



SARNIA
ONTARIO

CITY OF SARNIA

2026

**Summer
Recreation Guide**



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All activities, dates, times, and costs are subject to change. For more information call 519-332-0656 or visit www.sarnia.ca/RecRegistration.

Memberships

Memberships open to residents aged 50 and over.

2026 Strangway Activity Membership (365 days) - \$67

Activity Members enjoy savings of approximately 15 percent or more on programs. You do not need to be a Member to participate in programs.

2026 Drop-in Tokens

Member Drop-in Tokens - \$3.50

Non-Member Drop-in Tokens - \$6.50

2026 Hobby Shop Membership (365 days) - \$204

This Membership offers unlimited access to the Hobby Shop during regular hours, unless a wood-working program is in progress.

2026 Hobby Shop Passes

Half-Day Pass - \$8.25

Full-Day Pass - \$14.00

Registration

Registration opens at 9 a.m. on Tuesday, June 16, 2026, for the summer season of programming. Registration is required for instructor-led programs. Please note that you can register for programs at any point throughout the season. Strangway Community Centre programs are open to adults aged 20 and over.

For more information and to register, please visit our website at:

www.sarnia.ca/RecRegistration

On registration day, you can register by:

- Calling 519-332-0656 between 9 a.m. to 4 p.m.
- Visiting the Strangway Community Centre (260 East St N., Sarnia) or City Hall (255 Christina St N., Sarnia) between 9 a.m. to 4 p.m.
- Going online and registering as of 9 a.m.

Strangway Centre Details

- Address: 260 East St N.
- Hours: Monday to Friday, 8:30 a.m. to 4:30 p.m.
- Phone: 519-332-0656

Closure Dates

The Strangway Community Centre will be closed in observance of the following summer holidays:

- Canada Day – Wednesday, July 1, 2026
- Civic Holiday – Monday, August 3, 2026
- Labour Day – Monday, September 7, 2026

Programming costs reflect holiday closures

Refunds, Waitlists & Details

For full details on our refund policy, please visit www.sarnia.ca/Strangway.

If the program is full, you can join the waitlist! If a spot then becomes available, you will be contacted via email and will have five days to accept and pay for the spot or decline before the spot is automatically offered to the next person on the waitlist.

Please be aware that our registration software does not allow enrolment in programs with overlapping schedules. If you're willing to miss a date to attend a one-time program, please contact Strangway staff to register manually.

The Strangway Community Centre is proudly funded in part through the Seniors Active Living Centre (SALC) Program, which supports initiatives that promote active, healthy, and engaged lifestyles for older adults.

Drop-in Programs



Drop-in programs are available on reoccurring days and times throughout the programming season, with no pre-registration required. Drop-in programs do not run on the dates of holiday closures. Consult the schedule and program descriptions below for more information, including prices.

Drop-in Program Schedule: June 29 to Sept 25, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Hobby Shop[^] June and Sept: 9 a.m. to noon; 1 to 4 p.m. July and Aug: 9 a.m. to noon	Hobby Shop[^] June and Sept: 9 a.m. to noon; 1 to 4 p.m. July and Aug: 9 a.m. to noon	Hobby Shop[^] June and Sept: 9 a.m. to noon; 1 to 4 p.m. July and Aug: 9 a.m. to noon	Hobby Shop[^] June and Sept: 9 a.m. to noon; 1 to 4 p.m. July and Aug: 9 a.m. to noon	Hobby Shop[^] June and Sept: 9 a.m. to noon; 1 to 4 p.m. July and Aug: 9 a.m. to noon
Billiards* 9 a.m. to 4 p.m.	Billiards* 9 a.m. to 4 p.m.	Billiards* 9 a.m. to 4 p.m.	Billiards* 9 a.m. to 4 p.m.	Billiards* 9 a.m. to 4 p.m.
Knit & Chat 10 a.m. to noon	Social Bridge* 1 to 4 p.m.	Carpet Bowling* 9 to 11 a.m.	Chat & Play 9 to 11 a.m.	Recreational Pickleball* 11:30 a.m. to 1:15 p.m.
Chat & Play 1:30 to 3:30 p.m.	Euchre* 1 to 4 p.m.	SUES (Ukulele)* 1 to 3:30 p.m. No SUES July & Aug	Meditation with Richard 10 to 11 a.m.	Pepper* 1:45 to 4 p.m.
		Pepper* 1:45 to 4 p.m.	Mahjong* 1 to 4 p.m.	
			Shuffleboard* 2:10 to 4 p.m.	

