

# Better Connection, betterSelf.

Winter 2026 Community Guide

## Embrace Winter!

Stay connected to  
nature on page 13.

## Indoor Triathlon

Ignite your triathlon  
season on page 63.

## ODR Season

Check out our  
ODRs on page 15.

## Home Alone?

Keep youth safe and  
informed on page 37.

Kawartha  
Jump In







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# Parks and Recreation

## Better connection, betterSelf.

Whether we try something new, become more active, or simply get outside for a breath of fresh air, taking the time to connect with our mind and body on a daily basis empowers ourSelf.

The Community Guide is a great resource to spark a plan for a Better connection, betterSelf. Our 2026 Winter Edition highlights a variety of skating, aquatic, fitness and leisure programs, along with information regarding our Indoor Triathlon and Youth Programs.

This digital publication also includes details on our Logie Park Skating Loop, Outdoor Ice Rinks, Somerville Forest Tract Ski Loops, March Break Camp and Community Halls.

### Start your connection today!

Registration for our winter programming will begin Tuesday December 16 at 9am.

For easy access and registration, simply link to our [Online Program Registration website](#) throughout the guide.

If you require assistance or other options for registration, please reach out by email at: [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) or call us at: 705-324-9112

## TABLE OF CONTENTS

■ Municipal Information and Cancellation Policies .....	4
■ How to Set Up an Account .....	6
■ Public Skating .....	10
■ <b>Aquatic Programs</b>	
Aquatic session dates, pool locations, Rules and Regulations .....	17
Parent and Tot Programs .....	20
Private/Semi Private Lessons .....	23
Pre-School Programs .....	24
School Age Programs .....	30
Lifesaving and Leadership Programs .....	36
Lifesaving and Leadership Ladder .....	39
Adult and Teen Programs .....	42
■ <b>Fitness Programs</b>	
Registration Information .....	47
Fitness Program Information .....	48
Member Drop In Fitness Programs .....	50
Member Drop In Yoga Programs .....	56
Registered Fitness Programs .....	58
■ <b>Leisure Programs</b>	
Music, Photography, Art, Badminton, Pickleball, March Break Camp .....	64
■ <b>Community Hall Rentals</b>	
Facilities and Halls for rent .....	70

Connect through our

# Customer Experience Division

Our dedicated Customer Experience team is here to support you with all municipal inquiries and service requests. Connect with us in person at any of our Service Centres, by phone, or via email.

Available to serve you Monday to Friday from 8:30am until 4:30pm, excluding statutory holidays.



## Connect with our team in person by visiting:

Bobcaygeon Service Centre  
123 East Street South, KOM 1A0

Coboconk Service Centre  
9 Grandy Road, KOM 1K0

Lindsay Service Centre  
26 Francis Street, K9V 5R8

Omeme Service Centre  
1 King Street West, KOL 2W0



## Connect with our team by calling us at:

705-324-9411  
Toll free 1-888-822-2225

After-hours municipal emergencies  
1-877-885-7337



## Connect with our team by emailing us at:

[inquiries@kawarthalakes.ca](mailto:inquiries@kawarthalakes.ca)



## Report It!

Use our online reporting form to share your inquiry, concern, or feedback.

## Fill out a form here

[www.kawarthalakes.ca/Reportit](http://www.kawarthalakes.ca/Reportit)

## Services Available

### Items for Sale:

- Animal tags
- Rain barrels
- Composters
- Digesters
- Organics bins
- Waste tags (garbage bag tags, large item tags, Freon tags and mattress tags)
- Transit passes and tokens (available at the Lindsay Service Centre)

Please call ahead to confirm the item you would like to purchase is in stock.

### Payments:

- Utility payments (water and sewer)
- Property tax payments
- Accounts receivable payments
- Bulk water (Flowpoint)
- Burn permits

### Information:

- Municipal inquiries
- Tourism and event maps and brochures
- City calendars

### Other Services:

- Public access to computers (Bobcaygeon and Coboconk Service Centre)
- Commissioner of Oath - For more information on eligible documents, please contact us before your visit.

### Drop Boxes:

Drop boxes are open at the Lindsay Service Centre, Bobcaygeon Service Centre, Coboconk Service Centre and Omeme Service Centre.

## Refunds, Cancellations and Service Interruptions

### Refunds for programs:

We reserve the right to cancel programs due to insufficient registration. In these cases a full refund/credit will be issued. Refunds/credits for any other reason are subject to approval and a 15% (minimum \$5) administration fee. All requests must be made in writing to the program coordinator via e-mail to: [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca). Refunds under \$20 will be issued only as credit on account for future Parks and Recreation services.

### Refunds for Drop-In Programs:

Once a reservation has been made if you are unable to attend your scheduled booking please call 705-324-9112 to cancel your space. Due to limited spaces available, any fees paid will only be refunded as a credit on your account if the cancellation is received a minimum of 48 hours before the booking time. If cancellation is made with less than 48 hours notice fees are non-refundable.

### Cancellations and Service Interruptions:

We will post all program cancellations as an alert on our website, and on [Facebook](https://www.facebook.com/kawarthalakes). Programs will not operate on statutory holidays unless otherwise stated. For details call 705-324-9112.

## Parks and Recreation

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## 06 | Registration



Connect through

# Registration

Registering for a program with the Kawartha Lakes Parks and Recreation Division is quick and easy. Registration for all Parks and Recreation Programming is available through our **Online Program Registration website** please email us at [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) or call 705-324-9411 extension 1301 if you require other registration options.

## New Clients

If you are a new client you will be required to set up an account first in order to register for programs. To get started visit our [Online Program Registration website](#). For the best registration experience, please use Google Chrome or Firefox. Using other browsers may produce unexpected results.

## How to create an account:

1. Click on the 'Create an Account' button at the bottom of the log in box.
2. Once all fields have been completed, click the 'Become Member' button at the bottom. You will receive a new temporary password by e-mail.

*Continued on next page...*

# Registration Filter Tips!

Narrow your search by location and session start dates!

You'll find this helpful filter tool located to the left-hand side of our program descriptions, when registering through our Online Program Registration website.

## Need assistance?

If you require assistance setting up an account or have questions regarding an existing account email us at:

**[recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca)**  
**or call 705-324-9112**



... Continued from previous page.

3. After clicking the 'Become Member' button, a new screen will open. On this screen you can edit your account information and add family members.

Family members must be listed under your account for you to register them for a program. Add all family member information so your account is up to date. Once everyone is updated, click on your name in the top right corner to log out and exit the web browser.

4. Check your e-mail for an e-mail from us. Click on the link in the e-mail and use the username and password provided in that e-mail to log in.
5. When you log in using the username and password that was e-mailed, you will be asked to reset your password. Choose a password that is familiar to you so that you will remember it the next time you log in.

Once you click 'Save', a notification will appear that your password has been successfully changed. Then log in using your username and updated password.

## Existing Clients

If you are a current client you can just log in to your Online Program Registration account to register.

## Forgot your password?

Are you already an existing client and forget your Online Program

Registration password? No worries, just follow these easy steps below:

- a) Visit our **Online Program Registration website**.
- b) Put in your e-mail address and click on 'Forgot your Password?'
- c) Retrieve your new 'temporary' password from your e-mail.

## Parks and Recreation Software Privacy and Collection of Data

The agreement between the City of Kawartha Lakes and the recreation software provider (xplortechologies/ PerfectMind) includes strict requirements regarding customer privacy. Specifically PerfectMind must comply with all applicable laws relating to personal information privacy including Ontario's Municipal Freedom and Protection of Privacy Act. Additionally PerfectMind will not use Customer Data for any purpose other than to provide the functionality of the Platform to the Customer and its users, ensure adherence to the terms of the Agreement, or (only in aggregate for) for site metrics.

For more information on the Ontario Municipal Freedom and Protection of Privacy Act please visit: <https://www.ontario.ca/document/freedom-information-and-protection-privacy-manual>

For more information on the software vendor's Privacy Policy please visit: <https://www.xplortechologies.com/us/privacy-notice>



# Squash those winter blues!



Squash is a great way to let off some steam and stay connected to your *Self* and those around you.



Jump In and Squash It, with us! Our Squash Courts are located at the Lindsay Recreation Complex and available for use through our Health Membership. With the purchase of a Health Day Pass, non-members are also able to drop-in and use the courts.

We recommend calling for non-member drop-in participants to ensure availability.  
**Please call us at: 705-324-9112.**









## Connect through **Skating**

There are several Public Skating opportunities offered during the winter months, including Public Skate, Senior Skate, Shinny, Parent and Tot, and Stick and Puck. Please see below for program descriptions.

Pre-registration is recommended for all Skating programs. If you require other options, please email us at [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca). Participants can register for their desired skate up to 14 days in advance through our [Online Program Registration Website](#).

### **Accessible Skate**

This recreational skate is open to skaters with disabilities and their families, caregivers, and/or support workers. Accompanying caregivers or support persons skate free of charge. Skaters are expected to follow the general Public Skate program rules. Wheelchairs, skate aids, sledges, and other mobility devices are welcome. Pre-registration is recommended to guarantee your spot!

## **Rules and Regulations**

### **Public Skating**

Those not following the rules will be given one warning and then asked to leave the facility with no refund. Rules are subject to change.

- Pre-registration is recommended for all public skating programs.
- All participants must be wearing skates while on the ice surface.
- CSA approved helmets are mandatory for all children and strongly recommended for all other ice users.
- Skate in the same direction as all skaters.
- Skate aids may be available for use at the facility. Participants may bring their own certified skate aid, as long as it's in clean condition and does not impede other skaters.
- Wheelchairs are permitted, with the accompaniment of a responsible operator (age 16 or older) wearing ice skates.
- Wheels must be cleaned of any dirt/debris prior to entering the ice surface to ensure the safety of all skaters. Cleaning material will be available at facility.
- The person accompanying the participant in the wheelchair is not required to register or pay the registration fee.
- Wheelchair users are asked to use the perimeter of the ice closest to the boards.

**Public Skating Rules and Regulations continued on page 12.**

## **Public Skating Rules and Regulations continued from page 11.**

- No food or drink is allowed on the ice surface or players benches.
- No tag, games or inappropriate behaviour is allowed.
- No skating backwards or figure skating.
- Any equipment (including balls, sticks, chairs, pylons, strollers) that may interfere with the safety of any skater on the ice surface is prohibited.
- No headsets, cell phones, or handheld electronic devices are to be used while skating.
- Carrying of children is prohibited.
- No sitting on the boards.

## **Parent and Tot**

Parents and caregivers are invited to bring their preschoolers (under 6 years of age) to this recreational skate. Children must wear a CSA-approved helmet on the ice. Pre-registration is recommended to guarantee your spot!

## **Public Skate**

All ages are welcome to join us for this recreational skate! Skaters are expected to follow the program rules at all times. Pucks, hockey sticks, and equipment are not permitted on the ice surface. Pre-registration is recommended to guarantee your spot!

## **Senior Shinny**

This self-organized, non-contact hockey program is for players aged 55 and older. A CSA-approved helmet is mandatory; mask and full equipment are highly encouraged. Pre-registration is recommended to guarantee your spot!

## **Senior Skate**

This leisure skate time is for mature adults, aged 55 and older. Skaters are expected to follow the program rules at all times. Pre-registration is recommended to guarantee your spot!

## **Shinny**

Get back on the ice this winter with our drop-in Shinny! This non-contact, co-ed program is not intended for organized teams. Players must wear a CSA-approved helmet; mask and full equipment are strongly recommended. Players and goaltenders are to register for the applicable respective program. Pre-registration is recommended to guarantee your spot!

## **Stick and Puck**

This program is an opportunity for caregivers (18+) and their children (3 to 12 years old) to practice and develop their hockey skills in a non-competitive environment. Maximum of two children per caregiver; children must be accompanied on the ice. Pre-registration is recommended to guarantee your spot!





# This winter, cross a piece of paradise in Kawartha Lakes!

Embrace winter, get out there and try Cross-Country Skiing in Kawartha Lakes. We offer three cross-country ski loops in the Somerville Forest Tract, located in the northern tip of the Victoria Rail Trail's North Corridor.

To access our Kawartha Lakes Victoria Rail Trail and Affiliated Trail Connections Interactive Map, visit [www.kawarthalakes.ca/trailsandforesttracts](http://www.kawarthalakes.ca/trailsandforesttracts) or grab one of our pocket maps at any Kawartha Lakes Service Centre, Library, or Visitor Information Centre located at the Chambers of Commerce.



Somerville Forest Tract

**Somerville Ski Trails  
Access Point #3**

Kawartha Lakes  
**Jump In**





## Ticket Ice

This drop-in session is intended for recreational figure skaters to practice their skating skills. All skaters must be a Skate Canada member and accompanied by a coach. Pre-registration is recommended to guarantee your spot!

## Women's Shinny

Join us for this fun, active drop-in shinny program for women! This non-contact, self-organized program is not intended for organized teams. Full equipment, including a CSA-approved helmet, is required. Pre-registration is recommended to guarantee your spot!

## Youth Shinny

Lindsay Recreation Complex  
Fridays 5:15pm to 6:15pm

This program is an opportunity for youth aged 12 to 15 to play a staff-monitored scrimmage game of hockey. Participants must wear full equipment, including CSA approved hockey helmet with full cage or face shield. Pre-registration is recommended to guarantee your spot!

Schedules are subject to change. To learn more and to register, please visit our Online Program Registration Website at: <https://kawarthalakes.perfectmind.com>.

Access each individual program by clicking them, or click on the link above for the main registration page.



# Skating Registration Reminder.

Participants can register for their desired skate up to 14 days in advance.

If you require assistance or other options for registration, please reach out by email at: [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) or call us at: **705-324-9112**



## Women's Resources

Shelter, Support and Counselling for Women, Children and Teens experiencing abuse,  
AND Services for Human Trafficking Victims.

YOU ARE NOT ALONE, WE CAN HELP

**24 HR CRISIS SUPPORT LINE 1-800-565-5350**



Scan QR code  
with phone camera

22 Russell St. E., Lindsay ON K9V 2A1 **705-878-4285** [www.womensresources.ca](http://www.womensresources.ca)







# Outdoor Ice Rink (ODR) Season!

Did you know we have Community Outdoor Ice Rinks (ODRs) spread throughout the municipality? Community operated ODRs are prepared by municipal staff and maintained throughout the season by community volunteers. We're currently seeking volunteers for the 2026 season. To learn more, please check out page 80.

Special thanks goes out to our team of dedicated volunteers! Without their support we wouldn't have these community rinks for all to enjoy.

