



RECREATOR

Fall 2025

Town of Fort Frances Recreation and Culture
Programming Guide
September 1st - December 19th, 2025



WHAT'S INSIDE?

What's Inside?	2
Facilities and Contact	3
Find Us on Facebook and Instagram	4
Admission and Membership	5
Aquatics Programming	6 - 7
Swim Lessons	8 - 9
Drop in Programs	10
Registered Programs	11
Community Garage Sale	12
Skating & Shinny	13
Museum and Cultural Centre	14 - 16
Rainy Lake Square	17
Seniors Centre	18 - 19
Cyclone Swim Club	20
Sports & Recreation in Fort Frances	21
Kids Sport Application	22 - 23
Shinny & Skating Waiver	24 - 25
Summer Staff "Thank You"	26

Facilities and Contacts

Community Services Division

Recreation and Culture Manager

Elisa McLeod

807-274-4561 x 1717

emcleod@fortfrances.ca

Recreation and Aquatics Supervisor

Ria Cuthbertson

807-274-4561 x 1720

rcuthbertson@fortfrances.ca

Community Services Receptionist

Melissa Belluz

807-274-4561 x 1701

mbelluz@fortfrances.ca

Fort Frances Museum and Cultural Centre Curator

Lisa Hughes

807-274-7891 x 1111

lhughes@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

Statutory Holiday Hours

- **September 1st**—Closed

Fort Frances Museum and Cultural Centre

259 Scott Street

Fort Frances, ON, P9A 1G8

807-274-7891

www.fortfrances.ca/museum

September to December hours

Monday - Wednesday & Friday: 11:00 AM – 4:00 PM

Thursday: 12:00 PM – 8:00 PM

NOTE: Open September 13 & 20 : 10:00 AM – 4:00 PM

Fort Frances Senior Centre (Sister Kennedy)

401 Nelson Street

Fort Frances, ON, P9A 1B3

807-274-7656

www.fortfrances.ca/town/community-services



THE TOWN OF FORT FRANCES HAS CONSOLIDATED OUR SOCIAL MEDIA PAGES

To make sure you stay informed about all the latest happenings, the Town of Fort Frances has streamlined our social media presence. The **“Memorial Sports Centre”** Facebook page has now merged with the **“Fort Frances Recreation and Events”** page!

Be sure to follow us for all your updates:

FACEBOOK

Town of Fort Frances

- Stay connected for important information, including Council Meetings, Public Notices, Road Closures, Public Works updates, and more!

Fort Frances Recreation and Events

- All things related to Recreation and Culture, including the Memorial Sports Centre, Sorting Gap Marina, Rainy Lake Square, Townshend Theatre, events, programs, and much more!

Fort Frances Museum & Cultural Centre

- Your go-to resource for the history and culture of Fort Frances, including museum programs, events, collection highlights, and more!

Fort Frances Senior Centre

- A dedicated space for the 55+ community to stay informed about seniors' programs, services, and events offered at the Seniors Centre.

INSTAGRAM

- @FortFrancesON
- @FortFrancesRecreationAndEvents

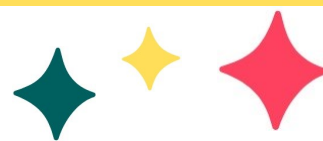
Important Note:

The **“Rainy Lake Square”** Facebook page will no longer be in use. For updates previously shared there, please follow the **“Fort Frances Museum & Cultural Centre”** page.

Admission and Memberships

MEMORIAL SPORTS CENTRE MEMBERSHIP RATES

(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 including: 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 change based on staff availability.

REFUND OR TRANSFER

Memberships are non-transferable. Refunds are available; however, the amount used will be recalculated based on the applicable monthly or short-term rate, and a \$10 administration fee will apply.

For more information, please contact the facility at (807) 274-4561.

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

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, unless accompanied by an adult.

PLEASE NOTE: Management reserves the right to interrupt service for improvements to the facility, or other reasons of necessity, with no alterations to membership fees.

Aquatic Programming

YOUFit	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.
AquaFit	An Instructor lead in-water fitness class designed to strengthen your muscles and improve cardio.
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.
Family Swim	A public swim for families! Children must be accompanied a parent/guardian , who must accompany children into the water. Buoy line divides the shallow end from the deep end. Pool toys are available.
Masters Swim	Participants will enjoy an hour of swim skills and drills. This program is designed for people 18+ to work on their fitness and endurance in the pool. Lessons are facilitated by a certified lifeguard. Feedback and support will be provided to help you achieve your goals.
Splash & Play	Open to all babies and toddlers! Parents teach their own children with guidance from an Instructor from the pool deck. Only adults are charged daily admission.
Junior Master Swim	This program is designed for people 12+ to work on their skills and endurance in the pool. Lessons are facilitated by a certified lifeguard who provides drills and feedback to help you achieve your goals.
Sensory-Friendly Swim	A quiet, low-stimulation swim time designed for people with sensory sensitivities and their caregivers. Limited capacity for a calmer environment.

Pool Admission Requirements

- **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 PASS the Swim Competency Test are permitted to swim in the pool, provided their caregiver oversees them from the pool viewing gallery at all times.
- **Children 10-11 years** must have a guardian remain in the building.

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 wearing personal flotation devices (water wings, life jackets, etc.) will be permitted in the deep end of the pool upon discretion of the lifeguard on duty at the time.

