

Tuesday, October 1, 2024

Chair Yoga

Date and Time: Tuesday, October 1 9:30 am

Address: 177 West St., Smithville

Chair Yoga with Melinda \$95

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

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

Registration is required.

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

Ladies Shinny

Date and Time: Tuesday, October 1 10:00 am - 11:00 am

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Story Skate

Date and Time: Tuesday, October 1 11:00 am - 11:45 am

Address: 177 West St.

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

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

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

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

Date and Time: Tuesday, October 1 1:00 pm - 2:00 pm

Address: 177 West St.

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

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

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Adult Skating

Date and Time: Tuesday, October 1 2:00 pm - 3:00 pm

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-17)

Date and Time: Tuesday, October 1 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Tuesday, October 1 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

All Levels Flow Yoga

Date and Time: Tuesday, October 1 7:30 pm

Address: 177 West St., Smithville

All Levels Flow Yoga with Melinda \$95

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

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

Registration is required.

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

Beginner Bounce Class

Date and Time: Tuesday, October 1 8:00 pm

Address: 177 West St., Smithville

Beginner Bounce Class with Stacey \$95

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

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

Registration is required.

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

Volleyball 18+ (max 30)

Date and Time: Tuesday, October 1 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Wednesday, October 2, 2024

Level 1 Intro to Pickleball

Date and Time: Wednesday, October 2 9:00 am - 11:00 am

Address: 177 West St., Smithville

Level 1 Intro to Pickleball \$57

Wednesdays 9 to 11 a.m., September 25 - October 23 (5 weeks)

Learn the basics of playing pickleball in a fun and supportive environment. This five-week session will take participants through understanding the rules, learning basic shots and skills and working on strategies during game

play.

Registration is required.

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

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

Date and Time: Wednesday, October 2 9:30 am - 10:30 am

Address: 177 West St.

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

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

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Gentle Yoga

Date and Time: Wednesday, October 2 10:00 am

Address: 177 West St., Smithville

Gentle Yoga with Melinda \$95

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

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

Registration is required.

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

Men's Shinny

Date and Time: Wednesday, October 2 10:30 am - 12:00 pm

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, October 2 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Awaken the Warrior with Vinyasa

Date and Time: Wednesday, October 2 6:30 pm

Address: 177 West St., Smithville

Awaken the Warrior with Vinyasa with Brad \$95

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

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

Registration is required.

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

Man Stretch - Yoga for Men

Date and Time: Wednesday, October 2 7:45 pm

Address: 177 West St., Smithville

Man Stretch - Yoga for Men with Brad \$95

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

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

Registration is required.

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

Thursday, October 3, 2024

Pickleball 18+

Date and Time: Thursday, October 3 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, October 3 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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, October 3 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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, October 4, 2024

Ladies Shinny

Date and Time: Friday, October 4 9:30 am - 11:00 am

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Beginner Pickleball 18+

Date and Time: Friday, October 4 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Stick and Puck (ages 13-17)

Date and Time: Friday, October 4 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

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

Stick & Puck Rules

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

- Participants are not permitted on the on the ice while the Olympia is resurfacing.

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-12)

Date and Time: Friday, October 4 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, October 4 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, October 4 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, October 5, 2024

Public Skating

Date and Time: Saturday, October 5 7:00 pm - 8:00 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

General Public Skating Rules

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

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Sunday, October 6, 2024

Public Skating

Date and Time: Sunday, October 6 12:30 pm - 1:30 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

General Public Skating Rules

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Monday, October 7, 2024

Gentle Yoga

Date and Time: Monday, October 7 10:00 am

Address: 177 West St., Smithville

Gentle Yoga with Melinda \$95

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

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

Registration is required.

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

Beginner Pickleball 18+

Date and Time: Monday, October 7 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Stick and Puck (ages 6-12)

Date and Time: Monday, October 7 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

6yrs-12yrs Stick & Puck

Mondays 4:00-5:00pm

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

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

Date and Time: Monday, October 7 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

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

September 23 to December 9

10 Classes

Mon. 5:15 PM to 6 PM

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

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

Registration is required.