## Logie Park Skating Loop

This winter, loop de loop at the Logie Park Skating Loop located at 325 Logie Street in Lindsay. This outdoor refrigerated skating loop is municipally run, open to the public, and free to use.

For more information on hours of operation and locations please visit:

[www.kawarthalakes.ca/outdooricerinks](http://www.kawarthalakes.ca/outdooricerinks)









Connect through

# Aquatics



Aquatic programming and Public Swims take place at the Lindsay Recreation Complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon.

Registration for the Winter 2026 session will begin on Tuesday December 16, 2025 at 9am through our [Online Program Registration Website](#).

## Winter 2026 Aquatic Session

The Winter Aquatic session runs from January 4 to March 14, 2026. There will be no classes February 16, 2026.

Participants are encouraged to pre-register ahead of time for public swims. Registration is required for Kawartha Swim and Lifesaving/Leadership Programs using our [Online Program Registration Website](#).

## Aquatic Rules and Regulations:

- Patrons are encouraged to limit their time in the Change Rooms before and after their programs.
- Pre-registration is encouraged for public swimming through our [Online Program Registration Website](#).
- Cellphones and cameras are not permitted to be used in the change rooms or on the pool deck.
- Pool Admission standards must be adhered to for all Public Swims.

## Pool Facilities

The Parks and Recreation Division maintains two aquatic facilities year-round, the Lindsay Recreation Complex in Lindsay and the Forbert Memorial Pool in Bobcaygeon.

### Lindsay Recreation Complex

133 Adelaide Street South, Lindsay  
705-324-9112

The Lindsay Recreation Complex boasts a 25 metre six lane pool, a therapeutic warm pool; both of which host a variety of aquatic programming year-round. The facility also features an on-deck sauna, a 1 metre diving board, Change Room facilities and showers.



### Forbert Memorial Pool and Workout Centre

16 River Park Road, Bobcaygeon  
705-738-5858

The Forbert Memorial Pool and Workout Centre in Bobcaygeon features an 18 metre three lane swimming pool; stepped ramp, Change Room facilities and showers. The facility hosts a variety of aquatic programs for all fitness levels.





## Public Swimming

We are pleased to offer Public Swim opportunities year-round at both the Lindsay Recreation Complex and the Forbert Memorial Pool in Bobcaygeon.

You are encouraged to pre-register to reserve a space in advance using our [Online Program Registration Website](#). Walk in reservations and payment will be accepted on site when space allows. Entry will only be allowed up to your registered start time. Schedules are subject to change and cancellations may occur.

To view our Public Swimming Fees and Schedules please visit our [Swim Page](#).

## Adult Swim:

This swim provides the opportunity for those 15 years and older to chat, relax and complete their personal fitness programs. This is a quiet swim. Lanes are available for swimming lengths, there will be public equipment available. Exercise/length swimming equipment will be available. Snorkels are permitted.

## Aquaglide:

The Aquaglide is a giant floating obstacle course that features jumping and balancing sections. Children 14 years of age or younger will be required to pass the Facility Swim Test in order to use the Aquaglide.

## Diving Board and Blocks:

The Diving Board and Diving Blocks at the Lindsay Recreation Complex are open during Fitness Swims and Adult Swims only if a safety hazard does not exist. Diving Blocks are available in lanes 2 and 3 during Fun Swims. Those wishing to use the Diving Blocks must be able to pass the Facility Swim Test. Forward jumps or dives only – no flips, twists, somersaults, or backwards entries.

## Fitness Swim:

This swim is for all ages wishing to swim lengths in the large pool and complete exercise goals in the small pool. Exercise and length swimming equipment will be available for use, no toys permitted. Snorkels are permitted. Pool Admission Standards must be maintained at all times.



# Get Social with us!

Follow us on **Facebook**, to stay up-to-date and in the know on all things Parks and Recreation.

## Fun Swim:

This is an active, high activity and noisy swim time for all ages. The diving board will be open during Fun Swims. Public equipment is available. Personal equipment is permitted in the shallow end of the large pool and in the small pool. No equipment is allowed in the deep end of the large pool at any time. Snorkels are permitted. No length swimming. Pool Admission Standards must be maintained at all times.

## Fun/Fitness Swim:

This is an active swim time for all ages where swimmers can choose to swim lengths or relax. The diving board will be open. Lanes will be adjusted based on demand. Public equipment will be available. Personal equipment is permitted in the shallow end of the large pool and

in the small pool. No equipment is allowed in the deep end of the large pool at any time. Snorkels will be permitted. Pool Admission Standards must be maintained at all times.

## Sauna:

The on-deck Sauna at the Lindsay Recreation Complex is available during Public Swim times to those attending the swim, or any patrons who hold a Swim Membership or a Squash Membership.

## Pool Admission Standards

Pool Admission Standards assist lifeguards in maintaining adequate surveillance over the whereabouts and activities of young bathers while they are inside the pool enclosure.

To learn more about our Public Swimming Schedules, Pool Admission Standards, Swim Test, Wrist Bands and Swim Test Passed Memberships please visit our Swim Page at:  
[www.kawarthalakes.ca/swim](http://www.kawarthalakes.ca/swim)

**Click here for Public Swimming Schedules**





## Kawartha Swim Parent and Tot Programs

**Ages: 4 months to 36 months**

Kawartha Swim Parent and Tot Programs are designed to spend quality time with your child while you both have fun, learn and socialize in the water. Children progress through Parent and Tot levels based on age.

### **Winter 2026 session:**

January 4 until March 14, 2026.

No classes February 16, 2026.

## **Parent and Tot 1**

Parent and Tot One is offered at both the Lindsay Recreation complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon. This program introduces babies and their parent /caregiver to buoyancy and movement in the water through play and songs. Participants in this level must be able to hold their head up and be 4 months to 12 months of age. Parents/caregivers will learn age-specific water safety and first aid skills. Progression into the next level is based on age.

### **Forbert Memorial Pool, Bobcaygeon**

Tuesdays 9am to 9:30am

Tuesdays 10am to 10:30am

Tuesdays 5pm to 5:30pm

Wednesdays 5:30pm to 6pm

Thursdays 9:30am to 10am

Thursdays 10am to 10:30am

Thursdays 6pm to 6:30pm

Saturdays 9:45am to 10:15am

Saturdays 10:45am to 11:15am

### **Lindsay Recreation Complex**

Mondays 9am to 9:30am

Mondays 4:15pm to 4:45pm

Tuesdays 9:45am to 10:15am

Tuesdays 2:15pm to 2:45pm

Tuesdays 5pm to 5:30pm

Wednesdays 9am to 9:30am

Wednesdays 4pm to 4:30pm

Wednesdays 5:30pm to 6pm

Thursdays 9am to 9:30am

Thursdays 10am to 10:30am

Thursdays 11:15am to 11:45am

Thursdays 4pm to 4:30pm

Fridays 9:30am to 10am

Fridays 2:15pm to 2:45pm

Fridays 6pm to 6:30pm



Saturdays 9am to 9:30am  
Saturdays 9:30am to 10am  
Saturdays 11am to 11:30am  
Sundays 10am to 10:30am  
Sundays 5:30pm to 6pm

## **Parent and Tot 2**

Parent and Tot Two is offered at both the Lindsay Recreation complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon. This program introduces toddlers and their parent/caregiver to movement and active play in the water through games and songs. Participants in this level must be 13 months to 24 months of age. Parents/caregivers will learn age-specific water safety and first aid skills. Progression into the next level is based on age.

### **Forbert Memorial Pool, Bobcaygeon**

Tuesdays 9am to 9:30am  
Tuesdays 10am to 10:30am  
Tuesdays 5pm to 5:30pm  
Wednesdays 5:30pm to 6pm  
Thursdays 9:30am to 10am  
Thursdays 10am to 10:30am  
Thursdays 6pm to 6:30pm  
Saturdays 9:45am to 10:15am  
Saturdays 10:45am to 11:15am

### **Lindsay Recreation Complex**

Mondays 9:30am to 10am  
Mondays 5pm to 5:30pm  
Tuesdays 9:45am to 10:15am  
Tuesdays 2:15pm to 2:45pm  
Tuesdays 4pm to 4:30pm  
Wednesdays 9:30am to 10am  
Wednesdays 4pm to 4:30pm  
Wednesdays 5pm to 5:30pm  
Thursdays 9:30am to 10am  
Thursdays 10am to 10:30am

Thursdays 11:15am to 11:45am  
Thursdays 5:30pm to 6pm  
Fridays 8:30am to 9am  
Fridays 9:30am to 10am  
Fridays 2:15pm to 2:45pm  
Fridays 5:30pm to 6pm  
Saturdays 9am to 9:30am  
Saturdays 10am to 10:30am  
Saturdays 11:30am to 12pm  
Sundays 9:30am to 10am  
Sundays 5:30pm to 6pm

## **Parent and Tot 3**

Parent and Tot Three is offered at both the Lindsay Recreation complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon. This program introduces toddlers and their parent/caregiver to basic swimming movements including floats, glides, and kicks in a safe water environment using fun and games.

Participants in this level must be 25 months to 36 months of age. Parents/caregivers will learn age-specific water safety and first aid skills. Progression to the next level is based on age.

### **Forbert Memorial Pool, Bobcaygeon**

Tuesdays 9am to 9:30am  
Tuesdays 10am to 10:30am  
Tuesdays 5pm to 5:30pm  
Wednesdays 5:30pm to 6pm  
Thursdays 9:30am to 10am  
Thursdays 10am to 10:30am  
Thursdays 6pm to 6:30pm  
Saturdays 9:45am to 10:15am  
Saturdays 10:45am to 11:15am

**Parent and Tot 3 schedules  
continued on page 22.**

Schedules are subject to change.  
To view our most up-to-date schedules  
and to register, please visit our Online  
Program Registration Website.

If you require other options  
for registration, please email  
[aquatics@kawarthalakes.ca](mailto:aquatics@kawarthalakes.ca) or call  
us at: 705-324-9411 extension 1557



# Aquatic Registration Reminder.

When registering for  
aquatic programming  
on Tuesday December 16,  
2025 at 9am, you will need  
to **select the pool location  
for registration.**

## For example:

If you'd like to register for  
a Parent and Tot program  
at the Lindsay Recreation  
Complex, you will have to  
select 'Aquatics - Lindsay  
Recreation Complex' in the  
'Select an Activity' window.

## Parent and Tot 3

### Lindsay Recreation Complex

Mondays 10:30am to 11am

Mondays 6pm to 6:30pm

Tuesdays 9:45am to 10:15am

Tuesdays 1:45pm to 2:15pm

Tuesdays 4:30pm to 5pm

Wednesdays 10am to 10:30am

Wednesdays 4:30pm to 5pm

Thursdays 9:30am to 10am

Thursdays 10:30am to 11am

Thursdays 6pm to 6:30pm

Fridays 8:30am to 9am

Fridays 9am to 9:30am

Fridays 6:30pm to 7pm

Saturdays 9am to 9:30am

Saturdays 10:30am to 11am

Saturdays 11:45am to 12:15pm

Sundays 10:30am to 11am

Sundays 5:30pm to 6pm







# Kawartha Swim

## Private Lessons

**\$317 for a 10 week session**

Private lessons are one to one instruction. These lessons are useful where a special need exists and/or for an individual who is working on a specific skill. Small Pool Only Private Lessons are available for swimmers in Mitchell Minnow, Sturgeon Spottail, Pigeon Perch, and Swimmer One.

## Semi-Private Lessons

**\$189 per participant for a 10 week session**

Semi-Private Lessons are for two or three participants who are at a similar swimming level/ability. Please be advised, when registering online for Semi-Private Lessons, you will be required to register the first participant to secure the desired date and time. To register the additional participants, you will need to call the Assistant Aquatics Coordinator at: **705-324-9411 extension 1557**.

## Create a Class

**\$79 per participant for a 10 week session**

Create a Class Lessons are geared toward four participants who are at the same swimming level/ability. Please be advised, when registering online for Create a Class Lessons you will be required to register the first participant to secure the desired date and time. To register the additional participants, you will need to call the Assistant Aquatics Coordinator at: **705-324-9411 extension 1557**.

---

Payments for all participants in a Semi-Private, or Create a Class Lesson must be processed through the City of Kawartha Lakes.

To register, please visit [www.kawarthalakes.ca/swim](http://www.kawarthalakes.ca/swim).

If you require other options for registration, please email [aquatics@kawarthalakes.ca](mailto:aquatics@kawarthalakes.ca) or call us at: **705-324-9411 extension 1557**



## Kawartha Swim Pre-School Programs

**Ages: 3 to 6 years old.**

Kawartha Swim Pre-School Programs are designed for children ages 3 to 6 years old, our Pre-school programs feature six levels that will develop an appreciation and healthy respect for the water. Children progress through our Pre-School programs based on skill. These programs are offered at both the Lindsay Recreation Complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon.

### **Winter 2026 session:**

January 4 until March 14, 2026.

No classes February 16, 2026.

### **Mitchell Minnow**

For ages 3 to 6 years. Participants will gain confidence in the water by learning how to safely enter, move through and exit shallow water, and develop basic swimming movements including floats and glides. Participants will learn to put their face in the water and blow bubbles. Progression to the next level is based on meeting specific performance criteria.

### **Forbert Memorial Pool, Bobcaygeon**

Mondays 4pm to 4:30pm

Tuesdays 9:30am to 10am

Tuesdays 4:30pm to 5pm

Tuesdays 6pm to 6:30pm

Wednesdays 4:30pm to 5pm

Wednesdays 5:30pm to 6pm

Thursdays 10am to 10:30am

Thursdays 10:30am to 11am

Thursdays 4pm to 4:30pm

Saturdays 8:45am to 9:15am

Saturdays 11:15am to 11:45am

### **Lindsay Recreation Complex**

Mondays 4:30pm to 5pm

Mondays 5:30pm to 6pm

Mondays 6:30pm to 7pm

Tuesdays 10:15am to 10:45am

Tuesdays 1:45pm to 2:15pm

Tuesdays 4pm to 4:30pm

Tuesdays 5pm to 5:30pm

Tuesdays 6:45pm to 7:15pm

Wednesdays 9:15am to 9:45am

Wednesdays 10am to 10:30am

Wednesdays 10:30am to 11am

Wednesdays 2:15pm to 2:45pm

Wednesdays 3:30pm to 4pm

Wednesdays 6pm to 6:30pm

Wednesdays 6:30pm to 7pm

Thursdays 4pm to 4:30pm

Thursdays 4:30pm to 5pm



Thursdays 5pm to 5:30pm  
Fridays 2:15pm to 2:45pm  
Fridays 4pm to 4:30pm  
Fridays 5pm to 5:30pm  
Fridays 5:45pm to 6:15pm  
Saturdays 9am to 9:30am  
Saturdays 9:30am to 10am  
Saturdays 10am to 10:30am  
Saturdays 11:30am to 12pm  
Sundays 9am to 9:30am  
Sundays 9:30am to 10am  
Sundays 10am to 10:30am  
Sundays 11am to 11:30am  
Sundays 11:30am to 12pm  
Sundays 4pm to 4:30pm  
Sundays 5:15pm to 5:45pm

## **Sturgeon Spottail**

For ages 3 to 6 years. Participants will continue to build on their confidence in the water by learning how to safely swim with a personal flotation device or buoyant aid. Participants will learn how to fully submerge underwater and will work towards kicking on their back for five metres. Progression to the next level is based on meeting specific performance criteria.

