

RECREATOR

Holiday 2025



Town of Fort Frances Recreation and Culture

Holiday Program Guide

December 11th , 2025 – January 4th, 2026



WHAT'S INSIDE?

What's Inside?	2
Facilities and Contact	3
Admission and Membership	4
Pool Programming	5-7
Skating & Shinny	8-11
Holiday Craft	12
Museum and Cultural Centre	13-16
8th Street Trails	17
Shinny Waivers	18-19

Facilities & Contacts

Community Services Division

Recreation and Culture Manager

Elisa McLeod

807-274-4561 x 1717

emcleod@fortfrances.ca

Recreation and Aquatics Supervisor

Ria Cuthbertson

807-274-4561 x 1720

rcuthbertson@fortfrances.ca

Community Services Receptionist

Melissa Belluz

807-274-4561 x 1701

mbelluz@fortfrances.ca

Fort Frances Museum and Cultural Centre Curator

Lisa Hughes

807-274-7891 x 1111

lhughes@fortfrances.ca

Fort Frances Senior Centre

Cindy Noble, Volunteer Manager

807-274-7656

cnoble@fortfrances.ca

Memorial Sports Centre

740 Scott Street

Fort Frances, ON, P9A 1H8

807-274-4561

www.fortfrances.ca/sportcentre

December 24th: 8:00AM – 2:00PM – Fitness Centre Only

December 25th: CLOSED

December 26th: 8:30AM - 5:30PM– Fitness Centre Only

December 31st: 8:00AM - 2:00PM – Fitness Centre Only

January 1st: CLOSED

Fort Frances Museum and Cultural Centre

259 Scott Street

Fort Frances, ON, P9A 1G8

807-274-7891

www.fortfrances.ca/museum

December 21 - January 5: CLOSED FOR THE HOLIDAYS

January 6: 11:00 AM—4:00 PM

Fort Frances Senior Centre (Sister Kennedy)

401 Nelson Street

Fort Frances, ON, P9A 1B3

807-274-7656

www.fortfrances.ca/town/community-services

December 21 - January 2: CLOSED FOR THE HOLIDAYS

Memorial Sports Centre Admissions & Memberships

MEMORIAL SPORTS CENTRE MEMBERSHIP RATES

(please note that HST will be added to all rates)

Adult (18 and older)	
Annual	\$558.18
6-month	\$362.83
3-month	\$196.64
Monthly	\$85.09
Day Pass - 10 Days	\$70.93
Day Pass - 5 Days	\$35.44
Daily	\$7.88
Monthly Payment Plan	
Annual	\$46.51
6-month	\$60.47

Student (13 and older)	
Annual	\$277.40
6-month	\$187.50
3-month	\$100.55
Monthly	\$58.90
Day Pass - 10 Days	\$58.05
Day Pass - 5 Days	\$29.05
Daily	\$6.45
Monthly Payment Plan	
Annual	\$23.11
6-month	\$31.25

Child (5 and older)	
Annual	\$88.15
Day Pass - 5 Days	\$20.05
Daily	\$4.45

Family (Annual)	
Adult	\$558.18
Spouse	\$465.05
Student	\$239.16
Child	\$74.29

Senior (55 and older)	
Annual	\$426.24
6-month	\$277.22
3-month	\$150.09
Monthly	\$65.05
Day Pass - 10 Days	\$55.00
Day Pass - 5 Days	\$27.48
Daily	\$6.33
Monthly Payment Plan	
Annual	\$35.52
6-month	\$46.20

Family (Annual)	
Adult	\$558.18
Spouse	\$465.05
Student	\$239.16
Child	\$74.29

MEMBERSHIPS INCLUDE...

Unlimited use of the weight room, squash courts, and pool. In addition, members can access a range of programs including: Yoga, Tai Chi, Pickleball, Public Skates, and Shinny.

Please note that some programs have limited enrollment. For these programs, we ask that you register early, in order to guarantee your spot.

Programs are subject to change based on staff availability.

REFUND OR TRANSFER

Memberships are non-transferable. Refunds are available; however, the amount used will be recalculated based on the applicable monthly or short-term rate, and a \$10 administration fee will apply.

For more information, please contact the facility at (807) 274-4561.

MEDICAL EXEMPTION

A monthly or annual membership may be put on hold for a valid medical reason. If a medical exemption is required, please let us know. Please note that a valid medical note will need to be provided. Only one exemption will be permitted per membership term. Expired memberships are not eligible.

