – Level 7

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Thu 8-9 pm
Apr 8-May 27 \$51.50 436695

Ballroom Dance – Level 8

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Thu 8-9 pm
Apr 8-May 27 \$51.50 436704

Ballroom Dance – Level 9

Nepean Sportsplex – 613-596-5783

Fri 8-9 pm
Apr 9-May 28 \$105 436955

Ballroom Dance – Level 10

Nepean Sportsplex – 613-596-5783

Fri 9-10 pm
Apr 9-May 28 \$105 436974

Ballroom Dance – Levels 5-10 Refresher

Join us for a review of the rumba, cha cha, samba, triple swing, slow waltz, foxtrot, and tango.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Wed 8-9 pm
Jun 16-Jul 7 \$41.25 436770
Wed 9-10 pm
Jun 16-Jul 7 \$41.25 436792

Belly Dance

Develop fluidity, grace, and strength through this ancient and sensuous dance form developed in the Middle East. Learn basic movements and combinations, which are put together into easy routines

Belly Dance – Level 1

Eva James C.C. – 613-271-0712

Sun 3:20-4:20 pm
Mar 28-Jun 13 \$58.75 436446
Sun 4:25-5:25 pm
Mar 28-Jun 13 \$58.75 436449

Fisher Park C.C. – 613-798-8945

Mon 7:30-9:30 pm
Mar 29-Jun 14 \$120 438302

Nepean Creative Arts Centre – 613-596-5783

Fri 6:30-7:30 pm
Apr 9-Jun 11 \$131.25 422633

Plant R.C. – 613-232-3000

Mon 5:30-6:30 pm
Apr 12-Jun 7 \$61.25 432394
Mon 6:30-7:30 pm
Apr 12-Jun 7 \$61.25 432480

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Thu 6:15-7:15 pm
Apr 22-Jun 10 \$83.25 435313

Routhier C.C. – 613-244-4470

Mon 6:30-7:30 pm
Apr 26-Jun 7 \$45 434367
Thu 6:30-7:30 pm
Apr 29-Jun 3 \$45 434373

Sandy Hill C.C. – 613-564-1062

Wed 6-7 pm
Mar 24-May 26 \$68 437079

Walter Baker Sports Centre – 613-580-2788

Thu 9:30-10:30 am
Mar 25-Jun 24 \$91 441338

Belly Dance – Level 1/2

Kanata Leisure Centre – 613-591-9283

Thu 8:15-9:30 pm
Apr 8-Jun 10 \$89 439995

McNabb R.C. – 613-564-1070

Tue 6-7:15 pm
Apr 6-Jun 22 \$91 423318
Thu 6-7:15 pm
Apr 8-Jun 24 \$91 423323

South Fallingbrook C.C. – 613-824-0633 ext. 221

Mon 6:30-7:45 pm
Apr 12-Jun 14 \$47.50 435487

Belly Dance Creative – Level 2

A great way of getting fit and healthy with an emphasis on core strength development and proper posture while expanding upon the basics of this ancient form. Focus on zills, stick, floorwork, and improvising.

Routhier C.C. – 613-244-4470

Thu 7:30-8:30 pm
Apr 29-Jun 3 \$45 434422

Fisher Park C.C. – 613-798-8945

Wed 7:30-9:30 pm
Mar 31-Jun 2 \$120 438303

Plant R.C. – 613-232-3000

Mon 7:30-8:30 pm
Apr 12-Jun 7 \$61.25 432503

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

13+ yrs Thu 7:15-8:15 pm
Apr 22-Jun 10 \$83.25 435314

Routhier C.C. – 613-244-4470

Mon 7:30-8:30 pm
Apr 26-Jun 7 \$45 434406

Sandy Hill C.C. – 613-564-1062

Thu	5:30-6:30 pm	
Mar 25-May 27	\$68	437081

Belly Dance – Levels 2/3**Sandy Hill C.C. – 613-564-1062**

Thu	6:30-7:45 pm	
Mar 25-May 27	\$75	437084

South Fallingbrook C.C. – 613-824-0633 ext. 221

Mon	7:45-9 pm	
Apr 12-Jun 14	\$47.50	435488

Belly Dance – Levels 3/4**McNabb R.C. – 613-564-1070**

Tue	7:15-8:30 pm	
Apr 6-Jun 22	\$91	423330
Thu	7:15-8:30 pm	
Apr 8-Jun 24	\$91	423334

Sandy Hill C.C. – 613-564-1062

Thu	7:45-9 pm	
Mar 25-May 27	\$75	437088

Argentine Tango and Bolero

Argentine Tango, with its hooks, swivels and playful footwork, sometimes soft, sometimes staccato and aggressive. Bolero, danced to a slow Rumba beat, with many artistic changes of partner position, is possibly the most beautiful dance ever created.

Stittsville C.C. – 613-580-2424 ext. 33271

Mon	9-10 pm	
Apr 19-Jun 14	\$69.75	426755

Bollywood Dance

Dance to the Bollywood beat – a modern East Indian style. Indian dance and music is becoming mainstream in Western art forms. Learn basic hip, leg, and upper body movements from the glamorous Indian world.

Hintonburg C.C. – 613-798-8874

Wed	8:15-9:15 pm	
Apr 7-Jun 16	\$99	435127

Nepean Creative Arts Centre – 613-596-5783

Tue	8:30-9:30 pm	
Apr 13-Jun 15	\$131.25	422634

Pinecrest R.C. – 613-828-3118

Thu	8:15-9:15 pm	
Mar 25-Jun 10	\$104.50	422233

Bollywood Dance – Level 2

Advanced choreography in Bhangra, Dandia and intense Bollywood moves.

Hintonburg C.C. – 613-798-8874

Wed	9:15-10:15 pm	
Apr 14-Jun 2	\$72	435131

Pinecrest R.C. – 613-828-3118

Thu	9:15-10:15 pm	
Mar 25-Jun 10	\$104.50	422234

Dance Fusion

Come and experience a killer dance workout. Train your body to take on any dance style, have a blast and get in shape. No experience necessary, all levels welcome!

Pinecrest R.C. – 613-828-3118

Thu	7:15-8:15 pm	
Mar 25-Jun 10	\$112.50	422224

Dance Fusion For Women Only

Experience a variety of dance styles – jazz, Latin, belly, ballet, swing, and more – in a friendly, relaxed environment. No experience necessary.

Fisher Park C.C. – 613-798-8945

Mon	8:15-9:15 pm	
Mar 29-Jun 14	\$84.50	438301

Hintonburg C.C. – 613-798-8874

Thu	6-7 pm	
Apr 8-Jun 10	\$90	437994

Nepean Creative Arts Centre – 613-596-5783

Fri	7:30-8:30 pm	
Apr 9-Jun 11	\$131.25	422642

Dance and Self**Development – Level 1**

The time has come to put that desire to dance into motion. Find out the glorious ways that female form can move and shake to uplift the body and mind!

Shenkman Arts Centre – 613-580-2787

Wed	8-9:30 pm	
Apr 21-Jun 9	\$216	434879

Hip Hop

Meet new people and have fun learning the latest hip hop and funk moves.

Beacon Hill North C.C. – 613-748-1771

16-99 yrs	Thu	7:45-8:45 pm	
Apr 8-Jun 10	\$76	437194	

McNabb R.C. – 613-564-1070

Mon	7:45-8:45 pm	
Apr 12-Jun 21	\$68.25	423257
Thu	7:45-8:45 pm	
Apr 8-Jun 17	\$68.25	423261

South Fallingbrook C.C. – 613-824-0633 ext. 221

Tue	7:45-8:45 pm	
Jun 22-Aug 24	\$65	439584
Wed	8:30-9:30 pm	
Apr 14-Jun 16	\$58.50	438334

Walter Baker Sports Centre – 613-580-2788

Thu	7:15-8:15 pm	
Mar 25-Jun 24	\$91	434613

Jazz

Students will be taught the basics of jazz dance and improve their coordination, strength, and flexibility through fun dance combinations set to popular music.

Shenkman Arts Centre – 613-580-2787

Thu	6:30-8 pm	
Apr 22-Jun 24	\$131.25	434640

Line Dancing – Level 1

For people who want to learn line dancing and have never taken a social or line dancing course. You will learn the names of steps, patterns of various dances, and familiarize yourself with different rhythms. This low impact course requires no partner or previous experience.

Navan C.C. – 613-580-2782

Thu	7-8 pm	
Apr 15-Jun 17	\$76	434791

Overbrook C.C. – 613-742-5147

Wed	11 am-noon	
Apr 7-May 26	\$50	427806

St-Laurent Complex – 613-742-6767

Mon	10:15-11:45 am	
Apr 12-May 31	\$48	433291
Mon	7:30-9 pm	
Apr 12-May 31	\$48	433292

Line Dancing – Level 2

Dances and rhythms are more varied, more difficult and demand better coordination, memory, and physical condition. This level is of medium impact physical exercise. No partner required.

St-Laurent Complex – 613-742-6767

Mon	1:15-2:45 pm	
Apr 12-May 31	\$48	433294
Thu	7:15-8:45 pm	
Apr 15-May 27	\$48	433295

Line Dancing – Level 3

Longer dances and increased tempo. Keep up-to-date with new dances and new line dancing development.

St-Laurent Complex – 613-742-6767

Tue	7:15-8:45 pm	
Apr 13-May 25	\$48	433296

Churchill Seniors R.C. – 613-798-8927

Wed	6:30-8:30 pm	
Apr 7-28	\$34.50	440051
May 5-26	\$34.50	440054
Jun 2-23	\$34.50	440055
Jul 7-28	\$34.50	440056
Aug 11-Sep 1	\$34.50	440057

Mambo

A fast Latin dance, similar to Salsa, which comes from Cuba. Most of the movements emphasize the second beat in the measure, suggestive of the Clave rhythm which is fundamental to Mambo music.

Richelieu-Vanier C.C. –
613-580-2424 ext. 28464

Tue	8-9 pm	
Jun 8-29	\$41.25	436736

Margaret Morris Method

Experience a unique form of movement and dance to music, emphasizing breathing, spinal mobility and the stretching and strengthening of muscle groups to increase flexibility.

Dempsey C.C. – 613-247-4846

Margaret Morris Method – Beginner

Mon	7-8 pm	
Apr 12-Jun 21	\$67	435943

Margaret Morris Method – Intermediate

Mon	7-9 pm	
Apr 12-Jun 21	\$112	435957

Rock n' Jive – Level 1

Jive is a rhythmical, swinging dance, which originated in Harlem, NY. Jive involves a lot of turns, flicks and kicks – a fun dance to popular rock and roll music. Participants must register with a partner.

Bridlewood C.C. –
613-580-2424 ext. 33501

Mon	6:15-7:15 pm	
Mar 22-Jun 7	\$73.75	440961

Richelieu-Vanier C.C. –
613-580-2424 ext. 28464

Thu	7-8 pm	
Apr 8-16	\$51.50	436654

St-Laurent Complex – 613-742-6767

Mon	6:30-7:30 pm	
Mar 22-May 17	\$63	433265

Rock n' Jive – Level 2

Single swing and kick jive to popular rock and roll tunes will keep you in shape. More intricate steps and more emphasis on style and technique. Participants must register with a partner.

Bridlewood C.C. –
613-580-2424 ext. 33501

Mon	7:30-8:30 pm	
Mar 22-Jun 7	\$73.75	440960

Richelieu-Vanier C.C. –
613-580-2424 ext. 28464

Tue	9-10 pm	
Jun 8-29	\$41.25	436761
Thu	9-10 pm	
Apr 8-May 27	\$51.50	436678

Salsa and Merengue – Level 1

An introduction to salsa and merengue including all the basic steps and techniques. Be part of the Latin groove and dance the night away.

Ron Kolbus Lakeside – 613-828-4313

Tue	6-7 pm	
Apr 6-Jun 1	\$52.50	439824

Stittsville C.C. –
613-580-2424 ext. 33271

Mon	6-7 pm	
Apr 19-Jun 14	\$69.75	423945

St-Laurent Complex – 613-742-6767

Tue	8:30-9:30 pm	
Apr 13-May 18	\$55	433266
May 25-Jun 29	\$55	433267
Jul 6-Aug 10	\$55	433268

Salsa – Level 1

Learn the technique, the footwork and how to lead and follow. Get your hips in gear and come on down, by yourself or with a partner!

Bob MacQuarrie R.C.-Orléans –
613-824-0819 ext. 228, 230

Fri	7:30-8:30 pm	
May 7-Jun 25	\$65.75	423862

Hintonburg C.C. – 613-798-8874

Wed	6:30-8 pm	
Apr 7-Jun 16	\$93.50	435137

Pinecrest R.C. – 613-828-3118

Tue	9-10:30 pm	
Mar 23-Jun 8	\$99	422214

Salsa – Level 2

Bob MacQuarrie R.C.-Orléans –
613-824-0819 ext. 228, 230

Fri	8:30-9:30 pm	
May 7-Jun 25	\$65.75	423865

Pinecrest R.C. – 613-828-3118

Tue	8-9 pm	
Mar 23-Jun 8	\$83.25	422213

Salsa – Level 3

Focus on putting all the moves together, technique, style and proper leading.

Pinecrest R.C. – 613-828-3118

Mon	8:30-9:30 pm	
Mar 22-Jun 21	\$83.25	439989

Nightclub Salsa

Salsa, high spirited, sizzling with Latin vibes is now the most popular of all the club dances. Join us and learn the New York and Miami nightclub style, with lots of fun and variation. Participants must register with a partner.

Cyrville C.C. – 613-748-1771

Thu	6-7 pm	
Apr 8-Jun 10	\$76	438327

Step Dancing – Ottawa Valley

Learn the energetic and entertaining art of Step dancing. This Irish/Scottish influenced form of dance dates back to the 1800s in the Ottawa Valley. Routines will focus on footwork, rhythms, and musicality. Students progress within the same level from session to session.

Nepean Creative Arts Centre –
613-596-5783

Level 1

Wed	7-7:45 pm	
Apr 7-Jun 9	\$131.25	423172

Level 1 – New Student

Wed	7-7:45 pm	
Apr 7-Jun 9	\$131.25	423182

Level 2

Wed	7-7:45 pm	
Apr 7-Jun 9	\$131.25	423188

Level 3

Wed	7:45-8:30 pm	
Apr 7-Jun 9	\$131.25	423205

Level 4

Wed	8:30-9:15 pm	
Apr 7-Jun 9	\$131.25	423230

Sunday Social

We promise you all kinds of rhythms including foxtrot, waltz, cha-cha, rumba, samba, and merengue. For the line dancers, the instructors will be there to lead you. Bring a friend and enjoy a social and healthy activity.

St-Laurent Complex – 613-742-6767

Sun	\$6.50	1:45-4:30 pm
Apr 11, 18, 25		
May 2, 9, 16, 30		
Tue	\$6.50	7:15-9:30 pm
Jun 1, 8, 15, 22, 29		
Jul 6, 13, 20, 27		
Aug 3, 10, 17, 24, 31		

Crazy Soles Line Dancing

Overbrook C.C. – 613-742-5147

Tue	7pm	
Ongoing	\$5	

Swing

Hooked on Swing? You will love dancing to big band sounds and the music of the 50s and 60s. Learn the basic footwork patterns that form the basis for swing dance moves and turns.

Bob MacQuarrie R.C.-Orléans –
613-824-0819 ext. 228, 230

Thu	5:30-6:30 pm	
May 6-Jun 24	\$65.75	423850

Fisher Park C.C. – 613-798-8945

Wed	8-9:30 pm	
Mar 31-Jun 2	\$88.50	438311

**Queenswood Heights C.C. –
613-580-2782**

Tue 6-7 pm
Apr 6-May 25 \$105.25 p.c. 435742

Tap Dance

Learn the basics of tap dance through fun dance combinations and some simple choreography, with an emphasis on rhythm and clarity of step.

**Nepean Creative Arts Centre –
613-596-5783**

Tue 7:30-8:30 pm
Apr 6-Jun 8 \$131.25 422701

Rockcliffe Park R.C. – 613-842-8578

Tue 8-9 pm
May 4-Jun 22 \$89.50 441153

Tap Dance – Level 2**Nepean Creative Arts Centre –
613-596-5783**

Tue 8:30-9:30 pm
Apr 27-Jun 8 \$92 422706

Viennese Waltz

Learn the Viennese Waltz which first developed in Vienna as a fast paced dance to the Johann Strauss music of the time.

**Richelieu-Vanier C.C. –
613-580-2424 ext. 28464**

Tue 7-8 pm
Jun 8-29 \$41.25 436707

West African Dance

Discover the rhythm and the energy of African dance. Have fun learning a new dance as well as getting a great cardio workout at the same time!

**Bob MacQuarrie R.C.-Orléans –
613-824-0819**

Mon 6:15-7:15 pm
Apr 12-Jun 14 \$70 428933

Drama**Improvisational Acting**

Develop skills for thinking on your feet and collaborating spontaneously with others. Enhance your creativity and gain comfort as a performer, plus laugh the evening away. Taught by a variety of instructors.

**Nepean Creative Arts Centre –
613-596-5783**

Tue 8-9:15 pm
Apr 13-Jun 1 \$152 422720

Intro to Acting

Always wanted to act and never had the chance? This exciting class will provide a great introduction to drama with activities to develop your voice projection, stage presentation and character development skills, all in a relaxed, encouraging environment.

St-Laurent Complex – 613-742-6767

Thu 8-9 pm
Apr 15-Jun 17 \$82.50 434492

Movie Making

As writers, producers, stars and editors, experience the process of making a film from start to finish, on-location. Each student will receive a DVD of the finished movie.

**Nepean Creative Arts Centre –
613-596-5783**

Mon 6:30-9:30 pm
Apr 26-May 31 \$189 422728

Feature Film Making on a Dime

Learn the tricks for creating a feature film from a prolific local movie director. How to create a story and take your project from pre-to-post production on a low budget.

**Nepean Creative Arts Centre –
613-596-5783**

Sun 10:30 am-2 pm
Apr 11-18 \$70 436876
Fri 10 am-5 pm
Apr 30 \$70 436881

**Speaking in Public
and Emceeing**

Overcome stage fright and develop speaking and performance skills. Practical tools for improved public speaking, performing the role of Master of Ceremonies, or delivering presentations in professional settings. Course includes breathing techniques, performance awareness, and workshop-style practice.

**Nepean Creative Arts Centre –
613-596-5783**

Mon 8:15-9:45 pm
Apr 12-May 17 \$126 431063

Music**NCAC Choir**

Learn and perform a small repertoire of popular songs, by ear or by reading music. No experience necessary – just a desire to sing.

**Nepean Creative Arts Centre –
613-596-5783**

Mon 7-8:30 pm
Apr 12-Jun 7 \$157.50 423165

Singing for Ourselves

Learn songs and playful exercises to experience your voice in a group. Basic vocal technique is embedded in pleasurable singing activity. All ages welcome.

**Shenkman Arts Centre –
613-580-2787**

Wed 7-9 pm
Apr 21-Jun 23 \$262.50 434888

Voice Group Lessons

Find your unique voice! Students will enjoy singing in a choral context, exploring the wonder of harmony and learning vocal exercises and basic note reading skills.

St-Laurent Complex – 613-742-6767

Mon 6:30-7:30 pm
Apr 19-Jun 21 \$90.25 435178

Voice Group Lessons – Level 2**St-Laurent Complex – 613-742-6767**

Mon 7:30-8:30 pm
Apr 19-Jun 21 \$90.25 435179

African Drumming

Songs from Ghana. Learn hand drumming techniques, basic rudiments and reading rhythms in western notation. Bring at least one of the following instruments: Djembes, Gourds, Cowbells or other percussive instruments.

**Bob MacQuarrie R.C.-Orléans –
613-824-0819 ext. 279**

Fri 7-8 pm
Apr 16-Jun 18 \$92.25 423649

Drums – Level 1

Learn to play the drums and to read music notation. No experience necessary. Hands-on playing on practice pads.

**John G. Mlacak Centre –
613-580-2424 ext. 33501**

Thu 7:45-9 pm
Apr 8-Jun 10 \$110.50 429202

Hand Drumming

Learn the joy of music through hand drumming. Join our drum circle and learn traditional African and Latin rhythms on djembes, congas, timbales, and more. No musical training required.

**Shenkman Arts Centre –
613-580-2787**

Mon 7:30-9 pm
Apr 19-Jun 28 \$197 440520
Fri 7:30-9 pm
Apr 23-Jun 25 \$197 434841

**NEW! Family Programs
section on page 94.**

Guitar – Beginners

Learn basic chords and at least six basic songs to begin your repertoire. A materials fee is required entitling you to a play along cd, printed materials and access to a guitar support website.

Fisher Park C.C. – 613-798-8945

Mon	7-8 pm	
Mar 29-May 31	\$75	438304

Guitar – Level 1

Discover the basics of guitar playing, including chords, strumming, picking, and tuning. Bring your own guitar.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Wed	8-9 pm	
Apr 7-Jun 9	\$92.25	423636
Fri	6-7 pm	
Apr 16-Jun 18	\$92.25	423641

John G. Mlacak Centre – 613-580-2424 ext. 33501

Wed	6-8 pm	
Apr 7-Jun 23	\$114.75	429172

Nepean Creative Arts Centre – 613-596-5783

Mon	7-7:55 pm	
Apr 12-Jun 14	\$118.25	423147

Queenswood Heights C.C. – 613-580-2782

Thu	8:30-9:30 pm	
Apr 8-Jun 10	\$94	430972

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Wed	8-9 pm	
Mar 31-May 19	\$75	435406

Sandy Hill C.C. – 613-564-1062

Thu	6:30-8 pm	
Mar 18-May 6	\$98	437090

Shenkman Arts Centre – 613-580-2787

Sun	4-5 pm	
Apr 18-Jul 4	\$131.50	434821
Sun	7-8 pm	
Apr 18-Jul 4	\$131.50	434783
Fri	1-2 pm	
Apr 30-Jul 2	\$131.50	434813

St-Laurent Complex – 613-742-6767

Fri	8-9 pm	
Apr 23-Jun 25	\$90.25	434817

Guitar – Level 2

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

Fisher Park C.C. – 613-798-8945

Tue	7-8 pm	
Mar 30-May 18	\$75	438305

John G. Mlacak Centre – 613-580-2424 ext. 33501

Wed	8-10 pm	
Apr 7-Jun 23	\$114.75	429268

Nepean Creative Arts Centre – 613-596-5783

Mon	7:55-8:50 pm	
Apr 12-Jun 14	\$118.25	423149

Queenswood Heights C.C. – 613-580-2782

Thu	8:30-9:30 pm	
Apr 8-Jun 10	\$94	434564

Shenkman Arts Centre – 613-580-2787

Sun	8-9 pm	
Apr 18-Jul 4	\$131.50	434835
Fri	2-3 pm	
Apr 23-Jun 25	\$131.50	434830

St-Laurent Complex – 613-742-6767

Wed	8-9 pm	
Apr 21-Jun 16	\$90.25	434805

Guitar – Level 3

Learn songs while adding new techniques and skills along the way. Participants provide the name of one song they would like to learn and all participants learn and play each of the songs submitted.

Fisher Park C.C. – 613-798-8945

Tue	8-9 pm	
Mar 30-May 18	\$75	438306

Nepean Creative Arts Centre – 613-596-5783

Mon	8:50-9:40 pm	
Apr 12-Jun 14	\$118.25	423156

Guitar Private Lessons

A variety of repertoire and exercises intended to improve the guitarist's musicianship and technique. All you need is your own guitar and a love of music. Instruction available for: acoustic, bass, and electric guitar.

Queenswood Heights C.C. – 613-580-2782

Sat	5:15-6 pm	
Apr 10-Jun 5	\$184	

Keyboard Lessons

Practical and theory. Experience the art and love of music through the study of the electronic keyboard in a group setting. Prerequisite: a keyboard at home.

St-Laurent Complex – 613-742-6767

Sat	9-10 am	
Apr 24-Jun 26	\$90.25	434865

Piano Group Lessons

Practical and theory. Experience the art and love of music through the study of piano in a group setting. Prerequisite: a piano at home, or access to a piano for practice time.

Glen Cairn C.C. – 613-580-2424 ext. 33304

Sun	noon-12:30 pm	
Mar 28-Jun 13	\$100	441339
Sun	12:30-1 pm	
Mar 28-Jun 13	\$100	441340

Heron C.C. – 613-247-4808

Sat	10-11 am	
Apr 10-Jun 12	\$117.75	438549
Sat	11 am-noon	
Apr 10-Jun 12	\$117.75	438554

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Thu	1-2 pm	
Apr 22-Jun 24	\$130	441450
Thu	2-3 pm	
Apr 22-Jun 24	\$130	441451

St-Laurent Complex – 613-742-6767

Sat	10-11 am	
Apr 24-Jun 26	\$90.25	435024

Arts – Visual

Chinese Brush Painting

Begin with brush and water control followed by basic strokes of simple nature subjects. Painting of flowers, plants, birds and scenery will be taught. Previous art experience not necessary but helpful.

Pinecrest R.C. – 613-828-3118

Tue	9-11:15 am	
Mar 23-May 25	\$169	422231

Chinese Calligraphy

Learn basic calligraphy strokes for the creation of Chinese writing as an art form. An accordion-fold book is produced.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Thu	7-8:30 pm	
Apr 22-Jun 10	\$93.75	441439

Handmade Books

Become familiar with materials and techniques that involve the use of different papers, card stock, image transfer, origami and even your old jeans.

Nepean Creative Arts Centre – 613-596-5783

Sat	1-3:30 pm	
Apr 17-Jun 19	\$225.50	438405

Floral Design

For beginners or experienced students of floral design. Using fresh, fabric and dried flowers, learn care and preparation, floral decor tips, as well as how to tape and wire flowers. Three projects: centrepiece, fashion piece and decor piece.

St-Laurent Complex – 613-742-6767

Sun	noon-5 pm	
May 2	\$80	441802

Ikebana

The art of Japanese Flower arranging. Routhier Community Centre courses have a supply fee of \$42 payable to instructor at first class.

Beginner

McNabb R.C. – 613-564-1070

Tue	9:30-11:30 am	
Apr 6-May 18	\$64.50	434727
Wed	9:30-11:30 am	
Apr 7-May 19	\$64.50	434729
Wed	7-9 pm	
Apr 7-May 19	\$64.50	434732

Routhier C.C. – 613-244-4470

Tue	7-9 pm	
Apr 13-May 18	\$166.50	434431

Ikebana – Intermediate

McNabb R.C. – 613-564-1070

Tue	9:30-11:30 am	
Apr 6-May 18	\$64.50	434759
Wed	9:30-11:30 am	
Apr 7-May 19	\$64.50	434778
Wed	7-9 pm	
Apr 7-May 19	\$64.50	434770

Routhier C.C. – 613-244-4470

Wed	7-9 pm	
Apr 14-May 19	\$166.50	434436



Ikebana – Intermediate/Advanced

Routhier C.C. – 613-244-4470

Thu	9:45-11:45 am	
Apr 15-May 20	\$166.50	434438

Ikebana Advanced/Teachers

Admission to the Advance/ Teacher level is by approval of instructor only. We supply the flowers, which are used in this art form.

Routhier C.C. – 613-244-4470

Thu	7-9 pm	
Apr 15-May 20	\$166.50	434441

Ikebana – Beginner to Teacher Level

Rockcliffe Park R.C. – 613-842-8578

Sat	10:15 am-12:15 pm	
Apr 17-Jun 12	\$151	436546
6 classes		

Making Mandalas

The ancient mandala is a means to inner knowing or simply as an expression of decorative art. Make your own beautiful 3-D mandala, and learn techniques in colour mixing, shading and using light. No artistic skill required.

Ron Kolbus Lakeside – 613-828-4313

Wed	6:30-8:30 pm	
May 5-12	\$28	439828
Jun 9-16	\$28	439829
Jul 14-21	\$28	439830

Mosaic Mirror

Learn how to cut dishes and tiles, layout a design then work with mortar to create a framed mirror. Students can bring any items they wish to use on their mirror; stones, shells, dishes and tiles will be available.

Plant R.C. – 613-232-3000

Sat	9 am-4 pm	
May 1	\$42.25	440571
May 1	\$42.25	440572
May 1	\$42.25	440573

Scrapbooking – Beginners

Learn basic techniques to build a two-page layout. New techniques taught each week while you build a beautiful 12x12 scrapbook album. List of supplies at the first class.

St-Laurent Complex – 613-742-6767

Wed	6:30-8:30 pm	
Apr 14-Jun 16	\$90	434491



*Exercise
towards a
healthier heart.*

Sewing

This class is designed to teach adults the basics of sewing. Complete simple projects that teach a variety of skills.

Overbrook C.C. – 613-742-5147

Mon	10 am-noon	
Mar 22-Jun 7	\$86	426417
Mon	1-3 pm	
Mar 22-Jun 7	\$86	426420

Silver Jewellery – Beginner

Make finger rings, toe rings, earrings and bracelets. Learn the basic techniques of sawing, shaping, soldering and finishing pieces of personal jewellery in sterling silver. Complete two projects. Experienced students can work on their own projects.

Nepean Visual Arts Centre – 613-580-2828

Mon	1-4 pm	
Apr 19-May 17	\$134	425534

To Bead or Not to Bead

Introduction to making necklaces, earrings, and bracelets with glass beads! Start with a single strand and work up to weaving many layers using different types of wrap around, elastic and fish wire weaves, charms, and accent beads to create your own look! Supply fee may apply.

Plant R.C. – 613-232-3000

Mon	6:30-9 pm	
May 3-10	\$32	432310

Drawing

Introduction to Drawing

Learn simple tips that make a big difference in the way you see and 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.

Nepean Creative Arts Centre – 613-596-5783

Thu	7-9:30 pm	
Apr 15-Jun 17	\$216.50	434587

Nepean Visual Arts Centre – 613-580-2828

Mon	7-9:30 pm	
Apr 19-Jun 28	\$170.75	424251

St-Laurent Complex – 613-742-6767

Mon	6:30-8:30 pm	
Apr 19-May 31	\$115.50	433242
Jun 7-Jul 12	\$115.50	433245

**Registering is easy!
See page 8 for
registration options.**

Adult

Drawing – Level 1 and 2

Techniques and elements of drawing will be studied with exercises and demonstrations. You'll receive individual instruction to further develop and enhance your skills. If models are used during the class, model fees will be collected.

Nepean Visual Arts Centre – 613-580-2828

Mon	7-9:30 pm	
Jul 5-Aug 30	\$136.50	425928

Creative Drawing

Learn to see objects with an artist's eye. Capture their shapes, texture, light and shadow with pencil, charcoal and pastels. Open to all levels.

Dempsey C.C. – 613-247-4846

Tue	1-4 pm	
Apr 6-Jun 8	\$103.25	435914

Drawing and Acrylic Painting – Level 1

Study basic drawing techniques, composition and design. Paintings will be created from the initial drawings. Painting process will involve learning colour theory, colour mixing, brushwork and glazing techniques.

Nepean Creative Arts Centre – 613-596-5783

Wed	1:30-4 pm	
Apr 14-Jun 16	\$170.75	434578
Wed	7-9:30 pm	
Apr 14-Jun 16	\$170.75	434577

Drawing and Painting

Develop strong drawing skills as a basis for painting and design. Unleash the creative possibilities with colour. Investigate the strengths of classical and contemporary visual artists. Full day program with Chandler Swain.

Nepean Visual Arts Centre – 613-580-2828

Tue	10 am-4 pm	
Apr 20-Jun 22	\$341.50	424238



General Course Information

- Please note the location of the course when selecting a program.
- Supply costs for most Adult programs are not included in the Adult program fee. Supply requirements or additional fees will be listed on printed course receipts or can be picked-up when registering. If you have questions regarding your supply requirements, please call the Nepean Visual Arts Centre at 580-2424 ext. 46652.
- No classes on May 22-24, Aug 1 & 2, 2010
- For a complete listing of instructors teaching NVAC visual arts programs please visit ottawa.ca, select 123Go Register

Drawing On the Right Side of the Brain

Enhance perceptual skills through exercises. Refine drawings by seeing contours and the shapes of light and shadow. Understand negative space shapes. Overcome obstacles such as proportion and perspective. Create form by using shading techniques.

Ron Kolbus Lakeside – 613-828-4313

Level 1

Fri	9:30 am-noon	
Apr 9-Jun 11	\$98	439815

Level 2

Advance your ability to 'see' as an artist. Instruction in realism, shading, and colour with dry mediums such as charcoal, conté crayon, coloured pencil, and pastel.

Tue	1:30-4 pm	
Apr 6-May 25	\$78.50	439823

Drawing Techniques for Mixed Media

Use new and innovative techniques to examine and work with aspects of drawing found in contemporary mixed media in a wide variety of approaches and materials. All levels welcome.

Nepean Creative Arts Centre – 613-596-5783

Wed	9:30 am-noon	
Apr 21-Jun 23	\$170.75	425459

Pastels

Explore soft pastel drawing techniques on a variety of surfaces. Colour theory, composition, values, and perspective will be covered. Individual and group lessons with exercise and demonstrations while working on portraits, landscapes and still life.

Nepean Creative Arts Centre – 613-596-5783

Tue	9:30 am-noon	
Apr 20-Jun 22	\$170.75	425519

Painting

Painting – Introduction

Colour mixing and painting techniques will be explored using a variety of media, including oil paints, acrylics, and watercolours. Individual instruction will be given to enhance and further develop skills. All levels welcome!

Overbrook C.C. – 613-742-5147

Thu	9:30 am-noon	
Apr 1-Jun 3	\$125	426342
Thu	1-3:30 pm	
Apr 1-Jun 3	\$125	426345

St-Laurent Complex – 613-742-6767

Fri	6-9 pm	
Apr 23-Jun 4	\$145	433247
Jun 11-Jul 16	\$145	433248

Abstract Painting

Introduction to colour theory, composition and painting techniques, as well as a number of hands-on projects. All levels welcome.

St-Laurent Complex – 613-742-6767

Sun	9 am-12:45 pm	
Apr 25-May 9	\$90	433256
May 30-Jun 13	\$90	433257

Painting – Acrylics and Mixed Media

Emphasis on experimentation, innovation, and design. Using the latest techniques, including mixing water based media and various papers, mono-printing and collage, participants will explore mixed media and create new images using some of their own resources. No experience necessary.

Nepean Visual Arts Centre – 613-580-2828

Wed	7-9:30 pm	
Apr 21-Jun 23	\$170.75	424305



NVAC Art Supplies

Supply requirements or additional fees will be listed on printed course receipts or can be picked up when registering.





Painting – En Plein Air

Guidance will be given as you capture the local landscape while painting at locations in and around Ottawa (ie: Mer Blue, Petrie Island, Arboretum) Participants must provide their own transportation and outdoor painting equipment. Weather permitting. Intermediate to advanced students welcome.

Nepean Visual Arts Centre – 613-580-2828

Thu	9:30 am-noon	
Jul 8-Aug 12	\$102.50	426262

Painting – Introduction to Mixed Media

A basic understanding of acrylic paints, inks and mediums, colour theory, printing, collaging, layering, the use of dry media and an investigation of painting surfaces. No experience necessary, but some may be helpful.

Nepean Creative Arts Centre – 613-596-5783

Thu	9:30 am-noon	
Apr 22-Jun 24	\$170.75	424359

Painting – Inter/Adv. Mixed Media

An exploration of advanced techniques, concentrating on application and synthesis of techniques used in Introduction to Mixed Media. There will be an extended group critique following painting time.

Nepean Creative Arts Centre – 613-596-5783

Thu	1-4 pm	
Apr 22-Jun 24	\$205	424343

Oil/Acrylic Painting – Level 1

A wonderful way for beginners to learn to paint and gain confidence. Paint mixing, colour, value, form and techniques will be covered through the instructor's step-by-step demonstrations. Focus on portraiture.

Nepean Visual Arts Centre – 613-580-2828

Tue	7-9:30 pm	
Apr 20-Jun 22	\$170.75	424725
Apr 20-Jun 22	\$170.75	424727

St-Laurent Complex – 613-742-6767

Wed	6-9 pm	
Apr 21-May 26	\$145	433252
Jun 2-Jul 7	\$145	433253

Oil/Acrylic Painting – Levels 1/2

Individual instruction will be given to enhance and develop your skills. Perspective, colour mixing and painting techniques will be explored using the subject matter of your choice.

Nepean Creative Arts Centre – 613-596-5783

Mon	1-3:30 pm	
Apr 19-Jun 28	\$170.75	424740
Tue	1-3:30 pm	
Apr 20-May 25	\$102.50	424843

Nepean Visual Arts Centre – 613-580-2828

Wed	1-3:30 pm	
Apr 21-Jun 23	\$170.75	424786
Wed	7-9:30 pm	
Apr 21-Jun 23	\$170.75	424790
Thu	7-9:30 pm	
Apr 22-Jun 24	\$170.75	424803
Jul 8-Aug 26	\$136.50	426300
Fri	1-3:30 pm	
Apr 23-Jun 25	\$170.75	424819
Tue	7-9:30 pm	
Jul 6-Aug 24	\$136.50	426285

Oil/Acrylic Painting – Level 2

For students with a basic knowledge of painting who are interested in expanding their artistic boundaries. The course is designed to develop technical skills and knowledge along with expanding colour theory.

Ron Kolbus Lakeside – 613-828-4313

Wed	12:30-3:30 pm	
Apr 7-Jun 9	\$117.75	439816

Oil and Acrylic Painting – Level 2 and 3

Hone your skills and refine your oil or acrylic painting techniques. Designed for students with at least two previous oil or acrylic classes.

Nepean Visual Arts Centre – 613-580-2828

Mon	1-3:30 pm	
Apr 19-Jun 28	\$170.75	424696

Oil Painting – Levels 1/2/3

For the beginner or advanced artist. Improve your skills using knife and brushes. Students are encouraged to work from their own photographs or abstract designs.

Dempsey C.C. – 613-247-4846

Wed	1-4 pm	
Apr 7-Jun 9	\$103.25	435932
Thu	1-4 pm	
Apr 8-Jun 10	\$103.25	435933

Glen Cairn C.C. – 613-580-2424 ext. 33304

Thu, Mon	1-3:30 pm	
Apr 15-Jun 3	\$80.25	440971

Painting Outdoors and In Studio

Three weeks outdoors en plein air sketching at locations in Ottawa. Seven weeks indoors turning your sketch into a completed oil or acrylic painting. Participants provide own transportation and equipment.

Nepean Visual Arts Centre – 613-580-2828

Wed	1-3:30 pm	
Apr 21-Jun 23	\$170.75	424851

Sketching and Painting

Drawing and painting with medias such as watercolours, acrylics, charcoal, conte and pastels, with advanced techniques and learning opportunities.

Eva James C.C. – 613-271-0712

Wed	1:30-3 pm	
Mar 31-Jun 2	\$102.50	432932

Traditional Oil Techniques – Level 1

Learn age-old methods of painting with oils. Using Vermeer's painting Girl with a Pearl Earring as inspiration, we will explore a traditional approach to oil painting. Covers materials, colour, underpainting, overpainting, glazing, etc.

Nepean Visual Arts Centre – 613-580-2828

Sun	3:30-6 pm	
Apr 18-Jun 27	\$170.75	424853

Traditional Oil Techniques – Level 2

Create a small painting from life or photo. Tonal and colour studies from life will be the initial exercises leading up to the final painting. Drawing and basic composition principals will be introduced.

Nepean Visual Arts Centre – 613-580-2828

Sun	7-9:30 pm	
Apr 18-Jun 27	\$170.75	424955

Adult

Watercolour – Level 1

Learn the very basic techniques and hone them through practical exercises. Subjects include composition, colour theory, landscapes, florals and more.

Nepean Visual Arts Centre – 613-580-2828

Mon	9:30 am-noon	
Apr 19-Jun 28	\$170.75	424977

Pinecrest R.C. – 613-828-3118

Wed	9-11:30 am	
Mar 31-Jun 2	\$169	422237

Ron Kolbus Lakeside – 613-828-4313

Tue	6:30-9 pm	
Apr 6-Jun 8	\$98	439817

Watercolour – Levels 1/2

Explore watercolour techniques, colour theory and elements of painting through exercise and demonstrations. Individual attention will be tailored to the needs of students by the instructor.

Nepean Visual Arts Centre – 613-580-2828

Tue	7-9:30 pm	
Apr 20-Jun 22	\$170.75	425005
Thu	7-9:30 pm	
Jul 8-Aug 26	\$136.50	426311

Watercolour – Level 2

Develop technical skills and knowledge along with expanding colour theory.

Ron Kolbus Lakeside – 613-828-4313

Wed	9 am-noon	
Apr 7-Jun 9	\$117.75	439818

Watercolour – Levels 2/3

Move into the next phase of your watercolour. Hone your skills; refine techniques in intensive floral, landscape, architecture and portraiture paintings. This is designed for student with at least two previous watercolour courses.

Nepean Visual Arts Centre – 613-580-2828

Tue	1-3:30 pm	
Apr 20-Jun 22	\$170.75	425030
Mon	7-9:30 pm	
Apr 19-Jun 28	\$170.75	425052

Watercolour – All Levels

Explore watercolour techniques, colour theory and elements of painting through exercise and demonstrations. Beginner to advanced painters welcome. Individual attention will be tailored to the needs of students.

Eva James C.C. – 613-271-0712

Thu	12:30-3:30 pm	
Apr 1-Jun 3	\$144.75	434641

Fringewood C.C. – 613-580-2424 ext. 33271

Tue	12:30-3:30 pm	
Apr 6-Jun 8	\$144.75	423924



Visual Arts Studios

Nepean Visual Arts Centre – Nepean Sportsplex
1701 Woodroffe Avenue, 613-580-2424 ext. 46652

Life Drawing Studio – Short and Gestural Poses

No instruction. Drawing from the nude model. Provides participants with the opportunity to draw or paint in the media of your choice. Short and gestural poses. Model fees not included, studio members share the cost of the model.

Sun	9:30 am-noon	
Apr 18-Jun 27	10 wks	
	\$41.25	424277
Tue	9:30 am-noon	
Apr 20-Jun 22	10 wks	
	\$41.25	424289

Life Drawing Studio – Combo

No instruction. Drawing from the nude model. Provides participants with the opportunity to draw or paint in the media of your choice. Short poses followed by one and a half-hour long pose. Model fees not included, studio members share the cost of the model.

Thu	9 am-noon	
Apr 22-Jun 24	10 wks	
	\$49.50	424260

Oil or Acrylic Painting Studio

No instruction. Bring your own subject matter or still life to paint. Please use only odourless solvents.

Fri	9:30 am-noon	
Apr 23-Jun 25	10 wks	
	\$41.25	424719

Watercolour Painting Studio

No instruction. Bring your own subject matter or still life to paint.

Thu	10 am-3 pm	
Apr 22-Jun 24	10 wks	
	\$99	425082
Fri	10 am-3 pm	
Apr 23-Jun 25	10 wks	
	\$99	425086
Fri	9 am-noon	
Jul 9-Aug 27	8 wks	
	\$39.50	426322

Portraiture Studio

This supportive studio group is dedicated to portraiture in its many forms. No instruction. All levels of skill are welcome. Model fees not included. Studio members share the cost of the model.

Wed	9:30 am-noon	
Apr 21-Jun 23	10 wks	
	\$41.25	436373
Jul 7-Aug 25	8 wks	
	\$33	426534

**Visual Arts Studios
35 Stafford Road
Nepean Creative Arts Centre**

Printmaking Studios

This "green" studio promotes the versatility of printmaking techniques. No instructor. Knowledge and previous experience of printmaking are necessary. Must use eco-friendly supplies and odourless solvents. Spring 10 weeks \$103.50

Monday	9 wks	\$90
Apr 12-Jun 14	9 am-noon	436797
Apr 12-Jun 14	1-4 pm	436826
Tuesday	10 wks	\$103.50
Apr 13-Jun 15	9 am-noon	431784
Wednesday	10 wks	\$103.50
Apr 14-Jun 16	1-4 pm	436791
Thursday	10 wks	\$103.50
Apr 15-Jun 17	9 am-noon	431795
Apr 15-Jun 17	1-4 pm	431761
Friday	10 wks	\$103.50
Apr 16-Jun 18	9 am-noon	413783
Apr 16-Jun 18	1-4 pm	431782
Saturday	9 wks	\$90
Apr 17-Jun 19	1-4 pm	436830

**No studios on: May 22-24,
Aug. 1 & 2, 2010**

Watercolour Plus

Traditional and experimental watercolour skills will be explored. Washes, glazes, wet-in-wet, calligraphy through landscape, floral, portrait, architecture and abstract. Intro to resist, special effect techniques, gouache, pen and wash, yupo and watercolour pencil. Personal preferences welcomed.

West Carleton C.C. –

613-580-2424 ext. 33527

Wed	noon-3 pm	
Apr 21-Jun 23	\$172.25	435798

Nature in Watercolour

From floral to landscape, mountains to seas, this class will help students to create atmosphere, depth and texture through studying nature. Intermediate to advanced students welcome.

Nepean Visual Arts Centre –

613-580-2828

Mon	1-3:30 pm	
Apr 12-Jun 7	\$136.50	424369

Photography

Digital Photography

Refine your skills and improve the technical understanding of your digital camera. Learn basic techniques to improve your photographic skills while gaining insight and appreciation for personal creative work.

Aquaview Com. Hall – 613-580-2782

Tue	6-7:30 pm	
Apr 6-Jun 8	\$76	436673

Bob MacQuarrie R.C.-Orléans –
613-824-0819 ext. 279

Mon	7:30-9:30 pm	
Apr 12-Jun 21	\$76	423569

Cyrville C.C. – 613-748-1771

Thu	7:45-9:15 pm	
Apr 8-29	\$61	437278

St-Laurent Complex – 613-742-6767

Mon	7-10 pm	
Apr 19-Jun 21	\$139	434442



Digital Photography: The Basics

Review the different functionalities of your digital camera and become familiar with aperture, speed, white balance, image resolution and elements of composition.

Glen Cairn C.C. –

613-580-2424 ext. 33304

Sun	6-8 pm	
Mar 28-Jun 20	\$83.75	440772

Nepean Creative Arts Centre –
613-596-5783

Mon	7-9:30 pm	
Apr 12-Jun 14	\$212.50	434589
Tue	1:30-4 pm	
Apr 13-May 11	\$118.25	434576

Basic Digital – Indoor and Out

Introduces white balance, image resolution, aperture and elements of composition. Time will be spent indoors and outside photographing in different conditions. Participants provide own digital camera and transportation for these outings.

Aquaview Com. Hall – 613-580-2782

Thu	7:30-9 pm	
Apr 8-May 27	\$76	436685

Digital Camera – Take Control

Simple teachings that enable you to understand basic essentials: camera settings, exposure, composition, flash, close-up photography, resolution and different lighting situations and how to plan for an outdoor shoot.

Nepean Creative Arts Centre –
613-596-5783

Thu	7-9:30 pm	
Apr 15-Jun 17	\$236.25	434591

Digital Photo Editing 101

Learn to restore, retouch and modify photos. Learn to use programs such as Photoshop, Iphoto, and Lightroom. Basics includes cropping, colour correction, the art of collage and uploading your pictures to the internet.

Bob MacQuarrie R.C.-Orléans –
613-824-0819 ext. 279

Thu	7:30-9:30 pm	
Apr 8-Jun 10	\$76	423581

Digital Photography – Beyond Beginner

First, review photocomposition and technical camera know-how. Next, is an offsite photo shoot, location to be announced. Finally, critically analyze the photos in the classroom.

Cyrville C.C. – 613-748-1771

Thu	7:45-9:15 pm	
May 6-20	\$61	437344

Digital Photography – Taking Better Pictures

Enjoy the evening light while learning about basic photocomposition and your digital camera. Weather permitting, we meet at different locations and at the end, the photos taken will be analyzed in the classroom.

Nepean Visual Arts Centre –
613-580-2828

Wed	7-9:30 pm	
Apr 21-Jun 9	\$189	437071

Photoshop® – Level 1

Find your way around Photoshop®. During different exercises, the students will be introduced to the tools available in the software and how to use them.

Nepean Creative Arts Centre –
613-596-5783

Tue	9:30 am-noon	
Apr 13-Jun 15	\$256	432879
Tue	7-9:30 pm	
Apr 13-Jun 15	\$256	434597
Wed	7-9:30 pm	
Apr 14-Jun 16	\$256	434654

Pottery

Clay Modelling

For multi-level students wishing to express themselves by creating three-dimensional forms. Cost includes firing.

Dempsey C.C. – 613-247-4846

Thu	9:30 am-noon	
Apr 8-Jun 10	\$104.50	435939

Discovering Your Voice in Clay

Learn new techniques in handbuilding, wheel throwing, glazing and design. Taught by award winning, professional potter Chandler Swain. All levels welcome. Work through projects with a serious interest in improving your skills.

Nepean Visual Arts Centre –
613-580-2828

Fri	10 am-4 pm	
Apr 23-May 28	\$283.50	425213
Jun 4-Jul 9	\$283.50	425223

Hand Built Vessels

Handbuilding is a method of creating clay pots off of the Wheel. Introduction to a variety of forming methods to make functional pottery. All levels welcome.

Nepean Visual Arts Centre –
613-580-2828

Thu	7-9:30 pm	
Apr 22-Jun 24	\$236.25	425239



Pottery Studios • Visual Arts Studio

Nepean Visual Arts Centre – Nepean Sportsplex

1701 Woodroffe Avenue – 613-580-2424 ext. 46652

Wheel and/or Hand building

No instruction. Previous experience in the Nepean Visual Arts Centre Pottery Studio or instructional class is required. Participants must provide their own clay and tools. All clay MUST be purchased at the Nepean Visual Arts Centre for \$25 per bag (to help offset the cost of glazes and firing).

Spring and Summer Session

Spring	10 wks	\$103.50
Summer	8 wks	\$82.75

Day/Dates	Time	Hand building	Wheel
Sun			
July 4-Aug 29	12:30-3:30 pm	426329	426340
Mon			
Apr 19-Jun 28	9 am-noon	425120	–
Tue			
Apr 20-Jun 22	1-4 pm	425127	425130
Jul 6-Aug 24	9 am-noon	426365	
Jul 6-Aug 24	1-4 pm	426377	426373
Wed			
Apr 21-Jun 23	9 am-noon	425135	425138
Apr 21-Jun 23	1-4 pm	425149	425143
Thu			
Apr 22-Jun 24	9 am-noon	425162	425153
July 8-Aug 26	9 am-noon	426404	426391
Apr 22-Jun 24	1-4 pm	425168	425157
Jul 8-Aug 26	1-4 pm	426413	426385
Jul 8-Aug 26	6:30-9:30 pm	426410	426412
Fri			
Apr 23-Jun 25	6:30-9:30 pm	425182	425173

Handbuilding

Create functional and sculptural clay forms using handbuilding construction techniques. Surface decorations, textures and glazes will also be introduced. The intent of this course is to connect with the versatility of the clay.

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

Thu	8-9:30 pm	
Apr 8-May 13	\$147.50	440871

Nepean Visual Arts Centre –
613-580-2828

Wed	7-9:30 pm	
Apr 21-Jun 23	\$236.25	425246
Jul 7-Aug 25	\$189	426422

Wheel and Handbuilding Combo

Explore both pottery techniques during one course! Learn wheel throwing techniques plus a variety of forming methods including the slab roller to make functional forms. Surface decoration & glaze techniques will be introduced.

McNabb R.C. – 613-564-1070

Thu	7-10 pm	
Apr 8-Jun 10	\$220.25	431656

Nepean Visual Arts Centre –
613-580-2828

Tue	7-9:30 pm	
Apr 20-Jun 22	\$236.25	425328
Apr 20-Jun 22	\$236.25	425332
Jul 6-Aug 24	\$189	426450

Wheel – Level 1

Create basic vessel forms such as cylinders and bowls. Glazing, decorative techniques and application of handles will be introduced.

McNabb R.C. – 613-564-1070

Tue	7-10 pm	
Apr 6-Jun 8	\$220.25	431630
Wed	7-10 pm	
Apr 7-Jun 9	\$220.25	431631
Thu	7-10 pm	
Jul 8-Aug 26	\$176.25	431651

Nepean Visual Arts Centre –
613-580-2828

Mon	7-9:30 pm	
Apr 19-Jun 28	\$236.25	425351

Wheel – Level 1 and 2

This course is a complete introduction to wheel throwing techniques. Explore basic wheel thrown shapes to make cylinders, plates and bowls. Surface decorations including features and glazing techniques will be introduced.

McNabb R.C. – 613-564-1070

Sun	9:30 am-12:30 pm	
Apr 11-Jun 20	\$220.25	431684
Thu	9:30 am-12:30 pm	
Apr 8-Jun 10	\$220.25	431681
Fri	9:30 am-12:30 pm	
Apr 16-Jun 18	\$220.25	431686
Jul 9-Aug 27	\$176.25	431692

Nepean Visual Arts Centre –
613-580-2828

Sun	10 am-12:30 pm	
Apr 18-Jun 27	\$236.25	425366
Mon	7-9:30 pm	
Jul 5-Aug 30	\$189	426487
Tue	9:30 am-noon	
Apr 20-Jun 22	\$236.25	425380
Jul 6-Aug 24	\$189	426505
Wed	7-9:30 pm	
Apr 21-Jun 23	\$236.25	425410
Jul 7-Aug 25	\$189	426521

Wheel – Level 2

Explore more advanced wheel thrown shapes to make cylinders, plates and bowls. Surface decorations including features and glazing techniques will be covered.

McNabb R.C. – 613-564-1070

Mon	7-10 pm	
Apr 12-Jun 21	\$220.25	431696
Tue	7-10 pm	
Jul 6-Aug 24	\$176.25	431711





Pottery and Art Supplies – NVAC

Participants in pottery programs must provide their own clay and tools, all clay MUST be purchased at the Nepean Visual Arts Centre at \$25 per bag (helps offset the cost of glazes and firing). Tools can also be purchased. Supply requirements or additional fees listed on printed course receipts or can be picked up when registering. For questions regarding your supply requirements, call the Nepean Visual Arts Centre at 613-580-2424 ext. 46652.

Advanced Throwing

Expands on the basics of wheel throwing by introducing more complex surface treatments and forms including pitchers, plates, covered jars and teapots as well as methods of altering forms. Work at your skill level.

Nepean Visual Arts Centre – 613-580-2828

Thu	7-9:30 pm	
Apr 22-Jun 24	\$236.25	425195

Dinnerware

Design and make the classic four-piece place setting of mug, soup bowl, salad and dinner plate using wheel techniques.

Nepean Visual Arts Centre – 613-580-2828

Mon	9:30 am-noon	
Apr 19-Jun 14	\$189	425539
Fri	1-3:30 pm	
Jul 9-Aug 27	\$189	426564

Pottery Studio

Membership to our studio is available to those who have previous pottery experience. Please contact us for availability and requirement.

McNabb R.C. – 613-564-1070

Apr 1-Jun 30; Jul 1-Sep 30 \$163.50/3 mths

Sculpture

Develop your ability to transform ideas into three dimensional works. A variety of traditional and non-traditional materials will be explored, including wax, clay, soap, papier maché and plaster.

St-Laurent Complex – 613-742-6767

Sun	1-4 pm	
Apr 25-Jun 6	\$145	433254
Jun 13-Jul 18	\$145	433255

Printmaking

Nepean Creative Arts Centre – 613-596-5783

Printmaking

Explore different printmaking techniques easily done at home. Monotype, relief prints and their use in collage and mixed media work will be covered. A non-direct art form, unlike any drawn or painted mark. All levels welcome.

Tue	7-9:30 pm	
Apr 13-Jun 15	\$236.25	431747

Printmaking and Beyond

Traditional printmaking techniques and beyond will be discussed and developed. Monoprints, collagraphs, drawing and painting and mixed media collage will be part of the processes explored. Open up your imagination.

Thu	7-9:30 pm	
Apr 15-Jun 17	\$236.25	431731

Printmaking and Mixed Media

Explore the use of original prints and multi-plate prints on mixed media surfaces. Try out different papers and inking techniques. Experiment with mono-prints, linocuts and etchings combinations to give vitality to your artwork!

Tue	1:30-4 pm	
Apr 13-Jun 15	\$236.50	436763
Sat	9:30 am-noon	
Apr 17-Jun 26	\$236.50	436778

Printmaking Exploring Green Etching Techniques

Be green, be clean! Etch from personal objects; try multi-viscosity printing and other methods while learning about eco-friendly studio techniques. All levels welcome.

Wed	9:30 am-noon	
Apr 14-Jun 16	\$236.25	431753

Printmaking Intermediate/Advanced

Exciting and versatile, advanced printmaking will expand your skills. Try a variety of techniques such as multi-viscosity printing, block printing, monoprints, engraving, collagraphs and more.

Wed	7-9:30 pm	
Apr 14-Jun 16	\$236.25	431755

Printmaking: Linocut and Reduction Techniques

Work with photographs, drawings and images to create a variable edition reduction linocut. Editioning, layering and mapping of images along with traditional print techniques will be used.

Mon	7-9:30 pm	
Apr 12-Jun 14	\$225.50	431724

Exploration of Sculpture and 3-D Forms

Experiment with a variety of materials to create 3D portraits landscapes and sculptures. Emphasis will be on basic sculptural techniques and the development of the ability to visualize and 3D.

Nepean Creative Arts Centre – 613-596-5783

Mon	7-9:30 pm	
Apr 12-Jun 14	\$212.75	438621

Certification

Pleasure Craft Operator Course (PCO)

Learn to safely operate your pleasure craft. Focus on the outboard motor, water rescue equipment, basic seamanship techniques, boating basics and the buoying system. Students receive the Safe Boating Guide and a Pleasure Craft Operator Card (Boating license) recognized by the Canadian Coast Guard.

South Falingbrook C.C. – 613-824-0633 ext. 221

16+ yrs	Sat	8 am-noon
Apr 10	\$90	441413

CAN-BIKE I

Beginner and occasional cyclists will learn to ride confidently and safely in low traffic area. Content includes bike care, minor repairs, riding techniques, detecting and avoiding hazards and emergency manoeuvres.

Eva James C.C. – 613-580-2854

18+ yrs	Sat-Sun	1-5 pm
May 15-16	\$83.75	435621

CAN-BIKE II

Ride in heavy traffic and complicated road configurations while learning manoeuvres. Learn riding skills, cycling proficiency, bicycle maintenance, health and fitness and equipment. Pre-requisite for instructor training. Includes on-road and written test. Successful participants receive a CAN-BIKE II Certificate from Canadian Cycling Association.

Constellation – 613-580-2854

18+ yrs	Sat	8:30 am-5:30 pm
Mar 20-27	\$130	435627

CAN-BIKE Commuter Traffic Skills

Improve your confidence and ability to ride safely in traffic. Learn traffic theory and assertive cycling techniques. You must have basic experience cycling in low traffic areas.

18+ yrs	Sat	9 am-3 pm
May 15	\$76.50	435516

McNabb R.C. – 613-564-1070

Adult

Fisher Heights Child Care & Rec. Centre – 613-580-2424 ext. 41225

May 22 \$76.50 435514

Constellation – 613-580-2854

May 29 \$76.50 435513

Fisher Park C.C. – 613-798-8945

18+ yrs Sat 9 am-3 pm

May 15 \$76.50 438298

BIKE Cycling Freedom for Women

For women, taught by women. Riding skills, bike maintenance, equipment, health and fitness. Specific topics such as night security and riding with children are also explored.

18+ yrs Sun 9 am-5 pm

Rideauview C.C. – 613-580-2854

Jun 6 \$76.50 435525

McNabb R.C. – 613-580-2854

Jun 13 \$76.50 435524

NCCP Certification and Programs

Nepean Sportsplex – 613-580-2828

16+ yrs Sat-Sun 9 am-4 pm

Intro to Competition Part A

Apr 10-11 \$142.75 440367

Intro to Competition Part B

May 15, 16 \$142.75 440376

Coaching and Leading Effectively

May 1-2 \$120 440413

16+ yrs Sat 9 am-5 pm

Psychology of Performance

Apr 24 \$92.50 440404

16+ yrs Sun 8:30 am-1:30 pm

Conflict Management

Apr 25 \$68.75 440397

16+ yrs Sat 8:30 am-5 pm

Injury Prevention and Recovery

May 8 \$97 440420

Sport First Aid

Standard First Aid and CPR/AED certification with a focus on sport injury prevention and care. Designed by Sport Alliance of Ontario and the Canadian Red Cross. First Aid manual, Sport First Aid manual and first aid kit included.

J. A. Dulude Arena – 613-580-2854

16+ yrs Sat-Sun 9 am-5 pm

May 8-9 \$140 441194

Jun 26-27 \$140 441201

Aug 21-22 \$140 441202

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

Sport First Aid Recert

Recertification in Standard First Aid and CPR/AED with a focus on sports injury prevention and care. Sport First Aid Manual and first aid kit included. Students must own and/or be familiar with the Red Cross Manual.

J. A. Dulude Arena – 613-580-2854

16+ yrs Sat 9 am-5 pm

Jul 10 \$110.50 441205

Sport Wrapping and Taping – Level 1

Designed by Sport Alliance of Ontario and taught by a certified Athletic Therapist. Participants learn how to prevent and care for common sports injuries with proper use of taping and wrapping techniques. Letter of completion, manual, first aid kit and all materials included.

J. A. Dulude Arena – 613-580-2854

16+ yrs Sat 9 am-4 pm

Apr 10 \$110.50 441207

Jun 19 \$110.50 441208

Jul 24 \$110.50 441210

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 valid for three years and CPR level 'C' and AED Certificate valid for one year.

Dalhousie C.C. – 613-564-1188

14+ yrs Sat-Sun 9 am-5 pm

Apr 17-18 \$114.25 436574

May 15-16 \$114.25 436658

Jun 12-13 \$114.25 436660

Jul 17-18 \$114.25 436663

Aug 14-15 \$114.25 436666

Overbrook C.C. – 613-742-5147

12+ yrs Sat 9 am-5 pm

Apr 10-17 \$116.75 436550

South Fallingbrook C.C. – 613-824-0633 ext. 221

16+ yrs Sat-Sun 8:30 am-4 pm

May 1-2 \$130 441418

Standard First Aid/CPR – Level C/AED Recert

Review and re-certify the Standard First Aid certificate.

Dalhousie C.C. – 613-564-1188

14+ yrs Tue 6-10 pm

Jul 20-27 \$77.50 436690

14+ yrs Fri 9 am-5 pm

Apr 23 \$77.50 436680

Jun 25 \$77.50 436684

14+ yrs Sat 9 am-5 pm

May 22 \$77.50 436682

Aug 21 \$77.50 436696



Yoga Teacher – Part 1

Learn to teach yoga or deepen your personal yoga practice, through the study of traditional yoga theory with modern knowledge of the body and mind. Completion of the 200 hours qualifies participants as Registered Yoga Teacher with the Yoga Alliance®. Call for curriculum and course schedule.

Nepean Creative Arts Centre – 613-596-5783

Fri 6-9 pm

Sat, Sun 10am-5 pm

Jun 4-Aug 29 \$1250

General Interest

Cards

Bridge Lessons – Beginner

For the beginner bridge player or for the person who needs a refresher.

Rideauview C.C. – 613-822-7887

Wed 10 am-noon

Apr 14-Jun 9 \$89.50 429478

Rockcliffe Park R.C. – 613-842-8578

Mon 1-3 pm

Apr 12-Jun 14 \$89.50 441148

Bridge Club

Without instruction. Sign up for a weekly bridge date with friends. Cards, score pads and refreshments are provided.

Dalhousie C.C. – 613-564-1188

Wed 6:30-8:30 pm

Apr 7-Jun 9 \$31.25 438710

Jun 30-Sep 1 \$31.25 441305



Bridge Duplicate

Play duplicate-style bridge with a qualified director in a relaxed, non-competitive setting. This event is non-ACBL sanctioned and great for those new to Duplicate Bridge. Partners will be provided.

Churchill Seniors R.C. – 613-798-8927

Mon	9:30 am-noon	
Apr 12-Jun 14	\$54	440941
Jul 5-Aug 23	\$54	441105
Wed	7-10 pm	
Apr 14-Jun 9	\$54	440943
Wed	7-10 pm	
Jul 7-Sep 2	\$54	441106

Rideauview C.C. – 613-822-7887

Tue	7:30-10 pm	
Apr 13-Jun 8	\$50	429439

Rockcliffe Park R.C. – 613-842-8578

Thu	7-10 pm	
Jul 8-Aug 26	\$52	441152
Fri	1-4 pm	
Apr 16-Jun 18	\$58.50	441150
Sat	1-4 pm	
Apr 17-Jun 19	\$52	441151

Bridge Lessons – Intermediate

Continue learning the conventions and play of Standard American Bridge to enhance your enjoyment and expertise.

Rideauview C.C. – 613-822-7887

Tue	12:30-2:30 pm	
Apr 13-Jun 8	\$89.50	429445

Rockcliffe Park R.C. – 613-842-8578

Wed	1-3 pm	
Apr 14-Jun 9	\$89.50	441149

Optimist Euchre Social Tournaments

Overbrook C.C. – 613-742-5147

Sun	1 pm	
Ongoing	Call for details	

Allotment Gardens

Do you enjoy growing your own fresh vegetables or beautiful flowers? Our Allotment Gardens are available to rent from May to October. Our 355 garden plots (approximately 25' X 50' each) located between Kilborn Ave. and Pleasant Park Drive offer ample free parking and access to water. Rentals through Dempsey Community Centre only.

Dempsey C.C. – 613-247-4846

Daily	7 am-7 pm	
May 10-Oct 10	\$67.50	

**Registering is easy!
See page 8 for
registration options.**

Computers

Dempsey C.C. – 613-247-4846

Computer – Beginner

Browse and search the Internet, send and receive e-mail, use the mouse and keyboard, stay safe on the Internet, create a Microsoft Word document, save and retrieve it. Additional topics include instant messaging, digital photography and terminology. One computer can be a Mac on request.

Mon	9:15-10:35 am	
Apr 26-Jun 21	\$184	435987

Computer – Advanced Beginner

Use browsing and searching techniques to find what you need. Internet banking and shopping help you book a trip and purchase a book. Projects include pictures and graphics in Microsoft Word, attachments and keeping the computer safe. One computer can be a Mac on request.

Tue	9:15-10:35 am	
Apr 20-Jun 8	\$184	436000

Computer – Getting Started with Macintosh

Talk about OSX Tiger; do projects on the internet, email and Microsoft Word. Look at iLife – the basics of working with photos in iPhotos and music in iTunes.

Tue	10:40 am-noon	
Apr 20-Jun 8	\$184	435991
Thu	10:40 am-noon	
Apr 22-Jun 10	\$184	435992

Computer – Advanced Mac

Work with advanced features of OSX including filing and burning disks. Make a slide show or movie with Photos and Music Review Quicktime and other multimedia software.

Tue	1:30-2:50 pm	
Apr 20-Jun 8	\$184	436002
Thu	1:30-2:50 pm	
Apr 22-Jun 10	\$184	436003

The Useful Computer – Level 1

Keep your computer safe and up to date. Learn program installation and removal. Try Microsoft Word and Excel, digital photography and music – how to burn CD's and DVD's as well as advanced e-mail techniques. Mac available on request. Course can include hardware installations.

Mon	10:40 am-noon	
Apr 26-Jun 21	\$184	435980

The Useful Computer – Level 2

Begin by backing up! Computers, that is. What are the options for backup? Advanced Internet and e-mail projects introduced. Practice features in Microsoft Word, PowerPoint and more. One computer in each class can be a Mac on request. Course can include hardware installations.

Mon	1:30-2:50 pm	
Apr 26-Jun 21	\$184	435997

Spring Garden Planner

Overwhelmed by the tasks in your garden? Don't know what to do first for new projects? Learn how to work to a manageable (even pleasant!) schedule of spring cleanup and garden preparation.

Overbrook C.C. – 613-742-5147

Sat	9 am-noon	
May 1	\$31.25	436515

Container Gardening

Improve the look of even the smallest spaces with unique designs. Discover flowers suitable for containers and the requirements needed to keep them looking great! Participants will bring home a container creation!

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Sat	9:30 am-12:30 pm	
May 15	\$48	426150

Overbrook C.C. – 613-742-5147

Sat	9 am-noon	
May 8	\$31.25	436395



Family Pet

A Fusion of Dog Training

Using techniques developed from the TTouch principles, teaching your dog proper etiquette such as walking on a loose leash, so your pet will act appropriately within the family and be more socially acceptable.

Hintonburg C.C. – 613-798-8874

Sun	3-4 pm	
Apr 25-Jun 20	\$110.25	435046

Dog Obedience – Level 1

For dogs five months and older. Teaches how to train your dog in a fun, positive way using latest in motivational techniques. This entry level training course will focus on good manners and basic skills along with other useful tools.

Beacon Hill North C.C. – 613-748-1771

Sat	1-2 pm	
Apr 17-May 29	\$80	437460

Fringewood C.C. – 613-580-2424 ext. 33271

Wed	8:15-9:15 pm	
Mar 24-May 12	\$73.75	423916

Glen Cairn C.C. – 613-580-2424 ext. 33304

Mon	6:30-7:30 pm	
Mar 22-May 31	\$73.75	438818

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Tue	7-8 pm	
Apr 6-May 25	\$82.50	437980

Ron Kolbus Lakeside – 613-828-4313

Wed	6:45-7:45 pm	
Apr 7-Jun 9	\$98	439811

South Fallingbrook C.C. – 613-824-0633 ext. 221

Tue	7:30-8:30 pm	
Apr 13-Jun 1	\$95.50	435753

Dog Obedience – Level 2

For dogs and handlers who have completed a Level 1 course. Puppy Kindergarten or Graduate Puppy is not Level 1. Course builds on Level 1 by teaching dogs new skills in a variety of situations. Course content is geared to passing Canadian Good Citizen test.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Tue	8-9 pm	
Apr 6-May 25	\$82.50	437990

Ron Kolbus Lakeside – 613-828-4313

Wed	8-9 pm	
Apr 7-Jun 9	\$98	439812

Dog Obedience – Puppy Kindergarten

Designed for puppies 3-6 months of age to introduce them to society, socialization and learning. They will learn their name, sit, down, come, stand, heel, take it, and leave it. They will be introduced to strangers, strange clothing and objects, grooming, and being handled.

Fringewood C.C. – 613-580-2424 ext. 33271

Wed	7-8 pm	
Mar 24-May 12	\$73.75	423918

Glen Cairn C.C. – 613-580-2424 ext. 33304

Mon	7:30-8:30 pm	
Mar 22-May 31	\$73.75	438846

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Tue	6-7 pm	
Apr 6-May 25	\$82.50	438001
Wed	6-7 pm	
Apr 7-May 26	\$82.50	440536

South Fallingbrook C.C. – 613-824-0633 ext. 221

Tue	6:30-7:30 pm	
Apr 13-May 18	\$78.25	435749

Dogma Manners

A positive reinforcement training for dogs of all ages! Families are encouraged to join the fun of teaching your dog the basic commands: sit, down, come when called, walk on a loose leash and leave it. Focus is on developing a safe, well-socialized pet.

Routhier C.C. – 613-244-4470

Level 1

Sat	10-11 am	
Apr 17-Jun 12	\$133.75	439347

Level 2

Sat	8:45-9:45 am	
Apr 17-Jun 12	\$133.75	439353

Paw Room Dancing

Use basic obedience training such as heel, sit, and stay or tricks combined with music to create a dance routine. A fun fitness activity for dogs and people of all ages!

Hintonburg C.C. – 613-798-8874

Sun	noon-1 pm	
Apr 25-Jun 20	\$110.25	434956

Pet Massage

Pet massage is based on circular movements done over your pet's body. Successfully addresses both health and behavioural issues. Speed up the healing of injuries, change undesirable habits and assist with barking, carsickness and fear of loud noise.

Hintonburg C.C. – 613-798-8874

Sat	9 am-3 pm	
Apr 24	\$80	434994

Rally Obedience – Level 1

Heel, sits, turns and change of pace (slow, fast, normal), stay and elements of recall. The dog and handler use directional signs to run through a numbered course within an allotted time. Includes over 40 obedience movements!

Hintonburg C.C. – 613-798-8874

Sun	2-3 pm	
Apr 25-Jun 20	\$110.25	435022

Selecting the Perfect Puppy/Dog

Sharing your life with a canine companion can be wonderful or a very unpleasant experience. Get a better understanding of your requirements and abilities and the dog that suits you.

Pretty Street C.C. – 613-580-2424 ext. 33271

Sat	9-10:30 am	
Apr 10	\$15	424757

Tricks and Games for Dogs

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!

Hintonburg C.C. – 613-798-8874

Sun	1-2 pm	
Apr 25-Jun 20	\$110.25	435116

Food and Beverages

Baking Workshops

Create and sample a variety of delicious baked goods in these fun and interactive workshops.

Eva James C.C. – 613-271-0712

Thu	7-9 pm	
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Muffins and Quick Breads

Apr 22	\$30	438887
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Tea Biscuits and Brownies

May 13	\$30	438890
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Chocolate Making

Learn the basic steps to create wonderful sweet treats for your family and friends. Make chocolate truffles and chocolate candies filled with flavoured cream. Bring home about four dozen chocolates.

Cyrville C.C. – 613-748-1771

Thu	7:30-9 pm	
Apr 8-29	\$119	437444

Chocolate Making – Level 2

More challenging chocolate making techniques including decorating with chocolate, making a chocolate lava cake and much more

Cyrville C.C. – 613-748-1771

Thu	7:30-9 pm	
May 6-27	\$119	437453

Cooking Healthy Food – Indian Style

Add spice to your life. Learn how to make delicious Naan, butter-chicken, plus many other healthy dishes and appetizers.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Sun	3-6 pm	
Apr 18-25	\$70	423810
Jun 6-13	\$70	423813

Discover Cake Decorating – Level 1

Your Wilton® instructor will focus on basic skills such as icing prep, piping and simple decorating techniques to turn your ordinary cake to extraordinary. Wear comfortable shoes and a bib apron. Bring along an undecorated cake to each of the remaining classes.

Greely C.C. – 613-580-2424 ext. 30235

Thu	7-9 pm	
May 6-27	\$52	435511

Smart Serve

A two-hour self-directed responsible server-training program. It is designed to help servers understand and promote responsible alcoholic beverage service. Learn how to help provide guests with a positive and enjoyable experience and lower the risk of liability under the law.

Heron C.C. – 613-247-4808 ext. 224

Thu	7-9 pm	
Mar 4, Apr 1, May 6,		
Jun 3, Jul 8, Aug 5		\$32.35

Smart Serve

Alcohol Server Course.

McNabb R.C. – 613-564-1070

Tue	7-9 pm	
Apr 20	\$41.75	434659
May 18	\$41.75	434663
Jun 15	\$41.75	434666
Jul 20	\$41.75	434672
Aug 17	\$41.75	434676

Smoothie Sensations

Want to infuse your daily diet with nutrition and vitamins? Learn to make delicious and nutritious smoothies as a meal or snack. Get healthy and try something new.

Hintonburg C.C. – 613-798-8874

Mon	7-8:30 pm	
Apr 12	\$20	436837

Vegetables and Lentils – Indian Style

Veggies and lentils can be fun when you play with spices!

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Sun	3-6 pm	
May 9-16	\$70	423820

Vegetarian Cooking Basics

Learn the basics of putting together delicious and nutritionally balanced vegetarian meals.

Hintonburg C.C. – 613-798-8874

Mon	7-8:30 pm	
Jun 14	\$20	436960

Growing Vegetables – Organics Gardening

Vegetables taste better from your own garden. Learn about healthy, organic gardening, soil preparation, square foot planting efficiency, and the amazing produce you can enjoy from your own backyard.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Tue	7:15-9:15 pm	
May 11	\$29.50	423242

Sushi Preparation

Master Chef Bento personally teaches all classes. Included are all ingredients/tools, a lunch or dinner and green tea. Students will make enough sushi for six people. Your friends will enjoy it, and so will you! Note: Additional workshops available on request.

Routhier C.C. – 613-244-4470

Sat	9 am-noon	
May 8	\$66.75	439296
Jun 12	\$66.75	439298

Ukrainian Easter Egg

This age old tradition is easier than you think! Create your own beautiful eggs in time for the Easter holidays!

McNabb R.C. – 613-564-1070

Sat	9 am-1 pm	
Mar 20	\$35	441314

Rockcliffe Park R.C. – 613-842-8578

Sat	12:30-4:30 pm	
Mar 20	\$37.75	441266

Wine Tasting

Discover the pleasures of wine tasting. This workshop will sample and discuss vintages from the major wine regions of the world. Some dates to be confirmed. Participants must be 19+ years of age to register.

Plant R.C. – 613-232-3000

Fri	7-9:30 pm	
May 7	\$56.25	434476

St-Laurent Complex – 613-742-6767

Fri	7-9:30 pm	
Apr 23	\$60	434497
May 28	\$60	434498
Jun 25	\$60	434499

General Interest

Board Game Club

Overbrook C.C. – 613-742-5147

Sat	9:30 am-12:30 pm	
Ongoing	Free	

Chess Club

Come and learn how to play chess or improve your game with the assistance of a chess coach. All skill levels welcome.

Pinecrest R.C. – 613-828-3118

Wed	9-10 pm	
Mar 24-Jun 9	\$112.50	422384

Chivalrous Sword Handling – Level 1

Sword fighting? You mean like Lord of the Rings? Train in the safe handling and fair usage of the European Broad Sword. Instruction includes parts and history of the sword, shield work, code of Chivalry and how to make chain-maille armour.

Plant R.C. – 613-232-3000

Sun	10:30 am-12:30 pm	
Apr 11-Jun 27	\$116.50	432626
Jul 4-Aug 29	\$92.25	432602

Registering is easy!
See page 8 for
registration options.

Chivalrous Sword Handling – Level 2

Body dynamics and movement with the sword, overcoming limitations when wearing armour, developing fitness, flexibility and strength. Avoid injury with falling and recovery, grappling while holding weapons, teamwork and formations. Closely supervised sparring may be permitted.

Plant R.C. – 613-232-3000

Sun	1:30-3:30 pm	
Apr 11-Jun 27	\$116.50	432639

eBay 101 – The Basics of eBay Selling

Learn how to turn your 'stuff' into cash selling on eBay. Topics include opening an eBay account, researching and creating listings, eBay digital photos, pricing that sells, and packing, shipping and completing your transactions. No eBay experience required.

Pinecrest R.C. – 613-828-3118

Sun	1-3 pm	
Apr 25	\$35	422287
Jun 13	\$35	422288

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.

Kanata Leisure Centre – 613-591-9283

Fri	9:30-11:30 am	
Apr 9	\$12	430427
Apr 23	\$12	430428

GO Board Game

Created over 4,000 years ago and enjoyed by millions around the world. Professional players in Japan and China are celebrities on par with golf stars. Elegant in its simplicity, all ages learn to play quickly and then proceed toward mastering it.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Fri	6-7:30 pm	
Apr 9	\$20	431787
Fri	6-8 pm	
Apr 16-Jun 18	\$65	431788

Mortgage Workshops

Potential homeowners and real estate investors will get a realistic understanding of mortgages with the licensed mortgage specialist. Discuss a wide range of topics including qualifying for a mortgage, the beacon score, mortgage terms, no down payment mortgages and how a banker looks at a mortgage.

St-Laurent Complex – 613-742-6767

Sun	1:30-3:30 am	
Apr 18	\$25	437591
May 30	\$25	437607
Aug 22	\$25	437621

Women's Self Defence

Philosophy and techniques for self defence that includes an hour of practice. A must for all women over the age of 12 years. A great program for moms and their teen to take together. A workshop that could save your life!

Centrum Community Services – 613-580-2782

Sat	1-4 pm	
May 8	\$31.25	433040

Overbrook C.C. – 613-742-5147

Sat	9 am-12:30 pm	
May 29	\$31.25	436443

Pinecrest R.C. – 613-828-3118

Sun	1-4 pm	
May 2	\$40	422282

Languages

French Conversational

Let yourself embrace the French language in a fun and non-stressful environment. Through a variety of listening and speaking exercises, ample repetition and role playing, you will gradually build up and acquire fundamental communication skills.

Cyrville C.C. – 613-748-1771

Thu	6-7:30 pm	
Apr 8-Jun 10	\$100	437694

Pinecrest R.C. – 613-828-3118

Thu	8-9:30 pm	
Mar 25-Jun 10	\$120	422280

French – Level 1

Learn the basics that you may need for everyday use, travelling or business. Emphasis is placed on conversation, reading and vocabulary.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Thu	5:15-7:15 pm	
Apr 8-Jun 10	\$123.50	423695

Dempsey C.C. – 613-247-4846

Thu	6:30-9 pm	
Apr 8-Jun 10	\$78	436008

Pinecrest R.C. – 613-828-3118

Tue	7:15-9:15 pm	
Mar 23-Jun 8	\$145.75	422289

St-Laurent Complex – 613-742-6767

Tue	7-8:30 pm	
Apr 13-Jun 15	\$114	436719
Jun 22-Aug 24	\$114	436725
Thu	6-7:30 pm	
Apr 8-Jun 10	\$114	434495
Jun 17-Aug 26	\$114	434496

French – Level 2

Learn new vocabulary in a relaxed atmosphere.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Mon	5:15-7:15 pm	
Apr 12-Jun 21	\$123.50	423358

Dempsey C.C. – 613-247-4846

Wed	6:30-9 pm	
Apr 7-Jun 9	\$78	436011

German – Level 1

Learn the basics for vacationing or business. Emphasis is placed on conversation and reading.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Tue	7:30-9:30 am	
Apr 6-Jun 8	\$123.50	423343

Italian

Learn the basics that you may need for vacationing or business. Emphasis is placed on conversation, reading and vocabulary.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Level 1

Tue	5:15-7:15 pm	
Apr 6-Jun 15	\$123.50	423677

Level 3

Wed	5:15-7:15 pm	
Apr 7-Jun 9	\$123.50	441550

Spanish Conversational

Practice and improve the Spanish you are likely to need on holiday or business. For intermediate level students with an emphasis on conversation.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Mon	7:15-9:15 pm	
Apr 12-Jun 14	\$111.75	423353

Sandy Hill C.C. – 613-564-1062

Tue	6-8 pm	
Jul 6-Aug 10	\$80	440196

Spanish Conversational

Have fun learning the basics of this romantic language.

St-Laurent Complex – 613-742-6767

Level 1

Tue	6:15-7:15 pm	
Apr 13-Jun 22	\$95	434467
Tue	7:15-8:15 pm	
Apr 13-Jun 22	\$95	434475

Level 2

Tue	8:15-9:15 pm	
Apr 13-Jun 22	\$95	434490

Spanish – Level 1

The Spanish you are likely to need on holidays or business trips. Conversation, reading and vocabulary.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Thu 5:15-7:15 pm
Apr 8-Jun 10 \$123.50 423348

Cyrville C.C. – 613-748-1771

Mon 6-7:30 pm
Apr 12-Jun 7 \$80 437728

Hintonburg C.C. – 613-798-8874

Wed 7-9 pm
Apr 14-Jun 16 \$115 435100

John G. Mlacak Centre – 613-580-2424 ext. 33501

Mon 6-9 pm
Mar 29-Jun 14 \$109.50 429210

Routhier C.C. – 613-244-4470

Sat 10 am-noon
Apr 24-Jun 5 \$60 438683

Sandy Hill C.C. – 613-564-1062

Tue 5:30-7:30 pm
Apr 6-Jun 15 \$115 437094

Spanish – Level 2

Builds on vocabulary, grammatical aspects, skills, oral competency and writing.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Mon 5:15-7:15 pm
Apr 12-Jun 14 \$111.75 423351

Hintonburg C.C. – 613-798-8874

Tue 7-9 pm
Apr 13-Jun 15 \$115 435067

John G. Mlacak Centre – 613-580-2424 ext. 33501

Thu 6-9 pm
Apr 1-Jun 3 \$109.50 429216

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Wed 7-8:30 pm
Apr 21-Jun 23 \$105 440857

Routhier C.C. – 613-244-4470

Sat 1-3 pm
Apr 24-Jun 5 \$60 438854

Sandy Hill C.C. – 613-564-1062

Tue 5:30-7:30 pm
Apr 6-Jun 15 \$115 437097

Spanish – Level 3

Become more comfortable with the Spanish language.

John G. Mlacak Centre – 613-580-2424 ext. 33501

Wed 6-9 pm
Mar 31-Jun 2 \$109.50 429221

Routhier C.C. – 613-244-4470

Sat 3-5 pm
Apr 24-Jun 5 \$60 438861

Sandy Hill C.C. – 613-564-1062

Tue 7:30-9:30 pm
Apr 6-Jun 15 \$115 437100

Spanish – Level 4

Perfect your oral and written skills.

Sandy Hill C.C. – 613-564-1062

Tue 7:30-9:30 pm
Apr 6-Jun 15 \$115 437103

Spanish – Level 5

At the end of this course, students will be able to narrate past and present events, justify actions, make predictions and comparisons, etc.

Sandy Hill C.C. – 613-564-1062

Wed 5:30-7:30 pm
Apr 7-Jun 16 \$115 437105

Health and Nutrition**Fight Back Osteoporosis**

Prevent and treat osteoporosis through nutrition and exercise. Discuss nutrition, calcium sources and specific weight bearing exercises to increase your bone density. Whether you are recently diagnosed with osteoporosis or want to prevent it, this is for you!

Goulbourn R.C. – 613-831-1169

Mon 10-11 am
Apr 12-Jun 21 \$59 440230
Jul 5-Aug 30 \$47.50 440613

Learn to Meditate and Relax

Meditation and relaxation techniques improve mental abilities, heighten creativity and decrease stress and anxiety. Improve your health, motivation, focus and confidence by learning some simple techniques.

Goulbourn Municipal Office – 613-580-2424 ext. 33230

Thu noon-1 pm
Mar 25-Jun 24 \$123.25 422433
Jul 8-Sep 2 \$47.25 432512

St-Laurent Complex – 613-742-6767

Tue 7-9 pm
Apr 6-May 18 \$140 437619
May 25-Jul 6 \$140 437632
Jul 20-Aug 31 \$140 437655
Wed 7-9 pm
Apr 7-May 19 \$140 437636
May 26-Jul 7 \$140 437638
Jul 21-Sep 1 \$140 437659



*Families stay
active – Public
swimming.*

Massage

With your partner, discover the art of massage. Learn new relaxation techniques. Bring your bathing suit, towel and oils. Please register as couples. (Notice: For your interest and personal use only.)

Hintonburg C.C. – 613-798-8874

Mon 7-9 pm
Apr 19-May 31 \$99 422285

Overbrook C.C. – 613-742-5147

Sat 9 am-noon
May 15 \$31.25 436383

Pinecrest R.C. – 613-828-3118

Sat-Sun 9 am-4 pm
Apr 17-18 \$104 436519

South Fallingbrook C.C. – 613-824-0633 ext. 221

Sat 6:30-9:30 pm
May 1 \$47 438350

Massage Infant

'Bonding with Baby!' Learn the ancient art form of infant massage. Parents learn nurturing massage techniques which promote overall health and help infants learn a most valuable skill in this fast-paced world – how to relax.

Pinecrest R.C. – 613-828-3118

Wed 10:15-11:15 am
Mar 24-Apr 21 \$83.25 422274
Apr 28-May 26 \$83.25 422275

South Fallingbrook C.C. – 613-824-0633 ext. 221

Fri 10-11 am
May 21-Jun 11 \$70.50 438338

Martial Arts**Aikido Yoseikan**

Yoseikan Aikido is a self-defensive Japanese martial art utilizing little strength, unbalancing and timing to safely control an attacker or partner. The Study of Aikido also involves utilizing fast, smooth techniques resulting in joint locks to the wrist, elbow, shoulder, or pins to the ground.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Mon, Wed 7:30-9 pm
Apr 26-Jun 7 \$95.25 423305

Armizare

Discover the wrestling, dagger and sword arts of men at arms of medieval Italy with the instructors of Les Maîtres D'Armes School of Armizare. www.Maitresarmes.com. \$20 equipment rental fee at first class.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

16+ yrs Wed 8:30-10 pm
Apr 21-Jun 9 \$93.75 440952

Adult

Capoeira

A fighting dance developed by African slaves in Brazil in their struggle for freedom. This ancient art form remains to this day a powerful medium of communication that embodies both physical training (combat, acrobatics and dance) and folklore elements (music and songs). For information: <http://www.dendedorecife.ca>

Plant R.C. – 613-232-3000

Tue	7:30-9 pm	
Apr 6-Jun 8	\$91	434489
Tue, Thu	7:30-9 pm	
Apr 6-Jun 10	\$149.50	434494
Thu	7:30-9 pm	
Apr 8-Jun 10	\$91	434493
Thu	7:35-9:05 pm	
Jun 24-Aug 26	\$82	434598
Thu, Tue	7:35-9:05 pm	
Jun 24-Aug 26	\$123	434600
Tue	7:35-9:05 pm	
Jun 29-Aug 24	\$82	434594

Routhier C.C. – 613-244-4470

Tue, Thu	5:45-7:15 pm	
Apr 27-Jun 17	\$119.75	438872
Jun 22-Aug 19	\$142.25	440547
Tue, Thu	7:30-9 pm	
Apr 27-Jun 17	\$119.75	438874
Apr 27-Jun 17	\$119.75	438879
Jun 22-Aug 19	\$142.25	440540
Jun 22-Aug 19	\$142.25	440545

Shenkman Arts Centre – 613-580-2787

Tue	7:30-8:30 pm	
Apr 20-Jun 22	\$89.25	434891

Capoeira – Advanced

Meant for students with experience in Capoeira. Registration by invitation only. For information: <http://www.dendedorecife.ca> or contact Fabio Nascimento at (613) 884-1161.

Routhier C.C. – 613-244-4470

Mon, Fri	6-7:30 pm	
Apr 26-Jun 14	\$106.75	438889

Classical Bujutsu

Encompasses the traditional Samurai martial arts of feudal Japan. Classes include classical Jujutsu (strikes, throws, joint locks, breakfalls, Kenjutsu (sword technique) and Bojutsu (staff technique). Improve overall health, energy level, strength and flexibility.

Heron C.C. – 613-247-4808

16+ yrs	Mon, Wed	7-9 pm
Ongoing	Sun	12:30-2:30 pm
\$41.75/month		

Jiu-Jitsu

A martial art using holds, escapes, ground defence, techniques, restraints and controlling techniques. Jiu Jitsu is a complete and effective method of self-defence, builds confidence and teaches self-discipline.

Beginner

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Fri	6:30-7:30 pm	
Apr 23-Jul 9	\$107.75	441375

St-Laurent Complex – 613-742-6767

Thu	7:30-8:25 pm	
Apr 8-Jun 10	\$90	438974
Jul 8-Aug 26	\$72	438982

Intermediate

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Fri	7:30-8:30 pm	
Apr 23-Jul 9	\$107.75	441377
Sat	10-11 am	
Apr 24-Jul 10	\$107.75	441379

St-Laurent Complex – 613-742-6767

Tue	6:30-7:25 pm	
Apr 6-Jun 8	\$90	439010
Fri	7:30-8:25 pm	
Apr 9-Jun 11	\$90	439022
Thu	7:30-8:25 pm	
Jul 8-Aug 26	\$72	439028

Advanced

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Fri	7:30-8:30 pm	
Apr 23-Jul 9	\$107.75	441367
Sat	11 am-noon	
Apr 24-Jul 10	\$107.75	441366

St-Laurent Complex – 613-742-6767

Tue	7:30-8:25 pm	
Apr 6-Jun 8	\$90	438936
Thu	7:30-8:25 pm	
Apr 8-Jun 10	\$90	438941
Jul 8-Aug 26	\$72	438950

Jiu-Jitsu – All Levels

Jiu Jitsu is a martial art using holds, escapes, ground defence, grappling techniques, restraints and controlling techniques, and much more.

Sawmill Creek C.C. – 613-521-4092

Tue	7-8 pm	
Mar 23-Jun 22	\$153	427089
Tue	8-9 pm	
Mar 23-Jun 22	\$153	427094
Wed	7-8 pm	
Mar 24-Jun 23	\$153	427092
Wed	8-9 pm	
Mar 24-Jun 23	\$153	427096

Jiu-Jitsu – Juko Ryu

Juko Ryu is a martial art focusing on escapes, holds, restraints, and controlling techniques along with street defences. As a 'softer' version of Jiu-Jitsu, this style avoids throws and break falls.

St-Laurent Complex – 613-742-6767

Thu	7:30-8:25 pm	
Apr 8-Jun 10	\$90	439092
Jul 8-Aug 26	\$72	439104

Karate

Fosters the traits of courage, integrity, humility and self-control. Chito Ryu Karate is a traditional martial art. Learn the many facets including Katas and Kumite (individual sparring)

Queenswood Heights C.C. – 613-580-2782

Beginner

Mon, Wed	7:30-8:30 pm	
Apr 12-Jun 7	\$96.50	431910

Intermediate

Mon, Wed	8:30-9:30 pm	
Apr 12-Jun 7	\$96.50	431978

St-Laurent Complex – 613-742-6767

Mon	6-8:55 pm	
Apr 12-Jun 21	\$65	437087
Jul 5-Aug 30	\$52	437093
Thu	6:15-9:10 pm	
Apr 15-Jun 24	\$71.50	437089
Jul 8-Sep 2	\$58.50	437095

Karate

Karate lessons for all levels. Ongoing classes register anytime.

Heron C.C. – 613-247-4808

18+ yrs	Tue, Thu	6:30-7:30 pm
Ongoing	Sat	11:30 am-1 pm
\$45/month \$111/3 months		



**NEW! Family Programs
section on page 94.**

Karate Shotokan

Improve your physical fitness while learning a system of self-defence. Success is based on commitment, time, repetition, and self-discipline. Karate will increase your strength, energy level and self-confidence.

Plant R.C. – 613-232-3000

Tue	7:30-9 pm	
Thu	6:30-8:30pm	
Sat	11:30am-1:30pm	
Apr 6-Jun 29	\$186	440549
Sat	10-11:30 am	
Apr 10-Jun 26	\$84.25	434624
Tue, Thu	6:35-8:05 pm	
Jun 29-Aug 26	\$109	434712

Chito-Ryu Karate Focus

Teaching traditional and modern Chito-Ryu karate, for fitness and self-defence!

Pinecrest R.C. – 613-828-3118

Sat	4:15-5:15 pm	
Mar 27-Jun 19	\$88.50	422257

Kendo

The way of the sword or Japanese fencing, Kendo is much more. Why not try this dynamic martial art from the Samurai tradition and improve your self? Shoshin Kendo provides a no pressure introduction for all.

Plant R.C. – 613-232-3000

Fri	7:15-8:45 pm	
Sun	3:45-5:45 pm	
Apr 9-Jun 27	\$84.25	434740
Fri	7:15-8:45 pm	
Sun	3:45-5:45 pm	
Jul 4-Aug 27	\$96.75	435129

Kendo – Intermediate/Advanced

For students who have attained their 5th kyu grading certificate or above.

Plant R.C. – 613-232-3000

Fri	7:15-8:45 pm	
Sun	3:45-5:45 pm	
Apr 9-Jun 27	\$96.75	435054
Fri	7:15-8:45 pm	
Sun	3:45-5:45 pm	
Jul 4-Aug 27	\$96.75	436545

Marui Ryu Jiu Jitsu – All Levels

'Circular Motion' is the emphasis of this informal class. Blocking and striking drills, joint lock and momentum manipulation as well as falling and throwing principles will develop simple, yet highly effective self-defence techniques.

Albion Heatherington R.C. – 613-247-4828

Thu	8-9 pm	
Apr 8-May 27	\$91.25	433883

Overbrook C.C. – 613-742-5147

Wed	8-9:30 pm	
Mar 24-Jun 9	\$106.25	427777

Medieval Armed Combat

Based on 14th Century techniques, learn basic sword, dagger and grappling skills. Ottawa School of Western Martial Arts instructors. Practice swords and daggers provided. Ongoing classes, register anytime.

Ray Friel R.C. – 613-830-2747

Wed	8:30-9:30 pm	
Apr 7-28	\$45.25	440358
May 5-26	\$45.25	440362
Jun 2-23	\$45.25	440364

Taekwondo

Korean martial art teaches self defence and discipline and promotes confidence in participants of all ages. Progress through the various belt levels at your rate, by promotion testing, held throughout the term. Additional fees may apply for uniform and testing. Partnership with Demers ITF Taekwondo

Fisher Park C.C. – 613-798-8945

Thu, Tue	5:30-6:30 pm	
Apr 1-Jun 22	\$163	438105
Thu, Tue	6:30-7:30 pm	
Apr 1-Jun 22	\$163	438133

Taekwondo – New Wave

Korean Olympic sport improve one's strength, coordination, self-confidence, discipline, and overall mental and physical fitness. Offered in partnership with New Wave Taekwondo.

St-Laurent Complex – 613-742-6767

Mon	6:30-7:25 pm	
Apr 12-Jun 21	\$93	437709
Jul 12-Aug 30	\$65.25	437737
Wed	6:30-7:25 pm	
Apr 14-Jun 23	\$102.50	437722
Jul 14-Sep 1	\$74.50	437744

Women and Girls Self Defence

Designed for girls and women; learn to defend yourself in life threatening situations. Feel stronger both mentally and physically. An opportunity for mothers and daughters to learn together.

Centrum Community Services – 613-580-2782

Sat	1-4 pm	
May 8	\$31.25	436914



Sports

Badminton

Badminton – Recreational

A fun and recreational program for those looking to enjoy badminton. Birdies are provided. Playing time accommodates primarily doubles.

Bridlewood C.C. – 613-580-2424 ext. 33501

Fri	8-9 pm	
Mar 19-Jun 11	\$55.50	429251
Fri	9-10 pm	
Mar 19-Jun 11	\$55.50	429252

Ecole publique Franco Jeunesse – 613-564-1078

119 Osgoode

Wed	8-9:55 pm	
Apr 7-Jun 9	\$43	441001

Eva James C.C. – 613-271-0712

Sun	7-8 pm	
Mar 28-Jun 13	\$48	441673
Sun	8-9:30 pm	
Mar 28-Jun 13	\$72	441674

Emily Carr M.S. – 613-824-0819 ext. 279

2681 Innes

Mon	8-9:30 pm	
Apr 12-May 31	\$39	425051

Fisher Park C.C. – 613-798-8945

Mon	8-10 pm	
Apr 12-Jun 21	\$61.75	438307

Glen Cairn C.C. – 613-580-2424 ext. 33304

Sun	7:30-9:30 pm	
Mar 28-Jun 13	\$46.25	441351

Goulbourn R.C. – 613-831-1169

Tue	6:15-7:15 pm	
Mar 30-Jun 29	\$46.50	428409

McNabb R.C. – 613-564-1070

Wed	8:30-10 pm	
Apr 14-Jun 23	\$45.75	423298

Michele Heights C.C. – 613-828-5100

Sat	8-9 pm	
Mar 20-Jun 5	\$16.50	439808

Routhier C.C. – 613-244-4470

Thu	7:45-9:45 pm	
Apr 29-Jun 17	\$23.50	439256

South Fallingbrook C.C. – 613-824-0633 ext. 221

Mon	8-10 pm	
Apr 12-Jun 14	\$57	435486

Registering is easy!
See page 8 for
registration options.

Badminton – Instructional Intermediate

Conducted as a partnership between the City of Ottawa and the Soong Badminton Academy. For more information, please visit: www.soong.ca. Badminton shuttles will be supplied. Each player must register individually.

Fallingbrook E.S. – 613-580-2782
679 Deancourt

Sat	6:45-8:45 pm	
Apr 10-Jun 5	\$154.50	430516

Mother Teresa H.S. –
613-580-2424 ext. 41208
440 Longfields

Fri	8-10 pm	
Apr 16-Jun 4	\$154.50	440947

Routhier C.C. – 613-244-4470

Sun	6:30-8:30 pm	
May 2-Jun 27	\$154.50	439094

Badminton – Intermediate/Advanced

A fun and recreational program for those who have played badminton at the intermediate/advanced level. Birdies are provided. Playing time accommodates primarily doubles.

Routhier C.C. – 613-244-4470

Mon	6:30-9:30 pm	
Apr 26-Jun 21	\$35.50	439234
Wed	5:30-8:30 pm	
Apr 28-Jun 16	\$35.50	439245

Badminton – Drop in

Drop in for some pick up Badminton. Check with facility for exceptions.

Canterbury C.C. – 613-247-4869

18+ yrs	Fri	12 pm-2 pm
Ongoing to Jun 18		\$2.50

Goulbourn R.C. – 613-831-1169

18+ yrs	Wed	8:30-10 pm
Mar 24-Jun 23	\$2.75	
18+ yrs	Sun	11:30 am-1 pm
Mar 21-Aug 29	\$2.75	

Hintonburg C.C. – 613-798-8874

18+ yrs	Wed	11:30 am-1:30 pm
Apr 7-Jun 23	\$3.00	

Jockvale Gym – 613-580-2788

Fri	8-10:30 pm	
Sun	9 am-12 pm	
Child: \$2.00	Youth: \$2.35	Adult: \$2.75

Badminton – Drop in – Family

All levels welcome. Drop in rates included in all-inclusive memberships. Players must bring their own racquet. Birdies are provided.

Goulbourn R.C. – 613-831-1169

8+ yrs	Sun	10-11:30 am
Mar 21-Jun 27		
Child: \$2.00		
Youth: \$2.35		
Adult: \$2.75		

Ball Hockey – Recreational

A program designed for those who want to have fun, improve their skills and have a great workout in a fun and recreational environment.

Albion Heatherington R.C. –
613-247-4828

Mon	8-10 pm	
Apr 12-May 31	\$44.75	433905

Bridlewood C.C. –
613-580-2424 ext. 33501

Mon	7:30-8:30 pm	
Mar 22-Jun 7	\$65	440966
Mon	8:45-9:45 pm	
Mar 22-Jun 7	\$65	440968

Michele Heights C.C. – 613-828-5100

Wed	8-10 pm	
Mar 24-Jun 2	\$27.25	439809
Jun 30-Aug 25	\$27.25	439796

Overbrook C.C. – 613-742-5147

Fri	8:30-10 pm	
Apr 2-Jun 18	\$10.50	427808

Ball Hockey – Drop in

Hintonburg C.C. – 613-798-8874

18+ yrs	Thu	8:30-10:30 pm
Apr 1-Jun 24	\$3.00	
18+ yrs	Fri	9-10:30 pm
Apr 9-Aug 27	\$3.00	

Basketball – Recreational

Play is on a recreational level with teams made up from those who show-up.

Eva James C.C. – 613-271-0712

Men Only

Wed	9-11 pm	
Mar 24-Jun 16	\$63.50	432801
Limited drop in space		\$5

McNabb R.C. – 613-564-1070

Fri	6-7:50 pm	
Apr 9-Jun 25	\$25	441242
Fri	8-10 pm	
Apr 9-Jun 25	\$25	441243

Robert E. Wilson P.S. – 613-742-5147
373 McArthur

Wed	6:30-8:30 pm	
Apr 7-Jun 9	\$26.50	427792

Basketball – Men

Michele Heights C.C. – 613-828-5100

Thu	8-10 pm	
Mar 25-Jun 3	\$27.25	439807

Rideauview C.C. – 613-822-7887

Thu	8:30-10 pm	
Apr 8-Jun 10	\$52.50	425930

Basketball – Drop in

Drop in Basketball program for adults.

Hintonburg C.C. – 613-798-8874

18+ yrs	Wed	8:30-10:15 pm
Apr 7-May 26	\$3.00	

Goulbourn R.C. – 613-831-1169

18+ yrs	Sun	4:30-6 pm
Mar 21-Aug 29	\$2.75	
18+ yrs	Tue	7:30-10 pm
Mar 23-Jun 22	\$2.75	

Dodgeball – Recreational

Each week, teams will be made up from players of all levels who come out for dodgeball. Fast paced and a guaranteed workout!

South Fallingbrook C.C. –
613-824-0633 ext. 221

Sat	6-8 pm	
Apr 17-Jun 19	\$54.75	438349

Dragon Boat – Introductory

Paddle your way to a Dragon Boat Festival. Provides on and off water conditioning and training. No experience or equipment required.

Rideau Canoe Club –
613-580-2424 ext. 41184

Females	Sat	10-11:10 am
May 1-Jun 12	\$135.25	438022
Jul 3-Aug 21	\$135.25	438036
Males	Sat	10-11:10 am
May 1-Jun 12	\$135.25	438026
Jul 3-Aug 21	\$135.25	438038
Females	Tue, Fri	6:55-8:05 pm
May 4-Jun 15	\$161	438046
Males	Tue, Fri	6:55-8:05 pm
May 4-Jun 15	\$161	438050

Ollson Golf

Players new to golf will get a head start on the season. Emphasis will be on club grip, swing mechanics, stance, body alignment and ball position.

Barrhaven on the Green Driving Range – 613-580-2424 ext. 41225

Development

Tue	7-8 pm	
May 4-25	\$129.75	441109
Wed	6-7 pm	
May 5-26	\$129.75	441110
Wed	7-8 pm	
Jun 2-23	\$129.75	441111
Thu	6-7 pm	
Jun 3-24	\$129.75	441112

Established

Wed	7-8 pm	
May 5-26	\$129.75	441116
Tue	6-7 pm	
Jun 1-22	\$129.75	441117

NEW! Family Programs
section on page 94.

Ollson Golf Ladies – Development

Tue	6-7 pm	
May 4-25	\$129.75	441084
Wed	6-7 pm	
Jun 2-23	\$129.75	441086

Ollson Golf Ladies – Established

Thu	6-7 pm	
May 6-27	\$129.75	441096
Tue	7-8 pm	
Jun 1-22	\$129.75	441097

Ollson Golf – Indoor

Players new to golf will get a head start on the season. Emphasis will be on club grip, swing mechanics, stance, body alignment and ball position.

Nepean Sportsplex – 613-580-2424 ext. 41225**Development**

Tue, Thu	8-8:50 pm	
Apr 13-27	\$89.75	432418
Tue	7-7:50 pm	
Apr 13-May 11	\$89.75	432396

Established

Thu	7-8 pm	
Apr 15-May 13	\$89.75	432449

Hockey Development – Level 1

Lessons geared towards the beginner hockey player. Participants should have a solid skating base (forward and stopping). Learn individual hockey and skating skills (stick handling, shooting, forward stride). Full hockey equipment is mandatory.

Potvin Arena – 613-580-2596

18+ yrs	Sun	11 am-noon
Jun 20-Aug 15	\$148	436504

Ray Friel R.C. – 613-830-2747

18+ yrs	Tue	6-7 pm
May 4-Jun 22	\$106	427689
Jun 29-Aug 17	\$106	427690

Hockey Development – Level 1/2**Kanata R.C. – 613-836-3121**

18+ yrs	Fri	8-9 pm
Jun 18-Jul 30	\$78.50	430558

Hockey Powerskate – Level 1

Participants will work on speed, agility and skating efficiency. Must be able to skate forwards, backwards, and stop. Full equipment is mandatory and sticks are used on the ice.

Jim Durrell R.C. – 613-580-2596

18+ yrs	Sun	3-4 pm
Jun 6-Jul 25	\$131.25	436479

Ray Friel R.C. – 613-830-2747

18+ yrs	Mon-Fri	8:30-9:20 pm
Aug 16-20	\$75	430683

**Hockey League**

Non-contact recreational league with officiated games and playoffs for qualifiers. Awards include sticks, equipment and prizes! Be part of the R.F.H.L.'s All-Star Game and Skills Competition. Play for the Ray Friel Memorial Cup. Tiers 1-4 and Recreational
Ray Friel R.C. – 613-830-2747

Tier 1

Mon	9:30-11:30 pm	
May 3-Sep 6	\$3330	424776

Tier 2

Tue-Wed	7-11 pm	
May 4-Sep 8	\$3330	424779

Tier 3

Wed, Sun	6:30-9:30 pm	
May 5-Sep 8	\$3330	424782

Tier 4

Tue-Wed	7-11 pm	
May 4-Sep 8	\$3330	424797

Hockey League – Men

Wed	7 pm-12 am	
May 5-Sep 8	\$3330	424808

Hockey League – Women

Wed	6-7 pm	
May 5-Sep 8	\$260	424817

Hockey – Scrub

Sat	8:30-10 pm	
May 1-Jun 26	\$40.25	427691
Jul 10-Aug 28	\$40.25	427692

Lawn Bowling – Level 1

This summer sport is more challenging than one might imagine! Learn the history, rules and strategies, followed by game playing
Galetta C.C. – 613-580-2424 ext. 33527

Sat	9-10 am	
Jun 5-26	\$35	435724
Wed	6-7 pm	
Jun 9-30	\$35	435732

Goulbourn Municipal Office – 613-580-2424 ext. 33230

Sat	9-10 am	
Jun 5-26	\$35	438933
Wed	6-7 pm	
Jun 9-30	\$35	438939

Pickleball

Pickleball is a combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Pickleball can be played on any hard surface using wood paddle racquets and a plastic baseball with holes.

Alexander Grove Park – 613-580-2424 ext. 33271

Mon	6-7 pm	
May 17-Jun 21	\$36.50	423950
Wed	6-7 pm	
May 19-Jun 16	\$36.50	423948

Fallingbrook E.S. – 613-580-2782

Sun	2-3 pm	
Apr 11-Jun 20	\$73	435499

Soccer**Soccer – Coed**

Co-ed recreational soccer

Emily Carr M.S. – 613-824-0819 ext. 279 2681 Innes

Wed	6:30-8 pm	
Apr 7-May 26	\$45.50	424710

Overbrook Park – 613-742-5147

Wed	7-8 pm	
May 19-Jun 16	\$11	428905

Ray Friel Park – 613-830-2747 ext. 224

Mon	5-6 pm	
May 31-Aug 30	\$78	427695

Roch Carrier E.S., 401 Stonehaven

Tue	8-9 pm	
Mar 23-May 25	\$58.50	429322
Tue	9-10 pm	
Mar 23-May 25	\$58.50	429325

South Fallingbrook C.C. – 613-824-0633 ext. 221

Sat	10:45-11:45 am	
Apr 17-Jun 19	\$36.75	438347

Soccer – Coed Indoor League

Sign up as an individual or as a team. All levels welcome. One-hour games.

Albion Heatherington R.C. – 613-580-2782 ext. 41225

Tue	8-10 pm	
Apr 6-May 25	\$44.75	433910

Adult

Soccer Indoor – Women

Catch the fever, come and join us in the gym. A great way to keep in shape and socialize.

Fallingbrook E.S. – 613-580-2782

679 Deancourt

Wed	8-9:30 pm	
Apr 7-Jun 9	\$85	433002

Sport Conditioning

Challenge yourself in preparation for your sport. Engage in a dynamic and evolving program that focuses on all major muscle groups. Great for beginner and intermediate athletes alike.

Kanata Leisure Centre –

613-591-9283

Wed	7-8 pm	
Mar 24-Jun 9	\$70.75	439918

Squash – Beginner Clinic

Learn the basics of forehand, backhand, serve/serve return, rules and meet the Pro. Try squash as a fitness option. Meet new friends and have some fun.

Nepean Sportsplex – 613-580-2828

Fri	6:20-7:40 pm	
Apr 16-Jun 11	\$73	437813
Fri	6:20-7:20 pm	
Jul 9-Sep 3	\$96.50	437825

Table Tennis

Improve your reflexes and speed up your thinking and reading, by playing this sport. Practice your skills in a relaxed and recreational setting while getting to know new people.

Stittsville C.C. –

613-580-2424 ext. 33271

Wed	6-7 pm	
Mar 24-Jun 9	\$30.25	423494
Thu, Tue	11:45 am-1:15 pm	
Apr 8-Jun 15	\$50.25	423921

Table Tennis – Drop in

Improve physical fitness, balance, muscle strength and stamina. Table tennis is a low impact sport that offers high return.

Canterbury C.C. – 613-247-4869

18+ yrs	Tue, Thu	11 am-2 pm
	Fri	6-9 pm

Ongoing to Jun 18 \$2.50

Jockvale Gym – 613-580-2788

Thu	7:30-9 pm	
Year round	\$2.75	

Tennis – Beginner

For adults who want to learn the basic skills of tennis forehand, backhand, serve and volley.

Pinecrest R.C. – 613-828-3118

Sat	noon-1 pm	
Apr 24-Jun 19	\$80	422254



South Fallingbrook C.C. –

613-824-0633 ext. 221

Tue	8-9 pm	
May 11-Jun 15	\$109.25	438352
Jun 22-Aug 24	\$109.25	439355

St. Germain Park (Sandy Hill CC) – 613-564-1062

Mon, Wed	6:30-7:25 pm	
May 3-19	\$57.25	441035
Jul 5-21	\$57.25	441199
Tue, Thu	6:30-7:25 pm	
May 4-20	\$57.25	441036
Jun 1-17	\$57.25	441217
Jul 6-22	\$57.25	441200
Wed, Mon	6:30-7:25 pm	
Jun 2-21	\$57.25	441216
Sat	11:30 am-12:25 pm	
May 1-Jun 12	\$57.25	441034

Tennis – Intermediate

For adults who have tennis experience and want to develop ground strokes and improve their serve and volley. Players registering for this course should be able to rally across the net 6-10 times on a regular basis.

