

spring made fun

Featuring

TENNIS LESSONS

EARLY 2000'S
DANCE CLASS

SLIME TIME

THE *QUICKEST*
GAME ON ICE:
3 ON 3
HOCKEY

Page 41

@OrilliaParksandRecreation

Registration begins: March 9 at 7 a.m.



Greetings from Mayor & Council



Don MCISAAC

As the days grow longer and our community comes alive with the energy of spring, I'm excited to welcome you to visit the City of Orillia's Spring Recreation Guide. This season is a wonderful opportunity to get outside, try something new, and reconnect with friends, neighbours, and the spaces that make our city so special.

From programs that inspire creativity and support active living, to events and activities for all ages and interests, there is truly something for everyone. I encourage you to explore all that we have to offer, embrace the fresh start that spring brings, and make the most of the vibrant recreation opportunities available right here in Orillia.

You may notice that our brochure looks a little different this season. The format was streamlined to focus on program names and brief descriptions, along with direct links to online registration where you can find full program details. This fresh approach makes it easier to navigate, reduces duplication, and ensures access to the most current and accurate information as you plan your spring activities in Orillia.

Spring is the perfect time to try something new! Explore our programs and register today at orillia.ca/Programs. Don't see a program that fits your interests or passions? We're always looking to grow our offerings. If you're interested in running your own program, learn how to submit a proposal at orillia.ca/ProgramProposals. Don't forget, summer camp registration opens on Monday, April 13, 2026! Our staff look forward to another fun and busy camp season.

We continue to highlight our refreshed swim lesson programs, making it easier than ever for families to find the right fit at every age and stage. We're also proud to promote our Waterfront Orillia Lifesaving Team program, which builds strong swimming ability, teamwork, and real-world lifesaving skills.

Youth and adults interested in fall aquatic employment are encouraged to register now for advanced and certification courses this spring and summer to ensure they're ready for hiring opportunities. As warmer weather approaches, we also remind residents that changing ice and water conditions on our lakes can be unpredictable and dangerous, please stay off melting ice and keep water safety top of mind during this season.

The Youth Centre continues to offer a plethora of drop-in programs and space for youth to do their own self-directed activities seven days a week, free of charge for all youth. After a successful winter season of our Teens on Edge Ski Program, we look forward to our many spring offerings such as March Break, Orillia National Youth Week celebrations in May, weekly Sewing with Marci days, iPad Creative Art, Music Sundays with guest musicians, Cooking Nights and more.

Follow us on Facebook, Instagram, and X for daily updates and ways to get involved.

On behalf of Mayor and Council and the Parks and Recreation Division, I wish you and your family a healthy, active, and enjoyable spring season. We look forward to seeing you in our parks, facilities, and programs as we continue building a vibrant and connected Orillia together.

Don McIsaac, Mayor

Your City Council (2022 - 2026)

Ward 1



David **CAMPBELL**



Whitney **SMITH**



Ralph **CIPOLLA**



Luke **LEATHERDALE**



Jeff **CZETZERZUK**



Jay **FALLIS**



Janet-Lynne **DURNFORD**



Tim **LAUER**

Ward 2

Ward 3

Ward 4



Registration

When Can I Register?

Online registration begins on Monday, March 9, 2026 at 7 a.m.

How Do I Register?



Visit orillia.ca/sun and click the S.U.N. Registration logo. From there you can create your account or log-in to register. If you require assistance with registration, please call the Orillia Recreation Centre at 705-325-4FUN (4386).

Facility Rentals

How Do I Reserve a Facility?

Online: Visit orillia.ca/facilitybookings and fill out the Rental/Special Event Permit Request Form. This written request is required and can be emailed to bookings@orillia.ca.

Contents

- 5 In Our Community
- 9 Community Facilities
- 18 Drop-In Activities
- 20 Advanced Aquatics
- 25 Swim Lessons
- 36 Preschool
- 39 Children & Youth
- 44 Adult
- 53 Older Adult 55Y+
- 58 Parks & Trails
- 73 Helpful Information

Putting Customers First

For your convenience, the Orillia Parks and Recreation Division customer service is available until 9:00 p.m. on weekdays and 6 p.m. on weekends! Check out orillia.ca/active for today's drop-in programs.

705-325-4FUN (4386) | recreation@orillia.ca



The Buddy Program: Inclusive Support for Recreation Programs

How It Works:

You can see support in two ways:

- 1. City of Orillia Buddy:** A dedicated Buddy assists participants in engaging fully in activities, making friends, and having fun in a safe and inclusive environment.
- 2. Outside Support:** Participants are welcome to attend with their own external support worker if preferred.

The City of Orillia subsidizes a portion of the cost of Buddies, including their training, wages, and associated resources. Families are responsible for the base cost of camp or registered programs, with some covering additional Buddy support fees. However, financial barriers can limit access for some participants.

The Buddy Sponsorship Program helps bridge this gap. Through community sponsorships and donations, additional funding is provided to support families in need, ensuring all children can participate regardless of financial limitations.

What Buddies Can and Cannot Do:

✓ Buddies **can** encourage participation, assist with transitions, help modify activities, and use positive reinforcement and redirection techniques.

✗ Buddies **are not** certified as Child and Youth Workers, Educational Assistants, Personal Support Workers, or Behavioural Therapists. They **cannot** provide hands-on support, administer medication or handle unsafe behaviour.

Who needs a Buddy?

A participant may require a Buddy if they:

- Have physical, visual, hearing, developmental, or intellectual challenges.
- Require extra support to participate in group activities.
- Receive support at school or from a community agency.
- Have physical, developmental, or intellectual disabilities.
- Receive support at school or from a community agency.
- Have anxiety or social challenges and feel overwhelmed in new environments.
- Need support with staying engaged, following instructors, or managing emotions in a group setting.
- Has never attended a camp or a structured program before and need extra help understanding expectations and participating fully.

Funding Opportunities

Canadian Tire Jumpstart: Gets kids in the game by covering the costs of equipment, registration and/or transportation. They also lend support to unique initiatives aimed at increasing access to sport and recreation programs. Visit jumpstart.canadiantire.ca for details.



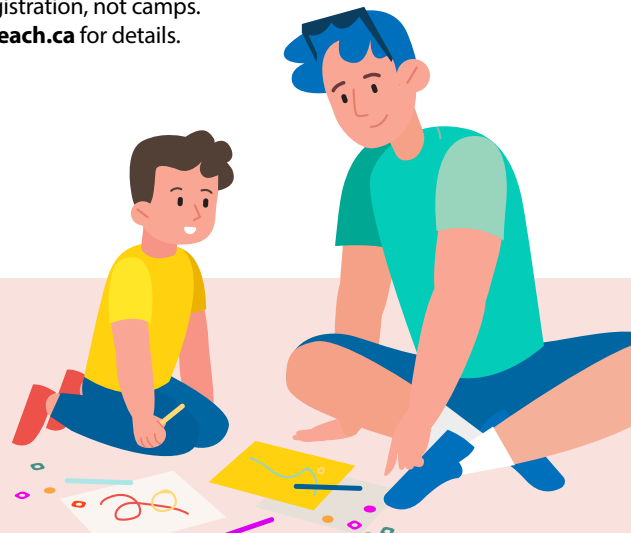
We Are The Villagers: This charity has made it their mission to help families and children participate in extracurricular activities that are of interest to them. We Are The Villagers sponsors children in need so that they may take part in recreation and sport activities without being restricted by registration fees and equipment costs.



YouthReach: This is a new and evolving not-for-profit organization in Barrie and Simcoe County supporting youth and families who might not otherwise participate in recreational activities. YouthReach administers funding to assist financially challenged families and youth trying to access recreational and social programs. They engage committed volunteers, community organizations, municipalities and young people to promote opportunity to our youth. Please note that currently this resource is only available for program registration, not camps. Visit youthreach.ca for details.



For more details on sponsorship opportunities or to apply for the Buddy Program, contact 705-325-4786 or visit orillia.ca/BuddyProgram.

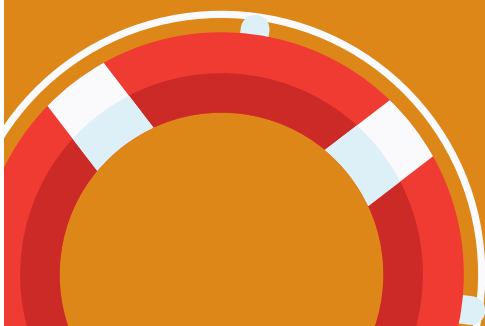


In Our Community

For details, visit orillia.ca

Connect with our vibrant community through different special events, cultural experiences, civic ceremonies, sporting events and more.

Experience our cultural landmarks, national historic sites, state-of-the-art sporting facilities, and public art displays by visiting the downtown, taking in a live show at the Orillia Opera House, or exploring the grounds of the picturesque Stephen Leacock Museum. This section of the brochure highlights special events, cultural and recreation facilities within our community as well as opportunities that are easily accessible for all.



It's more than a job. It's an experience.

Start your journey of becoming a lifeguard. Visit page 20 or orillia.ca/lifesaving for details.

The Culture Beat



Orillia Opera House

Offering world-class shows with Canada's finest professional actors, musicians, dancers, directors and designers.

Purchase tickets for upcoming events online at orilliaoperahouse.ca or at the Box Office.

Cultural Observances, Programs and Events

Orillia acknowledges a wide variety of cultural observances and is home to many festivals and events. See a list below of some of the events you can expect this winter.

To learn more and see more upcoming events, visit orillia.ca/events.

Grant Programs

Your non-profit, charitable and community-based volunteer organization could be eligible for one of our grants!

Complete an application form for the appropriate program online at orillia.ca/grants.

Leacock Museum

For over fifty years the museum has been welcoming visitors to this National Historic Site and stately, 19-room summer home.

The museum grounds feature gardens, trails and a waterfront restaurant! The museum is open year round and available for rentals, meetings and special events. Visit leacockmuseum.ca for details.



Public Art

Orillia's public art collection is growing! Take a tour through our newest installations.

The City releases a call for artists at various times throughout the year. Visit orillia.ca/publicart for details.

1 Wilson Point Trail



5 Stormwater Pond



2 Fittons Street Trail Intersection



6 James Street Trail Intersection



3 Water Filtration Plant

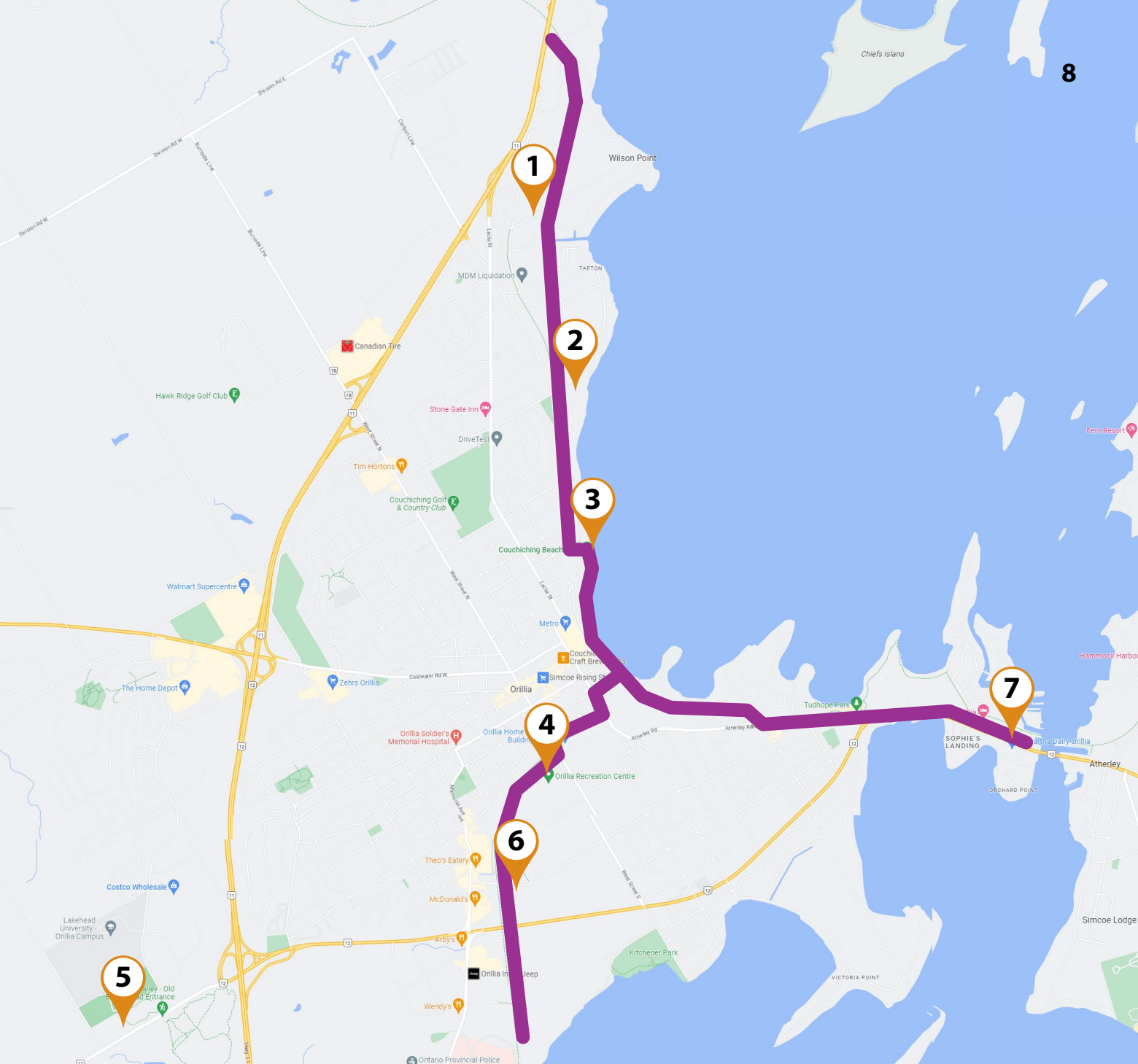


7 Atherly Road Trail Intersection



4 Orillia Recreation Centre





Want to support art in your community?

Donations can be made at orillia.ca/publicart. These contributions go into the Art in Public Places reserve and are reinvested back into the community through public art.

Community Facilities

For details visit orillia.ca/facilitybookings.

Our unique venues offer a variety of opportunities to host your corporate, social and other events.

From swimming pools and ice rinks, to scenic parks and historical landscapes, to athletic fields and meeting rooms, the City's Parks and Recreation Division offers many rental opportunities for small to large private functions such as weddings, parties, festivals and events.




The Fun Pass

Enjoy unlimited access to the Fitness Centre, Walking Track, drop-in programs and more at the Orillia Recreation Centre. For rates and more information, see pages 11-12.

Birthday Party Packages

Birthday parties just got a lot easier! Select an activity, book your party and leave the clean-up to us. Visit orillia.ca/parties for details.

 1.5 hours in a multi-purpose room
(plus an additional 15 minutes for set up)

 Up to 20 children (additional attendees: \$5.00 per child)

 Staff facilitator

 Downloadable party invitations

 One hour of a recreational activity of your choice



Your Fun Pass

orillia.ca/active



You can experience a variety of activities to improve your health and wellness.

There is something for all fitness levels and abilities. Our staff are here to assist you and are committed to enhancing the quality of life for individuals in our community. Try all of the services available, ranging from taking a group fitness class, enjoying a complimentary fitness equipment orientation, trying a drop-in sport in the FIBA-sized gymnasium, or a family outing to one of the open swims.

Enjoy Unlimited Access to:



The Fitness Centre



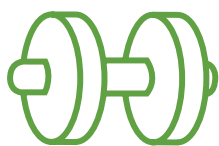
**The Walking/
Jogging Track**



**Aquatics Drop-In
Programs**



**Sport Drop-In
Programs**



**Fitness Drop-In
Programs**



**Special Interest
Drop-In Programs**

Please note that the Fun Pass can only be used at the Orillia Recreation Centre and does not apply to other locations such as Rotary Place.

Infants: Those under the age of one are free. **Families:** Must include one or two adults and a maximum of six people that live in the same household. **HST:** Tax is applied to those 15 years and older. **R:** Resident rate for Orillia tax-payers. **N:** Non-resident rate.



Fun Pass Rates

Monthly Pass (Plus HST)

Adult (18Y+)	\$45.25(R) / \$56.71(N)
Child/Student/Senior (55Y+)	\$30.75(R) / \$38.32(N)
Family	\$116.50(R) / \$145.61(N)

Annual Pass (Plus HST)

Adult (18Y+)	\$500.00(R) / \$623.82(N)
Child/Student/Senior (55Y+)	\$337.00(R) / \$421.50(N)
Family	\$1,281.50(R) / \$1,601.71(N)

Daily Rates

All Access Daily Pass (Includes HST)

Adult (18Y+)	\$8.00
Child/Student/Senior (55Y+)	\$6.75

Gymnasium Daily Pass (Includes HST)

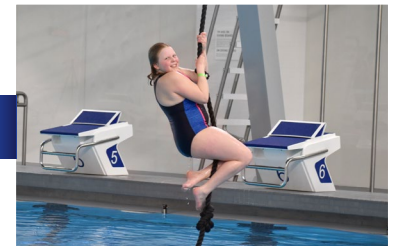
Adult (18Y+)	\$5.75
Senior (55 Y+)	\$4.25
Child/Student	\$3.75
Family	\$11.25

Aquatic Centre Daily Pass (Includes HST)

Adult (18Y+)	\$6.00
Senior (55Y+)	\$4.75
Child/Student	\$4.25
Family	\$15.00



Orillia Recreation Centre



Facility Overview

The City is proud to offer exciting recreation opportunities at the Orillia Recreation Centre.

You can experience a variety of activities to improve your health and wellness. There is something for all physical abilities and interests. Our staff are here to assist you and are committed to enhancing the quality of life for individuals in our community. The Orillia Recreation Centre provides a blend of leisure, sport, fitness and recreational amenities for individuals and families, as well as competitive sport venues for groups and organizations.

Aquatic Centre:

General Features:

- Accessible ramp into all pools
- Male and female change rooms
- Universal change room
- Steam room
- Bleacher seating for 220 and on-deck viewing for 30

Lap Pool:

- Eight 2.5 m lanes
- 25 m length
- 4 m at deepest point
- Moveable floor: 0.75 m – 3 m deep
- 1 m and 3 m diving boards
- Rockwall
- Tarzan rope

Leisure Pool:

- Warmer water
- Teaching steps
- Spray features
- Hydro jets
- Three 1.5 m lanes
- Water channel
- Basketball nets

Therapy Pool:

- Warm water
- Handrail
- Staggered jets
- Bench seating

Fitness Centre:

- 5,000 square feet
- Various cardio and weight training equipment
- 235 m multi-lane walking/jogging track
- Fitness studio
- Cycle studio
- Small group training
- Rowing studio
- Stretching room
- Queenax™ Functional Fitness Trainer
- Personal training
- Drop-in and registered fitness classes

Gymnasium:

- 14,811 square feet
- 2 FIBA sized gymnasiums
- Hard dividing wall
- Bleacher seating on both sides
- 2 full sized basketball courts (with 3m run-outs)
- Changerooms
- 4 junior practice basketball courts
- 3 volleyball courts (4m between courts)
- 6 badminton courts
- 6 pickleball courts

Other Facility Features:

- Elevator access to all floors
- Multi-purpose room
- Sport Hall of Fame Lounge
- Preschool room

Orillia Recreation Centre General Guidelines

Fitness Equipment

- Please sanitize facility equipment between each use with a sanitary wipe.
- If you are unsure of how to use a piece of equipment, speak with one of our friendly fitness floor staff.

Indoor Walking/Jogging Track

- Please reference a directional track sign to identify the direction of travel. The track direction is changed daily.
- If you are using the elevator to access the upper areas of the facility, be mindful of foot traffic on the track. The elevator doors open to the track pathway.
- Strollers are permitted. Please use the provided wipes to clean stroller wheels before using the track.

