

Municipality of Middlesex Centre **RECREATION GUIDE** MAY–AUGUST 2026



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 May-August 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 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. Coldstream Conservation Area

327 Quaker Ln
Middlesex Centre
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. Camp Kee-Mo-Kee Archery Range

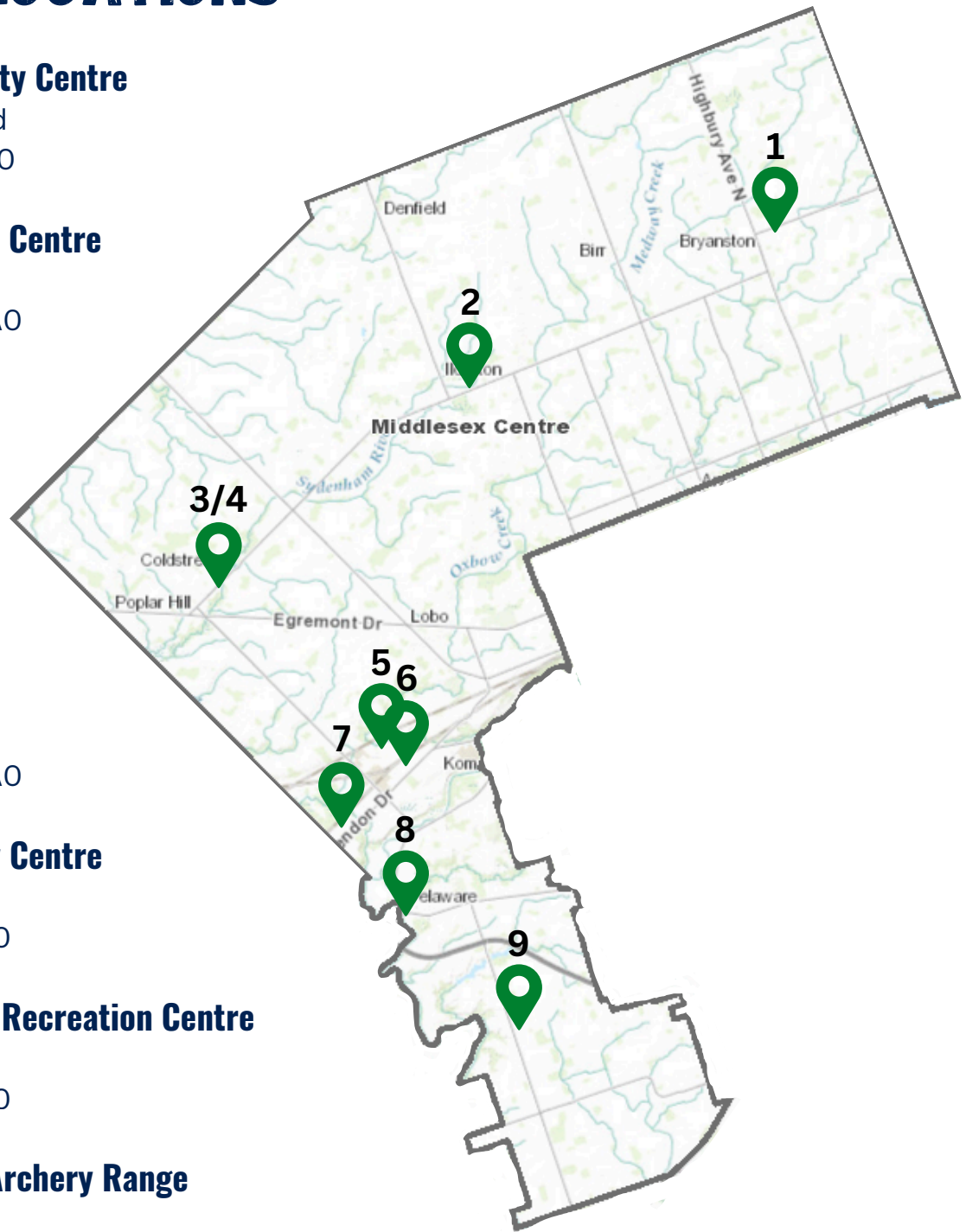
9581 Glendon Dr
Komoka ON NOL 1R0

8. Delaware Community Centre

2652 Gideon Dr
Delaware ON NOL 1E0

9. Sharon Creek Conservation Area

4212 Springer Rd
Delaware ON NOL 1E0



ONLINE PROGRAM REGISTRATION

www.middlesexcentre.ca/rec-programs

RECREATION PROGRAMS

Registration opens **April 8, 2026, at 7:00 a.m.**

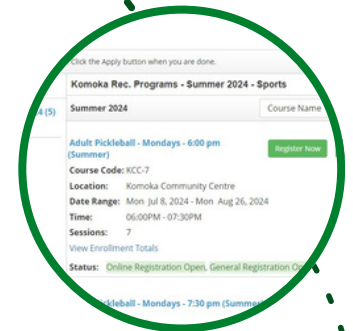
See program dates below.

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: We offer a variety of registered sports and arts programs throughout the year. Our programs, ranging from baking and gymnastics 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/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. 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.

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



Youth Archery

Try Archery this Spring! Build confidence and have fun learning archery through simple instructions and interactive games. These programs are offered in partnership between Camp Kee-Mo-Kee and the Municipality of Middlesex Centre. Come out and enjoy.

Dates	Day	Times	Sessions	Fees
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Camp Kee-Mo-Kee Archery Range - Ages 7-16

May 25-Jun 15	Mon	6:00-7:00pm	4	\$56.00
May 27-Jun 17	Wed	6:00-7:00pm	4	\$56.00

Camp Kee-Mo-Kee Archery Range - Family

May 25-Jun 15	Mon	7:00-8:00pm	4	\$56.00+HST
May 27-Jun 17	Wed	7:00-8:00pm	4	\$56.00+HST

Beginner Pickleball

This is a great opportunity to play pickleball with a group. 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

May 7-Jun 25	Thu	6:00-7:30pm	8	\$64.00+HST
Jul 2-Aug 27	Thu	6:00-7:30pm	8	\$64.00+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

May 7-Jun 25	Thu	6:00-7:30pm	8	\$64.00+HST
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Komoka Community Centre

May 4-Jun 29	Mon	6:00-7:30pm	8	\$64.00+HST
May 6-Jun 24	Wed	6:00-7:30pm	8	\$64.00+HST
May 6-Jun 24	Wed	7:30-9:00pm	8	\$64.00+HST
