

Municipality of Middlesex Centre

RECREATION GUIDE

FALL 2026



middlesex
centre
in the centre of it all

ABOUT

Discover a wide range of programs designed to enrich your lifestyle year-round. From tranquil yoga and energizing tai chi to exciting pickleball, 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.

Recreation Customer Service

519-601-8022 ext. 5110

General Program Inquiries:

recreation@middlesexcentre.ca

Accessibility: If you require this document in an alternative format, please contact us at the address above.

KEEP UP TO DATE

Follow us on social media to stay informed about new programs, registration dates and recreation 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

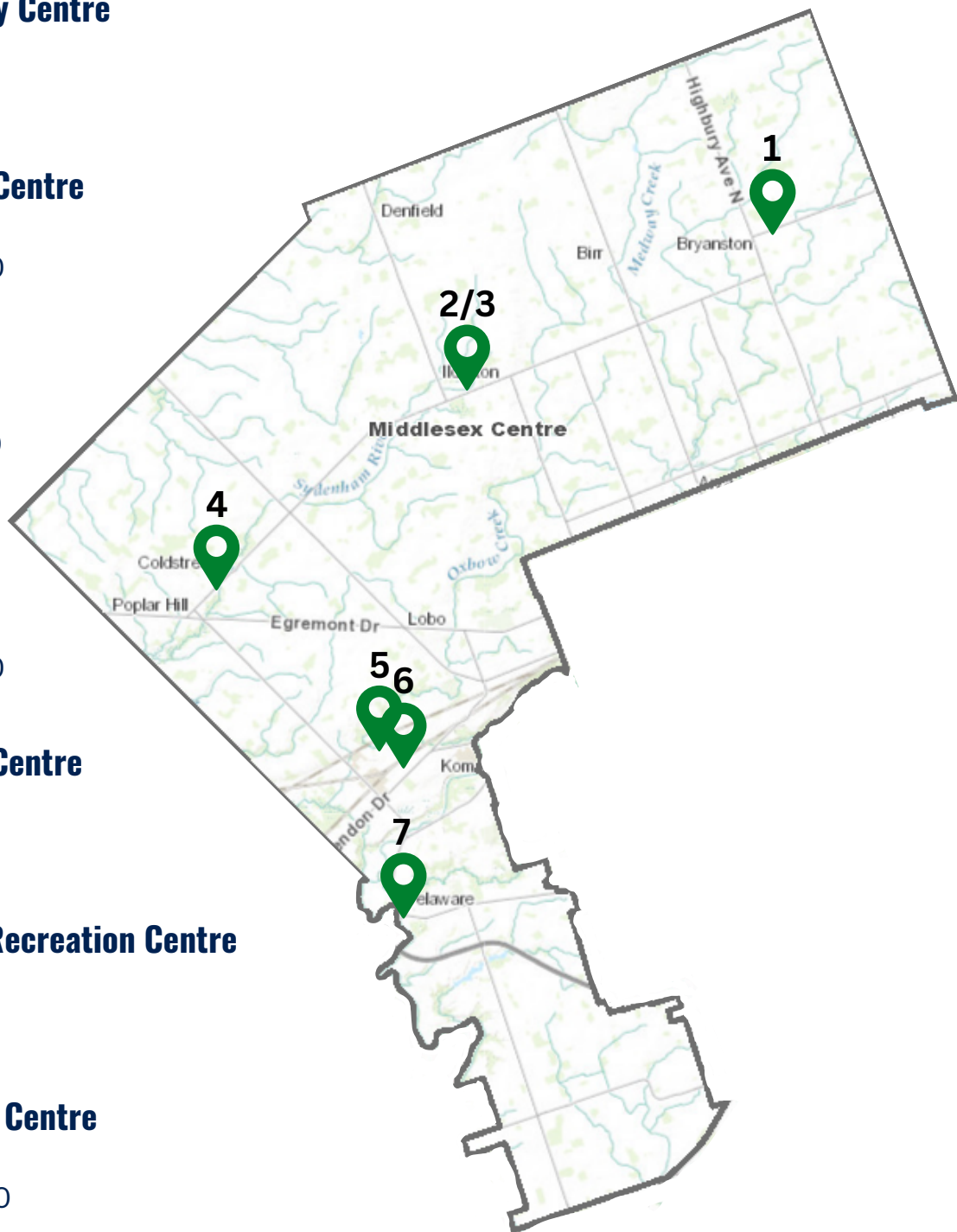
133 Queen St
Komoka ON NOL 1R0

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

RECREATION PROGRAMS

Registration opens **August 12, 2026, at 7:00 a.m.**

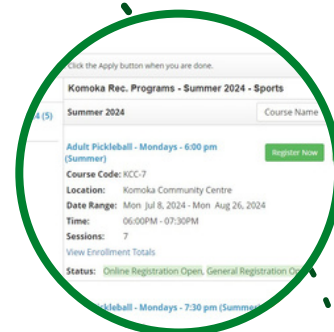
See program dates in pages that follow.

How to Register

- ✓ Visit www.middlesexcentre.ca/rec-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.



KIDS & YOUTH PROGRAMS

Ilderton Youth Centre

Programs and Activities

Special Programs: The Ilderton Youth Centre offers a variety of registered sports and arts programs throughout the year. From baking and gymnastics to theatre and more, these programs give youth the opportunity to explore new interests, develop new skills, and build meaningful friendships. The centre is operated in partnership with BGC London. For program details, schedules, and registration fees, visit the BGC London website at bgclondon.ca/rural.

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



