



FREE Drop-in Sports Programs for children!

(Registration is required – see below)

The Hintonburg Recreation Association and the Plant Pool Recreation Association are sponsoring FREE drop-in sports programs for children living in the Kitchissippi and Somerset Wards. Two local school gyms, two different age groups, two different sports! Children from outside these catchment areas will be considered on a case by case basis. Space is limited!

AGES 7 – 9 YEARS

Soccer – drills & play

Tuesday evenings

6:00 – 8:00pm

March 24 to May 12, 2015

Devonshire Public School gym

100 Breezehill Ave N.



AGES 10 - 14 YEARS

Basketball & Open-Gym

Friday evenings

6:00 – 8:00pm

March 27 to May 15, 2015

Connaught Public School gym

1149 Gladstone Ave.

Coaches from St. Anthony's Ottawa Cougars will combine drills, exercise and game play to allow local children the opportunity to try these sports in a casual, recreational setting. No special equipment required but please wear regular gym clothing and gym shoes.

For more information and TO REGISTER, contact Lorrie Marlow at 613-240-4649 or
lorriemarlow@yahoo.ca



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