

# Middlesex Centre Recreation Programs



Spring 2024

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## Find your Fun!

The Municipality of Middlesex Centre offers a variety of recreation programs, available for residents and visitors to enjoy all year round.

**To register for recreation programs, visit [middlesexcentre.ca/rec-programs](http://middlesexcentre.ca/rec-programs)**

If you have any questions about the registration system, contact the Komoka Wellness Centre at 519-601-8022 ext. 5110.

## Other Recreational Opportunities

In addition to the recreation program below, residents can take advantage of the following:

- Middlesex Centre offers public skating and drop-in hockey (shinny) throughout the year. Pick up a skating schedule at the Komoka Wellness Centre or view online at **[middlesexcentre.ca/skating](http://middlesexcentre.ca/skating)**
- The Community Walking Track at the Komoka Wellness Centre is open to non-YMCA-members free of charge Monday to Friday, 11:00 am to 1:00 p.m. Contact the **YMCA at 519-601-7033** to book your spot.
- Middlesex Centre has partnered with BGC London to offer drop-in and specialized programs at the Ilderton Youth Centre. Programs change monthly, so contact BGC London for updates at **[bgclondon.ca/facilities-locations](http://bgclondon.ca/facilities-locations)**
- Visit local parks and trails for outdoor recreation (weather permitting). You can find at list at **[middlesexcentre.ca/parks](http://middlesexcentre.ca/parks)**

## Blackout Dates

Please note there are some weeks when programs will not run due to holidays or other events. Check your registration invoice for the dates and times for your program and make sure to pay attention to the blackout dates listed.

## Komoka Recreation Programs – Fitness

### 1) 55+ Chair Yoga

This beginner class will introduce participants to yoga postures and breathing exercises using the support of a chair. Chair Yoga is one of the gentlest forms of yoga. This class is perfect for participants who want to experience the many benefits of yoga without having to get up and down from the floor. Benefits include increased strength, mobility, balance, and flexibility, along with improved circulation and cognition. This is a 1-hour introductory class led by an instructor. Fun for everyone and all fitness levels.

- Location: Komoka Community Centre – Meeting Room
- Dates: Friday Mar 22 – Friday Jun 14
- Time: 9:30 a.m. – 10:30 a.m.
- Cost: \$80.00 + HST (10 classes)
- Ages: 55+

## 2) Intro to Line Dancing

Line Dancing is fun and everyone can do it. This beginner class is a great chance to learn some new moves on the dance floor. We dance to a variety of music and start with basic steps that are easy to follow. Line dancing is great for increased fitness and body movement, brain stimulation, memory improvement, and social interaction. Come join in the fun!

Please wear smooth shoes.

- Location: Komoka Community Centre
- Dates: Wed Apr 3 – Wed May 22
- Time: 1:30 p.m. – 3:00 p.m.
- Cost: \$48.00 + HST (8 classes)
- Ages: 55+

## 3) Yoga

This yoga class puts an emphasis on mindful breathing and slow transitions. The instructor will guide you through a calming sequence of postures, flowing in a peaceful, yet empowering way. All levels welcome. Come out and enjoy!

- Location: Komoka Community Centre
- Dates: Wed Mar 27 – Wed Apr 24
- Time: 9:30 a.m. – 10:30 a.m.
- Cost: \$40.00 + HST (5 classes)

## Komoka Recreation Programs –Sports

### 1) Adult Pickleball Mondays, 6:00 p.m.

This is a great opportunity to play pickleball with a group. All ages and levels welcome. Participants are split into groups that play games together. Games are recreational and for fun. Sessions will be 1.5 hours in length. There is no instruction involved in these sessions.

Please wear non-marking shoes and bring a water bottle.

