

# ACTIVE LiViNG

*for older adults*



STAY CONNECTED  
WITH YOUR  
COMMUNITY:  
*Skate, Swim, Get Moving!*





### Lift, Dance, Stretch or Meditate Your Way to Health

It's time to flex your muscles, put on your dancing shoes and pull out your yoga mat! The City offers a variety of fitness classes, yoga, dancing and even photography courses. It's never too late to find a new hobby or interest, so grab a friend and browse this guide for a list of upcoming programs.



### Stay Connected and Make New Friends

Making connections has never been easier! There are many older adult groups in all corners of our community just waiting to welcome you to the club. Join any time and enjoy social gatherings, games, hobbies, exercise programs and more. See a listing of clubs in this guide.



### Take the Plunge and Try a Pool Program

Did you know our pools have a number of swimming and aquatic workout programs for all fitness and comfort levels? Swim laps, enjoy public swimming or strengthen your muscles in our aquacise program! For the latest updates, visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure) or call your local pool.



### Grab Your Skates and Hit the Rink

You have a number of skating options at our local arenas. You can skate with family members of all ages at our public skating sessions, participate in adult-only public skating or even play some shinny hockey with the 55+ crowd! Some sessions may be cancelled for special events and start dates may vary. For more information, visit [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas).



### Ski You Soon

The City operates two ski hills – Adanac Ski Hill and Lively Ski Hill. Enjoy your favourite hill or hit the slopes at both hills for one reduced price! If you are new to skiing or snowboarding you can rent equipment at Adanac Ski Hill and even take lessons! Opening dates depend on weather conditions. For more information visit [greatersudbury.ca/ski](http://greatersudbury.ca/ski).

### Glide Through a Winter Wonderland

Don't let the weather keep you from enjoying the fresh air! Greater Sudbury has beautiful winter landscapes just waiting to be explored. Explore one of the many trails in our community:

- Kivi Park - [kivipark.com](http://kivipark.com)
- BioSki Cross-Country Ski & Snowshoe Club – [bioski.ca](http://bioski.ca)
- Rainbow Routes Association – [rainbowroutes.com](http://rainbowroutes.com)
- Laurentian Nordic Ski Club – [laurentiannordic.com](http://laurentiannordic.com)
- Walden Cross-Country Ski Club – [waldenxc.ca](http://waldenxc.ca)
- Capreol Cross-Country Ski Club
  - Stan Finnson, Vice President: 705-858-1595
  - Rick Pichette, Senior Staff: 705-918-0575
  - During Operating Season: 705-858-0555
- Onaping Falls Nordic Ski Club
  - Willy Kohl: 705-966-3588
  - Wayne Chabot: 705-966-5285

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**Who do I call?**

Did you know there are different phone numbers you can call to get quick access to information, programs, support and assistance?

**311**  
Get information about City services

**411**  
Look up a residential or business phone number

**211**  
Connect to local community and social services like transportation assistance, home support services, walk in clinics, and more




**911**  
Emergency number for police, fire and ambulance

**3•1•1 Service** At Your *À votre* Service

# AZILDA

## Arenas

### Dr. Edgar Leclair Arena

 158 Ste. Agnes St.,  
Azilda  
 705-688-3928  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

## Public Skating

Fee: **Free**

### Shinny Hockey Daily

Fee: **\$9.75**

### Shinny Hockey Season

Fee: **\$156**

## Public Skating

60 minutes.

**SAT** 7:30 p.m.

### Shinny Hockey Age 55+

90 minutes.

**TUE** 10 a.m.

## Community Centre Programs

### Dr. Edgar Leclair Community Centre

 158 Ste. Agnes St.,  
Azilda  
 705-688-3928

## Yoga

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

### Fall Session

Fee: **\$60**

Barcode: 339214

### Winter Session

Fee: **\$60**

Barcode: 339218

One 90-minute class per week.

### Fall Session (10 weeks)

**September 9 to December 5**

**THU** 7 p.m.

\*No class October 31 and November 7.




### Winter Session (10 weeks)

**January 9 to March 12**

**THU** 7 p.m.

## Fitness Centre Programs

### Rayside-Balfour Workout Centre

 239 Montée Principale,  
Azilda  
 705-674-4455,  
extension 2794  
 [greatersudbury.ca/fitness](http://greatersudbury.ca/fitness)

The Rayside-Balfour workout centre offers professional equipment and trainers.

## Hours

**MON** 7 a.m. to 10 p.m.

**TUE** 7 a.m. to 10 p.m.

**WED** 7 a.m. to 10 p.m.

**THU** 7 a.m. to 10 p.m.

**FRI** 7 a.m. to 10 p.m.

**SAT** 9 a.m. to 2 p.m.

**SUN** 9 a.m. to 2 p.m.



# BLEZARD VALLEY



## Older Adult Clubs/Associations

### Valley East Seniors Club

 Valley East Kin Park,  
Blezard Valley  
 Mary-Lou Bolger  
 705-969-8667  
 [kinclub@outlook.com](mailto:kinclub@outlook.com)

Annual Membership: **\$20**




 Jeannine Savage  
 [savagemj@live.ca](mailto:savagemj@live.ca)

 Debie McNeicol  
 705-969-4237






## Arenas

### Capreol Community Arena

 20 Meehan St.,  
Capreol  
 705-688-3922  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

## Fitness Centre Programs

### Capreol Millennium Resource Centre

 24 Meehan St.,  
Capreol  
 705-858-8888  
 [greatersudbury.ca/fitness](http://greatersudbury.ca/fitness)

## Public Skating

Fee: **Free**

## Public Skating

60 minutes.

**SAT** 6:45 p.m.

## Adult Skating

60 minutes.

