

Municipality of Middlesex Centre **RECREATION GUIDE** Fall 2025



ABOUT

Discover a wide range of programs designed to enrich your lifestyle year-round. From tranquil yoga and energizing tai chi to exciting pickleball and engaging youth sports, there's something for everyone.

Browse our Fall Recreation guide, register online, and begin into your journey of wellness, fun, and community connection today.

Find your Fun!

CONTACT US

Need help with registration? Reach out to us anytime!

We also welcome your feedback on our current programs and encourage you to share ideas for new ones you'd love to see. Your input helps us grow and better serve our community—thank you.

Community Services Customer Service

519-601-8022 ext. 5110

General Program Inquiries:

recreation@middlesexcentre.ca

Accessibility: If you require this document or any of the enclosed charts and tables in an alternative format, please contact us at the address above.

FOLLOW US ON SOCIAL MEDIA

Follow us on social media to keep up to date with upcoming program offerings and updates.



Instagram: @middlesexcentre



Facebook: @MiddlesexCentre



X: @MiddlesexCentre

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PROGRAM LOCATIONS

1. Bryanston Community Centre

15321 Plover Mills Rd
Ilderton ON NOM 2A0

2. Ilderton Community Centre

13168 Ilderton Rd
Ilderton ON NOM 2A0

3. Ilderton Arena

13168 Ilderton Rd
Ilderton ON NOM 2A0

4. Coldstream Community Centre

10227 Ilderton Rd
Ilderton ON NOM 2A0

5. Komoka Community Centre

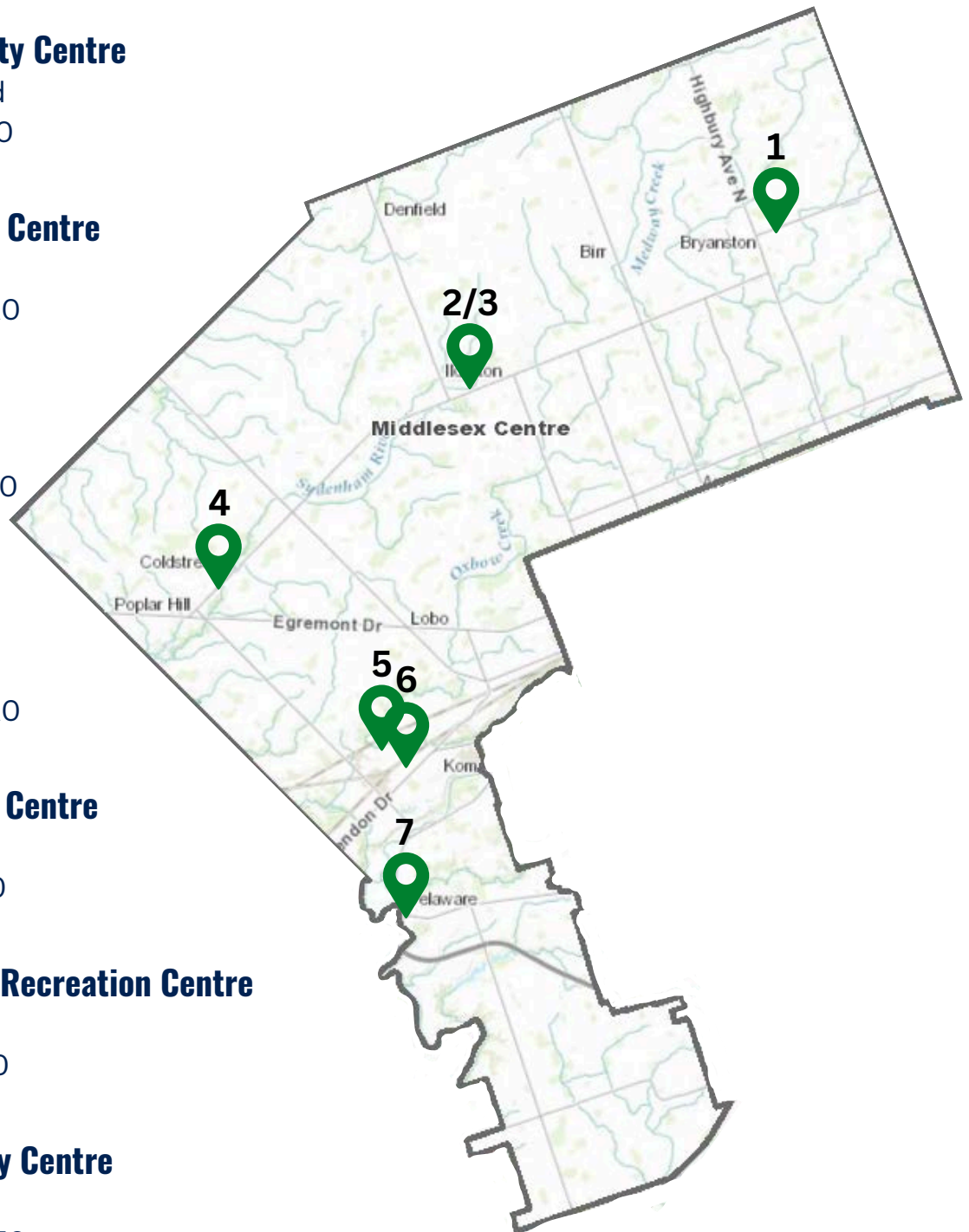
133 Queen St
Komoka ON NOL 1R0

6. Komoka Wellness & Recreation Centre

1 Tunks Ln
Komoka ON NOL 1R0

7. Delaware Community Centre

2652 Gideon Dr
Delaware ON NOL 1E0



Online Program Registration

www.middlesexcentre.ca/rec-programs

Fall Recreation Programs

Registration opens **August 8, 2025, at 7:00 a.m.**

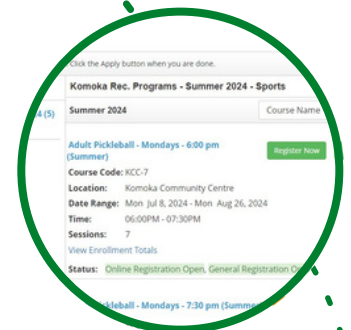
See program start dates below.

How to Register

- ✓ Visit www.middlesexcentre.ca.
- ✓ Hover over the "Recreation" tab, then click on "Recreation & Fitness Programs".
- ✓ Click on the "Register for Recreation Programs" button.
- ✓ Either login or create your own Univerus account.
- ✓ Once logged in, select the "Courses" tab.
