

## Wednesday, January 1, 2025

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### Free Holiday Skate

Date and Time: Wednesday, January 1 12:00 pm - 1:00 pm

Address: 177 West St., Smithville

Enjoy free public skating at the West Lincoln Community Centre on select dates over the holiday season!

- Monday, December 23, 3-4 p.m.
- Thursday, December 26, 1-2 p.m. & 2:30-3:30 p.m.
- Friday, December 27, 3-4 p.m.
- Saturday, December 28, 7-8 p.m.
- Sunday, December 29, 12:30-1:30 p.m.
- Monday, December 30, 3-4 p.m.
- Wednesday, January 1, 12-1 p.m.
- Thursday, January 2, 3-4 p.m.
- Friday, January 3, 3-4 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 in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

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

## Thursday, January 2, 2025

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### Pickleball 18+

Date and Time: Thursday, January 2 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

## Drop-in Fees

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

## Free Holiday Skate

Date and Time: Thursday, January 2 3:00 pm - 4:00 pm

Address: 177 West St., Smithville

Enjoy free public skating at the West Lincoln Community Centre on select dates over the holiday season!

- Monday, December 23, 3-4 p.m.
- Thursday, December 26, 1-2 p.m. & 2:30-3:30 p.m.
- Friday, December 27, 3-4 p.m.
- Saturday, December 28, 7-8 p.m.
- Sunday, December 29, 12:30-1:30 p.m.
- Monday, December 30, 3-4 p.m.
- Wednesday, January 1, 12-1 p.m.
- Thursday, January 2, 3-4 p.m.
- Friday, January 3, 3-4 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 in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

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

## Youth Open Gym (ages 9-12)

Date and Time: Thursday, January 2 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, January 2 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

## Friday, January 3, 2025

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### Ladies Shinny

Date and Time: Friday, January 3 9:30 am - 11:00 am

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Beginner Pickleball 18+

Date and Time: Friday, January 3 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

## Free Holiday Skate

Date and Time: Friday, January 3 3:00 pm - 4:00 pm

Address: 177 West St., Smithville

Enjoy free public skating at the West Lincoln Community Centre on select dates over the holiday season!

- Monday, December 23, 3-4 p.m.
- Thursday, December 26, 1-2 p.m. & 2:30-3:30 p.m.
- Friday, December 27, 3-4 p.m.
- Saturday, December 28, 7-8 p.m.
- Sunday, December 29, 12:30-1:30 p.m.
- Monday, December 30, 3-4 p.m.
- Wednesday, January 1, 12-1 p.m.
- Thursday, January 2, 3-4 p.m.
- Friday, January 3, 3-4 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 in designated cone area only.
- Speeding, tag games, horseplay and snowballs are not permitted.
- All participants are required to wear skates on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.
- Children must be supervised by an adult at all times.

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

## Stick and Puck (ages 13-17)

Date and Time: Friday, January 3 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

### 13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

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

### Stick & Puck Rules

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-12)

Date and Time: Friday, January 3 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

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

## Youth Open Gym (ages 13-17)

Date and Time: Friday, January 3 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

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

## Family Open Gym

Date and Time: Friday, January 3 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

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

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

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

#### Drop-in Fees

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

## Saturday, January 4, 2025

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### Family Open Gym

Date and Time: Saturday, January 4 11:00 am - 12:30 pm

Address: 177 West St., Smithville

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

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

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

#### Drop-in Fees

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

### Pickleball 18+

Date and Time: Saturday, January 4 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

## Public Skating

Date and Time: Saturday, January 4 7:00 pm - 8:00 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

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**Sunday, January 5, 2025**



## Public Skating

Date and Time: Sunday, January 5 12:30 pm - 1:30 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Monday, January 6, 2025

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### Pickleball 18+

Date and Time: Monday, January 6 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

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

## Advanced Pickleball 18+

Date and Time: Monday, January 6 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Beginner Pickleball 18+

Date and Time: Monday, January 6 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, January 6 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

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

Mondays 4:00-5:00pm

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

### Stick & Puck Rules

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

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

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## **Tuesday, January 7, 2025**

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### **Ladies Shinny**

Date and Time: Tuesday, January 7 10:00 am - 11:00 am

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

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

Date and Time: Tuesday, January 7 1:00 pm - 2:00 pm

Address: 177 West St.

