

# Saturday, November 1, 2025

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## Youth Basketball and Volleyball (ages 9 to 17)

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

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for a fun game of basketball and/or volleyball. Play must be inclusive and respectful.

## Family Open Gym

Date and Time: Saturday, November 1 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

### Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

## Pickleball 18+

Date and Time: Saturday, November 1 5:30 pm - 7:30 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+)        | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth        | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+) | \$4  | Discount Card (10 visits) | \$34  |
| Family             | \$16 | Discount Card (10 visits) | \$134 |

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

## Public Skating

Date and Time: Saturday, November 1 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

**Saturday:** 7 - 8 p.m.

**Sunday:** 12:30 - 1:30 p.m.

### General public skating rules

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Adult Basketball (18+)

Date and Time: Saturday, November 1 7:30 pm - 8:30 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult basketball. Play must be inclusive and re

spectful.

## Sunday, November 2, 2025

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### Public Skating

Date and Time: Sunday, November 2 12:30 pm - 1:30 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

**Saturday:** 7 - 8 p.m.

**Sunday:** 12:30 - 1:30 p.m.

### General public skating rules

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Monday, November 3, 2025

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

Date and Time: Monday, November 3 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### **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 ice while the Olympia is resurfacing

### **Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Gentle Yoga**

Date and Time: Monday, November 3 10:00 am

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program

- Mondays at 10 a.m.
- September 22 to December 1 (excluding October 13)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

Date and Time: Monday, November 3 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Men's Shinny

Date and Time: Monday, November 3 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Men's Shinny:** Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Low Sensory Public Skating

Date and Time: Monday, November 3 12:00 pm - 1:00 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

### General public skating rules

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Advanced Pickleball 18+

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

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Adult Skate

Date and Time: Monday, November 3 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

**Monday:** 2 - 3 p.m.

**Tuesday:** 2 - 3 p.m.

**Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

**Beginner Pickleball 18+**

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

Address: 177 West St., Smithville

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

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

**Drop-in Fees**

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

**Stick and Puck (ages 6-12)**

Date and Time: Monday, November 3 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

**Monday: 4 - 5 p.m. (ages 6-12)**

### **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:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Parent and Child Multi-Sport Indoor (16 mos - 3 yrs)**

Date and Time: Monday, November 3 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

### **Sportball classes**

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## **Junior Multi-Sport Indoor (4 - 6 yrs)**

Date and Time: Monday, November 3 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

## Sportball classes

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## Multi-Sport Drop-off Indoor (7 - 9 yrs)

Date and Time: Monday, November 3 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

## Sportball classes

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## Tuesday, November 4, 2025

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

Date and Time: Tuesday, November 4 9:00 am - 10:00 am

Address: 177 West St., Smithville

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 app

roved helmet, gloves and skates. Please bring your own equipment including pucks

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### **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:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Chair Yoga**

Date and Time: Tuesday, November 4 9:30 am

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Tuesdays at 9:30 a.m.
- September 23 to December 2 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## **Tai Chi and Qigong**

Date and Time: Tuesday, November 4 9:50 am

Address: 177 West St., Smithville

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

- \$48 per first-time participant
- \$30 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- September 23 and 25 to November 25 and 27 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Ladies' Shinny

Date and Time: Tuesday, November 4 10:00 am - 11:00 am

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Ladies' Shinny:** Tuesday, 10 - 11 a.m. and Friday, 9:30 - 11 a.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

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

Date and Time: Tuesday, November 4 1:00 pm - 2:00 pm

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1 - 2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### **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:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Adult Skate**

Date and Time: Tuesday, November 4 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

**Monday:** 2 - 3 p.m.

**Tuesday:** 2 - 3 p.m.

### **Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Youth Basketball (ages 9 to 17)

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

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for a fun game of basketball. Play must be inclusive and respectful.

## Pickleball 18+

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

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Hatha Yoga for Tight Hips

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Tuesdays at 6:30 p.m.
- September 23 to December 9 (excluding September 30 and October 21)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Beginner Bounce Class

Date and Time: Tuesday, November 4 8:00 pm

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Tuesdays at 8 p.m.
- September 23 to December 2 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Adult Basketball (18+)

Date and Time: Tuesday, November 4 8:00 pm - 9:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult basketball. Play must be inclusive and respectful.

## Wednesday, November 5, 2025

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

Date and Time: Wednesday, November 5 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### 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:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Gentle Yoga

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Wednesdays at 10 a.m.
- September 24 to November 26
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

Date and Time: Wednesday, November 5 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

## Men's Shinny

Date and Time: Wednesday, November 5 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Men's Shinny:** Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Pickleball 18+

Date and Time: Wednesday, November 5 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Man Stretch - Yoga for Men

Date and Time: Wednesday, November 5 7:00 pm

Address: 177 West St., Smithville

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

- \$100 per participant

- 10-week program
- Wednesdays at 7 p.m.
- September 24 to November 26
- Register online through Activenet or in person at the West Lincoln Community Centre

## Thursday, November 6, 2025

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### Mom and Baby Fit

Date and Time: Thursday, November 6 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood while destressing, regaining energy (yes energy!) and confidence. Each class is unique and uses a variety of props to reach every muscle group. Classes are taught by a certified instructor. All fitness levels and ages welcome. Bond with your baby while doing something for yourself. Bring the older children, too, and be their example for an active lifestyle. Or simply come by yourself for a more focused session. Please bring a mat and a baby carrier (if desired).