Footwear

- Outdoor footwear is not permitted in the gymnasium, fitness centre or aquatic centre.
- Deck shoes (non-slip, indoor footwear) are recommended to be worn in the aquatic centre.
- Clean, non-marking shoes must be worn in the aquatic centre, gym and fitness centre.

Food and Beverage

- Food is strictly prohibited in the aquatic centre, gym and fitness centre.
- Water is the only beverage permitted in these areas.

Pro Shop Items

Visit customer service to purchase pro shop items such as goggles, towels, swim caps, locks, etc.

Multi-Purpose Room

- Please leave the room in same manner they are received.
- Rooms are locked and unlocked by facility staff only.

Lockers

- Lockers are provided for day use only for patrons.
- Please bring a lock in order to safely store your belongings.
- The City of Orillia is not responsible for lost or stolen items.
- All bags must be stored in lockers.

Bathing Attire

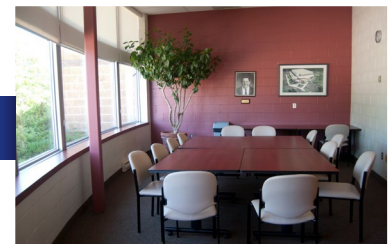
Attire used for the sole purpose of bathing will be considered a bathing suit. If an individual wishes to swim wearing clothing (covering arms and/or legs), they are permitted to do so under the condition that the clothing they are wearing is clean, colourfast, and used specifically for the purpose of swimming e.g. Clothing that has not been worn outside of the aquatic facility and does not weigh swimmer down i.e. dry fit materials, leggings, long sleeve or t-shirts.

Barnfield Point Recreation Centre

500 Atherley Rd.

AMENITIES:

- Curling Ice
- Bayside Restaurant
- Large Event Floor
- Don Shave Meeting Room
- Auditorium
- Rock Wall



Located at J.B. Tudhope Memorial Park, this facility is home to the Orillia Curling Club and six sheets of curling ice in the winter. In the summer, the centre is mainly used for summer day camps, but it is also available for trade shows and special events. The auditorium can be rented with bar, food and banquet options available. The popular Bayside Restaurant is open to the public year round.

How to Book: Contact the Permitting Clerk, at bookings@orillia.ca or 705-325-3506.

Gill Street Community Complex

433 Gill St.

AMENITIES:

- Ice Surface
- Multi-Purpose Room



ICE RINK

This facility recently underwent a \$12.4 million reconstruction and reopened its doors in December 2025. Built in 1974, this arena was originally called Twin Lakes Arena. Its name was changed in 1984 to honour Olympian, Brian Orser, who learned his world-class form at the Gill Street rink. The reconstruction included a new refrigeration system, surface/ice pad, seating, players' areas, accessibility improvements and improvements to the interior spaces and exterior.

How to Book: Contact the Permitting Clerk, at bookings@orillia.ca or 705-325-3506.

Orillia Opera House

20 Mississaga St. W.

NEWLY RENOVATED!

AMENITIES:

- Gordon Lightfoot Auditorium
- Studio Theatre
- Stadium Seating
- Lounge
- Professional Lighting
- Professional Sound
- Fully Licensed
- Wheelchair Accessible
- Headsets Available for Hearing Impaired
- Live streaming equipment
- Professional ticketing system



GORDON LIGHTFOOT AUDITORIUM

Since 1895, the Orillia Opera House has been showcasing the best in local, national and international talent on its stages. From performances by living legends to our popular summer theatre shows, there is always something happening that will entertain, educate and inspire. Large or small, casual or corporate – The Orillia Opera House offers a central and convenient downtown location, perfect for the most versatile production, meeting, presentation, screening, lecture or class. The Orillia Opera House is accessible and equipped with a 10' x 12' full-service elevator to transport people and equipment to all four levels. For more information on this facility, please visit orilliaoperahouse.ca.

How to Book: Contact Emily Martin, General Manager, at emartin@orillia.ca or 705-325-2095.

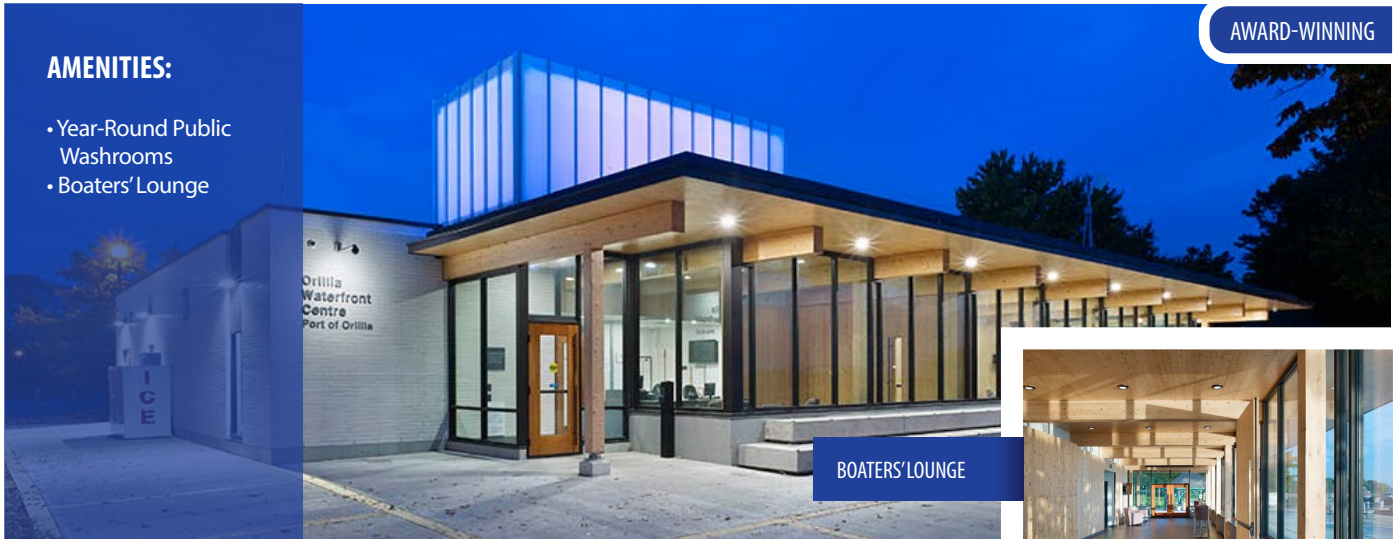
Orillia Waterfront Centre

50 Centennial Dr.

AWARD-WINNING

AMENITIES:

- Year-Round Public Washrooms
- Boaters' Lounge



BOATERS' LOUNGE

Home to the Port of Orillia (operated by the Chamber of Commerce) from May to September, the Orillia Waterfront Centre features washrooms, showers, reception, office space, a boaters/community use lounge and laundry facilities dedicated for transient boaters and park washrooms for the public. This facility is available to rent for intimate/small receptions and meetings.

How to Book: Contact the Permitting Clerk, at bookings@orillia.ca or 705-325-3506.

West Orillia Sports Complex

100 University Ave.

AMENITIES:

- Two Ice Surfaces
- Mini-Stick Play Area
- Concession
- Large Event Floor
- Meeting Rooms
- Rock Wall
- Skate Sharpening
- Warming Kitchen



TOURNAMENT ROOM

The West Orillia Sports Complex is home to Rotary Place featuring two NHL-sized ice rinks, mini-stick rink, rock wall, meeting rooms and more. Outdoor sports fields, including an artificial turf, and tennis courts are also available!

How to Book: Contact the Permitting Clerk, at bookings@orillia.ca or 705-325-3506.

Regan House

325 Line 15 N.

AMENITIES:

- Washrooms (separate building)
- Meeting Room



INSIDE REGAN HOUSE



This 33 by 23 foot historic home is built from squared-pine timbers, from its original location. Regan House, which is Orillia's oldest pioneer home, was dismantled and later rebuilt by volunteers at Scout Valley next to the heritage stone wall. Regan House is considered a mid-sized meeting room and can hold up to 50 people. Why not get some fresh air and enjoy your meetings in the beautiful wooded surroundings of Scout Valley?

How to Book: Contact the Permitting Clerk, at bookings@orillia.ca or 705-325-3506.

Leacock Museum

50 Museum Dr.

AMENITIES:

- National Historic Site
- Lakeside Gardens
- Boathouse
- Gift Shop



BOATHOUSE



Located at the Old Brewery Bay in Orillia, this site is one of Canada's most endearing cultural jewels. Stephen Leacock (1869-1944) earned a truly international reputation as author, economist and humourist. The 10-acre site includes Leacock's 19-room summer home.

Drop-In Programs

For a list of all our current drop in programs, visit orillia.ca/active

We've got plenty of drop-in activities to keep you and your family busy!

Aquatic Drop-ins

- Aquafit
- Aqua HIIT
- Warm Water Aquafit

Gymnasium Drop-ins

- Basketball
- Pickleball
- Badminton
- Table Tennis
- Open Gym
- Open Gym for Kids
- Open Gym for Youth

Fitness Drop-ins

- Rowing
- H.I.I.T.
- Step Class
- Cardio Pump
- Core Galore
- Yoga
- Zumba
- Spin
- Tabata Time
- On the Move

Preschool Drop-ins

- Play Group

Drop-in for Fun



Orillia Parks and Recreation has a website dedicated to drop-in programs and holiday activities. View what's happening around the City today.

orillia.ca/active

Advanced Aquatics

» Registration open year-round!



It's more than a job.
It's an experience.

Start your journey of becoming a lifeguard.

orillia.ca/lifesaving



Lifesaving Courses

Standard First Aid with CPR-C/ Recertification 8Y+

Orillia Recreation Centre

Includes CPR-C certification. Standard First Aid provides comprehensive training covering all aspects of first aid. Standard First Aid incorporates Emergency First Aid and is designed for those who require a more in-depth understanding of first aid including: legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. This course is recognized by the Workers Compensation Board for training in the workplace. Course fee includes a Canadian First Aid Manual and key chain face shield.

Bronze Medallion & Emergency First Aid 13Y+

Orillia Recreation Centre

Bronze Medallion introduces participants to respond to aquatic emergencies in open-water, non-lifeguarded settings for the rescue of self and of others. Candidates build endurance, strength, and lifesaving skills while learning to make sound rescue decisions based on good judgement and assessments. Training may take place indoor and outdoor environments to simulate real-life scenarios. Course Fee includes a Canadian Lifesaving Manual. **Prerequisites: 13 years of age OR Bronze Star (if under 13 years of age).**



Bronze Medallion, Bronze Cross & Standard First Aid 14Y+

Orillia Recreation Centre

The Lifesaving Society's Combined Bronze course develops and evaluates candidates in obtaining Bronze Medallion, Bronze Cross and Standard First Aid certifications in a condensed, intensive Aquatic Leadership Program. The course focuses on swim fitness, decision-making, and complex water rescue, first aid and CPR situations. It transitions candidates from introductory lifesaving to assistant lifeguarding skills and knowledge that emphasizes teamwork, communication, and surveillance techniques in aquatic facilities. Recommended for strong swimmers, it prepares candidates for National Lifeguard certification or Swim and Lifesaving Instructor program who have reached the minimum age of 15 or older. **Prerequisites: 14 years or older. Course fee includes a Canadian Lifesaving and First Aid Manual.**

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Bronze Cross & Standard First Aid

Orillia Recreation Centre

Bronze Cross begins the transition from lifesaver to lifeguarding. Candidates strengthen and expand their knowledge and judgement in their lifesaving skills, as well as learn the importance of teamwork and communication when preventing and responding to aquatic emergencies. Increasing intensity and abilities in lifesaving fitness, endurance and skills help build their preparedness towards the National Lifeguard award. Training may take place in indoor and outdoor environments to simulate real-life scenarios. Course fee includes a Canadian First Aid Manual and key chain face shield. **Prerequisites: Bronze Medallion and Emergency First Aid.**

Assistant Instructors 14Y+

Orillia Recreation Centre

The Lifesaving Society Assistant Instructor course prepares candidates to assist a certified Instructor with swimming and lifesaving classes, through classroom learning and in-water practice. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized. Helping candidates build confidence and prepare for future Swim Instructor or Lifesaving Instructor certifications. Includes: Assistant Instructor Workbook. **Prerequisites: Bronze Cross & Standard First Aid; must be 14 years of age by course end.**



LSS Swim Instructor/ Examiner In-Person Recertification

15Y+

Orillia Recreation Centre

The In-Person Swim & Lifesaving Instructor/ Examiner Recertification Course focuses on the competencies learned in the instructor, coach and examiner courses and provides a refresher to those competencies. The course provides candidates with the 4 points required to complete their instructor, coach, examiner and examiner mentor leadership recertification. Upon successful completion candidates are responsible to submit and initiate their own recertification process. **Prerequisites: LSS Swim or Lifesaving Instructor.**

LSS Examiner and Aquatic Supervisor Combo

16Y+

Orillia Recreation Centre

This Lifesaving Society program prepares instructors and lifeguards to take on deck-level supervisory roles, focusing on safe program delivery, staff guidance, and emergency response readiness. The Examiner course is the first step toward becoming a certified Lifesaving Society Examiner, equipping candidates to successfully apprentice and build on their evaluation experience. **Prerequisites: Lifesaving Instructor, National Lifeguard and recommended 100 hours of experience.**



LSS SEE Auditor Course

16Y+

Orillia Recreation Centre

The SEE Auditor Course is designed to give participants the knowledge, training and tools required to evaluate the effectiveness of lifeguard and instructor supervision using Lifesaving Society SEE checklists. **Prerequisite: National Lifeguard and a minimum of 100 hours experience as a lifeguard or National Lifeguard Examiner or Aquatic Supervisor or Aquatic Manager.**

LSS Swim & Lifesaving Instructor

15Y+

Orillia Recreation Centre

The Lifesaving Society Swim & Lifesaving Instructor course prepares the instructor to teach and evaluate basic swim strokes and organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques. This course certifies candidates to teach LSS Swim Programs and up to the Bronze Cross Award. Course fee includes a Instructor PAC of books and binder. **Prerequisites: 15 years of age and Bronze Cross (or higher); LSS Assistant Instructor recommended.**

National Lifeguard Pool

15Y+

Orillia Recreation Centre

National Lifeguard education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude toward the role of the lifeguard. The course develops the basic lifeguarding skills, principles and decision making processes that will assist the lifeguard to evaluate and adapt to different aquatic facilities and emergencies. Fitness competencies of Bronze level programs are further built upon, in order to prepare candidates for the physical intensities required in the job of a lifeguard's rescue responsibilities. Course fee includes an Alert Manual and Fox 40 whistle with custom lanyard. **Prerequisites: 15 yrs, Bronze Cross and Standard First Aid with CPR-C.**



Borrow a Manual

The City of Orillia now partners with the Orillia Public Library for a discount on courses for borrowing manuals. Interested? More details available upon registration.

National Lifeguard and Swim Instructor Recertification

15Y +

📍 Orillia Recreation Centre

The National Lifeguard (Pool) with Swim & Lifesaving Instructor, Examiner Recertification Combo combines an evaluation of National Lifeguard fitness, skills and judgement to recertify those with National Lifeguard Pool as well as reviewing competencies learned in the instructor, coach and examiner courses to provide a refresher to those competencies. This combo course will recertify the candidates National Lifeguard as well as providing candidates with the 4 points required to apply for recertification of their instructor, coach, examiner and examiner awards. Upon successful completion candidates are responsible to submit and initiate their own recertification process. **Prerequisites: LSS Swim or Lifesaving Instructor, National Lifeguard - Pool.**



New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



National Lifeguard Pool Recertification

📍 Orillia Recreation Centre

This recertification course offers candidates with National Lifeguard Pool certification the opportunity to maintain current certification at the National Lifeguard level in a pool setting. Your lifeguarding skills will be tested based on physical standards, judgment and skill through a variety of evaluations of fitness demonstrations and application in simulated scenarios. **Prerequisite: National Lifeguard Pool.**

National Lifeguard Waterfront Crossover

📍 Couchiching Beach Park, Couchiching Beach

National Lifeguard Waterfront education is designed to develop a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude toward the role of the lifeguard in a waterfront setting. The course develops the basic lifeguarding skills, principles and decision-making processes that will assist the lifeguard to evaluate and adapt to different aquatic facilities and emergencies. Unsuccessful candidates are required to take the entire course again. **Prerequisite: Minimum 15 years of age, National Lifeguard Pool, and Standard First Aid.**

National Lifeguard Waterfront Recertification

📍 Couchiching Beach Park, Couchiching Beach

This recertification course offers candidates with National Lifeguard Waterfront certification the opportunity to maintain current certification at the National Lifeguard level in a waterfront setting. Your lifeguarding skills will be tested based on physical standards, judgment and skill through a variety of evaluations of fitness demonstrations and application in simulated scenarios. **Prerequisite: National Lifeguard Waterfront.**



Why are Programs Cancelled?

The Parks and Recreation Division endeavours to run all advertised programs; however, if there are not enough registrants enrolled in an Advanced Aquatics program two weeks prior to the start date, the program will be cancelled. Participants are contacted and the payment will be refunded to your account.

Lifesavers Today, Leaders Tomorrow.



ORILLIA LIFESAVING TEAM



See if lifesaving sport is for you!

Try out the **OLT Fundamentals program** - an 8 week taste tester to work on strokes, and lifesaving skills with a Lifesaving coach.

[Learn more](#)

Summer Waterfront Tryouts:

June 20, 2026 • 9-11 a.m.

[Learn more](#)



Swim Lessons

» Registration begins:
Monday, March 9, 2026

Facility Swim Test

At the lifeguard's discretion, any swimmer may be required to perform the facility swim test.

- Comfortably swim 25m continuously, face in the water and tread water for one minute.
- Failure to complete the facility swim test will prevent the swimmer from entering the deep end on the date tested.
- Swimmers will be given a wrist band once the swim test is successfully completed.



Do You Have an Idea for a Program?

The Parks and Recreation Division is seeking ideas for new programs and new instructors. To fill out a program proposal, visit orillia.ca/programs.


Pool Admission Standards


All children 9 years and under must be accompanied by a guardian who is at least 14 years of age and is responsible for their direct supervision.

Swim Test: 25m continuous swim, face in the water and tread water for 1 minute.

CHILDREN 0-6Y

Must have a supervising guardian in the water within arm's reach and remain in the shallow end.

Children 6Y and under without lifejackets:
 1 guardian per 2 children (max)


Children 6Y and under with lifejackets:
 1 guardian per 4 children (max)


CHILDREN 7-9Y

All children 7-9Y must perform a swim test. If unsuccessful, they must have a supervising guardian in the water within arm's reach and remain in the shallow end.

With a Successful Swim Test:

Children will have access to the deep end with their swim test wrist band. A supervising guardian must be in the pool or in the on-deck viewing area.

Children 7-9Y without lifejackets:
 1 guardian per 2 children (max)

Children 7-9Y with lifejackets:
 1 guardian per 6 children (max)

CHILDREN 10Y+

Regardless of age, anyone may be asked to perform a swim test. If unsuccessful, they must remain in the shallow end.

New Names, Same Splash!

Dive into Our Updated Swimming Lesson Levels

We've refreshed the names of our swimming lesson levels to make them easier to understand and more reflective of the skills being taught. Whether you're just starting out or working your way up, the changes will help you find the right fit faster. Check out the chart below to explore the new names and start planning your next swim session.

SWIMMER LEVELS



ADVANCED LEVELS



Lesson Schedule Overview

A variety of lessons are offered at the Orillia Recreation Centre including Parent & Tot, Preschool and Swimmer levels.

New: Find registration links to all program categories on page 32.

