



RECREATIONAL PROGRAMS



FLAG RUGBY



Rugby is all about passing, running, kicking and scoring using 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.

Fridays

May 6 to Jun 24, 2011

Ages 6 – 8 yrs (2003-2005) 6 – 7 pm

Ages 9 – 12 yrs (1999-2002) 6 – 7:30 pm

Ages 13 – 14 yrs (1997-1998) 6 – 7:30 pm

Manor Park Sports Field
100 Thornwood Road

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

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

BASEBALL



This program has been redesigned to emphasize fun and team spirit. Smaller teams, more game time and an experienced coaching staff will help strengthen this program. The rules of the game will be taught through game situations. Parents are encouraged to become volunteer coaches. Each player receives a t-shirt. A glove is required.

Mondays

May 2 to Jun 27, 2011

Ages 4 – 5 yrs (2006-2007) 6 – 7pm

Ages 6 – 8 yrs (2003-2005) 6 – 7 pm

Ages 9 – 12 yrs (1999-2002) 6:30 – 8 pm

Manor Park Diamonds
100 Thornwood Road

\$70

Parent Volunteer Coaches needed for Baseball and Soccer

- No experience necessary
- Support from experienced coaches
- Instruction booklet with weekly plans and game tips

To volunteer, please email:
mpcc@manorpark.ca



Season #4 of the Ottawa Floorball Hockey League starts in September! Floorball is a fast-paced, exciting, safe and low-cost type of ball hockey but is played with advanced lightweight sticks. This new cross training alternative to hockey is an excellent way to improve stick handling and fitness.

Novice (2003-2005)

Mondays; Sep 26, 2011 to Mar 5, 2012
6 – 7 pm or 7 – 8 pm — varies weekly

Atom/Peewee (1999-2002)

Tuesdays; Sep 27, 2011 to Mar 6, 2012
6 – 7 pm or 7 – 8 pm — varies weekly

Bantam (1996-1998)

Thursdays; Sep 29, 2011 to Mar 8, 2012
6 – 7 pm or 7 – 8 pm — varies weekly

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

Register now, this program sells out!
\$140

SUMMER CAMP

All new exciting themes this summer! your 3-5 or 6-10 year old children for our half-day camps (9am -12pm or 1-4pm) held weekly from July 4th to August 19th. A free supervised lunch is offered for those registered to both morning and afternoon camps. Registration starts March 1, forms and information may be found on our website at manorpark.ca.



Camp themes for ages 3-5 are:
Muggles, Around the World, Bugs, Butterflies & Dirt and When I grow up...

Camp themes for ages 6-10 are:
Sports, Young Designers, Around the World, Camper Café and Floorball-hockey

Camps take place at:
The Manor Park Community Centre,
100 Thornwood Road

Thomas D'Arcy McGee School,
635 LaVerendrye Drive



Manor Park
Community Council

INDOOR SOCCER



Polish your soccer skills all winter long with our great indoor soccer program. Ball dribbling, shooting, passing, and team work are just some of the 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

Jan 25 to Apr 19, 2011

Ages 4 – 6 yrs (2004-2006) 6 – 7 pm

Ages 7 – 10 yrs (2000-2003) 7 – 8 pm

Manor Park Public School
100 Braemar Street

\$70

SOCCER



It's not too early to think about spring soccer! Registration begins now for this popular program which kicks-off the first week of May! This program is open to boys and girls and welcomes parents to volunteer along with our experienced coaching staff. Each player receives a t-shirt.

U5 Soccer (2006-2007)

Saturdays: May 7 to Jun 25, 2011
(Practices/Games) 9 – 10 am

U7 Soccer (2004-2005)

Saturdays: May 7 to Jun 25, 2011
(Practices) 10 – 11 am

Wednesdays: May 4 to Jun 22, 2011
(Games) 6 – 7pm

U10 Soccer (2001-2003)

Tuesdays: May 3 to Jun 21, (Practices) 6 – 7pm
Thursdays: May 5 to Jun 23, (Games) 6 – 7pm

U13 Soccer (1998-1999)

Tuesdays: May 3 to Jun 21, (Practices) 7 – 8pm
Thursdays: May 5 to Jun 23, (Games) 7 – 8pm

Manor Park Sports Field
100 Thornwood Road

\$70

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 2011**

Participant Surname _____ First Name _____ DOB _____

Address _____ Ottawa, Ontario Postal Code _____

Phone (h) _____ E-mail: _____

Emergency Contact _____ Phone _____

Health concerns? Allergies? _____

Where applicable:
Parents/Guardians _____ Phone (w or c) _____

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
Babysitting Course	1998-2001	Saturday	April 30, 2011	8:30am - 3:30 pm	\$70	Manor Park Community Centre
Baseball	2006-2007	Mondays	May 2 to Jun 27, 2011	6:00 pm - 7:00 pm	\$70	Manor Park Diamonds
Baseball	2003-2005	Mondays	May 2 to Jun 27, 2011	6:00 pm - 7:00 pm	\$70	Manor Park Diamonds
Baseball	1999-2002	Mondays	May 2 to Jun 27, 2011	6:30 pm - 8:00 pm	\$70	Manor Park Diamonds
Flag Rugby	2003-2005	Fridays	May 6 to Jun 24, 2011	6:00 pm - 7:00 pm	\$75/\$65	Manor Park Sports Field
Flag Rugby	1999-2002	Fridays	May 6 to Jun 24, 2011	6:00 pm - 7:30 pm	\$75/\$65	Manor Park Sports Field
Flag Rugby	1997-1998	Fridays	May 6 to Jun 24, 2011	6:00 pm - 7:30 pm	\$75/\$65	Manor Park Sports Field
Floorball Hockey League	2003-2005	Mondays	Sep 26, 2011 to Mar 5, 2012	6:00 pm - 8:00 pm, 1 hr/wk	\$140	Assumption Elementary School
Floorball Hockey League	1999-2002	Tuesdays	Sep 27, 2011 to Mar 6, 2012	6:00 pm - 8:00 pm, 1 hr/wk	\$140	Assumption Elementary School
Floorball Hockey League	1996-1998	Thursdays	Sep 29, 2011 to Mar 8, 2012	6:00 pm - 8:00 pm, 1 hr/wk	\$140	Assumption Elementary School
Indoor Soccer	2004-2006	Tuesdays	Jan 25 to Apr 19, 2011	6:00 pm - 7:00 pm	\$70	Manor Park Public School
Indoor Soccer	2000-2003	Tuesdays	Jan 25 to Apr 19, 2011	7:00 pm - 8:00 pm	\$70	Manor Park Public School
Soccer U5	2006-2007	Saturdays	May 7 to Jun 25, 2011	9:00 am - 10:00 am	\$70	Manor Park Sports Field
Soccer U7	2004-2005	Sat & Wed	May 4 to Jun 25, 2011	10 - 11 am & 6 - 7 pm	\$70	Manor Park Sports Field
Soccer U10	2001-2003	Tues & Thurs	May 3 to Jun 23, 2011	6:00 pm - 7:00 pm	\$70	Manor Park Sports Field
Soccer U13	1998-2000	Tues & Thurs	May 3 to Jun 23, 2011	7:00 pm - 8:00 pm	\$70	Manor Park Sports Field

I want to be a parent volunteer coach

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.

The Manor Park Community Council --

Providing recreational programs in our community for over 30 years!