

Ottawa

2017

# Rural South Recreation

## Spring & Summer

# Loisirs du secteur Rural Sud Printemps-été

Registration begins:  
March 8 at 9 p.m.

L'inscription débute à 21 h le soir du 8 mars



Register at

[ottawa.ca/recreation](http://ottawa.ca/recreation)

Inscrivez-vous à [ottawa.ca/loisirs](http://ottawa.ca/loisirs)

613-580-2424 ext./poste 30235

[ottawa.ca/ruralsouth](http://ottawa.ca/ruralsouth)

Serving/Servant :

Findlay Creek, Greely, Kars, Kenmore, Leitrim, Manotick, Metcalfe, Osgoode, Vernon

3-1-1      
TTY/ATS 613-580-2401

## Preschool

### Performing Arts

#### Hip Hop – Level 1

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

Metcalfe Community Centre  
4-6 yrs Sat 11-11:45 am  
Apr 1-Jun 10 \$59.50 1089183

#### Twinkling Toes

Through creative movement with basic ballet and jazz, develop grace and creativity while allowing your personality to flourish. Performance at the final class.

Metcalfe Community Centre  
2-4 yrs Sat 9-9:45 am  
Apr 1-Jun 10 \$45 1089147

#### Drama and Dance

Moving, grooving and performing on stage! Various creative learning activities include basic jazz dance choreography, improvisation, character study, expressing emotion, performance skills and drama games. Open-house performance for friends and family on last day.

Metcalfe Community Centre  
4-5 years Sat 10-10:45 am  
Apr 1-Jun 10 \$53.25 1089155

### Sports

#### Tumble – Parent & Child

Introduction to gymnastics in a safe environment. Explore jumping, tumbling, rolling, games and more!

Greely Community Centre  
2-4 yrs Thu 9:30-10:15 am  
May 4-Jun 22 \$56.25 1089193

Metcalfe Community Centre  
2-4 yrs Sun 9:30-10:15 am  
Apr 2-Jun 4 \$56.25 1089219

Osgoode Community Centre  
2-4 yrs Sun 9:30-10:15 am  
Apr 2-Jun 18 \$56.25 1089196

#### Multi Sport – Parent & Me

Emphasis is on active participation and fun. Non-instructional play-based programming.

Fred G. Barrett Arena  
3-5 yrs Sat 9:30-10:15 am  
Apr 1-Jun 10 \$56.25 1089238

Metcalfe Community Centre  
3-5 yrs Sun 10:30-11:15 am  
Apr 2-Jun 4 \$56.25 1089230

#### Soccer – Parent & Me

An active start to the sport. Have fun while learning the fundamental movement skills and trying a variety of soccer based activities.

Fred G. Barrett Arena  
3-5 yrs Sat 10:30-11:15 am  
Apr 1-Jun 10 \$45 1089251

Osgoode Community Centre  
3-5 yrs Sun 10:30-11:15 am  
Apr 2-Jun 18 \$45 1089248

### Sportball – Multi-Sport

In collaboration with Sportball. [www.sportball.ca](http://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

Greely Elementary School , 7066 Parkway Rd.  
3-5 yrs Sat 9:45-10:45 am  
Mar 25-May 27 \$138.25 1087400

### Sportball – Parent and Tot

In collaboration with Sportball. [www.sportball.ca](http://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.

Greely Elementary School, 7066 Parkway Rd.  
2-3 years Sat 9-9:45 am  
Mar 25-May 27 \$138.25 1087385

### Sportball – Outdoor Soccer®

In collaboration with Sportball ([www.sportball.ca](http://www.sportball.ca)). Children gain knowledge and the ability to play soccer with confidence through skill development and non-competitive games.

Greely Community Centre  
3-4 yrs Thu 5:15-6:15 pm  
Jul 6-Aug 24 \$138.25 1087345

### Sportball – Parent and Child Soccer and Tball

In collaboration with Sportball®. You and your child are introduced to the basics of Soccer and T-ball. Games and skills are non-competitive, focusing on success and building confidence.

