



# RECREATOR

## *Winter 2026*

Town of Fort Frances Recreation and Culture  
Programming Guide  
January 5th - March 31st, 2026



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# Facilities and Contacts

## Community Services Division

### Recreation and Culture Manager

Elisa McLeod

807-274-4561 x 1717

emcleod@fortfrances.ca

### Recreation and Aquatics Supervisor

Ria Cuthbertson

807-274-4561 x 1720

rcuthbertson@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

## Memorial Sports Centre

740 Scott Street

Fort Frances, ON, P9A 1H8

807-274-4561

[www.fortfrances.ca/sportcentre](http://www.fortfrances.ca/sportcentre)

**Monday - Friday:** 6:00 AM to 10:00 PM

**Saturday:** 8:00 AM to 10:00 PM

**Sunday:** 8:00 AM to 8:00 PM

## Fort Frances Museum and Cultural Centre

259 Scott Street

Fort Frances, ON, P9A 1G8

807-274-7891

[www.fortfrances.ca/museum](http://www.fortfrances.ca/museum)

**Monday, Tuesday, Wednesday & Friday:**

11:00 AM – 4:00 PM

**Thursday:** 12:00 PM – 7:00 PM

## Fort Frances Senior Centre (Sister Kennedy)

401 Nelson Street

Fort Frances, ON, P9A 1B3

807-274-7656

[www.fortfrances.ca/town/community-services](http://www.fortfrances.ca/town/community-services)

hello  
WINTER



# THE TOWN OF FORT FRANCES HAS CONSOLIDATED OUR SOCIAL MEDIA PAGES

To make sure you stay informed about all the latest happenings, the Town of Fort Frances has streamlined our social media presence. The **“Memorial Sports Centre”** Facebook page has now merged with the **“Fort Frances Recreation and Events”** page!

**Be sure to follow us for all your updates:**

## FACEBOOK

### **Town of Fort Frances**

- Stay connected for important information, including Council Meetings, Public Notices, Road Closures, Public Works updates, and more!

### **Fort Frances Recreation and Events**

- All things related to Recreation and Culture, including the Memorial Sports Centre, Sorting Gap Marina, Rainy Lake Square, Townshend Theatre, events, programs, and much more!

### **Fort Frances Museum & Cultural Centre**

- Your go-to resource for the history and culture of Fort Frances, including museum programs, events, collection highlights, and more!

### **Fort Frances Senior Centre**

- A dedicated space for the 55+ community to stay informed about seniors' programs, services, and events offered at the Seniors Centre.

## INSTAGRAM

- **@FortFrancesON**
- **@FortFrancesRecreationAndEvents**

### **Important Note:**

The **“Rainy Lake Square”** Facebook page will no longer be in use. For updates previously shared there, please follow the **“Fort Frances Museum & Cultural Centre”** page.



# 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

## 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

## 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

## 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

## Locker Rental

3 months	\$37.61
6 months	\$55.18
Annual	\$82.92

## 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 Shinny.

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.*

## 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 fitness activities. Please note that this activity is self-directed and is not facilitated by an instructor.
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! <b>Children must be accompanied a parent/guardian</b> , 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-Friendly 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.

## Pool Admission Requirements

- **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 PASS 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 (PFD) will be permitted in the deep end of the pool upon discretion of the lifeguard on duty at the time.

ANYONE CAN BE ASKED TO PERFORM A SWIM TEST TO BE ADMITTED TO THE DEEP END WITHOUT A PFD

# Aquatic Programming

FIRST AID & BRONZE MEDALLION  
COURSES COMING SOON!

Watch Facebook for updates



## 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*

## NATIONAL LIFESAVING COURSE

Sundays 9:00am—5:30pm

January 11– February 22, 2026

(Exam prep day February 8, 1:30-5:30pm)

**NL RECERTIFICATION & EXAM**

**February 22, 2026**





# Memorial Sports Centre

## **JUNIOR** **MASTERS** swim program

- *Flexible Schedule*
- *Certified Swim Coach*
- *Pay the Daily Admission or use your MSC Membership*
- *No Registration Required*
- *15 minutes dryland warm-up*

**Tuesdays from 4:00-5:30PM & Thursdays from 4:15-6:00PM**

Join us for the whole session or stay as long as you like!

Designed for youth aged 10-17 with advanced swimming skills. This program bridges the gap between Swimmer 6 and lifeguard training while building endurance, technique, and water safety knowledge.

Sessions are led by a Certified Swim Coach & Lifeguard/Swim Instructor who provides targeted drills and feedback to help participants achieve their individual goals.

