

Wednesday, April 1, 2026

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

Date and Time: Wednesday, April 1 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

Learn more at www.westlincoln.ca/skating

Advanced Pickleball 18+

Date and Time: Wednesday, April 1 10:00 am - 12:00 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.

Men's Shinny

Date and Time: Wednesday, April 1 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

Men's Shinny: Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person

- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

All Levels Pickleball 18+

Date and Time: Wednesday, April 1 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.

Thursday, April 2, 2026

All Levels Pickleball 18+

Date and Time: Thursday, April 2 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.

Youth Open Gym (ages 9-12)

Date and Time: Thursday, April 2 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for open gym time for fun with friends. Adults are not permitted to participate, but may stay to watch.

Thursday's youth open gym sessions are **free**, sponsored by the Kiwanis Club of West Lincoln.

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

Youth Open Gym (ages 13-17)

Date and Time: Thursday, April 2 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for open gym time for fun with friends. Adults are not permitted

d to participate, but may stay to watch.

Thursday's youth open gym sessions are **free**, sponsored by the Kiwanis Club of West Lincoln.

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

Friday, April 3, 2026

Community Easter Fest

Date and Time: Friday, April 3 9:00 am - 12:00 pm

Address: 177 West Street, Smithville

Hop into the Easter spirit with the Township of West Lincoln. The Township's free Community Easter Fest event runs rain or shine.

Friday, April 3, from 9 a.m. until 12 p.m.
West Lincoln Community Centre, outdoor area
177 West St., Smithville

Canadian Blood Services - Blood Donation Clinic

Date and Time: Friday, April 3 2:00 pm - 7:00 pm

Address: 177 West Street, Smithville

There is an immediate need for blood. [Canadian Blood Services](#) will be at the West Lincoln Community Centre on the following dates:

- Friday, April 3, 2026
- Friday, June 26, 2026
- Friday, September 18, 2026
- Friday, December 11, 2026

Appointments are required. Book now at <http://blood.ca> or call 1-888-2DONATE

Saturday, April 4, 2026

Beginner Pickleball 18+

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

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.

Family Open Gym

Date and Time: Saturday, April 4 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for 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.

All Levels Pickleball 18+

Date and Time: Saturday, April 4 5:30 pm - 7:30 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.

Public Skating

Date and Time: Saturday, April 4 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

Monday: 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

Saturday: 7 - 8 p.m.

Sunday: 12:30 - 1:30 p.m.

General public skating rules

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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

- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

Monday, April 6, 2026

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

Date and Time: Monday, April 6 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

Learn more at www.westlincoln.ca/skating

All Levels Pickleball 18+

Date and Time: Monday, April 6 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

Men's Shinny

Date and Time: Monday, April 6 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

Men's Shinny: Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

Low Sensory Public Skating

Date and Time: Monday, April 6 12:00 pm - 1:00 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

Monday: 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

Learn more at www.westlincoln.ca/skating

Advanced Pickleball 18+

Date and Time: Monday, April 6 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.

Adult Skate

Date and Time: Monday, April 6 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

Monday: 2 - 3 p.m.

Tuesday: 2 - 3 p.m.

Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

Beginner Pickleball 18+

Date and Time: Monday, April 6 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.

Stick and Puck (ages 6-12)

Date and Time: Monday, April 6 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

Learn more at www.westlincoln.ca/skating

Tuesday, April 7, 2026

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

Date and Time: Tuesday, April 7 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

y 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

Learn more at www.westlincoln.ca/skating

Ladies' Shinny

Date and Time: Tuesday, April 7 10:00 am - 11:00 am

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

Ladies' Shinny: Tuesday, 10 - 11 a.m. and Friday, 9:30 - 11 a.m.

Learn more at www.westlincoln.ca/skating

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

Date and Time: Tuesday, April 7 1:00 pm - 2:00 pm

Address: 177 West St., Smithville

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

Learn more at www.westlincoln.ca/skating

Adult Skate

Date and Time: Tuesday, April 7 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

Monday: 2 - 3 p.m.

Tuesday: 2 - 3 p.m.

Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

Youth Basketball (school ages)

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

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for supervised basketball and gym fun for kids and teens, facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch. School Age is open to kids and teens from 4 to 17 years old.

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

All Levels Pickleball 18+

Date and Time: Tuesday, April 7 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.

Adult Basketball (18+)

Date and Time: Tuesday, April 7 8:00 pm - 9:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for 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. Visit the [Drop-in Program](#) page for more information.

Wednesday, April 8, 2026

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

Date and Time: Wednesday, April 8 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

Learn more at www.westlincoln.ca/skating

Advanced Pickleball 18+

Date and Time: Wednesday, April 8 10:00 am - 12:00 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.

Men's Shinny

Date and Time: Wednesday, April 8 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

Men's Shinny: Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

All Levels Pickleball 18+

Date and Time: Wednesday, April 8 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.

Thursday, April 9, 2026

All Levels Pickleball 18+

Date and Time: Thursday, April 9 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.

Youth Open Gym (ages 9-12)

Date and Time: Thursday, April 9 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for open gym time for fun with friends. Adults are not permitted to participate, but may stay to watch.

Thursday's youth open gym sessions are **free**, sponsored by the Kiwanis Club of West Lincoln.

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

Youth Open Gym (ages 13-17)

Date and Time: Thursday, April 9 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for open gym time for fun with friends. Adults are not permitted to participate, but may stay to watch.

Thursday's youth open gym sessions are **free**, sponsored by the Kiwanis Club of West Lincoln.

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

Friday, April 10, 2026

Older Adult Social 55+ (free)

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

Address: 177 West St., Smithville

Drop in at the West Lincoln Community Centre 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.

Beginner Pickleball 18+

Date and Time: Friday, April 10 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.

Ukulele Jam Session 55+ (free)

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

Address: 177 West St., Smithville

Drop-in at the West Lincoln Community Centre for a non-instructional ukulele jam session. Bring your own uke and jam out with your friends. 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.

Advanced Pickleball 18+

Date and Time: Friday, April 10 2:00 pm - 4:00 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.

Youth Pickleball and Floor Hockey (school ages)

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

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for Supervised pickleball and gym fun for kids and teens, facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch. School Age is open to kids and teens from 4 to 17 years old.

Details are subject to change. Visit the [Drop-in Program](#) page for more information.

All Levels Pickleball 18+

Date and Time: Friday, April 10 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.

Adult Basketball and Volleyball (18+)

Date and Time: Friday, April 10 8:00 pm - 10:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for 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. Visit the [Drop-in Program](#) page for more information.

Saturday, April 11, 2026

Beginner Pickleball 18+

Date and Time: Saturday, April 11 9:00 am - 11:00 am

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.

Family Open Gym

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

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for 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.

All Levels Pickleball 18+

Date and Time: Saturday, April 11 5:30 pm - 7:30 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.

Monday, April 13, 2026

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

Date and Time: Monday, April 13 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

Learn more at www.westlincoln.ca/skating

Gentle Yoga with Melinda

Date and Time: Monday, April 13 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.

Registration required. Visit www.westlincoln.ca/fitness

All Levels Pickleball 18+

Date and Time: Monday, April 13 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.

Beginner Pickleball 18+

Date and Time: Monday, April 13 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.

Men's Shinny

Date and Time: Monday, April 13 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

Men's Shinny: Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

Low Sensory Public Skating

Date and Time: Monday, April 13 12:00 pm - 1:00 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

Monday: 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

Learn more at www.westlincoln.ca/skating

Advanced Pickleball 18+

Date and Time: Monday, April 13 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.

Beginner Pickleball 18+

Date and Time: Monday, April 13 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.

Stick and Puck (ages 6-12)

Date and Time: Monday, April 13 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

Learn more at www.westlincoln.ca/skating

Tuesday, April 14, 2026

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

Date and Time: Tuesday, April 14 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

Learn more at www.westlincoln.ca/skating

Chair Yoga with Melinda

Date and Time: Tuesday, April 14 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.

Registration is required. Visit www.westlincoln.ca/fitness

Ladies' Shinny

Date and Time: Tuesday, April 14 10:00 am - 11:00 am

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

Ladies' Shinny: Tuesday, 10 - 11 a.m. and Friday, 9:30 - 11 a.m.

