

Friday, March 1, 2024

Beginner Pickleball 18+

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

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Beginner 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		

FREE Older Adult Social

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

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre for casual activities and socialization, including coffee, cards, crokinole, table tennis and conversation.

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

FREE Older Adult Ukulele Jam Session

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

Address: 177 West St., Smithville

New this Winter! 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.

Youth Open Gym Drop-in (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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		

Youth Open Gym Drop-in (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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		

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Saturday, March 2, 2024

Family Open Gym

Date and Time: Saturday, March 2 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Saturday, March 2 6:30 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Public Skating

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

Address: 177 West St., Smithville

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

Public skating begins September 16, 2023, and runs until April 2024

- 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

Basketball 18+

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

Address: 177 West St., Smithville

New this Winter! Drop-in to the West Lincoln Community Centre for unstructured basketball for adults of all skill levels (max 30). 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		

Sunday, March 3, 2024

Public Skating

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

Address: 177 West St., Smithville

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

Public skating begins September 16, 2023, and runs until April 2024

- 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, March 4, 2024

Pickleball 18+

Date and Time: Monday, March 4 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Gentle Yoga

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

Address: 177 West St., Smithville

Gentle Yoga \$95

Mondays at 10 a.m. - January 15 to April 1 (excluding February 19 & March 11)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre .

Advanced Pickleball 18+

Date and Time: Monday, March 4 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Stick and Puck 6-12 yrs

Date and Time: Monday, March 4 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

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.

Stick & Puck begins September 11, 2023, and runs until April 2024

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shiny - \$5

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

Date and Time: Monday, March 4 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

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

Jan. 15 - Mar. 18

8 Classes - \$140

Mon. 5:15 PM to 6 PM

(No class Feb. 19 & Mar. 11)

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

*Registration is required. Sign up online at <https://www.sportball.ca/niagara/program-schedules/west-lincoln/>

Junior Multi-Sport Drop-off Class (ages 4-6)

Date and Time: Monday, March 4 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

**Junior Multi-Sport
Drop-off Class
(4 yrs - 6 yrs)**

Jan. 15 - Mar. 18

8 Classes - \$140

Mon. 6 PM to 7 PM

(No class Feb. 19 & Mar. 11)

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

*Registration is required. Sign up online at <https://www.sportball.ca/niagara/program-schedules/west-lincoln/>

Tuesday, March 5, 2024

Ladies' Shinny

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

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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, March 5 10:00 am

Address: 177 West St., Smithville

Tai Chi \$45 (first timer) or \$28 (returning)

Tuesdays AND Thursdays at 10 a.m. - January 16 to March 28 (excluding March 12 & 14)

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.

*In-person registration is required at the West Lincoln Community Centre.

Chair Yoga

Date and Time: Tuesday, March 5 12:30 pm

Address: 177 West St., Smithville

Chair Yoga \$95

Tuesdays at 12:30 p.m. - January 16 to March 26 (excluding March 12)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre.

Preschool Skate / Stick and Puck

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

Address: 177 West St., Smithville

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

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

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 ice while the Olympia is resurfacing.

Stick & Puck begins September 11, 2023, and runs until April 2024

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 Skate

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

Address: 177 West St., Smithville

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

Adult Skating begins September 12, 2023, and runs until April 2024.

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

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

Adult (18+)	\$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		

Pickleball 18+

Date and Time: Tuesday, March 5 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Hatha Flow Yoga

Date and Time: Tuesday, March 5 6:30 pm

Address: 177 West St., Smithville

Hatha Flow Yoga \$95

Tuesdays at 6:30 p.m. - January 16 to March 26 (excluding March 12)

This is a mid- to slow-paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. This class is suitable for all levels. Modifications will be offered as needed. Bring a mat, a strap and blocks.

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre.

Flow Down Yoga

Date and Time: Tuesday, March 5 7:45 pm

Address: 177 West St., Smithville

Flow Down Yoga \$95

Tuesdays at 7:45 p.m. - January 16 to March 26 (excluding March 12)

Ready to move but also looking for rest and relaxation? Flow Down combines an all-level flow class with long restorative holds. You will move through a moderately-paced flow and then come down to your mat for deep, slow holds that will open your body and relax your mind. It's the perfect way to move your body and treat your soul.

