

Better Connection, **betterSelf.**

Fall 2025 Community Guide

Smart Decisions!

Swim Programs
start on page 14.

Pickleball Programs

Session and Drop In
info starts on page 61.

Indoor Triathlon

Ignite your triathlon
season on page 45.

Connect to Nature

Outdoor adventures
start on page 74.

Kawartha
Jump In



Ready for comfort on demand?

Hassle-free comfort through every season



When it comes to making decisions about your home, it's good to have a choice. Enbridge Gas is making it possible for communities that rely on propane, electricity or oil heating to connect to natural gas. Count on instant heat, endless hot water and reliable energy year round—even through Ontario's toughest winters.

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John, Homeowner



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1-833-356-2689



ceapplications@enbridge.com



* Any references to greenhouse gas (GHG) reductions are provided for informational purposes only. Enbridge Gas does not make any claims regarding the specific amount of energy or GHG reductions achieved. Actual savings may vary.

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Parks and Recreation

Better connection, betterSelf.

Whether we try something new, become more active, or simply get outside for a breath of fresh air, taking the time to connect with our mind and body on a daily basis empowers ourSelf.

The Community Guide is a great resource to spark a plan for a Better connection, betterSelf. Our 2025 Fall Edition highlights a variety of skating, aquatic, fitness and leisure programs, along with information regarding our Indoor Triathlon, Youth Shinny and Adult Music programs.

This digital publication also includes details on our parks, trails, forest tracts and upcoming events, such as our Indoor Triathlon and Volunteer Needs.

Start your connection today!

Registration for our fall programming will begin Tuesday August 26 at 9am.

For easy access and registration, simply link to our [Online Program Registration website](#) throughout the guide.

If you require assistance or other options for registration, please reach out by email at: recreation@kawarthalakes.ca or call us at: 705-324-9112

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Connect through **Municipal Customer Service**

Our dedicated Customer Service team is here to support you with all municipal inquiries. Connect with us in person at any of our Service Centres, by phone, or via email.

Customer Service is available Monday to Friday from 8:30am until 4:30pm, excluding statutory holidays.



Connect with our team in person by visiting:

Bobcaygeon Service Centre
123 East Street South, K0M 1A0

Coboconk Service Centre
9 Grandy Road, K0M 1K0

Lindsay Service Centre
26 Francis Street, K9V 5R8

Omeme Service Centre
1 King Street West, K0L 2W0



Connect with our team by calling us at:

705-324-9411
Toll free 1-888-822-2225

After-hours municipal emergencies
1-877-885-7337



Connect with our team by emailing us at:

inquiries@kawarthalakes.ca



Report It!

Use our online reporting form to direct your inquiry, concern, or feedback to a Municipal Department.

www.kawarthaLakes.ca/ReportIt

Services Available

Items for Sale:

- Animal tags
- Rain barrels
- Composters
- Digesters
- Organics bins
- Waste tags (garbage bag tags, large item tags, Freon tags and mattress tags)
- Transit passes and tokens (available at the Lindsay Service Centre)

Please call ahead to confirm the item you would like to purchase is in stock.

Payments:

- Utility payments (water and sewer)
- Property tax payments
- Accounts receivable payments
- Bulk water (Flowpoint)
- Burn permits

Information:

- Municipal inquiries
- Tourism and event maps and brochures
- City calendars

Other Services:

- Public access to computers (Bobcaygeon and Coboconk Service Centre)
- Commissioner of Oath - For more information on eligible documents, please contact Customer Service.

Drop Boxes:

Drop boxes are open at the Lindsay Service Centre, Bobcaygeon Service Centre, Coboconk Service Centre and Omeme Service Centre.

Refunds, Cancellations and Service Interruptions

Refunds for programs:

We reserve the right to cancel programs due to insufficient registration. In these cases a full refund/credit will be issued. Refunds/credits for any other reason are subject to approval and a 15% (minimum \$5) administration fee. All requests must be made in writing to the program coordinator via e-mail to: recreation@kawarthalakes.ca. Refunds under \$20 will be issued only as credit on account for future Parks and Recreation services.

Refunds for Drop-In Programs:

Once a reservation has been made if you are unable to attend your scheduled booking please call 705-324-9112 to cancel your space. Due to limited spaces available, any fees paid will only be refunded as a credit on your account if the cancellation is received a minimum of 48 hours before the booking time. If cancellation is made with less than 48 hours notice fees are non-refundable.

Cancellations and Service Interruptions:

We will post all program cancellations as an alert on our website, and on [Facebook](#). Programs will not operate on statutory holidays unless otherwise stated. For details call 705-324-9112.

Parks and Recreation

Ryan Smith

Manager - Parks and Recreation
705-324-9411 extension 1350
rsmith@kawarthalakes.ca

Shelley Cooper

Community Partnership and
Programs Supervisor
705-324-9411 extension 1335
scooper@kawarthalakes.ca

Heidi Fisher

Recreation Complex Services Supervisor
705-324-9411 extension 1563
hfisher@kawarthalakes.ca

Kevin Slade

North Area Supervisor
705-324-9411 extension 2520
kslade@kawarthalakes.ca

Bashar Sayyed

Central Parks Supervisor
705-324-9411 extension 1176
bsayyed@kawarthalakes.ca

Mike Goodhand

South Area Supervisor
705-324-9411 extension 2523
mgoodhand@kawarthalakes.ca

Tessa Smith

Supervisor, Forestry and Horticulture
705-324-9411 extension 1101

Christopher Lyons

Supervisor, Capital and Special Projects
705-324-9411 extension 2120
clyons@kawarthalakes.ca

Kyle Vanderwerf

Supervisor, Trails and
Cemetery Operations
705-324-9411 extension 2174
kvanderwerf@kawarthalakes.ca





06 | Registration



Connect through

Registration

Registering for a program with the Kawartha Lakes Parks and Recreation Division is quick and easy. Registration for all Parks and Recreation Programming is available through our **Online Program Registration website** please email us at recreation@kawarthalakes.ca or call 705-324-9411 extension 1301 if you require other registration options.

New Clients

If you are a new client you will be required to set up an account first in order to register for programs. To get started visit our **Online Program Registration website**. For the best registration experience, please use Google Chrome or Firefox. Using other browsers may produce unexpected results.

How to create an account:

1. Click on the 'Create an Account' button at the bottom of the log in box.
2. Once all fields have been completed, click the 'Become Member' button at the bottom. You will receive a new temporary password by e-mail.

Continued on next page...

Registration Filter Tips!

Narrow your search by location and session start dates!

You'll find this helpful filter tool located to the left-hand side of our program descriptions, when registering through our Online Program Registration website.

Need assistance?

If you require assistance setting up an account or have questions regarding an existing account email us at:

recreation@kawarthalakes.ca
or call 705-324-9112

... Continued from previous page.

3. After clicking the 'Become Member' button, a new screen will open. On this screen you can edit your account information and add family members.

Family members must be listed under your account for you to register them for a program. Add all family member information so your account is up to date. Once everyone is updated, click on your name in the top right corner to log out and exit the web browser.

4. Check your e-mail for an e-mail from us. Click on the link in the e-mail and use the username and password provided in that e-mail to log in.
5. When you log in using the username and password that was e-mailed, you will be asked to reset your password. Choose a password that is familiar to you so that you will remember it the next time you log in.

Once you click 'Save', a notification will appear that your password has been successfully changed. Then log in using your username and updated password.

Existing Clients

If you are a current client you can just log in to your Online Program Registration account to register.

Forgot your password?

Are you already an existing client and forget your Online Program

Registration password? No worries, just follow these easy steps below:

- a) Visit our **Online Program Registration website**.
- b) Put in your e-mail address and click on 'Forgot your Password?'
- c) Retrieve your new 'temporary' password from your e-mail.

Parks and Recreation Software Privacy and Collection of Data

The agreement between the City of Kawartha Lakes and the recreation software provider (xplortechtechnologies/ PerfectMind) includes strict requirements regarding customer privacy. Specifically PerfectMind must comply with all applicable laws relating to personal information privacy including Ontario's Municipal Freedom and Protection of Privacy Act. Additionally PerfectMind will not use Customer Data for any purpose other than to provide the functionality of the Platform to the Customer and its users, ensure adherence to the terms of the Agreement, or (only in aggregate for) for site metrics.

For more information on the Ontario Municipal Freedom and Protection of Privacy Act please visit: <https://www.ontario.ca/document/freedom-information-and-protection-privacy-manual>

For more information on the software vendor's Privacy Policy please visit: <https://www.xplortechtechnologies.com/us/privacy-notice>



Youth Drop In Sport Programs

Coming soon! Does your youth like to be active? Keep them busy with our Youth Drop In Sport programs. This supervised program offers youth, aged 10 to 15, the opportunity to participate in sports-centered activities, including basketball, dodgeball, floor hockey, and much more! Staff will facilitate games/play, divide teams, monitor activity, and encourage teamwork.

For more information, program dates, and to register, please scan the QR code. If you require alternative ways to register or receive information, please feel free to reach out to us by email at: recreation@kawarthalakes.ca or call us at 705-324-9411 extension 1307.

**Scan the
QR Code to
learn more
and to register**



Kawartha Lakes
Jump In





10 | Skating



Connect through **Skating**

There are several Public Skating opportunities offered during the fall months, including Public Skate, Senior Skate, Shiny, Parent and Tot, and Stick and Puck. Please see below for program descriptions.

Pre-registration is recommended for all Skating programs. If you require other options, please email us at recreation@kawarthalakes.ca. Participants can register for their desired skate up to 14 days in advance through our Online Program Registration Website.

Accessible Skate

This recreational skate is open to skaters with disabilities and their families, caregivers, and/or support workers. Accompanying caregivers or support persons skate free of charge. Skaters are expected to follow the general Public Skate program rules. Wheelchairs, skate aids, sledges, and other mobility devices are welcome. Pre-registration is recommended to guarantee your spot!

Rules and Regulations

Public Skating

Those not following the rules will be given one warning and then asked to leave the facility with no refund. Rules are subject to change.

- Pre-registration is recommended for all public skating programs.
- All participants must be wearing skates while on the ice surface.
- CSA approved helmets are mandatory for all children and strongly recommended for all other ice users.
- Skate in the same direction as all skaters.
- Skate aids may be available for use at the facility. Participants may bring their own certified skate aid, as long as it's in clean condition and does not impede other skaters.
- Wheelchairs are permitted, with the accompaniment of a responsible operator (age 16 or older) wearing ice skates.
- Wheels must be cleaned of any dirt/debris prior to entering the ice surface to ensure the safety of all skaters. Cleaning material will be available at facility.
- The person accompanying the participant in the wheelchair is not required to register or pay the registration fee.
- Wheelchair users are asked to use the perimeter of the ice closest to the boards.

Public Skating Rules and Regulations continued on page 12.

Public Skating Rules and Regulations continued from page 11.

- No food or drink is allowed on the ice surface or players benches.
- No tag, games or inappropriate behaviour is allowed.
- No skating backwards or figure skating.
- Any equipment (including balls, sticks, chairs, pylons, strollers) that may interfere with the safety of any skater on the ice surface is prohibited.
- No headsets, cell phones, or handheld electronic devices are to be used while skating.
- Carrying of children is prohibited.
- No sitting on the boards.

Parent and Tot

Parents and caregivers are invited to bring their preschoolers (under 6 years of age) to this recreational skate. Children must wear a CSA-approved helmet on the ice. Pre-registration is recommended to guarantee your spot!

Public Skate

All ages are welcome to join us for this recreational skate! Skaters are expected to follow the program rules at all times. Pucks, hockey sticks, and equipment are not permitted on the ice surface. Pre-registration is recommended to guarantee your spot!

Senior Shinny

This self-organized, non-contact hockey program is for players aged 55 and older. A CSA-approved helmet is mandatory; mask and full equipment are highly encouraged. Pre-registration is recommended to guarantee your spot!

Senior Skate

This leisure skate time is for mature adults, aged 55 and older. Skaters are expected to follow the program rules at all times. Pre-registration is recommended to guarantee your spot!

Shinny

Get back on the ice this winter with our drop-in Shinny! This non-contact, co-ed program is not intended for organized teams. Players must wear a CSA-approved helmet; mask and full equipment are strongly recommended. Players and goaltenders are to register for the applicable respective program. Pre-registration is recommended to guarantee your spot!

Stick and Puck

This program is an opportunity for caregivers (18+) and their children (3 to 12 years old) to practice and develop their hockey skills in a non-competitive environment. Maximum of two children per caregiver; children must be accompanied on the ice. Pre-registration is recommended to guarantee your spot!

Ticket Ice

This drop-in session is intended for recreational figure skaters to practice their skating skills. All skaters must be a CFSA member and accompanied by a coach. Pre-registration is recommended to guarantee your spot!

Women's Shinny

Join us for this fun, active drop-in shinny program for women! This non-contact, self-organized program is not intended for organized teams. Full equipment, including a CSA-approved helmet, is required. Pre-registration is recommended to guarantee your spot!

Youth Shinny

Lindsay Recreation Complex
Fridays 5:15pm to 6:15pm

This program is an opportunity for youth aged 12 to 15 to play a staff-monitored scrimmage game of hockey. Participants must wear full equipment, including CSA approved hockey helmet with full cage or face shield. Pre-registration is recommended to guarantee your spot!

Schedules are subject to change. To learn more and to register, please visit our Online Program Registration Website at: <https://kawarthalakes.perfectmind.com>.

Access each individual program by clicking them, or click on the link above for the main registration page.



Skating Registration Reminder.

Participants can register for their desired skate up to 14 days in advance.

If you require assistance or other options for registration, please reach out by email at: recreation@kawarthalakes.ca or call us at: **705-324-9112**



Women's Resources

Shelter, Support and Counselling for Women, Children and Teens experiencing abuse,
AND Services for Human Trafficking Victims.

YOU ARE NOT ALONE, WE CAN HELP

24 HR CRISIS SUPPORT LINE 1-800-565-5350



Scan QR code
with phone camera

22 Russell St. E., Lindsay ON K9V 2A1 **705-878-4285** www.womensresources.ca





Connect through

Aquatics



Aquatic programming and Public Swims take place at the Lindsay Recreation Complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon.

Registration for the Fall 2025 session will begin on Tuesday August 26, 2025 at 9am through our [Online Program Registration Website](#).

Fall 2025 Aquatic Session

The Fall Aquatic session will run from September 28 to December 14, 2025. There will be no classes October 11, 12 and 13, 2025.

Participants are encouraged to pre-register ahead of time for public swims. Registration is required for Kawartha Swim and Lifesaving/Leadership Programs using our Online Program Registration Website.

Aquatic Rules and Regulations:

- Patrons are encouraged to limit their time in the Change Rooms before and after their programs.
- Pre-registration is encouraged for public swimming through our Online Program Registration Website.
- Cellphones and cameras are not permitted to be used in the change rooms or on the pool deck.
- Pool Admission standards must be adhered to for all Public Swims.

Kawartha Lakes Pool Facilities

The Parks and Recreation Division maintains two aquatic facilities year-round, the Lindsay Recreation Complex in Lindsay and the Forbert Memorial Pool in Bobcaygeon.

Lindsay Recreation Complex

133 Adelaide Street South, Lindsay
705-324-9112

The Lindsay Recreation Complex boasts a 25 metre six lane pool, a therapeutic warm pool; both of which host a variety of aquatic programming year-round. The facility also features an on-deck sauna, a 1 metre diving board, Change Room facilities and showers.



Forbert Memorial Pool and Workout Centre

16 River Park Road, Bobcaygeon
705-738-5858

The Forbert Memorial Pool and Workout Centre in Bobcaygeon features an 18 metre three lane swimming pool; stepped ramp, Change Room facilities and showers. The facility hosts a variety of aquatic programs for all fitness levels.





Public Swimming

We are pleased to offer Public Swim opportunities year-round at both the Lindsay Recreation Complex and the Forbert Memorial Pool in Bobcaygeon.

You are encouraged to pre-register to reserve a space in advance using our Online Program Registration Website. Walk in reservations and payment will be accepted on site when space allows. Entry will only be allowed up to your registered start time. Schedules are subject to change and cancellations may occur.

To view our Public Swimming Fees and Schedules please visit our Swim Page.

Adult Swim:

This swim provides the opportunity for those 15 years and older to chat, relax and complete their personal fitness programs. This is a quiet swim. Lanes are available for swimming lengths, there will be public equipment available. Exercise/length swimming equipment will be available. Snorkels are permitted.

Aquaglide:

The Aquaglide is a giant floating obstacle course that features jumping and balancing sections. Children 14 years of age or younger will be required to pass the Facility Swim Test in order to use the Aquaglide.

Diving Board and Blocks:

The Diving Board and Diving Blocks at the Lindsay Recreation Complex are open during Fitness Swims and Adult Swims only if a safety hazard does not exist. Diving Blocks are available in lanes 2 and 3 during Fun Swims. Those wishing to use the Diving Blocks must be able to pass the Facility Swim Test. Forward jumps or dives only – no flips, twists, somersaults, or backwards entries.

Fitness Swim:

This swim is for all ages wishing to swim lengths in the large pool and complete exercise goals in the small pool. Exercise and length swimming equipment will be available for use, no toys permitted. Snorkels are permitted. Pool Admission Standards must be maintained at all times.

Fun Swim:

This is an active, high activity and noisy swim time for all ages. The diving board will be open during Fun Swims. Public equipment is available. Personal equipment is permitted in the shallow end of the large pool and in the small pool. No equipment is allowed in the deep end of the large pool at any time. Snorkels are permitted. No length swimming. Pool Admission Standards must be maintained at all times.

Fun/Fitness Swim:

This is an active swim time for all ages where swimmers can choose to swim lengths or relax. The diving board will be open. Lanes will be adjusted based on demand. Public equipment will be available. Personal equipment is permitted in the shallow end of the large pool and

Get Social with us!

Follow us on **Facebook**, to stay up-to-date and in the know on all things Parks and Recreation.

in the small pool. No equipment is allowed in the deep end of the large pool at any time. Snorkels will be permitted. Pool Admission Standards must be maintained at all times.

Sauna:

The on-deck Sauna at the Lindsay Recreation Complex is available during Public Swim times to those attending the swim, or any patrons who hold a Swim Membership or a Squash Membership.

