

# Program and Activity Guide

NORTH  
GLENGARRY  
NORD

*Ontario's Celtic Heartland  
Le centre celtique de l'Ontario*



## Fall 2025





Living Here

Working Here

Exploring Here

 [www.northglengarry.ca](http://www.northglengarry.ca)

 (613) 525-3600

 [csadmin@northglengarry.ca](mailto:csadmin@northglengarry.ca)

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## Our facilities:

Find addresses for all Township recreation spaces at a glance



### Tim Hortons Dome

202 St George St W, Alexandria, ON K0C 1A0



### Glengarry Sports Palace

170 MacDonald Blvd, Alexandria, ON K0C 1A0



### Maxville & District Sports Complex

25 Fair St, Maxville, ON K0C 1T0



### Sandfield Center

102 Derby ST W, Alexandria K0C 1A0



### HMGH Indoor Pool

20260 County Rd 43, Alexandria, ON K0C 1A0



### Looking to Book a Facility?

Planning an event and need one of our facilities?  
Scan the QR code to view rental prices.

#### Please contact:

Email: [csadmin@northglengarry.ca](mailto:csadmin@northglengarry.ca)

Call: (613) 525-3600





# Registration Information



## Registration Information:

You can find the information on our website: [northglengarry.ca/explore/recreation-activities](http://northglengarry.ca/explore/recreation-activities).

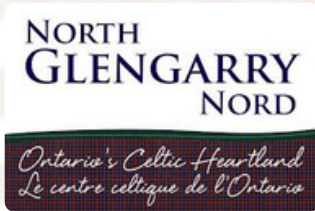
- There are two convenient ways to register for programs:
  - In person at the **Tim Hortons Dome front desk** during regular hours.
  - Online at <https://app.univerusrec.com/northglengarrypub/index.asp>
- Because registration is offered on a first-come, first-served basis, we encourage participants to register early to avoid disappointment. Many programs fill quickly, and once maximum capacity is reached, enrollment is closed.
- Please be aware of the following registration policies:
  - All program prices include HST, with the exception of children's programs, which are HST-exempt.
  - No registrations or transfers will be accepted after the second class.
  - Program fees are prorated in advance to account for statutory holidays or facility closures (such as special event rentals).
  - Programs may be cancelled before the start date if minimum registration numbers are not met. To help ensure programs run as planned, please register prior to the first scheduled class.

# How to Register

## How do I Register for a Program?

- Click on a Program Subcategory within the bolder Categories on the left side of this page to view offered programs
- Click the "Register Now" button to continue to the Participant Selection Screen. Select the participant name(s) from your account that you wish to enroll into the selected program. (If you have not added Family Members to your account, then the Participant Selection Screen is not displayed.) If a "Register Now" button is not clickable, then:
  - This program is not currently available for online registration
  - This program is already in your "Shopping Cart"
  - You are already registered in this program
- Click the "Continue" button to add the program to your "Shopping Cart"

- To register for additional programs, click on "Keep Shopping" button from the "Shopping Cart" screen or click the "Process Payment" button to proceed to the "Process Payment" screen to complete your registration purchase. Once you have successfully completed the payment transaction an Invoice will be displayed with complete details about the program(s) registrations you have made
- An email confirmation will be sent to the email address you provided in your account including a link to your registration receipt and our Refund Policy.



# Registration Guidelines

## How do I withdraw from a program?

- To withdraw from a program, please contact us by emailing [csadmin@northglengarry.ca](mailto:csadmin@northglengarry.ca). Please refer to the Refund Policy for additional details.

## Cancellations or Changes to a Program?

- We do our best to ensure that all programs run exactly as advertised. However, sometimes a program's start date, time, location, or fee may change. Programs may also be cancelled due to insufficient registration, instructor availability, or other unforeseen circumstances.
  - If a program is cancelled before the start date, a full refund will be issued.
  - If a class or lesson must be cancelled, every attempt will be made to reschedule. Participants will be notified by email and provided with any new dates.
  - In the case of extreme weather conditions or emergencies, cancellation notices will be sent by email and posted on the Township's social media channels.

## Refunds, Credits, Withdrawals & Transfers

- A refund or credit may be requested up to one week prior to the start date of the program.
  - A \$10 administration fee applies to all customer-requested refunds.
- Refunds for withdrawals after a program has started will be considered case-by-case and may require a medical note.
- If the Township of North Glengarry cancels a program, participants will receive a full refund automatically.
- Once a program has begun, no credits, transfers, or make-up classes will be provided for classes missed by the participant.

## Our Commitment:

- Our goal is to provide every participant with a positive experience in our programs, and we thank you for your cooperation with these guidelines.



# Program Registration Dates

## Fall 2025

Registration begins Thursday, September 4<sup>th</sup>, 2025 at 9:00 AM



To register, **scan the QR code**, visit [northglengarry.ca/explore/recreation-activities](https://northglengarry.ca/explore/recreation-activities), or stop by the **Tim Hortons Dome front desk** to register in person.

Payment is due at the time of registration. Spots are available on a first-come, first-served basis, and programs fill up quickly.

**No registrations or class transfers will be accepted after the second class.**

## Upcoming Winter 2026 Registration

- Tuesday, December 9<sup>th</sup> 2025 at 9:00 AM

## Upcoming Spring 2026 Registration

- Tuesday, March 3<sup>rd</sup> 2026 at 9:00 AM

# Facility Closures

Please take note of the following dates in which we will be experiencing facility closures or changes to regular hours of operation.