Learn more at www.westlincoln.ca/skating

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

Date and Time: Tuesday, April 14 1:00 pm - 2:00 pm

Address: 177 West St., Smithville

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

Learn more at www.westlincoln.ca/skating

Adult Skate

Date and Time: Tuesday, April 14 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

Monday: 2 - 3 p.m.

Tuesday: 2 - 3 p.m.

Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

Youth Basketball (school ages)

Date and Time: Tuesday, April 14 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for supervised basketball and gym fun for kids and teens, facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch. School Age is open to kids and teens from 4 to 17 years old.

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

Hatha Yoga for Tight Hips with Kara

Date and Time: Tuesday, April 14 6:00 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 a mat, two blocks and a yoga strap.

Registration is required. Visit www.westlincoln.ca/fitness

All Levels Pickleball 18+

Date and Time: Tuesday, April 14 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.

Yoga for Golfers with Kara

Date and Time: Tuesday, April 14 7:15 pm

Address: 177 West St., Smithville

Get ready before you hit the links! Designed specifically for golfers of all levels, this Hatha focused practice supports a stronger, more balanced, and more efficient swing. Yoga for Golfers blends mobility, stability, and mindful

movement to improve rotation through the spine, increase hip flexibility, strengthen the core, and enhance shoulder range of motion. Breathwork and mindful awareness are woven into the practice. Please bring a mat, 2 yoga blocks and a strap.

Registration is required. Visit www.westlincoln.ca/fitness

Wednesday, April 15, 2026

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

Date and Time: Wednesday, April 15 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

Learn more at www.westlincoln.ca/skating

Gentle Yoga with Melinda

Date and Time: Wednesday, April 15 9:30 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.

Registration required. Visit www.westlincoln.ca/fitness

All Levels Pickleball 18+

Date and Time: Wednesday, April 15 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.

Men's Shinny

Date and Time: Wednesday, April 15 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

Men's Shinny: Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

Advanced Pickleball 18+

Date and Time: Wednesday, April 15 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.

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Beginner Pickleball 18+

Date and Time: Wednesday, April 15 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.

Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, April 15 7:00 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.

Registration is required. Visit www.westlincoln.ca/fitness

Thursday, April 16, 2026

Mom and Baby Fit with Jen

Date and Time: Thursday, April 16 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood, while destressing, 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).

Registration is required. Visit www.westlincoln.ca/fitness

Sit and Strengthen with Kara

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

Address: 177 West St., Smithville

Chair yoga with weights is designed to build and strength and enhance flexibility all from the comfort of our chair. this 45 minute class is a series of gentle and effective yoga postures to target various muscle groups helping you increase overall strength and mobility. we will focus on mindful breathing, stretching and building muscle strength using both resistance bands and light hand-held weights.

Registration is required. Visit www.westlincoln.ca/fitness

All Levels Pickleball 18+

Date and Time: Thursday, April 16 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.

Youth Open Gym (ages 9-12)

Date and Time: Thursday, April 16 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for open gym time for fun with friends. Adults are not permitted to participate, but may stay to watch.

Thursday's youth open gym sessions are **free**, sponsored by the Kiwanis Club of West Lincoln.

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

Youth Open Gym (ages 13-17)

Date and Time: Thursday, April 16 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for open gym time for fun with friends. Adults are not permitted to participate, but may stay to watch.

Thursday's youth open gym sessions are **free**, sponsored by the Kiwanis Club of West Lincoln.

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

Evening Gentle Hatha Yoga with Kara

Date and Time: Thursday, April 16 6:00 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 a mat, two blocks and a strap.

Registration is required. Visit www.westlincoln.ca/fitness

Strengthen and Stretch - Yogalates with Kara

Date and Time: Thursday, April 16 7:15 pm

Address: 177 West St., Smithville

Yogalates is a balanced, full-body workout that combines the core-strengthening, posture-enhancing techniques of Pilates with the flexibility, breathwork, and relaxation elements of yoga. This fusion class is designed to improve strength, stability, mobility, and mental clarity - all in one session. Expect a flow that begins with gentle stretching and breath awareness, moves into controlled Pilates exercises targeting the core, back, glutes, and finishes with yoga-inspired stretches and calming poses to release tension and quiet the mind.

