

ACTIVE LiViNG

for older adults



June 1, 2026

**STAY
CONNECTED
WITH YOUR
COMMUNITY:
HIKE, SWIM, GET MOVING!**



311
services

ACTIVE LIVING

for older adults

June 1, 2026

Spring and summer are wonderful seasons in which to get moving and experience the best that Greater Sudbury has to offer!

We hope that with the help of the activities listed in this guide, you find a number of ways to get active and involved in your community.

Did you know...

Our community and fitness centres have a number of programs that run through the summer? You can enjoy the natural beauty of our lakes by visiting one of our many supervised beaches or make a splash at our City pools.

There are also many older adult clubs that operate throughout our city with opportunities for activities, fun and friendship.

Don't miss the chance to get moving and stay connected!



Rent our Floating Wheelchair

People with disabilities can enjoy a swim at the Bell Park Main Beach with the help of a Mobi-Chair, a floating wheelchair that provides a seamless transition from the beach into the water.

Reserve it for one-and-a-half hour time blocks from 11 a.m. to 5:30 p.m. between June 13 to August 16 2026 by calling 705-674-9116.

Mobi-Chair users must be accompanied by an attendant.



Free Outdoor Concerts

The Peter Schneider Concert Series showcases an eclectic mix of local talent. The concerts take place every Sunday evening at 7 p.m. from June to August in Bell Park at the William Bell or Katherine Bell Gazebos or at the Grace Hartman Amphitheatre.

See the schedule at: greatersudbury.ca/summer-events-calendar.



Bell Park Accessibility

On Paris Street, there is accessible parking for Bell Park in both York Street parking lots and the Bell Park parking lot.

The Paris Street lot has eight fully accessible parking spots, 80 general parking spots and a drop-off area.

It also has stairs and accessible paths to the boardwalk.

For more information, contact us by calling 311

Has your leisure program already started?

If you want to join a leisure program after it has started, your program fee will be reduced to reflect the classes you've missed; however, there is a time limit for late registrations. Please call 311 or email leisure.services@greatersudbury.ca.



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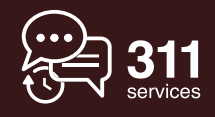
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ways to register
for leisure
programs

In person
By phone
Online

Create your online
leisure registration
account today!

Find out how at
[greatersudbury.ca/
leisure](http://greatersudbury.ca/leisure)




Note: Fees are subject to change due to new by-law on April 1, 2026.



Beaches

Whitewater Lake Park Beach

Whitewater Lake

 Laurier Street West, Azilda


Lifeguards on Duty


Hours June 13 to August 16


MON	11 a.m. to 7 p.m.
TUE	11 a.m. to 7 p.m.
WED	11 a.m. to 7 p.m.
THU	11 a.m. to 7 p.m.
FRI	11 a.m. to 7 p.m.
SAT	11 a.m. to 7 p.m.
SUN	11 a.m. to 7 p.m.

Fitness Centre Programs

Rayside-Balfour Workout Centre

 239 Montée Principale, Azilda

 705-674-4455, extension 2794

 greatersudbury.ca/fitness


The Rayside-Balfour Workout Centre offers professional equipment.


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.

Community Centre Programs

Dr. Edgar Leclair Community Centre and Arena

 158 Ste. Agnes St., Azilda

 705-688-3928

 greatersudbury.ca/programs

Yoga

Hours April 2 to June 25


THU 7 to 8 p.m.


Course ID: 00117047


Older Adult Clubs/Associations

Club Accueil Age d'Or Azilda

 64 Notre Dame Ave., Azilda

 Angele Seguin, Administrative Assistant

 705-983-2992

 clubaccueil@eastlink.ca

 Club Accueil Age D'Or Azilda


Annual Membership: \$15 for ages 45+

BLEZARD VALLEY

Beaches

Kalmo Beach

Whitson Lake

 Near Kalmo Beach Road,
Val Caron

Lifeguards on Duty

Hours June 13 to August 16

MON 11 a.m. to 7 p.m.

TUE 11 a.m. to 7 p.m.

WED 11 a.m. to 7 p.m.

THU 11 a.m. to 7 p.m.


FRI 11 a.m. to 7 p.m.


SAT 11 a.m. to 7 p.m.


SUN 11 a.m. to 7 p.m.


Older Adult Clubs/ Associations


Valley East Seniors Club


 Valley East Kin Park,
Blezard Valley

 Mary-Lou Bolger

 705-969-8667

 bolgerlou215@gmail.com

 Jeannine Savage


 savagemj@live.ca

CAPREOL

Beaches

Capreol Beach

Marshy Lake

 Near Lakeshore Street,
Capreol

Lifeguards on Duty

Hours June 13 to August 16

MON 11 a.m. to 7 p.m.

TUE 11 a.m. to 7 p.m.

WED 11 a.m. to 7 p.m.

THU 11 a.m. to 7 p.m.


FRI 11 a.m. to 7 p.m.


SAT 11 a.m. to 7 p.m.


SUN 11 a.m. to 7 p.m.

Fitness Centre Programs

Capreol Millennium
Resource Centre

 24 Meehan St.,
Capreol

 705-674-4455, ext. 2858

 greatersudbury.ca/fitness

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

Fee: **\$5** per visit.

1-, 3-, 6-, 9- and 12-month
memberships also available.

Hours

MON 9 a.m. to 9 p.m.

TUE 9 a.m. to 9 p.m.

WED 9 a.m. to 9 p.m.

THU 9 a.m. to 9 p.m.


FRI 9 a.m. to 9 p.m.