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. The KYC offers programs 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 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.

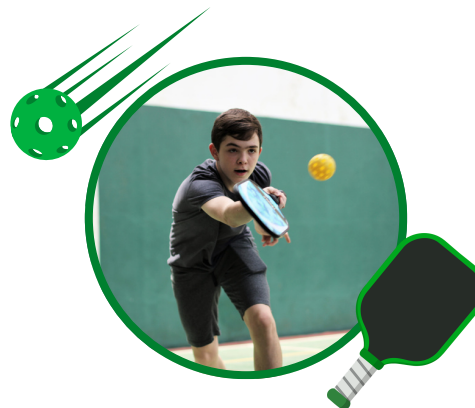
Location: Komoka Community Centre - Youth Centre Room, 133 Queen St, Komoka.



Kids' Pickleball

Our Kids' Pickleball program is an exciting introductory program designed for kids aged 7 to 13. This fun-filled course will teach the basics of pickleball through engaging games, skill-building drills, and friendly competition. Kids will learn the fundamental rules, improve their coordination, and develop key skills like serving, returning, and rallying, all while having a blast. The program also emphasizes teamwork, sportsmanship, and fitness, giving kids the opportunity to enjoy the sport while building confidence on the court.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
Sep 10-Oct 29	Thu	5:00-5:50pm	8	\$64.00
Nov 5-Dec 17	Thu	5:00-5:50om	7	\$56.00
Komoka Community Centre				
Sep 9-Oct 28	Wed	5:00-5:50pm	8	\$64.00
Nov 4-Dec 16	Wed	5:00-5:50pm	7	\$56.00



KIDS & YOUTH PROGRAMS

Dance

Check out all the different styles of dance we'll be offering this fall! Each class provides a fun and supportive environment where dancers can build confidence while learning the movements and techniques that correspond with their dance style. Participants will develop coordination, creativity, and self-expression as they progress throughout the session. Class descriptions are available online. The final class on December 16 will be an open house, giving dancers the opportunity to showcase what they've learned for family and friends.

New!

