

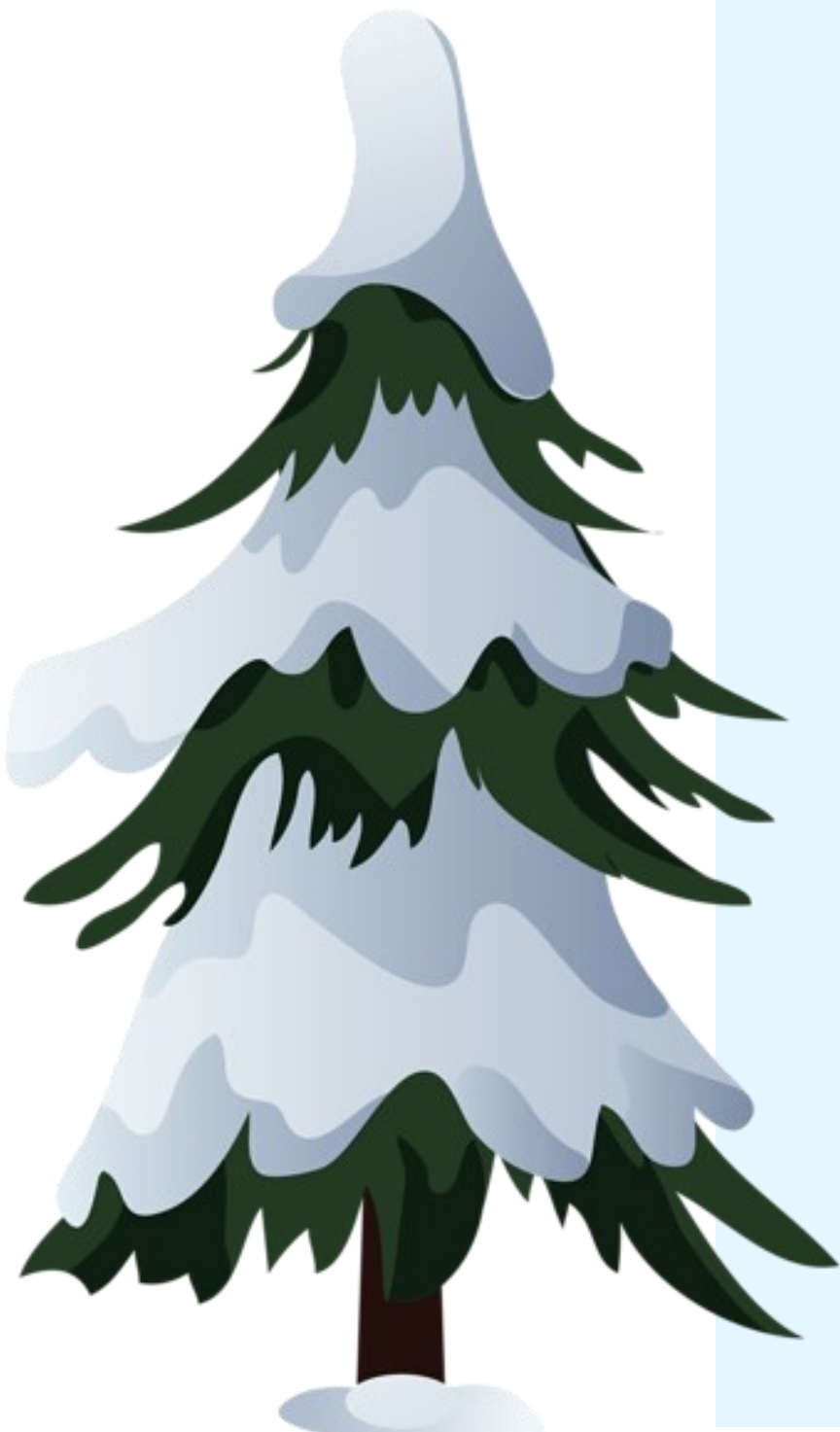


# Recreator

Community Services Programming Guide

January 1—March 31, 2024





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# 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