INTERRUPTION OF SERVICE

Management reserves the right to postpone, cancel, or combine classes and limit registration, whenever necessary. Class sizes are limited and are offered on a first come first serve basis.

Students over the age of 18 must bring proof of enrollment from educational institution.

Children under the age of 13 are not permitted to use the cardio and weight rooms, unless accompanied by an adult.

PLEASE NOTE: Management reserves the right to interrupt service for improvements to the facility, or other reasons of necessity, with no alterations to membership fees.

December 20 - January 4 Pool Schedule

Date	Start Time	End Time	Program
Saturday December 20, 2025	8:15 AM	9:30 AM	Lane Swim/YOUFit
	10:15 AM	11:45 AM	Family Swim
	12:00 PM	12:55 PM	Lane Swim
	1:15 PM	2:45 PM	Toonie Swim
Sunday December 21, 2025	10:15 AM	11:45 AM	Toonie Swim
	12:00 PM	12:55 PM	Lane Swim
	1:15 PM	2:45 PM	Family Swim
Monday December 22, 2025	6:00 AM	8:00 AM	Lane Swim/YOUFit
	8:45 AM	9:30 AM	Aquafit
	10:15 AM	11:45 AM	Family Swim
	12:00 PM	12:55 PM	Lane Swim
	1:15 PM	2:45 PM	NWOMCFS FREE Public Swim
	5:15 PM	6:45 PM	Toonie Swim
	7:00 PM	8:00 PM	Lane Swim
Tuesday December 23, 2025	6:00 AM	8:00 AM	Lane Swim/YOUFit
	8:45 AM	9:30 AM	Aquafit
	10:15 AM	11:45 AM	Family Swim
	12:00 PM	12:55 PM	Lane Swim
	2:15 PM	3:00 PM	Aquafit
	5:15 PM	6:45 PM	Toonie Swim
	7:00 PM	8:00 PM	Lane Swim
Saturday December 27, 2025	8:15 AM	9:30 AM	Lane Swim/YOUFit
	10:15 AM	11:45 AM	Toonie Swim
	12:00 PM	12:55 PM	Lane Swim
	1:15 PM	2:45 PM	Family Swim
Sunday December 28, 2024	10:15 AM	11:45 AM	Family Swim
	12:00 PM	12:55 PM	Lane Swim
	1:15 PM	2:45 PM	Toonie Swim
Monday December 29, 2025	6:00 AM	8:00 AM	Lane Swim/YOUFit
	8:15 AM	9:30 AM	YOUFit
	10:15 AM	11:45 AM	Family Swim
	12:00 PM	12:55 PM	Lane Swim
	1:15 PM	2:45 PM	Family Swim
	5:00 PM	6:45 PM	Toonie Swim
	7:00 PM	8:00 PM	Lane Swim
Tuesday December 30, 2025	6:00 AM	8:00 AM	Lane Swim/YOUFit
	8:45 AM	9:30 AM	Aquafit
	10:15 AM	11:45 AM	Family Swim
	12:00 PM	12:55 PM	Lane Swim
	1:45 PM	3:45 PM	Private Booking
	5:00 PM	6:45 PM	Toonie Swim
	7:00 PM	8:00 PM	Lane Swim

Date	Start Time	End Time	Program
Friday January 2, 2026	6:00 AM	8:00 AM	Lane Swim/YOUFit
	8:45 AM	9:30 AM	Aquafit
	10:15 AM	11:45 AM	Family Swim
	12:00 PM	12:55 PM	Lane Swim
	1:15 PM	2:45 PM	Toonie Swim
	5:00 PM	6:45 PM	Toonie Swim
	7:00 PM	8:00 PM	Lane Swim
Saturday January 3, 2026	8:15 AM	9:30 AM	Lane Swim/YOUFit
	10:15 AM	11:45 AM	Toonie Swim
	12:00 PM	12:55 PM	Lane Swim
	1:15 PM	2:45 PM	Family Swim
Sunday January 4, 2026	10:15 AM	11:45 AM	Family Swim
	12:00 PM	12:55 PM	Lane Swim
	1:15 PM	2:45 PM	Toonie Swim



Memorial Sports Centre

JUNIOR



Tuesday December 16th

4:15-5:00PM

MASTERS

swim session will run from 5:00-6:00PM

JOIN US FOR A SPECIAL NIGHT OF HOLIDAY THEMED AQUAFIT FOR YOUTH AGES 10-17

For more information email Ria
rcuthbertson@fortfrances.ca





Memorial Sports Centre

JUNIOR **MASTERS** swim program

- *Flexible Schedule*
- *Certified Swim Coach*
- *Pay the Daily Admission or use your MSC Membership*
- *No Registration Required*

Tuesdays & Thursdays from 4:15-6:00PM

join us for the whole session or stay as long as you like!