South Fallingbrook C.C. –

613-824-0633 ext. 221

Thu	8-9 pm	
May 13-Jun 17	\$109.25	438353
Thu	8-9 pm	
Jun 24-Aug 26	\$98.50	439360

St. Germain Park (Sandy Hill CC) – 613-564-1062

Mon, Wed	7:30-8:25 pm	
May 3-19	\$57.25	441189
Jul 5-21	\$57.25	441204
Wed, Mon	7:30-8:25 pm	
Jun 2-21	\$57.25	441219
Sat	12:30-1:25 pm	
May 1-Jun 12	\$57.25	441188

Tennis – Advanced

South Fallingbrook C.C. –

613-824-0633 ext. 221

Sat	1-2 pm	
May 15-Jun 19	\$109.25	438354
Jun 26-Aug 28	\$109.25	439339

St. Germain Park (Sandy Hill CC) – 613-564-1062

Tue, Thu	7:30-8:25 pm	
May 4-20	\$57.25	441190
Jun 1-17	\$57.25	441218
Jul 6-22	\$57.25	441206

Tennis – Learn 1

The program teaches new players the basic skills of serve, return, volley, and backhand in a fun environment. Every player receives a tennis racquet.

613-580-2854

Beacon Hill North C.C.

Wed, Mon	7:15-8:30 pm	
May 19-31	\$84.50	439075
Mon, Wed	7:15-8:30 pm	
Jun 7-16	\$84.50	439079

John Hopps Park

Tue	7:15-8:30 pm	
May 18-Jun 8	\$84.50	439124
Jun 8-29	\$84.50	439126

Mooney's Bay Park

Tue, Thu	7:15-8:30 pm	
May 18-27	\$84.50	439090
Jun 8-17	\$84.50	439099

Pinecrest Park

Tue, Thu	7:15-8:30 pm	
May 18-27	\$84.50	439107
Jun 8-17	\$84.50	439109

Richmond Lions Park

Tue, Thu	7:15-8:30 pm	
May 18-27	\$84.50	439180
Jun 8-17	\$84.50	439182

Tennis – Learn 1 and 2

Learn the basic skills of tennis and play strategy.

Tanglewood Park

Tue, Thu	7:30-8:45 pm	
Jun 1-10	\$84.50	428767
Jul 6-15	\$84.50	428804
Thu, Tue	7:30-8:45 pm	
Jun 17-29	\$84.50	428803

Ultimate

Learn the basics of the game and get ultimately in shape.

Fisher Park C.C. – 613-798-8945

Fri	6-7:30 pm	
May 7-14	\$21	438308



Volleyball – Beach

City Wide Sports –
613-580-2854

Volleyball – Beach Coed Instructional

For adults who would like to develop or improve Volleyball skills

Britannia Park

Thu	6-8 pm	
May 20-27	\$50.75	433238

Mooney's Bay Park

Tue	6-8 pm	
May 11-18	\$50.75	433237

Volleyball – Beach Coed Recreational Pick Up

Everyone is a winner with this non-league format of play. Participants are divided into teams on site.

Mooney's Bay Park

Wed	6:30-8:30 pm	
Jun 2-Aug 18	\$50.75	429551

Stuemer Park/Petrie Island

Thu	6:30-8:30 pm	
Jun 3-Aug 26	\$50.75	429555

Volleyball – Beach Coed Recreation League

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

Britannia Park

Mon	6-9 pm	
May 31-Aug 23	\$516.75	435894
May 31-Aug 23	\$77.50	435904
Wed	6-9 pm	
Jun 2-Aug 18	\$516.75	435892
Jun 2-Aug 18	\$77.50	435901

Mooney's Bay Park

Thu	6-9 pm	
Jun 3-Aug 26	\$516.75	435878
Jun 3-Aug 26	\$77.50	435890

Stuemer Park/Petrie Island

Mon	6-9 pm	
May 31-Aug 23	\$507	435949
May 31-Aug 23	\$71.50	435908

Volleyball – Beach Coed Competitive League

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

Mooney's Bay Park

Tue	6-9 pm	
Jun 1-Aug 17	\$390.25	436032
Jun 1-Aug 17	\$77.50	436061

Stuemer Park/Petrie Island

Mon	6-9 pm	
May 31-Aug 23	\$358	436042
May 31-Aug 23	\$71.50	436051

Volleyball

Volleyfit

Improve your volleyball talent and vertical jump height. Jump, strength and flexibility training combined with drills to improve your game.

South Fallingbrook C.C. –
613-824-0633 ext. 221

Wed	6:30-7:30 pm	
Apr 14-Jun 16	\$45	438336

Volleyball – Coed Level 1

A program for all levels of recreational players who are interested in having fun while developing their game. Players must be able to perform basic volleyball skills.

Sir Wilfrid Laurier S.S. –
613-830-2747 ext. 224
1515 Tenth Line

Mon	8-10 pm	
Apr 12-Jun 7	\$62.50	432938

Volleyball – Coed Level 2

For the more avid volleyball player. Participants are expected to have a good understanding of the game and to be able to perform all basic techniques.

Glen Cairn C.C. –
613-580-2424 ext. 33304

Wed	8-10 pm	
Mar 24-Jun 16	\$72	438918

Goulbourn R.C. – 613-831-1169

Mon	8:30-10:30 pm	
Mar 22-Jun 7	\$57.75	431768

Sir Wilfrid Laurier S.S. –
613-830-2747 ext. 224
1515 Tenth Line

Mon	8-10 pm	
Apr 12-Jun 7	\$62.50	432960

Volleyball – Coed Level 3

Participants must know how to play back row setting formations (i.e. 6-2 or 5-1 rotation, with set positions). Proficiency in various techniques such as spiking is mandatory.

Bridlewood C.C. –
613-580-2424 ext. 33501

Sun	6:15-8:15 pm	
Mar 21-Jun 13	\$63.50	438976

Ecole publique Franco Jeunesse –
613-564-1078
119 Osgoode

Tue	8-9:55 pm	
Apr 6-Jun 8	\$43	440996

Eva James C.C. – 613-271-0712

Tue	8:50-10:50 pm	
Mar 23-Jun 15	\$63.50	432677

Glen Cairn C.C. –
613-580-2424 ext. 33304

Thu	8:45-10:45 pm	
Mar 25-Jun 17	\$60	438971

McNabb R.C. – 613-564-1070

Mon	8-10 pm	
Apr 12-Jun 21	\$45.75	423283

South Fallingbrook C.C. –
613-824-0633 ext. 221

Tue	8-10 pm	
Apr 13-Jun 15	\$65.25	437068

Volleyball – Coed Level 4

Players opting for the competitive level must demonstrate knowledge of the rules and have acquired fundamental skills while possessing a desire to strengthen personal abilities.

Eva James C.C. – 613-271-0712

Mon	9-11 pm	
Mar 22-Jun 14	\$53.75	431876

South Fallingbrook C.C. –
613-824-0633 ext. 221

Wed	8-10 pm	
Apr 14-Jun 16	\$65.25	438337

Volleyball – Coed Recreational

A program for all levels of recreational players who are interested in having fun while developing their game. Players must be able to perform basic volleyball skills.

Ecole publique Franco Jeunesse – 613-564-1078

119 Osgoode

Wed 6-7:55 pm
Apr 7-Jun 9 \$43 440995

Glen Cairn C.C. –

613-580-2424 ext. 33304

Mon 8:30-10:30 pm
Mar 22-Jun 14 \$48 438459

Goulbourn R.C. – 613-831-1169

Thu 8:30-10:30 pm
Mar 25-Jun 10 \$57.75 428412
Thu 8-10 pm
Jul 8-Sep 2 \$40 441559

McNabb R.C. – 613-564-1070

Thu 7:30-10 pm
Apr 15-Jun 24 \$45.75 423342

Michele Heights C.C. – 613-828-5100

Mon 8-10 pm
Mar 22-May 31 \$27.25 439810
Jun 28-Aug 23 \$27.25 439797

St. Jerome E.S. – 613-822-7887

4330 Spratt

Mon 8:30-10 pm
Apr 12-May 17 \$31.50 425921

South Fallingbrook C.C. –

613-824-0633

Wed 8-10 pm
Jun 30-Aug 25 \$65.75 441710

Volleyball – Skills and Drills

A co-ed program for players who are interested in having fun while developing their game.

Ecole publique Franco Jeunesse – 613-564-1078

119 Osgoode

Tue 6-7:55 pm
Apr 6-Jun 8 \$55 440998

Glen Cairn C.C. –

613-580-2424 ext. 33304

Tue 8-10 pm
Mar 23-Jun 15 \$72 438883

Rideauview C.C. – 613-822-7887

Thu 7:15-8:15 pm
Apr 8-May 13 \$41.75 441265

Volleyball – Water Coed Recreational

Love Volleyball? Give it a twist! Challenge your friends to a fun game of water volleyball in the shallow end of our pool.

Lowertown Pool – 613-244-4406

Mon 9-10 pm
Apr 19-Jun 21 \$85.50 430014



Women and Sport

Girls n' Women and Sport

613-580-2854

E-mail: gws-ffs@ottawa.ca

Sport and physical activity programs for women 18+ yrs that promote fun, friendship, participation and fair play values; where "Everyone Gets To Play!" Introductory sport courses and leagues are designed to encourage women with no or very little experience to learn the basics while being active and getting fit.

"Girls Just Want To Have Fun!"

Women's Programs

Dodgeball League

Women's Recreational League.

J.H. Putman P.S., 2051 Bel-Air

Thu 8-9:30 pm
Mar 25-May 27 \$61.25 437884

Dragon Boat – Festival Introductory

Here's your chance to paddle your way to a Dragon Boat Festival.

Rideau Canoe Club

Sat 9:50-11 am
May 1-Jun 19 \$135.25 437887

Dragon Boat Conditioning for Women

Hit the water in shape. Geared for beginner and recreational athletes alike. Increase strength and flexibility in the arms, legs and torso.

Fielding P.S. – 613-580-2854

777 Fielding

Tue 7:30-8:45 pm
Mar 23-Apr 27 \$48.25 441083

Dragon Boat – Festival Recreational

For women who have already learned the basics of paddling and racing.

Rideau Canoe Club

Sat 8:50-10 am
May 1-Jun 19 \$135.25 437892
Sat 9:50-11 am
Jul 3-Aug 28 \$150 438045

Introduction to Soccer League

Emphasis on fun and physical activity while you learn the basics. Get the gals together or register on your own.

Centennial P.S., 376 Gloucester

Tue 6:45-7:45 pm
Mar 23-May 18 \$51.50 441091

Sir Guy Carleton S.S., 55 Centrepoin

Sun 4:30-5:30 pm
May 30-Jul 18 \$51.50 437898

Never Too Late for Sports

Designed for women with little or no experience in sport. Each week offers a different sport with emphasis on fun, fitness, and skill-building.

Mooney's Bay Park

Mon 6:30-7:30 pm
May 3-31 \$37.75 437912
Jun 7-28 \$37.75 437916
Jul 5-26 \$37.75 438034
Aug 9-30 \$37.75 438035

Orienteering

Find your way with the basics of orienteering.

Various Locations in city

Wed 6:15-7:45 pm
Apr 14-May 5 \$51 437949

Personal Safety and Self Defence

We can't predict the curves that life throws our way, but we can equip ourselves to deal with any situation. Course in partnership with Stronger You Martial Arts and Self Defence.

Stronger You Martial Arts and Self Defence

3570 Strandherd

Tue 7:30-8:30 pm
Apr 13-Jun 1 \$199 441104

Soccer Skills and Drills

Time to get a kick-start to learning or brushing up on your soccer skills

Sir Robert Borden H.S., 131 Greenbank

Tue 6-8 pm
May 4-18 \$56 438005

35+ Soccer

Get the gals together or register on your own!
Geared to players new to the game or who have not played for a while. Teams will be made up on site.

Centennial P.S., 376 Gloucester

Tue	8-9:30 pm	
Mar 23-May 18	\$69.25	441094

Sir Guy Carleton S.S., 55 Centrepoin

Sun	6-8 pm	
May 30-Aug 22	\$105	437875

35+ Basketball

Get the gals together or register on your own!
Geared to players new to the game or who have not played for a while. Teams will be made up on site.

Hillcrest H.S., 1900 Dauphin

Thu	7-8:30 pm	
Mar 25-May 13	\$69.25	441092

35+ Softball

Get the gals together or register on your own!
Geared to players new to the game or who have not played for a while. Teams made up on site.

Carlington Park Diamond 3, 1580 Raven

Tue	6:30-8 pm	
Jun 8-Aug 24	\$105	437905

Softball Skills and Drills

Have fun learning new skills or brush up on old ones!

Carlington Park Diamond 3, 1580 Raven

Tue	6-7:30 pm	
May 4-Jun 1	\$64.25	437983

Sport Conditioning

Get in shape to play your sport! Build strength, cardio, balance and flexibility with our sport-specific workouts.

Mooney's Bay Park

Tue, Thu	6:30-7:30 pm	
Apr 20-May 13	\$63.25	437991
Jun 1-24	\$63.25	437992

Tennis

Designed for women with little or no experience in tennis. Learn the basics of tennis while having fun and getting fit.

Mooney's Bay Park

Wed	7:30-8:45 pm	
May 12-Jun 2	\$67.25	437998
Jun 9-30	\$67.25	441114

Pinecrest Park

Tue, Thu	7:15-8:30 pm	
May 18-27	\$67.25	437997
Jun 8-17	\$67.25	441115

Volleyball – Drop-in

Get the gals together or register on your own!
Geared to players new to the game or who have not played for a while. Teams will be made up on site.

Briargreen P.S., 19 Parkfield

Wed	8-9:30 pm	
Mar 31-May 26	\$60.75	441103

Women's Soccer Tournament

Kick up some fun! A soccer tournament for recreational teams. Call for details on registering your team!

Sir Robert Borden H.S., 131 Greenbank

Sat-Sun	8 am-5 pm	
Aug 21-22	\$150	438053

Women's Softball Tournament

Keep swinging and steal home! A softball tournament for recreational teams. Call for details on registering your team!

Carlington Park

Sat-Sun	8 am-9 pm	
Aug 7-8	\$180	438058

Women's Leagues

Leagues are played at various locations.
Registration can be done as a team member or as an individual to be placed on a team. Team member registration and roster deadline is:

Ball Hockey League – April 6, 2010**Softball League – April 20, 2010****Soccer League – May 11, 2010****Spring Leagues****Ball Hockey League**

All levels welcome. League is divided according to level of play. One-hour games.

J. A. Dulude Arena

Sun	9 am-4 pm	
Apr 18-Jul 25	\$124	437879

Summer Leagues**Soccer League – Outdoor**

One hour games.

Tue	5:30-10 pm	
May 25-Aug 24	\$76.50	437961

Softball – Recreational League

Recreational play. All skill levels welcome.

Wed	5:30-10 pm	
May 5-Aug 4	\$97	437975

Softball – Intermediate League

Geared for players with considerable knowledge and skill level.

Thu	6-10 pm	
May 6-Aug 12	\$102	437966

Volleyball – Beach**Women's Team**

Registration can be done as a team or individual. Team registration and roster deadline is May 17, 2010

Mooney's Bay Park**2's League**

Wed	6-9 pm	
Jun 2-Aug 18	\$230	436090

3's League

Mon	6-9 pm	
May 31-Aug 23	\$310	436115
May 31-Aug 23	\$77.50	436144
Wed	6-9 pm	
Jun 2-Aug 18	\$310	436123
Jun 2-Aug 18	\$77.50	436129

4's League

Mon	6-9 pm	
May 31-Aug 23	\$390.25	436149
May 31-Aug 23	\$77.50	436156
Wed	6-9 pm	
Jun 2-Aug 18	\$390.25	436151
Jun 2-Aug 18	\$77.50	436154

6's League

Mon	6-9 pm	
May 31-Aug 23	\$516.75	436162
May 31-Aug 23	\$77.50	436173

Stuemer Park/Petrie Island**6's League**

Thu	6-9 pm	
Jun 3-Aug 26	\$516.75	436166
Jun 3-Aug 26	\$77.50	436170

Volleyball – Beach Recreational Pick Up Women

Everyone is a winner with this non-league format of play. Participants are divided into teams on site.

Mooney's Bay Park

Tue	6:30-8:30 pm	
Jun 1-Aug 17	\$50.75	430199

Stuemer Park/Petrie Island

Mon	6:30-8:30 pm	
May 31-Aug 23	\$46.50	430201

Volleyball – Beach Skills and Drills Women

Women's 6's Recreational League

Britannia Park

Wed	6-8 pm	
May 19-26	\$50.75	436364

Mooney's Bay Park

Mon	6-8 pm	
May 10-17	\$50.75	436362

50+ Adults



• **Be active with us.**



• **Meet people with your interests**



• **Find new passions**



• **Create memories**



• **Discover your city**

Talk with your local recreation facility staff.

Looking for something different?

2009088053

Big Band Dance Series

Swing to the hits of the 40's and 50's, and enjoy the sounds of Ottawa's best Big Bands at Ron Kolbus Lakeside Centre (Lakeside Gardens), Britannia Park.

7:30-11:30 pm

June 10

Butterfly Ball

July 22

Lantern Festival

Tickets:

\$19 in advance;

\$23 at the door

Information/Tickets:

613-828-4313

Seniors 65 + Discount

Seniors age 65 and over receive a 10% discount on programs.

See Swimming, Fitness and Wellness and Adult sections. Some restrictions may apply.



Community Partners – Seniors Centres

Delivering recreation in your community.

The City of Ottawa has partners that provide a variety of recreation programs and services for seniors. For more information on their programs, registration and payment methods, call the facility directly.

- Abbotsford Senior Centre
613-230-5730
- Gloucester Senior Adults' Centre
613-749-1974
www.storm.ca/~gsac/
- Gloucester South Seniors Centre
613-822-0020
- The Good Companions
613-236-0428
www.thegoodcompanions.ca
- Roy G. Hobbs Seniors Centre
613-580-2424 ext. 29371

Arts – Performing

Line Dancing – Level 1

A variety of line dances will be taught during this session. No experience is necessary, just come out and have fun.

Overbrook C.C. –
613-742-5147

Wed 11 am-noon
Apr 7-May 26 \$50 428165

Margaret Morris Method

Experience a unique form of movement and dance to music, emphasizing breathing, spinal mobility and the stretching and strengthening of muscle groups to increase flexibility.

Carp Memorial Hall –
613-580-2424 ext. 33527

Thu 10-11 am
Apr 8-Jun 24 \$60.50 435622
Fri 1-2 pm
Apr 9-Jun 25 \$55.50 435614

Kinburn C.C. –
613-2424 ext. 33527

Tue 10:30-11:30 am
Apr 6-Jun 22 \$60.50 435625

Crazy Soles Line Dancing

Overbrook C.C. – 742-5147

Tue 6:30 pm
Ongoing \$5

OC Transpo – Seniors Ride Free on Wednesdays

Riders aged 65 or older do not pay a fare on Wednesdays. Please be prepared to show proof of age to the operator.

Wednesday Night Social Dance

Adults 50 plus are welcome to join us for an evening of ballroom dancing. Put on your dancing shoes and enjoy a variety of music.

Jack Purcell C.C. –
613-564-1050

Wed 7-10 pm
Ongoing \$4 per person

Arts – Visual

Painting

This oils, acrylics, and water course is just for you. Perspective, colour mixing and painting techniques will be explored using the subject matter of your choice. Individual instruction will be given. All levels of experience.

Jack Purcell C.C. –
613-564-1050

Fri 9:30 am-noon
Apr 16-Jun 18 \$75 435461

Overbrook C.C. –
613-742-5147

Thu 9:30 am-noon
Apr 1-Jun 3 \$125 426375
Thu 1-3:30 pm
Apr 1-Jun 3 \$125 426386

Sports

Badminton – Recreational

Birdies are provided. Playing time accommodates primarily doubles.

Eva James C.C. –
613-271-0712

Wed 10:45 am-12:15 pm
Mar 24-Jun 16 \$91.50 432709



Heart Wise
Exercise information
on page 159.



Gift certificates

**Convenient and
affordable!**

Practical gift idea
available in \$5, \$10, \$20
and \$50 denominations.

Redeemable at your
favourite recreation
facility. Gift certificates
may be purchased at
any City of Ottawa
recreation facility.



Introduction to Dragon Boating – Women

Learn the basics of Dragon Boating. On and off water practices and training included. No experience necessary. Rideau Canoe Club

Girls n' Women and Sport –
613-580-2854

Tue 6-7:15 pm
Mar 23-Jun 15 \$165 441098



Active Living Club

613-798-8945

- Safe, healthy and fun filled outdoor outings for 55+ adults
- One inclusive price for the yearly club membership (January-December)
- Or register for the activity of your choice.

Active Living Club Membership

January to December 2010
\$88.75 417557

Canoeing

Enjoy the local waterways with this group lead non-instructional outings departing from Britannia or Mooney's beach.

Mon 9:30 am-noon
Jul 5-Aug 16 \$17.75 438313

Club Hiking

Wed – Level 1 10-11:30 am
Mon – Level 2 10 am-noon
Fri – Level 3 10 am-1pm
Apr 26-Jun 25 \$44.50 438312

Country Walks

Enjoy the great outdoors, meeting at specific trails in the monthly calendar.
Wed 10 am-noon
Jul 7-Aug 25 \$17.75 438314

Cycling

Take advantage of our local bike paths with our Social Ride on Tuesdays or the Thursday Bike Tour. A group lead non-instructional program.
Tue – Level 1 10 am-noon
Thu – Level 2 10 am-1pm
May 18-Sep 28 \$76.75 438315

Fallingbrook E.S. – 613-580-2782

679 Dean
Sun 3-4 pm
Apr 11-Jun 20 \$73 435508

J.H. Putman P.S. – 613-580-2854

2051 Bel-Air
Thu 6-7 pm
Mar 25-May 27 \$58.25 432625
Sat 11:30 am-12:30 pm
Mar 27-May 15 \$58.25 432652

Beach Volleyball 50+

Beach volleyball is a great way to get active, enjoy the sunshine, and meet new people. All abilities welcome!

City Wide Sports – 613-580-2854

Britannia Park
Wed 3-4 pm
Jun 16-Aug 11 \$45 438803

Mooney's Bay Park

Thu 2-3 pm
Jun 17-Aug 19 \$45 438805

Never Too Late for Sports Women Older Adults

A gentle introduction to seasonal sports. Get fit while having fun! Centrepointhe Park

Girls n' Women and Sport – 613-580-2854

Wed noon-1 pm
May 5-26 \$37.75 437934
Jun 2-23 \$37.75 437938



Pickleball

Combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Pickleball can be played on any hard surface using wood paddle racquets and a plastic baseball with holes.

Alexander Grove Park – 613-580-2424 ext. 33271

Mon 1-2 pm
May 17-Jun 21 \$36.50 423946
Wed 1-2 pm
May 19-Jun 16 \$36.50 423947

Food for Thought

Join us twice a month at local restaurants for great food, companionship and informative presentations by guest speakers. Lunch fee at participant's own expense. Call for specific details.

613-798-8927

Thu noon- 2 pm
Jan-Dec 2010 \$41.25 416150



Heart Wise
Exercise information
on page 159.

Walk to Run for Women

Learn to walk and run safely with proper form, warm-up and stretching techniques.

Girls n' Women and Sport – 613-580-2854

Britannia Park

Tue 6:15-7:30 pm
May 4-Jun 22 \$51.50 441102

Mooney's Bay Park

Thu 6:15-7:30 pm
May 6-Jun 24 \$51.50 441099

Fitness

Aqua Healing Waters

Low-intensity aquatic exercises, which may reduce, pain, strengthen muscles, increase muscular endurance, flexibility, and improve joint stability. Exercise in water may also improve back health, core strength, balance and posture.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

Mon 6-6:45 pm
Apr 12-Jun 21 \$80 429561

Plant R.C. – 613-232-3000

Mon 1-1:45 pm
Apr 12-Jun 21 \$83.75 431889

Balance and Stability For Seniors

Maintain and improve your balance and stability through exercise. Props such as resistance bands and balls will be utilized.

Pinecrest R.C. – 613-828-3118

Tue 2-3 pm
Mar 23-Jun 8 \$60.50 422218

Rockcliffe Park R.C. – 613-842-8578

Fri 11:15 am-12:15 pm
Apr 16-Jun 25 \$88.75 441135

Stittsville C.C. –

613-580-2424 ext. 33271

Tue 10:30-11:30 am
Apr 6-Jun 1 \$45.50 423502
Thu 10:30-11:30 am
Apr 8-Jun 3 \$45.50 423503

Cardio and Strength

Combination of no bounce movements done to up-beat music. Finish with resistance training.

Stittsville C.C. –

613-580-2424 ext. 33271

Tue 9:15-10:15 am
Apr 6-Jun 1 \$45.50 423520
Thu 9:15-10:15 am
Apr 8-Jun 3 \$45.50 423521

Chair-ercise

Exercise while sitting in a chair, or using the chair as an adaptive device. Improve muscle tone, flexibility and endurance. Excellent alternative to low impact aerobics, when combined with walking. Ideal for those with arthritis, osteoporosis or those starting an exercise program.

Eva James C.C. –

613-271-0712

Wed 1:30-2:30 pm
Mar 24-Jun 16 \$50.25 432727

Overbrook C.C. –

613-742-5147

Wed 2-3 pm
Mar 31-Jun 16 \$60.50 441396



Core Strength Training

Classes specifically designed to increase and enhance core stability/strength. Participants will complete several different exercises and postures on the exercise ball that will improve flexibility, develop abdominal/lower back strength.

Metcalfe C.C. –

613-580-2424 ext. 30235

Fri 10:45-11:45 am
Mar 26-Apr 30 \$33.50 439998
May 7-Jun 18 \$46.75 439999

Overbrook C.C. –

613-742-5147

Fri 10:30-11:30 am
Apr 9-Jun 11 \$80.75 441402

Rockcliffe Park R.C. –

613-842-8578

Tue 11:15 am-12:15 pm
Apr 6-Jun 22 \$96.75 441138

Easy Dance Moves for Older Adults

Shake your body to some lively music while dancing your way to fitness. No experience and no partner required. Have fun and feel energized with ultra easy routines.

Goulbourn R.C. –

613-831-1169

Tue 12:45-1:45 pm
Apr 6-May 11 \$35.50 436626



50+ Adults

Gentle Joint For Seniors

Designed for suffers of osteoporosis, arthritis, decreased mobility and flexibility, depression/ lack of concentration or recent illness. Learn to move safely to regain lost flexibility and vigour, improve your health and bring a happier state of mind. Seated and standing exercises geared to individual needs.

Manotick Arena –

613-580-2424 ext. 30235

Tue	10:30-11:30 am	
Mar 23-Apr 27	\$30.75	436397
May 4-Jun 15	\$35.50	436400
Jul 13-Aug 24	\$35.50	436403
Thu	10:30-11:30 am	
Mar 25-Apr 29	\$30.75	436407
May 6-Jun 17	\$35.50	436410
Jul 15-Aug 26	\$35.50	436411

Gentle Joint Tone and Stretch

Gentle Joint Fitness is designed for those with joint or balance related difficulties and incorporates a gentle tone and stretch program.

Kanata Leisure Centre –

613-591-9283

Wed	2-3 pm	
Mar 24-Jun 9	\$70.75	432669

Low Impact 50+

A low to mid-level aerobics class which includes muscle toning and flexibility exercises.

Fred Barrett Arena –

613-822-7887

Tue	11 am-noon	
Apr 6-Jun 8	\$62.50	436833

Pinecrest R.C. – 613-828-3118

Thu	2-3 pm	
Mar 25-Jun 10	\$60.50	422220



Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength because of the use of Nordic poles. All fitness levels welcome.

Bob MacQuarrie R.C. –

Orléans –

613-824-0819 ext. 228, 230

Mon	10:30-11:30 am	
Jul 5-Aug 30	\$111.25	440945

Kanata Leisure Centre –

613-591-9283

Mon	8:30-9:30 am	
Apr 12-May 17	\$35.50	430425

Stittsville C.C. –

613-580-2424 ext. 33271

Tue	10:15-11:15 am	
Mar 23-May 18	\$53	423645

Nordic Walking – Level 2

Advanced techniques.

Bob MacQuarrie R.C.-Orléans –

613-824-0819 ext. 228, 230

Wed	10:30-11:30 am	
Jul 7-Aug 25	\$111.25	440946

Older Adult Fitness

Muscle toning, cardiovascular conditioning and some flexibility will be featured. Options for making the exercises easier or more difficult will be given each class.

Beacon Hill North C.C. –

613-748-1771

Tue	9:15-10:15 am	
Apr 6-Jun 1	\$55	437773
Thu	9:15-10:15 am	
Apr 8-Jun 3	\$55	437774



Heart Wise
Exercise information
on page 159.

Eva James C.C. –

613-271-0712

Tue	9-10 am	
Mar 23-Jun 15	\$65.25	432344
Thu	9-10 am	
Mar 25-Jun 17	\$65.25	432351

Fisher Heights Com. Place –

613-580-2424 ext. 41225

Tue	9-10 am	
Mar 23-Jun 15	\$67.75	428694
Jul 6-Aug 17	\$35.75	428696
Thu	9-10 am	
Mar 25-Jun 17	\$67.75	428695
Jul 8-Aug 19	\$35.75	428697

Manotick Arena –

613-580-2424 ext. 30235

Tue	9:15-10:15 am	
Mar 23-Apr 27	\$30.25	436371
May 4-Jun 15	\$35.50	436377
Jul 13-Aug 24	\$35.50	436379
Thu	9:15-10:15 am	
Mar 25-Apr 29	\$30.75	436381
May 6-Jun 17	\$35.50	436386
Jul 15-Aug 26	\$35.50	436391

Senior Beats

A low-impact fitness class using drumsticks and large fitness balls as the drum.

Goulbourn R.C. –

613-831-1169

Tue	2-3 pm	
Apr 6-May 11	\$35.50	440391

Stittsville C.C. –

613-580-2424 ext. 33271

Fri	10:30-11:30 am	
Apr 16	\$30	427599



*Walk for
30 minutes
every day in May*

*Visit [www.
activeottawaactif.ca](http://www.activeottawaactif.ca).*

Zumba Gold®

Designed specifically for the active older adult, Zumba Gold combines Latin music and dance themes to create a dynamic fitness system. The routines feature aerobic fitness interval training using fast and slow rhythms used to sculpt and tone.

Eva James C.C. –

613-271-0712

Fri 2:15-3:15 pm
Mar 26-Jun 18 \$70.50 434680

Overbrook C.C. –

613-742-5147

Mon 10:30-11:30 am
Mar 22-Jun 7 \$62.50 441417

South Fallingbrook C.C. –

613-824-0633 ext. 221

Tue 8-9 am
Mar 23-Jun 15 \$64.75 435490

Senior Fitness

A mid-level aerobics class, incorporating resistance training.

Jack Purcell C.C. –

613-564-1050

Mon 1:15-2:15 pm
Apr 12-Jun 7 \$50 435451
Tue 9:30-10:30 am
Apr 6-Jun 15 \$59.75 435452
Thu 11 am-noon
Apr 8-Jun 17 \$59.75 435454
Fri 9:30-10:30 am
Apr 9-Jun 18 \$59.75 435455
Tue-Wed 9:30-10:30 am
Apr 6-Jun 16 \$88.25 435456
Tue-Wed, Fri 9:30-10:30 am
Apr 6-Jun 18 \$103 435457
Mon 9:30-10:30 am
Jul 5-Aug 16 \$30.50 435465
Mon, Wed 9:30-10:30 am
Jul 5-Aug 16 \$54 435467
Wed 9:30-10:30 am
Apr 7-Jun 16 \$59.75 435453
Jul 7-Aug 11 \$30.50 435466

Strength Training Older Adults

Increase your energy level and gain confidence to use weights and cardio machines in our facilities. Learn stretching, warm-up and strengthening techniques that may help you prevent injuries and increase your functional activity.

Goulbourn R.C. –

613-831-1169

Mon 9-10 am
Apr 12-Jun 14 \$53.25 436566
Tue 11:15 am-12:15 pm
Apr 6-Jun 22 \$70.50 436575
Wed 9-10 am
Apr 7-Jun 16 \$64.75 436568
Thu 6-7 pm
Apr 8-Jun 24 \$70.50 436578
Fri 1-2 pm
Apr 9-Jun 18 \$64.75 436571

Kanata Leisure Centre –

613-591-9283

Mon 8:45-9:45 am
Mar 22-Jun 7 \$60 427588
Mon 11:15 am-12:15 pm
Mar 22-Jun 7 \$60 427592
Mon 1-2 pm
Mar 22-Jun 7 \$60 427602
Tue 8:45-9:45 am
Mar 23-Jun 8 \$70.75 427604
Tue 10:30-11:30 am
Mar 23-Jun 8 \$70.75 427616
Tue 1-2 pm
Mar 23-Jun 8 \$70.75 427624
Wed 8:45-9:45 am
Mar 24-Jun 9 \$70.75 427627
Wed 10:30-11:30 am
Mar 24-Jun 9 \$70.75 427629
Wed 1-2 pm
Mar 24-Jun 9 \$70.75 427636
Thu 8:45-9:45 am
Mar 25-Jun 10 \$70.75 427640
Thu 10:30-11:30 am
Mar 25-Jun 10 \$70.75 427645

Thu 1-2 pm
Mar 25-Jun 10 \$70.75 427647
Fri 9:15-10:15 am
Mar 26-Jun 11 \$66 427651
Fri 10:30-11:30 am
Mar 26-Jun 11 \$66 427652
Fri 1-2 pm
Mar 26-Jun 11 \$66 427654

Plant R.C. – 613-232-3000

Tue 9-10 am
Apr 6-Jun 8 \$76.50 432101
Jun 29-Aug 24 \$68.75 432107
Thu 9-10 am
Apr 8-Jun 10 \$76.50 432103

Weight Training

Designed for true beginners. Discover the aerobic equipment, training machines and free weights. Build a personal program.

Bob MacQuarrie R.C.-Orléans –

613-824-0819 ext. 228, 230

Tue 1-2 pm
Mar 9-May 4 \$72.75 423628
May 11-Jun 29 \$72.54 423631

Pinecrest R.C. – 613-828-3118

Mon 1:15-2:15 pm
Mar 22-Jun 21 \$69.75 422196
Tue 10:30-11:30 am
Mar 23-Jun 8 \$69.75 422197

50+ Weight Training

For the mature adult who wants to enhance physical and psychological well being.

Jack Purcell C.C. –

613-564-1050

Thu 9:30-11 am
Apr 8-Jun 17 \$75 435462
Jul 8-Aug 12 \$46.75 435468

Rideauview C.C. –

613-822-7887

Thu 1:30-2:30 pm
Apr 8-Jun 10 \$52.50 427163



50+ Adults

Pilates for Seniors

Strengthen, stretch and align your body through physical and mental conditioning.

Metcalf C.C. –

613-580-2424 ext. 30235

Mon 10:30-11:30 am
Mar 22-Apr 26 \$33.50 440001
May 3-Jun 14 \$40.25 440004

Tai Chi

A gentle, peaceful way to tone and strengthen your body as well as improve concentration, coordination and balance. The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes.

Tai Chi – Level 1

Carp Memorial Hall –

613-580-2424 ext. 33527

Tue 2-3 pm
Mar 30-May 18 \$47.25 435637

Jack Purcell C.C. –

613-564-1050

Thu 9-10 am
Apr 15-Jun 17 \$50.75 435463

Manotick Arena –

613-580-2424 ext. 30235

Wed 10:45-11:45 am
Mar 24-Apr 28 \$35.50 441939
May 5-Jun 16 \$41.25 441940

Overbrook C.C. –

613-742-5147

Tue 6:30-7:30 pm
Mar 30-Jun 15 \$100.50 428153

Stittsville C.C. –

613-580-2424 ext. 33271

Thu 1:30-2:30 pm
Apr 1-May 20 \$53 423630

Tai Chi – Level 2

Carp Memorial Hall –

613-580-2424 ext. 33527

Tue 3-4 pm
Mar 30-May 18 \$47.25 435672
Wed 10-11 am
Jul 7-Sep 1 \$53 435769

Jack Purcell C.C. –

613-564-1050

Thu 9-10:30 am
Apr 15-Jun 17 \$50.75 435464

Stittsville C.C. –

613-580-2424 ext. 33271

Thu 2:30-3:30 pm
Apr 1-May 20 \$53 423634

Tai Chi – Level 3

Carp Memorial Hall –

613-580-2424 ext. 33527

Tue 1-2 pm
Mar 30-May 18 \$47.25 435700

Tai Chi for Arthritis

A gentle, peaceful way to tone and strengthen your body as well as improve concentration, coordination and balance. The slow, graceful movements calm the mind, energize the body, relieve pain and improve quality of life. Easy to learn.

Overbrook C.C. –

613-742-5147

Wed 1-1:45 pm
Mar 31-Jun 16 \$100.50 437413

Tai Chi – Club

Practice Yang Style Tai Chi, including simplified Tai Chi and other routines. Some instructions offered. Not suitable for beginners.

Overbrook C.C. –

613-742-5147

Thu 6:30-7:30 pm
Apr 1-Jun 17 \$100.50 428147

Chair Yoga for Seniors

Developed for those who cannot or do not feel comfortable on the floor. Focus will be in breathing, body awareness, relaxation, stretching, and gentle postures. Finish with a meditation to rejuvenate the body and mind.

Richelieu-Vanier C.C. –

613-580-2424 ext. 28464

Mon 2:30-3:30 pm
Apr 19-Jun 28 \$80 441475

Yoga For Healthy Aging

Postures, conscious breathing and meditation combine to restore, re-energize and relax the body while quieting the mind and elevating the spirit.

Rockcliffe Park R.C. –

613-842-8578

Mon 7-9 pm
Apr 12-May 17 \$116.50 440670

Gentle Yoga for Older Adults

Ideal for people 50 years and older! Develop awareness, flexibility and strength.

Plant R.C. – 613-232-3000

Mon 9:45-10:45 am
Apr 12-Jun 14 \$68.75 432097

Rideauview C.C. –

613-822-7887

Wed 11 am-noon
Apr 7-Jun 9 \$85.50 436717



Yoga – Level 1

Firm, tone and strengthen muscles. Gain flexibility and develop relaxation techniques.

Jack Purcell C.C. – 613-564-1050

Wed 9:30-11 am
Apr 14-Jun 16 \$63 435458
Wed, Fri 9:30-11 am
Apr 14-Jun 18 \$93.25 435460
Fri 1:30-3 pm
Apr 16-Jun 18 \$63 435459

Pinecrest R.C. – 613-828-3118

Fri 11:45 am-12:45 pm
Mar 26-Jun 18 \$72 422194

Yoga – Stretch

Gentle therapeutical exercises for the whole body.

Navan C.C. – 613-580-2782

Thu 9:30-10:30 am
Mar 25-Jun 10 \$74.75 435896

R. J. Kennedy C.C. – 613-580-2782

Tue 9:30-10:30 am
Mar 23-Jun 8 \$74.75 435895

General Interest

CAN-BIKE Cycling Skills for Seniors

Learn the traffic skills curriculum with specifics for seniors. Bicycle and helmet fitting, handling skills, route planning, pathway safety and assertive cycling skills for riding in low traffic areas.

Kanata Leisure Centre – 613-580-2854

Tue 1-3 pm
May 5-26 \$72.25 435533

Bingo

Overbrook C.C. – 613-742-5147

Tue noon-4 pm
Ongoing to Jun
Call for details



Bridge

Enjoy an afternoon of contract bridge and tea.

Jack Purcell C.C. – 613 564-1019

Tue, Thu 11 am-4 pm
Ongoing
\$4 annual membership per person

Bridge Lessons

For the beginner bridge player or for the person who needs a refresher.

St-Laurent Complex – 613-742-6767

Thu 10 am-noon
Apr 22-Jun 10 \$69.75 437841

Cards and Board Games Social

No instruction at this weekly date with friends. Cards, checker and chessboards provided.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 279

Mon 1-3 pm
Apr 19-Jun 14 \$27 426566

Craft Group

Overbrook C.C. – 613-742-5147

Thu 1-3 pm
Ongoing to Jun Call for details

Optimist Euchre Social Tournaments

Overbrook C.C. – 613-742-5147

Sun 1 pm
Ongoing Call for details

Geocaching – Senior

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.

Stittsville C.C. – 613-580-2424 ext. 33271

Thu 1-3 pm
Apr 22 \$25 428085
Sat 1-3 pm
Apr 24 \$25 428067

Merrickville in May

All aboard for Merrickville! A fun-filled day of shopping, lunch and gallivanting around the lovely village of Merrickville. Wear your comfy shoes and dress for the weather!

Canterbury R.C. – 613-247-4869

Wed 9 am-4 pm
May 19 \$19.50 436293

Sewing for Seniors

This class is designed to teach adults the basics of sewing. Complete simple projects that will teach a variety of skills.

Overbrook C.C. – 613-742-5147

Mon 10 am-noon
Mar 22-Jun 7 \$86 428105
Mon 1-3 pm
Mar 22-May 24 \$86 428122

**Registering is easy!
See page 8 for
registration options.**

**Schedules and fees may
be subject to change.
Fees include GST.**

50+ Adults

Churchill Seniors Recreation Centre

Churchill Seniors Centre • 345 Richmond Road • 613-798-8927

Hours of operation • Monday-Friday 8:30 am-4 pm

Dedicated to the recreational needs of participants aged 50+. Our facility features a supervised programmed weight room, a senior friendly wood sprung floor, a billiard room, lounge and Town Hall with natural light. This facility also hosts the citywide *Food for Thought* club. Drop in for a tour of our facility and a complete list of our special events or call 613-798-8927.

Drop-in and Social Programs

Billiards	Mon-Fri	8:30 am-3:30 pm	\$1.50
Bridge	Wed	noon-3 pm	\$1.50
	Fri	12:15-3:15	\$1.50
Carpet Bowling	Thu	10 am-noon	\$2.55
Chess	Tue	10 am-3 pm	\$2.55
Euchre	Wed	noon-3 pm	\$1.50
Teddy Bear Club	Thu	10 am-noon	\$2.55
Travelogue	Fri	9:45-11:45 am	\$2.55

Please contact the Churchill R.C. at **613-798-8927** for an up-to-date list of special guest speakers and social events.

Bridge Lessons

For the beginner bridge player or for the person who needs a refresher.

Tue 9:20-11:20 am
Apr 13-Jun 1 \$69.75 432400

Bridge Intermediate

If you already know a little bridge or have completed the beginner course, this is for you!

Fri 9:15-11:15 am
Apr 16-Jun 4 \$69.75 432397

Dancercise

A dance oriented fitness class choreographed to all types of music. Dancing through the decades to unforgettable music, you will move with the beat and have a good time. It is not just exercise, it's fun and exciting too.

Fri 2:30-3:30 pm
Apr 16-Jun 18 \$63.25 432373

Dancercise – Level 2

A dance oriented fitness class choreographed to a variety of music. Builds on dance steps and routines learned in Level 1. A great workout with lots of laughs.

Fri 1:30-2:30 pm
Apr 16-Jun 18 \$63.25 424852

French Conversational

Suitable for those with little or no knowledge of French. Embrace the French language in a non-stressful environment. Through a variety of listening and speaking exercises, ample repetition and role-playing, you will gradually build up fundamental French communication skills.

Mon 1:30-3:30 pm
Apr 12-Jun 21 \$72.50 432807

Friendship Luncheon

Join us once a month for lunch and entertainment.

Thu noon-1:30 pm
Apr 22 \$11.50 439932
May 27 \$11.50 439933
Jun 17 \$11.50 439934
Jul 15 \$11.50 439951
Aug 26 \$11.50 439952

Integrated Fitness

Low ratio instruction in a group setting using senior friendly fitness equipment. Specifically designed for persons with special needs, including post stroke, post physio, and post surgery.

Mon 11:20 am-12:20 pm
Apr 12-Jun 28 \$65.50
Jul 5-26 \$26.25
Aug 9-30 \$26.25
Mon 1:45-2:45 pm
Jul 5-26 \$26.25
Aug 9-30 \$26.25
Tue 11:20 am-12:20 pm
Apr 13-Jun 22 \$72
Jul 6-27 \$26.25
Aug 10-31 \$26.75



Tue	12:30-1:30 pm	
Apr 13-Jun 22	\$72	
Jul 6-27	\$26.25	
Aug 10-31	\$26.25	
Wed	11:20 am-12:20 pm	
Apr 14-Jun 23	\$72	
Jul 7-28	\$26.25	
Aug 11-Sep 1	\$26.25	
Wed	1:45-2:45 pm	
Apr 14-Jun 23	\$72	
Thu	11:20 am-12:20 pm	
Apr 15-Jun 24	\$72	
Jul 8-29	\$26.25	
Aug 12-Sep 2	\$26.25	
Thu	12:30-1:30 pm	
Apr 15-Jun 24	\$72	
Jul 8-29	\$26.25	
Aug 12-Sep 2	\$26.75	
Thu	1:30-2:30 pm	
Apr 15-Jun 24	\$72	
Fri	11:20 am-12:20 pm	
Apr 16-Jun 25	\$72	
Jul 9-30	\$26.25	
Aug 13-Sep 3	\$26.25	
Fri	12:30-1:30 pm	
Apr 16-Jun 25	\$72	

Line Dancing – Level 1

A variety of line dances will be taught during this session. No experience is necessary, just come out and have fun.

Tue	2:15-3:15 pm	
Apr 13-Jun 15	\$55	432556

Line Dancing – Level 2

Tue	1-2:15 pm	
Apr 13-Jun 15	\$58	432563
Jul 6-Aug 24	\$46.40	440268

Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength because of the use of Nordic poles. All fitness levels welcome.

Tue	11:30 am-12:30 pm	
Apr 13-May 18	\$35.50	432864
May 25-Jun 29	\$35.50	432868
Tue	9-10 am	
Jul 6-Aug 17	\$35.50	440245
Thu	9-10 am	
Jul 8-Aug 12	\$35.50	440244

Pickleball

Combination of ping-pong, tennis, and badminton and is enjoyed by all ages. Pickleball can be played on any hard surface using wood paddle racquets and a plastic baseball with holes.

Sat	9-10 am	
Apr 17-May 22	\$30.25	432848
May 29-Jun 5	\$20	441119
Sat	10:15-11:15 am	
Apr 17-May 22	\$30.25	432850
May 29-Jun 19	\$20	432852

Pilates for Seniors

Strengthen, stretch and align your body through physical and mental conditioning.

Tue	9-10 am	
Apr 13-Jun 15	\$46.50	432323
Jul 6-Aug 31	\$40	440259
Thu	1-2 pm	
Apr 15-Jun 17	\$61.75	432319

Post Rehab Fusion Fitness

Specifically designed for post rehab, post stroke clients, fusing the benefits of integrated fitness in a senior friendly fitness centre with rehab walking. Low ratio instruction and individual program will address cardio fitness, gait, core, balance and functional conditioning.

Mon	1:45-2:45 pm	
Apr 12-Jun 21	\$65.50	
Tue	1:45-2:45 pm	
Jul 6-Aug 31	\$52	
Thu	1:45-2:45 pm	
Jul 8-Sep 2	\$52	

Tai Chi – Level 1

A gentle, peaceful way to tone and strengthen your body as well as improve concentration, coordination and balance. The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes.

Mon	3-4 pm	
Apr 12-Jun 28	\$52.75	424047

Tai Chi – Level 2

Mon	1-2 pm	
Apr 12-Jun 28	\$52.75	424068

Tai Chi – Levels 1/2

Mon	2-3 pm	
Apr 12-Jun 28	\$52.75	424064
Tue	11:15 am-12:15 pm	
Jul 6-Aug 24	\$42.25	440274

Churchill Seniors Recreation Centre

345 Richmond Road • 613-798-8927

Tone and Stretch with Weights

Group instruction using hand held weights, bands, balls and mats. Choose from 2 levels. Level 2 features additional cardio work.

Mon	10-11 am		
Apr 12-Jun 28	\$52.75	424071	
Jul 5-26	\$21.50	436462	
Aug 9-30	\$21.50	436463	
Tue	9-10 am		
Apr 13-Jun 15	\$52.75	424074	
Wed	10-11 am		
Apr 14-Jun 16	\$52.75	424073	
Jul 7-28	\$21.50	436465	
Aug 11-Sep 1	\$21.50	436466	
Fri	10-11 am		
Apr 16-Jun 18	\$52.75	424072	
Jul 9-30	\$21.50	436464	
Aug 13-Sep 3	\$21.50	436467	

Total Fitness

Low ratio instruction in a group setting using senior friendly fitness equipment.

Mon	8:40-9:55 am		
Apr 12-Jun 21	\$65.50	423994	
Jul 5-26	\$26.25	436484	
Aug 9-30	\$26.25	436495	
Mon	10-11:15 am		
Apr 12-Jun 14	\$65.50	424003	
Jul 5-26	\$26.25	436593	
Aug 9-30	\$26.25	436595	
Mon	12:30-1:45 pm		
Apr 12-Jun 21	\$65.50	423997	
Jul 5-26	\$26.25	436488	
Aug 9-30	\$26.25	436498	
Tue	8:40-9:55 am		
Apr 13-Jun 22	\$72	423995	
Jul 6-27	\$26.25	436485	
Aug 10-31	\$26.25	436487	

Tue	10-11:15 am		
Apr 13-Jun 22	\$72	423996	
Jul 6-27	\$26.25	436486	
Aug 10-31	\$26.25	436497	
Tue	6:30-7:45 pm		
Apr 13-Jun 22	\$72	441074	
Wed	8:40-9:55 am		
Apr 14-Jun 23	\$72	423999	
Jul 7-28	\$26.25	436490	
Aug 11-Sep 1	\$26.25	436499	
Wed	10-11:15 am		
Apr 14-Jun 23	\$72	424000	
Wed	12:30-1:45 pm		
Apr 14-Jun 23	\$72	423998	
Jul 7-28	\$26.25	436489	
Aug 11-Sep 1	\$26.25	436491	
Thu	8:40-9:55 am		
Apr 15-Jun 24	\$72	424004	
Jul 8-29	\$26.25	436496	
Aug 12-Sep 2	\$26.25	436501	
Thu	10-11:15 am		
Apr 15-Jun 24	\$72	424001	
Jul 8-29	\$26.25	436492	
Aug 12-Sep 2	\$26.25	436493	
Thu	6:30-7:45 pm		
Apr 15-Jun 24	\$72	441075	
Fri	8:40-9:55 am		
Apr 16-Jun 25	\$72	424002	
Fri	8:45-10 am		
Jul 9-23	\$26.25	436494	
Aug 13-Sep 3	\$26.25	436500	
Sat	9-10:15 am		
Apr 17-Jun 26	\$72	441077	

Watercolour Painting

Explore the possibilities unique to watercolours, as well as composition, form, volume, space, mass, contrast, texture, and colour. A variety of palettes and materials.

Thu	12:30-3:30 pm		
Apr 15-Jun 17	\$108	432782	



Yoga – Level 1

Firm, tone and strengthen muscles. Gain flexibility and develop relaxation techniques.

Mon	11:15 am-12:15 pm		
Apr 12-Jun 21	\$72.50	432303	
Jul 5-Aug 30	\$58	440221	
Wed	11:15 am-12:15 pm		
Apr 14-Jun 16	\$72.50	432302	
Jul 7-Sep 1	\$58	440220	

Zumba Gold®

Designed specifically for the active older adult, Zumba Gold® combines Latin music and dance themes to create a dynamic fitness system. Features aerobic fitness interval training using fast and slow rhythms to sculpt and tone.

Tue	10:15-11:15 am		
Apr 13-Jun 15	\$61.75	432286	
Jul 6-Aug 31	\$61.75	436863	
Fri	11:10 am-12:20 pm		
Apr 16-Jun 18	\$61.75	431809	
Jul 9-Sep 3	\$61.75	436862	

Heron Seniors' Centre

1480 Heron Road – 613-247-4808 ext. 1

Hours of Operation

Mon to Fri: 8:30 am-4 pm

Whether you wish to keep in shape, learn a new skill or develop a talent – the Heron Seniors' Centre has a variety of recreational programs designed to suit an active adult lifestyle. Our professional team of enthusiastic instructors and staff make this leisure centre a popular destination for the fifty-plus crowd! Located within the Heron Community Centre, our accessible facilities include a dance studio, fully equipped weight room and cardio room, gymnasium, computer lab, theatre, artist's studio, lounge, library, teaching kitchen and classrooms. Call for a copy of our brochure, which outlines our seasonal line-up of programs designed for retired or pre-retired adults.

Bridge Lessons

For the beginner bridge player or for the person who needs a refresher.

Thu	10 am-noon	
Apr 15-Jun 3	\$69.75	423053

Bridge – Intermediate

If you already know a little bridge or have completed the beginner course, this is for you!

Thu	1-3 pm	
Apr 15-Jun 3	\$69.75	423074

Computer – Beginner

Using Microsoft Word, Internet Explorer, Outlook Express, Microsoft Windows and other programs this course offers all the basics to build the foundation of knowledge you require. Internet and e-mail, keyboarding and mouse use, wordprocessing, finance and the computer, all those TERMS and much more.

Mon	10 am-12:15 pm	
Apr 12-Jun 7	\$98.25	423010
Thu	1-3:15 pm	
Apr 15-Jun 3	\$98.25	423016

Computer – Advanced Beginner

Students will finish the course having a real sense of how to use the Internet in their daily lives. Using Microsoft Word, Excel, Internet Explorer, Outlook Express, Microsoft Windows and other programs we do projects on the Internet and e-mail, in word processor, finance, and desktop publishing.

Wed	10 am-12:15 pm	
Apr 7-May 26	\$98.25	423026
Wed	1-3:15 pm	
Apr 14-Jun 2	\$98.25	423029



Drawing 50+

Solid basis for further artistic exploration in drawing and painting. Various drawing materials from pastel to pen and ink, from charcoal to pencil, training your eye to see and interpret shapes and texture, with emphasis on composition, light and shade. Build confidence in drawing still life and nature scenes through line drawing, shading, volume, and perspective.

Fri	9 am-noon	
Apr 9-Jun 11	\$108	422862

Figurative/Portrait: Drawing and Painting

Using a variety of mediums, students will work from models, self-portraits and photographs. Individual instruction given to enhance and further develop skills.

Thu	1-4 pm	
Apr 8-Jun 10	\$108	422986

Intermediate and Advanced Drawing

Thu	9 am-noon	
Apr 8-Jun 10	\$108	422895

Line Dancing – Level 2

A variety of line dances will be taught during this session. No experience is necessary, just come out and have fun.

Tue	1-2 pm	
Apr 6-Jun 8	\$50.75	422831

**Schedules and fees may be subject to change.
Fees include GST.**

**Registering is easy!
See page 8 for registration options.**

Heron Seniors' Centre

1480 Heron Road – 613-247-4808 ext. 1

Experimental Mixed Media – Advanced

Designed for the advanced or highly motivated student wishing to explore combining many mediums, ideas and influences. Information provided to encourage students to view art exhibitions, read arts publications/ books that will foster discussion as well as feed creative curiosities.

Tue 1-4 pm
Apr 6-Jun 8 \$108 422906

Music Appreciation

Explore an historical overview of music including interesting eclectic music clips and lively discussion.

Wed 10-11:30 am
Apr 7-Jun 9 \$62 422848

Intermediate and Advanced Painting

Designed for the more advanced artist wishing to pursue their individual projects in a social relaxed teaching environment.

Mon 9 am-noon
Apr 12-Jun 21 \$108 422914
Wed 1-4 pm
Apr 7-Jun 9 \$108 422918

Outdoor Painting

Check with staff regarding weekly schedule of outdoor locations.

Wed 9 am-noon
Jul 7-Aug 11 \$80 441343



Digital Photography

Choose the right digital camera. Transfer digital photographs from camera to computer, CD's and TV. Send and receive digital photos by e-mail and share them on the Internet. Learn to edit and print. Levels from beginner to advanced. Call for details.

Mon 1:30-3:30 pm
Apr 12-May 17 \$70.50 422978
Tue 10:30 am-12:30 pm
Apr 6-May 11 \$70.50 422966
Tue 1:30-3:30 pm
Apr 6-May 11 \$70.50 422971

Watercolour

Explore the possibilities unique to watercolours, as well as composition, form, volume, space, mass, contrast, texture, and colour. A variety of palettes and materials.

Wed 9 am-noon
Apr 7-Jun 9 \$108 422953

Intermediate Watercolour

Tue 9 am-noon
Apr 6-Jun 8 \$108 422926

Play Reading

Explore the world of theatre through readings and discussions.

Fri 10-11:30 am
Apr 9-Jun 11 \$62 430575

Poetry Reading

Explore the great poems of the English language. Share your interpretation with others. Learn about the poet's use of meter and metaphor.

Thu 10-11:30 am
Apr 8-Jun 10 \$62 430595

Spanish Conversational

Have fun learning the basics of this popular language. Three levels offered. Check with the centre directly to confirm which levels are offered.

Tue 9-10:30 am
Apr 6-Jun 8 \$62 430610
Tue 10:30 am-noon
Apr 6-Jun 8 \$62 430611
Tue 2-3:30 pm
Apr 6-Jun 8 \$62 430612
Wed 2-3:30 pm
Apr 7-Jun 9 \$62 430613

Writing Family History

Compile and edit your stories into a coherent narrative. All levels of writers are welcome.

Mon 10:30 am-noon
Apr 12-Jun 7 \$56 431307

Cardio and Strength

Combination of no bounce movements done to up-beat music. Finish with resistance training.

Mon	9-10 am	
Apr 12-Jun 7	\$47	430697
Wed	9-10 am	
Apr 7-Jun 9	\$50.75	430968
Wed, Mon	9-10 am	
Apr 7-Jun 9	\$92.25	430976



Chair-ercise

Exercise while sitting in a chair, or using the chair as an adaptive device. Improve muscle tone, flexibility and endurance. Excellent alternative to low impact aerobics, when combined with walking. Ideal for those with arthritis, osteoporosis or those starting an exercise program.

Mon	10:30-11:30 am	
Apr 12-Jun 7	\$47	430986
Tue	11 am-noon	
Apr 6-Jun 8	\$50.75	431231
Wed	10:30-11:30 am	
Apr 7-Jun 9	\$50.75	430992
Jul 7-Aug 11	\$42.25	441306
Wed, Mon	10:30-11:30 am	
Apr 7-Jun 9	\$92.25	430995



Low Impact 50+

A low to mid-level aerobics class designed for participants 50+. Includes muscle toning and flexibility exercises.

Tue	9:45-10:45 am	
Apr 6-Jun 8	\$50.75	431016
Tue, Thu	9:45-10:45 am	
Apr 6-Jun 10	\$94.25	431029

Tone and Stretch

Strength training with hand held weights, bands, and mats.

Fri	11 am-noon	
Apr 9-Jun 11	\$50.75	431082

Tone and Stretch with Weights

Group instruction using hand held weights, bands, balls and mats. Choose from 2 levels. Level 2 features additional cardio work.

Wed	10-11 am	
Apr 7-Jun 9	\$50.75	431088

Pilates for Seniors

Strengthen, stretch and align your body through physical and mental conditioning.

Wed	12:45-1:45 pm	
Apr 7-Jun 9	\$50.75	431096
Wed	2-3 pm	
Apr 7-Jun 9	\$50.75	431098
Thu	10:30-11:30 am	
Apr 8-Jun 10	\$50.75	431100

Tai Chi

A gentle, peaceful way to tone and strengthen your body as well as improve concentration, coordination and balance. The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes.

Level 1

Wed	10-11 am	
Apr 7-Jun 9	\$50.75	422486

Levels 1/2

Wed	9-10 am	
Apr 7-Jun 9	\$50.75	431321

Level 2

Mon	9-10 am	
Apr 12-Jun 7	\$47	431124

Level 3

Mon	10-11 am	
Apr 12-Jun 7	\$47	431198

Chair Yoga for Seniors

Developed for those who cannot or do not feel comfortable on the floor. Focus will be in breathing, body awareness, relaxation, stretching, and gentle postures. Finish with a meditation to rejuvenate the body and mind.

Fri	10-11 am	
Apr 9-Jun 11	\$50.75	431206

Iyengar Yoga

Designed to stimulate, stretch, tone and relax the major systems of the body.

Iyengar Yoga – Level 1

Tue	11 am-noon	
Mar 23-Apr 27	\$47	431211

Iyengar Yoga – Level 2

Tue	10-11 am	
Mar 23-Apr 27	\$47	431215

Zumba Gold®

Designed specifically for the active older adult, Zumba Gold® combines Latin music and dance themes to create a dynamic fitness system. The routines feature aerobic fitness interval training using fast and slow rhythms used to sculpt and tone.

Thu	9:15-10:15 am	
Apr 8-Jun 10	\$50.75	431110

Kanata Seniors Centre

2500 Campeau Drive • 613-599-4480

Hours of operation

Mon to Fri: 8:30 am-4 pm

Saturdays: 10 am-4 pm

(Closed Saturdays

during July & August)

Membership fee: \$21.75/year

KSC@ottawa.ca

Membership includes participation in an extensive selection of recreational, educational and healthy lifestyle programs including instructional bridge, carpet bowling, shuffleboard, competitive bridge, euchre, canasta, cribbage, mah jong, Scrabble®, movies, Nintendo Wii®, crafts, choir, dancing, seasonal celebrations and socials. A detailed monthly schedule is available at the centre.

Amenities: The Centre is equipped with multi-purpose rooms that allow for a variety of programs and social activities to take place. Access our computer room, stop into the lounge and read by the fireplace or try out our various fitness programs.

Computer Training: available by appointment, fee payable to the Kanata Seniors Council Inc.

Foot Care Clinics: available by appointment through Para-Med Health Services at 613-728-7080. Fee payable at appointment.

Kanata Diners Club: seniors enjoy a hot, nutritious lunch along with fun, social and educational activities on Wednesdays. Please contact the Western Ottawa Community Resource Centre Diners Club registration at 613-591-3686.

In Club Mall

Walking Program

The New Hazeldean Mall

Monday to Friday 7:30 am-10:30 am

Join us at The New Hazeldean Mall for a free activity that encourages a healthy lifestyle through walking and friendship. Parks and recreation staff are on site to greet and help you get started on your walking program.

Line Dancing

A variety of line dances will be taught during this session. No experience is necessary, just come out and have fun.

Level 1

Tue 10-11 am

Jul 6-Aug 24 \$40.50 428771

Level 2

Thu 10-11 am

Jul 8-Aug 26 \$40.50 428776

KSC Learning Series

Each month we have informative and dynamic speakers ranging in topics from history to health.

Please contact Kanata Seniors Centre for details.

Thu 1-3 pm

May 27 N/A 428735

Jun 24 N/A 428736

KSC Special Events

Senior special events.

Thu 11 am-2 pm

May 20 428730

Jun 17 428731

Aug 19 429169

Chair-exercise

Exercise while sitting in a chair, or using the chair as an adaptive device. Improve muscle tone, flexibility and endurance. Excellent alternative to low impact aerobics, when combined with walking. Ideal for those with arthritis, osteoporosis or those starting an exercise program.

Mon 10:30-11:30 am

Mar 22-Jun 21 \$60.50 428690

Fri 10:30-11:30 am

Mar 26-Jun 25 \$60.50 428691

Mon 11 am-noon

Jul 5-Aug 30 \$40.50 429149

Fri 11 am-noon

Jul 9-Aug 27 \$40.50 429152



Dancercise

A dance oriented fitness class choreographed to all types of music. Dancing through the decades to unforgettable music, you will move with the beat and have a good time. It is not just exercise, it's fun and exciting too.

Wed 1-2 pm
Apr 21-May 19 \$25.25 429553

Dancercise – Level 2

Wed 2:15-3:15 pm
Apr 21-May 19 \$25.25 429554

Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength because of the use of Nordic poles.

All fitness levels welcome.

Wed 9-10 am
Mar 24-May 12 \$47.25 428698
Thu 10:15-11:15 am
Mar 25-May 13 \$47.25 428704

Nordic Walking – Level 2

Are you getting tired of the same walk with your poles? Be challenged every class with new moves.

Thu 9-10 am
Mar 25-May 13 \$47.25 428702

Nordic Walking – Gentle

Need more stability, balance and confidence while walking? Improve your fitness level with this low impact walking with poles (supplied).

Mon 1-2 pm
Mar 22-May 17 \$47.25 428699

Older Adult Fitness

Muscle toning, cardiovascular conditioning and some flexibility will be featured. Options for making the exercises easier or more difficult will be given each class.

Mon 9:15-10:15 am
Mar 22-Jun 21 \$60.50 428706
Wed 9:15-10:15 am
Mar 24-Jun 9 \$60.50 428708
Fri 9:15-10:15 am
Mar 26-Jun 25 \$60.50 428709

Tai Chi

A gentle, peaceful way to tone and strengthen your body as well as improve concentration, coordination and balance. The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes.

Level 1

Mon 1-2 pm
Apr 12-Jun 21 \$45.25 428711

Level 2

Mon 2-3 pm
Apr 12-Jun 21 \$45.25 429188

Yoga – Level 1

Firm, tone and strengthen muscles. Gain flexibility and develop relaxation techniques.

Mon noon-1 pm
Mar 22-Jun 7 \$59 428720

Zumba Gold®

Designed specifically for the active older adult, Zumba Gold® combines Latin music and dance themes to create a dynamic fitness system. Features aerobic fitness interval training using fast and slow rhythms to sculpt and tone.

Mon 1:15-2:15 pm
Mar 22-Jun 7 \$59 428716



50+ Adults

Nepean Seniors Recreation Centre

1701 Woodroffe Ave. Entrance #3 – 613-580-2828

Office Hours: Monday to Friday 8:30 am-4:30 pm

Membership fee is \$22.25 for a full calendar year.

The following activities run for retired adults 55+ on a yearly basis and a small drop-in fee applies.

500	Thu	1 pm
Contract Bridge	Wed	1 pm
Cribbage	Tue & Thu	1 pm
Duplicate Bridge	Thu/Fri Wed Sun	1 pm 7 pm 12:30 pm
Euchre	Tue	1 pm
Fun Bridge	Fri	1 pm
Shuffleboard	Mon/Wed	1 pm

Seasonal Activities:

Bocce	Tue	6:30 pm starting May 11
5 Pin Bowling	Mon	1 pm ending April 26
Carpet Bowling	Tue & Thu	1 pm ending April 22
Computer Club	1st Tue of the month	9:30 am ending June 1
Choir	Thu	9 am ending May 27
Creative Crafts	Thu	9 am ending June 24
Cycling Club*	Tue	9:30 am starting early in May
Walking Club	Mon, Tue & Thu	9:30 am starting May 3 (outdoors)

*Please call the Seniors Centre if you are interested.

Travel Club

If you are a member of the Seniors Centre, you are also a member of the Travel Club. In 2010 the Travel Club will be taking seniors to Arizona in February, Philadelphia in May, Prince Edward Island in September and New York in November.

Special Events

There are numerous special events taking place throughout the year including a Winter Blahs Bash, Slots trips, Concerts, Canada Day BBQ, Christmas dinner, Continental Breakfast, monthly Military Whists, day trips and more.

We also offer in partnership with Western Ottawa Community Resource Centre, Foot Care Clinics the first and last Wednesday of each month. For more information call Dee at 613-591-3686.

For more information about the many programs, monthly lunches, multi-day trips and social events taking place, drop-in or call the Seniors Centre Coordinator, Leslie Dondale at 613-580-2828 ext. 2.

Line Dancing – Level 1

A variety of line dances will be taught during this session. No experience is necessary, just come out and have fun.

Mon 11 am-noon
Mar 22-May 17 \$35.75 429611



Energy In. Energy Out. –
www.ottawa.ca/energyinenergyout



Tap Dance – Level 2

Intermediate tap for fun and exercise. Previous tap experience or completion of a beginner class is a prerequisite for this course.

Tue 1-2 pm
Mar 23-May 25 \$62.50 429622

Must also be registered in Tuesday class.

Thu 1-2 pm
Mar 25-May 27 \$62.50 429623

Tap Dance – Performance Group

Work towards a polished routine in order to perform for other seniors around the City.

Thu 2-3 pm
Mar 25-May 27 \$62.50 429680

Chair-ercise

Exercise while sitting in a chair, or using the chair as an adaptive device. Improve muscle tone, flexibility and endurance. Excellent alternative to low impact aerobics, when combined with walking. Ideal for those with arthritis, osteoporosis or those starting an exercise program.

Wed, Fri 9-10 am
Mar 24-Jun 23 \$99.75 427901
Jul 7-Aug 27 \$61.50 429688



Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength because of the use of Nordic poles. All fitness levels welcome.

Fri 10-11 am
Apr 16-Jun 4 \$47.25 428256

Older Adults on Weights

Older adults have so much to gain from participating in a strength-training program. Perform the exercises with guidance and proper form for safety.

Mon, Thu 10:30-11:30 am
Apr 12-May 20 \$96.50 439031

Tai Chi

A gentle, peaceful way to tone and strengthen your body as well as improve concentration, coordination and balance. The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes.

Tai Chi – Level 1

Tue 11 am-noon
Apr 6-Jun 8 \$65 429590

Tai Chi – Level 2

Tue 10-11 am
Apr 6-Jun 8 \$65 429595

Tai Chi – Level 3

Tue 9-10 am
Apr 6-Jun 8 \$65 429610

Tai Chi – Studio

Practice time for students who have a good knowledge of Tai Chi. No Instruction provided.

Tue 9-10 am
Jun 15-Aug 24 \$23.75 429690

Tap Dance – Level 1

Basic tap for fun and exercise. Learn the steps and then put them together to a snappy routine.

Tue 2-3 pm
Mar 23-May 25 \$62.50 429616

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



Heart Wise
Exercise information on page 159.

**Registering is easy!
See page 8 for registration options.**



Preschool

Inline Skating

Wee Rollers – Inline Skating

Learn the basics of inline skating with an emphasis on co-ordination, balance, rolling, and the introduction to stopping. Helmet and protective equipment is mandatory.

Brewer Arena – 613-580-2596

4-5 yrs	Wed	6-6:50 pm
May 19-Jul 14	\$71	428909
4-5 yrs	Sat	9-9:50 am
May 22-Jul 10	\$63.25	428914

Ice Skating

Frosty Blades

Instruction will focus on becoming acquainted with the ice, standing and shuffling. An adult on skates, with some skating experience, must accompany the toddler for each lesson. Helmets are mandatory for all skaters and adults.

Jim Durrell R.C. – 613-580-2596

2-3 yrs	Sun	10:30-10:55 am
May 30-Jul 25	\$41	427511
2-3 yrs	Sun	10:55-11:20 am
May 30-Jul 25	\$41	427515
2-3 yrs	Sun	11:30-11:55 am
May 30-Jul 25	\$41	427519
2-3 yrs	Sun	11:55 am-12:20 pm
May 30-Jul 25	\$41	427527
2-3 yrs	Mon, Wed	6-6:25 pm
Jul 5-28	\$36.50	426440
2-3 yrs	Mon, Wed	6:25-6:50 pm
Jul 5-28	\$36.50	426104

Just You and Me

An introductory learn-to-skate for the non-skater. An adult on skates with some skating experience must accompany the child for the first three lessons. Helmets are mandatory for all skaters and adults.

Jim Durrell R.C. – 613-580-2596

4-5 yrs	Sun	10:30-11:20 am
May 30-Jul 25	\$71.25	427612
4-5 yrs	Mon, Wed	6-6:50 pm
Jul 5-28	\$63.50	426249

Kanata R.C. – 613-591-9283 ext. 303

4-5 yrs	Mon	9:30-10:20 am
May 31-Jun 28	\$58.75	436406

Kindergliders

A learn to skate program for children who are new to the ice or have limited skating experience. Learn correct forward skating and stopping skills. Helmets are mandatory.

Jim Durrell R.C. – 613-580-2596

4-5 yrs	Sun	10:30-11:20 am
May 30-Jul 25	\$71.25	426414
4-5 yrs	Sun	11:30 am-12:20 pm
May 30-Jul 25	\$71.25	427653
4-5 yrs	Sun	1-1:50 pm
Jun 6-Jul 25	\$63.25	426426
4-5 yrs	Mon, Wed	6-6:50 pm
Jul 5-28	\$63.50	426401

Kanata R.C. – 613-591-9283 ext. 303

4-5 yrs	Mon	5:30-6:20 pm
May 31-Jul 26	\$71.25	436439

Play Skate on Ice

Parents and toddlers have the chance to play on ice together. Focus is on learning in a less stressful environment with music, games and on-ice fun!

Goulbourn R.C. – 613-831-1169

3-5 yrs	Mon	1-1:45 pm
Mar 22-May 10	\$77.25	430769

Snow Gliders

A learn to skate program for children who are new to the ice or who can stand unassisted. Children should be comfortable without parental involvement. Helmets are mandatory.

Jim Durrell R.C. – 613-580-2596

4-5 yrs	Sun	11:30-11:55 am
May 30-Jul 25	\$41	427648
4-5 yrs	Sun	11:55 am-12:20 pm
May 30-Jul 25	\$41	427650

Children

Inline Skating

Inline – Introduction

For non-skaters who wish to learn the basics of inline in a safe environment. Emphasis placed on co-ordination, balance, rolling, and the introduction to stopping. Helmet and protective equipment is mandatory.

Brewer Arena – 613-580-2596

6-12 yrs	Wed	7-7:50 pm
May 19-Jul 14	\$71	428754
6-12 yrs	Sat	9-9:50 am
May 22-Jul 10	\$63.25	429363

Pinecrest R.C. – 613-580-2596

6-12 yrs	Wed	5-5:50 pm
Jun 2-Jul 21	\$62.75	428745

Inline – Beginner

For skaters with limited experience. Improve your stride, stopping, road safety, and turning. Helmet and protective equipment is mandatory.

Brewer Arena – 613-580-2596

6-12 yrs	Wed	6-6:50 pm
May 19-Jul 14	\$71	428856
6-12 yrs	Sat	10-10:50 am
May 22-Jul 10	\$62.75	429281
6-12 yrs	Mon	6-6:50 pm
May 24-Jul 12	\$62.75	429276

Pinecrest R.C. – 613-580-2596

6-12 yrs	Wed	5-5:50 pm
Jun 2-Jul 21	\$62.75	428844



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



Get active
at your local
park – it's free.

Inline – Intermediate

Continue to develop your skills. Skills may include turning, backward skating, road safety and maneuvering around obstacles.

Brewer Arena – 613-580-2596

6-12 yrs	Mon	6-6:50 pm
May 24-Jul 12	\$74	429289

Ice Skating

Junior Intro to Ice

A learn to skate program for children who are new to the ice or have limited skating experience. Learn correct forward skating and stopping skills. Helmets are mandatory.

Jim Durrell R.C. – 613-580-2596

6-12 yrs	Sun	10:30-11:20 am
May 30-Jul 25	\$71.25	426608
6-12 yrs	Sun	1-1:50 pm
Jun 6-Jul 25	\$62.50	426644
6-12 yrs	Mon, Wed	7-7:50 pm
Jul 5-28	\$63.50	426592

Junior Gliders

For children who can skate forward and beyond. Levels 1-5. Skills may include backwards skating, one foot gliding, and two foot turns. Helmets are mandatory.

Jim Durrell R.C. – 613-580-2596

6-12 yrs	Sun	10:30-11:20 am
May 30-Jul 25	\$71.25	427628
6-12 yrs	Sun	11:30 am-12:20 pm
May 30-Jul 25	\$71.25	426479
6-12 yrs	Sun	1-1:50 pm
Jun 6-Jul 25	\$63.25	426489
6-12 yrs	Mon, Wed	6-6:50 pm
Jul 5-28	\$63.50	426463
6-12 yrs	Mon, Wed	7-7:50 pm
Jul 5-28	\$63.50	426472

Kanata R.C. – 613-591-9283 ext. 303

6-12 yrs	Mon	5:30-6:20 pm
May 31-Jul 26	\$71.25	436385

Senior Gliders

For skaters who have completed the Junior Gliders program. Skills may include backwards crosscuts and one foot turns. Helmets are mandatory.

Jim Durrell R.C. – 613-580-2596

6-12 yrs	Sun	1-1:50 pm
Jun 6-Jul 25	\$63.25	427261
6-12 yrs	Mon, Wed	7-7:50 pm
Jul 5-28	\$63.50	427255

Registering is easy!
See page 8 for
registration options.



Ottawa Public Skating

April 1 to September 30 at some Ottawa Arenas





Glide Your Way to Fun and Fitness!

ottawa.ca
City services **3-1-1**
TTY 613-580-2401

Admission fees apply. Memberships are available.

Types of sessions: Public, Family, Adult and 50+ Skates, and pick-up hockey for adults.

Schedules are subject to change.

Visit ottawa.ca for updated schedules.

Figure Skating – Recreational Practice

For recreational child skaters who wish to practice individual skating skills, freestyle and stroking elements. No instruction provided.

Jim Durrell R.C. – 613-580-2596

6-12 yrs	Sun	2:30-3:20 pm
Jun 6-Jul 25	\$44	428112

Figure Skating – Master Gliders

For young skaters who have completed the Senior Gliders program and wish to work towards figure skating goals. Skills include edgework, spirals, and one foot spins.

Jim Durrell R.C. – 613-580-2596

6-12 yrs	Sun	2:30-3:20 pm
Jun 6-Jul 25	\$73.50	427657

For all your skating needs

Figure 8
& Hockey One

TOGETHER YOUR SKATE SPECIALISTS

380 Industrial Ave
613-731-4007

Proud sponsor of the
City of Ottawa
Recreational Skating School

Skating

Figure Skating – Advanced

For young skaters who wish to continue practicing skating skills, freestyle, dance, and stroking elements. Pre-requisite: Master Gliders Figure Skating program or equivalent or approval from Technical Advisor.

Jim Durrell R.C. – 613-580-2596

6-12 yrs	Sun	2:30-3:20 pm
Jun 6-Jul 25	\$73.50	427672

Youth

Inline Skating

Inline – Beginner

Each session will cover the proper skating stance, safe falling, techniques, forward skating, stopping, road safety and skate maintenance.

Brewer Arena – 613-580-2596

13-17 yrs	Sat	10-10:50 am
May 22-Jul 10	\$67.25	429392

Ice Skating

Figure Skating – Master Gliders

For skaters who have completed the Senior Gliders program and wish to continue working towards their figure skating goals. Skills include edgework, spirals, and one foot spins.

Jim Durrell R.C. – 613-580-2596

13-17 yrs	Sun	2:30-3:20 pm
Jun 6-Jul 25	\$77.50	427658

Figure Skating – Recreational Practice

For recreational youth skaters who wish to practice individual skating skills, freestyle and stroking elements. No instruction provided.

Jim Durrell R.C. – 613-580-2596

13-17 yrs	Sun	2:30-3:20 pm
Jun 6-Jul 25	\$44	428137

Figure Skating – Advanced

For young skaters who wish to continue practicing skating skills, freestyle, dance, and stroking elements. Pre-requisite: Master Gliders Figure Skating program or equivalent or approval from Technical Advisor.

Jim Durrell R.C. – 613-580-2596

13-17 yrs	Sun	2:30-3:20 pm
Jun 6-Jul 25	\$77.50	427674

Private Lessons

*One-on-one Instruction
by a certified instructor.
For more information,
please call
613-580-2424 x 41460*

Adult

Inline Skating

Inline – Introduction

For non-skaters who wish to learn the basics of inline in a safe environment. Emphasis placed on co-ordination, balance, rolling, and the introduction to stopping. Helmet and protective equipment is mandatory.

Brewer Arena – 613-580-2596

18+ yrs	Wed	7-7:50 pm
May 19-Jul 14	\$78.75	428894
18+ yrs	Sat	11-11:50 am
May 22-Jul 10	\$70	428896
18+ yrs	Mon	7-7:50 pm
May 24-Jul 12	\$70	428895

Inline – Beginner

For skaters with limited experience. Improve your stride, stopping, road safety, and turning. Helmet and protective equipment is mandatory.

Brewer Arena – 613-580-2596

18+ yrs	Wed	8-8:50 pm
May 19-Jul 14	\$78.75	428877
18+ yrs	Sat	11-11:50 am
May 22-Jul 10	\$70	428879
18+ yrs	Mon	7-7:50 pm
May 24-Jul 12	\$70	428878

Pinecrest R.C. – 613-580-2596

18+ yrs	Wed	6-6:50 pm
Jun 2-Jul 21	\$70	428874

Inline – Intermediate Level 1

Continue to develop your skills. Skills may include turning, backward skating, road safety and maneuvering around obstacles.

Brewer Arena – 613-580-2596

18+ yrs	Wed	8-8:50 pm
May 19-Jul 14	\$83	428891

Pinecrest R.C. – 613-580-2596

18+ yrs	Wed	6-6:50 pm
Jun 2-Jul 21	\$73.75	428890

Ice Skating

Intro to Ice

A learn to skate program for adults who are new to the ice or have limited skating experience. Learn how to fall and get up safely, skate forward and stop. Helmets are mandatory.

Jim Durrell R.C. – 613-580-2596

18+ yrs	Sun	1-1:50 pm
Jun 6-Jul 25	\$66.75	427352
18+ yrs	Mon, Wed	7-7:50 pm
Jul 5-28	\$67.25	427335

Beginner

For adults who can skate forward and beyond. Skills include backward skating, one foot gliding and two foot turns.

Helmets are mandatory.

Jim Durrell R.C. – 613-580-2596

18+ yrs	Sun	1-1:50 pm
Jun 6-Jul 25	\$67.25	426703
18+ yrs	Mon, Wed	6-6:50 pm
Jul 5-28	\$67.25	426697
18+ yrs	Mon, Wed	7-7:50 pm
Jul 5-28	\$67.25	427480

Intermediate

For adult skaters who have mastered the basic skills. Emphasis placed on increased technical skills (e.g. forward crosscuts, backward crosscuts and one foot turns). Helmets are mandatory for this level.

Jim Durrell R.C. – 613-247-4811

18+ yrs	Mon, Wed	7-7:50 pm
Jul 5-28	\$73.50	427586

Figure Skating – Recreational

A transitional program for the skater who wishes to continue in the Adult Advanced Free Skate program. Prerequisites: Adult Intermediate program or equivalent or approval from Technical Advisor.

Tom Brown Arena – 613-580-2596

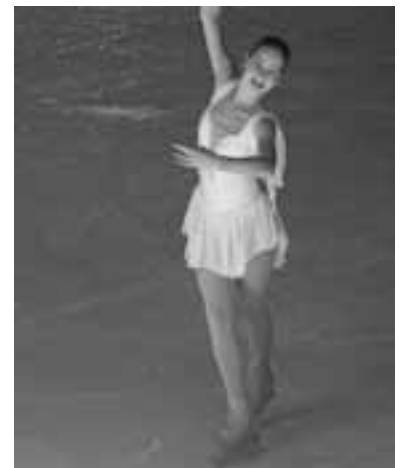
18+ yrs	Wed	9-9:50 pm
Jun 9-30	\$23	441485
Jul 7-28	\$23	441486
Aug 4-25	\$23	441487
Sep 1-22	\$23	441488

Speed Skating – Recreational

Long blade skaters of all ages practice your skills without instruction. CSA approved helmet, thick gloves and speed skates mandatory.

Tom Brown Arena – 613-580-2596

12+ yrs	Thu	6-6:50 pm
Jun 10-Jul 29	\$40.25	441374



Facility Features • Fitness and Wellness

City Wide Fitness Memberships

(Fees may be subject to change)

Visit your fitness centre for a schedule of classes or check ottawa.ca/recreation

Youth – 13-18 years

Student – full time students with I.D.

Adult – 19-64 years

Senior – 65 years and older

Family – a minimum of one adult, a maximum of two adults and their child(ren)

Memberships must be purchased **in person** at the fitness facility.

Class A memberships are valid at all Class A and B facilities.

Class B memberships are valid at Class B facilities only. Memberships that include general public skating are valid at all arenas.

Class A facilities have a comparatively higher number amenities and programming options than Class B facilities.

Weight/Cardio: Weight rooms have a mixture of free weights and weight machines. Cardio machines may include treadmills (walking or running) elliptical machines, stair climbers, rowers or bicycles that are programmable for an exercise routine.

Aerobics: Unlimited access to a variety of ongoing scheduled aerobics classes such as step and low impact.

Racquet Sports: Use of squash and racquetball courts in 40-minute segments. Advanced booking required.

Indoor Cycling/Spinning®: Unlimited access to scheduled group classes on a stationary bike.

Corporate memberships and personal training are available.

Fitness Membership Rates (Rates effective April 1, 2010)

All Inclusive Memberships – Include weight/cardio, aquafitness, swimming, aerobics, racquet sports, indoor cycling/Spinning®, and public skating.

Class A Facilities	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$57.75	\$114.75	\$213.25	\$385.75
Adults	\$71	\$141	\$261	\$474
Family	\$94.50	\$255.75	\$469	\$854.25
Class B Facilities (with pools)	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$55.25	\$109.75	\$203.50	\$370.50
Adults	\$65.75	\$131	\$241.25	\$437.75
Family	\$83.75	\$235	\$433	\$787

One Option Memberships – one of weight/cardio OR aerobics OR racquet sports OR indoor cycling/Spinning®.

Class A Facilities	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$42.50	\$83.75	\$155.75	\$281.75
Adults	\$53	\$105	\$195	\$355
Family	\$68.50	\$193	\$349.50	\$635.50
Class B Facilities	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$19	\$36.75	\$69.50	\$125.50
Adults	\$34.25	\$68.50	\$126.50	\$229.50
Family	\$47.50	\$125.50	\$224.50	\$411.75

Combined Weight/Cardio & Public Skating Memberships

Class A Facilities	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$44.50	\$87.50	\$162.25	\$294.25
Adults	\$54.75	\$109	\$202.75	\$367.75
Family	\$72	\$196.75	\$363	\$661.75
Class B Facilities	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$26.25	\$52	\$96.75	\$175.50
Adults	\$38	\$75.75	\$140	\$254.50
Family	\$60	\$167.75	\$294	\$520.75

One Option: Aquafitness Memberships

Class A & B Facilities	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$42.50	\$83.75	\$155.75	\$281.75
Adults	\$53	\$105	\$195	\$355
Family	\$68.50	\$193	\$349.50	\$635.50

Combined Aquafitness & Swimming Memberships

Class A & B Facilities	1 Month	3 Months	6 Months	1 Year
Seniors, Students, Youth	\$45	\$88.75	\$164	\$297.50
Adults	\$55.25	\$109.75	\$203.50	\$370.50
Family	\$73.50	\$198.50	\$365	\$667.25

Multi-Visit Passes (Fitness/Aquafitness)

Seniors, Students, Youth	10 visits \$55	20 visits \$100
Adults	10 visits \$67.50	20 visits \$125

Fitness Drop-In Rates

Seniors, Students, Youth	\$7	Applicable to all fitness activities except public swimming and skating.
Adults	\$8	

For swimming memberships and general admissions, see page 175.

For skating memberships and admissions, visit ottawa.ca/recreation

Fitness and Wellness

Facility Classification

	Aerobics	Aquafitness	Cardio/Weights	Indoor Cycling	Racquet Sports	Spinning®	Public Swim	Wave Swim	Steam Room	Sauna	Hot Tub	Public Skating
Class A												
Bob MacQuarrie R.C.-Orléans 1490 Youville Drive 613-824-0819	•	•	•	•	•	•	•				•	•
Goulbourn Recreation Complex 1500 Shea Road 613-831-1169	•	•	•	•		•	•				•	•
Kanata Leisure Centre 70 Aird Place 613-591-9283 (WAVE)	•	•	•	•			•	•		•	•	
Nepean Sportsplex 1701 Woodroffe Avenue 613-580-2828	•	•	•	•	•	•	•			•		
Plant Recreation Centre 930 Somerset Street 613-232-3000	•	•	•				•		•		•	
Ray Friel Recreation Complex 1585 Tenth Line Road 613-830-2747	•	•	•	•		•	•	•		•	•	•
St-Laurent Complex 525 Côte Street 613-742-6767	•	•	•	•			•					•
Walter Baker Sports Centre 100 Malvern Drive 613-580-2788	•	•	•		•		•		•		•	•
Class B												
Brewer Pool 100 Brewer Way 613-247-4938		•					•			•		
Canterbury Recreation Complex 2185 Arch Street 613-247-4865		•					•			•		•
Champagne Fitness Centre 321 King Edward Avenue 613-244-4402		•	•				•					
Deborah Anne Kirwan Pool 1300 Kitchener Avenue 613-247-4820		•					•					
Heron Community Centre 1480 Heron Road 613-247-4808			•									
Jack Purcell Pool 320 Jack Purcell Lane 613-564-1050		•	•				•					
Lowertown Pool 40 Coburg Avenue 613-244-4406		•					•			•		
Sawmill Creek Pool 3380 D'Aoust Road 613-521-4092		•					•					
Pinecrest Recreation Complex 2250 Torquay Avenue 613-828-3118	•	•	•				•			•		•
Splash Wave Pool 2040 Ogilvie Road 613-748-4222		•					•	•				



Preschool

Hatha Yoga for Preschool

Yoga is a gentle, non-competitive form of exercise that can be practiced by children of all ages and physical ability. It promotes health, flexibility, strength, good coordination and posture. Helps children relax and improves their concentration.

Kanata Leisure Centre – 613-591-9283

3-5 yrs	Sat	10-10:45 am
Mar 27-May 29	\$48	430200

Little Lotus Yoga

Your child will develop a strong, flexible and healthy mind, body and spirit, and help them increase their concentration, attention and focus. They will find tranquility and peace in their busy little lives while improving whole body health.

Rockcliffe Park R.C. – 613-842-8578

2-5 yrs	Sat	8:30-9:15 am
Apr 17-Jun 12	\$76.25	436963

Walter Baker Sports Centre – 613-580-2424 ext. 41208

2-5 yrs	Sat	11-11:45 am
Apr 10-Jun 5	\$76.25	423286

Children

Hatha Yoga for Children

Yoga is a gentle, non-competitive form of exercise that can be practiced by children of all ages and physical ability. It promotes health, flexibility, strength, good coordination and posture. Helps children relax and improves their concentration.

Kanata Leisure Centre – 613-591-9283

6-12 yrs	Sat	noon-12:45 pm
Mar 27-May 29	\$48	430188

Ray Friel R.C. – 613-830-2747

6-8 yrs	Sat	9:30-10:30 am
Apr 10-May 29	\$66.75	440156
Jun 12-Jul 17	\$50	440354
9-12 yrs	Sat	10:45-11:45 am
Apr 10-May 29	\$66.75	440159
Jun 12-Jul 17	\$50	440356

Kinder Yoga

Improve concentration and focus, stimulate imagination and release energy in a fun, safe environment. Kids learn about animals, nature and basic anatomy through interactive games and animated postures of yoga

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

5-14 yrs	Sat	9:30-10:30 am
May 1-Jun 26	\$69.25	422826

Little Lotus

Your child will develop a strong, flexible and healthy mind, body and spirit, and help them increase their concentration, attention and focus. They will find tranquility and peace in their busy little lives while improving whole body health.

Goulbourn R.C. – 613-831-1169

6-12 yrs	Wed	4-4:45 pm
Apr 7-Jun 23	\$60.50	436713
Jul 7-Aug 25	\$40.50	440609

Plant R.C. – 613-232-3000

3-5 yrs	Thu	10-10:45 am
Apr 8-Jun 10	\$56.25	439014

Rockcliffe Park R.C. – 613-842-8578

6-12 yrs	Sat	9:15-10 am
Apr 17-Jun 12	\$76.25	437779

Walter Baker Sports Centre – 613-580-2424 ext. 41208

6-12 yrs	Sat	noon-1 pm
Apr 10-Jun 5	\$76.25	423300

Parent and Kids Yoga

Through stretching exercises, yoga helps to improve posture, tones the body, improves circulation, increases flexibility and develops inner awareness.

Splash Wave Pool – 613-748-4222

6-12 yrs	Sun	9:15-10:15 am
Apr 25-May 30	\$100.25	436755
6-12 yrs	Tue	5:30-6:30 pm
Apr 27-May 25	\$84	436759

Hooping

Looking for a new way to work out? Strengthen your core muscles and get a great cardio workout with this unique class. A weighted hoop for strengthening and great music will keep you going throughout the hour. Hoops provided.

Pinecrest R.C. – 613-828-3118

7-12 yrs	Sun	1-2 pm
Mar 28-Jun 20	\$89.50	422271

Kids Mini Triathlon Training

Train for a mini triathlon. Weekly sessions include running, swimming and indoor cycling. Complete a Mini 'Try a Tri' by the end.

Goulbourn R.C. – 613-831-1169

6-12 yrs	Tue	5-5:30 pm
Apr 6-Jun 22	\$35.25	440412
Jul 6-Aug 24	\$23.50	440617

Zumba Family®

Combine fitness, hip-hop and Latin spice with fun music to motivate kids and parents to get up and get moving!

Cyrville C.C. – 613-748-1771

6-12 yrs	Sun-Mon	11:30 am-12:15 pm
Apr 11-Jun 7	\$42.25	439890

McNabb R.C. – 613-564-1070

7-12 yrs	Sat	9-10 am
Apr 10-Jun 19	\$47	441330

Zumbatomic Lil Starz®

An exhilarating workout designed specifically for kid's minds and bodies that combines music, dance and energy!

South Fallingbrook C.C. – 613-824-0633 ext. 221

3-5 yrs	Mon	9:45-10:30 am
Mar 22-Jun 14	\$49.50	432284

Youth

Indoor Cycling Challenge

This indoor cycling program will include challenging training exercises designed to maximize peak performance levels. Participants will experience elevated strength and cardio. Great for cross training in all sports. For intermediate and advanced athletes.

Kanata Leisure Centre – 613-591-9283

12-18 yrs	Mon	4-4:45 pm
Mar 22-May 17	\$48	427944

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



Fitness and Wellness

Teen Fitness Variety

Work out using weights, tubes, Bosu®, wobble boards and a variety of other equipment. Try aerobics, circuit training, Spinning®, Yoga, Pilates, and kickboxing. Guaranteed to get the heart pumping, the muscles flexing and the teens guessing. Never gets boring.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

12-16 yrs	Mon	3:45-4:30 pm
May 3-Jun 28	\$54	423088

Teen Kickboxing and Core Training

Improve strength, cardio and flexibility while having tons of fun.

Eva James C.C. – 613-271-0712

12-17 yrs	Mon	4:30-5:30 pm
Mar 22-Jun 14	\$57.25	431683

Strength Training

Youth learn what exercises and machines are safe with weights.

Goulbourn R.C. – 613-831-1169

12-18 yrs	Mon	3-4 pm
Apr 12-Jun 7	\$47.25	436674
Jul 5-Aug 30	\$47.50	440607

Teen Strength Circuit Training

This workout will help increase self-esteem and improve overall strength. Our fast-paced program alternates between weight training and aerobic exercises. Participants from all fitness levels will be challenged.

Goulbourn R.C. – 613-831-1169

12-18 yrs	Thu	4-5 pm
Jul 8-Aug 26	\$47.50	440606
12-18 yrs	Thu	4-5 pm
Apr 8-Jun 24	\$70.50	436661

Nepean Sportsplex – 613-580-2828

13-18 yrs	Sun	4-5 pm
Apr 11-Jun 20	\$80.50	430835
13-18 yrs	Sun	5:30-6:30 pm
Jun 27-Aug 29	\$73	435151
13-18 yrs	Tue	4-5 pm
Jun 29-Aug 31	\$80.50	430950
13-18 yrs	Tue, Thu	5-6 pm
Mar 23-Apr 29	\$96.50	435145
May 4-Jun 10	\$96.50	435146

Weight Training

Design your own program. Popular training myths will be discussed. Learn to use the cardio and strength machines. Some free weights and stability ball exercises will be introduced.

Weight Training for Boys

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

12-16 yrs	Thu	7:30-8:30 pm
May 6-Jun 24	\$90	423132
Jul 8-Aug 26	\$90	440937

Kanata Leisure Centre – 613-591-9283

13-16 yrs	Tue	6-7 pm
Mar 23-Jun 8	\$70.75	427814
13-16 yrs	Thu	6-7 pm
Mar 25-Jun 10	\$70.75	427815

Weight Training for Girls

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

12-16 yrs	Tue	7-8 pm
May 4-Jun 22	\$90	423108
Jul 6-Aug 24	\$90	440936

Kanata Leisure Centre – 613-591-9283

13-16 yrs	Wed	6-7 pm
Mar 24-May 12	\$48	427821

Yoga and Pilates

Based on the principles of Yoga and Pilates. Start with a dynamic warm-up, then focus on body conditioning by emphasizing muscular balance, strength and flexibility.

Eva James C.C. – 613-271-0712

12-17 yrs	Mon	4:30-5:30 pm
Mar 22-Jun 14	\$64.50	431694

Yoga

Emphasis is on understanding what stress is and how to manage it, mutual support, strengthening self-esteem, positive body image, etc.

Fisher Park C.C. – 613-798-8945

11-14 yrs	Tue	4-5 pm
Mar 30-Jun 1	\$72	438290

Goulbourn R.C. – 613-831-1169

12-18 yrs	Mon	7-8 pm
Apr 12-Jun 21	\$59	436693
Jul 5-Aug 30	\$47.50	440608

John G. Mlacak Centre – 613-580-2424 ext. 33501

13-17 yrs	Tue	6:15-7:15 pm
Mar 23-Jun 15	\$76.50	429148

Kanata Leisure Centre – 613-591-9283

11-14 yrs	Wed	6-7 pm
Mar 24-Jun 9	\$70.75	432127
11-14 yrs	Sat	noon-1 pm
Mar 27-May 22	\$48	432124

St. Francis Xavier H.S. – 613-822-7887

3740 Spratt

11-14 yrs	Wed	7-8 pm
Apr 7-Jun 9	\$81.75	441267

NEW! Family Programs section on page 94.

Zumba

Inspired by Latin and International dance, this is a great cardio fitness class with focus on fun and sweating. You'll be blasting calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop without even thinking about it!

Nepean Creative Arts Centre – 613-596-5783

14-17 yrs	Fri	5:30-6:15 pm
Apr 9-Jun 4	\$86.75	436916

Adult

Aquafitness

Acute Aquafitness

An aquafit program ideal for individuals with fibromyalgia and chronic fatigue syndrome, also suitable for those recovering from an injury or hip/knee replacement.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

Fri	noon-1 pm	
Apr 9-Jul 2	\$80	429557
Mon	noon-1 pm	
Apr 12-Jun 14	\$80	429556

Aqua Abs

Discover a whole new way to train your abs! Use core stabilization techniques and multi-plane exercises to challenge the deepest muscle layers in the body.

Kanata Leisure Centre – 613-591-9283

Mon	9:30-10:15 am	
Mar 22-Jun 21	\$70.75	426013
Mon	6:50-7:35 pm	
Mar 22-Jun 21	\$70.75	426156
Wed	5:45-6:30 pm	
Mar 24-Jun 23	\$82.50	426199
Thu	8:30-9:15 pm	
Mar 25-Jun 24	\$82.50	426204

Aqua Boot Camp

Increase your strength, cardio and body image with this intensive, complete body, conditioning session. Must be able to swim 2 lengths.

Glen Cairn C.C. – 613-591-9283

Tue, Thu	noon-1 pm	
Jul 6-Aug 5	\$60	426358

Jack Purcell Complex – 613-564-1050

Tue	7:15-8:15 am	
Apr 27-Jun 22	\$69.75	424573
Thu	7:15-8:15 am	
Apr 29-Jun 24	\$69.75	424574

Kanata Leisure Centre – 613-591-9283

Tue	7:40-8:25 pm	
Mar 23-Jun 22	\$82.50	426220
Tue	8-9 pm	
Jun 29-Aug 17	\$48	426237

Aqua Sculpt

An aquatic workout designed to help increase muscle tone and definition, flexibility and improve your posture.

Kanata Leisure Centre – 613-591-9283

Thu	10:15-11 am	
Mar 25-Jun 24	\$82.50	426316
Thu	9-10 pm	
Jul 8-Aug 19	\$41.25	426305

Arthritis Aquafitness

Designed for individuals with arthritis experiencing physical limitations in land-based exercise programs. Water can help to prevent arthritic pain and stiffness and increase range of motion, while supporting your joints as your body becomes buoyant. Decrease inflammation and strengthen muscles and joints effectively with little post-exercise soreness.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

Tue	1:45-2:30 pm	
Apr 6-Jun 22	\$80	429558
Thu	1:45-2:30 pm	
Apr 8-Jun 24	\$80	429560

Goulbourn R.C. – 613-831-1169

Tue	10:45-11:30 am	
Apr 6-May 11	\$44.75	440282
May 18-Jun 22	\$44.75	440284
Thu	10:45-11:30 am	
Apr 8-May 13	\$44.75	440289
May 20-Jun 24	\$44.75	440290

Nepean Sportsplex – 613-580-2828

Tue	8:30-9:15 am	
Mar 23-May 18	\$63.75	437656
May 25-Jun 22	\$39.75	437681
Tue	9:15-10 am	
Mar 23-May 18	\$63.75	437671
May 25-Jun 22	\$39.75	437684
Tue	9:30-10:15 am	
Jun 29-Aug 17	\$63.75	437637
Tue	1:30-2:15 pm	
Mar 23-May 18	\$63.75	437677
May 25-Jun 22	\$39.75	437686
Thu	8:30-9:15 am	
Mar 25-May 20	\$71.75	437705
May 27-Jun 24	\$39.75	437713
Thu	9:15-10 am	
Mar 25-May 20	\$71.75	437708
May 27-Jun 24	\$39.75	437715
Thu	9:30-10:15 am	
Jul 8-Aug 19	\$55.75	437644
Thu	1:30-2:15 pm	
Mar 25-May 20	\$71.75	437710
May 27-Jun 24	\$39.75	437719

St-Laurent Complex – 613-742-6767

Fri	2:45-3:25 pm	
Apr 9-Jun 4	\$94.50	435510
Mon	1-1:45 pm	
Apr 12-May 31	\$73.50	435531

Aqua Diaper Fit

Fun filled exercise program designed for parents and their toddlers (6 months-2 years). Children are placed in floatation seats that remain in direct contact with parent. Children will love it and parents get a great workout.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

Mon	3-3:45 pm	
Apr 12-Jun 21	\$80	429562

Goulbourn R.C. – 613-831-1169

Fri	10:45-11:30 am	
Apr 9-May 14	\$44.75	440306
May 21-Jun 25	\$44.75	440309
Mon	10:45-11:30 am	
Apr 12-May 17	\$44.75	440297
May 31-Jun 28	\$37.25	440300

Jack Purcell Complex – 613-564-1050

Tue	10:15-11:15 am	
Apr 27-Jun 22	\$68.50	424577
Thu	9-10 am	
Apr 29-Jun 24	\$68.50	424576

Lowertown Pool – 613-244-4406

Wed	9-9:45 am	
Apr 14-Jun 16	\$72.50	430019

Nepean Sportsplex – 613-580-2828

Mon	1:30-2:15 pm	
Mar 22-Jun 21	\$95.50	437445
Tue	11-11:45 am	
Mar 23-May 18	\$63.75	437449
May 25-Jun 22	\$39.75	437491
Wed	1:30-2:15 pm	
Mar 24-May 19	\$71.75	437500
May 26-Jun 23	\$39.75	437510
Thu	11-11:45 am	
Mar 25-May 20	\$71.75	437517
May 27-Jun 24	\$39.75	437522

Sawmill Creek Pool – 613-521-4092

Tue	1-1:45 pm	
Mar 23-Jun 22	\$105	426884

Splash Wave Pool – 613-748-4222

Tue, Thu	10-10:30 am	
Apr 27-May 27	\$46	436857

Walter Baker Sports Centre – 613-580-2788

Tue	10:15-11 am	
Mar 30-May 25	\$68.50	439894
Thu	10:15-11 am	
Apr 1-May 27	\$68.50	439895

Aquafitness – Fibromyalgia

Designed for individuals who have fibromyalgia. It takes place in shallow water and ends in the swirl pool for relaxation.

Nepean Sportsplex – 613-580-2828

Mon	11-11:45 am	
Mar 22-Jun 21	\$95.50	437072
Mon	11:15 am-noon	
Jun 28-Aug 16	\$55.75	437324

Tue	7:30-8:15 pm	
Mar 23-May 18	\$71.75	437073
May 25-Jun 22	\$39.75	437075
Wed	11-11:45 am	
Mar 24-May 19	\$71.75	437076
May 26-Jun 23	\$39.75	437085
Wed	11:15 am-noon	
Jun 30-Aug 18	\$63.75	437341
Fri	11-11:45 am	
Mar 26-Jun 18	\$95.50	437086
Fri	11:15 am-noon	
Jul 2-Aug 20	\$63.75	437351

Wellness Membership

An ideal program for individuals living with fibromyalgia, chronic fatigue syndrome, arthritis or osteoporosis. Also suitable for individuals recovering from an injury and/or recent surgery. These classes take place in a warm, accessible pool.

Jack Purcell C.C. – 613-564-1027

Aquatherapy

Mon-Fri	1-2 pm	
Tue, Thu	8-9 pm	
Sat	noon-1 pm	
Sun	6:30-7:30 pm	

Chronic Pain

Mon-Fri	2-3 pm	
\$4.75/drop-in, \$30.50/1 mth, \$80.50/3 mths.		

Make Waves

An aquafit program for women who are recovering from, or who have experienced cancer.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

Tue	11 am-noon	
Apr 6-Jun 22	N/A	429564
Thu	11 am-noon	
Apr 8-Jun 24	N/A	429565

Kanata Leisure Centre – 613-591-9283

Mon	9:30-10:15 am	
Mar 22-Jun 21	N/A	422554
Tue	1:45-2:30 pm	
Mar 23-Jun 22	N/A	422556
Wed	9:30-10:15 am	
Mar 24-Jun 23	N/A	422555
Thu	1:45-2:30 pm	
Mar 25-Jun 24	N/A	422557

Pre Natal Aquafitness

A medium intensity workout for expectant mothers who wish to continue to workout and maintain their fitness level. Program for individuals who had a regular fitness routine prior to pregnancy.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

Wed	6:45-7:30 pm	
Apr 7-Jun 23	\$80	429568

Fitness and Wellness

Goulbourn R.C. – 613-831-1169

Tue	6:45-7:15 pm	
Apr 6-May 11	\$44.75	440318
May 18-Jun 22	\$44.75	440320

Kanata Leisure Centre – 613-591-9283

Mon	7:40-8:25 pm	
Mar 22-May 3	\$35.50	422581
May 10-Jun 21	\$35.50	422582
Mon	8-9 pm	
Jun 28-Aug 16	\$42	440887
Tue	6:50-7:35 pm	
Mar 23-May 4	\$41.25	422576
May 11-Jun 22	\$41.25	422579

Nepean Sportsplex – 613-580-2828

Tue	5:45-6:30 pm	
Jun 29-Aug 17	\$63.75	437605
Tue	6:45-7:30 pm	
Mar 23-May 18	\$71.75	437536
May 25-Jun 22	\$39.75	437540
Thu	5:45-6:30 pm	
Jul 8-Aug 19	\$55.75	437610
Thu	6:45-7:30 pm	
Mar 25-May 20	\$71.75	437544
May 27-Jun 24	\$39.75	437546

Plant R.C. – 613-232-3000

Mon	6:30-7:20 pm	
Apr 12-Jun 21	\$83.75	440553
Mon	7-7:50 pm	
Jun 28-Aug 23	\$67.25	440565

Ray Friel R.C. – 613-830-2747

Sun	4:15-5 pm	
Mar 28-Jun 13	\$82.50	430241
Sat	4:15-5 pm	
Jul 10-Aug 28	\$60	430259

Sawmill Creek Pool – 613-521-4092

Thu	6:15-7 pm	
Jul 8-Aug 26	\$60	426889

Swim Fit

Swimmers must be able to swim front and back crawl and be comfortable in deep water. A traditional swim workout based on your needs and abilities, without the long-term commitment of a swim club.

Kanata Leisure Centre – 613-591-9283

Mon	7:15-8:15 pm	
Mar 22-Jun 7	\$60	436189

Nepean Sportsplex – 613-580-2828

Tue	7:30-8:15 pm	
Mar 23-May 18	\$85.50	440341
Tue, Thu	7:30-8:15 pm	
Jun 29-Jul 22	\$66.50	440349
Jul 27-Aug 19	\$76	440353

Wave Runner

Aqua running class designed to give a cardiovascular and muscle specific workout.

Geared to avid fitness enthusiasts, runners, triathletes, and individuals looking for a challenging cross training program. A deep water program where participants wear flotation belts.

Plant R.C. – 613-232-3000

Thu	6:30-7:20 pm	
Apr 8-Jun 10	\$83.75	437505

Woman Alive

Affordable physical activity for women on limited incomes. An aerobic and aquafit program integrated with healthy lifestyle counselling and health education sessions focusing on the modifiable risk factors for heart disease.

Kanata Leisure Centre – 613-591-9283

Tue	1:45-2:30 pm	
Mar 23-Jun 22	N/A	422558
Wed	6:25-7:25 pm	
Mar 24-Jun 9	N/A	
Fri	10:15-11 am	
Mar 26-Jun 25	N/A	422559



Aerobics

20/20/20 Intermediate and Advanced

A variety-packed extended workout. Get it all: 20 minutes low impact, 20 minutes step and 20 minutes of muscle toning and stretch.

Osgoode C.C. – 613-580-2424 ext. 30235

Sat	9-10 am	
Mar 27-May 1	\$25.25	435141
May 8-Jun 19	\$30.25	435144

Ab Attack

The secret to a flat midsection involves muscle-toning and fat-burning elements. Get the benefits of both in one no-nonsense workout. Everyone welcome regardless of shape, size or ability. Get a flat, toned, tight midsection you'll be proud to show off by attacking your abs today!

Bridlewood C.C. – 613-580-2424 ext. 33501

Wed	8:15-9:15 pm	
Mar 24-Jun 16	\$60	429063

Kanata Leisure Centre – 613-591-9283

Thu	5-6 pm	
May 27-Jun 24	\$30	430436

Nepean Sportsplex – 613-580-2828

Sun	5-6 pm	
Apr 11-Jun 20	\$80.50	431266
Sun	6-7 pm	
Apr 11-Jun 20	\$80.50	431247
Sun	6:30-7:30 pm	
Jun 27-Aug 29	\$73	431272
Wed	5:30-6:30 pm	
Mar 24-Jun 9	\$96.50	430974
Jun 30-Sep 1	\$80.50	430975

Pinecrest R.C. – 613-828-3118

Sun	8:30-9:30 am	
Mar 28-Jun 20	\$88.50	422286

Abs Toning

Body toning and abdominals with the use of stability balls, free weights, and mats.

Cyrville C.C. – 613-748-1771

Wed	6-7 pm	
Apr 7-Jun 9	\$62.75	438317

South Fallingbrook C.C. – 613-824-0633 ext. 221

Mon	7-8 pm	
Mar 22-Jun 14	\$54.75	435472
Thu	7:30-8:30 pm	
Jun 24-Aug 26	\$45	440008
Thu	8-9 pm	
Mar 25-Jun 17	\$64.75	435473

Aerobics

For all levels, incorporating low impact, step, kickboxing, boot camp, skipping, free weights, Body Bars, exercise balls, Bosu balls, Spri bands and flexibility training.

McNabb R.C. – 613-564-1070

Mon, Thu	6-7 pm	
Sat	10:30-11:30 am	
Ongoing:	Drop-in: \$8.25	
Multi Visit cards available		

After Work Fit Stop

Stop by and fit in your workout before settling in at home. De-stress from a hectic day and get a much needed energy boost to help carry you through the evening.

Manotick Arena – 613-580-2424 ext. 30235

Wed	5:45-6:30 pm	
Mar 24-Apr 28	\$40.25	436361
May 5-Jun 16	\$46.75	436363

Awareness Through Movement

The classes are gentle exercises for people who want to improve the way they move and feel.

Sandy Hill C.C. – 613-564-1062

Thu	6:30-7:30 pm	
Apr 1-Jun 3	\$95	437059

Ball Workout

Total body core workout using the stability ball. Increase overall body tone by focussing on core muscles.

Eva James C.C. – 613-271-0712

Mon	1:30-2:30 pm	
Mar 22-Jun 14	\$55.50	431653
Fri	11:45 am-12:45 pm	
Mar 26-Jun 18	\$55.50	431657

Rideauview C.C. – 613-822-7887

Mon	7-8 pm	
Apr 12-Jun 14	\$63	425932
Jul 5-Aug 16	\$42.25	438581





Woman Alive

Physical Activity Program for Women on Limited Incomes

Woman Alive provides affordable physical activity for women on limited incomes. Participants learn about healthy lifestyle choices that will enhance their health and the health of their family. Physical activity program includes fitness classes and a health education component. Call the facility of your choice for more information.