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre .

Volleyball 18+

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

Address: 177 West St., Smithville

Volleyball 18yrs+ (max 30)

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

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

Drop-in Fees

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

Wednesday, March 6, 2024

Preschool Skate / Stick and Puck

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

Address: 177 West St., Smithville

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

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

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.

Stick & Puck begins September 11, 2023, and runs until April 2024

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

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

Address: 177 West St., Smithville

Gentle Yoga \$95

Wednesdays at 10 a.m. - January 17 to March 27 (excluding March 13)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre .

Mens' Shinny

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

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, March 6 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Man Stretch - Yoga for Men

Date and Time: Wednesday, March 6 7:30 pm

Address: 177 West St., Smithville

Man Stretch - Yoga for Men \$95

Wednesdays at 7:30 p.m. - January 17 to March 27 (excluding March 13)

Men, join Brad (Breathe with Brad) for a 10-week feel-better-in-your-body session with gentle yoga specially d

esigned for you. Move your body in a relaxed, light hearted environment, making gains in range of motion, balance and strength. Classic rock music will play as a backdrop to your practice.

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre.

Thursday, March 7, 2024

Ladies' Shinny

Date and Time: Thursday, March 7 9:30 am - 11:00 am

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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: Thursday, March 7 10:00 am

Address: 177 West St., Smithville

Tai Chi \$45 (first timer) or \$28 (returning)

Tuesdays AND Thursdays at 10 a.m. - January 16 to March 28 (excluding March 12 & 14)

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.

*In-person registration is required at the West Lincoln Community Centre.

Pickleball 18+

Date and Time: Thursday, March 7 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Stick and Puck 13-17 yrs

Date and Time: Thursday, March 7 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

13yrs-17yrs Stick & Puck

Thursdays 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 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 Drop-in (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Youth Open Gym Drop-in (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Friday, March 8, 2024

FREE Older Adult Social

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

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre for casual activities and socialization, including coffee, cards, crokinole, table tennis and conversation.

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

Beginner Pickleball 18+

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

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Beginner 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		

FREE Older Adult Ukulele Jam Session

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

Address: 177 West St., Smithville

New this Winter! 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.

Youth Open Gym Drop-in (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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		

Youth Open Gym Drop-in (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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		

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Saturday, March 9, 2024

Family Open Gym

Date and Time: Saturday, March 9 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Saturday, March 9 6:30 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Public Skating

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

Address: 177 West St., Smithville

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

Public skating begins September 16, 2023, and runs until April 2024

- 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

Basketball 18+

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

Address: 177 West St., Smithville

New this Winter! Drop-in to the West Lincoln Community Centre for unstructured basketball for adults of all skill levels (max 30). 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		

Sunday, March 10, 2024

Public Skating

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

Address: 177 West St., Smithville

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

Public skating begins September 16, 2023, and runs until April 2024

- 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, March 11, 2024

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Advanced Pickleball 18+

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

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre for unstructured Advanced 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		

Stick and Puck 6-12 yrs

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

Address: 177 West St., Smithville

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

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

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 ice while the Olympia is resurfacing.

Stick & Puck begins September 11, 2023, and runs until April 2024

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, March 12, 2024

Ladies' Shinny

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

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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

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

Address: 177 West St., Smithville

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

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

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.

Stick & Puck begins September 11, 2023, and runs until April 2024

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 Skate

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

Address: 177 West St., Smithville

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

Adult Skating begins September 12, 2023, and runs until April 2024.

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

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

Adult (18+)	\$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		

Pickleball 18+

Date and Time: Tuesday, March 12 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Volleyball 18+

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

Address: 177 West St., Smithville

Volleyball 18yrs+ (max 30)

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

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

Drop-in Fees

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

Wednesday, March 13, 2024

Preschool Skate / Stick and Puck

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

Address: 177 West St., Smithville

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

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

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.

Stick & Puck begins September 11, 2023, and runs until April 2024

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

Mens' Shinny

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

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, March 13 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Ladies' Shinny

Date and Time: Thursday, March 14 9:30 am - 11:00 am

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Thursday, March 14 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Stick and Puck 13-17 yrs

Date and Time: Thursday, March 14 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

13yrs-17yrs Stick & Puck

Thursdays 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.

