

# Winter Recreator

**Recreation and Culture Programming Guide**

**January 6—March 31, 2025**





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# Facilities & Contacts



## Community Services Division

### Recreation & Culture Manager

Nathan Young  
807-274-4561 x 1717  
nyoung@fortfrances.ca

### Recreation & Aquatics Supervisor

Ria Cuthbertson  
807-274-4561 x 1720  
rcuthbertson@fortfrances.ca

### Receptionist/Secretary

Melissa Belluz  
807-274-4561 x 1701  
mbelluz@fortfrances.ca

## Fort Frances Museum and Cultural Centre

Lisa Hughes, Curator  
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](http://www.fortfrances.ca/sportcentre)

**Monday - Friday:** 6:00 am to 10:00 pm

**Saturday:** 8:00 am to 10:00 pm

**Sunday:** 8:00 am to 8:00 pm

## Fort Frances Museum and Cultural Centre

259 Scott Street  
Fort Frances, ON, P9A 1G8  
807-274-7891  
[www.fortfrances.ca/museum](http://www.fortfrances.ca/museum)

**Monday - Friday:** 11:00 am to 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](http://www.fortfrances.ca/town/community-services)



## *Find Us on Facebook and Instagram*

*The Town of Fort Frances has consolidated our Facebook Pages to ensure that you don't miss out on any of our upcoming and new information.*

*The "Memorial Sports Centre" Facebook Page is now the "Fort Frances Recreation and Events" page!*

*Follow us on your Socials!*

### *Facebook*

*"Town of Fort Frances"*

*Connect with the Town of Fort Frances for information including Council Meetings, Public Notices, Road Closures, Public Works Updates, etc.*

*"Fort Frances Recreation and Events"*

*All things Recreation and Culture including the Memorial Sports Center, Sorting Gap Marina, Rainy Lake Square, Townshend Theatre, events and programs, AND MORE!*

*"Fort Frances Museum & Cultural Centre"*

*Your historical guide to Fort Frances' history and culture. Museum programs, events, collection highlights, AND MORE!*

*"Fort Frances Senior Centre"*

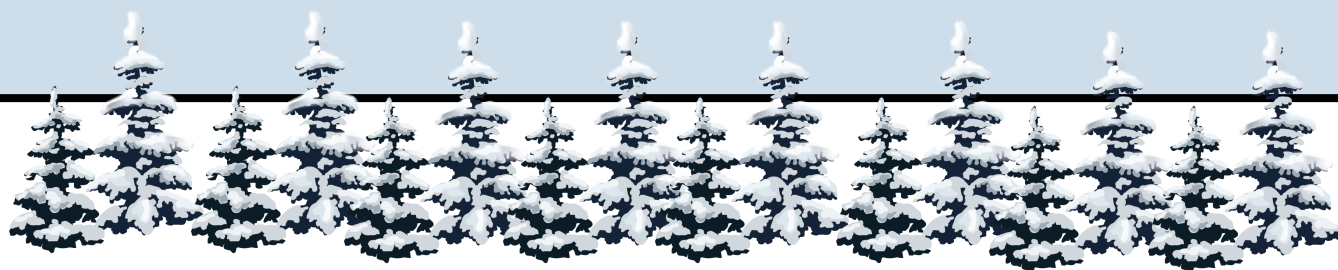
*A great place for the 55+ community to connect and keep informed on Seniors programs and services, all offered at the Seniors Centre!*

### *Instagram*

*@FortFrancesON*

*@FortFrancesRecreationAndEvents*

*NOTE: The Town will no longer be using the "Rainy Lake Square" Facebook Page. Please follow the "Fort Frances Recreation and Events" page for content that used to be posted on the Rainy Lake Square page.*



# Admission and Memberships

## MEMBERSHIP RATES (Memorial Sports Centre)

(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

Locker Rental	
3 months	\$36.15
6 months	\$53.00
Annual	\$79.69

## MEMBERSHIPS INCLUDE...

Unlimited use of the weight room, squash courts, and pool. In addition, members can access a range of programs. These programs include: 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.

