



Recreation & Parks Services Guide



Recreation, Sport, and Leisure Programs for Everyone



JIIIMAAN KINOMAAGEWIN
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LE MUSÉE CANADIEN DU CANOT

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Eden Photography

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CONTENTS



Contents

Contact Us	5
How to Register	6
Memberships	7
Facility Rental	8
Parties & Events	10
Community	12
Community Events	14
Community Gardens	16
Learn	17
Day Camps	18
Explore	20
Active	22
Mind & Body	25
Fitness	26
Recreational Sports	28
Splash	29
Skate	32
Recreational Leagues	34



CONTACT US



Contact

City of Peterborough

500 George Street N.
peterborough.ca | 705-742-7777

Recreation and Parks Services

775 Brealey Drive
peterborough.ca/recreation
705-742-0050
rec@peterborough.ca

Parks and Trails Concerns

705-742-0050 x2205
peterborough.ca/servicerequest
rec@peterborough.ca

Peterborough Marina

92 George Street N.
705-742-0050 x2225
peterborough.ca/marina
marina@peterborough.ca

Grant Thornton Box Office

151 Lansdowne Street
memorialcentre.ca | 705-743-3561
memorialcentre@peterborough.ca

Rentals and Permits

For rentals and permits of City of Peterborough parks, fields, ice or facilities please complete a request form online at:

peterborough.ca/facilitybooking

Facilities

City of Peterborough

500 George Street N.,
peterborough.ca | 705-742-7777

Recreation Services

Visit peterborough.ca/recreation
or call 705-742-0050:

- **Peterborough Sport & Wellness Centre**
775 Brealey Drive
- **Peterborough Naval Memorial Park**
24 Whitla Street
- **McDonnel Street Community Centre**
577 McDonnel Street
- **Healthy Planet Arena**
911 Monaghan Road
- **Kinsmen Civic Centre**
1 Kinsmen Way
- **Peterborough Marina**
92 George St. N.
- **Peterborough Memorial Centre**
151 Lansdowne Street W.
- **Miskin Law Community Complex**
271 Lansdowne Street W.

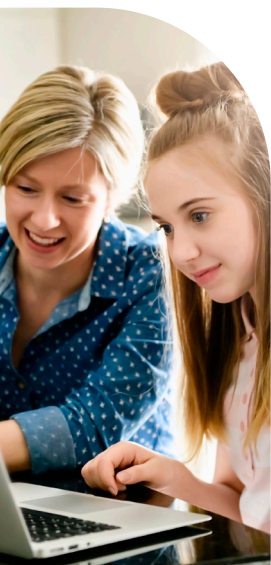
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This publication is designed and produced annually by the City of Peterborough. Changes to program information may occur; for the most current information visit peterborough.ca. This guide is available in accessible format online.

HOW TO REGISTER



Online

Visit cityofpeterborough.perfectmind.com to create an account. Peterborough Sport & Wellness Centre members should have their account created in person to ensure proper rates are applied.

- View and register for programs
- View program schedules
- View your payments
- Pay online by credit card or account credit



Phone

Call 705-742-0050. Payment can be made by credit card.

In-person

Payment can be made by cheque, cash, debit card, credit card, account credit, or gift card for Wellness Centre programs.

Program fees do not include HST. Youth programs under age 14 are tax-exempt. Payment in full is required at time of registration.



MEMBERSHIPS



Wellness Centre Membership

Benefits of Membership

- Unlimited fitness centre access during operating hours
- Fitness and aqua fitness classes for all abilities
- Drop-in lane swims, wellness swims, fun swims, and more
- Drop-in sports including pickleball, badminton, basketball
- Early online access to Wellness Centre program registration
- Member discounts on swimming lessons, specialty fitness, youth programs, and day camps (restrictions apply)

Membership Types

Annual fee must be paid in full. All prices are subject to HST; Child membership is tax-exempt.

- Child 3-14
- Student 15-24 (with ID)
- Young Adult 18-24
- Adult 25-54
- Adult Silver 55-74
- Adult Gold 75-84
- Adult Platinum 85+
- One Adult Family
- Family

Membership Discounts

Members (with applicable membership types) receive discounted fees on specialty fitness programs, swimming lessons, and children's day camps that occur at the Peterborough Sport & Wellness Centre, and youth dance programs. Stop n' Play only discounted on Family Membership. Membership must be active at registration and remain active for the program. The discount will not be provided as a credit.

Membership Holds

Once per Calander year, a Membership may be placed on hold for 1-3 months. Request forms for holds must be filled out 10 days prior to the first day of the month, you wish the hold to begin.

30 Day Try it Membership

Includes full access to fitness floor, drop-in swims, and sports and fitness classes. Does not include early access or discounted rates on registrations.

- Available for age 15 plus
- Ages 15-17 must have parent/guardian complete a short-term agreement
- Non-refundable, non-transferable, no discounts
- No early access to registration and no member discounts

Subsidy

Peterborough Sport & Wellness Centre

Subsidized memberships are available for adults and families. Discounted rates on programs taking place at the Peterborough Sport & Wellness Centre are available for qualifying individuals over the age of 18. Applicants are not required to be City residents. For information on rates, eligibility, or to apply online visit peterborough.ca/rec or call 705-742-0050 x2201.

Recreation Fee Subsidy

This program assists low income families and families receiving social assistance with registration costs for recreational programs offered by the City or other organizations within the City limits including but not limited to; sports activities, aquatic programs, and day camps for dependent children under the age of 18 years. Applicants must be residents of the City of Peterborough. For information or to apply online visit peterborough.ca/rec or call 705-742-0050 x2201.

FACILITY RENTALS



Outdoor Sport Fields

In partnership with Trent University, Fleming College, and local Boards of Education, over 80 fields and courts are available to the community for play. Sport fields can be rented for tournaments, birthday parties, organizational picnics, or full season league play.

Park & Pavilion Rental

- Beavermead Park
- Nicholls Oval Park
- Heritage Pavilion at Ashburnham Park

Each pavilion offers a covered area with picnic tables and electricity. Beavermead and Nicholls Oval have permanent washrooms within the parks, and an accessible portable washroom at the Heritage Pavilion. Green space can also be rented. Locations such as Jackson Park, Beavermead, and Rogers Cove are popular rentals for small gatherings.

