



# Nepean Sportsplex de Nepean

1701, av. Woodroffe Ave.  
613-580-2828

Fall-Winter  
Automne-Hiver  
2011-2012



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.

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

City Services **3-1-1**  
Services municipaux  
TTY/ATS 613-580-2401

**FUTSAL IS FIFA'S OFFICIAL INDOOR SOCCER GAME PLAYED IN SCHOOL GYMS ACROSS OTTAWA**



**LIVE THE GAME!**

## **FUTSAL INDOOR SOCCER REGISTRATION 2011-12 LEAGUES FOR ALL AGES AND SKILL LEVELS**

### **»» AGE CATEGORIES AND REGISTRATION FEES FOR 2011-2012**

<b>CATEGORY</b>	<b>AGE GROUP</b>	<b>INDIVIDUAL FEES</b>	<b>TEAM FEES</b>
<b>Development</b> (mixed)	<b>U4-U6:</b> Born Jan 1/2006 to Dec 31/2008	<b>Fee by Sept 10/2011: \$160</b> (after \$180)	N/A
<b>Mini</b> (mixed)	<b>U7-U10:</b> Born Jan 1/2002 to Dec 31/2005	<b>Fee by Sept 10/2011: \$180</b> (after \$200)	N/A
<b>Youth</b> (boys & girls)	<b>U11-U16:</b> Born Jan 1/1996 to Dec 31/2001	<b>Fee by Sept 10/2011: \$185</b> (after \$205)	<b>Fee by Sept 10/2011: \$1850</b> (after \$2050)*
<b>Senior youth</b> (boys & girls)	<b>U17-U21:</b> Born Jan 1/1991 to Dec 31/1995	<b>Fee by Sept 10/2011: \$200</b> (after \$220)	<b>Fee by Sept 10/2011: \$2000</b> (after \$2200)*
<b>Adult</b>	<b>Men:</b> Premier / <b>Women:</b> Premier	<b>Fee by Sept 10/2011: \$210</b> (after \$230)	<b>Fee by Sept 10/2011: \$2100</b> (after \$2300)*
	<b>Men:</b> Divisions; 1, 2, 3, 4 and 5 <b>Women:</b> Divisions; 1, 2, 3, 4 and 5 <b>Coed**:</b> Divisions; 1, 2 and 3 <b>Old timers:</b> (30+) <i>only if interest allows</i>	<b>Fee by Sept 10/2011: \$200</b> (after \$220)	<b>Fee by Sept 10/2011: \$2000</b> (after \$2200)*

*\*Based on 10 players per team and one payment. Multiple payments will be priced as individual players. For additional players a \$20 OSA fee applies.*

*\*\*Coed teams must have a ratio of 3:2*

### **»» REGISTRATION DATES AND LOCATIONS**

<b>WHERE</b>	<b>DATE AND TIME</b>
Walter Baker Food Court Lobby	<b>Saturday August 20:</b> 9am–2pm, <b>Saturday August 27:</b> 9am–2pm, <b>Saturday September 10:</b> 10am–4pm, <b>Saturday September 17:</b> 1pm–4pm, <b>Wednesday September 28:</b> 6pm–9pm, <b>Wednesday October 5:</b> 6pm–9pm
Loblaws Riocan Marketplace Upstairs Cooking School	<b>Friday September 2:</b> 6pm–9pm, <b>Saturday September 3:</b> 9am–12pm
Nepean Sportsplex Pool Entrance Lobby	<b>Saturday September 24:</b> 9am–12pm, <b>Saturday October 1:</b> 9am–12pm

*Deadline for registering new players is December 31, 2011. No refunds after Oct. 31, 2011, or after a player has played.*

**INFO » 613 692 1235 / WWW.FUTSALOTTAWA.COM**

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## Contact Information

### Nepean Sportsplex . . . 613-580-2828

#### Aquatics . . . . . option 1

- Swim Schedule
- Swim Lesson Information
- Aquafit Information & Schedules
- Pool Rental & Group Booking Information

#### Nepean Seniors Recreation Centre . . . . . option 2

#### Nepean Visual Arts Centre . . . . . option 3

#### Special Events, Hall Rentals &

#### Trade Shows . . . . . option 4

- Monthly Special Events
- Hall Rental Information
- Trade Show Rental Information
- General Rental Inquiries

#### Athletics and Fitness Centre . . . . . option 5

- Hours of Operation
- Squash/Badminton/Spinning Bookings
- Gymnasium/Curling Ice Rentals
- Personal Training
- Fitness & Spinning® Schedule
- General Information

#### Children's Camps and Birthday Parties . . . . . option 6

- Hockey and Athletic Camps
- Swim Camps
- Birthday Parties

#### Public Skating Schedules & General Information . . . . . option 7

#### Sport Fields & Arena Ice Bookings . . . . . option 8

#### Nepean Sportsplex General Inquiries Mailbox . . . . . option 9

For suggestions and comments, please contact the facility manager, Mark Magee at 613-580-2424 ext. 46210.

## Principaux numéros de téléphone :

### Sportsplex de Nepean . . . 613-580-2828

#### Aquatique . . . . . (option 1)

- Horaire des baignoires
- Informations au sujet des leçons de natation
- Horaires et informations au sujet de l'aquaforme
- Informations au sujet des locations et des réservations de groupe

#### Centre des loisirs pour les aînés de Nepean . . . . . (option 2)

#### Centre des arts visuels de Nepean . . . . . (option 3)

#### Location des salles (réunions, banquets et conventions) . . . . . (option 4)

- Événements spéciaux mensuels
- Informations au sujet des locations de salles
- Informations sur la location au salon professionnel
- Informations générales au sujet des locations

#### Centre de musculation et conditionnement physique . . . . . (option 5)

- Heures d'ouverture
- Réservation pour squash/badminton/vélo intérieur
- Location pour gymnase/curling
- Entraînement personnalisé
- Horaire des cours de conditionnement physique et de Spinning®
- Informations générales

#### Camps pour enfants et fêtes d'anniversaire . . . . . (option 6)

- Camps de hockey et d'athlétisme
- Camps de natation
- Fêtes d'anniversaire

#### Horaire du patinage public et informations générales . . . . . (option 7)

#### Location des terrains de balle et patinoires . . . . . (option 8)

#### Boîte de messagerie des demandes générales du Sportsplex de Nepean . . . . . (option 9)

Pour laisser des suggestions ou commentaires, s.v.p. contactez le gestionnaire de portefeuilles, Mark Magee au 613-580-2424, poste 46210.



# Welcome

On behalf of staff and our recreation partners, I would like to welcome you to the Nepean Sportsplex and present to you our Fall-Winter 2011-2012 guide. Since the Sportsplex first opened its doors in June 1973, we have been very proud to serve the residents of Nepean and Ottawa. Your patience over the last couple of years has been appreciated, as the Sportsplex has endured numerous retrofit renovations. These upgrades will allow us to serve your recreation needs for many more years to come.

We pride ourselves on having something for everyone. Whether you are young or old, like to swim or skate, play cards or paint, the 'SPLEX' is for you. The programs and information in this guide are specific to our facility. Please browse through the guide, and I am sure you will find a program or activity for yourself and/or a family member.

In addition to our many programs and activities, the Sportsplex offers recently renovated meeting rooms, banquet facilities and trade show and consumer sales space. More information about our hall rentals can be found on page 5 of this guide.

Your comments and suggestions are always welcome. Please visit one of our three customer service centres to complete a comment card.

Keep active and play safe.

**Mark Magee**  
Portfolio Manager  
Nepean Sportsplex



# Bienvenue

Au nom du personnel et de nos partenaires en loisirs, j'aimerais vous souhaiter la bienvenue au Sportsplex de Nepean et vous présenter notre Guide automne-hiver 2011-2012. Depuis l'ouverture du Sportsplex en juin 1973, c'est avec une immense fierté que nous desservons les résidents de Nepean et d'Ottawa. Votre patience au cours des dernières années a

été très appréciée, tout au long des nombreux travaux de modernisation du Sportsplex. Ces renovations nous permettront de mieux répondre à vos besoins en matière de loisirs au cours des prochaines années.

Nous sommes très fiers d'avoir quelque chose à offrir à chacun. Que vous soyez jeune ou moins jeune, amateur de natation ou de patinage, que vous aimiez jouer aux cartes ou peindre, le « SPLEX » est pour vous. Les programmes et les renseignements que renferme le présent guide sont propres à nos installations. Je suis certain que, en feuilletant le guide, vous trouverez un programme ou une activité pour vous ou pour un membre de la famille.

En plus de nos nombreux programmes et activités, le Sportsplex offre des salles de réunion et de réception ainsi que des locaux pouvant servir à la tenue de salons professionnels et de ventes au grand public, tous récemment rénovés. Vous trouverez de plus amples renseignements sur la location de nos salles à la page 5 du présent guide.

Vos commentaires et suggestions sont toujours les bienvenus. Pour remplir une fiche de commentaires, veuillez vous rendre à un de nos trois centres de service à la clientèle.

Soyez actif et amusez-vous en toute sécurité!

**Mark Magee**  
Gestionnaire de portefeuilles  
Sportsplex de Nepean

## Advertising / Publicité

For information on advertising in this facility guide, please contact Andrée Ferris at 613-580-2424 ext. 46686.

Si vous désirez annoncer dans les pages de ce guide, veuillez communiquer avec Andrée Ferris au 613-580-2424, poste 46686.

## Enewsletter / Cyberbulletin

Subscribe to the new recreation and culture e-newsletter! Visit [www.ottawa.ca/recreation](http://www.ottawa.ca/recreation) and click on the **DiscoverRec** link.

Abonnez-vous au nouveau cyberbulletin pour programmes récréatifs et culturels. Visitez [www.ottawa.ca/loisirs](http://www.ottawa.ca/loisirs) et cliquez sur le lien **Bulletin Loisirs**.

**COUNCILLOR**  
**KEITH EGLI**  
*Proudly serving Ward 9*  
**Knoxdale-Merivale**  
613-580-2479 [ward9@ottawa.ca](mailto:ward9@ottawa.ca)  
*Ottawa* [www.keithegli.ca](http://www.keithegli.ca)



38<sup>th</sup> Annual Craft  
**Christmas  
 Gift Sale**

**Nepean Sportsplex**  
 1701 Woodroffe Ave  
 November 2 – 6, 2011

- Over 140 talented artisans
- A different shopping experience
- Find unique one-of-a-kind items

Wed. – Fri. 10 am - 9 pm  
 Sat. 10 am - 6 pm  
 Sun. 10 am - 5 pm

Adults & Students: \$7  
 Seniors: \$3.50  
 Children (under 12): Free

**Free Parking!**

38<sup>e</sup> édition annuelle  
**Salon  
 d'artisanat  
 de Noël**

**Complexe sportif  
 de Nepean**  
 1701, avenue Woodroffe  
 Du 2 au 6 novembre 2011

- Plus de 140 artisans talentueux!
- Une expérience de magasinage différente!
- Trouvez des articles originaux!

Du mercredi au vendredi,  
 de 10 h à 21 h  
 Samedi de 10 h à 18 h  
 Dimanche 10 h à 17 h

Adultes et étudiants : 7 \$  
 Aînés : 3,50 \$  
 Enfants (moins de 12 ans) : gratuit

**Stationnement  
 gratuit!**

Free Admission Wed. and Thurs. 10 – 11 am	<i>Entrée gratuite :</i> <i>mercredi et jeudi de</i> <i>10 h à 11 h</i>
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City services **3-1-1**  
 Services municipaux **3-1-1**  
 TTY/ATS 613-580-2401

# Nepean Sportsplex Features

The Nepean Sportsplex hosts more than 30 regional, provincial, national and international sporting events as well as 35 special events per year. Our facility serves over 1.5 million clients annually who enjoy any of the following amenities:

- Three competition-size ice rinks, including the Yzerman Arena
- 50-metre Olympic pool with diving towers and spring boards
- 25-metre family pool
- Children's wading pool
- Therapeutic swirl pool
- Weight room and Fitness Centre – over 3,000 sq. ft. of workout space
- Ten-sheet curling centre
- Four squash courts
- Thirteen meeting and banquet rooms ranging from 468 to 8,640 sq. ft.
- Convention and trade show space available – up to 62,000 sq. ft.
- Minto Sports Field (AstroTurf)
- Two baseball diamonds
- Soccer field
- Gymnasium
- Outdoor fitness trail
- Nepean Visual Arts Centre
- Nepean Seniors Recreation Centre
- Lawn Bowling Centre and Pavilion
- Capones Catering (613-226-6947)
- Sports Medicine and Physiotherapy Centre (613-727-5755)
- Foyer Gallery
- Spectators Bar and Grill

## Caractéristiques de l'installation

Le Sportsplex de Nepean accueille chaque année une trentaine d'événements sportifs d'envergure régionale, provinciale, nationale et internationale de même que 35 événements spéciaux. Notre installation sert annuellement plus d'un million et demi de clients, grâce aux commodités suivantes :

- Trois patinoires de dimensions réglementaires pour les compétitions, dont l'aréna Steve Yzerman
- Piscine olympique de 50 mètres avec plongeurs et tremplins
- Piscine familiale de 25 mètres
- Pataugeoire
- Piscine thérapeutique à remous
- Salle de musculation et centre de conditionnement physique – plus de 3 000 pieds carrés pour s'entraîner
- 10 pistes de curling
- Quatre courts de squash
- 13 salles de réunion ou de réception (de 468 à 8 640 pi<sup>2</sup>)
- Espace d'exposition pour salons et conventions (jusqu'à 62 000 pi<sup>2</sup>)
- Terrain Minto (gazon synthétique)
- Deux terrains de baseball
- Terrain de soccer
- Gymnase
- Sentiers sportifs extérieurs
- Centre des arts visuels de Nepean
- Centre des aînés de Nepean
- Terrain de bowling et pavillon
- Service de traiteur Capone (613-226-6947)
- Centre de médecine sportive et de physiothérapie (613-727-5755)
- Galerie du Foyer
- Le Spectators Bar et Grill



**Special Needs**  
**Besoins spéciaux**

## Special Needs Integration

All recreation programs offered within the City's Parks, Recreation and Cultural Services department are open to participants with disabilities. To help you

find the appropriate program or to determine the level of support needed, the City offers Integration Services.

Visit [ottawa.ca/specialneeds](http://ottawa.ca/specialneeds) for more information or call **613-580-2424 ext. 29283**.

## Besoins spéciaux – Services d'intégration

Tous les programmes de loisirs organisés par les Services des parcs, des loisirs et de la culture de la Ville d'Ottawa sont accessibles aux personnes ayant un handicap. La Ville offre des services d'intégration pour vous aider à trouver le programme qui vous convient et à déterminer le niveau de soutien dont vous avez besoin.

Pour en savoir plus, consultez l'adresse [ottawa.ca/besoins-speciaux](http://ottawa.ca/besoins-speciaux) ou composez le **613-580-2424, poste 29283**.

# Hall Rentals

The Nepean Sportsplex is the City of Ottawa's most comprehensive and versatile recreation complex. Whether you are interested in hosting a conference, banquet, wedding, dance, or a meeting, the Nepean Sportsplex can accommodate your one-of-a-kind event. Our impressive list of facility amenities, combined with our professional and relaxed atmosphere, will ensure your event is a success. Our convenient location allows easy access from major roads and highways. Plenty of on-site free parking, competitive and affordable rates, and our own reputable on-site caterer all make the Nepean Sportsplex an attractive venue to host your event.

## Meeting and Banquet Rooms

The Nepean Sportsplex offers 13 meeting and banquet facilities ranging from 468 to 8,640 sq. ft. The largest of these rooms has recently undergone major renovations and upgrades. This new upscale banquet hall can be easily converted into beautiful dining and reception facilities and can impressively hold major conferences and trade shows.

**For hall bookings, rental fees or to receive a detailed hall rental package, please contact 613-580-2828 option 4 or by e-mail at [sportsplexroomrentals@ottawa.ca](mailto:sportsplexroomrentals@ottawa.ca).**

## Trade Show and Consumer Sale Space

As Canada's largest multi-purpose recreation facility, the Nepean Sportsplex is ideally suited to host trade shows and consumer sales as well as conferences and conventions. With 21,000 sq. ft. available from April to October, the Nepean Sportsplex can certainly accommodate your needs with a versatile area boasting high ceilings, a PA system, one level entry convenience and an on-site caterer. From April to June, an additional 45,000 sq. ft. of space is available. Our space is flexible and adaptable to a variety of set-ups and is able to hold up to 380 exhibitor booths. Our friendly and knowledgeable special event staff will be your single point of contact to ensure the success of your event. Staff will facilitate site visits, accommodate your needs, and assist in overall event logistics. Over 1,000 free parking spaces are available for your clients' convenience.

**For show/sale bookings or to receive a detailed information package, please contact 613-580-2828 option 4.**

Come and visit the newly renovated salons at the Nepean Sportsplex.

Our on-site caterer, Capones Catering, offers superb quality and selection that will exceed your expectations for your conference, wedding or social celebration.

Capones Catering – voted one of Ottawa's top 10 Catering Specialists by Ottawa Tourism – can accommodate events from 20 to 1,500 people. Guests will also benefit from on-site complimentary parking.

**NEWLY  
RENOVATED**



# Locations de salles

Le Sportsplex de Nepean est le complexe récréatif le plus complet et le plus polyvalent de la Ville d'Ottawa. Que vous souhaitiez organiser une conférence, un banquet, des noces, une danse ou une réunion, le Sportsplex de Nepean est en mesure de vous accueillir. Notre liste impressionnante de commodités couplées à une atmosphère professionnelle et détendue assurera le succès de votre activité. Notre emplacement pratique permet un accès facile depuis les principales routes et autoroutes. Nos grands terrains de stationnement gratuits, nos tarifs concurrentiels et abordables et notre service de traiteur réputé font du Sportsplex de Nepean l'endroit idéal pour la tenue de vos événements.

## Salles pour réunions et banquets

Le Sportsplex de Nepean dispose de 13 salles de réunion et de réception d'une superficie allant de 468 pieds carrés à 8 640 pieds carrés. La salle la plus vaste a récemment fait l'objet de rénovations et d'améliorations majeures. Cette nouvelle salle de réception prestigieuse peut facilement être transformée en élégante salle à manger et peut également servir de lieu pour d'importantes conférences ou d'importants salons professionnels.

**Pour réserver des salles, pour connaître les tarifs de location ou pour recevoir un document d'information détaillé sur la location de salles prière d'appeler au 613-580-2828 (option 4) ou d'envoyer un courriel à l'adresse [sportsplexroomrentals@ottawa.ca](mailto:sportsplexroomrentals@ottawa.ca).**

## Locaux Pour Congrès, Expositions et Salons

En étant le plus grand complexe récréatif à multiple-usage au Canada, le Sportsplex de Nepean est idéalement équipé pour accommoder les ventes commerciales, les ventes de consommateur et aussi des conférences et conventions. Avec plus 21,000 pieds carré disponible du mois d'avril au mois d'octobre, le Sportsplex de Nepean peut certainement accommoder vos besoins en raison de nos haut plafonds, système d'adresse publique, facilité d'accès et un traiteur sur place. Du mois d'avril au mois de juin, un 45,000 pieds carré additionnel est disponible. Notre espace est flexible et adaptable pour une variété de montage différent et est capable de contenir jusqu'à 380 cabines d'exposant. Notre personnel amical et connaissant sera votre principal point de contact pour assurer le succès de votre événement. Notre personnel fournira des visites au différentes salles, accommodera vos besoins et vous aidera avec toutes vos logistiques d'événement. Plus de 1000 espaces de stationnement disponible pour la commodité de vos clients.

**Pour recevoir plus l'information sur les ventes commerciales et publiques, composez le 613-580-2828 (option 4).**

Venez visiter les salons nouvellement rénovés au Sportsplex de Nepean.

Notre traiteur sur place, Capones Catering, offre une superbe sélection d'aliments qui dépassera vos attentes pour agrémenter vos conférences, vos réceptions de mariage et vos célébrations.

Capones Catering – reconnu dans le cadre d'un vote comme l'un des 10 meilleurs spécialistes de traiteur d'Ottawa par Tourisme Ottawa – peut servir des groupes de 20 à 1 500 personnes lors de réceptions. Les invités peuvent également profiter d'un stationnement compris sur place.

# Registration

## Fall 2011 - Winter 2012 registration begins:

- Swimming and Aquafitness – Online/Touch Tone: 10 pm, August 8. In person: August 9 during business hours
- Other programs – Online/Touch Tone: 10 pm, August 10. In person: August 11 during business hours

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.

## Choose the method that's most convenient for you!



**1. Online:** direct your browser to [ottawa.ca/recreation](http://ottawa.ca/recreation) 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). **Registration opens: Swimming and Aquafitness – 10 pm, August 8; all other programs – 10 pm, August 10.**



**2. 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. **Registration opens: Swimming and Aquafitness – 10 pm, August 8; all other programs – 10 pm, August 10.**



**3. In person:** visit a Client Service Centre or a recreation facility 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). **Registration opens during business hours: Swimming and Aquafitness, August 9; all other programs, August 11.**

- *Non-Resident Fee: Non-Ottawa residents will be charged an additional 25% per person per program/membership.*
- *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. Proof of age is required.*



TTY Line – Telephone device for the hearing disabled 613-580-2401

## Registration Terms and Conditions

Programs must be paid for in full at the time of registration. Payment can be made by cheque, credit card, debit card or in cash. Cheques are made payable to the City of Ottawa. Schedules and fees may be subject to change. Fees include HST.

### Cancellations

Courses with insufficient registration will be cancelled. If a class or lesson is cancelled, every attempt will be made to re-schedule. If the class or lesson cannot be rescheduled, a refund will be issued.

### 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.

### Withdrawals/Refunds

Visit your local recreation facility or any City of Ottawa Client Service Centre to withdraw from a program. If you would like a refund\*, you must fill out and submit a Refund Request Form. No processing fee will be charged if the refund is credited to your account. A \$25 processing fee will be charged for refunds by cheque or credit card. Refunds will be issued within 21 days of the receipt of the Refund Request Form.

\* If more than 50 per cent 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.

### Returned Cheque/Declined Credit Card Fee

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

### Harmonized Sales Tax (HST)

The Harmonized Sales Tax (HST) of 13 per cent applies to recreation programs, services and materials where applicable and is included in the fees.

Existing programs that were GST exempt remain HST exempt – for example, qualifying recreation programs for children 14 and younger and individuals with disabilities.

For more information, visit the Government of Ontario website: [www.rev.gov.on.ca](http://www.rev.gov.on.ca)

### 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 is required to sign a release waiver and submit it to the facility where the program is being offered. Contact the facility for additional information.

### Severe Allergies

It is the responsibility of the participant or parent/guardian to identify if there are severe allergies that 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 are required to provide two auto-injectors and sign a release waiver to be submitted to the facility where the program is offered.

### Ottawa Hand in Hand

#### Recreation & Culture Fee Support

The City of Ottawa offers financial support to ensure that all 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 support application, visit your local recreation facility or any City of Ottawa Client Service Centre. Applicants will be asked to provide proof of financial need.

**General Information:** Instructional programs are advertised in the language in which they are offered. Schedules and fees may be subject to change. Fees include HST.

# Inscription

## Début des inscriptions automne 2011-hiver 2012 :

- Programmes aquatiques et d'aquaforme – en ligne ou par téléphone à clavier dès 22 h le 8 août, et en personne le 9 août pendant les heures d'ouverture
  - Autres programmes – en ligne ou par téléphone à clavier 22 h le 10 août, et en personne le 11 août, pendant les heures d'ouverture
- Si vous avez besoin d'un NIP familial et de numéros personnels, veuillez appeler au 613-580-2588, du lundi au vendredi, de 7 h à 19 h (à l'exception des congés fériés) et suivre les instructions du guide parlé.

## Choisissez le mode qui vous convient!



**1. En ligne :** Allez à [ottawa.ca/loisirs](http://ottawa.ca/loisirs) et cliquez sur le logo « 123 On s'inscrit » pour visionner les programmes et vous inscrire à un cours. Vous aurez besoin du numéro et de la date d'expiration de votre carte de crédit (Visa/MasterCard), ainsi que de votre NIP familial et de votre code à barres individuel. **Les inscriptions pour les programmes d'activités aquatiques et d'aquaforme débutent le 8 août, dès 22 h, et le 10 août, 22 h pour tous les autres programmes.**



**2. Téléphone à clavier :** Composez le 613-580-2588. Vous aurez besoin du numéro et de la date d'expiration de votre carte de crédit (Visa/MasterCard), ainsi que de votre NIP familial et de votre code à barres individuel. Les reçus seront disponibles sur demande. **Les inscriptions pour les programmes d'activités aquatiques et d'aquaforme débutent le 8 août, dès 22 h, et le 10 août 22 h pour tous les autres programmes.**



**3. En personne :** Rendez-vous à l'une des installations de loisirs ou à l'un des centres du service à la clientèle pour les cours affichant un code de programme. Pour les cours qui n'affichent pas de code de programme, vous devez vous inscrire aux installations où le programme est offert. Les modes de paiement acceptés sont les suivants : argent comptant, chèque (libellé à l'ordre de la Ville d'Ottawa), carte de débit ou de crédit (Visa/MasterCard). **En personne, pendant les heures d'ouverture : l'inscription pour les programmes d'activités aquatiques et d'aquaforme débutent le 9 août, et pour tous les autres programmes le 11 août.**

- *Non-résidents : Des frais supplémentaires de 25 % par personne s'appliqueront à toute demande d'inscription à un programme présentée par une personne qui ne réside pas à Ottawa.*
- *Rabais pour personne âgée : Les résidents de la Ville d'Ottawa âgés de 65 ans ou plus ont droit à un rabais de 10 % lorsqu'ils s'inscrivent à un programme, sur présentation d'une preuve d'âge.*



Ligne ATS – Appareil téléphonique pour les personnes ayant une déficience auditive 613-580-2401

## Conditions générales d'inscription

Les frais doivent être entièrement acquittés lors de l'inscription à un programme. Les modes de paiement acceptés sont les suivants : chèque (libellé à l'ordre de la Ville d'Ottawa), carte de crédit, carte de débit ou argent comptant. Les horaires et les tarifs peuvent changer. La TVH est incluse dans les tarifs, le cas échéant.

### Annulations

Un nombre insuffisant d'inscriptions entraînera l'annulation du cours ou de la séance. Le cas échéant, tous les efforts seront déployés afin d'établir une nouvelle date à l'horaire. Si c'est impossible, il y aura remboursement.

### Listes d'attente

Si le cours qui vous intéresse est complet, vous pouvez choisir un autre cours ou vous faire inscrire sur la liste d'attente du cours voulu. Il n'y a toutefois aucune garantie qu'une place se libèrera. Les participants seront avisés uniquement si une place se libère.

### Abandon et remboursement

Si vous souhaitez abandonner un programme, veuillez vous adresser à un centre du service à la clientèle de la Ville d'Ottawa, ou à l'installation de loisirs de votre quartier. Pour tout remboursement\*, vous devez remplir et présenter un Formulaire de demande de remboursement. Aucuns frais ne seront imputés si le remboursement est crédité à votre compte, mais un remboursement par chèque ou carte de crédit occasionnera des frais de traitement de 25 \$. Les remboursements seront traités dans les 21 jours suivant la réception du Formulaire de demande de remboursement.

\* Si plus de la moitié de la durée du cours ou de l'abonnement s'est déjà écoulé, aucun remboursement ni crédit ne sera accordé. Aucun remboursement ni crédit n'est accordé pour les leçons privées. Pour les frais d'admission et l'achat de produits, les demandes de remboursement seront traitées sur place, sur présentation de la preuve d'achat.

### Frais pour chèque retourné et carte de crédit refusée

Des frais seront exigés si deux paiements consécutifs par carte de crédit ont été refusés et pour tous les chèques retournés (chèques sans provision, bloqués ou dont les fonds ne sont pas dégagés).

### Taxe de vente harmonisée (TVH)

La taxe de vente harmonisée (TVH) de 13 % s'applique aux services, aux fournitures et aux programmes récréatifs, selon les cas, et elle est comprise dans les frais.

Les programmes actuels exonérés de la TPS, comme les programmes récréatifs pour les enfants de moins de 14 ans et les programmes pour personnes handicapées par exemple, seront également exonérés de la TVH.

Pour plus de renseignements, veuillez consulter le site Web du gouvernement de l'Ontario : [www.rev.gov.on.ca](http://www.rev.gov.on.ca)

### Administration des médicaments

Un participant qui a besoin que le personnel de la Ville d'Ottawa entrepose des médicaments, les administre ou en surveille l'administration devra signer une renonciation à l'installation où le programme est offert, ou la faire signer par un parent ou un tuteur. Veuillez communiquer avec l'installation concernée pour obtenir de plus amples renseignements.

### Allergies graves

Il appartient au participant, à un parent ou à un tuteur de faire part de toute allergie grave nécessitant le recours à un auto-injecteur, d'en fournir deux et de signer une renonciation à l'installation qui offre le programme. La Ville d'Ottawa s'efforce toutefois d'assurer la sécurité et le bien-être de tous les participants en offrant ses programmes dans des zones libres d'allergènes et en adoptant des pratiques visant à réduire ces derniers.

### Ottawa main dans la main

#### Subvention pour les programmes des loisirs et de culture

La Ville d'Ottawa offre un soutien financier permettant à tous les résidents de participer aux activités et aux programmes de loisirs et de culture, quels que soient leurs moyens. Pour de plus amples renseignements ou pour obtenir un formulaire de demande, veuillez vous adresser à un centre du service à la clientèle de la Ville d'Ottawa, ou à l'installation de loisirs de votre quartier. Une preuve sera exigée pour toute demande.

**Renseignements généraux :** Les programmes d'enseignement sont décrits dans la langue dans laquelle ils sont offerts. Les horaires et les tarifs peuvent changer. La TVH est incluse dans les tarifs, le cas échéant.

# Day Camps

## New Camps – New Friends – More Fun!



### Did you know?

#### All Parks, Recreation and Cultural Services camp staff are:

- Hired based on their experience and enthusiasm
- Certified in First Aid and CPR
- Certified through the Ministry of Ontario High Five Training Program (Healthy Child Development)
- Required to have a police reference check



#### Our camps also provide:

- A wide selection of affordable age appropriate activities
- A safe, fun and exciting way to keep your child active
- The opportunity to meet new friends and develop social skills
- Pre- and post-care options are available at no extra charge



### Choosing a Camp

Picking a camp for your child is an important decision and we offer a variety of camp options to meet the needs of your child. Camps are classified by program name, description and age.

### Personal Belongings

The City of Ottawa is not responsible for any items that your child loses at camp; it is recommended that all items be labelled. Campers are asked not to bring items of any significant value. Electronic devices are not permitted at camp (iPods, MP3, cell phones, videogames, cameras, etc.)

### Camp Hours of Operation

Each day camp runs from approximately 9 am to 4 pm, unless otherwise noted. Pre- and post-care is available 8-9 am and 4-5 pm at no extra charge for all camps. There is a late pick-up charge of \$5 per each additional 15 minutes.

### Program Enrolment Forms and Medication at Camp

Program Enrolment Forms (camper information), and Medication Administration requests for camps are available online at [ottawa.ca/recreation](http://ottawa.ca/recreation) or at the Sportsplex on the first day of camp. Forms are to be submitted on, or before, the first day of camp. Participants must pre-register for

camp programs using one of the registration methods identified on page 6. Day camp staff can administer drugs/medication to a child ONLY when the parent/guardian of that child has completely filled out the appropriate permission form. We ask that you communicate with your day camp co-ordinator any specific instructions or guidelines that need to be followed.

### 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 Sportsplex staff or the Special Needs Portfolio Manager at 613-580-2424 ext. 29283 for assistance.

### Swimming

To adhere to the City's admission standards (page 48), children 8 - 10 years of age who do not pass the swim test must wear a labelled lifejacket (PDF) each day at camp.

### Camper Check List

- Lunch & Snacks (nut free)
- Bathing Suit & Towel
- Water Bottle
- Running Shoes
- Hat

# Day Camps

## PD Day – Athletics Day Camp

Get into physical activities on your day off school. Swimming, crafts, first aid training and all the gymnasium sports you can imagine. Child care is available 8-9 am and 4-5 pm.

6-12 yrs	Fri	9 am-4 pm
Oct 7	\$38	677243
Nov 18	\$38	677246
Jan 27	\$38	677249
Feb 17	\$38	677251

## Winter Break Day Camp

Enjoy sports, swimming, games, crafts, activities and much more. Exciting theme days – don't miss it! Child care is available 8-9 am and 4-5 pm.

6-12 yrs	Tue-Fri	9 am-4 pm
Jan 3-6	\$152	677151

## March Break Camps

### Preschool

#### Kids Create (Half-day camp)

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 option 3**

<b>3-5 yrs</b>	Mon-Fri	9:30 am-noon
Mar 12-16	\$120.50	672142

#### Kinder Kids (Half-day camp)

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

<b>3-5 yrs</b>	Mon-Fri	9 am-noon
Mar 12-16	\$94.50	677167

### Children

#### All Star Sports

Skills, drills and strategies! Enjoy action-packed days full of your favourite sports including a daily swim.

<b>6-8 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$170	677169
<b>9-12 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$170	677170

#### Art Around the World (Half-day camp)

Broaden your child's horizons... stories, songs, music, games and crafts from various cultures around the world.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

<b>6-12 yrs</b>	Mon-Fri	9:30 am-noon
Mar 12-16	\$120.50	672206

#### Glue, Scissors and Rollers (Half-day camp)

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 option 3**

<b>6-8 yrs</b>	Mon-Fri	1-3:30 pm
Mar 12-16	\$120.50	672180

#### Hip Hop Performance Dance Camp NEW

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! Child care is available 8-9 am and 4-5 pm.

<b>6-12 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$200	677214

#### Learn to Skate

Children learn basic skating skills in a fun, small group setting. Participants are grouped according to their age and skill level. Helmets are mandatory. Child care is available 8-9 am and 4-5 pm.

<b>6-12 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$200	677175

#### 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, along with other camp activities. Child care is available 8-9 am and 4-5 pm.

<b>8-12 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$252	677184

#### Multi Media – Mixing It (Half-day camp)

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 option 3**

<b>6-8 yrs</b>	Mon-Fri	9:30 am-noon
Mar 12-16	\$120.50	672015

#### Nepean Rocks Curling Camp

Fun-filled week of curling instruction, game play and socializing. Participate in a variety of activities including theme days, swimming, and much more. Child care is available 8-9 am and 4-5 pm.

<b>8-12 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$200	680693

#### Out n' About Camp NEW

Join your friends for awesome adventures. Our energetic and experienced staff will take the kids to a variety of destinations. Child care is available 8-9 am and 4-5 pm.

#### Weekly Program

<b>8-12 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$200	677190

#### Daily Program

<b>8-12 yrs</b>	Mon	9 am-4 pm	
Mar 12	\$45	677192	Tubeing
	Tue	9 am-4 pm	
Mar 13	\$45	677194	IMAX
	Wed	9 am-4 pm	
Mar 14	\$45	677195	Rock Climbing
	Thu	9 am-4 pm	
Mar 15	\$45	677199	Mini Putt & Swim
	Fri	9 am-4 pm	
Mar 16	\$45	677207	Laser Quest & Swim



# Day Camps

## Sketching and Painting (Half-day camp)

Drawing and painting with media such as watercolours, acrylics, charcoal, conte and pastels, with advanced techniques and learning opportunities.

**Nepean Visual Arts Centre –  
613-580-2828 option 3**

<b>9-13 yrs</b>	Mon-Fri	1-3:30 pm
Mar 12-16	\$120.50	672193

## Time Traveller (Half-day camp)

Journey through art history and create drawings, painting, sculptures and more. Bring your own ideas and images to life while learning hands-on about famous artists.

**Nepean Visual Arts Centre –  
613-580-2828 option 3**

<b>6-10 yrs</b>	Mon-Fri	1-3:30 pm
Mar 12-16	\$120.50	672121

# Swim Camps

## March Break – 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/Swim Kids 2.

<b>6-8 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$177	679102

## March Break – 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/Swim Kids 4.

<b>9-12 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$177	679104



our  
**41<sup>st</sup>** anniversary  
season **2011**



**ACADEMY PROGRAM  
@ NEPEAN HOTSPURS  
SOCCER CLUB**

**Make the Nepean Hotspurs Soccer Club your choice in 2011!**

**The Hotspurs are pleased to offer programs for all ages and skill levels.**

For more information phone 613.723.5762,  
email [info@hotspurs.on.ca](mailto:info@hotspurs.on.ca)

visit our website at [www.hotspurs.on.ca](http://www.hotspurs.on.ca)

or drop into the club house, Unit 6, 200 Colonnade Road (South)

**The Nepean Hotspurs Soccer Club**

1970 – 2011  
41 Years of Community Service

# Recreation and Culture



## Preschool Dance

### 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.

<b>2-3 yrs</b>	Mon	4:45-5:15 pm
Sep 19-Dec 12	\$44.25	664044
Jan 9-Mar 5	\$29.50	665174
<b>2-3 yrs</b>	Mon	5:15-5:45 pm
Sep 19-Dec 12	\$44.25	664048
Jan 9-Mar 5	\$29.50	665186
<b>2-3 yrs</b>	Sat	12:45-1:15 pm
Sep 17-Dec 10	\$44.25	664059
Jan 7-Mar 10	\$36.75	672284
<b>2-3 yrs</b>	Sat	1:15-1:45 pm
Sep 17-Dec 10	\$44.25	664071
Jan 7-Mar 10	\$36.75	672287
<b>4-6 yrs</b>	Mon	5:45-6:30 pm
Sep 19-Dec 12	\$87	664090
Jan 9-Mar 5	\$58	665203

### 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.

<b>2-3 yrs</b>	Sun	9:30-10 am
Sep 18-Dec 11	\$44.25	677307
Jan 8-Mar 11	\$36.75	672972
<b>3-5 yrs</b>	Sun	10-10:45 am
Sep 18-Dec 11	\$87	677328
Jan 8-Mar 11	\$72.50	677683

### Pre-Ballet

This program provides preschoolers with an engaging introduction to movement and the basics of ballet, giving them fundamentals that can be built upon in future dance and sports pursuits. The exercises are structured to develop strength, balance, flexibility and coordination.

