A young boy with short blonde hair, wearing a red t-shirt, is shown from the side, aiming a blue bow. He is in a forest setting with green trees in the background. Two archery targets are visible in the mid-ground. The image is framed by decorative green and blue curved lines at the top and bottom.

**Municipality of Middlesex Centre**  
**RECREATION GUIDE**  
**Spring-Summer 2025**

# ABOUT

Explore the diverse recreational opportunities in Middlesex Centre! From tranquil yoga and invigorating tai chi to exciting pickleball matches and engaging youth sports, our municipality offers programs to enrich your lifestyle year-round.

Whether you're a resident or visiting, discover Middlesex Centre's Spring-Summer 2025 recreation programs. Browse our guide, register online, and begin your journey to wellness, fun, and community connection today.

# CONTACT US

Please take a moment to share your feedback on our current programs, suggest any new programs you'd like to see, and inform us if you require assistance with registration. Your thoughts and ideas are incredibly valuable to us!

## Community Services Customer Service

519-601-8022 ext. 5110

### General Program Inquiries:

recreation@middlesexcentre.ca

# FOLLOW US ON SOCIAL MEDIA

Follow us on social media to keep up to date with upcoming program offerings and updates!

 **Instagram:** @middlesexcentre

 **Facebook:** @MiddlesexCentre

 **X:** @MiddlesexCentre

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## Programs

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# PROGRAM LOCATIONS

## 1. Bryanston Community Centre

15321 Plover Mills Rd  
Ilderton ON NOM 2A0

## 2. Ilderton Community Centre

13168 Ilderton Rd  
Ilderton ON NOM 2A0

## 3. Ilderton Arena

13168 Ilderton Rd  
Ilderton ON NOM 2A0

## 4. Coldstream Community Centre

10227 Ilderton Rd  
Ilderton ON NOM 2A0

## 5. Komoka Community Centre

133 Queen St  
Komoka ON NOL 1R0

## 6. Komoka Wellness & Recreation Centre

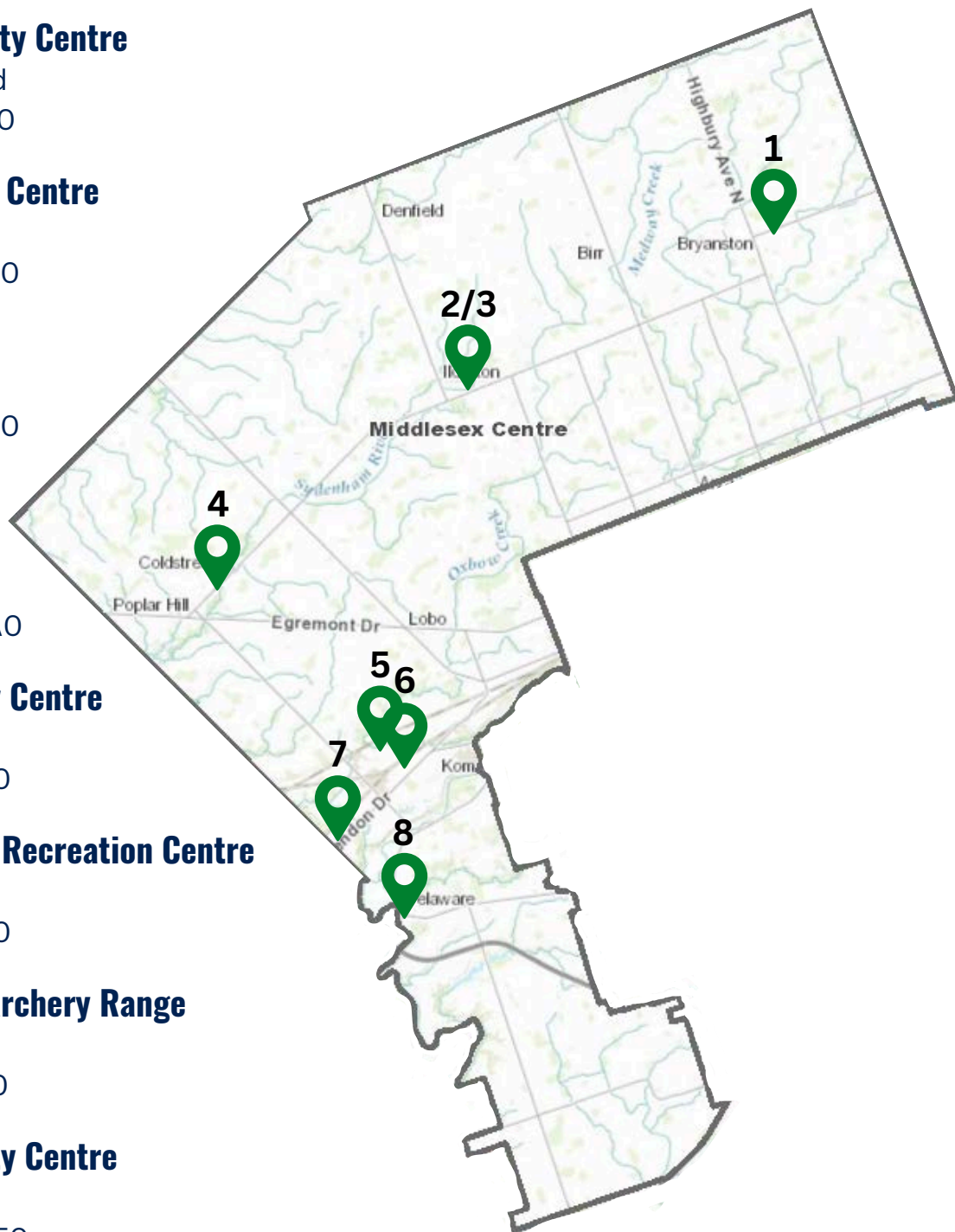
1 Tunks Ln  
Komoka ON NOL 1R0

## 7. Camp Kee-Mo-Kee Archery Range

9581 Glendon Dr  
Komoka ON NOL 1R0

## 8. Delaware Community Centre

2652 Gideon Dr  
Delaware ON NOL 1E0