Greely Community Centre  
2-3 yrs Thu 4:30-5:15 pm  
Jul 6-Aug 24 \$138.25 1087337

### General Interest

#### Muck and Mess – Parent and Tot

Get messy with your toddler. Various art projects using lots of imagination and materials.

Greely Community Centre  
2-4 yrs Thu 9:30-10:15 am  
Apr 6-27 \$21.25 1089262

Vernon Community Centre  
2-4 yrs Wed 10:15-11 am  
May 3-24 \$21.25 1089269

#### Crafty Chefs

Create in the kitchen and craft room, some to eat and some to show.

Vernon Community Centre  
2-4 yrs Wed 10:15-11 am  
May 31-Jun 21 \$28.25 1089288

#### Little Shakers and Music Makers

Does your child love to dance, listen to music and be creative? Includes creative movement, songs, games, instrument making and more!

Vernon Community Centre  
2-4 yrs Wed 10:15-11 am  
Apr 5-26 \$28.25 1089281

## Children

### Performing Arts

#### Hip Hop – Level 1

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

Fred G. Barrett Arena  
6-10 yrs Mon 6:30-7:30 pm  
Mar 20-May 1 \$59.50 1088837

### Sports

#### Ball Hockey – Game Play

Emphasis is on active participation and fun. Non-instructional game play.

Metcalfe Community Centre  
May 2-Jun 13 Tue 6:15-7 pm  
5-6 yrs \$21.25 1087794  
7-8 yrs \$21.25 1087802  
May 2-Jun 13 Tue 7-7:45 pm  
7-8 yrs \$21.25 1087810  
9-10 yrs \$21.25 1087817  
May 2-Jun 13 Tue 7:45-8:30 pm  
9-10 yrs \$21.25 1087821  
11-12 yrs \$21.25 1087824  
May 6-Jun 17 Sat 9:15-10 am  
5-6 yrs \$18.25 1087836  
7-8 yrs \$18.25 1087846  
May 6-Jun 17 Sat 10-10:45 am  
7-8 yrs \$18.25 1087862  
9-10 yrs \$18.25 1087867  
May 6-Jun 17 Sat 10:45-11:30 am  
9-10 yrs \$18.25 1087874  
11-12 yrs \$18.25 1087878

#### Basketball

Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.

Manotick Public School , 1075 Bridge St.  
8-11 yrs Wed 6:15-7:15 pm  
Apr 5-May 31 \$60 1088422

#### Dodgeball – Game Play

Dip, dodge and dive! Emphasis is on active participation and fun. Games are at a recreational level.

Greely Elementary School , 7066 Parkway Rd.  
8-12 yrs Thu 7-8 pm  
Apr 6-May 25 \$32.25 1088517

#### Nerf® Tag

Engage in various Nerf® Tag battles and cooperative games like Capture the Flag, Target Challenges and Nerf® Castles, for fun and fair play. Equipment and safety goggles are provided.

Greely Elementary School , 7066 Parkway Rd.  
8-12 yrs Thu 6-7 pm  
Apr 6-May 25 \$45 1088498



### Sportball – Multi-Sport

In collaboration with Sportball. [www.sportball.ca](http://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

Greely Elementary School , 7066 Parkway Rd.  
5-7 yrs Sat 10:45-11:45 am  
Mar 25-May 27 \$138.25 1087410

### Sportball – Outdoor Soccer

In collaboration with Sportball ([www.sportball.ca](http://www.sportball.ca)). Children gain knowledge and the ability to play soccer with confidence through skill development and non-competitive games.

Greely Community Centre  
5-7 yrs Thu 6:15-7:15 pm  
Jul 6-Aug 24 \$138.25 1087354

### General Interest

#### CAN-BIKE Level 2: Cycling Basics

For children who can ride a bicycle and wish to enhance their skills. Conducted in a traffic-free area, and may include rides on quiet streets. Skills include changing gears, braking, and signalling. Topics include bicycle selection, fit, equipment, routes and traffic laws.

