

PICKLE BALL

DROP IN PICKLE-BALL

Join us for fun and social drop-in pickleball sessions open to all skill levels! Whether you’re new to the game or an experienced player, this program offers a welcoming environment to learn, play, and connect with others. Courts are available on a first-come, first-served basis, with players rotating to ensure fair play. A limited number of paddles are available; participants are encouraged to bring their own.

Locations: MacTier Memorial Arena Floor & Baxter Ward Community Center

Cost: \$4.00 Drop in Fee or 1 Recreation Day Pass

MacTier Memorial Arena Pickleball Drop-in Program Times

Monday	Tuesday	Wednesday	Thursday	Friday
9-12	9-12	9-12	9-12	9-12

Note: Pickleball season in MacTier runs from July 6 to August 14. After this date, the arena floor will be closed to prepare for ice.

Baxter Ward Community Center Pickle ball Drop-in Program Times

Monday	Tuesday	Wednesday	Thursday	Friday
10-12:30	10:30-12:30	2:30-4:30		10-12:30

Baxter Ward Community Center Beginner Pickle ball Drop-in Program Times

Monday	Tuesday	Wednesday	Thursday	Friday
	1-3			

DROP IN PROGRAMS

Line Dancing

All ages

Perfect for beginners! Learn popular line dances step-by-step in a fun and supportive environment. Dances may include the Electric Slide, Boot Scootin' Boogie, The Bar Song, and Cowboy Hustle.



Thursdays 11:00-11:45 AM

Fridays 10:00- 10:45 AM

Start	End	Duration	Fee	Location
June 26	July 17	45 min	1 Rec Pass	Upstairs Hall- MacTier Community Center
June 11	July 9	45 min	1 Rec Pass	Baxter Ward Community Center

Dance Fitness

All ages

Enjoy a fun, easy-to-follow dance fitness workout inspired by Zumba. Move to great music, stay active, and have fun.



Tuesdays 9:30-10:15 AM

Wednesdays 10:00-10:45

Start	End	Duration	Fee	Location
June 24	July 22	45 min	1 Rec Pass	Upstairs Hall MacTier Community Center
June 16	July 7	45 min	1 Rec Pass	Baxter Ward Community Center

Note: There is no programs running on July 1st

DROP IN PROGRAMS

Music Bingo

All ages



Think you know your music? Put your listening skills to the test at Family Musical Bingo Night! Enjoy a fun twist on bingo—listen to song clips, match them to your card, and mark them off to win. Featuring a mix of songs for all ages, this interactive program is a great way to connect with family, friends, and the community. No gambling—just music and fun!

Tuesdays 6:00- 7:00 pm

Wednesdays 4:00-5:00 pm

Start	End	Duration	Day	Fee	Location
July 22	July 29	1 hour	Wed	1 Rec Pass	Upstairs Hall MacTier Community Center
July 21	July 28	1 hour	Tues	1 Rec Pass	Baxter Ward Community Center

Yoga

All ages



Come stretch, breathe and connect this summer with yoga instructor Barbara MacDonald.

Saturdays: 10:00-11:00 am

Cost: \$10/ session

Register: Call or text Barbara (416-347-9336 or drop in

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Location
Sun July 12	Sat July 18	Sat July 25	Sat Aug 8	Sat Aug 15	Sat Aug 22	Upstairs Hall MacTier Community Center

DROP IN PROGRAMS

MacTier Walking Club and Self Led Circuit Training

Adult 18 +

Get moving at your own pace with our Arena Walking & Circuit Training program! One lap around the arena is approximately 175 steps, and 11 laps will get you close to 2,000 steps. Participants can choose to simply walk or enhance their workout by completing five self led circuit training stations set up throughout the arena. Stations offer beginner to advanced exercise options with varying repetitions, allowing you to customize the challenge to suit your fitness level. Step by step instructions will be posted at each station on how to do the exercises. To keep things fresh and engaging, the circuit stations and exercises change weekly. Come out, get active, and take your workout one step further!

TODAY'S WORKOUT

★ WALK • MOVE • GET STRONG! ★

A FUN CIRCUIT TO BOOST YOUR HEART RATE AND BUILD STRENGTH!



★ TOTAL: 3,500+ STEPS (PLUS ALL STATION EXERCISES!) ★

	STATION 1	STATION 2	STATION 3	STATION 4	STATION 5
	JUMPING JACKS	CHAIR SQUATS	REVERSE LOUNGES	WALL PUSH-UPS	HULA HOOP TIRE RUN
REPS FOR YOUR FITNESS LEVEL					
BEGINNER	10-20 REPS	10-15 REPS	8-12 REPS (EACH LEG)	8-12 REPS	1-2 LAPS
MEDIUM	20-40 REPS	15-25 REPS	12-20 REPS (EACH LEG)	12-20 REPS	2-3 LAPS
ADVANCED	40-60+ REPS	25-40 REPS	20-30 REPS (EACH LEG)	20-30 REPS	3-4 LAPS

★ Move at your own pace and challenge yourself! Take breaks as needed and stay hydrated.

Mondays 7:00 -8:30 AM

Start	End	Duration	Fee	Location
July 20	July 27	1.5 hours- as long as you like in that timeframe	1 Rec Pass	MacTier Arena Floor

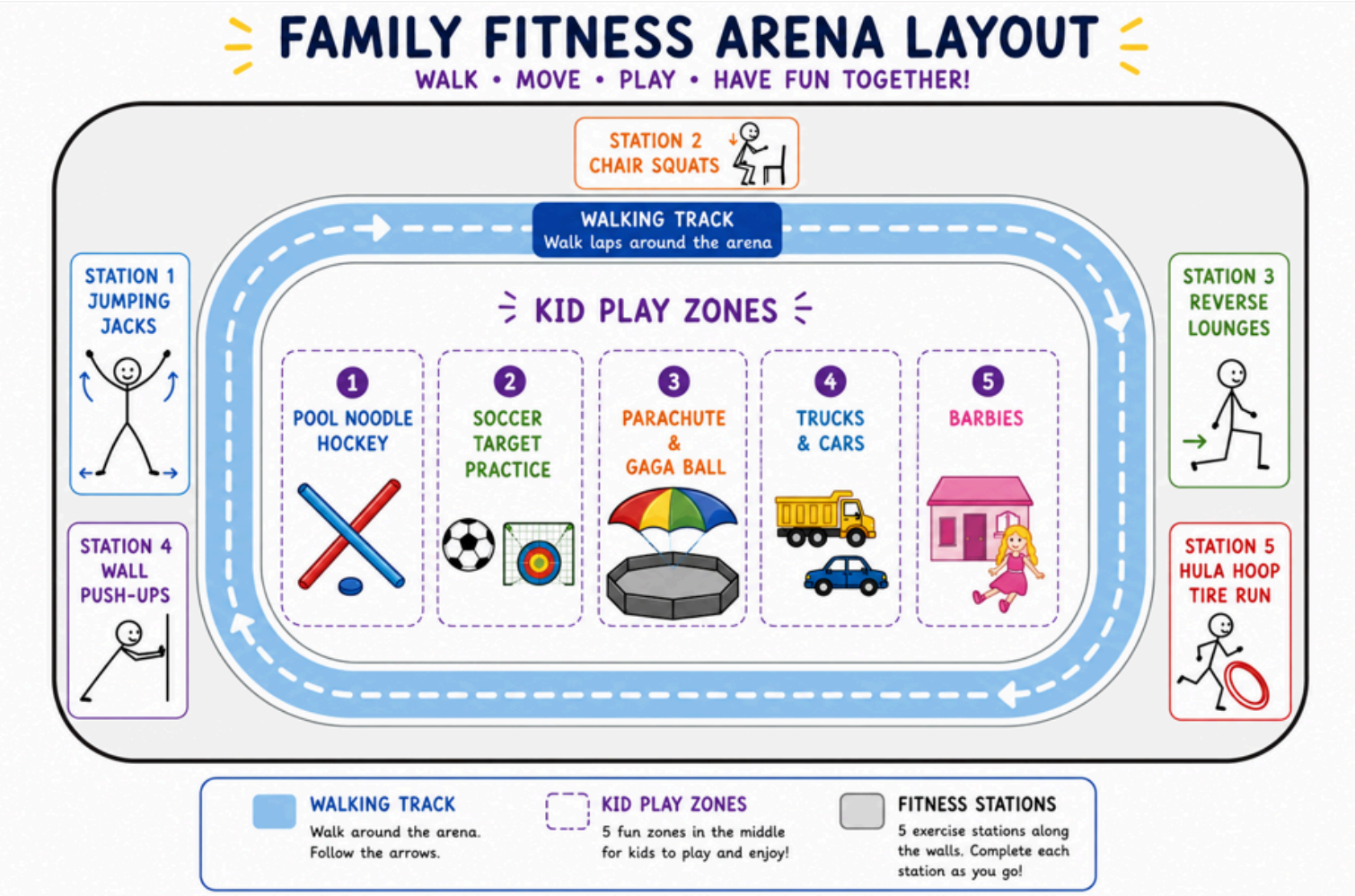
DROP IN PROGRAMS

MacTier Walking Club- Family Activity Zone

All Ages

Take some time to walk, exercise, or socialize while your children enjoy floor activities on the arena floor. Whether you choose to sit and chat, complete a circuit workout, or get your steps in (one lap is approximately 175 steps), your kids will stay active and have fun with a variety of games and activities. A great opportunity for families to stay active together while enjoying their own space!

Wednesdays 3:00 - 4:00 PM



Start	End	Duration	Fee	Location
July 22	July 29	1 hour	1 Rec Pass	MacTier Arena Floor

Children Drop in Programs

Move and Groove Kids

5-12 Y



Kids will have a blast getting up and moving in this high-energy program! Participants will enjoy a mix of fun, active games such as The Floor is Lava, relay races, and other movement-based activities, along with exciting virtual dance moves. It’s a great way for kids to burn off energy, get active, and just have fun!

Tuesdays

3:00-4:00 pm

Wednesdays

1:30-2:30 pm

Start	End	Fee	Day	Location
July 22	July 29	1 Rec Pass	Wed	Upstairs Hall- MacTier Community Center
July 21	July 28	1 Rec Pass	Tues	Baxter Ward Community Center