

Sports and Recreation Contacts

Baseball		
Ladies Fastball	Julie Lyons	jlyons@xplornet.com
Minor Baseball & Tball		mississippilittleleague.ca
Old Ballers	Joe Drader	(613)795-2255
Mixed Recreation Monday Night League	Dan Dodier	monnightslopitchleague15@outlook.com
Mens' & Mixed Slow Pitch	Kirk Belisle	(613)451-3045
CPMBL	Kerri-Ann Campbell	kerri01campbell@hotmail.com
Basketball		
Naismith Minor Basketball	Kevin Lee	(613)858-1061
Women's Basketball	www.cplbl.com	cplbl@hotmail.com
Bowling		
Visions Bowling Centre	Mike Sears	(613)253-0094
Broomball		
Women's & Youth	Ruth Brown	(613)253-7787
Canoeing		
Recreational Canoeing and Kayaking	Cliff Bennett	(613)256-5013
Careton Place Canoe Club	cpcanooclub.com	(613-257-1838
Cheerleading		
Vipers Cheer Athletics	Katelyn Munro	(613) 784-9604
Curling		
Carleton Place Curling Club	Curling Club Staff	info@cpcurling.ca
Dancing		
Mississippi Squares		613-256-0551
Rosemary Breman School of Dance	Rosemary Breman	(613)253-5364
Total Rhythm Dance Studio	Tania Munro	(613)253-0035
The Studio School of Dance		(613)225-6820
Fitness		
Active Me Fitness Studio	Tania Munro	(613)795-8372
Greco Lean and Fit	Jolene Sidney	(613)253-1727
Heritage Fitness	Heritage Staff	(613)253-2112
Hollywood Fit Studio	Holly Bogaerts	(613)206-1872
Kettlebells	Angelina Armstrong-Mann	(613)451-0605
Taoist Tai Chi		(613)233-2318
Figure Skating & CanSkate		
CP Skating Club	cpskate.ca	(613)791-4180

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Football		
Beckwith Minor Football	Rob Drapeau	(613)283-8918
Golf		
Beckwith Golf Club	beckwithgolf.com	(613)284-0688
Blue Heron Golf Club	blueheron.golf	(613)264-1062
Stittsville Golf Course	glenmar.ca	(613)257-5181
Mississippi Golf Club	themississippi.ca	(613)257-3396
Canadian Golf & Country Club	canadiangolfclub.com	(613)253-3290
The Scottish Glen	thescottishglen.ca	(613)864-3783
Gymnastics		
CP Gymnastics	Pam Carvish	info@cpgymnastics.ca
Hockey		
Junior A Canadians	Jason Clarke	www.cpcanadians.com
Sportsmen Hockey	Nick Silieff Paul McSheyne	(613)883-4747 (613)552-2744
Puc Men	Brent Cordick	brent.cordick@commonwealthplywood.com
Ladies Hockey	Carolyn O'Leary	oleary.carolyn@gmail.com
35+	Sandy McDermid	(613)257-8782
Old Puckers	Kelly McGregor	(613)257-3317
Minor Hockey Association	Garth Middlestead	president@cpmha.ca
Tec-Tac Hockey School	Billy Bowker	(613)275-7278
Ottawa Valley Titans	Mark Cobbold	(613)831-4998
Girl's Hockey Association	Melanie Buchanan	www.cpgha.ca
Horseback Riding		
Bourbon Street Stable	Susan Harrington	(613)294-6871
Benhaven Stable	Vicki Streeter	(613)253-5263
Martial Arts		
Beckwith Judo	Jacques Sauve	(613)257-7442
Alpha Mixed	Pete Tremblay	(613)257-3518
Tae Kwon Do	Randy Baker	(613)253-5529
Arroyo Martial Arts Academy	Orlando Perez	(613)853-6266
CP Academy of Martial Arts	www.oama.ca	(613)253-5552
Skiing		
Cross Country Skiing	Bruce Gordon	(613)257-5145
Soccer		
CP Soccer Club	www.cpsoccer.ca	(613)257-8618
Stand Up Paddling & Rentals		
Urban Ocean	Harmony Dawn	info@urbanoceansup.com

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Volleyball		
Adult Volleyball Club	Diana King	(613)257-3739
	Jamie Bell	(613)761-2440
Yoga		
Balance Within Yoga and Wellness	balancewithinyogawellness.com	(613)451-2870
Hamsa Yoga	Tiffany Nixon	(613)451-3200
Yoga with Christine	Christine Dixon	(613)257-3632

Arts & Interests Contact List

Arts Carleton Place		(613)257-2031 www.artcarletonplace.com
Be Your Best- performing Arts	Jennifer Lea Laale	(613)253-8228 www.beyourbest.ca
Carleton Place & Beckwith Music Society	Joy Hodgkinson	quetico@storm.ca www.cpmusicsociety.com
Carleton Place & District Community Band	Mike Peckett	(613)721-8661 mpeckett@sympatico.ca
Carleton Place Offbeats	Margo Smith	Carletonplaceoffbeats@gmail.com
Girl Guides	Jennifer Bradley	(613)253-4772
Horticultural Society	Ruth Larmour	(613)257-4101
Live Poets Society (LIPS)		lanarklips@hotmail.com
Mississippi Blues Society	Peter Brown	(613)257-2657 prbrown@magma.ca
Mississippi Mudds (Music, Theatre, Youth Drama)		www.mississippimudds.ca
Music Lessons	Kirk Armstrong	(613)688-4948 www.kirkarmstrong.com
Music Lessons: voice, piano and cello	Seth Allison	sethallison57@gmail.com (613)882-6818
CP Scouts	Michelle Niefer	(613)257-1333
SRC Music Lessons	Brent King	(613)253-0263 srcmusic@bellnet.ca
Town Singers		www.cptownsingers.com/ cptownsingers@gmail.com