### Labour Day

Monday September 1<sup>st</sup>, 2025

**All Facilities Closed**

### Thanksgiving

Monday October 13<sup>th</sup>, 2025

**All Facilities Closed**

### Christmas Eve

Wednesday December 24<sup>th</sup>, 2025

**Reduced Hours**

### Christmas Day

Thursday December 25<sup>th</sup>, 2025

**All Facilities Closed**

### Boxing Day

Friday December 26<sup>th</sup>, 2025

**All Facilities Closed**

### New Years Eve

Wednesday December 31<sup>st</sup>, 2025

**Reduced Hours**

### New Years Day

Thursday January 1<sup>st</sup>, 2026

**All Facilities Closed**

### New Years Holiday

Friday January 2<sup>nd</sup>, 2026

**All Facilities Closed**



# Minor Associations & Recreation Contacts



## Glengarry Girls Hockey Association

Website:

[glengarryhighlandergirlshockey.ca](http://glengarryhighlandergirlshockey.ca)

Email:

[ggha\\_president@hotmail.com](mailto:ggha_president@hotmail.com)



## Alexandria Minor Hockey Association

Website:

[leagues.teamlinkt.com/amha/home](http://leagues.teamlinkt.com/amha/home)

## NGS Minor Hockey Association

Website:

[www.ngshockey.com](http://www.ngshockey.com)



## Glengarry Soccer League

Website:

[www.glengarrysoccerleague.ca](http://www.glengarrysoccerleague.ca)

Email:

[admin@glengarrysoccerleague.ca](mailto:admin@glengarrysoccerleague.ca)



## Glengarry Minor Baseball League

Website:

[glengarryminorbaseball.sportngin.com](http://glengarryminorbaseball.sportngin.com)

Email: [donmcdougald@gmail.com](mailto:donmcdougald@gmail.com)



## 1st Glengarry Girl Guides

Website: [www.girlguides.ca](http://www.girlguides.ca)

Email: [1stglengarrygirlguideunit@gmail.com](mailto:1stglengarrygirlguideunit@gmail.com)

## 1st Maxville Scouts

Email: [duper\\_66@hotmail.com](mailto:duper_66@hotmail.com)



**NORTH  
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Le centre celtique de l'Ontario*

## Want to See Your Minor Association or Recreation Contact Listed?

Email your association's name, logo, email, and website to

[csadmin@northglengarry.ca](mailto:csadmin@northglengarry.ca) to be included in upcoming Activity Guides!



# Schedules at a Glance

## Activity Schedule

Take part in our activities and have a blast!



Visit our website for more information about arena activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:30 - 12:00 PM Senior Walks			
			8:00 - 12:00 PM Parents & Tots			
	3:00 - 5:00 PM Public Skating		10:00 - 12:00 PM Parents & Tots + Senior Skating	3:00 - 4:00 PM Shinny Hockey		3:00 - 4:00 PM Public Skating
2:30-4:00 PM \$ Drop-In Pickleball	3:00 - 5:00 PM Shinny Hockey	3:30 - 5:00 PM Shinny Hockey	1:00 - 3:00 PM Parents & Tots + Senior Skating	3:30 - 5:00 PM Public Skating	3:30 - 5:00PM Shinny Hockey	4:00-5:30 PM \$ Drop-In Teen Volleyball
			3:00 - 5:00 PM Public Skating			6:00 - 8:00 PM Public Skating
	\$ 8:30 - 10:00 PM Drop-In Soccer		3:30-4:30 PM \$ Drop-In Teen Volleyball			

**Legend:** (\$) Cost

Tim Hortons Dome
  Maxvile & District Sport Complex
  Glengarry Sports Palace

## Ped Day Activities

Looking for PD Day plans? Take part in our free activities and have a blast!



SEPTEMBER 29 <sup>TH</sup>	OCTOBER 20 <sup>TH</sup>	NOVEMBER 24 <sup>TH</sup>	NOVEMBER 28 <sup>TH</sup>
10:00 - 12:00pm Youth - Open Turf	10:00 - 12:00pm Youth - Open Turf	10:00 - 12:00pm Youth - Open Turf	10:00 - 12:00pm Youth - Open Turf
1:00 - 3:00pm Teen - Open Turf	1:00 - 3:00pm Teen - Open Turf	1:00 - 3:00pm Teen - Open Turf	1:00 - 3:00pm Teen - Open Turf
	3:00 - 5:00pm Shinny Hockey	3:00 - 5:00pm Shinny Hockey	1:00 - 2:30pm Public Skating
3:00 - 4:00pm Public Skating	3:00 - 5:00pm Public Skating	3:00 - 5:00pm Public Skating	2:30 - 4:00pm Shinny Hockey
			2:00 - 3:30pm Public Skating
			3:30 - 5:00pm Shinny Hockey

