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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

STAT Holiday Hours

July 1st—closed

August 4th—closed

Fort Frances Museum and Cultural Centre

259 Scott Street

Fort Frances, ON, P9A 1G8

807-274-7891

www.fortfrances.ca/museum

May 20th to September 5th

Tuesday - Saturday: 10:00 am to 5:00 pm

September Hours TBD (Travelling Exhibit)

Fort Frances Senior Centre (Sister Kennedy)

401 Nelson Street

Fort Frances, ON, P9A 1B3

807-274-7656

www.fortfrances.ca/town/community-services



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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.

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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)	

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.

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 serve basis.

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 that 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. Pool toys are available, if requested. Buoy line divides the shallow end from the deep end. Only adults are charged daily admission.
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. Feed-
Splash & Play	Open to all babies and toddlers! Parents teach their own children with guidance from an Instructor from the pool deck.
Junior Master	This program is designed for people 12+ to work on their skills and endurance in the pool. Lessons are
Swim	facilitated by a certified lifeguard who provides drills and feedback to help you achieve your goals.
Sensory-Friendly	A quiet, low-stimulation swim time designed for people with sensory sensitivities and their caregivers.
Swim	Limited capacity for a calmer environment.

Pool Admission Requirements

- **Children under the age of 6** must be accompanied and supervised <u>in the water</u> 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.

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Aquatic Programming

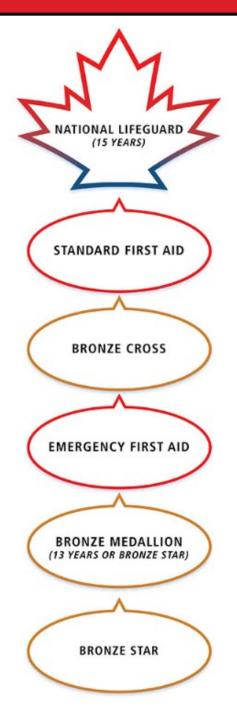
BRONZE MEDALLION & CROSS

Date to be announced.

Watch Facebook for details or call

Ria at (807) 274-4561 x 1720

to join the contact list.





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 that 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



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.

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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)

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Swimming Lessons

Level	Sunday July 6—August 24	Monday July 7—August 25*	Saturday July 5—August 23	Weekdays Condensed July 2-4 & July 7,9,10 &11
Preschool 1		4:00-4:30 PM	9:10-9:40 AM	10:30-11:00 AM
Preschool 2			10:30-11:00 AM	10:30-11:00 AM
Preschool 3			9:50-10:20 AM	
Preschool 4		4:00-4:30 PM		
Preschool 5			10:45-11:15 AM	
Swimmer 1		5:30-6:00 PM	9:10-9:40 AM	11:10-11:40 AM
Swimmer 2		4:40-5:10 PM	11:10-11:40 AM	
Swimmer 3			9:50-10:35 AM	11:05-11:50 AM
Swimmer 4		4:40-5:25 PM		
Swimmer 5/6		5:15-6:00 PM		
Parent & Tot 1	9:10-9:40 AM			
Parent & Tot 2	9:50-10:20 AM			
Parent & Tot 3	10:30-11:00 AM			

Level	Tuesdays & Thursdays July 3– July 29
Adult Lessons	5:00-5:45 PM

^{*} SWIMMING LESSONS SKIP DATES: No classes august 4th

Level	Tuesdays July 3– August 26
Private Lessons	1:15-1:45 PM 1:50-2:20 PM 2:30-3:00 PM

























Registration Opens for lessons **JUNE 23 @ 10:00AM** online @ fortfrances.ca/sportscentre OR Call the Memorial Sports Centre at (807) 274-4561

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Memorial Sports Centre Summer Day Camp







MEMORIAL SPORTS* * CENTRE

Summer Compress

Registration is OPEN!

We have increased capacity and now have a few spots available for summer camp!

If your preferred week is full, we encourage you to add your child to the waitlist — spots are being filled as cancellations come in.