Designed for youth aged 10-17 with advanced swimming skills. This program bridges the gap between Swimmer 6 and lifeguard training while building endurance, technique, and water safety knowledge.

Sessions are led by a Certified Swim Coach & Lifeguard/Swim Instructor who provide targeted drills and feedback to help participants achieve their individual goals.

*For more information email Ria
rcuthbertson@fortfrances.ca*

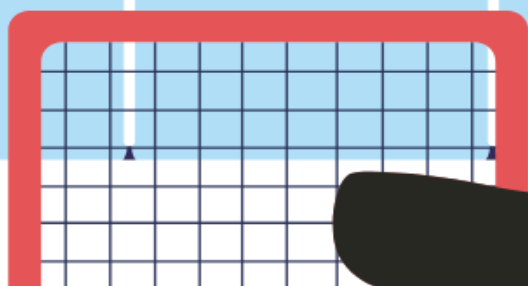


SHINNY & SKATING RULES



MEMORIAL SPORTS CENTRE

2025 - 2026



- All participants **MUST** wear a helmet & gloves.
- Age groups **MUST** be followed.
- Sticks & pucks permitted at Shinny **ONLY**.
- Participants **MUST** wear pants, no shorts allowed.
- All skates are \$3 per person per skate. Kids 3 & under **FREE**.
- A guardian must remain in the facility to supervise children ages 8 and under
- All participants **MUST** sign in at the front desk and have the “Waiver & Release Form” filled out. Youth under 18 filled out and signed by a guardian.

NOTE: This is an unsupervised and unstructured program. Please report any issues to the reception desk

Shinny & Skating Programs

Public Shinny	Open to all ages (kids 8 & under must be with someone 16+)
Public Skate	Open to all ages (kids 8 & under must be with someone 16+) - no sticks and pucks
Adult/Senior Skate	Adults 18 & over - no sticks and pucks
Adult/Senior Shinny	Adults 18 & over
8 and Under Shinny	Open to ages 8 & under
8-12 Shinny	Open to ages 8-12
9-13 Shinny	Open to ages 9-13
12-17 Shinny	Open to ages 12-17
12-16 Girls Shinny	Open to females ages 12-16
16 + Girls Shinny	Open to females ages 16 & over

Shinny & Skating

Date	Start Time	End Time	Rink	Program
Saturday December 20, 2025	9:00 AM	10:30 AM	52	Public Skate
	3:45 PM	5:15 PM	IFK	Public Shinny
	4:00 PM	5:30 PM	52	8 and Under Shinny
	5:15 PM	6:45 PM	IFK	12-17 Shinny
	5:30 PM	7:00 PM	52	12-16 Girls Shinny
	6:45 PM	8:15 PM	IFK	8-12 Shinny
	7:00 PM	8:30 PM	52	Public Skate
	Sunday December 21, 2025	10:00 AM	11:30 M	52
11:15 AM		12:45 PM	IFK	Public Skate
11:30 AM		1:00 PM	52	8 and Under Shinny
12:45 PM		2:15 PM	IFK	12-16 Girls Shinny
1:00 PM		2:30 PM	52	12-17 Shinny
2:15 PM		3:45 PM	IFK	8-12 Shinny
2:30 PM		4:00 PM	52	Public Skate
3:45 PM		5:15 PM	IFK	16 + Girls Shinny
4:00 PM		5:30 PM	52	9-13 Shinny
5:15 PM		6:45 PM	IFK	Public Shinny
Monday December 22, 2025		9:15 AM	10:45 AM	IFK
	10:00 AM	12:00 PM	52	Adult/Senior Shinny
	10:45 AM	12:15 PM	IFK	Public Skate
	12:15 PM	1:45 PM	IFK	12-16 Girls Shinny
	1:45 PM	3:15 PM	IFK	9-13 Shinny
	3:00 PM	4:30 PM	52	Public Shinny
	4:30 PM •	6:00 PM	52	Public Skate
	5:15 PM	6:45 PM	IFK	8-12 Shinny
	6:00 PM	7:30 PM	52	12-17 Shinny
7:30 PM	9:00 PM	52	16 + Girls Shinny	
Tuesday December 23, 2025	9:15 AM	10:45 AM	IFK	8-12 Shinny
	10:00 AM	12:00 PM	52	Adult/Senior Skate
	10:45 AM	12:15 PM	IFK	12-16 Girls Shinny
	12:30 PM	2:00 PM	52	Public Shinny
	2:00 PM	3:30 PM	52	12-17 Shinny
	3:15 PM	4:45 PM	IFK	9-13 Shinny
	4:45 PM	6:15 PM	IFK	Public Skate
	5:30 PM	7:00 PM	52	8 and Under Shinny
	6:15 PM	7:45 PM	IFK	16 + Girls Shinny
	7:00 PM	8:30 PM	52	Public Shinny

