

Municipality of Middlesex Centre **RECREATION GUIDE** Fall 2024



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 Fall 2024 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
recreation@middlesexcentre.ca

FOLLOW US ON SOCIALS 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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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
*Currently under renovation
& set to re-open in early
2025.

5. Komoka Community Centre

133 Queen St
Komoka ON NOL 1R0

6. Komoka Wellness & Recreation Centre

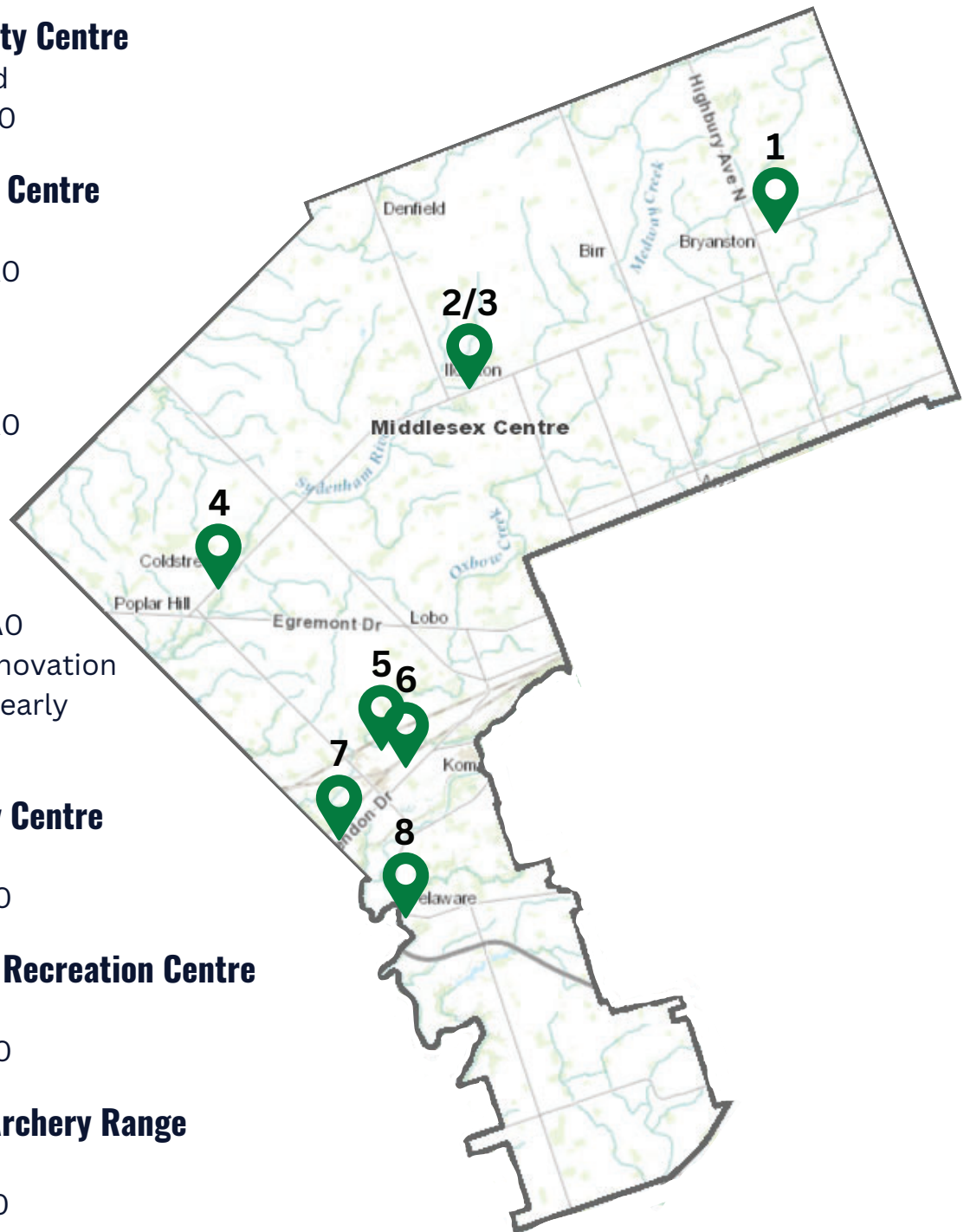
1 Tunks Ln
Komoka ON NOL 1R0

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

Fall Recreation Programs

Registration opens **August 1 at 7:00 am**

Programs start **September 9**

How to Register

- ✓ Visit www.middlesexcentre.ca.
- ✓ 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.

Online Program Calendar

- ✓ If you prefer to browse our available programs via our course calendar, please visit www.middlesexcentre.ca.
- ✓ Under the "Recreation" tab, click on "Recreation & Fitness Programs".
- ✓ Click on "Register for Recreation Programs," then click on the "Calendars" tab.



