Recreator

Town of Fort Frances Recreation and Culture

Summer Programming Guide

July 2 - August 31, 2024

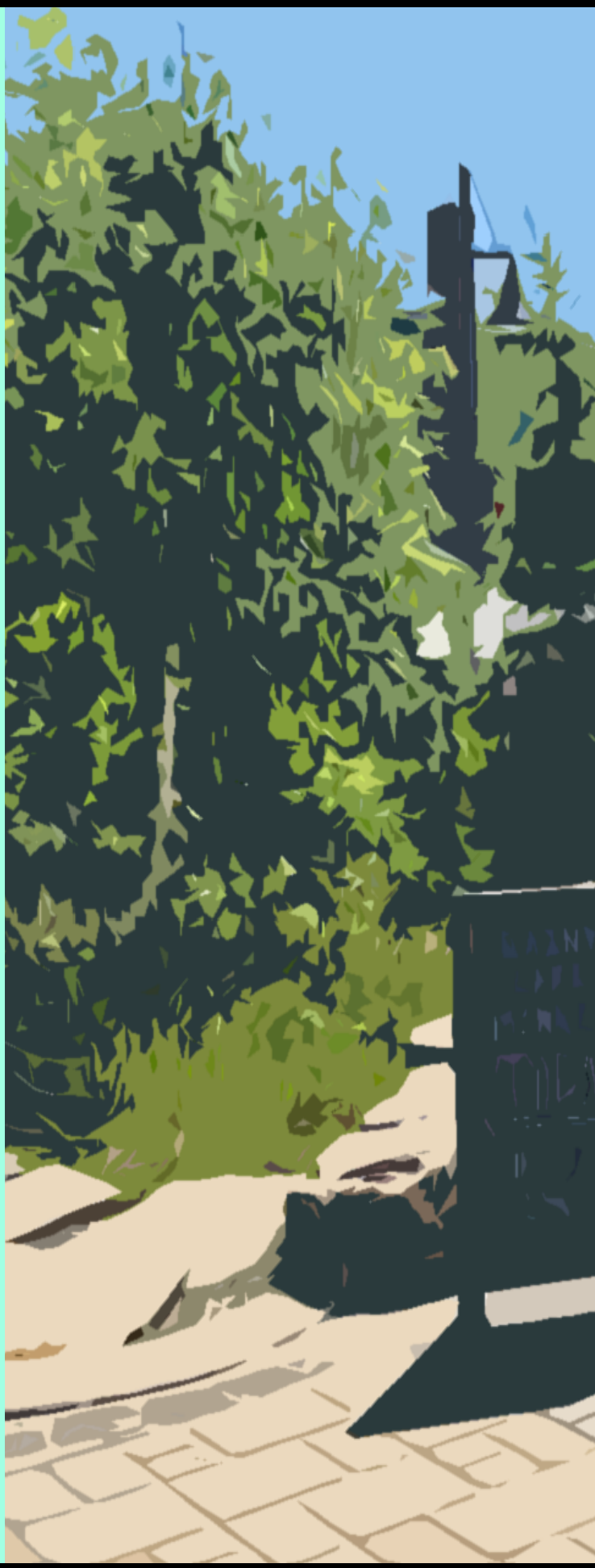


FORT FRANCES
BOUNDLESS

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FORTFRANCES
BOUNDLESS



Facilities & Contacts

Community Services Division

Recreation & Culture Manager

Nathan Young

807-274-4561 x 1717

nyoung@fortfrances.ca

Recreation & Aquatics Supervisor

Ria Cuthbertson

807-274-4561 x 1720

rcuthbertson@fortfrances.ca

Receptionist/Secretary

Melissa Belluz

807-274-4561 x 1701

mbelluz@fortfrances.ca

Fort Frances Museum and Culture Centre

TBD, Curator

807-274-7891

@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

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 Culture Centre

259 Scott Street

Fort Frances, ON, P9A 1G8

807-274-7891

www.fortfrances.ca/museum

Sunday - Monday - CLOSED

Tuesday - Saturday: 10:00 am to 5:00 pm

Sorting Gap Marina

1011 Front Street

Fort Frances, ON, P9A 1A3

807-274-6234

www.fortfrances.ca/sortinggap

Monday - Friday - 8 :00 AM - 8 :00PM

Tuesday - Saturday: 10:00 am to 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

Memberships

MEMBERSHIP RATES (Memorial Sports Centre)

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

Adult (18 and older)	
Annual	$558.18
6-month	$362.83
3-month	$196.64
Monthly	$85.09
Day Pass - 10 Days	$70.93
Day Pass - 5 Days	$35.44
Daily	$7.88
Monthly Payment Plan	
Annual	$46.51
6-month	$60.47