- ✓ Click on a "Course Subcategory" within the "Course Category" to view offered courses.
- ✓ Click on the "View Details" button to view course details.
- ✓ Click the "Register Now" button to enroll in the course. If your account has family members added the "Participant Selection" screen will be displayed (otherwise the "Shopping Cart" screen is displayed). Select the participant name(s) from your account that you wish to enroll into the selected course and click the "Continue" button.
- ✓ To register for additional courses, click on the "Keep Shopping" button from the "Shopping Cart" screen or click the "Process Payment" button to proceed to the "Process Payment" screen to complete your registration purchase. You may have to agree to "Terms of Service" documents before proceeding to payment.
- ✓ Once you have successfully completed the payment transaction a receipt will be displayed with complete details about the course registration(s) you have made and a confirmation email will be sent to you.

Assistance Registering

- ✓ If you require assistance accessing or creating a Univerus account, please call Community Services Customer Service at 519-601-8022 ext. 5110 or email recreation@middlesexcentre.ca.



Ilderton Youth Centre

Programs and Activities

Drop-in Sessions: Enjoy ping pong, air hockey, games, crafts, and more. Special themes and activities are featured throughout the week to keep things exciting.

Special Programs: We offer a variety of registered sports and arts programs throughout the year. Our programs, ranging from baking and volleyball to theatre, provide youth with opportunities to explore new interests and build meaningful friendships. The centre is operated in partnership with BGC London. For program details, dates, and pricing, please visit the BGC London website at bgclondon.ca.

Location: Ilderton Arena - Youth Centre Room (second floor), 13168 Ilderton Rd, Ilderton.



Kids Indoor Soccer

In partnership, Middlesex Centre and the Ilderton & District Soccer Club are offering Indoor Soccer Skills Development programs. Learn and improve your soccer skills with a focus on participation, personal bests, and sportsmanship. Instruction will cover skills and drills such as ball handling, shooting, passing, and positional play.