Come join this unique program at the following locations:

Dempsey Community Centre: 613-247-4846
Jack Purcell Community Centre: 613-564-1050
Plant Recreation Centre: 613-232-3000
Kanata Leisure Centre: 613-591-9283
Foster Farm Community Centre: 613-828-2004

Beach Ready Boot Camp

Women's only fitness class. Complete a series of challenging circuits that will increase your heart rate and burn calories.

Eva James C.C. – 613-271-0712

Mon	6:20-7:20 pm	
Jul 5-Aug 23	\$35.25	438493

Nepean Sportsplex – 613-580-2828

Tue	8-9 pm	
Mar 23-Jun 8	\$96.50	437146
Jun 29-Aug 31	\$80.50	437150

Kanata R.C. – 613-591-9283 ext. 303

Sat	9-10 am	
May 1-Jun 26	\$71.25	430891

Boot Camp Action

A combination of basic strength training, aerobic conditioning, and flexibility training with a variety of sports in a high-energy environment.

Fisher Park C.C. – 613-798-8945

Tue, Thu	8-9 pm	
Mar 30-Jun 3	\$187	438309

Boot Camp for Women

Condition from the inside out. Exercise in a unique way that will make you feel awesome. Do more exercise in an hour than most people do in a day while performing these exercises.

Fallingbrook E.S. – 613-580-2782
679 Deancourt Cr.

Sun	1-2 pm	
Apr 11-Jun 20	\$109.50	430790

Boot Camp Booty Mamas

Interval, cardiovascular and resistance training in each session. Exercise and tone away all the squishy spots! A work out for anyone, any age and size. Mothers and babies welcome!

McNabb R.C. – 613-546-1070

Thu	10-11 am	
Apr 1-Jun 17	Ongoing: Drop-in: \$8.25	
Multi Visit cards available		

BOSU® Ball

The BOSU® Ball is used by athletes, sports teams and in health clubs. Designed to integrate balance, the foundation of all movement, with virtually all forms of fitness to give you an effective workout.

Plant R.C. – 613-232-3000

Wed	5:30-6:25 pm	
Apr 7-Jun 9	\$68.75	434488
Sat	9-9:55 am	
Apr 10-Jun 19	\$68.75	434487

South Fallingbrook C.C. – 613-824-0633 ext. 221

Tue	8-9 pm	
Mar 23-Jun 15	\$64.75	437048
Fri	8-9 pm	
Mar 26-Jun 18	\$60	437049
Tue	6-7 pm	
Jun 22-Aug 24	\$49.75	439588
Thu	8-9 pm	
Jun 24-Aug 26	\$45	439589

BOSU® and Gliding

The BOSU® Ball will increase your sense of balance, while a pair of Gliders will improve your strength. Engage your muscles through a full range to strengthen and lengthen the muscle groups in your body.

Nepean Sportsplex – 613-580-2828

Thu	8:30-9:30 pm	
Mar 25-Jun 10	\$96.50	436648
Jul 8-Sep 2	\$73	436722

Bridal Boot Camp

Tone your arms, trim your thighs and flatten your abs in time for your BIG day, or any special event.

Nepean Sportsplex – 613-580-2828

Tue	6:30-7:30 pm	
Mar 23-Jun 8	\$96.50	434713
Jun 29-Aug 31	\$80.50	434717

Cardio Belly Dance

Learning to belly dance is a great cardio workout. Learn new dances will keep you moving to stay in shape.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Fri	5:30-6:15 pm	
May 7-Jun 25	\$71.50	423687

Cardio Energizer

A high-energy cardio class guaranteed to have you feeling energized and focused on reaching your personal goals. Workout includes high/low options for all fitness levels focusing on technique, flexibility and improving your overall strength.

Bridlewood C.C. – 613-580-2424 ext. 33501

Wed	7-8 pm	
Mar 24-Jun 16	\$60	429070

Rideauview C.C. – 613-822-7887

Mon	6-7 pm	
Apr 12-Jun 14	\$56.25	425937
Apr 12-May 17	\$36.50	425939
Jul 5-Aug 16	\$37.50	438622

Registering is easy!
See page 8 for
registration options.

*Adults – take
 10,000 steps
 a day.*

Fitness and Wellness

Cardio Interval

A great aerobic workout combining cardio intervals with strength training intervals.

Cyrville C.C. – 613-748-1771

Mon	6-7 pm	
Apr 12-Jun 7	\$50.25	438318

Osgoode C.C. –

613-580-2424 ext. 30235

Wed	6:30-7:20 pm	
Mar 24-Apr 28	\$30.25	435135
May 5-Jun 16	\$35.50	435139

Cardio Kickboxing

Cardio Kickboxing is a combination of aerobics, martial arts and kickboxing moves. Intense cardio workout followed by complete body-mind stretches.

Cyrville C.C. – 613-748-1771

Wed	8-9 pm	
Apr 7-Jun 9	\$62.75	439865
Jun 16-Aug 18	\$62.75	440976

Eva James C.C. – 613-271-0712

Mon	7:05-8:05 pm	
Mar 22-Jun 14	\$64.75	432383
Sun	5:30-6:30 pm	
Mar 28-Jun 13	\$58.75	432558

Fisher Park C.C. – 613-798-8945

Women Only

Wed	6:30-7:30 pm	
Mar 31-Jun 2	\$73	438310

Heron C.C. – 613-247-4808

Mon	6:30-7:30 pm	
Mar 29-Jun 14	\$73	438439
Wed	6:30-7:30 pm	
Mar 31-Jun 2	\$73	438444

Pinecrest R.C. – 613-828-3118

Sat	8:30-9:30 am	
Mar 27-Jun 19	\$83	422281

South Fallingbrook C.C. – 613-824-0633 ext. 221

Wed	8-9 pm	
Mar 24-Jun 16	\$64.75	438332
Sun	11 am-noon	
Mar 28-Jun 20	\$60	438333
Wed	7:30-8:30 pm	
Jun 23-Aug 25	\$49.75	439604
Sat	1:15-2:15 pm	
Jun 26-Aug 28	\$49.75	439607

Cardio Tone

A great cardiovascular workout plus muscle toning!

Richelieu-Vanier C.C. –

613-580-2424 ext. 28464

Tue	6-6:45 pm	
Apr 20-Jul 6	\$87.50	440954
Sat	9-9:45 am	
Apr 24-Jul 10	\$87.50	441416

South Fallingbrook C.C. –

613-824-0633 ext. 221

Tue	7-8 pm	
Mar 23-Jun 15	\$64.75	436045
Jun 22-Aug 24	\$49.75	439573
Thu	6-7 pm	
Mar 25-Jun 17	\$64.75	436050

Core Strength Training

Classes specifically designed to increase and enhance core stability/strength. Participants will complete several different exercises and postures on the exercise ball that will improve flexibility, develop abdominal/lower back strength.

Rockcliffe Park R.C. – 613-842-8578

Wed	6:30-7:30 am	
Apr 7-Jun 23	\$96.75	441137
Thu	10:15-11:15 am	
Apr 15-Jun 24	\$80.75	441136

Dance to Fit – Level 1

Try this new trend and let your body move to the music! Simple routines designed to tone your body and boost your confidence. Experience moves that will make you sweat and get your heart pumping. Dance to Fit makes classes enjoyable and easy.

Carp Memorial Hall –

613-580-2424 ext. 33527

Mon	7-8 pm	
Mar 22-Jun 14	\$55.75	436026

Dancercise

A dance oriented fitness class choreographed to all types of music. Dancing through the decades to unforgettable music, you will move with the beat and have a good time. It is not just exercise, it's fun and exciting too.

Bridlewood C.C. –

613-580-2424 ext. 33501

Tue	6:15-7:15 pm	
Apr 13-May 4	\$20.25	429073

Drum Fitness

You + Stability Ball + Drumsticks + Music = workout for your entire body, mind and spirit. Feel the pulsating rhythms, dynamic movement and powerful percussions of this high-energy dance and rhythm program.

Goulbourn R.C. – 613-831-1169

Wed	7-8 pm	
Apr 7-May 12	\$35.50	440357

Kanata Leisure Centre –

613-591-9283

Thu	5-6 pm	
Mar 25-May 20	\$54	430429

Drums Alive

Traditional aerobic exercise with the pulsating rhythms of drumming on a stability ball. Experience dynamic movements and the power of percussion.

Nepean Sportsplex – 613-580-2828

Fri	2:30-3:30 pm	
Apr 9-Jun 25	\$96.50	438539
Jul 9-Sep 3	\$73	438553

Walter Baker Sports Centre – 613-580-2788

Thu	7-8 pm	
Mar 25-Jun 24	\$91	441295

ExerBall Strength

A great full body work out focusing on all elements of conditioning. Improve balance, core stability and coordination through the use of a fitness ball, mat work, weights and toning bands.

Nepean Sportsplex – 613-580-2828

Wed	4:30-5:30 pm	
Mar 24-Jun 9	\$96.50	436544
Jun 30-Sep 1	\$80.50	436553

Rockcliffe Park R.C. – 613-842-8578

Tue	10:15-11:15 am	
Apr 6-Jun 22	\$96.75	432905

West Carleton C.C. –

613-580-2424 ext. 33527

Thu	6:30-7:30 pm	
Apr 8-Jun 24	\$65.50	435112

Family Boot Camp

Get in shape and bond with your family during this fitness class designed with fun.

Nepean Sportsplex – 613-580-2828

Sat	2:30-3:30 pm	
Mar 27-Jun 12	\$80.50	438522

Feldenkrais – All Levels

Gentle, effortless, exploratory movement sequences increase your awareness of how you move. Learn to sense your actions and gain control over your body. Discover new possibilities of movement and learn to adapt to your environment in an efficient manner. Improve flexibility, posture, breathing and stress reduction.

McNabb R.C. – 613-564-1070

Mon	5-6 pm	
Apr 12-Jun 21	\$98	439982
Wed	9:30-10:30 am	
Apr 7-Jun 9	\$98	439977

Pinecrest R.C. – 613-828-3118

Mon	10:30-11:30 am	
Mar 29-Jun 14	\$98	439955

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

Rockcliffe Park R.C. – 613-842-8578

Sun	1-4 pm	
May 2	\$56.25	441156
Mon	10-11 am	
Apr 12-Jun 21	\$111.75	441154
Wed	6-7 pm	
Apr 14-Jun 16	\$111.75	441155
Jul 7-28	\$44.75	441157
Jul 7	\$15	441158
Jul 14	\$15	441159
Jul 21	\$15	441160
Jul 28	\$15	441161

St-Laurent Complex – 613-742-6767

Wed	11-11:55 am	
Apr 14-May 19	\$63	435714
Wed	6-6:55 pm	
Apr 14-May 19	\$63	435723

Fit 'n Variety

Enjoy a wide variety of fitness activities that will keep your workouts fresh and inspiring. There will be low impact, step, and strength training, to name a few.

Alfred Taylor R.C. – 613-580-2424 ext. 30235

Tue	7-8 pm	
Mar 23-Apr 27	\$30.25	434147
May 4-Jun 15	\$35.50	434152
Thu	7-8 pm	
Mar 25-Apr 29	\$30.25	434150
May 6-Jun 17	\$35.50	434153

Greely E.S. – 613-580-2424 ext. 30235 7066 Parkway Rd.

Tue	7:10-8:10 pm	
Mar 23-Apr 27	\$30.25	435519
May 11-Jun 15	\$30.25	435521
Thu	7:10-8:10 pm	
Mar 25-Apr 29	\$25.25	435522
May 13-Jun 17	\$25.25	435523

Manotick Arena – 613-580-2424 ext. 30235

Mon	9:15-10:15 am	
Mar 22-Apr 26	\$25.25	441249
May 3-Jun 14	\$30.75	441250
Wed	9:15-10:15 am	
Mar 24-Apr 28	\$30.25	436366
May 5-Jun 16	\$35.50	436368
Fri	9:15-10:15 am	
Mar 26-Apr 30	\$25.25	441252
May 7-Jun 18	\$35.50	441253

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

Mon	9:15-10:15 am	
Mar 22-Apr 26	\$33.50	434880
May 3-Jun 14	\$40.50	434896
Wed	9:15-10:15 am	
Mar 24-Apr 28	\$40.50	434901
May 5-Jun 16	\$46.75	434904
Fri	9:15-10:15 am	
Mar 26-Apr 30	\$33.50	434909
May 7-Jun 18	\$46.75	434911

Fitness Fusions

A mix of the gentle movement of Tai Chi for motion and balance, Yoga for flexibility, and Pilates for core conditioning in abdominals and back. Ideal if you can't attend more vigorous fitness sessions, have joint problems, or need stress reduction.

Manotick Arena – 613-580-2424 ext. 30235

Thu	7-7:50 pm	
Apr 22-Jun 17	\$60	436637

Kars C.C. – 613-580-2424 ext. 30235

Mon	10:30-11:20 am	
Apr 12-Jun 14	\$60	442012

Flow Fitness

Elements of Yoga, Pilates and Tai Chi are combined into a set of slow, deliberate, flowing movements to strengthen your core, align your body, and centre and calm your mind.

Nepean Creative Arts Centre – 613-596-5783

Tue	10:15-11:15 am	
Apr 6-Jun 8	\$89.50	428873

Gliding®

Gliding discs are new and fun. With every in and out movement the muscles of your inner thighs, outer thighs, buns and abs are energized to release fat so you lose weight leaving you tight and toned.

Pinecrest R.C. – 613-828-3118

Thu	11:45 am-12:45 pm	
Mar 25-Jun 10	\$96.50	422232

Going Ballistic

A flex-y, athletic workout challenge using different balls: Resist-a-ball, Pilates balls and beach balls. Combine eclectic dance moves, Pilates and athletic, compound movements to make you sweat and burn!

Routhier C.C. – 613-244-4470

Mon	12:15-1:15 pm	
May 3-Jun 21	\$59	438672
Jul 5-Aug 16	\$59	440493

Group Introduction

Learn the basics of group fitness classes like Basic Low Impact, Step, Strength/Cardio Circuit and Yoga.

Ray Friel R.C. – 613-830-2747

Tue	8:30-9:30 pm	
Apr 13-Jun 1	\$56	440143
Jun 15-Jul 20	\$42	440322

Group Women Only

Women only instructors will deliver aerobic exercise classes to groups of women.

Albion Heatherington R.C. – 613-247-4828

Wed, Mon	10:15-11 am	
Apr 7-May 31	\$100.50	433900



Heart Wise Exercise Programs

Safe, fun, enjoyable and accessible classes

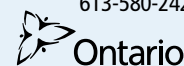
In partnership with the University of Ottawa Heart Institute and other community agencies, Heart Wise Exercise programs are intended for participants who are interested or concerned about their heart health. To find Heart Wise Exercise programs look for the Heart Wise Exercise logo shown above.

Heart Wise programs meet the following criteria:

- Encourages regular, daily aerobic exercise
- Incorporates and encourages warm up, cool down and self-monitoring with all exercise sessions
- Allows participants to exercise at a safe level, and has progressive options to increase intensity if appropriate
- Accepts participants with a known history of cardiac disease – provided they have physician approval
- Provides health screening for all participants
- Has an emergency plan that is documented and known to all exercise leaders, including the requirement of current CPR certification, phone access to EMS and presence of an AED

These criteria could cover a variety of different levels and type of programs. Please read the program description provided to find the Heart Wise Exercise program most suitable for you.

For additional information please contact Michael Lalonde at
613-580-2424 ext. 41225.



"This project is supported by the Government of Ontario"

Fitness and Wellness

Gym Stick

Gym Stick is a total body fitness tool that strengthens and defines your muscles like nothing else. Focus will be placed on safety and proper form. Increase your strength and cardio.

Nepean Sportsplex – 613-580-2828

Mon	9:30-10:30 pm	
Mar 22-Jun 21	\$96.50	437886
Jun 28-Aug 30	\$73	437893
Thu	5:30-6:30 pm	
Mar 25-Jun 10	\$96.50	437890
Jul 8-Sep 2	\$73	437895

Heart Health

Improve your fitness with this heart health low intensity program.

Participants are required to complete a health questionnaire. A physician assessment, stress test, etc. may be required. Medical clearance for individuals with cardiac disease is required.

Nepean Sportsplex – 613-580-2828

Mon, Wed	4:45-5:45 pm	
Mar 22-Jun 9	\$218.25	428197
Tue, Thu	10:15-11:15 am	
Mar 23-Jun 10	\$238.25	428206

Hi and Low

A coed cardio workout that concentrates on low impact exercises while introducing hi impact moves. This cardio workout will end with a short strength and ab component.

Bridlewood C.C. – 613-580-2424 ext. 33501

Mon	8:30-9:30 pm	
Mar 22-Jun 7	\$50.50	440962

Eva James C.C. – 613-271-0712

Mon	9-10 am	
Mar 22-Jun 14	\$55.50	427731
Wed	9-10 am	
Mar 24-Jun 16	\$65.50	427735
Fri	9-10 am	
Mar 26-Jun 18	\$60.50	427736

Pinecrest R.C. – 613-828-3118

Fri	6:30-7:30 pm	
Apr 9-Jun 25	\$65.75	422239

Hooping

Looking for a new way to work out? Strengthen your core muscles and get a great cardio workout with this unique class. A weighted hoop for strengthening and great music will keep you going throughout the hour. Hoops provided.

Eva James C.C. – 613-271-0712

Mon	noon-1 pm	
Mar 22-Jun 14	\$64.75	432488
Tue	6:20-7:20 pm	
Mar 23-Jun 15	\$76.25	432515
Wed	7-8 pm	
Jul 7-Aug 25	\$47	438500

Pinecrest R.C. – 613-828-3118

Sun	2-3 pm	
Mar 28-Jun 20	\$89.50	422272
Sun	3-4 pm	
Mar 28-Jun 20	\$89.50	422273

Hooping for Ladies

Weighted hoops make it possible for everyone to hula-hoop dance while working up a sweat. Learn to hoop on you waist, arms, legs, and torso as you jam to dynamic music. Hoops are provided and are available for sale.

Kanata Leisure Centre – 613-591-9283

Sat	4:30-5:30 pm	
Mar 27-May 29	\$48	430219

How to Train at Home

A certified instructor will teach you how to properly use equipment such as a stability ball and free weights, so you can exercise in the comfort of your own home.

Goulbourn R.C. – 613-831-1169

Wed	1-2 pm	
Apr 7-May 12	\$35.50	436632
May 19-Jun 23	\$35.50	436634

Indoor Rowing

Row off calories with this low impact, high-energy total body workout.

Kanata Leisure Centre – 613-591-9283

Sat	1-2 pm	
Apr 10	\$6	430506

Kettlebells – Level 1

Extreme total body fitness to target your physical weaknesses and challenge your strengths.

Kettlebells improves your posture, core strength, aerobic and anaerobic efficiency, while increasing muscular power, endurance and strength.

Previous experience lifting free weights required.

Bob MacQuarrie R.C.- Orléans – 613-824-0819 ext. 228

Tue	6-7 pm	
May 4-Jun 22	\$92.25	423637
Jul 6-Aug 24	\$92.25	440928

Nepean Sportsplex – 613-580-2828

Mon	5:30-6:30 pm	
Mar 22-Jun 21	\$96.50	433169
Mar 28-Aug 30	\$73	433203
Sat	10:30-11:30 am	
Mar 27-Jun 12	\$80.50	433187
Jun 26-Sep 4	\$80.50	433219

Ray Friel R.C. – 613-830-2747

Tue	7:30-8:30 pm	
May 4-Jun 22	\$90.50	440135
Jul 6-Aug 10	\$68	440299

Kettlebells – Level 2

Learn more explosive movements, more grinding exercises, and Kettlebells drills that are sure to challenge your body and state of mind! Participants must be confident with Kettlebells at an introductory level.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Tue	7:15-8:15 pm	
May 4-Jun 22	\$92.25	423644
Jul 6-Aug 24	\$92.25	440929

Low and Stretch

A good basic cardio workout designed for any fitness level. Extended stretch with elements of Pilates, yoga, and core abdominal strength mat work.

Nepean Creative Arts Centre – 613-596-5783

Tue	9:15-10:15 am	
Apr 6-Jun 8	\$89.50	422564
Thu	9:15-10:15 am	
Apr 8-Jun 10	\$89.50	422565

Low Impact

Enjoy a cardiovascular workout with a series of 'no bounce' moves that are easy on your joints. Finish off with muscle toning and strengthening, and a comprehensive stretching routine.

Constance Bay C.C. – 613-580-2424 ext. 33527

Tue	10:30-11:30 am	
Apr 6-Jun 22	\$60.50	435748
Thu	10:30-11:30 am	
Apr 8-Jun 24	\$60.50	435750

Eva James C.C. – 613-271-0712

Mon	6-7 pm	
Mar 22-Jun 14	\$55.25	431888
Thu	8:15-9:15 pm	
Mar 25-Jun 17	\$65.25	432366
Mon	7:25-8:25 pm	
Jul 5-Aug 23	\$35.25	438404
Wed	7-8 pm	
Jul 7-Aug 25	\$40.25	438409

Hintonburg C.C. – 613-798-8874

Mon, Wed, Fri	11:45 am-12:45 pm	
May 3-31	\$45	434839
Wed, Fri, Mon	11:45 am-12:45 pm	
Apr 7-30	\$41.25	434836
Jun 2-18	\$30	434845

Osgoode C.C. – 613-580-2424 ext. 30235

Mon	6:30-7:30 pm	
Mar 22-Apr 26	\$25.25	435093
May 3-Jun 14	\$30.25	435128

Richmond C.C. – 613-580-2424 ext. 33230

Mon	7:45-8:45 pm	
Mar 22-Jun 7	\$60.50	422435
Jul 5-Aug 23	\$35.50	432551



Rideauview C.C. – 613-822-7887

Wed	6-7 pm	
Apr 7-Jun 9	\$62.50	425946
Apr 7-May 5	\$31.25	425947
May 12-Jun 9	\$31.25	425948
Jul 7-Aug 18	\$43.75	438630

Lymph-a-cise – A Path to Prevention

Low impact exercise for anyone who has ever been diagnosed with breast cancer. Gentle muscle conditioning, stretching and rhythmic movement to stimulate the lymphatic system. Use balls, bands and tubing for a total body workout.

Kars C.C. – 613-580-2424 ext. 30235

Wed	10:30-11:30 am	
Apr 14-Jun 2	\$53.25	430106

Manotick Arena – 613-580-2424 ext. 30235

Mon	7-8 pm	
Mar 22-Apr 26	\$29.50	436359
May 3-Jun 14	\$35.50	436360

Martial Arts-Kung Fu Cardio

Combine aerobics with Shaolin tiger style Kung Fu to keep fit and toned. Burn calories, improve your posture, strengthen muscles, bones and joints plus increase flexibility.

McNabb R.C. – 613-564-1070

Fri	7:30-8:30 pm	
Apr 9-Jun 25	\$83.25	441254

Shape and Firm

Challenge your whole body to a great workout program. Blast your muscles with some basic exercises while incorporating free weights and bands. Great for all levels!

Heron C.C. – 613-247-4808

Mon	7:30-8:30 pm	
Mar 29-Jun 14	\$73	438448

Small Group Personal Training for Weight Control

Join others with similar goals, as you work with weights and machines with a certified personal trainer.

Kanata Leisure Centre – 613-591-9283

Tue	7:30-8:30 pm	
Mar 23-Apr 20	\$78	427744
May 4-Jun 1	\$78	427748
Thu	7:30-8:30 pm	
Mar 25-Apr 22	\$78	427745
Apr 29-May 27	\$78	427751

Spring Back

Revive your general well being! Get moving! Be introduced to different fitness activities at a pace to suit your needs. Special guests help you find your way.

Stittsville C.C. – 613-580-2424 ext. 33271

Mon	11:30 am-1 pm	
Apr 19-Jun 14	\$67.25	426928
Fri	9-10:30 am	
Apr 9-Jun 4	\$75.50	426941

Step and Sculpt

Combines the benefits of a challenging step class and an overall body sculpting workout.

Eva James C.C. – 613-271-0712

Wed	5:50-6:50 pm	
Jul 7-Aug 25	\$40.25	438428

Stittsville C.C. – 613-580-2424 ext. 33271

Mon	9-10 am	
Mar 22-Jun 7	\$50.50	423878
Tue	7-8 pm	
Apr 6-May 25	\$40.50	423888
Wed	9-10 am	
Mar 24-May 26	\$50.50	423882
Thu	7-8 pm	
Apr 8-Jun 10	\$40.50	423889

Step and Sweat

A step class guaranteed to give you a great cardio challenge, along with a serious workout for the abs. Come and release the day's stress and step your way to fitness.

South Fallingbrook C.C. – 613-824-0633 ext. 221

Wed	6-7 pm	
Mar 24-Jun 16	\$64.75	438331
Wed	6:30 – 7:30pm	
Jun 23-Aug 25	\$49.75	439594

Strength and Empowerment

An exercise program for women living with breast cancer. Improve your core stability, posture, balance, strength, flexibility and overall well-being. Gentle cardiovascular fitness will help speed up your recovery through chemotherapy and radiation.

Goulbourn R.C. – 613-831-1169

Tue	2:30-3:30 pm	
Apr 6-Jun 15	N/A	436620

Kanata Leisure Centre – 613-591-9283

Fri	11:30 am-12:30 pm	
Mar 26-Jun 4	N/A	427755

Strength Circuit Training

This workout will help increase self-esteem and improve overall strength. Our fast-paced program alternates between weight training and aerobic exercises. Participants from all fitness levels will be challenged.

Eva James C.C. – 613-271-0712

Fri	1-2 pm	
Mar 26-Jun 18	\$55.25	434677

Stretch and Strength

Muscle toning and strengthening and a comprehensive stretching routine are an integral part of your workout.

Dunrobin C.C. – 613-580-2424 ext. 33527

Thu	7:10-8:10 pm	
Apr 8-Jun 24	\$70.50	440018

Eva James C.C. – 613-271-0712

Tue	7:30-8:30 pm	
Mar 23-Jun 8	\$50.25	432583

Nepean Creative Arts Centre – 613-596-5783

Wed	1-2 pm	
Apr 7-Jun 9	\$89.50	422569
Mon	1-2 pm	
Apr 12-Jun 14	\$80.50	422567

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

13 yrs+	Sun	10-11 am
Apr 11-Jun 27	\$78	435315

Rockcliffe Park R.C. – 613-842-8578

Wed	9-10 am	
Apr 7-Jun 23	\$96.75	435334

Stittsville C.C. – 613-580-2424 ext. 33271

Mon	10:30-11:30 am	
Apr 19-Jun 7	\$35.50	423613

Tone and Strengthen

Strengthen and tone all muscle groups using weights and resistance equipment, such as tubing and balls, for an entire body workout.

Fisher Heights Com. Place – 613-580-2424 ext. 41225

Wed	7-8 pm	
Mar 24-Jun 16	\$67.75	428701
Jul 7-Aug 18	\$35.75	428705

Nepean Sportsplex – 613-580-2828

Thu	9-10 pm	
Mar 25-Jun 10	\$96.50	437876
Jul 8-Sep 2	\$73	437881



Heart Wise
Exercise information
on page 159.

NEW! Family Programs
section on page 94.

Fitness and Wellness

Total Body Boot Camp

Increase your strength, cardio and body image when we put you through this tough conditioning session. Experience many drills that Olympic athletes do on a regular basis.

Kanata Leisure Centre – 613-591-9283

Mon	7:10-8:10 pm	
Mar 22-May 24	\$60	440870
Mon	7:30-8:30 pm	
Jun 14-Jul 26	\$42	440882
Tue, Thu	6:30-7:30 am	
Mar 23-Jun 10	\$141.40	427299
Sat	9:55-10:55 am	
Mar 27-May 29	\$48	427270
Sat	10-11 am	
Jun 5-Aug 7	\$60	427264

McNabb R.C. – 613-564-1070

Tue, Fri	7-7:50 am	
Apr 6-May 14	\$99	440002
May 18-Jun 25	\$99	440003

Nepean Sportsplex – 613-580-2828

Tue, Thu	6:30-7:30 am	
Mar 23-Apr 29	\$96.50	437270
May 4-Jun 10	\$96.50	437276
Jun 15-Jul 27	\$96.50	437285
Wed	5:45-6:45 pm	
Mar 24-Jun 9	\$96.50	437166
Jun 30-Sep 1	\$80.50	436591
Wed	7:30-8:30 pm	
Jun 30-Sep 1	\$80.50	439025
Wed	8:30-9:30 pm	
Mar 24-Jun 9	\$96.50	436564
Thu, Tue	6:30-7:30 am	
Jul 29-Aug 31	\$80.50	437292
Sat	8:15-9:15 am	
Mar 27-Jun 12	\$80.50	436573
Jun 26-Sep 4	\$80.50	436584

Routhier C.C. – 613-244-4470

Tue, Thu	5:30-6:30 pm	
May 4-Jun 24	\$97.25	438679
Jul 6-Aug 19	\$85.25	440481
Wed	12:15-1:15 pm	
May 5-Jun 23	\$67.25	438681
Jul 7-Aug 18	\$59	440487

South Fallingbrook C.C. –

613-824-0633 ext. 221

Mon, Wed	6:30-7:30 am	
Mar 22-Jun 16	\$170	435471

St-Laurent Complex – 613-742-6767

Mon, Wed, Fri	6:15-7:15 am	
Jul 5-Sep 3	\$208	435632
Wed, Fri, Mon	6:15-7:15 am	
Apr 7-Jun 25	\$264	435595

Walter Baker Sports Centre –

613-580-2788

Mon, Wed, Fri	6-7 am	
Mar 22-May 14	\$143	424941
May 17-Jun 25	\$110.50	424986
Mon	7-8 pm	
Mar 22-Jun 21	\$78	425012
Wed	7-8 pm	
Mar 24-Jun 23	\$91	424920
Sat	9:30-10:30 am	
Mar 27-Jun 26	\$78	424897
Sat	10:45-11:45 am	
Mar 27-Jun 26	\$78	424905

Total Body Conditioning

Come and get in shape while having fun. Wake up some of your sleepy muscles. With accessories like ropes, tubes, balls, steps, etc., getting in shape will be fun! Because of its aerobic and anaerobic components, this training will be more than complete.

Eva James C.C. – 613-271-0712

Tue	10:05-11:05 am	
Mar 23-Jun 15	\$65.25	432401

Fred G. Barrett Arena – 613-822-7887

Wed	6-7 pm	
Apr 7-Jun 9	\$69.75	436760

South Fallingbrook C.C. –

613-824-0633 ext. 221

Mon	8-9 pm	
Mar 22-Jun 14	\$54.75	435474
Thu	7-8 pm	
Mar 25-Jun 17	\$64.75	435475
Thu	8:30-9:30 pm	
Jun 24-Aug 26	\$45	440011

Totally Tone

Incorporates a blend of many philosophies such as yoga, Pilates, cardio, dance and strength exercises resulting in rejuvenation of the body, mindful awareness and a joyful spirit.

Rockcliffe Park R.C. – 613-842-8578

Tue	9-10 am	
Apr 6-Jun 22	\$96.75	432837
Thu	9-10 am	
Apr 15-Jun 24	\$88.75	432838
Tue	8-9 am	
Jul 6-Aug 24	\$64.50	432917
Thu	8-9 am	
Jul 8-Aug 26	\$64.50	432918

TRX® Total Body

Engage all of your muscles with this TRX®-based workout and build overall strength, balance and flexibility. All levels welcome.

Ray Friel R.C. – 613-830-2747

Mon	8:30-9:30 pm	
Apr 26-Jun 21	\$87	440148
Jul 5-Aug 16	\$65.25	440327

Weight Training – Level 1

Learn proper use of the different machines in the gym. Understand the principles of weight training and setting up a program for yourself, and feel comfortable using the machines.

St-Laurent Complex – 613-742-6767

Wed	9-9:55 am	
Apr 7-May 12	\$72	437692
May 19-Jun 23	\$72	437696
Jul 7-Aug 11	\$72	437683

Woman on Weights

Beginners will strengthen your bones, reducing the risks of osteoporosis and tone your muscles. Learn the basic fundamentals of exercise and weight training. Exercise at your own pace.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Sat	9:30-10:30 am	
May 1-Jun 26	\$73	423167

Fred G. Barrett Arena – 613-822-7887

Mon	6-7 pm	
Apr 12-Jun 14	\$63	425787

Kanata Leisure Centre – 613-591-9283

Thu	6-7 pm	
Mar 25-Apr 29	\$36	427785
May 6-Jun 10	\$36	427788

Manotick Arena –

613-580-2424 ext. 30235

Thu	6-6:50 pm	
Apr 22-Jun 17	\$60	436631

Nepean Sportsplex – 613-580-2828

Tue	7:30-8:30 pm	
Mar 23-Jun 8	\$96.50	438608
Jun 29-Aug 31	\$80.50	438616

Rideauview C.C. – 613-822-7887

Wed	7-8 pm	
Apr 7-Jun 9	\$69.75	426615
Jul 7-Aug 18	\$49	441061

Zumba®

Inspired by Latin and International dance, this is a great cardio fitness class. You'll be blasting calories through salsa, merengue, samba, belly dance, reggaeton, and hip-hop without even thinking about it!

Aquaview Com. Hall – 613-580-2782

Sat	1-2 pm	
Apr 10-Jun 19	\$47.50	435910



Churchill Seniors R.C. – 613-798-8927

Mon	6-7 pm	
Apr 12-Jun 21	\$96.50	434047
Jul 5-Aug 23	\$77.50	441079
Wed	7-8 pm	
Apr 14-Jun 16	\$96.50	432682
Jul 7-Sep 1	\$77.50	441078

Cyrville C.C. – 613-748-1771

Tue	6-7 pm	
Apr 6-Jun 8	\$62.75	438319

Dunrobin C.C. – 613-580-2424 ext. 33527

Thu	6-7 pm	
Apr 8-Jun 24	\$70.50	435778

Eva James C.C. – 613-271-0712

Thu	1:15-2:15 pm	
Mar 25-Jun 17	\$76.25	433057
Fri	8:20-9:20 pm	
Mar 26-Jun 18	\$70.50	433065

Frederick Banting S.S. – 613-580-2424 ext. 33271

Mon	8:15-9:15 pm	
Mar 22-May 17	\$47.25	423474
Fri	8-9 pm	
Mar 26-May 21	\$47.25	423467

Heron C.C. – 613-247-4808

Tue	6-7 pm	
Mar 30-Jun 1	\$73	438460
Thu	6-7 pm	
Apr 1-Jun 3	\$73	438462

Kanata Leisure Centre – 613-591-9283

Tue	7:05-8:05 pm	
Mar 23-Jun 8	\$70.75	427793
Thu	7:05-8:05 pm	
Mar 25-Jun 10	\$70.75	427794
Fri	9-10 am	
Mar 26-Jun 11	\$66	427802
Sat	1-2 pm	
Mar 27-May 29	\$60	427796

Kanata R.C. – 613-836-3121

Mon	7-8 pm	
Apr 12-Jun 21	\$68.50	425059

Manotick Arena – 613-580-2424 ext. 30235

Wed	7-8 pm	
Mar 24-Apr 28	\$35.50	436597
May 5-Jun 16	\$41.25	436619
Wed	8:15-9:15 pm	
May 5-Jun 16	\$41.25	436624
Wed	8:15-9:25 pm	
Mar 24-Apr 28	\$35.50	436623

McNabb R.C. – 613-564-1070

Thu	7:05-8:05 pm	
Apr 8-Jun 10	\$62.50	431779
Mon	7-8 pm	
Apr 12-Jun 21	\$62.50	431764

Metcalfe C.C. –

613-580-2424 ext. 30235

Mon	7:30-8:30 pm	
Mar 22-Apr 26	\$29.50	440007
May 3-Jun 14	\$35.50	440009

Nepean Creative Arts Centre – 613-596-5783

Fri	9:30-10:30 am	
Apr 9-Jun 11	\$89.50	422570

Nepean Sportsplex – 613-580-2828

Tue	7:30-8:30 pm	
Mar 23-Jun 8	\$96.50	434720
Jun 29-Aug 31	\$80.50	434726
Fri	6:30-7:30 pm	
Apr 9-Jun 25	\$96.50	434721
Jul 9-Sep 3	\$73	434730
Fri	7:45-8:45 pm	
Apr 9-Jun 25	\$96.50	434724

Overbrook C.C. – 613-742-5147

Mon	7-8 pm	
Mar 22-Jun 7	\$62.50	441414

Pinecrest R.C. – 613-828-3118

Mon	8:30-9:30 pm	
Mar 22-Jun 21	\$96.50	422186
Tue	11:45 am-12:45 pm	
Mar 23-Jun 8	\$96.50	422187

R. J. Kennedy C.C. – 613-580-2782

Mon	10-11 am	
Apr 12-Jun 21	\$47.50	435905

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Tue	6-7 pm	
Apr 20-Jun 22	\$89.50	440522
Wed	6-7 pm	
Apr 21-Jun 23	\$89.50	440524

South Fallingbrook C.C. – 613-824-0633 ext. 221

Tue	6-7 pm	
Mar 23-Jun 15	\$64.75	435493
Jun 22-Aug 24	\$49.75	439561
Wed	9:30-10:30 am	
Mar 24-Jun 16	\$64.75	435494
Wed	7-8 pm	
Mar 24-Jun 16	\$64.75	435495
Sun	9-10 am	
Mar 28-Jun 20	\$60	435500
Fri	7-8 pm	
Mar 26-Jun 18	\$60	435497
Sat	8:30-9:30 am	
Jun 26-Aug 28	\$49.75	439566
Wed	8-9 pm	
Jun 30-Aug 25	\$49.75	439563

Splash Wave Pool – 613-748-4222

Fri	10:30-11:30 am	
Apr 30-May 28	\$46	437459

Walter Baker Sports Centre – 613-580-2788

Mon	8-9 pm	
Mar 22-Jun 21	\$78	425054
Thu	8:15-9:15 pm	
Mar 25-Jun 24	\$91	425107

Zumba® Mamas

Zumba® is pure fun! A workout full of Latin flair-for anyone, any age, any size. Move to great music with contagious energy and prepare to shake what your mama gave you! Don't miss this class! No dance background required.

McNabb R.C. – 613-564-1070

Tue	10-11 am	
Apr 6-Jun 15	Drop-in: \$8.25	
Multi Visit cards available		

Zumba® Moms

A workout for mom followed by playtime with infant. Inspired by Latin and International dance. Zumba® is a great cardiovascular workout with focus on fun, through salsa, merengue, samba, and hip-hop! (Infant must be 11 months or less).

Cyrville C.C. – 613-748-1771

Tue, Thu	9:45-10:45 am	
Apr 6-29	\$42.25	438321
May 11-Jun 3	\$42.25	438322

Zumba® Toning®

The original Zumba® dance-fitness class moves to the next level through a challenging and effective muscle training format with the addition of lightweight toning sticks.

South Fallingbrook C.C. – 613-824-0633 ext. 221

Thu	9:30-10:30 am	
Mar 25-Jun 17	\$64.75	435505
Sun	10-11 am	
Mar 28-Jun 20	\$60	435507

Zumba® Basic Steps – Drop-in

Fundamentals of Zumba®. Perfect for those just starting out!

South Fallingbrook C.C. – 613-824-0633 ext. 221

Fri	6-7 pm	
Mar 28-Jun 18	\$8 per class	

Zumba® Stretch

Upper body toning and stretching workout with Zumba's unique flavour and international zest to achieve a stronger and more defined torso.

South Fallingbrook C.C. – 613-824-0633 ext. 221

Thu	10:30-11:15 am	
Mar 25-Jun 17	\$48.75	439033

Registering is easy!
See page 8 for registration options.

Fitness and Wellness

Boxing

Olympic Boxing – Level 1

Basic footwork, punch combinations and cardio conditioning. Full equipment (gloves, hand pads, skipping ropes and sparring gear) is provided. Controlled sparring with instructor is optional as the class progresses.

Ray Friel R.C. – 613-830-2747

Mon	7:30-8:30 pm	
May 3-Jun 21	\$102	438291
Jul 5-Aug 23	\$102	440263
Thu	7:30-8:30 pm	
May 6-Jun 24	\$116.50	438292

Olympic Boxing – Level 2

Advanced techniques with inter-member sparring available with coach supervision. Participants use a variety of Olympic boxing techniques coupled with cardio conditioning. Full equipment (gloves, hand pads, skipping ropes and sparring gear) is provided.

Ray Friel R.C. – 613-830-2747

Wed	7:30-8:30 pm	
May 5-Jun 23	\$116.50	438293
Jul 7-Aug 25	\$116.50	440269

Boxing Circuit Training Core

Final Round programs are developed from national level boxing programs. Circuit training is a great way to train aerobic and anaerobic systems with interval training and boxing drills combined in the circuit.

Ray Friel R.C. – 613-830-2747

Mon	8:30-9:30 pm	
May 3-Jun 21	\$102	438294
Jul 5-Aug 23	\$102	440276
Wed	8:30-9:30 pm	
May 5-Jun 23	\$116.50	438295
Jul 7-Aug 25	\$116.50	440278
Thu	8:30-9:30 pm	
May 6-Jun 24	\$116.50	438296

WBK Boxing Training

Learn new skills and get a great workout! Course includes intervals of speed bag, heavy bag, skipping and shadow boxing. Develop muscle tone, full body strength and conditioning, coordination, balance, speed, agility and confidence. Offered in partnership with Whitebrook Boxing Kinetics; a unique, non-competitive (no sparring) specialized boxing training school; www.wbk.ca

Champagne Pool – 613-244-4402

Level 1

Tue	8:30-9:30 pm	
Apr 27-Jun 15	\$139.25	436810
Wed	4:30-5:30 pm	
Apr 28-Jun 16	\$139.25	436815
Wed	8:30-9:30 pm	
Apr 28-Jun 16	\$139.25	436816
Fri	4:30-5:30 pm	
Apr 30-Jun 18	\$139.25	436817

Mon	5:30-6:30 pm	
Apr 26-Jun 14	\$121.75	436804
Fri	7:30-8:30 pm	
Apr 30-Jun 18	\$139.25	436818
Fri	8:30-9:30 pm	
Apr 30-Jun 18	\$139.25	436819
Sat	8-9 am	
May 1-Jun 19	\$139.25	436820
Sat	2-3 pm	
May 1-Jun 19	\$139.25	436821
Sat	3-4 pm	
May 1-Jun 19	\$139.25	436822
Sat	4-5 pm	
May 1-Jun 19	\$139.25	436823
Mon	4:30-5:30 pm	
Jul 12-Aug 9	\$69.75	437315
Mon	5:30-6:30 pm	
Jul 12-Aug 9	\$69.75	437316
Mon	6:30-7:30 pm	
Jul 12-Aug 9	\$69.75	437317
Mon	7:30-8:30 pm	
Jul 12-Aug 9	\$69.75	437319
Mon	8:30-9:30 pm	
Jul 12-Aug 9	\$69.75	437323

Level 2

Mon	4:30-5:30 pm	
Apr 26-Jun 14	\$121.75	437210
Mon	8:30-9:30 pm	
Apr 26-Jun 14	\$121.75	437212
Tue	4:30-5:30 pm	
Apr 27-Jun 15	\$139.25	437221
Wed	5:30-6:30 pm	
Apr 28-Jun 16	\$139.25	437227
Thu	4:30-5:30 pm	
Apr 29-Jun 17	\$139.25	437229
Thu	8:30-9:30 pm	
Apr 29-Jun 17	\$139.25	437231
Fri	5:30-6:30 pm	
Apr 30-Jun 18	\$139.25	437233
Sat	9-10 am	
May 1-Jun 19	\$139.25	437238

Level 3

Mon	7:30-8:30 pm	
Apr 26-Jun 14	\$121.75	437246
Tue	5:30-6:30 pm	
Apr 27-Jun 15	\$139.25	437251
Thu	5:30-6:30 pm	
Apr 29-Jun 17	\$139.25	437255
Fri	6:30-7:30 pm	
Apr 30-Jun 18	\$139.25	437259
Sat	1-2 pm	
May 1-Jun 19	\$139.25	437260

Level 4

Mon	6:30-7:30 pm	
Apr 26-Jun 14	\$121.25	437281
Wed	7:30-8:30 pm	
Apr 28-Jun 16	\$139.25	437289
Sat	noon-1 pm	
May 1-Jun 19	\$139.25	437293

Level 5/6

Tue	6:30-7:30 pm	
Apr 27-Jun 15	\$139.25	437295
Tue	7:30-8:30 pm	
Apr 27-Jun 15	\$139.25	437298
Wed	6:30-7:30 pm	
Apr 28-Jun 16	\$139.25	437300
Thu	6:30-7:30 pm	
Apr 29-Jun 17	\$139.25	437301
Thu	7:30-8:30 pm	
Apr 29-Jun 17	\$139.25	437306
Sat	10-11 am	
May 1-Jun 19	\$139.25	437310
Sat	11 am-noon	
May 1-Jun 19	\$139.25	437313

Indoor Cycling

Indoor Cycling Heart Rate Games

Creative and challenging rides using your heart rate monitor to ensure you are getting the most from your ride.

Kanata Leisure Centre – 613-591-9283

Sat	3-4:30 pm	
Mar 27-May 8	\$41.25	432027

Indoor Cycling Spin 'n Strength

Integrated into your indoor cycling workout, this stretching and strengthening routine will tone muscles and build core stability.

Canterbury R.C. – 613-247-4869

Tue	9-10:15 am	
Apr 27-Jun 22	\$112.50	436269
Tue	6:15-7:30 pm	
Jul 6-Aug 24	\$100	436243
Thu	9-10:15 am	
Apr 29-Jun 17	\$100	436270
Thu	6:15-7:30 pm	
Jul 8-Aug 26	\$100	436244
Sat	10:30-11:45 am	
May 1-Jun 19	\$100	436280

Indoor Cycling Training Interval

A varied workout that includes flats, hills, jumps and acceleration drills. Your heart rate ranges from 65-90% during this vigorous workout.

Canterbury R.C. – 613-247-4869

Sun	10-10:45 am	
May 2-Jun 20	\$66	436285
Mon	7:15-8 pm	
Apr 26-Jun 21	\$66	436281
Wed	7:15-8 pm	
Apr 28-Jun 16	\$66	436283
Sat	8:30-9:15 am	
May 1-Jun 19	\$66	436284



Heart Wise
Exercise information
on page 159.

Indoor Cycling Training Intro

Discover the world of indoor group cycling. Program instructors will teach you the basic routines and improve your strength and aerobic base.

Canterbury R.C. – 613-247-4869

Mon	6:15-7 pm	
Apr 26-Jun 21	\$66	436287
Wed	6:15-7 pm	
Apr 28-Jun 16	\$66	436289
Sat	9:30-10:15 am	
May 1-Jun 19	\$66	436290
Sun	9-9:45 am	
May 2-Jun 20	\$66	436291

Kanata Leisure Centre – 613-591-9283

Thu	7-7:40 pm	
Mar 25-Apr 22	\$30	430370

St-Laurent Complex – 613-742-6767

Tue	6:40-7:35 pm	
Apr 6-May 11	\$60	435641
May 18-Jun 22	\$60	435642
Jul 6-Aug 10	\$60	435648

Indoor Cycling – Movie Ride

Endurance ride while you watch an action movie. Non instructional.

Kanata Leisure Centre – 613-591-9283

Sat	5:30-7:30 pm	
Apr 17	\$12	430390

Intro to Spinning®

Learn proper bike setup, the three hand positions and the five basic moves, pedaling techniques, and all about energy zones.

Nepean Sportsplex – 613-580-2828

Sun	4-4:45 pm	
Apr 11-Jun 20	\$80.50	436828
Jun 27-Aug 29	\$73	436834

Ray Friel R.C. – 613-830-2747

Sun	7-8 pm	
Apr 11-May 16	\$41.75	440141
May 23-Jun 27	\$41.75	440315

Spinning® and Cycling

Start indoors on a spin bike and learn techniques to make your cycling more effective. Then experience five outdoor rides with new cycling colleagues. Get comfortable on pathways or roads. Learn to tackle hills with gusto!

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Sun	\$130	426891
Apr 11-May 2	4-5 pm	
May 9-Jun 13	9:30-11:30 am	
Mon	\$130	426887
Apr 12-May 3	10:30-11:30 am	
May 10-Jun 14	9:30-11:30 am	



Spinning® and Pilates

This class is designed to strengthen core, flexibility and enhance aerobic/anaerobic capabilities.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Tue	5:30-6:45 pm	
May 4-Jun 22	\$83.25	440949

Spinning® – Mom & Me

Post natal spinning® class to get moms back into shape! Exercising with baby is part of the fun!

Goulbourn R.C. – 613-831-1169

Thu	1-2 pm	
Apr 8-Jun 24	\$70.50	440216
Jul 8-Aug 26	\$47.50	440612

Spinning® and Ashtanga Yoga

Spinning improves cardio and leg strength. Ashtanga yoga improves strength, core strength and flexibility.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Mon	8-9:30 pm	
May 3-Jun 28	\$83.25	422870

Spinning® and Yoga

Strengthen core, flexibility and enhance aerobic/anaerobic capabilities.

Goulbourn R.C. – 613-831-1169

Thu	7-8:30 pm	
Apr 8-Jun 24	\$103	436762

Tour de France Challenge

Challenge yourself to a three-hour indoor cycling class, designed to allow you to experience one of the stages performed on the Tour de France.

Kanata Leisure Centre – 613-591-9283

Sat	5:15-8:15 pm	
May 1	\$18	430401

Nepean Sportsplex – 613-580-2828

Sat	8:30-11:30 am	
Apr 3	\$24.75	430960
May 22	\$24.75	430963

Pre and Post Natal/ Parent and Me

Mom and Me Fit

Post natal low impact cardio and strength training class to give moms a chance to get back into shape! No babysitter needed, exercising with baby is part of the fun!

Kanata Leisure Centre – 613-591-9283

Thu	10-11 am	
Mar 25-Jun 10	\$70.75	427421

Ray Friel R.C. – 613-830-2747

Wed	1-2 pm	
Apr 14-Jun 2	\$68	440129
Jun 16-Jul 21	\$49.50	440294

Mom and Me Fit – Indoor Baby Boot Camp

Intense class for moms 3 months + postpartum who are ready to get back to their pre-pregnancy shape or better! Combines muscle-conditioning and cardio drills to move you while interacting with your baby. Bring stroller and yoga mat.

Goulbourn R.C. – 613-831-1169

Tue	1-2 pm	
Apr 6-Jun 22	\$70.50	436802
Jul 6-Aug 24	\$47.50	440611

Walter Baker Sports Centre – 613-580-2788

Wed	1-2 pm	
Mar 31-May 19	\$73	434706
Fri	1-2 pm	
Apr 2-May 21	\$73	434707

Mom and Me Fit – Tummytime

Exercises focus on toning and tightening to flatten your tummy after childbirth. Bond with baby in your exercise routine. Bring yoga mat

Rockcliffe Park R.C. – 613-842-8578

Fri	10-11 am	
Apr 16-Jun 18	\$80.75	440853

Parent and Baby Fit

Do you want to get in shape while spending time with your baby? This course includes a warm up, cardio (steps) for parent and concludes with toning, stretching and socializing for parent and baby aged 1 to 9 months.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Thu	2-3 pm	
May 20-Jun 24	\$62.50	422884

Post Natal – Mom and Infant

A cardio class designed to give moms a chance to get back into shape! No need to find a babysitter, bring your baby and use the stroller as resistance when you work out!

Plant R.C. – 613-232-3000

Wed	10:15-11:15 am	
Apr 7-Jun 9	\$76.50	437123

Post Natal – Pedal and Pump

Bring your infant in a car seat and cycle to music suitable for baby's ears. Indoor cycling is excellent for cardiovascular health, weight loss and stress reduction. Finish off with exercises to tighten, tone and strengthen the whole body.

Kanata Leisure Centre – 613-591-9283

Tue	11:20 am-12:20 pm	
Mar 23-Jun 8	\$70.75	427504

Fitness and Wellness

Post Natal Spin® and Core

Bring your infant in a car seat and Spin® to music suitable for baby's ears. Spinning® is excellent for cardiovascular health, weight loss and stress reduction. Finish off with 15 minutes of strength exercises to tighten, tone and strengthen the whole body.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Tue	1-2 pm	
May 4-Jun 22	\$70.75	423704

Mom and Me Fit and Baby Yoga

Safely regain core strength and bond with your baby. Finish with relaxation postures and breathing exercises for when everything seems overwhelming. Bring yoga mat.

Walter Baker Sports Centre – 613-580-2788

Tue	9-10 am	
Mar 30-Jun 1	\$73	434711

Yoga – Baby and Mom

These classes focus on getting moms gently back into shape after giving birth.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Wed	9:30-10:30 am	
Mar 24-May 12	\$72.50	422723
May 19-Jul 7	\$72.50	422739

Nepean Sportsplex – 613-580-2828

Tue	1:30-2:30 pm	
Mar 23-Jun 8	\$96.50	436840
Jun 29-Aug 31	\$80.50	436842
Thu	1:30-2:30 pm	
Mar 25-Jun 10	\$96.50	436841

Ray Friel R.C. – 613-830-2747

Mon	1-2 pm	
Apr 12-May 17	\$51	440116
Jun 14-Jul 19	\$49.50	440288

Rideauview C.C. – 613-822-7887

Tue	10-11 am	
Apr 6-Jun 8	\$81.75	426894

Yoga – Baby and Parent

A relaxing yet stimulating time to spend with baby. Tone and strengthen your body while your child is introduced to yoga through song, touch and movement.

Goulbourn Municipal Office – 613-580-2424 ext. 33230

Tue	10:15-11:15 am	
Apr 13-Jun 22	\$64.50	422434

Old Town Hall (Kanata) – 613-580-2424 ext. 33304

Tue	11:45 am-12:45 pm	
Mar 30-Jun 1	\$52	440790

Splash Wave Pool – 613-748-4222

Wed	9:15-10:15 am	
Apr 28-May 26	\$46	436813
Fri	9:15-10:15 am	
Apr 30-May 28	\$46	436814

Gentle Yoga for Moms and Baby

A program for mothers and their infants. Learn yoga techniques as well as massage for your baby in a small class setting. Wear comfortable clothing, bring a towel and a water bottle.

McNabb R.C. – 613-564-1070

Fri	9:30-10:30 am	
Apr 9-Jun 11	\$52	423345

Plant R.C. – 613-232-3000

Mon	11 am-noon	
Apr 12-Jun 14	\$68.75	437537

Parent and Infant Yoga

A relaxing yet stimulating time to spend with your infant. Tone and strengthen your body while your baby is introduced to yoga, through touch and movement. Infants must be 11 months or younger.

Cyrville C.C. – 613-748-1771

Wed	9:45-10:45 am	
Apr 7-Jun 9	\$52.75	438320

Pre Natal Yoga

Moms will get a good workout while maintaining a strong healthy body throughout the pregnancy. The classes will focus on breathing, body awareness, relaxation, stretching and gentle postures. Please consult your physician before beginning this program. No experience required – perfect for all stages of pregnancy.

Beaverbrook C.C. – 613-580-2424 ext. 33501

Fri	7-8 pm	
Mar 26-Jun 18	\$72.50	429153

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Mon	7-8 pm	
May 3-Jun 28	\$70.75	422815

Goulbourn R.C. – 613-831-1169

Thu	10:30-11:30 am	
Apr 8-May 13	\$35.50	436645
May 20-Jun 24	\$35.50	436646
Jul 8-Aug 26	\$47.50	440605

McNabb R.C. – 613-564-1070

Sun	9-10 am	
Apr 25-Jun 27	\$82	441248
Mon	6-7 pm	
Apr 12-Jun 14	\$82	423347

Nepean Sportsplex – 613-580-2828

Wed	8-9 pm	
Mar 24-Jun 9	\$96.50	438999
Jun 30-Sep 1	\$80.50	437197

South Fallingbrook C.C. – 613-824-0633

Wed	6-7:30 pm	
Mar 24-Jun 16	\$82	438348

Splash Wave Pool – 613-748-4222

Thu	7-8 pm	
Apr 29-May 27	\$46	436807
Sat	9:15-10:15 am	
Apr 24-May 29	\$57.25	436781

Yogalates with Baby Yoga

Incorporate your baby into your physical and spiritual workout. Pilates gives core stability and dynamic function, while yoga adds strength, flexibility, and spiritual awareness. Blend Eastern and Western practices for a holistic approach to wellness.

Greely C.C. – 613-580-2424 ext. 30235

Mon	9:30-10:30 am	
Apr 12-Jun 7	\$47.25	436483

Manotick Arena – 613-580-2424 ext. 30235

Tue	1:45-2:45 pm	
Mar 23-Apr 27	\$35.50	436562
May 4-Jun 15	\$41.25	436563

Nepean Creative Arts Centre – 613-596-5783

Mon	9:15-10:15 am	
Apr 12-Jun 7	\$85	422748

Strollercize

Explore the trails and paths in and around the Complex. This program combines speed walking and jogging with stretching and exercising. Various meeting points will be planned. Participants to provide own stroller, an exercise blanket, water bottle and wear comfortable athletic wear. Class meets rain or shine.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Mon	9:30-10:30 am	
May 3-Jun 28	\$83.25	423037
Jul 5-Aug 30	\$83.25	440935

Rideauview C.C. – 613-822-7887

Fri	11:30 am-12:30 pm	
Apr 16-Jun 18	\$70	425929

Kanata R.C. – 613-591-9283 ext. 303

Mon, Wed	10-11 am	
Apr 19-Jun 14	\$142.50	430895

Walter Baker Sports Centre – 613-580-2788

Thu	9:30-10:30 am	
Apr 8-May 13	\$39	424874
May 20-Jun 24	\$39	424876



Strollerize Bootcamp

Explore the trails and paths around the Complex. Bootcamp exercises with jogging and speed walking. Bring stroller, exercise blanket, water bottle. Rain or shine.

Goulbourn R.C. – 613-831-1169

Wed	9-10 am	
Apr 7-Jun 23	\$70.50	440344
Jul 7-Aug 25	\$47.50	440615

Pilates

Pilates – BOSU® Combo

Pilates is a series of progressive exercises to lean and tone your muscles and strength your core. The Bosu® Ball will add challenge of balance and stability.

Nepean Sportsplex – 613-580-2828

Tue	8:30-9:30 pm	
Mar 23-Jun 8	\$96.50	435125
Jun 29-Aug 31	\$80.50	435133

Pilates – Level 1

A strength training class designed to improve your core stability. The pilates method focuses on the strengthening, stretching and aligning of the body through physical and mental conditioning.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Mon	2-3 pm	
May 3-Jun 28	\$70.75	422646
Thu	6:15-7:15 pm	
May 6-Jun 24	\$70.75	422657
Jul 8-Aug 26	\$70.75	440931

Churchill Seniors R.C. – 613-798-8927

Mon	7:05-7:55 pm	
Apr 12-Jun 21	\$64.50	434049
Jul 5-Aug 30	\$64.50	441095

Eva James C.C. – 613-271-0712

Mon	10:05-10:50 am	
Mar 22-Jun 14	\$64.50	427738
Fri	10:05-10:50 am	
Mar 26-Jun 18	\$70.50	427753

Fred G. Barrett Arena – 613-822-7887

Wed	7-8 pm	
Apr 7-Jun 9	\$98.75	425800

Heron C.C. – 613-247-4808

Thu	6-7 pm	
Apr 1-Jun 3	\$73	438468

Manotick Arena – 613-580-2424 ext. 30235

Mon	8:10-9:10 pm	
Mar 22-Apr 26	\$29.50	435776
May 3-Jun 14	\$35.50	435780

Nepean Sportsplex – 613-580-2828

Wed	6:30-7:30 pm	
Mar 24-Jun 9	\$96.50	436560

Plant R.C. – 613-232-3000

Tue	6:30-7:30 pm	
Apr 6-Jun 8	\$76.50	436737
Tue	7:30-8:30 pm	
Apr 6-Jun 8	\$76.50	436743
Wed	6:30-7:30 pm	
Apr 7-Jun 9	\$76.50	436764
Jul 7-Aug 25	\$61.25	436790
Thu	6:15-7:15 pm	
Apr 8-Jun 10	\$76.50	436774
Thu	6:30-7:30 pm	
Jul 8-Aug 26	\$61.25	436794
Mon	1:10-2:10 pm	
Apr 12-Jun 21	\$76.50	436701

Ray Friel R.C. – 613-830-2747

Mon	9:30-10:30 am	
May 10-Jun 28	\$65.75	438275
Jul 19-Aug 30	\$56.50	440188
Wed	7:35-8:35 pm	
May 12-Jun 30	\$75	438277
Jul 21-Sep 1	\$65.75	440192

Routhier C.C. – 613-244-4470

Thu	6:30-7:30 pm	
Apr 29-Jun 17	\$59	439002
Jul 8-Aug 19	\$59	440513

West Carleton C.C. – 613-580-2424 ext. 33527

Mon	10-11:15 am	
Apr 12-Jun 14	\$53	435587
Thu	9-10:15 am	
Apr 8-Jun 17	\$64.50	435593
Jul 8-Sep 9	\$59	435600

Pilates – Level 1/2

Improve your core stability. Focuses on the strengthening, stretching and aligning of the body through physical and mental conditioning.

Blackburn Hamlet Com. Hall – 613-824-0819 ext. 279

Tue	5:15-6:15 pm	
Apr 6-Jun 8	\$78	424616

Eva James C.C. – 613-271-0712

Tue	5:30-6:15 pm	
Mar 23-Jun 15	\$76.25	432538
Mon	5:20-6:20 pm	
Jul 5-Aug 23	\$41.25	438486

Goulbourn R.C. – 613-831-1169

Tue	7:10-8:10 pm	
Apr 6-Jun 22	\$70.50	436583
Jul 6-Aug 24	\$47.50	440603

Kanata Leisure Centre – 613-591-9283

Tue	12:30-1:30 pm	
Mar 23-Jun 8	\$70.75	430146

Mother Teresa H.S. – 613-580-2424 ext. 30307, 440 Longfields

Tue	8-9 pm	
Mar 23-Jun 22	\$91	434592

Nepean Sportsplex – 613-580-2828

Thu	4:30-5:30 pm	
Mar 25-Jun 10	\$96.50	436621
Jul 8-Sep 2	\$73	436643

Rideauview C.C. – 613-822-7887

Thu	6-7 pm	
Apr 8-Jun 17	\$98.75	426721
Jul 8-Aug 19	\$69.75	438570

Rockcliffe Park R.C. – 613-842-8578

Mon	9-9:55 am	
Apr 12-Jun 21	\$80.75	441162
Wed	10:15-11:10 am	
Apr 14-Jun 16	\$80.75	441163
Fri	9-9:55 am	
Apr 16-Jun 18	\$80.75	441164

Routhier C.C. – 613-244-4470

Mon	5:25-6:25 pm	
May 3-Jun 21	\$59	438975
Jul 5-Aug 16	\$50.75	440534

Walter Baker Sports Centre – 613-580-2788

Tue	11:30 am-12:30 pm	
Mar 23-Jun 22	\$91	425194
Fri	1-2 pm	
Mar 26-Jun 25	\$84.50	434595
Tue	8-9 pm	
Jul 6-Aug 24	\$52	434716
Wed	9:30-10:30 am	
Jul 7-Aug 25	\$52	434719
Thu	8-9 pm	
Mar 25-Jun 24	\$91	434593
Jul 8-Aug 26	\$52	434765

Pilates – Level 2

Eva James C.C. – 613-271-0712

Mon	10:55-11:40 am	
Mar 22-Jun 14	\$64.50	427758
Fri	10:55-11:40 am	
Mar 26-Jun 18	\$70.50	427756

Heron C.C. – 613-247-4808

Thu	7-8 pm	
Apr 1-Jun 3	\$73	438477

Plant R.C. – 613-232-3000

Wed	7:30-8:30 pm	
Apr 7-Jun 9	\$76.50	436809
Jul 7-Aug 25	\$61.25	436847
Thu	7:20-8:20 pm	
Apr 8-Jun 10	\$76.50	436811

Ray Friel R.C. – 613-830-2747

Mon	6:30-7:30 pm	
May 10-Jun 28	\$65.75	438281

Pilates – Level 2/3

Kanata Leisure Centre – 613-591-9283

Wed	12:30-1:30 pm	
Mar 24-Jun 9	\$70.75	430151

Ray Friel R.C. – 613-830-2747

Mon	6:30-7:30 pm	
Jul 19-Aug 30	\$56.50	440198

Fitness and Wellness

Pilates – Level 3

Blackburn Hamlet Com. Hall – 613-824-0819 ext. 279

Tue	6:15-7:15 pm	
Apr 6-Jun 8	\$78	424629

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Wed	8:30-9:30 pm	
May 5-Jun 23	\$70.75	422702
Jul 7-Aug 25	\$70.75	440932

Pinecrest R.C. – 613-828-3118

Tue	6:45-8 pm	
Mar 23-Jun 8	\$128	422191
Wed	9-10:15 am	
Mar 24-Jun 9	\$128	422192

Ray Friel R.C. – 613-830-2747

Mon	7:35-8:35 pm	
May 10-Jun 28	\$65.75	438282

Pilates – Level 4

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Sun	10:30 am-noon	
May 2-Jun 27	\$96.25	422709
Thu	7:30-8:30 pm	
May 6-Jun 24	\$70.75	422705
Jul 8-Aug 26	\$70.75	440933

Pinecrest R.C. – 613-828-3118

Mon	9-10:15 am	
Mar 22-Jun 21	\$128	422188
Tue	5:30-6:45 pm	
Mar 23-Jun 8	\$128	422190

Ray Friel R.C. – 613-830-2747

Wed	9:30-10:30 am	
May 12-Jun 30	\$75	438284
Jul 21-Sep 1	\$65.75	440204

Pilates and Yoga

Combine the 2 best fitness workouts – yoga and pilates!

Goulbourn Municipal Office – 613-580-2424 ext. 33230

Thu	9-10 am	
Apr 8-Jun 24	\$70.50	422430

Pinecrest R.C. – 613-828-3118

Mon	7-8:30 pm	
Mar 22-Jun 21	\$159	422205
Wed	11:45 am-12:45 pm	
Mar 24-Jun 9	\$114.50	422206
Wed	8:45-9:45 pm	
Mar 24-Jun 9	\$114.50	422208

Plant R.C. – 613-232-3000

Wed	1:10-2:10 pm	
Apr 7-Jun 9	\$76.50	437526

Richmond C.C. –

613-580-2424 ext. 33230

Thu	6:15-7:45 pm	
Apr 8-Jun 24	\$105.75	422443

Pilates Core Stability

Pilates-style classes strengthen the body's core muscles, increase flexibility, and help posture using mat work.

Nepean Sportsplex – 613-580-2828

Mon	6-7 pm	
Mar 22-Jun 21	\$96.50	436843
Jun 28-Aug 30	\$73	437117
Thu	7-8 pm	
Mar 25-Jun 10	\$96.50	437200
Jul 8-Sep 2	\$73	437207

Routhier C.C. – 613-244-4470

Fri	12:15-1:15 pm	
May 7-Jun 25	\$67.25	438925
Jul 9-Aug 20	\$59	440455

Running, Walking and Triathlons

Nordic Walking Clinic

Find out about Nordic Walking at our clinic. Learn how the poles are used and its benefits.

Jack Charron Arena – 613-580-2424 ext. 33501

Sat	9-10 am	
Mar 20	\$12.50	429112
Sat	10-11 am	
Jun 26	\$12.50	429115

Pinecrest R.C. – 613-828-3118

Mon	6:30-7:30 pm	
Mar 22	\$12.50	422200

Nordic Walking

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength because of the use of Nordic poles. All fitness levels welcome.

Stittsville C.C. – 613-580-2424 ext. 33271

Mon	5:15-6:15 pm	
Mar 22-May 17	\$53	423905
Thu	6:30-7:30 pm	
Mar 25-May 13	\$53	423907

Nordic Walking – Level 1

Low-impact, high-energy ultimate workout that enhances your walking with 20-40% more caloric expenditure. Excellent for cardio, posture and upper body strength because of the use of Nordic poles. All fitness levels welcome.

Beaverbrook C.C. – 613-580-2424 ext. 33501

Sun	9-10 am	
Mar 28-Jun 13	\$59.25	429094

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Mon	10:30-11:30 am	
May 3-Jun 28	\$111.25	423152

Hintonburg C.C. – 613-798-8874

Mon	6:30-7:30 pm	
Apr 26-Jun 7	\$50	434862

Jack Charron Arena – 613-580-2424 ext. 33501

Sat	9-10 am	
Mar 27-Jun 12	\$59.25	429082
Thu	6:30-7:30 pm	
Jul 8-Aug 26	\$40.50	429122

Munster C.C. –

613-580-2424 ext. 33230

Sat	10-11 am	
Apr 24-Jun 26	\$53	422446
Wed	5:30-6:30 pm	
Apr 28-Jun 30	\$59	422445

Pinecrest R.C. – 613-828-3118

Mon	6:30-7:30 pm	
Mar 29-May 31	\$83.25	422204

Stittsville C.C. –

613-580-2424 ext. 33271

Sat	9-10 am	
Mar 20-May 15	\$47.25	423654

West Carleton C.C. –

613-580-2424 ext. 33527

Thu	10:30-11:30 am	
Apr 22-Jun 24	\$50.50	435762

Nordic Walking – Level 2

Are you getting tired of the same walk with your Poles? Be challenged every class with new moves.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Wed	10:30-11:30 am	
May 5-Jun 23	\$111.25	423943

Walking Club

Grab your sneakers and cruise the neighbourhood with the Walking Club. No experience is required. Join us for walking and talking in the great outdoors!

Canterbury C.C. – 613-247-4869

Tue & Thu	9:30-10:30 pm	
Ongoing to Jun 17	Free	

Hintonburg C.C. – 613-798-8874

Mon, Fri	9-10 am	Apr 9-Jun 25
Mon, Fri	8-9 am	Jun 28-Aug 27

Walking – Outdoor

Emphasis on proper stretching techniques, health benefits and proper cool down.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Tue, Thu	9-10 am	
Apr 13-Jun 17	\$31.25	435383
Wed, Fri	noon-1 pm	
Apr 14-Jun 18	\$31.25	435396

Rockcliffe Park R.C. – 613-842-8578

Mon	9-10 am	
Apr 12-Jun 21	\$15.75	435384
Wed, Fri	9-10 am	
Apr 14-Jun 18	\$31.25	435382

Walking Club – Indoor

Enjoy a little of your afternoon walking to the music from the 40's–70's. Walk with a friend, or meet some new friends.

Dempsey C.C. – 613-247-4846

Fri, Mon, Wed	10:30 am-noon	
Jul 2-Dec 20	\$20.25	437303

Walk to Run

For the walker who wants to run safely. Participants will be taught proper running form, correct use of equipment, proper stretching and will be running 2-3 km by the end of the course.

Eva James C.C. – 613-271-0712

Sun	9-10 am	
Apr 18-Jun 20	\$40.25	436459
Tue	7-8 pm	
Jul 6-Aug 24	\$40.25	438422

Goulbourn R.C. – 613-831-1169

Mon	11:30 am-12:30 pm	
Apr 12-Jun 7	\$47.25	440329
Jul 5-Aug 30	\$47.50	440614

Running Club – Level 1

Learn to run program was designed with the adult beginner athlete. Basic training to develop and maintain a desired level of fitness. Includes running, walking, stretching and health education.

Greely C.C. – 613-580-2424 ext. 30235

Sat	9-10 am	
Apr 17-Jun 19	\$50.50	435619

Munster C.C. – 613-580-2424 ext. 33230

Sat	11:45 am-12:45 pm	
Apr 24-Jun 26	\$53	422449

Nepean Sportsplex – 613-580-2828

Sat	10:30-11:30 am	
Mar 27-Jun 12	\$80.50	438686

Running Club Women Only – Level 1

Learn to run program was designed with the adult beginner athlete. Basic training to develop and maintain a desired level of fitness. Includes running, walking, stretching and health education. For women only.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Mon	7-8 pm	
Apr 19-May 31	\$114	424182
Jun 7-Jul 12	\$114	424187
Jul 19-Aug 30	\$114	440930

Triathlon Training

Looking for a new fitness challenge? Want a great whole body workout? Why not train for a triathlon? Weekly training sessions will include running, swimming and indoor cycling. Participants will be able to complete a 'Try a Tri' by the end of the course.

Goulbourn R.C. – 613-831-1169

Fri	10-11 am	
Apr 9-Jun 25	\$70.50	440418
Jul 9-Aug 27	\$47.50	440616

Nepean Sportsplex – 613-580-2828

Sat	9:15-10:15 am	
Mar 27-Jun 12	\$80.50	430810
Jun 26-Sep 4	\$80.50	430817

St-Laurent Complex – 613-742-6767

Sun	noon-2 pm	
Apr 11-Jun 20	\$130	436370
Jul 4-Aug 29	\$104	436375

Tai Chi

Tai Chi – Acupressure and Qi Gong

Health investment exercise and Three Treasure Qi Gong are self-healing arts that combine gentle movements and meditation that can enhance the mind/body connection and assist in healing. This 3000-year-old art is thought to prevent illness, reduce stress and integrate mind, body and spirit.

Plant R.C. – 613-232-3000

Thu	6-7 pm	
Apr 8-Jun 10	\$76.50	437190
Jul 8-Sep 2	\$68.75	437219

Rideauview C.C. – 613-822-7887

Tue	6-7 pm	
Apr 6-Jun 8	\$79	426769

Tanglewood Com. Building – 580-2424 ext. 41225

Wed	7:30-8:30 pm	
Mar 24-Jun 2	\$76.50	441341
Jun 16-Aug 4	\$61.25	441342

Tai Chi – Level 1

A gentle, peaceful way to tone and strengthen your body as well as improve concentration, coordination and balance. The slow, graceful movements calm the mind and energize the body. Wear loose, comfortable clothing (sweat suits are fine) and soft-soled shoes.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Tue	6:45-7:45 pm	
May 4-Jun 22	\$70.75	422712

Churchill Seniors R.C. – 613-798-8927

Tue	6:30-7:30 pm	
Apr 13-Jun 15	\$73	440285

Eva James C.C. – 613-271-0712

Sun	1-2 pm	
Mar 28-Jun 13	\$58.75	436442

Heron C.C. – 613-247-4808

Mon	6:30-7:30 pm	
Mar 29-Jun 14	\$73	438516

Manotick Arena – 613-580-2424 ext. 30235

Thu	8-9 pm	
Apr 22-Jun 17	\$53	436538

Navan C.C. – 613-580-2782

Mon	9:30-10:30 am	
Apr 12-Jun 21	\$99.75	432913

Overbrook C.C. – 613-742-5147

Tue	6:30-7:30 pm	
Mar 30-Jun 15	\$100.50	427783

Pretty Street C.C. – 613-580-2424 ext. 33271

Wed	5:30-6:30 pm	
Apr 7-Jun 2	\$53	423635

St-Laurent Complex – 613-742-6767

Thu	1-1:55 pm	
Apr 8-Jun 24	\$114	436365

Walter Baker Sports Centre – 613-580-2788

Wed	9:30-10:30 am	
Mar 24-Jun 23	\$91	434599

Tai Chi – Level 2

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Tue	7:45-8:45 pm	
May 4-Jun 22	\$70.75	422716

Churchill Seniors R.C. – 613-798-8927

Tue	5:30-6:30 pm	
Apr 13-Jun 15	\$73	440292

Heron C.C. – 613-247-4808

Mon	5:30-6:30 pm	
Mar 29-Jun 14	\$73	438532

Walter Baker Sports Centre – 613-580-2788

Wed	10:30-11:30 am	
Mar 24-Jun 23	\$91	434602

Tai Chi – Levels 1/2

Beaverbrook C.C. – 613-580-2424 ext. 33501

Wed	10:30 am-noon	
Apr 7-Jun 9	\$70.50	429129

McNabb R.C. – 613-564-1070

Thu	6-7:30 pm	
Apr 8-Jun 10	\$78.75	431751

Tai Chi – Levels 2/3

Beaverbrook C.C. – 613-580-2424 ext. 33501

Wed	9-10:30 am	
Apr 7-Jun 9	\$70.50	429132

McNabb R.C. – 613-564-1070

Thu	7:30-9 pm	
Apr 8-Jun 10	\$78.75	431758

Fitness and Wellness

Tai Chi – Level 1 Part 2

For students who have taken Part 1. A gentle, peaceful way to tone and strengthen your body, improve concentration, coordination and balance. The slow, graceful movements calm the mind and energize the body.

Eva James C.C. – 613-271-0712

Sun	2:15-3:15 pm	
Mar 28-Jun 13	\$58.75	436444

Pretty Street C.C. – 613-580-2424 ext. 33271

Wed	6:30-7:30 pm	
Apr 7-Jun 2	\$53	423639

Tai Chi – Aquatic

Learn to relax so deeply you can move in water with full balance and awareness of your whole body. This well-rounded tai chi course will draw from qigong, healing sounds, self-massage, meditation, walking, form and sensing hands. You will never walk the same again.

Jack Purcell Complex – 613-564-1050

Sun	7:30-8:30 pm	
May 2-Jun 27	\$68	424575
Jul 11-Aug 29	\$61.75	427217

Tai Chi – Club

Practice Yang Style Tai Chi, including simplified Tai Chi and other routines. Some instructions offered. Not suitable for beginners.

Overbrook C.C. – 613-742-5147

Thu	6:30-7:30 pm	
Apr 1-Jun 17	\$100.50	427789

Tai Chi – Qi Gong

Qigong is a self-healing art that combines gentle movement and meditation to enhance the mind/body connection and assist in healing. This 3000 year old art is thought to prevent illness, reduce stress and integrate mind, body and spirit.

Kanata Leisure Centre – 613-591-9283

Sat	2-3 pm	
Mar 27-May 22	\$48	432098

Routhier C.C. – 613-244-4470

Mon	7:30-9 pm	
Apr 26-Jun 21	\$86.25	439280

Tai Chi – Qi Gong and Kung Fu

Qi Gong will strengthen internal organs and improve your physical, mental and spiritual energy. Kung Fu will improve posture and strengthen your muscles, bones, joints, and ligaments. Increase your coordination of mind and body in order to maximize your life style and self-defence.

Plant R.C. – 613-232-3000

Sat	10:30-11:30 am	
Apr 3-May 29	\$68.75	437483

Tanglewood Com. Bldg. – 613-580-2424 ext. 41225

Sat	10:30-11:30 am	
Mar 27-May 29	\$76.50	441344
Jun 19-Aug 7	\$61.25	441347

Workshop

Abdominal Work

Maximize the results, minimize the time spent. Correct techniques, common mistakes.

Plant R.C. – 613-232-3000

Sat	1-2:30 pm	
Apr 17	\$12.50	437856

Drum Fitness

You + Stability Ball + Drumsticks + Music = workout for your entire body, mind and spirit. Feel the pulsating rhythms, dynamic movement and powerful percussions of this high-energy dance and rhythm program.

Stittsville C.C. – 613-580-2424 ext. 33271

Sat	1-3 pm	
Apr 17	\$30	426953

Stability Ball

Introduction to the various functions of the stability ball. From warm up to cardio, strength training and stretching. The multi purpose ball will surprise and impress. Bring your ball or use ours, you are certain to have a 'ball'.

Plant R.C. – 613-232-3000

Sat	1-2:30 pm	
Jun 12	\$12.50	437888

Stretching

What you need to know, because there's a lot more to it than you might think!

Plant R.C. – 613-232-3000

Sat	1-2:30 pm	
May 15	\$12.50	438815

Yoga

Yoga

Relax your body and mind. Various stretching postures to help tone your muscles, improve circulation and get a boost of energy.

Fitzroy Harbour C.C. – 613-580-2424 ext. 33527

Mon	7-8:30 pm	
May 3-Jun 28	\$70.50	435140

Greely C.C. – 613-580-2424 ext. 30235

Mon	8-9:30 pm	
Apr 12-May 10	\$44.25	435667
May 17-Jun 21	\$44.25	435669
Wed	1:45-3:15 pm	
Mar 31-Apr 28	\$44.25	435687
May 5-Jun 16	\$61.75	435701



Huntley Mess Hall – 613-580-2424

Tue	7-8:30 pm	
Apr 6-Jun 29	\$114.50	435542
Jul 6-Aug 31	\$70.50	435550

Metcalfe Client Serv. Cntr – 613-580-2424 ext. 30235

Mon	1:45-3:15 pm	
Mar 22-Apr 26	\$44.25	434962
May 3-Jun 14	\$53	434969
Mon	7:30-9 pm	
Mar 22-Apr 26	\$44.25	434976
May 3-Jun 14	\$53	435961

Mother Teresa H.S. – 613-580-2400 440 Longfields Dr.

Tue	7-8 pm	
Mar 23-Jun 22	\$91	434606

North Gower Marlborough P.S. – 613-580-2424 ext. 30235 2403 Church Street

Wed	7-8:30 pm	
Mar 24-May 26	\$68	434161

Osgoode C.C. – 613-580-2424 ext. 30235

Tue	7-8:30 pm	
Mar 23-Apr 27	\$53	435147
May 4-Jun 15	\$61.75	435149

Pretty Street C.C. – 613-580-2424 ext. 33271

Mon	7-8 pm	
Apr 19-Jun 21	\$53	423680

St-Laurent Complex – 613-742-6767

Mon	8-8:55 pm	
Apr 12-Jun 21	\$95	436396
Jul 5-Aug 30	\$104	436505
Thu	8-8:55 pm	
Apr 8-Jun 24	\$114	436402
Jul 8-Sep 2	\$85.50	436509
Fri	7-7:55 pm	
Apr 9-Jun 25	\$114	436440
Jul 9-Sep 3	\$85.50	436512
Sat	10-11:25 am	
Apr 10-Jun 26	\$143	436447
Jul 10-Aug 28	\$66.50	436514

Vernon C.C. – 613-580-2424 ext. 30235

Wed	7:30-8:30 pm	
Mar 31-Apr 28	\$29.50	427649
May 5-Jun 16	\$41.25	427670

Yoga & Bosu®

Increase your strength, flexibility and stamina with the best of Yoga and Bosu® balance trainer. Defined poses, concentrated breathing and graceful stretches will challenge your upper body, lower body and torso.

Nepean Sportsplex – 613-580-2828

Thu	6-7 pm	
Mar 25-Jun 10	\$96.50	437871
Jul 8-Sep 2	\$73	437874

Yoga – Fibromyalgia

Emphasis on relaxation and easing pain of persons with fibromyalgia. These Yoga poses will help one to improve breathing, posture, muscle toning, circulation and flexibility.

Fisher Heights R.C. –

613-580-2424 ext. 41225

Thu	11 am-noon	
Jul 15-Aug 19	\$42.50	428228
Thu	1:30-2:30 pm	
Apr 1-Jun 10	\$77	428218

Gentle Yoga

Slow stretching to improve flexibility, and reduce stress and tension. Standing poses incorporated to improve balance and posture. Exercise at your own pace.

Goulbourn R.C. – 613-831-1169

Fri	2-3:30 pm	
Apr 9-Jun 18	\$94.50	436615

Kanata Leisure Centre – 613-591-9283

Mon	2-3:30 pm	
Mar 22-May 24	\$60	430164
Thu	2-3:30 pm	
Mar 25-Jun 10	\$70.75	430166

Rideauview C.C. – 613-822-7887

Thu	7-8 pm	
Apr 8-Jun 17	\$98.75	436700

Sandy Hill C.C. – 613-564-1062

Thu	11 am-noon	
Apr 1-Jun 3	\$83	437056

Splash Wave Pool – 613-748-4222

Mon	9:15-10:15 am	
Apr 26-May 17	\$36.75	436565
Thu	5:45-6:45 pm	
Apr 29-May 27	\$46	436570

St-Laurent Complex – 613-742-6767

Wed	1-1:55 pm	
Apr 7-Jun 23	\$114	427176
Apr 7-Jun 23	\$114	438433

Hatha Yoga

Stretching exercises to make the body supple and flexible. It will also improve posture, tone the body, improve circulation, increase flexibility and develop inner awareness.

Beacon Hill North C.C. –

613-748-1771

Thu	10:30-11:30 am	
Apr 8-Jun 10	\$65.50	438323

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Mon	1:30-2:30 pm	
May 3-Jun 28	\$70.75	422782
Wed	1:30-2:30 pm	
May 5-Jun 23	\$70.75	422792

Eva James C.C. – 613-271-0712

Mon	8:15-9:15 pm	
Mar 22-Jun 14	\$64.75	432390
Tue	12:45-1:45 pm	
Mar 23-Jun 15	\$76.50	432391
Wed	8:15-9:15 pm	
Mar 24-Jun 16	\$76.50	432393

Fred G. Barrett Arena – 613-822-7887

Mon	7-8 pm	
Apr 12-Jun 14	\$89	425793

Heron C.C. – 613-247-4808

Wed	7:30-9 pm	
Mar 31-Jun 2	\$93.75	438489

Hintonburg C.C. – 613-798-8874

Mon	5:30-7 pm	
Apr 12-Jun 7	\$60	434870
Mon	7-8:30 pm	
Apr 12-Jun 7	\$60	434875
Jul 5-Aug 23	\$52.50	436844
Tue	7-8:30 pm	
Apr 13-Jun 8	\$67.50	434881
Sat	10-11:30 am	
Apr 17-Jun 12	\$60	434886

John G. Mlacak Centre –

613-580-2424 ext. 33501

Tue	7:30-8:30 pm	
Mar 23-Jun 15	\$76.50	429138
Thu	7:30-8:30 pm	
Mar 25-Jun 17	\$76.50	429142

Kanata Leisure Centre – 613-591-9283

Sun	6:15-7:15 pm	
Mar 28-May 30	\$48	430311
Tue	1:45-2:45 pm	
Mar 23-Jun 8	\$70.75	430174
Fri	1:30-2:30 pm	
Mar 26-Jun 11	\$70.75	430176
Sat	11 am-noon	
Mar 27-May 29	\$48	430178

McNabb R.C. – 613-564-1070

Tue	6-7:30 pm	
Apr 6-Jun 8	\$103.25	431727
Jun 22-Aug 24	\$103.25	431743
Thu	6-7:30 pm	
Apr 8-Jun 10	\$103.25	431730
Jun 24-Aug 26	\$103.25	431745

Nepean Sportsplex – 613-580-2828

Sun	10:30-11:30 am	
Apr 11-Jun 20	\$80.50	436800
Jun 27-Aug 29	\$73	436812
Mon	7-8 pm	
Mar 22-Jun 21	\$96.50	437128
Jun 28-Aug 30	\$73	437138
Tue	6-7 pm	
Mar 23-Jun 8	\$96.50	437134
Jun 29-Aug 31	\$80.50	437141

Plant R.C. – 613-232-3000

Mon	6:45-8:15 pm	
Apr 12-Jun 14	\$82	437570
Jun 28-Aug 23	\$73	437609
Wed	6:45-8:15 pm	
Apr 7-Jun 9	\$91	437578
Jul 7-Aug 25	\$73	437630

Ray Friel R.C. – 613-830-2747

Tue	7-8 pm	
Apr 27-Jun 15	\$75	438285
Jul 6-Aug 24	\$75	440217
Wed	6:25-7:25 pm	
Apr 28-Jun 16	\$75	438287
Jul 7-Aug 25	\$75	440233
Thu	6:30-7:30 pm	
Apr 29-Jun 17	\$75	438288
Thu	7-8 pm	
Jul 8-Aug 26	\$75	440248
Thu	7:30-8:30 pm	
Apr 29-Jun 17	\$75	438289

Richmond C.C. –

613-580-2424 ext. 33230

Sun	7-8:30 pm	
Mar 28-Jun 27	\$79.50	422437
Thu	8-9:30 pm	
Apr 8-Jun 24	\$105.75	422439

Rideauview C.C. – 613-822-7887

Wed	7-8 pm	
Apr 7-Jun 9	\$98.75	429396
Jul 7-Aug 18	\$69.25	438538

Routhier C.C. – 613-244-4470

Thu	6-7:30 pm	
Apr 29-Jun 3	\$46.25	439309

South Fallingbrook C.C. –

613-824-0633 ext. 221

Mon	7:30-9 pm	
Mar 22-Jun 14	\$75.25	435476
Tue	8-9:30 pm	
Jun 22-Aug 24	\$68.25	439581
Wed	7:30-9 pm	
Mar 24-Jun 16	\$88.75	435477
Thu	7:30-9 pm	
Mar 25-Jun 17	\$88.75	435478



Heart Wise
Exercise information
on page 159.

NEW! Family Programs
section on page 94.

Fitness and Wellness

Splash Wave Pool – 613-748-4222

Mon	10:30-11:30 am	
Apr 26-May 17	\$36.75	436665
Tue	6:30-8 pm	
Apr 27-May 25	\$55	436675
Wed	10:30-11:30 am	
Apr 28-May 26	\$46	436686
Thu	2-3 pm	
Apr 29-May 27	\$46	436710

Walter Baker Sports Centre – 613-596-5783

Mon	7-8:30 pm	
Apr 12-Jun 14	\$143.50	422571
Tue	7-8:30 pm	
Jul 6-Aug 24	\$127.50	426023

Hatha Yoga – Intermediate

Designed for participants who have had some experience with yoga programs in the past.

Blackburn Hamlet Com. Hall – 613-824-0819 ext. 279

Wed	7:45-8:45 pm	
Apr 7-Jun 9	\$67.75	424580

Nepean Creative Arts Centre – 613-596-5783

Mon	9:30-11 am	
Apr 12-Jun 14	\$143.50	422572

Pinecrest R.C. – 613-828-3118

Mon	11:45 am-12:45 pm	
Mar 22-Jun 21	\$128	422193
Wed	7:30-8:45 pm	
Mar 24-Jun 9	\$140.50	422195

Plant R.C. – 613-232-3000

Tue	6-7:30 pm	
Apr 6-Jun 8	\$91	437837
Thu	6:30-8 pm	
Apr 8-Jun 10	\$91	437840

Rideauview C.C. – 613-822-7887

Wed	8-9 pm	
Apr 7-Jun 9	\$98.75	429402
Jul 7-Aug 18	\$69.25	438551
Thu	8-9 pm	
Apr 8-Jun 17	\$98.75	429403

Walter Baker Sports Centre – 613-596-5783

Tue	7-8:30 pm	
Apr 13-Jun 8	\$143.50	422573

Hatha Yoga Flow

A classical but vigorous style of yoga emphasizing flowing movement and breath awareness to increase, strength, flexibility and balance in the mind, body, and spirit.

Plant R.C. – 613-232-3000

Fri	6:45-7:45 am	
Apr 9-Jun 11	\$76.50	440567
Mon	7-8 am	
Apr 12-Jun 14	\$68.75	437663

Hot Yoga

Stretch, lose weight, and strengthen your core. Designed to scientifically warm and stretch muscles, ligaments and tendons. All levels. Not meditative, so be ready to sweat and work hard!

Goulbourn R.C. – 613-831-1169

Thu	8:30-9:30 pm	
Apr 8-Jun 24	\$70.50	440429

Iyengar Yoga

Iyengar Yoga is designed to stimulate, stretch, tone and relax the major systems of the body.

Routhier C.C. – 613-244-4470

Level 1

Mon	7:30-9 pm	
Apr 26-Jun 7	\$46.25	439321

Level 2

Mon	6-7:30 pm	
Apr 26-Jun 7	\$46.25	439324

Kripalu Yoga – Level 1 & 2

Kripalu Yoga is designed to stimulate, stretch, tone and relax the major systems of the body.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Tue	5:30-6:45 pm	
Apr 20-Jun 22	\$78	435327
Thu	noon-1:15 pm	
Apr 22-Jun 24	\$78	435330

Rockcliffe Park R.C. – 613-842-8578

Mon	11:15 am-12:30 pm	
Apr 12-Jun 21	\$80.75	435326

Kripalu/Anusara Yoga

A joyous open hearted and compassionate combination of two styles of Hatha yoga, using alignment and adaptations to enrich each person's experience. Props and modifications are available.

Constance Bay C.C. – 613-580-2424 ext. 33527

Fri	10:30 am-noon	
Apr 9-Jun 25	\$96.75	435126
Jul 9-Sep 3	\$70.50	435136

Goulbourn Municipal Office – 613-580-2424 ext. 33230

Mon	11:15 am-12:45 pm	
Mar 22-Jun 21	\$105.75	422431
Jul 5-Aug 30	\$70.50	432461
Thu	10:15-11:45 am	
Mar 25-Jun 24	\$123.25	422432
Jul 8-Sep 2	\$70.50	432493

Sandy Hill C.C. – 613-564-1062

Mon	6-7:30 pm	
Apr 19-Jun 21	\$95	437050
Mon	6:30-8 pm	
Jun 28-Aug 23	\$98	440190
Mon	7:30-9 pm	
Apr 19-Jun 21	\$95	437051
Tue	9:30-11 am	
Apr 13-Jun 22	\$95	437055

Meditation Yoga

This class focuses on progressive Yoga poses focusing on strength, stability and slow stretching to reduce muscle tension and stress.

Bob MacQuarrie R.C.-Orléans – 613-824-0819 ext. 228

Mon	7:15-8:15 pm	
Apr 12-May 17	\$47	422837
May 31-Jul 5	\$47	422843
Jul 12-Aug 23	\$47	440934

St-Laurent Complex – 613-742-6767

Wed	6-6:55 pm	
Apr 7-Jun 23	\$114	438671
Jul 7-Sep 1	\$85.50	438735

Meditation Specialty Yoga

De-stress using meditation and yoga. Meditation means, 'measuring the mind.' Become more productive in life using proper techniques of meditation, and increase your ability for problem solving at home and work.

Nepean Creative Arts Centre – 613-596-5783

Wed	5:30-7 pm	
Apr 7-Jun 9	\$159.50	422574

Meditation on Twin Hearts

Gain deep relaxation, eliminating stress, promote health, increase creativity and intelligence, and attain inner happiness and fulfillment. A simple, natural, effortless technique.

John G. Mlacak Centre – 613-580-2424 ext. 33501

Tue	7-8 pm	
Mar 23-May 25	\$50.50	429075

Power Yoga

Achieve flexible strength as you rejuvenate and relax. This class begins with a dynamic warm-up to prepare your body for an effective modified yoga workout designed to shape, tone and stretch key muscles groups.

Eva James C.C. – 613-271-0712

Wed	7-8 pm	
Mar 24-Jun 16	\$76.25	432987
Thu	7-8 pm	
Mar 25-Jun 17	\$76.25	432989

Heron C.C. – 613-247-4808

Thu	7-8 pm	
Apr 1-Jun 3	\$73	438506

Kanata Leisure Centre – 613-591-9283

Mon	8:20-9:20 pm	
Mar 22-Jun 7	\$60	439915
Mon	8:30-9:30 pm	
Jun 14-Jul 26	\$41.25	439916



Heart Wise
Exercise information
on page 159.

Nepean Sportsplex – 613-580-2828

Tue	4:30-5:30 pm	
Jun 29-Aug 31	\$80.50	437266
Thu	9-10 pm	
Mar 25-Jun 10	\$96.50	437248
Sat	9:30-10:30 am	
Mar 27-Jun 12	\$80.50	436740
Jun 26-Sep 4	\$80.50	436773

South Fallingbrook C.C. – 613-824-0633 ext. 221

Fri	10-11:30 am	
Mar 26-Jun 18	\$82	437062

Splash Wave Pool – 613-748-4222

Mon	6:30-8 pm	
Apr 26-May 17	\$55	436718

St-Laurent Complex – 613-742-6767

Mon	6-6:55 pm	
Apr 12-Jun 21	\$95	438612
Mon, Fri	6-6:55 pm	
Jul 5-Aug 30	\$76	438645
Thu	6-6:55 pm	
Apr 8-Jun 24	\$114	438636
Jul 8-Sep 2	\$85.50	438653

Power Yoga – Level 1

Power Yoga is an athletic type of yoga, which offers a slow but strenuous full-body workout. Our approach will be progressive, and increasingly challenging poses will be introduced, as you get stronger.

Fitzroy Harbour C.C. – 613-580-2424 ext. 33527

Thu	7-8 pm	
Apr 15-Jun 24	\$64.50	435559

Routhier C.C. – 613-244-4470

Tue	6-7:30 pm	
Apr 27-Jun 15	\$61.75	439340
Tue	7-8:30 pm	
Jun 29-Aug 17	\$61.75	440390

Power Yoga – Level 2

Power Yoga is an athletic type of yoga, which offers a slow but strenuous full-body workout. Our approach will be progressive, and increasingly challenging poses will be introduced, as you get stronger.

Routhier C.C. – 613-244-4470

Tue	7:30-9 pm	
Apr 27-Jun 15	\$61.75	439342

Sivananda Yoga

Stretching, breathing techniques and concentration exercises tone muscles, increase joint flexibility and improve the functioning of the internal organs and immune system. Harmonize the various body systems and develop patience and concentration.

Richelieu-Vanier C.C. – 613-580-2424 ext. 28464

Thu	6:30-8 pm	
Jul 8-Aug 5	\$78.75	441256

Rockcliffe Park R.C. – 613-842-8578

Tue	6:30-8 pm	
Apr 6-Jun 29	\$204.25	440687
Jul 6-Aug 3	\$78.75	441255
Thu	6:30-8 pm	
Apr 15-Jun 24	\$172.75	440688

Svaroopa Yoga

Gentle but effective style of yoga that focuses on relieving muscular tension, especially in the back.

Cyrville C.C. – 613-748-1771

Tue	7:30-9 pm	
Apr 6-Jun 8	\$98.25	438324

Yanumojia Yoga

Yanumojia yoga combines postures, breathing, movement, relaxation, sound, visualization and meditation to explore and experience your mind, body, emotions and soul.

Cyrville C.C. – 613-748-1771

Wed	7:30-9 pm	
Apr 7-Jun 9	\$98.25	438325

Fisher Park C.C. – 613-798-8945

Tue	7-8:30 pm	
Mar 30-Jun 1	\$130.75	438299
Thu	7-8:30 pm	
Apr 1-Jun 3	\$130.75	438300

Yin Yoga

Calm the mind and the body! Bring greater depth, endurance and flexibility with Yin postures practiced on the ground, held for 3-5 minutes, and focusing on the hips, spine and shoulders. Complement your active lifestyle with this meditative and quiet practice.

Kanata Leisure Centre – 613-591-9283

Wed	8:30-9:30 pm	
Mar 24-Jun 9	\$70.75	430170

Nepean Creative Arts Centre – 613-596-5783

Thu	9:30-11 am	
Apr 8-Jun 10	\$159.50	422575

Rideauview C.C. – 613-822-7887

Sat	8:30-10 am	
Apr 10-Jun 5	\$100	426910

Yoga Cycle

This mind/body workout combines a 40 minute ride, with a 20 minute full body yoga stretch to balance your muscles and increase your flexibility.

Nepean Sportsplex – 613-580-2828

Mon	7:30-8:30 pm	
Mar 22-Jun 21	\$96.50	434704
Jun 28-Aug 30	\$73	434709

Yoga for Busy Women

Always wanted to try yoga but didn't know where to start? Beginner class for any age or fitness level. Learn basic postures and breathing exercises to regain balance in your busy life.

Ray Friel R.C. – 613-830-2747

Sun	9-10 am	
Apr 11-May 30	\$75	440140
Jun 13-Jul 25	\$65.75	440311

Yoga for Men

Help offset any physical irregularities that you have acquired from sports such as golf, hockey or tennis. Yoga will loosen tightness in the muscles, bringing the body back into its natural alignment.

Nepean Sportsplex – 613-580-2828

Fri	8-9 pm	
Apr 9-Jun 25	\$96.50	438979

Yoga on the Ball

Workout using a stability ball for support to improve balance, strength and flexibility. Includes Sun Salutation, basic poses, relaxation and meditation.

South Fallingbrook C.C. – 613-824-0633 ext. 221

Tue	7:30-9 pm	
Mar 23-Jun 15	\$88.75	441492

Yogalates Yoga

Pilates gives core stability and dynamic function, while yoga adds strength, flexibility, and spiritual awareness. Blend the ancient and modern techniques of Eastern and Western practices for a holistic and intelligent approach to wellness of mind, body, and breath.

Eva James C.C. – 613-271-0712

Tue	9-10 am	
Mar 23-Jun 15	\$76.25	432438
Thu	6-7 pm	
Mar 25-Jun 17	\$76.25	432446

Goulbourn R.C. – 613-831-1169

Wed	8:30-9:30 pm	
Apr 7-Jun 23	\$70.50	436729
Jul 7-Aug 25	\$47.50	440610

Nepean Creative Arts Centre – 613-596-5783

Wed	9:45-11 am	
Apr 7-Jun 9	\$133	422578
Fri	9:45-11 am	
Apr 9-Jun 11	\$133	422577

St-Laurent Complex – 613-742-6767

Sun	9-9:55 am	
Apr 11-Jun 27	\$104.50	438514
Jul 11-Aug 29	\$66.50	438543
Mon	1-1:55 pm	
Apr 12-Jun 21	\$95	438501
Tue	7-7:55 pm	
Apr 6-Jun 22	\$114	438528
Jul 6-Aug 31	\$85.50	438569
Thu	7-7:55 pm	
Jul 8-Sep 2	\$85.50	438555



Swimming



Recreational Swim – Admission and Supervisory Requirements

- All Children 7 years of age and under, regardless of swimming ability, must be directly supervised (within arm's reach) by a responsible person 16 years of age or older.
- Children 10 years of age and under who are non-swimmers or who cannot pass the facility swim test must be directly supervised (close proximity and able to render assistance) by a responsible person 16 years of age or older.
- Non-swimmers and those who cannot pass the facility swim test must remain in shallow water.
- Users of City facilities are personally responsible for ensuring that they are fit to participate in physical activities. Anyone with a condition affecting his/her ability to participate must take appropriate safety precautions to ensure his/her own safety and is encouraged to be accompanied by an adult who is knowledgeable about their condition.
- For specific supervisory ratios please contact your aquatic facility.



**Schedules and fees may be subject to change.
Fees include GST.**

Waves of family fun at three great locations!

Spring and Summer 2010 Swim Schedule

Please note: Special wave swims are held on most holidays. Call the pool for times and dates or online at ottawa.ca

Kanata Leisure Centre

70 Aird Place • 613-591-9283 (Wave)

Features

- 40m wave pool and two-storey corkscrew waterslide
- Kiddies pool with spray fountains
- Hot tub/sauna, observation deck and snack bar

Wave Swim schedule for April 14 to June 26, 2010

Wednesday	6:30 to 8:30 pm
Thursday	6:30 to 8:30 pm
Friday	1 to 3 pm – PD Days only
	6:30 to 8:30 pm
Saturday	Noon to 3pm
	6 to 8:30 pm
Sunday	1 to 4 pm

Wave Swim schedule for June 26 to August 22, 2010

Monday to Sunday	1-4 pm
Monday to Saturday	6-8 pm

Ray Friel Recreation Complex

1585 Tenth Line Road • 613-830-2747

Features

- Wave Pool with beach entry
- Kiddies pool with spray fountains
- Hot tub/sauna, observation deck and snack bar

Wave swim schedule for March 22 to June 27, 2010

Friday	7 to 8:30 pm
Saturday	1 to 4 pm
Sunday	1 to 4 pm

Wave swim schedule for June 28 to August 29, 2010

Monday to Friday	1 to 4 pm
Friday	7 to 8:30 pm
Saturday & Sunday	1 to 4 pm

Splash Wave Pool

2040 Oglivie Road • 613-748-4222

Features

- 30m wave pool and 35m waterslide
- Kiddies pool with spray fountains
- Warm pool, observation deck and snack bar

Wave swim schedule for April 24 to May 30, 2010

Tuesday	6:30 to 8:30 pm
Wednesday	7 to 9 pm
Thursday	6:30 to 8:30 pm
Friday	11 am to 3 pm
	7 to 9 pm
Saturday & Sunday	1 to 6 pm

Schedule may be modified without notice. Please check with the facility for additional details.

Additional Wave Swims may be added on holidays and PD days.

Swimming General Admission



Rates in effect
January 1, 2010

Wave	Leisure	Standard	Outdoor
Kanata Ray Friel Splash	Goulbourn Kanata without waves Nepean Sportsplex Ray Friel without waves Splash without waves Walter Baker	Bob MacQuarrie (Orléans) Brewer Canterbury Champagne Deborah Anne Kirwan Dovercourt Jack Purcell Lowertown Pinecrest Plant Sawmill Creek Splash without waves St-Laurent	Bearbrook Beaverbrook Corkstown Crestview Entrance General Burns Glen Cairn Katimavik Genest

Tots 2 and under will be admitted free of charge.

Child (3-12 years) (Wave swim tickets, package of 10)	\$5.50 \$48.15	\$2.90	\$1.90
Youth (13-18 years) (Wave swim tickets, package of 10)	\$5.50 \$48.15	\$2.90	\$1.90
Student (full-time student with I.D.) (Wave swim tickets, package of 10)	\$5.50 \$48.15	\$2.90	\$1.90
Senior (65 years & over) (Wave swim tickets, package of 10)	\$6.65 \$58.50	\$3.75	\$2.50
Adult (19-64 years) (Wave swim tickets, package of 10)	\$7.75 \$67.95	\$4.85	\$4.30
Family (minimum of one adult and a maximum of two adults and their child(ren))	\$5.50 per person	\$2.90 per person	\$1.90 per person
Group (10 or more individuals)	\$4.85 per person \$5.50 non resident	\$2.50 per person	\$1.65 per person
Slide	incl.	\$1.05 When available	N/A
Whirl/Steam	incl.	\$3.65 When available	N/A

Aquafitness Memberships and Combined Aquafitness and Swimming Memberships.
See Fitness Memberships on page 151 and 152.

Swimming memberships

*Rates in effect January 1, 2010

All Pools (except wave swims)				
	1 year	6 month	3 month	1 month
Adults	\$263	\$144.75	\$79.25	\$40
Children, Youth, Students & Seniors	\$112	\$62	\$34.25	\$17.75
Family	\$486.50	\$291	\$168	\$90

Wave Pools				
	1 year	6 month	3 month	1 month
Adult	\$312	\$200.50	\$124.75	\$54.75
Children, Youth, Students & Seniors	\$230	\$139.25	\$91	\$40
Family	\$640	\$350	\$201.50	\$101

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

3 Easy Ways to Obtain Public Swimming Schedules and Swim Descriptions for City of Ottawa Pools

1. Online at ottawa.ca/recreation
2. Phone the pool of your choice for dates, times, and swim descriptions; or,
3. Pick-up a public swim schedule the next time you visit the pool.

The City of Ottawa offers you a variety of public swimming options including: Public Swims, Lane Swims, Family Swims, Preschool Swims, Teen Swims, Wave Swims, Early Morning Swims (Goulbourn Recreation Complex only), Female Only Swims (Jack Purcell Pool only), Female Only Family Swims (Canterbury Pool, Jack Purcell Pool and Sawmill Creek Pool only), Disabled Swims (Jack Purcell Pool only), 50+ Swims, 50+ Vitality.

For a complete listing of pools, please see page 4.

Beaches, Wading Pools and Outdoor Pools



Beaches

Visit one of Ottawa's four beach destinations. Supervised beaches are open from June 19 to August 22, 2010 from noon to 7 pm.

More information on beaches can be found online at ottawa.ca/recreation or call 613-580-2590.

Water quality information is posted daily online from June to August at ottawa.ca, or call 613-580-2424 ext. 13219

Britannia Beach

2805 Carling Ave.
613-820-1211

Mooney's Bay Beach

2926 Riverside Drive
613-248-0863

Petrie Island Beach

727 Trim Road
613-824-5704

Westboro Beach

745 Ottawa River Parkway (at Kitchissippi Lookout)
613-792-3875

Beach Volleyball

Volleyball nets are available for rent. \$14 per hour or \$48 per day. Inquire at the lifeguard office.

For information on beach volleyball leagues, call 613-580-2854 or contact the Hotline at 613-798-8272

Wading Pool Program

The wading pool program provides shallow water summer fun, including splash pads, a water play program, and weekly special events at wading pool locations citywide from June 25 to August 27, 2010.

More details regarding wading pools and splash pads can be found online at ottawa.ca/recreation. For information, call 613-580-2590, or e-mail: seasonalrecreation@ottawa.ca.

Outdoor Pools

The City operates nine outdoor pools. As well as public swimming, some pools also offer swim lessons, aquafitness classes and special events.

Schedules will be available online beginning June 1, 2010 at ottawa.ca/recreation.

Bearbrook

2679 Innes 613-824-8300

Beaverbrook

2 Beaverbrook 613-591-3061

Corkstown

61 Corkstown 613-820-1636

Crestview

56 Fieldrow 613-225-7250

Entrance

2 Eaton 613-829-2705

General Burns

107 Chesterton 613-225-7970

Genest

43 Ste-Cécile 613-749-6488

Glen Cairn

50 Castlefrank 613-836-4527

Katimavik

64 Chimo 613-592-9793

Specialty Swim Programs

Children

Diving Level 1

Learn and improve diving skills.

Canterbury R.C. – 613-247-4865

8-14 yrs	Sat	10:30-11:15 am
Apr 24-Jun 19	\$67.75	433631
8-14 yrs	Wed	6-6:45 pm
Apr 28-Jun 23	\$67.75	440977
8-14 yrs	Tue, Thu	4:30-5:15 pm
Jun 29-Jul 29	\$67.75	439919
Aug 3-31	\$67.75	439920

Lowertown Pool – 613-244-4406

8-14 yrs	Wed	4:30-5:15 pm
Apr 14-Jun 16	\$75.50	429880
8-14 yrs	Wed	5:15-6 pm
Apr 14-Jun 16	\$75.50	429884
8-14 yrs	Sat	9-9:45 am
Apr 17-Jun 19	\$67.75	429900
8-14 yrs	Sat	9:45-10:30 am
Apr 17-Jun 19	\$67.75	429905
8-14 yrs	Sat	9-9:45 am
Jun 26-Aug 14	\$52.75	440279
8-14 yrs	Sat	9:45-10:30 am
Jun 26-Aug 14	\$52.75	440281

Sawmill Creek Pool – 613-521-4092

6-14 yrs	Thu	7-7:45 pm
Mar 25-Jun 24	\$105.50	426892

Diving Level 2

Canterbury R.C. – 613-247-4865

8-14 yrs	Sat	11:15 am-noon
Apr 24-Jun 19	\$67.75	433639
8-14 yrs	Wed	6:45-7:30 pm
Apr 28-Jun 23	\$67.75	433641
8-14 yrs	Tue, Thu	4:30-5:15 pm
Jun 29-Jul 29	\$67.75	441039
Aug 3-31	\$67.75	441040

Lowertown Pool – 613-244-4406

8-14 yrs	Wed	4:30-5:15 pm
Apr 14-Jun 16	\$75.50	429928
8-14 yrs	Wed	5:15-6 pm
Apr 14-Jun 16	\$75.50	429932
8-14 yrs	Sat	9-9:45 am
Apr 17-Jun 19	\$67.75	429939
8-14 yrs	Sat	9:45-10:30 am
Apr 17-Jun 19	\$67.75	429947
8-14 yrs	Sat	9-9:45 am
Jun 26-Aug 14	\$52.75	440287
8-14 yrs	Sat	9:45-10:30 am
Jun 26-Aug 14	\$52.75	440291

Sawmill Creek Pool – 613-521-4092

8-14 yrs	Thu	7:45-8:30 pm
Mar 25-Jun 24	\$105.50	426893

Private Swim Lessons

Private swim lessons are available and are designed to assist children, youth and adults to overcome a fear of the water or master a skill. A certified instructor will work on a one-to-one basis. For detailed information, contact the aquatic facility of your choice.

Diving Level 3

Canterbury R.C. – 613-247-4865

8-14 yrs	Sat	11:15 am-noon
Apr 24-Jun 19	\$67.75	433646
8-14 yrs	Wed	6:45-7:30 pm
Apr 28-Jun 23	\$67.75	433650

Lowertown Pool – 613-244-4406

8-14 yrs	Wed	4:30-5:15 pm
Apr 14-Jun 16	\$75.50	429959
8-14 yrs	Wed	5:15-6 pm
Apr 14-Jun 16	\$75.50	429960
8-14 yrs	Sat	9-9:45 am
Apr 17-Jun 19	\$67.75	429971
8-14 yrs	Sat	9:45-10:30 am
Apr 17-Jun 19	\$67.75	429974
8-14 yrs	Sat	9-9:45 am
Jun 26-Aug 14	\$52.75	440293
8-14 yrs	Sat	9:45-10:30 am
Jun 26-Aug 14	\$52.75	440295

Sawmill Creek Pool – 613-521-4092

8-14 yrs	Thu	7:45-8:30 pm
Mar 25-Jun 24	\$105.50	426897

Kayaking Kids

Basic kayaking skills. Learn to enter and exit the craft safely, high and low braces, sculling and kayak over kayak rescue.

