# Thursday, January 2, 2025

# Line Dancing- Drop in

Date and Time: Thursday, January 2 9:30 am - 11:30 am

Address: 7 Mary Street

No partner is necessary for this drop-in dance activity!

Line Dancing s a great activity for maintaining flexibility and balance, and is just downright fun!

No experience required, all abilities welcome.

### Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 9:30am-11:30am

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details on our website here: https://www.parryso und.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), cost without a Drop-In Pass: \$3.00 per person (cash only)

### **Adult Skate-Drop in**

Date and Time: Thursday, January 2 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### **Homeschool Skate- Drop in**

Date and Time: Thursday, January 2 1:00 pm - 2:00 pm

Address: 7 Mary Street

□ ★ Calling all homeschool families! Join us for our Homeschool Skate Drop-In Program at the Bobby Orr C ommunity Centre, where learning meets fun on the ice! A fantastic opportunity for homeschoolers to stay active

, socialize, and sharpen their skating skills in a friendly and safe environment.  $\Box$ 

When: Thursdays from 1pm-2pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

### **Shuffleboard- Drop in**

Date and Time: Thursday, January 2 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is being offered at the Town of Parry Sound. All equipment is provided, no experience neces sary. Come out for an afternoon of activity, socializing, and fun!

#### Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street

When: 1:00pm-3:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (details on our website here: https://www.parrysound .ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), Cost without a Drop-In Pass: \$3 .00 per person (cash only)

# Saturday, January 4, 2025

# **FREE Public Skating**

Date and Time: Saturday, January 4 1:00 pm - 2:00 pm

Address: 7 Mary Street

Enjoy free public skating sessions at the Bobby Orr Community Centre! Lace up your skates this fall and winter , and glide with family and friends in our friendly, fun-filled environment.

Where: Bobby Orr Community Centre- 7 Mary Street,

When: Saturdays from 1pm-2pm (cancelled for Tournaments & Special events- please visit our Events Calenda r for the most up to date information)

Regular Public Skating Rules apply, click here for a list of rules

# Monday, January 6, 2025

# Parent and Tot Skate-Drop in

Date and Time: Monday, January 6 9:00 am - 10:00 am

Address: 7 Mary Street

**Parent and Tot Skating:** Put on your skates and join us for a heartwarming Parent & Tot Drop-In Skating P rogram at the Bobby Orr Community Centre! Enjoy a fun-filled morning of bonding, learning, and laughter on t he ice, perfect for building confidence and creating unforgettable memories together.  $\Box$ 

When: Mondays from 9am-10am

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

# **Adult Skate-Drop in**

Date and Time: Monday, January 6 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

# Tuesday, January 7, 2025

# **Gentle Fit**

Date and Time: Tuesday, January 7 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and bala nce exercises. This program is designed to help participants engage all major muscle groups including their brai n, lungs and heart using aerobic movement and resistance bands.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

# Adult Skate-Drop in

Date and Time: Tuesday, January 7 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

# **Pickleball- Drop in**

Date and Time: Tuesday, January 7 5:00 pm - 7:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, plated on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for res ervation 6 days in advance of drop-in timeslots. Drop in Pickleball will be limited to 16 participants, to av oid disappointment, pre-registration is highly recommended. \*To pre-register, an active Drop-In Pass is requ ired (please see Drop-In Pass details on our website: https://www.parrysound.ca/explore-play/recreation-and-lei sure/recreation-programs/adult-programs/).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-27 01 x 201:

Pre-registration Form

#### **Drop-In Pickleball Schedule:**

Evening:

### Bobby Orr Community Centre | Tuesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 5:00pm-7:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (visit our website for details: https://www.parrysoun d.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), cost without a Drop-In Pass: \$ 3.00 per person (cash only)

# Wednesday, January 8, 2025

# **Pickleball- Drop In**

Date and Time: Wednesday, January 8 9:00 am - 1:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, plated on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for res ervation 6 days in advance of drop-in timeslots. Drop in Pickleball will be limited to 16 participants, to av oid disappointment, pre-registration is highly recommended. \*To pre-register, an active Drop-In Pass is requ ired (see details on our website here: <u>https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/)</u>.

