

SPRING/SUMMER 2026

Recreation

GUIDE



CENTRE DUFFERIN RECREATION COMPLEX
SERVING TOWN OF SHELBURNE
Town of Mono, Township of Amaranth
and Township of Melancthon





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CENTRE DUFFERIN RECREATION COMPLEX

200 Fiddle Park Lane Shelburne, ON L9V 3C9

☎ 519-925-2400 | ✉ cdrc@shelburne.ca

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WWW.SHELBURNE.CA/CDRC



CENTRE DUFFERIN RECREATION COMPLEX



@CDRCRECREATION

HOW TO REGISTER

**CDRC PROGRAM
REGISTRATION AND
FACILITY RENTALS ARE**

NOW ONLINE

ONLINE (Recommended Method)

1. Go to shelburne.ca/cdrc, click on Recreation Programs, "Click here for program registration"
2. Sign In or Create your Family Account
3. Search for programs by course code, keywords or category
4. Follow menu prompts to complete registration and payment
5. Print or save your confirmation receipt

**IF YOU REQUIRE ASSISTANCE WITH REGISTRATION,
PLEASE CALL THE CDRC AT 519-925-2400**

IN PERSON

Registration is available at the Centre Dufferin Recreation Complex (CDRC) Front Desk between the hours of 9:30am -4:00 pm. Registration is completed on the spot if space permits. Have your program choices, course codes ready and family account created prior to arrival at the CDRC.

PAYMENT METHODS:

Cash, Debit, Credit Card (accepted online only)

BENEFITS OF ONLINE REGISTRATION

- ✓ Available 24/7
- ✓ Fast, easy, secure
- ✓ Immediate confirmation
- ✓ Explore new program options



SCAN TO REGISTER

REGISTRATION AND GENERAL INFORMATION

CDRC REFUND POLICY

To request a refund for a recreation program, please complete a CDRC Refund Request Form. All refund requests MUST complete this form in order to be considered for a refund. The date on the form, is the date the refund request was received. Please allow 6-8 weeks to process a refund.

CANCELLATION OPTIONS	REFUND POLICY
10 business days prior to the start of the program	Will receive a full refund less a \$35.00 administration fee (camps) or 15% for all other programming administration fee per registration
Less than 10 business days before the start of the program	A 50% refund
48 hours prior to the start of the program	No refund issued
Day of the program or once the program has started	No refund issued
Withdraw due to medical reason	Will be considered on an individual basis and may require a medical note
If a program is cancelled by the CDRC	A full refund will be issued

WAITLISTS

You have the option of adding a participant to a waitlist for any program that is full at the time of registration. When a space becomes available, waitlisted customers will be contacted via email and have 24 hours to confirm enrollment and provide payment. After 24 hours has lapsed, the offer is cancelled and we will continue down the waitlist. We encourage everyone to join the waitlist as spots may become available.

PROGRAM CANCELLATIONS

Register early to avoid disappointment. Delayed registration may result in the cancellation of a program. If a class is cancelled due to insufficient enrollment, transfer to another program is permitted subject to availability. A refund will be issued if the program is cancelled by the CDRC.

AGE REQUIREMENTS

Participants must be the minimum age required on the start date of the program.

LOST AND FOUND

The Centre Dufferin Recreation Complex is not responsible for lost, stolen or damaged items.

MISSED CLASSES

In the event a participant is unable to attend a class(es) the CDRC regrets that a makeup class, credit or refund will not be offered.



**COMPLETE THE CDRC
REFUND REQUEST FORM
BY SCANNING THE QR CODE**

FACILITY RENTAL INFORMATION

For more information on booking a space at the CDRC, visit Shelburne.ca/cdrc or scan the QR code and complete the Facility Booking Request Form.

CDRC PARTY PACKAGE:

Looking for a new idea for your child's birthday party, family gathering or just looking for something new to do?

Book your event today.

1 hour supervised pool rental (with lifeguards)

1 hour arena floor rental plus 2 hour pool view room rental

1 hour supervised pool rental (with lifeguards) plus 2 hour pool view room rental

1 hour arena floor rental

FACILITY BOOKING REQUEST FORM



Scan here for more information on CDRC Facility Rentals and to complete the Facility Booking Request Form



CDRC ROOM RENTALS

Town and Country Room - Large banquet hall equipped with a full kitchen

Pool View Room - Multipurpose space great for birthday parties, meetings and workshops

Meeting Rooms - Suitable space for smaller meetings

ALL ROOM RENTALS INCLUDE

- Access to tables and chairs
- Equipped with air conditioning
- Access to WIFI

What people are saying about CDRC

“The camps are very well organized and keep the children busy. The staff are amazing. We do not worry about our child when he is in attendance, knowing that he is well supervised and cared about.”

“My daughter was always happy to go to camp – she never hesitated and always had positive things to say on our way home. She seemed to connect really well to all staff and they were so kind when greeting her every morning.”

FOLLOW US

 CENTRE DUFFERIN RECREATION COMPLEX
 @CDRCRECREATION



FUNDING RESOURCES

DUFFERIN COUNTY – CHILD CARE FEE SUBSIDY:

Dufferin County offers a Child Care Fee Subsidy to eligible families who have children between the ages of 0-12 years of age. For more information please contact us at 519-941-6991 ext. 2223 or childcarefeesubsidy@dufferincounty.ca.



CANADIAN TIRE JUMPSTART
jumpstart.canadiantire.ca



KIDSPORT
kidsportcanada.ca



R ZONE POLICY – RESPECT AND RESPONSIBILITY

WHAT IS THE R ZONE POLICY?

The R Zone policy is an operating procedure that identifies a code of conduct which applies to all Town of Shelburne owned property including parks, facilities and programs. The purpose of this policy is to promote a positive, safe

and supportive environment for all members of the public and staff.

The R Zone procedure enforces a set of expectations around violence, vandalism and inappropriate behaviour for participants and general public.

WHAT DOES THE R ZONE MEAN?

The “R” in the R Zone logo stands for Respect and Responsibility. Respect for Yourself; Respect for Others; and Responsibility for your Actions. The logo will serve as a reminder to staff and the public that the operating procedure is in effect and applies to everyone: coaches, parents, players, performers, audiences and visitors.

GOAL

The goal of the R Zone policy is to improve the safety and leisure environment in all Town of Shelburne recreation and cultural centres, facilities, parks and programs. Community organizations, residents, visitors and town staff will work together to promote respect and responsibility, improving the safety, appearance and environment of our community.

HOW CAN YOU HELP?

- Clean up after your group activities.
- Remember to respect property, materials and equipment when using services or participating in programs at our community centres, arena and parks.
- Report such items such a graffiti, broke glass or burnt out lights in any Town facility or park.
- Report suspicious behaviour
- Report activities such as verbal assaults, threats, aggression, physical harm, harassment



CDRC SUMMER DAY CAMP

GENERAL INFORMATION

CAMP LOCATION

Centre Dufferin Recreation Complex (CDRC)
200 Fiddle Park Lane, Shelburne ON

**FULL DAY CAMP IS OFFERED
MONDAY TO FRIDAY BEGINNING
THURSDAY, JULY 2, 2026 -
THURSDAY SEPTEMBER 3, 2026**

CAMP HOURS

Camp hours are from 9:00am - 4:00 pm each day.
Campers are permitted to be dropped off
between 8:00 am - 9:00 am and
picked up between 4:00 - 5:00 pm.
Extended before and
after care is available for an additional fee.
AM Care: 7:00 - 8:00 am
PM Care: 5:00 - 6:00 pm

WHAT TO BRING

Campers must arrive to camp with the following items and are encouraged to please label everything with their names.