* Activity Token applies – 2026 cost is \$3.50 Member, \$6.50 Non-Member

[^]Hobby Shop Pass or Membership applies – 2026 pass cost is \$8.25 for half day, \$14 for a full day; 2026 Hobby Shop Membership cost is \$204

Billiards

There are a variety of billiard games to play! Come check out our table in a welcoming environment! It is open Monday through Friday between 9 a.m. to 4 p.m., no reservation is required. Two-hour limit per token.

Member Token: \$3.50, Non-Member Token: \$6.50

Carpet Bowling

Carpet bowling is a fun indoor twist on lawn bowling with round or slightly asymmetric balls on a carpet.

Member Token: \$3.50, Non-Member Token: \$6.50

Chat & Play

Drop in and enjoy a relaxed mix of conversation and casual games with fellow community members. Whether you'd like to share stories over a cup of coffee, play a round of crib, challenge someone to scrabble or chess, or work together on a puzzle, this is a welcoming space to connect, unwind, and have fun. Complimentary hot beverages are provided, and you're welcome to bring your own snack.

Free

Euchre

Come enjoy friendly games of euchre with no partner needed. Play, compete, and connect with others in a fun and welcoming atmosphere.

Member Token: \$3.50, Non-Member Token: \$6.50

Hobby Shop — Woodworking

When there are no Hobby Shop programs running, it operates with a drop-in system. A supervisor is always on duty. Please note that for July and August the shop will be closed for the afternoon shift.

2026 Passes: \$8.25 for a half day and \$14 for a full day

2026 Membership (365 Days) for unlimited use: \$204

Knit and Chat

Bring your knitting or crochet project and connect with others in a relaxed weekly group. Work on your craft, share ideas, and enjoy good conversation.

Free

Mahjong

A game played with 144 tiles marked with suits, counters, and dice. Challenge your skill and strategy to create winning combinations in this exciting four-person game. This group plays Filipino-style Mahjong.

Member Token: \$3.50, Non-Member Token: \$6.50

Meditation with Richard

Instructor: Richard Maxwell

Learn to meditate like a Buddhist monk. The meditation known as Zazen has been proven to reduce stress and lower your blood pressure. Six weeks of this meditation will teach you to quiet your mind and establish a practice that can enhance your life experience. No previous experience is necessary. You will be guided by a Zen Buddhist monk.

By donation

Pepper

Pepper is a card game similar to euchre but with bidding.

Member Token: \$3.50, Non-Member Token: \$6.50

Recreational Pickleball

Join this fun group for a few games of pickleball! A great way to be active and socialize. Paddles are supplied but you are encouraged to bring your own.

Member Token: \$3.50, Non-Member Token: \$6.50

Shuffleboard

Shuffleboard is a game played by pushing discs with a long-handled cue over a marked wood floor. Discs can be pushed from a seated position.

Member Token: \$3.50, Non-Member Token: \$6.50

Social Bridge

Similar to duplicate bridge, but more relaxed and "social". Rules are less strict than in duplicate bridge and more chatter is permitted.

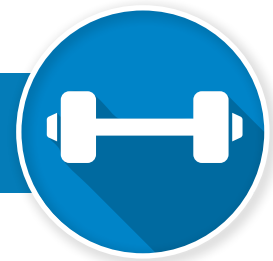
Member Token: \$3.50, Non-Member Token: \$6.50

SUES: Strangway Ukulele Ensemble

A fun group of ukulele enthusiasts who get together to jam. Please note you must know how to play the ukulele and have a ukulele to join. The Strangway Centre offers ukulele lessons. Please note there is no SUES in July and August, and the program will start back up September 2.

Member Token: \$3.50, Non-Member Token: \$6.50

Fitness & Wellness



Beginner Pickleball Lessons

Instructor: Brian Mendonca

Brian, an experienced pickleball player, will assist in teaching the basics of pickleball including rules, scoring, technique, etc. If you do not have a paddle, the Centre has some that can be borrowed.

Program Series:

- Mondays, 9 to 10 a.m. June 29 to July 20 ID No: 24899
(Member: \$18, Non-Member: \$21) Total Sessions: 4
- Mondays, 9 to 10 a.m. Aug 10 to Aug 31 ID No: 24900
(Member: \$18, Non-Member: \$21) Total Sessions: 4

Build Your Bones

Instructor: Richel Jackson

In this class we will help “build your bones” by creating a demand for calcium through exercises such as weight training. Cardio is also included in this well rounded and fun exercise class!

