

## Monday, September 2, 2024

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### Holiday Adult Swim

Date and Time: Monday, September 2 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, September 2 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, September 3, 2024

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### Adult Swim

Date and Time: Tuesday, September 3 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.

### Fun4Life - Accessible Gym

Date and Time: Tuesday, September 3 10:00 am - 11:15 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

Drop-in Fee: \$2.00 per visit.

## **Fun4Life - Games Room Drop-In**

Date and Time: Tuesday, September 3 11:00 am - 1:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Come in and play some ping pong, foosball, air hockey, Wii, arcade games, or board games. Varying levels of abilities and needs welcome.

Ages: 18 years+

Fee: Free

## **Adult Swim**

Date and Time: Tuesday, September 3 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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, September 3 12:30 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Pickleball for intermediate/advanced levels of doubles play and players who are looking for a more competitive game.

Ages: 18 years+

Drop in fees apply

## Shuffleboard

Date and Time: Tuesday, September 3 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Geared to older adults. Build on strength and coordination with this fun and social program.

Ages: 18 years+

Drop-in fees apply.

## Lane Swim

Date and Time: Tuesday, September 3 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: Tuesday, September 3 7:30 pm - 9:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.

Tuesday night Public Swims are in the Therapy pool only.

Drop-in fees apply.

## Wednesday, September 4, 2024

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## Adult Swim

Date and Time: Wednesday, September 4 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.

## Pickleball - All Levels

Date and Time: Wednesday, September 4 10:30 am - 12:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

## Adult Swim

Date and Time: Wednesday, September 4 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Adult Swim

Date and Time: Wednesday, September 4 1:30 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Lane Swim

Date and Time: Wednesday, September 4 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.

## Pickleball - All Levels

Date and Time: Wednesday, September 4 5:30 pm - 7:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

## Basketball

Date and Time: Wednesday, September 4 7:15 pm - 9:00 pm

Address: 62 McCaul Street Port Hope, ON L1A 1L2

Drop-in and participate in a game of pick-up basketball or 21. Ages 18+ Drop in fees apply

## Thursday, September 5, 2024

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### Adult Swim

Date and Time: Thursday, September 5 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.

### Adult Swim

Date and Time: Thursday, September 5 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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, September 5 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

## Lane Swim

Date and Time: Thursday, September 5 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, September 6, 2024

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### Adult Swim

Date and Time: Friday, September 6 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.

### Pickleball - All Levels

Date and Time: Friday, September 6 10:30 am - 12:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

### Public Swim

Date and Time: Friday, September 6 10:45 am - 11:45 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: Friday, September 6 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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, September 6 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

## Lane Swim

Date and Time: Friday, September 6 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.

## Adult Swim

Date and Time: Friday, September 6 1:30 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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: Friday, September 6 2:45 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.

## Public Swim

Date and Time: Friday, September 6 7:30 pm - 9:00 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.

## Toonie Swim

Date and Time: Friday, September 6 7:30 pm - 9:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

The first Friday of every month has special admission pricing! Only \$2 per person to swim on these nights.

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

## Saturday, September 7, 2024

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### Adult Swim

Date and Time: Saturday, September 7 11:30 am - 1:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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, September 7 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, September 8, 2024

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## Pickleball - Beginner / Intermediate

Date and Time: Sunday, September 8 10:45 am - 12:15 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply.

## Adult Swim

Date and Time: Sunday, September 8 11:30 am - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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: Sunday, September 8 12:45 pm - 2:45 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Pickleball for intermediate/advanced levels of doubles play and players who are looking for a more competitive game.

Ages: 18 years+

Drop in fees apply

## Public Swim

Date and Time: Sunday, September 8 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, September 9, 2024

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## Adult Swim

Date and Time: Monday, September 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.

## Public Swim

Date and Time: Monday, September 9 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.

## Lane Swim

Date and Time: Monday, September 9 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 and Senior Skate

Date and Time: Monday, September 9 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Adult Swim

Date and Time: Monday, September 9 12:15 pm - 1:30 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Adult Swim

Date and Time: Monday, September 9 1:45 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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: Monday, September 9 2:45 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.

## All Ages Stick and Puck

Date and Time: Monday, September 9 3:00 pm - 3:50 pm

Address: 60 Highland Drive, Port Hope

This is an opportunity for families to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants, a helmet with a full face shield is mandatory for everyone under 18 years old. Ages: Open to all ages, children 9 years and younger must be accompanied by a parent either on the ice or in the arena. Drop-In Fees apply.

