

ACTIVE LiViNG

for older adults



September 2025

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



311
services

ACTIVE LIVING

for older adults

September 2025

Stay Connected
with Your
Community!

Are you age 50 or over? Older adult clubs welcome you for friendship and fun. Join any time and enjoy social gatherings, games, hobbies, educational presentations, exercise programs and more.

For a list of activities at the older adult club of your choice, please visit:

greatersudbury.ca/seniors-services or speak with one of the many club volunteers dedicated to keeping everyone connected with our community.



Skate at your local arena

Do you enjoy ice skating?

Greater Sudbury arenas schedule times for adults-only skating, as well as public skating (all ages) and shinny hockey for ages 18+ and 50+.

Adult and public skating: Free of charge

55+ Shinny Hockey:

Per visit: **\$13** per participant

Season pass: **\$197** per participant (It is recommended that all participants wear full equipment for shinny hockey.)

Start dates vary for public skating, adult skating and shinny hockey. They are cancelled for special events, and schedules are subject to change based on requirements for minor associations. See the schedule at greatersudbury.ca/arenas.

Swim at your local pool

Do you enjoy swimming?

Greater Sudbury pools schedule times for adults-only or lane swims, as well as public swimming, Aquacise, Deep Water Aquacise and Aquatherapy programs.

Adult, lane and public swimming, ages 65+:

\$5 per swim or
\$103 for three months.

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

Aquafitness, ages 65+: **\$99 for 10 classes.**

Adult: **\$117** for 10 classes.

Schedules are subject to change.

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

Get moving at your local fitness or community centre

Do you enjoy yoga or moderate aerobics?

Leisure Services offers programs of special interest to older adults.

Get outdoors

Do you prefer exercise in the fresh air?

Rainbow Routes Association maintains trails throughout Greater Sudbury.

Contact your local cross-country ski association this winter!

For more information, visit rainbowroutes.com or call 705-674-4455, ext. 4603.

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**ways to register
for leisure
programs**

**For more information,
contact us by calling 311**

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

We would love to hear from you.
Please call 311 or email
leisure.services@greatersudbury.ca.



**In person
By phone
*Online***

Create your online
leisure registration
account today!
Find out how at
[greatersudbury.ca/
leisure](http://greatersudbury.ca/leisure)



AZILDA

Arenas

Dr. Edgar Leclair Arena

- 📍 158 Ste. Agnes St., Azilda
- 📞 705-688-3928
- 🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Public Skating

SAT 7:30 to 8:30 p.m.

Shinny Hockey Per Date/Time

Fee: **\$13**

Shinny Hockey Age 55+

TUE 3:30 to 5 p.m.

FRI 11 a.m. to 12:30 p.m.

Shinny Hockey Season

Fee: **\$197**

Adult Shinny

THU 12 to 1:30 p.m.

Community Centre Programs

Dr. Edgar Leclair Community Centre

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

Yoga

Fee: **\$60**

Hours September 11 to December 18

THU 7 to 8 p.m.

Course ID: 00117046

Fee: **\$60**

January 8 to March 26

THU 7 to 8 p.m.

Course ID: 00114720

Fitness Centre Programs

Rayside-Balfour Workout Centre

- 📍 239 Montée Principale, Azilda
- 📞 705-674-4455, ext. 2794
- 🌐 greatersudbury.ca/fitness

The Rayside Balfour Workout Centre offers professional equipment for improved physical fitness.

Please call the facility for rates.

Hours

MON 7 a.m. to 10:00 p.m.

TUE 7 a.m. to 10:00 p.m.

WED 7 a.m. to 10:00 p.m.

THU 7 a.m. to 10:00 p.m.

FRI 7 a.m. to 10:00 p.m.

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

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

Older Adult Clubs/Associations

Club Accueil Age d'Or

- 📍 64 Notre Dame St., Azilda
- 👤 Angele Seguin - Manager
- 📞 705-983-2992
- @ clubacceuil@eastlink.ca
- 📌 Club Accueil Age d'Or Azilda

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

BLEZARD VALLEY

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
👤 Dorothy Boyer
@ dorfy123@icloud.com

CAPREOL

Older Adult Clubs/ Associations

Capreol Seniors Club

📍 9 Morin St., Capreol
👤 Don Degagne
📞 705-858-1164
@ don_shirleydegagne@hotmail.com

Annual Membership: **\$15**

Arenas

Capreol Community Arena

📍 20 Meehan St.,
Capreol
📞 705-688-3922
🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Adult Public Skating

Fee: **Free of charge**

Hours

FRI 12 to 1 p.m.
SAT 12 to 1 p.m.



