

RECREATOR

Spring 2026

Town of Fort Frances Recreation and Culture
Programming Guide
April 1 - June 30, 2026



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Facilities and Contacts

COMMUNITY SERVICES DIVISION

Community Services & Facilities Manager

Craig Miller

807-274-4561 x 1717
cmiller@fortfrances.ca

Aquatics Supervisor

Ria Cuthbertson

807-274-4561 x 1720
rcuthbertson@fortfrances.ca

Recreation Supervisor

Donna Wieliki

807-274-4561 x 1715
dwieliki@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

Fort Frances Public Library Technology Centre

Nadine Cousineau, CEO

807-274 9879
ncousineau@ffpltc.ca

Memorial Sports Centre

740 Scott Street
Fort Frances, ON, P9A 1H8
807-274-4561
www.fortfrances.ca/sportcentre

BUSINESS HOURS

- **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

HOLIDAY HOURS

Good Friday April 3 8:00AM - 5:00PM (Fitness Centre Only)
Victoria Day May 18 8:00AM - 5:00PM (Fitness Centre Only)

Fort Frances Museum and Cultural Centre

259 Scott Street
Fort Frances, ON, P9A 1G8
807-274-7891
www.fortfrances.ca/museum

HOURS FOR JANUARY - MAY 16

- **Monday, Tuesday, Wednesday & Friday** 11:00 AM – 4:00 PM
- **Thursday** 12:00 PM – 7:00 PM

HOURS MAY 19 - SEPTEMBER 5

- **Tuesday-Saturday** 10:00 AM – 5:00 PM

Fort Frances Senior Centre (Sister Kennedy)

401 Nelson Street
Fort Frances, ON, P9A 1B3
807-274-7656
www.fortfrances.ca/town/community-services

Fort Frances Public Library Technology Centre

601 Reid Avenue, Fort Frances, ON, Canada, P9A 0A2
807-274-9879
www.https://www.ffpltc.ca/

- **Monday** 10:00 AM - 5:00 PM
- **Tuesday** 10:00 AM - 8:00 PM
- **Wednesday** 10:00 AM - 8:00 PM
- **Thursday** 10:00 AM - 6:00 PM
- **Friday** 10:00 AM - 6:00 PM
- **Saturday** 10:00 AM - 5:00 PM
- **Sunday** Closed



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.

Memorial Sports Centre Admission & Memberships

Adult (18 and older)	
Annual	\$568.85
6-month	\$369.78
3-month	\$200.40
Monthly	\$86.73
Day Pass - 10 Days	\$72.30
Day Pass - 5 Days	\$36.11
Daily	\$8.01
Monthly Payment Plan	
Annual	\$47.40
6-month	\$61.63

Student (13 and older)	
Annual	\$282.70
6-month	\$191.00
3-month	\$102.50
Monthly	\$60.00
Day Pass - 10 Days	\$59.15
Day Pass - 5 Days	\$29.60
Daily	\$6.55
Monthly Payment Plan	
Annual	\$23.56
6-month	\$31.83

Child (5 and older)	
Annual	\$89.80
Day Pass - 5 Days	\$20.45
Daily	\$4.55

Family (Annual)	
Adult	\$568.81
Spouse	\$473.89
Student	\$243.72
Child	\$75.71

Senior (55 and older)	
Annual	\$434.34
6-month	\$282.48
3-month	\$152.92
Monthly	\$66.28
Day Pass - 10 Days	\$56.06
Day Pass - 5 Days	\$28.01
Daily	\$6.46
Monthly Payment Plan	
Annual	\$36.20
6-month	\$47.08

Locker Rental	
3 months	\$37.61
6 months	\$55.18
Annual	\$82.92

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 Skinny.

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.

MEDICAL EXEMPTION

A monthly or annual membership may be put on hold for a valid medical reason. If a medical exception is required, please let us know. Please note that a valid medical note will need to be provided. Only one exemption will be permitted per membership term. Expired memberships are not eligible.