Beginner Program Series:

- Mondays, 10:15 to 11:15 a.m. June 29 to July 27 ID No: 24922
(Member: \$43, Non-Member: \$53) Total Sessions: 5
- Mondays, 11:30 a.m. to 12:30 p.m. June 29 to July 27 ID No: 24924
(Member: \$43, Non-Member: \$53) Total Sessions: 5
- Wednesdays, 10:15 to 11:15 a.m. July 8 to Aug 5 ID No: 24926
(Member: \$43, Non-Member: \$53) Total Sessions: 5
- Fridays, 9 to 10 a.m. July 3 to Aug 7 ID No: 24928
(Member: \$52, Non-Member: \$64) Total Sessions: 6
- Mondays, 10:15 to 11:15 a.m. Aug 10 to Sept 21 ID No: 24923
(Member: \$52, Non-Member: \$64) Total Sessions: 6 Exclusion dates: Sept 7
- Mondays, 11:30 a.m. to 12:30 p.m. Aug 10 to Sept 21 ID No: 24925
(Member: \$52, Non-Member: \$64) Total Sessions: 6 Exclusion dates: Sept 7
- Wednesdays, 10:15 to 11:15 a.m. Aug 12 to Sept 23 ID No: 24927
(Member: \$60, Non-Member: \$74) Total Sessions: 7
- Fridays, 9 to 10 a.m. Aug 14 to Sept 25 ID No: 24929
(Member: \$60, Non-Member: \$74) Total Sessions: 7

Intermediate Program Series:

- Mondays, 9 to 10 a.m.....June 29 to July 27.....ID No: 24930
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Wednesdays, 9 to 10 a.m.....July 8 to Aug 5.....ID No: 24932
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Wednesdays, 11:30 a.m. to 12:30 p.m.July 8 to Aug 5.....ID No: 24933
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Fridays, 10:15 to 11:15 a.m.....July 3 to Aug 7.....ID No: 24936
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Fridays, 11:30 a.m. to 12:30 p.m.July 3 to Aug 7.....ID No: 24938
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Mondays, 9 to 10 a.m..... Aug 10 to Sept 21 ID No: 24931
(Member: \$52, Non-Member: \$64)Total Sessions: 6..... Exclusion dates: Sept 7
- Wednesdays, 9 to 10 a.m..... Aug 12 to Sept 23.....ID No: 24934
(Member: \$60, Non-Member: \$74).....Total Sessions: 7
- Wednesdays, 11:30 a.m. to 12:30 p.m. Aug 12 to Sept 23.....ID No: 24935
(Member: \$60, Non-Member: \$74).....Total Sessions: 7
- Fridays, 10:15 to 11:15 a.m..... Aug 14 to Sept 25.....ID No: 24937
(Member: \$60, Non-Member: \$74).....Total Sessions: 7
- Fridays, 11:30 a.m. to 12:30 p.m. Aug 14 to Sept 25.....ID No: 24939
(Member: \$60, Non-Member: \$74).....Total Sessions: 7

Chair Core Conditioning

Instructor: Richel Jackson

No up and down on the floor. Chairs will be used to assist with your core conditioning exercises. This will involve exercises that focus on abs, glutes, lower back and hip flexors. Each week participants will work towards improving their own strength, flexibility, balance, and endurance. Bring your running shoes, a mat, and a water bottle.

Program Series:

- Thursdays, 2 to 3 p.m.....July 2 to Aug 6.....ID No: 24940
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Thursdays, 2 to 3 p.m..... Aug 13 to Sept 24.....ID No: 24941
(Member: \$60, Non-Member: \$74).....Total Sessions: 7

Chair Yoga

Instructor: Ann Bending

In this beginner-friendly class you will practice yoga poses while sitting in a chair. It is a safe alternative to practicing yoga from a mat if getting up and down from a mat is challenging.

Program Series:

- Tuesdays, 10:15 to 11:15 a.m.June 30 to Aug 4.....ID No: 24942
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Thursdays, 10:15 to 11:15 a.m.July 2 to Aug 6.....ID No: 24944
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Tuesdays, 10:15 to 11:15 a.m.Aug 18 to Sept 22.....ID No: 24943
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Thursdays, 10:15 to 11:15 a.m.Aug 20 to Sept 24.....ID No: 24945
(Member: \$52, Non-Member: \$64)Total Sessions: 6

Core Conditioning

Instructor: Richel Jackson

Designed for all fitness levels as long as you can get up and down from the floor. Core conditioning will involve exercises that focus on abs, glutes, lower back and hip flexors. Each week participants will work toward improving their own strength, flexibility, balance and endurance. Bring your running shoes, a mat, and a water bottle.