## **Forbert Memorial Pool, Bobcaygeon**

Mondays 4pm to 4:30pm  
Tuesdays 9:30am to 10am  
Tuesdays 5pm to 5:30pm  
Wednesdays 4:30pm to 5pm  
Wednesdays 5:30pm to 6pm  
Thursdays 10am to 10:30am  
Thursdays 10:30am to 11am  
Thursdays 4pm to 4:30pm  
Thursdays 5:30pm to 6pm  
Saturdays 9:15am to 9:45am  
Saturdays 10:15am to 10:45am

**Sturgeon Spottail schedules  
continued on page 26.**

# **Aquatic Refund, Cancellation and Service Interruption Information.**

## **Refunds for programs:**

We reserve the right to cancel programs due to insufficient registration. In these cases a full refund/credit will be issued. Refunds/credits for any other reason are subject to approval and a 15% (minimum \$5) administration fee. All requests must be made in writing to the Assistant Aquatics Coordinator via e-mail to: [aquatics@kawarthalakes.ca](mailto:aquatics@kawarthalakes.ca). Refunds under \$20 will be issued only as credit on account for future Parks and Recreation services.

## **Refunds for Drop-In Programs:**

Once a reservation has been made if you are unable to attend your scheduled booking please call 705-324-9112 to cancel your space. Due to limited spaces available, any fees paid will only be refunded as a credit on your account if the cancellation is received a minimum of 48 hours before the booking time. If cancellation is made with less than 48 hours notice fees are non-refundable.

## **Cancellations and Service Interruptions:**

We will post all program cancellations as an alert on our website, and on **Facebook**. Programs will not operate on statutory holidays unless otherwise stated. For details call 705-324-9112.



### **Sturgeon Spottail**

#### **Lindsay Recreation Complex**

Mondays 4pm to 4:30pm  
 Mondays 5:30pm to 6pm  
 Mondays 6pm to 6:30pm  
 Tuesdays 10:15am to 10:45am  
 Tuesdays 1:45pm to 2:15pm  
 Tuesdays 4:30pm to 5pm  
 Tuesdays 5pm to 5:30pm  
 Tuesdays 5:45pm to 6:15pm  
 Tuesdays 6:30pm to 7pm  
 Wednesdays 9:15am to 9:45am  
 Wednesdays 10am to 10:30am  
 Wednesdays 10:30am to 11am  
 Wednesdays 2:15pm to 2:45pm  
 Wednesdays 3:30pm to 4pm  
 Wednesdays 4:30pm to 5pm  
 Wednesdays 5:15pm to 5:45pm  
 Wednesdays 6pm to 6:30pm  
 Thursdays 4pm to 4:30pm  
 Thursdays 5pm to 5:30pm  
 Thursdays 5:30pm to 6pm  
 Thursdays 6:45pm to 7:15pm  
 Fridays 1:45pm to 2:15pm  
 Fridays 4:30pm to 5pm  
 Fridays 6:15pm to 6:45pm  
 Saturdays 9am to 9:30am

Saturdays 9:30am to 10am  
 Saturdays 11:45am to 12:15pm  
 Sundays 9am to 9:30am  
 Sundays 10am to 10:30am  
 Sundays 10:30am to 11am  
 Sundays 11am to 11:30am  
 Sundays 4:15pm to 4:45pm  
 Sundays 5:30pm to 6pm

### **Pigeon Perch**

For ages 3 to 6 years. Participants will begin demonstrating their swimming skills, including three metre front and back glides, without the assistance of an instructor or buoyant aid. Participants will learn how to pick up an object from the bottom of the pool in waist-deep water and how to safely jump into deep water wearing a personal flotation device. Progression to the next level is based on meeting specific performance criteria.

#### **Forbert Memorial Pool, Bobcaygeon**

Mondays 5pm to 5:30pm  
 Tuesdays 5pm to 5:30pm  
 Tuesdays 6pm to 6:30pm  
 Wednesdays 5pm to 5:30pm  
 Thursdays 5pm to 5:30pm  
 Saturdays 9:15am to 9:45am  
 Saturdays 12pm to 12:30pm

#### **Lindsay Recreation Complex**

Mondays 4pm to 4:30pm  
 Mondays 5pm to 5:30pm  
 Mondays 6pm to 6:30pm  
 Tuesdays 4:30pm to 5pm  
 Tuesdays 5:30pm to 6pm  
 Tuesdays 6:15pm to 6:45pm  
 Wednesdays 5:30pm to 6pm  
 Wednesdays 6:30pm to 7pm  
 Thursdays 4:30pm to 5pm  
 Thursdays 5pm to 5:30pm  
 Thursdays 6pm to 6:30pm



Thursdays 6:30pm to 7pm  
Fridays 4pm to 4:30pm  
Fridays 5:45pm to 6:15pm  
Fridays 6:15pm to 6:45pm  
Saturdays 9am to 9:30am  
Saturdays 10am to 10:30am  
Saturdays 11am to 11:30am  
Sundays 9:30am to 10am  
Sundays 11am to 11:30am  
Sundays 11:30am to 12pm  
Sundays 5pm to 5:30pm

## **Balsam Bass**

For ages 3 to 6 years. Participants will build on their independence in the water and will be introduced to side glides as well as treading water. Participants will increase the length of their front and back floats to seven seconds. Progression to the next level is based on meeting specific performance criteria.

### **Forbert Memorial Pool, Bobcaygeon**

Mondays 5:30pm to 6pm  
Tuesdays 4pm to 4:30pm  
Wednesdays 5pm to 5:30pm  
Thursdays 5pm to 5:30pm  
Saturdays 11:15am to 11:45am

### **Lindsay Recreation Complex**

Mondays 5pm to 5:30pm  
Mondays 6pm to 6:30pm  
Mondays 6:45pm to 7:15pm  
Tuesdays 6:15pm to 6:45pm  
Tuesdays 7pm to 7:30pm  
Wednesdays 5pm to 5:30pm  
Wednesdays 6pm to 6:30pm  
Thursdays 4pm to 4:30pm  
Thursdays 6pm to 6:30pm  
Thursdays 6:45pm to 7:15pm  
Fridays 5:15pm to 5:45pm  
Saturdays 9am to 9:30am  
Saturdays 10am to 10:30am

Saturdays 11:30am to 12pm  
Sundays 9am to 9:30am  
Sundays 10:30am to 11am  
Sundays 4:30pm to 5pm

## **Canal Catfish**

For ages 3 to 6 years. Swimmers will compile the foundational skills they have learned in the previous levels to attempt front crawl and back crawl for five metres while wearing a personal flotation device or being supported by a buoyant aid. Participants will continue to work on their side glide and will demonstrate side glide with kicking for five metres. Progression to the next level is based on meeting specific performance criteria.

### **Forbert Memorial Pool, Bobcaygeon**

Tuesdays 6:30pm to 7pm  
Wednesdays 5:30pm to 6pm  
Saturdays 10:45am to 11:15am

### **Lindsay Recreation Complex**

Mondays 5:30pm to 6pm  
Mondays 6:45pm to 7:15pm  
Tuesdays 4pm to 4:30pm  
Tuesdays 6pm to 6:30pm  
Wednesdays 5:30pm to 6pm  
Wednesdays 6pm to 6:30pm  
Thursdays 6:15pm to 6:45pm  
Fridays 5pm to 5:30pm  
Fridays 6:30pm to 7pm  
Saturdays 9:30am to 10am  
Sundays 10am to 10:30am  
Sundays 4:45pm to 5:15pm

Schedules are subject to change.  
To view our most up-to-date schedules  
and to register, please visit our Online  
Program Registration Website.

If you require other options  
for registration, please email  
aquatics@kawarthalakes.ca or call  
us at: 705-324-9411 extension 1557



## Aquatic Registration Reminder.

When registering for  
aquatic programming  
on Tuesday December 16,  
2025 at 9am, you will need  
to **select the pool location  
for registration.**

### For example:

If you'd like to register for  
a Pre-School program at  
the Lindsay Recreation  
Complex, you will have to  
select 'Aquatics - Lindsay  
Recreation Complex' in the  
'Select an Activity' window.

### Cameron Carp

For ages 3 to 6 years. Swimmers will  
begin working on advanced skills,  
such as whip kick, while continuing  
to develop their front crawl and back  
crawl for five metres. Participants  
will learn how to roll into deep water,  
tread for 20 seconds, and swim for 10  
metres wearing a personal flotation  
device to demonstrate their readiness  
for a fall into water. Progression to  
the next level is based on meeting  
specific performance criteria.

### Forbert Memorial Pool, Bobcaygeon

Tuesdays 6:30pm to 7pm  
Wednesdays 5:30pm to 6pm  
Saturdays 10:45am to 11:15am

### Lindsay Recreation Complex

Mondays 6:30pm to 7pm  
Tuesdays 4pm to 4:30pm  
Tuesdays 6:30pm to 7pm  
Wednesdays 5:30pm to 6pm  
Thursdays 7pm to 7:30pm  
Fridays 5pm to 5:30pm  
Saturdays 10am to 10:30am  
Sundays 10am to 10:30am  
Sundays 4:45pm to 5:15pm





**STAY UP TO DATE AND IN THE KNOW**

# **Jump Inbox**

**Subscribe to the City of Kawartha  
Lakes Jump Inbox for news and  
updates that matter to you.**

**Sign Up**

**Be sure to check the Parks and Recreation box  
under categories to receive all information in  
relation to the Parks and Recreation Division.**

Kawartha Lakes  
**Jump In**







## Kawartha Swim School Age Programs

**Ages: 5 to 14 years old.**

Kawartha Swim School Age Programs are designed for children ages 5 to 14 years old, our School Age program consists of twelve levels, which focus on learning how to swim before getting in “too deep.” These programs are offered at both the Lindsay Recreation Complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon.

### **Winter 2026 session:**

January 4 until March 14, 2026.  
No classes February 16, 2026.

### **Swimmer 1**

Swimmer One participants will begin working on the foundational skills of swimming including front and back floats, glides (three metres), and kicking (five metres), with the assistance of a personal flotation device or buoyant aid. Participants will be introduced to treading water and will gain confidence to jump into chest-deep water. This class is for participants aged 5 and older.

#### **Forbert Memorial Pool, Bobcaygeon**

Mondays 5:30pm to 6pm  
Tuesdays 4pm to 4:30pm  
Tuesdays 5:30pm to 6pm  
Wednesdays 4pm to 4:30pm  
Thursdays 6:30pm to 7pm  
Saturdays 8:45am to 9:15am  
Saturdays 10:15am to 10:45am

#### **Lindsay Recreation Complex**

Mondays 4:30pm to 5pm  
Mondays 5:45pm to 6:15pm  
Tuesdays 4pm to 4:30pm  
Tuesdays 5:30pm to 6pm  
Wednesdays 5pm to 5:30pm  
Wednesdays 6pm to 6:30pm  
Thursdays 4:30pm to 5pm  
Thursdays 5:30pm to 6pm  
Thursdays 7:15pm to 7:45pm  
Fridays 4:30pm to 5pm  
Fridays 6:45pm to 7:15pm  
Saturdays 9:30am to 10am  
Saturdays 10am to 10:30am  
Saturdays 12pm to 12:30pm  
Sundays 9:30am to 10am  
Sundays 10:30am to 11am  
Sundays 4:30pm to 5pm



## Swimmer 2

Swimmer Two participants will learn how to safely enter and exit deep water, recover an object from the bottom in chest-deep water, and will be introduced to side glides. Participants will begin to work toward five metres of front crawl and five metres of back crawl with a buoyant aid. This class is for participants aged 5 and older who have attempted Balsam Bass or Canal Catfish as well as participants who have successfully completed Swimmer One, Pigeon Perch, or Balsam Bass.

### **Forbert Memorial Pool, Bobcaygeon**

Mondays 5:30pm to 6pm  
Tuesdays 4:30pm to 5pm  
Tuesdays 5:30pm to 6pm  
Wednesdays 4pm to 4:30pm  
Thursdays 4:30pm to 5pm  
Thursdays 6pm to 6:30pm  
Saturdays 9:45am to 10:15am  
Saturdays 11am to 11:30am

### **Lindsay Recreation Complex**

Mondays 5pm to 5:30pm  
Mondays 6:30pm to 7pm  
Tuesdays 6pm to 6:30pm  
Tuesdays 6:30pm to 7pm  
Tuesdays 7:15pm to 7:45pm  
Wednesdays 4:30pm to 5pm  
Wednesdays 5:45pm to 6:15pm  
Wednesdays 6:15pm to 6:45pm  
Thursdays 4pm to 4:30pm  
Thursdays 6:30pm to 7pm  
Thursdays 7:15pm to 7:45pm  
Fridays 5:30pm to 6pm  
Fridays 7pm to 7:30pm  
Saturdays 9am to 9:30am  
Saturdays 10:30am to 11am  
Saturdays 12:15pm to 12:45pm  
Sundays 9:30am to 10am  
Sundays 5pm to 5:30pm

## Swimmer 3

Swimmer Three participants will continue to increase the distances of their front crawl and back crawl to 10 metres, treading water for 15 seconds, and will learn how to demonstrate their side glide with kicking for 10 metres. Participants will be challenged to put their skills together to demonstrate a jump into deep water, tread for 30 seconds, and swim 15 metres wearing a personal flotation device. This class is for participants aged 5 and older who have attempted Cameron Carp as well as those who have successfully completed Swimmer Two or Canal Catfish.

