



| Location                                                                        | Monday                                            | Tuesday                                                                                    | Wednesday                                                                                                     | Thursday                                                                               | Friday                                            | Saturday                                               |
|---------------------------------------------------------------------------------|---------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------|--------------------------------------------------------|
| <b>SDCI</b><br>361 Second Street,<br>Strathroy                                  | <b>Co-ed Volleyball League</b><br>6:30-9:30pm     | <b>Youth Volleyball</b><br>(9-11 years)<br>6:30-7:30pm<br><br>(12-14 years)<br>7:30-9:30pm | <b>Jr. Carpenters</b><br>(9-13 years)<br>6:30-8:30pm                                                          |                                                                                        |                                                   | <b>VON Programming (Non-municipal)</b>                 |
|                                                                                 |                                                   | <b>Fuel For Life: A Teen Cooking Series</b><br>6:30-8:30pm                                 |                                                                                                               |                                                                                        |                                                   | <b>Drop-in registration available</b>                  |
| <b>North Meadows</b><br>82 Middlesex Drive,<br>Strathroy                        | <b>Co-ed Volleyball League</b><br>6:30-9:30pm     | <b>Recreational Volleyball</b><br>7:00-9:00pm                                              |                                                                                                               |                                                                                        |                                                   |                                                        |
| <b>Strathroy Community Christian School</b><br>7880 Walkers Road,<br>Strathroy  | <b>Co-ed Volleyball League</b><br>6:30-9:30pm     | <b>Boys Basketball</b><br>(8-10 years) 6:30-7:30pm<br><br>(11-13 years)<br>7:30-9:00pm     | <b>Little Athletes</b><br>(3-5 years)<br>5:45-6:30pm<br><br><b>Jr. Athletes</b><br>(6-8 years)<br>6:30-7:30pm | <b>Intro To Soccer</b><br>(3-5 years)<br>5:45-6:30pm<br><br>(6-8 years)<br>6:30-7:30pm |                                                   |                                                        |
| <b>West Middlesex Memorial Centre</b><br>334 Metcalfe Street<br>West, Strathroy | <b>Pickleball (18+)</b><br>9:00 – 11:00am         | <b>Pickleball (18+)</b><br>9:00 – 11:00am                                                  | <b>Pickleball (18+)</b><br>9:00 – 11:00am                                                                     | <b>Pickleball (18+)</b><br>9:00 – 11:00am                                              | <b>Pickleball (18+)</b><br>9:00 – 11:00am         | <b>Floor Hockey (6-7 years)</b><br>9:00 – 10:00am      |
|                                                                                 | <b>Strength and Mobility</b><br>10:00-11:00am     | <b>VON Walking Program (55+)</b><br>12:00 – 1:00pm                                         | <b>Yoga (18+)</b><br>Chair<br>10:00 – 11:00am<br><br>Standard<br>11:00am – 12:00pm                            | <b>VON Walking Program (55+)</b><br>12:00 – 1:00pm                                     | <b>Strength and Mobility</b><br>10:00-11:00am     | <b>Floor Hockey (8-9 years)</b><br>10:00 – 11:00am     |
|                                                                                 | <b>Pickleball Beginners (18+)</b> 1:00 – 3:00pm   | <b>Tai Chi (18+)</b><br>Beginners<br>1:00-2:00pm<br><br>Intermediate<br>2:00– 3:00pm       | <b>Corn Hole (18+)</b><br>1:00 – 3:00pm                                                                       | <b>Badminton</b><br>1:00 – 3:00pm                                                      |                                                   | <b>Floor Hockey (10-11 years)</b><br>11:00am – 12:00pm |
|                                                                                 | <b>Euchre (55+)</b><br>1:00 – 3:00pm              | <b>Pickleball Experienced (18+)</b><br>1:00 - 3:00pm                                       | <b>Badminton</b><br>(9-13 years)<br>6:00 – 7:00pm<br><br>(18+ years)<br>7:00 – 8:30pm                         | <b>Adult and Child Pickleball Doubles</b><br>(9-14 years)<br>6:00-7:00pm               |                                                   |                                                        |
|                                                                                 | <b>Pickleball (18+)</b><br>6:00-7:30pm            | <b>Duplicate Bridge (55+)</b><br>1:00 – 4:00pm                                             |                                                                                                               | <b>Pickleball (18+)</b><br>7:00 – 9:00pm                                               |                                                   |                                                        |
|                                                                                 | Co ed Volleyball<br>8:00-9:00pm                   | <b>Intro to Basketball</b><br>(4-7 years)<br>5:00-5:45pm                                   |                                                                                                               | <b>Euchre (18+)</b><br>7:00-9:00pm                                                     |                                                   |                                                        |
|                                                                                 |                                                   | <b>Basketball (18+)</b><br>9:00 – 10:30pm                                                  |                                                                                                               |                                                                                        |                                                   |                                                        |