Dates	Day	Times	Sessions	Fees
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Ilderton Community Centre:

Early Childhood Dance - Ages 3-5

Sep 9-Dec 16	Wed	5:30-6:15pm	13	\$182.00
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***No session Sep 30 & Oct 21**

Ilderton Community Centre:

Mini Ballet / Jazz - Ages 5-7

Sep 9-Dec 16	Wed	6:15-7:15pm	13	\$182.00
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***No session Sep 30 & Oct 21**

Ilderton Community Centre:

Jr Jazz / Hip Hop - Ages 8-11

Sep 9-Dec 16	Wed	7:15-8:15pm	13	\$182.00
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***No session Sep 30 & Oct 21**

Ilderton Community Centre:

Contemporary - Ages 11-15

Sep 9-Dec 16	Wed	8:15pm-9:15pm	13	\$182.00
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***No session Sep 30 & Oct 21**



Indoor Soccer

Middlesex Centre and the Ilderton & District Soccer Club are offering soccer skills development programs for players looking to build their confidence and improve their game in a fun and supportive environment.

Instruction will focus on fundamental skills and drills, including ball handling, shooting, passing, dribbling, and positional play. Participants will have the opportunity to develop their technique, improve teamwork and game awareness, and apply their skills through engaging activities and practice.

Dates	Day	Times	Sessions	Fees
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Komoka Community Centre: Co-ed - Ages 6-8

Sep 22-Nov 24	Tue	6:00-6:45pm	10	\$80.00
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Komoka Community Centre: Girls - Ages 9-12

Sep 22-Nov 24	Tue	6:45-7:30pm	10	\$80.00
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Komoka Community Centre: Boys - Ages 9-12

Sep 22-Nov 24	Tue	7:30-8:15pm	10	\$80.00
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Beginner Pickleball

This is a great opportunity to learn the game of pickleball. For those age 18+ who consider themselves beginner level pickleball players. Participants will be split into groups to play games together. The games are recreational and for fun.

Dates	Day	Times	Sessions	Fees
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Komoka Community Centre

Sept 3-Oct 29	Thu	6:00-7:30pm	9	\$72.00+HST
Nov 5-Dec 17	Thu	6:00-7:30pm	7	\$56.00+HST



All Levels Pickleball

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
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Delaware Community Centre

Sept 10-Oct 29	Thu	6:00-7:30pm	8	\$64.00+HST
Nov 2-Dec 14	Thu	6:00-7:30pm	7	\$56.00+HST

Komoka Community Centre

Sept 14-Oct 26	Mon	6:00-7:30pm	6	\$48.00+HST
Sept 2-Oct 28	Wed	6:00-7:30pm	8	\$64.00+HST
Sept 2-Oct 28	Wed	7:30-9:00pm	8	\$64.00+HST
Sept 3-Oct 29	Thu	7:30-9:00pm	9	\$72.00+HST
Nov 2-Dec 14	Mon	6:00-7:30pm	7	\$56.00+HST
Nov 4-Dec 16	Wed	6:00-7:30pm	7	\$56.00+HST
Nov 4-Dec 16	Wed	7:30-9:00pm	7	\$56.00+HST
Nov 5-Dec 17	Thu	7:30-9:00pm	7	\$56.00+HST

***No sessions on Sept 30 & Oct 12**



Advanced Pickleball

This is a great opportunity to play pickleball with a group! It's designed for players aged 18 and older who consider themselves advanced. Participants will be split into groups to play games together. These games are more competitive than our "All Levels Pickleball" sessions, but still focused on having fun.

Dates	Day	Times	Sessions	Fees
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Delaware Community Centre

Sept 8-Oct 27	Tue	6:00-7:30pm	8	\$64.00+HST
Sept 8-Oct 27	Tue	7:30-9:00pm	8	\$64.00+HST
Sept 10-Oct 29	Thu	7:30-9:00pm	8	\$64.00+HST
Nov 3-Dec 22	Tue	6:00-7:30pm	8	\$64.00+HST
Nov 3-Dec 22	Tue	7:30-9:00pm	8	\$64.00+HST
Nov 5-Dec 17	Thu	7:30-9:00pm	7	\$56.00+HST

Komoka Community Centre

Sept 14-Oct 26	Mon	7:30-9:00pm	6	\$48.00+HST
Nov 2-Dec 14	Mon	7:30-9:00pm	7	\$56.00+HST

***No session on Oct 12**



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 follows the CCAA's Level 1 format, ideal for individuals who are new to exercise or have experienced changes in mobility or overall fitness. This evidence-informed approach promotes independence, confidence, and well-being through movement that matters.

