

Thursday, May 1, 2025

Adult Swim

Date and Time: Thursday, May 1 6:00 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Walking

Date and Time: Thursday, May 1 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

National Youth Week - Art Mural (Ages 13 to 19)

Date and Time: Thursday, May 1 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

In collaboration with Critical Mass and a local artist, youth and community members will work together to complete a beautiful mural that will incorporate spring themes and a messages of thanks and inspiration to other youth in our community.

Ages: 13 to 19 years

Free

National Youth Week - Escape Room (Ages 13 to 19)

Date and Time: Thursday, May 1 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Love a good mystery? Or think you've got what it takes to solve puzzles under pressure? Stop by our Escape Room Challenge! Bring your friends or go solo as you race against the clock to crack clues, solve puzzles, and make your escape. It's a fun, interactive way to test your skills and have a blast!

Ages: 13 to 19 years

Free

National Youth Week - Youth Games Room (Ages 13 to 19)

Date and Time: Thursday, May 1 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Try your hand at air hockey, arcade games, ping pong or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages: 13 to 19 years

Free

55+ Nordic Pole Walking Course

Date and Time: Thursday, May 1 9:30 am - 10:30 am

Address: 82 Mill Street, Port Hope, L1A 2S8

Come join us for a total body workout while socializing! Nordic Pole Walking targets 90% of your body's muscles, cardiovascular system, keeps your body in alignment, reduces impact and burns calories. You will be shown how to achieve this by a trained Nordic Pole walking instructor. If you have your own poles, please bring them to each walk. For participants who do not have their own equipment, a limited number of walking poles will be available for use and need to be returned to the instructor after each walk.

All walks start at [Riverside Park](#). This program will be cancelled on days where there is inclement weather and runs until the end of June.

Please call to register.

[55+ Membership](#) is required.

55+ Scrabble

Date and Time: Thursday, May 1 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-in for a game of Scrabble. 55+ Membership required.

Early On: Let's Get Physical

Date and Time: Thursday, May 1 10:00 am - 12:00 pm

Address: 62 McCaul St Port Hope

In Partnership with EarlyON join us in exploring active play in the gymnasium! It's a great way to escape the col

d and encourage active play and big body movements during the winter months.

Ages 0-6 years. All participants must be accompanied by an adult.

Thursdays: 10:00 a.m. to 12:00 p.m.

Location: Town Park Recreation Centre

Family Swim

Date and Time: Thursday, May 1 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Lane Swim

Date and Time: Thursday, May 1 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Thursday, May 1 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Pickleball - Beginner

Date and Time: Thursday, May 1 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

This timeslot is dedicated to beginner players and those wanting to learn to play the sport in a welcoming and inclusive environment. There is not an instructor for this program.

Ages: 18 years+

Drop-in fees apply.

55+ Texas Hold' Em

Date and Time: Thursday, May 1 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Texas Hold'Em. 55+ Membership required.

55+ Bridge

Date and Time: Thursday, May 1 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bridge. 55+ Membership required.

Lane Swim

Date and Time: Thursday, May 1 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Friday, May 2, 2025

Adult Swim

Date and Time: Friday, May 2 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Walking

Date and Time: Friday, May 2 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

National Youth Week - Youth Games Room (Ages 13 to 19)

Date and Time: Friday, May 2 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Try your hand at air hockey, arcade games, ping pong or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages: 13 to 19 years

Free

National Youth Week - Escape Room (Ages 13 to 19)

Date and Time: Friday, May 2 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Love a good mystery? Or think you've got what it takes to solve puzzles under pressure? Stop by our Escape Room Challenge! Bring your friends or go solo as you race against the clock to crack clues, solve puzzles, and make your escape. It's a fun, interactive way to test your skills and have a blast!

Ages: 13 to 19 years

Free

National Youth Week - Art Mural (Ages 13 to 19)

Date and Time: Friday, May 2 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

In collaboration with Critical Mass and a local artist, youth and community members will work together to complete a beautiful mural that will incorporate spring themes and a messages of thanks and inspiration to other youth in our community.

Ages: 13 to 19 years

Free

Active Start: Toddler Gym Drop-in

Date and Time: Friday, May 2 9:00 am - 10:15 am

Address: 62 McCaul St Port Hope

Open gym for children to have unstructured play and plenty of space to burn off energy and socialize with other children. Children will strengthen their gross and fine motor skills with a variety of equipment including toddler cars, balls, tunnels and more!

Ages 0-3 years. All participants must be accompanied by an adult.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Friday, May 2 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Public Swim

Date and Time: Friday, May 2 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Adult Swim

Date and Time: Friday, May 2 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Badminton

Date and Time: Friday, May 2 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Come play this low-impact indoor sport in a fun, recreational setting and social atmosphere. Ages 18 and up. Drop in fees apply

55+ Dime Bingo

Date and Time: Friday, May 2 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Dime Bingo.

The cost to play is \$2.50. Please bring dimes.

55+ Membership required.

55+ Canasta

Date and Time: Friday, May 2 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

Public Swim

Date and Time: Friday, May 2 1:30 pm - 5:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Lane Swim

Date and Time: Friday, May 2 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

National Youth Week - Hoops Drop-In (Ages 13 to 19)

Date and Time: Friday, May 2 3:00 pm - 6:00 pm

Address: 62 McCaul St Port Hope

Come practice your jump shot or play basketball with friends!

Ages: 13 to 19 years

Free

Saturday, May 3, 2025

National Youth Week - Art Mural (Ages 13 to 19)

Date and Time: Saturday, May 3 9:00 am - 5:00 pm

Address: 62 McCaul St Port Hope

In collaboration with Critical Mass and a local artist, youth and community members will work together to complete a beautiful mural that will incorporate spring themes and a messages of thanks and inspiration to other youth in our community.

Ages: 13 to 19 years

Free

National Youth Week - Escape Room (Ages 13 to 19)

Date and Time: Saturday, May 3 9:00 am - 5:00 pm

Address: 62 McCaul St Port Hope

Love a good mystery? Or think you've got what it takes to solve puzzles under pressure? Stop by our Escape Room Challenge! Bring your friends or go solo as you race against the clock to crack clues, solve puzzles, and make your escape. It's a fun, interactive way to test your skills and have a blast!

Ages: 13 to 19 years

Free

National Youth Week - Youth Games Room (Ages 13 to 19)

Date and Time: Saturday, May 3 9:00 am - 5:00 pm

Address: 62 McCaul St Port Hope

Try your hand at air hockey, arcade games, ping pong or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages: 13 to 19 years

Free

Adult Swim

Date and Time: Saturday, May 3 11:30 am - 1:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Public Swim

Date and Time: Saturday, May 3 2:15 pm - 4:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.
Public Swims are in the 25 metre pool and the Therapy pool.
There is no guarantee that the 25 metre pool will be available for all Public Swims.
Drop-in fees apply.

Open Gym Drop-in (Ages 7-19)

Date and Time: Saturday, May 3 3:00 pm - 5:00 pm

Address: 62 McCaul St Port Hope

Come drop into the gym and play basketball, floor hockey, soccer, etc.

Ages 7 to 19 years.

Children under the age of 10 years must be accompanied by an adult.

