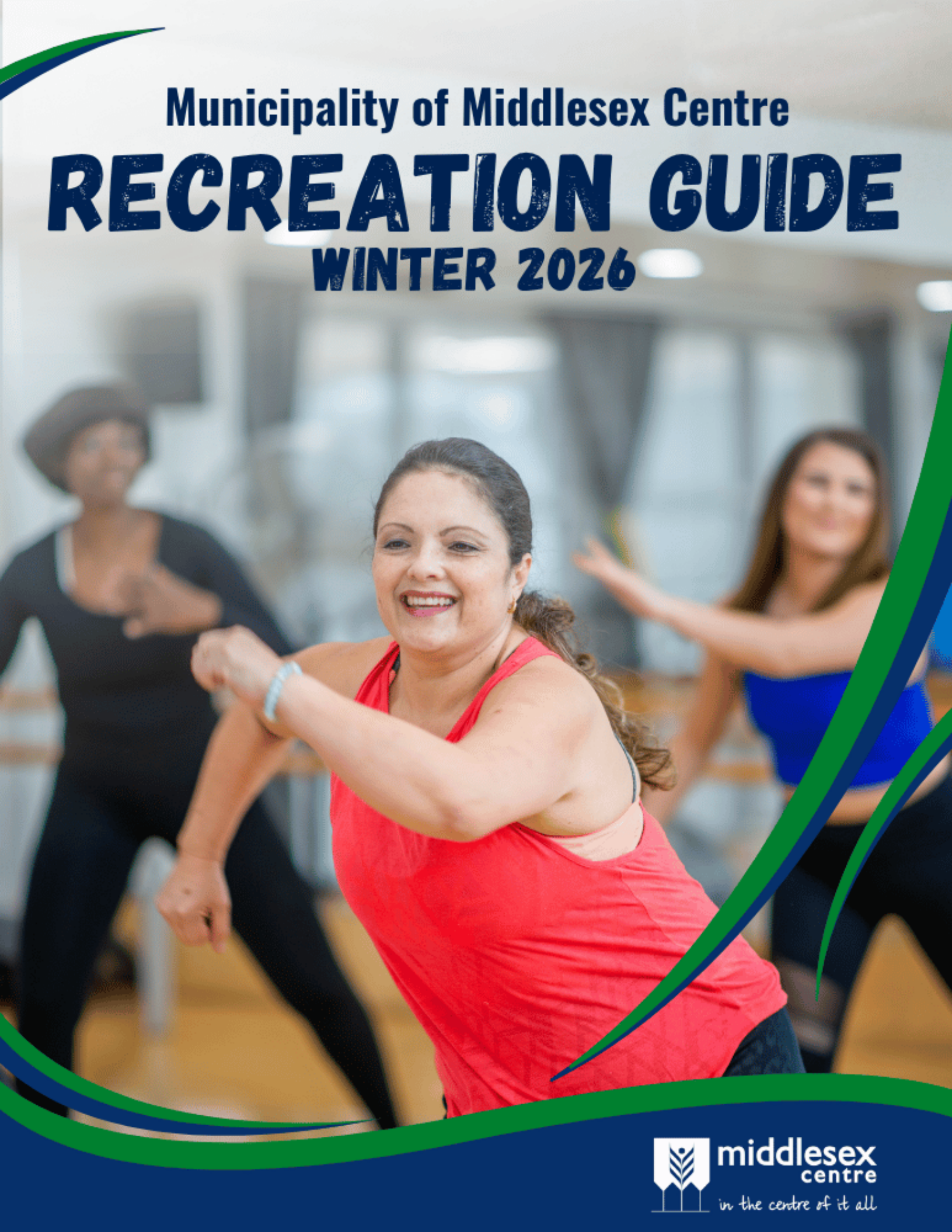
Municipality of Middlesex Centre

RECREATION GUIDE

WINTER 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 and engaging youth sports, there's something for everyone.

Browse our Winter 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. 5106
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.

