

## Friday, November 1, 2024

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### Ladies Shinny

Date and Time: Friday, November 1 9:30 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### Free Older Adult Social 55+

Date and Time: Friday, November 1 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

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

### Beginner Pickleball 18+

Date and Time: Friday, November 1 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Free Ukulele Jam Session 55+

Date and Time: Friday, November 1 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre with your ukulele and jam out with friends (new and old) in a non-instructional ukulele jam session. All levels are welcome.

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

## Stick and Puck (ages 13-17)

Date and Time: Friday, November 1 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### 13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.

- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-12)

Date and Time: Friday, November 1 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 13-17)

Date and Time: Friday, November 1 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Family Open Gym

Date and Time: Friday, November 1 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

### Family Open Gym Drop-In (max 30)

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Saturday, November 2, 2024

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## Family Open Gym

Date and Time: Saturday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Pickleball 18+

Date and Time: Saturday, November 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.

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Public Skating

Date and Time: Saturday, November 2 7:00 pm - 8:00 pm

Address: 177 West St.

Lace up your skates and enjoy the many health benefits of being active.

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

- C.S.A approved helmets are strongly recommended for participants on the ice.
- Skating aids permitted in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

# Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Dodgeball 18+ (max 30)

Date and Time: Saturday, November 2 8:30 pm - 10:00 pm

Address: 177 West St., Smithville

Unstructured drop-in dodgeball for adults of all skill levels. Play must be inclusive and respectful.

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Sunday, November 3, 2024

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### Public Skating

Date and Time: Sunday, November 3 12:30 pm - 1:30 pm

Address: 177 West St.

Lace up your skates and enjoy the many health benefits of being active.

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

- C.S.A approved helmets are strongly recommended for participants on the ice.
- Skating aids permitted in designated cone area only.

- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Monday, November 4, 2024

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### West Lincoln Ward 3 By-election Day

Date and Time: Monday, November 4 10:00 am - 8:00 pm

Address: 177 West St., Smithville

The Township of West Lincoln is holding a Municipal By-election for the Office of one Councillor position in Ward 3.

By-election Day will be held on November 4 at West Lincoln Community Centre, 177 West St., Smithville, with voting available from 10 a.m. until 8 p.m.

Learn more about West Lincoln's Ward 3 By-election at [www.westlincoln.ca/by-election](http://www.westlincoln.ca/by-election)

### Gentle Yoga

Date and Time: Monday, November 4 10:00 am

Address: 177 West St., Smithville

### Gentle Yoga with Melinda \$95

Mondays at 10 a.m., September 16 - November 25 (excluding September 30 & October 14) (8 weeks)

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 is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## **Nervous System Reset - Movement & Education Class**

Date and Time: Monday, November 4 6:30 pm

Address: 177 West St., Smithville

### **Nervous System Reset - Movement & Education Class with Brad \$95**

Mondays at 6:30 p.m., September 16 - December 2 (excluding September 30 & October 14) (10 weeks)

You will be guided through conscious movement practices and neuro-education training to re-establish the connection with your mind and body to restore balance in your nervous system. By the end of this course, you'll have life changing tools to enhance your body's overall connectedness and move your nervous system from dysregulation to regulation.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## **Gentle Somatic & Movement Yoga**

Date and Time: Monday, November 4 7:45 pm

Address: 177 West St., Smithville

### **Gentle Somatic & Movement Yoga with Brad \$95**

Mondays at 7:45 p.m., September 16 - December 2 (excluding September 30 & October 14) (10 weeks)

Instead of "stretching" muscles, Gentle Somatic Yoga uses a technique called pandiculation to reprogram muscles to their optimal resting length. This gentle, progressive movement helps the participants with unwinding from pain, stiffness and postural imbalances. As Brad describes it, "From this place of new found freedom we return to our natural state of peace and well being."

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## **Tuesday, November 5, 2024**

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### **Chair Yoga**



Date and Time: Tuesday, November 5 9:30 am

Address: 177 West St., Smithville

## **Chair Yoga with Melinda \$95**

Tuesdays at 9:30 a.m., September 17 - November 19 (10 weeks)

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.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## **Tai Chi**

Date and Time: Tuesday, November 5 10:00 am

Address: 177 West St., Smithville

The Township of West Lincoln holds Tai Chi classes on Tuesdays AND Thursdays at 10 a.m., from September 17 & 19 to November 19 & 21 (10 weeks) at the West Lincoln Community Centre.

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility.

Check program availability and register by calling 905-957-3346 ext. 4682 between the hours of 10 a.m. and 4 p.m. Details are subject to change without notice. Please visit our [Older Adult Programs](#) webpage for the most up-to-date information.

## **Ladies Shinny**

Date and Time: Tuesday, November 5 10:00 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## **Skating Fees (Per Person)**

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Story Skate

Date and Time: Tuesday, November 5 11:00 am - 11:45 am

Address: 177 West St.

Presented by the West Lincoln Public Library. Enjoy this free movement-based short story time including music, dancing and fun props.

- Parental supervision is mandatory
- Recommended for ages 3-5 and their caregiver
- Registration is required

Contact Library Staff at 905-957-3756 or [info@westlincolnlibrary.ca](mailto:info@westlincolnlibrary.ca) to sign up, or register on [Eventbrite](#).

## Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Tuesday, November 5 1:00 pm - 2:00 pm

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### **Under 6yrs Stick & Puck**

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly

supervising the child at all times.

- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### Adult Skating

Date and Time: Tuesday, November 5 2:00 pm - 3:00 pm

Address: 177 West St.

Adult skating is a good time to practice your skating skills without the worry of crowding or speed.

Skating & Shinny schedules and details are subject to change without notice. Visit the [Skating & Shinny website](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### Youth Open Gym (ages 9-17)

Date and Time: Tuesday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Pickleball 18+

Date and Time: Tuesday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## All Levels Flow Yoga

Date and Time: Tuesday, November 5 7:30 pm

Address: 177 West St., Smithville

### All Levels Flow Yoga with Melinda \$95

Tuesdays at 7:30 p.m., September 17 - November 19 (10 weeks)

An all levels yoga class incorporates meditation, movement and pranayama (breathwork) all designed to unify and bring balance to the mind and body. These classes will offer a broad range of postures including seated, standing and balance poses. Whether a beginner or experienced yogi, the teacher will offer modifications and variations in a supportive environment to make them accessible to everyone.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Beginner Bounce Class

Date and Time: Tuesday, November 5 8:00 pm

Address: 177 West St., Smithville

### Beginner Bounce Class with Stacey \$95

Tuesdays at 8 p.m., September 17 - November 19 (10 weeks)

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

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Volleyball 18+ (max 30)

Date and Time: Tuesday, November 5 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Unstructured Drop-In volleyball for adults of all skill levels. Play must be inclusive and respectful.

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Wednesday, November 6, 2024

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### Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Wednesday, November 6 9:30 am - 10:30 am

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### **Under 6yrs Stick & Puck**

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### **Stick & Puck Rules**

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## **Skating Fees (Per Person)**

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### **Pickleball 18+**

Date and Time: Wednesday, November 6 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Gentle Yoga

Date and Time: Wednesday, November 6 10:00 am

Address: 177 West St., Smithville

### **Gentle Yoga with Melinda \$95**

Wednesdays at 10 a.m., September 18 - November 20 (10 weeks)

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 is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Men's Shinny

Date and Time: Wednesday, November 6 10:30 am - 12:00 pm

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Pickleball 18+

Date and Time: Wednesday, November 6 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Awaken the Warrior with Vinyasa

Date and Time: Wednesday, November 6 6:30 pm

Address: 177 West St., Smithville

### Awaken the Warrior with Vinyasa with Brad \$95

Wednesday at 6:30 p.m., September 18 - November 20 (10 weeks)

This 10-week Vinyasa Flow class will incorporate movement, breathing techniques and themes that will awaken participants to their own sense of personal power and purpose. This healing and informative Vinyasa class will leave students feeling regulated and more empowered than ever to show up in their own lives in an authentic way.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Man Stretch - Yoga for Men

Date and Time: Wednesday, November 6 7:45 pm

Address: 177 West St., Smithville

### Man Stretch - Yoga for Men with Brad \$95



Wednesdays at 7:45 p.m., September 18 - November 20 (10 weeks)

Men, join Brad (Breathe with Brad) for a 10-week feel-better-in-your-body session with gentle yoga specially designed for you. Move your body in a relaxed, light hearted environment, making gains in range of motion, balance and strength. Classic rock music will play as a backdrop to your practice.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Thursday, November 7, 2024

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### Tai Chi

Date and Time: Thursday, November 7 10:00 am

Address: 177 West St., Smithville

The Township of West Lincoln holds Tai Chi classes on Tuesdays AND Thursdays at 10 a.m., from September 17 & 19 to November 19 & 21 (10 weeks) at the West Lincoln Community Centre.

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility.

Check program availability and register by calling 905-957-3346 ext. 4682 between the hours of 10 a.m. and 4 p.m. Details are subject to change without notice. Please visit our [Older Adult Programs](#) webpage for the most up-to-date information.

### Pickleball 18+

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Friday, November 8, 2024

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Ladies Shiny

Date and Time: Friday, November 8 9:30 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Free Older Adult Social 55+

Date and Time: Friday, November 8 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

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

## Beginner Pickleball 18+

Date and Time: Friday, November 8 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15

Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Free Ukulele Jam Session 55+

Date and Time: Friday, November 8 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre with your ukulele and jam out with friends (new and old) in a non-instructional ukulele jam session. All levels are welcome.

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

## Stick and Puck (ages 13-17)

Date and Time: Friday, November 8 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### 13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-12)

Date and Time: Friday, November 8 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 13-17)

Date and Time: Friday, November 8 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25

Family \$15 Discount Card (10 visits) \$100

## Family Open Gym

Date and Time: Friday, November 8 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Saturday, November 9, 2024

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## Family Open Gym

Date and Time: Saturday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Pickleball 18+

Date and Time: Saturday, November 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.

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Public Skating

Date and Time: Saturday, November 9 7:00 pm - 8:00 pm

Address: 177 West St.

Lace up your skates and enjoy the many health benefits of being active.

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

- C.S.A approved helmets are strongly recommended for participants on the ice.
- Skating aids permitted in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Dodgeball 18+ (max 30)

Date and Time: Saturday, November 9 8:30 pm - 10:00 pm

Address: 177 West St., Smithville

Unstructured drop-in dodgeball for adults of all skill levels. Play must be inclusive and respectful.

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Sunday, November 10, 2024

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### Public Skating

Date and Time: Sunday, November 10 12:30 pm - 1:30 pm

Address: 177 West St.