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


SUN closed

Fitness Centre Programs

Capreol Millennium Resource Centre

 24 Meehan St.,
Capreol

 705-674-4455, ext. 2858

 greatersudbury.ca/fitness

Indoor Walkng (Adults)

Registration not required.
Fee: **Free**

Hours

MON to **FRI** 10 to 11:30 a.m.

Yoga (Age 16+)

This program is designed for deep relaxation. The practice includes centring the body and mind, followed by gentle stretches and restorative postures to gradually open the body and bring a sense of deep restoration. Finish feeling refreshed, restored and renewed. All skill levels welcome.

Fee: **\$40 for 8 weeks**

Hours March 3 to April 21

TUE 9:30 to 10:30 a.m.

Course ID: 00125853

Hours March 4 to April 22

WED 7 to 8 p.m

Course ID: 00125854

Hours March 5 to April 23

THU 9:30 to 10:30 a.m.

Course ID: 00125855

Hours April 28 to June 16

TUE 9:30 to 10:30 a.m.

Course ID: 00128060

Hours April 29 to June 17

WED 7 to 8 p.m

Course ID: 00128062

Hours April 30 to June 18

THU 9:30 to 10:30 a.m.

Course ID: 00128064

Hours June 23 to August 11

TUE 9:30 to 10:30 a.m.

Course ID: 00128061

Hours June 24 to August 12

WED 7 to 8 p.m.

Course ID: 00128063

Hours June 25 to August 13

THU 9:30 to 10:30 a.m.

Course ID: 00128065

Chair Yoga (Age 16+)

A gentle class that adapts yoga poses using a chair. This class cultivates awareness and deep relaxation through meditation, breath work and gentle stretches.

Fee: **\$40 for 8 weeks**

Hours March 5 to April 23

THU 2 to 3 p.m.

Course ID: 00125856

Hours April 30 to June 18

THU 2 to 3 p.m.

Course ID: 00128066

Hours June 25 to August 13

THU 2 to 3 p.m.

Course ID: 00128067

CAPREOL



Pickleball (Adults)

Registration recommended at greatersudbury.ca/pickleball

Fee: **\$5** per visit.

Court Sport

10-visit pass: **\$25**

20-visit pass: **\$50**

30-visit pass: **\$75**

Hours

MON 11:30 a.m., 1:30
and 6:30 p.m.

TUE 11:30 a.m. and 1:30 p.m.

WED 11:30 a.m. and 1:30 p.m.

THU 11:30 a.m., 1:30
and 6:30 p.m.

FRI 11:30 a.m. and 1:30 p.m.

Older Adult Clubs/ Associations

Capreol Seniors Club

📍 9 Morin St., Capreol

👤 Don Degagne

📞 705-858-1164

✉️ don_shirleydegagne@hotmail.com

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

CHELMSFORD

Older Adult Clubs/ Associations

Club 50 de Rayside-Balfour

📍 25 Main St. W., Chelmsford

📞 705-855-6839

👤 Jeannette Castonguay

📞 705-698-7182

✉️ club50@eastlink.ca

📘 Club 50 de Rayside Balfour Inc.

Annual Membership: **\$15** for age 45+

Centre de santé communautaire du Grand Sudbury

📍 26 Main St. W., Chelmsford

📞 705-855-1513

✉️ infoche@santesudbury.ca

🌐 santesudbury.ca

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

Rayside-Balfour Seniors' Craft Shop

📍 3506 Errington Ave. N., Chelmsford

👤 Rhéal Lessard

📞 705-855-4637

✉️ raysidebalfoursenior@bellnet.ca

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

CONISTON

Older Adult Clubs/ Associations

Coniston Seniors and Golden Age Club

Colonial Inn

📍 28 Cedar St., Coniston

👤 Colette Barb, President

📞 705-694-4261

Annual Membership: **\$10**

COPPER CLIFF

Pools

R.G. Dow Pool

📍 38 Veterans Rd.,
Copper Cliff

📞 705-688-3909

@ aquatics@greatersudbury.ca

🌐 greatersudbury.ca/pools

Private and Semi-Private Swimming Lessons

Private lesson: **\$73**

Semi-private lesson: **\$37**

Fees subject to change.

Lessons are **30 minutes**.

To schedule lessons, please
visit or call the pool.



Adult Swim

Age 18+. Lanes for
swimming laps and space
for aquatic exercise.

Age 65+: **\$5** per swim or
\$103 for three months.

Adult: **\$7** per swim or
\$136 for three months.

Swim times are **55 minutes**.
Swims on Mon., Wed. and Fri.
at 11:30 a.m. last **1 hour**
25 minutes.

Hours until June 26

MON 9 and 11:30 a.m.

TUE 9 a.m., 12 and 7:30 p.m.

WED 9 a.m., 11:30 a.m.,
and 8:30 p.m.

THU 9 a.m., 12 and 7:30 p.m.

FRI 9 and 11:30 a.m.

Hours July 2 to August 28

MON 8 a.m. and 12 p.m.

TUE 8 a.m. and 12 p.m.

WED 8 a.m. and 12 p.m.

THU 8 a.m. and 12 p.m.

FRI 8 a.m. and 12 p.m.



Public Swim

Open for all ages to enjoy.

Age 65+ and youth:
\$5 per swim or
\$103 for three months

Adult: **\$7** per swim or
\$136 for three months.

Family: **\$15.50** per swim or
\$240 for three months.

Swim times are **55 minutes** unless otherwise indicated.

Hours until June 28

Family Swim

SUN 1 to 2:30 p.m. and
2:30 to 3:55 p.m.
(Feel free to feel fit)

Hours July 6 to August 24

MON 11 a.m.

Feel Free to Feel Fit:

Enjoy one free swim each week as part of our Feel Free to Feel Fit program! After each free swim,

Speak to front desk staff about free return transportation aboard Greater Sudbury Transit.

