



Coming to the St. Marys Quarry!



Learn more at www.townofstmarys.com/quarry

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#### About this guide

The Town of St. Marys Recreation and Leisure Program Guide features municipally-run programs and services for all ages that focus on providing opportunities for learning, fitness and social connection.

The Guide also includes a **Community Directory** featuring the contact details for activity groups and service clubs. This list is based on submissions from the community. To be included in the next publication, please email the contact below.

#### Community Calendar

We invite community groups to submit events open to the public to our online calendar at calendar.townofstmarys.com or scan the following QR code. Events submitted may be eligible for inclusion in the Festivals and Events section of our next program guide.



Scan with your cell phone to view our event calendar.

#### Mailing address

175 Queen St. E., P.O. Box 998 St. Marys, ON N4X 1B6

#### **General inquiries**

519-284-2340 communications@ town.stmarys.on.ca

#### Stav in touch

townofstmarys.com/stayintouch







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#### Message from the Mayor

On behalf of Council and staff, I invite you to browse the Spring and Summer 2020 Town of St. Marys Recreation and Leisure Program Guide. Inside, you'll find programs for all ages plus convenient swimming and skating schedules.

You'll also find event listings for community events – and see that 2020 is going to be a special year in St. Marys. From July 3-5, we will celebrate Homecoming+Heritage, which combines reunion activities with all aspects of the Stonetown Heritage Festival, including the street dance, Rotary fireworks and children's activities. We will also welcome a new event, Highlight St. Marys, on August 15. Inspired by last summer's Nuit Blanche event on the trestle bridge, Highlight St. Marys will take place downtown with free cultural and creative activities for all ages!

Whether it be on our streets, in our parks, or in facilities like the Pyramid Recreation Centre, recreation and leisure are vital to our community. To learn more about everything happening in our beautiful town, follow us on Facebook (@stmarysontario), Twitter (@townofstmarys) and Instagram (@townofstmarys) and follow the Pyramid Recreation Centre on Facebook (@pyramid.centre).

Here's to a safe, active and engaging spring and summer! Sincerely,

Madre

Al Strathdee, Mayor

#### Council

Council meets regularly at Town Hall to adopt recommendations from the Strategic Priorities Committee, enact bylaws and adopt resolutions related to Town business.

Agendas and minutes are available at calendar.townofstmarys.com/council. To present to Council, contact clerksoffice@town.stmarys.on.ca.



Mayor Al Strathdee 519-276-9787 astrathdee@town.stmarys.on.ca



Councillor Fern Pridham 519-284-2340, ext. 490 fpridham@town.stmarys.on.ca



Councillor Jim Craigmile
Deputy Mayor
519-284-2340, ext. 493
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Councillor Lynn Hainer 519-284-2340, ext. 494 Ihainer@town.stmarys.on.ca



Councillor Marg Luna 519-284-2340, ext. 492 mluna@town.stmarys.on.ca



Councillor Robert Edney 519-284-2340, ext. 491 redney@town.stmarys.on.ca



Councillor Tony Winter 519-284-2340, ext. 495 twinter@town.stmarys.on.ca

#### **RZONE POLICY**



**RESPECT & RESPONSIBILITY** 

Learn more at townofstmarys.com/rzone

The Rzone identifies a code of conduct which applies to all Town of St. Marys buildings, facilities programs, parks and trails. It enforces a set of expectations around inappropriate behavior, violence, and vandalism for participants and the general public.

The "R" in the Rzone stands for Respect and Responsibility:

- Respect for yourself
- Respect for others and
- Responsibility for your actions

According to the Rzone, all forms of violence, vandalism or inappropriate behavior are unacceptable on Town properties, in facilities or programs.

Individuals who engage in inappropriate behavior may, depending on the severity, be removed immediately from Town premises, issued a letter of warning and/or banned from a facility.

Rzone incident reports are available at www.townofstmarys.com/rzone.



### **Pyramid Recreation Centre (PRC)**

#### Where the community comes together

The PRC is home to the Aquatics Centre, two Hockey Canada standard ice pads, a variety of multi-purpose rooms, the Youth Centre, Friendship Centre and so much more!

#### **Rock and Blue Rinks**

These two ice pads were built to Hockey Canada standards. The arena has 11 dressing rooms, two referee rooms, up to 1,400 seats for spectators and an enclosed, licensed viewing area overlooking the Rock Rink.

#### **Aquatics Centre**

The Aquatics Centre includes an indoor pool with attached leisure pool and on-deck sauna. The pools are kept at 84 degrees Fahrenheit. The main pool has a four-lane, 25-metre swimming area as well as shallow and deep ends. The leisure pool has wide teaching steps, perfect for new swimmers. There is ramp access into both pools and an accessible lift for the lane pool.

#### **Programs**

See pages 12 to 38 (recreation), 39 (ice skating) and 41 (aquatics)

#### Address

317 James St. S.

#### **Contacts**

519-284-2160 | prccsr@town.stmarys.on.ca | www.facebook.com/pyramidcentre



#### St. Marys Youth Centre

The Youth Centre provides the youth of St. Marys and area with a safe and inclusive space to socialize, encourage development and reinforce positive play.



**Jumpstart** 

STRATFORD PERTH

COMMUNITY

**FOUNDATION** 

**Partners** 

#### Membership

Receive a membership card, promotional materials, special invitations, free after school programming and discounted admission to special events. Visit Pyramid Recreation Centre Guest Services to join.

Open to all youth (Grades 3 - 10) Cost: \$20 until September 2021

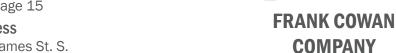
**Programs** See page 15

Address 317 James St. S.

#### Contact

519-284-2160 or 519-284-2340. ext. 626 Follow us at www.instagram.com/st\_marys\_youth\_centre

See the Youth Centre activity schedule on page 18.



#### **Friendship Centre**

The Friendship Centre is the home of Town of St. Marys Senior Services and Home Support Services. Senior Services offers a variety of recreation and leisure programs for older adults. The department also works in partnership with Home Support to provide services that help older adults continue to live independently. Pick up our newsletter at the Friendship Centre or at townofstmarys.com/ friendship.

#### Membership

Proceeds from memberships fund programs and services that encourage adults and older adults to remain active, independent and engaged. Membership benefits include 25% savings on most programs and trips, a booklet of coupons to get you started at the Centre and access to a variety of no charge and low fee programs.

Age: 50+ and persons with disabilities

**Cost:** \$45 per year (can be purchased any time throughout the year)

**Programs** Address

317 James St. S. See page 22

Contact

519-284-3272

Friendship Centre: friends@town.stmarys.on.ca

Home Support Services: homesupport@town.stmarys.on.ca

Hours

Mon: 8:00 a.m. - 4:30 p.m. Tue: 8:00 a.m. - 8:30 p.m. Wed and Thu: 8:00 a.m. - 7:30 p.m. Fri: 8:00 a.m. - 4:30 p.m.



#### **Aquatics Centre**

Enjoy an indoor pool with attached leisure pool. The lane pool has a four-lane, 25-metre swimming area as well as shallow and deep ends. The leisure pool has wide teaching steps, perfect for new swimmers. There is ramp

access into both pools and an accessible lift for the lane pool.

Admission fees, programs, activities and events See pages 41 - 52

Address Pyramid Recreation Centre, 317 James Street South

**Hours** Please see page 44 and 45 for pool schedules

#### **St. Marys Quarry**

The Quarry is Canada's largest outdoor, freshwater swimming pool! Enjoy beach volleyball, cliff jumping (subject to water levels), a water trampoline, Tiki Hut snacks, two rafts, a slide, and stand up paddleboarding and kayaks. Bike racks are available and free parking is located across the street! Life jackets are also available.

**NEW FOR 2020!** The FunSplash Sports Park is coming to St. Marys. The FunSplash offers a new waterpark experience and opportunity to physically and mentally challenge yourself in a safe and friendly outdoor environment. (Separate fee applies.)

Admission fees, programs, activities and events See pages 41 - 52

Address 425 Water Street South

#### Contact

Off-season: 519-284-2160; during summer hours: 519-284-3090

#### Hours

June 13, 14, 20 and 21: 1:00 - 5:00 p.m.

June 26 - Sept. 7: 1:00 - 8:00 p.m., weekends 11:00 a.m. - 8:00 p.m.

#### **PRC Splash Pad**

Enjoy a splash pad with water features designed to reflect local heritage.

Address 317 James Street South

#### Hours (weather permitting)

May 16 - September 7: 10:00 a.m. - 8:00 p.m.

#### **Rotary Splash Pad**

This accessible splash pad has features for toddlers, children and teens.

Address Cadzow Park. 217 Park Street

#### Hours (weather permitting)

May 16 - September 7: 10:00 a.m. - 8:00 p.m.

Aquatics

Facilities



#### St. Marys Child Care Centre

This non-profit, municipally-owned child care centre provides high-quality programs licensed by the Ministry of Education. Early Childhood Educators provide safe, nurturing care for infants, toddlers and preschool children in a comfortable and stimulating environment. Fresh, nutritious meals and snacks are prepared daily in the on-site kitchen. Additional school age programs are offered at different locations during school breaks and on non-instructional days.

#### **Programs**

See pages 12 - 16

#### **Address**

Holy Name of Mary Catholic School, 161 Peel St. N.

#### Contact

Jen Lewis, Early Learning Services Supervisor 519-284-2340, ext. 500, jlewis@town.stmarys.on.ca

#### Hours

Mon - Fri (year-round): 6:45 a.m. - 5:30 p.m.

#### **St. Marys Museum and Archives**

Constructed in 1854 for one of the Town's first settlers, this heritage limestone house has served as a community museum and local history research centre for over 50 years. The museum offers both permanent and changing exhibits related to the history of the area as well as the R. Lorne Eedy Archive collection of photographs, local newspapers, maps and genealogical files.

#### Admission by donation

#### Memberships

Become a museum member and receive discounts for some special events, including the annual seminar series. Receive quarterly newsletters by regular mail or email, as well as notice of the Museum's annual general meeting each March, where members can propose motions and vote.

Cost: \$10 per year

#### **Programs and events**

See page 28

#### **Address**

177 Church St. S.

#### Contacts

519-284-3556 | museum@town.stmarys.on.ca www.stmarysmuseum.ca | www.facebook.com/stmarysmuseum

#### Hours (Contact us for group and after-hours bookings)

Mon - Fri (year-round): 9:00 a.m. - 4:30 p.m. Sat and Sun (June, July and August): 1:00 - 4:30 p.m.



#### **Town of St. Marys EarlyON Centre**

## EarlyON

### Child and Family Centre

The Town of St. Marys EarlyON Centre offers a variety of FREE drop-in programs for parents, caregivers and children aged zero to six years. These play-based and interactive programs are a great opportunity for you and your family to explore, learn and create connections within the community. The Town of St. Marys EarlyON Centre has partnered with many community agencies to best serve and support your family.

EarlyON programs include:

#### Play & Learn

This program offers a wide range of activities, toys, games and creative experiences for the whole family to enjoy! This welcoming and fun-filled program is great for children and their parents/caregivers to interact and explore through play.

#### Play & Swim

This parent-child 30-minute swim program provides children with the opportunity to explore with their senses. There is an assortment of toys and activities that encourage your child to make discoveries about the world around them!

#### Play & Move

The Play & Move program focuses on getting everyone in the family moving. There is a variety of toys and motor activities that will get your child active!

#### Play & Read

This program is designed to encourage families to explore through play and literacy. The play-based learning environment focuses on sensory, songs, creative play and literacy engagement.

#### **Baby Time**

This engaging drop-in program is aimed at children ages 0-18 months and focuses on healthy development and growth that happens through songs, stories and play. This is a great opportunity for new parents and/or caregivers to connect with other families in the community.

Follow the EarlyON Facebook Page for monthly calendars, announcements & locations:

www.facebook.com/townofstmarysearlyon





#### **St. Marys Public Library**

A world of discovery, today and tomorrow!

- Books, magazines, movies, music and more to borrow and enjoy
- Free, easy, self-serve access to your account and online tools
- Downloadable books, audio and movies
- · WiFi, public computers, printing, faxing and scanning
- Programs and events for all ages
- Adult Learning instruction in employability skills upgrading
- Summer literacy programs

#### **Programs**

See pages 13, 17 and 29

#### Home delivery service (Visiting Library Services)

Delivery is available to private residences of persons with disabilities as well as Kingsway Lodge, Wildwood Nursing Home and Fairhill Lodge. Home delivery service is free with a library card.

#### Friends of the Library (FOL)

This charitable organization is committed to supporting the library and coordinating fundraising activities including the spring and fall book sales, welcome packages and other events. Follow the FOL on Facebook at www.facebook.com/stmarysFOL.

#### **Address**

15 Church St. N.

#### **Hours**

Mon - Thu: 10:30 a.m. - 8:00 p.m. Fri: 10:30 a.m. - 5:00 p.m. Sat: 10:00 a.m. - 4:00 p.m. Sun: Closed

#### Contact

519-284-3346, libraryinfo@stmaryspubliclibrary.ca www.stmaryspubliclibrary.ca, www.facebook.com/stmaryspubliclibrary www.twitter.com/stmarysPL

#### **Adult Learning Programs of Perth**

#### **Education and Employment Resource Centre**

One-to-one tutoring and small group instruction in reading, writing, math, computer use, GED (Grade 12 equivalency) and other employability skills. Instruction is free and fully funded by the Ministry of Training, Colleges and Universities for individuals 19 years of age or older.