Dates	Day	Times	Sessions	Fees
Komoka Community Centre: Co-ed - Ages 6-8				
Oct 7-Dec 16	Tue	6:00-6:45pm	11	\$88.00+HST
Komoka Community Centre: Girls - Ages 9-12				
Oct 7-Dec 16	Tue	6:45-7:30pm	11	\$88.00+HST
Komoka Community Centre: Boys - Ages 9-12				
Oct 7-Dec 16	Tue	7:30-8:15pm	11	\$88.00+HST



Komoka Youth Centre

Come and join the fun at the Komoka Youth Centre (KYC)! This centre is run in partnership with the Middlesex Centre YMCA. KYC offers programs designed for youth aged 9 to 17. It's a place to connect with friends, have fun, and grow in new ways. Whether it's through gaming, air hockey, or specialized programs like sports drop-ins, art classes, and leadership training, the KYC is a place for youth to learn new skills and make a difference in their community.

Programs and Activities

Drop-in Sessions offer air hockey, video games, crafts and more. Depending on the day, there may be special themes or activities. Drop-in sessions are offered on Monday, Wednesdays, and Fridays from 6:00 p.m. - 9:00 p.m. The sessions are free of charge. Youth under 10 must be accompanied by a parent or guardian.

Location: Komoka Community Centre - Youth Centre Room, 133 Queen St, Komoka. **Closed from September 1-21, 2025.**

The Komoka Youth Centre is made possible through a grant from the Canada Healthy Communities Initiative, funded by the Government of Canada.



Pickleball 18+

Join us for an exciting opportunity to play pickleball in a group setting! Those aged 18+ and all skill levels are invited to participate. Players will be grouped together for recreational games. Each session lasts 1.5 hours and focuses on enjoying the sport together, with no formal instruction provided. Come join the fun on the court.

Dates	Day	Times	Sessions	Fees
Komoka Community Centre - Beginner				
Sept 25-Oct 30	Thu	6:00-7:30pm	6	\$48.00+HST
Nov 6-Dec 18	Thu	6:00-7:30pm	7	\$56.00+HST

Komoka Community Centre - All Levels

Sept 22-Nov 3	Mon	6:00-7:30pm	6	\$48.00+HST
Sept 24-Oct 29	Wed	6:00-7:30pm	6	\$48.00+HST
Sept 24-Oct 29	Wed	7:30-9:00pm	6	\$48.00+HST
Sept 25-Oct 30	Thu	7:30-9:00pm	6	\$48.00+HST
Nov 10-Dec 15	Mon	6:00-7:30pm	6	\$48.00+HST
Nov 5-Dec 17	Wed	6:00-7:30pm	7	\$56.00+HST
Nov 5-Dec 17	Wed	7:30-9:00pm	7	\$56.00+HST
Nov 6-Dec 18	Thu	7:30-9:00pm	7	\$56.00+HST

***No session on Oct 13**

Komoka Community Centre - Advanced

Sept 22-Nov 3	Mon	7:30-9:00pm	6	\$48.00+HST
Nov 10-Dec 15	Mon	7:30-9:00pm	6	\$48.00+HST

***No session on Oct 13**

Delaware Community Centre - All Levels

Sept 16-Oct 28	Tue	6:00-7:30pm	7	\$56.00+HST
Sept 16-Oct 28	Tue	7:30-9:00pm	7	\$56.00+HST
Nov 4-Dec 16	Tue	6:00-7:30pm	7	\$56.00+HST
Nov 4-Dec 16	Tue	7:30-9:00pm	7	\$56.00+HST



Recreational Volleyball 18+

Looking to get active, meet new people, and enjoy some friendly competition? Our Adult 18 + Recreational Volleyball Program offers a relaxed and welcoming environment for players of all skill levels to come together and enjoy the game. With minimal instruction and a focus on fun, this program is perfect for those who want to play casually, stay fit, and have a good time.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
Sept 21-Dec 14	Sun	6:00-8:00pm	12	72.00+HST

NEW!

***No session on Nov 16**



Badminton 18+

Join us for an exciting opportunity to play badminton in a group setting! Adults aged 18+ of all skill levels are welcome to participate. Players will be grouped for recreational games, making it a great way to stay active and enjoy the sport with others. Each session focuses on friendly play, with no formal instruction provided.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre - Beginner				
Sept 18-Oct 23	Thu	6:00-7:30pm	6	\$36.00+HST
Nov 6-Dec 18	Thu	6:00-7:30pm	7	\$42.00+HST

NEW!

Delaware Community Centre - Advanced

Sept 18-Oct 23	Thu	7:30-9:30pm	6	\$36.00+HST
Nov 6-Dec 18	Thu	7:30-9:30pm	7	\$42.00+HST

NEW!

