

# Winter Recreation Guide 2023



**ARNPRIOR**  
• WHERE THE RIVERS MEET •

# Dates to Remember

<b>January 4</b>	Aquatics Registration Opens – Swimming Lessons
<b>January 5</b>	Aquatics Registration Opens – Aqua Fitness
<b>January 6</b>	Youth Nights – Pickleball
<b>January 16-22</b>	Optimist Winter Carnival
<b>January 27</b>	Youth Night – Tween Dance
<b>January 9</b>	Red Cross Babysitting Course
<b>February 2-5</b>	Ontario Winter Games – Ringette
<b>February 10</b>	Youth Night – World Record Night
<b>February 14</b>	Valentine's Day Skate
<b>February 17</b>	SALC – Senior's Information Fair
<b>February 20</b>	FamFest
<b>February 24</b>	Youth Night – Glow Activities
<b>March 10</b>	Youth Night – Sports with a Twist
<b>March 13-17</b>	March Break Camp
<b>March 26</b>	Red Cross Stay Safe! Course
<b>March 31</b>	Youth Night – Trick Shot Night

Are you or your business/organization hosting an event you'd like to share? Submit the details to [calendar.arnprior.ca](http://calendar.arnprior.ca) to be featured on the Town's Events Calendar!

Stay connected to keep up to date on the latest news and event information!



@ArnpriorLife



@arnprior



@ArnpriorLife

## Your Recreation Department

### Nick Smith Centre

77 James Street

- 2 Ice Pads
- Community Pool
- Community Hall
- Lounge Area
- Boardroom

Office Hours:

Monday-Friday: 8:30am-9:00pm

Saturday & Sunday: 8:00am-8:00pm

Contact:

613.623.7301 | [recreation@arnprior.ca](mailto:recreation@arnprior.ca)

Contact	Ext.
<b>Graeme Ivory</b> Director of Recreation	1793
<b>Hazel Power</b> Recreation Administrator	1791
<b>Taylor Giffen</b> Operations Supervisor	1794
<b>Jane Dowd</b> Aquatic & Facility Services Supervisor	1792
<b>Lucas Power</b> Program and Events Coordinator	1795

# Pool Schedule

Senior (60+): \$3.25 | Adult (16-59): \$4.25 | Child (2-15): \$3.25 | Child Under 2: Free

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Greyfish (7:30)
8:00am	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	
9:00am	Redfish Special Olympics	Aqua Fit	Parent & Tot	Aqua Fit	Parent & Tot	Aqua Fit	Swimming Lessons
10:00am		Public Swim	Aqua Jogging	Parent & Tot Lessons	Aqua Jogging	Public Swim	
11:00am	Swimming Lessons	Senior Swim	SALC Swim	Senior Swim	SALC Swim	Senior Swim	
12:00pm		Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Staff Training
1:00pm	Open for Rental	Excel Waterfit	Senior Swim	Excel Waterfit	Senior Swim	Excel Waterfit	Open for Rental
2:00pm	Public Swim	Therapy Swim/Adult Lesson	Parent & Tot/Lane	Therapy Swim	Parent & Tot/Lane	Therapy Swim	Public Swim
3:00pm	Parent & Tot	Bluefish Swim Club (3:30-5:30)	Bluefish Swim Club (3:30-5:00)	Bluefish Swim Club (3:30-5:30)	Bluefish Swim Club (3:30-5:00)	Bluefish Swim Club (3:30-5:30)	Parent & Tot
4:00pm	Lane Swim						Lane Swim
5:00pm	Bronze Star, Medallion and Cross	Aqua Jogging (5:30-6:20)	Swimming Lessons (5:00-7:30)	SUP Yoga (5:45-6:35)	Swimming Lessons (5:00-7:30)	Swimming Lessons (5:00-7:30)	
6:00pm		Aqua Boot Camp (6:30-7:20)					
7:00pm		Greyfish (7:30)	Toonie Swim (7:30)	Toonie Swim (6:50)	Toonie Swim (7:30)	Public Swim (7:30)	
8:00pm			Lane Swim	Greyfish (7:30)	Lane Swim		

**Lane Swim** - For adults aged 16 plus who can complete continuous lane swim strokes.

**Parent + Tot Swim** - For guardians aged 16+ with children 5 and under in the shallow end. Max. 2 children per guardian.

**Public Swim** - For all ages; and unstructured swim time.

**Seniors Swim** - For those aged 60+

**Therapy Swim** - A wellness swim ideal for individuals living with fibromyalgia, fatigue, arthritis, osteoporosis, and individuals recovering from injury or surgery.

