



SOUTH DUNDAS

2024 Summer Programs

LOCATION LEGEND:

Municipal Centre - M.C.	Iroquois Civic Centre - C.C.
Matilda Hall - M.H.	Morrisburg Arena - M.A.

Kids-on-the-move Summer Camps

Camps includes sports, games, crafts & active play.

Camp Hours: 9:00 a.m. - 2:00 p.m. Before Care: 8:00 a.m. - 9:00 a.m. After Care: 2:00 p.m. - 3:30 p.m.

C Add on weekly Swim Lesson options, available from 1:00 p.m. - 2:00 p.m. daily.

C July 2 - 5 M.A.	C July 29 - August 2 M.A.	July 29 - August 2 J.C. Whitteker Park
C July 8 - 12 M.A.	C August 6 - 9 M.A.	August 6 - 9 Dunbar Recreation Hall
C July 15 - 19 M.A.	C August 12 - 16 M.A.	August 12 - 16 George Jowett Memorial Hall
C July 22 - 26 M.A.	C August 19 - 23 C.C.	

Cooking Programs & Workshops

Cooking Around the World (16+)

Tuesdays, July 9 - 23 | 6:00 p.m. - 8:30 p.m.

Meal Planning (19+)

Fridays, July 19 | 1:00 p.m. - 3:00 p.m.

Cooking for College (16+)

Saturday, July 27 | 10:00 a.m. - 12:30 p.m.

Tuesday, August 13 | 6:00 p.m. - 8:30 p.m.

Cooking for 1 or 2 (19+)

Saturday, August 10 | 9:30 a.m. - 11:30 a.m.

Meal Prep for a Week (19+)

Friday, August 23 | 1:00 p.m. - 6:00 p.m.



Held at the NEW Community Kitchen in the Justice Building!

Art Classes

Thursdays, July 04 - 25 | M.C.

Seniors 9:40 a.m. - 11:40 a.m.

Children 12:00 p.m. - 1:00 p.m.

Youth 1:15 p.m. - 2:15 p.m.

Adult 2:30 p.m. - 4:30 p.m.

Register for programs at:

www.southdundas.com

Registration opens:

May 27, 2024

Other Programs

Check out our website or online booking system for other programs for all ages available such as Fitness, Yoga, Music, Technology etc....

Workshops

Growing Healthy Microgreens (7-10 years)

Saturday, July 6 | 10:30 a.m. - 11:30 a.m. | M.C.

Saturday, August 24 | 10:30 a.m. - 11:30 a.m. | M.C.

Saturday, September 7 | 10:30 a.m. - 11:30 a.m. | M.C.

Growing Healthy Microgreens (16+)

Friday, July 19 | 10:30 a.m. - 11:30 a.m. | M.C.

Friday, August 9 | 10:30 a.m. - 11:30 a.m. | M.C.

Friday, September 13 | 10:30 a.m. - 11:30 a.m. | M.C.

Watercolour Flower Painting (16+)

Saturday, July 27 | 1:00 p.m. - 4:00 p.m. | M.C.

Paint Night (16+)

Saturday, July 27 | 4:00 p.m. - 7:00 p.m. | M.C.



Swimming Lessons

Swim Lessons teach the essentials needed to survive an unexpected fall into deep water, an important step to being safe around water. The Lifesaving Society, swim lessons stresses lots of in-water practice to develop solid swimming strokes and skills. They incorporate valuable Water Smart® education that will last a lifetime. Swim Lessons & Certification available at both the Morrisburg and Iroquois Beach.



Session One | July 2 - 12
Session Two | July 15 - 26

Session Three | July 29 - August 9
Session Four | August 12 - 23



Municipality of South Dundas

✉ mail@southdundas.com

☎ 613-543-2673

🌐 www.southdundas.com



SOUTH DUNDAS

South Dundas Parks, Recreation & Facilities



Recreation Programs

Browse the programs, register, and pay online, all at southdundas.perfectmind.com.

Are you interested in becoming a Recreation Instructor for weekly or one-day courses? Reach out to our Recreation Coordinator at: mfriolet@southdundas.com for details.



Facility Bookings

We offer a variety of multi-use facilities that are cost efficient to meet the needs of your event or activity, such as baby showers, wedding receptions, and birthday parties. We have you covered! NEW this year, we are excited to introduce the Community Kitchen in the Morrisburg Justice Building. In this commercial kitchen, you can affordably watch your culinary creations come to life in a clean, licensed facility.

Looking for outdoor fun? Ball Diamonds across the municipality are available to rent during the spring, summer and fall. Email Emily, at: epalmerguindon@southdundas.com to book a field.



Community Recreation & Events

South Dundas is home to recreation programs like soccer, baseball, & lawn bowling. These are run by dedicated volunteers who do their best to provide sports & recreation opportunities for individuals and families.

There are also several community events and festivals like Canada Day festivities on July 1 & CHEO Chili Dog Day on June 15. To stay up to date on the latest events, or to post yours, check out the community events calendar at southdundas.com.



Lending Library



The Lending Library gives residents an opportunity to access a variety of sporting and recreation equipment, absolutely FREE!

This summer, get your sunscreen out; it's time to go paddleboarding and canoeing. Looking for something to do on land? Rent out one of our road or mountain bikes!

Appointments for pickup/drop-off are mandatory & must be made 48+ hours before requested use date. To book, call us at 613-543-2673 or visit our website.

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