Dates	Day	Times	Sessions	Fees
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Komoka Community Centre

Sept 10-Oct 29	Thu	9:00-10:00am	7	\$42.00+HST
Nov 5-Dec 17	Thu	9:00-10:00am	7	\$42.00+HST

***No session Oct 1**

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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Bryanston Community Centre

Sept 24-Oct 29	Thu	5:30-6:15pm	6	\$48.00+HST
Nov 5-Dec 17	Thu	5:30-6:15pm	7	\$56.00+HST

Delaware Community Centre

Sept 10-Oct 22	Thu	6:00-6:50pm	7	\$56.00+HST
Sept 14-Oct 26	Mon	10:15-11:15am	6	\$48.00+HST
Nov 2-Dec 14	Mon	10:15-11:15am	7	\$56.00+HST
Nov 5-Dec 17	Thu	6:00-6:50pm	7	\$56.00+HST

***No session Oct 12**

Komoka Community Centre

Sept 11-Oct 30	Fri	10:15-11:15am	8	\$64.00+HST
Nov 6-Dec 18	Fri	10:15-11:15am	7	\$54.00+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 that is fun for everyone and all fitness levels.

Dates	Day	Times	Sessions	Fees
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Bryanston Community Centre

Sept 28-Oct 26	Mon	9:00-10:00am	4	\$32.00+HST
Sept 24-Oct 29	Thu	6:30-7:30pm	6	\$48.00+HST
Nov 2-Dec 14	Mon	9:00-10:00am	7	\$56.00+HST
Nov 5-Dec 17	Thu	6:30-7:30pm	7	\$56.00+HST

***No session on Oct 12**

Coldstream Community Centre

Sept 9-Oct 28	Wed	10:30-11:30am	7	\$56.00+HST
Nov 4-Dec 16	Wed	10:30-11:30am	6	\$48.00+HST

***No sessions on Sep 30 & Nov 18**

Delaware Community Centre

Sept 10-Oct 22	Thu	7:00-7:50pm	7	\$56.00+HST
Sept 14-Oct 26	Mon	9:00-10:00am	6	\$48.00+HST
Nov 2-Dec 14	Mon	9:00-10:00am	7	\$56.00+HST
Nov 5-Dec 17	Thu	7:00-7:50pm	7	\$56.00+HST

***No session on Oct 12**

Komoka Community Centre

Sept 11-Oct 30	Fri	9:00-10:00am	8	\$64.00+HST
Nov 6-Dec 18	Fri	9:00-10:00am	7	\$56.00+HST



Pilates

Our program is perfect for adults of any skill level or ability 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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Delaware Community Centre

Sept 10-Oct 22	Thu	8:00-8:50pm	7	\$56.00+HST
Sept 13-Oct 18	Sun	10:00-11:00am	5	\$40.00+HST
Nov 5-Dec 17	Thu	8:00-8:50pm	7	\$56.00+HST
Nov 1-Dec 20	Sun	10:00-11:00am	6	\$48.00+HST

***No sessions on Oct 4, Oct 11, Nov 22 & Dec 6**

Ilderton Community Centre

Sept 14-Oct 26	Mon	6:30-7:15pm	6	\$48.00+HST
Nov 2-Dec 14	Mon	6:30-7:15pm	7	\$56.00+HST

***No session Oct 12**

Komoka Community Centre

Sept 9-Oct 28	Wed	9:00-10:00am	7	\$56.00+HST
Sept 10-Oct 29	Thu	6:00-7:00pm	8	\$64.00+HST
Nov 4-Dec 16	Wed	9:00-10:00am	7	\$56.00+HST
Nov 5-Dec 17	Thu	6:00-7:00pm	7	\$56.00+HST

