

Tuesday, April 1, 2025

Ladies Shinny

Date and Time: Tuesday, April 1 10:00 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Tuesday, April 1 1:00 pm - 2:00 pm

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Adult Skating

Date and Time: Tuesday, April 1 2:00 pm - 3:00 pm

Address: 177 West St.

Adult skating is a good time to practice your skating skills without the worry of crowding or speed.

Skating & Shinny schedules and details are subject to change without notice. Visit the [Skating & Shinny website](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Youth Open Gym (ages 9-17)

Date and Time: Tuesday, April 1 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Pickleball 18+

Date and Time: Tuesday, April 1 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Adult Open Gym (18+)

Date and Time: Tuesday, April 1 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Adult Open 18+ (max 30)

Unstructured Drop-In gym time for adults of all skill levels that will be facilitated by Recreation Staff. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Wednesday, April 2, 2025

Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Wednesday, April 2 9:30 am - 10:30 am

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, April 2 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Men's Shinny

Date and Time: Wednesday, April 2 10:30 am - 12:00 pm

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Autism Ontario Flag Raising

Date and Time: Wednesday, April 2 11:00 am

Address: 177 West St., Smithville

The Township of West Lincoln will be joined by representative(s) from Autism Ontario on April 2, for a flag raising ceremony in recognition of World Autism Day. Learn about the [Celebrate the Spectrum](#) campaign.

Members of the public are welcome to join us!

- West Lincoln Community Centre
- 177 West St., Smithville
- Wednesday, April 2, 2025, at 11 a.m.

Advanced Pickleball 18+

Date and Time: Wednesday, April 2 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Advanced Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Thursday, April 3, 2025

Pickleball 18+

Date and Time: Thursday, April 3 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 9-12)

Date and Time: Thursday, April 3 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-12) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Thursday's Youth Open Gym time slots are sponsored by the Kiwanis Club of West Lincoln.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 13-17)

Date and Time: Thursday, April 3 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 13-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Thursday's Youth Open Gym time slots are sponsored by the Kiwanis Club of West Lincoln.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Friday, April 4, 2025

Ladies Shinny

Date and Time: Friday, April 4 9:30 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Beginner Pickleball 18+

Date and Time: Friday, April 4 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Beginner Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Free Older Adult Social 55+

Date and Time: Friday, April 4 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Free Ukulele Jam Session 55+

Date and Time: Friday, April 4 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre with your ukulele and jam out with friends (new and old) in a non-instructional ukulele jam session. All levels are welcome.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Pickleball 18+

Date and Time: Friday, April 4 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34

Family \$16 Discount Card (10 visits)
Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

\$134

Stick and Puck (ages 13-17)

Date and Time: Friday, April 4 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-12)

Date and Time: Friday, April 4 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-12) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 13-17)

Date and Time: Friday, April 4 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 13-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Family Open Gym

Date and Time: Friday, April 4 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

Unstructured Drop-In play for families. Children/youth under 17 yrs must be accompanied by a parent/guardian (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored t

o provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Saturday, April 5, 2025

Family Open Gym

Date and Time: Saturday, April 5 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

Unstructured Drop-In play for families. Children/youth under 17 yrs must be accompanied by a parent/guardian (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored to provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Pickleball 18+

Date and Time: Saturday, April 5 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Public Skating

Date and Time: Saturday, April 5 7:00 pm - 8:00 pm

Address: 177 West St.

Lace up your skates and enjoy the many health benefits of being active.

- Children under 12 must be accompanied by an adult.

General Public Skating Rules

- C.S.A approved helmets are strongly recommended for participants on the ice.
- Skating aids permitted in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Sunday, April 6, 2025

Public Skating

Date and Time: Sunday, April 6 12:30 pm - 1:30 pm

Address: 177 West St.

Lace up your skates and enjoy the many health benefits of being active.

- Children under 12 must be accompanied by an adult.

