



**LOCATION LEGEND:**

Municipal Centre - M.C.	Iroquois Civic Centre - C.C.
Matilda Hall - M.H.	Morrisburg Arena - M.A.
Various Locations - V.L.	

# WINTER & SPRING PROGRAMS 2023

Register for programs at [southdundas.com](http://southdundas.com)  
 Registration opens **December 11, 2023**  
**Online or In-person**

**ADULT FITNESS - FREE "TRY IT"**

This is for NEW participants. Pre-registration required.  
**Kickboxing** | Jan 03, Jan 08 | M.C.  
**Boot Camp** | Jan 03, Jan 08 | M.C.  
**Pump & Tone** | Jan 08 | M.C.  
**Hatha Yoga** | Jan 11 | M.C.

**ALL NEW**

**EARLY YEARS**

**Arctic Explorers** | Jan 26 - Feb 16 | M.C.  
**Mini Soccer** | Jan 23 - Feb 20 | M.H.  
**Space Travelers** | Mar 1 - Mar 22 | M.C.  
**Parent & Tot Yoga** | Mar 05 | M.C.  
**Multi-Ball** | Mar 19 - Apr 16 | M.H.  
**Insect Inspectors** | Apr 05 - 19 | M.C.  
**P&T Musical Explorer** | Jan 22 - Feb 12 | M.C.  
**Music Explorer** | Jan 22 - Feb 12 | M.C.

**SENIOR**

**Arts & Culture**  
**Art Classes** | Jan 25 - Apr 04 | M.C.  
 | Apr 18 - Jun 27 | M.C.

**Learning & Leisure**  
**Learning Technology** | Jan 15 - Mar 15 | M.C.  
 | Apr 22 - Jun 17 | M.C.

**Fitness**  
**Senior Fitness** | Jan 09 - May 30 | C.C.  
**Chair Yoga - Virtual Options Available**  
 | Jan 16 - Apr 04 | M.C.  
 | Apr 09 - Jun 25 | M.C.

**OTHER (ALL AGES)**

**Guitar or Ukulele** | Jan 22 - Mar 13 | V.L.  
 | Mar 18 - May 08 | V.L.

**CHILDREN**

**Arts & Culture**  
**Art Classes** | Jan 26 - Apr 05 | M.C.  
 | Apr 19 - Jun 28 | M.C.

**Camps**  
**PA Day Camps** | Feb 1, Apr 26, May 31 | V.L.  
**March Break** | Mar 11-15 | V.L.

**Learning & Leisure**  
**Build a Board Game** | Jan 18 - Feb 08 | M.C. **NEW**  
**Science Wonders** | Feb 15 - Mar 07 | M.C.  
**Build & Break It** | Mar 24 - Apr 11 | M.C.

**Fitness & Sports**  
**Girls Hockey** | Feb 1 | M.A. **NEW**  
**Movement Hour** | Apr 18 - May 09 | M.C. **NEW**  
**Girls in Movement** | May 16 - Jun 06 | M.C.

**Other**  
**Taekwondo** | Jan 09 - Mar 28 | C.C.  
 | Apr 02 - Jun 20 | C.C.

**YOUTH**

**Arts & Culture**  
**Art Classes** | Jan 26 - Apr 05 | M.C.  
 | Apr 19 - Jun 28 | M.C.

**Learning & Leisure**  
**Babysitting Course** | Mar 16 | M.C.  
**Home Alone Course** | Mar 17 | M.C.

**Other**  
**Taekwondo** | Jan 09 - Mar 28 | C.C.  
 | Apr 02 - Jun 20 | C.C.

**Municipality of South Dundas**  
**34 Ottawa Street**  
**Morrisburg, Ontario**  
**613-543-2673**



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# WINTER & SPRING PROGRAMS 2023

**ARENA ICE**

**Senior Skate** | Tuesday & Friday | 9:30 – 10:20 a.m.  
**Parent & Tot** | Tuesday | 8:30 – 9:20 a.m.  
 | Friday | 12:00 p.m. – 12:50 p.m.  
 3:00pm – 3:50pm p.m.  
**Public Skate** | Saturday | 6:00 – 6:50 p.m.  
 | Sunday | 1:00 – 1:50 p.m.  
**Stick & Puck** | 13+ | Monday | 3:30 – 4:15 p.m.  
 | U13 | Thursday | 3:30 – 4:45 p.m.  
 | U13 | Friday | 8:00 – 8:50 a.m.

**SPECIAL EVENTS**

**Spring Plant Exchange, May 26**  
 Come swap plants with fellow gardeners in your community. Share seeds, cuttings, & transplant from your own garden. Plants must be in good health & labeled. | M.A.

**LENDING LIBRARY**

The Lending Library provides a FREE opportunity for South Dundas residents to access a variety of sporting and recreation equipment! Appointments for pickup / drop off are mandatory and requests must be made at least 24 hours before requested use date.  
[www.southdundas.com/recreation-tourism](http://www.southdundas.com/recreation-tourism).

**MORRISBURG ARENA**

The Morrisburg Arena is a single pad arena home to Minor Hockey, Morrisburg & District Skating Club and the Morrisburg Jr. C Lions. The arena is also available for individuals, groups and businesses to rent for birthday parties, holiday skates, and more. To book, call us at 613-543-2673.

**Oops! We cancelled it...**

*Because we didn't know that you wanted it! We recommend registering at least one week prior to class so we can reduce class cancellations.*

*The Municipality reserves the right to cancel or modify the dates and programs outlined.*

**ADULT**

**Arts & Culture**

**Art Classes** | Jan 26 – Apr 05 | M.C.  
 | Apr 19 – Jun 28 | M.C.

**Fitness**

**Kickboxing** | Jan 10 – Apr 10 | M.C.  
 | Apr 15 – Jun 26 | M.C.

**Bootcamp** | Jan 10 – Apr 10 | M.C.  
 | Apr 15 – Jun 26 | M.C.

**Pump & Tone** | Jan 15 – Apr 08 | C.C.  
 | Apr 15 – Jun 24 | C.C.

**Hatha Yoga** – Virtual Options Available  
 | Jan 16 – Apr 04 | M.C.  
 | Apr 09 – Jun 25 | M.C.

**Other**

**Taekwondo** | Jan 09 – Mar 28 | C.C.  
 | Apr 02 – Jun 20 | M.C.

**Learning & Leisure**

**Line Dancing** | Jan 15 – Mar 25 | C.C.  
 | Apr 08 – Jun 17 | C.C.

**Couples Line Dancing** | May 13 – Jun 14 | C.C. **NEW**

**ALL NEW**

**Work Shops**

**Watercolour Painting** | Mar 02 | M.C.

**Drawing Florals** | Apr 06 | M.C.

**Coloured Pencils** | May 11 | M.C.

**Paint Night** | June 15 | M.C.

**Growing Microgreens at Home**

| Jan 19 | M.C.

| Feb 23 | M.C.

| Apr 26 | M.C.

**Beginner Meditation** | Feb 27 & 29 | M.C.

**DROP INS - \$10.00 DROP IN FEE**

**Fitness**

**Kickboxing** | Jan 03 – Jun 26 | M.C.

**Boot Camp** | Jan 03 – Jun 26 | M.C.

**Hatha Yoga** | Jan 16 – Jun 27 | M.C.