Plant R.C. – 613-232-3000

8-14 yrs	Sun	9-10 am
May 2-30	\$33	427044
Jun 6-27	\$33	427048

Power Swim

Swim techniques and personal goals while introducing competitive swim strokes, turns and endurance training.

Bearbrook Outdoor Pool – 613-824-8300

6-12 yrs	Mon-Fri	11 am-noon
Jul 5-15	\$74.25	428997
Jul 19-29	\$74.25	428998
Aug 16-26	\$74.25	429000
6-12 yrs	Tue-Fri, Mon	11 am-noon
Aug 3-13	\$74.25	428999

Bob MacQuarrie R.C.-Orléans – 613-824-0819

6-12 yrs	Sat	9-10 am
Apr 10-Jun 19	\$82.50	430964
Jul 3-Aug 28	\$62	430749
6-12 yrs	Sun	9-10 am
Apr 11-Jun 20	\$82.50	430967
6-12 yrs	Sun	noon-1 pm
Apr 11-Jun 20	\$82.50	431345
6-12 yrs	Tue	4:45-5:45 pm
Apr 13-Jun 22	\$90.75	430961
6-12 yrs	Tue	6:45-7:45 pm
Apr 13-Jun 22	\$90.75	430959
6-12 yrs	Thu	6-7 pm
Apr 15-Jun 24	\$90.75	430962
6-12 yrs	Mon	5:30-6:30 pm



Jun 28-Aug 23	\$62	426407
6-12 yrs	Tue, Thu	6:15-7:15 pm
Jun 29-Jul 29	\$74.25	426382
6-12 yrs	Wed	5:45-6:45 pm
Jun 30-Aug 25	\$74.25	426435
6-12 yrs	Mon-Fri	8:30-9:30 am
Jul 5-15	\$74.25	426335
Jul 19-29	\$74.25	426347
Aug 3-13	\$74.25	426353
Aug 16-26	\$74.25	426360
6-12 yrs	Mon-Fri	11 am-noon
Jul 5-15	\$74.25	426344
Jul 5-15	\$74.25	430630
Jul 19-29	\$74.25	426349
Aug 3-13	\$74.25	426357
Aug 3-26	\$62	426389
Aug 16-26	\$74.25	426364

Brewer Pool – 613-247-4938

6-12 yrs	Wed	6-7 pm
Apr 21-Jun 16	\$74.25	428836
6-12 yrs	Fri	5-6 pm
Apr 30-Jun 25	\$74.25	428834
6-12 yrs	Fri	6-7 pm
Apr 30-Jun 25	\$74.25	428835

Deborah Anne Kirwan Pool – 613-247-4820

6-12 yrs	Mon	5-6 pm
Apr 19-Jun 14	\$74.25	425102
Jun 21-Aug 16	\$74.25	425664

Lowertown Pool – 613-244-4406

6-12 yrs	Tue	6-7 pm
Apr 13-Jun 15	\$82.50	429867
6-12 yrs	Fri	6-7 pm
Apr 16-Jun 18	\$82.50	429870
6-12 yrs	Tue, Thu	5-6 pm
Jun 22-Jul 15	\$57.75	440272
Jul 20-Aug 12	\$66	440275
6-12 yrs	Sat	10-11 am
Jun 26-Aug 7	\$57.75	440277

Pinecrest R.C. – 613-828-3118

6-12 yrs	Mon	5:30-6:30 pm
Apr 26-Jun 21	\$66	431907
6-12 yrs	Fri	5:30-6:30 pm
Apr 30-Jun 25	\$74.25	431911
6-12 yrs	Tue	6:30-7:30 pm
Jun 29-Aug 24	\$74.25	431913

Ray Friel R.C. – 613-830-2747

6-12 yrs	Fri	6-7 pm
Apr 9-Jun 18	\$90.75	423750



Children should be “within arms reach” at all times around water.

Swimming • Specialty

Power Swim – Introduction

Bronze and Silver Levels. Swim techniques and personal goals with competitive strokes and instruction for the accomplished swimmer of Swimmer 4 or higher.

Canterbury R.C. – 613-247-4865

6-12 yrs	Tue	5:30-6:30 pm
Apr 27-Jun 22	\$74.25	436989
6-12 yrs	Thu	5:30-6:30 pm
Apr 29-Jun 24	\$74.25	436990

Crestview Outdoor Pool – 613-225-7250

6-12 yrs	Mon-Fri	11 am-noon
Jul 5-15	\$74.25	429729
Jul 19-29	\$74.25	429732
Aug 3-13	\$74.25	429733
Aug 16-20	\$41.25	429734

Entrance Outdoor Pool – 613-829-2705

6-12 yrs	Tue	5-6 pm
Jul 6-Aug 17	\$57.75	429784
6-12 yrs	Thu	5-6 pm
Jul 8-Aug 19	\$57.75	429787

Goulbourn R.C. – 613-831-1169

6-12 yrs	Sun	9-10 am
Apr 11-Jun 13	\$74.25	432901

Plant R.C. – 613-232-3000

6-12 yrs	Sun	4-5 pm
May 2-Jun 27	\$66	422495
6-12 yrs	Mon	5-6 pm
May 3-Jun 21	\$52.75	422494

St-Laurent Complex – 613-742-6767

8-15 yrs	Fri	5-6 pm
Apr 9-Jun 4	\$74.25	433865
8-15 yrs	Mon	5-6 pm
Apr 12-May 31	\$57.75	433869

Walter Baker Sports Centre – 613-580-2788

6-12 yrs	Sat	9:30-10:30 am
Mar 27-Jun 5	\$74.25	428093
6-12 yrs	Sat	4-5 pm
Mar 27-Jun 5	\$74.25	428099
6-12 yrs	Sun	9:30-10:30 am
Mar 28-Jun 6	\$74.25	428108
6-12 yrs	Tue	5:45-6:45 pm
Mar 30-May 25	\$74.25	428076
6-12 yrs	Wed	7:30-8:30 pm
Mar 31-May 26	\$74.25	428117
6-12 yrs	Thu	6-7 pm
Apr 1-May 27	\$74.25	428083
6-12 yrs	Sun	10:30-11:30 am
Jul 4-Aug 29	\$66	426443
6-12 yrs	Sat	10:30-11:30 am
Jul 3-Aug 28	\$66	426436
6-12 yrs	Mon-Fri	9-10 am
Jul 5-15	\$74.25	426395
Jul 19-29	\$74.25	426399
Aug 3-13	\$74.25	426403
Aug 16-26	\$74.25	426408

6-12 yrs	Mon-Fri	4:15-5:15 pm
Jul 5-9	\$41.25	426418
Jul 12-16	\$41.25	426423
Jul 19-23	\$41.25	426424
Jul 26-30	\$41.25	426427
Aug 9-13	\$41.25	426428
Aug 16-20	\$41.25	426430

Power Swim – Intermediate

Gold and Merit Levels. Swim techniques and personal goals with competitive strokes and instruction for the accomplished swimmer of Swimmer 4 or higher.

Canterbury R.C. – 613-247-4865

6-12 yrs	Tue	5:30-6:30 pm
Apr 27-Jun 22	\$74.25	436992
6-12 yrs	Thu	5:30-6:30 pm
Apr 29-Jun 24	\$74.25	436993

Crestview Outdoor Pool – 613-225-7250

6-12 yrs	Mon-Fri	11 am-noon
Jul 5-15	\$74.25	429740
Jul 19-29	\$74.25	429743
Aug 3-13	\$74.25	429745
Aug 16-20	\$41.25	429746

Entrance Outdoor Pool – 613-829-2705

6-12 yrs	Tue	5-6 pm
Jul 6-Aug 17	\$57.75	429796
6-12 yrs	Thu	5-6 pm
Jul 8-Aug 19	\$57.75	429798

Goulbourn R.C. – 613-831-1169

6-12 yrs	Sun	9-10 am
Apr 11-Jun 13	\$74.25	432927

Nepean Sportsplex – 613-580-2828

6-12 yrs	Sat	noon-1 pm
Mar 27-Jun 19	\$90.75	439418
6-12 yrs	Sun	3:30-4:30 pm
Mar 28-Jun 20	\$90.75	439421
6-12 yrs	Mon-Fri	11:15 am-12:15 pm
Jul 5-15	\$74.25	431835
Aug 3-13	\$74.25	431836

Sawmill Creek Pool – 613-521-4092

6-12 yrs	Mon	7-8 pm
Mar 22-Jun 21	\$99	426295
6-12 yrs	Sun	11 am-noon
Apr 11-Jun 27	\$90.75	426299
6-12 yrs	Mon-Fri	9:15-10:15 am
Jun 28-Jul 9	\$74.25	426303
6-12 yrs	Sat	11 am-noon
Apr 10-Jun 26	\$90.75	426298
Jul 3-Aug 28	\$66	426314
6-12 yrs	Mon-Fri	10-11 am
Aug 9-20	\$82.50	426307
6-12 yrs	Mon-Fri	9-10 am
Aug 23-27	\$41.25	426312

St-Laurent Complex – 613-742-6767

8-15 yrs	Wed	5-6 pm
Apr 7-Jun 2	\$74.25	433875
8-15 yrs	Fri	6-7 pm
Apr 9-Jun 4	\$74.25	433872

Walter Baker Sports Centre – 613-580-2788

6-12 yrs	Sat	9:30-10:30 am
Mar 27-Jun 5	\$74.25	428148
6-12 yrs	Sat	5-6 pm
Mar 27-Jun 5	\$74.25	428150
6-12 yrs	Sun	9:30-10:30 am
Mar 28-Jun 6	\$74.25	428146
6-12 yrs	Tue	7-8 pm
Mar 30-May 25	\$74.25	428131
6-12 yrs	Wed	7:30-8:30 pm
Mar 31-May 26	\$74.25	428142
6-12 yrs	Thu	6-7 pm
Apr 1-May 27	\$74.25	428136
6-12 yrs	Sat	11:45 am-12:45 pm
Jul 3-Aug 28	\$66	426496
6-12 yrs	Sun	11:45 am-12:45 pm
Jul 4-Aug 29	\$66	426511
6-12 yrs	Mon-Fri	10-11 am
Jul 5-15	\$74.25	426470
Jul 19-29	\$74.25	426473
Aug 3-13	\$74.25	426478
Aug 16-26	\$74.25	426485
6-12 yrs	Mon-Fri	4:15-5:15 pm
Jul 5-9	\$41.25	426524
Jul 12-16	\$41.25	426526
Jul 19-23	\$41.25	426530
Jul 26-30	\$41.25	426545
Aug 9-13	\$41.25	426548
Aug 16-20	\$41.25	426550

Power Swim – Advanced

Gold and Merit Levels. Swim techniques and personal goals with competitive strokes and instruction for the accomplished swimmer of Swimmer 4 or higher.

Canterbury R.C. – 613-247-4865

6-12 yrs	Sun	3-4:30 pm
Apr 25-Jun 20	\$111.50	437033

Crestview Outdoor Pool – 613-225-7250

6-12 yrs	Mon-Fri	11 am-noon
Jul 5-15	\$74.25	429756
Jul 19-29	\$74.25	429758
Aug 3-13	\$74.25	429760
Aug 16-20	\$41.25	429759

Entrance Outdoor Pool – 613-829-2705

6-12 yrs	Tue	5-6 pm
Jul 6-Aug 17	\$57.75	429814
6-12 yrs	Thu	5-6 pm
Jul 8-Aug 19	\$57.75	429816

Goulbourn R.C. – 613-831-1169

6-12 yrs	Sun	9-10 am
Apr 11-Jun 13	\$74.25	432974

Nepean Sportsplex – 613-580-2828

6-12 yrs	Sat	11 am-noon
Mar 27-Jun 19	\$90.75	440266
6-12 yrs	Sun	4:30-5:30 pm
Mar 28-Jun 20	\$90.75	440271
6-12 yrs	Sat	11 am-noon
Jul 10-Aug 21	\$49.50	431840
6-12 yrs	Mon-Fri	11:15 am-12:15 pm
Jul 19-29	\$74.25	431838

Sawmill Creek Pool – 613-521-4092

6-12 yrs	Wed	7-8 pm
Mar 24-Jun 23	\$115.50	426325
6-12 yrs	Sun	11 am-noon
Apr 11-Jun 27	\$90.75	426327
6-12 yrs	Mon-Fri	10-11 am
Jul 12-23	\$82.50	426332
Aug 23-27	\$41.25	426337

Walter Baker Sports Centre – 613-580-2788

6-12 yrs	Sat	10:30-11:30 am
Mar 27-Jun 5	\$74.25	428190
6-12 yrs	Sat	5-6 pm
Mar 27-Jun 5	\$74.25	428192
6-12 yrs	Sun	10:30-11:30 am
Mar 28-Jun 6	\$74.25	428188
6-12 yrs	Tue	7-8 pm
Mar 30-May 25	\$74.25	428183
6-12 yrs	Wed	7:30-8:30 pm
Mar 31-May 26	\$74.25	428186
6-12 yrs	Thu	7-8 pm
Apr 1-May 27	\$74.25	428185
6-12 yrs	Sat	11:30 am-12:30 pm
Jul 3-Aug 28	\$66	441003
6-12 yrs	Sun	11:30 am-12:30 pm
Jul 4-Aug 29	\$66	441004
6-12 yrs	Mon-Fri	11 am-noon
Jul 5-15	\$74.25	441005
Jul 19-29	\$74.25	441008
Aug 3-13	\$74.25	441012
Aug 16-26	\$74.25	441014
6-12 yrs	Mon-Fri	5:30-6:30 pm
Jul 5-9	\$41.25	441006
Jul 12-16	\$41.25	441007
Jul 19-23	\$41.25	441010
Jul 26-30	\$41.25	441011
Aug 9-13	\$41.25	441013
Aug 16-20	\$41.25	441015



Youth

Junior Lifeguard Club (J.L.C.)

Join the J.L.C. and experience what lifeguarding is really like. Encourage social interaction, community involvement, lifeguarding and lifesaving skills in a 'club' environment. Candidates must be comfortable in deep water, able to swim 50m, front crawl and tread water for one minute.

General Burns Outdoor Pool – 613-225-7970

8-11 yrs	Mon	5-6 pm
Jul 5-Aug 16	\$57.75	439333
8-11 yrs	Wed	5-6 pm
Jul 7-Aug 18	\$57.75	439336
12-15 yrs	Mon	5-6 pm
Jul 5-Aug 16	\$57.75	439334
12-15 yrs	Wed	5-6 pm
Jul 7-Aug 18	\$57.75	439335

Ray Friel R.C. – 613-830-2747

8-15 yrs	Tue, Thu	6:30-7:30 pm
Jul 6-29	\$66	428306
Aug 3-26	\$66	428307

St-Laurent Complex – 613-742-6767

8-15 yrs	Fri	5-6 pm
Jul 2-Aug 27	\$74.25	437987

Walter Baker Sports Centre – 613-580-2788

8-15 yrs	Wed	4:30-5:30 pm
Jul 7-Aug 25	\$66	439332

Power Swim – Introduction

Opportunity for people who want to swim more efficiently. Gradually introduces people to competitive swimming skills, without the pressure of competition.

Entrance Outdoor Pool – 613-829-2705

13-18 yrs	Tue	5-6 pm
Jul 6-Aug 17	\$57.75	429790
13-18 yrs	Thu	5-6 pm
Jul 8-Aug 19	\$57.75	429791

Ray Friel R.C. – 613-830-2747

13-17 yrs	Fri	6-7 pm
Apr 9-Jun 18	\$90.75	423754

St-Laurent Complex – 613-742-6767

8-15 yrs	Fri	5-6 pm
Jul 2-Aug 27	\$74.25	437897

Walter Baker Sports Centre – 613-580-2788

13-18 yrs	Sat	9:30-10:30 am
Mar 27-Jun 5	\$74.25	428152
13-18 yrs	Sun	5-6 pm
Mar 28-Jun 6	\$74.25	428149
13-18 yrs	Wed	7:30-8:30 pm
Mar 31-May 26	\$74.25	428129
13-18 yrs	Wed	4:30-5:30 pm
Jul 7-Aug 25	\$66	426381

Power Swim – Intermediate

Bob MacQuarrie R.C.-Orléans – 613-824-0819

13-17 yrs	Tue	6:45-7:45 pm
Apr 13-Jun 22	\$90.75	430973
13-17 yrs	Tue, Thu	5:45-6:45 am
Jun 29-Jul 29	\$74.25	431021
Aug 3-26	\$66	431022
13-17 yrs	Sun	9-10 am
Jul 4-Aug 29	\$66	431026
13-17 yrs	Mon-Fri	11 am-noon
Jul 5-15	\$74.25	431008
Jul 19-29	\$74.25	431009
Aug 3-13	\$74.25	431012
Aug 16-26	\$74.25	431013

Canterbury R.C. – 613-247-4865

13-17 yrs	Tue	8:30-9:30 pm
Apr 27-Jun 22	\$72.75	439991

Entrance Outdoor Pool – 613-829-2705

13-18 yrs	Tue	5-6 pm
Jul 6-Aug 17	\$57.75	429806
13-18 yrs	Thu	5-6 pm
Jul 8-Aug 19	\$57.75	429808

Ray Friel R.C. – 613-830-2747

13-17 yrs	Fri	6-7 pm
Apr 9-Jun 18	\$90.75	423757

St-Laurent Complex – 613-742-6767

8-15 yrs	Fri	5-6 pm
Jul 2-Aug 27	\$74.25	437942

Walter Baker Sports Centre – 613-580-2788

13-18 yrs	Sat	9:30-10:30 am
Mar 27-Jun 5	\$74.25	428159
13-18 yrs	Sun	5-6 pm
Mar 28-Jun 6	\$74.25	428175
13-18 yrs	Wed	7:30-8:30 pm
Mar 31-May 26	\$74.25	428155
13-18 yrs	Wed	4:30-5:30 pm
Jul 7-Aug 25	\$66	426442

Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions.

Swimming • Specialty

Power Swim – Advanced

Entrance Outdoor Pool – 613-829-2705

13-18 yrs	Tue	5-6 pm
Jul 6-Aug 17	\$57.25	429840
13-18 yrs	Thu	5-6 pm
Jul 8-Aug 19	\$57.25	429842

Walter Baker Sports Centre – 613-580-2788

13-18 yrs	Sat	10:30-11:30 am
Mar 27-Jun 5	\$74.25	428204
13-18 yrs	Sun	4-5 pm
Mar 28-Jun 6	\$74.25	428205
13-18 yrs	Wed	7:30-8:30 pm
Mar 31-May 26	\$74.25	428203
6-12 yrs	Wed	5:30-6:30 pm
Jul 7-Aug 25	\$66	426500

2010 Lifeguard Competition Volunteer Training

Volunteer registration and training session. Participants must be able to attend a registration and training session prior to the competition. Competition will take place in various locations across the City of Ottawa during the weekend of July 30, 31 and August 1, 2010. See page 174 for competition advertisement.

Plant R.C.

14+ yrs	Sat	7-9 pm
Jul 10	Free	417696

Goulbourn R.C.

14+ yrs	Sat	9-11 am
Jul 17	Free	417688

Adult

Back-2-Basics

Intermediate stroke correction in a quiet and relaxed environment.

St-Laurent Complex – 613-742-6767

16+ yrs	Fri	3:30-4:30 pm
Apr 9-Jun 4	\$83.75	433824

Children should be “within arms reach” at all times around water.

Kayak Experience

Basic kayaking skills include entering and exiting the boat, basic paddling, high and low braces, sculling and kayak-over-kayak rescue.

Get ready now for summer paddling

Plant R.C. – 613-232-3000

16+ yrs	Sun	11 am-noon
May 2-30	\$43.50	427052
Jun 6-27	\$43.50	427122

Power Swim – Introduction

Opportunity for people who want to swim more efficiently. Gradually introduces people to competitive swimming skills, without the pressure of competition.

Plant R.C. – 613-232-3000

16+ yrs	Mon	6-6:45 pm
May 3-Jun 21	\$65.25	422496

Power Swim – Intermediate

Canterbury R.C. – 613-247-4865

18+ yrs	Tue	8:30-9:30 pm
Apr 27-Jun 22	\$82	439942

Lowertown Pool – 613-244-4406

18+ yrs	Wed	7-8 pm
Apr 14-Jun 16	\$108.75	429807
Jun 23-Aug 11	\$87	440265

Power Swim Club

Achieve personal fitness goals through a balanced and challenging swim training program. This is the equivalent of a Masters swim program.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

18+ yrs	Mon, Wed	8:30-9:30 pm
	Sat	7-8 am
Mar 22-Jun 26	\$160	430752

St-Laurent Complex – 613-742-6767

16+ yrs	Tue, Sat	7-8 am
	Thu	6:30-7:30 am
Apr 6-Jun 5	\$154.75	433813
18+ yrs	Tue, Thu, Sat	7-8 am
Jun 29-Sep 4	\$154.75	436503

Swim Fitness Training

Intermediate swimming workout with stroke correction. Must be able to swim 10 lengths comfortably and know front crawl, back crawl and breaststroke. This is not a learn-to-swim program.

Crestview Outdoor Pool – 613-225-7250

18+ yrs	Mon-Fri	11 am-noon
Jul 5-15	\$97.75	429764
Jul 19-29	\$97.75	429766
Aug 16-26	\$97.75	429769
18+ yrs	Tue-Fri, Mon	11 am-noon
Aug 3-13	\$97.75	429767



Entrance Outdoor Pool – 613-829-2705

13-18 yrs	Tue	5-6 pm
Jul 6-Aug 17	\$58	429858
13-18 yrs	Thu	5-6 pm
Jul 8-Aug 19	\$58	429873
18+ yrs	Tue	5-6 pm
Jul 6-Aug 17	\$76.25	429865
18+ yrs	Thu	5-6 pm
Jul 8-Aug 19	\$76.25	429868

Sawmill Creek Pool – 613-521-4092

18+ yrs	Mon-Fri	11 am-noon
Aug 23-27	\$46.75	426502
18+ yrs	Tue	7:30-8:30 pm
Mar 23-Jun 22	\$152.25	426452
18+ yrs	Thu	7:45-8:30 pm
Mar 25-Jun 24	\$152.25	426454

St-Laurent Complex – 613-742-6767

16+ yrs	Sat	8-9 am
Apr 10-Jun 5	\$57.75	433829
18+ yrs	Sat	8-9 am
Jul 3-Aug 28	\$57.75	436510

Walter Baker Sports Centre – 613-580-2788

13-18 yrs	Wed	7:30-8:30 pm
Mar 31-May 26	\$97.75	428068
18+ yrs	Tue	8:30-9:30 am
Mar 30-May 25	\$97.75	428054
18+ yrs	Wed	7:30-8:30 pm
Mar 31-May 26	\$97.75	428060
18+ yrs	Thu	8:30-9:30 am
Apr 1-May 27	\$97.75	428062
18+ yrs	Wed	5:30-6:30 pm
Jul 7-Aug 25	\$87	426549

Swim Fitness Training

A popular fitness-training program! Regularly coached practices provide guidance and stroke tips, as well as preparation for competition.

Pinecrest R.C. – 613-828-3118 ext. 306

16 yrs+	Mon	6:30-8 pm
Apr 26-Jun 27	Wed	5:30-7 pm
	Fri	6:30-8 pm
16 yrs+	Mon	6-7:30 pm
June 27-Aug 29	Wed	6-7:30 pm
	Fri	6-7:30 pm

Fees:	1 visit	\$7.80
	10 visits	\$64.50
	20 visits	\$118.60

Lifesaving Society Swim Program

**Parent and Tot 1 (4 mths to 1 yr),
Parent and Tot 2 (1 to 2 yrs),
Parent and Tot 3 (2 to 3 yrs)**

Parent and Tot 1-3: This exciting program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities are planned based on the child's maturity so parents register in the level appropriate for their child's age.

Preschool (3 to 5 yrs)

Preschool A: We'll help these little swimmers jump into the water, and learn to float glide importance of staying "within arms reach" and become comfortable putting their faces in and blowing bubbles.

Preschool B: These little swimmers will jump in on their own and learn to float, glide and kick with an aid. They'll learn to put on a lifejacket/ Personal Floatation Device and learn move safely through the water on their front and back.

Preschool C: These little swimmers will jump into chest-deep water, learn to float, glide and kick on their own and retrieve an object from the bottom. They'll gain exposure to deep water and learn the basics of rhythmic breathing.

Preschool D: These kids are becoming quite the swimmers! They'll jump into deep water, kick on their front and back, tread water and learn basic front and back crawl. They'll learn the importance of swimming with a buddy and wearing a PFD/lifejacket.

Preschool E: These advanced preschoolers will learn how to react if they fall unexpectedly into deep water. They'll develop breath control, master short swims using front and back crawl, and begin developing whip kick.

Children (6 to 12 yrs)

Swimmer 1 – Beginner: These beginners will become comfortable opening their eyes and exhaling underwater. They will be introduced to floating, gliding and kicking and jumping into the water. This level is geared to those who are six years of age or older, have not learned to submerge underwater and have little or no swimming experience.

Swimmer 1 – Advanced:

These children will perfect their floating, gliding and kicking skills, which will give them the foundation needed to be comfortable in the water and develop swimming strokes in the future levels. This level is geared to those who have taken Swimmer 1 Beginner, or are comfortable submerging underwater with their eyes open.

Swimmer 2: Participants will jump into deep water and learn to support themselves with an aid learn the foundation of effective whip kick. They will build confidence in both deep and shallow water, and develop front and back crawl over short distances. Completion of Preschool D or Swimmer 1 Advanced is strongly recommended.

Swimmer 3: These swimmers will dive, jump and roll into the water and develop water-smart attitudes. They will improve their front and back crawl, tread water, add propulsion to their whip kick, swim underwater and continue to build endurance with swims of up to 50 meters.

Swimmer 4: These swimmers will refine both entry and surface dives. They will learn eggbeater kick, sculling and breaststroke while continuing to improve their front and back crawl and work towards a 100-metre endurance swim.

Swimmer 5: These swimmers will master shallow dives, eggbeater and foot-first sculling. Surface dives will take them down to underwater swims while sprints and interval training will improve both the efficiency and endurance of their breaststroke, front and back crawls.

Swimmer 6: These swimmers will perfect their swimming strokes while building up to a 300-metre endurance swim. They will perfect a variety of movement and underwater skills while continuing to build fitness and efficiency through sprints and interval swim training.

Swimmer 7 (Rookie Patrol): These swimmers will begin the exciting journey into advanced swimming and basic lifesaving. They will complete a 350-metre workout and learn the water-safety skills that can save lives. Perfect for kids looking for more than just swimming lessons.



Swimmer 8 (Ranger Patrol): These junior lifesavers will continue to build water strength and fitness while practicing the in and outs of lifesaving kicks, approaches, entries, underwater searches, object support and first aid skills. Swimmers will complete a 200-metre swim in six minutes or better.

Swimmer 9 (Star Patrol): These junior lifesavers will work towards a challenging 600-meter workout and complete a 300-metre swim in nine min or better. They will continue to perfect exciting lifesaving skills like underwater searches, safe victim removals whistle communication, towing rescues and resuscitation.

Youth (13 to 17yrs), Adult (18+ yrs)

Teen/Adult 101: This introduction to the water is perfect for those with little or no water experience. Participants will work towards 15m swims on their front and back and will become comfortable entering and exiting the water as well as supporting themselves at the surface. Participants will learn the skills needed for stroke development.

Teen/Adult 201: This intermediate level will teach swimmers the three fundamental swimming strokes: Front Crawl, Back Crawl and Breaststroke. Participants will develop swimming endurance and learn useful entries including dives and rolls.

Teen/Adult 301: This level is perfect for those interested in more than just the basics. Participants will fine tune their swimming strokes and improve their endurance and efficiency in the water. Participants will learn the ins and outs of swimming for fitness, and swimming for life.

Swimming • Learn to Swim

Bearbrook Outdoor Pool
613-824-8300

Preschool

Preschool A

M-F	8:30 am	Jul 5	9	\$59	426945
M-F	10 am	Jul 5	9	\$59	426946
M-F	10:45 am	Jul 5	9	\$59	426947
M-F	8:30 am	Jul 19	9	\$59	426948
M-F	10 am	Jul 19	9	\$59	426949
M-F	10:45 am	Jul 19	9	\$59	426950
Tu-F, M	8:30 am	Aug 3	9	\$59	426952
Tu-F, M	10 am	Aug 3	9	\$59	426954
Tu-F, M	10:45 am	Aug 3	9	\$59	426955
M-F	8:30 am	Aug 16	9	\$59	426956
M-F	10 am	Aug 16	9	\$59	426958
M-F	10:45 am	Aug 16	9	\$59	426959

Preschool B

M-F	8:30 am	Jul 5	9	\$59	426966
M-F	9:30 am	Jul 5	9	\$59	426969
M-F	11:30 am	Jul 5	9	\$59	426970
M-F	8:30 am	Jul 19	9	\$59	426974
M-F	9:30 am	Jul 19	9	\$59	426977
M-F	11:30 am	Jul 19	9	\$59	426978
Tu-F, M	8:30 am	Aug 3	9	\$59	426981
Tu-F, M	9:30 am	Aug 3	9	\$59	426983
Tu-F, M	11:30 am	Aug 3	9	\$59	426985
M-F	8:30 am	Aug 16	9	\$59	426988
M-F	9:30 am	Aug 16	9	\$59	426989
M-F	11:30 am	Aug 16	9	\$59	426990

Preschool C

M-F	9 am	Jul 5	9	\$59	427034
M-F	10:45 am	Jul 5	9	\$59	427035
M-F	9 am	Jul 19	9	\$59	427037
M-F	10:45 am	Jul 19	9	\$59	427038
Tu-F, M	9 am	Aug 3	9	\$59	427039
Tu-F, M	10:45 am	Aug 3	9	\$59	427040
M-F	9 am	Aug 16	9	\$59	427041
M-F	10:45 am	Aug 16	9	\$59	427042

Preschool D

M-F	8:30 am	Jul 5	9	\$59	427050
M-F	9:30 am	Jul 5	9	\$59	427053
M-F	10:45 am	Jul 5	9	\$59	427054
M-F	8:30 am	Jul 19	9	\$59	427056
M-F	9:30 am	Jul 19	9	\$59	427057
M-F	10:45 am	Jul 19	9	\$59	427058
Tu-F, M	8:30 am	Aug 3	9	\$59	427059
Tu-F, M	9:30 am	Aug 3	10	\$59	427062
Tu-F, M	10:45 am	Aug 3	9	\$59	427063
M-F	8:30 am	Aug 16	9	\$59	427065
M-F	9:30 am	Aug 16	9	\$59	427066
M-F	10:45 am	Aug 16	9	\$59	427067

Preschool E

M-F	9:30 am	Jul 5	9	\$59	427428
M-F	10:15 am	Jul 5	9	\$59	427434
M-F	9:30 am	Jul 19	9	\$59	427436
M-F	10:15 am	Jul 19	9	\$59	427438

Tu-F, M	9:30 am	Aug 3	9	\$59	427441
Tu-F, M	10:15 am	Aug 3	9	\$59	427445
M-F	9:30 am	Aug 16	9	\$59	427447
M-F	10:15 am	Aug 16	9	\$59	427451

Children

Swimmer 1 – Beginner

M-F	8:30 am	Jul 5	9	\$59	427539
M-F	10:15 am	Jul 5	9	\$59	427543
M-F	11:15 am	Jul 5	9	\$59	427548
M-F	8:30 am	Jul 19	9	\$59	427552
M-F	10:15 am	Jul 19	9	\$59	427554
M-F	11:15 am	Jul 19	9	\$59	427557
Tu-F, M	8:30 am	Aug 3	9	\$59	427559
Tu-F, M	10:15 am	Aug 3	9	\$59	427561
Tu-F, M	11:15 am	Aug 3	9	\$59	427562
M-F	8:30 am	Aug 16	9	\$59	427564
M-F	8:30 am	Aug 16	9	\$59	427566
M-F	10:15 am	Aug 16	9	\$59	427568

Swimmer 1 – Advanced

M-F	9 am	Jul 5	9	\$59	427595
M-F	9 am	Jul 19	9	\$59	427596
Tu-F, M	9 am	Aug 3	9	\$59	427598
M-F	9 am	Aug 16	9	\$59	427600

Swimmer 2

M-F	9 am	Jul 5	9	\$59	427605
M-F	10 am	Jul 5	9	\$59	427607
M-F	11 am	Jul 5	9	\$59	427608
M-F	9 am	Jul 19	9	\$59	427610
M-F	10 am	Jul 19	9	\$59	427611
M-F	11 am	Jul 19	9	\$59	427613
Tu-F, M	9 am	Aug 3	9	\$59	427615
Tu-F, M	10 am	Aug 3	9	\$59	427617
Tu-F, M	11 am	Aug 3	9	\$59	427618
M-F	9 am	Aug 16	9	\$59	427620
M-F	10 am	Aug 16	9	\$59	427621
M-F	11 am	Aug 16	9	\$59	427623

Swimmer 3

M-F	8:30 am	Jul 5	9	\$65.25	427714
M-F	9:30 am	Jul 5	9	\$65.25	427715
M-F	11:15 am	Jul 5	9	\$65.25	427716
M-F	8:30 am	Jul 19	9	\$65.25	427717
M-F	9:30 am	Jul 19	9	\$65.25	427718
M-F	11:15 am	Jul 19	9	\$65.25	427719
Tu-F, M	8:30 am	Aug 3	9	\$65.25	427720
Tu-F, M	9:30 am	Aug 3	9	\$65.25	427721
Tu-F, M	11:15 am	Aug 3	9	\$65.25	427722
M-F	8:30 am	Aug 16	9	\$65.25	427723
M-F	9:30 am	Aug 16	9	\$65.25	427724
M-F	11:15 am	Aug 16	9	\$65.25	427725

Swimmer 4

M-F	10:30 am	Jul 5	10	\$65.25	427726
M-F	11:15 am	Jul 5	9	\$65.25	427727
M-F	10:30 am	Jul 19	9	\$65.25	427728
M-F	11:15 am	Jul 19	9	\$65.25	427729
Tu-F, M	10:30 am	Aug 3	9	\$65.25	427730
Tu-F, M	11:15 am	Aug 3	9	\$65.25	427732
M-F	10:30 am	Aug 16	9	\$65.25	427733
M-F	11:15 am	Aug 16	9	\$65.25	427734

Swimmer 5

M-F	11:15 am	Jul 5	9	\$65.25	427737
M-F	11:15 am	Jul 19	9	\$65.25	427739
Tu-F, M	11:15 am	Aug 3	9	\$65.25	427741
M-F	11:15 am	Aug 16	9	\$65.25	427742

Swimmer 6

M-F	10:30 am	Jul 5	10	\$65.25	427747
M-F	10:30 am	Jul 19	9	\$65.25	427749
Tu-F, M	10:30 am	Aug 3	9	\$65.25	427750
M-F	10:30 am	Aug 16	9	\$65.25	427752

Swimmer 7 (Rookie Patrol)

M-F	9:30 am	Jul 5	10	\$71.50	427770
M-F	9:30 am	Jul 19	10	\$71.50	427771
Tu-F, M	9:30 am	Aug 3	9	\$71.50	427772
M-F	9:30 am	Aug 16	9	\$71.50	427774

Swimmer 9 (Star Patrol)

M-F	8:30 am	Jul 5	9	\$71.50	428010
M-F	8:30 am	Jul 19	9	\$71.50	428012
Tu-F, M	8:30 am	Aug 3	9	\$71.50	428014
M-F	8:30 am	Aug 16	9	\$71.50	428015

Youth

Teen 101

M-F	10 am	Jul 5	9	\$68	428989
M-F	10 am	Jul 19	9	\$68	428990
Tu-F, M	10 am	Aug 3	9	\$68	428991
M-F	10 am	Aug 16	9	\$68	428993

**Beaverbrook
Outdoor Pool**
613-591-3061

Preschool

Parent and Tot 1

M-F	11:30 am	Jun 28	8	\$52.50	423982
M-F	11:30 am	Jul 12	9	\$59	423983
M-F	11:30 am	Jul 26	8	\$52.50	423984
M-F	11:30 am	Aug 9	9	\$59	423985

Parent and Tot 2

M-F	11:30 am	Jun 28	8	\$52.50	423986
M-F	11:30 am	Jul 12	9	\$59	423987
M-F	11:30 am	Jul 26	8	\$52.50	423988
M-F	11:30 am	Aug 9	9	\$59	423989

Parent and Tot 3

M-F	11:30 am	Jun 28	8	\$52.50	423990
M-F	11:30 am	Jul 12	9	\$59	423991
M-F	11:30 am	Jul 26	8	\$52.50	423992
M-F	11:30 am	Aug 9	9	\$59	423993

Swimming • Learn to Swim

Preschool A

M-F	9:30 am	Jun 28	8	\$52.50	424006
M-F	10:30 am	Jun 28	8	\$52.50	424007
M-F	11 am	Jun 28	8	\$52.50	424008
M-F	11:30 am	Jun 28	8	\$52.50	424009
M-F	9:30 am	Jul 12	9	\$59	424019
M-F	10:30 am	Jul 12	9	\$59	424020
M-F	11 am	Jul 12	9	\$59	424021
M-F	11:30 am	Jul 12	9	\$59	424022
M-F	9:30 am	Jul 26	8	\$52.50	424023
M-F	10:30 am	Jul 26	8	\$52.50	424024
M-F	11 am	Jul 26	8	\$52.50	424026
M-F	11:30 am	Jul 26	8	\$52.50	424027
M-F	9:30 am	Aug 9	9	\$59	424029
M-F	10:30 am	Aug 9	9	\$59	424030
M-F	11 am	Aug 9	9	\$59	424032
M-F	11:30 am	Aug 9	9	\$59	424033

Preschool B

M-F	9 am	Jun 28	8	\$52.50	424038
M-F	10:45 am	Jun 28	8	\$52.50	424040
M-F	11:30 am	Jun 28	8	\$52.50	424042
M-F	9 am	Jul 12	9	\$59	424043
M-F	10:45 am	Jul 12	9	\$59	424044
M-F	11:30 am	Jul 12	9	\$59	424045
M-F	9 am	Jul 26	8	\$52.50	424046
M-F	10:45 am	Jul 26	8	\$52.50	424048
M-F	11:30 am	Jul 26	8	\$52.50	424049
M-F	9 am	Aug 9	9	\$59	424050
M-F	10:45 am	Aug 9	9	\$59	424051
M-F	11:30 am	Aug 9	9	\$59	424052

Preschool C

M-F	10 am	Jun 28	8	\$52.50	424056
M-F	11 am	Jun 28	8	\$52.50	424058
M-F	10 am	Jul 12	9	\$59	424060
M-F	11 am	Jul 12	9	\$59	424059
M-F	10 am	Jul 26	8	\$52.50	424062
M-F	11 am	Jul 26	8	\$52.50	424063
M-F	10 am	Aug 9	9	\$59	424065
M-F	11 am	Aug 9	9	\$59	424066

Preschool D

M-F	11 am	Jun 28	8	\$52.50	424077
M-F	11:30 am	Jun 28	8	\$52.50	424079
M-F	11 am	Jul 12	9	\$59	424081
M-F	11:30 am	Jul 12	9	\$59	424082
M-F	11 am	Jul 26	8	\$52.50	424084
M-F	11:30 am	Jul 26	8	\$52.50	424085
M-F	11 am	Aug 9	9	\$59	424087
M-F	11:30 am	Aug 9	9	\$59	424088

Preschool E

M-F	10:30 am	Jun 28	8	\$52.50	424093
M-F	10:30 am	Jul 12	9	\$59	424095
M-F	10:30 am	Jul 26	8	\$52.50	424096
M-F	10:30 am	Aug 9	9	\$59	424098

Children

Swimmer 1 – Beginner

M-F	9 am	Jun 28	8	\$52.50	424104
M-F	9 am	Jul 12	9	\$59	424107
M-F	9 am	Jul 26	8	\$52.50	424110
M-F	9 am	Aug 9	9	\$59	424111



Swimmer 1 – Advanced

M-F	9:30 am	Jun 28	8	\$52.50	424116
M-F	11 am	Jun 28	8	\$52.50	424117
M-F	9:30 am	Jul 12	9	\$59	424118
M-F	11 am	Jul 12	9	\$59	424119
M-F	9:30 am	Jul 26	8	\$52.50	424120
M-F	11 am	Jul 26	8	\$52.50	424122
M-F	9:30 am	Aug 9	9	\$59	424123
M-F	11 am	Aug 9	9	\$59	424124

Swimmer 2

M-F	9 am	Jun 28	8	\$52.50	424128
M-F	9 am	Jun 28	8	\$52.50	424129
M-F	9:45 am	Jun 28	8	\$52.50	424130
M-F	10 am	Jun 28	8	\$52.50	424132
M-F	10:30 am	Jun 28	8	\$52.50	424133
M-F	9 am	Jul 12	9	\$59	424135
M-F	9 am	Jul 12	9	\$59	424136
M-F	9:45 am	Jul 12	9	\$59	424137
M-F	10 am	Jul 12	9	\$59	424139
M-F	10:30 am	Jul 12	9	\$59	424140
M-F	9 am	Jul 26	8	\$52.50	424142
M-F	9 am	Jul 26	8	\$52.50	424144
M-F	9:45 am	Jul 26	8	\$52.50	424145
M-F	10 am	Jul 26	8	\$52.50	424147
M-F	10:30 am	Jul 26	8	\$52.50	424149
M-F	9 am	Aug 9	9	\$59	424152
M-F	9 am	Aug 9	9	\$59	424153
M-F	9:45 am	Aug 9	9	\$59	424183
M-F	10 am	Aug 9	9	\$59	424184
M-F	10:30 am	Aug 9	9	\$59	424186

Swimmer 3

M-F	10 am	Jun 28	8	\$58	424192
M-F	11 am	Jun 28	8	\$58	424195
M-F	11:15 am	Jun 28	8	\$58	424199
M-F	10 am	Jul 12	9	\$65.25	424203

M-F	11 am	Jul 12	9	\$65.25	424206
M-F	11:15 am	Jul 12	9	\$65.25	424208
M-F	10 am	Jul 26	8	\$58	424211
M-F	11 am	Jul 26	8	\$58	424213
M-F	11:15 am	Jul 26	8	\$58	424215
M-F	10 am	Aug 9	9	\$65.25	424216
M-F	11 am	Aug 9	9	\$65.25	424220
M-F	11:15 am	Aug 9	9	\$65.25	424221

Swimmer 4

M-F	9:45 am	Jun 28	8	\$58	424229
M-F	9:45 am	Jul 12	9	\$65.25	424233
M-F	9:45 am	Jul 26	8	\$58	424235
M-F	9:45 am	Aug 9	9	\$65.25	424237

Swimmer 5

M-F	10:15 am	Jun 28	8	\$58	424241
M-F	10:15 am	Jul 12	9	\$65.25	424242
M-F	10:15 am	Jul 26	8	\$58	424246
M-F	10:15 am	Aug 9	9	\$65.25	424247

Swimmer 6

M-F	9 am	Jun 28	8	\$58	424256
M-F	9 am	Jul 12	9	\$65.25	424259
M-F	9 am	Jul 26	8	\$58	424263
M-F	9 am	Aug 9	9	\$65.25	424265

Swimmer 7 (Rookie Patrol)

M-F	10 am	Jun 28	8	\$63.75	424275
M-F	10 am	Jul 12	9	\$71.50	424278
M-F	10 am	Jul 26	8	\$63.75	424280
M-F	10 am	Aug 9	9	\$71.50	424283

Swimmer 8 (Ranger Patrol)

M-F	9 am	Jun 28	8	\$63.75	424286
M-F	9 am	Jul 12	9	\$71.50	424291
M-F	9 am	Jul 26	8	\$63.75	424295
M-F	9 am	Aug 9	9	\$71.50	424297

**Bob MacQuarrie R.C. –
Orléans
613-824-0819**

Preschool

Parent and Tot 1

Sa	9:30 am	Apr 10	10	\$65.75	422603
Sa	12:30 pm	Apr 10	10	\$65.75	422632
Su	9 am	Apr 11	10	\$65.75	422635
M	9:30 am	Apr 12	10	\$65.75	422480
Th	4:30 pm	Apr 15	11	\$72.25	422631
Sa	9 am	Jul 3	8	\$52.50	429458
Su	10 am	Jul 4	8	\$52.50	429459
M-F	9:30 am	Jul 5	9	\$59	422588
M-F	9:30 am	Jul 19	9	\$59	422590
Tu-F, M	9:30 am	Aug 3	9	\$59	422591
M-F	9:30 am	Aug 16	9	\$59	422592

Swimming • Learn to Swim

Parent and Tot 2

Sa	9:45 am	Apr 10	10 \$65.75	423004
Sa	10:30 am	Apr 10	10 \$65.75	423005
Su	9:30 am	Apr 11	10 \$65.75	431347
Su	10 am	Apr 11	10 \$65.75	423031
Tu	9:30 am	Apr 13	11 \$72.25	422485
Tu	4:30 pm	Apr 13	11 \$72.25	431208
W	4 pm	Apr 14	11 \$72.25	422989
Sa	10 am	Jul 3	8 \$52.50	429263
Su	9 am	Jul 4	8 \$52.50	429387
M-F	10 am	Jul 5	9 \$59	422594
M-F	10 am	Jul 19	9 \$59	422595
Tu-F, M	10 am	Aug 3	9 \$59	422596
M-F	10 am	Aug 16	9 \$59	422597

Parent and Tot 3

Sa	9 am	Apr 10	10 \$65.75	423085
Sa	10:30 am	Apr 10	10 \$65.75	423095
Sa	11:15 am	Apr 10	10 \$65.75	423092
Su	11:30 am	Apr 11	10 \$65.75	423099
Tu	5 pm	Apr 13	11 \$72.25	423079
W	9:30 am	Apr 14	11 \$72.25	422509
F	5 pm	Apr 16	11 \$72.25	423039

Preschool A

Sa	9 am	Apr 10	10 \$65.75	422624
Sa	10 am	Apr 10	10 \$65.75	422625
Sa	11 am	Apr 10	10 \$65.75	422626
Sa	Noon	Apr 10	10 \$65.75	422627
Su	9 am	Apr 11	10 \$65.75	422628
Su	9:30 am	Apr 11	10 \$65.75	422629
Su	10 am	Apr 11	10 \$65.75	422630
M	9 am	Apr 12	10 \$65.75	422475
M	1 pm	Apr 12	10 \$65.75	422618
Tu	10:30 am	Apr 13	11 \$72.25	422488
Tu	4:30 pm	Apr 13	11 \$72.25	422623
Tu	5:30 pm	Apr 13	11 \$72.25	422622
W	10:30 am	Apr 14	11 \$72.25	422617
W	4:30 pm	Apr 14	11 \$72.25	422619
Th	4 pm	Apr 15	11 \$72.25	422620
F	4 pm	Apr 16	11 \$72.25	422621
M-F	9:30 am	Jul 5	9 \$59	423217
M-F	11:30 am	Jul 5	9 \$59	423198
M-F	9:30 am	Jul 19	9 \$59	423223
M-F	11:30 am	Jul 19	9 \$59	423220
Tu-F, M	9:30 am	Aug 3	9 \$59	423228
Tu-F, M	11:30 am	Aug 3	9 \$59	423226
M-F	9:30 am	Aug 16	9 \$59	423234
M-F	11:30 am	Aug 16	9 \$59	423232

Preschool A – Low Ratio

Sa	9:30 am	Apr 10	10 \$119	431229
Sa	11:30 am	Apr 10	10 \$119	431228
Su	10:30 am	Apr 11	10 \$119	431234
M-F	10 am	Jul 5	9 \$107	426611
M-F	10 am	Jul 19	9 \$107	426618
Tu-F, M	10 am	Aug 3	9 \$107	426626
M-F	10 am	Aug 16	9 \$107	426628

Preschool B

Sa	9 am	Apr 10	10 \$65.75	422770
Sa	9:30 am	Apr 10	10 \$65.75	422765
Sa	12:30 pm	Apr 10	10 \$65.75	422768
Su	9:30 am	Apr 11	10 \$65.75	422778
Su	10 am	Apr 11	10 \$65.75	422781
M	10 am	Apr 12	10 \$65.75	422481

M	1 pm	Apr 12	10 \$65.75	422650
Tu	4 pm	Apr 13	11 \$72.25	422658
Tu	4:45 pm	Apr 13	11 \$72.25	422660
Tu	5 pm	Apr 13	11 \$72.25	422659
W	5 pm	Apr 14	11 \$72.25	422652
Th	10:30 am	Apr 15	11 \$72.25	422648
Th	5 pm	Apr 15	11 \$72.25	422654
F	4 pm	Apr 16	11 \$72.25	422655
Tu, Th	4 pm	Jun 29	9 \$59	423248
Tu, Th	5:30 pm	Jun 29	9 \$59	423259
Tu, Th	6 pm	Jun 29	9 \$59	423254
M-F	9:30 am	Jul 5	9 \$59	423309
M-F	10:30 am	Jul 5	9 \$59	423308
M-F	9:30 am	Jul 19	9 \$59	423310
M-F	10:30 am	Jul 19	9 \$59	423313
Tu-F, M	9:30 am	Aug 3	9 \$59	423316
Tu-F, M	10:30 am	Aug 3	9 \$59	423315
Tu, Th	4 pm	Aug 3	8 \$52.50	423267
Tu, Th	5:30 pm	Aug 3	8 \$52.50	423293
Tu, Th	6 pm	Aug 3	8 \$52.50	423289
M-F	9:30 am	Aug 16	9 \$59	423321
M-F	10:30 am	Aug 16	9 \$59	423317

Preschool B – Low Ratio

Sa	Noon	Apr 10	10 \$119	431236
Su	11 am	Apr 11	10 \$119	431238
Tu	4:15 pm	Apr 13	11 \$131	431188
Tu	4:30 pm	Apr 13	11 \$131	431187
M-F	9 am	Jul 5	9 \$107	426572
M-F	9 am	Jul 19	9 \$107	426580
Tu-F, M	9 am	Aug 3	9 \$107	426584
M-F	9 am	Aug 16	9 \$107	426588

Preschool C

Sa	10 am	Apr 10	10 \$65.75	422810
Sa	11 am	Apr 10	10 \$65.75	422820
Sa	11:30 am	Apr 10	10 \$65.75	422817
Sa	Noon	Apr 10	10 \$65.75	422812
Su	10 am	Apr 11	10 \$65.75	422822
M	10:30 am	Apr 12	10 \$65.75	422482
Tu	4 pm	Apr 13	11 \$72.25	422801
Tu	5:30 pm	Apr 13	11 \$72.25	422804
Tu	5:45 pm	Apr 13	11 \$72.25	422805
W	10 am	Apr 14	11 \$72.25	422510
W	1 pm	Apr 14	11 \$72.25	422790
W	5:30 pm	Apr 14	11 \$72.25	422793
W	5:30 pm	Apr 14	11 \$72.25	422796
Th	5 pm	Apr 15	11 \$72.25	422797
F	9 am	Apr 16	11 \$72.25	422787
F	5:30 pm	Apr 16	11 \$72.25	422798
Tu, Th	5 pm	Jun 29	9 \$59	423346
Tu, Th	6:30 pm	Jun 29	9 \$59	423344
M-F	9 am	Jul 5	9 \$59	423354
M-F	10 am	Jul 5	9 \$59	423355
M-F	9 am	Jul 19	9 \$59	423356
M-F	10 am	Jul 19	9 \$59	423357
Tu-F, M	9 am	Aug 3	9 \$59	423359
Tu-F, M	10 am	Aug 3	9 \$59	423360
Tu, Th	5 pm	Aug 3	8 \$52.50	423352
Tu, Th	6:30 pm	Aug 3	8 \$52.50	423350
M-F	9 am	Aug 16	9 \$59	423361
M-F	10 am	Aug 16	9 \$59	423362

Preschool C – Low Ratio

Su	11:30 am	Apr 11	10 \$119	431403
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Preschool D

Sa	10 am	Apr 10	10 \$65.75	422875
Sa	11:30 am	Apr 10	10 \$65.75	422872
Su	9 am	Apr 11	10 \$65.75	422883
Su	10:30 am	Apr 11	10 \$65.75	422888
Su	11 am	Apr 11	10 \$65.75	422885
Tu	9 am	Apr 13	11 \$72.25	422484
Tu	4 pm	Apr 13	11 \$72.25	422863
Tu	4 pm	Apr 13	11 \$72.25	422865
W	1:30 pm	Apr 14	11 \$72.25	422851
Th	10 am	Apr 15	11 \$72.25	422845
Th	5:30 pm	Apr 15	11 \$72.25	422854
F	4:30 pm	Apr 16	11 \$72.25	422858
F	4:30 pm	Apr 16	11 \$72.25	422860
Tu, Th	4:30 pm	Jun 29	9 \$59	423366
M-F	10:30 am	Jul 5	9 \$59	423368
M-F	10:30 am	Jul 19	9 \$59	423369
Tu-F, M	10:30 am	Aug 3	9 \$59	423370
Tu, Th	4:30 pm	Aug 3	8 \$52.50	423367
M-F	10:30 am	Aug 16	9 \$59	423371

Preschool D – Low Ratio

Su	Noon	Apr 11	10 \$119	431409
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Preschool E

Sa	11 am	Apr 10	10 \$65.75	422958
Tu	4:30 pm	Apr 13	11 \$72.25	422935
Th	6 pm	Apr 15	11 \$72.25	422939
F	10:30 am	Apr 16	11 \$72.25	422901
Tu, Th	6:15 pm	Jun 29	9 \$59	423372
M-F	11 am	Jul 5	9 \$59	423374
M-F	11 am	Jul 19	9 \$59	423375
Tu-F, M	11 am	Aug 3	9 \$59	423376
Tu, Th	6:15 pm	Aug 3	8 \$52.50	423373
M-F	11 am	Aug 16	9 \$59	423377

Preschool E – Low Ratio

Su	12:30 pm	Apr 11	10 \$119	431410
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Children

Swimmer 1 – Beginner

Sa	10 am	Apr 10	10 \$65.75	431256
Sa	10:30 am	Apr 10	10 \$65.75	431007
Sa	11:30 am	Apr 10	10 \$65.75	431011
Su	9:30 am	Apr 11	10 \$65.75	431017
Su	Noon	Apr 11	10 \$65.75	431019
Su	12:30 pm	Apr 11	10 \$65.75	431014
Tu	4:30 pm	Apr 13	11 \$72.25	431004
Tu	6:15 pm	Apr 13	11 \$72.25	431277
Th	6 pm	Apr 15	11 \$72.25	431005
Th	6:30 pm	Apr 15	11 \$72.25	431220
Th	6:45 pm	Apr 15	11 \$72.25	431219
M	6 pm	Jun 28	8 \$52.50	422614
Tu, Th	4 pm	Jun 29	9 \$59	422612
W	5 pm	Jun 30	9 \$59	422616
M-F	8:30 am	Jul 5	9 \$59	422599
M-F	11:30 am	Jul 5	9 \$59	422607
M-F	8:30 am	Jul 19	9 \$59	422600
M-F	11:30 am	Jul 19	9 \$59	422608
Tu-F, M	8:30 am	Aug 3	9 \$59	422604
Tu-F, M	11:30 am	Aug 3	9 \$59	422609
Tu, Th	4 pm	Aug 3	8 \$52.50	422613
M-F	8:30 am	Aug 16	9 \$59	422605
M-F	11:30 am	Aug 16	9 \$59	422610

Swimming • Learn to Swim

Swimmer 1 – Beginner Low Ratio

Sa	9 am	Apr 10	10 \$119	431243
Sa	12:30 pm	Apr 10	10 \$119	431241
Su, Sa	9 am	Apr 11	10 \$119	431245

Swimmer 1 – Advanced

Sa	11 am	Apr 10	10 \$65.75	430994
Sa	Noon	Apr 10	10 \$65.75	430997
Sa	12:30 pm	Apr 10	10 \$65.75	430998
Su	10:30 am	Apr 11	10 \$65.75	431000
Su	12:30 pm	Apr 11	10 \$65.75	431001
Tu	5 pm	Apr 13	11 \$72.25	430990
Th	6 pm	Apr 15	11 \$72.25	430993
Th	7 pm	Apr 15	11 \$72.25	430991
M	5:30 pm	Jun 28	8 \$52.50	422700
Tu, Th	4 pm	Jun 29	9 \$59	422636
Tu, Th	5:45 pm	Jun 29	9 \$59	422639
W	6 pm	Jun 30	9 \$59	422892
Sa	9:30 am	Jul 3	8 \$52.50	429505
Su	9:30 am	Jul 4	8 \$52.50	429534
M-F	9:30 am	Jul 5	9 \$59	422641
M-F	10:30 am	Jul 5	9 \$59	422649
M-F	9:30 am	Jul 19	9 \$59	422643
M-F	10:30 am	Jul 19	9 \$59	422651
Tu-F, M	9:30 am	Aug 3	9 \$59	422644
Tu-F, M	10:30 am	Aug 3	9 \$59	422653
Tu, Th	4 pm	Aug 3	8 \$52.50	422637
Tu, Th	5:45 pm	Aug 3	8 \$52.50	422640
M-F	9:30 am	Aug 16	9 \$59	422645
M-F	10:30 am	Aug 16	9 \$59	422656

Swimmer 1 – Advanced Low Ratio

Sa	9:30 am	Apr 10	10 \$119	431028
Su	9:30 am	Apr 11	10 \$119	431031
Tu	4 pm	Apr 13	11 \$131	431023
Th	6:30 pm	Apr 15	11 \$131	431217

Swimmer 2

Sa	9 am	Apr 10	10 \$65.75	431156
Sa	10:30 am	Apr 10	10 \$65.75	430939
Su	11 am	Apr 11	10 \$65.75	431158
Su	Noon	Apr 11	10 \$65.75	431160
Tu	4:30 pm	Apr 13	11 \$72.25	430915
Tu	5:15 pm	Apr 13	11 \$72.25	430918
Th	6:30 pm	Apr 15	11 \$72.25	430937
Th	7 pm	Apr 15	11 \$72.25	430934
M	5:30 pm	Jun 28	8 \$52.50	422861
Tu, Th	4:30 pm	Jun 29	9 \$59	422711
Tu, Th	5:45 pm	Jun 29	9 \$59	422704
Tu, Th	6:45 pm	Jun 29	9 \$59	422710
W	5:30 pm	Jun 30	9 \$59	422868
Sa	10:30 am	Jul 3	8 \$52.50	429441
M-F	8:30 am	Jul 5	9 \$59	422717
M-F	10:30 am	Jul 5	9 \$59	422715
M-F	11:30 am	Jul 5	9 \$59	422718
M-F	8:30 am	Jul 19	9 \$59	422725

M-F	10:30 am	Jul 19	9 \$59	422719
M-F	11:30 am	Jul 19	9 \$59	422726
Tu-F, M	8:30 am	Aug 3	9 \$59	422729
Tu-F, M	10:30 am	Aug 3	9 \$59	422727
Tu-F, M	11:30 am	Aug 3	9 \$59	422731
Tu, Th	4:30 pm	Aug 3	8 \$52.50	422714
Tu, Th	5:45 pm	Aug 3	8 \$52.50	422707
Tu, Th	6:45 pm	Aug 3	8 \$52.50	422713
M-F	8:30 am	Aug 16	9 \$59	422733
M-F	10:30 am	Aug 16	9 \$59	422732
M-F	11:30 am	Aug 16	9 \$59	422734

Swimmer 2 – Low Ratio

Sa	10 am	Apr 10	10 \$119	431281
Sa	12:30 pm	Apr 10	10 \$119	431284
Su	9 am	Apr 11	10 \$119	431344
Tu	5 pm	Apr 13	11 \$131	431192
Th	6 pm	Apr 15	11 \$131	431195
Tu, Th	5 pm	Jun 29	9 \$107	426653
Tu, Th	5 pm	Aug 3	8 \$95.25	426663

Swimmer 3

Sa	9 am	Apr 10	10 \$72.50	431227
Sa	11:30 am	Apr 10	10 \$72.50	430904
Su	9 am	Apr 11	10 \$72.50	430908
Su	11:30 am	Apr 11	10 \$72.50	430911
Tu	4 pm	Apr 13	11 \$79.75	431132
Tu	6 pm	Apr 13	11 \$79.75	430896
Th	6 pm	Apr 15	11 \$79.75	430901
Th	6:30 pm	Apr 15	11 \$79.75	430897
M	5 pm	Jun 28	8 \$58	422937
Tu, Th	4:15 pm	Jun 29	9 \$65.25	422919
Tu, Th	5:45 pm	Jun 29	9 \$65.25	422917
W	5 pm	Jun 30	9 \$65.25	422942
Sa	9:30 am	Jul 3	8 \$58	429495
M-F	8:30 am	Jul 5	9 \$65.25	422925
M-F	8:30 am	Jul 19	9 \$65.25	422927
Tu-F, M	8:30 am	Aug 3	9 \$65.25	422930
Tu, Th	4:15 pm	Aug 3	10 \$58	422922
Tu, Th	5:45 pm	Aug 3	8 \$58	422920
M-F	8:30 am	Aug 16	9 \$65.25	422931

Swimmer 3 – Low Ratio

Sa	10:30 am	Apr 10	10 \$129.50	431287
Su	10:30 am	Apr 11	10 \$129.50	431289

Swimmer 4

Sa	10:15 am	Apr 10	10 \$72.50	431224
Sa	12:15 pm	Apr 10	10 \$72.50	431223
Su	9:45 am	Apr 11	10 \$72.50	431225
Su	12:15 pm	Apr 11	10 \$72.50	431226
Tu	6 pm	Apr 13	11 \$79.75	431209
Th	7:15 pm	Apr 15	11 \$79.75	431210
M	5 pm	Jun 28	8 \$58	422977
Tu, Th	5:30 pm	Jun 29	9 \$65.25	422946
W	5:45 pm	Jun 30	9 \$65.25	422983
Sa	10:15 am	Jul 3	8 \$58	429498
M-F	9:15 am	Jul 5	9 \$65.25	422952
M-F	9:15 am	Jul 19	9 \$65.25	422954
Tu-F, M	9:15 am	Aug 3	9 \$65.25	422961
Tu, Th	5:30 pm	Aug 3	8 \$58	422949
M-F	9:15 am	Aug 16	9 \$65.25	422963

Swimmer 4 – Low Ratio

Sa	11:15 am	Apr 10	10 \$129.50	431292
Su	11:15 am	Apr 11	10 \$129.50	431294
Tu	5:30 pm	Apr 13	11 \$142.50	431200

Swimmer 5

Sa	9:45 am	Apr 10	10 \$72.50	431041
Su	10:45 am	Apr 11	10 \$72.50	431043
Tu	5:30 pm	Apr 13	11 \$79.75	431037
Th	6:30 pm	Apr 15	11 \$79.75	431039
M	5:45 pm	Jun 28	8 \$58	423003
Tu, Th	5 pm	Jun 29	9 \$65.25	422993
Su	9:30 am	Jul 4	8 \$58	429528
M-F	10 am	Jul 5	9 \$65.25	422998
M-F	10 am	Jul 19	9 \$65.25	423000
Tu-F, M	10 am	Aug 3	9 \$65.25	423001
Tu, Th	5 pm	Aug 3	8 \$58	422995
M-F	10 am	Aug 16	9 \$65.25	423002

Swimmer 5 – Low Ratio

Sa	11:45 am	Apr 10	10 \$129.50	431322
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Swimmer 6

Sa	9 am	Apr 10	10 \$72.50	431050
Su	10 am	Apr 11	10 \$72.50	431089
Tu	5 pm	Apr 13	11 \$79.75	431044
Th	7:15 pm	Apr 15	11 \$79.75	431046
Tu, Th	5 pm	Jun 29	9 \$65.25	423007
W	5 pm	Jun 30	9 \$65.25	423018
Su	10:15 am	Jul 4	8 \$58	429530
M-F	10:30 am	Jul 5	9 \$65.25	423013
M-F	10:30 am	Jul 19	9 \$65.25	423014
Tu-F, M	10:30 am	Aug 3	9 \$65.25	423015
Tu, Th	5 pm	Aug 3	8 \$58	423009
M-F	10:30 am	Aug 16	9 \$65.25	423017

Swimmer 6 – Low Ratio

Sa	11 am	Apr 10	10 \$129.50	431320
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Swimmer 7 (Rookie Patrol)

Sa	Noon	Apr 10	10 \$79.50	431120
Tu	5:45 pm	Apr 13	11 \$87.50	431112
Th	7 pm	Apr 15	11 \$87.50	431118
Tu, Th	4 pm	Jun 29	10 \$71.50	423028
Su	9 am	Jul 4	8 \$63.75	430716
M-F	8:30 am	Jul 5	9 \$71.50	423048
M-F	8:30 am	Jul 19	9 \$71.50	423049
Tu-F, M	8:30 am	Aug 3	9 \$71.50	423051
Tu, Th	4 pm	Aug 3	8 \$63.75	423041
M-F	8:30 am	Aug 16	9 \$71.50	423098

Swimmer 8 (Ranger Patrol)

Su	11 am	Apr 11	10 \$87.50	431342
Th	7 pm	Apr 15	11 \$87.50	431221
W	5:30 pm	Jun 30	9 \$71.50	423179
M-F	8:30 am	Jul 5	9 \$71.50	423178
M-F	9:30 am	Jul 5	9 \$71.50	423174
M-F	8:30 am	Jul 19	10 \$71.50	427779
M-F	9:30 am	Jul 19	10 \$71.50	423175
Tu-F, M	8:30 am	Aug 3	9 \$71.50	427780
Tu-F, M	9:30 am	Aug 3	8 \$71.50	423176
M-F	8:30 am	Aug 16	9 \$71.50	427781
M-F	9:30 am	Aug 16	9 \$71.50	423177

NEVER swim alone, always swim with a buddy

Swimming • Learn to Swim

Swimmer 9 (Star Patrol)

Sa	10:30 am	Apr 10	10	\$79.50	431252
W	5 pm	Jun 30	9	\$71.50	423187
M-F	10:45 am	Jul 5	9	\$71.50	423180
M-F	10:45 am	Jul 19	9	\$71.50	423181
Tu-F, M	10:45 am	Aug 3	9	\$71.50	423183
M-F	10:45 am	Aug 16	9	\$71.50	423184

M-F	9:45 am	Jul 12	9	\$59	435738
M-F	9 am	Jul 26	9	\$59	435804
Tu, Th	6 pm	Jul 27	9	\$59	436313
M-F	9 am	Aug 9	9	\$59	435828

Parent and Tot 2 – Low Ratio

M-F	9 am	Aug 23	5	\$59.50	435900
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Parent and Tot 3

Tu	6:30 pm	Apr 20	9	\$59	422455
Sa	9:15 am	Apr 24	9	\$59	422456
M, W	1:30 pm	Apr 26	9	\$59	422412
Su	6 pm	May 2	8	\$52.50	422457
W, M	1:30 pm	Jun 2	7	\$46	422454
Tu, Th	6 pm	Jun 22	9	\$59	435998
M-F	9:45 am	Jun 28	9	\$59	435657
M-F	9:45 am	Jul 12	9	\$59	435751
M-F	9 am	Jul 26	9	\$59	435806
Tu, Th	6 pm	Jul 27	9	\$59	436314
M-F	9 am	Aug 9	9	\$59	435830

Parent and Tot 3 – Low Ratio

M-F	9 am	Aug 23	5	\$59.50	435909
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Preschool A

Tu	5 pm	Apr 20	9	\$59	422965
Tu	6 pm	Apr 20	9	\$59	422968
Sa	9 am	Apr 24	9	\$59	422972
Sa	10:45 am	Apr 24	9	\$59	422974
M, W	1:30 pm	Apr 26	9	\$59	422395
Su	4 pm	May 2	8	\$52.50	422981
Su	5:15 pm	May 2	8	\$52.50	422982
W, M	1:30 pm	Jun 2	7	\$46	422440
Tu, Th	5:30 pm	Jun 22	9	\$59	429643
M-F	9:45 am	Jun 28	9	\$59	429630
M-F	9:30 am	Jul 12	9	\$59	429632
M-F	9:45 am	Jul 26	9	\$59	429633
Tu, Th	5:30 pm	Jul 27	9	\$59	429650
M-F	9:45 am	Aug 9	9	\$59	429634

Preschool A – Low Ratio

M-F	9:45 am	Aug 23	5	\$59.50	437462
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Preschool B

Tu	5 pm	Apr 20	9	\$59	422984
Tu	6:45 pm	Apr 20	9	\$59	422987
Sa	8:30 am	Apr 24	9	\$59	422990
Sa	10:50 am	Apr 24	9	\$59	422992
M, W	1:30 pm	Apr 26	9	\$59	422406
Su	4:45 pm	May 2	8	\$52.50	422997
Su	6:30 pm	May 2	8	\$52.50	422999
W, M	1:30 pm	Jun 2	7	\$46	422442
Tu, Th	5 pm	Jun 22	9	\$59	429683
M-F	10:15 am	Jun 28	9	\$59	429663
M-F	10 am	Jul 12	9	\$59	429668
M-F	10:15 am	Jul 26	9	\$59	429672
Tu, Th	5 pm	Jul 27	9	\$59	429687
M-F	10:30 am	Aug 9	9	\$59	429679

Preschool B – Low Ratio

M-F	10:30 am	Aug 23	5	\$59.50	437477
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Preschool C

Tu	5:30 pm	Apr 20	9	\$59	423011
Tu	6:30 pm	Apr 20	9	\$59	423012
Sa	8:30 am	Apr 24	9	\$59	423020
M, W	2 pm	Apr 26	9	\$59	422407
Su	5:15 pm	May 2	8	\$52.50	423025
W, M	2 pm	Jun 2	7	\$46	422448
Tu, Th	5:30 pm	Jun 22	9	\$59	436006
M-F	10 am	Jul 12	9	\$59	435717
M-F	10 am	Jul 26	9	\$59	435779
Tu, Th	6:45 pm	Jul 27	9	\$59	436331
M-F	9:45 am	Aug 9	9	\$59	435822

Preschool C – Low Ratio

M-F	9:45 am	Aug 23	5	\$59.50	435893
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Preschool D

Tu	5 pm	Apr 20	9	\$59	423030
Sa	9:30 am	Apr 24	9	\$59	423032
M, W	2 pm	Apr 26	9	\$59	422408
Su	4 pm	May 2	8	\$52.50	423033
W, M	2 pm	Jun 2	7	\$46	422450
Tu, Th	6:45 pm	Jun 22	9	\$59	436065
M-F	10:30 am	Jun 28	9	\$59	435598
M-F	10:30 am	Jul 12	9	\$59	435721
M-F	9:45 am	Jul 26	9	\$59	435789
Tu, Th	5:30 pm	Jul 27	9	\$59	436310
M-F	10:15 am	Aug 9	9	\$59	435855

Preschool D – Low Ratio

M-F	10:15 am	Aug 23	5	\$59.50	435919
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Preschool E

Tu	5:30 pm	Apr 20	9	\$59	423034
Sa	10:15 am	Apr 24	9	\$59	423035
M, W	2 pm	Apr 26	9	\$59	422409
Su	6 pm	May 2	8	\$52.50	423036
W, M	2 pm	Jun 2	7	\$46	422451
Tu, Th	6:45 pm	Jun 22	9	\$59	436067
M-F	10:30 am	Jun 28	9	\$59	435604
M-F	10:30 am	Jul 12	9	\$59	435722
M-F	9:45 am	Jul 26	9	\$59	435795
Tu, Th	5:30 pm	Jul 27	9	\$59	436311
M-F	10:15 am	Aug 9	9	\$59	435858

Preschool E – Low Ratio

M-F	10:15 am	Aug 23	5	\$59.50	435923
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Children

Swimmer 1 – Beginner

Tu	5:30 pm	Apr 20	9	\$59	422529
Sa	9:45 am	Apr 24	9	\$59	422530
Su	4:30 pm	May 2	8	\$52.50	422531
Tu, Th	5 pm	Jun 22	10	\$59	435986
M-F	9 am	Jun 28	9	\$59	435666
M-F	9 am	Jul 12	9	\$59	435756
M-F	9 am	Jul 26	9	\$59	435807
Tu, Th	5 pm	Jul 27	9	\$59	436309
M-F	9 am	Aug 9	9	\$59	435872

Youth

Teen 101

Tu	5:30 pm	Apr 13	11	\$83.25	423859
M	5:45 pm	Jun 28	8	\$60.50	426467
M-F	11:15 am	Jul 5	10	\$68	426455
M-F	11:15 am	Jul 19	9	\$68	426456
Tu-F, M	11:15 am	Aug 3	9	\$68	426457
M-F	11:15 am	Aug 16	9	\$68	426459

Teen 201

W	5:45 pm	Jun 30	9	\$68	426517
M-F	11:15 am	Jul 5	9	\$68	426492
M-F	11:15 am	Jul 19	9	\$68	426494
Tu-F, M	11:15 am	Aug 3	9	\$68	426499
M-F	11:15 am	Aug 16	9	\$68	426503

Adult

Adult 101

Tu	6:45 pm	Apr 13	11	\$102.50	423849
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Brewer Pool
613-247-4938

Preschool

Parent and Tot 1

Tu	6 pm	Apr 20	9	\$59	422524
Sa	9:30 am	Apr 24	9	\$59	422525
M, W	1:30 pm	Apr 26	9	\$59	422410
Su	5:45 pm	May 2	8	\$52.50	422527
W, M	1:30 pm	Jun 2	7	\$46	422452
Tu, Th	6 pm	Jun 22	9	\$59	435994
M-F	9:45 am	Jun 28	9	\$59	435638
M-F	9:45 am	Jul 12	9	\$59	435733
M-F	9 am	Jul 26	9	\$59	435800
Tu, Th	6 pm	Jul 27	9	\$59	436312
M-F	9 am	Aug 9	9	\$59	435824

Parent and Tot 1 – Low Ratio

M-F	9 am	Aug 23	5	\$59.50	435898
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Parent and Tot 2

Tu	6 pm	Apr 20	9	\$59	422513
Sa	9:30 am	Apr 24	9	\$59	422514
M, W	1:30 pm	Apr 26	9	\$59	422411
Su	5:45 pm	May 2	8	\$52.50	422518
W, M	1:30 pm	Jun 2	7	\$46	422453
Tu, Th	6 pm	Jun 22	9	\$59	435996
M-F	9:45 am	Jun 28	9	\$59	435644

Swimming • Learn to Swim



Swimmer 1 – Beginner Low Ratio

M-F	9 am	Aug 23	5	\$59.50	435925
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Swimmer 1 – Advanced

Tu	6:30 pm	Apr 20	9	\$59	422532
Sa	10:30 am	Apr 24	9	\$59	422533
Su	5 pm	May 2	8	\$52.50	422534
Tu, Th	5:30 pm	Jun 22	9	\$59	436029
M-F	10:15 am	Jun 28	9	\$59	435680
M-F	10:30 am	Jul 12	9	\$59	435758
M-F	10:30 am	Jul 26	9	\$59	440883
Tu, Th	7 pm	Jul 27	9	\$59	436323
M-F	10:15 am	Aug 9	9	\$59	435837

Swimmer 1 – Advanced Low Ratio

F	5 pm	Apr 30	9	\$107	428805
M-F	10:15 am	Aug 23	5	\$59.50	435912

Swimmer 2

Tu	5 pm	Apr 20	9	\$59	422539
Tu	5:30 pm	Apr 20	9	\$59	422540
Tu	6 pm	Apr 20	9	\$59	422541
Sa	9 am	Apr 24	9	\$59	422542
Sa	10 am	Apr 24	9	\$59	422544
Su	5:30 pm	May 2	8	\$52.50	422550
Su	6 pm	May 2	8	\$52.50	422545
Tu, Th	5 pm	Jun 22	9	\$59	436004
M-F	10:15 am	Jun 28	9	\$59	435660

M-F	10:15 am	Jul 12	9	\$59	435754
M-F	10:15 am	Jul 26	9	\$59	435796
Tu, Th	6:15 pm	Jul 27	9	\$59	436330
M-F	9:30 am	Aug 9	9	\$59	435877

Swimmer 2 – Low Ratio

Tu	5 pm	Apr 20	9	\$107	422546
Sa	8:30 am	Apr 24	9	\$107	422547
F	5 pm	Apr 30	9	\$107	428822
Su	4 pm	May 2	8	\$95.25	422548
Su	6:30 pm	May 2	8	\$95.25	422549
M-F	9:30 am	Aug 23	5	\$59.50	435955

Swimmer 3

Tu	5:45 pm	Apr 20	9	\$65.25	422761
Sa	8:30 am	Apr 24	9	\$65.25	422777
Su	4:30 pm	May 2	8	\$58	422783
Tu, Th	6 pm	Jun 22	9	\$65.25	436034
M-F	9 am	Jun 28	9	\$65.25	435629
M-F	9 am	Jul 12	9	\$65.25	435725
M-F	9 am	Jul 26	9	\$65.25	435782
Tu, Th	5:30 pm	Jul 27	9	\$65.25	436325

Swimmer 3 – Low Ratio

Tu	7:15 pm	Apr 20	9	\$116.50	422867
Sa	10:45 am	Apr 24	9	\$116.50	422890
Su	4:15 pm	May 2	8	\$103.75	422903
M-F	9 am	Aug 23	5	\$64.75	435889

Swimmer 4

Tu	6 pm	Apr 20	9	\$65.25	422911
Sa	10:05 am	Apr 24	9	\$65.25	422912
Su	6:15 pm	May 2	8	\$58	422921
Tu, Th	6:30 pm	Jun 22	9	\$65.25	435999
M-F	9 am	Jun 28	10	\$65.25	435675
M-F	9 am	Jul 12	9	\$65.25	435729
M-F	9 am	Jul 26	9	\$65.25	435783
Tu, Th	5:30 pm	Jul 27	9	\$65.25	436328
M-F	9 am	Aug 9	9	\$65.25	435819

Swimmer 4 – Low Ratio

Tu	6:30 pm	Apr 20	9	\$116.50	422923
Sa	9 am	Apr 24	9	\$116.50	422924
F	5:30 pm	Apr 30	9	\$116.50	428824
Su	4 pm	May 2	8	\$103.75	422929
M-F	9 am	Aug 23	5	\$64.75	435891

Swimmer 5

Tu	6:30 pm	Apr 20	9	\$65.25	422932
Sa	9:45 am	Apr 24	9	\$65.25	422933
Su	6:15 pm	May 2	8	\$58	422943
M-F	9:30 am	Jun 28	9	\$65.25	435685
M-F	9:45 am	Jul 12	9	\$65.25	435765
M-F	9:30 am	Jul 26	9	\$65.25	435809
M-F	10 am	Aug 9	9	\$65.25	435879

Swimmer 5 – Low Ratio

Tu	7 pm	Apr 20	9	\$116.50	422945
Sa	9 am	Apr 24	9	\$116.50	422948
F	6 pm	Apr 30	9	\$116.50	428825
Su	5:15 pm	May 2	8	\$103.75	422951
M-F	10 am	Aug 23	5	\$64.75	435964

Swimmer 6

Tu	5 pm	Apr 20	9	\$65.25	422955
Sa	10:40 am	Apr 24	9	\$65.25	422956
Su	5:30 pm	May 2	8	\$58	422960
Tu, Th	6 pm	Jun 22	9	\$65.25	436048
M-F	9:30 am	Jun 28	9	\$65.25	435693
M-F	9:45 am	Jul 12	9	\$65.25	435767
M-F	9:30 am	Jul 26	9	\$65.25	435810
M-F	10 am	Aug 9	9	\$65.25	435886

Swimmer 6 – Low Ratio

F	6 pm	Apr 30	9	\$116.50	428828
M-F	10 am	Aug 23	5	\$64.75	435976

Swimmer 7 (Rookie Patrol)

Tu	6:30 pm	Apr 20	9	\$71.50	423038
Sa	9:45 am	Apr 24	9	\$71.50	423040
Su	5 pm	May 2	8	\$63.75	423042
M-F	9 am	Jun 28	9	\$71.50	435553
M-F	9 am	Jul 12	9	\$71.50	435698
M-F	9 am	Jul 26	9	\$71.50	435773

Swimmer 8 (Ranger Patrol)

Tu	6:30 pm	Apr 20	9	\$71.50	423063
Sa	9:45 am	Apr 24	9	\$71.50	423068
Su	5 pm	May 2	8	\$63.75	423075
M-F	9 am	Jun 28	9	\$71.50	435557
M-F	9 am	Jul 12	9	\$71.50	435705
M-F	9 am	Jul 26	9	\$71.50	435774

Swimmer 9 (Star Patrol)

Tu	6:30 pm	Apr 20	9	\$71.50	423081
Sa	9:45 am	Apr 24	9	\$71.50	423084
Su	5:45 pm	May 2	8	\$63.75	423096
M-F	9 am	Jun 28	9	\$71.50	435570
M-F	9 am	Jul 12	9	\$71.50	435713
M-F	9 am	Jul 26	9	\$71.50	435777

Adult

Adult 101

Tu	7:15 pm	Apr 20	9	\$83.75	423103
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Adult 201

Tu	7:15 pm	Apr 20	9	\$83.75	423115
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Adult 301

Tu	7:30 pm	Apr 20	9	\$97.75	423120
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Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions

Swimming • Learn to Swim

Canterbury R.C.
613-247-4865

Preschool

Parent and Tot 1

Sa	9:15 am	Apr 24	9	\$59	433544
Su	10 am	Apr 25	9	\$59	433554
M	6 pm	Apr 26	8	\$52.50	433573
W	6:30 pm	Apr 28	9	\$59	433567
Sa	9:45 am	Jun 26	9	\$59	439862
M, W, F	6 pm	Jun 28	9	\$59	439863
M, W, F	6 pm	Jul 19	9	\$59	439866
W, F, M	6 pm	Aug 11	9	\$59	439864

Parent and Tot 2

Sa	8:30 am	Apr 24	9	\$59	433582
Sa	10:15 am	Apr 24	9	\$59	433579
Su	10 am	Apr 25	9	\$59	433587
M	6 pm	Apr 26	8	\$52.50	433593
W	6:30 pm	Apr 28	9	\$59	433591
Sa	9:45 am	Jun 26	9	\$59	439867
M, W, F	6 pm	Jun 28	9	\$59	439868
M, W, F	6 pm	Jul 19	9	\$59	439870
W, F, M	6 pm	Aug 11	9	\$59	439869

Parent and Tot 3

Sa	8:30 am	Apr 24	9	\$59	433601
Sa	10:15 am	Apr 24	9	\$59	433604
Su	10 am	Apr 25	9	\$59	433607
M	6 pm	Apr 26	8	\$52.50	433620
W	6:30 pm	Apr 28	9	\$59	433612
Sa	9:45 am	Jun 26	9	\$59	439911
M, W, F	6 pm	Jun 28	9	\$59	439912
M, W, F	6 pm	Jul 19	9	\$59	439914
W, F, M	6 pm	Aug 11	9	\$59	439913

Preschool A

Sa	8:30 am	Apr 24	9	\$59	433428
Sa	9:45 am	Apr 24	9	\$59	433429
Su	8:30 am	Apr 25	9	\$59	433431
Su	10:30 am	Apr 25	9	\$59	433433
M	5:30 pm	Apr 26	8	\$52.50	433454
M	6:30 pm	Apr 26	8	\$52.50	433444
Tu	2 pm	Apr 27	9	\$59	433436
W	5:30 pm	Apr 28	9	\$59	433452
W	6:30 pm	Apr 28	9	\$59	433442
Sa	9:15 am	Jun 26	9	\$59	437314
M-F	8:30 am	Jun 28	9	\$59	437308
M, W, F	4:30 pm	Jun 28	9	\$59	437321
M, W, F	6 pm	Jun 28	9	\$59	437328
M-F	8:30 am	Jul 12	9	\$59	437297
M, W, F	4:30 pm	Jul 19	9	\$59	437334
M, W, F	6 pm	Jul 19	9	\$59	437331
M-F	8:30 am	Jul 26	9	\$59	437312
M-F	8:30 am	Aug 9	9	\$59	437304
W, F, M	4:30 pm	Aug 11	9	\$59	437325
W, F, M	6 pm	Aug 11	9	\$59	437329
M-F	8:30 am	Aug 23	9	\$59	437307

Preschool A – Low Ratio

Sa	10:45 am	Apr 24	9	\$107	433446
Tu	4 pm	Apr 27	9	\$107	433449
Sa	10:15 am	Jun 26	9	\$107	437345

Preschool B

Sa	8:30 am	Apr 24	9	\$59	433455
Sa	9:45 am	Apr 24	9	\$59	433457
Su	8:30 am	Apr 25	9	\$59	433459
Su	9:30 am	Apr 25	9	\$59	433461
Su	10 am	Apr 25	9	\$59	433463
M	6 pm	Apr 26	8	\$52.50	433469
Tu	2 pm	Apr 27	9	\$59	433465
W	5:30 pm	Apr 28	9	\$59	433467
Sa	11:15 am	Jun 26	9	\$59	437383
M-F	8:30 am	Jun 28	9	\$59	437373
M, W, F	5 pm	Jun 28	9	\$59	437387
M, W, F	5:30 pm	Jun 28	9	\$59	437394
M-F	8:30 am	Jul 12	9	\$59	437353
M, W, F	5 pm	Jul 19	9	\$59	437401
M, W, F	5:30 pm	Jul 19	9	\$59	437398
M-F	8:30 am	Jul 26	9	\$59	437379
M-F	8:30 am	Aug 9	9	\$59	437354
W, F, M	5 pm	Aug 11	9	\$59	437391
W, F, M	5:30 pm	Aug 11	9	\$59	437396
M-F	8:30 am	Aug 23	9	\$59	437356

Preschool B – Low Ratio

Sa	11:15 am	Apr 24	9	\$107	433474
Tu	4:30 pm	Apr 27	9	\$107	433476
Sa	10:15 am	Jun 26	9	\$107	437403

Preschool C

Sa	9 am	Apr 24	9	\$59	433485
Sa	10:15 am	Apr 24	9	\$59	433486
Su	9 am	Apr 25	9	\$59	433487
Su	10:30 am	Apr 25	9	\$59	433488
M	6:30 pm	Apr 26	8	\$52.50	433491
Tu	2:30 pm	Apr 27	9	\$59	433489
W	6 pm	Apr 28	9	\$59	433490
Sa	9:45 am	Jun 26	9	\$59	437443
M-F	9:30 am	Jun 28	9	\$59	437441
M, W, F	6 pm	Jun 28	9	\$59	437446
M-F	9:30 am	Jul 12	9	\$59	437436
M, W, F	6 pm	Jul 19	9	\$59	437450
M-F	9:30 am	Jul 26	9	\$59	437442
M-F	9:30 am	Aug 9	9	\$59	437438
W, F, M	6 pm	Aug 11	9	\$59	437448
M-F	9:30 am	Aug 23	9	\$59	437440

Preschool C – Low Ratio

Sa	10:30 am	Apr 24	9	\$107	433492
Tu	4:30 pm	Apr 27	9	\$107	433493
Sa	10:45 am	Jun 26	9	\$107	437404

Preschool D

Sa	10 am	Apr 24	9	\$59	433495
Sa	11:45 am	Apr 24	9	\$59	433496
Su	10 am	Apr 25	9	\$59	433497
M	5:30 pm	Apr 26	8	\$52.50	433500
Tu	2:30 pm	Apr 27	9	\$59	433498
W	6 pm	Apr 28	9	\$59	433499
Sa	11:15 am	Jun 26	9	\$59	437487
M-F	9 am	Jun 28	9	\$59	437475
M, W, F	5:30 pm	Jun 28	9	\$59	437496
M-F	9 am	Jul 12	9	\$59	437458

M, W, F	5:30 pm	Jul 19	9	\$59	437499
M-F	9 am	Jul 26	9	\$59	437481
M-F	9 am	Aug 9	9	\$59	437461
W, F, M	5:30 pm	Aug 11	9	\$59	437497
M-F	9 am	Aug 23	9	\$59	437463

Preschool D – Low Ratio

Sa	11:30 am	Apr 24	9	\$107	433501
Tu	5 pm	Apr 27	9	\$107	433502
Sa	10:45 am	Jun 26	9	\$107	437407

Preschool E

Sa	11:45 am	Apr 24	9	\$59	433503
Su	10 am	Apr 25	9	\$59	433504
M	5:30 pm	Apr 26	8	\$52.50	433508
W	6 pm	Apr 28	9	\$59	433506
Sa	11:15 am	Jun 26	9	\$59	437535
M-F	9 am	Jun 28	9	\$59	437529
M, W, F	5:30 pm	Jun 28	9	\$59	437539
M-F	9 am	Jul 12	9	\$59	437515
M, W, F	5:30 pm	Jul 19	9	\$59	437545
M-F	9 am	Jul 26	9	\$59	437532
M-F	9 am	Aug 9	9	\$59	437520
W, F, M	5:30 pm	Aug 11	9	\$59	437542
M-F	9 am	Aug 23	9	\$59	437524

Preschool E – Low Ratio

Sa	11:15 am	Apr 24	9	\$107	433509
Tu	5 pm	Apr 27	9	\$107	433514
Sa	10:45 am	Jun 26	9	\$107	437412

Children

Swimmer 1 – Beginner

Sa	9:45 am	Apr 24	9	\$59	431640
Su	8:30 am	Apr 25	9	\$59	431610
Su	10 am	Apr 25	9	\$59	431609
M	7 pm	Apr 26	8	\$52.50	433299
W	7 pm	Apr 28	9	\$59	431612
Sa	11:15 am	Jun 26	9	\$59	437244
M-F	9:45 am	Jun 28	9	\$59	437235
M, W, F	5 pm	Jun 28	9	\$59	437249
M, W, F	5:30 pm	Jun 28	9	\$59	437253
M-F	9:45 am	Jul 12	9	\$59	437217
M, W, F	5 pm	Jul 19	9	\$59	437261
M, W, F	5:30 pm	Jul 19	9	\$59	437258
M-F	9:45 am	Jul 26	9	\$59	437240
M-F	9:45 am	Aug 9	9	\$59	437220
W, F, M	5 pm	Aug 11	9	\$59	437250
W, F, M	5:30 pm	Aug 11	9	\$59	437256
M-F	9:45 am	Aug 23	9	\$59	437226

Swimmer 1 – Beginner Low Ratio

Sa	10:45 am	Apr 24	9	\$107	431624
Tu	4:30 pm	Apr 27	9	\$107	431626
Sa	10:15 am	Jun 26	9	\$107	437262

Swimmer 1 – Advanced

Sa	9:15 am	Apr 24	9	\$59	431648
Sa	10:15 am	Apr 24	9	\$59	431650
Su	9 am	Apr 25	9	\$59	431654
Su	10:30 am	Apr 25	9	\$59	431652
M	6 pm	Apr 26	8	\$52.50	431680
W	5:30 pm	Apr 28	9	\$59	431658

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W	7 pm	Apr 28	9	\$59	431655
Sa	9:15 am	Jun 26	9	\$59	437275
M-F	9 am	Jun 28	9	\$59	437269
M, W, F	4:30 pm	Jun 28	9	\$59	437277
M, W, F	6 pm	Jun 28	9	\$59	437284
M-F	9 am	Jul 12	9	\$59	437265
M, W, F	4:30 pm	Jul 19	9	\$59	437288
M, W, F	6 pm	Jul 19	9	\$59	437286
M-F	9 am	Jul 26	9	\$59	437271
M-F	9 am	Aug 9	9	\$59	437267
W, F, M	4:30 pm	Aug 11	9	\$59	437279
W, F, M	6 pm	Aug 11	9	\$59	437282
M-F	9 am	Aug 23	9	\$59	437268

Swimmer 1 – Advanced Low Ratio

Sa	11:15 am	Apr 24	9	\$107	431705
Tu	4 pm	Apr 27	9	\$107	431709
Sa	10:45 am	Jun 26	9	\$107	437291

Swimmer 2

Sa	9:15 am	Apr 24	9	\$59	431732
Sa	9:45 am	Apr 24	9	\$59	431729
Su	9:30 am	Apr 25	9	\$59	431736
Su	10:30 am	Apr 25	9	\$59	431734
M	5:30 pm	Apr 26	8	\$52.50	433297
M	7 pm	Apr 26	8	\$52.50	433298
W	5:30 pm	Apr 28	9	\$59	431741
W	6:15 pm	Apr 28	9	\$59	431760
W	7 pm	Apr 28	9	\$59	431759
Sa	9:15 am	Jun 26	9	\$59	437199
M-F	9:15 am	Jun 28	9	\$59	437196
M, W, F	4:30 pm	Jun 28	9	\$59	437201
M, W, F	6 pm	Jun 28	9	\$59	437208
M-F	9:15 am	Jul 12	9	\$59	437192
M, W, F	4:30 pm	Jul 19	9	\$59	437214
M, W, F	6 pm	Jul 19	9	\$59	437211
M-F	9:15 am	Jul 26	9	\$59	437198
M-F	9:15 am	Aug 9	9	\$59	437193
W, F, M	4:30 pm	Aug 11	9	\$59	437205
W, F, M	6 pm	Aug 11	9	\$59	437209
M-F	9:15 am	Aug 23	9	\$59	437195

Swimmer 2 – Low Ratio

Sa	11 am	Apr 24	9	\$107	431785
Tu	5 pm	Apr 27	9	\$107	431817
Sa	10:45 am	Jun 26	9	\$107	437191

Swimmer 3

Sa	8:30 am	Apr 24	9	\$65.25	431794
Sa	10 am	Apr 24	9	\$65.25	431792
Sa	11:45 am	Apr 24	9	\$65.25	431793
Su	8:30 am	Apr 25	9	\$65.25	431795
Su	9:15 am	Apr 25	9	\$65.25	431796
M	5:30 pm	Apr 26	8	\$58	433318
W	6:45 pm	Apr 28	9	\$65.25	431798
Sa	10 am	Jun 26	9	\$65.25	437179
M-F	8:30 am	Jun 28	9	\$65.25	437172
M, W, F	5 pm	Jun 28	9	\$65.25	437181
M-F	8:30 am	Jul 12	9	\$65.25	437165
M, W, F	5 pm	Jul 19	9	\$65.25	437187
M-F	8:30 am	Jul 26	9	\$65.25	437176
M-F	8:30 am	Aug 9	9	\$65.25	437168
W, F, M	5 pm	Aug 11	9	\$65.25	437185
M-F	8:30 am	Aug 23	9	\$65.25	437170

Swimmer 3 – Low Ratio

Sa	11 am	Apr 24	9	\$116.50	431822
Th	4 pm	Apr 29	9	\$116.50	431823

Swimmer 4

Sa	8:30 am	Apr 24	9	\$65.25	431834
Sa	9 am	Apr 24	9	\$65.25	431839
Sa	11:45 am	Apr 24	9	\$65.25	431837
Su	8:30 am	Apr 25	9	\$65.25	431843
M	6:15 pm	Apr 26	8	\$58	433323
W	5:30 pm	Apr 28	9	\$65.25	431850
W	6:45 pm	Apr 28	9	\$65.25	431851
Sa	9:15 am	Jun 26	9	\$65.25	437156
M-F	9:15 am	Jun 28	9	\$65.25	437154
M, W, F	5:45 pm	Jun 28	9	\$65.25	437157
M-F	9:15 am	Jul 12	9	\$65.25	437149
M, W, F	5:45 pm	Jul 19	9	\$65.25	437161
M-F	9:15 am	Jul 26	9	\$65.25	437155
M-F	9:15 am	Aug 9	9	\$65.25	437151
W, F, M	5:45 pm	Aug 11	9	\$65.25	437158
M-F	9:15 am	Aug 23	9	\$65.25	437153

Swimmer 4 – Low Ratio

Sa	10:45 am	Apr 24	9	\$116.50	431890
Th	4 pm	Apr 29	9	\$116.50	431892

Swimmer 5

Sa	8:30 am	Apr 24	9	\$65.25	431901
Sa	9:45 am	Apr 24	9	\$65.25	431902
Su	9:15 am	Apr 25	9	\$65.25	431905
M	6 pm	Apr 26	8	\$58	433300
W	5:30 pm	Apr 28	9	\$65.25	431906
Sa	9:45 am	Jun 26	9	\$65.25	437143
M-F	8:30 am	Jun 28	9	\$65.25	437139
M, W, F	5:15 pm	Jun 28	9	\$65.25	437144
M-F	8:30 am	Jul 12	9	\$65.25	437133
M, W, F	5:15 pm	Jul 19	9	\$65.25	437147
M-F	8:30 am	Jul 26	9	\$65.25	437142
M-F	8:30 am	Aug 9	9	\$65.25	437135
W, F, M	5:15 pm	Aug 11	9	\$65.25	437145
M-F	8:30 am	Aug 23	9	\$65.25	437137

Swimmer 5 – Low Ratio

Sa	10:30 am	Apr 24	9	\$116.50	431934
Th	4:45 pm	Apr 29	9	\$116.50	431937

Swimmer 6

Sa	11:45 am	Apr 24	9	\$65.25	431951
Su	9:15 am	Apr 25	9	\$65.25	431953
M	6:45 pm	Apr 26	8	\$58	433314
W	6:15 pm	Apr 28	9	\$65.25	431956
Sa	10:30 am	Jun 26	9	\$65.25	437102
M-F	9:30 am	Jun 28	9	\$65.25	437101
M, W, F	4:30 pm	Jun 28	9	\$65.25	437106
M-F	9:30 am	Jul 12	9	\$65.25	437092
M, W, F	4:30 pm	Jul 19	9	\$65.25	437112
M-F	9:30 am	Jul 26	9	\$65.25	437126
M-F	9:30 am	Aug 9	9	\$65.25	437098
W, F, M	4:30 pm	Aug 11	9	\$65.25	437109
M-F	9:30 am	Aug 23	9	\$65.25	437099

Swimmer 6 – Low Ratio

Sa	10:15 am	Apr 24	9	\$116.50	431989
Th	4:45 pm	Apr 29	9	\$116.50	431991

Swimmer 7 (Rookie Patrol)

Sa	9 am	Apr 24	9	\$71.50	433327
Su	10 am	Apr 25	9	\$71.50	433328
M	5:30 pm	Apr 26	8	\$63.75	433329
Sa	10:15 am	Jun 26	9	\$71.50	439831
M-F	8:30 am	Jun 28	9	\$71.50	439838
M, W, F	4:30 pm	Jun 28	9	\$71.50	439832
M-F	8:30 am	Jul 12	9	\$71.50	439835
M, W, F	4:30 pm	Jul 19	9	\$71.50	439834
M-F	8:30 am	Jul 26	9	\$71.50	439839
M-F	8:30 am	Aug 9	9	\$71.50	439836
W, F, M	4:30 pm	Aug 11	9	\$71.50	439833
M-F	8:30 am	Aug 23	9	\$71.50	439837

Swimmer 8 (Ranger Patrol)

Sa	9 am	Apr 24	9	\$71.50	433330
Su	10 am	Apr 25	9	\$71.50	433334
M	6:30 pm	Apr 26	8	\$63.75	433341
W	5:30 pm	Apr 28	9	\$71.50	433345
Sa	10:15 am	Jun 26	9	\$71.50	439845
M-F	8:30 am	Jun 28	9	\$71.50	439843
M, W, F	4:30 pm	Jun 28	9	\$71.50	439846
M-F	8:30 am	Jul 12	9	\$71.50	439840
M, W, F	4:30 pm	Jul 19	9	\$71.50	439848
M-F	8:30 am	Jul 26	9	\$71.50	439844
M-F	8:30 am	Aug 9	9	\$71.50	439841
W, F, M	4:30 pm	Aug 11	9	\$71.50	439847
M-F	8:30 am	Aug 23	9	\$71.50	439842

Swimmer 9 (Star Patrol)

Sa	9 am	Apr 24	9	\$71.50	433403
M	6:30 pm	Apr 26	8	\$63.75	433411
W	5:30 pm	Apr 28	9	\$71.50	433416
M-F	8:30 am	Jun 28	9	\$71.50	439855
M, W, F	4:30 pm	Jun 28	9	\$71.50	439859
M-F	8:30 am	Jul 12	9	\$71.50	439850
M, W, F	4:30 pm	Jul 19	9	\$71.50	439861
M-F	8:30 am	Jul 26	9	\$71.50	439858
M-F	8:30 am	Aug 9	9	\$71.50	439851
W, F, M	4:30 pm	Aug 11	9	\$71.50	439860
M-F	8:30 am	Aug 23	9	\$71.50	439854

Adult

Adult 101

Th	8:30 pm	Apr 29	9	\$83.75	436999
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Adult 201

Th	8:30 pm	Apr 29	9	\$83.75	436998
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Adult 301

Tu	8:30 pm	Apr 27	9	\$83.75	436997
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Adult Women Only 101

Sa	4:45 pm	Apr 24	9	\$83.75	441165
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Adult Women Only 201

Sa	4:45 pm	Apr 24	9	\$83.75	441166
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Children should be “within arms reach” at all times around water.

