

greater Sudbury.ca/leisure

Fall | Winter 2026-27

ACTIVE LiViNG

for older adults



September 2026

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



ACTIVE LiViNG

September 2026

for older adults

**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

55+ Shinny Hockey:

Per visit: **\$13.50** per participant

Season pass: **\$205** 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
\$106 for 3 months.

Adult: **\$7** per swim or
\$140 for 3 months.

Aquafitness, ages 65+: **\$102 for 10 classes.**

Adult: **\$121** 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.

TABLE OF CONTENTS

Azilda.2

Capreol3

Bleazard Valley3

Chelmsford5

Coniston6

Copper Cliff6

Dowling9

Falconbridge11

Garson.12

Falconbridge12

Hanmer14

Lively18

Naughton.19

Onaping and Levack20

Skead22

Sudbury26

Val Caron.32

Whitefish32



**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.
Email: parks.recreation@greatersudbury.ca



**In person
By phone
Online**

Create your online
leisure registration
account today!
Find out how at
greatersudbury.ca/play



Arenas

Dr. Edgar Leclair Arena

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

Public Skating

Fee: **Free**

Public Skating

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

Adult Skating

FRI 10 a.m. to 11 a.m.

Shinny Hockey

Per Date/Time

Fee: **\$13.50**

55+ Shinny Hockey

TUE 3:30 to 5 p.m.

THU 11 a.m. to 3 p.m.

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

Shinny Hockey Season

Fee: **\$205**

Adult Shinny

THU 1:30 p.m. to 3 p.m.

Community Centre Programs

Dr. Edgar Leclair Community Centre

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

Yoga

Fee: **\$65**

Hours

September 17 to December 18

THU 7 to 8 p.m.

Course ID: 00137513

Fee: **\$60**

January 7 to March 25

THU 7 to 8 p.m.

Course ID: 00138110

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 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.

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
@ bolgerlou2015@gmail.com

👤 Jeannine Savage
@ savagemj@live.ca

👤 Kim Harvey
@ kimberlyanne1408@gmail.com

CAPREOL

Older Adult Clubs/ Associations

Capreol Seniors Club

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

Annual membership: **\$20**

Arenas

Capreol Community Arena

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

Public Skating

Fee: **Free**

Hours

SAT 12 to 1 p.m.

Adult Public Skating

Fee: **Free**

Hours

THU 12 to 1 p.m.

FRI 12 to 1 p.m.



Fitness Centre Programs

Capreol Millennium Resource Centre

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

Offering free weights, cardio equipment, showers, lockers and change rooms.

Fee: **\$5** per visit
10-visit pass: **\$26**
20-visit pass: **\$52**
30-visit pass: **\$78**

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: **\$26**
20-visit pass: **\$52**
30-visit pass: **\$78**

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** per visit

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

Basketball

Fee: **\$5** per visit

FRI 7 to 8:30 p.m.

Open Sport

Fee: **\$5** per visit

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.

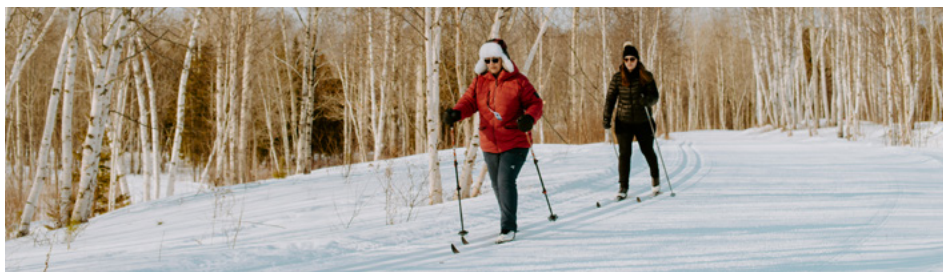
Open Sport

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
👤 Rick Cox
📞 705-733-6299
📧 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**

Public Skating

SAT 12 to 1 p.m.

Shinny Hockey

Per Date/Time

Fee: **\$13.50**

Shinny Hockey Season

Fee: **\$205**

Adult Shinny Hockey

MON 9:30 to 11 p.m.