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

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

### Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

### Stick & Puck Rules

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

- No headsets, cell phones or handheld electronic devices permitted while skating
- All participants must wear skates while on the ice surface.
- Participants are not permitted on the on the ice while the Olympia is resurfacing.

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Adult Skating

Date and Time: Tuesday, January 7 2:00 pm - 3:00 pm

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-17)

Date and Time: Tuesday, January 7 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

y stay to watch.

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

### Drop-in Fees

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

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

## Pickleball 18+

Date and Time: Tuesday, January 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 Open Gym (18+)

Date and Time: Tuesday, January 7 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Adult Open 18+ (max 30)

Unstructured Drop-In gym time for adults of all skill levels that will be facilitated by Recreation Staff. 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)  
Family drop-in fee is a maximum of 2 adults and 4 children for \$16/visit

\$134

## Wednesday, January 8, 2025

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

Date and Time: Wednesday, January 8 9:30 am - 10:30 am

Address: 177 West St.

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

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

#### Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

#### Stick & Puck Rules

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

### Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Pickleball 18+

Date and Time: Wednesday, January 8 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### 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, January 8 10:30 am - 12:00 pm

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Advanced Pickleball 18+



Date and Time: Wednesday, January 8 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

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

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

## Thursday, January 9, 2025

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### Pickleball 18+

Date and Time: Thursday, January 9 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, January 9 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

#### Drop-in Fees

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

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

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

Date and Time: Thursday, January 9 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

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

#### Drop-in Fees

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

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

## Friday, January 10, 2025

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### Ladies Shinny

Date and Time: Friday, January 10 9:30 am - 11:00 am

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Beginner Pickleball 18+

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

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Free Older Adult Social 55+

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

Address: 177 West St., Smithville

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

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

## Free Ukulele Jam Session 55+

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

Address: 177 West St., Smithville

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

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

## Pickleball 18+

Date and Time: Friday, January 10 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Stick and Puck (ages 13-17)

Date and Time: Friday, January 10 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

### 13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

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

### Stick & Puck Rules

- Maximum of 30 participants. First come, first served.
- Full equipment including a CSA approved helmet is required for children.
- Adults are required to wear a CSA approved helmet, gloves and skates.

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-12)

Date and Time: Friday, January 10 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Friday, January 10 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

Adult (18+)	\$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, January 10 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

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

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

## Saturday, January 11, 2025

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## Family Open Gym

Date and Time: Saturday, January 11 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, January 11 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

Adult (18+)	\$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, January 11 7:00 pm - 8:00 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

#### General Public Skating Rules

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

- Children must be supervised by an adult at all times.

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Sunday, January 12, 2025

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### Public Skating

Date and Time: Sunday, January 12 12:30 pm - 1:30 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

#### General Public Skating Rules

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3



Ladies' Shinny - \$5

Men's Shinny - \$5

## Monday, January 13, 2025

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### Gentle Yoga with Melinda

Date and Time: Monday, January 13 10:00 am

Address: 177 West Street, Smithville

### Gentle Yoga with Melinda

- Mondays at 10 a.m., January 13 to March 31 (excluding February 17 and March 10) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

### Pickleball 18+

Date and Time: Monday, January 13 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

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

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

### Advanced Pickleball 18+

Date and Time: Monday, January 13 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

#### Drop-in Fees

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

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

### Beginner Pickleball 18+

Date and Time: Monday, January 13 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, January 13 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

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

Mondays 4:00-5:00pm

Skating & Shiny schedules and details are subject to change without notice. Please visit the [Skating & Shiny](#)

[webpage](#) for the most up-to-date information.