- skating
- swimming
- sports
- games
- special guests

- playground trips
- museum visits
- off site adventures
- arts & crafts
- and more!

Two age groups: 5-8 & 9-12

\$156.85 per week/child

8 weeks July 7 - August 29 Monday to Friday 8:00am-5:00pm

Call Us: (807) 274-4561

Follow Us: Fort Frances Recreation and Events
Register Online: www.fortfrances.ca/sportscentre

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SHINNY & SKATING RULES

MEMORIAL SPORTS CENTRE

SUMMER ICE 2025





- Age groups MUST be followed
- Sticks & pucks at Shinny ONLY
- 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 Summer Ice!

The **Memorial Sports Centre** is bringing you ice all summer long! Whether you're training, practicing, or just looking for some summer skating, we've got you covered.

Key Dates: - IFK Rink Ice In: July 6

- Summer Ice Season: July 7 - August 31

Book Your Ice Time Now!

Call Melissa: (807) 274-4561 x 1717 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 (see page 21 for a copy of the U18 waiver)

NEW waivers are valid from July 2025 - June 2026!

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 until further notice.

Schedules will be available on the Fort Frances Recreation and Events Facebook page, posted in the facility and on the www.fortfrances.ca/sportscentre.

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Fort Frances Museum and Cultural Centre

Museum Hours (May 20 - September 5)

Tuesday to Saturday: 10:00 AM - 5:00 PM

Admission fees apply \$5 Adult, \$4 Senior/Student (5-17), \$15 Family

Exhibits





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	
July 3	Iron Willed: Women in Stem Exhibit Opening	5 -7 pm	
Jun. 27— Sept. 2	Iron Willed: Women in Stem Exhibit	Regular hours	
July and August	Remarkable Women of Rainy Lake District	Regular hours	
Sept. 12—Sept. 26	Treaty No. 3 Adhesion Anniversary Travelling Exhibit	Regular hours	

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

Facebook: @FortFrancesMuseumCulturalCentre

Phone: 807-274-7981

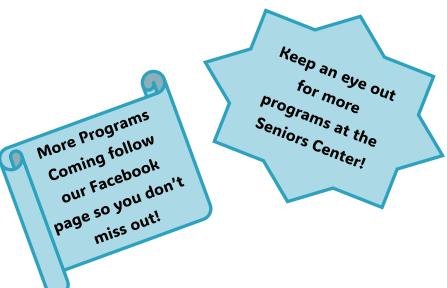
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Fort Frances Museum and Cultural Centre



Stay tuned for more details and additions to our Summer program schedule! For the latest updates, visit our Facebook page or contact the Fort Frances Museum & Cultural Centre.

Facebook @FortFrancesMuseumCulturalCentre Phone: 807-274-7981





Date	Program	Time	Age
July 1	Rock painting and bean bag toss at the Canada Day celebrations	12-4 pm	Everyone
Every Tuesday July and August, (starting July 9)	Summer Camp at the Museum	2-4 pm	Age 9-12
Every Tuesday July and August, (starting July 9)	Summer Camp at the Museum	10am-12 pm	Age 5-8
Fridays July 11th-Aug 15th	Pre-school Museum Camp (must be accompanied by a guardian)	10-11:30am	Age 3-6
July 17	Museum Table in the Kids Tent @ the Bass Tournament	10 am- 2 pm	Everyone
September TBD	Taste of Culture:	TBD	Everyone

Program 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.

Facebook: @FortFrancesMuseumCulturalCentre Phone: 807-274-7981

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Rainy Lake Square





Stay tuned for more details and additions to our Summer program schedule! For the latest updates, visit our Facebook page or contact the Fort Frances Museum & Cultural Centre.

