

Monday, April 1, 2019

Aqua Bootcamp

Date and Time: Monday, April 1 08:45 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

An aquatic workout with a mixture of High Intensity Interval Training, Circuit Training, Kickboxing, Tethered and Cardio.

Landfit Circuit Training

Date and Time: Monday, April 1 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

A full-body cardio and muscle conditioning workout, set to great up beat music! A cardio workout you'll be feeling for days. suitable for all ages and skill levels.

Instructor: Ivon

Location: Gym 3

Instructional Bridge

Date and Time: Monday, April 1 09:15 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Kindergym Drop In Mondays

Date and Time: Monday, April 1 10:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Drop in Kindergym for children 0-5 years old. Come out to play, balance, jump and tumble. \$5/Child \$10/Family

Public Skating at the Davidson Centre

Date and Time: Monday, April 1 11:30 a.m. - 12:45 p.m.

Event Location: Davidson Centre

Public skating at the Davidson Centre Arena, all ages. \$2 admission.

Lane Swim

Date and Time: Monday, April 1 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Pickleball

Date and Time: Monday, April 1 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Adult Swim

Date and Time: Monday, April 1 01:00 p.m. - 2:00 p.m.

Event Location: Kincardine, Ontario

Adult Leisure Swim - The use of the rope, slide and diving board are unavailable at this time.

Pickleball

Date and Time: Monday, April 1 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in fee. Everyone welcome!

Bridge

Date and Time: Monday, April 1 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Landfit Aerobic Bootcamp

Date and Time: Monday, April 1 06:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre

A full-body cardio and muscle conditioning workout, set to great up beat music! A cardio workout you'll be feeling for days. Suitable for all ages and skill levels.

Instructor: Jennica

Location: Activity Room

Latin Cardio

Date and Time: Monday, April 1 07:00 p.m. - 7:45 p.m.

Event Location: Kincardine, Ontario

Join us for a latin dance party. The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you moving!

Lane Swim

Date and Time: Monday, April 1 08:00 p.m. - 9:00 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Tuesday, April 2, 2019

Lane Swim

Date and Time: Tuesday, April 2 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Snooker

Date and Time: Tuesday, April 2 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Pickleball

Date and Time: Tuesday, April 2 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in Program. Everyone Welcome!

Huff & Puff

Date and Time: Tuesday, April 2 09:00 a.m. - 10:00 a.m.

Event Location: Davidson Centre

Location: Arena Ice

\$3.00 Drop in Fee

Landfit Strength Training

Date and Time: Tuesday, April 2 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Cardio is great but make sure to round out your exercise routine with strength training! Work your muscle groups with different sized weights and exercises to boost your routine and see overall improvements in your health!

Instructor: Jodi

Location: Gym

Deep Aquafit

Date and Time: Tuesday, April 2 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Shallow Aquafit

Date and Time: Tuesday, April 2 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class provides a great aerobic workout in the shallow end of the pool. Instructors show you a variety of movements, you pick the intensity that is right for you!

Landfit Stretch & Flow

Date and Time: Tuesday, April 2 10:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

By incorporating the principles of yoga, you're guided through the main girdles of your body: the hips and shoulders. You will find more length, range, and freedom of movement to ensure you leave feeling positive.

Instructor: Ivon

Location: Gym 2

Lane Swim

Date and Time: Tuesday, April 2 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Public Skating at the Davidson Centre

Date and Time: Tuesday, April 2 11:30 a.m. - 12:45 p.m.

Event Location: Davidson Centre

Public skating at the Davidson Centre Arena, all ages. \$2 admission.

Shooter

Date and Time: Tuesday, April 2 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Drop In Gym After School

Date and Time: Tuesday, April 2 03:30 p.m. - 4:30 p.m.

Event Location: Davidson Centre

Come play during After School Drop in Gym, ages 10-18. Take a break and shoot some hoops or play floor hockey, soccer, volleyball or basketball! \$2.50 a person.

Pickleball

Date and Time: Tuesday, April 2 05:30 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 Drop in Fee. Everyone welcome!

Kincardine Kippers Swim Team

Date and Time: Tuesday, April 2 06:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre Pool

Kincardine Kippers swim team.

Public Swim

Date and Time: Tuesday, April 2 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Wednesday, April 3, 2019

Landfit Bootcamp

Date and Time: Wednesday, April 3 06:15 a.m. - 7:00 a.m.

Event Location: Davidson Centre

A variety of full body weight training and interval training. This class will use fitness concepts from P90X and Insanity to give you an overall body workout like no other!

Instructor: Stacey

Location: Gym 1

Pickleball Makeup Date

Date and Time: Wednesday, April 3 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

This is not a regular scheduled Pickleball time

Landfit Bootcamp

Date and Time: Wednesday, April 3 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

A variety of full body weight training and interval training. This class will use fitness concepts from P90X and Insanity to give you an overall body workout like no other!

Instructor: Stacey

Location: Gym 1

Latin Cardio

Date and Time: Wednesday, April 3 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

Join us for a latin dance party! the instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you moving!

Badminton

Date and Time: Wednesday, April 3 09:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Gym 3

\$2.00 Drop in Fee

Landfit Pilates

Date and Time: Wednesday, April 3 10:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Basic traditional mat Pilates class, incorporating breathing, concentration, control, flow and relaxation. Build your core strength through simple techniques for stronger, leaner and healthier body.

Instructor: Virginia

Location: Miller Insurance Room

Public Skating at the Davidson Centre

Date and Time: Wednesday, April 3 11:30 a.m. - 12:45 p.m.

Event Location: Davidson Centre

Public skating at the Davidson Centre Arena, all ages. \$2 admission.

Lane Swim

Date and Time: Wednesday, April 3 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Pickleball

Date and Time: Wednesday, April 3 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Pickleball

Date and Time: Wednesday, April 3 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in fee. Everyone welcome!

Euchre

Date and Time: Wednesday, April 3 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pre-Registration Required: Call John- 519.395.5291

Landfit Latin Cardio

Date and Time: Wednesday, April 3 05:30 p.m. - 6:30 p.m.