**Aqua Boot Camp** - Train your muscles using the resistance of water.

**Aquafit** - Increase your strength, flexibility and cardio fitness without the risk of high-impact movement.

**Aqua-Jogging** - Great for rehabilitating bodies or improving cardio and general fitness.

**Excel Waterfit** - Designed for people who are experiencing limited mobility.

**Greyfish Masters Swim Club** - Focused on improving stroke efficiency, speed and overall fitness in a welcoming environment. Our participants range in age from 18+ to seniors. The range of abilities is just as large, from relatively new swimmers to athletes competing at National Masters swim meets and also triathlons.

**For questions regarding recreational swims and swimming courses, please contact Jane at [recreation@arnprior.ca](mailto:recreation@arnprior.ca) or call 613.623.7301**

# Swim Transition Conversion Chart

Aquatic facilities across Canada are switching from the names of levels that you may already know to the Lifesavings Society standards. In assisting the transition, please refer to this chart when registering your child.



Starfish/Duck → Parent & Tot 1/2

Sea Turtle → Parent & Tot 3

Sea Otter → Preschool 1

Salamander → Preschool 2

Sunfish → Preschool 3

Crocodile → Preschool 4

Whale → Preschool 5

Swim Kids 1 → Swimmer 1

Swim Kids 2 → Swimmer 2

Swim Kids 3 → Swimmer 3

Swim Kids 4/5 → Swimmer 4

Swim Kids 6 → Swimmer 5

Swim Kids 7 → Swimmer 6

Swim Kids 8 → Swimmer 7 (Rookie)

Swim Kids 9 → Swimmer 8 (Ranger)

Swim Kids 10 → Swimmer 9 (Star)

The Life Saving Society Swim for Life Program is a complete learn-to-swim program from Parent & Tot through to Leadership.

Program content is stroke and skill driven, entries and exits, surface support, underwater skills, swimming skills, fitness and Water Smart education.

The goal of The Life Saving Society is to prevent drowning across Canada.

Information on level descriptions are available on our website at [www.arnprior.ca](http://www.arnprior.ca).

Don't know what level to register your child in?  
Contact the Nick Smith Centre for support.

**Dates and times for the winter session will be open for viewing online in December and registration will be January 4th, 2023.**

# Pre-School Programs

## LITTLE PEOPLES

Nick Smith Centre

**MONDAY, WEDNESDAY, FRIDAY | 10:00AM**

**\$120/10 WEEK SESSION (PER-DAY)**

**Age 2+** | This pre-school drop-off program enjoys various games, songs, crafts, stories and special events while enhancing skills of sharing, cooperation and interaction. All children in the program must be potty-trained.

## READY, SET, GO!

Nick Smith Centre

**TUESDAY | 10:00AM**

**FREE!**

**Ages 0-6** | Arnprior EarlyON will be onsite with a program designed for children (0-6) and their adults to attend! There will be all sorts of gross motor activities designed to build life-long skills used in play, leisure and sport activities.

# Red Cross Courses

## RED CROSS BABYSITTING COURSE

Kenwood Centre

**JANUARY 29 | 9AM-4PM**

**\$75**

**Ages 10-16** | The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours, performing first aid, and making good decisions when in a leadership position.

## RED CROSS STAY SAFE! COURSE

Kenwood Centre

**MARCH 26 | 9AM-2:30PM**

**\$70**

**Ages 9-13** | The Canadian Red Cross Stay Safe! Course teaches age appropriate skills while reinforcing a youth's capacity to improve their own safety in everyday life.

## Lending Hub

The Town of Arnprior is happy to have the Lending Hub program that rents out sports equipment year-round to help you enjoy seasonal recreation.

Winter equipment ready to rent out includes:

- Ice Skates and Helmets
- Cross Country Skis, Poles, Helmets, Boots
- Snow Shoes

To learn more and to rent the equipment, please contact the Nick Smith Centre at 613.623.7301 or [recreation@arnprior.ca](mailto:recreation@arnprior.ca)

## Birthday Parties

Bring your Birthday Party to the Nick Smith Centre! You can create your own Skate Party, Pool Party, or take the fun in to the Community Hall this year.

Ice Rental: \$130.00 per hour

Pool Rental: \$140.00 per hour

Hall Rental: \$40.00 per hour

\*All rentals are subject to HST and insurance fee

Contact the Nick Smith Centre to book your party!







# WINTERMISSION








A winter campaign to foster a healthy and active lifestyle, embracing the indoor and outdoor recreation spaces and programs that our community offers. Take advantage of the programs and events in Arnprior and the outdoor facilities you can visit this winter.

