

RECREATIONAL PROGRAMS



INDOOR SOCCER



Polish your soccer skills all winter long with our great indoor soccer program. Ball handling, shooting, passing, and team work are just some of the great skills being taught. Skills and drills combined with mini games help future World Cup stars start their soccer careers off on the right foot.

Tuesdays

Ages 4 – 6 yrs 6:00 – 7:00 pm
Ages 7 – 10 yrs 7:00 – 8:00 pm

Session 1: Sep 21 to Nov 9 (8 week session)
Session 2: Nov 16 to Jan 18 (8 week session)
Session 3: Jan 25 to Apr 19 (12 week session)

Manor Park Public School
100 Braemar St.

\$50 – 8 week session
\$70 – 12 week session

FLAG RUGBY



Rugby is all about passing, running, kicking and scoring through teamwork. Nothing – except the tackling – is missing from this introductory format of the game. Flags replace tackling so that players quickly learn the basics and can put them into practice during game play. No equipment required. Each player receives a t-shirt and ball. Co-ed.

Saturdays

Ages 6 – 8 yrs 9:30 – 10:30 am
Ages 9 – 12 yrs 9:30 – 11:00 am
Ages 13 – 14 yrs 9:30 – 11:00 am

Sep 11 to Oct 30 (8 week session)

Manor Park Sports Field
100 Thornwood Rd.

\$75 – New players receive ball & t-shirt
\$65 – Past players with ball & t-shirt

BASKETBALL



Basketball returns this fall with focus on learning the fundamentals such as shooting, ball handling, passing and team play. Basketball skills are developed gradually through drills and games.

Mondays

Ages 6 – 8 yrs 6:00 – 7:00 pm
Ages 9 – 11 yrs 7:00 – 8:00 pm

Session 1: Sep 20 to Nov 15 (8 week session)
Session 2: Nov 22 to Jan 24 (8 week session)
Session 3: Jan 31 to Apr 25 (11 week session)

Manor Park Public School
100 Braemar St.

\$50 – 8 week session
\$65 – 11 week session

VOLLEYBALL



Bumping, serving, offensive and defensive techniques form the basis of instruction. Each class ends with a game modified to put new skills into practice. Come out and enjoy some fun with your friends! No previous volleyball experience necessary.

Wednesdays

Ages 8 – 10 yrs 6:00 – 7:00 pm
Ages 11 – 13 yrs 7:00 – 8:00 pm

~~Session 1: Sep 29 to Nov 17 (8 week session)~~
Session 2: Nov 24 to Jan 26 (8 week session)
Session 3: Feb 2 to Mar 30 (8 week session)

Manor Park Public School
100 Braemar St.

\$50



Manor Park
Community Council



Season #3 of the Ottawa Floorball Hockey League begins in September! We have been working to make a terrific program better. The Ottawa Floorball Hockey League provides players and families with great value!

- Equipment provided
- 'Bring a friend' Days
- Try for FREE Days

What is Floorball Hockey?

Floorball is a fast-paced, exciting, safe and low-cost type of indoor hockey. At first glance, it resembles floor hockey or ball hockey but is played with advanced lightweight sticks and rules that make game play much safer.

Novice

Ages 6 – 8 yrs
Sep 27 to Mar 7

Mondays

6:00 – 7:00 pm or 7:00 – 8:00 pm – varies weekly

Atom/Peewee

Ages 9 – 12 yrs
Sep 28 to Mar 8

Tuesdays

6:00 – 7:00 pm or 7:00 – 8:00 pm – varies weekly

Bantam

Ages 13 – 15 yrs
Sep 30 to Mar 10

Thursdays

6:00 – 7:00 pm or 7:00 – 8:00 pm – varies weekly

Floorball League practices and games take place at: Assumption School, 236 Levis Ave.

\$140

Providing recreational programs in our community for over 30 years!
Questions? Contact us : 613-741-4776
mpcc@manorpark.ca

**MANOR PARK COMMUNITY COUNCIL
REGISTRATION FORM 2010**

Participant
Surname _____ First Name _____ DOB _____

Address _____ Ottawa, Ontario Postal Code _____

Phone (h) _____ E-mail: _____

Emergency Contact _____ Phone _____

Health concerns? Allergies? _____

If applicable:
Parents/Guardians _____ Phone (w or cel) _____

Custody Issues? _____

Person(s) to whom your child can be released _____

I do hereby consent for my child / my ward to participate in the course stated and will not hold the City of Ottawa, Manor Park Community Council or their employees or their instructors liable for any accident or damage during the activity.

Photo Release: Throughout the year the MPCC takes and/or collects digital images of children participating in community activities. These images could be shown on our community websites, submitted to community newspapers, local business newspapers and/or used as promotional material for community initiatives and programs.