Drop-in fees apply

Sunday, May 4, 2025

Adult Swim

Date and Time: Sunday, May 4 11:30 am - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

National Youth Week - Youth Games Room (Ages 13 to 19)

Date and Time: Sunday, May 4 12:00 pm - 7:00 pm

Address: 62 McCaul St Port Hope

Try your hand at air hockey, arcade games, ping pong or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages: 13 to 19 years

Free

National Youth Week - Escape Room (Ages 13 to 19)

Date and Time: Sunday, May 4 12:00 pm - 7:00 pm

Address: 62 McCaul St Port Hope

Love a good mystery? Or think you've got what it takes to solve puzzles under pressure? Stop by our Escape Room Challenge! Bring your friends or go solo as you race against the clock to crack clues, solve puzzles, and make your escape. It's a fun, interactive way to test your skills and have a blast!

Ages: 13 to 19 years

Free

National Youth Week - Art Mural (Ages 13 to 19)

Date and Time: Sunday, May 4 12:00 pm - 7:00 pm

Address: 62 McCaul St Port Hope

In collaboration with Critical Mass and a local artist, youth and community members will work together to complete a beautiful mural that will incorporate spring themes and a messages of thanks and inspiration to other youth in our community.

Ages: 13 to 19 years

Free

National Youth Week - "Try Tennis" lesson with the Port Hope Racquet Club (Ages 13 to 19)

Date and Time: Sunday, May 4 1:00 pm - 2:30 pm

Address: 62 McCaul St Port Hope

A fun introduction to the sport of tennis, meant for those who are new to the game or have not picked up a racquet in a while! Led by a Tennis Canada certified coach and supported by volunteers from the Port Hope Racquet Club. Participants will get a quick tutorial on the basic of tennis. Racquets will be available for those who need one. Please wear comfortable athletic wear and non-marking running shoes. Lessons will run from 1:00 p.m. to 1:45 p.m. and 1:45 p.m. to 2:30 p.m. with a maximum 14 players per time slot. Please reach out to the [Port Hope Racquet Club](#) for any questions.

Ages: 13 to 19 years

Free

National Youth Week - Youth Vendor Show (Ages 13 to 19)

Date and Time: Sunday, May 4 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Are you a young entrepreneur looking to make some extra cash? Then the Youth Vendor Show is the perfect opportunity for you! Book a vendor table and sell your handmade items, art, or pre-loved clothing, books, or anything you no longer need. Show off your talent, share your creativity, or just clear out some space, all while making some money!

Sorry, no food items can be sold! Booths are free to youth sellers on a first come first serve basis. Pre-register for a booth; in person, over the phone, or online. Shopping is open to the public and is a cash only event.

Youth Vendor Show Registration

Ages: 13 to 19 years

Free

National Youth Week - Volleyball Tournament (Ages 13 to 19)

Date and Time: Sunday, May 4 1:00 pm - 7:00 pm

Address: 62 McCaul St Port Hope

The perfect way to meet fellow volleyball lovers and enjoy an action-packed afternoon of fun and friendly competition (with some great prizes)! Whether you're in it to win or just want to play for fun, grab your spot and get ready to serve, spike, and connect!

When registering please state if you are the team captain or include your team captain's name. If unsure, no problem, teams will be created day of.

Volleyball Tournament Registration

Ages: 13 to 19 years

Free

National Youth Week - BBQ (Ages 13 to 19)

Date and Time: Sunday, May 4 1:30 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Enjoy some free food and refreshments in between watching the Volleyball Tournament, trying tennis, or checking out the Vendor Market.

Ages: 13 to 19 years

Free

Public Swim

Date and Time: Sunday, May 4 2:30 pm - 4:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Monday, May 5, 2025

Adult Swim

Date and Time: Monday, May 5 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Walking

Date and Time: Monday, May 5 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

National Youth Week - Art Mural (Ages 13 to 19)

Date and Time: Monday, May 5 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

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Ages: 13 to 19 years

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National Youth Week - Escape Room (Ages 13 to 19)

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Ages: 13 to 19 years

Free

National Youth Week - Youth Games Room (Ages 13 to 19)

Date and Time: Monday, May 5 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Try your hand at air hockey, arcade games, ping pong or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages: 13 to 19 years

Free

Men's Activity Club (MAC)

Date and Time: Monday, May 5 9:00 am - 11:00 am

Address: 62 McCaul St Port Hope

Join this social men's club, enjoy a hot coffee, and good conversation. Ages 18 and up.

Men's Activity Club (MAC)

Date and Time: Monday, May 5 9:00 am - 11:00 am

Address: 62 McCaul St Port Hope

Join this social men's club, play Texas Hold'Em, and enjoy a hot coffee. Ages 18 and up.

55+ Cribbage

Date and Time: Monday, May 5 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

55+ French Cafe

Date and Time: Monday, May 5 10:00 am - 11:00 am

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

Public Swim

Date and Time: Monday, May 5 10:00 am - 11:00 am

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Monday, May 5 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Lane Swim

Date and Time: Monday, May 5 11:15 am - 1:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Monday, May 5 12:15 pm - 1:30 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Fun4Life

Date and Time: Monday, May 5 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Fun4Life is a social opportunity for individuals with special needs ages 18 years and over. This program will enhance opportunities for socialization, physical activity, life skills, and nutrition. This is a drop-in program offered weekly. We request that a Participant Registration form be completed before attending so we are able to best meet the needs of everyone. Forms are available at the Town Park Recreation Centre during regular operational hours.

Badminton

Date and Time: Monday, May 5 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Come play this low-impact indoor sport in a fun, recreational setting and social atmosphere. Ages 18 and up. Drop in fees apply

Tuesday, May 6, 2025

Adult Swim

Date and Time: Tuesday, May 6 6:00 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Walking

Date and Time: Tuesday, May 6 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

National Youth Week - Escape Room (Ages 13 to 19)

Date and Time: Tuesday, May 6 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Love a good mystery? Or think you've got what it takes to solve puzzles under pressure? Stop by our Escape Room Challenge! Bring your friends or go solo as you race against the clock to crack clues, solve puzzles, and make your escape. It's a fun, interactive way to test your skills and have a blast!

Ages: 13 to 19 years

Free

National Youth Week - Art Mural (Ages 13 to 19)

Date and Time: Tuesday, May 6 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

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Ages: 13 to 19 years

Free

National Youth Week - Youth Games Room (Ages 13 to 19)

Date and Time: Tuesday, May 6 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Try your hand at air hockey, arcade games, ping pong or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages: 13 to 19 years

Free

55+ Hearing Clinic

Date and Time: Tuesday, May 6 8:00 am

Address: 62 McCaul St Port Hope

Book your free and confidential appointment with a Hearing Care Counsellor. The counsellor will screen for hearing loss, assist with maintenance and trouble shootings of hearing aids, and provide information on assistive listening devices and altering devices. To book an appointment please call 905-885-7908.

By appointment only.

55+ Tai Chi - Continuing

Date and Time: Tuesday, May 6 9:00 am - 9:45 am

Address: 62 McCaul St Port Hope

Current members are welcome to participate in the program. Drop-ins can be accepted all year for Continuing and Intermediate classes.

55+ Tai Chi - Intermediate

Date and Time: Tuesday, May 6 10:00 am - 10:45 am

Address: 62 McCaul St Port Hope

Current members are welcome to participate in the program. Drop-ins can be accepted all year for Continuing and Intermediate classes.

Fun4Life - Accessible Gym

Date and Time: Tuesday, May 6 10:00 am - 11:15 am

Address: 62 McCaul St Port Hope

Individuals with varying abilities and needs are welcome to come drop in and play floor hockey, basketball, indoor soccer, and more. Support person's welcome at no extra cost and variations of activities and sports available for participants of all ability levels. Varying levels of abilities and needs welcome. Fee: \$2.00 per visit.