# Schedules at a Glance

## Pool Schedule



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 - 9:00 AM Parents & Tots Levels 1 & 2			7:00 - 8:00 AM AquaFit Bootcamp			8:00 - 9:00 AM AquaFit Bootcamp
9:00 - 9:30 AM Parents & Tots Level 3			8:00 - 9:00 AM AquaFit Senior			9:00 - 10:00 AM AquaFit General
9:30 - 10:00 AM Preschool Level 1						
10:00 - 10:30 AM Preschool Level 2						
10:30 - 11:00 AM Preschool Level 3						10:00 - 11:30 AM Public Swim
11:00 - 11:30 AM Swimmer Level 1						11:30 - 12:30 PM Parents & Tots Swim
11:30 - 12:00 PM Swimmer Level 2						12:30 - 2:00 PM Senior Swim
12:00 - 12:30 PM Swimmer Level 3						
12:30 - 2:00 PM Senior Swim			4:00 - 4:30 PM Swimmer Level 4			
2:00 - 3:30 PM Public Swim		4:00 - 4:30 PM Swimmer Level 1	4:30 - 5:00 PM Preschool Level 4			
4:00 - 5:00 PM AquaFit Yoga	4:30 - 6:00 PM Public Swim	4:30 - 5:00 PM Swimmer Level 2	5:00 - 6:00 PM Parents & Tots Swim		4:00 - 5:00 PM AquaFit Senior	
5:00 - 6:00 PM Aqua Lite	6:00 - 7:00 PM AquaFit Bootcamp	5:30 - 6:00 PM Swimmer Level 3	6:00 - 7:30 PM Senior Swim		5:00 - 6:00 PM Aqua Lite	
	7:00 - 8:00 PM AquaFit General	6:30 - 8:00 PM Senior Swim	7:30 - 9:00 PM Public Swim		6:00 - 7:00 PM AquaFit General	

### Legend:

- AquaFit General
- AquaFit Senior
- Aqua Lite
- AquaFit Yoga
- AquaFit Bootcamp
- Parents & Tots Lessons
- Preschool Lessons
- Swimmer Lessons
- Public Swim
- Senior Swim
- Parents & Tots Swim

Want to learn more about our pool programs? Head to page 17.



# Tim Hortons Dome



The Tim Hortons Dome in Alexandria is a year-round indoor sports and recreation facility featuring a full-size turf soccer field, tennis courts, and a 200-metre rubberized walking track. Opened in 2010, it serves as a gathering place for leagues and community events, offering activities such as soccer, tennis, and pickleball. With its weather-protected environment and versatile space, the dome provides a welcoming place for residents and visitors to stay active throughout the year.

## Come Join Us for Wednesday Morning Senior Walks

**Seniors** are invited to enjoy **free walking** every Wednesday morning until 12:00 PM. It's a great way to stay active, stretch your legs, and connect with friends in a safe, welcoming space. If you'd like to count your laps, ask the front desk for a lap counter.



## Soccer:

Pre-registration is required. You can register in person or online to secure your spot.



## Co-ed Drop In Soccer

Want to play soccer for fun with friends? Join our co-ed Drop-in Soccer at the Tim Hortons Dome! Enjoy a casual game on the full-size indoor turf. Space is limited to 28 players each week, so be sure to register online every week to guarantee your spot. Registration opens weekly.

\$8 Per player	Monday	8:30 - 10:00 PM	Oct 20 <sup>th</sup> - Dec 15 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates:</b>		

## Soccer Clinic

Build your skills and boost your confidence on the field! This clinic focuses on developing fundamentals such as passing, dribbling, shooting, and teamwork through fun, active drills and games. Led by experienced instructors, it's a great opportunity for players to learn new techniques, improve fitness, and enjoy the game in a supportive environment. 4 week session.

Price: \$45	Youth 8-12	Tuesday	4:30 - 5:30 PM	Sept 23 <sup>rd</sup> to Oct 14 <sup>th</sup>
<b>HST-Exempt</b>	Teens 13+	Thursday	4:30 - 5:30 PM	Sept 25 <sup>th</sup> to Oct 16 <sup>th</sup>



## Running:

Pre-registration is required. You can register in person or online to secure your spot.



## Running Program

Whether you're new to running or looking to improve your speed and endurance, this program is designed for all fitness levels. Learn proper running techniques, pacing, and injury prevention while enjoying guided workouts and supportive group runs. Participants will build stamina, confidence, and a love for running in a fun and motivating environment.

<ul style="list-style-type: none"><li>• \$60 Members</li><li>• \$80 Non-members</li></ul>	Wednesday & Sunday	7:00 - 8:00 PM	Wed Oct 15 <sup>th</sup> - Sun Dec 7 <sup>th</sup>
		8:30 - 9:30 AM	
<b>HST Included</b>	<b>Exception Dates:</b> N/A		

# Tim Hortons Dome



## Volleyball:

Pre-registration is required. You can register in person or online to secure your spot.



### Women's Volleyball League

Get ready to bump, set, and spike! Our women's recreational volleyball league is all about fun, fitness, and friendly competition. Whether you're just starting out or a seasoned player, join us for weekly matches, stay active, and connect with a community of fellow volleyball lovers.

Price: \$575	Wednesday	7:00 - 9:00 PM	October 29 <sup>th</sup> to April 2026
HST Included	Exception Dates:		

### Co-ed Volleyball League

Get ready to bump, set, and spike! Our women's recreational volleyball league is all about fun, fitness, and friendly competition. Whether you're just starting out or a seasoned player, join us for weekly matches, stay active, and connect with a community of fellow volleyball lovers.

