

DATE: June 29, 2020

REPORT NO: RFI PW-17-2020

SUBJECT: **West Lincoln Community Centre (WLCC) 2019 Update**

CONTACT: Mike DiPaola, P.Eng., Director of Public Works and Recreation

OVERVIEW:

- The purpose of this report is to provide an update on the West Lincoln Community Centre during its first year (2019) of operation.
- Staff will continue to track, collect, measure, and document trends/strengths/opportunities and provide annual updates, in an effort to track and modify programs/activities to suit the needs of our community.
- Once data is collected and a benchmark is established regarding events, programs, rental/advertising revenue, and building use, the establishment of a West Lincoln Community Centre Advisory Committee would then be reconsidered.

RECOMMENDATION:

1. That, Report RFI PW-17-2020, re: West Lincoln Community Centre (WLCC) 2019 Update, dated June 29, 2020, be received for information.

ALIGNMENT TO STRATEGIC PLAN:

Theme 2:

- Support for Business, Opportunities for Residents – Creating a positive image and a community where it is easy to do business.

Theme 4:

- Local Attractions – Providing amenities, programs and services that bring the community together.

BACKGROUND:

At its meeting on October 21, 2019, the Public Works/Recreation/Arena Committee passed a motion that the establishment of an Advisory Committee for the West Lincoln Community Centre be referred to staff for further investigation and that staff report back at a future Committee meeting in 2020. The purpose of the Advisory Committee would include, but not be limited to:

- Help promote, and or facilitate special events and, bring new ideas and suggestions from the public with the assistance from staff, to help generate revenue opportunities that can be used towards the operational costs of the WLCC and,

- Help promote clubs of all natures including sports, the arts, community fundraisers, and other social/educational/activity gatherings within the facility.

CURRENT SITUATION:

The building of the West Lincoln Community Centre was substantially complete in April 2019. The outside civil site works and landscaping continued into the Fall of 2019, with some outstanding minor work yet to be completed. The General Contractor intends to complete this work over the next few months.

Prior to the total completion of the building construction, the Smithville Library opened to the public in October 2018. Following that the rest of the building opened in February 2019 with the arena and lobby areas being fully operational. The community rooms and the gymnasium became fully operational once the building was substantially completed in April 2019.

Staff is recommending the approach of tracking, collecting, measuring, and documenting successes/challenges, and make changes/improvements as deemed necessary and recommend that the implementation of an Advisory Committee, be held off until we have more consistent data and base usage data.

With the unanticipated onset of COVID-19 and the closure of the facility being three months at the time of the writing of the report, we anticipate that with movement into Stage 3 of the Province of Ontario's "A Framework for Reopening our Province" that we will have more consistent base data after 2021.

Staff will also implement a satisfaction and feedback strategy for visitors and participants of the WLCC. This will provide additional data and allow staff to better assess the qualitative outcomes of the facility and programming along with the quantitative data already being collected. Staff will also continue to have regular meetings with key stakeholders in the user community e.g. hockey, figure skating, Age Friendly Committee etc. to receive feedback and implement changes as appropriate.

Attached to this Report are a number of appendices. Each appendix provides a yearly summary and data related to various initiatives and programs offered at the WLCC.

This data will be collected and reported on over a few years in order to establish a "scorecard" or benchmark. Once this is established, along with feedback from the community, staff will then be able to reconsider if a West Lincoln Community Centre Advisory Committee is beneficial. This approach will support what assistance the Advisory Committee would be able to provide to staff and clearly define the Committee's role/objective.

FINANCIAL IMPLICATIONS:

There are no financial implications as a result of this report.

INTER-DEPARTMENTAL COMMENTS:

This Report was reviewed by the Township CAO, the CEO of the West Lincoln Public Library, and the Township Clerk.

CONCLUSION:

Staff investigated the establishment of a West Lincoln Community Centre Advisory Committee, as per the motion passed by the Public Works/Recreation/Arena Committee at its October 21, 2019 meeting.

The WLCC opened in February of 2019. Since this is a new facility, staff's approach is to track, collect, measure, and document trends/strengths/opportunities, over the next few years, in order to establish a benchmark/scorecard. Once this is established, staff will reconsider if West Lincoln Community Centre Advisory Committee is beneficial.

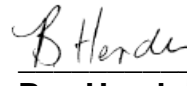
Staff will continue to provide annual updates to this Committee and requests that the West Lincoln Community Centre (WLCC) 2019 Update be received for information purposes.

Prepared / Submitted by:



Mike DiPaola, P.Eng.
Director of Public Works & Recreation

Approved by:



Bev Hendry
Chief Administrative Officer

APPENDIX A – Hours of Operation & Staffing Levels

APPENDIX B – Drop in Programs

APPENDIX C – Fitness Programs

APPENDIX D – Township Events

APPENDIX E – Advertising / Vending Revenue

APPENDIX F – Rentals / Community Connections

APPENDIX G – Camps

APPENDIX H – Smithville Library

APPENDIX 1 - HOURS OF OPERATION / STAFFING LEVELS

		Arena Ice/Floor				Walking Track, Gymnasium, Community Rooms					Smithville Public Library		
		Hours	Staff			Hours	Staff				Hours	Staff	
			Full Time	Part Time	Administration		Full Time	Part Time	Administration			Full Time	Part Time
Winter 2019 (old facility)	Monday to Friday	6:00am to 12:00am	3	2	1	N/A			2	Monday & Friday	3:00pm to 8:00pm	Mon - 1	Mon - 1 Fri - 2
	Saturday	7:00am to 12:00am	3	1	1	N/A			2	Tues, Wed, Thur, & Sat	10:00am to 5:00pm	Tue & Thu - 2 Wed & Sat - 1	Wed. & Sat - 1
	Sunday	9:00am to 12:00am	3	1	1	N/A			2	Sunday	Closed	Closed	
Spring 2019	Monday to Friday	9:00am to 4:00pm	-	1/2	1	9:00am to 4:00pm		1/2	2	Monday & Friday	3:00pm to 8:00pm	Mon - 1	Mon - 1 Fri - 2
	Saturday	9:00am to 1:00pm	-	1/2		9:00am to 1:00pm		1/2		Tues, Wed, Thur, & Sat	10:00am to 5:00pm	Tue & Thu - 2 Wed & Sat - 1	Wed. & Sat - 1
	Sunday	Closed	Closed			Closed	Closed			Sunday	Closed	Closed	
Summer 2019	Monday to Friday	9:00am to 9:00pm	1/2	1/2	1	9:00am to 9:00pm	1/2	1/2	2	Monday & Friday	3:00pm to 8:00pm	Mon - 1	Mon - 2 Fri - 3
	Saturday	9:00am to 1:00pm	-	1/2		9:00am to 1:00pm		1/2		Tues, Wed, Thur, & Sat	10:00am to 5:00pm	Tue - 3 Wed & Sat -1 Thu - 2	Tue - 1 Wed & Sat - 2 Thu - 1
	Sunday	Closed	Closed			Closed	Closed			Sunday	Closed	Closed	
Fall 2019	Monday to Friday	6:00am to 12:00am	3	1	1	9:00am to 10:00pm	1	1	3	Monday & Friday	3:00pm to 8:00pm	Mon - 1	Mon - 2 Fri - 3
	Saturday	7:00am to 12:00am	3	1		9:00am to 10:00pm	1	1	1	Tues, Wed, Thur, & Sat	10:00am to 5:00pm	Tue - 3 Wed & Sat -1 Thu - 2	Tue - 1 Wed & Sat - 2 Thu - 1
	Sunday	9:00am to 12:00am	3	1		9:00am to 9:00pm	1	1		Sunday	1:00pm to 5:00pm		3

NOTES:

*Staffing does not include seasonal part time

*Old arena facility in operation until Feb 18, 2019

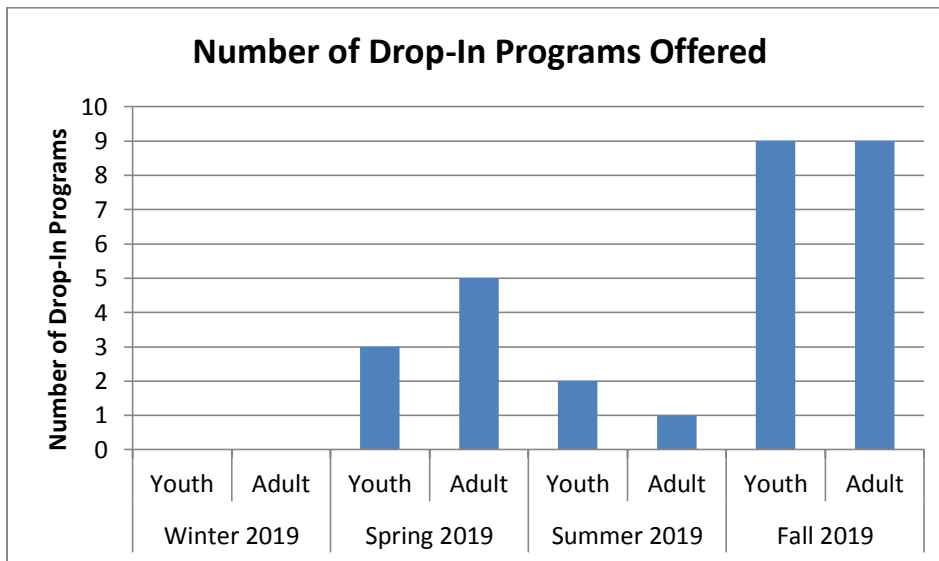
* Administration Staff for Arena Ice/Floor is the "Manager of Parks, Recreation, & Facilities"

*Administration Staff for Walking Track, Gymnasium, Community Rooms are:

- Coordinator of Recreation Services
- Recreation & Wellness Programmer
- Customer Service & Administration Associate

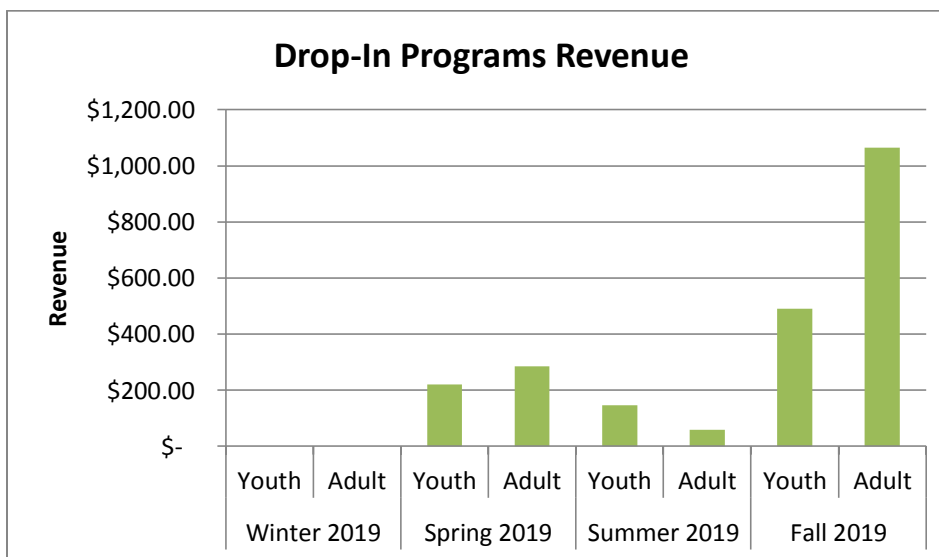
APPENDIX B Drop-In Programs

Drop-In programs began in the West Lincoln Community Centre in Spring 2019 with a basic schedule of program options. Through the summer months, the schedule of drop-in programs was reduced to accommodate the Summer Camp program in the facility and with anticipated lower participation rates. In the Fall session, an increased schedule of drop-in programs was offered and attendance was good. Although not reported here, the Winter 2020 session, which offered similar number of programs as the Fall session, had shown a dramatic increase in attendance (resulting in increased revenue) before the closures due to Covid-19.



*Youth Includes Family

*Adult Includes Older Adult



Drop-in Fees

Adult	\$5.00
Discount Card (10 visits)	\$40.00
Child/Youth	\$2.00
Discount Card (10 visits)	\$15.00
Older Adult 55+	\$3.00
Discount Card (10 visits)	\$25.00

Spring Drop-in Schedule

West Lincoln Community Centre

RECREATION SERVICES

West Lincoln Community Centre
177 West Street, Smithville, ON
905.957.3346 ext 4694
recreation@westlincoln.ca
www.westlincoln.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5:30pm-7:00pm Youth Basketball May 13, 27, June 3, 10, 17, 24 7:00pm-8:30pm Adult Basketball May 13, 27, June 3, 10, 17, 24	1:00pm-3:00pm Adult Basketball May 14, 21, 28, June 4, 11, 18, 25 	10:30am-12:00pm Pickleball May 8, 15, 22, 29, June 5, 12, 19, 26 		10:30am-12:00pm Pickleball & Older Adult Social May 10, 17, 24, 31, June 21, 28 	10:00am-12:00pm Family Basketball May 25, June 1, 8, 22, 29

DROP-IN PROGRAM DETAILS

Basketball-practice basketball skills and play scrimmages in a non-competitive environment.

Family Basketball-all ages are welcome. Guardians are required to stay in the gym with children. The gym will be divided in two to accommodate all ages if necessary. Adults do not pay.

Youth Basketball-participants must be between the ages of 9 and 17. The gym will be divided in two if necessary.

Adult Basketball-participants must be 18 or older

Pickleball-is a fun game that can be enjoyed by all abilities. This sport combines different elements of badminton, tennis and table tennis. Pickleball participants must be 18 or older.

FACILITY ETIQUETTE

1. Indoor shoes only in gymnasium. Locker Rooms are available for use.
2. No food or drink allowed in the gymnasium. Water is permitted.
3. Facility users must treat each other and staff with respect.
4. No horseplay, swearing, boisterous activity or noise pollution.
5. Facility users must put equipment away after use.
6. Discrimination and/or harassment of any kind will not be tolerated and will result in immediate removal from the Community Center.

Staff may ask participants to leave if Facility Etiquette Guidelines are not being met.

DROP IN FEES

Adult	\$5.00	Discount Card (10 visits)	\$40.00
Child/Youth	\$2.00	Discount Card (10 visits)	\$15.00
Older Adult 55+	\$3.00	Discount Card (10 visits)	\$25.00

Registration and Waiver Form

Visit www.westlincoln.ca to print a participation waiver. Bring it with you on your first visit.

West Lincoln
Your Future Naturally



Summer Drop-in Schedule

West Lincoln Community Centre

RECREATION SERVICES

West Lincoln Community Centre
177 West Street, Smithville, ON
905.957.3346 ext 4694
recreation@westlincoln.ca
www.westlincoln.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>4:00pm-6:00pm Youth Basketball July 8, 15, 22, 29, August 12, 19, 26</p>		<p>4:00pm-6:00pm Youth Basketball July 3, 10, 17, 24, 31, August 7, 14, 21, 28</p>	<p>10:30am-12:00pm Pickleball July 4, 11, 18, 25, August 8, 15, 22, 29</p>		

DROP-IN PROGRAM DETAILS

Youth Basketball-practice basketball skills and play scrimmages in a non-competitive environment. Participants must be between the ages of 9 and 17. The gym will be divided in two if necessary.

Pickleball-is a fun game that can be enjoyed by all abilities. This sport combines different elements of badminton, tennis and table tennis. Pickleball participants must be 18 or older.

FACILITY ETIQUETTE

1. Indoor shoes only in gymnasium. Locker Rooms are available for use.
2. No food or drink allowed in the gymnasium. Water is permitted.
3. Facility users must treat each other and staff with respect.
4. No horseplay, swearing, boisterous activity or noise pollution.
5. Facility users must put equipment away after use.
6. Discrimination and/or harassment of any kind will not be tolerated and will result in immediate removal from the Community Center.

Staff may ask participants to leave if Facility Etiquette Guidelines are not being met.

Drop-in Fees

Adult	\$5.00	Discount Card (10 visits)	\$40.00
Child/Youth	\$2.00	Discount Card (10 visits)	\$15.00
Older Adult 55+ \$3.00		Discount Card (10 visits)	\$25.00

Registration and Waiver Form

Visit www.westlincoln.ca to print a participation waiver. Bring it with you on your first visit.

Rentals

Facility rentals are available!

Full Gymnasium (Prime)	\$30/hour
Half Gymnasium (Prime)	\$15/hour
Full Gymnasium (Non-Prime)	\$20/hour
Half Gymnasium (Non-Prime)	\$10/hour

Contact Recreation Services for availability!