#### Address

26 Wellington St. S., St. Marys

#### Hours

Mon, Tues, Thurs: 9:00 a.m. - 2:00 p.m. Wednesday:

1:00 - 7:00 p.m.

EMPLOYMENT ONTARIO

Ontario

Canada

#### Contact

Office: 519-284-4408 Cell: 519-272-5174 (call or text) alearning@town.stmarys.on.ca www.adultlearningperth.ca



## FACILITY BOOKINGS & RENTALS

We are here to help you plan, book and coordinate the right space, amenities and services for you. Whether you are holding a private meeting for 10 or a large gala for 500, Town of St. Marys facilities are flexible and affordable choices. Contact us for further details and availability at 519-284-2160 or prccsr@town.stmarys.on.ca.

#### **Multi-purpose rooms and halls**

Room	Capacity
Friendship Centre Main Hall	Up to 42
End Zone	Up to 100
Multi-purpose room	Up to 100
1/3 hall	Up to 100
2/3 hall	Up to 350
Whole hall	Up to 500

#### **Friendship Centre Meeting rooms**

Room	Capacity
Meeting room A	15
Meeting room B	15
Meeting room C	10
Meeting room D	10

#### **Specialty room rentals**

Room	Capacity
Kitchen (PRC)	N/A
Rock Rink Dry Surface (PRC) Off season	1,000
Town Hall Auditorium	150 (includes balcony)
Lind Sportsplex	Ask for details

#### **Outdoor spaces**

Are you planing to use one of our parks or trails for your special event? Please contact Guest Services at 519-284-2160 to book the area. Thank you for helping us better service and monitor our shared outdoor spaces.



## Sponsorship opportunities

Give back to the community and promote your organization with the following sponsorship opportunities!

#### **Sponsored skating**

For pricing, see minor rates under prime time and non-prime time ice rentals.

#### **Sponsored swimming**

Sponsor a swim at the Aquatics Centre for \$114.93 + HST.

#### **Arena board advertising**

Each arena advertising board purchase supports the continued operation of the Pyramid Recreation Centre.

#### Contact

519-284-2160 or prccsr@town.stmarys.on.ca

#### **Ice Rentals**

#### Ticket Ice & Shoulder Ice Schedule & Rates

	Mon - Fri	Saturday	Sunday	Cost per hour
Ticket Ice	8:30 am - 4:00 pm	Not available	Not available	\$65 flat rate for four people. \$15 for each additional person.
Shoulder Ice	8:30 am - 5:00 pm	3:15 pm - 10:15 pm	Not available	\$96.05 per hour. No added fees for additional people.
Private Rentals	5:00 pm - midnight	7:00 am - 3:15 pm	7:00 am - midnight	Regular prime time rates apply.

To learn more about the differences between Ticket Ice and Shoulder Ice, please visit www.townofstmary.com/icerates.

Call Pyramid Recreation Centre Guest Services at 519-284-2160 for availability. Please note insurance is an additional fee.

#### **Pool rentals**

For available dates and times, contact Guest Services at 519-284-2160 or prccsr@town.stmarys.on.ca.

Number of people	Cost
Up to 60	\$97.53 + HST*
61 - 99	\$114.93 + HST*
100+	\$161.33 + HST*

<sup>\*</sup>Please note: Insurance is an additional fee.



## **PRESCHOOL**

#### **Child Care**

#### **Full Day Program**

Early Childhood Educators provide safe, nurturing care within a comfortable and stimulating environment. Children enjoy fresh, nutritious meals and snacks prepared daily in the on-site kitchen.

Location: St. Marys Child Care Centre

Registration required: Apply online at www.onehsn.com/Stratford

Infant (Ages 0 - 18 months)

Dates	Time	Cost
Year-round	6:45 a.m 5:30 p.m.	Contact for pricing

Toddler (Ages 18 - 30 months)

Dates	Time	Cost
Year-round	6:45 a.m 5:30 p.m.	Contact for pricing

Preschool (Ages 30 months - 6 years)

Dates	Time	Cost
Year-round	6:45 a.m 5:30 p.m.	Contact for pricing



#### **Child Care (continued)**

#### **Part-Day Nursery School**

Through varied play experiences, qualified Early Childhood Educators provide a learning environment that fosters social interaction, communication skills and fine motor development.

Location: St. Marys Child Care Centre

Registration required: Apply online at www.onehsn.com/Stratford

Ages 30 months - 6 years

Dates	Time	Cost
Mon, Wed and Fri September - June	9:00 - 11:30 a.m.	Contact for pricing

#### **Drop-in Activities**

#### **Storytime**

Newborn - preschool

Rhymes, puppets, songs, shakers, stories and more!

**Location:** St. Marys Public Library

Dates	Time	Cost
Fridays	10:45 - 11:15 a.m.	Free

#### **Dress Up Storytime**

Newborn - 5 years

All the fun of storytime with special costumes and accessories! (Welcome with or without costumes. Check with library for dates.)

**Location:** St. Marys Public Library

Dates	Time	Cost
1st Saturday / month	10:45 - 11:15 a.m.	Free



#### Recreation

#### **Soccer Stars**

Ages 2 - 5

Children learn the fundamentals of soccer through fun warm-up games as they work their way to becoming soccer stars! Skills, drills and mini soccer games are included throughout the program. Parent/guardian participation required.

Location: Pyramid Recreation Centre

Registration required: In person at Guest Services or 519-284-2160

Ages 2 - 3 years

Dates	Time	Cost
Tuesdays May 5 - June 9	5:30 - 6:15 p.m.	\$50 / 6 weeks

Ages 4 - 5 years

Dates	Time	Cost
Tuesdays May 5 - June 9	6:30 - 7:15 p.m.	\$50 / 6 weeks

#### Parent & Toddler Yoga | Children's Yoga (ages 4 - 8) NEW!

Yoga is a great way for children to connect with their bodies and their minds. These two new programs are designed for parents and toddlers or children to learn the basics of yoga in a safe and fun environment. Times and dates to be announced soon.

Location: Pyramid Recreation Centre

Registration required: In person at Guest Services or 519-284-2160



See pages 22-24 for volleyball, badminton and more!

## **CHILD & YOUTH**

#### **Child Care**

#### **Before and After School Program**

Ages 4 - 12

Qualified staff help children develop social skills, build on concepts learned through the day and foster friendships within their school community. Our staff follow an inquiry-based curriculum, allowing the children to direct their own learning. This program is licensed by the Ministry of Education.

**Please note:** This program runs during the school year and is closed for all P.A. days, during the Christmas break, March Break and all school board-recognized holidays.

**Location:** Little Falls Public School/Holy Name of Mary Catholic School **Registration required:** 

519-284-3121 or jlewis@town.stmarys.on.ca

Dates	Time	Cost
Sep - Jun (Follows the school calendar)	7:00 a.m. until beginning of school	Contact for pricing
Sep - Jun (Follows the school calendar)	School dismissal until 5:30 p.m.	Contact for pricing



#### **Child Care (continued)**

**Full Day Licensed School Age Program - P.A. Days and School Breaks** *Kindergarten - Grade 2* 

Early Childhood Educators follow an inquiry-based curriculum, allowing children to direct the program based on their interests. Educators work with children to build skills in all areas of development to ensure consistency during their out-of-school time. Learning areas are available for children to explore daily, as well as project work to examine the children's interests and support learning.

Location: Holy Name of Mary Catholic School

Registration required at least two weeks prior to program start date:

519-284-3121 or jlewis@town.stmarys.on.ca

\*Note: This program will only run if sufficient enrollment is reached.

Holiday	Dates	Time	Cost
Spring/ Summer PA Days (K - grade 2)	May 1, June 8	7:00 a.m 5:30 p.m.	Contact for pricing
March Break	Mar 16 - 20	7:00 a.m 5:30 p.m.	Contact for pricing

#### **Day Camps**

#### **Camp PRC**

Grades 2 - 6

Children enjoy full days of fun with High-Five trained staff. This program caters to various interests and has a ratio of 10 children to one staff. Participants should bring swimming gear.

**Location:** Pyramid Recreation Centre

Registration required at least two weeks prior to program start date: In person at Guest Services or 519-284-2160

\*Note: This program will only run if sufficient enrollment is reached.

Holiday	Dates	Time	Cost
March Break	Mar 16 - 20	7:00 a.m 5:30 p.m.	Contact for pricing
Summer	Summer weekdays except stat holidays	7:00 a.m 5:30 p.m.	\$32.50



## A great day begins with a good breakfast

#### **GOALS Breakfast Program**

Thanks to many generous community donations, students can enjoy a nutritional breakfast while Youth Centre staff and volunteers ensure they arrive to school safely and on time. The GOALS program focuses on providing a healthy and fulfilling start to the day.

#### Location:

Community Centre, Pyramid Recreation Centre

#### Registration required:

In person at Guest Services or 519-284-2160

Thu, 8:30 - 9:00 a.m.
Oct 10 - Jun 18 following the school calendar
Cost: FREE

#### **Half-Day Camps**

#### **Kitchen Camp**

Ages 8 - 12

Join our instructor in creating some tasty treats, from breads to pastries. We'll explore a new menu each week! Bring your bathing suit since you will be swimming, too.

**Location:** Lind Sportsplex (425 Water St. S) and Pyramid Centre **Registration required:** In person at Guest Services or 519-284-2160

\*Note: This program will only run if sufficient enrollment is reached.

Dates	Time	Cost
Mon - Fri, Jul 13 - 17	9:00 a.m 1:00 p.m.	\$100
Mon - Fri, Jul 20 - 24	9:00 a.m 1:00 p.m.	\$100
Mon - Fri, Jul 27 - 31	9:00 a.m 1:00 p.m.	\$100
Mon - Fri, Aug 10 - 14	9:00 a.m 1:00 p.m.	\$100
Mon - Fri, Aug 17 - 21	9:00 a.m 1:00 p.m.	\$100
Mon - Fri, Aug 24 - 28	9:00 a.m 1:00 p.m.	\$100

#### **Drop-in Activities**

#### **Tech Petting Zoo**

Ages 7+

Join us for our Tech Petting Zoo, which includes a variety of STEAM-based activities including crafts, LEGO, tech play and more! All are welcome to attend but adult supervision is required.

Location: St. Marys Public Library

Dates	Time	Cost
PA Days and school holidays	Contact the Library	FREE

## Youth Centre Members swim for \$2

During Aquatics Centre public swimming on Fridays from 4:00 to 5:30 p.m.

#### St. Marys Youth Centre

#### **Youth Centre drop-in activities**

Grades 3 - 10

Enjoy the following Youth Centre programs free with a Youth Centre membership. Only \$20 for the school year!

Location: St. Marys Youth Centre

Membership required: In person at Guest Services or 519-284-2160

Day	Activity	Time	Cost
Mon	Daily activities	3:15 - 8:00 p.m.	Free with membership
Tue	Daily activities	3:15 - 8:00 p.m.	Free with membership
Wed	Daily activities	3:15 - 8:00 p.m.	Free with membership
Thu	Daily activities	3:15 - 8:00 p.m.	Free with membership
Fri	Daily activities	3:15 - 8:00 p.m.	Free with membership
Fri	Toonie swimming	4:00 - 5:30 p.m.	\$2 with membership

#### Classes

#### **Red Cross Babysitting**

Must be 11 years old

Learn how to care for infants to school age children, what to do in an emergency and much more. Participants are required to complete an open book test to pass the course. Please bring a doll, bagged lunch, paper and pen.

Location: Pyramid Recreation Centre

**Registration required:** In person at Guest Services or 519-284-2160

Dates	Time	Cost
March 21, April 19, May 31, or June 14		Youth Centre members: \$50 Non-members: \$55



#### **Red Cross Stay Safe and Cyber Security**

Recommended age 10+

Learn how to be responsible at home alone and respond to basic emergencies. Students will receive a workbook and certificate. Course includes an open book test.

Location: Pyramid Recreation Centre

Membership required: In person at Guest Services or 519-284-2160

Dates	Cost
March 21, April 18, May 30, or June 13	Youth Centre members: \$50 Non-members: \$55

#### **Recreation**

#### **Kicks! Indoor Soccer**

Grades 3 - 6

Have fun playing indoor soccer with weekly games, warm ups and shootouts. Running shoes and shin pads required. Teams will be split into appropriate age and ability categories.

Location: Pyramid Recreation Centre

**Registration required:** In person at Guest Services or 519-284-2160

Dates	Time	Cost
Tuesdays May 13 - June 17	5:30 - 6:30 p.m.	\$50





#### **Recreation (continued)**

#### **Ball Hockey**

Grades 4 - 6

Street hockey without the cars! Enjoy weekly games, warm ups and shootouts. Helmets, gloves and hockey sticks required. Teams will be divided into appropriate age and ability categories.

Location: Pyramid Recreation Centre

Registration required: In person at Guest Services or 519-284-2160

Dates	Time	Cost
Wednesdays May 14 - June 18	5:30 - 6:30 p.m.	\$40 + HST

#### **Dodgeball Archery**

Grades 5 - 6 and Grades 7+

This sport involves the rules of dodgeball, but using a bow and arrow. All actions are perfectly safe with foam-tipped arrows.

Location: Pyramid Recreation Centre

Registration required: In person at Guest Services or 519-284-2160.

