

## Monday, June 1, 2026

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### Gentle Yoga with Melinda

Date and Time: Monday, June 1 10:00 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

### All Levels Pickleball 18+

Date and Time: Monday, June 1 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.

### Pride Niagara Flag Raising

Date and Time: Monday, June 1 11:30 am

Address: 177 West Street, Smithville

The Township of West Lincoln will be joined by representatives from Pride Niagara on June 1, 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 1, 2026, at 11:30 a.m.

### Advanced Pickleball 18+

Date and Time: Monday, June 1 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 information.

## **Beginner Pickleball 18+**

Date and Time: Monday, June 1 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

## **Tuesday, June 2, 2026**

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### **Chair Yoga with Melinda**

Date and Time: Tuesday, June 2 9:30 am

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

### **Tai Chi and Qigong**

Date and Time: Tuesday, June 2 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness).

### **Youth Basketball (school ages)**

Date and Time: Tuesday, June 2 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

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

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

## **Hatha Yoga for Tight Hips with Kara**

Date and Time: Tuesday, June 2 6:00 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## **All Levels Pickleball 18+**

Date and Time: Tuesday, June 2 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

## **Yoga for Golfers with Kara**

Date and Time: Tuesday, June 2 7:15 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

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## **Wednesday, June 3, 2026**

## **Gentle Yoga with Melinda**

Date and Time: Wednesday, June 3 10:00 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## **All Levels Pickleball 18+**

Date and Time: Wednesday, June 3 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## **Advanced Pickleball 18+**

Date and Time: Wednesday, June 3 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## **Beginner Pickleball 18+**

Date and Time: Wednesday, June 3 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

## **Man Stretch - Yoga for Men with Megan**

Date and Time: Wednesday, June 3 7:00 pm

Address: 177 West St., Smithville

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

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## **Thursday, June 4, 2026**

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### **Mom and Baby Fit with Jen**

Date and Time: Thursday, June 4 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood, while destressing, regaining energy (yes energy!) and confidence. Each class is unique and uses a variety of props to reach

every muscle group. Classes are taught by a certified instructor. All fitness levels and ages welcome. Bond with your baby, while doing something for yourself. Bring the older children too and be their example for an active lifestyle. Or

simply come by yourself for a more focused session! Please bring a mat and a baby carrier (if desired).

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

### **Tai Chi and Qigong**

Date and Time: Thursday, June 4 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness).

### **Sit and Strengthen with Kara**

Date and Time: Thursday, June 4 10:00 am

Address: 177 West St., Smithville

Chair yoga with weights is designed to build and strength and enhance flexibility all from the comfort of our chair. this 45 minute class is a series of gentle and effective yoga postures to target various muscle groups helping you increase

overall strength and mobility. we will focus on mindful breathing, stretching and building muscle strength using both resistance bands and light hand-held weights.

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## All Levels Pickleball 18+

Date and Time: Thursday, June 4 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, June 4 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

## Evening Gentle Hatha Yoga with Kara

Date and Time: Thursday, June 4 6:00 pm

Address: 177 West St., Smithville

Gentle Hatha yoga is a slow-paced and accessible form of yoga that emphasizes mindful movement, breath awareness, and alignment. It combines gentle stretching, basic postures, and relaxation techniques to improve flexibility, strength, and overall well-being. It is ideal for beginners or those seeking a more relaxed approach to

yoga. Gentle Hatha Yoga promotes stress reduction, enhances mindfulness, and encourages a deeper connection between the body and mind. Please bring a mat, two blocks and a strap.

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## **Strengthen and Stretch - Yogalates with Kara**

Date and Time: Thursday, June 4 7:15 pm

Address: 177 West St., Smithville

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

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

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## **Friday, June 5, 2026**

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### **Gentle Yoga with Melinda**

Date and Time: Friday, June 5 9:15 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

### **Beginner Pickleball 18+**

Date and Time: Friday, June 5 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### **Older Adult Social 55+ (free)**

Date and Time: Friday, June 5 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in at the West Lincoln Community Centre for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

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

## **Ukulele Jam Session 55+ (free)**

Date and Time: Friday, June 5 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## **Advanced Pickleball 18+**

Date and Time: Friday, June 5 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