Pool Admission Standards

Pool Admission Standards assist lifeguards in maintaining adequate surveillance over the whereabouts and activities of young bathers while they are inside the pool enclosure.

To learn more about our Public Swimming Schedules, Pool Admission Standards, Swim Test, Wrist Bands and Swim Test Passed Memberships please visit our Swim Page at:
www.kawarthalakes.ca/swim

Click here for Public Swimming Schedules





Kawartha Swim Parent and Tot Programs

Ages: 4 months to 36 months

Kawartha Swim Parent and Tot Programs are designed to spend quality time with your child while you both have fun, learn and socialize in the water. Children progress through Parent and Tot levels based on age.

Fall 2025 session:

September 28 until December 14, 2025.
No classes October 11, 12 and 13, 2025.

Parent and Tot 1

Parent and Tot One is offered at both the Lindsay Recreation complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon. This program introduces babies and their parent /caregiver to buoyancy and movement in the water through play and songs. Participants in this level must be able to hold their head up and be 4 months to 12 months of age. Parents/caregivers will learn age-specific water safety and first aid skills. Progression into the next level is based on age.

Forbert Memorial Pool, Bobcaygeon

Tuesdays 9am to 9:30am
Tuesdays 10am to 10:30am
Tuesdays 5pm to 5:30pm
Thursdays 9:30am to 10am
Thursdays 10am to 10:30am
Thursdays 4:30pm to 5pm
Saturdays 9:45am to 10:15am
Saturdays 10:45am to 11:15am

Lindsay Recreation Complex

Mondays 9am to 9:30am
Mondays 4:15pm to 4:45pm
Tuesdays 9:45am to 10:15am
Tuesdays 2:15pm to 2:45pm
Tuesdays 5pm to 5:30pm
Wednesdays 9am to 9:30am
Wednesdays 4pm to 4:30pm
Wednesdays 5:30pm to 6pm
Thursdays 9am to 9:30am
Thursdays 10am to 10:30am
Thursdays 11:15am to 11:45am
Thursdays 4pm to 4:30pm
Fridays 9:30am to 10am
Fridays 2:15pm to 2:45pm
Fridays 6pm to 6:30pm
Saturdays 9:30am to 10am

Saturdays 11am to 11:30am
Saturdays 12:30pm to 1pm
Sundays 10am to 10:30am
Sundays 5:30pm to 6pm

Parent and Tot 2

Parent and Tot Two is offered at both the Lindsay Recreation complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon. This program introduces toddlers and their parent/caregiver to movement and active play in the water through games and songs. Participants in this level must be 13 months to 24 months of age. Parents/caregivers will learn age-specific water safety and first aid skills. Progression into the next level is based on age.

Forbert Memorial Pool, Bobcaygeon

Tuesdays 9am to 9:30am
Tuesdays 10am to 10:30am
Tuesdays 5pm to 5:30pm
Thursdays 9:30am to 10am
Thursdays 10am to 10:30am
Thursdays 4:30pm to 5pm
Saturdays 9:45am to 10:15am
Saturdays 10:45am to 11:15am

Lindsay Recreation Complex

Mondays 9:30am to 10am
Mondays 5pm to 5:30pm
Tuesdays 9:45am to 10:15am
Tuesdays 2:15pm to 2:45pm
Tuesdays 4pm to 4:30pm
Wednesdays 9:30am to 10am
Wednesdays 4pm to 4:30pm
Wednesdays 5pm to 5:30pm
Thursdays 9:30am to 10am
Thursdays 10am to 10:30am
Thursdays 11:15am to 11:45am
Thursdays 5:30pm to 6pm

Fridays 8:30am to 9am
Fridays 9:30am to 10am
Fridays 2:15pm to 2:45pm
Fridays 5:30pm to 6pm
Fridays 6pm to 6:30pm
Saturdays 10am to 10:30am
Saturdays 11:30am to 12pm
Saturdays 12:30pm to 1pm
Sundays 10am to 10:30am
Sundays 10:30am to 11am
Sundays 5:30pm to 6pm

Parent and Tot 3

Parent and Tot Three is offered at both the Lindsay Recreation complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon. This program introduces toddlers and their parent/caregiver to basic swimming movements including floats, glides, and kicks in a safe water environment using fun and games.

Participants in this level must be 25 months to 36 months of age. Parents/caregivers will learn age-specific water safety and first aid skills. Progression to the next level is based on age.

Forbert Memorial Pool, Bobcaygeon

Tuesdays 9am to 9:30am
Tuesdays 10am to 10:30am
Tuesdays 5pm to 5:30pm
Thursdays 9:30am to 10am
Thursdays 10am to 10:30am
Thursdays 4:30pm to 5pm
Saturdays 9:45am to 10:15am
Saturdays 10:45am to 11:15am

**Parent and Tot 3 schedules
continued on page 20.**

Schedules are subject to change.
To view our most up-to-date schedules
and to register, please visit our Online
Program Registration Website.

If you require other options
for registration, please email
aquatics@kawarthalakes.ca or call
us at: 705-324-9411 extension 1557



Aquatic Registration Reminder.

When registering for
aquatic programming
on Tuesday August 26,
2025 at 9am, you will need
to **select the pool location
for registration.**

For example:

If you'd like to register for
a Parent and Tot program
at the Lindsay Recreation
Complex, you will have to
select 'Aquatics - Lindsay
Recreation Complex' in the
'Select an Activity' window.

Parent and Tot 3

Lindsay Recreation Complex

Mondays 10:30am to 11:00am

Mondays 6pm to 6:30pm

Tuesdays 9:45am to 10:15am

Tuesdays 1:45pm to 2:15pm

Tuesdays 4:30pm to 5pm

Wednesdays 10am to 10:30am

Wednesdays 4:30pm to 5pm

Thursdays 9:30am to 10am

Thursdays 10:30am to 11am

Thursdays 4:30pm to 5pm

Fridays 8:30am to 9am

Fridays 9am to 9:30am

Fridays 5:30pm to 6pm

Saturdays 10:30am to 11am

Saturdays 11:45am to 12:15pm

Saturdays 12:30pm to 1pm

Sundays 10:30am to 11am

Sundays 5:30pm to 6pm



**Jump In and join our Stroller Fit
and Parent and Baby Programs!**

Learn more starting on page 52.



Kawartha Swim

Private Lessons

\$317 for a 10 week session

Private lessons are one to one instruction. These lessons are useful where a special need exists and/or for an individual who is working on a specific skill. Small Pool Only Private Lessons are available for swimmers in Mitchell Minnow, Sturgeon Spottail, Pigeon Perch, and Swimmer One.

Semi-Private Lessons

\$189 per participant for a 10 week session

Semi-Private Lessons are for two or three participants who are at a similar swimming level/ability. Please be advised, when registering online for Semi-Private Lessons, you will be required to register the first participant to secure the desired date and time. To register the additional participants, you will need to call the Assistant Aquatics Coordinator at: **705-324-9411 extension 1557**.

Create a Class

\$79 per participant for a 10 week session

Create a Class Lessons are geared toward four participants who are at the same swimming level/ability. Please be advised, when registering online for Create a Class Lessons you will be required to register the first participant to secure the desired date and time. To register the additional participants, you will need to call the Assistant Aquatics Coordinator at: **705-324-9411 extension 1557**.

Payments for all participants in a Semi-Private, or Create a Class Lesson must be processed through the City of Kawartha Lakes.

To register, please visit www.kawarthalakes.ca/swim.

If you require other options for registration, please email aquatics@kawarthalakes.ca or call us at: **705-324-9411 extension 1557**



Kawartha Swim Pre-School Programs

Ages: 3 to 6 years old.

Kawartha Swim Pre-School Programs are designed for children ages 3 to 6 years old, our Pre-school programs feature six levels that will develop an appreciation and healthy respect for the water. Children progress through our Pre-School programs based on skill. These programs are offered at both the Lindsay Recreation Complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon.

Fall 2025 session:

September 28 until December 14, 2025.
No classes October 11, 12 and 13, 2025.

Mitchell Minnow

For ages 3 to 6 years. Participants will gain confidence in the water by learning how to safely enter, move through and exit shallow water, and develop basic swimming movements including floats and glides. Participants will learn to put their face in the water and blow bubbles. Progression to the next level is based on meeting specific performance criteria.

Forbert Memorial Pool, Bobcaygeon

Mondays 4pm to 4:30pm
Tuesdays 9:30am to 10am
Tuesdays 4:30pm to 5pm
Tuesdays 6pm to 6:30pm
Wednesdays 4:30pm to 5pm
Wednesdays 5:30pm to 6pm
Thursdays 10am to 10:30am
Thursdays 10:30am to 11am
Thursdays 4:15pm to 4:45pm
Saturdays 8:45am to 9:15am
Saturdays 9:30am to 10am

Lindsay Recreation Complex

Mondays 4:30pm to 5pm
Mondays 5:30pm to 6pm
Mondays 6:30pm to 7pm
Mondays 6:45pm to 7:15pm
Tuesdays 10:15am to 10:45am
Tuesdays 1:45pm to 2:15pm
Tuesdays 4pm to 4:30pm
Tuesdays 5pm to 5:30pm
Tuesdays 6:45pm to 7:15pm
Wednesdays 9:15am to 9:45am
Wednesdays 10am to 10:30am
Wednesdays 10:30am to 11am
Wednesdays 2:15pm to 2:45pm
Wednesdays 3:30pm to 4pm
Wednesdays 4pm to 4:30pm
Wednesdays 6pm to 6:30pm
Wednesdays 6:30pm to 7pm

Thursdays 9am to 9:30am
Thursdays 2:15pm to 2:45pm
Thursdays 4pm to 4:30pm
Thursdays 4:30pm to 5pm
Thursdays 5pm to 5:30pm
Fridays 2:15pm to 2:45pm
Fridays 4pm to 4:30pm
Fridays 5pm to 5:30pm
Fridays 5:45pm to 6:15pm
Saturdays 9am to 9:30am
Saturdays 10am to 10:30am
Saturdays 11:30am to 12pm
Sundays 9:30am to 10am
Sundays 11am to 11:30am
Sundays 4pm to 4:30pm
Sundays 5:15pm to 5:45pm

Sturgeon Spottail

For ages 3 to 6 years. Participants will continue to build on their confidence in the water by learning how to safely swim with a personal flotation device or buoyant aid. Participants will learn how to fully submerge underwater and will work towards kicking on their back for five metres. Progression to the next level is based on meeting specific performance criteria.

Forbert Memorial Pool, Bobcaygeon

Mondays 4:30pm to 5pm
Tuesdays 9:30am to 10am
Tuesdays 5pm to 5:30pm
Wednesdays 4:30pm to 5pm
Wednesdays 5:30pm to 6pm
Thursdays 10am to 10:30am
Thursdays 10:30am to 11am
Thursdays 4pm to 4:30pm
Thursdays 5pm to 5:30pm
Saturdays 9:15am to 9:45am
Saturdays 10:15am to 10:45am

**Sturgeon Spottail schedules
continued on page 24.**

Aquatic Refund, Cancellation and Service Interruption Information.

Refunds for programs:

We reserve the right to cancel programs due to insufficient registration. In these cases a full refund/credit will be issued. Refunds/credits for any other reason are subject to approval and a 15% (minimum \$5) administration fee. All requests must be made in writing to the Assistant Aquatics Coordinator via e-mail to: aquatics@kawarthalakes.ca. Refunds under \$20 will be issued only as credit on account for future Parks and Recreation services.

Refunds for Drop-In Programs:

Once a reservation has been made if you are unable to attend your scheduled booking please call 705-324-9112 to cancel your space. Due to limited spaces available, any fees paid will only be refunded as a credit on your account if the cancellation is received a minimum of 48 hours before the booking time. If cancellation is made with less than 48 hours notice fees are non-refundable.

Cancellations and Service Interruptions:

We will post all program cancellations as an alert on our website, and on **Facebook**. Programs will not operate on statutory holidays unless otherwise stated. For details call 705-324-9112.



Sturgeon Spottail

Lindsay Recreation Complex

Mondays 4pm to 4:30pm
 Mondays 5:30pm to 6:00pm
 Mondays 6pm to 6:30pm
 Mondays 7:15pm to 7:45pm
 Tuesdays 10:15am to 10:45am
 Tuesdays 1:45pm to 2:15pm
 Tuesdays 4:30pm to 5pm
 Tuesdays 5pm to 5:30pm
 Tuesdays 5:45pm to 6:15pm
 Tuesdays 6:30pm to 7pm
 Wednesdays 9:15am to 9:45am
 Wednesdays 10am to 10:30am
 Wednesdays 10:30am to 11am
 Wednesdays 2:15pm to 2:45pm
 Wednesdays 3:30pm to 4pm
 Wednesdays 4:30pm to 5pm
 Wednesdays 5:15pm to 5:45pm
 Wednesdays 6pm to 6:30pm
 Thursdays 9:30am to 10am
 Thursdays 2:15pm to 2:45pm
 Thursdays 4pm to 4:30pm
 Thursdays 5pm to 5:30pm
 Thursdays 5:30pm to 6pm
 Thursdays 6:45pm to 7:15pm
 Fridays 1:45pm to 2:15pm

Fridays 4:30pm to 5pm
 Fridays 6:15pm to 6:45pm
 Saturdays 9am to 9:30am
 Saturdays 9:30am to 10am
 Saturdays 10:30am to 11am
 Saturdays 11:45am to 12:15pm
 Sundays 9am to 9:30am
 Sundays 10am to 10:30am
 Sundays 11am to 11:30am
 Sundays 4:15pm to 4:45pm
 Sundays 5:30pm to 6pm

Pigeon Perch

For ages 3 to 6 years. Participants will begin demonstrating their swimming skills, including three metre front and back glides, without the assistance of an instructor or buoyant aid. Participants will learn how to pick up an object from the bottom of the pool in waist-deep water and how to safely jump into deep water wearing a personal flotation device. Progression to the next level is based on meeting specific performance criteria.

Forbert Memorial Pool, Bobcaygeon

Mondays 5pm to 5:30pm
 Tuesdays 5pm to 5:30pm
 Tuesdays 6pm to 6:30pm
 Wednesdays 5pm to 5:30pm
 Thursdays 5:30pm to 6pm
 Saturdays 9:15am to 9:45am
 Saturdays 12pm to 12:30pm

Lindsay Recreation Complex

Mondays 4pm to 4:30pm
 Mondays 5pm to 5:30pm
 Mondays 6pm to 6:30pm
 Tuesdays 4:30pm to 5pm
 Tuesdays 5:30pm to 6pm
 Tuesdays 6:15pm to 6:45pm
 Wednesdays 5:30pm to 6pm
 Wednesdays 6:30pm to 7pm

Thursdays 4:30pm to 5pm
Thursdays 5pm to 5:30pm
Thursdays 6pm to 6:30pm
Thursdays 6:30pm to 7pm
Fridays 4pm to 4:30pm
Fridays 5:45pm to 6:15pm
Fridays 6pm to 6:30pm
Saturdays 9am to 9:30am
Saturdays 10am to 10:30am
Saturdays 11am to 11:30am
Saturdays 12:15pm to 12:45pm
Sundays 9:30am to 10am
Sundays 11:30am to 12pm
Sundays 5pm to 5:30pm

Balsam Bass

For ages 3 to 6 years. Participants will build on their independence in the water and will be introduced to side glides as well as treading water. Participants will increase the length of their front and back floats to seven seconds. Progression to the next level is based on meeting specific performance criteria.

Forbert Memorial Pool, Bobcaygeon

Mondays 5:30pm to 6pm
Tuesdays 4pm to 4:30pm
Wednesdays 5pm to 5:30pm
Thursdays 5pm to 5:30pm
Saturdays 8:45am to 9:15am
Saturdays 11:15am to 11:45am

Lindsay Recreation Complex

Mondays 5pm to 5:30pm
Mondays 6pm to 6:30pm
Mondays 6:45pm to 7:15pm
Tuesdays 6:15pm to 6:45pm
Tuesdays 7:30pm to 8pm
Wednesdays 5pm to 5:30pm
Wednesdays 6pm to 6:30pm
Thursdays 4pm to 4:30pm
Thursdays 6pm to 6:30pm

Thursdays 6:15pm to 6:45pm
Thursdays 6:45pm to 7:15pm
Fridays 5:15pm to 5:45pm
Saturdays 9am to 9:30am
Saturdays 10am to 10:30am
Saturdays 11:30am to 12pm
Sundays 9am to 9:30am
Sundays 4:30pm to 5pm

Canal Catfish

For ages 3 to 6 years. Swimmers will compile the foundational skills they have learned in the previous levels to attempt front crawl and back crawl for five metres while wearing a personal flotation device or being supported by a buoyant aid. Participants will continue to work on their side glide and will demonstrate side glide with kicking for five metres. Progression to the next level is based on meeting specific performance criteria.

Forbert Memorial Pool, Bobcaygeon

Tuesdays 6:30pm to 7pm
Wednesdays 5:30pm to 6pm
Saturdays 10:45am to 11:15am

Lindsay Recreation Complex

Mondays 5:30pm to 6pm
Mondays 6:45pm to 7:15pm
Tuesdays 4pm to 4:30pm
Tuesdays 6pm to 6:30pm
Wednesdays 5:30pm to 6pm
Wednesdays 6pm to 6:30pm
Thursdays 6:15pm to 6:45pm
Fridays 5pm to 5:30pm
Fridays 6:30pm to 7pm
Saturdays 9:30am to 10am
Sundays 10am to 10:30am
Sundays 4:45pm to 5:15pm

Schedules are subject to change.
To view our most up-to-date schedules
and to register, please visit our Online
Program Registration Website.

If you require other options
for registration, please email
aquatics@kawarthalakes.ca or call
us at: 705-324-9411 extension 1557



Aquatic Registration Reminder.

When registering for
aquatic programming on
Tuesday August 26, 2025
at 9am, you will need to
**select the pool location
for registration.**

For example:

If you'd like to register for
a Pre-School program at
the Lindsay Recreation
Complex, you will have to
select 'Aquatics - Lindsay
Recreation Complex' in the
'Select an Activity' window.