## Public Swim

Date and Time: Monday, September 9 7:30 pm - 9:00 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, September 10, 2024

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## Adult Swim

Date and Time: Tuesday, September 10 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.

## Lane Swim

Date and Time: Tuesday, September 10 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: Tuesday, September 10 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 and Senior Stick and Puck

Date and Time: Tuesday, September 10 11:00 am - 11:50 am

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. An opportunity for adults and seniors to practice their skills through participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants. Drop-In fees apply.

## Adult and Senior Skate

Date and Time: Tuesday, September 10 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Adult Swim

Date and Time: Tuesday, September 10 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Lane Swim

Date and Time: Tuesday, September 10 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: Tuesday, September 10 7:30 pm - 9:00 pm

Address: 60 Highland Drive, Port Hope, Ontario

Public Swim is open to all ages.  
Tuesday night Public Swims are in the Therapy pool only.  
Drop-in fees apply.

## Wednesday, September 11, 2024

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## Adult Swim

Date and Time: Wednesday, September 11 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.

## Lane Swim

Date and Time: Wednesday, September 11 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, September 11 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, September 11 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Adult Swim

Date and Time: Wednesday, September 11 1:30 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Lane Swim

Date and Time: Wednesday, September 11 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, September 11 2:45 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.

## Youth Stick and Puck

Date and Time: Wednesday, September 11 3:00 pm - 3:50 pm

Address: 60 Highland Drive

This is an opportunity for youth ages 13 to 17 years to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets with a full face shield are mandatory for all Youth Stick and Puck participants. Ages: 13 to 17 years old. Drop-In fees apply.

## Public Swim

Date and Time: Wednesday, September 11 7:30 pm - 9:00 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.

## Thursday, September 12, 2024

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## Adult Swim

Date and Time: Thursday, September 12 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.

## All Ages Stick and Puck

Date and Time: Thursday, September 12 10:00 am - 10:50 am

Address: 60 Highland Drive, Port Hope

This is an opportunity for families to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants, a helmet with a full face shield is mandatory for everyone under 18 years old. Ages: Open to all ages, children 9 years and younger must be accompanied by a parent either on the ice or in the arena. Drop-In Fees apply.

## Family Swim

Date and Time: Thursday, September 12 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, September 12 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 and Senior Stick and Puck

Date and Time: Thursday, September 12 11:00 am - 11:50 am

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. An opportunity for adults and seniors to practice their skills through participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants. Drop-In fees apply.

## Adult and Senior Skate

Date and Time: Thursday, September 12 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Adult Swim

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

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Lane Swim

Date and Time: Thursday, September 12 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 Stick and Puck

Date and Time: Thursday, September 12 3:00 pm - 3:50 pm

Address: 60 Highland Drive

This is an opportunity for youth ages 13 to 17 years to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets with a full face shield are mandatory for all Youth Stick and Puck participants. Ages: 13 to 17 years old. Drop-In fees apply.

## Family Swim

Date and Time: Thursday, September 12 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.

## Public Swim

Date and Time: Thursday, September 12 7:30 pm - 9:00 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.

## Friday, September 13, 2024

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### Adult Swim

Date and Time: Friday, September 13 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.

### All Ages Stick and Puck

Date and Time: Friday, September 13 10:00 am - 10:50 am

Address: 60 Highland Drive, Port Hope

This is an opportunity for families to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants, a helmet with a full face shield is mandatory for everyone under 18 years old. Ages: Open to all ages, children 9 years and younger must be accompanied by a parent either on the ice or in the arena. Drop-In Fees apply.

### Public Swim

Date and Time: Friday, September 13 10:45 am - 11:45 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: Friday, September 13 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Adult and Senior Skate

Date and Time: Friday, September 13 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Public Skate

Date and Time: Friday, September 13 1:00 pm - 2:20 pm

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

Skating opportunity for all ages where participants can enjoy a leisurely skate around the ice surface. For children 9 years of age or younger, they must be accompanied by a caregiver age 14 years of age or older. CSA approved helmet is highly recommended. Drop-In Fees apply

## Adult Swim

Date and Time: Friday, September 13 1:30 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Lane Swim

Date and Time: Friday, September 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.

## All Ages Stick and Puck

Date and Time: Friday, September 13 2:30 pm - 3:50 pm

Address: 60 Highland Drive, Port Hope

This is an opportunity for families to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants, a helmet with a full face shield is mandatory for everyone under 18 years old. Ages: Open to all ages, children 9 years and younger must be accompanied by a parent either on the ice or in the arena. Drop-In Fees apply.

## Public Swim

Date and Time: Friday, September 13 2:45 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.

