

Wednesday, May 1, 2024

Pickleball 18+

Date and Time: Wednesday, May 1 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Gentle Yoga

Date and Time: Wednesday, May 1 10:00 am

Address: 177 West St., Smithville

Gentle Yoga \$95

Wednesdays at 10 a.m. - April 24 to June 26

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.

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Pickleball 18+

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Man Stretch - Yoga for Men

Date and Time: Wednesday, May 1 7:30 pm

Address: 177 West St., Smithville

Man Stretch - Yoga for Men \$95

Wednesdays at 7:30 p.m. - April 17 to June 19

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

Registration is required.

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

Thursday, May 2, 2024

Tai Chi

Date and Time: Thursday, May 2 10:00 am

Address: 177 West St., Smithville

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

Tuesdays AND Thursdays at 10 a.m. - April 16 & 18 to June 18 & 20

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.

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

Chair Strength and Stretch

Date and Time: Thursday, May 2 12:15 pm

Address: 177 West St., Smithville

Chair Strength & Stretch \$95

Thursdays at 12:15 p.m. - April 25 to June 27

This class is great for building up strength and stretching the entire body while being supported by a chair (seated and/or standing behind a chair). This class starts with a seated warm up, moving to an engaging sequence of strengthening with light hand held weights and/or resistance bands, followed by stretching and cool down. Beginner friendly. Please bring 2 hand held weights (ideally 1lb or 2lb) plus one yoga block.

Registration is required.

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Pickleball 18+

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

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

Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

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

Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

Friday, May 3, 2024

Free Older Adult Social 55+

Date and Time: Friday, May 3 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.

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Beginner Pickleball 18+

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

Free Ukulele Jam Session 55+

Date and Time: Friday, May 3 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Saturday, May 4, 2024

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Pickleball 18+

Date and Time: Saturday, May 4 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Monday, May 6, 2024

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Gentle Yoga

Date and Time: Monday, May 6 10:00 am

Address: 177 West St., Smithville

Gentle Yoga \$95

Mondays at 10 a.m. - April 22 to June 24 (excluding May 20) + June 21 at 12 p.m.

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

Registration is required.

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

Advanced Pickleball 18+

Date and Time: Monday, May 6 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	Discount Card (10 visits)	\$100

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

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

Address: 177 West St., Smithville

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.

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

Sportball: Junior Multi-Sport Indoor (4 yrs - 6 yrs)

Date and Time: Monday, May 6 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

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.

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

Sportball: Multi-Sport Drop-Off Indoor (7 yrs - 10 yrs)

Date and Time: Monday, May 6 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

Children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Our Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

Registration is required.

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

Tai Chi

Date and Time: Tuesday, May 7 10:00 am

Address: 177 West St., Smithville

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

Tuesdays AND Thursdays at 10 a.m. - April 16 & 18 to June 18 & 20

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.

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

Chair Yoga

Date and Time: Tuesday, May 7 12:15 pm

Address: 177 West St., Smithville

Chair Yoga \$95

Tuesdays at 12:15 p.m. - April 23 to June 25

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 (asanas) either from seated on your chair or from standing with support of your chair (standing is optional). Class is geared to increase mobility, strength and stretching the body and relaxing the mind. Bring one yoga block.

Registration is required.

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

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

Unstructured Drop-In play for families. Children/youth under 17 yrs must be accompanied by a parent/guardian.

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

Hatha Flow Yoga

Date and Time: Tuesday, May 7 6:30 pm

Address: 177 West St., Smithville

Hatha Flow Yoga \$95

Tuesdays at 6:30 p.m. - April 23 to June 25

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.

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

Flow Down Yoga

Date and Time: Tuesday, May 7 7:45 pm

Address: 177 West St., Smithville

Flow Down Yoga \$95

Tuesdays at 7:45 p.m. - April 23 to June 25

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 deeper, 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.