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Fall Drop-in Schedule




West Lincoln Community Centre

September 16 to December 21

RECREATION SERVICES

West Lincoln Community Centre
177 West Street, Smithville, ON
905.957.3346 ext 4694
recreation@westlincoln.ca
www.westlincoln.ca





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 5:30pm-7:00pm Youth (9-13) Basketball	11:30am to 1:00pm Badminton 1:00pm-2:30pm Adult (18+) Open Gym	10:30am-12:00pm Pickleball 1:00pm-2:30pm Adult (18+) Open Gym 4:00pm-5:30pm Youth (13-18) Open Gym 5:30pm-7:00pm Family Open Gym (half)	 11:30am-1:00pm Pickleball 1:00pm-2:30pm Table Tennis 	10:30am-12:00pm Pickleball 10:30am-12:00pm Older Adult Social 7:00pm-8:30pm Youth (9-13) Open Gym 8:30pm-10:00pm Youth (13-18) Open Gym	9:00am-10:30am Family Open Gym 10:30am-12:00pm Youth (9-18) Open Gym
Thanksgiving Monday, October 14 is excluded			Occasionally, Drop-in programs may be cancelled due to special circumstances. Watch for notifications at the West Lincoln Community Centre Reception Desk.		
					October 5 is excluded November 2 is excluded November 16 is excluded



Winter Drop-in Schedule West Lincoln Community Centre January 20 to April 3

RECREATION SERVICES
West Lincoln Community Centre
177 West Street, Smithville, ON
905.957.3346 ext 4688
recreation@westlincoln.ca
www.westlincoln.ca



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4:00pm-5:30pm Youth (9-18) Open Gym 5:30pm-7:00pm Youth (9-18) Basketball	11:30am-1:00pm Badminton (18+) 1:00pm-2:30pm Adult (18+) Open Gym 4:00pm-5:30pm Youth (9-18) Open Gym Sponsored by: Kiwanis Club of West Lincoln 7:15pm-8:30pm Pickleball (18+) 8:30pm-10:00pm Adult (18+) Basketball	9:30am-12:30pm Pickleball (18+) 1:00pm-2:30pm Adult (18+) Open Gym 4:00pm-5:30pm Youth (9-18) Open Gym 5:30pm-7:00pm Family Open Gym 8:30pm-10:00pm Adult (18+) Volleyball	 10:30am-12:00pm Pickleball (18+) 11:30am-1:00pm Pickleball (18+) 1:00pm to 2:30pm Table Tennis Occasionally, Drop-in programs may be cancelled due to special circumstances. Watch for notifications at the West Lincoln Community Centre Reception Desk.	10:30am-12:00pm Older Adult Social Begins Jan. 10 Excluding Feb. 14 7:00pm-9:00pm Youth (9-18) Open Gym 5:30pm-7:00pm Family Open Gym (Excluding Mar. 28)	

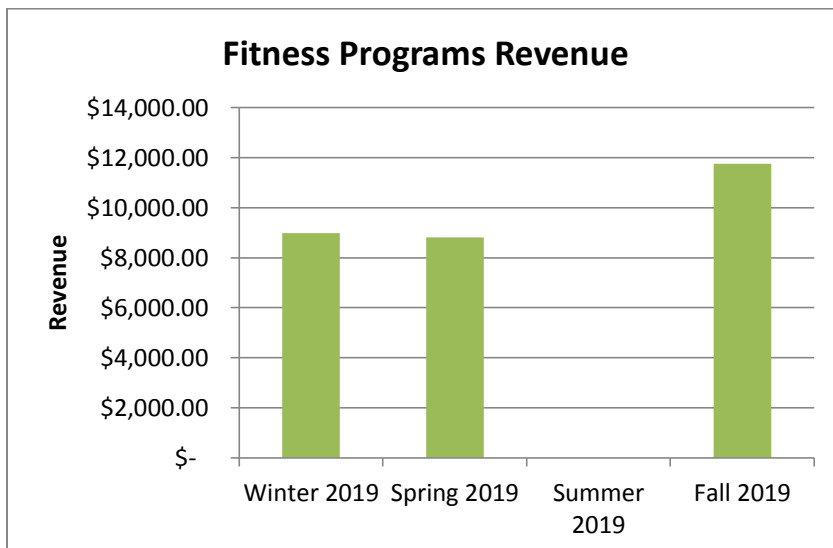
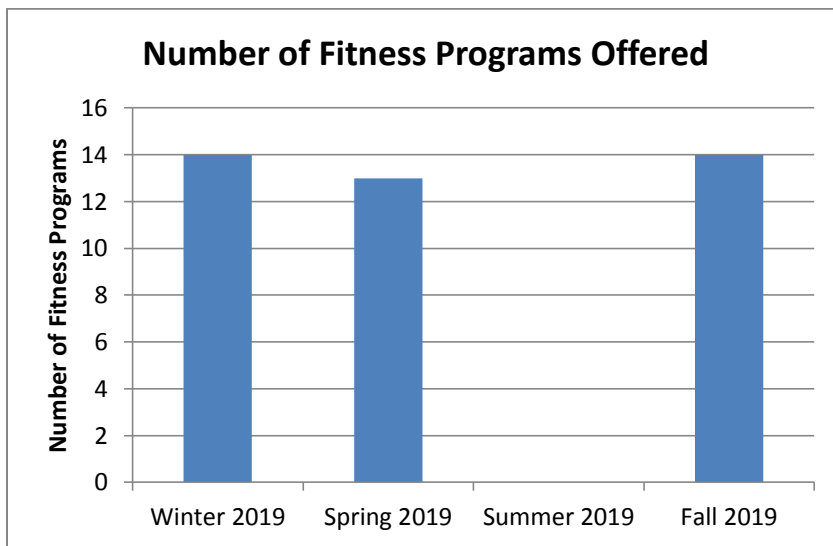


NO DROP-IN PROGRAMS DURING MARCH BREAK
CONTACT RECREATION SERVICES FOR RENTALS

APPENDIX C Fitness Programs

Fitness programs are offered three (3) times per year during the Winter, Spring and Fall sessions. Each session is ten (10) weeks in duration and is designed with programs based on previous success and community desire. In general, programs are intended for adults and registrants are able to select appropriate classes for themselves based on the program description and their abilities. Discounts are provided for those registering for multiple programs and for Older Adults (55+).

The Winter 2019 session was not offered at the West Lincoln Community Centre. Programs were held at various other facilities. The Community Centre opened in February 2019, however the Winter 2019 session was still complete at the other facilities. All programs in the Spring 2019 and Fall 2019 were offered at the Community Centre.



Fitness Class Fees

Most Fitness Classes are \$85.00
(In Winter 2019 classes were \$75)
Tai Chi \$40 (first timer)
Tai Chi \$25 (returning)

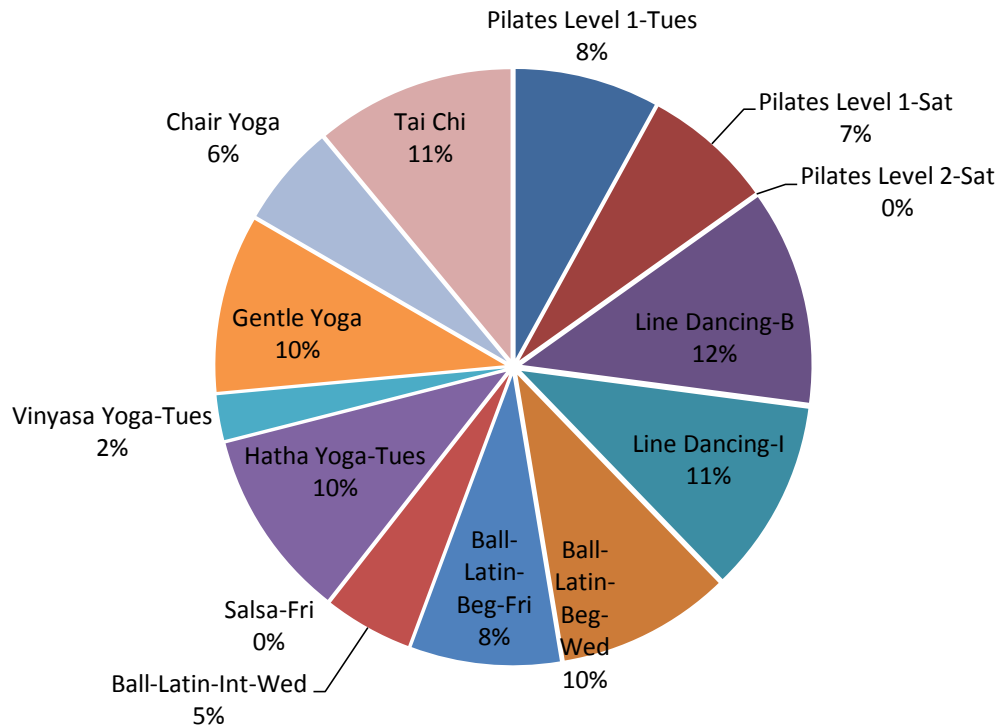
Discounts

Combine any of the \$85 classes
2 classes-\$10 discount
3 classes-\$20 discount
4 classes-\$40 discount
5 or more classes-\$70 discount