# Online Program Registration

[www.middlesexcentre.ca/rec-programs](http://www.middlesexcentre.ca/rec-programs)

**Spring Program Registration is Now Open!**

**Summer Program Registration Opens: May 1st**

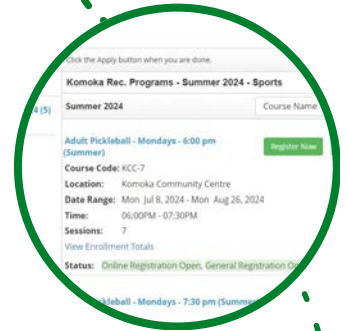
**Summer Programs run between June and August**

## How to Register

- ✓ Visit [www.middlesexcentre.ca](http://www.middlesexcentre.ca) using Google Chrome.
- ✓ Hover over the "Recreation" tab, then click on "Recreation & Fitness Programs."
- ✓ Click on the "Register for Recreation Programs" button.
- ✓ Either login or create your own Univerus account.
- ✓ Once logged in, select the "Courses" tab.
- ✓ Click on a "Course Subcategory" within the "Course Category" to view offered courses.
- ✓ Click on the "View Details" button to view course details.
- ✓ Click the "Register Now" button to enroll in the course. If your account has family members added the "Participant Selection" screen will be displayed (otherwise the "Shopping Cart" screen is displayed). Select the participant name(s) from your account that you wish to enroll into the selected course and click the "Continue" button.
- ✓ To register for additional courses, click on the "Keep Shopping" button from the "Shopping Cart" screen or click the "Process Payment" button to proceed to the "Process Payment" screen to complete your registration purchase. You may have to agree to "Terms of Service" documents before proceeding to payment.
- ✓ Once you have successfully completed the payment transaction a receipt will be displayed with complete details about the course registration(s) you have made and a confirmation email will be sent to you.

## Assistance Registering

- ✓ If you require assistance accessing or creating a Univerus account, please call Community Services Customer Service at 519-601-8022 ext. 5110 or email [recreation@middlesexcentre.ca](mailto:recreation@middlesexcentre.ca).



## All Levels Pickleball

Join us for an exciting opportunity to play pickleball in a group setting! Those aged 18+ and all skill levels are invited to participate. Each session lasts 1.5 hours and focuses on enjoying the sport together, with no formal instruction provided. Come join the fun on the court!