Registration is required. Visit www.westlincoln.ca/fitness

Friday, April 17, 2026

Gentle Yoga with Melinda

Date and Time: Friday, April 17 9:15 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.

Registration required. Visit www.westlincoln.ca/fitness

Beginner Pickleball 18+

Date and Time: Friday, April 17 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.

Older Adult Social 55+ (free)

Date and Time: Friday, April 17 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in at the West Lincoln Community Centre 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.

Ukulele Jam Session 55+ (free)

Date and Time: Friday, April 17 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in at the West Lincoln Community Centre for a non-instructional ukulele jam session. Bring your own ukulele and jam out with your friends. 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.

Advanced Pickleball 18+

Date and Time: Friday, April 17 2:00 pm - 4:00 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.

Youth Floor Hockey, Soccer and Dodgeball

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

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for Supervised youth floor hockey, soccer and dodgeball for kids and teens, facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch. School Age is open to kids and teens from 4 to 17 years old.

Details are subject to change. Visit the [Drop-in Program](#) page for more information.

Adult Volleyball (18+)

Date and Time: Friday, April 17 7:00 pm - 9:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured drop-in volleyball for adults of all skill levels that will be facilitated by Recreation Staff. Play must be inclusive and respectful.

Details are subject to change. Visit the [Drop-in Program](#) page for more information.

Saturday, April 18, 2026

All Levels Pickleball 18+

Date and Time: Saturday, April 18 9:00 am - 11:00 am

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.

Family Open Gym

Date and Time: Saturday, April 18 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for 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.

Monday, April 20, 2026

All Levels Pickleball 18+

Date and Time: Monday, April 20 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.

Gentle Yoga with Melinda

Date and Time: Monday, April 20 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.

Registration required. Visit www.westlincoln.ca/fitness

Advanced Pickleball 18+

Date and Time: Monday, April 20 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.

Beginner Pickleball 18+

Date and Time: Monday, April 20 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.

Tuesday, April 21, 2026

Chair Yoga with Melinda

Date and Time: Tuesday, April 21 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

g mobility, strength and stretching the body and relaxing the mind. Bring one yoga block.

Registration is required. Visit www.westlincoln.ca/fitness

Tai Chi and Qigong

Date and Time: Tuesday, April 21 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit www.westlincoln.ca/fitness.

Youth Basketball (school ages)

Date and Time: Tuesday, April 21 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for supervised basketball and gym fun for kids and teens, facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch. School Age is open to kids and teens from 4 to 17 years old.

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

Hatha Yoga for Tight Hips with Kara

Date and Time: Tuesday, April 21 6:00 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 a mat, two blocks and a yoga strap.

Registration is required. Visit www.westlincoln.ca/fitness

All Levels Pickleball 18+

Date and Time: Tuesday, April 21 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.

Yoga for Golfers with Kara

Date and Time: Tuesday, April 21 7:15 pm

Address: 177 West St., Smithville

Get ready before you hit the links! Designed specifically for golfers of all levels, this Hatha focused practice supports a stronger, more balanced, and more efficient swing. Yoga for Golfers blends mobility, stability, and mindful

movement to improve rotation through the spine, increase hip flexibility, strengthen the core, and enhance shoulder range of motion. Breathwork and mindful awareness are woven into the practice. Please bring a mat, 2 yoga blocks and a strap.

Registration is required. Visit www.westlincoln.ca/fitness

Wednesday, April 22, 2026

Gentle Yoga with Melinda

Date and Time: Wednesday, April 22 9:30 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.

Registration required. Visit www.westlincoln.ca/fitness

All Levels Pickleball 18+

Date and Time: Wednesday, April 22 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.

Advanced Pickleball 18+

Date and Time: Wednesday, April 22 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.

Beginner Pickleball 18+

Date and Time: Wednesday, April 22 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.

Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, April 22 7:00 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.

