



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 2024

Register for programs at 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.

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.

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.

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



**SOUTH
DUNDAS**



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 2024

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.

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.