- Preschool Levels
- Parent & Tot Levels
- Swimmer Levels
- Specialty Levels
- Private Lessons

Pool Mornings

Saturday											
9:00 a.m.											
9:15 a.m.	Preschool 1 119290		Preschool Prep 119372		Parent & Tot 1 119254			Swimmer 1 119510		Swimmer 2 119525	Adult 1 119492
9:30 a.m.		Preschool 3 119321		Preschool 4 119336		Private Shallow 119389/ 119434					Private 119390/ 119437
9:45 a.m.	Preschool 6 119352		Parent & Tot 3 119279		Parent & Tot 2 119270			Swimmer 2 119529	Swimmer 3 119542	Swimmer 1 H30 119513	
10:00 a.m.		Preschool 5 119343		Preschool 2 119306		Preschool 1 119291					Private 119423/ 119435
10:15 a.m.	Parent & Tot 1 119256		Preschool 6 119353		Private Shallow 119424/ 119392			Swimmer 4 119553	Swimmer 5 119564	Swimmer 6 119568	Swimmer 1 119508
10:30 a.m.	Preschool 3 H30 119328	Swimmer Prep 119584		Preschool 6 119604		Private Shallow 119425/ 119436					Swimmer 3 119543
10:45 a.m.		Parent & Tot 3 119286		Preschool Prep 119367				Swimmer Prep 119602			
11:00 a.m.	Preschool 4 119331	Preschool 1 H30 119300		Parent & Tot 2 119266		Private Shallow 119438/ 119415		Rookie Patrol 119578	Ranger Patrol 119581	Star Patrol 119516	Swimmer 2 119528
11:15 a.m.		Private Shallow 119426/ 119427		Preschool 3 119322		Private Shallow 119428/ 119429					Swimmer 7 119600
11:30 a.m.	Private Shallow 119430/ 119394	Preschool 6 119605		Parent & Tot 3 119280		Private Shallow 119441/ 119391		Private 119442/ 119393			Swimmer 4 119556
11:45 a.m.		Preschool 2 119307		Swimmer Prep 119603				Youth 1 119495		Swimmer 3 119601	Adult 2 119494
12:00 p.m.	Private Shallow 119596/ 119598	Preschool 5 119345		Private Shallow 119597/ 119599		Preschool 1 119294					
12:15 p.m.										Preschool 6 119606	
12:30 p.m.											

Sunday											
9:00 a.m.											
9:15 a.m.	Preschool 3 119319		Preschool 2 119309		Preschool 1 119292			Private Shallow 119440/ 119398		Swimmer Prep 119661	Swimmer 1 119505
9:30 a.m.		Preschool Prep 119368		Preschool 5 119344		Private Shallow 119431/ 119433		Private Shallow 119407/ 119401		Swimmer 2 119523	Preschool 6 119359
9:45 a.m.	Preschool 4 119332		Parent & Tot 2 119267		Preschool Prep 119660					Swimmer 1 119507	Swimmer 3 119541
10:00 a.m.		Parent & Tot 1 119258		Preschool Prep 119660		Parent & Tot 3 119285		Swimmer Prep 119586	Rookie Patrol 119666	Swimmer 1 H30 119665	Swimmer 5 119560
10:15 a.m.	Preschool 3 119323		Preschool 6 119360		Parent & Tot 1 119259					Swimmer 2 H30 119532	
10:30 a.m.		Preschool 1 119295		Parent & Tot 1 119259		Private Shallow 119395/ 119399		Swimmer 3 119540		Swimmer 2 H30 119532	Swimmer 4 119554
10:45 a.m.	Private Shallow 119396/ 119378		Private Shallow 119397/ 119400		Preschool Prep 119369					Swimmer 1 H30 119665	Swimmer 7 119576
11:00 a.m.		Preschool 5 119349		Preschool 3 119663		Preschool 2 119312				Swimmer 2 H30 119532	Bronze Star 119244
11:15 a.m.	Preschool 1 119662		Parent & Tot 3 119268		Preschool 3 H30 119664					Swimmer Prep 119587	
11:30 a.m.		Preschool 6 119354		Preschool 4 119337		Private Shallow 119432/ 119402		Youth 2 119500		Swimmer 6 119572	Swimmer 7 119576
11:45 a.m.										Swimmer 2 119526	Swimmer 3 119546

Lesson Descriptions

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Parent & Tot

Parent & Tot 1

3M - 12M

Orillia Recreation Centre, Aquatic Centre

Spend quality time with your swimmer through structured in-water interaction between adult and swimmer. Focus on building comfort in the water through assisted front/back floats, paddling on front and back, and readiness for submersion. Parents/Guardians will learn to support their swimmer while developing trust and confidence in an aquatic environment. **Parent participation is required.**



Parent & Tot 2

12M - 24M

Orillia Recreation Centre, Aquatic Centre

Spend quality time with your swimmer and further increase comfort and enjoyment in the water while learning the following skills: assisted front/back support, blowing bubbles, getting face wet and floating with PFD's. **Parent participation is required.**



Parent & Tot 3

2Y - 3Y

Orillia Recreation Centre, Aquatic Centre

Spend quality time with your swimmer and gain confidence and comfort in the water while learning the following skills: jump entry, attempt to recover object underwater, and underwater passes from instructor to parent/guardian. **Parent participation is required.**



Preschool

Preschool Prep

3Y - 5Y

Orillia Recreation Centre, Aquatic Centre

Unsure if your preschooler is ready to go it alone? Preschool Prep offers the same content as Preschool 1, but allows parents to participate as many classes as needed for your preschooler. The goal is to help your preschooler feel comfortable on their own. **Parent participation is required for the first 4 weeks minimum.**



Preschool 1

3Y - 5Y

Orillia Recreation Centre, Aquatic Centre

Preschool 1 is designed to help young swimmers become more comfortable in the water by learning skills such as front and back floats and glides, jumping into chest-deep water with a Personal Flotation Device (PFD) and getting their face wet.

Preschool 2

3Y - 5Y

Orillia Recreation Centre, Aquatic Centre

Preschool 2 is designed to build on skills learned in Preschool 1. Swimmers will practice floating and gliding on their front and back while wearing a Personal Flotation Device (PFD), and jump into chest deep water by themselves. They will also learn to submerge their face and exhale underwater.

Preschool 3

3Y - 5Y

Orillia Recreation Centre, Aquatic Centre

Preschool 3 builds on previously learned skills. Swimmers will learn to float on their front and back on their own, and retrieve submerged objects from waist-deep water. They will also learn a side roll entry into the pool while wearing a Personal Flotation Device (PFD).

Attention Parents/Guardians:

- Spectators may watch lessons from the on-deck viewing area or upper level bleachers.
- Access to on-deck viewing area is only accessible by the main hallway. There is no deck access from the on-deck viewing area.
- Everyone on the pool deck must be in bathing attire.
- Participants are to wait at the designated meeting spot for their level.
- Participants must shower with soap and water, prior to entering the pool.
- Pictures will only be available on the last day of lessons.
- Please notify your instructor prior to the start of lessons of any medical conditions.

Preschool 4

3Y - 5Y

📍 **Orillia Recreation Centre, Aquatic Centre**

Preschool 4 continues to work on kicking & gliding through the water and introduces front crawl. Swimmers will jump and side roll into deep water while wearing a Personal Flotation Device (PFD) and retrieve objects from the bottom in waist-deep water.

Preschool 5

3Y - 5Y

📍 **Orillia Recreation Centre, Aquatic Centre**

Preschool 5 challenges swimmers with longer front crawl and back crawl swims. They will begin to learn whip kick and how to forward roll into deep water while wearing a Personal Flotation Device (PFD). Swimmers will also work on holding their breath for up to 10 sec.

Preschool 6

3Y - 5Y

📍 **Orillia Recreation Centre, Aquatic Centre**

Preschool 6 is for swimmers who are not yet old enough for Swimmer levels but are ready for more advanced deep-water skills. Participants will build confidence in deep water while performing front and back crawl over longer distances.



New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Children & Youth

Swimmer Prep

3Y - 5Y

📍 **Orillia Recreation Centre, Aquatic Centre**

Swimmer Prep is for beginner swimmers ages 6+ to build comfort in the water. Swimmers will work on front and back floats, flutter kick, and building water comfort.

Swimmer 1

6Y - 12Y

📍 **Orillia Recreation Centre, Aquatic Centre**

Swimmer 1 is for beginner swimmers aged 6+. Swimmers will learn to open their eyes, exhale and hold their breath underwater. They'll work on glides, kicking on their front and back, and becoming comfortable jumping into water without a Personal Flotation Device (PFD).

Swimmer 2

6Y - 12Y

📍 **Orillia Recreation Centre, Aquatic Centre**

Swimmer 2 introduces vertical whip kick and surface support (10 sec.). Swimmers will build endurance by kicking on their front and back (10m) and front and back crawl (10m). Swimmers will practice recovering objects in shallow water and jumping into deep water.

H30

3Y - 12Y

📍 **Orillia Recreation Centre, Aquatic Centre**

H30 is a low ratio class with a maximum of three participants available for Preschool 1-3 and Swimmer 1 levels.



Day Camps

Our summer camps will be available in the next recreation guide and are filled with exciting, confidence-building experiences in a supportive and welcoming environment. Campers will enjoy a wide range of activities such as outdoor games, sports, theatre, video games, and creative arts.



Swimmer 3

6Y - 12Y

Orillia Recreation Centre, Aquatic Centre

Swimmer 3 builds confidence in deep water with swimmers learning surface support (20 sec) and front and back crawl (15m). Swimmers will learn sideways entries in deep water wearing a Personal Flotation Device (PFD) and holding their breath (10 sec).

Swimmer 4

6Y - 12Y

Orillia Recreation Centre, Aquatic Centre

Swimmer 4 introduces the Canadian Swim to Survive® Standard. Swimmers will work on front crawl, back crawl (10-15m). Interval training (4x25m) whip kick and flutter kick will help swimmers build further endurance.

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Swimmer 5

6Y - 12Y

Orillia Recreation Centre, Aquatic Centre

Swimmer 5 participants will perform 25m sprints of front crawl and interval training of front crawl and back crawl. Swimmers will also work on swimming underwater for 5m.

Swimmer 6

6Y - 12Y

Orillia Recreation Centre, Aquatic Centre

Swimmer 6 participants will refine their front and back crawl (50m) and breaststroke (15-25m). They will increase their speed in 25m sprints and complete two interval training sets: 4x50m of front or back crawl; and 4x10-15m of breaststroke.

Swimmer 7

6Y - 12Y

Orillia Recreation Centre, Aquatic Centre

Swimmer 7 introduces more advanced aquatic skills such as stride entries, compact jumps, and lifesaving kicks like eggbeater and scissor. Swimmers will perform head-up breaststroke sprints (25m) and complete a 300m endurance workout.

Swimmer 8 (Rookie Patrol)

8Y - 12Y

Orillia Recreation Centre, Aquatic Centre

Rookie Patrol develops strength and efficiency with an emphasis on personal responsibility in the water. Swimmers will complete a 100m swim in 3 minutes, maintain eggbeater kick for 1 min, and complete a 200-300m endurance swim.

Swimmer 9 (Ranger Patrol)

8Y - 12Y

Orillia Recreation Centre, Aquatic Centre

Ranger Patrol introduces basic rescue techniques, victim simulation, and minor first aid treatment. Swimmers will complete a 200m swim in 6 minutes. Swimmers will also learn non-contact rescues to enhance capability and personal safety in and around the water.

Swimmer 10 (Star Patrol)

8Y - 12Y

Orillia Recreation Centre, Aquatic Centre

Star Patrol will have swimmers complete a 300m swim in 9 minutes and learn more advanced rescue techniques, including 20m rescue with towing aid and supporting a face-up victim in shallow water.

Bronze Star

8Y - 12Y

Orillia Recreation Centre, Aquatic Centre

Your lifesaving career starts here! Participants will develop swim stroke efficiency, lifesaving skills and personal strength and endurance fitness. Participants develop problem-solving and decision-making skills individually and with partners to assess rescue risks and self-rescue skills in open water. **Bronze Star is the prerequisite for Bronze Medallion (if swimmer is not 13 years old.)**



Adult

Aqua ABCs

16Y+

Orillia Recreation Centre, Aquatic Centre

Build arm strength and improve your balance while challenging your core with a low impact program using pool noodles and set to music in warm, shallow water. No prerequisites necessary.

Aqua Yoga

16Y+

Orillia Recreation Centre, Aquatic Centre

This program fuses the benefits of a land yoga practice along with the benefits of buoyancy and hydrostatic pressure, enjoyed in a warm water environment. Aqua Yoga offers traditional asanas adapted to water and is suitable for all fitness levels, newcomers to yoga and anyone looking for reduced joint pressure as they practice. Come improve your balance and flexibility, build strength and body awareness while reducing stress!

Keep up with us
on social media:



Baby & Me Aquafit

16Y+

Orillia Recreation Centre, Aquatic Centre

Dive into a world of aquatic fitness and bonding with Baby & Me Aquafit! This fun class in the lap pool allows the caregiver and baby to actively participate together with instructor guidance and supervision. Your baby will enjoy interactive play in the water while you follow the instructor through a series of muscle conditioning exercises using both the water and your baby as resistance. Babies are placed in provided floating seats allowing them to get used to the water and be around other babies. **When registering, please register the adult for the program, not the child. Your child must have independent neck support during movement to participate in this program. We recommend wearing aqua shoes and to bring a non-breakable water bottle.**

Swim Adult 1

16Y+

Orillia Recreation Centre, Aquatic Centre

Build confidence in shallow water while working on 10-15m swims on your front and back. Develop underwater swim skills with object recoveries and entries from the side. Improve your physical fitness with interval training kick sets.

Swim Adult 3

16Y+

Orillia Recreation Centre, Aquatic Centre

You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25-50 m. You'll master your front crawl, back crawl and breaststroke.

Swim Youth 1

10Y-17Y

Orillia Recreation Centre, Aquatic Centre

Build confidence in shallow water while working on 10-15m swims on your front and back. Develop underwater swim skills with object recoveries and entries from the side. Improve your physical fitness with interval training kick sets. This program is for Youth.

Swim Youth 2

10Y-17Y

Orillia Recreation Centre, Aquatic Centre

Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. You'll be supporting yourself at the surface for 1-2 minutes, and showing off your handstands in shallow water. This program is for youth.

Private Lessons

3Y+

Orillia Recreation Centre, Aquatic Centre

Dive into personalized aquatic learning with our private swim lessons! Whether you're a beginner or trying to refine your skills, our experienced instructors will guide you in a private setting. Unlock your swimming potential and gain confidence in the water. These lessons are available for all ages including adults.



Do you have park maintenance inquiries?

Contact the Environment and Infrastructure Services division at enviroservices@orillia.ca, 705-326-4585, or visit orillia.ca.

Preschool

»» Registration begins:
Monday, March 9, 2026

0Y - 2Y

Gentle Beginnings: 3-6 Months 3M-6M

📍 Orillia Recreation Centre, Preschool Room

This 6-week program for 3 to 6-month infants will offer many opportunities to engage in activities with your child, including tummy time, sensory play, and early language learning. It will also provide an opportunity for you to connect with families in the community and learn about different activities to support your child's development. Parent and/or guardian attendance and participation is required for this program.



Gentle Beginnings: 6-12 Months 6M-12M

📍 Orillia Recreation Centre, Preschool Room

This 6-week program for 6 to 12-month babies will offer many opportunities for your child to engage in activities that support their physical, cognitive, and social development. Activities will include block play, sensory play, and simple art activities. Sitting with support, sitting independently, crawling, scooting, and walking infants are all welcome. Activities will vary to support your child's stage of development. Parent and/or guardian attendance and participation is required for this program.



Play & Grow: 12-18 Months 12M-18M

📍 Orillia Recreation Centre, Preschool Room

This program for 12-month to 18-month babies will offer many opportunities for your child to engage in activities that support different areas of their development. Each week, various centre activities will be offered, such as building activities, simple art activities, sensory play, water play, pretend play, and early reading activities. Sitting, crawling, furniture surfing, and walking babies are all welcome. Various activity options will be provided to support your child's stage of development. Parent and/or guardian attendance and participation is required for this program.



Developmental Programming

Developmental Programming is created through partnership with Lakehead University's Office of Community Engagement and Lifelong Learning.



Lakehead
UNIVERSITY

ORILLIA

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Play & Grow: 18-24 Months

18M-24M

Orillia Recreation Centre, Preschool Room

This 6-week program for 18-month to 24-month children will offer many opportunities for your child to engage in activities that support their social, cognitive, and physical development. Each week, various centre activities will be offered, such as building activities, art activities, sensory play, pretend play, and early reading activities. Weather permitting, there will be opportunities for simple outdoor play, as our preschool room has an attached outdoor play area. Short whole group activities, such as simple music games, will also be offered in each session. Parent and/or guardian attendance and participation is required for this program.



2Y - 4Y

Preschool Prep

2Y-3Y

Orillia Recreation Centre, Preschool Room

This 8-week program will offer many opportunities for your child to engage in activities that support their social, cognitive, and physical development. Various centre activities will be offered, such as building activities, art activities, sensory play, pretend play, and early language learning. Weather permitting, there will be opportunities for simple outdoor play. Short group activities, such as simple music games and story time, will also be offered. Guardians are required to stay for the sessions. In the first couple of weeks, they are expected to actively participate alongside their child. Over time, as children gain confidence and skills, parents will gradually be encouraged to step back and eventually step out of the room to allow their child to practice independence in a safe and supportive environment.



Kinder Prep

3Y-4Y

Orillia Recreation Centre, Preschool Room

Developed through partnership with Lakehead University's Office of Community Engagement & Lifelong Learning. This 8-week program for 3 to 4-year-old children will focus on helping to prepare your child for kindergarten. Each week, various activities will be offered to help your child build independence and skills. For example, activities will provide practice putting on shoes and jackets, opening lunch containers, sitting on a carpet for story time, developing dexterity with school tools (scissors, markers, pencils, etc.), playing with other children, and listening to instructions. Weather permitting, there will be opportunities for simple outdoor play, as our preschool room has an attached outdoor play area. Parents and guardians are required to stay for the sessions. In the first couple of weeks, they are expected to actively participate alongside their child. Over time, as children gain confidence and skills, parents will gradually be encouraged to step back and eventually step out of the room to allow their child to practice independence in a safe and supportive environment.



Littlest Warriors

2Y-3Y

West Orillia Sports Complex, Tournament Room

Warrior Athletes is a sport and movement program designed to build physical literacy and inspire a lifelong love of sport and active participation. Programs are delivered in a safe, positive environment that supports both physical and emotional growth. Small class sizes ensure each participant receives individual attention and encouragement. Littlest Warriors (Ages 2-3) is a fun and engaging introduction to fundamental movement skills, including locomotion, stability, and object manipulation. This program helps our youngest athletes build a strong foundation that supports the development of more advanced skills in the years ahead.



All programs with this symbol are parented. Please come prepared to participate with your child.

Junior Warriors

3Y-5Y

📍 West Orillia Sports Complex, Tournament Room

Warrior Athletes is a sport and movement program designed to build physical literacy and inspire a lifelong love of sport and active participation. Programs are delivered in a safe, positive environment that supports both physical and emotional growth. Small class sizes ensure each participant receives individual attention and encouragement. Junior Warriors (Ages 3–5) takes a fun and active approach to introducing sport and more advanced movement skills. Through games and structured activities that incorporate agility, balance, coordination, and speed, participants develop fundamental movement skills essential for lifelong health and sport participation. It's the perfect combination of fitness and fun.

4Y - 6Y

Dance for Kids

4Y-6Y

📍 Orillia Recreation Centre, Multi-Purpose Room



Does someone in your life skip around the kitchen and love to move? Dance for Kids is the perfect place to start! This introductory class lets children explore the basics of jazz, hip hop, ballet, and more in a fun, welcoming environment. Participants will learn simple moves, practice beginner choreography, and stay active alongside new friends, all while discovering what styles of dance inspire them most.

Parent and Tot: Tippy Toes

3Y-5Y

📍 West Orillia Sports Complex, Tournament Room

A fun introduction to Highland dance for toddlers and their grown-ups! This class focuses on moving to music, learning basic Highland steps, dancing on tiptoes, and building coordination, all in a playful and supportive setting. Parent and/or guardian attendance and participation is required for this program.

Tiny Twirlers Ballet

4Y-6Y

📍 Orillia Recreation Centre, Multi-Purpose Room

Introduce your child to the joy of movement with our 4-6 year old ballet class! This beginner-friendly program focuses on basic ballet positions, rhythm, and coordination through fun, age-appropriate exercises and imaginative play. Children will build confidence, improve motor skills, and develop a love for dance in a supportive and creative environment. No prior experience is needed, just bring your little dancer's energy and enthusiasm!