Fitness Centre Programs

Capreol Millennium Resource Centre

📍 24 Meehan St.,
Capreol
📞 705-674-4455 ext. 2858
🌐 greatersudbury.ca/fitness

The Capreol Millennium Resource Centre offers free weights, cardio equipment, showers, lockers and change rooms.

Fee: **\$5** per visit

Hours

MON to **FRI** 9 a.m. to 9 p.m.
SAT 10 a.m. to 2 p.m.
SUN Closed

Pickleball (Adults)

Fee: **\$5** per visit
10-visit pass **\$25**
20-visit pass **\$50**
30-visit pass **\$75**

Pickleball schedules are subject to change.

Registration recommended at greatersudbury.ca/pickleball.

Hours

MON **THU**
11:30 a.m. to 1:30 p.m., 1:30 to 3:30 p.m., 6:30 to 8:30 p.m.
TUE **WED** and **FRI**
11:30 a.m. to 1:30 p.m., 1:30 to 3:30 p.m.
SAT **SUN** Closed

Indoor Walking

Fee: **Free**

Hours

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

Volleyball

Fee: **\$5**

TUE 6 to 8:30 p.m.

Basketball

Fee: **\$5**

FRI 7 to 8:30 p.m.

Open Sport

Fee: **\$5**

SAT 10:15 to 11:45 a.m.

Youth Sports

Fee: **\$5** per visit

Hours

Pickleball

TUE 4 to 6 p.m.

Volleyball

THU 4 to 6 p.m.

Basketball

FRI 4:30 to 6:30 p.m.

Open Sport

SAT 12 to 1:30 p.m.

CAPREOL

Capreol Cross Country Ski Club

📍 9 Morin St., Capreol
📞 705-858-0555
📘 Capreol-Cross-Country-Ski-Club



CHELMSFORD

Older Adult Clubs/Associations

Club 50 Rayside Balfour

📍 25 Main St. W., Chelmsford
👤 Jeannette Castonguay
📞 705-855-6839 | 📧 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. E., Chelmsford
📞 705-855-1513
📧 info@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 age 50+

Arenas

Chelmsford Community Arena

📍 215 Edward Ave., Chelmsford
📞 705-688-3925
🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Adult Public Skating

Fee: **Free of charge**

Shinny Hockey Per Date/Time

Fee: **\$13**

Shinny Hockey Season

Fee: **\$197**

Public Skating

SUN 12 to 1 p.m.

Adult Public Skating

FRI 9 to 10 a.m.

Shinny Hockey Age 55+

THU 1 to 2:30 p.m.

Adult Shinny

MON 9:30 to 11 a.m.

CONISTON

Older Adult Clubs/ Associations

Coniston Seniors and Golden Age Club Colonial Inn

📍 28 Cedar St., Coniston
👤 Diane Talevi
📞 705-694-4520

Annual Membership: \$5

Arenas

Toe Blake Memorial Arena

📍 1 Government Rd.,
Coniston
📞 705-688-3926
🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Public Skating

SAT 12:30 to 1 p.m.

Adult Public Skating

Fee: **Free of charge**

Adult Public Skating

FRI 11:30 a.m. to 12:30 p.m.

Shinny Hockey Per Date/Time

Fee: **\$13**

Shinny Hockey Age 55+

THU 2 to 3:30 p.m.

Shinny Hockey Season

Fee: **\$197**

Adult Shinny

FRI 2:30 to 4 p.m.

COPPER CLIFF

Arenas

McClelland Arena

📍 37 Veterans Rd.,
Copper Cliff
📞 705-688-3991
🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Public Skating

SUN 2 to 3 p.m.

Adult Public Skating

Fee: **Free of charge**

Adult Public Skating

THU 12:30 to 1:30 p.m.

Shinny Hockey Per Date/Time

Fee: **\$13**

Shinny Hockey Age 55+

FRI 10 to 11:30 a.m.

Shinny Hockey Season

Fee: **\$197**

Adult Shinny

THU 11 a.m. to 12:30 p.m.

COPPER CLIFF

Community Centre Programs

McClelland Community Centre

📍 37 Veterans Rd.,
Copper Cliff
📞 705-688-3991

Ms. Fits Fitness

Register by calling 311 or visit
greatersudbury.ca/leisure.

Fee: **\$38.50**

Hours

September 2 to November 25

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

Course ID: 00114739

September 2 to November 25

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

Course ID: 00114749

Fee: **\$45.50**

September 4 to November 27

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

Course ID: 00114746

September 4 to November 27

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

Course ID: 00114747

Fee: **\$45.50**

September 6 to November 29

SAT 10 to 11 a.m.