Senior (55 and older)	
Annual	$426.24
6-month	$277.22
3-month	$150.09
Monthly	$65.05
Day Pass - 10 Days	$55.00
Day Pass - 5 Days	$27.48
Daily	$6.33
Monthly Payment Plan	
Annual	$35.52
6-month	$46.20

Student (13 and older)	
Annual	$277.40
6-month	$187.50
3-month	$100.55
Monthly	$58.90
Day Pass—10 Days	$58.05
Day Pass - 5 Days	$29.05
Daily	$6.45
Monthly Payment Plan	
Annual	$23.11
6-month	$31.25

Locker Rental	
3 months	$36.15
6 months	$53.00
Annual	$79.69

Child (5 and older)	
Annual	$88.15
Day Pass - 5 Days	$20.05
Daily	$4.45

Family (Annual)	
Adult	$558.18
Spouse	$465.05
Student	$239.16
Child	$74.29

MEMBERSHIPS INCLUDE...

Unlimited use of the weight room, squash courts, and pool. In addition, members can access a range of programs. These programs may include: Lane Swim, AquaFit, 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.

REFUND OR TRANSFER

Memberships are not transferrable. They are refundable, but participants will incur a $10 administration charge. For more information, please call the facility.

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 serve basis.

Students over the age of 18 must bring proof of enrollment from educational institution.

Please note that management reserves the right to interrupt service for improvements to the facility, or other reasons of necessity, with no alterations to membership fees.

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

Sport	Club	Web	Facebook	Contact
KidSport or Jumpstart Helping families with sport and equipment costs (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	✓ ✓ ✓	 ✓	darcyrae67@gmail.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)	✓	✓	marmour66@sympatico.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	 ✓	✓ ✓ ✓	 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		✓ ✓	ffwvolleyball@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

Aquatic Programming

YOUfit!	Self-directed, in-water fitness. 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.
Lengths / 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.
Aqua Fit	An in-water fitness class designed to strengthen your muscles and improve cardiovascular fitness.
AquaLite	All the benefits of AquaFit, but designed for individuals who want a less strenuous workout.
Family Swim	A public swim for families! Children must be accompanied a parent/guardian, who must accompany children into the water. Pool toys are available, if requested. Buoy line divides the shallow end from the deep end. Only adults are charged admission.
Public Swim	A general, recreational swim. Daily Admission is paid by each swimmer.

Pool Admission Requirements

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 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.

Swim Lessons

REGISTRATION OPENS JUNE 28TH, 2024 AT 8:00 AM



Parent & Tot 1 – children 4-12 months
Parent & Tot 2 – children 12-24 months
Parent & Tot 3 – children 2-3 years
Preschool - children 3-5 years
Swimmer - children 5 years and older



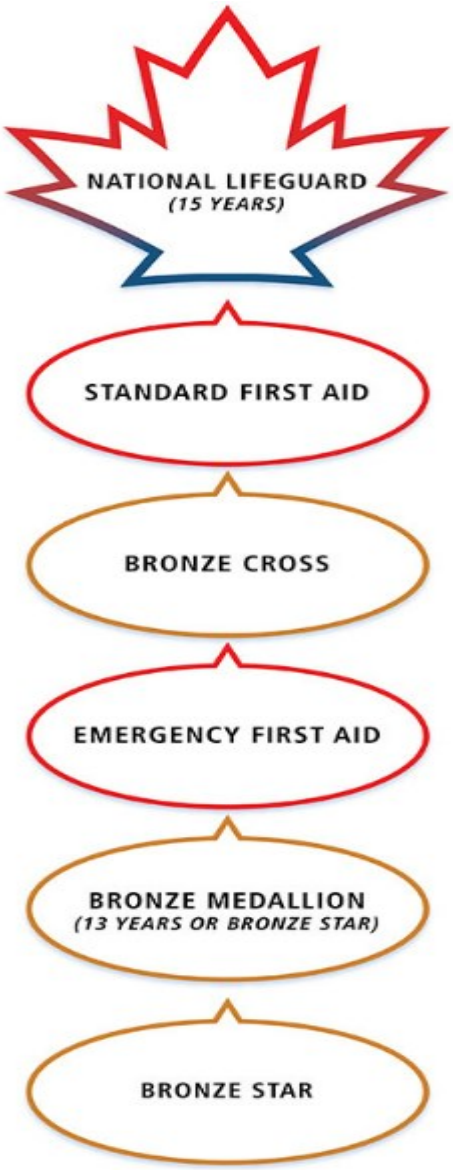
Lesson	July 15-25		August 6-29	
	Monday to Thursday	Tuesdays & Thursdays	Monday & Wednesday	Tuesdays & Thursdays
Parent & Tot 1		10:15-10:45	9:30-10:00	
Parent & Tot 2		10:50-11:20	10:10-10:40	
Parent & Tot 3		11:25-11:55	10:10-10:40	
Preschool 1	5:20-5:50		4:55-5:25	10:00-10:30
Preschool 2	4:00-4:30			11:20-11:50
Preschool 3	4:40-5:10			11:20-11:50
Preschool 4	5:50-6:20			10:40-11:10
Preschool 5	4:00-4:30		5:35-6:05	
Swimmer 1	4:40-5:10 & 6:30-7:00		4:00-4:30	10:40-11:10
Swimmer 2	5:20-5:50		5:35-6:05	10:00-10:30
Swimmer 3	4:55-5:10 & 6:00-6:45		4:00-4:45	10:00-10:45
Swimmer 4	4:00-4:45		4:00-4:45	11:00-11:45
Swimmer 5	5:00-5:45		4:00-4:45	
Swimmer 6	6:00-6:45		5:00-5:45	
Rookie/Ranger	6:00-7:00			