Delaware Community Centre - Family (Ages 8+)

Sept 21-Dec 14	Sun	1:00-3:00pm	13	\$6.00+HST
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NEW!

***Family badminton is pay per person per session.**

***No session on Nov 16**

Chair Fit

Chair Fit is a low-impact fitness class designed to improve strength, flexibility, and mobility while seated. Perfect for beginners or those with limited mobility, participants perform a series of seated exercises that target key muscle groups, enhance balance, and promote overall well-being. Chair Fit is for individuals age 18+, offering a safe and effective way to stay active and energized without the need to stand or lie down.

Dates	Day	Times	Sessions	Fees
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Ilderton Community Centre

Sept 4-Oct 30 Thu 9:30-10:15am 7 \$56.00+HST

***No session on Sept 11 and Sept 25**

Movement & Mobility

Movement & Mobility is a gentle, inclusive exercise program designed for adults of all fitness levels to support and enhance mobility. Through guided physical movement while standing or seated, the class emphasizes range of motion, stability, flexibility, balance, and strength to help maintain independence and improve overall well-being.

Dates	Day	Times	Sessions	Fees
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Bryanston Community Centre

Sept 9-Oct 28 Tue 10:00-10:45am 7 \$56.00+HST

Nov 4-Dec 16 Tue 10:00-10:45am 6 \$48.00+HST

***No sessions on Sept 30 and Nov 11**

Ilderton Community Centre

Sept 8-Oct 27 Mon 7:30-8:15pm 6 \$48.00+HST

Nov 3-Dec 15 Mon 7:30-8:15pm 7 \$56.00+HST

***No session on Sept 15 and Oct 13**



Low Impact Fitness

Low Impact Fitness is designed to support healthy aging through safe, effective physical activity in a 60-minute group class. Led by Canadian Centre for Activity and Aging-certified (CCAA-certified) instructors, each class focuses on improving strength, cardiovascular health, flexibility, mobility, and balance. The program is ideal for individuals who are new to exercise or have experienced changes in mobility or overall fitness.

Dates	Day	Times	Sessions	Fees
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Komoka Community Centre

Sept 25-Oct 30 Thu 9:00-10:00am 6 \$36.00+HST

Nov 6-Dec 11 Thu 9:00-10:00am 6 \$36.00+HST

Fitness Boot Camp

The 6-Week Boot Camp Fitness Program is a fun, high-energy workout plan that mixes strength, cardio, and core exercises into 60-minute sessions using dumbbells, resistance bands, and mats. Each week has a new focus, from building strength to improving cardio and balance, ending with a full-body challenge. Designed for all fitness levels, the program includes adjustable circuits and group motivation to keep you going.

Dates	Day	Times	Sessions	Fees
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Delaware Community Centre

Sept 14-Oct 26 Sun 9:00-10:00am 6 \$48.00+HST

Nov 2-Dec 14 Sun 9:00-10:00am 6 \$48.00+HST

***No session on Sept 28 and Nov 16**

Line Dancing

Line Dancing is fun, and everyone can do it. These classes are a great chance to learn some new moves on the dance floor. We dance to a variety of music and start with basic steps that are easy to follow. Line dancing is great for increased fitness and body movement, brain stimulation, memory improvement, and social interaction.

Dates	Day	Times	Sessions	Fees
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Ilderton Community Centre - Level 1

Sept 9-Dec 2 Tue 9:30-11:00am 11 \$66.00+HST

***No session on Sept 16 and Sept 30**

Ilderton Community Centre - Level 2

Sept 9-Dec 2 Tue 11:00-12:30pm 11 \$66.00+HST

***No session on Sept 16 and Sept 30**



Chair Yoga

Chair Yoga is one of the gentlest forms of yoga. This class is perfect for participants who want to experience the many benefits of yoga without having to get up and down from the floor.

Dates	Day	Times	Sessions	Fees
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Delaware Community Centre

Sept 11-Oct 23 Thu 6:00-6:50pm 7 \$56.00+HST

Nov 6-Dec 18 Thu 6:00-6:50pm 7 \$56.00+HST

Komoka Community Centre

Sept 26-Oct 31 Fri 10:15-11:15am 6 \$48.00+HST

Nov 7-Dec 19 Fri 10:15-11:15am 7 \$56.00+HST



All Levels Yoga

This class will introduce yoga poses with breath work for a full body, mind and breathing experience. Please bring a yoga mat to class. This is an introductory class is fun for everyone 18+ and all fitness levels.