- \$100 per participant
- 10-week program
- Thursdays at 9:30 a.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

### Tai Chi and Qigong

Date and Time: Thursday, November 6 9:50 am

Address: 177 West St., Smithville

This class will begin with warm up exercises, followed by 18 movements of qigong, then the rest of the class will focus on the tai chi form, learning and improving our skills that develop balance, strengthening, co-ordination and cognitive improvement. This is a life-long activity for all ages and abilities.

- \$48 per first-time participant
- \$30 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- September 23 and 25 to November 25 and 27 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

### Sit and Strengthen

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

Address: 177 West St., Smithville

Chair yoga with weights is designed to build strength and enhance flexibility - all from the comfort of your chair

r. This 45-minute class is a series of gentle and effective yoga postures to target various muscle groups, helping you increase overall strength and mobility. We will focus on mindful breathing, stretching and building muscle strength using both resistance bands and light hand-held weights.

- \$100 per participant
- 10-week program
- Thursdays at 10 a.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

Date and Time: Thursday, 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+)        | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth        | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+) | \$4  | Discount Card (10 visits) | \$34  |
| Family             | \$16 | Discount Card (10 visits) | \$134 |

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

## Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

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

## Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

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

## Evening Gentle Hatha Yoga

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Thursdays at 6:30 p.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Strengthen and Stretch - Yogalates

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Thursdays at 7:45 p.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

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## Friday, November 7, 2025

## Gentle Yoga

Date and Time: Friday, November 7 9:15 am

Address: 177 West St., Smithville

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

- \$80 per participant
- 8-week program
- Fridays at 9:15 a.m.
- October 10 to November 28
- Register online through Activenet or in person at the West Lincoln Community Centre

## Ladies' Shinny

Date and Time: Friday, November 7 9:30 am - 11:00 am

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Ladies' Shinny:** Tuesday, 10 - 11 a.m. and Friday, 9:30 - 11 a.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Older Adult Social 55+ (free)

Date and Time: Friday, November 7 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Beginner Pickleball 18+

Date and Time: Friday, November 7 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

### Ukulele Jam Session 55+ (free)

Date and Time: Friday, November 7 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Advanced Pickleball 18+

Date and Time: Friday, November 7 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

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

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

## Stick and Puck (ages 13-17)

Date and Time: Friday, November 7 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

**Friday: 4 - 5 p.m. (ages 13-17)**

### 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:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Family Open Gym

Date and Time: Friday, November 7 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

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

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

Adult Volleyball (18+)

Date and Time: Friday, November 7 8:00 pm - 10:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult volleyball. Play must be inclusive and respectful.

Saturday, November 8, 2025

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Youth Basketball and Volleyball (ages 9 to 17)

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

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for a fun game of basketball and/or volleyball. Play must be inclusive and respectful.

## Family Open Gym

Date and Time: Saturday, November 8 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

### Drop-in Fees

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

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

## Pickleball 18+

Date and Time: Saturday, November 8 5:30 pm - 7:30 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+)        | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth        | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+) | \$4  | Discount Card (10 visits) | \$34  |
| Family             | \$16 | Discount Card (10 visits) | \$134 |

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

## Public Skating

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

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

**Saturday:** 7 - 8 p.m.

**Sunday:** 12:30 - 1:30 p.m.

### **General public skating rules**

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### **Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Adult Basketball (18+)**

Date and Time: Saturday, November 8 7:30 pm - 8:30 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult basketball. Play must be inclusive and respectful.

## **Sunday, November 9, 2025**

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### **Public Skating**

Date and Time: Sunday, November 9 12:30 pm - 1:30 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

**Saturday:** 7 - 8 p.m.

**Sunday:** 12:30 - 1:30 p.m.

### **General public skating rules**

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### **Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Monday, November 10, 2025**

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

Date and Time: Monday, November 10 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

## 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:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Gentle Yoga

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Mondays at 10 a.m.
- September 22 to December 1 (excluding October 13)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

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

Address: 177 West St., Smithville

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

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

## Drop-in Fees

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

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

## Men's Shinny

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

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Men's Shinny:** Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Low Sensory Public Skating

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

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

### General public skating rules

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

### Advanced Pickleball 18+

Date and Time: Monday, November 10 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

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

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

### Adult Skate

Date and Time: Monday, November 10 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

**Monday:** 2 - 3 p.m.

**Tuesday:** 2 - 3 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person

- Shiny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Beginner Pickleball 18+