Swim lesson schedule subject to change based on registration.
Classes may be combined, moved, or cancelled.
New classes may be come available.

Please confirm with the reception team at the Memorial Sports Centre if you are unsure which lesson to register your child for.

Swimmer placement is at the discretion of our swim instructors. Swimmers may be moved to the appropriate level as necessary.

Lifesaving Courses





So, 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 that are interested in becoming a lifeguard.

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

807-274-4561 x 1720

BRONZE CROSS + EMERGENCY FIRST AID - $103.75 + HST

Tuesday and Thursday - July 16 - August 8 - 5:00 PM - 8:45 PM

Required Bronze Medallion and Lifesaving Society Emergency First Aid or Standard First Aid

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is the prerequisite for advanced training in the Society's National Lifeguard and leadership certification.

Pool Schedule

JULY 15- 31, 2024						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
	YOUFit / Lane Swim 6:00 - 8:15 AM	YOUFit / Lane Swim 6:00 - 8:15 AM	YOUFit / Lane Swim 6:00 - 8:15 AM	YOUFit / Lane Swim 6:00 - 8:15 AM	YOUFit / Lane Swim 6:00-9:30 AM	
	AquaLite 8:30-9:15 AM	Aqua Fit 8:30-9:15 AM	AquaLite 8:30-9:15 AM	Aqua Fit 8:30-9:15 AM		
Youfit / Lane Swim 11:00-12:45PM	Family Swim / YOUFit 9:45 - 11:45 AM	Parent & Tot 10:15-11:55 AM	Family Swim / YOUFit 9:45 - 11:45 AM	Parent & Tot 10:15-11:55 AM	Family Swim / YOUFit 9:45 - 11:45 AM	Youfit / Lane Swim 11:00-12:45PM
	Lunch Lengths 12 - 12:55 PM	Lunch Lengths 12 - 12:55 PM	Lunch Lengths 12 - 12:55 PM	Lunch Lengths 12 - 12:55 PM	Lunch Lengths 12 - 12:55 PM	
Toonie Swim 1:00-3:15 PM	Public Swim 1:00-3:15 PM	Summer Programs 1:00-3:15 PM	Public Swim 1:00-3:15 PM	Summer Programs 1:00-3:15 PM	Pool Maintenance 1:00-4:00PM	Toonie Swim 1:00-3:15 PM
	Swim Lessons 4:00-7:00 PM	Swim Lessons 4:00-7:00 PM	Swim Lessons 4:00-7:00 PM	Swim Lessons 4:00-7:00 PM		
	Lane Swim 7 :15- 8:45 PM	Bronze Cross 7:15-8:45 PM	Lane Swim 7 :15- 8:45 PM	Bronze Cross 7:15-8:45 PM		

**** The schedule may be subject to change due to staff availability or other circumstances. Will advertise if needed ****