Cameron Carp

For ages 3 to 6 years. Swimmers will
begin working on advanced skills,
such as whip kick, while continuing
to develop their front crawl and back
crawl for five metres. Participants
will learn how to roll into deep water,
tread for 20 seconds, and swim for 10
metres wearing a personal flotation
device to demonstrate their readiness
for a fall into water. Progression to
the next level is based on meeting
specific performance criteria.

Forbert Memorial Pool, Bobcaygeon

Tuesdays 6:30pm to 7pm
Wednesdays 5:30pm to 6pm
Saturdays 10:45am to 11:15am

Lindsay Recreation Complex

Mondays 6:30pm to 7pm
Tuesdays 4pm to 4:30pm
Tuesdays 6:30pm to 7pm
Wednesdays 5:30pm to 6pm
Thursdays 7pm to 7:30pm
Fridays 5pm to 5:30pm
Saturdays 10am to 10:30am
Sundays 10am to 10:30am
Sundays 4:45pm to 5:15pm



Find your next home with REALTOR® **harold HULL**



NEW LISTING

\$469,900
Lindsay MLS® X12284772

First time home buyers **ALERT!** Looking to get out of the rental market and into your first home? This four bedroom, two bath, two storey home is located on a quiet cul de sac in Lindsay!



\$595,000
Lindsay MLS® X12152983

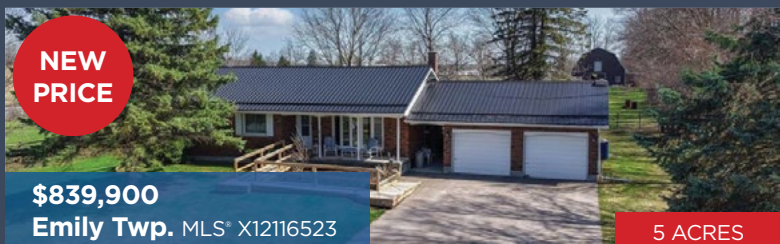
One step up & you are into this excellent north ward main floor friendly 2 bedroom, 2 bath brick bungalow on a quiet crescent-like street in a sought after location. Gorgeous curb-appeal with metal roof, interlocking foot-path & covered front porch. Recently renovated basement. Main floor laundry, forced air furnace (2020), Hot water on demand (2022). No rentals here.



NEW PRICE

\$744,900
Oakwood MLS® X12115949

Move-in ready, updated all brick 3 bedroom, 2 bathroom bungalow with gorgeous new kitchen (2020) with Quartz countertops & all new appliances. Perfect for a family or empty nesters. Single detached garage/shop. Updated metal roof, windows, septic. Private fenced backyard with swimming pool on a 1/3 of an acre level lot. 15 mins W of Lindsay.



NEW PRICE

\$839,900
Emily Twp. MLS® X12116523

5 ACRES

3 bedroom bungalow on horse/hobby farm with about 680ft. along hwy exposure in fabulous location 10 mins. W of Peterborough. Lovely curb appeal. Dbl car garage. Bright/sensible main flr layout. Partial finished lower level. Updated natural gas furnace 2 yrs, updated windows (most) & electrical panel, brand new UV system, 1546 sq. ft. Barn with electrical & water. Unique zoning also allows for construction of 2nd dwelling potential.



NEW PRICE

\$949,900
Lindsay MLS® X12184203

Please allow me to introduce you to this exquisite custom-built and rare swan-song of a finer era circa 1931. The craftsmanship, character and distinctive esthetics is reflected here! The family 4 bedroom, 3 bath home is perched on a large well-treed lot in historic Bond Street West on the north side with long gorgeous set-backs, close to all amenities.



NEW LISTING

\$949,900
Lindsay MLS® X12278387

1.6 ACRES

Beautifully renovated bungalow on a rural lot on the edge of town with a massive detached shoop plus another garage (2020) for the house. The 1800+ sqft detached show at the back has its own driveway and is a Contractors / Mechanics dream. Metal roof on everything.

When you work with Harold... it's Harold you work with.

RE/MAX
ALL-STARs
REALTY INC., BROKERAGE

Call anytime. I'm full-time!

705.879.1307

www.HaroldHull.com



Kawartha Swim School Age Programs

Ages: 5 to 14 years old.

Kawartha Swim School Age Programs are designed for children ages 5 to 14 years old, our School Age program consists of twelve levels, which focus on learning how to swim before getting in “too deep.” These programs are offered at both the Lindsay Recreation Complex and Forbert Memorial Pool and Workout Centre in Bobcaygeon.

Fall 2025 session:

September 28 until December 14, 2025.
No classes October 11, 12 and 13, 2025.

Swimmer 1

Swimmer One participants will begin working on the foundational skills of swimming including front and back floats, glides (three metres), and kicking (five metres), with the assistance of a personal flotation device or buoyant aid. Participants will be introduced to treading water and will gain confidence to jump into chest-deep water. This class is for participants aged 5 and older.

Forbert Memorial Pool, Bobcaygeon

Mondays 5:30pm to 6pm
Tuesdays 4pm to 4:30pm
Tuesdays 5:30pm to 6pm
Wednesdays 4pm to 4:30pm
Thursdays 6pm to 6:30pm
Saturdays 10:15am to 10:45am

Lindsay Recreation Complex

Mondays 4:30pm to 5pm
Mondays 5:45pm to 6:15pm
Tuesdays 4pm to 4:30pm
Tuesdays 5:30pm to 6pm
Wednesdays 5pm to 5:30pm
Wednesdays 6pm to 6:30pm
Thursdays 5:30pm to 6pm
Thursdays 6pm to 6:30pm
Thursdays 7:15pm to 7:45pm
Fridays 4:30pm to 5pm
Fridays 6:45pm to 7:15pm
Saturdays 9:30am to 10am
Saturdays 10am to 10:30am
Saturdays 12pm to 12:30pm
Sundays 10:30am to 11am
Sundays 4:30pm to 5pm

Swimmer 2

Swimmer Two participants will learn how to safely enter and exit deep water, recover an object from the bottom in chest-deep water, and will be

introduced to side glides. Participants will begin to work toward five metres of front crawl and five metres of back crawl with a buoyant aid. This class is for participants aged 5 and older who have attempted Balsam Bass or Canal Catfish as well as participants who have successfully completed Swimmer One, Pigeon Perch, or Balsam Bass.

Forbert Memorial Pool, Bobcaygeon

Mondays 4pm to 4:30pm
Mondays 5:30pm to 6pm
Tuesdays 4:30pm to 5pm
Tuesdays 5:30pm to 6pm
Wednesdays 4pm to 4:30pm
Thursdays 4:30pm to 5pm
Thursdays 6pm to 6:30pm
Saturdays 9:45am to 10:15am
Saturdays 11am to 11:30am

Lindsay Recreation Complex

Mondays 5pm to 5:30pm
Mondays 6:30pm to 7pm
Tuesdays 6pm to 6:30pm
Tuesdays 6:30pm to 7pm
Tuesdays 7:15pm to 7:45pm
Wednesdays 4:30pm to 5pm
Wednesdays 5:45pm to 6:15pm
Wednesdays 6:15pm to 6:45pm
Thursdays 4pm to 4:30pm
Thursdays 6:30pm to 7pm
Thursdays 7:15pm to 7:45pm
Fridays 5:30pm to 6pm
Fridays 7pm to 7:30pm
Saturdays 9am to 9:30am
Saturdays 10:30am to 11am
Saturdays 12:15pm to 12:45pm
Sundays 9:30am to 10am
Sundays 5pm to 5:30pm

Swimmer 3

Swimmer Three participants will continue to increase the distances of their front crawl and back crawl to 10 metres, treading water for 15 seconds, and will learn how to demonstrate their side glide with kicking for 10 metres. Participants will be challenged to put their skills together to demonstrate a jump into deep water, tread for 30 seconds, and swim 15 metres wearing a personal flotation device. This class is for participants aged 5 and older who have attempted Cameron Carp as well as those who have successfully completed Swimmer Two or Canal Catfish.

Forbert Memorial Pool, Bobcaygeon

Mondays 5pm to 5:30pm
Tuesdays 4:30pm to 5pm
Wednesdays 4pm to 4:30pm
Thursdays 5:30pm to 6pm
Saturdays 10:30am to 11am

Lindsay Recreation Complex

Mondays 4:45pm to 5:15pm
Mondays 6:15pm to 6:45pm
Mondays 7:15pm to 7:45pm
Tuesdays 4pm to 4:30pm
Tuesdays 6:45pm to 7:15pm
Tuesdays 7:30pm to 8pm
Wednesdays 4:30pm to 5pm
Wednesdays 6:30pm to 7pm
Thursdays 6pm to 6:30pm
Thursdays 7:15pm to 7:45pm
Fridays 4:30pm to 5pm
Fridays 6:45pm to 7:15pm
Saturdays 9:30am to 10am
Saturdays 10:30am to 11am
Saturdays 11:15am to 11:45am
Sundays 11:30am to 12pm
Sundays 4:30pm to 5pm



Swimmer 4

Swimmer Four participants will be introduced to seated dives and forward roll entries. Participants will attempt to tread for 30 seconds and will learn how to whip kick on their back. Participants will be challenged to increase their front crawl and back crawl distance for 15 metres. This class is for participants aged 5 and older who have successfully completed Swimmer Three or Cameron Carp.

Forbert Memorial Pool, Bobcaygeon

Mondays 5pm to 5:30pm
 Tuesdays 4pm to 4:30pm
 Wednesdays 4pm to 4:30pm
 Thursdays 6:30pm to 7pm
 Saturdays 12:15pm to 12:45pm

Lindsay Recreation Complex

Mondays 4pm to 4:30pm
 Mondays 5:30pm to 6pm
 Mondays 7pm to 7:30pm
 Mondays 7:30pm to 8pm
 Tuesdays 6pm to 6:30pm
 Tuesdays 7:30pm to 8pm

Wednesdays 5pm to 5:30pm
 Wednesdays 6:30pm to 7pm
 Thursdays 6:30pm to 7pm
 Thursdays 7:45pm to 8:15pm
 Fridays 4:45pm to 5:15pm
 Fridays 6:45pm to 7:15pm
 Saturdays 9:30am to 10am
 Saturdays 11am to 11:30am
 Saturdays 11:45am to 12:15pm
 Sundays 11:30am to 12pm
 Sundays 4:30pm to 5pm

Swimmer 5

Swimmer Five participants will begin to work on more advanced skills including whip kick on their front for five metres as well as the arm movements for breaststroke. Participants will learn how to do a kneeling dive and will increase their treading water to 45 seconds. Swimmers will increase their front crawl distance to 25 metres and will attempt a front crawl sprint. This class is for participants aged 5 and older who have successfully completed Swimmer Four.

Forbert Memorial Pool, Bobcaygeon

Mondays 4:30pm to 5pm
 Tuesdays 6:30pm to 7pm
 Wednesdays 5pm to 5:30pm
 Thursdays 4:45pm to 5:15pm
 Saturdays 12:45pm to 1:15pm

Lindsay Recreation Complex

Mondays 5pm to 5:30pm
 Mondays 7pm to 7:30pm
 Tuesdays 7pm to 7:30pm
 Wednesdays 4pm to 4:30pm
 Wednesdays 6:30pm to 7pm
 Thursdays 6pm to 6:30pm
 Thursdays 7:30pm to 8pm
 Fridays 5pm to 5:30pm
 Fridays 7:15pm to 7:45pm
 Saturdays 9:30am to 10am

Saturdays 11am to 11:30am
Sundays 11am to 11:30am
Sundays 4pm to 4:30pm

Swimmer 6

Swimmer Six participants will learn how to complete a standing dive into deep water. Swimmers will increase the distance of their whip kick to 15 metres and their back crawl to 25 metres. Participants will be challenged to put their skills together to demonstrate a roll into deep water, tread for 60 seconds, and a 50 metre swim. This class is for participants aged 5 and older who have successfully completed Swimmer Five.

Forbert Memorial Pool, Bobcaygeon

Tuesdays 6pm to 6:45pm
Saturdays 8:45am to 9:30am

Lindsay Recreation Complex

Mondays 6pm to 6:45pm
Mondays 7:15pm to 8pm
Tuesdays 6:45pm to 7:30pm
Wednesdays 4:30pm to 5:15pm
Wednesdays 6:15pm to 7pm
Thursdays 7pm to 7:45pm
Fridays 7:15pm to 8pm
Saturdays 10:30am to 11:15am

Swimmer 7

Swimmer Seven participants will increase their front crawl and back crawl distances for 50 metres and combine their whip kick and arm movement skills to demonstrate breaststroke for 15 metres. Participants will be introduced to elementary back stroke and a stationary eggbeater kick. Participants will be challenged with treading water for two minutes as well as a 25 metre back crawl sprint.

This class is for participants aged 5 and older who have successfully completed Swimmer Six.

Forbert Memorial Pool, Bobcaygeon

Tuesdays 6pm to 6:45pm
Saturdays 8:45am to 9:30am

Lindsay Recreation Complex

Mondays 6:15pm to 7pm
Tuesdays 6:45pm to 7:30pm
Wednesdays 4:30pm to 5:15pm
Thursdays 7pm to 7:45pm
Fridays 7:15pm to 8pm
Saturdays 10:30am to 11:15am

Swimmer 8

Swimmer Eight participants will be introduced to advanced swimming skills such as vertical and horizontal dolphin kick and head up front crawl. Participants will continue to increase the distances of their front and back crawl to 75 metres, and will learn how to complete a shallow dive into deep water. This class is for participants aged 5 and older who have successfully completed Swimmer Seven.

Forbert Memorial Pool, Bobcaygeon

Thursdays 5:15pm to 6pm
Saturdays 11:45am to 12:30pm

Lindsay Recreation Complex

Mondays 7:15pm to 8pm
Tuesdays 6:15pm to 7pm
Thursdays 6:15pm to 7pm
Fridays 4pm to 4:45pm
Saturdays 11:15am to 12pm



Swimmer 9

Swimmer Nine participants will be introduced to new skills that will be used in the lifesaving courses, including scissor kick, stride entries, and compact jumps. Swimmers will increase the distances of their front and back crawl to 100 metres, and will work towards a 50 metre breaststroke swim. This class is for participants aged 5 and older who have successfully completed Swimmer Eight.

Forbert Memorial Pool, Bobcaygeon

Thursdays 5:15pm to 6pm

Saturdays 11:45am to 12:30pm

Lindsay Recreation Complex

Mondays 7:15pm to 8pm

Tuesdays 6:15pm to 7pm

Thursdays 6:15pm to 7pm

Fridays 4pm to 4:45pm

Saturdays 11:15am to 12pm

Swimmer 10

Swimmer 10 participants will continue to develop their strokes with 50 metre swims of front crawl, back crawl, and breaststroke. Participants will be introduced to lifesaving sport skills including a 25 metre obstacle swim and 15 metre object carry. Participants

will have a first aid component which will focus on assessment of conscious victims, contacting emergency services, and how to treat for bleeding. This class is for participants aged 5 and older who have successfully completed Swimmer Nine.

Forbert Memorial Pool, Bobcaygeon

Thursdays 6pm to 7pm

Lindsay Recreation Complex

Tuesdays 7:30pm to 8:30pm

Swimmer 11

Swimmer 11 participants will continue to learn more lifesaving skills including searching for, and recovering an object, supporting an object for one minute, and removing a conscious victim from the water. Participants will expand their first aid knowledge by learning a primary assessment, how to care for a victim in shock, and how to assist a conscious person with an obstructed airway. This class is for participants aged 5 and older who have successfully completed Swimmer 10.

Forbert Memorial Pool, Bobcaygeon

Thursdays 6pm to 7pm

Lindsay Recreation Complex

Tuesdays 7:30pm to 8:30pm

Swimmer 12

Swimmer 12 participants will be challenged to complete a 300 metre swim in under nine minutes. Participants will continue to develop their lifesaving skills as they learn the ready position, the defense methods, and how to remove an unconscious

victim from the water. Participants will learn how to care for a bone or joint injury, and respiratory emergencies. This class is for participants aged 5 and older who have successfully completed Swimmer 11.

Forbert Memorial Pool, Bobcaygeon
Thursdays 6pm to 7pm

Lindsay Recreation Complex
Tuesdays 7:30pm to 8:30pm

Stroke Improvement

Stroke Improvement is an opportunity for participants who have completed Swimmer 4 or higher who are looking to improve or correct their front crawl, back crawl, whip kick/breaststroke, and elementary backstroke. Swim Instructors will provide stroke corrections through drills and level-appropriate progressions.

Forbert Memorial Pool, Bobcaygeon
Saturdays 12:30pm to 1:15pm

Lindsay Recreation Complex
Sundays 5pm to 5:45pm
Tuesdays 7:45pm to 8:30pm

Home School Lessons

This time is allotted for children who are home schooled to participate in swimming lessons.

Forbert Memorial Pool, Bobcaygeon
Tuesdays 2pm to 2:30pm
Thursdays 2pm to 2:30pm

Lindsay Recreation Complex
Mondays 1pm to 1:30pm
Mondays 1:30pm to 2pm

Schedules are subject to change. To view our most up-to-date schedules and to register, please visit our Online Program Registration Website.

If you require other options for registration, please email aquatics@kawarthalakes.ca or call us at: 705-324-9411 extension 1557



Aquatic Registration Reminder.

When registering for aquatic programming on Tuesday August 26, 2025 at 9am, you will need to **select the pool location for registration.**

For example:

If you'd like to register for a School Age program at the Lindsay Recreation Complex, you will have to select 'Aquatics – Lindsay Recreation Complex' in the 'Select an Activity' window.



Connect through **Lifesaving and Leadership**

Have you completed your Kawartha Swim programs and want to know your next steps? Climb the Lifesaving and Leadership Ladder and continue building your aquatic skills.

Sessions run throughout the year, to learn more about next steps, please see the Lifesaving and Leadership ladder on the next page.

Fall 2025 session:

September 28 until December 14, 2025.
No classes October 11, 12 and 13, 2025.

Bronze Star

Requirements: 11 to 14 years of age, completion of Swimmer 12 recommended. Candidates in this level support a 10 pound object at the surface for 3 minutes, swim 400 metres in 12 minutes or better, learn CPR, rescues, and the immobilization of a spinal victim on land.