## Stick & Puck Rules

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Sportball: Parent and Child Multi-Sport

Date and Time: Monday, January 13 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

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

- West Lincoln Community Centre, 177 West St., Smithville
- January 13 to April 14 (12 Classes), Mon. 5:15 PM to 6 PM
- (No classes on Feb. 17 or Mar. 10)
- Registration required

Children and parents are introduced to 8 difference sports through creative storylines, songs, rhymes and much more. The program focuses on exploration and children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

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

## **Sportball: Jr. Multi-Sport**

Date and Time: Monday, January 13 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

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

- West Lincoln Community Centre, 177 West St., Smithville
- January 13 to April 14 (12 Classes), Mon. 6 PM to 7 PM
- (No classes on Feb. 17 or Mar. 10)
- Registration required

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

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

## **Reclaiming Your Body Through Somatic Movement with Brad**

Date and Time: Monday, January 13 7:45 pm

Address: 177 West St., Smithville

### **Reclaiming Your Body Through Somatic Movement with Brad**

- Mondays at 7:45 p.m., January 13 to March 31 (excluding February 17 and March 10) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

Somatic movement involves exploring the physical sensations and movements of the body, which can help you develop greater body awareness, self-regulation and a deeper connection with yourself. Release tension and stress by moving from the inside out using a movement pattern called pendiculation. Pendiculation is contracting, releasing and relaxing muscles repeatedly with internal awareness. Please bring a yoga mat and blanket.

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

## **Tuesday, January 14, 2025**

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### **Chair Yoga with Melinda**

Date and Time: Tuesday, January 14 9:30 am

Address: 177 West St., Smithville

### **Chair Yoga with Melinda**

- Tuesdays at 9:30 a.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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.

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

## Ladies Shinny

Date and Time: Tuesday, January 14 10:00 am - 11:00 am

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Tai Chi

Date and Time: Tuesday, January 14 10:00 am

Address: 177 West St., Smithville

### Tai Chi Classes (10 weeks)

- West Lincoln Community Centre, 177 West St., Smithville
- Tuesdays and Thursdays at 10 a.m., January 14 & 16 to March 25 & 27 (excluding March 11 & 13)
- Registration required

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

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

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

Date and Time: Tuesday, January 14 1:00 pm - 2:00 pm

Address: 177 West St.

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

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

### Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

### Stick & Puck Rules

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Adult Skating

Date and Time: Tuesday, January 14 2:00 pm - 3:00 pm

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-17)

Date and Time: Tuesday, January 14 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

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

## Pickleball 18+

Date and Time: Tuesday, January 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

## Hatha Yoga for Tight Hips with Melinda

Date and Time: Tuesday, January 14 6:30 pm

Address: 177 West St., Smithville

### Hatha Yoga for Tight Hips with Melinda

- Tuesdays at 6:30 p.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## All Levels Flow Yoga with Melinda

Date and Time: Tuesday, January 14 7:45 pm

Address: 177 West St., Smithville

### All Levels Flow Yoga with Melinda

- Tuesdays at 7:45 p.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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



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

## Beginner Bounce Class with Stacey

Date and Time: Tuesday, January 14 8:00 pm

Address: 177 West St., Smithville

## Beginner Bounce Class with Stacey

- Tuesdays at 8 p.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## Adult Open Gym (18+)

Date and Time: Tuesday, January 14 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Adult Open 18+ (max 30)

Unstructured Drop-In gym time for adults of all skill levels that will be facilitated by Recreation Staff. 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

## Wednesday, January 15, 2025

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

Date and Time: Wednesday, January 15 9:30 am - 10:30 am

Address: 177 West St.