Pool Schedule

August 1 - August 31

**** Lessons start August 6th ****

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	YOUFit / Lane Swim 6:00 - 8:15 AM	YOUFit / Lane Swim 6:00 - 8:15 AM	YOUFit / Lane Swim 6:00 - 8:15 AM	YOUFit / Lane Swim 6:00 - 8:15 AM	YOUFit / Lane Swim 6:00-9:30 AM	
	AquaLite 8:30-9:15 AM	Aqua Fit 8:30-9:15 AM	AquaLite 8:30-9:15 AM	Aqua Fit 8:30-9:15 AM		
	Parent & Tot 9:30-10:45 AM	Swim Lessons 10:00-12:00 PM	Parent & Tot 9:30-10:45 AM	Swim Lessons 10:00-12:00 PM	Family Swim / YOUFit 9:45 - 11:45 AM	
Youfit / Lane Swim 11:00-12:45 PM	Fam Swim/Ufit 11:00-12:00 PM		Fam Swim/Ufit 11:00-12:00 PM			Youfit / Lane Swim 11:00-12:45 PM
	Lunch Lengths 12 - 12:55 PM	Lunch Lengths 12 - 12:55 PM	Lunch Lengths 12 - 12:55 PM	Lunch Lengths 12 - 12:55 PM	Lunch Lengths 12 - 12:55 PM	
Toonie Swim 1:00-3:15 PM	Public Swim 1:00-3:15 PM	Summer Programs 1:00-3:15 PM	Public Swim 1:00-3:15 PM	Summer Programs 1:00-3:15 PM	Pool Maintenance 1:00-4:00 PM	Toonie Swim 1:00-3:15 PM
	Swim Lessons 4:00-6:00 PM		Swim Lessons 4:00-6:00 PM		Public Swim 5:00 - 7:30 PM	
	Aqua Fit 6:15-7:00 PM		Aqua Fit 6:15-7:00 PM			
	Lane Swim 7 :15- 8:45 PM	Bronze Cross 7:15-8:45 PM	Lane Swim 7 :15- 8:45 PM	Bronze Cross 7:15-8:45 PM		

**** The schedule may be subject to change due to staff availability or other circumstances. Will advertise if needed ****



Memorial Sports Centre Registered Programs

SUMMER DAY CAMPS

Looking for something fun to do this summer? Check out our Summer Camps at the Memorial Sports Centre. Join us for a summer of crafts, games, sports, offsite trips, swimming, and so much more!

LOCATION:	Memorial Sports Centre
TIME:	8:00 am - 5:00 pm (participant drop-off between 8:00 - 9:00 am, pick-up between 4:00 - 5:00 pm)
DATE:	Monday to Friday (Camps marked * are only 4-days due to Holidays)

AGES 9-12 Years

July 2-5*	**STEM Discovery**	**$122.87**	STEM (Science, Technology, Engineering, and Mathematics) camp is designed to engage participants in hands-on activities and projects related to STEM fields. The campers will explore a wide range of STEM topics through experiments, coding sessions, robotics projects, and problem-solving challenges.
July 8-12	**Artist's Bistro**	**$153.61**	Artist's Bistro is a creative and culinary program that combines the worlds of art and gastronomy.
July 15-19	**Career Quest**	**$153.61**	Career Quest is designed to help campers explore various professions, industries, and career paths.
July 22-26	**Around the World**	**$153.61**	Around the World is a culturally enriching program designed to provide campers with a global perspective by exploring the customs, traditions, and lifestyles of different countries.
July 29-August 2	**Olympic Adventures**	**$153.61**	Olympics' Camp is a recreational program designed to provide youngsters with a dynamic and active experience inspired by the Olympic Games.
August 6-9*	**It's Showtime!**	**$122.87**	It's Showtime offers participants the opportunity to explore various aspects of musical theater and performing arts.
August 12-16	**Carnival**	**$153.61**	Carnival camp is designed to provide children with a unique and festive experience reminiscent of a carnival atmosphere.
August 19-23	**Outward Bound**	**$153.61**	Outward Bound camp is an adventure-based program that focuses on outdoor activities including canoeing, campfire building, and nature walks.

Squash

The Memorial Sports Centre is home to 2

NEWLY RENOVATED Squash Courts!

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

Racquets, balls, and googles are available for rent, for FREE, at the front desk





Summer Shinny Schedule

MEMORIAL SPORTS CENTRE

SKATING RULES



- All participants MUST wear a helmet
- All participants MUST have the "Waiver and Release Form - Recreation and Activities, Acknowledgement of risk and Liability Form" filled out. (Youth under 18 filled out and signed by a parent or guardian)
  - Form can be found at the front desk or online at www.FortFrances.ca/SportsCentre
- All Skates are $3.00 per person (Shinny, Public, and Parent & Tot) - Kids 3 and under FREE
- All participants MUST sign in at the front desk
- Kids 6 years of age and under MUST be accompanied on the ice with someone over the age of 16

SHINNY SKATE

- Age group MUST be followed

PUBLIC SKATE / PARENT & TOT

- No sticks or pucks allowed



FORTFRANCES
BOUNDLESS

Summer Ice Schedule

$3.00 Shinny and Public Skates

Parent & Tot Skate

July 9	3:15 PM	4:15 PM
July 10	5:15 PM	6:15 PM
July 12	11:15 AM	12:15 PM
July 14	12:15 PM	1:15 PM
July 17	5:15 PM	6:15 PM
July 21	3:15 PM	4:15 PM
July 22	12:45 PM	1:45 PM
July 24	11:15 AM	12:15 PM
July 26	9:15 AM	10:15 AM
August 2	1:45PM	2:45PM
August 3	1:45PM	2:45PM
August 4	12:15PM	1:15PM
August 5	10:45AM	11:45AM
August 6	3:15PM	4:15PM
August 12	10:15AM	11:15AM
August 14	8:45AM	10:15AM
August 15	2:45PM	3:45PM
August 16	11:45AM	12:45PM
August 19	9:45AM	10:45AM
August 20	3:15PM	4:15PM
August 22	4:15PM	5:15PM
August 23	10:15AM	11:15AM
August 25	9:15AM	10:15AM
August 28	10:45AM	11:45AM

