



2016-2017

Rural South Recreation Loisirs du secteur Rural Sud

Fall & Winter Automne et hiver



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

613-580-2424
ext./poste 30235
ottawa.ca/ruralsouth

Serving/Servant:
Findlay Creek, Greely, Kars,
Kenmore, Leitrim, Manotick,
Metcalf, Osgoode, Vernon

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

Online Registration
begins: August 10
at 9 pm

L'inscription débute :
à 21 h le soir du 10 août

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.

Metcalf Community Centre			
11-14 yrs	Fri	8:30 am-4:30 pm	
Nov 18		\$62.50	1057136
Manotick Arena			
11-14 yrs	Fri	8:30 am-4:30 pm	
Oct 7		\$62.50	1057227
Feb 17		\$62.50	1057270
Fred G. Barrett Arena			
11-14 yrs	Mon	8:30 am-4:30 pm	
Jan 30		\$62.50	1057256

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			
Nov 26-27	Sat-Sun	8:30 am-5:30 pm	
15-18 yrs		\$143	1056983
19+ yrs		\$143	1056998
Metcalf Community Centre			
Sep 17-18	Sat-Sun	8:30 am-5:30 pm	
15-18 yrs		\$143	1056960
19+ yrs		\$143	1056912
Osgoode Community Centre			
Jan 21-22	Sat-Sun	8:30 am-5:30 pm	
15-18 yrs		\$143	1056813
19+ yrs		\$143	1056825



PRESCHOOL

General Interest

Muck and Mess

Get into your art with various projects, using lots of imagination and materials.

Fred G. Barrett Arena			
2-5 yrs	Tue	9:30-10:15 am	
Oct 4-25		\$20.75	1058883
Greely Community Centre			
2-5 yrs	Thu	9:30-10:15 am	
Oct 6-27		\$20.75	1058890
Metcalf Community Centre			
2-5 yrs	Wed	9:30-10:15 am	
Oct 5-26		\$20.75	1058877

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!

Fred G. Barrett Arena			
2-5 yrs	Tue	9:30-10:15 am	
Jan 31-Feb 21		\$27.50	1058970
Greely Community Centre			
2-5 yrs	Thu	9:30-10:15 am	
Feb 2-23		\$27.50	1058981
Metcalf Community Centre			
2-5 yrs	Wed	9:30-10:15 am	
Feb 1-22		\$27.50	1058946

Wiggle 'n Giggle & Move!

Play, climb, jump and run. Explore the world of crafts, music and movement along with your child. Help develop their socialization, coordination and motor skills.

Fred G. Barrett Arena			
2-5 yrs	Tue	9:30-10:15 am	
Nov 1-22		\$20.75	1058907
Greely Community Centre			
2-5 yrs	Thu	9:30-10:15 am	
Nov 3-24		\$20.75	1058898
Metcalf Community Centre			
2-5 yrs	Wed	9:30-10:15 am	
Nov 2-23		\$20.75	1058911

Performing Arts

Hip Hop – Level 1

Work on strength, flexibility and musicality through intricate and fast paced choreography. Create dynamic, stylish moves just like in the latest music videos.

Metcalf Community Centre			
4-6 yrs	Sat	10:30-11:15 am	
Oct 15-Dec 3		\$58.25	1058716
Jan 28-Mar 25		\$58.25	1058732

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.

Metcalf Community Centre			
3-5 yrs	Sat	9:45-10:30 am	
Oct 15-Dec 3		\$44.25	1058687
Jan 28-Mar 25		\$44.25	1058697



Sports

Tumble

Learn basic recreational gymnastics skills as you are introduced to various gymnastics equipment.

Fred G. Barrett Arena			
2-4 yrs	Sat	9:30-10:15 am	
Jan 28-Mar 25		\$55.25	1061925
Metcalf Community Centre			
2-4 yrs	Sun	9:30-10:15 am	
Oct 16-Dec 4		\$55.25	1059019
Osgoode Community Centre			
2-4 yrs	Sun	9:30-10:15 am	
Sep 25-Nov 20		\$55.25	1058480
Jan 22-Mar 19		\$55.25	1058537

Multi Sport

Emphasis is on participation and having fun while learning the fundamental movement skills. Try a variety of sport based activities.