## **Youth Floor Hockey, Soccer and Dodgeball**

Date and Time: Friday, June 5 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

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

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

## **Adult Volleyball (18+)**

Date and Time: Friday, June 5 7:00 pm - 9:00 pm

Address: 177 West Street, Smithville

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

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

## **Saturday, June 6, 2026**

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### **All Levels Pickleball 18+**

Date and Time: Saturday, June 6 9:00 am - 11:00 am

Address: 177 West St., Smithville

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

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

### **Family Open Gym**

Date and Time: Saturday, June 6 11:00 am - 12:30 pm

Address: 177 West St., Smithville

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

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

## **Monday, June 8, 2026**

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### **All Levels Pickleball 18+**

Date and Time: Monday, June 8 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### **Gentle Yoga with Melinda**

Date and Time: Monday, June 8 10:00 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Flag Raising - Seniors Month

Date and Time: Monday, June 8 10:30 am - 11:00 am

Address: 177 West St.

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 8, 2026, at 10:30 a.m.

## Advanced Pickleball 18+

Date and Time: Monday, June 8 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## Beginner Pickleball 18+

Date and Time: Monday, June 8 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.

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## Tuesday, June 9, 2026

## Chair Yoga with Melinda

Date and Time: Tuesday, June 9 9:30 am

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Tai Chi and Qigong

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

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness).

## Youth Basketball (school ages)

Date and Time: Tuesday, June 9 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

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

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

## Hatha Yoga for Tight Hips with Kara

Date and Time: Tuesday, June 9 6:00 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## All Levels Pickleball 18+

Date and Time: Tuesday, June 9 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

## Yoga for Golfers with Kara

Date and Time: Tuesday, June 9 7:15 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Wednesday, June 10, 2026

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### Gentle Yoga with Melinda

Date and Time: Wednesday, June 10 10:00 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## All Levels Pickleball 18+

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

Address: 177 West St., Smithville

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

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

## Advanced Pickleball 18+

Date and Time: Wednesday, June 10 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## Beginner Pickleball 18+

Date and Time: Wednesday, June 10 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

## Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, June 10 7:00 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Thursday, June 11, 2026

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### Mom and Baby Fit with Jen

Date and Time: Thursday, June 11 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood, while destressing, regaining energy (yes energy!) and confidence. Each class is unique and uses a variety of props to reach

every muscle group. Classes are taught by a certified instructor. All fitness levels and ages welcome. Bond with your baby, while doing something for yourself. Bring the older children too and be their example for an active lifestyle. Or

simply come by yourself for a more focused session! Please bring a mat and a baby carrier (if desired).

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Tai Chi and Qigong

Date and Time: Thursday, June 11 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness).

## Sit and Strengthen with Kara

Date and Time: Thursday, June 11 10:00 am

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## All Levels Pickleball 18+

Date and Time: Thursday, June 11 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, June 11 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, June 11 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

## Evening Gentle Hatha Yoga with Kara

Date and Time: Thursday, June 11 6:00 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Strengthen and Stretch - Yogalates with Kara

Date and Time: Thursday, June 11 7:15 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Gentle Yoga with Melinda

Date and Time: Friday, June 12 9:15 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Beginner Pickleball 18+

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

Address: 177 West St., Smithville

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

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

## Older Adult Social 55+ (free)

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

Address: 177 West St., Smithville

Drop in at the West Lincoln Community Centre for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

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

## Ukulele Jam Session 55+ (free)

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

Address: 177 West St., Smithville

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

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

## Advanced Pickleball 18+

Date and Time: Friday, June 12 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

## Youth Floor Hockey, Soccer and Dodgeball

Date and Time: Friday, June 12 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

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

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

## Adult Volleyball (18+)

Date and Time: Friday, June 12 7:00 pm - 9:00 pm

Address: 177 West Street, Smithville

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

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

## Saturday, June 13, 2026

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### 5th Annual Mountainview LemonAID Day for FACS Niagara

Date and Time: Saturday, June 13 7:00 am - 4:00 pm

Address: <https://facsniagarafoundation.org/mountainviewlemonaidday/>

Mountainview LemonAID Day for FACS Niagara is all about kids helping kids!

On Saturday, June 13, 2026, kids, families and businesses from all across Niagara will sell lemonade to send children served by Family and Children's Services Niagara to summer camp.