CONISTON

Older Adult Clubs/ Associations

Coniston Seniors and Golden Age Club Colonial Inn

📍 28 Cedar St., Coniston
👤 Colette Barbe
📞 705-694-4261

Annual membership: **\$10**

Arenas

Toe Blake Memorial Arena

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

Public Skating

Fee: **Free**

Public Skating

SAT 12:30 to 1 p.m.

Adult Public Skating

Fee: **Free**

Adult Public Skating

FRI 12 to 1 p.m.

Shinny Hockey Per Date/Time

Fee: **\$13.50**

55+ Shinny Hockey

THU 1:30 to 3 p.m.

Shinny Hockey Season

Fee: **\$205**

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**

Public Skating

SUN 2 to 3 p.m.

Adult Public Skating

Fee: **Free**

Adult Public Skating

FRI 12 to 1 p.m.

Shinny Hockey Per Date/Time

Fee: **\$13.50**

55+ Shinny Hockey

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

Shinny Hockey Season

Fee: **\$205**

Adult Shinny

THU 1:30 to 3 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: \$66

Hours

September 22 to December 8

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

Course ID: 00137505

September 22 to December 8

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

Course ID: 00137507

Fee: \$66

September 24 to December 10

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

Course ID: 00137509

September 24 to December 10

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

Course ID: 00137510

Fee: \$60.50

September 26 to December 12

SAT 10 to 11 a.m.

Course ID: 00137511

Fee: \$71.50

Winter Session

January 5 to March 23

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

Course ID: 00138064

Fee: \$71.50

January 5 to March 23

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

Course ID: 00114745

Fee: \$66

January 7 to March 25

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

Course ID: 00138067

Fee: \$66

January 7 to March 25

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

Course ID: 00138068

Fee: \$66

January 9 to March 27

SAT 10 to 11 a.m.

Course ID: 00138069

COPPER CLIFF

Pools

R.G. Dow Pool

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

Adult Swim

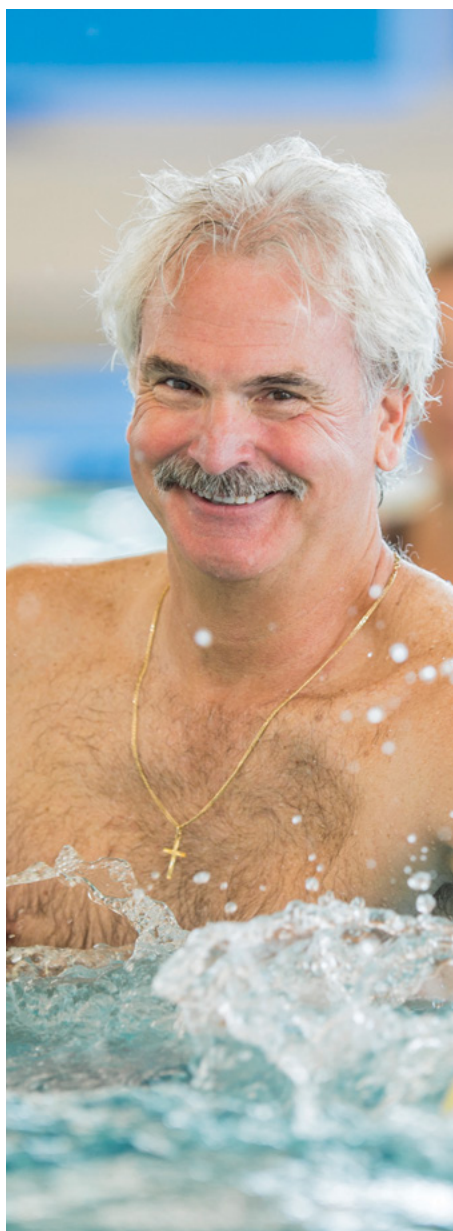
Age 18+: Lanes for swimming laps and space for aquatic exercise.

Age 65+: **\$5** per swim or **\$106** for 3 months

Adult: **\$7** per swim or **\$140** for 3 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 **\$106** for 3 months

Adult: **\$7** per swim or **\$140** for 3 months

Family: **\$16** per swim or **\$245** for 3 months

Hours

Feel Free to Feel Fit

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

Family Swim

SUN 1 to 1:55 p.m.

Public Swim

THU 11 to 11:55 p.m.

