

A scenic sunset over a lake. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. A man in a grey shirt and orange cap stands on a wooden dock, holding the hand of a young child in a blue jacket and orange cap. The dock is surrounded by reeds and greenery. In the background, there are trees and a few rocks in the water. The sky is filled with soft, colorful clouds.

RECREATOR

Summer 2026

Town of Fort Frances Recreation and Culture
Programming Guide
June 11– August 31, 2026



WHAT'S INSIDE?

Facilities and Contacts	3
Admission and Memberships	4
Aquatic Programs	5
Swimming Lessons Assessments	5
Swimming Lessons	6-7
Lifesaving Society Courses	8
Pool Rental Intake Form	9
MSC Summer Camps	10
Recreation Programs	11-17
Drop-in Programs	18
Shinny & Skating	19
Museum and Cultural Centre	20-21
Rainy Lake Square	22-23
Seniors Centre	24
Fort Frances Public Library	
Technology Centre	25-27
Sorting Gap Marina	28-29
Sports & Recreation in Fort Frances	30
KidSport Application	31-32
Shinny & Skating Waivers	33-34
Amik's Amazing Adventure Tally Sheet	35-36

Facilities and Contacts

COMMUNITY SERVICES DIVISION

Community Services & Facilities Manager

Craig Miller

807-274-4561 x 1717
cmiller@fortfrances.ca

Aquatics Supervisor

Ria Cuthbertson

807-274-4561 x 1720
rcuthbertson@fortfrances.ca

Recreation Supervisor

Tara Gunderson

807-274-4561 x 1715
tgunderson@fortfrances.ca

Community Services Receptionist

Melissa Belluz

807-274-4561 x 1701
mbelluz@fortfrances.ca

Fort Frances Museum and Cultural Centre Curator

Lisa Hughes

807-274-7891 x 1111
lhughes@fortfrances.ca

Fort Frances Senior Centre

Cindy Noble, Volunteer Manager

807-274-7656
cnoble@fortfrances.ca

Fort Frances Public Library Technology Centre

Nadine Cousineau, CEO

807-274 9879 x1610
ncousineau@ffpltc.ca



Memorial Sports Centre

740 Scott Street Fort Frances, ON, P9A 1H8
807-274-4561

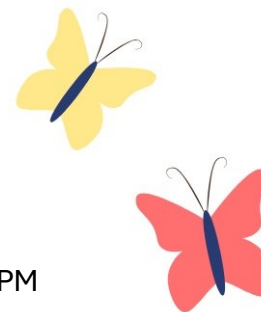
www.fortfrances.ca/sportcentre

BUSINESS HOURS

- **Monday - Friday** 6:00 AM to 10:00 PM
- **Saturday & Sunday** 8:00 AM to 10:00 PM

HOLIDAY HOURS

- **July 1** 8:00AM - 5:00PM (Fitness Centre Only)
- **August 3** 8:00AM - 5:00PM (Fitness Centre Only)



Fort Frances Museum and Cultural Centre

259 Scott Street Fort Frances, ON, P9A 1G8
807-274-7891

www.fortfrances.ca/museum

HOURS MAY 19 - SEPTEMBER 5

- **Tuesday-Saturday** 10:00 AM – 5:00 PM

Fort Frances Senior Centre (Sister Kennedy)

401 Nelson Street Fort Frances, ON, P9A 1B3
807-274-7656

www.fortfrances.ca/town/community-services

Fort Frances Public Library Technology Centre

601 Reid Avenue, Fort Frances, ON, P9A 0A2
807-274-9879

www.https://www.ffpltc.ca/

BUSINESS HOURS

- **Monday** 10:00 AM - 5:00 PM
- **Tuesday** 10:00 AM - 8:00 PM
- **Wednesday** 10:00 AM - 8:00 PM
- **Thursday** 10:00 AM - 6:00 PM
- **Friday** 10:00 AM - 6:00 PM
- **Saturday** 10:00 AM - 5:00 PM
- **Sunday** Closed



Sorting Gap Marina

1011 Front Street Fort Frances, ON P9A 1A3
807-274-6234

HOURS JUNE 1- JUNE 28

- **Sunday to Saturday** 9:00 AM - 9:00 PM

HOURS JUNE 29 - AUGUST 17

- **Sunday to Saturday** 8:00 AM - 9:00 PM

Memorial Sports Centre Admission & Memberships



Adult (18 and older)	
Annual	\$568.85
6-month	\$369.78
3-month	\$200.40
Monthly	\$86.73
Day Pass - 10 Days	\$72.30
Day Pass - 5 Days	\$36.11
Daily	\$8.01
Monthly Payment Plan	
Annual	\$47.40
6-month	\$61.63

Senior (55 and older)	
Annual	\$434.34
6-month	\$282.48
3-month	\$152.92
Monthly	\$66.28
Day Pass - 10 Days	\$56.06
Day Pass - 5 Days	\$28.01
Daily	\$6.46
Monthly Payment Plan	
Annual	\$36.20
6-month	\$47.08

Student (13 and older)	
Annual	\$282.70
6-month	\$191.00
3-month	\$102.50
Monthly	\$60.00
Day Pass - 10 Days	\$59.15
Day Pass - 5 Days	\$29.60
Daily	\$6.55
Monthly Payment Plan	
Annual	\$23.56
6-month	\$31.83

Locker Rental	
3 months	\$37.61
6 months	\$55.18
Annual	\$82.92
NEW Lobby Lockers	
Daily Use	FREE

MEMBERSHIPS INCLUDE...

Unlimited use of the weight room, squash courts, and pool. In addition, members can access a range of programs including: Yoga, Tai Chi, Pickleball, Public Skates, and Shiny.

Please note that some programs have limited enrollment. For these programs, we ask that you register early in order to guarantee your spot.

Programs are subject to change based on staff availability.

Child (5 and older)	
Annual	\$89.80
Day Pass - 5 Days	\$20.45
Daily	\$4.55

Family (Annual)	
Adult	\$568.81
Spouse	\$473.89
Student	\$243.72
Child	\$75.71

REFUND OR TRANSFER

Memberships are non-transferable. Refunds are available; however, the amount used will be recalculated based on the applicable monthly or short-term rate and a \$10 administration fee will apply.

MEDICAL EXEMPTION

A monthly or annual membership may be put on hold for a valid medical reason. If a medical exception is required, please let us know. Please note that a valid medical note will need to be provided. Only one exemption will be permitted per membership term. Expired memberships are not eligible.

INTERRUPTION OF SERVICE

Management reserves the right to postpone, cancel, or combine classes and limit registration, whenever necessary. Class sizes are limited and are offered on a first come, first served basis.

(please note that HST will be added to all rates)

Students 19 and over must bring proof of enrollment from an educational institution to purchase a student membership.

Children under the age of 13 are not permitted to use the cardio and weight rooms, unless accompanied by an adult.

PLEASE NOTE: Management reserves the right to interrupt service for improvements to the facility, or other reasons of necessity, with no alterations to membership fees.

Aquatic Programming

YOUFit	The pool will be available to any participants that would like to engage in their own personal aquatic
AquaFit	An Instructor led in-water fitness class designed to strengthen your muscles and improve cardio.
Lane Swim	Lanes are dedicated to lap/length swimming (13+).
Toonie Swim	General public swim - everyone welcome! Pool toys are available if requested. Buoy line divides the shallow end from the deep end. A toonie is paid by each swimmer.
Family Swim	A public swim for families! Children must be accompanied a parent/guardian , who must accompany children into the water. Parent/guardian pay daily admission, children are free.
Masters Swim	Participants will enjoy an hour of swim skills and drills. This program is designed for people 18+ to work on their fitness and endurance in the pool. Lessons are facilitated by a certified lifeguard/Swim Instructor. Feedback and support is provided to help you achieve your goals.
Splash & Play	Open to all babies and toddlers! Parents teach their own children with guidance from an Instructor from the pool deck. Only adults are charged daily admission.
Junior Master Swim	This program is designed for people 10+ to work on their skills and endurance in the pool. Lessons are facilitated by a certified lifeguard who provides drills and feedback to help you achieve your goals.
Sensory Swim	A quiet, low-stimulation swim time designed for people with sensory sensitivities and their caregivers. Limited capacity for a calmer environment. \$5 admission per swimmer, caregivers are free.