Stick & Puck begins September 11, 2023, and runs until April 2024

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 Drop-in (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Youth Open Gym Drop-in (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Friday, March 15, 2024

Youth Open Gym Drop-in (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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		

Youth Open Gym Drop-in (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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		

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Saturday, March 16, 2024

Family Open Gym

Date and Time: Saturday, March 16 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Saturday, March 16 6:30 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Public Skating

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

Address: 177 West St., Smithville

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

Public skating begins September 16, 2023, and runs until April 2024

- 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

Basketball 18+

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

Address: 177 West St., Smithville

New this Winter! Drop-in to the West Lincoln Community Centre for unstructured basketball for adults of all skill levels (max 30). 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
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Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15		

Sunday, March 17, 2024

Public Skating

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

Address: 177 West St., Smithville

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

Public skating begins September 16, 2023, and runs until April 2024

- 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, March 18, 2024

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Gentle Yoga

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

Address: 177 West St., Smithville

Gentle Yoga \$95

Mondays at 10 a.m. - January 15 to April 1 (excluding February 19 & March 11)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre .

Advanced Pickleball 18+

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

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre for unstructured Advanced 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		

Stick and Puck 6-12 yrs

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

Address: 177 West St., Smithville

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

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

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 ice while the Olympia is resurfacing.

Stick & Puck begins September 11, 2023, and runs until April 2024

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

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

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

Address: 177 West St., Smithville

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

Jan. 15 - Mar. 18

8 Classes - \$140

Mon. 5:15 PM to 6 PM

(No class Feb. 19 & Mar. 11)

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

*Registration is required. Sign up online at <https://www.sportball.ca/niagara/program-schedules/west-lincoln/>

Junior Multi-Sport Drop-off Class (ages 4-6)

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

Address: 177 West St., Smithville

**Junior Multi-Sport
Drop-off Class
(4 yrs - 6 yrs)**

Jan. 15 - Mar. 18

8 Classes - \$140

Mon. 6 PM to 7 PM

(No class Feb. 19 & Mar. 11)

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

*Registration is required. Sign up online at <https://www.sportball.ca/niagara/program-schedules/west-lincoln/>

Tuesday, March 19, 2024

Ladies' Shinny

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

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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, March 19 10:00 am

Address: 177 West St., Smithville

Tai Chi \$45 (first timer) or \$28 (returning)

Tuesdays AND Thursdays at 10 a.m. - January 16 to March 28 (excluding March 12 & 14)

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.

*In-person registration is required at the West Lincoln Community Centre.

Chair Yoga

Date and Time: Tuesday, March 19 12:30 pm

Address: 177 West St., Smithville

Chair Yoga \$95

Tuesdays at 12:30 p.m. - January 16 to March 26 (excluding March 12)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre .

Preschool Skate / Stick and Puck

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

Address: 177 West St., Smithville

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

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

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.

Stick & Puck begins September 11, 2023, and runs until April 2024

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 Skate

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

Address: 177 West St., Smithville

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

Adult Skating begins September 12, 2023, and runs until April 2024.

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

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

Adult (18+)	\$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		

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Hatha Flow Yoga

Date and Time: Tuesday, March 19 6:30 pm

Address: 177 West St., Smithville

Hatha Flow Yoga \$95

Tuesdays at 6:30 p.m. - January 16 to March 26 (excluding March 12)

This is a mid- to slow-paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. This class is suitable for all levels. Modifications will be offered as needed. Bring a mat, a strap and blocks.

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre .

Flow Down Yoga

Date and Time: Tuesday, March 19 7:45 pm

Address: 177 West St., Smithville

Flow Down Yoga \$95

Tuesdays at 7:45 p.m. - January 16 to March 26 (excluding March 12)

Ready to move but also looking for rest and relaxation? Flow Down combines an all-level flow class with long restorative holds. You will move through a moderately-paced flow and then come down to your mat for deep, slow holds that will open your body and relax your mind. It's the perfect way to move your body and treat your soul.

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre .

Volleyball 18+

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

Address: 177 West St., Smithville

Volleyball 18yrs+ (max 30)

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

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

Drop-in Fees

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

Wednesday, March 20, 2024

Preschool Skate / Stick and Puck

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

Address: 177 West St., Smithville

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

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

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.

Stick & Puck begins September 11, 2023, and runs until April 2024

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

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

Address: 177 West St., Smithville

Gentle Yoga \$95

Wednesdays at 10 a.m. - January 17 to March 27 (excluding March 13)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre .

Mens' Shinny

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

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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

most up-to-date information.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, March 20 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Man Stretch - Yoga for Men

Date and Time: Wednesday, March 20 7:30 pm

Address: 177 West St., Smithville

Man Stretch - Yoga for Men \$95

Wednesdays at 7:30 p.m. - January 17 to March 27 (excluding March 13)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre.

Ladies' Shinny

Date and Time: Thursday, March 21 9:30 am - 11:00 am

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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: Thursday, March 21 10:00 am

Address: 177 West St., Smithville

Tai Chi \$45 (first timer) or \$28 (returning)

Tuesdays AND Thursdays at 10 a.m. - January 16 to March 28 (excluding March 12 & 14)

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.

*In-person registration is required at the West Lincoln Community Centre.

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Stick and Puck 13-17 yrs

Date and Time: Thursday, March 21 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

13yrs-17yrs Stick & Puck

Thursdays 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.

Stick & Puck begins September 11, 2023, and runs until April 2024

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 Drop-in (ages 9-12)

Date and Time: Thursday, March 21 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Youth Open Gym Drop-in (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

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

Friday, March 22, 2024

Beginner Pickleball 18+

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

Address: 177 West St., Smithville

Drop in to the West Lincoln Community Centre for unstructured Beginner 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		

FREE Older Adult Social

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

Address: 177 West St., Smithville

Drop-in to the West Lincoln Community Centre for casual activities and socialization, including coffee, cards, crokinole, table tennis and conversation.

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

FREE Older Adult Ukulele Jam Session

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

Address: 177 West St., Smithville

New this Winter! 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.

Youth Open Gym Drop-in (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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		

Youth Open Gym Drop-in (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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		

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Saturday, March 23, 2024

Family Open Gym

Date and Time: Saturday, March 23 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Saturday, March 23 6:30 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Public Skating

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

Address: 177 West St., Smithville

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

Public skating begins September 16, 2023, and runs until April 2024

- 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

Basketball 18+

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

Address: 177 West St., Smithville

New this Winter! Drop-in to the West Lincoln Community Centre for unstructured basketball for adults of all skill levels (max 30). 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		

Sunday, March 24, 2024

Public Skating

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

Address: 177 West St., Smithville

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

Public skating begins September 16, 2023, and runs until April 2024

- 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

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Gentle Yoga

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

Address: 177 West St., Smithville

Gentle Yoga \$95

Mondays at 10 a.m. - January 15 to April 1 (excluding February 19 & March 11)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre .

Advanced Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Stick and Puck 6-12 yrs

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

Address: 177 West St., Smithville

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

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

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.

Stick & Puck begins September 11, 2023, and runs until April 2024

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, March 26, 2024

Ladies' Shinny

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

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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, March 26 10:00 am

Address: 177 West St., Smithville

Tai Chi \$45 (first timer) or \$28 (returning)

Tuesdays AND Thursdays at 10 a.m. - January 16 to March 28 (excluding March 12 & 14)

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.

*In-person registration is required at the West Lincoln Community Centre.

Chair Yoga

Date and Time: Tuesday, March 26 12:30 pm

Address: 177 West St., Smithville

Chair Yoga \$95

Tuesdays at 12:30 p.m. - January 16 to March 26 (excluding March 12)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre.

Preschool Skate / Stick and Puck

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

Address: 177 West St., Smithville

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

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

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 ice while the Olympia is resurfacing.

Stick & Puck begins September 11, 2023, and runs until April 2024

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 Skate

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

Address: 177 West St., Smithville

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

Adult Skating begins September 12, 2023, and runs until April 2024.