***No sessions 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.

Dates	Day	Times	Sessions	Fees
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Komoka Community Centre

Sept 9-Oct 28	Wed	11:15-12:00pm	7	\$56.00+HST
Nov 4-Dec 16	Wed	11:15-12:00pm	7	\$56.00+HST

***No session on Sept 30**



Beginner Pilates

Beginner Pilates is a welcoming class for adults of all fitness levels who are new to Pilates or looking to build a strong foundation. Learn fundamental exercises that strengthen the core, improve flexibility, enhance posture, and increase body awareness in a supportive, guided environment.

Dates	Day	Times	Sessions	Fees
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Komoka Community Centre

Sept 9-Oct 28	Wed	10:15-11:00am	7	\$56.00+HST
Nov 4-Dec 16	Wed	10:15-11:00am	7	\$56.00+HST

***No session on Sept 30**

Tai Chi

Qualified instructors will lead participants through 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. The first session of each program is a free trial for anyone who wishes to try Tai Chi before registering.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre - Introduction (Level 1)				
Sep 17-Dec 17	Thu	1:00-3:00pm	13	\$96.00+HST
*No session on Oct 1				

Ilderton Community Centre - Foundations (Level 2)				
Sep 17-Dec 17	Thu	3:00-4:30pm	13	\$96.00+HST
*No session on Oct 1				

Komoka Community Centre - Introduction (Level 1)				
Sep 14-Dec 21	Mon	1:00-3:00pm	14	\$104.00+HST
*No session on Oct 12				



Movement & Mobility

Movement & Mobility is a gentle, inclusive exercise program designed for adults of all fitness levels to support and enhance mobility as we age. Through guided physical movement, 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
Ilderton Community Centre				
Sep 14-Oct 26	Mon	7:30-8:15pm	6	\$48.00+HST
Nov 2-Dec 14	Mon	7:30-8:15pm	7	\$56.00+HST
*No session Oct 12				

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. You will dance to a variety of music and start with basic steps that are easy to follow. Line dancing is great for increased fitness, brain stimulation, memory improvement, and social interaction.

Dates	Day	Times	Sessions	Fees
Coldstream Community Centre - Beginner (Level 1)				
Sep 11-Oct 30	Fri	9:30-11:00am	8	\$48.00+HST
Nov 6-Dec 18	Fri	9:30-11:00am	7	\$42.00+HST

Ilderton Community Centre - Beginner (Level 1)				
Sept 8-Oct 27	Tue	9:30-11:00am	7	\$42.00+HST
Sept 10-Oct 29	Thu	9:30-11:00am	7	\$42.00+HST
Nov 3-Dec 22	Tue	9:30-11:00am	7	\$42.00+HST
Nov 5-Dec 17	Thu	9:30-11:00am	7	\$42.00+HST
*No session Sep 29, Oct 1 & Dec 8				

Ilderton Community Centre - Improver (Level 2)				
Sept 8-Oct 27	Tue	11:00-12:30pm	7	\$42.00+HST
Sept 10-Oct 29	Thu	11:00-12:30pm	7	\$42.00+HST
Nov 3-Dec 22	Tue	11:00-12:30pm	7	\$42.00+HST
Nov 5-Dec 17	Thu	11:00-12:30pm	7	\$42.00+HST
*No session Sep 29, Oct 1 & Dec 8				



ADULT ARTS & WORKSHOPS

Mixed Media Arts

Discover the creative possibilities of combining paint, collage, drawing, and other materials into one-of-a-kind works of art. This beginner-friendly course introduces a variety of mixed media techniques while exploring colour, composition, texture, and personal expression through fun weekly projects.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Sept 15-Oct 27	Tue	1:00-2:30pm	6	\$60.00+HST
*No session Sep 29				

Komoka Community Centre				
Sept 15-Oct 27	Tue	10:30-12:00pm	7	\$70.00+HST



Watercolour Sketching

Learn how to combine pen drawing with transparent watercolour to create expressive illustrations. This beginner-friendly course explores simple sketching techniques, composition, and watercolour washes and techniques through a variety of subjects. Watercolour sketching is perfect for nature or garden journaling, illustrations, and card-making.