Facebook: @FortFrancesMuseumCulturalCentre
Phone: 807-274-7981

	Date	Program	Time	Age
	June 26	Kings of None Concert, special guest Go Figure	6-8pm	Everyone
4	Every Thursday Until August 28th	Rainy Lake Square Market	10 am -2 pm	Everyone
	July 17	Bass Tournament Market @ Sorting Gap Marina	10am-4pm	Everyone
	July 23	Jigging in the Square	5:30-7:30 pm	Everyone
	Aug12	Rainy Lake Square Night Market	3-7pm	Everyone
	Aug 28	Rewind Concert	5:30-7 pm	Everyone
	Sept 12	Burger Wars Street Festival	10 am– 10 pm	Everyone

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Rainy Lake Square Market





The Rainy Lake Square Market will be open from

Thursday, May 22 to Thursday, August 28, 2025.

Remember to check out the Market on Thursdays between 10 am and 2 pm

It's the perfect lunch break to get away from work. You can get some fresh air, while supporting local vendors.

Market Vendors

Vendor registration is open for the 2025 Rainy Lake Square Market This is a great way for locals and craftspeople to sell their wares.

Vendors can contact Catrina at ccaira@fortfrances.ca or 807-274-7891 x 1112 for more information.





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Seniors Centre Age 55+

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.



COME ON OUT AND ENJOY ALL WE HAVE TO OFFER AT THE SENIOR CENTRE!!

401 Nelson Street, Fort Frances, ON +1 (807) 274 - 5676



www.fortfrances.ca - 16-



Sorting Gap Marina

Open Daily: 7:00 am - 9:00 pm Starting June 30th

(Tower hours are the same as the Sorting Gap)

Marina Services & Essentials

- Pop
- Water
- Ice
- Gas
- Tower Pass

- Ice Cream and Sorbet
- Freezies
- Chips
- Affagatos







Freshly Brewed Delights

Espresso

Flat Whites

Cappuccinos
 Iced Coffees

(Flavoured Syrup Available for Coffee Drinks)

FOLLOW US @ FORT FRANCES RECREATION AND EVENTS

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

Sport	Club	Web	Facebook	Contact
KidSport or Jum Helps families with sp	pstart ort 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	<u> </u>	<u>×</u>	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	<u> </u>	<u>×</u>	807-274-4581 reflexion@mckaypts.co increasefitness@gmail.com
Hockey	FF Minor Hockey Association FF Girls Women's Hockey Association 3 on 3 Hockey	<u>×</u>	YYY	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	⊻	<u>✓</u>	807-274-4561
Pickle Ball	JW Walker School Memorial Sports Centre, Outdoor Courts		<u>√</u>	807-274-4581
Hiking / Biking	Rainy Lake Nordic Ski Club Eighth Street Ski Trails Rainy Lake Women on Wheels		<u>×</u>	
Soccer	Borderland Soccer- adult Fort Frances Indoor Soccer – 14+ Co-ed	1	<u>×</u>	borderlandsoccer@gmail.com
	Fort Frances Youth Soccer - Indoor and outdoor Sunset Country Squash -		<u>×</u>	ffys.soccer@gmail.com 807-274-4561
Squash	youth club, men's, women's nights, open courts		_	
Summer Camps and Programs	Rec N Crew & Specialty Camps Confederation College Couchiching Recreation	<u>×</u>	<u>√</u> <u>√</u>	807-274-4561 807-274-5395 807-274-1223
Swimming	Cyclones Swim Club Swimming Lessons		<u>√</u>	807-274-4561
Tennis	Multi-use courts		✓	
Volleyball	FF Women's Volleyball League Fort Frances Rec Volleyball – 16+ mixed		<u>~</u>	ffwvolleyball@gmail.com
Walking/running	Indoor track- Memorial Sports Centre	✓	⊻	807-274-4561
	Fort Frances Public Library School clubs, teams and sports	✓	✓	807-274-9879
Youth Programs	Seven Generations – activities – maker space Rainy River District 4H Club Urban Aboriginal Healthy Living for Kids	× × ×	<u>×</u>	807-274-2042 807-274-2796 healthylivingkids@unfc.org
	Urban Indigenous Healthy Living Program 18+	_		healthyliving@unfc.org