Dates	Day	Times	Sessions	Fees
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Bryanston Community Centre

Sept 11-Oct 23 Thu 6:30-7:30pm 7 \$56.00+HST

Oct 30-Dec 11 Thu 6:30-7:30pm 7 \$56.00+HST

Coldstream Community Centre

Sept 10-Oct 22 Wed 10:30-11:30am 7 \$56.00+HST

Nov 5-Dec 17 Wed 10:30-11:30am 7 \$56.00+HST

Delaware Community Centre

Sept 11-Oct 23 Thu 7:00-7:50pm 7 \$56.00+HST

Nov 6-Dec 18 Thu 7:00-7:50pm 7 \$56.00+HST

Komoka Community Centre

Sept 26-Oct 31 Fri 9:00-10:00am 6 \$48.00+HST

Nov 7-Dec 19 Fri 9:00-10:00am 7 \$56.00+HST



Pilates

Our program is perfect for adults and older adults of any skill level or abilities who are curious about this dynamic fitness method. Pilates focuses on strengthening core muscles, improving flexibility, and enhancing overall body alignment.

Dates	Day	Times	Sessions	Fees
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Coldstream Community Centre

Sept 10-Oct 22	Wed	9:30-10:30am	7	\$56.00+HST
Nov 5-Dec 17	Wed	9:30-10:30am	7	\$56.00+HST

Delaware Community Centre

Sept 11-Oct 23	Thu	8:00-8:50pm	7	\$56.00+HST
Nov 6-Dec 18	Thu	8:00-8:50pm	7	\$56.00+HST

Ilderton Community Centre

Sept 8-Oct 27	Mon	6:30-7:30pm	6	\$48.00+HST
Nov 3-Dec 15	Mon	6:30-7:30pm	7	\$56.00+HST

***No session on Sept 15 and Oct 13**

Komoka Community Centre

Sept 24-Oct 29	Wed	9:00-10:00am	6	\$48.00+HST
Nov 5-Dec 17	Wed	9:00-10:00am	6	\$48.00+HST

***No session on Dec 10**



Baby & Me Pilates

This program is for parents and babies 8 weeks to 12 months old. Strengthen your core with Pilates moves that incorporate your baby and enjoy gentle yoga to ease sore muscles. Connect with other parents and take time for self-care in a welcoming environment.

Dates	Day	Times	Sessions	Fees
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Komoka Wellness Centre

Sept 9-Oct 21	Tue	9:30-10:15am	6	\$48.00+HST
Nov 4-Dec 2	Tue	9:30-10:15am	5	\$40.00+HST

***No session on Sept 30**

Chair Pilates

Chair Pilates is a gentle yet effective fitness class designed for adults of all skill levels and abilities. Using a chair for support, this class focuses on building core strength, improving flexibility, enhancing balance, and promoting better posture, all without the need to get on the floor.

Dates	Day	Times	Sessions	Fees
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Komoka Community Centre

Sept 24-Oct 29	Wed	10:15-11:00am	6	\$48.00+HST
Nov 5-Dec 17	Wed	10:15-11:00am	6	\$48.00+HST

***No session on Dec 10**



Tai Chi

The Canadian Tai Chi Academy teaches the 108-move Tai Chi set as developed by Master Moy Lin-shin. This is a Yang Style set Master Moy modified to maximize the health benefits of this ancient Chinese art. Each week, our Tai Chi classes provide students with the opportunity to learn the movements of the Tai Chi set from an Academy instructor.

Dates	Day	Times	Sessions	Fees
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Ilderton Community Centre - Introduction (Level 1)

Oct 2-Dec 18	Thu	1:00-3:00pm	11	\$80.00+HST
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***No session on Nov 20**

Ilderton Community Centre - Foundations (Level 2)

Oct 2-Dec 18	Thu	3:00-4:30pm	11	\$80.00+HST
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***No session on Nov 20**

Komoka Community Centre - Introduction (Level 1)

Sept 22-Dec 15	Mon	1:00-3:00pm	12	\$88.00+HST
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***No session on Oct 13**