Member Only Access to the Fitness Centre Tuesdays & Thursdays from 6:00am-8:00am.

*Programs are subject to change based on staff availability.*

## REFUND OR TRANSFER

Memberships are not transferrable. They are refundable, but participants will incur a \$10 administration charge. For more information, please call the facility.

## MEDICAL EXEMPTION

A monthly or annual membership may be put on hold for a valid medical reason. If a medical exception 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.

Please note that management reserves the right to interrupt service for improvements to the facility, or other reasons of necessity, with no alterations to membership fees.

## *Aquatic Programming*

<b>Youfit</b>	Self-directed, in-water fitness. The pool will be available to any participants that would like to engage in their own personal aquatic fitness activities. Please note that this activity is self-directed, and is not facilitated by an instructor.
<b>Lengths/Lane Swim</b>	Lanes are dedicated to lap/length swimming (13+).
<b>Toonie Swim</b>	General public swim - everyone welcome! Pool toys are available, if requested. Buoy line divides the shallow end from the deep end. A toonie is paid by each swimmer.
<b>Family Swim</b>	A public swim for families! Children must be accompanied a parent/guardian, who must accompany children into the water. Pool toys are available, if requested. Buoy line divides the shallow end from the deep end. Only adults are charged daily admission.
<b>Splash &amp; Play</b>	NEW! Open to all babies and toddlers! Parents teach their own children with guidance from an Instructor led program from the pool deck

## *Pool Admission Requirements*

### Swim Competency Test - Criteria

- All participants, regardless of age, may be asked to take a swim test in order to determine if they can safely enter the deep end of the pool, and whether or not a parent/guardian is required to be in the water for supervision.
- The swim test will include a front swim of 2 widths of the pool, as well as treading water for 1 minute.
- During the front swim, the lifeguard must see an attempt at over arm recovery with a near horizontal body position. The swim must be uninterrupted and must be completed without touching bottom.
- While treading water, the lifeguard must see the participant maintain a vertical body position, with their head above water, while staying in one place.
- Children wearing personal flotation devices (water wings, life jackets, etc.) will be permitted in the deep end of the pool.
- Children under the age of 6 must be accompanied and supervised - in the water - by a caregiver who is at least 12 years of age. They must remain within reach of the caregiver at all times. The caregiver must be a competent swimmer. There is a maximum of two children per caregiver.
- Children 6 - 9 years of age who are not able to pass the Swim Competency Test must be accompanied and supervised - in the water - by a caregiver who is at least 12 years of age. The caregiver must be a competent swimmer. For this age group, there is a maximum of four children per caregiver, or 8 children in life jackets.
- Children 6 - 9 years of age who have passed the Swim Competency Test are permitted to swim in the pool, provided their caregiver oversees them from the pool viewing gallery at all times.