Family Swim

Date and Time: Tuesday, May 6 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Lane Swim

Date and Time: Tuesday, May 6 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Tuesday, May 6 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Pickleball - Intermediate/Advanced

Date and Time: Tuesday, May 6 12:30 pm - 2:30 pm

Address: 62 McCaul St Port Hope

Pickleball for intermediate/advanced levels of doubles play and players who are looking for a more competitive game. Ages: 18 years+

Shuffleboard

Date and Time: Tuesday, May 6 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Geared to older adults. Build on strength and coordination with this fun and social program. Ages: 18 years and up

55+ Knitting Circle

Date and Time: Tuesday, May 6 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Bring your knitting supplies and enjoy each other's company while sharing your projects and patterns. 55+ Membership required.

Wednesday, May 7, 2025

Adult Swim

Date and Time: Wednesday, May 7 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Walking

Date and Time: Wednesday, May 7 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

National Youth Week - Art Mural (Ages 13 to 19)

Date and Time: Wednesday, May 7 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

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Ages: 13 to 19 years

Free

National Youth Week - Escape Room (Ages 13 to 19)

Date and Time: Wednesday, May 7 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Love a good mystery? Or think you've got what it takes to solve puzzles under pressure? Stop by our Escape Room Challenge! Bring your friends or go solo as you race against the clock to crack clues, solve puzzles, and make your escape. It's a fun, interactive way to test your skills and have a blast!

Ages: 13 to 19 years

Free

National Youth Week - Youth Games Room (Ages 13 to 19)

Date and Time: Wednesday, May 7 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Try your hand at air hockey, arcade games, ping pong or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages: 13 to 19 years

Free

Active Start: Toddler Gym Drop-in

Date and Time: Wednesday, May 7 9:00 am - 10:15 am

Address: 62 McCaul St Port Hope

Open gym for children to have unstructured play and plenty of space to burn off energy and socialize with other children. Children will strengthen their gross and fine motor skills with a variety of equipment including toddler cars, balls, tunnels and more!

Ages 0-3 years. All participants must be accompanied by an adult.

Drop-in fees apply.

55+ Darts

Date and Time: Wednesday, May 7 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-in and play some Darts. Please bring your own darts.

55+ Membership required.

Pickleball - All Levels

Date and Time: Wednesday, May 7 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Lane Swim

Date and Time: Wednesday, May 7 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Family Swim

Date and Time: Wednesday, May 7 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.
Family Swims are in the Therapy Pool only.
Availability of the 25 metre pool is not guaranteed for this swim.
Drop-in fees apply.

Adult Swim

Date and Time: Wednesday, May 7 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

55+ Bid Euchre

Date and Time: Wednesday, May 7 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bid Euchre. 55+ Membership required.

Lane Swim

Date and Time: Wednesday, May 7 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.
This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.
Drop-in fees apply.

Public Swim

Date and Time: Wednesday, May 7 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.
Public Swims are in the 25 metre pool and the Therapy pool.
There is no guarantee that the 25 metre pool will be available for all Public Swims.
Drop-in fees apply.

National Youth Week - Gym Drop-In (Ages 13 to 19)

Date and Time: Wednesday, May 7 3:00 pm - 5:00 pm

Address: 62 McCaul St Port Hope

Come drop into the gym and play basketball, badminton, floor hockey, soccer, etc.

Ages: 13 to 19 years

Free

Thursday, May 8, 2025

Adult Swim

Date and Time: Thursday, May 8 6:00 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Walking

Date and Time: Thursday, May 8 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Thursday, May 8 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

55+ Scrabble

Date and Time: Thursday, May 8 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-in for a game of Scrabble. 55+ Membership required.

55+ Nordic Pole Walking Course

Date and Time: Thursday, May 8 9:30 am - 10:30 am

Address: 82 Mill Street, Port Hope, L1A 2S8

Come join us for a total body workout while socializing! Nordic Pole Walking targets 90% of your body's muscles, cardiovascular system, keeps your body in alignment, reduces impact and burns calories. You will be shown how to achieve this by a trained Nordic Pole walking instructor. If you have your own poles, please bring them to each walk. For participants who do not have their own equipment, a limited number of walking poles will be available for use and need to be returned to the instructor after each walk.

All walks start at [Riverside Park](#). This program will be cancelled on days where there is inclement weather and runs until the end of June.

Please call to register.

[55+ Membership](#) is required.

Early On: Let's Get Physical

Date and Time: Thursday, May 8 10:00 am - 12:00 pm

Address: 62 McCaul St Port Hope

In Partnership with EarlyON join us in exploring active play in the gymnasium! It's a great way to escape the cold and encourage active play and big body movements during the winter months.

Ages 0-6 years. All participants must be accompanied by an adult.

Thursdays: 10:00 a.m. to 12:00 p.m.

Location: Town Park Recreation Centre

Family Swim

Date and Time: Thursday, May 8 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in [fees](#) apply.

Lane Swim

Date and Time: Thursday, May 8 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Thursday, May 8 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Pickleball - Beginner

Date and Time: Thursday, May 8 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

This timeslot is dedicated to beginner players and those wanting to learn to play the sport in a welcoming and inclusive environment. There is not an instructor for this program.

Ages: 18 years+

Drop-in fees apply.

55+ Texas Hold' Em

Date and Time: Thursday, May 8 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Texas Hold'Em. 55+ Membership required.

55+ Bridge

Date and Time: Thursday, May 8 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bridge. 55+ Membership required.

Lane Swim

Date and Time: Thursday, May 8 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Youth Volleyball Drop-In (Ages 13 to 19)

Date and Time: Thursday, May 8 3:30 pm - 6:30 pm

Address: 62 McCaul St Port Hope

Bring your friends and join us for Youth Volleyball. Practice your serve, play a game with new or old friends, and have fun!

Ages: 13 to 19 years

Drop-in fees apply.

Family Swim

Date and Time: Thursday, May 8 6:15 pm - 7:15 pm

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Friday, May 9, 2025

Adult Swim

Date and Time: Friday, May 9 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Friday, May 9 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Walking

Date and Time: Friday, May 9 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Active Start: Toddler Gym Drop-in

Date and Time: Friday, May 9 9:00 am - 10:15 am

Address: 62 McCaul St Port Hope

Open gym for children to have unstructured play and plenty of space to burn off energy and socialize with other children. Children will strengthen their gross and fine motor skills with a variety of equipment including toddler cars, balls, tunnels and more!

Ages 0-3 years. All participants must be accompanied by an adult.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Friday, May 9 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Public Swim

Date and Time: Friday, May 9 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Adult Swim

Date and Time: Friday, May 9 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Badminton

Date and Time: Friday, May 9 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Come play this low-impact indoor sport in a fun, recreational setting and social atmosphere. Ages 18 and up. Drop in fees apply

55+ Canasta

Date and Time: Friday, May 9 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

55+ Dime Bingo

Date and Time: Friday, May 9 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Dime Bingo.

The cost to play is \$2.50. Please bring dimes.

55+ Membership required.

Public Swim

Date and Time: Friday, May 9 1:30 pm - 5:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Lane Swim

Date and Time: Friday, May 9 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Hoops (Ages 13 to 19)

Date and Time: Friday, May 9 3:00 pm - 6:00 pm

Address: 62 McCaul St Port Hope

Come practice your jump shot or play basketball with friends!