Mixed Media Arts

Explore the creative possibilities of mixed media in this dynamic 7-week course. Students will develop foundational art skills while experimenting with various techniques including collage, texture, mark making, and pastel transfer.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre <i>NEW!</i>				
Sept 2-Oct 21	Tue	1:00-2:30pm	7	\$70.00+HST
*No session on Sept 16				

Komoka Community Centre				
Sept 23-Nov 4	Tue	10:30-12:00pm	7	\$70.00+HST

Loose Watercolour Painting

Explore the beauty of watercolour in this six-week course. Each session focuses on a different subject, from still life and florals to landscapes and seascapes, while teaching key techniques like washes, lifting, texturing, and preserving whites. Students will gradually build skills in colour theory, composition, and balancing loose and detailed painting styles.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Oct 28-Dec 2	Tue	1:00-2:30pm	6	\$60.00+HST

Komoka Community Centre				
Nov 11-Dec 16	Tue	10:30-12:00pm	6	\$60.00+HST



Pottery Making Workshop

Get creative with clay in this hands-on pottery workshop focused on hand-building techniques! Participants will learn the fundamentals of shaping clay using methods like pinching, hand building and slab rolling, as well as exploring various underglaze painting techniques to create their own unique ceramic pieces. Once your creations are finished, they will be sent to be fired in a kiln. A few weeks later, you'll receive your completed, one-of-a-kind piece of pottery, ready to take home and enjoy! *NEW!*

Dates	Day	Times	Sessions	Fees
Komoka Wellness Centre - London Life Rooms (2nd Floor)				
Sept 27	Sat	2:00-4:00pm	1	\$65.00+HST
Oct 18	Sat	2:00-4:00pm	1	\$65.00+HST
Nov 8	Sat	2:00-4:00pm	1	\$65.00+HST

Modern Improv Quilting

This 8-week class is a great next step for beginners with some basic quilting experience who are interested in exploring improvisational quilting. Instead of following a set pattern, you'll learn how to create modern quilt blocks using a variety of techniques that encourage flexibility and creative decision-making. The class focuses on building skills week by week, helping you gain confidence in designing and assembling a unique quilt top. Along the way, you'll experiment with color, composition, and different piecing methods in a supportive, hands-on environment.

Dates	Day	Times	Sessions	Fees
Komoka Community Centre <i>NEW!</i>				
Oct 7-Dec 2	Tue	1:00-3:00pm	8	\$80.00+HST

Ilderton Fair Crafting Social

Get creative and connect with fellow makers at the Ilderton Fair Crafting Social! In partnership with the Ilderton Agricultural Society, these casual, social sessions are open to anyone interested in working on their arts and crafts submissions for the 2025 Ilderton Fair. Bring your projects, share ideas, and enjoy a welcoming space to create and be inspired.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Sept 3	Wed	1:00-3:00pm	1	FREE
Sept 3	Wed	5:30-8:30pm	1	FREE
Sept 8	Mon	1:00-3:00pm	1	FREE
Sept 17	Wed	1:00-3:00pm	1	FREE
Sept 18	Thu	5:30-8:30pm	1	FREE

NEW!



Create A Pollinator Garden

The Municipality, in partnership with the Middlesex Centre Pollinator Team, invites you to a hands-on program designed to help you build your own pollinator-friendly garden at home. Through four engaging lessons, you'll learn about the vital role of native plants, how to avoid invasive species, how to design a garden suited to your space, and how to collect seeds and start winter sowing. Participants will leave with practical knowledge and a winter sowing kit to get started!

Dates	Day	Times	Sessions	Fees
Komoka Wellness Centre - London Life Rooms (2nd Floor)				
Oct 2-Oct 23	Thu	6:30-7:30pm	4	\$24.00+HST

NEW!

Sourdough Making Workshop

Join us for a delightful two-hour sourdough bread-making workshop! Whether you're a beginner or looking to refine your skills, this hands-on session will guide you through the art of crafting your own sourdough loaf. A starter will be provided, so you can dive right in. Participants are asked to bring a large bowl and a tea towel from home. Come ready to knead, shape, and create your own dough, which you'll take home to bake in your own oven.