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

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

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

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

### Stick & Puck Rules

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

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

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### **Gentle Yoga with Melinda**

Date and Time: Wednesday, January 15 10:00 am

Address: 177 West Street, Smithville

### **Gentle Yoga with Melinda**

- Wednesdays at 10 a.m., January 15 to March 26 (excluding March 12) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## Pickleball 18+

Date and Time: Wednesday, January 15 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### 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

## Walking Club

Date and Time: Wednesday, January 15 10:00 am

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Men's Shiny

Date and Time: Wednesday, January 15 10:30 am - 12:00 pm

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Advanced Pickleball 18+

Date and Time: Wednesday, January 15 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### 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

## Walking Club

Date and Time: Wednesday, January 15 3:00 pm

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## YMCA Swim Trips

Date and Time: Wednesday, January 15 3:00 pm - 4:00 pm

Address: 177 West St., Smithville

### YMCA Swim Trips

- Wednesdays from 3 to 4 p.m., January 15 to March 19.
- The bus leaves from the West Lincoln Community Centre at 2:15 p.m. sharp.
- Weekly trips are first-come, first-served.
- Space is limited. Drop-in on the day and claim your set on the bus.

Experience the joy of staying active, socializing, and improving your health in a fun and supportive environment! Swimming is a low-impact exercise that's easy on the joints, perfect for older adults looking to stay fit and energized. Whether you're a seasoned swimmer or just getting started, everyone is welcome to join us for a refreshing and enjoyable time. Don't miss out and make a splash with us every week!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Man Stretch - Yoga for Men

Date and Time: Wednesday, January 15 7:30 pm

Address: 177 West St., Smithville

### Man Stretch - Yoga for Men with Brad \$100

- Wednesdays at 7:30 p.m., January 15 to March 26 (excluding March 12) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

# Thursday, January 16, 2025

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## Tai Chi

Date and Time: Thursday, January 16 10:00 am

Address: 177 West St., Smithville

### Tai Chi Classes (10 weeks)

- West Lincoln Community Centre, 177 West St., Smithville
- Tuesdays and Thursdays at 10 a.m., January 14 & 16 to March 25 & 27 (excluding March 11 & 13)
- Registration required

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

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Pickleball 18+

Date and Time: Thursday, January 16 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, January 16 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, January 16 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

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

## Friday, January 17, 2025

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### Ladies Shiny

Date and Time: Friday, January 17 9:30 am - 11:00 am

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Walking Club

Date and Time: Friday, January 17 10:00 am

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Beginner Pickleball 18+

Date and Time: Friday, January 17 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees



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

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

## Free Older Adult Social 55+

Date and Time: Friday, January 17 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Free Ukulele Jam Session 55+

Date and Time: Friday, January 17 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Pickleball 18+

Date and Time: Friday, January 17 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Walking Club

Date and Time: Friday, January 17 3:00 pm

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Stick and Puck (ages 13-17)

Date and Time: Friday, January 17 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

### 13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

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

### Stick & Puck Rules

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

# Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-12)

Date and Time: Friday, January 17 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Friday, January 17 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

Adult (18+)	\$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, January 17 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

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

## Saturday, January 18, 2025

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### Family Open Gym

Date and Time: Saturday, January 18 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, January 18 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$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, January 18 7:00 pm - 8:00 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Sunday, January 19, 2025

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### Public Skating

Date and Time: Sunday, January 19 12:30 pm - 1:30 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

#### General Public Skating Rules

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

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

### Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Monday, January 20, 2025

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Date and Time: Monday, January 20 10:00 am

Address: 177 West Street, Smithville

## Gentle Yoga with Melinda

- Mondays at 10 a.m., January 13 to March 31 (excluding February 17 and March 10) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## Pickleball 18+

Date and Time: Monday, January 20 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Advanced Pickleball 18+

Date and Time: Monday, January 20 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
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Child/Youth	\$4	Discount Card (10 visits)	\$25
Older Adults (55+)	\$4	Discount Card (10 visits)	\$34
Family	\$16	Discount Card (10 visits)	\$134

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

## Beginner Pickleball 18+

Date and Time: Monday, January 20 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, January 20 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

### 6yrs-12yrs Stick & Puck

Mondays 4:00-5:00pm

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

### Stick & Puck Rules

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



supervising the child at all times.