Greely Community Centre  
6-10 yrs Sat 1-3 pm  
Jun 3 \$35.75 1090065

Metcalfe Community Centre  
6-10 yrs Sat 1-3 pm  
Jun 11 \$35.75 1090066

#### Kitchen Adventures

Learn the basics of food preparation, cooking and baking techniques as well as healthy eating. Learn to create and enjoy good food.

Greely Community Centre  
7-12 yrs Thu 6:30-7:30 pm  
Apr 6-May 11 \$56.25 1088814

Osgoode Community Centre  
7-12 yrs Thu 6:30-7:30 pm  
May 18-Jun 22 \$56.25 1088818

#### Dinner and a Movie

Join us for an evening filled with delicious cuisine as we sit back and enjoy a night among the 'stars'.

Greely Community Centre  
7-12 yrs Sat 5-9 pm  
Apr 29 \$22.50 1088753

Metcalfe Community Centre  
7-12 yrs Sat 5-9 pm  
Apr 1 \$22.50 1088744

Osgoode Community Centre  
7-12 yrs Sat 5-9 pm  
May 27 \$22.50 1088757

#### Science Quests

Hands On science experiments! Experience science in a fun and interactive way.

Fred G. Barrett Arena  
6-9 yrs Mon 6:30-7:30 pm  
May 8-Jun 19 \$42.25 1088829

Metcalfe Community Centre  
6-9 yrs Mon 6:30-7:30 pm  
Mar 20-May 1 \$42.25 1088826

### Don't let your program be cancelled!

Register at least a week in advance of your program starting so we don't cancel due to low registration. Register early to avoid disappointment.

## Youth

### 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.

#### Kars Community Centre

**11-14 yrs** Fri **8:30 am-4:30 pm**  
Jun 9 \$63.75 1087524

#### Metcalfe Community Centre

**11-14 yrs** Fri **8:30 am-4:30 pm**  
May 19 \$63.75 1087503

### Cybersafe and Bully Proofing

Increase your safety awareness when using the internet, and explore the idea of bullying: what it is and how to prevent it. Interactive and hands-on with role-playing, and group discussion. Developed by Kidproof Canada kidproofsafety.com and facilitated by the Ottawa Safety Council.

#### Fred G. Barrett Arena

**8-11 yrs** Sat **1-4 pm**  
Apr 8 \$56.25 1088722

#### Metcalfe Community Centre

**8-11 yrs** Sat **1-4 pm**  
Jun 17 \$56.25 1088725

### Stay Safe!

Learn how to be safe while alone, in and outside the home, and basic first aid and safety skills. Stay safe from: allergies, asthma, choking, poisoning, inclement weather and strangers.

#### Greely Community Centre

**9-13 yrs** Thu **6:30-7:30 pm**  
May 18-Jun 22 \$45.75 1088676

#### Metcalfe Community Centre

**9-13 yrs** Fri **9 am-3 pm**  
Jun 9 \$45.75 1088685

#### Osgoode Community Centre

**9-13 yrs** Fri **9 am-3 pm**  
May 19 \$45.75 1088690

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

Includes one and two rescuer adult, child and infant CPR and Automated External Defibrillator training. Meets the requirements of First Aid Attendant under WSIB legislation. Successful participants receive Standard First Aid Certificate, CPR level 'C' and AED Certificate.

#### Fred G. Barrett Arena

**Jun 3- 4** Sat-Sun **8:30 am-5:30 pm**  
15-18 yrs \$146 1087483  
19+ yrs \$146 1087458

## Adult

### Fitness

#### Bootcamp

Intense class builds strength, speed and power through basic cardio training and muscle conditioning. Push to your limit.

