# Monday, June 2, 2025

## Pickleball 18+

Date and Time: Monday, June 2 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

## Gentle Yoga with Melinda

Date and Time: Monday, June 2 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.

## Pride Flag Raising

Date and Time: Monday, June 2 11:30 am

Address: 177 West St., Smithville

The Township of West Lincoln will be joined by representative(s) from Pride Niagara on June 2, for a flag raising ceremony in recognition of Pride Month and in support of Niagara's 2SLGBTQ+ communities.

Members of the public are welcome to join us!

- West Lincoln Community Centre
- 177 West St., Smithville
- Monday, June 2, 2025, at 11:30 a.m.

## Advanced Pickleball 18+

Date and Time: Monday, June 2 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

## Beginner Pickleball 18+

Date and Time: Monday, June 2 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, June 3, 2025

## Chair Yoga with Melinda

Date and Time: Tuesday, June 3 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 limite d mobility or an injury. You will move through a series of yoga postures from a seated position while increasin g 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, June 3 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, June 3 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 3 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, June 3 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, June 3 7:45 pm

Address: 177 West St., Smithville

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

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

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

### Beginner Bounce Class with Stacey

Date and Time: Tuesday, June 3 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 o f control while wearing bounce boots. It is a 45-minute cardio workout that will have you sweating while havin g fun! Please register by shoe size.

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

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

### Youth Open Gym (ages 13-17)

Date and Time: Tuesday, June 3 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 ma y stay to watch.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

Drop-in Fees

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

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

## Wednesday, June 4, 2025

### Gentle Yoga with Melinda

Date and Time: Wednesday, June 4 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 suitabl e 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, June 4 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 inf ormation.

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, June 4 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 progra 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 inf ormation.

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, June 4 6:30 pm

Address: 177 West St., Smithville

Welcome to Hatha Yoga! This class is designed an 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, June 4 7:45 pm

Address: 177 West St., Smithville

“I’m not flexible enough for yoga!” ... This class is for you! This fun and non-traditional yoga class is aimed at helping men stretch out tight, rigid bodies while increasing strength, balance and flexibility. Using yoga as our g uide, we will utilize a wide variety of postures aimed at relieving stress and bringing ease back into the body. T his 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, June 5, 2025

### Tai Chi and Qigong

Date and Time: Thursday, June 5 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.

## Pickleball 18+

Date and Time: Thursday, June 5 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

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| 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, June 5 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, June 5 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 ma y 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 inf ormation.

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, June 5 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 ma y 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 inf ormation.

Drop-in Fees

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| 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, June 5 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 awa reness, and alignment. It combines gentle stretching, basic postures, and relaxation techniques to improve flexib ility, 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 betw een 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, June 6, 2025

## Beginner Pickleball 18+

Date and Time: Friday, June 6 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 progra 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 inf ormation.

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, June 6 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. Attendee s 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 inf ormation.

## Free Ukulele Jam Session 55+

Date and Time: Friday, June 6 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.

## Free Seniors' Seminar

Date and Time: Friday, June 6 1:00 pm - 3:00 pm

Address: 177 West Street, Smithville

West Lincoln's Age Friendly Advisory Committee is hosting a free seminar on June 6, from 1 to 3 p.m. in the community room on the second floor of the West Lincoln Community Centre, at 177 West St., in Smithville.

Members of the McMaster University research team will share the findings of the "Roads Less Travelled" study, which explores how rural residents cope with the lack of public transportation.

Cheryle Laba, a Team Lead from Happy in my Home (Community Support Services Niagara) will speak about available programs for seniors.

Time will be allotted after each speaker for attendees to ask questions. Coffee, tea and light refreshments will be provided.

Event details are subject to change without notice. Visit the Age Friendly page for the most up-to-date information.