Peterborough Marina

The Marina is located in the heart of downtown Peterborough on Little Lake. From Little Lake and the Otonabee River you can travel the historic Trent-Severn Waterway, connecting 134 lakes and magnificent landscapes along its 386 kilometre route. At Lock 21, just upstream of Little Lake, you can see the Peterborough Lift Lock, a national historic site and the world's highest hydraulic lift lock. The marina offers daily, weekly, or seasonal mooring with 100 slips. Our friendly and helpful staff look forward to making your visit enjoyable.





Indoor Facilities

Peterborough Naval Memorial Park

This facility can accommodate groups of 2 to 100 with one large multi-purpose room and one small room for meetings, small events, and parties. A large accessible outdoor space is also available.

McDonnell Street Community Centre

This facility can accommodate groups of 2 to 120 with a large banquet room, industrial kitchen and bar, covered veranda, and small meeting rooms. Access to a microphone, podium, dance floor, and projector/screen available. Free WIFI and parking.

Healthy Planet Arena Banquet Hall

The banquet hall is approximately 5,011 square feet in size, and seats up to 340 people when set up in banquet style. Rentals include access to an industrial kitchen, refrigerators, and freezers. Access to a microphone, podium, small stage, and projector screen available. Free WIFI and parking.

Miskin Law Community Complex

This facility can accommodate groups in two multipurpose rooms, one room offers a sink and counter space, and both rooms are bright and spacious with natural light from windows. Food and non-alcoholic beverages are permitted. (opening in 2025)

Peterborough Sport & Wellness Centre

This accessible facility offers WIFI and parking, and is close to Highway 115.

Multi-purpose Rooms

There are three rooms available, each holding up to 30 people. Two rooms offer sinks and counter space. One room has access to a screen, sound system, and projector. Rooms can be rented with divider walls opened or closed to suit your needs. Rooms are bright and spacious with large windows. Food and non-alcoholic beverages are permitted.

Gymnasiums

Rent one, two, or three of the gymnasium spaces. Perfect for large tradeshow, parties, league rentals, and more. The gymnasiums have their own change rooms, parking lot, and entrance.

Aquatic Centre

Rent the leisure pool, therapy pool, or both for your next event. The 20 metre leisure pool is heated 81-83° F and offers water features and a water slide. The therapy pool is heated 91-93° F and includes a swirl area and gradual depth.

Arena Ice & Floors

Healthy Planet Arena

- 2 ice/floor pads
- 695 seats on Sign-a-fied pad
- 300 seats on The Gardener pad
- 5,011 ft² banquet hall that seats up to 350
- Concessions and heated viewing area
- BDS Hockey Pro Shop
- Meeting room

Kinsmen Civic Centre

- 2 ice/floor pads
- Concession and heated viewing area
- Caleys Crease Pro Shop

Peterborough Memorial Centre

- 1 ice/floor pad
- 4,000 seating entertainment venue
- PMC Pub & Grill Restaurant
- Peterborough and District Sports Hall of Fame

Miskin Law Community Complex

- 2 ice/floor pads
- 500 seats on Russelle Toyota pad
- 500 seats on the CHE pad
- Elevated walking/running track
- Team training area
- Multi-purpose rooms



PARTIES & EVENTS



Group and Corporate Events

Build your package to suit. From party rooms, gymnasiums, the aquatic centre, and staff support, you can build the perfect holiday party, shower, team event, retirement, and more.

Visit peterborough.ca/party to book your event.



CORPORATE
EVENTS
BIRTHDAYS
PRIVATE
FUNCTIONS



Birthday Party Packages

Recreation & Parks Services offers a variety of party packages. Packages are generally available on Friday evenings, and Saturday or Sunday afternoons. Costs vary and include insurance. All packages include the birthday child and up to 12 friends. Adults and children under 24 months are admitted free.

Visit peterborough.ca/party to book your party.

Classic Party Package

A two-hour party with access to multi-purpose room space, a perfect package option for younger children or smaller family parties or events.

Art Party Package

A two-hour party with access to multi-purpose room space, our staff will lead the first hour with simple crafting activities suited to the party-goers age range. Let us know if you have a special theme or concept for your party craft and get creative!

Gym Party Package

A two-hour party with access to multi-purpose room space, our staff will lead the first hour with active play in the gymnasium. Bring your running shoes and get ready to move and play!

Swim Party Package

A two-hour party with access to multi-purpose room space, join the Centre's Fun Swim and take a trip down the waterslide or sit in the therapy swirl with friends. Bring your swim suits and goggles and get set to make a big splash!

Gym & Swim Party Package

A three-hour party with access to multi-purpose room space. Bring your running shoes and swim gear. Our staff will lead the first hour with active play in the gymnasium, followed by action in the pool during a Fun Swim, and ending in the party room for the last hour. A super-fun combination!

NEW! Skating Party Package

A two-hour party package at the new Miskin Law Community Centre, includes an hour on the ice and an hour in the party room. Bring your skates and helmets and get ready to make this party the best yet!





COMMUNITY

Our Heritage

Peterborough-Nogojwanong is a place rich in Indigenous and settler cultural heritage. Beneath our feet the land carries the stories of the many generations who have called this area home, stories which form a vital part of the city's identity today. The City of Peterborough's Heritage Preservation Office (HPO) strives to create a collective understanding and presentation of our heritage that speaks to the value it holds for all of us. The HPO develops and administers programs relating to the preservation of historic places within the city including structures, landscapes, and archaeological sites.

Peterborough Museum & Archives

The Peterborough Museum & Archives (PMA) focuses on preserving and celebrating the collective memories of our community; stories, images, and traces of the people and land. The PMA's ever-changing interactive exhibitions, exciting programs, nationally significant collections, and warm atmosphere make this the perfect stop for families, residents, and visitors. Open Monday to Friday from 9 am to 5 pm, and weekends and statutory holidays 12 to 5 pm. Admission is by donation, and the facility is fully accessible. There is also free onsite parking and a curated gift shop to commemorate your visit. Access to the Archives by appointment.

Art Gallery of Peterborough

The Art Gallery of Peterborough (AGP) offers a wide range of programming designed by professional artists and educators to explore the visual arts as a part of our life and community. AGP programs provide enriching, experiential learning opportunities for people of all ages and abilities, through camps, birthday parties, guided tours and workshops for children and adults, and more. For teachers looking to enhance classroom learning, our programs meet curriculum expectations while taking inspiration from our nationally recognized exhibitions. For more information visit agp.on.ca/programs.