Ages 13-19 years.

Drop-in fees apply.

55+ Euchre

Date and Time: Friday, May 9 6:00 pm - 9:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Euchre. 55+ Membership required.

Family Swim

Date and Time: Friday, May 9 6:15 pm - 7:15 pm

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Saturday, May 10, 2025

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Saturday, May 10 9:00 am - 5:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Adult Swim

Date and Time: Saturday, May 10 11:30 am - 1:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

FREE! Public Swim

Date and Time: Saturday, May 10 2:15 pm - 4:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Join us at the Jack Burger Sports Complex for a free public swim sponsored by OPG!

Public Swims are open to all ages. There is no guarantee that the 25 metre pool will be available for all Public Swims.

Open Gym Drop-in (Ages 7-19)

Date and Time: Saturday, May 10 3:00 pm - 5:00 pm

Address: 62 McCaul St Port Hope

Come drop into the gym and play basketball, floor hockey, soccer, etc.

Ages 7 to 19 years.

Children under the age of 10 years must be accompanied by an adult.

Drop-in fees apply

Late Night Hoops (Ages 15 to 19)

Date and Time: Saturday, May 10 8:00 pm - 11:55 pm

Address: 62 McCaul St Port Hope

Come practice your jump shot or play basketball with friends! Listen to music, order a pizza, and enjoy having the facility to yourselves for the evening.

Ages 15-19 years.

Drop-in fees apply.

Sunday, May 11, 2025

Adult Swim

Date and Time: Sunday, May 11 11:30 am - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Public Swim

Date and Time: Sunday, May 11 2:30 pm - 4:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.
Public Swims are in the 25 metre pool and the Therapy pool.
There is no guarantee that the 25 metre pool will be available for all Public Swims.
Drop-in fees apply.

Monday, May 12, 2025

Adult Swim

Date and Time: Monday, May 12 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Youth Centre Drop-In (Ages 10 to 12)

Date and Time: Monday, May 12 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Mondays are for ages 10 to 12 years old.

Free!

Walking

Date and Time: Monday, May 12 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Men's Activity Club (MAC)

Date and Time: Monday, May 12 9:00 am - 11:00 am

Address: 62 McCaul St Port Hope

Join this social men's club, play Texas Hold'Em, and enjoy a hot coffee. Ages 18 and up.

Men's Activity Club (MAC)

Date and Time: Monday, May 12 9:00 am - 11:00 am

Address: 62 McCaul St Port Hope

Join this social men's club, enjoy a hot coffee, and good conversation. Ages 18 and up.

55+ Cribbage

Date and Time: Monday, May 12 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

55+ French Cafe

Date and Time: Monday, May 12 10:00 am - 11:00 am

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

Public Swim

Date and Time: Monday, May 12 10:00 am - 11:00 am

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Monday, May 12 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Lane Swim

Date and Time: Monday, May 12 11:15 am - 1:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Monday, May 12 12:15 pm - 1:30 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Fun4Life

Date and Time: Monday, May 12 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Fun4Life is a social opportunity for individuals with special needs ages 18 years and over. This program will enhance opportunities for socialization, physical activity, life skills, and nutrition. This is a drop-in program offered weekly. We request that a Participant Registration form be completed before attending so we are able to best meet the needs of everyone. Forms are available at the Town Park Recreation Centre during regular operational hours.

Badminton

Date and Time: Monday, May 12 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Come play this low-impact indoor sport in a fun, recreational setting and social atmosphere. Ages 18 and up. Drop in fees apply

55+ Casual Duplicate Bridge

Date and Time: Monday, May 12 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Drop-in to play Casual Duplicate Bridge.

55+ Membership required.

Public Swim

Date and Time: Monday, May 12 1:45 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Tuesday, May 13, 2025

Adult Swim

Date and Time: Tuesday, May 13 6:00 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Walking

Date and Time: Tuesday, May 13 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Tuesday, May 13 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

55+ Tai Chi - Continuing

Date and Time: Tuesday, May 13 9:00 am - 9:45 am

Address: 62 McCaul St Port Hope

Current members are welcome to participate in the program. Drop-ins can be accepted all year for Continuing and Intermediate classes.

55+ Tai Chi - Intermediate

Date and Time: Tuesday, May 13 10:00 am - 10:45 am

Address: 62 McCaul St Port Hope

Current members are welcome to participate in the program. Drop-ins can be accepted all year for Continuing and Intermediate classes.

Fun4Life - Accessible Gym

Date and Time: Tuesday, May 13 10:00 am - 11:15 am

Address: 62 McCaul St Port Hope

Individuals with varying abilities and needs are welcome to come drop in and play floor hockey, basketball, indoor soccer, and more. Support person's welcome at no extra cost and variations of activities and sports available for participants of all ability levels. Varying levels of abilities and needs welcome. Fee: \$2.00 per visit.

55+ Sound Hearing Series

Date and Time: Tuesday, May 13 10:00 am - 11:30 am

Address: 62 McCaul St Port Hope

These classes are designed to improve communication in everyday listening situations. You will develop coping skills that will enable you to deal successfully with the challenges of living with a hearing loss, decrease isolation, and meet others sharing similar experiences. Open for anyone with suspected or confirmed hearing loss. Registration opens in person and [online](#) on Tuesday April 8.

- Cost: Free to 55+ members

Family Swim

Date and Time: Tuesday, May 13 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in [fees](#) apply.

Lane Swim

Date and Time: Tuesday, May 13 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

[Drop-in fees](#) apply.

Adult Swim

Date and Time: Tuesday, May 13 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Pickleball - Intermediate/Advanced

Date and Time: Tuesday, May 13 12:30 pm - 2:30 pm

Address: 62 McCaul St Port Hope

Pickleball for intermediate/advanced levels of doubles play and players who are looking for a more competitive game. Ages: 18 years+

Shuffleboard

Date and Time: Tuesday, May 13 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Geared to older adults. Build on strength and coordination with this fun and social program. Ages: 18 years and up

55+ Knitting Circle

Date and Time: Tuesday, May 13 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Bring your knitting supplies and enjoy each other's company while sharing your projects and patterns. 55+ Membership required.

55+ Bingo

Date and Time: Tuesday, May 13 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bingo. 55+ Membership required.

Lane Swim

Date and Time: Tuesday, May 13 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.
This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.
Drop-in fees apply.

Wednesday, May 14, 2025

Adult Swim

Date and Time: Wednesday, May 14 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Wednesday, May 14 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Walking

Date and Time: Wednesday, May 14 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Active Start: Toddler Gym Drop-in

Date and Time: Wednesday, May 14 9:00 am - 10:15 am

Address: 62 McCaul St Port Hope

Open gym for children to have unstructured play and plenty of space to burn off energy and socialize with other children. Children will strengthen their gross and fine motor skills with a variety of equipment including toddler cars, balls, tunnels and more!

Ages 0-3 years. All participants must be accompanied by an adult.

Drop-in fees apply.

55+ Darts

Date and Time: Wednesday, May 14 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-in and play some Darts. Please bring your own darts.

55+ Membership required.

Pickleball - All Levels

Date and Time: Wednesday, May 14 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Lane Swim

Date and Time: Wednesday, May 14 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Family Swim

Date and Time: Wednesday, May 14 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Adult Swim

Date and Time: Wednesday, May 14 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

55+ Bid Euchre

Date and Time: Wednesday, May 14 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bid Euchre. 55+ Membership required.