Event Location: Davidson Centre

Join us for a Latin dance party! The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you pumping!

Instructor: Donna Sue

Location: Gym 1

Deep Aquafit

Date and Time: Wednesday, April 3 07:00 p.m. - 7:45 p.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Lane Swim

Date and Time: Wednesday, April 3 08:00 p.m. - 9:00 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Thursday, April 4, 2019

Lane Swim

Date and Time: Thursday, April 4 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Snooker

Date and Time: Thursday, April 4 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Huff & Puff

Date and Time: Thursday, April 4 09:00 a.m. - 10:00 a.m.

Event Location: Davidson Centre

Location: Arena Ice

\$3.00 Drop in Fee

Landfill Functional Fitness

Date and Time: Thursday, April 4 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Exercise designed to incorporate the use of small stabilizer muscle groups, to prevent and to assist in recovery of muscle imbalance. Includes a strong cardio component with more focus on joint stability, more core work and some use of stability ball and Thera bands

Cancelled April 18th due to Gym Floor refinishing

Instructor: Jodi

Location: Gym

Table Tennis

Date and Time: Thursday, April 4 09:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Kincardine Hall

Aqua Cardio

Date and Time: Thursday, April 4 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

Mix up your cardio workout with running, kicking, swimming and more high impact moves! This class uses belts and/or noodles in the deep end.

Kindergym Drop In Thursdays

Date and Time: Thursday, April 4 10:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Drop in Kindergym for children 0-5 years old. Come out to play, balance, jump and tumble. \$5/Child \$10/Family

Public Skating at the Davidson Centre

Date and Time: Thursday, April 4 11:30 a.m. - 12:45 p.m.

Event Location: Davidson Centre

Public skating at the Davidson Centre Arena, all ages. \$2 admission.

Lane Swim

Date and Time: Thursday, April 4 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Crokinole

Date and Time: Thursday, April 4 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Bruce Telecom Room

Please call Davidson Centre for more details 519.396.3491

Bld Euchre

Date and Time: Thursday, April 4 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pre-registration Required: Call Elaine- 519.396.9209

Shuffleboard

Date and Time: Thursday, April 4 01:30 p.m. - 3:30 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

Drop In Gym After School

Date and Time: Thursday, April 4 03:30 p.m. - 4:30 p.m.

Event Location: Davidson Centre

Come play during After School Drop in Gym, ages 10-18. Take a break and shoot some hoops or play floor hockey, soccer, volleyball or basketball! \$2.50 a person.

Shinny Pick up Hockey

Date and Time: Thursday, April 4 05:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre

Shinny Pick up Hockey

5-6pm ages 12 & under

6-7pm ages 13-18

\$5 per person

Davidson Centre Arena

Landfit Circuit & Step

Date and Time: Thursday, April 4 06:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre

Step Fitness is an energizing full body workout focusing on basic stepping, just like walking up and down stairs, while moving to an intoxicating rhythm. Step caters to all fitness levels and you can increase or decrease the intensity of the workout by raising or lowering the height of your step. This class focused on cardio and muscles conditioning using step.

Instructor: Jennica

Friday, April 5, 2019

Lane Swim

Date and Time: Friday, April 5 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Tethered Aquafit

Date and Time: Friday, April 5 08:45 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

Participants wear a belt bungeed to a lane rope to workout against their own resistance. Participants will experience an exceptional high intensity cardio workout.

Pickleball

Date and Time: Friday, April 5 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in Program. Everyone Welcome!

Landfit Latin Cardio

Date and Time: Friday, April 5 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Join us for a Latin dance party! The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you pumping

Instructor: Donna Sue

Location: Gym

Deep Aquafit

Date and Time: Friday, April 5 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Shallow Aquafit

Date and Time: Friday, April 5 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class provides a great aerobic workout in the shallow end of the pool. Instructors show you a variety of movements, you pick the

intensity that is right for you!

Public Skating at the Davidson Centre

Date and Time: Friday, April 5 11:30 a.m. - 12:45 p.m.

Event Location: Davidson Centre

Public skating at the Davidson Centre Arena, all ages. \$2 admission.

Lane Swim

Date and Time: Friday, April 5 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Bridge

Date and Time: Friday, April 5 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pickleball

Date and Time: Friday, April 5 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Pickleball

Date and Time: Friday, April 5 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in fee. Everyone welcome!

Shinny Pick up Hockey

Date and Time: Friday, April 5 05:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre

Shinny Pick up Hockey

5-6pm ages 12 & under

6-7pm ages 13-18

\$5 per person

Davidson Centre Arena

Public Swim

Date and Time: Friday, April 5 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Public Swim

Date and Time: Friday, April 5 07:00 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Public swimming, all welcome. Children under the age of 11 must be accompanied by a person over the age of 16.

Saturday, April 6, 2019

Lane Swim

Date and Time: Saturday, April 6 08:00 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Public Skating at the Davidson Centre

Date and Time: Saturday, April 6 01:00 p.m. - 2:00 p.m.

Event Location: Davidson Centre

Public Skating at the Davidson Centre, all ages. Free skate, sponsored by the Municipality of Kincardine.

Public Swim

Date and Time: Saturday, April 6 02:00 p.m. - 3:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Rope, slide and diving board are available.

Drop In Gym Saturdays

Date and Time: Saturday, April 6 06:30 p.m. - 9:00 p.m.

Event Location: Davidson Centre

Everyone is welcome to come play during Drop in Gym. Take a break and come shoot some hoops or play some floor hockey, soccer, volleyball or basketball! \$2.50 a person \$5/family.

Public Swim

Date and Time: Saturday, April 6 07:00 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Public swimming, all welcome. Children under the age of 11 must be accompanied by a person over the age of 16.

Public Swim

Date and Time: Saturday, April 6 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Sunday, April 7, 2019

Snooker

Date and Time: Sunday, April 7 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Public Swim

Date and Time: Sunday, April 7 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Public Swim - Regular swim admission applies. Rope, slide and diving board are available.

Drop In Gym Sundays

Date and Time: Sunday, April 7 11:00 a.m. - 2:00 p.m.

