

Thursday, May 1, 2025

Tai Chi and Qigong

Date and Time: Thursday, May 1 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, May 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.

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, May 1 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, May 1 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, May 1 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.

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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

Evening Gentle Hatha Yoga with Kara

Date and Time: Thursday, May 1 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.

Friday, May 2, 2025

Beginner Pickleball 18+

Date and Time: Friday, May 2 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, May 2 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, May 2 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, May 2 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
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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, May 2 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, May 2 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
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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, May 2 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
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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, May 2 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, May 3, 2025

Family Open Gym

Date and Time: Saturday, May 3 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, May 3 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, May 5, 2025

Gentle Yoga with Melinda

Date and Time: Monday, May 5 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, May 5 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, May 5 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, May 5 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, May 5 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, May 6, 2025

Chair Yoga with Melinda

Date and Time: Tuesday, May 6 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, May 6 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.

Youth Open Gym (ages 9-12)

Date and Time: Tuesday, May 6 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
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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, May 6 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)
Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

\$134

Hatha Yoga for Tight Hips with Melinda

Date and Time: Tuesday, May 6 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, May 6 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.

Youth Open Gym (ages 13-17)

Date and Time: Tuesday, May 6 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
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Family	\$16	Discount Card (10 visits)	\$134
Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit			

Beginner Bounce Class with Stacey

Date and Time: Tuesday, May 6 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.

Wednesday, May 7, 2025

Gentle Yoga with Melinda

Date and Time: Wednesday, May 7 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, May 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
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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, May 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

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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, May 7 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, May 7 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, May 8, 2025

Tai Chi and Qigong

Date and Time: Thursday, May 8 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
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- Tuesdays and Thursdays at 9:50 a.m.
- April 22 and 24 to June 24 and 26

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Family Open Gym

Date and Time: Thursday, May 8 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.

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Date and Time: Thursday, May 8 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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Drop-in Fees

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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, May 8 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, May 8 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.

Friday, May 9, 2025

Free Older Adult Social 55+

Date and Time: Friday, May 9 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.

Beginner Pickleball 18+

Date and Time: Friday, May 9 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 Ukulele Jam Session 55+

Date and Time: Friday, May 9 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.

Niagara Community Foundation Flag Raising

Date and Time: Friday, May 9 11:15 am

Address: 177 West St., Smithville

The Township of West Lincoln will be joined by representative(s) from Niagara Community Foundation (NCF) on May 9 for a flag raising ceremony in recognition of Leave a Legacy Month, a national awareness campaign highlighting the importance and impact of charitable gifts in wills. Members of the public are welcome to join us!

West Lincoln Community Centre

177 West St., Smithville

Friday, May 9, 2025, at 11:15 a.m.

Pickleball 18+

Date and Time: Friday, May 9 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, May 9 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, May 9 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, May 9 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, May 9 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, May 10, 2025

Family Open Gym

Date and Time: Saturday, May 10 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, May 10 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, May 12, 2025

Gentle Yoga with Melinda

Date and Time: Monday, May 12 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, May 12 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, May 12 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, May 12 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

m 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, May 12 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, May 13, 2025

NRPS 5th Annual Spring Forward Food Drive

Date and Time: Tuesday, May 13 9:00 am - 3:00 pm

Address: Smithville Foodland 239 St. Catharine Street.

As part of **Police Week 2025 – "Protecting Ontario"**, the Niagara Regional Police Service (NRPS) is proud to announce the launch of its **5th Annual Spring Forward Food Drive**.

Led by members of the **Community Oriented Response and Engagement Unit (CORE)**, the Spring Forward Food Drive has, over the past four years, collected more than **67,000 pounds of food** and **\$42,000** in cash and gift card donations from generous members of the public and local businesses.

Tuesday May 13, 2025, 9 a.m. to 3 p.m. at Smithville Foodland, 239 St. Catharine Street, in support of West Lincoln Community Care

Chair Yoga with Melinda

Date and Time: Tuesday, May 13 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, May 13 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 w

e 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.