FORTFRANCES

Memorial Sports Centre Swimming Lesson Assessment

June 17, 2026
3:50-6:05PM

FREE!



Interested in registering your child for Lifesaving Society Swimming Lessons but unsure which level to choose?

Meet with a certified swim instructor for a free 15 minute assessment and find the right level for your child.

SUMMER LESSONS STARTING IN JULY!




Register online fortfrances.ca/sportscentre

Swimming Lessons Levels

LEVEL	SKILLS
Ages	3 to 5 Years
Preschool 1	These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll learn floats and glides on their front and back, get their face wet, and blow bubbles underwater.
Preschool 2	These preschoolers learn to jump into chest deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket, they'll learn to glide on their front and back.
Preschool 3	These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll continue to work on kicking and gliding through the water on their front and back.
Preschool 4	Advanced preschoolers will learn to do solo jumps into deeper water wearing a lifejacket and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) swim on their front wearing a lifejacket, and gliding and kicking on their side.
Preschool 5	These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m unassisted.
Ages	5 to 12 Years
Swimmer 1	These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on floats, glides, and kicking through the water on their front and back.
Swimmer 2	These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).
Swimmer 3	These junior swimmers will dive, do in-water front somersaults, and handstands. They'll work on 15 m of front crawl, back crawl, and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.
Swimmer 4	These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints over 25 m with front or back crawl interval training.
Swimmer 5	These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.
Swimmer 6	These advanced swimmers will develop aquatic skills including stride entries, compact jumps, and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and complete the 300 m workout.

Swimmer placement is at the discretion of swim instructors. Swimmers may be moved to the appropriate level as necessary.
 Please confirm with Aquatics Supervisor at the Memorial Sports Centre
 If you are unsure which level to register your child in call 807-274-4561

Swimming Lessons & Pool Party Info

Lesson	July 7 - August 22, 2026		
	Tuesday & Thursday	Wednesday	Saturday
Preschool 1	3:50-4:20 PM	1:15-1:45 PM	9:50-10:20 AM
Preschool 2	4:45-5:15 PM		10:30-11:00 AM
Preschool 3	3:50-4:20 PM	2:30-3:00 PM	
Preschool 4	4:30-5:00 PM		
Preschool 5	5:10-5:40 PM		
Swimmer 1	5:50-6:20 PM	1:50-2:20 PM	9:50-10:20 AM
Swimmer 2	4:30-5:00 PM	1:50-2:20 PM	11:20-11:50 AM
Swimmer 3	3:50-4:35 PM		10:30-11:15 AM
Swimmer 4	5:10-5:55 PM		
Swimmer 5/6	5:25-6:10 PM		

Lesson	July 7 - 30, 2026	July 7 - August 22, 2026	
	Tuesday & Thursday	Wednesday	Saturday
Private Lesson	6:00-6:30 PM	1:15-1:45 PM	11:10 AM
Private Lesson		2:30-3:00 PM	

REGISTRATION INFORMATION

- Families on the waitlist will be contacted before registration opens to the public.
- If a class is full when you register, please add your child to the appropriate waitlist.
- Additional classes may be added once initial registration is complete.
- Make-up classes are not offered for missed lessons.
- Additional classes may be added for August. Watch Facebook at Fort Frances Recreation and Events for updates.

PRIVATE POOL PARTIES!

Available to book
Saturdays 1:15-2:45 PM
 Review and complete the
Pool Rental Intake Form
 on page 9 and email it to
rcuthbertson@fortfrances.ca



Swimming Lesson registration opens June 30 @ 10:00AM

online @ fortfrances.ca/sportscentre OR call the Memorial Sports Centre at (807) 274-4561

Lifesaving Society Courses

Watch Facebook for updates @
Fort Frances Recreation and Events



Do you want to be a lifeguard?

Well, we'd like to hear from you!

As we expand our aquatics team, we are looking for individuals who are interested in becoming a lifeguard/swim instructor.

To become a guard, individuals need to progress through a certification process. We'd be happy to help you understand this particular process and answer any questions.

*For more information, please contact Ria at
807-274-4561 x 1720 or rcuthbertson@fortfrances.ca*

UPCOMING COURSES

NL Recertification - TBD

Bronze Cross - July 13 to August 24

Swim Instructor Certification - Coming Soon!

Register online: fortfrances.ca/sportscentre



FORTFRANCES

Memorial Sports Centre

Pool Rental Intake Form

CONTACT INFORMATION

Name of Parent/Guardian: _____ Phone Number: _____

Email Address: _____

Do you have an account with MSC? If not, please go to www.fortfrances.ca/sportscentre to create an account.

PARTY DETAILS

Child's Name: _____ Child's Age: _____

Preferred Date: _____ Preferred Time: _____

Estimated Number of Swimmers: _____

RENTAL FEES

Pool Rental Rates:

\$116.02 + HST per hour (up to 30 participants)

\$150.93 + HST per hour (31-60 participants)

Conference Room Rental:

\$23.54 + HST per hour

\$78.10 + HST for the full day

POOL ADMISSION STANDARDS

- Children under the age of 6 must be accompanied and supervised - in the water - by a caregiver who is at least 12 years of age. They must remain within reach of the caregiver at all times. The caregiver must be a competent swimmer. There is a maximum of two children per caregiver.
- Children 6 - 9 years of age who are not able to pass the Swim Competency Test must be accompanied and supervised - in the water - by a caregiver who is at least 12 years of age. The caregiver must be a competent swimmer. For this age group, there is a maximum of four children per caregiver, or 8 children in life jackets.
- Children 6 - 9 years of age who have passed the Swim Competency Test are permitted to swim in the pool, provided their caregiver oversees them from the pool viewing gallery at all times.
- Children 10-11 years must have a guardian remain in the building.

SWIM COMPETENCY TEST - CRITERIA

- All participants, regardless of age, may be asked to take a swim test in order to determine if they can safely enter the deep end of the pool, and whether or not a parent/guardian is required to be in the water for supervision.
- The swim test will include a front swim of 2 widths of the pool, as well as treading water for 1 minute.
- During the front swim, the lifeguard must see an attempt at over arm recovery with a near horizontal body position. The swim must be uninterrupted and must be completed without touching bottom.
- While treading water, the lifeguard must see the participant maintain a vertical body position, with their head above water, while staying in one place.
- Children wearing personal flotation devices (water wings, life jackets, etc.) will be permitted in the deep end of the pool upon discretion of the lifeguard on duty at the time.

PLEASE COMPLETE AND RETURN TO RIA AT RCUTHBERTSON@FORTFRANCES.CA



MEMORIAL SPORTS CENTRE

Summer Camps

JOIN US FOR MSC DAY CAMPS FILLED WITH GAMES, CRAFTS, SWIMMING, AND NEW EXCITING ACTIVITIES!

Summer Camp

Registration is **OPEN!**

8 weeks

Two age groups:

\$159.85 per week/child

Monday to Friday 8:00am-5:00pm

July 6 - August 28

5-8 & 9-12

Please note that children who have special accommodations through school or other agencies will be required to provide the same support in order to be considered for the Town of Fort Frances Camp Programs. For consideration of special circumstances, consultation with the program supervisor is required.

Call Us: (807) 274-4561

Follow Us: Fort Frances Recreation and Events

FORTFRANCES.CA/SPORTSCENTRE

Register Online: www.fortfrances.ca/sportscentre



WHAT DOES RECREATION MEAN TO YOU?