Aquacise

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

Fee: **\$17.50** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit greater Sudbury.ca/pools for complete price list.

Classes are **55 minutes**.

Hours until June 26

Shallow end

MON 10 a.m. and 1 p.m.

TUE 6:30 p.m.

WED 10 a.m. and 1 p.m.

THU 6:30 p.m.

FRI 10 a.m. and 1 p.m.

Deep end

MON 10:15 a.m.

WED 10:15 a.m.

FRI 10:15 a.m.

Hours July 3 to August 28

Deep end and shallow end

MON 9 a.m.

WED 9 a.m.

FRI 9 a.m.

COPPER CLIFF



AquaTherapy

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

Fee: **\$17.50** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit greatersudbury.ca/pools for complete price list.

Classes are **55 minutes**.

Hours until June 25

TUE 10 a.m.

THU 10 a.m.

Hours July 2 to August 27

TUE 9 a.m.

THU 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/fitness-classes

Spring Session (12 weeks)

Hours April 7 to June 16

TUE 9:30 to 10:30 a.m.

Course ID: 00117041

Hours April 7 to June 16

TUE 11 a.m. to 12 p.m.

Course ID: 00117042

Hours April 9 to June 18

THU 9:30 to 10:30 a.m.

Course ID: 00117043

Hours April 9 to June 18

THU 11 a.m. to 12 p.m.

Course ID: 00117044

Hours April 25 to June 20

SAT 10 to 11 a.m.

Course ID: 00117045

DOWLING

Fitness Centre Programs

Dowling Leisure Centre

📍 79 Main St. W.,
Dowling
📞 705-674-4455
extension 4740

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

Hours June 1 to June 29

MON 8 a.m. to 1 p.m.
and 4 to 8 p.m.
WED 8 a.m. to 1 p.m.
and 4 to 8 p.m.
THU 4 to 8 p.m.
FRI 8 a.m. to 1 p.m.

**Dowling
Leisure
Centre is
closed
July and
August**

Yoga

Chair Yoga

Hours April 7 to May 26

TUE 10:30 to 11:30 a.m.

Course ID: 00117036

Active Yoga

Hours April 1 to June 24

WED 6 to 7 p.m.

Course ID: 00117037

Aerobics

Body Reboot

Hours April 7 to May 26

TUE 6:30 to 7:30 p.m.

Course ID: 00117040

Cardio Drumming

Hours April 1 to June 24




WED 5 to 5:45 p.m.

Course ID: 00117039



Fitness Centre Programs

Falconbridge Recreation Centre

 63 Edison Rd.,
Falconbridge
 705-674-4455 Ext 5810
 greatersudbury.ca/fitness

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

Fee: **\$5** per visit.

Hours until June 27

MON 8 a.m. to 9 p.m.
TUE 8 a.m. to 9 p.m.
WED 8 a.m. to 9 p.m.
THU 8 a.m. to 9 p.m.
FRI 8 a.m. to 1 p.m.
SAT 10 a.m. to 2 p.m.

Hours July 2 to August 30

MON 7 to 11 a.m. and
6 to 9 p.m.
TUE 8 a.m. to 1 p.m.
WED 7 to 11 a.m. and
6 to 9 p.m.
THU 8 a.m. to 1 p.m.

Drop In Court Sports

Fee:

Day Pass **\$5**
10-visit Pass **\$25**
20-visit Pass **\$50**
30-visit Pass **\$75**

Registration recommended at
greatersudbury.ca/pickleball.

Pickleball

Hours until June 27

MON 7 to 8:30 p.m.
TUE 10 a.m. to 12 p.m.
WED 7 to 8:30 p.m.
THU 10 a.m. to 12 p.m.
FRI 10 a.m. to 12 p.m.
SAT 10 a.m. to 12 p.m. and
12 p.m. to 1:45 p.m.

Indoor Walking

No registration required

Fee: Free

Hours until June 19

MON 10 a.m. to 12 p.m.
WED 10 a.m. to 12 p.m.
FRI 12 to 1 p.m.

Open Court Drop In Sports

Fee:




Day Pass **\$5**
10-visit Pass **\$25**
20-visit Pass **\$50**
30-visit Pass **\$75**

Hours until June 26

MON 8:30 to 10 a.m., 1 to 3 p.m.
and 3 to 5 p.m.
TUE 8:30 to 10 a.m., 1 to 3 p.m.
and 3 to 6 p.m.
WED 8:30 to 10 a.m., 1 to 3 p.m.
and 3 to 5 p.m.
THU 8:30 to 10 a.m., 1 to 3 p.m.
and 3 to 5 p.m.
FRI 8:30 to 10 a.m.

Fitness Centre Programs

Falconbridge Recreation Centre

 63 Edison Rd.,
Falconbridge
 705-674-4455 Ext 5810
 greatersudbury.ca/fitness

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

Fee: **\$5** per visit.

Taekwondo

Registration required. This program is designed to improve co-ordination and physical fitness while teaching the art of self-defense. During training the student will learn to live by the tenets of Taekwondo, which include: courtesy, integrity, perseverance, self-control and indomitable spirit.

To register call 311 or visit greatersudbury.ca/leisure.

Hours March 9 to April 29

Age 10+

MON and **WED** 7:15 to 8 p.m.

Course ID: 00114736

Age 18+

MON and **WED** 8:15 to 9 p.m.

Course ID: 00114725

Hours May 4 to June 23

Age 10+

MON and **WED** 7:15 to 8 p.m.

Course ID: 00128072

Age 18+ (Women Only)

MON and **WED** 8:15 to 9 p.m.