Dates	Day	Times	Sessions	Fees
<b>Komoka Community Centre - Mondays</b>				
Apr 7-May 26	Mon	6:00-7:30pm	6	\$48.00+HST
Apr 7-May 26	Mon	7:30-9:00pm	6	\$48.00+HST
Jun 2-Jul 7	Mon	6:00-7:30pm	6	\$48.00+HST
Jun 2-Jul 7	Mon	7:30-9:00pm	6	\$48.00+HST
Jul 14-Aug 25	Mon	6:00-7:30pm	6	\$48.00+HST
Jul 14-Aug 25	Mon	7:30-9:00pm	6	\$48.00+HST

\*No sessions on Apr 21 & May 19

### Komoka Community Centre - Wednesdays

Apr 9-May 28	Wed	6:00-7:30pm	8	\$64.00+HST
Jun 4-Jul 9	Wed	6:00-7:30pm	6	\$48.00+HST
Jul 16-Aug 27	Wed	6:00-7:30pm	6	\$48.00+HST

### Komoka Community Centre - Thursdays

Apr 10-May 29	Thurs	6:00-7:30pm	8	\$64.00+HST
Jun 5-Jul 10	Thurs	7:30-9:00pm	6	\$48.00+HST



## Beginner Pickleball

This session of Pickleball is for those who are looking to play against other beginner players in a fun, non-competitive environment. Each session is 1.5 hours and there is no formal instruction involved. For players 18+.

Dates	Day	Times	Sessions	Fees
<b>Komoka Community Centre - Thursdays</b>				
Jun 5-Jul 10	Thurs	6:00-7:30pm	6	\$48.00+HST

## Intermediate Pickleball

This session of Pickleball is for those who are looking to play against other experienced players in a fun, and somewhat competitive environment. Each session is 1.5 hours and there is no formal instruction involved. For players 18+.

Dates	Day	Times	Sessions	Fees
<b>Komoka Community Centre - Wednesdays</b>				
Apr 9-May 28	Wed	7:30-9:00pm	8	\$64.00+HST
Jun 4-Jul 9	Wed	7:30-9:00pm	6	\$48.00+HST
Jul 16-Aug 27	Wed	7:30-9:00pm	7	\$56.00+HST

## Learn to Play: Pickleball

Looking to learn how to play Pickleball? Our standalone 'Learn to Play Pickleball' sessions are designed just for you! In these sessions, we'll cover the rules and best practices of the game, with plenty of demonstrations. Once you're comfortable with the basics, we'll play fun games to help you gain confidence and get familiar with the sport. Those aged 18+ and all skill levels are invited to participate.

Dates	Day	Times	Sessions	Fees
<b>Komoka Community Centre</b>				
July 17	Thurs	6:00-7:30pm	1	\$8.00+HST
July 24	Thurs	6:00-7:30pm	1	\$8.00+HST
July 31	Thurs	6:00-7:30pm	1	\$8.00+HST

## Pickle Kids

These sessions of Pickleball is for kids aged 7-12 who are looking to learn the game in a fun, non-competitive environment. Participants will learn the rules of the game, playing techniques and play in games. This program is run in partnership with the Komoka & Area 55+ Club.

Dates	Day	Times	Sessions	Fees
<b>Delaware Community Centre</b>				
Apr 10-May 29	Thurs	4:00-5:30pm	8	\$64.00+HST
<b>Komoka Community Centre</b>				
Apr 9-May 28	Wed	4:30-5:45pm	8	\$64.00+HST

# Baby & Me Pilates

Join our Baby and Me Pilates program at the Komoka Wellness Centre! This 6-week class is for all parents and babies 8 weeks to 9 months old. Strengthen your core with Pilates moves that incorporate your baby, and enjoy gentle yoga to ease sore muscles. Connect with other parents and take time for self-care in a welcoming, inclusive environment. All experience levels are welcome!

Dates	Day	Times	Sessions	Fees
<b>Komoka Wellness Centre</b>				
Apr 1-May 6	Tue	9:30-10:15am	6	\$48.00+HST

*NEW!*



# Pilates

Our program is perfect for adults of any skill level or abilities who are curious about this dynamic fitness method. Pilates focuses on strengthening core muscles, improving flexibility, and enhancing overall body alignment. Whether you're a beginner or looking to refine your technique, join us to experience the benefits firsthand. Sessions are designed to introduce you to fundamental Pilates exercises in a supportive environment. Don't miss this opportunity to explore Pilates and see how it can transform your fitness journey.