Event Location: Davidson Centre

Everyone is welcome to come play during Drop in Gym. Take a break and come shoot some hoops or play some floor hockey, soccer, volleyball or basketball! \$2.50 a person \$5/family.

Public Swim

Date and Time: Sunday, April 7 02:00 p.m. - 4:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular swim admission applies. Rope, slide and diving board are available.

Public Skating at the Davidson Centre

Date and Time: Sunday, April 7 06:00 p.m. - 7:30 p.m.

Event Location: Davidson Centre

Public Skating at the Davison Centre, all ages. Admission prices: Adult \$4.25, Child \$3.50, Senior \$3.50, Youth \$3.75

Adult Volleyball

Date and Time: Sunday, April 7 07:00 p.m. - 10:00 p.m.

Event Location: Davidson Centre

Cost: Full Season- \$99.00

Locations: Gyms 1,2,3

League Play Levels:

Intermediate: Sunday

Recreation: Tuesday and Thursday

Competitive: Thursday

Monday, April 8, 2019

Aqua Bootcamp

Date and Time: Monday, April 8 08:45 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

An aquatic workout with a mixture of High Intensity Interval Training, Circuit Training, Kickboxing, Tethered and Cardio.

Landfit Circuit Training

Date and Time: Monday, April 8 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

A full-body cardio and muscle conditioning workout, set to great up beat music! A cardio workout you'll be feeling for days. suitable for all ages and skill levels.

Instructor: Ivon

Location: Gym 3

Instructional Bridge

Date and Time: Monday, April 8 09:15 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Kindergym Drop In Mondays

Date and Time: Monday, April 8 10:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Drop in Kindergym for children 0-5 years old. Come out to play, balance, jump and tumble. \$5/Child \$10/Family

Lane Swim

Date and Time: Monday, April 8 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Adult Swim

Date and Time: Monday, April 8 01:00 p.m. - 2:00 p.m.

Event Location: Kincardine, Ontario

Adult Leisure Swim - The use of the rope, slide and diving board are unavailable at this time.

Pickleball

Date and Time: Monday, April 8 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Pickleball

Date and Time: Monday, April 8 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in fee. Everyone welcome!

Bridge

Date and Time: Monday, April 8 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Landfit Aerobic Bootcamp

Date and Time: Monday, April 8 06:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre

A full-body cardio and muscle conditioning workout, set to great up beat music! A cardio workout you'll be feeling for days. Suitable for all ages and skill levels.

Instructor: Jennica

Location: Activity Room

Latin Cardio

Date and Time: Monday, April 8 07:00 p.m. - 7:45 p.m.

Event Location: Kincardine, Ontario

Join us for a latin dance party. The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you moving!

Lane Swim

Date and Time: Monday, April 8 08:00 p.m. - 9:00 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Tuesday, April 9, 2019

Lane Swim

Date and Time: Tuesday, April 9 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Snooker

Date and Time: Tuesday, April 9 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Pickleball

Date and Time: Tuesday, April 9 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in Program. Everyone Welcome!

Huff & Puff

Date and Time: Tuesday, April 9 09:00 a.m. - 10:00 a.m.

Event Location: Davidson Centre

Location: Arena Ice

\$3.00 Drop in Fee

Landfit Strength Training

Date and Time: Tuesday, April 9 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Cardio is great but make sure to round out your exercise routine with strength training! Work your muscle groups with different sized weights and exercises to boost your routine and see overall improvements in your health!

Instructor: Jodi

Location: Gym

Deep Aquafit

Date and Time: Tuesday, April 9 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Shallow Aquafit

Date and Time: Tuesday, April 9 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class provides a great aerobic workout in the shallow end of the pool. Instructors show you a variety of movements, you pick the intensity that is right for you!

Landfit Stretch & Flow

Date and Time: Tuesday, April 9 10:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

By incorporating the principles of yoga, you're guided through the main girdles of your body: the hips and shoulders. You will find more length, range, and freedom of movement to ensure you leave feeling positive.

Instructor: Ivon

Location: Gym 2

Preschool Swim

Date and Time: Tuesday, April 9 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Preschool/Lane Swim

Three lanes open to lane swimmers.

Preschool swim available for children under 6. The rope, slide and diving board are unavailable during this time.

Lane Swim

Date and Time: Tuesday, April 9 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Shooter

Date and Time: Tuesday, April 9 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Drop In Gym After School

Date and Time: Tuesday, April 9 03:30 p.m. - 4:30 p.m.

Event Location: Davidson Centre

Come play during After School Drop in Gym, ages 10-18. Take a break and shoot some hoops or play floor hockey, soccer, volleyball or basketball! \$2.50 a person.

Pickleball

Date and Time: Tuesday, April 9 05:30 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 Drop in Fee. Everyone welcome!

Public Swim

Date and Time: Tuesday, April 9 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Adult Volleyball

Date and Time: Tuesday, April 9 07:00 p.m. - 10:00 p.m.

Event Location: Davidson Centre

Cost: Full Season- \$99.00

Locations: Gyms 1,2,3

League Play Levels:

Intermediate: Sunday

Recreation: Tuesday and Thursday

Competitive: Thursday

Wednesday, April 10, 2019

Landfit Bootcamp

Date and Time: Wednesday, April 10 06:15 a.m. - 7:00 a.m.

Event Location: Davidson Centre

A variety of full body weight training and interval training. This class will use fitness concepts from P90X and Insanity to give you an overall body workout like no other!

Instructor: Stacey

Location: Gym 1

Pickleball Makeup Date

Date and Time: Wednesday, April 10 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

This is not a regular scheduled Pickleball time

Latin Cardio

Date and Time: Wednesday, April 10 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

Join us for a latin dance party! the instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you moving!

Badminton

Date and Time: Wednesday, April 10 09:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Gym 3

\$2.00 Drop in Fee

Landfit Pilates

Date and Time: Wednesday, April 10 10:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Basic traditional mat Pilates class, incorporating breathing, concentration, control, flow and relaxation. Build your core strength through simple techniques for stronger, leaner and healthier body.