Course ID: 00128073

Yoga (18 +)

Registration required. This program is designed for deep relaxation. The practice includes centring the body and mind, followed by gentle stretches and restorative postures to gradually open the body and bring a sense of deep restoration. Finish feeling refreshed, restored, and renewed. All skill levels are welcome.

Hours March 10 to April 30

TUE 7 to 8 p.m.

THU 7 to 8 p.m.

Course ID: 00114723

Hours May 5 to June 23

TUE 7 to 8 p.m.

Course ID: 00128076


Hours June 30 to July 28


TUE 7 to 8 p.m.

Course ID: 00130658


Older Adult Clubs/Associations

Nickel Centre Seniors

 20 Edison Rd., Falconbridge

 705-693-3129




 Brenda Swalm

 nc.seniors@live.com

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

Fitness Centre Programs

Howard Armstrong Recreation Centre

 4040 Elmview Dr., Hanmer
 705-688-3906
 greatersudbury.ca/fitness

The Howard Armstrong Recreation Centre offers professional equipment and trainers. Please call for information.

Drop-In Fitness Classes

Adults Ages 16+
Dates, times, fees and availability subject to change. First come, first served.

Fees subject to change.
Fees (include H.S.T.)

Adults (18-64)
One Class: **\$17.50**
16 Visit Pass: **\$155**

Student/Senior
One Class: **\$17.50**
16 Visit Pass: **\$137**

Hours until June 30




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 8 a.m. to 8 p.m.
SUN 8 a.m. to 8 p.m.

Hours July 2 to August 28

MON 7 a.m. to 8 p.m.
TUE 7 a.m. to 8 p.m.
WED 7 a.m. to 8 p.m.
THU 7 a.m. to 8 p.m.
FRI 7 a.m. to 8 p.m.

Pools

Howard Armstrong Recreation Centre Pool

 4040 Elmview Dr., Hanmer
 705-688-3906
 greatersudbury.ca/pools

Private and Semi-Private Swimming Lessons

Private lesson: **\$73**
Semi-private lesson: **\$37**

Lessons are **30 minutes**.

To schedule lessons please visit or call the pool.

Adult Swim

Age 18+. Lanes for swimming laps and space for aquatic exercise.

Age 65+: **\$5** per swim or **\$103** for three months.

Adult: **\$7** per swim or **\$136** for three months.

Contact the facility for other senior friendly membership options.

Hours until June 30

Swim times are **55 minutes** unless otherwise indicated.

MON 9 a.m.
TUE 12 p.m.
WED 9 a.m.
THU 12 p.m.
FRI 9 a.m.

July 3 to August 28

MON 9 a.m.
WED 9 a.m.
FRI 9 a.m.

Hours August only

TUE 12 p.m. and 7 p.m.
THU 12 p.m. and 7 p.m.

Pools

Howard Armstrong Recreation Centre Pool

📍 4040 Elmview Dr.,
Hanmer
📞 705-688-3906
💻 greatersudbury.ca/pools



Lane Swim

Swim lengths for endurance, fitness and exercise.

Age 65+: **\$5** per swim or **\$103** for three months.

Adult: **\$7** per swim or **\$136** for three months.

Contact the facility for other senior friendly membership options.

Swim times are **55 minutes**, unless otherwise indicated.

Hours until June 30

MON 8 a.m. and 8:30 p.m.
TUE 9 a.m., 12 and 8:30 p.m.
WED 8 a.m. and 8:30 p.m.
THU 9 a.m., 12 and 8:30 p.m.
FRI 12 and 8:30 p.m.
SUN 10 a.m.

Hours July 3 to August 28

MON 8 a.m.
WED 8 a.m.
FRI 8 a.m.

Hours August only

TUE 9 a.m. and 7 p.m.
(combined with Adult swim)
THU 9 a.m. and 7 p.m.
(combined with Adult swim)

Public Swim

Open for all ages to enjoy.

Age 65+ and youth:
\$5 per swim or
\$107 for three months.

Adult: **\$7** per swim or
\$136 for three months.

Family: **\$15.50** per swim or
\$240 for three months.

Contact the facility for other senior friendly membership options.

Swim times are **55 minutes**, unless otherwise indicated.

Hours until June 30

MON 1 p.m.
TUE 7:30 p.m.
WED 12 p.m.
FRI 7:15 p.m.
SAT 6 p.m.
SUN 1:15 p.m.
(Feel free to feel fit)

Hours July 3 to August 28

MON 12 p.m.
WED 12 p.m.
FRI 12 p.m.

Pools

Howard Armstrong Recreation Centre Pool

- 📍 4040 Elmview Dr., Hanmer
- 📞 705-688-3906
- 🌐 greatersudbury.ca/pools



Aquacise

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

Fee: **\$17.50** per class with discounts for multiple class passes and discounts for senior class passes.

Call 311 or visit greatersudbury.ca/pools for complete price list.

Classes are **45 minutes**.

Hours until June 30

Shallow End

- MON** 10 a.m. and 7:30 p.m.
- TUE** 1 p.m.
- WED** 10 a.m. and 7:30 p.m.
- THU** 11 a.m. and 1:30 p.m.
- FRI** 10 a.m.

Deep End

- MON** 10:15 a.m. and 7:45 p.m.
- TUE** 1:15 p.m.
- WED** 10:15 a.m. and 7:45 p.m.
- THU** 1:15 p.m.
- FRI** 10:15 a.m.

Hours July 3 to August 28

Shallow End

- MON** 10 a.m.
- WED** 10 a.m.
- FRI** 10 a.m.

Deep End

- MON** 10:15 a.m.
- WED** 10:15 a.m.
- FRI** 10:15 a.m.

Hours August only

Shallow and Deep End Jog

- MON** 7 p.m.
- WED** 7 p.m.

