

WHAT'S ON DECK WITH REC




INSIDE THIS FALL 2025 EDITION

- ★ ADULT RECREATION PROGRAMS
- ★ WELLNESS PROGRAMS
- ★ CHILDREN AND YOUTH PROGRAMS
- ★ SWIM LESSON PROGRAMS

DATES TO REMEMBER

- **Sept 2** - Registration - Fitness and wellness programs
- **Sept 10** - Registration - General interest and swim lessons
- **Sept 2 to Dec 19** - Fall session for daily activities
- **Oct 13** - All facilities closed for Thanksgiving
- **Dec 20** - Holiday schedule begins

SPECIAL EVENTS AT MUSKOKA LUMBER COMMUNITY CENTRE

 **CHILDREN AND YOUTH ACTIVITY OPEN HOUSE**
TUESDAY, SEPTEMBER 9
3:30 TO 6:30 PM

 **HOLIDAY MARKET *NEW LOCATION***
SATURDAY, NOVEMBER 29
10:00 AM TO 3:00 PM



SWIMMING LESSON MINI SESSION

Looking for something shorter than the traditional swim session or to practice some skills that need extra work? Our 3-week program starts this December, with lessons held twice a week. It is the perfect way to keep kids active and confident in the water between the Fall and Winter sessions.

NEW

Take a look online for the guide or grab one in person at one of our facilities.



BRACEBRIDGE SPORTSPLEX
OR
MUSKOKA LUMBER COMMUNITY CENTRE



BRACEBRIDGE.CA/BE-ACTIVE

Adult Recreation Programs

Arts

Alcohol Ink Creation Workshop

- Thursday October 16 – 1:30 PM to 4:30 PM – Muskoka Lumber Community Centre
- Wednesday November 26 – 9:30 AM to 12:30 PM – Bracebridge Sportsplex

Learn to play the Ukulele

- Wednesday September 24 to October 29 – 7:00 PM to 8:30 PM – Muskoka Lumber Community Centre

Climb

Women Learn to Climb

- Monday – November 10 to December 1 – 6:00 PM to 7:00 PM – Bracebridge Sportsplex

Fitness



Intro Aqua Rehab: Hip and Knee Health

- Tuesday September 16 to October 28 – 12:30 PM to 1:15 PM – Bracebridge Sportsplex

Advanced Aqua Rehab: Hip and Knee Health

- Thursday September 18 to October 30 – 11:30 AM to 12:15 PM – Bracebridge Sportsplex

Barre Circuit

- Wednesday September 17 to October 29 – 7:45 PM to 8:45 PM – Bracebridge Sportsplex

BOSU Blast

- Friday September 19 to October 31 – 11:30 AM to 12:30 PM – Bracebridge Sportsplex

Commit To Get Fit

- Thursday September 18 to October 30 – 9:15 AM to 10:00 AM – Bracebridge Sportsplex



Functional Training Circuit

- Monday September 15 to October 27 – 10:15 AM to 11:00 AM – Bracebridge Sportsplex
- Monday September 15 to October 27 – 6:45 PM to 7:30 PM – Bracebridge Sportsplex
- Tuesday September 16 to October 28 – 5:30 PM to 6:15 PM – Bracebridge Sportsplex
- Wednesday September 17 to October 29 – 5:30 PM to 6:15 PM – Bracebridge Sportsplex

TRX Fitness

- Monday September 15 to October 27 – 7:45 PM to 8:30 PM – Bracebridge Sportsplex
- Wednesday September 17 to October 29 – 10:15 AM to 11:00 AM – Bracebridge Sportsplex



Sports

Triathlon Training

- Tuesday September 23 to November 18 – 8:00 PM to 9:00 PM – Bracebridge Sportsplex

Introduction to Pickleball

- Wednesday November 12 – 9:00 AM to 11:00 AM – Muskoka Lumber Community Centre
- Thursday December 11 – 1:15 PM to 3:15 PM – Muskoka Lumber Community Centre

Pickleball Drills and Play

- Tuesday November 18 – 9:30 AM to 11:00 AM – Muskoka Lumber Community Centre
- Tuesday December 16 – 9:30 AM to 11:00 AM – Muskoka Lumber Community Centre

Intermediate Pickleball Clinic

- Monday November 3 to November 17 – 9:30 AM to 11:00 AM – Muskoka Lumber Community Centre



NEW



Intermediate Pickleball Ladder League

Wednesday September 17 to October 29 – 1:00 PM to 3:00 PM – Muskoka Lumber Community Centre

Join a ladder league to have fun, meet new players, and improve your skills. Players are initially ranked and each week, participants play 2 matches, recording scores for ladder movement.