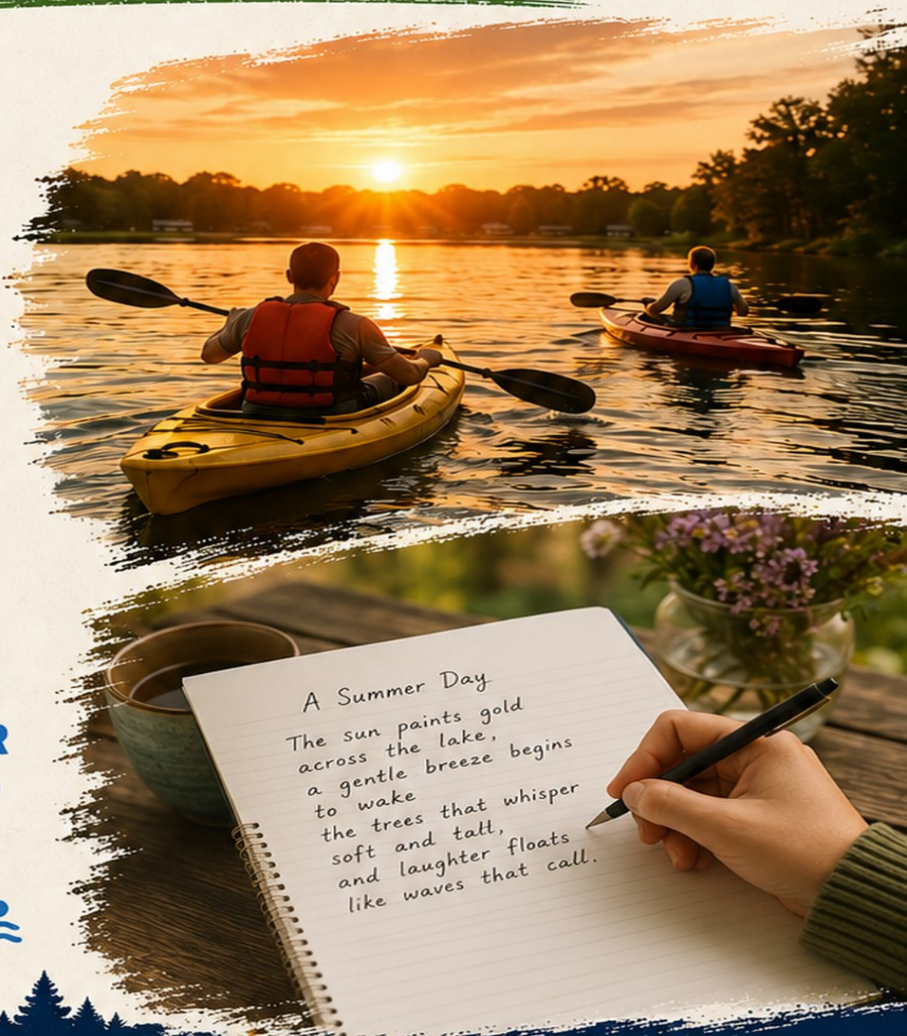
THIS SUMMER, we're celebrating recreation in all its forms with new activities designed to get friends, families, and neighbours active and connected.



FROM SING-ALONGS and scavenger hunts to mystery photo challenges and community adventures, there's something for everyone.



JOIN US THIS SUMMER and discover what recreation means to you!



A Summer Day
The sun paints gold
across the lake,
a gentle breeze begins
to wake
the trees that whisper
soft and tall,
and laughter floats
like waves that call.

RECREATION is for everyone.

- CONNECT
- STAY ACTIVE
- EXPLORE
- CREATE
- BELONG

Let's make this our best summer yet!

SUMMER ZUMBA IS HERE!

LIGHTS • MUSIC • FITNESS • FUN



ADULT ZUMBA DANCE PARTY

THURSDAY, JULY 9
6:00 PM – 7:00 PM
\$15 PER PERSON

A fun and energetic fitness experience featuring great music, easy-to-follow routines, and a welcoming atmosphere.



SUMMER ZUMBA SESSION

TUESDAY, JULY 21 – AUGUST 25
6:30 PM – 7:15 PM
45-MINUTE CLASSES
\$60 FOR THE FULL SESSION

Stay active all summer long with this six-week Zumba program. It's fitness that feels like a party!



REGISTER ONLINE OR IN PERSON AT THE MEMORIAL SPORTS CENTRE



MINIMUM 10 PARTICIPANTS REQUIRED FOR ALL PROGRAMS.

DANCE MORE. FEEL AMAZING!



Summer Activities

TOONIE TUESDAY

AQUAFIT!

NAME THAT TUNE CHALLENGE



SING ALONG & HAVE FUN!

Join us every **Tuesday morning** this summer for a fun-filled Aquafit workout featuring **music**, movement, and plenty of laughs!

- FUN, LOW-IMPACT EXERCISE**
- GREAT MUSIC AND SING-ALONG FAVORITES**
- CHALLENGE YOUR MUSIC KNOWLEDGE**

TUESDAY 8:30-9:15 AM ALL SUMMER LONG **STARTING JULY 14** **MEMORIAL SPORTS CENTRE POOL**

INCLUDED WITH MEMBERSHIPS!

MUSIC-LOVING FRIENDS CAN JOIN FOR JUST \$2.00!

TOONIE TUESDAY

Bring a friend, make a splash, and sing along all summer long!

EXERCISE • MUSIC • LAUGHTER • SUMMER FUN



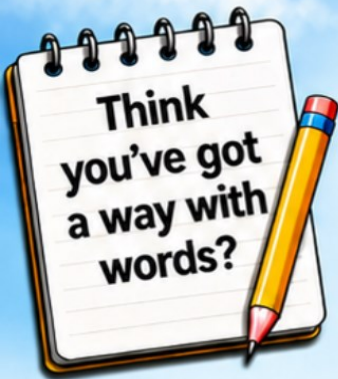
FORTFRANCES

SUMMER LIMERICK CONTEST!

FORT FRANCES

123 YEARS!

CELEBRATING OUR COMMUNITY!



WHAT IS A LIMERICK?

A limerick is a short five-line poem with a fun rhyme pattern:



They are often silly, creative, and full of humor!

Celebrate Fort Frances' 123rd year by writing a fun, original limerick!

NORTHWESTERN ONTARIO THEME

- Northern lakes & rivers
- Our forests & seasons
- Wilderness & wildlife
- Small-town life
- Fishing, canoeing, camping
- Northern pride

CONTEST TIMELINE

- Contest Opens: July 1, 2026
- July Entries Due: **July 31, 2026**
- August Entries Due: **August 31, 2026**

FINALISTS

- ★ Top 3 July Entries
- ★ Top 3 August Entries

The six finalists will read their limericks live on stage at **Ribfest!**

HOW TO ENTER

Email your limerick to: tgunderson@fortfrances.ca

- Please include:
- ✓ Your name
 - ✓ Age (optional)
 - ✓ Contact information



GET CREATIVE, HAVE FUN, AND CELEBRATE FORT FRANCES ONE RHYME AT A TIME!

I'M A MOSQUITO, AND HERE'S MY DELIGHT:
 YOU ALL STAY OUTSIDE LATE AT NIGHT.
 THE MUSIC PLAYS ON, THE BUG SPRAY IS GONE,
 AND MY DINNER PLANS WORK OUT JUST RIGHT!



Fort Frances 123 Years • Summer 2026

FOUR-LEAF CLOVER HUNT!

Think you're lucky?

SEARCH FORT FRANCES PARKS, TRAILS, AND GREEN SPACES FOR A FOUR LEAF CLOVER

FOUND ONE?
 Take a photo and share it on the Fort Frances Recreation & Events Facebook page.



RUNS ALL SUMMER LONG!

Get outside, explore your community, and see if luck is on your side!



FORTFRANCES

AMIK'S AMAZING ADVENTURE

THE TOWN OF FORT FRANCES IS

123 YEARS OLD!



COMING SOON!

★ KICKING OFF JULY 1! ★

1, 2, 3... READY, SET, GO!!!

THIS SUMMER, WE'RE CELEBRATING WITH AMIK!