Dates	Day	Times	Sessions	Fees
Komoka Community Centre				
Sept 17-Oct 22	Thu	10:30-12:00pm	6	\$60.00+HST

Everyday Art Projects

Explore a variety of fun and creative art projects using everyday materials and decorative painting techniques. Each week features a unique project designed to encourage experimentation, creativity, and artistic confidence while creating beautiful handmade pieces to display or give as gifts.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Nov 3-Dec 22	Tue	1:00-2:30pm	7	\$70.00+HST
*No session Dec 8				

Komoka Community Centre				
Nov 3-Dec 22	Tue	10:30-12:00pm	8	\$80.00+HST

Painting Through History

Travel through the history of art by exploring some of the world's most influential artists and artistic movements. Each week introduces a new style, its defining characteristics, and the artists who pioneered it, followed by a painting inspired by that movement. This program is perfect for beginners who want to learn about art history while creating their own artwork and those who want to explore different styles of painting.

Dates	Day	Times	Sessions	Fees
Komoka Community Centre				
Nov 5-Dec 17	Thu	10:30-12:00pm	7	\$70.00+HST



ADULT ARTS & WORKSHOPS

Pottery Making

Unleash your creativity with clay in this engaging hand-building pottery workshop or workshop series! Explore a variety of hand-building techniques while creating one or more unique pieces, shaped and designed by you. After firing and glazing, your finished piece(s) will be ready to take home and enjoy a few weeks later.

Dates	Day	Times	Sessions	Fees
Komoka Wellness Centre - Spoon Rest & Citrus Squeezer				
Sep 12	Sat	2:00-4:00pm	1	\$65.00+HST
Komoka Wellness Centre - Hand Building Series				
Oct 10-Oct 24	Sat	2:00-4:00pm	3	\$195.00+HST
Komoka Wellness Centre - Christmas Ornaments				
Nov 28	Sat	2:00-4:00pm	1	\$65.00+HST



Butter & Seasoning Basics

Discover how simple homemade staples can elevate everyday meals. Learn to make fresh butter, flavourful compound butters and gourmet finishing salts while exploring easy ways to add homemade flavour to your kitchen.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
Dec 16	Wed	6:00-8:00pm	1	\$20.00+HST
Ilderton Community Centre				
Dec 10	Thu	6:00-8:00pm	1	\$20.00+HST
Komoka Community Centre				
Dec 14	Mon	6:00-8:00pm	1	\$20.00+HST

NEW!

Sourdough

Discover the art of sourdough baking in our hands-on workshop! Whether you're learning the fundamentals or building on your existing skills, you'll explore fermentation techniques and create delicious breads such as artisan loaves, focaccia, or pizza dough. Adults (18+) will gain practical skills, helpful tips, and the confidence to continue baking at home. Workshop projects and take-home materials may vary by session.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre - Beginner Bread Making				
Sep 21	Mon	6:00-8:00pm	1	\$20.00+HST
Delaware Community Centre - Focaccia & Pizza Dough				
Nov 4	Wed	6:00-8:00pm	1	\$20.00+HST
Ilderton Community Centre - Beginner Bread Making				
Sep 17	Thu	6:00-8:00pm	1	\$20.00+HST
Ilderton Community Centre - Focaccia & Pizza Dough				
Oct 29	Thu	6:00-8:00pm	1	\$20.00+HST
Komoka Community Centre - Beginner Bread Making				
Sep 14	Mon	6:00-8:00pm	1	\$20.00+HST
Komoka Community Centre - Focaccia & Pizza Dough				
Nov 2	Mon	6:00-8:00pm	1	\$20.00+HST



ADULT ARTS & WORKSHOPS

Fermentation Basics

Learn the basics of fermentation while creating delicious homemade sauerkraut and seasonal vegetable ferments. Discover simple techniques, flavour variations and food safety tips you can easily recreate at home.