Shallow End

- TUE** 2 p.m.
- THU** 2 p.m.

Pools

Howard Armstrong Recreation Centre Pool

📍 4040 Elmview Dr.,
Hanmer
📞 705-688-3906
💻 greatersudbury.ca/pools

Pool Therapy

Call 311 or visit
greatersudbury.ca/pools
for complete price list.

Hours until September 4

MON 11 a.m.

WED 11 a.m.

FRI 11 a.m.



Older Adult Clubs/ Associations

The Rendez-vous de Vallée Est

📍 26 Côté Blvd., Hanmer
📞 705-969-8649
@ centre@vianet.ca
💻 lrve.com

Centre de santé communautaire du Grand Sudbury

📍 688 Emily St., Hanmer
📞 705-855-1513
@ info@santesudbury.ca
💻 santesudbury.ca


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



Beaches

Centennial Park Beach

Vermilion River

 Located off Graham Road, Whitefish

Lifeguards on Duty


Lifeguard hours June 13 to August 16

MON	11 a.m. to 7 p.m.
TUE	11 a.m. to 7 p.m.
WED	11 a.m. to 7 p.m.
THU	11 a.m. to 7 p.m.
FRI	11 a.m. to 7 p.m.
SAT	11 a.m. to 7 p.m.
SUN	11 a.m. to 7 p.m.


Older Adult Clubs/ Associations

Walden Senior Citizens and Pensioners Inc.

Lively Library/Walden Seniors' Centre

 15 Kin Dr., Lively


 Darren Byrne


 705-692-5591


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

Penage Road Seniors

Penage Road Community Centre

 968 Municipal Rd., Whitefish

 Russ Dale Kilbey or Heather Keranen

 705-866-0048 or 705-669-8119

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

ONAPING/LEVACK

Older Adult Clubs/ Associations

Onaping Falls Golden Age Club

📍 109 Service Rd., Onaping
👤 Jim Howe or Susan Smith
📞 705-919-0137
✉️ ofgac@hotmail.com
📘 Onaping Falls Golden Age Club
Annual Membership: **\$20** for age 50+

Community Centre Programs

Onaping Falls Community Centre

📍 2 Hillside Dr.,
Onaping
📞 705-674-4455
extension 4741

Programs are subject to change. Foul language and horseplay will not be tolerated. Youth and children under age 16 must be accompanied by a parent/guardian over the age of 18.

Family Badminton

No registration required
Fee: **Free**

Hours

WED 6 to 8 p.m.
SUN 6 to 8 p.m.

Tai Chi

No registration required
(not instructor-led)
Fee: **Free**

Hours

MON 1:30 to 3 p.m.
THU 10 a.m. to 12 p.m.

Indoor Walking

No registration required
Fee: **Free**

Hours

MON 10 a.m. to 1 p.m.
TUE 10 a.m. to 1 p.m.
WED 10 a.m. to 1 p.m.

Open Gym Night

Volleyball and Basketball

Ages 13 and up
Fee: **Free**

Hours

MON 6 to 9 p.m.

Adult Badminton

Fee: **Free**

Hours

WED 8 to 10:30 p.m.
SUN 8 to 10:30 p.m.

Youth Program - gym

Fee: **Free**

Hours

TUE 6 to 8 p.m.
THU 6 to 8 p.m.

**Onaping Falls
Community
Centre is
closed July
and August.**

ONAPING/LEVACK

Onaping Falls Community Centre

📍 2 Hillside Dr.,
Onaping
📞 705-674-4455
extension 4741

Pickleball

Fee: **Free**

Hours

TUE 1 to 3 p.m.
WED 1 to 3 p.m.
FRI 10 a.m. to 12 p.m.

Pools

Onaping Pool

📍 2 Hillside Ave.,
Onaping
📞 705-688-3908
💻 greatersudbury.ca/pools

Fees subject to change.

Adult Swim

Age 18+. Lanes for swimming laps and space for aquatic exercise.

Age 65+: **\$5** per swim or **\$103** for three months.
Adult: **\$7** per swim or **\$136** for three months.

Swim times are **55 minutes** unless otherwise indicated.

Hours until March 15

MON 9 a.m.
WED 1 p.m.
FRI 9 a.m.

Public Swim

Open for all ages to enjoy.

Age 65+ and youth:
\$5 per swim or
\$107 for three months.

Adult: **\$7** per swim or
\$136 for three months.

Family: **\$15.50** per swim or
\$240 for three months.

Swim times are **55 minutes**, unless otherwise indicated.

Hours until March 15

MON 2:15 p.m.
TUE 7 p.m.
WED 11 a.m.
FRI 11 a.m.
SAT 1:15 p.m.

Private and Semi-Private Swimming Lessons

(30 minutes)

To schedule lessons, please visit or call the pool.

**Closed for
Summer from
May 16 to
August 31 2026**

LIVELY

Community Centre Programs

Lively Public Library and
Citizen Service Centre

📍 15 Kin Dr., Lively
📞 705-688-3959

Yoga

Hours April 7 to June 16

THU 1 to 2:30 p.m.
Course ID: 00117050

SUDBURY

Arenas

Gerry McCrory Countryside Sports Complex

📍 35 Countryside Dr., Sudbury

📞 705-688-3927

🌐 greatersudbury.ca/arenas

Adult Public Skating

Fee: Free

*Schedule subject to change. Please visit greatersudbury.ca/arenas prior to attending.

Hours April to end of June

MON 11 a.m. to 12 p.m.

TUE 11 a.m. to 12 p.m.

WED 11 a.m. to 12 p.m.

FRI 11 a.m. to 12 p.m.

Beaches

Bell Park Main Beach

Ramsey Lake

📍 900 Paris St.