Peterborough Public Library

Whether you're looking for programs, social events, or a place to connect with others, the Library has something for you. We offer diverse programming for children, teens and adults, from story times, to craft programs and educational workshops. With your membership you can access a wide range of physical and digital resources including books, audiobooks, movies, and more. In addition, we have meeting rooms that can be rented for a fee, and study spaces you can book for free. Sign up for a free membership online or at the library. Visit ptbolibrary.ca

Age-friendly Peterborough

The Age-friendly Peterborough (AFP) vision is that Peterborough is a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities. AFP is a collaborative of service providers, businesses, and older adults who contribute to projects that promote healthy aging. The priority areas include supporting older adults with basic needs, staying mobile, and providing opportunities for learning and contributing. To learn more about our projects and to access the Peterborough Senior Service Directory please visit peterborough.ca/aging.

Trails

Explore the City of Peterborough's extensive multi-use trail network this season! Connecting you to neighbourhoods and destinations throughout the city and beyond its limits, the network offers 26+ km of all-ages-and-abilities active transportation routes that are enjoyed by commuters and recreationalists alike. To create a space that is safe and fun for everyone, please keep to the right, pass on the left, and slow down when passing others. Visit peterborough.ca/trails to find Peterborough Trail and Bikeway maps and learn about plans to grow the network in the coming years.

Peterborough Memorial Centre

For a list of events throughout the year, please visit memorialcentre.ca.

ART GALLERY HERITAGE LIBRARY MUSEUM



COMMUNITY EVENTS



Snofest

Snofest is here to bring the winter cheer! Every February, Peterborough throws a four-day festival filled with winter activities. It's designed for all ages, so grab your friends and family, bundle up, and come out to enjoy some snowy fun together!

National Drowning Prevention Week

In June, the Lifesaving Society sets aside a week for drowning prevention awareness. This important initiative focuses on spreading the word about swim safety and water safety for everyone, no matter their age. The week highlights how crucial it is to keep an eye on kids around water and urges families to get to know their local swimming spots. By using maps of supervised beaches, we can help create safer swimming conditions and lower the chances of drowning.

June is Recreation and Parks Month

June marks Recreation and Parks Month in Peterborough, and the City is celebrating with a variety of events and activities! The aim is to encourage people to stay active and recognize how parks and recreation contribute to our overall well-being. Each June Peterborough Recreation & Parks Services features a range of exciting, family-friendly events for everyone to take part in.



 peterborough

Sn fest

peterborough

Sponsored by



February 14-17, 2025



Winter fun for everyone!
Find events at peterborough.ca/snofest



**RECYCLE YOUR
BATTERIES
CANADA!**
powered by call2recycle

Free battery recycling!

Bring your used household batteries to Snofest events for safe recycling. Look for the new Smart Containers at most event venues.



COMMUNITY GARDENS



The City of Peterborough offers allotment gardening on municipal land throughout the City. Community gardens offer individuals a small plot of land to grow fresh, healthy produce, herbs, flowers, or fruit trees depending on the location. There are over 40 community gardens in Peterborough City and County, with seven located on on municipal parkland. Requests to start a new garden must be made by mid-February annually for gardens to begin that season.

Please visit peterborough.ca/gardens for information and to apply.

- Ashburnham Garden
- Bonaccord Street
- Talwood Garden
- Hilliard Street
- King Edward Park
- Stewart Street Park
- Whitefield Park



OVER 40
GARDENS
7 LOCATIONS



LEARN



Adult Leisure

Discover a world of leisure through a variety of activities to suit your individual interests. Designed for adults, but appealing to the young at heart, these programs provide the perfect combination of fun, fitness, and social interaction.

Whether you're looking to improve your health in a fitness class, refine your aim in a dart league, or flex your competitive spirit in shuffleboard, there are lots of options to choose from.

Studies show that participating in recreational activities can enhance mental well-being by reducing stress and anxiety, while also boosting social connections and physical health.

Many activities are offered as a drop-in so you can pick and choose when you want to participate to best fit your schedule. In some cases, advanced registration is required. Printed schedules are produced monthly and are available for pick-up at the McDonnell Street Community Centre and the Peterborough Sport & Wellness Centre.

Activities take place at the McDonnell Street Community Centre, the Peterborough Sport & Wellness Centre, Healthy Planet Arena, and the Miskin Law Community Complex.

- Lunch & Learns
- Holiday theme Teas and Socials
- "Learn To" programs
- Workshops
- Card and table games
- Arts & Crafts
- "Try it" programs
- Social events, and more

Adult Workshops

Learning is a lifelong skill. Unlock your potential and discover new passions through our engaging adult workshops. Our calendar of workshops for adults will appeal to those looking to connect with like-minded people, refine a skill, explore a creative hobby, or simply to try something new. From painting and embroidery to wellness and tech 101, we offer a variety of workshops and seminars designed for staying active and connected. These classes are offered in a fun and supportive environment to ensure everyone is given the best opportunity possible to learn. Join us for a rewarding experience that will enrich your life and spark your creativity! There is a selection of classes to choose from, to meet the varied skills and interests of our community.

Workshops may include:

- Instructed Acrylic Painting
- Embroidery
- Seasonal Arts & Crafts
- "Try It" Programs
- Health & Wellness Seminars
- Creative Writing
- Technology 101
- Gardening Tips & Tricks, and more!

Certifications

Fitness & First Aid Certification

- Personal Training
- Fitness Instruction
- Fitness Mentorship
- Aqua Fitness
- Standard First Aid

HIGH FIVE® Principles of Healthy Child Development

Parks and Recreation Ontario certifies recreation and sport program leaders to provide quality child programming through this interactive and informative one-day workshop.

DAY CAMPS



The City of Peterborough Recreation & Parks Services is a registered HIGH FIVE® organization, committed to providing quality recreation and sport programs for children that have caring staff, encourage children to play, participate and make friends, and support their sense of mastery. Our children's recreation and sport programs respect and support uniqueness and diversity, and provide age-appropriate environments, activities, and equipment that are safe. Visit [HIGH FIVE.org](https://www.highfive.org).



PLAY
SPORTS
ARTS
SCIENCE
LEADERSHIP





March Break Camp

This full-week program for ages 4 through 11 years includes daily recreational swims, themed activities and games, indoor and outdoor challenges, special guests, gymnasium play, crafts, drama, and more. Please bring swim gear, indoor running shoes, lunch with snacks, outdoor weather gear, and a water bottle each day. Camp runs 9:00 am to 4:00 pm with additional supervision provided from 7:30 am to 5:30 pm. Located at the Peterborough Sport & Wellness Centre. Member discounts are available.