### Administrative Assistant

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

### Fort Frances Museum

Danielle Marshall, Curator  
807-274-7891  
dmarshall@fortfrances.ca

### Fort Frances Public Library Technology Centre

Richard Bee, CEO  
807-274-9879  
rbee@ffpltc.ca

### Fort Frances Senior Centre

Cindy Noble, 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

### Statutory Holidays (CLOSED)

*New Year's Day* : January 1st  
*Good Friday* : March 29th

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### Fort Frances Museum

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

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### Fort Frances Public Library Technology Centre

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

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### Fort Frances Senior Centre (Sister Kennedy)

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

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### Sorting Gap Marina

1011 Front Street  
Fort Frances, ON  
P9A 1A3



# NEW IN 2024

**We are excited to announce the following updates to Recreation and Culture Programming for 2024!**

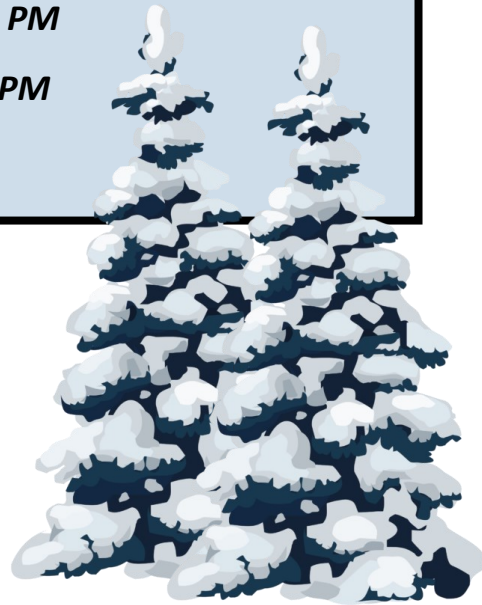
## **NOW OFFERING \$3.00 Skating**

**Ages 3 and over only pay \$3.00 for Shinny, Public, and Parent & Tot Skates**  
**Skating schedules are posted at the Memorial Sports Centre lobby and on our Facebook Page @ Memorial Sports Centre**

**Senior definition for membership and daily drop-in has been lowered to 55+**  
**Adults over the age of 55 can now benefit in discounted daily drop in and membership rates.**

## **Memorial Sports Centre Hours of Operation**

<i><b>Monday—Friday</b></i>	<i><b>6:00 AM—10:00 PM</b></i>
<i><b>Saturdays</b></i>	<i><b>8:00 AM—10:00 PM</b></i>
<i><b>Sundays</b></i>	<i><b>8:00 AM—8:00 PM</b></i>



# 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

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

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

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

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

## MEMBERSHIPS INCLUDE...

Unlimited use of the weight room, squash courts, and pool. In addition, members can access a range of programs. These programs include: 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 availability.*

## 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.

Children under the age of 13 are not permitted to use the cardio and weight rooms.

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.

## \*NOTICE: POOL CLOSURE\*

### NOVEMBER 2023 - MARCH 2024

The Pool portion of the Memorial Sports Centre will be closing for renovations on November 6<sup>th</sup>, 2023.

Work is currently scheduled to take 20 to 22 weeks for completion with a re-opening tentatively scheduled for the middle of March 2024.

We are working to put together alternate program offerings during this necessary shut down and do apologize for the impact that this work will cause the public users.

## *Fitness Programs*



## YOGA & TAI CHI

**MEMBERSHIP OR  
DAILY DROP IN RATES APPLY**  
Instructor lead  
MSC Auditorium

**Mondays & Wednesdays**  
**Yoga 12:15-1:00**  
**Tai Chi 1:15-2:00**



**MEMORIAL SPORTS CENTRE**



**Classes Resume January 8th**

## Fitness Programs



### SPIN BIKE

**MEMBERSHIP OR  
DAILY DROP IN RATES APPLY**

**Memorial Sports Centre Auditorium**

**Please note that there is no  
instructor. This is a self guided  
session**

**Mondays  
8:00 AM - 9:30 AM**



**MEMORIAL SPORTS CENTRE**



### PICKLEBALL

**DAILY DROP IN - \$3.00**

**Memorial Sports Centre Auditorium**

**Youth - Tuesdays  
4:00 PM - 6:00 PM**

**Daytime -  
Mondays 9:30 AM - 11:30 AM  
Tuesdays/Wednesdays/Thursdays  
8:30 AM - 11:30 AM**

**Evening - Tuesdays  
6:00 PM - 8:00 PM**

**MEMORIAL SPORTS CENTRE**



The Town of Fort Frances is committed to providing barrier-free sport, recreation, and leisure programs. If you are in need of accommodation, arrangements can be made by calling the Memorial Sports Centre @ 807-274-4561.



