MUNICIPALITY OF
STRATHROY-CARADOC

Winter Recreation Programs
January 2027 to March 2027

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SDCI 361 Second Street, Strathroy	**Co-ed Volleyball League** 6:30-9:30pm	**Youth Volleyball** (9-11 years) 6:30-7:30pm (12-14 years) 7:30-9:30pm				**VON Programming (Non-municipal)**
North Meadows 82 Middlesex Drive, Strathroy	**Co-ed Volleyball League** 6:30-9:30pm	**Recreational Volleyball** 7:00-9:00pm				**Drop-in registration available**
Strathroy Community Christian School 7880 Walkers Road, Strathroy	**Co-ed Volleyball League** 6:30-9:30pm	**Boys Basketball** (8-10 years) 6:30-7:30pm (11-13 years) 7:30-9:00pm	**Little Athletes** (3-5 years) 5:45-6:30pm **Jr. Athletes** (6-8 years) 6:30-7:30pm **Sr. Athletes** (9-11 years) 7:30-8:30pm	**Intro To Soccer** (3-5 years) 5:45-6:30pm (6-8 years) 6:30-7:30pm (9-11 years) 7:30-8:30pm		
West Middlesex Memorial Centre 334 Metcalfe Street West, Strathroy	**Pickleball** (18+) 9:00 – 11:00am	**Pickleball** (18+) 9:00 – 11:00am	**Pickleball** (18+) 9:00 – 11:00am	**Pickleball** (18+) 9:00 – 11:00am	**Pickleball** (18+) 9:00 – 11:00am	**Ball Hockey** (6-8 years) 9:00-10:00am (9-11 years) 10:00-11:00am
	Family Play & Move – Open Gym 11:30-12:30pm	**Strength and Mobility** 10:00-11:00am	**Yoga** (18+) Chair 10:00 – 11:00am Standard 11:00am – 12:00pm	**VON Walking Program** (55+) 12:00 – 1:00pm	**Strength and Mobility** 10:00-11:00am	
	Pickleball Beginners (18+) 1:00 – 3:00pm	**VON Walking Program** (55+) 12:00 – 1:00pm	**Family Play & Move – Open Gym** 11:30am -12:30pm	**Badminton** 1:00 – 3:00pm	**Family Play & Move – Open Gym** 11:30am -12:30pm	
	Euchre (55+) 1:00 – 3:00pm	**Pickleball Experienced** (18+) 1:00 - 3:00pm	**Corn Hole** (18+) 1:00 – 3:00pm	**Chess Club** (9-13 years) 6:30-8:00pm		
	Co ed Volleyball 6:30-8:00pm	**Duplicate Bridge** (55+) 1:00 – 4:00pm	**Lego Builder** (6-10 years) 6:00-7:00pm	**Intro to Pickleball** (18+) 6:00-7:00pm		
	Pickleball (18+) 8:15-9:45pm	**Tai Chi** (18+) Beginners 1:00-2:00pm Intermediate 2:00– 3:00pm	**Intro to Baseball** (5-7 years) 5:00-6:00pm (8-10) 6:00-7:00pm	**Pickleball** (18+) 7:00 – 9:00pm		
		Intro to Basketball (4-7 years) 5:00-5:45pm	**Badminton** (18+ years) 7:00 – 8:30pm			
		Basketball (18+) 9:00 – 10:30pm				
Caradoc Community Centre 565 Lions Park Dr, Mount Brydges	**Pickleball** (18+) 9:00 – 11:00am		**Pickleball** (18+) 9:00 – 11:00am	**Floor Curling** (18+) 10:00am -12:00pm	**VON SMART Fitness** (55+) 11:00 – 12:00pm	
	VON SMART Fitness (55+) 11:00 – 12:00pm		**VON SMART Fitness** (55+) 11:00 – 12:00pm	**Pickleball** (18+) 1:00 – 3:00pm	**Walking Group** 12:00 - 1:00pm No fee	
	Walking Group 12:00 - 1:00pm No fee		**Walking Group** 12:00 - 1:00pm No Fee	**Jr. Bakers** (8-13 years) 6:00-8:00pm	**Pickleball** (18+) 2:00 – 4:00pm	
	Pickleball (18+) 7:00 – 9:00pm					

Register Today!

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Click here to register

New Programs and Descriptions

Program Name	Age Group	Description
Sr. Athletes	9-11 years	Sr. Athletes is designed for youth who are ready to build on their fundamental movement skills and further develop their athletic abilities through engaging drills and activities. Participants will focus on improving agility, coordination, balance, speed, strength, power, and overall athletic performance while building confidence. Each week, participants will put their skills to the test through various activities that reinforce the athletic focus of the session while encouraging sportsmanship and most importantly, having fun!
Intro to Soccer	9-11 years	Jump, run, throw, and play! Little Athletes is a fun, high-energy program designed to develop the building blocks of movement through engaging games and activities. Participants will improve their balance, coordination, agility, strength, and confidence while learning fundamental skills that support success in sports and active play. Each week, children will finish the class by playing a sport or game that highlights the athletic skills they learned that day.
Lego Builders	6-10 years	Unleash creativity and problem-solving skills through hands-on LEGO challenges! From designing unique structures to exploring beginner stop-motion animation, kids will develop fine motor skills, teamwork, and storytelling in a fun and engaging way.
Ball Hockey	6-8 years 9-11 years	This fun and recreational ball hockey program is designed for kids looking to stay active, develop their skills and enjoy playing ball hockey with others in a welcoming indoor environment. Each session will include skills, drills and fun competitions, followed by a 4-on-4 scrimmage where players can put their skills into action. ***This is not a competitive ball hockey program, and no previous hockey experience is required.***
Chess Club	9-13 years	Whether you're brand new to chess or already know a few moves, this club is for you! Learn the basics, develop your skills, and challenge fellow players to friendly matches each week. Build your confidence, improve your strategy, and enjoy some friendly competition in a fun and welcoming environment. All skill levels are welcome!
Jr. Bakers	8-13 years	Join us for a fun, hands-on baking adventure where young bakers will learn essential baking skills and techniques while creating delicious treats from scratch! Each week, participants will explore new recipes and develop baking skills such as measuring, mixing, creaming, kneading, rolling, folding, and decorating. From cookies and cupcakes to homemade breads and pastries, young bakers will gain confidence in the kitchen while learning the importance of kitchen safety and following recipes. Participants get to taste their delicious creations and maybe even bring some home to share with family and friends!