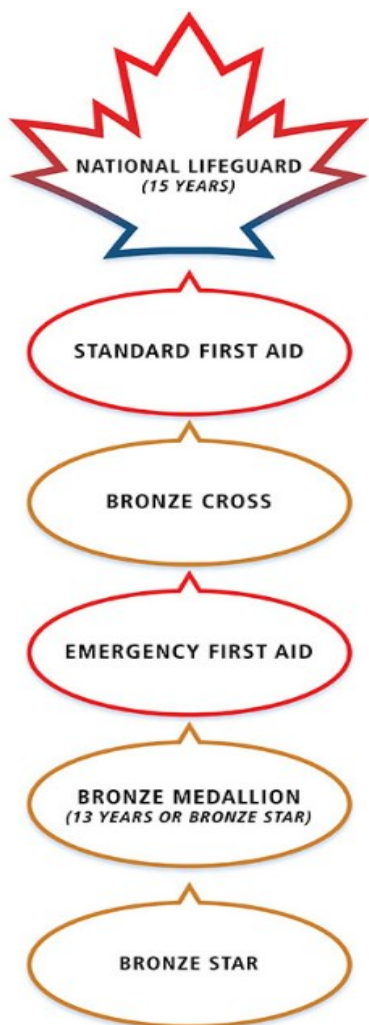
# Aquatic Programming

## Notice: Bi-Weekly Pool Schedules

We appreciate your patience and understanding as we navigate ongoing staffing shortages at the Memorial Sport Centre. To ensure we continue providing safe and enjoyable aquatic programs, pool schedules will be released on a bi-weekly basis until further notice.

Schedules will be available on the **Fort Frances Recreation and Events** Facebook page, posted in the facility and on the [www.fortfrances.ca/sportscentre](http://www.fortfrances.ca/sportscentre).

Thank you for your support as we work to provide the best possible service for our community.



### So, you want to be a lifeguard??

Well, we'd like to hear from you!

As we expand our aquatics team, we are looking for individuals that are interested in becoming a lifeguard.

To become a guard, individuals need to progress through a certification process. We'd be happy to help you understand this particular process and answer any questions.

*For more information, please contact*

**807-274-4561 x 1720**

# Swim Lessons

LEVEL	SKILLS
Parent & Tot 1	Designed for the 4 to 12-month-old to learn to enjoy the water with the parent.
Parent & Tot 2	Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.
Parent & Tot 3	Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.
Ages	3 to 5 Years
Preschool 1	These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll learn floats and glide on their front and back, and to get their face wet and blow bubbles underwater.
Preschool 2	These preschoolers learn to jump into chest deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.
Preschool 3	These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll continue to work on kicking and gliding through the water on their front and back.
Preschool 4	Advanced preschoolers will learn to do solo jumps into deeper water wearing a lifejacket and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) swim on their front wearing a lifejacket and gliding and kicking on their side.
Preschool 5	These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m unassisted.
Ages	5 to 12 Years
Swimmer 1	These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.
Swimmer 2	These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).
Swimmer 3	These junior swimmers will dive, do in-water front somersaults, and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.
Swimmer 4	These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.
Swimmer 5	These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.
Swimmer 6	These advanced swimmers will develop aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily
Rookie	Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

**A new session of swimming lessons will begin January 2025  
Swimmer placement is at the discretion of our swim instructors.  
Swimmers may be moved to the appropriate level as necessary.**

**Please confirm with Recreation and Aquatics Supervisor at the Memorial Sports Centre if you are unsure which level to register your child for. (807-274-4561 x 1720)**

# Swimming Lessons

Lesson	January			February
	Sunday	Tuesday & Thursday	Thursday	Tuesday & Thursday
Preschool 1		3:20-3:50 PM		3:50-4:20 PM
Preschool 2				4:30-5:00 PM
Preschool 3		4:00-4:30 PM		
Preschool 4				5:25-5:55 PM
Preschool 5	3:30-4:00 PM			
Swimmer 1	4:10-4:40 PM			3:50-4:20 PM
Swimmer 2		4:40-5:10 PM		
Swimmer 3				4:30-5:15 PM
Swimmer 4	4:50-5:35 PM			
Swimmer 5/6				5:10-5:55 PM
Rookie	5:45 – 6:45 PM			
Ranger			6:00-7:00 PM	

## Swimming Lessons Schedule

### JANUARY

**Sunday Lessons:** January 12– March 23 (no lessons March 9)

**Tuesday & Thursday Lessons:** January 7—January 30 (Private Lessons)

**Thursday Lessons:** January 9— February 27

**Registration for January Lessons opens on December 30th at 10:00 AM**

### FEBRUARY

**Tuesday & Thursday Lessons:** February 4 –27

**Registration for February Lessons will open January 13th at 10:00 AM**

Please note that waitlisted students from the Fall swimming lessons will be contacted prior to registration opening online

