



RECREATIONAL PROGRAMS

BASEBALL



The Rally Cap program teaches and rewards skill development. Players proudly wear the different colored caps they have earned depending on the child's abilities. Manor Park Baseball t-shirts are also included in the program fee. An awards ceremony will take place at the end of the season to recognize the improvements that every boy and girl made throughout the season and to create great memories!

Mondays

May 3 to Jun 28

Ages 4-5 (born in 2005-06): 6-7 pm
 Ages 6-7 (born in 2003-2004): 6-7 pm
 Ages 8-9 (born in 2001-2002): 6-7:30 pm
 Ages 10-12 (born in 1998-2000): 6-7:30 pm

Manor Park diamonds
 100 Thornwood Road

\$70

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 can quickly learn the basics and put them into practice during game play.

Rugby ball & Manor Park Rugby t-shirt are required equipment for all players.

Fridays

May 7 to Jun 25
 Ages 6-8: 6 – 7 pm
 Ages 9-12: 6 – 7:30 pm

Manor Park Sports Field
 100 Thornwood Road

\$75

\$60 – Players with ball & t-shirt

SOCCER (OUTDOOR)



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 one of our experienced coaching staff. Players will receive t-shirts.

U-5 Soccer (born in 2005-06)
Saturdays: May 1 to Jun 26;
 (Practices/Games) 9-10 am

U-7 Soccer (born in 2003-2004)
Saturdays: May 1 to Jun 26
 (Practices) 10-11 am

Wednesdays: May 5 to Jun 30
 (Games) 6-7 pm

U-10 Soccer (born in 2000-2002)
Tuesdays: May 4 to Jun 29
 (Practices) 6-7 pm
Thursdays: May 6 to Jun 24
 (Games) 6-7 pm

U-13 Soccer (born in 1997-99)
Tuesdays: May 4 to Jun 29
 (Practices) 7-8 pm
Thursdays: May 6 to Jun 24
 (Practices/Games) 7-8 pm

Manor Park Sports Field
 100 Thornwood Road

\$70

BASKETBALL



Mondays

Feb 8 to Apr 19

Ages 7- 10: 6-7 pm

Manor Park School Gym
 100 Braemar Street

\$50

FOOTBALL



Be part of the Ottawa Spring Football League (OSFL)!

OSFL highlights include: recreational football; full equipment supplied; flag belts; 6-on-6; common playbook and experienced coaching in partnership with the East Ottawa Generals and local community centres!

Saturdays & Sundays

May 22 to Jun 29 (10 sessions)
 Born in 1997-98; 1999-2000; 2001-2002
 Start time: 10:00 am or 11:30 am

Gil O'Julien Field (Donald Street)
\$95, includes equipment

VOLLEYBALL



Due to popular demand, this program has been expanded! Bumping, serving, offensive and defensive techniques form the basis of instruction. Each class ends with a game modified to put new skills into practice. No previous volleyball experience necessary.

Wednesdays

Feb 3 to Mar 31
 Ages 8-10: 6-7 pm
 Ages 11-13: 7-8 pm

Manor Park School Gym
 100 Braemar Street

\$50



Manor Park
 Community Council

Providing recreational programs in our community for over 30 years!

Questions?

Contact us:
 613-741-4776
 mpcc@manorpark.ca
 www.manorpark.ca

**MANOR PARK COMMUNITY COUNCIL
REGISTRATION FORM 2009-2010**

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 _____

Waiver: I, the program participant / the Parent/Guardian of a participant who is a minor, do hereby grant consent and agree to the participation in the program organized by the Manor Park Community Council. I agree to assume all risks and responsibilities incidental to participation. I agree to hold harmless the Manor Park Community Council and the City of Ottawa should an injury or loss result from participation in the program.

Indicate here if you do not wish to receive emails from the MPCC.

Signature _____ Date _____

(Participant / Parent/Guardian of minor participant)

Program		Day(s) of Week*	Start Date- End Date*	Time*	Fees	
Baseball (4-5 yrs)	2005-06	Mondays	May 3 to Jun 28, 2010	6 - 7 pm	\$70	Manor Park Sports Field
Baseball (6-7 yrs)	2003-04	Mondays	May 3 to Jun 28, 2010	6 - 7 pm	\$70	Manor Park Sports Field
Baseball (8-9 yrs)	2001-2002	Mondays	May 3 to Jun 28, 2010	6-7:30 pm	\$70	Manor Park Sports Field
Baseball (10-12 yrs)	1998-2000	Mondays	May 3 to Jun 28, 2010	6 -7:30 pm	\$70	Manor Park Sports Field
Basketball	Ages 7-10	Mondays	Feb 8 to April 19, 2010	6 - 7 pm	\$50	Manor Park Public School
Flag Rugby	Ages 6-8	Fridays	May 7 to Jun 25, 2010	6 - 7 pm	\$75	Manor Park Sports Field
Flag Rugby	Ages 9-12	Fridays	May 7 to Jun 25, 2010	7 - 8 pm	\$75	Manor Park Sports Field
Football (8-9 yrs)	2001-2002	Saturday & Sunday	May 22 to Jun 26, 2010	10 am/11:30 am	\$95	Gil O'Julien Field (Donald Street)
Football (10-11 yrs)	1999-2000	Saturday & Sunday	May 22 to Jun 26, 2010	10 am/11:30 am	\$95	Gil O'Julien Field (Donald Street)
Football (12-13 yrs)	1997-1998	Saturday & Sunday	May 22 to Jun 26, 2010	10 am/11:30 am	\$95	Gil O'Julien Field (Donald Street)
Indoor Soccer**	Ages 4-5	Tuesdays	Jan 19 to April 13, 2010	6 - 7 pm	\$70	Manor Park Public School
Indoor Soccer**	Ages 6-8	Tuesdays	Jan 19 to April 13, 2010	7 - 8 pm	\$70	Manor Park Public School
Indoor Soccer**	Ages 6-8	Thursdays	Jan 21 to April 15, 2010	6 - 7 pm	\$70	Manor Park Public School
Indoor Soccer**	Ages 9-11	Thursdays	Jan 21 to April 15, 2010	7 - 8 pm	\$70	Manor Park Public School
Ottawa Floorball League	Ages 6-8	Mondays	Jan 4 to Mar 8, 2010	6 - 7 pm	\$75	Assumption Elementary School
Ottawa Floorball League	Ages 9-12	Tuesdays	Jan 5 to Mar 9, 2010	6-8 pm/ 1 or 2 hr(s) per wk	\$75	Assumption Elementary School
Outdoor Soccer (4-5 yrs)	2005-06	Sat	May 1 to Jun 26, 2010	9 - 10 am	\$70	Manor Park Sports Field
Outdoor Soccer (6-7 yrs)	2003-04	Sat & Wed	May 1 to Jun 30, 2010	See schedule	\$70	Manor Park Sports Field
Outdoor Soccer (8-10 yrs)	2000-2002	Tues & Thurs	May 4 to Jun 29, 2010	See schedule	\$70	Manor Park Sports Field
Outdoor Soccer (10-13 yrs)	1997-1999	Tues & Thurs	May 4 to Jun 29, 2010	See schedule	\$70	Manor Park Sports Field
Volleyball	Ages 8-10	Wednesdays	Feb 3 to Mar 31, 2010	6 - 7 pm	\$50	Manor Park Public School
Volleyball	Ages 11-13	Wednesdays	Feb 3 to Mar 31, 2010	7 - 8 pm	\$50	Manor Park Public School

** denotes 12 week session

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!

www.manorpark.ca

100 Braemar Street Ottawa, ON K1K 3C9 (613) 741-4776

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