- A nut free lunch and snacks
- Refillable water bottle
- Sunscreen and hat
- Running shoes
- Bathing suit, towel, crocs/flip flops
- Extra change of clothes
- Personal belongings including electronics, cell phones, toys, Pokemon cards etc are NOT permitted at camp

SUNSCREEN SAFETY

All families are asked to please apply sunscreen at home prior to arriving at camp. Sunscreen reapplication is scheduled into our camp day. Families are encouraged to show their campers how to properly apply sunscreen. If indicated, staff may assist younger campers with sunscreen application.



**CAMP
+ SWIMMING**
Add Day Camp
Swimming Lessons
to your camp
registrations!

CAMPER CODE OF CONDUCT

Our goal for all camps is to provide a positive environment where everyone feels welcome, safe and respected. All campers and families will be asked to agree to our camp code of conduct while at camp.

Is your child ready to attend camp?

All campers must be program ready to attend a program at the CDRC. To be program ready, each participant must:

1. Born in 2021 (turning 5 by the end of 2026)
2. Take directions and instruction from a staff member
3. Interact and participant within the camp environment
4. Interact in a way that is safe for themselves and others
5. Use the bathroom and changeroom independently
6. Attend school successfully

PARENT CODE OF CONDUCT

The CDRC is committed to providing a positive and respectful environment for all participants, families and staff. Parents and guardians are expected to model respectful behaviour at all times when interacting with staff, other families and participants.

We ask that when communicating concerns you may have with our staff team, that you follow the following principles:

1. Respectful Behaviour at ALL TIMES: We ask that all individuals treat others with respect, including staff and campers.
2. Commitment to a Harassment-Free Environment: We are committed to providing a safe, supportive and inclusive environment for all. Please refrain from engaging in any form of harassment, discrimination or other abusive behavior.

We appreciate your cooperation and understanding in helping us maintain a respectful and welcoming environment for all.

ALL CDRC DAY CAMP STAFF

- Are certified in Standard First Aid CPR-C/AED
- Are subject to a Police Vulnerable Sector Screening Check
- Are trained in High Five Principles of Healthy Childhood Development
- Receive on site camp training prior to the start of the summer

CDRC OUTDOOR POOL

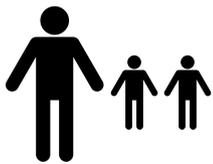
The Centre Dufferin Recreation Complex (CDRC) provides a heated outdoor 15m by 25m, six lane lap pool that is operated seasonally from mid June through to Thursday September 3, 2026.

OUTDOOR POOL ADMISSION STANDARDS

The CDRC outdoor pool requires swimmers to meet the following admission standards and caregiver ratios. Swimmers who do not meet these standards will not be granted admission to the pool. Admission standards apply to both pool rentals and public swims as per the Ontario Public Health Regulations.

All children 9 years of age and under must be accompanied by a guardian who is at least 14 years of age and is responsible for their direct supervision.
Wristband policy in effect.

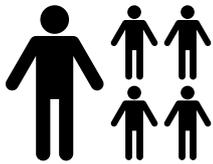
CHILDREN 0-5 YEARS



**2 CHILDREN
TO 1 ADULT**
(shallow end only)

- Always accompanied within arm's reach
- Parent/guardian must be in the water with participants
- Red Wristband

CHILDREN 6-9 YEARS (cannot pass a swim test)



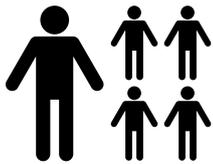
**4 CHILDREN
TO 1 ADULT**
(No life jackets)



**8 CHILDREN
TO 1 ADULT**
(With life jackets)

- Always accompanied
- Parent/guardian must be in the water with participants.
- Yellow Wristband

CHILDREN 6-9 YEARS (completed swim test)



**4 CHILDREN
TO 1 ADULT**
(No life jackets)

- Parent/guardian must be in the pool deck area and maintain visual contact with swimmer at all time.
- Parent/guardian will required paid admission.
- Yellow and Green Wristband

CHILDREN 10 YEARS+

- May swim unaccompanied
- Green Wristband if permitted to swim in the deep end
- It is recommended that participants between the ages of 10-15 years be accompanied by a parent or guardian who is minimum 16 years of age.



SCAN TO CHECK OUT
THE CDRC OUTDOOR POOL
SCHEDULE

FACILITY SWIM TEST

Take a facility swim test in order to determine what level of supervision is required. To pass a facility swim test, swimmers need to:

- Swim 25m front swim with your face in the water
- Tread water for one minute
- Jump in off the side and swim to the wall
- The CDRC may ask any guest, of any age to complete a swim test prior to entering the deep area of the pool



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SCAN



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POOL RULES:



KNOW BEFORE YOU GO

Patrons must follow all CDRC pool rules while visiting the facility.
Admission Standards **MUST** be followed by all patrons entering the facility.
Please review these standards prior to arrival.

-  Food and beverage are not permitted on the pool deck.
-  All patrons must shower before entering the pool.
-  Long hair must be tied back.
-  Those with open sores or communicable diseases will not be admitted into the pool unless a doctors note is present.
-  Horseplay, profanity and foul language are not permitted within this facility. Patrons displaying this behaviour will be asked to leave the premises.
-  Strollers are not permitted on the pool deck or shower areas.
-  Proper swimming attire is defined as clothing that is clean and used specifically for swimming purposes.
-  The use of cell phones and picture taking equipment is prohibited in all change rooms, washrooms and on the pool deck.
-  Swim hours are subject to change, please check the CDRC events calendar for updates and current swim times.
-  All patrons entering the pool deck area during public swim times are required to pay admission as they are apart of our capacity.
-  No coaching, teaching swim lessons or organized practices are permitted during any drop-in swims included lane and public swim.
-  No alcoholic beverages, smoking or vaping permitted in the facility changerooms, pool deck or premises used to view the pool area.
-  Lifejackets are not permitted in the deep end of the pool.
-  Please respect our staff, and patrons **AND HAVE FUN!**



INCLEMENT WEATHER
Credits and refunds are not provided for inclement weather.

FOLLOW US

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 @CDRCRECREATION

RENT THE CDRC POOL!

Private pool bookings are available throughout June – August. Please be sure to check the admission standards to know the necessary ratio for child supervision. Cost per hour includes lifeguard supervision.



RECREATIONAL SWIMMING

PUBLIC SWIM

During this swim all ages are welcome. This is a recreational swim time.

ADULT/SENIOR SWIM

This swim is open to all adults 18+ years looking for a quieter swim for fun, fitness and relaxation.

FAMILY SWIM

Designated for families (parents/guardians = children). Adults/guardians must be in the water with children. No adult swimming during this time.