Learn to Play Volleyball-Women Only

- Tuesday September 16 to October 21 – 7:00 PM to 8:30 PM – Muskoka Lumber Community Centre
- Tuesday October 28 to December 2 – 7:00 PM to 8:30 PM – Muskoka Lumber Community Centre

Learn to play volleyball in a fun and supportive environment where the focus is on teamwork and fun. Develop the skills necessary to join a recreational league or drop-in program.



NEW

Wellness Courses and Workshops



Breast Health Naturally: A Wellness Workshop (For Women)

Wednesday October 15 - 6:30 PM to 8:30 PM – Bracebridge Sportsplex

This workshop is focused on understanding and supporting breast health through natural and holistic principles. Learn how nutrition, lifestyle choices, self-care practices, and natural therapies can help maintain healthy breast tissue and support overall hormonal balance. This workshop offers practical tools you can start using right away.

Natural Cold & Flu Prevention: A Wellness Workshop

Wednesday October 29 - 6:30 PM to 8:30 PM - Bracebridge Sportsplex

Naturally strengthen your body's resilience and reduce your chances of getting sick during cold and flu season. Learn effective strategies to support your immune system. Walk away with practical, easy-to-implement tools to keep you and your family healthy all season long.



Healing Metabolism: A 3-Week Wellness Workshop Series

Wednesday September 17 to October 1 - 7:00 PM to 8:30 PM – Bracebridge Sportsplex

Join us to discover a balanced, holistic approach to weight loss that supports your body's metabolism and natural ability to thrive. By the end of the series, you'll have practical tools and a plan to help you achieve and maintain a healthy weight naturally and confidently.

Meditation and Breath Work

Tuesday September 16 to October 28 - 11:30 AM to 12:30 PM – Bracebridge Sportsplex

Guided sessions that teach effective mindfulness, meditation and breathing techniques. This practice that helps to quiet the mind and develop practical skills to improve your well-being.



Therapeutic Warm Water Mind Body Aqua

Tuesday September 16 to October 28 - 1:30 PM to 2:30 PM – Bracebridge Sportsplex

An exercise program in the warm therapy pool, blending the principles yoga, Pilates, and Tai Chi. The goal is to do moves that work best in combination with the properties of water such as buoyancy and resistance.

Tai Chi, Chi Kung & Meditation - Beginner

Wednesday September 24 to November 26 - 9:15 AM to 10:45 AM

Tai Chi is for mind, body and spirit. Improve your balance, coordination, circulation, flexibility and more. Chi Kung will strengthen and improve your energy flow and build your immune system. This program is for beginners.



Tai Chi, Chi Kung & Meditation - Intermediate

Wednesday September 24 to November 26 - 11:00 AM to 12:30 PM

Tai Chi is for mind, body and spirit. Improve your balance, coordination, circulation, flexibility and more. Chi Kung will strengthen and improve your energy flow and build your immune system.

Achieving Homeostasis: A 3-Week Wellness Workshop Series (For Women)

Friday October 10 to October 24 - 1:30 PM to 3:15 PM -Muskoka Lumber Community Centre

Stress can take a serious toll on your health, happiness, and overall well-being. In this 3-week series for women, each session begins with an educational component where you'll deepen your understanding of homeostasis and learn how to balance your stress hormones to support wellness at any age.



Somatic Stretching for Stress Relief

Friday September 19 to October 31 - 12:45 PM to 1:45 PM - Bracebridge Sportsplex

Guided sessions that teach effective somatic stretching to release tension and stress in a supportive community environment. Somatic stretching refers to the release of muscular tension through gentle movement and an awareness of how your muscles feel in various positions and motions.