Swimming • Learn to Swim

Corkstown Outdoor Pool 613-820-1636

Preschool

Preschool A

M-F	11 am	Jun 28	8	\$52.50	428721
M-F	11 am	Jul 12	9	\$59	428722
M-F	11 am	Jul 26	8	\$52.50	428726
M-F	11 am	Aug 9	9	\$59	428727

Preschool B

M-F	10 am	Jun 28	8	\$52.50	428732
M-F	10 am	Jul 12	9	\$59	428734
M-F	10 am	Jul 26	8	\$52.50	428738
M-F	10 am	Aug 9	9	\$59	428739

Preschool C

M-F	11:30 am	Jun 28	8	\$52.50	428747
M-F	11:30 am	Jul 12	9	\$59	428750
M-F	11:30 am	Jul 26	8	\$52.50	428752
M-F	11:30 am	Aug 9	9	\$59	428753

Preschool D

M-F	9:30 am	Jun 28	8	\$52.50	428757
M-F	9:30 am	Jul 12	9	\$59	428760
M-F	9:30 am	Jul 26	8	\$52.50	428763
M-F	9:30 am	Aug 9	9	\$59	428766

Children

Swimmer 1 – Beginner

M-F	9:30 am	Jun 28	8	\$52.50	428769
M-F	9:30 am	Jul 12	9	\$59	428773
M-F	9:30 am	Jul 26	8	\$52.50	428774
M-F	9:30 am	Aug 9	9	\$59	428775

Swimmer 1 – Advanced

M-F	10 am	Jun 28	8	\$52.50	428779
M-F	10 am	Jul 12	9	\$59	428781
M-F	10 am	Jul 26	9	\$52.50	428783
M-F	10 am	Aug 9	9	\$59	428785

Swimmer 2

M-F	9 am	Jun 28	8	\$52.50	428806
M-F	11:30 am	Jun 28	8	\$52.50	428807
M-F	9 am	Jul 12	9	\$59	428808
M-F	11:30 am	Jul 12	9	\$59	428809
M-F	9 am	Jul 26	8	\$52.50	428810
M-F	11:30 am	Jul 26	8	\$52.50	428811
M-F	9 am	Aug 9	9	\$59	428812
M-F	11:30 am	Aug 9	9	\$59	428813

Swimmer 3

M-F	10:30 am	Jun 28	8	\$58	428814
M-F	10:30 am	Jul 12	9	\$65.25	428815
M-F	10:30 am	Jul 26	8	\$58	428816
M-F	10:30 am	Aug 9	9	\$65.25	428817

Crestview Outdoor Pool 613-225-7250

Preschool

Preschool A

M-F	9:30 am	Jul 5	9	\$59	429264
M-F	10:15 am	Jul 5	9	\$59	429267
M-F	9:30 am	Jul 19	9	\$59	429265
M-F	10:15 am	Jul 19	9	\$59	429269
Tu-F, M	9:30 am	Aug 3	9	\$59	429266
Tu-F, M	10:15 am	Aug 3	9	\$59	429270

Preschool A – Low Ratio

W	5 pm	Jul 7	7	\$83.25	429282
M-F	10 am	Aug 16	5	\$59.50	429277
M-F	10:15 am	Aug 16	5	\$59.50	429279

Preschool B

M-F	9:30 am	Jul 5	9	\$59	429286
M-F	10:15 am	Jul 5	9	\$59	429291
M-F	9:30 am	Jul 19	9	\$59	429288
M-F	10:15 am	Jul 19	9	\$59	429294
Tu-F, M	9:30 am	Aug 3	9	\$59	429290
Tu-F, M	10:15 am	Aug 3	9	\$59	429297

Preschool B – Low Ratio

W	5 pm	Jul 7	7	\$83.25	429305
M-F	10:15 am	Aug 16	5	\$59.50	429303
M-F	10:30 am	Aug 16	5	\$59.50	429304

Preschool C

M-F	10:15 am	Jul 5	9	\$59	429310
M-F	10:15 am	Jul 19	9	\$59	429312
Tu-F, M	10:15 am	Aug 3	9	\$59	429313

Preschool C – Low Ratio

W	5 pm	Jul 7	7	\$83.25	429324
M-F	10:45 am	Aug 16	5	\$59.50	429319

Preschool D

M-F	9 am	Jul 5	9	\$59	429326
M-F	10:45 am	Jul 5	9	\$59	429333
M-F	9 am	Jul 19	9	\$59	429328
M-F	10:45 am	Jul 19	9	\$59	429334
Tu-F, M	9 am	Aug 3	9	\$59	429329
Tu-F, M	10:45 am	Aug 3	9	\$59	429336

Preschool D – Low Ratio

W	5:30 pm	Jul 7	7	\$83.25	429342
M-F	10:45 am	Aug 16	5	\$59.50	429337

Preschool E

M-F	9 am	Jul 5	9	\$59	429347
M-F	9 am	Jul 19	9	\$59	429348
Tu-F, M	9 am	Aug 3	9	\$59	429349

Preschool E – Low Ratio

W	5:30 pm	Jul 7	7	\$83.25	429354
M-F	9 am	Aug 16	5	\$59.50	429353

Children

Swimmer 1 – Beginner

M-F	10:45 am	Jul 5	9	\$59	429362
M-F	10:45 am	Jul 19	9	\$59	429367
Tu-F, M	10:45 am	Aug 3	9	\$59	429369

Swimmer 1 – Beginner Low Ratio

M-F	9 am	Aug 16	5	\$59.50	429401
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Swimmer 1 – Advanced

M-F	9 am	Jul 5	9	\$59	429374
M-F	10:45 am	Jul 5	9	\$59	429389
M-F	9 am	Jul 19	9	\$59	429382
M-F	10:45 am	Jul 19	9	\$59	429391
Tu-F, M	9 am	Aug 3	9	\$59	429386
Tu-F, M	10:45 am	Aug 3	9	\$59	429393

Swimmer 1 – Advanced Low Ratio

M-F	9 am	Aug 16	5	\$59.50	429395
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Swimmer 2

M-F	9 am	Jul 5	9	\$59	429404
M-F	11:15 am	Jul 5	9	\$59	429417
M-F	9 am	Jul 19	9	\$59	429405
M-F	11:15 am	Jul 19	9	\$59	429418
Tu-F, M	9 am	Aug 3	9	\$59	429409
Tu-F, M	11:15 am	Aug 3	9	\$59	429419

Swimmer 2 – Low Ratio

M-F	9:30 am	Aug 16	5	\$59.50	429423
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Swimmer 3

M-F	9:30 am	Jul 5	9	\$65.25	429427
M-F	9:30 am	Jul 19	9	\$65.25	429429
Tu-F, M	9:30 am	Aug 3	9	\$65.25	429430

Swimmer 3 – Low Ratio

M-F	9:30 am	Aug 16	5	\$64.75	437215
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Swimmer 4

M-F	9:30 am	Jul 5	9	\$65.25	429443
M-F	9:30 am	Jul 19	9	\$65.25	429444
Tu-F, M	9:30 am	Aug 3	9	\$65.25	429446

Swimmer 4 – Low Ratio

M-F	9:30 am	Aug 16	5	\$64.75	429452
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Swimmer 5

M-F	11:15 am	Jul 5	9	\$65.25	429455
M-F	11:15 am	Jul 19	9	\$65.25	429456
Tu-F, M	11:15 am	Aug 3	9	\$65.25	429457

Swimmer 5 – Low Ratio

M-F	11:15 am	Aug 16	5	\$64.75	429461
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Swimming • Learn to Swim

Swimmer 6

M-F	11:15 am	Jul 5	9	\$65.25	429464
M-F	11:15 am	Jul 19	9	\$65.25	429469
Tu-F, M	11:15 am	Aug 3	9	\$65.25	429470

Swimmer 6 – Low Ratio

M-F	11:15 am	Aug 16	5	\$64.75	429471
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Swimmer 7 (Rookie Patrol)

M-F	9 am	Jul 5	9	\$71.50	429475
M-F	9 am	Jul 19	9	\$71.50	429481
Tu-F, M	9 am	Aug 3	9	\$71.50	429484

Swimmer 7 – Low Ratio

M-F	9 am	Aug 16	5	\$70.50	429487
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Swimmer 8 (Ranger Patrol)

M-F	9 am	Jul 5	9	\$71.50	429492
M-F	9 am	Jul 19	9	\$71.50	429494
Tu-F, M	9 am	Aug 3	9	\$71.50	429496

Swimmer 8 – Low Ratio

M-F	9 am	Aug 16	5	\$70.50	429501
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Swimmer 9 (Star Patrol)

M-F	10 am	Jul 5	9	\$71.50	429508
M-F	10 am	Jul 19	9	\$71.50	429509
Tu-F, M	10 am	Aug 3	9	\$71.50	429510

Swimmer 9 – Low Ratio

M-F	10 am	Aug 16	5	\$70.50	429512
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**Deborah Anne
Kirwan Pool
613-247-4820**

Preschool

Parent and Tot 1

W	5:30 pm	Apr 14	9	\$59	430438
Sa	9:30 am	Apr 17	9	\$59	430440
Sa	11 am	Apr 17	9	\$59	430444
Su	9:30 am	Apr 18	9	\$59	430447
Su	10:30 am	Apr 18	9	\$59	430449
W	5:30 pm	Jun 16	9	\$59	430504
Sa	9:30 am	Jun 19	9	\$59	430505
Sa	11 am	Jun 19	9	\$59	430507
Su	9:30 am	Jun 20	9	\$59	430511
Su	10:30 am	Jun 20	9	\$59	430514

Parent and Tot 2

W	5:30 pm	Apr 14	9	\$59	430455
Sa	9:30 am	Apr 17	9	\$59	430459
Sa	11 am	Apr 17	9	\$59	430461
Su	9:30 am	Apr 18	9	\$59	430464
Su	10:30 am	Apr 18	9	\$59	430466
W	5:30 pm	Jun 16	9	\$59	430530
Sa	9:30 am	Jun 19	9	\$59	430533

Sa	11 am	Jun 19	9	\$59	430540
Su	9:30 am	Jun 20	9	\$59	430555
Su	10:30 am	Jun 20	9	\$59	430563

Parent and Tot 3

W	6 pm	Apr 14	9	\$59	430474
Sa	10 am	Apr 17	9	\$59	430475
Sa	11:30 am	Apr 17	9	\$59	430476
Su	10 am	Apr 18	9	\$59	430480
Su	11:30 am	Apr 18	9	\$59	430483
W	6 pm	Jun 16	9	\$59	430573
Sa	10 am	Jun 19	9	\$59	430578
Sa	11:30 am	Jun 19	9	\$59	430580
Su	10 am	Jun 20	9	\$59	430583
Su	11:30 am	Jun 20	9	\$59	430586

Preschool A

Tu	4 pm	Apr 13	9	\$59	424131
Tu	4:30 pm	Apr 13	9	\$59	424134
Tu	5:30 pm	Apr 13	9	\$59	424138
W	5 pm	Apr 14	9	\$59	424141
W	5:30 pm	Apr 14	9	\$59	424179
Th	4 pm	Apr 15	9	\$59	424190
Th	4:30 pm	Apr 15	9	\$59	424198
Th	5:30 pm	Apr 15	9	\$59	424202
Sa	8:30 am	Apr 17	9	\$59	424205
Sa	9:30 am	Apr 17	9	\$59	424209
Sa	10 am	Apr 17	9	\$59	424214
Sa	10:30 am	Apr 17	9	\$59	424222
Sa	11 am	Apr 17	9	\$59	424224
Sa	11:30 am	Apr 17	9	\$59	424226
Su	10 am	Apr 18	9	\$59	424228
Su	10:30 am	Apr 18	9	\$59	424232
Su	11 am	Apr 18	9	\$59	424236
Su	Noon	Apr 18	9	\$59	424239
Tu	4 pm	Jun 15	9	\$59	424440
Tu	4:30 pm	Jun 15	9	\$59	424444
Tu	5:30 pm	Jun 15	9	\$59	424447
W	5 pm	Jun 16	9	\$59	424452
W	5:30 pm	Jun 16	9	\$59	424453
Th	4 pm	Jun 17	8	\$52.50	425278
Th	4:30 pm	Jun 17	8	\$52.50	425310
Th	5:30 pm	Jun 17	8	\$52.50	425311
Sa	8:30 am	Jun 19	9	\$59	425320
Sa	9:30 am	Jun 19	9	\$59	425326
Sa	10 am	Jun 19	9	\$59	425331
Sa	10:30 am	Jun 19	9	\$59	425336
Sa	11 am	Jun 19	9	\$59	425340
Sa	11:30 am	Jun 19	9	\$59	425346
Su	10 am	Jun 20	9	\$59	425352
Su	10:30 am	Jun 20	9	\$59	425357
Su	11 am	Jun 20	9	\$59	425359
Su	Noon	Jun 20	9	\$59	425364
Tu-F, M	10 am	Aug 3	9	\$59	427819
Tu-F, M	11:30 am	Aug 3	9	\$59	427823

Preschool B

Tu	4 pm	Apr 13	9	\$59	424243
Tu	4:30 pm	Apr 13	9	\$59	424248
Tu	6 pm	Apr 13	9	\$59	424249
W	5 pm	Apr 14	9	\$59	424250
W	6 pm	Apr 14	9	\$59	424253
W	6:30 pm	Apr 14	9	\$59	424257
Th	4 pm	Apr 15	9	\$59	424262
Th	4:30 pm	Apr 15	9	\$59	424264
Th	6 pm	Apr 15	9	\$59	424267
Sa	8:30 am	Apr 17	9	\$59	424270

Sa	9 am	Apr 17	9	\$59	424272
Sa	9:30 am	Apr 17	9	\$59	424274
Sa	10 am	Apr 17	9	\$59	424279
Sa	10:30 am	Apr 17	9	\$59	424284
Sa	11:30 am	Apr 17	9	\$59	424288
Sa	Noon	Apr 17	9	\$59	424292
Su	9:30 am	Apr 18	9	\$59	424296
Su	10 am	Apr 18	9	\$59	424300
Su	11 am	Apr 18	9	\$59	424301
Su	11:30 am	Apr 18	9	\$59	424303
Su	Noon	Apr 18	9	\$59	424304
Tu	4 pm	Jun 15	9	\$59	425381
Tu	4:30 pm	Jun 15	9	\$59	425392
Tu	6 pm	Jun 15	9	\$59	425397
W	5 pm	Jun 16	9	\$59	425401
W	6 pm	Jun 16	9	\$59	425404
W	6:30 pm	Jun 16	9	\$59	425413
Th	4 pm	Jun 17	8	\$52.50	425418
Th	4:30 pm	Jun 17	8	\$52.50	425434
Th	6 pm	Jun 17	8	\$52.50	425443
Sa	8:30 am	Jun 19	9	\$59	425455
Sa	9 am	Jun 19	9	\$59	425458
Sa	9:30 am	Jun 19	9	\$59	425464
Sa	10 am	Jun 19	9	\$59	425468
Sa	10:30 am	Jun 19	9	\$59	425471
Sa	11:30 am	Jun 19	9	\$59	425473
Sa	Noon	Jun 19	9	\$59	425477
Su	9:30 am	Jun 20	9	\$59	425487
Su	10 am	Jun 20	9	\$59	425489
Su	11 am	Jun 20	9	\$59	425493
Su	11:30 am	Jun 20	9	\$59	425499
Su	Noon	Jun 20	9	\$59	425504
Tu-F, M	10:30 am	Aug 3	9	\$59	427825

Preschool C

Tu	5 pm	Apr 13	9	\$59	424310
Tu	5:30 pm	Apr 13	9	\$59	424315
Tu	6 pm	Apr 13	9	\$59	424321
W	5 pm	Apr 14	9	\$59	424330
W	5:30 pm	Apr 14	9	\$59	424332
W	6 pm	Apr 14	9	\$59	424335
W	6:30 pm	Apr 14	9	\$59	424337
Th	5 pm	Apr 15	9	\$59	424339
Th	5:30 pm	Apr 15	9	\$59	424342
Th	6 pm	Apr 15	9	\$59	424345
Sa	8:30 am	Apr 17	9	\$59	424347
Sa	9 am	Apr 17	9	\$59	424351
Sa	9:30 am	Apr 17	9	\$59	424353
Sa	10 am	Apr 17	9	\$59	424355
Sa	10:30 am	Apr 17	9	\$59	424356
Sa	11 am	Apr 17	9	\$59	424358
Sa	11:30 am	Apr 17	9	\$59	424362
Sa	Noon	Apr 17	9	\$59	424366
Su	9:30 am	Apr 18	9	\$59	424370
Su	10:30 am	Apr 18	9	\$59	424372
Su	11 am	Apr 18	9	\$59	424374
Su	11:30 am	Apr 18	9	\$59	424377
Tu	5 pm	Jun 15	9	\$59	427798



Swimming • Learn to Swim

Tu	5:30 pm	Jun 15	9	\$59	427799
Tu	6 pm	Jun 15	9	\$59	427800
W	5 pm	Jun 16	9	\$59	427801
W	5:30 pm	Jun 16	9	\$59	427803
W	6 pm	Jun 16	9	\$59	427804
W	6:30 pm	Jun 16	9	\$59	427805
Th	5 pm	Jun 17	8	\$52.50	427807
Th	5:30 pm	Jun 17	8	\$52.50	427809
Th	6 pm	Jun 17	8	\$52.50	427810
Sa	8:30 am	Jun 19	9	\$59	427811
Sa	9 am	Jun 19	9	\$59	427812
Sa	9:30 am	Jun 19	9	\$59	427813
Sa	10 am	Jun 19	9	\$59	427816
Sa	10:30 am	Jun 19	9	\$59	427817
Sa	11 am	Jun 19	9	\$59	427818
Sa	11:30 am	Jun 19	9	\$59	427820
Sa	Noon	Jun 19	9	\$59	427822
Su	9:30 am	Jun 20	9	\$59	427824
Su	10:30 am	Jun 20	9	\$59	427826
Su	11 am	Jun 20	9	\$59	427830
Su	11:30 am	Jun 20	9	\$59	427831
Tu-F, M	10 am	Aug 3	9	\$59	427828
Tu-F, M	11 am	Aug 3	9	\$59	433790

Preschool D

Tu	5 pm	Apr 13	9	\$59	424381
Tu	5:30 pm	Apr 13	9	\$59	424385
W	5 pm	Apr 14	9	\$59	424398
W	6 pm	Apr 14	9	\$59	424401
W	6:30 pm	Apr 14	9	\$59	424404
Th	5 pm	Apr 15	9	\$59	424406
Th	5:30 pm	Apr 15	9	\$59	424409
Sa	9 am	Apr 17	9	\$59	424412
Sa	10 am	Apr 17	9	\$59	424414
Sa	11 am	Apr 17	9	\$59	424416
Sa	Noon	Apr 17	9	\$59	424419
Su	10:30 am	Apr 18	9	\$59	424422
Su	Noon	Apr 18	9	\$59	424425
Tu	5 pm	Jun 15	9	\$59	427834
Tu	5:30 pm	Jun 15	9	\$59	427837
W	5 pm	Jun 16	9	\$59	427840
W	6 pm	Jun 16	9	\$59	427841
W	6:30 pm	Jun 16	9	\$59	427844
Th	5 pm	Jun 17	8	\$52.50	427858
Th	5:30 pm	Jun 17	8	\$52.50	427863
Sa	9 am	Jun 19	9	\$59	427867
Sa	10 am	Jun 19	9	\$59	427873
Sa	11 am	Jun 19	9	\$59	427877
Sa	Noon	Jun 19	9	\$59	427880
Su	10:30 am	Jun 20	9	\$59	427881
Su	Noon	Jun 20	9	\$59	427889
Tu-F, M	11 am	Aug 3	9	\$59	427832

Preschool E

Tu	6 pm	Apr 13	9	\$59	424426
W	6:30 pm	Apr 14	9	\$59	424427
Th	6 pm	Apr 15	9	\$59	424428
Sa	9:45 am	Apr 17	9	\$59	424429
Sa	10:30 am	Apr 17	9	\$59	424430
Sa	Noon	Apr 17	9	\$59	424431



Su	10 am	Apr 18	9	\$59	424432
Su	10:15 am	Apr 18	9	\$59	424433
Tu	6 pm	Jun 15	9	\$59	427913
W	6:30 pm	Jun 16	9	\$59	427918
Th	6 pm	Jun 17	8	\$52.50	427926
Sa	9:45 am	Jun 19	9	\$59	427941
Sa	10:30 am	Jun 19	9	\$59	427943
Sa	Noon	Jun 19	9	\$59	427947
Su	10 am	Jun 20	9	\$59	427949
Su	10:15 am	Jun 20	9	\$59	427951
Tu-F, M	11 am	Aug 3	9	\$59	427833

Children

Swimmer 1 – Beginner

Tu	5:30 pm	Apr 13	9	\$59	424025
W	5 pm	Apr 14	9	\$59	424028
Th	5:30 pm	Apr 15	9	\$59	424031
Sa	10:30 am	Apr 17	9	\$59	424034
Sa	Noon	Apr 17	9	\$59	424035
Su	10 am	Apr 18	9	\$59	424036
Tu	5:30 pm	Jun 15	9	\$59	424037
W	5 pm	Jun 16	9	\$59	424039
Th	5:30 pm	Jun 17	8	\$52.50	424053
Sa	10:30 am	Jun 19	9	\$59	424054
Sa	Noon	Jun 19	9	\$59	424055
Su	10 am	Jun 20	9	\$59	424057
Tu-F, M	10:30 am	Aug 3	9	\$59	427835
Tu-F, M	11:30 am	Aug 3	9	\$59	427838

Swimmer 1 – Advanced

Tu	4 pm	Apr 13	9	\$59	424121
Tu	6 pm	Apr 13	9	\$59	424534
W	5:30 pm	Apr 14	9	\$59	424535
W	6:30 pm	Apr 14	9	\$59	424536
Th	4 pm	Apr 15	9	\$59	424537
Th	6 pm	Apr 15	9	\$59	424538
Sa	9 am	Apr 17	9	\$59	424539
Sa	11 am	Apr 17	9	\$59	424540
Sa	11:30 am	Apr 17	9	\$59	424541
Su	9:30 am	Apr 18	9	\$59	424542
Su	Noon	Apr 18	9	\$59	424543
Tu	4 pm	Jun 15	9	\$59	424544
Tu	6 pm	Jun 15	9	\$59	424545
W	5:30 pm	Jun 16	9	\$59	424546
W	6:30 pm	Jun 16	9	\$59	424547
Th	4 pm	Jun 17	8	\$52.50	424548
Th	6 pm	Jun 17	8	\$52.50	424549
Sa	9 am	Jun 19	9	\$59	424550
Sa	11 am	Jun 19	9	\$59	424551
Su	9:30 am	Jun 20	9	\$59	424553
Su	Noon	Jun 20	9	\$59	424554
Tu-F, M	11:15 am	Aug 3	9	\$59	427842
Sa	11:30 am	Jun 19	9	\$59	424552

Swimmer 2

Tu	4:30 pm	Apr 13	9	\$59	424581
Tu	5 pm	Apr 13	9	\$59	424582
W	5 pm	Apr 14	9	\$59	424583
W	6 pm	Apr 14	9	\$59	424584
Th	4:30 pm	Apr 15	9	\$59	424585
Th	5 pm	Apr 15	9	\$59	424586
Sa	8:30 am	Apr 17	9	\$59	424588
Sa	9 am	Apr 17	9	\$59	424589
Sa	9:30 am	Apr 17	9	\$59	424592
Sa	10 am	Apr 17	9	\$59	424595
Sa	10:30 am	Apr 17	9	\$59	424598
Sa	11 am	Apr 17	9	\$59	424599
Sa	Noon	Apr 17	9	\$59	424600
Su	9:30 am	Apr 18	9	\$59	424601
Su	11 am	Apr 18	9	\$59	424603
Su	11:30 am	Apr 18	9	\$59	424604
Su	Noon	Apr 18	9	\$59	424606
Tu	4:30 pm	Jun 15	9	\$59	424555
Tu	5 pm	Jun 15	9	\$59	424617
W	5 pm	Jun 16	9	\$59	424620
W	6 pm	Jun 16	9	\$59	424623
Th	4:30 pm	Jun 17	8	\$52.50	424627
Th	5 pm	Jun 17	8	\$52.50	424636
Sa	8:30 am	Jun 19	9	\$59	424641
Sa	9 am	Jun 19	9	\$59	424648
Sa	9:30 am	Jun 19	9	\$59	424650
Sa	10 am	Jun 19	9	\$59	424653
Sa	10:30 am	Jun 19	9	\$59	424655
Sa	11 am	Jun 19	9	\$59	424659
Sa	Noon	Jun 19	9	\$59	424662
Su	9:30 am	Jun 20	9	\$59	424665
Su	11 am	Jun 20	9	\$59	424667
Su	11:30 am	Jun 20	9	\$59	424670
Su	Noon	Jun 20	9	\$59	424672
Tu-F, M	11 am	Aug 3	9	\$59	427848

NEVER swim alone, always swim with a buddy

Swimming • Learn to Swim

Swimmer 3

Tu	4 pm	Apr 13	9	\$65.25	424676
W	5:30 pm	Apr 14	9	\$65.25	424697
W	6:15 pm	Apr 14	9	\$65.25	424700
Th	4 pm	Apr 15	9	\$65.25	424705
Th	5:30 pm	Apr 15	9	\$65.25	424707
Sa	9:15 am	Apr 17	9	\$65.25	424713
Sa	10:15 am	Apr 17	9	\$65.25	424715
Sa	11 am	Apr 17	9	\$65.25	424717
Su	9:30 am	Apr 18	9	\$65.25	424721
Su	10:15 am	Apr 18	9	\$65.25	424723
Su	11:30 am	Apr 18	9	\$65.25	424724
Tu	4 pm	Jun 15	9	\$65.25	424726
W	5:30 pm	Jun 16	9	\$65.25	424730
W	6:15 pm	Jun 16	9	\$65.25	424737
Th	4 pm	Jun 17	8	\$65.25	424739
Th	5:30 pm	Jun 17	8	\$58	424746
Sa	9:15 am	Jun 19	9	\$65.25	424750
Sa	10:15 am	Jun 19	9	\$65.25	424753
Sa	11 am	Jun 19	9	\$65.25	424755
Su	9:30 am	Jun 20	9	\$65.25	424758
Su	10:15 am	Jun 20	9	\$65.25	424759
Su	11:30 am	Jun 20	9	\$65.25	424762
Tu-F, M	10:30 am	Aug 3	9	\$65.25	427855

Swimmer 4

Tu	4 pm	Apr 13	9	\$65.25	424767
Tu	5:30 pm	Apr 13	9	\$65.25	424896
W	6:15 pm	Apr 14	9	\$65.25	424898
Th	4 pm	Apr 15	9	\$65.25	424900
Sa	8:30 am	Apr 17	9	\$65.25	424904
Sa	9:30 am	Apr 17	9	\$65.25	424907
Su	9:30 am	Apr 18	9	\$65.25	424911
Su	11:30 am	Apr 18	9	\$65.25	424913
Tu	4 pm	Jun 15	9	\$65.25	424923
Tu	5:30 pm	Jun 15	9	\$65.25	424928
W	6:15 pm	Jun 16	9	\$65.25	424935
Th	4 pm	Jun 17	8	\$58	424937
Sa	8:30 am	Jun 19	9	\$65.25	424943
Sa	9:30 am	Jun 19	9	\$65.25	424948
Su	9:30 am	Jun 20	9	\$65.25	424953
Su	11:30 am	Jun 20	9	\$65.25	424956

Swimmer 5

Tu	4:45 pm	Apr 13	9	\$65.25	424969
W	5:30 pm	Apr 14	9	\$65.25	424979
Th	4:45 pm	Apr 15	9	\$65.25	424992
Sa	10:15 am	Apr 17	9	\$65.25	424996
Su	10:45 am	Apr 18	9	\$65.25	425000
Su	11:45 am	Apr 18	9	\$65.25	425008
Tu	4:45 pm	Jun 15	9	\$65.25	425639
W	5:30 pm	Jun 16	9	\$65.25	425641
Th	4:45 pm	Jun 17	8	\$58	425642
Sa	10:15 am	Jun 19	9	\$65.25	425645
Su	10:45 am	Jun 20	9	\$65.25	425646
Su	11:45 am	Jun 20	9	\$65.25	425647

Swimmer 6

Tu	4:45 pm	Apr 13	9	\$65.25	425024
W	5:30 pm	Apr 14	9	\$65.25	425028
Th	4:45 pm	Apr 15	9	\$65.25	425034
Sa	11 am	Apr 17	9	\$65.25	425040
Su	11 am	Apr 18	9	\$65.25	425046
Tu	4:45 pm	Jun 15	9	\$65.25	425648
W	5:30 pm	Jun 16	9	\$65.25	425649
Th	4:45 pm	Jun 17	8	\$58	425650
Sa	11 am	Jun 19	9	\$65.25	425651
Su	11 am	Jun 20	9	\$65.25	425652

Swimmer 7 (Rookie Patrol)

W	6 pm	Apr 14	9	\$71.50	425053
Sa	8:30 am	Apr 17	9	\$71.50	425057
Su	10:30 am	Apr 18	9	\$71.50	425062
W	6 pm	Jun 16	9	\$71.50	425653
Sa	8:30 am	Jun 19	9	\$71.50	425655
Su	10:30 am	Jun 20	9	\$71.50	425656

Swimmer 8 (Ranger Patrol)

W	5 pm	Apr 14	9	\$71.50	441355
Su	10:30 am	Apr 18	9	\$71.50	441356
W	5 pm	Jun 16	9	\$71.50	425658
Su	10:30 am	Jun 20	9	\$71.50	425660

Swimmer 9 (Star Patrol)

W	5 pm	Apr 14	9	\$71.50	425087
Su	9:30 am	Apr 18	9	\$71.50	425098
W	5 pm	Jun 16	9	\$71.50	425661
Su	9:30 am	Jun 20	9	\$71.50	425663

Entrance Outdoor Pool
613-829-2705

Preschool

Preschool A

M-F	9:30 am	Jul 5	9	\$59	429721
M-F	10:15 am	Jul 5	9	\$59	429726
M-F	9:30 am	Jul 19	9	\$59	429722
M-F	10:15 am	Jul 19	9	\$59	429727
Tu-F, M	9:30 am	Aug 3	9	\$59	429724
Tu-F, M	10:15 am	Aug 3	9	\$59	429728

Preschool A – Low Ratio

M-F	10 am	Aug 16	5	\$59.50	429737
M-F	10:15 am	Aug 16	5	\$59.50	429738

Preschool B

M-F	9:30 am	Jul 5	9	\$59	429744
M-F	10:15 am	Jul 5	9	\$59	429753
M-F	9:30 am	Jul 19	9	\$59	429748
M-F	10:15 am	Jul 19	9	\$59	429754
Tu-F, M	9:30 am	Aug 3	9	\$59	429750
Tu-F, M	10:15 am	Aug 3	9	\$59	429752

Preschool B – Low Ratio

M-F	10:15 am	Aug 16	5	\$59.50	429761
M-F	10:30 am	Aug 16	5	\$59.50	429763

Preschool C

M-F	10:15 am	Jul 5	9	\$59	429765
M-F	11:30 am	Jul 5	9	\$59	429775
M-F	10:15 am	Jul 19	9	\$59	429768
M-F	11:30 am	Jul 19	9	\$59	437263
Tu-F, M	10:15 am	Aug 3	9	\$59	429771
Tu-F, M	11:30 am	Aug 3	9	\$59	429776

Preschool C – Low Ratio

M-F	10:45 am	Aug 16	5	\$59.50	429786
M-F	11:30 am	Aug 16	5	\$59.50	429788

Preschool D

M-F	9 am	Jul 5	9	\$59	429793
M-F	10:45 am	Jul 5	9	\$59	429800
M-F	9 am	Jul 19	9	\$59	429794
M-F	10:45 am	Jul 19	9	\$59	429802
Tu-F, M	9 am	Aug 3	9	\$59	429797
Tu-F, M	10:45 am	Aug 3	9	\$59	429803

Preschool D – Low Ratio

M-F	10:45 am	Aug 16	5	\$59.50	429811
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Preschool E

M-F	9 am	Jul 5	9	\$59	429817
M-F	11 am	Jul 5	9	\$59	429834
M-F	9 am	Jul 19	9	\$59	429821
M-F	11 am	Jul 19	9	\$59	429837
Tu-F, M	9 am	Aug 3	9	\$59	429824
Tu-F, M	11 am	Aug 3	9	\$59	429843

Preschool E –Low Ratio

M-F	9 am	Aug 16	5	\$59.50	429854
M-F	11 am	Aug 16	5	\$59.50	429860

Children

Swimmer 1 – Beginner

M-F	10:45 am	Jul 5	9	\$59	429934
M-F	10:45 am	Jul 19	9	\$59	429938
Tu-F, M	10:45 am	Aug 3	9	\$59	429945

Swimmer 1 – Beginner Low Ratio

M-F	9 am	Aug 16	5	\$59.50	430010
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Swimmer 1 – Advanced

M-F	9 am	Jul 5	9	\$59	429961
M-F	10:45 am	Jul 5	9	\$59	429978
M-F	9 am	Jul 19	9	\$59	429963
M-F	10:45 am	Jul 19	9	\$59	429980
Tu-F, M	9 am	Aug 3	9	\$59	429972
Tu-F, M	10:45 am	Aug 3	9	\$59	429982

Swimmer 1 – Advanced Low Ratio

M-F	9 am	Aug 16	5	\$59.50	430005
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Swimmer 2

M-F	9 am	Jul 5	9	\$59	429872
M-F	11:15 am	Jul 5	9	\$59	429895
M-F	9 am	Jul 19	9	\$59	429886
M-F	11:15 am	Jul 19	9	\$59	429898
Tu-F, M	9 am	Aug 3	9	\$59	429889
Tu-F, M	11:15 am	Aug 3	9	\$59	429902

Swimmer 2 – Low Ratio

M-F	9:30 am	Aug 16	5	\$59.50	429911
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Swimmer 3

M-F	9:30 am	Jul 5	9	\$65.25	429927
M-F	9:30 am	Jul 19	9	\$65.25	429931
Tu-F, M	9:30 am	Aug 3	9	\$65.25	429937

Swimming • Learn to Swim

Swimmer 3 – Low Ratio

M-F 9:30 am Aug 16 5 \$64.75 429952

Swimmer 4

M-F 9:30 am Jul 5 9 \$65.25 429962

M-F 9:30 am Jul 19 9 \$65.25 429965

Tu-F, M 9:30 am Aug 3 9 \$65.25 429969

Swimmer 4 – Low Ratio

M-F 9:30 am Aug 16 5 \$64.75 429979

Swimmer 5

M-F 11:15 am Jul 5 9 \$65.25 429991

M-F 11:15 am Jul 19 9 \$65.25 429992

Tu-F, M 11:15 am Aug 3 9 \$65.25 429994

Swimmer 5 – Low Ratio

M-F 11:15 am Aug 16 5 \$64.75 430003

Swimmer 6

M-F 11:15 am Jul 5 9 \$65.25 430009

M-F 11:15 am Jul 19 9 \$65.25 430011

Tu-F, M 11:15 am Aug 3 9 \$65.25 430012

Swimmer 6 – Low Ratio

M-F 11:15 am Aug 16 5 \$64.75 430015

Swimmer 7 (Rookie Patrol)

M-F 9 am Jul 5 9 \$71.50 430020

M-F 9 am Jul 19 9 \$71.50 430021

Tu-F, M 9 am Aug 3 9 \$71.50 430023

Swimmer 7 – Low Ratio

M-F 9 am Aug 16 5 \$70.50 430025

Swimmer 8 (Ranger Patrol)

M-F 9 am Jul 5 9 \$71.50 430026

M-F 9 am Jul 19 9 \$71.50 430028

Tu-F, M 9 am Aug 3 9 \$71.50 430029

Swimmer 8 – Low Ratio

M-F 9 am Aug 16 5 \$70.50 430034

Swimmer 9 (Star Patrol)

M-F 10 am Jul 5 9 \$71.50 430016

M-F 10 am Jul 19 9 \$71.50 430017

Tu-F, M 10 am Aug 3 9 \$71.50 430018

Swimmer 9 – Low Ratio

M-F 10 am Aug 16 5 \$70.50 430036

**General Burns
Outdoor Pool
613-225-7970**

Preschool

Preschool A

M-F 9:30 am Jul 5 9 \$59 429272

M-F 10:15 am Jul 5 9 \$59 429273

M-F 9:30 am Jul 19 9 \$59 429280

M-F 10:15 am Jul 19 9 \$59 429274

Tu-F, M 9:30 am Aug 3 9 \$59 429278

Tu-F, M 10:15 am Aug 3 9 \$59 429275

Preschool A – Low Ratio

Sa 11 am Jul 3 7 \$83.25 429287

M-F 10 am Aug 16 5 \$59.50 429284

M-F 10:15 am Aug 16 5 \$59.50 429285

Preschool B

M-F 9:30 am Jul 5 9 \$59 429293

M-F 10:15 am Jul 5 9 \$59 429300

M-F 9:30 am Jul 19 9 \$59 429296

M-F 10:15 am Jul 19 9 \$59 429301

Tu-F, M 9:30 am Aug 3 9 \$59 429299

Tu-F, M 10:15 am Aug 3 9 \$59 429302

Preschool B – Low Ratio

Sa 11 am Jul 3 7 \$83.25 429311

M-F 10:15 am Aug 16 5 \$59.50 429307

M-F 10:30 am Aug 16 5 \$59.50 429309

Preschool C

M-F 10:15 am Jul 5 9 \$59 429315

M-F 11:30 am Jul 5 9 \$59 429320

M-F 10:15 am Jul 19 9 \$59 429316

M-F 11:30 am Jul 19 9 \$59 429321

Tu-F, M 10:15 am Aug 3 9 \$59 429317

Tu-F, M 11:30 am Aug 3 9 \$59 429323

Preschool C – Low Ratio

Sa 11 am Jul 3 7 \$83.25 429335

M-F 10:45 am Aug 16 5 \$59.50 429330

M-F 11:30 am Aug 16 5 \$59.50 429331

Preschool D

M-F 9 am Jul 5 9 \$59 429338

M-F 10:45 am Jul 5 9 \$59 429343

M-F 9 am Jul 19 9 \$59 429340

M-F 10:45 am Jul 19 9 \$59 429344

Tu-F, M 9 am Aug 3 9 \$59 429341

Tu-F, M 10:45 am Aug 3 9 \$59 429345

Preschool D – Low Ratio

Sa 11:30 am Jul 3 7 \$83.25 429352

M-F 10:45 am Aug 16 5 \$59.50 429350

Preschool E

M-F 9 am Jul 5 9 \$59 429355

M-F 11 am Jul 5 9 \$59 429358

M-F 9 am Jul 19 9 \$59 429356

M-F 11 am Jul 19 9 \$59 429360

Tu-F, M 9 am Aug 3 9 \$59 429357

Tu-F, M 11 am Aug 3 9 \$59 429361

Preschool E – Low Ratio

Sa 11:30 am Jul 3 7 \$83.25 429368

M-F 9 am Aug 16 5 \$59.50 429365

M-F 11 am Aug 16 5 \$59.50 429366

Children

Swimmer 1 – Beginner

M-F 10:45 am Jul 5 9 \$59 429370

M-F 10:45 am Jul 19 9 \$59 429372

Tu-F, M 10:45 am Aug 3 9 \$59 429373

Swimmer 1 – Beginner Low Ratio

Sa Noon Jul 3 7 \$83.25 429394

M-F 9 am Aug 16 5 \$59.50 429390

Swimmer 1 – Advanced

M-F 9 am Jul 5 9 \$59 429376

M-F 10:45 am Jul 5 9 \$59 429380

M-F 9 am Jul 19 9 \$59 429377

M-F 10:45 am Jul 19 9 \$59 429383

Tu-F, M 9 am Aug 3 9 \$59 429379

Tu-F, M 10:45 am Aug 3 9 \$59 429384

Swimmer 1 – Advanced Low Ratio

Sa 12:30 pm Jul 3 7 \$83.25 429399

M-F 9 am Aug 16 5 \$59.50 429397

Swimmer 2

M-F 9 am Jul 5 9 \$59 429407

M-F 11:15 am Jul 5 9 \$59 429413

M-F 9 am Jul 19 9 \$59 429411

M-F 11:15 am Jul 19 9 \$59 429414

Tu-F, M 9 am Aug 3 9 \$59 429412

Tu-F, M 11:15 am Aug 3 9 \$59 429415

Swimmer 2 – Low Ratio

Sa 11:30 am Jul 3 7 \$83.25 429421

M-F 9:30 am Aug 16 5 \$59.50 429420

Swimmer 3

M-F 9:30 am Jul 5 9 \$65.25 429424

M-F 9:30 am Jul 19 9 \$65.25 429425

Tu-F, M 9:30 am Aug 3 9 \$65.25 429426

Swimmer 3 – Low Ratio

Sa Noon Jul 3 7 \$90.75 429431

M-F 9:30 am Aug 16 5 \$64.75 429428

Swimmer 4

M-F 9:30 am Jul 5 9 \$65.25 429434

M-F 9:30 am Jul 19 9 \$65.25 429436

Tu-F, M 9:30 am Aug 3 9 \$65.25 429437



Swimming • Learn to Swim

Swimmer 4 – Low Ratio

Sa	Noon	Jul 3	7	\$90.75	429442
M-F	9:30 am	Aug 16	5	\$64.75	429440

Swimmer 5

M-F	11:15 am	Jul 5	9	\$65.25	429447
M-F	11:15 am	Jul 19	9	\$65.25	429448
Tu-F, M	11:15 am	Aug 3	9	\$65.25	429449

Swimmer 5 – Low Ratio

M-F	11:15 am	Aug 16	5	\$64.75	429453
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Swimmer 6

M-F	11:15 am	Jul 5	9	\$65.25	429462
M-F	11:15 am	Jul 19	9	\$65.25	429465
Tu-F, M	11:15 am	Aug 3	9	\$65.25	429466

Swimmer 6 – Low Ratio

M-F	11:15 am	Aug 16	5	\$64.75	429473
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Swimmer 7 (Rookie Patrol)

M-F	9 am	Jul 5	9	\$71.50	429477
M-F	9 am	Jul 19	9	\$71.50	429479
Tu-F, M	9 am	Aug 3	9	\$71.50	429482

Swimmer 7 Low Ratio

M-F	9 am	Aug 16	5	\$70.50	429485
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Swimmer 8 (Ranger Patrol)

M-F	9 am	Jul 5	9	\$71.50	429488
M-F	9 am	Jul 19	9	\$71.50	429489
Tu-F, M	9 am	Aug 3	9	\$71.50	429490

Swimmer 8 – Low Ratio

M-F	9 am	Aug 16	5	\$70.50	429493
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Swimmer 9 (Star Patrol)

M-F	10 am	Jul 5	9	\$71.50	429500
M-F	10 am	Jul 19	9	\$71.50	429502
Tu-F, M	10 am	Aug 3	9	\$71.50	429504

Swimmer 9 – Low Ratio

M-F	10 am	Aug 16	5	\$70.50	429507
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Parent and Tot 3

M-F	9:30 am	Jun 28	8	\$52.50	430367
M-F	9:30 am	Jul 12	9	\$59	430371
M-F	9:30 am	Jul 26	8	\$52.50	430375
M-F	9:30 am	Aug 9	9	\$59	430378

Preschool A

M-F	9 am	Jun 28	8	\$52.50	430388
M-F	11:30 am	Jun 28	8	\$52.50	430393
M-F	9 am	Jul 12	9	\$59	430397
M-F	11:30 am	Jul 12	9	\$59	430399
M-F	9 am	Jul 26	8	\$52.50	430400
M-F	11:30 am	Jul 26	8	\$52.50	430402
M-F	9 am	Aug 9	9	\$59	430403
M-F	11:30 am	Aug 9	9	\$59	430404

Preschool B

M-F	9 am	Jun 28	8	\$52.50	430405
M-F	11:30 am	Jun 28	8	\$52.50	430406
M-F	9 am	Jul 12	9	\$59	430407
M-F	11:30 am	Jul 12	9	\$59	430409
M-F	9 am	Jul 26	8	\$52.50	430412
M-F	11:30 am	Jul 26	8	\$52.50	430413
M-F	9 am	Aug 9	9	\$59	430426
M-F	11:30 am	Aug 9	9	\$59	430433

Preschool C

M-F	10:30 am	Jun 28	8	\$52.50	430445
M-F	11 am	Jun 28	8	\$52.50	430451
M-F	10:30 am	Jul 12	9	\$59	430453
M-F	11 am	Jul 12	9	\$59	430458
M-F	10:30 am	Jul 26	8	\$52.50	430463
M-F	11 am	Jul 26	8	\$52.50	430465
M-F	10:30 am	Aug 9	9	\$59	430468
M-F	11 am	Aug 9	9	\$59	430471

Preschool D

M-F	10:30 am	Jun 28	8	\$52.50	430481
M-F	11:30 am	Jun 28	8	\$52.50	430485
M-F	10:30 am	Jul 12	9	\$59	430489
M-F	11:30 am	Jul 12	9	\$59	430494
M-F	10:30 am	Jul 26	8	\$52.50	430498
M-F	11:30 am	Jul 26	8	\$52.50	430500
M-F	10:30 am	Aug 9	9	\$59	430501
M-F	11:30 am	Aug 9	9	\$59	430503

Preschool E

M-F	9 am	Jun 28	8	\$52.50	430510
M-F	9 am	Jul 12	9	\$59	430515
M-F	9 am	Jul 26	8	\$52.50	430517
M-F	9 am	Aug 9	9	\$59	430518

Swimmer 1 – Advanced

M-F	10:30 am	Jun 28	8	\$52.50	430608
M-F	11 am	Jun 28	8	\$52.50	430593
M-F	10:30 am	Jul 12	9	\$59	430602
M-F	11 am	Jul 12	9	\$59	430605
M-F	10:30 am	Jul 26	8	\$52.50	430617
M-F	11 am	Jul 26	8	\$52.50	430620
M-F	10:30 am	Aug 9	9	\$59	430624
M-F	11 am	Aug 9	9	\$59	430625

Swimmer 2

M-F	9 am	Jun 28	8	\$52.50	430629
M-F	11 am	Jun 28	8	\$52.50	430633
M-F	11:30 am	Jun 28	8	\$52.50	430634
M-F	9 am	Jul 12	9	\$59	430645
M-F	11 am	Jul 12	9	\$59	430646
M-F	11:30 am	Jul 12	9	\$59	430647
M-F	9 am	Jul 26	8	\$52.50	430648
M-F	11 am	Jul 26	8	\$52.50	430649
M-F	11:30 am	Jul 26	8	\$52.50	430650
M-F	9 am	Aug 9	9	\$59	430656
M-F	11 am	Aug 9	9	\$59	430657
M-F	11:30 am	Aug 9	9	\$59	430659

Swimmer 3

M-F	9:30 am	Jun 28	8	\$58	430805
M-F	10:30 am	Jun 28	8	\$58	430806
M-F	9:30 am	Jul 12	9	\$65.25	430809
M-F	10:30 am	Jul 12	9	\$65.25	430812
M-F	9:30 am	Jul 26	8	\$58	430816
M-F	10:30 am	Jul 26	8	\$58	430818
M-F	9:30 am	Aug 9	9	\$65.25	430820
M-F	10:30 am	Aug 9	9	\$65.25	430822

Swimmer 4

M-F	11:15 am	Jun 28	8	\$58	430828
M-F	11:15 am	Jul 12	9	\$65.25	430830
M-F	11:15 am	Jul 26	8	\$58	430831
M-F	11:15 am	Aug 9	9	\$65.25	430832

Swimmer 5

M-F	9 am	Jun 28	8	\$58	430841
M-F	9 am	Jul 12	9	\$65.25	430845
M-F	9 am	Jul 26	8	\$58	430848
M-F	9 am	Aug 9	9	\$65.25	430849

Swimmer 6

M-F	9:45 am	Jun 28	8	\$58	430854
M-F	9:45 am	Jul 12	9	\$65.25	430856
M-F	9:45 am	Jul 26	8	\$58	430858
M-F	9:45 am	Aug 9	9	\$65.25	430859

Swimmer 7 (Rookie Patrol)

M-F	9:30 am	Jun 28	8	\$63.75	430861
M-F	9:30 am	Jul 12	9	\$71.50	430862
M-F	9:30 am	Jul 26	8	\$63.75	430864
M-F	9:30 am	Aug 9	9	\$71.50	430866

Swimmer 8 (Ranger Patrol)

M-F	11 am	Jun 28	8	\$63.75	430869
M-F	11 am	Jul 12	9	\$71.50	430872
M-F	11 am	Jul 26	8	\$63.75	430876
M-F	11 am	Aug 9	9	\$71.50	430880

Glen Cairn Outdoor Pool
613-836-4527

Preschool

Parent and Tot 1

M-F	9:30 am	Jun 28	8	\$52.50	430205
M-F	9:30 am	Jul 12	9	\$59	430217
M-F	9:30 am	Jul 26	8	\$52.50	430229
M-F	9:30 am	Aug 9	9	\$59	430231

Parent and Tot 2

M-F	9:30 am	Jun 28	8	\$52.50	430342
M-F	9:30 am	Jul 12	9	\$59	430343
M-F	9:30 am	Jul 26	8	\$52.50	430351
M-F	9:30 am	Aug 9	9	\$59	430354

Children

Swimmer 1 – Beginner

M-F	9 am	Jun 28	8	\$52.50	430535
M-F	10 am	Jun 28	8	\$52.50	430539
M-F	9 am	Jul 12	9	\$59	430562
M-F	10 am	Jul 12	9	\$59	430565
M-F	9 am	Jul 26	8	\$52.50	430568
M-F	10 am	Jul 26	8	\$52.50	430570
M-F	9 am	Aug 9	9	\$59	430574
M-F	10 am	Aug 9	9	\$59	430579

Swimming • Learn to Swim

Swimmer 9 (Star Patrol)

M-F	11 am	Jun 28	8	\$63.75	430886
M-F	11 am	Jul 12	9	\$71.50	430889
M-F	11 am	Jul 26	8	\$63.75	430892
M-F	11 am	Aug 9	9	\$71.50	430893

W	6 pm	Jun 30	9	\$59	438006
Th	6:30 pm	Jul 8	8	\$52.50	438163
M-F	9 am	Jul 12	10	\$65.75	437703
M-F	9 am	Jul 26	9	\$59	437058
M-F	9 am	Aug 9	10	\$65.75	437704
M-F	9 am	Aug 23	10	\$65.75	441571

Goulbourn R. C.
613-831-1169

Preschool

Parent and Tot 1

Tu	2 pm	Mar 23	9	\$59	432126
Tu	4:30 pm	Mar 23	9	\$59	432119
W	10:45 am	Mar 24	9	\$59	433186
W	5 pm	Mar 24	9	\$59	432497
Th	6 pm	Mar 25	9	\$59	435579
F	9 am	Mar 26	8	\$52.50	433269
Su	11:15 am	Apr 11	9	\$59	431589
Sa	10 am	Jun 26	10	\$65.75	438000
Su	4:30 pm	Jun 27	10	\$65.75	438002
M-F	9 am	Jun 28	9	\$59	437053
M	6 pm	Jun 28	9	\$59	438159
W	6 pm	Jun 30	9	\$59	437999
Th	6:30 pm	Jul 8	8	\$52.50	438161
M-F	9 am	Jul 12	10	\$65.75	437693
M-F	9 am	Jul 26	9	\$59	437054
M-F	9 am	Aug 9	10	\$65.75	437695
M-F	9 am	Aug 23	10	\$65.75	441570

Parent and Tot 1 – Low Ratio

M	9:45 am	Mar 22	6	\$71.50	431348
M	6 pm	Mar 22	6	\$71.50	431346
M	9:45 am	May 10	6	\$71.50	431351
M	6 pm	May 10	6	\$71.50	431353
Tu	2 pm	May 25	5	\$59.50	437031
Tu	4:30 pm	May 25	5	\$59.50	435336
W	10:45 am	May 26	5	\$59.50	437032
W	5 pm	May 26	5	\$59.50	435277
Th	6 pm	May 27	5	\$59.50	435402
F	9 am	May 28	5	\$59.50	437034

Parent and Tot 2

Tu	2 pm	Mar 23	9	\$59	432123
Tu	5 pm	Mar 23	9	\$59	432120
W	10:45 am	Mar 24	9	\$59	434181
W	5:30 pm	Mar 24	9	\$59	432507
Th	5 pm	Mar 25	9	\$59	435580
F	9 am	Mar 26	8	\$52.50	434182
Sa	9 am	Apr 10	9	\$59	431592
Su	10:30 am	Apr 11	9	\$59	431593
Sa	10:30 am	Jun 26	10	\$65.75	438008
Su	4:30 pm	Jun 27	10	\$65.75	438007
M-F	9 am	Jun 28	9	\$59	437057
M	6 pm	Jun 28	9	\$59	438162

**NEVER swim alone, always
swim with a buddy**

Parent and Tot 2 – Low Ratio

M	9:45 am	Mar 22	6	\$71.50	431357
M	5:30 pm	Mar 22	6	\$71.50	431355
M	9:45 am	May 10	6	\$71.50	441640
M	5:30 pm	May 10	6	\$71.50	431356
Tu	2 pm	May 25	5	\$59.50	437035
Tu	5 pm	May 25	5	\$59.50	431380
W	10:45 am	May 26	5	\$59.50	437036
W	5:30 pm	May 26	5	\$59.50	435335
Th	5 pm	May 27	5	\$59.50	435403
F	9 am	May 28	5	\$59.50	437037

Parent and Tot 3

Tu	1:30 pm	Mar 23	9	\$59	432122
Tu	5:30 pm	Mar 23	9	\$59	432121
W	9:45 am	Mar 24	9	\$59	434183
W	6 pm	Mar 24	9	\$59	432508
W	6:30 pm	Mar 24	9	\$59	432511
Th	5:30 pm	Mar 25	9	\$59	435610
F	10:45 am	Mar 26	8	\$52.50	434185
Sa	10:15 am	Apr 10	9	\$59	431594
Sa	10:45 am	Apr 10	9	\$59	431595
Su	10 am	Apr 11	9	\$59	431596
Sa	11 am	Jun 26	10	\$65.75	438011
Su	4 pm	Jun 27	10	\$65.75	438010
M-F	10:30 am	Jun 28	9	\$59	437110
M	6:30 pm	Jun 28	9	\$59	438164
W	5 pm	Jun 30	9	\$59	438009
Th	6 pm	Jul 8	8	\$52.50	438166
M-F	10:30 am	Jul 12	10	\$65.75	437706
M-F	10:30 am	Jul 26	9	\$59	437113
M-F	10:30 am	Aug 9	10	\$65.75	437707
M-F	10:30 am	Aug 23	10	\$65.75	441573

Parent and Tot 3 – Low Ratio

M	9 am	Mar 22	6	\$71.50	431387
M	6:30 pm	Mar 22	6	\$71.50	431385
Su	9:30 am	Apr 11	9	\$107	431392
M	9 am	May 10	6	\$71.50	441642
M	6:30 pm	May 10	6	\$71.50	441641
Tu	1:30 pm	May 25	5	\$59.50	437038
Tu	5:30 pm	May 25	5	\$59.50	431389
W	9:45 am	May 26	5	\$59.50	437040
W	6 pm	May 26	5	\$59.50	435337
W	6:30 pm	May 26	5	\$59.50	435338
Th	5:30 pm	May 27	5	\$59.50	435405
F	10:45 am	May 28	5	\$59.50	437041

Preschool A

Tu	1 pm	Mar 23	9	\$59	432116
Tu	1:45 pm	Mar 23	9	\$59	432117
Tu	4:30 pm	Mar 23	9	\$59	431967
Tu	5 pm	Mar 23	9	\$59	431970
Tu	5:30 pm	Mar 23	9	\$59	431973
Tu	6 pm	Mar 23	9	\$59	432096
Tu	6:30 pm	Mar 23	9	\$59	431976
W	9:45 am	Mar 24	9	\$59	434203
W	10:30 am	Mar 24	9	\$59	434204
W	1:30 pm	Mar 24	9	\$59	435942

W	4:30 pm	Mar 24	9	\$59	432312
W	5 pm	Mar 24	9	\$59	432313
W	6:30 pm	Mar 24	9	\$59	432314
W	6:30 pm	Mar 24	9	\$59	432315
W	7 pm	Mar 24	9	\$59	432317
Th	1:30 pm	Mar 25	9	\$59	434205
Th	1:45 pm	Mar 25	9	\$59	434206
Th	5 pm	Mar 25	9	\$59	432708
Th	5:30 pm	Mar 25	9	\$59	432710
Th	7 pm	Mar 25	9	\$59	432711
F	10:45 am	Mar 26	8	\$52.50	434207
Sa	9 am	Apr 10	9	\$59	431426
Sa	10:30 am	Apr 10	9	\$59	431428
Sa	11:15 am	Apr 10	9	\$59	431430
Sa	11:30 am	Apr 10	9	\$59	431431
Sa	11:30 am	Apr 10	9	\$59	431433
Su	10 am	Apr 11	9	\$59	431998
Su	10 am	Apr 11	9	\$59	432011
Su	11:30 am	Apr 11	9	\$59	432003
Su	11:45 am	Apr 11	9	\$59	432006
Su	11:45 am	Apr 11	9	\$59	432015
Su	Noon	Apr 11	9	\$59	432013
Su	4 pm	Apr 11	9	\$59	432017
Su	4:30 pm	Apr 11	9	\$59	432018
Su	5:15 pm	Apr 11	9	\$59	432019
Su	5:30 pm	Apr 11	9	\$59	432022
Su	6 pm	Apr 11	9	\$59	432024
Su	6:30 pm	Apr 11	9	\$59	432025
Sa	10:30 am	Jun 26	10	\$65.75	438018
Sa	11:30 am	Jun 26	10	\$65.75	438019
Sa	12:15 pm	Jun 26	10	\$65.75	438021
Su	4 pm	Jun 27	10	\$65.75	438016
Su	4:30 pm	Jun 27	10	\$65.75	438017
M-F	9 am	Jun 28	9	\$59	437726
M-F	11:30 am	Jun 28	9	\$59	437732
M	5 pm	Jun 28	9	\$59	437519
M	5:45 pm	Jun 28	9	\$59	437533
W	5:45 pm	Jun 30	9	\$59	438013
W	6:30 pm	Jun 30	9	\$59	438015
Th	6 pm	Jul 8	8	\$52.50	438226
Th	6:30 pm	Jul 8	8	\$52.50	438227
M-F	9 am	Jul 12	10	\$65.75	437752
M-F	11:30 am	Jul 12	10	\$65.75	437768
M-F	9 am	Jul 26	9	\$59	437741
M-F	11:30 am	Jul 26	9	\$59	437735
M-F	9 am	Aug 9	10	\$65.75	437753
M-F	11:30 am	Aug 9	10	\$65.75	437759
M-F	9 am	Aug 23	10	\$65.75	441577
M-F	11:30 am	Aug 23	10	\$65.75	441575

Preschool A – Low Ratio

M	9:15 am	Mar 22	6	\$71.50	431407
M	10:30 am	Mar 22	6	\$71.50	431408
M	1 pm	Mar 22	6	\$71.50	431411
M	1:30 pm	Mar 22	6	\$71.50	431413
M	4:30 pm	Mar 22	6	\$71.50	431396
M	5 pm	Mar 22	6	\$71.50	431397
M	5 pm	Mar 22	6	\$71.50	431399
M	5:45 pm	Mar 22	6	\$71.50	431400
M	6:30 pm	Mar 22	6	\$71.50	431402
M	6:45 pm	Mar 22	6	\$71.50	431405
Tu	4:30 pm	Mar 23	9	\$107	432129
W	4:30 pm	Mar 24	9	\$107	432325
W	5 pm	Mar 24	9	\$107	432326
W	5:45 pm	Mar 24	9	\$107	432340
Th	4:30 pm	Mar 25	9	\$107	432712
Th	4:30 pm	Mar 25	9	\$107	432713

Swimming • Learn to Swim

Sa	8:30 am	Apr 10	9	\$107	431557
Sa	12:30 pm	Apr 10	9	\$107	431560
Su	9 am	Apr 11	9	\$107	431980
M	9:15 am	May 10	6	\$71.50	431424
M	10:30 am	May 10	6	\$71.50	431425
M	1 pm	May 10	6	\$71.50	431427
M	1:30 pm	May 10	6	\$71.50	441643
M	4:30 pm	May 10	6	\$71.50	431415
M	5 pm	May 10	6	\$71.50	431417
M	5 pm	May 10	6	\$71.50	431418
M	5:45 pm	May 10	6	\$71.50	431419
M	6:30 pm	May 10	6	\$71.50	431420
M	6:45 pm	May 10	6	\$71.50	431421
Tu	1 pm	May 25	5	\$59.50	436052
Tu	4 pm	May 25	5	\$59.50	431429
Tu	4:30 pm	May 25	5	\$59.50	435289
Tu	5 pm	May 25	5	\$59.50	435288
Tu	5:30 pm	May 25	5	\$59.50	435297
Tu	6 pm	May 25	5	\$59.50	435290
Tu	6:30 pm	May 25	5	\$59.50	435291
W	9:45 am	May 26	5	\$59.50	436054
W	10:30 am	May 26	5	\$59.50	436056
W	1:30 pm	May 26	5	\$59.50	436059
W	4:30 pm	May 26	5	\$59.50	435339
W	4:30 pm	May 26	5	\$59.50	435340
W	5 pm	May 26	5	\$59.50	435341
W	5 pm	May 26	5	\$59.50	435342
W	5:45 pm	May 26	5	\$59.50	435343
W	6:30 pm	May 26	5	\$59.50	435344
W	6:30 pm	May 26	5	\$59.50	435345
W	7 pm	May 26	5	\$59.50	435346
Th	1:30 pm	May 27	5	\$59.50	436060
Th	1:45 pm	May 27	5	\$59.50	436062
Th	4:30 pm	May 27	5	\$59.50	435408
Th	4:30 pm	May 27	5	\$59.50	435409
Th	5 pm	May 27	5	\$59.50	435410
Th	5:30 pm	May 27	5	\$59.50	435411
Th	7 pm	May 27	5	\$59.50	435407
F	10:45 am	May 28	5	\$59.50	436064

Preschool B

Tu	1 pm	Mar 23	9	\$59	432469
Tu	4:30 pm	Mar 23	9	\$59	432142
Tu	5 pm	Mar 23	9	\$59	432134
Tu	6:30 pm	Mar 23	9	\$59	432328
W	9:15 am	Mar 24	9	\$59	434214
W	10 am	Mar 24	9	\$59	434208
W	1:30 pm	Mar 24	9	\$59	434209
W	4:30 pm	Mar 24	9	\$59	432346
W	5:30 pm	Mar 24	9	\$59	432347
W	6 pm	Mar 24	9	\$59	432350
W	6 pm	Mar 24	9	\$59	432353
W	6:45 pm	Mar 24	9	\$59	432355
Th	1:30 pm	Mar 25	9	\$59	434210
Th	4:30 pm	Mar 25	9	\$59	432721
Th	5 pm	Mar 25	9	\$59	432724
Th	6 pm	Mar 25	9	\$59	432725
Th	6:30 pm	Mar 25	9	\$59	432728
F	9:45 am	Mar 26	8	\$52.50	434211
F	10:15 am	Mar 26	8	\$52.50	434212
Sa	9 am	Apr 10	9	\$59	431456
Sa	9:45 am	Apr 10	9	\$59	431457
Sa	10 am	Apr 10	9	\$59	431459
Sa	11:45 am	Apr 10	9	\$59	431461
Sa	11:45 am	Apr 10	9	\$59	431462
Su	9:30 am	Apr 11	9	\$59	431463
Su	10:30 am	Apr 11	9	\$59	432028

Su	Noon	Apr 11	9	\$59	432030
Su	12:30 pm	Apr 11	9	\$59	432033
Su	4 pm	Apr 11	9	\$59	432034
Su	5 pm	Apr 11	9	\$59	432035
Su	6 pm	Apr 11	9	\$59	432037
Sa	10 am	Jun 26	10	\$65.75	438030
Sa	10:30 am	Jun 26	10	\$65.75	438031
Sa	11:45 am	Jun 26	10	\$65.75	438032
Su	4 pm	Jun 27	10	\$65.75	438028
Su	5 pm	Jun 27	10	\$65.75	438029
M-F	8 am	Jun 28	9	\$59	437169
M-F	8:30 am	Jun 28	9	\$59	437171
M-F	11 am	Jun 28	9	\$59	437173
M	5 pm	Jun 28	9	\$59	437618
M	5:30 pm	Jun 28	9	\$59	437622
W	5:30 pm	Jun 30	9	\$59	438024
W	6 pm	Jun 30	9	\$59	438025
Th	6 pm	Jul 8	8	\$52.50	438229
Th	7 pm	Jul 8	8	\$52.50	438231
M-F	8 am	Jul 12	10	\$65.75	437771
M-F	11 am	Jul 12	10	\$65.75	437776
M-F	8 am	Jul 26	9	\$59	437174
M-F	8:30 am	Jul 26	9	\$59	437177
M-F	11 am	Jul 26	9	\$59	437178
M-F	8 am	Aug 9	10	\$65.75	437772
M-F	11 am	Aug 9	10	\$65.75	437778
M-F	8 am	Aug 23	10	\$65.75	441581
M-F	11 am	Aug 23	10	\$65.75	441580

Preschool B – Low Ratio

M	10 am	Mar 22	6	\$71.50	441644
M	10:15 am	Mar 22	6	\$71.50	431439
M	1 pm	Mar 22	6	\$71.50	431440
M	4:30 pm	Mar 22	6	\$71.50	431432
M	4:30 pm	Mar 22	6	\$71.50	431436
M	5 pm	Mar 22	6	\$71.50	431434
M	6 pm	Mar 22	6	\$71.50	431435
M	7 pm	Mar 22	6	\$71.50	431437
Tu	5 pm	Mar 23	9	\$107	432476
W	4:30 pm	Mar 24	9	\$107	432363
Th	5 pm	Mar 25	9	\$107	432736
Th	7 pm	Mar 25	9	\$107	432738
Sa	8:30 am	Apr 10	9	\$107	431563
Su	9:30 am	Apr 11	9	\$107	431565
M	10 am	May 10	6	\$71.50	431446
M	10:15 am	May 10	6	\$71.50	431447
M	1 pm	May 10	6	\$71.50	431448
M	4:30 pm	May 10	6	\$71.50	431441
M	4:30 pm	May 10	6	\$71.50	431442
M	5 pm	May 10	6	\$71.50	431443
M	6 pm	May 10	6	\$71.50	431444
M	7 pm	May 10	6	\$71.50	431445
Tu	1 pm	May 25	5	\$59.50	436113
Tu	1:45 pm	May 25	5	\$59.50	436122
Tu	4:30 pm	May 25	5	\$59.50	431438
Tu	5 pm	May 25	5	\$59.50	435292
Tu	5 pm	May 25	5	\$59.50	435293
Tu	6:30 pm	May 25	5	\$59.50	435294
W	9:15 am	May 26	5	\$59.50	437011
W	10 am	May 26	5	\$59.50	437012
W	1:30 pm	May 26	5	\$59.50	437013
W	4:30 pm	May 26	5	\$59.50	435347
W	4:30 pm	May 26	5	\$59.50	435348

W	5:45 pm	May 26	5	\$59.50	435349
W	6 pm	May 26	5	\$59.50	435350
W	6 pm	May 26	5	\$59.50	435351
W	6:45 pm	May 26	5	\$59.50	435352
Th	1:30 pm	May 27	5	\$59.50	437014
Th	4:30 pm	May 27	5	\$59.50	435414
Th	5 pm	May 27	5	\$59.50	435415
Th	5 pm	May 27	5	\$59.50	435416
Th	6 pm	May 27	5	\$59.50	435412
Th	6:30 pm	May 27	5	\$59.50	435418
Th	7 pm	May 27	5	\$59.50	435419
F	9:45 am	May 28	5	\$59.50	437015
F	10:15 am	May 28	5	\$59.50	437016

Preschool C

Tu	1:30 pm	Mar 23	9	\$59	432487
Tu	4:30 pm	Mar 23	9	\$59	432481
Tu	5 pm	Mar 23	9	\$59	432483
Tu	6 pm	Mar 23	9	\$59	432484
W	9:30 am	Mar 24	9	\$59	435927
W	10:15 am	Mar 24	9	\$59	435926
W	1 pm	Mar 24	9	\$59	435929
W	5:30 pm	Mar 24	9	\$59	432371
W	6:15 pm	Mar 24	9	\$59	432372
W	7 pm	Mar 24	9	\$59	432376
W	7:15 pm	Mar 24	9	\$59	432381
Th	1 pm	Mar 25	9	\$59	435930
Th	4:30 pm	Mar 25	9	\$59	432748
Th	5 pm	Mar 25	9	\$59	432751
Th	6 pm	Mar 25	9	\$59	432753
F	10:15 am	Mar 26	8	\$52.50	435931
Sa	8:30 am	Apr 10	9	\$59	431464
Sa	9:30 am	Apr 10	9	\$59	431465
Sa	10:15 am	Apr 10	9	\$59	431466
Sa	11 am	Apr 10	9	\$59	431475
Su	10:30 am	Apr 11	9	\$59	431480
Su	11:45 am	Apr 11	9	\$59	432048
Su	Noon	Apr 11	9	\$59	432050
Su	5 pm	Apr 11	9	\$59	432052
Su	5:30 pm	Apr 11	9	\$59	432056
Su	6 pm	Apr 11	9	\$59	432059
Su	6:30 pm	Apr 11	9	\$59	432060
Sa	11 am	Jun 26	10	\$65.75	438042
Sa	11:15 am	Jun 26	10	\$65.75	438043
Sa	12:30 pm	Jun 26	10	\$65.75	438044
Su	5:30 pm	Jun 27	10	\$65.75	438041
M-F	11:30 am	Jun 28	9	\$59	437183
M	5 pm	Jun 28	9	\$59	437654
W	5 pm	Jun 30	9	\$59	438037
Th	7:30 pm	Jul 8	8	\$52.50	438232
M-F	8 am	Jul 12	10	\$65.75	437902
M-F	11:30 am	Jul 12	10	\$65.75	437901
M-F	11:30 am	Jul 26	9	\$59	437186
M-F	8 am	Aug 9	10	\$65.75	437903
M-F	11:30 am	Aug 9	10	\$65.75	437904
M-F	8 am	Aug 23	10	\$65.75	441582
M-F	11:30 am	Aug 23	10	\$65.75	441583

Preschool C – Low Ratio

M	9:30 am	Mar 22	6	\$71.50	431455
M	10:15 am	Mar 22	6	\$71.50	431458
M	1:30 pm	Mar 22	6	\$71.50	431460
M	4:30 pm	Mar 22	6	\$71.50	431449
M	5 pm	Mar 22	6	\$71.50	431450
M	5:30 pm	Mar 22	6	\$71.50	431451
M	6:45 pm	Mar 22	6	\$71.50	431453
M	7:15 pm	Mar 22	6	\$71.50	431454

Swimming • Learn to Swim

W	5:30 pm	Mar 24	9	\$107	432490
Th	5:30 pm	Mar 25	9	\$107	432758
Th	7 pm	Mar 25	9	\$107	432760
Sa	8:30 am	Apr 10	9	\$107	431568
Sa	12:30 pm	Apr 10	9	\$107	431569
M	9:30 am	May 10	6	\$71.50	431472
M	10:15 am	May 10	6	\$71.50	431473
M	1:30 pm	May 10	6	\$71.50	431474
M	4:30 pm	May 10	6	\$71.50	431467
M	5 pm	May 10	6	\$71.50	431468
M	5:30 pm	May 10	6	\$71.50	431469
M	6:45 pm	May 10	6	\$71.50	431470
M	7:15 pm	May 10	6	\$71.50	431471
Tu	1:30 pm	May 25	5	\$59.50	437017
Tu	4:30 pm	May 25	5	\$59.50	432388
Tu	5 pm	May 25	5	\$59.50	435295
Tu	5:30 pm	May 25	5	\$59.50	435296
Tu	6 pm	May 25	5	\$59.50	435300
W	9:30 am	May 26	5	\$59.50	437018
W	10:15 am	May 26	5	\$59.50	437019
W	1 pm	May 26	5	\$59.50	437020
W	4:30 pm	May 26	5	\$59.50	435353
W	5:30 pm	May 26	5	\$59.50	435354
W	6:15 pm	May 26	5	\$59.50	435355
W	7 pm	May 26	5	\$59.50	435357
W	7:15 pm	May 26	5	\$59.50	435356
Th	1 pm	May 27	5	\$59.50	437021
Th	4:30 pm	May 27	5	\$59.50	435424
Th	5 pm	May 27	5	\$59.50	435423
Th	5:30 pm	May 27	5	\$59.50	435422
Th	6 pm	May 27	5	\$59.50	435421
Th	7 pm	May 27	5	\$59.50	435420
F	10:15 am	May 28	5	\$59.50	437022

Preschool D

Tu	2 pm	Mar 23	9	\$59	432504
Tu	5:30 pm	Mar 23	9	\$59	432500
Tu	6:30 pm	Mar 23	9	\$59	432501
W	10:15 am	Mar 24	9	\$59	435948
W	1 pm	Mar 24	9	\$59	435951
W	7 pm	Mar 24	9	\$59	432392
Th	2 pm	Mar 25	9	\$59	435952
Th	5:30 pm	Mar 25	9	\$59	432766
Th	6:45 pm	Mar 25	9	\$59	432769
F	10:45 am	Mar 26	8	\$52.50	435954
Sa	9 am	Apr 10	9	\$59	431483
Sa	10 am	Apr 10	9	\$59	431488
Su	10:15 am	Apr 11	9	\$59	431491
Su	Noon	Apr 11	9	\$59	432061
Su	12:30 pm	Apr 11	9	\$59	432068
Su	4 pm	Apr 11	9	\$59	432070
Su	4:45 pm	Apr 11	9	\$59	432073
Su	6 pm	Apr 11	9	\$59	432076
Sa	Noon	Jun 26	10	\$65.75	438051
Su	4:30 pm	Jun 27	10	\$65.75	438049
M-F	8 am	Jun 28	9	\$59	437188
M	5:30 pm	Jun 28	9	\$59	437680
W	5:30 pm	Jun 30	9	\$59	438047
Th	6:30 pm	Jul 8	8	\$52.50	438235
M-F	8:30 am	Jul 12	10	\$65.75	437906
M-F	11:30 am	Jul 12	10	\$65.75	437908
M-F	8 am	Jul 26	9	\$59	437189
M-F	8:30 am	Aug 9	10	\$65.75	437907
M-F	11:30 am	Aug 9	10	\$65.75	437909
M-F	8:30 am	Aug 23	10	\$65.75	441584
M-F	11:30 am	Aug 23	10	\$65.75	441585

Preschool D – Low Ratio

M	10:45 am	Mar 22	6	\$71.50	431482
M	1 pm	Mar 22	6	\$71.50	431484
M	1:30 pm	Mar 22	6	\$71.50	431485
M	5 pm	Mar 22	6	\$71.50	431476
M	5:30 pm	Mar 22	6	\$71.50	431477
M	6:15 pm	Mar 22	6	\$71.50	431478
M	7 pm	Mar 22	6	\$71.50	431479
M	7:15 pm	Mar 22	6	\$71.50	431481
W	6 pm	Mar 24	9	\$107	432395
M	10:45 am	May 10	6	\$71.50	431493
M	1 pm	May 10	6	\$71.50	431494
M	1:30 pm	May 10	6	\$71.50	431495
M	5 pm	May 10	6	\$71.50	431486
M	5:30 pm	May 10	6	\$71.50	431487
M	6:15 pm	May 10	6	\$71.50	431489
M	7 pm	May 10	6	\$71.50	431490
M	7:15 pm	May 10	6	\$71.50	431492
Tu	2 pm	May 25	5	\$59.50	437023
Tu	5:30 pm	May 25	5	\$59.50	435298
Tu	6:30 pm	May 25	5	\$59.50	435299
W	10:15 am	May 26	5	\$59.50	437024
W	1 pm	May 26	5	\$59.50	437025
W	6 pm	May 26	5	\$59.50	435358
W	7 pm	May 26	5	\$59.50	435359
Th	2 pm	May 27	5	\$59.50	437026
Th	5:30 pm	May 27	5	\$59.50	435425
Th	6:45 pm	May 27	5	\$59.50	435426
F	10:45 am	May 28	5	\$59.50	437027

Preschool E

Tu	6 pm	Mar 23	9	\$59	432764
W	9 am	Mar 24	9	\$59	435977
W	7:30 pm	Mar 24	9	\$59	432398
Th	2 pm	Mar 25	9	\$59	436001
Th	6 pm	Mar 25	9	\$59	432791
Th	7 pm	Mar 25	9	\$59	432841
F	10:15 am	Mar 26	8	\$52.50	436005
Sa	10:45 am	Apr 10	9	\$59	431597
Su	10 am	Apr 11	9	\$59	432084
Su	4 pm	Apr 11	9	\$59	431598
Sa	10 am	Jun 26	10	\$65.75	438056
Su	4 pm	Jun 27	10	\$65.75	438055
M-F	8 am	Jun 28	9	\$59	437202
M-F	11:30 am	Jun 28	9	\$59	437206
M	6:15 pm	Jun 28	9	\$59	437698
W	6:30 pm	Jun 30	9	\$59	438054
Th	6 pm	Jul 8	8	\$52.50	438251
M-F	8 am	Jul 12	10	\$65.75	437913
M-F	8 am	Jul 26	9	\$59	437204
M-F	11:30 am	Jul 26	9	\$59	437213
M-F	8 am	Aug 9	10	\$65.75	437915
M-F	8 am	Aug 23	10	\$65.75	441586

Preschool E – Low Ratio

M	10:45 am	Mar 22	6	\$71.50	43151
M	6 pm	Mar 22	6	\$71.50	431498
M	6:30 pm	Mar 22	6	\$71.50	431499
W	6:15 pm	Mar 24	9	\$107	432402
W	7 pm	Mar 24	9	\$107	432403
M	10:45 am	May 10	6	\$71.50	431504
M	6 pm	May 10	6	\$71.50	431502
M	6:30 pm	May 10	6	\$71.50	431503
Tu	6 pm	May 25	5	\$59.50	435318
W	9 am	May 26	5	\$59.50	437028
W	6:15 pm	May 26	5	\$59.50	435360
W	7 pm	May 26	5	\$59.50	435361

W	7:30 pm	May 26	5	\$59.50	435362
Th	2 pm	May 27	5	\$59.50	437029
Th	6 pm	May 27	5	\$59.50	435427
Th	7 pm	May 27	5	\$59.50	435431
F	10:15 am	May 28	5	\$59.50	437030

Children

Swimmer 1 – Beginner

Tu	5:30 pm	Mar 23	9	\$59	432523
Tu	6 pm	Mar 23	9	\$59	432529
W	6:30 pm	Mar 24	9	\$59	432412
Th	4:30 pm	Mar 25	9	\$59	432871
Sa	9:30 am	Apr 10	9	\$59	431505
Su	Noon	Apr 11	9	\$59	431506
Su	4 pm	Apr 11	9	\$59	432102
Su	5 pm	Apr 11	9	\$59	432104
Sa	10 am	Jun 26	10	\$65.75	438093
Sa	Noon	Jun 26	10	\$65.75	438094
Su	5:15 pm	Jun 27	10	\$65.75	438092
M-F	8 am	Jun 28	9	\$59	437228
M-F	10:30 am	Jun 28	9	\$59	437230
M	6 pm	Jun 28	9	\$59	437720
W	6 pm	Jun 30	9	\$59	438085
Th	7 pm	Jul 8	8	\$52.50	438239
M-F	8 am	Jul 12	10	\$65.75	437932
M-F	10:30 am	Jul 12	10	\$65.75	437936
M-F	8 am	Jul 26	9	\$59	437237
M-F	10:30 am	Jul 26	9	\$59	437239
M-F	8 am	Aug 9	10	\$65.75	437933
M-F	10:30 am	Aug 9	10	\$65.75	437937
M-F	8 am	Aug 23	10	\$65.75	441598
M-F	10:30 am	Aug 23	10	\$65.75	441599

Swimmer 1 – Beginner Low Ratio

M	5:30 pm	Mar 22	6	\$71.50	431533
M	7:15 pm	Mar 22	6	\$71.50	431534
W	5 pm	Mar 24	9	\$107	432419
W	5:30 pm	Mar 24	9	\$107	432422
Th	5:30 pm	Mar 25	9	\$107	432872
Th	6:30 pm	Mar 25	9	\$107	432873
Sa	8:30 am	Apr 10	9	\$107	431575
Su	9:30 am	Apr 11	9	\$107	431538
M	5:30 pm	May 10	6	\$71.50	431537
M	7:15 pm	May 10	6	\$71.50	441645
Tu	5:30 pm	May 25	5	\$54.50	435321
Tu	6 pm	May 25	5	\$54.50	435320
W	5 pm	May 26	5	\$54.50	435367
W	5:30 pm	May 26	5	\$54.50	435366
W	6:30 pm	May 26	5	\$54.50	435368
Th	4:30 pm	May 27	5	\$54.50	435432
Th	5:30 pm	May 27	5	\$54.50	435433
Th	6:30 pm	May 27	5	\$54.50	435434

Swimmer 1 – Advanced

Tu	6:30 pm	Mar 23	9	\$59	432536
W	6 pm	Mar 24	9	\$59	432404
Th	5:30 pm	Mar 25	9	\$59	432865
Th	6 pm	Mar 25	9	\$59	432867
Th	6:30 pm	Mar 25	9	\$59	432869
Sa	8:30 am	Apr 10	9	\$59	431497
Sa	9 am	Apr 10	9	\$59	431496
Su	10:45 am	Apr 11	9	\$59	431500
Su	4:30 pm	Apr 11	9	\$59	432099
Su	6 pm	Apr 11	9	\$59	432100

Swimming • Learn to Swim

Sa	11:45 am	Jun 26	10	\$65.75	438082
Su	4:30 pm	Jun 27	10	\$65.75	438080
M-F	9 am	Jun 28	9	\$59	437216
M-F	11 am	Jun 28	9	\$59	437222
M	5:30 pm	Jun 28	9	\$59	437712
W	6:30 pm	Jun 30	9	\$59	438078
Th	6:30 pm	Jul 8	8	\$52.50	438237
M-F	9 am	Jul 12	10	\$65.75	437924
M-F	11 am	Jul 12	10	\$65.75	437926
M-F	9 am	Jul 26	9	\$59	437223
M-F	11 am	Jul 26	9	\$59	437224
M-F	9 am	Aug 9	10	\$65.75	437925
M-F	11 am	Aug 9	10	\$65.75	437927
M-F	8:30 am	Aug 23	10	\$65.75	441596
M-F	9 am	Aug 23	10	\$65.75	441597
M-F	11 am	Aug 23	10	\$65.75	441595

Swimmer 1 – Advanced Low Ratio

M	4:30 pm	Mar 22	6	\$71.50	431516
M	5:45 pm	Mar 22	6	\$71.50	431517
M	6:15 pm	Mar 22	6	\$71.50	431518
M	7 pm	Mar 22	6	\$71.50	431521
M	7:30 pm	Mar 22	6	\$71.50	431522
W	5 pm	Mar 24	9	\$107	432406
W	5:30 pm	Mar 24	9	\$107	432407
Sa	9:30 am	Apr 10	9	\$107	431574
M	4:30 pm	May 10	6	\$71.50	431540
M	5:45 pm	May 10	6	\$71.50	431541
M	6:15 pm	May 10	6	\$71.50	431542
M	7 pm	May 10	6	\$71.50	431544
M	7:30 pm	May 10	6	\$71.50	431546
W	5 pm	May 26	5	\$59.50	435319
W	5:30 pm	May 26	5	\$59.50	435364
W	6 pm	May 26	5	\$59.50	435365
Th	5:30 pm	May 27	5	\$59.50	435428
Th	6 pm	May 27	5	\$59.50	435430
Th	6:30 pm	May 27	5	\$59.50	435429

Swimmer 2

Tu	6 pm	Mar 23	9	\$59	432543
W	6 pm	Mar 24	9	\$59	432427
W	6:30 pm	Mar 24	9	\$59	432429
W	6:30 pm	Mar 24	9	\$59	432432
Th	6:30 pm	Mar 25	9	\$59	432935
Th	7 pm	Mar 25	9	\$59	432939
Sa	9:30 am	Apr 10	9	\$59	431509
Sa	9:45 am	Apr 10	9	\$59	431507
Sa	10 am	Apr 10	9	\$59	431511
Sa	11:30 am	Apr 10	9	\$59	431519
Su	10:45 am	Apr 11	9	\$59	432114
Su	11:30 am	Apr 11	9	\$59	432115
Su	12:30 pm	Apr 11	9	\$59	432118
Su	4 pm	Apr 11	9	\$59	431520
Su	4:30 pm	Apr 11	9	\$59	432106
Su	5 pm	Apr 11	9	\$59	432108
Su	5:15 pm	Apr 11	9	\$59	432109
Su	5:30 pm	Apr 11	9	\$59	432110
Su	6:30 pm	Apr 11	9	\$59	432112
Su	7 pm	Apr 11	9	\$59	432113
Sa	11:15 am	Jun 26	10	\$65.75	438111
Sa	11:45 am	Jun 26	10	\$65.75	438099
Su	4:45 pm	Jun 27	10	\$65.75	438098
Su	5:30 pm	Jun 27	10	\$65.75	438097
M-F	8:30 am	Jun 28	9	\$59	437242



M-F	9 am	Jun 28	9	\$59	437243
M	6:30 pm	Jun 28	9	\$59	437723
W	6:15 pm	Jun 30	9	\$59	438095
Th	6:45 pm	Jul 8	8	\$52.50	438241
Th	7:30 pm	Jul 8	8	\$52.50	438243
M-F	8:30 am	Jul 12	10	\$65.75	437943
M-F	9 am	Jul 12	10	\$65.75	437946
M-F	8:30 am	Jul 26	9	\$59	437245
M-F	9 am	Jul 26	9	\$59	437247
M-F	8:30 am	Aug 9	10	\$65.75	437944
M-F	9 am	Aug 9	10	\$65.75	437947
M-F	8:30 am	Aug 23	10	\$65.75	441602
M-F	9 am	Aug 23	10	\$65.75	441604

Swimmer 2 – Low Ratio

M	6 pm	Mar 22	6	\$71.50	431548
M	6:45 pm	Mar 22	6	\$71.50	431549
M	7 pm	Mar 22	6	\$71.50	431551
M	7:30 pm	Mar 22	6	\$71.50	431552
M	7:45 pm	Mar 22	6	\$71.50	431553
M	8 pm	Mar 22	6	\$71.50	431555
W	7:30 pm	Mar 24	9	\$107	432435
Sa	Noon	Apr 10	9	\$107	431577
Su	9 am	Apr 11	9	\$107	431564
M	6 pm	May 10	6	\$71.50	431556
M	6:45 pm	May 10	6	\$71.50	431558
M	7 pm	May 10	6	\$71.50	431559
M	7:30 pm	May 10	6	\$71.50	431561
M	7:45 pm	May 10	6	\$71.50	431562
M	8 pm	May 10	6	\$71.50	441646
Tu	6 pm	May 25	5	\$59.50	435322
W	6 pm	May 26	5	\$59.50	435369
W	6:30 pm	May 26	5	\$59.50	435370
W	6:30 pm	May 26	5	\$59.50	435371
W	7:30 pm	May 26	5	\$59.50	435388
Th	6:30 pm	May 27	5	\$59.50	435435
Th	7 pm	May 27	5	\$59.50	435436

Swimmer 3

Tu	6 pm	Mar 23	9	\$65.25	432546
W	6 pm	Mar 24	9	\$65.25	432440
W	6:45 pm	Mar 24	9	\$65.25	432442
W	7:30 pm	Mar 24	9	\$65.25	432443
Th	6 pm	Mar 25	9	\$65.25	432946
Sa	9 am	Apr 10	9	\$65.25	431525
Sa	9:45 am	Apr 10	9	\$65.25	431527
Sa	10:15 am	Apr 10	9	\$65.25	431526
Sa	11:30 am	Apr 10	9	\$65.25	431528
Su	10:30 am	Apr 11	9	\$65.25	431529
Su	11:15 am	Apr 11	9	\$65.25	432125
Su	12:15 pm	Apr 11	9	\$65.25	432128
Su	4 pm	Apr 11	9	\$65.25	432130
Su	4:30 pm	Apr 11	9	\$65.25	432131
Su	5:15 pm	Apr 11	9	\$65.25	432132
Su	5:45 pm	Apr 11	9	\$65.25	432133
Sa	10:30 am	Jun 26	10	\$72.50	438109
Sa	11:30 am	Jun 26	10	\$72.50	438110
Su	4 pm	Jun 27	10	\$72.50	438104
Su	5:15 pm	Jun 27	10	\$72.50	438107
M-F	10:45 am	Jun 28	9	\$65.25	437254
M	5:30 pm	Jun 28	9	\$65.25	437729
M	6:15 pm	Jun 28	9	\$65.25	437733
W	5:30 pm	Jun 30	9	\$65.25	438102
W	6:15 pm	Jun 30	9	\$65.25	438103
Th	6 pm	Jul 8	8	\$58	438244
Th	7:15 pm	Jul 8	8	\$58	438245
M-F	8:45 am	Jul 12	10	\$72.50	437951
M-F	10 am	Jul 12	10	\$72.50	437954
M-F	10:45 am	Jul 26	9	\$65.25	437257
M-F	8:45 am	Aug 9	10	\$72.50	437952
M-F	10 am	Aug 9	10	\$72.50	437957
M-F	10:45 am	Aug 23	10	\$72.50	441605

Swimmer 3 – Low Ratio

M	6:15 pm	Mar 22	6	\$77.75	431570
M	7:30 pm	Mar 22	6	\$77.75	431573
M	7:45 pm	Mar 22	6	\$77.75	431572
Th	6:45 pm	Mar 25	9	\$116.50	433046
Sa	10:30 am	Apr 10	9	\$116.50	431581
M	6:15 pm	May 10	6	\$77.75	431576
M	7:30 pm	May 10	6	\$77.75	431579

Swimming • Learn to Swim

M	7:45 pm	May 10	6	\$77.75	441647
Tu	6 pm	May 25	5	\$64.75	435316
W	6 pm	May 26	5	\$64.75	435372
W	6:45 pm	May 26	5	\$64.75	435373
W	7:30 pm	May 26	5	\$64.75	435374
Th	6 pm	May 27	5	\$64.75	435438
Th	6:45 pm	May 27	5	\$64.75	435439

Swimmer 4

Tu	6 pm	Mar 23	9	\$65.25	432549
W	6 pm	Mar 24	9	\$65.25	432448
W	7 pm	Mar 24	9	\$65.25	432450
W	7:45 pm	Mar 24	9	\$65.25	432453
Th	6:45 pm	Mar 25	9	\$65.25	433061
Sa	10:30 am	Apr 10	9	\$65.25	431530
Sa	11:30 am	Apr 10	9	\$65.25	431531
Su	10 am	Apr 11	9	\$65.25	432136
Su	10:30 am	Apr 11	9	\$65.25	432137
Su	4:30 pm	Apr 11	9	\$65.25	431532
Su	6:30 pm	Apr 11	9	\$65.25	432135
Sa	11 am	Jun 26	10	\$72.50	438115
Su	5:15 pm	Jun 27	10	\$72.50	438113
M-F	10 am	Jun 28	9	\$65.25	437272
M	6:15 pm	Jun 28	9	\$65.25	437751
W	6:15 pm	Jun 30	9	\$65.25	438112
Th	7 pm	Jul 8	8	\$58	438246
M-F	10 am	Jul 12	10	\$72.50	437959
M-F	10 am	Jul 26	9	\$65.25	437274
M-F	10 am	Aug 9	10	\$72.50	437960
M-F	10 am	Aug 23	10	\$72.50	441606

Swimmer 4 – Low Ratio

M	6:15 pm	Mar 22	6	\$77.75	431584
M	7:15 pm	Mar 22	6	\$77.75	431585
M	7:45 pm	Mar 22	6	\$77.75	431587
Th	6 pm	Mar 25	9	\$116.50	433076
Sa	12:15 pm	Apr 10	9	\$116.50	431582
M	6:15 pm	May 10	6	\$77.75	431588
M	7:15 pm	May 10	6	\$77.75	431590
M	7:45 pm	May 10	6	\$77.75	431591
Tu	6 pm	May 25	5	\$64.75	435323
W	6 pm	May 26	5	\$64.75	435375
W	7 pm	May 26	5	\$64.75	435376
W	7:45 pm	May 26	5	\$64.75	435377
Th	6 pm	May 27	5	\$64.75	435441
Th	6:45 pm	May 27	5	\$64.75	435440

Swimmer 5

Tu	6 pm	Mar 23	9	\$65.25	432550
W	7:45 pm	Mar 24	9	\$65.25	432458
Th	6 pm	Mar 25	9	\$65.25	433080
Th	6:30 pm	Mar 25	9	\$65.25	433111
Sa	9 am	Apr 10	9	\$65.25	431535
Sa	10:30 am	Apr 10	9	\$65.25	431536
Su	10 am	Apr 11	9	\$65.25	431539
Su	5:15 pm	Apr 11	9	\$65.25	432138
Su	6:30 pm	Apr 11	9	\$65.25	432139
Sa	10:30 am	Jun 26	10	\$72.50	438120
Sa	12:15 pm	Jun 26	10	\$72.50	438122
Su	4:30 pm	Jun 27	10	\$72.50	438119
M-F	8:45 am	Jun 28	9	\$65.25	437280
M-F	10 am	Jun 28	9	\$65.25	437283
M	5:30 pm	Jun 28	9	\$65.25	437763
W	5 pm	Jun 30	9	\$65.25	438117
Th	6:30 pm	Jul 8	8	\$58	438248
M-F	10:45 am	Jul 12	10	\$72.50	437962
M-F	8:45 am	Jul 26	9	\$65.25	437290

M-F	10 am	Jul 26	9	\$65.25	437287
M-F	10:45 am	Aug 9	10	\$72.50	437963
M-F	8:45 am	Aug 23	10	\$72.50	441607
M-F	10 am	Aug 23	10	\$72.50	441608

Swimmer 5 – Low Ratio

M	6:30 pm	Mar 22	6	\$77.75	431599
M	7:45 pm	Mar 22	6	\$77.75	431600
W	6:45 pm	Mar 24	9	\$116.50	432465
M	6:30 pm	May 10	6	\$77.75	431601
M	7:45 pm	May 10	6	\$77.75	431602
Tu	6 pm	May 25	5	\$64.75	435324
W	6:45 pm	May 26	5	\$64.75	435378
W	7:45 pm	May 26	5	\$64.75	435379
Th	6 pm	May 27	5	\$64.75	435443
Th	6:30 pm	May 27	5	\$64.75	435444

Swimmer 6

Tu	6 pm	Mar 23	9	\$65.25	432562
W	7 pm	Mar 24	9	\$65.25	432475
Th	6 pm	Mar 25	9	\$65.25	435653
Sa	9 am	Apr 10	9	\$65.25	431543
Su	12:15 pm	Apr 11	9	\$65.25	432141
Su	4:30 pm	Apr 11	9	\$65.25	431545
Su	5:45 pm	Apr 11	9	\$65.25	432140
Sa	12:15 pm	Jun 26	10	\$72.50	438127
Su	5:15 pm	Jun 27	10	\$72.50	438125
M-F	10:45 am	Jun 28	9	\$65.25	437296
M	5 pm	Jun 28	9	\$65.25	438192
W	5 pm	Jun 30	9	\$65.25	438124
Th	7:15 pm	Jul 8	8	\$58	438194
M-F	10:45 am	Jul 12	10	\$72.50	437972
M-F	10:45 am	Jul 26	9	\$65.25	437299
M-F	10:45 am	Aug 9	10	\$72.50	437973
M-F	10:45 am	Aug 23	10	\$72.50	441609

Swimmer 6 – Low Ratio

M	6:30 pm	Mar 22	6	\$77.75	431603
M	7 pm	Mar 22	6	\$77.75	431604
Sa	11:45 am	Apr 10	9	\$116.50	431586
M	6:30 pm	May 10	6	\$77.75	431605
M	7 pm	May 10	6	\$77.75	431606
Tu	6 pm	May 25	5	\$64.75	435312
W	7 pm	May 26	5	\$64.75	435380
W	7:45 pm	May 26	5	\$64.75	435381
Th	6 pm	May 27	5	\$64.75	435445

Swimmer 7 (Rookie Patrol)

Tu	6 pm	Mar 23	9	\$71.50	432759
W	7:30 pm	Mar 24	9	\$71.50	432478
Th	6 pm	Mar 25	9	\$71.50	435655
Su	Noon	Apr 11	9	\$71.50	431547
Su	5:30 pm	Apr 11	9	\$71.50	432143
Sa	11 am	Jun 26	10	\$79.50	438132
Su	5 pm	Jun 27	10	\$79.50	438130
M-F	10 am	Jun 28	9	\$71.50	437305
M	6 pm	Jun 28	9	\$71.50	438195
W	5 pm	Jun 30	9	\$71.50	438129

Th	7 pm	Jul 8	8	\$63.75	438197
M-F	10 am	Jul 12	10	\$79.50	437977
M-F	10 am	Jul 26	9	\$71.50	437311
M-F	10 am	Aug 9	10	\$79.50	437978
M-F	10 am	Aug 23	10	\$79.50	441610

Swimmer 7 – Low Ratio

M	7:15 pm	Mar 22	6	\$84.50	431852
M	7:15 pm	May 10	6	\$84.50	431856
Tu	6 pm	May 25	5	\$70.50	435311
W	7:30 pm	May 26	5	\$70.50	435385
Th	6 pm	May 27	5	\$70.50	435447

Swimmer 8 (Ranger Patrol)

W	7:30 pm	Mar 24	9	\$71.50	432485
Th	6:45 pm	Mar 25	9	\$71.50	435656
Su	11 am	Apr 11	9	\$71.50	431550
Sa	10 am	Jun 26	10	\$79.50	438136
Su	5 pm	Jun 27	10	\$79.50	438135
M-F	11 am	Jun 28	9	\$71.50	437422
M	6 pm	Jun 28	9	\$71.50	438208
W	5 pm	Jun 30	9	\$71.50	438134
Th	7 pm	Jul 8	8	\$63.75	438209
M-F	11 am	Jul 12	10	\$79.50	437981
M-F	11 am	Jul 26	9	\$71.50	437426
M-F	11 am	Aug 9	10	\$79.50	437982
M-F	11 am	Aug 23	10	\$79.50	441611

Swimmer 8 – Low Ratio

M	7:30 pm	Mar 22	6	\$84.50	431859
M	7:30 pm	May 10	6	\$84.50	431861
W	7:30 pm	May 26	5	\$70.50	435386
Th	6:45 pm	May 27	5	\$70.50	435448

Swimmer 9 (Star Patrol)

W	7:30 pm	Mar 24	9	\$71.50	432491
Su	11 am	Apr 11	9	\$71.50	431554
Su	6:30 pm	Apr 11	9	\$71.50	432145
Sa	10 am	Jun 26	10	\$79.50	438144
Su	5 pm	Jun 27	10	\$79.50	438142
M-F	11 am	Jun 28	9	\$71.50	437429
M	6 pm	Jun 28	9	\$71.50	438213
W	5 pm	Jun 30	9	\$71.50	438139
Th	7 pm	Jul 8	8	\$63.75	438214
M-F	11 am	Jul 12	10	\$79.50	437984
M-F	11 am	Jul 26	9	\$71.50	437431
M-F	11 am	Aug 9	10	\$79.50	437985
M-F	11 am	Aug 23	10	\$79.50	441612

Swimmer 9 – Low Ratio

M	7:30 pm	Mar 22	6	\$84.50	431880
M	7:30 pm	May 10	6	\$84.50	431882
W	7:30 pm	May 26	5	\$70.50	435387
Th	6:45 pm	May 27	5	\$70.50	435449

Children should be "within arms reach" at all times around water.



Swimming • Learn to Swim



Youth

Teen 101

Tu	7:30 pm	Mar 23	9	\$68	433084
Su	6:30 pm	Apr 11	9	\$68	433083
W	7 pm	Jun 30	9	\$68	438147

Teen 101 – Low Ratio

Tu	7:30 pm	May 25	5	\$68.50	435325
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Teen 201

Tu	7:30 pm	Mar 23	9	\$68	433096
Su	6:30 pm	Apr 11	9	\$68	433095
W	7 pm	Jun 30	9	\$68	438150

Teen 201 – Low Ratio

Tu	7:30 pm	May 25	5	\$68.50	435328
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Teen 301

Tu	7:30 pm	Mar 23	9	\$68	433105
Su	6:30 pm	Apr 11	9	\$68	433104
W	7:45 pm	Jun 30	9	\$68	438153

Teen 301 – Low Ratio

Tu	7:30 pm	May 25	5	\$68.50	435329
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Adult

Adult 101

Tu	7 pm	Mar 23	9	\$83.75	433028
F	9:30 am	Mar 26	8	\$74.25	433027
M	7 pm	Jun 28	9	\$83.75	438218

Adult 101 – Low Ratio

Tu	7 pm	May 25	5	\$89.25	435331
F	9:30 am	May 28	5	\$89.25	437042

Adult 201

Tu	7:45 pm	Mar 23	9	\$83.75	433060
F	9:30 am	Mar 26	8	\$74.50	433059
M	7 pm	Jun 28	9	\$83.75	438220

Adult 201 – Low Ratio

Tu	7:45 pm	May 25	5	\$89.25	435332
F	9:30 am	May 28	5	\$89.25	437043

Adult 301

Tu	8:15 pm	Mar 23	9	\$83.75	433075
F	9:30 am	Mar 26	8	\$74.50	433074
M	7:45 pm	Jun 28	9	\$83.75	438225

Jack Purcell Complex
613-564-1050

Preschool

Parent and Tot 1

Tu	5 pm	Apr 27	9	\$59	424299
F	9:15 am	Apr 30	9	\$59	424307
Sa	10:30 am	May 1	9	\$59	424313
Su	11 am	May 2	9	\$59	424319
Tu	5 pm	Jul 6	8	\$59	425583
F	9:15 am	Jul 9	8	\$59	425588
Sa	10:30 am	Jul 10	8	\$59	425589

Parent and Tot 1 – Low Ratio

Su	11 am	Jul 11	8	\$95.25	425590
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Parent and Tot 2

Tu	5 pm	Apr 27	9	\$59	424361
Tu	5:30 pm	Apr 27	9	\$59	424365
F	9:15 am	Apr 30	9	\$59	424373
F	9:45 am	Apr 30	9	\$59	424376
Sa	10:30 am	May 1	9	\$59	424379
Sa	11 am	May 1	9	\$59	424383
Su	10:30 am	May 2	9	\$59	424386
Su	11 am	May 2	9	\$59	424388
Tu	5 pm	Jul 6	8	\$59	425591
Tu	5:30 pm	Jul 6	8	\$59	425592
F	9:15 am	Jul 9	8	\$59	425593
F	9:45 am	Jul 9	8	\$59	425594
Sa	10:30 am	Jul 10	8	\$59	425601
Sa	11 am	Jul 10	8	\$59	425603

Parent and Tot 2 – Low Ratio

Su	10:30 am	Jul 11	8	\$95.25	425604
Su	11 am	Jul 11	8	\$95.25	425605

Parent and Tot 3

Tu	5:30 pm	Apr 27	9	\$59	424408
F	9:45 am	Apr 30	9	\$59	441066
Sa	11 am	May 1	9	\$59	424411
Su	10:30 am	May 2	9	\$59	441069
Tu	5:30 pm	Jul 6	8	\$59	425606
F	9:45 am	Jul 9	8	\$59	425607
Sa	11 am	Jul 10	8	\$59	425608

Parent and Tot 3 – Low Ratio

Su	10:30 am	Jul 11	8	\$95.25	425613
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Preschool A

Tu	5 pm	Apr 27	9	\$59	424417
F	9:15 am	Apr 30	9	\$59	424421
Sa	11 am	May 1	9	\$59	424423
Su	10:30 am	May 2	9	\$59	424424
Tu	6 pm	Jul 6	8	\$59	425616
F	9:15 am	Jul 9	8	\$59	425619
Sa	10:30 am	Jul 10	8	\$59	425620

Preschool A – Low Ratio

Su	10 am	Jul 11	8	\$95.25	425623
Su	10:30 am	Jul 11	8	\$95.25	425625

Preschool B

Tu	5 pm	Apr 27	9	\$59	424434
F	9:15 am	Apr 30	9	\$59	424436
Sa	11 am	May 1	9	\$59	424445
Su	11 am	May 2	9	\$59	424449
Tu	5 pm	Jul 6	8	\$59	427051
F	9:15 am	Jul 9	8	\$59	427064
Sa	9:30 am	Jul 10	8	\$59	427068
Sa	11:30 am	Jul 10	8	\$59	427069

Preschool B – Low Ratio

Su	9 am	Jul 11	8	\$95.25	427070
Su	11 am	Jul 11	8	\$95.25	427071

Preschool C

Tu	6 pm	Apr 27	9	\$59	424456
F	9:45 am	Apr 30	9	\$59	424457
Sa	9:30 am	May 1	9	\$59	424458
Sa	11:30 am	May 1	9	\$59	424459
Su	9:30 am	May 2	9	\$59	424460
Tu	5:30 pm	Jul 6	8	\$59	427073
F	9:45 am	Jul 9	8	\$59	427075
Sa	9:30 am	Jul 10	8	\$59	427085
Sa	11 am	Jul 10	8	\$59	427087

Preschool C – Low Ratio

Su	9:30 am	Jul 11	8	\$95.25	427091
Su	11:30 am	Jul 11	8	\$95.25	427095

Preschool D

Tu	5:30 pm	Apr 27	9	\$59	424469
F	9:45 am	Apr 30	9	\$59	424471
Sa	10 am	May 1	9	\$59	424473
Su	10 am	May 2	9	\$59	424474
Tu	5:30 pm	Jul 6	8	\$59	427108
F	9:45 am	Jul 9	8	\$59	427111
Sa	10 am	Jul 10	8	\$59	427115

Preschool D – Low Ratio

Su	10 am	Jul 11	8	\$95.25	427117
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Preschool E

Tu	6:30 pm	Apr 27	9	\$59	424475
Sa	10 am	May 1	9	\$59	424476
Su	11:30 am	May 2	9	\$59	424478
Tu	5 pm	Jul 6	8	\$59	427121
Sa	10 am	Jul 10	8	\$59	427123

Preschool E – Low Ratio

Su	11:30 am	Jul 11	8	\$95.25	427126
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Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions

Swimming • Learn to Swim

Children

Swimmer 1 – Beginner

Tu	3:15 pm	Apr 27	9	\$59	424487
Tu	6 pm	Apr 27	9	\$59	424488
Sa	11 am	May 1	9	\$59	424491
Su	10 am	May 2	9	\$59	424493
Su	11:30 am	May 2	9	\$59	424496
Tu	6 pm	Jul 6	8	\$59	427127
Sa	11:30 am	Jul 10	8	\$59	427128

Swimmer 1 – Beginner Low Ratio

Su	10 am	Jul 11	8	\$95.25	427129
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Swimmer 1 – Advanced

Tu	3:15 pm	Apr 27	9	\$59	424498
Tu	6 pm	Apr 27	9	\$59	424519
Sa	10 am	May 1	9	\$59	424520
Sa	11:30 am	May 1	9	\$59	424521
Su	9:30 am	May 2	9	\$59	424522
Su	11 am	May 2	9	\$59	424523
Sa	9 am	Jul 10	8	\$59	427141

Swimmer 1 – Advanced Low Ratio

Su	9:30 am	Jul 11	8	\$95.25	427154
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Swimmer 2

Tu	3:15 pm	Apr 27	9	\$59	424524
Tu	6 pm	Apr 27	9	\$59	424525
Sa	10 am	May 1	9	\$59	424526
Sa	10:30 am	May 1	9	\$59	424527
Su	9:30 am	May 2	9	\$59	424528
Su	11 am	May 2	9	\$59	424529
Tu	6 pm	Jul 6	8	\$59	427161
Sa	10 am	Jul 10	8	\$59	427167

Swimmer 2 – Low Ratio

Su	9:30 am	Jul 11	8	\$95.25	427174
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Swimmer 3

Tu	3:15 pm	Apr 27	9	\$65.25	424530
Tu	5:15 pm	Apr 27	9	\$65.25	424531
Sa	9:45 am	May 1	9	\$65.25	424532
Su	9:45 am	May 2	9	\$65.25	424533

Adult

Adult 101

Tu	8 pm	Apr 27	9	\$83.75	424568
Tu	8 pm	Jul 6	8	\$74.50	427223

Adult 201

Tu	8 pm	Apr 27	9	\$83.75	424569
Tu	8 pm	Jul 6	8	\$74.50	427238

Adult 301

Tu	8 pm	Apr 27	9	\$83.75	424570
Tu	8 pm	Jul 6	8	\$74.50	427247

Adult Women Only 101

Su	4 pm	May 2	9	\$83.75	424571
Su	4 pm	Jul 11	8	\$74.50	427250

Adult Women Only 201

Su	4 pm	May 2	9	\$83.75	424572
Su	4 pm	Jul 11	8	\$74.50	427251

Kanata Leisure Centre
613-591-9283

Preschool

Parent and Tot 1

M	3 pm	Mar 22	12	\$78.75	434652
M	4 pm	Mar 22	12	\$78.75	434540
Tu	4:30 pm	Mar 23	14	\$92	434545
W	5 pm	Mar 24	14	\$92	434546
Th	5 pm	Mar 25	14	\$92	434547
F	10:30 am	Mar 26	11	\$72.75	434655
Sa	10:15 am	Mar 27	13	\$85.25	434541
Sa	3 pm	Mar 27	13	\$85.25	434542
Su	11 am	Mar 28	13	\$85.25	434543
Su	4:15 pm	Mar 28	13	\$85.25	434544
Sa	9:45 am	Jun 26	9	\$59	435853
Sa	4:15 pm	Jun 26	9	\$59	435850
Su	9:45 am	Jun 27	9	\$59	435852
Su	4:15 pm	Jun 27	9	\$59	435851
M	4:15 pm	Jun 28	7	\$46	435845
Tu	4:45 pm	Jun 29	8	\$52.50	435848
W	4:15 pm	Jun 30	8	\$52.50	435849
Th	4:45 pm	Jul 8	7	\$46	435846

Parent and Tot 2

M	1 pm	Mar 22	12	\$78.75	434661
M	2:30 pm	Mar 22	12	\$78.75	434664
M	4:45 pm	Mar 22	12	\$78.75	434550
Tu	6 pm	Mar 23	14	\$92	434557
W	4 pm	Mar 24	14	\$92	434558
Th	4 pm	Mar 25	14	\$92	434560
F	8:30 am	Mar 26	11	\$72.75	434670
F	10 am	Mar 26	11	\$72.75	434674
Sa	8:30 am	Mar 27	13	\$85.25	434552
Sa	5 pm	Mar 27	13	\$85.25	434551
Su	10:30 am	Mar 28	13	\$85.25	434555
Su	5:45 pm	Mar 28	13	\$85.25	434556
Sa	9 am	Jun 26	9	\$59	435868
Sa	5:15 pm	Jun 26	9	\$59	435864
Su	9 am	Jun 27	9	\$59	435867
Su	5:15 pm	Jun 27	9	\$59	435866
M	5:45 pm	Jun 28	7	\$46	435857
Tu	4:15 pm	Jun 29	8	\$52.50	435861
W	5:45 pm	Jun 30	8	\$52.50	435862
Th	4:15 pm	Jul 8	7	\$46	435859

Parent and Tot 3

M	2 pm	Mar 22	12	\$78.75	434601
M	6 pm	Mar 22	12	\$78.75	434561
Tu	5:30 pm	Mar 23	14	\$92	434570

W	6 pm	Mar 24	14	\$92	436962
Th	4:30 pm	Mar 25	14	\$92	434571
Th	6 pm	Mar 25	14	\$92	434572
F	9:30 am	Mar 26	11	\$72.75	434604
Sa	9 am	Mar 27	13	\$85.25	434566
Sa	11:15 am	Mar 27	13	\$85.25	434562
Sa	4 pm	Mar 27	13	\$85.25	434563
Sa	5:30 pm	Mar 27	13	\$85.25	434565
Su	10 am	Mar 28	13	\$85.25	434567
Su	4:45 pm	Mar 28	13	\$85.25	434568
Su	6:30 pm	Mar 28	13	\$85.25	434569
Sa	9:30 am	Jun 26	9	\$59	435887
Sa	10:45 am	Jun 26	9	\$59	435882
Sa	4:45 pm	Jun 26	9	\$59	435885
Su	9:30 am	Jun 27	9	\$59	435888
Su	10:45 am	Jun 27	9	\$59	435883
Su	4:45 pm	Jun 27	9	\$59	435884
M	5:15 pm	Jun 28	7	\$46	435869
Tu	5:15 pm	Jun 29	8	\$52.50	435880
W	5:15 pm	Jun 30	8	\$52.50	435881
Th	5:15 pm	Jul 8	7	\$46	435870

Preschool A

M	1 pm	Mar 22	12	\$78.75	434605
M	1:30 pm	Mar 22	12	\$78.75	434607
M	5 pm	Mar 22	12	\$78.75	432722
M	6 pm	Mar 22	12	\$78.75	432726
Tu	4:30 pm	Mar 23	14	\$92	432761
Tu	5 pm	Mar 23	14	\$92	432767
Tu	5:15 pm	Mar 23	14	\$92	432763
Tu	5:45 pm	Mar 23	14	\$92	432765
W	4 pm	Mar 24	14	\$92	432773
W	4:30 pm	Mar 24	14	\$92	432770
W	5 pm	Mar 24	14	\$92	432774
W	6 pm	Mar 24	14	\$92	432775
Th	4 pm	Mar 25	14	\$92	432777
Th	4:30 pm	Mar 25	14	\$92	432776
Th	5 pm	Mar 25	14	\$92	432778
Th	6 pm	Mar 25	14	\$92	432780
F	8:30 am	Mar 26	11	\$72.75	434608
F	9 am	Mar 26	11	\$72.75	434609
Sa	8 am	Mar 27	13	\$85.25	432741
Sa	9 am	Mar 27	13	\$85.25	432744
Sa	9:45 am	Mar 27	13	\$85.25	432743
Sa	10:15 am	Mar 27	13	\$85.25	432730
Sa	11:15 am	Mar 27	13	\$85.25	432732
Sa	3 pm	Mar 27	13	\$85.25	432735
Sa	3:30 pm	Mar 27	13	\$85.25	432733
Sa	4 pm	Mar 27	13	\$85.25	432737
Sa	5 pm	Mar 27	13	\$85.25	432740
Sa	5:30 pm	Mar 27	13	\$85.25	432739
Su	10 am	Mar 28	13	\$85.25	432747
Su	4:15 pm	Mar 28	13	\$85.25	432750
Su	5:15 pm	Mar 28	13	\$85.25	432752
Su	5:45 pm	Mar 28	13	\$85.25	432755
Su	7 pm	Mar 28	13	\$85.25	432757
Sa	8:30 am	Jun 26	9	\$59	433616
Sa	9:30 am	Jun 26	9	\$59	433618
Sa	4:15 pm	Jun 26	9	\$59	433614
Su	8:30 am	Jun 27	9	\$59	433623
Su	9:30 am	Jun 27	9	\$59	433619
Su	4:15 pm	Jun 27	9	\$59	433621
M-F	8 am	Jun 28	9	\$59	433626
M-F	9 am	Jun 28	9	\$59	433628
M-F	10:45 am	Jun 28	9	\$59	433624
M	4:15 pm	Jun 28	7	\$46	433598
M	4:45 pm	Jun 28	7	\$46	433603

Swimming • Learn to Swim

Tu	5 pm	Jun 29	8	\$52.50	433608
W	4:15 pm	Jun 30	8	\$52.50	433609
W	4:45 pm	Jun 30	8	\$52.50	433611
Th	5 pm	Jul 8	7	\$46	433605
M-F	8 am	Jul 12	10	\$65.75	433635
M-F	9 am	Jul 12	10	\$65.75	433637
M-F	10:45 am	Jul 12	10	\$65.75	433633
M-F	8 am	Jul 26	9	\$59	433630
M-F	9 am	Jul 26	9	\$59	433629
M-F	10:45 am	Jul 26	9	\$59	433632
M-F	8 am	Aug 9	10	\$65.75	433636
M-F	9 am	Aug 9	10	\$65.75	433638
M-F	10:45 am	Aug 9	10	\$65.75	433634

Preschool A – Low Ratio

M	5:30 pm	Mar 22	12	\$142.75	432795
M	6:30 pm	Mar 22	12	\$142.75	432800
Tu	4 pm	Mar 23	14	\$166.50	432820
Tu	6:15 pm	Mar 23	14	\$166.50	432822
W	5:30 pm	Mar 24	14	\$166.50	432825
Th	5:30 pm	Mar 25	14	\$166.50	432827
Sa	8:30 am	Mar 27	13	\$154.75	432806
Sa	10:45 am	Mar 27	13	\$154.75	432804
Su	10:30 am	Mar 28	13	\$154.75	432812
Su	11 am	Mar 28	13	\$154.75	432813
Su	4:45 pm	Mar 28	13	\$154.75	432817
Su	6:30 pm	Mar 28	13	\$154.75	432818
Sa	10:15 am	Jun 26	9	\$107	433656
Su	10:15 am	Jun 27	9	\$107	433657
M-F	8:30 am	Jun 28	9	\$107	433647
M-F	10:15 am	Jun 28	9	\$107	433645
Tu	5:45 pm	Jun 29	8	\$95.25	433643
Th	5:45 pm	Jul 8	7	\$83.25	433642
M-F	8:30 am	Jul 12	10	\$119	433654
M-F	10:15 am	Jul 12	10	\$119	433652
M-F	8:30 am	Jul 26	9	\$107	433648
M-F	10:15 am	Jul 26	9	\$107	433651
M-F	8:30 am	Aug 9	10	\$119	433655
M-F	10:15 am	Aug 9	10	\$119	433653

Preschool B

M	1:30 pm	Mar 22	12	\$78.75	434610
M	2 pm	Mar 22	12	\$78.75	434612
M	4 pm	Mar 22	12	\$78.75	432902
M	4:30 pm	Mar 22	12	\$78.75	432887
M	6:30 pm	Mar 22	12	\$78.75	432895
Tu	4 pm	Mar 23	14	\$92	432983
Tu	5 pm	Mar 23	14	\$92	432995
Tu	6 pm	Mar 23	14	\$92	433000
Tu	6:30 pm	Mar 23	14	\$92	432997
W	4 pm	Mar 24	14	\$92	433005
W	5 pm	Mar 24	14	\$92	433007
W	5:30 pm	Mar 24	14	\$92	433006
W	6 pm	Mar 24	14	\$92	433010
Th	4 pm	Mar 25	14	\$92	433012
Th	5 pm	Mar 25	14	\$92	433018
Th	5:30 pm	Mar 25	14	\$92	433021
Th	6 pm	Mar 25	14	\$92	433014
F	9 am	Mar 26	11	\$72.75	434614
F	9:30 am	Mar 26	11	\$72.75	434616
Sa	8 am	Mar 27	13	\$85.25	432955
Sa	8:30 am	Mar 27	13	\$85.25	432951
Sa	9:45 am	Mar 27	13	\$85.25	432956
Sa	10 am	Mar 27	13	\$85.25	432922
Sa	11:15 am	Mar 27	13	\$85.25	432928
Sa	3 pm	Mar 27	13	\$85.25	432930
Sa	4 pm	Mar 27	13	\$85.25	432936

Sa	4:30 pm	Mar 27	13	\$85.25	432933
Sa	5 pm	Mar 27	13	\$85.25	432944
Sa	5:30 pm	Mar 27	13	\$85.25	432940
Su	10 am	Mar 28	13	\$85.25	432961
Su	10:30 am	Mar 28	13	\$85.25	432958
Su	4:45 pm	Mar 28	13	\$85.25	432978
Su	5:45 pm	Mar 28	13	\$85.25	432979
Su	6:30 pm	Mar 28	13	\$85.25	432981
Sa	9 am	Jun 26	9	\$59	433668
Sa	10:15 am	Jun 26	9	\$59	433664
Sa	4:15 pm	Jun 26	9	\$59	433665
Sa	5:15 pm	Jun 26	9	\$59	433666
Su	9 am	Jun 27	9	\$59	433674
Su	10:15 am	Jun 27	9	\$59	433670
Su	4:15 pm	Jun 27	9	\$59	433671
Su	5:15 pm	Jun 27	9	\$59	433673
M-F	8:30 am	Jun 28	9	\$59	433687
M-F	9 am	Jun 28	9	\$59	433679
M-F	10:15 am	Jun 28	9	\$59	433677
M	4:15 pm	Jun 28	7	\$46	433658
M	5:45 pm	Jun 28	7	\$46	433659
Tu	5:15 pm	Jun 29	8	\$52.50	433661
W	4:15 pm	Jun 30	8	\$52.50	433662
W	5:45 pm	Jun 30	8	\$52.50	433663
Th	5:15 pm	Jul 8	7	\$46	433660
M-F	8:30 am	Jul 12	10	\$65.75	433697
M-F	9 am	Jul 12	10	\$65.75	433694
M-F	10:15 am	Jul 12	10	\$65.75	433691
M-F	8:30 am	Jul 26	9	\$59	433685
M-F	9 am	Jul 26	9	\$59	433681
M-F	10:15 am	Jul 26	9	\$59	433684
M-F	8:30 am	Aug 9	10	\$65.75	433699
M-F	9 am	Aug 9	10	\$65.75	433695
M-F	10:15 am	Aug 9	10	\$65.75	433692

Preschool B – Low Ratio

Tu	4:30 pm	Mar 23	14	\$166.50	433048
Tu	5:30 pm	Mar 23	14	\$166.50	433052
W	4:30 pm	Mar 24	14	\$166.50	433055
Th	4:30 pm	Mar 25	14	\$166.50	433058
Sa	9 am	Mar 27	13	\$154.75	433033
Sa	10:15 am	Mar 27	13	\$154.75	433031
Su	11 am	Mar 28	13	\$154.75	433035
Su	4:15 pm	Mar 28	13	\$154.75	433039
Su	5:15 pm	Mar 28	13	\$154.75	433042
Su	7 pm	Mar 28	13	\$154.75	433045
Sa	8:30 am	Jun 26	9	\$107	433709
Sa	10:45 am	Jun 26	9	\$107	433708
Su	8:30 am	Jun 27	9	\$107	433711
Su	10:45 am	Jun 27	9	\$107	433713
M-F	8 am	Jun 28	9	\$107	433715
M-F	10:45 am	Jun 28	9	\$107	433714
Tu	4:45 pm	Jun 29	8	\$95.25	433705
Th	4:45 pm	Jul 8	7	\$83.25	433703
M-F	8 am	Jul 12	10	\$119	433720
M-F	10:45 am	Jul 12	10	\$119	433718
M-F	8 am	Jul 26	9	\$107	433716
M-F	10:45 am	Jul 26	9	\$107	433717
M-F	8 am	Aug 9	10	\$119	433722
M-F	10:45 am	Aug 9	10	\$119	433719

Preschool C

M	2 pm	Mar 22	12	\$78.75	434617
M	2:30 pm	Mar 22	12	\$78.75	434618
M	5:30 pm	Mar 22	12	\$78.75	433969
M	6 pm	Mar 22	12	\$78.75	433972
M	6:30 pm	Mar 22	12	\$78.75	433971
Tu	4 pm	Mar 23	14	\$92	433998
Tu	4:30 pm	Mar 23	14	\$92	433997
Tu	5:30 pm	Mar 23	14	\$92	433999
Tu	6:30 pm	Mar 23	14	\$92	434001
W	4:30 pm	Mar 24	14	\$92	434002
W	5:30 pm	Mar 24	14	\$92	434003
W	6 pm	Mar 24	14	\$92	434004
Th	4:30 pm	Mar 25	14	\$92	434005
Th	5:30 pm	Mar 25	14	\$92	434006
Th	6 pm	Mar 25	14	\$92	434007
F	9:30 am	Mar 26	11	\$72.75	434619
F	10 am	Mar 26	11	\$72.75	434621
Sa	8:30 am	Mar 27	13	\$85.25	433984
Sa	9 am	Mar 27	13	\$85.25	433986
Sa	9:30 am	Mar 27	13	\$85.25	433985
Sa	10:45 am	Mar 27	13	\$85.25	433974
Sa	3 pm	Mar 27	13	\$85.25	433975
Sa	4 pm	Mar 27	13	\$85.25	433981
Sa	4:30 pm	Mar 27	13	\$85.25	433980
Sa	5:30 pm	Mar 27	13	\$85.25	433982
Su	10:30 am	Mar 28	13	\$85.25	433988
Su	11 am	Mar 28	13	\$85.25	433989
Su	4:15 pm	Mar 28	13	\$85.25	433990
Su	4:45 pm	Mar 28	13	\$85.25	433992
Su	5:15 pm	Mar 28	13	\$85.25	433993
Su	6 pm	Mar 28	13	\$85.25	433995
Su	6:30 pm	Mar 28	13	\$85.25	433994
Su	7 pm	Mar 28	13	\$85.25	433996
Sa	8:30 am	Jun 26	9	\$59	433740
Sa	9:45 am	Jun 26	9	\$59	433744
Sa	10:45 am	Jun 26	9	\$59	433736
Sa	4:45 pm	Jun 26	9	\$59	433739
Su	8:30 am	Jun 27	9	\$59	433741
Su	9:45 am	Jun 27	9	\$59	433742
Su	10:45 am	Jun 27	9	\$59	433737
Su	4:45 pm	Jun 27	9	\$59	433738
M-F	8 am	Jun 28	9	\$59	433758
M-F	9:30 am	Jun 28	9	\$59	433760
M-F	10:45 am	Jun 28	9	\$59	433756
M	4:15 pm	Jun 28	7	\$46	433724
M	5:45 pm	Jun 28	7	\$46	433726
Tu	4:15 pm	Jun 29	8	\$52.50	433730
Tu	5 pm	Jun 29	8	\$52.50	433731
W	4:15 pm	Jun 30	8	\$52.50	433732
W	5:45 pm	Jun 30	8	\$52.50	433734
Th	4:15 pm	Jul 8	7	\$46	433728
Th	5 pm	Jul 8	7	\$46	433729
M-F	8 am	Jul 12	10	\$65.75	433749
M-F	9:30 am	Jul 12	10	\$65.75	433753
M-F	10:45 am	Jul 12	10	\$65.75	433745
M-F	8 am	Jul 26	9	\$59	433764
M-F	9:30 am	Jul 26	9	\$59	433762
M-F	10:45 am	Jul 26	9	\$59	433767
M-F	8 am	Aug 9	10	\$65.75	433750
M-F	9:30 am	Aug 9	10	\$65.75	433754
M-F	10:45 am	Aug 9	10	\$65.75	433748

Swimming • Learn to Swim

Preschool C – Low Ratio

M	5 pm	Mar 22	12	\$142.75	434010
Tu	5 pm	Mar 23	14	\$166.50	436964
Tu	6 pm	Mar 23	14	\$166.50	436965
W	5 pm	Mar 24	14	\$166.50	434017
Th	4 pm	Mar 25	14	\$166.50	434018
Th	5 pm	Mar 25	14	\$166.50	434019
Sa	8 am	Mar 27	13	\$154.75	434013
Sa	10 am	Mar 27	13	\$154.75	434012
Sa	11:15 am	Mar 27	13	\$154.75	434011
Su	10 am	Mar 28	13	\$154.75	434014
Su	5:30 pm	Mar 28	13	\$154.75	434015
Sa	9 am	Jun 26	9	\$107	433777
Sa	10:15 am	Jun 26	9	\$107	433774
Su	9 am	Jun 27	9	\$107	433776
Su	10:15 am	Jun 27	9	\$107	433775
M-F	9 am	Jun 28	9	\$107	433779
M-F	10:15 am	Jun 28	9	\$107	433778
Tu	5:45 pm	Jun 29	8	\$95.25	433772
Th	5:45 pm	Jul 8	7	\$83.25	433770
M-F	9 am	Jul 12	10	\$119	433785
M-F	10:15 am	Jul 12	10	\$119	433783
M-F	9 am	Jul 26	9	\$107	433780
M-F	10:15 am	Jul 26	9	\$107	433782
M-F	9 am	Aug 9	10	\$119	433786
M-F	10:15 am	Aug 9	10	\$119	433784

Preschool D

M	1 pm	Mar 22	12	\$78.75	434622
M	2:30 pm	Mar 22	12	\$78.75	434623
M	5 pm	Mar 22	12	\$78.75	434020
M	6 pm	Mar 22	12	\$78.75	434021
Tu	4 pm	Mar 23	14	\$92	434035
Tu	5 pm	Mar 23	14	\$92	434036
W	5 pm	Mar 24	14	\$92	434038
W	5:30 pm	Mar 24	14	\$92	434037
W	6 pm	Mar 24	14	\$92	434039
Th	5 pm	Mar 25	14	\$92	434042
Th	5:30 pm	Mar 25	14	\$92	434040
Th	6 pm	Mar 25	14	\$92	434043
F	8:30 am	Mar 26	11	\$72.75	434626
F	10 am	Mar 26	11	\$72.75	434628
Sa	8 am	Mar 27	13	\$85.25	434028
Sa	9 am	Mar 27	13	\$85.25	434029
Sa	10:45 am	Mar 27	13	\$85.25	434023
Sa	11:15 am	Mar 27	13	\$85.25	434024
Sa	3:30 pm	Mar 27	13	\$85.25	434026
Sa	4:30 pm	Mar 27	13	\$85.25	434027
Su	10 am	Mar 28	13	\$85.25	434030
Su	11 am	Mar 28	13	\$85.25	434031
Su	4:45 pm	Mar 28	13	\$85.25	434032
Su	6 pm	Mar 28	13	\$85.25	434033
Su	7 pm	Mar 28	13	\$85.25	434034
Sa	9 am	Jun 26	9	\$59	433797
Sa	10:45 am	Jun 26	9	\$59	433793
Sa	5:15 pm	Jun 26	9	\$59	433796
Su	9 am	Jun 27	9	\$59	433798
Su	10:45 am	Jun 27	9	\$59	433794
Su	5:15 pm	Jun 27	9	\$59	433795
M-F	8 am	Jun 28	9	\$59	433805
M-F	10:45 am	Jun 28	9	\$59	433800
M	5:15 pm	Jun 28	7	\$46	433788
Tu	5:15 pm	Jun 29	8	\$52.50	433792
W	5:15 pm	Jun 30	8	\$52.50	433789
Th	5:15 pm	Jul 8	7	\$46	433791
M-F	8 am	Jul 12	10	\$65.75	433806
M-F	10:45 am	Jul 12	10	\$65.75	433809

M-F	8 am	Jul 26	9	\$59	433803
M-F	10:45 am	Jul 26	9	\$59	433802
M-F	8 am	Aug 9	10	\$65.75	433807
M-F	10:45 am	Aug 9	10	\$65.75	433810

Preschool D – Low Ratio

Su	10:30 am	Mar 28	13	\$154.75	434044
Su	4:15 pm	Mar 28	13	\$154.75	434046
M-F	9 am	Jun 28	9	\$107	433816
Tu	5:45 pm	Jun 29	8	\$95.25	433815
Th	5:45 pm	Jul 8	7	\$83.25	433814
M-F	9 am	Jul 12	10	\$119	433819
M-F	9 am	Jul 26	9	\$107	433818
M-F	9 am	Aug 9	10	\$119	433820

Preschool E

M	3 pm	Mar 22	12	\$78.75	434632
M	5:30 pm	Mar 22	12	\$78.75	434186
M	6:30 pm	Mar 22	12	\$78.75	434187
Tu	4:30 pm	Mar 23	14	\$92	434197
Tu	6:15 pm	Mar 23	14	\$92	434198
W	4:30 pm	Mar 24	14	\$92	434199
W	5:30 pm	Mar 24	14	\$92	434200
Th	4:30 pm	Mar 25	14	\$92	434201
Th	5:30 pm	Mar 25	14	\$92	434202
F	10:30 am	Mar 26	11	\$72.75	434635
Sa	8:30 am	Mar 27	13	\$85.25	434191
Sa	9:30 am	Mar 27	13	\$85.25	434192
Sa	10:45 am	Mar 27	13	\$85.25	434188
Sa	3:30 pm	Mar 27	13	\$85.25	434189
Sa	5 pm	Mar 27	13	\$85.25	434190
Su	11 am	Mar 28	13	\$85.25	434193
Su	5:15 pm	Mar 28	13	\$85.25	434194
Su	6:30 pm	Mar 28	13	\$85.25	434195
Sa	8:30 am	Jun 26	9	\$59	434069
Sa	10:15 am	Jun 26	9	\$59	434060
Sa	5:15 pm	Jun 26	9	\$59	434067
Su	8:30 am	Jun 27	9	\$59	434070
Su	10:15 am	Jun 27	9	\$59	434061
Su	5:15 pm	Jun 27	9	\$59	434066
M-F	8:30 am	Jun 28	9	\$59	434075
M-F	10:15 am	Jun 28	9	\$59	434073
M	4:45 pm	Jun 28	7	\$46	434054
Tu	4:45 pm	Jun 29	8	\$52.50	434058
W	4:45 pm	Jun 30	8	\$52.50	434059
Th	4:45 pm	Jul 8	7	\$46	434057
M-F	8:30 am	Jul 12	10	\$65.75	434083
M-F	10:15 am	Jul 12	10	\$65.75	434079
M-F	8:30 am	Jul 26	9	\$59	434076
M-F	10:15 am	Jul 26	9	\$59	434078
M-F	8:30 am	Aug 9	10	\$65.75	434084
M-F	10:15 am	Aug 9	10	\$65.75	434081

Preschool E – Low Ratio

M-F	9:30 am	Jun 28	9	\$107	433823
M-F	9:30 am	Jul 12	10	\$119	433826
M-F	9:30 am	Jul 26	9	\$107	433825
M-F	9:30 am	Aug 9	10	\$119	433827

Children should be "within arms reach" at all times around water.