# Skating

Skating schedules are posted at the Memorial Sports Centre lobby and on our Facebook Page @ Memorial Sports Centre

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](http://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 (Under 9, 10-13, 14+, Adult)

### PUBLIC SKATE / PARENT & TOT

- No sticks or pucks allowed



# Child & Youth Programs



## KID'S ZONE

**DROP IN DAYS - FREE!**  
**Memorial Sports Centre Auditorium**  
**Ages 6-12**

**Scheduled during Hockey Tournaments**  
**Activities include: Crafts, Games, Movies, Ping Pong, and MORE!**





**MEMORIAL SPORTS CENTRE**



## THE YOUTH LOUNGE

**DROP IN - FREE**  
**During Laker's games**  
**Memorial Sports Centre Auditorium**  
**Ages 11-15**

**Activities include: Beading, Games, Ping Pong, and MORE!**





**MEMORIAL SPORTS CENTRE**



## REGISTRATION...

**...begins on Friday  
 December 15th**

To register, please visit the membership/  
 registration section of our website.

OR

Visit the Memorial Sports Centre




## DAY CAMPS

**December 27th & 28th, 2023**  
**January 3rd & 4th, 2024**  
**10:00 AM - 3:00 PM**  
**Memorial Sports Centre**  
**Ages 5-12**  
**Registration Fee \$30.00/day**

**REGISTER NOW**

☎ 807-274-4561  
 🌐 <https://fortfrances.ca/sportscentre>





**MEMORIAL SPORTS CENTRE**



## PD DAY CAMPS

**January 26th, 2024**  
**February 19th, 2024**  
**9:00 AM - 4:00 PM**  
**Memorial Sports Centre**  
**Ages 5-12**  
**Registration Fee \$43.65/day**

**REGISTER NOW**

☎ 807-274-4561  
 🌐 <https://fortfrances.ca/sportscentre>





**MEMORIAL SPORTS CENTRE**

## Child & Youth Programs




### REC'N CREW

**Mondays from 4:00 PM-6:00 PM**  
**East End Hall**  
**Ages 6-12**

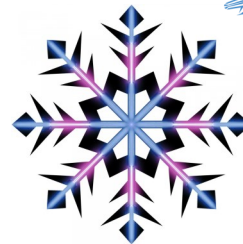
**4-Week Sessions**  
**January 8th - 26th**  
**February 5th - March 4th**  
(No group on February 19th)

**Registration Fee \$40**

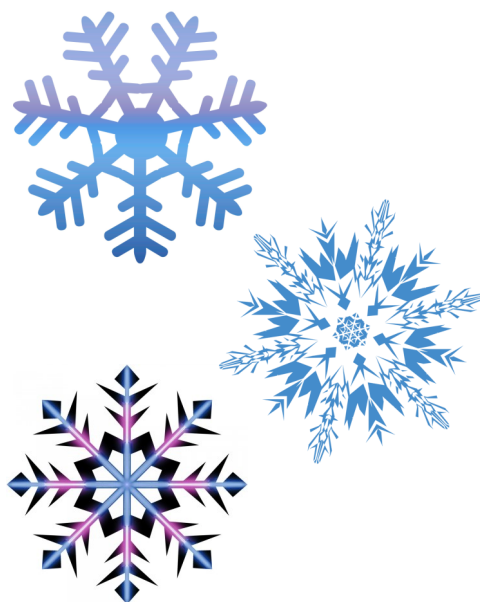
**REGISTER NOW**

 807-274-4561

 <https://fortfrances.ca/sportscentre>




**MEMORIAL SPORTS CENTRE**



### MARCH BREAK CAMP

**March 11th-15th, 2024**  
**8:00am-5:00pm**  
**Memorial Sports Centre**  
**Ages 5-12**  
**Registration Fee \$153.61**