8 and Under Shinny

July 8	11:15 AM	1:15 PM
July 10	3:15 PM	4:15 PM
July 16	3:15 PM	4:15 PM
July 19	4:15 PM	5:15 PM
July 21	9:15 AM	10:45 AM
July 23	12:15 PM	1:45 PM
July 25	12:15 PM	1:45 PM
July 28	9:15 AM	10:45 AM
July 30	12:15 PM	1:15 PM
August 1	12:15PM	1:15PM
August 3	9:15AM	11:45AM
August 4	9:15AM	10:45AM
August 6	2:15PM	3:15PM
August 11	10:1AM	11:15AM
August 13	12:15PM	1:45PM
August 15	12:15PM	1:45PM
August 18	9:15AM	10:45AM
August 20	12:15PM	1:45PM
August 22	12:15PM	1:45PM
August 25	10:15AM	11:45AM
August 27	12:15PM	1:45PM
August 30	10:15AM	11:45AM

9-12 Shinny

July 8	3:15 PM	4:45 PM
July 11	11:15 AM	1:15 PM
July 13	4:15 PM	5:45 PM
July 14	5:15 PM	6:45 PM
July 18	3:15 PM	5:15 PM
July 21	10:45 AM	12:15 PM
July 23	1:45 PM	3:15 PM
July 26	11:15 AM	12:45 PM
July 28	5:15 PM	6:45 PM
July 31	5:15 PM	6:15 PM
August 1	2:15PM	3:45PM
August 2	12:15PM	1:45PM
August 4	10:45AM	12:15PM
August 5	12:15PM	1:45PM
August 7	2:15PM	4:15PM
August 9	3:45PM	5:15PM
August 11	5:15PM	6:45PM
August 13	1:45PM	3:15PM
August 16	10:15AM	11:45AM
August 18	10:45AM	12:15PM
August 20	1:45PM	3:15PM
August 22	2:45PM	4:15PM
August 25	11:45AM	1:15PM
August 30	1:45PM	3:15PM

Summer Ice Schedule

$3.00 Shinny and Public Skates

13-17 Shinny

July 8	4:45 PM	6:15 PM
July 12	6:15 PM	7:45 PM
July 14	3:45 PM	5:15 PM
July 19	7:45 PM	9:15 PM
July 21	5:15 PM	6:45 PM
July 26	6:15 PM	7:45 PM
July 27	4:15 PM	5:45 PM
July 28	3:45 PM	5:15 PM
July 30	6:15 PM	7:45 PM
August 1	6:15PM	7:45PM
August 3	4:15PM	5:45PM
August 5	4:45PM	6:15PM
August 8	3:45PM	5:15PM
August 9	6:45PM	8:15PM
August 11	3:45PM	5:15PM
August 14	2:45PM	4:15PM
August 16	6:15PM	7:45PM
August 18	5:15PM	6:45PM
August 20	7:15PM	8:45PM
August 23	7:45PM	7:45PM
August 25	7:45PM	9:15PM
August 30	4:45PM	6:15PM

Girls Shinny

July 8	8:15 PM	9:45 PM
July 12	7:45 PM	9:15 PM
July 13	5:45 PM	7:15 PM
July 19	6:15 PM	7:45 PM
July 20	5:45 PM	7:15 PM
July 21	12:15 PM	1:45 PM
July 26	7:45 PM	9:15 PM
July 28	2:15 PM	3:45 PM
July 30	7:45 PM	9:15 PM
August 3	5:45PM	7:15PM
August 4	5:15PM	6:45PM
August 9	5:15PM	6:45PM
August 10	6:45PM	8:15PM
August 11	2:15PM	3:45PM
August 16	4:45PM	6:15PM
August 17	7:15PM	8:45PM
August 18	12:15PM	1:45PM
August 22	6:15PM	7:45PM
August 23	6:15PM	7:45PM
August 24	5:45PM	7:45PM
August 25	5:15PM	6:45PM
August 29	5:15PM	9:45PM
August 1	7:45PM	9:15PM