**FRI** 1:15 p.m.

Free weights, cardio equipment, showers, lockers and change rooms

Fee: **\$3** per visit

## Hours

**MON** 8 a.m. to 3:30 p.m., and 6 to 9 p.m.

**TUE** 8 a.m. to 3:30 p.m., and 6 to 9 p.m.

**WED** 8 a.m. to 3:30 p.m., and 6 to 9 p.m.

**THU** 8 a.m. to 3:30 p.m., and 6 to 9 p.m.

**FRI** 8 a.m. to 3:30 p.m.

**SAT** 10 a.m. to 2 p.m.

## Walking Program

No registration required.

Fee per session: **\$36**

## Fall Session

**September 3 to December 31**

**MON** 9 a.m. to noon

**TUE** 9 a.m. to noon

**WED** 9 a.m. to noon

**THU** 9 a.m. to noon

**FRI** 9 a.m. to noon

## Winter Session

**January 2 to March 31**

**MON** 9 a.m. to noon

**TUE** 9 a.m. to noon

**WED** 9 a.m. to noon

**THU** 9 a.m. to noon

**FRI** 9 a.m. to noon

## CAPREOL



### Pickleball

90 minutes.


No registration required.

**MON** 7:30 p.m.  
**WED** 12:30 p.m.

Fee: **\$3**

### Older Adult Clubs/ Associations

### Capreol Seniors Club

 9 Morin St., Capreol




 Don Degagne  
 705-858-1164

Annual Membership: **\$10** for age 50+

## CHELMSFORD

### Arenas

#### Chelmsford Arena

 215 Edward Ave.,  
Chelmsford  
 705-688-3925  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

### Public Skating

Fee: **Free**

### Public Skating

60 minutes.

**SUN** Noon

### Adult Public Skating

Fee: **Free**

### Adult Public Skating

60 minutes.

**FRI** 9 a.m.

### Shinny Hockey Daily

Fee: **\$9.75**

### Shinny Hockey Age 55 +

90 minutes.


### Shinny Hockey Season

Fee: **\$156**

**THU** 1 p.m.

### Older Adult Clubs/ Associations

### Club 50 de Rayside-Balfour

 25 Main St. West, Chelmsford  
705-855-6839


 Mr. Oliva Roy  
 705-855-2628 or 705-698-7182  
 [club50@eastlink.ca](mailto:club50@eastlink.ca)  
 Club 50 de Rayside Balfour Inc.


Annual Membership: **\$12** for age 55+


## CHELMSFORD




### Centre de santé communautaire du Grand Sudbury

 26 Main St. East, Chelmsford


 705-855-8084


 info@santesudbury.ca


 santesudbury.ca


Annual Membership: **\$5** voluntary fee

### Rayside-Balfour Seniors' Craft Shop

 3506 Errington Ave. North, Chelmsford

 Rhéal Lessard

 705-855-4637


 raysidebalfoursenior@bellnet.ca


Annual Membership: **\$30** for age 50+


## CONISTON

### Arenas

#### Toe Blake Memorial Arena

 1 Government Rd.,  
Coniston

 705-688-3926

 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

### Public Skating

Fee: **Free**

### Adult Public Skating

Fee: **Free**

### Shinny Hockey Daily

Fee: **\$9.75**

### Shinny Hockey Season

Fee: **\$156**

### Public Skating

60 minutes.

**SAT** 12:30 p.m.

### Adult Public Skating

90 minutes.

**FRI** 11:30 a.m.

### Shinny Hockey Age 55+


90 minutes.

**THU** 2 p.m.


### Older Adult Clubs/ Associations

### Coniston Seniors and Golden Age Club

Colonial Inn

 28 Cedar St., Coniston

 Diane Talevi




 705-694-4520

Annual Membership: **\$5**

# COPPER CLIFF

## Arenas

### McClelland Arena

 37 Veterans Rd.,  
Copper Cliff  
 705-688-3931  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

## Public Skating

Fee: **Free**

## Adult Public Skating

Fee: **Free**

## Shinny Hockey Daily

Fee: **\$9.75**

## Shinny Hockey Season

Fee: **\$156**

## Public Skating

60 minutes.

**SUN** 2 p.m.

## Adult Public Skating

60 minutes.

**THU** 12:30 p.m.

**FRI** 10:30 a.m.



## Shinny Hockey Age 55+

90 minutes.

**FRI** 9 a.m.

## Community Centre Programs

McClelland Community Centre

 37 Veterans Rd.,  
Copper Cliff  
 705-688-3931

## Ms. Fits Fitness

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

### Fall Schedule Fees

One class per week:

**\$72** for 14 weeks

Two classes per week:

**\$127** for 14 weeks

Three classes per week:

**\$182** for 14 weeks

### Winter Schedule Fees:

One class per week:

**\$54** for 11 weeks

Two classes per week:

**\$102** for 11 weeks

Three classes per week:

**\$142** for 11 weeks

Classes are 60 minutes.

### Fall Schedule (14 weeks) September 10 to December 14

**TUE** 10 a.m.  
Barcode: 339174

**TUE** 6:45 p.m.  
Barcode: 339168

**THU** 10 a.m.  
Barcode: 339177

**THU** 6:45 p.m.  
Barcode: 339169

**SAT** 10 a.m.  
Barcode: 339170

### Winter Schedule (11 weeks) January 7 to March 24

**TUE** 10 a.m.  
Barcode: 339171

**TUE** 6:45 p.m.  
Barcode: 339172

**THU** 10 a.m.  
Barcode: 339175

**THU** 6:45 p.m.  
Barcode: 339176

**SAT** 10 a.m.  
Barcode: 339173








# COPPER CLIFF

## Pools

### R.G. Dow Pool

 38 Veterans Rd.,  
Copper Cliff  
 705-688-3909  
 [greatersudbury.ca/pools](http://greatersudbury.ca/pools)

### Private and Semi-Private Lessons

Lessons are 30 minutes.

Private lesson: **\$41**  
Semi-private lesson: **\$21**

To schedule lessons, visit or call the pool directly.