Shinny & Skating

Date	Start Time	End Time	Rink	Program
Saturday December 27th, 2025	10:00 AM	11:30 AM	52	Public Skate
	11:30 AM	1:00 PM	52	8 and Under Shinny
	1:00 PM	2:30 PM	52	Adult/Senior Shinny
	3:00 PM	4:30 PM	52	8-12 Shinny
	3:45 PM	5:15 PM	IFK	12-17 Shinny
	4:30 PM	6:00 PM	52	Public Shinny
	6:00 PM	7:30 PM	52	9-13 Shinny
	6:16 AM	7:45 PM	IFK	16 + Girls Shinny
Sunday December 28th, 2025	9:30 AM	11:00 AM	52	8-12 Shinny
	10:15 AM	11:45 AM	IFK	Adult/Senior Skate
	11:45 AM	1:15 PM	IFK	12-17 Shinny
	12:30 PM	2:00 PM	52	9-13 Shinny
	1:15 PM	2:45 PM	IFK	12-16 Girls Shinny
	2:00 PM	3:30 PM	52	Public Skate
	2:45 PM	4:15 PM	IFK	Public Shinny
	6:00 PM	7:30 PM	52	8 and Under Shinny
Monday December 29th, 2025	6:15 PM	7:45 PM	IFK	16 + Girls Shinny
	9:15 AM	10:45 AM	IFK	8 and Under Shinny
	10:00 AM	12:00 PM	52	Adult/Senior Shinny
	10:45 AM	12:15 PM	IFK	16 + Girls Shinny
	12:15 PM	1:45 PM	IFK	9-13 Shinny
	1:45 PM	3:15 PM	IFK	Public Shinny
	3:00 PM	4:30 PM	52	Public Skate
	3:15 PM	4:45 PM	IFK	12-17 Shinny
Tuesday December 30, 2025	7:15 PM	8:45 PM	IFK	12-16 Girls Shinny
	9:15 AM	10:45 AM	IFK	8-12 Shinny
	10:00 AM	12:00 PM	52	Adult/Senior Skate
	10:45 AM	12:15 PM		Public Skate
	12:30 PM	2:00 PM	52	Public Shinny
	2:00 PM	3:30 PM	52	8 and Under Shinny
	3:15 PM	4:45 PM	IFK	9-13 Shinny
	3:30 PM	5:00 PM	52	Public Shinny
	4:45 PM	6:15 PM	IFK	12-17 Shinny
	5:00 PM	6:30 PM	52	Public Skate
	6:30 PM	8:00 PM	52	12-16 Girls Shinny

Shinny & Skating January 2-4, 2026

Date	Start Time	End Time	Rink	Program
Friday January 2, 2025	10:00 AM	12:00 PM	52	Adult/Senior Shinny
	12:30 PM	2:00 PM	52	Public Shinny
	2:00 PM	3:30 PM	52	8 and Under Shinny
	3:30 PM	5:00 PM	52	Public Skate
Saturday January 3, 2025	4:00 PM	5:30 PM	52	8-12 Shinny
	5:30 PM	7:00 PM	52	12-16 Girls Shinny
	7:00 PM	8:30 PM	52	Public Skate
	6:45 PM	8:15 PM	IFK	16 + Girls Shinny
Sunday January 4, 2025	11:00 AM	12:30 PM	52	9-13 Shinny
	4:00 PM	5:30 PM	52	Public Shinny
	4:15 PM	5:45 PM	IFK	12-17 Shinny
	5:30 PM	7:00 PM	52	8-12 Shinny
	5:45 PM	7:15 PM	IFK	Public Skate