Waivers required.

Dates	Time	Cost
TBA	6:00 - 8:00 p.m.	\$22.50

#### **Try Tennis Camp**

Ages 9 - 12

Try tennis and learn basic skills, techniques and rules. Challenge your friends to a game at the end of each day. Bring your bathing suit since you will be swimming in the Quarry, too!

Location: St. Marys Tennis Courts (550 Water St. S) and Quarry

Inquire for dates, time and cost

**Registration required:** In person at Guest Services or 519-284-2160 \*Note: This program will only run if sufficient enrollment is reached.



#### **Party at the PRC!**

Birthday parties are available in the Youth Centre room on Saturdays and Sundays (subject to availability). Choose from three packages:

Package 1: One hour public swim or skate

Package 2: One hour private swim or skate

Package 3: "Fun Zone" - Our staff host the party and run all activities

All packages include one hour in the hosted party room for food and gift opening.

#### Food

Hot dogs, popcorn, juice and "decorate your own" cupcakes

#### **Decorations and tableware**

Balloons, streamers, birthday signs, plastic tablecloths, plates and cups

#### **Pool pass and treat**

For each child

#### Additional options (extra fees apply):

- Movie in the party room (open gifts and eat while watching a movie on our large screen TV)
- Have pizza instead of hot dogs

For available dates, times, prices and more, contact:

Guest Services
Pyramid Recreation Centre
519-284-2160
prccsr@town.stmarys.on.ca



## **ADULT & OLDER ADULT**

#### **Fitness**

Yoga Ages 18+

Help improve your range of motion, posture, balance and mental health with this program. We will guide and support you at your own fitness level.

Location: Pyramid Recreation Centre

Registration required: In person at Friendship Centre or 519-284-3272

Dates	Time	Cost
Thu, Apr. 30 - June 25 9 weeks	11:30 a.m 12:30 p.m.	Non-members: \$108 Members: \$85.50 Drop-in: \$12



#### **Volleyball** Ages 14+

Drop in and play volleyball with us at the highschool. Try the first week for free!

Location: St. Marys DCVI

Registration required: In person or contact 519-284-2340, ext. 626 or

cbrennan@town.stmarys.on.ca

Dates	Time	Cost
Mondays Oct - May	7:00 - 9:00 p.m.	\$20 per season

#### Co-ed Ultimate Frisbee Ages 18+

Register as a team or individual (we will make a team for you). This exciting game combines the non-stop movement and athletic endurance of soccer with the aerial passing skills of football.

Location: Meadowridge Field

Registration required: In person at Guest Services or 519-284-2160

Dates	Time	Cost
Thursdays June 6 - 27	6:00 - 7:30 p.m.	ТВА

#### **Zumba** Ages 18+

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning, dance fitness party that's moving millions of people toward joy and health.

Location: Pyramid Recreation Centre

Registration required: In person at Friendship Centre, Pyramid

Recreation Centre or 519-284-3272

Dates	Time	Cost
Tuesdays April 21 - June 16 9 weeks	7:15 - 8:15 p.m.	Member: \$72 Non-member: \$90 Drop-in: \$12
Wednesdays April 29 - June 24 9 weeks	12:00 - 12:45 p.m.	Member: \$54 Non-member: \$67.50 Drop-in: \$10

#### Walking, the best medicine Ages 18+

Walk the halls at DCVI after school hours.

Location: St. Marys DCVI

Registration required: In person at Friendship Centre, Pyramid

Recreation Centre or 519-284-3272

Dates	Time	Cost
Mon - Fri	4:00 - 9:00 p.m.	FREE
Sept - May		

## Racket sports are all the rage!

#### **Badminton**

Ages 14+

Drop-in and play badminton!

Location: St. Marys DCVI Registration required: In person or contact 519-284-2340, ext. 626 or cbrennan@town.stmarys.on.ca

Wed, Sep - Apr 7:00 - 9:00 p.m. **Cost:** \$20 per season

#### **Tennis**

Various ages

Join this fun and friendly group for FREE mixed doubles play (weather permitting).

**Location:** Tennis Courts 550 Water St. S.

Tue and Thu, seasonally

7:00 p.m. **Cost:** FREE

### Racket-related details to watch for!

Tennis

Watch Town of St. Marys social media for more details about tennis-related events and programs.

#### Pickleball

Stay connected with the Friendship Centre to learn more about workshops for various skill levels. The Centre will also team up with the St. Marys Social Pickleball Club to run a fun tourney on the dry surface. Sign up as a single and play doubles. We'll make sure you play at least six games. There will be cash prizes and silent auction prizes to be won.

#### **Pickleball**

Ages 50+, Tuesday evenings at DCVI 18+

A combination of ping-pong, tennis and badminton, pickleball is North America's fastest growing sport. Never tried pickleball before? Come out and give it a shot!

**Memberships required:** To learn more visit the Friendship Centre or call 519-284-3272.

Location: St. Marys DCVI

Dates	Time	Cost
Tuesdays Oct - Jun	6:00 - 8:30 p.m.	Inquire at the Friendship Centre

Location: Friendship Centre

Dates	Time	Cost
Mon, Wed and Thu Year-round	10:30 - 12:30 p.m.	Inquire at the Friendship Centre
Tuesdays Jul - Sep	6:00 - 8:30 p.m.	Centre

#### **Senior Games**

Ages 50+

Senior Games provide athletes ages 50+, from all regions of Ontario the chance to compete against their fellow provincial athletes. The Ontario Games Program gives participants, communities, volunteers and everyone a chance to celebrate sport in Ontario. See what sports you can compete in!

**Location:** Varies

Registration required: In person at Friendship Centre or 519-284-3272

Sport	Date
Carpet Bowling	TBA
Bocce	TBA
Swimming	TBA
Triathlon	TBA
Lawn Bowling	TBA

#### **Carpet Bowling**

Ages 50+

Enjoy this variation on traditional lawn bowling.

Dates	Time	Cost
Fridays Sep - May	'	Members: Free Non-members: \$5



#### **Learn to Swim**

Ages 50+

It's never too late to learn something new! If you are an adult who would like to learn how to swim, now is the time!

**Location:** Pyramid Recretion Centre

Registration: In person at Friendship Centre or 519-284-3272

#### **Chair Yoga**

Ages 50+

Exercise and relax, using traditional yoga movements adapted for the chair. Classes are strengthening and uplifting, encourage practices that honor unique physical abilities, increase breathing and reduce stress.

**Location:** Friendship Centre

Registration required: In person at Friendship Centre or 519-284-3272

Dates	Time	Cost
Tue, Mar 3 - Apr 28 9 classes	1:30 - 2:30 p.m.	\$55 Drop-in: \$7
Tue, May 5 - Jun 30 9 classes	1:30 - 2:30 p.m.	\$55 Drop-in: \$7
Tue, Jul 7 - Aug 25 8 classes	1:30 - 2:30 p.m.	\$48 Drop-in: \$7

#### **Shuffleboard**

Ages 50+

In this game, players use cues to push weighted discs, sending them gliding down a narrow court. This low-impact game is great for strategy and socialization.

**Registration required:** Friendship Centre membership required. Please contact the Friendship Centre at 519-284-3272 for details.

Location: Friendship Centre

Dates	Time	Cost
Mon, Tue and Thu		Inquire at the Friendship Centre

**Location:** Lind Sportsplex

Dates	Time	Cost
Mon and Thu May - Sep	1:00 p.m.	Inquire at the Friendship Centre
Wed May - Sep	6:30 p.m.	Inquire at the Friendship Centre



#### **Health and Wellness**

#### **Meditation** Ages 50+

Our trained instructor will guide you through a program that will help increase relaxation, reduce the effects of stress, and improve sleep quality.

**Location:** Friendship Centre

Registration required: In person at Friendship Centre of 519-284-3272

Dates	Time	Cost
Mondays April 20 - May 11 4 weeks		Members: \$25 Non-members: \$32

#### Minds in Motion Ages 16+

Persons in the early to middle stages of Alzheimer's disease or other dementias are invited to participate with their care partners.

Minds in Motion combines physical activity and mental stimulation in a community-based setting. Please bring running shoes.

**Location:** Friendship Centre **Registration required:** 

Contact Alzheimer's Perth County at 519-271-1910

Dates	Time	Cost
Mondays Mar 23 - May 25	1:30 - 3:30 p.m.	\$20
Mondays June 8 - July 27	1:30 - 3:30 p.m.	\$20
Mondays Sept 14 - Nov 5	1:30 - 3:30 p.m.	\$20

#### **Intro to Line Dancing** Ages 18+

Shirley from Giddy-Up Line Dancing is bringing her talents to the Friendship Centre. Sign up for this four-week intro. No partner required.

Location: Friendship Centre

Registration required: In person at Friendship Centre of 519-284-3272

Dates	Time	Cost	
Tuesdays	3:30 - 5:00 p.m.	TBA	
April 14 - May 5			

#### **Ballroom Dancing for Beginners** Ages 50+

Grab a friend or your partner and sign up for Ballroom Dancing! This new program will run for four weeks with one-hour sessions. Partner required.

**Location:** Friendship Centre

Registration required: In person at Friendship Centre of 519-284-3272

Dates	Time	Cost
Thursdays	11:30 a.m	TBA
March 19 - April 9	12:30 p.m.	



#### Pelvic Floor with Renée Dijk R.KIN

Join Renée, a yoga and fitness instructor and registered kinesiologist, for a workshop about the pelvic floor. You will learn information on the prevention of chronic conditions and how to strengthen those muscles.

**Location:** Pyramid Recreation Centre

Registration required: In person at Friendship Centre or 519-284-3272

Dates	Time	Cost
Thu, April 9 and Sept 24	2:00 - 3:00 p.m.	\$10

#### FOAM Roller with Renée Dijk R.KIN

Foam rolling can help relieve muscle tightness, soreness, and inflammation, and increase your range of motion. You should be able to support your body weight with your upper body while using the roller. Bring your own roller, if you have one.

**Location:** Pyramid Recreation Centre

Registration required: In person at Friendship Centre or 519-284-3272

Dates	Time	Cost
Thu, May 7	2:00 - 3:00 p.m.	\$10

#### **CORE Strength with Wellness Coordinator** Ages 50+

Join Pauline, a personal trainer and fitness instructor, for a workshop to learn about gaining core strength and what exercises to do to strengthen your abdominals, lower back and postural muscles.

Location: Pyramid Recreation Centre

Registration required: In person at Friendship Centre or 519-284-3272

Dates	Time	Cost
Fri, May 15	10:15 - 11:15 a.m.	\$5
Mon, July 13	10:15 - 11:15 a.m.	\$5

#### **Better Your Balance** Ages 50+

Join Pauline, a personal trainer and fitness instructor, for a workshop to learn about staying on your feet. This workshop will consist of information on what exercises to do to reduce your risk of falls. You will also learn how to decrease hazards in your home.

**Location:** Pyramid Recreation Centre

Registration required: In person at Friendship Centre or 519-284-3272

Dates	Time	Cost
Tuesday, June 2	11:30 - 12:30 p.m.	FREE
Friday, July 17	9:00 - 10:00 a.m.	FREE
Monday, August 10	11:30 - 12:30 p.m.	FREE



#### Museum Seminars Ages 14+

The St. Marys Museum offers a range of intriguing and informative seminars focusing on the unique history of the community.

Location: St. Marys Museum 519-284-3556

Seminar	Date	Time	Cost
Waterways	Mar 19 Mar 25	7:00 - 9:00 p.m.	Members: \$10 Non-members: \$12
Historic Homes	Apr 16 Apr 22	7:00 - 9:00 a.m.	Members: \$10 Non-members: \$12

#### **Melodies at the Museum**

Different musical performers will be featured each week. Bring a lawn chair or blanket.

Location: St. Marys Museum 519-284-3556

Dates	Time	Cost
Wed, July 8 - August 25	7:00 - 8:00 p.m.	Donation

#### **Space to Spoon Exhibit NEW!**

On loan from the Canadian Agriculture and Food Museum, Space to Spoon demonstrates how space technology benefits Canadian farmers and sustainable agriculture.

Location: St. Marys Museum 519-284-3556

Dates	Time	Cost
Until Thurs. May 7	Museum Hours	Donation

#### **Genealogy Discussion Group** Ages 50+

Share your family history and research solutions while getting help with research.

Location: Friendship Centre

Dates	Time	Cost
Last Tuesday of the month	6:30 - 8:30 p.m.	Members: Free
September to May		Non-members: \$2

#### **Technology Support NEW!** Ages 50+

Learn more about the ever-evolving technology you deal with on a daily basis from our experienced instructor. Inquire at the Friendship Centre for dates and times.

#### **Make music**

#### **Stonetown Entertainers**

Ages 50+

Join this vocal choir for those who desire to have fun with music and singing, while volunteering to provide entertainment for others in our community and surrounding areas.

**Location:** Friendship Centre **Registration required:** In person at Friendship Centre or 519-284-3272

Thu, Sep - May 9:30 - 11:00 a.m. Cost: \$50 plus Friendship Centre membership

#### **Monday Music Jamboree**

Ages 50+

Monday afternoons are filled with old-time Jamboree music. Don't miss dancing and snacks. Musicians welcome!

**Location:** Friendship Centre **Registration required:** In person at Friendship Centre or 519-284-3272

Mondays 1:00 - 4:00 p.m. Cost: \$5

#### Afternoon Book Club Ages 16+

Engage in a lively book discussion!