## Family Swim

Date and Time: Friday, September 13 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.

## Public Swim

Date and Time: Friday, September 13 7:30 pm - 9:00 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.

## Saturday, September 14, 2024

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## Adult Swim

Date and Time: Saturday, September 14 11:30 am - 1:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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, September 14 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, September 15, 2024

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### Adult Swim

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

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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 Skate

Date and Time: Sunday, September 15 1:00 pm - 2:20 pm

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

Skating opportunity for all ages where participants can enjoy a leisurely skate around the ice surface. For children 9 years of age or younger, they must be accompanied by a caregiver age 14 years of age or older. CSA approved helmet is highly recommended. Drop-In Fees apply

### Public Swim

Date and Time: Sunday, September 15 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, September 16, 2024

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### Adult Swim

Date and Time: Monday, September 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.

### Men's Activity Club (MAC)

Date and Time: Monday, September 16 9:00 am - 11:00 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

### Cribbage (55+)

Date and Time: Monday, September 16 9:30 am - 11:30 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Cribbage.

55+ Membership required.

### Public Swim

Date and Time: Monday, September 16 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, September 16 10:30 am - 12:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

## Lane Swim

Date and Time: Monday, September 16 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 and Senior Skate

Date and Time: Monday, September 16 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Adult Swim

Date and Time: Monday, September 16 12:15 pm - 1:30 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Bridge Skill Development (55+)

Date and Time: Monday, September 16 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to learn how to play Bridge, or to develop further skills.

55+ Membership required.

## Badminton

Date and Time: Monday, September 16 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

## Fun4Life

Date and Time: Monday, September 16 1:30 pm - 3:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

## Adult Swim

Date and Time: Monday, September 16 1:45 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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: Monday, September 16 2:45 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.

## Youth Centre Drop-in (Ages 10-12)

Date and Time: Monday, September 16 3:00 pm - 9:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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 10 to 12 years old.

Free!

## Family / Child Gym Drop-In

Date and Time: Monday, September 16 3:00 pm - 5:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

This time slot is for children 10 to 12 years old and families. Any child under the age of 10 years must be accompanied by an adult.

Drop-in fees apply

## Tuesday, September 17, 2024

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### Adult Swim

Date and Time: Tuesday, September 17 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.

### Tai Chi - Continuing(55+)

Date and Time: Tuesday, September 17 9:00 am - 9:45 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to Tai Chi, where you practice gentle exercise and moving meditation.

55+ Membership required.

### Nordic Pole Walking (55+)

Date and Time: Tuesday, September 17 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.

Call to register.

55+ Membership required.

## **French Café (55+)**

Date and Time: Tuesday, September 17 10:00 am - 11:30 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Come have a coffee/tea and meet other members who would like to practise speaking French.

This is for any level of ability, and everyone is welcome to drop in and listen, speak and learn from each other.

55+ Membership required.

## **Tai Chi - Intermediate (55+)**

Date and Time: Tuesday, September 17 10:00 am - 10:45 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to Tai Chi, where you practice gentle exercise and moving meditation.

55+ Membership required.

## **Fun4Life - Accessible Gym**

Date and Time: Tuesday, September 17 10:00 am - 11:15 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

Drop-in Fee: \$2.00 per visit.

## Lane Swim

Date and Time: Tuesday, September 17 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: Tuesday, September 17 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 and Senior Stick and Puck

Date and Time: Tuesday, September 17 11:00 am - 11:50 am

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. An opportunity for adults and seniors to practice their skills through participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants. Drop-In fees apply.

## Fun4Life - Games Room Drop-In

Date and Time: Tuesday, September 17 11:00 am - 1:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Come in and play some ping pong, foosball, air hockey, Wii, arcade games, or board games. Varying levels of abilities and needs welcome.

Ages: 18 years+

Fee: Free

## Adult Swim

Date and Time: Tuesday, September 17 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Adult and Senior Skate

Date and Time: Tuesday, September 17 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Pickleball - Intermediate / Advanced

Date and Time: Tuesday, September 17 12:30 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Pickleball for intermediate/advanced levels of doubles play and players who are looking for a more competitive game.

Ages: 18 years+

Drop in fees apply

## Shuffleboard

Date and Time: Tuesday, September 17 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Geared to older adults. Build on strength and coordination with this fun and social program.

Ages: 18 years+

Drop-in fees apply.

## Bingo (55+)

Date and Time: Tuesday, September 17 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Bingo.

55+ Membership required.

## Wednesday, September 18, 2024

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### Adult Swim

Date and Time: Wednesday, September 18 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.

### Active Start: Gym Drop-In for Toddlers (Ages 0 to 3)

Date and Time: Wednesday, September 18 9:00 am - 10:15 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

### Darts (55+)

Date and Time: Wednesday, September 18 9:30 am - 11:30 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in and play some Darts.

Please bring your own darts.

55+ Membership required.

### Pickleball - All Levels

Date and Time: Wednesday, September 18 10:30 am - 12:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

## Lane Swim

Date and Time: Wednesday, September 18 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, September 18 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, September 18 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Bid Euchre (55+)

Date and Time: Wednesday, September 18 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Bid Euchre.

55+ Membership required.

## Lane Swim

Date and Time: Wednesday, September 18 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.

## Adult Swim

Date and Time: Wednesday, September 18 1:30 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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: Wednesday, September 18 2:45 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.

## Youth Gym Drop-In (Ages 13-19)

Date and Time: Wednesday, September 18 3:00 pm - 5:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

Drop-in fees apply.

## Youth Centre Drop-in (Ages 13-19)

Date and Time: Wednesday, September 18 3:00 pm - 9:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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!

## Youth Stick and Puck

Date and Time: Wednesday, September 18 3:00 pm - 3:50 pm

Address: 60 Highland Drive

This is an opportunity for youth ages 13 to 17 years to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets with a full face shield are mandatory for all Youth Stick and Puck participants. Ages: 13 to 17 years old. Drop-In fees apply.

## Pickleball - All Levels

Date and Time: Wednesday, September 18 5:30 pm - 7:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

## Thursday, September 19, 2024

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### Adult Swim

Date and Time: Thursday, September 19 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.

### Scrabble

Date and Time: Thursday, September 19 9:30 am - 11:30 am

Address: 62 McCaul Street, Port Hope

Come enjoy a good game of scrabble and socializing with friends. Scrabble boards and dictionaries are provided.

55+ Membership required.

## All Ages Stick and Puck

Date and Time: Thursday, September 19 10:00 am - 10:50 am

Address: 60 Highland Drive, Port Hope

This is an opportunity for families to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants, a helmet with a full face shield is mandatory for everyone under 18 years old. Ages: Open to all ages, children 9 years and younger must be accompanied by a parent either on the ice or in the arena. Drop-In Fees apply.

## Family Swim

Date and Time: Thursday, September 19 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.

## Homeschool Gym Drop-In (Ages 4 to 12)

Date and Time: Thursday, September 19 10:45 am - 12:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

A great way to incorporate physical education as a part of home school curriculum. Come out to enjoy some active play in the gym.

Equipment will be available for independent play.

Ages 4 to 12 years.

Drop-in fees apply

## Homeschool Youth Centre Drop-In (Ages 12 to 18)

Date and Time: Thursday, September 19 10:45 am - 12:30 pm

Address: 62 McCaul Street, Port Hope, Ontario

The Youth Centre will be available to Home School gym drop-in users. Come in and play some ping pong, foosball, air hockey, Wii, arcade games, or board games.

Ages: 12 to 18 years.

This drop in is free.

## Lane Swim

Date and Time: Thursday, September 19 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 and Senior Stick and Puck

Date and Time: Thursday, September 19 11:00 am - 11:50 am

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. An opportunity for adults and seniors to practice their skills through participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants. Drop-In fees apply.

## Adult and Senior Skate

Date and Time: Thursday, September 19 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Adult Swim

Date and Time: Thursday, September 19 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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, September 19 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

## Bridge (55+)

Date and Time: Thursday, September 19 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Bridge.

55+ Membership required.

## Dime Bingo (55+)

Date and Time: Thursday, September 19 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Dime Bingo.

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

55+ Membership required.

## Texas Hold'Em (55+)

Date and Time: Thursday, September 19 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to play some Texas Hold'Em.

55+ Membership required.

## Lane Swim

Date and Time: Thursday, September 19 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, September 20, 2024

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### Adult Swim

Date and Time: Friday, September 20 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.

### Active Start: Gym Drop-In for Toddlers (Ages 0 to 3)

Date and Time: Friday, September 20 9:00 am - 10:15 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

### All Ages Stick and Puck

Date and Time: Friday, September 20 10:00 am - 10:50 am

Address: 60 Highland Drive, Port Hope

This is an opportunity for families to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants, a helmet with a full face shield is mandatory for everyone under 18 years old. Ages: Open to all ages, children 9 years and younger must be accompanied by a parent either on the ice or in the arena. Drop-In Fees apply.

### Pickleball - All Levels

Date and Time: Friday, September 20 10:30 am - 12:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

## Public Swim

Date and Time: Friday, September 20 10:45 am - 11:45 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 and Senior Skate

Date and Time: Friday, September 20 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Adult Swim

Date and Time: Friday, September 20 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Dime Bingo (55+)

Date and Time: Friday, September 20 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Dime Bingo.

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

55+ Membership required.

## Canasta (55+)

Date and Time: Friday, September 20 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to play Canasta.

55+ Membership required.

## **Ukulele (55+)**

Date and Time: Friday, September 20 1:00 pm - 2:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Join us for an afternoon of jamming on the Ukulele.

Bring your own, or borrow one of ours.

Registration is required. Please call or come in to register.

55+ Membership required.

## **Badminton**

Date and Time: Friday, September 20 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

## **Public Skate**

Date and Time: Friday, September 20 1:00 pm - 2:20 pm

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

Skating opportunity for all ages where participants can enjoy a leisurely skate around the ice surface. For children 9 years of age or younger, they must be accompanied by a caregiver age 14 years of age or older. CSA approved helmet is highly recommended. Drop-In Fees apply

## **Lane Swim**

Date and Time: Friday, September 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.

## Adult Swim

Date and Time: Friday, September 20 1:30 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## All Ages Stick and Puck

Date and Time: Friday, September 20 2:30 pm - 3:50 pm

Address: 60 Highland Drive, Port Hope

This is an opportunity for families to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants, a helmet with a full face shield is mandatory for everyone under 18 years old. Ages: Open to all ages, children 9 years and younger must be accompanied by a parent either on the ice or in the arena. Drop-In Fees apply.

## Saturday, September 21, 2024

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### Youth Centre Drop-in (Ages 13-19)

Date and Time: Saturday, September 21 9:00 am - 5:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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!

### Culture Days - Junior Jewelers Workshop

Date and Time: Saturday, September 21 11:00 am - 12:00 pm

Address: 62 McCaul Street, Port Hope

Looking for a fun and creative activity for your little ones? Come and join our Junior Jewelers workshop this year during Culture Days. Participants will explore different creative realms of jewelry making from necklaces to bracelets and even earrings. Join our fun, friendly, and inclusive environment where we will design, assemble, and share our uniquely personal designs and wonderful creations.

Ages: 7 to 10

Cost: FREE!

Register for Culture Days workshops [online](#), by phone, or in person.

## Adult Swim

Date and Time: Saturday, September 21 11:30 am - 1:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Culture Days - Youth Jewelry Workshop

Date and Time: Saturday, September 21 1:00 pm - 2:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Join us for our Youth Jewelry workshop this year during Culture Days. Participants will explore different creative elements of jewelry making. Come with just yourself or bring a friend and share in our fun and fabulous creative space where we will design, assemble, and share our uniquely personal designs and wonderful creations.

Ages: 11 to 15

Cost: FREE!

Register for Culture Days workshops [online](#), by phone, or in person.

## Public Swim

Date and Time: Saturday, September 21 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.

## Family / Child Gym Drop-In

Date and Time: Saturday, September 21 3:00 pm - 5:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

This time slot is for children 10 to 12 years old and families. Any child under the age of 10 years must be accompanied by an adult.

Drop-in fees apply

## **Sunday, September 22, 2024**

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### **Youth Centre Drop-in (Ages 13-19)**

Date and Time: Sunday, September 22 10:45 am - 2:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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!

### **Pickleball - Beginner / Intermediate**

Date and Time: Sunday, September 22 10:45 am - 12:15 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply.

### **Adult Swim**

Date and Time: Sunday, September 22 11:30 am - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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: Sunday, September 22 12:45 pm - 2:45 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Pickleball for intermediate/advanced levels of doubles play and players who are looking for a more competitive game.

Ages: 18 years+

Drop in fees apply

## Public Skate

Date and Time: Sunday, September 22 1:00 pm - 2:20 pm

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

Skating opportunity for all ages where participants can enjoy a leisurely skate around the ice surface. For children 9 years of age or younger, they must be accompanied by a caregiver age 14 years of age or older. CSA approved helmet is highly recommended. Drop-In Fees apply

## Public Swim

Date and Time: Sunday, September 22 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, September 23, 2024

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## Adult Swim

Date and Time: Monday, September 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.

## Men's Activity Club (MAC)

Date and Time: Monday, September 23 9:00 am - 11:00 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

## **Cribbage (55+)**

Date and Time: Monday, September 23 9:30 am - 11:30 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Cribbage.

55+ Membership required.

## **French Café (55+)**

Date and Time: Monday, September 23 10:00 am - 11:30 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Come have a coffee/tea and meet other members who would like to practise speaking French.