FORT FRANCES

MEMORIAL SPORTS CENTRE

HOLIDAY CRAFT



FREE

**Need a present for
someone special?**

**Meet us at the
Memorial Sports
Centre to make a
SURPRISE gift!**

Monday December 15, 2025

**Drop-in between
6:00-8:00 PM**



Free drop in program for youth ages 8-14

For more information contact Ria at rcuthbertson@fortfrances.ca



Christmas Cards and Crackers

\$5

Come to the Museum to decorate cookies
and get into the Christmas spirit.

DECEMBER 11TH, 2025 FROM 5-7PM

FORT FRANCES MUSEUM & CULTURAL CENTRE
259 SCOTT STREET, FORT FRANCES

**Register online through the Museum's website or in
person during regular business hours.**





PICTURES WITH
Santa
IN RAINY LAKE
SQUARE

Come and get your photo with Santa Claus
in front of the Christmas tree while
supporting the UNFC Food Bank!

DECEMBER 13TH, 2025, 1-3 PM

Pictures are **free with your own camera**.
\$2 with ours (in support of the Food Bank).
Donations and non-perishable food items for the
Food Bank are welcome.

**For more information contact the Museum at 807-274-7891 or
ccaair@fortfrances.ca**



Cookie Decorating

\$10.25

Come to the Museum to decorate cookies
and get into the holiday spirit.

DECEMBER 18TH, 2025 FROM 5-7PM

FORT FRANCES MUSEUM & CULTURAL CENTRE
259 SCOTT STREET, FORT FRANCES

**Register online through the Museum's website or in
person during regular business hours.**



Fort Frances Museum & Cultural Centre

The Museum will be closed for the Holiday Season from
December 21st to January 5th



We may be closed, but we have a special workshop over the holidays!

Self-Care Inside and Out

(For Adults)

December 29th from 1:00 PM - 3:30 PM

After Christmas, treat yourself to some “me” time at our wellness-focused workshop with Julia Palson.

Participants will learn to make two winter essentials

Fire Cider & Whipped Tallow Balm

perfect for staying warm, supported, and nourished through the colder months.

During the workshop, attendees will learn the basics of crafting both items and will each take home a jar of fire cider and a jar of whipped tallow face and body balm. The session is designed to be both educational and grounding, offering a moment of seasonal self-care during the quieter days between the holidays.

The cost is \$30 + HST per person, with space limited to 10–12 participants.

Please register online through the Museum’s website or contact the Museum directly

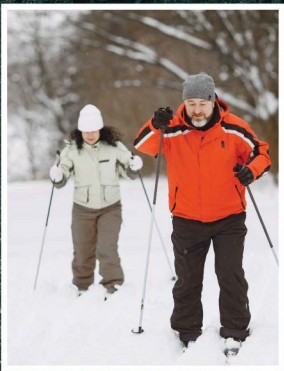
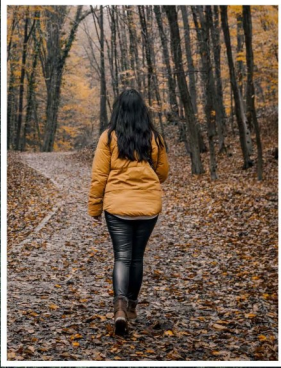


For more information, please call 807-274-7981 or museum@fortfrances.ca


Facebook: @ Fort Frances Museum & Culture Centre



8th Street Trails



Free Walking & Skiing Trails

Skiing Trails		Walking Trails		Snowmobile Trails	
Red	1.4 km	Blue	0.6 km	Grey	(OFSC)
Blue	1.2 km	Pink	0.7 km		Fire Pit
Yellow	1.3 km	Purple	1.2 km		
Green	2.0 km	Orange	0.7 km		

Last updated February 2023

320 Portage Avenue

Start (FFCC)