Lace up your skates and enjoy the many health benefits of being active.

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

- C.S.A approved helmets are strongly recommended for participants on the ice.
- Skating aids permitted in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)



Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Monday, November 11, 2024

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### Gentle Yoga

Date and Time: Monday, November 11 10:00 am

Address: 177 West St., Smithville

### Gentle Yoga with Melinda \$95

Mondays at 10 a.m., September 16 - November 25 (excluding September 30 & October 14) (8 weeks)

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 is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

### Pickleball 18+

Date and Time: Monday, November 11 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Advanced Pickleball 18+

Date and Time: Monday, November 11 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Beginner Pickleball 18+

Date and Time: Monday, November 11 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Stick and Puck (ages 6-12)

Date and Time: Monday, November 11 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty

y of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### **6yrs-12yrs Stick & Puck**

Mondays 4:00-5:00pm

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

#### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## **Skating Fees (Per Person)**

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## **Parent & Child Multi-Sport Indoor Class (16 mos. - 3 yrs.)**

Date and Time: Monday, November 11 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

Parent & Child Multi-Sport Indoor Class (16 mos - 3 yrs) \$175

**September 23 to December 9**

**10 Classes**

## **Mon. 5:15 PM to 6 PM**

(No classes on Sept. 30 & Oct. 14)

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.

Details are subject to change without notice. Please visit the [Children and Youth Programs page](#) for the most up-to-date information.

## **Jr. Multi-Sport Indoor Class (4-6 yrs)**

Date and Time: Monday, November 11 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

## **Jr. Multi-Sport Indoor Class (4 yrs - 6 yrs) \$175**

**September 23 to December 9**

**10 Classes**

## **Mon. 6 PM to 7 PM**

(No classes on Sept. 30 & Oct. 14)

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 importance of winning, enabling children to gain confidence and develop the social skills necessary to succeed in sport and life.

Registration is required.

Details are subject to change without notice. Please visit the [Children and Youth Programs page](#) for the most up-to-date information.

## **Nervous System Reset - Movement & Education Class**

Date and Time: Monday, November 11 6:30 pm

Address: 177 West St., Smithville

## **Nervous System Reset - Movement & Education Class with Brad \$95**

Mondays at 6:30 p.m., September 16 - December 2 (excluding September 30 & October 14) (10 weeks)

You will be guided through conscious movement practices and neuro-education training to re-establish the connection with your mind and body to restore balance in your nervous system. By the end of this course, you'll have life changing tools to enhance your body's overall connectedness and move your nervous system from dysregulation to regulation.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## **Multi-Sport Drop-Off Indoor Class (7-10 yrs)**

Date and Time: Monday, November 11 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

Multi- Sport Drop-Off Indoor Class (7 yrs - 10 yrs) \$175

**September 23 to December 9**

**10 Classes**

**Mon. 7 PM to 8 PM**

(No classes on Sept. 30 & Oct. 14)

Children learn the fundamentals of 8 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 are looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

Registration is required.

Details are subject to change without notice. Please visit the [Children and Youth Programs page](#) for the most up-to-date information.

## **Gentle Somatic & Movement Yoga**

Date and Time: Monday, November 11 7:45 pm

Address: 177 West St., Smithville

**Gentle Somatic & Movement Yoga with Brad \$95**

Mondays at 7:45 p.m., September 16 - December 2 (excluding September 30 & October 14) (10 weeks)

Instead of “stretching” muscles, Gentle Somatic Yoga uses a technique called pandiculation to reprogram muscles to their optimal resting length. This gentle, progressive movement helps the participants with unwinding from pain, stiffness and postural imbalances. As Brad describes it, “From this place of new found freedom we return to our natural state of peace and well being.”

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Chair Yoga

Date and Time: Tuesday, November 12 9:30 am

Address: 177 West St., Smithville

### **Chair Yoga with Melinda \$95**

Tuesdays at 9:30 a.m., September 17 - November 19 (10 weeks)

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.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Tai Chi

Date and Time: Tuesday, November 12 10:00 am

Address: 177 West St., Smithville

The Township of West Lincoln holds Tai Chi classes on Tuesdays AND Thursdays at 10 a.m., from September 17 & 19 to November 19 & 21 (10 weeks) at the West Lincoln Community Centre.

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility.

Check program availability and register by calling 905-957-3346 ext. 4682 between the hours of 10 a.m. and 4 p.m. Details are subject to change without notice. Please visit our [Older Adult Programs](#) webpage for the most up-to-date information.

## Ladies Shinny

Date and Time: Tuesday, November 12 10:00 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

# Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Story Skate

Date and Time: Tuesday, November 12 11:00 am - 11:45 am

Address: 177 West St.

Presented by the West Lincoln Public Library. Enjoy this free movement-based short story time including music, dancing and fun props.

- Parental supervision is mandatory
- Recommended for ages 3-5 and their caregiver
- Registration is required

Contact Library Staff at 905-957-3756 or [info@westlincolnlibrary.ca](mailto:info@westlincolnlibrary.ca) to sign up, or register on [Eventbrite](#).

## Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Tuesday, November 12 1:00 pm - 2:00 pm

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Adult Skating

Date and Time: Tuesday, November 12 2:00 pm - 3:00 pm

Address: 177 West St.

Adult skating is a good time to practice your skating skills without the worry of crowding or speed.