<b>3-4 yrs</b>	Tue	5:45-6:30 pm
Sep 27-Dec 13	\$87	664885
Jan 10-Mar 6	\$65.25	665791
<b>4-5 yrs</b>	Tue	5:45-6:30 pm
Sep 27-Dec 13	\$87	664899
Jan 10-Mar 6	\$65.25	665832
<b>4-5 yrs</b>	Wed	6:30-7:15 pm
Sep 28-Dec 14	\$87	677808
Jan 11-Mar 7	\$65.25	671674
<b>4-5 yrs</b>	Sat	3-3:45 pm
Sep 17-Dec 10	\$87	664906
Jan 7-Mar 10	\$72.50	672307
<b>4-5 yrs</b>	Sat	4-4:45 pm
Sep 17-Dec 10	\$87	664909
Jan 7-Mar 10	\$72.50	672350

### 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.

<b>2-3 yrs</b>	Tue	5:15-5:45 pm
Sep 27-Dec 13	\$44.25	664473
Jan 10-Mar 6	\$33.25	665765
Sep 27-Dec 13	\$44.25	664487
Jan 10-Mar 6	\$33.25	665805
	Tue	6:30-7 pm
Sep 27-Dec 13	\$44.25	664859
Jan 10-Mar 6	\$33.25	665843
	Wed	6-6:30 pm
Sep 28-Dec 14	\$44.25	677790
Jan 11-Mar 7	\$33.25	671660
	Sat	1:45-2:15 pm
Sep 17-Dec 10	\$44.25	664869
Jan 7-Mar 10	\$36.75	672294
	Sat	2:30-3 pm
Sep 17-Dec 10	\$44.25	664874
Jan 7-Mar 10	\$36.75	672298

## General Interest

### Early Einstein NEW

Parents and preschoolers science program to make science fun and exciting. New experiment each week.

<b>2-4 yrs</b>	Tue	10:30-11:30 am
Sep 27-Dec 13	\$68	664463
Jan 10-Mar 6	\$51	665737

### Krayola Kids

Learn the colours through stories, arts and crafts projects, and hands on demonstrations along with handouts. Be sure to wear the 'colour of the day.'

<b>3-5 yrs</b>	Tue	1-2 pm
Sep 27-Dec 13	\$68	664448
Jan 10-Mar 6	\$51	665624



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

Les horaires et les tarifs peuvent changer. La TVH est incluse dans les tarifs, le cas échéant.

# Recreation and Culture

## Little Splinters



Preschoolers will learn to cut, hammer and sand pieces of wood into great creations all without hitting their thumb.

<b>3-5 yrs</b>	Thu	11:30 am-12:30 pm
Sep 22-Dec 8	\$96	678187
Jan 12-Mar 8	\$72	671808
<b>3-5 yrs</b>	Thu	1-2 pm
Sep 22-Dec 8	\$96	678193
Jan 12-Mar 8	\$72	671813

## Rainbow Readers



Using games, puzzles, songs and the Jolly Phonics program children learn numbers, letters, sound blending and colours in a play based environment. Parents are required to participate.

<b>2-4 yrs</b>	Thu	10-10:45 am
Sep 29-Dec 15	\$68.25	678015
Jan 12-Mar 8	\$51.25	678760

## Super Safari

Touch a tortoise, tickle a bunny, and ruffle the feathers of a bird. Each week brings new critters for the child and adult. All children must be registered to come.

<b>3-5 yrs</b>	Wed	1-2 pm
Sep 28-Dec 14	\$81	667809
Jan 11-Mar 7	\$60.75	671599

## Playgroups

### Lil' Rascals

Drop off program for preschool children.

<b>3-5 yrs</b>	Mon	9:15-11:15 am
Sep 26-Dec 19	\$118.25	664020
Jan 9-Mar 5	\$79	665115

### 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.

<b>6 mths-5 yrs</b>	Wed	9:15-11:15 am
Sep 28-Dec 14	\$85.50	667856
Jan 11-Mar 7	\$64.25	671604

## Super Fridayz

TGIF! Preschoolers explore a variety of equipment such as balls, hoops, parachute fun, bubbles, games and song time.

<b>3-5 yrs</b>	Fri	9:15-11:15 am
Sep 30-Dec 16	\$118.25	678302
Jan 13-Mar 9	\$107.25	671908

## Sports

### Floor Hockey – Parent and Tots

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.

<b>3-5 yrs</b>	Sun	1-1:45 pm
Sep 18-Dec 18	\$90	677257
Jan 8-Mar 11	\$75	672860

### Indoor Soccer

Learn the game of soccer the fun way: a few drills, fun games and a lot of playing time.

<b>3-4 yrs</b>	Sat	9-9:45 am
Sep 17-Dec 10	\$72	675837
Jan 7-Mar 10	\$60	672201
	Wed	2-2:45 pm
Sep 28-Dec 14	\$72	667687
Jan 11-Mar 7	\$54	671578
	Fri	1-1:45 pm
Sep 30-Dec 16	\$72	678318
Jan 13-Mar 9	\$54	671895
<b>5-6 yrs</b>	Sat	9-9:45 am
Sep 17-Dec 10	\$72	675855
Jan 7-Mar 10	\$60	672229

### Just Gym for Preschoolers

Children 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.

<b>3-5 yrs</b>	Wed	1-1:45 pm
Sep 28-Dec 14	\$90	677689
Jan 11-Mar 7	\$67.50	671593

## Martial Arts – Chito-Ryu Karate

Teaching traditional and modern Chito-Ryu karate, for fitness and self-defence!

<b>4-5 yrs</b>	Wed	5:15-6 pm
Sep 21-Dec 7	\$74.25	667754
Jan 11-Mar 7	\$55.75	667934
	Sat	9-9:45 am
Sep 17-Dec 10	\$74.25	667767
Jan 7-Mar 10	\$62	672010
	Sat	9:45-10:30 am
Sep 17-Dec 10	\$74.25	667774
Jan 7-Mar 10	\$62	672108

## Soccer and T-Ball

Introduces preschoolers to the sports of soccer and T-Ball in a fun, non-competitive way.

<b>3-5 yrs</b>	Mon	2-2:45 pm
Sep 26-Dec 12	\$72	663887
Jan 9-Mar 5	\$48	664979

## Sportball® – Multi-Sport

In partnership 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

<b>3-5 yrs</b>	Mon	10-11 am
Sep 26-Dec 5	\$173.50	663863
Jan 9-Mar 5	\$139	664949
	Sat	1:15-2:15 pm
Sep 24-Dec 3	\$173.50	663867
Jan 7-Mar 10	\$156.25	678696
<b>4-6 yrs</b>	Sat	12:15-1:15 pm
Sep 24-Dec 3	\$173.50	663872
Jan 7-Mar 10	\$156.25	678689

## Sportball® – Parent and Tot

In partnership 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.

<b>2-3 yrs</b>	Mon	9:15-10 am
Sep 26-Dec 5	\$173.50	663859
Jan 9-Mar 5	\$139	664933
	Sat	2:15-3 pm
Sep 24-Dec 3	\$173.50	663861
Jan 7-Mar 10	\$153.25	678710

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

Les programmes d'enseignement sont décrits dans la langue dans laquelle ils sont offerts.

# Recreation and Culture



## Sporty Kids

A fun time for sporty kids! Children participate in active games, sports and more!

<b>3-5 yrs</b>	Fri	2-2:45 pm
Sep 30-Dec 16	\$72	678394
Jan 13-Mar 9	\$54	671861

## Visual Arts

### 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 option 3

<b>3-5 yrs</b>	Sat	9-10:30 am
Sep 24-Dec 3	\$144.75	659100
Jan 21-Mar 31	\$144.75	662533

## Children

## Dance

### Ballet

Ballet, music, movement and mime. Routines designed to help the development of strength, balance, flexibility and coordination.

<b>6-8 yrs</b>	Tue	7-8 pm
Sep 27-Dec 13	\$87	667264
Jan 10-Mar 6	\$65.25	665862
	Sat	4:45-5:45 pm
Sep 17-Dec 10	\$87	667368
Jan 7-Mar 10	\$72.50	672397

### Ballet Jazz



Introduction for beginners.

<b>6-10 yrs</b>	Wed	7:15-8 pm
Sep 28-Dec 14	\$87	677845
Jan 11-Mar 7	\$65.25	671681

### Cool Dance

This class offers some tap, ballet and jazz with a touch of hip hop. Learn all the steps and great moves to become a superb dancer.

<b>7-10 yrs</b>	Mon	6:30-7:30 pm
Sep 19-Dec 12	\$87	664124
Jan 9-Mar 5	\$58	665225

### 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!

<b>11-14 yrs</b>	Mon	7:30-8:30 pm
Sep 19-Dec 12	\$87	664155
Jan 9-Mar 5	\$58	665308

### 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!!

<b>6-8 yrs</b>	Thu	6-7 pm
Sep 22-Dec 8	\$87	678236
Jan 12-Mar 8	\$65.25	671836
<b>9-14 yrs</b>	Thu	7-8 pm
Sep 22-Dec 8	\$87	678242
Jan 12-Mar 8	\$65.25	671837

## Preschool Workshops

### Kidz Hero Day!

Get excited at the sight of a police officer or a fire engine zooming by with lights and sirens roaring? Meet your favourite heroes! Dress as your favourite emergency person.

Parents participate.

<b>3-5 yrs</b>	Sun	9:30-11 am
Sep 25	\$20	677886

### Pumpkin Patch

Enjoy a howling good time together creating spooky crafts! Costumes a must!

Parents participate!

<b>3-5 yrs</b>	Sat	9:30-10:30 am
Oct 22	\$20	675983

### Santa Claus is Coming to Town!

Want to make sure your list gets to Santa? Make crafts for each of Santa's reindeer. Parents participate!

<b>3-6 yrs</b>	Sun	9:30-11 am
Dec 11	\$25	677893

### 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.

<b>5-6 yrs</b>	Sun	8:30-10:30 am
Oct 16	\$42.25	678129
Feb 5	\$42.25	678132

### Sweet Hearts

Help your child create memorable crafts for all the sweethearts on their list on Valentine's Day!

<b>3-6 yrs</b>	Sun	10-11 am
Feb 12	\$20	673417



# Recreation and Culture

## 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.

<b>6-8 yrs</b>	Sun	10:45-11:30 am
Sep 18-Dec 11	\$87	677587
Jan 8-Mar 11	\$72.50	673001
<b>9-12 yrs</b>	Sun	11:30 am-12:30 pm
Sep 18-Dec 11	\$96	677597
Jan 8-Mar 11	\$80	673010

## General Interest

### Chess Club

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

<b>8-12 yrs</b>	Tue	6-7 pm
Sep 27-Dec 13	\$95	664432
Jan 10-Mar 6	\$71.25	665561

### Drop and Shop NEW

Enjoy Christmas shopping while our trained experienced staff lead your child(ren) through a day of interesting activities.

<b>7-12 yrs</b>	Sat	9 am-4 pm
Dec 10	\$38	676168
Dec 17	\$38	676185

### 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.

<b>10-13 yrs</b>	Wed	6-7:30 pm
Sep 28-Dec 14	\$63	677726
Jan 11-Mar 7	\$47.25	671645

### Guitar – Level 1

Learn basic cords, strums and finger picking.

<b>8-12 yrs</b>	Sun	10-11 am
Sep 18-Dec 11	\$114	677281
Jan 8-Mar 11	\$95	672913

### Guitar – Level 2

Once you have the basics through Guitar – Level 1 or equivalent, you're ready for more advanced music.

<b>8-12 yrs</b>	Sun	11 am-noon
Sep 18-Dec 11	\$114	677294
Jan 8-Mar 11	\$95	672926

### Little Bambino NEW

Uno, doz, tres! Through themed crafts and games based in basic Spanish, children develop vocabulary and learn to count, write and sing in this beautiful language!

<b>7-10 yrs</b>	Mon	6-7 pm
Sep 19-Dec 12	\$95	667494
Jan 9-Mar 5	\$63.50	667762

### Project Runway

From sketchbook to runway – bring your fashion ideas to life! Design and create clothing and accessories including a tinfoil dress and duct tape purse! Photo shoots, special guests and more!

<b>11-14 yrs</b>	Mon	6-7 pm
Sep 19-Dec 12	\$86.50	664417
Jan 9-Mar 5	\$57.50	665493

### Scrapbooking NEW

This introduction to scrapbooking class will teach children different ways to use a variety of tools to create beautiful 8½" x 11" scrapbook pages.

<b>8-14 yrs</b>	Thu	6-7 pm
Sep 22-Dec 8	\$85	678404
Jan 12-Mar 8	\$63.75	671788

### Tween Night NEW

T.G.I.F. Join us once a month for special events and outings! It's the place to be on a Friday night!

<b>11-14 yrs</b>	Fri	6-9 pm	<b>Activity</b>
Sep 30	\$40	680666	Swim & Pizza
Oct 28	\$40	680667	Saunders Farm
Nov 25	\$40	680669	Night at the Movie Theatre
Dec 16	\$40	680671	Lazer Quest
Jan 20	\$40	671959	Swim & Pizza
Feb 17	\$40	671978	Winterlude
Mar 2	\$40	671988	Mini Putt



## Sports

### Ball Hockey – Basics

Come play ball hockey while learning the skills and drills of the game.

<b>5-7 yrs</b>	Sun	2-3 pm
Sep 18-Dec 18	\$96	677261
Jan 8-Mar 11	\$80	672886
<b>8-12 yrs</b>	Sun	3-4 pm
Sep 18-Dec 18	\$96	677263
Jan 8-Mar 11	\$80	672893

### Basketball – Girls Only

Designed to teach the basics of basketball to girls in a fun and friendly environment.

<b>7-12 yrs</b>	Tue	6-6:45 pm
Sep 27-Dec 13	\$70	667582
Jan 10-Mar 6	\$52.50	667695

### Cheerleading – Beginner

Try this challenging and exciting sport with many of the benefits of gymnastics and dance plus a unique team element. No doubt about it. Cheerleaders are great athletes. Girls and boys learn beginner level tumbling, cheers and dance!

<b>7-12 yrs</b>	Wed	5-6 pm
Sep 21-Dec 7	\$84	677703
Jan 11-Mar 7	\$63	671629

### Cross-Country Skiing

Learn/review the basics of classic skiing: diagonal stride, double poling, and climbing and descending hills. Reinforced through activities, games and skiing in the park. Participants must have skis and poles.

<b>10-13 yrs</b>	Wed	5:30-6:30 pm
Jan 11-Feb 15	\$68.25	680431
	Sat	noon-1 pm
Jan 7-Feb 11	\$68.25	680308

### Indoor Soccer NEW

Learn the game of soccer the fun way: a few drills, fun games and a lot of playing time.

<b>6-8 yrs</b>	Mon	5-6 pm
Sep 19-Dec 12	\$82	664004
Jan 9-Mar 5	\$54.75	665048
<b>7-9 yrs</b>	Sat	9:45-10:45 am
Sep 17-Dec 10	\$82	675924
Jan 7-Mar 10	\$68.50	672256
<b>10-12 yrs</b>	Sat	9:45-10:45 am
Sep 17-Dec 10	\$82	675931
Jan 7-Mar 10	\$68.50	672265

# Nepean Sportsplex



## AFTER SCHOOL PROGRAM

### *Register Now*

September 6, 2011 to June 28, 2012

3-6 pm

\$1,850 (payment options available)

Barcode: 656775



Transportation Requirements

OSTA: 613-224-8800

Swimming • Curling • Crafts • Sports • Games

613-580-2424 ext. 21236

sportsplexafterschool@ottawa.ca

1701 Woodroffe Ave.



# Recreation and Culture

## Junior Badminton Club

A new badminton club for kids 8-14. Club will consist of 20 minute lessons followed by practice and games each day. This is to provide separate time for child and youth badminton in our facility. Instructor will run games, ladders, and tournaments.

<b>8-14 yrs</b>	Sun	10-11 am
Sep 18-Dec 18	\$132	677861
Jan 8-Mar 11	\$110	672944
	Sun	11 am-noon
Sep 18-Dec 18	\$132	677867
Jan 8-Mar 11	\$110	678756

## Junior Squash Clinic

Try squash as a fitness option. Learn the basics of forehand, backhand, serve/serve return and the rules. Meet the Pro.

<b>6-12 yrs</b>	Tue	4:20-5:40 pm
Sep 27-Dec 13	\$111	678652
Jan 10-Mar 6	\$83.25	678175
<b>8-14 yrs</b>	Sun	6:20-7:40 pm
Sep 18-Dec 11	\$111	677940
Jan 8-Mar 25	\$111	672960

## Little Rocks Curling

Designed to provide kids with a fun-filled Sunday afternoon of curling instruction, game play and socializing. Introduce your kids to an Olympic sport.

<b>8-12 yrs</b>	Sun	9-10:30 am
Nov 13-Mar 4	\$131.25	677816
	Sun	10:45 am-12:15 pm
Nov 13-Mar 4	\$131.25	677858

## Martial Arts – Chito-Ryu Karate

Teaching traditional and modern Chito-Ryu karate, for fitness and self-defence!

<b>6-8 yrs</b>	Sat	10:30-11:15 am
Sep 17-Dec 10	\$74.25	667798
Jan 7-Mar 10	\$62	672129
<b>6-12 yrs</b>	Wed	6-6:45 pm
Sep 21-Dec 7	\$74.25	667787
Jan 11-Mar 7	\$55.75	667945
<b>9-12 yrs</b>	Sat	11:15 am-12:15 pm
Sep 17-Dec 10	\$112.25	667802
Jan 7-Mar 10	\$93.75	672139



**Ian Dudley (a.k.a. "the LEGO® guy")**

is Ottawa's leader in LEGO® education. As a mechanical engineering technologist with his own curriculum of projects, Ian uses a wide range of the newest LEGO® and LEGO® NXT products to teach engineering and robotics to everyone from kindergarteners to adults. He and his "LEGO® guy" instructors have an enthusiastic teaching style that places high emphasis on hands-on challenges, teamwork and outright fun. You'll find "LEGO® guy" instructors in Ottawa's recreation centres, public and private schools, and museums. Ian and his instructors coordinate many LEGO® and NXT birthday parties, and they provide extensive educational support to home-based learners and to competitive LEGO® teams.

## Children's Workshops

### Girl World – Empowering Exceptional Girls NEW

Inspiring girls to be strong, smart, and bold. Join us for a workshop where we redefine beauty and what it means to be exceptional! We'll take you from Tween to Queen in no time!

<b>11-14 yrs</b>	Sun	9 am-4 pm
Oct 23	\$75	678751
Feb 26	\$75	678704

### Home Alone NEW

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.

<b>9-13 yrs</b>	Sun	1-3 pm
Oct 16	\$43.75	677685
Mar 4	\$43.75	673408

### Internet Smart Workshop NEW

Internet-proof your child with this workshop on personal safety and the internet. Learn internet-smart safety tools to protect against dangerous or suspicious situations. Topics include making safe choices, identifying lures and much more.

<b>7-12 yrs</b>	Sat	11 am-noon
Nov 19	\$42.25	676031
Feb 4	\$42.25	672421

### Introduction to LEGO® Machines

Discover how real life machines work. Learn about the building pieces and techniques, LEGO® math and measurement as well as tips for smart building. Building projects will focus on structures, machines and vehicles.

<b>8-13 yrs</b>	Sun	8:30-11:30 am
Jan 8	\$45.50	678178

### 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®.

<b>7-9 yrs</b>	Sun	8:30-11:30 am
Nov 20	\$45.50	678146

### LEGO® Building/Robotics – Intermediate

Using motors and gears, build intermediate LEGO® projects including a drawbridge, steering mechanism, flywheel, and bumper-bot. Build unique RCX and NXT robotic projects including rovers and walking robots.

<b>8-13 yrs</b>	Sun	8:30-11:30 am
Mar 4	\$45.50	678186

### 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.

<b>7-12 yrs</b>	Sun	8:30-11:30 am
Sep 11	\$45.50	678098

### 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.

<b>8-13 yrs</b>	Sun	8:30-11:30 am
Sep 25	\$45.50	678106
Mar 25	\$45.50	678122

## Birthday Parties!

Choose from one of our theme parties and get ready to have some fun! Our theme parties come with a qualified and energetic City of Ottawa program leader, a decorated party room (theme specific), age appropriate party crafts and games! Food packages are also available. See below for details!

Let us take care of the mess!

### Suggestions of what to bring:

- Birthday cake, candles and a knife to cut the cake
- Loot bags
- Camera or video camera
- Drinks
- Cutlery
- Paper plates and napkins

### Book your party today!

Party bookings are on a first-come, first-served basis. To check availability of parties please contact us!

### Contact Us:

Email: [SportsplexBirthdayParties@ottawa.ca](mailto:SportsplexBirthdayParties@ottawa.ca)  
Phone: 613-580-2424 ext. 21236  
Fax: 613-580-2717

## Theme Birthday Parties

\$167 (10 guests)  
\$222 (15 guests)  
\$284 (20 guests)

### Ball Hockey Party

(ages 3+)

Our program leaders will bring participants through drills and a game of ball hockey. Sundays noon-2 pm

### Dance Party

(ages 2+)

Party participants will groove to the music with a mini lesson in hip hop, tap, jazz, ballet or creative movement. Saturdays 1-3 pm or 4-6 pm  
Sundays 1-3 pm or 4-6 pm

### Pirates and Princesses

(ages 3+)

Party participants will undergo the royal treatment in our Princess Party or capture treasure in our Pirate Party. Saturdays 1-3 pm or 4-6 pm  
Sundays 1-3 pm or 4-6 pm

### Sports Spectacular

(ages 5+)

For active children who have a passion for sports. Kids will get to choose from a variety of ball sports, such as soccer, dodge ball or floor hockey. Sundays noon-2 pm

### Super Hero Kid

(ages 3+)

Participants will go beyond the call of duty and perform special super hero activities and games. Saturdays 1-3 pm or 4-6 pm  
Sundays 1-3 pm or 4-6 pm

## Specialty Birthday Parties

\$180 (10 guests)  
\$240 (15 guests)  
\$310 (20 guests)

### Hocus Pocus Party

(ages 3+)

Our magician will entertain your party guests with a spectacular 30 minute magic show, followed by creative crafts! Saturdays 1-3 pm or 4-6 pm  
Sundays 1-3 pm or 4-6 pm

### Pottery Party

(ages 6+)

Our amazing pottery instructor will show participants how to be creative with clay and assisting tools. Each party guest goes home with their own hand-built sculpture using air-dry modeling clay! All tools and materials are provided. Saturdays 1-3 pm or 4-6 pm  
Sundays 1-3 pm



### Sassy Jewellery Party

(ages 8+)

Having trouble coming up with something different for your child's party? Participants will have an opportunity to bedazzle themselves with beautiful hand-crafted jewellery! Saturdays 1-3 pm or 4-6 pm  
Sundays 1-3 pm or 4-6 pm

### Choose a Food Package Option from CAPONES Catering

No worries — we have the food covered as well. Choose from one of our catering options from CAPONES. It's as simple as pre-ordering your package 48 hours in advance and picking it up from the canteen in the Sportsplex.

### Menu Options:

- **Option #1.**  
Hot dog, bag of chips, drink (pop/water or milk) . . . . \$5 per child
- **Option #2.**  
Hamburger, bag of chips, drink (pop/water or milk) . . . . \$5 per child
- **Option #3.**  
Extra large pizza and 5 drinks (pop/water or milk) . . . . \$17 for 5 children

Veggies or fruit are also available to order through the CAPONES office.

Please contact CAPONES:

- By phone 613-226-6947
- By e-mail at [sportsplex@capones.com](mailto:sportsplex@capones.com)

Check out CAPONES' website at [www.capones.com](http://www.capones.com).

SUCCESSFUL SINCE 1972

# NEPEAN CORONA SCHOOL OF GYMNASTICS



FALL CLASSES BEGIN SUNDAY SEPTEMBER 11TH 2011

RECREATIONAL GYMNASTICS CLASSES ~ SOMETHING FOR EVERYONE!

### Newly enhanced Badge Incentive Programs!

#### **Preschool Gymnastics 6 months to 5 year olds**

Our preschool programs are offered seven days a week mornings, afternoon and evenings.

#### **Dynamo & Spartan 5 & 6 year old boys and girls classes are 1.5 hours**

Young gymnasts are introduced to the fundamentals; the program focuses on basic skills, strength, flexibility, coordination and confidence. Our unique badge incentive program has been enhanced to include the first two levels of the CANGYM program, Burgundy and Red.

#### **Novice 7 & up boys and girls classes are 1.5 hours**

Gymnasts, on the various apparatus will focus on skill development, physical fitness and FUN! Children are placed in groups based on experience and badge achievement. Burgundy / Red and Tan / Bronze.

#### **Intermediate 9 & up boys and girls classes are 2 hours**

Gymnasts who are working on level 5 & 6 (purple & blue) of the CanGym program, can expand on skills learned in the Novice level. New comers to the school should have 2 years gymnastics experience.

#### **Advanced 9 & up boys and girls classes are 2 hours (2x per week recommended)**

Advanced gymnasts will work on CanGym level 7-12 (turquoise and up). This program focuses on physical preparation, skill learning and technique. CanGym badge pre-requisite or testing required

### WHERE DOES MY CHILD FIT?

	Class	Age	Length	Cost/session
PRESCHOOL	Gym babies	6-18months	45mins	\$44.00/4 weeks
	Squirt	18months-3 years	1 hr	\$170.00/12 weeks
	Might Squirt	3-4 year olds	1 hr	\$177.00/12 weeks
	Kindergym	4-5 year olds	1hr	\$177.00/12 weeks
RECREATIONAL	Dynamo & Spartan	5 & 6 year olds	1.5hrs	\$269.00/12 weeks
	Novice	7 and up	1.5hrs	\$269.00/12 weeks
	Intermediate	7 and up	2hrs	\$339.00/12 weeks
	Advanced (1/week)	9 and up	2hrs	\$339.00/12 weeks
	Advanced (2/week)	9 and up	2hrs	\$632.00/12 weeks



### **Corona Preschool PlayGYM!**

A fun and fitness based alternative to your child's regular preschool program. This 2 hour class twice weekly is designed for preschoolers, combining gymnastics instruction with educational learning activities and weekly themes. Including gross and fine motor activities, letter recognition, printing, colouring, crafts and songs and much more.

**Tuesday & Thursday for three year olds 9:30-11:30am \$135.00 / month**

### **Exciting, Entertaining and fully catered Birthday Parties!**

Birthday Parties are offered Saturday evening, and Sunday Afternoon.

Call today to book your child's next big B-day, for our FUN filled popular parties!

**CHECK OUT THE WEBSITE FOR OTHER EXCITING PROGRAMS! \* CHEERLEADING \* TRAMPOLINE \* ACRO**

### **New Programs for September!**

**YOGA for adults; DURING THE MONTH OF SEPTEMBER TRY A YOGA CLASS FOR FREE (September 11, 18, 25)**

We are very excited to offer yoga classes for adults. While your child is in the gym you have the opportunity to take some time for yourself and attend one of our fabulous new classes. Sunday mornings 10:05-10:50 11:05-11:50 \$110.00 for 10 classes, or \$12.00 per class

**GROUP GYMNASTICS "gym-dance-stunt"** Please visit our website for more information about this exciting new team based program

*DEVELOPMENTAL, INVITATIONAL, PROVINCIAL AND NATIONAL COMPETITIVE PROGRAMS FOR GIRLS AND BOYS - PLEASE CALL TO ARRANGE A TRYOUT*

**www.coronagym.ca 155 colonnade rd. south 613-224-6524**

## Visual Arts

### Nepean Visual Arts Centre 613-580-2828 option 3

Course fees include supplies.  
Nepean Visual Arts Centre  
Programs – no classes will  
be held Oct. 8-10, Feb. 20,  
March 12-18.



### Art Around the World

Broaden your child's horizons... stories, songs, music, games and crafts from various cultures around the world.

#### Nepean Visual Arts Centre – 613-580-2828 option 3

6-12 yrs	Sun	1-2:30 pm
Sep 25-Dec 4	\$144.75	659048
Jan 22-Apr 1	\$144.75	660494

### Cartooning – Beginner

Discover the art of cartooning. A variety of cartooning and animation techniques will be used as students learn about this fun and exciting field.

#### Nepean Visual Arts Centre – 613-580-2828 option 3

9-12 yrs	Sun	10-11:30 am
Sep 25-Dec 4	\$144.75	659057
Jan 22-Apr 1	\$144.75	660500

### 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 option 3

9-12 yrs	Sun	noon-1:30 pm
Sep 25-Dec 4	\$144.75	659064
Jan 22-Apr 1	\$144.75	660507

### Handbuilding

Make creative clay sculptures and projects using handbuilding techniques. To finish your projects, surface decorations, textures and glazing techniques will be introduced.

#### Nepean Visual Arts Centre – 613-580-2828 option 3

7-9 yrs	Sat	10-11:30 am
Sep 24-Dec 3	\$157.50	659043
Jan 21-Mar 31	\$157.50	660455
7-9 yrs	Sat	noon-1:30 pm
Sep 24-Dec 3	\$157.50	666973
Jan 21-Mar 31	\$157.50	660456

### Handbuilding – Parent and Child

Parent and child are going to have fun making hand-built pottery. Parent and child register separately.

#### Nepean Visual Arts Centre – 613-580-2828 option 3

6-10 yrs	Sun	10 am-noon
Sep 25-Oct 30	\$105	658402
Nov 6-Dec 4	\$105	658457
Jan 22-Feb 19	\$105	660461
Feb 26-Apr 1	\$105	660466
6-10 yrs	Sun	noon-2 pm
Sep 25-Oct 30	\$105	658441
Nov 6-Dec 4	\$105	658482
Jan 22-Feb 19	\$105	660464
Feb 26-Apr 1	\$105	660488

Adult	Sun	10 am-noon
Sep 25-Oct 30	\$115.50	658399
Nov 6-Dec 4	\$115.50	658452
Jan 22-Feb 19	\$115.50	660333
Feb 26-Apr 1	\$115.50	660346
Adult	Sun	noon-2 pm
Sep 25-Oct 30	\$115.50	658434
Nov 6-Dec 4	\$115.50	658466
Jan 22-Feb 19	\$115.50	660341
Feb 26-Apr 1	\$115.50	660347

### 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 option 3

6-8 yrs	Sat	9-10:30 am
Sep 24-Dec 3	\$144.75	659068
Jan 21-Mar 31	\$144.75	660511
6-8 yrs	Sat	11 am-12:30 pm
Sep 24-Dec 3	\$144.75	659088
Jan 21-Mar 31	\$144.75	660516

### Parent and Teen Handbuilding

Spend time with your teen or tween creating pottery projects together in a fun and easy going setting. Parent and teen register separately. Instructor: Allison Usher

#### Nepean Visual Arts Centre – 613-580-2828 option 3

11-14 yrs	Mon	6:30-8:30 pm
Sep 26-Nov 21	\$168	659196
Jan 23-Mar 26	\$168	662555
Adult	Mon	6:30-8:30 pm
Sep 26-Nov 21	\$190	659199
Jan 23-Mar 26	\$190	662560

### Sketching and Painting

Drawing and painting with medias such as watercolours, acrylics, charcoal, conte and pastels, with advanced techniques and learning opportunities.

#### Nepean Visual Arts Centre – 613-580-2828 option 3

9-13 yrs	Sat	9:30-11:30 am
Sep 24-Dec 3	\$193	659033
Jan 21-Mar 31	\$193	660448
9-13 yrs	Sat	noon-2 pm
Sep 24-Dec 3	\$193	659037
Jan 21-Mar 31	\$193	660450

### Time Traveller

Journey through art history and create drawings, paintings, sculptures and more. Bring your own ideas and images to life while learning hands-on about famous artists.

#### Nepean Visual Arts Centre – 613-580-2828 option 3

6-10 yrs	Sat	2:30-4:30 pm
Sep 24-Dec 3	\$193	659096
Jan 21-Mar 31	\$193	660533



# Recreation and Culture

## Youth

### Dance

#### Hip Hop and Jazz

A high energy class for teenagers combining contemporary jazz and hip hop styles.

<b>15-17 yrs</b>	Thu	8-9 pm
Sep 22-Dec 8	\$98.50	678282
Jan 12-Mar 8	\$74	671847



## Sports

### Junior Badminton Club

A new badminton club for kids 8-14. Club will consist of 20-minute lessons followed by practice and games each day. This is to provide separate time for child and youth badminton in our facility. Instructor will run games, ladders, and tournaments.

<b>8-14 yrs</b>	Sun	10-11 am
Sep 18-Dec 18	\$132	677861
Jan 8-Mar 11	\$110	672944
	Sun	11 am-noon
Sep 18-Dec 18	\$132	677867
Jan 8-Mar 11	\$110	678756

### Junior Squash Clinic

Try Squash as a fitness option. Learn the basics of forehand, backhand, serve/serve return and the rules. Meet the Pro.

<b>8-14 yrs</b>	Sun	6:20-7:40 pm
Sep 18-Dec 11	\$111	677940
Jan 8-Mar 25	\$111	672960

## Visual Arts

### Nepean Visual Arts Centre 613-580-2828 option 3

Course fees include supplies.

Nepean Visual Arts Centre  
Programs – no classes will  
be held Oct. 8-10, Feb. 20,  
March 12-18.



### Make Your Own **NEW** Comic Book

Imagine your own story, with super heroes, set in any reality, any time, and any place – it is possible! Learn the steps needed to make a comic strip or comic book page.

### Nepean Visual Arts Centre – 613-580-2828 option 3

<b>15-18 yrs</b>	Thu	7-9 pm
Sep 29-Dec 1	\$218.25	667606
Jan 19-Mar 29	\$218.25	667629

## Royal Canadian Sea Cadets & Navy League Cadets

Ages: 9 - 18 years

Royal Canadian Sea Cadets is a youth program delivered in partnership with the Navy League of Canada and the Department of National Defence. The Navy League Cadet program is delivered by the Navy League of Canada. While the programs introduce Cadets to "what" the Navy is all about, Cadets are not members of the Canadian Forces.

### Benefits

- Free uniform, No cost to join
- Musical instruments are provided free
- Summer camp/training across Canada
- Exchanges with cadets from other countries
- Lifelong friendships, Develop leadership skills
- Develop leadership skills
- Pride, Discipline, Commitment, Self Esteem
- Fun and Adventure

### Activities

- Seamanship, Sailing
- Band, SCUBA Diving
- Biathlon
- Physical fitness, Sports
- Marksmanship
- Communications
- Public Speaking
- Parades and Events

Come and check us out.  
Then let the adventure begin!

There are two cadet Corps parading from HMCS Carleton, 79 Prince of Wales Drive (& Preston Street), Ottawa. Each is holding an open house on the dates listed below.



RCSCC Falkland (for ages 12 - 18 years)  
Parade Night, Tuesday 6:30pm - 9:30pm  
Contact: Lt(N) J. Clute – (613) 863-1874  
Open house – Sept. 13, 2011 7:00pm - 9:00pm



NLCC VAdm Kingsmill (for ages 9 - 12 years)  
Parade Night, Sunday 1:00pm - 4:00pm  
Contact: Lt(NL) B. Green – (613) 995-6287  
Open house – Sept. 18, 2011 1:00pm - 4:00pm

[www.navyleagueottawa.org](http://www.navyleagueottawa.org)

## 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 option 3**

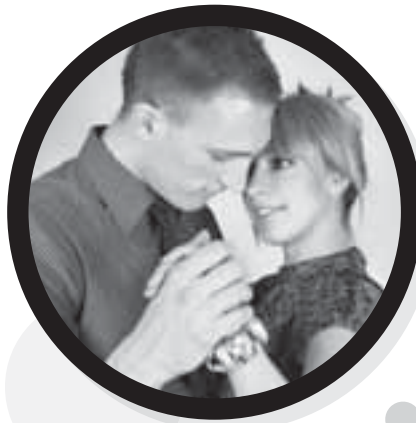
<b>11-14 yrs</b>	Sat	10 am-noon
Sep 24-Dec 3	\$210	659116
Jan 21-Mar 31	\$210	662537
<b>11-14 yrs</b>	Sat	1-3 pm
Sep 24-Dec 3	\$210	659117
Jan 21-Mar 31	\$210	662539
<b>15-18 yrs</b>	Sun	6:30-8:30 pm
Sep 25-Dec 4	\$237.50	659118
<b>15-18 yrs</b>	Sat	6:30-8:30 pm
Jan 21-Mar 31	\$237.50	662543

## Wheel – Parent and Teen

Learn wheel-thrown techniques to create projects together or just to work along side your teen in a creative environment. **Parent and Teen register separately.**

**Nepean Visual Arts Centre – 613-580-2828 option 3**

<b>11-14 yrs</b>	Sun	1-3 pm
Sep 25-Nov 20	\$168	659119
Jan 22-Mar 18	\$168	662546
<b>11-14 yrs</b>	Sun	3:30-5:30 pm
Sep 25-Nov 20	\$168	659189
Jan 22-Mar 18	\$168	662551
<b>Adult</b>	Sun	1-3 pm
Sep 25-Nov 20	\$190	659124
Jan 22-Mar 18	\$190	662548
<b>Adult</b>	Sun	3:30-5:30 pm
Sep 25-Nov 20	\$190	659181
Jan 22-Mar 18	\$190	662550



## Adult Dance

### Belly Dance – Level 1 NEW

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

<b>18+ yrs</b>	Tue	8-9 pm
Sep 27-Dec 13	\$113	667448
Jan 10-Mar 6	\$84.75	667598

### Belly Dance – Level 2 NEW

Develop fluidity, grace and strength in this low impact activity that targets isolated muscle groups. Belly dancing is a great way to improve posture, flexibility, and balance.

<b>18+ yrs</b>	Tue	9-10 pm
Sep 27-Dec 13	\$113	667463
Jan 10-Mar 6	\$84.75	667652

### Latin Line Dancing NEW

Non-partner form of Latin and ballroom dance that will give your heart and lungs a workout. Great way to learn ballroom and Latin steps!

<b>18+ yrs</b>	Mon	8-9 pm
Sep 19-Dec 12	\$126	667529
Jan 9-Mar 5	\$84	667851

### Wedding Dance NEW

Your first dance is a special moment of joy and celebration that you will cherish for always. Many eyes will be on you, so do it right. Learn the Rumba, Foxtrot & Slow Waltz, and then pick one of these special dances for that memorable moment. Price is per couple.