Start

Northwestern Health Unit
www.nwhu.on.ca

FORTFRANCES
BOUNDLESS

8th Street TRAIL SYSTEM

Waiver and Release Form – Recreation Program and Activities

- On-Ice Activities - Memorial Sports Centre -

Acknowledgement of Risk and Release of Liability – Under 18

The following waiver of all claims, release from all liability, and assumption of all risks and other terms of this agreement, are entered into, by me, on behalf of the participant named below, with, and for, the benefit of the Town of Fort Frances (also referred to as “the Town” in this agreement), including, but not limited to, the Town’s employees, volunteers, agents, and partners, regarding recreational activities taking place at the Memorial Sports Centre (740 Scott Street, Fort Frances, ON, P9A 1H8). Without limiting the generality of the foregoing, for the purpose of this agreement, recreation/recreational activities include, but is not limited to, hockey, shinny hockey, public skating, and other activities that take place on the ice surfaces at the Memorial Sports Centre. By signing his agreement, I agree that I am the parent/guardian of the stated participant and have the authority to sign on their behalf. In addition, by signing this agreement, I indemnify the Town of Fort Frances of all claims, suits, or actions of any kind and description, brought forth because of participation in these activities. This waiver covers participation in recreational activities that take place between the date of signature and June 1st, 2026.

Please initial each item below to indicate that you’ve read, agree to, and acknowledge each of the following statements:

_____ 1. I am the Parent/Guardian of the participant named on this form, and I am executing this waiver on behalf of the participant, in my capacity as Parent/Guardian, and with the intent that this waiver be binding on myself and the participant for all legal purposes.

_____ 2. I am aware that there are inherent dangers, hazards, and risks (collectively “risks”) associated with the recreational activities listed above, and that injuries resulting from these risks are a common occurrence. I am aware that the risks of recreational activities are an integral part of these activities, and include, but are not limited to, the following:

(a) the action of any other individual to behave in ways that may result in injury, harm, or death to persons around them.

(b) the potential to collide with other people or objects.

(c) the potential for other participants to behave in a negligent manner that may contribute to injury to themselves or others.

_____ 3. I freely accept and fully assume all responsibility for all risks and possibilities of any, and all, personal injury, death, property damage or loss resulting from the participant’s participation in the stated recreational activities.

_____ 4. I agree that it is not possible for the Town to make recreational activities completely safe. I accept these risks and agree to the terms of this waiver on behalf of the participant named on this form, even if the Town of Fort Frances is found to be negligent, or in breach of any duty of care, or any obligation to myself or the participant in these recreational activities.

_____ 5. In addition to consideration given to the Town for the participant’s participation in these recreational activities, I, and my heirs, next of kin, executors, administrators and assigns, as well as the participant and his/her heirs, next of kin, executors, administrators and assigns (collectively ‘legal representatives’) agree:

(a) to waive all claims that the participant has or may have in the future against the Town.

(b) to release and forever discharge the Town from all liability for personal injury, death, property damage, or loss, that I, the participant, or our legal representatives might suffer as a result of the participant’s participation in these recreational activities, due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract, or mistake or error in judgment of the Town; and

(c) to be liable for and to hold harmless and indemnify the Town of Fort Frances from all actions, proceedings, claims, damages, cost demands, including court costs and costs on a solicitor, and liabilities of any nature or kind, arising out of, or in any way connected with, the participant’s participation in the stated recreational activities.

_____ 6. I agree that this waiver and all terms contained herein are governed exclusively and in all respects by the laws of the Province of Ontario, Canada, in which the recreational activities occur. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of Ontario, and I agree that no other court can exercise jurisdiction over the terms and claims referred to herein. Any litigation to enforce this waiver will be instituted in the Province of Ontario.

_____ 7. I understand that these activities are unsupervised. I will ensure that the participant follows the established Rules of Conduct for these activities, and I willfully assume all inherent risks associated with the participant’s participation in these recreational activities.

_____ 8. I confirm that I have had sufficient time to read and understand this waiver in its entirety. I understand that this agreement represents the entire agreement between the Town of Fort Frances and myself as Parent/Guardian, and the participant, and it is binding on myself, the participant and our legal representatives.

Participant’s Name: _____ **Date of Birth:** _____

Parent / Guardian’s Name: _____ **Date of Birth:** _____

Address: _____ **City:** _____

Province: _____ **Postal Code:** _____ **Phone Number:** _____

This is a release of liability, waiver of claims, assumption of risks, and indemnity agreement. By agreeing to the terms of this document, you will waive certain legal rights, including the right to sue. Please ensure that you have read the document carefully. By signing below, you are indicating that you agree to be bound by the terms contained in this agreement.