#### Metcalfe Community Centre

**19+ yrs** Wed **6:30-7:30 pm**  
Apr 5-May 10 \$48.50 1088316  
May 17-Jun 21 \$48.50 1088320

### Cardio & Strength

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

#### Greely Community Centre

**19+ yrs** Thu **6:30-7:30 pm**  
Apr 6-Jun 22 \$97 1087707  
Jul 6-Aug 31 \$72.75 1087544

#### 19+ yrs

**Tue 6:30-7:30 pm**

Jul 4-Aug 29 \$72.75 1087536

#### Greely Elementary School

**19+ yrs** Tue **7-8 pm**

Apr 4-Jun 20 \$89 1087694

### Yoga

The combined focus on mindfulness, breathing and slow physical movements, practiced regularly, increases strength and flexibility as well as decreasing stress.

#### Greely Community Centre

**19+ yrs** Mon **8-9 pm**  
Apr 3-Jun 19 \$98 1088244

#### 19+ yrs

**Wed 1:45-3:15 pm**

Apr 5-Jun 7 \$147 1088285

#### Metcalfe Client Service Centre

**19+ yrs** Mon **1:45-3:15 pm**

Apr 3-Jun 26 \$147 1088257

### Zumba®

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

#### Kars Community Centre

**19+ yrs** Mon **7:30-8:30 pm**  
Apr 3-Jun 19 \$80.75 1088346

#### Manotick Public School, 1075 Bridge St.

**19+ yrs** Wed **7:30-8:30 pm**  
Apr 5-May 31 \$64.75 1088379

## Sports

### Dodgeball – Game Play

Dip, dodge and dive! Emphasis is on active participation and fun. Games are at a recreational level.

#### Greely Elementary School, 7066 Parkway Rd.

**19+ yrs** Tue **6-7 pm**  
Apr 4-May 23 \$36.25 1087226

## Adult 50+

### Fitness

#### Cardio & Strength 50+

Combination of no bounce movements done to up-beat music. Finish with resistance training.

#### Minto Recreation Complex – 3500 Cambrian Dr.

**50+ yrs** Tue **9:15-10:15 am**  
Mar 21-May 2 \$68.75 1085313

May 9-Jun 20 \$68.75 1085316

**50+ yrs** Thu **9:15-10:15 am**

Mar 23-May 4 \$68.75 1084207

May 11-Jun 22 \$68.75 1085309

#### Fred G. Barrett Arena

**50+ yrs** Wed **1:15-2:15 pm**  
Apr 5-Jun 7 \$98 1088013

#### Greely Community Centre

**50+ yrs** Thu **12:45-1:45 pm**  
Apr 6-Jun 8 \$98 1088023



# SUMMER DAY CAMPS



### Fun'n Friends Adventure

A fun-filled, action-packed camp. Arts and crafts, games, sports, special events, outdoor activities, and a special guest.

#### Greely Community Centre

**4-5 yrs** Tue-Fri **8 am-5 pm**  
It's a Bugs Life Jul 4- 7 \$169 1074154

**4-5 yrs** Mon-Fri **8 am-5 pm**

Sports of All Sorts Jul 10-14 \$211.25 1073892

Around the World Jul 17-21 \$211.25 1073942

Superhero's Jul 24-28 \$211.25 1073951

Holiday Hoopla Jul 31-Aug 4 \$211.25 1073962

**4-5 yrs** Tue-Fri **8 am-5 pm**

All Things that Fly Aug 8-11 \$169 1074162

**4-5 yrs** Mon-Fri **8 am-5 pm**

Fairy Tale Adventures Aug 14-18 \$211.25 1074042

Animal Planet Aug 21-25 \$211.25 1074062

Creative Campers Aug 28-Sep 1 \$211.25 1074070

### Camp Ottawa Adventure

Bring all your energy to camp for days of adventure and making friends. Sports, games, crafts, special events and of course, an out trip! (Out trip may include swimming).