Instructor: Virginia

Location: Miller Insurance Room

Lane Swim

Date and Time: Wednesday, April 10 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Pickleball

Date and Time: Wednesday, April 10 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Pickleball

Date and Time: Wednesday, April 10 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in fee. Everyone welcome!

Euchre

Date and Time: Wednesday, April 10 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pre-Registration Required: Call John- 519.395.5291

Landfit Latin Cardio

Date and Time: Wednesday, April 10 05:30 p.m. - 6:30 p.m.

Event Location: Davidson Centre

Join us for a Latin dance party! The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you pumping!

Instructor: Donna Sue

Location: Gym 1

Deep Aquafit

Date and Time: Wednesday, April 10 07:00 p.m. - 7:45 p.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Lane Swim

Date and Time: Wednesday, April 10 08:00 p.m. - 9:00 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Thursday, April 11, 2019

Lane Swim

Date and Time: Thursday, April 11 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Snooker

Date and Time: Thursday, April 11 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Huff & Puff

Date and Time: Thursday, April 11 09:00 a.m. - 10:00 a.m.

Event Location: Davidson Centre

Location: Arena Ice

\$3.00 Drop in Fee

Landfill Functional Fitness

Date and Time: Thursday, April 11 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Exercise designed to incorporate the use of small stabilizer muscle groups, to prevent and to assist in recovery of muscle imbalance. Includes a strong cardio component with more focus on joint stability, more core work and some use of stability ball and Thera bands

Cancelled April 18th due to Gym Floor refinishing

Instructor: Jodi

Location: Gym

Table Tennis

Date and Time: Thursday, April 11 09:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Kincardine Hall

Aqua Cardio

Date and Time: Thursday, April 11 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

Mix up your cardio workout with running, kicking, swimming and more high impact moves! This class uses belts and/or noodles in the deep end.

Kindergym Drop In Thursdays

Date and Time: Thursday, April 11 10:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Drop in Kindergym for children 0-5 years old. Come out to play, balance, jump and tumble. \$5/Child \$10/Family

Preschool Swim

Date and Time: Thursday, April 11 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Preschool/Lane Swim

Three lanes open to lane swimmers.

Preschool swim available for children under 6. The rope, slide and diving board are unavailable during this time.

Lane Swim

Date and Time: Thursday, April 11 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Bld Euchre

Date and Time: Thursday, April 11 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pre-registration Required: Call Elaine- 519.396.9209

Crokinole

Date and Time: Thursday, April 11 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Bruce Telecom Room

Please call Davidson Centre for more details 519.396.3491

Drop In Gym After School

Date and Time: Thursday, April 11 03:30 p.m. - 4:30 p.m.

Event Location: Davidson Centre

Come play during After School Drop in Gym, ages 10-18. Take a break and shoot some hoops or play floor hockey, soccer, volleyball or basketball! \$2.50 a person.

Landfit Circuit & Step

Date and Time: Thursday, April 11 06:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre

Step Fitness is an energizing full body workout focusing on basic stepping, just like walking up and down stairs, while moving to an intoxicating rhythm. Step caters to all fitness levels and you can increase or decrease the intensity of the workout by raising or lowering the height of your step. This class focused on cardio and muscles conditioning using step.

Instructor: Jennica

Location: Activity Room

Adult Volleyball

Date and Time: Thursday, April 11 07:00 p.m. - 10:00 p.m.

Event Location: Davidson Centre

Cost: Full Season- \$99.00

Locations: Gyms 1,2,3

League Play Levels:

Intermediate: Sunday

Recreation: Tuesday and Thursday

Competitive: Thursday

Lane Swim

Date and Time: Thursday, April 11 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Lane Swim - three lanes open

Friday, April 12, 2019

Lane Swim

Date and Time: Friday, April 12 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Tethered Aquafit

Date and Time: Friday, April 12 08:45 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

Participants wear a belt bungeed to a lane rope to workout against their own resistance. Participants will experience an exceptional high intensity cardio workout.

Landfit Latin Cardio

Date and Time: Friday, April 12 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Join us for a Latin dance party! The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you pumping

Instructor: Donna Sue

Location: Gym

Deep Aquafit

Date and Time: Friday, April 12 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Shallow Aquafit

Date and Time: Friday, April 12 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class provides a great aerobic workout in the shallow end of the pool. Instructors show you a variety of movements, you pick the intensity that is right for you!

Lane Swim

Date and Time: Friday, April 12 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Bridge

Date and Time: Friday, April 12 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pickleball

Date and Time: Friday, April 12 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Public Swim

Date and Time: Friday, April 12 02:00 p.m. - 3:00 p.m.

Event Location: Kincardine, Ontario

PD Day public swim - regular swim admission applies. Access to rope, slide and diving board are available.

Public Swim

Date and Time: Friday, April 12 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Public Swim

Date and Time: Friday, April 12 07:00 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Public swimming, all welcome. Children under the age of 11 must be accompanied by a person over the age of 16.

Saturday, April 13, 2019

Lane Swim

Date and Time: Saturday, April 13 08:00 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Public Swim

Date and Time: Saturday, April 13 02:00 p.m. - 3:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Rope, slide and diving board are available.

Public Swim

Date and Time: Saturday, April 13 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Public Swim

Date and Time: Saturday, April 13 07:00 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Public swimming, all welcome. Children under the age of 11 must be accompanied by a person over the age of 16.

Sunday, April 14, 2019

Snooker

Date and Time: Sunday, April 14 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Public Swim

Date and Time: Sunday, April 14 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Public Swim - Regular swim admission applies. Rope, slide and diving board are available.

Drop In Gym Sundays

Date and Time: Sunday, April 14 11:00 a.m. - 2:00 p.m.

Event Location: Davidson Centre

Everyone is welcome to come play during Drop in Gym. Take a break and come shoot some hoops or play some floor hockey, soccer, volleyball or basketball! \$2.50 a person \$5/family.

Public Swim

Date and Time: Sunday, April 14 02:00 p.m. - 4:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular swim admission applies. Rope, slide and diving board are available.

Adult Volleyball

Date and Time: Sunday, April 14 07:00 p.m. - 10:00 p.m.