<b>18+ yrs</b>	Wed	8-10 pm
Oct 5-12	\$200	677862
Oct 19-26	\$200	677872
Nov 2-9	\$200	677879
Nov 16-23	\$200	677883
Nov 30-Dec 7	\$200	677888
Dec 14-21	\$200	677890
Jan 11-18	\$200	673329
Jan 25-Feb 1	\$200	673337
Feb 8-15	\$200	673342
Feb 22-29	\$200	673346

## General Interest

### Scrapbooking – Beginners NEW

Learn basic techniques to build a two-page layout. New techniques taught each week while you build a beautiful 12" x 12" scrapbook album. List of supplies at the first class. Each class you will leave with a scrapbook page completed, all you need to bring is 6-10 of your favourite photos.

<b>18+ yrs</b>	Thu	7-9 pm
Sep 22-Dec 8	\$108	678131
Jan 12-Mar 8	\$81	671797

### Spanish – Level 1 NEW

This course will help you understand, speak and read most of the Spanish you are likely to need on holidays or business trips. Emphasis is placed on conversation, reading and vocabulary.

<b>19+ yrs</b>	Mon	7-8 pm
Sep 19-Dec 12	\$158.50	678611
Jan 9-Mar 5	\$105.75	678719

## Sports

### Cross-Country Ski Classic – Level 1 (Introduction)

For those new to skiing or with limited experience. Learn the basics, including how to get up when you fall, diagonal stride, double poling, and climbing and descending hills, in a supportive environment.

<b>18+ yrs</b>	Wed	6:30-8 pm
Jan 11-Feb 15	\$91	675269
	Sat	10:15-11:45 am
Jan 7-Feb 11	\$91	675281

### Men's Ball Hockey League

Geared for all levels. League will be divided into divisions. Limited spots, so sign up quickly!

<b>18+ yrs</b>	Fri	6-9 pm
Sep 23-Dec 9	\$500	676537
Jan 6-Mar 23	\$500	676552

### Nepean Trail Run Challenge

Participate in the Nepean Sportsplex annual running event. Walk, jog or run. All levels of fitness are welcome to register.

<b>15+ yrs</b>	Sun	10 am-noon
Nov 13	\$10	675219

# Recreation and Culture

## 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.

<b>18+ yrs</b>	Wed	6-7 pm
Sep 21-Dec 7	\$105	676463
	Sat	10:30-11:30 am
Nov 5-Dec 10	\$53	676500

## Squash – Level 1

Learn the basics of squash from equipment and rules to basic moves needed to play.

<b>18+ yrs</b>	Fri	6:20-7:40 pm
Sep 16-Oct 21	\$53	671649
Oct 28-Dec 2	\$53	671663
Jan 20-Feb 24	\$53	671682

## Squash – Level 2

Squash lessons for intermediate players. Meet other intermediate players and improve your game. Coaching includes drills and games.

<b>18+ yrs</b>	Thu	9-10:20 pm
Sep 22-Oct 27	\$53	671733
Nov 3-Dec 8	\$53	671734
Jan 19-Feb 23	\$53	671746

## 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.

<b>18+ yrs</b>	Sun	8:30-11:30 am
Dec 18	\$25	676836
Mar 18	\$25	676847

## 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 have all the tools needed to participate in a 'Try a Tri' by the end of the course.

<b>18+ yrs</b>	Sat	9:15-10:15 am
Jan 7-Mar 10	\$87.50	671774

## Volleyball Tournament Elite

Nepean Sportsplex volleyball tournament for recreational teams.

<b>18+ yrs</b>	Sun	9 am-4 pm
Nov 6	\$136	678648

# Adult Workshops

## Decorating Diva

Create the home of your dreams! Identify your own personal decorating style, colour scheme that flows through your home, wall treatments and applied details that give your home character and definition!

<b>18+ yrs</b>	Sun	1-3 pm
Nov 6	\$42.25	677674
Dec 11	\$42.25	677678
Jan 29	\$42.25	673391

## Facebook Awareness

Beginners guide to Facebook with a focus on commerce, events, security and successful profile creation.

<b>18+ yrs</b>	Sat	12:30-2 pm
Nov 19	\$42.25	676076
Feb 4	\$42.25	672602

## Home Staging

Speak with the experts! Boost the curb appeal of any house, essential changes for every room to maximize buyer interest and much more!

<b>18+ yrs</b>	Sun	1-3 pm
Oct 2	\$42.25	677723
Feb 5	\$42.25	673382

## Nutrition: Picky Eating for Preschoolers

Help your youngsters develop a good relationship with food. Learn about the developmental stages of feeding and ways to cope with picky eating.

<b>18+ yrs</b>	Sat	9:30-11:30 am
Nov 12	\$42.25	676135

## Wedding Planner

Before you walk down the aisle, learn all you need to know about wedding planning! Timelines, contracts, new ideas for flowers and decorations, veils and tiaras and much more! Make it your day!

<b>18+ yrs</b>	Sun	1-3 pm
Oct 23	\$42.25	677636
Nov 27	\$42.25	677642
Jan 22	\$42.25	673360
Feb 26	\$42.25	673368

## Nepean Sportsplex Drop-in Activities

- Basketball
- Badminton
- Volleyball
- Squash

For more information please call 613-580-2828 option 5.

## City Wide Sports

City Wide Sports provides sports programs and leagues for all ages across the city in schools, parks and community buildings. Corporate and private courses also available.

Girls 'n Women and Sport offers quality, safe opportunities for girls and women to participate in sports and physical activity.

Browse the Recreation Guide PDFs in your appropriate age group to find activities: [ottawa.ca/recreationguide](http://ottawa.ca/recreationguide). Call 613-580-2854 for more information.

## Sports à l'échelle de la ville

Sports à l'échelle de la ville offre des programmes de sport et des ligues sportives pour tous les âges, sur tout le territoire de la ville, dans les écoles, les parcs et les établissements communautaires.

Des cours privés et à l'intention des entreprises sont également offerts.

Les filles, les femmes et le sport offrent aux filles et aux femmes des occasions sûres et de qualité de participer à des sports et de faire de l'activité physique.

Pour trouver des activités, naviguez dans les PDF de votre groupe d'âge du *Mon guide francophone des loisirs* : [ottawa.ca/monguide](http://ottawa.ca/monguide). Pour en savoir plus, composez le 613-580-2854.

## Nepean Sportsplex Curling Centre

**613-580-2828 option 5**

Curling begins Monday, October 31, 2011 and ends Saturday, March 24, 2012. Rental requests for the 2011/12 season are now being accepted. Ten sheets of ice are available. For more information, please call 613-580-2828 option 5.

### Hours of Operation

Monday – 5 pm-11 pm  
 Tuesday to Friday – 9 am-11 pm  
 Saturday – 9 am-9 pm  
 Sunday – 9 am-5 pm

The Curling Centre will be closed on December 23, 24, 25, 31, January 1 and February 19.

Drop-in curling will only be accepted anytime during curling hours if sheets are available.

You must pre-book your curling time on evenings and weekends. All drop-in curlers must be aware of the curling terms and conditions before entering the curling centre.

Children seven years and younger are not permitted to curl.

### Curling Open House

Try the sport of curling! Before joining a league, this is your opportunity to learn how to curl and try it for free. No registration required. Bring a friend. Our certified curling instructors will be available to assist all skill levels. Must be 13 years or older. For more information, please call 613-580-2424 ext. 46681.

Tuesday – 9 pm to 11 pm, November 8, December 6, January 10, February 7

## Centre de curling du Sportsplex de Nepean

**613-580-2828 (option 5)**

La saison de curling commence le lundi ,31 octobre 2011 et se termine le samedi, 24 mars 2012. Les demandes de location pour la saison 2011/2012 sont maintenant acceptées. Dix pistes sont disponibles. Pour plus de renseignements, veuillez composer le 613-580-2828 (option 5).

### Heures d'ouverture

Lundi de 17 h à 23 h  
 Du mardi au vendredi de 9 h à 23 h  
 Samedi de 9 h à 21 h  
 Dimanche de 9 h à 17 h

Le centre de curling sera fermé les 23, 24, 25 et 31 décembre ainsi que le 1er janvier et le 19 février.

Les séances de curling sans réservation seront acceptées n'importe quand pendant les heures de curling mais seulement si les pistes sont disponibles.

Vous devez réserver votre temps à l'avance le soir et les fins de semaine. Tous les joueurs de curling sans réservation doivent connaître les conditions pour le curling avant d'entrer dans le centre de curling.

Les enfants de 7 ans ou moins ne sont pas autorisés à jouer au curling.

### Portes ouvertes de curling

Essayez le curling! Avant de vous joindre à une ligue, voici l'occasion d'apprendre le curling gratuitement. Il n'est pas nécessaire de s'inscrire. Amenez un ami. Nos moniteurs de curling accrédités seront disponibles pour vous aider à tous les niveaux. Vous devez avoir 13 ans ou plus. Pour obtenir de plus amples renseignements, téléphonez au 613-580-2424, poste 46681.

Les mardis de 21 h à 23 h. Les 8 novembre, 6 décembre, 10 janvier et 7 février.



### Curling 101 – The Basics for Your Group or Team

Allow our certified coach to give your group the fundamentals of curling before you step on the ice for the first time. The coach will teach the basics and cover all safety concerns before you begin. Curling 101 is recommended for all businesses conducting Curling Team Building for their employees.

1 hour                      \$90                      (8 people max)

### Curling Clinic – Introduction

Introduction to the sport of curling. You will learn the rules of the game and tips on how to improve your game.

<b>18+ yrs</b>	Sat	9 am-5 pm
Nov 5	\$101.75	676632
Jan 7	\$101.75	676643

### Curling Clinic – Level 2

Clinic for experienced curlers. Improve/refine delivery method, accuracy, sweeping and strategy. Pre-requisite: two years playing experience and completion of OCA/OVCA Beginner Clinic.

<b>18+ yrs</b>	Sat	9 am-5 pm
Dec 3	\$101.75	676659
Feb 4	\$101.75	676671

### Curling Lessons for Men

Learn the basic skills needed to play recreational curling. Physical flexibility, balance and coordination is required.

<b>18+ yrs</b>	Mon	9-9:50 pm
Nov 7-Dec 19	\$95	676686
Jan 9-Feb 27	\$95	676690

# Recreation and Culture

## Curling Lessons for Women

Join other women who are taking up the sport of curling. You will learn the sport and improve your current skills with our excellent instructor to student ratios.

<b>18+ yrs</b>	Mon	6-6:50 pm
Nov 7-Dec 19	\$95	676703
	Mon	7-7:50 pm
Nov 7-Dec 19	\$95	676705
	Mon	8-8:50 pm
Nov 7-Dec 19	\$95	676706
	Mon	6-6:50 pm
Jan 9-Feb 27	\$95	676711
	Mon	7-7:50 pm
Jan 9-Feb 27	\$95	676714
	Mon	8-8:50 pm
Jan 9-Feb 27	\$95	676716

## Men's Curling League

Join us for Nepean Men's Curling League.

<b>18+ yrs</b>	Thu	9-11 pm
Nov 3-Mar 8	\$115	676726

## Mixed Curling League

Join us for mixed (co-ed) curling.

<b>18+ yrs</b>	Wed	9-11 pm
Nov 2-Mar 7	\$115	676740

## Private and Semi-Private Curling Lessons (all ages)

Learn the game, improve your game and enhance your game. A 60 minute private lesson with our certified coach will help you to bring your game to that next level. Please call 613-580-2828 option 5 to book your private lesson.

<b>Private</b>	\$49.75	
<b>Semi-Private</b>	\$26.00	(max 3 people)

## Wheelchair Curling League

A fast growing sport for participants with disabilities. Coaching gives individual feedback to improve your game. Meet new people, make friends and try curling – it's amazing.

<b>18+ yrs</b>	Sun	3-5 pm
Nov 20-Mar 11	\$96.50	676774

## Women's Curling League

Curling from beginner to competitive. Qualified curling coach provides every participant with feedback on technique and game strategy. Ends with a social.

<b>18+ yrs</b>	Thu	7-9 pm
Nov 3-Mar 8	\$115	676758

## 50+ Adults

### Curling Lessons for Mature Adults



Learn the basic skills needed to play recreational curling. Physical flexibility, balance and coordination are required.

<b>50+ yrs</b>	Wed	11-11:50 am
Nov 9-Dec 21	\$95	676797
Jan 18-Feb 29	\$95	676812
	Fri	11-11:50 am
Nov 4-Dec 23	\$95	676803
Jan 20-Mar 2	\$95	676818

For more 50+ Adults programs please see page 34 and 39.

## Visual Arts

### 613-580-2828 option 3

#### General Course Information – Nepean Visual Arts Centre

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 613-580-2424 ext. 46652.

**Please note: no classes will be held Oct. 8-10, Feb. 20, March 12-18.**



### Animals in Soft Pastel NEW

Soft pastel is the perfect medium for conveying fur and feathers. Draw North American wildlife in ultimate 3D that will be sure to pounce right off the page! Basic drawing experience necessary.

#### Nepean Visual Arts Centre – 613-580-2828 option 3

<b>19+ yrs</b>	Mon	1-3:30 pm
Sep 19-Dec 12	\$250.25	667394
Jan 16-Apr 2	\$208.50	667408



## Botanical Art 1 – Drawing

Through practical exercises, master fundamental drawing skills necessary to create true-to-life drawings and paintings of botanical subjects. Suitable for beginners to intermediates. Returning students continue to improve skills and develop personal style.

### Nepean Visual Arts Centre – 613-580-2828 option 3

<b>19+ yrs</b>	Wed	9:30 am-12:30 pm
Sep 14-Oct 19	\$150.25	657347
Jan 18-Feb 15	\$125	657885

## Botanical Art 2 – Watercolour

Introduction to materials and watercolour techniques to true-to-life botanical studies. Exercises on colour and techniques, combined with demonstrations and painting practices of leaves and flowers. Suitable for students with Botanical Art 1 or equivalent drawing experience.

### Nepean Visual Arts Centre – 613-580-2828 option 3

<b>19+ yrs</b>	Wed	9:30 am-12:30 pm
Nov 9-Dec 14	\$150.25	657391
Mar 7-Apr 11	\$125	657905

## 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.

### Nepean Visual Arts Centre – 613-580-2828 option 3

<b>19+ yrs</b>	Wed	7-9:30 pm
Nov 2-30	\$144.50	657799
Feb 22-Mar 28	\$144.50	680184

## 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 option 3

19+ yrs	Fri	9:30 am-noon
Sep 16-Oct 21	\$173.25	658326
Oct 28-Dec 2	\$173.25	658331
Jan 6-Feb 10	\$173.25	660296
Feb 17-Mar 30	\$173.25	660299

## Drawing – Introduction

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 Visual Arts Centre – 613-580-2828 option 3

19+ yrs	Mon	7-9:30 pm
Sep 19-Dec 12	\$250.25	657400
Jan 16-Apr 2	\$208.50	659206

## Felted Buttons, Balls and Beads

Using both wet felting techniques and needle felting, create a wonderful range of lightweight wool objects to use as jewellery, home decor or toys. All levels welcome.

### Nepean Visual Arts Centre – 613-580-2828 option 3

19+ yrs	Sun	10 am-4 pm
Oct 23	\$86	668206

## Felted Landscape

Arrange dyed wool fibres to create an image. Use the ancient process of feltmaking to turn your puffy pile of wool into a frameable felted picture. All levels welcome.

### Nepean Visual Arts Centre – 613-580-2828 option 3

19+ yrs	Sun	10 am-4 pm
Nov 20	\$86	668155

**Supply requirements or additional fees will be listed on printed course receipts or can be picked up when registering.**

## Glazing and Decorating

Enhance pottery with decorating solutions including correct application of glazes, slips, underglazes and other decorating materials. Discuss great pottery of the world for ideas and inspiration. All levels welcome.

### Nepean Visual Arts Centre – 613-580-2828 option 3

19+ yrs	Fri	1-3:30 pm
Sep 16-Oct 21	\$173.25	668617
Oct 28-Dec 2	\$173.25	668628
Jan 6-Feb 10	\$173.25	668653
Feb 17-Mar 30	\$173.25	668661

## Handbuilding – Parent and Child

Parent and child are going to have fun making hand-built pottery. **Parent and child register separately.**

### Nepean Visual Arts Centre – 613-580-2828 option 3

Adult	Sun	10 am-noon
Sep 25-Oct 30	\$115.50	658399
Nov 6-Dec 4	\$115.50	658452
Jan 22-Feb 19	\$115.50	660333
Feb 26-Apr 1	\$115.50	660346

Adult	Sun	noon-2 pm
Sep 25-Oct 30	\$115.50	658434
Nov 6-Dec 4	\$115.50	658466
Jan 22-Feb 19	\$115.50	660341
Feb 26-Apr 1	\$115.50	660347

6-10 yrs	Sun	10 am-noon
Sep 25-Oct 30	\$105	658402
Nov 6-Dec 4	\$105	658457
Jan 22-Feb 19	\$105	660461
Feb 26-Apr 1	\$105	660466

6-10 yrs	Sun	noon-2 pm
Sep 25-Oct 30	\$105	658441
Nov 6-Dec 4	\$105	658482
Jan 22-Feb 19	\$105	660464
Feb 26-Apr 1	\$105	660488

## 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 option 3

19+ yrs	Tue	9:30 am-noon
Sep 13-Nov 29	\$346.50	658339
Jan 10-Mar 20	\$288.75	660325
	Thu	7-9:30 pm
Sep 15-Dec 1	\$346.50	658338
Jan 12-Mar 22	\$288.75	660322

## Introduction to Acrylic Landscape Painting

Landscape is a challenging subject. Begin to understand the acrylic paint medium and subject interpretation. All levels welcome.

### Nepean Visual Arts Centre – 613-580-2828 option 3

19+ yrs	Wed	7-9:30 pm
Sep 21-Dec 7	\$250.75	668473
Jan 18-Mar 28	\$208.50	668513

## 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 option 3

19+ yrs	Tue	7-9:30 pm
Sep 20-Dec 6	\$250.25	657525
Sep 20-Dec 6	\$250.25	657558
Jan 17-Mar 27	\$208.50	659521
Jan 17-Mar 27	\$208.50	659536

## 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 Visual Arts Centre – 613-580-2828 option 3

19+ yrs	Wed	9:30 am-noon
Sep 21-Dec 7	\$250.75	657688
Jan 18-Mar 28	\$208.50	659549

	Wed	1-3:30 pm
Sep 21-Dec 7	\$250.75	657685
Jan 18-Mar 28	\$208.50	659544
	Wed	7-9:30 pm
Sep 21-Dec 7	\$250.75	657694
Jan 18-Mar 28	\$208.50	659553
	Thu	7-9:30 pm
Sep 22-Dec 8	\$250.75	657702
Jan 19-Mar 29	\$208.50	659596
	Fri	1-3:30 pm
Sep 23-Dec 9	\$250.75	657704
Jan 13-Mar 23	\$208.50	659604



# Recreation and Culture

## Oil and Acrylic Painting – Level 2/3

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 option 3**

19+ yrs	Mon	1-3:30 pm
Sep 19-Dec 12	\$250.25	657431
Jan 16-Apr 9	\$208.50	659233

## Orchid Mania NEW

Orchids fascinate artists with their sculptural forms, colours and beauty. Receive individual instruction as you create a watercolour painting for exhibition. Botanical Art One and Two recommended.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Wed	1-4 pm
Mar 7-Apr 11	\$125.25	668683

## Painting – Colours of the Season NEW

Get inspired for the holiday season with brilliant reds. Glazing and drybrush techniques will be explored in realistic watercolour studies of flowers, pomegranates and berries. Botanical Art One and Two recommended.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Wed	1-4 pm
Nov 9-Dec 14	\$150.25	668196

## Painting – Fall Leaves NEW

Explore the brilliant colours of autumn through detailed watercolour studies of fall foliage. Demos and individual instruction will improve your painting technique. Botanical Art One and Two recommended.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Wed	1-4 pm
Sep 14-Oct 19	\$150.25	668170

## Parent and Teen Handbuilding

Spend time with your teen or tween creating pottery projects together in a fun and easy going setting. **Parent and teen register separately.** Instructor: Allison Usher

**Nepean Visual Arts Centre – 613-580-2828 option 3**

11-14 yrs	Mon	6:30-8:30 pm
Sep 26-Nov 21	\$168	659196
Jan 23-Mar 26	\$168	662555

Adult	Mon	6:30-8:30 pm
Sep 26-Nov 21	\$190	659199
Jan 23-Mar 26	\$190	662560



# Special Workshops

## Celebrating Culture Days – September 30, 2011

All events are free, although registration is required.

### Oil and Acrylic Painting

Always wanted to try oil or acrylic painting? Join us for fun and experimentation. Supplies provided. Absolute beginners welcome.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Fri	5-7 pm
Sep 30		657326
	Fri	7:30-9:30 pm
Sep 30		657325

### Parent and Child Pottery

Always wanted to try pottery? Join us for fun and experimentation. Supplies provided. Absolute beginners welcome. **All participants must register separately.**

**Nepean Visual Arts Centre – 613-580-2828 option 3**

Child & Adult	Fri	4:30-6:30 pm
Sep 30		657327

### Pottery – Handbuilding

Always wanted to try a clay class off the wheel? Join us for fun and experimentation. Supplies provided. Absolute beginners welcome.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Fri	7:30-9:30 pm
Sep 30		657328

### Pottery – Wheel

Always wanted to try a class using a pottery wheel? Join us for fun and experimentation. Supplies provided. Absolute beginners welcome.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Fri	5-7 pm
Sep 30		657332
	Fri	7:30-9:30 pm
Sep 30		657330

### Watercolour Painting

Always wanted to try watercolour painting? Join us for fun and experimentation. Supplies provided. Absolute beginners welcome.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Fri	5-7 pm
Sep 30		657334
	Fri	7:30-9:30 pm
Sep 30		657333



## Pencil Drawing Black and White NEW

Simple tips that make a big difference in the way you see and draw. Study perspective, values, mass, line, contour drawing and shading. Subject matter includes nature and man-made architecture. Suitable for beginners and intermediates.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Mon	9:30 am-noon
Sep 19-Dec 12	\$250.25	667347
Jan 16-Apr 2	\$208.50	667366

## Techniques in Abstraction – Beginner NEW

Explore abstraction through a series of projects using the principals and elements of design. Learn to make your own paper for paintings. Projects with image transfer and collage are part of this mixed media course.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Mon	7-9:30 pm
Sep 19-Dec 12	\$250.25	668556
Jan 16-Apr 2	\$208.50	668586

## 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. We will discuss materials, colour, underpainting, overpainting, glazing, etc. Client must provide their own supplies.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Sun	3:30-6 pm
Sep 18-Dec 11	\$250.25	657710
Jan 15-Mar 25	\$208.50	659618

## 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 option 3**

19+ yrs	Sun	7-9:30 pm
Sep 18-Dec 11	\$250.25	657756
Jan 15-Mar 25	\$208.50	659635

## 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. \$40 supply fee payable to the instructor.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Mon	1-4 pm
Sep 26-Oct 31	\$163.75	659018
Nov 7-Dec 5	\$163.75	659019
Jan 16-Feb 13	\$163.75	667018

## Watercolour – Level 1

This class is designed for the beginner student. 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 option 3**

19+ yrs	Mon	9:30 am-noon
Sep 19-Dec 12	\$250.25	657762
Jan 16-Apr 2	\$208.50	660241

## 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 option 3**

19+ yrs	Mon	7-9:30 pm
Sep 19-Dec 12	\$250.25	657773
Jan 16-Apr 2	\$208.50	660258
	Thu	7-9:30 pm
Sep 22-Dec 8	\$250.25	657774
Jan 19-Mar 29	\$208.50	660263

Participants in pottery programs must provide their own clay and tools. All clay MUST be purchased at the Nepean Visual Arts Centre at a fee per bag (this fee helps offset the cost of glazes and firing). Tools are also available for purchase. 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 613-580-2424 ext. 46652.

## 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.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Tue	7-9:30 pm
Sep 13-Nov 29	\$346.50	658492
Sep 13-Nov 29	\$346.50	658498
Jan 10-Mar 20	\$288.75	660367
Jan 10-Mar 20	\$288.75	660370

## Wheel – Improve Your Technique

Frustrated and having trouble with forms, lids, feet? This 'technique based' course will help you to fine – tune your throwing skills. Intermediate throwing level required.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Mon	1-3:30 pm
Sep 12-Dec 5	\$346.50	666987
Jan 9-Mar 26	\$288.75	666991

## Wheel – Level 1

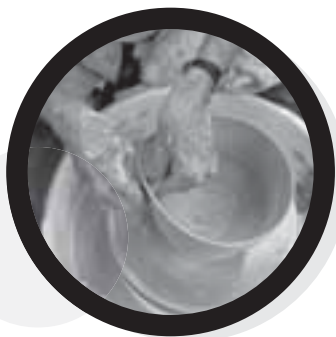
This course is a complete introduction to wheel throwing techniques. Create basic vessel forms such as cylinders and bowls. Glazing, decorative techniques and application of handles will be introduced.

**Nepean Visual Arts Centre – 613-580-2828 option 3**

19+ yrs	Mon	7-9:30 pm
Sep 12-Dec 5	\$346.50	658939
Jan 9-Mar 26	\$288.75	660388



# Recreation and Culture



## Wheel – Level 1/2

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.

### Nepean Visual Arts Centre – 613-580-2828 option 3

19+ yrs	Sun	10 am-12:30 pm
Sep 11-Dec 4	\$346.50	658949
Jan 8-Mar 18	\$288.75	660413
	Tue	9:30 am-noon
Sep 13-Nov 29	\$346.50	658954
Jan 10-Mar 20	\$288.75	660414
	Wed	7-9:30 pm
Sep 14-Nov 30	\$346.50	658960
Jan 11-Mar 21	\$288.75	660422
	Thu	7-9:30 pm
Sep 15-Dec 1	\$346.50	658969
Jan 12-Mar 22	\$288.75	660426

## Wheel – Parent and Teen

Learn wheel thrown techniques to create projects together or just to work along side your teen in a creative environment. **Parent and teen register separately.**

### Nepean Visual Arts Centre – 613-580-2828 option 3

<b>Adult</b>	Sun	1-3 pm
Sep 25-Nov 20	\$190	659124
Jan 22-Mar 18	\$190	662548
<b>Adult</b>	Sun	3:30-5:30 pm
Sep 25-Nov 20	\$190	659181
Jan 22-Mar 18	\$190	662550
<b>11-14 yrs</b>	Sun	1-3 pm
Sep 25-Nov 20	\$168	659119
Jan 22-Mar 18	\$168	662546
<b>11-14 yrs</b>	Sun	3:30-5:30 pm
Sep 25-Nov 20	\$168	659189
Jan 22-Mar 18	\$168	662551

## Winter Textures NEW

Work in pencil or watercolour. Drawing and watercolour dry brush techniques will be mastered in studies of seedpods, bark, twigs and nuts. Botanical Art 1 – Drawing recommended.

### Nepean Visual Arts Centre – 613-580-2828 option 3

19+ yrs	Wed	1-4 pm
Jan 18-Feb 15	\$125.25	668700

# Special Needs

## Adult

### Experience Clay

Enjoy the sensations of working with earthenware clay while making both decorative and practical pieces such as vases, wall hangings, and dried flower sconces. For adults with physical and developmental disabilities and their worker.

### Nepean Visual Arts Centre – 613-580-2828 option 3

19+ yrs	Thu	1:30-3 pm
Oct 6-Nov 10	\$99.50	657338
Feb 16-Mar 29	\$99.50	659202



### Pottery Studios – Wheel & Handbuilding

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 at a fee per bag (this fee helps offset the cost of glazes and firing). Maximum of two studio times per person each session.

Fall	12 weeks	\$153.50
Winter	10 weeks	\$128

Day	Dates	Time	Handbuilding	Wheel
Monday	Sep 12-Dec 5	9 am-noon	657806	
	Jan 9-Mar 26	9 am-noon	660274	
Tuesday	Sep 13-Nov 29	1-4 pm	657819	657822
	Jan 10-Mar 20	1-4 pm	660276	660277
Wednesday	Sep 14-Nov 30	9 am-noon	657823	657824
	Jan 11-Mar 21	9 am-noon	660281	660282
	Sept 14-Nov 30	1-4 pm	657871	657825
	Jan 11-Mar 21	1-4 pm	660286	660284
Thursday	Sep 15-Dec 1	9 am-noon	658161	658152
	Jan 12-Mar 22	9 am-noon	660291	660288
	Sep 15-Dec 1	1-4 pm	658230	658156
	Jan 12-Mar 22	1-4 pm	660292	660290
Friday	Sep 16-Dec 9	6:30-9:30 pm	658289	658247
	Jan 6-Mar 9	6:30-9:30 pm	660294	660293

## Visual Arts Studios

**Visual Arts Studios –  
Nepean Visual  
Arts Centre**  
Nepean Sportsplex  
1701 Woodroffe Ave.  
580-2424 ext. 46652



### 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.

	Thurs	9:30-noon
Sept 15-Dec 15	\$71.25	657411
Jan 12-Apr 5	\$61.25	659209

### Life Drawing Studio – Short & 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	10 am-12:30 pm
Sept 11-Dec 18	\$71.25	657422
Jan 8-Apr 1	\$61.25	659212
	Tues	9:30 am-noon
Sept 13-Dec 13	\$71.25	657428
Jan 10-Apr 3	\$61.25	659215

### 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-noon
Sept 16-Dec 16	\$71.25	657477
Jan 6-Mar 30	\$61.25	659508

### 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-noon
Sept 14-Dec 14	\$71.25	659008
Jan 11-Apr 4	\$61.25	660447

### Watercolour Painting Studio

No instruction. Bring your own subject matter or still life to paint.

	Thurs	10 am-3 pm
Sept 15-Dec 15	\$142.50	657775
Jan 12-Apr 5	\$122.50	660267
	Fri	10 am-3 pm
Sept 16-Dec 16	\$142.50	666152
Jan 6-Mar 30	\$122.50	660268



# inspiration starts here!

digital arts  
pottery  
printmaking  
dance  
creative writing  
drawing & painting  
movie making

Inspiration starts here at the **Nepean Visual Arts Centre** and the **Nepean Creative Arts Centre**.

Our centres feature experienced instructors, specialised studios, and a dynamic creative environment for participants at all levels of ability, from preschool to adult, to experience a diversity of arts instruction and studio time. Visit [ottawa.ca/arts](http://ottawa.ca/arts) for program and registration information.



**Nepean Creative Arts Centre**  
35 Stafford Road  
613-596-5783

**Nepean Visual Arts Centre**  
1701 Woodroffe Avenue  
613-580-2828 ext.3

*Celebrating 40 years in 2012!*



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City of Ottawa **3-1-1**  
977 613-0800-2401

# Skating



## Learn to Skate

Learn to Skate programs for all ages and abilities are available by group or private lessons. Visit [ottawa.ca/recreationguide](http://ottawa.ca/recreationguide) to find the courses.

Contact the Recreational Skating School at 613-580-2596.

## Leçons de patinage

Des leçons de patinage de groupe ou privées sont offertes pour tous les âges et pour tous les niveaux d'habileté. Pour en savoir plus sur ces leçons, consultez l'adresse [ottawa.ca/monguide](http://ottawa.ca/monguide).

Communiquez avec l'École de patinage artistique au 613-580-2596.

## Tot Skate

Children who can skate on their own may participate in this program. No parent. Skaters will be screened on the first day. Helmets mandatory.

4-5 yrs	Tue	10-10:50 am
Sep 27-Dec 6	\$84.75	677604
Jan 3-Mar 6	\$84.75	674099
	Thu	1-1:50 pm
Sep 29-Dec 1	\$84.75	677970
Jan 5-Mar 8	\$84.75	671743

# Preschool

## Junior Blades with Parent

Preschoolers are introduced to basic skating skills through games and songs. Parents are required to participate. Helmets mandatory.

2-3 yrs	Tue	10-10:30 am
Sep 27-Dec 6	\$42.75	677434
Jan 3-Mar 6	\$42.75	674097

## Parent and Tot

Share the fun with your child as they learn how to skate. Parents must wear skates and have the basic skating skills to assist their child on the ice. Children must wear a helmet.

3-4 yrs	Tue	10-10:50 am
Sep 27-Dec 6	\$84.75	677524
Jan 3-Mar 6	\$84.75	674098
	Thu	1-1:50 pm
Sep 29-Dec 1	\$84.75	677941
Jan 5-Mar 8	\$84.75	671732

## Tot Skate – Beginners

For non-skaters ages 4 and 5 years old. Small class ratio. Helmets mandatory.

4-5 yrs	Tue	11-11:50 am
Sep 27-Dec 6	\$95.75	677649
Jan 3-Mar 6	\$95.75	674100
	Thu	1-1:50 pm
Sep 29-Dec 1	\$95.75	677984
Jan 5-Mar 8	\$95.75	671753

### ONE FREE SKATE SHARPENING



**BLADES & THINGS**  
Excellence is our edge, make it yours!

Dale & Joe Baker

Phone/Fax: (613)723 5992

Email: [blades.things@rogers.com](mailto:blades.things@rogers.com)

[www.bladesandthings.ca](http://www.bladesandthings.ca)

1950 Merivale Rd. Unit #4  
Nepean, ON K2G 5T5

The one stop shop for all your skating needs.

We carry a full line of small figure skates, helmets, and accessories to get you on the ice and ready for your skating lessons.

Bring in this ad and get a free skate sharpening.



## Come Skate With Us!

The Nepean Skating Club offers year-round programs for skaters participating in Skate Canada's CanSkate, CanPower Skate, StarSkate, Competitive, and SynchroSkate.

We will be offering on-ice and off-ice sessions at Nepean Sportsplex Fall 2011!

Contact Info: <http://www.nepeanskatingclub.com>

by Phone: 613-226-6020

Fax: 613-226-3228

## Children

### 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. Certified hockey or snowboard helmet mandatory.

6-12 yrs	Tue	11-11:50 am
Sep 27-Dec 6	\$84.75	677397
Jan 3-Mar 6	\$84.75	674096
	Thu	noon-12:50 pm
Sep 29-Dec 1	\$84.75	677932
Jan 5-Mar 8	\$84.75	671723

## Adult

### Beginner

For adults who can skate forward and beyond. Skills include backward skating, one foot gliding and two foot turns. A certified hockey or snowboard helmet mandatory.

19+ yrs	Tue	11-11:50 am
Sep 27-Dec 6	\$91.75	667638
Jan 3-Mar 6	\$91.75	674094
	Thu	noon-12:50 pm
Sep 29-Dec 1	\$91.75	677902
Jan 5-Mar 8	\$91.75	671702

### Intermediate/Advanced

This class is for adults with some experience and can skate forward, backwards, stop and turn. Helmets are mandatory for this level.

19+ yrs	Tue	11-11:50 am
Sep 27-Dec 6	\$91.75	677366
Jan 3-Mar 6	\$91.75	674095
	Thu	noon-12:50 pm
Sep 29-Dec 1	\$91.75	677912
Jan 5-Mar 8	\$91.75	671712

## Public Skating Schedule

Nepean Sportsplex, 1701 Woodroffe Avenue, 613-580-2828 option 7

### Admission

Ages	Price
0-2 yrs	Free
3-4 yrs	\$1.50
5+ yrs	\$2.50
Family (a minimum of one adult and a maximum of two adults and their child(ren))	\$6.75

## Programme de patinage public

Sportsplex de Nepean, 1701, av. Woodroffe, 613-580-2828 (option 7)

### Droit d'entrée

âges	prix
0-2 ans	gratuit
3-4 ans	1,50\$
5+ ans	2,50\$
Familles (minimum d'un adulte et maximum de deux adultes, accompagnés de leur(s) enfant(s))	6,75\$

Date	Day/Time	Session Type	Cancellations	Arena
Oct 4-Mar 27	Tuesday, 1:30 pm to 2:50 pm	Public		1
Oct 4-Mar 27	Tuesday, noon to 1:20 pm	Pick Up Adult Hockey		2
Oct 5-Mar 21	Wednesday, 4:30 pm to 5:20 pm	Shinny Hockey Child	Dec 21, 28	2
Oct 6-Mar 22	Thursday, 7:00 am to 8:20 am	Pick Up Adult Hockey	Dec 29, Feb 23	1
Oct 6-Mar 22	Thursday, 9:30 am to 10:50 am	Public	Dec 29, Feb 23	1

Date	Jour/Horaire	Types de séance	Annulations	Aréna
4 oct. au 27 mars	Mardi 13 h 30 à 14 h 50	Public		1
4 oct. au 27 mars	Mardi 12 h à 13 h 20	Hockey adulte improvisé		2
5 oct. au 21 mars	Mercredi 16 h 30 à 17 h 20	Shinny pour enfants	21 déc., 28 déc.	2
6 oct. au 22 mars	Jeudi 7 à 8h 20	Hockey Adulte improvisé	29 déc., 23 fév.	1
6 oct. au 22 mars	Jeudi 9 h 30 à 10 h 50	Public	29 déc., 23 fév	1

## Special Skate Days

Date	Time	Special Skates	Arena
Friday, Oct. 7	1-3 pm	PD Day	3
Monday, Nov. 14	1-3 pm	PD Day	3
Monday, Dec. 26	10:30 am-12:30 pm	Holiday	2
Wednesday, Jan. 4	1-3 pm	Holiday	1
Friday, Feb. 17	1-3 pm	PD Day	3
Monday, Feb. 20	1-3 pm	Family Day	3
Monday, March 12	2:30-4:30 pm	March Break	1
Wednesday, March 14	1-3 pm	March Break	1

## Journées de patinage spéciales

Date	Horaire	Types de séances	Arena
Le vendredi 7 oct.	De 13 h à 15 h	Journée pédagogique	3
Le lundi 14 nov.	De 13 h à 15 h	Journée pédagogique	3
Le lundi 26 déc.	De 10 h 30 à 12 h 30	Vacances des fêtes	2
Le mercredi 4 jan.	De 13 h à 15 h	Vacances des fêtes	1
Le vendredi 17 déc.	De 13 h à 15 h	Journée pédagogique	3
Le lundi 20 fév.	De 13 h à 15 h	Jour de la famille	3
Le lundi 12 mars	De 14 h 30 à 16 h 30	Semaine de relâche	1
Le mercredi 14 mars	De 13 h à 15 h	Semaine de relâche	1

# Nepean Seniors Recreation Centre

1701 Woodroffe Ave. Entrance #3  
 613-580-2828 option 2  
[www.nepeanseniorscentre.ca](http://www.nepeanseniorscentre.ca)

**Office Hours: Monday to Friday 8:30 am-4:30 pm**

Membership fee is \$24 for a full calendar year, which includes a newsletter six times per year, discounts on registered programs and access to the drop-in activities, Travel club and special events.