General Public Skating Rules

- C.S.A approved helmets are strongly recommended for participants on the ice.
- Skating aids permitted in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Monday, April 7, 2025

Pickleball 18+

Date and Time: Monday, April 7 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Advanced Pickleball 18+

Date and Time: Monday, April 7 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Advanced Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Beginner Pickleball 18+

Date and Time: Monday, April 7 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Beginner Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Stick and Puck (ages 6-12)

Date and Time: Monday, April 7 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

6yrs-12yrs Stick & Puck

Mondays 4:00-5:00pm

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Sportball: Parent and Child Multi-Sport

Date and Time: Monday, April 7 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

Parent & Child Multi-Sport Indoor Class (16 mos - 3 yrs)

- West Lincoln Community Centre, 177 West St., Smithville
- January 13 to April 14 (12 Classes), Mon. 5:15 PM to 6 PM
- (No classes on Feb. 17 or Mar. 10)
- Registration required

Children and parents are introduced to 8 different sports through creative storylines, songs, rhymes and much more. The program focuses on exploration and children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

Details are subject to change without notice. Visit the [Sportball](#) page for the most up-to-date information.

Sportball: Jr. Multi-Sport

Date and Time: Monday, April 7 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

Jr. Multi-Sport Indoor Class (4 yrs - 6 yrs)

- West Lincoln Community Centre, 177 West St., Smithville
- January 13 to April 14 (12 Classes), Mon. 6 PM to 7 PM
- (No classes on Feb. 17 or Mar. 10)
- Registration required

This program introduces children to the concepts and skills involved in 8 core sports. Using developmentally appropriate methods to introduce, practice and refine gross motor skills, this program reinforces the benefits of teamwork and skills development rather than importance of winning, enabling children to gain confidence and develop the social skills necessary to succeed in sport and life.

Details are subject to change without notice. Visit the [Sportball](#) page for the most up-to-date information.

Tuesday, April 8, 2025

Ladies Shinny

Date and Time: Tuesday, April 8 10:00 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Tuesday, April 8 1:00 pm - 2:00 pm

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Adult Skating

Date and Time: Tuesday, April 8 2:00 pm - 3:00 pm

Address: 177 West St.

Adult skating is a good time to practice your skating skills without the worry of crowding or speed.

Skating & Shinny schedules and details are subject to change without notice. Visit the [Skating & Shinny website](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-17)

Date and Time: Tuesday, April 8 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Pickleball 18+

Date and Time: Tuesday, April 8 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Adult Open Gym (18+)

Date and Time: Tuesday, April 8 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Adult Open 18+ (max 30)

Unstructured Drop-In gym time for adults of all skill levels that will be facilitated by Recreation Staff. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Wednesday, April 9, 2025

Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Wednesday, April 9 9:30 am - 10:30 am

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA app

roved helmet, gloves and skates. Please bring your own equipment including pucks.

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, April 9 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25

Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Men's Shinny

Date and Time: Wednesday, April 9 10:30 am - 12:00 pm

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Advanced Pickleball 18+

Date and Time: Wednesday, April 9 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Advanced Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Thursday, April 10, 2025

Pickleball 18+

Date and Time: Thursday, April 10 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 9-12)

Date and Time: Thursday, April 10 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-12) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Thursday's Youth Open Gym time slots are sponsored by the Kiwanis Club of West Lincoln.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 13-17)

Date and Time: Thursday, April 10 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 13-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Thursday's Youth Open Gym time slots are sponsored by the Kiwanis Club of West Lincoln.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Friday, April 11, 2025

Financial Crimes Presentation

Date and Time: Friday, April 11 9:45 am - 11:00 am

Address: 318 Canborough St., Smithville

Join West Lincoln's Age Friendly Advisory Committee for a free presentation, led by a Detective from Niagara Regional Police Service, to learn about financial crimes and gain tools and tips to protect yourself against scams. Doors will open at 9:45 a.m. for light refreshments. The presentation will run from 10 until 11:30 a.m., including time for questions. Spaces are limited. To claim a seat, please register your attendance.

- **When:** Friday, April 11, doors at 9:45 a.m. for light refreshments, presentation at 10 a.m.
- **Where:** West Lincoln Council Chambers, 318 Canborough St., Smithville
- **How to join:** Register with Jacquie Thrower, Executive Assistant, at jthrower@westlincoln.ca or [905-957-3346 ext. 6726](tel:905-957-3346).

