

Winter 2025 | Loyalist Township

EXPLORE & PLAY GUIDE



Meet Gladys, a true inspiration at 102 years young!

"In November 2018 my daughter encouraged me to try a fitness program at Amherstview Leisure & Activity Centre. I first tried the Gentle Stretch; I liked it so much that I bought a membership and have attended several other classes. Everyone is so welcoming, helpful, upbeat, and positive. I have slowed down considerably over the last few years but still enjoy the comradeship I get from being in a fitness program at 102 years of age. If I could live my life over again, I would not change the script."

- Gladys Gummer



@exploreloyalist | www.loyalist.ca

2025 Loyalist Township Calendar

The 2025 Loyalist Township Calendar will be available in early December. The calendar will be available at various community collection points to ensure residents have easy access to important information.

For a list of outlets, visit www.loyalist.ca/calendar.

In addition to physical locations, a downloadable version of the calendar will be available on the municipal website. The municipal calendar includes a variety of important dates and events related to your local government services and community activities. *Inside you'll find:*



- ▶ Waste Collection schedule
- ▶ Council and Committee meeting dates
- ▶ Community Events
- ▶ Utility payment dates
- ▶ Parks and Recreation activities
- ▶ Important holidays
- ▶ Community engagement opportunities
- ▶ Emergency Services information

W.J. Henderson Recreation Centre Updates



The W.J. Henderson Recreation Centre is open for facility rentals and will be opening for public programming this winter season. Thank you for your patience while the rest of the work on the Recreation Centre is completed.

Stay up to date with W.J Programming Updates

- ▶ <https://www.loyalist.ca/Skating/>

Stay up to date with W.J Construction Updates

- ▶ <https://engage.loyalist.ca/wjrenewal>
- ▶ <https://www.wjrenewal.ca/>



Engage Loyalist



We want to hear from you!

Our new engagement platform is the best place to learn and give feedback on Township projects and initiatives

SOME OF THE CURRENT PROJECTS OPEN FOR INPUT



Refreshment
Vehicle
Consultation



W.J Henderson
Recreation
Centre Renewal



Solid Waste
Management
Master Plan



Ward Boundary
Review



Learn more and stay engaged at
WWW.ENGAGE.LOYALIST.CA



Odessa

Bath

Amherstview

Kingston

Loyalist Township is excited to introduce a new pilot program for transit connectivity!

Loyalist Link

Program Start Date: November 4th, 2024

Set to Run Until: December 31st, 2025

Learn More ➔ www.loyalist.ca/loyalistlink

This initiative aims to enhance public transportation options for residents of additional communities in the Township including Bath, Odessa, and the Amherst Island Ferry Terminal in Millhaven. The service will also provide a vital public transportation link to workplaces in the Taylor-Kidd Industrial Park and the Loyalist East Business Park.

Service Provided by: Stock Transportation





Light Up the Season

Free Community Event

Saturday, November 23, 2024
3:00 p.m. to 5:00 p.m.
Fairfield Park, 4574 Bath Road
Amherstview



- ✓ Horse drawn wagon rides
- ✓ Milk & Cookies
- ✓ Festive Music
- ✓ Ornament Making
- ✓ Reindeer Visits
- ✓ Visits with Santa
- ✓ Lighting of the Park
- ✓ Marshmallow Roasting

Loyalist.ca/events

Please be advised that parking at Fairfield Park is limited.

Guests are encouraged to use the free shuttle service that will run between the W.J. Henderson Recreation Centre, 322 Amherst Drive, Amherstview and the parking lot at Fairfield Park beginning at 2:45 p.m. Parking along Highway 33 is prohibited.

Proudly Sponsored by
ONTARIO POWER GENERATION | *Electrifying life*



Merry Little MAIN STREET

BATH, ONTARIO

THURSDAY, DECEMBER 5TH
 5PM - 8PM

Loyalist Township is excited to be joining the Bath Businesses for their annual Merry Little Main Street event.

Visit Main Street Bath for holiday shopping and stop by the Township booth for a visit with Santa and a festive wagon ride to the Bath Museum.
The Museum will be open for holiday crafts and activities.

Holiday Trees in the Township

Loyalist Township invites the public to help decorate holiday trees throughout the Township, bringing the community together in festive celebration. Decoration kits can be picked up from the Odessa Municipal Office, Leisure & Activity Centre or Manitou office from November 25 to December 20.