Moonlight Beach

Ramsey Lake

📍 Off Moonlight Beach Rd., Sudbury

Lake Nepahwin Beach

Nepahwin Lake

📍 Near Paris St., Sudbury

Lifeguards on Duty

Lifeguard hours June 13 to August 16

MON 11 a.m. to 7 p.m.

TUE 11 a.m. to 7 p.m.

WED 11 a.m. to 7 p.m.

THU 11 a.m. to 7 p.m.

FRI 11 a.m. to 7 p.m.

SAT 11 a.m. to 7 p.m.

SUN 11 a.m. to 7 p.m.



KIVI PARK

4472 Long Lake Rd., Sudbury



Kivi Park is a unique and charitable organization offering over 480 acres of land that contains an abundance of biodiversity and some of the region's best waterways. With 90 kilometres of trails that are expertly maintained year-round, visitors can hike, mountain bike, fat bike, snowshoe, cross-country ski, and skate.

Kivi Park can also be explored on Crowley Lake by canoe, kayak or stand-up paddleboard (rentals are available). Kivi Park is a beautiful destination suitable for people of all ages.

Annual Seniors Pass: \$105 + HST

Kivi Park offers an accessibility fund, which allows those who do not have the means to pay for access to the park to apply for financial assistance and receive a pass.

- Seniors 55+ Program
- Senior Walking Program - June
- Summer Paddle Program - July and August
- Senior Winter Program - January and February



Older Adult Clubs/ Associations



Centre de santé communautaire du Grand Sudbury

- 📍 19 Frood Rd., Sudbury
- 📞 705-670-2275
- ✉️ infosud@santesudbury.ca
- 🌐 santesudbury.ca

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

Club Amical du Nouveau-Sudbury

- 📍 553 Lavoie St., Sudbury
- 👤 Céline Paulin, President
- 📞 705-566-2113
- 📘 clubamical.ca
- 🌐 clubamical.ca

Annual Membership: **\$25** for Age 50+

Club Joie de Vivre

- 📍 19 Frood Rd., Sudbury
- 👤 Elaine Lemay and Yeta Pare
- 📞 705-566-6372 or 705-566-7673

One-Eleven Seniors

- 📍 117 Larch St., Sudbury
- 👤 Cassandra Beaulieu, Executive Director
- 📞 705-988-1355
- 📘 One Eleven Senior Citizens Centre Inc.

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

The ParkSide Centre

- 📍 140 Durham St., Sudbury
 - 📞 705-673-6227
 - 🌐 theparksidecentre.ca
- Monthly newsletter and program guide available online.

Annual Membership: **\$45**. Subsidies are available for those who otherwise could not take part in activities and programs.

Ukrainian Seniors' Centre of Sudbury

- 📍 30 Notre Dame Ave., Sudbury
- 👤 Anna Johnston (Executive Director)
- 📞 705-673-7404
- 🌐 ukrseniors.org

SUDBURY

Pools

Gatchell Pool

📍 43 Irving St.,
Sudbury

📞 705-688-3905

🌐 greatersudbury.ca/pools



Private and Semi-Private Swimming Lessons

Private lesson: **\$73**

Semi-private lesson: **\$37**

Lessons are **30 minutes**.

To schedule private swimming lessons please contact the facility.

Fees subject to change.

Registration day is
March 11, 2026

Adult Swim

Age 16+. Lanes for swimming laps and space for aquatic exercise.

Ages 65+: **\$5** per swim or
\$103 for three months.

Regular Adult: **\$7** per swim or
\$136 for three months.

Lane Swim

Swim lengths for endurance, fitness and exercise.

Ages 65+: **\$5** per swim or
\$103 for three months.

Regular Adult: **\$7** per swim or
\$136 for three months.

Swim times are **55 minutes**.

Hours until June 28

Adult/Lane Swim combined (16+)

MON 9 a.m., 12 p.m.

TUE 9 a.m., 12 p.m.
and 8:30 p.m.

WED 9 a.m., 12 p.m.

THU 9 a.m., 12 p.m.
and 8:30 p.m.

Lane Swim only:

MON 8:30 p.m.

TUE 8 p.m.

WED 8:30 p.m.

THU 8 p.m.

FRI 8:30 p.m.

SAT 4:15 p.m.

SUN 9 a.m.

Hours from June 29

Adult/Lane Swim combined (16+)

MON 12 p.m.

TUE 12 p.m.

WED 12 p.m.

THU 12 p.m.

FRI 12 p.m.

Lane Swim only (12+)

MON 9 a.m., 8:30 p.m.

TUE 9 a.m., 8:30 p.m.

WED 9 a.m., 8:30 p.m.

THU 9 a.m., 8:30 p.m.

FRI 9 a.m.

SUDBURY

Pools

Gatchell Pool

📍 43 Irving St.,
Sudbury
📞 705-688-3905
🌐 greatersudbury.ca/pools



Public Swim

Open for all ages to enjoy.

Ages 65+ and youth:

\$5 per swim or

\$103 for three months.

Regular Adult: **\$7** per swim or

\$136 for three months.

Family: **\$15.50** per swim or

\$240 for three months.

10 Visit Pass

Adults: **\$59**

Seniors: **\$45**

Family: **\$122**

Swim times are **55 minutes**.

Hours until June 28

MON 1 p.m.

TUE 6:30 p.m.
(only beginning in May)

FRI 1 p.m. and 7:30 p.m.

SUN 1 p.m.

Feel Free to Feel Fit

SAT 5:30 p.m.

Hours June 28 to August 28

Public/ Family Swim

MON 1 p.m., 6:30 p.m.

TUE 7:30 p.m.

WED 1 p.m., 6:30 p.m.

THU 7:30 p.m.