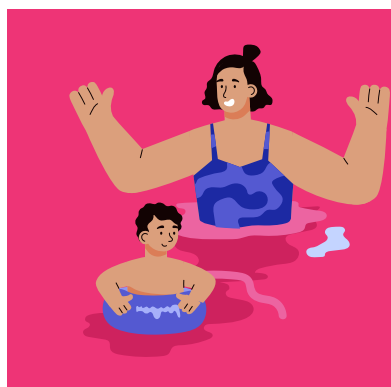


Junior Warriors

3Y-5Y

📍 West Orillia Sports Complex, Tournament Room

This program takes a fun and active approach to the introduction of sport and more challenging movement skills. By incorporating agility, balance, co-ordination and speed into games and exercises, participants will learn fundamental movement skills essential for life, health and sport. The perfect way to combine fitness and fun!



Swimming Lessons

Learning to swim can be a very beneficial lesson in life. Taught by certified instructors, the City of Orillia is proud to offer a range of lessons that will provide lifelong skills to help kids learn to be safe in and around the water. Learn more on page 25.

Children & Youth

» Registration begins:
Monday, March 9, 2026

Arts & Culture

Adventures in Art

6Y-9Y

📍 Orillia Recreation Centre, Preschool Room

Embark on an exciting journey of creativity with our Adventures in Art Recreation Program, tailor-made for children aged 6 to 9! In this dynamic and interactive class, young adventurers will explore the wonderful world of art through a series of fun and imaginative activities. From painting and collage to sculpture and storytelling, participants will unleash their creativity and express themselves in unique ways. Join us for a colourful exploration where every brushstroke and every idea leads to new artistic discoveries and endless fun!

Beginner Step Dance

8Y+

📍 West Orillia Sports Complex, Tournament Room

Cape Breton Island Step Dancing is a lively and rhythmic dance form that celebrates the rich cultural heritage of Nova Scotia. Known for its intricate footwork, this energetic style blends Scottish and Irish influences with a unique Cape Breton flair. Dancers move to the lively tunes of traditional fiddle music, creating an electrifying connection between sound and movement. Whether you're a beginner looking to experience a vibrant cultural tradition or a seasoned dancer seeking to refine your skills, Cape Breton Island Step Dancing offers a joyous and immersive way to embrace the spirit of the island.

Dance for Youth

7Y-10Y

📍 Orillia Recreation Centre, Multi-Purpose Room

For kids ready to take their first steps into dance, this class offers a playful introduction to jazz, hip hop, ballet, and beyond. Participants will learn foundational moves and choreography, build coordination and confidence, and stay active with peers who share their interest in dance. It's a great way to explore different styles and see what sparks their passion.

Highland Dancing for Youth

6Y-12Y

📍 West Orillia Sports Complex, Tournament Room

Highland Dancing, with its origins in Scotland, is a captivating display of grace, strength, and precision. Students will be introduced to the rich heritage, traditional steps, and cultural significance of Highland dancing while developing their technique and confidence.

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.





Hip Hop Kids

6Y-9Y

📍 Orillia Recreation Centre, Multi-Purpose Room

Hip Hop Kids is a high-energy dance program designed for children to learn the fundamentals of hip hop dance in a fun and supportive environment. Through engaging and age-appropriate choreography, kids will explore basic hip hop moves, footwork, and rhythm. The program focuses on building confidence, coordination, and physical fitness while encouraging creative expression and a love for dance.

Play with Air Dry Clay

6Y-9Y

📍 Orillia Recreation Centre, Preschool Room

Kids will explore sculpting and painting with soft, easy to use air-dry clay. Each week they learn simple techniques for shaping, joining pieces, adding texture, and finishing their work with paint. Projects will include animals, small sculptures, characters, and decorative bowls. The focus is on creativity, skill-building, and enjoying the process. All artwork will be displayed in a mini art show during the final class.

Slime Time

8Y-12Y

📍 Orillia Recreation Centre, Preschool Room

Slime Time is where kids dive into the fun of slime-making while building their very own slime brand! During the first week, participants design custom stickers that will personalize their slime jars and represent their unique brand. Each week features a different type of slime, from glittery classics to glow-in-the-dark fun, offering endless opportunities for creativity. The program encourages imagination, sensory play, and self-expression as kids craft and showcase their branded slime creations. By the end, each participant will have a one-of-a-kind collection to take home and show off!

Tiny Worlds Workshop

8Y-12Y

📍 Orillia Recreation Centre, Preschool Room

Do you love tiny cute things? Have you always wanted to design your own house? In Tiny Worlds Workshop we make all of your diorama dreams come true! Using recycled materials and crafting supplies, we will build the mini house of your dreams (and don't forget the people who live inside it!). From a modern build, to a woodland critter paradise, you can get creative with whatever style you like.

Fitness

CHATercise

6Y-14Y

📍 Orillia Recreation Centre, Gymnasium A

Choosing Healthy Actions Together (CHAT) Club creates a safe space for kids to move their bodies without judgment or set expectations. Form lasting friendships with your peers as you develop healthy physical exercise routines together. Develop your physical literacy through a variety of fun activities that focus on getting you moving each week! This program is made possible in partnership with Orillia Soldiers' Memorial Hospital.

Hobbies and Interests

Canada Safety Council: Babysitter's Training Course

12Y-16Y

📍 West Orillia Sports Complex, Tournament Room

The Canada Safety Council has been a leader in babysitter training since 1970. The Babysitters Training Course is the oldest and most recognized course in Canada. Over a half a million young people have been trained across the country. The Babysitters Training Course is aimed at young people turning 12 years of age within the calendar year or older who want to demonstrate their capabilities by completing the course under responsible direction.

Canada Safety Council: Home Alone

10Y-14Y

📍 West Orillia Sports Complex, Tournament Room

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, as well as keep them safe and constructively occupied.



New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Neurodivergent Teen Social

13Y-18Y

West Orillia Sports Complex, Orillia Active Living Centre

This inclusive weekly program is designed for neurodivergent teens to build meaningful friendships in a supportive and understanding environment. Each session is guided by a themed discussion that explores topics relevant to neurodivergent experiences, such as embracing individual strengths, understanding different learning styles, developing healthy coping strategies, building effective study habits, and planning for next steps after high school, including college and university pathways. Through open conversation, shared experiences, and peer support, participants will gain confidence, strengthen social connections, and develop valuable tools to help navigate school, relationships, and life transitions.

Sports

3 on 3 Hockey League

9Y-14Y

West Orillia Sports Complex, Green Ice (200 Seat)

The quickest game on ice is in Orillia and we want you to be a part of it! You will be thinking faster, skating harder and increasing your endurance more than traditional 5 on 5 leagues. There are two different age groups: 9Y to 11Y and 12Y to 14Y. Don't forget, goalies get 50% off! All players will be challenged both offensively and defensively in this non-contact league while improving player's decision making and stick handling. Full hockey equipment is required but a jersey is included. Games will be played on Sundays. Teams will be randomly picked prior to the first week. No team requests will be accepted. We are actively seeking volunteer coaches for each team, please contact bcarroll@orillia.ca if you are interested in volunteering. Space is limited so register early (maximum 12 skaters and one goalie per team).

Pickleball for Youth

12Y-18Y

Orillia Recreation Centre, Gymnasium A

Pickleball for Youth introduces children to the fundamentals of pickleball, including paddle techniques, footwork, and game strategies, in a fun and supportive environment. Through engaging drills, practice sessions, and friendly matches, kids improve their agility, coordination, and sportsmanship while fostering a love for the game and making new friends.



U13: Simcoe Spartans Trailblazers

9Y-13Y

Orillia Recreation Centre, Gymnasium A

Technical, fun, indoor soccer training sessions emphasizing quick decision-making, shielding, defending, and attacking through fast-paced drills and scrimmages. Sessions draw from Learn to Train components, with kids leveling up their abilities in an inclusive co-ed setting, ideal for building resilience and passion for soccer.



Do You Have an Idea for a Program?

The Parks and Recreation Division is seeking ideas for new programs and new instructors. To fill out a program proposal, visit orillia.ca/programs.

Orillia Girls Softball



The Orillia Girls Softball League is open to all girls 7-17 years of age, and will consist of three divisions of play.

No experience is required, just a desire to get out on the diamond and have some fun! All players are guaranteed one game a week and one practice every two weeks. Team shirts will be provided for all players and at the end of the season there will be a tournament style championship! Players will be contacted by their coach with league details and schedules. For details, contact the Sport and Senior Recreation Coordinator at 705-325-1284.

Coaches are Needed, Volunteer Your Time

We can't do it without your help! Together we can provide a memorable softball experience! If you are interested in coaching, please let us know.

Make your Business a Sponsor

For \$350.00 you will have the name of your business on the team t-shirts and on orillia.ca! You will also receive a team t-shirt.

Registration Details

If you have questions or require assistance, please contact the Sport and Senior Recreation Coordinator at 705-325-1284.

Junior Division

7Y-10Y

📍 Bayview Park, Ball Diamond

Weather permitting; practices will be on Sundays between 5-8 p.m. with games on Tuesdays at Bayview Diamond.

Intermediate Division

11Y-13Y

📍 Bayview Park, Ball Diamond

Weather permitting; practices will be on Thursdays at Bayview Diamond with games on Sundays at Kitchener Diamond.

Senior Division

14Y-17Y

📍 Bayview Park, Ball Diamond

Weather permitting; practices will be on Mondays or Wednesdays at Bayview Diamond with games on Sundays at Kitchener Diamond.

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Curious about our program refund policy?

View page 73 for more information.



U9: Simcoe Spartans Spark Squad 7Y-9Y

Orillia Recreation Centre, Gymnasium A

A fun, beginner-focused indoor soccer program blending high-energy soccer drills with games to build basics like dribbling, passing, and teamwork. Sessions follow FUNDamentals principles, with positive mentorship helping young Spartans gain confidence in a supportive co-ed environment, perfect for kids new to the game or honing early skills. To purchase a Spartan training shirt, please reach out to contact@simcoemuskokasoccer.ca.

Taekwondo: All Belts 6Y-8Y

Orillia Recreation Centre, Multi-Purpose Room

Learn basic, intermediate, and advanced Taekwondo techniques. Emphasis is placed on the tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. Belt requirements focus on Poomsae, 1 Step, and 3 Step. Classes take place on an 8m x 8m Olympic-style ring when the class is full. Not sure your child will be interested? Email Mike Larose at orilliaataekwondo@gmail.com for more information on observing a class.

Tennis Lessons 7Y+

West Orillia Sports Complex, Tennis Courts

The Recreation, Youth and Culture Division now partners with the Orillia Tennis Club to bring you this tennis program. Classes will cover the fundamentals of tennis to help you improve your game: forehand, backhand, volley, serve, and etiquette. Weather permitting, cancelled classes will be added to the end of the session.

Taekwondo: All Belts 9Y-11Y

Orillia Recreation Centre, Multi-Purpose Room

Students will learn basic, intermediate and advanced Taekwondo techniques as sanctioned by World Taekwondo, Taekwondo Canada and Taekwondo Ontario. Emphasis on the tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Belt requirements focus on obtaining Kukkiwon certification (Black Belt). Class occurs on 8m x 8m Olympic-like ring. Not sure your child will be interested? E-mail Mike Larose at orilliaataekwondo@gmail.com for more information on observing a class.

Taekwondo: Family Kicks 6Y+

Orillia Recreation Centre, Multi-Purpose Room

Students will learn basic, intermediate, and advanced Taekwondo techniques. Emphasis is placed on the tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. Belt requirements focus on Poomsae, 1 Step, and 3 Step. Classes take place on an 8m x 8m Olympic-style ring when the class is full. Not sure your child will be interested? Email Mike Larose at orilliaataekwondo@gmail.com for more information on observing a class.

T-Ball (Kiwanis) 5Y-7Y

Couchiching Beach Park

T-Ball is similar to softball except there is no pitcher. The ball is placed on an adjustable T. The game lasts one hour and an inning is complete when each team member has had a turn at bat. Cost includes trophy, shirt and cap. This course is sponsored by the Orillia Kiwanis Club. Please note that children must be accompanied by an adult. Registration for this program closes April 21, 2026 to allow for time to create teams.

Volleyball for Youth: Junior 8Y-10Y

Orillia Recreation Centre, Gymnasium B

Want to play a weekly game of volleyball with youth around your age? Through this program, each week you will have the opportunity to practice drills, improve your ability to volley, bump and maybe even spike! This program focuses on fair play, skill development, teamwork and most of all a reward game-play experience! Enjoy the love of volleyball while meeting new people and improving upon your skills.

Volleyball for Youth: Senior 11Y-13Y

Orillia Recreation Centre, Gymnasium B

Want to play a weekly game of volleyball with youth around your age? Through this program, each week you will have the opportunity to practice drills, improve your ability to volley, bump and maybe even spike! This program focuses on fair play, skill development, teamwork and most of all a reward game-play experience! Enjoy the love of volleyball while meeting new people and improving upon your skills.

Adult

» Registration begins:
Monday, March 9, 2026

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Arts & Culture

Bachata Level 1 for Beginners

18Y+

📍 Orillia Recreation Centre, Fitness Studio

This smooth, romantic Latin dance style from the Dominican Republic is perfect if you are just starting out. Progressive classes will cover the fundamental techniques and steps of this popular social dance, specifically designed for those with no prior experience. Students will learn the basic steps, timing, and partner connection, including how to lead and follow. The class aims to build a strong foundation in Bachata, covering basic footwork, simple turns, and body movement. **A partner or friend is recommended but not required.**

Ballroom & Social Dance Beginner

16Y+

📍 Orillia Recreation Centre, Fitness Studio

Dancing is fun, good exercise and it is quality time together. Learn Fox Trot, Waltz, Swing (Jive) and Cha Cha in beginner levels and gradually progress into Rumba, Tango and Samba in advanced. Make new friends and become part of our social dance club. Learning to lead and follow, gain the confidence to experience the true joy of dancing. Please note that the fee for this course is per two participants. **Signing up as a pair is required.**

Ballroom & Social Dance Intermediate #1

16Y+

📍 Orillia Recreation Centre, Fitness Studio

Dancing is fun, it is good exercise and it is quality time together. You will learn Fox Trot, Waltz, Swing (Jive) and Cha Cha in beginner levels and gradually progress into Rumba, Tango and Samba in advanced. You'll make new friends and become part of our social dance club with monthly dances. Learning to lead and follow, you'll gain the confidence to experience the true joy of dancing. **Signing up as a pair is required.**



Beginner Salsa

16Y+

📍 **Orillia Recreation Centre, Fitness Studio**

Step into the world of salsa and discover the joy of dance in this upbeat, beginner-friendly class. Our experienced instructor will guide you through basic footwork, easy partner patterns, and simple routines at a relaxed pace. No dance experience is needed, just bring your enthusiasm and get ready to move! You'll rotate partners throughout the class, making it a fun and social experience. You're welcome to sign up with a partner or friend, but it's not required.

Beginner Step Dance

8Y+

📍 **West Orillia Sports Complex, Tournament Room**

Cape Breton Island Step Dancing is a lively and rhythmic dance form that celebrates the rich cultural heritage of Nova Scotia. Known for its intricate footwork, this energetic style blends Scottish and Irish influences with a unique Cape Breton flair. Dancers move to the lively tunes of traditional fiddle music, creating an electrifying connection between sound and movement. Whether you're a beginner looking to experience a vibrant cultural tradition or a seasoned dancer seeking to refine your skills, Cape Breton Island Step Dancing offers a joyous and immersive way to embrace the spirit of the island.

Ceramics For Beginners - Hand-Building

14Y+

📍 **Orillia Waterfront Centre, Boaters' Lounge**

Explore the fundamentals of hand-building and pottery in this beginner-friendly ceramics class. Learn basic techniques such as coil, slab, and pinch methods, and experiment with shaping, texturing, and glazing your own creations. Perfect for first-time ceramists or anyone looking to reconnect with the joy of making with clay.

Fiddling Basics: Advanced

16Y+

📍 **Orillia Waterfront Centre, Boaters' Lounge**

Fiddlers and violinists - are you interested in adding to your current fiddling experience? The advanced course offers more challenging tunes and new ways to get them under your fingers. Learn to pick up tunes by ear, improve music reading, and master the basics of violin playing. Explore different fiddling styles, such as Canadian Old Time, Irish, or Cape Breton, and discover how to join local fiddle jams, dances, and workshops. Students must bring a violin with a bow and case, a shoulder rest, and a music stand. For information on renting or purchasing a violin, contact the instructor Valerie Selander at fiddlingbasics@gmail.com.



Fiddling Basics: Introductory

16Y+

📍 **Orillia Waterfront Centre, Boaters' Lounge**

Interested in playing the fiddle but not sure where to start? The Introductory course will get you fiddling quickly and enjoying great tunes. Students must have 6 to 12 months of experience playing the violin in any setting. Learn to pick up tunes by ear, improve your music reading skills and master the basics of violin playing. Explore different fiddling tunes and styles, and discover how to join local fiddle jams, dances, and workshops. Students must bring a violin with a bow and case, a shoulder rest, and a music stand. For information on renting or purchasing a violin, contact the instructor Valerie Selander at fiddlingbasics@gmail.com.

Painting the Cottage Scene

16Y+

📍 **Orillia Opera House, Market Room**

This class explores painting local cottages and cottage life, drawing inspiration from familiar landscapes and seasonal scenes. Participants will work in their preferred medium, including acrylic, watercolour, or oils, with the majority of painters choosing acrylics. As weather permits, the class may include outdoor painting sessions, offering opportunities to work directly from life and capture light, colour, and atmosphere on site. This program is well suited for experienced painters looking to refine their skills while enjoying a relaxed, creative environment focused on local subject matter.

Sing Along Songs for the Ukulele

16Y+

📍 **Orillia Waterfront Centre, Boaters' Lounge**

We'll learn some classic campfire songs and other fun songs to play together, for friends and grandkids. From Sloop John B and Four Strong Winds to Wagon Wheel and more! These songs are fun and easy. Beginners are encouraged to sign up. Just bring along your G-C-E-A tuned ukulele and a smile.

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Fitness

Bounce for Adults

16Y+

📍 Orillia Recreation Centre, Fitness Studio

Bounce for Adults is an exercise class that uses a rebounder trampoline. Come and join this total-body workout for a fun combination of cardio, strength training and core work, using a variety of training techniques and equipment, all while listening to great tunes! Experience the difference in exercising while you strengthen your heart and lungs and improve your lymphatic circulation. Great for the beginner and the experienced fitness enthusiast alike.

Candlelight Yang Yin Yoga

16Y+

📍 Orillia Recreation Centre, Fitness Studio

Discover the power of deep relaxation and flexibility with our Candlelight Yang Yin Yoga program. This slow-paced, candlelit class focuses on stretching and holding poses for extended periods, allowing each stretch to reach deep into the fascia the connective tissues around your joints and muscles. Participants will be gently introduced to foundational postures in a warm, calming atmosphere enhanced by soft candlelight. Each week, a new posture will be added and hold times will gradually increase, ultimately reaching between 5 to 10 minutes per pose. This eight-week journey will help you develop greater flexibility, release tension, and promote a peaceful, meditative state of mind surrounded by soothing ambience.



Chair Yoga

18Y+

📍 Orillia Recreation Centre, Multi-Purpose Room

Designed for all ages, but specifically for someone who may have some challenges with mobility or balance. This yoga class will help you start or maintain an active lifestyle. Doing Chair Yoga and gentle Standing Yoga poses will help you maintain, stretch, and strengthen your body. Postures are modified to accommodate all body types and levels of fitness. Chair yoga participants can also enjoy health benefits of a regular practice such as: improved muscle tone, balance, coordination, better breathing habits, reduction of stress, and better sleep.