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

IN THIS ISSUE

Program Locations p.3

Program Registration p.4

Kids & Youth Programs p.5

Adult Sports p.6

Adult Fitness Programs p.8

Adult Workshops p.11

Adult Arts p.13

Skating Programs p.14

Join Our Team p.15

middlesex centre
in the centre of it all

PROGRAM LOCATIONS

1. Bryanston Community Centre
15321 Plover Mills Rd
Ilderton ON N0M 2A0

2. Ilderton Community Centre
13168 Ilderton Rd
Ilderton ON N0M 2A0

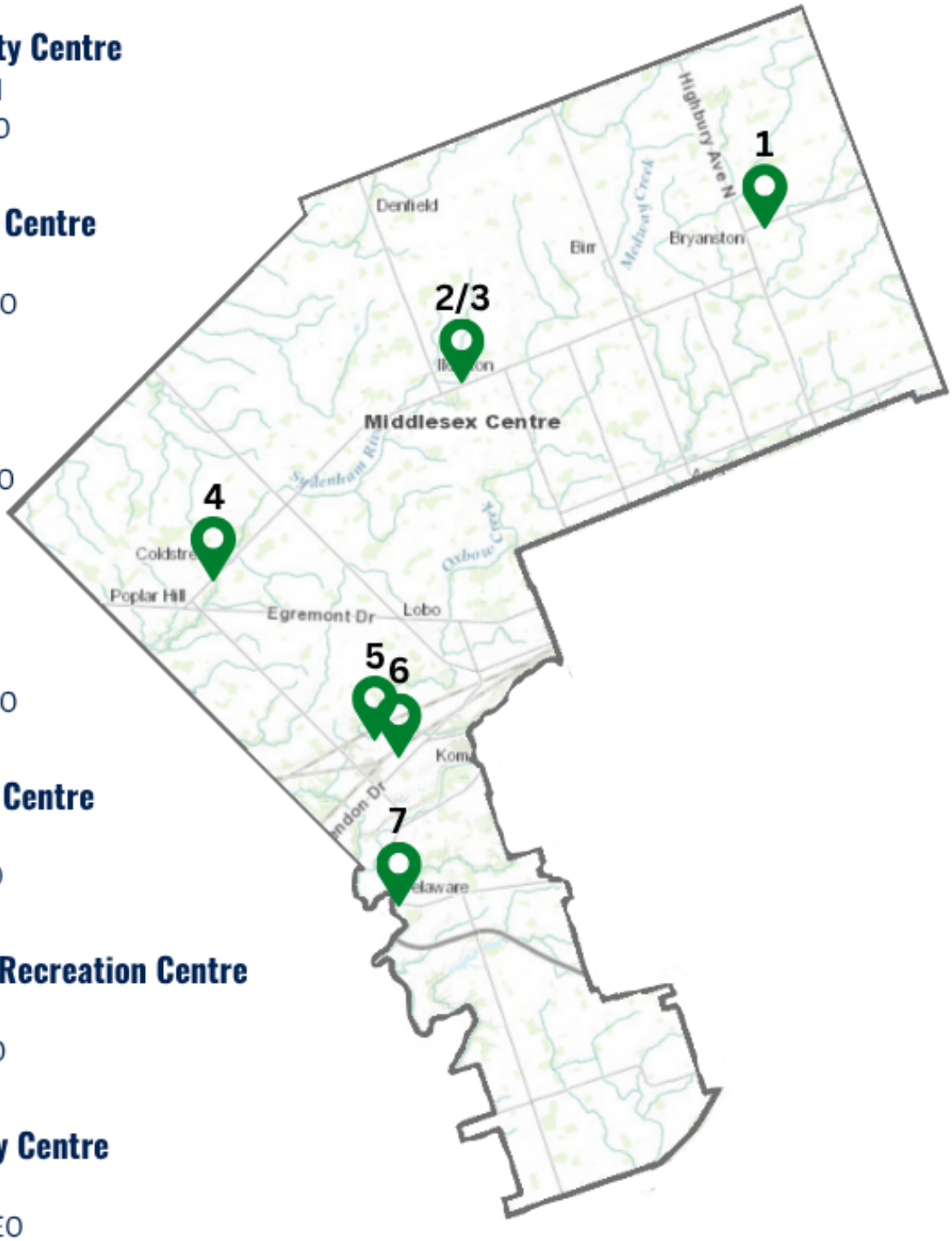
3. Ilderton Arena
13168 Ilderton Rd
Ilderton ON N0M 2A0

4. Coldstream Community Centre
10227 Ilderton Rd
Ilderton ON N0M 2A0

5. Komoka Community Centre
133 Queen St
Komoka ON N0L 1R0

6. Komoka Wellness & Recreation Centre
1 Tunks Ln
Komoka ON N0L 1R0

7. Delaware Community Centre
2652 Gideon Dr
Delaware ON N0L 1E0



middlesex centre
in the centre of it all

ONLINE PROGRAM REGISTRATION

www.middlesexcentre.ca/rec-programs



WINTER RECREATION PROGRAMS

Registration opens **December 4, 2025, 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. 5106 or email recreation@middlesexcentre.ca.

middlesex centre
in the centre of it all

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**.