#### Greely Community Centre

**6-11 yrs** Tue-Fri **8 am-5 pm**  
Jul 4- 7 \$134.75 1072285

**6-11 yrs** Mon-Fri **8 am-5 pm**

Jul 10-14 \$168.50 1072302

Jul 17-21 \$168.50 1072306

Jul 24-28 \$168.50 1072335

Jul 31-Aug 4 \$168.50 1072521

**6-11 yrs** Tue-Fri **8 am-5 pm**

Aug 8-11 \$134.75 1072776

**6-11 yrs** Mon-Fri **8 am-5 pm**

Aug 14-18 \$168.50 1072778

Aug 21-25 \$168.50 1072779

Aug 28-Sep 1 \$168.50 1072780

### Strength and Balance 50+ Lite/Gentle

Want to stay mobile and strong enough to prevent falls? Learn how to improve your balance and strengthen your body, including your core, with exercise and easy-to-use resistance equipment. Build your independence along with stronger muscles and bones.

#### Fred G. Barrett Arena

**50+ yrs** Mon **1:15-2:15 pm**  
Apr 3-Jun 19 \$98 1087975

#### Greely Community Centre

**50+ yrs** Tue **12:45-1:45 pm**  
Apr 4-Jun 6 \$98 1087992

### Tai Chi /Qi Gong 50+

Qigong is a self-healing art that combines gentle movement and meditation. This 3000 year old art is thought to prevent illness, reduce stress and integrate mind, body and spirit.

#### Minto Recreation Complex – 3500 Cambrian Dr.

**50+ yrs** Thu **10:30- 11:30 am**  
Mar 23-May 4 \$68.75 1085337

May 11-Jun 22 \$68.75 1085387

#### Metcalfe Community Centre

**6-11 yrs** Tue-Fri **8 am-5 pm**  
Jul 4- 7 \$134.75 1072781

6-11 yrs Mon-Fri 8 am-5 pm

Jul 10-14 \$168.50 1072783

Jul 17-21 \$168.50 1072785

Jul 24-28 \$168.50 1072788

Jul 31-Aug 4 \$168.50 1072789

**6-11 yrs** Tue-Fri **8 am-5 pm**

Aug 8-11 \$134.75 1078725

**6-11 yrs** Mon-Fri **8 am-5 pm**

Aug 14-18 \$168.50 1072950

Aug 21-25 \$168.50 1072951

Aug 28-Sep 1 \$168.50 1072964

#### Osgoode Community Centre

**6-11 years** Mon-Fri **8 am-5 pm**

Jul 17-21 \$168.50 1086012

**6-11 years** Tue-Fri **8 am-5 pm**

Aug 8-11 \$134.75 1088609

## Specialty Camps

### Ball Hockey Adventure

Practice the fundamentals of ball hockey, including stick-handling, passing, shooting, and goaltending in a camp setting. One out-trip throughout the week, with camp activities rounding out each day.

#### Metcalfe Community Centre

**9-12 yrs** Mon-Fri **8 am-5 pm**  
Jul 10-14 \$199 1087954

### Chef Adventure

Get ready for a sweet and savory week filled with slice'n and dice'n. Includes daily camp activities and one out-trip throughout the week.

#### Osgoode Community Centre

**8-12 yrs** Mon-Fri **8 am-5 pm**  
Aug 21-25 \$188.75 1088363

### First Responders' Adventure

Enjoy a visit from Ottawa police officers, fire fighters or paramedics! Includes fitness training and trials, finger printing, investigation tactics, an out-trip or special guest and more!

#### Osgoode Community Centre

**6-9 yrs** Mon-Fri **8 am-5 pm**  
Jul 31-Aug 4 \$168.50 1085930

### Hip Hop Adventure

Floating, gliding, popping, and locking - hip-hop is full of high energy moves. Wrap up with a performance on the last day! Other recreational activities, including an out-trip throughout the week.