**Register online @ [fortfrances.ca/sportscentre](http://fortfrances.ca/sportscentre)**



# CYCLONE SWIM CLUB

2024-2025



**Competitive  
Pre-Competitive  
Developmental  
Hurricanes (18+ program)**



## Reasons to Join

- work with qualified & experienced coaches
- provides training in aquatic skills, sportsmanship, & teamwork along side of fun & friendship

## Things to Know

- Must be deep water safe
- Annual or monthly payment plans available
- Health Card & Birth Certificate required for registration
- If under 18, email [cycloneswimclub@gmail.com](mailto:cycloneswimclub@gmail.com) to arrange a swim assessment.

For more information contact  
[cycloneswimclub@gmail.com](mailto:cycloneswimclub@gmail.com) or (807) 276-8947

# Memorial Sports Centre Registered Programs



**MEMORIAL SPORTS CENTRE**

*Rec' N Crew Camps*

**Registration OPENS**

January 6th at 10:00am

January 29th  
9:00am - 4:00pm

**Ages 5-12**

**PD Day Camp**

March 10th - 14th  
9:00am - 4:00pm

**Ages 5-12**

**March Break Camp**

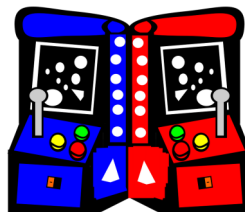
Call Us:  
(807) 274-4561

Follow Us:  
Fort Frances Recreation and Events

Register Online:  
[www.fortfrances.ca/sportscentre](http://www.fortfrances.ca/sportscentre)

# Memorial Sports Centre Drop-In Programs Youth Zone

Join us in the Memorial Sports Centre Auditorium during select Hockey Tournaments and Lakers Games. Drop-in Activities include Table Tennis, Board Games, Nintendo Switch Games, Crafts, Games, and MORE! Our Youth Lounge is supervised by our Recreation and Culture Leaders and is a safe and welcoming space for youth ages 6-12 years to hangout, meet new friends, and join in some fun and games. Youth Lounge is FREE for all attending.



# Memorial Sports Centre Drop-In Programs

## Yoga & Tai Chi

Yoga and Tai Chi are returning to the Memorial Sports Centre!

Classes are on a first-come-first-serve basis and are included in your daily drop-in or membership fees!

### Yoga

Starting January 6th

Monday & Wednesday

12:15 PM - 1:00 PM



### Tai Chi

Starting January 6th

Monday & Wednesday

1:15 PM - 2:00 PM



## Indoor Pickleball

Indoor Pickleball returns to the Memorial Sports Centre!

Drop-in Pickleball \$3.00!

FREE Equipment available at the Fort Frances Library



### Morning Pickleball

January 9 - March 27

Monday - Thursday

9:30 AM - 11:30 AM



### Special Olympics Pickleball

January 9 - March 27

Thursdays

4:00-6:30 PM

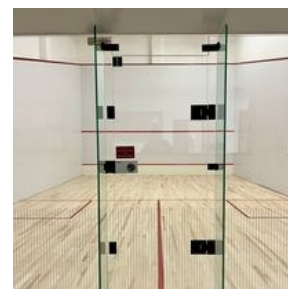
## Squash

The Memorial Sports Centre is home to two

**NEWLY RENOVATED Squash Courts!**

Squash courts are accessible through daily drop-in fees and can be booked 2-days in advance!

Racquets, balls, and goggles are available for use, for FREE, at the front desk.