Adult Pickleball

Join us for an exciting opportunity to play pickleball in a group setting! Those aged 16+ and all skill levels are invited to participate. Players will be grouped together for recreational games filled with fun and camaraderie. 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! Please note there will be no programming on Monday, October 11.

Dates	Day	Times	Sessions	Fees
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Komoka Community Centre - Mondays

Sept 16-Oct 28	Mon	6:00-7:30pm	6	\$48.00+HST
Sept 16-Oct 28	Mon	7:30-9:00pm	6	\$48.00+HST
Nov 11-Dec 16	Mon	6:00-7:30pm	6	\$48.00+HST
Nov 11-Dec 16	Mon	7:30-9:00pm	6	\$48.00+HST

Komoka Community Centre - Wednesdays

Sept 18-Oct 23	Wed	6:00-7:30pm	6	\$48.00+HST
Sept 18-Oct 23	Wed	7:30-9:00pm	6	\$48.00+HST
Nov 6-Dec 11	Wed	6:00-7:30pm	6	\$48.00+HST
Nov 6-Dec 11	Wed	7:30-9:00pm	6	\$48.00+HST

Komoka Community Centre - Thursdays

Sept 19-Oct 24	Thurs	6:00-7:30pm	6	\$48.00+HST
Sept 19-Oct 24	Thurs	7:30-9:00pm	6	\$48.00+HST
Nov 7-Dec 12	Thurs	6:00-7:30pm	6	\$48.00+HST
Nov 7-Dec 12	Thurs	7:30-9:00pm	6	\$48.00+HST



Youth Archery

Try Archery this Fall! Build confidence and have fun learning a archery through simple instructions and interactive games. Ages 7-16. This six-week program is a partnership between Camp Kee-Mo-Kee and the Municipality of Middlesex Centre. Come out and enjoy. Please note this class will not run on October 14.

Dates	Day	Times	Sessions	Fees
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Camp Kee-Mo-Kee Archery Range

Sept 9-Oct 21	Mon	5:00-6:00pm	6	\$84.00+HST
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Youth Indoor Soccer

In partnership, the Municipality of Middlesex Centre and the Ilderton & District Soccer Club are offering Indoor Soccer Skills Development. Learn and improve your soccer skills with a focus on participation, personal bests, and sportsmanship. Instruction will cover skills and drills such as ball handling, shooting, passing, and positional play. Please note there will be no programming on October 31.

Dates	Day	Times	Sessions	Fees
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Delaware Community Centre - Ages 6-8

Sept 19-Nov 14	Thurs	6:00-6:45pm	8	\$64.00+HST
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Delaware Community Centre - Ages 9-11

Sept 19-Nov 14	Thurs	7:00-7:45pm	8	\$64.00+HST
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Delaware Community Centre - Ages 12-14

Sept 19-Nov 14	Thurs	8:00-8:45pm	8	\$64.00+HST
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Adult Beginner Yoga

This beginner class will introduce yoga poses with breath work for a full-body, mind, and breathing experience. Yoga poses involve your entire body, including transitions from floor to standing, but yoga is about you; you do what is best for your body as your instructor is there to guide you. Each class is followed by a relaxing cooldown. Please bring a yoga mat to class. This is a 45-minute introductory class led by an instructor, fun for everyone age 14 and up.

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
Sept 17-Oct 22	Tue	6:30-7:15pm	6	\$48.00+HST
Nov 5-Dec 10	Tue	6:30-7:15pm	6	\$48.00+HST

Adult 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. Each session concludes with a soothing cool-down to leave you feeling refreshed. Remember to bring your yoga mat. Suitable for ages 14 and up, this 1-hour session is designed for all fitness levels. Come and enjoy yoga in a welcoming and supportive environment!

Dates	Day	Times	Sessions	Fees
Delaware Community Centre				
Sept 17-Oct 22	Tue	7:30-8:30pm	6	\$48.00+HST
Nov 5-Dec 10	Tue	7:30-8:30pm	6	\$48.00+HST



55+ 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. Benefits include increased strength, mobility, balance, and flexibility, along with improved circulation and cognition. It is a 1-hour introductory class led by an instructor, and it is fun for everyone and suitable for all fitness levels. There will be no evening class in Ilderton on September 26.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Sept 19-Oct 24	Thurs	8:00-9:00am	5	\$40.00+HST
Nov 7-Dec 19	Thurs	8:00-9:00am	6	\$48.00+HST

Dates	Day	Times	Sessions	Fees
Komoka Community Centre				
Sept 13-Oct 18	Fri	10:15-11:15am	6	\$48.00+HST
Nov 8-Dec 13	Fri	10:15-11:15am	6	\$48.00+HST

Adult Yoga (All Levels)

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 a 1-hour introductory class led by an instructor. Fun for everyone and all fitness levels; for ages 14+. There will be no class in Ilderton on September 26 and November 21.