Allergy Notice: Active starter, bread flour and sea salt will be used in this program. Those with allergies to the ingredients listed are not permitted to participate.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
Sept 29	Mon	6:00-8:00pm	1	\$14.00+HST
Nov 3	Mon	6:00-8:00pm	1	\$14.00+HST

Ilderton Community Centre				
Oct 1	Wed	6:00-8:00pm	1	\$14.00+HST
Nov 19	Wed	6:00-8:00pm	1	\$14.00+HST

Komoka Community Centre				
Oct 23	Thu	6:00-8:00pm	1	\$14.00+HST
Dec 4	Thu	6:00-8:00pm	1	\$14.00+HST



Nutrition Workshop

This interactive workshop serves up solid, up-to-date nutritional guidance with a sprinkle of practical tips and tricks for everyday life. We'll explore a variety of approaches to healthy eating, offering actionable insights for all.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Nov 5	Wed	6:30-7:30pm	1	FREE
Komoka Community Centre				
Oct 28	Tue	6:30-7:30pm	1	FREE

NEW!

Reducing the Risk

Over the course of three 2-hour sessions, you will learn about the various dementia risk factors and the important lifestyle tips and strategies that can reduce the risk of dementia.

A wide range of brain health topics will be covered including brain exercises, healthy eating, physical activity, managing stress, and much more. It's never too early or too late to start taking steps towards a healthier lifestyle and a brighter, more vibrant future! This program is a collaborative effort between Middlesex Centre and Alzheimer's Society Southwest Partners

Dates	Day	Times	Sessions	Fees
Komoka Community Centre				
Oct 22-Nov 5	Wed	2:00-4:00pm	3	FREE



Fraud Prevention Workshop

Learn how to protect yourself from falling victim to some of the most prevalent methods used by fraudsters. Scams are everywhere, but with the right tools and tips you can equip yourself to recognize them and prevent your hard-earned money from being taken. This free one-hour session will be facilitated by Middlesex County OPP Community Safety Officer, Jeff Hare.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Oct 22	Wed	1:00-2:00pm	1	FREE
Komoka Community Centre				
Nov 19	Wed	10:00-11:00am	1	FREE

Middlesex Centre is grateful to receive support from the Government of Ontario's Seniors Active Living Centre (SALC) program, which enhances recreational opportunities for older adults and seniors. To see which programs are supported through SALC, visit middlesexcentre.ca/rec-programs



Cornhole League

Join us for our weekly adult Drop-In Cornhole League & Social. A fun, casual way to enjoy the classic lawn game indoors with friends old and new! Whether you're a seasoned player or just tossing for fun, all skill levels are welcome. No commitment required, just show up, pair up, and play.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
Sept 14-Dec 14	Sun	10:30-12:00pm	12	FREE
*No session on Sept 28 and Nov 16				

NEW!



Living Life with Chronic Pain

Discover practical tools to manage chronic pain in this interactive 6-week education series designed for individuals living with pain or those caring for someone who is. Each session explores essential skills such as mindful breathing, gentle movement, meditation, and effective communication with healthcare providers. Learn strategies to improve sleep, manage medications and symptoms, reduce inflammation, and handle fatigue and pain. You'll also gain valuable decision-making and problem-solving techniques to support long-term self-care. Join us to build confidence and take control of your health journey.

Dates	Day	Times	Sessions	Fees
Bryanston Community Centre				
Sept 10-Oct 15	Wed	1:00-3:30pm	6	FREE

NEW!

Public Skating

Komoka Wellness Centre: Sept 2 - Dec 19, 2025

Ilderton Arena: Oct 1-Dec 19, 2025

Arena Closures: Sept 1, Sept 30 and Oct 13

Public Skating

For all to enjoy! Pucks, hockey sticks or equipment on the ice surface is prohibited.

\$5.00 per person; \$4.00 for those 55+.

- Komoka, Saturdays, 1:00-1:50pm
 - No Skating: Oct 18 & 25
- Ilderton, Sundays, 12:30-1:20pm.

Adult & Preschool Skate

For children 6 years and under and their caregivers.

Strollers and skate aids are permitted on the ice.

Children must be accompanied by an adult (18+).

No Charge for Adult & Preschool Skate.

- Komoka, Wednesdays, 11:15-12:05am
- Ilderton, Thursdays, 11:00-11:50am

Adult Skate (18+)

For adults 18 years or older. Pucks, hockey sticks or equipment on the ice surface is prohibited.

\$5.00 per person; \$4.00 for those 55+.

- Komoka, Mondays, 10:30-11:20am & Wednesdays, 10:00-10:50am
 - No Skating: Oct 13
- Ilderton, Tuesdays & Fridays, 10:00-10:50am

PA Day Public Skate – Oct 10 & Nov 14

For all to enjoy! Pucks, hockey sticks or equipment on the ice surface is prohibited.