Lindsay Recreation Complex

Thursdays 7:30pm to 8:30pm

Bronze Medallion

Pre-requisites: 13 years old, or, Bronze Star Certification. This award teaches an understanding of the lifesaving principles; judgement, knowledge, skills and fitness. Rescuers learn tows, carries, defenses and releases. Participants must also swim 400 metres in 12 minutes or better. 100% attendance is required.

Lindsay Recreation Complex


Sundays 2pm to 4pm

Bronze Cross with Standard First Aid

Pre-requisites: Bronze Medallion Award (need not be current). This award develops more advanced training including the introduction to safe supervision in Aquatic Facilities, as well as underwater search and the immobilization of a spinal victim in deep water. Participants will need to swim 400 metres in 11 minutes or better. 100% attendance is required.

Lindsay Recreation Complex

Sundays 2pm to 6pm



Continue building
your aquatic leadership
skills with us through
Lifesaving Society
programming!

Kawartha Swim

- Parent and Tot Levels.
- Pre-School Levels.
- Swimmer Levels.

Bronze Star

After completing your Kawartha Swim Levels you'll move into Bronze Star. The suggested age for this course is 11 to 14 years old and the suggested pre-requisite is Swimmer 12.

Bronze Medallion and Emergency First Aid

After completing your Bronze Star you'll move into Bronze Medallion and Emergency First Aid. The pre-requisite for this course is 13 years old or completion of Bronze Star.

Bronze Cross and Standard First Aid with CPR-C

After completing your Bronze Medallion and Emergency First Aid you'll move into Bronze Cross and Standard First Aid with CPR-C. The pre-requisite for this course is the completion of Bronze Medallion and Emergency First Aid.

National Lifeguard

After completing your Bronze Cross and Standard First Aid you can move into National Lifeguard to become a Lifeguard. The pre-requisite for this course is the completion of Bronze Cross and Standard First Aid. Must be minimum 15 years old.

Assistant Instructor

After completing your Bronze Cross and Standard First Aid with CPR-C you'll move into the Assistant Swim Instructor course. The pre-requisite for this course is the completion of Bronze Cross and Standard First Aid with CPR-C. Must be minimum 14 years old.

LSS Swim Instructor

After completing your Assistant Instructor you'll move into the LSS Swim Instructor course. The pre-requisite for this course is the completion of Bronze Cross and Standard First Aid with CPR-C. Must be minimum 15 years old.

Lifesaving Instructor

The pre-requisite for this course is the completion of Bronze Cross and Standard First Aid with CPR-C, LSS Swim Instructor, or Red Cross Water Safety Instructor.



Lifesaving and Leadership Ladder

Kawartha Lakes
Jump In 



Lifesaving Sport Fundamentals

Lifesaving Sport Fundamentals is for participants aged 8 to 12 years old, who have completed Swimmer 4 and are interested in expanding their knowledge of lifesaving skills.

This is a recreational introduction to the Sport of Lifesaving. Participants will develop team building and responsibility through exciting challenges.

Lindsay Recreation Complex
Sundays 2pm to 3pm

National Lifeguard Recertification

Requirements: must bring proof of prior NL certification. Re-certification is required every two years to remain current.

Lindsay Recreation Complex
Saturday October 11 - 9am to 1pm
Saturday December 20 - 9am to 1pm

Waterfront National Lifeguard

Prerequisites: Minimum 15 years of age with a National Lifeguard Pool and Standard First Aid with CPR-C certification (need not be current). The National Lifeguard Waterfront course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes that will assist the lifeguard to provide effective safety supervision in waterfront environments.

Forbert Memorial Pool, Bobcaygeon
Friday/Saturday/Sunday
(September 5 to 7, 2025)

5pm to 9pm Friday
9am to 5pm Saturday/Sunday

Waterfront National Lifeguard Recertification

Requirements: must bring proof of prior WNL certification. Re-certification is required every two years to remain current.

Birch Point Beach, Woodville
Sunday September 7 - 1pm to 5pm

Lifesaving Society Swim Instructor

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society [Swim for Life](#) program. Candidates acquire proven

Job Alert:

teaching methods, planning skills, and a variety of stroke development drills and correction techniques. Completion of the Lifesaving Society Assistant Instructor program is strongly recommended as a prerequisite for this course. 100% attendance is required.

Lindsay Recreation Complex

Tuesdays 4pm to 8:30pm

Lifesaving Society Lifesaving Instructor

The Lifesaving Instructor course prepares instructors to teach the Lifesaving Society's:

- Canadian Swim Patrol Program
- Bronze Star
- Bronze Medallion
- Bronze Cross
- Lifesaving Fitness, Distinction
- Basic and Emergency First Aid
- CPR-A, CPR-B and CPR-C

After successful completion of the Instructor course you will receive two certification cards: Lifesaving Instructor and Emergency First Aid Instructor. Prerequisites: 15 years of age by the end of the course; Bronze Cross certification (need not be current).

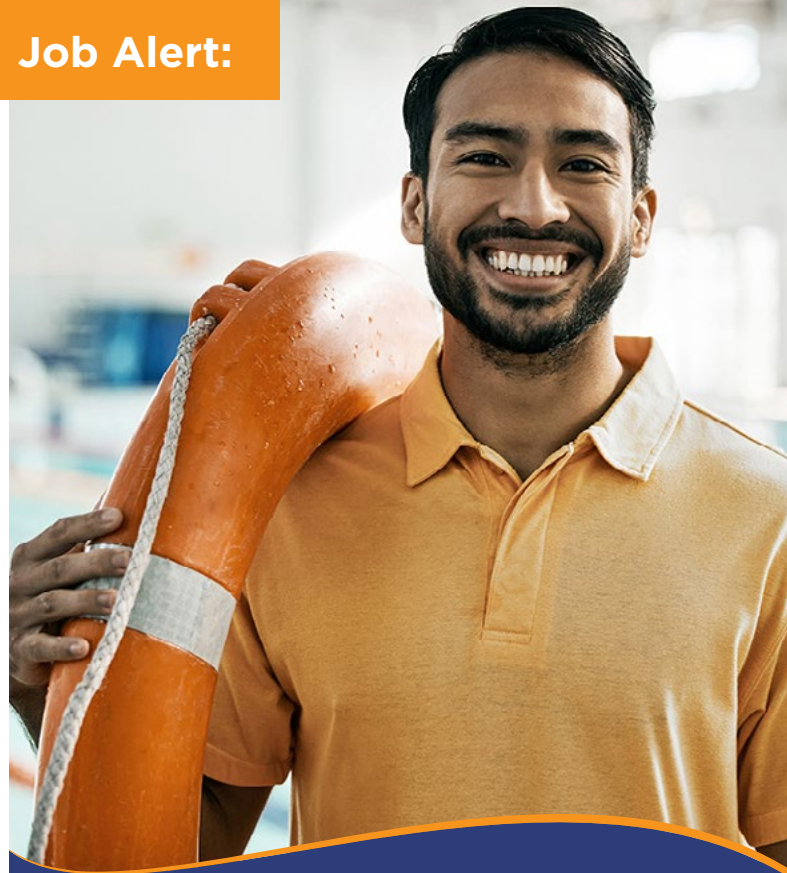
Forbert Memorial Pool, Bobcaygeon

September 12 to September 14, 2025

Friday - 5pm to 9pm

Saturday and Sunday - 9am to 5pm

**Lifesaving and Leadership Schedules
continued on page 38.**



Launch your aquatic career.

Launch your aquatic career and get certified for a job you'll love. Once you've successfully become a certified lifeguard and/or swim instructor, Jump In to our careers page and keep your eye out for a job with us. We're always looking for great leaders that make smart decisions around water!

www.kawarthalakes.ca/careers

Schedules are subject to change. To view our most up-to-date schedules and to register, please visit our Online Program Registration Website.

If you require other options for registration, please email aquatics@kawarthalakes.ca or call us at: 705-324-9411 extension 1557



Aquatic Registration Reminder.

When registering for aquatic programming on Tuesday August 26, 2025 at 9am, you will need to **select the pool location for registration.**

For example:

If you'd like to register for a School Age program at the Lindsay Recreation Complex, you will have to select 'Aquatics - Lindsay Recreation Complex' in the 'Select an Activity' window.

Lifesaving Society Examiner Course

This course will provide specific training in examination methodology through the Lifesaving Society program standards. Examiner candidates must have taught or co-taught at least one course in the stream(s) in which they are seeking certification as an examiner. Certification as an Examiner is a three-step process:

- Successfully complete an Examiner course with a current Trainer.
- Successfully apprentice with an Examiner Mentor on one exam in the stream(s) in which you seek to be certified as an Examiner.
- Submission of the completed Examiner Training Record and the certification fee to the Society.

Lindsay Recreation Complex

Sunday November 2 - 9am to 3pm





Lifesaving Sport Fundamentals

This new program is for participants aged 8 to 12 years old, who have completed Swimmer 4 and are interested in expanding their knowledge of lifesaving skills.

This is a recreational introduction to the Sport of Lifesaving. Participants will develop team building and responsibility through exciting challenges.

Lindsay Recreation Complex
Sundays 2pm to 3pm

For more information and to register, please scan the QR code. If you require alternative ways to register or receive information, please feel free to reach out to us by email at: aquatics@kawarthalakes.ca or call us at 705-324-9411 extension 1557

Scan the
QR Code to
learn more
and to register



Kawartha Lakes
Jump In 



Kawartha Swim Adult and Teen Programs

Ages: 15 years of age and older.

Our Adult and Teen programs are open to individuals 15 years of age or older and are suitable for all fitness levels. Participants should be comfortable in waist deep water. All Aquafitness and Therapy classes will be 45 minutes in length.

Pre-registration is required for all Adult and Teen programs through our Online Program Registration Website.

Fall 2025 session:

September 28 until December 14, 2025.
No classes October 11, 12 and 13, 2025.

Adult 1

In Adult One, you will work towards a 10 to 15 metre swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with four by nine to twelve metre interval training. This class is for participants aged 15 and older.

Forbert Memorial Pool, Bobcaygeon

Thursdays 1:45pm to 2:30pm

Lindsay Recreation Complex

Tuesdays 7:45pm to 8:30pm

Thursdays 8:15am to 9am

Thursdays 8pm to 8:45pm

Saturdays 12:15pm to 1pm

Adult 2

In Adult Two, you will increase your swimming ability with two interval training workouts, work on dive entries, and demonstrate breaststroke arms and breathing over 10 to 15 metres. You'll be supporting yourself at the surface for one to two minutes, and showing off your handstands in shallow water. This class is for participants aged 15 and older.

Forbert Memorial Pool, Bobcaygeon

Thursdays 1:45pm to 2:30pm

Lindsay Recreation Complex.

Thursdays 8:15am to 9am

Thursdays 8:15pm to 9pm

Saturdays 12:15pm to 1pm

Adult 3

In Adult Three, you will learn eggbeater, stride entries, and compact jumps. You'll be doing a 300 metre workout and sprinting 25 to 50 metres. In this level, you'll master your front crawl, back crawl, and breaststroke. This class is for participants aged 15 and older.

Forbert Memorial Pool, Bobcaygeon

Thursdays 1:45pm to 2:30pm

Lindsay Recreation Complex

Thursdays 8:15am to 9am

Thursdays 8:15pm to 9pm

Aquafitness

Aquafitness classes provide an active workout incorporating a variety of exercises which will build cardiovascular, muscle strength and endurance without the impact.

Shallow Water Aquafitness:

Forbert Memorial Pool, Bobcaygeon

Mondays 8:15am to 9am

Mondays 1pm to 1:45pm

Tuesdays 8:15am to 9am

Tuesdays 11am to 11:45am

Tuesdays 1pm to 1:45pm

Wednesdays 9am to 9:45am

Thursdays 8:15am to 9am

Thursdays 1pm to 1:45pm

Fridays 8:15am to 9am

Fridays 9am to 9:45am

Shallow Water Aquafitness:

Lindsay Recreation Complex

Mondays 9am to 9:45am

Tuesdays 9am to 9:45am

Tuesdays 9:45am to 10:30am

Wednesdays 9:45am to 10:30am

Thursdays 9am to 9:45am

Thursdays 9:45am to 10:30am

Fridays 9am to 9:45am

Deep Water Aquafitness:

Forbert Memorial Pool, Bobcaygeon

Mondays 9am to 9:45am

Wednesdays 8:15am to 9am

Wednesdays 1pm to 1:45pm

Thursdays 11am to 11:45am

Deep Water Aquafitness:

Lindsay Recreation Complex

Mondays 8:15am to 9am

Mondays 10am to 10:45am

Wednesdays 9am to 9:45am

Fridays 8:15am to 9am

Deep/Shallow Water Aquafitness:

Forbert Memorial Pool, Bobcaygeon

Wednesdays 7pm to 7:45pm

Deep/Shallow Water Aquafitness:

Lindsay Recreation Complex

Tuesdays 8pm to 8:45pm

Thursdays 8pm to 8:45pm

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DOMINION LENDING CENTRES

Schedules are subject to change. To view our most up-to-date schedules and to register, please visit our Online Program Registration Website.

If you require other options for registration, please email aquatics@kawarthalakes.ca or call us at: 705-324-9411 extension 1557



Aquatic Registration Reminder.

When registering for aquatic programming on Tuesday August 26, 2025 at 9am, you will need to **select the pool location for registration.**

For example:

If you'd like to register for an Adult and Teen program at the Lindsay Recreation Complex, you will have to select 'Aquatics – Lindsay Recreation Complex' in the 'Select an Activity' window.



Aqua Therapy

A low impact exercise program designed to re-educate weak muscles and to build strength and range of motion. Classes take place in the small pool at the Forbert Memorial Pool and Workout Centre.

Forbert Memorial Pool, Bobcaygeon

Mondays 10am to 10:45am

Wednesdays 10am to 10:45am

Fridays 10am to 10:45am

Baby Aquafitness

Participate in a water exercise class with your little one. Explore buoyancy, movement, and song through a fun and different water workout! Children must be between the ages of 6 months and two years of age, be comfortable in the water, and able to sit up on their own. This program takes place in the large pool.

Lindsay Recreation Complex

Thursdays 10:45am to 11:30am

Bluebirds

This gentle exercise class focuses on strengthening and maintaining muscles and joints required for normal daily activities including muscle endurance, balance, flexibility and range of motion to help minimize chronic pain.

Lindsay Recreation Complex

Mondays 1pm to 1:45pm

Tuesdays 1pm to 1:45pm

Thursdays 1pm to 1:45pm

Thursdays 2pm to 2:45pm

Fridays 1pm to 1:45pm

Water Therapy

A low impact exercise program designed to re-educate weak muscles and to build strength and range of motion. Classes take place in the small pool at the Lindsay Recreation Complex.

Lindsay Recreation Complex

Tuesdays 11am to 11:45am

Wednesdays 1:15pm to 2pm

Water Yoga

The unique properties of water allow people of all fitness levels and various conditions to benefit from Aqua Yoga. Classes include: breathing, warm-up, exercises, a series of poses and a relaxation period.

Lindsay Recreation Complex

Fridays 9:45am to 10:30am



Volunteer with us!

Sunday March 29, 2026

Lindsay Recreation Complex

We're currently seeking volunteers to assist with our Indoor Triathlon event.

Volunteers are required from 7am to 12:30pm and are needed to assist with registration, swim lap counting, bike and treadmill monitoring.

To learn more contact us by calling 705-324-9411 extension 1306 or e-mail: **communitydevelopment@kawarthalakes.ca**



Connect through

Fitness



We are pleased to offer a variety of Fitness programs and classes for all fitness levels and interests both at the Lindsay Recreation Complex as well as at the Forbert Memorial Pool and Workout Centre.

Registration for the Fall 2025 session will begin on Tuesday August 26, 2025 at 9am through our [Online Program Registration Website](#).

Member Drop-In Fitness Program Registration

Member Drop-In Fitness Program participants will be required to have an active Membership. Members can pre-register up to 14 days in advance for their desired Member Fitness Program using our Online Program Registration website.

Cancellations:

To cancel a Member Drop-In Fitness program, follow these steps:

1. Login to our Online Program Registration website
2. Scroll down to 'Schedules'
3. Select 'Switch to List View'
4. Select 'Actions' and 'Withdraw'

Registered Fitness Program Registration

Registered Fitness Program participants do not require an active Membership and will be required to pre-register for their desired program using our Online Program Registration website.

Connect through Membership



Our Workout Centre and Member Drop-In Fitness Programs make it easy to take the time we need to connect with our body on a daily basis. We offer a variety of Fitness Programs, Classes and Memberships for people of all ages and abilities to help you achieve that connection and empower your *Self*.

View our Membership options by clicking the link below and accessing the 'Memberships' drop down menu.

Jump In today and activate a better connection, better *Self*!

www.kawarthalakes.ca/fitness

Weight Room Rules and Policies:

All participants MUST wipe equipment down with provided disinfectant spray after each use. Please spray paper towel first, avoid spraying into the air or directly on equipment. Discard paper towel after each use.

Clean indoor shoes must be worn in all areas of the fitness facility.

Spotters must be used on all heavy lifts with free weights.

Failure to abide by any of these rules may result in loss of membership with no refund.

For a complete list of our Weight Room Rules visit: www.kawarthalakes.ca/fitness

Fitness Program Information

Weight Room Users:

Participants need an active card that will be scanned at the front desk prior to entry and access into the Weight Room.

Personal Training

Personal training is available, contact recreation@kawarthalakes.ca for more information.

Lockers

Access is available to lockers in the upper and lower Change Rooms at the Lindsay Recreation Complex.

Squash Courts

Squash Courts are open for both active and non-active members. If you're a member pre-registration for court times are required through our Online Program Registration Website. If you're a non-member you must register by calling 705-324-9112 or in person at the Lindsay Recreation Complex.

Memberships

Our Workout Centre and Fitness Programs make it easy to get fit in your community. We offer a variety of Fitness Programs, Classes and Memberships for people of all ages and abilities to help you achieve your fitness and wellness goals.

View our Membership options by clicking the link below and accessing the 'Memberships' drop down menu! www.kawarthalakes.ca/fitness

Indoor Triathlon



Sunday March 29, 2026

Lindsay Recreation Complex

Jump In and register for our Indoor Triathlon! This is a great way to keep the momentum going and test or prepare yourSelf for the upcoming triathlon season.