Summer Day Camps

Our week-long camps for kids aged 4 to 15 are bursting with chances to play, explore, and have a great time! Whether you want to create something new, make friends, or just enjoy some exciting activities, there's something for everyone. Summer camp is not just about the fun; it's also about the friendships you'll make. At the Peterborough Sport & Wellness Centre, we swim every day, and campers can opt for a weekly pizza lunch. We also have a camp at Kinsmen Civic Centre that features a cool walking trip to the splashpad. Each camp is filled with unique themes, special guests, and fun events. Plus, older youth can take advantage of leadership and volunteer roles throughout the summer!

Some exciting summer camps to try:

- Arts: Ultimate Dance or Art Attack
- Sports: Sports Mayhem
- Sports: NEW! Ninja Academy Judo
- Science & Technology: Science Mayhem
- Inspiring Play: Wild Zoofari or Superhero Showdown
- Leadership: Leadership In Training program

Camp runs 9:00 am to 4:00 pm with additional supervision provided from 7:30 am to 5:30 pm.

Registration opens January 2. Families can take advantage of payment plans early for camp fees. Peterborough Sport & Wellness Centre member discounts are available for camps offered at the Wellness Centre.

PA Day Camps

Single-day programs offered throughout the school year for ages 4 to 11 years include daily recreational swims, themed activities and games, indoor and outdoor challenges, special guests, gymnasium play, crafting, drama, and much more. Please bring swim gear, indoor running shoes, lunch with snacks, outdoor weather gear, and a water bottle each day. Camp runs 9:00 am to 4:00 pm with additional supervision provided from 7:30 am to 5:30 pm. Located at the Peterborough Sport & Wellness Centre. Member discounts available.

Instructional Sports Camps

Our summer sports camps, in partnership with local sports groups, offer a great opportunity to engage in your favorite sport while improving movement and fitness skills. Each camp features sport-specific and multi-sport activities, focusing on teamwork and athletic growth. The goal is to stay active, learn new skills, make friends, and have fun with sports like soccer, rugby, football, and tennis. Expect outings to parks, special guests, and water activities!





EXPLORE



Discover engaging, educational, physical, and social opportunities for children and older youth of all ages.

Through fun and interactive classes, play-based activities, and even leadership training, we aim to inspire curiosity, build skills, and promote wellness through a variety of programs that encourage active participation, foster friendships and skills, and empower youth to explore their potential.



STOP N' PLAY MIGHTY MOVERS CREATIVE CRAFTERS





Discovery Kids

Various fun and interactive recreational programs for parents and tots, toddlers, preschoolers, and of course school-aged children and older youth are offered by Recreation Services. Opportunities for family programs, play and learn activities, instructional and creative-based programs and special events like Halloween parties, holiday crafting sessions, and fun and active play-based activities. Membership discounts are available for most programs located at the Peterborough Sport & Wellness Centre. Classes run once a week for a session throughout the year for most programs.

- Creative Crafters
- Explorers
- Musical Mornings Parent and Tot
- Kid's Play: Ask & Aspire
- Science Mayhem
- Art-Tastic!
- Mighty Movers
- Marching Munchkins
- Little Learners, and many more!

Discovery Youth

Calling all youth! Socialize, become engaged, build and develop leadership skills, and have fun. Recreation Services offers youth programs that get you motivated and participating with your peers. Try something new and challenge yourself to get involved and to get active. Membership discounts are available for most programs located at the Peterborough Sport & Wellness Centre. Classes run once a week for a session throughout the year for most programs.

- Youth Leadership Training
- Babysitter Course
- Home Alone Program
- Yay Youth: Rec Fun
- Youth Movie Nights
- Youth Paint Nights...and much more!

Stop N' Play Child Minding Service

Wellness kids are super kids! Scheduled supervised time allows your family to stop and play at the Peterborough Sport & Wellness Centre. Play blocks are available at a variety of times throughout the week. Prebook and choose a time to join this supervised play group while your family accesses the facility services and programs.

Child minding allows parents and guardians the opportunity to attend the Centre's activities and programs such as swimming lessons on the pool deck, a judo class, a group fitness class, or a session with your personal trainer on the fitness floor.

Discounts are available for Centre Members and the service is open to all Centre users. Supervised play is for children between the ages of 6 weeks and 10 years. Stop in today for a play!

Coming soon!

Watch for new and exciting programs for kids and youth coming to the Miskin Law Community Complex opening in 2025.



Adult Dance

Try something new with Dance fitness. Dance improves coordination, mood, mental health, sleep, and enhances memory. Dance fitness programs put the fun back in fitness with a focus on providing a welcoming, inclusive, and social environment. Fitness programs are for ages 12+ so bring your family and friends and get your heart pumping, learn some new moves, and get to know others in your community.

- Zumba
- Line Dancing
- Bollywood
- Barre
- Salsa
- Partner Dance, and much more

Dance for Kids

Various classes available for parent and tot, preschool, school-age children and older youth. Peterborough Sport & Wellness Centre offers fun and creative instructional dance classes at a recreational level. Build on skills, musicality and choreography throughout the term, and share what you've learned with family and friends during your last classes. Classes run once a week for a session throughout the year. Located at the Peterborough Sport & Wellness Centre. Member discounts are available.

- Creative Movement
- Pre-Ballet, Ballet
- Pre-Jazz, Jazz
- Pre-Hip Hop, Hip Hop
- Dance Medley
- Acro, Tap

Martial Arts

Ninja Academy® Judo

In proud partnership with Ninja Academy, Recreation Services offers judo instruction for all ages and abilities. With play, challenging and fun activities, Ninja Kids prepares youth for athletic goals building safety, confidence, and respect for others. These programs are an open-hand physical activity (no fists) focusing on helping children to protect their body when falling, improving physical abilities, and helping others stay safe. Ninja Academy Judo teaches the authentic Japanese philosophy and practice of Judo, and participants will develop their physical confidence while cultivating their self-awareness and respect for other athletes. There are many opportunities to grow and compete within the programs. Classes run once a week for a session throughout the year. Located at the Peterborough Sport & Wellness Centre.