***For more information email Ria***  
*rcuthbertson@fortfrances.ca*



# Swimming Lessons Levels

LEVEL	SKILLS
<b>Ages</b>	<b>3 to 5 Years</b>
<b>Preschool 1</b>	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.
<b>Preschool 2</b>	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.
<b>Preschool 3</b>	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.
<b>Preschool 4</b>	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.
<b>Preschool 5</b>	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.
<b>Ages</b>	<b>5 to 12 Years</b>
<b>Swimmer 1</b>	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.
<b>Swimmer 2</b>	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).
<b>Swimmer 3</b>	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.
<b>Swimmer 4</b>	These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breast-stroke arms with breathing. They'll cap it all off with front crawl sprints over 25 m with front or back crawl interval training.
<b>Swimmer 5</b>	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.
<b>Swimmer 6</b>	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 our swim instructors. Swimmers may be moved to the appropriate level as necessary.**  
 Please confirm with Recreation and Aquatics Supervisor at the Memorial Sports Centre  
 If you are unsure which level to register your child in (807-274-4561 x 1720)

# Swimming Lessons & Lifesaving Courses

Lesson	January- March 2026		
	Saturday	Tuesday	Thursday
Preschool 1	9:50-10:20 AM		4:00-4:30 PM
Preschool 2	11:10-11:40 AM		
Preschool 3	10:30-11:00 AM		4:30-5:00 PM
Preschool 4		3:50-4:20 PM	
Preschool 5	11:10-11:40 AM		
Swimmer 1	9:50-10:20 AM		3:50-4:20 PM
Swimmer 2	10:30-11:00 AM		5:10-5:40 PM
Swimmer 3			4:40-5:10 PM
Swimmer 4		4:30-5:15 PM	
Swimmer 5			5:10-5:55 PM
Swimmer 6			5:50-6:35 PM

- 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.

Lesson	January- March 2026
	Sunday
Parent & Tot 1	9:10-9:40 AM
Parent & Tot 2	9:50-10:20 AM
Parent & Tot 3	10:30-11:00 AM



All Swim Classes will run for 8 weeks  
Make up classes are not offered for missed lessons

Lesson	January- March 2026
	Thursday
ADULT - 1	6:00-6:45 PM

Course	January 11-February 22
	Sunday
National Lifesaving	9:00 AM—5:30 PM

Registration opens December 30th @ **10:00AM** online @ [fortfrances.ca/sportscentre](https://fortfrances.ca/sportscentre)  
OR Call the Memorial Sports Centre at (807) 274-4561



## MSC Camps



# MEMORIAL SPORTS CENTRE

## *PA Day & March Break Camps*

**January 30<sup>th</sup>  
February 27<sup>th</sup>**

**&**

**March 16<sup>th</sup>-20<sup>th</sup>**

**Ages 5-12**

**8:00am-5:00pm**

**Registration  
opens  
January 5<sup>th</sup>  
@ 10:00am**

**Call Us:**

**(807) 274-4561**

**Follow Us:**

**Fort Frances Recreation and Events**

**Register Online:**

**[www.fortfrances.ca/sportscentre](http://www.fortfrances.ca/sportscentre)**





# Drop In Programs

## Yoga & Tai Chi

Yoga and Tai Chi are returning to the Auditorium at the Memorial Sports Centre!

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

**Mondays & Wednesdays**

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

**Tai Chi: 1:15-2:00PM**

Classes will resume January 5th, 2026



## Squash

The Memorial Sports Centre is home to two Squash Courts!

Squash Courts are accessible through daily drop-in fees and can be booked 2-days in advance!

Racquets, balls, and goggles are available for use for FREE at the front desk



## Indoor Pickleball

Indoor Pickleball returns to the Auditorium

January 6th, 2026

Drop-in Pickleball \$3.00

**FREE Equipment available at the Fort Frances  
Public Library**



**Adult Pickleball**

- Tuesdays & Thursdays 8:30-12:00 PM

**Special Olympics Pickleball**

- Thursday 4:00-5:30 PM

## Spin Bike

Self-guided sessions in the Auditorium with access to spin bikes

- Mondays & Wednesdays 8:00-10:00 AM

Included in your daily drop-in or membership fees!