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

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

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

Address: 177 West St., Smithville

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

September 23 to December 9

10 Classes

Mon. 6 PM to 7 PM

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

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

Registration is required.

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

Nervous System Reset - Movement & Education Class

Date and Time: Monday, October 7 6:30 pm

Address: 177 West St., Smithville

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

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

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

Registration is required.

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

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

Date and Time: Monday, October 7 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

September 23 to December 9

10 Classes

Mon. 7 PM to 8 PM

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

Children learn the fundamentals of 8 different sports in a fun, stress-free, non-competitive setting. Our Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you are looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

Registration is required.

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

Gentle Somatic & Movement Yoga

Date and Time: Monday, October 7 7:45 pm

Address: 177 West St., Smithville

Gentle Somatic & Movement Yoga with Brad \$95

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

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

Registration is required.

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

Chair Yoga

Date and Time: Tuesday, October 8 9:30 am

Address: 177 West St., Smithville

Chair Yoga with Melinda \$95

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

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

Registration is required.

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

Ladies Shinny

Date and Time: Tuesday, October 8 10:00 am - 11:00 am

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Story Skate

Date and Time: Tuesday, October 8 11:00 am - 11:45 am

Address: 177 West St.

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

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

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

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

Date and Time: Tuesday, October 8 1:00 pm - 2:00 pm

Address: 177 West St.

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

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

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Adult Skating

Date and Time: Tuesday, October 8 2:00 pm - 3:00 pm

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-17)

Date and Time: Tuesday, October 8 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

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

Pickleball 18+

Date and Time: Tuesday, October 8 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

All Levels Flow Yoga

Date and Time: Tuesday, October 8 7:30 pm

Address: 177 West St., Smithville

All Levels Flow Yoga with Melinda \$95

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

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

Registration is required.

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

Beginner Bounce Class

Date and Time: Tuesday, October 8 8:00 pm

Address: 177 West St., Smithville

Beginner Bounce Class with Stacey \$95

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

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

Registration is required.

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

Volleyball 18+ (max 30)

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Wednesday, October 9, 2024

Level 1 Intro to Pickleball

Date and Time: Wednesday, October 9 9:00 am - 11:00 am

Address: 177 West St., Smithville

Level 1 Intro to Pickleball \$57

Wednesdays 9 to 11 a.m., September 25 - October 23 (5 weeks)

Learn the basics of playing pickleball in a fun and supportive environment. This five-week session will take participants through understanding the rules, learning basic shots and skills and working on strategies during game play.

Registration is required.

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

ormation.

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

Date and Time: Wednesday, October 9 9:30 am - 10:30 am

Address: 177 West St.

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

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

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Gentle Yoga

Date and Time: Wednesday, October 9 10:00 am

Address: 177 West St., Smithville

Gentle Yoga with Melinda \$95

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

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

Registration is required.

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

Men's Shinny

Date and Time: Wednesday, October 9 10:30 am - 12:00 pm

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, October 9 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Awaken the Warrior with Vinyasa

Date and Time: Wednesday, October 9 6:30 pm

Address: 177 West St., Smithville

Awaken the Warrior with Vinyasa with Brad \$95

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

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

Registration is required.

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

Man Stretch - Yoga for Men

Date and Time: Wednesday, October 9 7:45 pm

Address: 177 West St., Smithville

Man Stretch - Yoga for Men with Brad \$95

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

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

Registration is required.