The following activities run for retired adults 55+ on a yearly basis and a small drop-in fee applies. You must be a member to participate in these activities however you can try an activity up to three times before purchasing a Centre membership.

<b>500</b>	Thu	1 pm
<b>Contract Bridge</b>	Wed	1 pm
<b>Cribbage</b>	Tue/Thu	1 pm
<b>Duplicate Bridge</b>	Thu/Fri	1 pm
	Wed	6:30 pm
	Sun	12:30 pm
<b>Euchre</b>	Tue	1 pm
<b>Floor Shuffleboard</b>	Mon/Wed	1 pm
<b>Fun Bridge</b>	Fri	1 pm



## Seasonal Activities:

<b>5-Pin Bowling</b>	Mon	1 pm starting Sep 12
<b>Carpet Bowling</b>	Tue/Thu	1 pm starting Oct 4
<b>Choir</b>	Thu	9 am starting Aug 25
<b>Computer Club</b>	1st Tue	9:30 am starting Sep 6
<b>Creative Crafts</b>	Thu	9 am starting Sep 8
<b>Curling</b>	Tue/Thu	9 am starting Nov 1
<b>Cycling Club</b>	Tue	9:30 am-ending in Sep/Oct
<b>Outdoor Walking Club</b>	Mon/Tue/Thu	9:30 am ending Nov 10
<b>Snowshoeing</b>	Mon-10:30 am; Fri-1 pm (when there is enough snow)	
<b>Cross-Country Skiing</b>	Mon-10:30 am; Fri-1 pm (when there is enough snow)	

# Nepean Seniors Recreation Centre

## The Centre offers many other services and special events:

### Open House

On October 3, 2011 come and join us for the afternoon and watch demonstrations as well as try various activities throughout the Nepean Sportsplex. Entertainment and refreshments will follow these activities. All are welcome to this free event.

### Travel Club

If you are a member of the Seniors Centre, you are also a member of the Travel Club. From September 18-27, 2011 the Travel Club will be going on the Historic Trains of California tour. Their trips for 2012 will be announced at their Annual General Meeting to be held on September 12. Please call the office for more details.

### Monthly Lunches

Each month during the school year (October-May), the students at Sir Guy Carleton Secondary School make lunch at their school for members of our Centre. For a nominal charge of \$10.50, the seniors can enjoy a three-course meal with homemade rolls, followed by tea and coffee.

### 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 Whist games, day trips and more.

### Foot Care Clinics

We also offer foot care clinics, in partnership with West Ottawa Community Resource Centre, the first and last Wednesday of each month. For more information, call Dee at 613-591-3686.

### 60-plus and going strong: Wellness 101

**This course prolongs independence at home.**

Do you want to stay as healthy as possible, for as long as possible?

What tips and simple strategies can you use every day to maximize your health and safety?

Join Bayshore Home Health as they host this popular eight-week program designed to help you become a better self-health manager and promote your long-term health and wellness.

Each week you'll learn from a health care expert about a different aspect of healthy aging in a relaxed, social setting. You'll gain valuable information on the importance of each area of health, learn to identify potential risks and symptoms, as well as take away day to day strategies you can use to promote and

manage your own health. Topics such as nutrition, flexibility and mobility, medication use and management, and infection risk will be covered.

This course is offered here at the Seniors Centre, **FREE of charge on Wednesdays, October 5-November 23 from 10-11am.**

Please call the Centre if you are interested in signing up. Start prolonging your independence today!

### Wellness 201!



On the heels of Wellness 101, and by popular demand, comes 60 plus and going strong – Wellness 201! Host Bayshore Home Health brings you NEW topics and new presenters, but the same goal of helping you prolong your independence! Knowledge really is health! **FREE of charge on Wednesdays, October 5-November 23 from 11 am-noon.** (Please note: Wellness 101 is not a prerequisite to taking this course.) Please call the Centre to sign up.

For more information about the many programs, monthly lunches, multi-day trips and social events taking place, visit our website at [www.nepeanseniorscentre.ca](http://www.nepeanseniorscentre.ca), drop in or call the Seniors Centre Coordinator, Leslie Dondale at 613-580-2828 ext. 2.

# Nepean Seniors Recreation Centre

## Seniors Centre Programs

Members of the Nepean Seniors Recreation Centre pay less than non-members for the following registered programs. Prices listed are member prices.

### Chair-ercise



Exercises are performed while sitting in a chair or using the chair as an adaptive device. Designed to improve muscle tone, flexibility and endurance. Excellent alternative to low-impact aerobics when combined with walking. Chair-ercise is ideal for those with arthritis, osteoporosis or those starting an exercise program.

<b>55+ yrs</b>	Mon	10:30-11:30 am
Sep 12-Dec 12	\$54.50	665823
Jan 9-Mar 19	\$42	665983
	Wed	9-10 am
Sep 7-Nov 30	\$54.50	665849
Jan 4-Mar 7	\$42	665985
	Fri	9-10 am
Sep 9-Dec 9	\$54.50	665867
Jan 6-Mar 9	\$42	665986

### Line Dancing

A variety of line dances will be taught during this session. No experience is necessary, just come out and have fun.

<b>55+ yrs</b>	Mon	11 am-noon
Sep 26-Nov 21	\$43.25	665938
Jan 9-Mar 5	\$43.25	665996

### 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.

<b>55+ yrs</b>	Fri	10-11 am
Sep 16-Nov 4	\$51.50	665896

### 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

<b>50+ yrs</b>	Tue	11 am-noon
Sep 27-Nov 29	\$71	665906
Jan 10-Mar 13	\$71	665989

#### Level 2

<b>50+ yrs</b>	Tue	10-11 am
Sep 27-Nov 29	\$71	665916
Jan 10-Mar 13	\$71	665992

#### Level 3

<b>50+ yrs</b>	Tue	9-10 am
Sep 27-Nov 29	\$71	665925
Jan 10-Mar 13	\$71	665993

### Tap Dance – Level 1\*

Basic tap for fun and exercise. Learn the steps and then put them together for a snappy routine.

<b>55+ yrs</b>	Mon	2-3 pm
Sep 12-Dec 19	\$95.50	665956
Mar 5-Jun 18	\$88.75	665998

### 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.

<b>55+ yrs</b>	Mon	1-2 pm
Sep 12-Dec 19	\$95.50	665969
Mar 5-Jun 18	\$88.75	666000
	Wed	1-2 pm
Sep 7-Dec 14	\$102.25	665976
Mar 7-Jun 20	\$102.25	666003

(You must be registered in Monday's class to sign up for Wednesday's class.)

### Tap Dance Performance Group\*

Work towards a polished routine in order to perform for other seniors around the city.

<b>55+ yrs</b>	Wed	2-3:30 pm
Sep 7-Dec 14	\$102.25	665979
Mar 7-Jun 20	\$102.25	666004

### Seniors Performance Stage Class\*

Singing and stage dancing (simple jazz). Work on large production singing and dance numbers as well as smaller ones—from solos to quartets, and comedic numbers. The goal is to perform at retirement homes plus one larger show.

<b>55+ yrs</b>	Wed	noon-1 pm
Sep 7-Dec 14	\$102.25	665980
Mar 7-Jun 20	\$102.25	665981

\* **Location: Nepean Creative Arts Centre, 35 Stafford Rd., Bells Corners**

For more 50+ Adults programs please see page 24 and 39.

# Fitness and Wellness



## Adult

### 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!

<b>18+ yrs</b>	Sun	5-6 pm
Sep 18-Dec 11	\$105	673728
Jan 8-Mar 11	\$87.50	673740

### Beach Ready Boot Camp

Women's only fitness class. Complete a series of challenging circuits that will increase your heart rate and burn calories.

<b>18+ yrs</b>	Tue	8-9 pm
Sep 27-Dec 13	\$105	673821
Jan 3-Mar 6	\$87.50	673830

### Bender Ball® **NEW**

The Bender Ball is the newest fitness tool on the market. Experience sculpting exercises for optimal results. The Bender Ball delivers the ultimate core workout for all fitness levels.

<b>18+ yrs</b>	Mon	7-8 pm
Sep 19-Dec 19	\$110	672347
Jan 23-Mar 5	\$55	672925

### BOSU® Ball

The BOSU® Ball is used by athletes, sports teams and in health clubs around the world. It is designed to integrate balance, the foundation of all movement, with virtually all forms of fitness to give you a fun, new and effective workout.

<b>18+ yrs</b>	Sun	noon-1 pm
Sep 18-Dec 11	\$105	676300
Jan 8-Mar 11	\$87.50	676314

### Bridal Boot Camp

Tone your arms, trim your thighs and flatten your abs in time for your BIG day, or any special event.

<b>18+ yrs</b>	Tue	6-7 pm
Sep 20-Dec 6	\$105	674935
Jan 3-Mar 6	\$87.50	674987
	Thu	6-7 pm
Sep 22-Dec 8	\$105	674965
Jan 5-Mar 8	\$87.50	674990

### Cardio Kickboxing

Cardio kickboxing is a combination of aerobics, martial arts and kickboxing moves. Intense cardio workout followed by complete body-mind stretches.

<b>18+ yrs</b>	Thu	9-10 pm
Sep 22-Dec 8	\$105	673632
Jan 5-Mar 8	\$87.50	673646

### Groove Method® **NEW**

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. No dance experience is needed and all fitness levels are welcome.

<b>18+ yrs</b>	Thu	5-6 pm
Sep 22-Dec 8	\$105	676211
Jan 5-Mar 8	\$87.50	676238

## Youth

### Kettlebells – Level 1 **NEW**

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. Clients must be injury free.

<b>15-17 yrs</b>	Sat	11:30 am-12:30 pm
Sep 17-Dec 10	\$110	672325
Jan 7-Mar 3	\$82.50	672338

### Strength Circuit Training – Teen

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.

<b>13-14 yrs</b>	Sun	2-3 pm
Sep 18-Dec 11	\$110	672239
Jan 8-Mar 4	\$82.50	672290
<b>15-17 yrs</b>	Sun	2-3 pm
Sep 18-Dec 11	\$110	672262
Jan 8-Mar 4	\$82.50	672293

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

Les horaires et les tarifs peuvent changer. La TVH est incluse dans les tarifs, le cas échéant.



# Fitness and Wellness

## Mom and Baby Programs

### Baby and Mom Yoga

These classes focus on getting moms gently back into shape after giving birth.

<b>18+ yrs</b>	Tue	1:30-2:30 pm
Sep 20-Dec 6	\$81	673931
Jan 3-Mar 6	\$67.50	673936

### Mom and Baby Salsa

With your baby safely snuggled in a carrier, move and groove to lively Latin rhythms! Basic Salsa steps and moves that strengthen and tone muscles and burn calories, to get back your pre-baby figure!

<b>18+ yrs</b>	Wed	11 am-noon
Sep 21-Dec 7	\$81	673792
Jan 4-Mar 7	\$67.50	673797

### Mom and Me Fit

Postnatal 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!

<b>18+ yrs</b>	Mon	11 am-noon
Sep 19-Dec 12	\$81	673806
Jan 9-Mar 5	\$67.50	673818

### Postnatal 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.

<b>18+ yrs</b>	Thu	1:30-2:30 pm
Sep 22-Dec 8	\$105	677715
	Thu	1:30-2:30 pm
Jan 5-Mar 8	\$87.50	677761

### 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.

<b>18+ yrs</b>	Thu	11:30 am-12:30 pm
Sep 22-Dec 8	\$105	677850

### Gym Stick® Circuit

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. Other equipment may be integrated into the program on Thursday nights.

<b>18+ yrs</b>	Mon	8-9 pm
Sep 19-Dec 19	\$110	672937
Jan 23-Mar 5	\$55	672950
	Thu	6-7 pm
Sep 22-Dec 8	\$110	678338
Jan 26-Mar 1	\$55	677688

### Healthy Back

Improve the health of your back and prevent back pain from recurring. An informative program to educate you to strengthen and stretch the muscles that support your back, improve your quality of life and make your back stronger.

<b>18+ yrs</b>	Sun	1-2 pm
Sep 18-Dec 11	\$105	673418
Jan 15-Mar 11	\$87.50	673429

### Intro to Spinning®

Learn proper bike setup, the three hand positions and the five basic moves, pedaling techniques, and all about energy zones.

<b>18+ yrs</b>	Sun	4-4:45 pm
Sep 18-Oct 30	\$52.50	673892
Nov 6-Dec 11	\$52.50	673897
Jan 8-Feb 26	\$70	673905

### 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. Clients must be injury free.

<b>18+ yrs</b>	Sun	6-7 pm
Sep 18-Dec 11	\$105	673755
Jan 8-Mar 11	\$87.50	673766

### 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. Clients must be injury free.

<b>18+ yrs</b>	Mon	5:30-6:30 pm
Sep 19-Dec 12	\$105	676352
Jan 9-Mar 12	\$87.50	676370

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Services multilingues **3-1-1**  
TTY: (416) 313-3800-2401

## Nordic Walking NEW

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.

<b>18+ yrs</b>	Tue	1:15-2:15 pm
Sep 20-Dec 6	\$105	671845
Jan 10-Mar 6	\$87.50	671894
	Sat	9-10 am
Sep 17-Dec 10	\$105	671851
Jan 7-Mar 3	\$87.50	671909

## Pilates – Accessories

Pilates with accessories is the ideal program for people suffering from low back problems to improve their core strength, stability and flexibility.

<b>18+ yrs</b>	Thu	7-8 pm
Sep 22-Dec 8	\$105	674788
Jan 5-Mar 8	\$87.50	674806

## Pilates – BOSU® Combo

Pilates is a series of progressive exercises to lean and tone your muscles and strengthen your core. The Bosu® Ball will add challenge of balance and stability.

<b>18+ yrs</b>	Tue	8:30-9:30 pm
Sep 20-Dec 6	\$105	674827
Jan 10-Mar 6	\$70	674840

## Pilates – Core Stability

Pilates-style classes strengthen the body's core muscles, increase flexibility, and help posture using mat work.

<b>18+ yrs</b>	Sun	11 am-noon
Sep 18-Dec 11	\$105	674889
Jan 8-Mar 11	\$87.50	674898



## 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.

<b>18+ yrs</b>	Wed	6:30-7:30 pm
Sep 21-Dec 7	\$105	674874
Jan 4-Mar 7	\$87.50	674879

## Running Club – Level 1

Learn to run program was designed for the adult beginner athlete. Basic training to develop and maintain a desired level of fitness. Includes running, walking, stretching and health education.

<b>18+ yrs</b>	Thu	6:30-7:30 pm
Sep 22-Dec 8	\$105	671791

## Snowshoeing

Learn the basics of snowshoeing and get a great workout, along with winter fun.

<b>18+ yrs</b>	Thu	6:30-8 pm
Jan 12-Feb 16	\$91	676598
	Sat	1:30-3 pm
Jan 14-Feb 18	\$91	676609

## Sport Conditioning NEW

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.

<b>18+ yrs</b>	Wed	6-7 pm
Sep 21-Dec 7	\$105	676463
	Sat	10:30-11:30 am
Nov 5-Dec 10	\$53	676500

## 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.

<b>18+ yrs</b>	Tue, Thu	6:30-7:30 am
Sep 20-Oct 27	\$105	674421
Nov 1-Dec 8	\$105	674425
Jan 10-Feb 16	\$105	674433
Feb 21-Mar 8	\$75	674439
	Wed	8:30-9:30 pm
Sep 21-Dec 7	\$105	674444
Jan 4-Mar 7	\$87.50	674463
	Sat	8:15-9:15 am
Sep 17-Dec 3	\$105	674450
Jan 7-Mar 10	\$87.50	674472

## 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.

<b>18+ yrs</b>	Sun	8:30-11:30 am
Dec 18	\$25	676836
Mar 18	\$25	676847

## 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.

<b>18+ yrs</b>	Sat	9:15-10:15 am
Jan 7-Mar 10	\$87.50	671774

## TRX® Total Body NEW

Engage all of your muscles with this TRX®-based workout and build overall strength, balance and flexibility. All levels welcome.

<b>18+ yrs</b>	Mon	6-7 pm
Sep 19-Dec 12	\$105	673366
Jan 9-Mar 5	\$87.50	673386
	Wed	6-7 pm
Sep 21-Dec 7	\$105	673376
Jan 11-Mar 7	\$87.50	673396

## Woman on Weights

Beginners will strengthen their bones, reducing the risks of osteoporosis, and tone their muscles. Learn the basic fundamentals of exercise and weight training. Exercise at your own pace. Class will progress to meet your needs.

<b>18+ yrs</b>	Tue	7:30-8:30 pm
Sep 20-Dec 6	\$105	672992
Jan 10-Mar 6	\$87.50	673029
	Thu	7:30-8:30 pm
Sep 22-Dec 8	\$105	672999
Jan 12-Mar 8	\$87.50	673042

## 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!

<b>18+ yrs</b>	Mon	6-7 pm
Sep 19-Dec 19	\$105	673668
Jan 9-Mar 5	\$87.50	673696
	Fri	6:30-7:30 pm
Sep 23-Dec 9	\$105	673685
Jan 6-Mar 9	\$87.50	673707
	Fri	7:45-8:45 pm
Jan 6-Mar 9	\$87.50	673714

## Yoga Programs

### 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.

<b>18+ yrs</b>	Sun	10-11 am
Sep 18-Dec 11	\$105	674915
Jan 8-Mar 11	\$87.50	674921
	Mon	7-8 pm
Sep 19-Dec 12	\$105	674562
Jan 9-Mar 5	\$87.50	674584

### Partner Yoga



Build strength, flexibility, energy and balance with your partner. This is a safe way to go deeper into twists, back and forward bends and to aid balance and explore familiar poses.

<b>18+ yrs</b>	Tue	6-7 pm
Sep 20-Dec 6	\$105	675877
Jan 3-Mar 6	\$87.50	675889

### 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.

<b>18+ yrs</b>	Thu	8-9 pm
Sep 22-Dec 8	\$105	674611
Jan 5-Mar 8	\$87.50	674656
	Sat	9:30-10:30 am
Sep 17-Dec 10	\$105	674621
Jan 7-Mar 10	\$87.50	674676



### Prenatal 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.

<b>18+ yrs</b>	Wed	8-9 pm
Sep 21-Dec 7	\$105	673919
Jan 4-Mar 7	\$87.50	673926

### 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.

<b>18+ yrs</b>	Thu	8:30-9:30 pm
Sep 22-Dec 8	\$105	673909
Jan 5-Mar 8	\$87.50	673912

### 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.

<b>18+ yrs</b>	Mon	7:30-8:30 pm
Sep 19-Dec 12	\$105	674695
Jan 9-Mar 5	\$70	674762

### 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.

<b>18+ yrs</b>	Wed	8-9 pm
Sep 21-Dec 7	\$105	676397
Jan 4-Mar 7	\$87.50	677374

## Specialty Aquafitness Classes

Due to renovations to the 50m pool it will be closed until Monday, October 31, 2011. Annual Maintenance 25m pool – August 27 to September 18, 2011.

En raison des travaux de rénovation de la piscine de 50 m, cette dernière sera fermée jusqu'au lundi 31 octobre 2011. Entretien annuel de la piscine de 25 m – du 27 août au 18 septembre 2011.

### Aqua Running

Geared to triathletes, runners, and fitness enthusiasts. Low impact interval training, core muscle conditioning, stretching, and deep-water running with flotation will improve your cardiovascular output and core strength. Aqua running is sure to challenge your aerobic and anaerobic limitations!

<b>18+ yrs</b>	Mon	7:30-8:15 pm
Oct 31-Dec 19	\$68.75	669937
Jan 9-Mar 5	\$68.75	669950

### Arthritis



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.

<b>18+ yrs</b>	Tue	8:30-9:15 am
Sep 20-Oct 25	\$51.50	669815
Nov 1-Dec 20	\$68.75	669826
Jan 10-Mar 6	\$77.25	669895
	Tue	9:15-10 am
Sep 20-Oct 25	\$51.50	669818
Nov 1-Dec 20	\$68.75	669829
Jan 10-Mar 6	\$77.25	669896
	Tue	1-1:45 pm
Sep 20-Oct 25	\$51.50	669819
Nov 1-Dec 20	\$68.75	669833
Jan 10-Mar 6	\$77.25	669897
	Thu	8:30-9:15 am
Sep 22-Oct 27	\$51.50	669837
Nov 3-Dec 22	\$68.75	669850
Jan 12-Mar 8	\$77.25	669899
	Thu	9:15-10 am
Sep 22-Oct 27	\$51.50	669838
Nov 3-Dec 22	\$68.75	669852
Jan 12-Mar 8	\$77.25	669902
	Thu	1-1:45 pm
Sep 22-Oct 27	\$51.50	669841
Nov 3-Dec 22	\$68.75	669858
Jan 12-Mar 8	\$77.25	669904

## Diaper Fit

Fun-filled exercise program designed for parents and their toddlers (six to 24 months). Children are placed in flotation seats that remain in direct contact with parent. Children will love it and parents get a great workout.

18+ yrs	Mon	1-1:45 pm
Sep 19-Oct 24	\$43	669566
Oct 31-Dec 19	\$68.75	669645
Jan 9-Mar 5	\$68.75	669683
	Wed	1-1:45 pm
Sep 21-Oct 26	\$51.50	669652
Nov 2-Dec 21	\$68.75	669654
Jan 11-Mar 7	\$77.25	669687

## Fibromyalgia

Designed for individuals who have fibromyalgia. It takes place in shallow water and ends in the swirl pool for relaxation.

18+ yrs	Mon	10:15-11 am
Sep 19-Oct 24	\$43	669482
Oct 31-Dec 19	\$68.75	669487
Jan 9-Mar 5	\$68.75	669526
	Wed	10:15-11 am
Sep 21-Oct 26	\$51.50	669492
Nov 2-Dec 21	\$68.75	669498
Jan 11-Mar 7	\$77.25	669533
	Fri	10:15-11 am
Sep 23-Oct 28	\$51.50	669501
Nov 4-Dec 23	\$68.75	669505
Jan 13-Mar 9	\$77.25	669536

## Prenatal

A medium-intensity workout for expectant mothers who wish to continue to work out and maintain their fitness level. Program for individuals who had a regular fitness routine prior to pregnancy.

18+ yrs	Mon	6:45-7:30 pm
Oct 31-Dec 19	\$68.75	669696
Jan 9-Mar 5	\$68.75	669715

**For Membership Aquafitness programs and information, see page 45.**

## Older Adults on Weights – Level 1

Older adults have so much to gain from participating in a strength-training program. Perform the exercises with guidance and proper form for safety.

50+ yrs	Mon, Thu	10-11 am
Sep 19-Oct 31	\$105	673551
Nov 3-Dec 12	\$105	673558
Jan 9-Feb 16	\$105	673570
Feb 23-Mar 12	\$55	673574

## Older Adults on Weights – Level 2

Older adults have so much to gain from participating in a strength-training program. Perform the exercises with guidance and proper form for safety.

50+ yrs	Mon, Thu	11 am-noon
Sep 19-Oct 31	\$105	673560
Nov 3-Dec 12	\$105	673562
Jan 9-Feb 16	\$105	673572
Feb 23-Mar 12	\$55	673581

**For more 50+ Adults fitness programs please see page 24 and 34.**

## 50+ Adults



### Heart Health

A closely supervised exercise program suitable for individuals who have completed cardiac rehab or people who have peripheral vascular disease, diabetes or who have had TIA's.

A registered nurse is present at all classes for assessments and interventions. First-time registrants should contact the program coordinator before registering in the course.

**613-580-2424 ext. 41225.**

50+ yrs	Tues, Thu	10:15-11:15 am
Sept 13-Dec 1	\$259.25	677255
Jan 10-Mar 1	\$173.00	677271

## 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.

For additional information please contact Michael Lalonde at **613-580-2424 ext. 41225.**

*"This project is supported by the Government of Ontario"*



## Programmes d'exercices Corps à cœur

**Cours sécurisés, amusants, agréables et accessibles.**

En partenariat avec l'Institut de cardiologie de l'Université d'Ottawa et d'autres organismes communautaires, les programmes d'exercices *Corps à cœur* sont destinés aux participants que la santé cardiaque intéresse ou préoccupe. Pour trouver les programmes d'exercices *Corps à cœur*, recherchez le logo Exercices *Corps à cœur* illustré ci-dessus.

Pour obtenir de l'information complémentaire, veuillez communiquer avec Michael Lalonde au **613-580-2424, poste 41225.**

*Ce projet est financé par le gouvernement de l'Ontario*

# Athletics and Fitness Centre / Centre de conditionnement physique et d'athlétisme

**Hours of Operation: September 6, 2011-March 11, 2012**

**Heures d'ouverture du service : Du 6 septembre 2011 au 11 mars 2012**

Monday/Lundi	Tuesday/Mardi	Wednesday/Mercredi	Thursday/Jeu	Friday/Vendredi	Saturday/Samedi	Sunday/Dimanche
6 am-11 pm De 6 h à 23 h	6 am-11 pm De 6 h à 23 h	6 am-11 pm De 6 h à 23 h	6 am-11 pm De 6 h à 23 h	6 am-9 pm De 6 h à 21 h	8 am-9 pm De 8 h à 21 h	8 am-11 pm De 8 h à 23 h

The hours of operation will be adjusted on holiday long weekends. Adjustments to the hours of operation will be posted at the customer service desk and online at [ottawa.ca](http://ottawa.ca).

## Strength & Conditioning Centre

**613-580-2828 option 5**

- Enjoy working out in our state-of-the-art fitness facility
- Cardio Room (treadmills, steppers, bikes, elliptical, rowers, NUStep and rehab hand bike)
- Feel free to watch one of our TVs with radio Broadcast Vision
- State-of-the-art equipment and machines (Trotter, Atlantis, Palestra and Free Weight)
- Certified personal trainers on staff
- Fitness Studio (Spinning®, Zumba®, yoga, Pilates, kettlebells and TRX® Suspension® training)
- Outdoor fitness trails – over 3.6 km with exercise stations



Participants in the weight/cardio room must be 16 years of age or older. Youth 13 to 15 years of age must be accompanied by someone 16 years of age or older. Children 12 years and younger are not permitted.

Please refer to the posted Athletics Code of Conduct.

## Personal Training:

For men and women who would like to begin a fitness program. This one-hour service will give you more knowledge about fitness, basic nutrition, the principles and benefits behind strength and cardiovascular training. Our fully certified and dynamic personal training team will keep you motivated, to help you reach your fitness goals and assist you in maintaining them.

### General Packages:

1 session	\$45.25	12 sessions	\$459
3 sessions	\$192	1 hour (Semi)	\$30.75 (each)
6 sessions	\$243		

### Specialized Personal Training Packages

(sport or post rehab):

1 session	\$60.75	10 sessions	\$549
5 sessions	\$280.25		

A Personal Training request form and Par-Q form must be filled out to assist in matching you with the trainer to best suit your needs. Forms can be picked up at customer service desk. Payment must be made 24 hours before the first session. Please give 24 hours notice if you need to cancel your appointment by calling **613-580-2424 ext. 46690**.

Les heures d'ouverture seront modifiées les longues fins de semaine de congés fériés.

Les changements aux heures d'ouverture seront affichés dans le Centre du service à la clientèle et en ligne à [ottawa.ca](http://ottawa.ca).

## Centre de musculation et de conditionnement physique

**613-580-2828 (option 5)**

- Venez vous entraîner dans notre installation de conditionnement physique à la fine pointe de la technologie
- Salle d'entraînement cardio (tapis roulants, escaladeurs, vélos, appareils elliptiques, machines à ramer, appareils NuStep et vélo à main de réadaptation)
- Regardez la télévision pendant votre entraînement grâce à notre système de radiodiffusion
- Équipement et appareils à la fine pointe de la technologie (Trotter, Atlantis, Palestra et Free Weight)
- Entraîneurs personnels accrédités sur place
- Studio de conditionnement physique (Spinning®, Zumba®, yoga, Pilates, entraînement kettlebells et TRX® Suspension®)
- Plus de 3,6 km de sentiers sportifs extérieurs avec stations d'entraînement

Les personnes qui fréquentent la salle de musculation et d'entraînement cardiovasculaire doivent avoir 16 ans ou plus. Les jeunes âgés de 13 à 15 ans doivent être accompagnés d'une personne d'au moins 16 ans. L'accès à la salle est interdit aux enfants de 12 ans et moins.

Veuillez consulter le code de conduite des athlètes affiché.

### Dylan Harries [B.Rec, B. Sci. (H.K)]

Health and Fitness Coordinator/Head Trainer

- Certified Athletic Therapist/Trainer (C.A.T)
- Strength & Conditioning Coach (NSCA)
- Can Fit Pro (PTS/FIS), YMCA (T for T), SPI (Level 2), NCCP (Level 2), ACE (Member), CPTN (Member)
- Spinning®, Aquafitness, Gliding®, Bosu®, Gym Stick®, Stability/Bender Ball® Instructor



### General Information

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

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

# Fitness Memberships



**Flexible, convenient and affordable!**

**Choose the membership that works for you!**

Discover the unique advantages of a fitness membership at the Nepean Sportsplex.

We offer:

- State-of-the-art facility including the latest in strength and cardio equipment
- Aquafitness, Spinning® and aerobic classes offered at convenient times throughout the week
- A variety of membership packages
- Competitive prices and flexible payment options
- Transferable membership between over 18 City of Ottawa facilities
- Corporate and group discounts available

**Youth** – 13 to 18 yrs

**Students** – full-time student with valid I.D.

**Adults** – 19 to 64 yrs

**Seniors** – 65 years and older

**Family** – a maximum of two adults and their child(ren)

## Class A Facility – Membership Fees

### All-Inclusive Membership

(includes weight/cardio, aquafitness, swimming, aerobics, racquet sports, indoor cycling/Spinning® and public skating)

	1 month	3 months	6 months	1 year
Seniors, Students, Youth	\$62.25	\$123.50	\$229.50	\$415
Adults	\$76.50	\$151.50	\$280.75	\$510.50
Family	\$101.75	\$275	\$504.75	\$919.50

### One Option Membership

(one of weight/cardio OR aerobics OR racquet sports OR indoor cycling/Spinning® OR aquafitness)

	1 month	3 months	6 months	1 year
Seniors, Students, Youth	\$45.75	\$90.25	\$167.50	\$303
Adults	\$57	\$113	\$209.75	\$382.25
Family	\$73.75	\$207.50	\$376	\$684

### Combined Aquafitness & Swimming Memberships

	1 month	3 months	6 months	1 year
Seniors, Students, Youth	\$48.50	\$95.75	\$176.50	\$320
Adults	\$59.50	\$118.25	\$219	\$398.50
Family	\$79.25	\$213.75	\$392.75	\$718

### Swim Membership (leisure, standard)

	1 month	3 months	6 months	1 year
Seniors, Students, Youth, Children	\$19	\$37	\$66.75	\$120.75
Adults	\$43	\$79.25	\$155.75	\$283.25
Family	\$96.75	\$180.75	\$313.25	\$523.50

### Multi-Visit Drop-in Passes Membership Option

(includes weight/cardio, aquafitness, aerobics, racquet sports and indoor cycling/Spinning®)

	10 Visits	20 Visits
Senior	\$59.50	\$108
Adults	\$73	\$135

### Fitness Drop-In Rates\*

Seniors, Students, Youth	\$6.85
Adults	\$8

\* Applicable to all fitness activities except public swimming and skating.

### Membership Registration Information

Registration for your membership must take place at the Nepean Sportsplex customer service desk to create your photo ID card. All City of Ottawa Class A memberships are transferable to other Class A and B facilities. Refer to [ottawa.ca/recreation](http://ottawa.ca/recreation) for a complete list of facilities.

# Conditionnement physique



## Abonnements pour le conditionnement physique et les activités aquatiques dans toute la ville

Abonnement au conditionnement physique flexible, pratique, abordable et transférable!

Découvrez les avantages uniques d'un abonnement au conditionnement physique au Sportsplex de Nepean.

Nous offrons :

- Une installation ultramoderne comprenant l'équipement de musculation et d'entraînement cardiovasculaire le plus récent;
- Des cours d'aquaforme, de Spinning® et d'aérobic offerts à des heures pratiques tout au long de la semaine;
- Diverses formules d'abonnement;
- Des tarifs concurrentiels et des modalités de paiement souples;
- Un abonnement valide dans plus de 18 installations de la Ville d'Ottawa;
- Des rabais aux entreprises et aux groupes.

**Jeune** – 13 à 18 ans

**Étudiant** – personne étudiant à temps plein (avec carte d'identité valide)

**Adulte** – 19 à 64 ans

**Aînés** – 65 ans et plus

**Famille** – un maximum de deux adultes et leurs enfants

## Frais d'abonnement aux installations de la catégorie A

### Abonnement tout inclus

(appareils de musculation et d'exercices cardiovasculaires, aquaforme, baignade, danse aérobique, sports de raquette, vélo stationnaire/Spinning® et patinage libre)

	1 mois	3 mois	6 mois	1 an
Aînés/étudiants/jeunes	62,25 \$	123,50 \$	229,50 \$	415 \$
Adultes	76,50 \$	151,50 \$	280,75 \$	510,50 \$
Familles	101,75 \$	275 \$	504,75 \$	919,50 \$

### Abonnement à une seule des options suivantes

(appareils de musculation et d'exercices cardiovasculaires OU danse aérobique OU sports de raquette OU vélo stationnaire/Spinning® OU Aquaforme)

	1 mois	3 mois	6 mois	1 an
Aînés/étudiants/jeunes	45,75 \$	90,25 \$	167,50 \$	303 \$
Adultes	57 \$	113 \$	209,75 \$	382,25 \$
Familles	73,75 \$	207,50 \$	376 \$	684 \$

### Abonnement combinant l'aquaforme et la baignade

	1 mois	3 mois	6 mois	1 an
Aînés/étudiants/jeunes	48,50 \$	95,75 \$	176,50 \$	320 \$
Adultes	59,50 \$	118,25 \$	219 \$	398,50 \$
Familles	79,25 \$	213,75 \$	392,75 \$	718 \$

### Abonnement à la baignade (piscines ludique, standard)

	1 mois	3 mois	6 mois	1 an
Aînés, étudiants, jeunes, enfants	19 \$	37 \$	66,75 \$	120,75 \$
Adultes	43 \$	79,25 \$	155,75 \$	283,25 \$
Famille	96,75 \$	180,75 \$	313,25 \$	523,50 \$

### Laissez-passer pour visites multiples (10 ou 20 visites)

(appareils de musculation et d'exercices cardiovasculaires, aquaforme, danse aérobique, sports de raquette et vélo stationnaire/Spinning®.)

	10 visites	20 visites
Aînés	59,50 \$	108 \$
Adultes	73 \$	135 \$

### Tarifs à la visite pour le conditionnement physique\*

Aînés/étudiants/jeunes	6,85 \$
Adultes	8 \$

\* S'applique à toutes les activités de conditionnement physique sauf la natation récréative et le patinage.

### Renseignements sur l'abonnement

Vous devez vous présenter au bureau du Service à la clientèle du Sportsplex de Nepean pour obtenir une carte d'identification avec photo. Tous les abonnements pour les installations de la catégorie A de la Ville d'Ottawa sont valides dans les installations de la catégorie A et B. Rendez-vous au [ottawa.ca/loisirs](http://ottawa.ca/loisirs) pour obtenir une liste complète des installations.

# Membership Fitness Classes



**Fall/Winter Session: Tuesday, September 6, 2011-  
Sunday, March 11, 2012**

- Holiday Schedule: Friday, Dec. 23, 2011-Sunday, Jan. 2, 2012
- No classes on Thanksgiving weekend (Oct. 8-10, 2011)
- Special schedule on Family Day (Feb. 20, 2012)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-10 am Low Impact Gym	8:30-9:30 am 20/20/20 Studio	9-10 am Low Impact Gym	8:30-9:30 am Step Studio	9-10 am Low Impact Gym	
10-11 am Yoga Studio	9-10 am Low Impact Gym	10-11 am Yoga Studio	9-10 am Low Impact Gym		
10:30-11:30 am Low Impact (Fit For Life) Gym	10-11am Zumba Studio	10:30-11:30 am Low Impact (Fit For Life) Gym	10-11 am Core Conditioning Studio	10:30-11:30 am Low Impact (Fit For Life) Gym	
	11-noon Power Yoga Studio	noon-1 pm Zumba® Studio			
1-2 pm Core Conditioning Studio		1-2 pm TMC Studio		1-2 pm TMC Studio	1-2 pm Potpourri Studio
6:30-7:30 pm Yoga Studio	6:30-7:30 pm Potpourri Studio	5:30-6:30 pm Circuit Training Studio	6-7 pm 20/20/20 Studio		
	7-8 pm Step & Skip Circuit Hall F	7-8 pm Core Conditioning Hall F			

## Class Descriptions

### 20/20/20

One-stop-fitness shopping. 20 minutes of hi-low impact, 20 minutes of step, 20 minutes of strength and stretch.

### Circuit Training

Timed stations alternating between cardio and strength training. Work at your own pace to boost your metabolism and tone your body.

### Core Conditioning

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

### Low Impact

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

### Low Impact – Fit For Life

A low impact fitness program designed for the more mature adult in a friendly social atmosphere. Cardiovascular conditioning, light strength training, followed by a full body stretch. Options will be given to suit everyone's fitness level.

### Potpourri

A selection of classes on a rotation basis. Schedule will be posted online and at the fitness studio.

### Power Yoga

Power yoga is a dynamic and vigorous form of Hatha yoga. Poses are linked together through a series of connecting movements synchronized with the breath.

### Step

Combinations of movements performed on and off the adjustable platform for a full cardio workout. Improves coordination, aerobic endurance and muscle strength of the lower body.

### Step n' Skip Circuit

40% step, 40% skip and 20% stretch.

### TMC

Total Muscle Conditioning using your own body weight and a variety of equipment, such as stability balls, Bosu® balls, resistance tubes, gliders, steps, hand weights, etc.

### Yoga

Reduce stress, develop inner awareness, flexibility, balance and strength through yoga poses and movements.