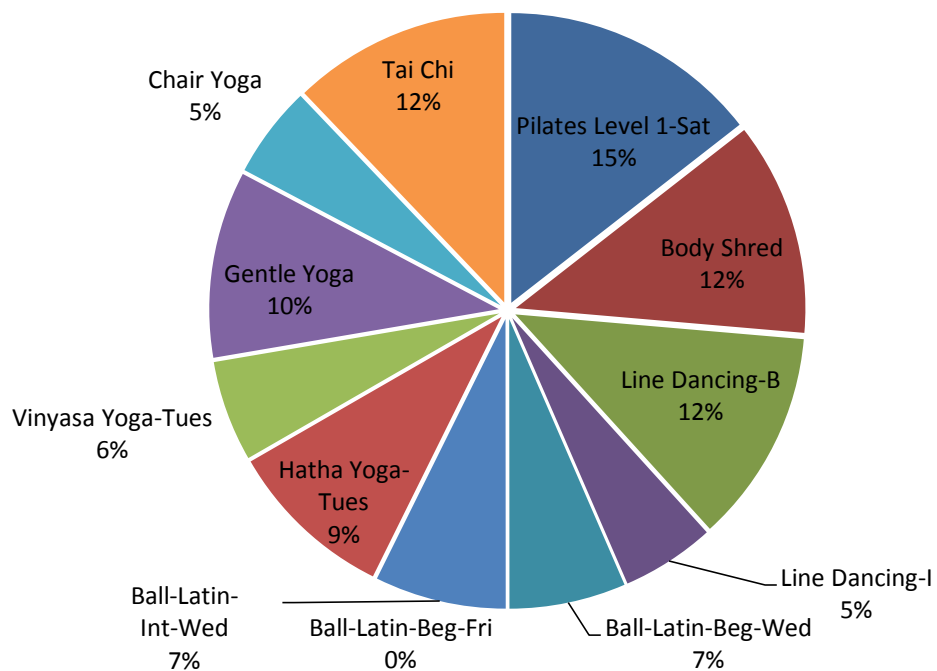
Older Adults 55+

Older Adults (55+) receive a 10% discount on any \$85 fitness class.
(Tai Chi and Drop-In Programs not included)

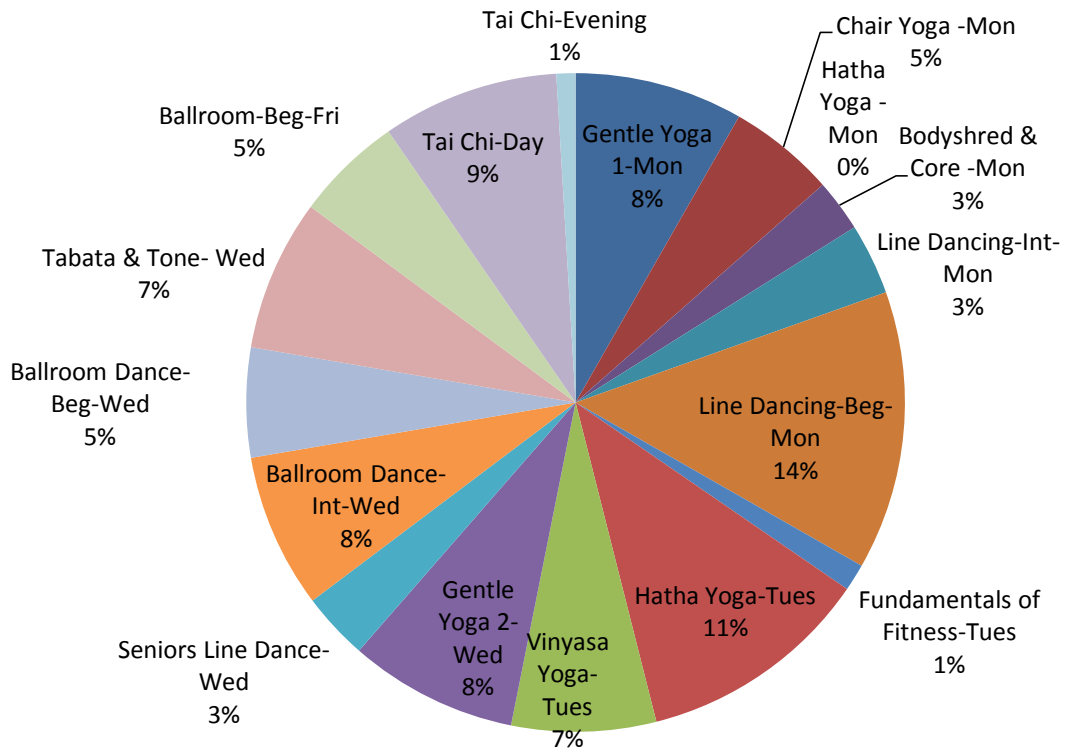
2019 Winter Fitness Attendance



2019 Spring Fitness Attendance



2019 Fall Fitness Attendance



Winter Fitness HAVE YOU EXERCISED TODAY?

Pilates Level 1 With Dawn-\$75

Smithville United Church
Saturdays 9:30am to 10:30am
Jan. 26 to Apr. 13
(excluding Feb. 16, Feb. 23)

-OR-

Smithville Christian High School
Tuesdays 6:00pm to 7:00pm
Jan. 22 to Apr. 2 (excluding Mar. 12)

Traditional Pilates will give you a workout that is effective in building strong core, improving posture, and increasing strength with an emphasis on alignment, balance and coordination. Bring water, a mat and 2lb weights.

Pilates Level 2 With Dawn-\$75

Smithville United Church
Saturdays 10:30am to 11:30am
Jan. 26 to Apr. 13
(excluding Feb. 16, Feb. 23)

Build on Level 1 by focusing on developing core strength, flexibility, balance and stamina with intermediate and advanced exercises at multiple levels and a more advanced pace. Focus on breathing patterns and alignment while engaging deep core muscles. Bring water, mat and 2lb weights.

Country Line Dancing Beginner-\$75

West Lincoln Arena Hall
Mondays 8:00pm to 9:00pm
Jan. 21 to Apr. 8
(excluding Feb. 18, Mar. 11)

Dust off the cowboy boots for a fun night out with friends and a great way to get active. This is a beginner class where you and your friends can learn the newest country line dances!

Country Line Dancing Intermediate-\$75

West Lincoln Arena Hall
Mondays 7:00pm to 8:00pm
Jan. 21 to Apr. 8
(excluding Feb. 18, Mar. 11)

If you have already taken the Beginner Country Line Dancing class or have some experience, then you are ready for the "next step"! Keep the fun going and learn many more new dances!

Ballroom & Latin Dance Beginner-\$75/person

(Singles Welcome - No Experience)
West Lincoln Arena Hall

Wednesdays 8:00pm to 9:00pm
Jan. 23 to Apr. 3 (excluding Mar. 13)

-OR-

Fridays 7:00pm to 8:00pm
Jan. 25 to Apr. 5 (excluding Mar. 15)

Do you want to learn to dance? Are you going on vacation, getting married or is it on your bucket list? Learn Waltz, Salsa, Tango, Merengue, Jive (Swing), Bachata, Foxtrot, Cha Cha and more.

Ballroom & Latin Dance Intermediate-\$75/person

West Lincoln Arena Hall
Wednesdays 7:00pm to 8:00pm
Jan. 23 to Apr. 3 (excluding Mar. 13)

Couples Dance Intermediate is a great way to have fun socializing with other couples. Learn more variations to each dance that was covered in the Beginner Class and more!

Couples Salsa Dance-\$75

West Lincoln Arena Hall
Fridays 8:00pm to 9:00pm
Jan. 25 to Apr. 5 (excluding Mar. 15)

Latin Clubs are filled with dance enthusiasts. Have you always wanted to learn Latin Dancing such as Salsa, Bachata and Merengue? Build your confidence and improve your social life? Burn calories and get in shape while dancing and having FUN? Here is your chance to impress.

Hatha Yoga With Kristin-\$75

Smithville Train Station
Tuesdays 6:30pm to 7:45pm
Jan. 22 to Apr. 2 (excluding Mar. 12)

Hatha Yoga is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with breath. Enjoy flowing through poses in a supportive environment. These classes are best suited for those who have fundamental understanding of asana practice and movements. Bring a mat and water.