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

Tai Chi

Date and Time: Thursday, October 10 10:00 am

Address: 177 West St., Smithville

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

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

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

Pickleball 18+

Date and Time: Thursday, October 10 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, October 10 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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, October 10 6:00 pm - 7:30 pm

Address: 177 West St., Smithville

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

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

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, October 11, 2024

Ladies Shinny

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

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Free Older Adult Social 55+

Date and Time: Friday, October 11 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Beginner Pickleball 18+

Date and Time: Friday, October 11 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Free Ukulele Jam Session 55+

Date and Time: Friday, October 11 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Stick and Puck (ages 13-17)

Date and Time: Friday, October 11 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-12)

Date and Time: Friday, October 11 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, October 11 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, October 11 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.

n (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, October 12, 2024

Family Open Gym

Date and Time: Saturday, October 12 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, October 12 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Public Skating

Date and Time: Saturday, October 12 7:00 pm - 8:00 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

General Public Skating Rules

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Dodgeball 18+ (max 30)

Date and Time: Saturday, October 12 8:30 pm - 10:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Sunday, October 13, 2024

Public Skating

Date and Time: Sunday, October 13 12:30 pm - 1:30 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

General Public Skating Rules

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Chair Yoga

Date and Time: Tuesday, October 15 9:30 am

Address: 177 West St., Smithville

Chair Yoga with Melinda \$95

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

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

Registration is required.

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

Ladies Shinny

Date and Time: Tuesday, October 15 10:00 am - 11:00 am

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Tai Chi

Date and Time: Tuesday, October 15 10:00 am

Address: 177 West St., Smithville

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

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

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

Story Skate

Date and Time: Tuesday, October 15 11:00 am - 11:45 am

Address: 177 West St.

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

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

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

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

Date and Time: Tuesday, October 15 1:00 pm - 2:00 pm

Address: 177 West St.

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

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

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

- Maximum of 30 participants. First come, first served.

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Adult Skating

Date and Time: Tuesday, October 15 2:00 pm - 3:00 pm

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-17)

Date and Time: Tuesday, October 15 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Tuesday, October 15 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

Public Meeting - Backyard Chickens

Date and Time: Tuesday, October 15 6:30 pm

Address: 177 West St., Smithville

The Township of West Lincoln's second and final round of public consultation is a Public Meeting being held at the beginning of the October 15 Planning / Building / Environmental Committee meeting, to allow for additional public feedback about the [proposed new by-law](#) and [proposed amendments to the Animal Control By-law](#).

Public Meeting

Tuesday, October 15, 2024, at 6:30 p.m.
Township Administration
318 Canborough Street, Smithville

How to get involved

1. **Written comments:** Provide written comments to be included in the Staff report (must be provided to the Township Clerk at jpayscale@westlincoln.ca, referencing file number 1601-002-24 – Backyard Chickens By-law, no later than 4 p.m. on October 7). Written comments submitted after October 7 but before October 15 will not be included in the Staff report but will be read into the public record during the meeting.
2. **Verbal comments:** Provide verbal comments in person at the October 15 Public Meeting. No registration is required for those planning to attend the meeting in person. Those wishing to attend the meeting virtually to provide verbal comments must contact the Township Clerk by email at jpayscale@westlincoln.ca to receive the Zoom invitation.

Note: If you would like to [watch the meeting online](#) but do not wish to provide comments, you do not need to register with the Township Clerk. Watch the meeting online through the [Township's Youtube channel](#).

Capacity: A maximum of 126 people is permitted in Council Chambers. Virtual attendance is encouraged.

All Levels Flow Yoga

Date and Time: Tuesday, October 15 7:30 pm

Address: 177 West St., Smithville

All Levels Flow Yoga with Melinda \$95

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

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

Registration is required.

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

Beginner Bounce Class

Date and Time: Tuesday, October 15 8:00 pm

Address: 177 West St., Smithville

Beginner Bounce Class with Stacey \$95

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

Learn the art of bouncing with our Beginner Bounce classes as you master the basic steps and get a true sense of

f control while wearing boots. It is a 45-minute cardio workout that will have you sweating while having fun!
Please register by shoe size.

Registration is required.