| <b>Caradoc Community Centre</b><br>565 Lions Park Dr,<br>Mount Brydges          | <b>Pickleball (18+)</b><br>9:00 – 11:00am         |                                                                                            | <b>Pickleball (18+)</b><br>9:00 – 11:00am                                                                     | <b>Floor Curling (18+)</b><br>10:00am -12:00pm                                         | <b>VON SMART Fitness (55+)</b><br>11:00 – 12:00pm |                                                        |
|                                                                                 | <b>VON SMART Fitness (55+)</b><br>11:00 – 12:00pm |                                                                                            | <b>VON SMART Fitness (55+)</b><br>11:00 – 12:00pm                                                             | <b>Pickleball (18+)</b><br>1:00 – 3:00pm                                               | <b>Walking Group</b><br>12:00 1:00pm              |                                                        |
|                                                                                 | <b>Walking Group</b><br>12:00 - 1:00pm            |                                                                                            | <b>Walking Group</b><br>12:00 - 1:00pm                                                                        | <b>Jr. Chefs</b><br>(8-13 years)<br>6:00-8:00pm                                        |                                                   |                                                        |
|                                                                                 | <b>Pickleball (18+)</b><br>7:00 – 9:00pm          |                                                                                            | <b>Jr. Creators</b><br>(6-12 years)<br>5:30-7:00pm                                                            |                                                                                        |                                                   |                                                        |



| Program                                                                                                                   | Age Group                 | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Jr. Chefs                                                                                                                 | 9-13 years                | <p>Join us in the kitchen for a fun and interactive culinary experience. Young chefs will have the opportunity to learn from talented local chefs, business owners, and culinary experts as they share their favourite recipes, cooking techniques, and passion for food.</p> <p>Each week, participants will prepare a new recipe while building confidence in the kitchen, learning practical cooking and baking skills, and exploring a variety of cuisines. Along the way, they'll discover new ingredients, develop safe food preparation habits, and create delicious dishes they can recreate at home.</p> <p>Whether your child is new to cooking or already enjoys helping in the kitchen, Jr. Chefs is a great opportunity to make new friends, try new foods, and be inspired to continue cooking and baking with family long after the program ends.</p> |
| Jr. Carpenters                                                                                                            | 9-13 years                | <p>Build, create, and discover the basics of woodworking in this fun, hands-on program! Led by Steve Merklinger, teacher at Saunders Secondary School, participants will learn new skills while using tools safely, completing exciting projects, and building confidence through creativity and teamwork. Children will take home their creations while making new friends and exploring the rewarding world of carpentry.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Little Athletes<br>                     | 3-5 years                 | <p>Jump, run, throw, and play! Little Athletes is a fun, high-energy program designed to develop building blocks of movement through engaging games and activities.</p> <p>Participants will improve their balance, coordination, agility, strength, and confidence while learning fundamental athletic skills that support success in all sports and active play. Each week, children will finish the class by playing a sport or game that highlights the athletic skill they learned that day.</p>                                                                                                                                                                                                                                                                                                                                                                |
| Jr. Athletes<br>                       | 6-8 years                 | <p>Take athletic skills to the next level! Jr. Athletes focus on developing the fundamentals of movement through exciting drills, games, and challenges.</p> <p>Participants will build agility, coordination, balance, speed, strength, power, jumping, throwing, and overall athleticism while increasing confidence and having fun. Each week, participants will apply their new skills by playing a sport or game that reinforces the athletic focus of the session.</p>                                                                                                                                                                                                                                                                                                                                                                                         |
| Adult and Child Pickleball Doubles<br> | 9-14 years<br>18+         | <p>Grab your favourite playing partner and hit the court! This fun and engaging program is designed for one adult and one child to learn and enjoy the game of pickleball together. During the first two sessions, participants will be introduced to the basic rules, scoring, and fundamental skills before putting them into practice through fun doubles game play.</p> <p>The remaining sessions will focus on friendly doubles matches, giving teams plenty of opportunities to build confidence, improve their game, and enjoy quality time together in a fun, supportive, and social environment. Whether you're new to pickleball or have played before, this program is a great way to stay active and enjoy the sport together.</p>                                                                                                                       |