- Location: Komoka Community Centre
- Dates: Mon Mar 18 – Mon May 27
- Time: 6:00 p.m. – 7:30 p.m.
- Cost: \$80.00+ HST (10 nights)

### 2) Adult Pickleball Mondays, 7:30 p.m.

This is a great opportunity to play pickleball with a group. All ages and levels welcome. Participants are split into groups that play games together. Games are recreational and for fun. Sessions will be 1.5 hours in length. There is no instruction involved in these sessions.

Please wear non-marking shoes and bring a water bottle.

- Location: Komoka Community Centre
- Dates: Mon Mar 18 – Mon May 27
- Time: 7:30 p.m. – 9:00 p.m.
- Cost: \$80.00+ HST (10 nights)

### **3) Adult Pickleball**

#### **Wednesdays, 6:00 p.m.**

This is a great opportunity to play pickleball with a group. All ages and levels welcome. Participants are split into groups that play games together. Games are recreational and for fun. Sessions will be 1.5 hours in length. There is no instruction involved in these sessions.

Please wear non-marking shoes and bring a water bottle.

- Location: Komoka Community Centre
- Dates: Wed Mar 20 – Wed May 29
- Time: 6:00 p.m. – 7:30 p.m.
- Cost: \$80.00+ HST (10 nights)

### **4) Adult Pickleball**

#### **Wednesdays, 7:30 p.m.**

This is a great opportunity to play pickleball with a group. All ages and levels welcome. Participants are split into groups that play games together. Games are recreational and for fun. Sessions will be 1.5 hours in length. There is no instruction involved in these sessions.

Please wear non-marking shoes and bring a water bottle.

- Location: Komoka Community Centre
- Dates: Wed Mar 20 – Wed May 29
- Time: 7:30 p.m. – 9:00 p.m.
- Cost: \$80.00+ HST (10 nights)

### **5) Adult Pickleball**

#### **Thursdays, 6:00 p.m.**

This is a great opportunity to play pickleball with a group. All ages and levels welcome. Participants are split into groups that play games together. Games are recreational and for fun. Sessions will be 1.5 hours in length. There is no instruction involved in these sessions.

Please wear non-marking shoes and bring a water bottle.

- Location: Komoka Community Centre
- Dates: Thu Mar 21 – Thu Jun 6
- Time: 6:00 p.m. – 7:30 p.m.
- Cost: \$80.00+ HST (10 nights)

### **6) Adult Pickleball**

#### **Thursdays, 7:30 p.m.**

This is a great opportunity to play pickleball with a group. All ages and levels welcome. Participants are split into groups that play games together. Games are recreational and for fun. Sessions will be 1.5 hours in length. There is no instruction involved in these sessions.

Please wear non-marking shoes and bring a water bottle.

- Location: Komoka Community Centre
- Dates: Thu Mar 21 – Thu Jun 6
- Time: 7:30 p.m. – 9:00 p.m.
- Cost: \$80.00+ HST (10 nights)

## Ilderton Rec. Programs – Fitness

### 1) Adult Yoga, Morning

This beginner class will introduce yoga poses with breath work for a full body, mind and breathing experience. Yoga poses involve your entire body including going from floor to standing, but yoga is about you; you do what is best for your body as your instructor is there to guide you. Each class is followed by a relaxing cool down. Please bring a yoga mat to class. This is an hour-long introductory class led by an instructor. Fun for everyone and all fitness levels; for ages 14+.

- Please bring a yoga mat to class.
- Location: Ilderton Community Centre
- Dates: Thu Mar 21 – Thu Jun 6
- Time: 10:30 a.m. – 11:30 a.m.
- Cost: \$80.00 + HST (10 nights)

### 2) Adult Yoga, Evening

This beginner class will introduce yoga poses with breath work for a full body, mind and breathing experience. Yoga poses involve your entire body including going from floor to standing, but yoga is about you; you do what is best for your body as your instructor is there to guide you. Each class is followed by a relaxing cool down. Please bring a yoga mat to class. This is an hour-long introductory class led by an instructor. Fun for everyone and all fitness levels; for ages 14+.