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

Volleyball 18+ (max 30)

Date and Time: Tuesday, October 15 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Wednesday, October 16, 2024

Level 1 Intro to Pickleball

Date and Time: Wednesday, October 16 9:00 am - 11:00 am

Address: 177 West St., Smithville

Level 1 Intro to Pickleball \$57

Wednesdays 9 to 11 a.m., September 25 - October 23 (5 weeks)

Learn the basics of playing pickleball in a fun and supportive environment. This five-week session will take participants through understanding the rules, learning basic shots and skills and working on strategies during game play.

Registration is required.

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

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

Date and Time: Wednesday, October 16 9:30 am - 10:30 am

Address: 177 West St.

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

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

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Gentle Yoga

Date and Time: Wednesday, October 16 10:00 am

Address: 177 West St., Smithville

Gentle Yoga with Melinda \$95

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

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

Registration is required.

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

Men's Shinny

Date and Time: Wednesday, October 16 10:30 am - 12:00 pm

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, October 16 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Awaken the Warrior with Vinyasa

Date and Time: Wednesday, October 16 6:30 pm

Address: 177 West St., Smithville

Awaken the Warrior with Vinyasa with Brad \$95

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

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

Registration is required.

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

Man Stretch - Yoga for Men

Date and Time: Wednesday, October 16 7:45 pm

Address: 177 West St., Smithville

Man Stretch - Yoga for Men with Brad \$95

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

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

Registration is required.

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

Thursday, October 17, 2024

Tai Chi

Date and Time: Thursday, October 17 10:00 am

Address: 177 West St., Smithville

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

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

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

Pickleball 18+

Date and Time: Thursday, October 17 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, October 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.

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, October 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.

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, October 18, 2024

Ladies Shinny

Date and Time: Friday, October 18 9:30 am - 11:00 am

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Free Older Adult Social 55+

Date and Time: Friday, October 18 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Beginner Pickleball 18+

Date and Time: Friday, October 18 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Free Ukulele Jam Session 55+

Date and Time: Friday, October 18 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.

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Stick and Puck (ages 13-17)

Date and Time: Friday, October 18 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-12)

Date and Time: Friday, October 18 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, October 18 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, October 18 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, October 19, 2024

Family Open Gym

Date and Time: Saturday, October 19 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

Fire Station 1 Open House

Date and Time: Saturday, October 19 11:00 am - 2:00 pm

Address: 344 Canborough St., Smithville

West Lincoln Fire & Emergency Services is hosting a public open house at Fire Station 1!

Bring the whole family out to meet West Lincoln's brave volunteer firefighters, enjoy a free bite to eat and have some fun.

-Saturday, October 19, from 11 a.m. to 2 p.m.

-344 Canborough St., Smithville

-Free barbecue and soft drinks

- Games, touch a truck, meet firefighters
- Parking is available on site

Pickleball 18+

Date and Time: Saturday, October 19 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Public Skating

Date and Time: Saturday, October 19 7:00 pm - 8:00 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

General Public Skating Rules

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Dodgeball 18+ (max 30)

Date and Time: Saturday, October 19 8:30 pm - 10:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Sunday, October 20, 2024

Public Skating

Date and Time: Sunday, October 20 12:30 pm - 1:30 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

General Public Skating Rules

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Monday, October 21, 2024

Gentle Yoga

Date and Time: Monday, October 21 10:00 am

Address: 177 West St., Smithville

Gentle Yoga with Melinda \$95

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

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

Registration is required.

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

Pickleball 18+

Date and Time: Monday, October 21 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Family

\$15

Discount Card (10 visits)

\$100

Advanced Pickleball 18+

Date and Time: Monday, October 21 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Beginner Pickleball 18+

Date and Time: Monday, October 21 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Stick and Puck (ages 6-12)

Date and Time: Monday, October 21 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

6yrs-12yrs Stick & Puck

Mondays 4:00-5:00pm

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

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

Date and Time: Monday, October 21 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

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

September 23 to December 9

10 Classes

Mon. 5:15 PM to 6 PM

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

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

Registration is required.