INTERRUPTION OF SERVICE

Management reserves the right to postpone, cancel, or combine classes and limit registration, whenever necessary. Class sizes are limited and are offered on a first come, first served basis.

(please note that HST will be added to all rates)

Students 19 and over must bring proof of enrollment from an educational institution to purchase a student membership.

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 led 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. Parent/guardian pay daily admission, children are free.
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/Swim Instructor. Feedback and support is 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 10+ 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. \$5 admission per swimmer, caregivers are free.

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 (PFD) will be permitted in the deep end of the pool upon discretion of the lifeguard on duty at the time.

ANYONE CAN BE ASKED TO PERFORM A SWIM TEST TO BE ADMITTED TO THE DEEP END WITHOUT A PFD

Aquatic Programming

FIRST AID & CPR COURSES
COMING SOON!

Watch Facebook for updates @
Fort Frances Recreation and Events



NATIONAL LIFEGUARD
(15 YEARS)



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/swim instructor.

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

Bronze Medallion & Emergency First Aid with CPR-B

Sundays 2:00-8:00 PM

April 19th—May 10th

Register online at:

fortfrances.ca/sportscentre



Memorial Sports Centre

JUNIOR **MASTERS** swim program

- *Flexible Schedule*
- *Certified Swim Coach*
- *Pay the Daily Admission or use your MSC Membership*
- *No Registration Required*
- *15 minutes dryland warm-up*

Tuesdays from 4:00-5:30PM & Thursdays from 4:15-6:00PM

Join us for the whole session or stay as long as you like!

Designed for youth aged 10-17 with advanced swimming skills. This program bridges the gap between Swimmer 6 and lifeguard training while building endurance, technique, and water safety knowledge.

Sessions are led by a Certified Swim Coach & Lifeguard/Swim Instructor who provides targeted drills and feedback to help participants achieve their individual goals.

For more information email Ria
rcuthbertson@fortfrances.ca



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, 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 learn to 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.

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	March 24 - May 16, 2026			
	Tuesday	Thursday	Saturday	Sunday
Preschool 1	3:50-4:20		9:50-10:20	
Preschool 2		3:50-4:20	11:10-11:40	
Preschool 3			10:30-11:00	
Preschool 4			11:10-11:40	
Preschool 5		4:30-5:00		
Swimmer 1	4:45-5:15		9:50-10:20	
Swimmer 2		5:10-5:40	10:30-11:00	
Swimmer 3	3:50-4:35			
Swimmer 4		4:30-5:15		
Swimmer 5	4:30-5:15			
Swimmer 6		6:00-6:45		
Lesson	March 29 - May 24, 2026			
	Tuesday	Thursday	Saturday	Sunday
Parent & Tot 1				8:40-9:10
Parent & Tot 2				9:20-9:50
Parent & Tot 3				10:00-10:30

REGISTRATION INFORMATION

- 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 initial registration is complete.
- Swim classes run for 8 sessions, except for Sunday classes, which will run for 7 sessions. There will be no classes on Sunday, **April 5th** or **May 17th**.
- Make-up classes are not offered for missed lessons.

Course	April 19 - May 10, 2026
	Sunday
Bronze Medallion	2:00-8:00 PM



Registration opens March 11 @ **10:00AM** online @ fortfrances.ca/sportscentre
 OR call the Memorial Sports Centre at (807) 274-4561



FORTFRANCES

Memorial Sports Centre

Pool Rental Intake Form

CONTACT INFORMATION

Name of Parent/Guardian: _____ Phone Number: _____

Email Address: _____

Do you have an account with MSC? If not, please go to www.fortfrances.ca/sportscentre to create an account.