Aquatic Programming

NATIONAL LIFESAVING COURSE

Date to be announced this fall.

Watch Facebook for updates!



STANDARD FIRST AID

BRONZE CROSS

EMERGENCY FIRST AID

BRONZE MEDALLION
(13 YEARS OR BRONZE STAR)

BRONZE STAR



Do 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 who 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 Ria at

807-274-4561 x 1720

STANDARD FIRST AID COURSE

September 6 & 7 8:30 AM –5:00 PM

BRONZE CROSS COURSE

September 14th –October 5th Sundays 3:30-8:30 PM

Notice: Weekly Pool Schedules will be available on the **Fort Frances Recreation and Events** Facebook page, posted in the facility and on the website at www.fortfrances.ca/sportscentre.

Swimming Lessons Levels

LEVEL	SKILLS
Ages	3 to 5 Years
Preschool 1	These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll learn floats and glides on their front and back, and to get their face wet and blow bubbles underwater.
Preschool 2	These preschoolers learn to jump into chest deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.
Preschool 3	These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll continue to work on kicking and gliding through the water on their front and back.
Preschool 4	Advanced preschoolers will learn to do solo jumps into deeper water wearing a lifejacket and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) swim on their front wearing a lifejacket and gliding and kicking on their side.
Preschool 5	These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m unassisted.
Ages	5 to 12 Years
Swimmer 1	These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.
Swimmer 2	These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).
Swimmer 3	These junior swimmers will dive, do in-water front somersaults, and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.
Swimmer 4	These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints over 25 m with front or back crawl interval training.
Swimmer 5	These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.
Swimmer 6	These advanced swimmers will develop aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and complete the 300 m workout.
Rookie	Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.
Ranger	Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures.

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

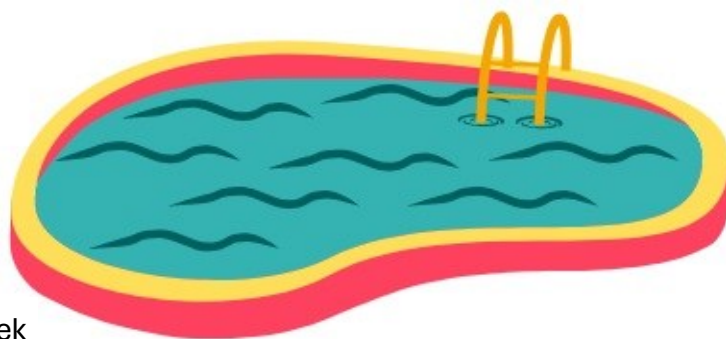
Please confirm with Recreation and Aquatics Supervisor at the Memorial Sports Centre
If you are unsure which level to register your child in (807-274-4561 x 1720)

Swimming Lessons & Lifesaving Courses

Lesson	Fall 2025	
	Saturday & Sunday	Tuesday & Thursday
Preschool 1	1:10-1:40 PM	
Preschool 2/3	1:50-2:20 PM	
Preschool 4/5		4:45-5:15 PM
Swimmer 1	2:30-3:00 PM	3:50-4:20 PM
Swimmer 2		4:30-5:15 PM
Swimmer 3		5:30-6:15 PM
Swimmer 4		5:10-5:55 PM
Swimmer 5/6		3:50-4:35 PM

- **SWIMMING LESSONS** will run twice per week for four weeks, as the start date for the upcoming pool renovation has not yet been confirmed.
- Families on the waitlist will be contacted before registration opens to the public. If a class is full when you register, please add your child to the appropriate waitlist.
- Additional classes may be added once high school timetables are finalized.

Lesson	Fall 2025
	Sunday
Parent & Tot 1	10:00-10:30 AM
Parent & Tot 2	10:40-11:10 AM
Parent & Tot 3	11:20-11:50 AM



- **PARENT & TOT LESSONS** will run for four weeks once per week



Course	Fall 2025	
	Saturday & Sunday September 6th & 7th	Sundays September 14th –October 5th
Standard First Aid	8:30AM—5:00PM	
Bronze Cross		3:30-8:30 PM

- **NATIONAL LIFESAVING COURSE** coming this fall. Date to be announced

Registration opens for lessons August 25 @ **10:00AM** online @ fortfrances.ca/sportscentre
OR Call the Memorial Sports Centre at (807) 274-4561

Drop In Programs

Yoga & Tai Chi

Yoga and Tai Chi are returning to the Auditorium at the Memorial Sports Centre!

Classes are included in your daily drop-in or membership fees!

Mondays & Wednesdays

Yoga: 12:15-1:00PM

Tai Chi: 1:15-2:00PM

Classes will resume September 29th!



Squash

The Memorial Sports Centre is home to two Squash Courts!
Squash courts are accessible through daily drop-in fees and can be booked 2-days in advance!

Racquets, balls, and goggles are available for use, for FREE, at the front



Indoor Pickleball

Indoor Pickleball returns to Auditorium

September 8th!

Drop-in Pickleball \$3.00

**FREE Equipment available at the Fort Frances
Public Library**



Adult Pickleball

- Tuesdays & Thursdays 9:30-11:30 AM

Special Olympics Pickleball

- Thursday 4:00-5:30 PM

Spin Bike

Self guided sessions in the Auditorium with access to spin bikes

- Mondays & Wednesdays 8:00-10:00 AM

Included in your daily drop-in or membership fees!