- Ninja Kids for ages 2 and up
- Ninja Kids + Judo for ages 5 and up
- Ninja Academy Judo for ages 8 plus & adults
- Judo Canada Member Tournaments & Festivals

NEW instructional summer sports camp for 2025. See the 2025 Camp Guide for details.

White Dragon Martial Arts

In partnership with White Dragon Martial Arts, Recreation Services offers Jiu Jitsu instruction for youth and adults. This Japanese martial art descends from empty hand fighting styles of the samurai clans. Learn locking, throwing, striking, ground defense, grappling, and restraining techniques. Gain flexibility, core strength, coordination, balance, and speed while advancing in a traditional belt system. Classes run once a week for a session throughout the year. Located at the Peterborough Sport & Wellness Centre.

- Youth Jiu Jitsu and Self-Defense (age 8-14)
- Adult Jiu Jitsu and Self-Defense (age 12+, adult)

Blue Wave Taekwondo

In partnership with Blue Wave Taekwondo, Recreation and Parks Services Division offers premium instruction in Taekwondo, a popular and global South Korean based martial art and Olympic sport. This program is for ages 7 and up and all abilities. The program is delivered in a fun and safe learning environment led by Kukkiwon World Taekwondo certified Masters and instructors. Introduction to the martial art and sport fundamental skills, and structure, including self-defence, recreational sparring fundamentals and poomsae (set movements) all covered in the curriculum with an opportunity to advance higher in belt levels.

Blue Wave Hapkido

Blue Wave Taekwondo presents Hapkido, known as “The Way of Coordinated Energy,” a Korean martial art focused on self-defense. This program is perfect for adults and seniors, combining fitness, self-defense skills, and personal growth in a friendly atmosphere. Students can work on building strength, flexibility, and mental toughness. through various techniques including deep breathing, breakfalls, joint locks, and strikes, all aimed at boosting coordination and confidence while providing a chance to earn higher belt ranks

Gym & Swim

Explore a variety of activities and sports in the gymnasium. Have fun with friends playing dodgeball, basketball, team-building challenges, fitness, and even crazy tag games, and more. Pair the gym action with a splash in the Fun Swim to combine the fun. Classes run once a week for a session throughout the year. Located at the Peterborough Sport & Wellness Centre. Member discounts are available. Ages 3-15.

- Gym is Life
- Gym & Swim Mash-Up



3 WAYS TO USE THE WELLNESS CENTRE

1. Become a member
2. Register for a program
3. Drop-in or pay-as-you-go



Enjoy the benefits of membership

- Unlimited fitness centre access
- Land & aqua fitness classes
- Public, lane, adult, nursery swims
- Orientation training session
- Drop-in sports including basketball & badminton
- Advanced registration for registered programs
- Member rates on specialty fitness programs, swim lessons, youth programs, day camps*

*Some restrictions apply; call for details.

**JOIN
TODAY
& GET STARTED**

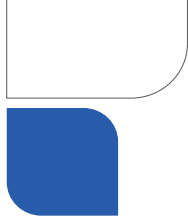


MIND & BODY

Discover the program that will increase your wellness by connecting your mind and body. Try a Pilates program that lengthens and strengthens with a focus on the core and aligning the body with physical and mental conditioning. Or experience the mental clarity, relaxation, and calmness that comes with the gentle flow and balancing postures of yoga. Be mindful and intentional with guided meditation and experience the benefits of calm and renewed body awareness, and gain the tools needed to manage and succeed in everyday life. Modifications are provided in class to accommodate all ages and fitness levels.

- Hatha Yoga
- Hatha Flow Yoga
- Chair Yoga
- Mat Work Pilates
- Pilatecore
- Intro to Yoga
- Yin Yang Yoga
- Relax and Flow Yoga





FITNESS

Active Living

Experience the benefits of low intensity programs that focus on balance, strength, and range of motion exercises that will improve your ability to complete activities of daily living. These programs are suitable for those managing arthritis, diabetes, multiple sclerosis and Parkinsons, or for individuals rehabilitating from an injury or surgery. Improve your self-confidence, meet others in your community, and have fun..

- Bone Fitness
- TIME – Together and Movement and Exercise
- Walking Programs
- Health Wise Programs
- Chair Yoga
- FUNctional Fitness
- Strength and Power 50+
- Minds in Motion
- Chair Exercise
- Qigong

Aqua Fitness

Are you looking to increase your cardio endurance or manage arthritic pain? Aqua fitness is easy on the joints and is a great muscular strength and cardiovascular workout. It is safe, effective, and a great way to keep active for every age and fitness level. Join the fun in the shallow or deep water of the leisure pool, or the warm water of the therapy pool. Participants do not need to know how to swim just be comfortable in chest deep water, flotation belts are available for deep water classes.

- Combo Aqua Fitness
- Aqua HIIT
- Deep Water Aqua Fitness
- Deep Water Running
- Aqua Yoga
- Gentle Aqua
- Relax and Flow Gentle Aqua

Family Fitness

Prenatal fitness programs connect you with your changing body and can improve sleep, energy, and mood. The focus of post-natal programs is on fitness for the caregiver with baby along for the ride.

- Prenatal Fitness
- Baby and Me Fitness
- Strollercize
- Baby and Me Aqua Fitness
- Music, Movement and Me
- Parent and Child group fitness
- Toddler and Me Fitness
- Family Yoga

Group Fitness

Increase your aerobic capacity, boost your metabolism, and burn calories with cardio-focused programs such as Indoor Group Cycling or Low and Sculpt. Focus on form and technique with strength classes that build muscle, define your body, and improve your ability to do more. We offer a variety of fitness classes for all ages and fitness levels, and all classes are taught with modifications.

- Indoor Group Cycling
- Cycle and Strength
- TRX Suspension Training
- Total Body Tone
- Intro to Weight Training
- Low and Sculpt
- Strength and Stretch
- Fitness Bootcamp
- HIIT
- Run Clubs
- Full Body Strength
- Cardio and Strength Intervals
- Upper Body Core Blast

Personal Training

Working with a trainer will bring maximum results in the fastest time. Commit to yourself - make an appointment with one of our certified Personal Trainers for a fitness consultation and orientation, and then choose the value package that works best for you. Packages range from 6 to 36 sessions. We also offer small group training and aquatic personal training. Make your health and wellness a priority; with the motivation and guidance of our trainers we will help you reach your goals.