### Adult Swim

Drop in. For ages 18+. Lanes for swimming laps and space for aquatic exercise.

Swim times are 55 minutes unless otherwise indicated.

Age 65+: **\$4** per swim or **\$82** for three months  
Adult: **\$6** per swim or **\$109** for three months

#### Beginning September 3

**MON** 9 a.m. and noon  
**TUE** 9 a.m., noon (85 minutes) and 8 p.m.  
**WED** 9 a.m. and noon  
**THU** 9 a.m., noon (85 minutes) and 8 p.m.  
**FRI** 9 a.m. and noon

### Lane Swim

Drop in. Swim lengths for endurance, fitness and exercise.

Swim times are 55 minutes unless otherwise indicated.

Age 65+: **\$4** per swim or **\$82** for three months  
Adult: **\$6** per swim or **\$109** for three months

#### Beginning September 3

**WED** 7 p.m.

### Public Swim

Drop in. Open for all ages to enjoy.

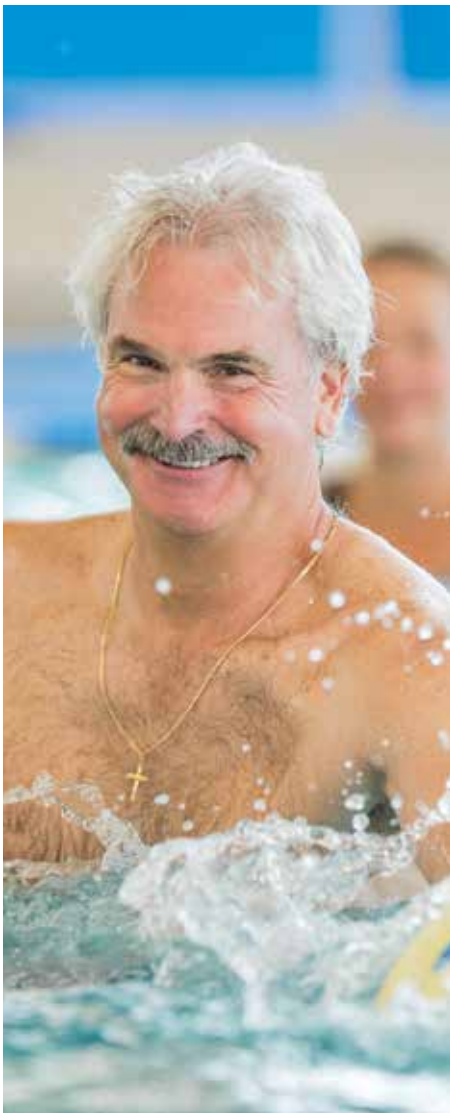
Swim times are 55 minutes unless otherwise indicated.

Age 65+: **\$4** per swim or **\$82** for three months  
Adult: **\$6** per swim or **\$109** for three months

#### Beginning September 3

**MON** 11 a.m.  
**WED** 11 a.m. (shared with special needs)  
**FRI** 6:30 p.m. (85 minutes)  
**SUN** 2:30 p.m. (85 minutes)

## COPPER CLIFF



### Aquacise

Drop in. Low-impact program that provides a full body workout for people of any age.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 55 minutes.

### Beginning September 3

<b>MON</b>	10 a.m.*, 1 p.m.
<b>TUE</b>	7 p.m.
<b>WED</b>	10 a.m.*, 1 p.m.
<b>THU</b>	7 p.m.
<b>FRI</b>	10 a.m.*, 1 p.m.

\*Deep end and shallow end

### AquaTherapy

Drop in. Focuses on range of movement, stretching, muscle strengthening and physical rehabilitation.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 55 minutes.



### Beginning September 3

<b>TUE</b>	10 a.m.
<b>THU</b>	10 a.m.
<b>FRI</b>	11 a.m.

## DOWLING

### Fitness Centre Programs

#### Dowling Leisure Centre

 79 Main St. West,  
Dowling  
 705-674-4455,  
extension 4740

The Dowling Leisure Centre offers a wide range of fitness equipment and facilities, including squash courts.

### Beginning September 3

<b>MON</b>	8 a.m. to 10 p.m.
<b>TUE</b>	8 a.m. to 10 p.m.
<b>WED</b>	8 a.m. to 10 p.m.
<b>THU</b>	8 a.m. to 10 p.m.
<b>FRI</b>	8 a.m. to 8 p.m.
<b>SAT</b>	9 a.m. to 2 p.m.
<b>SUN</b>	11 a.m. to 3 p.m.



## Tai Chi

Classes are 90 minutes.

No registration required.

**Beginning September 3**

Fee: **Free**

**TUE** 10:30 a.m.

**THU** 10:30 a.m.

## Active Yoga

Classes are one hour.

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

**Fall Session (12 weeks)  
September 11 to  
November 27**

### Fall Session

Fee: **\$48**

Barcode: 339232

**WED** 6 p.m.

### Winter Session

Fee: **\$48**

Barcode: 339237

**Winter Session (12 weeks)  
January 8 to March 25**

**WED** 6:30 p.m.



## Relaxation Yoga

Classes are one hour.

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

**Fall Session (12 weeks)  
September 10 to  
November 26**

### Fall Session

Fee: **\$48**

Barcode: 339831

**TUE** 10:30 a.m.

### Winter Session

Fee: **\$48**

Barcode: 339233

**Winter Session (12 weeks)  
January 7 to March 24**

**TUE** 10:30 a.m.

## Photography

One three-hour class per week.

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

**Fall Session (10 weeks)  
September 26 to  
November 28**

### Fall Session



Fee: **\$225**

Barcode: 339180

**THU** 6:30 p.m.

## Fitness Centre Programs

### Falconbridge Wellness Centre

 63 Edison Rd.,  
Falconbridge  
 705-693-5810

The Falconbridge Wellness Centre offers professional equipment for improved physical fitness.