Course ID: 00114742

Fee: **\$38**

Winter Session

January 6 to March 17

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

Course ID: 00114748

Fee: **\$42**

January 6 to March 17

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

Course ID: 00114745

January 8 to March 26

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

Course ID: 00114743

January 8 to March 26

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

Course ID: 00114751

Fee: **\$38.50**

January 10 to March 28

SAT 10 to 11 a.m.

Course ID: 00114750

COPPER CLIFF

Pools

R.G. Dow Pool

📍 38 Veterans Rd.,
Copper Cliff
📞 705-688-3909
🌐 greatersudbury.ca/pools

Adult Swim

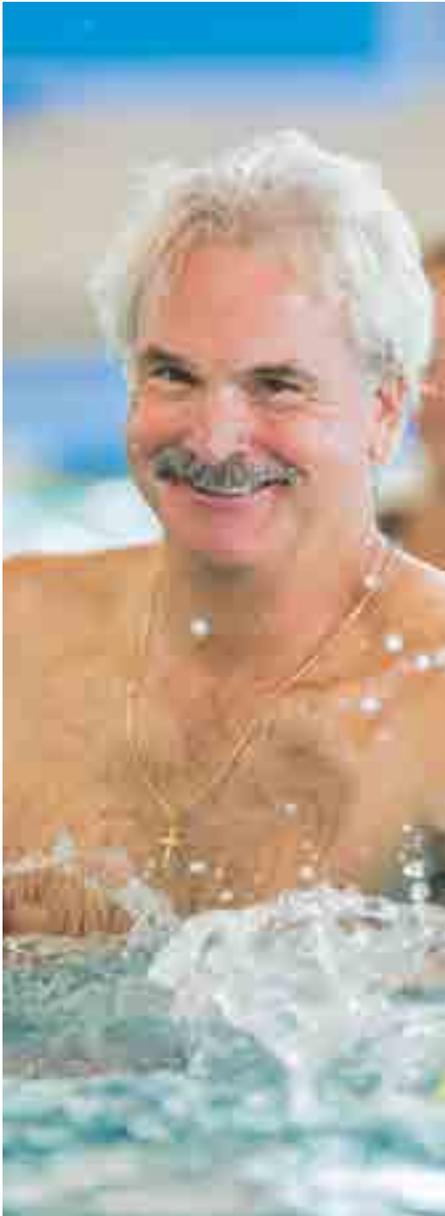
Age 18+: Lanes for swimming laps and space for aquatic exercise.

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

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

Swim times are 55 minutes.

MON 9 a.m. and 11:30 a.m.
TUE 9 a.m., 12 p.m. and 7:30 p.m.
WED 9 a.m., 11:30 a.m. and 8:30 p.m.
THU 9 a.m., 12 p.m. and 7:30 p.m.
FRI 9 a.m. and 11:30 a.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** per swim or **\$240** for three months

Hours

Feel Free to Feel Fit

SUN 2:30 to 3:55 p.m.

Family Swim

SUN 1 to 1:55 p.m.

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 and senior's class passes.

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

Classes are 55 minutes.

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.

COPPER CLIFF

Pools

R.G. Dow Pool

- 📍 38 Veterans Rd.,
Copper Cliff
- 📞 705-688-3909
- 🌐 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 and senior's class passes.

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

Classes are 55 minutes.

- TUE** 10 a.m.
- THU** 10 a.m.

Adult Swimming Lessons

Private and Semi-private Lessons

Private lesson: **\$73**
Semi-private lesson: **\$37**
Group lesson: **\$132**
for eight weeks

To schedule lessons, please visit or call the pool.

Lessons are 30 minutes.

Group Lessons

- WED** 7:30 p.m.

DOWLING

Fitness Centre Programs

Dowling Leisure Centre

- 📍 79 Main St. W.,
Dowling
- 📞 705-674-4455, ext. 4740
- 🌐 greatersudbury.ca/fitness

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

Hours

- MON** 8 a.m. to 10 p.m.
- TUE** 8 a.m. to 10 p.m.
- WED** 8 a.m. to 10 p.m.
- THU** 8 a.m. to 10 p.m.
- FRI** 8 a.m. to 8 p.m.
- SAT** 9 a.m. to 2 p.m.
- SUN** 11 a.m. to 3 p.m.

DOWLING

Fitness Centre Programs

Dowling Leisure Centre

📍 79 Main St. W.,
Dowling
📞 705-674-4455, ext. 4740
🌐 greatersudbury.ca/fitness

Morning Fitness Classes

Drop-in

No registration required.

Fee: **Included** in price of membership, day pass or with purchase of punch card.

Classes are one hour.

MON	9:30 to 10:30 a.m.
TUE	9:30 to 10:30 a.m.
WED	9:30 to 10:30 a.m.
THU	9:30 to 10:30 a.m.
FRI	9:30 to 10:30 a.m.