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Early 2000's Dance Class

16Y+

📍 Orillia Recreation Centre, Multi-Purpose Room

Step back into the early 2000s and groove to the hottest dance tracks of the decade! This high-energy adult dance class will have you moving to iconic hits from artists like Britney Spears, Nelly, Usher, and more. Whether you're a seasoned dancer or just looking to have fun, our instructor will guide you through easy-to-follow choreography set to the ultimate throwback playlist. Get ready to relive the best Y2K moments on the dance floor while breaking a sweat and having a blast. No dance experience required, just come ready to move, laugh, and enjoy the music!

Fitness for Life

16Y+

📍 Orillia Recreation Centre, Fitness Studio

This class is designed for women looking to improve the key tenants of fitness-cardiovascular strength and endurance, muscular strength, agility, flexibility and balance. Each class offers an introduction to various formats of group fitness, including Step aerobics, Zumba, HIIT, dumbbell work, core strengthening mat work, Yoga, Spin, Aquafit and Aqua Yoga (pending Facility availability). This class is ideal for the participant who enjoys variety in exercise and is searching to discover motivation and passion for her fitness journey.

Intermediate Yoga Flow

16Y+

📍 Orillia Recreation Centre, Fitness Studio

Connecting movement with breath and you flow from pose to pose in this vinyasa style yoga class.

Line Dancing

16Y+

📍 Orillia Recreation Centre, Gymnasium B

Looking for something fun to do while also improving your physical fitness? This class will focus on the most popular 'Pattern' dances and will introduce many of the basic moves necessary for Line Dancing. Come out and enjoy with friends. Partners are not required for these programs.

Mobility + Movement

16Y+

📍 Orillia Recreation Centre, Fitness Studio

This fusion class combines Pilates precision, barre-inspired movement, light strength training, and functional stretching. Build lean muscle, improve flexibility, and enhance balance and endurance, all in one energizing, full-body work.

Muscular Endurance & Strength 16Y+

📍 Orillia Recreation Centre, Fitness Studio

This class is designed to improve both muscular endurance and strength, helping you build the power and stamina needed for everyday activities. Through a combination of resistance training, bodyweight exercises, and functional movements, you'll develop the ability to lift, carry, push, and move with ease in daily life. Expect a full-body workout that enhances muscle tone, stability, and endurance while reducing the risk of injury. Whether you're lifting groceries, climbing stairs, or playing with your kids, this class will help you move better and feel stronger every day! All fitness levels are welcome. Modifications will be provided to suit individual needs.

Pilates 16Y+

📍 Orillia Recreation Centre, Fitness Studio

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movement. These classes are designed for those new to Pilates or those wanting to brush up on their Pilates knowledge. Learn the fundamental principles of the Pilates method and its basic exercises. Improve your strength, posture and flexibility. Everyone—from the “unfit” to the high performance athlete can benefit from this class.

Pilates for Osteopenia and Osteoporosis 16Y+

📍 Orillia Recreation Centre, Fitness Studio

A course specifically designed for clients suffering from osteopenia and osteoporosis. It offers safe and effective modified Pilates exercises which aim to improve body alignment and posture, build core and strength stability, relieve pain and stiffness associated with osteoporosis, while at the same time increasing bone density.

Pilates with Props 16Y+

📍 Orillia Recreation Centre, Fitness Studio

Pilates with Props is a mat based class which features small apparatus to bring more challenge. Working with unstable surfaces such as piglets ball, rollers, pilates ring, will impact the core more and you will feel every muscle working. Each class will bring suppleness and strength as the exercises target distinct muscle groups in smooth, continuous movements. As a workout targeting the arms and shoulders, the back, the abdomen, the inner and outer thighs and buttocks, pilates is known for its sculpting effects. In addition, it helps create a more evenly conditioned body without building too much bulk. During each class you'll actually be re-training your body to move in safer, more efficient patterns of motion. Athletes love how pilates enhances sports performance and aids in injury prevention and rehab. The rest of us regular folk get all those benefits too, as pilates is a beneficial for our posture, core, grace and healthy longevity.

TRX 16Y+

📍 Orillia Recreation Centre, Fitness Studio

TRX is a versatile suspension training tool that allows you to develop strength, mobility, balance, flexibility, and core stability using only your body weight. Suitable for beginners and advanced enthusiasts alike, this class focuses on developing essential foundational movements through easy-to-follow progressions. Basic exercise experience is recommended.

Women & Weights: Level 1 16Y+

📍 Orillia Recreation Centre, Fitness Studio

Increase toning and definition with this introduction to strength training for women only. Focus will be on proper form and technique and by the end of the course you will have multiple strength programs designed specifically for you.

Women & Weights: Level 2 16Y+

📍 Orillia Recreation Centre, Fitness Studio

Advance your foundation of strength training to the next level! This intermediate/advanced strength training class is designed specifically for women. The goal is to teach women the proper design and structure of a sound strength training program. Women & Weights Level 1 is required as a prerequisite for the course.

Women's Bootcamp 16Y+

📍 Orillia Recreation Centre, Fitness Studio

Looking for an energetic way to start your day? Women's Bootcamp is designed to increase women's strength, help cardiovascular performance, and generally improve fitness through a supportive community. This program focuses on all components of exercise including total-body strength, muscular endurance, and cardio segments. You will enjoy a variety of workout styles such as High Intensity Interval Training (HIIT), Tabata, circuit-style stations, and Functional training.





Yoga Foundations

16Y+

📍 Orillia Recreation Centre, Fitness Studio

Are you looking to find more understanding and integrity in your yoga poses? Yoga foundations is meant to help with just that! Discussing the joints and anatomy as we deep dive into some of the core poses you'll often find in your hatha or flow yoga classes. Taking the time to explore these poses, with opportunity for adjustments as well as verbal cues to help you find proper alignment in each pose.

Hypertufa

16Y+

📍 Parklane Landscapes

Hypertufa is a unique material often used in gardening and landscaping, created by mixing peat moss, perlite, and Portland cement. This lightweight, porous alternative to traditional stone or concrete is favored for crafting planters, garden sculptures, and troughs. Its rustic appearance blends beautifully with natural surroundings, making it a popular choice among garden enthusiasts. We will have plastic pots available. Feel free to bring along a plastic container of your choice. Max size 2g. This will be discarded after the hypertufa has dried.



Learn to Hem Like a Pro

18Y+

📍 West Orillia Sports Complex, Tournament Room

Join Christine for a fun and practical 2-hour sewing class where you'll master the essential skill of hemming. Whether you bring a pair of pants, a skirt, or even a pillowcase, you'll gain confidence in creating clean, professional finishes. Students are encouraged to bring a sewing machine (if available), fabric scissors, thread, machine needles, and a seam gauge, but don't worry, extra tools will be on hand to make sure everyone can participate fully. In this hands-on session, you'll learn how to measure and mark hems accurately, press for a crisp edge, and practice machine hemming. Christine will also guide you through troubleshooting uneven hems so you'll leave with skills you can apply to any project. With just two hours of practice, you'll walk away ready to give new life to your wardrobe and future sewing projects! Please note if a machine is required kindly email ccbrunner1@rogers.com to check availability.

Hobbies and Interests

Garden Design

16Y+

📍 West Orillia Sports Complex, Tournament Room

This Garden Design Course for Climate Resiliency program will equip you with the knowledge and skills to create sustainable and resilient garden environments. In today's world, where climate change brings significant challenges, this course will explore innovative gardening techniques and practices that boost biodiversity and help reduce the impacts of extreme weather conditions. You will discover native plant selections, water conservation strategies, soil health improvements, and knowledge in crafting your garden to withstand climate change's effects.



Do You Have an Idea for a Program?

The Parks and Recreation Division is seeking ideas for new programs and new instructors. To fill out a program proposal, visit orillia.ca/programs.

New to exercising or need that little extra help to get back to feeling healthier?

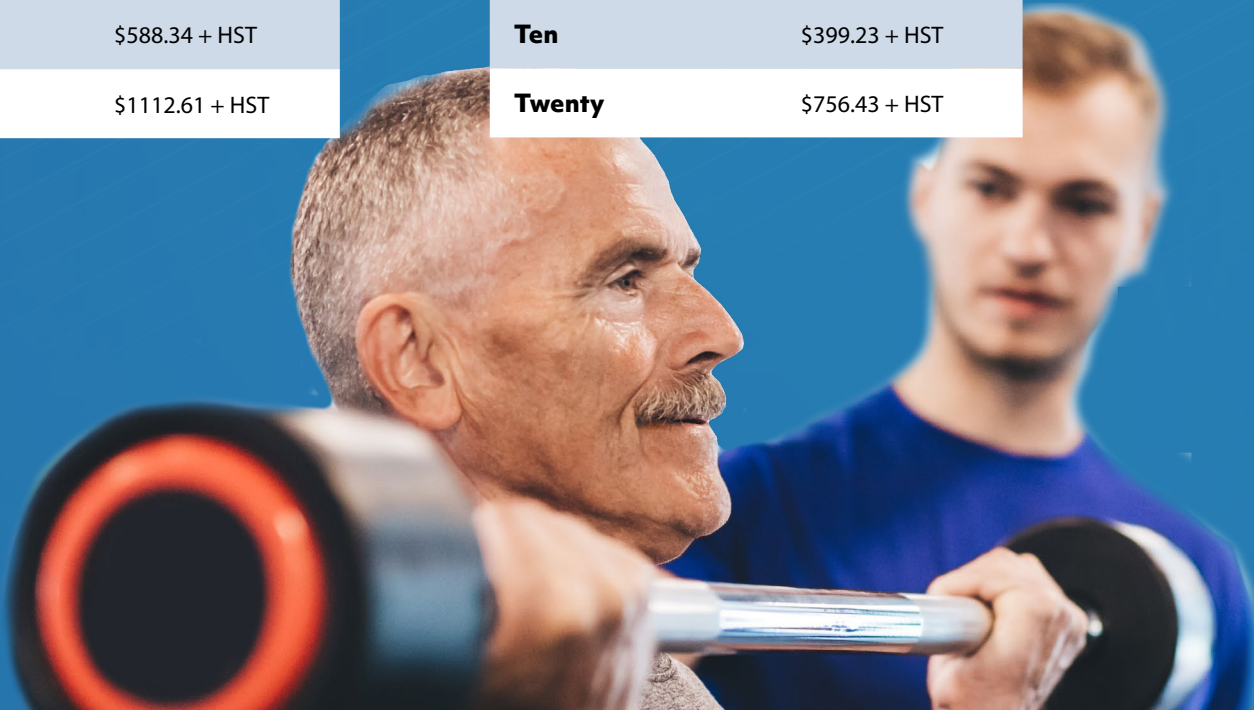
The City of Orillia is excited to offer personal training sessions at the Orillia Recreation Centre. For more information, visit orillia.ca/fitness or call 705-325-4FUN (4386).

Personal Training 1:1

Number of Sessions	Price Per Person
Three	\$195.58 + HST
Five	\$304.67 + HST
Ten	\$588.34 + HST
Twenty	\$1112.61 + HST

Partner Sessions 2:1

Number of Sessions	Price Per Person
Three	\$136.57 + HST
Five	\$204.87 + HST
Ten	\$399.23 + HST
Twenty	\$756.43 + HST



Sign up for an orientation with a personal trainer for an introduction to the fitness centre.

Living a Healthy Life with Chronic Pain (FREE)

18Y+

📍 Orillia Recreation Centre, Multi-Purpose Room

This 6-week program for adults of all ages who live with chronic pain. This could include but is not limited to arthritis, migraines, fibromyalgia, repetitive strain injury, phantom limb pain, back or neck pain, multiple sclerosis, Crohn's disease, lupus, and other pain related conditions. This peer-led group meets for 2.5 hours a week over 6 weeks. Many topics are covered from the lens of chronic pain including mind-body connection, sleep, action planning, dealing with difficult emotions, physical activity, better breathing, pacing and planning, healthy eating, communication skills, problem-solving, stress management, working with your healthcare team and much more. Participants in this workshop will receive a chronic pain Self-Management Program resource guidebook. Family members and caregivers are also welcome.

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Plant Splitting

16Y+

📍 High Street Park

Plant splitting is a horticultural technique utilized to propagate plants by dividing them into multiple sections, each containing a portion of the roots and shoots. This method is especially beneficial for perennial plants. By splitting these plants, gardeners not only create new individual specimens but also promote healthier growth in the original plant.

Plant Therapy

16Y+

📍 Orillia Recreation Centre, Multi-Purpose Room

The Plant Therapy Program is an innovative initiative designed to harness the therapeutic benefits of plants and nature to improve mental and emotional well-being. This program allows participants to engage actively with various plant species through hands-on activities such as potting, caring for, and learning about plants. Research has shown that interacting with greenery can reduce stress, increase feelings of happiness, and boost overall mental health. Whether you're an avid plant lover or just curious about nature, this program promotes relaxation, mindfulness, and a deeper appreciation for the natural world around us.

Sewing Basics: Learn your Machine & Make a Tote

18Y+

📍 West Orillia Sports Complex, Orillia Active Living Centre

This fundamental sewing course is perfect for those who are brand new to sewing or want a refresher. This course will guide you through the essentials while completing a functional project. Participants will become familiar with their sewing machines, including how to thread the machine, wind a bobbin, and perform simple maintenance. Throughout the course, they will learn foundational skills such as sewing straight seams, finishing edges, and creating a clean French seam. The highlight of the course is a guided, step-by-step project to sew a stylish tote bag. All necessary fabrics and materials for the tote are provided, and students will leave with a finished product they can be proud of. Participants need to bring a machine, manual, and basic tools like thread, scissors, and needles. Please note if a machine is required kindly email ccbrunner1@rogers.com to check availability.

Sewing for Intermediate: Zipper Install & Machine Maintenance

18Y+

📍 West Orillia Sports Complex, Orillia Active Living Centre

Take your sewing skills to the next level in this hands-on intermediate course. Students will focus on mastering zipper installation while also learning key machine maintenance techniques to keep their sewing machines running smoothly. Participants will practice precision sewing and expand their confidence with more advanced skills that can be applied to a variety of future projects. All materials will be provided, but students must bring their own sewing machines and any notions they already own, such as scissors and thread. Please note: A sewing machine is required. If you do not own one, please contact the instructor, Christine, at ccbrunner1@rogers.com to discuss possible accommodations.



Shift with Sense: Menopause Education & Wellness Coaching

35Y+

📍 West Orillia Sports Complex, Tournament Room

Shift with Sense: Menopause Education & Wellness Coaching is a 6-week guided group program designed for women navigating perimenopause and menopause. This program blends evidence-based education, facilitated discussion, and practical lifestyle strategies to support energy, strength, stress, sleep, and overall well-being during midlife transitions. Participants will gain a clearer understanding of hormonal changes and how they impact the body, while learning realistic, sustainable approaches to movement, recovery, and daily habits. Each session offers a supportive, non-judgmental space to learn, reflect, and connect with others experiencing similar changes. This program is educational in nature and does not require prior fitness experience.

Teas and Salves

16Y+

📍 Parklane Landscapes

Unlock your creativity by delving into the world of tea and cream making. Discover different plants and herbs that you can grow to create your own unique blends and creams. You can also learn about the therapeutic value of plants such as lavender, rose, chamomile, and yarrow, and how to grow and harvest these plants in your garden. Enjoy the process of cultivating and experimenting with a variety of plants that are not only delicious but also offer natural health benefits.

High Five

14Y+

📍 Gill Street Community Complex, Multi-Purpose Room

This program covers the five principles of healthy childhood development in recreation programming. This one-day course is mandatory for anyone interested in working in the City of Orillia programs and/or summer camps! So get a head start and sign up today! The HIGH FIVE, Quality at Play program is committed to assisting children along the path of healthy child development. HIGH FIVE has been designed to promote the safety, well being and healthy development of children.



Sports

7 on 7 Co-ed Rec Soccer League

18Y+

📍 West Orillia Sports Complex, Artificial Turf

Do you love soccer? Want to try something different? This fun format forces greater ball movement and creates more action due to the smaller field size. Due to these factors games should be higher scoring and more action packed. The game will feature six runners plus one goalie per team. All players will receive a team t-shirt that they get to keep. Want to play with a friend? Just let us know and we can put you both on the same team. Only one friend request per person. The schedule will be sent out one week prior to the start date.

Curious about our program refund policy?

View page 73 for more information.

Co-ed Adult Dodgeball League

19Y+

📍 Twin Lakes S.S., Double Gymnasium

The Orillia Co-ed Adult Dodgeball League offers a unique opportunity to be active and feel young again! Games are self-governed and are played 6 on 6. Please note, this is an individual registration, and you will be placed on a team.



Co-ed Adult Volleyball League

16Y+

📍 Orillia Recreation Centre, Gymnasium AB

This indoor co-ed volleyball league is a recreational league. Games are played 6 on 6, and are self-officiated. Please note, this is an individual registration, and you will be placed on a team. The schedule will be sent out 1-week prior to the season start date.



Lawnbowling Lessons (FREE)

18Y+

📍 Orillia Lawn Bowling Club, Lawn Bowling Green

In partnership with the Orillia Lawn Bowling Club, this is a free introductory program for individuals looking for gentle, outdoor exercise and an opportunity to socialize in a fun, relaxing atmosphere. Lawn bowling is often referred to as “curling on grass”, but without the sweeping!

Pickleball for Beginners

16Y+

📍 Orillia Recreation Centre, Gymnasium A

Join us for this exciting beginner course in a fun and social racquet sport! Designed specifically for brand-new players and beginner level players, this sport is played on a smaller badminton court with rules similar to tennis. Short solid racquets and plastic perforated balls are provided. Whether you’re trying it out for the first time or you want to revisit your beginner level skills, this course is the perfect introduction to the game and a way to enhance your current beginner skills!

Taekwondo for Tweens & Adults

12Y+

📍 Orillia Recreation Centre, Multi-Purpose Room

Students will learn basic, intermediate, and advanced Taekwondo techniques. Emphasis is placed on the tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. Belt requirements focus on Poomsae, 1 Step, and 3 Step. Classes take place on an 8m x 8m Olympic-style ring when the class is full. Not sure your child will be interested? Feel free to email Mike Larose at orilliatawkwondo@gmail.com for more information on observing a class.

Tennis for Adults

16Y+

📍 West Orillia Sports Complex, Tennis Courts

The City partners with the Orillia Tennis Club to bring you beginner and intermediate tennis programs. These tennis clinics will consist of teaching the correct technique for the forehand, backhand, volley, and serving as well as strategy and etiquette on the court. The goal is to have fun while incorporating games to enhance skill level.



The Fun Pass

Enjoy unlimited access to the Fitness Centre, Walking Track, drop-in programs and more at the Orillia Recreation Centre with a Fun Pass.

To view rates and get more information, see pages 11-12.

Older Adult 55Y+

Registration begins:
Monday, March 9, 2026

Arts & Culture

Ballroom & Social Dance Beginner

16Y+

📍 **Orillia Recreation Centre, Fitness Studio**

Dancing is fun, good exercise and it is quality time together. Learn Fox Trot, Waltz, Swing (Jive) and Cha Cha in beginner levels and gradually progress into Rumba, Tango and Samba in advanced. Make new friends and become part of our social dance club. Learning to lead and follow, gain the confidence to experience the true joy of dancing. Please note that the fee for this course is per two participants. Signing up as a pair is required.

Senior Discount

Over **55 years** of age? You receive an automatic **25% discount** with any program found in this guide!

Painting the Cottage Scene

16Y+

📍 **Orillia Opera House, Market Room**

This class explores painting local cottages and cottage life, drawing inspiration from familiar landscapes and seasonal scenes. Participants will work in their preferred medium, including acrylic, watercolour, or oils, with the majority of painters choosing acrylics. As weather permits, the class may include outdoor painting sessions, offering opportunities to work directly from life and capture light, colour, and atmosphere on site. This program is well suited for experienced painters looking to refine their skills while enjoying a relaxed, creative environment focused on local subject matter.

New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



New Interactive Layout!

Click any program name to view **more information** directly on the registration website.



Sing Along Songs for the Ukulele

16Y+

Orillia Waterfront Centre, Boaters' Lounge

We'll learn some classic campfire songs and other fun songs to play together, for friends and grandkids. From Sloop John B and Four Strong Winds to Wagon Wheel and more! These songs are fun and easy. Beginners are encouraged to sign up. Just bring along your G-C-E-A tuned ukulele and a smile.