Date and Time: Monday, November 10 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

## Stick and Puck (ages 6-12)

Date and Time: Monday, November 10 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

**Monday:** 4 - 5 p.m. (ages 6-12)

### 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:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Parent and Child Multi-Sport Indoor (16 mos - 3 yrs)**

Date and Time: Monday, November 10 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

### **Sportball classes**

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## **Junior Multi-Sport Indoor (4 - 6 yrs)**

Date and Time: Monday, November 10 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

### **Sportball classes**

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## Multi-Sport Drop-off Indoor (7 - 9 yrs)

Date and Time: Monday, November 10 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

### Sportball classes

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## Tuesday, November 11, 2025

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

Date and Time: Tuesday, November 11 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### 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:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Chair Yoga**

Date and Time: Tuesday, November 11 9:30 am

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Tuesdays at 9:30 a.m.
- September 23 to December 2 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## **Tai Chi and Qigong**

Date and Time: Tuesday, November 11 9:50 am

Address: 177 West St., Smithville

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

- \$48 per first-time participant
- \$30 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- September 23 and 25 to November 25 and 27 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Ladies' Shinny

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

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Ladies' Shinny:** Tuesday, 10 - 11 a.m. and Friday, 9:30 - 11 a.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

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

Date and Time: Tuesday, November 11 1:00 pm - 2:00 pm

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1 - 2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### 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:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Adult Skate**

Date and Time: Tuesday, November 11 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

**Monday:** 2 - 3 p.m.

**Tuesday:** 2 - 3 p.m.

### **Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Youth Basketball (ages 9 to 17)**

Date and Time: Tuesday, November 11 4:30 pm - 6:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for a fun game of basketball. Play must be inclusive and respectful.

## **Pickleball 18+**

Date and Time: Tuesday, November 11 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

## Hatha Yoga for Tight Hips

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Tuesdays at 6:30 p.m.
- September 23 to December 9 (excluding September 30 and October 21)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Beginner Bounce Class

Date and Time: Tuesday, November 11 8:00 pm

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Tuesdays at 8 p.m.
- September 23 to December 2 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Adult Basketball (18+)

Date and Time: Tuesday, November 11 8:00 pm - 9:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult basketball. Play must be inclusive and respectful.

## Wednesday, November 12, 2025

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

Date and Time: Wednesday, November 12 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### 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 ice while the Olympia is resurfacing

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Gentle Yoga

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Wednesdays at 10 a.m.
- September 24 to November 26
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

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

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Men's Shinny

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

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Men's Shinny:** Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35

- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Free Information Session - Regional Tariff Response Initiative

Date and Time: Wednesday, November 12 12:00 pm

Address: Virtual

The Government of Canada, through FedDev ontario, in collaboration with Niagara Region Economic Development, is hosting an information session on the Regional Tariff Response Initiative (RTRI).

Join us on November 12 to learn how the RTRI can help your business tackle tariff challenges, strengthen supply chains, and enhance competitiveness in global markets.

Webinar: November 12 at 12 p.m.

☐ Free to attend

Register now: <https://lnkd.in/gE5muYrw>

## Pickleball 18+

Date and Time: Wednesday, November 12 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

## Man Stretch - Yoga for Men

Date and Time: Wednesday, November 12 7:00 pm

Address: 177 West St., Smithville

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

- \$100 per participant

- 10-week program
- Wednesdays at 7 p.m.
- September 24 to November 26
- Register online through Activenet or in person at the West Lincoln Community Centre

## Thursday, November 13, 2025

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### Mom and Baby Fit

Date and Time: Thursday, November 13 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood while destressing, regaining energy (yes energy!) and confidence. Each class is unique and uses a variety of props to reach every muscle group. Classes are taught by a certified instructor. All fitness levels and ages welcome. Bond with your baby while doing something for yourself. Bring the older children, too, and be their example for an active lifestyle. Or simply come by yourself for a more focused session. Please bring a mat and a baby carrier (if desired).

- \$100 per participant
- 10-week program
- Thursdays at 9:30 a.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

### Tai Chi and Qigong

Date and Time: Thursday, November 13 9:50 am

Address: 177 West St., Smithville

This class will begin with warm up exercises, followed by 18 movements of qigong, then the rest of the class will focus on the tai chi form, learning and improving our skills that develop balance, strengthening, co-ordination and cognitive improvement. This is a life-long activity for all ages and abilities.

- \$48 per first-time participant
- \$30 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- September 23 and 25 to November 25 and 27 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

### Sit and Strengthen

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

Address: 177 West St., Smithville

Chair yoga with weights is designed to build strength and enhance flexibility - all from the comfort of your chair

r. This 45-minute class is a series of gentle and effective yoga postures to target various muscle groups, helping you increase overall strength and mobility. We will focus on mindful breathing, stretching and building muscle strength using both resistance bands and light hand-held weights.