# Skating

MEMORIAL SPORTS CENTRE

## SKATING RULES

**Skating schedules are posted Every 2 Weeks  
in the Memorial Sports Centre lobby and on our  
Facebook Page @ Fort Frances Recreation and Events**

- All participants **MUST** wear a helmet
- All participants **MUST** have the “Waiver and Release Form - Recreation and Activities, Acknowledgement of risk and Liability Form” filled out. (Youth under 18 filled out and signed by a parent or guardian)
  - Form can be found at the front desk or online at [www.FortFrances.ca/SportsCentre](http://www.FortFrances.ca/SportsCentre)
- All Skates are \$3.00 per person (Shinny, Public, and Parent & Tot) - Kids 3 and under **FREE**
- All participants **MUST** sign in at the front desk
- Kids 6 years of age and under **MUST** be accompanied on the ice with someone over the age of 16

### SHINNY SKATE

- Age group **MUST** be followed

### PUBLIC SKATE / PARENT & TOT

- No sticks or pucks allowed



# Family Frost Festival



Join The Recreation & Culture Team  
As We Celebrate The First Annual

**FAMILY  
FROST  
FESTIVAL**

on Family Day with a variety of winter activities!  
**FEBRUARY 17, 2025**  
AT THE EAST END HALL, 8TH STREET TRAILS, & MORE!

We're seeking community partners to host activities at the location of your choice.  
Interested? Contact Catrina at [ccaair@fortfrances.ca](mailto:ccaair@fortfrances.ca)

The poster features a blue background with white snowflakes and a snowman. At the bottom, there are illustrations of five children in winter clothing and a snowman. The Fort Frances Museum and Cultural Centre logo is in the top left, and the Fort Frances logo is in the top right.

## Program Feedback Form

Let Us Know How We Are Doing!

Please take a few minutes to provide feedback on your recent program experience. Submissions are reviewed by the Recreation and Culture Team and is used to improve our program offerings.

[www.fortfrances.ca/forms/recandcultureevaluation](http://www.fortfrances.ca/forms/recandcultureevaluation)



# Fort Frances Museum & Cultural Centre

## Museum Hours

**Monday to Wednesday & Friday:** 11:00 AM – 4:00 PM

**Thursday:** 12:00 PM – 8:00 PM

*Special Thursdays!* Each month, we'll feature an exclusive object from our collection on display for one day only. Don't miss it!

**Admission is by donation. Your generosity helps us preserve and celebrate local history.**

**Heritage Sites (Hallett and Lookout Tower):** Closed for the season.

### Upcoming Programs Include:

*PD Day Program—January 29th*

*Beer Tasting and History Evening (ft. Local Brewery)*

*Indigenous Art Making Workshop*

**Stay tuned for more details and exciting additions to our program schedule! For the latest updates, visit our Facebook page or contact the Fort Frances Museum & Cultural Centre.**

## Memberships

We've updated our memberships to bring you even more value! Join us as an **Adult, Senior, Youth, or Family Member** and enjoy these benefits:

- Free admission during our peak season
  - One guest pass per year
- 10% discount in the gift shop (excludes commission items)
  - Early program registration on ActiveNet
- Free use of our research room and resources for personal projects
  - 20 free black-and-white photocopies
  - 5 digital copies (non-commercial use only)

We're exploring even more perks for our members – stay tuned for updates!

## Volunteer Opportunities

Looking for ways to support the Museum and connect with your community? We're always seeking volunteers! Opportunities include: History and research, Photography, Exhibit design and building, Writing and public speaking, Sewing and more!

Whether you prefer casual or regular involvement, there's a role for you. For more information, contact the Museum.