Lane Swim

Date and Time: Wednesday, May 14 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Public Swim

Date and Time: Wednesday, May 14 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Youth Gym Drop-In (Ages 13 to 19)

Date and Time: Wednesday, May 14 3:00 pm - 5:00 pm

Address: 62 McCaul St Port Hope

Come drop into the gym and play basketball, floor hockey, soccer, etc. The gym can be divided into two to offer different activities and choices.

For Saturday Youth Gym, please call the Town Park Recreation Centre ahead of time to see if the program is running.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Wednesday, May 14 5:30 pm - 7:00 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Basketball (30+)

Date and Time: Wednesday, May 14 7:30 pm - 9:00 pm

Address: 62 McCaul St Port Hope

Come participate in a game of pick-up basketball or 21. You may be asked to show proof of age at the time of registration. Ages: 30 years+

Thursday, May 15, 2025

Adult Swim

Date and Time: Thursday, May 15 6:00 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Walking

Date and Time: Thursday, May 15 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Thursday, May 15 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

55+ Scrabble

Date and Time: Thursday, May 15 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-in for a game of Scrabble. 55+ Membership required.

55+ Nordic Pole Walking Course

Date and Time: Thursday, May 15 9:30 am - 10:30 am

Address: 82 Mill Street, Port Hope, L1A 2S8

Come join us for a total body workout while socializing! Nordic Pole Walking targets 90% of your body's muscles, cardiovascular system, keeps your body in alignment, reduces impact and burns calories. You will be shown how to achieve this by a trained Nordic Pole walking instructor. If you have your own poles, please bring them to each walk. For participants who do not have their own equipment, a limited number of walking poles will be available for use and need to be returned to the instructor after each walk.

All walks start at [Riverside Park](#). This program will be cancelled on days where there is inclement weather and runs until the end of June.

Please call to register.

[55+ Membership](#) is required.

Early On: Let's Get Physical

Date and Time: Thursday, May 15 10:00 am - 12:00 pm

Address: 62 McCaul St Port Hope

In Partnership with EarlyON join us in exploring active play in the gymnasium! It's a great way to escape the cold and encourage active play and big body movements during the winter months.

Ages 0-6 years. All participants must be accompanied by an adult.

Thursdays: 10:00 a.m. to 12:00 p.m.

Location: Town Park Recreation Centre

Family Swim

Date and Time: Thursday, May 15 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Lane Swim

Date and Time: Thursday, May 15 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Thursday, May 15 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Pickleball - Beginner

Date and Time: Thursday, May 15 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

This timeslot is dedicated to beginner players and those wanting to learn to play the sport in a welcoming and inclusive environment. There is not an instructor for this program.

Ages: 18 years+

Drop-in fees apply.

55+ Texas Hold' Em

Date and Time: Thursday, May 15 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Texas Hold'Em. 55+ Membership required.

55+ Bridge

Date and Time: Thursday, May 15 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bridge. 55+ Membership required.

Lane Swim

Date and Time: Thursday, May 15 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Youth Volleyball Drop-In (Ages 13 to 19)

Date and Time: Thursday, May 15 3:30 pm - 6:30 pm

Address: 62 McCaul St Port Hope

Bring your friends and join us for Youth Volleyball. Practice your serve, play a game with new or old friends, and have fun!

Ages: 13 to 19 years

Drop-in fees apply.

Family Swim

Date and Time: Thursday, May 15 6:15 pm - 7:15 pm

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Friday, May 16, 2025

Adult Swim

Date and Time: Friday, May 16 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Friday, May 16 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Walking

Date and Time: Friday, May 16 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Active Start: Toddler Gym Drop-in

Date and Time: Friday, May 16 9:00 am - 10:15 am

Address: 62 McCaul St Port Hope

Open gym for children to have unstructured play and plenty of space to burn off energy and socialize with other children. Children will strengthen their gross and fine motor skills with a variety of equipment including toddler cars, balls, tunnels and more!

Ages 0-3 years. All participants must be accompanied by an adult.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Friday, May 16 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Public Swim

Date and Time: Friday, May 16 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Adult Swim

Date and Time: Friday, May 16 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Badminton

Date and Time: Friday, May 16 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Come play this low-impact indoor sport in a fun, recreational setting and social atmosphere. Ages 18 and up. Drop in fees apply

55+ Dime Bingo

Date and Time: Friday, May 16 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Dime Bingo.

The cost to play is \$2.50. Please bring dimes.

55+ Membership required.

55+ Canasta

Date and Time: Friday, May 16 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

Public Swim

Date and Time: Friday, May 16 1:30 pm - 5:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Lane Swim

Date and Time: Friday, May 16 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Hoops (Ages 13 to 19)

Date and Time: Friday, May 16 3:00 pm - 6:00 pm

Address: 62 McCaul St Port Hope

Come practice your jump shot or play basketball with friends!

Ages 13-19 years.

Drop-in fees apply.

55+ Euchre

Date and Time: Friday, May 16 6:00 pm - 9:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Euchre. 55+ Membership required.

Family Swim

Date and Time: Friday, May 16 6:15 pm - 7:15 pm

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Saturday, May 17, 2025

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Saturday, May 17 9:00 am - 5:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Adult Swim

Date and Time: Saturday, May 17 11:30 am - 1:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Public Swim

Date and Time: Saturday, May 17 2:15 pm - 4:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Open Gym Drop-in (Ages 7-19)

Date and Time: Saturday, May 17 3:00 pm - 5:00 pm

Address: 62 McCaul St Port Hope

Come drop into the gym and play basketball, floor hockey, soccer, etc.

Ages 7 to 19 years.

Children under the age of 10 years must be accompanied by an adult.

Drop-in fees apply

Sunday, May 18, 2025

Adult Swim

Date and Time: Sunday, May 18 11:30 am - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Public Swim

Date and Time: Sunday, May 18 2:30 pm - 4:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Monday, May 19, 2025

Holiday Adult Swim

Date and Time: Monday, May 19 12:00 pm - 1:30 pm

Address: 60 Highland Drive, Port Hope, Ontario, L1A 3Z7

Adult Swim is intended for adults 16 and up, and are in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply

Holiday Public Swim

Date and Time: Monday, May 19 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario, L1A 3Z7

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy Pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop in fees apply

Tuesday, May 20, 2025

Adult Swim

Date and Time: Tuesday, May 20 6:00 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Walking

Date and Time: Tuesday, May 20 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Tuesday, May 20 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

55+ Tai Chi - Continuing

Date and Time: Tuesday, May 20 9:00 am - 9:45 am

Address: 62 McCaul St Port Hope

Current members are welcome to participate in the program. Drop-ins can be accepted all year for Continuing and Intermediate classes.

55+ Tai Chi - Intermediate

Date and Time: Tuesday, May 20 10:00 am - 10:45 am

Address: 62 McCaul St Port Hope

Current members are welcome to participate in the program. Drop-ins can be accepted all year for Continuing and Intermediate classes.

Fun4Life - Accessible Gym

Date and Time: Tuesday, May 20 10:00 am - 11:15 am

Address: 62 McCaul St Port Hope

Individuals with varying abilities and needs are welcome to come drop in and play floor hockey, basketball, indoor soccer, and more. Support person's welcome at no extra cost and variations of activities and sports available for participants of all ability levels. Varying levels of abilities and needs welcome. Fee: \$2.00 per visit.