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



Kids Indoor Soccer

Middlesex Centre and the Ilderton & District Soccer Club are offering soccer skills development programs. 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				
Jan 13-Mar 10	Tue	6:00-6:45pm	9	$72.00
Mar 24-May 12	Tue	6:00-6:45pm	8	$64.00
Komoka Community Centre: Girls - Ages 9-12				
Jan 13-Mar 10	Tue	6:45-7:30pm	9	$72.00
Mar 24-May 12	Tue	6:45-7:30pm	8	$64.00
Komoka Community Centre: Boys - Ages 9-12				
Jan 13-Mar 10	Tue	7:30-8:15pm	9	$72.00
Mar 24-May 12	Tue	7:30-8:15pm	8	$64.00



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.



middlesex centre
in the centre of it all

Try Indoor Lawn Bowling this Winter!

Try indoor lawn bowling, a gentle, low-impact sport that's perfect for all skill levels. Played on a smooth indoor carpet, the goal is simple: roll your bowl as close as you can to the small white ball, called the "jack." It's easy to learn, relaxing to play, and filled with friendly competition.

Whether you're trying something new or rediscovering an old favorite, indoor lawn bowling is a fantastic way to stay active, connected, and have fun. Come join us for a roll. You might just find your new favorite pastime!

Program Details:

Location: Delaware Community Centre
Dates: Every Sunday, January 11 – March 22, 2026
Time: 1:00 p.m. – 3:00 p.m.
Cost: Free!
*No session on Feb 15 and Mar 15

This program welcomes all adults and older adults. All equipment is provided, including easy-to-use launchers so you don't have to bend down to bowl the ball. Just bring your enthusiasm and a comfortable pair of shoes! Come out, meet new people, and experience how much fun this classic, easygoing sport can be.



Plus Recreational Cornhole

While our new indoor lawn bowling program is underway, we also host a just-for-fun Cornhole League. Join us on Sundays from 1:00–3:00 p.m. at the Delaware Community Centre for some friendly competition and good times! All skill levels are welcome - it's all about having fun, meeting new people, and enjoying a relaxed afternoon together. Grab a friend or come on your own, we'll make sure everyone gets in on the action!
*No session on Feb 15 and Mar 15

Middlesex Centre is grateful to receive support from the Government of Ontario's Seniors Community Grant Program, which helps local organizations deliver projects, supports and resources that help older adults. Our new indoor lawn bowling was made possible through this funding!

Ontario

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
Komoka Community Centre				
Jan 15-Feb 26	Thu	6:00-7:30pm	7	$56.00+HST
Mar 5 - Apr 30	Thu	6:00-7:30pm	9	$72.00+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
Delaware Community Centre				
Jan 15-Feb 26	Thu	6:00-7:30pm	7	$56.00+HST
Mar 5-Apr 30	Thu	6:00-7:30pm	8	$64.00+HST
***No session on Mar 19**				
Komoka Community Centre				
Jan 12-Feb 23	Mon	6:00-7:30pm	6	$48.00+HST
Jan 14-Feb 25	Wed	6:00-7:30pm	7	$56.00+HST
Jan 14-Feb 25	Wed	7:30-9:00pm	7	$56.00+HST
Jan 15-Feb 26	Thu	7:30-9:00pm	7	$56.00+HST
Mar 2-Apr 27	Mon	6:00-7:30pm	8	$64.00+HST
Mar 4-Apr 29	Wed	6:00-7:30pm	9	$72.00+HST
Mar 4-Apr 29	Wed	7:30-9:00pm	9	$72.00+HST
Mar 5-Apr 30	Thu	7:30-9:00pm	9	$72.00+HST
***No session on Feb 16 and Apr 6**				



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
Delaware Community Centre				
Jan 13-Feb 24	Tue	6:00-7:30pm	7	$56.00+HST
Jan 13-Feb 24	Tue	7:30-9:00pm	7	$56.00+HST
Jan 15-Feb 26	Thu	7:30-9:00pm	7	$56.00+HST
Mar 3-Apr 28	Tue	6:00-7:30pm	8	$64.00+HST
Mar 3-Apr 28	Tue	7:30-9:00pm	8	$64.00+HST
Mar 5-Apr 30	Thu	7:30-9:00pm	8	$64.00+HST
***No session on Mar 19**				
Komoka Community Centre				
Jan 12-Feb 23	Mon	7:30-9:00pm	6	$48.00+HST
Mar 2-Apr 27	Mon	7:30-9:00pm	8	$64.00+HST
***No session on Feb 16**				



middlesex centre
in the centre of it all

ADULT FITNESS

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
Ilderton Community Centre				
Feb 19-Apr 30	Thu	9:30-10:15am	10	$80.00+HST