### **Forbert Memorial Pool, Bobcaygeon**

Mondays 5pm to 5:30pm  
Tuesdays 4:30pm to 5pm  
Wednesdays 4pm to 4:30pm  
Thursdays 5:30pm to 6pm  
Saturdays 10:30am to 11am

### **Lindsay Recreation Complex**

Mondays 4:45pm to 5:15pm  
Mondays 6:15pm to 6:45pm  
Mondays 7:15pm to 7:45pm  
Tuesdays 4pm to 4:30pm  
Tuesdays 6:45pm to 7:15pm  
Tuesdays 7:30pm to 8pm  
Wednesdays 4:30pm to 5pm  
Wednesdays 6:30pm to 7pm  
Thursdays 6pm to 6:30pm  
Thursdays 7:15pm to 7:45pm  
Fridays 4:30pm to 5pm  
Fridays 6:45pm to 7:15pm  
Saturdays 9am to 9:30am  
Saturdays 10:30am to 11am  
Saturdays 11:15am to 11:45am  
Sundays 11:30am to 12pm  
Sundays 4:30pm to 5pm



## Swimmer 4

Swimmer Four participants will be introduced to seated dives and forward roll entries. Participants will attempt to tread for 30 seconds and will learn how to whip kick on their back. Participants will be challenged to increase their front crawl and back crawl distance for 15 metres. This class is for participants aged 5 and older who have successfully completed Swimmer Three or Cameron Carp.

### **Forbert Memorial Pool, Bobcaygeon**

Mondays 5pm to 5:30pm  
 Tuesdays 4pm to 4:30pm  
 Wednesdays 4pm to 4:30pm  
 Thursdays 6:30pm to 7pm  
 Saturdays 12:15pm to 12:45pm

### **Lindsay Recreation Complex**

Mondays 4pm to 4:30pm  
 Mondays 5:45pm to 6:15pm  
 Mondays 7:30pm to 8pm  
 Tuesdays 6pm to 6:30pm  
 Tuesdays 7:30pm to 8pm  
 Wednesdays 5pm to 5:30pm

Wednesdays 6:30pm to 7pm  
 Thursdays 6:30pm to 7pm  
 Thursdays 7:45pm to 8:15pm  
 Fridays 4:45pm to 5:15pm  
 Fridays 6:45pm to 7:15pm  
 Saturdays 9:30am to 10am  
 Saturdays 11am to 11:30am  
 Saturdays 11:45am to 12:15pm  
 Sundays 11:30am to 12pm  
 Sundays 4:30pm to 5pm

## Swimmer 5

Swimmer Five participants will begin to work on more advanced skills including whip kick on their front for five metres as well as the arm movements for breaststroke. Participants will learn how to do a kneeling dive and will increase their treading water to 45 seconds. Swimmers will increase their front crawl distance to 25 metres and will attempt a front crawl sprint. This class is for participants aged 5 and older who have successfully completed Swimmer Four.

### **Forbert Memorial Pool, Bobcaygeon**

Mondays 4:30pm to 5pm  
 Tuesdays 6:30pm to 7pm  
 Wednesdays 5pm to 5:30pm  
 Thursdays 4:30pm to 5pm  
 Saturdays 12:45pm to 1:15pm

### **Lindsay Recreation Complex**

Mondays 5pm to 5:30pm  
 Mondays 7pm to 7:30pm  
 Tuesdays 7pm to 7:30pm  
 Wednesdays 4pm to 4:30pm  
 Wednesdays 6:30pm to 7pm  
 Thursdays 6pm to 6:30pm  
 Thursdays 7:30pm to 8pm  
 Fridays 5pm to 5:30pm  
 Fridays 7:15pm to 7:45pm  
 Saturdays 9:30am to 10am  
 Saturdays 11am to 11:30am



Sundays 11am to 11:30am  
Sundays 4pm to 4:30pm

## Swimmer 6

Swimmer Six participants will learn how to complete a standing dive into deep water. Swimmers will increase the distance of their whip kick to 15 metres and their back crawl to 25 metres. Participants will be challenged to put their skills together to demonstrate a roll into deep water, tread for 60 seconds, and a 50 metre swim. This class is for participants aged 5 and older who have successfully completed Swimmer Five.

### **Forbert Memorial Pool, Bobcaygeon**

Tuesdays 6pm to 6:45pm  
Saturdays 8:45am to 9:30am

### **Lindsay Recreation Complex**

Mondays 6:15pm to 7pm  
Mondays 7:15pm to 8pm  
Tuesdays 6:45pm to 7:30pm  
Wednesdays 4:15pm to 5pm  
Wednesdays 6:15pm to 7pm  
Thursdays 7pm to 7:45pm  
Fridays 7:15pm to 8pm  
Saturdays 10:30am to 11:15am

## Swimmer 7

Swimmer Seven participants will increase their front crawl and back crawl distances for 50 metres and combine their whip kick and arm movement skills to demonstrate breaststroke for 15 metres. Participants will be introduced to elementary back stroke and a stationary eggbeater kick. Participants will be challenged with treading water for two minutes as well as a 25 metre back crawl sprint. This class is for participants aged

five and older who have successfully completed Swimmer Six.

### **Forbert Memorial Pool, Bobcaygeon**

Tuesdays 6pm to 6:45pm  
Saturdays 8:45am to 9:30am

### **Lindsay Recreation Complex**

Mondays 6:15pm to 7pm  
Mondays 7pm to 7:45pm  
Tuesdays 6:45pm to 7:30pm  
Wednesdays 4:30pm to 5:15pm  
Thursdays 7pm to 7:45pm  
Fridays 7:15pm to 8pm  
Saturdays 10:30am to 11:15am

## Swimmer 8

Swimmer Eight participants will be introduced to advanced swimming skills such as vertical and horizontal dolphin kick and head up front crawl. Participants will continue to increase the distances of their front and back crawl to 75 metres, and will learn how to complete a shallow dive into deep water. This class is for participants aged 5 and older who have successfully completed Swimmer Seven.

### **Forbert Memorial Pool, Bobcaygeon**

Thursdays 5pm to 5:45pm  
Saturdays 11:45am to 12:30pm

### **Lindsay Recreation Complex**

Mondays 7pm to 7:45pm  
Tuesdays 6:15pm to 7pm  
Thursdays 6:15pm to 7pm  
Fridays 4pm to 4:45pm  
Saturdays 11:15am to 12pm



## Swimmer 9

Swimmer Nine participants will be introduced to new skills that will be used in the lifesaving courses, including scissor kick, stride entries, and compact jumps. Swimmers will increase the distances of their front and back crawl to 100 metres, and will work towards a 50 metre breaststroke swim. This class is for participants aged 5 and older who have successfully completed Swimmer Eight.

### **Forbert Memorial Pool, Bobcaygeon**

Thursdays 5pm to 5:45pm  
Saturdays 11:45am to 12:30pm

### **Lindsay Recreation Complex**

Mondays 7:15pm to 8pm  
Tuesdays 6:15pm to 7pm  
Thursdays 6:15pm to 7pm  
Fridays 4pm to 4:45pm  
Saturdays 11:15am to 12pm

## Swimmer 10

Swimmer 10 participants will continue to develop their strokes with 50 metre swims of front crawl, back crawl, and breaststroke. Participants will be introduced to lifesaving sport skills including a 25 metre obstacle swim and 15 metre object carry. Participants

will have a first aid component which will focus on assessment of conscious victims, contacting emergency services, and how to treat for bleeding. This class is for participants aged 5 and older who have successfully completed Swimmer Nine.

### **Forbert Memorial Pool, Bobcaygeon**

Thursdays 5:45pm to 6:45pm

### **Lindsay Recreation Complex**

Tuesdays 7:30pm to 8:30pm

## Swimmer 11

Swimmer 11 participants will continue to learn more lifesaving skills including searching for, and recovering an object, supporting an object for one minute, and removing a conscious victim from the water. Participants will expand their first aid knowledge by learning a primary assessment, how to care for a victim in shock, and how to assist a conscious person with an obstructed airway. This class is for participants aged 5 and older who have successfully completed Swimmer 10.

### **Forbert Memorial Pool, Bobcaygeon**

Thursdays 5:45pm to 6:45pm

### **Lindsay Recreation Complex**

Tuesdays 7:30pm to 8:30pm

## Swimmer 12

Swimmer 12 participants will be challenged to complete a 300 metre swim in under nine minutes. Participants will continue to develop their lifesaving skills as they learn the ready position, the defense methods, and how to remove an unconscious



victim from the water. Participants will learn how to care for a bone or joint injury, and respiratory emergencies. This class is for participants aged 5 and older who have successfully completed Swimmer 11.

**Forbert Memorial Pool, Bobcaygeon**

Thursdays 5:45pm to 6:45pm

**Lindsay Recreation Complex**

Tuesdays 7:30pm to 8:30pm

**Stroke Improvement**

Stroke Improvement is an opportunity for participants who have completed Swimmer 4 or higher who are looking to improve or correct their front crawl, back crawl, whip kick/breaststroke, and elementary backstroke. Swim Instructors will provide stroke corrections through drills and level-appropriate progressions.

**Forbert Memorial Pool, Bobcaygeon**

Saturdays 12:30pm to 1:15pm

**Lindsay Recreation Complex**

Tuesdays 7:45pm to 8:30pm

Sundays 5pm to 5:45pm

**Home School Lessons**

This time is allotted for children who are home schooled to participate in swimming lessons.

**Forbert Memorial Pool, Bobcaygeon**

Tuesdays 2pm to 2:30pm

Thursdays 2pm to 2:30pm

**Lindsay Recreation Complex**

Mondays 1pm to 1:30pm

Mondays 1:30pm to 2pm

Schedules are subject to change.

To view our most up-to-date schedules and to register, please visit our Online Program Registration Website.

If you require other options for registration, please email [aquatics@kawarthalakes.ca](mailto:aquatics@kawarthalakes.ca) or call us at: 705-324-9411 extension 1557



## Aquatic Registration Reminder.

When registering for aquatic programming on Tuesday December 16, 2025 at 9am, you will need to **select the pool location for registration.**

**For example:**

If you'd like to register for a School Age program at the Lindsay Recreation Complex, you will have to select 'Aquatics – Lindsay Recreation Complex' in the 'Select an Activity' window.



## Connect through **Lifesaving and Leadership**

Have you completed your Kawartha Swim programs and want to know your next steps? Climb the Lifesaving and Leadership Ladder and continue building your aquatic skills.

Sessions run throughout the year, to learn more about next steps, please see the Lifesaving and Leadership ladder on the next page.

### **Winter 2026 session:**

January 4 until March 14, 2026.  
No classes February 16, 2026.

### **Bronze Star**

Requirements: 11 to 14 years of age, completion of Swimmer 12 recommended. Candidates in this level support a 10 pound object at the surface for 3 minutes, swim 400 metres in 12 minutes or better, learn CPR, rescues, and the immobilization of a spinal victim on land.

### **Lindsay Recreation Complex**

Thursdays 7:30pm to 8:30pm

### **Bronze Medallion**

Pre-requisites: 13 years old, or, Bronze Star Certification. This award teaches an understanding of the lifesaving principles; judgement, knowledge, skills and fitness. Rescuers learn tows, carries, defenses and releases. Participants must also swim 400 metres in 12 minutes or better. 100% attendance is required.

### **Lindsay Recreation Complex**

Sundays 2pm to 4pm

### **Bronze Cross with Standard First Aid**

Pre-requisites: Bronze Medallion Award (need not be current). This award develops more advanced training including the introduction to safe supervision in Aquatic Facilities, as well as underwater search and the immobilization of a spinal victim in deep water. Participants will need to swim 400 metres in 11 minutes or better. 100% attendance is required.

### **Lindsay Recreation Complex**

Sundays 2pm to 6pm





# Home Alone

**Friday January 30, 2026**  
**Lindsay Recreation Complex**

The Home Alone Program is designed to provide children ten years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

This program will help them understand how to prevent problems, handle real-life situations, stay safe and constructively occupied.

To learn more or to register, please scan the QR code, email [aquatics@kawarthalakes.ca](mailto:aquatics@kawarthalakes.ca) or call us at: 705-324-9411 extension 1557, or 1558.

Scan the  
QR Code  
to Register



Kawartha Lakes  
**Jump In** 



## **Lifesaving Sport Fundamentals**

Lifesaving Sport Fundamentals is for participants aged 8 to 12 years old, who have completed Swimmer 4 and are interested in expanding their knowledge of lifesaving skills.

This is a recreational introduction to the Sport of Lifesaving. Participants will develop team building and responsibility through exciting challenges.

**Lindsay Recreation Complex**  
Sundays 2pm to 3pm

## **Home Alone Course**

The Home Alone Program is designed to provide children ten years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

**Lindsay Recreation Complex**  
Friday January 30 - 9am to 3pm

## **Babysitting Course**

Recommended for youth at least 12 years old, or turning 12 in this calendar year.

Do you enjoy being with children? Do you want to earn extra money? This Babysitting Course will provide you with the training you need to care for children in a safe and responsible manner.

This course includes: how to hold, diaper, dress and feed children, as well as basic first aid skills, and how to run a Babysitting Business.

If possible please bring a doll that can be used to practice diapering, dressing etc.

**Lindsay Recreation Complex**  
Friday February 27, 2026  
9am to 5pm

## **National Lifeguard Recertification**

Requirements: must bring proof of prior NL certification. Re-certification is required every two years to remain current.

**Lindsay Recreation Complex**  
Saturday December 20 - 9am to 1pm  
Friday February 13 - 6pm to 10pm

## **Lifesaving Society Swim Instructor**

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society [Swim for Life](#)



## Job Alert:

program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques. Completion of the Lifesaving Society Assistant Instructor program is strongly recommended as a prerequisite for this course. 100% attendance is required.

### **Lindsay Recreation Complex**

Tuesdays 4pm to 8pm

### **Lifesaving Society In-Person Recertification Course**

The Lifesaving Society In-Person Recertification Course focuses on the competencies learned in the instructor, coach and examiner courses and provides a refresher to those competencies. The course provides candidates with the four points required to complete their Lifesaving Society Instructor, Coach, Examiner and Examiner Mentor leadership recertification.

