

## Saturday, August 2, 2025

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### Family Open Gym

Date and Time: Saturday, August 2 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, August 2 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			

## Chair Yoga with Melinda

Date and Time: Tuesday, August 5 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.

- \$80 per participant
- 8-week program
- Tuesdays at 9:30 a.m.
- July 8 to August 26

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

## Pickleball 18+

Date and Time: Tuesday, August 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

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 9-17)

Date and Time: Tuesday, August 5 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-17) (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

## Pickleball 18+

Date and Time: Tuesday, August 5 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 Kara

Date and Time: Tuesday, August 5 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 a mat, two blocks and a yoga strap.

- \$80 per participant
- 8-week program
- Tuesdays at 6:30 p.m.
- July 8 to August 26

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

## Full Body Slow Flow with Kara

Date and Time: Tuesday, August 5 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.

- \$80 per participant
- 8-week program
- Tuesdays at 7:45 p.m.
- July 8 to August 26

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

## Wednesday, August 6, 2025

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### Music, Market and Park It featuring 4 Ounce Pour

Date and Time: Wednesday, August 6 4:30 pm

Address: 177 West St., Smithville

Welcome to Music, Market & Park It, presented by the Township of West Lincoln. This six-week summer event series combines a musical concert, a vendors' market and a car show.

**July 16:** [Fiddlestix](#)

**July 23:** [Otis Wonder & the Hustle](#)

**July 30:** [Luke Allan](#)

**August 6:** [4 Ounce Pour](#)

**August 13:** [Hayley Verrall](#)

**August 20:** [The Hired Hitmen](#)

**Time:** 4:30 p.m. to dusk (concerts begin at 7 p.m. with two 45 minute sets)

**Location:** West Lincoln Community Centre bandshell and parking lot

Find full event details including vendors at [www.westlincoln.ca/musicmarketparkit](http://www.westlincoln.ca/musicmarketparkit)

### Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, August 6 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. T

his class is suitable for all levels and abilities.

- \$80 per participant
- 8-week program
- Wednesdays at 7 p.m.
- July 9 to August 27

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

## Thursday, August 7, 2025

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### Pickleball 18+

Date and Time: Thursday, August 7 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

### Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

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

#### Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

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

## Friday, August 8, 2025

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### Movies in the Park featuring Migration

Date and Time: Friday, August 8 9:00 pm - 11:00 pm

Address: 177 West Street, Smithville

West Lincoln is proud to present Movies in the Park. Bring your lawn chair, blanket and snacks to enjoy a free family friendly movie under the stars at the West Lincoln Community Centre Park. Start time is approximate. All movies will begin at dusk.

July 11: Luca

July 25: The Wild Robot

August 8: Migration

August 15: Despicable Me 4

Movie screenings are facilitated by Moonlight Flicks. In the event of rain, movies may be rescheduled or moved

indoors where possible.

## Saturday, August 9, 2025

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### Family Open Gym

Date and Time: Saturday, August 9 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, August 9 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, August 11, 2025

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# Gentle Yoga with Melinda

Date and Time: Monday, August 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 suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

- \$70 per participant
- 7-week program
- Mondays at 10 a.m.
- July 7 to August 25 (excluding August 4)

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

# Pickleball 18+

Date and Time: Monday, August 11 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

# Tuesday, August 12, 2025

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# Chair Yoga with Melinda

Date and Time: Tuesday, August 12 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.

- \$80 per participant



- 8-week program
- Tuesdays at 9:30 a.m.
- July 8 to August 26

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

## Pickleball 18+

Date and Time: Tuesday, August 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 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 9-17)

Date and Time: Tuesday, August 12 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-17) (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

## Pickleball 18+

Date and Time: Tuesday, August 12 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
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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			

### Hatha Yoga for Tight Hips with Kara

Date and Time: Tuesday, August 12 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 a mat, two blocks and a yoga strap.

- \$80 per participant
- 8-week program
- Tuesdays at 6:30 p.m.
- July 8 to August 26

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

### Full Body Slow Flow with Kara

Date and Time: Tuesday, August 12 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.