- \$100 per participant
- 10-week program
- Thursdays at 10 a.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

Date and Time: Thursday, 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+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, November 13 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, November 13 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

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

## Evening Gentle Hatha Yoga

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Thursdays at 6:30 p.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Strengthen and Stretch - Yogalates

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Thursdays at 7:45 p.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

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## Friday, November 14, 2025

## Gentle Yoga

Date and Time: Friday, November 14 9:15 am

Address: 177 West St., Smithville

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

- \$80 per participant
- 8-week program
- Fridays at 9:15 a.m.
- October 10 to November 28
- Register online through Activenet or in person at the West Lincoln Community Centre

## Ladies' Shinny

Date and Time: Friday, November 14 9:30 am - 11:00 am

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Ladies' Shinny:** Tuesday, 10 - 11 a.m. and Friday, 9:30 - 11 a.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Older Adult Social 55+ (free)

Date and Time: Friday, November 14 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Beginner Pickleball 18+

Date and Time: Friday, November 14 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

### Ukulele Jam Session 55+ (free)

Date and Time: Friday, November 14 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Advanced Pickleball 18+

Date and Time: Friday, November 14 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

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

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

## Stick and Puck (ages 13-17)

Date and Time: Friday, November 14 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

**Friday: 4 - 5 p.m. (ages 13-17)**

### 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 ice while the Olympia is resurfacing

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Family Open Gym

Date and Time: Friday, November 14 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

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

Pickleball 18+

Date and Time: Friday, November 14 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

Adult Volleyball (18+)

Date and Time: Friday, November 14 8:00 pm - 10:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult volleyball. Play must be inclusive and respectful.

Saturday, November 15, 2025

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Youth Basketball and Volleyball (ages 9 to 17)

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

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for a fun game of basketball and/or volleyball. Play must be inclusive and respectful.

## Family Open Gym

Date and Time: Saturday, November 15 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

### Drop-in Fees

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

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

## Pickleball 18+

Date and Time: Saturday, November 15 5:30 pm - 7:30 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+)        | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth        | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+) | \$4  | Discount Card (10 visits) | \$34  |
| Family             | \$16 | Discount Card (10 visits) | \$134 |

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

## Public Skating

Date and Time: Saturday, November 15 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

**Saturday:** 7 - 8 p.m.

**Sunday:** 12:30 - 1:30 p.m.

### **General public skating rules**

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### **Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Adult Basketball (18+)**

Date and Time: Saturday, November 15 7:30 pm - 8:30 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult basketball. Play must be inclusive and respectful.

## **Sunday, November 16, 2025**

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### **Public Skating**

Date and Time: Sunday, November 16 12:30 pm - 1:30 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

**Saturday:** 7 - 8 p.m.

**Sunday:** 12:30 - 1:30 p.m.

### **General public skating rules**

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### **Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Monday, November 17, 2025**

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

Date and Time: Monday, November 17 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

## 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:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Gentle Yoga

Date and Time: Monday, November 17 10:00 am

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Mondays at 10 a.m.
- September 22 to December 1 (excluding October 13)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

Date and Time: Monday, November 17 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

## Men's Shinny

Date and Time: Monday, November 17 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Men's Shinny:** Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Low Sensory Public Skating

Date and Time: Monday, November 17 12:00 pm - 1:00 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

### General public skating rules

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

### Advanced Pickleball 18+

Date and Time: Monday, November 17 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

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

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

### Adult Skate

Date and Time: Monday, November 17 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

**Monday:** 2 - 3 p.m.

**Tuesday:** 2 - 3 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person

- Shiny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Beginner Pickleball 18+

Date and Time: Monday, November 17 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

## Stick and Puck (ages 6-12)

Date and Time: Monday, November 17 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

**Monday:** 4 - 5 p.m. (ages 6-12)

### 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:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Parent and Child Multi-Sport Indoor (16 mos - 3 yrs)**

Date and Time: Monday, November 17 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

### **Sportball classes**

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## **Junior Multi-Sport Indoor (4 - 6 yrs)**

Date and Time: Monday, November 17 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

### **Sportball classes**

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## Multi-Sport Drop-off Indoor (7 - 9 yrs)

Date and Time: Monday, November 17 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

### Sportball classes

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## Tuesday, November 18, 2025

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

Date and Time: Tuesday, November 18 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### 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:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Chair Yoga**

Date and Time: Tuesday, November 18 9:30 am

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Tuesdays at 9:30 a.m.
- September 23 to December 2 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## **Tai Chi and Qigong**

Date and Time: Tuesday, November 18 9:50 am

Address: 177 West St., Smithville

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

- \$48 per first-time participant
- \$30 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- September 23 and 25 to November 25 and 27 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Ladies' Shinny

Date and Time: Tuesday, November 18 10:00 am - 11:00 am

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Ladies' Shinny:** Tuesday, 10 - 11 a.m. and Friday, 9:30 - 11 a.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

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

Date and Time: Tuesday, November 18 1:00 pm - 2:00 pm

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1 - 2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### 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:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Adult Skate**

Date and Time: Tuesday, November 18 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

**Monday:** 2 - 3 p.m.

**Tuesday:** 2 - 3 p.m.

### **Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Youth Basketball (ages 9 to 17)**

Date and Time: Tuesday, November 18 4:30 pm - 6:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for a fun game of basketball. Play must be inclusive and respectful.