May 7-Jun 25	Thu	7:30-9:00pm	8	\$64.00+HST
Jul 6-Aug 31	Mon	6:00-7:30pm	7	\$56.00+HST
Jul 8-Aug 26	Wed	6:00-7:30pm	7	\$56.00+HST
Jul 8-Aug 26	Wed	7:30-9:00pm	7	\$56.00+HST
Jul 2-Aug 27	Thu	7:30-9:00pm	8	\$64.00+HST

*No session on May 18, Jul 27, Jul 29, Jul 30 and Aug 3



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

May 5-Jun 23	Tue	6:00-7:30pm	8	\$64.00+HST
May 5-Jun 23	Tue	7:30-9:00pm	8	\$64.00+HST
May 7-Jun 25	Thu	7:30-9:00pm	8	\$64.00+HST

*No session on Mar 19

Komoka Community Centre

May 4-Jun 29	Mon	7:30-9:00pm	8	\$64.00+HST
Jul 6-Aug 31	Mon	7:30-9:00pm	7	\$56.00+HST

*No session on May 18, Jul 27 and Aug 3



ADULT FITNESS

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

May 7-Jun 25	Thu	6:30-7:30pm	8	\$64.00+HST
Jul 2-Aug 13	Thu	6:30-7:30pm	7	\$56.00+HST

Coldstream Community Centre

May 6-Jun 10	Wed	10:30-11:30am	6	\$48.00+HST
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Komoka Community Centre

May 1-Jul 3	Fri	9:00-10:00am	9	\$72.00+HST
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*No session on Jun 12



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

May 7-Jun 25	Thu	5:15-6:15pm	8	\$64.00+HST
Jul 2-Aug 13	Thu	5:15-6:15pm	7	\$56.00+HST

Komoka Community Centre

May 1-Jul 3	Fri	10:15-11:15am	9	\$72.00+HST
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*No session on Jun 12

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
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Delaware Community Centre

May 3-Jun 28	Sun	10:00-11:00am	8	\$64.00+HST
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*No session on May 17

Komoka Community Centre

May 6-Jun 24	Wed	9:00-10:00am	7	\$56.00+HST
May 7-Jun 25	Thu	7:00-8:00pm	8	\$64.00+HST

*No session on May 13

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

May 6-Jun 24	Wed	10:15-11:00am	7	\$56.00+HST
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*No session on May 13

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
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Ilderton Community Centre - Level 1

May 5-Jun 23	Tue	9:30-11:00am	8	\$48.00+HST
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Ilderton Community Centre - Level 2

May 5-Jun 23	Tue	11:00-12:30pm	8	\$48.00+HST
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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.