Loyalist.ca/events



Community trees are located at:

- Babcock Mill, 100 Bridge St., Odessa
- The Bath Museum, 434 Main St., Bath
- Centennial Park North, 182 Fairfield St., Bath
- Fairfield House, 4574 Bath Rd., Amherstview
- Neilson Store Museum & Cultural Centre, 5220 Front Road, Stella Amherst Island



Loyalist Township is proud to continue our partnership to use the pools at the BGC South East West End Hub and the YMCA of Eastern Ontario Wright Crescent Branch for interim aquatic programs during the Winter 2025 season!

Swimming lessons will start the week of January 14th, 2025 and run weekly until late March on the same weeknights.






There are no lessons scheduled during the March Break (March 10-14th).



Scan the QR code to explore all of our Aquatics Programming
Swim Classes, Certification Courses, & More
www.loyalist.ca/Swim/







Preschool (3-5 years old)

The Lifesaving Society Preschool Program provides a solid foundation for water safety and swimming skills, encouraging fun and confidence. We integrate Lifesaving Society Water Smart® education at every level.

	Parents assist until children are ready to go solo. Skills include safe water entry, floating, gliding, and basic underwater play.
	Children learn to jump into chest-deep water, submerge, and float on their own while wearing a lifejacket.
	Independent jumps and side entries into deeper water, plus object recovery from the bottom. Basic kicking and gliding are introduced.
	Solo jumps into deeper water, entry and exit, and swimming short distances in a lifejacket. Children will also open their eyes underwater
	Advanced skills including a forward roll entry, treading water for 10 seconds, and short swims of front and back crawl. Basic interval training is introduced.

Swimmer (5+ years old)

The Lifesaving Society’s 6-level Swimmer program ensures children build strong swimming strokes and skills. The program is designed for beginners and those looking to refine their technique. All levels include Lifesaving Society Water Smart® education.

	Introduction to water comfort—jumping in, floating, and basic strokes (front and back glide). Note: If your child has not completed Preschool 5, they should register in Swimmer 1
	Advanced beginners practice jumping into deeper water, side-entry, and swimming short distances (10m) with a lifejacket. They learn the whip kick and improve flutter kick. Note: Swimmers who have completed Preschool 5 should register in Swimmer 2.
	Junior swimmers dive, perform front somersaults, and handstands. They swim 15m front crawl and back crawl and work on 10m of whip kick. Note: Some skills in this level will not be taught and evaluated when offered at the BGC facility due to water depth.
	Intermediate swimmers swim underwater for 5m and perform basic strokes (front crawl, back crawl, breaststroke arms). They also complete the Canadian Swim to Survive® Standard.
	Advanced swimmers refine strokes over longer distances (50m front and back crawl) and work on breaststroke (25m). Interval training intensifies with 25m sprints and 50m front/back crawl sets.
	Mastery of advanced techniques such as stride entries, eggbeater and scissor kicks, and head-up breaststroke sprints over 25m. They swim lengths of front crawl, back crawl, and breaststroke with ease.

STANDARD FIRST AID CERTIFICATION

Have you ever wondered what you would do in a first aid situation?




Loyalist Township is proud to offer Standard First Aid with CPR C training and certification on behalf of the Lifesaving Society.

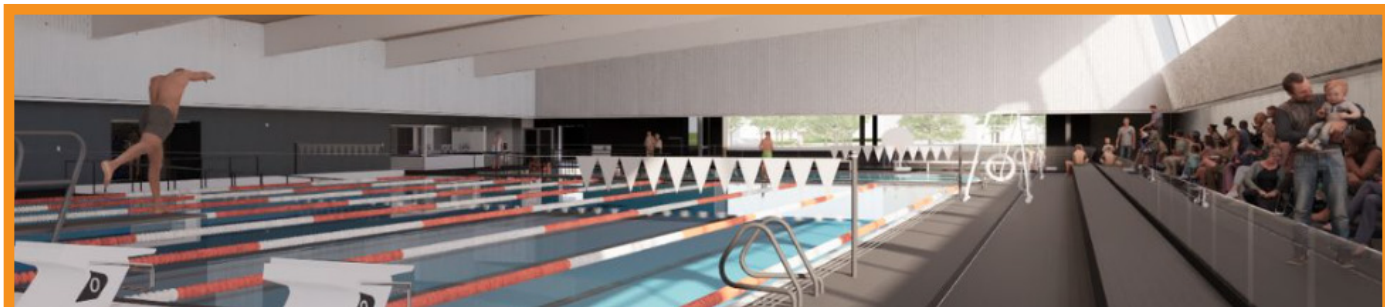
Ages: 13+
Course Length: 16 Hours
Cost: \$120 HST (Residents) - \$144 HST (Non-Residents)

www.loyalist.ca/firstaid

Swimmer (7-9)/Swim Patrol

The 3-level Canadian Swim Patrol program challenges swimmers to develop stronger strokes and lifesaving skills through drills and fitness activities.