Program Series:

- Tuesdays, 12:45 to 1:45 p.m.June 30 to Aug 4.....ID No: 24946
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Thursdays, 12:45 to 1:45 p.m.July 2 to Aug 6.....ID No: 24948
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Tuesdays, 12:45 to 1:45 p.m.Aug 11 to Sept 22.....ID No: 24947
(Member: \$60, Non-Member: \$74).....Total Sessions: 7
- Thursdays, 12:45 to 1:45 p.m.Aug 13 to Sept 24.....ID No: 24949
(Member: \$60, Non-Member: \$74).....Total Sessions: 7

Dancercise

Instructor: Michelle Mitchell

Get ready to sweat, smile, and groove to your favourite 80's hits! Join instructor Michelle for a fun easy-to-follow dance fitness class set to the unforgettable tunes from the 1980's. Whether you're a seasoned dancer or a total beginner, you'll enjoy simple choreographed steps, great cardio, and a blast from the past. No experience needed – just bring your energy and love for dancing!

Program Series:

- Tuesdays, 2 to 3 p.m. June 30 to July 28 ID No: 25513
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Tuesdays, 2 to 3 p.m. Aug 18 to Sept 22 ID No: 25514
(Member: \$52, Non-Member: \$64)Total Sessions: 6

Flow Yoga

Instructor: Kelly-Lynn Musico

Join Kelly-Lynn, Registered Physiotherapist and Yoga Instructor, for a flow-style yoga class that nurtures strength, flexibility, and balance. We'll begin with breathwork to settle us into the present, easing into movements to warm the body and then adding some muscle building movements. The class moves through a fluid sequence of poses designed to build strength, length, and balance with variations offered throughout. We'll finish in stillness, allowing time to relax both body and mind. This is a 'most-levels' program, as participants must be able to safely and independently get up and down from the floor. Come join us!

Program Series:

- Thursdays, 11:30 a.m. to 12:30 p.m. Sept 3 to Sept 24ID No: 24950
(Member: \$34, Non-Member: \$42)Total Sessions: 4

Footcare

Instructor: Julie Coulombe

Footcare services provided by a Certified Master Pedicurist. The clinic can accommodate the following conditions: reduce callouses, thickened nails, remove corns, diabetic feet, athletes foot, ingrown toenails, fungus and trim and file nails. You do not need to bring anything with you. Treat your feet with the care they deserve! Register online or contact the Centre to secure your 30-minute appointment: 519-332-0656. Full payment is required at the time of booking.

Cost: \$45

Footcare Hours:

- Friday, July 24 — 9 a.m. to 1:30 p.m.
- Friday, August 7 — 9 a.m. to 1:30 p.m.
- Friday, August 21 — 9 a.m. to 1:30 p.m.
- Friday, September 4 — 9 a.m. to 1:30 p.m.
- Friday, September 18 — 9 a.m. to 1:30 p.m.

FunFit

Instructor: Carol Burkhart

FunFit is an engaging and rhythmic exercise session using weights, resistance bands, and body weight for a complete head-to-toe workout. All exercises can be adapted to suit individual abilities, so everyone can participate with confidence. The class focuses on muscle strength and endurance, cardiovascular health, coordination, balance, core stability, and flexibility. Please bring running shoes, a mat, and a water bottle.

Program Series:

- Tuesdays, 9 to 10 a.m.....June 30 to Aug 4.....ID No: 24952
(Member: \$43, Non-Member: \$50)Total Sessions: 6
- Thursdays, 9 to 10 a.m.July 2 to Aug 6.....ID No: 24962
(Member: \$43, Non-Member: \$50)Total Sessions: 6
- Tuesdays, 9 to 10 a.m..... Aug 11 to Sept 22.....ID No: 24956
(Member: \$50, Non-Member: \$58)Total Sessions: 7
- Thursdays, 9 to 10 a.m. Aug 13 to Sept 24.....ID No: 24963
(Member: \$50, Non-Member: \$58)Total Sessions: 7

Gentle Yoga

Instructor: Ann Bending

In this beginner-friendly class we will take time to feel how we move and create space in our bodies while immersed in a tranquil setting. We will safely observe and build stability through broad ranges of movement. You will be holding and flowing through yoga poses followed by a brief guided meditation bringing body and mind into balance.

Program Series:

- Tuesdays, 11:30 a.m. to 12:30 p.m.June 30 to Aug 4.....ID No: 24965
(Member: \$52, Non-Member: \$64)Total Sessions: 6
- Tuesdays, 11:30 a.m. to 12:30 p.m. Aug 18 to Sept 22.....ID No: 24966
(Member: \$52, Non-Member: \$64)Total Sessions: 6

Latin Groovz

Instructor: Michelle Mitchell

Come enjoy Tropical Dance and Latin Rhythms. This program is a mixture of Latin steps and combinations, mini combinations using real Latin steps to Latin music of Salsa, Bachata, Merengue, Samba, Mambo, Rumba, Tango, and ChaCha! We work on a fun routine during the last part of the class that we build on each week.

