

TOWN OF ARNPRIOR

FALL RECREATION GUIDE

SEPTEMBER - DECEMBER
2022

WWW.ARNPRIOR.CA



ARNPRIOR
• WHERE THE RIVERS MEET •

AQUATICS

ALL SWIMS RUN FOR 50 MINUTES

LANE SWIM

Monday - Friday & Sunday | 7:00am, 8:00am, 12:00pm
Tuesday & Thursday | 8:00pm
Saturday | 4:00pm

PUBLIC SWIM

Monday & Friday | 10:00am
Tuesday, Thursday & Friday | 7:00pm
Saturday | 2:00pm
Saturday & Sunday | 1:00pm, 2:00pm

PARENT & TOT SWIM

Tuesday & Thursday | 9:00am, 2:00pm
Saturday & Sunday | 2:00pm

SENIOR SWIM

Monday, Wednesday, Friday | 11:00am
Tuesday & Thursday | 1:00pm

THERAPY SWIM

Monday, Wednesday, Friday | 2:00pm

**REGISTER ONLINE AT WWW.ARNPRIOR.CA/REGISTRATION
OR VISIT THE NICK SMITH CENTRE**

CHECK WEBSITE FOR CHANGES AND UPDATES

YOUTH PROGRAMS

READY, SET, GO!

Community Hall | Free! | Ages 0-6
September 13 -December 20
Tuesdays 10:00-11:30am

Ready... Set... Go! Arnprior EarlyON will be onsite with a program designed for children (0-6) and their parents to attend! There will be all sorts of gross motor activities designed to build life-long skills used in play, leisure and sport activities. We hope to see you there!

PARENT & TOT SWIM

Community Pool | Free!
September 13-December 22
Tuesday & Thursday - 9:00-10:00am
September 17-December 18
Saturday & Sunday 3:00-4:00pm

For guardians aged 16 plus with children 5 and under located in the shallow end. Maximum 2 children per guardian.

PARENT & TOT SKATE

Bert Hall or Glenn Arthur Arena | Free!
June 13-October 1 | Monday, Wednesday & Friday
A limited amount of daytime skating is available, free of charge, to Seniors and to parents with preschool children (5 years and under).

MONKEY ROCK MUSIC

Community Hall
September 8-December 22 | Thursday 10:00am-12:00pm

Monkey Rock Music is a fun, entertaining and creative participatory music program for young children and their adult caregivers.

*** (This is not a Town of Arnprior program. For more details or to register, you must go to the the Monkey Rock Music website)***

<https://monkeyrockmusic.com/classes/sessions/320/>

DRAMA LAB

Ages 6-8 5:30-6:30pm | Ages 9-12 6:30-7:30pm
Starting September 21

Community Hall | Price: \$110.00

Ottawa Valley Theatre Kids presents a 10 week program, led by arts educators, designed to introduce participants to a broad range of topics in the dramatic arts. No experience is necessary, all that is needed is a positive attitude and a willingness to try new things!

GET ACTIVE AFTER SCHOOL

September 6-27: Tuesdays 4:30-5:30pm
Community Hall | Price: \$48.00

This multi-sport program is available for all youth aged 6+ and is an inclusive and safe environment. Led by Meagan Mask from Bring it On!, your little ones will be sure to laugh and sweat.

MONTHLY CRAFT PROGRAM

One Friday per month | 4:00-5:30pm
Community Hall
Price: \$20/session | Ages 4+

Boost your creativity by participating in our monthly crafting program. While you're crafting, pizza and drinks are included!

This program is open for ages 4+ and crafts change each month. Check out our website for each month's feature.

September 23, October 21, November 25, December 16

BRING IT ON ICE!

Thursdays | September 8-29 | 4:00-5:30pm
Bert Hall Arena | Price: \$80.00

Calling young ringette and hockey players! Join this new fun and engaging on ice program with Meagan Mask from Bring it On! as you practice your skills like never before. This one hour session is a practice and a scrimmage in one. There will be parachutes on your back, radar guns on the ice and lots of great drills for new players.

REGISTER ONLINE AT
WWW.ARNPRIOR.CA/REGISTRATION

ADULT/SENIOR PROGRAMS

EARLY MORNING STRENGTH AND CONDITIONING

Wednesday 7:00-8:00am | Community Hall

Session 1 September 7-25 | Session 2 October 5th-26th

Price: \$60.00/session

This class is designed to help build strength and endurance with circuit training, cardio exercise, body weight exercises that finishes with core training and stretching for a complete movement routine. Participants will need yoga mats, and two resistance bands

FIGHT FIT

Tuesday 6:00-7:00pm | Community Hall

September 6-27 | Price: \$60.00/session

Learn how to properly protect yourself while building strength and confidence in our 4-week course with Meagan Mask from Bring It On!

FUNCTIONAL FITNESS

Tuesday & Thursday 8:30-9:15am | Community Hall

September 6th-October 27th | \$80.00/session

Calling all active adult/ senior men and women. This energizing class offers a low-impact fun and upbeat variety of workouts. The classes will focus on maintaining and toning muscle, improving balance and flexibility as well as cardio vascular conditioning. Participants are encouraged to wear comfortable clothing which promotes freedom of movement and clean indoor running shoes as well as a refillable water bottle.