Event Location: Davidson Centre

Cost: Full Season- \$99.00

Locations: Gyms 1,2,3

League Play Levels:

Intermediate: Sunday

Recreation: Tuesday and Thursday

Competitive: Thursday

Monday, April 15, 2019

Aqua Bootcamp

Date and Time: Monday, April 15 08:45 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

An aquatic workout with a mixture of High Intensity Interval Training, Circuit Training, Kickboxing, Tethered and Cardio.

Landfit Circuit Training

Date and Time: Monday, April 15 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

A full-body cardio and muscle conditioning workout, set to great up beat music! A cardio workout you'll be feeling for days. Suitable for all ages and skill levels.

Instructor: Ivon

Location: Gym 3

Instructional Bridge

Date and Time: Monday, April 15 09:15 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Kindergym Drop In Mondays

Date and Time: Monday, April 15 10:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Drop in Kindergym for children 0-5 years old. Come out to play, balance, jump and tumble. \$5/Child \$10/Family

Lane Swim

Date and Time: Monday, April 15 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Adult Swim

Date and Time: Monday, April 15 01:00 p.m. - 2:00 p.m.

Event Location: Kincardine, Ontario

Adult Leisure Swim - The use of the rope, slide and diving board are unavailable at this time.

Pickleball

Date and Time: Monday, April 15 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Pickleball

Date and Time: Monday, April 15 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in fee. Everyone welcome!

Bridge

Date and Time: Monday, April 15 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Landfit Aerobic Bootcamp

Date and Time: Monday, April 15 06:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre

A full-body cardio and muscle conditioning workout, set to great up beat music! A cardio workout you'll be feeling for days. Suitable for all ages and skill levels.

Instructor: Jennica

Location: Activity Room

Latin Cardio

Date and Time: Monday, April 15 07:00 p.m. - 7:45 p.m.

Event Location: Kincardine, Ontario

Join us for a latin dance party. The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you moving!

Lane Swim

Date and Time: Monday, April 15 08:00 p.m. - 9:00 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Tuesday, April 16, 2019

Lane Swim

Date and Time: Tuesday, April 16 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Snooker

Date and Time: Tuesday, April 16 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Pickleball

Date and Time: Tuesday, April 16 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in Program. Everyone Welcome!

Huff & Puff

Date and Time: Tuesday, April 16 09:00 a.m. - 10:00 a.m.

Event Location: Davidson Centre

Location: Arena Ice

\$3.00 Drop in Fee

Landfit Strength Training

Date and Time: Tuesday, April 16 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Cardio is great but make sure to round out your exercise routine with strength training! Work your muscle groups with different sized weights and exercises to boost your routine and see overall improvements in your health!

Instructor: Jodi

Location: Gym

Deep Aquafit

Date and Time: Tuesday, April 16 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Shallow Aquafit

Date and Time: Tuesday, April 16 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class provides a great aerobic workout in the shallow end of the pool. Instructors show you a variety of movements, you pick the intensity that is right for you!

Preschool Swim

Date and Time: Tuesday, April 16 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Preschool/Lane Swim

Three lanes open to lane swimmers.

Preschool swim available for children under 6. The rope, slide and diving board are unavailable during this time.

Landfit Stretch & Flow

Date and Time: Tuesday, April 16 10:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

By incorporating the principles of yoga, you're guided through the main girdles of your body: the hips and shoulders. You will find more length, range, and freedom of movement to ensure you leave feeling positive.

Instructor: Ivon

Location: Gym 2

Lane Swim

Date and Time: Tuesday, April 16 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Shooter

Date and Time: Tuesday, April 16 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Drop In Gym After School

Date and Time: Tuesday, April 16 03:30 p.m. - 4:30 p.m.

Event Location: Davidson Centre

Come play during After School Drop in Gym, ages 10-18. Take a break and shoot some hoops or play floor hockey, soccer, volleyball or basketball! \$2.50 a person.

Pickleball

Date and Time: Tuesday, April 16 05:30 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 Drop in Fee. Everyone welcome!

Public Swim

Date and Time: Tuesday, April 16 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Adult Volleyball

Date and Time: Tuesday, April 16 07:00 p.m. - 10:00 p.m.

Event Location: Davidson Centre

Cost: Full Season- \$99.00

Locations: Gyms 1,2,3

League Play Levels:

Intermediate: Sunday

Recreation: Tuesday and Thursday

Competitive: Thursday

Wednesday, April 17, 2019

Landfit Bootcamp

Date and Time: Wednesday, April 17 06:15 a.m. - 7:00 a.m.

Event Location: Davidson Centre

A variety of full body weight training and interval training. This class will use fitness concepts from P90X and Insanity to give you an overall body workout like no other!

Instructor: Stacey

Location: Gym 1

Pickleball Makeup Date

Date and Time: Wednesday, April 17 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

This is not a regular scheduled Pickleball time

Latin Cardio

Date and Time: Wednesday, April 17 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

Join us for a latin dance party! the instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you moving!

Badminton

Date and Time: Wednesday, April 17 09:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Gym 3

\$2.00 Drop in Fee

Landfit Pilates

Date and Time: Wednesday, April 17 10:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Basic traditional mat Pilates class, incorporating breathing, concentration, control, flow and relaxation. Build your core strength through simple techniques for stronger, leaner and healthier body.

Instructor: Virginia

Location: Miller Insurance Room

Lane Swim

Date and Time: Wednesday, April 17 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Pickleball

Date and Time: Wednesday, April 17 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Pickleball

Date and Time: Wednesday, April 17 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in fee. Everyone welcome!

Euchre

Date and Time: Wednesday, April 17 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pre-Registration Required: Call John- 519.395.5291

Landfit Latin Cardio

Date and Time: Wednesday, April 17 05:30 p.m. - 6:30 p.m.

Event Location: Davidson Centre

Join us for a Latin dance party! The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you pumping!