# 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

## Shinny & Skating Programs

Public Shinny	Open to all ages (kids 8 & under must be supervised by someone 16+)
Public Skate	Open to all ages (kids 8 & under must be supervised by someone 16+) - no sticks or pucks
Adult/Senior Skate	Adults 18 & over - no sticks or pucks
Adult/Senior Shinny	Adults 18 & over
8 and Under Shinny	Open to children ages 8 & under (adults permitted to assist children 6 & under)
8-12 Shinny	Open to youth ages 8-12
9-13 Shinny	Open to youth ages 9-13
12-17 Shinny	Open to youth ages 12-17
12-16 Girls Shinny	Open to females ages 12-16
16 + Girls Shinny	Open to females ages 16 & over



# Fort Frances Museum and Cultural Centre



Museum Hours (January - May 16)

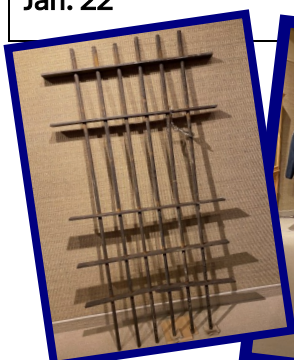
Monday, Tuesday, Wednesday & Friday: 11:00 AM – 4:00 PM

Thursday: 12:00 PM – 7:00 PM



## Exhibits

	Exhibit	Time
Until May	From Badge to Bench: A Local History of Policing, Courts, and Corrections	Regular hours
Jan. 22	Official Exhibit Opening	5:00-7:00 PM



## Project Petunia

Beautifying Fort Frances for 25 Years!

Baskets are \$60 each

Baskets can be sponsored on behalf of yourself, your business/organization, as a gift, or in honor/memory of a loved one.



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

Facebook: @FortFrancesMuseumCulturalCentre

Website: [fortfrances.ca/museum](http://fortfrances.ca/museum)

Phone: 807-274-7981

# Fort Frances Museum and Cultural Centre



## PYSANKA WORKSHOP: UKRAINIAN DECORATED EGGS

**March 30th, 2026**

**5:00PM-7:30PM**

Tickets \$55

+ HST

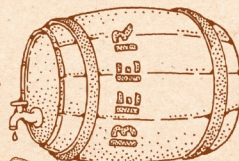
Max 12 people, Min 10

Stay tuned for  
more details and  
additions to our  
Winter program  
schedule!

## SIPS OF HISTORY: BEER, BITES, & THE BOAT

Enjoy beers and food  
pairings while learning  
about The Hallett

TICKETS  
\$65 +HST



5PM  
8PM

**FEBRUARY 21, 2026**



Program	Date	Time	Age
Taste of Culture: Mexican	Jan 29th	6 – 8 pm	Everyone
PD Day Snow Crafts	Jan 30th	2 – 4 pm	Age 5-13
Terrarium Making (Registration through Lowey's Greenhouse)	Feb. 12th	5:30 – 7:30pm	14+
Taste of Culture: Ukrainian	Feb. 19th	6 – 8 pm	Everyone
PD Day Bird Craft	Feb. 27th	10 am – 2 pm	Age 5-13
Sips of History: Beer, Bites, and the Boat (at the Hallett Brewery)	Feb 21st	5 – 8pm	19+
Pysanka Workshop	Mar.30th	5 – 7:30 pm	14+
St. Patrick's Day Scavenger Hunt at the Museum	Mar. 16th-20th	Reg. hours	Everyone
St. Patrick's Day Craft	Mar. 17th	2 – 4pm	Age 5-13
Taste of Culture: Irish	Mar. 26th	6 – 8pm	Everyone
Programs in blue will be off-site.			

We encourage parents to register all children's programs online to secure their spots and ensure that all forms are filled out before the program starts.

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

Facebook: @FortFrancesMuseumCulturalCentre Phone: 807-274-7981

[Fortfrances.ca/museum](http://Fortfrances.ca/museum)



# Rainy Lake Square Market

## **We want your feedback!**

Please visit the Museum's website at [fortfrances.ca/museum](http://fortfrances.ca/museum) or email us at

[museum@fortfrances.ca](mailto:museum@fortfrances.ca)

to fill out our 2025 Market Survey.

Or come into the Museum to fill it out in person.



## **Market Vendors**

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

**Ready for a Season of Sales? 2026 Vendor Registration Opens in February!**

**RAINY LAKE  
SQUARE**

**Are you a Vendor?  
Secure your spot by  
registering!**

No  
insurance or  
business  
license  
needed to  
join as a  
vendor!



## Family Frost Festival

Join The Recreation & Culture Team  
As We Celebrate The Second Annual

# FAMILY FROST FESTIVAL

on Family Day with a variety of winter activities!