**Location:** St. Marys Public Library (upstairs meeting room)

Dates	Time	Cost
1st Thu monthly	2:00 - 3:00 p.m.	FREE

#### **Coffee and Learn** Ages 50+

Guest speakers discuss a variety of wellness topics.

**Location:** Thames Valley Community Room

Dates	Time	Cost
Last Wednesday each month	10:15 - 11:15 a.m.	FREE

#### Cooking Club Ages 16+

Whether you're a seasoned chef or just beginning, this club is for you. Join us each month to talk recipes, technique, ingredients and more. A theme will be explored each month to inspire members.

**Location:** St. Marys Public Library

**Registration required:** Register at the library.

Dates	Time	Cost
2nd Thu monthly	10:30 a.m.	FREE

#### **Documentary Club** Ages 16+

Each month, members of the documentary club gather to watch a film together and then discuss it. Films will cover a wide array of topics and a library staff member will be present to guide the discussion and present questions and points of interest related to the film.

Location: St. Marys Public Library

Dates	Time	Cost
1st Wed monthly	1:30 p.m.	FREE

#### **After Hours at the Library** Ages 18+

Enjoy a new make and take project! Projects will be announced and registration will open one month before each event.

**Location:** St. Marys Public Library

**Registration required:** Register at the library.

Dates	Time	Cost
Jun 11, Sep 24 and Nov 16		Donation recommended



#### Mother's Day Paint Night All ages

Celebrate your mom and paint her a masterpiece, or sign up to come paint with her. Receive step-by-step instructions from our amazing painting instructor Vanessa. We provide the supplies.

**Location:** Friendship Centre

Registration required: In person at Friendship Centre or 519-284-3272

Dates	Time	Cost
Thu, May 7	6:30 p.m.	Non-members: \$45
		Members: \$40

#### **Quilting** *Ages* 50+

Join this experienced group of volunteers to raise funds for the Friendship Centre. Community members can sign up to have their quilts quilted.

Location: Friendship Centre

Dates	Time	Cost
Mon and Tue	8:30 a.m 12:00 p.m.	FREE
Sep - Jun		

#### **Creative Minds Social Group** Ages 50+

Join a fun, social group to learn how to knit and work on your "do-it-yourself" designs.

**Location:** Friendship Centre

Dates	Time	Cost
Wednesdays	10:00 a.m 12:30 p.m.	\$0.75 for tea or coffee

#### On the Road Again Ages 50+

Ride the Mobility Bus to a popular lunch destination and explore the surrounding area of St. Marys. Cost of transportation will be included in the price. Be sure to use your Friendship Centre Membership for your discount.

**Location:** Friendship Centre

Inquire for dates, time and cost

#### **Creative Card Making** Ages 50+

Get your creative juices flowing and design beautiful cards for friends and family!

Dates	Time	Cost
May 15, May 29, June 12		Members: \$12 Non-members: \$15



#### **Knit and Chat** Ages 50+

Join a fun, social group and work on handmade knitted creations.

**Location:** Friendship Centre

Dates	Time	Cost
Thursdays	1:30 - 3:30 p.m.	\$0.75 for tea or
		coffee

#### Movie Afternoon Ages 50+

Enjoy a feature film in a comfy setting with refreshments and snacks. Movie suggestions are always welcome!

Location: Friendship Centre

Dates	Time	Cost
1st Friday of each month		Members: Free Non-members: \$5

#### Scrapbooking All ages

Learn from our experienced cropping teacher and create a beautiful two-page layout every week.

Location: Friendship Centre

Dates	Time	Cost
Thursdays	9:00 - 11:00 a.m.	Members: \$13
		Non-members: \$15

#### **Summer Scrapbooking** All ages

Learn from our experienced cropping teacher and create a beautiful two-page layout.

Location: Friendship Centre

Dates	Time	Cost
1st & 3rd Tuesday	6:30 - 8:30 p.m.	Members: \$13
in July & August		Non-members: \$15

#### **Open Crop Scrapbooking Evening** All ages

Join other scrapbookers and spend the evening cropping for fun! Refreshments and snacks provided.

**Location:** Friendship Centre

Dates	Time	Cost
2nd Friday of each month		Members: \$10 Non-members: \$13

#### **ROMEO Club (Retired Outstanding Men Enjoying Ourselves)** Ages 50+

Sit back, relax, and shoot the breeze at our weekly men's coffee club.

Dates	Time	Cost
Thursdays	10:00 a.m.	\$0.75 for tea or coffee

## Try your hand at a new card game

#### **Pepper**

Ages 50+

If you love Euchre - you'll love Pepper! It's a very easy game to learn and offers opportunity for strategy, both in bidding and playing.

Location: Friendship Centre Mon and Wed at 1:00 p.m. Members Free Non-members \$5

#### **Pepperama**

Ages 50+

Come to the Friendship Centre for lunch and a friendly tournament-style day of cards! All are welcome! Register your team of three in advance.

**Location:** Friendship Centre **Registration required:** In person at Friendship Centre or 519-284-3272

2nd Tuesday of the month 10:00 a.m. - 3:00 p.m. Cost: \$10 (includes lunch and prizes)

#### **Card Time!**

#### **Contract Bridge**

Ages 50+

Enjoy this trick-taking card game using a standard 52-card deck. It is played by four players in two competing partnerships. New players are welcome!

**Location:** Friendship Centre

Dates	Time	Cost
Wednesdays	1:00 p.m.	Member: \$2
		Non-member: \$3

#### **Duplicate Bridge**

Ages 50+

It is called duplicate because the same bridge deal is played at each table and scoring is based on relative performance. In this way, every hand, whether strong or weak, is played in competition with others playing identical cards and the element of skill is heightened while that of chance is reduced.

**Location:** Friendship Centre

Dates	Time	Cost
Thursdays	7:00 p.m.	Member: \$2
		Non-member: \$5

#### Euchreama

Ages 50+

Join us for lunch and a friendly tournament-style day of cards! All are welcome!

Dates	Time	Cost
Last Tuesday of each month		\$10 includes lunch and prizes
month	5.00 p.m.	and prizes

## **Even more great destinations**

#### **Mystery Trip #1**

#### Wednesday, May 20

Come with us as we head off for a day of fun-filled surprises!

#### Registration required:

In person at Friendship Centre or 519-284-3272 by Monday,

May 4

Depart: 9:15 a.m. Return: 4:30 p.m. Member: \$93 Non-member: \$100

## St. Jacobs Theatre and Market Trip

#### **Thursday, August 13**

A stop at the famous St.
Jacobs Farmers' Market
followed by lunch at the
always amazing Crossroads
Restaurant. We will be
attending the matinee
performance of Driving Miss
Daisy at the St. Jacobs Country
Playhouse.

#### Registration required:

In person at Friendship Centre or 519-284-3272 by July 3

Depart: 9:00 a.m. Return: 5:30 p.m. Member: \$135 Non-member: \$142

#### **Mystery Trip #2**

#### Wednesday, Sept 23

Come with us as we head off for a day of fun-filled surprises!

#### **Registration required:**

In person at Friendship Centre or 519-284-3272 by Friday,

August 21.

Depart: 8:00 a.m. Return: 7:00 p.m. Member: \$133 Non-member: \$140

#### **Friendship Centre Travel Club**

Ages 50+

Get away from the everyday! Join our Travel Group and experience your choice of motor coach tours.

#### **Caesars Windsor Casino Trip**

We head to Caesars Windsor for some gaming excitement! Whether your game is slots or tables, you'll find something that suits your fancy! Price includes lunch buffet or \$15 slot play.

**Registration required:** In person at Friendship Centre or 519-284-3272 by Friday, March 6.

Date	Time	Cost
Wed, Mar 25	Depart: 8:30 a.m.	Member: \$24
	Return: 6:30 p.m.	Non-member: \$27

#### **Legends of Country Music Trip**

Showtime Entertainment presents "The Legends of Country Music". The best of Johnny Cash, Patsy Cline, Hank Williams and many more! We will have lunch at 12:00 pm at the Bingeman's Conference Centre with the amazing performance to follow.

**Registration required:** In person at Friendship Centre or 519-284-3272 by Wednesday, March 25.

Date	Time	Cost
Wed, Apr 22		Members: \$85
	Return: 5:00 p.m.	Non-members: \$92

#### **Greg Frewin "Wild Magic" Show Trip**

Come and see world-renowned magician Greg Frewin at his "Wild Magic" show in Niagara Falls! We will have a delicious dinner at the theatre with the show to follow.

**Registration required:** In person at Friendship Centre or 519-284-3272 by Thursday, May 14.

Date	Time	Cost
Thursday, June 18	Depart: 3:30 p.m.	Member: \$118
	Return: 11:30 p.m.	Non-member: \$125

#### **Collingwood Boat Cruise Trip**

Enjoy a delightful summer boat cruise on Georgian Bay! Lunch included at Lora Bay Golf Club. On the way, we hope to stop at Misty Meadows Market.

**Registration required:** In person at Friendship Centre or 519-284-3272 by Wednesday, June 19

Date	Time	Cost
Wed, Jul 22	Depart: 9:30 a.m.	Member: \$128
	Return: 8:15 p.m.	Non-member: \$135

#### **Try something new**

#### **Fine Dining**

Join us monthly for a trip to a popular dinner destination. Taste the best of what surrounding restaurants have to offer. The cost of bus transportation will be included in the price; your meal will be additional.

**Registration required:** In person at Friendship Centre or 519-284-3272

Time varies depending on destination Inquire for cost

## **Lunch and Learn with Guest Speakers**

Enjoy a delicious lunch with a presentation related to health and well-being.

**Registration required:** In person at Friendship Centre or 519-284-3272

3rd Fri

Lunch: 12:00 p.m.

Presentation: 12:30 p.m.

Lunch: \$7.00 Presentation: Free

#### **Community Dining**

Ages 50+ and persons of varying abilities

Enjoy delicious food and good company with the following dining programs.

Location: Friendship Centre

**Registration required:** Register in person at Friendship Centre or 519-284-3272 at least one day in advance for all lunches except

Drop-in Tuck Shop.

#### **Tuck Shop Travel Lunch**

Experience travel from your chair. Experienced travelers are welcome to sign-up to be a presenter.

Date	Time	Cost
	Lunch: 12:00 p.m. Presentation: 12:30 p.m.	Lunch: \$7 Presentation: Free

#### **Wednesday Night Suppers**

Join us for a delicious, hot, home-cooked meal. Birthday celebrations are the first Wednesday of the month. For special event details see the Friendship Centre newsletter.

Date	Time	Cost
1st and 3rd Wednesday monthly	5:00 p.m.	\$10 (HST included)

#### **Breakfast**

Your choice of freshly prepared eggs, bacon, sausage, fruit, pancakes, coffee, tea, juice, toast and home fries!

Date	Time	Cost
Thu	8:00 - 9:00 a.m.	\$7.50 (HST included)

#### **Tuck Shop Lunches**

Join us for a soup and sandwich lunch.

Date	Time	Cost
Fridays	11:30 - 12:30 p.m.	Tea/Coffee \$0.75; Soup/Sandwich \$3; Dessert \$1; Combo \$7.00 (HST included)



#### **Home Support Services**

Funded by South West Local Health Integration Network, the Town of St. Marys, program and service fees and community donors

We provide people recovering from illness or injury and people with varying abilities with a variety of services to assist them in living independently.

For details, pricing and schedules, please contact 519-284-3272 or homesupport@town.stmarys.on.ca.

**Meals on Wheels:** Hot and nutritious full-course meals are delivered to your door five days a week. For convenience, frozen entrées, soup and desserts are available for pick-up or delivery.

**Volunteer Visiting:** Volunteer visitors provide companionship and support by visiting clients on a weekly or monthly basis. Volunteers are screened and matched with clients based on similar interests.

**Telephone Reassurance:** Volunteers provide companionship and support by connecting over the phone. Calls are made on a regular basis for various reasons including health and safety, a daily reminder and social connection.

**Shopping Services:** Volunteers transport and offer support for community members who are no longer able to independently complete in-town grocery shopping and errands.

**Home Help and Referral:** Referral and resources are available for a variety of services that encourage independence such as home making, snow removal and yard maintenance.

**Footcare:** Proper footcare is essential to good health. Certified footcare practitioners provide basic footcare on a rotational basis. Regular and one-time appointments are available.

#### **CHAP Blood Pressure Clinics**

Ages 50+

The Cardiovascular Health Awareness Program (CHAP) offers free, drop-in blood pressure clinics throughout St. Marys and area. On-site, trained volunteers assist with any modifiable risk factors.

Dates	Time	Location	Cost
Mon and Tue weekly	9:00 - 11:30 a.m.	Friendship Centre	Free
1st Wed monthly	8:45 - 9:45 a.m.	Maple Lane Community Room	Free
3rd Wed monthly	9:00 - 10:30 a.m.	Rotary Apartments Community Room	Free
Last Wed monthly	9:00 - 10:30 a.m.	Thames Valley Community Room	Free
Last Thu monthly	10:00 a.m 3:00 p.m.	Jackson's Guardian Pharmacy	Free



# FREE Group Fitness and Falls Prevention Classes

Funded by the Local Health Integration Network. No Friendship Centre membership required.