Dates	Day	Times	Sessions	Fees
Bryanston Community Centre				
Sept 19-Oct 24	Thurs	6:00-7:00pm	6	\$48.00+HST
Nov 7-Dec 12	Thurs	6:00-7:00pm	6	\$48.00+HST

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Sept 19-Oct 24	Thurs	7:00-8:00pm	5	\$40.00+HST
Nov 7-Dec 19	Thurs	7:00-8:00pm	5	\$48.00+HST

Dates	Day	Times	Sessions	Fees
Komoka Community Centre				
Sept 13-Oct 18	Fri	9:00-10:00am	6	\$48.00+HST
Nov 8-Dec 13	Fri	9:00-10:00am	6	\$48.00+HST

Introduction to Tai Chi

The Canadian Tai Chi Academy teaches the 108-move Tai Chi set as developed by Master Moy Lin-shin. This is a Yang Style set Master Moy modified to maximize the health benefits of this ancient Chinese art. The Introduction to Tai Chi class runs 14 weeks providing students the opportunity each week to learn the movements of the Tai Chi set from an Academy instructor. Please note there will be no class on September 26, October 14 and November 21.

Dates	Day	Times	Sessions	Fees
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Ilderton Community Centre

Sept 5-Dec 19	Thurs	1:00-2:30pm	14	\$104.00+HST
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Komoka Community Centre

Sept 9-Dec 16	Mon	1:00-2:30pm	14	\$104.00+HST
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Foundations of Tai Chi

The Foundations of Tai Chi class is designed for individuals who have completed the Introduction to Tai Chi class and are ready for the next step. The purpose of the Foundations class is to systematically review the 108-move Tai Chi set.

Throughout the class, the complete set will be practiced from start to finish at least once. With each repetition of the set, participants are expected to grow more comfortable with the sequence and enhance their understanding of the movements. Please note there will be no class on September 26 and November 21.

Dates	Day	Times	Sessions	Fees
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Ilderton Community Centre

Sept 5-Dec 19	Thurs	2:30-4:00pm	14	\$104.00+HST
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Introduction to 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
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Ilderton Community Centre

Oct 1-Dec 3	Tue	9:30-11:00am	10	\$60.00+HST
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Komoka Community Centre

Oct 2-Dec 4	Wed	1:30-2:30pm	10	\$60.00+HST
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Adult Pilates

Discover Pilates in Middlesex Centre this fall! Our new 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
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Delaware Community Centre

Oct 6-Dec 1	Sun	10:00-11:00am	9	\$72.00+HST
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Komoka Community Centre

Oct 2-Dec 11	Wed	5:30-6:30pm	10	\$80.00+HST
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Learn to Quilt

Join our exciting new 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! Please note there is no class on November 13.

Dates	Day	Times	Sessions	Fees
Komoka Community Centre				
Oct 2-Nov 20	Wed	3:00-5:00pm	8	\$80.00+HST



Fraud Prevention Workshop

Learn how to protect yourself from falling victim to some of the most prevalent methods used by fraudsters. Scams are everywhere, but with the right tools and tips you can equip yourself to recognize them and prevent your hard-earned money from being taken.

This free one hour session will be facilitated by Middlesex County OPP Media Relations and Community Safety Officer, Jeffrey Hare.

Dates	Day	Times	Sessions	Fees
Ilderton Community Centre				
Oct 23	Wed	10:00-11:00am	1	FREE
Komoka Community Centre				
Nov 12	Tue	10:00-11:00am	1	FREE



Watercolour Painting

In this beginner-friendly course taught by a local professional artist, you will learn the basic tools and techniques necessary to confidently paint a variety of subjects in this colorful and rewarding medium. Topics covered will include watercolor's unique properties, composition, color theory and mixing, creating texture, and adding depth to your paintings. If possible, please bring a hair dryer from home to help with the drying process. Please note there will be no class on October 14 or 15, 2024.

Dates	Day	Times	Sessions	Fees
Bryanston Community Centre				
Sept 17-Nov 26	Tue	10:30-12:00pm	10	\$100.00+HST
Delaware Community Centre				
Sept 16-Nov 25	Mon	1:00-2:30pm	10	\$100.00+HST
Ilderton Community Centre				
Sept 17-Nov 26	Tue	1:00-2:30pm	10	\$100.00+HST
Komoka Community Centre				
Sept 16-Nov 25	Mon	10:30-12:00pm	10	\$100.00+HST



Public Skating

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+.