Fred G. Barrett Arena			
3-5 yrs	Sat	9:30-10:15 am	
Oct 15-Dec 3		\$55.25	1059694
Metcalf Community Centre			
3-5 yrs	Sun	10:30-11:15 am	
Oct 16-Dec 4		\$55.25	1059049
Jan 29-Mar 26		\$55.25	1059093
Osgoode Community Centre			
3-5 yrs	Sun	10:30-11:15 am	
Jan 22-Mar 19		\$55.25	1058670

Soccer

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	
Oct 15-Dec 3		\$44.25	1059719
Jan 28-Mar 25		\$44.25	1059737
Metcalf Community Centre			
3-5 yrs	Sun	9:30-10:15 am	
Jan 29-Mar 26		\$44.25	1059081
Osgoode Community Centre			
3-5 yrs	Sun	10:30-11:15 am	
Sep 25-Nov 20		\$44.25	1058520

Sportball® – Multi-Sport

In collaboration with Sportball® 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	
Sep 17-Oct 29		\$101.75	1057739
Nov 5-Dec 10		\$101.75	1057744
Jan 14-Mar 11		\$135.50	1057784

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.

Sportball® – Parent and Tot

In collaboration with Sportball® 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 yrs	Sat	9-9:45 am	
Sep 17-Oct 29		\$101.75	1057720
Nov 5-Dec 10		\$101.75	1057727
Jan 14-Mar 11		\$135.50	1057812

CHILDREN

Fitness

Zumba® Kids

This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

Manotick Public School, 1075 Bridge St.			
7-11 yrs	Wed	7:30-8:30 pm	
Oct 5-Nov 23		\$53.25	1059908

General Interest

Cybersafe and Bully Proofing

This workshop is designed to increase safety awareness when children are using the internet, as well as to explore the idea of bullying; what it is and how to prevent it. This 3 hour workshop, developed by Kidproof Canada www.kidproofsafety.com and facilitated by the Ottawa Safety Council, is interactive and hands-on with role-playing, and group discussion.

Fred G. Barrett Arena			
8-11 yrs	Sun	9 am-noon	
Nov 20		\$55.25	1059145
Metcalf Community Centre			
8-11 yrs	Sat	1-4 pm	
Feb 25		\$55.25	1059160
Osgoode Community Centre			
8-11 yrs	Sat	1-4 pm	
Sep 24		\$55.25	1059138

Street Proofing & Home Alone

Develop street smart safety tools and learn home safety when unsupervised by adults.

Fred G. Barrett Arena			
9-12 yrs	Sun	1-4 pm	
Jan 15		\$55.25	1059172
Metcalf Community Centre			
9-12 yrs	Sun	1-4 pm	
Oct 23		\$55.25	1059205
Osgoode Community Centre			
9-12 yrs	Sun	9 am-noon	
Mar 5		\$55.25	1059191



Les programmes ne sont offerts qu'en anglais.

cont'd...

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**
8-12 yrs Thu 6:30-7:30 pm
Sep 22-Oct 27 \$55 1058998
- Kars Community Centre**
8-12 yrs Thu 6:30-7:30 pm
Nov 10-Dec 15 \$55 1058792
- Manotick Arena**
8-12 yrs Tue 6:30-7:30 pm
Jan 24-Feb 28 \$55 1059007
- Vernon Community Centre**
8-12 yrs Thu 6-7 pm
Jan 26-Mar 2 \$55 1058859

Dinner and a Movie

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

- Manotick Arena**
7-12 yrs Sat 5:30-9 pm
Nov 26 \$19.25 1059115
Feb 11 \$19.25 1059122
- Metcalfe Community Centre**
7-12 yrs Sat 5:30-9 pm
Dec 17 \$19.25 1059107

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
Jan 23-Mar 6 \$41.25 1059679
- Greely Community Centre**
6-9 yrs Thu 6:30-7:30 pm
Jan 26-Mar 2 \$41.25 1059920
- Kars Community Centre**
6-9 yrs Sun 9:15-10:15 am
Oct 16-Nov 20 \$41.25 1058813
- Manotick Arena**
6-9 yrs Mon 6:15-7:15 pm
Jan 23-Mar 6 \$41.25 1059676
- Metcalfe Community Centre**
6-9 yrs Mon 6:15-7:15 pm
Jan 23-Mar 6 \$41.25 1058923
- Vernon Community Centre**
6-9 yrs Thu 6-7 pm
Oct 6-Nov 10 \$41.25 1058850

Performing Arts

- Hip Hop – Level 1**
Work on strength, flexibility and musicality through intricate and fast paced choreography. Create dynamic, stylish moves just like in the latest music videos.
Greely Community Centre
7-10 yrs Thu 6:30-7:15 pm
Sep 22-Nov 10 \$58.25 1059997
Jan 26-Mar 23 \$58.25 1060007



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.