## Pickleball 18+

Date and Time: Friday, June 6 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, June 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 ma y stay to watch.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 6 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 ma y stay to watch.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 6 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, June 7, 2025

## Family Open Gym

Date and Time: Saturday, June 7 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, June 7 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, June 9, 2025

## Gentle Yoga with Melinda

Date and Time: Monday, June 9 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 suitabl e 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, June 9 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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

## Flag Raising - Seniors Month

Date and Time: Monday, June 9 11:00 am - 11:30 am

Address: 177 West St., Smithville

West Lincoln's Age Friendly Advisory Committee will hold a flag raising ceremony in honour of Seniors Month. The Township is proud to recognize the contributions older adults continue to make in our community. Members of the public are welcome to join us!

West Lincoln Community Centre
177 West St., Smithville
Monday, June 9, 2025, at 11 a.m.

## Advanced Pickleball 18+

Date and Time: Monday, June 9 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

## Beginner Pickleball 18+

Date and Time: Monday, June 9 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 |
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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

# Tuesday, June 10, 2025

## Chair Yoga with Melinda

Date and Time: Tuesday, June 10 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 limite d mobility or an injury. You will move through a series of yoga postures from a seated position while increasin g 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, June 10 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, June 10 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 10 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 10 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 a nd 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, a nd 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, June 10 7:45 pm

Address: 177 West St., Smithville

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

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

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

### Beginner Bounce Class with Stacey

Date and Time: Tuesday, June 10 8:00 pm

Address: 177 West St., Smithville

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

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

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

### Youth Open Gym (ages 13-17)

Date and Time: Tuesday, June 10 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

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

## Wednesday, June 11, 2025

## Gentle Yoga with Melinda

Date and Time: Wednesday, June 11 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 suitabl e 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, June 11 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 inf ormation.

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, June 11 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 progra 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 inf ormation.

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, June 11 6:30 pm

Address: 177 West St., Smithville

Welcome to Hatha Yoga! This class is designed an 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, June 11 7:45 pm

Address: 177 West St., Smithville

"I'm not flexible enough for yoga!" ... This class is for you! This fun and non-traditional yoga class is aimed at helping men stretch out tight, rigid bodies while increasing strength, balance and flexibility. Using yoga as our g uide, we will utilize a wide variety of postures aimed at relieving stress and bringing ease back into the body. T his 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, June 12, 2025

### Tai Chi and Qigong

Date and Time: Thursday, June 12 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.

## Pickleball 18+

Date and Time: Thursday, June 12 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 inf ormation.

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, June 12 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/guardia n (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored t o provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 12 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 ma y 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 inf ormation.

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, June 12 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 ma y 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 inf ormation.

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, June 12 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 awa reness, and alignment. It combines gentle stretching, basic postures, and relaxation techniques to improve flexib ility, 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 betw een 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, June 13, 2025

### Beginner Pickleball 18+

Date and Time: Friday, June 13 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Beginner Pickleball! Please attend this progra 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 inf ormation.

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, June 13 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. Attendee s 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 inf ormation.

## Free Ukulele Jam Session 55+

Date and Time: Friday, June 13 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 inf ormation.

## Pickleball 18+

Date and Time: Friday, June 13 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 inf ormation.

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, June 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 ma y stay to watch.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 13 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 ma y stay to watch.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 13 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/guardia n (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored t o provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 14, 2025

## Smithville - West Lincoln Town-wide Garage Sale

Date and Time: Saturday, June 14 8:00 am - 2:00 pm

Address: Smithville

The Township is delighted to promote the 2nd Annual Smithville - West Lincoln Town-wide Garage Sale.

**Date**: Saturday, June 14, 2025

**Time**: 8 a.m. until 2 p.m.

**Location**: Smithville

**Organizers**: This event is run entirely by West Lincoln residents Adrienne, Kim, Lauri and Taylor. More than 130 houses participated in their inaugural event in 2024!

**Contact**: Find event details on the official Facebook Page or join the official Facebook Group to follow discussions. Organizers can also be contacted by email at smithvillegaragesale@gmail.com.

