

Community Resources

Get Active, get fit!

Town	Description	Contact and Website
Arthur	<ul style="list-style-type: none"> Arthur & Area Aquatic Centre, 158 Domville Street <ul style="list-style-type: none"> Young at heart, lane swim, aqua fit and public swim. 	Tammy Pringle, Recreation Support 519-848-3620 Ext 35, tpringle@wellington-north.com
	<ul style="list-style-type: none"> Lawn bowling, Senior Citizen's Hall. <ul style="list-style-type: none"> Monday nights at 7pm. 	Peggy Nixon 519-848-3216
	<ul style="list-style-type: none"> Seniors Exercise Program, Senior Citizen's Hall. <ul style="list-style-type: none"> Tuesdays and Thursdays at 9am 	Janna Dodds 519-338-5863
	<ul style="list-style-type: none"> Walking Group, Arthur Community Centre. <ul style="list-style-type: none"> Tuesday, Wednesday and Thursday at 9:30am (Oct-May) 	Helen Edwards, Seniors' Centre for Excellence 519-638-1000
	<ul style="list-style-type: none"> Arthur & Area Community Centre, 158 Domville Street <ul style="list-style-type: none"> Young at heart skating, Mon/Wed/Fri 10am – 12pm 	Tammy Pringle, Recreation Support 519-848-3620 Ext 35, tpringle@wellington-north.com
	<ul style="list-style-type: none"> Yoga, Arthur Seniors Hall <ul style="list-style-type: none"> Seated yoga, 8 sessions, Wed at 11am. MUST REGISTER! 	Helen Edwards, Seniors' Centre for Excellence 519-638-1000
Clifford	<ul style="list-style-type: none"> Seniorsational Exercise Program, United Church. <ul style="list-style-type: none"> Monday and Thursday at 9am 	Helen Edwards, Seniors' Centre for Excellence 519-638-1000
Drayton	<ul style="list-style-type: none"> Seniorsational Exercise Program, Drayton Reformed Church. <ul style="list-style-type: none"> Monday and Friday: 9:30am and low impact at 10:45am 	Helen Edwards, Seniors' Centre for Excellence 519-638-1000
	<ul style="list-style-type: none"> Walking Group, Peel Maryborough Drayton Arena. <ul style="list-style-type: none"> Tuesday, Thursday and Friday at 9 am 	Helen Edwards, Seniors' Centre for Excellence 519-638-1000
	<ul style="list-style-type: none"> Dynafit Dynamic Fitness <ul style="list-style-type: none"> 24 hour access gym 	Joe Heenan 519-638-2100 or 519-291-2122
Elmira	<ul style="list-style-type: none"> Woolwich Memorial Centre – Aquatic Centre, 24 Snyder Ave. S. <ul style="list-style-type: none"> Aquafit, lane swim, Seniors/Family Swim, public swim 	(519) 669-1647 www.woolwich.ca/en/townshipservices/pool.asp
Harriston	<ul style="list-style-type: none"> Town of Minto Public Pool <ul style="list-style-type: none"> Lane swim, adult swim, aquafit, early bird swim, public swim 	519-338-2994 http://town.minto.on.ca/page/aquatics-information
	<ul style="list-style-type: none"> Seniors Exercise Program, Presbyterian Church. <ul style="list-style-type: none"> Tuesdays and Thursdays at 11am 	Janna Dodds 519-338-5863
	<ul style="list-style-type: none"> Lawn Bowling, <ul style="list-style-type: none"> Mondays and Thursday at 7pm. 	Cliff Gamble 519-338-2209

Hanover	<ul style="list-style-type: none"> Hanover Regional Aquatic Centre, 269 - 7th Avenue <ul style="list-style-type: none"> Lap swim, water-jogging, aqua aerobics, senior swim 	(519) 364-2310
Mount Forest	<ul style="list-style-type: none"> Shuffleboard, Sports Complex. <ul style="list-style-type: none"> Mondays and Thursdays 1-3pm 	Tammy Pringle, Recreation Support 519-848-3620 Ext 35, tpringle@wellington-north.com
	<ul style="list-style-type: none"> Exercise Class, Legion. <ul style="list-style-type: none"> Tuesdays at 1:30 pm 	
	<ul style="list-style-type: none"> Lions Roy Grant Pool, 393 Parkside Drive <ul style="list-style-type: none"> Family swim, lane swim, and public swim. 	Tammy Pringle, Recreation Support 519-848-3620 Ext 35, tpringle@wellington-north.com
	<ul style="list-style-type: none"> Mt. Forest Sports Complex, 850 Princess Street <ul style="list-style-type: none"> Walking track 	Tammy Pringle, Recreation Support 519-848-3620 Ext 35, tpringle@wellington-north.com
	<ul style="list-style-type: none"> Mt. Forest Sports Complex, 850 Princess Street <ul style="list-style-type: none"> Young at heart skate, Mon & Thur 11am – 12pm 	Tammy Pringle, Recreation Support 519-848-3620 Ext 35, tpringle@wellington-north.com
Palmerston	<ul style="list-style-type: none"> Walking group, Community Centre. <ul style="list-style-type: none"> Monday, Wednesday and Friday at 9am. (Oct-May) 	Helen Edwards, Seniors' Centre for Excellence 519-638-1000
	<ul style="list-style-type: none"> Seniorsational Exercise Program, United Church. <ul style="list-style-type: none"> Tuesday and Friday at 9am Low impact, Tuesday and Friday @ 10:15am. 	Helen Edwards, Seniors' Centre for Excellence 519-638-1000
	<ul style="list-style-type: none"> Lawn bowling, C.R.N.A. Monday, <ul style="list-style-type: none"> Thursday and Friday at 7pm. 	John Brinks 519-343-3032
	<ul style="list-style-type: none"> Town of Minto Public Pool <ul style="list-style-type: none"> Lane swim, adult swim, aquafit, early bird swim, public swim 	519-343-5720 http://town.minto.on.ca/page/aquatics-information
	<ul style="list-style-type: none"> Yoga, United Church <ul style="list-style-type: none"> Yoga, 6 weeks, Monday at 1pm. MUST REGISTER! 	Helen Edwards, Seniors' Centre for Excellence 519-638-1000

Just 30 minutes a day...aren't you worth it?

Some of these programs have been supported by:

