

Thursday, May 2, 2024

Women's Exercise Class

Date and Time: Thursday, May 2 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a women only exercise class run by wonderful volunteers. Free class, bring your own mat and weights.

Indoor Walking

Date and Time: Thursday, May 2 9:00 am - 11:00 am

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Join us for indoor walking in the gymnasium at Northern College. Free program. Please bring in a clean pair of indoor shoes and a water bottle.

Intermediate Line Dancing

Date and Time: Thursday, May 2 11:00 am - 12:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free intermediate line dancing class, upstairs at the Shelley Herbert-Shea Memorial arena in Haileybury. Bring a clean pair of indoor shoes.

Friday, May 3, 2024

Indoor Pickleball

Date and Time: Friday, May 3 9:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Join us for some free indoor pickleball. Equipment is provided. Bring a clean pair of indoor shoes and a water bottle. Beginners are welcome.

Aquafitness

Date and Time: Friday, May 3 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

Date and Time: Friday, May 3 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Monday, May 6, 2024

Aquafitness

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

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Indoor Walking

Date and Time: Monday, May 6 9:00 am - 11:00 am

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Join us for indoor walking in the gymnasium at Northern College. Free program. Please bring in a clean pair of indoor shoes and a water bottle.

Adult Swim

Date and Time: Monday, May 6 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Tuesday, May 7, 2024

Women's Exercise Class

Date and Time: Tuesday, May 7 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a women only exercise class run by wonderful volunteers. Free class, bring your own mat and weights.

Beginner Line Dancing

Date and Time: Tuesday, May 7 10:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Free beginner line dancing classes at the Lawrence Bun Eckensviller Community Hall in New Liskeard. Bring a clean pair of indoor shoes.

Wednesday, May 8, 2024

Aquafitness

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

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

Date and Time: Wednesday, May 8 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Thursday, May 9, 2024

Women's Exercise Class

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

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a women only exercise class run by wonderful volunteers. Free class, bring your own mat and weights.

Intermediate Line Dancing

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

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free intermediate line dancing class, upstairs at the Shelley Herbert-Shea Memorial arena in Haileybury. Bring a clean pair of indoor shoes.

Chair Yoga

Date and Time: Thursday, May 9 2:00 pm - 3:00 pm

Address: 55 Riverside Drive, New Liskeard, ON P0J 1P0

Join us for chair yoga at the Riverside Place in New Liskeard. Wear comfortable clothing, bring a clean pair of indoor shoes and a water bottle.

Friday, May 10, 2024

Outdoor Pickleball

Date and Time: Friday, May 10 8:00 am - 11:00 am

Address: 78 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for some outdoor pickleball at the New Liskeard Tennis Courts (weather permitting). Equipment is provided. Bring a water bottle. Will be indoors at the Lawrence Bun Eckensviller Community Hall if weather isn't cooperating, on Friday May 10th and 17th.

Aquafitness

Date and Time: Friday, May 10 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

Date and Time: Friday, May 10 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Arthritic Aquafit

Date and Time: Friday, May 10 1:45 pm - 2:15 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

*NEW 30 minute class, low-impact, less cardio and more mobility focused. \$4.75 for a drop in

Monday, May 13, 2024

Aquafitness

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

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

Date and Time: Monday, May 13 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Tuesday, May 14, 2024

Women's Exercise Class

Date and Time: Tuesday, May 14 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a women only exercise class run by wonderful volunteers. Free class, bring your own mat and weights.

Beginner Line Dancing

Date and Time: Tuesday, May 14 10:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Free beginner line dancing classes at the Lawrence Bun Eckensviller Community Hall in New Liskeard. Bring a clean pair of indoor shoes.

Wednesday, May 15, 2024

Aquafitness

Date and Time: Wednesday, May 15 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

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

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Thursday, May 16, 2024

Women's Exercise Class

Date and Time: Thursday, May 16 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a women only exercise class run by wonderful volunteers. Free class, bring your own mat and weights.

Chair Yoga

Date and Time: Thursday, May 16 2:00 pm - 3:00 pm

Address: 55 Riverside Drive, New Liskeard, ON P0J 1P0

Join us for chair yoga at the Riverside Place in New Liskeard. Wear comfortable clothing, bring a clean pair of indoor shoes and a water bottle.

Friday, May 17, 2024

Outdoor Pickleball

Date and Time: Friday, May 17 8:00 am - 11:00 am

Address: 78 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for some outdoor pickleball at the New Liskeard Tennis Courts (weather permitting). Equipment is provided. Bring a water bottle. Will be indoors at the Lawrence Bun Eckensviller Community Hall if weather isn't cooperating, on Friday May 10th and 17th.

Aquafitness

Date and Time: Friday, May 17 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

Date and Time: Friday, May 17 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Arthritic Aquafit

Date and Time: Friday, May 17 1:45 pm - 2:15 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

*NEW 30 minute class, low-impact, less cardio and more mobility focused. \$4.75 for a drop in

Tuesday, May 21, 2024

Women's Exercise Class

Date and Time: Tuesday, May 21 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a women only exercise class run by wonderful volunteers. Free class, bring your own mat and weights.

Beginner Line Dancing

Date and Time: Tuesday, May 21 10:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Free beginner line dancing classes at the Lawrence Bun Eckensviller Community Hall in New Liskeard. Bring a clean pair of indoor shoes.

Wednesday, May 22, 2024

Aquafitness

Date and Time: Wednesday, May 22 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

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

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Thursday, May 23, 2024

Women's Exercise Class

Date and Time: Thursday, May 23 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a women only exercise class run by wonderful volunteers. Free class, bring your own mat and weights.

Intermediate Line Dancing

Date and Time: Thursday, May 23 11:00 am - 12:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free intermediate line dancing class, upstairs at the Shelley Herbert-Shea Memorial arena in Haileybury. Bring a clean pair of indoor shoes.

Chair Yoga

Date and Time: Thursday, May 23 2:00 pm - 3:00 pm

Address: 55 Riverside Drive, New Liskeard, ON P0J 1P0

Join us for chair yoga at the Riverside Place in New Liskeard. Wear comfortable clothing, bring a clean pair of indoor shoes and a water bottle.

Friday, May 24, 2024

Outdoor Pickleball

Date and Time: Friday, May 24 8:00 am - 11:00 am

Address: 78 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for some outdoor pickleball at the New Liskeard Tennis Courts (weather permitting). Equipment is provided. Bring a water bottle. Will be indoors at the Lawrence Bun Eckensviller Community Hall if weather isn't cooperating, on Friday May 10th and 17th.

Aquafitness

Date and Time: Friday, May 24 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

Date and Time: Friday, May 24 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Arthritic Aquafit

Date and Time: Friday, May 24 1:45 pm - 2:15 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

*NEW 30 minute class, low-impact, less cardio and more mobility focused. \$4.75 for a drop in

Monday, May 27, 2024

Aquafitness

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

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

Date and Time: Monday, May 27 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Tuesday, May 28, 2024

Women's Exercise Class

Date and Time: Tuesday, May 28 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a women only exercise class run by wonderful volunteers. Free class, bring your own mat and weights.

Beginner Line Dancing

Date and Time: Tuesday, May 28 10:00 am - 11:00 am

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Free beginner line dancing classes at the Lawrence Bun Eckensviller Community Hall in New Liskeard. Bring a clean pair of indoor shoes.

Wednesday, May 29, 2024

Aquafitness

Date and Time: Wednesday, May 29 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

Date and Time: Wednesday, May 29 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Thursday, May 30, 2024

Women's Exercise Class

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

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Join us for a women only exercise class run by wonderful volunteers. Free class, bring your own mat and weights.

Intermediate Line Dancing

Date and Time: Thursday, May 30 11:00 am - 12:00 pm

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free intermediate line dancing class, upstairs at the Shelley Herbert-Shea Memorial arena in Haileybury. Bring a clean pair of indoor shoes.

Chair Yoga

Date and Time: Thursday, May 30 2:00 pm - 3:00 pm

Address: 55 Riverside Drive, New Liskeard, ON P0J 1P0

Join us for chair yoga at the Riverside Place in New Liskeard. Wear comfortable clothing, bring a clean pair of indoor shoes and a water bottle.

Friday, May 31, 2024

Outdoor Pickleball

Date and Time: Friday, May 31 8:00 am - 11:00 am

Address: 78 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for some outdoor pickleball at the New Liskeard Tennis Courts (weather permitting). Equipment is provided. Bring a water bottle. Will be indoors at the Lawrence Bun Eckensviller Community Hall if weather isn't cooperating, on Friday May 10th and 17th.

Aquafitness

Date and Time: Friday, May 31 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Join us for an aquafitness class at the Pool and Fitness Centre. Cost is \$7.01/class

Adult Swim

Date and Time: Friday, May 31 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult only swim and lappers at the Pool and Fitness Centre. Cost is \$4.50 for seniors.

Arthritic Aquafit

Date and Time: Friday, May 31 1:45 pm - 2:15 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

*NEW 30 minute class, low-impact, less cardio and more mobility focused. \$4.75 for a drop in

<https://calendar.temiskamingshores.ca>