### **Lindsay Recreation Complex**

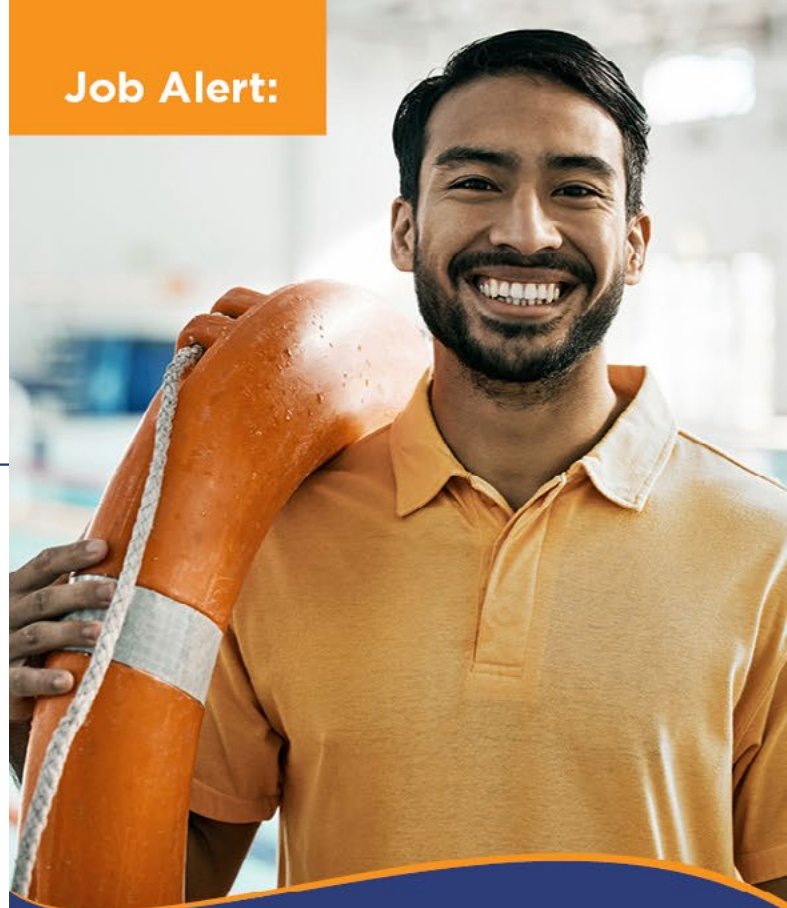
Sunday February 15 - 8am to 12pm.

## **Lifesaving and Leadership Ladder**

Continue building your aquatic leadership skills with us through Lifesaving Society Programming.

**To learn more, please visit:**

[www.kawarthalakes.ca/swim](http://www.kawarthalakes.ca/swim)



## **Launch your aquatic career.**

Launch your aquatic career and get certified for a job you'll love. Once you've successfully become a certified lifeguard and/or swim instructor, Jump In to our careers page and keep your eye out for a job with us. We're always looking for great leaders that make smart decisions around water!

[www.kawarthalakes.ca/careers](http://www.kawarthalakes.ca/careers)



Schedules are subject to change. To view our most up-to-date schedules and to register, please visit our Online Program Registration Website.

If you require other options for registration, please email [aquatics@kawarthalakes.ca](mailto:aquatics@kawarthalakes.ca) or call us at: 705-324-9411 extension 1557



## Aquatic Registration Reminder.

When registering for aquatic programming on Tuesday December 16, 2025 at 9am, you will need to **select the pool location for registration.**

### For example:

If you'd like to register for a School Age program at the Lindsay Recreation Complex, you will have to select 'Aquatics - Lindsay Recreation Complex' in the 'Select an Activity' window.

## Lifesaving Society Lifesaving Instructor

The Lifesaving Instructor course prepares instructors to teach the Lifesaving Society's:

- Canadian Swim Patrol Program
- Bronze Star
- Bronze Medallion
- Bronze Cross
- Lifesaving Fitness, Distinction
- Basic and Emergency First Aid
- CPR-A, CPR-B and CPR-C

After successful completion of the Instructor course you will receive two certification cards: Lifesaving Instructor and Emergency First Aid Instructor. Prerequisites: 15 years of age by the end of the course; Bronze Cross certification (need not be current).

### Lindsay Recreation Complex

March 20 - 5pm to 9pm

March 21 and 22 - 9am to 5pm







# Babysitting Course

**Friday February 27, 2026  
Lindsay Recreation Complex**

Do you enjoy being with children? Do you want to earn extra money? This Babysitting Course will provide you with the training you need to care for children in a safe and responsible manner. This course includes: how to hold, diaper, dress and feed children as well as basic first aid skills, and how to run a Babysitting Business.

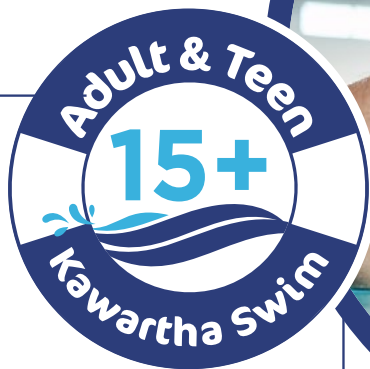
To learn more or to register, please scan the QR code, email [aquatics@kawarthalakes.ca](mailto:aquatics@kawarthalakes.ca) or call us at: 705-324-9411 extension 1557, or 1558.

**Scan the  
QR Code  
to Register**



**Kawartha Lakes**  
**Jump In**





## Kawartha Swim Adult and Teen Programs

**Ages: 15 years of age and older.**

Our Adult and Teen programs are open to individuals 15 years of age or older and are suitable for all fitness levels. Participants should be comfortable in waist deep water. All Aquafitness and Therapy classes will be 45 minutes in length.

Pre-registration is required for all Adult and Teen programs through our [Online Program Registration Website](#).

### **Winter 2026 session:**

January 4 until March 14, 2026.  
No classes February 16, 2026.

### **Adult 1**

In Adult One, you will work towards a 10 to 15 metre swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with four by nine to twelve metre interval training. This class is for participants aged 15 and older.

#### **Forbert Memorial Pool, Bobcaygeon**

Thursdays 1:45pm to 2:30pm

#### **Lindsay Recreation Complex**

Tuesdays 8:15pm to 9pm

Thursdays 8pm to 8:45pm

### **Adult 2**

In Adult Two, you will increase your swimming ability with two interval training workouts, work on dive entries, and demonstrate breaststroke arms and breathing over 10 to 15 metres. You'll be supporting yourself at the surface for one to two minutes, and showing off your handstands in shallow water. This class is for participants aged 15 and older.



### **Forbert Memorial Pool, Bobcaygeon**

Thursdays 1:45pm to 2:30pm

### **Lindsay Recreation Complex.**

Thursdays 8:15pm to 9pm

## **Adult 3**

In Adult Three, you will learn eggbeater, stride entries, and compact jumps. You'll be doing a 300 metre workout and sprinting 25 to 50 metres. In this level, you'll master your front crawl, back crawl, and breaststroke. This class is for participants aged 15 and older.

### **Forbert Memorial Pool, Bobcaygeon**

Thursdays 1:45pm to 2:30pm

### **Lindsay Recreation Complex**

Thursdays 8:15pm to 9pm

## **Aquafitness**

Aquafitness classes provide an active workout incorporating a variety of exercises which will build cardiovascular, muscle strength and endurance without the impact.

### **Shallow Water Aquafitness:**

#### **Forbert Memorial Pool, Bobcaygeon**

Mondays 8:15am to 9am

Mondays 1pm to 1:45pm

Tuesdays 8:15am to 9am

Tuesdays 11am to 11:45am

Tuesdays 1pm to 1:45pm

Wednesdays 9am to 9:45am

Thursdays 8:15am to 9am

Thursdays 1pm to 1:45pm

Fridays 8:15am to 9am

Fridays 9am to 9:45am

### **Shallow Water Aquafitness:**

#### **Lindsay Recreation Complex**

Mondays 9am to 9:45am

Tuesdays 9am to 9:45am

Tuesdays 9:45am to 10:30am

Wednesdays 9:45am to 10:30am

Thursdays 9am to 9:45am

Thursdays 9:45am to 10:30am

Fridays 9am to 9:45am

### **Deep Water Aquafitness:**

#### **Forbert Memorial Pool, Bobcaygeon**

Mondays 9am to 9:45am

Wednesdays 8:15am to 9am

Wednesdays 1pm to 1:45pm

Thursdays 11am to 11:45am

### **Deep Water Aquafitness:**

#### **Lindsay Recreation Complex**

Mondays 8:15am to 9am

Mondays 10am to 10:45am

Wednesdays 9am to 9:45am

Fridays 8:15am to 9am

### **Deep/Shallow Water Aquafitness:**

#### **Forbert Memorial Pool, Bobcaygeon**

Wednesdays 7pm to 7:45pm

### **Deep/Shallow Water Aquafitness:**

#### **Lindsay Recreation Complex**

Tuesdays 8:15pm to 9pm

Thursdays 8:15pm to 9pm

## **Aqua Therapy**

A low impact exercise program designed to re-educate weak muscles and to build strength and range of motion. Classes take place in the small pool at the Forbert Memorial Pool and Workout Centre.

### **Forbert Memorial Pool, Bobcaygeon**

Mondays 10am to 10:45am

Wednesdays 10am to 10:45am

Fridays 10am to 10:45am

## Baby Aquafitness

Participate in a water exercise class with your little one. Explore buoyancy, movement, and song through a fun and different water workout! Children must be between the ages of 6 months and two years of age, be comfortable in the water, and able to sit up on their own. This program takes place in the large pool.

### Lindsay Recreation Complex

Thursdays 10:45am to 11:30am  
Saturdays 12:15pm to 1pm

## Bluebirds

This gentle exercise class focuses on strengthening and maintaining muscles and joints required for normal daily activities including muscle endurance, balance, flexibility and range of motion to help minimize chronic pain.

### Lindsay Recreation Complex

Mondays 1pm to 1:45pm  
Tuesdays 1pm to 1:45pm  
Thursdays 1pm to 1:45pm  
Thursdays 2pm to 2:45pm  
Fridays 1pm to 1:45pm

## Water Therapy

A low impact exercise program designed to re-educate weak muscles and to build strength and range of motion. Classes take place in the small pool at the Lindsay Recreation Complex.

### Lindsay Recreation Complex

Tuesdays 11am to 11:45am  
Wednesdays 1:15pm to 2pm

## Water Yoga

The unique properties of water allow people of all fitness levels and various conditions to benefit from Aqua Yoga. Classes include: breathing, warm-up, exercises, a series of poses and a relaxation period.

### Lindsay Recreation Complex

Wednesdays 8am to 8:45am  
Fridays 10am to 10:45am

Schedules are subject to change. To view our most up-to-date schedules and to register, please visit our Online Program Registration Website.

If you require other options for registration, please email [aquatics@kawarthalakes.ca](mailto:aquatics@kawarthalakes.ca) or call us at: 705-324-9411 extension 1557

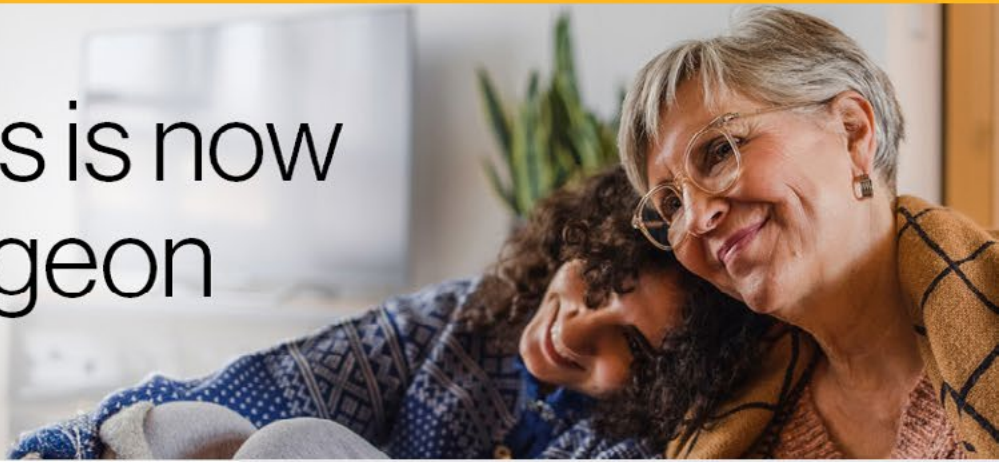


# Aquatic Registration Reminder.

When registering for aquatic programming on Tuesday December 16, 2025 at 9am, remember to **select the proper pool location for registration.**



# Natural gas is now in Bobcaygeon



When it comes to your home comfort, you should have options. That's why, in 2026, we're making it easy for residents using propane, electricity or oil heating to connect to natural gas and enjoy its benefits.

## What are the benefits of natural gas for your home?



**Safe and reliable**



**Comfort and convenience**



**Versatile and efficient**

## Ready to learn more?

### Visit us online at

[enbridgegas.com/connectwithus](https://enbridgegas.com/connectwithus)

### Come in-person to our storefront location.

71 Bolton Street (rear entrance)

Tues. or Thurs.

10 a.m. – 3 p.m.

### Reach out to a community expansion advisor for a no-obligation discovery call.

1-833-356-2689

[ceapplications@enbridge.com](mailto:ceapplications@enbridge.com)



**Win one of three  
\$200 gift cards**

Speak with one of our representatives and fill out a ballot to enter into the prize draw.\*

\* Three (3) prizes comprised of \$200 Visa gift cards will be awarded. This Contest is open to property owners in the Bobcaygeon, Ontario community who are at least 18 years old at the time of entry. The Contest starts on December 18, 2025, and closes on April 2, 2026 at 11:59 am EST. All entries must be received by 11:59 am EST on April 2, 2026 to be eligible for the prize draw. The draw will take place on April 2, 2026. Official rules and regulations will be available at our storefront, booth, open house and [enbridgegas.com/bobcaygeon](https://enbridgegas.com/bobcaygeon).

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# Connect through Fitness

We are pleased to offer a variety of Fitness programs and classes for all fitness levels and interests at the Lindsay Recreation Complex, Forbert Memorial Pool and Workout Centre, Victoria Park Armoury and Bobcaygeon-Verulum Community Centre.

Registration for the Winter 2026 session will begin on Tuesday December 16, 2025 at 9am through our [Online Program Registration Website](#).

## Member Drop-In Fitness Program Registration

Member Drop-In Fitness Program participants will be required to have an active Membership. Members can pre-register up to 14 days in advance for their desired Member Fitness Program using our [Online Program Registration website](#).

### Cancellations:

To cancel a Member Drop-In Fitness program, follow these steps:

1. Login to our Online Program Registration website
2. Scroll down to 'Schedules'
3. Select 'Switch to List View'
4. Select 'Actions' and 'Withdraw'

## Registered Fitness Program Registration

Registered Fitness Program participants do not require an active Membership and will be required to pre-register for their desired program using our [Online Program Registration website](#).