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

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

Adult (18+)	\$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		

Pickleball 18+

Date and Time: Tuesday, March 26 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Hatha Flow Yoga

Date and Time: Tuesday, March 26 6:30 pm

Address: 177 West St., Smithville

Hatha Flow Yoga \$95

Tuesdays at 6:30 p.m. - January 16 to March 26 (excluding March 12)

This is a mid- to slow-paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. This class is suitable for all levels. Modifications will be offered as needed. Bring a mat, a strap and blocks.

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre.

Flow Down Yoga

Date and Time: Tuesday, March 26 7:45 pm

Address: 177 West St., Smithville

Flow Down Yoga \$95

Tuesdays at 7:45 p.m. - January 16 to March 26 (excluding March 12)

Ready to move but also looking for rest and relaxation? Flow Down combines an all-level flow class with long restorative holds. You will move through a moderately-paced flow and then come down to your mat for deep, slow holds that will open your body and relax your mind. It's the perfect way to move your body and treat your soul.

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre .

Volleyball 18+

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

Address: 177 West St., Smithville

Volleyball 18yrs+ (max 30)

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

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

Drop-in Fees

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

Wednesday, March 27, 2024

Preschool Skate / Stick and Puck

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

Address: 177 West St., Smithville

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

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

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.

Stick & Puck begins September 11, 2023, and runs until April 2024

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

Date and Time: Wednesday, March 27 10:00 am

Address: 177 West St., Smithville

Gentle Yoga \$95

Wednesdays at 10 a.m. - January 17 to March 27 (excluding March 13)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre

Mens' Shinny

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

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, March 27 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Man Stretch - Yoga for Men

Date and Time: Wednesday, March 27 7:30 pm

Address: 177 West St., Smithville

Man Stretch - Yoga for Men \$95

Wednesdays at 7:30 p.m. - January 17 to March 27 (excluding March 13)

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

*Registration is required. Sign up online through [Activenet](#) or in person at the West Lincoln Community Centre.

Thursday, March 28, 2024

Ladies' Shinny

Date and Time: Thursday, March 28 9:30 am - 11:00 am

Address: 177 West St., Smithville

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. Shinny begins September 12, 2023, and runs until April 2024, and is open to everyone.

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: Thursday, March 28 10:00 am

Address: 177 West St., Smithville

Tai Chi \$45 (first timer) or \$28 (returning)

Tuesdays AND Thursdays at 10 a.m. - January 16 to March 28 (excluding March 12 & 14)

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.

*In-person registration is required at the West Lincoln Community Centre.

Pickleball 18+

Date and Time: Thursday, March 28 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Stick and Puck 13-17 yrs

Date and Time: Thursday, March 28 4:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

13yrs-17yrs Stick & Puck

Thursdays 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.

Stick & Puck begins September 11, 2023, and runs until April 2024

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 Drop-in (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Youth Open Gym Drop-in (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Friday, March 29, 2024

Easter in West Lincoln

Date and Time: Friday, March 29 9:00 am - 12:00 pm

Address: 177 West Street, Smithville

Join us for Easter in West Lincoln!

WHEN: Friday, March 29, 2024, 9 a.m. to 12 p.m.

WHERE: West Lincoln Community Centre Park

ADDRESS: 177 West St., Smithville

DETAILS: This year's event will depart from the standard egg hunt and present a fun, new approach for our community to enjoy Easter together, including free activities and entertainment for the whole family.

- Triple C Petting Zoo
- Firetruck Tours with West Lincoln Fire & Emergency Services
- Face Painting
- Balloon Twister
- Visit from the Easter Bunny
- and, of course, lots of chocolate!

Details are subject to change without notice. Please visit www.westlincoln.ca/easter for the most up-to-date information.

Saturday, March 30, 2024

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

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		

Pickleball 18+

Date and Time: Saturday, March 30 6:30 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Basketball 18+

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

Address: 177 West St., Smithville

New this Winter! Drop-in to the West Lincoln Community Centre for unstructured basketball for adults of all skill levels (max 30). 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
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Child/Youth	\$3	Discount Card (10 visits)	\$15
Older Adults (55+)	\$3	Discount Card (10 visits)	\$25
Family	\$15		

<https://events.westlincoln.ca>