#### Fred G. Barrett Arena

**8-12 yrs** Mon-Fri **8 am-5 pm**  
Jul 24-28 \$199 1074348

### Before/After School Activity Clubs

Greely CC and Metcalfe CC

### After School Activity Club

Fred G. Barrett Arena

Contact 613-580-2424 ext. 30235 for more details.

### LEGO® Powered Up & Mindstorms® Robotics

Learn Technic building skills, engineering principles, teamwork, and organization. Hands-on projects bring machines to life using motors and gears. Introduction to building, programming and challenges for EV3/NXT robots. In collaboration with 'the LEGO® guy', Ian Dudley of Orange STEM Education.

#### Fred G. Barrett Arena

**8-12 yrs** Mon-Fri **8 am-5 pm**  
Jul 31-Aug 4 \$268.50 1074460

### Nerf® Camp

Explore the world of Nerf®. Launcher games, Nerf® sports and camp activities round out the day. Bring your own launcher, mandatory eye-protection provided.

#### Greely Elementary School, 7066 Parkway Rd.

**8-12 yrs** Tue-Fri **8 am-5 pm**  
Aug 8-11 \$134.75 1074389

### No Fixed Address!

Explore new and different locations as you move around the Ottawa /Gatineau area. For those that love bus trips the best!

#### Greely Elementary School, 7066 Parkway Rd.

**9-12 yrs** Mon-Fri **8 am-5 pm**  
Aug 14-18 \$303 1089366

### Sports Adventure

Skills, drills and strategies! Enjoy action-packed days full of your favorite sports and recreational activities, with an out-trip during the week!

#### Greely Elementary School, 7066 Parkway Rd.

**9-12 yrs** Mon-Fri **8 am-5 pm**  
Jul 17-21 \$199 1087415

#### Osgoode Township H.S., 2800 8th Line Rd.

**9-12 yrs** Mon-Fri **8 am-5 pm**  
Aug 14-18 \$199 1087462

### The Director's Cut: Feature Film Making

Get into the director's chair and film the next blockbuster movie. Using digital video cameras, tripods, lighting and Apple Mobile computers, produce, direct, film, act and edit in your own film.

#### Greely Elementary School, 7066 Parkway Rd.

**9-14 yrs** Mon-Fri **8 am-5 pm**  
Jul 24-28 \$316.50 1089342

### The Director's Cut: I Wanna Rock

Music video making at its best! Act in and edit personal music videos. Use Hollywood film camera angles as you shoot story-based music videos of favourite songs in eye popping HD.

#### Fred G. Barrett Arena

**9-14 yrs** Mon-Fri **8 am-5 pm**  
Jul 10-14 \$316.50 1074505

### P.D. Day - Energy

When school's out, we're in for an action filled day of activities. Kids explore the world of crafts, games, and special activities while developing new friendships.

#### Greely Community Centre

**4-12 yrs** Fri **7 am-6 pm**  
May 19 \$45.25 1078810  
Jun 9 \$45.25 1078813

### Camp-Pre and Post Care

#### Fred G. Barrett Arena

**8-12 yrs** Mon-Fri **7:30-8 am/5-5:30 pm**  
Jul 24-28 \$25.50 1089243

Jul 31-Aug 4 \$25.50 1089231

#### Greely Community Centre

**4-11 yrs** Tue-Fri **7:30-8 am/5-5:30 pm**  
Jul 4- 7 \$20.50 1073146

**4-11 yrs** Mon-Fri **7:30-8 am/5-5:30 pm**

Jul 10-14 \$25.50 1073059

Jul 17-21 \$25.50 1073108

Jul 24-28 \$25.50 1073124

Jul 31-Aug 4 \$25.50 1073133

**4-11 yrs** Tue-Fri **7:30-8 am/5-5:30 pm**

Aug 8-11 \$20.50 1073150

**4-11 yrs** Mon-Fri **7:30-8 am/5-5:30 pm**

Aug 14-18 \$25.50 1073138