### Zumba®

Zumba classes feature exotic rhythms set to high energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring.

# Membership Spinning® Classes



Spinning® is an internationally known mind and body fitness program. Our certified instructors will teach you the basics and once you become more comfortable on the bike you will be challenged physically and mentally.

## Spinning® Schedule

**Fall/Winter Session: Tuesday, September 6, 2011-  
Sunday, March 11, 2012**

- Holiday Schedule: Friday, Dec. 23, 2011 – Sunday, Jan. 2, 2012
- No classes on Thanksgiving weekend (Oct. 8-10, 2011)
- Special schedule on Family Day (Feb. 20, 2012)

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:30-7:30 am Intervals		6:30-7:30 am Mix It Up		6:30-7:30 am Endurance	
		8-9 am Endurance		10-11 am Mix It Up	9-10 am Endurance
12:15-1 pm Endurance	12:15-1 pm Mix It Up		12:15-1 pm Intervals		
				5:30-6:30 pm Mix It Up	
8:30-9:30 pm Strength	7:30-8:30 pm Mix It Up	7:30-8:30 pm Endurance	7-8:30 pm Challenge		



## Class Descriptions

### Challenge

A 90-minute all terrain ride where heart rate zones range between 65-92% of your max.

### Endurance

A flat road ride where heart rates range between 65-75% of your max.

### Intervals

An all terrain ride where you peak at heart rates of 92% and drop down into recovery zones of about 65% of your max.

### Mix It Up

A combination of Endurance, Strength and Interval rides all in one.

### Strength

An all hill ride where you develop the endurance and strength in your legs to climb while maintaining a heart rate range of 75-85% of your max.

### General Information

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

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

# Membership Aquafitness Classes



## Fall Mini Session: Monday, September 19- Sunday, October 30, 2011\*

Please visit [ottawa.ca/recreation](http://ottawa.ca/recreation) for a complete up-to-date listing of cancellations due to holidays and aquatic competitions, or call **613-580-2828 option 1** for a recorded message.

Monday	Tuesday	Wednesday	Thursday	Friday
General Shallow 8:30-9:15 am		General Shallow 8:30-9:15 am		General Shallow 8:30-9:15 am
Lite Shallow 9:15-10 am		Lite Shallow 9:15-10 am		Lite Shallow 9:15-10 am

\*Aquafit classes will take place in the 25m pool.

## Fall/Winter Session: Monday, October 31, 2011-Sunday, March 11, 2012

Please visit [ottawa.ca/recreation](http://ottawa.ca/recreation) for a complete up-to-date listing of cancellations due to holidays, March Break and aquatic competitions, or call **613-580-2828 option 1** for a recorded message.

Monday	Tuesday	Wednesday	Thursday	Friday
Turbo Shallow 8:30-9:15 am	Turbo Deep 8:30-9:15 am	Turbo Shallow 8:30-9:15 am	Turbo Deep 8:30-9:15 am	Turbo Shallow 8:30-9:15 am
Turbo Deep 8:30-9:15 am	Turbo Shallow 9:15-10 am	Turbo Deep 8:30-9:15 am	Turbo Shallow 9:15-10 am	Turbo Deep 8:30-9:15 am
General Shallow 9:15-10 am		General Shallow 9:15-10 am		General Shallow 9:15-10 am
General Deep 9:15-10 am		General Deep 9:15-10 am		General Deep 9:15-10 am
Lite Shallow 10:15-11 am		Lite Shallow 10:15-11 am		Lite Shallow 10:15-11 am
	General Deep 6:45-7:30 pm		General Deep 6:45-7:30 pm	
	General Shallow 7:30-8:15 pm		General Shallow 7:30-8:15 pm	

## Class Descriptions

### General Shallow

This program is designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength and endurance components. This is a great introduction into aquafitness offering easy choreography and lots of options for intensity. This class takes place in chest deep water. Participants do not need to know how to swim, but should be comfortable in the water.

### General Deep

This program is designed as a medium intensity total body workout, providing a balance of cardiovascular and muscular strength and endurance components. This is a great introduction into aquafitness offering easy choreography and lots of options for intensity. This class takes place in deep water and flotation belts are provided. You do not need to be a strong swimmer, but you should be comfortable in deep water if participating.

### Lite Shallow

A low intensity program designed to meet the needs of varied clients; retired adults, arthritis sufferers and individuals with non-specific back or joint difficulties. This program is a total body workout that is low impact with a balance of cardiovascular and muscular strength and endurance training with a strong emphasis on core stabilization and de-stressing the mind.

### Turbo Shallow

A high intensity class! It focuses on building cardiovascular strength and endurance through challenging routines of intervals and higher intensity options. You will keep your heart rate and pace up throughout the class and learn to train in both aerobic and anaerobic zones. Provides a definite challenge for veteran and avid participants. This class takes place in chest deep water. Participants do not need to know how to swim but should be comfortable in the water.

### Turbo Deep

A high intensity class! It focuses on building cardiovascular strength and endurance through challenging routines of intervals and higher intensity options. You will keep your heart rate and pace up throughout the class and learn to train in both aerobic and anaerobic zones. Provides a definite challenge for veteran and avid participants. This class takes place in deep water and flotation belts are provided. You do not need to be a strong swimmer but you should be comfortable in deep water if participating.

Due to renovations the Nepean Sportsplex 50m pool will be closed until Monday, October 31, 2011.

Annual Maintenance  
25m Pool Closure-August 27 to  
September 18, 2011

For Specialty Aquafitness programs and information, see the Fitness and Wellness section pages 38-39. Programs include Fibromyalgia, Arthritis, Diaper Fit and Prenatal.

# Swimming



## Welcome to the Nepean Sportsplex – the City of Ottawa’s only 50m pool!

- 50m swimming pool
- Scheduled 50m lane swims
- 25m pool with ramp and stair entry
- “Beach-like” entry kiddies pool
- 20-persons swirl pool with ramp and stair entry
- Towers and diving boards
- Tarzan Rope

## Bienvenue au Sportsplex de Nepean – La seule piscine de 50 m de la Ville d’Ottawa!

- Piscine de 50 m
- Couloirs de natation de 50 m prévus
- Piscine de 25 m avec rampe et escalier d’entrée
- Piscine pour tout-petits avec entrée en forme de plage
- Bain tourbillon de 20 personnes avec rampe et escalier d’entrée
- Plateformes et tremplins
- Corde de style « Tarzan »

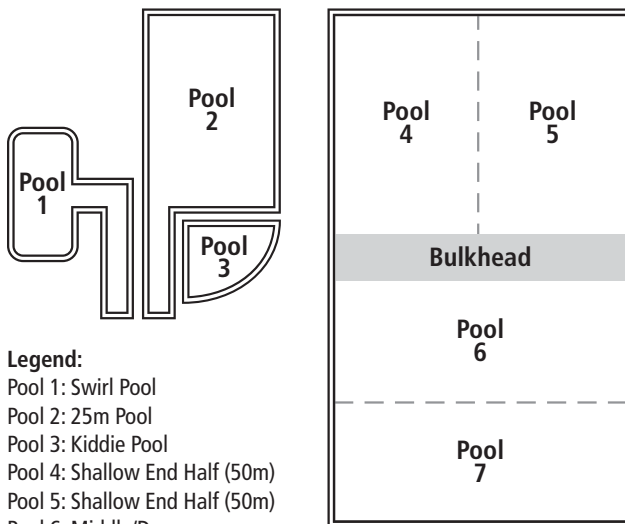
Due to renovations to the 50m pool it will be closed until Monday, October 31, 2011.

Annual Maintenance 25m pool-August 27 to September 18, 2011.

En raison des travaux de rénovation de la piscine de 50 m, cette dernière sera fermée jusqu’au lundi 31 octobre 2011.

Entretien annuel de la piscine de 25 m – du 27 août au 18 septembre 2011.

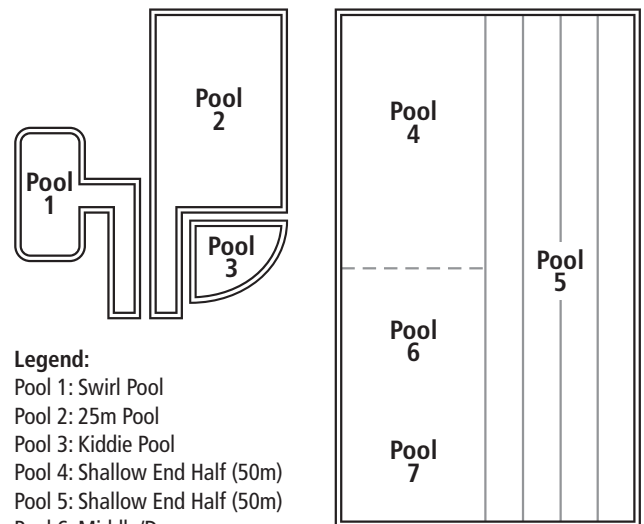
### Regular Pool Setup



#### Legend:

- Pool 1: Swirl Pool
- Pool 2: 25m Pool
- Pool 3: Kiddie Pool
- Pool 4: Shallow End Half (50m)
- Pool 5: Shallow End Half (50m)
- Pool 6: Middle/Deep
- Pool 7: Deep End/Towers

### Tuesday & Thursday 50m Setup



#### Legend:

- Pool 1: Swirl Pool
- Pool 2: 25m Pool
- Pool 3: Kiddie Pool
- Pool 4: Shallow End Half (50m)
- Pool 5: Shallow End Half (50m)
- Pool 6: Middle/Deep
- Pool 7: Deep End/Towers

# Swimming • General Admission / Admission générale

## Swimming General Admission

For an up-to-date swimming schedule please visit [ottawa.ca/recreation](http://ottawa.ca/recreation) or call **613-580-2828 option 1**.

### Admission

Tots (0-2 years)	Free
Child (3-12 years)	\$2.90
Youth (13-18)	\$2.90
Student (full-time student)	\$2.90
Adult (19-64 years)	\$4.85
Family (a minimum of one adult and a maximum of two adults and their child(ren))	\$2.90 per person
Senior (65+)	\$3.75

Pool admission rates are subject to change and include HST. The cost is free for an attendant who needs to aid an individual while in the water.

## Swim Descriptions

### Public Swim

An unstructured swim time open to all ages. Non-swimmers aged 10 and under, and all children aged seven and under must be accompanied by a participating adult or youth, at least 16 years of age, responsible for the direct supervision of the child and actively swimming within arm's reach at all times. Children aged eight, nine and 10 must be tested to demonstrate their ability to swim 25M uninterrupted in order to be permitted to swim unaccompanied.

### Lane Swim

Lap swimming for youth and adults only.

### Family Swim

An unstructured swim time open to children and youth when accompanied by an adult who participates in the water. Adults do not have to bring a child to these swims.

### Preschool Swim

An unstructured swim with limited pool space allowing for playtime for preschool aged children and their parents. Children ages five and under only. Due to space, admissions will be limited.

### Cancellations and Special Aquatic Events

Please note that the Nepean Sportsplex is the only multi-purpose competition pool for major aquatic events in eastern Ontario. Consequently, we have aquatic competitions taking place on some weekends. This makes it necessary for us to cancel or modify our existing schedules and lessons. Please visit [ottawa.ca/recreation](http://ottawa.ca/recreation) for an up-to-date listing of cancellations.

### Annulations et événements spéciaux

S.V.P. notez que le Sportsplex de Nepean est le seul complexe avec une piscine compétitive complètement multi-usage capable d'accueillir des compétitions aquatiques de haut niveau dans tout l'est de l'Ontario. En conséquence, nous avons plusieurs événements majeurs prenant place les fins de semaine. En raison de ce fait, il est parfois nécessaire d'annuler ou modifier nos horaires et/ou nos leçons. S.V.P. visitez [ottawa.ca/loisirs](http://ottawa.ca/loisirs) pour une liste courante de toutes nos annulations.

## Natation – Admission générale

S.V.P. visiter notre site web au [ottawa.ca/loisirs](http://ottawa.ca/loisirs) pour une liste complète des annulations en raison des congés fériés et des compétitions aquatiques ou composer le **613-580-2828 option 1** pour un message pré-enregistré.

### Droit d'entrée

Moins de 2 ans	Gratuit
Enfant (3 à 12 ans)	2,90 \$
Jeune (13 à 18 ans)	2,90 \$
Étudiant (plein-temps)	2,90 \$
Adulte (19 à 64 ans)	4,85 \$
Famille minimum d'un adulte et maximum de deux adultes, accompagnés de leur(s) enfant(s)	2,90 \$ par personne
Aîné (65+)	3,75 \$

Les frais d'admission peuvent changer et incluent la TVH. L'admission est gratuite pour un préposé qui doit aider une personne pendant qu'elle est dans l'eau.

## Description des baignades

### Bain libre

Une période de baignade non structurée, ouverte à tous les groupes d'âge. Les enfants âgés 10 ans et moins qui ne savent pas nager, ainsi que tous les enfants de 7 ans et moins, doivent être accompagnés, dans l'eau, d'un adulte ou d'un jeune d'au moins 16 ans. Cette personne doit surveiller directement l'enfant; elle demeure dans l'eau avec lui et reste en tout temps à une distance lui permettant de porter secours à l'enfant. Les enfants de 8, 9 et 10 ans doivent être capables de nager sur une distance de 25 m sans s'arrêter pour pouvoir se baigner sans être accompagnés. Au cours des baignades libres dans les piscines à vagues, les vagues seront désactivées. Informez-vous auprès du personnel de votre piscine pour savoir si des couloirs sont disponibles pour faire des longueurs durant les périodes de bain libre.

### Natation en longueurs

Les couloirs sont disponibles pour faire des longueurs; pour jeunes et adultes seulement.

### Bain familial :

Une période de baignade non structurée, ouverte aux enfants et aux jeunes accompagnés d'un adulte qui se baigne avec eux. Les adultes n'ont pas à accompagner un enfant pour venir se baigner lors de ces périodes. Pour savoir si des couloirs sont disponibles pour faire des longueurs durant le bain familial, informez-vous auprès du personnel de votre piscine.

### Bain pour les enfants d'âge préscolaire:

Une période de baignade non structurée permettant aux enfants d'âge préscolaire, de cinq ans et moins, et à leurs parents de s'amuser.

# Swimming • General Admission

## Safety and Supervisory Standards

To ensure the safety of residents swimming in City pools, certain supervisory standards will now be enforced when you visit recreational facilities. The Ontario Ministry of Health and Long-Term Care strongly supports these safety standards.

The standards apply to pool swim sessions only – they do not apply to swimming lessons or to wading pools. Parents/guardians with younger children are encouraged to view the Wading Pool Safety and Admission Requirements where the standards are different.

**PLEASE NOTE: If you are unsure of how these requirements apply to you and your family, please contact your facility of choice BEFORE your visit.**

- In order to ensure adequate supervision and to identify children at greater risk, the City of Ottawa is now issuing wristbands during swim sessions. All participants require a wristband to access swimming.
- All children 7 years of age and under, regardless of swimming ability, must be directly supervised (within arms' 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. Each ratio below indicates the maximum number of children that one responsible person would be able to supervise.

**For example:**

Children 5 years of age and under: maximum 2 children per responsible person 16 years of age and older. The person responsible must be in the water and within arms reach. This person may not have any additional children under their care unless the other children are at least 8 years of age and are able to pass the facility swim test.

### GENERAL PUBLIC

Age/Band Colour	Supervisory Ratios (responsible person to children)	
	Swimmer and able to pass facility swim test	Non-swimmer or unable to pass facility swim test
5 years and under • Orange	1:2	1:2
6 to 7 years • Orange	1:6	1:4 or 1:6 if wearing a lifejacket
8 to 10 years • Orange (Unable to pass facility swim test) • Green (Able to pass facility swim test)	N/A	1:4 or 1:8 if wearing a lifejacket
*High Risk • Orange	**See below	**See below

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.

**Facility Swim Test:** Participant must be able to demonstrate comfort in the water and swim 25 meters in shallow water without assistance or a lifejacket. Participant must complete the entire distance, swim continuously without stopping to rest, show strong forward movement and ability to take breaths and not touch the bottom of the pool.

**Responsible Person:** Child(ren) must be accompanied by a parent, guardian or designated caregiver who is 16 years of age or older, responsible for the direct supervision of the child, in bathing attire and with the child at all times, both in and out of the water.

**\*High Risk Participants** are defined as those who have a condition or illness, which may put them at risk in an aquatic environment (e.g. frequent seizures, fainting condition, etc) and those who are unable to control behaviour or impulses and require direct supervision.

**\*\*Supervisory Ratios for Groups of High Risk Participants** to be determined by pool staff based on the specific needs of the participants and associated risks.

# Swimming • Swimming Schedule

## Swimming Schedule

Due to renovations to the 50m pool it will be closed until Monday, October 31, 2011.

Annual Maintenance 25m pool – August 27 to September 18, 2011.

### Fall Mini Session: Monday, September 19-Sunday, October 30, 2011

Please visit [ottawa.ca/recreation](http://ottawa.ca/recreation) for a complete up-to-date listing of cancellations due to holidays and aquatic competitions, or call **613-580-2828 option 1** for a recorded message.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 7-8 am 25m Pool Swirl Pool	Public Swim 10-11 am 25m Pool Swirl Pool Kiddie Pool	Lane Swim 7-8 am 25m Pool Swirl Pool	Public Swim 10-11 am 25m Pool Swirl Pool Kiddie Pool	Lane Swim 7-8 am 25m Pool Swirl Pool	Preschool Swim 10-11 am 25m Pool* Kiddie Pool	Preschool Swim 10-11am 25m Pool* Kiddie Pool
Public Swim 11:30 am-1 pm 25m Pool Swirl Pool Kiddie Pool	Public Swim 11:30 am-1 pm 25m Pool Swirl Pool Kiddie Pool	Public Swim 11:30 am-1 pm 25m Pool Swirl Pool Kiddie Pool	Public Swim 11:30 am-1 pm 25m Pool Swirl Pool Kiddie Pool	Public Swim 11:30 am-1 pm 25m Pool Swirl Pool Kiddie Pool	Public Swim 1-3 pm 25m Pool Swirl Pool Kiddie Pool	Public Swim 1-3pm 25m Pool Swirl Pool Kiddie Pool
Lane Swim 5-6 pm 25m Pool Swirl Pool		Lane Swim 5-6 pm 25m Pool Swirl Pool		Lane Swim 5-6 pm 25m Pool Swirl Pool	Public Swim 6:30-8 pm 25m Pool Swirl Pool Kiddie Pool	Public Swim 6:30-8 pm 25m Pool Swirl Pool Kiddie Pool
Lane Swim 8:15-9:15 pm 25m Pool Swirl Pool	Lane Swim 8:15-9:15 pm 25m Pool Swirl Pool	Family Swim 6-7:30 pm 25m Pool Swirl Pool Kiddie Pool	Lane Swim 8:15-9:15 pm 25m Pool Swirl Pool	Lane Swim 8:15-9:15 pm 25m Pool Swirl Pool		

### Fall/Winter Session: Monday, October 31, 2011-Sunday, March 11, 2012

Please visit [ottawa.ca/recreation](http://ottawa.ca/recreation) for a complete up-to-date listing of cancellations due to holidays, March Break and aquatic competitions or call **613-580-2828 option 1** for a recorded message.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6:30-8 am 25m Pool Swirl Pool		Lane Swim 6:30-8 am 25m Pool Swirl Pool		Lane Swim 6:30-8 am 25m Pool Swirl Pool		
Lane Swim 8:30 am-1 pm 50m Pool – Shallow	Lane Swim 8:30 am-1 pm 50m Lanes	Lane Swim 8:30 am-1 pm 50m Pool – Shallow	Lane Swim 8:30 am-1 pm 50m Lanes	Lane Swim 8:30 am-1 pm 50m Pool – Shallow		
	Public Swim 10-11 am 25m Pool Swirl Pool Kiddie Pool		Public Swim 10-11 am 25m Pool Swirl Pool Kiddie Pool		Preschool Swim 10-11 am 25m Pool* Kiddie Pool	Preschool Swim 10-11am 25m Pool* Kiddie Pool
Public Swim 11:30 am-1 pm All Pools	Public Swim 11:30 am-1 pm All Pools	Public Swim 11:30 am-1 pm All Pools	Public Swim 11:30 am-1 pm All Pools	Public Swim 11:30 am-1 pm All Pools	Public Swim 1-3 pm All Pools	Public Swim 1-3 pm All Pools
Lane Swim 5-6 pm 25m Pool Swirl Pool		Lane Swim 5-6 pm 25m Pool Swirl Pool		Lane Swim 5-6 pm 25m Pool Swirl Pool	Public Swim 6:30-8 pm All Pools	Public Swim 6:30-8 pm 25m Pool Swirl Pool Kiddie Pool
Lane Swim 8:15-9:15 pm 50m Pool – Shallow 25m Pool Swirl Pool	Lane Swim 8:15-9:15 pm 50m Pool – Shallow 25m Pool Swirl Pool	Family Swim 6-7:30 pm 25m Pool Swirl Pool Kiddie Pool	Lane Swim 8:15-9:15 pm 50m Pool – Shallow 25m Pool Swirl Pool	Lane Swim 8:15-9:15 pm 50m Pool – Shallow 25m Pool Swirl Pool		

\*Only half of the 25m pool will be available for the Preschool Swim. Admissions are limited.

## Normes de sécurité et de surveillance

Pour assurer la sécurité des résidents qui utilisent les piscines de la Ville d'Ottawa, certaines normes de surveillance sont maintenant en vigueur dans les installations récréatives. Le ministère de la Santé et des Soins de longue durée de l'Ontario appuie fortement ces normes.

Ces normes ne visent que les périodes de bain libre; elles ne s'appliquent pas aux cours de natation ni aux pataugeoires. Nous invitons les parents ou tuteurs de jeunes enfants à consulter les conditions d'admission et règles de sécurité dans les pataugeoires, car les normes y sont différentes.

**NOTE : Si vous ne savez pas si ces exigences s'appliquent à vous et à votre famille, veuillez communiquer AU PRÉALABLE avec votre installation.**

- Afin d'assurer la supervision adéquate et l'identification des enfants à risque, la Ville d'Ottawa distribue des bracelets pendant les périodes de bain libre. Tous les participants doivent porter un bracelet pour accéder aux piscines.
- Peu importe leur habileté à nager, tous les enfants âgés de 7 ans ou moins doivent être directement supervisés par une personne responsable âgée de 16 ans ou plus (qui doit demeurer à une distance lui permettant de porter secours aux enfants).

- Les enfants âgés de 10 ans et moins qui ne savent pas nager ou qui n'ont pas réussi à démontrer leur capacité de nager selon les normes de l'installation doivent être directement supervisés par une personne responsable âgée de 16 ans ou plus (qui doit demeurer à une distance lui permettant de porter secours à l'enfant).
- Les personnes qui ne savent pas nager ou qui n'ont pas réussi à démontrer leur capacité de nager selon les normes de l'installation doivent rester dans la zone peu profonde de la piscine.
- Le nombre maximal d'enfants que la personne responsable est autorisée à superviser est indiqué pour chaque groupe d'âge. Par exemple, pour les 5 ans et moins, une personne responsable âgée de 16 ans ou plus peut superviser au plus deux enfants. Cette personne doit demeurer dans l'eau, à une distance lui permettant de porter secours aux enfants. Cette personne ne peut pas être responsable d'autres enfants, à moins que ces derniers soient âgés de 8 ans ou plus et qu'ils aient démontré leur capacité à nager selon les normes de l'installation.

### GRAND PUBLIC

Âge/couleur de bracelet	Ratio superviseur-participants (personne responsable-enfants)	
	Sait nager et peut démontrer sa capacité de nager selon les normes de l'installation	Ne sait pas nager ou est incapable de démontrer sa capacité de nager selon les normes de l'installation
5 ans et moins • Orange	1 : 2	1 : 2
6 à 7 ans • Orange	1 : 6	1 : 4 ou 1 : 6 avec gilet de sauvetage
8 à 10 ans • Orange (incapable de démontrer sa capacité de nager selon les normes de l'installation) • Vert (a démontré sa capacité de nager selon les normes de l'installation)	S. O.	1 : 4 ou 1 : 8 avec gilet de sauvetage
*Risque élevé • Orange	**Voir ci-dessous	**Voir ci-dessous

Il revient aux utilisateurs des installations de la Ville de s'assurer qu'ils sont en assez bonne forme pour participer aux activités physiques. Toute personne dont la condition physique pourrait influencer sa capacité à participer doit prendre les précautions nécessaires pour assurer sa sécurité. Nous encourageons ces personnes à se faire accompagner d'un adulte qui connaît bien leur état de santé.

**Évaluation de la capacité de nager selon les normes de l'installation :** Le participant doit démontrer qu'il est à l'aise dans l'eau et qu'il est capable de nager sur une distance de 25 mètres en eau peu profonde sans être accompagné ou sans gilet de sauvetage. Le participant doit franchir cette distance sans s'arrêter pour se reposer, utiliser de bons mouvements de propulsion et montrer qu'il est capable de prendre des respirations et qu'il ne touche pas le fond de la piscine.

**Personne responsable :** Tout enfant doit être accompagné d'un parent, d'un tuteur ou d'un aidant désigné âgé de 16 ans ou plus, qui est responsable de la supervision directe de l'enfant; cette personne doit porter un maillot de bain et demeurer près de l'enfant en tout temps, qu'il soit dans l'eau ou hors de l'eau.

**\*Les participants à risque élevé** sont définis comme des personnes dont la condition physique ou une maladie pourrait les rendre à risque en milieu aquatique (p. ex. celles qui font fréquemment des crises épileptiques, qui ont tendance à faire des syncopes, etc.) et des personnes qui sont incapables de maîtriser leur comportement ou leurs impulsions et qui nécessitent une supervision directe.

**\*\*Le ratio de surveillants pour les groupes de participants à risque élevé** doit être déterminé par le personnel de la piscine selon les besoins particuliers des participants et les risques qu'ils présentent.

## Horaire de natation

En raison des travaux de rénovation de la piscine de 50 m, cette dernière sera fermée jusqu'au lundi 31 octobre 2011.

Entretien annuel de la piscine de 25 m – du 27 août au 18 septembre 2011.

### Horaire des bains session de l'automne: du 19 septembre au 30 octobre 2011

S.V.P. visitez notre site web au [ottawa.ca/loisirs](http://ottawa.ca/loisirs) pour une liste complète des annulations en raison des congés fériés et des compétitions aquatiques ou composez le **613-580-2828 option 1** pour un message pré-enregistré.

Lundi	Mardi	Mercredi	Jedi	Vendredi	Samedi	Dimanche
Longueurs 7 h à 8 h Piscine de 25m Bain Tourbillon	Bain libre 10 h à 11 h Piscine de 25m Bain Tourbillon	Longueurs 7 h à 8 h Piscine de 25m Bain Tourbillon	Bain libre 10 h à 11 h Piscine de 25m Bain Tourbillon	Longueurs 7 h à 8 h Piscine de 25m Bain Tourbillon	Bain pour les enfants d'âge préscolaire 10 h à 11 h Piscine de 25m*	Bain pour les enfants d'âge préscolaire 10 h à 11 h Piscine de 25m*
Bain libre 11 h 30 à 13 h Piscine de 25m Bain Tourbillon	Bain libre 11 h 30 à 13 h Piscine de 25m Bain Tourbillon	Bain libre 11 h 30 à 13 h Piscine de 25m Bain Tourbillon	Bain libre 11 h 30 à 13 h Piscine de 25m Bain Tourbillon	Bain libre 11 h 30 à 13 h Piscine de 25m Bain Tourbillon	Bain libre 13 h à 15 h Piscine de 25m Bain Tourbillon	Bain libre 13 h à 15 h Piscine de 25m Bain Tourbillon
Longueurs 17 h à 18 h Piscine de 25m Bain Tourbillon		Longueurs 17 h à 18 h Piscine de 25m Bain Tourbillon		Longueurs 17 h à 18 h Piscine de 25m Bain Tourbillon	Bain libre 18 h 30 à 20 h Piscine de 25m Bain Tourbillon	Bain libre 18 h 30 à 20 h Piscine de 25m Bain Tourbillon
Longueurs 20 h 15 à 21 h 15 Piscine de 25m Bain Tourbillon	Longueurs 20 h 15 à 21 h 15 Piscine de 25m Bain Tourbillon	Bain Familial 18 h à 19 h 30 Piscine de 25m Bain Tourbillon	Longueurs 20 h 15 à 21 h 15 Piscine de 25m Bain Tourbillon	Longueurs 20 h 15 à 21 h 15 Piscine de 25m Bain Tourbillon		

### Horaire des bains session de l'automne/hiver: du lundi 31 octobre 2011 au dimanche 11 mars 2012

S.V.P. visitez notre site web au [ottawa.ca/loisirs](http://ottawa.ca/loisirs) pour une liste complète des annulations en raison des congés fériés et des compétitions aquatiques ou composez le **613-580-2828 option 1** pour un message pré-enregistré.

Lundi	Mardi	Mercredi	Jedi	Vendredi	Samedi	Dimanche
Longueurs 6 h 30 à 8 h Piscine de 25m Bain Tourbillon		Longueurs 6 h 30 à 8 h Piscine de 25m Bain Tourbillon		Longueurs 6 h 30 à 8 h Piscine de 25m Bain Tourbillon		
Longueurs 8 h 30 à 13 h Partie peu profonde 50m	Longueurs 8 h 30 à 13 h Natation en longueurs 50m	Longueurs 8 h 30 à 13 h Partie peu profonde 50m	Longueurs 8 h 30 à 13 h Natation en longueurs 50m	Longueurs 8 h 30 à 13 h Partie peu profonde 50m		
	Bain libre 10 h à 11 h Piscine de 25m Bain Tourbillon		Bain libre 10 h à 11 h Piscine de 25m Bain Tourbillon		Bain pour les enfants d'âge préscolaire 10 h à 11 h Piscine de 25m*	Bain pour les enfants d'âge préscolaire 10 h à 11 h Piscine de 25m*
Bain libre 11 h 30 à 13 h Toutes les Piscines	Bain libre 11 h 30 à 13 h Toutes les Piscines	Bain libre 11 h 30 à 13 h Toutes les Piscines	Bain libre 11 h 30 à 13 h Toutes les Piscines	Bain libre 11 h 30 à 13 h Toutes les Piscines	Bain libre 13 h à 15 h Toutes les Piscines	Bain libre 13 h à 15 h Toutes les Piscines
Longueurs 17 h à 18 h Piscine de 25m Bain Tourbillon		Longueurs 17 h à 18 h Piscine de 25m Bain Tourbillon		Longueurs 17 h à 18 h Piscine de 25m Bain Tourbillon	Bain libre 18 h 30 à 20 h Toutes les Piscines	Bain libre 18 h 30 à 20 h Piscine de 25m Bain Tourbillon
Longueurs 20 h 15 à 21 h 15 Partie peu profonde 50m Piscine de 25m Bain Tourbillon	Longueurs 20 h 15 à 21 h 15 Partie peu profonde 50m Piscine de 25m Bain Tourbillon	Bain Familiale 18 h à 19 h 30 Piscine de 25m Bain Tourbillon	Longueurs 20 h 15 à 21 h 15 Partie peu profonde 50m Piscine de 25m Bain Tourbillon	Longueurs 20 h 15 à 21 h 15 Partie peu profonde 50m Piscine de 25m Bain Tourbillon		

\*Seulement ½ de la piscine 25m sera disponible lors du bain préscolaire. L'admission sera limitée.

# Swimming • Learn to Swim

## Swimming Lessons

### Our Program is Changing!

We are changing Learn to Swim providers. See program details and program conversion chart on the pages following.

### Fall 2011 – Pool Availability

Due to renovations taking place in our 50m pool all swimming lessons between September 18 and October 30, 2011 will take place in the 25m pool. The 50m pool will be available beginning Monday, October 31, 2011.

### Level Assessment

Unsure of what level to register for? Just drop in to any of our Public Swims and ask the Program Supervisor to assess you or your child. They can tell you exactly which swimming level will best suit your abilities.

### Program Ages

Children must be the required age at the beginning of the session in order to participate in the swimming classes.

### Low Ratio Classes

Low ratio classes are regular programs with approximately half the participants of our regular classes. These programs are more expensive, but allow more individual attention to the participants.

### Language of Instruction

All swimming classes are offered in English. If you have a francophone child that wishes to participate, please contact the Program Coordinator prior to the lessons starting. We will make every attempt to schedule the class with a bilingual instructor.

**613-580-2424 ext. 46664**

### Parents Day

On the fifth lesson, parents are welcome to join their child's swimming class to find out how they are progressing. You can either join the class by participating in the water, or simply watch the class from the pool deck. During this time, the instructor will be able to provide you with detailed skill requirements for each level and indicate what your child needs to work on.

### Alternate Needs Change Room

This change room was designed specifically for participants who are unable to use the male or female change rooms. Although you may find the alternate needs change room more convenient, we ask that you only use it if you fit the following: You are a mom with a son, or a dad with a daughter who are over five years of age, or you or your child has special needs.



### 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.

### Bons-cadeaux

#### Des bons-cadeaux commodes et abordables!

Une suggestion de cadeau pratique, disponible en coupures de 5\$, de 10\$, de 20\$ et de 50\$. Échangeable à votre installation récréative et culturelle préférée. Les chèques-cadeaux sont en vente dans tous les centres de loisirs de la Ville d'Ottawa.



## Red Cross Swim is Here!



Please consult the chart to see where your child fits in the Red Cross Swim program.

If you have any questions or would like assistance in placing your child in the Red Cross Swim program, please contact the aquatic staff at your local pool before registering. Complimentary in-water swim assessments are recommended for first time participants or for those not currently taking lessons.

### Swimming Lesson Chart

	Current Level (Lifesaving Society)	Register For (Red Cross Swim)
Preschool - Parented	Parent & Tot 1 (4-12 months)	Starfish (4-12 months)
	Parent & Tot 2 (12-24 months)	Duck (12-24 months)
	Parent & Tot 3 (24-36 months)	Sea Turtle (24-36 months)
	Last Level Successfully Passed (Lifesaving Society)	Register For (Red Cross Swim)
Preschool (3-5 years)	Has not passed Preschool A	Sea Otter (1)
	Preschool A	Salamander (2)
	Preschool B	Sunfish (3)
	Preschool C	Crocodile (4)
	Preschool D or E	Whale (5)
<i>If your child is 5 and turning 6, please contact your local facility for the appropriate school-age level to move into.</i>		
School-Age (6-12 years)	Has not passed Swimmer 1 Beginner	Swim Kids Level 1
	Swimmer 1 Beginner	Swim Kids Level 1
	Swimmer 1 Advanced	Swim Kids Level 2
	Swimmer 2	Swim Kids Level 3
	Swimmer 3	Swim Kids Level 4
	Swimmer 4	Swim Kids Level 5
	Swimmer 5	Swim Kids Level 6
	Swimmer 6	Swim Kids Level 7
	Swimmer 7 (Rookie Patrol)	Swim Kids Level 8
	Swimmer 8 (Ranger Patrol)	Swim Kids Level 9
Swimmer 9 (Star Patrol)	Swim Kids Level 10	

\* "Passed" indicates that all level items have been successfully completed



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

Les horaires et les tarifs peuvent changer. La TVH est incluse dans les tarifs, le cas échéant.

# Swimming • Learn to Swim

## Red Cross Swim Program Guide

### Preschool - Parented

#### Starfish (4-12 months)

Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.



#### Duck (12-24 months)

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.



#### Sea Turtle (24-36 months)

Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.



### Preschool (3-5 years)

#### Sea Otter

Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.



#### Salamander

Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.

#### Sunfish

Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water swim with a PFD, and swim 5 metres continuously.



#### Crocodile

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.

#### Whale

Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.



### School Age (6-12 years)

#### Swim Kids 1

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.

#### Swim Kids 2

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

#### Swim Kids 3

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.

#### Swim Kids 4

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.

#### Swim Kids 5

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.

#### Swim Kids 6

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.

#### Swim Kids 7

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.

#### Swim Kids 8

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

#### Swim Kids 9

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.

#### Swim Kids 10

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 metres continuously.



# Swimming • Learn to Swim

Day	Time	Date	Lessons	Cost	Code
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## Preschool (4-36 months—parented)

### **Starfish** (4-12 months-parented)

Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water and shallow water entries and exits.

M	9 am	Oct 31	8	\$54.25	663727
M	6:30 pm	Oct 31	8	\$54.25	663728
Tu	1 pm	Nov 1	8	\$54.25	663729
Tu	5:15 pm	Nov 1	8	\$54.25	663730
W	9:30 am	Nov 2	8	\$54.25	663732
Th	6 pm	Nov 3	8	\$54.25	663733
M	9 am	Jan 9	8	\$54.25	669455
M	6:30 pm	Jan 9	8	\$54.25	669461
Tu	1 pm	Jan 10	9	\$61	669474
Tu	5:15 pm	Jan 10	9	\$61	673457
W	9:30 am	Jan 11	9	\$61	669476
Th	6 pm	Jan 12	9	\$61	673460

### **Starfish—Low Ratio**

M	9 am	Sep 19	5	\$61.25	663830
M	6:30 pm	Sep 19	5	\$61.25	663833
Tu	1 pm	Sep 20	6	\$73.50	663834
Tu	6:15 pm	Sep 20	6	\$73.50	663837
W	9:30 am	Sep 21	6	\$73.50	663839
Th	6 pm	Sep 22	6	\$73.50	663843
F	10:30 am	Sep 23	6	\$73.50	663846
F	6:30 pm	Sep 23	6	\$73.50	663847
Sa	9:15 am	Sep 24	5	\$61.25	663848
Sa	11 am	Sep 24	5	\$61.25	663851
Sa	3:30 pm	Sep 24	5	\$61.25	663853
Su	9:15 am	Sep 25	5	\$61.25	663855
Su	11 am	Sep 25	5	\$61.25	663856
F	10:30 am	Nov 4	8	\$98	663734
F	6:30 pm	Nov 4	8	\$98	663735
Sa	8:30 am	Nov 5	7	\$85.75	663736
Sa	12:30 pm	Nov 5	7	\$85.75	663737
Sa	3:30 pm	Nov 5	7	\$85.75	663738
Su	9 am	Nov 6	7	\$85.75	663739
Su	11 am	Nov 6	7	\$85.75	663740
Sa	8:30 am	Jan 7	10	\$122.50	669494

Day	Time	Date	Lessons	Cost	Code
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Sa	12:30 pm	Jan 7	10	\$122.50	669506
Sa	3:30 pm	Jan 7	10	\$122.50	669510
Su	9 am	Jan 8	10	\$122.50	669511
Su	11 am	Jan 8	10	\$122.50	669514
F	10:30 am	Jan 13	9	\$110.25	669488
F	6:30 pm	Jan 13	9	\$110.25	669491

### **Duck** (12-24 months—parented)

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery and shallow water entries and exits.