This is for any level of ability, and everyone is welcome to drop in and listen, speak and learn from each other.

55+ Membership required.

## **Public Swim**

Date and Time: Monday, September 23 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, September 23 10:30 am - 12:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

## Lane Swim

Date and Time: Monday, September 23 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 and Senior Skate

Date and Time: Monday, September 23 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Adult Swim

Date and Time: Monday, September 23 12:15 pm - 1:30 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Bridge Skill Development (55+)

Date and Time: Monday, September 23 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to learn how to play Bridge, or to develop further skills.

55+ Membership required.

## Badminton

Date and Time: Monday, September 23 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

## Fun4Life

Date and Time: Monday, September 23 1:30 pm - 3:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

## Adult Swim

Date and Time: Monday, September 23 1:45 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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: Monday, September 23 2:45 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.

## Youth Centre Drop-in (Ages 10-12)

Date and Time: Monday, September 23 3:00 pm - 9:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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 10 to 12 years old.

Free!

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## Tuesday, September 24, 2024

## Adult Swim

Date and Time: Tuesday, September 24 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.

## Tai Chi - Continuing(55+)

Date and Time: Tuesday, September 24 9:00 am - 9:45 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to Tai Chi, where you practice gentle exercise and moving meditation.

55+ Membership required.

## Nordic Pole Walking (55+)

Date and Time: Tuesday, September 24 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.

Call to register.

55+ Membership required.

## Tai Chi - Intermediate (55+)

Date and Time: Tuesday, September 24 10:00 am - 10:45 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to Tai Chi, where you practice gentle exercise and moving meditation.

55+ Membership required.

## Fun4Life - Accessible Gym

Date and Time: Tuesday, September 24 10:00 am - 11:15 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

Drop-in Fee: \$2.00 per visit.

## Lane Swim

Date and Time: Tuesday, September 24 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: Tuesday, September 24 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 and Senior Stick and Puck

Date and Time: Tuesday, September 24 11:00 am - 11:50 am

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. An opportunity for adults and seniors to practice their skills through participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants. Drop-In fees apply.

## Fun4Life - Games Room Drop-In

Date and Time: Tuesday, September 24 11:00 am - 1:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Come in and play some ping pong, foosball, air hockey, Wii, arcade games, or board games. Varying levels of abilities and needs welcome.

Ages: 18 years+

Fee: Free

## Adult Swim

Date and Time: Tuesday, September 24 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Adult and Senior Skate

Date and Time: Tuesday, September 24 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Pickleball - Intermediate / Advanced

Date and Time: Tuesday, September 24 12:30 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Pickleball for intermediate/advanced levels of doubles play and players who are looking for a more competitive game.

Ages: 18 years+

Drop in fees apply

## Shuffleboard

Date and Time: Tuesday, September 24 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Geared to older adults. Build on strength and coordination with this fun and social program.

Ages: 18 years+

Drop-in fees apply.

## Knitting Circle (55+)

Date and Time: Tuesday, September 24 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

## Bingo (55+)

Date and Time: Tuesday, September 24 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Bingo.

55+ Membership required.

## Wednesday, September 25, 2024

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### Adult Swim

Date and Time: Wednesday, September 25 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.

### Active Start: Gym Drop-In for Toddlers (Ages 0 to 3)

Date and Time: Wednesday, September 25 9:00 am - 10:15 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

## **Darts (55+)**

Date and Time: Wednesday, September 25 9:30 am - 11:30 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in and play some Darts.

Please bring your own darts.

55+ Membership required.

## **Darts (55+)**

Date and Time: Wednesday, September 25 9:30 am - 11:30 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in and play some Darts.

Please bring your own darts.

55+ Membership required.

## **Pickleball - All Levels**

Date and Time: Wednesday, September 25 10:30 am - 12:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

## **Lane Swim**

Date and Time: Wednesday, September 25 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, September 25 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, September 25 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Bid Euchre (55+)

Date and Time: Wednesday, September 25 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Bid Euchre.

55+ Membership required.

## Lane Swim

Date and Time: Wednesday, September 25 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.

## Adult Swim

Date and Time: Wednesday, September 25 1:30 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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: Wednesday, September 25 2:45 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.

## Youth Gym Drop-In (Ages 13-19)

Date and Time: Wednesday, September 25 3:00 pm - 5:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

Drop-in fees apply.

## Youth Centre Drop-in (Ages 13-19)

Date and Time: Wednesday, September 25 3:00 pm - 9:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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!