Skating & Shinny schedules and details are subject to change without notice. Visit the [Skating & Shinny website](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5



## Youth Open Gym (ages 9-17)

Date and Time: Tuesday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Pickleball 18+

Date and Time: Tuesday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## All Levels Flow Yoga

Date and Time: Tuesday, November 12 7:30 pm

Address: 177 West St., Smithville

### All Levels Flow Yoga with Melinda \$95

Tuesdays at 7:30 p.m., September 17 - November 19 (10 weeks)

An all levels yoga class incorporates meditation, movement and pranayama (breathwork) all designed to unify and bring balance to the mind and body. These classes will offer a broad range of postures including seated, standing and balance poses. Whether a beginner or experienced yogi, the teacher will offer modifications and variations in a supportive environment to make them accessible to everyone.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Beginner Bounce Class

Date and Time: Tuesday, November 12 8:00 pm

Address: 177 West St., Smithville

### Beginner Bounce Class with Stacey \$95

Tuesdays at 8 p.m., September 17 - November 19 (10 weeks)

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

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Volleyball 18+ (max 30)

Date and Time: Tuesday, November 12 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Unstructured Drop-In volleyball for adults of all skill levels. Play must be inclusive and respectful.

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

**Wednesday, November 13, 2024**

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## Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Wednesday, November 13 9:30 am - 10:30 am

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### **Under 6yrs Stick & Puck**

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Pickleball 18+

Date and Time: Wednesday, November 13 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Gentle Yoga

Date and Time: Wednesday, November 13 10:00 am

Address: 177 West St., Smithville

### Gentle Yoga with Melinda \$95

Wednesdays at 10 a.m., September 18 - November 20 (10 weeks)

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 is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Men's Shinny

Date and Time: Wednesday, November 13 10:30 am - 12:00 pm

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Pickleball 18+

Date and Time: Wednesday, November 13 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Awaken the Warrior with Vinyasa

Date and Time: Wednesday, November 13 6:30 pm

Address: 177 West St., Smithville

### Awaken the Warrior with Vinyasa with Brad \$95

Wednesday at 6:30 p.m., September 18 - November 20 (10 weeks)

This 10-week Vinyasa Flow class will incorporate movement, breathing techniques and themes that will awaken participants to their own sense of personal power and purpose. This healing and informative Vinyasa class will leave students feeling regulated and more empowered than ever to show up in their own lives in an authentic way.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Man Stretch - Yoga for Men

Date and Time: Wednesday, November 13 7:45 pm

Address: 177 West St., Smithville

## Man Stretch - Yoga for Men with Brad \$95

Wednesdays at 7:45 p.m., September 18 - November 20 (10 weeks)

Men, join Brad (Breathe with Brad) for a 10-week feel-better-in-your-body session with gentle yoga specially designed for you. Move your body in a relaxed, light hearted environment, making gains in range of motion, balance and strength. Classic rock music will play as a backdrop to your practice.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Thursday, November 14, 2024

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### Tai Chi

Date and Time: Thursday, November 14 10:00 am

Address: 177 West St., Smithville

The Township of West Lincoln holds Tai Chi classes on Tuesdays AND Thursdays at 10 a.m., from September 17 & 19 to November 19 & 21 (10 weeks) at the West Lincoln Community Centre.

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility.

Check program availability and register by calling 905-957-3346 ext. 4682 between the hours of 10 a.m. and 4 p.m. Details are subject to change without notice. Please visit our [Older Adult Programs](#) webpage for the most up-to-date information.

### Pickleball 18+

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
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Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

# Friday, November 15, 2024

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## Ladies Shinny

Date and Time: Friday, November 15 9:30 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Free Older Adult Social 55+

Date and Time: Friday, November 15 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

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

## Beginner Pickleball 18+

Date and Time: Friday, November 15 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.



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## Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Free Ukulele Jam Session 55+

Date and Time: Friday, November 15 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre with your ukulele and jam out with friends (new and old) in a non-instructional ukulele jam session. All levels are welcome.

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

## Stick and Puck (ages 13-17)

Date and Time: Friday, November 15 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### 13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.

- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-12)

Date and Time: Friday, November 15 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 13-17)

Date and Time: Friday, November 15 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Family Open Gym

Date and Time: Friday, November 15 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

### Family Open Gym Drop-In (max 30)

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Saturday, November 16, 2024

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## Family Open Gym

Date and Time: Saturday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Pickleball 18+

Date and Time: Saturday, November 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.

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Public Skating

Date and Time: Saturday, November 16 7:00 pm - 8:00 pm

Address: 177 West St.

Lace up your skates and enjoy the many health benefits of being active.

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

- C.S.A approved helmets are strongly recommended for participants on the ice.
- Skating aids permitted in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Dodgeball 18+ (max 30)

Date and Time: Saturday, November 16 8:30 pm - 10:00 pm

Address: 177 West St., Smithville

Unstructured drop-in dodgeball for adults of all skill levels. Play must be inclusive and respectful.

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Sunday, November 17, 2024

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### Public Skating

Date and Time: Sunday, November 17 12:30 pm - 1:30 pm

Address: 177 West St.

Lace up your skates and enjoy the many health benefits of being active.