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Sportball: Parent and Child Multi-Sport

Date and Time: Monday, January 20 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

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

- West Lincoln Community Centre, 177 West St., Smithville
- January 13 to April 14 (12 Classes), Mon. 5:15 PM to 6 PM
- (No classes on Feb. 17 or Mar. 10)
- Registration required

Children and parents are introduced to 8 difference sports through creative storylines, songs, rhymes and much more. The program focuses on exploration and children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

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

## Sportball: Jr. Multi-Sport

Date and Time: Monday, January 20 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

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

- West Lincoln Community Centre, 177 West St., Smithville
- January 13 to April 14 (12 Classes), Mon. 6 PM to 7 PM
- (No classes on Feb. 17 or Mar. 10)

- Registration required

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

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

## **Reclaiming Your Body Through Somatic Movement with Brad**

Date and Time: Monday, January 20 7:45 pm

Address: 177 West St., Smithville

### **Reclaiming Your Body Through Somatic Movement with Brad**

- Mondays at 7:45 p.m., January 13 to March 31 (excluding February 17 and March 10) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

Somatic movement involves exploring the physical sensations and movements of the body, which can help you develop greater body awareness, self-regulation and a deeper connection with yourself. Release tension and stress by moving from the inside out using a movement pattern called pendiculation. Pendiculation is contracting, releasing and relaxing muscles repeatedly with internal awareness. Please bring a yoga mat and blanket.

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

## **Tuesday, January 21, 2025**

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### **Chair Yoga with Melinda**

Date and Time: Tuesday, January 21 9:30 am

Address: 177 West St., Smithville

### **Chair Yoga with Melinda**

- Tuesdays at 9:30 a.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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.

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

## Ladies Shinny

Date and Time: Tuesday, January 21 10:00 am - 11:00 am

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Tai Chi

Date and Time: Tuesday, January 21 10:00 am

Address: 177 West St., Smithville

### Tai Chi Classes (10 weeks)

- West Lincoln Community Centre, 177 West St., Smithville
- Tuesdays and Thursdays at 10 a.m., January 14 & 16 to March 25 & 27 (excluding March 11 & 13)
- Registration required

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

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

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

Date and Time: Tuesday, January 21 1:00 pm - 2:00 pm

Address: 177 West St.

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

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

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

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

### **Stick & Puck Rules**

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

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

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### **Adult Skating**

Date and Time: Tuesday, January 21 2:00 pm - 3:00 pm

Address: 177 West St.

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

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

# Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-17)

Date and Time: Tuesday, January 21 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

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

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

## Pickleball 18+

Date and Time: Tuesday, January 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

## Hatha Yoga for Tight Hips with Melinda

Date and Time: Tuesday, January 21 6:30 pm

Address: 177 West St., Smithville

## Hatha Yoga for Tight Hips with Melinda

- Tuesdays at 6:30 p.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## All Levels Flow Yoga with Melinda

Date and Time: Tuesday, January 21 7:45 pm

Address: 177 West St., Smithville

## All Levels Flow Yoga with Melinda

- Tuesdays at 7:45 p.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## Beginner Bounce Class with Stacey

Date and Time: Tuesday, January 21 8:00 pm

Address: 177 West St., Smithville

## Beginner Bounce Class with Stacey

- Tuesdays at 8 p.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## Adult Open Gym (18+)

Date and Time: Tuesday, January 21 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Adult Open 18+ (max 30)

Unstructured Drop-In gym time for adults of all skill levels that will be facilitated by Recreation Staff. 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

## Wednesday, January 22, 2025

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

Date and Time: Wednesday, January 22 9:30 am - 10:30 am

Address: 177 West St.

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

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

**Under 6yrs Stick & Puck**  
Tuesdays 1:00-2:00pm  
Wednesdays 9:30-10:30am

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

### Stick & Puck Rules

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Gentle Yoga with Melinda

Date and Time: Wednesday, January 22 10:00 am

Address: 177 West Street, Smithville

## Gentle Yoga with Melinda

- Wednesdays at 10 a.m., January 15 to March 26 (excluding March 12) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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



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## Pickleball 18+

Date and Time: Wednesday, January 22 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### 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

## Walking Club

Date and Time: Wednesday, January 22 10:00 am

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Men's Shinny

Date and Time: Wednesday, January 22 10:30 am - 12:00 pm

Address: 177 West St.