Pickleball

Fee: \$5

Hours

Drop-in



Yoga

Fee: \$60

Chair Yoga

September 9 to December 9

TUE 10:30 to 11:30 a.m.
Course ID: 00117025

Fee: \$65

Active Yoga

September 10 to
December 10

WED 6 to 7 p.m.
Course ID: 00117028

Fee: \$60

Chair Yoga

January 6 to March 24

TUE 10:30 to 11:30 a.m.
Course ID: 00114715

Fee: \$60

Active Yoga

January 7 to March 25

WED 6 to 7 p.m.
Course ID: 00114721

DOWLING



Aerobics
Fall Session
Fee: **\$42**

Fee: **\$49**

Fee: **\$57.50**

Winter Session
Fee: **\$42**

Fee: **\$49**

Fee: **\$49.44**

Body Reboot
September 10 to December 17
TUE 6:30 to 7:30 p.m.
Course ID: 00090612

Power Hour
September 12 to December 19
THU 6:30 to 7:30 p.m.
Course ID: 00090617

Pound Class
September 10 to December 10
WED 5 to 5:45 p.m.
Course ID: 00118282

Body Reboot
January 7 to March 25
TUE 6:30 to 7:30 p.m.
Course ID: 00090613

Power Hour
January 9 to March 25
THU 6:30 to 7:30 p.m.
Course ID: 00090619

Pound Class
January 7 to March 25
WED 5 to 5:45 p.m.
Course ID: 00117038

FALCONBRIDGE

Older Adult Clubs/ Associations

Nickel Centre Seniors

📍 20 Edison Rd., Falconbridge
📞 705-693-3129
@ nc.seniors@live.com

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

Fitness Centre Programs

Falconbridge Wellness Centre

📍 63 Edison Rd.,
Falconbridge
📞 705-674-4455 ext. 5810
🌐 greatersudbury.ca/fitness

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

Fee: **\$5** per visit

Hours

MON to **THU** 8 a.m. to 9 p.m.
FRI 8 a.m. to 1 p.m.
SAT 10 a.m. to 2 p.m.
SUN closed

Pickleball

Fees:
Single Visit **\$5**
10-visit pass **\$25**
20-visit pass **\$50**
30-visit pass **\$75**

Registration recommended at greatersudbury.ca/pickleball.

Hours

TUE to **FRI** 10 a.m. to 12 p.m.
SAT 10:15 a.m. to 12 p.m.
and 12 to 1:45 p.m.

Basketball

Fees: **Free**

Hours

September 4 to October 15
MON **WED** **THU** 5 to 7 p.m.

Indoor Walking

Fees: **Free**

Hours

September 4 to October 15
MON **WED** 10 a.m. to 12 p.m.
FRI 5 to 7 p.m.



Yoga

Fee: **\$30**

Hours

September 2 to October 14
TUE 6 to 7:30 p.m.
Course ID: 00098979

Fee: **\$85**

October 21 to December 18
TUE **THU** 7 to 8 p.m.
Course ID: 00098980

Fee: **\$90**

January 6 to March 5
TUE **THU** 7 to 8 p.m.
Course ID: 000116934

Fee: **\$80**

March 10 to April 30
TUE **THU** 7 to 8 p.m.
Course ID: 00114723



Taekwondo

Fee: \$84.45 to 106.95

Hours

September 8 to October 29

Age 10+

MON WED 7:15 to 8 p.m.

Course ID: 00099472

Fee: \$106.95

September 8 to October 29

Age 18+ Women Only

MON WED 8:15 to 9 p.m.

Course ID: 00099473

Fee: \$78.82 - 99.82

November 3 to December 17

Age 10+

MON WED 7:15 to 8 p.m.

Course ID: 00099476

Fee: \$99.82

November 3 to December 17

Age 18+ Women Only

MON WED 8:15 to 9 p.m.

Course ID: 00099477

Fee: \$90.08 to \$114.08

January 12 to March 4

Age 10+ Women Only

MON WED 7:15 to 8 p.m.

Course ID: 00114735

Fee: \$114.08

January 12 to March 4

Age 18+ Women Only

MON WED 8:15 to 9 p.m.

Course ID: 00114737

Registration required.

This program is designed to improve co-ordination and physical fitness and teaches the student the art of self-defense and the tenets of Taekwondo.



GARSON

Arenas

Garson Arena

📍 100 Church St.,
Garson
📞 705-688-3929
🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Public Skating

SUN 12 to 1 p.m.

Adult Public Skating

Fee: **Free of charge**

Adult Public Skating

TUE 2 to 3 p.m.
THU 2 to 3 p.m.

Shinny Hockey Per Date/Time

Fee: **\$13**

Shinny Hockey Age 55+

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

Shinny Hockey Season

Fee: **\$197**

Adult Shinny

WED 1:30 to 3 p.m.