Dates	Day	Times	Sessions	Fees
<b>Delaware Community Centre</b>				
Mar 16-May 11	Sun	10:00-11:00am	8	\$64.00+HST
*No session on Apr 20				

<b>Ilderton Community Centre</b>				
Apr 17-Jun 5	Thurs	7:00-8:00pm	7	\$56.00+HST
Jul 7-Aug 18	Mon	7:00-8:00pm	7	\$56.00+HST
*No session on May 15				

<b>Komoka Community Centre</b>				
Mar 19-May 7	Wed	5:30-6:30pm	8	\$64.00+HST
Mar 19-May 7	Wed	6:45-7:45pm	8	\$64.00+HST

# Try Pilates

Curious about Pilates? Join us for a stand-alone trial class where you'll get a taste of this dynamic fitness method. Whether you're a beginner or want to refine your technique, this session will introduce you to core-strengthening exercises, improve flexibility, and enhance body alignment in a supportive environment. Experience the benefits firsthand and see how Pilates can transform your fitness journey.

Dates	Day	Times	Sessions	Fees
<b>Komoka Wellness Centre</b>				
July 16	Wed	6:45-7:45pm	1	\$8.00+HST
August 6	Thurs	6:45-7:45pm	1	\$8.00+HST

*NEW!*

<b>Ilderton Community Centre</b>				
June 23	Mon	7:00-8:00pm	1	\$8.00+HST
August 25	Mon	7:00-8:00pm	1	\$8.00+HST



# Try Chair Pilates

Curious about Chair Pilates? Join us for a stand-alone trial class where you'll get a taste of this dynamic fitness method. Using a chair as support, you'll perform exercises that focus on strengthening your core, improving flexibility, and enhancing body alignment. Perfect for adults of all skill levels, this class offers a gentle yet effective way to start your Chair Pilates journey.

Dates	Day	Times	Sessions	Fees
<b>Komoka Wellness Centre</b>				
July 16	Wed	5:30-6:30pm	1	\$8.00+HST
August 6	Thurs	5:30-6:30pm	1	\$8.00+HST

*NEW!*

# All Levels Yoga

This class will introduce yoga poses with breath work for a full body, mind and breathing experience. Please bring a yoga mat to class. This is an introductory class led by an instructor. Fun for everyone 18+ and all fitness levels.

Dates	Day	Times	Sessions	Fees
<b>Bryanston Community Centre</b>				
Apr 3-May 22	Thurs	6:30-7:30pm	8	\$64.00+HST
Jun 12-Jul 31	Thurs	6:30-7:30pm	8	\$64.00+HST

<b>Coldstream Community Centre</b>				
Apr 30-May 28	Wed	9:00-10:00am	5	\$40.00+HST

<b>Delaware Community Centre</b>				
Apr 1-May 27	Tue	6:30-7:15pm	9	\$72.00+HST

<b>Ilderton Community Centre</b>				
Apr 10-May 29	Thurs	10:15-11:15am	8	\$64.00+HST
Apr 17-May 29	Thurs	5:30-6:30pm	6	\$48.00+HST
Jul 8-Aug 12	Tue	6:00-7:00pm	6	\$48.00+HST

\*No session on May 15

<b>Komoka Community Centre</b>				
Apr 4-May 30	Fri	9:00-10:00am	8	\$64.00+HST



# Intermediate Yoga

Join our intermediate yoga class where we explore a variety of yoga poses combined with breath work for a holistic body-mind experience. You'll engage in dynamic movements from floor to standing, tailored to enhance your practice at your own pace. Remember to bring your yoga mat. Suitable for ages 18 and up.

Dates	Day	Times	Sessions	Fees
<b>Delaware Community Centre</b>				
Apr 1-May 27	Tue	7:30-8:15pm	9	\$72.00+HST

# Chair Yoga

This class will introduce participants to yoga postures and breathing exercises using the support of a chair. Chair Yoga is one of the gentlest forms of yoga. This class is perfect for participants who want to experience the many benefits of yoga without having to get up and down from the floor. It is an introductory class led by an instructor, and it is fun for everyone and suitable for all fitness levels.

Dates	Day	Times	Sessions	Fees
<b>Delaware Community Centre</b>				
Apr 1-May 27	Tue	5:30-6:15pm	9	\$72.00+HST

<b>Ilderton Community Centre</b>				
Apr 10-May 29	Thurs	9:00-10:00am	8	\$64.00+HST

<b>Komoka Community Centre</b>				
Apr 4-May 30	Fri	10:15-11:15am	8	\$64.00+HST



# Line Dancing

Line Dancing is fun, and everyone can do it. This beginners class is a great chance to learn some new moves on the dance floor. We dance to a variety of music and start with basic steps that are easy to follow. Line dancing is great for increased fitness and body movement, brain stimulation, memory improvement, and social interaction.