I DO NOT want images of myself and/or my child/ward used as indicated above.

I DO NOT wish to receive emails from the MPCC.

Print Name _____ Signature _____ Date _____

Program	Year of Birth	Day(s) of Week*	Start Date-End Date*	Time	Fees	Location
Basketball	Ages 6-8	Mondays	Sep 20 to Nov 15, 2010	6:00 pm - 7:00 pm	\$50	Manor Park Public School
Basketball	Ages 6-8	Mondays	Nov 22, 2010 to Jan 24, 2011	6:00 pm - 7:00 pm	\$50	Manor Park Public School
Basketball*	Ages 6-8	Mondays	Jan 31 to Apr 25, 2011	6:00 pm - 7:00 pm	\$65	Manor Park Public School
Basketball	Ages 9-11	Mondays	Sep 20 to Nov 15, 2010	7:00 pm - 8:00 pm	\$50	Manor Park Public School
Basketball	Ages 9-11	Mondays	Nov 22, 2010 to Jan 24, 2011	7:00 pm - 8:00 pm	\$50	Manor Park Public School
Basketball*	Ages 9-11	Mondays	Jan 31 to Apr 25, 2011	7:00 pm - 8:00 pm	\$65	Manor Park Public School
Flag Rugby	Ages 6-8	Saturdays	Sep 11 to Oct 30, 2010	9:30 am - 10:30 am	\$75/\$60	Manor Park Sports Field
Flag Rugby	Ages 9-12	Saturdays	Sep 11 to Oct 30, 2010	9:30 am - 11:00 am	\$75/\$60	Manor Park Sports Field
Flag Rugby	Ages 13-14	Saturdays	Sep 11 to Oct 30, 2010	9:30 am - 11:00 am	\$75/\$60	Manor Park Sports Field
Indoor Soccer	Ages 4-6	Tuesdays	Sep 21 to Nov 9, 2010	6:00 pm - 7:00 pm	\$50	Manor Park Public School
Indoor Soccer	Ages 4-6	Tuesdays	Nov 16, 2010 to Jan 18, 2011	6:00 pm - 7:00 pm	\$50	Manor Park Public School
Indoor Soccer**	Ages 4-6	Tuesdays	Jan 25 to Apr 19, 2011	6:00 pm - 7:00 pm	\$70	Manor Park Public School
Indoor Soccer	Ages 7-10	Tuesdays	Sep 21 to Nov 9, 2010	7:00 pm - 8:00 pm	\$50	Manor Park Public School
Indoor Soccer	Ages 7-10	Tuesdays	Nov 16, 2010 to Jan 18, 2011	7:00 pm - 8:00 pm	\$50	Manor Park Public School
Indoor Soccer**	Ages 7-10	Tuesdays	Jan 25 to Apr 19, 2011	7:00 pm - 8:00 pm	\$70	Manor Park Public School
Floorball Hockey League	Ages 6-8	Mondays	Sep 27, 2010 to Mar 7, 2011	6:00 pm - 8:00 pm, 1 hr/wk	\$140	Assumption Elementary School
Floorball Hockey League	Ages 9-12	Tuesdays	Sep 28, 2010 to Mar 8, 2011	6:00 pm - 8:00 pm, 1 hr/wk	\$140	Assumption Elementary School
Floorball Hockey League	Ages 13-15	Thursdays	Sep 30, 2010 to Mar 10, 2011	6:00 pm - 8:00 pm, 1 hr/wk	\$140	Assumption Elementary School
Volleyball	Ages 8-10	Wednesdays	Sep 29 to Nov 17, 2010	6:00 pm - 7:00 pm	\$50	Manor Park Public School
Volleyball	Ages 8-10	Wednesdays	Nov 24, 2010 to Jan 26, 2011	6:00 pm - 7:00 pm	\$50	Manor Park Public School
Volleyball	Ages 8-10	Wednesdays	Feb 2 to Mar 30, 2011	6:00 pm - 7:00 pm	\$50	Manor Park Public School
Volleyball	Ages 11-13	Wednesdays	Sep 29 to Nov 17, 2010	7:00 pm - 8:00 pm	\$50	Manor Park Public School
Volleyball	Ages 11-13	Wednesdays	Nov 24, 2010 to Jan 26, 2011	7:00 pm - 8:00 pm	\$50	Manor Park Public School
Volleyball	Ages 11-13	Wednesdays	Feb 2 to Mar 30, 2011	7:00 pm - 8:00 pm	\$50	Manor Park Public School

*denotes 11 week session

**denotes 12 week session

TOTAL \$ _____

Payments may be made in cash or by cheque.

Please make cheques payable to MPCC.

Return registration form with payment to the MPCC office by mail or in person.