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-27 01 x 201:

Pre-registration Form

#### **Drop-In Pickleball Schedule:**

Daytime:

#### Bobby Orr Community Centre | Wednesday | Stanley Cup Hall

Where: 7 Mary Street

Time: Competitive: 9:00am-11:00am

Recreation: 11:00am-1:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details on our website here: <u>https://www.parryso</u> <u>und.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/</u>), cost without a Drop-In Pass: \$3.00 per person (cash only)

### **Adult Skate-Drop in**

Date and Time: Wednesday, January 8 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.  $\Box$ 

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### **Minds in Motion**

Date and Time: Wednesday, January 8 1:00 pm - 3:00 pm

#### Address: 7 Mary Street

This 8-week program is designed to provide physical activity and fun, mental stimulation for individuals with e arly to mid Alzheimer's disease or other forms of dementia, along with their care partners.

Registration is requried for this program. Visit our website here to register: <u>https://www.parrysound.ca/explore -play/recreation-and-leisure/recreation-programs/minds-in-motion/</u>

\$20 each for participants and care partners

Bobby Orr Community Centre | Wednesdays | 1-3pm

January 08-February 26, 2025

# **Floor Curling- Drop in**

Date and Time: Wednesday, January 8 2:00 pm - 4:00 pm

Address: 7 Mary Street

Floor Curling is a modified version of the Olympic sport of Curling, with one major difference - no ice! It offe rs participants a great introduction to the game, or a way to continue your love of the game, beyond the ice surf ace.

### Bobby Orr Community Centre | Wednesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 2:00pm-4:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details above), Cost without a Drop-In Pass: \$3. 00 per person (cash only)

# Thursday, January 9, 2025

# **Gentle Fit**

Date and Time: Thursday, January 9 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and bala nce exercises. This program is designed to help participants engage all major muscle groups including their brai n, lungs and heart using aerobic movement and resistance bands.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

# Line Dancing- Drop in

Date and Time: Thursday, January 9 9:30 am - 11:30 am

Address: 7 Mary Street

No partner is necessary for this drop-in dance activity!

Line Dancing s a great activity for maintaining flexibility and balance, and is just downright fun!

No experience required, all abilities welcome.

### Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 9:30am-11:30am

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details on our website here: https://www.parryso und.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), cost without a Drop-In Pass: \$3.00 per person (cash only)

# **Adult Skate-Drop in**

Date and Time: Thursday, January 9 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### **Homeschool Skate- Drop in**

Date and Time: Thursday, January 9 1:00 pm - 2:00 pm

Address: 7 Mary Street

 $\square$  & Calling all homeschool families! Join us for our Homeschool Skate Drop-In Program at the Bobby Orr C ommunity Centre, where learning meets fun on the ice! A fantastic opportunity for homeschoolers to stay active , socialize, and sharpen their skating skills in a friendly and safe environment.  $\square$ 

When: Thursdays from 1pm-2pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

# Shuffleboard- Drop in

Date and Time: Thursday, January 9 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is being offered at the Town of Parry Sound. All equipment is provided, no experience neces sary. Come out for an afternoon of activity, socializing, and fun!

### Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street

When: 1:00pm-3:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (details on our website here: https://www.parrysound .ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), Cost without a Drop-In Pass: \$3 .00 per person (cash only)

# Monday, January 13, 2025

# Parent and Tot Skate-Drop in

Date and Time: Monday, January 13 9:00 am - 10:00 am

Address: 7 Mary Street

**Parent and Tot Skating:** Put on your skates and join us for a heartwarming Parent & Tot Drop-In Skating P rogram at the Bobby Orr Community Centre! Enjoy a fun-filled morning of bonding, learning, and laughter on t he ice, perfect for building confidence and creating unforgettable memories together.  $\Box$ 