HANMER

Pool

Howard Armstrong Recreation Centre

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

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.

Private and Semi-private Lessons

Lessons are 30 minutes.

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

To schedule lessons, please visit or call the pool.

Swim times are 55 minutes.
One lane available.

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



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.

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

\$240 for three months

Contact the facility for other senior friendly membership options.

Swim times are 55 minutes unless otherwise indicated.

MON	1 p.m.
TUE	7:30 p.m.
WED	12 p.m.
FRI	7:15 p.m.
SAT	6 p.m.

Feel Free to Feel Fit

SUN	1:15 to 2:10 p.m.
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Family Swim

Open for all ages to enjoy.

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

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

Swim times are 55 minutes unless otherwise indicated.

THU	7 p.m.
FRI	6 p.m.
SUN	2:30 p.m.

Pool therapy

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

Swim times are 45 minutes unless otherwise indicated.

MON	11 a.m.
WED	11 a.m.
FRI	11 a.m.

Pool

Howard Armstrong Recreation Centre

📍 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 and senior's class passes.

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

Classes are 45 minutes.

MON Shallow 10 a.m.
Deep 10:15 a.m.
Shallow 7:45 p.m.
Deep End Jog 7:45 p.m.

TUE Shallow 1 p.m.
Deep End Jog 1:15 p.m.

WED Shallow 10 a.m.
Deep 10:15 a.m.
Shallow 7:30 p.m.
Deep End Jog 7:45 p.m.

THU Shallow 11a.m.
Deep End Jog 1 p.m.
Deep End Jog 1:15 p.m.

FRI Shallow 10 a.m.
Deep 10:15 a.m.

Howard Armstrong Recreation Centre

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

New Age Dance – Beginner

Fee: **\$52.50** non members

Hours

September 2 to October 23

TUE 10:15 to 11:15 a.m.
THU 10:15 to 11:15 a.m.



Drop-in Fitness Classes

Adult (Age 16 to 64):
Individual Class **\$17.50**
16-visit Fitness Pass **\$155**

Student/Youth/Senior:
Individual Class **\$17.50**
16-visit Fitness Pass **\$137**

Dates and times are subject to change. Drop-in participation is not permitted once a maximum class size has been reached. First come, first served. Arrive early to avoid disappointment. Contact the facility for dates and times or visit greatersudbury.ca/leisure.

Drop in for any of the following fitness classes!

- Chair Yoga
- Hatha Yoga
- Hatha Yoga Intermediate
- Pilates
- Core Management
- Kettle Bells
- Mobility Stretch
- Tabata Full Body

Older Adult Clubs/ Associations

Le Rendez-vous de Vallée Est

📍 26 Côté Blvd., Hanmer
📞 705-969-8649
✉ centre@vianet.ca
🌐 lrvve.com

Membership Fee: **\$20** for age 45+

Centre de santé communautaire du Grand Sudbury

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

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

KIVI PARK

4472 Long Lake Rd., Sudbury

Kivi Park is a unique, not-for-profit organization offering over 480 acres of land that contain an abundance of biodiversity and some of the region's best waterways. With 55.7 km of trails that are expertly maintained year-round, visitors can hike, mountain bike, fat bike, snowshoe and cross-country ski. Kivi Park can also be explored on Crowley Lake by canoe, kayak or stand-up paddle boards (rentals are available). Kivi Park is a beautiful destination suitable for all ages.

Annual Seniors Pass: \$105

Kivi Park also offers the Affordability Fund, which allows those who do not have the means to pay to access the park to apply for financial assistance.



HANMER

Arena

Centennial Arena

📍 4333 Centennial Rd.,
Hanmer
📞 705-688-3924
🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Adult Public Skating

Fee: **Free of charge**

Shinny Hockey Per Date/Time

Fee: **\$13**

Shinny Hockey Season

Fee: **\$197**

Public Skating

SAT 7:30 to 8:30 p.m.

Adult Public Skating

THU 3 to 4 p.m.

Adult Shinny

TUE 1 to 2:30 p.m.

FRI 12 to 1:30 p.m.

Adult Shinny 55+

MON 12 to 1:30 p.m.

LIVELY

Skiing

📍 251 First Ave., Lively
📞 705-688-3975
🌐 greatersudbury.ca/ski

Lively Ski Hill

Holiday hours are different
in December, January
and March.

Regular Hours

MON Closed
TUE Closed
WED 6 to 9:30 p.m.
THU Closed
FRI 6 to 9:30 p.m.
SAT 12 to 4:30 p.m.
SUN 12 to 4:30 p.m.

Older Adult Clubs/ Associations

Walden Senior Citizens and Pensioners Inc.