***No session on Mar 19**



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
Komoka Community Centre				
Jan 15-Feb 26	Thu	9:00-10:00am	7	$42.00+HST
Mar 12-Apr 30	Thu	9:00-10:00am	7	$42.00+HST

***No session on Mar 19**



Functional Fitness

Build real strength that translates to everyday life with this dynamic, high-energy workout. You will perform natural movement patterns using your own body weight to push, pull, hinge, squat, and rotate, you'll improve strength, cardiovascular fitness, mobility and confidence.

Dates	Day	Times	Sessions	Fees
Komoka Community Centre				NEW!
Jan 14-Feb 25	Wed	6:30-7:15pm	7	$56.00+HST
Mar 4-Apr 29	Wed	6:30-7:15pm	8	$64.00+HST

***No session on Mar 18**

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, and strength.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Jan 12-Feb 23	Mon	7:30-8:15pm	6	$48.00+HST
Jan 14-Feb 25	Wed	7:30-8:15pm	7	$56.00+HST
Mar 2-Apr 27	Mon	7:30-8:15pm	7	$56.00+HST
Mar 4-Apr 29	Wed	7:30-8:15pm	8	$64.00+HST

***No session on Feb 16, Mar 16, Mar 18 and Apr 6**

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
Ilderton Community Centre - Level 1				
Jan 6-Jan 27	Tue	9:30-11:00am	4	$24.00+HST
Mar 3-Apr 28	Tue	9:30-11:00am	7	$42.00+HST
***No session on Mar 17 and Apr 7**				
Ilderton Community Centre - Level 2				
Jan 6-Jan 27	Tue	11:00-12:30pm	4	$24.00+HST
Mar 3-Apr 28	Tue	11:00-12:30pm	7	$42.00+HST
***No session on Mar 17 and Apr 7**				

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
Delaware Community Centre				
Jan 15-Feb 26	Thu	6:00-6:50pm	7	$56.00+HST
Mar 5-Apr 30	Thu	6:00-6:50pm	8	$64.00+HST
***No session on Mar 19**				
Komoka Community Centre				
Jan 16-Feb 27	Fri	10:15-11:15am	6	$48.00+HST
Mar 6-Apr 17	Fri	10:15-11:15am	5	$40.00+HST
***No session on Jan 30, Mar 20 and Apr 3**				





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 and all fitness levels.

Dates	Day	Times	Sessions	Fees
Bryanston Community Centre				
Jan 8-Feb 26	Thu	6:30-7:30pm	7	$56.00+HST
Mar 5-Apr 30	Thu	6:30-7:30pm	8	$64.00+HST
Coldstream Community Centre				
Jan 14-Feb 25	Wed	10:30-11:30am	7	$56.00+HST
Mar 4-Apr 29	Wed	10:30-11:30am	9	$72.00+HST
Delaware Community Centre				
Jan 15-Feb 26	Thu	7:00-7:50pm	7	$56.00+HST
Mar 5-Apr 30	Thu	7:00-7:50pm	8	$64.00+HST
***No session on Mar 19**				
Komoka Community Centre				
Jan 16-Feb 27	Fri	9:00-10:00am	6	$48.00+HST
Mar 6-Apr 17	Fri	9:00-10:00am	5	$40.00+HST
***No session on Jan 30, Mar 20 and Apr 3**				



middlesex centre
in the centre of it all

ADULT FITNESS

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
Coldstream Community Centre - Pilates/Barre				
Jan 14-Feb 25	Wed	9:30-10:30am	7	$56.00+HST
Mar 4-Apr 29	Wed	9:30-10:30am	9	$72.00+HST
Delaware Community Centre				
Jan 15-Feb 26	Thu	8:00-8:50pm	7	$56.00+HST
Mar 5-Apr 30	Thu	8:00-8:50pm	8	$64.00+HST
***No session on Mar 19**				
Ilderton Community Centre - Pilates/Barre				
Jan 12-Feb 23	Mon	6:30-7:30pm	6	$48.00+HST
Mar 2-Apr 27	Mon	6:30-7:30pm	7	$56.00+HST
***No session on Feb 16, Mar 16 and Apr 6**				
Komoka Community Centre				
Jan 21-Feb 25	Wed	9:00-10:00am	6	$48.00+HST
Mar 4-Apr 29	Wed	9:00-10:00am	8	$64.00+HST
***No session on Mar 19**				