M	9 am	Oct 31	8	\$54.25	663741
M	6:30 pm	Oct 31	8	\$54.25	663742
Tu	1 pm	Nov 1	8	\$54.25	663743
Tu	5:45 pm	Nov 1	8	\$54.25	663744
W	10 am	Nov 2	8	\$54.25	663745
Th	5:30 pm	Nov 3	8	\$54.25	663746
M	9 am	Jan 9	8	\$54.25	669532
M	6:30 pm	Jan 9	8	\$54.25	669534
Tu	1 pm	Jan 10	9	\$61	669544
Tu	5:45 pm	Jan 10	9	\$61	673464
W	10 am	Jan 11	9	\$61	669547
Th	5:30 pm	Jan 12	9	\$61	673466

### **Duck—Low Ratio**

M	9 am	Sep 19	5	\$61.25	663860
M	6:30 pm	Sep 19	5	\$61.25	663880
Tu	1 pm	Sep 20	6	\$73.50	663886
Tu	6:15 pm	Sep 20	6	\$73.50	663897
W	10 am	Sep 21	6	\$73.50	663901
Th	6 pm	Sep 22	6	\$73.50	663906
F	10 am	Sep 23	6	\$73.50	663910
F	6:30 pm	Sep 23	6	\$73.50	663922
Sa	8:45 am	Sep 24	5	\$61.25	663930
Sa	11:30 am	Sep 24	5	\$61.25	663937
Sa	4 pm	Sep 24	5	\$61.25	663941

Day	Time	Date	Lessons	Cost	Code
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Su	8:45 am	Sep 25	5	\$61.25	663945
Su	11:30 am	Sep 25	5	\$61.25	663946
F	10 am	Nov 4	8	\$98	663747
F	6:30 pm	Nov 4	8	\$98	663748
Sa	9 am	Nov 5	7	\$85.75	663749
Sa	noon	Nov 5	7	\$85.75	663750
Sa	4 pm	Nov 5	7	\$85.75	663751
Su	9:30 am	Nov 6	7	\$85.75	663752
Su	11:30 am	Nov 6	7	\$85.75	663753
Sa	9 am	Jan 7	10	\$122.50	673480
Sa	noon	Jan 7	10	\$122.50	673482
Sa	4 pm	Jan 7	10	\$122.50	673485
Su	9:30 am	Jan 8	10	\$122.50	673490
Su	11:30 am	Jan 8	10	\$122.50	673491
F	10 am	Jan 13	9	\$110.25	673471
F	6:30 pm	Jan 13	9	\$110.25	673474

### **Sea Turtle** (24-36 months—parented)

Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.

M	9:30 am	Oct 31	8	\$54.25	663754
M	6 pm	Oct 31	8	\$54.25	663755
Tu	6:15 pm	Nov 1	8	\$54.25	663756
W	10:30 am	Nov 2	8	\$54.25	663757
Th	1 pm	Nov 3	8	\$54.25	663758
Th	5 pm	Nov 3	8	\$54.25	663760
M	9:30 am	Jan 9	8	\$54.25	669691
M	6 pm	Jan 9	8	\$54.25	669692
Tu	6:15 pm	Jan 10	9	\$61	669694
W	10:30 am	Jan 11	9	\$61	669695
Th	1 pm	Jan 12	9	\$61	669697
Th	5 pm	Jan 12	9	\$61	673500



# Swimming • Learn to Swim

Preschool (4-36 months—parented) cont'd

Day	Time	Date	Lessons	Cost	Code
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## Sea Turtle— Low Ratio

M	9:30 am	Sep 19	5	\$61.25	663963
M	6:30 pm	Sep 19	5	\$61.25	663968
Tu	5:45 pm	Sep 20	6	\$73.50	663973
W	10:30 am	Sep 21	6	\$73.50	663980
Th	1 pm	Sep 22	6	\$73.50	663984
Th	5:30 pm	Sep 22	6	\$73.50	663985
F	9:30 am	Sep 23	6	\$73.50	663987
F	6:30 pm	Sep 23	6	\$73.50	663989
Sa	9:45 am	Sep 24	5	\$61.25	663991
Sa	noon	Sep 24	5	\$61.25	663994
Sa	4:30 pm	Sep 24	5	\$61.25	663995
Su	9:45 am	Sep 25	5	\$61.25	663999
Su	noon	Sep 25	5	\$61.25	664005
F	9:30 am	Nov 4	8	\$98	663762
F	6 pm	Nov 4	8	\$98	663763
Sa	9:30 am	Nov 5	7	\$85.75	663764
Sa	11:30 am	Nov 5	7	\$85.75	663765
Sa	4:30 pm	Nov 5	7	\$85.75	663766
Su	8:30 am	Nov 6	7	\$85.75	663767
Su	noon	Nov 6	7	\$85.75	663768
Sa	9:30 am	Jan 7	10	\$122.50	669716
Sa	11:30 am	Jan 7	10	\$122.50	669741
Sa	4:30 pm	Jan 7	10	\$122.50	669718
Su	8:30 am	Jan 8	10	\$122.50	669720
Su	noon	Jan 8	10	\$122.50	669722
F	9:30 am	Jan 13	9	\$110.25	669708
F	6 pm	Jan 13	9	\$110.25	669710



Day	Time	Date	Lessons	Cost	Code
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## Preschool (3-5 yrs)



### Sea Otter

Swimmers work on front and back floats and glides, kicking on front with a buoyant object and will be able to swim 1 metre upon completion of this level.

M	9 am	Oct 31	8	\$54.25	663770
M	6 pm	Oct 31	8	\$54.25	663771
M	6:30 pm	Oct 31	8	\$54.25	663772
M	7 pm	Oct 31	8	\$54.25	663773
Tu	1:30 pm	Nov 1	8	\$54.25	663774
Tu	5 pm	Nov 1	8	\$54.25	663775
Tu	5:15 pm	Nov 1	8	\$54.25	663776
Tu	6:15 pm	Nov 1	8	\$54.25	663778
Tu	6:45 pm	Nov 1	8	\$54.25	663779
W	9 am	Nov 2	8	\$54.25	663781
W	10 am	Nov 2	8	\$54.25	663783
Th	1 pm	Nov 3	8	\$54.25	663784
Th	5 pm	Nov 3	8	\$54.25	663785
Th	5:30 pm	Nov 3	8	\$54.25	663786
Th	6:15 pm	Nov 3	8	\$54.25	663787
Th	6:45 pm	Nov 3	8	\$54.25	663788
M	9 am	Jan 9	8	\$54.25	669759
M	6 pm	Jan 9	8	\$54.25	669763
M	6:30 pm	Jan 9	8	\$54.25	669767
M	7 pm	Jan 9	8	\$54.25	669774
Tu	1:30 pm	Jan 10	9	\$61	669792
Tu	5 pm	Jan 10	9	\$61	673508
Tu	5:15 pm	Jan 10	9	\$61	673509
Tu	6:15 pm	Jan 10	9	\$61	673510
Tu	6:45 pm	Jan 10	9	\$61	673511
W	9 am	Jan 11	9	\$61	669797
W	10 am	Jan 11	9	\$61	669801
Th	1 pm	Jan 12	9	\$61	669805
Th	5 pm	Jan 12	9	\$61	673514
Th	5:30 pm	Jan 12	9	\$61	673515
Th	6:15 pm	Jan 12	9	\$61	673518
Th	6:45 pm	Jan 12	9	\$61	673520



### Sea Otter — Low Ratio

M	9 am	Sep 19	5	\$61.25	664017
M	6:30 pm	Sep 19	5	\$61.25	664022
M	6:30 pm	Sep 19	5	\$61.25	664030
M	7 pm	Sep 19	5	\$61.25	664034

Day	Time	Date	Lessons	Cost	Code
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Tu	1:30 pm	Sep 20	6	\$73.50	664043
Tu	5:15 pm	Sep 20	6	\$73.50	664046
Tu	6 pm	Sep 20	6	\$73.50	664049
Tu	6:15 pm	Sep 20	6	\$73.50	664052
Tu	6:45 pm	Sep 20	6	\$73.50	664067
W	9 am	Sep 21	6	\$73.50	664069
W	10 am	Sep 21	6	\$73.50	664072
Th	1 pm	Sep 22	6	\$73.50	664079
Th	5 pm	Sep 22	6	\$73.50	664081
Th	6 pm	Sep 22	6	\$73.50	664085
Th	6:15 pm	Sep 22	6	\$73.50	664089
Th	6:30 pm	Sep 22	6	\$73.50	664093
F	9 am	Sep 23	6	\$73.50	664096
F	10 am	Sep 23	6	\$73.50	664100
F	6 pm	Sep 23	6	\$73.50	664102
F	6:30 pm	Sep 23	6	\$73.50	664106
F	7 pm	Sep 23	6	\$73.50	664108
Sa	9:15 am	Sep 24	5	\$61.25	664115
Sa	10:30 am	Sep 24	5	\$61.25	664130
Sa	11 am	Sep 24	5	\$61.25	664138
Sa	11:30 am	Sep 24	5	\$61.25	664146
Sa	noon	Sep 24	5	\$61.25	664150
Sa	3 pm	Sep 24	5	\$61.25	664191
Sa	3:30 pm	Sep 24	5	\$61.25	664159
Sa	4:30 pm	Sep 24	5	\$61.25	664197
Sa	5 pm	Sep 24	5	\$61.25	664199
Sa	5:30 pm	Sep 24	5	\$61.25	664204
Su	9:15 am	Sep 25	5	\$61.25	664212
Su	10:30 am	Sep 25	5	\$61.25	664217
Su	11 am	Sep 25	5	\$61.25	664235
Su	11:30 am	Sep 25	5	\$61.25	664242
Su	noon	Sep 25	5	\$61.25	664251
F	9 am	Nov 4	8	\$98	663789
F	10 am	Nov 4	8	\$98	663790
F	6 pm	Nov 4	8	\$98	663791
F	6:30 pm	Nov 4	8	\$98	663792
F	7 pm	Nov 4	8	\$98	663793
Sa	9:15 am	Nov 5	7	\$85.75	663794
Sa	11 am	Nov 5	7	\$85.75	663796
Sa	11:30 am	Nov 5	7	\$85.75	663797
Sa	noon	Nov 5	7	\$85.75	663798
Sa	12:30 pm	Nov 5	7	\$85.75	663800
Sa	3 pm	Nov 5	7	\$85.75	663801
Sa	3:30 pm	Nov 5	7	\$85.75	663803
Sa	4:30 pm	Nov 5	7	\$85.75	663805
Sa	5:30 pm	Nov 5	7	\$85.75	663808

# Swimming • Learn to Swim

Day	Time	Date	Lessons	Cost	Code
Su	8:30 am	Nov 6	7	\$85.75	663809
Su	9 am	Nov 6	7	\$85.75	663810
Su	10 am	Nov 6	7	\$85.75	663811
Su	10:15 am	Nov 6	7	\$85.75	663812
Su	11:30 am	Nov 6	7	\$85.75	663813
Su	noon	Nov 6	7	\$85.75	663815
Sa	9:15 am	Jan 7	10	\$122.50	669872
Sa	11 am	Jan 7	10	\$122.50	669873
Sa	11:30 am	Jan 7	10	\$122.50	669876
Sa	noon	Jan 7	10	\$122.50	669878
Sa	12:30 pm	Jan 7	10	\$122.50	669880
Sa	3 pm	Jan 7	10	\$122.50	669885
Sa	3:30 pm	Jan 7	10	\$122.50	669889
Sa	4:30 pm	Jan 7	10	\$122.50	669901
Sa	5:30 pm	Jan 7	10	\$122.50	669906
Su	8:30 am	Jan 8	10	\$122.50	669911
Su	9 am	Jan 8	10	\$122.50	669914
Su	10 am	Jan 8	10	\$122.50	669916
Su	10:15 am	Jan 8	10	\$122.50	669918
Su	11:30 am	Jan 8	10	\$122.50	669920
Su	noon	Jan 8	10	\$122.50	669923
F	9 am	Jan 13	9	\$110.25	669849
F	10 am	Jan 13	9	\$110.25	669851
F	6 pm	Jan 13	9	\$110.25	669860
F	6:30 pm	Jan 13	9	\$110.25	669865
F	7 pm	Jan 13	9	\$110.25	669866



## Salamander

Swimmers work on improving their front and back float and jumping into chest deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.

M	9:30 am	Oct 31	8	\$54.25	663864
M	6 pm	Oct 31	8	\$54.25	663866
M	6 pm	Oct 31	8	\$54.25	663868
M	6:30 pm	Oct 31	8	\$54.25	663869
M	7 pm	Oct 31	8	\$54.25	663871
Tu	1 pm	Nov 1	8	\$54.25	663873
Tu	5:15 pm	Nov 1	8	\$54.25	663874
Tu	5:30 pm	Nov 1	8	\$54.25	663878
Tu	5:45 pm	Nov 1	8	\$54.25	663879
Tu	6:45 pm	Nov 1	8	\$54.25	663881
W	9 am	Nov 2	8	\$54.25	663882
W	10:30 am	Nov 2	8	\$54.25	663883
Th	5:15 pm	Nov 3	8	\$54.25	663884
Th	5:30 pm	Nov 3	8	\$54.25	663888

Day	Time	Date	Lessons	Cost	Code
Th	5:45 pm	Nov 3	8	\$54.25	663890
Th	6 pm	Nov 3	8	\$54.25	663891
Th	6:45 pm	Nov 3	8	\$54.25	663893
M	9:30 am	Jan 9	8	\$54.25	669936
M	6 pm	Jan 9	8	\$54.25	669939
M	6 pm	Jan 9	8	\$54.25	669941
M	6:30 pm	Jan 9	8	\$54.25	669944
M	7 pm	Jan 9	8	\$54.25	669947
Tu	1 pm	Jan 10	9	\$61	669954
Tu	5:15 pm	Jan 10	9	\$61	673527
Tu	5:30 pm	Jan 10	9	\$61	673529
Tu	5:45 pm	Jan 10	9	\$61	673532
Tu	6:45 pm	Jan 10	9	\$61	673535
W	9 am	Jan 11	9	\$61	669956
W	10:30 am	Jan 11	9	\$61	669960
Th	5:15 pm	Jan 12	9	\$61	673537
Th	5:30 pm	Jan 12	9	\$61	673538
Th	5:45 pm	Jan 12	9	\$61	673539
Th	6 pm	Jan 12	9	\$61	673540
Th	6:45 pm	Jan 12	9	\$61	673542



## Salamander – Low Ratio

M	9:30 am	Sep 19	5	\$61.25	664294
M	6 pm	Sep 19	5	\$61.25	664297
M	6:30 pm	Sep 19	5	\$61.25	664300
M	7 pm	Sep 19	5	\$61.25	664306
Tu	1 pm	Sep 20	6	\$73.50	664316
Tu	5:15 pm	Sep 20	6	\$73.50	664320
Tu	5:45 pm	Sep 20	6	\$73.50	664322
Tu	6:30 pm	Sep 20	6	\$73.50	664325
Tu	6:45 pm	Sep 20	6	\$73.50	664328
W	9 am	Sep 21	6	\$73.50	664329
W	10:30 am	Sep 21	6	\$73.50	664334
Th	5 pm	Sep 22	6	\$73.50	664336
Th	5:30 pm	Sep 22	6	\$73.50	664342
Th	6:30 pm	Sep 22	6	\$73.50	664344
Th	6:45 pm	Sep 22	6	\$73.50	664345
F	9 am	Sep 23	6	\$73.50	664350
F	9:30 am	Sep 23	6	\$73.50	664359
F	6 pm	Sep 23	6	\$73.50	664362
F	6:30 pm	Sep 23	6	\$73.50	664364
F	7 pm	Sep 23	6	\$73.50	664369
Sa	8:45 am	Sep 24	5	\$61.25	664378
Sa	9:15 am	Sep 24	5	\$61.25	664384
Sa	11 am	Sep 24	5	\$61.25	664418
Sa	11:30 am	Sep 24	5	\$61.25	664420

Day	Time	Date	Lessons	Cost	Code
Sa	noon	Sep 24	5	\$61.25	664425
Sa	12:30 pm	Sep 24	5	\$61.25	664429
Sa	3 pm	Sep 24	5	\$61.25	664433
Sa	3:30 pm	Sep 24	5	\$61.25	664434
Sa	4 pm	Sep 24	5	\$61.25	664436
Sa	4:30 pm	Sep 24	5	\$61.25	664441
Sa	5:30 pm	Sep 24	5	\$61.25	664446
Su	8:45 am	Sep 25	5	\$61.25	664453
Su	9:15 am	Sep 25	5	\$61.25	664459
Su	11 am	Sep 25	5	\$61.25	664477
Su	11:30 am	Sep 25	5	\$61.25	664480
Su	noon	Sep 25	5	\$61.25	664484
F	9 am	Nov 4	8	\$98	663896
F	9:30 am	Nov 4	8	\$98	663898
F	6 pm	Nov 4	8	\$98	663899
F	6 pm	Nov 4	8	\$98	663900
F	6:30 pm	Nov 4	8	\$98	663903
F	7 pm	Nov 4	8	\$98	663904
Sa	8:30 am	Nov 5	7	\$85.75	663907
Sa	9:15 am	Nov 5	7	\$85.75	663908
Sa	9:45 am	Nov 5	7	\$85.75	663909
Sa	11 am	Nov 5	7	\$85.75	663911
Sa	noon	Nov 5	7	\$85.75	663913
Sa	12:30 pm	Nov 5	7	\$85.75	663916
Sa	3 pm	Nov 5	7	\$85.75	663918
Sa	3:30 pm	Nov 5	7	\$85.75	663920
Sa	4 pm	Nov 5	7	\$85.75	663921
Sa	4:30 pm	Nov 5	7	\$85.75	663923
Sa	5:30 pm	Nov 5	7	\$85.75	663926
Su	8:30 am	Nov 6	7	\$85.75	663928
Su	9 am	Nov 6	7	\$85.75	663931
Su	9:30 am	Nov 6	7	\$85.75	663932
Su	10:30 am	Nov 6	7	\$85.75	663933
Su	11 am	Nov 6	7	\$85.75	663936
Su	11:30 am	Nov 6	7	\$85.75	663938
Su	12:30 pm	Nov 6	7	\$85.75	663940
Sa	8:30 am	Jan 7	10	\$122.50	670017
Sa	9:15 am	Jan 7	10	\$122.50	670020
Sa	9:45 am	Jan 7	10	\$122.50	670023
Sa	11 am	Jan 7	10	\$122.50	670025
Sa	noon	Jan 7	10	\$122.50	670030
Sa	12:30 pm	Jan 7	10	\$122.50	670033
Sa	3 pm	Jan 7	10	\$122.50	670040
Sa	3:30 pm	Jan 7	10	\$122.50	670044
Sa	4 pm	Jan 7	10	\$122.50	670045
Sa	4:30 pm	Jan 7	10	\$122.50	670049
Sa	5:30 pm	Jan 7	10	\$122.50	670051

# Swimming • Learn to Swim

## Preschool (3-5 yrs) cont'd

Day	Time	Date	Lessons	Cost	Code
Su	8:30 am	Jan 8	10	\$122.50	670052
Su	9 am	Jan 8	10	\$122.50	670055
Su	9:30 am	Jan 8	10	\$122.50	670059
Su	10:30 am	Jan 8	10	\$122.50	670062
Su	11 am	Jan 8	10	\$122.50	670065
F	9 am	Jan 13	9	\$110.25	669996
F	9:30 am	Jan 13	9	\$110.25	669998
F	6 pm	Jan 13	9	\$110.25	669999
F	6 pm	Jan 13	9	\$110.25	670003
F	6:30 pm	Jan 13	9	\$110.25	670006
F	7 pm	Jan 13	9	\$110.25	670010
Su	11:30 am	Jan 15	10	\$122.50	670067
Su	12:30 pm	Jan 15	10	\$122.50	670074

Day	Time	Date	Lessons	Cost	Code
M	9:30 am	Jan 9	8	\$54.25	673589
M	6 pm	Jan 9	8	\$54.25	673591
M	6:30 pm	Jan 9	8	\$54.25	673594
M	7 pm	Jan 9	8	\$54.25	673596
Tu	1:30 pm	Jan 10	9	\$61	673599
Tu	5 pm	Jan 10	9	\$61	673600
Tu	5:30 pm	Jan 10	9	\$61	673603
Tu	5:45 pm	Jan 10	9	\$61	673605
Tu	6:15 pm	Jan 10	9	\$61	673607
Tu	6:45 pm	Jan 10	9	\$61	673609
W	9:30 am	Jan 11	9	\$61	673611
W	10 am	Jan 11	9	\$61	673613
Th	5 pm	Jan 12	9	\$61	673615
Th	5 pm	Jan 12	9	\$61	673617
Th	6 pm	Jan 12	9	\$61	673618
Th	6:30 pm	Jan 12	9	\$61	673619
Th	7 pm	Jan 12	9	\$61	673621

Day	Time	Date	Lessons	Cost	Code
F	7 pm	Sep 23	6	\$73.50	664599
Sa	8:45 am	Sep 24	5	\$61.25	664606
Sa	10:15 am	Sep 24	5	\$61.25	664607
Sa	11 am	Sep 24	5	\$61.25	664616
Sa	11:30 am	Sep 24	5	\$61.25	664620
Sa	noon	Sep 24	5	\$61.25	664622
Sa	12:30 pm	Sep 24	5	\$61.25	664626
Sa	3 pm	Sep 24	5	\$61.25	664634
Sa	3:30 pm	Sep 24	5	\$61.25	664639
Sa	4 pm	Sep 24	5	\$61.25	664642
Sa	5 pm	Sep 24	5	\$61.25	664646
Sa	6 pm	Sep 24	5	\$61.25	664647
Su	8:45 am	Sep 25	5	\$61.25	664650
Su	10:15 am	Sep 25	5	\$61.25	664656
Su	11 am	Sep 25	5	\$61.25	664660
Su	11:30 am	Sep 25	5	\$61.25	664677
Su	noon	Sep 25	5	\$61.25	664683
Su	12:30 pm	Sep 25	5	\$61.25	664690
F	9:30 am	Nov 4	8	\$98	663996
F	10 am	Nov 4	8	\$98	663998
F	6 pm	Nov 4	8	\$98	664000
F	6:30 pm	Nov 4	8	\$98	664001
F	7 pm	Nov 4	8	\$98	664003
Sa	8:30 am	Nov 5	7	\$85.75	664008
Sa	10:15 am	Nov 5	7	\$85.75	664009
Sa	11 am	Nov 5	7	\$85.75	664011
Sa	11:30 am	Nov 5	7	\$85.75	664012
Sa	noon	Nov 5	7	\$85.75	664014
Sa	12:30 pm	Nov 5	7	\$85.75	664016
Sa	3 pm	Nov 5	7	\$85.75	664019
Sa	3:30 pm	Nov 5	7	\$85.75	664021
Sa	4 pm	Nov 5	7	\$85.75	664023
Sa	5 pm	Nov 5	7	\$85.75	664024
Sa	6 pm	Nov 5	7	\$85.75	664025
Su	8:30 am	Nov 6	7	\$85.75	664028
Su	9 am	Nov 6	7	\$85.75	664031
Su	9:30 am	Nov 6	7	\$85.75	664033
Su	10:15 am	Nov 6	7	\$85.75	664035
Su	11 am	Nov 6	7	\$85.75	664036
Su	11:30 am	Nov 6	7	\$85.75	664038
Su	12:30 pm	Nov 6	7	\$85.75	664039
Sa	8:30 am	Jan 7	10	\$122.50	673639
Sa	10:15 am	Jan 7	10	\$122.50	673641
Sa	11 am	Jan 7	10	\$122.50	673644
Sa	11:30 am	Jan 7	10	\$122.50	673645



### Sunfish

Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD and swim 5 metres continuously.

M	9:30 am	Oct 31	8	\$98	663951
M	6 pm	Oct 31	8	\$98	663953
M	6:30 pm	Oct 31	8	\$98	663956
M	7 pm	Oct 31	8	\$98	663959
Tu	1:30 pm	Nov 1	8	\$98	663960
Tu	5 pm	Nov 1	8	\$98	663962
Tu	5:30 pm	Nov 1	8	\$98	663964
Tu	5:45 pm	Nov 1	8	\$98	663966
Tu	6:15 pm	Nov 1	8	\$98	663967
Tu	6:45 pm	Nov 1	8	\$98	663969
W	9:30 am	Nov 2	8	\$98	663971
W	10 am	Nov 2	8	\$98	663972
Th	5 pm	Nov 3	8	\$98	663974
Th	5 pm	Nov 3	8	\$98	663976
Th	6 pm	Nov 3	8	\$98	663978
Th	6:30 pm	Nov 3	8	\$98	663979
Th	7 pm	Nov 3	8	\$98	663981



### Sunfish – Low Ratio

M	9:30 am	Sep 19	5	\$61.25	664507
M	6 pm	Sep 19	5	\$61.25	664514
M	6:30 pm	Sep 19	5	\$61.25	664521
M	7 pm	Sep 19	5	\$61.25	664525
Tu	1:30 pm	Sep 20	6	\$73.50	664531
Tu	5:15 pm	Sep 20	6	\$73.50	664534
Tu	5:45 pm	Sep 20	6	\$73.50	664538
Tu	6:30 pm	Sep 20	6	\$73.50	664540
Tu	6:45 pm	Sep 20	6	\$73.50	664543
W	9:30 am	Sep 21	6	\$73.50	664565
W	10 am	Sep 21	6	\$73.50	664570
Th	5 pm	Sep 22	6	\$73.50	664576
Th	5:30 pm	Sep 22	6	\$73.50	664579
Th	6:30 pm	Sep 22	6	\$73.50	664581
Th	6:45 pm	Sep 22	6	\$73.50	664587
F	9:30 am	Sep 23	6	\$73.50	664590
F	10 am	Sep 23	6	\$73.50	664592
F	6 pm	Sep 23	6	\$73.50	664595
F	6:30 pm	Sep 23	6	\$73.50	664598



# Swimming • Learn to Swim

Day	Time	Date	Lessons	Cost	Code
Sa	noon	Jan 7	10	\$122.50	673648
Sa	12:30 pm	Jan 7	10	\$122.50	673650
Sa	3 pm	Jan 7	10	\$122.50	673651
Sa	3:30 pm	Jan 7	10	\$122.50	673654
Sa	4 pm	Jan 7	10	\$122.50	673656
Sa	5 pm	Jan 7	10	\$122.50	673657
Su	8:30 am	Jan 8	10	\$122.50	673659
Su	9 am	Jan 8	10	\$122.50	673661
Su	9:30 am	Jan 8	10	\$122.50	673663
Su	10:15 am	Jan 8	10	\$122.50	673666
Su	11 am	Jan 8	10	\$122.50	673669
Su	11:30 am	Jan 8	10	\$122.50	673672
Su	12:30 pm	Jan 8	10	\$122.50	673673
F	9:30 am	Jan 13	9	\$110.25	673627
F	10 am	Jan 13	9	\$110.25	673628
F	6 pm	Jan 13	9	\$110.25	673630
F	6:30 pm	Jan 13	9	\$110.25	673631
F	7 pm	Jan 13	9	\$110.25	673633
Sa	6 pm	Jan 14	10	\$122.50	673658



## Crocodile

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water and swim 10 metres continuously.

M	9 am	Oct 31	8	\$54.25	664054
M	6 pm	Oct 31	8	\$54.25	664056
M	6:30 pm	Oct 31	8	\$54.25	664061
M	7 pm	Oct 31	8	\$54.25	664063
Tu	5:30 pm	Nov 1	8	\$54.25	664066
Tu	5:45 pm	Nov 1	8	\$54.25	664068
Tu	6 pm	Nov 1	8	\$54.25	664074
Tu	6:15 pm	Nov 1	8	\$54.25	664077
Tu	6:45 pm	Nov 1	8	\$54.25	664080
W	9 am	Nov 2	8	\$54.25	664083
W	10:30 am	Nov 2	8	\$54.25	664087
Th	1:30 pm	Nov 3	8	\$54.25	664091
Th	5 pm	Nov 3	8	\$54.25	664094
Th	5:30 pm	Nov 3	8	\$54.25	664095
Th	6 pm	Nov 3	8	\$54.25	664097
Th	6:30 pm	Nov 3	8	\$54.25	664101
Th	7 pm	Nov 3	8	\$54.25	664103
M	9 am	Jan 9	8	\$54.25	673693
M	6 pm	Jan 9	8	\$54.25	673697
M	6:30 pm	Jan 9	8	\$54.25	673700
M	7 pm	Jan 9	8	\$54.25	673704

Day	Time	Date	Lessons	Cost	Code
Tu	5:30 pm	Jan 10	9	\$61	673711
Tu	5:45 pm	Jan 10	9	\$61	673712
Tu	6 pm	Jan 10	9	\$61	673713
Tu	6:15 pm	Jan 10	9	\$61	673715
Tu	6:45 pm	Jan 10	9	\$61	673716
W	9 am	Jan 11	9	\$61	673719
W	10:30 am	Jan 11	9	\$61	673717
Th	1:30 pm	Jan 12	9	\$61	673720
Th	5 pm	Jan 12	9	\$61	673723
Th	5:30 pm	Jan 12	9	\$61	673724
Th	6 pm	Jan 12	9	\$61	673726
Th	6:30 pm	Jan 12	9	\$61	673727
Th	7 pm	Jan 12	9	\$61	673730



## Crocodile – Low Ratio

M	9 am	Sep 19	5	\$61.25	664702
M	6 pm	Sep 19	5	\$61.25	664705
M	7 pm	Sep 19	5	\$61.25	664711
M	7:30 pm	Sep 19	5	\$61.25	664713
Tu	5:15 pm	Sep 20	6	\$73.50	664723
Tu	5:45 pm	Sep 20	6	\$73.50	664724
Tu	6:45 pm	Sep 20	6	\$73.50	664725
Tu	7:30 pm	Sep 20	6	\$73.50	664726
W	9 am	Sep 21	6	\$73.50	664728
W	10:30 am	Sep 21	6	\$73.50	664729
Th	1:30 pm	Sep 22	6	\$73.50	664731
Th	5 pm	Sep 22	6	\$73.50	664733
Th	5:30 pm	Sep 22	6	\$73.50	664734
Th	6:30 pm	Sep 22	6	\$73.50	664738
Th	7:30 pm	Sep 22	6	\$73.50	664739
F	9 am	Sep 23	6	\$73.50	664741
F	10:30 am	Sep 23	6	\$73.50	664742
F	6 pm	Sep 23	6	\$73.50	664743
F	7 pm	Sep 23	6	\$73.50	664744
F	7:30 pm	Sep 23	6	\$73.50	664746
Sa	8:45 am	Sep 24	5	\$61.25	664749
Sa	9:45 am	Sep 24	5	\$61.25	664754
Sa	10:30 am	Sep 24	5	\$61.25	664756
Sa	11:30 am	Sep 24	5	\$61.25	664758
Sa	12:30 pm	Sep 24	5	\$61.25	664761
Sa	4 pm	Sep 24	5	\$61.25	664764
Sa	5 pm	Sep 24	5	\$61.25	664766
Sa	5:30 pm	Sep 24	5	\$61.25	664768
Sa	6 pm	Sep 24	5	\$61.25	664772

Day	Time	Date	Lessons	Cost	Code
Su	8:45 am	Sep 25	5	\$61.25	664775
Su	9:45 am	Sep 25	5	\$61.25	664777
Su	10:30 am	Sep 25	5	\$61.25	664779
Su	11:30 am	Sep 25	5	\$61.25	664781
Su	12:30 pm	Sep 25	5	\$61.25	664784
F	9 am	Nov 4	8	\$98	664131
F	10:30 am	Nov 4	8	\$98	664135
F	6 pm	Nov 4	8	\$98	664137
F	6:30 pm	Nov 4	8	\$98	664139
F	7 pm	Nov 4	8	\$98	664141
Sa	8:45 am	Nov 5	7	\$85.75	664148
Sa	10:15 am	Nov 5	7	\$85.75	664149
Sa	11 am	Nov 5	7	\$85.75	664152
Sa	11:45 am	Nov 5	7	\$85.75	664156
Sa	noon	Nov 5	7	\$85.75	664158
Sa	12:30 pm	Nov 5	7	\$85.75	664160
Sa	3 pm	Nov 5	7	\$85.75	664161
Sa	4 pm	Nov 5	7	\$85.75	664162
Sa	5 pm	Nov 5	7	\$85.75	664173
Sa	6 pm	Nov 5	7	\$85.75	664175
Su	8:30 am	Nov 6	7	\$85.75	664177
Su	9:30 am	Nov 6	7	\$85.75	664180
Su	10:30 am	Nov 6	7	\$85.75	664181
Su	11:30 am	Nov 6	7	\$85.75	664183
Su	noon	Nov 6	7	\$85.75	664185
Su	12:30 pm	Nov 6	7	\$85.75	664186
Sa	8:45 am	Jan 7	10	\$122.50	673757
Sa	10:15 am	Jan 7	10	\$122.50	673759
Sa	11 am	Jan 7	10	\$122.50	673760
Sa	11:45 am	Jan 7	10	\$122.50	673763
Sa	noon	Jan 7	10	\$122.50	673764
Sa	12:30 pm	Jan 7	10	\$122.50	673765
Sa	3 pm	Jan 7	10	\$122.50	673767
Sa	4 pm	Jan 7	10	\$122.50	673768
Sa	5 pm	Jan 7	10	\$122.50	673774
Sa	6 pm	Jan 7	10	\$122.50	673775
Su	8:30 am	Jan 8	10	\$122.50	673778
Su	9:30 am	Jan 8	10	\$122.50	673779
Su	10:30 am	Jan 8	10	\$122.50	673780
Su	11:30 am	Jan 8	10	\$122.50	673782
Su	noon	Jan 8	10	\$122.50	673784
Su	12:30 pm	Jan 8	10	\$122.50	673787
F	9 am	Jan 13	9	\$110.25	673746
F	10:30 am	Jan 13	9	\$110.25	673748
F	6 pm	Jan 13	9	\$110.25	673749
F	6:30 pm	Jan 13	9	\$110.25	673751
F	7 pm	Jan 13	9	\$110.25	673752

# Swimming • Learn to Swim

## Preschool (3-5 yrs) cont'd

Day	Time	Date	Lessons	Cost	Code
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### Whale

Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive and will be able to swim 15 metres continuously upon completion of the level.

M	6 pm	Oct 31	8	\$54.25	664200
M	6:30 pm	Oct 31	8	\$54.25	664203
M	7 pm	Oct 31	8	\$54.25	664206
Tu	6 pm	Nov 1	8	\$54.25	664207
Tu	6:15 pm	Nov 1	8	\$54.25	664211
Tu	6:30 pm	Nov 1	8	\$54.25	664214
W	9:30 am	Nov 2	8	\$54.25	664216
Th	1:30 pm	Nov 3	8	\$54.25	664218
Th	5 pm	Nov 3	8	\$54.25	664221
Th	6 pm	Nov 3	8	\$54.25	664224
Th	6:30 pm	Nov 3	8	\$54.25	664225
Th	7 pm	Nov 3	8	\$54.25	664227
M	6 pm	Jan 9	8	\$54.25	673800
M	6:30 pm	Jan 9	8	\$54.25	673803
M	7 pm	Jan 9	8	\$54.25	673804
Tu	6 pm	Jan 10	9	\$61	673807
Tu	6:15 pm	Jan 10	9	\$61	673809
Tu	6:30 pm	Jan 10	9	\$61	673810
W	9:30 am	Jan 11	9	\$61	673812
Th	1:30 pm	Jan 12	9	\$61	673813
Th	5 pm	Jan 12	9	\$61	673814
Th	6 pm	Jan 12	9	\$61	673815
Th	6:30 pm	Jan 12	9	\$61	673816
Th	7 pm	Jan 12	9	\$61	673817



### Whale – Low Ratio

M	6 pm	Sep 19	5	\$61.25	664795
M	7:30 pm	Sep 19	5	\$61.25	664801
Tu	5:30 pm	Sep 20	6	\$73.50	664806
Tu	5:30 pm	Sep 20	6	\$73.50	664808
Tu	7:30 pm	Sep 20	6	\$73.50	664811
W	9:30 am	Sep 21	6	\$73.50	664813
Th	1:30 pm	Sep 22	6	\$73.50	664814
Th	5:30 pm	Sep 22	6	\$73.50	664817
Th	5:45 pm	Sep 22	6	\$73.50	664819
Th	7:30 pm	Sep 22	6	\$73.50	664821
F	10:30 am	Sep 23	6	\$73.50	664823
F	6 pm	Sep 23	6	\$73.50	664826
F	7:30 pm	Sep 23	6	\$73.50	664830

Day	Time	Date	Lessons	Cost	Code
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Sa	9:15 am	Sep 24	5	\$61.25	664835
Sa	10:45 am	Sep 24	5	\$61.25	664837
Sa	11:30 am	Sep 24	5	\$61.25	664839
Sa	noon	Sep 24	5	\$61.25	664843
Sa	12:30 pm	Sep 24	5	\$61.25	664847
Sa	3 pm	Sep 24	5	\$61.25	664850
Sa	4 pm	Sep 24	5	\$61.25	664853
Sa	5 pm	Sep 24	5	\$61.25	664855
Sa	6 pm	Sep 24	5	\$61.25	664858
Su	9:15 am	Sep 25	5	\$61.25	664865
Su	10:45 am	Sep 25	5	\$61.25	664868
Su	11:30 am	Sep 25	5	\$61.25	664872
Su	noon	Sep 25	5	\$61.25	664875
Su	12:30 pm	Sep 25	5	\$61.25	664877
F	10:30 am	Nov 4	8	\$98	664233
F	6 pm	Nov 4	8	\$98	664236
F	6:30 pm	Nov 4	8	\$98	664238
F	7 pm	Nov 4	8	\$98	664252
Sa	9 am	Nov 5	7	\$85.75	664257
Sa	10:45 am	Nov 5	7	\$85.75	664258
Sa	11:30 am	Nov 5	7	\$85.75	664261
Sa	noon	Nov 5	7	\$85.75	664263
Sa	12:30 pm	Nov 5	7	\$85.75	664278
Sa	3 pm	Nov 5	7	\$85.75	664279
Sa	4 pm	Nov 5	7	\$85.75	664281
Sa	5 pm	Nov 5	7	\$85.75	664282
Sa	6 pm	Nov 5	7	\$85.75	664285
Su	8:30 am	Nov 6	7	\$85.75	664286
Su	9 am	Nov 6	7	\$85.75	664287
Su	9:30 am	Nov 6	7	\$85.75	664288
Su	noon	Nov 6	7	\$85.75	664292
Su	12:30 pm	Nov 6	7	\$85.75	664293
Sa	9 am	Jan 7	10	\$122.50	673836
Sa	10:45 am	Jan 7	10	\$122.50	673840
Sa	11:30 am	Jan 7	10	\$122.50	673841
Sa	noon	Jan 7	10	\$122.50	673848
Sa	12:30 pm	Jan 7	10	\$122.50	673850
Sa	3 pm	Jan 7	10	\$122.50	673852
Sa	4 pm	Jan 7	10	\$122.50	673855
Sa	5 pm	Jan 7	10	\$122.50	673858
Sa	6 pm	Jan 7	10	\$122.50	673862
Su	8:30 am	Jan 8	10	\$122.50	673864
Su	9 am	Jan 8	10	\$122.50	673866
Su	9:30 am	Jan 8	10	\$122.50	673868
Su	noon	Jan 8	10	\$122.50	673870
Su	12:30 pm	Jan 8	10	\$122.50	673872

Day	Time	Date	Lessons	Cost	Code
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F	10:30 am	Jan 13	9	\$110.25	673825
F	6 pm	Jan 13	9	\$110.25	673827
F	6:30 pm	Jan 13	9	\$110.25	673829
F	7 pm	Jan 13	9	\$110.25	673832

## Children (6-12 yrs)

### Swim Kids – Level 1

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits and swim 5 metres.