Vinyasa Flow With Kristin-\$75

Smithville Train Station
Tuesdays 8:00pm to 9:15pm
Jan. 22 to Apr. 2 (excluding Mar. 12)

Vinyasa Flow Yoga will have more challenging poses like arm balances, and will have a quicker pace than Hatha. Bring a mat and water.

Gentle Yoga With Kristin-\$75

Smithville Train Station
Mondays 9:00am to 10:00am
Jan. 21 to Apr. 8
(excluding Feb. 18, Mar. 11)

This class is slow-paced and will focus on strengthening, relaxing, stretching, and breathing. Gentle Yoga is for those who need support with their practice. Participants will use supports as needed. Bring a mat, blanket and water.

Chair Yoga With Kristin

Smithville Train Station
Mondays 10:15am to 11:15am
Jan. 21 to Apr. 8
(excluding Feb. 18, Mar. 11)

A gentle form of Hatha yoga where students can experience the benefits of yoga without having to get up or down from the floor. Students perform postures and breathing exercises with the assistance of a chair. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Bring a mat and water.

Tai Chi-\$40

West Lincoln Arena Hall
Tuesdays & Thursdays 10:00am to 11:00am
Start Date: Jan. 15 (20 classes)

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi. This is a gentle fitness class suitable for older adults and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility. Suitable for all ages.

Combine any of the \$75 classes
2 classes-\$10 discount
3 classes-\$20 discount
4 classes-\$40 discount
5 or more classes-\$70 discount

Multiple Class

Discounts

Recreation Services

905.957.3346 ext. 4694

www.westlincoln.ca
recreation@westlincoln.ca

Spring Fitness HAVE YOU EXERCISED TODAY?

Pilates Level 1-\$85 RCPL

West Lincoln Community Centre
Saturdays 9:30am to 10:30am
Apr. 27 to July 13
(excluding June 1, 8)

Traditional Pilates will give you a workout that is effective in building strong core, improving posture, and increasing strength with an emphasis on alignment, balance and coordination. Bring water, a pilates mat & 2lb weights.

BodyShred & Core-\$85 RCB&C

West Lincoln Community Centre
Tuesdays 7:00pm to 8:00pm
May 14 to July 16

Instructor, Marsha is certified to teach this amazing new class! Jillian Michaels' Bodyshred is a 30 minute high intensity program. With the addition of core movements, you will get a total body workout. Bring water, a mat and weights (8lbs or less).

Line Dancing Beginner-\$85 RCCLD

West Lincoln Community Centre
Mondays 8:00pm to 9:00pm
Apr. 29 to July 15
(excluding May 20, July 1)

Dust off the cowboy boots for a fun night out with friends and a great way to get active. This is a beginner class where you and your friends can learn the newest country line dances!

Line Dancing Intermediate-\$85 RCCLD

West Lincoln Community Centre
Mondays 7:00pm to 8:00pm
Apr. 29 to July 15
(excluding May 20, July 1)

If you have already taken the Beginner Country Line Dancing class or have some experience, then you are ready for the "next step"! Keep the fun going and learn many more new dances!

Ballroom & Latin Dance

Beginner-\$85/person RCCDN (Singles Welcome - No Experience)

West Lincoln Community Centre
Wednesdays 8:00pm to 9:00pm
Apr. 24 to June 26
-OR-

Fridays 7:00pm to 8:00pm
Apr. 26 to June 28

Do you want to learn to dance? Are you going on vacation, getting married or is it on your bucket list? Learn Waltz, Salsa, Tango, Merengue, Jive (Swing), Bachata, Foxtrot, Cha Cha and more.

Ballroom & Latin Dance

Intermediate-\$85/person RCCDN

West Lincoln Community Centre
Wednesdays 7:00pm to 8:00pm
Apr. 24 to June 26

Couples Dance Intermediate is a great way to have fun socializing with other couples. Learn more variations to each dance that was covered in the Beginner Class and more!

Hatha Yoga-\$85 RCYGH

West Lincoln Community Centre
Tuesdays 6:30pm to 7:45pm
Apr. 23 to July 9
(excluding May 21, June 18)

Hatha Yoga is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with breath. Enjoy flowing through poses in a supportive environment. These classes are best suited for those who have fundamental understanding of asana practice and movements. Bring a mat and water.

Vinyasa Flow-\$85 RCVF

West Lincoln Community Centre
Tuesdays 8:00pm to 9:15pm
Apr. 23 to July 9
(excluding May 21, June 18)

Vinyasa Flow Yoga will have more challenging poses like arm balances, and will have a quicker pace than Hatha. Bring a mat and water.

Gentle Yoga-\$85 RCYGG

West Lincoln Community Centre
Mondays 9:00am to 10:00am
Apr. 22 to July 8
(excluding May 20, July 1)

This class is slow-paced and will focus on strengthening, relaxing, stretching, and breathing. Gentle Yoga is for those who need support with their practice. Participants will use supports as needed. Bring a mat, blanket and water.

Chair Yoga-\$85 RCYCH

West Lincoln Community Centre
Mondays 10:15am to 11:15am
Apr. 22 to July 8
(excluding May 20, July 1)

A gentle form of Hatha yoga where students can experience the benefits of yoga without having to get up or down from the floor. Students perform postures and breathing exercises with the assistance of a chair. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Bring a mat and water.

Tai Chi-\$40 RCTAI

West Lincoln Community Centre
Tuesdays & Thursdays 10:00am to 11:00am
Start Date: April 23 (20 classes)

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi. This is a gentle fitness class suitable for older adults and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility. Suitable for all ages and experience.

Tai Chi For Beginners-\$40 RCTAI

West Lincoln Community Centre
Wednesdays & Fridays 5:45pm to 6:45pm
Start Date: April 24 (20 classes)

This Tai Chi class is meant for those who have never done Tai Chi. It will be a "Beginners" class. Try it out and experience all of the health benefits that Tai Chi has to offer. (minimum 10 students)

Multiple Class *Discounts*

Combine any of the \$85 classes
2 classes-\$10 discount RCDS2
3 classes-\$20 discount RCDS3
4 classes-\$40 discount RCDS4
5 or more classes-\$70 discount RCDS5

Older Adults 55+

Older Adults (55+) receive a 10% discount on any fitness classes with the exception of Tai Chi and Drop-In Programs. RC55+

Recreation Services

905.957.3346 ext. 4694
www.westlincoln.ca
recreation@westlincoln.ca

Register at:

Township Administrative Office
318 Canborough Street
Smithville, ON L0R 2A0
Monday to Friday 9:00am to 4:30pm

Fall Fitness HAVE YOU EXERCISED TODAY?

All fitness classes are held at the West Lincoln Community Centre

BodyShred & Core-\$85 RCB&C

Mondays 7:15pm to 8:15pm
Sept. 16 to Nov. 25 (excluding Oct. 14)
Jillian Michaels' BodyShred is a 30 minute high intensity program. With the addition of core movements, you will get a total body workout. Bring water, a mat and weights (8lbs or less).

Tabata & Tone-\$85 RCTNT

Wednesdays 7:15pm to 8:15pm
Sept. 18 to Nov. 20
The first half of the class is focused on Tabata workouts, an interval training program that will build muscle and burn calories. The second half of class features total body toning exercises. Bring water, a mat and weights (8lbs or less).

FUNDamentals of Fitness-\$85 RCFOF

Tuesdays 6:00pm to 7:00pm
Sept. 17 to Nov. 26 (excluding Oct. 1)
This is a slow paced class for beginners to fitness and will consist of body-weight movements and resistance band training. Bring water and a mat.

Tai Chi-\$40 RCTAI

Tuesdays & Thursdays 10:00am to 11:00am
Start Date: Sept. 24 (20 classes)
-OR-
Wednesdays & Fridays 6:45pm to 7:45pm
Start Date: Sept. 25 (20 classes)
MUST PRE-REGISTER (min. 10 to run class)
Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi. This is a gentle fitness class suitable for older adults and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility. Suitable for all ages and experience.

Multiple Class Discounts

Combine any of the \$85 classes
2 classes-\$10 discount RCDS2
3 classes-\$20 discount RCDS3
4 classes-\$40 discount RCDS4
5 or more classes-\$70 discount RCDS5

Older Adults 55+

Older Adults (55+) receive a 10% discount on any fitness class with the exception of Tai Chi and Drop-In Programs. RC55+

Recreation Services

Ballroom & Latin Dance

Beginner-\$85/person RCCDN (Singles Welcome - No Experience)

Wednesdays 8:00pm to 9:00pm
Sept. 18 to Nov. 20
-OR-
Fridays 7:00pm to 8:00pm
Sept. 20 to Nov. 22
Are you going on vacation, getting married or is it on your bucket list? Learn Waltz, Salsa, Tango, Merengue, Jive (Swing), Bachata, Foxtrot, Cha Cha and more.