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

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

Date and Time: Monday, October 21 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

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

September 23 to December 9

10 Classes

Mon. 6 PM to 7 PM

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

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

Registration is required.

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

Nervous System Reset - Movement & Education Class

Date and Time: Monday, October 21 6:30 pm

Address: 177 West St., Smithville

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

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

You will be guided through conscious movement practices and neuro-education training to re-establish the connection with your mind and body to restore balance in your nervous system. By the end of this course, you'll have

ve life changing tools to enhance your body's overall connectedness and move your nervous system from dysregulation to regulation.

Registration is required.

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

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

Date and Time: Monday, October 21 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

September 23 to December 9

10 Classes

Mon. 7 PM to 8 PM

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

Children learn the fundamentals of 8 different sports in a fun, stress-free, non-competitive setting. Our Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you are looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

Registration is required.

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

Gentle Somatic & Movement Yoga

Date and Time: Monday, October 21 7:45 pm

Address: 177 West St., Smithville

Gentle Somatic & Movement Yoga with Brad \$95

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

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

Registration is required.

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

Tuesday, October 22, 2024

Chair Yoga

Date and Time: Tuesday, October 22 9:30 am

Address: 177 West St., Smithville

Chair Yoga with Melinda \$95

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

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

Registration is required.

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

Ladies Shinny

Date and Time: Tuesday, October 22 10:00 am - 11:00 am

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Tai Chi

Date and Time: Tuesday, October 22 10:00 am

Address: 177 West St., Smithville

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

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

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

Story Skate

Date and Time: Tuesday, October 22 11:00 am - 11:45 am

Address: 177 West St.

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

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

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

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

Date and Time: Tuesday, October 22 1:00 pm - 2:00 pm

Address: 177 West St.

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

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

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Adult Skating

Date and Time: Tuesday, October 22 2:00 pm - 3:00 pm

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-17)

Date and Time: Tuesday, October 22 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Tuesday, October 22 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

Community Recognition Awards Ceremony

Date and Time: Tuesday, October 22 7:00 pm

Address: 177 West St., Smithville

West Lincoln's annual Community Recognition Awards recognize residents who, through personal involvement, leadership abilities, and selfless giving of their time and talent, have positively impacted the West Lincoln community. Families and friends of the winners, along with all members of the public, are invited to attend a celebratory event to honour the 2024 winners.

Awards Ceremony

Tuesday, October 22, 2024, at 7 p.m.

Library Community Room

177 West Street, Smithville

All Levels Flow Yoga

Date and Time: Tuesday, October 22 7:30 pm

Address: 177 West St., Smithville

All Levels Flow Yoga with Melinda \$95

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

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

Registration is required.

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

Beginner Bounce Class

Date and Time: Tuesday, October 22 8:00 pm

Address: 177 West St., Smithville

Beginner Bounce Class with Stacey \$95

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

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

Registration is required.

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

Volleyball 18+ (max 30)

Date and Time: Tuesday, October 22 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Wednesday, October 23, 2024

Level 1 Intro to Pickleball

Date and Time: Wednesday, October 23 9:00 am - 11:00 am

Address: 177 West St., Smithville

Level 1 Intro to Pickleball \$57

Wednesdays 9 to 11 a.m., September 25 - October 23 (5 weeks)

Learn the basics of playing pickleball in a fun and supportive environment. This five-week session will take participants through understanding the rules, learning basic shots and skills and working on strategies during game play.

Registration is required.

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

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

Date and Time: Wednesday, October 23 9:30 am - 10:30 am

Address: 177 West St.

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

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

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Gentle Yoga

Date and Time: Wednesday, October 23 10:00 am

Address: 177 West St., Smithville

Gentle Yoga with Melinda \$95

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

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

Registration is required.

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

Men's Shinny

Date and Time: Wednesday, October 23 10:30 am - 12:00 pm

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, October 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

Awaken the Warrior with Vinyasa

Date and Time: Wednesday, October 23 6:30 pm

Address: 177 West St., Smithville

Awaken the Warrior with Vinyasa with Brad \$95

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

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

Registration is required.

