



MIDDLESEX CENTRE COMMUNITY WELLNESS AND RECREATION CENTRE

Project Objectives

- To spread and share community services across the municipality
- To recognize current and future demographics of the community
- To provide an opportunity for all residents to have access to and participate in activities in support of a healthy lifestyle, nurturing the body, mind and soul and to provide a meeting place for the community
- To provide accessibility to all participants to customize their activities to meet their own needs
- To provide unique educational programming opportunities for participants to increase awareness of the healthy benefits of physical activity
- To provide opportunities for organized sporting activities and relaxed, open use opportunities for team sport in an informal environment
- To provide an opportunity for participants to add walking as a daily activity throughout the year through the provision of a walking track
- To provide an opportunity for people to exercise their minds through access to library services and programming through the provision of a state of the art library with extended hours and programming
- To also offer a social meeting place for individuals and groups

The Facility

- The main components of the facility are: a double pad arena, walking track, wellness and fitness centre, gymnasium and serving kitchen, library, multi-purpose community rooms and a large foyer with viewing areas for the amenities and gathering area

Expected Benefits

- To bring the community together and act as a catalyst to future economic development by providing a vibrant focal point
- A place where people of all ages can gather
- To promote wellness in a broad sense, to be a place where all members of the community can engage in a range of activities additional to those intended to enhance physical health
- Consistent with the goals and benefits outlined in Active2010 – Ontario Sport and Physical Activity Strategy

If you wish to provide comment regarding this facility please submit your comments to the Municipality of Middlesex Centre at 10227 Ilderton Road, RR 2 Ilderton, Ontario NOM 2A0 or by email to saunders@middlesexcentre.on.ca