EXPLORE OUR TOWN

Find 123 Amik postcards hidden throughout town — each one uniquely numbered!



PUT YOUR HUNTING SKILLS TO THE TEST

Join the search and see how many you can find! 🗺️



CALLING ALL SLEUTHS, EXPLORERS & AMIK HUNTERS!

Go solo or divide and conquer with friends and family!



DOWNLOAD OR PICK UP A TALLY SHEET FROM OUR WEBSITE AND START YOUR ADVENTURE!



807-274-4561

www.fortfrances.ca/sportscentre



FORTFRANCES

Memorial Sports Centre

WRITE A JINGLE ABOUT AMIK!

Create a fun, original 30-second jingle about Amik for a chance to be featured on **93.1 The Border!**

WIN THE CHANCE TO PERFORM LIVE AT RIBFEST!

CONTEST DATES

OPENS
JULY 1, 2026

SUBMISSION DEADLINE
AUGUST 15, 2026

WHO CAN ENTER?

- Solo Performers
- Families
- Local Bands
- Community Organizations

ALL AGES WELCOME!

GRAND PRIZE PACKAGE

- Live performance opportunity at Ribfest
- Jingle played on 93.1 The Border
- Feature article highlighting your entry
- Interview with Jonathan Price



HOW TO ENTER

Record your jingle and email your MP3 to:
tgunderson@fortfrances.ca

WHAT HAPPENS NEXT?

★ Top entries will be forwarded to Acadia Broadcasting for judging. Entries will be judged on creativity, originality, and how well the jingle represents Amik and Fort Frances. ★



RECORD YOUR JINGLE AND EMAIL IT TODAY!

★ SING IT, RAP IT, RHYME IT, OR CREATE YOUR OWN UNIQUE TUNE!
 SHOW US YOUR CREATIVITY AND HELP CELEBRATE FORT FRANCES THROUGH MUSIC WITH AMIK!

807-274-4561

<https://fortfrances.ca/sportscentre>



The Memorial Sports Centre and the Fort Frances Times have partnered to bring you the

Weekly MYSTERY PHOTO Challenge

- Landmarks
- Walking Trails
- Hidden Gems
- Our Community

Starts July 2nd!



Where in Fort Frances is this?

Think you know Fort Frances?



Each week, a mystery photo will be posted on our Fort Frances Recreation and events Facebook page and in the Thursday Bulletin of the Fort Frances Times.

SUBMIT YOUR GUESSES with your name and email by the following Wednesday at midnight at one of the following options:

- DM MSC Facebook
- mystery@fortfrances.com
- Memorial Sports Centre
- The Senior Centre

JOIN OUR TEAM! CALL FOR VOLUNTEERS

ARE YOU A HIGH SCHOOL STUDENT LOOKING TO EARN VOLUNTEER HOURS THIS SUMMER?

- ASSISTING WITH RECREATION PROGRAMS
- HELPING AT SPECIAL EVENTS
- SUPPORTING COMMUNITY ACTIVITIES
- ASSISTING WITH CHILDREN'S PROGRAMS

MEMORIAL SPORTS CENTRE
 807-274-4561



Drop In Programs

Yoga

Yoga will continue all summer in the Auditorium at the Memorial Sports Centre!

**Mondays:
12:15-1:00PM**

Classes are included in your daily drop-in or membership fees!

Squash

Racquets, balls, and goggles are available for use!

The Memorial Sports Centre is home to two Squash Courts!

Squash Courts are available for use with a daily drop-in fee and can be reserved up to 2 days in advance!

Outdoor Pickleball



St. Francis Fields

FREE Equipment available at the
Fort Frances Public Library Technology Centre

Summer Ice

Whether you're training, practicing or just looking for some summer skating, we've got you covered.

Key Dates:

- IFK Rink Ice In: July 13
- Summer Ice Season:
July 13 – August 31

Book Your Ice Time Now!

Get Ready for Summer Ice!

The Memorial Sports Centre is bringing you ice all summer long!

Call Melissa: (807) 274-4561 x 1717

Email: mbelluz@fortfrances.ca

New Shiny Waivers are available at the MSC Reception Desk and **MUST** be signed by a guardian for all youth ages 17 and under (see pages 33 & 34 for a copy of the waivers)

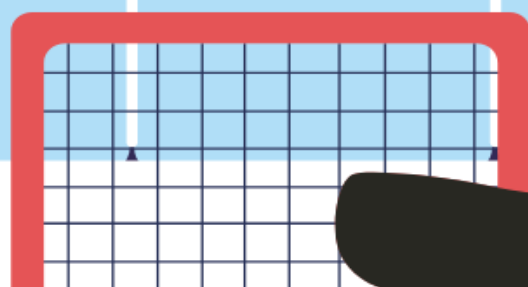
NEW waivers are valid from
July 2026 - June 2027

SHINNY & SKATING RULES



MEMORIAL SPORTS CENTRE

2026



- All participants **MUST** wear a helmet & gloves.
- Age groups **MUST** be followed.
- Sticks & pucks permitted at Shinny **ONLY**.
- Participants **MUST** wear pants, no shorts allowed.
- All skates are \$3 per person per skate. Kids 3 & under **FREE**.
- A guardian must remain in the facility to supervise children ages 8 and under
- All participants **MUST** sign in at the front desk and fill out the “Waiver & Release Form”.
- Youth under 18 must have form filled out and signed by a guardian.

NOTE: This is an unsupervised and unstructured program. Please report any issues to the reception desk

Summer Ice Is Coming Back on July 13th!

Season	Jul 13th—August 31st in the IFK Arena
How to Book	Call Melissa @ 807-274-4561 ext 1701 or email mbelluz@fortfrances.ca
What do you need?	Your skates and gear! And your completed waivers!
Public Shinny Programs	Adult / Senior Shinny, Public Shinny,
Skating Programs	Public Skates

Shinny & Skating waiver’s available on pages 33 & 34 or at the MSC Reception Desk

Fort Frances Museum and Cultural Centre

Museum Hours (May 19 - September 5)

Tuesday-Saturday 10:00 AM – 5:00 PM

Admission fees apply:

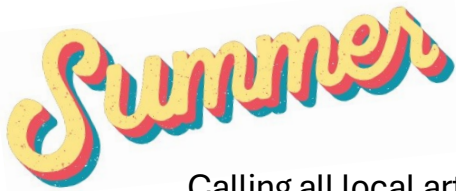
\$5.65 Senior/Student (5-17yrs)

\$6.78 Adult

\$18.08 Family (with HST)



Exhibits

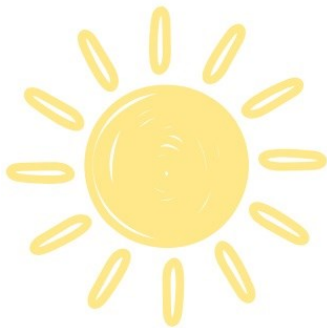


New Exhibit Coming Soon!

Calling all local artists! An exciting community art show will run from mid-July through August—watch for submission details coming soon, and start preparing your original creations for the July 1 deadline.

Memberships

Become a Museum member and help support local history, exhibits, and community programming. Members enjoy free use of the research room and materials, free admission during peak season, and other benefits.



Annual Memberships:

Individual: \$33

Family: \$55



For more information contact the Fort Frances Museum and Cultural Centre.