FRI 1 p.m.

AquaTherapy

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

Fee: **\$17.50** per class with discounts for multiple class passes and discounts for senior class passes.

10-visit pass

Adults: **\$117**

Seniors: **\$99**

We offer 5, 10, 15, 20 and 40 visits membership passes.

Call 311 or visit
greatersudbury.ca/pools
for complete price list.

Classes are **55 minutes**.

Hours until June 28

AquaTherapy:

MON 2 p.m.

TUE 11 a.m.

WED 2 p.m.

THU 11 a.m.

FRI 2 p.m.

Shallow End Aquacise

MON 11 a.m., 7:30 p.m.

TUE 1 p.m.

WED 11 a.m., 7:30 p.m.

THU 1 p.m.

FRI 11 a.m.

Deep End Aquacise

TUE 2 p.m.

THU 2 p.m.

Pools

Gatchell Pool

📍 43 Irving St.,
Sudbury

📞 705-688-3905

🌐 greatersudbury.ca/pools

AquaTherapy

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

Fee: **\$17.50** per class with discounts for multiple class passes and discounts for senior class passes.

10-visit pass

Adults: **\$117**

Seniors: **\$99**

We offer 5, 10, 15, 20 and 40 visits membership passes.

Call 311 or visit greatersudbury.ca/pools for complete price list.

Classes are **55 minutes**.

Hours June 28 to August 28

AquaTherapy

TUE 10 a.m.

THU 10 a.m.

FRI 2 p.m.

Shallow End Aquacise:

MON 11 a.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 End Aquacise:

MON 2 p.m.

WED 2 p.m.

FRI 2 p.m.



SUDBURY

Pools

Nickel District Pool

- 📍 1940 Hawthorne Dr., Sudbury
- 📞 705-688-3907
- 🌐 greatersudbury.ca/pools

Private and Semi-Private Swimming Lessons

Private lesson: **\$73**
Semi-private lesson: **\$37**

Lessons are **30 minutes**.

To schedule lessons please visit or call the pool.

Adult Swim

Age 16+. Lanes for swimming laps and space for aquatic exercise.

Ages 65+: **\$5** per swim or **\$103** for three months.

Regular Adult: **\$7** per swim or **\$136** for three months.

Swim times are **55 minutes**.

Hours until June 26

MON 9 a.m., and 12 p.m.

FRI 9 a.m., and 12 p.m.

Lane Swim until June 26

MON 8:30 p.m.

TUE 8:30 p.m.

WED 8 p.m.

THU 8:30 p.m.

FRI 8:30 p.m.

Lane Swim July 2 to August 28

TUE 8 p.m.

THU 8 p.m.

Sudbury Indoor Tennis Centre

The Sudbury Indoor Tennis Centre is a non-profit community tennis facility established in 1992. It is located at Queen's Athletic Field, situated at the end of Cypress Street.

Lessons are available for all ages and all skill levels.

For Further Information:

705-688-1414

sudburytennis.ca

info@sudburytennis.ca

Note: Times, sites and fees for all programs are subject to change.



SUDBURY

Pools

Nickel District Pool

📍 1940 Hawthorne Dr.,
Sudbury
📞 705-688-3907
🌐 greatersudbury.ca/pools



Public Swim

Open for all ages to enjoy.

Ages 65+ and youth:
\$5 per swim or
\$103 for three months.

Regular Adult: **\$7** per swim or
\$136 for three months.

Family: **\$15.50** per swim or
\$240 for three months

Swim times are **55 minutes**,
unless otherwise indicated.

Hours until June 29

FRI 7 p.m. to 8:25 p.m.
SUN 2 p.m.

Hours July 2 to August 27

TUE 2 p.m.
THU 2 p.m.

Aquacise

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

*Combined with Parent and
Tot Aquacise.

Fee: **\$17.50** per class with
discounts for multiple-class
passes and discounts for
senior class passes.

Call 311 or visit
greatersudbury.ca/pools
for complete price list.

Classes are **55 minutes**.

Hours until June 26

MON 10 a.m., 11 a.m.
and 1 p.m.
WED 11 a.m. and 1 p.m.
FRI 11 a.m. and 1 p.m.

Hours July 3 to August 28

MON 9 a.m. and 1 p.m.
WED 9 a.m. and 1 p.m.
FRI 9 a.m. and 1 p.m.

AquaTherapy

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

Fee: **\$17.50** per class with
discounts for multiple-class
passes and discounts for
senior's class passes.

Call 311 or visit
greatersudbury.ca/pools
for complete price list.

Classes are **55 minutes**.

Hours until June 26

TUE 11 a.m. and 1 p.m.
THU 11 a.m. and 1 p.m.

Hours July 2 to august 27

TUE 9 a.m.
THU 9 a.m.



Community Centre Programs

Minnow Lake Place

📍 1127 Bancroft Dr., Sudbury
📞 705-674-4455 ext. 2446
💻 greatersudbury.ca/programs

Note - All taekwondo classes are offered here:

Carmichael Community Centre
1388 Bellevue Ave., Sudbury
greatersudbury.ca/programs

Taekwondo

Teens & Adults (13+)

Hours March 2 to April 23

MON 7:30 to 8:15 p.m.

TUE 7:30 to 8:15 p.m.

THU 7:30 to 8:15 p.m.

Course ID: 00114728

Taekwondo

Adults (16+)

Hours March 2 to April 23

MON 8:15 to 9 p.m.

TUE 8:15 to 9 p.m.

THU 8:15 to 9 p.m.

Course ID: 00114734

Taekwondo

Adults (16+)

Hours April 27 to June 18

TUE 7 to 7:45 p.m.

THU 7 to 7:45 p.m.