Prevent falls and stay active with our group fitness classes. Led by certified senior fitness instructors, these free classes will keep you staying well and living independently. Educational components are also part of this program and delivered while you exercise. Exercise classes are offered to participants with a variety of physical abilities.

#### **Descriptions**

#### **L1** Retirement Residences Falls Prevention Class

Classes are offered in retirement homes (although they may be open to community members). The class is designed to support improvement for those with limited mobility. The classes are primarily seated with standing components as well.

#### **L2 Group Fitness Gentle**

This program is a gentler version of the Group Fitness class level three. It's for individuals with limited mobility. As you get stronger with exercise, you will be better able to perform daily activities. Achieve your goal of walking for short durations by completing balance, strength and cardio exercises while seated or standing. Participants with higher levels of mobility are welcome.

#### **L3 Group Fitness**

This group fitness class includes balance, strength and cardio exercises. The class will strengthen your heart and legs, as well as improve your range of motion. The design of this program is for moderate to vigorous levels of intensity. The program uses equipment such as weights and resistant tubing to better your health.

#### L3 Men's Strength Training

This group exercise class focuses on building muscle endurance through cardiovascular, endurance and muscle strengthening exercises with the guys (Friendship Centre location only).

#### **Home Support Exercise Program (HSEP)**

HSEP trained volunteers meet with you, in your home, and guide you through a series of specifically-designed exercises to keep you on your feet and living in your own home. Call the Wellness Coordinator at 519-284-3272 to arrange for this one-on-one program.

### **Group Fitness and Falls Prevention Class Schedule**

Monday	Tuesday	Wodnosday	Thursday	Eriday
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 10:00 am Friendship Centre L3		9:00 - 10:00 am Friendship Centre Cardio & Core L3	9:00 - 10:00 am Friendship Centre Fusion L3	9:00 - 10:00 am Friendship Centre L3
9:30 - 10:30 am Thames Valley Community Room L3			9:30 - 10:30 am Thames Valley Community Room L3	
10:00 - 11:00 am Kirkton Community Centre L3	10:00 - 11:00 am Wildwood Care Centre L1	10:00 - 11:00 am Kirkton Community Centre L3	10:00 - 11:00 am Kingsway Lodge L1	10:00 - 11:00 am Kingsway Lodge and Wildwood Care Centre L1
10:15 - 11:15 am Friendship Centre L2	10:15 - 11:15 am Friendship Centre L2		10:15 - 11:15 am Friendship Centre L2	10:15 - 11:15 am Friendship Centre L2
	10:15 - 10:45 am Rotary Apartments Community Room L1	10:45 - 11:45 am Stone Ridge Apartments L2		
	11:00 am - 12:00 pm Rotary Apartments Community Room L2	11:00 - 11:30 am Little Falls Community Room HSEP	11:00 - 11:30 a, Rotary Apartments Community Room L1	
11:30 am - 12:30 pm Friendship Centre Men's Strength Training L3		11:30 am - 12:30 pm Friendship Centre Men's Strength Training L3		11:30 am - 12:30 pm Friendship Centre Men's Strength Training L3
1:30 - 2:30 pm St. Marys YMCA L2		1:30 - 2:30 pm Friendship Centre L2		1:30 - 2:30 pm St. Marys YMCA L2
1:30 - 2:30 pm Stone Ridge Apartments L2				



#### St. Marys and Area Mobility Services

St. Marys and Area Mobility Services offers accessible and volunteer transportation to seniors, those recovering from illness or injury, and people of varying abilities in our community. We offer frequent and flexible door-to-door service for social and medical appointments, grocery shopping and errands, in or out of town, seven days a week. All of our transportation is coordinated through EasyRide, a central transportation booking service shared by community support agencies across Huron and Perth Counties. Funding is provided by the South West Local Health Integration Network (LHIN).

Please book 24 hours in advance. Same-day bookings may be accommodated.

St. Marys Mobility contact: 519-284-4010

St. Marys Mobility hours: Mon - Fri 8:00 a.m. - 4:00 p.m.

To book a ride, please call EasyRide at: 519-272-9875

**EasyRide hours:** Mon - Fri

8:30 a.m. - 4:00 p.m.



# **ICE SKATING**

#### Understanding Shoulder Ice & Ticket Ice when booking ice time

A graph explaining the pricing and availability of Shoulder Ice and Ticket Ice is on page 11.

To learn more about the differences between Shoulder Ice and Ticket Ice, please visit townofstmary.com/icerates

#### **Admission Fees**

Public Skate Admission		Adult 19 - 64 years	Older Adult 65+ years	
Single	\$3.75	\$5.25	\$5.00	\$14.50

#### **Admission Guidelines**

Strollers and skating aids are permitted for Tiny Tots Ice skating. Helmets are recommended.

#### **March Break**

Enjoy time at the rink with your family during March Break.

Holiday	Dates	Time	Cost
March Break	Mar 16, 17 and 20		Regular admission

# FREE sponsored skating!

Thank you to our community partners for sponsoring public skating from 2:00 to 2:50 p.m. on the following dates:

- Sat, Mar 7 (sponsored by River Road Run)
- Sat, Mar 14 (sponsored by Downie Optimists)

Follow the Pyramid Recreation Centre on Facebook for more free skating dates! To learn how to sponsor skating, turn to page 11.

# **Skating program disruptions**

Skating programs will be cancelled on the following dates:

• Apr 10, 11 and 13

# Skating schedule changes

On Saturday, April 4, public skating will take place from 1:00 - 1:50 p.m.



#### **Skating Schedule**

Effective Wed, Sep 5 - Apr 4, 2020 See the left column for exclusion dates.

Day	Program	Time	Cost
Monday	Adult Skating	9:00 a.m. - 12:35 p.m.	Regular admission Friendship Centre members: \$3.40
Monday	Tiny Tots	10:45 - 11:35 a.m.	Free
Wednesday	Adult Skating	9:00 a.m. - 12:35 p.m.	Regular admission Friendship Centre members: \$3.40
Thursday	Tiny Tots	10:45 - 11:35 a.m.	Free
Friday	Adult Skating	11:45 a.m. - 12:35 p.m.	Regular admission Friendship Centre members: \$3.40
<b>NEW TIME!</b> Saturday	Public Skating	2:00 - 2:50 p.m.	Regular admission



# **AQUATICS**

# FREE sponsored swimming!

Thank you to our community partners for sponsoring public swimming from 1:00 to 4:00 p.m. on the following dates:

- Sat, Mar 14 (sponsored by Downie Optimists)
- Sat, Mar 15 (sponsored by River Road Run)

Follow the Pyramid Recreation Centre on Facebook for more free swimming dates! To learn how to sponsor swimming, turn to page 11.

#### **Aquatics Centre Admission Fees**

Passes can be shared for your convenience and are valid for admission for the day. Passes can be used for public skating too!

All drop-in programs are first come, first served.

Admission	Child/Youth 3 - 18 years	Adult 19 - 64 years	Older Adult 65+ years
Single	\$3.75	\$5.25	\$5.00
15 passes	\$50.65	\$70.94	\$67.50
30 passes	\$99.04	\$138.72	\$132.01
60 passes	\$193.58	\$283.74	\$270.01

Single swim family pass: \$14.50

Stratford or St. Marys YMCA members swim for FREE at the Pyramid Recreation Centre with a valid YMCA membership card. Contact 519-284-2500 for details about YMCA memberships.



#### **Swim Tests**

#### **Aquatics Centre**

Tread water for 30 seconds and swim two widths continuously

#### St. Marys Quarry

Tread water for three minutes and swim 100 meters continuously

#### **Definitions**

#### **Direct Supervision**

Able to render immediate assistance; "within arm's reach"

#### Guardian

A person of at least 12 years of age who is responsible for the children

#### **Admission Guidelines**

#### 7 years and under

Regardless of swimming ability, children must be accompanied by a parent or guardian who is at least 12 years of age and responsible for their direct supervision, with a maximum of two children per parent/guardian and must remain in the shallow end. Parent/guardian must be in bathing attire and within arm's reach of the child(ren) at all times in and out of the water.

#### 8 to 10 years

#### Child cannot complete swim test:

Children must be accompanied by a parent or guardian who is at least 12 years of age and responsible for their direct supervision, with a maximum of two children per parent/guardian and must remain in the shallow end.

Maximum number of children increases to eight bathers to one parent/guardian (8:1) if approved life-jackets are worn by all non-swimmers in their charge. They must remain in the shallow end.

#### Quarry:

Life jackets required. Parent/guardian must be in bathing attire and within arm's reach of the child(ren) at all times in and out of the water.

#### Child can complete swim test:

Admitted unaccompanied.

#### 11+ years

Admitted unaccompanied. Recommended to always swim with a buddy.

# Drop-in swimming lessons at the Aquatics Centre and Quarry

This program is flexible to suit your summer schedule! There's no need to register, just pay at the Guest Services desk at the Pyramid Recreation Centre or with the lifeguard at the Quarry.

**NOTE:** Must attend seven (7) classes throughout the summer to receive a progress card.

See page 46 for cost and page 49 for times.

#### **Aquatics Centre Drop-in Programs**

#### **Lane Swim**

Lanes are set out for lap swimming, providing an excellent opportunity to get fit! **Cost**: Regular admission

#### **Public Swim**

Everyone welcome! Come out and have fun at the pool. **Cost**: Regular admission

#### **Aquafit**

Intended for all fitness levels. Come reap the benefits of exercising in the water. **Cost**: Regular admission

#### Baby & Me

Get a workout and bond with your baby at the same time. This class includes cardio, strength, stretching, and songs!
Cost: Regular admission

#### **Family Swim**

A great opportunity for some family time. All children must be accompanied by an adult. **Cost**: Regular admission

#### Starfish, Duck & Seaturtle

A fun time in the water for the little tykes and their parents/ guardians. Learn water safety skills through songs and games. **Cost:** \$7.75

#### St. Marys Quarry Drop-in Programs

#### Stand-up paddleboard & kayak rentals at the Quarry

Enjoy the water sports everyone's talking about! Participants ages 12 to 17 must have parents sign a waiver. Our rentals include a kayak / stand-up paddle board, paddle, life jacket and whistle.

**Cost:** \$8 for 45 minutes (plus regular Quarry admission)

Jun 13, 14, 20 and 21, 1:00 - 5:00 p.m. Jun 26 - Sep 7, 1:00 - 8:00 p.m.

New extended hours! Weekends from June 27 - September 7, the Quarry is open from 11:00 a.m. - 8:00 p.m.!

#### **Aquatics Centre Program Schedule - Spring**

Effective Saturday, March 28 - Sunday, June 28, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aquafit 9:00 - 9:45 am	Aquafit 9:00 - 9:45 am	Aquafit 9:00 - 9:45 am	Aquafit 9:00 - 9:45 am	Aquafit 9:00 - 9:45 am	Middlesex Swim Club 7:00 am - 9:00 am	
Aquafit 10:00 - 10:45 am	Leisure Time /	Aquafit 10:00 - 10:45 am	Leisure	Aquafit 10:00 - 10:45 am		Lane Swim
Family Swim (Leisure Pool) 9:45 - 11:00 am	Family Swim 9:45 - 11:30 am	Family Swim (Leisure Pool) 9:45 - 11:00 am	Time/Family Time 9:45 - 11:30 am	Family Swim (Leisure Pool) 9:45 - 11:00 am	Swimming Lessons 9:00 am - 12:30 pm	10:00 am - 1:00 pm
Family Swim (Leisure Pool) 9:45 - 11:00 am		Family Swim (Leisure Pool) 9:45 - 11:00 am		Family Swim (Leisure Pool) 9:45 - 11:30 am		
Starfish / Duck / Seaturtle 11:00 - 11:30 am		Baby & Me 11:00 - 11:30 am				
Lane Swim 11:30 am - 1:00 pm	Lane Swim 11:30 am - 1:00 pm	Lane Swim 11:30 am - 1:00 pm	Lane Swim 11:30 am - 1:00 pm	Lane Swim 11:30 am - 1:00 pm	Public Swim 1:00 - 4:00 pm	Public Swim 1:00 - 4:00 pm
Afternoon Programming TBD	Afternoon Programming TBD	Afternoon Programming TBD	Afternoon Programming TBD	Afternoon Programming TBD		
Swimming Lessons 4:00 - 7:00 pm		Swimming Lessons 4:00 - 7:00 pm		Public swim 4:00 - 5:30 p.m	Rentals 4:00 pm onwards	Rentals 4:00 pm onwards
Middlesex Swim Club 5:00 - 7:00 pm	Swimming Lessons 4:00 - 7:00 pm	Middlesex Swim Club 5:00 - 7:00 pm	Swimming Lessons 4:00 - 7:30 pm	Middlesex Swim Club		
Aquafit 7:00 - 7:45 pm	Aquafit 7:00 - 7:45 pm	Aquafit 7:00 - 7:45 pm	Aquafit 7:30 - 8:15 pm	5:30 - 8:00 pm		
Lane Swim 7:45 - 9:00 pm	Lane Swim 7:45 - 9:00 pm	Lane Swim 7:45 - 9:00 pm	Lane Swim 8:15 - 9:00 pm			

#### PA Day Public Swims!

May 1, June 8 and June 26 1 - 4:00 p.m.