- \$80 per participant
- 8-week program
- Tuesdays at 7:45 p.m.
- July 8 to August 26

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

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## Wednesday, August 13, 2025

## Gentle Yoga with Melinda

Date and Time: Wednesday, August 13 9:00 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.

- \$60 per participant
- 6-week program
- Wednesdays at 9 a.m.
- July 16 to August 27 (excluding August 6)

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

## Music, Market and Park It featuring Hayley Verrall

Date and Time: Wednesday, August 13 4:30 pm

Address: 177 West St., Smithville

Welcome to Music, Market & Park It, presented by the Township of West Lincoln. This six-week summer event series combines a musical concert, a vendors' market and a car show.

**July 16:** [Fiddlestix](#)

**July 23:** [Otis Wonder & the Hustle](#)

**July 30:** [Luke Allan](#)

**August 6:** [4 Ounce Pour](#)

**August 13:** [Hayley Verrall](#)

**August 20:** [The Hired Hitmen](#)

**Time:** 4:30 p.m. to dusk (concerts begin at 7 p.m. with two 45 minute sets)

**Location:** West Lincoln Community Centre bandshell and parking lot

Find full event details including vendors at [www.westlincoln.ca/musicmarketparkit](http://www.westlincoln.ca/musicmarketparkit)

## Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, August 13 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 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.

- \$80 per participant
- 8-week program
- Wednesdays at 7 p.m.
- July 9 to August 27

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

## Thursday, August 14, 2025

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### Pickleball 18+

Date and Time: Thursday, August 14 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			

### Youth Open Gym (ages 9-12)

Date and Time: Thursday, August 14 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

#### Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, August 14 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

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

## Friday, August 15, 2025

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### Movies in the Park featuring Despicable Me 4

Date and Time: Friday, August 15 9:00 pm - 11:00 pm

Address: 177 West Street, Smithville

West Lincoln is proud to present Movies in the Park. Bring your lawn chair, blanket and snacks to enjoy a free family friendly movie under the stars at the West Lincoln Community Centre Park. Start time is approximate. All movies will begin at dusk.

July 11: Luca

July 25: The Wild Robot

August 8: Migration

August 15: Despicable Me 4

Movie screenings are facilitated by Moonlight Flicks. In the event of rain, movies may be rescheduled or moved indoors where possible.

## Saturday, August 16, 2025

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### Family Open Gym

Date and Time: Saturday, August 16 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, August 16 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
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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

# Monday, August 18, 2025

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## Gentle Yoga with Melinda

Date and Time: Monday, August 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 suitable to all levels, including beginners. Modifications will be offered as needed. Bring a mat, a strap and blocks.

- \$70 per participant
- 7-week program
- Mondays at 10 a.m.
- July 7 to August 25 (excluding August 4)

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

## Pickleball 18+

Date and Time: Monday, August 18 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

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Family	\$16	Discount Card (10 visits)	\$134
Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit			

# Tuesday, August 19, 2025

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## Chair Yoga with Melinda

Date and Time: Tuesday, August 19 9:30 am

Address: 177 West St., Smithville

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

- \$80 per participant
- 8-week program
- Tuesdays at 9:30 a.m.
- July 8 to August 26

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

## Pickleball 18+

Date and Time: Tuesday, August 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 information.

### Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
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## Youth Open Gym (ages 9-17)

Date and Time: Tuesday, August 19 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-17) (max 25)

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

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

### Drop-in Fees

Adult (18+)	\$6	Discount Card (10 visits)	\$50
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## Pickleball 18+



Date and Time: Tuesday, August 19 6:00 pm - 8:00 pm

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

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#### 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

### Hatha Yoga for Tight Hips with Kara

Date and Time: Tuesday, August 19 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 a mat, two blocks and a yoga strap.

- \$80 per participant
- 8-week program
- Tuesdays at 6:30 p.m.
- July 8 to August 26

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

### Full Body Slow Flow with Kara

Date and Time: Tuesday, August 19 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.