## 3rd Annual Smithville West Lincoln Town-Wide Garage Sale

Date and Time: Saturday, June 13 8:00 am - 2:00 pm

Address: West Lincoln

The Township is delighted to help promote the 3rd Annual Smithville - West Lincoln Town-wide Garage Sale.

**Date:** Saturday, June 13, 2026

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

**Location:** Smithville (a Google Map will be available)

**Organizers:** This event is run entirely by West Lincoln residents Adrienne, Kim, Lauri and Taylor.

**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](mailto:smithvillegaragesale@gmail.com).

### All Levels Pickleball 18+

Date and Time: Saturday, June 13 9:00 am - 11:00 am

Address: 177 West St., Smithville

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

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

### Family Open Gym

Date and Time: Saturday, June 13 11:00 am - 12:30 pm

Address: 177 West St., Smithville

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

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

## Monday, June 15, 2026

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### All Levels Pickleball 18+

Date and Time: Monday, June 15 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Gentle Yoga with Melinda

Date and Time: Monday, June 15 10:00 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Advanced Pickleball 18+

Date and Time: Monday, June 15 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## Beginner Pickleball 18+

Date and Time: Monday, June 15 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

## Tuesday, June 16, 2026

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### Chair Yoga with Melinda

Date and Time: Tuesday, June 16 9:30 am

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Tai Chi and Qigong

Date and Time: Tuesday, June 16 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness).

## Youth Basketball (school ages)

Date and Time: Tuesday, June 16 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

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

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

## Hatha Yoga for Tight Hips with Kara

Date and Time: Tuesday, June 16 6:00 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## All Levels Pickleball 18+

Date and Time: Tuesday, June 16 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

## Yoga for Golfers with Kara

Date and Time: Tuesday, June 16 7:15 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Wednesday, June 17, 2026

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### Gentle Yoga with Melinda

Date and Time: Wednesday, June 17 10:00 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

### All Levels Pickleball 18+

Date and Time: Wednesday, June 17 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Advanced Pickleball 18+

Date and Time: Wednesday, June 17 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## **Beginner Pickleball 18+**

Date and Time: Wednesday, June 17 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

## **Man Stretch - Yoga for Men with Megan**

Date and Time: Wednesday, June 17 7:00 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## **Thursday, June 18, 2026**

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### **Mom and Baby Fit with Jen**

Date and Time: Thursday, June 18 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood, while destressing, regaining energy (yes energy!) and confidence. Each class is unique and uses a variety of props to reach

every muscle group. Classes are taught by a certified instructor. All fitness levels and ages welcome. Bond with your baby, while doing something for yourself. Bring the older children too and be their example for an active lifestyle. Or

simply come by yourself for a more focused session! Please bring a mat and a baby carrier (if desired).

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Tai Chi and Qigong

Date and Time: Thursday, June 18 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness).

## Sit and Strengthen with Kara

Date and Time: Thursday, June 18 10:00 am

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## All Levels Pickleball 18+

Date and Time: Thursday, June 18 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, June 18 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, June 18 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

## Evening Gentle Hatha Yoga with Kara

Date and Time: Thursday, June 18 6:00 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Strengthen and Stretch - Yogalates with Kara

Date and Time: Thursday, June 18 7:15 pm

Address: 177 West St., Smithville

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

Registration is required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## Friday, June 19, 2026

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### Gentle Yoga with Melinda

Date and Time: Friday, June 19 9:15 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

## **Beginner Pickleball 18+**

Date and Time: Friday, June 19 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## **Older Adult Social 55+ (free)**

Date and Time: Friday, June 19 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in at the West Lincoln Community Centre for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

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

## **Ukulele Jam Session 55+ (free)**

Date and Time: Friday, June 19 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## **Advanced Pickleball 18+**

Date and Time: Friday, June 19 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

## Youth Floor Hockey, Soccer and Dodgeball

Date and Time: Friday, June 19 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

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

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

## Adult Volleyball (18+)

Date and Time: Friday, June 19 7:00 pm - 9:00 pm

Address: 177 West Street, Smithville

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

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

## Saturday, June 20, 2026

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### All Levels Pickleball 18+