Dates	Day	Times	Sessions	Fees
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Delaware Community Centre

Oct 14	Wed	6:00-8:00pm	1	\$20.00+HST
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Ilderton Community Centre

Oct 8	Thu	6:00-8:00pm	1	\$20.00+HST
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Komoka Community Centre

Oct 5	Mon	6:00-8:00pm	1	\$20.00+HST
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Giftable Goodies

Create thoughtful handmade gifts perfect for holiday entertaining. Make gourmet finishing salts, bread dipping blends, a cookie mix in a jar and festive gift packaging to share with family, friends or your favourite host.

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Delaware Community Centre

Nov 25	Wed	6:00-8:00pm	1	\$20.00+HST
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Ilderton Community Centre

Nov 19	Thu	6:00-8:00pm	1	\$20.00+HST
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Komoka Community Centre

Nov 23	Mon	6:00-8:00pm	1	\$20.00+HST
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Hearing Health

Learn about hearing health in this informative presentation covering how the ear works, the effects of untreated hearing loss, its social impacts, and the evolution of hearing technology. Presented in partnership with Ears to You Mobile Hearing Clinic. Private hearing checks are available following the presentation. To book an appointment, please call 519-601-8022. Registration is required.

Dates	Day	Times	Sessions	Fees
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Ilderton Community Centre

Oct 7	Wed	10:00-11:00am	1	FREE
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Komoka Community Centre

Oct 6	Tue	10:00-11:00am	1	FREE
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Understanding An Aging Brain

Explore the memory changes that can occur with aging, recognize atypical changes that may signal a concern, understand treatable causes of memory difficulties, and gain a general understanding of dementia.

Dates	Day	Times	Sessions	Fees
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Ilderton Community Centre

Dec 2	Wed	2:00-4:00pm	1	FREE
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Komoka Community Centre

Nov 9	Mon	2:00-4:00pm	1	FREE
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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



Sensory-Friendly Skating

Our sensory-friendly public skates offer a welcoming environment for individuals with sensory sensitivities to enjoy time on the ice. The experience features reduced lighting, no music or loud sounds, and a limited number of skaters. Mobility aids, skate supports, and wheelchairs are welcome. This is a free program. Advanced registration is required.

Komoka Wellness Centre:

- Friday, October 9, from 3:15-4:05pm

Ilderton Arena:

- Thursday, November 5, from 3:00-3:50pm

Pick-Up Hockey (Shinny)

Komoka Wellness Centre: Sep 1 - Dec 18, 2026

Ilderton Arena: Oct 6 - Dec 18, 2026

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 30 & Nov 6
- Ilderton, Thursdays, 4:00-4:50pm

Adult Shinny (18+)

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

\$6.00 per person. Goalies play for free.

- Komoka, Wednesdays, 8:15-9:35am
 - No Skating: Sep 30
- 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. Goalies play for free

- Komoka, Mondays, 8:15-9:35am
 - No Skating: Oct 12

Public Skating

Komoka Wellness Centre: Sep 1 - Dec 18, 2026

Ilderton Arena: Oct 6 - Dec 18, 2026

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, Tuesdays, 3:45-4:35pm
- Komoka, Saturdays, 1:00-1:50pm
 - No Skating: Oct 31, Nov 7 & Nov 21
- Ilderton, Sundays, 12:30-1:20pm

Parent & Tot 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, 9:30-10:20am
 - No Skating: Sep 30
- Ilderton, Mondays, 10:30-11:20am

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 & Wednesdays, 10:30-11:20am
 - No Skating: Sep 30 & Oct 12
- Ilderton, Tuesdays, Thursdays & Fridays, 10:30-11:20am

Special Skates

Please visit middlesexcentre.ca/skating to see when Holiday, PA Day, Family Day and March Break skates will be taking place.

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 middlesexcentre.ca/skating.