Fitness

55+ Better Bones & Balance

55Y+

Orillia Recreation Centre, Fitness Studio

Better Bones and Balance (BBB) is a bone-friendly workout focused on improving balance, strength, and independence. Designed for the older, mobile adult, this class includes strength, agility, and stretching exercises.

Aqua ABCs

16Y+

Orillia Recreation Centre, Aquatic Centre

Build arm strength and improve your balance while challenging your core with a low impact program using pool noodles and set to music in warm, shallow water. No prerequisites necessary.

Aqua Yoga

16Y+

Orillia Recreation Centre, Aquatic Centre

This program fuses the benefits of a land yoga practice along with the benefits of buoyancy and hydrostatic pressure, enjoyed in a warm water environment. Aqua Yoga offers traditional asanas adapted to water and is suitable for all fitness levels, newcomers to yoga and anyone looking for reduced joint pressure as they practice. Come improve your balance and flexibility, build strength and body awareness while reducing stress!



Chair Yoga

18Y+

Orillia Recreation Centre, Multi-Purpose Room

Designed for all ages, but specifically for someone who may have some challenges with mobility or balance. This yoga class will help you start or maintain an active lifestyle. Doing Chair Yoga and gentle Standing Yoga poses will help you maintain, stretch, and strengthen your body. Postures are modified to accommodate all body types and levels of fitness. Chair yoga participants can also enjoy health benefits of a regular practice such as: improved muscle tone, balance, coordination, better breathing habits, reduction of stress, and better sleep.

Additional Programs

Check out even more programs in the Adult section!

Line Dancing

16Y+

Orillia Recreation Centre, Gymnasium B

Looking for something fun to do while also improving your physical fitness? This class will focus on the most popular 'Pattern' dances and will introduce many of the basic moves necessary for Line Dancing. Come out and enjoy with friends. Partners are not required for these programs.

Mobility + Movement

16Y+

Orillia Recreation Centre, Fitness Studio

This fusion class combines Pilates precision, barre-inspired movement, light strength training, and functional stretching. Build lean muscle, improve flexibility, and enhance balance and endurance, all in one energizing, full-body work.

Pilates for Osteopenia and Osteoporosis

16Y+

Orillia Recreation Centre, Fitness Studio

A course specifically designed for clients suffering from osteopenia and osteoporosis. It offers safe and effective modified Pilates exercises which aim to improve body alignment and posture, build core and strength stability, relieve pain and stiffness associated with osteoporosis, while at the same time increasing bone density.



VON SMART

55Y+

Orillia Recreation Centre, Multi-Purpose Room or West Orillia Sports Complex, Tournament Room

The VON SMART (Senior's Maintain Active Roles Together) program offers exercise classes to adults 55Y+ who wish to improve their strength, balance and flexibility, regardless of current physical ability. Participants are encouraged to work at their own pace, and the exercises can be modified to accommodate a wide variety of ability levels.

Hobbies & Interests

Living a Healthy Life with Chronic Pain (FREE)

18Y+

Orillia Recreation Centre, Multi-Purpose Room

This 6-week program for adults of all ages who live with chronic pain. This could include but is not limited to arthritis, migraines, fibromyalgia, repetitive strain injury, phantom limb pain, back or neck pain, multiple sclerosis, Crohn's disease, lupus, and other pain related conditions. This peer-led group meets for 2.5 hours a week over 6 weeks. Many topics are covered from the lens of chronic pain including mind-body connection, sleep, action planning, dealing with difficult emotions, physical activity, better breathing, pacing and planning, healthy eating, communication skills, problem-solving, stress management, working with your healthcare team and much more. Participants in this workshop will receive a chronic pain Self-Management Program resource guidebook. Family members and caregivers are also welcome.

Shift with Sense: 18Y+ Menopause Education & Wellness Coaching

📍 West Orillia Sports Complex, Tournament Room

This 6-week guided group program is designed for women navigating perimenopause and menopause. It blends evidence-based education, facilitated discussion, and practical lifestyle strategies to support energy, strength, stress, sleep, and overall well-being during midlife transitions. Participants will gain a clearer understanding of hormonal changes and how they impact the body, while learning realistic, sustainable approaches to movement, recovery, and daily habits. Each session offers a supportive, non-judgmental space to learn, reflect, and connect with others experiencing similar changes. This program is educational in nature and does not require prior fitness experience.

Teas and Salves 16Y+

📍 High Street Park

Unlock your creativity by delving into the world of tea and cream making. Discover different plants and herbs that you can grow to create your own unique blends and creams. You can also learn about the therapeutic value of plants such as lavender, rose, chamomile, and yarrow, and how to grow and harvest these plants in your garden. Enjoy the process of cultivating and experimenting with a variety of plants that are not only delicious but also offer natural health benefits.

Senior Discount

Over **55 years** of age? You receive an automatic **25% discount** with any program found in this guide!

Sports

Lawnbowling Lessons 18Y+ (FREE)


📍 Orillia Lawn Bowling Club, Green

This program is in partnership with the Orillia Lawn Bowling Club. This is a free introductory program for individuals looking for gentle, outdoor exercise and an opportunity to socialize in a fun, relaxing atmosphere. Lawn bowling is often referred to as “curling on grass”, but without the sweeping!



New Interactive Layout!

Click any program name to view **more information** directly on the registration website.





Pickleball for Beginners **16Y+**

📍 Orillia Recreation Centre, Gymnasium A

Join us for this exciting beginner course in a fun and social racquet sport! Designed specifically for brand-new players and beginner level players, this sport is played on a smaller badminton court with rules similar to tennis. Short solid racquets and plastic perforated balls are provided. Whether you're trying it out for the first time or you want to revisit your beginner level skills, this course is the perfect introduction to the game and a way to enhance your current beginner skills!

Additional Programs

Check out even more programs in the Adult section!

Taekwondo for Tweens & Adults **12Y+**

📍 Orillia Recreation Centre, Multi-Purpose Room

Students will learn basic, intermediate, and advanced Taekwondo techniques. Emphasis is placed on the tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. Belt requirements focus on Poomsae, 1 Step, and 3 Step. Classes take place on an 8m x 8m Olympic-style ring when the class is full. Not sure your child will be interested? Feel free to email Mike Larose at orilliaataekwondo@gmail.com for more information on observing a class.



Booking City Facilities

To book a facility or park, a written request must be submitted using the rental request form on orillia.ca/facilitybookings or by emailing the Permitting Clerk at bookings@orillia.ca. Once received, if the facility is available, a permit will be created in our booking system. You will be contacted when your permit is ready to be signed.



Parks & Trails

For details visit orillia.ca

City Parks

The City of Orillia is proud to showcase its inventory of public parkland. From tranquil waterfront spaces to exciting playgrounds to beautifully manicured lawns, these public spaces are designed to enhance and complement the natural beauty of our community. The City categorizes Parks into four categories as listed below:

Community Parks

Community Parks serve the entire community and tend to house large special events including sporting events, festivals etc.

Centennial Park, Couchiching Beach Park and Veterans' Memorial Park

Couchiching Beach Park has a lifeguarded sandy beach and playground. The waterfront Park is a hub of activity including many special events. Every summer, thousands of boaters also dock at the Port of Orillia, located in Centennial Park.

Foundry Park (Coming Soon)

Located in the heart of Orillia, this 26 acre, naturalized Park and home of the Orillia Recreation Centre, will feature 1.5 km of paved walking trails, connected to the Lightfoot Trail System by a pedestrian bridge.

J.B. Tudhope Memorial Park

Located on Lake Couchiching, this active Park is for baseball, special events and boasts Moose Beach, a lifeguarded sandy beach, splash pad, playground area. This Park also has a paved walking loop trail.

Kitchener Park

Located on Lake Simcoe, this is an active centre for soccer, baseball, tennis, horseshoes and a playground. Take a walk through the leash-free dog zone located along the water's edge behind the athletic fields.

West Orillia Sports Complex

This complex includes more than just an arena. It is an outstanding community hub that serves the needs of participants in ice sports, indoor sports, outdoor athletic field sports, tennis as well as recreational walking trails. It is also the home of Orillia's only artificial turf field.

Neighbourhood Parks

Neighbourhood Parks are located within an urban development and tend to meet the needs of the surrounding neighbourhoods. Some amenities include playgrounds, washrooms, splash pads and loop trails.

Parkettes

A Parkette (also known as a mini-park) is a small parcel of green space that may include a small playground area. Parkettes can also provide greenery and a place to sit outdoors.

Naturalized Areas

A naturalized area generally consist of naturalized trails and can be considered an "escape from the City within the City". Scout Valley is currently the City's only Park designated as a Naturalized Area.

Park Features

	Accessible Playground	Artificial Turf Field	Aqua Theatre	Ball Diamond Unlit	Ball Diamond Lit	Bandstand	Basketball/Multi-court	Beach-Swimming	Beach Volleyball	Bike Repair Station	Community Garden	Concession	Disc Golf	Flower Garden	Horseshoe Pits	Launch Ramps	Meeting Room	Off-Leash Dog Zone	Outdoor Rink	Outdoor Pickleball Court	Picnic Shelter	Picnic Tables	Playground Equipment	Skateboard Park	Soccer Pitches	Splash Pads	Tennis Court Unlit	Tennis Court Lit	Trail (Paved)	Trail (Gravel)	Washroom Facilities	Water Fountain	Walking Loop		
Community Parks																																			
Centennial Park														X		X	X					X	X								X		X	X	
Couchiching Beach Park	X		X			X		X		X		X		X					X			X	X	X							X		X	X	
Foundry Park														X									X								X		X	X	X
J.B. Tudhope Memorial Park	X				X			X	X	X			X	X						X		X	X			X			X	X	X	X	X	X	
Kitchener Park	X				X		X					X		X	X			X	X				X	X		X			X	X		X	X		
Veterans' Memorial Park														X								X			X										
West Orillia Sports Complex	X	X																					X		X			X		X	X			X	
Neighbourhood Parks																																			
Clayt French Park	X						X							X				X	X			X	X	X			X		X		X	X	X		
Forest Home Park																							X	X											
Franklin Carmichael Park					X									X										X						X					
Hillcrest Park	X						X							X					X		X	X	X			X									
Homewood Park							X						X						X	X	X	X	X						X		X	X	X		
McKinnell Square Park					X									X									X	X		X				X		X			
Morningstar Park							X																X	X											
Victoria Park														X									X	X		X			X						
Walter Henry Park	X						X							X						X	X		X	X		X			X		X	X	X		
West Ridge Park																								X											X
Parkettes																																			
Bayview Park					X																														
Brant Street Park														X																	X				
Christine Place Park																								X											
Collins Drive																X							X												
Dancy Park																								X	X										
Dorset Park																									X										
Edna/Adair Park																																			
Frontier Park																								X											
Grenville Park																								X					X	X					
High Street Park											X													X					X						
Kaneff Park																								X							X				
Lakeview Park																							X	X							X				
Lankinwood Park																								X	X						X				
Lawrence Park														X										X	X										
Mac Carter Park	X																							X											
Maple Leaf Park								X																X	X										
Mariposa Park																									X										
Murray Street Park																				X															
North Street Park																								X	X										
Orma Drive Park																							X	X											
York Street Park																																			
Naturalized Areas																																			
Scout Valley																	X														X	X			

Park Addresses

Community Parks

Centennial Park	Centennial Dr.
Couchiching Beach Park	140 Canice St.
Foundry Park	255 West St. S.
J.B. Tudhope Memorial Park	450 Atherley Rd.
Kitchener Park	25 Kitchener St.
Veterans' Memorial Park	154 Elgin St.
West Orillia Sports Complex	100 University Ave.

Neighbourhood Parks

Clayt French Park	114 Atlantis Dr.
Forest Home Park	995 Memorial Dr.
Franklin Carmichael Park	295 Park St.
Hillcrest Park	255 Matchedash St. N.
Homewood Park	68 Woodside Dr.
McKinnell Square Park	135 Dunedin St.
Morningstar Park	1125 Mississaga St.
Victoria Park	75 Coldwater Rd. W.
Walter Henry Park	3050 Orion Blvd.
West Ridge Park	900 West Ridge Blvd.

Parkettes

Bayview Park	335 Hilda St.
Brant Street Park	26-30 Brant St. W.
Christine Place Park	21-23 Christine Pl.
Collins Drive Park	425 Collins Dr.
Dancy Drive Park	15-19 Dancy Dr.
Dorset Park	27 Dorset Dr.
Edna/Adair Park	50 Adair St.
Frontier/Canwell Park	50 Frontier Ave.
Grenville Park	389 Grenville Ave.
High Street Park	482 High St.
Kaneff Park	435 Barrie Rd
Lakeview Park	33 Lakeview Ave.
Lankinwood Park	20 Lankin Blvd.
Lawrence Avenue Park	225 Lawrence Ave.
Mac Carter Park	121 Fittons Rd. E.
Maple Leaf Park	113A Maple Leaf Ave.
Mariposa Park	27 Mariposa Dr.
Murray Street Park	Murray/Second St.
North Street Park	24 Dalton Cres. N.
Orma Drive Park	20 Orma Dr.
York Street Park	120 York St.

Naturalized Area

Scout Valley	325 Line 15 N.
---------------------	----------------

Park Signs

The City of Orillia implemented a signage program where every new Park receives a new sign. The City also endeavours to replace older signs with the newer versions yearly. Each Park sign shows the Park's designation by colour, rules, amenities and address.





- 1 **Park Name**
- 2 **Park Designation**
(Shown By Colour)
- 3 **Park Address**
- 4 **Park Establishment Date**
- 5 **Park Amenities**
- 6 **Contact Information**
- 7 **Park Rules**



In The Parks

Athletic Fields

The following are athletic fields available for use through the Parks and Recreation Division:

-  **Kitchener Park**
(three fields)
25 Kitchener St.
-  **West Orillia Sports Complex**
(four fields including one artificial turf)
100 University Ave.

These fields are for use by groups like soccer, rugby, field lacrosse, etc. Kitchener Park - Fields E and F as well as the artificial turf field at the West Orillia Sports Complex are lit fields. All athletics fields are booked in 2.5 hour time slots.








Band Stand

In the 1800s it was common to gather at Civic Park (now Couchiching Beach Park) and listen to the Orillia Citizen's Band, now known as the Kiltie Band. Hundreds of people used to come and watch the performance, so in 1909 Town Council approved the construction of a bandstand suitable for musical performances and presentations.

Baseball Diamonds

Ball diamond facilities are available in the following Parks:

-  **Bayview Park**
335 Hilda St.
-  **McKinnell Square Park**
135 Dunedin St.
-  **Kitchener Park**
25 Kitchener St.
-  **J.B. Tudhope Memorial Park**
450 Atherley Rd.
-  **Franklin Carmichael Park**
295 Park St.

All diamonds at Kitchener Park, J.B. Tudhope Memorial Park and one diamond at McKinnell Square Park are lit. All ball diamonds are booked in 2.5 hour time slots.

Beaches (Open July - Beginning of September)

Orillia is nestled between two beautiful lakes and offers many places to swim and enjoy water sports. The City of Orillia operates two public beach areas. Couchiching Beach is located at the foot of Downtown Orillia and Moose Beach is located at J.B. Tudhope Memorial Park. Maintain a physical distance of at least 4m between groups to allow others to walk safely between.

-  **Couchiching Beach**
140 Canice St.
-  **Moose Beach**
450 Atherley Rd.

Lifeguards: 12:00 p.m. - 5:00 p.m. **Lifeguards:** 11:00 a.m. - 5:00 p.m.

While beaches are fun, there are a few rules that must be followed:

- Swim at your own risk when lifeguards are off duty
- Know your limits and stay within them
- Always swim with a buddy
- Children 6 years and under must be within arms reach
- Children under 10 must be supervised by an adult at all times
- Vacate the water when you hear thunder
- Obey the lifeguards
- Smoking is prohibited at beaches and parks
- Domestic animals are not allowed on the beach or in swim areas

Disc Golf Course

The City of Orillia offers a unique, fun and challenging 9-hole disc golf course at Homewood Park free of charge. Installed in 2006, the course has become a popular course among disc golf enthusiasts. Disc golf is a lot like traditional golf, except players use specially made plastic flying discs instead of balls and clubs, and throw them at an above ground target. The object of the game is to throw a golf disc into the target in the fewest number of throws. Golfers are welcome to use their own discs, however, official golf discs can be borrowed from the Orillia Public Library.

Kiwanis Skateboard Park

The Kiwanis Skateboard Park was built in 1999 through the hard work of many people in the community. Some of the features of the Park include a fun box, bank, rails, stairs with rail and snake run.

Please consider the following when using the Park:

- Helmets must be worn by all participants
- All litter must be placed in containers
- No foul language is permitted
- No food or drink are permitted on the concrete skate pad

Do you have park maintenance inquiries?

Contact the Environment and Infrastructure Services division at enviroservices@orillia.ca, 705-326-4585, or visit orillia.ca.





Leash-Free Dog Zones

Dogs love to run free. With that in mind, the City of Orillia has created two Leash-Free Dog Zones, where owners can take their dogs and let them run, unleashed, in a fenced-in area built especially for man's best friend.

Clayt French Park 114 Atlantis Dr.

The Leash-Free Dog Zone at Clayt French Park is a small leash-free zone, which was first created as a pilot project. It proved to be one of the most popular features of the Park.

Kitchener Park 25 Kitchener St.

Open since 2011, this large Leash-Free Dog Zone within Kitchener Park serves as a social hub for dog owners and their pets.

Leash-Free Dog Zone Rules

- Dogs must be kept on a leash until they have reached the designated Leash-Free Dog Zone.
- All dogs must be licensed and fully vaccinated.
- No children under the age of 12 are permitted unless supervised by an adult (this area is designated as a "Dog Zone" - it is not a children's play area).
- Dogs that show aggression are not allowed within the Leash-Free Dog Zone.
- Please note that this is not a training area for your dog.
- Please clean up after your dog.
- Do not bring food of any kind into the Leash-Free Dog Zone (this includes all dogs treats) as food is a trigger for fights between dogs.
- You are liable for any injury caused by a dog under your supervision. Users of the Park assume the risk of injury / damage to themselves and their dog.

Naming/Renaming Athletic Fields

Council and Members of the Recreation Advisory Committee have decided that existing and future athletic fields should be named/re-named after Orillians who have made 'extraordinary contributions' to the sports of ball or soccer. The criterion for selection would be participation, building, or volunteering within our community. Nominations are submitted to the Recreation Advisory Committee for consideration. Written submissions must clearly demonstrate that an individual meets the criteria. The Recreation Advisory Committee will then summarize their recommendation in a report to Council.

Naming/Renaming City Parks

Council and the Recreation Advisory Committee have decided that existing and future parks should be named/renamed after Orillians who have made "extraordinary contributions" to Orillia. The onus is on the person/group submitting the suggestion to prove the worthiness of the nominee and convince the Recreation Advisory Committee that the contribution of the nominee is extraordinary and fits the rationale. Nominations are submitted to the Recreation Advisory committee for consideration. The Recreation Advisory Committee will then summarize their recommendation in a report to Council. Contact the City of Orillia for more information at 705-325-1311.



Outdoor Pickleball Courts

Funded in part by the New Horizons for Seniors Funding, the City of Orillia invites residents to play the fastest growing sport in North America any time in Homewood Park on our first outdoor Pickleball courts. Please note that rackets and balls are not provided. These courts will enable pickleball to continue to flourish in Orillia and provide free access to recreation and sport.

Homewood Park 68 Woodside Dr.

Walter Henry Park 3050 Orion Blvd.

J.B. Tudhope Memorial Park 450 Atherley Rd.

Pavilion Rentals

There are two pavilions at Couchiching Beach Park for rent. These pavilions can accommodate large events with picnic table seating for up to 60. Pavilion rentals include hydro and water availability. For rental rates of pavilions, please visit orillia.ca/facilitybookings.

