



Huntsville's Sport and Recreation Week

Monday, November 16 to Saturday November 21, 2015

The Town of Huntsville is opening its doors to host an entire week of sport demonstrations, try-its and play opportunities during **Huntsville's Sport and Recreation Week, Monday, November 16 to Saturday November 21, 2015.**

Get Out and Play is the theme for this week, in celebration of sport and healthy active communities. From aquafitness, to adult and youth programming there is a long list of recreation and sporting activities planned for the community to take part in. Huntsville Sport and Recreation Week offers residents a great opportunity to experience all the wonderful programs we have available here in Huntsville - either free or for a nominal fee. Come and Try: Shinny, Table Tennis, Brain-ersize, Ukulele or plan to participate in demonstrations like Wood Carving, Wellness Tai Chi or Fencing. See the full schedule below:

MONDAY, NOVEMBER 16, 2015

Aquafitness - Fee Waived

If you have been afraid to join aquafitness programs, this is a good time to give it a try! Come out all this week to any of the following: Body Blast, Jog and Spin, Aquafit, Joint Effort and Boot Camp H2O and Yoga. First timers get to try it for free. See the Aquatics Schedule on page 56 of the Leisure Guide for activity times.

Shinny: Adult, Senior 55+ - Fee Waived

If you have been thinking you might like to get back out on the ice, but have not done so yet, then this is the time to get out those skates and equipment! First timers get to come out for free! Check at the front desk of the Canada Summit Centre for your free pass and for which arena your program choice is taking place. See the Public Skating Schedule on page 28 of the Leisure Guide for times.

Parent and Tot Skate - Fee Waived

Keep those kids busy, burn a little energy and get some exercise! Helmets are mandatory and parents accompanying tots must also be on skates. Check in at the Canada Summit Centre Front desk for your first timer free pass and a stamp for the kids. See the Public Skating Schedule on page 28 of the Leisure Guide for times.

Older Adult NIA Class - Fee Waived

Nia is a revolutionary approach to fitness that embraces dance movement, martial arts, and the healing arts, it's low impact and adaptable to every body type, and level of fitness – and it's FUN! Classes are focused on the 55+ age group. 10:30 - 11:30 am.

LUNCH Bunch! Indoor Track Lunch Walk – No Fee

Get out for a vigorous walk at lunch. Take a break from work or chores, revive your energy, and get a little exercise with colleagues and friends. Look for our volunteers in their True Sport Scarves if you have any questions about our Town of Huntsville Programs. Remember that 5 times around the track is 1 Kilometre. 12:00pm - 1:00pm

Adult/Older Adult Drop-in Wood Carvers Demonstration - Fee Waived

Muskoka is the place that artists of all kinds gather. You are welcome to bring your hand woodcarvings and carve with the group or just come and watch wood pieces come to life! This groups gets together weekly to share ideas and inspire each other. You are welcome to join in and have a look and take part. 1:00pm - 3:00pm.

Adult/Older Adult Drop-in Table Tennis - Fee Waived

Table Tennis is a fun and fast paced game that is fun for any age! Pop in for a lively game of table tennis, or just come and watch. It is fun, friendly and the smiles are always the best part! 1:00pm - 3:30pm.

Adult/Older Adult Drop-in Travel Talk - Fee Waived

Local travellers will come and share their photos and stories of their adventures outside of Huntsville. Visit and travel vicariously... to exotic and local places without leaving your chair. Pull up a chair and visit, come see what there is to see & do all over the world! 1:00pm - 3:00pm.

Urban Poling Clinic - Fee Waived

Urban Poling Clinics are offered to learn how to properly use Urban Poles and to get the most of your work out. Try it out, borrow Urban Poles or purchase your own set. 5:30 - 7:00pm.

Wellness Tai Chi Demonstration - Fee Waived

Come and see what Tai Chi is all about. Watch the 108 moves all together in a set. Tai Chi is said to aid physical and mental stress, aids the improvement of balance, aids lower body strength, concentration and memory and much more. 7:00pm - 8:30pm.

TUESDAY, NOVEMBER 17, 2015**Aquafitness - Fee Waived**

If you have been afraid to join aquafitness programs, this is a good time to give it a try! Come out all this week to any of the following: Body Blast, Jog and Spin, Aquafit, Joint Effort and Boot Camp H2O and Yoga. First timers get to try it for free. See the Aquatics Schedule on page 56 of the Leisure Guide for activity times.