## DECEMBER / JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 25	 26	 27	 28	 29	 30	 31
 1	 2	 3	 4	 5	 6	
 8	 9	 10	 11	 12	 13	 14
 15	 16	 17	 18	 19	 20	 21
 22	 23	 24		 26	 27	 28
 29	 30	 31				

## FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				 1	 2	 3
 5	 6	 7	 8		 10	 11
	 13	 14		 16	 17	
	 20	 21		 23	 24	 25
	 27	 28				

### Great Recreation Spaces to Visit



**Robert Simpson Park**  
400 John Street North

- Outdoor Rink
- Walking



**Caruso Park**  
306 Caruso Street

- Outdoor Rink



**Algonquin Trail**

- Snowshoe
- Walking
- Cross Country Ski



**Sullivan Rink of Dreams**  
100 Edey Street

- Outdoor Rink
- Change Area



**Sergeant Howard Slater Park**  
33 McGregor  
Scobie Street

- Outdoor Rink





**Nick Smith Centre**  
77 James Street

- Arenas
- Pool
- Community Hall
- Programs


### Free Activities


Public Skating 

Snowshoeing 


Badminton 


Pickleball 

Pilates 

Lending Hub 


Sledge Hockey 

Mindful Sweat 

Swimming 


Walk and Talk 


Photo Contest 

Fitness Class 

Tennis on Ice 

Packers Game 

Rivermen Game 

Outdoor Workout 

### Events

**FAMILY GAMES NIGHT**



**WINTER CARNIVAL**



Games de l'Ontario

**VALENTINES**

*Skate*

**SENIORS**

**FAIR**

**FamFest**

### More Programs

**YOUTH NIGHTS**



Dodgeball League

Craft Program 

For more information and a complete list of activities and events, visit [www.arnprior.ca/wintermission](http://www.arnprior.ca/wintermission)



# Youth Nights

## CALENDAR OF EVENTS

NICK SMITH CENTRE | FRIDAYS FROM 6:00-8:00PM  
AGES 9-13

### **PICKLEBALL**

**JANUARY 6, 2023**

INTRODUCTION TO PICKLEBALL

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### **TWEEN DANCE\***

**JANUARY 27, 2023**

DJ PARTY WITH SNACKS AND DRINKS

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### **WORLD RECORD NIGHT**

**FEBRUARY 10, 2023**

LETS SEE HOW MANY RECORDS WE CAN BREAK

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### **GLOW ACTIVITIES**

**FEBRUARY 24, 2023**

GLOW IN THE DARK GAMES AND PAINTING

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### **SPORTS WITH A TWIST**

**MARCH 10, 2023**

NOTHING IS NORMAL ABOUT SPORTS TONIGHT

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### **TRICK SHOT NIGHT**

**MARCH 31, 2023**

CHANNEL YOUR INNER DUDE PERFECT SKILLS

**\$10/NIGHT**

\*PRICE AND TIME MAY DIFFER FOR THIS EVENT

**SAFE AND INCLUSIVE ENVIRONMENT**

**PARENT FREE ZONE**

**REGISTER ONLINE AT [WWW.ARNPRIOR.CA/REGISTRATION](http://WWW.ARNPRIOR.CA/REGISTRATION)**

# Youth Programs

## AFTER SCHOOL AT ST. JOSEPH'S

St. Joseph's Elementary School

**Ages 8-14** | Let the kids hangout after school at St. Joseph's Elementary School in guided activities. Open to students from all schools.

**WEDNESDAY | 3:00PM**

**\$10 DROP-IN**

## DRAMA LAB

John XXIII School

**Ages 6-8, 9-12** | In partnership with Ottawa Valley Theatre Kids, led by arts educators, designed to introduce participants to a broad range of topics in the dramatic arts.

**WEDNESDAY | 5:30PM**

**\$125/12-WEEK SESSION**

## GET ACTIVE AFTER SCHOOL

Nick Smith Centre

**Ages 6+** | This multi-sport program promotes an active and healthy lifestyle while building confidence and self-awareness and fostering strong social and mental health.

**MONDAY | 5:30PM**

**\$40/4-WEEK SESSION**

## MARCH BREAK CAMP

Nick Smith Centre

**Ages 4-10** | Send the kids to the Nick Smith Centre on March Break and let them swim, skate, embrace their creative side and hangout with friends. This full day camp run for all 5 days with many activities planned.

**MARCH 13-17 | 8:30AM-4:00PM**

**\$200**

## MONTHLY CRAFTING

Nick Smith Centre

**Ages 4+** | Drop your little ones off and let them embrace their creative side as we craft different items each month.

**MONTHLY | 4:00-6:00PM**

**\$20/SESSION**

## SLEDGE HOCKEY PROGRAM

Nick Smith Centre

**Ages 4+** | Thanks to funding from Canadian Tire Jumpstart, this beginners program encourages those to try a new sport or one that is more accessible to them.