Dates	Day	Times	Sessions	Fees
<b>Ilderton Community Centre - Level 1</b>				
Apr 15-May 27	Tue	9:30-11:00am	7	\$42.00+HST

<b>Ilderton Community Centre - Level 2</b>				
Apr 15-May 27	Tue	11:00-12:30pm	7	\$42.00+HST

# Youth Archery

Try Archery this Spring! Build confidence and have fun learning archery through simple instructions and interactive games. This six-week program is a partnership between Camp Kee-Mo-Kee and the Municipality of Middlesex Centre. Come out and enjoy.

Dates	Day	Times	Sessions	Fees
<b>Camp Kee-Mo-Kee Archery Range - Ages 6-9</b>				
May 13-June 17	Tue	5:00-6:00pm	6	\$84.00+HST
<b>Camp Kee-Mo-Kee Archery Range - Ages 10-16</b>				
May 13-June 17	Tue	6:00-7:00pm	6	\$84.00+HST
<b>Camp Kee-Mo-Kee Archery Range - Family (Ages 6+) <i>NEW!</i></b>				
May 14-June 18	Wed	6:00-7:00pm	6	\$84.00+HST



# Climb, Connect & Challenge

This 4-week beginner rock climbing program is designed to introduce you to the basics of rock climbing in a fun and supportive environment. Over the course of four weeks, you'll learn foundational climbing techniques, safety skills, and build strength and confidence on the wall. Whether you're completely new to climbing or have tried it once or twice, this program will help you develop the skills to climb more efficiently and safely.

Dates	Day	Times	Sessions	Fees
<b>Camp Kee-Mo-Kee - Ages 8-12 <i>NEW!</i></b>				
May 28-June 18	Wed	6:00-7:00pm	4	\$56.00+HST

# Acrylic Realism Painting

In this beginner friendly course, you will learn how to paint realistic subject matter in acrylics while incorporating expressive elements to add visual interest and emotion. This program is taught by a local professional artist and course materials will be provided.

Dates	Day	Times	Sessions	Fees
<b>Ilderton Community Centre</b>				
Apr 1-May 27	Tue	1:00-2:30pm	8	\$80.00+HST
<b>*No session on Apr 8</b>				
<b>Komoka Community Centre</b>				
Apr 1-May 27	Tue	10:30-12:00pm	9	\$90.00+HST



# Learn to Quilt

Join our exciting Learn to Quilt program, designed for beginners to master the art of quilting in just 8 weeks! Whether you're a complete novice or looking to refine your skills, our structured classes will guide you through every step of the process. Participants are encouraged to bring their own sewing machines to personalize their quilting experience, ensuring comfort and familiarity. Discover the joy of creating beautiful quilts while learning essential techniques from our expert instructors. Unleash your creativity and join us on this inspiring journey into the world of quilting!

Dates	Day	Times	Sessions	Fees
<b>Komoka Community Centre</b>				
Apr 3-May 15	Thurs	6:00-8:00pm	8	\$80.00+HST



## Tech-Know

The Municipality of Middlesex Centre has partnered with Fanshawe College to offer in-person technology usage courses. These courses will provide participants with essential knowledge and skills in online technology, covering everything from keeping devices safe and up-to-date to exploring various online social platforms.

Designed for individuals aged 55 and older with limited or no experience with electronic tools and online communication, the program includes four two-hour lessons on a range of technology topics. Participants are encouraged to bring their own devices to learn how to optimize their use.

**Lesson 1:** Stay Secure

**Lesson 2:** Stay Current

**Lesson 3:** Stay Connected

**Lesson 4:** Stay Social

Dates	Day	Times	Sessions	Fees
<b>Komoka Community Centre</b>				
Apr 8-Apr 29	Tue	9:30-11:30am	4	FREE

### Ilderton Community Centre

Apr 9-Apr 30	Wed	1:00-3:00pm	4	FREE
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## Minds in Motion

Minds in Motion® is an inclusive community-based social program designed to enhance the well-being of seniors, particularly those living with early to mid-stage Alzheimer's disease or other forms of dementia, alongside their care partners. Participants will enjoy moderate-intensity group exercise tailored to their abilities, promoting physical health and vitality. This engaging initiative is a collaborative effort between the Municipality of Middlesex Centre and Alzheimer's Society Southwest Partners.