	Swimmers complete 50m swims of each stroke, a 25m obstacle swim, and a 15m object carry. First aid training focuses on assessing conscious victims and treating bleeding.
	Swimmers complete 75m swims of each stroke, and practice lifesaving skills like timed object support and rescue. First aid includes unconscious victim assessment and shock treatment.
	Advanced swimmers complete 600m workouts, 300m timed swims, and 25m object carries. Strokes are refined with 100m swims. First aid focuses on bone/joint injuries and respiratory emergencies (asthma, allergic reactions).



Become a Lifeguard at the New Aquatic Centre!

The W.J. Henderson Recreation Centre Renewal Project is underway and will be bringing our community a brand new aquatic centre! Loyalist is looking for individuals at any point of the aquatic certification process to join the aquatic staff at the new facility. Complete the form at www.loyalist.ca/rulethepool to be added to an email list to receive information about the certification process, hiring processes, and other important information about joining the team!

Not sure how to become a lifeguard? Visit, www.loyalist.ca/becomealifeguard to learn more about what certifications you need to complete. Loyalist Township will be offering Bronze courses on Monday and Tuesday nights for the Winter 2025 session.



Private/Semi-Private Swimming Lessons (All Ages)

Private and semi-private lessons are 30 minutes long, offered for swimmers of all ages and skill levels. Lessons are scheduled based on availability and may have location or pool restrictions.

Semi-private lessons: Limited to 2 participants. Partners must be arranged by the participants before booking.

To book, register one participant online and call 613-386-7351 x 200# to add the second.

***Our preschool programs are parented programs. Location of the programs are at the Leisure & Activity Centre unless otherwise noted.*

LITTLE CHAMPIONS

Introduce your little champion to the fundamentals of various sports in a fun and engaging way, promoting physical activity and social interaction while fostering a love for sport in a safe and supportive environment. Let's get our little champions moving and having fun!

Resident Fee: \$46.20
Non-Resident Fee: \$54.44
Location: Collins Bay Public School
Ages: 3 - 4 years

Day	Session	Time	Classes
Thurs	Jan 23 - Mar 6	6:00pm - 6:45pm	7 classes

LITTLE EXPLORERS

Little Explorers - assemble! This hands-on program introduces little ones to simple concepts of science and engineering - with a focus on fun! Each class will have a new project for littles to explore, using their imaginations to make each project their own!

Resident Fee: \$48.54
Non-Resident Fee: \$58.25
Ages: 2 - 4 years

Day	Session	Time	Classes
Sun	Jan 26 - Mar 2	12:45pm - 1:30pm	6 classes



LITTLE MOVERS

Let's get moving! This active program focuses on fun and interactive age-appropriate games, obstacle courses, and activities to promote physical activity and physical literacy development for littles. From dancing and running to jumping and balance, it's a great, fun and silly way to get moving today!

Resident Fee: \$39.60
Non-Resident Fee: \$47.52
Location: Collins Bay Public School
Ages: 2 - 4 years
No Class: Feb 17

Day	Session	Time	Classes
Mon	Jan 20 - Mar 3	6:00pm - 6:45pm	6 classes

LITTLE ARTISTS

Let loose your creativity! Join our fun and interactive art class designed specifically for littles! Our experienced instructor will guide your little ones through a variety of exciting projects, exploring different mediums and techniques. From painting and drawing to sculpture and mixed media, our classes are designed to foster creativity, self-expression, and skill building. Come ready to get creative and have a blast!

Resident Fee: \$8.09
Non-Resident Fee: \$9.71
Ages: 2 - 4 years

One Time Classes:
Little Artist - **Winter Theme** | January 26th | 11:30 am - 12:15 pm
Little Artist - **Valentine's Day** | February 9th | 11:30 am - 12:15 pm

CURIOUS KIDS

Explore the wonders of science in this exciting journey of discovery and exploration! This program will encourage curiosity and creativity in young minds, while they develop an understanding of basic scientific concepts and principles. Young explorers will have the opportunity to conduct fun and interactive experiments like building stomp rockets, marble roller coasters, and the always popular egg drop challenge!