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

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

# Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Advanced Pickleball 18+

Date and Time: Wednesday, January 22 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### 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

## Walking Club

Date and Time: Wednesday, January 22 3:00 pm

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

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ough the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## YMCA Swim Trips

Date and Time: Wednesday, January 22 3:00 pm - 4:00 pm

Address: 177 West St., Smithville

### YMCA Swim Trips

- Wednesdays from 3 to 4 p.m., January 15 to March 19.
- The bus leaves from the West Lincoln Community Centre at 2:15 p.m. sharp.
- Weekly trips are first-come, first-served.
- Space is limited. Drop-in on the day and claim your set on the bus.

Experience the joy of staying active, socializing, and improving your health in a fun and supportive environment! Swimming is a low-impact exercise that's easy on the joints, perfect for older adults looking to stay fit and energized. Whether you're a seasoned swimmer or just getting started, everyone is welcome to join us for a refreshing and enjoyable time. Don't miss out and make a splash with us every week!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Man Stretch - Yoga for Men

Date and Time: Wednesday, January 22 7:30 pm

Address: 177 West St., Smithville

### Man Stretch - Yoga for Men with Brad \$100

- Wednesdays at 7:30 p.m., January 15 to March 26 (excluding March 12) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## Thursday, January 23, 2025

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### Tai Chi

Date and Time: Thursday, January 23 10:00 am

Address: 177 West St., Smithville

### Tai Chi Classes (10 weeks)

- West Lincoln Community Centre, 177 West St., Smithville
- Tuesdays and Thursdays at 10 a.m., January 14 & 16 to March 25 & 27 (excluding March 11 & 13)
- Registration required

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

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

### Pickleball 18+

Date and Time: Thursday, January 23 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, January 23 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

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### Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Thursday, January 23 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

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

## Friday, January 24, 2025

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### Ladies Shinny

Date and Time: Friday, January 24 9:30 am - 11:00 am

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Walking Club

Date and Time: Friday, January 24 10:00 am

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Beginner Pickleball 18+

Date and Time: Friday, January 24 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Free Older Adult Social 55+

Date and Time: Friday, January 24 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Free Ukulele Jam Session 55+

Date and Time: Friday, January 24 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Pickleball 18+

Date and Time: Friday, January 24 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Walking Club

Date and Time: Friday, January 24 3:00 pm

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Stick and Puck (ages 13-17)

Date and Time: Friday, January 24 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

### 13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

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

### Stick & Puck Rules

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3



Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-12)

Date and Time: Friday, January 24 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Friday, January 24 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

Adult (18+)	\$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, January 24 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

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

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

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

#### Drop-in Fees

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

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

## Saturday, January 25, 2025

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### Family Open Gym

Date and Time: Saturday, January 25 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, January 25 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

Adult (18+)	\$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, January 25 7:00 pm - 8:00 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

# Sunday, January 26, 2025

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## Public Skating

Date and Time: Sunday, January 26 12:30 pm - 1:30 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

### General Public Skating Rules

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

# Monday, January 27, 2025

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## Gentle Yoga with Melinda

Date and Time: Monday, January 27 10:00 am

Address: 177 West Street, Smithville

## Gentle Yoga with Melinda

- Mondays at 10 a.m., January 13 to March 31 (excluding February 17 and March 10) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville

- Registration required

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

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

## Pickleball 18+

Date and Time: Monday, January 27 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Advanced Pickleball 18+

Date and Time: Monday, January 27 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

## Beginner Pickleball 18+

Date and Time: Monday, January 27 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, January 27 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

### 6yrs-12yrs Stick & Puck

Mondays 4:00-5:00pm

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

### Stick & Puck Rules

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

# Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Sportball: Parent and Child Multi-Sport

Date and Time: Monday, January 27 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

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

- West Lincoln Community Centre, 177 West St., Smithville
- January 13 to April 14 (12 Classes), Mon. 5:15 PM to 6 PM
- (No classes on Feb. 17 or Mar. 10)
- Registration required

Children and parents are introduced to 8 different sports through creative storylines, songs, rhymes and much more. The program focuses on exploration and children will be introduced to a different sport each week. Parents are encouraged to participate with their child and challenge them according to their skill level.