Participants will have 15 minutes for each discipline with a five minute transition between each wave.

Registration Opens August 26, 2025

Jump In today, keep the momentum going and connect yourSelf through our Indoor Triathlon event. To register visit our Online Program Registration website, or scan the QR Code.

If you require alternative ways for registration, please contact us at 705-324-9411 extension 1306.

Scan the
QR Code
to Register



This event is proudly sponsored by:





Connect through **Member Drop-In Fitness Programs**

Member Drop-In Fitness Programs are a great way to continue your wellness goals throughout the year.

Participants will be required to have an active Membership and can pre-register up to 14 days in advance for their desired program using our Online Program Registration website.

All Member Drop-In Fitness Programs take place in the Fitness Studio at the Lindsay Recreation Complex.

Cancellations:

To cancel a Member Drop-In Fitness program, follow these steps:

1. Login to our Online Program Registration website
2. Scroll down to 'Schedules'
3. Select 'Switch to List View'
4. Select 'Actions' and 'Withdraw'

Barre Fitness

This program is a workout that combines all elements of Ballet, Barre, Pilates, functional training and stretching. Moves are choreographed with a ledge or chair, all to motivating music. This class is suitable for all fitness levels.

Sundays 10am to 10:45am

Body Sculpt

Condition your muscles using a variety of tools including bars, balls, dumbbells, tubing, discs, steps and more. This class provides a full body workout and is suitable for all fitness levels.

Mondays 8:30am to 9:15am

Tuesdays 9am to 9:45am

Fridays 6:15am to 7am

Saturdays* 9am to 9:45am

* Class time does not start until the week after Thanksgiving.

Cardio and Core

Do you just never get around to completing the core portion of your workout? Let our instructors motivate you and help strengthen all aspects of your core with an extra hit of cardio!

Mondays 6:15am to 7am

Thursdays 8:30am to 9:15am

Cycle Fit

One of our cycling instructors will lead you on the ride of your life! This ride is specially designed for a stationary bike, choreographed to music and will take you on a journey through fitness like no other.

Mondays 12:15pm to 1pm

Tuesdays 5pm to 5:45pm

Wednesdays* 6:15am to 7am

Thursdays 12:15pm to 1pm

Saturdays* 10am to 10:45am

* Class time does not start until the week after Thanksgiving.

Fitness with Soul

This class is designed to provide a complete body workout in a fun, soulful environment. Increase your muscle endurance, cardiovascular fitness, balance, coordination and improve your overall health. Many variations are provided to meet the needs of all participants in this minimal to low impact class. This is a Heart Wise program.

Mondays 9:30am to 10:30am

Fridays 9:30am to 10:30am

**Member Drop-In Fitness Program
schedules continued on page 52.**

How to register for: **Member Drop-In Fitness Programs**

1. Once you've created an account, log into our **Online Program Registration website** using your e-mail and password.
2. Click on 'Register.'
3. Under the Fitness tab choose 'Member Drop-In Fitness Programs.'
4. Select the Member Drop-In Fitness Program you wish to register for.
5. Use the date calendar to select the date you wish to attend.
6. Click the 'Book' button.
7. Follow all the steps through to complete your Member Drop-In Fitness Program registration. You will receive a confirmation e-mail confirming your registration.

How to **Cancel a Member Drop-In Program**

To cancel a Member Drop-In Fitness program, follow the steps below while visiting our Online Program Registration Website:

- 1.** Login to our Online Program Registration website.
- 2.** Scroll down to 'Schedules'
- 3.** Select 'Switch to List View'
- 4.** Select 'Actions' and 'Withdraw'

If you require assistance, please reach out by email at: recreation@kawarthalakes.ca or call us at: 705-324-9112

Fitness Mix

Enjoy a workout comprised of a variety of fitness styles to keep your workout interesting! This class could include steps, weights, stability balls, resistance bands and more but the one thing that is certain is a full body workout.

Tuesdays 6:15am to 7am

Lower Body Strength

This class is focused on lower body compound exercises to build strength and condition your legs, glutes and core. By concentrating the workout on just the lower body you will have the opportunity to challenge the muscles in a new way and improve your results. A combination of weights and body weight training will be used.

Wednesdays 4:45pm to 5:30pm

Mobility and Strength

This class will help to improve your range of motion while simultaneously conditioning your muscles. This full body strength class will make the most of your workout time while also decreasing your chance of future injuries.

Wednesdays 9:30am to 10:15am

Stretch 'N' Strength

This class is a wonderful combination of muscle conditioning, coordination and muscle lengthening. Strengthen, tone and improve flexibility of the major muscle groups. Lean and long is the goal. This class is a great compliment to every workout regime. This class is a Heart Wise Program.

Tuesdays 10am to 11am
Thursdays 9:30am to 10:30am

Tabata

Intensity meets efficiency. This workout will ask you to push hard for 20 second intervals, with a 10 second rest interval between. Generally done in 8 or 4 minute sessions with recovery in between.

Fridays 8:30am to 9:15am

TRX Suspension Training

Suspension training is a full body workout that is sure to spice up your workout regime! In Suspension Training, participants will use the TRX suspension trainer to build strength, coordination, balance and cardiovascular health.

Tuesdays 12:15pm to 1pm

Upper Body Strength

This class is focused on upper body exercises to build strength and condition your arms, shoulders, chest, back and core. By concentrating the workout on just the upper body you will have the opportunity to challenge the muscles in a new way and improve your results. A combination of weights and body weight training will be used.

Mondays 4:45pm to 5:30pm

Zumba

Let the rhythm take over and move your body to Latin inspired music in this fun class! Suitable for all fitness levels this class will get your moving to the beat.

Wednesdays 5:45pm to 6:30pm

Sundays 9am to 9:45am

Schedules are subject to change. To learn more and to register, please visit our Online Program Registration Website at: <https://kawarthalakes.perfectmind.com>.

If you require other options for registration, please email: recreation@kawarthalakes.ca or call us at: 705-324-9112



Fitness Registration Reminder.

Registration for the Fall 2025 session will begin Tuesday August 26, 2025 at 9am through our Online Program Registration Website.

If you require assistance or other options for registration, please reach out by email at: recreation@kawarthalakes.ca or call us at: **705-324-9112**



Connect through **Member Yoga and Pilates Programs**

Member Drop-In Yoga and Pilates Programs are a great way to continue your wellness goals throughout the year. Participants will be required to have an active Membership and can pre-register up to 14 days in advance for their desired program using our Online Program Registration website.

All Member Drop-In Yoga and Pilates Programs take place in the Fitness Studio at the Lindsay Recreation Complex.

Chair Yoga

Chair Yoga is great for people with limited mobility who have trouble getting down to the floor and/or sitting on the floor. Reduce stress and boost mental clarity while helping to improve your pain management due to aging or chronic conditions. This class is a Heart Wise program.

Mondays 1:30pm to 2:30pm
Wednesdays 10:30am to 11:30am
Fridays 12:15pm to 1:15pm

Pilates

Pilates is a system of controlled exercises that engage the mind and conditions the total body. This blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.

Mondays 10:45am to 11:45am
Thursdays 8:30am to 9:15am

Pilates Strength

Pilates meets Full Body Strength. This class will combine strength training with Pilates movements for a full body workout with a focus on core activation and strength. Expect to use a variety of equipment including dumbbells, equalizer bars and tubing along with a mat.

Mondays 5:45pm to 6:30pm
Wednesdays 5:45pm to 6:30pm

Sunrise Yoga

This class is for all levels of experience and is a class that incorporates physical fitness, breathing and mindfulness through a variety of Yoga poses. Sunrise Yoga has a gentle start and will leave you feeling ready to take on the day.

Thursdays 7:15am to 8:15am

Yoga

This class is for all levels of experience and is a class that incorporates physical fitness, breathing and mindfulness through a variety of Yoga poses.

Wednesdays 12:15pm to 1pm

Yoga Flow

This class is suitable for all levels of yoga experience and incorporates energetic movement through a series of yoga postures with fluid physical motion with the perfect balance of effort and ease.

Thursdays 5:45pm to 6:30pm

Yoga Strength

Lebert equalizers are used to both assist and challenge Yoga poses in this class. You're getting all the benefits of our Yoga class but with more focus on improving strength.

Saturdays 11am to 12pm

Yogahh

This yoga class allows students to enjoy the flow of a Vinyasa style class at a slower pace, with attention to breathing and alignment. Energizing in nature, this class promotes strength, balance, flexibility and peace of mind. Yogahh will leave you feeling refreshed and ready to take on the day with renewed focus and energy. This class is a Heart Wise Program.

Fridays 10:45am to 12pm

Schedules are subject to change. To learn more and to register, please visit our Online Program Registration Website at: <https://kawarthalakes.perfectmind.com>.

If you require other options for registration, please email: recreation@kawarthalakes.ca or call us at: 705-324-9112



Fitness Registration Reminder.

Registration for the Fall 2025 session will begin Tuesday August 26, 2025 at 9am through our Online Program Registration Website.

If you require assistance or other options for registration, please reach out by email at: recreation@kawarthalakes.ca or call us at: **705-324-9112**



Connect through **Registered Fitness Programs**

Registered Fitness Programs are a great way to continue your connection goals while having a busy and unpredictable life schedule. Registered Fitness Program participants do not require an active Membership and will be required to pre-register for their desired program using our Online Program Registration website, or by visiting us in person.

For more information please email recreation@kawarthalakes.ca, or call 705-324-9411 extension 1555.

Forbert Memorial Pool and Workout Centre

Body Sculpt

Condition your muscles using a variety of tools including bars, balls, dumbbells, tubing, discs, steps and more. This class provides a full body workout and is suitable for all fitness levels.

Tuesdays 10:15am to 11am
Thursdays 9am to 9:45am

Box Fit

Find your inner boxer while shaking up your workout routine! This 45 minute interval class will combine shadow boxing combinations and cardio to work both your body and mind. No experience with boxing is needed and the class is suitable for all fitness levels looking to have fun and try something new while working out. Please note, this class does not include any sparring or boxing equipment.

Thursdays 8am to 8:45am

Cardio and Strength

Get ready for the perfect blend of cardio and strength exercises. This class will use a variety of equipment to sculpt and condition your muscles with more cardio intervals than our Body Sculpt classes.

Wednesdays 9am to 9:45am

Fitness Mix

Enjoy a workout comprised of a variety of fitness styles to keep your workout interesting! This class could include steps, weights, stability balls, resistance bands and more but the one thing that is certain is a full body workout.

Fridays 9am to 9:45am

Fitness with Soul

This class is designed to provide a complete body workout in a fun, soulful environment. Increase your muscle endurance, cardiovascular fitness, balance, coordination and improve your overall health. Many variations are provided to meet the needs of all participants in this minimal to low impact class. This is a Heart Wise program.

Tuesdays 9am to 10am

Forbert Memorial Pool and Workout Centre Registered Fitness Program schedules continued on page 58.

How to register for: **Registered Fitness Program**

- 1.** Once you've created an account, log into our **Online Program Registration website** using your e-mail and password.
- 2.** Click on 'Register.'
- 3.** Under the Fitness tab choose 'Registered Fitness Programs.'
- 4.** Select the Registered Fitness Program you wish to register for.
- 5.** Use the date calendar to select the date you wish to attend.
- 6.** Click the 'Book' button.
- 7.** Follow all the steps through to complete your Registered Fitness Program registration. You will receive a confirmation e-mail confirming your registration.



Heart Wise



The City of Kawartha Lakes is pleased to offer a number of programs that meet the Heart Wise criteria. Heart Wise Exercise programs meet the following criteria:

- Allows participants to exercise at a safe level and offers options to modify intensity.
- Includes participants with chronic health conditions (physician approval may be required).

Click here to learn more about Heart Wise criteria and programs.

Gentle Exercise

This class combines standing and sitting exercises to introduce or improve strength, mobility and balance. Many variations are provided to meet the needs of all participants in this minimal to low impact class.

Tuesdays 11am to 12pm

Pilates

Pilates is a system of controlled exercises that engage the mind and conditions the total body. This blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.

Wednesdays 10am to 11am

Fridays 7:45am to 8:45am

Fridays 10am to 11am

Lindsay Recreation Complex

Gentle Exercise

This class combines standing and sitting exercises to introduce or improve strength, mobility and balance. Many variations are provided to meet the needs of all participants in this minimal to low impact class.

Wednesdays 1:30pm to 2:30pm

Fridays 1:30pm to 2:30pm

Mom and Baby Pilates

Pilates is a blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles. This mat Pilates class is designed for new moms and will offer additional modifications for exercises and a supportive

environment. Babies up to two years of age are welcomed into the space but you may also attend even if baby can't come with you.

Tuesdays* 12pm to 1pm

* There will be two sessions for the fall. Session One will run September 4 to October 9. Session Two will run October 16 to December 18.

Mom and Baby Strength

Condition your muscles with a variety of fitness equipment in this full body workout that is mindful of your post-partum journey. This Body Sculpt is designed for new moms and will offer additional modifications for exercises and a supportive environment.

Babies up to two years of age are welcomed into the space but you may also attend even if baby can't come with you.

Thursdays 1:30pm to 2:30pm
Thursdays* 1:30pm to 2:30pm

* Class time does not start until the week after Thanksgiving.

Retreads Relocated

This class is specifically designed for those individuals who have been redirected into community programming from Ross Memorial Hospital's "Retreads" program.

Working under direct supervision of a certified trainer, you'll learn how to safely and effectively use fitness facilities as you transition from the hospital program. This is a Heart Wise program.

Tuesdays 10:30am to 11:30am
Thursdays 10:30am to 11:30am

Stroller Fit

Calling all parents! Stroller fit takes place outdoors from September 2 until October 7, 2025 and will meet on the front lawn at the Lindsay Recreation Complex in front of the weight room windows. The class will consist of "amped" up walking and body weight and core exercises, while your child enjoys a ride in the stroller. Suitable for all fitness levels.

Tuesdays 1:30pm to 2:30pm

Lindsay Recreation Complex - Small Group Training

Small Group Strength Training

Ready to step into the weight room to level up your strength? Do it with the support of a certified personal trainer. This small group training takes place in our weight room and is the perfect introduction to free-weight training. Learn how to safely and effectively lift heavier while still in a group setting. This small group training is limited to five participants and will offer week to week progressions as well as individual modifications and feedback. Please note, our small group training is open to active members at an additional cost.

Saturdays 10am to 10:45am
Sundays 11:30am to 12:15pm

There will be two sessions for the fall. Session One will be five weeks beginning the weekend after Labour Day. Session Two will be eight weeks beginning the weekend after Thanksgiving.

Small group training schedules continued on page 60.

TRX Suspension Training

In this small group training, participants will use the TRX suspension trainer to build strength, coordination, balance and cardiovascular health. TRX is about mastering body weight training and building a strong mind-body connection. Limited to only 3 spots, this small group training offers more opportunity to get personalized feedback, modifications and progressions without losing the motivation of your peers! Please note, our small group training is open to active members at an additional cost.

Wednesdays 5:45pm to 6:30pm
Wednesdays* 5:45pm to 6:30pm

* Class time does not start until the week after Thanksgiving.

Victoria Park Armoury

Body 'N' Soul

A gentle class designed with fluid movements, providing cardio conditioning, muscular toning and strength, as well as, flexibility, balance and coordination training. A complete workout to improve overall wellness and everyday function. This is a Heart Wise Program.

Mondays 8:30am to 9:30am
Mondays 9:45am to 10:45am
Wednesdays 8:30am to 9:30am
Wednesdays 9:45am to 10:45am
Fridays 8:30am to 9:30am

Gentle Yoga

This class is appropriate for all ages and fitness levels. The class is designed to encourage greater mobility and flexibility of joints and muscles as well as restore balance and calm to the body. Yoga improves circulation and builds positive energy in the body and mind and soul.

Mondays 11am to 12pm

Schedules are subject to change. To learn more and to register for our Registered Fitness Programs, please visit our Online Program Registration Website at: <https://kawarthalakes.perfectmind.com>.



Fitness Registration Reminder.

Registration for the Fall 2025 session will begin Tuesday August 26, 2025 at 9am through our [Online Program Registration Website](https://kawarthalakes.perfectmind.com).

If you require assistance or other options for registration, please reach out by email at: recreation@kawarthalakes.ca or call us at: **705-324-9112**

Form is everything...

Stroke Improvement is essential to becoming a better, stronger swimmer. This program is an opportunity for participants who have completed Swimmer 4 or higher to improve, or correct, their front crawl, back crawl, whip kick, breaststroke and elementary backstroke. Swim Instructors will provide stroke correction through drills and level-appropriate progressions.

Jump In and perfect your form - it will definitely help you become a **STRONG** swimmer that makes **SAFE** and **SMART** decisions around water.

Forbert Memorial Pool, Bobcaygeon

Saturdays 12:30pm to 1:15pm

Lindsay Recreation Complex

Sundays 5pm to 5:45pm

Tuesdays 7:45pm to 8:30pm

To learn more or to register, please scan the QR code, email aquatics@kawarthalakes.ca or call us at: 705-324-9411 extension 1557, or 1558.



**Scan the
QR Code
to Register**



Kawartha Lakes
Jump In







Connect through **Leisure Programs**

Jump In and connect through Leisure Programming. We're pleased to offer a variety of leisure and drop in programs to suit a variety of interests throughout the year.

Music Programs

Jump In and connect through the love of music! Music Programs are offered in the North End Room at the Victoria Park Armoury in Lindsay.

No experience required - just a love of music. Participants must bring their own guitar or ukulele.

Intro to Guitar (Adult)

Always wanted to learn guitar, but never found the right opportunity? This eight-week introductory course will set you on the path to playing your favourite songs and experiencing all music has to offer.

Thursdays - 11am to 12pm

Intro to Ukulele (Adult)

Join us for an eight-week course to learn the basics of playing the ukulele. These group sessions will focus on proper technique and learning chords with the goal of getting you comfortable enough on the instrument to play your favourite songs.

Thursdays - 10am to 11am

Community Sports and Leisure Directory

Did you know Parks and Recreation offers a **Community Sports and Leisure Directory** on the municipal website?

This directory is intended as a resource for individuals seeking sports and leisure programming opportunities within Kawartha Lakes.

Organizations wishing to be included in the Community Sports and Leisure Directory must meet specific criteria in order to be included.