Topics include:

- Romance Scam – scammers create false profiles with false photos to build your trust
- Crypto Scam – scammers take advantage of you by making you believe they can make you rich
- Spoofing legitimate and trusted businesses – don't click on unsolicited sources
- Phishing emails/texts/links asking for personal information
- Grandparent Scams – stealing money from the elderly
- Malware/Spyware – keeping tabs on you and your electronic devices
- Scam Implications of Artificial Intelligence
- Who should you trust
- Reasons why you should have a Power of Attorney for personal/property
- What to do when you are a victim of a Fraud

Beginner Pickleball 18+

Date and Time: Friday, April 11 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Beginner Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Free Older Adult Social 55+

Date and Time: Friday, April 11 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Free Ukulele Jam Session 55+

Date and Time: Friday, April 11 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre with your ukulele and jam out with friends (new and old) in a non-instructional ukulele jam session. All levels are welcome.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Pickleball 18+

Date and Time: Friday, April 11 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 9-12)

Date and Time: Friday, April 11 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-12) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 13-17)

Date and Time: Friday, April 11 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 13-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Family Open Gym

Date and Time: Friday, April 11 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

Unstructured Drop-In play for families. Children/youth under 17 yrs must be accompanied by a parent/guardian (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored to provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Saturday, April 12, 2025

Family Open Gym

Date and Time: Saturday, April 12 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

Unstructured Drop-In play for families. Children/youth under 17 yrs must be accompanied by a parent/guardian (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored to provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
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Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Monday, April 14, 2025

Gentle Yoga with Melinda

Date and Time: Monday, April 14 10:00 am

Address: 177 West St., Smithville

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

- \$80 per participant
- 8-week program
- Mondays at 10 a.m.
- April 14 to June 16 (excluding April 21 and May 19)

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Pickleball 18+

Date and Time: Monday, April 14 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Advanced Pickleball 18+

Date and Time: Monday, April 14 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Advanced Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Beginner Pickleball 18+

Date and Time: Monday, April 14 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Beginner Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Stick and Puck (ages 6-12)

Date and Time: Monday, April 14 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

6yrs-12yrs Stick & Puck

Mondays 4:00-5:00pm

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Sportball: Parent and Child Multi-Sport

Date and Time: Monday, April 14 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

Parent & Child Multi-Sport Indoor Class (16 mos - 3 yrs)

- West Lincoln Community Centre, 177 West St., Smithville
- January 13 to April 14 (12 Classes), Mon. 5:15 PM to 6 PM
- (No classes on Feb. 17 or Mar. 10)
- Registration required

Children and parents are introduced to 8 different sports through creative storylines, songs, rhymes and much more. The program focuses on exploration and children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

Details are subject to change without notice. Visit the [Sportball](#) page for the most up-to-date information.

Sportball: Jr. Multi-Sport

Date and Time: Monday, April 14 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

Jr. Multi-Sport Indoor Class (4 yrs - 6 yrs)

- West Lincoln Community Centre, 177 West St., Smithville
- January 13 to April 14 (12 Classes), Mon. 6 PM to 7 PM
- (No classes on Feb. 17 or Mar. 10)
- Registration required

This program introduces children to the concepts and skills involved in 8 core sports. Using developmentally appropriate methods to introduce, practice and refine gross motor skills, this program reinforces the benefits of teamwork and skills development rather than importance of winning, enabling children to gain confidence and develop the social skills necessary to succeed in sport and life.

Details are subject to change without notice. Visit the [Sportball](#) page for the most up-to-date information.

Tuesday, April 15, 2025

Chair Yoga with Melinda

Date and Time: Tuesday, April 15 9:30 am

Address: 177 West St., Smithville

Chair yoga is one of the most accessible forms of yoga. It's a great way to start if you're a beginner, have limited mobility or an injury. You will move through a series of yoga postures from a seated position while increasing mobility, strength and stretching the body and relaxing the mind. Bring one yoga block.

- \$100 per participant
- 10-week program
- Tuesdays at 9:30 a.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Ladies Shinny

Date and Time: Tuesday, April 15 10:00 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Tuesday, April 15 1:00 pm - 2:00 pm

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Adult Skating

Date and Time: Tuesday, April 15 2:00 pm - 3:00 pm

Address: 177 West St.

Adult skating is a good time to practice your skating skills without the worry of crowding or speed.