Ages: 5 - 8 yrs.
Location: Leisure & Activity Centre
Resident Fee: \$84.98
Non-Resident Fee: \$101.98

Day	Session	Time	Classes
Wed	Jan 22 - Mar 5	6:00 pm - 6:45 pm	7 classes

GAME ON! KIDS

Our Game On! Kids program allows participants to try different sports & games in an encouraging, inclusive environment. With sports like soccer, basketball and dodgeball, participants will develop teamwork skills, while building coordination, balance, and overall fitness. Please bring indoor running shoes and a water bottle. This program is subject to school and bus cancellations.

Resident Fee: \$56.63 | **Non-Resident Fee:** \$67.95

Ages: 4-6 yrs.
Location: Collins Bay Public School

Day	Session	Time	Classes
Thurs	Jan 23 - Mar 6	7:00 pm - 7:45 pm	7 classes

You found Skylar!
Fun Fact! Snowy owls migrate thousands of miles from the Arctic to southern wintering areas.



Ages: 7-10 yrs.
Location: Fairfield Public School

Day	Session	Time	Classes
Thurs	Jan 23 - Mar 6	6:00 pm - 7:00 pm	7 classes
Thurs	Jan 23 - Mar 6	7:00 pm - 8:00 pm	7 classes

*6:00pm - 7:00pm Girls Only Program

FUN FOOD WORKSHOP

Learn the art of treat decorating! These entertaining workshops offer an opportunity to create fun, exciting food that focuses on a central theme. Whatever the special day may be, everyone loves to eat delicious treats and this workshop will show you the steps to make yours stand out!

Resident Fee: \$15.00
Non-Resident Fee: \$18.00
Ages: 6+ yrs.
Location: Leisure & Activity Centre

Day	Session	Time	Classes	Themes
Sat	Jan 11	1:00pm - 2:30pm	1 class	Winter
Sat	Feb 8	1:00pm - 2:30pm	1 class	Valentine's Day

RED CROSS STAY SAFE! (HOME ALONE)

The Red Cross Stay Safe program offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. Students will receive a Stay Safe! workbook and certificate at the end of the course. Please bring the following items with you to the course: paper and pen, peanut free lunch and snacks, and a water bottle.

Resident Fee: \$55.13
Non-Resident Fee: \$66.15
Ages: 9 -13 yrs.
Location: Leisure & Activity Centre

Day	Session	Time	Classes
Sat	Jan 18	9:00am - 2:00 pm	1 class
Sat	Feb 15	9:00am - 2:00 pm	1 class

CREATIVE KIDS

Unleash your child's creativity and imagination in our fun and engaging art class! Our experienced instructor will guide your child through a variety of art projects and techniques. Children will explore drawing, painting, crafting and sculpting. Let your child's creativity shine!

Location: Leisure & Activity Centre
Ages: 5 - 9 yrs.
No Classes: Feb 17

Day	Session	Time	Classes	Resident Fee	Non-Resident Fee
Mon	Jan 20 - Mar 3	5:30 pm - 6:15 pm	6 classes	\$72.84	\$87.41

One Time Classes:

Day	Theme	Time	Resident Fee	Non-Resident Fee
Mon, Jan 27	Winter	5:30 pm - 6:15 pm	\$12.14	\$14.57
Mon, Feb 10	Valentine's Day	5:30 pm - 6:15 pm	\$12.14	\$14.57

SWEET TREAT KIDS

Join us in the Sweet Treats Baking Class, where young and aspiring bakers can release their creativity and learn about the art of baking! Our experienced instructors will teach your child basic baking techniques like measuring, mixing, and decorating while creating delicious age-appropriate treats like cupcakes, cookies and muffins. Let your child's love for baking grow!

Ages: 5-8 yrs.
Location: Leisure & Activity Centre
Resident Fee: \$109.26
Non-Resident Fee: \$131.11

Day	Session	Time	Classes
Sun	Jan 26 - Mar 2	9:00 am - 10:15 am	6 classes

CULINARY KIDS

Young chefs can explore the world of cooking and develop essential skills in the kitchen like chopping, sauteing, and mixing. Children will have an opportunity to create and explore different cuisines and flavours while putting their kitchen skills to the test!