### Hours

**MON** 5:30 a.m. to 1:30 p.m.  
and 4 to 9 p.m.  
**TUE** 5:30 a.m. to 1:30 p.m.  
and 4 to 9 p.m.  
**WED** 5:30 a.m. to 1:30 p.m.  
and 4 to 9 p.m.  
**THU** 5:30 a.m. to 1:30 p.m.  
and 4 to 9 p.m.  
**FRI** 5:30 a.m. to 1:30 p.m.  
**SAT** 10 a.m. to 2 p.m.

## Yoga

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

### Fall Session

Fee: **\$64**  
Barcode: 339228

### Late Fall Session

Fee: **\$48**  
Barcode: 339225

### Winter Session

Fee: **\$64**  
Barcode: 339227

### Late Winter Session

Fee: **\$48**  
Barcode: 339243

Classes are one hour, twice a week.

### Fall Session (eight weeks) September 10 to October 31

**TUE** 7 p.m.  
**THU** 7 p.m.

### Late Fall Session (six weeks) November 5 to December 12

**TUE** 7 p.m.  
**THU** 7 p.m.

### Winter Session (eight weeks) January 7 to February 27

**TUE** 7 p.m.  
**THU** 7 p.m.

### Late Winter Session (six weeks) March 3 to April 9

**TUE** 7 p.m.  
**THU** 7 p.m.

# FALCONBRIDGE



## Taekwondo: Teens & Adults

For ages 13+.  
Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

### Fall Session

Fee: **\$111**  
Barcode: 339186

### Winter Session

Fee: **\$111**  
Barcode: 339185

Classes are 45 minutes,  
twice a week.

### Fall Session (12 weeks) September 4 to December 2

**MON** 7:45 p.m.

**WED** 7:45 p.m.

No class October 14 and  
November 11.

### Winter Session (14 weeks) December 4 to March 11


**MON** 7:45 p.m.



**WED** 7:45 p.m.

No class December 23, 25, 30,  
January 1, and February 17.

## Older Adult Clubs/ Associations

### Nickel Centre Seniors

 20 Edison Rd., Falconbridge




 Joyce Thibodeau  
 705-693-3129  
 [nc.seniors@live.com](mailto:nc.seniors@live.com)

Annual Membership: **\$15** for age 50+

# GARSON

## Arenas

### Garson Arena

 100 Church St.  
Garson  
 705-688-3929  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

### Public Skating

Fee: **Free**

### Adult Public Skating

Fee: **Free**

### Shinny Hockey Daily

Fee: **\$9.75**

### Shinny Hockey Season

Fee: **\$156**

### Public Skating

60 minutes.

**SUN** Noon

### Adult Public Skating

90 minutes.

**TUE** 2 p.m.

**THU** 1 p.m.

### Shinny Hockey Age 55+




90 minutes.

**TUE** 11:30 a.m.



## Arenas

### Centennial Arena

 4333 Centennial Rd.,  
Hanmer  
 705-688-3924  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

## Public Skating

Fee: **Free**

## Public Skating

60 minutes.

**SAT** 7:30 p.m.

## Adult Public Skating

Fee: **Free**

## Adult Public Skating




**Starts October 5**

60 minutes.

**WED** 12:30 p.m.

## Fitness Centre Programs

### Howard Armstrong Recreation Centre

 4040 Elmview Dr.,  
Hanmer  
 705-688-3906  
 [greatersudbury.ca/fitness](http://greatersudbury.ca/fitness)

## Introduction to Fitness Equipment

One hour group session with a certified personal trainer to learn the safe and proper use of equipment. See front desk for times.

Fee: **Free**

## Moving to Music for Adults

No prerequisite or partner required.

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

### Fall Session

Fee: **\$99**

Barcode: 335608

### Late Fall Session

Fee: **\$99**

Barcode: 336166

Two one-hour classes per week.

### Fall Session (eight weeks) September 3 to October 24

**TUE** 11:15 a.m.

**THU** 11:15 a.m.

### Late Fall Session (eight weeks)

**October 29 to December 19**

**TUE** 11:15 a.m.

**THU** 11:15 a.m.



## Adult Dancing (Intermediate/Advanced)

Prerequisite: Must have completed Moving to Music for Adults.

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

### Fall Session

Fee: **\$99**

Barcode: 335609

### Late Fall Session

Fee: **\$99**

Barcode: 336168

Two hour-long classes per week.

### Fall Session (eight weeks) September 3 to October 24

**TUE** 10:15 a.m.

**THU** 10:15 a.m.

### Late Fall Session (eight weeks) October 29 to December 19

**TUE** 10:15 a.m.

**THU** 10:15 a.m.

## Drop In Fitness Classes

Adults Ages 16+:

Fees Individual Class: **\$14**

16-Visit Pass

Adult (Ages 18 to 64): **\$119**

Student/Youth/Senior: **\$106**

For schedule information, call 705-688-3906 or visit [greatersudbury.ca/fitness](http://greatersudbury.ca/fitness).


Dates, times and availability are subject to change.


First come, first served.


## Older Adult Clubs/ Associations

### Club d'Âge d'Or de la Vallée


 26 Côté Blvd., Hanmer


 705-969-8649


 [centre@vianet.ca](mailto:centre@vianet.ca)


 [ccaov.com](http://ccaov.com)

### Centre de santé communautaire du Grand Sudbury

 688 Emily St., Hanmer

 705-969-5560




 [info@santesudbury.ca](mailto:info@santesudbury.ca)

 [santesudbury.ca](http://santesudbury.ca)

Membership Fee: **\$5** Voluntary Fee

## Pools

### Howard Armstrong Recreation Centre

 4040 Elmview Dr.,  
 Hanmer  
 705-688-3906  
 [greatersudbury.ca/pools](http://greatersudbury.ca/pools)

### Private and Semi-Private Lessons

Private lesson: **\$41**  
 Semi-private lesson: **\$21**

To schedule lessons, visit or call the pool directly.