UnToxing Your Environment: A 3-Week Wellness Workshop Series

Wednesday November 5 to November 19 - 7:00 PM - 8:30 PM - Muskoka Lumber Community Centre

A practical series designed to help you reduce toxic exposures in your everyday life. Over three interactive weekly sessions, you'll learn how to identify common sources of environmental toxins in your space, food and lifestyle, and discover simple ways to replace them with healthier alternatives.



The Aging Brain: A 3-Week Wellness Workshop Series

Friday November 21 to December 5 - 1:00 PM to 2:45 PM - Muskoka Lumber Community Centre

Discover the surprising truth about the brain and aging – and how to keep your mind sharp, resilient, and curious for life. In this engaging series, you'll learn how the brain changes with age, how memory really works, and how lifelong learning can keep you vibrant at any stage.

Children and Youth Programs

Arts

Drawing with Colour Theory and Techniques (8-14 Yrs)

- Monday - September 22 to October 20 - 4:00 PM to 5:00 PM - Bracebridge Sportsplex

Intro to Graphic Novel Making (8-14 Yrs)

- Monday - September 22 to October 2 - 5:00 PM to 6:30 PM - Bracebridge Sportsplex

Climbing and Challenge Course

Games Climbers Play (5-7 Yrs)

- Thursday - November 20 to December 11 - 5:00 PM - 5:45 PM - Bracebridge Sportsplex

General Interest

Cooking and Baking Around the World (7-12 Yrs)

- Tuesday - September 23 to October 21 - 4:00 PM to 6:00 PM - Muskoka Lumber Community Centre

Cooking and Baking Healthy Meals and Preserves (7-12 Yrs)

- Tuesday - November 4 to December 2 - 4:00 to 6:00 PM - Muskoka Lumber Community Centre

Flex Your Calm - Mindful Wellness for Youth (9-16 Yrs)

- Wednesday - October 8 to October 29 - 4:30 PM to 5:00 PM - Bracebridge Sportsplex

Sports

Intro to Volleyball (9-11 Yrs)

- Monday September 22 to October 27 - 5:15 PM to 6:00 PM - Muskoka Lumber Community Centre

Try It All: Sports (7-9 Yrs)

- Monday September 22 to October 27 - 6:30 PM to 7:15 PM - Muskoka Lumber Community Centre

Try It All: Sports (10-13 Yrs)

- Monday September 22 to October 27 - 7:15 PM to 8:00 PM - Muskoka Lumber Community Centre

Youth Fitness

Youth Sports Conditioning (12-16 Yrs)

- Tuesday September 16 to October 28 - 3:30 PM to 4:15 PM - Bracebridge Sportsplex

Youth Sports Conditioning (8-12 Yrs)

- Tuesday September 16 to October 28 - 4:15 PM to 5:00 PM - Bracebridge Sportsplex

Youth Functional Training Circuit (11-15 Yrs)

- Wednesday September 17 to October 29 - 3:30 PM to 4:15 PM - Bracebridge Sportsplex

Kids Dance Fit (5-9 Yrs)

- Wednesday September 17 to October 29 - 4:30 PM to 5:15 PM - Bracebridge Sportsplex



Swim Lessons

We provide swimming lessons for all ages and skill levels, including group, private, semi-private, parent & tot, preschool, adult, homeschool, and family sessions. For those looking to advance further, we also offer leadership and certification courses.

Fall Swimming Session begins the week of September 22, 2025.

Specialty Classes

Jumping Jellyfish- Intro to Artistic Swimming (6-12 Yrs)

- Tuesday September 23 to November 18 - 6:00 PM to 6:30 PM - Bracebridge Sportsplex

Lifesaving Sport

Lifesaving Sport (8-16 Yrs)

- Monday September 22 to November 24 - 6:30 PM to 7:30 PM - Bracebridge Sportsplex
- Saturday September 27 to November 22 - 8:30 AM to 9:30 AM - Bracebridge Sportsplex