Aquacise

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

Fee: **\$18** per class with discounts for multiple-class and senior 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: **\$18** per class with discounts for multiple-class and senior 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: **\$75**
Semi-private lesson: **\$38**
Group lesson: **\$136**
for 8 weeks

To schedule lessons, please visit or call the pool.

Lessons are 30 minutes.

Group lessons are 45 minutes.

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.

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: **Free**

Hours

TUE	10:30 a.m. - 12:30 p.m.
WED	7:30 to 9:30 p.m.
FRI	10:30 a.m. - 12:30 p.m.
SAT	9 to 11 a.m.
SUN	11 a.m. to 1 p.m.

Yoga

Fee: **\$70**

Fee: **\$70**

Chair Yoga

September 15 to December 15

TUE	10:30 to 11:30 a.m.
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Course ID: 00137301

Active Yoga

September 9 to December 16

WED	6 to 7 p.m.
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Course ID: 00137302

Chair Yoga

January 5 to March 30

TUE	10:30 to 11:30 a.m.
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Course ID: 00138053

Active Yoga

January 6 to March 31

WED	6 to 7 p.m.
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Course ID: 00138054

10 ACTIVE LiViNG for older adults

Fall | Winter 2026-27

DOWLING



Aerobics
Fall Session
Fee: **\$52.50**

Fee: **\$52.50**

Winter Session
Fee: **\$45.50**

Fee: **\$42**

Fee: **\$71.50**

Body Reboot
September 8 to December 15
TUE 6:30 to 7:30 p.m.
Course ID: 00137303

Power Hour
September 10 to December 17
THU 6:30 to 7:30 p.m.
Course ID: 00137304

Pound Class
September 9 to December 16
WED 5 to 5:45 p.m.
Course ID: 00137305

Body Reboot
January 5 to March 30
TUE 6:30 to 7:30 p.m.
Course ID: 00138055

Power Hour
January 7 to March 25
THU 6:30 to 7:30 p.m.
Course ID: 00138056

Pound Class
January 6 to March 31
WED 5 to 5:45 p.m.
Course ID: 00138057

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

7 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: \$26
20-visit pass: \$52
30-visit pass: \$78

Registration recommended at greatersudbury.ca/pickleball.

Hours

MON

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

TUE

10 a.m. to 12 p.m., and
1 p.m. to 3 p.m.

WED

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

THU

10 a.m. to 12 p.m., and
1 p.m. to 3 p.m.

FRI

10 a.m. and 12 p.m.

SAT

10:15 a.m. to 12 p.m.,
and 12 p.m. to 1:45 p.m.

Basketball

Fee: Free

Hours

MON WED

5 to 7 p.m.

Indoor Walking

Fee: Free

Hours

MON WED

10 a.m. to 12 p.m.

FRI

12 to 1 p.m.

Yoga

Fee: \$30

Hours

September 8 to October 20

TUE

7 to 8 p.m.

Course ID: 00137816

Fee: \$85

October 27 to December 17

TUE THU

7 to 8 p.m.

Course ID: 00137818

Fee: \$90

January 5 to March 2

TUE THU

7 to 8 p.m.

Course ID: 00137819

Fee: \$80

March 9 to April 29

TUE THU

7 to 8 p.m.

Course ID: 00137820

Fee: \$80

May 4 to June 29

TUE

7 to 8 p.m.

Course ID: 00137821

12 ACTIVE LiViNG for older adults

Fall | Winter 2026-27

Fitness Centre Programs

Falconbridge Wellness Centre

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



Taekwondo

Fee: \$78.82 - \$105

Hours

September 9 to October 28

Age 10+

MON WED 7:15 to 8 p.m.

Course ID: 00137822

Fee: \$105

September 9 to October 28

Age 18+ women only.

MON WED 8:15 to 9 p.m.

Course ID: 00137829

Fee: \$73.19 - \$97.50

November 2 to December 16

Age 10+

MON WED 7:15 to 8 p.m.

Course ID: 00137826

Fee: \$97.50

November 2 to December 16

Age 18+ women only.

MON WED 8:15 to 9 p.m.

Course ID: 00137830

Fee: \$78.82 - \$105

January 6 to February 24

Age 10+ women only.

MON WED 7:15 to 8 p.m.