**SUNDAY | 10:30AM**

**\$50**

Register of any of these programs online at [www.arnprior.ca/registration](http://www.arnprior.ca/registration) or visit the Nick Smith Centre



KidSport provides grants to help cover the costs of registration fees so that all kids aged 18 and under in Renfrew County can play a season of sport.

[www.kidsportcanada.ca/ontario/renfrew-county/](http://www.kidsportcanada.ca/ontario/renfrew-county/)  
(613) 862 4899

## Financial Assistance



Whether it's the chance to try a new sport or to continue with a favourite one, no kid should be left out.

[www.jumpstart.canadiantire.ca/pages/individual-child-grants](http://www.jumpstart.canadiantire.ca/pages/individual-child-grants)



# Adult/Senior Fitness Programs

## CHAIR FITNESSSS

Nick Smith Centre - Community Hall

Low impact exercise designed to help improve balance and strength. Chair based exercises to help with aging mobility.

**TUESDAY | 8:30AM**  
**\$40/4-WEEK SESSION**

## DODGEBALL LEAGUE

Nick Smith Centre - Community Hall

17+: Register you and your team in our co-ed, recreational dodgeball league.

**TUESDAY | 5:30PM**  
**\$500/TEAM**

## EARLY MORNING STRENGTH

Nick Smith Centre - Community Hall

Build strength and endurance with circuit training, cardio exercise, body weight exercises that finishes with core training and stretching for a complete movement routine.

**WEDNESDAY | 7:00AM**  
**\$60/4-WEEK SESSION**

## FIGHT FIT

Nick Smith Centre- Community Hall

Learn to protect yourself and run through some sweat-breaking circuits with Meagan Mask

**MONDAY | 6:30PM**  
**\$60/4-WEEK SESSION**

## FRIDAY FITNESS

Nick Smith Centre- Community Hall

A high intensity class that focuses on core strengthening that will make you sweat. All levels are welcomed as you can go at your own pace.

**FRIDAY | 1:30PM**  
**\$60/4-WEEK SESSION**

## PILATES

Nick Smith Centre- Community Hall

Consists of exercises concentrating on strengthening the body with stability and strength challenges. An emphasis on core strength, helping to improve general fitness from head to toe, and overall well-being.

**MONDAY | 4:30PM**  
**\$10/CLASS (DROP-IN)**

## SENIORS STRENGTH

Nick Smith Centre- Community Hall

Increase mobility and build strength around your hips, knees and core with this class.

Learn how to fix pain instead of living with it and improve your quality of life.

Participants will need yoga or exercise mats.

**FRIDAY | 12:30PM**  
**\$40/4-WEEK SESSION**

## SUP YOGA

Nick Smith Centre- Pool

Get the best of both worlds in the pool on a SUP doing yoga. SUPs are provided and tied to lane ropes for better stability.

**WEDNESDAY | 5:45PM**  
**\$80/4-WEEK SESSION, \$25 DROP-IN**

## WALK & TALK

Nick Smith Centre- Community Hall

Get your steps in at the Nick Smith Centre in the Hall in this climate controlled space.

**MONDAY & FRIDAY | 2:30PM**  
**FREE**

# Drop-In Sports

Register online to secure your spot. Drop-in is an option but space is limited. Please view dates and times online to confirm play. Cancellations may occur.

## PICKLEBALL

Nick Smith Centre  
Cost: \$4.00 incl. tax

**SUNDAY | 5:00PM**  
**TUESDAY & THURSDAY | 1:00, 2:30PM**  
**WEDNESDAY | 7:45PM**

## BADMINTON

Nick Smith Centre  
Cost: \$5.00 incl. tax

**SUNDAY, MONDAY, TUESDAY | 7:45PM**

## DODGEBALL

Nick Smith Centre  
Age 17+ | Cost: \$5.00 incl. tax

**TUESDAY | 4:30PM**

## Register for a Program

Registering online is quick and easy! Simply create your account, view our program offerings, register, and pay in just a few minutes. You can add your whole family to one log-in for added ease of use.

To create an account and register for a program, visit [www.arnprior.ca/registration](http://www.arnprior.ca/registration) or download the Arnprior App on IOS or Android.

You can always call or visit the Nick Smith Centre for assistance in creating an account or registering for a program.

Accepted methods of payment online are credit cards and account credit. The Nick Smith Centre can process credit, debit, cash and cheque.