## Youth Stick and Puck

Date and Time: Wednesday, September 25 3:00 pm - 3:50 pm

Address: 60 Highland Drive

This is an opportunity for youth ages 13 to 17 years to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets with a full face shield are mandatory for all Youth Stick and Puck part

icipants. Ages: 13 to 17 years old. Drop-In fees apply.

## Thursday, September 26, 2024

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### Adult Swim

Date and Time: Thursday, September 26 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.

### Scrabble

Date and Time: Thursday, September 26 9:30 am - 11:30 am

Address: 62 McCaul Street, Port Hope

Come enjoy a good game of scrabble and socializing with friends. Scrabble boards and dictionaries are provided.

55+ Membership required.

### All Ages Stick and Puck

Date and Time: Thursday, September 26 10:00 am - 10:50 am

Address: 60 Highland Drive, Port Hope

This is an opportunity for families to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants, a helmet with a full face shield is mandatory for everyone under 18 years old. Ages: Open to all ages, children 9 years and younger must be accompanied by a parent either on the ice or in the arena. Drop-In Fees apply.

### Family Swim

Date and Time: Thursday, September 26 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.

## Homeschool Gym Drop-In (Ages 4 to 12)

Date and Time: Thursday, September 26 10:45 am - 12:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

A great way to incorporate physical education as a part of home school curriculum. Come out to enjoy some active play in the gym.

Equipment will be available for independent play.

Ages 4 to 12 years.

Drop-in fees apply

## Homeschool Youth Centre Drop-In (Ages 12 to 18)

Date and Time: Thursday, September 26 10:45 am - 12:30 pm

Address: 62 McCaul Street, Port Hope, Ontario

The Youth Centre will be available to Home School gym drop-in users. Come in and play some ping pong, football, air hockey, Wii, arcade games, or board games.

Ages: 12 to 18 years.

This drop in is free.

## Lane Swim

Date and Time: Thursday, September 26 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 and Senior Stick and Puck

Date and Time: Thursday, September 26 11:00 am - 11:50 am

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. An opportunity for adults and seniors to practice their skills through participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants. Drop-In fees apply.

## Adult and Senior Skate

Date and Time: Thursday, September 26 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Adult Swim

Date and Time: Thursday, September 26 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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, September 26 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

## Bridge (55+)

Date and Time: Thursday, September 26 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Bridge.

55+ Membership required.

## Texas Hold'Em (55+)

Date and Time: Thursday, September 26 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to play some Texas Hold'Em.

55+ Membership required.

## Lane Swim

Date and Time: Thursday, September 26 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 Centre Drop-in (Ages 13-19)

Date and Time: Thursday, September 26 3:00 pm - 9:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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!

## Friday, September 27, 2024

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## Adult Swim

Date and Time: Friday, September 27 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.

## PA Day Craze

Date and Time: Friday, September 27 8:00 am - 6:00 pm

Address: 62 McCaul St Port Hope

PA Day Craze is back! For \$5.00 children can swim, skate, enjoys games and activities in the Youth Centre, and participate in a craft. Supervision is required for children under 10 years of age.

## PA Day Schedule

- PA Skate 1:00 p.m. to 2:20 p.m. at [Jack Burger Sports Complex](#)
- Public Swim 10:45 a.m. to 11:45 a.m. and 2:45 p.m. to 5:00 p.m. at [Jack Burger Sports Complex](#)
- Craft 1:00 p.m. to 4:00 p.m. at [Town Park Recreation Centre](#)
- Games and Activities in our Youth Centre 9:00 a.m. to 3:00 p.m. at [Town Park Recreation](#)

## Active Start: Gym Drop-In for Toddlers (Ages 0 to 3)

Date and Time: Friday, September 27 9:00 am - 10:15 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

## All Ages Stick and Puck

Date and Time: Friday, September 27 10:00 am - 10:50 am

Address: 60 Highland Drive, Port Hope

This is an opportunity for families to practice their hockey skills and enjoy participant led pick up hockey games. CSA approved helmets are mandatory for all Stick and Puck participants, a helmet with a full face shield is mandatory for everyone under 18 years old. Ages: Open to all ages, children 9 years and younger must be accompanied by a parent either on the ice or in the arena. Drop-In Fees apply.

## Pickleball - All Levels

Date and Time: Friday, September 27 10:30 am - 12:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

## Public Swim

Date and Time: Friday, September 27 10:45 am - 11:45 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 and Senior Skate

Date and Time: Friday, September 27 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Adult Swim

Date and Time: Friday, September 27 12:00 pm - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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, September 27 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

## Dime Bingo (55+)

Date and Time: Friday, September 27 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Dime Bingo.