Shinny: Adult, Senior 65+ - Fee Waived

This is the time to get out those skates and equipment! First timers get to come out for free! Check at the front desk of the Canada Summit Centre for your free pass and for which arena your program choice is taking place. See the Public Skating Schedule on page 28 of the Leisure Guide for times.

Adult/Senior Skate - Fee Waived

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Huntsville Outdoor Walk – No Fee

This adventurous group meets weekly to do a vigorous walk and/or hike outdoors. They provide participants with an enjoyable weekly group lead walk approx. 60+ minutes. Walks are scheduled for new and exploratory locations, but the group meets and starts out at the Active Living Centre on Tuesdays at 9:30 am – 10:30am.

Brain-ersize! - Fee Waived

The brain, like the rest of your body, needs to be kept healthy. By making healthy lifestyle and food choices, keeping your brain, body and social life active you may be able to reduce your risk of developing Alzheimer's disease or slow down the progression of the disease once there is a diagnosis. The Brain-ersize program will introduce helpful preventative strategies to improve the brain's health, as well as providing hands-on tools, activities and fun games! This program is in partnership with Alzheimer Society of Muskoka. 10:30am - 11:30am.

Adult/Older Adult Dominoes - Fee Waived

Dominoes draws a crowd and is always full of laughter! Join this group for some Tuesday afternoon fun! Learn how to play, if you don't already know. Give it a try! 1:00pm - 3:30pm.

Group Ukulele - Fee Waived

Music is a great way to spend leisure time and enjoy yourself. So why not join in the Group Ukulele class and see what all the fuss is about! First timers get to try it for Free! You will be sure to want to sign up for the next program session! 6:30pm - 7:15pm

Wellness Chi Kung Demonstration - Fee Waived

Come and sit on the sidelines to see what Chi Kung all about. Chi Kung (energy work) balances and increases the body's energies and develops feelings of strength and wellbeing. Chi Kung uses the natural functions of your body to release stress, develop flexibility, stamina and coordination, and heals chronic joint and back problems. You might find yourself wanting to join this class! 6:00pm - 7:00pm.

WEDNESDAY, NOVEMBER 18, 2015

Aquafitness - Fee Waived

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Parent and Tot Skate - Fee Waived

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Adult/Older Adult Diners Club Lunch – Fee \$8.00 per person

Refuel your body for your active and busy schedule! Join Kim for a great lunch and social for only \$8.00. Every Wednesday, join us at the Active Living Centre for a very yummy lunch, including dessert, coffee and/tea and friendship! All are welcome to join in this weekly community event. Please RSVP by calling 705-789-6421 x 3022 on the Tuesday prior. 12:00pm - 1:00pm.

Adult/Older Adult Come for Cards & Play Bid Euchre! - Fee Waived

If you like to play cards, and specifically Bid Euchre, pop in and join this fun group of weekly card players. Don't know how to play Bid Euchre? No worries this fun energetic group will teach you! 1:00pm - 3:30pm

Adult/Older Adult Drop-in Table Tennis - Fee Waived

Table Tennis is a fun and fast paced game that is fun for any age! Pop in for a lively game of table tennis, or just come and watch. It is fun, friendly and the smiles are always the best part! 1:00pm - 3:30pm.

Leisure Swim – Fee required

Bring the family out for a Leisure Swim. We will have the toys and the slide ready to go! Swimmers must be able to pass the facility swim test before being allowed in the deep end. Children ages 7-10 who are able to pass the swim test may be admitted to the pool unaccompanied. All younger and non-swimmers must be accompanied, in the water, by an adult. 7:00pm - 8:30pm.

Adult Swim – Fee required

Adult Swim is a lap swim that is restricted to adults 18 years of age or older. 8:30pm - 9:30pm.

Fencing Demonstration - Fee Waived

Come and sit on the sidelines to see what the sport of Fencing is all about! You might find yourself wanting to join the group! Fencing is a challenging sport that emphasizes fitness and quickness of mind. The skill of fencing lies in the technique and not aggression. It is a great activity for kids and adults improving mental focus and body awareness. 5:00pm - 7:00pm.

THURSDAY, NOVEMBER 19, 2015

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Drum Circle - Fee Waived

Come and drum with Barry Bazza Hayward. A Drum Circle is a group of people sitting in a circle experiencing the spontaneous creation of music on a variety of drums and percussion instruments. A drum circle will enhance your experience through visual, auditory and kinesthetic ways of learning. You will enjoy it so much that you will want to register for the next classes! 6:30pm – 8:30pm.