If you're interested in this great opportunity, please e-mail us at:

**communitydevelopment@
kawarthalakes.ca**



STEM Programs

Jump In and connect through the love of Science, Technology, Engineering and Mathematics (STEM)!

STEM Programs are offered in the North End Room at the Victoria Park Armoury in Lindsay.

Bricks Challenge

Offered in partnership with Young Engineers, this ten-week educational program introduces children (aged 6 to 10) to the principles of science, technology, engineering, and mathematics (STEM) through the use of building blocks and mechanical parts.

Bricks Challenge students learn about different components of classical mechanics, including laws of physics, forces, energy, symmetry, centrifugal force, mechanical advantage devices and more! Each lesson, participants' dive further into the world of STEM, equipping them with knowledge and skills for their exciting journey ahead.

Saturdays - 9am to 10am.

Galileo Technic

Offered in partnership with Young Engineers, this ten-week advanced educational program introduces children (aged 7 to 10) to mechanical engineering principles and exploring new engineering terms through hands-on building of complex models.

Each lesson introduces a new machine or concept that embodies specific mechanical principles and their applications in real-world scenarios.

The program offers an advanced exploration of STEM concepts by building on prior knowledge, enhancing problem solving and creative thinking skills through hands-on building.

With Galileo Technic, children are not just learning; they are stepping into an exciting lifelong journey of scientific discovery and innovation.

Saturdays - 10am to 11am



Jump In and join us at our Youth Drop-In Programs!

Sporting Programs

Jump In and connect through play! Sporting Programs are offered at multiple locations in Kawartha Lakes throughout the year.

No experience required - just a love for sports and movement. Equipment may be required.

Badminton

Drop in to our recreational badminton for some fun and exercise! All levels of play are welcome to join in this relaxed play environment.

Six courts are available for play, located on the main floor of the Victoria Park Armoury in Lindsay. Shuttles are provided.

Participants are asked to bring clean, indoor athletic shoes and a badminton racquet. Please note that instruction is not provided.

Pickleball

Fenelon Falls Community Centre, Hall

Recreational Session

This program is intended for players looking for an opportunity to play regularly scheduled games with others of similar skill level, in a fun and friendly environment. This session is designated for players at the introductory to junior level of play, and/or those looking for a lower intensity level of play. There is no instruction provided; it is in your best interest to select the skill level best suited to you.

Advanced Session

This program is intended for players looking for an opportunity to play regularly scheduled games with others of similar skill level, in a fun and friendly environment. This session is designated for players with intermediate to advanced experience with gameplay and rules. There is no instruction provided; it is in your best interest to select the skill level best suited to you.

Pickleball schedules continued on page 62.



To learn more or to register for Leisure Programs, please visit our Online Program Registration Website.

Access each individual program by clicking them, or click on the link above for the main registration page.



Leisure Registration Reminder.

Registration for the Fall 2025 session will begin Tuesday August 26, 2025 at 9am through our Online Program Registration Website.

Participants can register for drop-in programs up to 14 days in advance.

If you require assistance or other options for registration, please reach out by email at: **recreation@kawarthalakes.ca** or call us at: **705-324-9411 extension 1307**

Drop-In Pickleball

Fenelon Falls Community Centre, Hall

Recreational Play

This program is for those at the introductory to junior level of play, and those looking for a lower intensity level of play. Some rules and gameplay experience is recommended. There is no instruction provided; it is in your best interest to select the skill level best suited to you. Players must pre-register weekly to secure their spot, as there are limited spaces.

Open Play

This program is intended for players who wish to play with whomever is available. This is for all levels of pickleball players; however, it is recreational play. Some rules and gameplay experience is recommended. There is no instruction provided; it is in your best interest to select the skill level best suited to you. Players must pre-register weekly to secure their spot, as there are limited spaces.

Advanced Play

This program is for those with intermediate to advanced experience with gameplay and rules. There is no instruction provided; it is in your best interest to select the skill level best suited to you. Players must pre-register weekly to secure their spot, as there are limited spaces.



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...every item gives hope.**

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 kawarthalakesfoodsource.com





Connect through

Rentals

Kawartha Lakes offers a wide range of Community Hall locations and facilities to host your meetings, special events, programming and other gatherings. Each hall is unique to its community and offers a long list of services. In this section of the Kawartha Lakes Community Guide, you'll find information on the location of these facilities, booking agent contacts, hall/facility classification, capacity limits and the amenities offered on-site.

Jump In and connect through community rentals! Please contact our Facility Booking Office to learn more about each facility.

Baddow Community Centre

Baddow Community Centre is located at 60 Somerville 3rd Concession Road in Coboconk and is booked through the Baddow Community Centre Volunteer Management Board.

Booking Agent:

S. Maule 705-308-6740
baddow66@gmail.com

2025 Hall Rental Fee:

Contact Booking Agent for rental fees.

Capacity:

Maximum capacity of 60 people.

Amenities:

Kitchen, Air Conditioning, Sound System, Stage.

Important Information

Rates are subject to change. Contact our Facility Booking office to confirm rates.

- Please note; the capacity of the hall may be reduced depending on the set up of tables, chairs and other equipment.
- SOCAN fees, kitchen space and bar amenities are included unless otherwise indicated.
- HST is not included in the fees listed.
- Liability insurance is not included in the fees listed.
- Hourly rates are for small events, that are 5 hours or less, not all rentals can be considered for the hourly rate. Please call for details.
- Non-residents have an additional surcharge of 25%.

For more information contact the Facility Booking Office:

705-324-9411 extension 1226
Toll Free: 1-888-822-2225
facilitybooking@kawarthalakes.ca

Bobcaygeon/Verulam Community Centre

The Bobcaygeon/Verulam Community Centre is located at 51 Mansfield Street in Bobcaygeon.

The hall is located on the second floor of the building, is accessible by elevator and overlooks the ice pad. This hall is only available to rent, from April through September.

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Hourly Rate: \$34 plus HST
Daily Rate: \$448 plus HST

Capacity:

Maximum capacity of 200 people.

Amenities:

Elevator, Kitchen, Bar, Sound System, Wi-Fi.

Municipal Event Application (MEA)

The MEA is intended to act as a strategic resource for individuals hosting an event within Kawartha Lakes. It is strongly advised that event organizers review the **Kawartha Lakes Municipal Event Application Reference Guide** prior to submitting their application.

To learn more please visit:

www.kawarthalakes.ca/municipaleventapplication

Bolsover Community Centre

The Bolsover Community Centre is located at 16 Bolsover Road in Bolsover and is booked through the Bolsover Community Centre Volunteer Management Committee.

Booking Agent:

705-426-1053

2025 Hall Rental Fee:

Please contact the booking agent for rental fees.

Capacity:

Maximum capacity of 82 people.

Amenities:

Kitchen, Bar, Sound System, Stage.

Burnt River/Somerville Community Centre

The Burnt River/Somerville Community Centre is located at 16 Somerville Centre Road in Burnt River and is booked through the Burnt River Community Centre Volunteer Management Committee.

Booking Agent:

burntriverbookings@gmail.com

2025 Hall Rental Fee:

Please contact the booking agent for rental fees.

Capacity:

- Maximum capacity of 250 people in the Large Hall.
- Maximum capacity of 60 people in the Small Hall.

Amenities:

Kitchen/Bar, Air Conditioning, Stage/Sound System.

Carden Recreation Centre

The Carden Recreation Centre is located at 258 Dalrymple Road in Sebright and is booked through the Carden Recreation Centre Volunteer Management Committee.

Booking Agent:

S. Dyck 705-826-1071

2025 Hall Rental Fee:

Please contact the booking agent for rental fees.

Capacity:

- Maximum capacity of 178 people in the Large Hall.
- Maximum capacity of 46 people in the Small Hall.

Amenities:

Kitchen, Bar, Air Conditioning, Sound System, Stage.



Coboconk Community Hall

The Coboconk Community Hall is located at 9 Grandy Road in Coboconk.

The hall is on the main floor and features a sound system, stage, air conditioning and kitchen.

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca

705-324-9411 extension 1226

Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Hourly Rate: \$30 plus HST

Daily Rate: \$300 plus HST

Capacity:

Maximum capacity of 175 people.

Amenities:

Main Floor Hall, Kitchen, Sound System, Stage, Wi-Fi, Podium, Microphone.



Coronation Hall

The Coronation Hall is located at 1 King Street West in Omemee.

The Main Hall features a stage and a kitchen. The balcony is only available for concerts or by request and must be approved prior to event.

Contact Kawartha Lakes Facility Booking Clerk at:

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Hourly Rate: \$30 plus HST
Daily Rate: \$300 plus HST

Capacity:

Capacity of 140 plus people, varies depending on event. Call booking agent for more details.

Amenities:

Main Floor Hall, Balcony/Mezzanine, Kitchen, Air Conditioning, Stage, Sound System, Microphone.

Dalton Community Centre

The Dalton Community Centre is located at 13 Rumohr Drive in Sebright and is booked through the Dalton Community Centre Volunteer Management Committee.

Booking Agent:

705-833-1154
bpmcintosh@bell.net

2025 Hall Rental Fee:

Please contact the booking agent for rental fees.

Capacity:

Maximum capacity of 83 people.

Amenities: Kitchen.

Emily/Omemee Community Centre

The Emily/Omemee Community Centre is located at 212 Sturgeon Road in Omemee.

The hall is located on the second floor of this facility and is **not accessible**. The hall features air conditioning, sound system, kitchen and bar.

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Hourly Rate: \$34 plus HST
Daily Rate: \$448 plus HST

Capacity:

Maximum capacity of 225 people.

Amenities:

Kitchen, Bar, Air Conditioning, Sound System, Stage, Wi-Fi.



Fenelon Falls Community Centre

The Fenelon Falls Community Centre is located at 27 Veterans Way in Fenelon Falls.

The hall and meeting room are both located on the main floor. The large hall is air conditioned, features a bar, sound system, portable stage and kitchen.

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Main Hall:

Hourly Rate: \$40.80 plus HST

Daily Rate: \$580 plus HST

Meeting Room:

Hourly Rate: \$30 plus HST

Daily Rate: \$300 plus HST

Capacity:

Main Hall:

Maximum capacity of 473 people.

Meeting Room:

Maximum capacity of 30 people.

Amenities:

Main Floor Hall, Kitchen, Bar, Air Conditioning, Sound System, Stage, Wi-Fi.

Fenelon Township Community Centre

The Fenelon Township Community Centre is located at 2255 Elm Tree Road in Cambray.

Continued on next page...



Facility Booking.

Jump In and connect through community rentals! Please contact our Facility Booking Office to learn more about each facility.

To learn more about our locations and availability, please visit:

www.kawarthalakes.ca/rentafacility

This main floor hall is air conditioned and features a bar, sound system, stage and kitchen.

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Hourly Rate: \$40.80 plus HST
Daily Rate: \$580 plus HST

Capacity:

Maximum capacity of 285 people, or
200 people with the dance floor.

Amenities:

Main Floor Hall, Kitchen, Bar, Air
Conditioning, Sound System, Stage,
Podium, Screen.

Janetville Community Centre

The Janetville Community Centre is located at 693 Janetville Road in Janetville and is booked through the Janetville Community Centre Volunteer Management Committee.

Booking Agent:

705-324-9604

2025 Hall Rental Fee:

Please contact the booking agent for rental fees.

Capacity:

Maximum capacity of 150 people.

Amenities:

Kitchen, Bar, Sound System, Stage.

Kinmount Community Centre

The Kinmount Community Centre is located at 4995 Monck Road in Kinmount and is booked through the Kinmount Community Centre Volunteer Management Committee.

Booking Agent:

S.Cloutier 705-457-8567

2025 Hall Rental Fee:

Please contact the booking agent for rental fees.

Capacity:

Maximum capacity of 118 people.

Amenities:

Kitchen/Bar, Air Conditioning, Stage/
Sound System.



Little Britain Community Centre

The Little Britain Community Centre is located at 9 Arena Road in Little Britain.

The main hall is located on the second floor of the facility and is accessible by elevator. The hall is air conditioned and features a bar and kitchen.

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Hourly Rate: \$40.80 plus HST
Daily Rate: \$580 plus HST

Capacity:

Maximum capacity of 350 people.

Amenities:

Elevator, Kitchen, Bar, Air Conditioning, Sound System, Wi-Fi.

Lindsay Recreation Complex

The Lindsay Recreation Complex is located at 133 Adelaide Street South in Lindsay.

The Community Room at the Lindsay Recreation Complex is located on the second floor of the facility and overlooks the ice pads. The Community Room is accessed by stairs or elevator. The space is air conditioned and features a projector screen, kitchen and bar.

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca



705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Hourly Rate: \$34 plus HST
Daily Rate: \$448 plus HST

Capacity:

Maximum capacity of 180 people.

Amenities:

Elevator, Kitchen, Bar, Air Conditioning, Wi-Fi.

Manvers Community Centre

The Manvers Community Centre is located at 697 Highway 7A in Bethany.

The hall is located on the second floor of the facility and is **not accessible**. It is air conditioned and features a stage, sound system, kitchen and bar.

Continued on next page...

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Hourly Rate: \$34 plus HST
Daily Rate: \$448 plus HST

Capacity:

Maximum capacity of 220 people.

Amenities:

Kitchen, Bar, Air Conditioning, Sound System, Stage, Wi-Fi.

**Norland School Hall
Community Centre**

The Norland School Hall Community Centre is located at 3448 County Road 45 in Norland and is booked through the Norland Old School Hall Community Centre Volunteer Management Committee.

Booking Agent:

B. Chynoweth 705-454-0729

2025 Hall Rental Fee:

Please contact the booking agent for rental fees.

Capacity:

Maximum capacity of 150 people.

Amenities:

Wheel Chair Accessible,
Air Conditioning.

Norland Recreation Centre

The Norland Recreation Centre is located at 7675 Highway 35 North in Norland and is booked through the Volunteer Management Board.

Booking Agent:

norlandreccentre1@hotmail.com

2025 Hall Rental Fee:

Please contact the booking agent for rental fees.

Capacity:

Maximum capacity of 250 people.

Amenities:

Kitchen, Air Conditioning, Sound System, Stage.

Oakwood Community Centre

The Oakwood Community Centre is located at 1010 Eldon Road in Oakwood.

The Oakwood Community Centre Hall is located on the second floor of the facility and is accessible by elevator. The hall is air conditioned and features a sound system, bar and kitchen.

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Hourly Rate: \$40.80 plus HST
Daily Rate: \$580 plus HST

Capacity:

Maximum capacity of 242 people.

Amenities:

Elevator, Kitchen/Bar, Air Conditioning, Sound System, Wi-Fi.

Victoria Park Armoury

The Victoria Park Armoury is located at 210 Kent Street West in Lindsay.

This facility features a large Main Hall on the first floor and a smaller

room on the second floor called the North End Room. Both the Main Hall and North End Room are accessible, however access to the North End Room is dependant on the events taking place in the Main Hall. Please contact the Facility Booking Office for more information.

The Main Hall features a portable stage, air conditioning, sound system, kitchen and bar. The North End Room has a kitchen, but does not have air conditioning.

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Main Hall:

Hourly Rate: \$67.70 plus HST

Daily Rate: \$952 plus HST

North End Room:

Hourly Rate: \$30 plus HST

Daily Rate: \$300 plus HST

Capacity:

Main Hall:

Maximum capacity of 650 people.

North End Room:

Maximum capacity of 40 people.

Main Hall Amenities:

Main Floor Hall, Kitchen, Podium, Microphone, Bar, Air Conditioning, Sound System, Portable Stage, Wi-Fi.

North End Room Amenities:

Elevator may not be available for all events - contact Facility Booking to confirm. Kitchen and Wi-Fi.

Woodville Town Hall

The Woodville Town Hall is located at 100A King Street in Woodville.

This hall is on the main floor and features a stage, sound system, kitchen and bar.

Facility Booking Clerk:

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225

2025 Hall Rental Fee:

Hourly Rate: \$30 plus HST

Daily Rate: \$300 plus HST

Capacity:

Maximum capacity of 134 people.

Amenities:

Main Floor Hall, Kitchen, Bar, Stage.

To learn more about our locations and availability, please visit:

www.kawarthalakes.ca/rentafacility

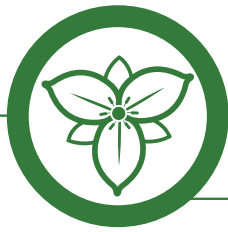


Facility Booking.

Jump In and connect through community rentals! Please contact our Facility Booking Office to learn more about each facility.

facilitybooking@kawarthalakes.ca
705-324-9411 extension 1226
Toll Free: 1-888-822-2225





Connect through

Nature

Connecting through nature provides the perfect opportunity to take the time you have to connect with your body and empower yourSelf.

Our many Parks, more than 600 kilometres of Trails and four Forest Tracts offer a perfect and natural backdrop to become more active, try something new, or simply get outside for a breath of fresh air.

To learn more about what nature has to offer here in Kawartha Lakes, please continue through this section of the Kawartha Lakes Community Guide or visit www.kawarthalakes.ca

Kawartha Lakes Parks, Trails and Forest Tracts

We're all friends of nature and take pride in our green spaces. When visiting our Parks, Trails, and Forest Tracts do not litter or remove natural vegetation.

*Leave no trace,
only take memories.*

Questions?

If you have any questions or concerns please call us at:

705-324-9411
extension 1301



Connect through

Parks



Kawartha Lakes is home to many parks spread throughout the municipality. These parks include amenities, such as; athletic fields, picnic shelters, playgrounds, lake access, beaches, splash pads, beautiful gardens and more.

Athletic fields and picnic shelters are available for casual day-use and also available to rent. To learn more please email our Facility Booking office at facilitybooking@kawarthalakes.ca or call 705-324-9411 extension 1226.