Course ID: 00123927

Yoga

Beginner Yoga

Fee: \$60

Hours March 4 to April 29

WED 10 to 11:30 a.m.

Course ID: 00114714

Hours May 6 to June 24

WED 10 to 11:30 a.m.

Course ID: 00128077

Macrame and Mingle

Minnow Lake Place,
upper classroom

Fee: \$42

Hours April 7

TUE 6:30 to 8:30 p.m.

Course ID: 00119970

Tie-Dye and Chill

Minnow Lake Place,
upper classroom

Fee: \$42




Hours June 2

TUE 6:30 to 8:30 p.m.

Course ID: 00119971

Community Centre Programs

Minnow Lake Place

 1127 Bancroft Dr., Sudbury
 705-674-4455 ext. 2446
 greatersudbury.ca/programs

Adult Watercolor Blooms

Minnow Lake Place,
upper classroom

Fee: **\$137**




**Hours March 29 to April 26
(excluding April 5)**

SUN 6:30 to 8:30 p.m.

Course ID: 00119965

Community Centre Programs

Princess Anne Public School

 500 Douglas St., Sudbury
 705-674-4455 ext. 2446
 greatersudbury.ca/programs

Yoga

Beginner Yoga




Hours April 14 to June 9

TUE 6:30 to 7:30 p.m.

Subject to change based on availability

Community Centre Programs

Delki Dozzi Sports Complex

 13 Mary St., Sudbury
 705-674-4455 ext. 2446
 greatersudbury.ca/programs

Yoga

Chair Yoga (16+)

A gentle class that adapts yoga poses using a chair. This class cultivates awareness and deep relaxation through meditation, breath work and gentle stretches

Hours March 4 to April 22

WED 7 to 8 p.m.

Course ID: 00126556

Hours March 7 to May 2

SAT 10 to 11 a.m.

Course ID: 00126557

Hours May 6 to June 24

WED 7 to 8 p.m.

Course ID: 00126558

Hours May 9 to June 27




SAT 10 to 11 a.m.

Course ID: 00126559

SKEAD

Older Adult Clubs/Associations

Skead Senior Citizens Club

 5 Bell St., Skead
 Claudia-Anne Malette or Lucille Perreault
 705-969-3909

Annual Membership: **\$25** for age 50+.

PICKLEBALL

Play the fastest growing sport in North America!



Pickleball is fun, easy to learn, and can be played by people of all ages. It combines elements of badminton, ping-pong and tennis. It can be played as doubles or singles, either indoors or outdoors and on a badminton-sized court with a slightly modified tennis net.

Indoor Courts

Indoor courts are available at Capreol Millennium Centre, Dowling Leisure Centre, Falconbridge Recreation Centre, Lionel E Lalonde Centre, and Onaping Recreation Centre. Nets are available at all locations, and paddles and balls vary by location. Most sites require the purchase of a day pass, punch card or membership, which varies by location. For information on fees, session dates and times, visit greatersudbury.ca/pickleball.

Outdoor Courts

Outdoor courts are available throughout the community. Timing for outdoor court net set up in spring and removal in fall varies and depends on weather conditions. Availability is first come, first serve.

Courts are available at Cote Park, Delki Dozzi Complex, Elmview Playground, Lorne Brady Park, O'Connor Playground, Sixth Avenue Playground, Coniston Centennial Park, Dowling Leisure Centre, LoEllen Park, Lions Park Hammer, Onaping Tot Lot, Wahnapiatae Community Centre and Twin Forks Playground.

In 2021, the City of Greater Sudbury was successful in its application for Investing in Canada Infrastructure Program funding to support the revitalization of outdoor tennis court facilities and outdoor basketball courts across the community over the next several years. A number of courts have already been completed.

Other locations are available for play at Sudbury Indoor Tennis Club, YMCA Sudbury and through the Sudbury Pickleball Association.



EQUIPMENT LENDING PROGRAM



Did you know that you can borrow pickleball equipment from select locations of the Greater Sudbury Public Library? All you need is a current GSPL card!

Visit sudburylibraries.ca to learn more.

STAY CONNECTED WITH YOUR COMMUNITY



MAKE A SPLASH ON RAMSEY LAKE!

You don't need to swim to enjoy our lakes. Take a paddle on beautiful Ramsey Lake on a paddleboard, in a kayak or canoe and more!

The Northern Water Sports Centre, located at 206 Ramsey Lake Rd., is home to the Sudbury Canoe Club, which offers a variety of water sport activities.

For more information visit sudburycanooclubon.com, call 705-822-2399 or email sudburycanooclubon@gmail.com.

WALK, HIKE OR JOG IN THE GREAT OUTDOORS!

Do you prefer to exercise in the fresh air? Rainbow Routes maintains trails everywhere in Greater Sudbury.

For information visit rainbowroutes.com, call 705-674-4455 extension 4603 or pick up a brochure at a Citizen Service Centre or public library.



CONNECT, LEARN AND EXPLORE AT YOUR LOCAL LIBRARY!

Let your next great adventure begin at your local library! You can check out books, join a book club, take free courses online or investigate your family tree by doing some genealogy research.

You can even have library materials delivered to you if you are confined at home or the hospital and unable to get to the library. The possibilities are endless! To learn more visit sudburylibraries.ca.

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. or email: leisure.services@greatersudbury.ca.

Celebrating a Century

2026 marks
the 100th
anniversary
of Bell Park



The cherished public space, established in 1926, is named for lumber baron, William J. Bell. He generously donated 110 acres of land to the Town of Sudbury (City of Greater Sudbury), to create a community park.

Today Bell Park is a year-round destination, featuring a boardwalk, amphitheatre, gazebos, a beach and gardens. It also plays host to cultural events, concerts and annual festivals.