

Tuesday, May 19, 2026

Chair Yoga with Melinda

Date and Time: Tuesday, May 19 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, May 19 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, May 19 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, May 19 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, May 19 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, May 19 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, May 20, 2026

All Levels Pickleball 18+

Date and Time: Wednesday, May 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: Wednesday, May 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: Wednesday, May 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: Wednesday, May 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.

Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, May 20 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, May 21, 2026

Mom and Baby Fit with Jen

Date and Time: Thursday, May 21 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, May 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.

Sit and Strengthen with Kara

Date and Time: Thursday, May 21 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, May 21 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, May 21 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, May 21 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, May 21 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, May 21 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

Friday, May 22, 2026

Gentle Yoga with Melinda

Date and Time: Friday, May 22 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, May 22 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, May 22 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, May 22 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, May 22 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, May 22 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, May 22 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, May 23, 2026

All Levels Pickleball 18+

Date and Time: Saturday, May 23 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, May 23 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.

<https://events.westlincoln.ca>