- Saturdays (starting Sept 7), 1:00 to 1:50pm at the Komoka Wellness & Rec. Centre.
 - Komoka Program- Cancelled on Oct 26 & Nov 2.
- Sundays (starting Oct 6), 12:30 to 1:20pm at the Ilderton Arena.

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.

- Mondays (starting Sept 9), 11:00 to 11:5 am at the Komoka Wellness & Rec. Centre.
 - Komoka Program - Cancelled Sept 30 & Oct 14.
- Thursdays (starting Oct 3), 11:00 to 11:50am at the Ilderton Arena.

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+.

- Mondays & Wednesdays (starting Sept 4), 10:00 to 10:50am at the Komoka Wellness & Rec. Centre.
 - Komoka Program - Cancelled Sept 30 & Oct 14.
- Tuesdays (starting Oct 1), 9:00 to 9:50am & Fridays, 10:00 to 10:50am at the Ilderton Arena.

PA Day Public Skate – Oct 11 and Nov 15

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

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

- 1:00 to 1:50pm at the Ilderton Arena
- 1:15 to 2:05pm at the Komoka Wellness & Rec. Centre



Pick-Up Hockey (Shinny)

Adult & Preschool Shinny

Provides an opportunity for parents to teach hockey skills to children 6 years old and under. No slap shots, wrist shots or any aggressive forms of play. Children must be accompanied by an adult (18+).

\$6.00 per person.

- Wednesdays (starting Oct 2), 11:00 to 11:50am at the Ilderton Arena.
- Wednesdays (starting Sept 4), 11:00 to 11:50pm at the Komoka Wellness & Rec. Centre.

Adult & Child Shinny

Provides an opportunity for parents to teach hockey skills to children 7 – 10 years. No slap shots, wrist shots or any aggressive forms of play. Children must be accompanied by an adult (18+).

\$6.00 per person.

- Thursdays (starting Oct 4), 4:00 to 4:50pm at the Ilderton Arena.
- Fridays (starting Sept 6), 4:00 to 4:50pm at the Komoka Wellness & Rec. Centre.
 - Komoka Program - Cancelled Friday Oct 25

Adult Shinny

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

\$6.00 per person.

- Wednesdays (starting Sept 4), 8:15 to 9:35am at the Komoka Wellness & Rec. Centre.
- Wednesdays (starting Oct 2), 8:30-9:50am at the Ilderton Arena.

55+ Shinny

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

\$6.00 per person.

- Mondays (starting Sept 9), 8:15 to 9:35am at the Komoka Wellness & Rec. Centre.
 - Komoka Program - Cancelled Sept 30 & Oct 14.



Outdoor Movie Nights

Join the Komoka-Kilworth Optimist Club, Ilderton Optimist Club and the Municipality of Middlesex Centre for upcoming movies under the stars!

Komoka Movie Night

Location: Komoka Park, 133 Queen St, Komoka.

Movie: Despicable Me 3.

Date & Time: Saturday, August 24, starting at dusk (8:00-8:30pm).

Rain Location: Komoka Community Centre.

Ilderton Movie Night

Location: Deerhaven Optimist Park, 200 King St, Ilderton

Movie: Despicable Me 3.

Date & Time: Friday, September 13, starting at dusk (8:00-8:30pm).

Rain Location: Ilderton Community Centre.

Admission is completely free! Treat yourself to tasty snacks available for a small fee to enhance your movie night delight. Don't forget to bring your own comfy seating arrangements to ensure a cozy spot under the open sky.

In case of inclement weather such as rain, thunderstorms, or high winds, please watch our social media channels for updates and location changes.

Mark your calendars and join us for an unforgettable movie under the stars!



Komoka Youth Centre Grand Opening

Join us for the Grand Opening of the Komoka Youth Centre on Friday, September 13, from 6pm to 9pm!

Discover a vibrant space where kids can hang out, make friends, and have a blast right here in our community. The Komoka Youth Centre, in partnership with the Middlesex Centre YMCA, offers a safe and engaging environment for young people to socialize, learn, and grow together.

At the Grand Opening, kids can look forward to a wide range of activities designed to spark their interests and creativity. They can dive into friendly competitions with ping-pong tournaments, immerse themselves in exciting video-game sessions, and unleash their artistic side with hands-on crafts. There will also be plenty of board games and group activities to encourage teamwork and laughter.

Don't miss this exciting event as we celebrate the launch of a place that fosters friendship, creativity, and positive experiences for our youth. Whether it's making new friends, exploring hobbies, or simply having fun, the Komoka Youth Centre is the place to be!

Location: Komoka Community Centre - Youth Centre Room, 133 Queen St, Komoka

Save the Date: Friday, September 13, from 6:00-9:00pm

Thank you for taking the time to view Middlesex Centre's Fall 2024 Recreation Guide. We hope you have the chance to participate in one of our programs and look forward to expanding and improving our offerings in the future.