**FEBRUARY 16, 2026**



## HAPPENING AROUND TOWN ➡

**We're seeking Community Partners  
to host new activities at the  
location of your choice!**

**Interested?**

**Contact Catrina at [ccaira@fortfrances.ca](mailto:ccaira@fortfrances.ca)**

**MORE EVENTS TO BE ANNOUNCED!**

**Ice Mosaics  
Colouring Contest  
Hot chocolate  
Smore Making  
Pancake Breakfast  
Chilli cook off  
Skating & Shinny  
Family Swim  
Curling  
Dot Art  
Button Making**



# FAMILY FROST FESTIVAL

FEBRUARY 16, 2026



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ NUMBER: \_\_\_\_\_

RETURN TO THE MEMORIAL SPORTS CENTRE OR MUSEUM & CULTURAL CENTRE BY FEBRUARY 16, 2026 TO BE ENTERED IN THE DRAW!

# Seniors Centre Age 55+

EVENT	DAY	TIME
Yoga & Tai Chi (3 Classes)	Monday Mornings	9:00AM, 10:00AM, & 11:00AM
500 Cards	Monday Afternoons	12:30PM
Canasta	Monday Afternoons	12:30PM
Ladies Workshop	Monday Evenings	6:30—8:00PM
Line Dancing	Tuesday Mornings	9:30-11:00AM
Smear Cards	Tuesday Afternoons	12:30PM
Yoga & Tai Chi(3 Classes)	Wednesday Mornings	9:00AM, 10:00AM, & 11:00AM
Beginner Bridge	Wednesday Afternoons	12:30PM
VON Exercise	Thursday Mornings	9:00AM, 10:00AM, & 11:00AM
Cribbage Cards	Thursday Afternoons	12:30PM
Craft Time	Thursday Afternoons	1:00PM
Line Dancing	Friday Mornings	9:30 — 11:00AM
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

## The Fort Frances Seniors Centre -

is committed to providing a vibrant and supportive environment for community members age 55+. Your generous donation will help us fund current and future programs, improve our facility, and expand our services.

**With your support, we can make a lasting impact on the well-being of seniors in the community.**

Donations can be made in-person or by mail to 401 Nelson Street, Fort Frances Ontario, P9A 1B3.

Cheques made payable to  
"The Town of Fort Frances"

Please indicate the Fort Frances Seniors Centre on the memo line.

*Thank you for your generosity.*





# Cyclone Swim Club

**DIVE IN AND JOIN US TODAY!**

New Swimmers Always Welcome!

Development & Learn -to-Train:

Mon./Wed. 6:00-7:00 pm

Competitive:

Tues. 6:30-8:30 pm

Mon./Wed./Fri. 4:00-6:00 pm

Pre-Competitive:

Mon./Wed./Fri. 4:00-6:00 pm

Hurricanes (18+):

Wed./Fri. 6:00-7:00 pm

Tues. 6:30-8:30 pm

**Jump In! Spring Swimming starts mid-April**

**All New Swimmers Require a Swim Assessment:**

**Contact Coach Debbie (807)276-1150 or Tammy (807)276-8947 to arrange an assessment**

For more information contact [cycloneswimclub@gmail.com](mailto:cycloneswimclub@gmail.com)

an **AXISTHEATRE** production

## SOMEBODY LOVES YOU MR HATCH

BY EILEEN SPINELLI  
ADAPTED BY CHRIS MCGREGOR



**KIDS & CO.**  
Fort Frances



FEBRUARY 9<sup>TH</sup>  
@ 6:00 PM

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

TOWNSHEND THEATRE  
FORT FRANCES, ON

## Chris McKhool

*Earth, Seas, and Air*



**MAY 4<sup>TH</sup> AT 6:00 PM • ST. MARY'S SCHOOL  
FORTFRANCES • [WWW.KIDSANDCO.CA](http://WWW.KIDSANDCO.CA)**

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

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

To add or change page information, email [efischer@nwhu.on.ca](mailto: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](mailto: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](mailto: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 is 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 his 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 1st, 2026.

**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.**

**Today’s Date:** \_\_\_\_\_

**Parent / Guardian Signature**

**Today’s Date:** \_\_\_\_\_

**Town of Fort Frances – Staff Signature**

**Town of Fort Frances – Staff Name (Please Print)**



## 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, recreational/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 1st, 2026.

**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, in 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 will 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: \_\_\_\_\_

Parent / Guardian Signature

\_\_\_\_\_ Today's Date: \_\_\_\_\_

Town of Fort Frances – Staff Signature

Town of Fort Frances – Staff Name (Please Print)





# **FORT FRANCES**

**320 Portage Avenue  
Fort Frances, Ontario**

**P9A 3P9**

**807-274-5323**

**[www.fortfrances.ca](http://www.fortfrances.ca)**