Lively Library/Seniors' Centre

📍 15 Kin Dr., Lively
👤 Darren Byrne
📞 705-692-5591
@ waldseniorscentre@gmail.com
🌐 waldseniorscentre.com

Walden Cross Country Fitness Club

📍 1 Denis Ave., Naughton
📞 705-692-2321
@ info@waldenxc.ca
🌐 waldenxc.ca

LIVELY

Fitness Centre Programs

Lively Kinsmen Hall

 15 Kin Dr., Lively
 705-688-3959
 greatersudbury.ca/leisure

Yoga

Register by calling 311 or visit greatersudbury.ca/leisure.

September 9 to December 16

TUE 1 to 2:30 p.m.
Course ID: 00117048

Fall Session
Fee: **\$97.50**

Winter Session
Fee: **\$90**

January 6 to March 24

TUE 1 to 2:30 p.m.
Course ID: 00117049

Arenas

T.M. Davies Arena

 325 Anderson Dr., Lively
 705-688-3993
 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Public Skating

SUN 12:30 to 1:30 p.m.

Adult Public Skating

Fee: **Free of charge**

Adult Public Skating

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

NAUGHTON

Older Adult Clubs/Associations

Naughton Seniors and Pensioners

 Naughton Community Centre
Municipal Rd. 55, Naughton
 Della Schrader, President
 705-692-9380

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

ONAPING AND LEVACK

Arenas

I.J. Coady Memorial Arena

📍 13 Second Ave.,
Levack
📞 705-688-3990
🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Hours

FRI 7 to 8 p.m.



Older Adult Clubs/ Associations

Onaping Falls Golden Age Club

📍 109 Service Rd., Onaping
👤 Jim Howa and Susan Smith
📞 705-919-0137 or 705-966-0137 or 705-665-6812
@ ofgac@hotmail.com
📘 Onaping Falls Golden Age Club

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

ONAPING AND LEVACK

Pools

Onaping Pool

📍 2 Hillside Dr.,
Onaping
📞 705-688-3908
🌐 greatersudbury.ca/pools



Private and Semi-private Lessons

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

To schedule lessons, please visit or call the pool.

Adult Swim

MON 1:15 to 2:10 p.m.
TUE 2:30 to 3:25 p.m.
WED 9 to 10 a.m.
THU 2:30 to 3:25 p.m.
FRI 9 to 10 a.m.

Public Swim

MON 2:15 to 3:15 p.m.
TUE 7 to 7:55 p.m.
WED 11 to 11:55 a.m.
FRI 11 to 11:55 a.m.
SAT 1:15 to 2:10 p.m.

Feel Free to Feel Fit

SAT 12:15 to 1:10 p.m.

Aquacise

MON 12:15 to 1:15 p.m.
WED 10 to 11 a.m.
THU 7:15 to 8:15 p.m.
FRI 10 to 11 a.m.

Aqua Therapy

TUE 1:30 to 2:30 p.m.
THU 1:30 to 2:30 p.m.
WED 10 a.m. to 1 p.m.

Skiing

Onaping Falls Nordics Ski Club

📍 Old Cartier Road, Onaping
@ info@onapingfallsnordics.com
🌐 onapingfallsnordics.com



ONAPING AND LEVACK

Fitness Centre Programs

Onaping Falls Community Centre

 2 Hillside Dr.,
Onaping
 705-674-4455,
ext. 4741

Tai Chi (not instructor-led)

No registration required.

Fee: **Free of charge**

Hours

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

Walking

Fee: **Free of charge**

Hours

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

Adult Badminton

Fee: **Free of charge**

Hours

WED SUN 8 to 10:30 p.m.

Family Badminton

Fee: **Free of charge**

Hours

WED SUN 6 to 8 p.m.

Pickle Ball

Fee: **Free of charge**

Hours

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

Youth Program - Gym

Fee: **Free of charge**

Hours

TUE 6 to 8 p.m.
THU 10 a.m. to 12 p.m.

Open Gym Night (volleyball and basketball)

Ages 13+

Fee: **Free of charge**

MON 6 to 9 p.m.

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** per person age 50+

SUDBURY

Skiing

Adanac Ski Hill

- 📍 744 Beatrice Cres., Sudbury
- 📞 705-688-3968
- 📄 Conditions and hours of operation
- 📞 705-688-3969
- 🏠 Snow school/rental shop
- 🌐 greatersudbury.ca/ski



Adanac

Holiday hours are different in December, January and March.

Regular Hours

- MON** Closed
- TUE** Closed
- WED** Day – 10 a.m. to 4 p.m.
Night – 6 to 9:30 p.m.
- THU** Day – 10 a.m. to 4 p.m.
Night – 6 to 9:30 p.m.
- FRI** Day – 10 a.m. to 4 p.m.
Night – 6 to 9:30 p.m.
- SAT** Day – 9 a.m. to 4 p.m.
- SUN** Day – 9 a.m. to 4 p.m.