Skating & Shinny schedules and details are subject to change without notice. Visit the [Skating & Shinny website](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-12)

Date and Time: Tuesday, April 15 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-12) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34

Family \$16 Discount Card (10 visits)
Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

\$134

Pickleball 18+

Date and Time: Tuesday, April 15 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Hatha Yoga for Tight Hips with Melinda

Date and Time: Tuesday, April 15 6:30 pm

Address: 177 West St., Smithville

This class is designed to release tension and improve mobility in the hips. This class combines gentle postures and mindful breathing to increase flexibility, reduce tightness, and enhance stability. Perfect for all levels, we'll work through a series of poses that open and strengthen the hip muscles, leaving you feeling balance, relaxed, and recharged. Suitable for all levels including beginners. Bring two blocks and a yoga strap.

- \$100 per participant
- 10-week program
- Tuesdays at 6:30 p.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Full Body Slow Flow with Melinda

Date and Time: Tuesday, April 15 7:45 pm

Address: 177 West St., Smithville

A practice that synchronizes breath with movement. Designed to bring balance to the body and mind through holding poses and exploring what each pose offers you. Expect poses that work various muscle groups, including standing poses, balance poses, twists and backbends. This is not a beginners class.

- \$100 per participant

- 10-week program
- Tuesdays at 7:45 p.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Beginner Bounce Class with Stacey

Date and Time: Tuesday, April 15 8:00 pm

Address: 177 West St., Smithville

Learn the art of bouncing with our Beginner Bounce classes as you master the basic steps and get a true sense of control while wearing bounce boots. It is a 45-minute cardio workout that will have you sweating while having fun! Please register by shoe size.

- \$100 per participant
- 10-week program
- Tuesdays at 8 p.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Youth Open Gym (ages 13-17)

Date and Time: Tuesday, April 15 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 13-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Wednesday, April 16, 2025

Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Wednesday, April 16 9:30 am - 10:30 am

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, April 16 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Gentle Yoga with Melinda

Date and Time: Wednesday, April 16 10:00 am

Address: 177 West St., Smithville

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

- \$100 per participant
- 10-week program
- Wednesdays at 10 a.m.
- April 16 to June 18

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Men's Shinny

Date and Time: Wednesday, April 16 10:30 am - 12:00 pm

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Advanced Pickleball 18+

Date and Time: Wednesday, April 16 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Advanced Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Beginner Hatha Yoga with Megan

Date and Time: Wednesday, April 16 6:30 pm

Address: 177 West St., Smithville

Welcome to Hatha Yoga! This class is designed as an “intro to yoga” where students can learn and explore yoga in a safe, supportive environment. Hatha Yoga is a slow practice that focuses on cultivating balance in the body, breath and mind while also increasing our strength, focus and flexibility. If you’ve been curious about yoga but don’t know where to start, this class is for you. Bring a mat.

- \$100 per participant
- 10-week program
- Wednesdays at 6:30 p.m.
- April 16 to June 18

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, April 16 7:45 pm

Address: 177 West St., Smithville

“I’m not flexible enough for yoga!” ... This class is for you! This fun and non-traditional yoga class is aimed at helping men stretch out tight, rigid bodies while increasing strength, balance and flexibility. Using yoga as our guide, we will utilize a wide variety of postures aimed at relieving stress and bringing ease back into the body. This class is suitable for all levels and abilities.

- \$100 per participant
- 10-week program
- Wednesdays at 7:45 p.m.
- April 16 to June 18

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Thursday, April 17, 2025

Mom and Baby fit with Jen

Date and Time: Thursday, April 17 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood, while de-stressing, regaining energy (yes energy!) and confidence. Each class is unique and uses a variety of props to reach every muscle group. Classes are taught by a certified instructor. All fitness levels and ages welcome. Bond with your baby, while doing something for yourself. Bring the older children too and be their example for an active lifestyle. Or simply come by yourself for a more focused session! Please bring a mat and a baby carrier (if desired).