Registration is required. Visit www.westlincoln.ca/fitness

Thursday, April 23, 2026

Mom and Baby Fit with Jen

Date and Time: Thursday, April 23 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood, while destressing, 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).

Registration is required. Visit www.westlincoln.ca/fitness

Tai Chi and Qigong

Date and Time: Thursday, April 23 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit www.westlincoln.ca/fitness.

Sit and Strengthen with Kara

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

Address: 177 West St., Smithville

Chair yoga with weights is designed to build and strength and enhance flexibility all from the comfort of our chair. this 45 minute class is a series of gentle and effective yoga postures to target various muscle groups helping you increase overall strength and mobility. we will focus on mindful breathing, stretching and building muscle strength using both resistance bands and light hand-held weights.

Registration is required. Visit www.westlincoln.ca/fitness

All Levels Pickleball 18+

Date and Time: Thursday, April 23 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.

Youth Open Gym (ages 9-12)

Date and Time: Thursday, April 23 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for open gym time for fun with friends. Adults are not permitted to participate, but may stay to watch.

Thursday's youth open gym sessions are **free**, sponsored by the Kiwanis Club of West Lincoln.

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

Youth Open Gym (ages 13-17)

Date and Time: Thursday, April 23 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for open gym time for fun with friends. Adults are not permitted to participate, but may stay to watch.

Thursday's youth open gym sessions are **free**, sponsored by the Kiwanis Club of West Lincoln.

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

Evening Gentle Hatha Yoga with Kara

Date and Time: Thursday, April 23 6:00 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 a mat, two blocks and a strap.

Registration is required. Visit www.westlincoln.ca/fitness

Strengthen and Stretch - Yogalates with Kara

Date and Time: Thursday, April 23 7:15 pm

Address: 177 West St., Smithville

Yogalates is a balanced, full-body workout that combines the core-strengthening, posture-enhancing techniques of Pilates with the flexibility, breathwork, and relaxation elements of yoga. This fusion class is designed to improve strength, stability, mobility, and mental clarity - all in one session. Expect a flow that begins with gentle stretching and breath awareness, moves into controlled Pilates exercises targeting the core, back, glutes, and finishes with yoga-inspired stretches and calming poses to release tension and quiet the mind.

Registration is required. Visit www.westlincoln.ca/fitness

Friday, April 24, 2026

Gentle Yoga with Melinda

Date and Time: Friday, April 24 9:15 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.

Registration required. Visit www.westlincoln.ca/fitness

Beginner Pickleball 18+

Date and Time: Friday, April 24 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.

Older Adult Social 55+ (free)

Date and Time: Friday, April 24 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in at the West Lincoln Community Centre 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.

Ukulele Jam Session 55+ (free)

Date and Time: Friday, April 24 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in at the West Lincoln Community Centre for a non-instructional ukulele jam session. Bring your own ukulele and jam out with your friends. 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.

Advanced Pickleball 18+

Date and Time: Friday, April 24 2:00 pm - 4:00 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.

Youth Floor Hockey, Soccer and Dodgeball

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

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for Supervised youth floor hockey, soccer and dodgeball for kids and teens, facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch. School Age is open to kids and teens from 4 to 17 years old.

Details are subject to change. Visit the [Drop-in Program](#) page for more information.

Adult Volleyball (18+)

Date and Time: Friday, April 24 7:00 pm - 9:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured drop-in volleyball for adults of all skill levels that will be facilitated by Recreation Staff. Play must be inclusive and respectful.

Details are subject to change. Visit the [Drop-in Program](#) page for more information.

Saturday, April 25, 2026

All Levels Pickleball 18+

Date and Time: Saturday, April 25 9:00 am - 11:00 am

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.

Family Open Gym

Date and Time: Saturday, April 25 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for 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 everyo

ne.

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

Monday, April 27, 2026

All Levels Pickleball 18+

Date and Time: Monday, April 27 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.

Gentle Yoga with Melinda

Date and Time: Monday, April 27 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.

Registration required. Visit www.westlincoln.ca/fitness

Advanced Pickleball 18+

Date and Time: Monday, April 27 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.