#### **Disruptions and Closures**

Public swim cancelled Saturday, April 18 (swim meet)

Closed April 10, April 13 and May 18 (holidays)



#### **Aquatics Centre Program Schedule - Summer**

Effective Monday, June 29 - Friday, August 28, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Aquafit	St. Marys Cyclones	Aquafit	St. Marys Cyclones	Aquafit
8:00 - 8:45 am	8:00 - 8:45 am	8:00 - 8:45 am	8:00 - 8:45 am	8:00 - 8:45 am
Aquafit	Aquafit	Aquafit	Aquafit	Aquafit
9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am	9:00 - 9:45 am
Swimming	Swimming	Swimming	Swimming	Swimming
Lessons	Lessons	Lessons	Lessons	Lessons
10:00 - 12:00 pm	10:00 - 12:00 pm	10:00 - 12:00 pm	10:00 - 12:00 pm	10:00 - 12:00 pm
Aquafit	Aquafit	Aquafit	Aquafit	Aquafit
(August 10, 17, 24)	(August 4, 11, 18, 25)	(August 5, 12, 19, 26)	(August 6, 13, 20, 27)	(August 7, 14, 21, 28)
10:00 - 10-:45 a.m.	10:00 - 10-:45 a.m.	10:00 - 10-:45 a.m.	10:00 - 10-:45 a.m.	10:00 - 10-:45 a.m.
Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm	12:00 - 1:00 pm
Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
1:00 - 5:00 pm	1:00 - 4:45 pm	1:00 - 5:00 pm	1:00 - 4:45 pm	1:00 - 5:00 pm
	Swimming Lessons 4:45 - 7:00 pm		Swimming Lessons 4:45 - 7:00 pm	
	Aquafit 7:00 - 7:45 pm		Aquafit 7:00 - 7:45 pm	
	Lane Swim 7:45 - 9:00 pm		Lane Swim 7:45 - 9:00 pm	

#### **Weekend Swimming**

The PRC Aquatics Centre is closed on weekends during the summer, so please join us at our splash pads and at the Quarry all summer long!

**Disruptions and closures**Annual maintenance shut down is August 29 - September 13, 2020. Closed July 1 and August 3 (holidays).

Swimming Lessons
Session One is from July 6 - 17, and Session Two is from July 20 - 31.



#### **Swimming Lessons**

To register for any of the programs below, contact Guest Services at 519-284-2160.

# **Group swimming lessons at the Aquatics Centre and Quarry Mass registration**

Spring (Lessons starting week of Apr 14)

In-person at the Pyramid Recreation Centre: Saturday, March 28

9:00 - 11:00 a.m.

Online at townofstmarys.com/register: Anytime after 9:00 a.m.

on Saturday, March 28

Summer (Lessons starting week of July 6)

In-person at the Pyramid Recreation Centre: Saturday, June 6

9:00 a.m. - 11:00 a.m.

Online at **townofstmarys.com/register**: Anytime after 9:00 a.m. on Saturday, June 6

#### Fee schedule

Session type	Cost
½ hour, 10 classes	\$77.50
3/4 hour, 10 classes	\$87.50
½ hour drop in	\$7.75
<sup>3</sup> / <sub>4</sub> hour drop in	\$8.75
½ hour private lesson	\$18.37
½ hour semi-private (2 children)	\$27.58
Recreational swim team	\$96.00
Junior Lifeguard Club	\$60.00

# Private and semi-private lessons

These lessons are run in the same format as all other group lessons. Simply sign up through our online portal at townofstmarys.com/register.

Please note: registration is for the full session. No "make up" lessons will be offered for missed lessons.

#### **Camp PRC lessons**

Add on to your child's Camp PRC experience! See the chart on the right for fees and page 48 for times.



#### **Red Cross Swim Lesson Levels**

#### **Starfish (4 - 18 months)**

Buoyancy, movement, entries, songs and play in the water (with assistance).

#### **Duck (18 - 30 months)**

Front and back floats, moving forward and backwards and using arms (with assistance). Songs and play in the water.

#### Sea Turtle (30 - 36 months)

Swimming, gliding and floating, awareness of deep water and safe entries. Front and back floats with recovery. Use of buoyant objects for support (with assistance).

#### Sea Otter (3 - 5 years)

Floats and glides on front and back, jumping into shallow water, breathing techniques such as blowing bubbles underwater (with assistance).

#### Salamander (3 - 5 years)

Water games and songs. Assisted front/back floats and glides as well as a distance swim of 2m.

#### Sunfish (3 - 6 years)

Front and back floats, jumps into deep water, stroke and skills progressions (with assistance). Front and distance swim of 2m.

#### Crocodile (3 - 6 years)

Independent glides, kicking in deep water, longer front and back swims, jumps into deep water, use of personal flotation device (PFD) in deep water and distance swim of 10m.

#### Whale (3 - 6 years)

Front and back distance swim of 15m. Water safety, throwing assists and a variety of stroke techniques.

#### **Levels 1 - 10 (6 years up)**

Increase swimming distance and learn advanced techniques. Level 10 skills include front and back crawl (100m), elementary back stroke (50m), breast stroke (50m), sidestroke (25m), vertical dolphin kick, feet and head-first surface dives with underwater swim and a 500m swim.

### Swimming lesson schedule - Spring

**Aquatics Centre** 

Level	Mon Apr 20 - Jun 22 9 lessons Excludes May 18	Tue Apr 14 - Jun 16 10 lessons	Wed Apr 15 - Jun 17 10 lessons	Thu Apr 16 - Jun 18 10 lessons	Sat Apr 18 - Jun 20 10 lessons	Sun Apr 26 - Jun 21 9 lessons
Starfish, Duck and Sea Turtle	11:00 - 11:30 am	6:00 - 6:30 pm		6:00 - 6:30 pm	9:00 - 9:30 am 10:30 - 11:00 am	5:00 - 5:30 pm
Sea Otter	5:00 - 5:30 pm	4:00 - 4:30 pm 5:00 - 5:30 pm 6:00 - 6:30 pm	5:00 - 5:30 pm	4:00 - 4:30 pm 4:30 - 5:00 pm 5:00 - 5:30 pm 6:00 - 6:30 pm	9:30 - 10:00 am 10:30 - 11:00 am 11:30 - 12:00 am	5:00 - 5:30 pm 6:00 - 6:30 pm
Salamander	5:30 - 6:00 pm	5:00 - 5:30 pm 5:30 - 6:00 pm 6:00 - 6:30 pm 6:30 - 7:00 pm	5:30 - 6:00 pm	5:00 - 5:30 pm 5:30 - 6:00 pm 6:00 - 6:30 pm 6:30 - 7:00 pm	9:00 - 9:30 am 9:30 - 10:00 am 10:00 - 10:30 am 11:00 - 11:30 am	4:00 - 4:30 pm 5:30 - 6:00 pm
Sunfish	6:15 - 6:45 pm	4:30 - 5:00 pm 5:30 - 6:00 pm 6:30 - 7:00 pm	6:15 - 6:45 pm	4:00 - 4:30 pm 4:30 - 5:00 pm 5:30 - 6:00 pm 7:00 - 7:30 pm	9:00 - 9:30 am 10:00 - 10:30 am 10:30 - 11:00 am	4:30 - 5:00 pm 6:30 - 7:00 pm
Crocodile		5:30 - 6:00 pm 6:30 - 7:00 pm		5:00 - 5:30 pm 5:30 - 6:00 pm	9:30 - 10:00 am 10:00 - 10:30 am	4:30 - 5:00 pm
Whale		5:00 - 5:30 pm 5:30 - 6:00 pm		4:00 - 4:30 pm 5:30 - 6:00 pm	9:30 - 10:00 am	4:00 - 4:30 pm
Level 1/2		6:00 - 6:30 pm		4:30 - 5:00 pm 5:00 - 5:30 pm	10:30 - 11:00 am	4:30 - 5:00 pm
Level 3		6:30 - 7:00 pm		4:30 - 5:00 pm 6:00 - 6:30 pm	9:00 - 9:30 am 10:00 - 10:30 am	5:00 - 5:30 pm
Level 4		5:00 - 5:30 pm 6:30 - 7:00 pm		4:00 - 4:30 pm 6:00 - 6:30 pm	9:00 - 9:30 am 10:30-11:00 am	4:00 - 4:30 pm
Level 5		4:00 - 4:45 pm 5:00 - 5:45 pm		4:30 - 5:15 pm 6:30 - 7:15 pm	9:30 - 10:15 am 11:15 am - 12:00 pm	5:30 - 6:15 pm
Level 6		4:00 - 4:45 pm 5:45 - 6:30 pm		5:15 - 6:00 pm 6:30 - 7:15 pm	9:30 - 10:15 am 11:15 am - 12:00 pm	5:30 - 6:15 pm
Level 7/8		4:00 - 4:45 pm		6:30 - 7:15 pm	11:15 am - 12:00 pm	6:15 - 7:00 pm
Level 9/10		4:00 - 4:45 pm		6:30 - 7:15 pm	11:15 am - 12:00 pm	6:15 - 7:00 pm
Private Lessons	4:00 - 4:30 pm		4:00 - 4:30 pm		12:00 - 12:30 pm	8:30 - 9:00 am
Private Lessons	4:30 - 5:00 pm		4:30 - 5:00 pm		12:30 - 1:00 pm	9:00 - 9:30 am
Private Lessons						9:30 - 10:00 am

### Swimming lesson schedule - Summer

AC = Aquatics Centre Q = St. Marys Quarry

Level	Session 1	Session 2	Session 3	Session 4
	Daily Mon to Fri	Daily Mon to Fri	Tue	Thu
	10 lessons	10 lessons	8 weeks	8 weeks
	Jul 6 - 17	Jul 20 - 31	Jul 7 - Aug 25	Jul 9 - Aug 27
Drop-in Sea Otter - Level 4	11:30 am - 12:00 pm AC	11:30 am - 12:00 pm AC		
Starfish, Duck, Sea	10:00 - 10:30 am	10:00 - 10:30 am	6:00 - 6:30 pm	6:00 - 6:30 pm
Turtle	AC	AC	AC	AC
Sea Otter	10:00 - 10:30 am	10:00 - 10:30 am	4:45 - 5:15 pm	4:45 - 5:15 pm
	AC	AC	AC	AC
Salamander	10:30 - 11:00 am	10:30 - 11:00 am	5:15 - 5:45 pm	5:15 - 5:45 pm
	AC	AC	AC	AC
Sunfish	11:00 - 11:30 am	11:00 - 11:30 am	5:45 - 6:15 pm	5:45 - 6:15 pm
	AC	AC	AC	AC
Crocodile	10:30 - 11:00 am	10:30 - 11:00 am	6:15 - 6:45 pm	6:15 - 6:45 pm
	AC	AC	AC	AC
Whale	11:00 - 11:30 am	11:00 - 11:30 am	6:15 - 6:45 pm	6:15 - 6:45 pm
	AC	AC	AC	AC
Level 1/2	11:00 - 11:30 am	11:00 - 11:30 am	5:30 - 6:00 pm	5:30 - 6:00 pm
	AC	AC	AC	AC
Level 3	10:00 - 10:30 am	10:00 - 10:30 am	5:00 - 5:30 pm	5:00 - 5:30 pm
	AC	AC	AC	AC
Level 4	10:30 - 11:00 am	10:30 - 11:00 am	6:30 - 7:00 pm	6:30 - 7:00 pm
	AC	AC	AC	AC
Camp PRC lessons	11:30 am - 12:00 pm AC	11:30 am - 12:00 pm AC		
Level 5/6	9:45 – 10:30 am	9:45 – 10:30 am	4:45 - 5:30 pm	4:45 - 5:30 pm
	Q	Q	AC	AC
Level 7/8	10:30 – 11:15 am	10:30 - 11:15 am	5:30 - 6:15 pm	5:30 - 6:15 pm
	Q	Q	AC	AC
Level 9/10	9:45 – 10:30 am	9:45 – 10:15 am	6:15 - 7:00 pm	6:15 - 7:00 pm
	Q	Q	AC	AC
Drop-in Levels 5 - 10	11:15 - 12:00 pm Q	11:15 - 12:00 pm Q		



#### **Advanced Aquatics**

#### **Junior Lifeguard Club**

Recommended for ages 8 - 15

The Junior Lifeguard Club encourages social interaction, community involvement, lifeguarding and lifesaving skills. Candidates must be comfortable in deep water and pass the Quarry swim test (swim 100m and tread water for three minutes).

**Location:** Quarry

Registration required: In person at Guest Services or 519-284-2160

Dates	Time	Cost
Mon - Fri Jul 6 - 17	10:30 - 11:00 a.m.	\$60
Mon - Fri Jul 20 - 31	10:30 - 11:00 a.m.	\$60

#### St. Marys Cyclones

This recreational swim program is geared towards developing competitive swimming skills. Participants are encouraged to expand their swimming potential by practicing their strokes in a team-based environment, with the option of showcasing their skills in a competitive setting during the summer months at local swim meets.

**Location:** Aquatics Centre

**Registration required:** In person at Guest Services or 519-284-2160

Dates	Time	Cost
Tue and Thu Jul 7 - Aug 27	8:00 - 8:45 a.m.	\$96

#### **Bronze Star**

Bronze Star is excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400m swim.

**Registration required:** In person at Guest Services or 519-284-2160

**Location:** Aquatics Centre

Dates	Time	Cost
Thu Apr 16 - Jun 18	6:45 - 7:30 p.m.	\$70.65 (HST included)



#### **Bronze Medallion and Emergency First Aid CPR B**

Prerequisite: Minimum 13 years of age or Bronze Star certification

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water-rescue education: judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500m timed swim.