Price: \$575	Sunday	6:00 - 9:00 PM	November 2 <sup>nd</sup> to April 2026
HST Included	Exception Dates:		

### Teen Volleyball - Drop-In

Come out and enjoy a fun, casual game of volleyball with friends! This drop-in program is open to youth who want to play in a friendly, active environment. All skill levels are welcome no experience needed.

Price: \$6.00	Wednesday	3:30 - 4:30 PM	Sept. 17 <sup>th</sup> to Dec. 17 <sup>th</sup>
HST-Exempt	Exception Dates: N/A		

## Pickleball:

Pre-registration is required. You can register in person or online to secure your spot.



### Open Pickleball - Drop- In

Join us for casual, drop-in style pickleball games! Open to all skill levels, this is a great way to stay active, meet new people, and enjoy friendly competition. Players will rotate in to ensure everyone gets plenty of playtime. Bring your own paddle, or borrow one from us just bring your energy and be ready for fun! First 12 participants will play.

**NEW!**

Price: \$ 8.00	Saturday	4:00 - 5:30 PM	Sept. 20 <sup>th</sup> to Dec. 20 <sup>th</sup>
	Sunday	2:30 to 4 PM	Sept. 21 <sup>st</sup> to Dec. 21 <sup>st</sup>
HST Included	Exception Dates: N/A		



# Tim Hortons Dome



## Active Play for Little Ones:

No registration required this program is free of charge!



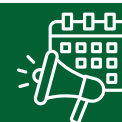
## Parents & Tots

Spend quality time with your little ones in a relaxed, fun, and interactive environment. This program offers free play where children can explore, move, and develop coordination and social skills while parents or caregivers participate alongside them. It's a great way to bond, stay active, and enjoy time together.

Free of charge	Wednesday	10:00 - 12:00 PM	Sep 17 <sup>th</sup> - Dec 17 <sup>th</sup>
Exception Dates: N/A			

## Looking to book the dome for a private event?

Book your spot today!





### NORTH GLENGARRY NORD

## LOOKING TO HOST A BIRTHDAY PARTY?

**BOOK WITH THE DOME!**

**Why Choose the Tim Hortons Dome?**

- Spacious indoor turf field
- Perfect for sports, games, and activities
- Birthday table area available
- Rain or shine the party goes on!

**Types of Parties We Can Host:**

- Nerf Battles - \$275
- Bouncy Castle Fun + \$50
- Custom Themes bring your own decorations and ideas!

**Birthday Party Package Includes:**

- 2 hours of field and table space
- Access to sports equipment (soccer balls, etc.)
- Package includes up to 10 children (+\$15 per additional child)
- 2 large pizzas from Pizza Hut (extra pizzas available at an additional charge)
- Birthday cake from Independent
- Juice boxes for guests
- Party decorations

**BOOK YOUR PARTY TODAY!**

Call: (613) 525-0614  
or  
Visit the Tim Hortons Dome in person to book.

**RATE  
\$225**







# Glengarry Sports Palace



Opened in 1976, the Glengarry Sports Palace (GSP) is a vibrant, multi-purpose facility and a hub for sports, recreation, and community events. The venue houses the Alexandria branch of the SD&G County Library and the spacious Michel Depratto Hall, and features two baseball diamonds, a soccer field, and the Billy Gebbie Arena, which seats over 500 spectators. From hockey and skating to outdoor sports, programs, and private rentals, the GSP offers opportunities for people of all ages to stay active and engaged year-round.

**NEW!**

## Ballroom Dancing

Step onto the dance floor and explore the world of ballroom dancing! Our beginner-friendly classes introduce a variety of popular styles, from the elegant Slow Waltz to lively dances like Two-Step, Triple Swing, and Samba. Learn the basic steps, rhythm, and patterns while building confidence, coordination, and a love for movement. No partner or prior experience is needed just bring comfortable shoes and a willingness to have fun! Pre-registration is required. You can register in person or online to secure your spot.



### Two-Step for Beginners

The Two-Step is danced to quick country music and is one of the most common dance methods in eastern Ontario given the popularity of country music. Experienced dancers will recognize it as the opposite count but similar footwork compared to the Foxtrot. Our Two Step is inherited from the Round Dancing Two Step which is very different from the Country Two Step and the Texas Two-Step.

\$113	Tuesday	10:00 - 11:00 AM	Sep 30 <sup>th</sup> - Dec 2 <sup>nd</sup>
<b>HST Included</b>	<b>Exception Dates: N/A</b>		

### Slow Waltz for Beginners

The Samba was created in Brazil from the music and dance culture that people brought from Africa. Samba is very rhythmic, involves a rolling hip movement, and follows a beat of ta-ta-ta for every two beats in a count to eight. This version is an international Samba, which is quite different from the Brazilian Samba. It is danced to many Latin-American songs and contemporary pop music.

\$113	Tuesday	11:00 - 12:00 PM	Sep 30 <sup>th</sup> - Dec 2 <sup>nd</sup>
<b>HST Included</b>	<b>Exception Dates: N/A</b>		

### Triple Swing for Beginners

The Triple Swing dance, also called East Coast Swing in American Ballroom, evolved from the swing and Lindy hop dance styles in the 1940s. It is high energy, lots of fun, and very versatile. We can dance Triple Swing to classic rock, soft rock, country rock, and pop music. The count of 1 2 3-ah-4 5-ah-6 keeps us hopping and mixing all kinds of creative figures.