Ages: 5-8 yrs.
Location: Leisure & Activity Centre
Resident Fee: \$109.26
Non-Resident Fee: \$131.11

Day	Session	Time	Classes
Sun	Jan 26 - Mar 2	10:45 am - 12:00 pm	6 classes

CULINARY KIDS ACADEMY

Ready to take your cooking skills to the next level? This program is a progression from the Culinary Kids program, with an enhanced focus on kitchen skills and challenging recipes that will help develop more confidence in the kitchen.

Ages: 9-13 yrs.
Location: Leisure & Activity Centre
Resident Fee: \$109.26
Non-Resident Fee: \$131.11

Day	Session	Time	Classes
Sun	Jan 26 - Mar 2	12:30 pm - 1:45 pm	6 classes

EXTREME ART

Participants will learn fundamental drawing, painting, clay sculpting techniques and many creative crafts. Each class, they will discover a variety of art media like watercolours, acrylic paints, oil pastels, clay, and many more through creative projects.

Resident Fee: \$72.84
Non-Resident Fee: \$87.41
No Class: Feb 17
Ages: 10 - 13 yrs.
Location: Leisure & Activity Centre

Day	Session	Time	Classes
Mon	Jan 20 - Mar 3	6:30pm - 7:15pm	6 classes

MASTER CHEF

Take your culinary skills to the next level! The Master Chef program offers more advanced recipes that will test your talents in the kitchen. This program features recipes from around the world to help expand your culinary abilities.

Resident Fee: \$127.47
Non-Resident Fee: \$152.96
Ages: 13 - 17 yrs.
Location: Leisure & Activity Centre

Day	Session	Time	Classes
Tues	Jan 21 - Mar 4	6:00pm - 7:30pm	7 classes

FUN WITH FASHION

Learn to create one-of-a-kind clothes with thrift shop finds, while mastering the use of a needle and thread. Creative use of buttons, enhanced hemlines, simple embroidery stitches, with the addition of beads and sequins. Bringing a friend is encouraged!

Resident Fee: \$84.98
Non-Resident Fee: \$101.98
Ages: 9 - 14 yrs.
Location: Leisure & Activity Centre

Day	Session	Time	Classes
Thurs	Jan 23 - Mar 6	6:00pm - 7:30pm	7 classes

YOUTH FITNESS

Get ready to move, have fun, build strength and confidence in our Youth Fitness class! This high-energy program focuses on making fitness enjoyable while helping participants develop essential skills for a healthy lifestyle. Whether you're a beginner or already active, our class offers something for everyone!

Resident Fee: \$40.45
Non-Resident Fee: \$48.54
Ages: 11 - 15 yrs.
Location: Leisure & Activity Centre

Day	Session	Time	Classes
Thurs	Feb 6 - Mar 6	6:00pm - 7:00pm	5 classes



You found Skylar!
Fun Fact!
Snowy owls hunt during the day!



YOUTH BADMINTON

Youth Badminton will provide a fun and supportive environment for young players to develop their badminton skills, while fostering a love for physical activity, and promoting overall fitness. The badminton program is a supervised pre-registered drop-in class that is focused on scrimmaging and not led by a coach. Please bring indoor running shoes and a water bottle. This program is subject to school and bus cancellations.

Resident Fee: \$45.54
Non-Resident Fee: \$58.25
No Class: Feb 17
Ages: 12 - 15 yrs.
Location: Collins Bay Public School

Day	Session	Time	Classes
Mon	Jan 20 - Mar 3	7:30pm - 8:30pm	6 classes

YOUTH VOLLEYBALL

Enjoy a night of volleyball to play and practice in a friendly environment. The volleyball program is a supervised pre-registered drop-in class that is focused on scrimmaging and not led by a coach. Program is subject to school cancellations such as: school events and bus cancellations. Please note that there are no make-up classes as a result of cancellations. Cancellation notifications will be emailed to participants. **Note:** There is a beginner and intermediate class.

Resident Fee: \$56.63 | **Non-Resident Fee:** \$67.96
Location: Fairfield Elementary

Beginner - Ages (11-14)			
Day	Session	Time	Classes
Tues	Jan 21 - Mar 4	6:00pm - 7:30pm	7 classes

Intermediate - Ages (12-15)			
Day	Session	Time	Classes
Tues	Jan 21 - Mar 4	7:30pm - 9:00pm	7 classes

BABYSITTERS COURSE

Offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. Upon successful completion of the course, a certificate will be issued. Please bring the following items with you to the course: paper and pen, doll or teddy bear, peanut free lunch and snacks, and a water bottle.