Ballroom & Latin Dance

Intermediate-\$85/person RCCDN

Wednesdays 7:00pm to 8:00pm
Sept. 18 to Nov. 20
This intermediate dance class is a great way to have fun socializing with other couples. Learn more variations to each dance covered in the beginner class and more!

Line Dancing

Beginner-\$85 RCCLD

Mondays 8:00pm to 9:00pm
Sept. 16 to Nov. 25 (excluding Oct. 14)
Dust off the cowboy boots for a fun night out with friends and a great way to get active. This is a beginner class where you and your friends can learn the newest country line dances!

Line Dancing

Intermediate-\$85 RCCLD

Mondays 7:00pm to 8:00pm
Sept. 16 to Nov. 25 (excluding Oct. 14)
If you have already taken the beginner class or have some experience, then you are ready for the next step! Keep the fun going and learn many more new dances!

Seniors'

Line Dancing-\$85 RCSLD

Wednesdays 2:00pm to 3:00pm
Sept. 18 to Nov. 20
A great class to learn line dancing! A memory workout that will improve balance, coordination, flexibility and build your confidence. Make new friends and lift your spirits!

Registration Options

905.957.3346 ext. 4694
recreation@westlincoln.ca
www.westlincoln.ca

Vinyasa Flow-\$85 RCVVF

Tuesdays 8:00pm to 9:00pm
Sept. 17 to Nov. 19
Vinyasa Flow will take you through asana sequences at a quicker pace and links movement with breath. This class builds strength and stamina and explores more challenging poses such as arm balances and backbends. Bring a mat, a strap and water.

Hatha Yoga-\$85 RCYGH

Tuesdays 6:30pm to 7:45pm
Sept. 17 to Nov. 19
-OR-
Mondays 5:30pm to 6:45pm
Sept. 16 to Nov. 25 (excluding Oct. 14)
Hatha Yoga is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. Classes are best suited for those who have a fundamental understanding of asana practice and movements. Bring a mat, a strap and water.

Gentle Yoga-\$85 RCYGG

Mondays 9:00am to 10:00am
Sept. 16 to Nov. 25 (excluding Oct. 14)
-OR-
Wednesdays 9:00am to 10:00am
Sept. 18 to Nov. 20
This class is slow paced and will focus on strengthening, relaxing, stretching, and breathing. Gentle Yoga is for those who need support with their yoga practice. Participants will use supports as needed. Bring a mat, blanket, a strap and water.

Chair Yoga-\$85 RCYCH

Mondays 10:15am to 11:15am
Sept. 16 to Nov. 25 (excluding Oct. 14)
A gentle form of Hatha where students experience the benefits of yoga without having to get up or down from the floor. Students perform postures and breathing exercises with the assistance of a chair. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Bring a mat, a strap and water.

Township Administrative Office
CASH CHEQUE DEBIT
318 Canborough Street
Smithville, ON L0R 2A0
Monday to Friday 9:00am to 4:30pm
West Lincoln Community Centre
CASH CHEQUE ONLY
177 West Street
Smithville, ON L0R 2A0
Tuesday to Saturday 8:30am to 4:00pm

Winter Fitness HAVE YOU EXERCISED TODAY?

All fitness classes are held at the West Lincoln Community Centre



Yoga for Youth-Girls-\$40 RCYYG

Ages 12 to 18

Thursdays 6:00pm to 6:45pm
Jan. 16 to Mar. 26 (excluding Mar. 19)

Yoga for Youth-Guys-\$40 RCYYB

Ages 12 to 18

Thursdays 7:00pm to 7:45pm
Jan. 16 to Mar. 26 (excluding Mar. 19)

Yoga is a great way to learn how to reduce stress, as well as improve concentration, mood, balance and flexibility. Hockey, soccer and other athletes use yoga to improve their game. Join this fun yoga class with friends and/or teammates. Bring a mat, a strap and water.

Hatha Yoga-\$85 RCYGH

Tuesdays 6:30pm to 7:45pm
Jan. 14 to Mar. 24 (Excluding Mar. 17)
-OR-

Hatha Yoga-\$85 RCYGH

Thursdays 8:00pm to 9:15pm
Jan. 16 to Mar. 26 (Excluding Mar. 19)

Hatha Yoga is a mid to slow paced class, focusing on building strength and balance while learning to quiet the mind and connect with your breath. Enjoy flowing through poses in a supportive environment. Classes are best suited for those who have a fundamental understanding of asana practice and movements. Bring a mat, a strap and water.

Vinyasa Flow-\$85 RCYVF

Tuesdays 8:00pm to 9:00pm
Jan. 14 to Mar. 24 (Excluding Mar. 17)

Vinyasa Flow will take you through asana sequences at a quicker pace and links movement with breath. This class builds strength and stamina and explores more challenging poses such as arm balances and backbends. This is not a beginner class. Bring a mat, a strap and water.

Line Dancing

Beginner-\$85 RCCLD

Mondays 8:00pm to 9:00pm
Jan 13 to Mar. 30

(Excluding Feb. 17, Mar. 16)

Dust off the cowboy boots for a fun night out with friends and a great way to get active. This is a beginner class where you and your friends can learn the newest country line dances!

Line Dancing

Intermediate-\$85 RCCLD

Mondays 7:00pm to 8:00pm
Jan 13 to Mar. 30

(Excluding Feb. 17, Mar. 16)

If you have already taken the beginner class or have some experience, then you are ready for the next step! Keep the fun going and learn many more new dances!

Couples Ballroom-Latin Dance

Beginner-\$85/person RCCDN

(Couples - No Experience)

Wednesdays 8:00pm to 9:00pm
Jan. 15 to Mar. 25 (Excluding Mar. 18)
-OR-

Couples Ballroom-Latin Dance

Beginner-\$85/person RCCDN

(No Experience)

Fridays 7:00pm to 8:00pm

Jan. 17 to Mar. 27 (Excluding Mar. 20)
Are you going on vacation, getting married or is it on your bucket list? Learn Waltz, Salsa, Tango, Merengue, Jive (Swing), Bachata, Foxtrot, Cha Cha and more.

Couples Ballroom-Latin Dance

Intermediate-\$85/person RCCDN

Wednesdays 7:00pm to 8:00pm

Jan. 15 to Mar. 25 (Excluding Mar. 18)
This intermediate dance class is a great way to have fun socializing with other couples. Learn more variations to each dance covered in the beginner class and more!

Registration Options

Township Administrative Office

CASH CHEQUE DEBIT

318 Canborough Street

Smithville, ON L0R 2A0

Monday to Friday 9:00am to 4:30pm

West Lincoln Community Centre

CASH CHEQUE ONLY

177 West Street

Smithville, ON L0R 2A0

Tuesday to Saturday 8:30am to 4:00pm

Older Adult Line Dancing-\$85

RCSLD

Wednesdays 11:15am to 12:15pm

Jan. 15 to Mar. 25 (Excluding Mar. 18)

A great class to learn line dancing! A memory workout that will improve balance, coordination, flexibility and build your confidence. Make new friends and lift your spirits!

Gentle Yoga-\$85 RCYGG

Mondays 9:30am to 10:30am

Jan 13 to April 6

(Excluding Feb. 3, 17, Mar. 16)

-OR-

Wednesdays 9:30am to 10:30am

Jan. 15 to Mar. 25 (Excluding Mar. 18)

This class is slow paced and will focus on strengthening, relaxing, stretching, and breathing. Gentle Yoga is for those who need support with their yoga practice. Participants will use supports as needed. Bring a mat, blanket, a strap and water.

Chair Yoga-\$85 RCYCH

Mondays 10:45am to 11:45am

Jan 13 to April 6

(Excluding Feb. 3, 17, Mar. 16)

A gentle form of Hatha where students experience the benefits of yoga without having to get up or down from the floor. Students perform postures and breathing exercises with the assistance of a chair. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction. Bring a mat, a strap and water.

Tai Chi-\$40(new) \$25(return) RCTAI

Tuesdays & Thursdays 10:00am to 11:00am

Start Date: Jan. 14 (20 classes)

Bring balance and flexibility to your life by practicing the health improving movements of Tai Chi. This is a gentle fitness class suitable for older adults and is adaptable to all fitness levels. Reduce tension, improve your circulation, and increase strength and flexibility. Suitable for all ages and experience.