Lessons are 30 minutes.

### Adult Swim

Drop in. For ages 18+. Lanes for swimming laps and space for aquatic exercise.

Age 65+: **\$4** per swim or **\$82** for three months  
 Adult: **\$6** per swim or **\$109** for three months

Contact the facility for senior friendly membership options.

Swim times are 55 minutes unless otherwise indicated.

### Beginning September 3

**MON** 9 a.m. and 8:30 p.m.  
**WED** 9 a.m. and 8:30 p.m.  
**FRI** 9 a.m. and 8:30 p.m.

### Lane Swim

Drop in. Swim lengths for endurance, fitness and exercise.

Age 65+: **\$4** per swim or **\$82** for three months  
 Adult: **\$6** per swim or **\$109** for three months

Contact the facility for senior friendly membership options.

Swim times are 55 minutes unless otherwise indicated.

### Beginning September 3

**MON** 8 a.m.  
**TUE** 9 a.m. and 8:45 p.m. (40 minutes)  
**WED** 8 a.m.  
**THU** 9 a.m. and 8:45 p.m. (40 minutes)  
**SUN** 10 a.m.

### Public Swim

Drop in. Open for all ages to enjoy.

Age 65+: **\$4** per swim or **\$82** for three months  
 Adult: **\$6** per swim or **\$109** for three months

Contact the facility for senior friendly membership options.

Swim times are 55 minutes unless otherwise indicated.

### Beginning September 3

**TUE** Noon  
**WED** 7:30 p.m.  
**THU** Noon  
**SAT** 6 p.m. (85 minutes)  
**SUN** 1 p.m. (85 minutes)



## **Aquacise**

Drop in. Low-impact program that provides a full body workout for people of any age.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 45 minutes.

### **Beginning September 3**

<b>MON</b>	10 a.m.
<b>TUE</b>	1 p.m. and 8 p.m.
<b>WED</b>	10 a.m.
<b>THU</b>	1 p.m. and 8 p.m.
<b>FRI</b>	11:15 a.m.*

\*Deep end only.

## **AquaTherapy**

Drop in. Focuses on range of movement, stretching, muscle strengthening and physical rehabilitation.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 45 minutes.

### **Beginning September 3**

<b>MON</b>	11:15 a.m.
<b>WED</b>	11:15 a.m.
<b>FRI</b>	11:15 a.m.

## **Aqua Zumba®**

Drop in. Blends Zumba® with water resistance for low impact exercise.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 55 minutes.

### **Beginning September 3**

<b>MON</b>	1 p.m.
<b>WED</b>	1 p.m.

## Aqua Kick Fit

Drop in. Boxing and kickboxing techniques using water resistance for a full body workout.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 55 minutes.




## Beginning September 3

**TUE** 11 a.m.

# LIVELY

## Arenas

### T.M. Davies Arena

 325 Anderson Dr.,  
Lively  
 705-688-3933  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

## Public Skating

Fee: **Free**

## Adult Public Skating

Fee: **Free**

## Public Skating

60 minutes.

**SUN** 12:30 p.m.

## Adult Public Skating

60 minutes.




**TUE** 9:30 a.m.

**WED** 9:30 a.m.

**FRI** 9:30 a.m.

## Community Centre Programs

### T.M. Davies Arena/ Community Centre

 325 Anderson Dr.,  
Lively  
 705-688-3933  
 [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure)

## Introduction to Acrylic Painting

Instructor: Barry Bowerman

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

## Fall Session

Fee: **\$225** (supplies extra)

Barcode: 339097




One three-hour class per week.

## Fall Session (10 weeks) September 19 to November 27

**WED** 7 p.m.

No Class on October 2.

## Kinsmen Hall

 15 Kin Dr.,  
Lively  
 705-688-3959  
 [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure)

## Photography

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

## Fall Session

Fee: **\$225**

Barcode: 339181

One three-hour class per week.

## Fall Session (10 weeks) September 10 to November 19

**MON** 6:30 p.m.





**Yoga**

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

**Fall Session**

Fee: **\$60**  
Barcode: 339216

**Winter Session**

Fee: **\$60**  
Barcode: 339219

Classes are 90 minutes.

**Fall Session (10 weeks)  
September 19 to  
November 28**

**THU** 1 p.m.  
No class on October 31.

**Winter Session  
January 9 to March 12**

**THU** 1 p.m.

**Moderate Fitness for  
Older Adults**

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

**Fall Session 10 Weeks**

Fee: **\$32**  
Barcode: 339164

**Fall Session 12 Weeks**

Fee: **\$37**  
Barcode: 339165

**Winter Session 12 Weeks**

Fee: **\$37**  
Barcode: 339166

**Winter Session 12 Weeks**

Fee: **\$37**  
Barcode: 339167

Classes are one hour.

**Fall Session (10 weeks)  
September 23 to  
December 9**

**MON** 10 a.m.  
No class on October 14 and  
November 11.

**Fall Session (12 weeks)  
September 25 to  
December 11**

**WED** 10 a.m.

**Winter Session (12 weeks)  
January 6 to March 30**

**MON** 10 a.m.  
No class on February 17, 2020.

**Winter Session (12 weeks)  
January 8 to March 25**

**WED** 10 a.m.

## LIVELY


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### Older Adult Clubs/ Associations

#### Walden Senior Citizens and Pensioners Inc.

Lively Library/Seniors' Centre

 15 Kin Dr., Lively

 Connie Scott  
 705-692-5591




Annual Membership: **\$15** for age 50+

## NAUGHTON

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### Community Centre Programs

#### Naughton Community Centre

 Municipal Rd. 55,  
Naughton  
 705-692-1258  
 [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure)

#### Yoga

Register by calling 311 or visit  
[greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

#### Fall Session

Fee: **\$71**  
Barcode: 339217

#### Winter Session

Fee: **\$60**  
Barcode: 339222

Classes are 90 minutes.