- \$100 per mom
- 10-week program
- Thursday at 9:30 a.m.
- April 17 to June 19

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Pickleball 18+

Date and Time: Thursday, April 17 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Family Open Gym

Date and Time: Thursday, April 17 3:00 pm - 4:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

Unstructured Drop-In play for families. Children/youth under 17 yrs must be accompanied by a parent/guardian (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored to provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 9-12)

Date and Time: Thursday, April 17 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-12) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Thursday's Youth Open Gym time slots are sponsored by the Kiwanis Club of West Lincoln.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 13-17)

Date and Time: Thursday, April 17 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 13-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Thursday's Youth Open Gym time slots are sponsored by the Kiwanis Club of West Lincoln.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Evening Gentle Hatha Yoga with Kara

Date and Time: Thursday, April 17 6:30 pm

Address: 177 West St., Smithville

Gentle Hatha yoga is a slow-paced and accessible form of yoga that emphasizes mindful movement, breath awareness, and alignment. It combines gentle stretching, basic postures, and relaxation techniques to improve flexibility, strength, and overall well-being. It is ideal for beginners or those seeking a more relaxed approach to yoga. Gentle Hatha Yoga promotes stress reduction, enhances mindfulness, and encourages a deeper connection between the body and mind. Please bring two blocks and a strap.

- \$100 per participant
- 10-week program
- Thursdays at 6:30 p.m.
- April 17 to June 19

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Restorative Yoga with Kara

Date and Time: Thursday, April 17 7:45 pm

Address: 177 West St., Smithville

Restorative Yoga is a gentle, calming practice designed to promote deep relaxation and healing. By using props like, blankets, bolsters, and blocks, it allows the body to fully relax into supported poses, helping to release tension and restore balance. Restorative Yoga encourages deep rest, reduces stress, and enhances flexibility, making it ideal for those seeking relaxation, recovery, or relief from physical and mental fatigue. Please bring a blanket, a bolster and two blocks.

- \$100 per participant
- 10-week program

- Thursdays at 7:45 p.m.
- April 17 to June 19

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Friday, April 18, 2025

Community Easter Fest

Date and Time: Friday, April 18 9:00 am - 12:00 pm

Address: 177 West Street, Smithville

The Township's free Easter event runs rain or shine at the West Lincoln Community Centre, 177 West Street, in Smithville.

Come out for fun activities for the whole family. Find full event details at westlincoln.ca/easter

Stick and Puck (ages 13-17)

Date and Time: Friday, April 18 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Saturday, April 19, 2025

Family Open Gym

Date and Time: Saturday, April 19 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

Unstructured Drop-In play for families. Children/youth under 17 yrs must be accompanied by a parent/guardian (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored to provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Pickleball 18+

Date and Time: Saturday, April 19 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Tuesday, April 22, 2025

Chair Yoga with Melinda

Date and Time: Tuesday, April 22 9:30 am

Address: 177 West St., Smithville

Chair yoga is one of the most accessible forms of yoga. It's a great way to start if you're a beginner, have limited mobility or an injury. You will move through a series of yoga postures from a seated position while increasing mobility, strength and stretching the body and relaxing the mind. Bring one yoga block.

- \$100 per participant
- 10-week program
- Tuesdays at 9:30 a.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Tai Chi and Qigong

Date and Time: Tuesday, April 22 9:50 am

Address: 177 West St., Smithville

This class will begin with warm up exercises, followed by 18 movements of qigong, then the rest of the class we focus on the tai chi form, learning and improving our skills that develop balance, strengthening, co-ordination and cognitive improvement. This is a life-long activity for all ages and abilities.

- \$48 per first-time participant
- \$38 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- April 22 and 24 to June 24 and 26

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Adult Skating

Date and Time: Tuesday, April 22 2:00 pm - 3:00 pm

Address: 177 West St.

Adult skating is a good time to practice your skating skills without the worry of crowding or speed.

Skating & Shinny schedules and details are subject to change without notice. Visit the [Skating & Shinny website](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-12)

Date and Time: Tuesday, April 22 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-12) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Pickleball 18+

Date and Time: Tuesday, April 22 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

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Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Hatha Yoga for Tight Hips with Melinda

Date and Time: Tuesday, April 22 6:30 pm

Address: 177 West St., Smithville

This class is designed to release tension and improve mobility in the hips. This class combines gentle postures and mindful breathing to increase flexibility, reduce tightness, and enhance stability. Perfect for all levels, we'll work through a series of poses that open and strengthen the hip muscles, leaving you feeling balance, relaxed, and recharged. Suitable for all levels including beginners. Bring two blocks and a yoga strap.