Program Series:

- Fridays, 10:15 to 11:15 a.m.....July 3 to July 31 ID No: 25521
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Fridays, 10:15 to 11:15 a.m..... Aug 21 to Sept 25ID No: 25522
(Member: \$52, Non-Member: \$64)Total Sessions: 6

Line Dancing: Beginner-Improver

Instructor: Diane Gorton

If you love to dance this is the class for you. Put on your dancing shoes and step in time to great music and routines. Including Cha Cha, Rumba, Salsa, Tango, Waltz, Jive Foxtrot, Polka and Country all danced to Latin American and Modern Ballroom tunes. No partner required.

Program Series:

- Tuesdays, 10:15 to 11:15 a.m.June 30 to Aug 4 ID No: 24991
(Member: \$41, Non-Member: \$47)Total Sessions: 6
- Tuesdays, 10:15 to 11:15 a.m. Aug 11 to Sept 22ID No: 24992
(Member: \$48, Non-Member: \$55)Total Sessions: 7

Line Dancing: Intermediate

Instructor: Diane Gorton

Level up your line dancing! Prior line dancing experience is required. This class is not suitable for beginners. Including Cha Cha, Rumba, Salsa, Tango, Waltz, Jive Foxtrot, Polka and Country all danced to Latin American and Modern Ballroom tunes. No partner required.

Program Series:

- Mondays, 10:15 to 11:15 a.m.June 29 to July 27ID No: 24993
(Member: \$34, Non-Member: \$39)Total Sessions: 5
- Mondays, 10:15 to 11:15 a.m. Aug 10 to Sept 21ID No: 24994
(Member: \$41, Non-Member: \$47)Total Sessions: 6 Exclusion dates: Sept 7

Line Dancing: Mixed Genre

Instructor: Michelle Mitchell

Enjoy a fun and energetic class for all levels! Learn mini line dance routines inspired by a variety of dance and music styles, including Waltz, Tango, Foxtrot, Country, Quickstep, Cha Cha, Rumba, Samba, Swing, Salsa, Merengue, Cabaret, and modern movement. A great way to boost your mood, energy, and overall health!

Program Series:

- Thursdays, 10:15 to 11:15 a.m. July 2 to July 30 ID No: 25516
(Member: \$43, Non-Member: \$53) Total Sessions: 5
- Thursdays, 10:15 to 11:15 a.m. Aug 20 to Sept 24 ID No: 25517
(Member: \$52, Non-Member: \$64) Total Sessions: 6

Minds in Motion

In partnership with the Alzheimer's Society, we will be offering the Minds in Motion program. Minds in Motion is a program for people living with early to mid-stage Alzheimer's disease or other dementias and their care partners. This program offers the opportunity to establish new friendships with others who are living with similar experiences, 45-60 minutes of physical exercise, and 45-60 minutes of mentally stimulating activities. Each series is 8 weeks in duration. To register please contact Vanessa at 519-332-4444 or email vbarnes@alzheimersarnia.ca.

Program Series:

- Mondays, 1 to 2:45 p.m. Runs on an ongoing basis through the summer
Exclusion dates: Aug 3, 10, 17, 24, 31, and Sept 7

Qigong

Instructor: Michelle Mitchell

This program focuses on building strength, flexibility, and a free-flowing energy system to support overall health. Qigong, an ancient martial art, helps clear energy blockages caused by daily stress and negativity. Through breathwork, slow movements, standing postures, and meditation, you will enhance your personal Qi, boosting vitality and immunity. Strengthen your body, mind, and spirit from the inside out! A seated option is available in this class.

Program Series:

- Fridays, 9 to 10 a.m. July 3 to July 31 ID No: 25519
(Member: \$43, Non-Member: \$53) Total Sessions: 5
- Fridays, 9 to 10 a.m. Aug 21 to Sept 25 ID No: 25520
(Member: \$52, Non-Member: \$64) Total Sessions: 6

Reflexology

Instructor: Courtney Paulics

Reflexology is a natural therapy performed on the feet, based on the belief that specific reflex points correspond to glands, organs, and systems throughout the body. By stimulating these reflexes, the therapy encourages the body to function at its best. Sessions last between 30 and 45 minutes. Give your feet the care they deserve. Register online or contact the Centre to secure your appointment: 519-332-0656. Full payment is required at the time of booking.

Cost: \$45

Reflexology Hours:

- Friday, July 17 — 9 a.m. to 3 p.m.
- Friday, August 14 — 9 a.m. to 3 p.m.
- Friday, September 11 — 9 a.m. to 3 p.m.

Stretch, Balance and Walk with Nordic Poles

Instructor: Kelly-Lynn Musico

Join Kelly-Lynn Musico, Registered Physiotherapist, to learn the proper technique for Nordic Pole walking. We'll begin with a warm-up using the poles to support balance and stretching exercises, followed by a guided walk. Nordic Pole walking is a great way to improve posture, strength, cardiovascular fitness, and balance, while reducing stress on the joints and enjoying the benefits of movement in the outdoors. This program will be outdoors, and poles are available at the Centre if you do not have your own.