**Fall Session (12 weeks)**  
**September 10 to**  
**November 26**

**THU** 7 p.m.


**Winter Session (10 weeks)**  
**January 9 to March 12**


**THU** 7 p.m.

### Older Adult Clubs/ Associations

#### Naughton Seniors and Pensioners

Naughton Community Centre

 Municipal Rd., 55, Naughton




 Doug Pappin (Vice-President) 705-692-3173

Annual Membership: **\$10** for ages 50+

# ONAPING AND LEVACK

## Arenas

### I.J. Coady Memorial Arena

 13 Second Ave.,  
Levack  
 705-688-3930  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

## Public Skating




Fee: **Free**

60 minutes.

**FRI** 7 p.m.

## Community Centre Programs

### Onaping Falls Community Centre

 2 Hillside Dr.,  
Onaping  
 705-674-4455,  
extension 4741  
 [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure)

## Badminton

No registration required.

Fee: **Free**

Courts are open for one hour.

**WED** 7 p.m.  
**SUN** 7 p.m.

## Tai Chi

No registration required.

Fee: **Free**

Classes are 90 minutes.

**MON** 1:30 p.m.

## Indoor Walking

No registration required.

Fee: **Free**

**MON** 10 a.m. to 1:30 p.m.  
**TUE** 10 a.m. to 4 p.m.  
**WED** 10 a.m. to 1 p.m. or  
5 to 7 p.m.

## Gentle Flow Yoga

Register by calling 311 or visit  
[greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

### Fall Session

Fee: **\$48**  
Barcode: 339230

### Winter Session

Fee: **\$48**  
Barcode: 339235

Classes are 60 minutes.

**Fall Session**  
**September 11 to November 27**

**WED** 10:30 a.m.

**Winter Session**  
**January 8 to March 25**

**WED** 10:30 a.m.

# ONAPING AND LEVACK

## Align and Flow Yoga

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

### Fall Session

Fee: **\$48**  
Barcode: 339234

### Winter Session

Fee: **\$48**  
Barcode: 339236

Classes are 60 minutes.

**Fall Session**  
**September 12 to**  
**November 28**


**THU** 6 p.m.




**Winter Session**  
**January 9 to March 2**

**THU** 6 p.m.

## Older Adult Clubs/ Associations




### Onaping Falls Golden Age Club

 109 Service Rd., Onaping

 Jim Howe or Nevada Howe  
 705-966-2502  
 705-966-0137 (after hours)

Annual Membership: **\$20** for age 50+

## Pools

 1 Hillside Dr.,  
Onaping  
 705-688-3908  
 [greatersudbury.ca/pools](http://greatersudbury.ca/pools)

### Private and Semi-Private Swimming Lessons

Lessons are 30 minutes.

Private lesson: **\$41**  
Semi-private lesson: **\$21**

To schedule lessons, visit or  
call the pool directly.

### Adult Swim

Drop in. For ages 18+. Lanes  
for swimming laps and space  
for aquatic exercise.

Age 65+: **\$4** per swim or  
**\$82** for three months  
Adult: **\$6** per swim or **\$109** for  
three months

Swim times are 55 minutes  
unless otherwise indicated.

### Beginning September 3

**MON** 2:30 p.m.  
**TUE** 8 p.m.  
**WED** 2:30 p.m.  
**THU** 8 p.m.  
**FRI** 8 p.m.  
**SAT** Noon

# ONAPING AND LEVACK



## Public Swim

Drop in. Open for all ages to enjoy.

Age 65+: **\$4** per swim or **\$82** for three months

Adult: **\$6** per swim or **\$109** for three months

Swim times are 55 minutes.

## Beginning September 3

**MON** 3:30 p.m.

**TUE** 3:30 p.m. and 7 p.m.

**WED** 3:30 p.m.

**THU** 3:30 p.m. and 7 p.m.

**FRI** 3:30 p.m. and 7 p.m.

## Aquacise

Drop in. Low-impact program that provides a full body workout for people of any age.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 55 minutes.

## Beginning September 3

**MON** 12:30 p.m.

**WED** 12:30 p.m.

**FRI** 2:30 p.m.

## AquaTherapy

Drop in. Focuses on range of movement, stretching, muscle strengthening and physical rehabilitation.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 45 minutes.

## Beginning September 3

**TUE** 2:30 p.m.




**THU** 2:30 p.m.



# SUDBURY

## Arenas

### Cambrian Arena

 795 Cambrian Heights Dr., Sudbury  
 705-688-3921  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

### Public Skating

Fee: **Free**

### Public Skating

60 minutes.

**TUE** 4 p.m.

### Adult Public Skating




Fee: **Free**

### Adult Public Skating

60 minutes.

**FRI** 1 p.m.

### Carmichael Arena

 1298 Bancroft Dr., Sudbury  
 705-688-3923  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

### Public Skating

Fee: **Free**

### Public Skating

60 minutes.

**SAT** 7 p.m.

### Adult Public Skating




Fee: **Free**

### Adult Public Skating

60 minutes.

**THU** 2 p.m.

### Gerry McCrory Countryside Sports Complex

 235 Countryside Dr., Sudbury  
 705-688-3927  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

### Public Skating

Fee: **Free**

### Public Skating

60 minutes.

**SUN** 1 p.m.

### Adult Public Skating

Fee: **Free**

### Adult Public Skating

60 minutes.

**MON** 11 a.m.

**TUE** 11 a.m.

**WED** 11 a.m.

**FRI** 11 a.m.

### Shinny Hockey Daily

Fee: **\$9.75**

### 55+ Shinny Hockey


90 minutes.