55+ Sound Hearing Series

Date and Time: Tuesday, May 20 10:00 am - 11:30 am

Address: 62 McCaul St Port Hope

These classes are designed to improve communication in everyday listening situations. You will develop coping skills that will enable you to deal successfully with the challenges of living with a hearing loss, decrease isolation, and meet others sharing similar experiences. Open for anyone with suspected or confirmed hearing loss. Registration opens in person and [online](#) on Tuesday April 8.

- Cost: Free to 55+ members

Family Swim

Date and Time: Tuesday, May 20 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Lane Swim

Date and Time: Tuesday, May 20 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Tuesday, May 20 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Pickleball - Intermediate/Advanced

Date and Time: Tuesday, May 20 12:30 pm - 2:30 pm

Address: 62 McCaul St Port Hope

Pickleball for intermediate/advanced levels of doubles play and players who are looking for a more competitive game. Ages: 18 years+

Shuffleboard

Date and Time: Tuesday, May 20 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Geared to older adults. Build on strength and coordination with this fun and social program. Ages: 18 years and up

55+ Knitting Circle

Date and Time: Tuesday, May 20 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Bring your knitting supplies and enjoy each other's company while sharing your projects and patterns. 55+ Membership required.

55+ Bingo

Date and Time: Tuesday, May 20 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bingo. 55+ Membership required.

Lane Swim

Date and Time: Tuesday, May 20 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Wednesday, May 21, 2025

Adult Swim

Date and Time: Wednesday, May 21 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Wednesday, May 21 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Walking

Date and Time: Wednesday, May 21 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Active Start: Toddler Gym Drop-in

Date and Time: Wednesday, May 21 9:00 am - 10:15 am

Address: 62 McCaul St Port Hope

Open gym for children to have unstructured play and plenty of space to burn off energy and socialize with other children. Children will strengthen their gross and fine motor skills with a variety of equipment including toddler cars, balls, tunnels and more!

Ages 0-3 years. All participants must be accompanied by an adult.

Drop-in fees apply.

55+ Darts

Date and Time: Wednesday, May 21 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-in and play some Darts. Please bring your own darts.

55+ Membership required.

Pickleball - All Levels

Date and Time: Wednesday, May 21 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Lane Swim

Date and Time: Wednesday, May 21 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Family Swim

Date and Time: Wednesday, May 21 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Adult Swim

Date and Time: Wednesday, May 21 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

55+ Bid Euchre

Date and Time: Wednesday, May 21 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bid Euchre. 55+ Membership required.

Lane Swim

Date and Time: Wednesday, May 21 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Public Swim

Date and Time: Wednesday, May 21 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Youth Gym Drop-In (Ages 13 to 19)

Date and Time: Wednesday, May 21 3:00 pm - 5:00 pm

Address: 62 McCaul St Port Hope

Come drop into the gym and play basketball, floor hockey, soccer, etc. The gym can be divided into two to offer different activities and choices.

For Saturday Youth Gym, please call the Town Park Recreation Centre ahead of time to see if the program is running.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Wednesday, May 21 5:30 pm - 7:00 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Basketball (30+)

Date and Time: Wednesday, May 21 7:30 pm - 9:00 pm

Address: 62 McCaul St Port Hope

Come participate in a game of pick-up basketball or 21. You may be asked to show proof of age at the time of registration. Ages: 30 years+

Thursday, May 22, 2025

Adult Swim

Date and Time: Thursday, May 22 6:00 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Walking

Date and Time: Thursday, May 22 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Thursday, May 22 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

55+ Scrabble

Date and Time: Thursday, May 22 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-in for a game of Scrabble. 55+ Membership required.

55+ Nordic Pole Walking Course

Date and Time: Thursday, May 22 9:30 am - 10:30 am

Address: 82 Mill Street, Port Hope, L1A 2S8

Come join us for a total body workout while socializing! Nordic Pole Walking targets 90% of your body's muscles, cardiovascular system, keeps your body in alignment, reduces impact and burns calories. You will be shown how to achieve this by a trained Nordic Pole walking instructor. If you have your own poles, please bring them to each walk. For participants who do not have their own equipment, a limited number of walking poles will be available for use and need to be returned to the instructor after each walk.

All walks start at Riverside Park. This program will be cancelled on days where there is inclement weather and runs until the end of June.

Please call to register.

55+ Membership is required.

Early On: Let's Get Physical

Date and Time: Thursday, May 22 10:00 am - 12:00 pm

Address: 62 McCaul St Port Hope

In Partnership with EarlyON join us in exploring active play in the gymnasium! It's a great way to escape the cold and encourage active play and big body movements during the winter months.

Ages 0-6 years. All participants must be accompanied by an adult.

Thursdays: 10:00 a.m. to 12:00 p.m.

Location: Town Park Recreation Centre

Family Swim

Date and Time: Thursday, May 22 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Lane Swim

Date and Time: Thursday, May 22 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Thursday, May 22 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

55+ Lunch Bunch

Date and Time: Thursday, May 22 12:00 pm - 1:30 pm

Address: 62 McCaul St Port Hope

Enjoy a catered lunch and share time with friends. Ticket sales open on Thursday, April 24 at 8:00 a.m. Register for lunch in person or [online](#).

- A current 55+ membership is required to register and attend.
- Menu: Sandwiches, Wraps, Finger Foods, Soup, and Cake (Vegetarian Options Available)
- Cost: \$10.50

Pickleball - Beginner

Date and Time: Thursday, May 22 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

This timeslot is dedicated to beginner players and those wanting to learn to play the sport in a welcoming and inclusive environment. There is not an instructor for this program.

Ages: 18 years+

Drop-in fees apply.

55+ Texas Hold' Em

Date and Time: Thursday, May 22 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Texas Hold'Em. [55+ Membership](#) required.

55+ Bridge

Date and Time: Thursday, May 22 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bridge. [55+ Membership](#) required.

Lane Swim

Date and Time: Thursday, May 22 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.
Drop-in fees apply.

Youth Volleyball Drop-In (Ages 13 to 19)

Date and Time: Thursday, May 22 3:30 pm - 6:30 pm

Address: 62 McCaul St Port Hope

Bring your friends and join us for Youth Volleyball. Practice your serve, play a game with new or old friends, and have fun!

Ages: 13 to 19 years

Drop-in fees apply.

Friday, May 23, 2025

Adult Swim

Date and Time: Friday, May 23 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Friday, May 23 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Walking

Date and Time: Friday, May 23 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Active Start: Toddler Gym Drop-in

Date and Time: Friday, May 23 9:00 am - 10:15 am

Address: 62 McCaul St Port Hope

Open gym for children to have unstructured play and plenty of space to burn off energy and socialize with other children. Children will strengthen their gross and fine motor skills with a variety of equipment including toddler cars, balls, tunnels and more!

Ages 0-3 years. All participants must be accompanied by an adult.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Friday, May 23 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Public Swim

Date and Time: Friday, May 23 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Adult Swim

Date and Time: Friday, May 23 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Badminton

Date and Time: Friday, May 23 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Come play this low-impact indoor sport in a fun, recreational setting and social atmosphere. Ages 18 and up. Drop in fees apply

55+ Canasta

Date and Time: Friday, May 23 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

55+ Dime Bingo

Date and Time: Friday, May 23 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Dime Bingo.

The cost to play is \$2.50. Please bring dimes.