Program Series:

- Thursdays, 12:45 to 1:45 p.m. Sept 3 to Sept 24 ID No: 24997
(Member: \$33, Non-Member: \$41) Total Sessions: 4

Tai Chi: Beginner/Continuing

Instructor: Jim Carrothers

Tai Chi helps improve joint flexibility, balance, breathing, and circulation, and is suitable for all levels of ability. A chair set option is available for those who prefer or require seated movement. Whether you're new to Tai Chi or continuing your practice, this class offers something new for everyone. This class will get you through the first 17 to 25 movements.

Program Series:

- Wednesdays, 12:45 to 1:30 p.m. Aug 19 to Sept 23 ID No: 24998
(Member: \$41, Non-Member: \$47) Total Sessions: 6

Tai Chi: Ongoing

Instructor: Jim Carrothers

Tai Chi helps improve joint flexibility, balance, breathing, and circulation, and is suitable for all levels of ability. A chair set option is available for those who prefer or require seated movement. This class is for those who know the entire set.

Program Series:

- Tuesdays, 3:15 to 4 p.m. Aug 18 to Sept 22 ID No: 24999
(Member: \$41, Non-Member: \$47).....Total Sessions: 6

Tao Yin Yoga

Instructor: Michelle Mitchell

This gentle, total-body flow class combines mat work and standing movement. Enjoy easily modifiable stretching, strengthening, and core exercises, followed by slow, flowing standing movements with breathwork to support balance, posture, and overall strength. Designed for a mindful approach, this class emphasizes ease over intensity and includes occasional meditation. Breathwork helps improve circulation, support the lungs, and boost overall energy and vitality. Suitable for beginners and experienced participants alike, this class offers an accessible, restorative experience—leaving you feeling both relaxed and energized!

Program Series:

- Thursdays, 11:30 a.m. to 12:30 p.m. July 2 to July 30 ID No: 25518
(Member: \$43, Non-Member: \$53)Total Sessions: 5
- Thursdays, 11:30 a.m. to 12:30 p.m. Aug 20 to Aug 27 ID No: 25636
(Member: \$17, Non-Member: \$21)Total Sessions: 2

VON SMART FUN-ctional Fitness

In partnership with the VON SMART Program this research and evidence based fall prevention and exercise class will run approximately 45 minutes in length and combine different aspects of functional fitness. These classes are offered for anyone over the age of 55 who are interested in becoming a SMART participant! A typical class contains a warm-up and some cardio before transitioning into the balance and strength portion of the class. Each class will contain functional strength exercises that challenge every major muscle group before a final cool down and stretching to finish the class. Seated and standing modifications are provided to meet the needs of each participant. To register please contact Derek Blonsky at 519-331-1159 or Derek.Blonsky@von.ca.

Program Series:

- Mondays, 3 to 4 p.m.
Typically runs on an ongoing basis but there will be no sessions in July and August. Program resumes Sept 14

Organized Sports



Please note: these outdoor sports programs began in the spring and opened for registration at that time. As a result, some programs may already be full. *

Adult Recreational Tennis

Come join this fun tennis group! A great group for all levels, including beginners. Balls are supplied but please bring your racquet. Weather permitting.

Dates: Monday through Friday, Apr 27 to Oct 30

Time: 8 to 11 a.m.

Location: Germain

Cost: Member: \$37, Non-Member: \$43

Course ID: 20123

Exclusion dates: May 18, July 1, Aug 3, Sep 7, Sep 30, Oct 12

Men's Recreational Two-Pitch (55+)

A fun recreational two-pitch league for men who are 55+ of all skill levels! Great exercise and a great time. Enter as a team or an individual and we will find you a team.

Dates: Tuesdays, May 5 to Oct 6

Time: 9:30 a.m. to 1 p.m.

Location: Clearwater Diamond 1 and 2

Cost: Member: \$19, Non-Member: \$22

Course ID: 20097

Men's Recreational Two-Pitch (60+)

A fun recreational two-pitch league for men who are 60+ of all skill levels! Great exercise and a great time. Enter as a team or an individual and we will try to find you a team.

Dates: Thursdays, May 14 to Sep 24

Time: 9:15 to 11:45 a.m.

Location: Clearwater Diamond 1

Cost: Member: \$18, Non-Member: \$21

Course ID: 20004

Men's Recreational Slo-Pitch (55+)

Join your fellow "Boomers" for some recreational slo-pitch. All skill levels welcome. Our sandlot atmosphere will bring back fond memories of neighbourhood ball games.

