

Recreation Program Descriptions

'Gym' and 'Skate' Programs

All programs are open to all people, all abilities, all skill levels (and all ages unless otherwise noted). Ages 12+ can attend alone, ages 0-11 must be accompanied by an adult. Staff person on site to help with equipment but these are not instructor led/supervised or refereed programs unless noted.

Program Name	Target Audience	Description	Notes
Adaptive Gym	All Ages	Drop in and play at the field house in a reduced sensory environment! This low-key timeslot is for people who prefer the lights down low and the music off.	
Family Gym	Ages 0-11 and their adults	Drop in and play at the field house! A variety of sports equipment will be out and our staff person can help with getting set up if needed. Participants are welcome to bring their own sports equipment to play with.	<p>This program is specifically geared towards children and their adults. Intergenerational play is encouraged 😊</p> <p>People outside the target age may attend provided they respect the intent of the program and are accompanied by an adult if their age requires it.</p>
Club 4/5 (Club 45)	Grade 4-5 (Ages 8-12)	Drop in and play at the field house! A variety of sports equipment will be out and our staff person can help with getting set up if needed. Participants are welcome to bring their own sports equipment to play with.	<p>Staff person will be interacting on the gym floor once check in is complete.</p> <p>People outside the target age may attend provided they respect the intent of the program and are accompanied by an</p>

			adult if their age requires it.
Middle School (MS) Gym	Grade 6-8 (Ages 12-14)	Drop in and play at the field house! A variety of sports equipment will be out and our staff person can help with getting set up if needed. Participants are welcome to bring their own sports equipment to play with.	Staff person will be interacting on the gym floor once check in is complete. People outside the target age may attend provided they respect the intent of the program and are accompanied by an adult if their age requires it.
Open Gym	All ages	Drop in and play at the field house! A variety of sports equipment will be out and our staff person can help with getting set up if needed. Participants are welcome to bring their own sports equipment to play with.	
Seniors Gym	Ages 55+	Drop in and play at the field house! A variety of sports equipment will be out and our staff person can help with getting set up if needed. Participants are welcome to bring their own sports equipment to play with.	Minimum required age is 55.
Roller Skate	All ages	The wheeled version of public skate! Bring your roller blades/skates down to the field house and go for a skate!	No sticks/balls permitted
Open Skate	All ages	The wheeled version of open gym! Bring your wheeled equipment	Skateboards, roller blades/skates,

		down to the field house to play on the smooth concrete floor. This is your opportunity to bring a stick and ball and shoot on a net while on wheels.	scooters, hoverboards, run bikes, trikes. NO pedal bikes
Parent & Tot	Ages 0-5 and their adult	Drop in and play at the field house! A variety of sports equipment will be out and our staff person can help with getting set up if needed. Participants are welcome to bring their own sports equipment to play with.	This program is specifically geared towards younger children and their adults. Intergenerational play is encouraged 😊

Sport Specific Programs

Sport specific programs are geared towards older teens and adults with any age being permitted provided they understand the nature of the game and can participate accordingly. As participants and space allows, courts can be allocated by youth/adults if desired. Participants must be able and willing to divide fairly into teams and self-referee. Participants are allowed to play independently on undesignated space if desired.

Sports noted as “Kids” are the same program but for people aged 12 and under and must have adult supervision and assistance if needed.

FIELD HOUSE

Program Name	Target Audience	Description	Notes
Badminton Tennis Pickleball (Raquet Sports)	Ages 15+	Drop in at the field house and play! Bring your own equipment or borrow ours. Be prepared to play a variety of players and rotate courts after each game if numbers dictate.	Raquet sports notes that any of the racquet sports can be played during that time.

Ball Hockey	Ages 15+	Drop in at the field house and play! Bring your own stick.	Very limited sticks available for borrow.
Basketball	Ages 15+	Drop in at the field house and play! No equipment required!	
Dodgeball	Ages 15+	Drop in at the field house and play! No equipment required!	
Football	Ages 15+	Drop in at the field house and play! No equipment required!	
Futsal/Soccer	Ages 15+	Drop in at the field house and play! Futsal is like indoor soccer but with a smaller, less bouncy ball, less people, and a smaller space. No equipment required!	
Volleyball	Ages 15+	Drop in at the field house and play! No equipment required!	
Walking Soccer	Ages 55+	Drop in at the field house and play! This sport is taking off as a modified version of the popular game. Participants must always keep contact with the floor (i.e. no running or jogging). No equipment required!	No minimum age!
Senior Social	Ages 55+	Drop in at the field house and play! Take a turn around the floor in your running shoes or roller skates, play one of our lawn games, or enjoy a pickleball match with friends. All sport and lawn game equipment is available and you can walk around the edge of the floor so bring a friend and come move with us!	
Lawn Games	All Ages	Drop in at the field house and play some lawn games with us! We have plastic axe throwing, washer toss, and more!	

ARENA

Program Name	Target Audience	Description	Notes
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Senior Hockey 55+	Ages 55+	Drop in and play at the Multipurpose Facility! Bring your hockey equipment and come play a game of pick up with us.	Minimum required age is 55.
Adult Hockey 18+	Ages 18+	Drop in and play at the Multipurpose Facility! Bring your hockey equipment and come play a game of pick up with us.	Minimum required age is 18.
Stick and Puck	Ages 15+	Drop in and play at the Multipurpose Facility! Bring your gear and practice your shot, work on your skills, or get a mini game going.	Required equipment includes skates, helmet and stick.
Kids Stick and Puck	Ages 6-14	Drop in and play at the Multipurpose Facility! Bring your gear and practice your shot, work on your skills, or get a mini game going.	Required equipment includes skates, helmet and stick. Adults required to supervise from the bench/stands if not on the ice.
Open Skate	All ages	Drop in at the Multipurpose Facility and skate! This is your opportunity to get your skate practice in during a quieter time of the day.	Sticks are permitted for balance but no pucks. Strollers are permitted but wheels must be clean before entering ice surface. Children in an adults arms must also wear a helmet.
Public Skate	All ages	Drop in at the Multipurpose Facility and skate! Come get your laps in on the ice.	No sticks or pucks permitted. Strollers are permitted but wheels must be clean before entering ice surface.

			Children in an adults arms must also wear a helmet.
Walking Club	Ages 55+	This walking group is for anyone! A Seniors Resource Centre volunteer will be in attendance to check in with you and chat if you want the company.	<p>No minimum age and the track is still open during this time.</p> <p>All mobility aids permitted (Walkers, canes, powered and unpowered wheel chairs, crutches etc)</p>
Knowledge Café	All ages	In partnership with the Seniors Resource Centre, a monthly knowledge café topic for a broad audience will be presented.	