- \$100 per participant
- 10-week program
- Tuesdays at 6:30 p.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Full Body Slow Flow with Melinda

Date and Time: Tuesday, April 22 7:45 pm

Address: 177 West St., Smithville

A practice that synchronizes breath with movement. Designed to bring balance to the body and mind through holding poses and exploring what each pose offers you. Expect poses that work various muscle groups, including standing poses, balance poses, twists and backbends. This is not a beginners class.

- \$100 per participant
- 10-week program
- Tuesdays at 7:45 p.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Beginner Bounce Class with Stacey

Date and Time: Tuesday, April 22 8:00 pm

Address: 177 West St., Smithville

Learn the art of bouncing with our Beginner Bounce classes as you master the basic steps and get a true sense of fun while wearing bounce boots. It is a 45-minute cardio workout that will have you sweating while having fun! Please register by shoe size.

- \$100 per participant
- 10-week program
- Tuesdays at 8 p.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Youth Open Gym (ages 13-17)

Date and Time: Tuesday, April 22 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 13-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Wednesday, April 23, 2025

Gentle Yoga with Melinda

Date and Time: Wednesday, April 23 10:00 am

Address: 177 West St., Smithville

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

- \$100 per participant
- 10-week program
- Wednesdays at 10 a.m.
- April 16 to June 18

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Pickleball 18+

Date and Time: Wednesday, April 23 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Advanced Pickleball 18+

Date and Time: Wednesday, April 23 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Advanced Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Beginner Hatha Yoga with Megan

Date and Time: Wednesday, April 23 6:30 pm

Address: 177 West St., Smithville

Welcome to Hatha Yoga! This class is designed as an “intro to yoga” where students can learn and explore yoga in a safe, supportive environment. Hatha Yoga is a slow practice that focuses on cultivating balance in the body, breath and mind while also increasing our strength, focus and flexibility. If you’ve been curious about yoga but don’t know where to start, this class is for you. Bring a mat.

- \$100 per participant
- 10-week program
- Wednesdays at 6:30 p.m.
- April 16 to June 18

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, April 23 7:45 pm

Address: 177 West St., Smithville

“I’m not flexible enough for yoga!” ... This class is for you! This fun and non-traditional yoga class is aimed at helping men stretch out tight, rigid bodies while increasing strength, balance and flexibility. Using yoga as our guide, we will utilize a wide variety of postures aimed at relieving stress and bringing ease back into the body. This class is suitable for all levels and abilities.

- \$100 per participant
- 10-week program
- Wednesdays at 7:45 p.m.
- April 16 to June 18

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Thursday, April 24, 2025

Mom and Baby fit with Jen

Date and Time: Thursday, April 24 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood, while de-stressing, regaining energy (yes energy!) and confidence. Each class is unique and uses a variety of props to reach every muscle group. Classes are taught by a certified instructor. All fitness levels and ages welcome. Bond with your baby, while doing something for yourself. Bring the older children too and be their example for an active lifestyle. Or simply come by yourself for a more focused session! Please bring a mat and a baby carrier (if desired).

- \$100 per mom
- 10-week program
- Thursday at 9:30 a.m.
- April 17 to June 19

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Tai Chi and Qigong

Date and Time: Thursday, April 24 9:50 am

Address: 177 West St., Smithville

This class will begin with warm up exercises, followed by 18 movements of qigong, then the rest of the class will focus on the tai chi form, learning and improving our skills that develop balance, strengthening, co-ordination and cognitive improvement. This is a life-long activity for all ages and abilities.

- \$48 per first-time participant
- \$38 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- April 22 and 24 to June 24 and 26

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Pickleball 18+

Date and Time: Thursday, April 24 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Family Open Gym

Date and Time: Thursday, April 24 3:00 pm - 4:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

Unstructured Drop-In play for families. Children/youth under 17 yrs must be accompanied by a parent/guardian (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored to provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 9-12)

Date and Time: Thursday, April 24 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-12) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Thursday's Youth Open Gym time slots are sponsored by the Kiwanis Club of West Lincoln.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 13-17)

Date and Time: Thursday, April 24 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 13-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Thursday's Youth Open Gym time slots are sponsored by the Kiwanis Club of West Lincoln.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Evening Gentle Hatha Yoga with Kara

Date and Time: Thursday, April 24 6:30 pm

Address: 177 West St., Smithville

Gentle Hatha yoga is a slow-paced and accessible form of yoga that emphasizes mindful movement, breath awareness, and alignment. It combines gentle stretching, basic postures, and relaxation techniques to improve flexibility, strength, and overall well-being. It is ideal for beginners or those seeking a more relaxed approach to yoga. Gentle Hatha Yoga promotes stress reduction, enhances mindfulness, and encourages a deeper connection between the body and mind. Please bring two blocks and a strap.