Beginner Pickleball 18+

Date and Time: Monday, April 27 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.

Tuesday, April 28, 2026

Chair Yoga with Melinda

Date and Time: Tuesday, April 28 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.

Registration is required. Visit www.westlincoln.ca/fitness

Tai Chi and Qigong

Date and Time: Tuesday, April 28 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit www.westlincoln.ca/fitness.

Youth Basketball (school ages)

Date and Time: Tuesday, April 28 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for supervised basketball and gym fun for kids and teens, facilitated by Recreation Staff. Adults are not permitted to participate, but may stay to watch. School Age is open to kids and teens from 4 to 17 years old.

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

Hatha Yoga for Tight Hips with Kara

Date and Time: Tuesday, April 28 6:00 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 a mat, two blocks and a yoga strap.

Registration is required. Visit www.westlincoln.ca/fitness

All Levels Pickleball 18+

Date and Time: Tuesday, April 28 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.

Yoga for Golfers with Kara

Date and Time: Tuesday, April 28 7:15 pm

Address: 177 West St., Smithville

Get ready before you hit the links! Designed specifically for golfers of all levels, this Hatha focused practice supports a stronger, more balanced, and more efficient swing. Yoga for Golfers blends mobility, stability, and mindful movement to improve rotation through the spine, increase hip flexibility, strengthen the core, and enhance shoulder range of motion. Breathwork and mindful awareness are woven into the practice. Please bring a mat, 2 yoga blocks and a strap.

Registration is required. Visit www.westlincoln.ca/fitness

Wednesday, April 29, 2026

Gentle Yoga with Melinda

Date and Time: Wednesday, April 29 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.

Registration required. Visit www.westlincoln.ca/fitness

All Levels Pickleball 18+

Date and Time: Wednesday, April 29 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.

Advanced Pickleball 18+

Date and Time: Wednesday, April 29 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.

Beginner Pickleball 18+

Date and Time: Wednesday, April 29 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.

Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, April 29 7:00 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.

Registration is required. Visit www.westlincoln.ca/fitness

Thursday, April 30, 2026

Mom and Baby Fit with Jen

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

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood, while destressing, 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).

Registration is required. Visit www.westlincoln.ca/fitness

Tai Chi and Qigong

Date and Time: Thursday, April 30 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit www.westlincoln.ca/fitness.

Sit and Strengthen with Kara

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

Address: 177 West St., Smithville

Chair yoga with weights is designed to build and strength and enhance flexibility all from the comfort of our chair. this 45 minute class is a series of gentle and effective yoga postures to target various muscle groups helping you increase overall strength and mobility. we will focus on mindful breathing, stretching and building muscle strength using both resistance bands and light hand-held weights.

Registration is required. Visit www.westlincoln.ca/fitness

All Levels Pickleball 18+

Date and Time: Thursday, April 30 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.

Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for open gym time for fun with friends. Adults are not permitted to participate, but may stay to watch.

Thursday's youth open gym sessions are **free**, sponsored by the Kiwanis Club of West Lincoln.

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

Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for open gym time for fun with friends. Adults are not permitted to participate, but may stay to watch.

Thursday's youth open gym sessions are **free**, sponsored by the Kiwanis Club of West Lincoln.

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

Evening Gentle Hatha Yoga with Kara

Date and Time: Thursday, April 30 6:00 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 a mat, two blocks and a strap.

Registration is required. Visit www.westlincoln.ca/fitness

Strengthen and Stretch - Yogalates with Kara

Date and Time: Thursday, April 30 7:15 pm

Address: 177 West St., Smithville

Yogalates is a balanced, full-body workout that combines the core-strengthening, posture-enhancing techniques of Pilates with the flexibility, breathwork, and relaxation elements of yoga. This fusion class is designed to imp

rove

strength, stability, mobility, and mental clarity - all in one session. Expect a flow that begins with gentle stretching and breath awareness, moves into controlled Pilates exercises targeting the core, back, glutes, and finishes with

yoga-inspired stretches and calming poses to release tension and quiet the mind.

Registration is required. Visit www.westlincoln.ca/fitness

<https://events.westlincoln.ca>