

# RECREATIONAL PROGRAMS



## INDOOR SOCCER



Polish your soccer skills during the "off season" 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 13 to Nov 1 (8 week session)  
**Session 2:** Nov 8 to Jan 10 (8 week session)  
**Session 3:** Jan 17 to Apr 10 (12 week session)

Manor Park Public School  
100 Braemar St.

\$50 – 8 week session  
\$75 – 12 week session

## CHRISTMAS SHOP

Join us for our seventh annual Christmas Shop! Children will be invited to look through a number of donated items and buy presents for their families and friends—all on their own!

Items range in price from \$0.25 to \$5, wrapping included. "Santa's elves" will be on hand to assist children with shopping and wrapping.

Friday, December 9th  
5:00pm—6:30pm

## MOVIE NIGHT

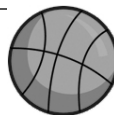
All of the family is invited to join us after the Christmas Shop for our family movie night.

### Cars 2

Friday, December 9th  
Begins at 6:15pm  
Admission: \$2  
Popcorn, pizza, and drinks available for purchase

Manor Park Public School Gym  
100 Braemar St.

## MULTI SPORTS



Curling, basketball, volleyball, and badminton- All the favourites are in one program! The technical aspects of each sport are simplified so that getting into the game is easy. Unique indoor 'rocks' transform a gym into a sheet of ice for our curling program. Smaller basketballs make handling, and shooting easier. The bump and volley for volleyball are replaced by a catching to emphasis the teamwork and fun. Badminton is easy to learn and fun to play, even for beginners.

### Mondays

Ages 7-10yrs 6:00 – 7:00 pm



**Session 1:** Sep 19 to Nov 7  
**Session 2:** Nov 14 to Jan 16  
**Session 3:** Jan 23 to Mar 26

Manor Park Public School  
100 Braemar St.

\$50 – 8 week session

## PROGRAM HIGHLIGHTS

### Playgroup

Mondays: 9am—10:30am  
Manor Park Community Centre  
100 Thornwood Rd.

### Christmas Shop/Movie Night

Dec. 9: 5:00pm—8:00pm  
Manor Park Public School  
100 Braemar Rd..

### Babysitting Course

Saturday, Jan. 28th  
Manor Park Community Centre  
100 Thornwood Rd.



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
- Try for FREE Days Weeks of Sep 26, Oct 3
- "Bring a friend" Days Weeks of Oct 10, 17

### 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 26 to Mar 5

### Mondays

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

### Atom/Peewee

Ages 9 – 12 yrs  
Sep 27 to Mar 6

### Tuesdays

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

### Bantam

Ages 13 – 15 yrs  
Sep 29 to Mar 8

### 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.

\$160

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

**MANOR PARK COMMUNITY COUNCIL  
REGISTRATION FORM 2011-2012**

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
<del>Multi Sports</del>	<del>Ages 7-10</del>	<del>Mondays</del>	<del>Sep 19 to Nov 14, 2011</del>	<del>6:00 pm - 7:00 pm</del>	<del>\$50</del>	<del>Manor Park Public School</del>
Multi Sports	Ages 7-10	Mondays	Nov 22, 2011 to Jan 23, 2012	6:00 pm - 7:00 pm	\$50	Manor Park Public School
Multi Sports	Ages 7-10	Mondays	Jan 30 to Apr 2, 2012	6:00 pm - 7:00 pm	\$50	Manor Park Public School
<del>Indoor Soccer</del>	<del>Ages 4-6</del>	<del>Tuesdays</del>	<del>Sep 13 to Nov 1, 2011</del>	<del>6:00 pm - 7:00 pm</del>	<del>\$50</del>	<del>Manor Park Public School</del>
Indoor Soccer	Ages 4-6	Tuesdays	Nov 8, 2011 to Jan 10, 2012	6:00 pm - 7:00 pm	\$50	Manor Park Public School
Indoor Soccer**	Ages 4-6	Tuesdays	Jan 17 to Apr 10, 2012	6:00 pm - 7:00 pm	\$75	Manor Park Public School
<del>Indoor Soccer</del>	<del>Ages 7-10</del>	<del>Tuesdays</del>	<del>Sep 13 to Nov 1, 2011</del>	<del>7:00 pm - 8:00 pm</del>	<del>\$50</del>	<del>Manor Park Public School</del>
Indoor Soccer	Ages 7-10	Tuesdays	Nov 8, 2011 to Jan 10, 2012	7:00 pm - 8:00 pm	\$50	Manor Park Public School
Indoor Soccer**	Ages 7-10	Tuesdays	Jan 17 to Apr 10, 2012	7:00 pm - 8:00 pm	\$75	Manor Park Public School
Floorball Hockey League	Ages 6-8	Mondays	Sep 26, 2011 to Mar 5, 2012	6:00 pm - 8:00 pm, 1 hr/wk	\$160	Assumption Elementary School
Floorball Hockey League	Ages 9-12	Tuesdays	Sep 27, 2011 to Mar 6, 2012	6:00 pm - 8:00 pm, 1 hr/wk	\$160	Assumption Elementary School
Floorball Hockey League	Ages 13-15	Thursdays	Sep 29, 2011 to Mar 8, 2012	6:00 pm - 8:00 pm, 1 hr/wk	\$160	Assumption Elementary School

TOTAL \$ \_\_\_\_\_

\*\*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.