# Connect through Membership



Our Workout Centre and Member Drop-In Fitness Programs make it easy to take the time we need to connect with our body on a daily basis. We offer a variety of Fitness Programs, Classes and Memberships for people of all ages and abilities to help you achieve that connection and empower your *Self*.

View our Membership Options by visiting our Fitness Webpage.

Jump In today and activate a better connection, better *Self*!

[www.kawarthalakes.ca/fitness](http://www.kawarthalakes.ca/fitness)

# Weight Room Rules and Policies:

All participants MUST wipe equipment down with provided disinfectant spray after each use. Please spray paper towel first, avoid spraying into the air or directly on equipment. Discard paper towel after each use.

Clean indoor shoes must be worn in all areas of the fitness facility.

Spotters must be used on all heavy lifts with free weights.

Failure to abide by any of these rules may result in loss of membership with no refund.

For a complete list of our Weight Room Rules visit: [www.kawarthalakes.ca/fitness](http://www.kawarthalakes.ca/fitness)

## Program Information

### Weight Room Users:

Participants need an active card that will be scanned at the front desk prior to entry and access into the Weight Room.

### Personal Training

Personal training is available, contact [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) for more information.

### Lockers

Lockers are available to rent in the upper and lower Change Rooms at the Lindsay Recreation Complex.

### Squash Courts

Squash Courts at the Lindsay Recreation Complex are available through our health membership. If you're a member, pre-registration for court times are required through our [Online Program Registration Website](#).

With the purchase of a Health Day Pass at the Lindsay Recreation Complex, non-members are able to drop-in and use the courts. We recommend calling 705-324-9112 in advance to dropping-in to see if the courts are available.

### Memberships

Our Workout Centre and Fitness Programs make it easy to get fit in your community. We offer a variety of Fitness Programs, Classes and Memberships for people of all ages and abilities to help you achieve your fitness and wellness goals.

View our Membership options by clicking the link below and accessing the 'Memberships' drop down menu! [www.kawarthalakes.ca/fitness](http://www.kawarthalakes.ca/fitness)





# New Pilates Location!

**Fridays 10am to 11am**

**Bobcaygeon - Verulam Community Centre**

We're excited to announce that we will be running Pilates at the Bobcaygeon - Verulam Community Centre Fridays from 10am to 11am.

Pilates is a system of controlled exercises that engage the mind and conditions the total body. This blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.

To learn more or to register, please scan the QR code, email [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) or call us at: 705-324-9411 extension 1555.

Scan the  
QR Code  
to Register



Kawartha Lakes  
**Jump In**





## Connect through **Member Drop-In Fitness Programs**

Member Drop-In Fitness Programs are a great way to continue your wellness goals throughout the year.

Participants will be required to have an active Membership and can pre-register up to 14 days in advance for their desired program using our [Online Program Registration website](#).

All Member Drop-In Fitness Programs take place in the Fitness Studio at the Lindsay Recreation Complex.

### **Cancellations:**

To cancel a Member Drop-In Fitness program, follow these steps:

1. Login to our Online Program Registration website
2. Scroll down to 'Schedules'
3. Select 'Switch to List View'
4. Select 'Actions' and 'Withdraw'

### **Barre Fitness**

This program is a workout that combines all elements of Ballet, Barre, Pilates, functional training and stretching. Moves are choreographed with a ledge or chair, all to motivating music. This class is suitable for all fitness levels.

Wednesdays 8:30am to 9:15am

### **Body Sculpt**

Condition your muscles using a variety of tools including bars, balls, dumbbells, tubing, discs, steps and more. This class provides a full body workout and is suitable for all fitness levels.

Tuesdays 8:30am to 9:15am

Fridays 6:15am to 7am

Saturdays 8am to 8:45am



## Cardio and Core

Do you just never get around to completing the core portion of your workout? Let our instructors motivate you and help strengthen all aspects of your core with an extra hit of cardio!

Tuesdays 6:15am to 7am  
Thursdays 8:30am to 9:15am  
Thursdays 4:45pm to 5:30pm

## Cardio and Strength

Get ready for the perfect blend of cardio and strength exercises. This class will use a variety of equipment to sculpt and condition your muscles with more cardio intervals than our Body Sculpt classes.

Tuesdays 12:15pm to 1pm

## Cycle Fit

One of our cycling instructors will lead you on the ride of your life! This ride is specially designed for a stationary bike, choreographed to music and will take you on a journey through fitness like no other.

Mondays 12:15pm to 1pm  
Tuesdays 5pm to 5:45pm  
Wednesdays 6:15am to 7am  
Thursdays 12:15pm to 1pm  
Saturdays 9am to 9:45am

**Member Drop-In Fitness Program  
schedules continued on page 52.**

## How to register for: Member Drop-In Fitness Programs

1. Once you've created an account, log into our **Online Program Registration website** using your e-mail and password.
2. Click on 'Register.'
3. Under the Fitness tab choose 'Member Drop-In Fitness Programs.'
4. Select the Member Drop-In Fitness Program you wish to register for.
5. Use the date calendar to select the date you wish to attend.
6. Click the 'Book' button.
7. Follow all the steps through to complete your Member Drop-In Fitness Program registration. You will receive a confirmation e-mail confirming your registration.

## How to **Cancel a Member Drop-In Program**

To cancel a Member Drop-In Fitness program, follow the steps below while visiting our Online Program Registration Website:

- 1.** Login to our Online Program Registration website.
- 2.** Scroll down to 'Schedules'
- 3.** Select 'Switch to List View'
- 4.** Select 'Actions' and 'Withdraw'

If you require assistance, please reach out by email at: [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) or call us at: 705-324-9112

### **Fitness with Soul**

This class is designed to provide a complete body workout in a fun, soulful environment. Increase your muscle endurance, cardiovascular fitness, balance, coordination and improve your overall health. Many variations are provided to meet the needs of all participants in this minimal to low impact class. This is a Heart Wise program.

Mondays 9:30am to 10:30am  
Fridays 9:30am to 10:30am

### **Lower Body Strength**

This class is focused on lower body compound exercises to build strength and condition your legs, glutes and core. By concentrating the workout on just the lower body you will have the opportunity to challenge the muscles in a new way and improve your results. A combination of weights and body weight training will be used.

Wednesdays 4:45pm to 5:30pm

### **Mobility and Strength**

This class will help to improve your range of motion while simultaneously conditioning your muscles. This full body strength class will make the most of your workout time while also decreasing your chance of future injuries.

Wednesdays 9:30am to 10:15am



### **Step 'N' Sculpt**

This class is an infusion of cardio and muscle conditioning to keep you moving while using the steps as your base. This class is deceptively low impact and the height of steps can be adjusted for your preference. No prior step experience required!

Mondays 6:15am to 7am

### **Stretch 'N' Strength**

This class is a wonderful combination of muscle conditioning, coordination and muscle lengthening. Strengthen, tone and improve flexibility of the major muscle groups. Lean and long is the goal. This class is a great compliment to every workout regime. This class is a Heart Wise Program.

Tuesdays 9:30am to 10:30am

Thursdays 9:30am to 10:30am

### **Tabata**

Intensity meets efficiency. This workout will ask you to push hard for 20 second intervals, with a 10 second rest interval between. Generally done in 8 or 4 minute sessions with recovery in between.

Mondays 8:30am to 9:15am

**Member Drop-In Fitness Program  
schedules continued on page 54.**



# **Volunteer with us!**

**Sunday March 29, 2026**

Lindsay Recreation Complex

We're currently seeking volunteers to assist with our Indoor Triathlon event.

Volunteers are required from 7am to 12:30pm and are needed to assist with registration, swim lap counting, bike and treadmill monitoring.

To learn more contact us by calling 705-324-9411 extension 1306 or e-mail: **communitydevelopment@kawarthalakes.ca**

Schedules are subject to change.  
To learn more and to register,  
please visit our Online Program  
Registration Website at: [https://  
kawarthalakes.perfectmind.com](https://kawarthalakes.perfectmind.com).

If you require other options for  
registration, please email:  
[recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca)  
or call us at: 705-324-9112



# Fitness Registration Reminder.

Registration for the  
Winter 2026 session will  
begin Tuesday December  
16, 2025 at 9am through  
our Online Program  
Registration Website.

If you require assistance or  
other options for registration,  
please reach out by email at:  
[recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca)  
or call us at: **705-324-9112**

## Upper Body Strength

This class is focused on upper body  
exercises to build strength and  
condition your arms, shoulders, chest,  
back and core. By concentrating the  
workout on just the upper body you  
will have the opportunity to challenge  
the muscles in a new way and  
improve your results. A combination  
of weights and body weight training  
will be used.

Mondays 4:45pm to 5:30pm

## Zumba

Let the rhythm take over and move  
your body to Latin inspired music in  
this fun class! Suitable for all fitness  
levels this class will get your moving  
to the beat.

Wednesdays 5:45pm to 6:30pm







Scan the  
QR Code  
to Register

# Small Group Training Programs

We're excited to offer Small Group Training Programs this Winter at the Lindsay Recreation Complex! With only three to five spots, these Registered Fitness - Small Group Training Programs offer more opportunity to get personalized feedback, program modification and progression, without losing the motivation of your peers.

## Winter Programs Include:

**Intermediate Lifting Techniques** new  
Sundays 12:30pm to 1:15pm

**Introduction to Strength Training**  
Sundays 11:15am to 12pm

**Studio Strong – with Mel**  
Wednesdays 6:45 – 7:30pm

**TRX Suspension Training**  
Wednesdays 5:45pm to 6:30pm

To register scan the QR Code, email [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) or call us at: 705-324-9411 extension 1555



Kawartha Lakes  
**Jump In** 



## Connect through **Member Yoga and Pilates Programs**

Member Drop-In Yoga and Pilates Programs are a great way to continue your wellness goals throughout the year. Participants will be required to have an active Membership and can pre-register up to 14 days in advance for their desired program using our [Online Program Registration website](#).

All Member Drop-In Yoga and Pilates Programs take place in the Fitness Studio at the Lindsay Recreation Complex.

### **Barre-Pilates**

This class combines Barre with traditional mat Pilates. Expect a full body workout that targets smaller muscle groups with an added focus on core and breathwork.

Thursdays 11am to 11:45am

### **Chair Yoga**

Chair Yoga is great for people with limited mobility who have trouble getting down to the floor and/or sitting on the floor. Reduce stress and boost mental clarity while helping to improve your pain management due to aging or chronic conditions. This class is a Heart Wise program.

Mondays 10:45am to 11:45am

Wednesdays 10:45am to 11:45am

Fridays 12:15pm to 1:15pm

### **Pilates**

Pilates is a system of controlled exercises that engage the mind and conditions the total body. This blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.

Tuesdays 10:45am to 11:45am

### **Pilates Strength**

Pilates meets Full Body Strength. This class will combine strength training

with Pilates movements for a full body workout with a focus on core activation and strength. Expect to use a variety of equipment including dumbbells, equalizer bars and tubing along with a mat.

Mondays 5:45pm to 6:30pm

Tuesdays 6pm to 6:45pm

Fridays 8:30am to 9:15am

## Yoga

This class is for all levels of experience and is a class that incorporates physical fitness, breathing and mindfulness through a variety of Yoga poses.

Tuesdays 6pm to 6:45pm

Wednesdays 12:15pm to 1pm

Thursdays 7am to 8am

Thursdays 5:45pm to 6:30pm

## Yoga Strength

Lebert equalizers are used to both assist and challenge Yoga poses in this class. You're getting all the benefits of our Yoga class but with more focus on improving strength.

Saturdays 10am to 11am

## Yogahh

This yoga class allows students to enjoy the flow of a Vinyasa style class at a slower pace, with attention to breathing and alignment. Energizing in nature, this class promotes strength, balance, flexibility and peace of mind. Yogahh will leave you feeling refreshed and ready to take on the day with renewed focus and energy. This class is a Heart Wise Program.

Fridays 10:45am to 12pm

Schedules are subject to change. To learn more and to register, please visit our Online Program Registration Website at: <https://kawarthalakes.perfectmind.com>.

If you require other options for registration, please email: [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) or call us at: 705-324-9112



# Fitness Registration Reminder.

Registration for the Winter 2026 session will begin Tuesday December 16, 2025 at 9am through our Online Program Registration Website.

If you require assistance or other options for registration, please reach out by email at: [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) or call us at: **705-324-9112**





## Connect through **Registered Fitness Programs**

Registered Fitness Programs are a great way to continue your connection goals while having a busy and unpredictable life schedule. Registered Fitness Program participants do not require an active Membership and will be required to pre-register for their desired program using our Online Program Registration website, or by visiting us in person.

For more information please email [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca), or call 705-324-9411 extension 1555.

### **Bobcaygeon - Verulam Community Centre**

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#### **Pilates**

Pilates is a system of controlled exercises that engage the mind and conditions the total body. This blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.

Fridays 10am to 11am

### **Forbert Memorial Pool and Workout Centre**

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#### **Body Sculpt**

Condition your muscles using a variety of tools including bars, balls, dumbbells, tubing, discs, steps and more. This class provides a full body workout and is suitable for all fitness levels.

Tuesdays 10am to 10:45am

Thursdays 10am to 10:45am

### **Cardio and Strength**

Get ready for the perfect blend of cardio and strength exercises. This class will use a variety of equipment to sculpt and condition your muscles with more cardio intervals than our Body Sculpt classes.

Wednesdays 9am to 9:45am

### **Fitness with Soul**

This class is designed to provide a complete body workout in a fun, soulful environment. Increase your muscle endurance, cardiovascular fitness, balance, coordination and improve your overall health. Many variations are provided to meet the needs of all participants in this minimal to low impact class. This is a Heart Wise program.

Thursdays 9am to 9:45am

### **Gentle Exercise**

This class combines standing and sitting exercises to introduce or improve strength, mobility and balance. Many variations are provided to meet the needs of all participants in this minimal to low impact class.

Tuesdays 11:30am to 12:30pm  
Thursdays 11:30am to 12:30pm

**Forbert Registered Fitness Program  
schedules continued on page 60.**

## How to register for: **Registered Fitness Program**

- 1.** Once you've created an account, log into our **Online Program Registration website** using your e-mail and password.
- 2.** Click on 'Register.'
- 3.** Under the Fitness tab choose 'Registered Fitness Programs.'
- 4.** Select the Registered Fitness Program you wish to register for.
- 5.** Use the date calendar to select the date you wish to attend.
- 6.** Click the 'Book' button.
- 7.** Follow all the steps through to complete your Registered Fitness Program registration. You will receive a confirmation e-mail confirming your registration.