Pools

Gatchell Pool

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

Adult, Lane, Public Swims

Private and Semi-private Lessons at Gatchell Pool and Nickel District Pool.

For more information or to schedule one-on-one or small group swimming lessons, please visit Gatchell Pool or Nickel District Pool or call 705-688-3905 or 705-688-3907.

Swim times are 55 minutes unless otherwise indicated.

Adult Lane Swim

- MON** 9 a.m., 12 p.m.
- TUE** 9 a.m., 12 p.m and 8:30 to 9:30 p.m.
- WED** 9 a.m., 12 p.m.
- THU** 9 a.m., 12 p.m. and 8:30 to 9:30 p.m.
- FRI** 9 a.m., 12 p.m.

Lane Swim

- MON** 8:30 a.m.
- TUE** 8 a.m.
- WED** 8:30 a.m.
- THU** 8 a.m.
- FRI** 8:30 a.m.
- SAT** 4 p.m.
- SUN** 9 a.m.

SUDBURY

Pools

Gatchell Pool

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

Adult Swimming Lessons

Group Lessons:
\$132 for 8 weeks

Private and Semi-private
Lessons are 30 minutes.

Private lesson: **\$73**

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

To schedule lessons, please
visit or call the pool.

Hours

Public Swim

FRI 7:30 to 8:25 p.m.

SUN 6 to 6:55 p.m.

Free Swim

'Feel Free to Feel Fit' Swim

SUN 2 to 2:55 p.m.



Swim

Open for all ages to enjoy.

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

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

Hours

Family Swim

MON 1 to 1:55 p.m.

FRI 1 to 1:55 p.m.

Public Swim

TUE 2 to 2:55 p.m.

FRI 7:30 p.m. to 8:25 p.m.

SAT 6:00 p.m. to 6:55 p.m.

Aquacise Classes

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

Hours

Shallow End Aquacise:

MON 11 to 11:55 a.m.,
and 7:30 to 8:25 p.m.

WED 11 to 11:55 a.m. and
7:30 to 8:25 p.m.

FRI 11 to 11:55 a.m.

Deep End Aquacise

TUE 2 to 2:55 p.m.

THU 2 to 2:55 p.m.



Aquatherapy Classes

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

Hours

WED 2 to 2:55 p.m.

FRI 2 to 2:55 p.m.

SUDBURY

Pools

Nickel District Pool

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



Adult and Public Swims

Private and Semi-private Lessons at Gatchell Pool and Nickel District Pool.

Private and Semi-private Lessons are 30 minutes.

Private lessons: **\$73** per class
Semi-private lessons: **\$37** per child, per class.

To schedule lessons, please visit or call the pool.

Swim times are 55 minutes unless otherwise indicated.

Adult Swims/Lane Swim

- MON** 9 a.m., 12 p.m. and 8:30 p.m.
- TUE** 9 a.m., 12 p.m. and 8:30 p.m.
- WED** 9 a.m., 12 p.m. and 8:00 p.m.
- THU** 9 a.m., 12 p.m. and 8:30 p.m.
- FRI** 9 a.m., 12 p.m. and 8:30 p.m.

Public Swims

- SUN** 2 p.m.

Family/Parent & Tot Swim

- TUE** 2 p.m.
- SUN** 3 p.m.

Feel Free to Feel Fit

- FRI** 7 to 8:30 p.m.

Aquacise

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

Aquatherapy

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

SUDBURY

Arenas

Cambrian Arena

- 📍 795 Cambrian Heights Dr., Sudbury
- 📞 705-688-3921
- 🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Public Skating

SUN 3 to 4 p.m.

Adult Public Skating

Fee: **Free of charge**

Adult Public Skating

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

Arenas

Carmichael Arena

- 📍 1298 Bancroft Dr., Sudbury
- 📞 705-688-3923
- 🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Public Skating

SAT 7 to 8 p.m.

Adult Public Skating

Fee: **Free of charge**

Adult Public Skating

FRI 9 to 10 a.m.

Arenas

Gerry McCrory Countryside Sports Complex

- 📍 235 Countryside Dr., Sudbury
- 📞 705-688-3927
- 🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Public Skating

SUN 1 to 2 p.m.

Adult Public Skating

Fee: **Free of charge**

Adult Public Skating

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.

Shinny Hockey Per Date/Time

Fee: **\$13**

55+ Shinny

WED 10:15 to 11:45 a.m.

Shinny Hockey Season

Fee: **\$197**

Adult Shinny

FRI 10:15 to 11:45 a.m.