Children

Swimmer 1 – Beginner

M	5 pm	Mar 22	12	\$78.75	432506
M	6 pm	Mar 22	12	\$78.75	432509
Tu	4:45 pm	Mar 23	14	\$92	432541
Tu	6:15 pm	Mar 23	14	\$92	432544
W	5:30 pm	Mar 24	14	\$92	432545
Th	5:30 pm	Mar 25	14	\$92	432547
Sa	8:30 am	Mar 27	13	\$85.25	432519
Sa	9:45 am	Mar 27	13	\$85.25	432520
Sa	3:30 pm	Mar 27	13	\$85.25	432514
Sa	5:30 pm	Mar 27	13	\$85.25	432517
Su	10:30 am	Mar 28	13	\$85.25	432527
Su	5 pm	Mar 28	13	\$85.25	432530
Su	6:30 pm	Mar 28	13	\$85.25	432535
Sa	10:15 am	Jun 26	9	\$59	433337
Sa	4:45 pm	Jun 26	9	\$59	433338
Su	10:15 am	Jun 27	9	\$59	433339
Su	4:45 pm	Jun 27	9	\$59	433340
M-F	8 am	Jun 28	9	\$59	433342
M-F	9:45 am	Jun 28	9	\$59	433343
M	4:45 pm	Jun 28	7	\$46	433326
Tu	4:15 pm	Jun 29	8	\$52.50	433333
Tu	5:45 pm	Jun 29	8	\$52.50	433335
W	4:45 pm	Jun 30	8	\$52.50	433336
Th	4:15 pm	Jul 8	7	\$46	433331
Th	5:45 pm	Jul 8	7	\$46	433332
M-F	8 am	Jul 12	10	\$65.75	433347
M-F	9:45 am	Jul 12	10	\$65.75	433349
M-F	8 am	Jul 26	9	\$59	433346
M-F	9:45 am	Jul 26	9	\$59	433344
M-F	8 am	Aug 9	10	\$65.75	433348
M-F	9:45 am	Aug 9	10	\$65.75	433350

Swimmer 1 – Beginner Low Ratio

Sa	9 am	Jun 26	9	\$107	433351
Su	9 am	Jun 27	9	\$107	433352

Swimmer 1 – Advanced

M	5:30 pm	Mar 22	12	\$78.75	432451
M	6:30 pm	Mar 22	12	\$78.75	432445
Tu	4:15 pm	Mar 23	14	\$92	432482
Tu	5:30 pm	Mar 23	14	\$92	432486
W	5 pm	Mar 24	14	\$92	432489
W	6 pm	Mar 24	14	\$92	432492
Th	4 pm	Mar 25	14	\$92	432494
Th	5 pm	Mar 25	14	\$92	432496
Th	6 pm	Mar 25	14	\$92	432498
Sa	8 am	Mar 27	13	\$85.25	432470
Sa	9 am	Mar 27	13	\$85.25	432499
Sa	10:45 am	Mar 27	13	\$85.25	432462
Sa	3 pm	Mar 27	13	\$85.25	432466
Sa	5 pm	Mar 27	13	\$85.25	432467
Su	10 am	Mar 28	13	\$85.25	432473
Su	4:15 pm	Mar 28	13	\$85.25	432474
Su	6 pm	Mar 28	13	\$85.25	432477
Su	7 pm	Mar 28	13	\$85.25	432479
Sa	8:30 am	Jun 26	9	\$59	433308
Sa	9:30 am	Jun 26	9	\$59	433309
Sa	4:45 pm	Jun 26	9	\$59	433307
Su	8:30 am	Jun 27	9	\$59	433311
Su	9:30 am	Jun 27	9	\$59	433312
Su	4:45 pm	Jun 27	9	\$59	433310
M-F	8:30 am	Jun 28	9	\$59	433313

Swimming • Learn to Swim

M-F	9:30 am	Jun 28	9	\$59	433315
M	5 pm	Jun 28	7	\$46	433301
Tu	4:15 pm	Jun 29	8	\$52.50	433304
Tu	5:45 pm	Jun 29	8	\$52.50	433305
W	5 pm	Jun 30	8	\$52.50	433306
Th	4:15 pm	Jul 8	7	\$46	433302
Th	5:45 pm	Jul 8	7	\$46	433303
M-F	8:30 am	Jul 12	10	\$65.75	433319
M-F	9:30 am	Jul 12	10	\$65.75	433321
M-F	8:30 am	Jul 26	9	\$59	433317
M-F	9:30 am	Jul 26	9	\$59	433316
M-F	8:30 am	Aug 9	10	\$65.75	433320
M-F	9:30 am	Aug 9	10	\$65.75	433322

Swimmer 1 – Advanced Low Ratio

Sa	10:45 am	Jun 26	9	\$107	433324
Su	10:45 am	Jun 27	9	\$107	433325

Swimmer 2

M	4:30 pm	Mar 22	12	\$78.75	432184
M	5 pm	Mar 22	12	\$78.75	432186
M	5:45 pm	Mar 22	12	\$78.75	432185
M	6:30 pm	Mar 22	12	\$78.75	432187
Tu	4:15 pm	Mar 23	14	\$92	432198
Tu	4:45 pm	Mar 23	14	\$92	432199
Tu	6 pm	Mar 23	14	\$92	432200
W	4 pm	Mar 24	14	\$92	432202
W	4:30 pm	Mar 24	14	\$92	432201
W	5:30 pm	Mar 24	14	\$92	432203
Th	4 pm	Mar 25	14	\$92	432205
Th	4:30 pm	Mar 25	14	\$92	432204
Th	5:30 pm	Mar 25	14	\$92	432206
Sa	8 am	Mar 27	13	\$85.25	432189
Sa	9:30 am	Mar 27	13	\$85.25	432190
Sa	10:45 am	Mar 27	13	\$85.25	432188
Su	10:30 am	Mar 28	13	\$85.25	432191
Su	11 am	Mar 28	13	\$85.25	432192
Su	4:15 pm	Mar 28	13	\$85.25	432193
Su	5:15 pm	Mar 28	13	\$85.25	432194
Su	5:45 pm	Mar 28	13	\$85.25	432195
Su	6:30 pm	Mar 28	13	\$85.25	432196
Su	7 pm	Mar 28	13	\$85.25	432197
Sa	8:30 am	Jun 26	9	\$59	432947
Sa	10 am	Jun 26	9	\$59	432941
Sa	4:15 pm	Jun 26	9	\$59	432945
Su	8:30 am	Jun 27	9	\$59	432954
Su	10 am	Jun 27	9	\$59	432950
Su	4:15 pm	Jun 27	9	\$59	432952
M-F	8:30 am	Jun 28	9	\$59	432921
M-F	9:45 am	Jun 28	9	\$59	432919
M-F	10:45 am	Jun 28	9	\$59	432925
M	4:15 pm	Jun 28	7	\$46	432885
M	5:45 pm	Jun 28	7	\$46	432888
Tu	4:15 pm	Jun 29	8	\$52.50	432893
W	4:15 pm	Jun 30	8	\$52.50	432897
W	5:45 pm	Jun 30	8	\$52.50	432899
Th	4:15 pm	Jul 8	7	\$46	432890
M-F	8:30 am	Jul 12	10	\$65.75	432967
M-F	9:45 am	Jul 12	10	\$65.75	432970
M-F	10:45 am	Jul 12	10	\$65.75	432959
M-F	8:30 am	Jul 26	9	\$59	432931
M-F	9:45 am	Jul 26	9	\$59	432934
M-F	10:45 am	Jul 26	9	\$59	432929
M-F	8:30 am	Aug 9	10	\$65.75	432968
M-F	9:45 am	Aug 9	10	\$65.75	432971
M-F	10:45 am	Aug 9	10	\$65.75	432962

Swimmer 2 – Low Ratio

Tu	5:15 pm	Mar 23	14	\$166.50	432650
Tu	6:30 pm	Mar 23	14	\$166.50	432651
W	5 pm	Mar 24	14	\$166.50	432653
W	6 pm	Mar 24	14	\$166.50	432654
Th	5 pm	Mar 25	14	\$166.50	432656
Th	6 pm	Mar 25	14	\$166.50	432657
Sa	11:15 am	Mar 27	13	\$154.75	432646
Su	10 am	Mar 28	13	\$154.75	432647
Su	4:45 pm	Mar 28	13	\$154.75	432648
Su	7 pm	Mar 28	13	\$154.75	432649
Sa	9 am	Jun 26	9	\$107	433358
Sa	10:45 am	Jun 26	9	\$107	433357
Su	9 am	Jun 27	9	\$107	433359
Su	10:45 am	Jun 27	9	\$107	433360
M-F	9 am	Jun 28	9	\$107	433362
M-F	10:15 am	Jun 28	9	\$107	433361
Tu	5:15 pm	Jun 29	8	\$95.25	433356
Tu	5:45 pm	Jun 29	8	\$95.25	433355
Th	5:15 pm	Jul 8	7	\$83.25	433353
Th	5:45 pm	Jul 8	7	\$83.25	433354
M-F	9 am	Jul 12	10	\$119	433367
M-F	10:15 am	Jul 12	10	\$119	433365
M-F	9 am	Jul 26	9	\$107	433363
M-F	10:15 am	Jul 26	9	\$107	433364
M-F	9 am	Aug 9	10	\$119	433368
M-F	10:15 am	Aug 9	10	\$119	433366

Swimmer 3

M	4 pm	Mar 22	12	\$87	432207
M	5 pm	Mar 22	12	\$87	432208
M	6:15 pm	Mar 22	12	\$87	432209
Tu	4 pm	Mar 23	14	\$101.50	432219
Tu	5:30 pm	Mar 23	14	\$101.50	432220
W	4:15 pm	Mar 24	14	\$101.50	432221
W	5:45 pm	Mar 24	14	\$101.50	432223
Th	4:15 pm	Mar 25	14	\$101.50	432224
Th	5:45 pm	Mar 25	14	\$101.50	432225
Sa	8 am	Mar 27	13	\$94.25	432215
Sa	8:45 am	Mar 27	13	\$94.25	432214
Sa	10:15 am	Mar 27	13	\$94.25	432210
Sa	3 pm	Mar 27	13	\$94.25	432211
Sa	4:30 pm	Mar 27	13	\$94.25	432213
Su	10 am	Mar 28	13	\$94.25	432216
Su	4:15 pm	Mar 28	13	\$94.25	432217
Su	4:45 pm	Mar 28	13	\$94.25	432218
Sa	8:30 am	Jun 26	9	\$65.25	433034
Sa	9:15 am	Jun 26	9	\$65.25	433037
Sa	5 pm	Jun 26	9	\$65.25	433032
Su	8:30 am	Jun 27	9	\$65.25	433044
Su	9:15 am	Jun 27	9	\$65.25	433047
Su	5 pm	Jun 27	9	\$65.25	433041
M-F	8:45 am	Jun 28	9	\$65.25	433051
M-F	9:30 am	Jun 28	9	\$65.25	433056
M	4:15 pm	Jun 28	7	\$50.75	433020
Tu	4:45 pm	Jun 29	8	\$58	433029
W	4:15 pm	Jun 30	8	\$58	433030
Th	4:45 pm	Jul 8	7	\$50.75	433026
M-F	8:45 am	Jul 12	10	\$72.50	433066
M-F	9:30 am	Jul 12	10	\$72.50	433071
M-F	8:45 am	Jul 26	9	\$65.25	433064
M-F	9:30 am	Jul 26	9	\$65.25	433062
M-F	8:45 am	Aug 9	10	\$72.50	433068
M-F	9:30 am	Aug 9	10	\$72.50	433072

Swimmer 3 – Low Ratio

Tu	4:45 pm	Mar 23	14	\$181.25	432665
Tu	6:15 pm	Mar 23	14	\$181.25	432666
Sa	9:30 am	Mar 27	13	\$168.50	432660
Su	10:45 am	Mar 28	13	\$168.50	432661
Su	6 pm	Mar 28	13	\$168.50	432664
Sa	10:30 am	Jun 26	9	\$116.50	433373
Sa	4:15 pm	Jun 26	9	\$116.50	433374
Su	10:30 am	Jun 27	9	\$116.50	433376
Su	4:15 pm	Jun 27	9	\$116.50	433375
M-F	8 am	Jun 28	9	\$116.50	433377
M	5:30 pm	Jun 28	7	\$90.75	433369
Tu	5:30 pm	Jun 29	8	\$103.75	433371
W	5:30 pm	Jun 30	8	\$103.75	433372
Th	5:30 pm	Jul 8	7	\$90.75	433370
M-F	8 am	Jul 12	10	\$129.50	433379
M-F	8 am	Jul 26	9	\$116.50	433378
M-F	8 am	Aug 9	10	\$129.50	433380

Swimmer 4

M	5 pm	Mar 22	12	\$87	432232
M	5:45 pm	Mar 22	12	\$87	432229
Tu	4 pm	Mar 23	14	\$101.50	432270
Tu	4:45 pm	Mar 23	14	\$101.50	432268
Tu	6:15 pm	Mar 23	14	\$101.50	432271
W	4:15 pm	Mar 24	14	\$101.50	432272
W	5 pm	Mar 24	14	\$101.50	432273
Th	4:15 pm	Mar 25	14	\$101.50	432274
Th	5 pm	Mar 25	14	\$101.50	432280
Th	5:45 pm	Mar 25	14	\$101.50	432278
Sa	8:45 am	Mar 27	13	\$94.25	432256
Sa	9:45 am	Mar 27	13	\$94.25	432258
Sa	3 pm	Mar 27	13	\$94.25	432253
Sa	5:15 pm	Mar 27	13	\$94.25	432254
Su	10:45 am	Mar 28	13	\$94.25	432260
Su	4:15 pm	Mar 28	13	\$94.25	432262
Su	5 pm	Mar 28	13	\$94.25	432266
Sa	8:30 am	Jun 26	9	\$65.25	433089
Sa	10:30 am	Jun 26	9	\$65.25	433086
Sa	4:15 pm	Jun 26	9	\$65.25	433088
Su	8:30 am	Jun 27	9	\$65.25	433090
Su	10:30 am	Jun 27	9	\$65.25	433093
Su	4:15 pm	Jun 27	9	\$65.25	433091
M-F	8 am	Jun 28	9	\$65.25	433097
M	4:15 pm	Jun 28	7	\$50.75	433078
Tu	4:15 pm	Jun 29	8	\$58	433081
W	4:15 pm	Jun 30	8	\$58	433082
Th	4:15 pm	Jul 8	7	\$50.75	433079
M-F	8 am	Jul 12	10	\$72.50	433100
M-F	8 am	Jul 26	9	\$65.25	433099
M-F	8 am	Aug 9	10	\$72.50	433101

Swimmer 4 – Low Ratio

Tu	5:30 pm	Mar 23	14	\$181.25	432678
Sa	9:30 am	Mar 27	13	\$168.50	432671
Su	10 am	Mar 28	13	\$168.50	432674
Su	6:45 pm	Mar 28	13	\$168.50	432675
Sa	9:45 am	Jun 26	9	\$116.50	433386
Sa	5 pm	Jun 26	9	\$116.50	433385
Su	9:45 am	Jun 27	9	\$116.50	433387
Su	5 pm	Jun 27	9	\$116.50	433388
M-F	8:45 am	Jun 28	9	\$116.50	433390
M-F	10:30 am	Jun 28	9	\$116.50	433389
M	4:45 pm	Jun 28	7	\$90.75	433381
Tu	4:45 pm	Jun 29	8	\$103.75	433383
W	4:45 pm	Jun 30	8	\$103.75	433384
Th	4:45 pm	Jul 8	7	\$90.75	433382

Swimming • Learn to Swim

M-F	8:45 am	Jul 12	10	\$129.50	433395
M-F	10:30 am	Jul 12	10	\$129.50	433393
M-F	8:45 am	Jul 26	9	\$116.50	433391
M-F	10:30 am	Jul 26	9	\$116.50	433392
M-F	8:45 am	Aug 9	10	\$129.50	433396
M-F	10:30 am	Aug 9	10	\$129.50	433394

Swimmer 5

M	5 pm	Mar 22	12	\$87	432320
M	5:45 pm	Mar 22	12	\$87	432316
Tu	5:30 pm	Mar 23	14	\$101.50	432341
W	5 pm	Mar 24	14	\$101.50	432343
W	5:45 pm	Mar 24	14	\$101.50	432342
Th	4:15 pm	Mar 25	14	\$101.50	432345
Th	5 pm	Mar 25	14	\$101.50	432352
Th	5:45 pm	Mar 25	14	\$101.50	432349
Sa	8 am	Mar 27	13	\$94.25	432333
Sa	8:45 am	Mar 27	13	\$94.25	432330
Sa	10:30 am	Mar 27	13	\$94.25	432324
Sa	3:45 pm	Mar 27	13	\$94.25	432327
Su	10:45 am	Mar 28	13	\$94.25	432335
Su	6 pm	Mar 28	13	\$94.25	432337
Sa	9:15 am	Jun 26	9	\$65.25	433115
Sa	4:15 pm	Jun 26	9	\$65.25	433113
Su	9:15 am	Jun 27	9	\$65.25	433116
Su	4:15 pm	Jun 27	9	\$65.25	433118
M-F	9:45 am	Jun 28	9	\$65.25	433120
Tu	4:15 pm	Jun 29	8	\$58	433112
Th	4:15 pm	Jul 8	7	\$50.75	433110
M-F	9:45 am	Jul 12	10	\$72.50	433125
M-F	9:45 am	Jul 26	9	\$65.25	433123
M-F	9:45 am	Aug 9	10	\$72.50	433127

Swimmer 5 – Low Ratio

Tu	4 pm	Mar 23	14	\$181.25	432691
Su	4:15 pm	Mar 28	13	\$168.50	432687
M-F	8 am	Jun 28	9	\$116.50	433404
M-F	10:30 am	Jun 28	9	\$116.50	433402
M	4:45 pm	Jun 28	7	\$90.75	433397
Tu	5:30 pm	Jun 29	8	\$103.75	433399
W	4:45 pm	Jun 30	8	\$103.75	433400
Th	5:30 pm	Jul 8	7	\$90.75	433398
M-F	8 am	Jul 12	10	\$129.50	433409
M-F	10:30 am	Jul 12	10	\$129.50	433407
M-F	8 am	Jul 26	9	\$116.50	433405
M-F	10:30 am	Jul 26	9	\$116.50	433406
M-F	8 am	Aug 9	10	\$129.50	433410
M-F	10:30 am	Aug 9	10	\$129.50	433408

Swimmer 6

M	6 pm	Mar 22	12	\$87	432364
Tu	4:45 pm	Mar 23	14	\$101.50	432384
Th	5 pm	Mar 25	14	\$101.50	432387
Sa	8 am	Mar 27	13	\$94.25	432375
Sa	11 am	Mar 27	13	\$94.25	432367
Sa	3:45 pm	Mar 27	13	\$94.25	432370
Su	10 am	Mar 28	13	\$94.25	432378
Su	6:45 pm	Mar 28	13	\$94.25	432382
Sa	8:30 am	Jun 26	9	\$65.25	433143
Sa	5 pm	Jun 26	9	\$65.25	433142
Su	8:30 am	Jun 27	9	\$65.25	433145
Su	5 pm	Jun 27	9	\$65.25	433146
M-F	8:45 am	Jun 28	9	\$65.25	433148
M	5:30 pm	Jun 28	7	\$50.75	433132
Tu	4:15 pm	Jun 29	8	\$58	433136
W	5:30 pm	Jun 30	8	\$58	433140
Th	4:15 pm	Jul 8	7	\$50.75	433134

M-F	8:45 am	Jul 12	10	\$72.50	433159
M-F	8:45 am	Jul 26	9	\$65.25	433151
M-F	8:45 am	Aug 9	10	\$72.50	433161

Swimmer 6 – Low Ratio

Su	5 pm	Mar 28	13	\$168.50	432697
M-F	9:30 am	Jun 28	9	\$116.50	433412
M-F	9:30 am	Jul 12	10	\$129.50	433414
M-F	9:30 am	Jul 26	9	\$116.50	433413
M-F	9:30 am	Aug 9	10	\$129.50	433415

Swimmer 7 (Rookie Patrol)

Sa	9:30 am	Mar 27	13	\$103.50	432417
Sa	4:30 pm	Mar 27	13	\$103.50	432414
Su	5:30 pm	Mar 28	13	\$103.50	432424
Sa	10:15 am	Jun 26	9	\$71.50	433166
Su	10:15 am	Jun 27	9	\$71.50	433167
M-F	10:15 am	Jun 28	9	\$71.50	433168
M	5:15 pm	Jun 28	7	\$55.75	433164
W	5:15 pm	Jun 30	8	\$63.75	433165
M-F	10:15 am	Jul 26	9	\$71.50	433170

Swimmer 8 (Ranger Patrol)

Sa	10:45 am	Mar 27	13	\$103.50	432707
Su	6:30 pm	Mar 28	13	\$103.50	432706
M-F	10:15 am	Jun 28	9	\$71.50	433179
M-F	10:15 am	Jul 12	10	\$79.50	433188
M-F	10:15 am	Jul 26	9	\$71.50	433182
M-F	10:15 am	Aug 9	10	\$79.50	433190

Swimmer 8 – Low Ratio

Sa	9:15 am	Jun 26	9	\$71.50	433417
Su	9:15 am	Jun 27	9	\$71.50	433418

Swimmer 9 (Star Patrol)

Sa	10:45 am	Mar 27	13	\$103.50	432714
Su	6:30 pm	Mar 28	13	\$103.50	432715
M-F	10:15 am	Jul 12	10	\$79.50	433195
M-F	10:15 am	Aug 9	10	\$79.50	433198

Swimmer 9 – Low Ratio

Sa	9:15 am	Jun 26	9	\$71.50	433419
Su	9:15 am	Jun 27	9	\$71.50	433420



Katimavik Outdoor Pool
613-592-9793

Preschool

Preschool A

M-F	9 am	Jun 28	8	\$52.50	424708
M-F	10:30 am	Jun 28	8	\$52.50	424712
M-F	9 am	Jul 12	9	\$59	424769
M-F	10:30 am	Jul 12	9	\$59	424770
M-F	9 am	Jul 26	8	\$52.50	424772
M-F	10:30 am	Jul 26	8	\$52.50	424773
M-F	9 am	Aug 9	9	\$59	424774
M-F	10:30 am	Aug 9	9	\$59	424775

Preschool B

M-F	9 am	Jun 28	8	\$52.50	424828
M-F	10:30 am	Jun 28	8	\$52.50	424830
M-F	9 am	Jul 12	9	\$59	424833
M-F	10:30 am	Jul 12	9	\$59	424835
M-F	9 am	Jul 26	8	\$52.50	424837
M-F	10:30 am	Jul 26	8	\$52.50	424839
M-F	9 am	Aug 9	9	\$59	424841
M-F	10:30 am	Aug 9	9	\$59	424842

Preschool C

M-F	9 am	Jun 28	8	\$52.50	424844
M-F	9 am	Jul 12	9	\$59	424855
M-F	9 am	Jul 26	8	\$52.50	424856
M-F	9 am	Aug 9	9	\$59	424857

Preschool D

M-F	10 am	Jun 28	8	\$52.50	424886
M-F	10 am	Jul 12	9	\$59	424892
M-F	10 am	Jul 26	8	\$52.50	424894
M-F	10 am	Aug 9	9	\$59	424895

Preschool E

M-F	9 am	Jun 28	8	\$52.50	424906
M-F	9 am	Jul 12	9	\$59	424918
M-F	9 am	Jul 26	8	\$52.50	424926
M-F	9 am	Aug 9	9	\$59	424930

Children

Swimmer 1 – Beginner

M-F	9:30 am	Jun 28	8	\$52.50	425150
M-F	9:30 am	Jul 12	9	\$59	425170
M-F	9:30 am	Jul 26	8	\$52.50	425178
M-F	9:30 am	Aug 9	9	\$59	425185

Swimmer 1 – Advanced

M-F	10:30 am	Jun 28	8	\$52.50	425205
M-F	10:30 am	Jul 12	9	\$59	425215
M-F	10:30 am	Jul 26	8	\$52.50	425221
M-F	10:30 am	Aug 9	9	\$59	425231

Swimming • Learn to Swim

Swimmer 2

M-F	9 am	Jun 28	8	\$52.50	425259
M-F	9 am	Jun 28	8	\$52.50	425261
M-F	10:30 am	Jun 28	8	\$52.50	425264
M-F	9 am	Jul 12	9	\$59	425271
M-F	9 am	Jul 12	9	\$59	425273
M-F	10:30 am	Jul 12	9	\$59	425275
M-F	9 am	Jul 26	8	\$52.50	425283
M-F	9 am	Jul 26	8	\$52.50	425285
M-F	10:30 am	Jul 26	8	\$52.50	425288
M-F	9 am	Aug 9	9	\$59	425296
M-F	9 am	Aug 9	9	\$59	425302
M-F	10:30 am	Aug 9	9	\$59	425299

Swimmer 3

M-F	9:45 am	Jun 28	8	\$58	425350
M-F	11 am	Jun 28	8	\$58	425355
M-F	9:45 am	Jul 12	9	\$65.25	425362
M-F	11 am	Jul 12	9	\$65.25	425368
M-F	9:45 am	Jul 26	8	\$58	425374
M-F	11 am	Jul 26	8	\$58	425378
M-F	9:45 am	Aug 9	9	\$65.25	425386
M-F	11 am	Aug 9	9	\$65.25	425388

Swimmer 4

M-F	10 am	Jun 28	8	\$58	427759
M-F	11 am	Jun 28	8	\$58	427760
M-F	10 am	Jul 12	9	\$65.25	427761
M-F	11 am	Jul 12	9	\$65.25	427762
M-F	10 am	Jul 26	8	\$58	427763
M-F	11 am	Jul 26	8	\$58	427764
M-F	10 am	Aug 9	9	\$65.25	427765
M-F	11 am	Aug 9	9	\$65.25	427766

Swimmer 5

M-F	10:45 am	Jun 28	8	\$58	427768
M-F	10:45 am	Jul 12	9	\$65.25	427773
M-F	10:45 am	Jul 26	8	\$58	427775
M-F	10:45 am	Aug 9	9	\$65.25	427776

Swimmer 6

M-F	11 am	Jun 28	8	\$58	427782
M-F	11 am	Jul 12	9	\$65.25	427784
M-F	11 am	Jul 26	8	\$58	427786
M-F	11 am	Aug 9	9	\$65.25	427787

Swimmer 7 (Rookie Patrol)

M-F	9:30 am	Jun 28	8	\$63.75	427791
M-F	9:30 am	Jul 12	9	\$71.50	427935
M-F	9:30 am	Jul 26	8	\$63.75	428659
M-F	9:30 am	Aug 9	9	\$71.50	428660

Swimmer 8 (Ranger Patrol)

M-F	10:30 am	Jun 28	8	\$63.75	428661
M-F	10:30 am	Jul 12	9	\$71.50	428662
M-F	10:30 am	Jul 26	8	\$63.75	428663
M-F	10:30 am	Aug 9	9	\$71.50	428664

Swimmer 9 (Star Patrol)

M-F	10:30 am	Jun 28	8	\$63.75	428665
M-F	10:30 am	Jul 12	9	\$71.50	428666
M-F	10:30 am	Jul 26	8	\$63.75	428667
M-F	10:30 am	Aug 9	9	\$71.50	428668

Lowertown Pool 613-244-4406

Preschool

Parent and Tot 1

Tu	9:30 am	Apr 13	10	\$65.75	425574
Th	4:30 pm	Apr 15	10	\$65.75	425576
Sa	9 am	Apr 17	9	\$59	425578
Tu, Th	5:30 pm	Jun 22	7	\$46	438633
Sa	9 am	Jun 26	7	\$46	438637
M-F	8:30 am	Jun 28	9	\$59	438641
M-F	8:30 am	Jul 12	9	\$59	438643
Tu, Th	5:30 pm	Jul 20	8	\$52.50	438635
M-F	8:30 am	Jul 26	9	\$59	438644

Parent and Tot 1 – Low Ratio

M-F	8:30 am	Aug 9	5	\$59.50	438651
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Parent and Tot 2

Tu	9:30 am	Apr 13	10	\$65.75	425579
Th	4:30 pm	Apr 15	10	\$65.75	425580
Th	5:30 pm	Apr 15	10	\$65.75	425581
Sa	9 am	Apr 17	9	\$59	425582
Sa	10:30 am	Apr 17	9	\$59	425584
Tu, Th	5:30 pm	Jun 22	7	\$46	438980
Sa	9 am	Jun 26	7	\$46	438986
M-F	8:30 am	Jun 28	9	\$59	438989
M-F	8:30 am	Jul 12	9	\$59	438994
Tu, Th	5:30 pm	Jul 20	8	\$52.50	438983
M-F	8:30 am	Jul 26	9	\$59	438997

Parent and Tot 2 – Low Ratio

M-F	8:30 am	Aug 9	5	\$59.50	439003
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Parent and Tot 3

Tu	9:30 am	Apr 13	10	\$65.75	425585
Th	5:30 pm	Apr 15	10	\$65.75	425586
Sa	10:30 am	Apr 17	9	\$59	425587
Tu, Th	5:30 pm	Jun 22	7	\$46	439012
Sa	11 am	Jun 26	7	\$46	439017
M-F	8:30 am	Jun 28	9	\$59	439020
M-F	8:30 am	Jul 12	9	\$59	439021
Tu, Th	5:30 pm	Jul 20	8	\$52.50	439016
M-F	8:30 am	Jul 26	9	\$59	439024

Parent and Tot 3 – Low Ratio

M-F	8:30 am	Aug 9	5	\$59.50	439026
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Preschool A

Tu	9:30 am	Apr 13	10	\$65.75	424076
Th	4:30 pm	Apr 15	10	\$65.75	424078
Th	6 pm	Apr 15	10	\$65.75	424080
Sa	9 am	Apr 17	9	\$59	424083
Sa	11 am	Apr 17	9	\$59	424086
Tu, Th	4 pm	Jun 22	7	\$46	430062
Tu, Th	5 pm	Jun 22	7	\$46	430064
Sa	9:45 am	Jun 26	7	\$46	430067
M-F	8 am	Jun 28	9	\$59	430076
M-F	9:30 am	Jun 28	9	\$59	430078
M-F	8 am	Jul 12	9	\$59	430079

M-F	9:30 am	Jul 12	9	\$59	430081
Tu, Th	4 pm	Jul 20	8	\$52.50	430065
Tu, Th	5 pm	Jul 20	8	\$52.50	430066
M-F	8 am	Jul 26	9	\$59	430090
M-F	9:30 am	Jul 26	9	\$59	430091

Preschool A – Low Ratio

Tu	4 pm	Apr 13	10	\$119	424125
M-F	8 am	Aug 9	5	\$59.50	430094
M-F	9:30 am	Aug 9	5	\$59.50	430095

Preschool B

Tu	9:30 am	Apr 13	10	\$65.75	424089
Th	4:30 pm	Apr 15	10	\$65.75	424090
Th	6 pm	Apr 15	10	\$65.75	424091
Sa	9 am	Apr 17	9	\$59	424092
Sa	11 am	Apr 17	9	\$59	424094
Tu, Th	4 pm	Jun 22	7	\$46	430099
Tu, Th	5 pm	Jun 22	7	\$46	430100
Sa	10:15 am	Jun 26	7	\$46	430104
M-F	8 am	Jun 28	9	\$59	430105
M-F	9:30 am	Jun 28	9	\$59	430108
M-F	8 am	Jul 12	9	\$59	430110
M-F	9:30 am	Jul 12	9	\$59	430111
Tu, Th	4 pm	Jul 20	8	\$52.50	430102
Tu, Th	5 pm	Jul 20	8	\$52.50	430103
M-F	8 am	Jul 26	9	\$59	430113
M-F	9:30 am	Jul 26	9	\$59	430114

Preschool B – Low Ratio

Tu	4:30 pm	Apr 13	10	\$119	424126
M-F	8 am	Aug 9	5	\$59.50	432055
M-F	9:30 am	Aug 9	5	\$59.50	432057

Preschool C

Th	5 pm	Apr 15	10	\$65.75	424097
Th	6:30 pm	Apr 15	10	\$65.75	424099
Sa	9:30 am	Apr 17	9	\$59	424100
Sa	11:30 am	Apr 17	9	\$59	424101
Tu, Th	4:30 pm	Jun 22	7	\$46	432716
Tu, Th	5:30 pm	Jun 22	7	\$46	432717
Sa	11:30 am	Jun 26	7	\$46	432729
M-F	8 am	Jun 28	9	\$59	432734
M-F	9 am	Jun 28	9	\$59	432742
M-F	8 am	Jul 12	9	\$59	432745
M-F	9 am	Jul 12	9	\$59	432749
Tu, Th	4:30 pm	Jul 20	8	\$52.50	432720
Tu, Th	5:30 pm	Jul 20	8	\$52.50	432723
M-F	8 am	Jul 26	9	\$59	432754
M-F	9 am	Jul 26	9	\$59	432756

Preschool C – Low Ratio

Tu	5:30 pm	Apr 13	9	\$119	424169
M-F	8 am	Aug 9	5	\$59.50	432768
M-F	9 am	Aug 9	5	\$59.50	432772

Preschool D

Th	5:30 pm	Apr 15	10	\$65.75	424105
Sa	10 am	Apr 17	9	\$59	424106
Sa	11:30 am	Apr 17	9	\$59	424108
Tu, Th	4:30 pm	Jun 22	7	\$46	432783
Sa	11 am	Jun 26	7	\$46	432790
M-F	8:30 am	Jun 28	9	\$59	432793
M-F	8:30 am	Jul 12	9	\$59	432796
Tu, Th	4:30 pm	Jul 20	8	\$52.50	432787
M-F	8:30 am	Jul 26	9	\$59	432810

Swimming • Learn to Swim

Preschool D – Low Ratio

Tu	5:30 pm	Apr 13	10	\$119	424172
M-F	8:30 am	Aug 9	5	\$59.50	432826

Preschool E

Th	5:30 pm	Apr 15	10	\$65.75	424112
Sa	10 am	Apr 17	9	\$59	424113
Tu, Th	4:30 pm	Jun 22	7	\$46	432843
Sa	11:30 am	Jun 26	7	\$46	432891
M-F	8:30 am	Jun 28	9	\$59	432937
M-F	8:30 am	Jul 12	9	\$59	432942
Tu, Th	4:30 pm	Jul 20	8	\$52.50	432889
M-F	8:30 am	Jul 26	9	\$59	432948

Preschool E – Low Ratio

Tu	6 pm	Apr 13	10	\$119	424175
M-F	8:30 am	Aug 9	5	\$59.50	432964

Children

Swimmer 1 – Beginner

Tu	9 am	Apr 13	10	\$65.75	424252
Th	5 pm	Apr 15	10	\$65.75	424254
Th	6:30 pm	Apr 15	10	\$65.75	424255
Sa	10 am	Apr 17	9	\$59	424258
Sa	11:30 am	Apr 17	9	\$59	424261
Tu, Th	5:30 pm	Jun 22	7	\$46	433184
Sa	10:30 am	Jun 26	7	\$46	433193
M-F	8 am	Jun 28	9	\$59	433197
M-F	9 am	Jun 28	9	\$59	433199
M-F	8 am	Jul 12	9	\$59	433206
M-F	9 am	Jul 12	9	\$59	433207
Tu, Th	5:30 pm	Jul 20	8	\$52.50	433191
M-F	8 am	Jul 26	9	\$59	433209
M-F	9 am	Jul 26	9	\$59	433210

Swimmer 1 – Beginner Low Ratio

Tu	4 pm	Apr 13	10	\$119	424302
M-F	8 am	Aug 9	5	\$59.50	433211
M-F	9 am	Aug 9	5	\$59.50	433212

Swimmer 1 – Advanced

Tu	9 am	Apr 13	10	\$65.75	424266
Th	5 pm	Apr 15	10	\$65.75	424268
Th	6:30 pm	Apr 15	10	\$65.75	424269
Sa	10 am	Apr 17	9	\$59	424271
Sa	11:30 am	Apr 17	9	\$59	424273
Tu, Th	4 pm	Jun 22	7	\$46	436476
Tu, Th	5:30 pm	Jun 22	7	\$46	436478
Sa	10:30 am	Jun 26	7	\$46	436502
M-F	8 am	Jun 28	9	\$59	436507
M-F	9 am	Jun 28	9	\$59	436508
M-F	8 am	Jul 12	9	\$59	436533
M-F	9 am	Jul 12	9	\$59	436534
Tu, Th	4 pm	Jul 20	8	\$52.50	436480
Tu, Th	5:30 pm	Jul 20	8	\$52.50	436481
M-F	8 am	Jul 26	9	\$59	436536
M-F	9 am	Jul 26	9	\$59	436537

Swimmer 1 –

Advanced Low Ratio

Tu	4 pm	Apr 13	10	\$119	424306
M-F	8 am	Aug 9	5	\$59.50	436539
M-F	9 am	Aug 9	5	\$59.50	436540

Swimmer 2

Th	5 pm	Apr 15	10	\$65.75	424285
Th	5:30 pm	Apr 15	10	\$65.75	424287
Th	6:30 pm	Apr 15	10	\$65.75	424290
Sa	9:30 am	Apr 17	9	\$59	424293
Sa	10:30 am	Apr 17	9	\$59	424294
Sa	11 am	Apr 17	9	\$59	424298
Tu, Th	4 pm	Jun 22	7	\$46	436547
Tu, Th	5:30 pm	Jun 22	7	\$46	436630
Sa	9 am	Jun 26	7	\$46	436638
Sa	11:30 am	Jun 26	7	\$46	436639
M-F	8 am	Jun 28	9	\$59	436640
M-F	9:30 am	Jun 28	9	\$59	436641
M-F	8 am	Jul 12	9	\$59	436642
M-F	9:30 am	Jul 12	9	\$59	436644
Tu, Th	4 pm	Jul 20	8	\$52.50	436633
Tu, Th	5:30 pm	Jul 20	8	\$52.50	436635
M-F	8 am	Jul 26	9	\$59	436650
M-F	9:30 am	Jul 26	9	\$59	436653

Swimmer 2 – Low Ratio

Tu	5 pm	Apr 13	10	\$119	424309
M-F	8 am	Aug 9	5	\$59.50	436664
M-F	8 am	Aug 9	5	\$59.50	437789
M-F	9:30 am	Aug 9	5	\$59.50	436668
M-F	9:30 am	Aug 9	5	\$59.50	437794

Swimmer 3

Th	4:30 pm	Apr 15	10	\$72.50	425485
Th	6 pm	Apr 15	10	\$72.50	425488
Sa	9:30 am	Apr 17	9	\$65.25	425495
Sa	11 am	Apr 17	9	\$65.25	425511
Tu, Th	4:45 pm	Jun 22	7	\$50.75	438365
Sa	9 am	Jun 26	7	\$50.75	438369
M-F	8:30 am	Jun 28	9	\$65.25	438370
M-F	8:30 am	Jul 12	9	\$65.25	438373
Tu, Th	4:45 pm	Jul 20	8	\$58	438366
M-F	8:30 am	Jul 26	9	\$65.25	438375

Swimmer 3 – Low Ratio

Tu	5:15 pm	Apr 13	10	\$129.50	424858
M-F	8:30 am	Aug 9	5	\$64.75	438377

Swimmer 4

Th	4:30 pm	Apr 15	10	\$72.50	425520
Th	6 pm	Apr 15	10	\$72.50	425523
Sa	9:30 am	Apr 17	9	\$65.25	425526
Sa	11 am	Apr 17	9	\$65.25	425528
Tu, Th	4:45 pm	Jun 22	7	\$50.75	438390
Sa	9 am	Jun 26	7	\$50.75	438399
M-F	8:30 am	Jun 28	9	\$65.25	438429
M-F	8:30 am	Jul 12	9	\$65.25	438430
Tu, Th	4:45 pm	Jul 20	8	\$58	438393
M-F	8:30 am	Jul 26	9	\$65.25	438432

Swimmer 4 – Low Ratio

Tu	5:15 pm	Apr 13	10	\$129.50	424861
M-F	8:30 am	Aug 9	5	\$64.75	438435

Swimmer 5

Th	5:15 pm	Apr 15	10	\$72.50	425532
Sa	10:15 am	Apr 17	9	\$65.25	425536
Tu, Th	4 pm	Jun 22	7	\$50.75	438438
Sa	10:45 am	Jun 26	7	\$50.75	438442
M-F	9:15 am	Jun 28	9	\$65.25	438446
M-F	9:15 am	Jul 12	9	\$65.25	438447
Tu, Th	4 pm	Jul 20	8	\$58	438441
M-F	9:15 am	Jul 26	9	\$65.25	438450

Swimmer 5 – Low Ratio

Tu	4:30 pm	Apr 13	10	\$129.50	424862
M-F	9:15 am	Aug 9	5	\$64.75	438452

Swimmer 6

Th	5:15 pm	Apr 15	10	\$72.50	425537
Sa	10:15 am	Apr 17	9	\$65.25	425538
Tu, Th	4 pm	Jun 22	7	\$50.75	438469
Sa	10:45 am	Jun 26	7	\$50.75	438478
M-F	9:15 am	Jun 28	9	\$65.25	438481
M-F	9:15 am	Jul 12	9	\$65.25	438483
Tu, Th	4 pm	Jul 20	8	\$58	438470
M-F	9:15 am	Jul 26	9	\$65.25	438485

Swimmer 6 – Low Ratio

Tu	4:30 pm	Apr 13	10	\$129.50	424890
M-F	9:15 am	Aug 9	5	\$64.75	438488

Swimmer 7 (Rookie Patrol)

Th	6 pm	Apr 15	10	\$79.50	425540
Sa	10:30 am	Apr 17	9	\$71.50	425541
Tu, Th	4:30 pm	Jun 22	7	\$55.75	438505
Sa	9:30 am	Jun 26	7	\$55.75	438512
M-F	9 am	Jun 28	9	\$71.50	438518
M-F	9 am	Jul 12	9	\$71.50	438521
Tu, Th	4:30 pm	Jul 20	8	\$63.75	438510
M-F	9 am	Jul 26	9	\$71.50	438523

Swimmer 7 – Low Ratio

M-F	9 am	Aug 9	5	\$70.50	438529
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Swimmer 8 (Ranger Patrol)

Th	6 pm	Apr 15	10	\$79.50	425543
Sa	10:30 am	Apr 17	9	\$71.50	425544
Tu, Th	4:30 pm	Jun 22	7	\$55.75	438545
Sa	9:30 am	Jun 26	7	\$55.75	438550
M-F	9 am	Jun 28	9	\$71.50	438563
M-F	9 am	Jul 12	9	\$71.50	438566
Tu, Th	4:30 pm	Jul 20	8	\$63.75	438548
M-F	9 am	Jul 26	9	\$71.50	438572

Swimmer 8 – Low Ratio

M-F	9 am	Aug 9	5	\$70.50	438576
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NEVER swim alone, always swim with a buddy



Swimming • Learn to Swim

Swimmer 9 (Star Patrol)

Th	6 pm	Apr 15	10	\$79.50	425545
Sa	10:30 am	Apr 17	9	\$71.50	425546
Tu, Th	4:30 pm	Jun 22	7	\$55.75	438582
Sa	9:30 am	Jun 26	7	\$55.75	438587
M-F	9 am	Jun 28	9	\$71.50	438590
M-F	9 am	Jul 12	9	\$71.50	438594
Tu, Th	4:30 pm	Jul 20	8	\$63.75	438583
M-F	9 am	Jul 26	9	\$71.50	438597

Swimmer 9 – Low Ratio

M-F	9 am	Aug 9	5	\$70.50	438609
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Adult

Adult 101

M	7 pm	Apr 19	9	\$83.75	429757
M	7 pm	Jun 28	6	\$56	440237

Adult 201

M	7 pm	Apr 19	9	\$83.75	429762
M	7 pm	Jun 28	6	\$56	440242

Adult 301

W	7 pm	Apr 14	10	\$93.25	429773
W	7 pm	Jun 23	8	\$74.50	440247

Nepean Sportsplex
613-580-2828

Preschool

Parent and Tot 1

M	6:15 pm	Mar 22	12	\$78.75	438751
Tu	10 am	Mar 23	8	\$52.50	438756
Tu	1:30 pm	Mar 23	8	\$52.50	438760
W	9:30 am	Mar 24	9	\$59	438764
Tu	10 am	May 25	5	\$33	438766
Tu	1:30 pm	May 25	5	\$33	438769
W	9:30 am	May 26	5	\$33	438774
Tu, Th	5:15 pm	Jun 29	7	\$46	431639
M-F	9:15 am	Jul 5	9	\$59	431636
M-F	9:15 am	Jul 19	9	\$59	431637
Tu, Th	5:15 pm	Jul 27	8	\$52.50	431641
Tu-F, M	9:15 am	Aug 3	9	\$59	431638

Parent and Tot 1 – Low Ratio

Th	10 am	Mar 25	9	\$107	439043
Th	6:30 pm	Mar 25	9	\$107	439046
F	9 am	Mar 26	12	\$142.75	439053
F	5:45 pm	Mar 26	12	\$142.75	439054
Sa	9 am	Mar 27	11	\$131	439056

Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions.

Sa	11:30 am	Mar 27	11	\$131	439059
Sa	3:30 pm	Mar 27	11	\$131	439062
Su	10 am	Mar 28	11	\$131	439064
Th	10 am	May 27	5	\$59.50	439048
Th	6 pm	May 27	5	\$59.50	439049
M-W, F	9:15 am	Jun 28	4	\$47.75	431643
W	5:30 pm	Jun 30	8	\$95.25	431649
Sa	9 am	Jul 10	6	\$71.50	431645
M-F	9:15 am	Aug 16	5	\$59.50	431644

Parent and Tot 2

M	6:15 pm	Mar 22	12	\$78.75	439086
Tu	10 am	Mar 23	8	\$52.50	439096
Tu	1:30 pm	Mar 23	8	\$52.50	439097
W	9:30 am	Mar 24	9	\$59	439101
Tu	10 am	May 25	5	\$33	439137
Tu	1:30 pm	May 25	5	\$33	439139
W	9:30 am	May 26	5	\$33	439142
Tu, Th	6 pm	Jun 29	7	\$46	431677
M-F	9:15 am	Jul 5	9	\$59	431673
M-F	9:15 am	Jul 19	9	\$59	431674
Tu, Th	6 pm	Jul 27	8	\$52.50	431679
Tu-F, M	9:15 am	Aug 3	9	\$59	431675

Parent and Tot 2 – Low Ratio

Th	10:30 am	Mar 25	9	\$107	439167
Th	6 pm	Mar 25	9	\$107	439170
F	9 am	Mar 26	12	\$142.75	439183
F	5:45 pm	Mar 26	12	\$142.75	439186
Sa	9 am	Mar 27	11	\$131	439189
Sa	12:30 pm	Mar 27	11	\$131	439190
Sa	3:30 pm	Mar 27	11	\$131	439192
Su	10 am	Mar 28	11	\$131	439195
Th	10:30 am	May 27	5	\$59.50	439175
Th	6 pm	May 27	5	\$59.50	439176
M-W, F	9:15 am	Jun 28	4	\$47.75	431688
W	6 pm	Jun 30	8	\$95.25	431693
Sa	10 am	Jul 10	6	\$71.50	431690
Sa	11 am	Jul 10	6	\$71.50	431691
M-F	9:15 am	Aug 16	5	\$59.50	431689

Parent and Tot 3

M	5:30 pm	Mar 22	12	\$78.75	439238
Tu	10:30 am	Mar 23	8	\$52.50	439242
W	9 am	Mar 24	9	\$59	439247
W	1:30 pm	Mar 24	9	\$59	439249
Tu	10:30 am	May 25	5	\$33	439251
W	9 am	May 26	5	\$33	439254
W	1:30 pm	May 26	5	\$33	439255
Tu, Th	6:45 pm	Jun 29	7	\$46	431710
M-F	9:45 am	Jul 5	9	\$59	431706
M-F	9:45 am	Jul 19	9	\$59	431707
Tu, Th	6:45 pm	Jul 27	8	\$52.50	431714
Tu-F, M	9:45 am	Aug 3	9	\$59	431708

Parent and Tot 3 – Low Ratio

Th	9:30 am	Mar 25	9	\$107	439261
Th	5:30 pm	Mar 25	9	\$107	439262
F	9:30 am	Mar 26	12	\$142.75	439271
F	6:30 pm	Mar 26	12	\$142.75	439274
Sa	9:30 am	Mar 27	11	\$131	439279
Sa	10:30 am	Mar 27	11	\$131	439282
Sa	4:30 pm	Mar 27	11	\$131	439285
Su	11 am	Mar 28	11	\$131	439287
Th	9:30 am	May 27	5	\$59.50	439264
Th	5:30 pm	May 27	5	\$59.50	439266

M-W, F	9:45 am	Jun 28	4	\$47.75	431816
W	6:30 pm	Jun 30	8	\$95.25	431820
Sa	9:30 am	Jul 10	6	\$71.50	431819
M-F	11:15 am	Aug 16	5	\$59.50	431818

Preschool A

M	5 pm	Mar 22	12	\$78.75	430261
M	5:30 pm	Mar 22	12	\$78.75	430265
M	6 pm	Mar 22	12	\$78.75	430266
M	6:30 pm	Mar 22	12	\$78.75	430275
M	7:15 pm	Mar 22	12	\$78.75	430281
Tu	10:30 am	Mar 23	8	\$52.50	430288
Tu	1:30 pm	Mar 23	8	\$52.50	430293
W	1:30 pm	Mar 24	9	\$59	430306
Tu	10:30 am	May 25	5	\$33	430294
Tu	1:30 pm	May 25	5	\$33	430295
W	9:30 am	May 26	5	\$33	430297
W	1:30 pm	May 26	5	\$33	430300
Tu, Th	5:30 pm	Jun 29	7	\$46	430368
Tu, Th	5:45 pm	Jun 29	7	\$46	430362
Tu, Th	6:30 pm	Jun 29	7	\$46	430373
M-F	8:45 am	Jul 5	9	\$59	430346
M-F	10:45 am	Jul 5	9	\$59	430347
M-F	8:45 am	Jul 19	9	\$59	430349
M-F	10:45 am	Jul 19	9	\$59	430352
Tu, Th	5:30 pm	Jul 27	8	\$52.50	430379
Tu, Th	5:45 pm	Jul 27	8	\$52.50	430381
Tu, Th	6:30 pm	Jul 27	8	\$52.50	430383
Tu-F, M	8:45 am	Aug 3	9	\$59	430355
Tu-F, M	10:45 am	Aug 3	9	\$59	430357

Preschool A – Low Ratio

Th	9:30 am	Mar 25	9	\$107	430336
Th	11 am	Mar 25	9	\$107	430337
Th	1:30 pm	Mar 25	9	\$107	430341
Th	5 pm	Mar 25	9	\$107	430350
Th	5:30 pm	Mar 25	9	\$107	430361
Th	6 pm	Mar 25	9	\$107	430363
Th	6:15 pm	Mar 25	9	\$107	430376
Th	6:30 pm	Mar 25	9	\$107	430382
Th	6:45 pm	Mar 25	9	\$107	430385
F	9 am	Mar 26	12	\$142.75	432063
F	5 pm	Mar 26	12	\$142.75	432064
F	5:45 pm	Mar 26	12	\$142.75	432066
F	6:15 pm	Mar 26	12	\$142.75	432067
Sa	8:30 am	Mar 27	11	\$131	432069
Sa	10 am	Mar 27	11	\$131	432071
Sa	10:45 am	Mar 27	11	\$131	432074
Sa	11 am	Mar 27	11	\$131	432077
Sa	11:45 am	Mar 27	11	\$131	432078
Sa	Noon	Mar 27	11	\$131	432080
Sa	12:30 pm	Mar 27	11	\$131	432081
Sa	3:30 pm	Mar 27	11	\$131	432083
Sa	5 pm	Mar 27	11	\$131	432085
Sa	5:45 pm	Mar 27	11	\$131	432086
Sa	6 pm	Mar 27	11	\$131	432087
Su	9 am	Mar 28	11	\$131	432088
Su	9:30 am	Mar 28	11	\$131	432090
Su	10:30 am	Mar 28	11	\$131	432092
Su	11:30 am	Mar 28	11	\$131	432094
Su	Noon	Mar 28	11	\$131	432095
Th	10 am	May 27	5	\$59.50	430338
Th	1:30 pm	May 27	5	\$59.50	430340
Th	5 pm	May 27	5	\$59.50	432040
Th	5:30 pm	May 27	5	\$59.50	432041
Th	6 pm	May 27	5	\$59.50	432042
Th	6:15 pm	May 27	5	\$59.50	432043

Swimming • Learn to Swim

Th	6:30 pm	May 27	5	\$59.50	432044
M-W, F	8:15 am	Jun 28	4	\$47.75	430391
M-W, F	8:45 am	Jun 28	4	\$47.75	430396
M-W, F	9:45 am	Jun 28	4	\$47.75	430398
M-W, F	10:45 am	Jun 28	4	\$47.75	430408
W	5 pm	Jun 30	8	\$95.25	430554
W	6 pm	Jun 30	8	\$95.25	430557
W	7 pm	Jun 30	8	\$95.25	430559
M-F	8:15 am	Jul 5	9	\$107	430469
M-F	9:45 am	Jul 5	9	\$107	430472
Sa	9 am	Jul 10	6	\$71.50	430546
Sa	9:30 am	Jul 10	6	\$71.50	430547
Sa	10:30 am	Jul 10	6	\$71.50	430548
Sa	11 am	Jul 10	6	\$71.50	430550
M-F	8:15 am	Jul 19	9	\$107	430477
M-F	9:45 am	Jul 19	9	\$107	430479
Tu-F, M	8:15 am	Aug 3	9	\$107	430482
Tu-F, M	9:45 am	Aug 3	9	\$107	430486
M-F	8:15 am	Aug 16	5	\$59.50	430490
M-F	8:45 am	Aug 16	5	\$59.50	430493
M-F	9:45 am	Aug 16	5	\$59.50	430496
M-F	10:45 am	Aug 16	5	\$59.50	430499

Preschool B

M	5 pm	Mar 22	12	\$78.75	432420
M	5:30 pm	Mar 22	12	\$78.75	432425
M	6 pm	Mar 22	12	\$78.75	432431
M	7 pm	Mar 22	12	\$78.75	432433
Tu	10:30 am	Mar 23	8	\$52.50	432437
Tu	1:30 pm	Mar 23	8	\$52.50	432441
W	9:30 am	Mar 24	9	\$59	432456
W	1:30 pm	Mar 24	9	\$59	432457
Tu	10:30 am	May 25	5	\$33	432444
Tu	1:30 pm	May 25	5	\$33	432447
W	9:30 am	May 26	5	\$33	432452
W	1:30 pm	May 26	5	\$33	432454
Tu, Th	5 pm	Jun 29	7	\$46	430618
Tu, Th	5:30 pm	Jun 29	7	\$46	430622
Tu, Th	5:45 pm	Jun 29	7	\$46	430626
Tu, Th	6:45 pm	Jun 29	7	\$46	430631
M-F	9:45 am	Jul 5	9	\$59	430585
M-F	10:15 am	Jul 5	9	\$59	430588
M-F	9:45 am	Jul 19	9	\$59	430591
M-F	10:15 am	Jul 19	9	\$59	430592
Tu, Th	5 pm	Jul 27	8	\$52.50	430636
Tu, Th	5:30 pm	Jul 27	8	\$52.50	430642
Tu, Th	5:45 pm	Jul 27	8	\$52.50	430643
Tu, Th	6:45 pm	Jul 27	8	\$52.50	430644
Tu-F, M	9:45 am	Aug 3	9	\$59	430596
Tu-F, M	10:15 am	Aug 3	9	\$59	430599

Preschool B – Low Ratio

Th	10 am	Mar 25	9	\$107	432572
Th	11 am	Mar 25	9	\$107	432573
Th	1:30 pm	Mar 25	9	\$107	432575
Th	2 pm	Mar 25	9	\$107	432577
Th	5 pm	Mar 25	9	\$107	432584
Th	5:30 pm	Mar 25	9	\$107	432586
Th	5:30 pm	Mar 25	9	\$107	432587
Th	6 pm	Mar 25	9	\$107	432588
Th	6 pm	Mar 25	9	\$107	432589
Th	6:15 pm	Mar 25	9	\$107	432591
Th	6:30 pm	Mar 25	9	\$107	432592
Th	6:45 pm	Mar 25	9	\$107	432593
F	9 am	Mar 26	12	\$142.75	432668
F	5 pm	Mar 26	12	\$142.75	432670

F	5:30 pm	Mar 26	12	\$142.75	432672
F	6 pm	Mar 26	12	\$142.75	432673
F	7 pm	Mar 26	12	\$142.75	432676
Sa	8:30 am	Mar 27	11	\$131	432681
Sa	9:30 am	Mar 27	11	\$131	432683
Sa	10 am	Mar 27	11	\$131	432684
Sa	10:45 am	Mar 27	11	\$131	432686
Sa	11 am	Mar 27	11	\$131	432688
Sa	11:30 am	Mar 27	11	\$131	432690
Sa	Noon	Mar 27	11	\$131	432692
Sa	3:30 pm	Mar 27	11	\$131	432694
Sa	4 pm	Mar 27	11	\$131	432695
Sa	4:45 pm	Mar 27	11	\$131	432696
Sa	5:30 pm	Mar 27	11	\$131	432698
Su	9 am	Mar 28	11	\$131	432700
Su	9:30 am	Mar 28	11	\$131	432701
Su	11:30 am	Mar 28	11	\$131	432703
Su	12:30 pm	Mar 28	11	\$131	432705
Th	10 am	May 27	5	\$59.50	432578
Th	1:30 pm	May 27	5	\$59.50	432581
Th	2 pm	May 27	5	\$59.50	432582
Th	5 pm	May 27	5	\$59.50	432596
Th	5:30 pm	May 27	5	\$59.50	432597
Th	6:30 pm	May 27	5	\$59.50	432599
Th	6:45 pm	May 27	5	\$59.50	432601
M-W, F	8:15 am	Jun 28	4	\$47.75	430651
M-W, F	9:15 am	Jun 28	4	\$47.75	430652
M-W, F	9:45 am	Jun 28	4	\$47.75	430655
M-W, F	10:15 am	Jun 28	4	\$47.75	430658
W	5 pm	Jun 30	8	\$95.25	430679
W	6 pm	Jun 30	8	\$95.25	430680
W	6:45 pm	Jun 30	8	\$95.25	430681
M-F	8:15 am	Jul 5	9	\$107	430660
M-F	9:15 am	Jul 5	9	\$107	430662
Sa	9:30 am	Jul 10	6	\$71.50	430676
Sa	10 am	Jul 10	6	\$71.50	430677
Sa	11 am	Jul 10	6	\$71.50	430678
M-F	8:15 am	Jul 19	9	\$107	430665
M-F	9:15 am	Jul 19	9	\$107	430666
Tu-F, M	8:15 am	Aug 3	9	\$107	430668
Tu-F, M	9:15 am	Aug 3	9	\$107	430669
M-F	8:15 am	Aug 16	5	\$59.50	430671
M-F	9:15 am	Aug 16	5	\$59.50	430672
M-F	9:45 am	Aug 16	5	\$59.50	430673
M-F	11:30 am	Aug 16	5	\$59.50	430675

Preschool C

M	5 pm	Mar 22	12	\$78.75	432786
M	5:30 pm	Mar 22	12	\$78.75	432788
M	6 pm	Mar 22	12	\$78.75	432789
M	6:30 pm	Mar 22	12	\$78.75	432792
Tu	10 am	Mar 23	8	\$52.50	432794
Tu	2 pm	Mar 23	8	\$52.50	432797
W	9 am	Mar 24	9	\$59	432814
W	2 pm	Mar 24	9	\$59	432816
Tu	10 am	May 25	5	\$33	432802
Tu	2 pm	May 25	5	\$33	432803
W	9 am	May 26	5	\$33	432808
W	2 pm	May 26	5	\$33	432811
Tu, Th	5:15 pm	Jun 29	7	\$46	430711
Tu, Th	6:15 pm	Jun 29	7	\$46	430712
Tu, Th	7 pm	Jun 29	7	\$46	430713
M-F	8:15 am	Jul 5	9	\$59	430695
M-F	9:15 am	Jul 5	9	\$59	430698
M-F	10:30 am	Jul 5	9	\$59	430700
M-F	8:15 am	Jul 19	9	\$59	430702

M-F	9:15 am	Jul 19	9	\$59	430703
M-F	10:30 am	Jul 19	9	\$59	430704
Tu, Th	5:15 pm	Jul 27	8	\$52.50	430715
Tu, Th	6:15 pm	Jul 27	8	\$52.50	430717
Tu, Th	7 pm	Jul 27	8	\$52.50	430718
Tu-F, M	8:15 am	Aug 3	9	\$59	430705
Tu-F, M	9:15 am	Aug 3	9	\$59	430707
Tu-F, M	10:30 am	Aug 3	9	\$59	430709

Preschool C – Low Ratio

Th	9:30 am	Mar 25	9	\$107	433421
Th	10:30 am	Mar 25	9	\$107	433422
Th	1:30 pm	Mar 25	9	\$107	433423
Th	5 pm	Mar 25	9	\$107	433427
Th	5 pm	Mar 25	9	\$107	433430
Th	5:30 pm	Mar 25	9	\$107	433432
Th	6 pm	Mar 25	9	\$107	433434
Th	7 pm	Mar 25	9	\$107	433435
Th	7:30 pm	Mar 25	9	\$107	433437
F	9:30 am	Mar 26	12	\$142.75	433443
F	5 pm	Mar 26	12	\$142.75	433445
F	5:30 pm	Mar 26	12	\$142.75	433447
F	6 pm	Mar 26	12	\$142.75	433448
F	6:15 pm	Mar 26	12	\$142.75	433450
F	6:45 pm	Mar 26	12	\$142.75	433451
Sa	8:30 am	Mar 27	11	\$131	433453
Sa	9 am	Mar 27	11	\$131	433456
Sa	9:30 am	Mar 27	11	\$131	433458
Sa	10:15 am	Mar 27	11	\$131	433460
Sa	10:15 am	Mar 27	11	\$131	433462
Sa	11 am	Mar 27	11	\$131	433464
Sa	11:15 am	Mar 27	11	\$131	433466
Sa	12:30 pm	Mar 27	11	\$131	433468
Sa	12:30 pm	Mar 27	11	\$131	433470
Sa	4 pm	Mar 27	11	\$131	433472
Sa	5 pm	Mar 27	11	\$131	433473
Sa	5:30 pm	Mar 27	11	\$131	433475
Sa	6 pm	Mar 27	11	\$131	433477
Su	9 am	Mar 28	11	\$131	433478
Su	9:30 am	Mar 28	11	\$131	433479
Su	10:30 am	Mar 28	11	\$131	433481
Su	11 am	Mar 28	11	\$131	433482
Su	Noon	Mar 28	11	\$131	433484
Th	9:30 am	May 27	5	\$59.50	433424
Th	10:30 am	May 27	5	\$59.50	433425
Th	1:30 pm	May 27	5	\$59.50	433426
Th	5 pm	May 27	5	\$59.50	433438
Th	5:30 pm	May 27	5	\$59.50	433439
Th	6 pm	May 27	5	\$59.50	433440
Th	7 pm	May 27	5	\$59.50	433441
M-W, F	8:15 am	Jun 28	4	\$47.75	430719
M-W, F	8:45 am	Jun 28	4	\$47.75	430720
M-W, F	9:15 am	Jun 28	4	\$47.75	430721
M-W, F	10:30 am	Jun 28	4	\$47.75	430722
M-W, F	11:15 am	Jun 28	4	\$47.75	430723
W	5 pm	Jun 30	8	\$95.25	430743
W	5:30 pm	Jun 30	8	\$95.25	430744
W	6:30 pm	Jun 30	8	\$95.25	430745
W	7 pm	Jun 30	8	\$95.25	430746
M-F	8:45 am	Jul 5	9	\$107	430724
Sa	9 am	Jul 10	6	\$71.50	430738
Sa	9:30 am	Jul 10	6	\$71.50	430739
Sa	10 am	Jul 10	6	\$71.50	430741
Sa	11:30 am	Jul 10	6	\$71.50	430742
M-F	8:45 am	Jul 19	9	\$107	430726
Tu-F, M	8:45 am	Aug 3	9	\$107	430728

Swimming • Learn to Swim

M-F	8:15 am	Aug 16	5	\$59.50	430731
M-F	8:45 am	Aug 16	5	\$59.50	430732
M-F	10:30 am	Aug 16	5	\$59.50	430733
M-F	11 am	Aug 16	5	\$59.50	430734

Preschool D

M	5 pm	Mar 22	12	\$78.75	433551
M	5:30 pm	Mar 22	12	\$78.75	433561
M	6 pm	Mar 22	12	\$78.75	433566
M	6:30 pm	Mar 22	12	\$78.75	433574
Tu	10 am	Mar 23	8	\$52.50	433586
Tu	2 pm	Mar 23	8	\$52.50	433592
W	9 am	Mar 24	9	\$59	433625
W	2 pm	Mar 24	9	\$59	433627
Tu	10 am	May 25	5	\$33	433594
Tu	2 pm	May 25	5	\$33	433600
W	9 am	May 26	5	\$33	433606
W	2 pm	May 26	5	\$33	433615
Tu, Th	6 pm	Jun 29	7	\$46	430834
Tu, Th	7 pm	Jun 29	7	\$46	430836
M-F	8:45 am	Jul 5	9	\$59	430821
M-F	11:30 am	Jul 5	9	\$59	430823
M-F	8:45 am	Jul 19	9	\$59	430824
M-F	11:30 am	Jul 19	9	\$59	430825
Tu, Th	6 pm	Jul 27	8	\$52.50	430839
Tu, Th	7 pm	Jul 27	8	\$52.50	430840
Tu-F, M	8:45 am	Aug 3	9	\$59	430826
Tu-F, M	11:30 am	Aug 3	9	\$59	430827

Preschool D – Low Ratio

Th	10:30 am	Mar 25	9	\$107	433743
Th	2 pm	Mar 25	9	\$107	433746
Th	5 pm	Mar 25	9	\$107	433752
Th	5:30 pm	Mar 25	9	\$107	433757
Th	6 pm	Mar 25	9	\$107	433765
Th	6:30 pm	Mar 25	9	\$107	433781
Th	7:45 pm	Mar 25	9	\$107	433787
F	9:30 am	Mar 26	12	\$142.75	433817
F	5 pm	Mar 26	12	\$142.75	433821
F	5:30 pm	Mar 26	12	\$142.75	433884
F	6 pm	Mar 26	12	\$142.75	433885
F	6:30 pm	Mar 26	12	\$142.75	433886
Sa	9 am	Mar 27	11	\$131	433887
Sa	9 am	Mar 27	11	\$131	433889
Sa	10:15 am	Mar 27	11	\$131	433891
Sa	10:30 am	Mar 27	11	\$131	433892
Sa	11:30 am	Mar 27	11	\$131	433893
Sa	12:15 pm	Mar 27	11	\$131	433894
Sa	4 pm	Mar 27	11	\$131	433895
Sa	5 pm	Mar 27	11	\$131	433896
Su	9:30 am	Mar 28	11	\$131	433897
Su	Noon	Mar 28	11	\$131	433898
Th	9:30 am	May 27	5	\$59.50	433799
Th	2 pm	May 27	5	\$59.50	433801
Th	5 pm	May 27	5	\$59.50	433804
Th	5:30 pm	May 27	5	\$59.50	433808
Th	6 pm	May 27	5	\$59.50	433811
Th	6:30 pm	May 27	5	\$59.50	433812
M-W, F	8:45 am	Jun 28	4	\$47.75	430850
M-W, F	10:30 am	Jun 28	4	\$47.75	430851
M-W, F	11 am	Jun 28	4	\$47.75	430852
M-W, F	11:30 am	Jun 28	4	\$47.75	430853
W	5:30 pm	Jun 30	8	\$95.25	430890
W	7 pm	Jun 30	8	\$95.25	430894
M-F	10:30 am	Jul 5	9	\$107	430863
Sa	9 am	Jul 10	6	\$71.50	430884
Sa	10 am	Jul 10	6	\$71.50	430885

Sa	11:30 am	Jul 10	6	\$71.50	430887
M-F	10:30 am	Jul 19	9	\$107	430865
Tu-F, M	10:30 am	Aug 3	9	\$107	430873
M-F	8:45 am	Aug 16	5	\$59.50	430874
M-F	10:30 am	Aug 16	5	\$59.50	430879
M-F	11:30 am	Aug 16	5	\$59.50	430882

Preschool E

M	5:30 pm	Mar 22	12	\$78.75	433899
M	6:15 pm	Mar 22	12	\$78.75	433901
Tu	2 pm	Mar 23	8	\$52.50	433902
W	2 pm	Mar 24	9	\$59	433906
Tu	2 pm	May 25	5	\$33	433903
W	2 pm	May 26	5	\$33	433904
Tu, Th	5:15 pm	Jun 29	7	\$46	430905
Tu, Th	6:30 pm	Jun 29	7	\$46	430910
M-F	10:15 am	Jul 5	9	\$59	430898
M-F	10:15 am	Jul 19	9	\$59	430899
Tu, Th	5:15 pm	Jul 27	8	\$52.50	430916
Tu, Th	6:30 pm	Jul 27	8	\$52.50	430919
Tu-F, M	10:15 am	Aug 3	9	\$59	430900

Preschool E – Low Ratio

Th	10 am	Mar 25	9	\$107	433907
Th	11 am	Mar 25	9	\$107	433908
Th	2 pm	Mar 25	9	\$107	433909
Th	5:30 pm	Mar 25	9	\$107	433912
Th	6 pm	Mar 25	9	\$107	433913
Th	7:15 pm	Mar 25	9	\$107	433914
F	5:30 pm	Mar 26	12	\$142.75	433919
F	6:30 pm	Mar 26	12	\$142.75	433920
Sa	9 am	Mar 27	11	\$131	433921
Sa	10:45 am	Mar 27	11	\$131	433922
Sa	Noon	Mar 27	11	\$131	433923
Sa	4 pm	Mar 27	11	\$131	433924
Sa	5 pm	Mar 27	11	\$131	433925
Su	9 am	Mar 28	11	\$131	433926
Su	10 am	Mar 28	11	\$131	433928
Su	10:30 am	Mar 28	11	\$131	433929
Su	Noon	Mar 28	11	\$131	433930
Th	10:30 am	May 27	5	\$59.50	433915
Th	2 pm	May 27	5	\$59.50	433916
Th	5:30 pm	May 27	5	\$59.50	433917
Th	6 pm	May 27	5	\$59.50	433918
M-W, F	10:15 am	Jun 28	4	\$47.75	430924
M-W, F	11 am	Jun 28	4	\$47.75	430925
M-W, F	11:30 am	Jun 28	4	\$47.75	430928
W	5:15 pm	Jun 30	8	\$95.25	430945
W	6:30 pm	Jun 30	8	\$95.25	430946
M-F	8:15 am	Jul 5	9	\$107	430932
Sa	9:45 am	Jul 10	6	\$71.50	430943
Sa	10:30 am	Jul 10	6	\$71.50	430944
M-F	8:15 am	Jul 19	9	\$107	430933
Tu-F, M	8:15 am	Aug 3	9	\$107	430935
M-F	10:15 am	Aug 16	5	\$59.50	430940
M-F	11 am	Aug 16	5	\$59.50	430942

Children

Swimmer 1 – Beginner

M	5 pm	Mar 22	12	\$78.75	434053
M	6 pm	Mar 22	12	\$78.75	434056
Tu, Th	5 pm	Jun 29	7	\$46	430985
Tu, Th	6:15 pm	Jun 29	7	\$46	430987
M-F	8:15 am	Jul 5	9	\$59	430979

M-F	10:30 am	Jul 5	9	\$59	430980
M-F	8:15 am	Jul 19	9	\$59	430981
M-F	10:30 am	Jul 19	9	\$59	430982
Tu, Th	5 pm	Jul 27	8	\$52.50	430988
Tu, Th	6:15 pm	Jul 27	8	\$52.50	430989
Tu-F, M	8:15 am	Aug 3	9	\$59	430983
Tu-F, M	10:30 am	Aug 3	9	\$59	430984

Swimmer 1 –

Beginner Low Ratio

Th	5 pm	Mar 25	9	\$107	434063
Th	6 pm	Mar 25	9	\$107	434064
Th	7 pm	Mar 25	9	\$107	434065
F	5 pm	Mar 26	12	\$142.75	434074
F	6 pm	Mar 26	12	\$142.75	434077
F	7 pm	Mar 26	12	\$142.75	434080
Sa	9:30 am	Mar 27	11	\$131	434085
Sa	11 am	Mar 27	11	\$131	434087
Sa	11:30 am	Mar 27	11	\$131	434088
Sa	3:30 pm	Mar 27	11	\$131	434089
Sa	4:30 pm	Mar 27	11	\$131	434092
Sa	5:45 pm	Mar 27	11	\$131	434094
Su	9 am	Mar 28	11	\$131	434098
Su	9:30 am	Mar 28	11	\$131	434100
Su	10 am	Mar 28	11	\$131	434103
Su	11:30 am	Mar 28	11	\$131	434106
Su	12:30 pm	Mar 28	11	\$131	434109
Th	5 pm	May 27	5	\$59.50	434068
Th	6 pm	May 27	5	\$59.50	434071
Th	7 pm	May 27	5	\$59.50	434072
M-W, F	8:15 am	Jun 28	4	\$47.75	431015
M-W, F	9:15 am	Jun 28	4	\$47.75	431018
M-W, F	10:30 am	Jun 28	4	\$47.75	431020
W	5:45 pm	Jun 30	8	\$95.25	431038
W	6 pm	Jun 30	8	\$95.25	431040
W	7:15 pm	Jun 30	8	\$95.25	431042
M-F	9:15 am	Jul 5	9	\$107	431024
Sa	9 am	Jul 10	6	\$71.50	431034
Sa	11 am	Jul 10	6	\$71.50	431036
M-F	9:15 am	Jul 19	9	\$107	431025
Tu-F, M	9:15 am	Aug 3	9	\$107	431027
M-F	8:15 am	Aug 16	5	\$59.50	431030
M-F	9:15 am	Aug 16	5	\$59.50	431032
M-F	10:30 am	Aug 16	5	\$59.50	431033

Swimmer 1 – Advanced

M	5 pm	Mar 22	12	\$78.75	434146
M	6 pm	Mar 22	12	\$78.75	434148
M	6:45 pm	Mar 22	12	\$78.75	434149
M	7:45 pm	Mar 22	12	\$78.75	434151
Tu, Th	5:30 pm	Jun 29	7	\$46	431051
Tu, Th	7 pm	Jun 29	7	\$46	431052
M-F	9:45 am	Jul 5	9	\$59	431047
M-F	9:45 am	Jul 19	9	\$59	431048
Tu, Th	5:30 pm	Jul 27	8	\$52.50	431053
Tu, Th	7 pm	Jul 27	8	\$52.50	431054
Tu-F, M	9:45 am	Aug 3	9	\$59	431049

Swimmer 1 –

Advanced Low Ratio

Th	5 pm	Mar 25	9	\$107	434154
Th	6 pm	Mar 25	9	\$107	434155
Th	7 pm	Mar 25	9	\$107	434156
Th	7:30 pm	Mar 25	9	\$107	434157
F	5:30 pm	Mar 26	12	\$142.75	434162

Swimming • Learn to Swim

F	6 pm	Mar 26	12	\$142.75	434164
F	7 pm	Mar 26	12	\$142.75	434165
Sa	8:30 am	Mar 27	11	\$131	434167
Sa	9:30 am	Mar 27	11	\$131	434168
Sa	11 am	Mar 27	11	\$131	434169
Sa	11:30 am	Mar 27	11	\$131	434170
Sa	3:30 pm	Mar 27	11	\$131	434171
Sa	4:30 pm	Mar 27	11	\$131	434172
Sa	5:30 pm	Mar 27	11	\$131	434173
Su	9 am	Mar 28	11	\$131	434175
Su	10:30 am	Mar 28	11	\$131	434176
Su	11:30 am	Mar 28	11	\$131	434179
Su	12:30 pm	Mar 28	11	\$131	434180
Th	5 pm	May 27	5	\$59.50	434158
Th	6 pm	May 27	5	\$59.50	434159
Th	7:45 pm	May 27	5	\$59.50	434160
M-W, F	9:15 am	Jun 28	4	\$47.75	431055
M-W, F	9:45 am	Jun 28	4	\$47.75	431056
M-W, F	11:15 am	Jun 28	4	\$47.75	431057
W	5:30 pm	Jun 30	8	\$95.25	431066
W	6:30 pm	Jun 30	8	\$95.25	431067
W	7:15 pm	Jun 30	8	\$95.25	431068
M-F	9:15 am	Jul 5	9	\$107	431058
Sa	10 am	Jul 10	6	\$71.50	431064
Sa	11:30 am	Jul 10	6	\$71.50	431065
M-F	9:15 am	Jul 19	9	\$107	431059
Tu-F, M	9:15 am	Aug 3	9	\$107	431060
M-F	9:15 am	Aug 16	5	\$59.50	431061
M-F	9:45 am	Aug 16	5	\$59.50	431062

Swimmer 2

M	5:30 pm	Mar 22	12	\$78.75	434219
M	5:30 pm	Mar 22	12	\$78.75	434220
M	6 pm	Mar 22	12	\$78.75	434221
M	6:30 pm	Mar 22	12	\$78.75	434222
M	7 pm	Mar 22	12	\$78.75	434223
M	7:45 pm	Mar 22	12	\$78.75	434224
Tu, Th	5:15 pm	June 29	7	\$46	431079
Tu, Th	5:45 pm	June 29	7	\$46	431080
Tu, Th	6:30 pm	June 29	7	\$46	431081
M-F	8:45 am	July 5	9	\$59	431070
M-F	10 am	July 5	9	\$59	431071
M-F	10:15 am	July 5	9	\$59	431072
M-F	8:45 am	July 19	9	\$59	431073
M-F	10 am	July 19	9	\$59	431077
M-F	10:15 am	July 19	9	\$59	431075
Tu, Th	5:15 pm	July 27	8	\$52.50	431084
Tu, Th	5:45 pm	July 27	8	\$52.50	431083
Tu, Th	6:30 pm	July 27	8	\$52.50	431086
Tu, Th	7 pm	July 27	8	\$52.50	431087
Tu-F, M	8:45 am	Aug 3	9	\$59	431076
Tu-F, M	10 am	Aug 3	9	\$59	431077
Tu-F, M	10:15 am	Aug 3	9	\$59	431078

Swimmer 2 – Low Ratio

Th	5 pm	Mar 25	9	\$107	434237
Th	5:30 pm	Mar 25	9	\$107	434241
Th	5:30 pm	Mar 25	9	\$107	434243
Th	6 pm	Mar 25	9	\$107	434246
Th	6 pm	Mar 25	9	\$107	434248
Th	7:15 pm	Mar 25	9	\$107	434251
Th	7:15 pm	Mar 25	9	\$107	434253
Th	7:45 pm	Mar 25	9	\$107	434257
F	5:15 pm	Mar 26	12	\$142.75	434281

F	5:30 pm	Mar 26	12	\$142.75	434284
F	6:45 pm	Mar 26	12	\$142.75	434287
F	7:15 pm	Mar 26	12	\$142.75	434288
F	7:30 pm	Mar 26	12	\$142.75	434289
F	7:45 pm	Mar 26	12	\$142.75	434292
Sa	8:30 am	Mar 27	11	\$131	434311
Sa	9:30 am	Mar 27	11	\$131	434313
Sa	10 am	Mar 27	11	\$131	434315
Sa	10 am	Mar 27	11	\$131	434317
Sa	11 am	Mar 27	11	\$131	434320
Sa	11:15 am	Mar 27	11	\$131	434322
Sa	11:30 am	Mar 27	11	\$131	434324
Sa	Noon	Mar 27	11	\$131	434328
Sa	12:30 pm	Mar 27	11	\$131	434331
Sa	3:30 pm	Mar 27	11	\$131	434335
Sa	4 pm	Mar 27	11	\$131	434337
Sa	5 pm	Mar 27	11	\$131	434340
Sa	5:15 pm	Mar 27	11	\$131	434342
Sa	6 pm	Mar 27	11	\$131	434343
Su	9 am	Mar 28	11	\$131	434344
Su	9:30 am	Mar 28	11	\$131	434345
Su	10 am	Mar 28	11	\$131	434346
Su	10:45 am	Mar 28	11	\$131	434347
Su	11 am	Mar 28	11	\$131	434348
Su	Noon	Mar 28	11	\$131	434349
Th	5 pm	May 27	5	\$59.50	434261
Th	5:30 pm	May 27	5	\$59.50	434264
Th	5:30 pm	May 27	5	\$59.50	434267
Th	6 pm	May 27	5	\$59.50	434269
Th	7:15 pm	May 27	5	\$59.50	434272
Th	7:15 pm	May 27	5	\$59.50	434274
Th	7:45 pm	May 27	5	\$59.50	434276
M-W, F	8:45 am	Jun 28	4	\$47.75	431090
M-W, F	9:15 am	Jun 28	4	\$47.75	431091
M-W, F	10 am	Jun 28	4	\$47.75	431092
M-W, F	10:15 am	Jun 28	4	\$47.75	431093
M-W, F	10:45 am	Jun 28	4	\$47.75	431094
M-W, F	11:30 am	Jun 28	4	\$47.75	431097
W	5 pm	Jun 30	8	\$95.25	431123
W	5:30 pm	Jun 30	8	\$95.25	431126
W	6 pm	Jun 30	8	\$95.25	431127
W	7 pm	Jun 30	8	\$95.25	431129
M-F	9:15 am	Jul 5	9	\$107	431099
M-F	10:45 am	Jul 5	9	\$107	431101
M-F	11:30 am	Jul 5	9	\$107	431102
Sa	9 am	Jul 10	6	\$71.50	431117
Sa	9:30 am	Jul 10	6	\$71.50	431119
Sa	9:45 am	Jul 10	6	\$71.50	431121
Sa	10:30 am	Jul 10	6	\$71.50	431122
M-F	9:15 am	Jul 19	9	\$107	431103
M-F	10:45 am	Jul 19	9	\$107	431104
M-F	11:30 am	Jul 19	9	\$107	431105
Tu-F, M	9:15 am	Aug 3	9	\$107	431106
Tu-F, M	10:45 am	Aug 3	9	\$107	431107
Tu-F, M	11:30 am	Aug 3	9	\$107	431108
M-F	8:45 am	Aug 16	5	\$59.50	431109
M-F	9:15 am	Aug 16	5	\$59.50	431111
M-F	10 am	Aug 16	5	\$59.50	431113
M-F	10:15 am	Aug 16	5	\$59.50	431114
M-F	10:45 am	Aug 16	5	\$59.50	431115
M-F	11:30 am	Aug 16	5	\$59.50	431116

Swimmer 3

M	5:30 pm	Mar 22	12	\$87	434359
M	6:30 pm	Mar 22	12	\$87	434360
M	7 pm	Mar 22	12	\$87	434361
M	7:30 pm	Mar 22	12	\$87	434364
Tu, Th	5:45 pm	Jun 29	7	\$50.75	431147
Tu, Th	7:15 pm	Jun 29	7	\$50.75	431150
M-F	8:30 am	Jul 5	9	\$65.25	431136
M-F	10:45 am	Jul 5	9	\$65.25	431137
M-F	8:30 am	Jul 19	9	\$65.25	431138
M-F	10:45 am	Jul 19	9	\$65.25	431139
Tu, Th	5:45 pm	Jul 27	8	\$58	431151
Tu, Th	7:15 pm	Jul 27	8	\$58	431153
Tu-F, M	8:30 am	Aug 3	9	\$65.25	431143
Tu-F, M	10:45 am	Aug 3	9	\$65.25	431144

Swimmer 3 – Low Ratio

Th	5:30 pm	Mar 25	9	\$116.50	434383
Th	6:30 pm	Mar 25	9	\$116.50	434384
Th	6:45 pm	Mar 25	9	\$116.50	434385
Th	7 pm	Mar 25	9	\$116.50	434386
Th	7:30 pm	Mar 25	9	\$116.50	434387
F	6 pm	Mar 26	12	\$155.50	434396
F	7:30 pm	Mar 26	12	\$155.50	434397
Sa	8:30 am	Mar 27	11	\$142.50	434399
Sa	9:30 am	Mar 27	11	\$142.50	434401
Sa	10 am	Mar 27	11	\$142.50	434404
Sa	11:15 am	Mar 27	11	\$142.50	434405
Sa	11:15 am	Mar 27	11	\$142.50	434407
Sa	12:15 pm	Mar 27	11	\$142.50	434408
Sa	4 pm	Mar 27	11	\$142.50	434409
Sa	4:30 pm	Mar 27	11	\$142.50	434411
Sa	5:30 pm	Mar 27	11	\$142.50	434413
Su	9 am	Mar 28	11	\$142.50	434416
Su	10 am	Mar 28	11	\$142.50	434419
Su	10:30 am	Mar 28	11	\$142.50	434420
Su	11:15 am	Mar 28	11	\$142.50	434423
Su	Noon	Mar 28	11	\$142.50	434424
Th	6:30 pm	May 27	5	\$64.75	434390
Th	6:30 pm	May 27	5	\$64.75	434392
Th	7 pm	May 27	5	\$64.75	434393
Th	7:30 pm	May 27	5	\$64.75	434394
M-W, F	8:30 am	Jun 28	4	\$52	431173
M-W, F	10:45 am	Jun 28	4	\$52	431175
W	5:15 pm	Jun 30	8	\$103.75	431199
W	6 pm	Jun 30	8	\$103.75	431201
W	7:30 pm	Jun 30	8	\$103.75	431202
M-F	9:30 am	Jul 5	9	\$116.50	431179
Sa	9:45 am	Jul 10	6	\$77.75	431191
Sa	10:15 am	Jul 10	6	\$77.75	431194
Sa	11:15 am	Jul 10	6	\$77.75	431196
M-F	9:30 am	Jul 19	9	\$116.50	431180
Tu-F, M	9:30 am	Aug 3	9	\$116.50	431182
M-F	9:45 am	Aug 16	5	\$64.75	431186
M-F	11:15 am	Aug 16	5	\$64.75	431189

Swimmer 4

M	5 pm	Mar 22	12	\$87	438451
M	6:30 pm	Mar 22	12	\$87	438453
M	7 pm	Mar 22	12	\$87	438454
M	7:30 pm	Mar 22	12	\$87	438456
Tu, Th	6:15 pm	Jun 29	7	\$50.75	431235
Tu, Th	6:45 pm	Jun 29	7	\$50.75	431237
M-F	9:45 am	Jul 5	9	\$65.25	431230

Children should be “within arms reach” at all times around water.