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

- C.S.A approved helmets are strongly recommended for participants on the ice.
- Skating aids permitted in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Monday, November 18, 2024

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### Gentle Yoga

Date and Time: Monday, November 18 10:00 am

Address: 177 West St., Smithville

### Gentle Yoga with Melinda \$95

Mondays at 10 a.m., September 16 - November 25 (excluding September 30 & October 14) (8 weeks)

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 is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

### Pickleball 18+

Date and Time: Monday, November 18 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Advanced Pickleball 18+

Date and Time: Monday, November 18 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Beginner Pickleball 18+

Date and Time: Monday, November 18 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Stick and Puck (ages 6-12)

Date and Time: Monday, November 18 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### **6yrs-12yrs Stick & Puck**

Mondays 4:00-5:00pm

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### **Stick & Puck Rules**

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## **Skating Fees (Per Person)**

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## **Parent & Child Multi-Sport Indoor Class (16 mos. - 3 yrs.)**

Date and Time: Monday, November 18 5:15 pm - 6:00 pm

Address: 177 West St., Smithville



Parent & Child Multi-Sport Indoor Class (16 mos - 3 yrs) \$175

**September 23 to December 9**

**10 Classes**

**Mon. 5:15 PM to 6 PM**

(No classes on Sept. 30 & Oct. 14)

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.

Details are subject to change without notice. Please visit the [Children and Youth Programs page](#) for the most up-to-date information.

### **Jr. Multi-Sport Indoor Class (4-6 yrs)**

Date and Time: Monday, November 18 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

**Jr. Multi-Sport Indoor Class (4 yrs - 6 yrs) \$175**

**September 23 to December 9**

**10 Classes**

**Mon. 6 PM to 7 PM**

(No classes on Sept. 30 & Oct. 14)

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 importance of winning, enabling children to gain confidence and develop the social skills necessary to succeed in sport and life.

Registration is required.

Details are subject to change without notice. Please visit the [Children and Youth Programs page](#) for the most up-to-date information.

### **Nervous System Reset - Movement & Education Class**

Date and Time: Monday, November 18 6:30 pm

Address: 177 West St., Smithville

**Nervous System Reset - Movement & Education Class with Brad \$95**

Mondays at 6:30 p.m., September 16 - December 2 (excluding September 30 & October 14) (10 weeks)

You will be guided through conscious movement practices and neuro-education training to re-establish the connection with your mind and body to restore balance in your nervous system. By the end of this course, you'll have life changing tools to enhance your body's overall connectedness and move your nervous system from dysregulation to regulation.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## **Multi-Sport Drop-Off Indoor Class (7-10 yrs)**

Date and Time: Monday, November 18 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

Multi- Sport Drop-Off Indoor Class (7 yrs - 10 yrs) \$175

**September 23 to December 9**

**10 Classes**

**Mon. 7 PM to 8 PM**

(No classes on Sept. 30 & Oct. 14)

Children learn the fundamentals of 8 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 are looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

Registration is required.

Details are subject to change without notice. Please visit the [Children and Youth Programs page](#) for the most up-to-date information.

## **Gentle Somatic & Movement Yoga**

Date and Time: Monday, November 18 7:45 pm

Address: 177 West St., Smithville

**Gentle Somatic & Movement Yoga with Brad \$95**

Mondays at 7:45 p.m., September 16 - December 2 (excluding September 30 & October 14) (10 weeks)

Instead of "stretching" muscles, Gentle Somatic Yoga uses a technique called pandiculation to reprogram muscles to their optimal resting length. This gentle, progressive movement helps the participants with unwinding from pain, stiffness and postural imbalances. As Brad describes it, "From this place of new found freedom we return to our natural state of peace and well being."

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Tuesday, November 19, 2024

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### Chair Yoga

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

Address: 177 West St., Smithville

### Chair Yoga with Melinda \$95

Tuesdays at 9:30 a.m., September 17 - November 19 (10 weeks)

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.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

### Tai Chi

Date and Time: Tuesday, November 19 10:00 am

Address: 177 West St., Smithville

The Township of West Lincoln holds Tai Chi classes on Tuesdays AND Thursdays at 10 a.m., from September 17 & 19 to November 19 & 21 (10 weeks) at the West Lincoln Community Centre.

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility.

Check program availability and register by calling 905-957-3346 ext. 4682 between the hours of 10 a.m. and 4 p.m. Details are subject to change without notice. Please visit our [Older Adult Programs](#) webpage for the most up-to-date information.

### Ladies Shinny

Date and Time: Tuesday, November 19 10:00 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with f

riends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Story Skate

Date and Time: Tuesday, November 19 11:00 am - 11:45 am

Address: 177 West St.

Presented by the West Lincoln Public Library. Enjoy this free movement-based short story time including music , dancing and fun props.

- Parental supervision is mandatory
- Recommended for ages 3-5 and their caregiver
- Registration is required

Contact Library Staff at 905-957-3756 or [info@westlincolnlibrary.ca](mailto:info@westlincolnlibrary.ca) to sign up, or register on [Eventbrite](#).

## Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Tuesday, November 19 1:00 pm - 2:00 pm

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Adult Skating

Date and Time: Tuesday, November 19 2:00 pm - 3:00 pm

Address: 177 West St.

Adult skating is a good time to practice your skating skills without the worry of crowding or speed.