Dates: Thursdays, Apr 30 to Oct 15
Time: 9:30 to 11:30 a.m.
Location: Clearwater Diamond 2
Cost: Member: \$20, Non-Member: \$23
Course ID: 20096

Pickleball: Intermediate

Join this fun group for a few games of pickleball! A great way to be active and socialize. This level is suited for players who have experience playing pickleball.

Dates: Mondays, May 4 to Sep 21
Time: 8:30 to 10:30 a.m.
Location: Blackwell
Cost: Member: \$33, Non-Member: \$38
Course ID: 20027
Exclusion dates: May 18, Aug 3, Sep 7

Dates: Mondays, May 4 to Sep 21
Time: 8:30 to 10:30 a.m.
Location: Cathcart
Cost: Member: \$33, Non-Member: \$38
Course ID: 20028
Exclusion dates: May 18, Aug 3, Sep 7

Dates: Tuesdays, May 5 to Sep 22
Time: 8:30 to 10:30 a.m.
Location: Kenwick
Cost: Member: \$39, Non-Member: \$45
Course ID: 20030

Dates: Wednesdays, May 6 to Sep 23
Time: 8:30 to 10:30 a.m.
Location: Blackwell
Cost: Member: \$37, Non-Member: \$43
Course ID: 20032
Exclusion dates: July 1

Dates: Wednesdays, May 6 to Sep 23
Time: 10:30 a.m. to 12:30 p.m.
Location: Cathcart
Cost: Member: \$37, Non-Member: \$43
Course ID: 20035
Exclusion dates: July 1

Dates: Thursdays, May 7 to Sep 24
Time: 3:30 to 5:30 p.m.
Location: Blackwell
Cost: Member: \$39, Non-Member: \$45
Course ID: 20037

Dates: Thursdays, May 21 to Sep 24
Time: 5:30 to 7:30 p.m.
Location: Germain
Cost: Member: \$35, Non-Member: \$40
Course ID: 20038

Dates: Fridays, May 8 to Sep 25
Time: 8:30 to 10:30 a.m.
Location: Blackwell
Cost: Member: \$39, Non-Member: \$45
Course ID: 20039

Pickleball: Recreational

Join this fun group for a few games of pickleball! A great way to be active and socialize.

Dates: Mondays, May 25 to Sep 21
Time: 5:30 to 7:30 p.m.
Location: Germain
Cost: Member: \$30, Non-Member: \$34
Course ID: 20029
Exclusion dates: Aug 3, Sep 7

Dates: Tuesdays, May 19 to Sep 22
Time: 5:30 to 7:30 p.m.
Location: Germain
Cost: Member: \$35, Non-Member: \$40
Course ID: 20031

Dates: Wednesdays, May 6 to Sep 23

Time: 8:30 to 10:30 a.m.

Location: Cathcart

Cost: Member: \$37, Non-Member: \$43

Course ID: 20033

Exclusion dates: July 1

Dates: Wednesdays, May 6 to Sep 23

Time: 10:30 a.m. to 12:30 p.m.

Location: Blackwell

Cost: Member: \$37, Non-Member: \$43

Course ID: 20034

Exclusion dates: July 1

Dates: Thursdays, May 7 to Sep 24

Time: 8:30 to 10:30 a.m.

Location: Kenwick

Cost: Member: \$39, Non-Member: \$45

Course ID: 20036

Dates: Fridays, May 8 to Sep 25

Time: 8:30 to 10:30 a.m.

Location: Cathcart

Cost: Member: \$39, Non-Member: \$45

Course ID: 20040

Dates: Saturdays, May 9 to Sep 26

Time: 8:30 to 10:30 a.m.

Location: Blackwell

Cost: Member: \$39, Non-Member: \$45

Course ID: 20041

Walking Soccer (35+ & Co-ed)

Recreational and sociable game of walking soccer. Great for soccer enthusiasts who cannot run. Tackling is not allowed. Group splits into two teams. Played on a turf surface.

Dates: Tuesdays, Apr 21 to Oct 27

Time: 9:30 to 11:30 a.m.

Location: Norm Perry Turf Field

Cost: Member: \$27, Non-Member: \$31

Course ID: 20003

Arts & Culture



All Things Drawing: Basics

Instructor: Stewart Fanning

Learn how to draw using a variety of techniques and mediums, from pastel to ink. This introductory program welcomes adults of all skill levels and explores foundational skills, creative exercises, and hands-on practice to help you build confidence and discover your artistic style.