Bobcaygeon Parks

Bobcaygeon Beach Park **45 Park Street, Bobcaygeon**

Amenities include:

- Parking
- Beach
- Washrooms
- Playground
- Picnic Tables
- Boat Launch
- Docking
- Walking Trail

Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 8pm
- Fall 10am until 6pm

Bolton Street Park **Bolton Street, Bobcaygeon**

Amenities include:

- Park Bench

Henderson Park **28 Front Street, Bobcaygeon**

Amenities include:

- Park Bench

McAlpine Park **181 Crane Bay Road, Bobcaygeon**

Amenities include:

- Swing Set
- Beach
- Boat Launch
- Docking

Riverview Park **25 River Park Drive, Bobcaygeon**

Amenities include:

- Parking
- Sandy shoreline water access
- Playground
- Picnic Shelters

Ted Shea Park
Bolton Street, Bobcaygeon

Amenities include:

- Park Bench

Tommy Anderson Park
94 Dunn Street, Bobcaygeon

Amenities include:

- Parking
- Washrooms
- Playground
- Baseball
- Basketball
- Multi-use Court
(Tennis and Pickleball)
- Picnic Shelters
- Skateboard Park
- Bike repair station
- Splash Pad
- Community Operated
Outdoor Skating Rink

Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 2pm
- Fall Closed

Splash Pad Hours:

Our splash pads are typically up and running by the end of June. Please visit our Splash Pads page at www.kawarthalakes.ca/splashpads for up-to-date information.

For a helpful interactive map with all our municipal park locations please visit our;
Parks and Recreation Map.

Park Rules

All Kawartha Lakes Parks adhere to **By-law 2006-174** to regulate, protect, and govern public parks to ensure an equally enjoyable park experience for all users.

The following items and activities are prohibited in our Parks:

- Possession and consumption of liquor.
- Firearms and weapons.
- Fireworks.
- Hunting.
- Dumping of waste, fill, or snow.
- Littering.
- Camping.
- Disorderly conduct.
- Loud music.

Open fires and fire pits are not permitted in Municipal Parks unless authorized by a rental permit.

Only staff maintenance vehicles are allowed in Municipal Parks, except on designated roadways.

Pets must be kept on a leash at all times and patrons are required to clean up after their pet.

The Smoke-Free Ontario Act prohibits smoking, vaping and the use of cannabis (medical and recreational) within a 20 metre radius of any municipally owned indoor and outdoor property. This includes but is not limited to, facilities, parking lots, playgrounds, sporting fields, public spaces and green spaces. To learn more please visit: ontario.ca/smokefree



Bolsover Parks

Bolsover Community Centre **16 Bolsover Road, Bolsover**

Amenities include:

- Parking
- Playground
- Baseball

Burnt River Parks

Burnt River Community Centre Park **16 Somerville Centre Rd., Burnt River**

Amenities include:

- Parking
- Playground
- Baseball
- Community Operated Outdoor Skating Rink
- Multi-use Court (Tennis and Pickleball)

Cambray Parks

Fenelon Township Community Centre **2255 Elm Tree Road, Cambray**

Amenities include:

- Parking
- Playground
- Baseball

Cameron Parks

Cameron Ball Park **17 Cameron Road, Cameron**

Amenities include:

- Parking
- Playground
- Baseball

Southview Estates Park **Anderson Drive, Cameron**

Amenities include:

- Park Bench

Coboconk Parks

Baddow Community Centre Park **60 Somerville Rd., Coboconk**

Amenities include:

- Park Bench

Coboconk Legion Park **6697 Highway 35, Coboconk**

Amenities include:

- Parking
- Baseball
- Multi-use Court (Tennis and Pickleball)

Coboconk Lions Park **6685 Highway 35, Coboconk**

Amenities include:

- Parking
- Playground
- Beach
- Docking
- Basketball
- Skate Park
- Picnic Shelters
- Outdoor Stage/Event Area

Dunsford Parks

Centennial Park **Kawartha Lakes Road 24, Dunsford**

Amenities include:

- Beach
- Picnic Tables

Laura Thurston Campbell Park **89 Dunsford Rd., Dunsford**

Amenities include:

- Park Bench
- Playground



CLEAN PLAY. CLEAN GO.

Do your part in protecting
all natural spaces from
Invasive Species.

Invasive plant seeds can cling
to clothing, boots, pets, and
vehicles like mountain bikes
and ATVs, making trails an
easy pathway for the spread
of invasive plants within our
natural spaces.

Clean all your equipment
before and after heading out
and always keep to the trails.

Please do your part and
#BeAHeroTransportZero



Fenelon Falls Parks

Cenotaph Park

36 Francis Street West, Fenelon Falls

Amenities include:

- Park Bench
- Cenotaph

Fenelon Falls

Community Centre Park

27 Veterans Way, Fenelon Falls

Amenities include:

- Park Bench

Garnet Graham Park

98 Francis Street East, Fenelon Falls

Amenities include:

- Parking
- Beach
- Washrooms
- Playground
- Gazebo Picnic Shelter
- Heritage Site
- Beach Volleyball
- Walking Trail
- Splash Pad
- Water bottle filling station
- Bike repair station

Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 8pm
- Fall 10am until 6pm

Splash Pad Hours:

For up-to-date information, please visit our Splash Pads page at www.kawarthalakes.ca/splashpads.

Hickory Beach Park

54 Parkhill Drive, Fenelon Falls

Amenities include:

- Parking
- Swing Set
- Sandbox
- Basketball
- Tetherball
- Walking Trail

Lloyd Kelly Parkette

16 Francis Street East, Fenelon Falls

Amenities include:

- Parking
- Senior Play Park
- Gameboard Picnic Tables

Russ Baptiste Park

151 Colborne Street, Fenelon Falls

Amenities include:

- Parking
- Baseball
- Playground

McAlpine Park

181 Crane Bay Road, Fenelon Falls

Amenities include:

- Swing Set
- Beach
- Boat Launch
- Docking

Oriole Road Park

Redwing Avenue at Oriole Road and County Road 8, Fenelon Falls

Amenities include:

- Park Bench

Janetville Parks

Arbour Park

**Arbour Court and Janet Drive,
Janetville**

Amenities include:

- Park Bench

Janetville Park

693 Janetville Road, Janetville

Amenities include:

- Playground
- Baseball
- Picnic Shelters

Kinmount Parks

Austin Sawmill Heritage Park

5 Station Road South, Kinmount

Amenities include:

- Parking
- Playground
- Washrooms
- Picnic Shelters
- Heritage Site
- Multi-Use Trail

Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 8pm
- Fall 10am until 6pm

Kinmount Community Centre Park

4995 Monck Road, Kinmount

Amenities include:

- Park Bench

Leave a legacy for the future!

Our Sponsorship and Dedication Program offers a unique way to pay tribute to a loved one, milestone or event and give back to the community by enhancing the growth and beautification of our local parks and trails.

To learn more visit our **Sponsorship and Dedications** webpage.





Kirkfield Parks

Victoria Road Park **44 Blanchard's Road, Kirkfield**

Amenities include:

- Parking
- Playground
- Baseball
- Picnic Shelters

Laxton Parks

Head Lake Beach **Monck Road and** **Laxton Township 5th Line**

Amenities include:

- Parking
- Beach
- Boat Launch

Lindsay Parks

Auden Park **193 Elgin Street, Lindsay**

Amenities include:

- Park Bench

Broad Street Park **9 Broad Street, Lindsay**

Amenities include:

- Playground
- Walking Trail

Carew Park **2 Colborne Street West, Lindsay**

Amenities include:

- Park Bench

Pioneer Park **238 Lindsay Street North, Lindsay**

Amenities include:

- Park Bench

Dormer Park **32 Dormer Road, Lindsay**

Amenities include:

- Playground

East Ward Park **15 Queen Street, Lindsay**

Amenities include:

- Green Space
- Park Bench

For a helpful interactive map with all our municipal park locations please visit our; **Kawartha Parks and Recreation Map.**

Elgin Park
162 Angeline Street North, Lindsay

Amenities include:

- Parking
- Washrooms
- Playground
- Baseball
- Basketball
- Soccer
- Picnic Shelters
- Splash Pad

Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 8pm
- Fall 10am until 6pm

Splash Pad Hours:

Our splash pads are typically up and running by the end of June. Please visit our Splash Pads page at www.kawarthalakes.ca/splashpads, for up-to-date information.

George Street Park
11 George Street West, Lindsay

Amenities include:

- Parking
- Baseball
- Soccer
- Picnic Shelters

Hamilton Park
25 Albert Street South, Lindsay

Amenities include:

- Playground
- Walking Trail
(new feature in 2024)

Joan Park
12 Richard Avenue, Lindsay

Amenities include:

- Green Space
- Park Bench

Kawartha Park
30 Adelaide Street North, Lindsay

Amenities include:

- Soccer
- Walking Trail

Kinsmen Park
10 St. Patrick Street, Lindsay

Amenities include:

- Playground
- Basketball
- Community Operated Outdoor Skating Rink
- Walking Trail



Logie Park
325 Logie Street, Lindsay

Amenities include:

- Parking
- Washrooms
- Pre-School Playground
18 months to 12 years old
- School Age Playground
5 to 12 years old
- Paddle Sport Dock
- Lilac Gardens
- Picnic Shelters
- City operated outdoor
refrigerated Skating Loop
- Splash Pad
- Walking Trail

Washroom Hours:

- Winter 10am to 3pm
- Skating Loop Season:
Monday to Friday 2pm to 8pm
Saturday and Sunday 11am to 5pm
- Spring 10am to 6pm
- Summer 10am until 8pm
- Fall 10am until 6pm

Splash Pad Hours:

Our splash pads are typically open by the end of June. Please visit: www.kawarthalakes.ca/splashpads, for up-to-date information.

Manorview Park
49 Wilson Avenue, Lindsay

Amenities include:

- Playground
- Community Operated
Outdoor Skating Rink
- Soccer

Marlene James Park
59 Parkside Drive, Lindsay

Amenities include:

- Playground
- Basketball
- Walking Trail

Maryknoll Park
4 Maryknoll Avenue, Lindsay

Amenities include:

- Playground
- Basketball

Mayor James Flynn Park
28 Edwin Street, Lindsay

Amenities include:

- Parking
- Baseball
- Heritage site
- Walking Trail

McDonnell Park West
17 Lindsay Street North, Lindsay

Amenities include:

- Parking
- Docking
- Heritage Site
- Walking Trail
- LeRoy Wilson Dedication
Monument and Wilson Estate
project recognition wall.



McGibbon Park
McQuarrie Road, Lindsay

Amenities include:

- Green Space
- Park Bench

McQuarrie Park
Colborne Street West, Lindsay

Amenities include:

- Green Space
- Park Bench

Memorial Park
215 Lindsay Street South, Lindsay

Amenities include:

- Parking
- Washrooms
- Playground
- Picnic Shelters
- Baseball
- Multi-use Court
(Tennis and Pickleball)
- Disc Golf
- Walking Trail

Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 8pm
- Fall 10am until 6pm

Nayoro Park
45 Durham Street East, Lindsay

Amenities include:

- Parking
- Washrooms
- Picnic Tables
- Baseball
- Boat Launch
- Heritage Site
- Walking Trail



Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 8pm
- Fall 10am until 6pm

Northlin Park
150 Albert Street North, Lindsay

Amenities include:

- Playground
- Picnic Tables
- Community Operated
Outdoor Skating Rink
- Walking Trail

Orchard Park
36 Applewood Crescent, Lindsay

Amenities include:

- Apple Orchard
- Green Space
- Park Bench
- Walking Trail



Old Mill Park **16 Kent Street East, Lindsay**

Amenities include:

- Parking
- Washrooms
- Playground
- Picnic Tables
- Accessible Boat Launch
- Docking
- Heritage Site
- Walking Trail

Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 8pm
- Fall 10am until 6pm

Ops Community Centre Park **2569 Highway 7, Lindsay**

Amenities include:

- Baseball Diamond
- Green Space
- Park Bench
- Playground

Optimist Soccer Park **Wilson Fields East** **29 St. Joseph Road, Lindsay**

Amenities include:

- Parking
- Multi-use Court
(Tennis and Pickleball)
- Soccer
- Walking Trail

Peace Park **15 Albert Street North, Lindsay**

Amenities include:

- Green Space
- Park Bench

Queen's Square **180-190 Kent Street West, Lindsay**

Amenities include:

- Cenotaph
- Millenium Monument
- War Memorials
- Bike Repair and Resting Station

Rainbow Bridge Park **4 Water Street, Lindsay**

Amenities include:

- Green Space
- Park Bench
- Walking Trail
- Bridge over Scugog River
links to Rotary Trail

For a helpful interactive map with all our municipal park locations please visit our; **Kawartha Parks and Recreation Map.**

Rivera Park
83 St. Paul Street, Lindsay

Amenities include:

- Parking
- Washrooms
- Playground
- Picnic Tables
- Boat Launch
- Heritage Site
- Walking Trail

Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 8pm
- Fall 10am until 6pm

Riverview Park
44 Georgian Street, Lindsay

Amenities include:

- Parking
- Playground
- Community Operated Outdoor Skating Rink
- Basketball
- Picnic Tables
- Walking Trail

Shaft Park
89 Lindsay Street North, Lindsay

Amenities include:

- Dock
- Park Bench
- Walking Trail

Springdale Gardens Park
49 Champlain Boulevard, Lindsay

Amenities include:

- Green Space
- Park Bench

Sylvester Park
21 Sylvester Drive, Lindsay

Amenities include:

- Green Space
- Park Bench

Victoria Junction
Orchard Park Road at
William Street North, Lindsay

Amenities include:

- Information Kiosk
- Replica Train Track of the Port Hope, Lindsay and Beaverton Railway
- Legacy Trail Access Point
- Links to Victoria Rail Trails Central Corridor

Victoria Park
210 Kent Street West, Lindsay

Amenities include:

- Gazebo
- Walking Trail
- Park Benches
- Canada's Provincial and territorial tree pathway and interpretive sign.

Wilfred Hogan Park
26 Dominion Drive, Lindsay

Amenities include:

- Green Space
- Park Bench





Wilson Fields

235 Colborne Street West, Lindsay

Amenities include:

- Parking
- Washrooms
- Playground
- Baseball
- Soccer
- Walking Trail

Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 10pm
- Fall 10am until 6pm

Little Britain Parks

Coulson Park

**Washburn Island Drive, Little Britain
(Washburn Island)**

Amenities include:

- Green Space
- Park Bench

Valentia Park

132 Elm Tree Road, Little Britain

Amenities include:

- Playground
- Baseball
- Picnic Shelters

Lakeview Park

**39 Shelley Drive, Little Britain
(Washburn Island)**

Amenities include:

- Green Space
- Park Bench

Little Britain Community Centre

9 Arena Road, Little Britain

Amenities include:

- Playground
- Picnic Shelters
- Baseball
- Soccer

O'Reilly Lane Park

60 O'Reilly Lane, Little Britain

Amenities include:

- Baseball
- Boat Launch

Washburn Park

Washburn Island Drive, Little Britain

Amenities include:

- Playground
- Basketball
- Boat Launch

For a helpful interactive map with all our municipal park locations please visit our; **Kawartha Parks and Recreation Map.**

Mariposa Parks

Pleasant Point **26 Chickadee Court, Mariposa**

Amenities include:

- Playground
- Boat Launch

Robinglade Park **39 Robinglade Avenue, Mariposa**

Amenities include:

- Playground
- Boat Launch

Norland Parks

Elliot Falls **7734 Highway 35 North, Norland**

Amenities include:

- Boat Launch
- Green Space

Mud Turtle Dam Park **Nevision Road, Norland**

Amenities include:

- Green Space

Norland Beach Park **Shadow Lake 3 Road, Norland**

Amenities include:

- Parking
- Playground
- Beach

Norland Old School Hall Park **3448 County Road 45, Norland**

Amenities include:

- Parking
- Playground
- Basketball
- Soccer
- Heritage Site

Ward Memorial Park **7675 Highway 35, Norland**

Amenities include:

- Parking
- Playground
- Baseball
- Soccer
- Community Operated Outdoor Skating Rink
- Horseshoe Pit
- Picnic Shelters

Oakwood Parks

Oakwood Community Centre **1010 Eldon Road, Oakwood**

Amenities include:

- Parking
- Playground
- Baseball
- Basketball
- Soccer
- Heritage Site
- Picnic Tables

Thorndyke Park **972 Eldon Road, Oakwood**

Amenities include:

- Green Space
- Park Bench

Omemee Parks

Emily Manor Park **Emily Manor Drive, Omemee**

Amenities include:

- Playground
- Baseball
- Soccer

Emily/Omemee Community Centre Park **212 Sturgeon Road, Omemee**

Amenities include:

- Playground
- Baseball

Omemee Beach Park **2 George Street South, Omemee**

Amenities include:

- Playground
- Washrooms
- Beach
- Picnic Shelters
- Skate Park

Washroom Hours:

- Winter Closed
- Spring Closed
- Summer 10am until 8pm
- Fall 10am until 6pm

Pontypool Parks

Nimigon Memorial Park **6 Bradley Street, Pontypool**

Amenities include:

- Playground
- Baseball
- Picnic Shelters

Pinewood Park **Propp Drive, Pontypool**

Amenities include:

- Parking
- Playground
- Fenced In, Off Leash Dog Park
- Picnic Shelters
- Walking Trail

Reaboro Parks

Reaboro Park **Peace Road, Reaboro**

Amenities include:

- Playground
- Picnic Shelters
- Walking Trail

Seagrave Parks

Mariposa Estates **36 Nonquon Drive, Seagrave**

Amenities include:

- Playground
- Boat Launch

Sebright Parks

Carden Recreation Centre Park **258 Lake Dalrymple Road, Sebright**

Amenities include:

- Parking
- Playground
- Outdoor Washrooms
- Baseball
- Picnic Shelters
- Sheltered Shuffleboard Courts

Dalton Community Centre Park

13 Rumhor Drive, Sebright

Amenities include:

- Parking
- Playground
- Baseball
- Soccer
- Picnic Shelters

Woodville Park

104 Union Street, Woodville

Amenities include:

- Parking
- Playground
- Baseball
- Beach Volleyball
- Picnic Shelter

Thurstonia Parks

Arnold Park

Birchcliff Avenue, Thurstonia

Amenities include:

- Playground
- Baseball

Woodville Town Hall

100A King Street

Amenities include:

- Parking
- Playground
- Gazebo
- Basketball
- Park Bench

Valentia Parks

Sand Bar Park

1 Sand Bar Road, Valentia

Amenities include:

- Playground
- Beach
- Boat Launch

Woodville Parks

Birch Point Park

Riley Lane, Woodville

Amenities include:

- Green Space
- Park Bench

Washroom Seasonal Hours

Our washroom hours vary at each location with washroom facilities. Please view hours of operation under each park description in this section. Seasonal timeframes are as follows:

Winter: Day after Thanksgiving Monday until opening day of Outdoor Ice Rinks.