Pavilions are generally used for annual events such as family reunions; therefore, past users have until the last business day of October to request in writing the same weekend they had in the current year for the next year. After this deadline, all requests received are booked on a first-come-first-served basis. Pavilions can not be booked until all the summer special events in the park have been booked. There is also a pavilion shelter available at both Homewood Park and Orma Drive Park, which are available on a first-come-first-served basis.


Rotary Aqua Theatre

The historic Rotary Aqua Theatre was built in 1958 and has been home to many concerts in Couchiching Beach Park. During the summer months, Sunday Evenings Band Concerts take place each week showcasing bands from across the province to the delight of crowds in the hundreds. For more information on events, please contact Allie Bradford at abradford@orillia.ca or visit orillia.ca/events. To rent this facility, contact the permitting clerk at bookings@orillia.ca or call 705-325-3506.


Splash Pads (Open June - October)

There's nothing like a refreshing blast of cool water on a hot day. Orillia offers four unique splash pads at the following Parks:

 **Clayt French Park**
114 Atlantis Dr.

 **J.B. Tudhope Memorial Park**
450 Atherley Rd.

 **McKinnell Square Park**
135 Dunedin St.

 **Victoria Park**
75 Coldwater Rd. W.

 **Hillcrest Park**
255 Matchedash St. N.

 **Walter Henry Park**
3050 Orion Blvd.

These splash pads are open daily from 9:00 a.m. to 9:00 p.m., from June to October. At each facility, the splash pad is started with a push activation button. Find splash pad rules at orillia.ca/splashpads.

Tents within Beach Areas and Parkland

Any tent that is greater than 1.5 metres (5 feet) in height, or occupies a space greater than 4.6 square metres (50 square feet) is not permitted on a beach. Any tent that occupies a space greater than 9.3 square metres (100 square feet) is not permitted on parkland unless a permit has been issued. Tents are not permitted anywhere in a park between the hours of 9 p.m. and 8 a.m.

Smoke/Vape Free Orillia

Effective May 15, 2019, the smoking/vaping of tobacco, cannabis, e-liquid, and herbal material is prohibited outdoors on any property owned or leased by the City of Orillia (with limited exceptions) including: any property upon which is located a municipal building, park or beach; any parking lot, trail, walkway, or lane; any dock; on or within a vehicle located on City-owned or leased property; on or within a boat located or moored on City-owned or leased property. For more information visit orillia.ca/smokefree.



Booking City Facilities

To book a facility or park, a written request must be submitted using the rental request form on orillia.ca/facilitybookings or by emailing the Permitting Clerk at bookings@orillia.ca. Once received, if the facility is available, a permit will be created in our booking system. You will be contacted when your permit is ready to be signed.





Tennis Courts

Orillia has two lit tennis courts at Kitchener Park, four lit courts at the West Orillia Sports Complex and two unlit courts at Morningstar Park. The courts at the West Orillia Sports Complex are home of the Orillia Tennis Club (OTC). During certain prime times (listed below), until the end of September, the courts will only be available to the club. The OTC has been formed by a group of local tennis enthusiasts to ensure maximum use of tennis court facilities in Orillia.

West Orillia Sports Complex
100 University Ave.

Kitchener Park
25 Kitchener St.

Orillia Tennis Club (OTC) Court Use from May 18 - September 4:

West Orillia Sports Complex Prime Time

- Monday - Sunday from 9:00 a.m. to 12:00 p.m.
- Monday from 7:00 p.m. to 9:00 p.m.
- Wednesday from 7:00 p.m. to 9:00 p.m.
- Other tournament dates to be announced (outside of dates above)

Free Public Use of Tennis Courts:

West Orillia Sports Complex

- Four lit courts available and free to the public other than times listed above for OTC. These courts are also the home facility for the Recreation, Youth and Culture Division registered tennis programs, which have private use of the courts during those times in the spring and summer. To see if there are any programs currently running, please visit the online S.U.N. Registration System or call 705-325-4FUN (4386).

Kitchener Park

- Two lit courts available and free to the public all day.

Some school practice times can also occasionally be booked. Please note that some of the above times are subject to change.

The Orillia Tennis Club

This club plays at the courts at the West Orillia Sports Complex. Blocks of court time are set aside for members' use. Join them for plenty of tennis activity including round robins with a friendly atmosphere and social events. Or, you may prefer to play with a friend or your family. This is not a private club, but the Orillia Tennis Club does pay the City of Orillia for the blocks of court time set aside for its use. The Executive Committee would be pleased to hear what your tennis interests are. Please call Executive Chair, Kevin Smith, at 416-580-3484 for more information or suggestions.

Washroom Facilities within Parks

Washroom facilities are open from 9 a.m. to sunset or 9 p.m., seasonally from May to Thanksgiving with the exception of the Orillia Waterfront Centre. The waterfront centre washrooms are open from 10 a.m. to 4 p.m. from Thanksgiving until the beginning of May and for regular summer hours during the remaining months of the year.

Washrooms are available in the following Parks:

Couchiching Beach Park
140 Canice St.

McKinnell Square Park
135 Dunedin St.

Clayt French Park
114 Atlantis Dr.

Orillia Waterfront Centre
50 Centennial Dr.

Homewood Park
68 Woodside Dr.

Scout Valley
325 Line 15 N.

J.B. Tudhope Memorial Park
450 Atherley Rd.

West Orillia Sports Complex
100 University Ave.

Kitchener Park
25 Kitchener St.

Walter Henry Park
3050 Orion Blvd.

Some Parks have portable toilets available for use including:

Bayview Park
335 Hilda St.

Hillcrest Park
255 Matchedash St. N.

Collins Drive Park
425 Collins Dr.

Victoria Park
75 Coldwater Rd. W.

Franklin Carmichael Park
295 Park St.

Do you have park maintenance inquiries?

Contact the Environment and Infrastructure Services division at enviroservices@orillia.ca, 705-326-4585, or visit orillia.ca.



Weddings/Wedding Pictures in the Park

The City's beautiful parks are a perfect backdrop for your outdoor wedding ceremony and/or wedding pictures free of charge.

To ensure there are no conflicts with events in the parks, contact 705-325-4FUN or bookings@orillia.ca.

Wet Fields/Diamonds Policy

If the fields are wet the calcine clay infield is designed to absorb water, however when it is saturated, the water remains on the infield creating a slippery, grease-like surface. Even with cleats, this becomes a health and safety issue. Usage of turf areas when wet causes turf to be torn out. These areas become rutted and invaded with weeds which lowers the quality of the turf. Please help us ensure your use of safe, high quality fields.








Winter in The Parks

Winter weather doesn't have to stop you from being active!

Embrace the snow and discover all the wonders of winter in Orillia's Parks, outdoor rinks and trails. Please note that snowmobiles are also not permitted in City Parks or walking trails.

Outdoor Rinks

The City of Orillia offers many outdoor rink locations throughout the City. Rinks are available depending on the weather and staff availability. For more information and updated outdoor rink conditions during the winter months, please visit orillia.ca.

- | | |
|---|---|
|  Clayt French Park
114 Atlantis Dr. |  Kitchener Park
25 Kitchener St. |
|  Couchiching Beach Park
140 Canice St. |  Murray Street Park
21 Murray St. |
|  First Baptist Church
265 Coldwater Rd. W. |  Hillcrest Park
255 Matchedash St. N. |
|  Homewood Park
68 Woodside Dr. | |

Hockey games are prohibited on outdoor rinks when they are occupied by pleasure skaters. Skaters are asked to record licence numbers and report any snowmobiles on an outdoor rink.

Winter Walkers

For the enjoyment of walkers and joggers, the entire trail from J.B. Tudhope Memorial Park to Wilson's Point Road will be plowed on a regular basis each winter.

Walk or jog the loop by the lake for some fresh air and exercise. Wander through the Park this winter and choose your favourite bench to rest while you dream of summer!

Toboggan Hills

The City of Orillia has two Toboggan hills.

- | | |
|--|---|
|  Clayt French Park
114 Atlantis Dr. |  Homewood Park
68 Woodside Dr. |
|--|---|

Winter Safety Tips

Bundle up and Dress in Layers

- The outer layer should be waterproof.
- Don't forget your mittens and a hat that covers your ears.
- Children should wear neck warmers instead of scarves.
- Replace wet clothes with dry ones.
- Beware of the wind-chill factor and dress for the colder temperature.

Play Safe

- Make sure children do not play on snow banks near the roads.
- Snow tunnels and forts can be dangerous because the roof might collapse.
- When making a snow fort, do not put a roof on it.

City of Orillia Important Snowmobile By-law Chapter 667 of the Municipal Code

Snowmobiles may only be driven from the driver's residence by a direct route to an Orillia District Snowmobile Club Trail or a lake. Snowmobilers who are found to be not travelling directly to a trail or lake will be fined. Travel by snowmobile is banned on a number of main streets within the City. City Parks are OFF LIMITS to snowmobiles, except where O.D.S.C. trails cross through the park. The City owned "C.P. Right of Way" is also OFF LIMITS except for the portion between the southerly side of Wilson's Point Road and the northerly side of Hughes Road. Snowmobiling is banned within the City limits between 11 p.m. and 7 a.m. A maximum speed limit of 20 km/hr. must be adhered to.

Recommended Minimum Ice Thickness for New Hard Ice

(7 cm) or less

Stay off the ice

4" (10 cm)

Ice fishing, walking, cross country skiing

5" (12 cm)

One vehicle: snowmobile or an ATV

8 - 12" (20 - 30 cm)

One vehicle: car or small truck

12 - 15" (30 - 38 cm)

One vehicle: medium truck

Park Donations

The Bench and Tree Donation Program is designed to increase public enjoyment and participation in the City's Parks.

Benches and trees make great gifts to both your beneficiary and your favourite Park. Best of all, your donation helps support Parks city wide! Bench and Tree donations are tax deductible and an official receipt will be issued to the donor by the City. For the complete Bench and Tree Donation Program Guidelines and Application Package visit orillia.ca. Contact the City of Orillia at 705-329-7249 for more information on how to donate.

Donate a Bench

People may make donations towards a new park bench or an existing bench. Whether existing or new, a donor recognition plaque will be installed on the bench. Once you have decided to proceed with a bench donation, a site visit will be scheduled to choose a bench and location. Please note that there are no spots left in Couchiching Beach Park. We will try to accommodate all requests, however the Department will have the final decision as to the bench location. The Orillia Bench is available widely throughout the park system.



Donate a Tree

Planting times are in the spring and again in the fall. Requests for a spring planting must be received by March 1 and by Aug. 1 for a fall planting. A site visit will be scheduled to discuss the species and location opportunities. Please note that there are no spots left in Couchiching Beach Park. The City plants several different types of trees and varieties that are considered appropriate for various locations in our parks. Our City Arborist will help you select a tree that suits a desired location. Special Order Tree Donations will be determined at the time of order. The tree may be selected from a list of approved species.



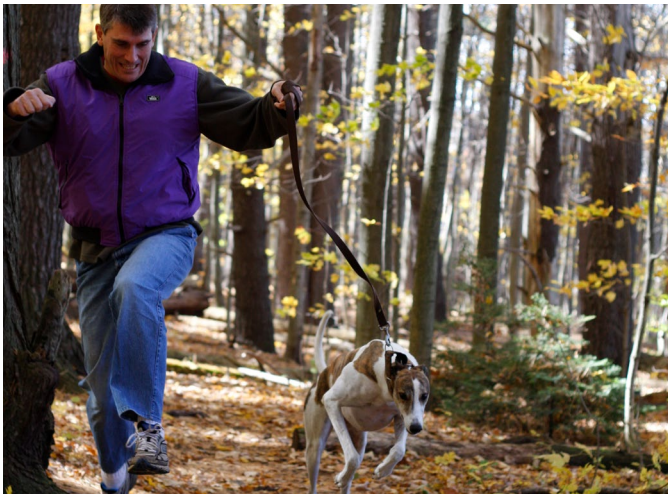
A Healthier,
Greener Orillia

**City-owned
properties are
smoke and
vape free**

Smoke/Vape Free Orillia

Effective May 15, 2019, the smoking/vaping of tobacco, cannabis, e-liquid, and herbal material is prohibited outdoors on any property owned or leased by the City of Orillia (with limited exceptions) including: any property upon which is located a municipal building, park or beach; any parking lot, trail, walkway, or lane; any dock; on or within a vehicle located on City-owned or leased property; on or within a boat located or moored on City-owned or leased property. For more information visit orillia.ca/smokefree.

Lightfoot Trail System



The City of Orillia has over 30 km of multi-use trails including loop trails, paved trails and natural trails. Our trails connect to each of our surrounding communities, highlighting incredible scenery that Orillia and surrounding areas have to offer. In addition to spanning across Orillia, our Lightfoot Trail System highlights natural heritage features and historical land marks throughout the entire City. The Lightfoot Trail System is a dual trail that stretches along the north-east end of the City connecting the Uthoff Trail to the Atherley Narrows, with a spike that links to the Oro-Medonte Rail Trail. **If you would like a trail map, please visit orillia.ca, pick one up at the Orillia City Centre or download our Pingstreet app.**

Active Transportation Committee

The Active Transportation Committee (formerly Trails for Life) is composed of eleven members including one Council member. The Committee advises Council on the use, maintenance, and promotion of the Lightfoot Trail System and Scout Valley.

Part of the Committee's mandate is to meet with community groups or individuals, assist with completing reports, make recommendations regarding special projects (i.e. Regan House), research and report to Council on grant programs and available funding. Members of the Committee may serve a maximum of six consecutive years. The Active Transportation and Trails Advisory Committee operates within the terms of reference, policies and guidelines of Council and Council is the final authority on all matters.

Trail Donations

Together, our community made it possible to build the paved Millennium Trail section of the Lightfoot Trail System. The Active Transportation Committee now needs your help to maintain and enhance this project. If you wish to make a donation, please visit the City's website at orillia.ca for a donation form. Forms are also available at the Municipal Operations Centre or Orillia City Centre.

Trail Etiquette

When travelling multi-use trails, you may encounter many different forms of trail users, such as hikers, bikers, dog walkers, roller bladers, etc. Trail etiquette can be described as the "polite way to use trails."

- Respect the trail and adjacent landowners.
- Be aware and courteous to all other trail users.
- Walk, ride or cycle in single file in the middle of the trail.
- When approaching fellow trail users, stay to the right.
- When approaching slower moving trail users from behind on a bicycle or E-bike, sound your bell or horn and safely pass on the their left.
- Clean up after pets and keep them leashed and in control to avoid them zigzagging across the trail.

Trail use is a privilege that should not be abused or disrespected. Making trail etiquette a priority allows everyone to enjoy the outdoors and have a good time while being safe and courteous. - Supplied by the Ontario Trails Council. **Limited-speed motorcycles, motor-assisted bicycles (moped), pocket bikes, electric and motorized scooters and segway scooters are not permitted on the trail system in addition to the large motorized vehicles such as cars, trucks, snowmobiles, ATVs, dirt bikes etc.**



KEEP UP WITH US
ON SOCIAL MEDIA:



Trail Information

Clayt French Park Loop

Clayt French Park loop is located in Clayt French Park at 114 Atlantis Drive and has limited parking available. This loop circles around an open field and is easily accessible from the parking lot.

 **Length:** 0.3 km  **Surface:** Paved  **Grade:** Flat

Homewood Park Loop

This loop is located in Homewood Park at 68 Woodside Drive. The park is also accessible from Homewood Avenue and Allan Street. The loop traverses the entire park and is visible from all vantages of the park making it an ideal place to take your kids for a leisurely stroll.

 **Length:** 0.7 km  **Surface:** Paved  **Grade:** Flat / Incline

Foundry Park Loop

The loop trail located at Foundry Park is 1.5 km in length and meanders through a naturalized area at the rear of the Orillia Recreation Centre property. It is a lit trail and includes a link to the City's Lightfoot Trail system via a pedestrian bridge spanning "Ben's Ditch". It is maintained throughout the winter months providing for year-round access.

 **Length:** 1.5 km  **Surface:** Paved  **Grade:** Flat

Please Note

Motorized vehicles are prohibited on the trails with the exception of personal mobility devices (motorized wheelchairs, medical scooters and e-bikes.)

J.B. Tudhope Memorial Park Loop

The loop located in J.B. Tudhope Memorial Park at 450 Atherley Road and has ample parking available. The trail gently loops around the perimeter of the park along the water's edge. This loop also features a number of historical information plaques for you to enjoy along the way.

 **Length:** 2.5 km  **Surface:** Paved  **Grade:** Flat

Millennium Trail

The Millennium Trail is a 3.0 m wide paved trail that runs adjacent to Orillia's Lake Couchiching's spectacular shoreline from the Ramara and Ganaraska Trail within the Township of Ramara northerly to the Uhtoff Trails within the Township of Severn. This 9.5 km shared-use recreation trail significantly enhances the attractiveness of this region for tourists, as well as promoting a healthy lifestyle for local residents. The trail is open year round and runs through major parks such as J.B. Tudhope Memorial Park, Veteran's Memorial Park, Centennial Park and Couchiching Beach Park and is a segment of the Trans Canada Trail. Added in 2017 was a link from Morningstar Park, over Highway 11, connecting to Scout Valley. This trail also provides a safe bicycle/pedestrian crossing of Highway 11 that has been in great demand by the citizens of Orillia for many years.

 **Length:** 9.5 km  **Surface:** Paved  **Grade:** Flat

University Avenue Trail

The University Avenue / West Ridge Boulevard Trail is a 3.0 m wide paved trail which runs from the Old Barrie Road intersection with University Avenue to its northern end at the intersection of Monarch Drive and West Ridge Boulevard. This 2.8 km shared-use recreation trail is open year round and provides a community connection to Scout Valley, West Orillia Sport Complex, Lakehead University and West Ridge Park.

 **Length:** 2.8 km  **Surface:** Paved  **Grade:** Flat

West Orillia Sports Complex Loop

This 2.0 m wide granular trail runs from the intersection of Old Barrie Road and University Avenue westerly around the perimeter of a major storm detention facility located south of the West Orillia Sports Complex. The 0.8 km recreation trail is in a recently naturalized setting using native trees, shrubs and wild flowers and offers a glimpse into modern storm water management practices and the influx of water birds who inhabit newly created wetlands.

 **Length:** 0.8 km  **Surface:** Gravel  **Grade:** Flat

West Ridge Park Natural Trail

West Ridge Park is a wooded paradise escape for residents/visitors of West Ridge. Located at 900 West Ridge Boulevard, this park has very limited parking but provides a natural trail through a wooded area that leads directly to Clayt French Park.

 **Length:** 0.8 km  **Surface:** Natural Bark  **Grade:** Incline

Scout Valley

Scout Valley is a naturalized park that consists of three individual loop trails. This park can be accessed from Line 15 North, Old Barrie Road or Forest Home. The Line 15 parking entrance is also home to Regan House.

Length:
6 km

Surface:
Natural

Grade:
Incline

How To Read Trail Blazes: A Skill Everyone Should Know

The Scout Valley trails are marked with blazes that match the colour of the trail that you are on; for instance, the Sugarbush Trail is marked with orange blazes, the Algonquin Trail is marked with green blazes, and the Homestead Trail is marked with blue blazes. Keep an eye on these different blazes when hiking to avoid getting lost.

