



Spring - Summer 2017
Printemps - été 2017

Kanata North and West Carleton Community Recreation

Loisirs communautaires de Kanata North et West Carleton

Area Programming / Programmation de territoire

On-line registration begins
March 8th at 9 pm
L'inscription en ligne débute
le 8 mars à 21 h

613-580-9696
Ext./poste 34488
Beata.Arseneault@ottawa.ca

Register at ottawa.ca/recreation
Inscrivez-vous à Ottawa.ca/loisirs

Serving/servant
Carp, Constance Bay, Kanata North,
Kinburn, South March, March Central
and/et Fitzroy

ottawa.ca/recreation
3-1-1
TTY 613-580-2401

Preschool

Performing Arts

Dance-Ballet - Level 1

Introduce your little one to the world of creative movement. Simple exercises are structured to develop balance and coordination, while preschoolers learn the different movements and ballet basics.

Carp Memorial Hall			
4-6 years	Sun.	10:15-10:45 am	
Mar 26-Jun 11	\$44.50		1077112

Dance-Gotta Dance

Introduction to the elements of dance and space. Practice fundamental large and fine motor skills through basic ballet and jazz steps.

Old Town Hall (Kanata) - 613-580-9696			
4-6 years	Sun.	10:15-10:45 am	
Mar 26-Jun 11	\$44.50		1077150

Dance-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.

Carp Memorial Hall			
2-3 years	Sun.	9-9:30 am	
Mar 26-Jun 11	\$37.50		1077172

2-3 years	Sun.	9:40-10:10 am	
Mar 26-Jun 11	\$37.50		1077174

Old Town Hall (Kanata)			
2-3 years	Sun.	9-9:30 am	
Mar 26-Jun 11	\$37.50		1077177

4-5 years	Sun.	9:40-10:10 am	
Mar 26-Jun 11	\$37.50		1077180

Sports

Basketball

An active start to the sport. Emphasis is on participation and having fun while learning the fundamental movement skills and trying a variety of sport based activities.

South March Public School			
3-5 years	Sat.	11:15 am-12:15 pm	
Mar 25-Jun 3	\$67.50		1077279

Soccer

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

South March Public School			
3-4 years	Sat.	9-10 am	
Mar 25-Jun 3	\$67.50		1077269
4-5 years	Sat.	10:10-11:10 am	
Mar 25-Jun 3	\$67.50		1077275

Children

General Interest

Social-Youth Club

Everybody welcome! Make new friends and enjoy different games and activities each week.

Huntley Community Mess Hall			
9-12 years	Tue.	7:40-8:40 pm	
Mar 28-May 30	\$40.25		1078672

LEGO® Bricks 'n Blocks

Instructor guided building with LEGO® and other bricks and blocks.

March Central Community Centre			
6-8 years	Tue.	6-7 pm	
Mar 28-May 30	\$70.25		1078583

Science Quests

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

Huntley Community Mess Hall			
6-8 years	Tue.	6:30-7:30 pm	
Mar 28-May 30	\$70.25		1078592

Performing Arts

Dance-Ballet - Level 1

Delve into the most elegant yet technical of all dance forms; ballet! Explore basic to intermediate ballet moves along with exercises to provide a foundation in technique, placement and terminology.

Carp Memorial Hall			
6-8 years	Sun.	10:50-11:35 am	
Mar 26-Jun 11	\$63.50		1077093

Theatre Arts-Acting Up

An introduction to basic acting skills in a game themed environment. Expand your creativity through the use of playful theatre games, vocal exercises and actions. Develop characters, settings, and themes while creating stories as a class.

Huntley Community Mess Hall			
6-8 years	Mon.	6-7 pm	
Mar 27-Jun 12	\$75		1078459

Theatre Arts-Live Wire Drama

Enter the exciting world of performance. Drama skills, theatrical techniques, improvisation, scene study, and performance.

Huntley Community Mess Hall			
9-12 years	Mon.	7:10-8:10 pm	
Mar 27-Jun 12	\$99		1078557

March Break Camps

All camps take place March 13-17, from 8 am to 5 pm. Enjoy action-packed days full of your favorite sports and activities, including swimming every day for children aged 6 and up.

Fun'n Friends Energy	4-5 years	1057269	\$178.5
Multisports et baignade	6-12 ans	1057308	\$ 195.25
Sports & Swim	6-7 years	1057219	\$195.25
Sports & Swim	8-12 years	1057238	\$195.25

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.

Kinburn Community Centre			
12-14 years	Sat.-Sun.	10 am-3:30 pm	
Jun 3-4	\$85		1078772

Sports

Ball Hockey

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

South March Public School			
8-12 years	Fri.	6-7 pm	
Mar 24-Jun 2	\$67.50		1077216

Basketball

Designed to teach the skills and rules of basketball to children in a fun and friendly environment.

South March Public School			
9-14 years	Fri.	7:15-8:15 pm	
Mar 24-Jun 2	\$67.50		1077240

Multi Sport

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

Huntley Centennial Public School			
6-8 years	Tue.	6-7 pm	
Mar 28-May 30	\$75		1077319

9-12 years	Tue.	7:10-8:10 pm	
Mar 28-May 30	\$75		1077324

Soccer

Develop the fundamentals of soccer including dribbling, passing, shooting, ball control, heading and strategies. Increase your skills while playing the game.