PARTY DETAILS

Child's Name: _____ Child's Age: _____

Preferred Date: _____ Preferred Time: _____

Estimated Number of Swimmers: _____

RENTAL FEES

Pool Rental Rates:

\$116.02 + HST per hour (up to 30 participants)

\$150.93 + HST per hour (31-60 participants)

Conference Room Rental:

\$23.54 + HST per hour

\$78.10 + HST for the full day

POOL ADMISSION STANDARDS

- 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 have passed 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.

PLEASE COMPLETE AND RETURN TO RIA AT RCUTHBERTSON@FORTFRANCES.CA



MEMORIAL SPORTS CENTRE

PA DAY & Summer Camps

JOIN US FOR MSC DAY CAMPS FILLED WITH GAMES, CRAFTS, SWIMMING, AND NEW EXCITING ACTIVITIES!

PA DAY CAMPS

Registration is OPEN!

Two Dates:
April 27 & June 8

One age group:
5-12

\$45.85 per
day/child

Monday to Friday
8:00am-5:00pm

Summer Camps

Registration opens April 14th

8 weeks
July 6 - August 28

Two age groups:
5-8 & 9-12

\$159.85 per
week/child

Monday to Friday
8:00am-5:00pm

Please note that children who have special accommodations through school or other agencies will be required to provide the same support in order to be considered for the Town of Fort Frances Camp Programs. For consideration of special circumstances, consultation with the program supervisor is required.

Call Us: (807) 274-4561

Follow Us: Fort Frances Recreation and Events

FORTFRANCES.CA/SPORTSCENTRE

Registered Programs

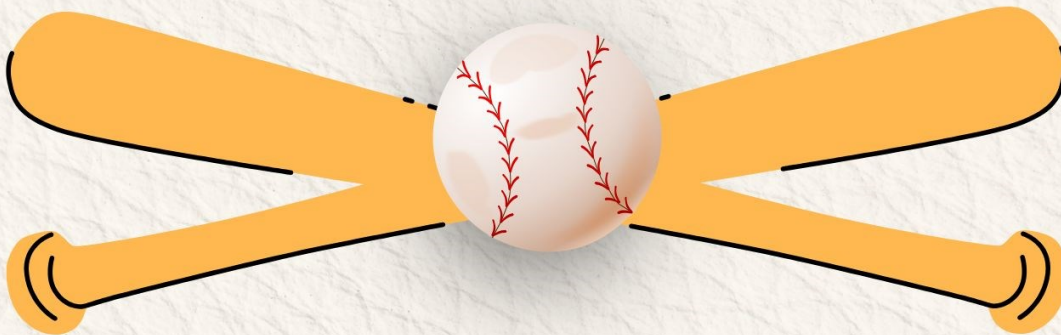
Youth

More Info To
Follow in Next Recreator
Will Not Overlap With
International Falls Baseball

NEW!!

BASEBALL

Players, Coaches, Umpires & Volunteers Needed!



Watch Facebook at Fort Frances Recreation and Events or email the Recreation Supervisor at Dwieliki@fortfrances.ca for more information



PARENTS NIGHT OUT

FRIDAY NIGHTS
APRIL 17 & MAY 22

\$25

5:00 PM-9:00 PM



Drop your children off at the Memorial Sports Centre to a safe & supervised environment with a program leader!

Contact Us:
(807) 274-4561
fortfrances.ca/sportscentre

Leave the kids with us for a fun-filled evening while you enjoy a well-deserved break!
Price includes a slice of pizza, juice box and lots of fun!



Registered Programs



FORT FRANCES

Adult Summer SLO-PITCH LEAGUE

18yrs+

Tuesday Nights May 25th -Aug 25th, 2026

Register online at fortfrances.ca/sportscentre
or at the **Memorial Sports Centre** from April 20-May 20.

Registration Fee: \$461.15+HST per team

TRY OUR NEW ZUMBA CLASS!!

Dance, wiggle and Boogie your way into shape.
\$50.00 for 5 weeks.