M	6 pm	Oct 31	8	\$54.25	664303
M	6:30 pm	Oct 31	8	\$54.25	664304
M	7 pm	Oct 31	8	\$54.25	664307
Tu	5 pm	Nov 1	8	\$54.25	664314
Tu	5:30 pm	Nov 1	8	\$54.25	664315
Tu	5:45 pm	Nov 1	8	\$54.25	664317
Tu	6 pm	Nov 1	8	\$54.25	664318
Tu	6:30 pm	Nov 1	8	\$54.25	664321
Th	5 pm	Nov 3	8	\$54.25	664324
Th	5:30 pm	Nov 3	8	\$54.25	664335
Th	5:45 pm	Nov 3	8	\$54.25	664338
Th	6 pm	Nov 3	8	\$54.25	664339
Th	6:30 pm	Nov 3	8	\$54.25	664343
M	6 pm	Jan 9	8	\$54.25	674574
M	6:30 pm	Jan 9	8	\$54.25	674580
M	7 pm	Jan 9	8	\$54.25	674624
Tu	5 pm	Jan 10	9	\$61	674635
Tu	5:30 pm	Jan 10	9	\$61	674638
Tu	5:45 pm	Jan 10	9	\$61	674643
Tu	6 pm	Jan 10	9	\$61	674644
Tu	6:30 pm	Jan 10	9	\$61	674650
Th	5 pm	Jan 12	9	\$61	674655
Th	5:30 pm	Jan 12	9	\$61	674661
Th	5:45 pm	Jan 12	9	\$61	674664
Th	6 pm	Jan 12	9	\$61	674667
Th	6:30 pm	Jan 12	9	\$61	674672

Due to renovations the Nepean Sportsplex 50m pool will be closed until Monday, October 31, 2011.

Annual Maintenance  
25m Pool Closure – August 27 to  
September 18, 2011

# Swimming • Learn to Swim

Day	Time	Date	Lessons	Cost	Code
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## Swim Kids – Level 1 Low Ratio

M	6:30 pm	Sep 19	5	\$61.25	665069
M	7 pm	Sep 19	5	\$61.25	665145
M	7:30 pm	Sep 19	5	\$61.25	665150
Tu	5:15 pm	Sep 20	6	\$73.50	665153
Tu	6:15 pm	Sep 20	6	\$73.50	665155
Tu	7 pm	Sep 20	6	\$73.50	665157
Tu	7:15 pm	Sep 20	6	\$73.50	665158
Th	5 pm	Sep 22	6	\$73.50	665162
Th	6 pm	Sep 22	6	\$73.50	665165
Th	7 pm	Sep 22	6	\$73.50	665167
Th	7:15 pm	Sep 22	6	\$73.50	665168
F	6:30 pm	Sep 23	6	\$73.50	665172
F	7 pm	Sep 23	6	\$73.50	665175
F	7:30 pm	Sep 23	6	\$73.50	665178
Sa	8:45 am	Sep 24	5	\$61.25	665182
Sa	9:15 am	Sep 24	5	\$61.25	665183
Sa	9:45 am	Sep 24	5	\$61.25	665187
Sa	11 am	Sep 24	5	\$61.25	665188
Sa	12:30 pm	Sep 24	5	\$61.25	665191
Sa	3:30 pm	Sep 24	5	\$61.25	665195
Sa	4:30 pm	Sep 24	5	\$61.25	665199
Sa	5 pm	Sep 24	5	\$61.25	665251
Sa	6 pm	Sep 24	5	\$61.25	665261
Su	8:45 am	Sep 25	5	\$61.25	665268
Su	9:15 am	Sep 25	5	\$61.25	665276
Su	9:45 am	Sep 25	5	\$61.25	665282
Su	11 am	Sep 25	5	\$61.25	665287
Su	12:30 pm	Sep 25	5	\$61.25	665293
F	6 pm	Nov 4	8	\$98	664360
F	6:30 pm	Nov 4	8	\$98	664363
F	7 pm	Nov 4	8	\$98	664367

Day	Time	Date	Lessons	Cost	Code
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Sa	8:45 am	Nov 5	7	\$85.75	664371
Sa	9:15 am	Nov 5	7	\$85.75	664375
Sa	9:45 am	Nov 5	7	\$85.75	664379
Sa	10:30 am	Nov 5	7	\$85.75	664381
Sa	10:45 am	Nov 5	7	\$85.75	664382
Sa	12:30 pm	Nov 5	7	\$85.75	664383
Sa	3 pm	Nov 5	7	\$85.75	664386
Sa	3:30 pm	Nov 5	7	\$85.75	664389
Sa	4:30 pm	Nov 5	7	\$85.75	664391
Sa	5 pm	Nov 5	7	\$85.75	664393
Su	8:45 am	Nov 6	7	\$85.75	664394
Su	9 am	Nov 6	7	\$85.75	664396
Su	9:45 am	Nov 6	7	\$85.75	664398
Su	10:45 am	Nov 6	7	\$85.75	664400
Su	10:45 am	Nov 6	7	\$85.75	664402
Su	noon	Nov 6	7	\$85.75	664406
Su	12:30 pm	Nov 6	7	\$85.75	664408
Sa	8:45 am	Jan 7	10	\$122.50	674751
Sa	9:15 am	Jan 7	10	\$122.50	674791
Sa	9:45 am	Jan 7	10	\$122.50	674844
Sa	10:30 am	Jan 7	10	\$122.50	674793
Sa	10:45 am	Jan 7	10	\$122.50	674796
Sa	12:30 pm	Jan 7	10	\$122.50	674798
Sa	3 pm	Jan 7	10	\$122.50	674800
Sa	3:30 pm	Jan 7	10	\$122.50	674804
Sa	4:30 pm	Jan 7	10	\$122.50	674805
Sa	5 pm	Jan 7	10	\$122.50	674809
Su	8:45 am	Jan 8	10	\$122.50	674812
Su	9 am	Jan 8	10	\$122.50	674815
Su	9:45 am	Jan 8	10	\$122.50	674817
Su	10:45 am	Jan 8	10	\$122.50	674821
Su	10:45 am	Jan 8	10	\$122.50	674851
Su	noon	Jan 8	10	\$122.50	674823
Su	12:30 pm	Jan 8	10	\$122.50	674855
F	6 pm	Jan 13	9	\$110.25	674736
F	6:30 pm	Jan 13	9	\$110.25	674742
F	7 pm	Jan 13	9	\$110.25	674744

## Swim Kids – Level 2

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

M	6 pm	Oct 31	8	\$54.25	664437
M	6:30 pm	Oct 31	8	\$54.25	664439
M	7:30 pm	Oct 31	8	\$54.25	664443
M	7:45 pm	Oct 31	8	\$54.25	664445

Day	Time	Date	Lessons	Cost	Code
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Tu	5 pm	Nov 1	8	\$54.25	664449
Tu	5:15 pm	Nov 1	8	\$54.25	664450
Tu	5:30 pm	Nov 1	8	\$54.25	664452
Tu	6 pm	Nov 1	8	\$54.25	664456
Tu	7 pm	Nov 1	8	\$54.25	664458
Tu	7:45 pm	Nov 1	8	\$54.25	664460
Th	5 pm	Nov 3	8	\$54.25	664462
Th	5:30 pm	Nov 3	8	\$54.25	664466
Th	5:30 pm	Nov 3	8	\$54.25	664467
Th	6 pm	Nov 3	8	\$54.25	664468
Th	7 pm	Nov 3	8	\$54.25	664471
Th	7:45 pm	Nov 3	8	\$54.25	664472
M	6 pm	Jan 9	8	\$54.25	674892
M	6:30 pm	Jan 9	8	\$54.25	674896
M	7:30 pm	Jan 9	8	\$54.25	674901
M	7:45 pm	Jan 9	8	\$54.25	674905
Tu	5 pm	Jan 10	9	\$61	674912
Tu	5:15 pm	Jan 10	9	\$61	674917
Tu	5:30 pm	Jan 10	9	\$61	674919
Tu	6 pm	Jan 10	9	\$61	674920
Tu	7 pm	Jan 10	9	\$61	674985
Tu	7:45 pm	Jan 10	9	\$61	674961
Th	5 pm	Jan 12	9	\$61	674964
Th	5:30 pm	Jan 12	9	\$61	674969
Th	5:30 pm	Jan 12	9	\$61	674988
Th	6 pm	Jan 12	9	\$61	674972
Th	7 pm	Jan 12	9	\$61	674975
Th	7:45 pm	Jan 12	9	\$61	674976

## Swim Kids – Level 2 Low Ratio

M	6 pm	Sep 19	5	\$61.25	665320
M	6:30 pm	Sep 19	5	\$61.25	665327
M	7 pm	Sep 19	5	\$61.25	665331
M	7:30 pm	Sep 19	5	\$61.25	665336
Tu	5:15 pm	Sep 20	6	\$73.50	665344
Tu	6 pm	Sep 20	6	\$73.50	665348
Tu	6:15 pm	Sep 20	6	\$73.50	665355
Tu	7 pm	Sep 20	6	\$73.50	665359
Tu	7:15 pm	Sep 20	6	\$73.50	665360
Th	5 pm	Sep 22	6	\$73.50	665366
Th	6 pm	Sep 22	6	\$73.50	665368
Th	6:15 pm	Sep 22	6	\$73.50	665370
Th	7 pm	Sep 22	6	\$73.50	665374
Th	7:15 pm	Sep 22	6	\$73.50	665376
F	6 pm	Sep 23	6	\$73.50	665380



# Swimming • Learn to Swim

## Children (6-12 yrs) cont'd

Day	Time	Date	Lessons	Cost	Code
F	6:30 pm	Sep 23	6	\$73.50	665385
F	7 pm	Sep 23	6	\$73.50	665387
F	7:30 pm	Sep 23	6	\$73.50	665392
Sa	8:45 am	Sep 24	5	\$61.25	665400
Sa	9:45 am	Sep 24	5	\$61.25	665409
Sa	10:15 am	Sep 24	5	\$61.25	665411
Sa	11 am	Sep 24	5	\$61.25	665414
Sa	11:30 am	Sep 24	5	\$61.25	665417
Sa	12:30 pm	Sep 24	5	\$61.25	665421
Sa	3 pm	Sep 24	5	\$61.25	665424
Sa	3:30 pm	Sep 24	5	\$61.25	665428
Sa	4 pm	Sep 24	5	\$61.25	665433
Sa	4:30 pm	Sep 24	5	\$61.25	665435
Sa	5:30 pm	Sep 24	5	\$61.25	665440
Sa	6 pm	Sep 24	5	\$61.25	665444
Su	8:45 am	Sep 25	5	\$61.25	665447
Su	9:45 am	Sep 25	6	\$61.25	665451
Su	10:15 am	Sep 25	5	\$61.25	665455
Su	11 am	Sep 25	5	\$61.25	665461
Su	11:30 am	Sep 25	5	\$61.25	665469
Su	12:30 pm	Sep 25	5	\$61.25	665474
F	6 pm	Nov 4	8	\$98	664479
F	6:30 pm	Nov 4	8	\$98	664481
F	7:30 pm	Nov 4	8	\$98	664483
F	7:45 pm	Nov 4	8	\$98	664485
Sa	8:30 am	Nov 5	7	\$85.75	664489
Sa	9:30 am	Nov 5	7	\$85.75	664490
Sa	11:15 am	Nov 5	7	\$85.75	664494
Sa	11:30 am	Nov 5	7	\$85.75	664499
Sa	noon	Nov 5	7	\$85.75	664500
Sa	12:30 pm	Nov 5	7	\$85.75	664502
Sa	3 pm	Nov 5	7	\$85.75	664504
Sa	3:30 pm	Nov 5	7	\$85.75	664508
Sa	4 pm	Nov 5	7	\$85.75	664510
Sa	4:30 pm	Nov 5	7	\$85.75	664512
Su	8:30 am	Nov 6	7	\$85.75	664515
Su	9:30 am	Nov 6	7	\$85.75	664517
Su	9:45 am	Nov 6	7	\$85.75	664520
Su	10 am	Nov 6	7	\$85.75	664522
Su	11 am	Nov 6	7	\$85.75	664523
Su	11:30 am	Nov 6	7	\$85.75	664524
Su	noon	Nov 6	7	\$85.75	664526
Su	12:30 pm	Nov 6	7	\$85.75	664528
Sa	8:30 am	Jan 7	10	\$122.50	675031
Sa	9:30 am	Jan 7	10	\$122.50	675035
Sa	11:15 am	Jan 7	10	\$122.50	675036
Sa	11:30 am	Jan 7	10	\$122.50	675038

Day	Time	Date	Lessons	Cost	Code
Sa	noon	Jan 7	10	\$122.50	675040
Sa	12:30 pm	Jan 7	10	\$122.50	675042
Sa	3 pm	Jan 7	10	\$122.50	675048
Sa	3:30 pm	Jan 7	10	\$122.50	675090
Sa	4 pm	Jan 7	10	\$122.50	675049
Sa	4:30 pm	Jan 7	10	\$122.50	675052
Su	8:30 am	Jan 8	10	\$122.50	675054
Su	9:30 am	Jan 8	10	\$122.50	675083
Su	9:45 am	Jan 8	10	\$122.50	675058
Su	10 am	Jan 8	10	\$122.50	675061
Su	11 am	Jan 8	10	\$122.50	675064
Su	11:30 am	Jan 8	10	\$122.50	675068
Su	noon	Jan 8	10	\$122.50	675070
Su	12:30 pm	Jan 8	10	\$122.50	675073
F	6 pm	Jan 13	9	\$110.25	675016
F	6:30 pm	Jan 13	9	\$110.25	675019
F	7:30 pm	Jan 13	9	\$110.25	675023
F	7:45 pm	Jan 13	9	\$110.25	675025

### Swim Kids – Level 3

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water and swim 15 metres continuously.

M	6 pm	Oct 31	8	\$54.25	664548
M	6:30 pm	Oct 31	8	\$54.25	664550
M	7 pm	Oct 31	8	\$54.25	664553
M	7:45 pm	Oct 31	8	\$54.25	664555
Tu	5 pm	Nov 1	8	\$54.25	664559
Tu	5:15 pm	Nov 1	8	\$54.25	664562
Tu	6 pm	Nov 1	8	\$54.25	664564
Tu	6:15 pm	Nov 1	8	\$54.25	664568
Tu	7 pm	Nov 1	8	\$54.25	664571
Tu	7:15 pm	Nov 1	8	\$54.25	664584

Day	Time	Date	Lessons	Cost	Code
Th	5 pm	Nov 3	8	\$54.25	664589
Th	5:30 pm	Nov 3	8	\$54.25	664591
Th	6 pm	Nov 3	8	\$54.25	664593
Th	6:30 pm	Nov 3	8	\$54.25	664604
Th	7:15 pm	Nov 3	8	\$54.25	664594
Th	7:45 pm	Nov 3	8	\$54.25	664597
M	6 pm	Jan 9	8	\$54.25	675199
M	6:30 pm	Jan 9	8	\$54.25	675201
M	7 pm	Jan 9	8	\$54.25	675203
M	7:45 pm	Jan 9	8	\$54.25	675204
Tu	5 pm	Jan 10	9	\$61	675205
Tu	5:15 pm	Jan 10	9	\$61	675245
Tu	6 pm	Jan 10	9	\$61	675256
Tu	6:15 pm	Jan 10	9	\$61	675349
Tu	7 pm	Jan 10	9	\$61	675290
Tu	7:15 pm	Jan 10	9	\$61	675293
Th	5 pm	Jan 12	9	\$61	675311
Th	5:30 pm	Jan 12	9	\$61	675332
Th	6 pm	Jan 12	9	\$61	675334
Th	6:30 pm	Jan 12	9	\$61	675335
Th	7:15 pm	Jan 12	9	\$61	675338
Th	7:45 pm	Jan 12	9	\$61	675342

### Swim Kids – Level 3 Low Ratio

M	6 pm	Sep 19	5	\$61.25	665509
M	6:30 pm	Sep 19	5	\$61.25	665513
M	7 pm	Sep 19	5	\$61.25	665519
M	7:30 pm	Sep 19	5	\$61.25	665524
Tu	5 pm	Sep 20	6	\$73.50	665532
Tu	5:45 pm	Sep 20	6	\$73.50	665535
Tu	6:15 pm	Sep 20	6	\$73.50	665536
Tu	6:45 pm	Sep 20	6	\$73.50	665539
Tu	7:15 pm	Sep 20	6	\$73.50	665540
Tu	7:45 pm	Sep 20	6	\$73.50	665542



# Swimming • Learn to Swim

Day	Time	Date	Lessons	Cost	Code
Th	5:15 pm	Sep 22	6	\$73.50	665546
Th	5:30 pm	Sep 22	6	\$73.50	665549
Th	6 pm	Sep 22	6	\$73.50	665551
Th	6:30 pm	Sep 22	6	\$73.50	665555
Th	7 pm	Sep 22	6	\$73.50	665558
Th	7:45 pm	Sep 22	6	\$73.50	665562
F	6 pm	Sep 23	6	\$73.50	665565
F	6:30 pm	Sep 23	6	\$73.50	665567
F	7 pm	Sep 23	6	\$73.50	665570
F	7:30 pm	Sep 23	6	\$73.50	665573
Sa	8:45 am	Sep 24	5	\$61.25	665579
Sa	9:15 am	Sep 24	5	\$61.25	665581
Sa	10:15 am	Sep 24	5	\$61.25	665585
Sa	10:30 am	Sep 24	5	\$61.25	665589
Sa	10:45 am	Sep 24	5	\$61.25	665594
Sa	noon	Sep 24	5	\$61.25	665597
Sa	3 pm	Sep 24	5	\$61.25	665599
Sa	4 pm	Sep 24	5	\$61.25	665602
Sa	4:30 pm	Sep 24	5	\$61.25	665604
Sa	5 pm	Sep 24	5	\$61.25	665610
Sa	5:30 pm	Sep 24	5	\$61.25	665616
Sa	6 pm	Sep 24	5	\$61.25	665618
Su	8:45 am	Sep 25	5	\$61.25	665622
Su	9:15 am	Sep 25	5	\$61.25	665625
Su	10:15 am	Sep 25	5	\$61.25	665629
Su	10:30 am	Sep 25	5	\$61.25	665634
Su	10:45 am	Sep 25	5	\$61.25	665635
Su	noon	Sep 25	5	\$61.25	665638
F	6 pm	Nov 4	8	\$98	664608
F	6:30 pm	Nov 4	8	\$98	664610
F	7 pm	Nov 4	8	\$98	664612
F	7:45 pm	Nov 4	8	\$98	664618
Sa	8:30 am	Nov 5	7	\$85.75	664621
Sa	9 am	Nov 5	7	\$85.75	664624
Sa	10:45 am	Nov 5	7	\$85.75	664625
Sa	11 am	Nov 5	7	\$85.75	664627
Sa	11:30 am	Nov 5	7	\$85.75	664631
Sa	noon	Nov 5	7	\$85.75	664632
Sa	12:30 pm	Nov 5	7	\$85.75	664635
Sa	3 pm	Nov 5	7	\$85.75	664636
Sa	3:30 pm	Nov 5	7	\$85.75	664638
Sa	4:30 pm	Nov 5	7	\$85.75	664640
Sa	5:15 pm	Nov 5	7	\$85.75	664641
Sa	6 pm	Nov 5	7	\$85.75	664643
Su	8:30 am	Nov 6	7	\$85.75	664644
Su	8:45 am	Nov 6	7	\$85.75	664652
Su	9 am	Nov 6	7	\$85.75	664653

Day	Time	Date	Lessons	Cost	Code
Su	9:15 am	Nov 6	7	\$85.75	664655
Su	9:30 am	Nov 6	7	\$85.75	664658
Su	11 am	Nov 6	7	\$85.75	664659
Su	noon	Nov 6	7	\$85.75	664663
Su	12:30 pm	Nov 6	7	\$85.75	664665
Sa	8:30 am	Jan 7	10	\$122.50	675392
Sa	9 am	Jan 7	10	\$122.50	675397
Sa	10:45 am	Jan 7	10	\$122.50	675399
Sa	11 am	Jan 7	10	\$122.50	675405
Sa	11:30 am	Jan 7	10	\$122.50	675408
Sa	noon	Jan 7	10	\$122.50	675411
Sa	12:30 pm	Jan 7	10	\$122.50	675413
Sa	3 pm	Jan 7	10	\$122.50	675417
Sa	3:30 pm	Jan 7	10	\$122.50	675420
Sa	4:30 pm	Jan 7	10	\$122.50	675423
Sa	5:15 pm	Jan 7	10	\$122.50	675428
Sa	6 pm	Jan 7	10	\$122.50	675429
Su	8:30 am	Jan 8	10	\$122.50	675432
Su	8:45 am	Jan 8	10	\$122.50	675436
Su	9 am	Jan 8	10	\$122.50	675440
Su	9:15 am	Jan 8	10	\$122.50	675442
Su	9:30 am	Jan 8	10	\$122.50	675445
Su	11 am	Jan 8	10	\$122.50	675447
Su	noon	Jan 8	10	\$122.50	675449
Su	12:30 pm	Jan 8	10	\$122.50	675453
F	6 pm	Jan 13	9	\$110.25	675377
F	6:30 pm	Jan 13	9	\$110.25	675380
F	7 pm	Jan 13	9	\$110.25	675381
F	7:45 pm	Jan 13	9	\$110.25	675384

**Swim Kids – Level 4**  
 Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.

M	6:30 pm	Oct 31	8	\$54.25	664670
M	7:15 pm	Oct 31	8	\$54.25	664672
M	7:30 pm	Oct 31	8	\$54.25	664674
M	7:45 pm	Oct 31	8	\$54.25	664676
Tu	5:45 pm	Nov 1	8	\$54.25	664678
Tu	6 pm	Nov 1	8	\$54.25	664680
Tu	6:30 pm	Nov 1	8	\$54.25	664684
Tu	7 pm	Nov 1	8	\$54.25	664686
Tu	7:30 pm	Nov 1	8	\$54.25	664691
Th	6:15 pm	Nov 3	8	\$54.25	664692
Th	6:30 pm	Nov 3	8	\$54.25	664694
Th	7:15 pm	Nov 3	8	\$54.25	664696

Day	Time	Date	Lessons	Cost	Code
Th	7:30 pm	Nov 3	8	\$54.25	664697
Th	7:45 pm	Nov 3	8	\$54.25	664699
Th	7:45 pm	Nov 3	8	\$54.25	664700
M	6:30 pm	Jan 9	8	\$54.25	675485
M	7:15 pm	Jan 9	8	\$54.25	675492
M	7:30 pm	Jan 9	8	\$54.25	675498
M	7:45 pm	Jan 9	8	\$54.25	675504
Tu	5:45 pm	Jan 10	9	\$61	675512
Tu	6 pm	Jan 10	9	\$61	675514
Tu	6:30 pm	Jan 10	9	\$61	675519
Tu	7 pm	Jan 10	9	\$61	675523
Tu	7:30 pm	Jan 10	9	\$61	675562
Th	6:15 pm	Jan 12	9	\$61	675532
Th	6:30 pm	Jan 12	9	\$61	675536
Th	7:15 pm	Jan 12	9	\$61	675538
Th	7:30 pm	Jan 12	9	\$61	675544
Th	7:45 pm	Jan 12	9	\$61	675548
Th	7:45 pm	Jan 12	9	\$61	675550

## Swim Kids – Level 4 Low Ratio

M	6:30 pm	Sep 19	5	\$61.25	665691
M	7 pm	Sep 19	5	\$61.25	665693
M	7:30 pm	Sep 19	5	\$61.25	665696
Tu	5 pm	Sep 20	6	\$73.50	665701
Tu	5:30 pm	Sep 20	6	\$73.50	665702
Tu	6:15 pm	Sep 20	6	\$73.50	665703
Tu	6:45 pm	Sep 20	6	\$73.50	665706
Tu	7:15 pm	Sep 20	6	\$73.50	665708
Tu	7:45 pm	Sep 20	6	\$73.50	665710
Th	5:15 pm	Sep 22	6	\$73.50	665711
Th	5:45 pm	Sep 22	6	\$73.50	665713
Th	6 pm	Sep 22	6	\$73.50	665715
Th	6:30 pm	Sep 22	6	\$73.50	665717
Th	7 pm	Sep 22	6	\$73.50	665719
Th	7:45 pm	Sep 22	6	\$73.50	665721
F	6:30 pm	Sep 23	6	\$73.50	665725
F	7 pm	Sep 23	6	\$73.50	665727
F	7:30 pm	Sep 23	6	\$73.50	665730
Sa	8:45 am	Sep 24	5	\$61.25	665733
Sa	9:15 am	Sep 24	5	\$61.25	665736
Sa	9:45 am	Sep 24	5	\$61.25	665739
Sa	10 am	Sep 24	5	\$61.25	665742
Sa	noon	Sep 24	5	\$61.25	665747
Sa	3 pm	Sep 24	5	\$61.25	665750
Sa	3:30 pm	Sep 24	5	\$61.25	665753

# Swimming • Learn to Swim

## Children (6-12 yrs) cont'd

Day	Time	Date	Lessons	Cost	Code
Sa	4:30 pm	Sep 24	5	\$61.25	665757
Sa	5 pm	Sep 24	5	\$61.25	665758
Sa	5:30 pm	Sep 24	5	\$61.25	665760
Sa	6 pm	Sep 24	5	\$61.25	665813
Su	8:45 am	Sep 25	5	\$61.25	665763
Su	9:15 am	Sep 25	5	\$61.25	665766
Su	9:45 am	Sep 25	5	\$61.25	665767
Su	10 am	Sep 25	5	\$61.25	665768
Su	noon	Sep 25	5	\$61.25	665771
F	6:30 pm	Nov 4	8	\$98	665234
F	7:15 pm	Nov 4	8	\$98	665246
F	7:30 pm	Nov 4	8	\$98	665247
F	7:45 pm	Nov 4	8	\$98	665250
Sa	8:30 am	Nov 5	7	\$85.75	665255
Sa	9 am	Nov 5	7	\$85.75	665259
Sa	9:45 am	Nov 5	7	\$85.75	665262
Sa	10:15 am	Nov 5	7	\$85.75	665266
Sa	11 am	Nov 5	7	\$85.75	665270
Sa	noon	Nov 5	7	\$85.75	665271
Sa	12:30 pm	Nov 5	7	\$85.75	665275
Sa	3 pm	Nov 5	7	\$85.75	665277
Sa	3:30 pm	Nov 5	7	\$85.75	665280
Sa	4:30 pm	Nov 5	7	\$85.75	665283
Sa	5 pm	Nov 5	7	\$85.75	665286
Sa	5:30 pm	Nov 5	7	\$85.75	665289
Su	9 am	Nov 6	7	\$85.75	665292
Su	9:15 am	Nov 6	7	\$85.75	665294
Su	9:30 am	Nov 6	7	\$85.75	665296
Su	10 am	Nov 6	7	\$85.75	665297
Su	10:15 am	Nov 6	7	\$85.75	665299
Su	10:45 am	Nov 6	7	\$85.75	665301
Su	noon	Nov 6	7	\$85.75	665303
Su	12:30 pm	Nov 6	7	\$85.75	665305
Sa	8:30 am	Jan 7	10	\$122.50	675669
Sa	9 am	Jan 7	10	\$122.50	675672
Sa	9:45 am	Jan 7	10	\$122.50	675676
Sa	10:15 am	Jan 7	10	\$122.50	675678
Sa	11 am	Jan 7	10	\$122.50	675679
Sa	noon	Jan 7	10	\$122.50	675683
Sa	12:30 pm	Jan 7	10	\$122.50	675685
Sa	3 pm	Jan 7	10	\$122.50	675687
Sa	3:30 pm	Jan 7	10	\$122.50	675690
Sa	4:30 pm	Jan 7	10	\$122.50	675691
Sa	5 pm	Jan 7	10	\$122.50	675693
Sa	5:30 pm	Jan 7	10	\$122.50	675697

Day	Time	Date	Lessons	Cost	Code
Su	9 am	Jan 8	10	\$122.50	675698
Su	9:15 am	Jan 8	10	\$122.50	675700
Su	9:30 am	Jan 8	10	\$122.50	675706
Su	10 am	Jan 8	10	\$122.50	675709
Su	10:15 am	Jan 8	10	\$122.50	675711
Su	10:45 am	Jan 8	10	\$122.50	675713
Su	noon	Jan 8	10	\$122.50	675716
Su	12:30 pm	Jan 8	10	\$122.50	675719
F	6:30 pm	Jan 13	9	\$110.25	675597
F	7:15 pm	Jan 13	9	\$110.25	675604
F	7:30 pm	Jan 13	9	\$110.25	675608
F	7:45 pm	Jan 13	9	\$110.25	675611

## Swim Kids – Level 5

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head first sculling on back, and swim 50 metres continuously.

M	6:30 pm	Oct 31	8	\$60	665318
M	7:30 pm	Oct 31	8	\$60	665322
Tu	6:30 pm	Nov 1	8	\$60	665324
Tu	7:15 pm	Nov 1	8	\$60	665328
Th	6:30 pm	Nov 3	8	\$60	665330
Th	7 pm	Nov 3	8	\$60	665332
Th	7:30 pm	Nov 3	8	\$60	665334
M	6:30 pm	Jan 9	8	\$60	677148
M	7:30 pm	Jan 9	8	\$60	677150
Tu	6:30 pm	Jan 10	9	\$67.25	677208
Tu	7:15 pm	Jan 10	9	\$67.25	677210
Th	6:30 pm	Jan 12	9	\$67.25	677211
Th	7 pm	Jan 12	9	\$67.25	677212
Th	7:30 pm	Jan 12	9	\$67.25	677213

## Swim Kids – Level 5 Low Ratio

F	6:30 pm	Nov 4	8	\$106.75	665349
F	7:30 pm	Nov 4	8	\$106.75	665352
Sa	8:30 am	Nov 5	7	\$93.50	665363
Sa	9:30 am	Nov 5	7	\$93.50	665367
Sa	10 am	Nov 5	7	\$93.50	665369
Sa	11:15 am	Nov 5	7	\$93.50	665375
Sa	12:15 pm	Nov 5	7	\$93.50	665378
Sa	3:30 pm	Nov 5	7	\$93.50	665381
Sa	5 pm	Nov 5	7	\$93.50	665386
Sa	5:45 pm	Nov 5	7	\$93.50	665389

Day	Time	Date	Lessons	Cost	Code
Su	8:30 am	Nov 6	7	\$93.50	665394
Su	10 am	Nov 6	7	\$93.50	665396
Su	11:15 am	Nov 6	7	\$93.50	665399
Su	11:30 am	Nov 6	7	\$93.50	665402
Sa	8:30 am	Jan 7	10	\$133.50	677225
Sa	9:30 am	Jan 7	10	\$133.50	677226
Sa	10 am	Jan 7	10	\$133.50	677228
Sa	11:15 am	Jan 7	10	\$133.50	677229
Sa	12:15 pm	Jan 7	10	\$133.50	677231
Sa	3:30 pm	Jan 7	10	\$133.50	677232
Sa	5 pm	Jan 7	10	\$133.50	677233
Sa	5:45 pm	Jan 7	10	\$133.50	677237
Su	8:30 am	Jan 8	10	\$133.50	677238
Su	10 am	Jan 8	10	\$133.50	677240
Su	11:15 am	Jan 8	10	\$133.50	677242
Su	11:30 am	Jan 8	10	\$133.50	677244
F	6:30 pm	Jan 13	9	\$120	677219
F	7:30 pm	Jan 13	9	\$120	677220

## Swim Kids – Level 6

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive and swim 75 metres continuously.

M	7 pm	Oct 31	8	\$60	665418
M	7:30 pm	Oct 31	8	\$60	665419
Tu	6:30 pm	Nov 1	8	\$60	665423
Tu	7:15 pm	Nov 1	8	\$60	665427
Th	6:30 pm	Nov 3	8	\$60	665430
Th	7 pm	Nov 3	8	\$60	665432
Th	7:30 pm	Nov 3	8	\$60	665434
M	7 pm	Jan 9	8	\$60	677421
M	7:30 pm	Jan 9	8	\$60	677432
Tu	6:30 pm	Jan 10	9	\$67.25	677440
Tu	7:15 pm	Jan 10	9	\$67.25	677445
Th	6:30 pm	Jan 12	9	\$67.25	677451
Th	7 pm	Jan 12	9	\$67.25	677454
Th	7:30 pm	Jan 12	9	\$67.25	677455

En raison des travaux de rénovation de la piscine de 50 m, cette dernière sera fermée jusqu'au lundi 31 octobre 2011.

Entretien annuel de la piscine de 25 m – du 27 août au 18 septembre 2011.

# Swimming • Learn to Swim

Day Time Date Lessons Cost Code

## Swim Kids – Level 6 Low Ratio

F	7 pm	Nov 4	8	\$106.75	665442
F	7:30 pm	Nov 4	8	\$106.75	665445
Sa	8:30 am	Nov 5	7	\$93.50	665446
Sa	9 am	Nov 5	7	\$93.50	665448
Sa	9:15 am	Nov 5	7	\$93.50	665450
Sa	10:15 am	Nov 5	7	\$93.50	665453
Sa	11:15 am	Nov 5	7	\$93.50	665454
Sa	4:15 pm	Nov 5	7	\$93.50	665457
Sa	5 pm	Nov 5	7	\$93.50	665459
Sa	5:45 pm	Nov 5	7	\$93.50	665464
Su	10:15 am	Nov 6	7	\$93.50	665466
Su	11:15 am	Nov 6	7	\$93.50	665467
Su	11:15 am	Nov 6	7	\$93.50	665470
Su	noon	Nov 6	7	\$93.50	665471
Sa	8:30 am	Jan 7	10	\$133.50	677484
Sa	9 am	Jan 7	10	\$133.50	677488
Sa	9:15 am	Jan 7	10	\$133.50	677491
Sa	10:15 am	Jan 7	10	\$133.50	677493
Sa	11:15 am	Jan 7	10	\$133.50	677497
Sa	4:15 pm	Jan 7	10	\$133.50	677499
Sa	5 pm	Jan 7	10	\$133.50	677502
Sa	5:45 pm	Jan 7	10	\$133.50	677503
Su	10:15 am	Jan 8	10	\$133.50	677506
Su	11:15 am	Jan 8	10	\$133.50	677508
Su	11:15 am	Jan 8	10	\$133.50	677517
Su	noon	Jan 8	10	\$133.50	677522
F	7 pm	Jan 13	9	\$120	677476
F	7:30 pm	Jan 13	9	\$120	677479

Day Time Date Lessons Cost Code

## Swim Kids – Level 7

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick. Learn stride entry and swim 150 metres continuously.

M	7 pm	Oct 31	8	\$60	665482
M	7:30 pm	Oct 31	8	\$60	665484
Tu	6:45 pm	Nov 1	8	\$60	665488
Tu	7:15 pm	Nov 1	8	\$60	665490
Th	6:30 pm	Nov 3	8	\$60	665494
Th	7:30 pm	Nov 3	8	\$60	665497
M	7 pm	Jan 9	8	\$60	677560
M	7:30 pm	Jan 9	8	\$60	677564
Tu	6:45 pm	Jan 10	9	\$67.25	677570
Tu	7 pm	Jan 10	9	\$67.25	677576
Th	6:30 pm	Jan 12	9	\$67.25	677582
Th	7:30 pm	Jan 12	9	\$67.25	677584

## Swim Kids – Level 7 Low Ratio

F	7 pm	Nov 4	8	\$106.75	665506
F	7:30 pm	Nov 4	8	\$106.75	665508
Sa	8:30 am	Nov 5	7	\$93.50	665511
Sa	9:15 am	Nov 5	7	\$93.50	665515
Sa	9:30 am	Nov 5	7	\$93.50	665517
Sa	10:15 am	Nov 5	7	\$93.50	665520
Sa	11:15 am	Nov 5	7	\$93.50	665523
Sa	11:45 am	Nov 5	7	\$93.50	665526
Sa	4 pm	Nov 5	7	\$93.50	665527
Sa	5:45 pm	Nov 5	7	\$93.50	665531
Su	10 am	Nov 6	7	\$93.50	665543
Su	10:45 am	Nov 6	7	\$93.50	665545
Su	11:15 am	Nov 6	7	\$93.50	665548
Su	12:15 pm	Nov 6	7	\$93.50	665552
Sa	8:30 am	Jan 7	10	\$133.50	677644
Sa	9:15 am	Jan 7	10	\$133.50	677646
Sa	9:30 am	Jan 7	10	\$133.50	677648
Sa	10:15 am	Jan 7	10	\$133.50	677651
Sa	11:15 am	Jan 7	10	\$133.50	677652

Day Time Date Lessons Cost Code

Sa	11:45 am	Jan 7	10	\$133.50	677654
Sa	4 pm	Jan 7	10	\$133.50	677658
Sa	5:45 pm	Jan 7	10	\$133.50	677659
Su	10 am	Jan 8	10	\$133.50	677660
Su	10:45 am	Jan 8	10	\$133.50	677663
Su	11:15 am	Jan 8	10	\$133.50	677664
Su	12:15 pm	Jan 8	10	\$133.50	677667
F	7 pm	Jan 13	9	\$120	677637
F	7:30 pm	Jan 13	9	\$120	677640

## Swim Kids – Level 8

Swimmers increase their distance on front and back crawl (75m), elementary back stroke (15m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive and swim 300 metres continuously.