\$5.00 per person; \$4.00 for those 55+.

- Komoka, 1:15-2:05pm
- Ilderton, 1:00-1:50pm

Thank You Sponsors!

We are excited to offer free public skating on select dates throughout the year and on special holidays thanks to local sponsors!

To see what skates are sponsored and who sponsored them, visit our **Recreational Skating** page at www.middlesexcentre.ca/skating.



Pick-Up Hockey (Shinny)

Komoka Wellness Centre: Sept 2 - Dec 19, 2025

Ilderton Arena: Oct 1-Dec 19, 2025

Arena Closures: Sept 1, Sept 30 and Oct 13

Adult & Preschool Shinny

Provides an opportunity for parents to teach hockey skills to children 6 years old and under. No slap shots, wrist shots or any aggressive forms of play. Children must be accompanied by an adult (18+).

\$6.00 per person.

- Komoka, Mondays, 11:15-12:05pm (starting Oct 6)
 - No Shinny: Oct 13
- Ilderton, Wednesdays, 11:00-11:50am

Adult & Child Shinny

Provides an opportunity for parents to teach hockey skills to children 7 – 10 years. No slap shots, wrist shots or any aggressive forms of play. Children must be accompanied by an adult (18+).

\$6.00 per person.

- Komoka, Fridays, 4:00-4:50pm
 - No Skating: Oct 24
- Ilderton, Thursdays, 4:00-4:50pm

Adult Shinny

Self-organized, non-contact hockey for adults 18 years or older. Full equipment is recommended.

\$6.00 per person.

- Komoka, Wednesdays, 8:15-9:35am
- Ilderton, Wednesdays, 8:30-9:50am

55+ Shinny

Self-organized, non-contact hockey for adults 55 years or older. Full equipment is recommended.

\$6.00 per person.

- Komoka, Mondays, 8:15-9:35am
 - No Skating: Oct 13

Become a Program Instructor

Do you have a passion you are looking to turn into a recreation leadership position? Middlesex Centre is looking for new program instructors to lead new programs and create positive experiences for participants. Teach what you love, when you want to, close to home. If you think this opportunity is right for you, please complete an interest form online at www.middlesexcentre.ca/rec-programs or in-person at the **Komoka Wellness Centre**, 1 Tunks Lane, Komoka.

Partner With Us

Third-party partnerships play a key role in helping Middlesex Centre deliver high-quality, specialized programs that reflect our community's evolving needs and interests. These collaborations enhance engagement, spark innovation, and bring unique expertise to our offerings.

We're committed to growing these valuable relationships and exploring new opportunities to better serve our residents, and we invite you to be part of the journey.

Why Partner With Us?

- Secure a unique opportunity to reach a wide demographic of individuals.
- Expand your brand's reach and impact.
- Increase brand recognition and credibility.
- Gain marketing and promotional support across various platforms and outlets.
- Work out of conveniently located community centres throughout the municipality.
- Enjoy a stable partnership with the Municipality with dedicated staff to plan and support.
- Support the well-being and quality of life of residents.

Minimum Requirement for Partnerships

- Commercial General Liability Insurance of \$2 million (with the requirement that the Municipality of Middlesex Centre be listed as an additional insured on the policy)
- Standard First Aid & CPR C certifications from each program leader.
- Police Vulnerable Sector Check may be requested based on the program being led.

Exploring New Opportunities

We continuously seek new partnerships that will allow us to expand into exciting new areas and are particularly interested in hearing from those who specialize in delivering niche programming in:

- **Fitness:** Pilates, Cardio, Karate, etc.
- **Arts:** Music, Theatre, Visual Arts, etc.
- **STEM:** Robotics, Experiments, etc.
- **Sports:** Volleyball, Basketball, Floor Hockey, etc.

Connect with us!

1. Please send an email to recreation@middlesexcentre.ca with a detailed introduction of your organization, the unique programs you offer, and the types of partnership opportunities you're interested in pursuing.
2. Once we receive your email, our staff will reach out to discuss the potential collaboration in more detail.
3. If the proposed programming aligns with our goals, we'll move forward with a formal agreement outlining the partnership terms, roles, and responsibilities.
4. With the agreement in place, we'll work together to launch the program — including marketing efforts and ongoing collaboration to support its success.

Featured Partners