Registered Programs



PA Day Camp & Flag Football



MEMORIAL SPORTS CENTRE PA DAY CAMPS

LOOKING FOR SOMETHING FUN AND ENGAGING FOR THE
KIDS ON THE UPCOMING PD DAY?
JOIN US FOR A MSC DAY CAMP FILLED WITH GAMES,
CRAFTS, SWIMMING, AND EXCITING ACTIVITIES!

October 20th
&
November 7th

Ages 5-12
9:00am-4:00pm
early drop off 8:00am
& late pick up 5:00pm

[FORTFRANCES.CA/SPORTSCENTRE](https://fortfrances.ca/sportscentre)

**NO EXPERIENCE
NECESSARY!**

**5on5
FLAG
FOOTBALL
LEAGUE**

**Tuesdays & Thursdays
September 9th to October 9th
FFHS Sports Fields**

**LEARN TO THROW, CATCH, AND PLAY FLAG FOOTBALL.
PLAYERS WILL GET AN EQUAL OPPORTUNITY TO PLAY ALL POSITIONS.**

Flag Football is a NON-contact game. While some people may rub shoulders or have their feet intertwined, no player is intentionally allowed to make contact with another player. Players are asked to wear t-shirt, shorts, a mouth guard (provided), and molded soccer or football cleats. Please bring a full water bottle.

**GRADE 7 AND 8
BOYS & GIRLS**

Registration opens:
August 20 at 10:00am

Register online:
fortfrances.ca/sportscentre





FORTFRANCES

Memorial Sports Centre

COMMUNITY-WIDE

*Second
hand
only!*



**\$10/
100ft²**

Saturday, September 20th, 2025

8:00am–12:00pm

Set-up on Friday, September 19th, 4:30–8:30pm

Drive onto the 52 Canadians Arena ice surface to unload

SKIP THE HASSLE OF A GARAGE SALE AT HOME!

Rent a 10' x 10' space for just \$10+HST —includes a table and two chairs.

When the sale is over, pack up what you want to keep and leave the rest! The Salvation Army will come to collect donations at 1:00pm.

**WITH A CENTRAL LOCATION, PLENTY OF PARKING, AND
LOTS OF SELLERS, THIS EVENT ALWAYS DRAWS A BIG CROWD!**

To reserve your spot, call (807) 274-4561


Register by September 17th at 12:00pm

Limited spaces available—last time we sold out!

SHINNY & SKATING RULES

MEMORIAL SPORTS CENTRE

2025 - 2026

- 
- All participants **MUST** wear a helmet & gloves
 - Age groups **MUST** be followed
 - Sticks & pucks at Shinny **ONLY**
 - Participants **MUST** wear pants, no shorts allowed.
 - All skates are \$3 per person per skate. Kids 3 & under **FREE**
 - Kids 6 and under **MUST** be accompanied on the ice with someone over age 16.
 - All participants **MUST** sign in at the front desk and have the “Waiver & Release Form” filled out. Youth under 18 filled out and signed by a guardian.

Get Ready for Ice Season 2025-26!

Book Your Ice Time Now:

Call Melissa: (807) 274-4561 x1717 **Email:** mbelluz@fortfrances.ca

New Shinny Waivers are available at the MSC Reception Desk and **MUST** be signed by a guardian for all youth ages 17 and under

NEW waivers are valid from July 2025 - June 2026!

(see page 24 & 25 for a copy of the waivers)

Shinny & Skating Programs

Family Shinny

Public Skate

Adult/Senior Skate

Adult/Senior Shinny

8 and Under Shinny

8-12 Shinny

9-13 Shinny

12-17 Shinny

12-16 Girls Shinny

16 + Girls Shinny

Shinny & skating schedules will continue to be released on a weekly basis and are available on the **Fort Frances Recreation and Events** Facebook page and posted at the **Memorial Sports Centre**

Fort Frances Museum and Cultural Centre

Museum Hours (September to December hours)

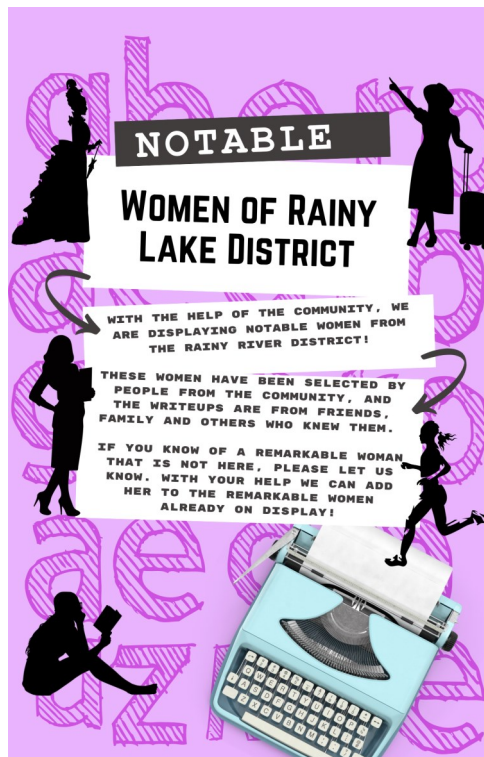
Monday, Tuesday, Wednesday & Friday: 11:00 AM – 4:00 PM

Thursday: 12:00 PM – 8:00 PM

NOTE: Open September 13 & 20: 10:00 AM – 4:00 PM

Exhibits

**Legacy in Motion:
45 Years of
Running with
Terry Fox in
Fort Frances**



Check out the exhibits
at the
Fort Frances
Museum & Cultural
Centre!