\$113	Thursday	7:30 - 8:30 PM	Oct 2 <sup>nd</sup> - Dec 4 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates: N/A</b>		

### Samba for Beginners

The Slow Waltz is a progressive dance, meaning that dancers travel around the room. It is characterized by a romantic sway with a rise and fall action, resulting in gliding movement. Figures follow a pattern of three or six beats to a relatively slow music tempo. Slow steps and elegant poses are often used for presentation.

\$113	Thursday	8:30 - 9:30 PM	Oct 2 <sup>nd</sup> - Dec 4 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates: N/A</b>		



# Glengarry Sports Palace



## Yoga

Pre-registration is required. You can register in person or online to secure your spot.



### GSP Yoga

Unwind and recharge with our rejuvenating yoga sessions. Designed for all skill levels, these classes focus on gentle stretches, breathing techniques, and mindfulness to improve flexibility, strength, and relaxation. Classes are offered in person and online.

\$65 per class	Tuesday	6:00 - 7:00 PM	Sep 16 <sup>th</sup> - Dec 9 <sup>th</sup>
	Thursday	6:00 - 7:00 PM	Sep 18 <sup>th</sup> - Dec 11 <sup>th</sup>
<b>Package:</b> \$139	Tuesday, Thursday & Saturday	6:00 - 7:00 PM 10:00 - 11:00 AM	Sep 16 <sup>th</sup> - Dec 13 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates:</b> Sep 25 <sup>th</sup> , Dec 11 <sup>th</sup> Online Only		


## Free Skating:

Enjoy some time on the ice with family and friends skating is free of charge! All ages and skill levels are welcome. No registration required this program is free of charge!




### Public Skating

Lace up your skates and enjoy some fun on the ice! Open to all ages and skill levels, public skating is a great way to stay active, spend time with family and friends, and enjoy the rink at your own pace.

Free of charge	Wednesday	3:00 - 5:00 PM		Visit our <a href="#">website</a> for details
	Saturday	6:00 - 8:00 PM		
	Exception Dates: Saturday, Dec 6 <sup>th</sup>			

### Senior / Parents & Tots Skating

Enjoy the ice at your own pace with programs designed for all ages. Seniors can glide and stay active in a relaxed setting, while parents and tots can have fun exploring the rink together. Both sessions provide a safe, welcoming environment for movement, socializing, and family-friendly fun.

Free of charge	Wednesday	10:00 - 12:00 PM		Visit our <u>website</u> for details
	<b>Exception Dates:</b> Dec 24 <sup>th</sup> & 31 <sup>st</sup>			


## Hockey:

Enjoy some casual hockey fun with friends and fellow players! Shinny hockey is open to all skill levels, and everyone is welcome to join in on the ice. No registration required this program is free of charge!



### Shinny Hockey

Come enjoy casual, non-contact hockey in a fun and friendly environment! Open to all skill levels, shinny hockey is a great way to practice your skills, get some exercise, and play with friends. Bring your enthusiasm and protective gear.

Free of charge	Teens: 13+	Monday	3:00 - 5:00 PM		Visit our <u>website</u> for details
	Youth: 6-12	Thursday	3:00 - 4:00 PM		
	Exception Dates: N/A				

# Maxville District Sports Complex

Opened in 1978, the Maxville & District Sports Complex is a versatile, community-focused facility and a hub for sports, recreation, and local events. The complex features the Osie F. Villeneuve Arena, an NHL regulation-size ice surface renowned as one of the best in Eastern Ontario, a spacious community hall, two full-size soccer fields, a micro field, a baseball diamond, and a children's playground generously donated by a community member. From hockey and skating to soccer, baseball, and community programs, the Maxville Sports Complex provides opportunities for people of all ages to stay active and engaged year-round.

## Yoga

Pre-registration is required. You can register in person or online to secure your spot.



### Daytime Yoga

Slow down, stretch, and connect mind and body in our Hatha Yoga sessions. This class focuses on gentle postures, breathing techniques, and relaxation, making it perfect for beginners or anyone looking to improve flexibility, balance, and overall well-being. Leave feeling calm, centered, and energized.

\$55	Wednesday	11:00 - 12:00 PM	Sep 17 <sup>th</sup> - Dec 10 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates: N/A</b>		

### Night time Yoga

Unwind and recharge with our relaxing nighttime yoga sessions. Designed for all skill levels, these classes focus on gentle stretches, breathing techniques, and mindfulness to help release the stress of the day and promote restful sleep.

\$65 per class	Tuesday	6:30 - 7:30 PM	Sep 16 <sup>th</sup> - Dec 9 <sup>th</sup>
	Thursday	6:30 - 7:30 PM	Sep 18 <sup>th</sup> - Dec 11 <sup>th</sup>
<b>Package:</b> \$98	Tuesday & Thursday	6:30 - 7:30 PM	Sep 16 <sup>th</sup> - Dec 11 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates: N/A</b>		


## Free Skating:

Enjoy some time on the ice with family and friends skating is free of charge! All ages and skill levels are welcome. No registration required this program is free of charge!