**WED** 10:15 a.m.

### Shinny Hockey Season

Fee: **\$156**

### Sudbury Community Arena

 240 Elgin St., Sudbury  
 705-671-3000  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

### Public Skating

Fee: **Free**

### Public Skating



120 minutes.

**MON** Noon

**THU** Noon

## Community Centre Programs

### Princess Anne Public School

 500 Douglas St. West,  
Sudbury  
 705-674-4455  
extension 2446

### Beginner Yoga

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

#### Fall Session

Fee: **\$48**  
Barcode: 339220

#### Winter Session

Fee: **\$40**  
Barcode: 339224

Classes are 60 minutes.

#### Fall Session (12 weeks) September 9 to December 9

**MON** 6:30 p.m.  
No class October 14 and  
November 11.

#### Winter Session (10 weeks) January 6 to March 23

**MON** 6:30 p.m.  
No class February 17 and  
March 9.

### Intermediate Yoga

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

#### Fall Session

Fee: **\$48**  
Barcode: 339226

#### Winter Session

Fee: **\$40**  
Barcode: 339221

Classes are 60 minutes.



#### Fall Session (12 weeks) September 9 to December 9

**MON** 7:45 p.m.  
No class October 14 and  
November 11.

#### Winter Session (10 weeks) January 6 to March 23

**MON** 7:45 p.m.  
No class February 17 and  
March 9.

### Minnow Lake Place

 1127 Bancroft Dr.  
Sudbury  
 705-674-4455  
extension 2446

### Active for Life Taekwondo

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

#### Fall Session

Fee: **\$74**  
Barcode: 339187

#### Late Fall Session

Fee: **\$74**  
Barcode: 339189

Two 45-minute classes per  
week.

#### Fall Session September 3 to October 24

**TUE** 8 p.m.  
**THU** 8 p.m.

#### Late Fall Session October 29 to December 19

**TUE** 8 p.m.  
**THU** 8 p.m.

## Photography Level Two

One three-hour class per week.

Register by calling 311 or visit [greatersudbury.ca/leisure](http://greatersudbury.ca/leisure).

**Winter Session**  
**January 14 to March 17**

### Winter Session


Fee: \$225


Barcode: 339179


**TUE** 6:30 p.m.


## Older Adult Clubs/ Associations

### Centre de santé communautaire du Grand Sudbury

 19 Frood Rd., Sudbury


 705-670-2166


 [santesudbury.ca](http://santesudbury.ca)


 [info@santesudbury.ca](mailto:info@santesudbury.ca)


Membership Fee: **\$5** voluntary fee


### Club Amical du Nouveau-Sudbury

 553 Lavoie St., Sudbury

 Céline Pauline, President


 705-566-2113


 [clubamical@persona.ca](mailto:clubamical@persona.ca)


 [clubamicalnouveausudbury.com](http://clubamicalnouveausudbury.com)

Annual Membership: **\$25** for ages 50+. Includes sponsor discounts.

### Club Joie de Vivre


 19 Frood Rd., Sudbury


 Gerry Berthelot, President


 705-523-4060, extension 1240 (Room #124 followed by 0)


Annual Membership: **\$8** per year or **\$2** per visit


### One-Eleven Senior Citizens' Centre Inc.

 111 Larch St., Sudbury

 Susan Levesque, Executive Director

 705-675-5303, extension 202

 [club111seniors@gmail.com](mailto:club111seniors@gmail.com)


 One Eleven Senior Citizens Centre Inc.


Annual Membership: **\$13** for age 50+


# SUDBURY



## The ParkSide Centre

 140 Durham St., Sudbury


 705-673-6227


 [theparksidecentre.ca](http://theparksidecentre.ca)


Monthly newsletter and program guide available online.


Annual Membership: **\$45**. Subsidies are available.

## Ukrainian Seniors' Centre of Sudbury

 30 Notre Dame Ave., Sudbury


 Anna Johnston (Executive Director)


 705-673-7404


 [ukrseniors.org](http://ukrseniors.org)

## Pools

### Gatchell Pool

 43 Irving St.,  
Sudbury

 705-688-3905

 [greatersudbury.ca/pools](http://greatersudbury.ca/pools)

### Private and Semi-Private Swimming Lessons

Lessons are 30 minutes.

Private lesson: **\$41**

Semi-private lesson: **\$21**

To schedule lessons, visit or  
call the pool directly.

### Adult Swim

Drop in. For ages 18+. Lanes  
for swimming laps and space  
for aquatic exercise.

Swim times are 55 minutes  
unless otherwise indicated.

### Beginning September 3

Age 65+: **\$4** per swim or **\$82**  
for three months

Adult: **\$6** per swim or **\$109** for  
three months

**MON** Noon and 8:30 p.m.

**TUE** Noon and 8:30 p.m.

**WED** Noon and 8:30 p.m.

**THU** Noon and 8:30 p.m.

**FRI** Noon and 8:30 p.m.

**SAT** 4 p.m.



## Lane Swim

Drop in. Swim lengths for endurance, fitness and exercise.

Age 65+: **\$4** per swim or **\$82** for three months  
 Adult: **\$6** per swim or **\$109** for three months

Swim times are 55 minutes unless otherwise indicated.

### Beginning September 3

**TUE** 6:30 a.m.  
**THU** 6:30 a.m.  
**FRI** 8 a.m.

## Public Swim

Drop in. Open for all ages to enjoy.

Age 65+: **\$4** per swim or **\$82** for three months  
 Adult: **\$6** per swim or **\$109** for three months

Swim times are 55 minutes.

### Beginning September 3

**MON** 9 a.m.  
**TUE** 9 a.m.  
**WED** 9 a.m. and 6:30 p.m.  
**THU** 9 a.m.  
**FRI** 9 a.m. and 7:30 p.m.  
**SAT** 2:30 p.m.