## **Pickleball 18+**

Date and Time: Tuesday, November 18 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Hatha Yoga for Tight Hips

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Tuesdays at 6:30 p.m.
- September 23 to December 9 (excluding September 30 and October 21)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Beginner Bounce Class

Date and Time: Tuesday, November 18 8:00 pm

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Tuesdays at 8 p.m.
- September 23 to December 2 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Adult Basketball (18+)

Date and Time: Tuesday, November 18 8:00 pm - 9:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult basketball. Play must be inclusive and respectful.

## Wednesday, November 19, 2025

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

Date and Time: Wednesday, November 19 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### 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 ice while the Olympia is resurfacing

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Gentle Yoga

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Wednesdays at 10 a.m.
- September 24 to November 26
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

Date and Time: Wednesday, November 19 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Men's Shinny

Date and Time: Wednesday, November 19 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Men's Shinny:** Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35

- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Pickleball 18+

Date and Time: Wednesday, November 19 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Man Stretch - Yoga for Men

Date and Time: Wednesday, November 19 7:00 pm

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Wednesdays at 7 p.m.
- September 24 to November 26
- Register online through Activenet or in person at the West Lincoln Community Centre

## Thursday, November 20, 2025

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### Mom and Baby Fit

Date and Time: Thursday, November 20 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood while

decompressing, regaining energy (yes energy!) and confidence. Each class is unique and uses a variety of props to reach every muscle group. Classes are taught by a certified instructor. All fitness levels and ages welcome. Bond with your baby while doing something for yourself. Bring the older children, too, and be their example for an active lifestyle. Or simply come by yourself for a more focused session. Please bring a mat and a baby carrier (if desired).

- \$100 per participant
- 10-week program
- Thursdays at 9:30 a.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Tai Chi and Qigong

Date and Time: Thursday, November 20 9:50 am

Address: 177 West St., Smithville

This class will begin with warm up exercises, followed by 18 movements of qigong, then the rest of the class will focus on the tai chi form, learning and improving our skills that develop balance, strengthening, co-ordination and cognitive improvement. This is a life-long activity for all ages and abilities.

- \$48 per first-time participant
- \$30 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- September 23 and 25 to November 25 and 27 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Sit and Strengthen

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Thursdays at 10 a.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

Date and Time: Thursday, 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+)        | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth        | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+) | \$4  | Discount Card (10 visits) | \$34  |
| Family             | \$16 | Discount Card (10 visits) | \$134 |

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

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, November 20 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, November 20 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

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

## Evening Gentle Hatha Yoga

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Thursdays at 6:30 p.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Strengthen and Stretch - Yogalates

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Thursdays at 7:45 p.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Friday, November 21, 2025

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### Gentle Yoga

Date and Time: Friday, November 21 9:15 am

Address: 177 West St., Smithville

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

- \$80 per participant
- 8-week program
- Fridays at 9:15 a.m.
- October 10 to November 28
- Register online through Activenet or in person at the West Lincoln Community Centre

## Beginner Pickleball 18+

Date and Time: Friday, November 21 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Older Adult Social 55+ (free)

Date and Time: Friday, November 21 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Ukulele Jam Session 55+ (free)

Date and Time: Friday, November 21 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Advanced Pickleball 18+

Date and Time: Friday, November 21 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

Family Open Gym

Date and Time: Friday, November 21 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

Pickleball 18+

Date and Time: Friday, November 21 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

## Adult Volleyball (18+)

Date and Time: Friday, November 21 8:00 pm - 10:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult volleyball. Play must be inclusive and respectful.

## Saturday, November 22, 2025

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### Youth Basketball and Volleyball (ages 9 to 17)

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

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for a fun game of basketball and/or volleyball. Play must be inclusive and respectful.

### Family Open Gym

Date and Time: Saturday, November 22 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

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

## Pickleball 18+

Date and Time: Saturday, November 22 5:30 pm - 7:30 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+)        | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth        | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+) | \$4  | Discount Card (10 visits) | \$34  |
| Family             | \$16 | Discount Card (10 visits) | \$134 |

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

## Public Skating

Date and Time: Saturday, November 22 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

**Saturday:** 7 - 8 p.m.

**Sunday:** 12:30 - 1:30 p.m.

### General public skating rules

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person

- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Adult Basketball (18+)

Date and Time: Saturday, November 22 7:30 pm - 8:30 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult basketball. Play must be inclusive and respectful.