| Jr. Creators<br>                       | 6–12 years                | <p>Does your child love to create, experiment, and get hands-on? Jr. Creators is the perfect place for young imaginations to shine!</p> <p>Each week, participants will complete a fun and engaging DIY project such as bath bombs, paper mâché, and other creative creations. Along the way, they'll build creativity, confidence, problem-solving skills, and fine motor development while making new friends and taking home unique projects.</p>                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Intro to Basketball<br>                | 4-7 years                 | <p>Dribble, pass, shoot, and score! Intro to Basketball is the perfect program for young athletes to learn the fundamentals of basketball in a fun, encouraging, and active environment.</p> <p>Participants will develop essential skills such as dribbling, passing, shooting, catching, and teamwork while also improving coordination, balance, agility, and confidence through engaging drills and activities. Each week will include skill development followed by fun games and basketball activities that allow participants to put their new skills into action.</p>                                                                                                                                                                                                                                                                                        |
| Boys Basketball                                                                                                           | 9-11 years<br>12-14 years | <p>Join our volunteers and staff for an exciting basketball program designed to help boys develop their skills while having fun and building confidence.</p> <p>Participants will improve their shooting, passing, dribbling, defense, teamwork, and overall basketball IQ through engaging drills, skill development, and game play in a fun and supportive environment.</p> <p><i>This program is offered for boys only, as a girls basketball program is available locally through Spirit Basketball.</i></p>                                                                                                                                                                                                                                                                                                                                                     |
| Intro to Soccer                                                                                                           | 3-5 years<br>6-8 years    | <p>Kick, pass, dribble, and score! Intro to Soccer is the perfect way for young players to discover the game in a fun, active, and encouraging environment.</p> <p>Participants will learn the fundamentals of soccer, including dribbling, passing, shooting, and teamwork, while developing coordination, balance, agility, and confidence through engaging games and activities. Each week will include skill development followed by fun soccer games that allow participants to put their new skills into action.</p>                                                                                                                                                                                                                                                                                                                                           |
| Strength and Mobility                                                                                                     | 18+                       | <p>Build strength, improve mobility, and move with confidence! This full-body class uses resistance bands and bodyweight exercises to improve functional strength, balance, flexibility, and joint mobility.</p> <p>Designed for all fitness levels, each session focuses on movements that support everyday activities while helping participants increase stability, reduce stiffness, and feel stronger in their daily lives.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                 |



|                                                                                                                                                                            |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Youth Volleyball</b>                                                                                                                                                    | 9-11 years<br>12-14 years             | <p>Join our volunteers and staff to develop your volleyball skills and build confidence on the court.</p> <p>Participants will improve their serving, passing, setting, hitting, and teamwork through engaging drills, skill development, and game play in a fun, supportive, and encouraging environment. Whether you're new to the sport or looking to improve your game, this program is a great opportunity to learn, play, and make new friends.</p>                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Youth Floor Hockey</b><br>                                                             | 6-7 years<br>8-9 years<br>10-11 years | <p>This fun and recreational floor hockey program is designed for kids looking to stay active, develop their skills and enjoy playing floor hockey with others in a welcoming indoor environment.</p> <p>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 hockey program, and no previous hockey experience is required.</p>                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Euchre</b>                                                                                                                                                              | 18+                                   | <p>Drop in and join fellow euchre players for a fun and social evening of cards!</p> <p>This casual, self-guided <i>drop-in program</i> is intended for participants who already know how to play. There is no formal instruction, bring a partner if you can, if not teams will be created based on attendance.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Fuel For Life: A Teen Cooking Series with Cara Jansen from Radical Nutrition</b><br> | 14-18 years                           | <p>Fuel for Life is an engaging 8-week hands-on cooking program for teens, led by Registered Holistic Nutritionist Cara Janzen, owner of Radical Nutrition.</p> <p>Participants will learn to prepare simple, delicious, and budget-friendly meals while discovering how nutrition can support energy, focus, athletic performance, healthy skin, hair, gut health, and overall wellness.</p> <p>Each week, teens will prepare a new recipe while building practical kitchen skills, learning how to create balanced meals, shop smarter, and make healthier choices that fit their busy lifestyles.</p> <p>Whether they’re cooking after school, fueling for sports, or preparing for life beyond high school, this program will provide lifelong skills and confidence in the kitchen.</p> <p>No previous cooking experience is necessary.</p> |