**Registration required:** In person at Guest Services or 519-284-2160. Copies of prerequisite certificates required at time of registration.

**Location:** Aquatics Centre

Dates	Time	Cost
Sun		Course: \$130.99
Apr 26 - Jun 21		Manual: \$49.40
9 weeks		(HST included)

**Location:** St. Marys Quarry

Dates	Time	Cost
Mon - Fri Jul 6 - 17		Course: \$130.99 Manual: \$49.40 (HST included)

#### **Bronze Cross**

Prerequisites: Bronze Medallion and Emergency First Aid certificate (need not be current)

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600m swim.

**Registration required:** In person at Guest Services or 519-284-2160. Copies of prerequisite certificates required at time of registration.

**Location:** Aquatics Centre

Dates	Time	Cost
Sun Apr 26 - Jun 14 9 weeks	6:45 - 9:00 p.m.	\$148.02 (HST included)

Location: St. Marys Quarry

Dates	Time	Cost
Mon - Fri Jul 20 - 31	10:00 a.m 12:00 p.m.	\$148.02 (HST included)



#### **Red Cross - Water Safety Instructor (WSI)**

Prerequisites: Must be 15 years old by the last day of the course and have taken Bronze Cross and Emergency First Aid

The Water Safety Instructor course prepares candidates to instruct Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, water safety and swimming skills in the Red Cross Swim preschool, swim kids, school, camp, adults and teens and adapted programs.

#### Includes:

Skills evaluation: 3 - 6 hoursOnline component: 14 - 20 hours

• Teaching experience: Minimum 8 hours

• Nine hours classroom, 12 hours pool experience

**Location:** Aquatics Centre

**Registration required:** In person at Guest Services or 519-284-2160. Copies of prerequisite certificates required at time of registration.

Dates	Time	Cost
<b>Skills evaluation:</b> Thurs, Jul 2	4:00 - 8:30 p.m.	\$346.03 (evaluation, course and online
Course: Mon - Wed Jul 27, 28 and 29	2:00 - 9:00 p.m.	training)

#### **National Lifeguard Recertification**

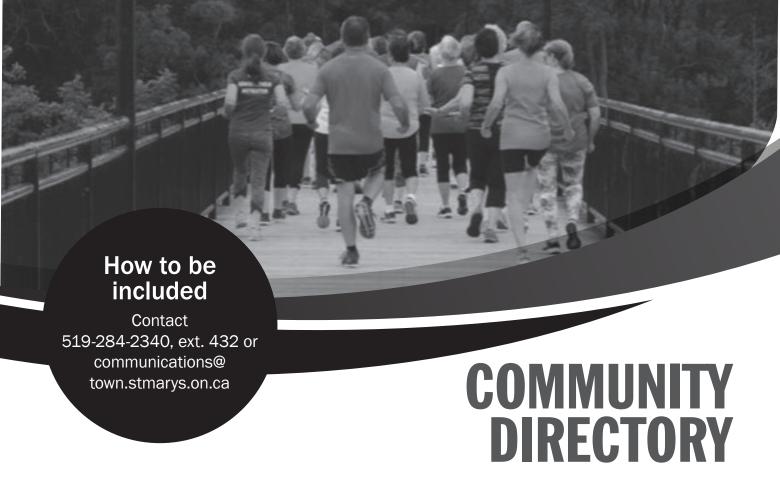
Prerequisites: Proof of original National Lifeguard certification

This program is designed to evaluate the candidate's lifeguarding skills in order to maintain current certification at the National Lifeguard level. Candidates are required to bring their own whistle and proof of original certification.

**Location:** Pyramid Recreation Centre

**Registration required:** In person at Guest Services or 519-284-2160. Copies of prerequisite certificates required at time of registration.

Dates	Time	Cost
Sat, May 2	4:00 - 8:30 p.m.	\$67.46



**Please note:** Groups must submit their details for inclusion in this publication and are responsible for providing complete and up-to-date information.

#### **Fitness & Sports**

St. Marys Badminton & Volleyball Ciaran Brennan Recreation Supervisor 519-284-2340, ext. 626 cbrennan@town.stmarys.on.ca

**St. Marys Curling**Amie Shackleton
stmarycurling@gmail.com
519-949-1225

St. Marys Ladies Slo-Pitch League Emma Baker, President 519-532-5498 Baker.em@hotmail.com St. Marys Lincolns Jr. B Hockey Team Brandon Boyd P.O. Box 42, St. Marys, ON N4X 1A9 519-520-0799 bboyd@lincs.ca lincs.ca

Men's Over 35 Slo Pitch Roger Muir 519-284-3688

Men's SloPitch
David Grant
519-562-8484
stustick2@hotmail.com
https://sites.google.com/site/
stmarysmensslopitch/home



# Fitness & Sports (continued)

Middlesex Swim Club middlesexswimming.ca facebook.com/SwimmingMS

St. Marys Minor Baseball Candy McEwan 519-284-0124 m.mcewan@sympatico.ca stmarysminorball.ca

St. Marys Minor Basketball (Youth Basketball, Gr 3 - 8) Gregg Blackler 5765 Perth Line 8, RR1 St. Marys, ON 519-229-6241 gblackler@hotmail.com basketballstmarys.blogspot.ca

St. Marys Minor Hockey Association P.O. Box 1906 St. Marys ON N4X 1C2 Kristene McCurdy, President smmha.ca

St. Marys Minor Soccer
Box 2877
St. Marys, Ontario
N4X 1A5
info@stmarysminorsoccer.com
stmarysminorsoccer.weebly.com

Parks Lawn Bowling Club Larry McLellan or Colin Campbell P.O. Box 111 St. Marys, ON N4X 1A9 519-284-3502 or 519-284-2238 ljmclellan@rogers.com stmaryslawnbowling.ca

Perth County Tri Club (Swim, bike, run) Jamie Nelder perthcountytri@hotmail.com Register at middlesexswimming.ca

Pickleball Social Club Doug Diplock 226-661-3333 dougdiplock@yahoo.ca Pyramid Recreation Centre & Aquatics Centre
Guest Services
P.O Box 998, 317 James St. S
St. Marys, ON N4X 1B6
519-284-2160
prccsr@town.stmarys.on.ca
facebook.com/pyramidcentre

**St. Marys Quarry**P.O. Box 998, 425 Water St. S
St. Marys, ON N4X 1B6
Off season: 519-284-2160
Summer hours: 519-284-3090

St. Marys Ringette Association P.O. Box 2958 St. Marys, Ontario N4X 1A6 stmarysringette.ca

River Road Run Sunday, September 29 www.riverroadrun.ca

St. Marys Soccer Club (Adult men and ladies) Evan Doupe stmarysjuggernauts@gmail.com

St. Marys Social Tennis Club
Tennis Courts
550 Water St. S., St. Marys
stmaryssocialtennisclub@gmail.com
Facebook: stmarystennis.ca

St. Marys Shuffleboard Club Ron Ferguson Lind Sportsplex 425 Water St S, St. Marys ON 519-284-2875

St. Marys Skating Club P.O. Box 2888 St. Marys, ON N4X 1A6 stmarysskatingclub.com

Thames River Paddling Club Ben Gerber P.O. Box 656 STN Main, St. Marys, ON N4X 1B4 519-301-2540 info.trpc@gmail.com thamesriverpaddlingclub.com

# YMCA, Stratford Perth (St. Marys Centre)

Nancy Riddell 268 Maiden Lane, P.O. Box 2740 St. Marys, ON N4X 1A5 519-284-2500 nancy.riddell@sp.ymca.ca stratfordperthymca.com

#### **Arts & Culture**

## Canadian Baseball Hall of Fame and Museum

Scott Crawford
Office: 140 Queen St. E
Museum: 386 Church St. S
P.O. Box 1838
St. Marys, ON N4X 1C2
baseball@baseballhalloffame.ca
baseballhalloffame.ca

#### The Front Porch Show "By the Seat of Our Pants Productions"

John Stevens: 226-921-5247
Rob Edney: 226-688-8385
P.O. Box 2487,
St. Marys, ON N4X 1A3
Facebook: www.facebook.com/
TheFrontPorchShow
YouTube: The Front Porch Show
- St. Marys, Ontario, Canada

# St. Marys Clicks (Photography Club)

Julie Phillips, Secretary 519-301-3110 stmarysclicks@gmail.com stmarysclicks.wixsite.com/ stmarysclicks www.facebook.com/St-Marys-Clicks-838702152866733/

#### St. Marys Community Players

Town Hall Theatre 175 Queen St. E. St. Marys, ON info@stmaryscommunityplayers.ca www.stmaryscommunityplayers.ca Facebook/Instagram: @stmaryscommunityplayers

#### St. Marys Farmers' Market

stmarysfarmersmarket.ca

Saturday Mornings
May 23rd - October 31st
Megan & Sean Brode, Managers
104 Jones St. E., St. Marys
Stmarysfarmersmarket92@gmail.com
Facebook:

@FarmersMarketofStMarys
Instagram:
@stmarysfarmersmarket

Association
Seth Cook
P.O. Box 576
St. Marys, ON N
519-317-4392
Location:
2nd floor of Cool
Enter via Door in parking lot

# **St. Marys Horticultural Society**Box 2998, St. Marys, ON N4X 1A6 stmarys.horticulture@gmail.com gardenontario.org/site.php/stmarys

#### St. Marys Museum

Amy Cubberley, Curator P.O. Box 998, 177 Church St. S St. Marys, ON N4X 1B6 519-284-3556 museum@town.stmarys.on.ca stmarysmuseum.ca facebook.com/stmarysmuseum

# St. Marys Public Library P.O. Box 998, 15 Church St. N St. Marys, ON N4X 1B4 519-284-3346 libraryinfo@stmaryspubliclibrary.ca stmaryspubliclibrary.ca facebook.com/stmaryspubliclibrary twitter.com/stmarysPL

# St. Marys Station Gallery 5 James St. N St. Marys, ON N4X 1B1 stmarysstationgallery.ca facebook.com/ StMarysStationGallery

#### **Stonetown Arts**

Cathy Atwell or Chantelle Marshall P. O. Box 2177
St. Marys, ON N4X 1A1
519-284-0344 or 519-225-2698 catwell@sympatico.ca or pmarshall@quadro.net facebook.com/StonetownArts

#### Stonetown Model Railroad

Association
Seth Cook
P.O. Box 576
St. Marys, ON N4X 1B3
519-317-4392
Location:
2nd floor of Community Centre
Enter via Door #3 off East
parking lot
Open to visitors Mon, 7 to 9 p.m.

#### Stonetowne Quilters Guild Phyllis Grover

226-213-5121 stonetownequilters.com

#### **Child and Youth Groups**

#### Girl Guides of Canada

Sparks/Brownies (Ages 5 - 8) Sheila LeBlanc 519-630-2665 or Steph Metcalf 519-275-4480

Guides/Pathfinders (Ages 9 - 14) Gwyneth Hall Gwyneth.hall@mercer.com 519-229-6491

# LEO (Leadership, Experience, Opportunity) Club (Ages 12 - 18)

Lion Raymond Taylor
P. O. Box 1151
St. Marys, ON N4X 1B7
519-201-8398
facebook.com/groups/
St.MarysLEOs

# Scouts Canada/1st St Marys Scouting

John Golz, Frontier DAC, St. Marys Group Commissioner 519-301-0756 scouterjgolz@gmail.com

Beavers (Ages 5 - 7): stmarysbeavers@gmail.com

Cubs (Ages 8 - 10): 1stmaryscubs@gmail.com

Scouts (Ages 11 - 13): scouterjgolz@gmail.com



# Scouts Canada/1st St Marys Scouting (continued)

Venturers (Ages 14 - 17): scouterjgolz@gmail.com

Volunteer Scouters (Ages 14 - 18) or Adult (Ages 18+): scouterjgolz@gmail.com

St. Marys Youth Centre
Ciaran Brennan
Recreation Supervisor
P.O. Box 998, 317 James St. S.
St. Marys, ON N4X 1B6
519-284-2340, ext. 626
cbrennan@town.stmarys.on.ca

#### **Community Groups**

Army, Navy and Air Force
Veterans in Canada
Roy Maynard
P.O. Box 1135, 23 Wellington St. N.
St. Marys, ON N4X 1B7
519-284-4390
anaf265@yahoo.ca

Adult Learning Programs of Perth 26 Wellington St. S, St. Marys ON Office: 519-284-4408 Cell: 519-272-5174 adultlearning@town.stmarys.on.ca adultlearningperth.ca

**St. James Anglican Church** 65 Church St., St. Marys ON 519-284-1147 stjamesinstmarys.org

Community Living
St. Marys and Area
Marg McLean
P.O. Box 1618, 300 Elgin St. E
St. Marys ON N4X 1B9
519-284-1400
mmclean@clstmarys.ca
communitylivingstmarys.ca

St. Marys Child Care Centre
Jen Lewis
Early Learning Services Supervisor
P.O Box 998, 161 Peel St. N
St. Marys, ON N4X 1B6
519-284-3121
jlewis@town.stmarys.on.ca

Family Services Perth-Huron 142 Waterloo St. S Stratford ON N5A 4B4 519-273-1020 1-800-268-0903 familyserviceperth-huron.ca