Tuesdays, March 31 - April 28

Register online at fortfrances.ca/sportscentre
or call (807) 274-4561



Get fit and have fun with us! Join for 5 weeks of dancing and exercise!



FORT FRANCES



FORTFRANCES

Memorial Sports Centre

COMMUNITY-WIDE GARAGE SALE

*Second
hand
only!*

\$10/
100ft²

May 30th, 2026

8:00am-12:00pm

Set up May 29th between 4:30-8:30pm

52 Canadians Arena

Do you have a pile of stuff to sell but don't feel like organizing a garage sale? We've got you covered!

The Memorial Sports Centre will be hosting a Community Garage Sale. You can purchase a 10 x 10 foot section for \$10 plus HST, complete with a table and 2 chairs.

With a central location, ample parking, and a multitude of sellers, we are sure to attract an abundance of buyers!

To reserve your spot call (807) 274-4561

Register by 12:00pm on May 28th

Yoga & Tai Chi

Yoga & Tai Chi classes are back!

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

Classes resume **January 5th, 2026**

Included in
daily drop in &
membership
fees!



Squash

Two Squash Courts available
for drop-ins & bookings!



**FREE Racquets,
Balls & Goggles!**

Book courts up
to **2 days in
advance!**

Indoor Pickleball

Indoor Pickleball is back!

- Tuesdays & Thursdays:
8:30 AM-12:00 PM
- Special Olympics Pickleball:
Thursdays: 4:00-5:30 PM

Drop-In Fee: \$3.00

FREE Equipment available at
the Fort Frances Public Library!

Spin Bike

Self-guided sessions in the Auditorium!

- Mondays & Wednesdays: 8:00-10:00 AM
- Included in daily drop-in or **membership fees!**

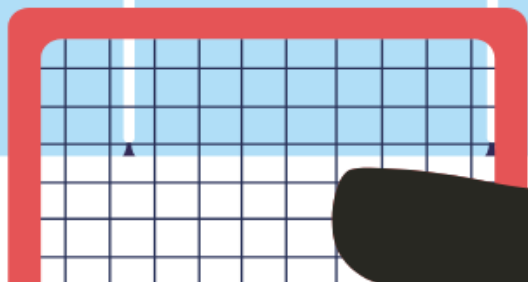


SHINNY & SKATING RULES



MEMORIAL SPORTS CENTRE

2026



- All participants **MUST** wear a helmet & gloves.
- Age groups **MUST** be followed.
- Sticks & pucks permitted at Shinny **ONLY**.
- Participants **MUST** wear pants, no shorts allowed.
- All skates are \$3 per person per skate. Kids 3 & under **FREE**.
- A guardian must remain in the facility to supervise children ages 8 and under
- All participants **MUST** sign in at the front desk and fill out the “Waiver & Release Form”.
- Youth under 18 must have form filled out and signed by a guardian.

NOTE: This is an unsupervised and unstructured program. Please report any issues to the reception desk

Shinny & Skating Programs

Adult/Senior Shinny	Adults 18 & helmets required. No sticks or pucks allowed.
Public Skate	Open to all ages. Helmets required. No sticks or pucks allowed.
Public Shinny	All ages shinny. Helmets and gloves are required.
U11 Under Shinny	For skaters born in 2015 and younger. Helmets and gloves are required
U13 to U18 Shinny	For skaters born between 2008 and 2014. Helmets and gloves are required

Shinny & Skating waiver’s available on pages 32 & 33 or at the MSC Reception Desk

Fort Frances Museum and Cultural Centre

Museum Hours (January - May 16)

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

Thursday: 12:00 PM – 7:00 PM

Admission by donation until May 16.

Museum Hours (May 19 - September 5)

Tuesday-Saturday 10:00 AM – 5:00 PM

Admission fees apply: \$6 Adult, \$5 Senior/Student (5-17), \$16 Family (plus HST)



Exhibits

Explore our permanent exhibit, on display year-round, and don't miss our current temporary exhibit, *From Badge to Bench: A Local History of Policing, Courts, and Corrections*, available until May.