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
Komoka Community Centre				
Jan 21-Feb 25	Wed	10:15-11:00am	6	$48.00+HST
Mar 4-Apr 29	Wed	10:15-11:00am	8	$64.00+HST
***No session on Mar 19**				

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)				
Jan 15-Apr 30	Thu	1:00-3:00pm	14	$104.00+HST
***No session on Feb 26 and Mar 19**				
Ilderton Community Centre - Foundations (Level 2)				
Jan 15-Apr 30	Thu	3:00-4:30pm	14	$104.00+HST
***No session on Feb 26 and Mar 19**				
Komoka Community Centre - Introduction (Level 1)				
Jan 12-Apr 27	Mon	1:00-3:00pm	14	$104.00+HST
***No session on Feb 16 and Mar 16**				



Delaware Walking Club

Stay active and connected this winter with the Delaware Indoor Walking Club! Enjoy a safe, climate-controlled space to walk at your own pace while meeting others in the community. It's a great way to keep moving and stay motivated.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				NEW!
Jan 11-Mar 22	Sun	11:30-12:30pm	9	FREE
***No session on Feb 15 and Mar 15**				

middlesex centre
in the centre of it all

ADULT WORKSHOPS

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				
Mar 2	Mon	6:00-8:00pm	1	$20.00+HST
Ilderton Community Centre				
Mar 26	Thu	6:00-8:00pm	1	$20.00+HST
Komoka Community Centre				
Mar 4	Wed	6:00-8:00pm	1	$20.00+HST

Sourdough: Flours & Flavours

Already comfortable with the sourdough basics? This next-level, hands-on workshop dives into the art of working with different flours and flavour combinations. Learn how various grains impact hydration, texture, and rise, plus how to layer in add-ins like herbs, fruit and other ingredients while adjusting fermentation for a fun, creative twist on your classic bread!

NEW!

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
Jan 19	Mon	6:00-8:00pm	1	$20.00+HST
Apr 8	Wed	6:00-8:00pm	1	$20.00+HST
Ilderton Community Centre				
Jan 22	Thu	6:00-8:00pm	1	$20.00+HST
Apr 16	Thu	6:00-8:00pm	1	$20.00+HST
Komoka Community Centre				
Jan 15	Thu	6:00-8:00pm	1	$20.00+HST
Apr 1	Wed	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.

NEW!

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
Feb 2	Mon	6:30-8:00pm	1	$20.00+HST
Ilderton Community Centre				
Feb 12	Thu	6:30-8:00pm	1	$20.00+HST
Komoka Community Centre				
Feb 5	Thu	6:30-8:00pm	1	$20.00+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				
Jan 29	Thu	7:00-8:00pm	1	FREE
Komoka Community Centre				
Feb 26	Thu	7:00-8:00pm	1	FREE

middlesex centre
in the centre of it all

ADULT WORKSHOPS

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. This program is a collaborative effort between Middlesex Centre and Alzheimer's Society Southwest Partners.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Feb 23-Mar 9	Mon	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				
Feb 25	Wed	1:00-2:00pm	1	FREE
Komoka Community Centre				
Apr 8	Wed	1:00-2:00pm	1	FREE

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. 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.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Apr 1-May 6	Wed	1:00-3:30pm	6	FREE



Create a Pollinator Garden

The Municipality, in partnership with the Middlesex Centre Pollinator Team, invites you to take part in a hands-on, four-week series to create your own pollinator-friendly garden. Each week, you'll explore a new topic, from discovering which native plants help pollinators thrive, to learning how to avoid invasive species, and choosing the right plants for your unique garden space. The program wraps up with an inspiring visit to Ethan's Garden, where you'll see native planting in action and gain the confidence to make your own garden a welcoming haven for pollinators.

Dates	Day	Times	Sessions	Fees
Komoka Wellness Centre - London Life Rooms (2nd Floor)				
Apr 9-Apr 30	Thu	6:30-7:30pm	4	$24.00+HST

middlesex centre
in the centre of it all

ADULT ARTS

Pottery: Mug Making

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

NEW!

Dates	Day	Times	Sessions	Fees
Komoka Wellness Centre - London Life Rooms (2nd Floor)				
Mar 21	Sat	2:00-4:00pm	1	$65.00+HST



Pottery: Trinket Dish Making

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

NEW!