- Youth Get Started program
- Fitness centre orientation
- One-on-one personal training
- Aquatic personal training
- Small group training





RECREATIONAL SPORTS

Community Sports

Get active and play sports you love, or learn a new sport. We offer “try it” sport programs, learn to play, drop-in play, and registered play and leagues. Learn new skills or fine tune your game and gain the knowledge, skills, and confidence to play a sport. Community sport programs are for both youth and adults and no previous experience is necessary. Stay active while having fun in a welcoming environment while improving your fitness and physical literacy. It's never too late to learn something new!

Sport programs include:

- Tennis
- Darts
- Lawn Bowling
- Short Mat Lawn Bowling
- Horseshoes
- Table Tennis
- Badminton
- Taekwondo
- Judo
- Volleyball
- Basketball
- “Try It” and “Learn to Play” programs

Drop-in Sports

Play the sport you love in a fun recreational setting. Master your skills, improve your moves, and work up a sweat. An active day is a better day! Did you know adults 18+ need a minimum of 150 minutes of moderate to vigorous physical activity per week. Make your whole day matter; move more, reduce sedentary time, and sleep well.

- Basketball
- Pickleball
- Badminton
- Volleyball
- Table Tennis
- Darts
- Short Mat Bowling
- Shuffleboard

Pickleball

Pickleball is the fastest growing racket sport in North America, combining elements of badminton and tennis. It is played on a court with the same dimensions as a doubles badminton and played with a hard paddle and whiffle ball.

Interested in playing pickleball? The Recreation and Parks Services Division offers pickleball both indoors and outdoors.

Pickleball is a game that can be enjoyed by all ages and abilities. Not sure what program is best for you? Try the Learn to Play Pickleball instructional program. Develop an understanding of the rules of the game, the equipment, the scoring, the basic strategy, and fundamental skills like serving deep, returning serves deep, third shots options, moving to the kitchen line under control, and keeping your opponent's back. Emphasis is on cooperative play to help everyone on the court master the skills, to prolong rallies and have fun.

Contact the Peterborough Sport & Wellness Centre to learn more about pickleball programs.

- Drop-in play for all levels
- Learn to Play Instructional Program
- Skills and Drills Instructional Program
- Recreational registered play
- Intermediate registered play
- Intermediate competitive registered play
- Advanced 3.5+ registered play
- Ladder leagues
- Tournaments, and more



Public Swimming

Peterborough Sport & Wellness Centre

Public swimming is offered in the 20m leisure pool with accessible chair lift, water features and slide, and therapy pool with ramp entry and swirlpool with jets. Enjoy daily drop-in programs including Fun Swim, Lane Swim, Wellness Swim, Nursery Swim, and Adapted Swim. A supervision ratio of 1 adult to 3 children (age 10 and under) is required for all users.

Visit peterborough.ca/pswc for schedules and fees.

Beaches

Lifeguard supervised beaches are open during the summer. Beavermead Beach offers a beach accessibility mat that provides a walkway across the sand into the water.

June through September | Open daily

- Beavermead Beach (2011 Ashburnham Dr.)
- Rogers Cove (131 Maria St.)

Wading Pools

Peterborough has three supervised wading pools. These small, shallow pools are suitable for young children up to about eight years old. An adult must accompany children, and children may not be left unattended.

June through August | Open daily

- Knights of Columbus, (5 Park St. N)
- John Taylor Park (500 McKellar St.)
- Chelsea Gardens (964 Southlawn Dr.)

Water Safety

Peterborough Public Health collects water samples from Beavermead Beach and Roger's Cove June through August. Samples are tested for E. coli bacteria which can be harmful if present at high levels in the water and ingested by swimmers. Testing indicates whether the beach is safe for swimming or not. If bacteria levels are too high, signs will be posted notifying the public that the beach is not safe for swimming. Enjoy the water, but do so safely. If the beach is posted as unsafe please do not swim.



Splash Pads

Splash pads are a fun place for children to enjoy cool water on a hot summer day. Splash pads include features such as water jellies, spray tunnels, tipping pots, and water willows. Splash pads are unsupervised; an adult must accompany children, and children may not be left unattended.

June through September | Open daily 9 am to 7 pm

Hours may be extended during heat advisories.

- King Edward Park (455 George St. S.)
- Nicholls Oval (725 Armour Rd.)
- Rogers Cove (131 Maria St.)
- Barnardo Park (Barnardo Ave.)
- Turner Park (Chamberlain St. at High St.)
- Kinsmen Park (Sherbrooke St.)
- Hamilton Park (575 Bonaccord Street)

Junior Lifeguard Club

The Junior Lifeguard Club keeps youth interested and active in aquatics, it is perfect for those who thrive in an energetic learning environment. Members will work to develop and improve swimming and other aquatic skills with emphasis on: swim and lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness. This program provides real life guarding experience through shadowing lifeguards who work for Recreation Services.

Swim to Survive

This program teaches the essential skills needed to survive an unexpected fall into deep water. Participants will learn the skill sequence of the Canadian Swim to Survive standard including:

- Roll into deep water
- Tread water for one minute
- Swim 50 metres



Swim Lessons

If you did not participate in lessons in a previous session, we recommend completing a Swim Level Assessment with our Head Instructor who will recommend a suitable level based on your ability. Please register online or in person.

Parent & Tot

Aged-based program with 1 guardian to 1 child ratio.

- Parent & Tot 1 (age 4 to 11 months)
- Parent & Tot 2 (age 12 to 23 months)
- Parent & Tot 3 (age 24 to 35 months)

Preschool

Skill-based program for ages 3 to 4.

- Preschool A: Age 3+ and those just starting.
- Preschool B: Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet.
- Preschool C: Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 seconds.
- Preschool D: Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back.
- Preschool E: Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side...

Swimmer

Skill-based program for ages 5 to 12.