## Sunday, November 23, 2025

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### Public Skating

Date and Time: Sunday, November 23 12:30 pm - 1:30 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

**Saturday:** 7 - 8 p.m.

**Sunday:** 12:30 - 1:30 p.m.

### General public skating rules

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person

- Shiny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Monday, November 24, 2025

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

Date and Time: Monday, November 24 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### 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 ice while the Olympia is resurfacing

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shiny: \$7 per person
- Shiny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Gentle Yoga

Date and Time: Monday, November 24 10:00 am

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Mondays at 10 a.m.
- September 22 to December 1 (excluding October 13)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

Date and Time: Monday, November 24 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Men's Shinny

Date and Time: Monday, November 24 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Men's Shinny:** Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35

- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Low Sensory Public Skating

Date and Time: Monday, November 24 12:00 pm - 1:00 pm

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

### General public skating rules

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Advanced Pickleball 18+

Date and Time: Monday, November 24 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Adult Skate

Date and Time: Monday, November 24 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

**Monday:** 2 - 3 p.m.

**Tuesday:** 2 - 3 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Beginner Pickleball 18+

Date and Time: Monday, November 24 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Stick and Puck (ages 6-12)

Date and Time: Monday, November 24 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

**Monday:** 4 - 5 p.m. (ages 6-12)

### 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 ice while the Olympia is resurfacing

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

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

Date and Time: Monday, November 24 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

### Sportball classes

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## **Junior Multi-Sport Indoor (4 - 6 yrs)**

**Date and Time:** Monday, November 24 6:00 pm - 7:00 pm

**Address:** 177 West St., Smithville

### **Sportball classes**

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## **Multi-Sport Drop-off Indoor (7 - 9 yrs)**

**Date and Time:** Monday, November 24 7:00 pm - 8:00 pm

**Address:** 177 West St., Smithville

### **Sportball classes**

Multi-sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, and tennis.

**Location:** West Lincoln Community Centre, 177 West St., Smithville

**Cost:** \$175 per participant for 10 weeks of classes

Registration is being facilitated online through the Sportball Niagara website. Trial classes are available.

[Register for Sportball](#)

## **Tuesday, November 25, 2025**

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

Date and Time: Tuesday, November 25 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### 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 ice while the Olympia is resurfacing

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Chair Yoga

Date and Time: Tuesday, November 25 9:30 am

Address: 177 West St., Smithville

Chair yoga is one of the most accessible forms of yoga. It's a great way to start if you're a beginner, have limited

d mobility or an injury. You will move through a series of yoga postures from a seated position while increasing mobility, strength and stretching the body and relaxing the mind. Bring one yoga block.

- \$100 per participant
- 10-week program
- Tuesdays at 9:30 a.m.
- September 23 to December 2 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Tai Chi and Qigong

Date and Time: Tuesday, November 25 9:50 am

Address: 177 West St., Smithville

This class will begin with warm up exercises, followed by 18 movements of qigong, then the rest of the class will focus on the tai chi form, learning and improving our skills that develop balance, strengthening, co-ordination and cognitive improvement. This is a life-long activity for all ages and abilities.

- \$48 per first-time participant
- \$30 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- September 23 and 25 to November 25 and 27 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Ladies' Shinny

Date and Time: Tuesday, November 25 10:00 am - 11:00 am

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Ladies' Shinny:** Tuesday, 10 - 11 a.m. and Friday, 9:30 - 11 a.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

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

Date and Time: Tuesday, November 25 1:00 pm - 2:00 pm

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1 - 2 p.m. ages 0-6

**Wednesday:** 9 - 10 a.m. ages 0-6

### **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 ice while the Olympia is resurfacing

### **Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Adult Skate**

Date and Time: Tuesday, November 25 2:00 pm - 3:00 pm

Address: 177 West St., Smithville

Adult skating is a good time to practice your skating skills at the West Lincoln Community Centre without the worry of crowding or speed.

**Monday:** 2 - 3 p.m.

**Tuesday:** 2 - 3 p.m.

## Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Youth Basketball (ages 9 to 17)

Date and Time: Tuesday, November 25 4:30 pm - 6:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for a fun game of basketball. Play must be inclusive and respectful.

## Pickleball 18+

Date and Time: Tuesday, November 25 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Hatha Yoga for Tight Hips

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

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program

- Tuesdays at 6:30 p.m.
- September 23 to December 9 (excluding September 30 and October 21)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Beginner Bounce Class

Date and Time: Tuesday, November 25 8:00 pm

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Tuesdays at 8 p.m.
- September 23 to December 2 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Adult Basketball (18+)

Date and Time: Tuesday, November 25 8:00 pm - 9:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult basketball. Play must be inclusive and respectful.

## Wednesday, November 26, 2025

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

Date and Time: Wednesday, November 26 9:00 am - 10:00 am

Address: 177 West St., Smithville

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

**Monday:** 9 - 10 a.m. ages 0-6

**Tuesday:** 9 - 10 a.m. ages 0-6 and 1-2 p.m. ages 0-6

**Wednesday: 9 - 10 a.m. ages 0-6**

### **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:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## **Flag Raising Ceremony - Woman Abuse Prevention Month**

Date and Time: Wednesday, November 26 9:30 am

Address: 177 West Street, Smithville

The Township of West Lincoln is holding a flag raising ceremony with Gillian's Place in recognition of Woman Abuse Prevention Month. Members of the public are welcome to join.