Please bring a yoga mat to class.

- Location: Ilderton Community Centre
- Dates: Thu Mar 28 – Thu May 30
- Time: 7:30 p.m. – 8:30 p.m.
- Cost: \$80.00 + HST (10 nights)

## Ilderton Seniors Centre

### 1) 55+ Chair Yoga

This beginner class will introduce participants to yoga postures and breathing exercises using the support of a chair. Chair Yoga is one of the gentlest forms of yoga. This class is perfect for participants who want to experience the many benefits of yoga without having to get up and down from the floor. Benefits include increased strength, mobility, balance, and flexibility, along with improved circulation and cognition. This is a 45-minute introductory class led by an instructor. Fun for everyone and all fitness levels.

- Location: Ilderton Community Centre
- Dates: Thu Mar 21 – Thu Jun 6
- Time: 9:30 a.m. – 10:15 a.m.
- Cost: \$80.00 + HST (10 classes)

### 2) 55+ Intro to Line Dancing

Line Dancing is fun and everyone can do it. This beginner's class is a great chance to learn some new moves on the dance floor. We dance to a variety of music and start with basic steps that are easy to follow. Line dancing is great for increased fitness and body movement, brain stimulation, memory improvement, and social interaction. Come join in the fun!

Requirements: Wear Smooth Shoes.

- Location: Ilderton Community Centre
- Dates: Tue Apr 2 – Tue Jun 18
- Time: 9:30 a.m. – 11:00 a.m.
- Cost: \$60.00 + HST (10 classes)

### 3) Introduction to Sketching

Learn how to create realistic drawings using graphite pencils. We will cover proportions, angles, plane shifts, value, and texture through drawing a variety of subjects. This is the set of foundational skills all aspiring artists should learn and which will help in any future artistic pursuits. Supplies provided. Come out and enjoy!

- Location: Ilderton Community Centre
- Dates: Mon Apr 8 – Mon Jun 17
- Time: 1:00 p.m. – 2:30 p.m.
- Cost: \$100.00 + HST (10 classes)
- Ages: 55+

### 4) Social Time (Knitting, Crocheting, Cards) Group

Join us for a drop-in knitting and crocheting and cards group at the Ilderton Community Centre. This is a great opportunity to socialize with others while sharing knitting and crocheting projects or playing a game of cards. Snacks and refreshments will be available.

Participants can pre-register on the website or just show up during between 1:00 p.m. and 3:00 p.m. Participants who do not pre-register will have to fill out a waiver when they arrive.

Come out and enjoy!

- Location: Ilderton Community Centre
- Dates: Tue Apr 9 – Tue Jun 18
- Time: 1:00 p.m. – 3:00 p.m.
- Cost: Free

## Delaware Rec. Programs – Arts and Culture

### 1) Introduction to Sketching

Learn how to create realistic drawings using graphite pencils. We will cover proportions, angles, plane shifts, value, and texture through drawing a variety of subjects. This is the set of foundational skills all aspiring artists should learn and which will help in any future artistic pursuits. Supplies provided. Come out and enjoy!

- Location: Delaware Community Centre
- Dates: Tue Apr 9 – Tue Jun 11
- Time: 1:00 p.m. – 2:30 p.m.
- Cost: \$100.00 + HST
- Ages: 55+ (10 classes)

## **Delaware Rec. Programs – Fitness**

### **1) 55+ Chair Yoga**

This beginner class will introduce participants to yoga postures and breathing exercises using the support of a chair. Chair Yoga is one of the gentlest forms of yoga. This class is perfect for participants who want to experience the many benefits of yoga without having to get up and down from the floor. Benefits include increased strength, mobility, balance, and flexibility, along with improved circulation and cognition. This is a 45-minute introductory class led by an instructor. Fun for everyone and all fitness levels.