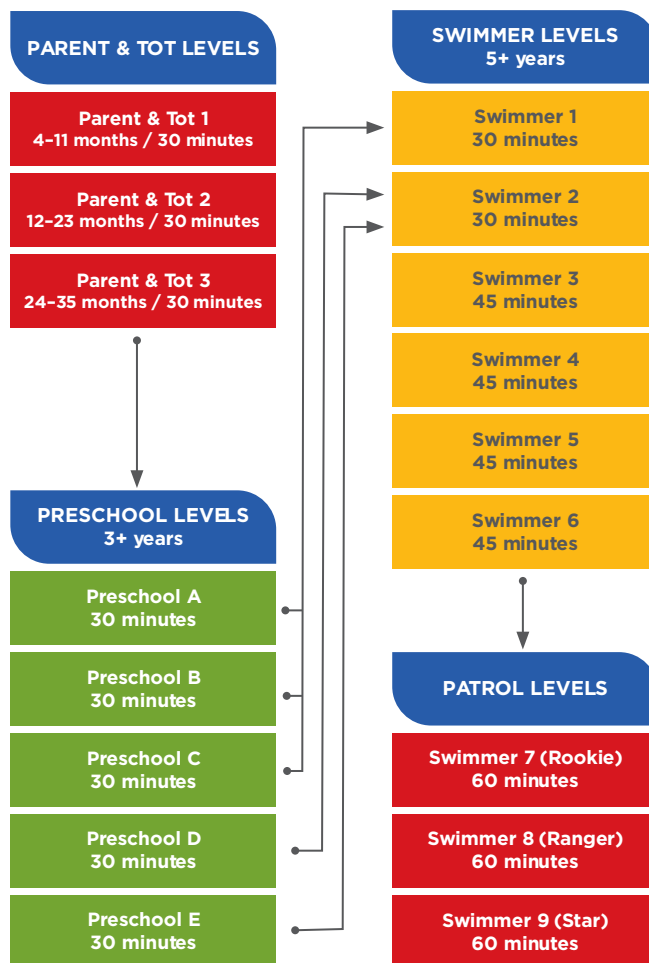
- Swimmer 1: Age 5+ and new to swimming, or aged out of Preschool during A, B, or C.
- Swimmer 2: Age 5 and completed Preschool D, E, or Swimmer 1.
- Swimmer 3: Passed Swimmer 2
- Swimmer 4: Passed Swimmer 3
- Swimmer 5: Passed Swimmer 4
- Swimmer 6: Passed Swimmer 5

Swim Patrol

Skill-based program, and introduction to lifesaving skills for ages 8 to 13.

- Rookie Patrol: Passed Swimmer 6
- Ranger Patrol: Passed Rookie Patrol
- Star Patrol: Passed Ranger Patrol

Swim lesson progression:





Specialty Lessons

Private Lessons

One-on-one instruction. Ideal for swimmers who have repeated a level several times and would like to work on specific skills required to progress to the next level.

Adaptive Private Lessons

One-on-one instruction. These lessons are for swimmers of all abilities who want to become water-safe and water-confident. Instructors are paired with students according to their abilities.

Trio Private Lessons

These lessons for Preschool and Swimmer levels offer a ratio of 3 students to 1 instructor, ideal for swimmers who have repeated levels. Participants will be paired with swimmers of similar ability.

Beginner Swimmer or Teen 1

This program is designed for individuals looking to develop water confidence and learn how to swim. You will set desired goals and work with the Instructor to achieve floating, glides and kicking through the water on your front and back.

Intermediate Swimmer or Teen 2

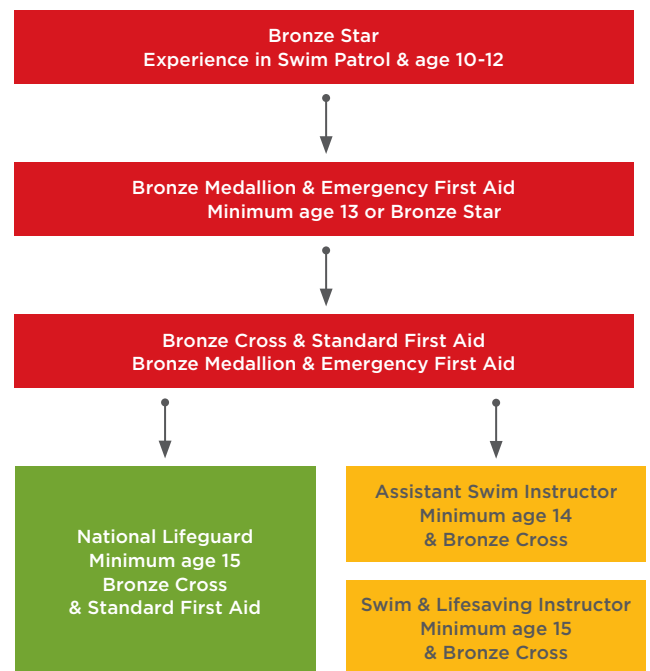
This program is designed for individuals who have completed Beginner Swimmer/Teen 1 or have previous experience swimming that want to develop recognizable strokes as well as improve their efficiency in the water. You will learn front crawl, back crawl, breaststroke, dive entries and supporting yourself at the surface for 2 minutes.

Advanced Swimmer or Teen 3

This program is designed for individuals who have completed Intermediate Swimmer/Teen 2 or have previous experience swimming that want to improve strokes, work on fitness and endurance. You will get an opportunity to learn eggbeater, scissor kick, stride entries and compact jumps.

Leadership Lessons

Progress through the Lifesaving Society leadership courses to become a Lifeguard and Swimming Instructor. Re-certification courses are also offered for those needing to update their certifications.



Advanced Leadership

Peterborough Recreation offers advanced leadership courses for Lifeguards looking to enhance their certifications and skills.

- Aquatic Supervisor Training
- Lifesaving Society Advanced Instructors
- Examiners Course



Drop-in

Public/Family/Holiday/PA Day Skating

- For people of all ages
- Ages 3-16 must be accompanied by a caregiver
- CSA approved helmets are recommended
- Skates are required
- Hockey sticks, nets, and shoes are prohibited

Please visit peterborough.ca/arenas for current schedules.

50+ Skating

- For people who are 50+
- CSA approved helmets are recommended
- Skates are required

Pay As You Play Hockey

- CSA approved helmets are recommended
- Skates and hockey equipment are required
- Goalies are no charge

Instructional

Skating is a fun way to stay active, and a great activity to do with family and friends. Instructional lessons are for all ages, including adults, and teaches the fundamentals of skating and skating for hockey. Great for first time skaters, or for those wanting to gain confidence and improve technique, lessons focus on skills such as balance, agility, speed, and stride. We offer skating programs for all ages and abilities:

- Parent and Tot Lessons
- Learn to Skate
- Teen & Adult Learn to Skate (16+)
- Skating Skills for Hockey
- Private Skating Lessons
- Hockey Skills / Power Skating (adult)
- Power Skating (youth)
- Fitness Skate
- Ringette

Recreational

Adult Recreational Hockey League

Are you looking for a friendly and fun hockey league? Join this popular adult league. All participants are required to wear full hockey equipment including CSA face-masks helmets. Jerseys will be provided.