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

Volleyball 18+

Date and Time: Tuesday, May 7 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

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Wednesday, May 8, 2024

Pickleball 18+

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Address: 177 West St., Smithville

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Registration is required.

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Pickleball 18+

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Date and Time: Wednesday, May 8 7:30 pm

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Wednesdays at 7:30 p.m. - April 17 to June 19

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.

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Thursday, May 9, 2024

Tai Chi

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Chair Strength and Stretch

Date and Time: Thursday, May 9 12:15 pm

Address: 177 West St., Smithville

Chair Strength & Stretch \$95

Thursdays at 12:15 p.m. - April 25 to June 27

This class is great for building up strength and stretching the entire body while being supported by a chair (seated and/or standing behind a chair). This class starts with a seated warm up, moving to an engaging sequence of strengthening with light hand held weights and/or resistance bands, followed by stretching and cool down. Beginner friendly. Please bring 2 hand held weights (ideally 1lb or 2lb) plus one yoga block.

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Youth Open Gym (ages 9-12)

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

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Friday, May 10, 2024

Free Older Adult Social 55+

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

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Family Open Gym

Date and Time: Friday, May 10 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Saturday, May 11, 2024

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Saturday, May 11 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Monday, May 13, 2024

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Gentle Yoga

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

Address: 177 West St., Smithville

Gentle Yoga \$95

Mondays at 10 a.m. - April 22 to June 24 (excluding May 20) + June 21 at 12 p.m.

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

Registration is required.

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

Advanced Pickleball 18+

Date and Time: Monday, May 13 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	Discount Card (10 visits)	\$100

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

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

Address: 177 West St., Smithville

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.

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

Sportball: Junior Multi-Sport Indoor (4 yrs - 6 yrs)

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

Address: 177 West St., Smithville

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.

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

Sportball: Multi-Sport Drop-Off Indoor (7 yrs - 10 yrs)

Date and Time: Monday, May 13 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

Children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Our Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

Registration is required.

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

Tuesday, May 14, 2024

Tai Chi

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

Address: 177 West St., Smithville

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

Tuesdays AND Thursdays at 10 a.m. - April 16 & 18 to June 18 & 20

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.

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

Chair Yoga

Date and Time: Tuesday, May 14 12:15 pm

Address: 177 West St., Smithville

Chair Yoga \$95

Tuesdays at 12:15 p.m. - April 23 to June 25

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 (asanas) either from seated on your chair or from standing with support of your chair (standing is optional). Class is geared to increase mobility, strength and stretching the body and relaxing the mind. Bring one yoga block.

Registration is required.

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

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Tuesday, May 14 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Hatha Flow Yoga

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

Address: 177 West St., Smithville

Hatha Flow Yoga \$95

Tuesdays at 6:30 p.m. - April 23 to June 25

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.

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

Flow Down Yoga

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

Address: 177 West St., Smithville

Flow Down Yoga \$95

Tuesdays at 7:45 p.m. - April 23 to June 25

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 deeper,

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.

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

Volleyball 18+

Date and Time: Tuesday, May 14 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	Discount Card (10 visits)	\$100

Wednesday, May 15, 2024

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Gentle Yoga

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

Address: 177 West St., Smithville

Gentle Yoga \$95

Wednesdays at 10 a.m. - April 24 to June 26

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

Registration is required.

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

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Man Stretch - Yoga for Men

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

Address: 177 West St., Smithville

Man Stretch - Yoga for Men \$95

Wednesdays at 7:30 p.m. - April 17 to June 19

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

Registration is required.

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

Thursday, May 16, 2024

Tai Chi

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

Address: 177 West St., Smithville

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

Tuesdays AND Thursdays at 10 a.m. - April 16 & 18 to June 18 & 20

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.