Skating & Shinny schedules and details are subject to change without notice. Visit the [Skating & Shinny website](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-17)

Date and Time: Tuesday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Pickleball 18+

Date and Time: Tuesday, November 19 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## All Levels Flow Yoga

Date and Time: Tuesday, November 19 7:30 pm

Address: 177 West St., Smithville

## All Levels Flow Yoga with Melinda \$95

Tuesdays at 7:30 p.m., September 17 - November 19 (10 weeks)

An all levels yoga class incorporates meditation, movement and pranayama (breathwork) all designed to unify and bring balance to the mind and body. These classes will offer a broad range of postures including seated, standing and balance poses. Whether a beginner or experienced yogi, the teacher will offer modifications and variations in a supportive environment to make them accessible to everyone.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Beginner Bounce Class

Date and Time: Tuesday, November 19 8:00 pm

Address: 177 West St., Smithville

## Beginner Bounce Class with Stacey \$95

Tuesdays at 8 p.m., September 17 - November 19 (10 weeks)

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

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Volleyball 18+ (max 30)

Date and Time: Tuesday, November 19 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Unstructured Drop-In volleyball for adults of all skill levels. Play must be inclusive and respectful.

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

# Wednesday, November 20, 2024

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## Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Wednesday, November 20 9:30 am - 10:30 am

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5



## Pickleball 18+

Date and Time: Wednesday, November 20 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Gentle Yoga

Date and Time: Wednesday, November 20 10:00 am

Address: 177 West St., Smithville

### Gentle Yoga with Melinda \$95

Wednesdays at 10 a.m., September 18 - November 20 (10 weeks)

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 is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Men's Shinny

Date and Time: Wednesday, November 20 10:30 am - 12:00 pm

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

# Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Pickleball 18+

Date and Time: Wednesday, November 20 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Awaken the Warrior with Vinyasa

Date and Time: Wednesday, November 20 6:30 pm

Address: 177 West St., Smithville

### Awaken the Warrior with Vinyasa with Brad \$95

Wednesday at 6:30 p.m., September 18 - November 20 (10 weeks)

This 10-week Vinyasa Flow class will incorporate movement, breathing techniques and themes that will awaken participants to their own sense of personal power and purpose. This healing and informative Vinyasa class will leave students feeling regulated and more empowered than ever to show up in their own lives in an authentic way.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

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## Man Stretch - Yoga for Men

Date and Time: Wednesday, November 20 7:45 pm

Address: 177 West St., Smithville

### **Man Stretch - Yoga for Men with Brad \$95**

Wednesdays at 7:45 p.m., September 18 - November 20 (10 weeks)

Men, join Brad (Breathe with Brad) for a 10-week feel-better-in-your-body session with gentle yoga specially designed for you. Move your body in a relaxed, light hearted environment, making gains in range of motion, balance and strength. Classic rock music will play as a backdrop to your practice.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Thursday, November 21, 2024

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### Tai Chi

Date and Time: Thursday, November 21 10:00 am

Address: 177 West St., Smithville

The Township of West Lincoln holds Tai Chi classes on Tuesdays AND Thursdays at 10 a.m., from September 17 & 19 to November 19 & 21 (10 weeks) at the West Lincoln Community Centre.

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi/Qigong. This is a gentle fitness class suitable for all ages and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility.

Check program availability and register by calling 905-957-3346 ext. 4682 between the hours of 10 a.m. and 4 p.m. Details are subject to change without notice. Please visit our [Older Adult Programs](#) webpage for the most up-to-date information.

### Pickleball 18+

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
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Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Friday, November 22, 2024

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### Ladies Shinny

Date and Time: Friday, November 22 9:30 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### Free Older Adult Social 55+

Date and Time: Friday, November 22 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

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

### Beginner Pickleball 18+

Date and Time: Friday, November 22 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Free Ukulele Jam Session 55+

Date and Time: Friday, November 22 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre with your ukulele and jam out with friends (new and old) in a non-instructional ukulele jam session. All levels are welcome.

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

## Stick and Puck (ages 13-17)

Date and Time: Friday, November 22 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### 13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.

- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-12)

Date and Time: Friday, November 22 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 13-17)

Date and Time: Friday, November 22 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Family Open Gym

Date and Time: Friday, November 22 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

### Family Open Gym Drop-In (max 30)

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Saturday, November 23, 2024

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## Family Open Gym

Date and Time: Saturday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Pickleball 18+

Date and Time: Saturday, November 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.

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Public Skating

Date and Time: Saturday, November 23 7:00 pm - 8:00 pm

Address: 177 West St.

Lace up your skates and enjoy the many health benefits of being active.

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

- C.S.A approved helmets are strongly recommended for participants on the ice.
- Skating aids permitted in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

# Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Semi-Formal Dance 55+

Date and Time: Saturday, November 23 7:00 pm - 11:00 pm

Address: 177 West St., Smithville

The Township of West Lincoln is hosting a semi-formal dance for older adults as part of its free “The Best Years 55+” programming.

November 23, 7 to 11 p.m.  
West Lincoln Community Centre  
Upstairs Community Rooms  
177 West St., Smithville

Pick up your FREE TICKETS in advance at the West Lincoln Community Centre or at Township Administration. Ticket holders will be entered into a raffle for a fabulous door prize.

- Music by 905DJCO
- Appetizers
- Coffee, tea & soft drinks
- 2 drink tickets for wine, beer or cocktails poured and crafted by Smart Serve certified staff

## Dodgeball 18+ (max 30)

Date and Time: Saturday, November 23 8:30 pm - 10:00 pm

Address: 177 West St., Smithville

Unstructured drop-in dodgeball for adults of all skill levels. Play must be inclusive and respectful.