PARENT/GUARDIAN AND TOT SWIM

This swim time is a quieter swim for Parent/Guardians and Tots to splash around in the water and enjoy the fresh air.

LANE SWIM

This swim time is for anyone interested in swimming lengths for fitness. Participants may be asked to swim in a loop or share a lane.

Admission Standards in effect for all swim programs including facility rentals.



Admission is granted on a walk in first come first served basis for all CDRC drop in programs include public swim.



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2026 SWIMMING LESSON INFORMATION



LIFESAVING SOCIETY®

The Lifeguarding Experts

SWIM LESSON CONVERSION CHART

Visit the CDRC Outdoor Pool at the QR code below.



This chart will identify which level you should register for next session.

First Day – When you arrive on your first day of swimming lessons, check in at pool entrance gate with the Supervisor on Duty. Once your swimmer is checked in, you will be directed to find your instructors photo. Your instructor will meet you in this location at the start of the class.

Meeting Spot – Classes will meet at the same location each day at the instructors photo.

What level should I register in?
If you are not sure what level to register your child in, contact the CDRC Pool to request a screening from our swim instructors during recreational swim times.

Instructor Requests
We will do our best to accommodate instructor requests but we cannot guarantee that requests will be granted.

Inclement weather
Swimming lessons are not cancelled due to inclement weather, an indoor water safety and first aid session will be provided.

Missed swimming classes
In the event a participant is unable to attend a class, the CDRC regrets that a makeup class, refund or credit will not be offered.

Lesson Viewing
Once swim lessons begin, all parents/guardians are required to watch their child's swimming lessons from outside the pool fencing. Spectators are NOT permitted on the pool deck during CDRC swim lessons or advanced aquatic courses

Questions, Comments or Concerns during lessons
There is a designated supervisor on deck who is available to answer questions

or concerns. They are lesson experts and can solve most problems quickly or provide you with next steps. Do not hesitate to speak to one of our talented staff members at any time during your lessons. Please do not wait until the last class.

Cell Phones, Filming and Photography
Please note that to ensure the privacy of others, the use of cell phone devices, filming or photography is not permitted in the change rooms, viewing areas or on the pool deck during swimming programs or recreational swim times.

Changeroom usage
Children 7 years of age and older are required to use the changeroom of their own gender or the family changeroom if accompanied by an adult.

HOW TO REGISTER FOR PRIVATE SWIMMING LESSONS

To obtain a semi private swim lesson

1. Register for a private swim lesson for one swimmer
2. Email cdrc@shelburne.ca with the name and level of the child
3. An outstanding balance will be added to your account per child added into the lesson.
4. The balance MUST be paid within 48 hours of the registration



2026 SWIMMING LESSON SESSION DATES

JUNE SESSION: Afterschool lessons, Monday June 15 – Thursday June 25, 2026

SESSION 1: Monday July 6 – Friday July 17, 2026

SESSION 2: Monday July 20 – Friday July 31, 2026

SESSION 3: Tuesday August 4 – Friday August 14, 2026

SESSION 4: Monday August 17 – Friday August 28, 2026

LIFESAVING SOCIETY SWIM FOR LIFE PROGRAMS

PARENT & TOT 1 (4-12 MONTHS)

Designed for the 4-13 month old, this level is all about helping your child feel and explore the water by floating, splashing, reaching and paddling. You'll learn how to help your child play in and play with the water with comfort and confidence.

PARENT & TOT 2 (12 – 24 MONTHS)

This lesson is for swimmers ages 12-24 months who are ready to learn to enjoy the water with a parent.

PARENT & TOT 3 (2-3 YEARS)

If your swimmer is 24-32 months old and is ready to learn to enjoy the water with a parent.

PRESCHOOL 1 (AGES 3-5 YEARS)

These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

PRESCHOOL 2 (AGES 3-5 YEARS)

These preschoolers learn to jump into chest-deep water by themselves and get in and out of the water with a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket they will glide on their front and back.

PRESCHOOL 3 (AGES 3-5 YEARS)

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist deep water. They'll work on kicking and gliding through the water on their front and back.

PRESCHOOL 4 (AGES 3-5 YEARS)

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.

PRESCHOOL 5 (AGES 3-5 YEARS)

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 seconds. They'll work on front and back crawl swims for 5m, interval training and get a giggle out of whip kick.

SWIMMER 1A (AGES 5-12 YEARS)

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

SWIMMER 1B (AGES 5-12 YEARS)

These intermediate beginners will jump into deep water and return with a buoyant aid. They'll learn to recover objects from the bottom in waist deep water. They'll work on floats, glides and whip kick through the water on their front and back.

SWIMMER 2 (AGES 5-12 YEARS)

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10m on their front and back and be introduced to flutter kick interval training (4x5m).

SWIMMER 3A (AGES 5-12 YEARS)

These junior swimmers will dive, do in water somersaults and handstands. They'll work

on 15m of front crawl, back crawl and 10m of whip kick. Flutter kick interval training increases to 4 x 15.

SWIMMER 3B (AGES 5-12 YEARS)

These swimmers will be introduced to egg beater and dolphin kick. Jump into deep water, tread 45sec, swim 50m. They'll work on 20m of front crawl, back crawl and 15m of whip kick. Flutter kick interval training increases to 3x25m.

SWIMMER 4 (AGES 5-12 YEARS)

These intermediate swimmers will swim 5m underwater and lengths of front crawl, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive Standard. They'll cap it off with front crawl sprints over 25m and 4 x 25m front or back crawl interval training.





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LIFESAVING SOCIETY SWIM FOR LIFE PROGRAMS

SWIMMER 5 (AGES 5-12 YEARS)

These swimmers will master shallow dives, cannonball entries, eggbeater kicks and in water backwards somersaults. They'll refine their front and back crawl over 50m swims of each and breaststroke over 25m. Then they'll pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front crawl or back crawl and 4 x 15m breaststroke.

SWIMMER 6 (AGES 5-12 YEARS)

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25m. They'll easily swim lengths of front crawl, back crawl, and breaststroke and they'll complain about the 300m workout.

SWIMMER 7: ROOKIE PATROL

Swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.

SWIMMER 8: RANGER PATROL

Swimmers develop better strokes over 75m swims of each stroke. They tackle Lifesaving Sport Skills in the Lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatments of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

SWIMMER 9: STAR PATROL

Swimmers are challenged with 600m workouts, 300m timed swims and a 25m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone and joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

BRONZE STAR

Bronze Star develops swimming proficiency, lifesaving skills and personal fitness. Candidates refine their stroke mechanics, acquire self rescue skills and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.



PRE REQUISITE: 11 years of age and previous swim experience

BRONZE MEDALLION

Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill and fitness form the basis of Bronze Medallion training. Candidates acquire assessment and problem solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a pre requisite for assistant lifeguard training in Bronze Cross.

PRE REQUISITE: 13 years of age or Bronze Star Certification

BRONZE CROSS

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic settings. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

PRE REQUISITE: Bronze Medallion and Emergency First Aid or Standard First Aid certification.



FOR ALL CDCR RECREATION INFORMATION, SCAN THE QR CODE

LIFESAVING SOCIETY SWIM FOR LIFE PROGRAMS

PRIVATE AND SEMI PRIVATE SWIMMING LESSONS AVAILABLE!