Adult Shinny 18+

July 9	8:45 PM	10:15 PM
July 11	8:45 PM	10:15 PM
July 13	8:45 PM	10:15 PM
July 16	8:45 PM	10:15 PM
July 18	8:45 PM	10:15 PM
July 20	7:15 PM	8:45 PM
July 23	8:45 PM	10:15 PM
July 25	8:45 PM	10:15 PM
July 27	7:15 PM	8:45 PM
August 2	6:15PM	7:45PM
August 3	7:15PM	8:45PM
August 4	7:45PM	9:15PM
August 5	8:15PM	9:45PM
August 9	8:15PM	9:45PM
August 10	8:15PM	9:45PM
August 11	7:45PM	9:15PM
August 16	7:45PM	9:15PM
August 22	7:45PM	9:15PM
August 24	7:15PM	8:45PM
August 30	8:15PM	9:45PM

Summer Shinny Schedule

$3.00 Shinny and Public Skates

Family Shinny

July 12	3:15 PM	4:45 PM	August 4	1:15PM	2:45PM
July 14	10:45 AM	12:15 PM	August 5	1:45PM	3:15PM
July 21	4:15 PM	5:15 PM	August 12	11:15AM	12:45PM
July 22	4:45 PM	5:15 PM	August 13	3:15PM	4:15PM
July 24	12:15 PM	1:45 PM	August 14	11:45AM	1:15PM
July 26	3:15 PM	4:45 PM	August 16	2:15PM	3:15PM
July 27	5:45 PM	7:15 PM	August 18	2:15PM	3:45PM
July 28	10:45 AM	12:15 PM	August 21	1:15PM	2:45PM
July 31	2:45 PM	4:15 PM	August 23	3:15PM	4:45PM
August 2	2:45PM	4:15PM	August 25	2:15PM	3:45PM
August 3	11:45AM	1:15PM	August 28	5:15PM	6:15PM

Public Skate

July 9	11:15 AM	1:15 PM	August 4	3:45PM	5:15PM
July 11	3:15 PM	5:15 PM	August 5	3:15PM	4:45PM
July 13	7:15 PM	8:45 PM	August 8	2:15PM	3:45PM
July 14	2:15 PM	3:45 PM	August 11	12:15PM	1:45PM
July 20	4:15 PM	5:45 PM	August 12	2:45PM	4:15PM
July 21	1:45 PM	3:15 PM	August 14	1:15PM	2:45PM
July 22	11:15 AM	12:45 PM	August 16	3:15PM	4:45PM
July 24	2:15 PM	4:15 PM	August 18	3:45PM	5:15PM
July 26	4:45 PM	6:15 PM	August 21	2:45PM	4:15PM
July 28	12:45 PM	2:15 PM	August 23	4:45PM	6:15PM
August 1	3:45PM	5:15PM	August 25	3:45PM	5:15PM
August 2	4:45PM	6:15PM	August 27	2:45PM	4:15PM
August 3	2:45PM	4:15PM			

Seniors Shinny / Skate 55+

July 10	8:15 AM	9:15 AM	August 3	8:15AM	9:15AM
July 12	8:15 AM	9:15 AM	August 4	8:15AM	9:15AM
July 15	8:15 AM	9:15 AM	August 5	9:15AM	10:45AM
July 18	8:15 AM	9:15 AM	August 12	8:15AM	9:45AM
July 22	8:15 AM	9:15 AM	August 15	8:15AM	9:15AM
July 24	8:15 AM	9:15 AM	August 19	8:15AM	9:45AM
July 26	8:15 AM	9:15 AM	August 21	9:15AM	10:45AM
July 29	8:15 AM	9:15 AM	August 22	8:15AM	9:15AM
July 31	8:45 AM	9:45 AM	August 28	9:15AM	10:45AM
August 2	10:15AM	11:15AM	August 31	9:15AM	10:45AM