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25

## Sunday, November 24, 2024

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### Public Skating

Date and Time: Sunday, November 24 12:30 pm - 1:30 pm

Address: 177 West St.

Lace up your skates and enjoy the many health benefits of being active.

- Children under 12 must be accompanied by an adult.

#### General Public Skating Rules

- C.S.A approved helmets are strongly recommended for participants on the ice.
- Skating aids permitted in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Monday, November 25, 2024

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### Gentle Yoga

Date and Time: Monday, November 25 10:00 am

Address: 177 West St., Smithville

## Gentle Yoga with Melinda \$95

Mondays at 10 a.m., September 16 - November 25 (excluding September 30 & October 14) (8 weeks)

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 is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Pickleball 18+

Date and Time: Monday, November 25 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Advanced Pickleball 18+

Date and Time: Monday, November 25 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Beginner Pickleball 18+

Date and Time: Monday, November 25 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Stick and Puck (ages 6-12)

Date and Time: Monday, November 25 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### 6yrs-12yrs Stick & Puck

Mondays 4:00-5:00pm

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.

- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Parent & Child Multi-Sport Indoor Class (16 mos. - 3 yrs.)

Date and Time: Monday, November 25 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

Parent & Child Multi-Sport Indoor Class (16 mos - 3 yrs) \$175

**September 23 to December 9**

**10 Classes**

**Mon. 5:15 PM to 6 PM**

(No classes on Sept. 30 & Oct. 14)

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.

Details are subject to change without notice. Please visit the [Children and Youth Programs page](#) for the most up-to-date information.

## Jr. Multi-Sport Indoor Class (4-6 yrs)

Date and Time: Monday, November 25 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

**Jr. Multi-Sport Indoor Class (4 yrs - 6 yrs) \$175**

**September 23 to December 9**

**10 Classes**

**Mon. 6 PM to 7 PM**

(No classes on Sept. 30 & Oct. 14)

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 importance of winning, enabling children to gain confidence and develop the social skills necessary to succeed in sport and life.

Registration is required.

Details are subject to change without notice. Please visit the [Children and Youth Programs page](#) for the most up-to-date information.

## **Nervous System Reset - Movement & Education Class**

Date and Time: Monday, November 25 6:30 pm

Address: 177 West St., Smithville

### **Nervous System Reset - Movement & Education Class with Brad \$95**

Mondays at 6:30 p.m., September 16 - December 2 (excluding September 30 & October 14) (10 weeks)

You will be guided through conscious movement practices and neuro-education training to re-establish the connection with your mind and body to restore balance in your nervous system. By the end of this course, you'll have life changing tools to enhance your body's overall connectedness and move your nervous system from dysregulation to regulation.

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## **Multi-Sport Drop-Off Indoor Class (7-10 yrs)**

Date and Time: Monday, November 25 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

Multi- Sport Drop-Off Indoor Class (7 yrs - 10 yrs) \$175

**September 23 to December 9**

**10 Classes**

**Mon. 7 PM to 8 PM**

(No classes on Sept. 30 & Oct. 14)

Children learn the fundamentals of 8 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 are looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

Registration is required.

Details are subject to change without notice. Please visit the [Children and Youth Programs page](#) for the most up-to-date information.

## Gentle Somatic & Movement Yoga

Date and Time: Monday, November 25 7:45 pm

Address: 177 West St., Smithville

### Gentle Somatic & Movement Yoga with Brad \$95

Mondays at 7:45 p.m., September 16 - December 2 (excluding September 30 & October 14) (10 weeks)

Instead of “stretching” muscles, Gentle Somatic Yoga uses a technique called pandiculation to reprogram muscles to their optimal resting length. This gentle, progressive movement helps the participants with unwinding from pain, stiffness and postural imbalances. As Brad describes it, “From this place of new found freedom we return to our natural state of peace and well being.”

Registration is required.

Details are subject to change without notice. Please visit the [Fitness Programs page](#) for the most up-to-date information.

## Tuesday, November 26, 2024

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### Ladies Shinny

Date and Time: Tuesday, November 26 10:00 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3



Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Story Skate

Date and Time: Tuesday, November 26 11:00 am - 11:45 am

Address: 177 West St.

Presented by the West Lincoln Public Library. Enjoy this free movement-based short story time including music, dancing and fun props.

- Parental supervision is mandatory
- Recommended for ages 3-5 and their caregiver
- Registration is required

Contact Library Staff at 905-957-3756 or [info@westlincolnlibrary.ca](mailto:info@westlincolnlibrary.ca) to sign up, or register on [Eventbrite](#).

## Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Tuesday, November 26 1:00 pm - 2:00 pm

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### **Under 6yrs Stick & Puck**

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shinny schedules and details are subject to change without notice. Please visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly

supervising the child at all times.

- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### Adult Skating

Date and Time: Tuesday, November 26 2:00 pm - 3:00 pm

Address: 177 West St.

Adult skating is a good time to practice your skating skills without the worry of crowding or speed.

Skating & Shinny schedules and details are subject to change without notice. Visit the [Skating & Shinny website](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### Youth Open Gym (ages 9-17)

Date and Time: Tuesday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Pickleball 18+

Date and Time: Tuesday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Volleyball 18+ (max 30)

Date and Time: Tuesday, November 26 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Unstructured Drop-In volleyball for adults of all skill levels. Play must be inclusive and respectful.