We have two
travelling
exhibits and a local
exhibit that we would
like your help to
create!

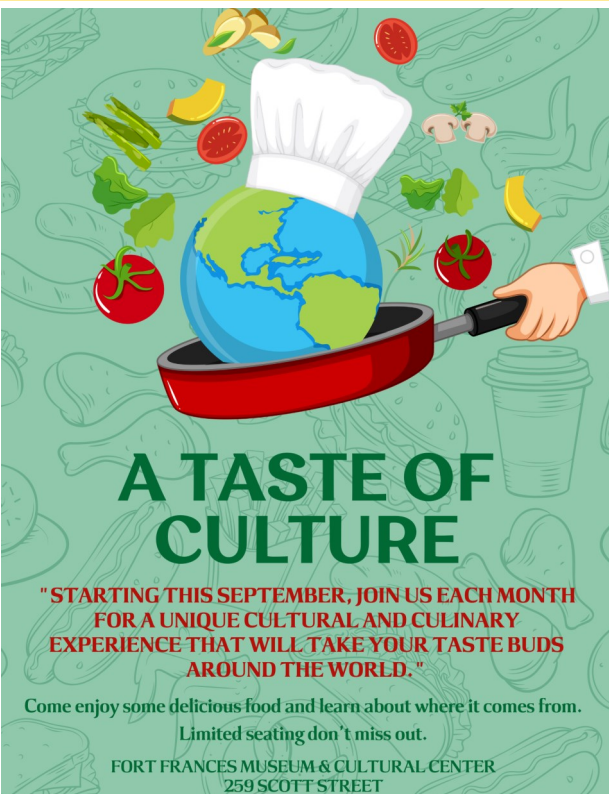
Date	Exhibit	Time
August and September	Remarkable Women of Rainy Lake District	Regular hours
August and September	Legacy in Motion: 45 Years of Running with Terry Fox in Fort Frances	Regular hours
September 12 - 26	Treaty No. 3 Adhesion Anniversary Travelling Exhibit	Regular hours plus Sept. 13 & 20 from 10 am to 4 pm
October to December	From Badge to Bench: A Local History of Policing, Courts, and Corrections	Regular hours

For more information contact the Fort Frances Museum and Cultural Centre.

Facebook: @FortFrancesMuseumCulturalCentre

Phone: 807-274-7981

Fort Frances Museum and Cultural Centre



Stay tuned for
more details
and additions to
our Fall
program
schedule!

For the latest
updates, visit



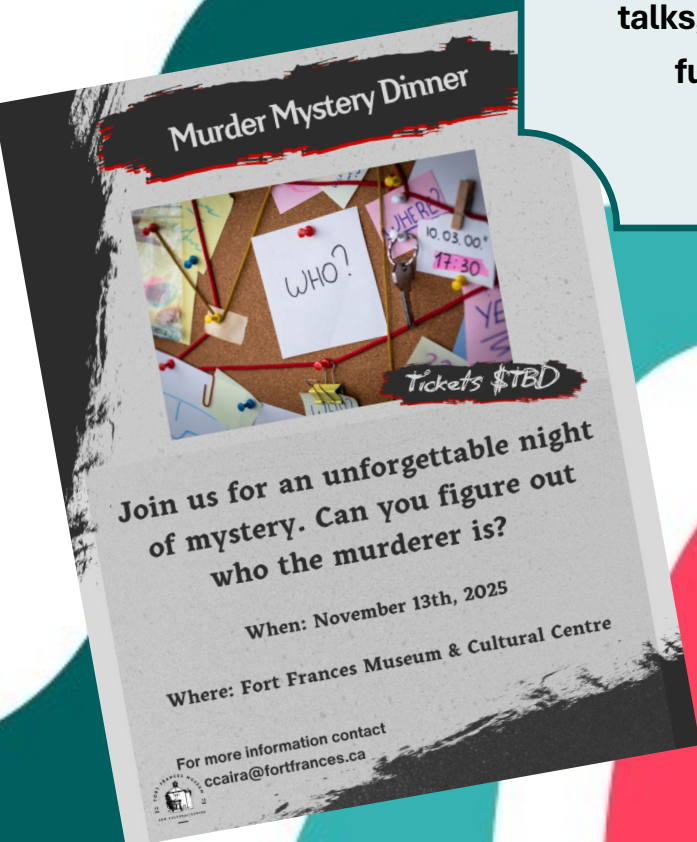
Program	Date	Time	Age
Boardgames and Banter @ the Senior's Centre	September 10th	1:30-3:00 PM	seniors
Taste of Culture: Italian	September 18th	6:00-8:00 PM	Everyone
Taste Of Culture: Indian	October	TBD	Everyone
Diwali	October 20th	TBD	Everyone
Holocaust Survivor talk and workshop (title TBD)	October	TBD	Everyone
Haunted House	October	TBD	Everyone
Taste Of Culture: Filipino	November 20th	TBD	Everyone
Museum Murder Mystery Fundraiser	November	TBD	Everyone
Sips of History: Beer, Bites, & The Boat	November	5-8 pm	Adults
Elf Training	December	TBD	Kids & Families
Programs in blue will be off-site.			