**REGISTER NOW**

 807-274-4561

 <https://fortfrances.ca/sportscentre>



**MEMORIAL SPORTS CENTRE**

MORE PROGRAMS WILL BE POSTED ON OUR FACEBOOK PAGE AS THEY BECOME AVAILABLE  
@ MEMORIAL SPORTS CENTRE



## Seniors Centre

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

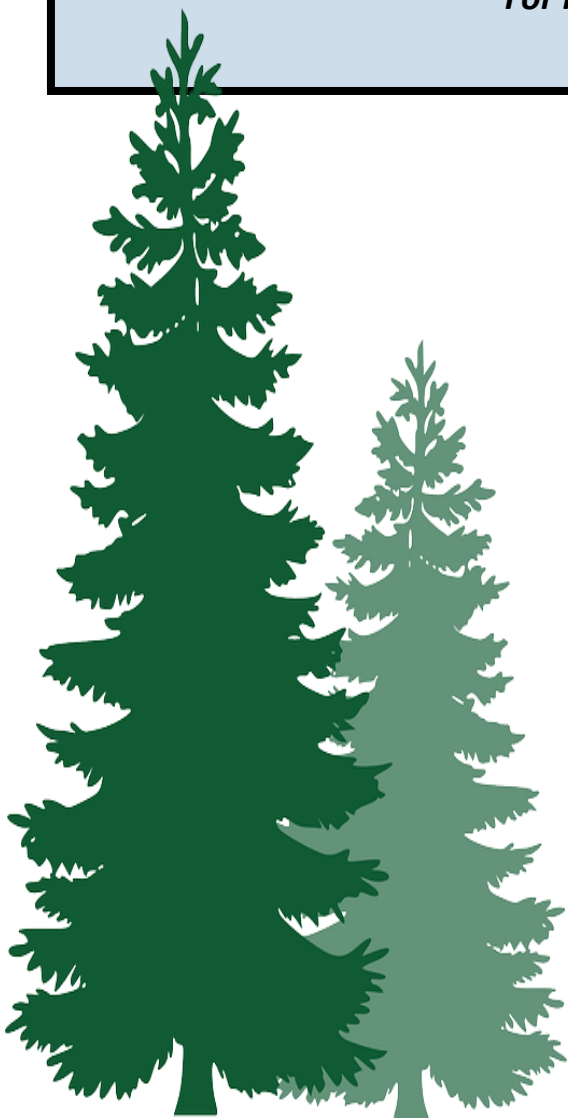
Yoga / Tai Chi / Line Dancing / Cards / Pool / Wood Workshop / Lunches / Events

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

Facebook: @ Fort Frances Seniors Centre

Grand Reopening: January 20th 1:30 PM—3:00 PM

*For more information, please call  
807-274-7656*



# SNOW BUDDIES

ARE YOU  
INTERESTED IN  
HELPING A SENIOR  
IN NEED OF  
SHOVELING  
ASSISTANCE?

Register online at:  
[snowangelscanada.ca](https://snowangelscanada.ca)  
Call Fort Frances  
Senior Centre  
(807) 274-7656





## *Fort Frances Museum & Culture Centre*



The Museum is excited to welcome you to visit our new Tied Together exhibit opening January 12th, 2024 featuring beadwork in collaboration with the Kay-Nah-Chi-Wah-Nun Historical Centre.

Upcoming Museum Programs include:

*Coffee, Tea & History*  
*Tied Together Beading Workshops*  
*"Do You Want to Build A Snowman" PD Program (January 26th)*  
*Around the World Programs*  
*You're The Chef—March Break Camp*  
*Friends of the Museum Workshops*  
*SnOasis*