ADULT 1/TEEN 1:

Designed for new or beginner swimmers who are learning to swim and build comfort in the water. Participants will work towards a 10-15m swim on their front and back, tread water for 30 seconds with a lifejacket. They will also do jump entries from the side and recover an object from the bottom in chest deep water.

ADULT 2/TEEN 2:

For swimmers who are looking to advance their basic swim skills. Swimmers will be able to complete front crawl and back crawl for 25m – 50m. Dive entries, forward rolls with a lifejacket and breast stroke arm techniques are introduced. Swimmers work towards treading water for 1-2 minutes.

ADULT 3/TEEN 3:

Designed for advanced swimmers, skills include front and back crawl 50-100m, head up front crawl, dives, jumps, underwater swim 5-10m and surface support 30-60 seconds. Front crawl, back crawl and breast stroke techniques are refined to complete the 300m distance swim and 25-50m sprint.

For parents of every kind of pet

From cats and dogs to birds, fish, and other small animals, we specialize in a wide selection of natural and holistic pet food, treats and supplements, in addition to toys and other essential products that pet parents need.



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FREQUENTLY ASKED QUESTIONS ABOUT BECOMING A LIFEGUARD AND SWIM INSTRUCTOR



How old do I have to be to become a lifeguard?

To be a certified lifeguard or swim instructor you must be 15 years of age but can begin training as young as 11 years old. At age 15 you can begin working on a pool deck.

What if I miss a class?

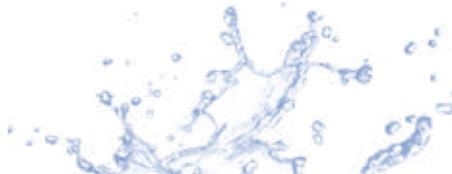
Attendance is 100% mandatory in order to pass all courses.

The course outlines that I must be 13 years of age. My birthday is during the course, can I still enroll?

Yes, you can take the course as long as the candidate turns the identified age prior to the last scheduled day of the course.

Requirements for employment

- 15 years of age by the start of the position
- Standard First Aid with CPR-C
- Bronze Cross or National Lifeguard
- Swim Instructors
- Lifesaving Instructors and Emergency First Aid Instructors considered an asset



IT'S BACK BY POPULAR DEMAND JUNIOR LIFEGUARD CAMP

Learn what it takes to be a lifeguard!

August 24 - August 28, 2026

This week will introduce campers to basic rescue and first aid skills while focusing on the importance of teamwork in the pool setting.

PLEASE NOTE: all participants **MUST** pass a swim test prior to the start of camp.



SHELBURNE BW **TAEKWONDO**

태권도

We are located in the heart of Shelburne, and are proud to represent the morals of World Taekwondo.

Call us for available classes.

**For more info, contact Bernie & Linda at
519-925-9254**

**110 Main Street West, Shelburne
shelburnetaekwondo@outlook.com**

Find us on Facebook

BEFORE & AFTER SCHOOL PROGRAM

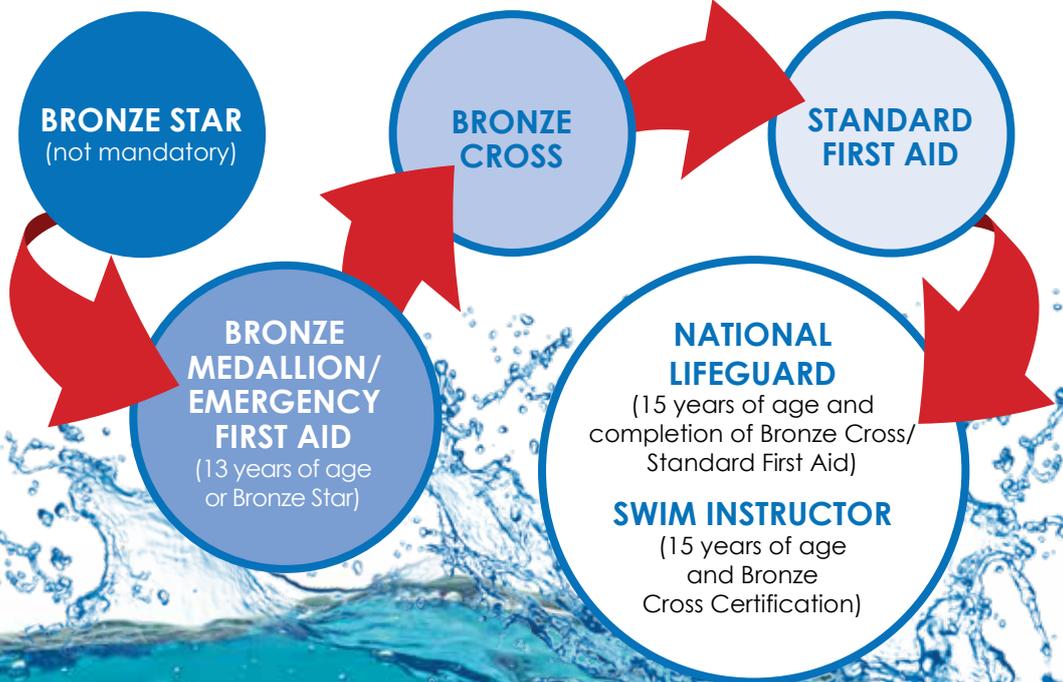
Agricultural Centre
377 William St. Shelburne

EVERY MONDAY - FRIDAY
6:30 AM - 8:30 AM
2:50 PM - 6:00 PM

647-282-7851

- ✓ Experienced ECF Staff
- ✓ Secure and Stimulating Facility
- ✓ Educational and Interactive
- ✓ Chaperoned Walk to School
- ✓ Breakfast/ Snack
- ✓ Homework Help

HOW TO BECOME A LIFEGUARD



VOLUNTEER OPPORTUNITIES

Interested in volunteering at the CDRC this summer assisting with the outdoor pool or day camp to gain more experience and knowledge? Contact Emily (Recreation Program Coordinator) at the CDRC for more information.

Aquafit



SCAN TO REGISTER

**THURSDAY EVENINGS
7:15-8:00PM**

Open to ages 14 & up

In partnership with



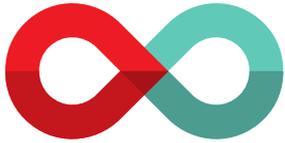
6 week session beginning
Thursday July 2, 2026
Drop in available if space is permitted

SPONSOR A PUBLIC SWIM AT THE

**CENTRE DUFFERIN
RECREATION COMPLEX**
200 FIDDLE PARK LANE

Individuals or organizations can give back to the community while promoting their business by sponsoring a public swim.

If interested contact the CDRC at
cdrc@shelburne.ca



**Canadian
Blood
Services**

BLOOD
PLASMA
STEM CELLS
ORGANS
& TISSUES

BLOOD DONOR CLINIC

Centre Dufferin Recreation Complex,
200 Fiddle Park Lane, Shelburne

**Book your appointment to donate
blood online at blood.ca or call**

1-888-2DONATE

(appointments only)

Friday, June 12, 2026

Friday, September 11, 2026

Friday, December 4, 2026

Friday, March 5, 2026



\$199 Hygiene Special!