Course ID: 00137827

Fee: \$105

January 6 to February 24

Age 18+ women only.

MON WED 8:15 to 9 p.m.

Course ID: 00137831

Fee: \$84.45 - \$112.50

March 1 to April 28

Age 10+

MON WED 7:15 to 8 p.m.

Course ID: 00137828

Fee: \$112.50

March 1 to April 28

Age 18+ women only.

MON WED 8:15 to 9 p.m.

Course ID: 00137832

Registration required.

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

GARSON

Arenas Garson Arena  100 Church St., Garson  705-688-3929  greatersudbury.ca/arenas	Public Skating Fee: Free		Public Skating SUN 12 to 1 p.m.	
	Adult Public Skating Fee: Free		Adult Public Skating TUE 2 to 3 p.m. THU 2 to 3 p.m.	
	Shinny Hockey Per Date/Time Fee: \$13.50		55+ Shinny Hockey TUE 11:30 a.m. to 1 p.m.	
	Shinny Hockey Season Fee: \$205		WED 1 to 2:30 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 \$106 for 3 months

Adult: \$7 per swim or \$140 for 3 months

Contact the facility for other senior-friendly membership options.

Private and Semi-private lessons

Lessons are 30 minutes.

Private lesson: \$75

Semi-private lesson: \$38

To schedule lessons, please visit or call the pool.

Swim times are 55 minutes. One lane available.

MON

TUE

WED

THU

FRI

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

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

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 **\$106** for
3 months

Adult: **\$7** per swim
or **\$140** for
3 months

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	9 a.m. and 10 a.m.

Public Swim

Open for all ages to enjoy.

Age 65+ and youth: **\$5** per
swim or **\$106** for 3 months

Adult: **\$7** per swim or
\$140 for 3 months

\$244 for 3 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 to 7:30 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: **\$16** per swim or
\$245 for 3 months

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

Swim times are 55 minutes.
One lane available.

THU	7 to 8:30 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: **\$18** per class with discounts for multiple-class and senior 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 11 a.m.
Deep End Jog 1 p.m.
Deep End Jog 1:15 p.m.
FRI Shallow 10 a.m.
Deep 10:15 a.m.

Fitness Centre Programs

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 **\$18**
16-visit fitness pass **\$160**

Student/Youth/Senior:
Individual class **\$18**
16-visit fitness pass **\$141**

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
- 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, ride fat bikes, snowshoe and cross-country ski. Kivi Park can also be explored on Crowley Lake by canoe, kayak or stand-up paddleboards (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**

Public Skating

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

Adult Public Skating

Fee: **Free**

Adult Public Skating

FRI 2 to 3 p.m.

Shinny Hockey Per Date/Time

Fee: **\$13.50**

Adult Shinny

FRI 3 to 4:30 p.m.

Shinny Hockey Season

Fee: **\$205**

LIVELY

Skiing

📍 251 First Ave., Lively
📞 705-688-3968
💻 greatersudbury.ca/ski

Lively Ski Hill

Holiday hours are different
in December, January
and March.

65 + One Visit Pass: **\$23**

65 + 5-visit Pass: **\$93**

65 + Season Pass: **\$300**

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

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 8 to December 15

TUE 1 to 2:30 p.m.
Course ID: 00137515

Fall Session
Fee: **\$110.50**

Winter Session
Fee: **\$97.50**

January 5 to March 30

TUE 1 to 2:30 p.m.
Course ID: 00138112

Arenas

T.M. Davies Arena

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

Public Skating

Fee: **Free**

Public Skating

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

Adult Public Skating

Fee: **Free**

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.

Shinny Hockey Per Date/Time

Fee: **\$13.50**

Adult Shinny

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

Shinny Hockey Season

Fee: **\$205**

55+ Shinny Hockey

MON 12 to 1:30 p.m.

NAUGHTON

Older Adult Clubs/Associations

Naughton Seniors and Pensioners

📍 Naughton Community Centre
Municipal Rd. 55, Naughton
👤 Don Moule, 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**

Hours

FRI 7 to 8 p.m.



Older Adult Clubs/ Associations

Onaping Falls Golden Age Club

📍 109 Service Rd., Onaping

👤 Jim Howe 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: **\$75**
Semi-private lesson: **\$38**

To schedule lessons, please visit or call the pool.