M	7 pm	Oct 31	8	\$65.75	665568
Tu	7 pm	Nov 1	8	\$65.75	665572
Th	7 pm	Nov 3	8	\$65.75	665574
M	7 pm	Jan 9	8	\$65.75	677722
Tu	7 pm	Jan 10	9	\$73.75	677728
Th	7 pm	Jan 12	9	\$73.75	677731

## Swim Kids – Level 8 Low Ratio

F	7 pm	Nov 4	8	\$116.25	665590
Sa	10 am	Nov 5	7	\$101.75	665593
Sa	5:30 pm	Nov 5	7	\$101.75	665596
Su	10 am	Nov 6	7	\$101.75	665598
Sa	10 am	Jan 7	10	\$145.50	677765
Sa	5:30 pm	Jan 7	10	\$145.50	677768
Su	10 am	Jan 8	10	\$145.50	677786
F	7 pm	Jan 13	9	\$130.75	677759

## Swim Kids – Level 9

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn side stroke kick, perform head first surface dive and swim 400 metres continuously.

M	7 pm	Oct 31	8	\$65.75	665606
Tu	7:15 pm	Nov 1	8	\$65.75	665609
Th	7:15 pm	Nov 3	8	\$65.75	665613
M	7 pm	Jan 9	8	\$65.75	677793
Tu	7:15 pm	Jan 10	9	\$73.75	677797
Th	7:15 pm	Jan 12	9	\$73.75	677798



# Swimming • Learn to Swim

Children (6-12 yrs) cont'd

Day	Time	Date	Lessons	Cost	Code
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## Swim Kids – Level 9 Low Ratio

F	7 pm	Nov 4	8	\$116.25	665621
Sa	9:30 am	Nov 5	7	\$107.75	665623
Sa	5:30 pm	Nov 5	7	\$107.75	665626
Su	noon	Nov 6	7	\$107.75	665628
Sa	9:30 am	Jan 7	10	\$145.50	677806
Sa	5:30 pm	Jan 7	10	\$145.50	677809
Su	noon	Jan 8	10	\$145.50	677810
F	7 pm	Jan 13	9	\$130.75	677804

Day	Time	Date	Lessons	Cost	Code
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## Swim Kids – Level 10

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn side stroke (25m), perform dolphin kick (vertical), learn feet and head first surface dives with underwater swim and swim 500 metres continuously.

M	7 pm	Oct 31	8	\$65.75	665637
Tu	7:15 pm	Nov 1	8	\$65.75	665639
Th	7:15 pm	Nov 3	8	\$65.75	665641
M	7 pm	Jan 9	8	\$65.75	677818
Tu	7:15 pm	Jan 10	9	\$73.75	677820
Th	7:15 pm	Jan 12	9	\$73.75	677822

Day	Time	Date	Lessons	Cost	Code
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## Swim Kids – Level 10 Low Ratio

F	7 pm	Nov 4	8	\$116.25	665648
Sa	9:30 am	Nov 5	7	\$101.75	665650
Sa	5:30 pm	Nov 5	7	\$101.75	665653
Su	noon	Nov 6	7	\$101.75	665654
Sa	9:30 am	Jan 7	10	\$145.50	677830
Sa	5:30 pm	Jan 7	10	\$145.50	677836
Su	noon	Jan 8	10	\$145.50	677837
F	7 pm	Jan 13	9	\$130.75	677827



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

Les horaires et les tarifs peuvent changer. La TVH est incluse dans les tarifs, le cas échéant.



# LEARN TO DIVE

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## Specialty Swimming Programs

Day	Time	Date	Lessons	Cost	Code
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### Children

#### Private Swimming Lessons – Children (6-12 yrs)

Private lessons provide each learner with the opportunity to have a program designed specifically to meet their needs with more individual attention. A great option for children having difficulty with a specific skill or stroke, have had to repeat a level or who have difficulty focusing in a group lesson. Lessons come in either sets of four or five and are 30 minutes in length. Please note: missed lessons cannot be rescheduled and there is no refund for Private Lessons. Semi-private lessons available for children at the same swimming level. Contact **613-580-2424 ext. 46664** for more information.

M	6 pm	Sep 19	5	\$118.50	665845
M	7:30 pm	Sep 19	5	\$118.50	665908
M	7:30 pm	Sep 19	5	\$118.50	665910
Tu	7:15 pm	Sep 20	6	\$142.25	665913
Tu	7:15 pm	Sep 20	6	\$142.25	665915
Tu	7:45 pm	Sep 20	6	\$142.25	665917
Tu	7:45 pm	Sep 20	6	\$142.25	665919
Tu	7:45 pm	Sep 20	6	\$142.25	665921
Tu	7:45 pm	Sep 20	6	\$142.25	665923
Th	7 pm	Sep 22	6	\$142.25	665930
Th	7 pm	Sep 22	6	\$142.25	665932
Th	7:30 pm	Sep 22	6	\$142.25	665934
Th	7:30 pm	Sep 22	6	\$142.25	665936
Th	7:30 pm	Sep 22	6	\$142.25	665937
Th	7:30 pm	Sep 22	6	\$142.25	665939
F	6 pm	Sep 23	6	\$142.25	665942
F	7:30 pm	Sep 23	6	\$142.25	665943
F	7:30 pm	Sep 23	6	\$142.25	665944
Sa	9:15 am	Sep 24	5	\$118.50	665947
Sa	9:45 am	Sep 24	5	\$118.50	665948

Day	Time	Date	Lessons	Cost	Code
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Sa	10:15 am	Sep 24	5	\$118.50	665950
Sa	11:30 am	Sep 24	5	\$118.50	665952
Sa	noon	Sep 24	5	\$118.50	665954
Sa	12:30 pm	Sep 24	5	\$118.50	665955
Sa	12:30 pm	Sep 24	5	\$118.50	665957
Sa	3 pm	Sep 24	5	\$118.50	665958
Sa	3:30 pm	Sep 24	5	\$118.50	665960
Sa	4 pm	Sep 24	5	\$118.50	665961
Sa	4:30 pm	Sep 24	5	\$118.50	665962
Sa	5 pm	Sep 24	5	\$118.50	665964
Sa	5:30 pm	Sep 24	5	\$118.50	665965
Sa	5:30 pm	Sep 24	5	\$118.50	665966
Sa	6 pm	Sep 24	5	\$118.50	665968
Su	9:15 am	Sep 25	5	\$118.50	665971
Su	9:45 am	Sep 25	5	\$118.50	665972
Su	10:15 am	Sep 25	5	\$118.50	665973
Su	11:30 am	Sep 25	5	\$118.50	665974
Su	noon	Sep 25	5	\$118.50	665975
Su	12:30 pm	Sep 25	5	\$118.50	665977
Su	12:30 pm	Sep 25	5	\$118.50	665978
M	6 pm	Oct 31	4	\$95	665692
M	6 pm	Oct 31	4	\$95	665694
M	6:30 pm	Oct 31	4	\$95	665695
M	7:30 pm	Oct 31	4	\$95	665697
M	7:30 pm	Oct 31	4	\$95	665698
Tu	5 pm	Nov 1	4	\$95	665712
Tu	5:15 pm	Nov 1	4	\$95	665714
Tu	5:30 pm	Nov 1	4	\$95	665716
Tu	6:30 pm	Nov 1	4	\$95	665718
Tu	6:45 pm	Nov 1	4	\$95	665720
Tu	7:15 pm	Nov 1	4	\$95	665722
Tu	7:45 pm	Nov 1	4	\$95	665723
Th	5 pm	Nov 3	4	\$95	665738
Th	5:15 pm	Nov 3	4	\$95	665740
Th	5:30 pm	Nov 3	4	\$95	665743
Th	6 pm	Nov 3	4	\$95	665745
Th	6 pm	Nov 3	4	\$95	665746

Day	Time	Date	Lessons	Cost	Code
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Th	6:30 pm	Nov 3	4	\$95	665749
Th	7:15 pm	Nov 3	4	\$95	665752
Th	7:45 pm	Nov 3	4	\$95	665770
F	6 pm	Nov 4	4	\$95	665788
F	6 pm	Nov 4	4	\$95	665790
F	6:30 pm	Nov 4	4	\$95	665792
F	7:30 pm	Nov 4	4	\$95	665793
F	7:30 pm	Nov 4	4	\$95	665794
Sa	9 am	Nov 5	4	\$95	665806
Sa	10:15 am	Nov 5	4	\$95	665808
Sa	10:30 am	Nov 5	4	\$95	665809
Sa	11:15 am	Nov 5	4	\$95	665810
Sa	11:30 am	Nov 5	4	\$95	665815
Sa	noon	Nov 5	4	\$95	665816
Sa	12:30 pm	Nov 5	4	\$95	665819
Sa	3 pm	Nov 5	4	\$95	665831
Sa	4 pm	Nov 5	4	\$95	665835
Sa	4:45 pm	Nov 5	4	\$95	665837
Sa	5 pm	Nov 5	4	\$95	665838
Sa	5:30 pm	Nov 5	4	\$95	665839
Sa	6 pm	Nov 5	4	\$95	665841
Su	8:30 am	Nov 6	4	\$95	665875
Su	9 am	Nov 6	4	\$95	665876
Su	9:15 am	Nov 6	4	\$95	665880
Su	9:30 am	Nov 6	4	\$95	665881
Su	10 am	Nov 6	4	\$95	665882
Su	10:30 am	Nov 6	4	\$95	665884
Su	11:30 am	Nov 6	4	\$95	665887
Su	noon	Nov 6	4	\$95	665888
Su	12:30 pm	Nov 6	4	\$95	665889
M	6 pm	Nov 28	4	\$95	665699
M	6 pm	Nov 28	4	\$95	665704
M	6:30 pm	Nov 28	4	\$95	665705
M	7:30 pm	Nov 28	4	\$95	665707
M	7:30 pm	Nov 28	4	\$95	665709
Tu	5 pm	Nov 29	4	\$95	665724
Tu	5:15 pm	Nov 29	4	\$95	665726
Tu	5:30 pm	Nov 29	4	\$95	665729
Tu	6:30 pm	Nov 29	4	\$95	665731
Tu	6:45 pm	Nov 29	4	\$95	665732
Tu	7:15 pm	Nov 29	4	\$95	665734
Tu	7:45 pm	Nov 29	4	\$95	665735
Th	5 pm	Dec 1	4	\$95	665774
Th	5:15 pm	Dec 1	4	\$95	665775

#### Fall 2011 – Pool Availability:

Due to renovations taking place in our 50m pool all swimming lessons will take place in our 25m pool between Monday, September 19 to Sunday, October 30, 2011. Private lessons requiring deep water will not be available until the 50m pool reopens beginning Monday, October 31, 2011.

# Swimming • Specialty

## Private Swimming Lessons – Children (6-12 yrs) cont'd

Day	Time	Date	Lessons	Cost	Code	Day	Time	Date	Lessons	Cost	Code
Th	5:30 pm	Dec 1	4	\$95	665778	Su	8:30 am	Jan 8	5	\$118.50	678078
Th	6 pm	Dec 1	4	\$95	665779	Su	9 am	Jan 8	5	\$118.50	678080
Th	6 pm	Dec 1	4	\$95	665781	Su	9:15 am	Jan 8	5	\$118.50	678082
Th	6:30 pm	Dec 1	4	\$95	665782	Su	9:30 am	Jan 8	5	\$118.50	678083
Th	7:15 pm	Dec 1	4	\$95	665784	Su	10 am	Jan 8	5	\$118.50	678084
Th	7:45 pm	Dec 1	4	\$95	665786	Su	10:30 am	Jan 8	5	\$118.50	678088
F	6 pm	Dec 2	4	\$95	665797	Su	11:30 am	Jan 8	5	\$118.50	678092
F	6 pm	Dec 2	4	\$95	665924	Su	noon	Jan 8	5	\$118.50	678093
F	6:30 pm	Dec 2	4	\$95	665798	Su	12:30 pm	Jan 8	5	\$118.50	678094
F	7:30 pm	Dec 2	4	\$95	665800	M	6 pm	Jan 9	4	\$95	677881
F	7:30 pm	Dec 2	4	\$95	665802	M	6 pm	Jan 9	4	\$95	677882
Sa	9 am	Dec 3	3	\$71.25	665842	M	6:30 pm	Jan 9	4	\$95	677884
Sa	10:15 am	Dec 3	3	\$71.25	665848	M	7:30 pm	Jan 9	4	\$95	677885
Sa	10:30 am	Dec 3	3	\$71.25	665850	M	7:30 pm	Jan 9	4	\$95	677887
Sa	11:15 am	Dec 3	3	\$71.25	665853	Tu	5 pm	Jan 10	5	\$118.50	677905
Sa	11:30 am	Dec 3	3	\$71.25	665855	Tu	5:15 pm	Jan 10	5	\$118.50	677936
Sa	noon	Dec 3	3	\$71.25	665856	Tu	5:30 pm	Jan 10	5	\$118.50	677907
Sa	12:30 pm	Dec 3	3	\$71.25	665859	Tu	6:30 pm	Jan 10	5	\$118.50	677910
Sa	3 pm	Dec 3	3	\$71.25	665860	Tu	6:45 pm	Jan 10	5	\$118.50	677911
Sa	4 pm	Dec 3	3	\$71.25	665861	Tu	7:15 pm	Jan 10	5	\$118.50	677914
Sa	4:45 pm	Dec 3	3	\$71.25	665864	Tu	7:45 pm	Jan 10	5	\$118.50	677916
Sa	5 pm	Dec 3	3	\$71.25	665866	Th	5 pm	Jan 12	5	\$118.50	677945
Sa	5:30 pm	Dec 3	3	\$71.25	665870	Th	5:15 pm	Jan 12	5	\$118.50	677949
Sa	6 pm	Dec 3	3	\$71.25	665872	Th	5:30 pm	Jan 12	5	\$118.50	677950
Su	8:30 am	Dec 4	3	\$71.25	665892	Th	6 pm	Jan 12	5	\$118.50	677953
Su	9 am	Dec 4	3	\$71.25	665893	Th	6 pm	Jan 12	5	\$118.50	677954
Su	9:15 am	Dec 4	3	\$71.25	665895	Th	6:30 pm	Jan 12	5	\$118.50	677959
Su	9:30 am	Dec 4	3	\$71.25	665897	Th	7:15 pm	Jan 12	5	\$118.50	677960
Su	10 am	Dec 4	3	\$71.25	665898	Th	7:45 pm	Jan 12	5	\$118.50	677961
Su	10:30 am	Dec 4	3	\$71.25	665901	F	6 pm	Jan 13	5	\$118.50	678001
Su	11:30 am	Dec 4	3	\$71.25	665903	F	6 pm	Jan 13	5	\$118.50	678002
Su	noon	Dec 4	3	\$71.25	665904	F	6:30 pm	Jan 13	5	\$118.50	678005
Su	12:30 pm	Dec 4	3	\$71.25	665905	F	7:30 pm	Jan 13	5	\$118.50	678006
Sa	9 am	Jan 7	5	\$118.50	678030	F	7:30 pm	Jan 13	5	\$118.50	678010
Sa	10:15 am	Jan 7	5	\$118.50	678033	M	6 pm	Feb 6	4	\$95	677891
Sa	10:30 am	Jan 7	5	\$118.50	678035	M	6 pm	Feb 6	4	\$95	677894
Sa	11:15 am	Jan 7	5	\$118.50	678036	M	6:30 pm	Feb 6	4	\$95	677896
Sa	11:30 am	Jan 7	5	\$118.50	678037	M	7:30 pm	Feb 6	4	\$95	677897
Sa	noon	Jan 7	5	\$118.50	678040	M	7:30 pm	Feb 6	4	\$95	677900
Sa	12:30 pm	Jan 7	5	\$118.50	678044	Sa	9 am	Feb 11	5	\$118.50	678055
Sa	3 pm	Jan 7	5	\$118.50	678045	Sa	10:15 am	Feb 11	5	\$118.50	678056
Sa	4 pm	Jan 7	5	\$118.50	678046	Sa	10:30 am	Feb 11	5	\$118.50	678058
Sa	4:45 pm	Jan 7	5	\$118.50	678047	Sa	11:15 am	Feb 11	5	\$118.50	678060
Sa	5 pm	Jan 7	5	\$118.50	678049	Sa	11:30 am	Feb 11	5	\$118.50	678061
Sa	5:30 pm	Jan 7	5	\$118.50	678050	Sa	noon	Feb 11	5	\$118.50	678062
Sa	6 pm	Jan 7	5	\$118.50	678053	Sa	12:30 pm	Feb 11	5	\$118.50	678064



Day	Time	Date	Lessons	Cost	Code
Sa	3 pm	Feb 11	5	\$118.50	678065
Sa	4 pm	Feb 11	5	\$118.50	678067
Sa	4:45 pm	Feb 11	5	\$118.50	678068
Sa	5 pm	Feb 11	5	\$118.50	678070
Sa	5:30 pm	Feb 11	5	\$118.50	678071
Sa	6 pm	Feb 11	5	\$118.50	678072
Su	8:30 am	Feb 12	5	\$118.50	678109
Su	9 am	Feb 12	5	\$118.50	678111
Su	9:15 am	Feb 12	5	\$118.50	678112
Su	9:30 am	Feb 12	5	\$118.50	678113
Su	10 am	Feb 12	5	\$118.50	678114
Su	10:30 am	Feb 12	5	\$118.50	678117
Su	11:30 am	Feb 12	5	\$118.50	678124
Su	noon	Feb 12	5	\$118.50	678126
Su	12:30 pm	Feb 12	5	\$118.50	678127
Tu	5 pm	Feb 14	4	\$95	677919
Tu	5:15 pm	Feb 14	4	\$95	677920
Tu	5:30 pm	Feb 14	4	\$95	677921
Tu	6:30 pm	Feb 14	4	\$95	677922
Tu	6:45 pm	Feb 14	4	\$95	677924
Tu	7:15 pm	Feb 14	4	\$95	677926
Tu	7:45 pm	Feb 14	4	\$95	677928
Th	5 pm	Feb 16	4	\$95	677969
Th	5:15 pm	Feb 16	4	\$95	677971
Th	5:30 pm	Feb 16	4	\$95	677972
Th	6 pm	Feb 16	4	\$95	677973
Th	6 pm	Feb 16	4	\$95	677975
Th	6:30 pm	Feb 16	4	\$95	677977
Th	7:15 pm	Feb 16	4	\$95	677978
Th	7:45 pm	Feb 16	4	\$95	677980
F	6 pm	Feb 17	4	\$95	678012
F	6:30 pm	Feb 17	4	\$95	678014
F	7:30 pm	Feb 17	4	\$95	678019
F	7:30 pm	Feb 17	4	\$95	678020

# Swimming • Specialty

## Power Swim – Advanced

Gold & Merit Levels. This swim program focuses on swim techniques and personal goals with competitive strokes and instruction for the accomplished swimmer of Swimmer 4 or higher.

<b>6-13 yrs</b>	Sat	8:30-9:30 am
Nov 5-Dec 17	\$59.50	665967
	Sat	8:30-9:30 am
Jan 7-Mar 10	\$85	678342

## Power Swim – Intermediate

Gold & Merit Levels. This swim program focuses on swim techniques and personal goals with competitive strokes and instruction for the accomplished swimmer of Swimmer 4 or higher.

<b>6-13 yrs</b>	Sat	9:30-10:30 am
Nov 5-Dec 17	\$59.50	665963
	Sat	9:30-10:30 am
Jan 7-Mar 10	\$85	678328

## March Break Camp – 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/Swim Kids 2.

<b>6-8 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$177	679102

## March Break Camp – 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/Swim Kids 4.

<b>9-12 yrs</b>	Mon-Fri	9 am-4 pm
Mar 12-16	\$177	679104



# Adult Swimming (18+ yrs)

Day	Time	Date	Lessons	Cost	Code
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## Swim Basics 1

Swimmers learn front and back float, front and back glide with kick, front swim for 10 metres, shallow water entries and exits, and deep-water activities (assisted).

M	10 am	Oct 31	8	\$96.50	665918
Tu	7:30 pm	Nov 1	8	\$83	665920
W	7:30 pm	Nov 2	8	\$83	665922
M	10 am	Jan 9	8	\$96.50	678144
Tu	7:30 pm	Jan 10	9	\$93.25	678148
W	7:30 pm	Jan 11	9	\$93.25	678150

## Swim Basics 1 – Low Ratio

M	10 am	Sep 19	5	\$99	665865
Sa	4:30 pm	Nov 5	7	\$138.50	665927
Sa	4:30 pm	Jan 7	10	\$198	678194

Day	Time	Date	Lessons	Cost	Code
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## Swim Basics 2

Swimmers learn back swim with shoulder roll, front and back crawl (15m), sitting dive, kneeling dive, stride dive and front dive, treading water, and swim a minimum distance of 25 metres.

M	10 am	Oct 31	8	\$96.50	665933
Tu	7:30 pm	Nov 1	8	\$83	665940
W	7:30 pm	Nov 2	8	\$83	665941
M	10 am	Jan 9	8	\$96.50	678257
Tu	7:30 pm	Jan 10	9	\$93.25	678265
W	7:30 pm	Jan 11	9	\$93.25	678270

## Swim Basics 2 – Low Ratio

M	10 am	Sep 19	5	\$99	665885
Sa	5:15 pm	Nov 5	7	\$138.50	665945
Sa	5:15 pm	Jan 7	10	\$198	678278

Day	Time	Date	Lessons	Cost	Code
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## Swim Strokes

Swimmers choose the stroke(s) they wish to focus on. Participation-based program with individual goals.

M	10 am	Oct 31	8	\$96.50	665949
Tu	7:30 pm	Nov 1	8	\$83	665951
W	7:30 pm	Nov 2	8	\$83	665953
M	10 am	Jan 9	8	\$96.50	678291
Tu	7:30 pm	Jan 10	9	\$93.25	678294
W	7:30 pm	Jan 11	9	\$93.25	678296

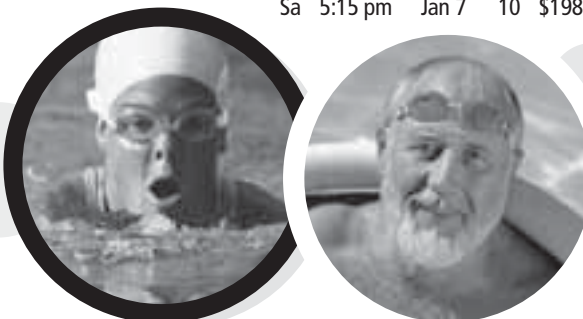
## Swim Strokes – Low Ratio

M	10 am	Sep 19	5	\$99	665900
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## Power Swim Club (Formerly Swim Fit)

The objective of this club is to help participants achieve their personal fitness goals through the provision of a balanced and challenging swim training program. This is the equivalent of a Masters swim program.

<b>16+ yrs</b>	Thu	7:15-8:15 pm
Nov 3-Dec 22	\$96.50	678390
	Thu	7:15-8:15 pm
Jan 12-Mar 8	\$108.50	678320



# Swimming • Certification

## Certification and Swimming Leadership

### Course Prerequisites

Original prerequisite certifications must be presented at the start of each course. Please consult the original course descriptions to determine what is required. To check your current Lifesaving awards visit [www.lifesavingsociety.com](http://www.lifesavingsociety.com) and click on the Find a Member/Check Your Qualifications link. Note: If your Standard First Aid certification is from an agency other than the Lifesaving Society, a photocopy must be submitted. The only agencies accepted as an equivalent to Lifesaving Standard First Aid are: Canadian Red Cross Society, St. Johns Ambulance or Canadian Ski Patrol.

### Age Requirements

Candidates must turn the required age by the last scheduled day of the course. Proof of age is required for all courses with an age prerequisite. Please bring proof to the first day of the course.

### Manual and Materials

Some certification awards require the participants to purchase a manual and/or specialized equipment such as a pocket mask or whistle. These can be purchased at the customer service desk prior to the first class.

### Final Exams

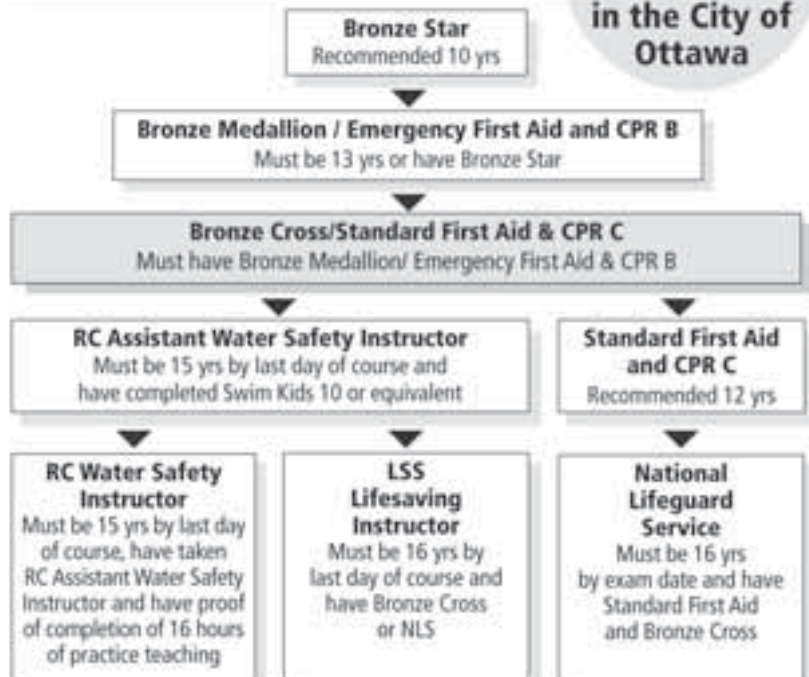
Some certification levels require the participants to complete a final swimming exam in order to successfully obtain the award. The final exam may be included in the class time or may take place after the course is over. Course participants will be told the exam date on the first day of class. This information is included in the confirmation text on your receipt. Candidates must pass all award items to receive certification.

### Course Attendance

Some certification courses are listed as 100 per cent attendance. If this is a listed prerequisite it is important that participants attend all classes and do not sign up for the course if they are aware that they are unable to attend the complete course. If attendance is highly recommended and candidates are unable to attend it is their responsibility to learn the missed information in preparation for the final exam.

## Become a Lifeguard and Swim Instructor

in the City of Ottawa



All courses listed above are required for employment with the City of Ottawa.

2011048103

Due to renovations to the 50m pool it will be closed until Monday, October 31, 2011.

Annual Maintenance 25m pool – August 27 to September 18, 2011.

En raison des travaux de rénovation de la piscine de 50 m, cette dernière sera fermée jusqu'au lundi 31 octobre 2011.

Entretien annuel de la piscine de 25 m – du 27 août au 18 septembre 2011.

# Swimming • Certification

## Bronze Star

This level 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.

**Prerequisite:** Swimmer 9 (Star) or Swim Kids 10 or able to swim 300 metres continuously.

### Recommended ages 10 years plus.

Sun	5:30-6:30 pm	
Oct 16-Dec 11	\$70.25	678892
Jan 8-Mar 11	\$70.25	678919
Sat	3:30-4:30 pm	
Nov 5-Dec 17	\$70.25	678890
Jan 7-Mar 10	\$70.25	678918

## Bronze Medallion and Emergency First Aid with CPR-B

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. Bronze Medallion is a prerequisite award for all Lifesaving awards. Candidates will be required to complete a 500m swim in 15 minutes or less. This course also includes certification in Emergency First Aid and CPR level B (Adult, Child & Infant).

**Prerequisite:** Bronze Star OR 13 years old by the date of the exam.

**Materials Required:** Canadian Lifesaving Manual & Pocket Mask

### Child 12-14 yrs (HST excluded)

Sun	3:30-6:30 pm	
Oct 16-Dec 11	\$120.50	678927
Jan 8-Mar 4	\$120.50	678935
Wed	5:15-9 pm	
Nov 2-Dec 14	\$120.50	678926
Wed	6-9:15 pm	
Jan 11-Feb 29	\$120.50	678934

### Youth 15+ yrs (HST included)

Sun	3:30-6:30 pm	
Oct 16-Dec 11	\$136	678944
Jan 8-Mar 4	\$136	678948
Wed	5:15-9 pm	
Nov 2-Dec 14	\$136	678942
Wed	6-9:15 pm	
Jan 11-Feb 29	\$136	678946



## Bronze Cross and Standard First Aid and CPR-C

This course is designed for lifesavers who want the challenge of 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. Candidates will be required to complete a 600m swim in 18 minutes or less. This course also includes certification in Standard First Aid and CPR level C.

**Prerequisites:** Bronze Medallion and Emergency First Aid (need not be current)

**Materials Required:** Canadian Lifesaving Manual & Pocket Mask

### Child 14 yrs (HST excluded)

Sun	3:30-7 pm	
Oct 16-Dec 11	\$133	678955
Jan 8-Mar 4	\$133	678964
Wed	5-9:15 pm	
Nov 2-Dec 14	\$133	678952
Wed	5:30-9:15 pm	
Jan 11-Feb 29	\$133	678960

### Youth 15+ yrs (HST included)

Sun	3:30-7 pm	
Oct 16-Dec 11	\$150.25	678971
Jan 8-Mar 4	\$150.25	678980
Wed	5-9:15 pm	
Nov 2-Dec 14	\$150.25	678969
Wed	5:30-9:15 pm	
Jan 11-Feb 29	\$150.25	678976

## 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.

**Prerequisites:** Suggested 12 years of age.

**Materials Required:** Canadian Lifesaving Manual OR Lifesaving First Aid Manual & Pocket Mask

### Child 12-14 yrs (HST excluded)

Thu-Fri	8:30 am-4:30 pm	
Oct 20-21	\$91	679074
Thu-Fri	8:30 am-4:30 pm	
Jan 19-20	\$91	679070
Sat-Sun	8:30 am-4:30 pm	
Oct 1-2	\$91	679072
Nov 19-20	\$91	679075
Dec 17-18	\$91	679077
Mar 10-11	\$91	679071

### Youth 15 yrs+ (HST included)

Thu-Fri	8:30 am-4:30 pm	
Oct 20-21	\$102.75	679080
Jan 19-20	\$102.75	679086
Sat-Sun	8:30 am-4:30 pm	
Oct 1-2	\$102.75	679079
Nov 19-20	\$102.75	679082
Dec 17-18	\$102.75	679084
Mar 10-11	\$102.75	679087

# Swimming • Certification

## 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.

**IMPORTANT – Holders of Standard First Aid certificates from other agencies may not recertify their certificate with Lifesaving Society recertification course. They may recertify with the original certifying agency or take a full course. In order to comply with WSIB regulations, Standard First Aid award holders may do their first SFA recertification at a recertification course within three years of the original course. Thereafter, individuals must alternate between full courses and recertification courses in order to renew their award.**

**Prerequisites:** Proof of original certification.

**Materials Required:** Canadian Lifesaving Manual **OR** Lifesaving First Aid Manual & Pocket Mask

### Child 12-14 yrs (HST excluded)

Sun	8:30 am-4:30 pm	
Sep 25	\$67.50	679092
Jan 15	\$67.50	679093
Sat	8:30 am-4:30 pm	
Nov 5	\$67.50	679091

### Youth 15+ yrs (HST included)

Sun	8:30 am-4:30 pm	
Sep 25	\$76.25	679096
Jan 15	\$76.25	679098
Sat	8:30 am-4:30 pm	
Nov 5	\$76.25	679094



## Red Cross Assistant Water Safety Instructor

This course guides the knowledge and skills needed to become an Assistant Instructor by focusing on teaching methods, learning styles, progressions and safety supervision. Candidates will be required to complete an additional 16 hours of apprentice teaching outside of the regular class time. 100% attendance is required.

**Prerequisites:** 15 years of age by the last day of the course & ability to perform Red Cross Swim Kids strokes & skills. Candidates not able to do this will be required to take an additional workshop to assist in their stroke and skill efficiency.

**Materials Required:** Assistant Water Safety Instructor Manual, Whistle & Pocket Mask

Tue	5-9:15 pm	
Nov 1-Dec 13	\$146	679008
Tue	6-9:30 pm	
Jan 10-Mar 6	\$146	679013

## AWSI Stroke & Skill Workshop

Recommended for any Red Cross Assistant Water Safety Instructor participants who have not taken Swim Kids 10. This workshop will assist AWSI candidates in developing their skills & strokes towards RC Swim Kids 10 standards. This course can be taken before the AWSI course or in conjunction with it.

**Prerequisites:** 14 years of age.

**Materials Required:** Water Safety Assistant Instructor Manual, Whistle & Pocket Mask

### Child 14 yrs (HST excluded)

Mon	5-9 pm	
Nov 7	\$33	682387
Jan 16	\$33	682388
Jan 23	\$33	682389
Wed	5-9 pm	
Nov 9	\$33	682390

### Youth 15+ yrs (HST included)

Mon	5-9 pm	
Nov 7	\$37.50	679020
Jan 16	\$37.50	679026
Jan 23	\$37.50	679027
Wed	5-9 pm	
Nov 9	\$37.50	679022

## Red Cross Water Safety Instructor and Lifesaving Instructor Combined

Combined option for the Red Cross Water Safety Instructor and Lifesaving Instructor certifications. Progressively evaluated so 100% attendance required. Required for employment with City of Ottawa Aquatics.

**Red Cross Water Safety Instructor** – This course prepares candidates to instruct the Red Cross Swim programs. Focus will be on strategies to introduce and develop swimming and water safety skills and ensure candidates fully comprehend the content, standards and expectations of each level.

**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.

**Prerequisites:** Bronze Cross or NLS, RC Assistant Water Safety Instructor, completion of 16 hours of apprentice teaching (proof required), 16 years of age by the last day of the course

**Materials Required:** Water Safety Instructor Manual, Lifesaving Instructor Pac (includes Instructor Notes, Swim Patrol Award Guide, Bronze Medal Award Guide, First Aid Award Guide, Whistle & Pocket Mask)

Mon-Sat	9 am-5:30 pm	
Jan 2-7	\$255.25	679034
Wed	5-10 pm	
Jan 11-Mar 7	\$255.25	679036



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

# Swimming • Certification

## National Lifeguard Service (NLS)

The National Lifeguard Service certification is the standard measurement of lifeguard performance in Canada. This course is designed to develop sound understanding of lifeguarding principles, good judgement and a mature, responsible attitude toward the role of the lifeguard. The program emphasizes teamwork, leadership, communication, the prevention of accidents and the treatment of medical emergencies. Participants are taught advanced lifeguarding skills and are required to demonstrate competency in managing a variety of emergency situations within an aquatic environment. Required for employment with City of Ottawa Aquatics.

**Prerequisites:** 16 years, Bronze Cross, and Standard First Aid (Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Ski Patrol recognized).

**Materials Required:** Alert Manual, Whistle & Pocket Mask

Wed	4:15-10 pm	
Nov 2-Dec 14	\$150.25	678985
Mon-Fri	9 am-6 pm	
Jan 2-6	\$150.25	679105
Wed	5-10 pm	
Jan 11-Feb 29	\$150.25	678989



## National Lifeguard Service Recertification

This program is designed to test the lifeguarding skills and knowledge in order to maintain current certification at the National Lifeguard level. Candidates are required to bring their own whistle, pocket mask and proof of original certification.

**Prerequisites:** Proof of original certification.

**Materials Required:** Whistle & Pocket Mask

Sun	3-7 pm	
Nov 6	\$68.50	678998
Dec 18	\$68.50	678999
Mar 11	\$68.50	678995

## 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.

**Prerequisites:** 16 years

**Materials Required:** Pocket Mask

Tue	5-9 pm	
Sep 20	\$34.75	679043

## LS Airway Management

Provides lifeguards with specific knowledge and training in use of oxygen and advanced equipment.

**Prerequisites:** 16 years

**Materials Required:** Pocket Mask

Wed	5-9 pm	
Sep 21	\$34.75	679045

## LS Advanced Instructor

Provides additional training for instructors who wish to teach the advanced aquatic awards. Advanced Instructor certification is good for life and need not be recertified.

**Prerequisites:** Current Lifesaving Instructor certification.

Wed	5-10 pm	
Sep 28	\$61.25	679046
Thu	5-10 pm	
Feb 9	\$61.25	679047

## 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.

**Prerequisites:** National Lifeguard certification or Lifesaving Instructor certification and 100 hours experience as a lifeguard and/or instructor (proof required).

**Materials Required:** Guide to Ontario Public Pools Regulations

Wed	5-10 pm	
Dec 7-14	\$94.75	679100

## LS Examiners Standards Clinic

This clinic is the 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.

**Prerequisites:** Current Lifesaving Instructor certification

**Materials Required:** Bronze Medals Award Guide

Wed	5-10 pm	
Oct 5	\$31.50	679049
Thu	5-10 pm	
Feb 23	\$31.50	679051

## NLS Instructor

Designed to provide candidates with an understanding of the expectations and requirements to teach the National Lifeguard Service program. The classroom and pool sessions allow participants to demonstrate their knowledge, skills, teaching, evaluation skills, etc.

**Prerequisites:** Current Lifesaving Instructor certification and NLS.

**Materials Required:** NLS Award Guide

Sat-Sun	8 am-5 pm	
Jan 21-22	\$129.75	679101

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