- \$100 per participant
- 10-week program
- Thursdays at 6:30 p.m.
- April 17 to June 19

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Restorative Yoga with Kara

Date and Time: Thursday, April 24 7:45 pm

Address: 177 West St., Smithville

Restorative Yoga is a gentle, calming practice designed to promote deep relaxation and healing. By using props like, blankets, bolsters, and blocks, it allows the body to fully relax into supported poses, helping to release tension and restore balance. Restorative Yoga encourages deep rest, reduces stress, and enhances flexibility, making it ideal for those seeking relaxation, recovery, or relief from physical and mental fatigue. Please bring a blanket, a bolster and two blocks.

- \$100 per participant
- 10-week program
- Thursdays at 7:45 p.m.
- April 17 to June 19

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Friday, April 25, 2025

Beginner Pickleball 18+

Date and Time: Friday, April 25 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Beginner Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Free Older Adult Social 55+

Date and Time: Friday, April 25 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Free Ukulele Jam Session 55+

Date and Time: Friday, April 25 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre with your ukulele and jam out with friends (new and old) in a non-instructional ukulele jam session. All levels are welcome.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Pickleball 18+

Date and Time: Friday, April 25 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25

Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Stick and Puck (ages 13-17)

Date and Time: Friday, April 25 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-12)

Date and Time: Friday, April 25 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-12) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Youth Open Gym (ages 13-17)

Date and Time: Friday, April 25 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 13-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Family Open Gym

Date and Time: Friday, April 25 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

Unstructured Drop-In play for families. Children/youth under 17 yrs must be accompanied by a parent/guardian (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored to provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Saturday, April 26, 2025

Family Open Gym

Date and Time: Saturday, April 26 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

Unstructured Drop-In play for families. Children/youth under 17 yrs must be accompanied by a parent/guardian (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored to provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Pickleball 18+

Date and Time: Saturday, April 26 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Monday, April 28, 2025

National Day of Mourning for Workplace Death and Injury

Date and Time: Monday, April 28 12:00 am - 11:59 pm

Address: 318 Canborough St., Smithville

Flags on all Township properties will fly at half mast on April 28, 2025, in recognition of the National Day of Mourning for Workplace Death and Injury.

Please take a moment on April 28 to pause, reflect on, and honour the memory of those who have died or suffered injury or illness due to a work-related tragedy.

Gentle Yoga with Melinda

Date and Time: Monday, April 28 10:00 am

Address: 177 West St., Smithville

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

- \$80 per participant
- 8-week program
- Mondays at 10 a.m.
- April 14 to June 16 (excluding April 21 and May 19)

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Pickleball 18+

Date and Time: Monday, April 28 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Advanced Pickleball 18+

Date and Time: Monday, April 28 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Advanced Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Beginner Pickleball 18+

Date and Time: Monday, April 28 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Beginner Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Stick and Puck (ages 6-12)

Date and Time: Monday, April 28 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

6yrs-12yrs Stick & Puck

Mondays 4:00-5:00pm

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Tuesday, April 29, 2025

Chair Yoga with Melinda

Date and Time: Tuesday, April 29 9:30 am

Address: 177 West St., Smithville

Chair yoga is one of the most accessible forms of yoga. It's a great way to start if you're a beginner, have limited mobility or an injury. You will move through a series of yoga postures from a seated position while increasing mobility, strength and stretching the body and relaxing the mind. Bring one yoga block.

- \$100 per participant
- 10-week program
- Tuesdays at 9:30 a.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Tai Chi and Qigong

Date and Time: Tuesday, April 29 9:50 am

Address: 177 West St., Smithville

This class will begin with warm up exercises, followed by 18 movements of qigong, then the rest of the class will focus on the tai chi form, learning and improving our skills that develop balance, strengthening, co-ordination and cognitive improvement. This is a life-long activity for all ages and abilities.