Includes X-Ray,
Cleaning & Exam

We Accept the CDCP!

**FLEXIBLE PAYMENT PLANS
DIRECT INSURANCE
BILLING
EMERGENCY CARE
CARE FOR ALL AGES**



**BOOK
ONLINE
INSTANTLY!**



Shelburne

DOWNTOWN DENTAL

(226) 615-2072

125 Main Street W Shelburne, ON
info@shelburnedowntowndental.com

RECREATION PROGRAMS AT THE CDRC

YOUTH NIGHT OUT

Join us for an evening of fun at the CDRC! Youth ages 7-13 will participate in a variety of fun themed activities and enjoy some popcorn.

Time: 6:30-9:00pm
Fee: \$20.00
per participant

Upcoming dates:

ROLLER SKATE NIGHT
Friday, May 8, 2026

POOL PARTY
Thursday June 25, 2026



BABYSITTER TRAINING COURSE

Becoming a babysitter is serious business. What you do, or don't do, can make all the difference. Participants will learn the role of a babysitter, child development, caring for children, positive behaviour management, home and outdoor safety and injury prevention, fire safety and first aid tips for children. Participants will be confident and prepared to be the best babysitter possible.



Date: Friday June 5, 2026
Time: 9:30-4:30pm
Ages 11-15 years



THEATRE CAMP



\$230/wk

\$250/wk as of May 1

REGISTRATION IS NOW OPEN FOR ALL CAMP WEEKS!
Offering programs for youth grade 1 - 8, there is something for everyone at Theatre Orangeville Summer Camps!



RECREATION PROGRAMS AT THE CDRC

PA DAY CAMPS

Join us at the CDRC for a fun filled day! Participants ages 4-11 years will take part in a variety of activities including active games, crafts and outdoor play.

Friday, April 24, 2026
Friday, June 5, 2026

Extended care available for an additional fee
(AM and PM)

HOME ALONE SAFETY FOR KIDS

The Home Alone Safety for Kids program will help you build confidence and knowledge about staying home alone. You will develop greater independence, and this course will give your parents peace of mind when they leave you alone.

Participants must be between 9-12 years of age.

Date: Friday, April 24, 2026

Time: 9:30-3:30pm

Ages 11-15 years

★RETURNING THIS SUMMER★

AT THE CDRC SUMMER DAY CAMP JR OFFICER CAMP

For youth aged 7-13. Register for a journey of teamwork, learning and leadership that empowers them to create positive change in schools and communities.

In partnership with



FOLLOW US

 CENTRE DUFFERIN RECREATION COMPLEX

 @CDRCRECREATION



JOIN US AT THE CDRC FOR DROP IN PICKLEBALL!



Check out the CDRC events calendar for more information.

FREE DATE COMING SOON! FAMILY SWIM

SPONSORED BY



Main Street
FAMILY DENTAL



LOCAL PARKS

	BALL DIAMOND UNLIT	BALL DIAMOND LIT	BASKETBALL COURT	BEACH VOLLEYBALL COURT	BMX PARK	BRIDGE	COMMUNITY GARDEN	GAZEBO	HORSESHOE PITS	MULTI PURPOSE PAD	OFF LEASH DOG PARK	OUTDOOR RINK
FIDDLE PARK			X				X				X	X
GREENWOOD CRESCENT PARK												
GREENWOOD PARK			X		X							X
HYLAND PARK	X	X										
JACK DOWNING PARK								X				
KTH PARK	X											
MORDEN DRIVE PARK												
NATASHA PATERSON MEMORIAL PARK												
SIMON COURT PARK			X									
SIMON STREET PARK						X						
SUMMERHILL PARK								X				
WALTERS CREEK PARK												
AMARANTH MUNICIPAL PARK	X		X					X				
WALDEMAR PARK	X					X						
DEVONLEIGH DRIVE PARK												
COUNTRY MEADOWS DRIVE PARK												
HORNINGS MILLS PARK	X	X										
CORBETTON PARK										X		
HANNAHSON PARKETTE												
LYNN GIBSON PARK				X								
LLOYD ARMSTRONG PARK	X								X			
MADILL MEADOWS			X							X		
MONO CENTRE COMMUNITY PARK	X		X			X		X		X		X
MONO COLLEGE PARK	X											X
MONO POLLINATOR GARDEN							X					
MONORA PARK								X				
PURPLE HILL PARK												X



Town of Shelburne



Township of Amaranth

	PARKING LOT	PASSIVE PLAYING FIELD	PICKLEBALL COURTS	PICNIC SHELTER	PLAYGROUND EQUIPMENT	TOBAGGAN HILL	SKATEBOARD PARK	SWINGS	SOCCER PITCH UNLIT	SOCCER PITCH LIT	SPLASH PAD	TENNIS COURTS	TOILET PORTABLE	X-COUNTRY SKI TRAILS	WALKING TRAILS	WASHROOMS/ CHANGEROOMS
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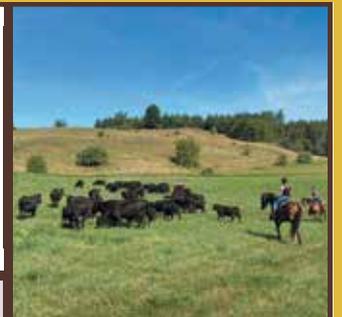
 Township of Melancthon

 Town of Mono



Peace Valley Ranch Rawhide Adventures

Here at Rawhide Adventures we are not breed specific in the horses that live and work with us. We have all different sizes, colours, and personalities. There are over 600 breeds of horses worldwide, with the most common breeds found in Canada being American Quarter Horses, Thoroughbreds, Standardbreds, Draft Breeds (including Clydesdales, Percherons, and Belgians), and a few specialised breeds such as Appaloosas. Just like with our canine friends, horses are often bred with a certain job in mind (for example Thoroughbreds are often race horses) but that does not mean they are limited to just that field. Often horses are multi-disciplinary and can leave one career to start a new one. Purebred horses will be registered with their breeds association and will have a papers that explain their lineage, date of birth, who their previous owner was and who their current owner is. In some disciplines, such as Thoroughbred & Standardbred racing, the horses are tattooed with a number that corresponds to a registry database. Thoroughbreds often get a tattoo inside their upper lip and Standardbreds get a freeze-brand along their necks near the base of their mane. Papers allow a person to really know the age and history of their horse. With that said, not every horse comes with papers, which can leave you guessing the horses breed or age. Unregistered horses are often referred to as “grade” horses and this at times can make them more affordable and easier to procure. The majority of horses that are in our herd here at Rawhide Adventures are an American Quarter Horse cross. American Quarter Horses are known for being well muscled, intelligent, and having good cow sense. They are extremely versatile which suits ranch life perfectly!



We offer private trail rides, horse boarding, and cattle clinics.



Located just outside of Honeywood,
about 20 minutes North of Shelburne
www.rawhide-adventures.on.ca

519-925-0152

Ride by reservation only

Interested in advertising in the Centre Dufferin Recreation Complex (CDRC)?

If you would like to advertise your business or service, consider putting up an ad at the Centre Dufferin Recreation Complex.