Dates	Day	Times	Sessions	Fees
<b>Komoka Community Centre</b>				
Apr 1-May 20	Tue	1:00-3:00pm	8	FREE

Middlesex Centre is grateful to have received support from the Government of Ontario's **Seniors Active Living Centre** program, which enhances recreational opportunities for older adults and seniors. This funding supports the continued success of programs in all of our community centres.

## Sourdough Making Workshop

Join us for a two-hour sourdough bread-making workshop! Whether you're a beginner or looking to refine your skills, this hands-on session will guide you through the art of crafting your own sourdough loaf. A starter will be provided, so you can dive right in. Participants are asked to bring a large bowl and a tea towel from home.

**Allergy Notice:** Organic flour, rice flour, organic whole wheat, and mineral salt will be used in this program. Those with allergies to the ingredients listed are not permitted to participate in this workshop.

Dates	Day	Times	Sessions	Fees
<b>Delaware Community Centre</b>				
Apr 7	Mon	6:00-8:00pm	1	\$14.00+HST



## Dementia: Reducing the Risk

Over the course of three two-hour sessions, you will learn about the various dementia risk factors and the important lifestyle tips and strategies that can reduce the risk of dementia. A wide range of brain health topics will be covered including brain exercises, healthy eating, physical activity, managing stress, and much more. This program is a collaborative effort between the Municipality of Middlesex Centre and Alzheimer's Society Southwest Partners.

Dates	Day	Times	Sessions	Fees
<b>Komoka Wellness Centre</b>				
Mar 31-Apr 14	Mon	2:00-4:00pm	3	FREE

# Pick-Up Hockey (Shinny)

April 1, 2025 to June 30, 2025

## Adult & Preschool Shinny

An opportunity for parents to teach hockey skills to children 6 years old and under. Children must be accompanied by an adult (18+).

\$6.00 per person.

- Komoka, Sundays, 11:00 to 11:50am
- Note: No shinny on April 20

## Adult & Child Shinny

An opportunity for parents to teach hockey skills to children 7 – 10 years. Children must be accompanied by an adult (18+).

\$6.00 per person.

- Komoka, Sundays, 12:00 to 12:50pm
- Note: No shinny on April 20

## Adult Shinny

Self-organized, non-contact hockey for adults 18 years or older. Full equipment is recommended.

\$6.00 per person.

- Komoka, Wednesdays, 8:00 to 9:20am

## 55+ Shinny

Self-organized, non-contact hockey for adults 55 years or older. Full equipment is recommended.

\$6.00 per person.

- Komoka, Mondays, 8:00 to 9:20am
- Note: No shinny on April 21 or May 19

**NOTE:** Skates and CSA-approved helmets are required for all programs by all participants.

# Public Skating

April 1, 2025 to June 30, 2025

## Public Skating

For all to enjoy! Pucks, hockey sticks or equipment on the ice surface is prohibited.

\$5.00 per person; \$4.00 for those 55+.

- Komoka, Sundays, 1:00 to 1:50pm
- Free sponsored skate on April 20

## Adult & Preschool Skate

For children 6 years and under and their caregivers.

Strollers and skate aids are permitted on the ice.

Children must be accompanied by an adult (18+).

No Charge for Adult & Preschool Skate.

- Komoka, Mondays, 10:30 to 11:20am
- Note: No Skate on April 21 or May 19

## Adult Skate (18+)

For adults 18 years or older. Pucks, hockey sticks or equipment on the ice surface is prohibited.

\$5.00 per person; \$4.00 for those 55+.

- Komoka, Mondays & Wednesdays, 9:30 to 10:20am
- Note: No skate on April 21 or May 19



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## We Want to Hear From You!

Middlesex Centre is currently seeking feedback and ideas about our recreation programs. As we continue to expand our offerings, we want to ensure we are meeting the needs and desires of our residents. We'd love to hear about your experiences, what you enjoyed, and what new programs you'd like to see introduced. We're committed to providing the best possible experience for our residents, and your feedback will directly shape our efforts to enhance and grow our programs. All responses are completely anonymous, and we truly appreciate your time in helping us create a better community for all!

To participate in the survey, please visit [www.middlesexcentre.ca/rec-programs](http://www.middlesexcentre.ca/rec-programs) or inquire about the paper version of the survey at the Customer Services Desk at the **Komoka Wellness Centre**.