Dates	Day	Times	Sessions	Fees
Komoka Wellness Centre - London Life Rooms (2nd Floor)				
Apr 11	Sat	2:00-4:00pm	1	$65.00+HST



Watercolour Painting

Discover the art of realistic watercolour painting through a series of sessions exploring subjects like still life, florals, landscapes, and seascapes. Learn essential techniques such as washes, lifting, and texturing while preserving whites. Build your skills in colour theory, composition, and blending expressive looseness with refined detail.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Jan 13-Mar 10	Tue	1:00-2:30pm	9	$90.00+HST
Komoka Community Centre				
Jan 13-Feb 24	Tue	10:30-12:00pm	7	$70.00+HST

Drawing Foundations

Learn to see the world through an artist's eyes. This course introduces participants to the core skills that form the foundation of all visual art. No matter your medium, this program will provide valuable skills to enhance your artistic abilities. This program is suitable for both new students and those who took our previous drawing class. New students will learn fundamental drawing skills, and previous students will be encouraged to take the next steps to grow their previously acquired skills.

Dates	Day	Times	Sessions	Fees
Komoka Community Centre				
Mar 3-Apr 28	Tue	10:30-12:00pm	8	$80.00+HST

***No session on Mar 17**

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

Ontario

SKATING 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 and requires registration in advance.

Komoka Wellness Centre:

- Friday, February 13, from 1:15-2:05pm

Ilderton Arena:

- Tuesday, February 3, from 11:00-11:50pm

Public Skating

Komoka Wellness Centre: Jan 5-Mar 31, 2026
Ilderton Arena: Jan 5-Mar 31, 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, Saturdays, 1:00-1:50pm
- 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: Monday Feb 16
- Ilderton, Tuesdays & Fridays, 10:00-10:50am

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

Pick-Up Hockey (Shinny)

Komoka Wellness Centre: Jan 5 - Mar 31, 2026
Ilderton Arena: Jan 5-Mar 31, 2026

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
  - No Shinny: Monday Feb 16
- 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
- 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: Monday Feb 16

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.

JOIN OUR TEAM

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

Pollinator

Shine On

Alzheimer Society SOUTHWEST PARTNERS

bgc London

Canadian Tai Chi Academy

Ilderton & District Soccer Club

middlesex centre in the centre of it all

PROGRAM LEADER INTEREST FORM

The Municipality of Middlesex Centre is dedicated to growing its recreation programs by expanding existing offerings and introducing new ones. Central to the success of these programs are passionate and talented leaders who share their skills and enthusiasm with participants.

If you're interested in becoming a program leader for the Municipality of Middlesex Centre, we encourage you to fill out this form. Whether your expertise lies in art, sports, fitness, or something entirely unique, we'd love to hear from you!

Please note that while we accept expressions of interest for Recreation Program Leaders throughout the year, we follow up with new applicants periodically based on program start dates.

First & Last Name: _____ **Phone Number:** _____

Email: _____ **Home Address:** _____

Are you legally eligible to work in Canada? ☐ Yes ☐ No

Are you over the age of 18? ☐ Yes ☐ No

Do you hold a Standard First Aid/CPC certification? ☐ Yes ☐ No

Are you interested in a paid or volunteer position? ☐ Paid ☐ Volunteer ☐ Either

What program(s) are you interested in leading? _____

Please describe any relevant work experience? _____

_____

_____

Do you currently carry your own insurance for leading programs? ☐ Yes ☐ No

What program age-range(s) are you interested in leading?

☐ Infants: Ages 0-4 ☐ Kids: Ages 5-12 ☐ Youth: Ages 13-17 ☐ Adults: 18+ ☐ Adults: 55+

Which community would you be interested in leading a program?

☐ Bryanston ☐ Coldstream ☐ Delaware ☐ Ilderton ☐ Komoka

What time are you interested in leading a program?

☐ Mornings: 7am-12pm ☐ Afternoons: 12pm-5pm ☐ Evenings: 5pm-11pm

What days of the week are you available?

☐ Mondays ☐ Tuesdays ☐ Wednesdays ☐ Thursdays ☐ Fridays ☐ Saturdays ☐ Sundays

To submit your application, please return this form to the **Customer Services Desk** at the **Komoka Wellness Centre**, 1 Tunks Lane, Komoka, or scan and email it to **recreation@middlesexcentre.ca**.
Thank you for you interest in joining our team!

middlesex centre
in the centre of it all