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



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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:			
Street Address: City: Postal Code:			
Parent/Guardian:			
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.			
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 <u>Drop off/mail:</u> c/o Northwestern Health Unit, 396 Scott Street, Fort Frances, ON P9A 1G9 <u>Email or fax:</u> efischer@nwhu.on.ca			

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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): Please explain economic/social barriers/circumstances impacting fami	Email: ly 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

- 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.
- Applications must be submitted at least 7 days prior to sport registration to ensure time for review.
- 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.
- 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.
- Grants are not guaranteed every year. KidSport reserves the right to request further proof of family income (paystubs).
- 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.
- 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.
- 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.
- 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.
- 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.

www.fortfrances.ca - 20 -

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 agree-

	and our legal representatives. lame: lian's Name: Postal Code: e of liability, waiver of claims, assumed as a lights, including the right to sure to be bound by the terms contains.	Date of Birth:
	and our legal representatives. ame: ian's Name: Postal Code:	Date of Birth: City: Phone Number:
	and our legal representatives. ame: ian's Name:	Date of Birth: City:
	and our legal representatives. lame: ian's Name:	Date of Birth:
	and our legal representatives.	
	and our legal representatives.	Date of Birth:
	9	
8. I co		,
		Fort Frances and myself as Parent/Guardian, and the participant, and it is binding on myself,
		nt risks associated with the participant's participation in these recreational activities. ne to read and understand this waiver in its entirety. I understand that this agreement repre-
<i>7.</i> I un		unsupervised. I will ensure that the participant follows the established Rules of Conduct for
	ited in the Province of Ontario.	, , ,
		cise jurisdiction over the terms and claims referred to herein. Any litigation to enforce this waiv
_		contained herein are governed exclusively and in all respects by the laws of the Province of On- s occur. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province o
	articipation in the stated recreatio	
Iemands, incl	iding court costs and costs on a se	olicitor, and liabilities of any nature or kind, arising out of, or in any way connected with, the
•		and indemnify the Town of Fort Frances from all actions, proceedings, claims, damages, cost
_		use such care as a reasonably prudent and careful person would use under similar circumeach of contract, or mistake or error in judgment of the Town; and
_		a result of the participant's participation in these recreational activities, due to any cause,
(b) to	elease and forever discharge the	Town from all liability for personal injury, death, property damage, or loss, that I, the partici-
-	. , , ,	nt has or may have in the future against the Town.
	gal representatives') agree:	well as the participant and his/her heirs, next of kin, executors, administrators and assigns
		he Town for the participant's participation in these recreational activities, I, and my heirs, next
		pant in these recreational activities.
		on this form, even if the Town of Fort Frances is found to be negligent, or in breach of any duty
	•	own to make recreational activities completely safe. I accept these risks and agree to the term
		sipation in the stated recreational activities.
		sponsibility for all risks and possibilities of any, and all, personal injury, death, property dam-
	-	b behave in a negligent manner that may contribute to injury to themselves or others.
	potential to collide with other pe	pehave in ways that may result in injury, harm, or death to persons around them.
	tivities, and include, but are not li	
		s are a common occurrence. I am aware that the risks of recreational activities are an integral
		ngers, hazards, and risks (collectively "risks") associated with the recreational activities listed
apacity as Pa	ent/Guardian, and with the intent	that this waiver be binding on myself and the participant for all legal purposes.
	-	cipant named on this form, and I am executing this waiver on behalf of the participant, in my
		i've read, agree to, and acknowledge each of the following statements:
	that take place between the date	
		chalf. In addition, by signing this agreement, I indemnify the Town of Fort Frances of all claims, ught forth because of participation in these activities. This waiver covers participation in recrea
	-	ports Centre. By signing his agreement, I agree that I am the parent/guardian of the stated par-
ake place on t		s include, but is not limited to, hockey, shinny hockey, public skating, and other activities that
•		
his agreement	•	ort Frances, ON, P9A 1H8). Without limiting the generality of the foregoing, for the purpose of

Today's Date: _____



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