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

55+ Membership required.

## Canasta (55+)

Date and Time: Friday, September 27 1:00 pm - 4:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to play Canasta.

55+ Membership required.

## **Beginner Ukulele (55+)**

Date and Time: Friday, September 27 1:00 pm - 2:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Have you ever wanted to learn how to play an instrument? Give beginner ukulele a try!

Bring your own, or borrow one of ours.

Registration is required. Please call or come in to register.

55+ Membership required.

## **Ukulele (55+)**

Date and Time: Friday, September 27 1:00 pm - 2:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Join us for an afternoon of jamming on the Ukulele.

Bring your own, or borrow one of ours.

Registration is required. Please call or come in to register.

55+ Membership required.

## **Public Skate**

Date and Time: Friday, September 27 1:00 pm - 2:20 pm

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

Skating opportunity for all ages where participants can enjoy a leisurely skate around the ice surface. For children 9 years of age or younger, they must be accompanied by a caregiver age 14 years of age or older. CSA approved helmet is highly recommended. Drop-In Fees apply

## **Lane Swim**

Date and Time: Friday, September 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.

## Saturday, September 28, 2024

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### Youth Centre Drop-in (Ages 13-19)

Date and Time: Saturday, September 28 9:00 am - 5:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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, September 28 11:30 am - 1:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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, September 28 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.

### Family / Child Gym Drop-In

Date and Time: Saturday, September 28 3:00 pm - 5:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

This time slot is for children 10 to 12 years old and families. Any child under the age of 10 years must be accom

mpanied by an adult.

Drop-in fees apply

## Sunday, September 29, 2024

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### Youth Centre Drop-in (Ages 13-19)

Date and Time: Sunday, September 29 10:45 am - 2:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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!

### Pickleball - Beginner / Intermediate

Date and Time: Sunday, September 29 10:45 am - 12:15 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply.

### Adult Swim

Date and Time: Sunday, September 29 11:30 am - 1:15 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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: Sunday, September 29 12:45 pm - 2:45 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

Pickleball for intermediate/advanced levels of doubles play and players who are looking for a more competitive game.

Ages: 18 years+

Drop in fees apply

## Public Skate

Date and Time: Sunday, September 29 1:00 pm - 2:20 pm

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

Skating opportunity for all ages where participants can enjoy a leisurely skate around the ice surface. For children 9 years of age or younger, they must be accompanied by a caregiver age 14 years of age or older. CSA approved helmet is highly recommended. Drop-In Fees apply

## Public Swim

Date and Time: Sunday, September 29 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, September 30, 2024

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## Adult Swim

Date and Time: Monday, September 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.

## Men's Activity Club (MAC)

Date and Time: Monday, September 30 9:00 am - 11:00 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

## Cribbage (55+)

Date and Time: Monday, September 30 9:30 am - 11:30 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in for a game of Cribbage.

55+ Membership required.

## French Café (55+)

Date and Time: Monday, September 30 10:00 am - 11:30 am

Address: 62 McCaul St, Port Hope ON L1A 1L1

Come have a coffee/tea and meet other members who would like to practise speaking French.

This is for any level of ability, and everyone is welcome to drop in and listen, speak and learn from each other.

55+ Membership required.

## Public Swim

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

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

Ages: 18 years+

Drop-in fees apply

## Lane Swim

Date and Time: Monday, September 30 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 and Senior Skate

Date and Time: Monday, September 30 12:00 pm - 12:50 pm

Address: 60 Highland Drive, Port Hope

For adults and seniors ages 18 and up. Great opportunity for some exercise over the lunch hour. CSA approved helmet is highly recommended. Drop-In Fees apply.

## Adult Swim

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

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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.

## Bridge Skill Development (55+)

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

Address: 62 McCaul St, Port Hope ON L1A 1L1

Drop-in to learn how to play Bridge, or to develop further skills.

55+ Membership required.

## Badminton

Date and Time: Monday, September 30 1:00 pm - 3:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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

## Fun4Life

Date and Time: Monday, September 30 1:30 pm - 3:30 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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.

## Adult Swim

Date and Time: Monday, September 30 1:45 pm - 3:00 pm

Address: 60 Highland Drive, Port Hope

Adult Swim is for adults ages 18 years 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: Monday, September 30 2:45 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.

## Youth Centre Drop-in (Ages 10-12)

Date and Time: Monday, September 30 3:00 pm - 9:00 pm

Address: 62 McCaul St, Port Hope ON L1A 1L1

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 10 to 12 years old.

Free!

<https://calendar.porthope.ca>