When: Mondays from 9am-10am

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

# **Adult Skate-Drop in**

Date and Time: Monday, January 13 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.  $\Box$ 

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

Cost: Participants encouraged to purchase a Drop-In Pass (click here for details), Cost without a Drop-In Pass:

# Tuesday, January 14, 2025

# **Gentle Fit**

Date and Time: Tuesday, January 14 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and bala nce exercises. This program is designed to help participants engage all major muscle groups including their brai n, lungs and heart using aerobic movement and resistance bands.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

### **Adult Skate-Drop in**

Date and Time: Tuesday, January 14 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

# Pickleball- Drop in

Date and Time: Tuesday, January 14 5:00 pm - 7:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, plated on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for res ervation 6 days in advance of drop-in timeslots. Drop in Pickleball will be limited to 16 participants, to av oid disappointment, pre-registration is highly recommended. \*To pre-register, an active Drop-In Pass is requ ired (please see Drop-In Pass details on our website: https://www.parrysound.ca/explore-play/recreation-and-lei sure/recreation-programs/adult-programs/).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-27 01 x 201:

Pre-registration Form

### **Drop-In Pickleball Schedule:**

Evening:

### Bobby Orr Community Centre | Tuesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 5:00pm-7:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (visit our website for details: https://www.parrysoun d.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), cost without a Drop-In Pass: \$ 3.00 per person (cash only)

# Wednesday, January 15, 2025

# Pickleball- Drop In

Date and Time: Wednesday, January 15 9:00 am - 1:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, plated on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for res ervation 6 days in advance of drop-in timeslots. Drop in Pickleball will be limited to 16 participants, to av oid disappointment, pre-registration is highly recommended. \*To pre-register, an active Drop-In Pass is requ ired (see details on our website here: <u>https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/)</u>.

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-27 01 x 201:

Pre-registration Form

#### **Drop-In Pickleball Schedule:**

Daytime:

### Bobby Orr Community Centre | Wednesday | Stanley Cup Hall

Where: 7 Mary Street

Time: Competitive: 9:00am-11:00am

Recreation: 11:00am-1:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details on our website here: <u>https://www.parryso</u> <u>und.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/</u>), cost without a Drop-In Pass: \$3.00 per person (cash only)

# **Adult Skate-Drop in**

Date and Time: Wednesday, January 15 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

# Minds in Motion

Date and Time: Wednesday, January 15 1:00 pm - 3:00 pm

Address: 7 Mary Street

This 8-week program is designed to provide physical activity and fun, mental stimulation for individuals with e arly to mid Alzheimer's disease or other forms of dementia, along with their care partners.

Registration is requried for this program. Visit our website here to register: <u>https://www.parrysound.ca/explore</u>-play/recreation-and-leisure/recreation-programs/minds-in-motion/

\$20 each for participants and care partners

Bobby Orr Community Centre | Wednesdays | 1-3pm

January 08-February 26, 2025

# **Floor Curling- Drop in**

Date and Time: Wednesday, January 15 2:00 pm - 4:00 pm

Address: 7 Mary Street

Floor Curling is a modified version of the Olympic sport of Curling, with one major difference - no ice! It offers participants a great introduction to the game, or a way to continue your love of the game, beyond the ice surf ace.

### Bobby Orr Community Centre | Wednesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 2:00pm-4:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details above), Cost without a Drop-In Pass: \$3. 00 per person (cash only)

# Young Artists- Session 3

Date and Time: Wednesday, January 15 6:00 pm - 7:00 pm

Address: 7 Mary Street

Perfect for the child who loves to create masterpieces. Participants will exercise their creativity through step by step painting projects during this 4-week program. Each week focuses on nurturing basic art skills and creativit y. Led by Instructor Stephanie Horsman.