- 3' x 4' Wall Sign
- 3' x 8' Wall Sign
- 4' x 8' In Ice Logo (September to March)
- Centre Ice: In Ice Logo (September to March)
- Rink Board Advertising
- Arena Lobby Bench Advertising

For more information contact the CDRC by email at cdrc@shelburne.ca



**WE
HAVE
MOVED!**



**SHELBURNE
TOWN PHARMACY**
committed to care



Shelburne Town Pharmacy is now located at
110 Centennial Road, Shelburne

**SHELBURNE CLINIC IS
ACCEPTING NEW PATIENTS.**

Walk ins welcome. Book an appointment online at:
www.shelburneclinic.com or call 519-964-8981.

519.306.5500

Text: 647.393.9302 • Email: shelburnetownpharmacy@gmail.com
www.shelburnetownpharmacy.ca

**Come Try
CURLING**
at the Shelburne Curling Club
For the 2026-2027 season



Leagues available for all levels
Little Rocks Thursday Nights for Kids
Adult 6 Week Learn to Curl Course
Season runs from November - April

Registration opens September 2026
For more information contact
info@shelburnecurlingclub.ca



**SPRING AND SUMMER
REGISTRATION NOW OPEN**



**LEARN TRADITIONAL KARATE
WITH A MODERN TWIST!
WATCH YOUR CHILD GAIN
CONFIDENCE, AND SUCCEED
EXPONENTIALLY IN OUR DYNAMIC,
AND ENGAGING CLASSES!**

**WE HAVE
CLASSES FOR
AGES
4 AND UP**

- MARTIAL ARTS TECHNIQUES AND KICKS
- SELF DEFENSE AND BREAK FALLS
- WEAPONRY, AEROBATICS,
EXTREME MARTIAL ARTS (TRICKING, AND PARKOUR)



The Maples Academy, Orangeville, ON
and
180 Parsons Road, Unit 15, Alliston, ON



519-217-8023

**BOOK YOUR TRIAL
LESSON TODAY!**



www.warriormartialarts.ca
warriormartialarts.orangeville@gmail.com

**TEAM
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Bryan: 705.321.6411 Karen: 416.892.4688
www.TeamGraham.ca



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INSURANCE STILL DESERVES A HUMAN CONNECTION

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of Small Town Athletics**



519.925.3145
info@crewsoninsurance.com

**Serving Shelburne, Wasaga Beach
& Mount Forest**

Embrace Spring by Exploring the Bruce Trail



As the snow melts away, temperatures begin to climb, and spring flowers start to blossom, this season presents a perfect chance to discover the Bruce Trail.

The Bruce Trail, recognized as Canada's oldest and longest marked footpath, invites you to experience the beauty of the Niagara Escarpment. We provide a variety of hiking options, including Challenge hikes, guided hikes, and numerous self-guided hikes.

Join us for an unforgettable hiking adventure!



Bruce Trail
CONSERVANCY
DUFFERIN HI-LAND CLUB





Shelburne Public Library

201 Owen Sound St. | Shelburne, ON | 519-925-2168 |
frontdesk@shelburnelibrary.ca



We are YOUR Library!

Whether you're new to the community or a long-standing resident, we strive to meet your research and recreational information needs through a diverse collection of materials and programs.

Membership is free for residents of the Town of Shelburne, Amaranth, Melancthon, Mono and Mulmur!

Scan the QR Code to apply for YOUR Library card!



YOUR Library Card provides access to:



eNewspapers & eMagazines in more than 60 languages



Personalized reading recommendations



Thousands of eBooks & eAudiobooks



Language Learning App & More

Happening at YOUR Library!

PROGRAMS & EVENTS

Children

- Weekly story time and after school programs
- Special events and performances
- Award-winning TD Summer Reading Club



Teens

- Monthly Teen Advisory Board
- Exciting events planned by youth for youth
- Volunteer opportunities



Adults

- Monthly programs and workshops including guest speakers, book talks, craft clubs, and more
- Mood Walks with CMHA
- Literary events



Register for programs via linktr.ee/shelburnelibrary

Questions? Email children@shelburnelibrary.ca or frontdesk@shelburnelibrary.ca

Summer Reading 2026

Our summer reading challenges for all ages are just around the corner! Getting started is as easy as 1,2,3!



1. Download the Beanstack Mobile App and search for Shelburne Public Library.
2. Create an account or log into your account from last summer.
3. Select the reading challenge for your age.

Once the challenge for your age launches, log all the books you read for a chance to win prizes!

Follow us on social media so you never miss out on a program, event, or reading challenge!



Eresource Spotlight



Hundreds of eNewspapers and eMagazines available at the touch of a button! Publications available in 64 languages including **Arabic, Tagalog, German, Punjabi, Portugese, and many more!**



Learn over **70 world languages** using your library card number! Need **support learning English**? There are over 20 courses to help you on your learning journey!



With **thousands of global recipes**, hundreds of fascinating culture articles, and essential culinary resources, A to Z World Food brings international cuisines to you.



Get started with **digital books, audiobooks, and magazines** from your public library with the Libby app!



Access **thousands of online courses** to learn in-demand skills from real-world industry experts. Certificates earned upon completion.



Read, Listen, and Watch using your library card! Use 5 borrows per month with no holds or waitlists!

YOUR Library- Curates Your Reading!

We can put together an entire bag of reading, curated just for YOU!

Get in touch with YOUR Library at 519-925-2168 or email frontdesk@shelburnelibrary.ca with these details:

- Any **specific titles** you're looking for
- **Authors** you've enjoyed recently
- **Subjects** or **themes** you're interested in
- How many books you'd like to take home

Once we have selected your titles, we will call to arrange pick-up.

The dropbox is open 24/7, and we encourage all materials currently checked out be returned so we can get holds out to you faster.

Loan Periods

Books & Magazines	3 weeks
Audiobooks	2 weeks
DVDs	2 weeks



We are **fine free**, so no fines will be charged on overdue materials, however, we encourage you to bring materials back in a timely manner for everyone to enjoy.



All are welcome at the library!

Drop by anytime to use our space, whether it is for computers, printing, photocopying, to read or relax, or to help complete our community puzzle. There is something for everyone at the library!



frontdesk@shelburnelibrary.ca



www.shelburnelibrary.ca

See you @ the library!

NEW ONTARIO FIRE CODE REQUIREMENTS REQUIRE YOU TO INSTALL A CO ALARM ON EVERY LEVEL OF YOUR HOME EVEN IF IT DOES NOT HAVE A SLEEPING AREA



Remember, only **WORKING** smoke and CO alarms save lives,
check yours monthly



Shelburne and District Fire Department
114 O'Flynn Street
Shelburne, ON L9V 2W9
519-925-5111 sdfd@shelburne.ca



Shelburne Firefighters Association 5TH Annual Golf Tournament 2026

June 6th 2026
Borden Golf Club

EMAIL QUESTIONS TO
sdfdassociation@gmail.com

(scan to sponsor, register or
donate to our fundraising event)



TOWNSHIP OF SHELBURNE



Community CLEAN UP WEEK April 17 – April 22



Community Clean Up Week encourages residents to help keep Shelburne clean and beautiful by participating in neighbourhood and public space cleanups throughout the community. Residents are welcome to take part individually, as families, or as part of community groups.