Instructor: Donna Sue

Location: Gym 1

Deep Aquafit

Date and Time: Wednesday, April 17 07:00 p.m. - 7:45 p.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Lane Swim

Date and Time: Wednesday, April 17 08:00 p.m. - 9:00 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Thursday, April 18, 2019

Lane Swim

Date and Time: Thursday, April 18 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Snooker

Date and Time: Thursday, April 18 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Huff & Puff

Date and Time: Thursday, April 18 09:00 a.m. - 10:00 a.m.

Event Location: Davidson Centre

Location: Arena Ice

\$3.00 Drop in Fee

Aqua Cardio

Date and Time: Thursday, April 18 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

Mix up your cardio workout with running, kicking, swimming and more high impact moves! This class uses belts and/or noodles in the deep end.

Table Tennis

Date and Time: Thursday, April 18 09:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Kincardine Hall

Preschool Swim

Date and Time: Thursday, April 18 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Preschool/Lane Swim

Three lanes open to lane swimmers.

Preschool swim available for children under 6. The rope, slide and diving board are unavailable during this time.

Lane Swim

Date and Time: Thursday, April 18 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Bld Euchre

Date and Time: Thursday, April 18 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pre-registration Required: Call Elaine- 519.396.9209

Crokinole

Date and Time: Thursday, April 18 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Bruce Telecom Room

Please call Davidson Centre for more details 519.396.3491

Shuffleboard

Date and Time: Thursday, April 18 01:30 p.m. - 3:30 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

Landfit Circuit & Step

Date and Time: Thursday, April 18 06:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre

Step Fitness is an energizing full body workout focusing on basic stepping, just like walking up and down stairs, while moving to an intoxicating rhythm. Step caters to all fitness levels and you can increase or decrease the intensity of the workout by raising or lowering the height of your step. This class focused on cardio and muscles conditioning using step.

Instructor: Jennica

Location: Activity Room

Bridge

Date and Time: Thursday, April 18 07:00 p.m. - 10:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Lane Swim

Date and Time: Thursday, April 18 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Lane Swim - three lanes open

Tethered Aquafit

Date and Time: Thursday, April 18 07:00 p.m. - 7:45 p.m.

Event Location: Kincardine, Ontario

Participants wear a belt bungeed to a lane rope to complete a workout using their own resistance. Participants will experience an exceptional high intensity cardio workout.

Saturday, April 20, 2019

Lane Swim

Date and Time: Saturday, April 20 08:00 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Public Swim

Date and Time: Saturday, April 20 02:00 p.m. - 3:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Rope, slide and diving board are available.

Public Swim

Date and Time: Saturday, April 20 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Public Swim

Date and Time: Saturday, April 20 07:00 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Public swimming, all welcome. Children under the age of 11 must be accompanied by a person over the age of 16.

Sunday, April 21, 2019

Snooker

Date and Time: Sunday, April 21 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Public Swim

Date and Time: Sunday, April 21 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Public Swim - Regular swim admission applies. Rope, slide and diving board are available.

Public Swim

Date and Time: Sunday, April 21 02:00 p.m. - 4:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular swim admission applies. Rope, slide and diving board are available.

Tuesday, April 23, 2019

Lane Swim

Date and Time: Tuesday, April 23 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Snooker

Date and Time: Tuesday, April 23 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Pickleball

Date and Time: Tuesday, April 23 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in Program. Everyone Welcome!

Huff & Puff

Date and Time: Tuesday, April 23 09:00 a.m. - 10:00 a.m.

Event Location: Davidson Centre

Location: Arena Ice

\$3.00 Drop in Fee

Landfit Strength Training

Date and Time: Tuesday, April 23 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Cardio is great but make sure to round out your exercise routine with strength training! Work your muscle groups with different sized weights and exercises to boost your routine and see overall improvements in your health!

Instructor: Jodi

Location: Gym

Deep Aquafit

Date and Time: Tuesday, April 23 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Shallow Aquafit

Date and Time: Tuesday, April 23 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class provides a great aerobic workout in the shallow end of the pool. Instructors show you a variety of movements, you pick the intensity that is right for you!

Landfit Stretch & Flow

Date and Time: Tuesday, April 23 10:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

By incorporating the principles of yoga, you're guided through the main girdles of your body: the hips and shoulders. You will find more length, range, and freedom of movement to ensure you leave feeling positive.

Instructor: Ivon

Location: Gym 2

Preschool Swim

Date and Time: Tuesday, April 23 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Preschool/Lane Swim

Three lanes open to lane swimmers.

Preschool swim available for children under 6. The rope, slide and diving board are unavailable during this time.

Lane Swim

Date and Time: Tuesday, April 23 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Pickleball Makeup Time

Date and Time: Tuesday, April 23 12:00 p.m. - 3:00 p.m.

Event Location: Davidson Centre

Location- Gyms 1,2,3

This is not a regular scheduled time slot.

Shooter

Date and Time: Tuesday, April 23 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Drop In Gym After School

Date and Time: Tuesday, April 23 03:30 p.m. - 4:30 p.m.

Event Location: Davidson Centre

Come play during After School Drop in Gym, ages 10-18. Take a break and shoot some hoops or play floor hockey, soccer, volleyball or basketball!! \$2.50 a person.

Pickleball

Date and Time: Tuesday, April 23 05:30 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 Drop in Fee. Everyone welcome!

Public Swim

Date and Time: Tuesday, April 23 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Wednesday, April 24, 2019

Landfit Bootcamp

Date and Time: Wednesday, April 24 06:15 a.m. - 7:00 a.m.

Event Location: Davidson Centre

A variety of full body weight training and interval training. This class will use fitness concepts from P90X and Insanity to give you an overall body workout like no other!

Instructor: Stacey

Location: Gym 1

Pickleball Makeup Date

Date and Time: Wednesday, April 24 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

This is not a regular scheduled Pickleball time

Latin Cardio

Date and Time: Wednesday, April 24 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

Join us for a latin dance party! the instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you moving!

Badminton

Date and Time: Wednesday, April 24 09:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Gym 3

\$2.00 Drop in Fee

Landfit Pilates

Date and Time: Wednesday, April 24 10:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Basic traditional mat Pilates class, incorporating breathing, concentration, control, flow and relaxation. Build your core strength through simple techniques for stronger, leaner and healthier body.