Registration is required: <u>https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/y</u> <u>outh-programs/</u>

Ages 6-13

Session 1: Oct. 9, 16, 23, 30

Session 2: Nov. 20, 27, Dec. 4, 11

Session 3: Jan. 15, 22, 29, Feb. 5

Session 4: Feb. 26, Mar. 5, 12, 19

Bobby Orr Community Centre | Wednesdays | 6pm-7pm

# Thursday, January 16, 2025

# **Gentle Fit**

Date and Time: Thursday, January 16 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and bala nce exercises. This program is designed to help participants engage all major muscle groups including their brai n, lungs and heart using aerobic movement and resistance bands.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

# Line Dancing- Drop in

Date and Time: Thursday, January 16 9:30 am - 11:30 am

Address: 7 Mary Street

No partner is necessary for this drop-in dance activity!

Line Dancing s a great activity for maintaining flexibility and balance, and is just downright fun!

No experience required, all abilities welcome.

### Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 9:30am-11:30am

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details on our website here: https://www.parryso und.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), cost without a Drop-In Pass: \$3.00 per person (cash only)

### **Adult Skate-Drop in**

Date and Time: Thursday, January 16 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

# **Homeschool Skate- Drop in**

Date and Time: Thursday, January 16 1:00 pm - 2:00 pm

Address: 7 Mary Street

 $\square$  Calling all homeschool families! Join us for our Homeschool Skate Drop-In Program at the Bobby Orr C ommunity Centre, where learning meets fun on the ice! A fantastic opportunity for homeschoolers to stay active , socialize, and sharpen their skating skills in a friendly and safe environment.  $\square$ 

When: Thursdays from 1pm-2pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

### **Shuffleboard- Drop in**

Date and Time: Thursday, January 16 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is being offered at the Town of Parry Sound. All equipment is provided, no experience neces sary. Come out for an afternoon of activity, socializing, and fun!

# Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street

When: 1:00pm-3:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (details on our website here: https://www.parrysound .ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), Cost without a Drop-In Pass: \$3 .00 per person (cash only)

# Saturday, January 18, 2025

# **FREE Public Skating**

Date and Time: Saturday, January 18 1:00 pm - 2:00 pm

Address: 7 Mary Street

Enjoy free public skating sessions at the Bobby Orr Community Centre! Lace up your skates this fall and winter , and glide with family and friends in our friendly, fun-filled environment.

Where: Bobby Orr Community Centre- 7 Mary Street,

When: Saturdays from 1pm-2pm (cancelled for Tournaments & Special events- please visit our Events Calenda r for the most up to date information)

Regular Public Skating Rules apply, click here for a list of rules

# Monday, January 20, 2025

# Parent and Tot Skate-Drop in

Date and Time: Monday, January 20 9:00 am - 10:00 am

Address: 7 Mary Street

**Parent and Tot Skating:** Put on your skates and join us for a heartwarming Parent & Tot Drop-In Skating P rogram at the Bobby Orr Community Centre! Enjoy a fun-filled morning of bonding, learning, and laughter on t he ice, perfect for building confidence and creating unforgettable memories together.  $\Box$ 

When: Mondays from 9am-10am

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

### **Adult Skate-Drop in**

Date and Time: Monday, January 20 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

# Tuesday, January 21, 2025

# **Gentle Fit**

Date and Time: Tuesday, January 21 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and bala nce exercises. This program is designed to help participants engage all major muscle groups including their brai n, lungs and heart using aerobic movement and resistance bands.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

# **Adult Skate-Drop in**

Date and Time: Tuesday, January 21 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

# **Pickleball- Drop in**

Date and Time: Tuesday, January 21 5:00 pm - 7:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, plated on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for res ervation 6 days in advance of drop-in timeslots. Drop in Pickleball will be limited to 16 participants, to av oid disappointment, pre-registration is highly recommended. \*To pre-register, an active Drop-In Pass is requ ired (please see Drop-In Pass details on our website: https://www.parrysound.ca/explore-play/recreation-and-lei sure/recreation-programs/adult-programs/).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-27 01 x 201:

Pre-registration Form

#### **Drop-In Pickleball Schedule:**

Evening:

### Bobby Orr Community Centre | Tuesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 5:00pm-7:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (visit our website for details: https://www.parrysoun d.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), cost without a Drop-In Pass: \$ 3.00 per person (cash only)

# Wednesday, January 22, 2025

# **Pickleball- Drop In**

Date and Time: Wednesday, January 22 9:00 am - 1:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, plated on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for res

ervation 6 days in advance of drop-in timeslots. Drop in Pickleball will be limited to 16 participants, to av oid disappointment, pre-registration is highly recommended. \*To pre-register, an active Drop-In Pass is requ ired (see details on our website here: <u>https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/</u>).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-27 01 x 201:

Pre-registration Form

#### **Drop-In Pickleball Schedule:**

Daytime:

### Bobby Orr Community Centre | Wednesday | Stanley Cup Hall

Where: 7 Mary Street

Time: Competitive: 9:00am-11:00am

Recreation: 11:00am-1:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details on our website here: <u>https://www.parryso</u> <u>und.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/</u>), cost without a Drop-In Pass: \$3.00 per person (cash only)

### **Adult Skate-Drop in**

Date and Time: Wednesday, January 22 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.  $\Box$ 

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

# **Minds in Motion**

Date and Time: Wednesday, January 22 1:00 pm - 3:00 pm

Address: 7 Mary Street

This 8-week program is designed to provide physical activity and fun, mental stimulation for individuals with e arly to mid Alzheimer's disease or other forms of dementia, along with their care partners.

Registration is requried for this program. Visit our website here to register: <u>https://www.parrysound.ca/explore</u>-play/recreation-and-leisure/recreation-programs/minds-in-motion/

\$20 each for participants and care partners

Bobby Orr Community Centre | Wednesdays | 1-3pm

January 08-February 26, 2025

# **Floor Curling- Drop in**

Date and Time: Wednesday, January 22 2:00 pm - 4:00 pm

Address: 7 Mary Street

Floor Curling is a modified version of the Olympic sport of Curling, with one major difference - no ice! It offers participants a great introduction to the game, or a way to continue your love of the game, beyond the ice surf ace.

### Bobby Orr Community Centre | Wednesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 2:00pm-4:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details above), Cost without a Drop-In Pass: \$3. 00 per person (cash only)

# Young Artists- Session 3

Date and Time: Wednesday, January 22 6:00 pm - 7:00 pm

Address: 7 Mary Street

Perfect for the child who loves to create masterpieces. Participants will exercise their creativity through step by step painting projects during this 4-week program. Each week focuses on nurturing basic art skills and creativit y. Led by Instructor Stephanie Horsman.

Registration is required: <u>https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/y</u> <u>outh-programs/</u>

Ages 6-13

Session 1: Oct. 9, 16, 23, 30

Session 2: Nov. 20, 27, Dec. 4, 11

Session 3: Jan. 15, 22, 29, Feb. 5

Session 4: Feb. 26, Mar. 5, 12, 19

Bobby Orr Community Centre | Wednesdays | 6pm-7pm

# Thursday, January 23, 2025

### **Gentle Fit**

Date and Time: Thursday, January 23 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and bala nce exercises. This program is designed to help participants engage all major muscle groups including their brai n, lungs and heart using aerobic movement and resistance bands.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

# Line Dancing- Drop in

Date and Time: Thursday, January 23 9:30 am - 11:30 am

Address: 7 Mary Street

No partner is necessary for this drop-in dance activity!

Line Dancing s a great activity for maintaining flexibility and balance, and is just downright fun!

No experience required, all abilities welcome.

#### Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 9:30am-11:30am

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details on our website here: https://www.parryso und.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), cost without a Drop-In Pass: \$3.00 per person (cash only)

# **Adult Skate-Drop in**

Date and Time: Thursday, January 23 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.  $\Box$ 

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

Cost: Participants encouraged to purchase a Drop-In Pass (click here for details), Cost without a Drop-In Pass:

### **Homeschool Skate- Drop in**

Date and Time: Thursday, January 23 1:00 pm - 2:00 pm

Address: 7 Mary Street

 $\square \$  Calling all homeschool families! Join us for our Homeschool Skate Drop-In Program at the Bobby Orr C ommunity Centre, where learning meets fun on the ice! A fantastic opportunity for homeschoolers to stay active , socialize, and sharpen their skating skills in a friendly and safe environment.  $\square$ 

When: Thursdays from 1pm-2pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

# Shuffleboard- Drop in

Date and Time: Thursday, January 23 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is being offered at the Town of Parry Sound. All equipment is provided, no experience neces sary. Come out for an afternoon of activity, socializing, and fun!

#### Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street

When: 1:00pm-3:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (details on our website here: https://www.parrysound .ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), Cost without a Drop-In Pass: \$3 .00 per person (cash only)

# Saturday, January 25, 2025

# **FREE Public Skating**

Date and Time: Saturday, January 25 1:00 pm - 2:00 pm

Address: 7 Mary Street

Enjoy free public skating sessions at the Bobby Orr Community Centre! Lace up your skates this fall and winter , and glide with family and friends in our friendly, fun-filled environment.

Where: Bobby Orr Community Centre- 7 Mary Street,

When: Saturdays from 1pm-2pm (cancelled for Tournaments & Special events- please visit our Events Calenda

r for the most up to date information)

Regular Public Skating Rules apply, click here for a list of rules

# Monday, January 27, 2025

# Parent and Tot Skate-Drop in

Date and Time: Monday, January 27 9:00 am - 10:00 am

Address: 7 Mary Street

**Parent and Tot Skating:** Put on your skates and join us for a heartwarming Parent & Tot Drop-In Skating P rogram at the Bobby Orr Community Centre! Enjoy a fun-filled morning of bonding, learning, and laughter on t he ice, perfect for building confidence and creating unforgettable memories together.  $\Box$ 

When: Mondays from 9am-10am

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

# **Adult Skate-Drop in**

Date and Time: Monday, January 27 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

# Tuesday, January 28, 2025

# **Gentle Fit**

Date and Time: Tuesday, January 28 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and bala nce exercises. This program is designed to help participants engage all major muscle groups including their brai n, lungs and heart using aerobic movement and resistance bands.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

# Adult Skate-Drop in

Date and Time: Tuesday, January 28 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

# Pickleball- Drop in

Date and Time: Tuesday, January 28 5:00 pm - 7:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, plated on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for res ervation 6 days in advance of drop-in timeslots. Drop in Pickleball will be limited to 16 participants, to av oid disappointment, pre-registration is highly recommended. \*To pre-register, an active Drop-In Pass is requ ired (please see Drop-In Pass details on our website: https://www.parrysound.ca/explore-play/recreation-and-lei sure/recreation-programs/adult-programs/).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-27 01 x 201:

Pre-registration Form

### **Drop-In Pickleball Schedule:**

Evening:

# Bobby Orr Community Centre | Tuesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 5:00pm-7:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (visit our website for details: https://www.parrysoun

d.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), cost without a Drop-In Pass: \$ 3.00 per person (cash only)

# Wednesday, January 29, 2025

# **Pickleball- Drop In**

Date and Time: Wednesday, January 29 9:00 am - 1:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, plated on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for res ervation 6 days in advance of drop-in timeslots. Drop in Pickleball will be limited to 16 participants, to av oid disappointment, pre-registration is highly recommended. \*To pre-register, an active Drop-In Pass is requ ired (see details on our website here: <u>https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/</u>).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-27 01 x 201:

Pre-registration Form

#### **Drop-In Pickleball Schedule:**

Daytime:

#### Bobby Orr Community Centre | Wednesday | Stanley Cup Hall

Where: 7 Mary Street

Time: Competitive: 9:00am-11:00am

Recreation: 11:00am-1:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details on our website here: <u>https://www.parryso</u><u>und.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/</u>), cost without a Drop-In Pass: \$3.00 per person (cash only)

# **Adult Skate-Drop in**

Date and Time: Wednesday, January 29 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## **Minds in Motion**

Date and Time: Wednesday, January 29 1:00 pm - 3:00 pm

Address: 7 Mary Street

This 8-week program is designed to provide physical activity and fun, mental stimulation for individuals with e arly to mid Alzheimer's disease or other forms of dementia, along with their care partners.