Parent & Tot Stick and Puck (ages 2-5)

Parent & Youth Stick and Puck (ages 6-10)

Parents or guardians can help kids practice their hockey or ringette skills in a recreational setting. Full hockey equipment is required for tots including a CSA-approved hockey helmet with cage. Adults participating in this program must also wear a protective helmet and skates.

Ringette

Through drills and scrimmages, kids will learn the rules of ringette and basic skills such as shooting and passing. You will learn game fundamentals including skating, drills, and non-competitive scrimmages. Build self-confidence, improve muscular strength, learn a lifelong sport, and make new friends with ringette.

Outdoor Skating

Quaker Foods City Square

During the winter this Square becomes a free outdoor skating rink for community use. The refrigerated rink is a central feature of the new space which has been designed to be enjoyed year-round with water play features for children and seating areas for people to gather in the summer after visiting downtown businesses or services. Open mid-December to mid-March depending on weather.

Skating on the Canal

During the winter months, the City of Peterborough maintains the ice surface on the canal below the Peterborough Lift Lock as weather conditions allow. A coloured safety flag indicates ice conditions:

- Green indicates skating is permitted
- Red indicates skating is not permitted

Neighbourhood Rinks

The neighbourhood rink program has run in City parks since 1965, thanks to volunteers who prepare, flood and maintain ice for skating. Rinks are open from 7 am to 10 pm as weather and ice conditions permit and are subject to public health measures. Neighbourhood rinks are maintained by volunteers with donated supplies. Start dates and operational times will vary.

Visit peterborough.ca/skating for more information.





RECREATIONAL LEAGUES

Visit peterborough.ca/recreation for organizations offering leagues and sports in municipally-operated facilities.

Ball Hockey

Peterborough Minor Ball Hockey League

Competitive & recreational divisions up to age 17.
peterboroughballhockey.com

Baseball, Softball, Slopitch

Peterborough Ladies Senior Slopitch

Recreational league for ages 50+.
Find this group on Facebook.

Peterborough Senior Men's SloPitch League

Recreational league for ages 50+.
peterboroughsrslopitch.org

Peterborough Thunder Women's Fastball

Competitive & recreational divisions up to age 17.
peterboroughthunderfastball.com

Peterborough Women's Sunday Slo-Pitch

Recreational league for ages 18+.
Find this group on Facebook

Basketball

Peterborough Youth Basketball Association

Competitive & recreational divisions up to age 17.
pyba.ca

Cricket

Peterborough Cricket Association

Competitive & recreational divisions for all ages.
peterboroughcricket.ca

Disc Sports

Peterborough Ultimate League

Competitive & recreational divisions for all ages.
pultimate.ca

Peterborough Disc Golf

Mixed and ladies' recreational leagues for all ages.
peterboroughdiscgolf.ca

Football, Rugby, Gaelic Football

Kinsmen Minor Football League

Recreational league up to age 17.
kmfl.ca

Peterborough Gaelic Athletic Association

Recreational league for ages 18+.
Instagram: @ptbogaa

Peterborough Rugby Union Football Club

Competitive & recreational divisions for all ages.
peterboroughrugby.com

Peterborough Wolverines Football

Competitive league up to age 17.
peterboroughwolverines.ca

Hockey

Kawartha District Summer Hockey League

Recreational league for ages 18+.
leagues.teamlinkt.com/kdshlptbo

Kawartha Komets Special Needs Hockey Program

Recreational league for all ages.
Find this group on Facebook

LUG Sports

Recreational and competitive league for ages 18+.
lugsports.com

Peterborough Girls Hockey Association

Competitive & recreational divisions up to age 17.
pgha.net

Peterborough Hockey Association

Competitive divisions up to age 17.
peterboroughhockey.com

Peterborough Seniors Hockey Club

Recreational league for ages 50+.
peterboroughseniorshockey.com



Horseshoes

Peterborough Horseshoe Club

Adult evening competitive and recreational leagues
Find this group on facebook

Lacrosse

Boro Boys Seasonal Lacrosse

Recreational league for ages 18+.
Find this group on Facebook

Kawartha Women's Field Lacrosse Association

Competitive & recreational divisions up to age 17.
kawarthalacrosse.com

Lawn Bowling

Peterborough Lawn Bowling Club

Recreational league play for all ages
peterboroughlawnbowlingclub.org

Pickleball

Peterborough Pickleball Association

Competitive & recreational leagues for
ages 13 to 17, and 18+.
peterboroughpickleball.ca

Soccer

East Central Ontario Soccer Association

Competitive & recreational divisions for all ages.
ecosa.ca

Electric City Special Needs Sports

Recreational divisions for all ages.
Find this group on Facebook

Kawartha Senior Soccer League

Recreational league for ages 18+.
kssl.ca

Maple Leaf Cavan Football Club

Competitive & recreational divisions for all ages.
mlcfcsocket.com

Peterborough City Soccer Association

Competitive & recreational divisions for all ages.
pcsasoccer.com

Peterborough Youth Soccer Club

Competitive & recreational divisions for all ages.
Find this group on Facebook

Special Olympics Peterborough

Competitive league for ages 18+.
peterborough.specialolympicsontario.ca

Skating

Peterborough Figure Skating Club

Competitive and recreational leagues for all ages.
peterboroughfsc.ca

Kawartha Quarks Speed Skating Club

Competitive league for all ages.
peterboroughspeedskating.com

Track & Field

Peterborough Legion Pacers Track & Field Club

Competitive & recreational divisions up to age 17.
peterboroughlegionpacerstfc.weebly.com

Volleyball

Invado Volleyball

Recreational leagues for all ages.
invado.ca

Soul Beach Volleyball

Recreational & competitive divisions up to age 17.
soulbeachvolleyball.com

SUMMER CAMP FUN!

The City of Peterborough offers a variety of day camps for children of all ages and abilities including:

- March Break & PA Days
- Science & Technology
- Inspiring Play
- Sports
- Arts
- Leadership

With so many choices summer has never been this much fun!

Registration begins in January.

Look inside for details or visit peterborough.ca/camps.



HIGH FIVE

The best way to play™

Where will your imagination take you?