**Facebook: @FortFrancesMuseumCulturalCentre**

**Phone: 807-274-7981**

## *Seniors Centre Age 55+*

DATE	EVENT	TIME
Every Monday A.M.	Yoga & Tai Chi (3 Classes)	9am, 10am, 11a.m.
Every Monday P.M.	500 Cards	12:30 p.m.
Every Monday P.M.	Canasta	12:30 p.m.
Every Monday P.M.	Ladies Workshop	6:30—8 p.m.
Every Tuesday A.M.	Line Dancing	9:30—11 a.m.
Every Tuesday P.M.	Smear Cards	12:30 p.m.
Every Wednesday A.M.	Yoga & Tai Chi(3 Classes)	9am, 10am, 11am
Every Wednesday P.M.	Beginner Bridge	12:30pm
Every Thursday A.M.	VON Exercise	9:30am 10:30 am
Every Thursday P.M.	Cribbage Cards	12:30 pm
Every Thursday P.M.	Craft Time	1p.m.
Every Friday A.M.	Line Dancing	9:30 a.m. —11 a.m.
Every Friday P.M.	Bingo	1:30—3:30 pm
Every Saturday P.M.	Bridge	12:30 pm
Mon.—Fri.	Billiards	8 am — 4 pm
Mon.—Fri	Workshop	8 am—4 pm

**The Fort Frances Seniors Centre is committed to providing a vibrant and supportive environment for community members age 55+. Your generous donation will help us fund current and future programs, improve our facility, and expand our services.**

**With your support, we can make a lasting impact on the well-being of seniors in the community.**



**Donations are available in-person or by mail to  
401 Nelson Street, Fort Frances Ontario, P9A 1B3.**



**Cheques made payable to “The Town of Fort Frances”.  
Please indicate the Fort Frances Seniors Centre on the memo line.**

**Thank you for your generosity.**

# TOUR DE FORT

exceptional performances

**SHRED KELLY**  
JANUARY 24

**PASSPORT**

A Y S A N A B E E  
FEBRUARY 8

**PASSPORT**

THE GREAT  
CANADIAN  
Roadtrip 2.0  
JASON MCCOY  
CHAD BROWNLEE  
JASON BLAINE  
MARCH 4

**PASSPORT**

Legion

**RYAN MCMAHON**  
MARCH 15

**PASSPORT**

**DIRTY COUNTRY**  
JAZZ BAND  
MARCH 26

**PASSPORT**

**RUM RAGGED**  
APRIL 24

**PASSPORT**

FOR TICKETS & INFO  
VISIT  
**TOURDEFORT.COM**



Canadian  
Heritage

Patrimoine  
canadien

Ontario



ONTARIO ARTS COUNCIL  
CONSEIL DES ARTS DE L'ONTARIO  
an Ontario government agency  
un organisme de gouvernement de l'Ontario

