

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	monnightslopitch-league15@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	Shana Gardiner	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
Dancing		
Country Line Dancing	Valerie Penno	(613)299-9452
Mississippi Squares	Jane Trach	(613)592-0962
Rosemary Breman School of Dance	Rosemary Breman	(613)253-5364
Tania & Rick's Dance Studio	Tania Munro	(613)253-0035
The Studio School of Dance		(613)225-6820
Fitness		
Active Me Fltnes 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
Strong Fit Well	Jana Paskova	(613)808-2821
Taoist Tai Chi		(613)233-2318
Figure Skating & CanSkate		
CP Skating Club	cpskate.ca	(613)791-4180
Football		
Beckwith Minor Football	Rob Drapeau	(613)283-8918

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Golf		
Beckwith Golf Club	beckwithgolf.com	(613)284-0688
Blue Heron Golf Club	blueheron.golf	(613)264-1062
Glen Mar Golf Club	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	scottishglen.ca	(613)864-3783
Gymnastics		
CP Gymnastics	Pam Carvish	info@cpgymnastics.ca
Hockey		
CP Junior A Canadians	Jason Clarke	(613)324-0669 www.cpcanadians.com
CP Sportsmen Hockey	Pat Lockhart	(613)253-9342 patrick.lockhart@cibc.com
Puc Men	Steve Mills	(613)253-2563
Ladies Hockey	Amy Young	amyyoung07@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 Internation Hockey School	Billy Bowker	(613)275-7278
Ottawa Valley Titans	Mark Cobbold	(613)831-4998
CP 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
Kairon Ryu Mixed Martial Arts	Orlando Perez	(613)316-2234
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

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Stand Up Paddling		
Urban Ocean	Harmony Dawn	info@urbanoceansup.com
Volleyball		
Adult Volleyball Club	Diana King	(613)257-3739
	Jamie Bell	(613)761-2440
Yoga		
Balance Within Yoga and Wellness	Angela Burns-Perez	(613)316-2234
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	(613)253-8205
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
Scouts	Michelle Niefer	(613)257-1333
SRC Music Lessons	Brent King	(613)253-0263 srcmusic@bellnet.ca
Town Singers	Kristine MacLaren	http://www.cptownsingers.com/ cptownsingers@gmail.com