Wednesday, November 26, 2025, at 9:30 a.m.

West Lincoln Community Centre, 177 West Street, Smithville

## **Gentle Yoga**

Date and Time: Wednesday, November 26 10:00 am

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Wednesdays at 10 a.m.

- September 24 to November 26
- Register online through Activenet or in person at the West Lincoln Community Centre

## Pickleball 18+

Date and Time: Wednesday, November 26 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

|                                                                           |      |                           |       |
|---------------------------------------------------------------------------|------|---------------------------|-------|
| Adult (18+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

## Men's Shinny

Date and Time: Wednesday, November 26 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Men's Shinny:** Monday, 10:30 a.m. - 12 p.m. and Wednesday, 10:30 a.m. - 12 p.m.

### Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Pickleball 18+

Date and Time: Wednesday, November 26 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## West Lincoln Shines: Community Tree Lighting

Date and Time: Wednesday, November 26 6:15 pm

Address: 177 West St., Smithville

The 7th annual Community Tree Lighting will be held on Wednesday, November 26, 2025, outside the West Lincoln Community Centre, at 177 West Street, in Smithville.

Attendees 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.

This annual tradition is led by Kiwanis in partnership with the Township of West Lincoln, Smithville Christian High School, Foodland, St. Martins Men, Stanpac, Rebecca Mullin Desjardins Insurance and Summer Heinen Royal LePage.

## Man Stretch - Yoga for Men

Date and Time: Wednesday, November 26 7:00 pm

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Wednesdays at 7 p.m.
- September 24 to November 26
- Register online through Activenet or in person at the West Lincoln Community Centre

## Thursday, November 27, 2025

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### Mom and Baby Fit

Date and Time: Thursday, November 27 9:30 am

Address: 177 West St., Smithville

Small indoor group training serves as an intimate atmosphere to share your journey through motherhood while destressing, regaining energy (yes energy!) and confidence. Each class is unique and uses a variety of props to reach every muscle group. Classes are taught by a certified instructor. All fitness levels and ages welcome. Bond with your baby while doing something for yourself. Bring the older children, too, and be their example for an active lifestyle. Or simply come by yourself for a more focused session. Please bring a mat and a baby carrier (if desired).

- \$100 per participant
- 10-week program
- Thursdays at 9:30 a.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Tai Chi and Qigong

Date and Time: Thursday, November 27 9:50 am

Address: 177 West St., Smithville

This class will begin with warm up exercises, followed by 18 movements of qigong, then the rest of the class will focus on the tai chi form, learning and improving our skills that develop balance, strengthening, co-ordination and cognitive improvement. This is a life-long activity for all ages and abilities.

- \$48 per first-time participant
- \$30 per returning participant
- 10-week program
- Tuesdays and Thursdays at 9:50 a.m.
- September 23 and 25 to November 25 and 27 (excluding September 30)
- Register online through Activenet or in person at the West Lincoln Community Centre

## Sit and Strengthen

Date and Time: Thursday, November 27 10:00 am

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Thursdays at 10 a.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Flag Raising - HIV/AIDS Awareness

Date and Time: Thursday, November 27 11:30 am

Address: 177 West St., Smithville

The Township of West Lincoln will hold a flag raising ceremony with Positive Living Niagara on Thursday, November 27, in recognition of HIV/AIDS Awareness Week, World AIDS Day and Indigenous HIV/AIDS Awareness Week. Members of the public are invited to attend.

West Lincoln Community Centre, 177 West St., Smithville, at 11:30 a.m.

## Pickleball 18+

Date and Time: Thursday, 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+)                                                               | \$6  | Discount Card (10 visits) | \$50  |
| Child/Youth                                                               | \$4  | Discount Card (10 visits) | \$25  |
| Older Adults (55+)                                                        | \$4  | Discount Card (10 visits) | \$34  |
| Family                                                                    | \$16 | Discount Card (10 visits) | \$134 |
| Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit |      |                           |       |

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, November 27 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

## Public Information Centre #1 - Road Safety Study and Action Plan

Date and Time: Thursday, November 27 5:00 pm - 7:00 pm

Address: 177 West Street, Smithville

The Township of West Lincoln has initiated the development of a Road Safety Study and Action Plan. Two (2) Public Information Centre (PIC) sessions will be held for this Study. The first PIC will introduce the Study and provide an opportunity for residents to share their input regarding road safety concerns.

**When:** Thursday, November 27, 2025, at 5 p.m.

**Where:** West Lincoln Community Centre, Library Program Room, 177 West St, Smithville, ON L0R 2A0

**Format:** Drop-in open house style (no registration required)

**Purpose:**

- Present initial findings on existing road safety conditions in West Lincoln, along with a summary of relevant policies, and next steps in the study process.
- Receive public including stakeholder input on road safety concerns on roads under the jurisdiction of West Lincoln to help guide future recommendations and road safety implementation process.