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

Man Stretch - Yoga for Men

Date and Time: Wednesday, October 23 7:45 pm

Address: 177 West St., Smithville

Man Stretch - Yoga for Men with Brad \$95

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

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

Registration is required.

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

Thursday, October 24, 2024

Tai Chi

Date and Time: Thursday, October 24 10:00 am

Address: 177 West St., Smithville

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

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

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

Pickleball 18+

Date and Time: Thursday, October 24 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, October 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.

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, October 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.

y 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, October 25, 2024

Ladies Shinny

Date and Time: Friday, October 25 9:30 am - 11:00 am

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Free Older Adult Social 55+

Date and Time: Friday, October 25 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Free Ukulele Jam Session 55+

Date and Time: Friday, October 25 10:30 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Stick and Puck (ages 13-17)

Date and Time: Friday, October 25 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

13yrs-17yrs Stick & Puck

Fridays 4:00-5:00pm

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

West Lincoln Ward 3 By-election: Advance poll #1

Date and Time: Friday, October 25 6:00 pm - 9:00 pm

Address: 177 West St., Smithville

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

The first Advance Poll is being held on October 25 at the West Lincoln Community Centre, 177 West St., Smithville, from 6 p.m. to 9 p.m.

Learn more about West Lincoln's By-election at www.westlincoln.ca/by-election

Saturday, October 26, 2024

West Lincoln Ward 3 By-election: Advance Poll #2

Date and Time: Saturday, October 26 10:00 am - 4:00 pm

Address: 171 Mill St., Smithville

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

The second Advance Poll is being held on October 26 at Legion Villa 2, 171 Mill St., Smithville, from 10 a.m. until 4 p.m.

Learn more about West Lincoln's By-election at www.westlincoln.ca/by-election

Family Open Gym

Date and Time: Saturday, October 26 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 t

o 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, October 26 6:30 pm - 8:30 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Public Skating

Date and Time: Saturday, October 26 7:00 pm - 8:00 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

General Public Skating Rules

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Dodgeball 18+ (max 30)

Date and Time: Saturday, October 26 8:30 pm - 10:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Sunday, October 27, 2024

Public Skating

Date and Time: Sunday, October 27 12:30 pm - 1:30 pm

Address: 177 West St.

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

- Children under 12 must be accompanied by an adult.

General Public Skating Rules

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Monday, October 28, 2024

Gentle Yoga

Date and Time: Monday, October 28 10:00 am

Address: 177 West St., Smithville

Gentle Yoga with Melinda \$95

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

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

Registration is required.

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

Pickleball 18+

Date and Time: Monday, October 28 10:00 am - 12:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Advanced Pickleball 18+

Date and Time: Monday, October 28 1:00 pm - 3:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Beginner Pickleball 18+

Date and Time: Monday, October 28 3:00 pm - 5:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Stick and Puck (ages 6-12)

Date and Time: Monday, October 28 4:00 pm - 5:00 pm

Address: 177 West St.

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

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

6yrs-12yrs Stick & Puck

Mondays 4:00-5:00pm

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

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

Date and Time: Monday, October 28 5:15 pm - 6:00 pm

Address: 177 West St., Smithville

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

September 23 to December 9

10 Classes

Mon. 5:15 PM to 6 PM

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

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

Registration is required.

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

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

Date and Time: Monday, October 28 6:00 pm - 7:00 pm

Address: 177 West St., Smithville

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

September 23 to December 9

10 Classes

Mon. 6 PM to 7 PM

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

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

Registration is required.

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

Nervous System Reset - Movement & Education Class

Date and Time: Monday, October 28 6:30 pm

Address: 177 West St., Smithville

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

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

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

Registration is required.

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

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

Date and Time: Monday, October 28 7:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

September 23 to December 9

10 Classes

Mon. 7 PM to 8 PM

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

Children learn the fundamentals of 8 different sports in a fun, stress-free, non-competitive setting. Our Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you are looking for a way to give your child a well-rounded sports-base that promotes their independence and leaves room for specialization later, look no further.