Instructor: Virginia

Location: Miller Insurance Room

Lane Swim

Date and Time: Wednesday, April 24 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Pickleball

Date and Time: Wednesday, April 24 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Pickleball

Date and Time: Wednesday, April 24 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in fee. Everyone welcome!

Euchre

Date and Time: Wednesday, April 24 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pre-Registration Required: Call John- 519.395.5291

Landfit Latin Cardio

Date and Time: Wednesday, April 24 05:30 p.m. - 6:30 p.m.

Event Location: Davidson Centre

Join us for a Latin dance party! The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you pumping!

Instructor: Donna Sue

Location: Gym 1

Deep Aquafit

Date and Time: Wednesday, April 24 07:00 p.m. - 7:45 p.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Lane Swim

Date and Time: Wednesday, April 24 08:00 p.m. - 9:00 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Thursday, April 25, 2019

Lane Swim

Date and Time: Thursday, April 25 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Snooker

Date and Time: Thursday, April 25 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Huff & Puff

Date and Time: Thursday, April 25 09:00 a.m. - 10:00 a.m.

Event Location: Davidson Centre

Location: Arena Ice

\$3.00 Drop in Fee

Landfill Functional Fitness

Date and Time: Thursday, April 25 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Exercise designed to incorporate the use of small stabilizer muscle groups, to prevent and to assist in recovery of muscle imbalance. Includes a strong cardio component with more focus on joint stability, more core work and some use of stability ball and Thera bands

Cancelled April 18th due to Gym Floor refinishing

Instructor: Jodi

Location: Gym

Table Tennis

Date and Time: Thursday, April 25 09:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Kincardine Hall

Aqua Cardio

Date and Time: Thursday, April 25 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

Mix up your cardio workout with running, kicking, swimming and more high impact moves! This class uses belts and/or noodles in the deep end.

Kindergym Drop In Thursdays

Date and Time: Thursday, April 25 10:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Drop in Kindergym for children 0-5 years old. Come out to play, balance, jump and tumble. \$5/Child \$10/Family

Preschool Swim

Date and Time: Thursday, April 25 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Preschool/Lane Swim

Three lanes open to lane swimmers.

Preschool swim available for children under 6. The rope, slide and diving board are unavailable during this time.

Lane Swim

Date and Time: Thursday, April 25 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Bld Euchre

Date and Time: Thursday, April 25 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pre-registration Required: Call Elaine- 519.396.9209

Crokinole

Date and Time: Thursday, April 25 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Bruce Telecom Room

Please call Davidson Centre for more details 519.396.3491

Shuffleboard

Date and Time: Thursday, April 25 01:30 p.m. - 3:30 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

Drop In Gym After School

Date and Time: Thursday, April 25 03:30 p.m. - 4:30 p.m.

Event Location: Davidson Centre

Come play during After School Drop in Gym, ages 10-18. Take a break and shoot some hoops or play floor hockey, soccer, volleyball or basketball! \$2.50 a person.

Landfit Circuit & Step

Date and Time: Thursday, April 25 06:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre

Step Fitness is an energizing full body workout focusing on basic stepping, just like walking up and down stairs, while moving to an intoxicating rhythm. Step caters to all fitness levels and you can increase or decrease the intensity of the workout by raising or lowering the height of your step. This class focused on cardio and muscles conditioning using step.

Instructor: Jennica

Location: Activity Room

Adult Volleyball

Date and Time: Thursday, April 25 07:00 p.m. - 10:00 p.m.

Event Location: Davidson Centre

Cost: Full Season- \$99.00

Locations: Gyms 1,2,3

League Play Levels:

Intermediate: Sunday

Recreation: Tuesday and Thursday

Competitive: Thursday

Friday, April 26, 2019

Lane Swim

Date and Time: Friday, April 26 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Tethered Aquafit

Date and Time: Friday, April 26 08:45 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

Participants wear a belt bungeed to a lane rope to workout against their own resistance. Participants will experience an exceptional high intensity cardio workout.

Pickleball

Date and Time: Friday, April 26 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in Program. Everyone Welcome!

Landfit Latin Cardio

Date and Time: Friday, April 26 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Join us for a Latin dance party! The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you pumping

Instructor: Donna Sue

Location: Gym

Deep Aquafit

Date and Time: Friday, April 26 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Bridge Lessons

Date and Time: Friday, April 26 09:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Shallow Aquafit

Date and Time: Friday, April 26 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class provides a great aerobic workout in the shallow end of the pool. Instructors show you a variety of movements, you pick the intensity that is right for you!

Lane Swim

Date and Time: Friday, April 26 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Bridge

Date and Time: Friday, April 26 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Pickleball

Date and Time: Friday, April 26 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Pickleball

Date and Time: Friday, April 26 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in fee. Everyone welcome!

Public Swim

Date and Time: Friday, April 26 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Public Swim

Date and Time: Friday, April 26 07:00 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Public swimming, all welcome. Children under the age of 11 must be accompanied by a person over the age of 16.

Saturday, April 27, 2019

Lane Swim

Date and Time: Saturday, April 27 08:00 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Pickleball

Date and Time: Saturday, April 27 08:00 a.m. - 9:50 a.m.

Event Location: Davidson Centre

Location: Gym's 1,2,3

\$2.00 Drop in Fee. Everyone welcome!

Kindergym Drop In Saturdays

Date and Time: Saturday, April 27 10:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Drop in Kindergym for children 0-5 years old. Come out to play, balance, jump and tumble. \$5/Child \$10/Family

Public Swim

Date and Time: Saturday, April 27 02:00 p.m. - 3:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Rope, slide and diving board are available.

Drop In Gym Saturdays

Date and Time: Saturday, April 27 06:30 p.m. - 9:00 p.m.

Event Location: Davidson Centre

Everyone is welcome to come play during Drop in Gym. Take a break and come shoot some hoops or play some floor hockey, soccer, volleyball or basketball! \$2.50 a person \$5/family.