We encourage parents to register all children's programs online to secure their spots and all forms are filled out before the program starts.

For more information contact the Fort Frances Museum and Cultural Centre.



Join us for programs that bring history and culture to life! From hands-on crafts and creative activities to engaging historical talks, there's something fun for everyone!



Rainy Lake Square

Date	Program	Time	Age
Sept 12	Burger Wars Street Festival	10 am – 10 pm	Everyone



Stay tuned for more details and additions to our Fall program schedule!

For the latest updates,
visit our Facebook page or contact the
Fort Frances Museum & Cultural Centre.
Facebook: @FortFrancesMuseumCulturalCentre
Phone: 807-274-7981

Rainy Lake Square Market Vendors

A Special Thank You to Our 2025 Vendors

We extend our heartfelt thanks to all of our 2025 vendors for helping make this year's market such a success. Your dedication, creativity, and community spirit truly brought the event to life.

We hope to welcome you back next year!

This fall, we'll be sending out a survey to gather your feedback on this year's market. Your input is invaluable in helping us improve and grow, and we're eager to hear your suggestions for making next year even better.

If you would like to participate in the survey or are interested in becoming a vendor for the upcoming season, please reach out to Catrina at ccaira@fortfrances.ca or call **807-274-7891 ext. 1112**

Thank you once again for being a part of our market community!

Seniors Centre Age 55+

EVENT	DAY	TIME
Yoga & Tai Chi (3 Classes)	Monday Mornings	9:00AM, 10:00AM, & 11:00AM
500 Cards	Monday Afternoons	12:30PM
Canasta	Monday Afternoons	12:30PM
Ladies Workshop	Monday Evenings	6:30—8:00PM
Line Dancing	Tuesday Mornings	9:30-11:00AM
Smear Cards	Tuesday Afternoons	12:30PM
Yoga & Tai Chi(3 Classes)	Wednesday Mornings	9:00AM, 10:00AM, & 11:00AM
Beginner Bridge	Wednesday Afternoons	12:30PM
VON Exercise	Thursday Mornings	9:30 –10:30AM
Cribbage Cards	Thursday Afternoons	12:30PM
Craft Time	Thursday Afternoons	1:00PM
Line Dancing	Friday Mornings	9:30 —11:00AM
Bingo	Friday Afternoons	1:30—3:30PM
Bridge	Saturday Afternoons	12:30PM
Billiards	Monday to Friday	8:00—4:00PM
Workshop	Monday to Friday	8:00—4:00PM

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.

Seniors Centre Age 55+



SENIOR ACTIVE LIVING FAIR

2025

WE'VE GOT A LOVELY DAY LINED UP

—Beginning with a powerful drumming ceremony, then inspiring talks from community voices, including the Fort Frances Fire Department and Riverside Health Care, plus local exhibits and lunch.



SEPTEMBER 23, 2025

9:00AM-3:30 PM



Fort Frances Senior Centre 401 Nelson Street

TO PRE-REGISTER, PLEASE CALL (807) 274-7656

BY SEPTEMBER 18TH



Funding provided by:



CYCLONE SWIM CLUB



**REGISTRATION OPENS
AUGUST 15**

2025-2026

**Competitive
Pre-Competitive
Developmental
Hurricanes (18+ program)**



Reasons to Join

- work with qualified & experienced coaches
- provides training in aquatic skills, sportsmanship, & teamwork along side of fun & friendship

Things to Know

- Must be deep water safe
- Annual or monthly payment plans available
- Health Card & Birth Certificate required for registration
- If under 18 and joining the Cyclones for your first time, email cycloneswimclub@gmail.com to arrange a swim assessment.

For more information contact
cycloneswimclub@gmail.com or (807) 276-8947
or check us out on Facebook

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

Sport	Club	Web	Facebook	Contact
KidSport or Jumpstart Helps families with sport registration fees and equipment (conditions apply)		✓	✓	fortfrances@kidsportontario.ca efischer@nwhu.on.ca
Baseball	Rainy River District Women's Fastball League	✓		caulgirl75@hotmail.com
	Rainy River District Men's Fastball League	✓		
	Adult Mixed Slow Pitch	✓	✓	
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	✓	✓	807-629-8497 807-486-3669 807-271-3619
	Whispering Pines Saddle Club	✓	✓	
	Freedom Center Life Skills	✓	✓	
Girl Guides	Ages 5 & up (volunteers needed)	✓	✓	monicaarmour@yahoo.ca
Gymnastics	Rainy Lake Gymnastics Academy	✓	✓	info@rlga.ca
Fitness Classes Gyms	Memorial Sports Centre	✓	✓	807-274-4561 reflexion@mckaypts.co increasefitness@gmail.com
	Reflexion Studio – personal training	✓	✓	
	Increase Fitness	✓	✓	
Hockey	FF Minor Hockey Association	✓	✓	ffmharegistrar@gmail.com info@ffgwha.com
	FF Girls Women's Hockey Association 3 on 3 Hockey	✓	✓	
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, Shiny & 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		✓	borderlandsoccer@gmail.com
	Fort Frances Indoor Soccer – 14+ Co-ed		✓	
	Fort Frances Youth Soccer - indoor and outdoor	✓	✓	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	✓	✓	807-274-4561 807-274-5395 807-274-1223
	Confederation College	✓	✓	
	Couchiching Recreation	✓	✓	
Swimming	Cyclones Swim Club Swimming Lessons		✓ ✓	807-274-4561
Tennis	Multi-use courts		✓	
Volleyball	FF Women's Volleyball League		✓	ffwvolleyball@gmail.com
	Fort Frances Rec Volleyball – 16+ mixed		✓	
Walking/running	Indoor track- Memorial Sports Centre	✓	✓	807-274-4561
Youth Programs	Fort Frances Public Library	✓	✓	807-274-9879
	School clubs, teams and sports			
	Seven Generations – activities – maker space	✓		807-274-2042
	Rainy River District 4H Club		✓	807-274-2796
	Urban Aboriginal Healthy Living for Kids Urban Indigenous Healthy Living Program 18+	✓ ✓	✓ ✓	healthylivingkids@unfc.org healthyliving@unfc.org