- \$48 per first-time participant
- \$38 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- April 22 and 24 to June 24 and 26

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Adult Skating

Date and Time: Tuesday, April 29 2:00 pm - 3:00 pm

Address: 177 West St.

Adult skating is a good time to practice your skating skills without the worry of crowding or speed.

Skating & Shiny schedules and details are subject to change without notice. Visit the [Skating & Shiny website](#) for the most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-12)

Date and Time: Tuesday, April 29 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-12) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Pickleball 18+

Date and Time: Tuesday, April 29 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Hatha Yoga for Tight Hips with Melinda

Date and Time: Tuesday, April 29 6:30 pm

Address: 177 West St., Smithville

This class is designed to release tension and improve mobility in the hips. This class combines gentle postures and mindful breathing to increase flexibility, reduce tightness, and enhance stability. Perfect for all levels, we'll work through a series of poses that open and strengthen the hip muscles, leaving you feeling balance, relaxed, and recharged. Suitable for all levels including beginners. Bring two blocks and a yoga strap.

- \$100 per participant
- 10-week program
- Tuesdays at 6:30 p.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Full Body Slow Flow with Melinda

Date and Time: Tuesday, April 29 7:45 pm

Address: 177 West St., Smithville

A practice that synchronizes breath with movement. Designed to bring balance to the body and mind through holding poses and exploring what each pose offers you. Expect poses that work various muscle groups, including standing poses, balance poses, twists and backbends. This is not a beginners class.

- \$100 per participant
- 10-week program
- Tuesdays at 7:45 p.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Beginner Bounce Class with Stacey

Date and Time: Tuesday, April 29 8:00 pm

Address: 177 West St., Smithville

Learn the art of bouncing with our Beginner Bounce classes as you master the basic steps and get a true sense of control while wearing bounce boots. It is a 45-minute cardio workout that will have you sweating while having fun! Please register by shoe size.

- \$100 per participant
- 10-week program
- Tuesdays at 8 p.m.
- April 15 to June 17

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Youth Open Gym (ages 13-17)

Date and Time: Tuesday, April 29 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 13-17) (max 25)

Drop in for gym fun with friends facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Wednesday, April 30, 2025

Gentle Yoga with Melinda

Date and Time: Wednesday, April 30 10:00 am

Address: 177 West St., Smithville

This class is slow paced and will focus on strengthening, relaxing, stretching and breathing. This class is suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

- \$100 per participant
- 10-week program
- Wednesdays at 10 a.m.
- April 16 to June 18

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Pickleball 18+

Date and Time: Wednesday, April 30 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Pickleball!

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25

Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Advanced Pickleball 18+

Date and Time: Wednesday, April 30 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Advanced Pickleball! Please attend this program if it fits your level of play. Play must be inclusive and respectful.

Details are subject to change without notice. Please visit our [Drop-in Program Page](#) for the most up-to-date information.

Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

Beginner Hatha Yoga with Megan

Date and Time: Wednesday, April 30 6:30 pm

Address: 177 West St., Smithville

Welcome to Hatha Yoga! This class is designed as an “intro to yoga” where students can learn and explore yoga in a safe, supportive environment. Hatha Yoga is a slow practice that focuses on cultivating balance in the body, breath and mind while also increasing our strength, focus and flexibility. If you’ve been curious about yoga but don’t know where to start, this class is for you. Bring a mat.

- \$100 per participant
- 10-week program
- Wednesdays at 6:30 p.m.
- April 16 to June 18

Registration is required. Visit www.westlincoln.ca/fitness for full details.

Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, April 30 7:45 pm

Address: 177 West St., Smithville

“I’m not flexible enough for yoga!” ... This class is for you! This fun and non-traditional yoga class is aimed at helping men stretch out tight, rigid bodies while increasing strength, balance and flexibility. Using yoga as our g

uide, we will utilize a wide variety of postures aimed at relieving stress and bringing ease back into the body. This class is suitable for all levels and abilities.

- \$100 per participant
- 10-week program
- Wednesdays at 7:45 p.m.
- April 16 to June 18

Registration is required. Visit www.westlincoln.ca/fitness for full details.

<https://events.westlincoln.ca>