Program Series:

- Fridays, 2 to 4 p.m. July 17 to Sept 4..... ID No: 25009
(Member: \$143, Non-Member: \$164)Total Sessions: 8

Art in Canada: Basics

Instructor: Stewart Fanning

Art in Canada is a 2-hour, 8-week long, art program celebrating the diverse creativity across Canada. Highlighting different artists from one coast to the other, the program will focus on getting you experience in drawing, painting, and mixed media.

Program Series:

- Wednesdays, 2 to 4 p.m. July 15 to Sept 2..... ID No: 25010
(Member: \$143, Non-Member: \$164)Total Sessions: 8

Card Making

Instructor: Angela Brodhagen

Looking for a creative activity to do? Have fun creating beautiful cards and put a smile on a loved one's face when they receive your handmade card! In this class we will use stamps, ink, and paper to create two cards. Step-by-step instructions and your kit with all materials will be provided.

Program Series:

- Thursday, Sept 24, 11:30 a.m. to 12:30 p.m. ID No: 25011
(Member: \$14, Non-Member: \$16)

French: Basic

Instructor: Diane Lamarche

Learn French in this true conversational course. We will learn the language fundamentals including pronunciation of consonants, vowels, combo sounds and accents. We will also cover terms which are important for travelling in French speaking countries (counting, telling time, days, months and seasons, money and credit cards, small talk, meals and restaurants).

Program Series:

- Mondays, 12:45 to 2:15 p.m.....July 6 to Aug 31 ID No: 24683
(Member: \$91, Non-Member: \$105).....Total Sessions: 8..... Exclusion dates: Aug 3

French: Intermediate

Instructor: Diane Lamarche

A continuation to the beginner program. We will cover pronouns and verbs, present tense, past and future tense as well as terms related to transportation, shopping and travel.

Program Series:

- Mondays, 2:30 to 4 p.m.....July 6 to Aug 31 ID No: 24682
(Member: \$91, Non-Member: \$105).....Total Sessions: 8..... Exclusion dates: Aug 3

Spanish: Advanced

Instructor: Diane Vienneau

Continue to develop your Spanish with this intermediate/advanced class.

Program Series:

- Tuesdays, 12:45 to 2:15 p.m.....July 14 to Sept 1 ID No: 25012
(Member: \$137, Non-Member: \$158).....Total Sessions: 8

Spanish: Basic

Instructor: Diane Vienneau

This course is an introduction to help you carry on a conversation in Spanish. You will learn how to order from a menu, tell time, shopping terms, reading signs and various travel terms.

Program Series:

- Tuesdays, 2:30 to 4 p.m.....July 14 to Sept 1 ID No: 25013
(Member: \$137, Non-Member: \$158).....Total Sessions: 8

Hobbies & Special Interest



Book Club

Join us to discuss a new book each month (the club pauses for July and August). Books are borrowed from the library's book club program. Book Club is free, pre-registration required.

Program Series:

- Friday, Sept 18, 11 a.m. to noon..... ID No: 25037

Learn to Crochet: Beginner

Instructor: Hendrika Kamerman

Come join us at Strangway to learn how to crochet in this 6 week course. You will need a crochet hook and a ball of yarn.

Program Series:

- Thursdays, 2 to 4 p.m.....July 16 to Aug 20..... ID No: 25038
(Member: \$66, Non-Member: \$76)Total Sessions: 6

Rudimentary Tech Literacy

Instructor: Melissa Kelly

Familiarize yourself with essential programs, apps, the internet, and your own devices. We'll ensure everything operates at its best, so you can fully enjoy the advantages of our modern digital world. Please bring a pen, paper and your device(s).

Program Series:

- Wednesdays, 1:30 to 3:30 p.m.....July 15 to Sept 2..... ID No: 25047
(Member: \$157, Non-Member: \$180).....Total Sessions: 8

Day Trips



Rum Runners

Step back to the Prohibition era, when Windsor was a key supplier of illegal liquor to notorious mobsters like Al Capone. This four-hour Rum Runners Tour takes you along the city's scenic riverfront while sharing the fascinating stories of bootlegging and border smuggling during "The Roaring Twenties". Enjoy a hot buffet lunch at a re-enacted speakeasy, complete with live music, singing, and comedy for an immersive experience. You'll also hear from the legendary Bertha Thomas, who shares how her popular establishment operated right under the nose of the law. Sit back, sample whisky, and discover what life was like in this bold and rebellious chapter of history. Please note: gun props are used during the production but are never fired.

Friday, September 11, 2026

Member: \$241, Non-Member: \$277

Depart: 7:45 a.m. – 2000 Venetian Blvd (Starlight Casino, Point Edward)

Approximate Return: 5:15 p.m.

Registration Deadline: August 7, 2026

All activities, dates, times, and costs are subject to change. For more information call 519-332-0656 or visit www.sarnia.ca/RecRegistration.



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