Stenograph machines were used by court reporters to record courtroom proceedings.

Memberships

Become a Museum member and help support local history, exhibits, and community programming. Members enjoy free use of the research room and materials, free admission during peak season, and other benefits.



Annual Memberships:
Individual: \$33
Family: \$55



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

Facebook: @FortFrancesMuseumCulturalCentre

Website: fortfrances.ca/museum

Phone: 807-274-7981

Fort Frances Museum and Cultural Centre

Card Making Workshop for Adults



June 9th, From 6-7pm
Fort Frances Museum & Cultural Centre
Instructor: Barb Rousseau

\$15+HST

JOIN OUR LEARN TO SPIN YARN WORKSHOP



Thursday, April 9, 2026
From 5-7pm

At the Fort Frances Museum & Cultural Centre

Fee: \$25 per participant



TEA 101: THE WORLD IN A CUP

April 14th, 2026 from 5-7

Turtle Island Cafe & Barber Shop
 244 Scott St

\$15 + HST

Fort Frances Museum and Cultural Centre

Date/Time	Program	Location	Age	Cost
Sat., Apr. 4; 11am-1pm	Kiwanis Egg-stravaganza	RLS, Museum Scott Street	Children & Families	Free
Thurs., Apr. 9; 5-7pm	Learn to Spin Yarn	Museum	10+	\$25 (+ HST)
Tue., Apr. 14; 5-7pm	Tea 101	Turtle Island Café	Everyone	\$15 (+ HST)
Mon., Apr. 21; 5-8pm	Spring Clean! Inside and Out	Museum	14+	\$50 (+ HST)
Mon., Apr.27; 2-4pm	PD Day Earth Day Crafts	Museum	Children (5-13 yrs.)	\$10.40
Thurs., Apr. 30; 6-8pm	Taste of Culture: History	Museum	Everyone	\$35 (+ HST)
Thurs., May 7; 5-7pm	Mother's Day Cards for Kids	Museum	Children (5-13 yrs.)	\$10.40
Wed., May 13 & Thurs. May 14; 5-8pm	Metis Flower Beading (2 Days)	Museum	14+	Free, donations welcome
Thurs., May 28; 6-8pm	Taste of Culture: India	Museum	Everyone	\$35 (+ HST)
Mon., Jun. 8; 2-4pm	PD Day: Flower Crafts	Museum	Children (5-13 yrs.)	\$10.40
Tues., Jun. 9; 6-7pm	Adult Card Making: Birthday Card and Wedding Card	Museum	14+	\$15 (+ HST)
Thurs., Jun. 11; 5-7pm	Book Reading and Storytelling with Wahwahbiginojii (Dr. David Anderson)	Museum	Everyone	Free, donations welcome
Thurs., Jun. 18; 5-7pm	Father's Day Cards for Kids	Museum	Children (5-13 yrs.)	\$10.40

We encourage parents to register all children's programs online at fortfrances.ca/museum to secure their spots and ensure that all forms are filled out before the program starts or email museum@fortfrances.ca

Rainy Lake Square

Date/Time	Program	Location	Age	Cost
Thurs., May 21, 28; 12-5pm	RLS Market	RLS	Everyone	Vendors: \$10/day (+HST); or \$50/season (+HST)
Thurs., Jun. 4, 11, 18, 25; 12-5pm	RLS Market	RLS	Everyone	Vendors: \$10/day (+HST); or \$50/season (+HST)
Thurs., Jun. 25; Time TBD (Rain date: June 26)	Kings of None Concert	RLS	Everyone	Free
Tues., Jun 30; 6-9pm	Night Market	RLS	Everyone	Vendors: \$25 (+HST)



Market Vendors

Rainy Lake Square Market is a great place to sell your wares

Ready for a Season of Sales? 2026 Vendor Registration Opens in February!