Today’s Date: _____

Parent / Guardian Signature

Today’s Date: _____

Town of Fort Frances – Staff Signature

Town of Fort Frances – Staff Name (Please Print)

Waiver and Release Form – Recreation Program and Activities

- On-Ice Activities - Memorial Sports Centre -

Acknowledgement of Risk and Release of Liability- 18+ Adult

The following waiver of all claims, release from all liability, and assumption of all risks and other terms of this agreement, are entered into, by me, willingly, with, and for, the benefit of the Town of Fort Frances (also referred to as "the Town" in this agreement), including, but not limited to, the Town's employees, volunteers, agents, and partners, regarding recreational activities taking place at the Memorial Sports Centre (740 Scott Street, Fort Frances, ON, P9A 1H8). Without limiting the generality of the foregoing, for the purpose of this agreement, recreational/recreational activities include, but are not limited to, hockey, shinny hockey, public skating, and other activities that take place on the ice surfaces at the Memorial Sports Centre. By signing this agreement, I indemnify the Town of Fort Frances from all claims, suits, or actions of any kind and description, brought forth because of my participation in these activities. This waiver covers participation in recreational activities that take place between the date of signature and June 1st, 2026.

Please initial each item below to indicate that you've read, agree to, and acknowledge each of the following statements:

- _____ 1. I am willfully executing this waiver with the intent that this waiver be binding on myself for all legal purposes.
- _____ 2. I am aware that there are inherent dangers, hazards, and risks (collectively "risks") associated with the recreational activities listed above, and that injuries resulting from these risks are a common occurrence. I am aware that the risks of recreational activities are an integral part of these activities, and include, but are not limited to, the following:
- a) the action of any other individual to behave in ways that may result in injury, harm, or death to persons around them.
 - b) the potential to collide with other people or objects.
 - c) the potential for other participants to behave in a negligent manner that may contribute to injury to themselves or others.
- _____ 3. I freely accept and fully assume all responsibility for all risks and possibilities of all personal injury, death, property damage, or loss resulting from my participation in the stated recreational activities.
- _____ 4. I agree that it is not possible for the Town to make recreational activities completely safe. I accept these risks and agree to the terms of this waiver, even if the Town of Fort Frances is found to be negligent or in breach of any duty of care, or any obligation to myself, in the participation in these recreational activities.
- _____ 5. In addition to consideration given to the Town for my participation in these recreational activities, I, and my heirs, next of kin, executors, administrators and assigns (collectively my "legal representatives"), agree:
- a) to waive all claims that I have, or may have, in the future against the Town.
 - b) to release and forever discharge the Town from all liability for personal injury, death, property damage, or loss that I, or my legal representatives, might suffer as a result of my participation in recreational activities due to any cause, including but not limited to, negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error in judgment of the Town; and
 - c) to be liable for and to hold harmless and indemnify the Town of Fort Frances from all actions, proceedings, claims, costs, demands, including court costs and costs on a solicitor, and liabilities of any nature or kind, arising out of, or in any way connected with, my participation in the stated recreational activities.
- _____ 6. I agree that this waiver and all terms contained herein are governed exclusively, and in all respects, by the laws of the Province of Ontario, Canada, in which the recreational activities occur. I hereby irrevocably submit to the exclusive jurisdiction of the courts of the Province of Ontario, and I agree that no other court can exercise jurisdiction over the terms and claims referred to herein. Any litigation to enforce this waiver will be instituted in the Province of Ontario.
- _____ 7. I understand that these activities are unsupervised. I will agree to follow the established Rules of Conduct for these activities, and I willfully assume all inherent risks associated with my participation in these recreational activities.
- _____ 8. I confirm that I have had sufficient time to read and understand this waiver in its entirety. I understand that this agreement represents the entire agreement between the Town of Fort Frances and myself, as a participant, and is binding on myself, and my legal representatives.

Participant's Name: _____ Date of Birth: _____

Address: _____ City: _____

Province: _____ Postal Code: _____ Phone Number: _____

This is a release of liability, waiver of claims, assumption of risks, and indemnity agreement. By agreeing to the terms of this document, you will waive certain legal rights, including the right to sue. Please ensure that you have read the document carefully. By signing below, you are indicating that you agree to be bound by the terms contained in this agreement.

Parent / Guardian Signature Today's Date: _____

Town of Fort Frances – Staff Signature Today's Date: _____
Town of Fort Frances – Staff Name (Please Print)