### Public Skating

Lace up your skates and enjoy some fun on the ice! Open to all ages and skill levels, public skating is a great way to stay active, spend time with family and friends, and enjoy the rink at your own pace.

Free of charge	Monday	3:00 - 5:00 PM	 Visit our <a href="#">website</a> for details
	Thursday	3:30 - 5:00 PM	
	Saturday	3:00 - 4:00 PM	
	Exception Dates: N/A		



# Maxville District Sports Complex

## Senior / Parents & Tots Skating

Enjoy the ice at your own pace with programs designed for all ages. Seniors can glide and stay active in a relaxed setting, while parents and tots can have fun exploring the rink together. Both sessions provide a safe, welcoming environment for movement, socializing, and family-friendly fun.

Free of charge

Wednesday

1:00 - 3:00 PM

Exception Dates: N/A



Visit our [website](#) for details

## Hockey:

Enjoy some casual hockey fun with friends and fellow players! Shiny hockey is open to all skill levels, and everyone is welcome to join in on the ice. No registration required this program is free of charge!



## Shinny Hockey

Come enjoy casual, non-contact hockey in a fun and friendly environment! Open to all skill levels, shinny hockey is a great way to practice your skills, get some exercise, and play with friends. Bring your enthusiasm and protective gear.

Free of charge

Teens: 13+

Tuesday

3:30 - 5:00 PM

Youth: 6-12

Friday

3:30 - 5:00 PM

Exception Dates: N/A



Visit our [website](#) for details

## Join Us for Halloween on Ice

Dress up, lace up, and glide into a spooky evening of skating fun.



**NORTH GLENGARRY NORD**  
*Ontario's Celtic Heartland*  
*le centre culturel de l'Ontario*

# HALLOWEEN ON ICE

**OSIE F. VILLENEUVE ARENA**  
25 Fair St, Maxville, ON  
K0C 1T0  
**3-5PM SATURDAY OCT 25<sup>TH</sup>, 2025**

**BILLY GEBBIE ARENA**  
170 MacDonald Blvd, Alexandria, ON  
K0C 1A0  
**6-8PM SATURDAY NOV 1<sup>ST</sup>, 2025**

JOIN US FOR A SPOOKY AND FUN-FILLED EVENING OF SKATING AT OUR HALLOWEEN ON ICE EVENT! COME DRESSED IN YOUR BEST COSTUME AND ENJOY SKATING TO FESTIVE MUSIC, SWEET TREATS. THIS IS A FAMILY-FRIENDLY EVENT OPEN TO ALL AGES COSTUMES ENCOURAGED.

VISIT OUR WEBSITE: [WWW.NORTHGLENGARRY.CA](http://WWW.NORTHGLENGARRY.CA)

CALL US AT: 613 525-3600

# Sandfield Center



## Yoga

Pre-registration is required. You can register in person or online to secure your spot.



## Inclusive Yoga

A welcoming yoga class designed for every body and ability. Gentle movements, breathing, and mindfulness are adapted to meet individual needs, making this practice accessible, supportive, and empowering for all participants.

\$60	Friday	1:30 - 2:30 PM	Sep 19 <sup>th</sup> - Dec 12 <sup>th</sup>
HST Included	Exception Dates: Nov 21 <sup>st</sup>		

## Become an Instructor

Turn your skills into community impact.



Do you have a skill, talent, or hobby that isn't currently offered in our programs? We'd love to hear from you!

Scan the QR code and complete the short form to share your ideas. There's a possibility your skills could lead to a new program in our upcoming Winter Session. It only takes a few minutes just scan, fill it out, and hit submit!

## WE'RE LOOKING FOR NEW PROGRAM INSTRUCTORS!

Have a skill, talent, or passion to share? Fill out our Program Instructor Submission Form and let us know what you can offer!



## NOUS CHERCHONS DE NOUVEAUX INSTRUCTEURS DE PROGRAMME!

Vous avez une compétence, un talent ou une passion à partager? Remplissez notre formulaire d'inscription instructeur pour nous dire ce que vous pouvez offrir!



# HMGH Indoor Pool



In 2024, the Township of North Glengarry partnered with Hôpital Glengarry Memorial Hospital (HMGH) to reopen the community's indoor pool. This revitalized facility offers a temperature-controlled, therapeutic pool designed to support health, recreation, and connection for residents of all ages. The fully accessible pool is ideal for a range of aquatic activities, from low-impact fitness and rehabilitation. Programming includes public, senior and parent & tots swim sessions, Aquafit classes, and swimming lessons all within a clean, safe, and welcoming environment. Whether you're staying active, learning to swim, or simply enjoying time in the water, the HMGH Indoor Pool is a year-round destination for wellness and community.

## Swimming: Public / Senior / Parents & Tots

Enjoy recreational swim times throughout the week! Please note that pre-registration and payment are required through the Township's Reservations Calendar walk-ins are not accepted.