## Aquacise

Drop in. Low-impact program that provides a full body workout for people of any age.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 55 minutes.

### Beginning September 3

**MON** 11 a.m., 2 p.m. and 7:30 p.m.  
**TUE** 1 p.m.\*  
**WED** 11 a.m. and 7:30 p.m.  
**THU** 1 p.m.\*  
**FRI** 11 a.m.

\*Deep water.



## AquaTherapy

Drop in. Focuses on range of movement, stretching, muscle strengthening and physical rehabilitation.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.



Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 55 minutes.  
**Beginning September 3**

**TUE** 11 a.m. and 2 p.m.

**THU** 11 a.m. and 2 p.m.

## Nickel District Pool

 1940 Hawthorne St.  
Sudbury  
 705-688-3907

## Private and Semi-Private Swimming Lessons

Lessons are 30 minutes.

Private lesson: **\$41**  
Semi-private lesson: **\$21**

To schedule lessons, visit or call the pool directly.

## Adult Swim

Drop in. For ages 18+. Lanes for swimming laps and space for aquatic exercise.

Age 65+: **\$4** per swim or **\$82** for three months  
Adult: **\$6** per swim or **\$109** for three months

Swim times are 55 minutes unless otherwise indicated.

**Beginning September 3**

**MON** 9 a.m., noon and 8:30 p.m.

**TUE** 9 a.m. and 8 p.m.

**WED** 9 a.m., noon and 8:30 p.m.

**THU** 9 a.m. and 8:30 p.m.

**FRI** 9 a.m., noon and 8 p.m.

## Public Swim

Open for all ages to enjoy.

Age 65+: **\$4** per swim or **\$82** for three months  
Adult: **\$6** per swim or **\$109** for three months

Swim times are 85 minutes.

**Beginning September 3**

**FRI** 6:30 p.m.

**SUN** 1 p.m.

## SUDBURY



### Aquacise

Low-impact program that provides a full body workout for people of any age.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 55 minutes.

### Beginning September 3

**MON** 1 p.m., 6:30 p.m. and 7:30 p.m.

**TUE** 2 p.m.

**WED** 3 p.m., 6:30 p.m. and 7:30 p.m.

**THU** 2 p.m., 6:30 p.m. and 7:30 p.m.

**FRI** 1 p.m.

### AquaTherapy

Focuses on range of movement, stretching, muscle strengthening and physical rehabilitation.

Fee: **\$14** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit [greatersudbury.ca/pools](http://greatersudbury.ca/pools) for complete price list.

Classes are 45 minutes.

### Beginning September 3

**MON** 10 a.m., 11 a.m. and 2 p.m.


**WED** 10 a.m., 11 a.m. and 2 p.m.



**FRI** 10 a.m., 11 a.m. and 2 p.m.

## SKEAD

### Older Adult Clubs/ Associations

### Skead Senior Citizens Club

 5 Bell St., Skead

 Gayle Charsley or Carmen Kunto  
 705-969-3909




Annual Membership: **\$15** per person age 50+

## VAL CARON

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### Arenas

#### Raymond Plourde Arena

 1919 Helene St.  
Val Caron  
 705-688-3932  
 [greatersudbury.ca/arenas](http://greatersudbury.ca/arenas)

### Public Skating

Fee: **Free**

### Adult Public Skating

Fee: **Free**

### Public Skating

60 minutes.

**SUN** 1 p.m.

### Adult Public Skating

60 minutes.

**FRI** 2 p.m.


## WHITEFISH



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### Older Adult Clubs/ Associations

#### Penage Road Seniors

Penage Road Community Centre

 968 Municipal Rd. 10, Whitefish

 Russ Harrington  
 705-866-5656

Membership Fee: Voluntary donations

# FIT 5 FITNESS CENTRE MEMBERSHIPS

Fit 5 Memberships give you access to five municipal fitness centres so you can stay active in any part of the community! Your pass gives you access to the Capreol Millennium Resource Centre, Dowling Leisure Centre, Falconbridge Wellness Centre, Howard Armstrong Recreation Centre (HARC) and Rayside-Balfour Workout Centre.

Memberships are for facility use only and do not include lessons or programming, except at HARC where you have access to the weight room, track, squash courts, drop-in gym and public swimming.

You can buy Fit 5 Passes at HARC, the Rayside-Balfour Workout Centre and the Dowling Leisure Centre.

**10-Visit Day Pass to Fit 5 Facilities**  
**Adult: \$45 • Child/Student/Senior: \$32**

## Fit 5 Membership Prices

Type of Membership	10-Visit Pass	One-Month	Three-Month	Six-Month	12-Month
Adult	\$45	\$66	\$170	\$285	\$520
Family	N/A	\$118	\$260	\$460	\$900
Senior/Student	\$32	\$48	\$118	\$197	\$405

## Resources for Seniors

**Are you looking for information  
on seniors services but don't know  
where to start?**

Visit [greatersudbury.ca/seniorsservices](http://greatersudbury.ca/seniorsservices) to get information on a number of services available to seniors including community and social services, the Seniors Advisory Panel, recreation programs and more!

### Is there something you would like to see in this guide?

We would love to hear from you! Please contact us for corrections, additions and suggestions.

**Call 311 and ask for Leisure Services,  
Monday to Friday**

**between 8:30 a.m. and 4:30 p.m.**

**Email: [leisure.services@greatersudbury.ca](mailto:leisure.services@greatersudbury.ca)**

## Keep up With City News Through City Connect!

Did you know that the City publishes  
a monthly digital newsletter called  
City Connect?



City Connect is your community portal, connecting you to programs, meeting dates and information about municipal services.

We even take you behind the scenes to meet some of the people helping make our community a better place to live, play and work.

Read the latest issue and sign up to receive our newsletter by visiting [greatersudbury.ca/cityconnect](http://greatersudbury.ca/cityconnect)