Summer Ice Schedule

FREE Drop-In Shinny & Skate

8 and Under Shinny	July 13	9:15 AM	10:45 AM
Parent & Tot Skate	July 13	10:45 AM	11:45 AM
9-12 Shinny	July 13	11:45 AM	1:15 PM
13-17 Shinny	July 13	1:15 PM	2:45 PM
Public Skate	July 13	2:45 PM	4:14 PM
8 and Under Shinny	July 20	9:15 AM	10:45 AM
Parent & Tot Skate	July 20	10:45 AM	11:45 AM
9-12 Shinny	July 20	11:45 AM	1:15 PM
13-17 Shinny	July 20	1:15 PM	2:45 PM
Public Skate	July 20	2:45 PM	4:15 PM
8 and Under Shinny	July 27	9:15 AM	10:45 AM
Parent & Tot Skate	July 27	10:45 AM	11:45 AM
9-12 Shinny	July 27	11:45 AM	1:15 PM
13-17 Shinny	July 27	1:15 PM	2:45 PM
Public Skate	July 27	2:45 PM	4:15 PM
8 and Under Shinny	August 10	9:15 AM	10:45 AM
Parent & Tot Skate	August 10	10:45 AM	11:45 AM
9-12 Shinny	August 10	11:45 AM	1:15 PM
13-17 Shinny	August 10	1:15 PM	2:45 PM
Public Skate	August 10	2:45 PM	4:14 PM
8 and Under Shinny	August 17	9:15 AM	10:45 AM
Parent & Tot Skate	August 17	10:45 AM	11:45 AM
9-12 Shinny	August 17	11:45 AM	1:15 PM
13-17 Shinny	August 17	1:15 PM	2:45 PM
Public Skate	August 17	2:45 PM	4:14 PM
8 and Under Shinny	August 24	9:15 AM	10:45 AM
Parent & Tot Skate	August 24	10:45 AM	11:45 AM
9-12 Shinny	August 24	11:45 AM	1:15 PM
13-17 Shinny	August 24	1:15 PM	2:45 PM
Public Skate	August 24	2:45 PM	4:14 PM

Sponsored by

WEECHI-IT-TE-WIN
Family Services

Rainy Lake Market Square

Market Days - Thursdays - May 23rd - October 3rd

10:00 AM - 2:00 PM

We want to provide the community a marketplace that encourages patrons to support a 'Buy Local' philosophy and we are looking forward to another exciting season!

For more information or to apply, visit fortfrances.ca/rainylake-square or call the Museum at

(807) 274-7891 x1112.





Museum Exhibit

Visit the Fort Frances Museum and Culture Centre July - September

HOPE AND HEALING CANADA

Curated and Presented by Tracey-Mae Chambers

I am a Métis installation artist and a citizen of the Métis Nation of Ontario. My family is from several traditional Métis communities . I am from both the Vasseur-Longlade and Cadieux-Evans families.

I am traveling Canada creating site specific art installations at residential school historical sites, cultural centres, museums, art galleries and other public spaces.

www.traceymae.com



Museum Programs

Museum Madness: Tuesdays 9:30 AM - 11:30 AM (Ages 5-8)

$10 per person | Pre-Registration required

July 2	**Pirate Party**	Set sail on a swashbuckling adventure with games, treasure hunts, and pirate-themed crafts!
July 9	**Dino Days**	Roar into prehistoric fun with dino games, fossil digs, and crafty creations inspired by the land
July 16	**Spy Training**	Sharpen your spy skills with stealthy games, code-breaking challenges, and undercover crafts fit for secret agents!
July 23	**Christmas in July**	Get festive with holiday-themed games, winter crafts, and a visit from summertime Santa for Christmas cheer in July!
July 30	**Puppet Making Party**	Bring your imagination to life with puppet-making fun, puppet shows, and games that let your creations steal the spotlight!
August 6	**Mad Scientist**	Dive into a world of wacky experiments, bubbling potions, and hands-on science activities that will make you feel like a true mad scientist!
August 13	**Dragon Masters**	Embark on a mythical journey filled with dragon-themed games, fiery crafts, and quests fit for brave dragon masters!
August 20	**Blast from the Past**	Travel back in time with retro games, nostalgic crafts, and activities that will make you feel like you've stepped into a time machine!

Register Online at www.fortfrances.ca/museum

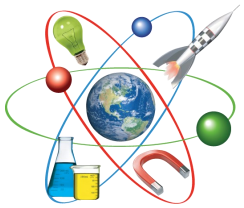
Please contact the Fort Frances Museum & Culture Centre or visit our Facebook Page for more information.

Facebook: @ Fort Frances Museum & Culture Centre

807-274-7981

Museum Programs

STEM Quest: Tuesdays 2:00 PM - 4:00 PM (Ages 9-12)



$10 per person | Pre-Registration required

July 2	**Challenge Champions**	Get ready for an epic showdown! Join us for a day packed with exciting games and challenges that will put your skills to the test. From Minute To Win It Challenges to unique relay races, there's non-stop excitement and awesome prizes up for grabs!
July 9	**STEM Strikers**	Calling all STEM enthusiasts! Band together with your team to conquer a series of mind-bending challenges. Can you build the tallest, sturdiest structure with limited supplies? Brace yourself for an extreme egg drop competition where only the most durable designs survive!
July 16	**Spy Camp 2.0: Code Breakers**	Welcome to the next level of espionage! Embark on a top-secret mission unlike any other. Crack codes, unravel mysteries, and race against time to save the museum from impending danger. Are you
July 23	**Recycle Racer Derby**	Rev up your creativity and engineering skills! Construct two race-ready cars using only recycled materials and wheels. Then put your creations to the test in the ultimate recycle derby. Prizes await the