Adult Swim

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

Public Swim

TUE	7:15 to 8:10 p.m.
FRI	11 to 11:55 a.m.
SAT	12:15 to 1:10 p.m.

Aquacise

MON	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.
WED	12 to 1 p.m.
THU	1:30 to 2:30 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**

Hours

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

Walking

Fee: **Free**

Hours

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

Adult Badminton

Fee: **Free**

Hours

WED SUN 8 to 10:30 p.m.

Family Badminton

Fee: **Free**

Hours

WED SUN 6 to 8 p.m.

Pickleball

Fee: **Free**

Hours

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

Youth program: gym

Fee: **Free**

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**

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 or 705-918-5726

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.

Fees: (includes HST)

Senior 65+
half-day pass: **\$39**

Senior 65+
full day Pass: **\$49**

Senior 65+ 5-visit
half-day pass: **\$135**

Senior 65+ 5-visit
full day pass: **\$174**

Adanac 2026-27

season pass:

Senior 65+
Until December 18: **\$480**
After December 18: **\$570**

Adanac 2027

weekday passes:

(valid from January 6, 2027,
to March 12, 2027
10:00am to 4:00pm
(Wednesdays, Thursdays
and Fridays)

Senior 65+
Until December 18: **\$123**
After December 18: **\$143**

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.

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 Ski/Snowboard Lessons (prices include HST):

Private and Semi-private lessons (per 55 minute lesson)

Senior 65+: **\$64**

Private and Semi-private lessons with Half Day Rentals (per 55 minute lesson)

Senior 65+: **\$83.50**

Hours

Ski and Snowboard lessons are offered at Adanac Ski Hill Wednesdays to Sundays.

Dates and times of all private and semi-private lessons are based on the availability of instructors.

Private and semi-private lessons are 55 minutes long.

In order to cancel a private or semi-private lesson, Adanac Ski Hill requires 48 hours' advance notice of the scheduled lesson to be eligible for a refund or credit, subject to a **\$16.50** administrative fee for rescheduling.



SUDBURY

Pools

Gatchell Pool

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

Adult, Lane, Public Swim

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

Lane Swim

MON	8:30 p.m.
TUE	8 a.m.
WED	8:30 p.m.
THU	8 a.m.
FRI	8:30 p.m.
SAT	4:15 p.m.
SUN	9 a.m.



Pools

Gatchell Pool

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

Adult Swimming Lessons

Private and Semi-private
Lessons are 30 minutes.

Group Lessons:
\$136 for 8 weeks

Private lessons:
\$600 for 8 weeks

Semi-private lessons:
\$304 per child for 8 weeks

Private lesson: **\$75**
Semi-private lesson: **\$38**
To schedule lessons, please
visit or call the pool.



Swim

Open for all ages to enjoy.

Family: **\$16** per swim or
\$245 for 3 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.

Free Swim

‘Feel Free to Feel Fit’ Swim
SUN 5:30 - 6:25 p.m.

Aquacise Classes

Fee: **\$18** per class with
discounts for multiple-class
and senior class passes.

Hours

Shallow End Aquacise:

MON 11 to 11:55 a.m.,
and 7:30 to 8:25 p.m.
TUE 1 to 1:55 p.m.
WED 11 to 11:55 a.m. and
7:30 to 8:25 p.m.
THU 1 to 1:55 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: **\$18** per class with
discounts for multiple-class and
senior class passes.

Hours

TUE 11 to 11:55 a.m.
WED 2 to 2:55 p.m.
THU 11 to 11:55 a.m.
FRI 2 to 2:55 p.m.

Pools

Nickel District Pool

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



Adult and Public Swim

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

Private and Semi-private Lessons are 30 minutes.

Private lessons: **\$75** per class
Semi-private lessons: **\$38** per child, per class.

To schedule lessons, please visit or call the pool.

Swim times are 55 minutes unless otherwise indicated.

Adult Swim

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

Lane Swim

MON	8:30 p.m.
TUE	8:30 p.m.
WED	8 p.m.
THU	8:30 p.m.
FRI	8:30 p.m.