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

## Sportball: Jr. Multi-Sport

Date and Time: Monday, January 27 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

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

- West Lincoln Community Centre, 177 West St., Smithville
- January 13 to April 14 (12 Classes), Mon. 6 PM to 7 PM
- (No classes on Feb. 17 or Mar. 10)
- Registration required

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

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

## Reclaiming Your Body Through Somatic Movement with Brad

Date and Time: Monday, January 27 7:45 pm

Address: 177 West St., Smithville

### Reclaiming Your Body Through Somatic Movement with Brad

- Mondays at 7:45 p.m., January 13 to March 31 (excluding February 17 and March 10) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

Somatic movement involves exploring the physical sensations and movements of the body, which can help you develop greater body awareness, self-regulation and a deeper connection with yourself. Release tension and stress by moving from the inside out using a movement pattern called pendulation. Pendulation is contracting, releasing and relaxing muscles repeatedly with internal awareness. Please bring a yoga mat and blanket.

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

## Tuesday, January 28, 2025

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### Chair Yoga with Melinda

Date and Time: Tuesday, January 28 9:30 am

Address: 177 West St., Smithville

### Chair Yoga with Melinda

- Tuesdays at 9:30 a.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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.

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

### Ladies Shinny

Date and Time: Tuesday, January 28 10:00 am - 11:00 am

Address: 177 West St.

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



riends without the worry of renting ice.

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Tai Chi

Date and Time: Tuesday, January 28 10:00 am

Address: 177 West St., Smithville

### Tai Chi Classes (10 weeks)

- West Lincoln Community Centre, 177 West St., Smithville
- Tuesdays and Thursdays at 10 a.m., January 14 & 16 to March 25 & 27 (excluding March 11 & 13)
- Registration required

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

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

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

Date and Time: Tuesday, January 28 1:00 pm - 2:00 pm

Address: 177 West St.

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

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

**Under 6yrs Stick & Puck**  
Tuesdays 1:00-2:00pm  
Wednesdays 9:30-10:30am

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

### Stick & Puck Rules

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

### Adult Skating

Date and Time: Tuesday, January 28 2:00 pm - 3:00 pm

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Youth Open Gym (ages 9-17)

Date and Time: Tuesday, January 28 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

### Drop-in Fees

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

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

## Pickleball 18+

Date and Time: Tuesday, January 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

## Hatha Yoga for Tight Hips with Melinda

Date and Time: Tuesday, January 28 6:30 pm

Address: 177 West St., Smithville

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

- Tuesdays at 6:30 p.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## **All Levels Flow Yoga with Melinda**

Date and Time: Tuesday, January 28 7:45 pm

Address: 177 West St., Smithville

## **All Levels Flow Yoga with Melinda**

- Tuesdays at 7:45 p.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## **Beginner Bounce Class with Stacey**

Date and Time: Tuesday, January 28 8:00 pm

Address: 177 West St., Smithville

## **Beginner Bounce Class with Stacey**

- Tuesdays at 8 p.m., January 14 to March 25 (excluding March 11) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

Please register by shoe size.

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

## Adult Open Gym (18+)

Date and Time: Tuesday, January 28 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

Adult Open 18+ (max 30)

Unstructured Drop-In gym time for adults of all skill levels that will be facilitated by Recreation Staff. 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

## Wednesday, January 29, 2025

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

Date and Time: Wednesday, January 29 9:30 am - 10:30 am

Address: 177 West St.