Public Swim

Date and Time: Saturday, April 27 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Public Swim

Date and Time: Saturday, April 27 07:00 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Public swimming, all welcome. Children under the age of 11 must be accompanied by a person over the age of 16.

Sunday, April 28, 2019

Snooker

Date and Time: Sunday, April 28 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Public Swim

Date and Time: Sunday, April 28 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Public Swim - Regular swim admission applies. Rope, slide and diving board are available.

Drop In Gym Sundays

Date and Time: Sunday, April 28 11:00 a.m. - 2:00 p.m.

Event Location: Davidson Centre

Everyone is welcome to come play during Drop in Gym. Take a break and come shoot some hoops or play some floor hockey, soccer, volleyball or basketball! \$2.50 a person \$5/family.

Public Swim

Date and Time: Sunday, April 28 02:00 p.m. - 4:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular swim admission applies. Rope, slide and diving board are available.

Monday, April 29, 2019

Aqua Bootcamp

Date and Time: Monday, April 29 08:45 a.m. - 9:30 a.m.

Event Location: Kincardine, Ontario

An aquatic workout with a mixture of High Intensity Interval Training, Circuit Training, Kickboxing, Tethered and Cardio.

Pickleball

Date and Time: Monday, April 29 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in Program. Everyone Welcome!

Landfit Circuit Training

Date and Time: Monday, April 29 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

A full-body cardio and muscle conditioning workout, set to great up beat music! A cardio workout you'll be feeling for days. suitable for all ages and skill levels.

Instructor: Ivon

Location: Gym 3

Instructional Bridge

Date and Time: Monday, April 29 09:15 a.m. - 11:30 a.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Kindergym Drop In Mondays

Date and Time: Monday, April 29 10:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Drop in Kindergym for children 0-5 years old. Come out to play, balance, jump and tumble. \$5/Child \$10/Family

Lane Swim

Date and Time: Monday, April 29 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Adult Swim

Date and Time: Monday, April 29 01:00 p.m. - 2:00 p.m.

Event Location: Kincardine, Ontario

Adult Leisure Swim - The use of the rope, slide and diving board are unavailable at this time.

Pickleball

Date and Time: Monday, April 29 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Gyms 1,2,3

\$2.00 Drop in Fee. Everyone Welcome!

Pickleball

Date and Time: Monday, April 29 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in fee. Everyone welcome!

Bridge

Date and Time: Monday, April 29 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Landfit Aerobic Bootcamp

Date and Time: Monday, April 29 06:00 p.m. - 7:00 p.m.

Event Location: Davidson Centre

A full-body cardio and muscle conditioning workout, set to great up beat music! A cardio workout you'll be feeling for days. Suitable for all ages and skill levels.

Instructor: Jennica

Location: Activity Room

Latin Cardio

Date and Time: Monday, April 29 07:00 p.m. - 7:45 p.m.

Event Location: Kincardine, Ontario

Join us for a latin dance party. The instructor uses a variety of dance moves to give participants a fun aerobic workout set to thumping beats to keep you moving!

Lane Swim

Date and Time: Monday, April 29 08:00 p.m. - 9:00 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Tuesday, April 30, 2019

Lane Swim

Date and Time: Tuesday, April 30 06:15 a.m. - 7:15 a.m.

Event Location: Kincardine, Ontario

Lane Swim

Snooker

Date and Time: Tuesday, April 30 08:30 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Power Worker's Room

Pickleball

Date and Time: Tuesday, April 30 09:00 a.m. - 12:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 drop in Program. Everyone Welcome!

Landfit Strength Training

Date and Time: Tuesday, April 30 09:15 a.m. - 10:15 a.m.

Event Location: Davidson Centre

Cardio is great but make sure to round out your exercise routine with strength training! Work your muscle groups with different sized weights and exercises to boost your routine and see overall improvements in your health!

Instructor: Jodi

Location: Gym

Deep Aquafit

Date and Time: Tuesday, April 30 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class has participants use a belt in the deep end. You will try different movements of varying intensities to work all muscle groups.

Shallow Aquafit

Date and Time: Tuesday, April 30 09:30 a.m. - 10:15 a.m.

Event Location: Kincardine, Ontario

This class provides a great aerobic workout in the shallow end of the pool. Instructors show you a variety of movements, you pick the intensity that is right for you!

Landfit Stretch & Flow

Date and Time: Tuesday, April 30 10:30 a.m. - 11:30 a.m.

Event Location: Davidson Centre

By incorporating the principles of yoga, you're guided through the main girdles of your body: the hips and shoulders. You will find more length, range, and freedom of movement to ensure you leave feeling positive.

Instructor: Ivon

Location: Gym 2

Preschool Swim

Date and Time: Tuesday, April 30 10:30 a.m. - 11:30 a.m.

Event Location: Kincardine, Ontario

Preschool/Lane Swim

Three lanes open to lane swimmers.

Preschool swim available for children under 6. The rope, slide and diving board are unavailable during this time.

Lane Swim

Date and Time: Tuesday, April 30 11:30 a.m. - 12:45 p.m.

Event Location: Kincardine, Ontario

Lane Swim

Shooter

Date and Time: Tuesday, April 30 01:00 p.m. - 4:00 p.m.

Event Location: Davidson Centre

Location: Miller Insurance Room

Drop In Gym After School

Date and Time: Tuesday, April 30 03:30 p.m. - 4:30 p.m.

Event Location: Davidson Centre

Come play during After School Drop in Gym, ages 10-18. Take a break and shoot some hoops or play floor hockey, soccer, volleyball or basketball! \$2.50 a person.

Pickleball

Date and Time: Tuesday, April 30 05:30 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Location: Kincardine Hall

\$2.00 Drop in Fee. Everyone welcome!

Public Swim

Date and Time: Tuesday, April 30 07:00 p.m. - 8:00 p.m.

Event Location: Kincardine, Ontario

Public Swim - Regular admission applies. Access to rope, slide and diving board is available.

Public Swim

Date and Time: Tuesday, April 30 07:00 p.m. - 8:00 p.m.

Event Location: Davidson Centre

Public swimming, all welcome. Children under the age of 11 must be accompanied by a person over the age of 16.