# Heart Wise



The City of Kawartha Lakes is pleased to offer a number of programs that meet the Heart Wise criteria. Heart Wise Exercise programs meet the following criteria:

- Allows participants to exercise at a safe level and offers options to modify intensity.
- Includes participants with chronic health conditions (physician approval may be required).

**Click here to learn more about Heart Wise criteria and programs.**

## **Pilates**

Pilates is a system of controlled exercises that engage the mind and conditions the total body. This blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.

Wednesdays 10am to 11am

## **Stretch 'N' Strength**

This class is a wonderful combination of muscle conditioning, coordination and muscle lengthening. Strength, tone and improve flexibility of the major muscle groups. Lean and long is the goal. This class is a great compliment to every workout regime. This class is a Heart Wise Program.

Tuesdays 9am to 9:45am

## **Lindsay Recreation Complex**

### **Gentle Exercise**

This class combines standing and sitting exercises to introduce or improve strength, mobility and balance. Many variations are provided to meet the needs of all participants in this minimal to low impact class.

Wednesdays 1:30pm to 2:30pm

Fridays 1:30pm to 2:30pm

### **Healthy Hearts**

This exercise program is open to all those wanting to re-introduce, or continue gentle exercise in their life. Graduates of the Pulmonary Rehab and Cardiac Rehab class at Ross Memorial Hospital are welcome.



Join our trainers in the cardio room for a program designed to assist in breathing techniques, chair exercises and cardiovascular machines. This is a Heart Wise Program.

Tuesdays 10am to 11am  
Thursdays 10am to 11am

### **Mom and Baby Strength**

Condition your muscles with a variety of fitness equipment in this full body workout that is mindful of your post-partum journey. This Body Sculpt is designed for new moms and will offer additional modifications for exercises and a supportive environment.

Babies up to two years of age are welcomed into the space but you may also attend even if baby can't come with you.

Tuesdays 1:30pm to 2:30pm  
Thursdays 1:30pm to 2:30pm

### **Retreads Relocated**

This class is specifically designed for those individuals who have been redirected into community programming from Ross Memorial Hospital's "Retreads" program.

Working under direct supervision of a certified trainer, you'll learn how to safely and effectively use fitness facilities as you transition from the hospital program. This is a Heart Wise program.

Mondays 10am to 11am  
Wednesdays 10am to 11am  
Fridays 10am to 11am

## **Victoria Park Armoury - Armoury Hall**

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### **Body 'N' Soul**

A gentle class designed with fluid movements, providing cardio conditioning, muscular toning and strength, as well as, flexibility, balance and coordination training. A complete workout to improve overall wellness and everyday function. This is a Heart Wise Program.

Mondays 8:30am to 9:30am  
Mondays 9:45am to 10:45am  
Wednesdays 8:30am to 9:30am  
Wednesdays 9:45am to 10:45am  
Fridays 8:30am to 9:30am

### **Gentle Yoga**

Gentle Yoga is appropriate for all ages and fitness levels. The class is designed to encourage greater mobility and flexibility of joints and muscles as well as restore balance and calm to the body. Yoga improves circulation and builds positive energy in the body and mind and soul.

Mondays 11am to 12pm

## **Lindsay Recreation Complex - Small Group Training**

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### **Intermediate Lifting Techniques**

Are you comfortable with the basics of free-weight training but want to be confident taking on heavier lifts? This small group training will focus on developing your knowledge and confidence lifting heavier under the guidance of a certified personal trainer. While you will

still get a workout in, be prepared for a more workshop style class with individualized support and instruction to improve your bench, squat and deadlift. This class is limited to only 3 participants.

Sundays 12:30pm to 1:15pm

### **Introduction to Strength Training**

Ready to step into the weight room to level up your strength? Do it with the support of a certified personal trainer. This small group training takes place in our weight room and is the perfect introduction to free-weight training. Learn how to safely and effectively lift weights while still in a group setting. This small group training is limited to 5 participants and will offer week to week progressions as well as individual modifications and feedback. Please note, our small group training is open to active members at an additional cost.

Sundays 11:15am to 12pm

### **TRX Suspension Training**

In this small group training, participants will use the TRX suspension trainer to build strength, coordination, balance and cardiovascular health. TRX is about mastering body weight training and building a strong mind-body connection. Limited to only 3 spots, this small group training offers more opportunity to get

personalized feedback, modifications and progressions without losing the motivation of your peers! Please note, our small group training is open to active members at an additional cost.

Wednesdays 5:45pm to 6:30pm

Schedules are subject to change. To learn more and to register for our Registered Fitness Programs, please visit our Online Program Registration Website at: <https://kawarthalakes.perfectmind.com>.

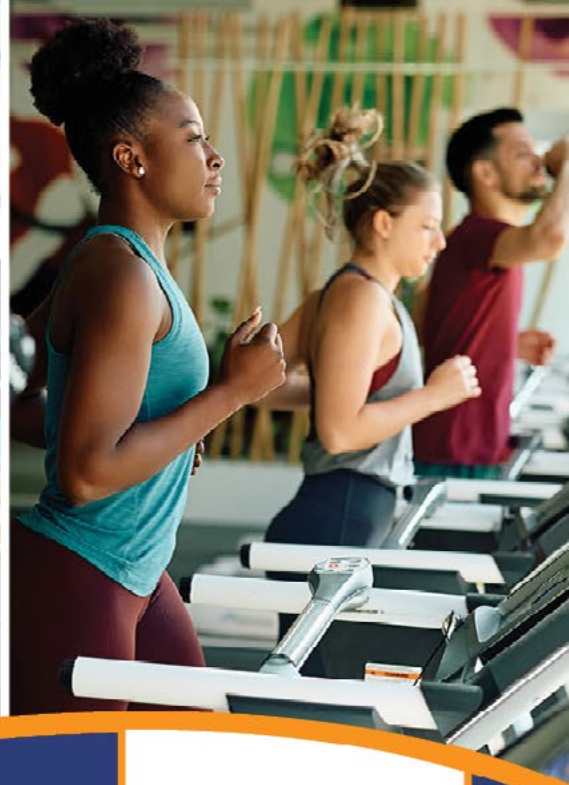


## **Fitness Registration Reminder.**

Registration for the Winter 2026 session will begin Tuesday December 16, 2025 at 9am through our Online Program Registration Website.

If you require assistance or other options for registration, please reach out by email at: [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) or call us at: **705-324-9112**





# Indoor Triathlon

**Sunday March 29, 2026**

**Lindsay Recreation Complex**

Jump In and register for our Indoor Triathlon! This is a great way to keep the momentum going and test or prepare yourSelf for the upcoming triathlon season.

Participants will have 15 minutes for each discipline with a five minute transition between each wave.

## Registration Now Open!

Jump In today, keep the momentum going and connect yourSelf through our Indoor Triathlon event. To register visit our Online Program Registration website, or scan the QR Code.

If you require alternative ways for registration, please contact us at 705-324-9411 extension 1306.

Scan the  
QR Code  
to Register



***This event is proudly sponsored by:***









## Connect through **Leisure Programs**

Jump In and connect through Leisure Programming. We're pleased to offer a variety of leisure and drop in programs to suit a variety of interests throughout the year.

### **Music Programs**

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Jump In and connect through the love of music! Music Programs are offered in the North End Room at the Victoria Park Armoury in Lindsay.

No experience required - just a love of music. Participants must bring their own guitar or ukulele.

#### **Introduction to Guitar**

Always wanted to learn guitar, but never found the right opportunity? This eight-week introductory course will set you on the path to playing your favorite songs and experiencing all that music has to offer.

No experience required, just a love of music! Participants must bring their own guitar (acoustic or electric).

Thursdays - 10:30am to 11:30am  
January 15 to March 5, 2026

#### **Introduction to Ukulele**

Join us for an eight-week course to learn the basics of playing ukulele. These group sessions will focus

## **Community Sports and Leisure Directory**

Did you know Parks and Recreation offers a **Community Sports and Leisure Directory** on the municipal website?

This directory is intended as a resource for individuals seeking sports and leisure programming opportunities within Kawartha Lakes.

Organizations wishing to be included in the Community Sports and Leisure Directory must meet specific criteria in order to be included.

If you're interested in this great opportunity, please e-mail us at:

**communitydevelopment@  
kawarthalakes.ca**





on proper technique and learning chords with the goal of getting you comfortable enough on the instrument to play your favourite songs.

All levels of experience welcome!  
Participants are required to provide their own ukulele.

Thursdays - 9:30am to 10:30am  
January 15 to March 5, 2026.

## **Photography Program Balsam Lake Provincial Park**

### **Capturing Magical Winter Landscapes**

Nature provides a different canvas during the winter months. We invite you to come explore and capture the magic of winter landscapes at Balsam Lake Provincial Park.

This one-day photography workshop, led by the talented Rob Stimpson, will explore different locations around the park that will inspire you.

All levels of experience welcome!

Saturday January 17, 2026  
Balsam Lake Provincial Park

## **Youth Programs**

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### **Little Picassos**

Victoria Park Armoury,  
North End Room

This five-week program is geared to children ages five to seven years old, and will introduce them to exciting artistic materials and fundamental techniques.

Participants will have an opportunity to express their creativity and imagination by way of painting, drawing, sculpting, and more!

Saturdays - 9:30am to 10am  
January 17 to February 14, 2026.

### **Art Attack!**

Victoria Park Armoury,  
North End Room

This five-week program will introduce children eight to twelve years of age, to various artistic materials and techniques.

Participants will have the opportunity to explore their creativity and express their imagination through experimentation with pastels, mixed media, water colour, and more!

Saturdays 10:15am to 11:15am  
January 17 to February 14, 2026.



## March Break Camp

Lindsay Recreation Complex

No school? No problem! Join us for a week filled with fun activities, active games, a daily swim, and much more!

Campers will have the opportunity to skate on Thursday. Camps will be offered for children aged five to twelve years old.

Spaces are limited.  
Pre-registration is required.

March 16 to March 20, 2026  
Lindsay Recreation Complex

## Sporting Programs

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Jump In and connect through play! Sporting Programs are offered at multiple locations in Kawartha Lakes throughout the year.

No experience required - just a love for sports and movement. Equipment may be required.

### Drop In Badminton

Victoria Park Armoury,  
Main Hall

Drop in to our recreational badminton for some fun and exercise! All levels of play are welcome to join in this relaxed play environment.

Six courts are available for play, located on the main floor of the Victoria Park Armoury in Lindsay. Shuttles are provided.

Participants are asked to bring clean, indoor athletic shoes and a badminton racquet. Please note that instruction is not provided.

Tuesdays - 10:30am to 12pm  
Thursdays - 10:30am to 12pm

### Pickleball

Fenelon Falls Community Centre,  
Community Centre Hall

Have you heard of pickleball? From beginners to experienced players, we invite you to join the fun with our



weekly pickleball programs. There is no instruction provided, so it is in your best interest to select the program level that is best suited to you. Players are required to pre-register for all pickleball programs.

### **Drop-In Pickleball Programs**

These programs require weekly pre-registration to secure a spot.

For more information and to register for Drop-In programs, visit our Online Program Registration Website.

### **Pickleball Session Programs**

These programs are a one-time registration for multi-week, regularly scheduled games.

For more information and to register for Pickleball Session programs, visit our Online Program Registration Website.



To learn more or to register for Leisure Programs, please visit our Online Program Registration Website.

Access each individual program by clicking them, or click on the link above for the main registration page.



## **Leisure Registration Reminder.**

Registration for the Winter 2026 session will begin Tuesday December 16, 2026 at 9am through our Online Program Registration Website.

Participants can register for drop-in programs up to 14 days in advance.

If you require assistance or other options for registration, please reach out by email at: **recreation@kawarthalakes.ca** or call us at: **705-324-9411 extension 1307**





# March Break Camp

**Lindsay Recreation Complex  
March 16 to March 20, 2026**

No school? No problem! Join us for a week filled with fun activities, active games, a daily swim, and much more! Campers will have the opportunity to skate on Thursday. Camps will be offered for children aged five to twelve years old.

Spaces are limited. Pre-registration is required.

To learn more or to register, please scan the QR code, email [recreation@kawarthalakes.ca](mailto:recreation@kawarthalakes.ca) or call us at: 705-324-9411 extension 1306.

**Scan the  
QR Code  
to Register**



**Kawartha Lakes**  
**Jump In**









Connect through

# Rentals

Kawartha Lakes offers a wide range of Community Hall locations and facilities to host your meetings, special events, programming and other gatherings. Each hall is unique to its community and offers a long list of services. In this section of the Kawartha Lakes Community Guide, you'll find information on the location of these facilities, booking agent contacts, hall/facility classification, capacity limits and the amenities offered on-site.

Jump In and connect through community rentals! Please contact our Facility Booking Office to learn more about each facility.

## Baddow Community Centre

Baddow Community Centre is located at 60 Somerville 3rd Concession Road in Coboconk and is booked through the Baddow Community Centre Volunteer Management Board.

### Booking Agent:

baddow66@gmail.com

### 2026 Hall Rental Fee:

Contact Booking Agent for rental fees.

### Capacity:

Maximum capacity of 60 people.

### Amenities:

Kitchen, Air Conditioning, Sound System, Stage.

## Important Information

Rates are subject to change. Contact our Facility Booking office to confirm rates.

- Please note; the capacity of the hall may be reduced depending on the set up of tables, chairs and other equipment.
- SOCAN fees, kitchen space and bar amenities are included unless otherwise indicated.
- HST is not included in the fees listed.
- Liability insurance is not included in the fees listed.
- Hourly rates are for small events, that are 5 hours or less, not all rentals can be considered for the hourly rate. Please call for details.
- Non-residents have an additional surcharge of 25%.

### For more information contact the Facility Booking Office:

705-324-9411 extension 1226

Toll Free: 1-888-822-2225

facilitybooking@kawarthalakes.ca

## **Bobcaygeon/Verulam Community Centre**

The Bobcaygeon/Verulam Community Centre is located at 51 Mansfield Street in Bobcaygeon.

The hall is located on the second floor of the building, is accessible by elevator and overlooks the ice pad.

*\* This hall is only available to rent, from April through September.*

### **Facility Booking Clerk:**

facilitybooking@kawarthalakes.ca  
705-324-9411 extension 1226  
Toll Free: 1-888-822-2225

### **2026 Hall Rental Fee:**

Hourly Rate: \$34.60 plus HST  
Daily Rate: \$457 plus HST

### **Capacity:**

Maximum capacity of 200 people.

### **Amenities:**

Elevator, Kitchen, Bar, Sound System, Wi-Fi.