Resident Fee: \$77.19
Non-Resident Fee: \$92.63
Ages: 11-15 yrs. *Must be 11 on or before course
Location: Leisure & Activity Centre

Day	Session	Time	Classes
Sat	Jan 25	9:00am - 4:00pm	1 class
Sat	Feb 22	9:00am - 4:00pm	1 class

RED CROSS YOUTH LEADER

This training program is a requirement to teach Babysitting courses and Stay Safe! With the required prerequisites, candidates enter this comprehensive Youth Leader Program, to prepare them to teach, facilitate and support dynamic, learner-centered classroom environments. This course consists of online learning modules (5-7 hours) and upon completion of this training, candidates must then successfully complete a teaching experience in a Red Cross Youth First Aid Program.

Prerequisites: 16 years of age and hold a current Standard First Aid & CPR 'C' certificate This course can be started at any time and for more information please contact 613-386-7351 Ext. 300#

PAINT NIGHT

Enjoy some time with friends and family painting a one-of-a-kind masterpiece! Our experienced instructor will guide you through the step-by-step process to create your very own work of art! All supplies for paint night will be provided, all you'll need to bring is your creative, artistic side!

Resident Fee: \$24.28
Non-Resident Fee: \$29.14
Location: Leisure & Activity Centre

Day	Session	Time
Fri	Jan 10	6:00pm - 8:00pm
Fri	Feb 7	6:00pm - 8:00pm

PAINTING WITH BONNIE

Enjoy acrylic painting through a step-by-step lesson with instructions and a demonstration. Paint, easels, canvases, and brushes are provided, and no previous experience is necessary. Just wear an old shirt and have fun!

Resident Fee: \$ 145.68
Non-Resident Fee: \$174.82
No Class: Feb 17th
Location: Leisure & Activity Centre

Day	Session	Time	Classes
Mon	Jan 20 - Mar 3	1:00pm - 3:00pm	6 classes

LINE DANCING REMEMBERED

Improve your line dancing experience by learning new dance steps. This class is ideal for experienced beginners who wish to progress beyond the Beginner class. This is a Level 2 course.

Location: Amherstview Community Hall

Resident Fee: \$44.08
Non-Resident Fee: \$52.90
No Class: Jan 31st & Feb 17th
Location: Amherstview Community Hall

Day	Session	Time	Classes
Mon	Jan 6 - Mar 3	1:00pm - 2:00pm	8 classes
Fri	Jan 10 - Mar 7	10:00am - 11:00am	8 classes

FUN FOOD WORKSHOP – ADULT CHOCOLATE CREATIONS

Learn the art of treat decorating! This entertaining workshop offers an opportunity to create fun, exciting food that focuses on a central theme. This workshop will be focused on Valentine’s Day, and creating special chocolates for you to give away or keep to yourself, and this workshop will show you the steps to make yours stand out!

Resident Fee: \$15.00
Non-Resident Fee: \$18.00
Location: Leisure & Activity Centre

Day	Session	Time	Classes
Sat	Feb 8	3:30pm - 5:30pm	1 class



LOYALIST BADMINTON CLUB

Open to adults wishing to participate in a non-competitive, fun environment. Bring a racquet and clean gym shoes. Protective eyewear is recommended.

This program is subject to cancellations such as: school events and bus cancellations. Note that there are no make-up classes as a result. The cancellations are posted on our Facebook Page (Loyalist Township Recreation Services) and emailed to members. **No Class:** Mar 11 & 13

Day	Session	Time	Location	Classes
Tues	Jan 7 - May 27	7:00pm - 9:00pm	Bath Public School	20 classes
Thurs	Jan 9 - May 29	7:00pm - 9:00pm	Amherstview Public School	20 classes

PICKLEBALL

This team sport is fun for anyone! This unique blend of tennis, badminton and table tennis or ping pong is sure to get you moving. Great for all levels of fitness! This program is subject to cancellations such as: school events and bus cancellations. Note that there are no make-up classes as a result. The cancellations are posted on our Facebook Page (Loyalist Township Recreation Services) and emailed to members.