Facebook: @FortFrancesMuseumCulturalCentre

Website: fortfrances.ca/museum

Phone: 807-274-7981

KIDS SUMMER CAMP

AGES 7-12

\$150

JULY 20-24TH

FORT FRANCES MUSEUM & CULTURAL CENTRE

ACTIVITIES:

- Arts & Crafts
- Local History
- Paper Making
- Bridge Building
- Ice Cream Making
- More

Stay tuned for more museum events check out our Facebook at: Fort Frances Museum

\$5/DAY

PRE-SCHOOL SUMMER CAMPS

From 3- 6 years old

Activities:

- Sing Songs
- Read Aloud Books
- Arts and Crafts
- Science Experiments

We will Learn about

- Colors
- Dairies
- Boats
- The Water Cycle
- Art

Museum Programs

Date	Time	Program	Location	Age	Cost
July 3	TBD	Stories of Scott Street, Walk the Main Street of Memories	Scott Street	Everyone	Free
July 10, 17, 31	10-11am	Pre-school Summer Activities	Museum	6 and under	\$5/child
July 20-24	TBD	Museum Summer Camp	Museum	7-12 yrs	\$159.85/child
August 7, 14, 21	10-11:30 am	Pre-school Summer Activities	Museum	6 and under	\$5/child
August 11	5-8 pm	Metis Loom Beading	Museum		Free - Museum donations welcome
August 25	10 am-3 pm	Mining & Geology Camp at the Museum	Museum	5-12 yrs	\$10.40/child

We'll be attending community events this season! Explore our programs, exhibits and hands-on activities:



- July 1 - Canada Day at Legion Park from 12 –4 pm
- July 2-4 - Discovery Days on Scott Street from 10 am -2 pm
- July 3 - Teddy Bear Picnic at the Library from 11am -1:30 pm



We encourage parents to register all children’s programs online at fortfrances.ca/museum to secure their spots and ensure that all forms are filled out before the program starts or email museum@fortfrances.ca

Rainy Lake Square

Date	Time	Program	Location	Cost
Jul. 2, 9, 23, 30	12-5pm	RLS Market	RLS	Vendors-\$10+HST/day, \$50+HST/season
Jul. 8	6-8pm	The Honest Heart Collective Concert	RLS	Free
Jul. 16	TBD	No RLS Market Bass Tournament Market	Sorting Gap Marina	RLS Vendor Market Season pass holders – free / Day Vendors- \$25
Jul. 28	6-9 pm	Night Market	RLS	Vendors- \$25+HST
Jul. 29	6-8 pm	The Faculty Concert	RLS	Free
Aug. 5	6-8 pm	Thinking of Pinky Concert	RLS	Free
Aug. 6, 13, 20, 27	12-5 pm	RLS Market	RLS	Vendors-\$10+HST/day, \$50+HST/season
Aug. 12	6-8 pm	Rough Cut Pine Concert	RLS	Free
Aug. 19	6-8 pm	Red Right Return Concert	RLS	Free
Aug. 25	6-9 pm	Night Market	RLS	Vendors- \$25+HST

Events in blue indicate they are held off-site

Market Vendors

Rainy Lake Square Market is a great place to sell your wares



No insurance or business license needed to join as a vendor!
To Register email ccaira@fortfrances.ca or call (807) 274-7981

Rainy Lake Square



Summer Sounds in the Square

Live music in the heart of downtown:

The Honest Heart Collective - July 8th, 6 pm

The Faculty- July 29th, 6 pm

Thinking of Pinky - August 5th, 6 pm

Rough Cut Pine - August 12th, 6 pm

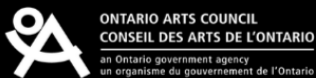
Red Right Return - August 19th, 6 pm

Bring your own chairs

In case of rain The Honest Heart Collective concert will be moved to the auditorium at the Memorial Sports Centre

Supported through the Rainy River Future Development Corporation's Local Initiatives Program

**RAINY RIVER FUTURE
DEVELOPMENT CORPORATION**
A Community Futures Development Corporation



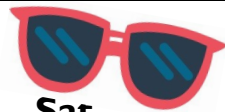
Canadian
Patrimoine
canadien



Seniors Centre Age 55+

EVENT	DAY	TIME
500 Cards	Monday Afternoons	12:30 PM
Canasta	Monday Afternoons	12:30 PM
Line Dancing	Tuesday & Friday Mornings	9:30 - 11:00 AM
Smear Cards	Tuesday Afternoons	12:30 PM
Euchre	Tuesday Afternoons	1:00 PM
Bridge	Wednesday Afternoons	12:30 PM
Ladies Pool	Wednesday Afternoons	1:00 - 4:00 PM
VON Exercise	Thursday Mornings	9:30 & 10:30 PM
Cribbage Cards	Thursday Afternoons	12:30 PM
Craft Group	Thursday Afternoons	1:00 - 3:00 PM
Bingo	Friday Afternoons	1:30 - 3:30PM
Bridge	Saturday Afternoons	12:30PM
Billiards	Monday to Friday	8:00 - 4:00PM
Workshop	Monday to Friday	8:00 - 4:00PM

June 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Tech Support 10:00am	2 Local History with Catrina 10:00am	3 Treasure Hunt Card Making with Josie 6:30pm	4	5 Men's Pool 8:00am	6 Garage Sale 8:00-12:00pm
7	8 Canasta 12:30pm	9 Euchre 1:00pm	10 Treasure Hunt Painting with Solly 1:30pm	11 Corn Hole Hatchet Toss 1:00pm	12 Poker Walk 10:00am	13
14	15 Tech Support 10:00am Hidden Bid Auction Starts	16 Smear 12:30pm	17 Treasure Hunt Social Time 1:30pm	18 Cribbage 12:30pm	19 Movie at the Library 1:00pm	20
21	22 500 12:30pm	23 Pontoon Boat Ride 1:00pm	24 Treasure Hunt (Alternate Boat Ride)	25	26 Pick-a-prize Bingo 1:30pm Hidden Bid Closes 12:00pm	27

Fort Frances Public Library Technology Centre

Children's Program for June

Registration opens June 29!

PROGRAM	DATE	TIME	AGE
Story Time	Wednesdays	10:15 AM	18m-6
Baby Time	Thursdays	10:30 AM	0-18m
LEGO Club	Thursdays	3:30 - 4:45 PM	All Ages*
Pokemon Club	Fridays	4:00 - 6:00 PM	8-14+ Recommended
STEM Saturdays	Saturdays	10:30 - 11:30 AM	All Ages*

*Children under 8 must be accompanied by an adult

tdsummerreadingclub.ca

TD Summer Reading Club 2026

Reading fun for kids, from Canada's public libraries



SUMMER



In Honour of Seniors Month we're hosting a...

Grandparents Tea Party

An afternoon of tea, snacks and activities

SATURDAY, JUNE 20TH

3pm - 4pm

Registration required
Call 807-274-9879

TEDDY BEAR PICNIC

\$5

ENTRY FEE

★★★★★

\$2

HOTDOGS

★★★★★

JULY 3

TICKETS AVAILABLE NOW AT FFPLTC

FREE ENTRY FOR KIDS UNDER THE AGE OF 2

11:00AM - 1:30PM

FFPLTC OR MEMORIAL SPORTS CENTRE (WEATHER DEPENDANT)

FEATURING A MAGIC SHOW, BOUNCY CASTLES, GAMES, FACEPAINTING, AND MORE!

Fort Frances Public Library Technology Centre

601 Reid Avenue, Fort Frances, ON
Phone: 807-274-9879
Fax: 807-274-4496
Text: 807-271-6367
Email: ffpltc@gmail.com



RAINY LAKE READERS BOOK CLUB

THE BOOK CLUB MEETS THE 3RD TUESDAY OF EVERY MONTH

6-7:45 P.M. IN THE SHAW COMMUNITY HUB

FORT FRANCES PUBLIC LIBRARY TECHNOLOGY CENTRE - 601 REID AVE.



FORT
FRANCES
PUBLIC LIBRARY
TECHNOLOGY CENTRE



RAINBOW
ALLIANCE
ARC-EN-CIEL



DRAG BINGO

& a show! ✨

JUNE 16

7:00 PM - 9:00 PM

AUDITORIUM @

THE MEMORIAL SPORTS CENTRE

CANTEEN!

TICKETS AVAILABLE @

THE FORT FRANCES PUBLIC LIBRARY

\$15 ADVANCE/\$20 @ THE DOOR

18+



Home Delivery Service

If you or a loved one live in Fort Frances and would like books delivered call, text or email to setup a delivery!