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

Facebook: @ Fort Frances Museum & Culture Centre

Open Monday through Friday  
11:00 AM—4:00 PM

*\*Heritage Sites (Hallett and Lookout Tower) are closed for the season.*

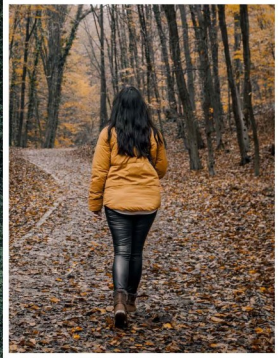
Admission by donation

*259 Scott Street*

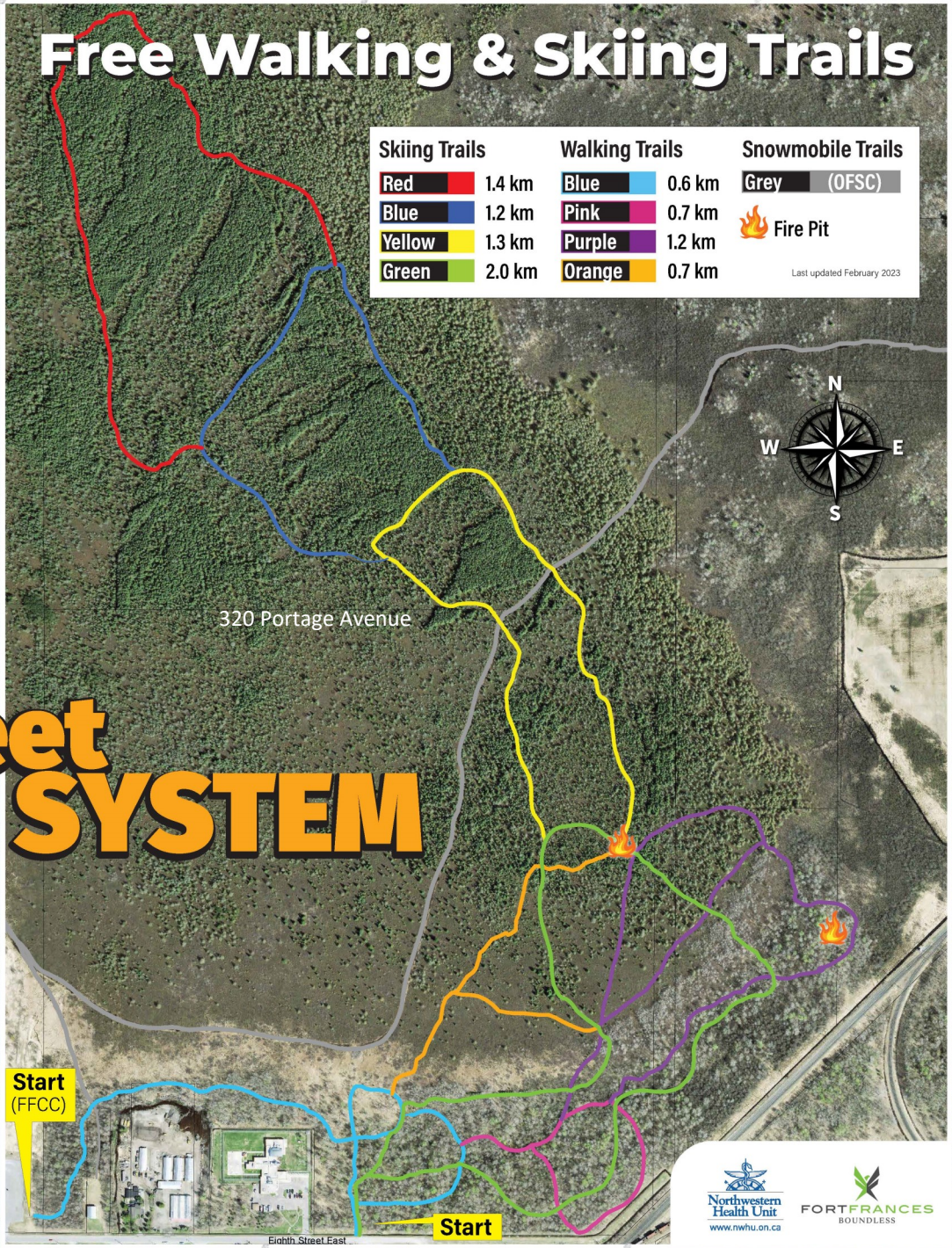
*For more information, please call*  
*807-274-7981*



# 8th Street Trails



## 8th Street TRAIL SYSTEM







# FORT FRANCES

## BOUNDLESS

320 Portage Avenue  
Fort Frances, Ontario  
P9A 3P9  
807-274-5323  
[www.fortfrances.ca](http://www.fortfrances.ca)