- Location: Delaware Community Centre
- Dates: Wed Apr 3 – Wed Jun 5
- Time: 1:00 p.m. – 1:45 p.m.
- Cost: \$80.00 + HST (10 classes)

### **2) 55+ Strength and Mobility Yoga**

Most yoga classes incorporate many passive stretches to improve flexibility. While this has its benefits, it does little for keeping the body strong and resilient. This workshop will incorporate more active movements to take your joints through a full range of motion and less passive stretching than a typical yoga class. Expect different variations of squats, lunges, and push-ups in addition to classical yoga poses, breath work, and meditation. Some yoga experience required. This is a 1-hour class led by an instructor.

- Location: Delaware Community Centre
- Dates: Wed Apr 3 – Wed Jun 5
- Time: 2:00 p.m. – 3:00 p.m.
- Cost: \$80.00 + HST (10 classes)

### **3) Adult Beginner Yoga**

This beginner class will introduce yoga poses with breath work for a full body, mind and breathing experience. Yoga poses involve your entire body including going from floor to standing, but yoga is about you; you do what is best for your body as your instructor is there to guide you. Each class is followed by a relaxing cool down. Please bring a yoga mat to class. This is an hour-long introductory class led by an instructor. Fun for everyone and all fitness levels; for ages 14+.

- Location: Delaware Community Centre
- Dates: Tue Mar 19 – Tue May 21
- Time: 6:30 p.m. – 7:15 p.m.
- Cost: \$80.00 + HST (10 classes)

### **4) Adult Intermediate Yoga**

This intermediate class will introduce yoga poses with for a full body, mind and breathing experience. Yoga poses involve your entire body including going from floor to standing, but yoga is about you; you do what is best for your body as your instructor is there to guide you. Each class is followed by a relaxing cool down. Please bring a yoga mat to class. This is an hour-long intermediate class led by an instructor. Some yoga experience recommended; for ages 14+.

- Location: Delaware Community Centre
- Dates: Tue Mar 19 – Tue May 21
- Time: 7:30 p.m. – 8:30 p.m.
- Cost: \$80.00 + HST (10 classes)

## **Bryanston Rec. Programs – Fitness**

### **1) 55+ Intro to Line Dancing**

Line Dancing is fun and everyone can do it. This beginner's class is a great chance to learn some new moves on the dance floor. We dance to a variety of music and start with basic steps that are easy to follow. Line dancing is great for increased fitness and body movement, brain stimulation, memory improvement, and social interaction. This class is led by Shirley Davis who has years of experience instructing line dancing classes in Southwestern Ontario. Come join in the fun!

- Location: Bryanston Community Centre
- Dates: Mon Apr 1 – Mon Jun 17
- Time: 9:30 a.m. – 11:00 a.m.
- Fee: \$60.00 + HST (10 classes)

### **2) Adult Yoga**

This beginner class will introduce yoga poses with breath work for a full body, mind and breathing experience. Yoga poses involve your entire body including going from floor to standing, but yoga is about you; you do what is best for your body as your instructor is there to guide you. Each class is followed by a relaxing cool down. Please bring a yoga mat to class. This is an hour-long introductory class led by an instructor. Fun for everyone and all fitness levels; for ages 14+.

- Location: Bryanston Community Centre
- Dates: Thu Mar 21 – Thu May 23
- Time: 7:00 p.m. – 8:00 p.m.
- Fee: \$64.00 + HST (8 classes)

## **Bryanston Rec. Programs – Arts and Culture**

### **1) Introduction to Sketching**

Learn how to create realistic drawings using graphite pencils. We will cover proportions, angles, plane shifts, value, and texture through drawing a variety of subjects. This is the set of foundational skills all aspiring artists should learn and which will help in any future artistic pursuits. Supplies provided. Come out and enjoy!

- Location: Bryanston Community Centre
- Dates: Thu Apr 11 – Thu Jun 13
- Time: 1:00 p.m. – 2:30 p.m.
- Fee: \$100.00 + HST (10 classes)