No insurance or business license needed to join as a vendor!

Register online at fortfrances.ca/museum or call (807) 274-7981

Seniors Centre Age 55+

EVENT	DAY	TIME
Yoga & Tai Chi (3 Classes)	Monday Mornings	9:00 AM, 10:00 AM, & 11:00 AM
500 Cards	Monday Afternoons	12:30 PM
Canasta	Monday Afternoons	12:30 PM
Ladies Workshop	Monday Evenings	6:00—8:00 PM
Line Dancing	Tuesday Mornings	9:30-11:00 AM
Smear Cards	Tuesday Afternoons	12:30 PM
Euchre	Tuesday Afternoons	1:00 PM
Yoga & Tai Chi (3 Classes)	Wednesday Mornings	9:00 AM, 10:00 AM, & 11:00 AM
Bridge	Wednesday Afternoons	12:30 PM
Ladies Pool	Wednesday Afternoons	1:00 – 4:00 PM
VON Exercise	Thursday Mornings	9:30 & 10:30 PM
Cribbage Cards	Thursday Afternoons	12:30 PM
Craft Group	Thursday Afternoons	1:00—3:00 PM
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 can be made 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.



Fort Frances Public Library Technology Centre

Children's Programming

Program	Date	Time	Age
Story Time	Wednesdays	10:15am	18m - 6
Baby Time	Thursdays	10:30am	0 - 18m
LEGO Club	Thursdays	3:30pm - 4:45pm	All Ages*
Pokémon Club	Fridays	4:00pm - 6:00pm	Recommended 8-14+
STEM Saturdays	Saturdays	10:30am - 11:30am	All Ages*

*Children under 8 must be accompanied by an adult

Calling Local Artists!

We are always looking for local artists/makers to display their works at the library.

Drop by, call, text or email to learn more.

Coming this June, as part of Pride Month celebrations...

Drag Queen BINGO

Date/Time TBA; Ages 18+

Check our Facebook page for more information

Fort Frances Public Library Technology Centre

601 Reid Avenue, Fort Frances, ON

Phone: 807-274-9879

Fax: 807-274-4496

Text: 807-271-6367

Email: ffpltc@gmail.com

www.https://www.ffpltc.ca/



Don't You Dare Run Away

a new comedy by Robin Taylor Wright

Wednesday, April 22

6:30pm

Come to the library for a dramatic reading of a piece about a sibling pop-folk combo who are reuniting for a radio show. The only problem is that they can't stand each other - and their hit song might possibly be cursed.

No charge, but donations for actors welcome.

Recommended 12+



FORT FRANCES PUBLIC LIBRARY TECHNOLOGY CENTRE

SAVE THE DATE!

sun **11** mon

MAY

Rainy Lake Community Orchestra Spring Concert

RAINY LAKE READERS BOOK CLUB

THE BOOK CLUB MEETS THE 3RD TUESDAY OF EVERY MONTH

6-7:45 P.M. IN THE SHAW COMMUNITY HUB

FORT FRANCES PUBLIC LIBRARY TECHNOLOGY CENTRE - 601 REID AVE.

FORT FRANCES PUBLIC LIBRARY TECHNOLOGY CENTRE

Fireside Yarn Club

Wednesdays @ 5:50pm

All skill levels welcome; please bring your own supplies



55+ Movie Matinée



Join us for a free movie
every 3rd Friday of the month!

Movie starts at 1 p.m.

Popcorn provided!



SAVE THE DATE!