LUNCHTIME STRENGTH

Friday 12:00-1:00pm | Community Hall

Session 1: September 9-30 | Session 2: October 7-28

Price: \$60.00/session

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. You will build a strong base, burn a lot of calories and learn how to build abs in the process! Participants will need yoga or exercise mats.

ADULT/SENIOR PROGRAMS

PILATES

Wednesday 4:15-5:15pm | Community Hall
September 14-October 19 (6 weeks) | Price: \$90.00

Our Pilates 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. This class is suitable for both beginners and for people who already exercise regularly.

YOGALATES

Monday 4:30-5:30pm | Community Hall
September 12-October 17 (6 weeks) | Price: \$90.00

In Pilates we seek to strengthen the core and improve posture and strength while gaining mobility. In yoga, we learn to unite the mind, body and spirit Yogalates combines both! You will need a yoga (or Pilates) mat, a small cushion if you have issues sitting directly on the mat/floor and a small rolled up towel or blanket, bare feet and comfortable clothes, either yoga type pants or sweat pants and t-shirt (short or long sleeved) and bottled water.

SENIOR STRENGTH

Friday 11:00am-12:00pm | Community Hall
Session 1: September 9-30 (4 weeks) | Session 2: October 7-28
Price: \$40.00

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.

SUP YOGA

Friday 5:30-6:30pm | Community Pool
October 7, 14, 21, 28 | Price: \$30.00/class

SUP Yoga is a new and exciting program that consists of a yoga lesson while on top of a paddleboard in our Nick Smith Centre Pool. Participants should wear comfortable bathing suits. Any level of experience is welcome.

LINE DANCING

Wednesday 1:00pm | Community Hall
Beginning September

Learn to country line dance or keep up your moves. There are many moves to shuffle, kick and stomp your way in to great shape. Please note this is not a Town of Arnprior program. For more information and to register, call Val at 613 623 7110

DROP IN SPORTS

PICKLEBALL

Tuesday, Wednesday & Thursday 1:00-2:30pm & 2:45-4:15pm
Wednesday 7:30-9:00pm

Nick Smith Centre - Community Hall | Price: \$4.00 incl. tax

No pickles involved in this fun and active game! Pickleball is easy to learn and excellent for most fitness levels. Combining elements of badminton, tennis and table tennis. Comfortable clothing, clean non-marking indoor running/court shoes and a refillable water bottle are recommended.

BADMINTON

Beginner - Mondays 7:30-10:30pm

Intermediate - Tuesdays 7:00-10:00pm

Nick Smith Centre - Community Hall | Price: \$5,00 incl. tax

This is a recreational badminton drop-in sport at both a beginner and intermediate level. Please be sure to wear clean, non-slip, non-marking footwear to play. Please bring a racquet and wear comfortable clothing.

SHINNY/SKATING

Minor Shinny (Ages 10-12) - \$4/person
Wednesday 3:30-4:30pm

Junior Shinny (Ages 13-16) - \$4/person
Mondays and Fridays 3:30-4:30pm

Ringette Shinny (Youth) - \$4/person
Tuesdays and Thursdays 3:30-4:30pm

Adult Shinny (17 and older) - \$5/person
Monday - Friday 12-1pm, Tuesdays 4-5pm

Public Skating - Adults - \$3 | Youth/Seniors - \$2.50
Fridays 6-7pm, Saturdays 6-7pm, Sundays 3-4pm

CHECK WEBSITE FOR CHANGES AND UPDATES

EVENTS

SCHOOL'S BACK DJ SKATE PARTY

September 9 | 5:00-7:00pm | Nick Smith Centre - Bert Hall Arena

RECREATION AND CULTURE FAIR

September 17 | 9am-3pm | Nick Smith Centre - Community Hall

BABYSITTING COURSE

September 17 | 9am-4pm | Stanley Tourangeau Fire Hall

TERRY FOX RUN

September 18 | 9am-1pm | Robert Simpson Park

HAUNTED WALK

October 31 | 5:00-8:00pm | Nick Smith Centre - Community Hall

FIFA WORLD CUP WATCH PARTIES

November - December | Nick Smith Centre - Community Hall

**CHECK OUT OTHER COMMUNITY EVENTS AND STAY UP TO DATE ON
WHAT'S HAPPENING BY USING THE COMMUNITY EVENT CALENDAR
AT WWW.CALENDAR.ARNPRIOR.CA
DO YOU HAVE AN EVENT YOU WANT TO SHARE? SUBMIT IT ON THE
WEBSITE TO BE FEATURED IN THE CALENDAR**

STAY CONNECTED

GET THE MOST UP TO DATE INFORMATION BY
FOLLOWING US ON SOCIAL MEDIA

Facebook: @ArnpriorLife Twitter: @arnprior Instagram: @arnpriorlife

Sign up for our newsletter by visiting www.arnprior.ca/registration

As always, contact the Nick Smith Centre at 613 623 7301 or email recreation@arnprior.ca

REGISTER FOR A PROGRAM

Signing up is easy! Visit www.arnprior.ca/registration
to browse the programs we have available and sign
up for the ones you like!

You can create an account online or visit the Nick Smith Centre



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