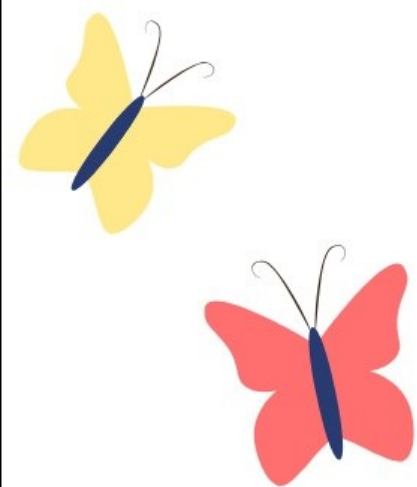


Fort Frances Public Library Technology Centre

Fireside Yarn Club

Wednesdays @ 5:50pm

All skill levels welcome; please bring your own supplies



Introducing Writing Help at the Library



Adult Services Coordinator Joelle Barron (BFA, MFA, published author) is now offering one-on-one editorial services at the Fort Frances Public Library.

Working on a novel or memoir? Fine-tuning your poetry? Looking for advice about publication? Book an appointment with Joelle to receive thoughtful, constructive feedback in a supportive environment.

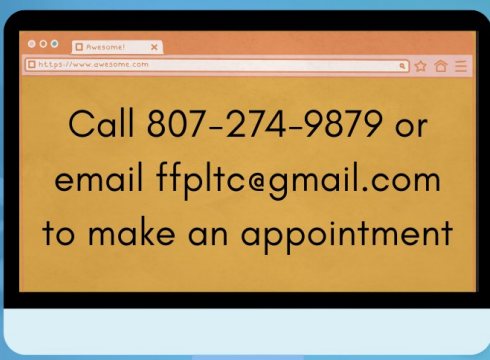
By appointment. 807-274-9879 or email jbarron@ffpltc.ca

Ages 16+. Free.



ONE-ON-ONE TECH APPOINTMENTS

NEED HELP WITH YOUR COMPUTER, TABLET OR CELL PHONE?



Call 807-274-9879 or email ffpltc@gmail.com to make an appointment



55+ Movie Matinée

Join us for a free movie every 3rd Friday of the month!

Movie starts at 1 p.m.
Popcorn provided!



Can't make the matinée?
Watch our Facebook page for Midweek Movie Nights!





Sorting Gap Marina

YOUR GATEWAY TO RAINY LAKE



MARINA ESSENTIALS

- Pop
- Water
- Ice
- Gas
- Tower Pass
- Ice Cream
- Freezies
- Chips
- Affagatos
- Milkshakes



FRESH BREWS

- Espresso
- Flat Whites
- Cappuccinos
- Iced Coffees

Flavoured syrups available for coffee drinks



HOURS OF OPERATION

JUNE 1 - 28

9:00 AM - 9:00 PM

JUNE 29 - AUGUST 17

8:00 AM - 9:00 PM

Tower hours are the same as The Sorting Gap

See you at the Marina!

FOLLOW US @

Fort Frances Recreation and Events





Sorting Gap Marina



ICE CREAM BUCKET CHALLENGE!



WEEKLY WINNERS!

Each weekly winner will receive:



A FREE
small
ice cream

Their creation will be featured on display at the Marina!

CONTEST RUNS ALL SUMMER LONG!

Easy as...

1. PICK UP A BUCKET AT THE MARINA OR USE YOUR OWN!
2. DECORATE IT
3. SUBMIT YOUR ENTRY

Send photos of your creation to:
tgunderson@fortfrances.ca

OR

share them on our Facebook page:
Fort Frances
Recreation & Events



One Bucket. Endless Possibilities!

FOLLOW US @
Fort Frances Recreation and Events



Sport and Recreation in and around Fort Frances (mostly spring and summer)

Sport	Club	Web	Facebook	Contact
KidSport or Jumpstart	Helps families with sport registration fees and equipment (conditions apply)	✓	✓	fortfrances@kidsportontario.ca efischer@nwhu.on.ca
Baseball	Rainy River District Women's Fastball League Rainy River District Men's Fastball League Adult Mixed Slow Pitch	✓ ✓ ✓	✓	caulgirl75@hotmail.com
Basketball	FF Men's Basketball League		✓	
Cadets	908 Rainy Lake RCACS (Air Cadets)		✓	908aircadets@gmail.com
Community Garden	Fort Frances Community Garden Kids Garden Club		✓	807-274-9827
Equestrian	2 Hearts Equine Therapy Whispering Pines Saddle Club Freedom Center Life Skills	✓ ✓ ✓	✓ ✓ ✓	807-629-8497 807-486-3669 807-271-3619
Girl Guides	Ages 5 & up (volunteers needed)	✓	✓	monicaarmour@yahoo.ca
Gymnastics	Rainy Lake Gymnastics Academy	✓	✓	info@rlga.ca
Fitness Classes Gyms	Memorial Sports Centre Reflexion Studio – personal training Increase Fitness	✓ ✓ ✓	✓ ✓ ✓	807-274-4561 reflexion@mckaypts.co increasefitness@gmail.com
Hockey	FF Minor Hockey Association FF Girls Women's Hockey Association 3 on 3 Hockey	✓ ✓	✓ ✓ ✓	ffmharegistrar@gmail.com info@ffgwha.com
Judo	Borderland Judo Club		✓	BorderlandJudo@outlook.com
Jiu Jitsu	Borderland Jiu Jitsu		✓	borderlandjiujitsu@outlook.com
Memorial Sports Centre	Toddler Time, Kids Zone, Youth Lounge Yoga, Tai Chi, Spin Bikes, Shinny & Skating	✓	✓	807-274-4561
Pickle Ball	JW Walker School Memorial Sports Centre, Outdoor Courts		✓	807-274-4561
Hiking / Biking	Rainy Lake Nordic Ski Club Eighth Street Ski Trails Rainy Lake Women on Wheels		✓ ✓ ✓	
Soccer	Borderland Soccer- adult Fort Frances Indoor Soccer – 14+ Co-ed Fort Frances Youth Soccer - indoor and outdoor	✓	✓ ✓ ✓	borderlandsoccer@gmail.com ffys.soccer@gmail.com
Squash	Sunset Country Squash – youth club, men's, women's nights, open courts		✓	807-274-4561
Summer Camps and Programs	Rec N Crew & Specialty Camps Confederation College Couchiching Recreation	✓ ✓ ✓	✓ ✓ ✓	807-274-4561 807-274-5395 807-274-1223
Swimming	Cyclones Swim Club Swimming Lessons		✓ ✓	807-274-4561
Tennis	Multi-use courts		✓	
Volleyball	FF Women's Volleyball League Fort Frances Rec Volleyball – 16+ mixed		✓ ✓	ffvolleyball@gmail.com
Walking/running	Indoor track- Memorial Sports Centre	✓	✓	807-274-4561
Youth Programs	Fort Frances Public Library School clubs, teams and sports Seven Generations – activities – maker space Rainy River District 4H Club Urban Aboriginal Healthy Living for Kids Urban Indigenous Healthy Living Program 18+	✓ ✓ ✓ ✓ ✓ ✓	✓ ✓ ✓ ✓ ✓	807-274-9879 807-274-2042 807-274-2796 healthylivingkids@unfc.org healthyliving@unfc.org

To add or change page information, email efischer@nwhu.on.ca





So ALL Kids Can Play!

KidSport Fort Frances SPORT GRANT APPLICATION FORM

We help families and children living in Fort Frances who can't afford to pay for sports or equipment.

FAMILY INFORMATION

Child's Name: _____ Age: _____ Birth Date (mm/dd/yy): _____/_____/_____ Gender (M or F) _____

Street Address: _____ City: _____ Postal Code: _____

Parent/Guardian: _____ Tel/cell: _____ Email: _____

SPORT INFORMATION

This application is just for the sport grant. You must register with the club- we can't do that for you. If approved, we pay the club directly.