Dates	Day	Times	Sessions	Fees
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Ilderton Community Centre

May 7-Jun 25 Thu 9:30-10:15am 7 \$56.00+HST

*No session on Jun 11



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. These programs are offered in partnership between Canadian Tai Chi Academy and the Municipality of Middlesex Centre.

Dates	Day	Times	Sessions	Fees
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Ilderton Community Centre - Foundations (Level 2)

May 14-Jun 25 Thu 1:30-3:30pm 5 \$40.00+HST

*No session on Jun 11 and Jun 18

Komoka Community Centre - Foundations (Level 2)

May 4-Jun 29 Mon 1:30-3:00pm 7 \$56.00+HST

*No session on May 18 and Jun 15

Low Impact Fitness

Low Impact Fitness is designed to support healthy aging through safe, effective physical activity in a 60-minute group class. 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

May 7-Jun 25 Thu 9:00-10:00am 6 \$36.00+HST

*No session on May 28

Guided Trail Walks

Join knowledgeable conservation authority staff for a guided walk through one of our beautiful local conservation areas. This program offers participants a chance to explore scenic trails while learning about native plants, wildlife, and the importance of protecting natural habitats.

NEW!

Dates	Day	Times	Sessions	Fees
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Coldstream Conservation Area

Jun 4 Thu 10:00-11:30am 1 FREE

Jul 3 Fri 10:00-11:30am 1 FREE

Aug 5 Wed 10:00-11:30am 1 FREE

Sharon Creek Conservation Area

Jun 2 Tue 10:00-11:30am 1 FREE

Jul 7 Tue 10:00-11:30am 1 FREE

Aug 4 Tue 10:00-11:30am 1 FREE



ADULT ARTS & WORKSHOPS

Acrylic Painting

Discover how to bring your paintings to life in this engaging acrylic painting program. You'll learn techniques for creating realistic subject matter while incorporating expressive elements that add depth, emotion, and visual interest. Guided by a local professional artist, this course provides all necessary materials, making it perfect for both beginners and those looking to refine their skills.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
May 5-Jun 23	Tue	1:00-2:30pm	8	\$80.00+HST
Komoka Community Centre				
May 5-Jun 23	Tue	10:30-12:00pm	8	\$80.00+HST



Pottery Making

Unleash your creativity with clay in this engaging hand-building pottery workshop! Craft your own one-of-a-kind piece, shaped and designed by you. After firing and glazing, your finished piece will be ready to take home and enjoy a few weeks later.

Dates	Day	Times	Sessions	Fees
Komoka Wellness Centre - Garden Stakes Making				
May 16	Sat	2:00-4:00pm	1	\$65.00+HST
Komoka Wellness Centre - Pinch Pot Planters Making				
Jun 6	Sat	2:00-4:00pm	1	\$65.00+HST

Sourdough: Learn the Basics

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.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
Jun 23	Tue	6:00-8:00pm	1	\$20.00+HST
Ilderton Community Centre				
Jun 18	Thu	6:00-8:00pm	1	\$20.00+HST
Komoka Community Centre				
Jun 15	Mon	6:00-8:00pm	1	\$20.00+HST

Pickling: Learn the Basics

Learn the basics of quick pickling and create three delicious jars to take home: pickled jalapeños, red onions, and cucumbers. We'll cover the simple science, health benefits and cost saving benefits of pickling your own veggies while you chop, mix, pour, and taste your way through this fun, easy kitchen skill.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
May 13	Wed	6:30-8:00pm	1	\$20.00+HST
Ilderton Community Centre				
May 7	Thu	6:30-8:00pm	1	\$20.00+HST
Komoka Community Centre				
May 20	Wed	6:30-8:00pm	1	\$20.00+HST

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



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 the interest form on the following page and return it to the **Komoka Wellness Centre** or online at www.middlesexcentre.ca/rec-programs.

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.

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.

Requirements 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