All interested parties are invited to attend the Public Information Centre and provide comments on the information shared. Members of the Project Team will be available to answer questions and receive comments.

Learn more about West Lincoln's [Road Safety Study and Action Plan](#).

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, November 27 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

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

## Evening Gentle Hatha Yoga

Date and Time: Thursday, November 27 6:30 pm

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program

- Thursdays at 6:30 p.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Strengthen and Stretch - Yogalates

Date and Time: Thursday, November 27 7:45 pm

Address: 177 West St., Smithville

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

- \$100 per participant
- 10-week program
- Thursdays at 7:45 p.m.
- September 25 to November 27
- Register online through Activenet or in person at the West Lincoln Community Centre

## Friday, November 28, 2025

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### Gentle Yoga

Date and Time: Friday, November 28 9:15 am

Address: 177 West St., Smithville

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

- \$80 per participant
- 8-week program
- Fridays at 9:15 a.m.
- October 10 to November 28
- Register online through Activenet or in person at the West Lincoln Community Centre

### Ladies' Shinny

Date and Time: Friday, November 28 9:30 am - 11:00 am

Address: 177 West St., Smithville

Can't get enough of hockey? Come out to play shinny at the West Lincoln Community Centre! It's a great opportunity to play fun pick-up hockey with friends without the worry of renting ice. Shinny is open to everyone.

**Ladies' Shinny:** Tuesday, 10 - 11 a.m. and Friday, 9:30 - 11 a.m.

## Skating fees:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Older Adult Social 55+ (free)

Date and Time: Friday, November 28 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Beginner Pickleball 18+

Date and Time: Friday, November 28 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Ukulele Jam Session 55+ (free)

Date and Time: Friday, November 28 10:30 am - 12:00 pm

Address: 177 West St., Smithville

Drop-in at the West Lincoln Community Centre for a non-instructional ukulele jam session. Bring your own uk

e and jam out with your friends. All levels are welcome.

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

## Advanced Pickleball 18+

Date and Time: Friday, November 28 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Stick and Puck (ages 13-17)

Date and Time: Friday, November 28 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

**Friday:** 4 - 5 p.m. (ages 13-17)

### 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:

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

## Family Open Gym

Date and Time: Friday, November 28 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

### Drop-in Fees

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

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

## Pickleball 18+

Date and Time: Friday, November 28 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

|             |     |                           |      |
|-------------|-----|---------------------------|------|
| Adult (18+) | \$6 | Discount Card (10 visits) | \$50 |
|-------------|-----|---------------------------|------|

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

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

## Adult Volleyball (18+)

Date and Time: Friday, November 28 8:00 pm - 10:00 pm

Address: 177 West Street, Smithville

Drop in to the West Lincoln Community Centre for unstructured adult volleyball. Play must be inclusive and respectful.

## Saturday, November 29, 2025

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### Holiday Market

Date and Time: Saturday, November 29 9:00 am - 1:00 pm

Address: 177 West St., Smithville

Get a head start on your holiday shopping at the West Lincoln Holiday Market! The Township's special Holiday Market will be held inside the West Lincoln Community Centre, at 177 West Street, from 9 a.m. to 1 p.m. on Saturday, November 29, the morning of the [West Lincoln Santa Claus Parade](#).

### 35th Annual West Lincoln Santa Claus Parade

Date and Time: Saturday, November 29 5:00 pm

Address: 177 West St., Smithville

The Township is thrilled to present the 35<sup>th</sup> annual West Lincoln Santa Claus Parade on November 29, 2025, continuing this well-loved and widely anticipated community holiday tradition.

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.

## Sunday, November 30, 2025

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### Public Skating

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

Address: 177 West St., Smithville

Lace up your skates and enjoy the many health benefits of being active at the West Lincoln Community Centre!

**Monday:** 12 - 1 p.m. low sensory public skating (no music and dim lighting for individuals with sensory needs)

**Saturday:** 7 - 8 p.m.

**Sunday:** 12:30 - 1:30 p.m.

### **General public skating rules**

- Children under 12 must be accompanied by an adult
- C.S.A approved helmets are strongly recommended for participants on the ice
- Skating aids permitted at centre ice area only
- Speeding, chaining, tag games, horseplay, snowballs and improper behaviour 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
- Ice capacity is 160
- Alcoholic beverages, illegal substances and anyone under the influence will not be permitted on the premises
- You must adhere to the directions of arena staff members

### **Skating fees:**

- Adult skating: \$4 per person
- Preschool skating: \$4 per person
- Public skating: \$4 per person
- Public skating punch card (10 visits): \$35
- Shinny: \$7 per person
- Shinny hockey discount card (10 visits): \$59
- Stick & puck: \$4 per person

<https://events.westlincoln.ca>