South March Public School			
6-8 years	Sat.	12:30-1:30 pm	
Mar 25-Jun 3	\$67.50		1077282

P.D. Day - Energy & Swim

When school's out, enjoy an action filled day of activities with a special outing or special guest, as well as cool themes, games and crafts.

Richcraft Recreation Complex - Kanata			
5-12 years	Fri.	8 am-5:30 pm	
May 19	\$46		1094728
Jun 9	\$46		1094730

Did you know? All Parks, Recreation and staff are:

- Certified in First Aid, CPR-C, and AED
- Certified through the Ministry of Ontario High Five training program in Healthy Child Development. Positive experiences in sport and recreation help children become capable, caring adults who will contribute effectively to the community in the future. For more information, visit: www.highfive.org
- Required to have a Police Reference Check

Our camps offer a safe, fun and exciting way to keep children active, meet new friends and develop social skills.



Adult

Fitness

Bootcamp

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

Constance Bay Community Centre			
16-99 years	Wed.	7-8 pm	
Mar 22-Jun 7	\$97		1076674

Core Conditioning

Muscle conditioning targeting core and stabilizer muscles. Strengthen and tone your abs, back, glutes as well as improve overall posture and balance.

Carp Memorial Hall			
16-99 years	Mon.	5:30-6:30 pm	
Mar 27-Jun 12	\$80.75		1076848

Party

High energy mix of dance music and movements. Bring out your inner dancer with this joyful class designed for all levels of ability and style.

Carp Memorial Hall			
16-99 years	Wed.	5:30-6:30 pm	
Mar 22-Jun 7	\$97		1076856

Pilates

Introduction to foundational moves that develop core strength, proper posture, pelvic and hip stability (to combat low back pain), while enhancing muscular strength and endurance.

March Central Community Centre			
16-99 years	Mon.	5:30-6:30 pm	
Mar 27-Jun 12	\$98		1078712

Yoga

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

Fitzroy Harbour Community Centre			
16-99 years	Mon.	7:30-8:30 pm	
Mar 20-May 15	\$78.50		1076645

Adult 50+

Fitness

Lo Impact 50+

A choreographed cardio class with controlled impact. Intensity level options offered.

West Carleton Community Complex			
50-99 years	Wed.	10:30-11:30 am	
Mar 22-Jun 7	\$117.75		1076879

Day Camps

Preschool

Fun'n Friends Energy

Creative play, songs, crafts, themes, and cooperative games offer activities and fun for making friends in your neighbourhood.

Jack Donahue Public School

4-6 years	Mon.-Fri.	8 am-5 pm
Jul 10-14	\$178.50	1073254
Jul 17-21	\$178.50	1073255
Jul 24-28	\$178.50	1073256
Jul 31-Aug 4	\$178.50	1073257
Aug 14-18	\$178.50	1073260
4-6 years	Tue.-Fri.	8 am-5 pm
Jul 4- 7	\$143	1073253
Aug 8-11	\$143	1073258

Children

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).

W. Erskine Johnston Arena

6-12 years	Mon.-Fri.	8 am-5 pm
Jul 10-14	\$168.50	1073272
Jul 17-21	\$168.50	1073273
Jul 24-28	\$168.50	1073274
Jul 31-Aug 4	\$168.50	1073275
Aug 14-18	\$168.50	1073277
Aug 21-25	\$168.50	1073278
Aug 28-Sep 1	\$168.50	1073279
6-12 years	Tue.-Fri.	8 am-5 pm
Jul 4- 7	\$134.75	1073271
Aug 8-11	\$134.75	1073276

Cheerleading Adventure

Pump it up! Young cheerleaders learn basic cheers, dance movements and routines. Includes camp activities and one out-trip throughout the week.

Old Town Hall (Kanata)

6-12 years	Tue.-Fri.	8 am-5 pm
Jul 4- 7	\$151	1073316
Aug 8-11	\$151	1073317

Dance Adventure

Experiment with different dance styles. Create dance combinations set to music and develop basic technical steps. Camp activities and one out-trip round out the week. Performance on the last day!

Old Town Hall (Kanata)

6-12 years	Mon.-Fri.	8 am-5 pm
Aug 28-Sep 1	\$188.50	1073324



Drama Adventure

Work on acting techniques and character development, through vocal work, script development and basic stage craft. Complemented by daily camp activities and one out-trip throughout the week.

Old Town Hall (Kanata)

6-12 years	Mon.-Fri.	8 am-5 pm
Jul 24-28	\$178	1073322
Aug 21-25	\$178	1073323

Glee Camp Adventure

Love to sing? Learn how to read music notes, exercises to train your voice and how to make beautiful harmony together. You will find yourself humming great tunes while participating in the daily camp activities and on the out trip.

Old Town Hall (Kanata)

6-12 years	Mon.-Fri.	8 am-5 pm
Jul 10-14	\$184	1073318
Jul 31-Aug 4	\$184	1073319

Sports Camp

Skills, drills and strategies! Enjoy action- packed days full of your favorite sports and recreational activities.