### Public:

<b>Prices:</b> <ul style="list-style-type: none"><li>Adults: \$6.10</li><li>Seniors: \$5.10</li><li>Kids (under 12): \$5.10</li></ul>	Monday	4:30 - 6:00 PM	Sep 15 <sup>th</sup> - Dec 8 <sup>th</sup>
	Tuesday	5:00 - 6:30 PM	Sep 16 <sup>th</sup> - Dec 9 <sup>th</sup>
	Wednesday	7:30 - 9:00 PM	Sep 17 <sup>th</sup> - Dec 10 <sup>th</sup>
	Saturday	10:30 - 11:30 AM	Sep 27 <sup>th</sup> - Dec 13 <sup>th</sup>
	Sunday	2:30 - 3:30 PM	Sep 21 <sup>st</sup> - Dec 14 <sup>th</sup>
	<b>Exception Dates:</b> Saturday, September 20 <sup>th</sup> & Monday, Oct 13 <sup>th</sup>		

### Senior:

<b>Price:</b> <ul style="list-style-type: none"><li>Seniors: \$5.10</li></ul>	Tuesday	6:30 - 8:00 PM	Sep 16 <sup>th</sup> - Dec 9 <sup>th</sup>
	Wednesday	6:00 - 7:30 PM	Sep 17 <sup>th</sup> - Dec 10 <sup>th</sup>
	Saturday	12:30 - 2:00 PM	Sep 21 <sup>st</sup> - Dec 14 <sup>th</sup>
	Sunday	12:30 - 2:00 PM	Sep 27 <sup>th</sup> - Dec 13 <sup>th</sup>
<b>Exception Date:</b> Saturday, September 20 <sup>th</sup>			

### Parents & Tots:

<b>Prices:</b> <ul style="list-style-type: none"><li>Adults: \$5.60</li><li>Child: \$4.60</li></ul>	Wednesday	4:00 - 5:00 PM	Sep 17 <sup>th</sup> - Dec 10 <sup>th</sup>
	Saturday	11:30 - 12:30 PM	Sep 27 <sup>th</sup> - Dec 13 <sup>th</sup>
	<b>Exception Dates:</b> Saturday, September 20 <sup>th</sup>		



# HMGH Indoor Pool



## Swimming Lessons:

Pre-registration is required. You can register in person or online to secure your spot.

### Parents & Tots (up to 3 yrs)

Spend quality time with your child while you both have fun and learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.

We've organized the content of each level like this:

- Entries and exits
- Surface support
- Underwater skills
- Swim to Survive® skills
- Movement / Swimming skills
- Fitness
- Water Smart® education

As an integral part of the Swim for Life® Program, Water Smart education provides information and experiences that helps participants make smart decisions when in, on and around water and ice. Because activities and progressions are based on child development, parents register in the level appropriate for their child's age.

### Parents and Tots 1:

Designed for the 4 to 12-month-old to learn to enjoy the water with the parent. Tots will float and splash, and parents will learn how to enter and exit the water safely with their baby.

\$100	Sunday	8:30 - 9:00 AM	Oct 19 <sup>th</sup> - Dec 7 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		

### Parents and Tots 2:

Designed for the 12 to 24-month-old to learn to enjoy the water with the parent. Tots will learn to blow bubbles and get their face wet.

\$100	Sunday	8:30 - 9:00 AM	Oct 19 <sup>th</sup> - Dec 7 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		

### Parents and Tots 3:

Designed for the 2 to 3-year-old to learn to enjoy the water with the parent. Tots will learn how to jump in, hold their breath, and do advanced floats.

\$100	Sunday	9:00 - 9:30 AM	Oct 19 <sup>th</sup> - Dec 7 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		



# HMGH Indoor Pool



## Preschool (3 to 5 yrs)

Give your child a head start on learning to swim. The Lifesaving Society Preschool program develops an appreciation and healthy respect for the water before these kids get in too deep.

In our basic aquatic progressions we work to ensure 3 to 5-year olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

We've organized the content of each level like this:

- Entries and exits
- Surface support
- Underwater skills
- Swim to Survive® skills
- Movement / Swimming skills
- Fitness
- Water Smart® education

As an integral part of the Swim for Life® program, Water Smart education provides information and experiences that helps participants make smart decisions when in, on and around water and ice.

## Preschool 1:

We encourage the parent to participate until their child lets them know they can do it themselves (thank you very much). These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.

\$100	Sunday	9:30 - 10:00 AM	Oct 19 <sup>th</sup> - Dec 7 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		

## Preschool 2:

These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. They'll also glide on their front and back wearing a lifejacket.

\$100	Sunday	10:00 - 10:30 AM	Oct 19 <sup>th</sup> - Dec 7 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		

## Preschool 3:

These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

\$100	Sunday	10:30 - 11:00 AM	Oct 19 <sup>th</sup> - Dec 7 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		

## Preschool 4:

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.

\$100	Wednesday	4:30 - 5:00 PM	Oct 22 <sup>nd</sup> - Dec 10 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		



# HMGH Indoor Pool



## Swimmer (5+ yrs)

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics.

We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Water Smart® education in all levels.

We've organized the content of each level like this:

- Entries and exits
- Surface support
- Underwater skills
- Swim to Survive® skills
- Movement / Swimming skills
- Fitness
- Water Smart® education

As an integral part of the Swim for Life® program, Water Smart education provides information and experiences that helps participants make smart decisions when in, on and around water and ice.

## Swimmer 1:

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides, and kicking through the water on their front and back.

\$100	Tuesday	4:00 - 4:30 PM	Oct 21 <sup>st</sup> - Dec 9 <sup>th</sup>
\$100	Sunday	11:00 - 11:30 AM	Oct 19 <sup>th</sup> - Dec 7 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		

## Swimmer 2:

These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training.

