

**Parkwood Hills Sport and Recreational Programs
2017-2018**



Children's Mixed Sports

Location: Sir Winston Churchill PS,
Address: 49 Mulvagh Ave.
Start Date: September 15, 2017
Time: Fridays, 3:30-4:30 PM (5-8 yrs.)
Fridays, 4:30-5:30 PM (9-12 yrs.)

Youth Basketball (14-18 years)

Location: Meadowlands PS,
Address: 10 Fieldrow St.
Start Date: September 22, 2017
Time: Fridays, 6:00-7:30 PM

Soccer (8-13 Years)

Location: Sir Winston Churchill PS,
Address: 49 Mulvagh Ave.
Start Date: September 11, 2017
Time: Mondays, 6:00 – 7:00 PM

Zumba Dance Time

Location: Minto Party Room
Address: 101-1343 Meadowlands Dr.
Start Date: October 10, 2017
Time: Tuesdays, 6:00-7:00 PM
Women's only Zumba time is starting soon! For more information, please call 613-596-5626 ext. 253

Yoga for Women and Girls (9 years+)

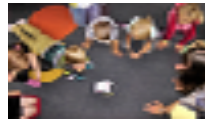
Location: Minto Part Room
Address: 101-1343 Meadowlands
Start Date: October 9, 2017
Time: Mondays, 6:00-7:00 PM

Men's Mixed Sports (18 years+)

Location: Carleton Heights PS,
Address: 1600 Prince of Wales
Start Date: September 19, 2017
Time: Tuesdays, 6:00-8:00 PM

**For other program information please call 613-596-5626 ext. 253
All NROCRC Programs are Free of Charge unless Specified**

**Parkwood Hills Social and Recreational Programs
2017-2018**



Milk and eggs

Location: 1218 Meadowlands Drive
**Starting October 10th the address will change to
1343 Meadowlands Drive**
Time: 2nd and 4th Tuesday of each month, 10:00
AM-12:00 PM
**For More Information and Registration Please call
613-596-5626 ext. 253**

Parenting in Ottawa Drop in

Location: 1218 Meadowlands Drive
**Starting October 24th the address will change to
1343 Meadowlands Drive**
Time: 4th Tuesday of each month, 10:00 AM-12:00PM
**For more Information and Registration Please call
613-596-5626 ext. 253**

After School Program

Location: 1218 Meadowlands Drive
**Starting October the address will change to
1343 Meadowlands Drive**
Start date: September 5, 2017
Time: Mondays-Thursdays 3:30-5:30 PM
**For more Information Please call 613-596-5626
ext. 240**

**Parkwoodhills Early Learning Playgroup
(0-6 yrs.)**

Location: 1343 Meadowlands Drive
Start date: October 10, 2017
Time: Tuesdays, 9:00-11:00 AM
**For more Information, please call 613-596-5626
ext. 253**

Women's Only Swim (12 years +)

Address: 1343 Meadowlands
Time: To be determined
**For more Information, please call 613-596-5626
ext. 253**

**For other program information please call 613-596-5626 ext.253
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