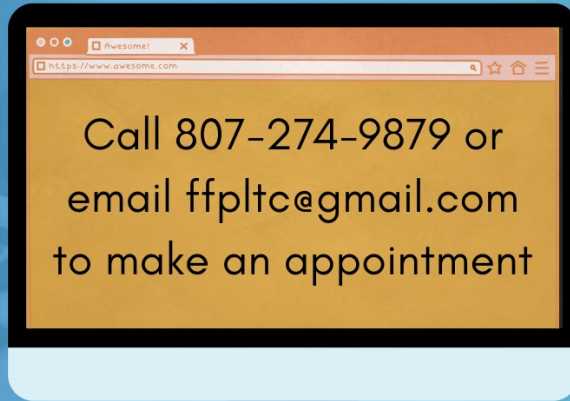
fri **30** sat
MAY

Friends of the
Library
Book Sale

Fort Frances Public Library Technology Centre

ONE-ON-ONE TECH APPOINTMENTS

NEED HELP WITH
YOUR COMPUTER,
TABLET OR
CELL PHONE?



Introducing Writing Help at the Library



Adult Services Coordinator Joelle Barron (BFA, MFA, published author) is now offering one-on-one editorial services at the Fort Frances Public Library.

Working on a novel or memoir? Fine-tuning your poetry? Looking for advice about publication? Book an appointment with Joelle to receive thoughtful, constructive feedback in a supportive environment.

By appointment. 807-274-9879 or email jbarron@ffpltc.ca

Ages 16+. Free.



Journey North: A Talk

With wilderness explorer John Dunn

The incredible story of a unique series of expeditions tracing a wild 8000 km S-N route through Canada



Wednesday, March 25
6:00 PM
Fort Frances Public Library
Free
No registration required



Fort Frances Public Library Technology Centre

Forest of Reading: Evergreen Award 2026

Participate in Canada's largest recreational reading program! Read as many of the nominated titles as you like and cast your vote for the winner in April. Each vote counts as an entry into our prize draw!



Home Delivery Service

If you or a loved one live in Fort Frances and would like books delivered call, text or email to setup a delivery!





FORTFRANCES

Sorting Gap Marina OPENING MAY 11, 2026!

Boat Slips (all prices + hst)

Full Season - Sorting Gap.....	\$700.00
Full Season - Sorting Gap Personal Watercraft...	\$400.00
Full Season - River Slip.....	\$375.40
Daily (overnight).....	\$11.90
Weekly.....	\$59.07

Launch Fees (all prices + hst)

Launch Fee: Daily.....	\$10.00
Launch Fee: Seasonal.....	\$75.00
Launch Fee: Commercial.....	\$227.26



Boat Slips are offered first to last year's slip holders

Remaining slips will be made available for rental after April 22nd.

Purchase online at: fortfrances.ca/sportscentre

Or in person at the Memorial Sports Centre and the Sorting Gap Marina

Hours of Operations to be announced





Cyclone Swim Club's

SPRING SWIM SESSION

April 13 - May 29

Monday & Wednesday 6-7 pm

COST:
 \$120 for 1 day a week
 \$240 for 2 days a week
 (plus \$61 Swim Ontario fee for new swimmers only)

To register or arrange assessment contact:

Coach Debbie (807)276-1150 or
 Tammy (807)276-8947

New Swimmer Assessment: March 30 between 4 & 6 pm

For more information contact cycloneswimclub@gmail.com

2026 Summer YOUTH CAMPS
 Registration opens April 6

Join us at Confederation College, Rainy River District Campus for our 2026 Summer Youth Camps!



Baking Camp | July 6 - July 10
 Instructor: Meghan Spooner | \$140



DIY Bath, Body, and Home Camp | August 10 - August 13
 Instructor: Angela Petsnick | \$140



Woodworking Carpentry Camp | July 13 - July 17
 Instructor: Matt Kaun | \$140



Trades Camp | August 17 - August 21
 Instructor: Bob Guertin | \$140



Cooking Camp | July 20 - July 24
 Instructor: Nadine Johnson | \$140



For youth born between 2011-2015
 Scan for more information



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

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





So ALL Kids Can Play!

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)



FORT FRANCES

320 Portage Avenue
Fort Frances, Ontario
P9A 3P9
807-274-5323
www.fortfrances.ca