Public Swim

SUN	2 p.m.
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Family/Parent & Tot Swim

TUE	2 p.m.
SUN	3 p.m. (Family Swim)

Feel Free to Feel Fit

FRI	7 to 8:30 p.m.
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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.

Aqua Jog (Advanced class)

WED	10 a.m.
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SUDBURY

Arenas

Cambrian Arena

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

Public Skating

Fee: **Free**

Public Skating

SUN 3 to 4 p.m.

Arenas

Carmichael Arena

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

Public Skating

Fee: **Free**

Public Skating

SAT 7 to 8 p.m.

Adult Public Skating

Fee: **Free**

Adult Public Skating

FRI 2 to 3 p.m.

Arenas

Gerry McCrory Countryside Sports Complex

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

Public Skating

Fee: **Free**

Public Skating

SUN 1 to 2 p.m.

Adult Public Skating

Fee: **Free**

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: **\$205**

Adult Shinny

FRI 2:15 to 3:45 p.m.

Arenas

Sudbury Community Arena

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

Public Skating

Fee: **Free**

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: **\$65**

Subject to change/availability.

September 14 to December 14

TUE To be determined.

Winter Session

Fee: **\$45**

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

January 11 to March 22

TUE To be determined.

Community Centre Programs

Delki Dozzi Sports Complex

📍 13 Mary St., Sudbury
📞 705-674-4455 ext. 2446
💻 [greatersudbury.ca/
programs](http://greatersudbury.ca/programs)

Chair Yoga

Fee: **\$35**

September 9 to October 28

WED 7 to 8 p.m.

Course ID: 00126560

Fee: **\$35**

September 12 to October 31

SAT 10 to 11 a.m.

Course ID: 00137836

Fee: **\$35**

November 7 to December 19

SAT 10 to 11 a.m.

Course ID: 00137837

Fee: **\$35**

November 4 to December 16

SAT 7 to 8 p.m.

Course ID: 00137835

Fee: **\$40**

January 6 to February 24

WED 7 to 8 p.m.

Course ID: 00137838

Fee: **\$40**

January 9 to February 27

SAT 10 to 11 a.m.

Course ID: 00137841

Fee: **\$40**

March 3 to April 21

WED 7 to 8 p.m.

Course ID: 00137839

SUDBURY

Community Centre Programs

Delki Dozzi Sports Complex

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

Chair Yoga

Fee: **\$35**

March 6 to April 24

SAT 10 to 11 a.m.
Course ID: 00138043

Fee: **\$45**

April 28 to June 23

WED 7 to 8 p.m.
Course ID: 00137840

Fee: **\$40**

May 1 to June 26

SAT 10 to 11 a.m.
Course ID: 0013804

Community Centre Programs

Note - All taekwondo classes are offered here:

Carmichael Community Centre

 1388 Bellevue Ave., Sudbury
 greatersudbury.ca/programs

Taekwondo

Course ID: 00138363

Fee: Teens and Adults
\$135.12 - \$180

August 31 to October 22

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

Course ID: 00138361

Fee: For Adults **\$180**

August 31 to October 22

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

Course ID: 00138407

Fee: Teens and Adults
\$135.12 - \$180

October 26 to December 17

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

Course ID: 00138417

Fee: Adults **\$180**

October 26 to December 17

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

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

Older Adult Clubs/ Associations

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

One Eleven Senior Citizen's Centre Inc.

 117 Larch St., Sudbury
 Cassie Beaulieu
 705-988-1355
 oneelevenseniors@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 (includes access to drop-in activities, reduced fees for ParkSide programs and discounted rates on room rentals and catering services).

Ukrainian Seniors' Centre of Sudbury

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

Annual membership: **\$20**

SUDBURY



Victorian Order of Nurses (VON) Adult Day Centre

📍 2140 Regent Street South, Sudbury
☎ 705-671-1575 ext. 2

Annual membership: **\$15** per day
(reduced fee available for those who qualify)

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)
@ laurentiannordicskiclub@gmail.com
💻 laurentiannordic.com

VAL CARON

Arenas

Raymond Plourde Arena

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

Public Skating

Fee: **Free**

Public Skating

SUN 1 to 2 p.m.

Adult Public Skating

Fee: **Free**

Adult Public Skating

FRI 11 a.m. to 12 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 per person, \$20 for family**