No Class: Feb 17, Mar 10, Apr 21, May 19

Day	Session	Time	Location	Classes
Mon	Jan 6 - May 26	7:00pm - 9:00pm	Ernestown Secondary School	17 classes
Wed	Jan 8 - May 28	7:00pm - 9:00pm	Amherstview Public School	20 classes

VOLLEYBALL (LADIES)

Set, Serve and Spike, sisters! You'll have a great time in this women's only, non-competitive environment. Enjoy a great evening of pick-up volleyball while getting fit and having fun.

This program is subject to cancellations such as: school events and bus cancellations. Note that there are no make-up classes as a result. The cancellations are posted on our Facebook Page (Loyalist Township Recreation Services) and emailed to members. **No Class:** Mar 11

Day	Session	Time	Location	Classes
Tues	Jan 7 - May 27	7:00pm - 9:00pm	Odessa Public School	20 classes

ADULT SPORTS FEES				
	Adult Resident	Adult Non-Resident	Senior Resident (55+)	Senior Non-Resident (55+)
Loyalist Badminton Club (Tuesday)	\$110.00	\$132.00	\$77.00	\$92.40
Loyalist Badminton Club (Thursday)	\$110.00	\$132.00	\$77.00	\$92.40
Pickleball (Monday)	\$93.50	\$112.20	\$65.45	\$78.54
Pickleball (Wednesday)	\$110.00	\$132.00	\$77.00	\$92.40
Volleyball (Ladies)	\$110.00	\$132.00	\$77.00	\$92.40

How Do I Register for Loyalist Township Programming?

Online:
 loyalist.ca/register
Payment Options:
 Visa or Mastercard accepted

Phone:
 613-386-7351 | ext 200# or 300#
 Monday to Friday | 8:30 a.m. to 4:30 p.m.

Registration Date:
 Residents: December 2nd, 2024
 @ 12:00 p.m.
 Non-Residents: December 5th, 2024
 @ 12:00 p.m.



March of the Museums

March 10th to March 14th

March of the Museums is a free, and family-friendly festival of museums where you can visit various museums, art galleries and historic sites to explore history and heritage through imagination, crafts and play!

 **Bath Museum will be open for a day during March of the Museums. Scan the QR code to learn more.**

Loyalist Fitness Classes

30 Day Fitness Membership
\$47.67

It's getting chilly outside, move indoors but stay active with our fitness classes for all skills levels!

Core Fitness - DanceFIT - Gentle Stretch
 Fitness Circuit - RIP - Strong Seniors
 Tone & Sculpt - Zumba



177 Upper Park Road, Amherstview



For more information visit us online at loyalist.ca/fitness or visit us in person!

WinterACTIVE

Fitness Classes

- Monday, Jan 20th**
- 9:00 a.m. ▶ Tone & Sculpt
 - 10:00 a.m. ▶ Strong Seniors
 - 11:00 a.m. ▶ Zumba
 - 6:30 p.m. ▶ Zumba
 - 7:30 p.m. ▶ Yoga
- Tuesday, Jan 21st**
- 9:00 a.m. ▶ Tone & Sculpt
 - 10:00 a.m. ▶ Strong Seniors
 - 11:00 a.m. ▶ Gentle Stretch
 - 6:00 p.m. ▶ RIP
- Wednesday, Jan 22nd**
- 9:00 a.m. ▶ Fitness Circuit
 - 10:00 a.m. ▶ Dance Fit
 - 5:30 p.m. ▶ Fitness Circuit
 - 6:30 p.m. ▶ Yoga
- Thursday, Jan 23rd**
- 9:00 a.m. ▶ Tone & Sculpt
 - 10:00 a.m. ▶ Strong Seniors
 - 11:00 a.m. ▶ Gentle Stretch
- Friday, Jan 24th**
- 9:00 a.m. ▶ Tone & Sculpt
 - 10:00 a.m. ▶ Strong Seniors
- Saturday, Jan 25th**
- 9:00 a.m. ▶ Core Fitness
 - 10:00 a.m. ▶ Yoga