Artistic Odyssey: Tuesdays 2:00 PM - 4:00 PM (Ages 9-12)



$10 per person | Pre-Registration required

July 30	**Brush & Sculpt Adventures**	Embark on a journey through various art forms! Dive into the vibrant world of painting as you master the art of creating stunning sunset landscapes with acrylics. Then, unleash your creativity with watercolor bookmarks and get your hands dirty crafting miniatures with clay. Let your imagination run wild!
August 6	**Ink & Inspiration**	Embark on a journey where creativity knows no bounds! From mad libs to collaborative storytelling, DIY journals to blackout poetry, and even mastering Shakespearean insults, this day is anything but ordinary—it's a celebration of literature in all its dynamic forms!
August 13	**Art Lab**	Dive into a world where art and science collide! Create shrink-a-dinks, whip up some super slime, and experiment with abstract painting using oil and watercolors. Get ready to make a mess and masterpieces at the same time!
August 20	**Nature Creations**	Get inspired by the great outdoors with clay impressions, nature lanterns, and rock painting. Unleash your creativity while connecting with nature in this hands-on, artistic adventure!

Register Online at www.fortfrances.ca/museum

Please contact the Fort Frances Museum & Culture Centre or visit our Facebook Page for more Information.

Facebook: @ Fort Frances Museum & Culture Centre

807-274-7981

Summer Event Series





Community Garage Sale



Sorting Gap Marina

OPEN ALL SUMMER LONG

Operating Hours

Monday - Friday 8:00 AM—8:00 PM

Saturday - Sunday 8:00 AM—8:00 PM



Kids Scoop - $2.00
Single Scoop - $3.50
Double Scoop - $4.50
Triple Scoop - $5.00

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Waffle Cone - $1.00

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Ice Cream Floats - $5.00

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Pop - $3.00
Bottled Water - $2.00
Coffee - $2.00
Chips - $2.00
Freezies - $1.00
Ice Cream Sandwich - $4.00

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Launch Fees *(all prices + hst)*

Launch Fee: Daily - $10.00
Launch Fee: Seasonal - $75.00
Launch Fee: Commercial - $222.56

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Premium Fuel - $2.06/liter

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Tower Visit

Adult - $5.00
Child / Senior - $4.00
Family - $15.00
INCLUDES SAME DAY ACCESS TO THE MUSEUM





Sister Betty Kennedy Seniors Centre - Age 55+

If you're 55 and older, feel free to stop by the Senior Centre and participate in the following activities:

Yoga / Tai Chi / Line Dancing / Cards / Pool / Wood Workshop / Lunches / Events

Please contact the Seniors Centre or visit our Facebook Page for more information and current program schedule.

We are always looking for volunteers! If you are interested in volunteering, please connect with Cindy Noble at the Seniors Centre!



Facebook: @ Fort Frances Seniors Centre

For more information, please call

807-274-7656



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 are available in-person or by mail to 401 Nelson Street, Fort Frances Ontario, P9A 1B3.

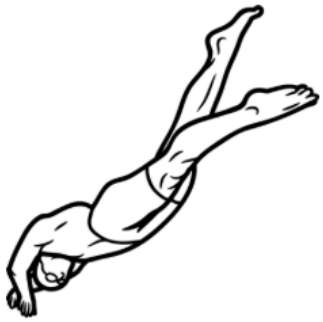


Cheques made payable to "The Town of Fort Frances".
Please indicate the Fort Frances Seniors Centre on the memo line.

Thank you for your generosity.



CYCLONE
SWIM CLUB



DIVE INTO SOMETHING NEW IN 2024!

CYCLONE SWIM CLUB IS INVITING NEW SWIMMERS FOR 2024-25 SWIM SEASON

REASONS TO JOIN!

- COMPETITIVE & DEVELOPMENTAL OPTIONS
- WORK WITH QUALIFED & EXPERIENCED COACHES
- PROVIDES TRAINING IN AQUATIC SKILLS, SPORTSMANSHIP, & TEAMWORK ALONG WITH A SIDE OF FUN & FRIENDSHIP

THINGS TO KNOW!

- MUST BE DEEP WATER SAFE
- ANNUAL OR MONTHLY PAYMENT PLANS AVAILABLE
- ONLINE REGISTRATION FOR EXISTING SWIMMERS OPENS AUG. 28TH
- HEALTH CARD & BIRTH CERTIFICATE REQUIRED FOR REGISTRATION

NEW SWIMMERS: Swim Assessment Aug. 26 & 28 4-6 pm

Go to www.cycloneswimclub.ca,
or email cycloneswimclub@gmail.com for more information

FORT FRANCES

BOUNDLESS

320 Portage Avenue
Fort Frances, Ontario
P9A 3P9
807-274-5323
www.fortfrances.ca