Registration is requried for this program. Visit our website here to register: <u>https://www.parrysound.ca/explore</u>-play/recreation-and-leisure/recreation-programs/minds-in-motion/

\$20 each for participants and care partners

Bobby Orr Community Centre | Wednesdays | 1-3pm

January 08-February 26, 2025

# **Floor Curling- Drop in**

Date and Time: Wednesday, January 29 2:00 pm - 4:00 pm

Address: 7 Mary Street

Floor Curling is a modified version of the Olympic sport of Curling, with one major difference - no ice! It offers participants a great introduction to the game, or a way to continue your love of the game, beyond the ice surf ace.

### Bobby Orr Community Centre | Wednesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 2:00pm-4:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details above), Cost without a Drop-In Pass: \$3. 00 per person (cash only)

# Young Artists- Session 3

Date and Time: Wednesday, January 29 6:00 pm - 7:00 pm

Address: 7 Mary Street

Perfect for the child who loves to create masterpieces. Participants will exercise their creativity through step by step painting projects during this 4-week program. Each week focuses on nurturing basic art skills and creativit y. Led by Instructor Stephanie Horsman.

Registration is required: <u>https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/y</u> <u>outh-programs/</u>

Ages 6-13

Session 1: Oct. 9, 16, 23, 30

Session 2: Nov. 20, 27, Dec. 4, 11

Session 3: Jan. 15, 22, 29, Feb. 5

Session 4: Feb. 26, Mar. 5, 12, 19

Bobby Orr Community Centre | Wednesdays | 6pm-7pm

# Thursday, January 30, 2025

### **Gentle Fit**

Date and Time: Thursday, January 30 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and bala nce exercises. This program is designed to help participants engage all major muscle groups including their brai n, lungs and heart using aerobic movement and resistance bands.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

# Line Dancing- Drop in

Date and Time: Thursday, January 30 9:30 am - 11:30 am

Address: 7 Mary Street

No partner is necessary for this drop-in dance activity!

Line Dancing s a great activity for maintaining flexibility and balance, and is just downright fun!

No experience required, all abilities welcome.

### Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 9:30am-11:30am

**Cost:** Participants encouraged to purchase a Drop-In Pass (see details on our website here: https://www.parryso und.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), cost without a Drop-In Pass: \$3.00 per person (cash only)

## **Adult Skate-Drop in**

Date and Time: Thursday, January 30 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program a t the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and redisc overing the joy of skating in a welcoming environment.

When: Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### **Homeschool Skate- Drop in**

Date and Time: Thursday, January 30 1:00 pm - 2:00 pm

Address: 7 Mary Street

 $\square$  & Calling all homeschool families! Join us for our Homeschool Skate Drop-In Program at the Bobby Orr C ommunity Centre, where learning meets fun on the ice! A fantastic opportunity for homeschoolers to stay active , socialize, and sharpen their skating skills in a friendly and safe environment.  $\square$ 

When: Thursdays from 1pm-2pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (<u>click here for details</u>), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

# **Shuffleboard- Drop in**

Date and Time: Thursday, January 30 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is being offered at the Town of Parry Sound. All equipment is provided, no experience neces sary. Come out for an afternoon of activity, socializing, and fun!

#### Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street

When: 1:00pm-3:00pm

**Cost:** Participants encouraged to purchase a Drop-In Pass (details on our website here: https://www.parrysound .ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/), Cost without a Drop-In Pass: \$3

.00 per person (cash only)

http://events.parrysound.ca