To add or change page information, email efischer@nwhu.on.ca



KidSport Fort Frances SPORT GRANT APPLICATION FORM

We help families and children living in Fort Frances who can't afford to pay for sports or equipment.

FAMILY INFORMATION

Child's Name: _____ Age: _____ Birth Date (mm/dd/yy): _____/_____/_____ Gender (M or F) _____

Street Address: _____ City: _____ Postal Code: _____

Parent/Guardian: _____ Tel/cell: _____ Email: _____

SPORT INFORMATION

This application is just for the sport grant. You must register with the club- we can't do that for you. If approved, we pay the club directly.

1. Sport you are applying for: _____ Club Name/Organization: _____
2. How much is the registration \$ _____ How much are you asking to be covered (up to \$400): \$ _____
3. Have you registered your child with the sport club: Yes or No Attach copy of the registration to confirm cost.
4. If you are asking for equipment, please list what you need & sizes for equipment:

INCOME INFORMATION

1. Gross family income: Less than \$39,000 _____ \$40,000- \$49,000 _____ \$50,000-59,000 _____ More than \$60,000 _____
 2. Do you receive: EI: Yes or No Ontario Works: Yes or No Disability/ODSP: Yes or No Child Tax Benefit: Yes or No
Child Support: Yes or No Band assistance: Yes or No Are you working: Yes or No Other income (list) : _____
 3. How many adults living in home (over 18): _____ How many children in the home: _____ Single parent: Yes or No
 4. If you are separated/divorced, does other parent/guardian help pay for sport fees/equipment: Yes or No How much: \$ _____
 5. Is child First Nation: Yes _____ or No _____ Status _____ or Non-Status _____ Band/Community: _____
 6. Is child Metis: Yes _____ or No _____ Is parent or child a citizen of the Métis Nation of Ontario: Yes _____ or No _____
 7. Are you receiving any other funding for registration or equipment: Yes or No If yes, amount and from where: _____
 8. Did you attach your Canada Child Benefit Statement: Yes or No (or other tax form that lists dependents and income)
- ✓ If your household gross income is **MORE THAN \$60,000** per year, complete section on the back of the form.
 - ✓ Answer all questions. Missing, blank or incomplete information may delay your application.
 - ✓ I have read and understood all guidelines and certify that all information provided is correct and can be verified.
 - ✓ I authorize you to share information with the organization that will receive the payment for my child.
 - ✓ I understand that inaccurate information will jeopardize funding and future requests.

Signature of Parent/Guardian: _____ Date: _____

***Don't forget to include all income (Child Benefit/tax credit) AND sport registration information**

Drop off/mail: c/o Northwestern Health Unit, 396 Scott Street, Fort Frances, ON P9A 1G9

Email or fax: efischer@nwhu.on.ca

Fill in this section if household income is more than \$60,000:

If family income is greater than \$60,000 per year, this section needs to be completed by a community support: (e.g., principal, case worker, banker, manager, police officer, nurse, teacher, doctor).

Note to the Endorser/Community Professional: You are an objective, third party person who knows the family and is in a position to identify and assess the family's economic and/or social barriers. The endorser cannot be a family member.

Name of Endorser:

Organization:

Telephone (w, h, or cell):

Email:

Please explain economic/social barriers/circumstances impacting family include any other notes that will be helpful for reviewers):

I verify that all the information given is correct and can be substantiated. I agree, if requested, to follow-up with the adjudicator.

Signature of Endorser:

Date:

Sports Grant Guidelines

1. **You must also register your child with the sport club.** The Sports Grant Application does not do that for you. When you register for the sport, let the sport organization know that you have applied for a sports grant.
2. Applications must be submitted at least 7 days prior to sport registration to ensure time for review.
3. Children and youth, 3-18 years, living in the Town of Fort Frances are eligible. Grants up to \$400.00* are available to help families who can't afford the cost of sport registrations or the cost of sports equipment.
4. Funding is for approved organized sports programs with a minimum of 5 sessions. Elite teams, travel teams, camps, travel to playoffs and/or championships are **NOT grant eligible**.
5. Grants are not guaranteed every year. KidSport reserves the right to request further proof of family income (paystubs).
6. Adjudicators consider social and economic barriers facing the child's family when determining eligibility. Adjudicators may request additional financial information for incomes greater than \$60,000.
7. Grant allocations are based on program guidelines*, the application, availability of local funds and the number of applications received and partner organizations. Adjudicators reserve the right to cap funding allocation. These grant programs rely on fundraising efforts, community contributions and donations to sustain the local programs.
8. Preference is given to children being introduced to sport for first time. Sports grants funds are not meant to replace existing recreation or social services funding for sport participation.
9. Sport grants will not cover costs for sporting activities already paid for, or in which the child is already enrolled.
10. Grants for registration and/or equipment will be issued and made payable to the sport club or retailer. Equipment purchases are limited in value and must be the most economical option available.
11. Local committee members will protect, to the best of their abilities, the confidentiality of all applicants and endorsers.