## **Municipal Event Application (MEA)**

The MEA is intended to act as a strategic resource for individuals hosting an event within Kawartha Lakes. It is strongly advised that event organizers review the **Kawartha Lakes Municipal Event Application Reference Guide** prior to submitting their application.

### **To learn more please visit:**

[www.kawarthalakes.ca/municipaleventapplication](http://www.kawarthalakes.ca/municipaleventapplication)

## **Bolsover Community Centre**

The Bolsover Community Centre is located at 16 Bolsover Road in Bolsover and is booked through the Bolsover Community Centre Volunteer Management Committee.

### **Booking Agent:**

705-426-1053

### **2026 Hall Rental Fee:**

Please contact the booking agent for rental fees.

### **Capacity:**

Maximum capacity of 82 people.

### **Amenities:**

Kitchen, Bar, Sound System, Stage.

## **Burnt River/Somerville Community Centre**

The Burnt River/Somerville Community Centre is located at 16 Somerville Centre Road in Burnt River and is booked through the Burnt River Community Centre Volunteer Management Committee.

### **Booking Agent:**

[burntriverbookings@gmail.com](mailto:burntriverbookings@gmail.com)

### **2026 Hall Rental Fee:**

Please contact the booking agent for rental fees.

### **Capacity:**

- Maximum capacity of 250 people in the Large Hall.
- Maximum capacity of 60 people in the Small Hall.

### **Amenities:**

Kitchen/Bar, Air Conditioning, Stage/Sound System.



## Carden Recreation Centre

The Carden Recreation Centre is an accessible facility and located at 258 Dalrymple Road in Sebright and is booked through the Carden Recreation Centre Volunteer Management Committee.

### Booking Agent:

705-833-1551

### 2026 Hall Rental Fee:

Please contact the booking agent for rental fees.

### Capacity:

- Maximum capacity of 140 people in the Large Hall.
- Maximum capacity of 100 people in the Small Hall.

### Amenities:

Kitchen, Bar, Air Conditioning, Sound System (For Rent), Stage.



## Coboconk Community Hall

The Coboconk Community Hall is located at 9 Grandy Road in Coboconk.

The hall is on the main floor and features a sound system, stage, air conditioning and kitchen.

### Facility Booking Clerk:

[facilitybooking@kawarthalakes.ca](mailto:facilitybooking@kawarthalakes.ca)

705-324-9411 extension 1226

Toll Free: 1-888-822-2225

### 2026 Hall Rental Fee:

Hourly Rate: \$30.60 plus HST

Daily Rate: \$306 plus HST

### Capacity:

Maximum capacity of 175 people.

### Amenities:

Main Floor Hall, Kitchen, Sound System, Stage, Wi-Fi, Podium, Microphone.



## Coronation Hall

The Coronation Hall is located at 1 King Street West in Omemee.

The Main Hall features a stage and a kitchen. The balcony is only available for concerts or by request and must be approved prior to event.

### Contact Kawartha Lakes Facility Booking Clerk at:

facilitybooking@kawarthalakes.ca  
705-324-9411 extension 1226  
Toll Free: 1-888-822-2225

### 2026 Hall Rental Fee:

Hourly Rate: \$30.60 plus HST  
Daily Rate: \$306 plus HST

### Capacity:

Capacity of 140 plus people, varies depending on event. Call booking agent for more details.

### Amenities:

Main Floor Hall, Balcony/Mezzanine, Kitchen, Air Conditioning, Stage, Sound System, Microphone.



## Dalton Community Centre

The Dalton Community Centre is located at 13 Rumohr Drive in Sebright and is booked through the Dalton Community Centre Volunteer Management Committee.

### Booking Agent:

1-705-833-1154  
bpmcintosh@bell.net

### 2026 Hall Rental Fee:

Please contact the booking agent for rental fees.

### Capacity:

Maximum capacity of 83 people.

**Amenities:** Kitchen.

## Emily/Omemee Community Centre

The Emily/Omemee Community Centre is located at 212 Sturgeon Road in Omemee.

The hall is located on the second floor of this facility and is **not accessible**. The hall features air conditioning, sound system, kitchen and bar.

### Facility Booking Clerk:

facilitybooking@kawarthalakes.ca  
705-324-9411 extension 1226  
Toll Free: 1-888-822-2225

### 2026 Hall Rental Fee:

Hourly Rate: \$34.60 plus HST  
Daily Rate: \$457 plus HST

### Capacity:

Maximum capacity of 225 people.

### Amenities:

Kitchen, Bar, Air Conditioning, Sound System, Stage, Wi-Fi.

## Fenelon Falls Community Centre

The Fenelon Falls Community Centre is located at 27 Veterans Way in Fenelon Falls.

The hall and meeting room are both located on the main floor. The large hall is air conditioned, features a bar, sound system, portable stage and kitchen.

### Facility Booking Clerk:

facilitybooking@kawarthalakes.ca  
705-324-9411 extension 1226  
Toll Free: 1-888-822-2225

### 2026 Hall Rental Fee:

Main Hall:

Hourly Rate: \$41.60 plus HST

Daily Rate: \$590 plus HST

Meeting Room:

Hourly Rate: \$30.60 plus HST

Daily Rate: \$306 plus HST

### Capacity:

Main Hall:

Maximum capacity of 473 people.

Meeting Room:

Maximum capacity of 30 people.

### Amenities:

Main Floor Hall, Kitchen, Bar, Air Conditioning, Sound System, Stage, Wi-Fi.

## Fenelon Township Community Centre

The Fenelon Township Community Centre is located at 2255 Elm Tree Road in Cambray.

*Continued on next page...*



## Facility Booking.

Jump In and connect through community rentals! Please contact our Facility Booking Office to learn more about each facility.

To learn more about our locations and availability, please visit:

[www.kawarthalakes.ca/rentafacility](http://www.kawarthalakes.ca/rentafacility)



This main floor hall is air conditioned and features a bar, sound system, stage and kitchen.

**Facility Booking Clerk:**

facilitybooking@kawarthalakes.ca  
705-324-9411 extension 1226  
Toll Free: 1-888-822-2225

**2026 Hall Rental Fee:**

Hourly Rate: \$41.60 plus HST  
Daily Rate: \$590 plus HST

**Capacity:**

Maximum capacity of 285 people, or 200 people with the dance floor.

**Amenities:**

Main Floor Hall, Kitchen, Bar, Air Conditioning, Sound System, Stage, Podium, Screen.

**Janetville Community Centre**

The Janetville Community Centre is located at 693 Janetville Road in Janetville and is booked through the Janetville Community Centre Volunteer Management Committee.

**Booking Agent:**

705-324-9604

**2026 Hall Rental Fee:**

Please contact the booking agent for rental fees.

**Capacity:**

Maximum capacity of 150 people.

**Amenities:**

Kitchen, Bar, Sound System, Stage.

**Kinmount Community Centre**

The Kinmount Community Centre is located at 4995 Monck Road in Kinmount and is booked through the Kinmount Community Centre Volunteer Management Committee.

**Booking Agent:**

705-457-8567

**2026 Hall Rental Fee:**

Please contact the booking agent for rental fees.

**Capacity:**

Maximum capacity of 118 people.

**Amenities:**

Kitchen/Bar, Air Conditioning, Stage/Sound System.

**Little Britain Community Centre**

The Little Britain Community Centre is located at 9 Arena Road in Little Britain.

The main hall is located on the second floor of the facility and is accessible by elevator. The hall is air conditioned and features a bar and kitchen.

**Facility Booking Clerk:**

facilitybooking@kawarthalakes.ca  
705-324-9411 extension 1226  
Toll Free: 1-888-822-2225

**2026 Hall Rental Fee:**

Hourly Rate: \$41.60 plus HST  
Daily Rate: \$590 plus HST

**Capacity:**

Maximum capacity of 350 people.

**Amenities:**

Elevator, Kitchen, Bar, Air Conditioning, Sound System, Wi-Fi.

## Lindsay Recreation Complex

The Lindsay Recreation Complex is located at 133 Adelaide Street South in Lindsay.

The Community Room at the Lindsay Recreation Complex is located on the second floor of the facility and overlooks the ice pads. The Community Room is accessed by stairs or elevator. The space is air conditioned and features a projector screen, kitchen and bar.

### Facility Booking Clerk:

facilitybooking@kawarthalakes.ca  
705-324-9411 extension 1226  
Toll Free: 1-888-822-2225

### 2026 Hall Rental Fee:

Hourly Rate: \$34.60 plus HST  
Daily Rate: \$457 plus HST

### Capacity:

Maximum capacity of 180 people.

### Amenities:

Elevator, Kitchen, Bar. Air Conditioning, Wi-Fi.

## Municipal Event Application (MEA)

The MEA is intended to act as a strategic resource for individuals hosting an event within Kawartha Lakes. It is strongly advised that event organizers review the **Kawartha Lakes Municipal Event Application Reference Guide** prior to submitting their application.

### To learn more please visit:

[www.kawarthalakes.ca/municipaleventapplication](http://www.kawarthalakes.ca/municipaleventapplication)



## Manvers Community Centre

The Manvers Community Centre is located at 697 Highway 7A in Bethany.

The hall is located on the second floor of the facility and is **not accessible**. It is air conditioned and features a stage, sound system, kitchen and bar.

### Facility Booking Clerk:

facilitybooking@kawarthalakes.ca  
705-324-9411 extension 1226  
Toll Free: 1-888-822-2225

### 2026 Hall Rental Fee:

Hourly Rate: \$34.60 plus HST  
Daily Rate: \$457 plus HST

### Capacity:

Maximum capacity of 220 people.

### Amenities:

Kitchen, Bar, Air Conditioning, Sound System, Stage, Wi-Fi.

## **Norland School Hall Community Centre**

The Norland School Hall Community Centre is located at 3448 County Road 45 in Norland and is booked through the Norland Old School Hall Community Centre Volunteer Management Committee.

### **Booking Agent:**

705-454-0729

### **2026 Hall Rental Fee:**

Please contact the booking agent for rental fees.

### **Capacity:**

Three Rooms at a Maximum Capacity of 60 people in each. Two rooms have kitchens available for use.

### **Amenities:**

Wheel Chair Accessible,  
Air Conditioning.

## **Norland Recreation Centre**

The Norland Recreation Centre is located at 7675 Highway 35 North in Norland and is booked through the Volunteer Management Board.

### **Booking Agent:**

[norlandreccentre1@hotmail.com](mailto:norlandreccentre1@hotmail.com)

### **2026 Hall Rental Fee:**

Please contact the booking agent for rental fees.

### **Capacity:**

Maximum capacity of 250 people.

### **Amenities:**

Kitchen, Air Conditioning,  
Sound System.

## **Oakwood Community Centre**

The Oakwood Community Centre is located at 1010 Eldon Road in Oakwood.

The Oakwood Community Centre Hall is located on the second floor of the facility and is accessible by elevator. The hall is air conditioned and features a sound system, bar and kitchen.

### **Facility Booking Clerk:**

[facilitybooking@kawarthalakes.ca](mailto:facilitybooking@kawarthalakes.ca)

705-324-9411 extension 1226

Toll Free: 1-888-822-2225

### **2026 Hall Rental Fee:**

Hourly Rate: \$41.60 plus HST

Daily Rate: \$590 plus HST

### **Capacity:**

Maximum capacity of 242 people.

### **Amenities:**

Elevator, Kitchen/Bar, Air Conditioning, Sound System, Wi-Fi.

## **Victoria Park Armoury**

The Victoria Park Armoury is located at 210 Kent Street West in Lindsay.

This facility features a large Main Hall on the first floor and a smaller room on the second floor called the North End Room. Both the Main Hall and North End Room are accessible, however access to the North End Room is dependant on the events taking place in the Main Hall. Please contact the Facility Booking Office for more information.



The Main Hall features a portable stage, air conditioning, sound system, kitchen and bar. The North End Room has a kitchen, but does not have air conditioning.

**Facility Booking Clerk:**

facilitybooking@kawarthalakes.ca  
705-324-9411 extension 1226  
Toll Free: 1-888-822-2225

**2026 Hall Rental Fee:**

Main Hall:

Hourly Rate: \$68.50 plus HST

Daily Rate: \$970 plus HST

North End Room:

Hourly Rate: \$30.60 plus HST

Daily Rate: \$306 plus HST

**Capacity:**

Main Hall:

Maximum capacity of 650 people.

North End Room:

Maximum capacity of 40 people.

**Main Hall Amenities:**

Main Floor Hall, Kitchen, Podium, Microphone, Bar, Air Conditioning, Sound System, Portable Stage, Wi-Fi.

**North End Room Amenities:**

Elevator may not be available for all events - contact Facility Booking to confirm. Kitchen and Wi-Fi.

## Woodville Town Hall

The Woodville Town Hall is located at 100A King Street in Woodville.

This hall is on the main floor and features a stage, sound system, kitchen and bar.

**Facility Booking Clerk:**

facilitybooking@kawarthalakes.ca  
705-324-9411 extension 1226  
Toll Free: 1-888-822-2225

**2026 Hall Rental Fee:**

Hourly Rate: \$30.60 plus HST

Daily Rate: \$306 plus HST

**Capacity:**

Maximum capacity of 110 people.

**Amenities:**

Main Floor Hall, Kitchen, Bar, Stage.

To learn more about our locations and availability, please visit:

**[www.kawarthalakes.ca/rentafacility](http://www.kawarthalakes.ca/rentafacility)**



## Facility Booking.

Jump In and connect through community rentals! Please contact our Facility Booking Office to learn more about each facility.

**facilitybooking@kawarthalakes.ca**  
**705-324-9411 extension 1226**  
**Toll Free: 1-888-822-2225**



# Community ODR Volunteers Needed.

Jump In and connect with your community! Community Outdoor Ice Rinks (ODR) are a great way to pay it forward and help keep your community active and connected to nature during cold winter months.

We are currently seeking Community Outdoor Ice Rink (ODR) Volunteers for the 2026 season. Without the support of YOU, our dedicated volunteers, we wouldn't have outdoor community rinks for all to enjoy.

The deadline for 2026 applications is December 9, 2025. Volunteers must be at least 18 years of age or accompanied by an adult.

To join our team of dedicated volunteers, please scan the QR code to fill out our Community ODR Volunteer Application Form.

If you require other ways to apply, please email [parksadmin@kawarthalakes.ca](mailto:parksadmin@kawarthalakes.ca) or call us at: 705-324-9411 extension 1301.

Scan the  
QR Code  
to fill out a  
Volunteer  
Application  
Form.



Kawartha Lakes  
**Jump In** 