- Fred G. Barrett Arena**
8-12 yrs Mon 6:30-7:30 pm
Oct 3-Nov 21 \$44.25 1059667
- Kars Community Centre**
8-12 yrs Sun 10:30-11:30 am
Oct 16-Nov 20 \$44.25 1058841
- Manotick Arena**
8-12 yrs Mon 6:15-7:15 pm
Oct 3-Nov 21 \$44.25 1059670

Sports

- Basketball**
Develop fundamental skills. Emphasis is on basic techniques, skills, and participation. Includes skill development and fun games.
Greely Elementary School, 7066 Parkway Rd.
9-12 yrs Thu 7-8 pm
Oct 6-Nov 24 \$58.75 1059887
- Manotick Public School, 1075 Bridge St.**
8-11 yrs Wed 6:15-7:15 pm
Oct 5-Nov 23 \$58.75 1059885
Jan 25-Mar 22 \$58.75 1059903

Sportball® – Multi-Sport

- In collaboration with Sportball® 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
Sep 17-Oct 29 \$101.75 1057761
Nov 5-Dec 10 \$101.75 1057764
Jan 14-Mar 11 \$135.50 1057775

Volleyball

- Learn the rules, game play (bump, set, spike, tip) and skills needed to serve and volley. Develop the fundamental skills playing the game.
Manotick Public School, 1075 Bridge St.
11-13 yrs Wed 7:30-8:30 pm
Jan 25-Mar 22 \$58.75 1059910

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
Sep 7-Oct 26 \$64.75 1059632
Nov 2-Dec 21 \$64.75 1059634
Jan 18-Mar 29 \$72.75 1059639



Cardio & Strength

Choreographed low-impact cardio class designed to overload the muscles with highly repetitive movements.

- Greely Community Centre**
19+ yrs Thu 7-8 pm
Sep 22-Dec 22 \$113 1058991
Sep 22-Nov 3 \$56.50 1058997
Nov 10-Dec 22 \$56.50 1058999
- Greely Elementary School, 7066 Parkway Rd.**
19+ yrs Tue 7-8 pm
Sep 20-Dec 20 \$113 1058950
Sep 20-Nov 1 \$56.50 1058967
Nov 8-Dec 20 \$56.50 1058975
Jan 10-Mar 28 \$89 1059132
- 19+ yrs Thu 7-8 pm**
Jan 12-Mar 30 \$89 1059139

Circuit

- Timed stations to alternate between cardio strength training. Work at your own pace to boost metabolism and tone your body.
Metcalfe Community Centre
19+ yrs Mon 7:30-8:30 pm
Sep 26-Dec 5 \$80.75 1059573
Jan 16-Mar 20 \$64.75 1059588

Yoga

- The combined focus on mindfulness, breathing and slow physical movements, increases strength and flexibility as well as decreasing stress.
Greely Community Centre
19+ yrs Mon 8-9:15 pm
Sep 26-Dec 5 \$122.50 1059043
Jan 16-Mar 20 \$98 1059097
- 19+ yrs Wed 1:45-3:15 pm**
Sep 28-Nov 30 \$147 1059056
Jan 25-Mar 22 \$117.75 1059106
- Metcalfe Client Service Centre**
19+ yrs Mon 1:45-3:15 pm
Sep 19-Nov 28 \$147 1059528
Jan 16-Mar 20 \$117.75 1059557

Zumba®

- Inspired by Latin and International dance, this is a cardio class with focus on fun and sweating. through salsa, merengue, samba, belly dance, reggaeton, and hip-hop.
Manotick Arena
19+ yrs Mon 7:30-8:30 pm
Sep 19-Dec 12 \$97 1059837
Jan 16-Mar 6 \$56.50 1059872
- 19+ yrs Wed 7:30-8:30 pm**
Sep 21-Dec 14 \$105 1059843
Jan 18-Mar 8 \$64.75 1059877



ADULT 50+

- Fitness Cardio & Strength**
Combination of no bounce movements done to up-beat music. Finish with resistance training.
Manotick Arena
50+ yrs Tue 9:15-10:15 am
Sep 13-Dec 6 \$127.50 1059756
Dec 13-Jan 10 \$29.50 1059763
Jan 17-Mar 7 \$78.50 1059773
- 50+ yrs Thu 9:15-10:15 am**
Sep 15-Dec 8 \$127.50 1059794
Dec 15-Jan 12 \$29.50 1059799
Jan 19-Mar 9 \$78.50 1059791



Stretch & Strength

- All-over body conditioning with stretching and flexibility segments. Older adults will increase strength and range of motion of major muscle groups to prevent falls.
Kars Community Centre
50+ yrs Thu 9:30-10:30 am
Sep 29-Dec 8 \$88.25 1058769