55+ Membership required.

Public Swim

Date and Time: Friday, May 23 1:30 pm - 5:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Lane Swim

Date and Time: Friday, May 23 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Hoops (Ages 13 to 19)

Date and Time: Friday, May 23 3:00 pm - 6:00 pm

Address: 62 McCaul St Port Hope

Come practice your jump shot or play basketball with friends!

Ages 13-19 years.

Drop-in fees apply.

55+ Euchre

Date and Time: Friday, May 23 6:00 pm - 9:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Euchre. 55+ Membership required.

Family Swim

Date and Time: Friday, May 23 6:15 pm - 7:15 pm

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Saturday, May 24, 2025

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Saturday, May 24 9:00 am - 5:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Adult Swim

Date and Time: Saturday, May 24 11:30 am - 1:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Public Swim

Date and Time: Saturday, May 24 2:15 pm - 4:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Sunday, May 25, 2025

Adult Swim

Date and Time: Sunday, May 25 11:30 am - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Public Swim

Date and Time: Sunday, May 25 2:30 pm - 4:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Monday, May 26, 2025

Adult Swim

Date and Time: Monday, May 26 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Youth Centre Drop-In (Ages 10 to 12)

Date and Time: Monday, May 26 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Mondays are for ages 10 to 12 years old.

Free!

Walking

Date and Time: Monday, May 26 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Men's Activity Club (MAC)

Date and Time: Monday, May 26 9:00 am - 11:00 am

Address: 62 McCaul St Port Hope

Join this social men's club, play Texas Hold'Em, and enjoy a hot coffee. Ages 18 and up.

Men's Activity Club (MAC)

Date and Time: Monday, May 26 9:00 am - 11:00 am

Address: 62 McCaul St Port Hope

Join this social men's club, enjoy a hot coffee, and good conversation. Ages 18 and up.

55+ Cribbage

Date and Time: Monday, May 26 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

55+ French Cafe

Date and Time: Monday, May 26 10:00 am - 11:00 am

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

Public Swim

Date and Time: Monday, May 26 10:00 am - 11:00 am

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Monday, May 26 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Lane Swim

Date and Time: Monday, May 26 11:15 am - 1:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Monday, May 26 12:15 pm - 1:30 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Fun4Life

Date and Time: Monday, May 26 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Fun4Life is a social opportunity for individuals with special needs ages 18 years and over. This program will enhance opportunities for socialization, physical activity, life skills, and nutrition. This is a drop-in program offered weekly. We request that a Participant Registration form be completed before attending so we are able to best meet the needs of everyone. Forms are available at the Town Park Recreation Centre during regular operational hours.

Badminton

Date and Time: Monday, May 26 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Come play this low-impact indoor sport in a fun, recreational setting and social atmosphere. Ages 18 and up. Drop in fees apply

55+ Casual Duplicate Bridge

Date and Time: Monday, May 26 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Drop-in to play Casual Duplicate Bridge.

55+ Membership required.

Public Swim

Date and Time: Monday, May 26 1:45 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Adult Swim

Date and Time: Tuesday, May 27 6:00 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Walking

Date and Time: Tuesday, May 27 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Tuesday, May 27 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

55+ Tai Chi - Continuing

Date and Time: Tuesday, May 27 9:00 am - 9:45 am

Address: 62 McCaul St Port Hope

Current members are welcome to participate in the program. Drop-ins can be accepted all year for Continuing and Intermediate classes.

55+ Tai Chi - Intermediate

Date and Time: Tuesday, May 27 10:00 am - 10:45 am

Address: 62 McCaul St Port Hope

Current members are welcome to participate in the program. Drop-ins can be accepted all year for Continuing and Intermediate classes.

Fun4Life - Accessible Gym

Date and Time: Tuesday, May 27 10:00 am - 11:15 am

Address: 62 McCaul St Port Hope

Individuals with varying abilities and needs are welcome to come drop in and play floor hockey, basketball, indoor soccer, and more. Support person's welcome at no extra cost and variations of activities and sports available for participants of all ability levels. Varying levels of abilities and needs welcome. Fee: \$2.00 per visit.

55+ Sound Hearing Series

Date and Time: Tuesday, May 27 10:00 am - 11:30 am

Address: 62 McCaul St Port Hope

These classes are designed to improve communication in everyday listening situations. You will develop coping skills that will enable you to deal successfully with the challenges of living with a hearing loss, decrease isolation, and meet others sharing similar experiences. Open for anyone with suspected or confirmed hearing loss. Registration opens in person and [online](#) on Tuesday April 8.

- Cost: Free to 55+ members

Family Swim

Date and Time: Tuesday, May 27 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in [fees](#) apply.

Lane Swim

Date and Time: Tuesday, May 27 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Tuesday, May 27 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Pickleball - Intermediate/Advanced

Date and Time: Tuesday, May 27 12:30 pm - 2:30 pm

Address: 62 McCaul St Port Hope

Pickleball for intermediate/advanced levels of doubles play and players who are looking for a more competitive game. Ages: 18 years+

Shuffleboard

Date and Time: Tuesday, May 27 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Geared to older adults. Build on strength and coordination with this fun and social program. Ages: 18 years and up

55+ Knitting Circle

Date and Time: Tuesday, May 27 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Bring your knitting supplies and enjoy each other's company while sharing your projects and patterns. 55+ Membership required.

55+ Bingo

Date and Time: Tuesday, May 27 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bingo. 55+ Membership required.

Lane Swim

Date and Time: Tuesday, May 27 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Wednesday, May 28, 2025

Adult Swim

Date and Time: Wednesday, May 28 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Wednesday, May 28 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Walking

Date and Time: Wednesday, May 28 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Active Start: Toddler Gym Drop-in

Date and Time: Wednesday, May 28 9:00 am - 10:15 am

Address: 62 McCaul St Port Hope

Open gym for children to have unstructured play and plenty of space to burn off energy and socialize with other children. Children will strengthen their gross and fine motor skills with a variety of equipment including toddler cars, balls, tunnels and more!

Ages 0-3 years. All participants must be accompanied by an adult.

Drop-in fees apply.

55+ Darts

Date and Time: Wednesday, May 28 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-in and play some Darts. Please bring your own darts.

55+ Membership required.

Pickleball - All Levels

Date and Time: Wednesday, May 28 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Family Swim

Date and Time: Wednesday, May 28 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Lane Swim

Date and Time: Wednesday, May 28 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Wednesday, May 28 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

55+ Bid Euchre

Date and Time: Wednesday, May 28 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bid Euchre. 55+ Membership required.

Lane Swim

Date and Time: Wednesday, May 28 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Public Swim

Date and Time: Wednesday, May 28 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Youth Gym Drop-In (Ages 13 to 19)

Date and Time: Wednesday, May 28 3:00 pm - 5:00 pm

Address: 62 McCaul St Port Hope

Come drop into the gym and play basketball, floor hockey, soccer, etc. The gym can be divided into two to offer

different activities and choices.

For Saturday Youth Gym, please call the Town Park Recreation Centre ahead of time to see if the program is running.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Wednesday, May 28 5:30 pm - 7:00 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Basketball (30+)

Date and Time: Wednesday, May 28 7:30 pm - 9:00 pm

Address: 62 McCaul St Port Hope

Come participate in a game of pick-up basketball or 21. You may be asked to show proof of age at the time of registration. Ages: 30 years+

Thursday, May 29, 2025

Adult Swim

Date and Time: Thursday, May 29 6:00 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Walking

Date and Time: Thursday, May 29 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Thursday, May 29 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

55+ Scrabble

Date and Time: Thursday, May 29 9:30 am - 11:30 am

Address: 62 McCaul St Port Hope

Drop-in for a game of Scrabble. 55+ Membership required.