Date and Time: Saturday, June 20 9:00 am - 11:00 am

Address: 177 West St., Smithville

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

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

### Family Open Gym

Date and Time: Saturday, June 20 11:00 am - 12:30 pm

Address: 177 West St., Smithville

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

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

## **Monday, June 22, 2026**

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### **All Levels Pickleball 18+**

Date and Time: Monday, June 22 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### **Gentle Yoga with Melinda**

Date and Time: Monday, June 22 10:00 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness)

### **Advanced Pickleball 18+**

Date and Time: Monday, June 22 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### **Beginner Pickleball 18+**

Date and Time: Monday, June 22 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

## Tuesday, June 23, 2026

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### Tai Chi and Qigong

Date and Time: Tuesday, June 23 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness).

### Youth Basketball (school ages)

Date and Time: Tuesday, June 23 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

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

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

### All Levels Pickleball 18+

Date and Time: Tuesday, June 23 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

## Wednesday, June 24, 2026

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## All Levels Pickleball 18+

Date and Time: Wednesday, June 24 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Advanced Pickleball 18+

Date and Time: Wednesday, June 24 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## Beginner Pickleball 18+

Date and Time: Wednesday, June 24 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.

## Thursday, June 25, 2026

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### Tai Chi and Qigong

Date and Time: Thursday, June 25 9:50 am

Address: 177 West St., Smithville

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

Registration required. Visit [www.westlincoln.ca/fitness](http://www.westlincoln.ca/fitness).

## All Levels Pickleball 18+

Date and Time: Thursday, June 25 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, June 25 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, June 25 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

## Friday, June 26, 2026

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### Beginner Pickleball 18+

Date and Time: Friday, June 26 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Older Adult Social 55+ (free)

Date and Time: Friday, June 26 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in at the West Lincoln Community Centre for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

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

## Ukulele Jam Session 55+ (free)

Date and Time: Friday, June 26 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Advanced Pickleball 18+

Date and Time: Friday, June 26 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

## Canadian Blood Services - Blood Donation Clinic

Date and Time: Friday, June 26 2:00 pm - 7:00 pm

Address: 177 West Street, Smithville

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

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

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

## Youth Floor Hockey, Soccer and Dodgeball

Date and Time: Friday, June 26 4:30 pm - 6:30 pm

Address: 177 West Street, Smithville

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

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

## Adult Volleyball (18+)

Date and Time: Friday, June 26 7:00 pm - 9:00 pm

Address: 177 West Street, Smithville

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

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

## Saturday, June 27, 2026

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### All Levels Pickleball 18+

Date and Time: Saturday, June 27 9:00 am - 11:00 am

Address: 177 West St., Smithville

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

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

### Family Open Gym

Date and Time: Saturday, June 27 11:00 am - 12:30 pm

Address: 177 West St., Smithville

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

## Monday, June 29, 2026

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### Parent and Child Multi-Sport (16 mos. to 3 yrs.)

Date and Time: Monday, June 29 5:15 pm - 6:00 pm

Address: 177 West Street, Smithville

This program is held at the West Lincoln Community Centre and facilitated through Sportball Niagara. Children and parents are introduced to 8 different sports through creative storylines, songs, rhymes and much more. The program focuses on exploration and children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

Registration is required. Trial classes are available.

Cost: \$180 per participant for 8 weeks of classes

Visit [Sportball Niagara](#) to learn more and register.

### Multi-Sport Drop-off (4 to 6 yrs)

Date and Time: Monday, June 29 6:00 pm - 7:00 pm

Address: 177 West Street, Smithville

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

Registration is required. Trial classes are available.

Cost: \$180 per participant for 8 weeks of classes

Visit [Sportball Niagara](#) to learn more and register.

### Multi-Sport Drop-off (7 to 10 yrs)

Date and Time: Monday, June 29 7:00 pm - 8:00 pm

Address: 177 West Street, Smithville

This program is held at the West Lincoln Community Centre and facilitated through Sportball Niagara. Children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Our Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base that promotes their independence and

d leaves room for specialization later, look no further.

Registration is required. Trial classes are available.

Cost: \$180 per participant for 8 weeks of classes

Visit [Sportball Niagara](#) to learn more and register.

<https://events.westlincoln.ca>