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

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

### Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Gentle Yoga with Melinda

Date and Time: Wednesday, January 29 10:00 am

Address: 177 West Street, Smithville

## Gentle Yoga with Melinda

- Wednesdays at 10 a.m., January 15 to March 26 (excluding March 12) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## Pickleball 18+

Date and Time: Wednesday, January 29 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

## Walking Club

Date and Time: Wednesday, January 29 10:00 am

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Men's Shinny

Date and Time: Wednesday, January 29 10:30 am - 12:00 pm

Address: 177 West St.

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

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

## Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

## Advanced Pickleball 18+

Date and Time: Wednesday, January 29 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

## Walking Club

Date and Time: Wednesday, January 29 3:00 pm

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## YMCA Swim Trips

Date and Time: Wednesday, January 29 3:00 pm - 4:00 pm

Address: 177 West St., Smithville



## YMCA Swim Trips

- Wednesdays from 3 to 4 p.m., January 15 to March 19.
- The bus leaves from the West Lincoln Community Centre at 2:15 p.m. sharp.
- Weekly trips are first-come, first-served.
- Space is limited. Drop-in on the day and claim your set on the bus.

Experience the joy of staying active, socializing, and improving your health in a fun and supportive environment! Swimming is a low-impact exercise that's easy on the joints, perfect for older adults looking to stay fit and energized. Whether you're a seasoned swimmer or just getting started, everyone is welcome to join us for a refreshing and enjoyable time. Don't miss out and make a splash with us every week!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Man Stretch - Yoga for Men

Date and Time: Wednesday, January 29 7:30 pm

Address: 177 West St., Smithville

### Man Stretch - Yoga for Men with Brad \$100

- Wednesdays at 7:30 p.m., January 15 to March 26 (excluding March 12) (10 weeks)
- West Lincoln Community Centre, 177 West St., Smithville
- Registration required

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

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

## Thursday, January 30, 2025

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### Tai Chi

Date and Time: Thursday, January 30 10:00 am

Address: 177 West St., Smithville

### Tai Chi Classes (10 weeks)

- West Lincoln Community Centre, 177 West St., Smithville
- Tuesdays and Thursdays at 10 a.m., January 14 & 16 to March 25 & 27 (excluding March 11 & 13)
- Registration required

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

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Pickleball 18+

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

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

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

### Drop-in Fees

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

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

## Friday, January 31, 2025

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### Beginner Pickleball 18+

Date and Time: Friday, January 31 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

### Drop-in Fees

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

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

### Free Older Adult Social 55+

Date and Time: Friday, January 31 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Walking Club

Date and Time: Friday, January 31 10:00 am

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Free Ukulele Jam Session 55+

Date and Time: Friday, January 31 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

## Pickleball 18+

Date and Time: Friday, January 31 2:00 pm - 4:00 pm

Address: 177 West St., Smithville

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

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

## Drop-in Fees

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

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

## Walking Club

Date and Time: Friday, January 31 3:00 pm

Address: 177 West St., Smithville

### Walking Club

- West Lincoln Community Centre, 177 West St., Smithville
- Wednesdays and Fridays at 10 a.m. and 3 p.m., beginning January 15
- Drop-in (no registration required)

Join our NEW, fun and amazing Walking Club! Enjoy weekly check-ins, stay motivated and earn rewards as you hit your walking goals. It's a great way to stay active, connect with others, and have fun along the way!

The Township's "[The Best Years 55+](#)" programming is made possible thanks to \$20,970 in funding awarded through the Seniors Community Grant, which is provided by Ontario's Ministry for Seniors and Accessibility, and aims to address social isolation and help older adults stay healthy, safe, and active in their communities.

## Youth Open Gym (ages 9-12)

Date and Time: Friday, January 31 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

## Drop-in Fees

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

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

## Youth Open Gym (ages 13-17)

Date and Time: Friday, January 31 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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

#### Drop-in Fees

Adult (18+)	\$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, January 31 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

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

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

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

#### Drop-in Fees

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

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

<https://events.westlincoln.ca>