Questions: Elaine or Jacqueline- 807-274-9827 or email fortfrances@kidsportontario.ca

We reserve the right to request additional information to verify income.

Program guidelines are subject to change at any time.

KidSport funds are for residents of the Town of Fort Frances.

JumpStart is granted to children and youth residing in the Rainy River District.

All personal information is secured and protected and will not be used for any other purpose other than reference to the funding provided.

Waiver and Release Form – Recreation Program and Activities

- On-Ice Activities - Memorial Sports Centre -

Acknowledgement of Risk and Release of Liability – Under 18

The following waiver of all claims, release from all liability, and assumption of all risks and other terms of this agreement, are entered into, by me, on behalf of the participant named below, with, and for, the benefit of the Town of Fort Frances (also referred to as “the Town” in this agreement), including, but not limited to, the Town’s employees, volunteers, agents, and partners, regarding recreational activities taking place at the Memorial Sports Centre (740 Scott Street, Fort Frances, ON, P9A 1H8). Without limiting the generality of the foregoing, for the purpose of this agreement, recreation/recreational activities include, but is not limited to, hockey, shinny hockey, public skating, and other activities that take place on the ice surfaces at the Memorial Sports Centre. By signing his agreement, I agree that I am the parent/guardian of the stated participant and have the authority to sign on their behalf. In addition, by signing this agreement, I indemnify the Town of Fort Frances of all claims, suits, or actions of any kind and description, brought forth because of participation in these activities. This waiver covers participation in recreational activities that take place between the date of signature and June 1st, 2026.

Please initial each item below to indicate that you’ve read, agree to, and acknowledge each of the following statements:

_____ 1. I am the Parent/Guardian of the participant named on this form, and I am executing this waiver on behalf of the participant, in my capacity as Parent/Guardian, and with the intent that this waiver be binding on myself and the participant for all legal purposes.

_____ 2. I am aware that there are inherent dangers, hazards, and risks (collectively “risks”) associated with the recreational activities listed above, and that injuries resulting from these risks are a common occurrence. I am aware that the risks of recreational activities are an integral part of these activities, and include, but are not limited to, the following:

(a) the action of any other individual to behave in ways that may result in injury, harm, or death to persons around them.

(b) the potential to collide with other people or objects.

(c) the potential for other participants to behave in a negligent manner that may contribute to injury to themselves or others.

_____ 3. I freely accept and fully assume all responsibility for all risks and possibilities of any, and all, personal injury, death, property damage or loss resulting from the participant’s participation in the stated recreational activities.

_____ 4. I agree that it is not possible for the Town to make recreational activities completely safe. I accept these risks and agree to the terms of this waiver on behalf of the participant named on this form, even if the Town of Fort Frances is found to be negligent, or in breach of any duty of care, or any obligation to myself or the participant in these recreational activities.

_____ 5. In addition to consideration given to the Town for the participant’s participation in these recreational activities, I, and my heirs, next of kin, executors, administrators and assigns, as well as the participant and his/her heirs, next of kin, executors, administrators and assigns (collectively “legal representatives”) agree:

(a) to waive all claims that the participant has or may have in the future against the Town.

(b) to release and forever discharge the Town from all liability for personal injury, death, property damage, or loss, that I, the participant, or our legal representatives might suffer as a result of the participant’s participation in these recreational activities, due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract, or mistake or error in judgment of the Town; and

(c) to be liable for and to hold harmless and indemnify the Town of Fort Frances from all actions, proceedings, claims, damages, cost demands, including court costs and costs on a solicitor, and liabilities of any nature or kind, arising out of, or in any way connected with, the participant’s participation in the stated recreational activities.

_____ 6. I agree that this waiver and all terms contained herein are governed exclusively and in all respects by the laws of the Province of Ontario, Canada, in which the recreational activities occur. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of Ontario, and I agree that no other court can exercise jurisdiction over the terms and claims referred to herein. Any litigation to enforce this waiver will be instituted in the Province of Ontario.

_____ 7. I understand that these activities are unsupervised. I will ensure that the participant follows the established Rules of Conduct for these activities, and I willfully assume all inherent risks associated with the participant’s participation in these recreational activities.

_____ 8. I confirm that I have had sufficient time to read and understand this waiver in its entirety. I understand that this agreement represents the entire agreement between the Town of Fort Frances and myself as Parent/Guardian, and the participant, and it is binding on myself, the participant and our legal representatives.

Participant’s Name: _____ **Date of Birth:** _____

Parent / Guardian’s Name: _____ **Date of Birth:** _____

Address: _____ **City:** _____

Province: _____ **Postal Code:** _____ **Phone Number:** _____

This is a release of liability, waiver of claims, assumption of risks, and indemnity agreement. By agreeing to the terms of this document, you will waive certain legal rights, including the right to sue. Please ensure that you have read the document carefully. By signing below, you are indicating that you agree to be bound by the terms contained in this agreement.