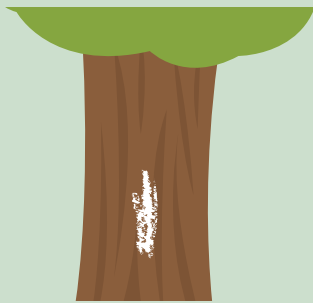
Blazes are rectangles of paint usually about 15 cm high and 5 cm wide on trees, fence posts, and rocks. The blazes may vary in size depending on the surroundings. Typically the blaze faces you as you approach. If

the path ahead is not obvious, another blaze should be visible from the first. If the path is straightforward, the blazes are usually less frequent. If you lose the trail, return to where you saw the last blaze and look carefully for the next blaze. If the trail is rerouted for any reason, such as for tree regeneration, the blazes are usually covered over with dark paint. **Always follow proper blazes by staying off closed sections of the trail.**

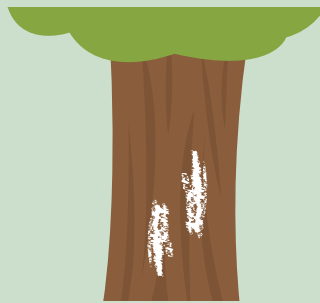
Trails at Scout Valley

As trail users we must constantly ask ourselves can the next 100 people down the trail do what I am doing and not leave trace of their passing? Trails by their very nature are intrusions on the landscape and actually change the landscape. Ensuring that we work together to create a natural experience that meets all user needs without blazing new and unofficial trails not only protects the natural environment we all enjoy, but also helps to soften the impact of the many park users. **To report misuse of the trails, please contact the Environment and Infrastructure Services Department at 705-326-4585.**

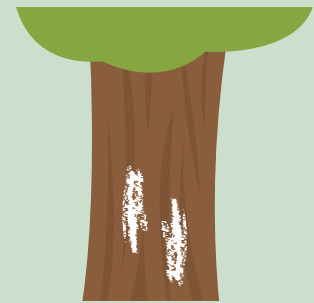
Be One Step Ahead: Learn to Read The Trail Blazes



A **single blaze** indicates the path is straight ahead.



A **double blaze** indicates a change in direction. This is indicated by two parallel marks with one marking lower than the other, the higher mark indicates the direction the path turns.



This **double blaze** indicates you are about to turn left since the higher marking is on the left side.

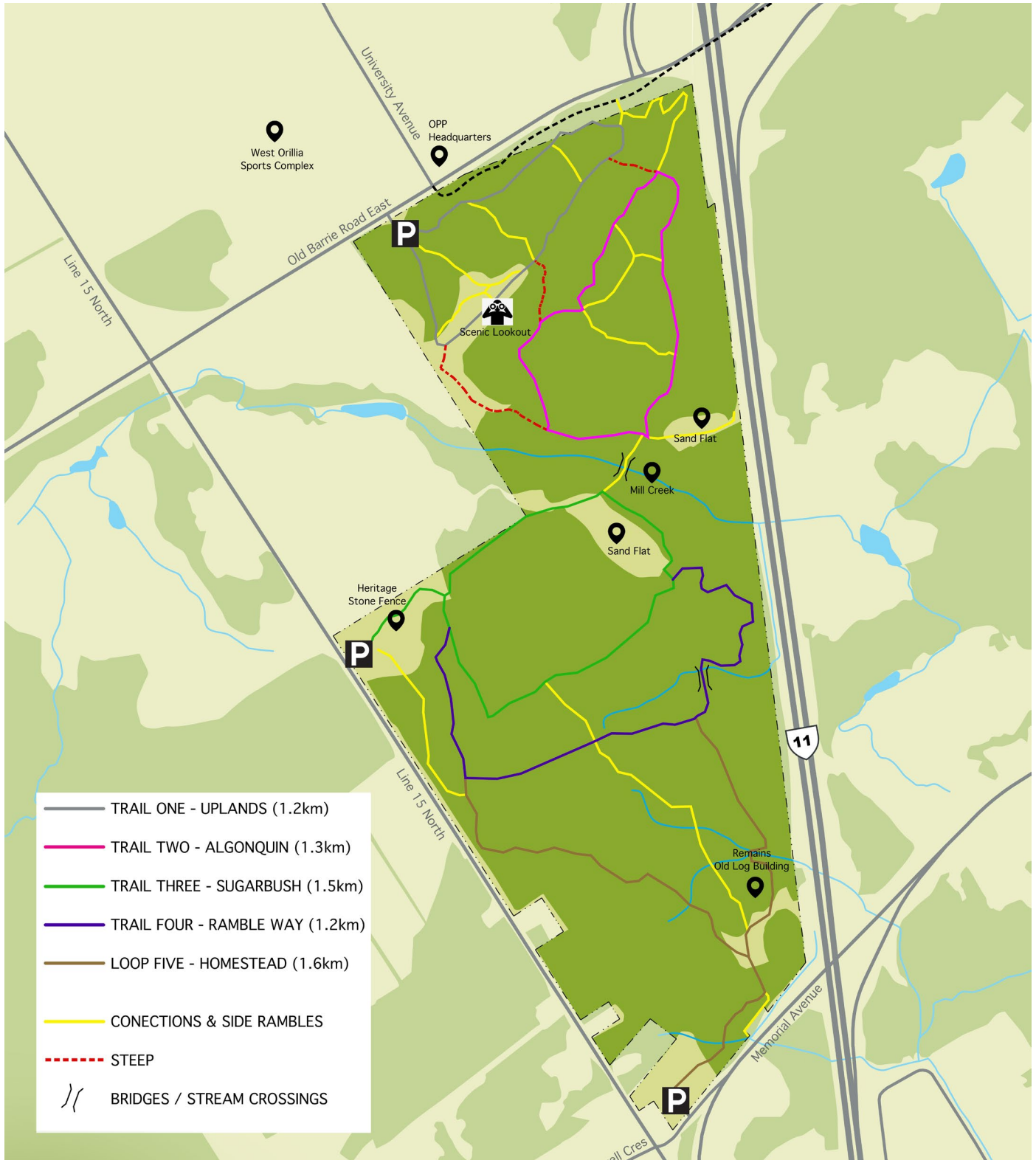
A Healthier,
Greener Orillia

**City-owned
properties are
smoke and
vape free**

Smoke/Vape Free Orillia

Effective May 15, 2019, the smoking/vaping of tobacco, cannabis, e-liquid, and herbal material is prohibited outdoors on any property owned or leased by the City of Orillia (with limited exceptions) including: any property upon which is located a municipal building, park or beach; any parking lot, trail, walkway, or lane; any dock; on or within a vehicle located on City-owned or leased property; on or within a boat located or moored on City-owned or leased property. For more information visit orillia.ca/smokefree.

Map of Scout Valley Trail System



Policies

In Detail

This guide is organized by age category (Preschool, Adult, etc.) and then by program category (Fitness, Special Interest, etc.) Please be aware that Aquatics is located at the beginning and has its own category. Once you have selected a program of interest, please refer to the registration details below the general description. Some courses fill up quickly, so be sure to register promptly. Staff have worked hard to ensure this guide is accurate; however, due to the seasonal format we follow, changes might occur after it has been published.

First Come - First Served

The best way to secure your spot is online. Registrations are not confirmed until you receive a receipt.

Senior Citizens' Rate

Seniors 55 years and up will receive a 25% discount on all programs. When registering online or in person, your discount will be automatically applied based on your birthdate in the system. Non-resident seniors deduct 25% from the non-resident rate.

Prorating of Program Fees

The Parks and Recreation Division will prorate select programs. Proration will not be permitted for missed classes.

Interest Charges

The City of Orillia has implemented interest charges as of April 1, 2024, in which all accounts will be charged if they are overdue. The implementation of interest charges will serve as a deterrent for late payments and encouraging a timely settlement of accounts.

Terms and Conditions: All services provided are invoiced and are subject to a monthly payment cycle. If payment is not received within the first month, any overdue account will be given a grace period of the first 5 days of the month before an interest rate of 2% per month will be charged daily after the first 5 days of each month until the balance is paid.

Grace Period: The City of Orillia will grant a grace period of the first 5 days each month to make payments. If payment is not received, then the interest charges of 2% per month as per above will be charged to your account.

Calculation of Interest: Interest will be based on the overdue amount with simple compounding.

Statements: Statements to all overdue accounts will be sent out monthly on the first of every month.

If Payments Are Not Made: If the client does not make payments on account, then the account will be considered in default after 120 days. At this time the permit may be cancelled without notice and

the account may be sent to a collection's agency. No further permits may be issued until the account is paid in full at which time the client may apply for permits; but for the first year of the client reapplying for a permit the full payment must be made upfront in total of the permit. For more information please contact recreation@orillia.ca.

NSF Cheques

The City of Orillia charges an administration fee of \$36.00 for each NSF cheque received.

Waiting Lists

Once a class/camp is filled, interested registrants will be placed on a waiting list in the order the registration is received. It is recommended to go on the waiting list as we endeavour to accommodate people by expanding the class size or creating an additional class.

Personal Information

Personal information is collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act, R.S.O. 1990, c.M. 56 under the authority of the Municipal Act 2001, S.O. 2001, c 25 and will be used by the Parks and Recreation Division for the operation of recreation programs. Inquiries about the collection or use of this information should be directed to the City's Freedom of Information Co-ordinator.

Refunds

A full refund will be issued prior to the start of an activity only:

- When an activity is cancelled by The Parks and Recreation Division .
- When the date, time or location for the recreation program is changed by the Parks and Recreation Division and prohibits attendance.

Refunds/credits will be issued up to seven days prior to the start of a program with an administrative fee of 10%. This can be done by calling the Orillia Recreation Centre or using the S.U.N. Registration System online. Medical refund requests must be accompanied by a doctor's certificate/note and the 10% administrative fee will be waived. It will only be processed up to the halfway point of any recreation program. Absolutely no refunds will be given after the mid-point of a program. The refund will be pro-rated based on the number of classes left in the recreation program at the time the request is received, regardless of the date the registrant stopped attending the recreation program.

Please note that credits left on your account will expire 24 months after the date of the original credit entry if not obtained.

Class Postponement / Cancellations

If the minimum amount of participants is not met on the week prior to a program's start date, programs usually need to be cancelled. Register early to avoid cancellations. If a course is cancelled, you will be contacted and a full refund will be issued to your account. If it is necessary to cancel a single class due to inclement weather, school board cancellations, pool closures, instructor illness, etc. every attempt will be made to re-schedule the class. However, if the class cannot be re-scheduled, a pro-rated refund will be issued to your account. For last minute changes, we will do our best to contact participants with the exception of mass weather cancellations. A decision is made to cancel a class due to weather after 3:00 p.m. and a notification can be found on orillia.ca/changes and our social media accounts.

The Parks and Recreation Division reserves the right to withdraw, postpone, cancel or combine classes, to limit/increase registration or change course locations at any time. **Please note that credits left on your account will expire 24 months after the date of the original credit entry if not obtained.**

Photographs / Video

Unless the participant or guardian indicates otherwise, the Parks and Recreation Division will assume permission for photos/videos to be taken during programs to be used for promotion.

HST

HST is not included in the pricing shown and is only charged on programs for persons over the age of 15.

Respect +

All City of Orillia facilities, including parks and cultural spaces, strive to be Harassment Free. The Respect+ policy ensures the safety, fun and respect of all participants and spectators. For more information on Respect+ please visit orillia.ca/respect.

Rowan's Law - Bill 198

The Parks and Recreation Division is committed to concussion awareness and ensuring the safety of all participants. Rowan's Law is a concussion awareness program outlining the signs and symptoms of a concussion. For more information please visit this website:

ontario.ca/page/rowans-law-concussion-safety.

Transfers

Transfers from one course to another are permitted up to five business days prior to the start of the recreation program. In the case of swimming lessons, transfers are permitted after the first lesson, and only if there is space, upon approval of the Parks and Recreation Division. To transfer into a different course, visit the S.U.N. System.



Payments

Registered programs can be paid for online by credit card or in person at the Orillia Recreation Centre with cash, debit, cheque or credit. Money on account can also be used. Facility payments can be paid for over the phone by credit card or at the Orillia Recreation Centre with cash, debit, cheque or credit. An ATM is available at Rotary Place.

Non-City Resident Policy

All recreation programs have a rate for City of Orillia residents and a rate for non-residents. The programs offered by the Parks and Recreation Division are subsidized by municipal taxes, so we keep the cost as low as possible for those who contribute to the municipal tax base. Thirty percent (30%) will be added to the registration costs of non-residents. The Parks and Recreation Division reserves the right to request proof of residency. A resident is defined as anyone who resides within the City of Orillia boundaries and/or pays taxes directly to the City of Orillia. A non-resident is defined as anyone who does not pay taxes directly to the City of Orillia.



Why are Programs Cancelled?

The Parks and Recreation Division endeavours to run all advertised programs; however, if there are not enough registrants enrolled one week prior to the start date, the program will be cancelled. Participants are contacted and the payment will be refunded to your account.

Thank You, Advertisers!

These businesses currently support Orillia sports by advertising in your local sports facilities.

A & G Roofing
 Amplifon Canada
 Bayshore Broadcasting Max 89.1
 Bowser Optometry
 Bumper to Bumper Auto
 BDO Canada
 Canadian Tire Store 074 -Linbraand
 Century 21 - BJ Roth Realty
 Dairy Farmers of Ontario
 Dentistry on West – Dr. Chu
 Desjardins Insurance
 Downey Tornosky Lassaline &
 Timpano – Great Law
 East Side Mario's
 Fairgreen Sod Farms
 Gateway Casino Rama
 Giant Tiger Store
 Hambly Optical Centre
 Home Hardware - Orillia
 Jason's No Frills
 Jill Dunlop MPP Simcoe North
 Jim Wilson Chevrolet Pontiac GMC
 Johnston Fencing
 Kelsey's Restaurant
 Kiwanis Club of Orillia
 Krista Walker - RBC
 Krown Rust Control
 Lacie Pharmacy Inc.
 Lake Country Office Solutions
 Lake Country Physiotherapy
 Lakeside Family Optometry
 Lindo F
 Little Caesar's Pizza
 Lock Stock & Barrel
 Mariposa Landscaping
 McDougall Insurance & Financial

McLaren Equipment
 McLean & Dickey Insurance
 Miller Dental Care
 Montana's Cookhouse
 Mortgage Man, Dominion Lending
 Morton Metals
 Northern Performance Windows & Doors
 Orillia Figure Skating Club
 Orillia Hyundai
 Orillia Kia
 OrilliaMatters.com
 Orillia Minor Hockey
 Orillia Motor Sports
 Orillia Sports Medicine Rehabilitation
 Orillia Square Mall – CanTire Properties
 Orillia Terriers PJHL
 Orillia Volkswagen
 Osmow's Restaurant
 Pepsi Cola
 Plaza Auto Group
 R Legacy Landscapes & Pools
 Re/Max RM Real Estate
 Rockwater Wealth Management
 Ron Johnston Insurance
 Royal LePage Realty
 Sandersons Monuments
 Simcoe County Elementary Teachers
 Scales Nature Park
 Speedy Glass Orillia
 Subaru of Orillia
 Sunshine Carpets & Flooring
 Sunrise Toyota
 Sunshine Kitchen & Cabinets
 Sunshine Superwash
 Sunshine Windows & Doors
 Tatham Engineering Ltd.

T.L. Tire Dealer & Repairs
 The Orillia Shrine Club
 The Water Store
 Theresa Coulson -Simcoe Hills Real Estate
 Tim Corney, RBC
 Tiremaster Orillia
 Tonya Mckee Social Work
 Wee Watch Child Care - Orillia
 Wes Brennan Construction
 Wild Wing Restaurant
 Will Marshall Insurance
 Woodland Tree Service
 11 Sports and Social Club

**Promote your business at
 the ice rinks, Orillia
 Recreation Centre,
 athletic fields and more!**

For more information regarding advertising
 with us, contact advertising@orillia.ca.



Community Contacts

Special Interest Groups

Canadian Federation of University Women Orillia	cfuworillia@gmail.com
Canada Day Committee	705-259-1948
Champlain Coin Club	champlaincoinclub@gmail.com
Crime Stoppers – Simcoe, Dufferin, Muskoka	705-726-2237
Girl Guides of Canada	1-877-323-4545
Kids for Turtles	705-325-5386
La Leche League	705-826-4192
LGBT Youth Connection	705-722-6778 ext. 107
Mnjikaning Fish Fence Circle	705-835-9331
Ontario's Lake Country	705-325-9321
Orillia Aero Modelers R.C. Club	705-327-3158
Orillia Amateur Radio Club	705-689-6545
Orillia & District Camera Club	info@orillacameraclub.ca
Orillia & District Literacy Council	705-327-1253
Champlain Coin Club	705-327-1789
Orillia Duplicate Bridge Club	705-323-4944
Orillia Horticulture Society	705-325-7384
Orillia Housing Resource Centre	705-739-0485
Orillia Naturalists Club	orillianaturalists@gmail.com
Orillia Pregnancy Resource Centre	705-326-8228
Orillia Quilters' Guild	info@orilliaquiltersguild.com
Orillia Women's Newcomers Club	705-259-0399
Orillia Sunshine Rug Hookers	705-325-4740
Orillia Welcome Wagon	705-329-0760
Seniors & Law Enforcement Together	705-326-3536
Scouts Canada	1-888-855-3336
Simcoe East District Women's Institute	705-689-6448
Simcoe County Embroidery Guild	barrie@eac-acb.ca
Stand Up! Orillia Against Bullying	705-325-3428
Stephen Leacock Associates	info@leacock.ca
Sunshine Speakers Toastmasters	705-327-2068
Telecare Orillia Office	705-327-2383

Culture & Theatrical Groups

Cellar Singers	705-718-4124
Chamber Music Orillia	705-833-2202
Country Chordsmen, Barbershop	705-737-4477
Hawkestone Singers	705-984-2833
Images Thanksgiving Studio Tour	images.studio.tour@gmail.com
Mariposa Arts Theatre Foundation	705-326-8011
Mariposa Folk Foundation	705-326-3655
Ontario Lumberjack Championships	705-345-9177
Ontario Provincial Police Museum	705-329-6889
Orillia & District Camera Club	info@orillacameraclub.ca
Orillia Concert Association	705-327-0703
Orillia Dance Academy	705-326-7476
Orillia District Arts Council	705-309-3351
Orillia Fine Arts Association	orilliafinesartsassociation@gmail.com
Orillia Folk Society	cyberfolkie@hotmail.com
Orillia Heritage Centre	705-326-2159
Orillia Jazz Festival	705-331-4628
Orillia Museum of Art & History	705-326-2159

Orillia Perch Festival	705-326-4424
Orillia Scottish Festival	705-325-8442
Orillia Silver Band	orilliasilverbandinfo@gmail.com
Orillia Spring Blues Festival	705-326-9284
Orillia Vocal Ensemble	infor@orilliovocalensemble.com
Orillia Waterfront Festival	705-326-4424
Orillia Concert Band	info@orilliaconcertband.com
Orillia Winter Carnival	705-325-3261
Orillia Youth Symphony Orchestra	orilliayouthsymphonyorchestra@gmail.com
RCL Branch 34 Pipes & Drums	705-326-5470
Rotary Fun Fest	705-323-5925

Orillia & Area Sports Groups

Champlain Sailing Club	705-326-8445
Ganaraska Trail Club (Hiking)	705-245-1005
Huronion Stallions Football Club	705-329-0399
Mariposa Gymnastics Club	705-325-3754
Ontario Special Olympics	705-345-4830
Orillia Badminton Club	jaick@rogers.com
Orillia Ball Hockey	705-326-6599
Orillia Channel Cats Swim Club	705-826-8950
Orillia Cricket Club	orilliacricketclub@gmail.com
Orillia Curling Club	705-327-3332
Orillia & District Men's Dart League	705-325-1266
Orillia & District Soccer Club	705-327-9733
Orillia Figure Skating Club	705-242-5513
Orillia & District Horseshoe Club	705-689-2554
Orillia Kids of Steel Triathlon	705-327-3297
Orillia Ladies Hockey League	info@orillialadieshockey.com
Orillia Ladies Soccer	705-717-1810
Orillia Lawn Bowling Club	orillialbc@gmail.com
Orillia Legion Minor Baseball	olmb.secretary@gmail.com
Orillia Men's & Ladies Slo-Pitch	705-329-1651
Orillia Minor Hockey Association	705-326-6642
Orillia Minor Lacrosse	info@orilliaminorlacrosse.com
Orillia Power & Sail Squadron	orilliapowersquadron@hotmail.com
Orillia Rowing Club	705-326-3519
Orillia Suns Volleyball	705-326-0954
Orillia Tennis Club	orilliatennisclub@gmail.com
Orillia Youth Basketball Association	705-323-3865
Orillia Sports Council	705-325-4903 x112
Snow Leopards Cheerleading	705-305-8160

Interested in Being Listed?

Please note we rely on you to keep this listing up-to-date. If you would like your group's information to be added or updated, please contact 705-325-4FUN (4386) or recreation@orillia.ca.

