

## Adult Programs

### YOGA WITH VICTORIA

Cost: \$6.00

#### Wednesday

3:30-4:15pm- Chair and Beginner Yoga

4:30-5:20pm - All Levels Yoga

5:30-6:00pm - Family Yoga

Location: Arena Auditorium, Glencoe

### WALKING AND WELLNESS

Time: Tuesdays 9:30-10:30AM

Cost: Free on days without instructors  
(Walking-Only)

Cost varies on days with wellness and  
fitness instructors

March 29th- Joanne Stier to give a  
presentation about nutrition - free  
class for all (9:30-10:30am)

### AEROBICS & BOOTCAMP

Cost: \$6.00

#### Thursday

9:00-9:50am - Fit 'n Fierce Aerobics

10:00-10:50am - Parent and Tot Boot  
Camp

Location: Ekfrid Community Centre  
Appin, Ontario

## Children's Learn to Skate

### CHILDREN AND PARENT LEARN TO SKATE PROGRAMS

Cost: \$5.00 (Age 3-6 Learn to Skate  
Program), \$6.00 (Parent & Tot Pair)

#### Friday:

1:30-2:00pm -Learn to Skate Ages 3-6

2:00-2:45pm - Parent and Tot Skate  
Program

Location: Glencoe Arena

## 55+ Active Pass

We are now offering a older adults'  
active pass (55+). This pass provides  
you with access to all of our fitness  
programs for only \$20 including tax for  
the month. If you are interested in a  
pass, they are available at the municipal  
office Monday-Friday from 8:30-  
4:30pm. If you have any questions,  
please email  
aparker@southwestmiddlesex.ca

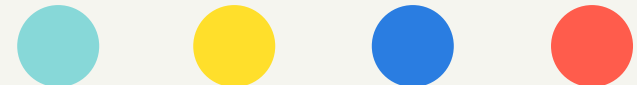


## Southwest Middlesex Recreation Programs

For more information please go  
to the Parks and Recreation Page  
or Community Calendar @  
[www.southwestmiddlesex.ca](http://www.southwestmiddlesex.ca)

Check the SWM social media  
pages for updates on  
programming!

Municipality of Southwest  
Middlesex  
153 McKellar Street  
Glencoe, ON N0L1M0  
[AParker@southwestmiddlesex.ca](mailto:AParker@southwestmiddlesex.ca)  
Office Phone: 519-287-2015



## Register

- If the program is drop-in, you do not need to pre-register ahead of time. However, please bring exact change to programs.
- You can now register online for programs through Book King for programming. Please go to <https://app.booking.ca/southwestmiddlesexpub/>
- You can also call the municipal office or email Ashley at the email on the front cover to register.

## Sponsored Skates

Starting November 7th, there will be a FREE public skate every other Sunday sponsored by Enbridge. Check the SWM Facebook page for upcoming Free Skates!

### Upcoming Free Skates:

- February 20th – Martins Safety Training
- February 25th – Glencoe Agricultural Society
- February 27th – Enbridge
- March 4th – Glencoe Agricultural Society
- March 11th – Martins Safety Training
- March 13th – Enbridge
- March 18th – Glencoe Agricultural Society
- March 20th – Enbridge
- March 25th – SWM, In Honor of Mitch
- March 27th – Martin's Safety Training

**Note:** Friday Skates are from 7:00-9:00pm and Sunday Skates are 3:00-5:00pm.

## Skating and Ice Programs

### PUBLIC SKATE

#### Cost:

\$5.00 Adult, \$3.00 Child, \$10.00 Family  
Free- Family Skate Tuesday & Thursday AM  
\$2.00 - Adult Only Skate

#### Times:

**Adult Only** - Tuesday and Thursday 9:00-10:00AM

**Family Skate** (Formerly Moms & Tots) - Tuesday and Thursday 10:00-11:30AM

#### **Public Skate:**

Friday - 7:00-9:00PM

Sunday- 3:00-5:00PM

### ADULT PICK UP HOCKEY

Pick up Hockey/Shinny. Gloves and a CSA approved helmet must be worn. Maximum of 24 players.

**Cost:** \$10.00

#### **Time:**

Wednesday, 9:00-10:30PM

### STICK AND PUCK

Designed to allow children to feel comfortable practicing stick and puck skills on the ice. Parents can come out with their children to improve their shots.

**Cost:** \$5.00

#### **Time:**

**Monday** - 5:00-6:00PM

**Sunday** - 11:00AM-1:00PM

**Note: Ice Programs will end on March 27th due to the arena renovations.**

## Children's Programs



### CHILDREN'S PROGRAMMING

**Location:** Glencoe Arena Auditorium

**Cost:** \$5.00

**Time: Monday-** 6:15-7:45pm

**Location:** Masonic Hall, Wardsville, ON

**Cost:** \$5.00

**Time: Thursday** - 6:15-7:45pm

This program will have themed weeks. Each week there will be different arts, crafts, games, and sports related to a theme. This program is for children ages 3-12.

This program is drop-in based. You can also register online on BookKing.