_____ **Today’s Date:** _____

Parent / Guardian Signature

_____ **Today’s Date:** _____

Town of Fort Frances – Staff Signature **Town of Fort Frances – Staff Name (Please Print)**

Waiver and Release Form – Recreation Program and Activities

- On-Ice Activities - Memorial Sports Centre -

Acknowledgement of Risk and Release of Liability- 18+ Adult

The following waiver of all claims, release from all liability, and assumption of all risks and other terms of this agreement, are entered into, by me, willingly, with, and for, the benefit of the Town of Fort Frances (also referred to as "the Town" in this agreement), including, but not limited to, the Town's employees, volunteers, agents, and partners, regarding recreational activities taking place at the Memorial Sports Centre (740 Scott Street, Fort Frances, ON, P9A 1H8). Without limiting the generality of the foregoing, for the purpose of this agreement, recreational/recreational activities include, but are not limited to, hockey, shinny hockey, public skating, and other activities that take place on the ice surfaces at the Memorial Sports Centre. By signing this agreement, I indemnify the Town of Fort Frances from all claims, suits, or actions of any kind and description, brought forth because of my participation in these activities. This waiver covers participation in recreational activities that take place between the date of signature and June 1st, 2026.

Please initial each item below to indicate that you've read, agree to, and acknowledge each of the following statements:

- _____ 1. I am willfully executing this waiver with the intent that this waiver be binding on myself for all legal purposes.
- _____ 2. I am aware that there are inherent dangers, hazards, and risks (collectively "risks") associated with the recreational activities listed above, and that injuries resulting from these risks are a common occurrence. I am aware that the risks of recreational activities are an integral part of these activities, and include, but are not limited to, the following:
 - a) the action of any other individual to behave in ways that may result in injury, harm, or death to persons around them.
 - b) the potential to collide with other people or objects.
 - c) the potential for other participants to behave in a negligent manner that may contribute to injury to themselves or others.
- _____ 3. I freely accept and fully assume all responsibility for all risks and possibilities of all personal injury, death, property damage, or loss resulting from my participation in the stated recreational activities.
- _____ 4. I agree that it is not possible for the Town to make recreational activities completely safe. I accept these risks and agree to the terms of this waiver, even if the Town of Fort Frances is found to be negligent or in breach of any duty of care, or any obligation to myself, in the participation in these recreational activities.
- _____ 5. In addition to consideration given to the Town for my participation in these recreational activities, I, and my heirs, next of kin, executors, administrators and assigns (collectively my 'legal representatives'), agree:
 - a) to waive all claims that I have, or may have, in the future against the Town.
 - b) to release and forever discharge the Town from all liability for personal injury, death, property damage, or loss that I, or my legal representatives, might suffer as a result of my participation in recreational activities due to any cause, including but not limited to, negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error in judgment of the Town; and
 - c) to be liable for and to hold harmless and indemnify the Town of Fort Frances from all actions, proceedings, claims, costs, demands, including court costs and costs on a solicitor, and liabilities of any nature or kind, arising out of, or in any way connected with, my participation in the stated recreational activities.
- _____ 6. I agree that this waiver and all terms contained herein are governed exclusively, and in all respects, by the laws of the Province of Ontario, Canada, in which the recreational activities occur. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of Ontario, and I agree that no other court can exercise jurisdiction over the terms and claims referred to herein. Any litigation to enforce this waiver will be instituted in the Province of Ontario.
- _____ 7. I understand that these activities are unsupervised. I will agree to follow the established Rules of Conduct for these activities, and I willfully assume all inherent risks associated with my participation in these recreational activities.
- _____ 8. I confirm that I have had sufficient time to read and understand this waiver in its entirety. I understand that this agreement represents the entire agreement between the Town of Fort Frances and myself, as a participant, and is binding on myself, and my legal representatives.

Participant's Name: _____ Date of Birth: _____

Address: _____ City: _____

Province: _____ Postal Code: _____ Phone Number: _____

This is a release of liability, waiver of claims, assumption of risks, and indemnity agreement. By agreeing to the terms of this document, you will waive certain legal rights, including the right to sue. Please ensure that you have read the document carefully. By signing below, you are indicating that you agree to be bound by the terms contained in this agreement.

_____ Today's Date: _____

Parent / Guardian Signature

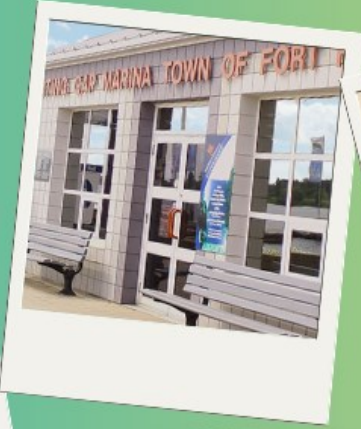
_____ Today's Date: _____

Town of Fort Frances – Staff Signature

Town of Fort Frances – Staff Name (Please Print)

TOWN OF FORT FRANCES SUMMER STAFF AND VOLUNTEERS

Thank you for your hard work and dedication- making summer 2025 a success!



CELEBRATING SUMMER STAFF & VOLUNTEERS

WE THANK YOU ALL!



FORT FRANCES

320 Portage Avenue
Fort Frances, Ontario
P9A 3P9
807-274-5323