Spring: End of Outdoor Ice Rink Season until May 15

Summer: May 15 to Labour Day

Fall: Day after Labour Day until day after Thanksgiving Monday



Connect through **Trails**

Kawartha Lakes is a growing municipality made up of several unique communities, including the settlement areas of Lindsay, Bobcaygeon, Fenelon Falls, Omemee and Woodville. These communities are located amidst a rich and diverse natural environment, with over 350 km of trails winding through the towns, and abundant farmland. Kawartha Lakes, in partnership with external partners, has long been a proponent of recreational activities, tourism, and travel through the design and development of trails.

Victoria Rail Trail (VRT)

The Victoria Rail Trail (VRT) is an 85 kilometre rail trail in Kawartha Lakes with corridors linking Kinmount to Bethany, through Fenelon Falls and Lindsay. This public, multi-use trail is uniquely linked by affiliated trail connections for the explorer in all of us. The VRT is open year round for the avid outdoor enthusiast, honouring the rules and regulations for seasonal usage.

Victoria Rail Trail - North Corridor Kinmount to Fenelon Falls

Distance: 30.2 km

Difficulty: Easy

Trail Class: Shared Use Trails - Type 1
Fully Shared Use Corridor

VRTs North Corridor follows the former CN Rail Line north, from Fenelon Falls to Kinmount.

Honouring the rules and regulations for seasonal usage and permitted uses, two-wheeled off-road motorcycles are only permitted north of the Somerville Seventh Concession or Kawartha Lakes Road 44. ROVs are only permitted from Fell Station/Superior Road, North.

View Trail Classifications, Rules and Regulations by visiting:
[www.kawarthalakes.ca/
trailsandforesttracts](http://www.kawarthalakes.ca/trailsandforesttracts)

Victoria Rail Trail - Central Corridor Fenelon Falls to Lindsay

Distance: 18.3 km

Difficulty: Easy

Trail Class: Shared Use Trails - Type 1
Fully Shared Use Corridor

VRTs Central Corridor begins in the north end of Lindsay at Thunder Bridge Road and takes you north to Fenelon Falls.

ATVs and Snowmobiles are permitted from Thunder Bridge Road, north - honouring the rules and regulations for seasonal usage and permitted uses.

Victoria Rail Trail - South Corridor Lindsay to Bethany

Distance: 25.6 km

Difficulty: Easy

Trail Class: Shared Use Trails - Type 1
Fully Shared Use Corridor

VRTs South Corridor is part of the old CP Rail Line and extends 30 kilometres from Lindsay to Bethany.

ATVs and Snowmobiles are permitted from Logie Street, South - honouring the rules and regulations for seasonal usage and permitted uses.

Always take the scenic route, interact with us by using our **Victoria Rail Trail Interactive Map**. Explore affiliated trail connections and discover some new favourite spots along the way. There's plenty to see and do; the adventure is up to you!

To learn more please visit:
www.kawarthalakes.ca/trailsandforesttracts

Kawartha Lakes Parks, Trails and Forest Tracts

We're all friends of nature and take pride in our green spaces. When visiting our Parks, Trails, and Forest Tracts do not litter or remove natural vegetation.

*Leave no trace,
only take memories.*

Questions?

If you have any questions or concerns please call us at:

705-324-9411
extension 1301

Somerville Forest Tract Trails

Somerville Forest Tract is located between Norland to the Northeast and Kinmount to the Southwest. It's land mass extends across 3,420 hectares of mixed forest.

Talk about connection! Did you know the Somerville Forest Tract contains many trail loops covering a diverse range of ecosystems? The variety of terrain includes pine plantations, wetlands, hardwoods, orchid fields and rock outcrops.

This forest tract is uniquely affiliated with the Victoria Rail Trail (VRT). The VRT is an 85 kilometre rail trail in Kawartha Lakes with corridors linking Kinmount to Bethany, through Fenelon Falls and Lindsay.

OFTR Single Track

ORV/OHV Trails - Type 1 Explorer Trail
Four tracks range from 1 km to 3.8 km. To learn more view our [Victoria Rail Trail Interactive Map](#).

Millennium Trail

ORV/OHV Trails - Type 1 Explorer Trail
Distance: 9 km
Difficulty: Expert

Maconachie Trail

ORV/OHV Trails - Type 1 Explorer Trail
Distance: 8.9 km
Difficulty: Easy

Somerville Ski Trails - Ski Loop 1

Active Use Trails - Natural Use Trail
Distance: 3.6 km
Difficulty: Easy

Somerville Ski Trails - Ski Loop 2

Active Use Trails - Natural Use Trail
Distance: 1.8 km
Difficulty: Intermediate

Somerville Ski Trails - Ski Loop 3

Active Use Trails - Natural Use Trail
Distance: 3.8 km
Difficulty: Difficult

Somerville Trails

ORV/OHV Trails - Type 1 Explorer Trail
Multiple trails and loops with varied distances. To learn more view our [Victoria Rail Trail Interactive Map](#).

Somerville Motorized Mud Run Trail

ORV/OHV Trails - Type 1 Explorer Trail
Distance: 3.7 km
Difficulty: Expert

Somerville VRT North Corridor Connection Trail

ORV/OHV Trails - Type 1 Explorer Trail
Distance: 2.1 km
Difficulty: Intermediate

Continued on next page...

View Trail Classifications, Rules and Regulations by visiting:
[www.kawarthalakes.ca/
trailsandforesttracts](http://www.kawarthalakes.ca/trailsandforesttracts)



Victoria Rail North Corridor

Somerville Forest Tract

Kawartha Lakes Victoria Rail Trail and Affiliated Trail Connections

Scan the QR Code below for an Interactive Map of the Somerville Forest Tract.



Points of Interest

- Flat Rock Field
- Lunch Rock
- Tombstone
- Boiler in the Bush
- McMullen Hardwoods
- Orchid Field
- Natural Culvert

0.25 1 2 5
Kilometers

Trail Legend

- VRT North Corridor Kinmount to Fenelon Falls
- OFTR Single Track
- Millennium Trail
- Ganaraska Trail (non-motorized, affiliated trail connection)
- Maconachie Trail
- Somerville Trails
- Marsh Trail
- Boiler Trail
- Old Fart's Trail
- Ski Loop 1
- Ski Loop 2
- Ski Loop 3

Trail Difficulty Legend

- Easy
- Intermediate
- Difficult
- Expert

Map Legend

- Trail Access Point (parking available)
- Points of Interest
- Somerville Forest Tract Boundary
- OFSC Trails
- Highways
- Roads



KINMOUNT

45

121

KAWARTHA LAKES RD 45 (MONCK RD.)

PINERY RD.

11TH CONCESSION RD

FOUR MILE LAKE

ISLAND DR. BURNT RIVER

PINERY RD.

SOUTH TO FENELON FALLS

For Trail Classification Descriptions please visit:
www.kawarthalakes.ca/trailsandforesttracts



Marsh Trail

Shared Use Trails - Type 1
Fully Shared Use Corridor

Distance: 2 km
Difficulty: Easy

Boiler Trail

ORV/OHV Trails - Type 1 Explorer Trail

Distance: 2.1 km
Difficulty: Expert

Old Fart's Trail

ORV/OHV Trails - Type 1 Explorer Trail

Distance: 1.3 km
Difficulty: Difficult

The Somerville Forest Tract has a unique blend of uses. To learn more about each trail within the tract please view our **Victoria Rail Trail and Affiliated Trail Connections Interactive Map**.

Bobcaygeon Wilderness Park

Bobcaygeon Wilderness Park is located in the northeast corner of Bobcaygeon, just off County Road 36 on Wilderness Park Road. This park provides over eight acres of safe, accessible trails for walking, hiking, cross-country skiing and snowshoeing through a beautiful mature forest.

The park also provides a unique educational opportunity to visitors. Within the park there's a large pollinator patch which showcases hundreds of native plants and highlights the importance of pollinators to our ecosystems, with an emphasis on bees. Interpretive signs provide another educational component, explaining the significance of many of the natural features found within the park and along the trails.

To learn more please visit:
www.kawarthalakes.ca/trailsandforestrtracts

Dunsford Nature Trail

The Dunsford Nature Trail is a recently built trail on a converted railway line. It extends 2.5 kilometres from Dunsford to Verulam Concession Road 2.

View Trail Classifications, Rules and Regulations by visiting:
www.kawarthalakes.ca/trailsandforestrtracts

The trail passes through an area of lowland swamp and forest at the headwaters of a branch of Emily Creek. Access to this trail is available in the village of Dunsford, which is located northeast of Lindsay and southwest of Bobcaygeon on Sturgeon Road (Kawartha Lakes Road 7). For more information please call: 705-738-2363.

Old Mill, McDonnell and Carew Park Trail

Old Mill, McDonnell and Carew Park Trail is located in the heart of downtown Lindsay. The wooden boardwalk provides the perfect, picturesque spot for a stroll along the shores of the Scugog River.

Visitors can continue east along the boardwalk to Old Mill Park for some fun at the playground, or stop at the Old Mill historical building for a glimpse into Lindsay's historic past. Visitors can also choose to continue north along the shores of the Scugog River on a paved trail to Carew Park, along the way visitors will pass McDonnell Park West, where they'll find the LeRoy Wilson Dedication Monument and Wilson Estate project recognition wall.

Access points with parking are available at McDonnell Park West, 17 Lindsay Street North in Lindsay, and/or Old Mill Park, 16 Kent Street East in Lindsay

To learn more please visit:
www.kawarthalakes.ca/trailsandforesttracts



CLEAN PLAY. CLEAN GO.

Do your part in protecting all natural spaces from Invasive Species.

Invasive plant seeds can cling to clothing, boots, pets, and vehicles like mountain bikes and ATVs, making trails an easy pathway for the spread of invasive plants within our natural spaces.

Clean all your equipment before and after heading out and always keep to the trails.

Please do your part and
#BeAHeroTransportZero

Lindsay Legacy Trail

The Lindsay Legacy Trail is a 1.6 kilometre paved trail that extends from Victoria Junction (the corner of William Street North and Orchard Park Road in Lindsay) to Thunder Bridge Road, along the Victoria Rail Trail's Central Corridor.

Stop by the railway station replica for information on geocaching, train history and local wildlife. For more information call 705-324-9411 extension 1301 or e-mail us at recreation@kawarthalakes.ca

To learn more please visit:
www.kawarthalakes.ca/trailsandforesttracts

Rivera Park Trail

Rivera Park Trail is located on the east side of the Scugog River in Lindsay and open to the public seasonally. You can access this trail by parking in Rivera Park located at 83 St. Paul Street in Lindsay.

Parking is also available at McDonnell Park West located at 17 Lindsay Street North, from there you would follow the sidewalk along the Wellington Street bridge over the Scugog River and continue under the east side of the bridge along the trail to Rivera Park.

For more information please call 705-324-9411 extension 1301 or e-mail us at recreation@kawarthalakes.ca

To learn more please visit:
www.kawarthalakes.ca/trailsandforesttracts

Rotary Trail

The Rotary Trail follows the eastern shoreline of the Scugog River in Lindsay. This 1.73 kilometre trail was paved by the Rotary Club of Lindsay and is accessible for walkers, wheelchairs, strollers and roller skates and is non-motorized (except snowmobiles). You can access the trail from Logie Street, Riverview Road and King Street.

For more information call 705-324-9411 extension 1301 or e-mail us at recreation@kawarthalakes.ca

To learn more please visit:
www.kawarthalakes.ca/trailsandforesttracts

Kawartha Lakes Trails

Public trails are often classified for multi-use. Be considerate and abide by the rules and regulations for all users and seasonal usage.

For more information on Rules and Regulations, affiliated trail connections along with Trail Classifications, please visit:

www.kawarthalakes.ca/trailsandforesttracts



Connect through

Forest Tracts

Kawartha Lakes has 3,792 hectares of forests located within four Municipal Forest Tracts.

Our Municipal Forest Tracts are open year-round and offer the perfect backdrop for a variety of outdoor recreational activities for both residents and visitors to Kawartha Lakes. Enjoy the extensive well-being benefits associated with spending time outdoors in nature.

Municipal Forest tracts are working forests; not parks. There are no facilities or waste receptacles provided, visitors are asked to plan their trip accordingly ahead of time.

Visitors are advised to exercise caution while visiting Forest Tracts, like any outdoor nature pursuit there are risks that can occur; visitors are reminded to use Municipal Forest Tracts at their own risk.

All Municipal Forest Tracts adhere to the By-law 2005-329.

Continued on next page...

Municipal Forest Tracts

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Somerville Forest Tract is located between Norland to the northeast and Kinmount to the southwest. It's land mass extends across 3,420 hectares of mixed forest.

Talk about connection! Did you know the Somerville Forest Tract contains many trail loops covering a diverse range of ecosystems? The variety of terrain includes pine plantations, wetlands, hardwoods, orchid fields and rock outcrops.

This forest tract is uniquely affiliated with the Victoria Rail Trail (VRT). The VRT is an 85 kilometre rail trail in Kawartha Lakes with corridors linking Kinmount to Bethany, through Fenelon Falls and Lindsay.

The Somerville Forest Tract has a unique blend of uses. To learn more about each trail within the tract please view our **Victoria Rail Trail and Affiliated Trail Connections Interactive Map** by [clicking here](#).

For more information email us at: communitydevelopment@kawarthalakes.ca or call us at 705-324-9411 extension 1301

For Trail Classification Descriptions please visit: www.kawarthalakes.ca/trailsandforestracts

Laxton Forest Tract

Laxton Forest Tract is a land locked tract with limited winter access.

For more information email us at: communitydevelopment@kawarthalakes.ca or call us at 705-324-9411 extension 1301

To learn more please visit: www.kawarthalakes.ca/parksandforestracts

Manvers Forest Tract

Manvers Forest Tract Is located between Highway 35 and John Street in Pontypool.

The following activities are permitted at the Manvers Forest Tract:

- Walking and hiking.
- Cross-country skiing and snowshoeing.
- Orienteering and geocaching.
- Nature appreciation and study.
- Horseback riding.
- Dog walking. All pets must be on leash. Please pick up after your pet.
- Off-Road Cycling.

The following activities are not permitted at the Manvers Forest Tract:

- Camping.
- Motorized vehicles.
- Hunting.
- Forest harvesting.
- Off-leash dog walking.
- Littering and/or illegal dumping.
- Fires.
- No consumption of alcohol.
- Target practice, patterning or sighting of firearms.
- Paintball.
- No cutting, pruning, digging or gathering of trees, shrubs, ground cover or firewood.
- Building of structures, trails, or permanent tree stands is unauthorized and not permitted.
- Use of metal detectors, or digging.

For more information email us at: communitydevelopment@kawarthalakes.ca or call us at 705-324-9411 extension 1301

To learn more please visit:

www.kawarthalakes.ca/parksandforesttracts



Emily Forest Tract

Address: 832 Peace Road, Omemee

Emily Forest Tract is comprised of 99.2 hectares of mixed forest property. This Tract includes two trail loops that wind through the property providing visitors the opportunity to explore unique glacial land features including moraines and eskers.

The two trail loops are separated in the middle by a wooden bridge. Loop one stays north of the bridge with two access points from the main parking lot. It is gently rolling and heavily forested. Loop two starts south of the bridge, is hillier and is also heavily forested.

The following activities are permitted at the Emily Forest Tract:

- Walking and hiking.
- Cross-country skiing and snowshoeing.

Continued on next page...

Share Kawartha Lakes Forest Tracts responsibly

- Try to stay on the trail, even if it's rough and muddy;
- Walking or cycling on the edge of the trail can widen the trail and cause damage and erosion; travel single file to avoid widening the trail;
- If you are in a group and are not following a marked trail (for example, if you are walking through an open field) try to spread out rather than following in each other's footsteps to reduce environmental impact;
- Avoid sensitive vegetation and watch where you put your feet;
- Be considerate and honour other's desire for solitude and a peaceful outdoor experience;
- Be especially cautious around horses and bikers, stay to the right of the trail and let them pass;
- Allow for future use of the forest tract, by leaving it better than you found it;
- Carry out what you carry in, don't burn or bury trash;
- Respect the environment and other trail and Forest Tract users.

- Orienteering and geocaching.
- Nature appreciation and study.
- Horseback riding.
- Dog walking. All pets must be on leash. Please pick up after your pet.
- Off-Road Cycling.

The following activities are not permitted at the Emily Forest Tract:

- Camping.
- Motorized vehicles.
- Hunting.
- Forest harvesting.
- Off-leash dog walking.
- Littering and/or illegal dumping.
- Fires are not permitted.
- No consumption of alcohol.
- Target practice, patterning or sighting of firearms.
- Paintball.
- No cutting, pruning, digging or gathering of trees, shrubs, ground cover or firewood.
- Construction of structures, trails, or permanent tree stands is unauthorized and not permitted.
- Use of metal detectors and/or digging.

For more information email us at:
communitydevelopment@kawarthalakes.ca
or call us at 705-324-9411 extension 1301

To learn more please visit:

www.kawarthalakes.ca/parksandforesttracts





Scan the
QR Code
to learn more.



Youth Shinny

This program is an opportunity for youth to play a staff-monitored scrimmage game of hockey.

Participants must wear full equipment, including CSA approved hockey helmet with full cage or face shield.

Lindsay Recreation Complex

Fridays 5:15pm to 6:15pm
(12 to 15 years old)

Pre-registration is recommended to guarantee your spot! Participants are able to register up to 14 days in advance. To learn more or to register, please visit our Online Program Registration Website, email recreation@kawarthalakes.ca or call us at: 705-324-9411 extension 1307





Our Community, Your Cooperation!

The Smoke-Free Ontario Act prohibits smoking, vaping and the use of cannabis (medical and recreational) within a 20 metre radius of any municipally owned indoor and outdoor property. This includes but is not limited to, facilities, parking lots, playgrounds, sporting fields, public spaces and green spaces.

To learn more please visit:
ontario.ca/smokefree

Kawartha Lakes
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