Arena Programming

- Monday, Jan 20th**
- 9:00 a.m. ▶ Adult & Senior Skate
 - 11:00 a.m. ▶ 55+ Plus Shinny
 - 2:00 p.m. ▶ 18+ Ladies Shinny
- Tuesday, Jan 21st**
- 9:00 a.m. ▶ Adult & Senior Skate
 - 10:00 a.m. ▶ 18+ Shinny
 - 4:00 p.m. ▶ Toonie Skate
- Wednesday, Jan 22nd**
- 11:00 a.m. ▶ 55+ Plus Shinny
 - 2:00 p.m. ▶ Adult & Senior Skate
 - 7:00 p.m. ▶ Amherstview Jets vs. Napanee Raiders
- Thursday, Jan 23rd**
- 4:00 p.m. ▶ Toonie Skate
- Friday, Jan 24th**
- 9:00 a.m. ▶ Public Skate
 - 10:00 a.m. ▶ 18+ Shinny
 - 6:00 p.m. ▶ Public Skate
- Sunday, Jan 26th**
- 11:00 a.m. ▶ Public Skate
Sponsored by OPG



LEARN MORE ABOUT WINTER MAINTAINED PARKS
www.loyalist.ca/parks

JOIN US FOR MARCH BREAK PROGRAMMING!



Join us for an exciting and creative March Break adventure!

With fun programs and activities happening at multiple locations across Loyalist Township, there's something for everyone to enjoy.

Don't miss out on the fun—scan the QR code to find out more and plan your week of March Break excitement!

www.loyalist.ca/recreation



Learn about Skylar the Snowy Owl!

Snowy owls are iconic visitors to Southern Ontario, typically arriving in winter when they migrate south from their Arctic breeding grounds. These stunning, large white owls are most often spotted in open fields, coastal areas, and wetlands, where they can find prey and take advantage of Southern Ontario's open landscapes that resemble the tundra.

HUNTING AND DIET

In Southern Ontario, snowy owls hunt during the day, especially in open fields. They sit on high points like fence posts, hay bales, or even on the ground, waiting to spot prey. Snowy owls hunt small mammals like voles, mice, and rabbits. They'll also take birds, including waterfowl and songbirds, which are more plentiful in Southern Ontario than in their Arctic habitats.

PREFERRED HABITATS IN SOUTHERN ONTARIO

Open Fields and Farmlands: Snowy owls are drawn to wide, open areas that resemble the Arctic tundra.

Coastal Areas: Along the shores of Lake Ontario and Lake Erie, snowy owls find a familiar open environment with good visibility for spotting prey.

Marshes and Wetlands: Wetlands and flat areas with short vegetation also mimic their native tundra, making them popular snowy owl locations during Ontario's winter months.



APPEARANCE

Size:

20-28 inches tall, with a wingspan of 4.5 to 5.5 feet.

Weight:

3.5 to 6.5 pounds; females are generally larger than males.

Coloration:

Snowy owls are primarily white, with black or brown markings, which are heavier on females and younger owls. Males tend to be whiter, with some becoming nearly pure white as they age.

FUN FACT!

Amherst Island is one of the most reliable places to see snowy owls in Ontario. This area draws birdwatchers each winter for the chance to view these owls up close.




Hi, I'm Skylar the Snowy Owl!

Can you find me throughout the Explore and Play Guide?

C	S	N	O	W	C	S	O	C	O	L	D
H	N	L	P	M	H	C	O	L	T	U	U
J	O	I	C	I	U	A	O	F	I	R	S
S	W	E	A	T	E	R	O	L	C	I	N
N	B	Y	M	T	S	F	N	A	D	C	O
G	A	J	U	E	F	O	C	K	I	K	W
L	L	B	M	N	T	T	E	E	S	O	M
E	L	D	B	S	K	I	I	N	G	T	A
R	R	P	R	N	S	E	C	T	S	E	N
F	R	E	E	Z	E	C	T	O	R	I	S
D	F	C	O	N	F	O	V	L	A	K	N
H	O	T	C	H	O	C	O	L	A	T	E

Stay up to date with Loyalist Township Events and Activities!

 @exploreloyalist

 Explore & Play - Loyalist Township

Winter

WORD SEARCH

- | | |
|---------|---------------|
| SWEATER | SNOWMAN |
| SCARF | SNOWBALL |
| MITTENS | HOT CHOCOLATE |
| SKIING | SNOW |
| FLAKE | COLD |
| FREEZE | COAT |

Did you know?
No two snowflakes are identical!
**DRAW YOUR OWN UNIQUE
SNOW FLAKE BELOW!**

UNSCRAMBLE THE WINTER WORDS

Y O S I H D A L

M N O N W S A

D O L C