Youth Open Gym (ages 9-12)

Date and Time: Tuesday, May 13 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, May 13 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, May 13 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, May 13 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.

Youth Open Gym (ages 13-17)

Date and Time: Tuesday, May 13 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
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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

Beginner Bounce Class with Stacey

Date and Time: Tuesday, May 13 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.

Wednesday, May 14, 2025

Gentle Yoga with Melinda

Date and Time: Wednesday, May 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.

- \$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, May 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.

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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

Advanced Pickleball 18+

Date and Time: Wednesday, May 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 Hatha Yoga with Megan

Date and Time: Wednesday, May 14 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, May 14 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, May 15, 2025

Tai Chi and Qigong

Date and Time: Thursday, May 15 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.

Pickleball 18+

Date and Time: Thursday, May 15 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, May 15 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, May 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.

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, May 15 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, May 15 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.

Friday, May 16, 2025

Beginner Pickleball 18+

Date and Time: Friday, May 16 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, May 16 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, May 16 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, May 16 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.

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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

Youth Open Gym (ages 9-12)

Date and Time: Friday, May 16 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, May 16 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, May 16 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, May 17, 2025

Family Open Gym

Date and Time: Saturday, May 17 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, May 17 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, May 20, 2025

Chair Yoga with Melinda

Date and Time: Tuesday, May 20 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, May 20 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.

Youth Open Gym (ages 9-12)

Date and Time: Tuesday, May 20 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, May 20 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, May 20 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, May 20 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.

Youth Open Gym (ages 13-17)

Date and Time: Tuesday, May 20 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

Beginner Bounce Class with Stacey

Date and Time: Tuesday, May 20 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.

Wednesday, May 21, 2025

Gentle Yoga with Melinda

Date and Time: Wednesday, May 21 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, May 21 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, May 21 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, May 21 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, May 21 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, May 22, 2025

Tai Chi and Qigong

Date and Time: Thursday, May 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.

Pickleball 18+

Date and Time: Thursday, May 22 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, May 22 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, May 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.

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, May 22 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, May 22 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.

Friday, May 23, 2025

Free Older Adult Social 55+

Date and Time: Friday, May 23 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.

Beginner Pickleball 18+

Date and Time: Friday, May 23 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 Ukulele Jam Session 55+

Date and Time: Friday, May 23 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, May 23 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, May 23 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, May 23 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, May 23 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, May 24, 2025

Family Open Gym

Date and Time: Saturday, May 24 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, May 24 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, May 26, 2025

Gentle Yoga with Melinda

Date and Time: Monday, May 26 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, May 26 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, May 26 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, May 26 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			

Tuesday, May 27, 2025

Chair Yoga with Melinda

Date and Time: Tuesday, May 27 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, May 27 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.

Youth Open Gym (ages 9-12)

Date and Time: Tuesday, May 27 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, May 27 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, May 27 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, May 27 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.

Youth Open Gym (ages 13-17)

Date and Time: Tuesday, May 27 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

Beginner Bounce Class with Stacey

Date and Time: Tuesday, May 27 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.

Wednesday, May 28, 2025

Gentle Yoga with Melinda

Date and Time: Wednesday, May 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.

- \$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, May 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: Wednesday, May 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 Hatha Yoga with Megan

Date and Time: Wednesday, May 28 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, May 28 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, May 29, 2025

Tai Chi and Qigong

Date and Time: Thursday, May 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 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.

Pickleball 18+

Date and Time: Thursday, May 29 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, May 29 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, May 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.

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, May 29 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, May 29 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.

Friday, May 30, 2025

Beginner Pickleball 18+

Date and Time: Friday, May 30 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, May 30 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, May 30 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, May 30 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, May 30 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, May 30 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, May 30 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, May 31, 2025

Family Open Gym

Date and Time: Saturday, May 31 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, May 31 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

<https://events.westlincoln.ca>