Registration is required.

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

Gentle Somatic & Movement Yoga

Date and Time: Monday, October 28 7:45 pm

Address: 177 West St., Smithville

Gentle Somatic & Movement Yoga with Brad \$95

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

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

Registration is required.

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

Tuesday, October 29, 2024

Chair Yoga

Date and Time: Tuesday, October 29 9:30 am

Address: 177 West St., Smithville

Chair Yoga with Melinda \$95

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

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

Registration is required.

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

Ladies Shinny

Date and Time: Tuesday, October 29 10:00 am - 11:00 am

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Tai Chi

Date and Time: Tuesday, October 29 10:00 am

Address: 177 West St., Smithville

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

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

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

Story Skate

Date and Time: Tuesday, October 29 11:00 am - 11:45 am

Address: 177 West St.

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

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

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

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

Date and Time: Tuesday, October 29 1:00 pm - 2:00 pm

Address: 177 West St.

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

Full equipment including CSA approved helmet is required for children. Adults are required to wear a CSA app

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

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Adult Skating

Date and Time: Tuesday, October 29 2:00 pm - 3:00 pm

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Youth Open Gym (ages 9-17)

Date and Time: Tuesday, October 29 4:30 pm - 6:00 pm

Address: 177 West St., Smithville

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

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

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

Drop-in Fees

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

Pickleball 18+

Date and Time: Tuesday, October 29 6:00 pm - 8:00 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

All Levels Flow Yoga

Date and Time: Tuesday, October 29 7:30 pm

Address: 177 West St., Smithville

All Levels Flow Yoga with Melinda \$95

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

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

Registration is required.

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

Beginner Bounce Class

Date and Time: Tuesday, October 29 8:00 pm

Address: 177 West St., Smithville

Beginner Bounce Class with Stacey \$95

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

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

Registration is required.

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

Volleyball 18+ (max 30)

Date and Time: Tuesday, October 29 8:00 pm - 9:30 pm

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Wednesday, October 30, 2024

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

Date and Time: Wednesday, October 30 9:30 am - 10:30 am

Address: 177 West St.

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

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

Under 6yrs Stick & Puck

Tuesdays 1:00-2:00pm

Wednesdays 9:30-10:30am

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

Stick & Puck Rules

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Gentle Yoga

Date and Time: Wednesday, October 30 10:00 am

Address: 177 West St., Smithville

Gentle Yoga with Melinda \$95

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

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

Registration is required.

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

Pickleball 18+

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

Address: 177 West St., Smithville

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

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

Drop-in Fees

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

Men's Shinny

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

Address: 177 West St.

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

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

Skating Fees (Per Person)

Public Skating (all ages) - \$3

Preschool Skating - \$3

Adult Skating - \$3

Stick & Puck - \$3

Ladies' Shinny - \$5

Men's Shinny - \$5

Pickleball 18+

Date and Time: Wednesday, October 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

Awaken the Warrior with Vinyasa

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

Address: 177 West St., Smithville

Awaken the Warrior with Vinyasa with Brad \$95

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

This 10-week Vinyasa Flow class will incorporate movement, breathing techniques and themes that will awake

n participants to their own sense of personal power and purpose. This healing and informative Vinyasa class will leave students feeling regulated and more empowered than ever to show up in their own lives in an authentic way.

Registration is required.

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

Man Stretch - Yoga for Men

Date and Time: Wednesday, October 30 7:45 pm

Address: 177 West St., Smithville

Man Stretch - Yoga for Men with Brad \$95

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

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

Registration is required.

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

Thursday, October 31, 2024

Tai Chi

Date and Time: Thursday, October 31 10:00 am

Address: 177 West St., Smithville

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

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

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

Pickleball 18+

Date and Time: Thursday, October 31 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, October 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.

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, October 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.

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

<https://events.westlincoln.ca>