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

Chair Strength and Stretch

Date and Time: Thursday, May 16 12:15 pm

Address: 177 West St., Smithville

Chair Strength & Stretch \$95

Thursdays at 12:15 p.m. - April 25 to June 27

This class is great for building up strength and stretching the entire body while being supported by a chair (seated and/or standing behind a chair). This class starts with a seated warm up, moving to an engaging sequence of strengthening with light hand held weights and/or resistance bands, followed by stretching and cool down. Beginner friendly. Please bring 2 hand held weights (ideally 1lb or 2lb) plus one yoga block.

Registration is required.

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

Pickleball 18+

Date and Time: Thursday, May 16 1:00 pm - 3:00 pm

Address: 177 West St., Smtihville

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

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

Drop-in Fees

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

Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Friday, May 17, 2024

Free Older Adult Social 55+

Date and Time: Friday, May 17 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, May 17 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	Discount Card (10 visits)	\$100

Free Ukulele Jam Session 55+

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

Address: 177 West St., Smithville

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

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

Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

Family Open Gym

Date and Time: Friday, May 17 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Saturday, May 18, 2024

Family Open Gym

Date and Time: Saturday, May 18 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Saturday, May 18 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Tuesday, May 21, 2024

Tai Chi

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

Address: 177 West St., Smithville

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

Tuesdays AND Thursdays at 10 a.m. - April 16 & 18 to June 18 & 20

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.

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

Chair Yoga

Date and Time: Tuesday, May 21 12:15 pm

Address: 177 West St., Smithville

Chair Yoga \$95

Tuesdays at 12:15 p.m. - April 23 to June 25

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 (asanas) either from seated on your chair or standing.

air or from standing with support of your chair (standing is optional). Class is geared to increase mobility, strength and stretching the body and relaxing the mind. Bring one yoga block.

Registration is required.

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

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Tuesday, May 21 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Hatha Flow Yoga

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

Address: 177 West St., Smithville

Hatha Flow Yoga \$95

Tuesdays at 6:30 p.m. - April 23 to June 25

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.

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

Flow Down Yoga

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

Address: 177 West St., Smithville

Flow Down Yoga \$95

Tuesdays at 7:45 p.m. - April 23 to June 25

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 deeper, 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.

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

Volleyball 18+

Date and Time: Tuesday, May 21 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	Discount Card (10 visits)	\$100

Wednesday, May 22, 2024

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Gentle Yoga

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

Address: 177 West St., Smithville

Gentle Yoga \$95

Wednesdays at 10 a.m. - April 24 to June 26

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

Registration is required.

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

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Man Stretch - Yoga for Men

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

Address: 177 West St., Smithville

Man Stretch - Yoga for Men \$95

Wednesdays at 7:30 p.m. - April 17 to June 19

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

Registration is required.

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

Thursday, May 23, 2024

Tai Chi

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

Address: 177 West St., Smithville

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

Tuesdays AND Thursdays at 10 a.m. - April 16 & 18 to June 18 & 20

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.

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

Chair Strength and Stretch

Date and Time: Thursday, May 23 12:15 pm

Address: 177 West St., Smithville

Chair Strength & Stretch \$95

Thursdays at 12:15 p.m. - April 25 to June 27

This class is great for building up strength and stretching the entire body while being supported by a chair (seated and/or standing behind a chair). This class starts with a seated warm up, moving to an engaging sequence of strengthening with light hand held weights and/or resistance bands, followed by stretching and cool down. Beginner friendly. Please bring 2 hand held weights (ideally 1lb or 2lb) plus one yoga block.

Registration is required.

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

Pickleball 18+

Date and Time: Thursday, May 23 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Friday, May 24, 2024

Free Older Adult Social 55+

Date and Time: Friday, May 24 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, May 24 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	Discount Card (10 visits)	\$100

Free Ukulele Jam Session 55+

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

Address: 177 West St., Smithville

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

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

Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

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Drop-in Fees

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

Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

Family Open Gym

Date and Time: Friday, May 24 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Saturday, May 25, 2024

Family Open Gym

Date and Time: Saturday, May 25 11:00 am - 12:30 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Saturday, May 25 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Monday, May 27, 2024

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Gentle Yoga

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

Address: 177 West St., Smithville

Gentle Yoga \$95

Mondays at 10 a.m. - April 22 to June 24 (excluding May 20) + June 21 at 12 p.m.