## Family Open Gym

Date and Time: Saturday, June 14 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, June 14 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, June 16, 2025

## Gentle Yoga with Melinda

Date and Time: Monday, June 16 10:00 am

Address: 177 West St., Smithville

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

- $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, June 16 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

### Advanced Pickleball 18+

Date and Time: Monday, June 16 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

### Beginner Pickleball 18+

Date and Time: Monday, June 16 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, June 17, 2025

### Chair Yoga with Melinda

Date and Time: Tuesday, June 17 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, June 17 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, June 17 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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, June 17 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, June 17 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, June 17 7:45 pm

Address: 177 West St., Smithville

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

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

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

### Beginner Bounce Class with Stacey

Date and Time: Tuesday, June 17 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 o f control while wearing bounce boots. It is a 45-minute cardio workout that will have you sweating while havin g fun! Please register by shoe size.

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

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

### Youth Open Gym (ages 13-17)

Date and Time: Tuesday, June 17 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 ma y stay to watch.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

Drop-in Fees

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

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

## Wednesday, June 18, 2025

### Gentle Yoga with Melinda

Date and Time: Wednesday, June 18 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 suitabl e 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, June 18 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 inf ormation.

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, June 18 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 progra 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 inf ormation.

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, June 18 6:30 pm

Address: 177 West St., Smithville

Welcome to Hatha Yoga! This class is designed an 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, June 18 7:45 pm

Address: 177 West St., Smithville

“I’m not flexible enough for yoga!” ... This class is for you! This fun and non-traditional yoga class is aimed at helping men stretch out tight, rigid bodies while increasing strength, balance and flexibility. Using yoga as our g uide, we will utilize a wide variety of postures aimed at relieving stress and bringing ease back into the body. T his 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, June 19, 2025

### Tai Chi and Qigong

Date and Time: Thursday, June 19 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.

## Pickleball 18+

Date and Time: Thursday, June 19 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 inf ormation.

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, June 19 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/guardia n (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored t o provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 19 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 ma y 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 inf ormation.

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, June 19 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 ma y 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 inf ormation.

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, June 19 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 awa

reness, 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, June 20, 2025

## Beginner Pickleball 18+

Date and Time: Friday, June 20 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, June 20 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, June 20 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, June 20 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, June 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

## Youth Open Gym (ages 13-17)

Date and Time: Friday, June 20 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 ma y stay to watch.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 20 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/guardia n (18+) who remains in the gym to participate with their children. Activities and equipment will be monitored t o provide a safe environment. Drop-In Fees apply to everyone.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 21, 2025

### Family Open Gym

Date and Time: Saturday, June 21 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, June 21 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, June 23, 2025

### Pickleball 18+

Date and Time: Monday, June 23 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

## Advanced Pickleball 18+

Date and Time: Monday, June 23 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Advanced Pickleball! Please attend this progra 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 inf ormation.

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, June 23 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 progra 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 inf ormation.

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, June 24, 2025

## Tai Chi and Qigong

Date and Time: Tuesday, June 24 9:50 am

Address: 177 West St., Smithville

This class will begin with warm up exercises, followed by 18 movements of qigong, then the rest of the class 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, June 24 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 24 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 inf ormation.

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: Tuesday, June 24 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 ma y stay to watch.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

Drop-in Fees

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

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

## Wednesday, June 25, 2025

### Pickleball 18+

Date and Time: Wednesday, June 25 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 inf ormation.

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, June 25 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

## Thursday, June 26, 2025

### Tai Chi and Qigong

Date and Time: Thursday, June 26 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, June 26 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, June 26 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, June 26 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 inf

ormation.

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, June 26 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 ma y 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 inf ormation.

Drop-in Fees

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

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

## Friday, June 27, 2025

### Beginner Pickleball 18+

Date and Time: Friday, June 27 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 progra 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 inf ormation.

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, June 27 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, June 27 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, June 27 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, June 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 ma y stay to watch.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 27 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 ma y stay to watch.

Details are subject to change without notice. Please visit our Drop-in Program Page for the most up-to-date inf ormation.

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, June 27 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, June 28, 2025

## Family Open Gym

Date and Time: Saturday, June 28 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, June 28 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, June 30, 2025

## Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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