Additional details and participation information will be shared closer to the event.

SHELBURNE, DUFFERIN & AREA
JOB FAIR
 CENTRE DUFFERIN RECREATION COMPLEX
 200 Fiddle Park Lane, Shelburne ON
APRIL 23 | 1:00- 5:30 PM



A People Place. A Change of Pace
SHELBURNE
 ONTARIO, CANADA

FREE BYOC
 BRING YOUR OWN CHAIR
2026 Fridays IN THE Park
 Jack Downing Park
FAMILY FUN
June 12
June 26
July 10
August 28

TOUCH-A-TRUCK

Saturday, May 23 10:00 AM – 1:00 PM
 (Sensory Hour 10:00 AM -11:00 AM)

Operations Centre, 124 Luxton Way
 A fun, free, family morning where kids can explore big vehicles, enjoy activities, and take part in a special sensory hour.



Shelburne Town Hall Art Gallery

Art Exhibits - Shelburne Town Hall
 8:30 am-12:00 pm & 1:00 pm-4:30 pm

Brain Blakeman - April 6-24

Wendy Wilson May 4-22

Streams Community Hub - June

Colour and Form Society Member's Jul 12-Aug 21

Robert C Sep 7-26

Connie M Oct 5-23

Southern Ontario Visual Artists (SOVA) Nov 9-27

Canada DAY
 JULY 1, 6:00 PM - DUSK
 GREENWOOD PARK
 Join us for a Canada Day celebration at Greenwood Park. An evening of family-friendly activities & entertainment culminating in a spectacular fireworks display at dusk.

FRESH AIR FITNESS

Stay tuned for announcements about free Fresh Air Fitness classes taking place at Fiddle Park throughout the season. Classes will focus on encouraging outdoor activity and wellness.



SAVE THE DATE
 SHELBURNE, ROTARY & EC. DEV
 Rotary Club of Shelburne
GOLF TOURNAMENT
 JUNE 4, 2026
 SCAN ME!

FIDDLE PARK CONCERT SERIES

Jul 5, Jul 19, Aug 9, Aug 23, Sep 13

Bring a chair or blanket, pack a picnic, and enjoy live music in Shelburne's destination park. Stay tuned for performer announcements.



FIDDLE PARK GRAND OPENING

Stay tuned for details on the Fiddle Park Grand Opening Event, celebrating the completion of recent park improvements. The event will include a ribbon-cutting and opening ceremony, live music, campfires and s'mores, and a variety of family-friendly activities.

The renewed Fiddle Park features a new playground, walking loop, basketball court, shaded seating areas, and improved green space for community use.

Town of Shelburne | 203 Main Street East, Shelburne ON L9V 3K7 www.shelburne.ca

FOLLOW US @thetownofshelburne @town_shelburne @TownShelburneON @ShelburneTown

MONO'S in "MOTION"

PROGRAMS AND EVENTS

MOVE & BREATHE

Programs designed to support balance, strength, and well-being.

Programs include:

- Tai Chi
- Qigong
- Yoga
- Dance
- Ping-Pong
- Pickleball and Tennis Courts
- And More....



Whether you're looking to stay active, try something new, or move at your own pace, there's a class for you.

CREATE & LEARN

Explore creativity and build life skills through hands-on programs.

Programs include:

- Watercolour Painting
- Guitar
- And More...



Learn something new, gain confidence, and have fun along the way.

UPCOMING EVENTS

CHILDREN'S HALLOWEEN PARTY

October 25, 2026 | 3 - 5 p.m.
Mono Community Centre

Bring out your little ghost, goblins and witches for a fun afternoon of crafts, entertainment, snacks and prizes. Don't forget to wear your costumes! Pre-registration is required.



MONORA PUMPKIN TRAIL

November 1, 2026 | 5:30 - 8:30 p.m.
Monora Park Trails

Explore Monora Park Trails by the light of Halloween Jack O'Lanterns! Drop off your carved Halloween pumpkins and then come and hike our trails via the light of your pumpkin that evening.

3R'S CHRISTMAS BAZAAR

November 14, 2026 | 10 a.m. - 4 p.m.
Monora Park Pavilion

Seasonal local vendor craft fair. Something for everyone. Start your Christmas shopping early! Unique, one-of-a-kind gifts!



FIND FULL PROGRAM AND EVENT OFFERINGS AT TOWNOFMONO.COM

TOWNSHIP OF MONO

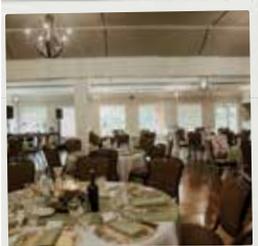
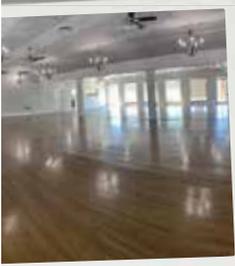
FACILITY RENTALS

WHERE UNFORGETTABLE MOMENTS TAKE SHAPE



Monora Park Pavilion

500 MONORA PARK DRIVE, MONO



Mono Community Centre

754483 MONO CENTRE ROAD, MONO

 recreation@townofmono.com  www.townofmono.com  519-941-3599



TOWNSHIP OF AMARANTH



TOWNSHIP OF AMARANTH

374028 6th Line, Amaranth, ON, L9W 0M6
Phone: 519-941-1007 Email: info@amaranth.ca
Check out our website and Facebook page
for information, news and events.

Website: www.amaranth.ca
Facebook: <https://www.facebook.com/>

ANNUAL AMARANTH BALE TRAIL

Take a road trip to Amaranth, where you'll see the creative side of our local farmers, residents and other bale artists. Bales will be on display for the whole month of October 2026. The map of bale locations and more information will be available on the Township website and Facebook page this fall.



HALL & PAVILION FACILITIES

Indoor & outdoor facilities are available to rent for events and activities including: Weddings, Anniversaries, Meetings, Family Reunions, Picnics and much more! The indoor space includes a large hall with a kitchen and the outdoor pavilion space includes hydro and washrooms. Contact the Office for pricing and availability.

TRAILS

The Upper Grand Trailway is a nature trail 10.5 km in length. It starts in Waldemar and runs westward, crossing over a unique brick-lined culvert. As the trail winds westward, you reach County Rd. 125. There is a sidewalk heading north into Grand Valley or continue to head westward and will see the old train station which is now a private residence.

Trail Maps: <http://headwaterscommunities.org/>



AMARANTH SOCCER PROGRAM

The 2026 soccer season will run on Wednesday evenings from 6:30 pm - 8:00 pm from June 3 to August 5, 2026. The registration fee is \$90.00 per child and registration forms will be due by May 22. This is a co-ed, non-competitive league for children 4 - 16 years old. Please visit the Township Website for forms and further information. Completed registration forms can be dropped off, emailed or mailed to the Municipal office. Payments will be accepted by cash or cheque during regular hours or can be placed in the drop box at the Municipal office.

VOLUNTEERS FOR COACHING ARE NEEDED!

If you are interested in coaching please contact the office at 519-941-1007 or by email at info@amaranth.ca

PARKS

There are 4 parks available to the public.

AMARANTH MUNICIPAL PARK - 374028 6th Line

This area has a playground, baseball diamond, soccer pitch, basketball nets and a pavilion.