1. Sport you are applying for: _____ Club Name/Organization: _____
2. How much is the registration \$ _____ How much are you asking to be covered (up to \$400): \$ _____
3. Have you registered your child with the sport club: Yes or No Attach copy of the registration to confirm cost.
4. If you are asking for equipment, please list what you need & sizes for equipment:

INCOME INFORMATION

1. Gross family income: Less than \$39,000 _____ \$40,000- \$49,000 _____ \$50,000-59,000 _____ More than \$60,000 _____
2. Do you receive: EI: Yes or No Ontario Works: Yes or No Disability/ODSP: Yes or No Child Tax Benefit: Yes or No
Child Support: Yes or No Band assistance: Yes or No Are you working: Yes or No Other income (list) : _____
3. How many adults living in home (over 18): _____ How many children in the home: _____ Single parent: Yes or No
4. If you are separated/divorced, does other parent/guardian help pay for sport fees/equipment: Yes or No How much: \$ _____
5. Is child First Nation: Yes _____ or No _____ Status _____ or Non-Status _____ Band/Community: _____
6. Is child Metis: Yes _____ or No _____ Is parent or child a citizen of the Métis Nation of Ontario: Yes _____ or No _____
7. Are you receiving any other funding for registration or equipment: Yes or No If yes, amount and from where: _____
8. Did you attach your Canada Child Benefit Statement: Yes or No (or other tax form that lists dependents and income)

- ✓ If your household gross income is **MORE THAN \$60,000** per year, complete section on the back of the form.
- ✓ Answer all questions. Missing, blank or incomplete information may delay your application.
- ✓ I have read and understood all guidelines and certify that all information provided is correct and can be verified.
- ✓ I authorize you to share information with the organization that will receive the payment for my child.
- ✓ I understand that inaccurate information will jeopardize funding and future requests.

Signature of Parent/Guardian: _____ Date: _____

***Don't forget to include all income (Child Benefit/tax credit) AND sport registration information**

Drop off/mail: c/o Northwestern Health Unit, 396 Scott Street, Fort Frances, ON P9A 1G9

Email or fax: efischer@nwhu.on.ca

Fill in this section if household income is more than \$60,000:

If family income is greater than \$60,000 per year, this section needs to be completed by a community support:
(e.g., principal, case worker, banker, manager, police officer, nurse, teacher, doctor).

Note to the Endorser/Community Professional: You are an objective, third party person who knows the family and is in a position to identify and assess the family's economic and/or social barriers. The endorser cannot be a family member.

Name of Endorser:

Organization:

Telephone (w, h, or cell):

Email:

Please explain economic/social barriers/circumstances impacting family (include any other notes that will be helpful for reviewers):

I verify that all the information given is correct and can be substantiated. I agree, if requested, to follow-up with the adjudicator.

Signature of Endorser:

Date:

Sports Grant Guidelines

1. **You must also register your child with the sport club.** The Sports Grant Application does not do that for you. When you register for the sport, let the sport organization know that you have applied for a sports grant.
2. Applications must be submitted at least 7 days prior to sport registration to ensure time for review.
3. Children and youth, 3-18 years, living in the Town of Fort Frances are eligible. Grants up to \$400.00* are available to help families who can't afford the cost of sport registrations or the cost of sports equipment.
4. Funding is for approved organized sports programs with a minimum of 5 sessions. Elite teams, travel teams, camps, travel to playoffs and/or championships are **NOT grant eligible**.
5. Grants are not guaranteed every year. KidSport reserves the right to request further proof of family income (paystubs).
6. Adjudicators consider social and economic barriers facing the child's family when determining eligibility. Adjudicators may request additional financial information for incomes greater than \$60,000.
7. Grant allocations are based on program guidelines*, the application, availability of local funds and the number of applications received and partner organizations. Adjudicators reserve the right to cap funding allocation. These grant programs rely on fundraising efforts, community contributions and donations to sustain the local programs.
8. Preference is given to children being introduced to sport for first time. Sports grants funds are not meant to replace existing recreation or social services funding for sport participation.
9. Sport grants will not cover costs for sporting activities already paid for, or in which the child is already enrolled.
10. Grants for registration and/or equipment will be issued and made payable to the sport club or retailer. Equipment purchases are limited in value and must be the most economical option available.
11. Local committee members will protect, to the best of their abilities, the confidentiality of all applicants and endorsers.

Questions: Elaine or Jacqueline- 807-274-9827 or email fortfrances@kidsportontario.ca

We reserve the right to request additional information to verify income.

Program guidelines are subject to change at any time.

KidSport funds are for residents of the Town of Fort Frances.

JumpStart is granted to children and youth residing in the Rainy River District.

All personal information is secured and protected and will not be used for any other purpose other than reference to the funding provided.

Waiver and Release Form – Recreation Program and Activities

- On-Ice Activities - Memorial Sports Centre -

Acknowledgement of Risk and Release of Liability – Under 18

The following waiver of all claims, release from all liability, and assumption of all risks and other terms of this agreement, are entered into by me, on behalf of the participant named below, with and for, the benefit of the Town of Fort Frances (also referred to as “the Town” in this agreement), including, but not limited to, the Town’s employees, volunteers, agents, and partners, regarding recreational activities taking place at the Memorial Sports Centre (740 Scott Street, Fort Frances, ON, P9A 1H8). Without limiting the generality of the foregoing, for the purpose of this agreement, recreation/recreational activities include, but are not limited to, hockey, shinny hockey, public skating, and other activities that take place on the ice surfaces at the Memorial Sports Centre. By signing this agreement, I agree that I am the parent/guardian of the stated participant and have the authority to sign on their behalf. In addition, by signing this agreement, I indemnify the Town of Fort Frances of all claims, suits, or actions of any kind and description, brought forth because of participation in these activities. This waiver covers participation in recreational activities that take place between the date of signature and June 1, 2027.

Please initial each item below to indicate that you’ve read, agree to, and acknowledge each of the following statements:

_____ 1. I am the Parent/Guardian of the participant named on this form, and I am executing this waiver on behalf of the participant, in my capacity as Parent/Guardian, and with the intent that this waiver be binding on myself and the participant for all legal purposes.

_____ 2. I am aware that there are inherent dangers, hazards, and risks (collectively “risks”) associated with the recreational activities listed above, and that injuries resulting from these risks are a common occurrence. I am aware that the risks of recreational activities are an integral part of these activities, and include, but are not limited to, the following:

- (a) the action of any other individual to behave in ways that may result in injury, harm, or death to persons around them.
- (b) the potential to collide with other people or objects.
- (c) the potential for other participants to behave in a negligent manner that may contribute to injury to themselves or others.

_____ 3. I freely accept and fully assume all responsibility for all risks and possibilities of any, and all, personal injury, death, property damage or loss resulting from the participant’s participation in the stated recreational activities.

_____ 4. I agree that it is not possible for the Town to make recreational activities completely safe. I accept these risks and agree to the terms of this waiver on behalf of the participant named on this form, even if the Town of Fort Frances is found to be negligent, or in breach of any duty of care, or any obligation to myself or the participant in these recreational activities.

_____ 5. In addition to consideration given to the Town for the participant’s participation in these recreational activities, I, and my heirs, next of kin, executors, administrators and assigns, as well as the participant and his/her heirs, next of kin, executors, administrators and assigns (collectively ‘legal representatives’) agree:

- (a) to waive all claims that the participant has or may have in the future against the Town.
- (b) to release and forever discharge the Town from all liability for personal injury, death, property damage, or loss, that I, the participant, or our legal representatives might suffer as a result of the participant’s participation in these recreational activities, due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract, or mistake or error in judgment of the Town; and
- (c) to be liable for and to hold harmless and indemnify the Town of Fort Frances from all actions, proceedings, claims, damages, cost demands, including court costs and costs on a solicitor, and liabilities of any nature or kind, arising out of, or in any way connected with, the participant’s participation in the stated recreational activities.