Multiple Class Discounts

Combine any of the \$85 classes

2 classes-\$10 discount RCDS2

3 classes-\$20 discount RCDS3

4 classes-\$40 discount RCDS4

5 or more classes-\$70 discount RCDS5

Older Adults 55+

Older Adults (55+) receive a 10% discount on any \$85 fitness class. RC55+

(Tai Chi and Drop-In Programs not included)

Recreation Services
905.957.3346 ext. 4688
recreation@westlincoln.ca
www.westlincoln.ca

APPENDIX D

Township Events at WLCC and Other Facilities

Family Day

The West Lincoln Community Centre held a soft opening by hosting the annual 2019 Family Day event at the new facility. The estimated attendance was 1,000.

Easter Egg Hunt

The 2019 Easter Egg Hunt was quickly moved to the new facility when the weather promised to make an outdoor event impossible. Community response was positive and the facility offered an indoor option and the potential for expanded programming for the event in the future. The estimated attendance was 750.

Age Friendly Forum

The Township's Age Friendly Committee held the Age Friendly Forum in the West Lincoln Community Centre with great success. The event made use of the new facility's audio visual components and technology to present an accessible program to the community. The estimated attendance was 300.

Music in the Park

The 2019 Music in the Park concert series was held on the West Lincoln Community Centre property. Several comments were made about the sense of community that was created with the event being held close to the new playground, splashpad and skatepark. The estimated attendance over 4 concerts was 600.

Harvest Routes

The 2019 Harvest Routes event was held at the new facility along with events taking place at the Caistor Community Centre, the Wellandport Community Centre and all three branches of West Lincoln Libraries. Rental costs for the event were decreased and the West Lincoln Community Centre proved to be an excellent location for the event. A total attendance for the event over all locations was 2,000.

Parade

The 2019 Santa Claus Parade made use of the expanded parking lot at the West Lincoln Community Centre to stage entries and bands for the start of the parade.

Township Meetings and Gatherings

Many Township departments have made use of the new facility by booking meetings and gatherings throughout 2019. The community rooms and the gymnasium offer staff with expanded opportunities for hosting business events.

Township Events at Other Locations

Earth Day (various Township parks)-estimated participants 70

Public Works and Emergency Services Open House (Township Administrative Office)-estimated attendance 300

Canada Day (Leisureplex Township Park)-estimated attendance 1,000

Movies in the Park (Leisureplex Township Park)-estimated attendance 150

APPENDIX E

Advertising/Vending Revenue

Advertising Revenue

In August of 2019, the Township entered into an advertising agreement with Nustadia Media. The agreement is a 3 year term for the administration of the arena board advertising with \$12,500 revenue guaranteed per year. Revenue reported in 2019 is pro-rated based on the start date of this agreement.

Digital sign rentals are undertaken on a regular basis as per the Township's Policy.

2019 Actual Advertising Revenue	\$10,430.00
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Canteen / Vending Revenue

The Township also joined with Vendomatic to begin a pilot project in May of 2019 for the administration and operation of vending machines in the West Lincoln Community Centre. The project guarantees the Township 15% of all vending machine sales.

In November 2019, the West Lincoln/West Niagara Minor Hockey Associations signed an agreement with the Township to operate the concession area at the Community Centre. The agreement provides the Township 15% to 20% annually based on a sliding scale of net concession revenue. This revenue will be captured and reported in 2020.

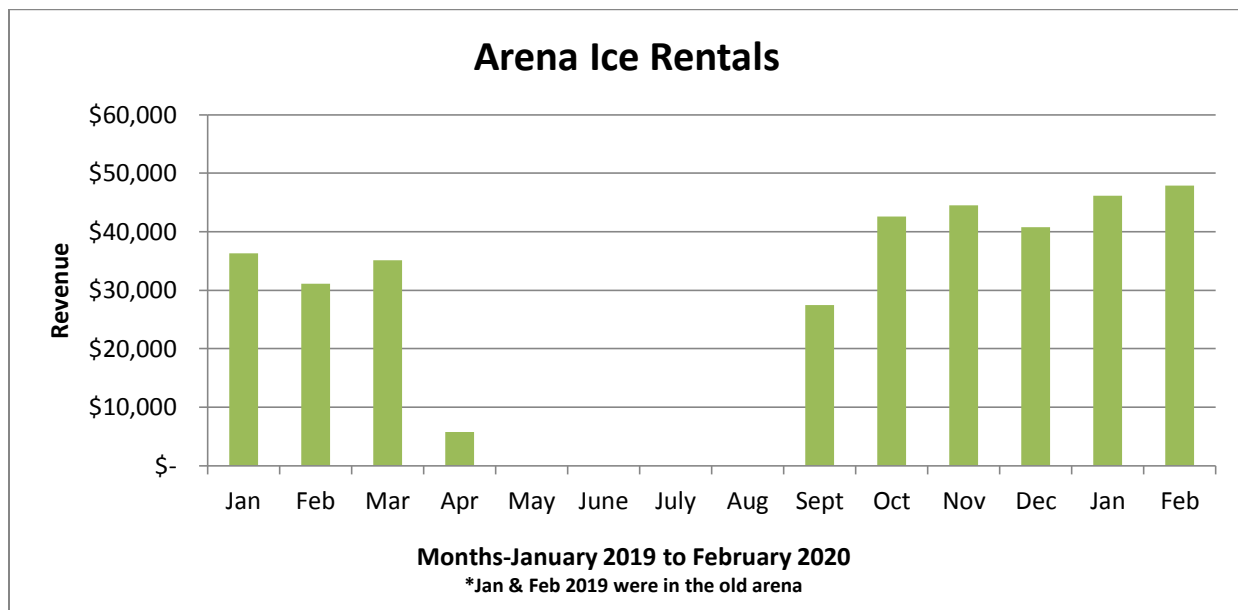
2019 Actual Canteen/Vending Revenue	\$650.00
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APPENDIX F

Facility Rentals & Community Connections

Arena Ice Rentals

The West Lincoln Community Centre held a soft opening in February 2019. Arena ice rentals were completely moved from the old facility to the new facility in March 2019 to complete the ice season. For comparison purposes, January & February 2020 at the new facility averaged \$45,000 of revenue per month.



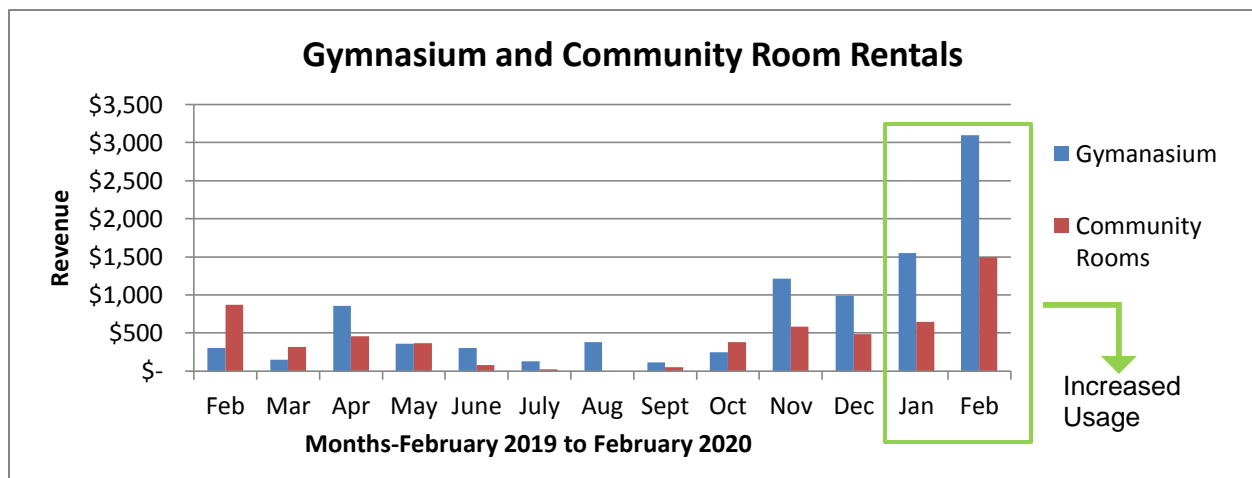
* New Arena Ice fees beginning in September 2019.