55+ Nordic Pole Walking Course

Date and Time: Thursday, May 29 9:30 am - 10:30 am

Address: 82 Mill Street, Port Hope, L1A 2S8

Come join us for a total body workout while socializing! Nordic Pole Walking targets 90% of your body's muscles, cardiovascular system, keeps your body in alignment, reduces impact and burns calories. You will be shown how to achieve this by a trained Nordic Pole walking instructor. If you have your own poles, please bring them to each walk. For participants who do not have their own equipment, a limited number of walking poles will be available for use and need to be returned to the instructor after each walk.

All walks start at [Riverside Park](#). This program will be cancelled on days where there is inclement weather and runs until the end of June.

Please call to register.

[55+ Membership](#) is required.

Early On: Let's Get Physical

Date and Time: Thursday, May 29 10:00 am - 12:00 pm

Address: 62 McCaul St Port Hope

In Partnership with EarlyON join us in exploring active play in the gymnasium! It's a great way to escape the cold and encourage active play and big body movements during the winter months.

Ages 0-6 years. All participants must be accompanied by an adult.

Thursdays: 10:00 a.m. to 12:00 p.m.

Location: Town Park Recreation Centre

Family Swim

Date and Time: Thursday, May 29 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Lane Swim

Date and Time: Thursday, May 29 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Adult Swim

Date and Time: Thursday, May 29 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

55+ Benefits of CBD - Workshop

Date and Time: Thursday, May 29 1:00 pm - 2:30 pm

Address: 62 McCaul St Port Hope

Discussing the differences between CBD and THC and the wellness benefits of CBD for seniors. The workshop includes dosing and side effects, reducing Chronic Inflammation, The Endocannabinoid system, different Types of CBD and what's best for you. This presentation is followed by a question and answer period. Registration is open now!

Pickleball - Beginner

Date and Time: Thursday, May 29 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

This timeslot is dedicated to beginner players and those wanting to learn to play the sport in a welcoming and inclusive environment. There is not an instructor for this program.

Ages: 18 years+

Drop-in fees apply.

55+ Texas Hold' Em

Date and Time: Thursday, May 29 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Texas Hold'Em. 55+ Membership required.

55+ Bridge

Date and Time: Thursday, May 29 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Bridge. 55+ Membership required.

Lane Swim

Date and Time: Thursday, May 29 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Youth Volleyball Drop-In (Ages 13 to 19)

Date and Time: Thursday, May 29 3:30 pm - 6:30 pm

Address: 62 McCaul St Port Hope

Bring your friends and join us for Youth Volleyball. Practice your serve, play a game with new or old friends, and have fun!

Ages: 13 to 19 years

Drop-in fees apply.

Adult Swim

Date and Time: Friday, May 30 5:30 am - 8:30 am

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.
This swim is in both pools unless otherwise indicated.
There is no guarantee that all 6 lanes will be available.
Drop-in fees apply.

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Friday, May 30 8:00 am - 9:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Walking

Date and Time: Friday, May 30 8:00 am - 8:45 am

Address: 62 McCaul St Port Hope

Go for a morning walk in the gymnasium in a safe, climate-controlled environment. This program is offered for free. Ages: 18 years+.

Active Start: Toddler Gym Drop-in

Date and Time: Friday, May 30 9:00 am - 10:15 am

Address: 62 McCaul St Port Hope

Open gym for children to have unstructured play and plenty of space to burn off energy and socialize with other children. Children will strengthen their gross and fine motor skills with a variety of equipment including toddler cars, balls, tunnels and more!

Ages 0-3 years. All participants must be accompanied by an adult.

Drop-in fees apply.

Pickleball - All Levels

Date and Time: Friday, May 30 10:30 am - 12:30 pm

Address: 62 McCaul St Port Hope

Pickleball for all levels of doubles play. We encourage a welcoming and friendly recreational environment for everyone. New players are always welcome.

Public Swim

Date and Time: Friday, May 30 10:45 am - 11:45 am

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Adult Swim

Date and Time: Friday, May 30 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Badminton

Date and Time: Friday, May 30 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Come play this low-impact indoor sport in a fun, recreational setting and social atmosphere. Ages 18 and up. Drop in fees apply

55+ Dime Bingo

Date and Time: Friday, May 30 1:00 pm - 3:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Dime Bingo.

The cost to play is \$2.50. Please bring dimes.

55+ Membership required.

55+ Canasta

Date and Time: Friday, May 30 1:00 pm - 4:00 pm

Address: 62 McCaul St Port Hope

Drop-ins accepted. All 55+ members are welcome!

Public Swim

Date and Time: Friday, May 30 1:30 pm - 5:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.

There is no guarantee that the 25 metre pool will be available for all Public Swims.

Drop-in fees apply.

Lane Swim

Date and Time: Friday, May 30 1:30 pm - 4:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Lane Swim is for patrons ages 16 and up.

This swim is in the 25 metre pool. There is no guarantee that all 6 swim lanes will be available.

Drop-in fees apply.

Hoops (Ages 13 to 19)

Date and Time: Friday, May 30 3:00 pm - 6:00 pm

Address: 62 McCaul St Port Hope

Come practice your jump shot or play basketball with friends!

Ages 13-19 years.

Drop-in fees apply.

55+ Euchre

Date and Time: Friday, May 30 6:00 pm - 9:00 pm

Address: 62 McCaul St Port Hope

Drop-in for a game of Euchre. 55+ Membership required.

Family Swim

Date and Time: Friday, May 30 6:15 pm - 7:15 pm

Address: 60 Highland Drive, Port Hope, Ontario

Family swim is open to all ages.

Regardless of age, all children ages 14 and under are to go in the water with an adult 18 years and older.

Family Swims are in the Therapy Pool only.

Availability of the 25 metre pool is not guaranteed for this swim.

Drop-in fees apply.

Saturday, May 31, 2025

Youth Centre Drop-In (Ages 13 to 19)

Date and Time: Saturday, May 31 9:00 am - 5:00 pm

Address: 62 McCaul St Port Hope

Our Youth Centre is a safe and inviting space for youth to socialize and engage in activities. Try your hand at air hockey, arcade games, ping pong, or foosball. You can also lounge on one of our couches while charging your phone. Bring your friends and come join the fun!

Ages 13 to 19 years old.

Free!

Adult Swim

Date and Time: Saturday, May 31 11:30 am - 1:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 and up.

This swim is in both pools unless otherwise indicated.

There is no guarantee that all 6 lanes will be available.

Drop-in fees apply.

Public Swim

Date and Time: Saturday, May 31 2:15 pm - 4:30 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Public Swims are in the 25 metre pool and the Therapy pool.
There is no guarantee that the 25 metre pool will be available for all Public Swims.
Drop-in fees apply.

Open Gym Drop-in (Ages 7-19)

Date and Time: Saturday, May 31 3:00 pm - 5:00 pm

Address: 62 McCaul St Port Hope

Come drop into the gym and play basketball, floor hockey, soccer, etc.

Ages 7 to 19 years.

Children under the age of 10 years must be accompanied by an adult.

Drop-in fees apply

<https://calendar.porthope.ca>