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

Registration is required.

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

Advanced Pickleball 18+

Date and Time: Monday, May 27 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	Discount Card (10 visits)	\$100

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

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

Address: 177 West St., Smithville

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.

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

Sportball: Junior Multi-Sport Indoor (4 yrs - 6 yrs)

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

Address: 177 West St., Smithville

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.

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

Sportball: Multi-Sport Drop-Off Indoor (7 yrs - 10 yrs)

Date and Time: Monday, May 27 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

Children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Our Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

Registration is required.

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

Tuesday, May 28, 2024

Tai Chi

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

Address: 177 West St., Smithville

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

Tuesdays AND Thursdays at 10 a.m. - April 16 & 18 to June 18 & 20

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.

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

Chair Yoga

Date and Time: Tuesday, May 28 12:15 pm

Address: 177 West St., Smithville

Chair Yoga \$95

Tuesdays at 12:15 p.m. - April 23 to June 25

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 (asanas) either from seated on your chair or from standing with support of your chair (standing is optional). Class is geared to increase mobility, strength and stretching the body and relaxing the mind. Bring one yoga block.

Registration is required.

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

Family Open Gym

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

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Tuesday, May 28 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Hatha Flow Yoga

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

Address: 177 West St., Smithville

Hatha Flow Yoga \$95

Tuesdays at 6:30 p.m. - April 23 to June 25

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.

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

Flow Down Yoga

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

Address: 177 West St., Smithville

Flow Down Yoga \$95

Tuesdays at 7:45 p.m. - April 23 to June 25

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 deeper, 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.

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

Volleyball 18+

Date and Time: Tuesday, May 28 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	Discount Card (10 visits)	\$100

Wednesday, May 29, 2024

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Gentle Yoga

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

Address: 177 West St., Smithville

Gentle Yoga \$95

Wednesdays at 10 a.m. - April 24 to June 26

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

Registration is required.

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

Pickleball 18+

Date and Time: Wednesday, May 29 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Family

\$15

Discount Card (10 visits)

\$100

Man Stretch - Yoga for Men

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

Address: 177 West St., Smithville

Man Stretch - Yoga for Men \$95

Wednesdays at 7:30 p.m. - April 17 to June 19

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

Registration is required.

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

Thursday, May 30, 2024

Tai Chi

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

Address: 177 West St., Smithville

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

Tuesdays AND Thursdays at 10 a.m. - April 16 & 18 to June 18 & 20

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.

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

Chair Strength and Stretch

Date and Time: Thursday, May 30 12:15 pm

Address: 177 West St., Smithville

Chair Strength & Stretch \$95

Thursdays at 12:15 p.m. - April 25 to June 27

This class is great for building up strength and stretching the entire body while being supported by a chair (seated and/or standing behind a chair). This class starts with a seated warm up, moving to an engaging sequence of strengthening with light hand held weights and/or resistance bands, followed by stretching and cool down. Beginner friendly. Please bring 2 hand held weights (ideally 1lb or 2lb) plus one yoga block.

Registration is required.

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

Pickleball 18+

Date and Time: Thursday, May 30 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

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

Drop-in Fees

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

Friday, May 31, 2024

Free Older Adult Social 55+

Date and Time: Friday, May 31 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, May 31 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	Discount Card (10 visits)	\$100

Free Ukulele Jam Session 55+

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

Address: 177 West St., Smithville

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

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

Youth Open Gym (ages 9-12)

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

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

Youth Open Gym (ages 13-17)

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

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

Family Open Gym

Date and Time: Friday, May 31 7:30 pm - 9:00 pm

Address: 177 West St., Smithville

Family Open Gym Drop-In (max 30)

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

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

Drop-in Fees

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

<https://events.westlincoln.ca>