- \$80 per participant
- 8-week program
- Tuesdays at 7:45 p.m.
- July 8 to August 26

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

## Gentle Yoga with Melinda

Date and Time: Wednesday, August 20 9:00 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.

- \$60 per participant
- 6-week program
- Wednesdays at 9 a.m.
- July 16 to August 27 (excluding August 6)

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

## Music, Market and Park It featuring The Hired Hitmen

Date and Time: Wednesday, August 20 4:30 pm

Address: 177 West St., Smithville

Welcome to Music, Market & Park It, presented by the Township of West Lincoln. This six-week summer event series combines a musical concert, a vendors' market and a car show.

**July 16:** [Fiddlestix](#)

**July 23:** [Otis Wonder & the Hustle](#)

**July 30:** [Luke Allan](#)

**August 6:** [4 Ounce Pour](#)

**August 13:** [Hayley Verrall](#)

**August 20:** [The Hired Hitmen](#)

**Time:** 4:30 p.m. to dusk (concerts begin at 7 p.m. with two 45 minute sets)

**Location:** West Lincoln Community Centre bandshell and parking lot

Find full event details including vendors at [www.westlincoln.ca/musicmarketparkit](http://www.westlincoln.ca/musicmarketparkit)

## Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, August 20 7:00 pm

Address: 177 West St., Smithville

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

- \$80 per participant
- 8-week program
- Wednesdays at 7 p.m.
- July 9 to August 27

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

## Thursday, August 21, 2025

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### Pickleball 18+

Date and Time: Thursday, August 21 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

#### 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, August 21 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

## Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, August 21 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

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

## Drop-in Fees

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

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

## Saturday, August 23, 2025

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## Family Open Gym

Date and Time: Saturday, August 23 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, August 23 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, August 25, 2025

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### Gentle Yoga with Melinda

Date and Time: Monday, August 25 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.

- \$70 per participant
- 7-week program
- Mondays at 10 a.m.
- July 7 to August 25 (excluding August 4)

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

## Pickleball 18+

Date and Time: Monday, August 25 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			

## Tuesday, August 26, 2025

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### Chair Yoga with Melinda

Date and Time: Tuesday, August 26 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.

- \$80 per participant
- 8-week program
- Tuesdays at 9:30 a.m.
- July 8 to August 26

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

### Pickleball 18+

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

## Youth Open Gym (ages 9-17)

Date and Time: Tuesday, August 26 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Youth Open Gym Drop-In (ages 9-17) (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

## Pickleball 18+

Date and Time: Tuesday, August 26 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 Kara

Date and Time: Tuesday, August 26 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 a mat, two blocks and a yoga strap.

- \$80 per participant
- 8-week program
- Tuesdays at 6:30 p.m.
- July 8 to August 26

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

## Full Body Slow Flow with Kara

Date and Time: Tuesday, August 26 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.

- \$80 per participant
- 8-week program
- Tuesdays at 7:45 p.m.
- July 8 to August 26

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

## Wednesday, August 27, 2025

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### Gentle Yoga with Melinda

Date and Time: Wednesday, August 27 9:00 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.

- \$60 per participant
- 6-week program
- Wednesdays at 9 a.m.
- July 16 to August 27 (excluding August 6)

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

### Man Stretch - Yoga for Men with Megan

Date and Time: Wednesday, August 27 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.

- \$80 per participant
- 8-week program
- Wednesdays at 7 p.m.
- July 9 to August 27

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

## Thursday, August 28, 2025

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### Pickleball 18+

Date and Time: Thursday, August 28 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

### Youth Open Gym (ages 9-12)

Date and Time: Thursday, August 28 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, August 28 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

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

## Saturday, August 30, 2025

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### Family Open Gym

Date and Time: Saturday, August 30 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.

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### Drop-in Fees

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

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

## Pickleball 18+

Date and Time: Saturday, August 30 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

<https://events.westlincoln.ca>