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25

## Wednesday, November 27, 2024

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### Preschool Skate / Stick and Puck (ages 0-6)

Date and Time: Wednesday, November 27 9:30 am - 10:30 am

Address: 177 West St.

Pre-school skating is great for the preschooler just learning to skate. Adults have plenty of space and time to help their preschoolers learn the basics of skating. Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

#### Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

#### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.
- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

### Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Pickleball 18+

Date and Time: Wednesday, November 27 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Men's Shinny

Date and Time: Wednesday, November 27 10:30 am - 12:00 pm

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Pickleball 18+

Date and Time: Wednesday, November 27 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## West Lincoln Shines: Community Tree Lighting presented by Kiwanis

Date and Time: Wednesday, November 27 6:15 pm - 7:00 pm

Address: 177 West Street, Smithville

West Lincoln Shines, the annual Community Tree Lighting, is set to return to West Lincoln on Wednesday, November 27, 2024, from 6:15 to 7 p.m. at the West Lincoln Community Centre, 177 West Street, in Smithville.

West Lincoln Shines is presented by Kiwanis of West Lincoln in partnership with the Township of West Lincoln, Smithville Christian High School, Knights of Columbus, Foodland, Stanpac, Rebecca Mullin Desjardins Insurance and Summer Heinen Royal LePage.

Guests will be treated to free hotdogs, hot chocolate, sweet treats and, of course, a glorious chorus of carols sung by the Smithville Christian High School choir.

For notifications and important updates, remember to follow the Township of West Lincoln on [Facebook](#), [X](#) and [Instagram @TWPWestLincoln](#).

## Thursday, November 28, 2024

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### Pickleball 18+

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, November 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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15

Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Friday, November 29, 2024

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### Ladies Shinny

Date and Time: Friday, November 29 9:30 am - 11:00 am

Address: 177 West St.

Can't get enough of hockey? Come out to play shinny! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice.

Skating schedules and details are subject to change without notice. Visit the [Skating & Shinny webpage](#) for the most up-to-date information.

### Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### Free Older Adult Social 55+

Date and Time: Friday, November 29 10:00 am - 12:00 pm

Address: 177 West St., Smithville

Drop in for casual activities and socialization. Coffee, cards, crokinole, table tennis and conversation. Attendees must be inclusive and respectful.

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

### Beginner Pickleball 18+

Date and Time: Friday, November 29 10:00 am - 12:00 pm

Address: 177 West St., Smithville



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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Free Ukulele Jam Session 55+

Date and Time: Friday, November 29 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre with your ukulele and jam out with friends (new and old) in a non-instructional ukulele jam session. All levels are welcome.

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

## Stick and Puck (ages 13-17)

Date and Time: Friday, November 29 4:00 pm - 5:00 pm

Address: 177 West St.

Stick & Puck is an unstructured time to work on basic stick/puck handling and skating skills. Adults have plenty of space to help their children learn and develop these skills.

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA approved helmet, gloves and skates. Please bring your own equipment including pucks.

### 13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny webpage](#) for the most up-to-date information.

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.
- Please bring your own equipment including pucks.
- Maximum two children per adult.

- Parents or caregivers must be 18 years of age or older and are required to be on the ice, directly supervising the child at all times.
- Slap shots and organized games or practices are not permitted.
- Profanity and improper behaviour is not permitted.
- All accidents or injuries must be reported to arena staff members immediately.
- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-12)

Date and Time: Friday, November 29 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Youth Open Gym (ages 13-17)

Date and Time: Friday, November 29 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Family Open Gym

Date and Time: Friday, November 29 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

### Family Open Gym Drop-In (max 30)

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

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

### Drop-in Fees

Adult (18+)	\$5	Discount Card (10 visits)	\$41
Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15	Discount Card (10 visits)	\$100

## Saturday, November 30, 2024

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### West Lincoln Holiday Market

Date and Time: Saturday, November 30 9:00 am - 1:00 pm

Address: 177 West St., Smithville

As part of the Music, Market and Park It event series, and in conjunction with the West Lincoln Santa Claus Parade - the Township is holding a special Holiday Market on Saturday, November 30, 2024, from 9 a.m. to 1 p.m.

Come out to the West Lincoln Community Centre (177 West St., Smithville) to peruse a wide selection of quality products and creations from local vendors, and get a head start on your holiday shopping!

Visit [www.westlincoln.ca/market](http://www.westlincoln.ca/market) to find full details, including a list of vendors.

## West Lincoln Santa Claus Parade

Date and Time: Saturday, November 30 5:00 pm

Address: 177 West St., Smithville

The Township is thrilled to present the 34th Annual West Lincoln Santa Claus Parade in 2024. Join us on November 30, 2024, at 5 p.m. for this fun holiday celebration!

### Parade route

The parade will start at 5 p.m. at the West Lincoln Community Centre, at 177 West Street, then travel east on West Street, south on Regional Road 20, concluding at the corner of St. Catharines Street and Industrial Park Road. Road closures will begin at 3:30 p.m. and last until 8 p.m. Residents are asked to please not park along the parade route during that time.

Details are subject to change without notice. Visit the [West Lincoln Santa Claus Parade webpage](http://www.westlincoln.ca/events) for the most up-to-date information.

<https://events.westlincoln.ca>