Outdoor washrooms are available to rent for events.

WALDEMAR PARK - 10 Station Street

This park offers playground equipment, swings, baseball diamond and lots of open space.

DEVONLEIGH PARK - Devonleigh Drive

This area has playground equipment with lots of open space.

COUNTRY MEADOWS PARK - Country Meadows Drive

This park offers playground equipment and swings.



Recreation in Melancthon Township

Melancthon Turns 173! 🇺🇸
A Weekend of Celebration

To mark Melancthon's 173rd birthday, the Township of Melancthon's Parks & Recreation Board will be hosting Melancthon Day Weekend. On **Friday June 19th**, there will be a BBQ at the Corbetton Park, on **Saturday June 20th** there will be family friendly events at the Horning's Mills Park which includes fireworks at dusk and on **Sunday June 21st** there will be a Breakfast in Riverview.

HORNING'S MILLS COMMUNITY PARK

The Park is located at the corner of corner of 15 Sideroad and Main Street in Horning's Mills. The Park features a large, covered Pavilion and Ball Diamond (with new bleacher in 2021), playground, and swings.

For rental inquires, call the Township Office at 519-925-5525

CORBETTON COMMUNITY PARK

The Park is located in the heart of Corbetton and was the former station yard located along the County-owned former rail line on the north side of Main Street. The Park features several pieces of playground equipment, a large asphalt pad for endless hours of community fun and a covered Pavilion.



Exciting News from the Great Outdoors! 🌳

The newly established Township of Melancthon Parks and Recreation Board is up and running — and they'd love for you to join the fun! Follow their Facebook page, "**Township of Melancthon Parks & Recreation,**" to stay in the loop on park events, cheerful updates, and all things happening in our community green spaces. ❤️



HORNING'S MILLS COMMUNITY HALL

The Hall Board hosts numerous community events and activities throughout the year. "Like" the Horning's Mills Community Hall on Facebook to stay up to date on upcoming events. Rent the Hall for your event, whether a party, wedding or celebration of life.

Nutrition from the perspective of a full-time Personal Trainer with over twelve years experience

Spending extensive time with clients on the gym floor has provided me with a unique opportunity to gather significant insights into nutrition.

Over the years, I have observed several common trends among clients:

- Nutrition is rarely prioritized as highly as physical activity.
- Exercise is often viewed as a way to compensate for poor nutritional choices.
- Social media influencers heavily dictate dietary habits.
- There is often a lack of understanding regarding food labels and calories.
- The importance of understanding macronutrients (protein, fat, carbohydrates) and micronutrients (Vitamins and Minerals) is frequently misunderstood.
- Many do not account for how nutritional needs shift as we age.



ourselves over failed weight loss or weight gain attempts. (It's not always about weight loss.)

In discussion with my son, 29-year-old Edward Sine, a part-time bodybuilder and professional meal prepper, his best advice regarding nutrition is to "Keep it simple." Don't overcomplicate it and make meals that you enjoy to eat every day.

Good nutrition, along with exercise, sleep, stress management and social connection, is an investment in your future self. I think of each of these as pieces of a jigsaw puzzle that make up the complete picture of who you are (Insert a picture of yourself). I will continue these discussions with my clients, learning and sharing along the way. And I leave you with this to ponder: You are never too old to learn something new and if you are young we are your best resource.

Hannah Sine, Personal Trainer Specialist

Owner, TOWNE FITNESS INC.

hannah@townefitness.ca

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Based on these experiences, I offer the following recommendations:

- Focus on Education over Diets: Traditional diets are often ineffective; a thorough understanding of nutrition is what creates lasting results.
- Use a Food Scale: This is the most essential tool in your kitchen to remove guesswork and ensure accuracy.
- Utilize Tracking Apps: Food tracker apps are excellent resources for navigating daily calorie and macro intake.
- Invest in Quality Food: While healthy choices can be more expensive upfront, they are a vital investment in staying out of the healthcare system.
- Consult Professionals: Seek guidance from qualified experts rather than influencers to ensure you make informed, healthy decisions.

I hope sharing this information prompts you to reconsider your approach to nutrition. Too many of us spend our days criticizing

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A senior's guide to exercising safely

Exercise is an important component of a healthy lifestyle for people of any age, including the over-50 crowd. Joining an exercise class or a gym also can be a social activity that promotes interaction with others of similar ages and with shared goals.

Exercise is undoubtedly beneficial for seniors, but it is important for older adults to exercise caution when starting a workout regimen. Most injuries can be avoided when following these healthy habits and guidelines.

- **FIND AN ACTIVITY YOU LIKE.** Engaging in regular exercise helps you maintain a higher level of fitness compared to those who are sedentary. Maintaining a consistent exercise regimen ensures you

won't be starting over each time you stop exercising and have to build up again to your previous fitness level.

- **START SLOWLY AND THEN INCREASE GRADUALLY.**

People hear "exercise" and they may think that translates to hours at the gym and high-intensity workouts. But general guidelines state older adults need about 2.5 hours of aerobic activity per week, not each day. Combine aerobic exercise with activities that strengthen muscles.

- **WARM UP BEFORE ACTIVITY.**

It's important to get the body acclimated to exercise before each workout. Walking in place, doing arm circles and engaging in some gentle squats or lunges can prepare the body for what is to come.



Stretch afterwards when ligaments and tendons are warmed up.

- **REMEMBER TO STAY HYDRATED.**

Older adults are at greater risk for dehydration because they naturally have less water in their bodies or take medications that increase risk of dehydration. Drinking enough water during exercise is key.

- **KNOW YOUR LIMITS AND ADAPT.**

A workout that is fine for a 30-year-old may not be the same for someone who is 60. You might need to embrace walking instead of running, or even swap lifting weights

with using resistance bands or doing body weight exercises.

- **FOCUS ON SOME BALANCE ACTIVITIES.**

Balance issues can cause seniors to fall and risk serious injury. Working on your balance may help to lower your risk of these types of injuries, and can be as simple as standing on one foot or marching in place.

Exercise is important for seniors, and finding ways to incorporate safe physical activity can promote good health throughout one's golden years.

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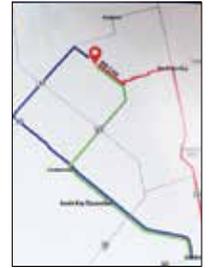
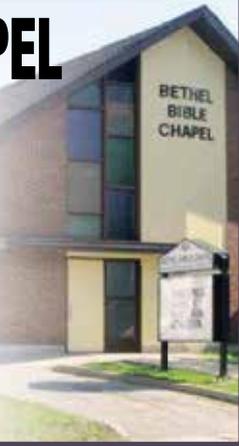
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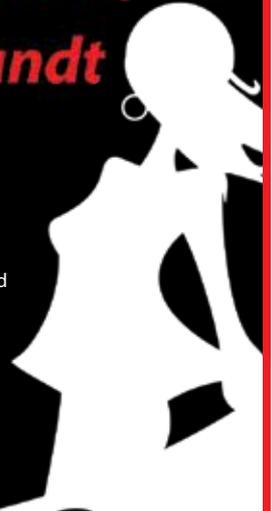
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