# First Baptist Church of St. Marys

Rev. Dr. Mark G. McKim - Minister 34 Church St. S., P. O. Box 814 St. Marys, ON N4X 1B5 519-284-1758

Friends of the Library
P.O. Box 998, 15 Church St. N
St. Marys, ON N4X 1B4
519-284-3346
libraryinfo@stmaryspubliclibrary.ca

# Holy Name of Mary Roman Catholic Parish

149 King Street North, Box 692 St. Marys ON N4X 1B4 519-284-2593, Ext. 20 hnmstmarys@dol.ca holynameofmary.dol.ca

Home Support Services
P.O. Box 998, 317 James St. S
St. Marys, ON N4X 1B6
519-284-3272
homesupport@town.stmarys.on.ca

Huron Perth Public Health 653 West Gore St. Stratford, ON N5A 1L4 1-888-221-2133, ext. 3267 hpph.ca facebook.com/ HuronCountyHealthUnit twitter.com/HPPublicHealth

Kinette Club of St. Marys
Wendy Lamond, President
P. O. Box 1887
St. Marys, ON N4X 1C2
stmaryskinetteclub@gmail.com
stmaryskinetteclub.wixsite.com/
home
facebook.com/Kinette-Club-of-StMarys-1485874464997426/

#### Kinsmen Club of St. Marys

Ryan Hacking P.O. Box 154 St. Marys ON N4X 1A5 519-949-2977 ryan.hacking@gmail.com stmaryskinsmen.com

Lions Club of St. Marys

Lion Marianne Ferguson P. O. Box 1151 St. Marys, ON N4X 1B7 519-284-2875 mnr2@rogers.com facebook.com/ stmaryslionsdistricta15

**Mobility Services** 

Office: 519-284-4010 EasyRide: 519-272-9875 mobility@town.stmarys.on.ca

#### Order of the Eastern Star. St. Marys Chapter #121

Lois Bragg P.O. Box 1919 St. Marys, ON N4X 1C2 519-284-2144 dlbragg23@rogers.com

#### Partners in Employment

**Deb Hotchkiss** 26 Wellington St. St. Marys, N4X 1A8 519-284-0122 d.hotchkiss@partnersinemployment.on.ca Liz Harrison, President partnersinemployment.on.ca

The Rotary Club of St. Marys

President 2019-2020 Lucie Stephens 12-20 Huron St., N. St. Marys, ON, N4X 1C5 luciestephens@gmail.com rotarystmarys.ca facebook.com/Rotary-Club-of-St-Marys-205804042908902/

#### **Royal Canadian Legion Perth** Regiment Veterans Branch 236 St Marys

Tom Jenkins P.O. Box 1036, 66 Church St. N. St. Marys, ON N4X 1B7 519-284-2267

Royal Canadian Legion (continued)

rcl236@bell.net facebook.com/ groups/749299105105073/

The Salvation Army

Major Pamela Stanger Major William Stanger P.O. Box 29 St Marys, ON, N4X 1A9

Food Bank/Family Services: sastmarys@rogers.com 519-284-2760

St. Marys Baha'i Community

P.O. Box 5 St. Marys, ON N4X 1C5 519-284-0768 bahaistmarys@gmail.com

St. Marys Business Improvement Area

stmarysdowntown@gmail.com facebook.com/downtownstmarysontario

St. Marys Friendship Centre

Jenny Mikita Senior Services Supervisor P.O. Box 998, 317 James St. S St. Marys, ON N4X 1B6 519-284-3272 friends@town.stmarys.on.ca

St. Marys McConnell Club

P.O. Box 245 St Marys ON N4X 1B1 519-349-2575 harrisons@quadro.net

St. Marys Healthcare Foundation

Krista Linklater, Executive Director Pat Craigmile, Board Chair P.O. Box 940, 267 Queen St. W St. Marys, ON N4X 1B6 519-284-1332, ext. 3450 info@stmaryshealthcarefoundation stmaryshealthcare.foundation

St. Marys and Area Ministerial Association

Rev. Dr. Mark G. McKim (First Baptist) 34 Church St. S. Box 814 St. Marys, ON N4X 1B5 Tel: 519-284-1758

St. Marys Presbyterian Church

Rev. Gwen Ament P.O. Box 247, 147 Widder St. E St. Marys N4X 1B1 519-284-2620 stmaryspreschurch@on.aibn.com pccweb.ca/stmarys

Stonetown Worship Centre

Box 2161 St. Marys ON N4X 1A1 Meeting Sunday at 10:30 a.m. at 23 Water St. S. www.stonetownworship.ca info@stonetownworship.ca 226-766-8797

St. James Lodge

**Bob Sass** robtgsas@rogers.com

St. Marys United Church

Box 542, 85 Church St. S St. Marys, ON N4X 1B3 519-284-3016 administrator@ stmarysunitedchurch.org stmarysunitedchurch.weebly.com

#### Stratford Perth Community **Foundation**

55 Lorne Ave E., Unit 5 Stratford ON N5A 6S4 519-271-1503 info@spccf.ca spccf.ca

Wildwood Conservation Area

Paul Switzer 3995 Line 9, RR #2 St. Marys, ON N4X 1C5 519-284-2931 switzerp@thamesriver.on.ca wildwoodconservationarea.ca



# **FESTIVALS & EVENTS**

#### **The Front Porch Show**

# **Every Saturday in July and August**

7:00 - 8:00 p.m. Cadzow Park Admission is free.

The outdoor talk show! Music, laughs, interviews — meet your neighbors and learn about your community in a beautiful setting. Streamed live on Facebook.

For more events visit calendar.townofstmarys.com

#### March

# International Women's Day

March 6 1:00 p.m. Friendship Centre 519-284-3272 Admission by donation

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. Join the Friendship Centre for an afternoon of stories and fellowship with inspiring women.

# St. Patrick's Day Lunch and Fun Bingo

March 17 12:00 p.m. Friendship Centre 519-284-3272

Cost: \$12 (Non-members \$15)

Please sign up in advance.

#### **April**

#### **Easter Lunch**

April 12 12:00 p.m. Friendship Centre 519-284-3272 Cost: \$15

Please buy tickets in advance.

#### St. Marys Station Gallery Spring and Summer Exhibits

#### 2020 Lineup - The Immigrant

The Station Gallery is very excited to share what is happening in 2020. After starting off the year with a celebration of the art of three local First Nations' artists, the rest of the season features what they are calling the works of "The Immigrant" - artists with a strong immigrant history.

Feb 28 to Mar 21

#### Pop Up

Retrospect of past artists' works

Mar 27 to May 2

#### **Joanne Vegso**

The artistry of watercolour

May 15 to June 27

#### **Stratford - The Mask**

The history of the theatre mask

July 10 to Aug 22

#### **Rosemary Sloot**

Painter

Aug 28 - Oct 10

#### Florin Zamfirescu

Painter

Oct 16 - Nov 21

#### **Alan Dhingra**

Painter

For hours and more details visit stmarysstationgallery.ca.

# **April (continued) Spring Scrap-a-thon**

April 18 9:00 a.m. - 9:00 p.m. Friendship Centre 519-284-3272 Cost: \$55

Join us for 12 hours of scrapbooking madness! Scrapbookers will receive lunch and dinner, lots of great free giveaways and endless creative energy.

# Rural/Urban Night featuring Dan Needles

April 9

Social 5:00 p.m., dinner 6:30 p.m., presentation 8:00 p.m.
Pyramid Recreation Centre www.rotarystmarys.ca

Rotary Club of St. Marys presents Dan Needles, author and playwright of the Wingfield Series. Contact any Rotarian or O'Grady's Clothing for tickets.

#### **Scrapbooking Garage Sale**

April 4 9:00 a.m. - 12:00 p.m. Friendship Centre 519-284-3272

Get amazing deals on gently used and/or unwanted crafting supplies. To become a vendor, contact the Friendship Centre.

#### St. Marys Community Players Present 'Trying' by Joanna McClelland Glass

April 24 - May 3
Town Hall Theatre
For details and tickets visit
www.stmaryscommunityplayers.ca
Stay tuned for exciting news on the
return of the popular play "Cabaret"
as our fall production!

#### May

#### **Mother's Day Paint Night**

May 7 6:30 p.m. Friendship Centre 519-284-3272 Cost: \$45 (\$40 for Friendship

Centre members)

Celebrate your mom and paint her a masterpiece or sign up to come paint with her. Bring your creative energy and we'll bring the supplies!

#### **Toronto Blue Jays Clinic**

May 23 9:00 a.m. – 1:00 p.m. King Field at the Canadian Baseball Hall of Fame. For details, check www.baseballhalloffame.ca

# Stonetown Entertainers Presents an Evening of Music and Song

May 29 7:00 p.m. Friendship Centre 519-284-3272 Cost: TBA

Join the Stonetown Entertainers for an evening of uplifting music featuring local performers.

#### June

#### Drive-Thru BBQ

June 10 \$18

St. Marys Presbyterian Church 519-284-2620

#### **Seniors' Month BBQ**

June 12

Lunch 12:00 p.m., show 1:00 p.m. Friendship Centre 519-284-3272 Tickets: \$10 (Non-members \$12)

Please sign up in advance. Our Seniors' Month BBQ is a great opportunity to celebrate seniors in our community.

#### June

#### Baseball Hall of Fame 24th Annual Celebrity Golf Classic & Banquet

June 19

Registration: 10:00 a.m. Tee-off: 11:00 a.m. Banquet: 5:00 p.m.

St. Marys Golf and Country Club

Golf with the celebrities and learn about their careers at the banquet. Banquet-only tickets also available.

# Canadian Baseball Hall of Fame and Museum Induction Day

June 20

Events: 9:00 a.m. - 5:00 p.m. Ceremony: 1:00 p.m.

Canadian Baseball Hall of Fame and Museum

and Museum

Celebrate the induction of Justin Morneau, John Olerud, Duane Ward and broadcaster Jacques Doucet with baseball-themed activities all day long.

#### **Toonie Swimming Day**

June 26 1:00 - 4:00 p.m. Aquatics Centre and Quarry \$2 admission

8 to 11 year-olds are invited to try the swim test as well as purchase summer swimming passes. Admission at either pool only \$2.

# Friendship Centre Canada Day lunch and fun bingo

June 26 12:00 p.m. Friendship Centre Cost: \$12 (Non-members \$15) Please sign up in advance.

#### **Quarry Kick-off Party**

June 27 1:00 - 4:00 p.m. St. Marys Quarry Free admission

Enjoy DJ'd music, games, prizes and food available to purchase.

#### July

#### **Canada Day Party**

July 1 11:00 a.m. - 4:00 p.m. Milt Dunnell Field 519-284-2340, ext. 249 events@town.stmarys.on.ca

Join us at Milt Dunnell Field for family activities, live music and more!

#### **Homecoming+Heritage 2020**

July 3-5 Various locations 519-284-2340, ext. 249 Free admission

This blockbuster weekend opens Friday with a parade, downtown street dance and fireworks. Saturday highlights include the Lions Car Show, Heritage Festival at Cadzow Park, a DCVI reunion and a licensed dance/party at the PRC. Sunday will feature a special edition of the Front Porch Show.

#### **Kin Summerfest**

July 23 - 25 Milt Dunnell Field

Midway attractions and live entertainment in the evenings is summertime fun for all ages.

#### **Melodies at the Museum**

Wednesdays, July 8 - August 25 7:00 - 8:00 p.m.
St. Marys Museum 519-284-3556
Admission by donation

Different musical performers will be featured each week. Bring a lawn chair or blanket.

#### **August**

#### **Highlight St. Marys**

August 15 8:00 a.m. - 11:00 p.m. Various sites Free admission Experience the sites and culture of St. Marys at night!

#### **End of Summer BBQ**

August 22 5:30 - 7:30 p.m. St. Marys Public Library (Queen St. lawn) Free admission

Celebrate the end of summer with the Library, Recreation Department and Early Learning Services. Enjoy a BBQ, music, prizes, cake, games and more.

#### **Quarry Pooch Plunge**

September 5 9:00 - 10:30 a.m. St. Marys Quarry Cost: \$5

Support the Stratford Perth Humane Society while enjoying a day of sun, music and prizes with your pup.

#### **Save the Date!**

#### **Scrapbooking Garage Sale**

September 12 9:00 a.m. - 12:00 p.m. Friendship Centre 519-284-3272

Pick-up amazing deals on gently used and/or unwanted crafting supplies.

#### **Fall Scrap-a-thon**

September 26 9:00 a.m. - 9:00 p.m. Friendship Centre 519-284-3272 Cost: \$55 per person

Enjoy lunch, dinner and giveaways - all while getting creative!



Wednesdays, July 8 to August 25, 7:00 to 8:00 p.m.

Enjoy music in Cadzow Park! Admission by donation.

Please bring a lawn chair or blanket.

For a complete schedule, follow the St. Marys Museum on Facebook.

In inclement weather the concert will move indoors. Check the Museum's Facebook page or call to confirm indoor venue location.



177 Church Street South, St. Marys 519-284-3556 | museum@town.stmarys.on.ca www.stmarysmuseum.ca www.facebook.com/stmarysmuseum



# 2020 is a special summer

Join in the fun of reimagined favourites and a new event for all ages!

July 1 | Canada Day at Milt Dunnell Field July 3-5 | Homecoming+Heritage 2020 August 15 | Highlight St. Marys NEW

Learn more about our summer events at www.townofstmarys.com/summerfun