Swimming • Learn to Swim

M-F	9:45 am	Jul 19	9	\$65.25	431232
Tu, Th	6:15 pm	Jul 27	8	\$58	431239
Tu, Th	6:45 pm	Jul 27	8	\$58	431240
Tu-F, M	9:45 am	Aug 3	9	\$65.25	431233

Swimmer 4 – Low Ratio

Th	5:15 pm	Mar 25	9	\$116.50	438473
Th	6:30 pm	Mar 25	9	\$116.50	438474
Th	7:15 pm	Mar 25	9	\$116.50	438476
F	6:45 pm	Mar 26	12	\$155.50	438487
F	7:30 pm	Mar 26	12	\$155.50	438490
Sa	8:45 am	Mar 27	11	\$142.50	438492
Sa	9:30 am	Mar 27	11	\$142.50	438495
Sa	10:45 am	Mar 27	11	\$142.50	438496
Su	10 am	Mar 28	11	\$142.50	438498
Su	10:30 am	Mar 28	11	\$142.50	438502
Su	11:15 am	Mar 28	11	\$142.50	438504
Su	Noon	Mar 28	11	\$142.50	438507
Th	6:30 pm	May 27	5	\$64.75	438479
Th	7:15 pm	May 27	5	\$64.75	438482
M-W, F	9:45 am	Jun 28	4	\$52	431269
W	5:15 pm	Jun 30	8	\$103.75	431285
W	7:30 pm	Jun 30	8	\$103.75	431286
M-F	8:45 am	Jul 5	9	\$116.50	431274
M-F	11:15 am	Jul 5	9	\$116.50	431275
Sa	10:15 am	Jul 10	6	\$77.75	431282
M-F	8:45 am	Jul 19	9	\$116.50	431276
M-F	11:15 am	Jul 19	9	\$116.50	431278
Tu-F, M	8:45 am	Aug 3	9	\$116.50	431279
Tu-F, M	11:15 am	Aug 3	9	\$116.50	431280

Swimmer 5

M	6:30 pm	Mar 22	12	\$87	438525
M	7:30 pm	Mar 22	12	\$87	438527
Tu, Th	5:45 pm	Jun 29	7	\$50.75	431293
Tu, Th	6:30 pm	Jun 29	7	\$50.75	431295
M-F	9:15 am	Jul 5	9	\$65.25	431288
M-F	9:15 am	Jul 19	9	\$65.25	431290
Tu, Th	5:45 pm	Jul 27	8	\$58	431296
Tu, Th	6:30 pm	Jul 27	8	\$58	431297
Tu-F, M	9:15 am	Aug 3	9	\$65.25	431291

Swimmer 5 – Low Ratio

Th	6:30 pm	Mar 25	9	\$116.50	438584
Th	7:30 pm	Mar 25	9	\$116.50	438586
F	6:30 pm	Mar 26	12	\$155.50	438593
F	7:30 pm	Mar 26	12	\$155.50	438595
Sa	8:45 am	Mar 27	11	\$142.50	438618
Sa	9:30 am	Mar 27	11	\$142.50	438619
Sa	10:15 am	Mar 27	11	\$142.50	438623
Su	9:45 am	Mar 28	11	\$142.50	438625
Su	11:15 am	Mar 28	11	\$142.50	438627
Th	6:30 pm	May 27	5	\$64.75	438589
Th	7:30 pm	May 27	5	\$64.75	438591
M-W, F	9:15 am	Jun 28	4	\$52	431298
W	6 pm	Jun 30	8	\$103.75	431304
W	6:30 pm	Jun 30	8	\$103.75	431306
M-F	11:15 am	Jul 5	9	\$116.50	431299
Sa	9 am	Jul 10	6	\$77.75	431303
M-F	11:15 am	Jul 19	9	\$116.50	431300
Tu-F, M	11:15 am	Aug 3	9	\$116.50	431301
M-F	9:15 am	Aug 16	5	\$64.75	431302

Swimmer 6

M	6 pm	Mar 22	12	\$87	438647
M	7:30 pm	Mar 22	12	\$87	438649
Tu, Th	5 pm	Jun 29	7	\$50.75	431311
Tu, Th	6:30 pm	Jun 29	7	\$50.75	431313
M-F	10:15 am	Jul 5	9	\$65.25	431308
M-F	10:15 am	Jul 19	9	\$65.25	431309
Tu, Th	5 pm	Jul 27	8	\$58	431314
Tu, Th	6:30 pm	Jul 27	8	\$58	431315
Tu-F, M	10:15 am	Aug 3	9	\$65.25	431310

Swimmer 6 – Low Ratio

Th	7:30 pm	Mar 25	9	\$116.50	438656
Th	6:30 pm	Mar 25	9	\$116.50	438655
F	6:30 pm	Mar 26	12	\$155.50	438661
F	7:30 pm	Mar 26	12	\$155.50	438664
Sa	9:30 am	Mar 27	11	\$142.50	438665
Sa	10:15 am	Mar 27	11	\$142.50	438666
Su	9:45 am	Mar 28	11	\$142.50	438667
Su	10:45 am	Mar 28	11	\$142.50	438668
Su	Noon	Mar 28	11	\$142.50	438669
Th	6:30 pm	May 27	5	\$64.75	438657
Th	7:30 pm	May 27	5	\$64.75	438658
W	6:30 pm	Jun 30	8	\$103.75	431328
W	7:30 pm	Jun 30	8	\$103.75	431330
Sa	9 am	Jul 10	6	\$77.75	431324
Sa	10:30 am	Jul 10	6	\$77.75	431326

Swimmer 7 (Rookie Patrol)

M	7:15 pm	Mar 22	12	\$95.50	438673
Tu, Th	7:15 pm	Jun 29	7	\$55.75	431349
M-F	11 am	Jul 5	9	\$71.50	431337
M-F	11 am	Jul 19	9	\$71.50	431339
Tu, Th	7:15 pm	Jul 27	8	\$63.75	431350
Tu-F, M	11 am	Aug 3	9	\$71.50	431340

Swimmer 7 – Low Ratio

Th	7:15 pm	Mar 25	9	\$126.75	438674
F	7:15 pm	Mar 26	12	\$169	438676
Sa	10 am	Mar 27	11	\$155	438677
Sa	Noon	Mar 27	11	\$155	438688
Su	10 am	Mar 28	11	\$155	438689
Su	Noon	Mar 28	11	\$155	438690
Th	7:15 pm	May 27	5	\$70.50	438675
W	7:15 pm	Jun 30	8	\$112.75	431368
Sa	10 am	Jul 10	6	\$84.50	431354

Swimmer 8 (Ranger Patrol)

M	7:15 pm	Mar 22	12	\$95.50	438694
Tu, Th	7:15 pm	Jun 29	7	\$55.75	431373
M-F	11 am	Jul 5	9	\$71.50	431369
M-F	11 am	Jul 19	9	\$71.50	431371
Tu, Th	7:15 pm	Jul 27	8	\$63.75	431374
Tu-F, M	11 am	Aug 3	9	\$71.50	431372

Swimmer 8 – Low Ratio

Th	7:15 pm	Mar 25	9	\$126.75	438698
F	7:15 pm	Mar 26	12	\$169	438701
Sa	8:30 am	Mar 27	11	\$155	438702
Sa	10 am	Mar 27	11	\$155	438705
Su	10 am	Mar 28	11	\$155	438707
Su	Noon	Mar 28	11	\$155	438709
Th	7:15 pm	May 27	5	\$70.50	438699
W	7:15 pm	Jun 30	8	\$112.75	431378
Sa	11 am	Jul 10	6	\$84.50	431376

Swimmer 9 (Star Patrol)

M	7:15 pm	Mar 22	12	\$95.50	438717
Tu, Th	7:15 pm	Jun 29	7	\$55.75	431384
M-F	11 am	Jul 5	9	\$71.50	431379
M-F	11 am	Jul 19	9	\$71.50	431381
Tu, Th	7:15 pm	Jul 27	8	\$63.75	431388
Tu-F, M	11 am	Aug 3	9	\$71.50	431382

Swimmer 9 – Low Ratio

Th	7:15 pm	Mar 25	9	\$126.75	438723
F	7:15 pm	Mar 26	12	\$169	438738
Sa	8:30 am	Mar 27	11	\$155	438742
Sa	10 am	Mar 27	11	\$155	438744
Su	11 am	Mar 28	11	\$155	438746
Th	7:15 pm	May 27	5	\$70.50	438736
W	7:15 pm	Jun 30	8	\$112.75	431423
Sa	11 am	Jul 10	6	\$84.50	431422

Adult

Adult 101

Tu	11 am	Mar 23	8	\$74.50	439365
Tu	7:30 pm	Mar 23	9	\$83.75	439372
Tu	11 am	May 25	5	\$46.75	439368
Tu	7:30 pm	May 25	5	\$46.75	439375
Tu, Th	7:30 pm	Jun 29	7	\$65.25	431825
Tu, Th	7:30 pm	Jul 27	8	\$74.25	431826

Adult 101 – Low Ratio

F	1:30 pm	Mar 26	12	\$213.75	439381
Th	11 am	May 27	5	\$46.75	439377

Adult 201

Tu	11 am	Mar 23	8	\$74.50	439385
Tu	7:30 pm	Mar 23	9	\$83.75	439387
Tu	11 am	May 25	5	\$46.75	439389
Tu	7:30 pm	May 25	5	\$46.75	439390
Tu, Th	7:30 pm	Jun 29	7	\$65.25	431827
Tu, Th	7:30 pm	Jul 27	8	\$74.25	431828

Adult 201 – Low Ratio

F	1:30 pm	Mar 26	12	\$213.75	439393
Th	11 am	May 27	5	\$89.25	439392

Adult 301

Tu	11 am	Mar 23	8	\$74.50	439396
Tu	7:30 pm	Mar 23	9	\$83.75	439397
Tu	11 am	May 25	5	\$46.75	439402
Tu	7:30 pm	May 25	5	\$46.75	439399
Tu, Th	7:30 pm	Jun 29	7	\$65.25	431832
Tu, Th	7:30 pm	Jul 27	8	\$74.25	431833

Adult 301 – Low Ratio

F	1:30 pm	Mar 26	12	\$213.75	439406
Th	11 am	May 27	5	\$89.25	439404



Swimming • Learn to Swim



Osgoode Rideau Backyard Swim Program

613-580-2424 ext. 46664

Kars Residential Pool

Preschool

Parent and Tot 1 – Low Ratio

Sa	9 am	Mar 27	11	\$131	439367
Su	Noon	Mar 28	11	\$131	439369
M-F	10 am	Aug 16	5	\$59.50	439478
M-F	3 pm	Aug 16	5	\$59.50	439488
M-Th	10 am	Aug 23	4	\$47.75	439479
M-Th	3 pm	Aug 23	4	\$47.75	439489

Parent and Tot 2 – Low Ratio

Sa	9 am	Mar 27	11	\$131	439371
Su	Noon	Mar 28	11	\$131	439374
M-F	10 am	Aug 16	5	\$59.50	439506
M-F	3 pm	Aug 16	5	\$59.50	439511
M-Th	10 am	Aug 23	4	\$47.75	439508
M-Th	3 pm	Aug 23	4	\$47.75	439512

Parent and Tot 3 – Low Ratio

Sa	9 am	Mar 27	11	\$131	439376
Su	Noon	Mar 28	11	\$131	439378
M-F	10 am	Aug 16	5	\$59.50	439542
M-F	3 pm	Aug 16	5	\$59.50	439548
M-Th	10 am	Aug 23	4	\$47.75	439543
M-Th	3 pm	Aug 23	4	\$47.75	439545

Preschool A

Sa	9:30 am	Mar 27	11	\$72.25	439384
Su	12:30 pm	Mar 28	11	\$72.25	430304
M-F	11:15 am	Aug 16	9	\$59	439574
M-F	1 pm	Aug 16	9	\$59	439575

Preschool B

Sa	10 am	Mar 27	11	\$72.25	439388
Su	1 pm	Mar 28	11	\$72.25	439391
M-F	10:45 am	Aug 16	9	\$59	439580

Preschool B – Low Ratio

Sa	Noon	Mar 27	11	\$131	439394
M-F	2:30 pm	Aug 16	5	\$59.50	439591
M-Th	2:30 pm	Aug 23	4	\$47.75	439592

Preschool C

Sa	11 am	Mar 27	11	\$72.25	439395
Su	2 pm	Mar 28	11	\$72.25	439398
M-F	2 pm	Aug 16	9	\$59	439598

Preschool C – Low Ratio

Sa	Noon	Mar 27	11	\$131	439401
M-F	9:30 am	Aug 16	5	\$59.50	439610
M-Th	9:30 am	Aug 23	4	\$47.75	439611

Preschool D

Sa	9:30 am	Mar 27	11	\$72.25	439403
Su	12:30 pm	Mar 28	11	\$72.25	439407
M-F	10:30 am	Aug 16	9	\$59	439623
M-F	3:15 pm	Aug 16	9	\$59	439622

Preschool D – Low Ratio

Su	1:30 pm	Mar 28	11	\$131	439408
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Preschool E

Sa	10 am	Mar 27	11	\$72.25	439414
Su	1 pm	Mar 28	11	\$72.25	439413
M-F	10 am	Aug 16	9	\$59	439632
M-F	2:45 pm	Aug 16	9	\$59	439631

Preschool E – Low Ratio

Su	1:30 pm	Mar 28	11	\$131	439416
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Children

Swimmer 1 – Beginner

Sa	11:30 am	Mar 27	11	\$72.25	439422
Su	2:30 pm	Mar 28	11	\$72.25	439420
M-F	11:45 am	Aug 16	9	\$59	439640

Swimmer 1 – Beginner Low Ratio

M-F	3:30 pm	Aug 16	5	\$59.50	439650
M-Th	3:30 pm	Aug 23	4	\$47.75	439651

Swimmer 1 – Advanced

Sa	10:30 am	Mar 27	11	\$72.25	439423
Su	1:30 pm	Mar 28	11	\$72.25	439425
M-F	11:15 am	Aug 16	9	\$59	439659
M-F	1:30 pm	Aug 16	9	\$59	439658

Swimmer 1 – Advanced Low Ratio

Su	3 pm	Mar 28	11	\$131	439428
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Swimmer 2

Sa	11 am	Mar 27	11	\$72.25	439431
Su	2 pm	Mar 28	11	\$72.25	439430

Swimmer 2 – Low Ratio

Sa	10:30 am	Mar 27	11	\$131	439439
Su	3 pm	Mar 28	11	\$131	439433
M-F	9:30 am	Aug 16	5	\$59.50	439670
M-Th	9:30 am	Aug 23	4	\$47.75	439671

Swimmer 3

Sa	11:30 am	Mar 27	11	\$79.75	439441
Su	2:30 pm	Mar 28	11	\$79.75	439443
M-F	12:15 pm	Aug 16	9	\$65.25	439675

Swimmer 4

Sa	11:30 am	Mar 27	11	\$79.75	439448
Su	2:30 pm	Mar 28	11	\$79.75	439446
M-F	12:15 pm	Aug 16	9	\$65.25	439679

Swimmer 5

M-F	3:45 pm	Aug 16	9	\$65.25	439684
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Swimmer 5 – Low Ratio

M-F	8:45 am	Aug 16	5	\$64.75	439698
M-Th	8:45 am	Aug 23	4	\$52	439699

Swimmer 6

M-F	3:45 pm	Aug 16	9	\$65.25	439703
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Swimmer 6 – Low Ratio

M-F	8:45 am	Aug 16	5	\$64.75	439714
M-Th	8:45 am	Aug 23	4	\$52	439715

Greely Residential Pool

Preschool

Parent and Tot 1 – Low Ratio

Tu-F	10 am	Aug 3	4	\$47.75	439476
Tu-F	3 pm	Aug 3	4	\$47.75	439486
M-F	10 am	Aug 9	5	\$59.50	439477
M-F	3 pm	Aug 9	5	\$59.50	439487

Parent and Tot 2 – Low Ratio

Tu-F	10 am	Aug 3	4	\$47.75	439501
Tu-F	3 pm	Aug 3	4	\$47.75	439503
M-F	10 am	Aug 9	5	\$59.50	439502
M-F	3 pm	Aug 9	5	\$59.50	439504

Parent and Tot 3 – Low Ratio

Tu-F	10 am	Aug 3	4	\$47.75	439537
Tu-F	3 pm	Aug 3	4	\$47.75	439539
M-F	10 am	Aug 9	5	\$59.50	439538
M-F	3 pm	Aug 9	5	\$59.50	439541

Preschool A

Tu-F, M	11:15 am	Aug 3	9	\$59	439570
Tu-F, M	1 pm	Aug 3	9	\$59	439571

Preschool B

Tu-F, M 10:45 am Aug 3 9 \$59 439579

Preschool B – Low Ratio

Tu-F 2:30 pm Aug 3 4 \$47.75 439587
M-F 2:30 pm Aug 9 5 \$59.50 439590

Preschool C

Tu-F, M 2 pm Aug 3 9 \$59 439596

Preschool C – Low Ratio

Tu-F 9:30 am Aug 3 4 \$47.75 439608
M-F 9:30 am Aug 9 5 \$59.50 439609

Preschool D

Tu-F, M 10:30 am Aug 3 9 \$59 439620
Tu-F, M 3:15 pm Aug 3 9 \$59 439621

Preschool E

Tu-F, M 10 am Aug 3 9 \$59 439629
Tu-F, M 2:45 pm Aug 3 9 \$59 439630

Children

Swimmer 1 – Beginner

Tu-F, M 11:45 am Aug 3 9 \$59 439638

Swimmer 1 – Beginner Low Ratio

Tu-F 3:30 pm Aug 3 4 \$47.75 439647
M-F 3:30 pm Aug 9 5 \$59.50 439648

Swimmer 1 – Advanced

Tu-F, M 11:15 am Aug 3 9 \$59 439656
Tu-F, M 1:30 pm Aug 3 9 \$59 439657

Swimmer 2 – Low Ratio

Tu-F 9:30 am Aug 3 4 \$47.75 439668
M-F 9:30 am Aug 9 5 \$59.50 439669

Swimmer 3

Tu-F, M 12:15 pm Aug 3 9 \$65.25 439674

Swimmer 4

Tu-F, M 12:15 pm Aug 3 9 \$65.25 439678

Swimmer 5

Tu-F, M 3:45 pm Aug 3 9 \$65.25 439683

Swimmer 5 – Low Ratio

Tu-F 8:45 am Aug 3 4 \$52 439694
M-F 8:45 am Aug 9 5 \$64.75 439696

Swimmer 6

Tu-F, M 3:45 pm Aug 3 9 \$65.25 439702

Swimmer 6 – Low Ratio

Tu-F 8:45 am Aug 3 4 \$52 439710
M-F 8:45 am Aug 9 5 \$64.75 439712

Osgoode Residential Pool

Preschool

Parent and Tot 1 – Low Ratio

M-F 10 am Jul 5 5 \$59.50 439467
M-F 3 pm Jul 5 5 \$59.50 439481
M-Th 10 am Jul 12 4 \$47.75 439470
M-Th 3 pm Jul 12 4 \$47.75 439482

Parent and Tot 2 – Low Ratio

M-F 10 am Jul 5 5 \$59.50 439490
M-F 3 pm Jul 5 5 \$59.50 439492
M-Th 10 am Jul 12 4 \$47.75 439491
M-Th 3 pm Jul 12 4 \$47.75 439493

Parent and Tot 3 – Low Ratio

M-F 10 am Jul 5 5 \$59.50 439515
M-F 3 pm Jul 5 5 \$59.50 439522
M-Th 10 am Jul 12 4 \$47.75 439518
M-Th 3 pm Jul 12 4 \$47.75 439525

Preschool A

M-F 11:15 am Jul 5 9 \$59 439557
M-F 1 pm Jul 5 9 \$59 439560

Preschool B

M-F 10:45 am Jul 5 9 \$59 439577

Preschool B – Low Ratio

M-F 2:30 pm Jul 5 5 \$59.50 439582
M-Th 2:30 pm Jul 12 4 \$47.75 439583

Preschool C

M-F 2 pm Jul 5 9 \$59 439593

Preschool C – Low Ratio

M-F 9:30 am Jul 5 5 \$59.50 439601
M-Th 9:30 am Jul 12 4 \$47.75 439602

Preschool D

M-F 10:30 am Jul 5 9 \$59 439613
M-F 3:15 pm Jul 5 9 \$59 439614

Preschool E

M-F 10 am Jul 5 9 \$59 439625
M-F 2:45 pm Jul 5 9 \$59 439626

Children

Swimmer 1 – Beginner

M-F 11:45 am Jul 5 9 \$59 439634

Swimmer 1 – Advanced

M-F 11:15 am Jul 5 9 \$59 439652
M-F 1:30 pm Jul 5 9 \$59 439653

Swimmer 1 –

Beginner Low Ratio

M-F 3:30 pm Jul 5 5 \$59.50 439642
M-Th 3:30 pm Jul 12 4 \$47.75 439643

Swimmer 2 – Low Ratio

M-F 9:30 am Jul 5 5 \$59.50 439664
M-Th 9:30 am Jul 12 4 \$47.75 439665

Swimmer 3

M-F 12:15 pm Jul 5 9 \$65.25 439672

Swimmer 4

M-F 12:15 pm Jul 5 9 \$65.25 439676

Swimmer 5

M-F 3:45 pm Jul 5 9 \$65.25 439680

Swimmer 5 – Low Ratio

M-F 8:45 am Jul 5 5 \$64.75 439688
M-Th 8:45 am Jul 12 4 \$52 439689

Swimmer 6

M-F 3:45 pm Jul 5 9 \$65.25 439700

Swimmer 6 – Low Ratio

M-F 8:45 am Jul 5 5 \$64.75 439705
M-Th 8:45 am Jul 12 4 \$52 439706

North Gower Residential Pool

Preschool

Parent and Tot 1 – Low Ratio

M-F 10 am Jul 19 5 \$59.50 439472
M-F 3 pm Jul 19 5 \$59.50 439483
M-Th 10 am Jul 26 4 \$47.75 439473
M-Th 3 pm Jul 26 4 \$47.75 439484

Parent and Tot 2 – Low Ratio

M-F 10 am Jul 19 5 \$59.50 439495
M-F 3 pm Jul 19 5 \$59.50 439497
M-Th 10 am Jul 26 4 \$47.75 439496
M-Th 3 pm Jul 26 4 \$47.75 439499

Parent and Tot 3 – Low Ratio

M-F 10 am Jul 19 5 \$59.50 439528
M-F 3 pm Jul 19 5 \$59.50 439535
M-Th 10 am Jul 26 4 \$47.75 439531
M-Th 3 pm Jul 26 4 \$47.75 439536

Preschool A

M-F 11:15 am Jul 19 9 \$59 439568
M-F 1 pm Jul 19 9 \$59 439565

Preschool B

M-F 10:45 am Jul 19 9 \$59 439578

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Swimming • Learn to Swim

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Preschool B – Low Ratio

M-F	2:30 pm	Jul 19	5	\$59.50	439585
M-Th	2:30 pm	Jul 26	4	\$47.75	439586

Preschool C

M-F	2 pm	Jul 19	9	\$59	439595
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Preschool C – Low Ratio

M-F	9:30 am	Jul 19	5	\$59.50	439603
M-Th	9:30 am	Jul 26	4	\$47.75	439605

Preschool D

M-F	10:30 am	Jul 19	9	\$59	439618
M-F	3:15 pm	Jul 19	9	\$59	439616

Preschool E

M-F	10 am	Jul 19	9	\$59	439628
M-F	2:45 pm	Jul 19	9	\$59	439627

Children

Swimmer 1 – Beginner

M-F	11:45 am	Jul 19	9	\$59	439637
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Swimmer 1 – Advanced

M-F	11:15 am	Jul 19	9	\$59	439655
M-F	1:30 pm	Jul 19	9	\$59	439654

Swimmer 1 – Beginner Low Ratio

M-F	3:30 pm	Jul 19	5	\$59.50	439644
M-Th	3:30 pm	Jul 26	4	\$47.75	439646

Swimmer 2 – Low Ratio

M-F	9:30 am	Jul 19	5	\$59.50	439666
M-Th	9:30 am	Jul 26	4	\$47.75	439667

Swimmer 3

M-F	12:15 pm	Jul 19	9	\$65.25	439673
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Swimmer 4

M-F	12:15 pm	Jul 19	9	\$65.25	439677
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Swimmer 5

M-F	3:45 pm	Jul 19	9	\$65.25	439681
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Swimmer 5 – Low Ratio

M-F	8:45 am	Jul 19	5	\$64.75	439690
M-Th	8:45 am	Jul 26	4	\$52	439691

Swimmer 6

M-F	3:45 pm	Jul 19	9	\$65.25	439701
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Swimmer 6 – Low Ratio

M-F	8:45 am	Jul 19	5	\$64.75	439707
M-Th	8:45 am	Jul 26	4	\$52	439708

Pinecrest R.C. 613-828-3118

Preschool

Parent and Tot 1

W	4 pm	Apr 28	9	\$59	440483
Th	6 pm	Apr 29	9	\$59	440484
Sa	8:30 am	May 1	9	\$59	440486
Su	5:30 pm	May 2	9	\$59	440489
Su	6:30 pm	May 2	9	\$59	440690
Tu, Th	5:30 pm	Jun 29	9	\$59	440499
W	4:30 pm	Jun 30	9	\$59	440498
M-F	8:30 am	Jul 5	9	\$59	440490
M-F	9 am	Jul 19	9	\$59	440491
Tu-F, M	8:30 am	Aug 3	9	\$59	440496
Tu, Th	5:15 pm	Aug 3	8	\$52.50	440503
M-F	10:30 am	Aug 16	9	\$59	440497

Parent and Tot 2

W	4 pm	Apr 28	9	\$59	440580
Th	6 pm	Apr 29	9	\$59	440581
Sa	9 am	May 1	9	\$59	440582
Su	5:30 pm	May 2	9	\$59	440583
Su	6:30 pm	May 2	9	\$59	440691
Tu, Th	5:30 pm	Jun 29	9	\$59	440589
W	4:30 pm	Jun 30	9	\$59	440588
M-F	8:30 am	Jul 5	9	\$59	440584
M-F	9 am	Jul 19	9	\$59	440585
Tu-F, M	8:30 am	Aug 3	9	\$59	440586
Tu, Th	5:15 pm	Aug 3	8	\$52.50	440590
M-F	10:30 am	Aug 16	9	\$59	440587

Parent and Tot 3

W	4 pm	Apr 28	9	\$59	440591
Th	6 pm	Apr 29	9	\$59	440592
Sa	9 am	May 1	9	\$59	440593
Su	5:30 pm	May 2	9	\$59	440594
Su	6:30 pm	May 2	9	\$59	440595
Tu, Th	5:30 pm	Jun 29	9	\$59	440601
W	4:30 pm	Jun 30	9	\$59	440600
M-F	8:30 am	Jul 5	9	\$59	440596
M-F	9 am	Jul 19	9	\$59	440597
Tu-F, M	8:30 am	Aug 3	9	\$59	440598
Tu, Th	5:15 pm	Aug 3	8	\$52.50	440602
M-F	10:30 am	Aug 16	9	\$59	440599

Preschool A

Tu	4:30 pm	Apr 27	9	\$59	439946
Tu	6:30 pm	Apr 27	9	\$59	439948
W	4 pm	Apr 28	9	\$59	439949
W	5:30 pm	Apr 28	9	\$59	439950
Th	5 pm	Apr 29	9	\$59	439962
Th	5:30 pm	Apr 29	9	\$59	439961
Sa	9 am	May 1	9	\$59	439963
Sa	10:30 am	May 1	9	\$59	439964
Sa	11:15 am	May 1	9	\$59	439965
Su	4 pm	May 2	9	\$59	439966
Su	5:45 pm	May 2	9	\$59	439968
Tu, Th	4:30 pm	Jun 29	9	\$59	439980
Tu, Th	5:15 pm	Jun 29	9	\$59	439983
W	4:30 pm	Jun 30	9	\$59	439994

M-F	8:30 am	Jul 5	9	\$59	439970
M-F	10:30 am	Jul 19	9	\$59	439971
Tu-F, M	8:30 am	Aug 3	9	\$59	439973
Tu, Th	5 pm	Aug 3	8	\$52.50	439988
M-F	9:15 am	Aug 16	9	\$59	439976

Preschool B

Tu	5:30 pm	Apr 27	9	\$59	440020
Tu	6 pm	Apr 27	9	\$59	440021
W	4 pm	Apr 28	9	\$59	440024
W	5:30 pm	Apr 28	9	\$59	440023
Th	4:30 pm	Apr 29	9	\$59	440025
Th	6:15 pm	Apr 29	9	\$59	440027
Sa	9:30 am	May 1	9	\$59	440030
Sa	10:45 am	May 1	9	\$59	440032
Sa	11:45 am	May 1	9	\$59	440034
Su	4 pm	May 2	9	\$59	440035
Su	5 pm	May 2	9	\$59	440037
Tu, Th	6 pm	Jun 29	9	\$59	440050
W	4:30 pm	Jun 30	9	\$59	440046
M-F	8:30 am	Jul 5	9	\$59	440038
M-F	9 am	Jul 19	9	\$59	440040
Tu-F, M	8:30 am	Aug 3	9	\$59	440042
Tu, Th	6 pm	Aug 3	8	\$52.50	440052
M-F	10 am	Aug 16	9	\$59	440044

Preschool C

Tu	5 pm	Apr 27	9	\$59	440059
Tu	6:30 pm	Apr 27	9	\$59	440060
W	4:30 pm	Apr 28	9	\$59	440062
Th	4 pm	Apr 29	9	\$59	440063
Th	6:30 pm	Apr 29	9	\$59	440065
Sa	8:30 am	May 1	9	\$59	440066
Sa	9:30 am	May 1	9	\$59	440067
Sa	11:45 am	May 1	9	\$59	440068
Su	4:30 pm	May 2	9	\$59	440069
Su	6 pm	May 2	9	\$59	440070
Tu, Th	4:30 pm	Jun 29	9	\$59	440078
W	5:30 pm	Jun 30	9	\$59	440076
M-F	9 am	Jul 5	9	\$59	440072
M-F	8:30 am	Jul 19	9	\$59	440073
Tu-F, M	9 am	Aug 3	9	\$59	440074
Tu, Th	6 pm	Aug 3	8	\$52.50	440079
M-F	8:30 am	Aug 16	9	\$59	440075

Preschool D

Tu	6 pm	Apr 27	9	\$59	440083
Tu	7 pm	Apr 27	9	\$59	440082
W	5 pm	Apr 28	9	\$59	440084
Th	4:30 pm	Apr 29	9	\$59	440085
Th	6:30 pm	Apr 29	9	\$59	440086
Sa	8:30 am	May 1	9	\$59	440087
Sa	10:15 am	May 1	9	\$59	440088
Su	5:30 pm	May 2	9	\$59	440090
Tu, Th	5 pm	Jun 29	9	\$59	440117
M-F	9 am	Jul 5	9	\$59	440092
M-F	8:30 am	Jul 19	9	\$59	440093
Tu-F, M	9:45 am	Aug 3	9	\$59	440094
Tu, Th	5:30 pm	Aug 3	8	\$52.50	440119
M-F	9 am	Aug 16	9	\$59	440114

Preschool E

Tu	5:15 pm	Apr 27	9	\$59	440120
W	5 pm	Apr 28	9	\$59	440121
Th	5:30 pm	Apr 29	9	\$59	440123
Sa	11:15 am	May 1	9	\$59	440125

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Su	6:30 pm	May 2	9	\$59	440127
Tu, Th	5 pm	Jun 29	9	\$59	440134
M-F	9 am	Jul 5	9	\$59	440128
M-F	8:30 am	Jul 19	9	\$59	440131
Tu-F, M	9:45 am	Aug 3	9	\$59	440132
Tu, Th	5:30 pm	Aug 3	8	\$52.50	440136
M-F	9 am	Aug 16	9	\$59	440133

Children

Swimmer 1 – Beginner

Tu	4:15 pm	Apr 27	9	\$59	440138
Tu	6 pm	Apr 27	9	\$59	440146
W	4:30 pm	Apr 28	9	\$59	440147
Th	4 pm	Apr 29	9	\$59	440150
Th	5:30 pm	Apr 29	9	\$59	440149
Sa	8:30 am	May 1	9	\$59	440151
Su	4:45 pm	May 2	9	\$59	440152
Tu, Th	5:15 pm	Jun 29	9	\$59	440168
W	5 pm	Jun 30	9	\$59	440166
M-F	9 am	Jul 5	9	\$59	440158
M-F	8:30 am	Jul 19	9	\$59	440161
Tu-F, M	9 am	Aug 3	9	\$59	440162
Tu, Th	6 pm	Aug 3	8	\$52.50	440170
M-F	10:30 am	Aug 16	9	\$59	440164

Swimmer 1 – Advanced

Tu	4:45 pm	Apr 27	9	\$59	440171
Tu	7 pm	Apr 27	9	\$59	440172
W	5 pm	Apr 28	9	\$59	440173
Th	5 pm	Apr 29	9	\$59	440174
Th	6 pm	Apr 29	9	\$59	440175
Sa	10 am	May 1	9	\$59	440176
Sa	11 am	May 1	9	\$59	440178
Su	6 pm	May 2	9	\$59	440181
Tu, Th	5:30 pm	Jun 29	9	\$59	440199
W	5:30 pm	Jun 30	9	\$59	440197
M-F	9:45 am	Jul 5	9	\$59	440189
M-F	9:15 am	Jul 19	9	\$59	440191
Tu-F, M	8:30 am	Aug 3	9	\$59	440193
Tu, Th	4:30 pm	Aug 3	8	\$52.50	440203
M-F	9 am	Aug 16	9	\$59	440195

Swimmer 2

Tu	5:30 pm	Apr 27	9	\$59	440207
Tu	6 pm	Apr 27	9	\$59	440208
W	4 pm	Apr 28	9	\$59	440209
W	5:30 pm	Apr 28	9	\$59	440211
Th	4:30 pm	Apr 29	9	\$59	440214
Th	5 pm	Apr 29	9	\$59	440219
Th	6 pm	Apr 29	9	\$59	440222
Sa	9 am	May 1	9	\$59	440223
Sa	9:45 am	May 1	9	\$59	440224
Sa	10:30 am	May 1	9	\$59	440225
Su	4 pm	May 2	9	\$59	440226
Su	4:30 pm	May 2	9	\$59	440227
Su	6:15 pm	May 2	9	\$59	440228
Tu, Th	5 pm	Jun 29	9	\$59	440241
Tu, Th	6 pm	Jun 29	9	\$59	440243
W	5 pm	Jun 30	9	\$59	440238
M-F	8:30 am	Jul 5	9	\$59	440231
M-F	10:30 am	Jul 19	9	\$59	440232
Tu-F, M	9 am	Aug 3	9	\$59	440234
Tu, Th	4:30 pm	Aug 3	8	\$52.50	440246
M-F	8:30 am	Aug 16	9	\$59	440236

Swimmer 3

Tu	4:30 pm	Apr 27	9	\$65.25	440249
Tu	5:45 pm	Apr 27	9	\$65.25	440251
W	4:30 pm	Apr 28	9	\$65.25	440252
Th	5:15 pm	Apr 29	9	\$65.25	440253
Sa	9 am	May 1	9	\$65.25	440254
Sa	10:30 am	May 1	9	\$65.25	440262
Su	4 pm	May 2	9	\$65.25	440689
Su	5 pm	May 2	9	\$65.25	440324
Su	6 pm	May 2	9	\$65.25	440325
Tu, Th	4:30 pm	Jun 29	9	\$65.25	440340
W	4:30 pm	Jun 30	9	\$65.25	440338
M-F	9 am	Jul 5	9	\$65.25	440328
M-F	9:45 am	Jul 19	9	\$65.25	440331
Tu-F, M	10:15 am	Aug 3	9	\$65.25	440334
Tu, Th	5:45 pm	Aug 3	8	\$58	440343
M-F	8:30 am	Aug 16	9	\$65.25	440336

Swimmer 4

Tu	5:15 pm	Apr 27	9	\$65.25	440346
Tu	6 pm	Apr 27	9	\$65.25	440347
W	5:15 pm	Apr 28	9	\$65.25	440348
Th	4:30 pm	Apr 29	9	\$65.25	440350
Sa	9:45 am	May 1	9	\$65.25	440351
Sa	11:30 am	May 1	9	\$65.25	440352
Su	4:45 pm	May 2	9	\$65.25	440359
Su	6:45 pm	May 2	9	\$65.25	440360
Tu, Th	4:30 pm	Jun 29	9	\$65.25	440370
W	4:30 pm	Jun 30	9	\$65.25	440369
M-F	9:30 am	Jul 5	9	\$65.25	440361
M-F	9:45 am	Jul 19	9	\$65.25	440365
Tu-F, M	10:15 am	Aug 3	9	\$65.25	440366
Tu, Th	5:15 pm	Aug 3	8	\$58	440372
M-F	8:30 am	Aug 16	9	\$65.25	440368

Swimmer 5

Tu	5:15 pm	Apr 27	9	\$65.25	440374
W	4:30 pm	Apr 28	9	\$65.25	440377
Th	6 pm	Apr 29	9	\$65.25	440379
Sa	9 am	May 1	9	\$65.25	440381
Sa	11:30 am	May 1	9	\$65.25	440383
Su	4 pm	May 2	9	\$65.25	440384
Su	6:45 pm	May 2	9	\$65.25	440386
Tu, Th	5:45 pm	Jun 29	9	\$65.25	440398
W	5:15 pm	Jun 30	9	\$65.25	440396
M-F	10:15 am	Jul 5	9	\$65.25	440388
M-F	8:30 am	Jul 19	9	\$65.25	440389
Tu-F, M	9 am	Aug 3	9	\$65.25	440393
Tu, Th	4:30 pm	Aug 3	8	\$58	440400
M-F	9:15 am	Aug 16	9	\$65.25	440394

Swimmer 6

Tu	4:30 pm	Apr 27	9	\$65.25	440405
W	5:15 pm	Apr 28	9	\$65.25	440407
Th	5:30 pm	Apr 29	9	\$65.25	440408
Sa	9:30 am	May 1	9	\$65.25	440410
Sa	11 am	May 1	9	\$65.25	440411
Su	5:15 pm	May 2	9	\$65.25	440416
Tu, Th	5:45 pm	Jun 29	9	\$65.25	440424
W	5:15 pm	Jun 30	9	\$65.25	440423
M-F	10:15 am	Jul 5	9	\$65.25	440417
M-F	9 am	Jul 19	9	\$65.25	440419
Tu-F, M	9:30 am	Aug 3	9	\$65.25	440421
Tu, Th	4:30 pm	Aug 3	8	\$58	440425
M-F	9:45 am	Aug 16	9	\$65.25	440422

Swimmer 7 (Rookie Patrol)

Sa	11:15 am	May 1	9	\$71.50	440434
Su	4:30 pm	May 2	9	\$71.50	440436
W	5 pm	Jun 30	9	\$71.50	440439
Tu, Th	5 pm	Aug 3	8	\$63.75	440442

Swimmer 7 – Low Ratio

Tu	4:30 pm	Apr 27	9	\$126.75	440449
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Swimmer 8 (Ranger Patrol)

Sa	10 am	May 1	9	\$71.50	440460
Su	6:30 pm	May 2	9	\$71.50	440463
W	5 pm	Jun 30	9	\$71.50	440466
Tu, Th	5 pm	Aug 3	8	\$63.75	440467

Swimmer 8 – Low Ratio

W	4:30 pm	Apr 28	9	\$126.75	440451
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Swimmer 9 (Star Patrol)

Sa	10 am	May 1	9	\$71.50	440469
Su	6:30 pm	May 2	9	\$71.50	440470
W	5 pm	Jun 30	9	\$71.50	440472
Tu, Th	5 pm	Aug 3	8	\$63.75	440474

Swimmer 9 – Low Ratio

Th	4:30 pm	Apr 29	9	\$126.75	440453
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Visit us online at ottawa.ca/recreation for public swimming schedules and descriptions.

Registering is easy!
See page 8 for
registration options.

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Youth

Teen 101

W	7:30 pm	Apr 28	9	\$74.50	440695
Th	6:30 pm	Jul 8	8	\$66.25	440694

Teen 201

W	7:30 pm	Apr 28	9	\$74.50	440701
Th	6:30 pm	Jul 8	8	\$66.25	440700

Teen 301

W	7:30 pm	Apr 28	9	\$74.50	440702
Th	6:30 pm	Jul 8	8	\$66.25	440703

Adult

Adult 101

W	7:30 pm	Apr 28	9	\$97.75	440692
Th	6:30 pm	Jul 8	8	\$87	440693

Adult 201

W	7:30 pm	Apr 28	9	\$97.75	440696
Th	6:30 pm	Jul 8	8	\$87	440697

Adult 301

W	7:30 pm	Apr 28	9	\$97.75	440698
Th	6:30 pm	Jul 8	8	\$87	440699

Plant R.C.
613-232-3000

Preschool

Parent and Tot 1

Sa	10:15 am	May 1	8	\$52.50	422501
Sa	4:15 pm	May 1	8	\$52.50	422502
M	9:30 am	May 3	7	\$46	422497
W	6:15 pm	May 5	8	\$52.50	422498
Th	1:30 pm	May 6	8	\$52.50	422499
Th	5:30 pm	May 6	8	\$52.50	422500
Sa	9:30 am	Jul 3	8	\$52.50	428593
Tu	6:30 pm	Jul 6	8	\$52.50	428590
W	6 pm	Jul 7	8	\$52.50	428591
Th	6 pm	Jul 8	8	\$52.50	428592

Parent and Tot 2

Sa	10:15 am	May 1	8	\$52.50	422516
Sa	10:45 am	May 1	8	\$52.50	422520
Sa	11:30 am	May 1	8	\$52.50	422521
Sa	4:15 pm	May 1	8	\$52.50	422522
Sa	5 pm	May 1	8	\$52.50	422523
M	9:30 am	May 3	7	\$46	422503
Tu	1:30 pm	May 4	8	\$52.50	422504
W	9:30 am	May 5	8	\$52.50	422506
W	5:30 pm	May 5	8	\$52.50	422507
W	6:15 pm	May 5	8	\$52.50	422505
Th	1:30 pm	May 6	8	\$52.50	422511
Th	5:30 pm	May 6	8	\$52.50	422512
Sa	9:30 am	Jul 3	8	\$52.50	428600
Sa	10:30 am	Jul 3	8	\$52.50	428601
Tu	6 pm	Jul 6	8	\$52.50	428595

Tu	6:30 pm	Jul 6	8	\$52.50	428594
W	5 pm	Jul 7	8	\$52.50	428597
W	6 pm	Jul 7	8	\$52.50	428596
Th	5 pm	Jul 8	8	\$52.50	428599
Th	6 pm	Jul 8	8	\$52.50	428598

Parent and Tot 3

Sa	10:45 am	May 1	8	\$52.50	422536
Sa	11:30 am	May 1	8	\$52.50	422537
Sa	5 pm	May 1	8	\$52.50	422538
Tu	1:30 pm	May 4	8	\$52.50	422526
W	9:30 am	May 5	8	\$52.50	422528
W	5:30 pm	May 5	8	\$52.50	422535
Sa	10:30 am	Jul 3	8	\$52.50	428605
Tu	6 pm	Jul 6	8	\$52.50	428602
W	5 pm	Jul 7	8	\$52.50	428603
Th	5 pm	Jul 8	8	\$52.50	428604

Preschool A

Sa	9:30 am	May 1	8	\$52.50	422934
Sa	10 am	May 1	8	\$52.50	422944
Sa	11:30 am	May 1	8	\$52.50	422976
Sa	11:30 am	May 1	8	\$52.50	422979
M	9 am	May 3	7	\$46	422543
Tu	9:30 am	May 4	8	\$52.50	422552
Tu	1 pm	May 4	8	\$52.50	422551
Tu	5:30 pm	May 4	8	\$52.50	422553
W	9 am	May 5	8	\$52.50	422899
W	5 pm	May 5	8	\$52.50	422902
W	5:30 pm	May 5	8	\$52.50	422913
Th	5 pm	May 6	8	\$52.50	422915
Th	5:30 pm	May 6	8	\$52.50	422916
Th	7 pm	May 6	8	\$52.50	422928
Sa	9:30 am	Jul 3	8	\$52.50	427186
Sa	10:15 am	Jul 3	8	\$52.50	427206
M-F	8:30 am	Jul 5	9	\$59	427133
W	5:30 pm	Jul 7	8	\$52.50	427152
W	6 pm	Jul 7	8	\$52.50	427158
Th	6:30 pm	Jul 8	8	\$52.50	427184
M-F	8:30 am	Jul 19	9	\$59	427135
Tu-F, M	8:30 am	Aug 3	9	\$59	427140
M-F	8:30 am	Aug 16	9	\$59	427146

Preschool A – Low Ratio

Sa	4 pm	May 1	8	\$95.25	426824
Sa	4:30 pm	May 1	8	\$95.25	426825
Sa	5:30 pm	May 1	8	\$95.25	426826
Tu	5 pm	Jul 6	8	\$95.25	429197
Tu	5:30 pm	Jul 6	8	\$95.25	429200

Preschool B

Sa	9 am	May 1	8	\$52.50	423119
Sa	9:45 am	May 1	8	\$52.50	423124
Sa	10 am	May 1	8	\$52.50	423127
Sa	10:30 am	May 1	8	\$52.50	423128
Tu	5 pm	May 4	8	\$52.50	423043
W	5 pm	May 5	8	\$52.50	423100
W	6:45 pm	May 5	8	\$52.50	423097
Th	9:30 am	May 6	8	\$52.50	423102
Th	1 pm	May 6	8	\$52.50	423104
Th	5 pm	May 6	8	\$52.50	423107
Th	6 pm	May 6	8	\$52.50	423113
Th	6:30 pm	May 6	8	\$52.50	423116
Sa	9 am	Jul 3	8	\$52.50	427254
Sa	10:45 am	Jul 3	8	\$52.50	427260
M-F	10 am	Jul 5	9	\$59	427218

W	5 pm	Jul 7	8	\$52.50	427229
W	5:30 pm	Jul 7	8	\$52.50	427233
Th	6 pm	Jul 8	8	\$52.50	427253
M-F	10 am	Jul 19	9	\$59	427221
Tu-F, M	10 am	Aug 3	9	\$59	427225
M-F	10 am	Aug 16	9	\$59	427228

Preschool B – Low Ratio

Sa	4 pm	May 1	8	\$95.25	426827
Sa	5 pm	May 1	8	\$95.25	426828
Tu	5 pm	Jul 6	8	\$95.25	429219
Tu	6:30 pm	Jul 6	8	\$95.25	429222

Preschool C

Sa	9 am	May 1	8	\$52.50	423387
Sa	10 am	May 1	8	\$52.50	423388
Sa	11 am	May 1	8	\$52.50	423389
Sa	11:30 am	May 1	8	\$52.50	423390
Tu	5:30 pm	May 4	8	\$52.50	423378
W	10 am	May 5	8	\$52.50	423382
W	5:30 pm	May 5	8	\$52.50	423379
W	6:45 pm	May 5	8	\$52.50	423380
W	7 pm	May 5	8	\$52.50	423381
Th	9 am	May 6	8	\$52.50	423383
Th	5 pm	May 6	8	\$52.50	423384
Th	6 pm	May 6	8	\$52.50	423385
Th	6:30 pm	May 6	8	\$52.50	423386
Sa	9:30 am	Jul 3	8	\$52.50	427713
M-F	9 am	Jul 5	9	\$59	427707
W	5 pm	Jul 7	8	\$52.50	427711
W	6:30 pm	Jul 7	8	\$52.50	427712
M-F	9 am	Jul 19	9	\$59	427708
Tu-F, M	9 am	Aug 3	9	\$59	427709
M-F	9 am	Aug 16	9	\$59	427710

Preschool C – Low Ratio

Sa	4 pm	May 1	8	\$95.25	426829
Sa	5:30 pm	May 1	8	\$95.25	426830
Tu	5 pm	Jul 6	8	\$95.25	429223
Tu	5:30 pm	Jul 6	8	\$95.25	429225

Preschool D

Sa	9:30 am	May 1	8	\$52.50	423399
Sa	11 am	May 1	8	\$52.50	423403
Sa	11:30 am	May 1	8	\$52.50	423408
Tu	9 am	May 4	8	\$52.50	423391
W	5 pm	May 5	8	\$52.50	423393
W	6 pm	May 5	8	\$52.50	423392
Th	5 pm	May 6	8	\$52.50	423395
Th	6 pm	May 6	8	\$52.50	423394
Sa	10 am	Jul 3	8	\$52.50	428579
M-F	10 am	Jul 5	9	\$59	428573
W	5:30 pm	Jul 7	8	\$52.50	428577
Th	6:30 pm	Jul 8	8	\$52.50	428578
M-F	10 am	Jul 19	9	\$59	428574
Tu-F, M	10 am	Aug 3	9	\$59	428575
M-F	10 am	Aug 16	9	\$59	428576

Preschool D – Low Ratio

Sa	5:30 pm	May 1	8	\$95.25	426831
Tu	6 pm	Jul 6	8	\$95.25	429226

Preschool E

Sa	9:30 am	May 1	8	\$52.50	423421
Sa	11 am	May 1	8	\$52.50	423422
Sa	11:30 am	May 1	8	\$52.50	423423

Swimming • Learn to Swim

W	6 pm	May 5	8	\$52.50	423415
Th	6 pm	May 6	8	\$52.50	423419
Sa	10 am	Jul 3	8	\$52.50	428586
M-F	10 am	Jul 5	9	\$59	428580
W	6:30 pm	Jul 7	8	\$52.50	428584
Th	6:30 pm	Jul 8	8	\$52.50	428585
M-F	10 am	Jul 19	9	\$59	428581
Tu-F, M	10 am	Aug 3	9	\$59	428582
M-F	10 am	Aug 16	9	\$59	428583

Preschool E – Low Ratio

Sa	5:30 pm	May 1	8	\$95.25	426832
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Children

Swimmer 1 – Beginner

Sa	9 am	May 1	8	\$52.50	423716
Tu	5 pm	May 4	8	\$52.50	423692
W	5 pm	May 5	8	\$52.50	423702
Th	5 pm	May 6	8	\$52.50	423706
Th	7 pm	May 6	8	\$52.50	423708
Sa	11:30 am	Jul 3	8	\$52.50	428612
M-F	8:30 am	Jul 5	9	\$59	428606
W	5 pm	Jul 7	8	\$52.50	428610
Th	5 pm	Jul 8	8	\$52.50	428611
M-F	8:30 am	Jul 19	9	\$59	428607
Tu-F, M	8:30 am	Aug 3	9	\$59	428608
M-F	8:30 am	Aug 16	9	\$59	428609

Swimmer 1 – Beginner Low Ratio

Sa	4 pm	May 1	8	\$95.25	426833
Tu	5 pm	Jul 6	8	\$95.25	429237

Swimmer 1 – Advanced

Sa	11:30 am	May 1	8	\$52.50	423731
W	5 pm	May 5	8	\$52.50	423721
W	5:30 pm	May 5	8	\$52.50	423723
Th	5:30 pm	May 6	8	\$52.50	423726
Sa	9 am	Jul 3	8	\$52.50	428619
M-F	9 am	Jul 5	9	\$59	428613
W	6:30 pm	Jul 7	8	\$52.50	428617
Th	5:30 pm	Jul 8	8	\$52.50	428618
M-F	9 am	Jul 19	9	\$59	428614
Tu-F, M	9 am	Aug 3	9	\$59	428615
M-F	9 am	Aug 16	9	\$59	428616

Swimmer 1 – Advanced Low Ratio

Sa	5 pm	May 1	8	\$95.25	426834
Tu	5:30 pm	Jul 6	8	\$95.25	429239

Swimmer 2

Sa	9 am	May 1	8	\$52.50	426241
Sa	9:30 am	May 1	8	\$52.50	426253
Sa	9:45 am	May 1	8	\$52.50	426498
Sa	10:30 am	May 1	8	\$52.50	426481
W	5 pm	May 5	8	\$52.50	426208
W	5:30 pm	May 5	8	\$52.50	426213
W	6 pm	May 5	8	\$52.50	426217
Th	5:30 pm	May 6	8	\$52.50	426226
Th	5:30 pm	May 6	8	\$52.50	426230
Th	6:30 pm	May 6	8	\$52.50	426233
Th	7 pm	May 6	8	\$52.50	426234
Sa	9 am	Jul 3	8	\$52.50	428628

Sa	10 am	Jul 3	8	\$52.50	428629
Sa	11:30 am	Jul 3	8	\$52.50	428630
M-F	9:30 am	Jul 5	9	\$59	428620
W	5 pm	Jul 7	8	\$52.50	428624
W	5:30 pm	Jul 7	8	\$52.50	428625
W	6:30 pm	Jul 7	8	\$52.50	428626
Th	6:30 pm	Jul 8	8	\$52.50	428627
M-F	9:30 am	Jul 19	9	\$59	428621
Tu-F, M	9:30 am	Aug 3	9	\$59	428622
M-F	9:30 am	Aug 16	9	\$59	428623

Swimmer 2 – Low Ratio

Sa	4:30 pm	May 1	8	\$95.25	426835
Sa	5:30 pm	May 1	8	\$95.25	426836
Tu	5 pm	Jul 6	8	\$95.25	429242
Tu	5:30 pm	Jul 6	8	\$95.25	429244
Tu	6:30 pm	Jul 6	8	\$95.25	429245

Swimmer 3

Sa	9 am	May 1	8	\$58	426789
Sa	11:15 am	May 1	8	\$58	426790
W	5:30 pm	May 5	8	\$58	426785
W	6 pm	May 5	8	\$58	426786
Th	5 pm	May 6	8	\$58	426787
Th	6:30 pm	May 6	8	\$58	426788
Sa	10:30 am	Jul 3	8	\$58	428637
Sa	11:15 am	Jul 3	8	\$58	428638
M-F	8:30 am	Jul 5	9	\$65.25	428631
W	5 pm	Jul 7	8	\$58	428635
Th	5 pm	Jul 8	8	\$58	428636
M-F	8:30 am	Jul 19	9	\$65.25	428632
Tu-F, M	8:30 am	Aug 3	9	\$65.25	428633
M-F	8:30 am	Aug 16	9	\$65.25	428634

Swimmer 3 – Low Ratio

Sa	4:30 pm	May 1	8	\$103.75	426837
Sa	4:45 pm	May 1	8	\$103.75	426838
Tu	5:30 pm	Jul 6	8	\$103.75	429246

Swimmer 4

Sa	9:30 am	May 1	8	\$58	426795
Sa	10:15 am	May 1	8	\$58	426796
W	6 pm	May 5	8	\$58	426792
W	6:45 pm	May 5	8	\$58	426793
Th	5:45 pm	May 6	8	\$58	426794
Sa	10:30 am	Jul 3	8	\$58	428645
M-F	9:15 am	Jul 5	9	\$65.25	428639
W	5:45 pm	Jul 7	8	\$58	428643
Th	6 pm	Jul 8	8	\$58	428644
M-F	9:15 am	Jul 19	9	\$65.25	428640
Tu-F, M	9:15 am	Aug 3	9	\$65.25	428641
M-F	9:15 am	Aug 16	9	\$65.25	428642

Swimmer 4 – Low Ratio

Sa	4:45 pm	May 1	8	\$103.75	426839
Sa	5:15 pm	May 1	8	\$103.75	426840

Swimmer 5

Sa	10:15 am	May 1	8	\$58	426799
W	6 pm	May 5	8	\$58	426797
Th	6:45 pm	May 6	8	\$58	426798
Sa	11:15 am	Jul 3	8	\$58	428652
M-F	9:30 am	Jul 5	9	\$65.25	428646
W	5:45 pm	Jul 7	8	\$58	428650

Th	5 pm	Jul 8	8	\$58	428651
M-F	9:30 am	Jul 19	9	\$65.25	428647
Tu-F, M	9:30 am	Aug 3	9	\$65.25	428648
M-F	9:30 am	Aug 16	9	\$65.25	428649

Swimmer 5 – Low Ratio

Sa	4 pm	May 1	8	\$103.75	426841
Sa	5:15 pm	May 1	8	\$103.75	426842

Swimmer 6

Sa	9 am	May 1	8	\$58	426802
W	6:30 pm	May 5	8	\$58	426800
Th	6 pm	May 6	8	\$58	426801
Sa	11:15 am	Jul 3	8	\$58	429062
M-F	9:30 am	Jul 5	9	\$65.25	429057
W	5:45 pm	Jul 7	8	\$58	429061
M-F	9:30 am	Jul 19	9	\$65.25	429058
Tu-F, M	9:30 am	Aug 3	9	\$65.25	429059
M-F	9:30 am	Aug 16	9	\$65.25	429060

Swimmer 6 – Low Ratio

Sa	4:30 pm	May 1	8	\$103.75	426843
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Swimmer 7 (Rookie Patrol)

Sa	10 am	May 1	8	\$63.75	426804
W	6:30 pm	May 5	8	\$63.75	426803
Sa	10:30 am	Jul 3	8	\$63.75	429068
W	6 pm	Jul 7	8	\$63.75	429067

Swimmer 8 (Ranger Patrol)

Sa	10 am	May 1	8	\$63.75	426806
W	6:30 pm	May 5	8	\$63.75	426805
Sa	10:30 am	Jul 3	8	\$63.75	429072
W	6 pm	Jul 7	8	\$63.75	429071

Swimmer 9 (Star Patrol)

W	6:30 pm	May 5	8	\$63.75	426807
W	6 pm	Jul 7	8	\$63.75	429074

Adult

Adult 101

M	6:45 pm	May 3	7	\$65.25	422493
Th	6 pm	Jul 8	8	\$74.50	429191

Adult 201

M	6 pm	May 3	7	\$65.25	422492
Tu	6 pm	Jul 6	8	\$74.50	429178



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**Ray Friel Recreation
Complex
613-830-2747**

Preschool

Parent and Tot 1

Sa	9 am	Mar 27	12	\$78.75	422762
Sa	10:45 am	Mar 27	12	\$78.75	422764
Su	8 am	Mar 28	11	\$72.75	423204
M	11 am	Mar 29	10	\$65.75	422724
M	4:30 pm	Mar 29	10	\$65.75	423200
Tu	5 pm	Mar 30	12	\$78.75	422756
W	5 pm	Mar 31	12	\$78.75	422758
Th	5:30 pm	Apr 1	12	\$78.75	422760
M-F	9:30 am	Jun 28	9	\$59	428262
Sa	9 am	Jul 3	8	\$52.50	426919
Sa	10:45 am	Jul 3	8	\$52.50	426920
M, W	5 pm	Jul 5	7	\$46	426067
M-F	9:30 am	Jul 12	10	\$65.75	427343
M-F	9:30 am	Jul 26	9	\$59	427587
W, M	5 pm	Aug 4	7	\$46	426071
M-F	9:30 am	Aug 9	10	\$65.75	427345

Parent and Tot 2

Sa	9 am	Mar 27	12	\$78.75	422788
Sa	10 am	Mar 27	12	\$78.75	422791
Sa	10:45 am	Mar 27	12	\$78.75	422789
Sa	11:30 am	Mar 27	12	\$78.75	422794
Su	8 am	Mar 28	11	\$72.25	423219
Su	9:30 am	Mar 28	11	\$72.25	423222
M	11 am	Mar 29	10	\$65.75	423208
M	4:30 pm	Mar 29	10	\$65.75	423214
M	6 pm	Mar 29	10	\$65.75	423215
Tu	5 pm	Mar 30	12	\$78.75	422769
Tu	6:15 pm	Mar 30	12	\$78.75	422771
W	11 am	Mar 31	12	\$78.75	422772
W	5 pm	Mar 31	12	\$78.75	422774
W	6 pm	Mar 31	12	\$78.75	422784
Th	5:30 pm	Apr 1	12	\$78.75	422785
Th	6:15 pm	Apr 1	12	\$78.75	422786
M-F	9:30 am	Jun 28	9	\$59	428263
M-F	10 am	Jun 28	9	\$59	428265
Sa	9 am	Jul 3	8	\$52.50	426923
Sa	10 am	Jul 3	8	\$52.50	426925
Sa	10:45 am	Jul 3	8	\$52.50	426924
Sa	11:30 am	Jul 3	8	\$52.50	426926
M, W	5 pm	Jul 5	7	\$46	426083
M, W	6 pm	Jul 5	7	\$46	426085
M-F	9:30 am	Jul 12	10	\$65.75	427368
M-F	10 am	Jul 12	10	\$65.75	427375
M-F	9:30 am	Jul 26	9	\$59	428264
M-F	10 am	Jul 26	9	\$59	428266
W, M	5 pm	Aug 4	7	\$46	426088
W, M	6 pm	Aug 4	7	\$46	426093
M-F	9:30 am	Aug 9	10	\$65.75	427372
M-F	10 am	Aug 9	10	\$65.75	427378

Parent and Tot 3

Sa	10 am	Mar 27	12	\$78.75	422813
Sa	11:30 am	Mar 27	12	\$78.75	422816
Su	9:30 am	Mar 28	11	\$72.25	423229
M	6 pm	Mar 29	10	\$65.75	423227
Tu	6:15 pm	Mar 30	12	\$78.75	422799
W	11 am	Mar 31	12	\$78.75	422800
W	6 pm	Mar 31	12	\$78.75	422803
Th	6:15 pm	Apr 1	12	\$78.75	422807
M-F	10 am	Jun 28	9	\$59	428267
Sa	10 am	Jul 3	8	\$52.50	426929
Sa	11:30 am	Jul 3	8	\$52.50	426930
M, W	6 pm	Jul 5	7	\$46	426097
M-F	10 am	Jul 12	10	\$65.75	427382
M-F	10 am	Jul 26	9	\$59	428268
W, M	6 pm	Aug 4	7	\$46	426098
M-F	10 am	Aug 9	10	\$65.75	427384

Preschool A

Sa	8 am	Mar 27	12	\$78.75	422835
Sa	8:30 am	Mar 27	12	\$78.75	422836
Sa	9:15 am	Mar 27	12	\$78.75	422838
Sa	10:30 am	Mar 27	12	\$78.75	422839
Sa	11:15 am	Mar 27	12	\$78.75	422840
Sa	Noon	Mar 27	12	\$78.75	422841
Su	8:30 am	Mar 28	11	\$72.25	423239
Su	10:30 am	Mar 28	11	\$72.25	423241
M	4:30 pm	Mar 29	10	\$65.75	423233
M	5:30 pm	Mar 29	10	\$65.75	423236
Tu	4:30 pm	Mar 30	12	\$78.75	422827
Tu	5:30 pm	Mar 30	12	\$78.75	422828
Tu	7 pm	Mar 30	12	\$78.75	422829
W	4:30 pm	Mar 31	12	\$78.75	422830
W	5:45 pm	Mar 31	12	\$78.75	422832
Th	5 pm	Apr 1	12	\$78.75	422833
Th	6 pm	Apr 1	12	\$78.75	422834
F	5 pm	Apr 9	11	\$72.25	422744
F	6:30 pm	Apr 9	11	\$72.25	422746
M-F	8:30 am	Jun 28	9	\$59	428269
M-F	10 am	Jun 28	9	\$59	428271
Sa	8 am	Jul 3	8	\$52.50	426931
Sa	8:30 am	Jul 3	8	\$52.50	426932
Sa	9:15 am	Jul 3	8	\$52.50	426933
Sa	10:30 am	Jul 3	8	\$52.50	426934
Sa	11:15 am	Jul 3	8	\$52.50	426935
Sa	Noon	Jul 3	8	\$52.50	426936
M, W	5:30 pm	Jul 5	7	\$46	426101
M, W	6:30 pm	Jul 5	7	\$46	426102
M-F	8:30 am	Jul 12	10	\$65.75	427394
M-F	10 am	Jul 12	10	\$65.75	427404
M-F	8:30 am	Jul 26	9	\$59	428270
M-F	10 am	Jul 26	9	\$59	428272
W, M	5:30 pm	Aug 4	7	\$46	426103
W, M	6:30 pm	Aug 4	7	\$46	426107
M-F	8:30 am	Aug 9	10	\$65.75	427395
M-F	10 am	Aug 9	10	\$65.75	427407

Preschool A – Low Ratio

F	4:30 pm	Jul 2	8	\$95.25	429030
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Preschool B

Sa	8 am	Mar 27	12	\$78.75	422879
Sa	8:45 am	Mar 27	12	\$78.75	422880
Sa	9:30 am	Mar 27	12	\$78.75	422881
Sa	Noon	Mar 27	12	\$78.75	430206
Sa	12:30 pm	Mar 27	12	\$78.75	422882
Su	8 am	Mar 28	11	\$72.25	423249

Su	8:30 am	Mar 28	11	\$72.25	423252
Su	10 am	Mar 28	11	\$72.25	423255
M	5:30 pm	Mar 29	10	\$65.75	423244
M	6:15 pm	Mar 29	10	\$65.75	423246
Tu	5 pm	Mar 30	12	\$78.75	422842
Tu	6 pm	Mar 30	12	\$78.75	422844
Tu	6:30 pm	Mar 30	12	\$78.75	422847
W	5:15 pm	Mar 31	12	\$78.75	422850
W	6:15 pm	Mar 31	12	\$78.75	422852
Th	5 pm	Apr 1	12	\$78.75	422874
Th	7 pm	Apr 1	12	\$78.75	422878
F	5:30 pm	Apr 9	11	\$72.25	422751
M-F	9 am	Jun 28	9	\$59	428273
M-F	9:45 am	Jun 28	9	\$59	428275
Sa	8 am	Jul 3	8	\$52.50	426937
Sa	8:45 am	Jul 3	8	\$52.50	426938
Sa	9:30 am	Jul 3	8	\$52.50	426940
Sa	12:30 pm	Jul 3	8	\$52.50	426942
M, W	5:30 pm	Jul 5	7	\$46	426113
M, W	6:30 pm	Jul 5	7	\$46	426115
M-F	9 am	Jul 12	10	\$65.75	427419
M-F	9:45 am	Jul 12	10	\$65.75	427440
M-F	9 am	Jul 26	9	\$59	428274
M-F	9:45 am	Jul 26	9	\$59	428276
W, M	5:30 pm	Aug 4	7	\$46	426120
W, M	6:30 pm	Aug 4	7	\$46	426118
M-F	9 am	Aug 9	10	\$65.75	427423
M-F	9:45 am	Aug 9	10	\$65.75	427442

Preschool B – Low Ratio

F	5 pm	Jul 2	8	\$95.25	429031
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Preschool C

Sa	8:30 am	Mar 27	12	\$78.75	422896
Sa	10:15 am	Mar 27	12	\$78.75	422897
Sa	11 am	Mar 27	12	\$78.75	422898
Sa	12:30 pm	Mar 27	12	\$78.75	422900
Su	8 am	Mar 28	11	\$72.25	423263
Su	8:45 am	Mar 28	11	\$72.25	423264
Su	9 am	Mar 28	11	\$72.25	423265
M	5:15 pm	Mar 29	10	\$65.75	423258
M	6 pm	Mar 29	10	\$65.75	423260
Tu	5 pm	Mar 30	12	\$78.75	422886
Tu	6 pm	Mar 30	12	\$78.75	422887
Tu	7 pm	Mar 30	12	\$78.75	422889
W	6 pm	Mar 31	12	\$78.75	422891
Th	6 pm	Apr 1	12	\$78.75	422893
Th	7 pm	Apr 1	12	\$78.75	422894
F	6 pm	Apr 9	11	\$72.25	422754
M-F	8 am	Jun 28	9	\$59	428277
M-F	8:45 am	Jun 28	9	\$59	428279
Sa	8:30 am	Jul 3	8	\$52.50	426960
Sa	10:15 am	Jul 3	8	\$52.50	426961
Sa	11 am	Jul 3	8	\$52.50	426964
Sa	12:30 pm	Jul 3	8	\$52.50	426967
M, W	5 pm	Jul 5	7	\$46	426127
M, W	6:30 pm	Jul 5	7	\$46	426898
M-F	8 am	Jul 12	10	\$65.75	427452
M-F	8:45 am	Jul 12	10	\$65.75	427459
M-F	8 am	Jul 26	9	\$59	428278
M-F	8:45 am	Jul 26	9	\$59	428280
W, M	5 pm	Aug 4	7	\$46	426130
W, M	6:30 pm	Aug 4	7	\$46	426899
M-F	8 am	Aug 9	10	\$65.75	427454
M-F	8:45 am	Aug 9	10	\$65.75	427460

**Registering is easy!
See page 8 for
registration options.**

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Preschool C – Low Ratio

F 5:30 pm Jul 2 8 \$95.25 429033

Preschool D

Sa 8:30 am Mar 27 12 \$78.75 422908
 Sa 9:30 am Mar 27 12 \$78.75 422909
 Sa Noon Mar 27 12 \$78.75 422910
 Su 9:30 am Mar 28 11 \$72.25 423271
 M 5 pm Mar 29 10 \$65.75 423268
 Tu 6:30 pm Mar 30 12 \$78.75 422904
 W 6 pm Mar 31 12 \$78.75 422905
 Th 6:30 pm Apr 1 12 \$78.75 422907
 M-F 9:30 am Jun 28 9 \$59 428281
 Sa 8:30 am Jul 3 8 \$52.50 426971
 Sa 9:30 am Jul 3 8 \$52.50 426973
 Sa Noon Jul 3 8 \$52.50 426975
 M, W 6 pm Jul 5 7 \$46 426161
 M-F 9:30 am Jul 12 10 \$65.75 427473
 M-F 9:30 am Jul 26 9 \$59 428282
 W, M 6 pm Aug 4 7 \$46 426164
 M-F 9:30 am Aug 9 10 \$65.75 427475

Preschool D – Low Ratio

F 6 pm Jul 2 8 \$95.25 429034

Preschool E

Sa 9 am Mar 27 12 \$78.75 423046
 Sa 9:45 am Mar 27 12 \$78.75 423047
 Sa 11 am Mar 27 12 \$78.75 423050
 Su 9 am Mar 28 11 \$72.25 423276
 M 6:30 pm Mar 29 10 \$65.75 423274
 Tu 5:45 pm Mar 30 12 \$78.75 423019
 Tu 7 pm Mar 30 12 \$78.75 423022
 W 5 pm Mar 31 12 \$78.75 423023
 Th 5 pm Apr 1 12 \$78.75 423024
 M-F 10:15 am Jun 28 9 \$59 428283
 Sa 9 am Jul 3 8 \$52.50 426982
 Sa 9:45 am Jul 3 8 \$52.50 426984
 Sa 11 am Jul 3 8 \$52.50 426986
 M-F 10:15 am Jul 12 10 \$65.75 427486
 M-F 10:15 am Jul 26 9 \$59 428284
 M-F 10:15 am Aug 9 10 \$65.75 427487

Preschool E – Low Ratio

F 6:30 pm Jul 2 8 \$95.25 429035

Children

Swimmer 1 – Beginner

Sa 8 am Mar 27 12 \$78.75 423057
 Sa 8:45 am Mar 27 12 \$78.75 423058
 Sa 10:30 am Mar 27 12 \$78.75 423059
 Sa 11:30 am Mar 27 12 \$78.75 423060
 Sa Noon Mar 27 12 \$78.75 423061
 Su 8 am Mar 28 11 \$72.25 423282
 Su 9:30 am Mar 28 11 \$72.25 423284
 M 5 pm Mar 29 10 \$65.75 423279
 M 5:45 pm Mar 29 10 \$65.75 423280
 Tu 4:30 pm Mar 30 12 \$78.75 423052
 W 4:30 pm Mar 31 12 \$78.75 423054
 W 6:30 pm Mar 31 12 \$78.75 423055
 Th 4:30 pm Apr 1 12 \$78.75 423056
 M-F 8:30 am Jun 28 9 \$59 428285
 M-F 9:15 am Jun 28 9 \$59 428287
 Sa 8 am Jul 3 8 \$52.50 426991

Sa 8:45 am Jul 3 8 \$52.50 426992
 Sa 10:30 am Jul 3 8 \$52.50 426993
 Sa 11:30 am Jul 3 8 \$52.50 426994
 Sa Noon Jul 3 8 \$52.50 426995
 M, W 5 pm Jul 5 7 \$46 426900
 M-F 8:30 am Jul 12 10 \$65.75 427501
 M-F 9:15 am Jul 12 10 \$65.75 427505
 M-F 8:30 am Jul 26 9 \$59 428286
 M-F 9:15 am Jul 26 9 \$59 428288
 W, M 5 pm Aug 4 7 \$46 426901
 M-F 8:30 am Aug 9 10 \$65.75 427502
 M-F 9:15 am Aug 9 10 \$65.75 427506

Swimmer 1 – Beginner Low Ratio

F 4:30 pm Jul 2 8 \$95.25 429037

Swimmer 1 – Advanced

Sa 8:30 am Mar 27 12 \$78.75 423069
 Sa 9:15 am Mar 27 12 \$78.75 423070
 Sa 10:30 am Mar 27 12 \$78.75 423071
 Sa 11:15 am Mar 27 12 \$78.75 423072
 Sa 12:30 pm Mar 27 12 \$78.75 423073
 Su 8:30 am Mar 28 11 \$72.25 423295
 Su 10 am Mar 28 11 \$72.25 423297
 M 5 pm Mar 29 10 \$65.75 423288
 M 6 pm Mar 29 10 \$65.75 423291
 Tu 5:30 pm Mar 30 12 \$78.75 423062
 W 5 pm Mar 31 12 \$78.75 423064
 W 7 pm Mar 31 12 \$78.75 423065
 Th 5:30 pm Apr 1 12 \$78.75 423067
 M-F 9 am Jun 28 9 \$59 428289
 M-F 10:30 am Jun 28 9 \$59 428291
 Sa 8:30 am Jul 3 8 \$52.50 426999
 Sa 9:15 am Jul 3 8 \$52.50 427000
 Sa 10:30 am Jul 3 8 \$52.50 427001
 Sa 11:15 am Jul 3 8 \$52.50 427002
 Sa 12:30 pm Jul 3 8 \$52.50 427003
 M, W 5:30 pm Jul 5 7 \$46 426902
 M-F 9 am Jul 12 10 \$65.75 427518
 M-F 10:30 am Jul 12 10 \$65.75 427523
 M-F 9 am Jul 26 9 \$59 428290
 M-F 10:30 am Jul 26 9 \$59 428292
 W, M 5:30 pm Aug 4 7 \$46 426903
 M-F 9 am Aug 9 10 \$65.75 427521
 M-F 10:30 am Aug 9 10 \$65.75 427526

Swimmer 1 – Advanced Low Ratio

F 5 pm Jul 2 8 \$95.25 429039

Swimmer 2

Sa 8 am Mar 27 12 \$78.75 423101
 Sa 9 am Mar 27 12 \$78.75 423087
 Sa 9:45 am Mar 27 12 \$78.75 423089
 Sa 11 am Mar 27 12 \$78.75 423091
 Sa 11:30 am Mar 27 12 \$78.75 423093
 Sa 12:30 pm Mar 27 12 \$78.75 423094
 Su 9 am Mar 28 11 \$72.25 423303
 Su 10:30 am Mar 28 11 \$72.25 423304
 M 5:30 pm Mar 29 10 \$65.75 423299
 M 7 pm Mar 29 10 \$65.75 423301
 Tu 4:30 pm Mar 30 12 \$78.75 423076
 Tu 5:30 pm Mar 30 12 \$78.75 423077
 Tu 5:45 pm Mar 30 12 \$78.75 423078

W 5:30 pm Mar 31 12 \$78.75 423080
 W 6:15 pm Mar 31 12 \$78.75 423082
 Th 4:30 pm Apr 1 12 \$78.75 423083
 Th 5:45 pm Apr 1 12 \$78.75 423086
 M-F 9 am Jun 28 9 \$59 428293
 M-F 10:30 am Jun 28 9 \$59 428295
 Sa 8 am Jul 3 8 \$52.50 427005
 Sa 9 am Jul 3 8 \$52.50 427006
 Sa 9:45 am Jul 3 8 \$52.50 427007
 Sa 11 am Jul 3 8 \$52.50 427008
 Sa 11:30 am Jul 3 8 \$52.50 427009
 Sa 12:30 pm Jul 3 8 \$52.50 427010
 M, W 5 pm Jul 5 7 \$46 426904
 M, W 5:30 pm Jul 5 7 \$46 426905
 M-F 9 am Jul 12 10 \$65.75 427532
 M-F 10:30 am Jul 12 10 \$65.75 427540
 M-F 9 am Jul 26 9 \$59 428294
 M-F 10:30 am Jul 26 9 \$59 428296
 W, M 5 pm Aug 4 7 \$46 426907
 W, M 5:30 pm Aug 4 7 \$46 426906
 M-F 9 am Aug 9 10 \$65.75 427534
 M-F 10:30 am Aug 9 10 \$65.75 427542

Swimmer 2 – Low Ratio

F 5:30 pm Jul 2 8 \$95.25 429041

Swimmer 3

Sa 8 am Mar 27 12 \$87 423112
 Sa 9:30 am Mar 27 12 \$87 423114
 Su 9:15 am Mar 28 11 \$79.75 423312
 M 4:30 pm Mar 29 10 \$72.50 423307
 Tu 6 pm Mar 30 12 \$87 423105
 W 4:30 pm Mar 31 12 \$87 423106
 W 6:45 pm Mar 31 12 \$87 423109
 Th 6:45 pm Apr 1 12 \$87 423110
 M-F 9:30 am Jun 28 9 \$65.25 428297
 Sa 8 am Jul 3 8 \$58 427011
 Sa 9:30 am Jul 3 8 \$58 427012
 M, W 6 pm Jul 5 7 \$50.75 426908
 M-F 9:30 am Jul 12 10 \$72.50 427555
 M-F 9:30 am Jul 26 9 \$65.25 428298
 W, M 6 pm Aug 4 7 \$50.75 426909
 M-F 9:30 am Aug 9 10 \$72.50 427558

Swimmer 3 – Low Ratio

F 6 pm Jul 2 8 \$103.75 429042

Swimmer 4

Sa 9 am Mar 27 12 \$87 423125
 Sa 11:45 am Mar 27 12 \$87 423126
 Su 8 am Mar 28 11 \$79.75 423319
 M 5 pm Mar 29 10 \$72.50 423314
 Tu 5 pm Mar 30 12 \$87 423118
 W 5:30 pm Mar 31 12 \$87 423121
 Th 5:30 pm Apr 1 12 \$87 423122
 M-F 10:15 am Jun 28 9 \$65.25 428299
 Sa 9 am Jul 3 8 \$58 427014
 Sa 11:45 am Jul 3 8 \$58 427015
 M, W 5 pm Jul 5 7 \$50.75 426912
 M-F 10:15 am Jul 12 10 \$72.50 427565
 M-F 10:15 am Jul 26 9 \$65.25 428300
 W, M 5 pm Aug 4 7 \$50.75 426913
 M-F 10:15 am Aug 9 10 \$72.50 427567

Swimming • Learn to Swim

Swimmer 5

Sa	8 am	Mar 27	12 \$87	423133
Sa	9:45 am	Mar 27	12 \$87	423134
Sa	11:15 am	Mar 27	12 \$87	423135
Su	8:30 am	Mar 28	11 \$79.75	423326
M	6:45 pm	Mar 29	10 \$72.50	423324
Tu	5 pm	Mar 30	12 \$87	423129
W	6:45 pm	Mar 31	12 \$87	423130
Th	5 pm	Apr 1	12 \$87	423131
M-F	9:30 am	Jun 28	9 \$65.25	428301
Sa	8 am	Jul 3	8 \$58	427016
Sa	9:45 am	Jul 3	8 \$58	427017
Sa	11:15 am	Jul 3	8 \$58	427018
M, W	5:45 pm	Jul 5	7 \$50.75	426914
M-F	9:30 am	Jul 12	10 \$72.50	427571
M-F	9:30 am	Jul 26	9 \$65.25	428302
W, M	5:45 pm	Aug 4	7 \$50.75	426915
M-F	9:30 am	Aug 9	10 \$72.50	427574

Swimmer 6

Sa	10 am	Mar 27	12 \$87	423140
Sa	11:45 am	Mar 27	12 \$87	423141
Su	9:15 am	Mar 28	11 \$79.75	423328
M	6:45 pm	Mar 29	10 \$72.50	423327
Tu	6:15 pm	Mar 30	12 \$87	423137
W	5 pm	Mar 31	12 \$87	423138
Th	6:15 pm	Apr 1	12 \$87	423139
M-F	10:15 am	Jun 28	9 \$65.25	428303
Sa	10 am	Jul 3	8 \$58	427019
Sa	11:45 am	Jul 3	8 \$58	427029
M, W	6 pm	Jul 5	7 \$50.75	426917
M-F	10:15 am	Jul 12	10 \$72.50	427580
M-F	10:15 am	Jul 26	9 \$65.25	428304
W, M	6 pm	Aug 4	7 \$50.75	426918
M-F	10:15 am	Aug 9	10 \$72.50	427581

Swimmer 7 (Rookie Patrol)

Sa	10:15 am	Mar 27	12 \$95.50	423143
Su	10 am	Mar 28	11 \$87.50	423333
M	5:45 pm	Mar 29	10 \$79.50	423331
W	6:30 pm	Mar 31	12 \$95.50	423142
Sa	10:15 am	Jul 3	8 \$63.75	427031
Tu, Th	4:30 pm	Jul 6	8 \$63.75	426021
Tu, Th	4:30 pm	Aug 3	8 \$63.75	426024

Swimmer 8 (Ranger Patrol)

Sa	Noon	Mar 27	12 \$95.50	423146
Su	10 am	Mar 28	11 \$87.50	423337
M	6:30 pm	Mar 29	10 \$79.50	423335
W	6:30 pm	Mar 31	12 \$95.50	423145
Sa	Noon	Jul 3	8 \$63.75	427032
Tu, Th	5:30 pm	Jul 6	8 \$63.75	426030
Tu, Th	5:30 pm	Aug 3	8 \$63.75	426031

Swimmer 9 (Star Patrol)

Su	10 am	Mar 28	11 \$87.50	423340
M	6:30 pm	Mar 29	10 \$79.50	423339
Th	6:30 pm	Apr 1	12 \$95.50	423148
Tu, Th	4:30 pm	Jul 6	8 \$63.75	426036
Tu, Th	4:30 pm	Aug 3	8 \$63.75	426037

Adult

Adult 101

Tu	6:45 pm	Mar 30	12 \$111.75	423760
Tu, Th	6:30 pm	Jul 6	8 \$87	428461
Tu, Th	6:30 pm	Aug 3	8 \$87	428462

Adult 201

Th	6:45 pm	Apr 1	12 \$111.75	423762
Tu, Th	6:30 pm	Jul 6	8 \$87	428463
Tu, Th	6:30 pm	Aug 3	8 \$87	428464

Adult 301

Th	6:45 pm	Apr 1	12 \$111.75	423765
Tu, Th	6:30 pm	Jul 6	8 \$87	428465
Tu, Th	6:30 pm	Aug 3	8 \$87	428467

Sawmill Creek Pool
613-521-4092

Preschool

Parent and Tot 1

M	5:15 pm	Mar 22	12 \$78.75	425719
Tu	10 am	Mar 23	14 \$92	425722
W	5:30 pm	Mar 24	14 \$92	425723
Th	10:30 am	Mar 25	14 \$92	425726
Sa	10:15 am	Apr 10	11 \$72.25	425727
Su	10 am	Apr 11	11 \$72.25	425729
M-F	10 am	Jun 28	9 \$59	425733
Sa	9 am	Jul 3	8 \$52.50	425744
Tu, Th	4:30 pm	Jul 6	8 \$52.50	425742
M-F	10 am	Jul 12	10 \$65.75	425737
M-F	10 am	Jul 26	9 \$59	425734
Tu, Th	4:30 pm	Aug 3	8 \$52.50	425743
M-F	10 am	Aug 9	10 \$65.75	425738
M-F	10 am	Aug 23	5 \$33	425740

Parent and Tot 2

M	5:15 pm	Mar 22	12 \$78.75	425745
M	5:45 pm	Mar 22	12 \$78.75	425746
Tu	10:30 am	Mar 23	14 \$92	425749
W	5:30 pm	Mar 24	14 \$92	425750
W	6:30 pm	Mar 24	14 \$92	425751
Th	11 am	Mar 25	14 \$92	425753
Sa	9:30 am	Apr 10	11 \$72.25	425754
Sa	10:15 am	Apr 10	11 \$72.25	425755
Su	9:30 am	Apr 11	11 \$72.25	425756
Su	10 am	Apr 11	11 \$72.25	425757
M-F	10 am	Jun 28	9 \$59	425759
M-F	10:30 am	Jun 28	9 \$59	425760
Sa	9 am	Jul 3	8 \$52.50	425775
Tu, Th	4:30 pm	Jul 6	8 \$52.50	425770
Tu, Th	5 pm	Jul 6	8 \$52.50	425772

M-F	10 am	Jul 12	10 \$65.75	425764
M-F	10:30 am	Jul 12	10 \$65.75	425765
M-F	10 am	Jul 26	9 \$59	425763
M-F	10:30 am	Jul 26	9 \$59	425761
Tu, Th	4:30 pm	Aug 3	8 \$52.50	425774
Tu, Th	5 pm	Aug 3	8 \$52.50	425773
M-F	10 am	Aug 9	10 \$65.75	425767
M-F	10:30 am	Aug 9	10 \$65.75	425766
M-F	10 am	Aug 23	5 \$33	425768
M-F	10:30 am	Aug 23	5 \$33	425769

Parent and Tot 3

M	5:45 pm	Mar 22	12 \$78.75	425776
Tu	10:30 am	Mar 23	14 \$92	425777
W	6:30 pm	Mar 24	14 \$92	425778
Th	11 am	Mar 25	14 \$92	425779
Sa	9:30 am	Apr 10	11 \$72.25	425780
Su	9:30 am	Apr 11	11 \$72.25	425781
M-F	10:30 am	Jun 28	9 \$59	425782
Sa	9:30 am	Jul 3	8 \$52.50	425791
Tu, Th	5 pm	Jul 6	8 \$52.50	425789
M-F	10:30 am	Jul 12	10 \$65.75	425785
M-F	10:30 am	Jul 26	9 \$59	425783
Tu, Th	5 pm	Aug 3	8 \$52.50	425790
M-F	10:30 am	Aug 9	10 \$65.75	425786
M-F	10:30 am	Aug 23	5 \$33	425788

Preschool A

Tu	11 am	Mar 23	14 \$92	422730
Tu	1 pm	Mar 23	14 \$92	422735
W	5 pm	Mar 24	14 \$92	422736
W	6 pm	Mar 24	14 \$92	422737
Su	8:30 am	Apr 11	11 \$72.25	422738
Su	9:15 am	Apr 11	11 \$72.25	422740
Su	10:30 am	Apr 11	11 \$72.25	422741
Su	11:30 am	Apr 11	11 \$72.25	422742
M-F	10 am	Jun 28	9 \$59	422745
M-F	10 am	Jul 12	10 \$65.75	422752
M-F	10 am	Jul 26	9 \$59	422749
M-F	10 am	Aug 9	10 \$65.75	422753

Preschool A – Low Ratio

M	5:30 pm	Mar 22	12 \$142.75	422759
M	6:30 pm	Mar 22	12 \$142.75	422763
Th	10 am	Mar 25	14 \$166.50	422766
Th	1:30 pm	Mar 25	14 \$166.50	422767
Sa	9 am	Apr 10	11 \$131	422773
Sa	9:15 am	Apr 10	11 \$131	422775
Sa	10:30 am	Apr 10	11 \$131	422779
M, W	5 pm	Jun 28	10 \$119	422802
Sa	9 am	Jul 3	8 \$95.25	422818
Sa	10:30 am	Jul 3	8 \$95.25	422819
Sa	11:30 am	Jul 3	8 \$95.25	422821
Tu, Th	4 pm	Jul 6	8 \$95.25	422809
Tu, Th	4 pm	Aug 3	8 \$95.25	422811
W, M	4:30 pm	Aug 4	7 \$83.75	422806
M-F	10 am	Aug 23	5 \$59.50	422795

Preschool B

Tu	10 am	Mar 23	14 \$92	422856
W	4:30 pm	Mar 24	14 \$92	422857
W	5:45 pm	Mar 24	14 \$92	422859
W	6:30 pm	Mar 24	14 \$92	422864
Su	8:30 am	Apr 11	11 \$72.25	422866
Su	9 am	Apr 11	11 \$72.25	422869

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swimming schedules
and descriptions

Swimming • Learn to Swim

Su	10 am	Apr 11	11 \$72.25	422871
Su	11:15 am	Apr 11	11 \$72.25	422877
M-F	11 am	Jun 28	9 \$59	422936
M-F	11 am	Jul 12	10 \$65.75	422940
M-F	11 am	Jul 26	9 \$59	422938
M-F	11 am	Aug 9	10 \$65.75	422941

Preschool B – Low Ratio

M	4:30 pm	Mar 22	12 \$142.75	422947
M	5 pm	Mar 22	12 \$142.75	422957
M	6:30 pm	Mar 22	12 \$142.75	422959
Th	10 am	Mar 25	14 \$166.50	422962
Th	1 pm	Mar 25	14 \$166.50	422964
Sa	8:30 am	Apr 10	11 \$131	422967
Sa	10 am	Apr 10	11 \$131	422969
Sa	10:30 am	Apr 10	11 \$131	422970
Sa	11:30 am	Apr 10	11 \$131	422973
M, W	4:30 pm	Jun 28	10 \$119	422988
Sa	9 am	Jul 3	8 \$95.25	423006
Sa	11 am	Jul 3	8 \$95.25	423008
Tu, Th	4:30 pm	Jul 6	8 \$95.25	422994
Tu, Th	5 pm	Aug 3	8 \$95.25	422996
W, M	4:30 pm	Aug 4	7 \$83.25	422991
M-F	10 am	Aug 23	5 \$59.50	422985

Preschool C

Tu	1:30 pm	Mar 23	14 \$92	423151
W	5:15 pm	Mar 24	14 \$92	423153
W	6 pm	Mar 24	14 \$92	423154
Su	8:45 am	Apr 11	11 \$72.25	423157
Su	9:45 am	Apr 11	11 \$72.25	423158
Su	10:45 am	Apr 11	11 \$72.25	423159
M-F	10:30 am	Jun 28	9 \$59	423163
M-F	9:30 am	Jul 12	10 \$65.75	423166
M-F	9:30 am	Jul 26	9 \$59	423164
M-F	10:30 am	Aug 9	10 \$65.75	423168

Preschool C – Low Ratio

M	5:15 pm	Mar 22	12 \$142.75	423189
M	6 pm	Mar 22	12 \$142.75	423191
M	6:30 pm	Mar 22	12 \$142.75	423192
Th	10:30 am	Mar 25	14 \$166.50	423194
Th	1:30 pm	Mar 25	14 \$166.50	423195
Sa	9 am	Apr 10	11 \$131	423197
Sa	9:45 am	Apr 10	11 \$131	423199
Sa	11 am	Apr 10	11 \$131	423202
Sa	11:30 am	Apr 10	11 \$131	423203
M, W	4:30 pm	Jun 28	10 \$119	423207
Sa	9:45 am	Jul 3	8 \$95.25	423221
Sa	11:30 am	Jul 3	8 \$95.25	423224
Tu, Th	4:30 pm	Jul 6	8 \$95.25	423213
Tu, Th	4:30 pm	Aug 3	8 \$95.25	423216
W, M	4:30 pm	Aug 4	7 \$83.25	423209
M-F	10:30 am	Aug 23	5 \$59.50	423206

Preschool D

Tu	11 am	Mar 23	14 \$92	423231
W	4:30 pm	Mar 24	14 \$92	423235
W	6:30 pm	Mar 24	14 \$92	423237
Su	8:30 am	Apr 11	11 \$72.25	423238
Su	10:30 am	Apr 11	11 \$72.25	423240
M-F	11 am	Jun 28	9 \$59	423245
M-F	10:30 am	Jul 12	10 \$65.75	423250
M-F	10:30 am	Jul 26	9 \$59	423247
M-F	11 am	Aug 9	10 \$65.75	423253

Preschool D – Low Ratio

M	5 pm	Mar 22	12 \$142.75	423266
M	5:45 pm	Mar 22	12 \$142.75	423269
Th	11 am	Mar 25	14 \$166.50	423273
Th	1 pm	Mar 25	14 \$166.50	423285
Sa	8:30 am	Apr 10	11 \$131	423292
Sa	10:30 am	Apr 10	11 \$131	423294
M, W	5 pm	Jun 28	10 \$119	423397
Sa	10:15 am	Jul 3	8 \$95.25	423402
Tu, Th	5 pm	Jul 6	8 \$95.25	423400
Tu, Th	5 pm	Aug 3	8 \$95.25	423401
W, M	5 pm	Aug 4	7 \$83.25	423398
M-F	11 am	Aug 23	5 \$59.50	423396

Preschool E

Tu	10:30 am	Mar 23	14 \$92	423404
W	5 pm	Mar 24	14 \$92	423405
W	6 pm	Mar 24	14 \$92	423406
Su	9:30 am	Apr 11	11 \$72.25	423407
Su	10:15 am	Apr 11	11 \$72.25	423409
M-F	11 am	Jun 28	9 \$59	423410
M-F	11 am	Jul 12	10 \$65.75	423412
M-F	11 am	Jul 26	9 \$59	423411
M-F	11 am	Aug 9	10 \$65.75	423413

Preschool E – Low Ratio

M	5 pm	Mar 22	12 \$142.75	423414
M	6 pm	Mar 22	12 \$142.75	423416
Th	1 pm	Mar 25	14 \$166.50	423417
Sa	8:30 am	Apr 10	11 \$131	423418
Sa	10:45 am	Apr 10	11 \$131	423420
M, W	5 pm	Jun 28	10 \$119	423425
Sa	11 am	Jul 3	8 \$95.25	423430
Tu, Th	5 pm	Jul 6	8 \$95.25	423427
Tu, Th	4:30 pm	Aug 3	8 \$95.25	423428
W, M	5 pm	Aug 4	7 \$83.25	423426
M-F	11 am	Aug 23	5 \$59.50	423424

Children

Girls Only 101

F	4:15 pm	Apr 9	12 \$87	426267
F	4:15 pm	Apr 9	12 \$87	426272
F	5 pm	Apr 9	12 \$87	426276
F	4:15 pm	Jul 2	9 \$65.25	426282
F	4:15 pm	Jul 2	9 \$65.25	426280
F	5 pm	Jul 2	9 \$65.25	426281
F	5 pm	Jul 2	9 \$65.25	426292

Swimmer 1 – Beginner

W	4:30 pm	Mar 24	14 \$92	423469
W	5:30 pm	Mar 24	14 \$92	423475
Su	8:15 am	Apr 11	11 \$72.25	423479
Su	9:30 am	Apr 11	11 \$72.25	423483
Su	10:45 am	Apr 11	11 \$72.25	423485
M-F	10 am	Jun 28	9 \$59	423490
M-F	11:30 am	Jun 28	9 \$59	423493
M-F	9:30 am	Jul 12	10 \$65.75	423498
M-F	11:30 am	Jul 12	10 \$65.75	423500
M-F	9:30 am	Jul 26	9 \$59	423497
M-F	11:30 am	Jul 26	9 \$59	423496
M-F	9:30 am	Aug 9	10 \$65.75	423506

Swimmer 1 –

Beginner Low Ratio

M	4:30 pm	Mar 22	12 \$142.75	423517
M	6 pm	Mar 22	12 \$142.75	423519
Sa	9:30 am	Apr 10	11 \$131	423523
Sa	11 am	Apr 10	11 \$131	423526
M, W	4 pm	Jun 28	10 \$119	423534
Sa	9:30 am	Jul 3	8 \$95.25	423549
Sa	10:15 am	Jul 3	8 \$95.25	423549
Tu, Th	4 pm	Jul 6	8 \$95.25	423543
Tu, Th	4 pm	Aug 3	8 \$95.25	423545
W, M	4 pm	Aug 4	7 \$83.25	423541
M-F	11:30 am	Aug 23	5 \$59.50	423530

Swimmer 1 – Advanced

W	5 pm	Mar 24	14 \$92	423553
W	5:30 pm	Mar 24	14 \$92	423556
W	6:30 pm	Mar 24	14 \$92	423559
Su	8:30 am	Apr 11	11 \$72.25	423562
Su	10 am	Apr 11	11 \$72.25	423565
Su	10:15 am	Apr 11	11 \$72.25	423567
Su	10:45 am	Apr 11	11 \$72.25	423568
M-F	9:30 am	Jun 28	9 \$59	423572
M-F	11:30 am	Jun 28	9 \$59	423579
M-F	10 am	Jul 12	10 \$65.75	423657
M-F	11:30 am	Jul 12	10 \$65.75	423661
M-F	10 am	Jul 26	9 \$59	423584
M-F	11:30 am	Jul 26	9 \$59	423582
M-F	10:30 am	Aug 9	10 \$65.75	423663

Swimmer 1 – Advanced Low Ratio

M	4:30 pm	Mar 22	12 \$142.75	423666
M	6 pm	Mar 22	12 \$142.75	423668
M	6:30 pm	Mar 22	12 \$142.75	423670
Sa	9:30 am	Apr 10	11 \$131	423672
Sa	10:15 am	Apr 10	11 \$131	423673
Sa	11:15 am	Apr 10	11 \$131	423675
M, W	4 pm	Jun 28	10 \$119	423679
Sa	10:15 am	Jul 3	8 \$95.25	423679
Sa	10:45 am	Jul 3	8 \$95.25	423685
Tu, Th	4 pm	Jul 6	8 \$95.25	423682
Tu, Th	4 pm	Aug 3	8 \$95.25	423683
W, M	4 pm	Aug 4	7 \$83.25	423681
M-F	9:30 am	Aug 23	5 \$59.50	423676

Swimmer 2

W	4:30 pm	Mar 24	14 \$92	423772
W	5 pm	Mar 24	14 \$92	423773
W	5:30 pm	Mar 24	14 \$92	423776
W	6 pm	Mar 24	14 \$92	423781
W	7 pm	Mar 24	14 \$92	423819
Su	9 am	Apr 11	11 \$72.25	423821
Su	10 am	Apr 11	11 \$72.25	423823
Su	11 am	Apr 11	11 \$72.25	423825
Su	11:15 am	Apr 11	11 \$72.25	423827
M-F	9:30 am	Jun 28	9 \$59	423923
M-F	10:30 am	Jun 28	9 \$59	423925
M-F	9:30 am	Jul 12	10 \$65.75	423930
M-F	10:30 am	Jul 12	10 \$65.75	423929
M-F	9:30 am	Jul 26	9 \$59	423926
M-F	11:30 am	Jul 26	9 \$59	423928
M-F	9:30 am	Aug 9	10 \$65.75	423931
M-F	11:30 am	Aug 9	10 \$65.75	423932

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Swimmer 2 – Low Ratio

M	4:30 pm	Mar 22	12	\$142.75	423933
M	5:30 pm	Mar 22	12	\$142.75	423934
M	6:15 pm	Mar 22	12	\$142.75	423935
Sa	8:45 am	Apr 10	11	\$131	423936
Sa	9 am	Apr 10	11	\$131	423937
Sa	10 am	Apr 10	11	\$131	423938
Sa	11:30 am	Apr 10	11	\$131	423939
M, W	4 pm	Jun 28	10	\$119	424151
Sa	9 am	Jul 3	8	\$95.25	424159
Sa	10 am	Jul 3	8	\$95.25	424160
Tu, Th	5 pm	Jul 6	8	\$95.25	424157
Tu, Th	5 pm	Aug 3	8	\$95.25	424158
W, M	4 pm	Aug 4	7	\$83.25	424154
W, M	5 pm	Aug 4	7	\$83.25	424156
M-F	9:30 am	Aug 23	5	\$59.50	424148
M-F	10:30 am	Aug 23	5	\$59.50	424150

Swimmer 3

W	4:30 pm	Mar 24	14	\$101.50	424162
W	4:45 pm	Mar 24	14	\$101.50	424163
W	6 pm	Mar 24	14	\$101.50	424164
Su	8:30 am	Apr 11	11	\$79.75	424165
Su	8:45 am	Apr 11	11	\$79.75	424166
Su	10:15 am	Apr 11	11	\$79.75	424167
Su	11:15 am	Apr 11	11	\$79.75	424168
M-F	9:15 am	Jun 28	9	\$65.25	424170
M-F	9:15 am	Jul 12	10	\$72.50	424173
M-F	9:15 am	Jul 26	9	\$65.25	424171
M-F	9:15 am	Aug 9	10	\$72.50	424174

Swimmer 3 – Low Ratio

M	4:30 pm	Mar 22	12	\$155.50	424176
M	5:15 pm	Mar 22	12	\$155.50	424177
M	6 pm	Mar 22	12	\$155.50	424178
Sa	8:30 am	Apr 10	11	\$142.50	424180
Sa	9:15 am	Apr 10	11	\$142.50	424189
Sa	10:15 am	Apr 10	11	\$142.50	424194
Sa	10:45 am	Apr 10	11	\$142.50	424197
M, W	4 pm	Jun 28	10	\$129.50	424312
Sa	9 am	Jul 3	8	\$103.75	424326
Sa	10:15 am	Jul 3	8	\$103.75	424328
Tu, Th	4 pm	Jul 6	8	\$103.75	424323
Tu, Th	4 pm	Aug 3	8	\$103.75	424324
W, M	4 pm	Aug 4	7	\$90.75	424318
M-F	11 am	Aug 23	5	\$64.75	424308

Swimmer 4

W	4:30 pm	Mar 24	14	\$101.50	424336
W	6 pm	Mar 24	14	\$101.50	424357
Su	8:15 am	Apr 11	11	\$79.75	424368
Su	10:15 am	Apr 11	11	\$79.75	424371
M-F	10:15 am	Jun 28	9	\$65.25	424399
M-F	11 am	Jul 12	10	\$72.50	424405
M-F	11 am	Jul 26	9	\$65.25	424403
M-F	11 am	Aug 9	10	\$72.50	424407

Swimmer 4 – Low Ratio

M	4:30 pm	Mar 22	12	\$155.50	424410
M	5 pm	Mar 22	12	\$155.50	434178
M	6:15 pm	Mar 22	12	\$155.50	424413
Sa	8:30 am	Apr 10	11	\$142.50	424415
Sa	9:15 am	Apr 10	11	\$142.50	424418
Sa	10:15 am	Apr 10	11	\$142.50	424420
M, W	4:45 pm	Jun 28	10	\$129.50	424437

Sa	9:30 am	Jul 3	8	\$103.75	424451
Sa	11:15 am	Jul 3	8	\$103.75	424455
Tu, Th	4:45 pm	Jul 6	8	\$103.75	424446
Tu, Th	4 pm	Aug 3	8	\$103.75	424448
W, M	4 pm	Aug 4	7	\$90.75	424438
M-F	9:15 am	Aug 23	5	\$64.75	424435

Swimmer 5

W	5 pm	Mar 24	14	\$101.50	424461
W	6:15 pm	Mar 24	14	\$101.50	424463
Su	9 am	Apr 11	11	\$79.75	424467
Su	10:30 am	Apr 11	11	\$79.75	424477
M-F	9:15 am	Jun 28	9	\$65.25	424480
M-F	9:15 am	Jul 12	10	\$72.50	424485
M-F	11:15 am	Jul 26	9	\$65.25	424482
M-F	11:15 am	Aug 9	10	\$72.50	424486

Swimmer 5 – Low Ratio

M	4:30 pm	Mar 22	12	\$155.50	424489
M	7:15 pm	Mar 22	12	\$155.50	424490
Sa	9 am	Apr 10	11	\$142.50	424492
Sa	10 am	Apr 10	11	\$142.50	424494
Sa	11 am	Apr 10	11	\$142.50	424495
M, W	4:45 pm	Jun 28	10	\$129.50	424512
Sa	9:30 am	Jul 3	8	\$103.75	424517
Sa	11 am	Jul 3	8	\$103.75	424518
Tu, Th	4 pm	Jul 6	8	\$103.75	424515
Tu, Th	4:45 pm	Aug 3	8	\$103.75	424516
W, M	4:45 pm	Aug 4	7	\$90.75	424513
M-F	9:15 am	Aug 23	5	\$64.75	424509

Swimmer 6

W	5:15 pm	Mar 24	14	\$101.50	424749
W	7 pm	Mar 24	14	\$101.50	424751
Su	9 am	Apr 11	11	\$79.75	424754
M-F	11 am	Jun 28	9	\$65.25	424760
M-F	11:15 am	Jul 12	10	\$72.50	424764
M-F	9:15 am	Jul 26	9	\$65.25	424761
M-F	9:15 am	Aug 9	10	\$72.50	424768

Swimmer 6 – Low Ratio

M	5:15 pm	Mar 22	12	\$155.50	424781
M	7 pm	Mar 22	12	\$155.50	424784
Sa	8:45 am	Apr 10	11	\$142.50	424787
M, W	4 pm	Jun 28	10	\$129.50	424791
Sa	9:30 am	Jul 3	8	\$103.75	424796
Sa	11 am	Jul 3	8	\$103.75	424798
Tu, Th	4:45 pm	Jul 6	8	\$103.75	424793
Tu, Th	4:45 pm	Aug 3	8	\$103.75	424794
W, M	4:45 pm	Aug 4	7	\$90.75	424792
M-F	11 am	Aug 23	5	\$64.75	424789

Swimmer 7 (Rookie Patrol)

W	7 pm	Mar 24	14	\$111.25	424810
Su	9:15 am	Apr 11	11	\$87.50	424813
M-F	11 am	Jun 28	9	\$71.50	424816
M-F	11 am	Jul 12	10	\$79.50	424822
M-F	10:30 am	Jul 26	9	\$71.50	424820
M-F	11 am	Aug 9	10	\$79.50	424823

Swimmer 7 – Low Ratio

M	7 pm	Mar 22	12	\$169	425453
Sa	11 am	Apr 10	11	\$155	425457
M, W	4:30 pm	Jun 28	10	\$141	425547
Sa	11 am	Jul 3	8	\$112.75	425550
Tu, Th	4 pm	Jul 6	8	\$112.75	425548
Tu, Th	4 pm	Aug 3	8	\$112.75	425549
M-F	11 am	Aug 23	5	\$70.50	425462

Swimmer 8 (Ranger Patrol)

W	6:45 pm	Mar 24	14	\$111.25	425666
Su	9:15 am	Apr 11	11	\$87.50	425667
M-F	11 am	Jun 28	9	\$71.50	425668
M-F	11 am	Jul 12	10	\$79.50	425670
M-F	10:30 am	Jul 26	9	\$71.50	425669
M-F	11 am	Aug 9	10	\$79.50	425671

Swimmer 8 – Low Ratio

M	7 pm	Mar 22	12	\$169	425672
Sa	11 am	Apr 10	11	\$155	425673
M, W	4:30 pm	Jun 28	10	\$141	425675
Sa	11 am	Jul 3	8	\$112.75	425678
Tu, Th	4 pm	Jul 6	8	\$112.75	425676
Tu, Th	4 pm	Aug 3	8	\$112.75	425677
M-F	11 am	Aug 23	5	\$70.50	425674

Swimmer 9 (Star Patrol)

W	6:45 pm	Mar 24	14	\$111.25	425683
Su	9:15 am	Apr 11	11	\$87.50	425684
M-F	11 am	Jun 28	9	\$71.50	425679
M-F	11 am	Jul 12	10	\$79.50	425681
M-F	10:30 am	Jul 26	9	\$71.50	425680
M-F	11 am	Aug 9	10	\$79.50	425682

Swimmer 9 – Low Ratio

M	7 pm	Mar 22	12	\$169	425701
Sa	11 am	Apr 10	11	\$155	425704
M, W	4:30 pm	Jun 28	10	\$141	425712
Sa	11 am	Jul 3	8	\$112.75	425717
Tu, Th	4 pm	Jul 6	8	\$112.75	425714
Tu, Th	4 pm	Aug 3	8	\$112.75	425716
M-F	11 am	Aug 23	5	\$70.50	425711

Adult

Adult 101

Th	7 pm	Mar 25	14	\$130.50	426406
Th	7:45 pm	Mar 25	14	\$130.50	426411

Adult 201

Th	7 pm	Mar 25	14	\$130.50	426416
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Adult 301

Th	7:45 pm	Mar 25	14	\$130.50	426425
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Adult Women Only 101

F	5 pm	Apr 9	12	\$111.75	426352
F	4:15 pm	Jul 2	9	\$83.75	426363

Adult Women Only 201

F	5 pm	Jul 2	9	\$83.75	426379
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Schedules and fees may
be subject to change.
Fees include GST.

Swimming • Learn to Swim

Adult Women Only 301

F 5 pm Jul 2 9 \$83.75 426394

AquaAdult Stroke Improvement

Th 7 pm Mar 25 14 \$130.50 426519

Splash Wave Pool
613-748-4222

Preschool

Parent and Tot 1

Sa 10:45 am Apr 24 6 \$39.50 430344
Su 10 am Apr 25 6 \$39.50 430345
M 4:15 pm Apr 26 4 \$26.25 430348
Tu 9:45 am Apr 27 5 \$33 430353
W 4:15 pm Apr 28 5 \$33 430356
Th 9:45 am Apr 29 5 \$33 430358
F 4:15 pm Apr 30 5 \$33 430359

Parent and Tot 2

Sa 10:45 am Apr 24 6 \$39.50 430364
Su 9:30 am Apr 25 6 \$39.50 430365
M 4:45 pm Apr 26 4 \$26.25 430369
Tu 9:15 am Apr 27 5 \$33 430372
W 9:45 am Apr 28 5 \$33 431268
W 4:45 pm Apr 28 5 \$33 430374
Th 9:15 am Apr 29 5 \$33 430377
F 5:15 pm Apr 30 5 \$33 430380

Parent and Tot 3

Sa 11:15 am Apr 24 6 \$39.50 430384
Su 11 am Apr 25 6 \$39.50 430387
M 5:45 pm Apr 26 4 \$26.25 430389
W 5:45 pm Apr 28 5 \$33 430392
Th 9:15 am Apr 29 5 \$33 430394
F 6:15 pm Apr 30 5 \$33 430395

Preschool A

Sa 9:15 am Apr 24 6 \$39.50 429636
Sa 10:45 am Apr 24 6 \$39.50 429637
Sa 11:45 am Apr 24 6 \$39.50 429638
Su 8:30 am Apr 25 6 \$39.50 429640
Su 10 am Apr 25 6 \$39.50 429641
Su 10:30 am Apr 25 6 \$39.50 429642
M 4:15 pm Apr 26 4 \$26.25 429644
M 5:15 pm Apr 26 4 \$26.25 429645
Tu 9:45 am Apr 27 5 \$33 429646
Tu 1 pm Apr 27 5 \$33 429647
Tu 4:45 pm Apr 27 5 \$33 429648
W 9:45 am Apr 28 5 \$33 430197
W 4:15 pm Apr 28 5 \$33 429649
W 5:15 pm Apr 28 5 \$33 429651
Th 9:45 am Apr 29 5 \$33 429652
Th 1 pm Apr 29 5 \$33 429653
F 4:15 pm Apr 30 5 \$33 429674
F 4:45 pm Apr 30 5 \$33 429675
F 5:45 pm Apr 30 5 \$33 429678

Preschool B

Sa 9:15 am Apr 24 6 \$39.50 429684
Sa 10:45 am Apr 24 6 \$39.50 429685
Sa 11:45 am Apr 24 6 \$39.50 429686
Su 9 am Apr 25 6 \$39.50 429692
Su 10 am Apr 25 6 \$39.50 429693
Su 10:30 am Apr 25 6 \$39.50 429695
M 4:15 pm Apr 26 4 \$26.25 429697
M 5:15 pm Apr 26 4 \$26.25 429699
Tu 9:45 am Apr 27 5 \$33 429700
Tu 1 pm Apr 27 5 \$33 429701
Tu 4:45 pm Apr 27 5 \$33 429702
W 4:15 pm Apr 28 5 \$33 429703
W 5:15 pm Apr 28 5 \$33 429704
Th 9:45 am Apr 29 5 \$33 429705
Th 1 pm Apr 29 5 \$33 429706
F 4:15 pm Apr 30 5 \$33 429716
F 4:45 pm Apr 30 5 \$33 429717
F 5:45 pm Apr 30 5 \$33 429718

Preschool C

Sa 8:45 am Apr 24 6 \$39.50 429739
Sa 10:15 am Apr 24 6 \$39.50 430138
Sa 11:15 am Apr 24 6 \$39.50 430139
Su 9 am Apr 25 6 \$39.50 430140
Su 10 am Apr 25 6 \$39.50 430141
M 4:15 pm Apr 26 4 \$26.25 430142
M 5:15 pm Apr 26 4 \$26.25 430143
M 6:15 pm Apr 26 4 \$26.25 430144
Tu 9:15 am Apr 27 5 \$33 430145
Tu 1:30 pm Apr 27 5 \$33 430147
Tu 5:15 pm Apr 27 5 \$33 430148
W 4:15 pm Apr 28 5 \$33 430149
W 5:15 pm Apr 28 5 \$33 430150
W 6:15 pm Apr 28 5 \$33 430154
Th 9:15 am Apr 29 5 \$33 430156
Th 1:30 pm Apr 29 5 \$33 430157
F 4:45 pm Apr 30 5 \$33 430159
F 5:45 pm Apr 30 5 \$33 430160
F 6:15 pm Apr 30 5 \$33 430161

Preschool D

Sa 10:15 am Apr 24 6 \$39.50 430171
Sa 11:15 am Apr 24 6 \$39.50 430172
Su 9:30 am Apr 25 6 \$39.50 430173
Su 11 am Apr 25 6 \$39.50 430177
M 4:45 pm Apr 26 4 \$26.25 430179
Tu 9:15 am Apr 27 5 \$33 430180
Tu 1:30 pm Apr 27 5 \$33 430182
Tu 5:15 pm Apr 27 5 \$33 430183
W 9:15 am Apr 28 5 \$33 430196
W 4:45 pm Apr 28 5 \$33 430186
Th 1:30 pm Apr 29 5 \$33 430187
F 5:15 pm Apr 30 5 \$33 430190
F 5:45 pm Apr 30 5 \$33 430194
F 6:15 pm Apr 30 5 \$33 430193

Preschool E

Sa 10:15 am Apr 24 6 \$39.50 430218
Su 9:30 am Apr 25 6 \$39.50 430220
Su 11 am Apr 25 6 \$39.50 430222
M 4:45 pm Apr 26 4 \$26.25 430223
W 9:15 am Apr 28 5 \$33 430226
W 4:45 pm Apr 28 5 \$33 430228
Th 1:30 pm Apr 29 5 \$33 430230
F 5:15 pm Apr 30 5 \$33 430233

Children

Swimmer 1 – Beginner

Sa 9:45 am Apr 24 6 \$39.50 430243
Sa 11:15 am Apr 24 6 \$39.50 430245
Su 8:30 am Apr 25 6 \$39.50 430246
Su 8:30 am Apr 25 6 \$39.50 430249
M 4:45 pm Apr 26 4 \$26.25 430250
M 5:15 pm Apr 26 4 \$26.25 430251
Tu 5:45 pm Apr 27 5 \$33 430252
W 4:45 pm Apr 28 5 \$33 430253
W 5:15 pm Apr 28 5 \$33 430360
F 4:45 pm Apr 30 5 \$33 430254
F 5:15 pm Apr 30 5 \$33 430255
F 6:15 pm Apr 30 5 \$33 430256

Swimmer 1 – Advanced

Sa 9:45 am Apr 24 6 \$39.50 430267
Sa 12:15 pm Apr 24 6 \$39.50 430269
Su 8:30 am Apr 25 6 \$39.50 430271
Su 10:30 am Apr 25 6 \$39.50 430273
M 4:45 pm Apr 26 4 \$26.25 430277
W 4:45 pm Apr 28 5 \$33 430278
F 4:15 pm Apr 30 5 \$33 430279
F 6:15 pm Apr 30 5 \$33 430280

Swimmer 2

Sa 8:45 am Apr 24 6 \$39.50 430282
Sa 10:15 am Apr 24 6 \$39.50 430283
Sa 12:15 pm Apr 24 6 \$39.50 430285
Su 9 am Apr 25 6 \$39.50 430286
Su 10:30 am Apr 25 6 \$39.50 430287
M 4:15 pm Apr 26 4 \$26.25 430289
M 6:15 pm Apr 26 4 \$26.25 430290
Tu 5:45 pm Apr 27 5 \$33 430292
W 4:15 pm Apr 28 5 \$33 430298
W 6:15 pm Apr 28 5 \$33 430296
Th 1 pm Apr 29 5 \$33 430299
F 4:15 pm Apr 30 5 \$33 430301
F 4:45 pm Apr 30 5 \$33 430302
F 5:15 pm Apr 30 5 \$33 430303

Swimmer 3

Sa 8:45 am Apr 24 6 \$43.50 430305
Sa 11:45 am Apr 24 6 \$43.50 430307
Su 9:15 am Apr 25 6 \$43.50 430308
Su 10 am Apr 25 6 \$43.50 430309
M 5:45 pm Apr 26 4 \$29 430310
W 5:45 pm Apr 28 5 \$36.25 430312
F 4:45 pm Apr 30 5 \$36.25 430313
F 5:15 pm Apr 30 5 \$36.25 430314

Swimmer 4

Sa 8:45 am Apr 24 6 \$43.50 430315
Sa 11:45 am Apr 24 6 \$43.50 430316
Su 9:15 am Apr 25 6 \$43.50 430317
Su 10:45 am Apr 25 6 \$43.50 430318
M 5:45 pm Apr 26 4 \$29 430319
W 5:45 pm Apr 28 5 \$36.25 430320
F 4:30 pm Apr 30 5 \$36.25 430322
F 6 pm Apr 30 5 \$36.25 430321

Swimming • Learn to Swim

Swimmer 5

Sa	9:30 am	Apr 24	6	\$43.50	430323
Su	8:30 am	Apr 25	6	\$43.50	430324
M	5:15 pm	Apr 26	4	\$29	430325
W	5:15 pm	Apr 28	5	\$36.25	430326
F	5:15 pm	Apr 30	5	\$36.25	430327

Swimmer 6

Sa	9:30 am	Apr 24	6	\$43.50	430330
M	6 pm	Apr 26	4	\$29	430332
W	6 pm	Apr 28	5	\$36.25	430333
F	5:15 pm	Apr 30	5	\$36.25	430334
Sa	8:30 am	May 1	6	\$43.50	430331

Adult

Adult 101

M	6:45 pm	Apr 26	4	\$37.25	431271
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Adult 201

M	6:45 pm	Apr 26	4	\$37.25	431283
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St-Laurent Complex
613-742-6767

Preschool

Parent and Tot 3

Tu	9 am	Apr 6	9	\$59	436038
Tu	9:30 am	Apr 6	9	\$59	436047
Tu	5:30 pm	Apr 6	9	\$59	436175
Tu	6:30 pm	Apr 6	9	\$59	436207
Sa	10:30 am	Apr 10	9	\$59	436070
Su	9:30 am	Apr 11	9	\$59	436076
Su	11 am	Apr 11	9	\$59	436081
M-F	9 am	Jun 28	9	\$59	434990
Tu	5 pm	Jun 29	10	\$65.75	435489
Tu	6 pm	Jun 29	10	\$65.75	435491
Sa	10:30 am	Jul 3	9	\$59	435492
M-F	9 am	Jul 12	9	\$59	435011
M-F	9 am	Jul 26	9	\$59	435006
M-F	9 am	Aug 9	9	\$59	435035
M-F	9 am	Aug 23	9	\$59	435079

Preschool A

Tu	9 am	Apr 6	9	\$59	430093
Tu	9:30 am	Apr 6	9	\$59	430096
Tu	5:30 pm	Apr 6	9	\$59	432036
W	5:30 pm	Apr 7	9	\$59	429460
Th	5:30 pm	Apr 8	9	\$59	430101
Sa	9:30 am	Apr 10	9	\$59	428908
Su	9:30 am	Apr 11	9	\$59	429451
Su	11:30 am	Apr 11	9	\$59	429454
M	5:30 pm	Apr 12	7	\$46	432165
M-F	9:30 am	Jun 28	9	\$59	435502
M, W	5:30 pm	Jun 28	10	\$59	435515
Tu	5 pm	Jun 29	10	\$59	435518
Sa	10 am	Jul 3	9	\$59	435520
M-F	9:30 am	Jul 12	9	\$59	435504

M-F	9:30 am	Jul 26	9	\$59	435503
W, M	5:30 pm	Aug 4	9	\$59	435517
M-F	9:30 am	Aug 9	9	\$59	435509
M-F	9:30 am	Aug 23	9	\$59	435512

Preschool B

Tu	6 pm	Apr 6	9	\$59	432169
W	6 pm	Apr 7	9	\$59	432168
Th	6 pm	Apr 8	9	\$59	432170
Sa	11 am	Apr 10	9	\$59	432166
Su	10:30 am	Apr 11	9	\$59	432167
M	6 pm	Apr 12	7	\$59	432171
M-F	9:30 am	Jun 28	9	\$59	435558
M, W	6 pm	Jun 28	10	\$65.75	435572
Tu	5:30 pm	Jun 29	10	\$65.75	435578
Sa	9:30 am	Jul 3	9	\$59	435583
M-F	9:30 am	Jul 12	9	\$59	435561
M-F	9:30 am	Jul 26	9	\$59	435560
W, M	6 pm	Aug 4	9	\$59	435575
M-F	9:30 am	Aug 9	9	\$59	435563
M-F	9:30 am	Aug 23	9	\$59	435565

Preschool C

Tu	6:30 pm	Apr 6	9	\$59	432174
Sa	11 am	Apr 10	9	\$59	432172
Su	10:30 am	Apr 11	9	\$59	432173
M-F	10 am	Jun 28	9	\$59	435591
Tu	10 am	Jun 29	10	\$65.75	435603
M-F	10 am	Jul 12	9	\$59	435596
M-F	10 am	Jul 26	9	\$59	435594
M-F	10 am	Aug 9	9	\$59	435597
M-F	10 am	Aug 23	9	\$59	435601

Preschool D

Tu	6 pm	Apr 6	9	\$59	432177
Sa	11:30 am	Apr 10	9	\$59	432175
Su	10 am	Apr 11	9	\$59	432176
M-F	10 am	Jun 28	9	\$59	435606
M-F	10 am	Jul 12	9	\$59	435609
M-F	10 am	Jul 26	9	\$59	435607
M-F	10 am	Aug 9	9	\$59	435611
M-F	10 am	Aug 23	9	\$59	435616

Preschool E

Sa	11:30 am	Apr 10	9	\$59	432178
Su	10 am	Apr 11	9	\$59	432179

Children

Swimmer 1 – Beginner

Tu	4:30 pm	Apr 6	9	\$59	432301
W	5 pm	Apr 7	9	\$59	432297
Th	5 pm	Apr 8	9	\$59	432304
Sa	9:30 am	Apr 10	9	\$59	432291
Su	10 am	Apr 11	9	\$59	432292
M	5 pm	Apr 12	7	\$46	432334
M-F	8:30 am	Jun 28	9	\$59	435623
M, W	5 pm	Jun 28	10	\$65.75	435801
Tu	4 pm	Jun 29	10	\$65.75	435803
Sa	9:30 am	Jul 3	9	\$59	435805
M-F	8:30 am	Jul 12	9	\$59	435794
M-F	8:30 am	Jul 26	9	\$59	435791
W, M	5 pm	Aug 4	9	\$59	435802
M-F	8:30 am	Aug 9	9	\$59	435797
M-F	8:30 am	Aug 23	9	\$59	435799

Swimmer 1 –

Beginner Low Ratio

Sa	9:30 am	Apr 10	9	\$107	432731
Su	9:30 am	Apr 11	9	\$107	432798

Swimmer 1 – Advanced

Tu	5 pm	Apr 6	9	\$59	432288
Sa	11:30 am	Apr 10	9	\$59	432276
Su	11 am	Apr 11	9	\$59	432285
Su	11:30 am	Apr 11	9	\$59	432282
M-F	9 am	Jun 28	9	\$59	435808
Tu	4:30 pm	Jun 29	10	\$65.75	435817
Sa	10 am	Jul 3	9	\$59	435818
M-F	9 am	Jul 12	9	\$59	435812
M-F	9 am	Jul 26	9	\$59	435811

M-F	9 am	Aug 9	9	\$59	435814
M-F	9 am	Aug 23	9	\$59	435815

Swimmer 2

Tu	4:30 pm	Apr 6	9	\$59	432251
Tu	5 pm	Apr 6	9	\$59	432250
W	5 pm	Apr 7	9	\$59	432246
Th	5 pm	Apr 8	9	\$59	432252
F	3:30 pm	Apr 9	9	\$59	432257
Sa	10 am	Apr 10	9	\$59	432231
Sa	11:30 am	Apr 10	9	\$59	432228
Su	9:30 am	Apr 11	9	\$59	432242
Su	11 am	Apr 11	9	\$59	432238
Su	11:30 am	Apr 11	9	\$59	432233
M	5 pm	Apr 12	7	\$46	432361
M-F	8:30 am	Jun 28	9	\$59	435827
M-F	9 am	Jun 28	9	\$59	435871
M, W	5 pm	Jun 28	10	\$65.75	435843
Tu	4 pm	Jun 29	10	\$65.75	435856
Tu	4:30 pm	Jun 29	10	\$65.75	435860
Sa	9:30 am	Jul 3	9	\$59	435863
Sa	10 am	Jul 3	9	\$59	435865
M-F	8:30 am	Jul 12	9	\$59	435833
M-F	9 am	Jul 12	9	\$59	435874
M-F	8:30 am	Jul 26	9	\$59	435829
M-F	9 am	Jul 26	9	\$59	435873
W, M	5 pm	Aug 4	9	\$59	435847
M-F	8:30 am	Aug 9	9	\$59	435838
M-F	9 am	Aug 9	9	\$59	435875
M-F	8:30 am	Aug 23	9	\$59	435842
M-F	9 am	Aug 23	9	\$59	435854

Swimmer 2 – Low Ratio

Sa	10 am	Apr 10	9	\$107	432815
Su	10 am	Apr 11	9	\$107	432823

Swimmer 3

Tu	5:15 pm	Apr 6	9	\$65.25	432007
W	5 pm	Apr 7	9	\$65.25	432005
Th	5 pm	Apr 8	9	\$65.25	432010
F	3:30 pm	Apr 9	9	\$65.25	432020
Sa	9:30 am	Apr 10	9	\$65.25	432000
Su	10:15 am	Apr 11	9	\$65.25	432004
M	5 pm	Apr 12	7	\$50.75	432368
M-F	9:15 am	Jun 28	9	\$65.25	435935
M, W	5 pm	Jun 28	10	\$72.50	435950
Tu	4:45 pm	Jun 29	10	\$72.50	435956
Sa	10:30 am	Jul 3	9	\$65.25	435958

Swimming • Learn to Swim

M-F	9:15 am	Jul 12	9	\$65.25	435940
M-F	9:15 am	Jul 26	9	\$65.25	435938
W, M	5 pm	Aug 4	9	\$65.25	435953
M-F	9:15 am	Aug 9	9	\$65.25	435941
M-F	9:15 am	Aug 23	9	\$65.25	435944

Swimmer 3 – Low Ratio

Sa	10:30 am	Apr 10	9	\$116.50	432853
Su	10:30 am	Apr 11	9	\$116.50	432855

Swimmer 4

Tu	5:15 pm	Apr 6	9	\$65.25	431955
W	5 pm	Apr 7	9	\$65.25	431952
Th	5 pm	Apr 8	9	\$65.25	431962
F	4:15 pm	Apr 9	9	\$65.25	431966
Sa	10:15 am	Apr 10	9	\$65.25	431947
Su	10:15 am	Apr 11	9	\$65.25	431948
M	5 pm	Apr 12	7	\$50.75	432377
M-F	9:15 am	Jun 28	9	\$65.25	435965
M, W	5 pm	Jun 28	10	\$72.50	435981
Sa	10:30 am	Jul 3	9	\$65.25	436069
M-F	9:15 am	Jul 12	9	\$65.25	435971
M-F	9:15 am	Jul 26	9	\$65.25	435968
W, M	5 pm	Aug 4	9	\$65.25	436066
M-F	9:15 am	Aug 9	9	\$65.25	435974
M-F	9:15 am	Aug 23	9	\$65.25	435979

Swimmer 4 – Low Ratio

Sa	11 am	Apr 10	9	\$116.50	432862
Su	11 am	Apr 11	9	\$116.50	432870

Swimmer 5

Tu	4:30 pm	Apr 6	9	\$65.25	431931
W	5:45 pm	Apr 7	9	\$65.25	431904
Th	5:45 pm	Apr 8	9	\$65.25	431940
Sa	10:15 am	Apr 10	9	\$65.25	431894
Su	9:30 am	Apr 11	9	\$65.25	431898
M	5:45 pm	Apr 12	7	\$50.75	432386
M-F	8:30 am	Jun 28	9	\$65.25	436079
M, W	5:45 pm	Jun 28	10	\$72.50	436094
Tu	4 pm	Jun 29	10	\$72.50	436097
Sa	11:15 am	Jul 3	9	\$65.25	436098
M-F	8:30 am	Jul 12	9	\$65.25	436086
M-F	8:30 am	Jul 26	9	\$65.25	436083
W, M	5:45 pm	Aug 4	9	\$65.25	436096
M-F	8:30 am	Aug 9	9	\$65.25	436087
M-F	8:30 am	Aug 23	9	\$65.25	436088