Stretch & Strength – Lite/Gentle

- All-over body muscle conditioning class combined with stretching and flexibility segments to increase strength and range of motion of major muscle groups.
Greely Community Centre
50+ yrs Tue 12:45-1:45 pm
Sep 27-Nov 29 \$98 1059963
Jan 24-Mar 21 \$78.50 1059979

Tai Chi/Qi Gong

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

- Greely Community Centre**
50+ yrs Mon 11 am-noon
Sep 26-Dec 5 \$98 1059153
Jan 16-Mar 20 \$68.75 1059235
- Manotick Arena**
50+ yrs Thu 10:30-11:30 am
Sep 22-Dec 8 \$117.75 1054169
Jan 19-Mar 9 \$78.50 1059821

Yoga Chair

- A gentle form of yoga that is practiced sitting or standing using a chair for support.
Greely Community Centre
50+ yrs Thu 12:45-1:45 pm
Sep 29-Dec 1 \$98 1059931
Jan 26-Mar 23 \$78.50 1059949

Before/After School Activity Clubs
Contact 613-580-2424 ext. 30235 for more information.

FAMILY

- Fitness Bootcamp**
Intense class builds strength, speed and power through basic cardio training and muscle conditioning. Push to your limit.
Kars Community Centre
Jan 19-Mar 9 Thu 6:30-7:30 pm
6-14 yrs \$53.25 1056556
15-18 yrs \$60 1056514
19+ yrs \$64.75 1056532

- Metcalfe Community Centre**
Sept 26-Nov 28 Mon 6:30-7:30 pm
6-14 yrs \$53.25 1056496
15-18 yrs \$60 1056481
19+ yrs \$64.75 1056472

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
Sept 16-Nov 28 Mon 6:30-7:30 pm
6-14 yrs \$53.25 1056628
15-18 yrs \$60 1056606
19+ yrs \$64.75 1056595
- Jan 23-Mar 6 Mon 6:30-7:30 pm**
6-14 yrs \$53.25 1056746
15-18 yrs \$60 1056707
19+ yrs \$64.75 1056678

Facility Rentals

- To book a facility please email osgooderidearecreation@ottawa.ca or call 613-580-2424 ext. 30235**
- Fred G. Barrett Arena**
3280 Leitrin Rd., Gloucester, ON
- Greely Community Centre**
1448 Meadow Dr., Greely, ON
- Kars Recreation Centre**
1604 Old Wellington St., 613-489-2524
- Kenmore Community Centre**
3242 Yorks Corners Rd., Kenmore, ON
- Manotick Community Centre**
5572 Doctor Leach Dr., Manotick, ON
- Metcalfe Client Service Centre**
8243 Victoria St., Metcalfe, ON
- Metcalfe Community Centre**
2785 8th Line Rd, Metcalfe, ON
- Osgoode Community Centre**
5660 Osgoode Main St., Osgoode, ON
- Vernon Community Centre**
7950 Lawrence St., Vernon, ON

To book ice time, please call City Wide Allocations at 613-580-2595 or email sports@ottawa.ca

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 \$44.25 7 am-6 pm
Fri Oct 7 1049821
Fri Nov 18 1049839
Mon Jan 30 1049875
Fri Feb 17 1049889



DAY CAMPS

Winter Break Camp – 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 \$44.25 7 am-6 pm
Tue Jan 3 1052388
Wed Jan 4 1052569
Thu Jan 5 1052573
Fri Jan 6 1055059



MARCH BREAK CAMPS

Fun'n Friends Adventure
A fun-filled action-packed camp. Arts and crafts, games, sports, special events, outdoor activities, and an out trip.

- Greely Community Centre**
4-5 yrs Mon-Fri 8 am-5 pm
Mar 13-17 \$187 1052584



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!

- Greely Community Centre**
6-12 yrs Mon-Fri 8 am-5 pm
Mar 13-17 \$165 1052596



Pre/Post Care
If you require additional care between 7:30-8 am and 5-5:30 pm for March Break programs, participants MUST register in the correct weekly barcode as required.

- Greely Community Centre**
Mar 13-17 Mon-Fri
4-5 yrs \$25 1052607
6-12 yrs \$25 1052635



We try our best to make sure programs run exactly as outlined but, sometimes a course date, time, location or fee may change. Courses are subject to cancellation if insufficient registration is not met prior to class start date.

Nous nous efforçons d'offrir nos programmes exactement tel que décrit, mais parfois, la date d'un cours, l'heure ou l'endroit où il se donne ou les frais d'inscription peuvent être modifiés. Les cours peuvent être annulés s'il n'y a pas le nombre minimal de participants.