_____ 6. I agree that this waiver and all terms contained herein are governed exclusively and in all respects by the laws of the Province of Ontario, Canada, in which the recreational activities occur. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of Ontario, and I agree that no other court can exercise jurisdiction over the terms and claims referred to herein. Any litigation to enforce this waiver will be instituted in the Province of Ontario.

_____ 7. I understand that these activities are unsupervised. I will ensure that the participant follows the established Rules of Conduct for these activities, and I willfully assume all inherent risks associated with the participant’s participation in these recreational activities.

_____ 8. I confirm that I have had sufficient time to read and understand this waiver in its entirety. I understand that this agreement represents the entire agreement between the Town of Fort Frances and myself as Parent/Guardian, and the participant, and it is binding on myself, the participant and our legal representatives.

Participant’s Name: _____ **Date of Birth:** _____

Parent / Guardian’s Name: _____ **Date of Birth:** _____

Address: _____ **City:** _____

Province: _____ **Postal Code:** _____ **Phone Number:** _____

This is a release of liability, waiver of claims, assumption of risks, and indemnity agreement. By agreeing to the terms of this document, you will waive certain legal rights, including the right to sue. Please ensure that you have read the document carefully. By signing below, you are indicating that you agree to be bound by the terms contained in this agreement.

Parent / Guardian Signature **Today’s Date:** _____

Town of Fort Frances – Staff Signature **Town of Fort Frances – Staff Name (Please Print)** **Today’s Date:** _____

Waiver and Release Form – Recreation Program and Activities

- On-Ice Activities - Memorial Sports Centre -

Acknowledgement of Risk and Release of Liability - 18+ Adult

The following waiver of all claims, release from all liability, and assumption of all risks and other terms of this agreement, are entered into by me, willingly, with and for, the benefit of the Town of Fort Frances (also referred to as “the Town” in this agreement), including, but not limited to, the Town’s employees, volunteers, agents, and partners, regarding recreational activities taking place at the Memorial Sports Centre (740 Scott Street, Fort Frances, ON, P9A 1H8). Without limiting the generality of the foregoing, for the purpose of this agreement, recreation/recreational activities include, but are not limited to, hockey, shinny hockey, public skating, and other activities that take place on the ice surfaces at the Memorial Sports Centre. By signing this agreement, I indemnify the Town of Fort Frances from all claims, suits, or actions of any kind and description, brought forth because of my participation in these activities. This waiver covers participation in recreational activities that take place between the date of signature and June 1, 2027.

Please initial each item below to indicate that you’ve read, agree to, and acknowledge each of the following statements:

- _____ 1. I am willfully executing this waiver with the intent that this waiver be binding on myself for all legal purposes.
- _____ 2. I am aware that there are inherent dangers, hazards, and risks (collectively “risks”) associated with the recreational activities listed above, and that injuries resulting from these risks are a common occurrence. I am aware that the risks of recreational activities are an integral part of these activities, and include, but are not limited to, the following:
- a) the action of any other individual to behave in ways that may result in injury, harm, or death to persons around them.
 - b) the potential to collide with other people or objects.
 - c) the potential for other participants to behave in a negligent manner that may contribute to injury to themselves or others.
- _____ 3. I freely accept and fully assume all responsibility for all risks and possibilities of all personal injury, death, property damage, or loss resulting from my participation in the stated recreational activities.
- _____ 4. I agree that it is not possible for the Town to make recreational activities completely safe. I accept these risks and agree to the terms of this waiver, even if the Town of Fort Frances is found to be negligent or in breach of any duty of care, or any obligation to myself, arising from the participation in these recreational activities.
- _____ 5. In addition to consideration given to the Town for my participation in these recreational activities, I, and my heirs, next of kin, executors, administrators, and assigns (collectively my ‘legal representatives’), agree:
- a) to waive all claims that I have, or may have, in the future against the Town.
 - b) to release and forever discharge the Town from all liability for personal injury, death, property damage, or loss that I, or my legal representatives, might suffer as a result of my participation in recreational activities due to any cause, including, but not limited to, negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error in judgment of the Town; and
 - c) to be liable for and to hold harmless and indemnify the Town of Fort Frances from all actions, proceedings, claims, costs, demands, including court costs and costs on a solicitor, and liabilities of any nature or kind, arising out of, or in any way connected with, my participation in the stated recreational activities.
- _____ 6. I agree that this waiver and all terms contained herein are governed exclusively, and in all respects, by the laws of the Province of Ontario, Canada, in which the recreational activities occur. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of Ontario, and I agree that no other court can exercise jurisdiction over the terms and claims referred to herein. Any litigation to enforce this waiver will be instituted in the Province of Ontario.
- _____ 7. I understand that these activities are unsupervised. I agree to follow the established Rules of Conduct for these activities, and I willfully assume all inherent risks associated with my participation in these recreational activities.
- _____ 8. I confirm that I have had sufficient time to read and understand this waiver in its entirety. I understand that this agreement represents the entire agreement between the Town of Fort Frances and myself, as a participant, and is binding on myself, and my legal representatives.

Participant’s Name: _____ Date of Birth: _____

Address: _____ City: _____

Province: _____ Postal Code: _____ Phone Number: _____

This is a release of liability, waiver of claims, assumption of risks, and indemnity agreement. By agreeing to the terms of this document, you will waive certain legal rights, including the right to sue. Please ensure that you have read the document carefully. By signing below, you are indicating that you agree to be bound by the terms contained in this agreement.

_____ Today’s Date: _____

Participant’s Signature

_____ Today’s Date: _____

Town of Fort Frances – Staff Signature

Town of Fort Frances – Staff Name (Please Print)

AMIK'S AMAZING ADVENTURE



123 LOCATIONS THROUGHOUT TOWN

HOW MANY CAN YOU FIND



FIND AMIK POSTCARDS HIDDEN AROUND FORT FRANCES!
EACH ONE IS UNIQUELY NUMBERED.
FIND IT, RECORD THE NUMBER, AND KEEP TRACK OF YOUR ADVENTURE.



1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50
51	52	53	54	55
56	57	58	59	60

61	62	63	64
65	66	67	68
69	70	71	72
73	74	75	76
77	78	79	80
81	82	83	84
85	86	87	88
89	90	91	92
93	94	95	96
97	98	99	100
101	102	103	104
105	106	107	108
109	110	111	112
113	114	115	116
117	118	119	120
121	122	123	

TIPS FOR AMIK HUNTERS



LOOK HIGH AND LOW! AMIK CAN BE ANYWHERE

GO SOLO OR TEAM UP WITH FRIENDS AND FAMILY

TAKE A PHOTO WHEN YOU FIND AN AMIK!



CHALLENGE YOURSELF!

SEE HOW MANY AMIK POSTCARDS YOU CAN FIND THIS SUMMER. CAN YOU FIND ALL 123?

TOTAL FOUND:



THE ADVENTURE IS WAITING FOR YOU!



FORTFRANCES

EMPLOYMENT OPPORTUNITIES

There are plenty of reasons to explore employment with the Town of Fort Frances, from our wonderful team culture, competitive pay, extensive employee benefits, and a solid pension package.

How to Apply

To apply for jobs with the Town of Fort Frances, please:

<https://fortfrances.ca/jobs>

Complete our **Online Application Form**; or

Send an email to jobs@fortfrances.ca with your completed **Downloadable Application Form (PDF)**, cover letter, and resume attached in a single PDF document with your name on it.

To apply for jobs at the Fort Frances Public Library Technology Centre, please:

Visit their website at: www.ffpltc.ca for application instructions.

Accommodations

The Town of Fort Frances is committed to providing accommodation for persons with disabilities during the recruitment and selection process, as well as for our staff. This service is available upon request by contacting Human Resources at jobs@fortfrances.ca or **(807) 274-5323 ext. 1220**.

Human Resources will work with any applicants who request accommodations to ensure that arrangements are in place to ensure their needs are met.



FORT FRANCES

**320 Portage Avenue
Fort Frances, Ontario
P9A 3P9**

807-274-5323

www.fortfrances.ca