Swimmer 5 – Low Ratio

Sa	11:30 am	Apr 10	9	\$116.50	432878
Su	11:30 am	Apr 11	9	\$116.50	432880

Swimmer 6

Tu	4:30 pm	Apr 6	9	\$65.25	431877
W	5:45 pm	Apr 7	9	\$65.25	431855
Th	5:45 pm	Apr 8	9	\$65.25	431881
Sa	10:15 am	Apr 10	9	\$65.25	431797
Su	9:30 am	Apr 11	9	\$65.25	431844
M	5:45 pm	Apr 12	7	\$50.75	432389
M-F	8:30 am	Jun 28	9	\$65.25	436102
M, W	5:45 pm	Jun 28	10	\$72.50	436121
Tu	4 pm	Jun 29	10	\$72.50	436126
Sa	11:15 am	Jul 3	9	\$65.25	436127
M-F	8:30 am	Jul 12	9	\$65.25	436112
M-F	8:30 am	Jul 26	9	\$65.25	436108

W, M	5:45 pm	Aug 4	9	\$65.25	436125
M-F	8:30 am	Aug 9	9	\$65.25	436116
M-F	8:30 am	Aug 23	9	\$65.25	436120

Swimmer 7 (Rookie Patrol)

Tu	6 pm	Apr 6	9	\$71.50	432553
W	5:30 pm	Apr 7	9	\$71.50	432552
Th	5:30 pm	Apr 8	9	\$71.50	432555
F	4 pm	Apr 9	9	\$71.50	432560
Sa	11 am	Apr 10	9	\$71.50	432510
Su	11 am	Apr 11	9	\$71.50	432516
M	5:30 pm	Apr 12	7	\$55.75	432534
M-F	9:30 am	Jun 28	9	\$71.50	436316
M, W	5:30 pm	Jun 28	10	\$79.50	436324
Tu	5:30 pm	Jun 29	10	\$79.50	436327
Sa	11 am	Jul 3	9	\$71.50	436329
M-F	9:30 am	Jul 12	9	\$71.50	436319
M-F	9:30 am	Jul 26	9	\$71.50	436318
W, M	5:30 pm	Aug 4	9	\$71.50	436326
M-F	9:30 am	Aug 9	9	\$71.50	436321
M-F	9:30 am	Aug 23	9	\$71.50	436322

Swimmer 8 (Ranger Patrol)

Tu	6 pm	Apr 6	9	\$71.50	432571
W	5:30 pm	Apr 7	9	\$71.50	432569
Th	5:30 pm	Apr 8	9	\$71.50	432574
F	4 pm	Apr 9	9	\$71.50	432576
Sa	11 am	Apr 10	9	\$71.50	432566
Su	11 am	Apr 11	9	\$71.50	432567
M	5:30 pm	Apr 12	7	\$55.75	432579
M-F	9:30 am	Jun 28	9	\$71.50	436332
M, W	5:30 pm	Jun 28	10	\$79.50	436337
Tu	5:30 pm	Jun 29	10	\$79.50	436339
Sa	11 am	Jul 3	9	\$71.50	436340
M-F	9:30 am	Jul 12	9	\$71.50	436334
M-F	9:30 am	Jul 26	9	\$71.50	436333
W, M	5:30 pm	Aug 4	9	\$71.50	436338
M-F	9:30 am	Aug 9	9	\$71.50	436335
M-F	9:30 am	Aug 23	9	\$71.50	436336

Swimmer 9 (Star Patrol)

Tu	6 pm	Apr 6	9	\$71.50	432598
Sa	11 am	Apr 10	9	\$71.50	432590
Su	11 am	Apr 11	9	\$71.50	432594
M-F	9:30 am	Jun 28	9	\$71.50	436343
Tu	5:30 pm	Jun 29	10	\$79.50	436351
Sa	11 am	Jul 3	9	\$71.50	436353
M-F	9:30 am	Jul 12	9	\$71.50	436345
M-F	9:30 am	Jul 26	9	\$71.50	436344
M-F	9:30 am	Aug 9	9	\$71.50	436346
M-F	9:30 am	Aug 23	9	\$71.50	436347

Adult

Adult 101

Th	7:30 pm	Apr 8	9	\$83.75	433640
W	7:30 pm	Jun 30	10	\$93.25	436455

Adult 201

Th	7:30 pm	Apr 8	9	\$83.75	433644
W	7:30 pm	Jun 30	10	\$93.25	436458

Adult 301

Th	7:30 pm	Apr 8	9	\$97.75	433649
W	7:30 pm	Jun 30	10	\$93.25	436461

**Walter Baker Sports
Centre**
613-580-2788

Preschool

Parent and Tot 1

F	9 am	Mar 26	9	\$59	427153
F	2:30 pm	Mar 26	9	\$59	427155
Sa	8:30 am	Mar 27	9	\$59	427171
Sa	9:45 am	Mar 27	9	\$59	427175
Su	10 am	Mar 28	9	\$59	427180
M	10:15 am	Mar 29	9	\$59	427138
M	1 pm	Mar 29	9	\$59	427145
Tu	5 pm	Mar 30	9	\$59	427160
W	10:30 am	Mar 31	9	\$59	427150
W	1 pm	Mar 31	9	\$59	427151
Th	6 pm	Apr 1	9	\$59	427165
M-F	8 am	Jul 5	9	\$59	424865
M-F	9:45 am	Jul 5	9	\$59	424870
Tu	4:15 pm	Jul 6	8	\$52.50	424899
M-F	8 am	Jul 19	9	\$59	424875
M-F	9:45 am	Jul 19	9	\$59	424873
Tu-F, M	8 am	Aug 3	9	\$59	424877
Tu-F, M	9:45 am	Aug 3	9	\$59	424881
M-F	8 am	Aug 16	9	\$59	424888
M-F	9:45 am	Aug 16	9	\$59	424884

Parent and Tot 1 – Low Ratio

Sa	4:30 pm	Jul 3	8	\$95.25	424909
Su	4:30 pm	Jul 4	8	\$95.25	424917

Parent and Tot 2

F	8:30 am	Mar 26	9	\$59	427182
F	3 pm	Mar 26	9	\$59	427185
Sa	8 am	Mar 27	9	\$59	427195
Sa	9:15 am	Mar 27	9	\$59	427200
Sa	11 am	Mar 27	9	\$59	427202
Su	9 am	Mar 28	9	\$59	427207
Su	9:30 am	Mar 28	9	\$59	427211
Su	10 am	Mar 28	9	\$59	427212
M	10:15 am	Mar 29	9	\$59	427170
Tu	5:15 pm	Mar 30	9	\$59	427189
W	11 am	Mar 31	9	\$59	427177
Th	6:30 pm	Apr 1	9	\$59	427191
M-F	8:30 am	Jul 5	9	\$59	424863
M-F	9:45 am	Jul 5	9	\$59	424866
Tu	5 pm	Jul 6	8	\$52.50	424901
M-F	8:30 am	Jul 19	9	\$59	424871
M-F	9:45 am	Jul 19	9	\$59	424868
Tu-F, M	8:30 am	Aug 3	9	\$59	424879
Tu-F, M	9:45 am	Aug 3	9	\$59	424880
M-F	8:30 am	Aug 16	9	\$59	424889
M-F	9:45 am	Aug 16	9	\$59	424883

Parent and Tot 2 – Low Ratio

M	5 pm	Mar 29	9	\$107	427215
Sa	5 pm	Jul 3	8	\$95.25	424915
Su	5 pm	Jul 4	8	\$95.25	424924

Swimming • Learn to Swim

Parent and Tot 3

F	9 am	Mar 26	9	\$59	427201
F	3 pm	Mar 26	9	\$59	427205
Sa	8:15 am	Mar 27	9	\$59	427213
Sa	8:30 am	Mar 27	9	\$59	427214
Sa	10 am	Mar 27	9	\$59	427216
Su	8:45 am	Mar 28	9	\$59	427219
Su	9 am	Mar 28	9	\$59	427222
Su	9:45 am	Mar 28	9	\$59	427224
M	5:45 pm	Mar 29	9	\$59	428212
M	6:30 pm	Mar 29	9	\$59	428213
Tu	5:45 pm	Mar 30	9	\$59	427194
W	11 am	Mar 31	9	\$59	427190
W	1:30 pm	Mar 31	9	\$59	427192
Th	6 pm	Apr 1	9	\$59	427196
Th	7 pm	Apr 1	9	\$59	427198
M-F	8:30 am	Jul 5	9	\$59	424864
M-F	10 am	Jul 5	9	\$59	424869
Tu	5:30 pm	Jul 6	8	\$52.50	424903
M-F	8:30 am	Jul 19	9	\$59	424872
M-F	10 am	Jul 19	9	\$59	424878
Tu-F, M	8:30 am	Aug 3	9	\$59	424882
Tu-F, M	10 am	Aug 3	9	\$59	424885
M-F	8:30 am	Aug 16	9	\$59	424891
M-F	10 am	Aug 16	9	\$59	424893

Parent and Tot 3 – Low Ratio

Sa	5 pm	Jul 3	8	\$95.25	424919
Su	5 pm	Jul 4	8	\$95.25	424933

Preschool A

F	10:45 am	Mar 26	9	\$59	427262
F	2:30 pm	Mar 26	9	\$59	427263
Sa	8 am	Mar 27	9	\$59	427266
Sa	8:30 am	Mar 27	9	\$59	427267
Sa	9:15 am	Mar 27	9	\$59	427271
Sa	9:45 am	Mar 27	9	\$59	427274
Sa	10 am	Mar 27	9	\$59	427276
Sa	10:30 am	Mar 27	9	\$59	427279
Sa	11 am	Mar 27	9	\$59	427288
Su	8:30 am	Mar 28	9	\$59	427293
Su	9 am	Mar 28	9	\$59	427295
Su	9:30 am	Mar 28	9	\$59	427296
Su	9:45 am	Mar 28	9	\$59	427300
Su	10:30 am	Mar 28	9	\$59	427304
Su	11 am	Mar 28	9	\$59	427309
M	1 pm	Mar 29	9	\$59	427230
M	6 pm	Mar 29	9	\$59	428226
M	6 pm	Mar 29	9	\$59	428230
M	6:15 pm	Mar 29	9	\$59	428232
M	6:30 pm	Mar 29	9	\$59	428234
M	7 pm	Mar 29	9	\$59	428236
M	7 pm	Mar 29	9	\$59	428238
Tu	8:30 am	Mar 30	9	\$59	427234
Tu	10:30 am	Mar 30	9	\$59	427235
Tu	4 pm	Mar 30	9	\$59	427241
Tu	4:30 pm	Mar 30	9	\$59	427242
Tu	5:15 pm	Mar 30	9	\$59	427244
Tu	5:45 pm	Mar 30	9	\$59	427245
Tu	6:45 pm	Mar 30	9	\$59	427248
Tu	7 pm	Mar 30	9	\$59	427249
W	9:30 am	Mar 31	9	\$59	427236
W	1 pm	Mar 31	9	\$59	427237
Th	8:30 am	Apr 1	9	\$59	427239
Th	10:30 am	Apr 1	9	\$59	427240
Th	6 pm	Apr 1	9	\$59	427256
Th	6:30 pm	Apr 1	9	\$59	427257

Th	7 pm	Apr 1	9	\$59	427259
M-F	8 am	Jul 5	9	\$59	424944
M-F	8:30 am	Jul 5	9	\$59	424951
M-F	8:45 am	Jul 5	9	\$59	424957
M-F	9:15 am	Jul 5	9	\$59	424962
M-F	10 am	Jul 5	9	\$59	424967
M-F	10:30 am	Jul 5	9	\$59	424971
M-F	10:45 am	Jul 5	9	\$59	424975
M-F	11:30 am	Jul 5	9	\$59	424981
Tu	4:15 pm	Jul 6	8	\$52.50	425104
Tu	4:45 pm	Jul 6	8	\$52.50	425106
Tu	5 pm	Jul 6	8	\$52.50	425108
Tu	6 pm	Jul 6	8	\$52.50	425111
Tu	6 pm	Jul 6	8	\$52.50	425113
Tu	6:30 pm	Jul 6	8	\$52.50	425116
M-F	8 am	Jul 19	9	\$59	425027
M-F	8:30 am	Jul 19	9	\$59	425021
M-F	8:45 am	Jul 19	9	\$59	425019
M-F	9:15 am	Jul 19	9	\$59	425015
M-F	10 am	Jul 19	9	\$59	425006
M-F	10:30 am	Jul 19	9	\$59	424995
M-F	10:45 am	Jul 19	9	\$59	424989
M-F	11:30 am	Jul 19	9	\$59	424984
Tu-F, M	8 am	Aug 3	9	\$59	425032
Tu-F, M	8:30 am	Aug 3	9	\$59	425037
Tu-F, M	8:45 am	Aug 3	9	\$59	425042
Tu-F, M	9:15 am	Aug 3	9	\$59	425047
Tu-F, M	10 am	Aug 3	9	\$59	425050
Tu-F, M	10:30 am	Aug 3	9	\$59	425055
Tu-F, M	10:45 am	Aug 3	9	\$59	425060
Tu-F, M	11:30 am	Aug 3	9	\$59	425064
M-F	8 am	Aug 16	9	\$59	425095
M-F	8:30 am	Aug 16	9	\$59	425092
M-F	8:45 am	Aug 16	9	\$59	425088
M-F	9:15 am	Aug 16	9	\$59	425084
M-F	10 am	Aug 16	9	\$59	425081
M-F	10:30 am	Aug 16	9	\$59	425077
M-F	10:45 am	Aug 16	9	\$59	425074
M-F	11:30 am	Aug 16	9	\$59	425068

Preschool A – Low Ratio

Sa	8:30 am	Mar 27	9	\$107	427338
Sa	9 am	Mar 27	9	\$107	427346
Sa	9:30 am	Mar 27	9	\$107	427348
Sa	10:45 am	Mar 27	9	\$107	427353
Sa	4 pm	Mar 27	9	\$107	427361
Sa	4:30 pm	Mar 27	9	\$107	427365
Su	9:30 am	Mar 28	9	\$107	427327
Su	11 am	Mar 28	9	\$107	427330
Su	4 pm	Mar 28	9	\$107	427357
M	4:30 pm	Mar 29	9	\$107	438423
Tu	5 pm	Mar 30	9	\$107	427376
Tu	6:15 pm	Mar 30	9	\$107	427380
Th	5 pm	Apr 1	9	\$107	427369
Th	5:30 pm	Apr 1	9	\$107	427371
Th	5:30 pm	Apr 1	9	\$107	437556
Sa	10:30 am	Jul 3	8	\$95.25	425159
Sa	11 am	Jul 3	8	\$95.25	425164
Sa	11 am	Jul 3	8	\$95.25	425166
Sa	4 pm	Jul 3	8	\$95.25	425174
Sa	4:30 pm	Jul 3	8	\$95.25	425177
Sa	5:30 pm	Jul 3	8	\$95.25	425181
Su	10:30 am	Jul 4	8	\$95.25	425189
Su	11 am	Jul 4	8	\$95.25	425192
Su	11 am	Jul 4	8	\$95.25	425199
Su	4 pm	Jul 4	9	\$95.25	425209
Su	4:30 pm	Jul 4	9	\$95.25	425212

Su	5:30 pm	Jul 4	9	\$95.25	425219
M-F	4:15 pm	Jul 5	5	\$59.50	425132
M-F	4:15 pm	Jul 12	5	\$59.50	425136
M-F	4:15 pm	Jul 19	5	\$59.50	425140
M-F	4:15 pm	Jul 26	5	\$59.50	425142
M-F	4:15 pm	Aug 9	5	\$59.50	425148
M-F	4:15 pm	Aug 16	5	\$59.50	425151

Preschool B

F	10:45 am	Mar 26	9	\$59	427291
F	2:30 pm	Mar 26	9	\$59	427294
Sa	8:30 am	Mar 27	9	\$59	427342
Sa	9:15 am	Mar 27	9	\$59	427349
Sa	9:30 am	Mar 27	9	\$59	427354
Sa	10:30 am	Mar 27	9	\$59	427356
Sa	10:30 am	Mar 27	9	\$59	436977
Sa	11 am	Mar 27	9	\$59	427359
Su	8:30 am	Mar 28	9	\$59	427366
Su	9 am	Mar 28	9	\$59	427373
Su	9:15 am	Mar 28	9	\$59	427379
Su	9:30 am	Mar 28	9	\$59	427381
Su	10 am	Mar 28	9	\$59	427383
Su	10:30 am	Mar 28	9	\$59	427387
Su	11 am	Mar 28	9	\$59	427390
M	1 pm	Mar 29	9	\$59	428219
M	6 pm	Mar 29	9	\$59	436968
M	6:30 pm	Mar 29	9	\$59	436970
M	7 pm	Mar 29	9	\$59	428222
M	7 pm	Mar 29	9	\$59	436971
Tu	9 am	Mar 30	9	\$59	427268
Tu	11 am	Mar 30	9	\$59	427269
Tu	4 pm	Mar 30	9	\$59	427302
Tu	4:30 pm	Mar 30	9	\$59	427308
Tu	5:15 pm	Mar 30	9	\$59	427312
Tu	5:30 pm	Mar 30	9	\$59	427315
Tu	5:30 pm	Mar 30	9	\$59	427316
Tu	6 pm	Mar 30	9	\$59	427319
Tu	7 pm	Mar 30	9	\$59	427323
Tu	7:15 pm	Mar 30	9	\$59	427326
W	9:30 am	Mar 31	9	\$59	427272
W	1 pm	Mar 31	9	\$59	427275
Th	9 am	Apr 1	9	\$59	427278
Th	11 am	Apr 1	9	\$59	427286
Th	6 pm	Apr 1	9	\$59	427329
Th	6:30 pm	Apr 1	9	\$59	427332
Th	7 pm	Apr 1	9	\$59	427336
Th	7 pm	Apr 1	9	\$59	427337
M-F	8 am	Jul 5	9	\$59	424950
M-F	8:30 am	Jul 5	9	\$59	424959
M-F	9:15 am	Jul 5	9	\$59	424963
M-F	9:15 am	Jul 5	9	\$59	424965
M-F	10:30 am	Jul 5	9	\$59	424970
M-F	10:30 am	Jul 5	9	\$59	424974
M-F	10:45 am	Jul 5	9	\$59	424982
M-F	10:45 am	Jul 5	9	\$59	424983
Tu	4:15 pm	Jul 6	8	\$52.50	425080
Tu	4:45 pm	Jul 6	8	\$52.50	425083
Tu	5:15 pm	Jul 6	8	\$52.50	425090
Tu	6:30 pm	Jul 6	8	\$52.50	425093
Tu	7 pm	Jul 6	8	\$52.50	425096
M-F	8 am	Jul 19	9	\$59	425002
M-F	8:30 am	Jul 19	9	\$59	425004
M-F	9:15 am	Jul 19	9	\$59	425009
M-F	9:15 am	Jul 19	9	\$59	425011
M-F	10:30 am	Jul 19	9	\$59	425016
M-F	10:30 am	Jul 19	9	\$59	425018
M-F	10:45 am	Jul 19	9	\$59	424988

Swimming • Learn to Swim

M-F	10:45 am	Jul 19	9	\$59	424993
Tu-F, M	8 am	Aug 3	9	\$59	425029
Tu-F, M	8:30 am	Aug 3	9	\$59	425031
Tu-F, M	9:15 am	Aug 3	9	\$59	425035
Tu-F, M	9:15 am	Aug 3	9	\$59	425038
Tu-F, M	10:30 am	Aug 3	9	\$59	425022
Tu-F, M	10:30 am	Aug 3	9	\$59	425025
Tu-F, M	10:45 am	Aug 3	9	\$59	425043
Tu-F, M	10:45 am	Aug 3	9	\$59	425045
M-F	9:15 am	Aug 16	9	\$59	425065
M-F	9:15 am	Aug 16	9	\$59	425067
M-F	10:30 am	Aug 16	9	\$59	425069
M-F	10:30 am	Aug 16	9	\$59	425073
M-F	10:45 am	Aug 16	9	\$59	425048

Preschool B – Low Ratio

Sa	8 am	Mar 27	9	\$107	427439
Sa	9 am	Mar 27	9	\$107	427444
Sa	9:30 am	Mar 27	9	\$107	427449
Sa	10:30 am	Mar 27	9	\$107	436978
Sa	4 pm	Mar 27	9	\$107	427432
Sa	4:30 pm	Mar 27	9	\$107	427437
Su	9:30 am	Mar 28	9	\$107	427411
Su	4 pm	Mar 28	9	\$107	427417
Su	4:30 pm	Mar 28	9	\$107	427424
Su	4:30 pm	Mar 28	9	\$107	437679
M	4:30 pm	Mar 29	9	\$107	428237
M	5 pm	Mar 29	9	\$107	428239
M	5:30 pm	Mar 29	9	\$107	428240
Tu	4:30 pm	Mar 30	9	\$107	427467
Tu	5 pm	Mar 30	9	\$107	427471
Th	5 pm	Apr 1	9	\$107	427455
Th	5 pm	Apr 1	9	\$107	427458
Th	5:30 pm	Apr 1	9	\$107	427462
Sa	10:30 am	Jul 3	8	\$95.25	425160
Sa	11 am	Jul 3	8	\$95.25	425169
Sa	11:30 am	Jul 3	8	\$95.25	425179
Sa	4:30 pm	Jul 3	8	\$95.25	425144
Sa	5:30 pm	Jul 3	8	\$95.25	425156
Su	10:30 am	Jul 4	8	\$95.25	425125
Su	11 am	Jul 4	8	\$95.25	425128
Su	11:30 am	Jul 4	8	\$95.25	425133
Su	4:30 pm	Jul 4	8	\$95.25	425114
Su	5:30 pm	Jul 4	8	\$95.25	425118
M-F	4:15 pm	Jul 5	5	\$59.50	425254
M-F	4:45 pm	Jul 5	5	\$59.50	425256
M-F	6 pm	Jul 5	5	\$59.50	425258
M-F	4:15 pm	Jul 12	5	\$59.50	425240
M-F	4:45 pm	Jul 12	5	\$59.50	425237
M-F	6 pm	Jul 12	5	\$59.50	425243
M-F	4:15 pm	Jul 19	5	\$59.50	425251
M-F	4:45 pm	Jul 19	5	\$59.50	425249
M-F	6 pm	Jul 19	5	\$59.50	425245
M-F	4:15 pm	Jul 26	5	\$59.50	437950
M-F	4:45 pm	Jul 26	5	\$59.50	437953
M-F	6 pm	Jul 26	5	\$59.50	437955
M-F	4:15 pm	Aug 9	5	\$59.50	425220
M-F	4:45 pm	Aug 9	5	\$59.50	425230
M-F	6 pm	Aug 9	5	\$59.50	425214
M-F	4:15 pm	Aug 16	5	\$59.50	425198
M-F	4:45 pm	Aug 16	5	\$59.50	425202
M-F	6 pm	Aug 16	5	\$59.50	425210

Preschool C

F	8:30 am	Mar 26	9	\$59	427290
F	10:45 am	Mar 26	9	\$59	427292
F	3 pm	Mar 26	9	\$59	427297



Sa	8 am	Mar 27	9	\$59	427339
Sa	8:30 am	Mar 27	9	\$59	427344
Sa	9 am	Mar 27	9	\$59	427347
Sa	9:30 am	Mar 27	9	\$59	427351
Sa	10 am	Mar 27	9	\$59	427355
Sa	10:30 am	Mar 27	9	\$59	427358
Sa	11 am	Mar 27	9	\$59	427360
Su	8:30 am	Mar 28	9	\$59	427364
Su	9:30 am	Mar 28	9	\$59	427367
Su	9:30 am	Mar 28	9	\$59	427370
Su	10 am	Mar 28	9	\$59	427374
M	10:45 am	Mar 29	9	\$59	428241
M	1:30 pm	Mar 29	9	\$59	428242
M	3 pm	Mar 29	9	\$59	428243
M	5:45 pm	Mar 29	9	\$59	428224
M	6:30 pm	Mar 29	9	\$59	428227
M	7 pm	Mar 29	9	\$59	428231
M	7 pm	Mar 29	9	\$59	428233
Tu	4 pm	Mar 30	9	\$59	427303
Tu	4:30 pm	Mar 30	9	\$59	427311
Tu	5 pm	Mar 30	9	\$59	427313
Tu	5:15 pm	Mar 30	9	\$59	436973
Tu	5:45 pm	Mar 30	9	\$59	427317
Tu	6:30 pm	Mar 30	9	\$59	427320
Tu	6:45 pm	Mar 30	9	\$59	427322
Tu	7 pm	Mar 30	9	\$59	427325
W	10 am	Mar 31	9	\$59	427277
W	1:30 pm	Mar 31	9	\$59	427285
Th	6 pm	Apr 1	9	\$59	427328
Th	6:30 pm	Apr 1	9	\$59	427331
Th	7 pm	Apr 1	9	\$59	427334
M-F	8 am	Jul 5	9	\$59	424940
M-F	8:30 am	Jul 5	9	\$59	424945
M-F	9:30 am	Jul 5	9	\$59	424949
M-F	11 am	Jul 5	9	\$59	424954
M-F	11:15 am	Jul 5	9	\$59	424958
Tu	4:15 pm	Jul 6	8	\$52.50	425033
Tu	4:45 pm	Jul 6	8	\$52.50	425036
Tu	5:15 pm	Jul 6	8	\$52.50	425039
Tu	5:15 pm	Jul 6	8	\$52.50	425041
Tu	6:30 pm	Jul 6	8	\$52.50	425044
M-F	8 am	Jul 19	9	\$59	424964
M-F	8:30 am	Jul 19	9	\$59	424968

Preschool C – Low Ratio

Sa	8:30 am	Mar 27	9	\$107	427412
Sa	10:30 am	Mar 27	9	\$107	427416
Sa	4 pm	Mar 27	9	\$107	427402
Sa	4:30 pm	Mar 27	9	\$107	427408
Su	10 am	Mar 28	9	\$107	427392
Su	4 pm	Mar 28	9	\$107	427385
Su	4:30 pm	Mar 28	9	\$107	427388
M	4:30 pm	Mar 29	9	\$107	428244
M	5 pm	Mar 29	9	\$107	428245
Tu	5 pm	Mar 30	9	\$107	427435
Th	5 pm	Apr 1	9	\$107	427427
Th	5:30 pm	Apr 1	9	\$107	427430
Sa	10:30 am	Jul 3	8	\$95.25	425105
Sa	11 am	Jul 3	8	\$95.25	425109
Sa	11:30 am	Jul 3	8	\$95.25	425112
Sa	11:30 am	Jul 3	8	\$95.25	425115
Sa	4 pm	Jul 3	8	\$95.25	425117
Sa	5 pm	Jul 3	8	\$95.25	425122
Sa	5:30 pm	Jul 3	8	\$95.25	425123
Su	10:30 am	Jul 4	8	\$95.25	425126
Su	11 am	Jul 4	8	\$95.25	425129
Su	11:30 am	Jul 4	8	\$95.25	425131
Su	11:30 am	Jul 4	8	\$95.25	425134
Su	4 pm	Jul 4	8	\$95.25	425137
Su	5 pm	Jul 4	8	\$95.25	425141
Su	5:30 pm	Jul 4	8	\$95.25	425145
M-F	4:45 pm	Jul 5	5	\$59.50	425063
M-F	5:30 pm	Jul 5	5	\$59.50	425066

Swimming • Learn to Swim



M-F	4:45 pm	Jul 12	5	\$59.50	425071
M-F	5:30 pm	Jul 12	5	\$59.50	425075
M-F	4:45 pm	Jul 19	5	\$59.50	425076
M-F	5:30 pm	Jul 19	5	\$59.50	425078
M-F	4:45 pm	Jul 26	5	\$59.50	425085
M-F	5:30 pm	Jul 26	5	\$59.50	425089
M-F	4:45 pm	Aug 9	5	\$59.50	425094
M-F	5:30 pm	Aug 9	5	\$59.50	425097
M-F	4:45 pm	Aug 16	5	\$59.50	425100
M-F	5:30 pm	Aug 16	5	\$59.50	425101

Preschool D

F	8:30 am	Mar 26	9	\$59	427446
F	3 pm	Mar 26	9	\$59	427450
Sa	8:30 am	Mar 27	9	\$59	427488
Sa	9 am	Mar 27	9	\$59	427491
Sa	9:30 am	Mar 27	9	\$59	427494
Sa	10:30 am	Mar 27	9	\$59	427496
Sa	11 am	Mar 27	9	\$59	427500
Sa	4:30 pm	Mar 27	9	\$59	427456
Su	8:45 am	Mar 28	9	\$59	427465
Su	9:45 am	Mar 28	9	\$59	427472
Su	10:15 am	Mar 28	9	\$59	427478
Su	11 am	Mar 28	9	\$59	427484
M	10:45 am	Mar 29	9	\$59	428207
M	1:30 pm	Mar 29	9	\$59	428208
M	3 pm	Mar 29	9	\$59	428209
M	6 pm	Mar 29	9	\$59	428215
M	6 pm	Mar 29	9	\$59	428217
M	6:15 pm	Mar 29	9	\$59	428220
M	7 pm	Mar 29	9	\$59	428221
M	7 pm	Mar 29	9	\$59	428223
Tu	4 pm	Mar 30	9	\$59	427413

Tu	4:30 pm	Mar 30	9	\$59	427415
Tu	4:30 pm	Mar 30	9	\$59	427418
Tu	5 pm	Mar 30	9	\$59	427422
Tu	5:30 pm	Mar 30	9	\$59	427425
Tu	6:15 pm	Mar 30	9	\$59	427429
Tu	7 pm	Mar 30	9	\$59	427431
Tu	7:15 pm	Mar 30	9	\$59	427433
W	10 am	Mar 31	9	\$59	427389
W	1:30 pm	Mar 31	9	\$59	427393
Th	6 pm	Apr 1	9	\$59	427399
Th	6:30 pm	Apr 1	9	\$59	427401
Th	7 pm	Apr 1	9	\$59	427406
Th	7 pm	Apr 1	9	\$59	427409
M-F	8 am	Jul 5	9	\$59	425167
M-F	8:30 am	Jul 5	9	\$59	425172
M-F	9:30 am	Jul 5	9	\$59	425175
M-F	10:45 am	Jul 5	9	\$59	425183
M-F	11:15 am	Jul 5	9	\$59	425186
Tu	4:15 pm	Jul 6	8	\$52.50	425244
Tu	4:45 pm	Jul 6	8	\$52.50	425247
Tu	5:15 pm	Jul 6	8	\$52.50	425250
Tu	7 pm	Jul 6	8	\$52.50	425255
M-F	8 am	Jul 19	9	\$59	425190
M-F	8:30 am	Jul 19	9	\$59	425196
M-F	9:30 am	Jul 19	9	\$59	425200
M-F	10:45 am	Jul 19	9	\$59	425203
M-F	11:15 am	Jul 19	9	\$59	425208
Tu-F, M	8 am	Aug 3	9	\$59	425211
Tu-F, M	8:30 am	Aug 3	9	\$59	425217
Tu-F, M	9:30 am	Aug 3	9	\$59	425218
Tu-F, M	10:45 am	Aug 3	9	\$59	425224
Tu-F, M	11:15 am	Aug 3	9	\$59	425227
M-F	8 am	Aug 16	9	\$59	425229
M-F	8:30 am	Aug 16	9	\$59	425233
M-F	9:30 am	Aug 16	9	\$59	425235
M-F	10:45 am	Aug 16	9	\$59	425238
M-F	11:15 am	Aug 16	9	\$59	425241

Preschool D – Low Ratio

Sa	8:30 am	Mar 27	9	\$107	427538
Sa	11 am	Mar 27	9	\$107	427544
Sa	4 pm	Mar 27	9	\$107	427560
Su	10 am	Mar 28	9	\$107	427551
Su	4:30 pm	Mar 28	9	\$107	427563
M	4:30 pm	Mar 29	9	\$107	428225
M	5 pm	Mar 29	9	\$107	428229
Tu	5:15 pm	Mar 30	9	\$107	427569
Tu	5:30 pm	Mar 30	9	\$107	427572
Th	5:30 pm	Apr 1	9	\$107	427575
Sa	10:30 am	Jul 3	8	\$95.25	425347
Sa	11:30 am	Jul 3	8	\$95.25	425354
Sa	4 pm	Jul 3	8	\$95.25	425356
Sa	4:30 pm	Jul 3	8	\$95.25	425361
Su	10:30 am	Jul 4	8	\$95.25	425369
Su	11:30 am	Jul 4	8	\$95.25	425373
Su	4 pm	Jul 4	8	\$95.25	425379
Su	4:30 pm	Jul 4	8	\$95.25	425385
M-F	4:15 pm	Jul 5	5	\$59.50	425284
M-F	4:45 pm	Jul 5	5	\$59.50	425289
M-F	4:15 pm	Jul 12	5	\$59.50	425293

M-F	4:45 pm	Jul 12	5	\$59.50	425298
M-F	4:15 pm	Jul 19	5	\$59.50	425303
M-F	4:45 pm	Jul 19	5	\$59.50	425306
M-F	4:15 pm	Jul 26	5	\$59.50	425313
M-F	4:45 pm	Jul 26	5	\$59.50	425317
M-F	4:15 pm	Aug 9	5	\$59.50	425323
M-F	4:45 pm	Aug 9	5	\$59.50	425327
M-F	4:15 pm	Aug 16	5	\$59.50	425333
M-F	4:45 pm	Aug 16	5	\$59.50	425337

Preschool E

F	9 am	Mar 26	9	\$59	427477
F	3 pm	Mar 26	9	\$59	427481
Sa	8 am	Mar 27	9	\$59	427503
Sa	8:15 am	Mar 27	9	\$59	427508
Sa	8:30 am	Mar 27	9	\$59	427510
Sa	9 am	Mar 27	9	\$59	427513
Sa	9:30 am	Mar 27	9	\$59	427514
Sa	10:30 am	Mar 27	9	\$59	427517
Sa	11 am	Mar 27	9	\$59	427522
Sa	11 am	Mar 27	9	\$59	427524
Su	8:30 am	Mar 28	9	\$59	427529
Su	11 am	Mar 28	9	\$59	427547
M	1:30 pm	Mar 29	9	\$59	428235
M	6 pm	Mar 29	9	\$59	428210
M	6 pm	Mar 29	9	\$59	428247
M	6:30 pm	Mar 29	9	\$59	428211
M	7 pm	Mar 29	9	\$59	428214
M	7 pm	Mar 29	9	\$59	428216
Tu	5:15 pm	Mar 30	9	\$59	427489
Tu	6:30 pm	Mar 30	9	\$59	427490
Tu	7:15 pm	Mar 30	9	\$59	427492
W	10:30 am	Mar 31	9	\$59	427466
Th	6 pm	Apr 1	9	\$59	427495
Th	6:30 pm	Apr 1	9	\$59	427497
M-F	8 am	Jul 5	9	\$59	425262
M-F	8:15 am	Jul 5	9	\$59	425266
M-F	10 am	Jul 5	9	\$59	425267
M-F	10:30 am	Jul 5	9	\$59	425272
M-F	11:15 am	Jul 5	9	\$59	425274
Tu	4:15 pm	Jul 6	8	\$52.50	425341
Tu	7 pm	Jul 6	8	\$52.50	425344
M-F	8 am	Jul 19	9	\$59	425286
M-F	8:15 am	Jul 19	9	\$59	425281
M-F	10 am	Jul 19	9	\$59	425280
M-F	10:30 am	Jul 19	9	\$59	425279
M-F	11:15 am	Jul 19	9	\$59	425277
Tu-F, M	8 am	Aug 3	9	\$59	425290
Tu-F, M	8:15 am	Aug 3	9	\$59	425295
Tu-F, M	10 am	Aug 3	9	\$59	425297
Tu-F, M	10:30 am	Aug 3	9	\$59	425304
Tu-F, M	11:15 am	Aug 3	9	\$59	425307
M-F	8 am	Aug 16	9	\$59	425319
M-F	8:15 am	Aug 16	9	\$59	425334
M-F	10 am	Aug 16	9	\$59	425325
M-F	10:30 am	Aug 16	9	\$59	425329
M-F	11:15 am	Aug 16	9	\$59	425314

Preschool E – Low Ratio

Sa	9 am	Mar 27	9	\$107	427579
Sa	4 pm	Mar 27	9	\$107	427582
Su	10:30 am	Mar 28	9	\$107	427576
Su	4 pm	Mar 28	9	\$107	427570
M	4:30 pm	Mar 29	9	\$107	428250
Tu	5:30 pm	Mar 30	9	\$107	427583
Tu	5:45 pm	Mar 30	9	\$107	427584
Sa	10:30 am	Jul 3	9	\$95.25	425417

Children should be “within arms reach” at all times around water.

Swimming • Learn to Swim

Sa	11:30 am	Jul 3	9	\$95.25	425420
Sa	4 pm	Jul 3	9	\$95.25	425423
Sa	5:45 pm	Jul 3	9	\$95.25	425426
Su	10:30 am	Jul 4	8	\$95.25	425428
Su	11:30 am	Jul 4	8	\$95.25	425431
Su	4 pm	Jul 4	9	\$95.25	425436
Su	5:45 pm	Jul 4	9	\$95.25	425438
M-F	4:15 pm	Jul 5	5	\$59.50	425360
M-F	5:30 pm	Jul 5	5	\$59.50	425367
M-F	4:15 pm	Jul 12	5	\$59.50	425376
M-F	5:30 pm	Jul 12	5	\$59.50	425371
M-F	4:15 pm	Jul 19	5	\$59.50	425382
M-F	5:30 pm	Jul 19	5	\$59.50	425389
M-F	4:15 pm	Jul 26	5	\$59.50	425398
M-F	5:30 pm	Jul 26	5	\$59.50	425394
M-F	4:15 pm	Aug 9	5	\$59.50	425402
M-F	5:30 pm	Aug 9	5	\$59.50	425406
M-F	4:15 pm	Aug 16	5	\$59.50	425411
M-F	5:30 pm	Aug 16	5	\$59.50	425408

Registering is easy!
See page 8 for
registration options.

Su	4 pm	Mar 28	9	\$107	427606
Su	5 pm	Mar 28	9	\$107	427609
M	5:30 pm	Mar 29	9	\$107	428657
Tu	7 pm	Mar 30	9	\$107	427626
Sa	11 am	Jul 3	8	\$95.25	425474
Sa	11 am	Jul 3	8	\$95.25	425486
Sa	5 pm	Jul 3	8	\$95.25	425505
Su	11 am	Jul 4	8	\$95.25	425507
Su	11 am	Jul 4	8	\$95.25	425513
Su	5 pm	Jul 4	8	\$95.25	425517
M-F	4:30 pm	Jul 5	5	\$59.50	437910
M-F	5 pm	Jul 5	5	\$59.50	437914
M-F	6 pm	Jul 5	5	\$59.50	437923
M-F	4:30 pm	Jul 12	5	\$59.50	437919
M-F	5 pm	Jul 12	5	\$59.50	437920
M-F	6 pm	Jul 12	5	\$59.50	437921
M-F	4:30 pm	Jul 19	5	\$59.50	437928
M-F	5 pm	Jul 19	5	\$59.50	437930
M-F	6 pm	Jul 19	5	\$59.50	437931
M-F	4:30 pm	Jul 26	5	\$59.50	437935
M-F	5 pm	Jul 26	5	\$59.50	437939
M-F	6 pm	Jul 26	5	\$59.50	437941
M-F	4:30 pm	Aug 9	5	\$59.50	425460
M-F	5 pm	Aug 9	5	\$59.50	425463
M-F	6 pm	Aug 9	5	\$59.50	425466
M-F	4:30 pm	Aug 16	5	\$59.50	425498
M-F	5 pm	Aug 16	5	\$59.50	425472
M-F	6 pm	Aug 16	5	\$59.50	425469

Tu-F, M	9 am	Aug 3	9	\$59	425963
Tu-F, M	10:30 am	Aug 3	9	\$59	425961
Tu-F, M	11 am	Aug 3	9	\$59	425965
M-F	9 am	Aug 16	9	\$59	425970
M-F	10:30 am	Aug 16	9	\$59	425973
M-F	11 am	Aug 16	9	\$59	425966

Children

Swimmer 1 – Beginner

F	2:30 pm	Mar 26	9	\$59	427512
Sa	8 am	Mar 27	9	\$59	427585
Sa	8:45 am	Mar 27	9	\$59	427589
Sa	10 am	Mar 27	9	\$59	427590
Su	9:30 am	Mar 28	9	\$59	427594
Su	10:30 am	Mar 28	9	\$59	427601
Su	11 am	Mar 28	9	\$59	427603
M	3:30 pm	Mar 29	9	\$59	428653
Tu	4 pm	Mar 30	9	\$59	427516
Tu	4:30 pm	Mar 30	9	\$59	427520
Tu	4:30 pm	Mar 30	9	\$59	427525
Tu	5 pm	Mar 30	9	\$59	427528
Tu	5:45 pm	Mar 30	9	\$59	427531
Tu	7 pm	Mar 30	9	\$59	427535
W	3 pm	Mar 31	9	\$59	427509
Th	6 pm	Apr 1	9	\$59	427546
Th	6:30 pm	Apr 1	9	\$59	427577
Th	7 pm	Apr 1	9	\$59	427578
M-F	8 am	Jul 5	9	\$59	425287
M-F	8:30 am	Jul 5	9	\$59	425291
M-F	10 am	Jul 5	9	\$59	425294
M-F	11:15 am	Jul 5	9	\$59	425300
Tu	5:30 pm	Jul 6	8	\$52.50	425447
Tu	6:30 pm	Jul 6	8	\$52.50	425448
M-F	8 am	Jul 19	9	\$59	425318
M-F	8:30 am	Jul 19	9	\$59	425312
M-F	10 am	Jul 19	9	\$59	425309
M-F	11:15 am	Jul 19	9	\$59	425305
Tu-F, M	8 am	Aug 3	9	\$59	425330
Tu-F, M	8:30 am	Aug 3	9	\$59	425335
Tu-F, M	10 am	Aug 3	9	\$59	425338
Tu-F, M	11:15 am	Aug 3	9	\$59	425343
M-F	8 am	Aug 16	9	\$59	425358
M-F	8:30 am	Aug 16	9	\$59	425363
M-F	10 am	Aug 16	9	\$59	425370
M-F	11:15 am	Aug 16	9	\$59	425353

Swimmer 1 – Beginner Low Ratio

Sa	8:30 am	Mar 27	9	\$107	427625
Sa	4 pm	Mar 27	9	\$107	427619
Sa	4:30 pm	Mar 27	9	\$107	427622
Su	11 am	Mar 28	9	\$107	427614

Swimmer 1 – Advanced

F	2:30 pm	Mar 26	9	\$59	427882
Sa	8 am	Mar 27	9	\$59	427892
Sa	9 am	Mar 27	9	\$59	427894
Sa	9:45 am	Mar 27	9	\$59	427897
Sa	5:30 pm	Mar 27	9	\$59	427899
Su	9:30 am	Mar 28	9	\$59	427849
Su	10 am	Mar 28	9	\$59	427853
Su	10:30 am	Mar 28	9	\$59	427857
Su	11 am	Mar 28	9	\$59	427860
M	3:30 pm	Mar 29	9	\$59	428654
M	6:30 pm	Mar 29	9	\$59	428655
M	7 pm	Mar 29	9	\$59	428656
Tu	4 pm	Mar 30	9	\$59	427865
Tu	4:30 pm	Mar 30	9	\$59	427866
Tu	6 pm	Mar 30	9	\$59	427869
Tu	6:15 pm	Mar 30	9	\$59	427872
Tu	7 pm	Mar 30	9	\$59	427875
W	3 pm	Mar 31	9	\$59	427884
Th	6 pm	Apr 1	9	\$59	427886
Th	7 pm	Apr 1	9	\$59	427887
M-F	9 am	Jul 5	9	\$59	425950
M-F	10:30 am	Jul 5	9	\$59	425951
M-F	11 am	Jul 5	9	\$59	425952
Tu	5:15 pm	Jul 6	8	\$52.50	425988
Tu	6:15 pm	Jul 6	8	\$52.50	425996
Tu	7 pm	Jul 6	8	\$52.50	426001
Tu	7:30 pm	Jul 6	8	\$52.50	426005
M-F	9 am	Jul 19	9	\$59	425956
M-F	10:30 am	Jul 19	9	\$59	425958
M-F	11 am	Jul 19	9	\$59	425955

Swimmer 1 – Advanced Low Ratio

Sa	8:30 am	Mar 27	9	\$107	427906
Su	11 am	Mar 28	9	\$107	427917
M	5:30 pm	Mar 29	9	\$107	428658
Tu	7 pm	Mar 30	9	\$107	427912
Th	5 pm	Apr 1	9	\$107	427910
Sa	11 am	Jul 3	8	\$95.25	426052
Sa	11:30 am	Jul 3	8	\$95.25	426056
Sa	4 pm	Jul 3	8	\$95.25	426061
Sa	5:30 pm	Jul 3	8	\$95.25	426066
Su	11 am	Jul 4	8	\$95.25	426086
Su	11:30 am	Jul 4	8	\$95.25	426094
Su	4 pm	Jul 4	8	\$95.25	426079
Su	5:30 pm	Jul 4	8	\$95.25	426075
M-F	4:30 pm	Jul 5	5	\$59.50	426015
M-F	5:30 pm	Jul 5	5	\$59.50	426028
M-F	4:30 pm	Jul 12	5	\$59.50	426034
M-F	5:30 pm	Jul 12	5	\$59.50	426033
M-F	4:30 pm	Jul 19	5	\$59.50	426035
M-F	5:30 pm	Jul 19	5	\$59.50	426038
M-F	4:30 pm	Jul 26	5	\$59.50	426040
M-F	5:30 pm	Jul 26	5	\$59.50	426039
M-F	4:30 pm	Aug 9	5	\$59.50	426041
M-F	5:30 pm	Aug 9	5	\$59.50	426043
M-F	4:30 pm	Aug 16	5	\$59.50	426047
M-F	5:30 pm	Aug 16	5	\$59.50	426045

Swimmer 2

F	3 pm	Mar 26	9	\$59	427839
Sa	8 am	Mar 27	9	\$59	427883
Sa	8:15 am	Mar 27	9	\$59	427885
Sa	8:45 am	Mar 27	9	\$59	427888
Sa	9 am	Mar 27	9	\$59	427890
Sa	9:15 am	Mar 27	9	\$59	427891
Sa	10 am	Mar 27	9	\$59	427893
Sa	11 am	Mar 27	9	\$59	427895
Su	9 am	Mar 28	9	\$59	427902
Su	9:30 am	Mar 28	9	\$59	427904
Su	10 am	Mar 28	9	\$59	427908
Su	11 am	Mar 28	9	\$59	427909
M	3:30 pm	Mar 29	9	\$59	427843
M	6 pm	Mar 29	9	\$59	427845
M	6:30 pm	Mar 29	9	\$59	427846
M	7 pm	Mar 29	9	\$59	427847
Tu	4 pm	Mar 30	9	\$59	427850
Tu	4:30 pm	Mar 30	9	\$59	427851
Tu	4:30 pm	Mar 30	9	\$59	427852
Tu	4:30 pm	Mar 30	9	\$59	427854
Tu	5 pm	Mar 30	9	\$59	427859
Tu	5:30 pm	Mar 30	9	\$59	427861
Tu	6:15 pm	Mar 30	9	\$59	427862
Tu	7 pm	Mar 30	9	\$59	436975
W	3 pm	Mar 31	9	\$59	427836
Th	6 pm	Apr 1	9	\$59	427868
Th	6:30 pm	Apr 1	9	\$59	427870
Th	6:30 pm	Apr 1	9	\$59	427871
Th	7 pm	Apr 1	9	\$59	427874
Th	7 pm	Apr 1	9	\$59	427876
M-F	8 am	Jul 5	9	\$59	425424

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M-F	9 am	Jul 5	9	\$59	425439
M-F	10 am	Jul 5	9	\$59	425441
M-F	11 am	Jul 5	9	\$59	425446
Tu	4:45 pm	Jul 6	8	\$52.50	425491
Tu	5:15 pm	Jul 6	8	\$52.50	425494
Tu	5:45 pm	Jul 6	8	\$52.50	425496
Tu	5:45 pm	Jul 6	8	\$52.50	425500
Tu	7 pm	Jul 6	8	\$52.50	425502
M-F	8 am	Jul 19	9	\$59	425450
M-F	9 am	Jul 19	9	\$59	425452
M-F	10 am	Jul 19	9	\$59	425454
M-F	11 am	Jul 19	9	\$59	425456
Tu-F, M	8 am	Aug 3	9	\$59	425461
Tu-F, M	9 am	Aug 3	9	\$59	425465
Tu-F, M	10 am	Aug 3	9	\$59	425467
Tu-F, M	11 am	Aug 3	9	\$59	425470
M-F	8 am	Aug 16	9	\$59	425476
M-F	9 am	Aug 16	9	\$59	425479
M-F	10 am	Aug 16	9	\$59	425481
M-F	11 am	Aug 16	9	\$59	425483

Swimmer 2 – Low Ratio

Sa	9 am	Mar 27	9	\$107	427924
Sa	10:15 am	Mar 27	9	\$107	427929
Sa	11 am	Mar 27	9	\$107	427930
Sa	4 pm	Mar 27	9	\$107	427934
Sa	5 pm	Mar 27	9	\$107	427937
Su	10:30 am	Mar 28	9	\$107	427916
Su	4:45 pm	Mar 28	9	\$107	427919
Su	5:30 pm	Mar 28	9	\$107	427921
Tu	6:30 pm	Mar 30	9	\$107	427939
Sa	10:30 am	Jul 3	8	\$95.25	425974
Sa	10:30 am	Jul 3	8	\$95.25	425977
Sa	11:30 am	Jul 3	8	\$95.25	425979
Sa	4:30 pm	Jul 3	8	\$95.25	425982
Sa	5:30 pm	Jul 3	8	\$95.25	425984
Su	10:30 am	Jul 4	8	\$95.25	425987
Su	10:30 am	Jul 4	8	\$95.25	425989
Su	11:30 am	Jul 4	8	\$95.25	425990
Su	4:30 pm	Jul 4	8	\$95.25	425995
Su	5:30 pm	Jul 4	8	\$95.25	426000
M-F	5 pm	Jul 5	5	\$59.50	425512
M-F	6 pm	Jul 5	5	\$59.50	425516
M-F	5 pm	Jul 12	5	\$59.50	425535
M-F	6 pm	Jul 12	5	\$59.50	425518
M-F	5 pm	Jul 19	5	\$59.50	425533
M-F	6 pm	Jul 19	5	\$59.50	425521
M-F	5 pm	Jul 26	5	\$59.50	425531
M-F	6 pm	Jul 26	5	\$59.50	425524
M-F	5 pm	Aug 9	5	\$59.50	425530
M-F	6 pm	Aug 9	5	\$59.50	425525
M-F	5 pm	Aug 16	5	\$59.50	425529
M-F	6 pm	Aug 16	5	\$59.50	425527

Swimmer 3

Sa	8 am	Mar 27	9	\$65.25	427925
Sa	8:45 am	Mar 27	9	\$65.25	427928
Sa	10:15 am	Mar 27	9	\$65.25	427931
Sa	10:30 am	Mar 27	9	\$65.25	427933
Sa	10:45 am	Mar 27	9	\$65.25	427938
Su	9:30 am	Mar 28	9	\$65.25	427911
Su	10:15 am	Mar 28	9	\$65.25	427915
Su	10:15 am	Mar 28	9	\$65.25	427920
Su	10:30 am	Mar 28	9	\$65.25	427922
Su	10:45 am	Mar 28	9	\$65.25	427923
M	6 pm	Mar 29	9	\$65.25	427898
M	6:15 pm	Mar 29	9	\$65.25	427900

M	6:30 pm	Mar 29	9	\$65.25	427903
M	6:45 pm	Mar 29	9	\$65.25	427905
M	6:45 pm	Mar 29	9	\$65.25	427907
Tu	4:30 pm	Mar 30	9	\$65.25	427940
Tu	5:15 pm	Mar 30	9	\$65.25	427942
Tu	6 pm	Mar 30	9	\$65.25	427945
Tu	6:15 pm	Mar 30	9	\$65.25	427946
Tu	7 pm	Mar 30	9	\$65.25	427948
Th	6 pm	Apr 1	9	\$65.25	427896
M-F	9:15 am	Jul 5	9	\$65.25	425475
M-F	10:15 am	Jul 5	9	\$65.25	425478
Tu	4:15 pm	Jul 6	8	\$58	425506
Tu	5:30 pm	Jul 6	8	\$58	425508
Tu	6:15 pm	Jul 6	8	\$58	425510
Tu	6:45 pm	Jul 6	8	\$58	425514
Tu	7 pm	Jul 6	8	\$58	425515
M-F	9:15 am	Jul 19	9	\$65.25	425480
M-F	10:15 am	Jul 19	9	\$65.25	425484
Tu-F, M	10:15 am	Aug 3	9	\$65.25	425492
M-F	9:15 am	Aug 16	9	\$65.25	425497
M-F	10:15 am	Aug 16	9	\$65.25	425503

Swimmer 3 – Low Ratio

Sa	9:45 am	Mar 27	9	\$116.50	427956
Sa	10:45 am	Mar 27	9	\$116.50	427957
Sa	4:30 pm	Mar 27	9	\$116.50	427952
Sa	4:30 pm	Mar 27	9	\$116.50	427953
Su	9:30 am	Mar 28	9	\$116.50	427954
Su	4:30 pm	Mar 28	9	\$116.50	427950
Tu	5:45 pm	Mar 30	9	\$116.50	427958
Tu	6:15 pm	Mar 30	9	\$116.50	427959
Sa	10:30 am	Jul 3	8	\$103.75	426017
Sa	11:15 am	Jul 3	8	\$103.75	426020
Sa	4 pm	Jul 3	8	\$103.75	426022
Sa	5 pm	Jul 3	8	\$103.75	426025
Su	10:30 am	Jul 4	8	\$103.75	426026
Su	11:15 am	Jul 4	8	\$103.75	426027
Su	4 pm	Jul 4	8	\$103.75	426029
Su	5 pm	Jul 4	8	\$103.75	426032
M-F	4:15 pm	Jul 5	5	\$64.75	425954
M-F	4:45 pm	Jul 5	5	\$64.75	425957
M-F	5:45 pm	Jul 5	5	\$64.75	425959
M-F	4:15 pm	Jul 12	5	\$64.75	425967
M-F	4:45 pm	Jul 12	5	\$64.75	425964
M-F	5:45 pm	Jul 12	5	\$64.75	425962
M-F	4:15 pm	Jul 19	5	\$64.75	425971
M-F	4:45 pm	Jul 19	5	\$64.75	425975
M-F	5:45 pm	Jul 19	5	\$64.75	425978
M-F	4:15 pm	Jul 26	5	\$64.75	425986
M-F	4:45 pm	Jul 26	5	\$64.75	425983
M-F	5:45 pm	Jul 26	5	\$64.75	425980
M-F	4:15 pm	Aug 9	5	\$64.75	425993
M-F	4:45 pm	Aug 9	5	\$64.75	425999
M-F	5:45 pm	Aug 9	5	\$64.75	426006
M-F	4:15 pm	Aug 16	5	\$64.75	426012
M-F	5:45 pm	Aug 16	5	\$64.75	426007
M-F	5:45 pm	Aug 16	5	\$64.75	426010

NEVER swim alone, always swim with a buddy

Swimmer 4

Sa	8 am	Mar 27	9	\$65.25	427992
Sa	9 am	Mar 27	9	\$65.25	427993
Sa	10:15 am	Mar 27	9	\$65.25	427994
Sa	10:45 am	Mar 27	9	\$65.25	427996
Su	8:45 am	Mar 28	9	\$65.25	427998
Su	10 am	Mar 28	9	\$65.25	427999
Su	10:15 am	Mar 28	9	\$65.25	428000
Su	10:45 am	Mar 28	9	\$65.25	428001
M	6 pm	Mar 29	9	\$65.25	427927
M	6:15 pm	Mar 29	9	\$65.25	427932
M	6:45 pm	Mar 29	9	\$65.25	427936
Tu	4:30 pm	Mar 30	9	\$65.25	428002
Tu	5:15 pm	Mar 30	9	\$65.25	428003
Tu	6 pm	Mar 30	9	\$65.25	428004
Tu	6:15 pm	Mar 30	9	\$65.25	428006
Th	6 pm	Apr 1	9	\$65.25	428007
M-F	9:15 am	Jul 5	9	\$65.25	426048
M-F	10:15 am	Jul 5	9	\$65.25	426050
Tu	4:15 pm	Jul 6	8	\$58	426087
Tu	4:15 pm	Jul 6	8	\$58	426089
Tu	7 pm	Jul 6	8	\$58	426095
M-F	9:15 am	Jul 19	9	\$65.25	426068
M-F	10:15 am	Jul 19	9	\$65.25	426053
Tu-F, M	9:15 am	Aug 3	9	\$65.25	426074
Tu-F, M	10:15 am	Aug 3	9	\$65.25	426058
M-F	9:15 am	Aug 16	9	\$65.25	426078
M-F	10:15 am	Aug 16	9	\$65.25	426062

Swimmer 4 – Low Ratio

Sa	9:45 am	Mar 27	9	\$116.50	428011
Sa	10:45 am	Mar 27	9	\$116.50	428013
Sa	5:15 pm	Mar 27	9	\$116.50	428016
Su	4:30 pm	Mar 28	9	\$116.50	428020
Tu	7 pm	Mar 30	9	\$116.50	436976
Sa	11:15 am	Jul 3	8	\$103.75	426141
Sa	4 pm	Jul 3	8	\$103.75	426144
Sa	5 pm	Jul 3	8	\$103.75	426147
Su	11:15 am	Jul 4	8	\$103.75	426148
Su	4 pm	Jul 4	8	\$103.75	426151
Su	5 pm	Jul 4	8	\$103.75	426154
M-F	5 pm	Jul 5	5	\$64.75	426105
M-F	5:15 pm	Jul 5	5	\$64.75	426109
M-F	5 pm	Jul 12	5	\$64.75	426124
M-F	5:15 pm	Jul 12	5	\$64.75	426110
M-F	5 pm	Jul 19	5	\$64.75	426126
M-F	5:15 pm	Jul 19	5	\$64.75	426114
M-F	5 pm	Jul 26	5	\$64.75	426131
M-F	5:15 pm	Jul 26	5	\$64.75	426116
M-F	5 pm	Aug 9	5	\$64.75	426133
M-F	5:15 pm	Aug 9	5	\$64.75	426119
M-F	5 pm	Aug 16	5	\$64.75	426135
M-F	5:15 pm	Aug 16	5	\$64.75	426121

Swimmer 5

Sa	8:30 am	Mar 27	9	\$65.25	427960
Sa	9:45 am	Mar 27	9	\$65.25	427961
Sa	10 am	Mar 27	9	\$65.25	427962
Su	10:15 am	Mar 28	9	\$65.25	427963
Su	10:45 am	Mar 28	9	\$65.25	427964
M	6:15 pm	Mar 29	9	\$65.25	427955
Tu	4:30 pm	Mar 30	9	\$65.25	427966
Tu	6:15 pm	Mar 30	9	\$65.25	427967
Tu	7 pm	Mar 30	9	\$65.25	427968

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Th	6:45 pm	Apr 1	9	\$65.25	427972
M-F	8:30 am	Jul 5	9	\$65.25	426042
M-F	9:45 am	Jul 5	9	\$65.25	426044
M-F	11 am	Jul 5	9	\$65.25	426046
Tu	6 pm	Jul 6	8	\$58	426099
M-F	8:30 am	Jul 19	9	\$65.25	426051
M-F	9:45 am	Jul 19	9	\$65.25	426054
M-F	11 am	Jul 19	9	\$65.25	426057
Tu-F, M	8:30 am	Aug 3	9	\$65.25	426076
Tu-F, M	9:45 am	Aug 3	9	\$65.25	426070
Tu-F, M	11 am	Aug 3	9	\$65.25	426064
M-F	8:30 am	Aug 16	9	\$65.25	426084
M-F	9:45 am	Aug 16	9	\$65.25	426091
M-F	11 am	Aug 16	9	\$65.25	426096

Swimmer 5 – Low Ratio

Sa	10 am	Mar 27	9	\$116.50	427975
Sa	5:15 pm	Mar 27	9	\$116.50	427976
Su	10:45 am	Mar 28	9	\$116.50	436980
Su	5 pm	Mar 28	9	\$116.50	427977
Sa	10:30 am	Jul 3	8	\$103.75	426152
Sa	11:15 am	Jul 3	8	\$103.75	426155
Sa	4:45 pm	Jul 3	8	\$103.75	426158
Sa	5 pm	Jul 3	8	\$103.75	426159
Su	10:30 am	Jul 4	8	\$103.75	426165
Su	11:15 am	Jul 4	8	\$103.75	426168
Su	4:45 pm	Jul 4	8	\$103.75	426170
Su	5 pm	Jul 4	8	\$103.75	426176
M-F	5:15 pm	Jul 5	5	\$64.75	426112
M-F	5:45 pm	Jul 5	5	\$64.75	426117
M-F	5:15 pm	Jul 12	5	\$64.75	426125
M-F	5:45 pm	Jul 12	5	\$64.75	426122
M-F	5:15 pm	Jul 19	5	\$64.75	426129
M-F	5:45 pm	Jul 19	5	\$64.75	426132
M-F	5:15 pm	Jul 26	5	\$64.75	426136
M-F	5:45 pm	Jul 26	5	\$64.75	426138
M-F	5:15 pm	Aug 9	5	\$64.75	426140
M-F	5:45 pm	Aug 9	5	\$64.75	426142
M-F	5:15 pm	Aug 16	5	\$64.75	426145
M-F	5:45 pm	Aug 16	5	\$64.75	426143

Swimmer 6

Sa	8:30 am	Mar 27	9	\$65.25	427981
Sa	9:45 am	Mar 27	9	\$65.25	427982
Sa	10 am	Mar 27	9	\$65.25	427983
Su	9:45 am	Mar 28	9	\$65.25	427978
Su	10:45 am	Mar 28	9	\$65.25	427979
M	6:45 pm	Mar 29	9	\$65.25	427965
Tu	4:30 pm	Mar 30	9	\$65.25	427971
Tu	5 pm	Mar 30	9	\$65.25	427973
Tu	6:15 pm	Mar 30	9	\$65.25	427974
Th	6:45 pm	Apr 1	9	\$65.25	427969
M-F	8:30 am	Jul 5	9	\$65.25	426100
M-F	9:45 am	Jul 5	9	\$65.25	426108
Tu	4:45 pm	Jul 6	8	\$58	426162
Tu	7:15 pm	Jul 6	8	\$58	426166
M-F	8:30 am	Jul 19	9	\$65.25	426123
M-F	9:45 am	Jul 19	9	\$65.25	426111
Tu-F, M	8:30 am	Aug 3	9	\$65.25	426137
Tu-F, M	9:45 am	Aug 3	9	\$65.25	426146
M-F	8:30 am	Aug 16	9	\$65.25	426153
M-F	9:45 am	Aug 16	9	\$65.25	426149

Swimmer 6 – Low Ratio

Sa	10 am	Mar 27	9	\$116.50	427990
Sa	5:15 pm	Mar 27	9	\$116.50	427989
Su	10 am	Mar 28	9	\$116.50	427985
Su	5 pm	Mar 28	9	\$116.50	427987
Sa	10:30 am	Jul 3	8	\$103.75	426277
Sa	4:45 pm	Jul 3	8	\$103.75	426279
Su	10:30 am	Jul 4	8	\$103.75	426291
Su	4:45 pm	Jul 4	8	\$103.75	426287
M-F	4:15 pm	Jul 5	5	\$64.75	426177
M-F	5 pm	Jul 5	5	\$64.75	426183
M-F	5:15 pm	Jul 5	5	\$64.75	426185
M-F	4:15 pm	Jul 12	5	\$64.75	426200
M-F	5 pm	Jul 12	5	\$64.75	426194
M-F	5:15 pm	Jul 12	5	\$64.75	426190
M-F	4:15 pm	Jul 19	5	\$64.75	426210
M-F	5 pm	Jul 19	5	\$64.75	426225
M-F	5:15 pm	Jul 19	5	\$64.75	426231
M-F	4:15 pm	Jul 26	5	\$64.75	426242
M-F	5 pm	Jul 26	5	\$64.75	426239
M-F	5:15 pm	Jul 26	5	\$64.75	426235
M-F	4:15 pm	Aug 9	5	\$64.75	426245
M-F	5 pm	Aug 9	5	\$64.75	426252
M-F	5:15 pm	Aug 9	5	\$64.75	426255
M-F	4:15 pm	Aug 16	5	\$64.75	426270
M-F	5 pm	Aug 16	5	\$64.75	426264
M-F	5:15 pm	Aug 16	5	\$64.75	426261

Swimmer 7 (Rookie Patrol)

Sa	9 am	Mar 27	9	\$71.50	427986
Su	8:45 am	Mar 28	9	\$71.50	427984
M	6 pm	Mar 29	9	\$71.50	427980
Tu	6 pm	Mar 30	9	\$71.50	427988
W	7:30 pm	Mar 31	9	\$71.50	427991
M-F	8 am	Jul 5	9	\$71.50	426171
Tu	6 pm	Jul 6	8	\$58	426191
W	5 pm	Jul 7	8	\$58	426195
M-F	8 am	Jul 19	9	\$71.50	426173
Tu-F, M	8 am	Aug 3	9	\$71.50	426178
M-F	8 am	Aug 16	9	\$71.50	426181

Swimmer 7 – Low Ratio

Sa	5 pm	Mar 27	9	\$126.75	427997
Su	4 pm	Mar 28	9	\$126.75	427995
Sa	4 pm	Jul 3	8	\$112.75	426243
Su	4 pm	Jul 4	8	\$112.75	426247
M-F	5:30 pm	Jul 5	5	\$70.50	426209
M-F	5:30 pm	Jul 12	5	\$70.50	426212
M-F	5:30 pm	Jul 19	5	\$70.50	426215
M-F	5:30 pm	Jul 26	5	\$70.50	426221
M-F	5:30 pm	Aug 9	5	\$70.50	426224
M-F	5:30 pm	Aug 16	5	\$70.50	426227

Swimmer 8 (Ranger Patrol)

Su	8:45 am	Mar 28	9	\$71.50	428021
M	6 pm	Mar 29	9	\$71.50	428017
Tu	7 pm	Mar 30	9	\$71.50	428023
W	8 pm	Mar 31	9	\$71.50	428024
M-F	8 am	Jul 5	9	\$71.50	426216
Tu	6 pm	Jul 6	8	\$58	426236
W	5 pm	Jul 7	8	\$58	426240
M-F	8 am	Jul 19	9	\$71.50	426222
Tu-F, M	8 am	Aug 3	9	\$71.50	426229
M-F	8 am	Aug 16	9	\$71.50	426232

Swimmer 8 – Low Ratio

Sa	5 pm	Mar 27	9	\$126.75	428030
Su	4 pm	Mar 28	9	\$126.75	428031
Sa	4 pm	Jul 3	8	\$112.75	426281
Su	4 pm	Jul 4	8	\$112.75	426290
M-F	5:30 pm	Jul 5	5	\$70.50	426259
M-F	5:30 pm	Jul 12	5	\$70.50	426265
M-F	5:30 pm	Jul 19	5	\$70.50	426269
M-F	5:30 pm	Jul 26	5	\$70.50	426271
M-F	5:30 pm	Aug 9	5	\$70.50	426273
M-F	5:30 pm	Aug 16	5	\$70.50	426274

Swimmer 9 (Star Patrol)

Su	8:45 am	Mar 28	9	\$71.50	428019
Tu	7 pm	Mar 30	9	\$71.50	428027
W	8 pm	Mar 31	9	\$71.50	428022
M-F	8 am	Jul 5	9	\$71.50	426278
M-F	11 am	Jul 5	9	\$71.50	426293
W	5 pm	Jul 7	8	\$58	426301
M-F	8 am	Jul 19	9	\$71.50	426280
M-F	11 am	Jul 19	9	\$71.50	426294
Tu-F, M	8 am	Aug 3	9	\$71.50	426283
Tu-F, M	11 am	Aug 3	9	\$71.50	426296
M-F	8 am	Aug 16	9	\$71.50	426288
M-F	11 am	Aug 16	9	\$71.50	426297

Swimmer 9 – Low Ratio

Su	5 pm	Mar 28	9	\$126.75	428041
M	6 pm	Mar 29	9	\$126.75	428035
Sa	5 pm	Jul 3	8	\$112.75	438234
Su	5 pm	Jul 4	8	\$112.75	438265

Youth

Teen 101

Su	4 pm	Mar 28	9	\$68	428077
Su	4 pm	Mar 28	9	\$68	428081
W	4:30 pm	Jul 7	8	\$60.50	426369

Teen 201

W	5:30 pm	Jul 7	8	\$66.25	426383
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Teen 301

W	5:30 pm	Jul 7	8	\$66.25	426405
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Adult

Adult 101

Su	5:15 pm	Mar 28	9	\$83.75	428094
Su	5:15 pm	Mar 28	9	\$83.75	428098
W	5:30 pm	Jul 7	8	\$74.50	426304

Adult 201

Su	5:15 pm	Mar 28	9	\$83.75	428109
Su	5:15 pm	Mar 28	9	\$83.75	428113
W	5:30 pm	Jul 7	8	\$87	426319

Adult 301

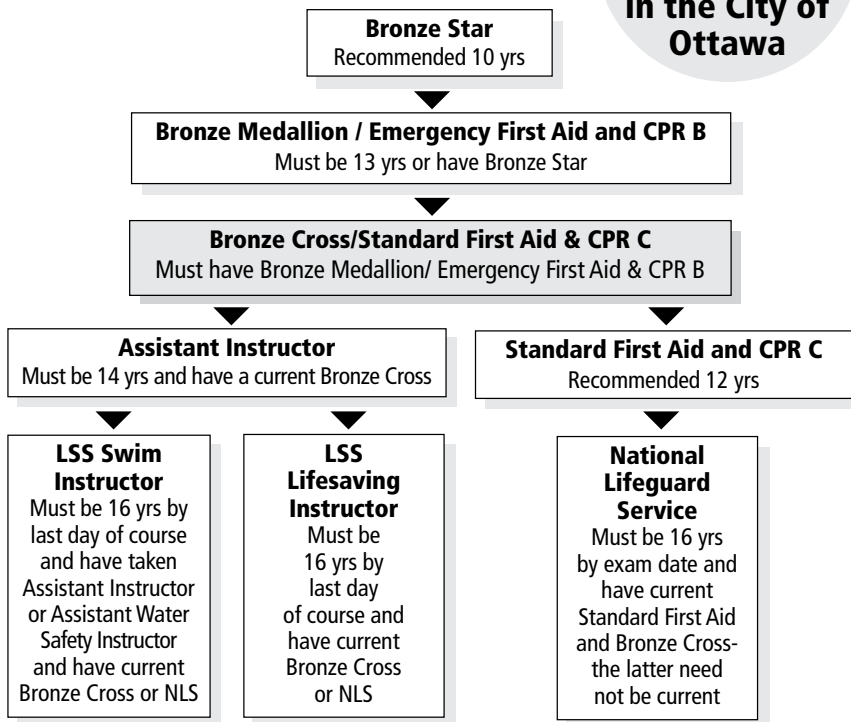
W	5:30 pm	Jul 7	8	\$87	426333
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Swimming Certification



Become a Lifeguard and Swim Instructor

in the City of
Ottawa



Youth

Bronze Star

Prepares candidates for the timed swims, lifesaving rescues and rescue skills. Further first aid skills are taught. Excellent for those who want to take their Bronze Medallion and are not the required 13 years of age. Prerequisites: Swimmer 9 or able to swim 300 metres.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

10-14 yrs	Mon-Fri	8:30-10 am
Jul 5-16	\$68	430751
Aug 16-27	\$68	430753

Brewer Pool – 613-247-4938

10-14 yrs	Wed	5-6 pm
Apr 21-Jun 16	\$68	429046

Crestview Outdoor Pool – 613-225-7250

10-14 yrs	Mon-Fri	10-11 am
Jul 5-15	\$68	439268
Jul 19-29	\$68	439273
Aug 3-13	\$68	439277

Entrance Outdoor Pool – 613-829-2705

10-14 yrs	Mon-Fri	10-11 am
Jul 5-15	\$68	439284
Jul 19-29	\$68	439286
Aug 3-13	\$68	439288

General Burns Outdoor Pool – 613-225-7970

10-14 yrs	Mon-Fri	10-11 am
Jul 5-15	\$68	439291
Jul 19-29	\$68	439293
Aug 3-13	\$68	439294

Goulbourn R.C. – 613-831-1169

10-14 yrs	Wed	7:30-8:30 pm
Mar 24-May 19	\$68	432548
10-14 yrs	Sun	11:15 am-12:15 pm
Apr 11-Jun 13	\$68	432896
10-14 yrs	Mon-Fri	11 am-noon
Jun 28-Jul 9	\$68	437432
Jul 12-23	\$68	437986
Jul 26-Aug 6	\$68	437439
Aug 9-20	\$68	437995

Kanata Leisure Centre – 613-591-9283

10-14 yrs	Sat	3-6 pm
Mar 27-Apr 24	\$68	434892

Lowertown Pool – 613-244-4406

10-14 yrs	Fri	6-7 pm
Apr 16-Jun 11	\$68	430056
10-14 yrs	Sat	11 am-12:15 pm
Jun 26-Aug 14	\$68	440303

Nepean Sportsplex – 613-580-2828

10-14 yrs	Tue	6:30-7:30 pm
Mar 23-May 18	\$68	440392
10-14 yrs	Sun	5:30-6:30 pm
Mar 28-Jun 13	\$68	440399
10-14 yrs	Mon-Fri	11 am-noon
Jul 5-15	\$68	431846
Jul 19-29	\$68	431847
Aug 3-13	\$68	431848



Plant R.C. – 613-232-3000

10-14 yrs	Sun	6-7 pm
Jul 4-Aug 29	\$68	429248

Sawmill Creek Pool – 613-521-4092

10-14 yrs	Mon	7-8 pm
Mar 22-Jun 21	\$68	426532
10-14 yrs	Tue	7-8 pm
Mar 23-Jun 22	\$68	426537
10-14 yrs	Sat	11 am-noon
Apr 10-Jun 26	\$68	426540
10-14 yrs	Mon-Fri	10-11 am
Jul 26-Aug 6	\$68	426563
Aug 9-20	\$68	426570
10-14 yrs	Mon-Fri	11 am-noon
Jun 28-Jul 9	\$68	426551
Aug 23-27	\$68	434842

Walter Baker Sports Centre – 613-580-2788

10-14 yrs	Sat	9:15-10:15 am
Mar 27-Jun 5	\$68	439106
10-14 yrs	Sun	5-6 pm
Mar 28-Jun 6	\$68	439115
10-14 yrs	Tue	4:30-5:30 pm
Mar 30-May 25	\$68	439103
10-14 yrs	Wed	4:30-5:30 pm
Jul 7-Aug 25	\$68	439304
10-14 yrs	Mon-Fri	10-11 am
Jul 5-15	\$68	439299
Jul 19-29	\$68	439300
Aug 3-13	\$68	439301
Aug 16-26	\$68	439302

Bronze Star and Basic First Aid with CPR A

Combined course that certifies participants in both Bronze Star and Basic First Aid. Recommended for those 10-12 years who can swim 300 meters.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

10-14 yrs	Fri	7-8:30 pm
Apr 9-Jun 18	\$92.25	429572
10-14 yrs	Sat	4-5:30 pm
Apr 10-Jun 19	\$92.25	429584
10-14 yrs	Sun	6:30-8 pm
Apr 11-Jun 20	\$92.25	429586
10-14 yrs	Thu	6-7:30 pm
Apr 15-Jun 17	\$92.25	429588

Canterbury R.C. – 613-247-4865

10-14 yrs	Thu	5:30-7 pm
Apr 29-Jun 24	\$92.25	436995
10-14 yrs	Tue, Thu	5:30-7 pm
Jun 29-Jul 29	\$92.25	439924
Aug 3-31	\$92.25	439926

Deborah Anne Kirwan Pool – 613-247-4820

10-14 yrs	Sun	6:30-8 pm
Apr 18-Jun 13	\$92.25	425633
10-14 yrs	Tue-Fri, Mon	9-10:30 am
Aug 3-13	\$92.25	426741

Pinecrest R.C. – 613-828-3118

10-14 yrs	Fri	7:30-9 pm
Apr 30-Jun 25	\$92.25	431923
10-14 yrs	Mon-Wed	8:30 am-1:30 pm
Jun 28-30	\$92.25	431926

Ray Friel R.C. – 613-830-2747

10-14 yrs	Sun	5-6:30 pm
Mar 28-Jun 13	\$92.25	425206
10-14 yrs	Tue	4-7:30 pm
Jul 6-27	\$92.25	428312
Aug 3-24	\$92.25	428313
10-14 yrs	Thu	4-7:30 pm
Jul 8-29	\$92.25	428314
Aug 5-26	\$92.25	428315

St-Laurent Complex – 613-742-6767

10-15 yrs	Fri	5-6:30 pm
Apr 9-Jun 4	\$92.25	437869

Bronze Medallion and Emergency First Aid with CPRB

Teaches lifesavers how to respond to complex water rescue situations. Develops physical fitness, decision-making and judgement skills in preparation for challenging rescues of increased risk. Candidates will develop stroke efficiency and endurance in a timed swim. Prerequisite: Bronze Star or 13 years old by the exam.

Bearbrook Outdoor Pool – 613-824-8300

13+ yrs	Mon-Fri	9 am-noon
Jul 5-16	\$122.50	430803
Aug 16-27	\$122.50	430802

Bob MacQuarrie R.C. -Orléans – 613-824-0819

13+ yrs	Fri	6:30-9:30 pm
Apr 16-Jun 25	\$122.50	430661
13+ yrs	Sat	5:30-8:30 pm
Apr 17-Jun 26	\$122.50	430670
13+ yrs	Sun	5:30-8:30 pm
Apr 25-Jun 27	\$122.50	430674
13+ yrs	Mon-Fri	9 am-noon
Jul 19-30	\$122.50	430759
Aug 3-16	\$122.50	430761

Brewer Pool – 613-247-4938

13+ yrs	Wed	5-8 pm
Apr 21-Jun 16	\$122.50	429045
13+ yrs	Sun	8:30-11:30 am
Apr 25-Jun 20	\$122.50	429879
13+ yrs	Tue, Thu	5-8 pm
Jun 22-Jul 20	\$122.50	429897
13+ yrs	Mon-Fri	8-11 am
Jun 28-Jul 9	\$122.50	430027

Canterbury R.C. – 613-247-4865

13+ yrs	Fri	7:30-10 pm
Apr 9-Jun 25	\$122.50	440984
13+ yrs	Tue, Thu	5:15-8:30 pm
Jun 29-Jul 29	\$122.50	439928
Aug 3-31	\$122.50	439929

Crestview Outdoor Pool – 613-225-7250

13+ yrs	Mon-Fri	9 am-12:15 pm
Jul 5-15	\$122.50	439314

Deborah Anne Kirwan Pool – 613-247-4820

13+ yrs	Sun	6:30-9:30 pm
Apr 18-Jun 13	\$122.50	425631
13+ yrs	Tue-Fri, Mon	9 am-noon
Aug 3-13	\$122.50	433822

Entrance Outdoor Pool – 613-829-2705

13+ yrs	Mon-Fri	9 am-12:15 pm
Jul 5-15	\$122.50	439317

General Burns Outdoor Pool – 613-225-7970

13+ yrs	Tue-Fri, Mon	9 am-12:15 pm
Aug 3-13	\$122.50	439319

Genest Pool – 613-749-6488

13+ yrs	Daily	4-7 pm
Jun 18-26	\$122.50	436868
13+ yrs	Fri	4-7:30 pm
Jul 2-Aug 27	\$122.50	436557

Goulbourn R.C. – 613-831-1169

12+ yrs	Sat	4-7 pm
Mar 27-Jun 12	\$122.50	438359
12+ yrs	Mon-Fri	8-11:30 am
Jun 28-Jul 9	\$122.50	438367
12+ yrs	Mon-Fri	5-8 pm
Jul 12-23	\$122.50	438384

Kanata Leisure Centre – 613-591-9283

13+ yrs	Sun	5-9 pm
Jul 4-Aug 15	\$122.50	437061

Lowertown Pool – 613-244-4406

13+ yrs	Sat	1:30-4:30 pm
Apr 17-Jun 19	\$122.50	440313
13+ yrs	Mon-Fri	8-11 am
Jul 5-15	\$122.50	440514

Nepean Sportsplex – 613-580-2828

13+ yrs	Wed	6-9 pm
Mar 24-May 26	\$122.50	437769
13+ yrs	Sun	3:30-6:30 pm
Mar 28-Jun 13	\$122.50	437777
13+ yrs	Mon-Fri	8:15-11:15 am
Jul 5-16	\$122.50	437829
13+ yrs	Mon-Fri	8:15-11:15 am
Aug 3-13	\$122.50	437832

Pinecrest R.C. – 613-828-3118

13+ yrs	Fri	7-10 pm
Apr 30-Jun 25	\$122.50	431943
13+ yrs	Mon-Fri	8:30-11:30 am
Jul 5-15	\$122.50	431960
Aug 3-13	\$122.50	431972

Plant R.C. – 613-232-3000

13+ yrs	Sun	5:30-8:30 pm
Jul 4-Aug 29	\$122.50	429250

Swimming Certification

Ray Friel R.C. – 613-830-2747

13+ yrs	Sun	5:30-8 pm
Mar 28-Jun 13	\$122.50	425234
13+ yrs	Fri	8-10:30 pm
Apr 9-Jun 18	\$122.50	425228
13+ yrs	Mon-Fri	4-7:30 pm
Jun 28-Jul 9	\$122.50	428308
Aug 3-13	\$122.50	428309

Sawmill Creek Pool – 613-521-4092

13+ yrs	Tue	5-8:30 pm
Mar 23-Jun 22	\$122.50	426693
13+ yrs	Mon-Fri	9 am-noon
Jun 28-Jul 9	\$122.50	426700

Splash Wave Pool – 613-748-4222

13+ yrs	Sun	4-9 pm
Apr 25-May 30	\$122.50	432920

St-Laurent Complex – 613-742-6767

13+ yrs	Sun	6-9:15 pm
Apr 11-Jun 6	\$122.50	437688
13+ yrs	Sun	8:30 am-noon
Jul 4-Aug 29	\$122.50	436948

Walter Baker Sports Centre – 613-580-2788

13+ yrs	Sat	4-7:15 pm
Mar 27-Jun 5	\$122.50	439131
13+ yrs	Mon	5:45-9 pm
Mar 29-Jun 7	\$122.50	439122
13+ yrs	Wed	5:45-9 pm
Mar 31-May 26	\$122.50	439128
13+ yrs	Wed	6-9:15 pm
Jul 7-Aug 25	\$122.50	439323
13+ yrs	Mon-Fri	8-11:15 am
Jul 5-15	\$122.50	439320
Aug 3-13	\$122.50	439322

Bronze Cross

More advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork and use of special equipment.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

14+ yrs	Fri	6:30-9:30 pm
Apr 16-Jun 25	\$92.25	430684
14+ yrs	Sat	5:30-8:30 pm
Apr 17-Jun 22	\$92.25	430685
14+ yrs	Sun	5:30-8:30 pm
Apr 18-Jun 27	\$92.25	430687
14+ yrs	Mon-Fri	9 am-noon
Jul 12-27	\$92.25	430768
Aug 16-26	\$92.25	430770

Bearbrook Outdoor Pool – 613-824-8300

14+ yrs	Mon-Fri	9 am-noon
Jul 12-27	\$92.25	

Canterbury R.C. – 613-247-4865

12+ yrs	Fri	7:30-10 pm
Apr 9-Jun 18	\$92.25	440986
14+ yrs	Tue, Thu	5:30-8:30 pm
Jun 29-Jul 29	\$92.25	439930
Aug 3-31	\$92.25	439935

Champagne Pool – 613-244-4402

14+ yrs	Sat-Sun	2:30-8:30 pm
Apr 17-25	\$92.25	425260
May 29-Jun 6	\$92.25	433911
Aug 7-15	\$92.25	435921

Goulbourn R.C. – 613-831-1169

13+ yrs	Sat	4-7 pm
Mar 27-Jun 12	\$92.25	438395
13+ yrs	Mon-Fri	5-8 pm
Jun 28-Jul 9	\$92.25	438419
13+ yrs	Mon-Fri	8-10:45 am
Jul 12-23	\$92.25	438425

Kanata Leisure Centre – 613-591-9283

14+ yrs	Sun	6-9 pm
Jul 4-Aug 15	\$92.25	437063

Lowertown Pool – 613-244-4406

14+ yrs	Sat	1:30-4:30 pm
Apr 17-Jun 12	\$92.25	440519
14+ yrs	Mon-Fri	8-11 am
Jul 19-30	\$92.25	440517

Nepean Sportsplex – 613-580-2828

14+ yrs	Wed	6-9 pm
Mar 24-May 26	\$92.25	437784
14+ yrs	Sun	3:30-6:30 pm
Mar 28-Jun 13	\$92.25	437788
14+ yrs	Mon-Fri	8:15-11:15 am
Jul 19-30	\$92.25	437838
14+ yrs	Mon-Fri	4-7 pm
Aug 3-13	\$92.25	437844

Pinecrest R.C. – 613-828-3118

14+ yrs	Fri	7:15-10 pm
Apr 30-Jun 25	\$92.25	431988
14+ yrs	Mon-Fri	8:30-11:30 am
Jul 19-29	\$92.25	431983
Aug 16-26	\$92.25	431984

Plant R.C. – 613-232-3000

14+ yrs	Sun	5:30-8:30 pm
Jul 4-Aug 29	\$92.25	429255

Ray Friel R.C. – 613-830-2747

14+ yrs	Sun	5:30-8 pm
Mar 28-Jun 13	\$92.25	425269
14+ yrs	Fri	8-10:30 pm
Apr 9-Jun 18	\$92.25	440868
14+ yrs	Mon-Thu	4-7:30 pm
Jul 12-22	\$92.25	428310
Aug 16-26	\$92.25	428311

Sawmill Creek Pool – 613-521-4092

14+ yrs	Sun	3-6 pm
Apr 11-Jun 27	\$92.25	426757
14+ yrs	Mon-Fri	9 am-noon
Jul 12-23	\$92.25	426759

St-Laurent Complex – 613-742-6767

14+ yrs	Sun	6-9:15 pm
Apr 11-Jun 6	\$92.25	437714
14+ yrs	Sun	8:30 am-noon
Jul 4-Aug 29	\$92.25	437770

Bronze Cross and Standard First Aid and CPR C

Certifies a participant with both Bronze Cross and Standard First Aid. Includes the principles of emergency procedures, teamwork, use of special equipment and comprehensive first aid and CPR training.

Brewer Pool – 613-247-4938

14+ yrs	Wed	6-9 pm
Apr 21-Jun 16	\$135.25	429044
14+ yrs	Sun	8:30 am-noon
Apr 25-Jun 20	\$135.25	429955
14+ yrs	Tue, Thu	5-8:30 pm
Jul 27-Aug 24	\$135.25	430006

Crestview Outdoor Pool – 613-225-7250

14+ yrs	Tue-Fri, Mon	9 am-12:45 pm
Aug 3-13	\$135.25	439325

Deborah Anne Kirwan Pool – 613-247-4820

14+ yrs	Sun	6:30-9:30 pm
Apr 18-Jun 13	\$135.25	425630
14+ yrs	Tue-Fri, Mon	9 am-noon
Aug 3-13	\$135.25	433828

Entrance Outdoor Pool – 613-829-2705

14+ yrs	Tue-Fri, Mon	9 am-12:45 pm
Aug 3-13	\$135.25	439326

General Burns Outdoor Pool – 613-225-7970

14+ yrs	Mon-Fri	9 am-12:45 pm
Jul 5-15	\$135.25	439327

Splash Wave Pool – 613-748-4222

14+ yrs	Sun	3:30-9 pm
Apr 25-May 30	\$135.25	432943

Walter Baker Sports Centre – 613-580-2788

14+ yrs	Sun	4-7:45 pm
Mar 28-Jun 6	\$135.25	439146
14+ yrs	Wed	5:30-9:15 pm
Mar 31-May 26	\$135.25	439143
Jul 7-Aug 25	\$135.25	439330
14+ yrs	Mon-Fri	8-11:45 am
Jul 19-29	\$135.25	439328
Aug 16-26	\$135.25	439329



Swimming Certification

LS Standard First Aid with CPR-C

An in-depth understanding of first aid such as medical/legal aspects, spinal injuries, heat or cold injuries, bone and joint injuries, burns and other medical injuries. Standard first aid certification is the minimal requirement for part time employment with City of Ottawa Parks, Recreation and Cultural Services.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

12+ yrs	Sat-Sun	8 am-4 pm
Apr 17-18	\$92.25	430735
May 8-9	\$92.25	430736
Jun 12-13	\$92.25	430737
Jul 10-11	\$92.25	430795
Aug 14-15	\$92.25	430796

Brewer Pool – 613-247-4938

12+ yrs	Sat-Sun	9 am-5 pm
Apr 17-18	\$92.25	429047
Jun 19-20	\$92.25	429048
Jul 17-18	\$92.25	430063

Canterbury R.C. – 613-247-4865

12+ yrs	Sat-Sun	8:30 am-12:15 pm
May 1-2	\$92.25	437000
May 29-30	\$92.25	437001
Jun 5-6	\$92.25	437002
Jun 12-13	\$92.25	437003
Jun 19-20	\$92.25	437004

Goulbourn R.C. – 613-831-1169

12+ yrs	Mon-Fri	8:30-11:45 am
Jul 26-30	\$92.25	438471

Kanata Leisure Centre – 613-591-9283

12+ yrs	Sat-Sun	9 am-5 pm
Jul 17-18	\$92.25	437065

Lowertown Pool – 613-244-4406

12+ yrs	Tue-Fri	8 am-noon
Aug 3-6	\$92.25	440523

Nepean Sportsplex – 613-580-2828

12+ yrs	Sat-Sun	8:30 am-5:30 pm
May 15-16	\$92.25	441954
12+ yrs	Mon-Thu	8 am-noon
Jul 19-22	\$92.25	437866
Aug 16-19	\$92.25	437867

Pinecrest R.C. – 613-828-3118

12+ yrs	Sat-Sun	9 am-5 pm
May 15-16	\$92.25	440724
Jun 19-20	\$92.25	440725
Jul 24-25	\$92.25	440726
Aug 21-22	\$92.25	440727

Ray Friel R.C. – 613-830-2747

12+ yrs	Sat-Sun	9 am-5 pm
Apr 17-18	\$92.25	425551
May 15-16	\$92.25	425552
Jun 19-20	\$92.25	425553

Sawmill Creek Pool – 613-521-4092

12+ yrs	Sat	8:30 am-5:30 pm
Apr 24-May 1	\$92.25	426777

St-Laurent Complex – 613-742-6767

12+ yrs	Sat-Sun	9 am-5 pm
Mar 27-28	\$92.25	440551

Walter Baker Sports Centre – 613-580-2788

12+ yrs	Sat	9 am-4:30 pm
Apr 17-24	\$92.25	439151
May 8-15	\$92.25	439154
12+ yrs	Sat-Sun	9 am-4:30 pm
Jul 3-4	\$92.25	439349
Aug 7-8	\$92.25	439350
12+ yrs	Mon-Fri	10 am-1 pm
Aug 23-27	\$92.25	439348

LS Assistant Instructor

Classroom learning and in water practice that prepares candidates to help certified Instructors with swimming classes. Introduction to key principles of learning and teaching will help you master basic progressions to teaching. Progressively evaluated, so 100% attendance is required.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

14+ yrs	Fri-Sun	5-10 pm
Apr 23-25	\$78.75	430748
May 28-30	\$78.75	432105

Brewer Pool – 613-247-4938

14+ yrs	Sat	8:30-11:30 am
Apr 10-May 15	\$78.75	429051

Goulbourn R.C. – 613-831-1169

14+ yrs	Sat/Sun	9 am-4 pm
Apr 9-11	\$78.75	438517
14+ yrs	Mon-Fri	4-7:45 pm
Jul 26-30	\$78.75	438567

Kanata Leisure Centre – 613-591-9283

14+ yrs	Sat	noon-6 pm
May 1-29	\$78.75	434855
14+ yrs	Fri-Sat	6-10 pm
Jul 2-10	\$78.75	437074

Lowertown Pool – 613-244-4406

14+ yrs	Tue	5-8 pm
May 11-Jun 15	\$78.75	440525

Nepean Sportsplex – 613-580-2828

14+ yrs	Wed	5-9:30 pm
Jun 2-23	\$78.75	437815
14+ yrs	Mon-Wed	9 am-4 pm
Jun 28-30	\$78.75	437858

Pinecrest R.C. – 613-828-3118

14+ yrs	Fri	5-9 pm
	Sat/Sun	9 am-4 pm
Apr 30-May 2	\$78.75	440729
14+ yrs	Mon-Wed	8:30 am-2:30 pm
Jun 28-30	\$78.75	440730

Sawmill Creek Pool – 613-521-4092

14+ yrs	Fri-Sun	5-9 pm
Mar 26-28	\$78.75	426767



St-Laurent Complex – 613-742-6767

14+ yrs	Sat	12:30-9:30 pm
Mar 27-Apr 10	\$78.75	438952

Walter Baker Sports Centre – 613-580-2788

14+ yrs	Fri	5-9 pm
	Sat/Sun	9 am-5 pm
Mar 26-28	\$78.75	439203
Apr 30-May 2	\$78.75	439204
Jul 2-4	\$78.75	439356
14+ yrs	Mon-Fri	10 am-2 pm
Aug 30-Sep 3	\$78.75	439354

NLS Prep

Perfect skills acquired in Bronze levels, and be introduced to new concepts to prepare you for NLS. Preparation for lifeguarding and lifesaving competitions included.

Canterbury R.C. – 613-247-4865

12-15 yrs	Tue	5:30-6:30 pm
Apr 27-Jun 22	\$74.25	436994
12-15 yrs	Tue, Thu	7-8 pm
Jun 29-Jul 29	\$74.25	439936
Aug 3-31	\$74.25	439939

Lowertown Pool – 613-244-4406

12-15 yrs	Mon	5-6 pm
Apr 19-Jun 21	\$74.25	442199

Pinecrest R.C. – 613-828-3118

12-15 yrs	Sun	7:30-8:30 pm
May 2-Jun 27	\$74.25	440734

Ray Friel R.C. – 613-830-2747

12-15 yrs	Fri	8:30-9:30 pm
Apr 9-Jun 4	\$74.25	430031

Swimming Certification

National Lifeguard Service (NLS)

Nationally recognized award emphasizing teamwork, leadership, communication, accident prevention, and management of aquatic emergencies. Additional 2-hour candidate assignment required. Prerequisites: Bronze Cross, and current Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized). Manual required at additional cost.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

16+ yrs	Sun	6-10 pm
Apr 18-Jun 27	\$135.25	430701
16+ yrs	Mon-Fri	9 am-1 pm
Jul 15-16	\$135.25	430757
16+ yrs	Mon-Fri	9 am-1 pm
Aug 16-27	\$135.25	430758

Brewer Pool – 613-247-4938

16+ yrs	Wed	5-10 pm
Apr 21-Jun 16	\$135.25	441683
16+ yrs	Fri	5:30-10:30 pm
Apr 30-Jun 25	\$135.25	441682

Canterbury R.C. – 613-247-4865

16+ yrs	Sun	3:30-8 pm
Apr 11-Jun 20	\$135.25	437039

Champagne Pool – 613-244-4402

16+ yrs	Fri	7:30-9:30 pm
	Sat/Sun	2-9 pm
Apr 9-25	\$135.25	433927
May 28-Jun 13	\$135.25	433931
Aug 6-22	\$135.25	435928

Crestview Outdoor Pool – 613-225-7250

16+ yrs	Mon-Sat	9 am-6 pm
Aug 16-21	\$135.25	439338

Genest Pool – 613-749-6488

16+ yrs	Daily	4-8 pm
Jun 7-17	\$135.25	438168

Goulbourn R.C. – 613-831-1169

16+ yrs	Sat	4-8:30 pm
Mar 27-Jun 12	\$135.25	438434
16+ yrs	Tue-Fri, Mon	8 am-1 pm
Aug 3-13	\$135.25	438443

Lowertown Pool – 613-244-4406

16+ yrs	Mon-Fri	8 am-4 pm
Aug 9-13	\$135.25	440521

Nepean Sportsplex – 613-580-2828

16+ yrs	Wed	5-9:30 pm
Mar 24-May 26	\$135.25	437797
16+ yrs	Mon-Sat	8 am-4 pm
Jun 21-26	\$135.25	437801
16+ yrs	Mon-Fri	8 am-12:30 pm
Jul 5-16	\$135.25	437851
16+ yrs	Mon-Fri	8 am-12:30 pm
Aug 3-14	\$135.25	437855

Ray Friel R.C. – 613-830-2747

16+ yrs	Sun	4-8 pm
Mar 28-Jun 13	\$135.25	425542

Sawmill Creek Pool – 613-521-4092

16+ yrs	Sun	2-6 pm
Apr 11-Jun 27	\$135.25	426762
16+ yrs	Mon-Fri	8:30 am-1 pm
Aug 9-20	\$135.25	426763

Splash Wave Pool – 613-748-4222

16+ yrs	Fri-Sun	6-9 pm
	Sat-Sun	1 :30-8 pm
Apr 30-May 16	\$135.25	433004

St-Laurent Complex – 613-742-6767

16+ yrs	Sun	4:30-9:30 pm
Apr 11-Jun 6	\$135.25	432923
16+ yrs	Sun	9 am-2:30 pm
Jul 4-Aug 29	\$135.25	438083

Walter Baker Sports Centre – 613-580-2788

16+ yrs	Sun	1-7 pm
Mar 28-Jun 6	\$135.25	439193
16+ yrs	Mon-Sat	8 am-5 pm
Aug 23-28	\$135.25	439341
Aug 30-Sep 4	\$135.25	439343

National Lifeguard Waterfront

Waterfront option for the National Lifeguarding Service Award. Candidates must have a current Standard First Aid and NLS certification. Prerequisites: Pool NLS.

Mooney's Bay Park – 613-244-4403

16+ yrs	Fri (first)	5-9 pm
	Sat-Sun	8 am-6 pm
Jun 18-20	\$135.25	434863

LS Swim Instructor

Prepares candidates to teach and evaluate levels within the Lifesaving Swim program. Content includes teaching methods, learning styles, progressions, safety supervision, lesson planning and providing effective feedback. Progressively evaluated, so 100% attendance is required. Required for employment with City of Ottawa Aquatics.

Brewer Pool – 613-247-4938

16+ yrs	Fri-Sun	6-10 pm
May 28-30	\$105	429052

Goulbourn R.C. – 613-831-1169

16+ yrs	Sat	2-8 pm
	Sun	9 am-3 pm
May 8-16	\$105	441123
16+ yrs	Mon-Fri	8 am-noon
Aug 16-20	\$105	441125

Pinecrest R.C. – 613-828-3118

16+ yrs	Fri	5-10 pm
	Sat-Sun	8 :30 am-4 :30 pm
May 28-30	\$105	440731

Walter Baker Sports Centre – 613-580-2788

16+ yrs	Sat-Sun	11 am-5 pm
Apr 10-18	\$105	439209
May 8-16	\$105	439211
Jul 10-18	\$105	439357

LS Lifesaving Instructor

Training for instructors that allow them to teach the LS Swim Patrol levels, Bronze Star, Bronze Medallion and Bronze Cross. Includes lesson design, advanced skill progressions, and adult learning principles. Progressively evaluated, so 100% attendance is required. Required for employment with City of Ottawa Aquatics.

Brewer Pool – 613-247-4938

16+ yrs	Fri-Sun	6-10 pm
Jun 4-6	\$105	429053

Goulbourn R.C. – 613-831-1169

16+ yrs	Sat	2-8 pm
	Sun	9 am-3 pm
Apr 17-25	\$105	441118
16+ yrs	Mon-Fri	4-8 pm
Aug 16-20	\$105	441127

Pinecrest R.C. – 613-828-3118

16+ yrs	Fri	5-10 pm
	Sat-Sun	8 :30 am-4 :30 pm
Jun 11-13	\$105	440732

Walter Baker Sports Centre – 613-580-2788

16+ yrs	Thu-Fri	5-9 pm
	Sat-Sun	10 am-5 pm
Apr 22-25	\$105	439223
May 27-30	\$105	439227
Jul 22-25	\$105	439359

LS Swim and Lifesaving Instructor Combined

Combined option for the Lifesaving Swim Instructor and Lifesaving Instructor certifications. Progressively evaluated, so 100% attendance is required. Required for employment with City of Ottawa Aquatics.

Bob MacQuarrie R.C. -Orléans – 613-824-0819

16+ yrs	Fri	5-10 pm
	Sat-Sun	8 am-6 pm
Apr 30-May 16	\$209.25	430755
Jun 4-20	\$209.25	432111
Jul 9-25	\$209.25	430756

Kanata Leisure Centre – 613-591-9283

16+ yrs	Sat	9 am-6 pm
May 22-Jun 19	\$209.25	434867
16+ yrs	Fri-Sat	4-10 pm
Aug 6-21	\$209.25	437080

Nepean Sportsplex – 613-580-2828

16+ yrs	Tue	5-10 pm
Mar 23-May 18	\$209.25	441953
16+ yrs	Mon-Fri	9 am-6 pm
Jul 26-30	\$209.25	441959

Swimming Certification

Pinecrest R.C. – 613-828-3118

16+ yrs	Fri	5-10 pm
	Sat-Sun	8 am-4 pm
Jul 9-18	\$209.25	440733

Ray Friel R.C. – 613-830-2747

16+ yrs	Sat	9 am-1 pm
Apr 10-Jun 19	\$209.25	435716

Sawmill Creek Pool – 613-521-4092

16+ yrs	Tue	5-9 pm
Mar 23-Jun 22	\$209.25	426768

St-Laurent Complex – 613-742-6767

16+ yrs	Sat	1:30-9:30 pm
Apr 17-May 29	\$209.25	439145

Walter Baker Sports Centre – 613-580-2788

16+ yrs	Mon-Sat	8:30 am-4 pm
Aug 23-28	\$209.25	439361

LS Advanced Instructor

Provides additional training for instructors who wish to teach the advanced aquatic awards. This course is good for life. Does not require recertification.

Champagne Pool – 613-244-4402

16+ yrs	Sat	1-6 pm
Apr 24	\$55	434753

Nepean Sportsplex – 613-580-2828

16+ yrs	Wed	5-10 pm
Jun 9	\$55	437818
Aug 4	\$55	437862

Pinecrest R.C. – 613-828-3118

16+ yrs	Sat	1-6 pm
Apr 10	\$55	440735

Sawmill Creek Pool – 613-521-4092

16+ yrs	Sat	noon-5 pm
Apr 17	\$55	426778

Walter Baker Sports Centre – 613-580-2788

16+ yrs	Sat	2-8 pm
May 1	\$55	439233
16+ yrs	Sat	2-8 pm
Aug 14	\$55	439362

LS First Aid Instructor

Prepares candidates to teach up to and including Standard First Aid and CPR C. and CPR. Includes instruction in planning and organizing first aid and CPR courses, teaching and evaluating candidates.

Champagne Pool – 613-244-4402

16+ yrs	Fri	7-9 pm
	Sat/Sun	10am-4pm
Apr 30-May 2	\$71.75	434785

Ray Friel R.C. – 613-830-2747

16+ yrs	Sun	9 am-5 pm
May 9	\$71.75	435707

Sawmill Creek Pool – 613-521-4092

16+ yrs	Sat	8:30 am-5:30 pm
May 29	\$71.75	426780

National Lifeguard Instructor

After successful completion of the NLS Instructor course, participants are certified to teach all options of the National Lifeguard certification.

Champagne Pool – 613-244-4402

16+ yrs	Fri	7:30-9:30 pm
	Sat/Sun	2-9pm
Jun 4-13	\$116.75	434823

Ray Friel R.C. – 613-830-2747

16+ yrs	Sat-Sun	noon-8 pm
May 15-16	\$116.75	435712

LS Examiners Standards Clinic

Initial step in obtaining Lifesaving Society examiner status. Experienced Lifesaving Instructors must participate in this clinic and then complete co-exams with a certified examiner.

Champagne Pool – 613-244-4402

16+ yrs	Sun	1-6 pm
Apr 25	\$28.25	434760

Nepean Sportsplex – 613-580-2828

16+ yrs	Wed	5-10 pm
Jun 16	\$28.25	437823
16+ yrs	Wed	5-10 pm
Jul 14	\$28.25	437863

Pinecrest R.C. – 613-828-3118

16+ yrs	Sat	1-6 pm
May 29	\$28.25	440736

Sawmill Creek Pool – 613-521-4092

16+ yrs	Sat	noon-5 pm
May 8	\$28.25	426779

Walter Baker Sports Centre – 613-580-2788

16+ yrs	Sat	2-8 pm
Jun 5	\$28.25	439239
16+ yrs	Sat	2-8 pm
Aug 21	\$28.25	439364

LS Aquatic Supervisor Training (AST)

AST provides candidates with the knowledge that prepares them for the responsibilities associated with being aquatic supervisors, head guards and head instructors. Participants will learn provincial regulations, legal responsibilities, facility management, supervisory and communication skills and risk management.

Walter Baker Sports Centre – 613-580-2788

16+ yrs	Thu	5-10 pm
May 13-20	\$85.25	439246
Aug 19-26	\$85.25	439366

LS Standard First Aid with CPR C Recertification

A review of first aid and CPR skills for those who have previously taken Lifesaving Standard First Aid. Practical skills and knowledge will be assessed through scenarios and written evaluation. Must hold a Lifesaving Society certificate. WSIB regulations require Standard First Aid award holders to alternate between a full course and recertification course in order to maintain their award.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

12+ yrs	Sat	8 am-4 pm
Jul 3	\$68.50	430791
Aug 7	\$68.50	430792

Brewer Pool – 613-247-4938

12+ yrs	Sun	9 am-5 pm
May 16	\$68.50	429049
12+ yrs	Sat	9 am-5 pm
Jul 24	\$68.50	429050

Kanata Leisure Centre – 613-591-9283

12+ yrs	Sat	9 am-5 pm
Jul 24	\$68.50	437069

Nepean Sportsplex – 613-580-2828

12+ yrs	Sun	8:30 am-5:30 pm
May 30	\$68.50	441955
12+ yrs	Sat	8:30 am-5:30 pm
Jun 19	\$68.50	441956

Ray Friel R.C. – 613-830-2747

12+ yrs	Sun	9 am-5 pm
Apr 25	\$68.50	425554
May 30	\$68.50	425555
Jun 27	\$68.50	425556

Sawmill Creek Pool – 613-521-4092

12+ yrs	Sat	8:30 am-4:30 pm
Jun 5	\$68.50	426774

St-Laurent Complex – 613-742-6767

12+ yrs	Sun	noon-7 pm
Apr 25	\$68.50	440515
May 23	\$68.50	440518

Walter Baker Sports Centre – 613-580-2788

12+ yrs	Sun	9 am-4:30 pm
Apr 25	\$68.50	439157
May 16	\$68.50	439158
Jun 6	\$68.50	439184
Jul 11	\$68.50	439351
Aug 15	\$68.50	439352

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

Registering is easy!
See page 8 for registration options.

Swimming Certification

National Lifeguard Service Recertification

Designed to test the lifeguarding skills and knowledge in order to maintain current certification at the National Lifeguard level.

Bob MacQuarrie R.C.-Orléans – 613-824-0819

16+ yrs	Sat	1-5 pm
Apr 24	\$61.50	430725
May 15	\$61.50	430729
Jun 19	\$61.50	430730
16+ yrs	Sat	noon-4 pm
Jul 17	\$61.50	430811
Aug 14	\$61.50	430814

Champagne Pool – 613-244-4402

16+ yrs	Sat	3-7 pm
Apr 10	\$61.50	433936
May 1	\$61.50	433937
May 29	\$61.50	433938
Jun 19	\$61.50	433939
Jul 17	\$61.50	435934
Aug 7	\$61.50	435936
Aug 28	\$61.50	435937

Goulbourn R.C. – 613-831-1169

16+ yrs	Sat	9 am-1 pm
Mar 27	\$61.50	438458

Nepean Sportsplex – 613-580-2828

16+ yrs	Wed	5-9 pm
Jun 2	\$61.50	437807
Jun 23	\$61.50	437808
16+ yrs	Sat	9 am-1 pm
Aug 14	\$61.50	441958

Pinecrest R.C. – 613-828-3118

16+ yrs	Sat	5-9 pm
Jun 12	\$61.50	440740

Sawmill Creek Pool – 613-521-4092

16+ yrs	Sun	2-6 pm
May 2	\$61.50	426765

Walter Baker Sports Centre – 613-580-2788

16+ yrs	Fri	5-9 pm
Apr 9	\$61.50	439198
May 7	\$61.50	439199
Jun 4	\$61.50	439200
Jul 9	\$61.50	439344
Aug 13	\$61.50	439345

National Lifeguard Waterfront Recertification

Recertification for NLS Waterfront.

Britannia Beach – 613-244-4403

16+ yrs	Tue	5-9 pm
Jun 8	\$61.50	435718

Children should be "within arms reach" at all times around water.

Adult

Boat Operator Accredited Training

By September 2009 all persons operating a powerboat will be required to be certified as a Pleasure Craft Operator. This certificate is based on the standards of boating knowledge established by the Canadian Coast Guard. Upon successful completion of a written test, participants will receive their 'PCO' certification.

Goulbourn R.C. – 613-831-1169

12+ yrs	Sun	9 am-5 pm
Mar 28	\$80.50	441132

Pinecrest R.C. – 613-828-3118

16+ yrs	Sat	8:30 am-4:30 pm
Apr 17	\$80.50	440737

Boat Operator Accredited Training – Exam Only

Participants will have the opportunity to challenge the LS Boat Operator Accredited Training Exam. Pleasure Craft Operator Cards will be given to those who successfully pass the exam. This certificate is based the standards of safe boating knowledge established by the Canadian Coast Guard.

Goulbourn R.C. – 613-831-1169

12+ yrs	Sun	3-4 pm
Mar 28	\$37.25	441133

LS AED

Build on the skills and knowledge learned in First Aid and CPR courses. AED provides knowledge of how the heart works, what goes when defibrillation is required, AED maintenance and reporting protocols.

Brewer Pool – 613-247-4938

16+ yrs	Thu	6-9 pm
Jul 8	\$31.25	430386

Ray Friel R.C. – 613-830-2747

16+ yrs	Sun	1-5 pm
Apr 18	\$31.25	435689
Jun 20	\$31.25	435690

LS AED Instructor

Certify an instructor to teach the LSS AED Responder and LS AED Provider awards.

Champagne Pool – 613-244-4402

18+ yrs	Sun	1-6 pm
May 16	\$55	434815

LS Airway Management

Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment.

Champagne Pool – 613-244-4402

16+ yrs	Sat	7-10 pm
Apr 10	\$31.25	433940
May 1	\$31.25	433941
May 29	\$31.25	433942
Jun 19	\$31.25	433943
Jul 17	\$31.25	435945
Aug 7	\$31.25	435946
Aug 28	\$31.25	435947

Ray Friel R.C. – 613-830-2747

16+ yrs	Sun	1-5 pm
Mar 21	\$31.25	435684
May 16	\$31.25	435686

LS Airway Management Instructor

Certifies an instructor to teach the LS Airway Management program.

Champagne Pool – 613-244-4402

18+ yrs	Sat	1-6 pm
May 15	\$55	434802

LS Standard First Aid with CPR C and AED

Combined course that certifies participants with Standard First Aid, CPR C and AED Provider.

Champagne Pool – 613-244-4402

16+ yrs	Sat-Sun	9:30 am-5:30 pm
Apr 17-18	\$116.75	433953
May 15-16	\$116.75	433954
Jun 5-6	\$116.75	433955
Jun 26-27	\$116.75	433956
Jul 24-25	\$116.75	435959
Aug 28-29	\$116.75	435960

Kanata Leisure Centre – 613-591-9283

12+ yrs	Sat	noon-8 pm
Apr 17-24	\$116.75	434878

LS Standard First Aid and CPR+AED Recert

A clinic to recertify Lifesaving Standard First Aid and CPR C. Original Standard First Aid certification must be from the Lifesaving Society and the certification cannot be expired. Previous certification must be from a full course and not a recertification clinic. Bring current certification card. 100% attendance is required.

Champagne Pool – 613-244-4402

12+ yrs	Sun	9:30 am-5:30 pm
Apr 18	\$76	433960
May 16	\$76	433962
Jun 6	\$76	433963
Jun 27	\$76	433964
Jul 25	\$76	435982
Aug 29	\$76	435984

Goulbourn R.C. – 613-831-1169

12+ yrs	Sun	9 am-5 pm
Mar 28	\$76	438513