** January & February 2019 ice rentals took place at the old arena

APPENDIX F Facility Rentals & Community Connections

Gymnasium / Community Room Rentals

The gymnasium and community rooms opened for rentals slowly in February 2019. By Spring 2019, the gymnasium and community rooms became fully opened for rentals with limitations around availability due to the Township Summer Camp through the summer months. By Fall 2019, the gymnasium and community rooms became popular rental facilities in the community and usage increased moving into 2020. For comparison purposes, January & February 2020 increased dramatically (\$4,500 revenue for Feb 2020).



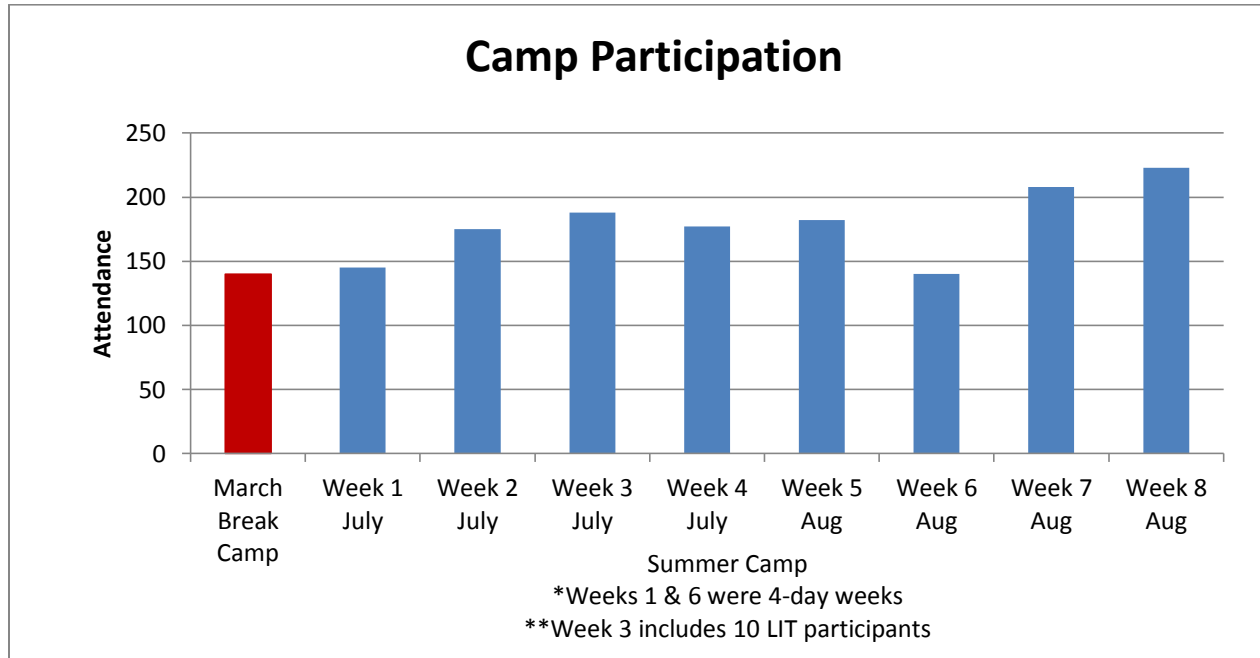
Community Connections

The opening of the West Lincoln Community Centre created opportunities for local organizations and businesses to host their events at the facility. In 2019, significant community connections were made through rental arrangements with events such as:

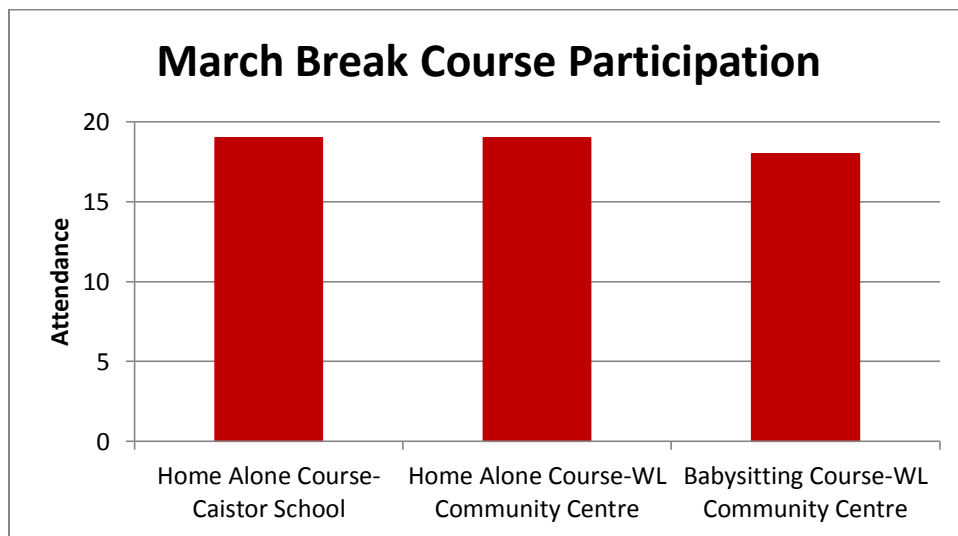
- West Lincoln/West Niagara Minor Hockey Tournaments
- Kiwanis Tree Lighting
- Chamber of Commerce BBQ
- Chamber of Commerce Home Show.
- Healthy Safe & Strong Program (Partnership with Niagara Region)

APPENDIX G Camps

Camps run during March Break and for 8 weeks in the summer. Camps are for children between the ages of 4 and 12 years old. In 2019 a Leader in Training program was run in conjunction with Camp during Week 3.



During March Break, three (3) course were provided, in addition to the Camp program, as follows:



Total March Break Camp and Courses Revenue \$6,800

Total Summer Camp Revenue \$43,500

APPENDIX H

West Lincoln Public Library – Smithville Branch

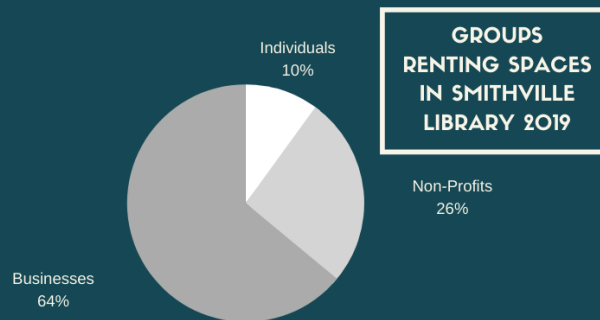
SMITHVILLE LIBRARY USE 2018-2019

2018 (OLD LOCATION) 2019 (COMMUNITY CENTRE)

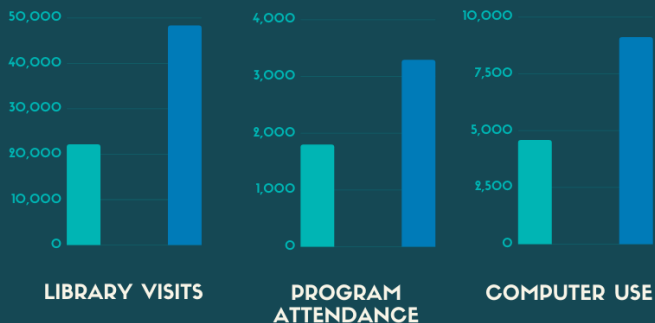
ACTIVE MEMBERS - SMITHVILLE:

2018 1340 members

2019 1674 members



LIBRARY VISITS, PROGRAM ATTENDANCE AND COMPUTER USE



The new Smithville Branch is truly a community hub where residents can and do meet with other like-minded people. They take the time to have a cup of coffee from the coffee bar and sit and visit by the fireplace.

The library is a safe space where tutors meet with individuals needing extra assistance. The study room is great for this, as well as being available for those who just need a quiet place to work.

Wait times for public computers have greatly dropped with the addition of extra computers. With plenty of seating and outlets throughout the library, there are many places where people can set up with their own laptops.

More program space means we are better able to partner with local organizations and community groups, such as EarlyOn.

For the first time the Smithville Branch was open on Sundays from September 2019 to March 2020, offering another day for patrons to use the space and materials that the library provides.

Once residents realized the new Smithville Branch offered meeting spaces, bookings for the meeting room and program room took off! The meeting room is used by individuals, businesses and local community groups. The very versatile and spacious program room is used by individuals reserving the space for a variety of needs, including baby/bridal showers and birthdays, as well as events hosted by local community groups.

Of course, all the extra space for programs and materials has allowed library use to flourish. Membership has increased by over 25%, and library visits have more than doubled!

APPENDIX H



Above: Workshop with The Watering Can in the Library Program Room

Below: Kids in the Library Kitchen (left), Reading Readiness (right)