Arenas

Sudbury Community Arena

- 📍 240 Elgin St., Sudbury
- 📞 705-671-3000
- 🌐 greatersudbury.ca/arenas

Public Skating

Fee: **Free of charge**

Public Skating

MON 12 to 2 p.m.
THU 12 to 2 p.m.

SUDBURY

Community Centre Programs

Princess Anne Public School

📍 500 Douglas St. W.,
Sudbury
📞 705-674-4455 ext. 2446
🌐 [greatersudbury.ca/
programs](http://greatersudbury.ca/programs)

Beginner Yoga

Fall Session
Fee: **\$55**
Subject to change/availability.

January 6 to April 7

TUE 6:30 to 7:30 p.m.
Course ID: 00114713

Winter Session

Fee: **\$65**
Register by calling 311 or visit
greatersudbury.ca/leisure.

September 9 to December 2

TUE 6:30 to 7:30 p.m.
Course ID: 00117051

Community Centre Programs

Minnow Lake Place

📍 1127 Bancroft Dr.,
Sudbury
📞 705-674-4455 ext. 2446
🌐 [greatersudbury.ca/
programs](http://greatersudbury.ca/programs)

Yoga

Fee: **\$67.50**

September 3 to October 29

WED 10:30 a.m. to 12 p.m.
Course ID: 0099753

Fee: **\$57.04**

January 7 to February 25

WED 10:30 a.m. to 12 p.m.
Course ID: 00114718

Keeping Fit - Body Weight Workout

Fee: **\$21**

September 8 to October 20

MON 9:30 to 10:30 a.m.
Course ID: 00117158

Fee: **\$28**

October 27 to December 15

MON 9:30 to 10:30 a.m.
Course ID: 000117159



Taekwondo

Course ID: 00099408
Fee: Teens and Adults **\$118.65**

September 2 to October 23

MON 7:30 to 8:15 p.m.
TUE THU 7 to 7:45 p.m.

Course ID: 00099409
Fee: For Adults **\$150.15**

September 2 to October 23

MON 8:15 to 9 p.m.
TUE THU 8 to 8:45 p.m.

Course ID: 00099412
Fee: Teens and Adults
\$129.95 to 163.99

October 27 to December 18

MON 7:30 to 8:15 p.m.
TUE THU 7 to 7:45 p.m.

Course ID: 00082797
Fee: Adults **\$164.45**

October 27 to December 18

MON 8:15 to 9 p.m.
TUE THU 8 to 8:45 p.m.

SUDBURY

Community Centre Programs

Delki Dozzi Sports Complex

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

Chair Yoga

Fee: **\$40**

September 10 to October 29

WED 7 to 8 p.m.
Course ID: 00099278

Fee: **\$20**

September 13 to October 25

SAT 10 to 11 a.m.
Course ID: 00099279

Fee: **\$35**

November 1 to December 13

SAT 10 to 11 a.m.
Course ID: 00099284

Fee: **\$35**

November 5 to December 17

SAT 7 to 8 p.m.
Course ID: 00099281

Older Adult Clubs/Associations

Centre de santé communautaire du Grand Sudbury

 19 Frood Rd., Sudbury
 705-670-2274
 santesudbury.ca
 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
 clubamical.ca

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

Club Joie de Vivre

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

SUDBURY



One Eleven Senior Citizen's Centre Inc.

- 📍 117 Larch St., Sudbury
- 👤 Cassie Cassandra
- 📞 705-988-1355
- @ oneelevseniors@gmail.com
- 📘 One Eleven Senior Citizen's 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

Annual Membership: **\$25**

BioSki Cross-Country Ski & Snowshoe Club

- 📍 2420 South Bay Rd., Sudbury
- 📞 705-674-5202
- @ info@bioski.ca

Laurentian Nordic Ski Club

- 📍 995 Ramsey Lake Rd., Sudbury
- 📞 705-988-3035 (opens November 1 each year)
- @ lauretinnordicskiclub@gmail.com
- 🌐 lauretinnordic.com

VAL CARON

Arenas

Raymond Plourde Arena

📍 1979 Helene St.,
Val Caron
📞 705-688-3992
🌐 greatersudbury.ca/arenas

Public Skating
Fee: **Free of charge**

Public Skating
SUN 1 to 2 p.m.

Adult Public Skating
Fee: **Free of charge**

Adult Public Skating
FRI 2 to 3 p.m.



WHITEFISH

Older Adult Clubs/ Associations

Penage Road Seniors
Penage Road Community Centre

📍 968 Municipal Rd. 10, Whitefish
👤 Russ Dale Kilbey and Heather Keranen
📞 705-866-0048 and 705-669-8119

Membership Fee: **\$10**