LUNCH Bunch! Indoor Track Lunch Walk & Urban Poling Instruction - Fee Waived

Urban Poling (Nordic Walking) is one of Canada's fastest growing fitness activities. Come out to this Urban Poling Clinic and learn about the technique used. Sign-out or bring your own Urban Poles to the indoor track. Look for our volunteers in their True Sport Scarves if you have any questions about our Town of Huntsville Programs. 12:30pm - 1:30pm.

Adult/Older Adult Drop-in Pickleball - Fee Waived

Pop in for a lively game of Pickleball. It is catching on! Fun and great exercise, you don't need to know how to play or to bring your own equipment. 1:00pm - 2:30pm.

FRIDAY, NOVEMBER 20, 2015**Aquafitness - Fee Waived**

If you have been afraid to join aquafitness programs, this is a good time to give it a try! Come out all this week to any of the following: Body Blast, Jog and Spin, Aquafit, Joint Effort and Boot Camp H2O and Yoga. First timers get to try it for free. See the Aquatics Schedule on page 56 of the Leisure Guide for activity times.

National Jersey Day – No Fee

This year, Huntsville will once again be taking part in RBC Sports Day in Canada to celebrate the Power of Sport and physical activity! Wear your favourite jersey and support your team or just to celebrate Sport!

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Parent and Tot Skate - Fee Waived

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LUNCH Bunch! Indoor Track Lunch Walk – No Fee

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PA DAY Youth Skating - Fee Required

Bring the kids out for a PA DAY skate! Wear your favourite Jersey - it's National Jersey Day! Let's celebrate sport! Youth ages 12 and under must wear a helmet. Youth 7 years and younger must be accompanied by an adult (also on skates). 10:30am - 12:00pm.

PA DAY Youth Swimming - Fee Required

Bring the kids out for the PA Day swim. We will have the toys and the slide ready to go! Swimmers must be able to pass the facility swim test before being allowed in the deep end. Children ages 7-10 who are able to pass the swim test may be admitted to the pool unaccompanied. All younger and non-swimmers must be accompanied, in the water, by an adult. 1:00pm - 2:30pm.

Family Swim - Fee Required

Bring the family out for a swim. We will have the toys and the slide ready to go! Swimmers must be able to the facility swim test before being allowed in the deep end. All children and youth under the age of 16 must be accompanied by an adult. This makes this swim a little quieter than the leisure swim. 6:00pm - 7:00pm.

Leisure Swim - Fee Required

Bring the family out for a Leisure Swim. We will have the toys and the slide ready to go! Swimmers must be able to pass the facility swim test before being allowed in the deep end. Children ages 7-10 who are able to pass the swim test may be admitted to the pool unaccompanied. All younger and non-swimmers must be accompanied, in the water, by an adult. 7:00pm - 8:30pm.

Weekend Public Skate - Fee Waived

Wear your favourite Jersey on National Jersey Day and get free admission into Public Skate! What a great way to end the week! Get some exercise, have some fun with the family or your favorite special person! 7:30pm - 9:30pm.

SATURDAY, NOVEMBER 21, 2015

Mayor's Ice Challenge and Public Skate - Fee Waived

Join the Honourable Mayor Scott Aitchison at 12:00 noon for some fun on the ice. He will be taking challenges to ice races and obstacle course races! The fun continues with a public skate that runs from 12:00 -2:00pm.

Meet and greet the newest inductees in to the 80+ Hockey Hall of Fame in Ottawa.

Meet up with three local Shiny players who have recently been inducted into the 80+ Hockey Hall of fame in Ottawa. They want to encourage kids to stay active and keep those skates on as long as you can! Join: Bill Kennedy, Gerry Lannan and Watt Parsons for a skate, cookies and hot chocolate in celebration. 1:00pm - 2:00pm.

Good Sports Tour - Guided tour of the Sport Memorabilia Hall in the Canada Summit Centre

Take the tour and learn all about the history of Sport in Huntsville. 2:00pm - 2:30pm.

Leisure Swim - Fee Waived

Bring the family out for a Leisure Swim. We will have the toys and the slide ready to go! Swimmers must be able to pass the facility swim test before being allowed in the deep end. Children ages 7-10 who are able to pass the swim test may be admitted to the pool unaccompanied. All younger and non-swimmers must be accompanied, in the water, by an adult. 2:00pm - 4:00pm.

For More information, Contact:

Canada Summit Centre Customer Service Desk in person or by calling: 705-789-6421 x 3025.

Simone Babineau | Manager of Recreation & Leisure Services
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