Constance Bay Community Centre

6-12 years	Mon.-Fri.	8 am-5 pm
Jul 10-14	\$178.50	1073283
Jul 17-21	\$178.50	1073285

Visual Arts Adventure

Discover your unique style while exploring a variety of techniques with daily art instruction. Complemented by daily camp activities and one out-trip throughout the week.

Old Town Hall (Kanata)

6-12 years	Mon.-Fri.	8 am-5 pm
Jul 17-21	\$188.50	1073320
Aug 14-18	\$188.50	1073321

Pre and Post Care

Pre and Post Care.

Constance Bay Community Centre - 613-580-9696

6-14 years	Mon.-Fri.	7:30-8 am
Jul 10-14	\$25.50	1073295
Jul 17-21	\$25.50	1073296

West Carleton Kanata North Summer Camps 2017

	Week 1 July 4-7	Week 2 July 10-14	Week 3 Jul 17-21	Week 4 Jul 24-28	Week 5 July 31-Aug 4	Week 6 (4 day) Aug 8-11	Week 7 Aug 14-18	Week 8 Aug 21-25	Week 9 Aug 28-Sept 1
W. Erskine Johnson (Camp Ottawa Adventure) Arena 8-5pm 6-12 yrs	Magic and Wizardry 1073271 \$134.75	Busker Mania 1073272 \$168.50	CSI- Camp Scene Investigation 1073273 \$168.50	Wide World of Sports 1073274 \$168.50	Carp Quest 1073275 168.50	Art Attack 1073276 \$134.75	Crafty Chefs 1073277 \$168.50	Ooey, Gooley, Science 1073278 \$168.50	Wide World of Sports 1073279 \$168.50
Constance Bay C.C (Sports Camp) 8-5pm 6-12 yrs Pre/Post care 7:30-8am & 5-5:30pm		Multi Sport 1073283 \$178.50	Multi Sport 1073285 \$178.50						
Jack Donahue P.S (Fun'n'Friends) 4-5 yrs 8-5pm	Animal Planet 1073253 \$143	Pirate's Treasure 1073254 \$178.50	Wide World of Sports 1073255 \$178.50	A Bugs Life 1073256 \$178.50	Enchanted Castles 1073257 \$178.50	911 1073258 \$143	Super Hero Sports 1073260 \$178.50		
Old Town Hall 6-12 yrs 8-5pm ** Outtip to Richcraft Recreation Centre each week	Cheerleading Camp Adventure 1073316 \$151	Glee Camp Adventure 1073318 \$184	Visual Art Camp Adventure 1073320 \$164.75	Drama Adventure 1073322 \$178	Glee Adventure Camp 1073319 \$184	Cheerleading Adventure 1073317 \$151	Visual Art Camp Adventure 1073321 \$188.50	Drama Adventure 1073323 \$178	Dance Camp Adventure 1073324 \$188.50



911Camp

Come out and explore the world of Police, Fire Fighters and Paramedics and learn about the valuable job they do. Regular camp activities too.

A Bug's Life

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.

Animal Planet

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

Busker Mania

Do you love to perform? Learn the art of juggling, storytelling, and puppetry as you clown around with new friends, counselors and special guests.

Carp Quest

Explore and learn hidden treasures around Carp

Cheerleading Adventure

Pump it up! Young cheerleaders learn basic cheers, dance movements and routines. Includes camp activities and one out-trip throughout the week.

Crafty Chefs

Have some fun trying out easy healthy recipes and learning about basic kitchen safety. Participants will play a variety of games, sports and do creative crafts.

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.

Dance Adventure

Experiment with different dance styles. Create dance combinations set to music and develop basic technical steps. Camp activities and one out-trip round out the week. Performance on the last day!

Drama Adventure

Work on acting techniques and character development, through vocal work, script development and basic stage craft. Complemented by daily camp activities and one out-trip throughout the week.

Enchanted Castles

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

Glee Camp Adventure

Love to sing? Learn how to read music notes, exercises to train your voice and how to make beautiful harmony together. You will find yourself humming great tunes while participating in the daily camp activities and on the out trip.

Magic and Wizardry

Learn tricks of magic and illusion that will mystify friends and family! Complemented by other daily recreational activities.

Multi Sports

Learn new sports and games and practice new drills for sports that you currently play in. Ooey Gooley Science Science isn't only for adults. Hands on messy fun will allow you to explore your inner scientist through games, crafts and experiments

Ooey Gooley Science

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

Pirate's Treasure

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

Sports Camp

Skills, drills and strategies! Enjoy action- packed days full of your favorite sports and recreational activities.

Super Hero Sports

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 that exciting.

Visual Arts Adventure

Discover your unique style while exploring a variety of techniques with daily art instruction. Complemented by daily camp activities and one out-trip throughout the week.

Wide World of Sports

Learn new sports and games from around the world. Discover the traditions of different countries

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

Veillez noter que les frais d'inscription peuvent être sujets à changement sans préavis. TVH incluse.