\$100	Tuesday	4:30 - 5:00 PM	Oct 21 <sup>st</sup> - Dec 9 <sup>th</sup>
\$100	Sunday	11:30 - 12:00 PM	Oct 19 <sup>th</sup> - Dec 7 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		

## Swimmer 3:

These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl, 10 m of whip kick, and increased flutter kick interval training.

\$100	Sunday	12:00 - 12:30 PM	Oct 19 <sup>th</sup> - Dec 7 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		

## Swimmer 4:

These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

\$100	Wednesday	4:00 - 4:30 PM	Oct 22 <sup>nd</sup> - Dec 10 <sup>th</sup>
<b>HST-Exempt</b>	<b>Exception Dates: N/A</b>		



# HMGH Indoor Pool



## Aquafit

Get fit, have fun, and feel great with our diverse lineup of Aquafit classes held at the HMGH Indoor Pool a modern, temperature-controlled facility designed for comfort and performance. The pool features therapeutic water temperatures ideal for both high-energy workouts and gentle wellness sessions, making it the perfect environment for all fitness levels. With clean, spacious surroundings and accessibility features, your aquatic fitness experience will be as refreshing as it is effective. Pre-registration is required. You can register in person or online to secure your spot.



## Aquafit General

This versatile Aquafit class offers a full-body workout suitable for all fitness levels, combining both deep and shallow water exercises. Enjoy a mix of cardio, strength, and flexibility training while benefiting from the low-impact support of water. Perfect for building endurance and improving overall fitness.

\$143.50	Monday	7:00 - 8:00 PM	Sep 15 <sup>th</sup> - Dec 8 <sup>th</sup>
\$143.50	Friday	6:00 - 7:00 PM	Sep 19 <sup>th</sup> - Dec 12 <sup>th</sup>
\$143.50	Saturday	9:00 - 10:00 AM	Sep 20 <sup>th</sup> - Dec 13 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates:</b> Friday Oct 3 <sup>rd</sup> , Saturday Oct 4 <sup>th</sup> , Monday Oct 13 <sup>th</sup>		

## Aquafit Senior

This versatile Aquafit class for seniors offers a full-body workout suitable for all fitness levels, combining both deep and shallow water exercises. Enjoy a mix of cardio, strength, and flexibility training while benefiting from the low-impact support of water. Perfect for building endurance and improving overall fitness.

\$155.42	Wednesday	8:00 - 9:00 AM	Sep 17 <sup>th</sup> - Dec 10 <sup>th</sup>
\$143.50	Friday	4:00 - 5:00 PM	Sep 19 <sup>th</sup> - Dec 12 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates:</b> Friday Oct 3 <sup>rd</sup>		

## Aqua Lite

Aqua Lite is a gentle, low-impact total-body workout that builds strength, stamina, and overall wellness without stressing your joints. Blending cardio, endurance, and strength training with core stability and flexibility, this class is perfect for those easing into fitness or managing mild limitations. Enjoy improved mobility, muscle tone, and energy in a supportive, water-based environment.

\$143.50	Friday	5:00 - 6:00 PM	Sep 19 <sup>th</sup> - Dec 12 <sup>th</sup>
\$155.42	Sunday	5:00 - 6:00 PM	Sep 21 <sup>st</sup> - Dec 14 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates:</b> Friday Oct 3 <sup>rd</sup>		

## Aquafit Yoga

Aqua Yoga blends the gentle practice of traditional yoga with the soothing properties of water. Set in a shallow therapeutic pool, this class uses the water's resistance to enhance your stretching, balance, and strength. The supportive environment reduces impact on the joints while promoting relaxation and mindfulness. Ideal for all fitness levels, Aqua Yoga offers a serene and effective way to improve flexibility and overall well-being.

\$155.42	Sunday	4:00 - 5:00 PM	Sep 21 <sup>st</sup> - Dec 14 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates:</b> N/A		

# HMGH Indoor Pool

## Aquafit Bootcamp

This invigorating water workout combines aerobic exercise, strength training, and flexibility by incorporating activities designed to enhance your strength, speed, balance, and power. The class is packed with fun and energizing exercises, with a straightforward format that's easy to follow no choreography required. Stations are incorporated around the pool to keep things fresh and engaging.

\$143.50	Monday	6:00 - 7:00 PM	Sep 15 <sup>th</sup> - Dec 8 <sup>th</sup>
\$155.42	Wednesday	7:00 - 8:00 AM	Sep 17 <sup>th</sup> - Dec 10 <sup>th</sup>
\$143.50	Saturday	8:00 - 9:00 AM	Sep 20 <sup>th</sup> - Dec 13 <sup>th</sup>
<b>HST Included</b>	<b>Exception Dates:</b> Saturday Oct 4 <sup>th</sup> , Monday Oct 13 <sup>th</sup>		

**Looking to book the pool for a private event?**  
Book your spot today!



## Private Pool Rentals

Need a place for your next party or event? Book the HGMH Indoor Pool!

**HGMH Indoor Pool**

Perfect For:

- Birthday Parties
- Family Gatherings
- Employee Team-Building
- Fitness Training

For More Information or to book:

**Call us at:**  
613 525-3600

**Visit our Website**  
[www.northglengarry.ca](http://www.northglengarry.ca)