## Fall and Winter Sport and Recreation Opportunities in and around Fort Frances

Sport	Club	Web	Facebook	Contact
<b>KidSport or Jumpstart</b> We help families with sport fees and equipment (conditions apply)		<a href="#">✓</a>	<a href="#">✓</a>	<a href="mailto:fortfrances@kidsportontario.ca">fortfrances@kidsportontario.ca</a> <a href="mailto:efischer@nwhu.on.ca">efischer@nwhu.on.ca</a>
<b>Basketball</b>	FF Men's Basketball League		<a href="#">✓</a>	
<b>Cadets</b>	908 Rainy Lake RCACS (Air Cadets)		<a href="#">✓</a>	<a href="mailto:908aircadets@gmail.com">908aircadets@gmail.com</a>
<b>Curling</b>	Curl Fort Frances Community Centre- Men's Women's, Mixed, Little Rocks, Bantams, Juniors	<a href="#">✓</a>	<a href="#">✓</a>	807-274-6667 <a href="mailto:ffccmanager@gmail.com">ffccmanager@gmail.com</a>
<b>Dance</b>	Dancin' with Darcie – IFalls		<a href="#">✓</a>	(952)-913-1651
<b>Equestrian</b>	2 Hearts Equine Therapy Whispering Pines Saddle Club Freedom Center Life Skills	<a href="#">✓</a> <a href="#">✓</a> <a href="#">✓</a>	<a href="#">✓</a> <a href="#">✓</a> <a href="#">✓</a>	807-629-8497 807-486-3669 807-271-3619
<b>Girl Guides</b>	Ages 5 & up (groups TBD annually)	<a href="#">✓</a>	<a href="#">✓</a>	<a href="mailto:monicaarmour@yahoo.ca">monicaarmour@yahoo.ca</a>
<b>Gymnastics</b>	Rainy Lake Gymnastics Academy	<a href="#">✓</a>	<a href="#">✓</a>	<a href="mailto:info@rlga.ca">info@rlga.ca</a>
<b>Fitness Classes Weight Room</b>	Memorial Sports Centre RefleXion Studio – personal training Increase Fitness	<a href="#">✓</a> <a href="#">✓</a> <a href="#">✓</a>	<a href="#">✓</a> <a href="#">✓</a> <a href="#">✓</a>	807-274-4561 <a href="http://reflexion@mckaypts.co">reflexion@mckaypts.co</a> <a href="mailto:increasefitness@gmail.com">increasefitness@gmail.com</a>
<b>Hockey</b>	FF Minor Hockey Association FF Girls Women's Hockey Association Outdoor Rinks- McIrvine, East End Hall	<a href="#">✓</a> <a href="#">✓</a>	<a href="#">✓</a> <a href="#">✓</a>	<a href="mailto:ffmharegistrar@gmail.com">ffmharegistrar@gmail.com</a> <a href="http://info@ffgwha.com">info@ffgwha.com</a>
<b>Jackrabbits</b>	Learn to ski- grades 1-6, starts Jan. 5, Sun 10:30	<a href="#">✓</a>	<a href="#">✓</a>	<a href="mailto:events.rlnordic@gmail.com">events.rlnordic@gmail.com</a>
<b>Judo</b>	Borderland Judo Club		<a href="#">✓</a>	<a href="mailto:borderlandjudo@outlook.com">borderlandjudo@outlook.com</a>
<b>Jiu Jitsu</b>	Borderland Jiu Jitsu		<a href="#">✓</a>	<a href="mailto:borderlandjiujitsu@outlook.com">borderlandjiujitsu@outlook.com</a>
<b>Memorial Sports Centre</b>	PD day activities, fitness classes, pool, squash, cardio, weight, shinny/toonie skates & more	<a href="#">✓</a>	<a href="#">✓</a>	807-274-4561
<b>Pickle Ball</b>	JW Walker School, Memorial Sports Centre		<a href="#">✓</a>	
<b>Skating Clubs</b>	Border Skating Club	<a href="#">✓</a>	<a href="#">✓</a>	<a href="mailto:borderlandskatingclub@gmail.com">borderlandskatingclub@gmail.com</a>
	Northern Lights School of Skating	<a href="#">✓</a>	<a href="#">✓</a>	<a href="mailto:coach.ashleycumming@gmail.com">coach.ashleycumming@gmail.com</a>
<b>Hike, Ski Snowshoe</b>	Eighth Street Ski Trails Rainy Lake Nordic Ski Club		<a href="#">✓</a> <a href="#">✓</a>	
<b>Soccer</b>	Fort Frances Indoor Soccer – 14+ Co-ed Fort Frances Youth Soccer (indoor & outdoor)	<a href="#">✓</a>	<a href="#">✓</a> <a href="#">✓</a>	<a href="mailto:ffys.soccer@gmail.com">ffys.soccer@gmail.com</a>
<b>Squash</b>	Sunset Country Squash – youth club, men's night, and open courts		<a href="#">✓</a>	807-274-4561
<b>Swimming</b>	Cyclones Swim Club Swimming Lessons		<a href="#">✓</a> <a href="#">✓</a>	<a href="mailto:cycloneswimclub@gmail.com">cycloneswimclub@gmail.com</a> 807-274-4561
<b>Volleyball</b>	FF Women's Volleyball League Fort Frances Rec Volleyball – 16+ mixed		<a href="#">✓</a> <a href="#">✓</a>	<a href="mailto:ffwvolleyball@gmail.com">ffwvolleyball@gmail.com</a>
<b>Walking/running</b>	Indoor track- Memorial Sports Centre	<a href="#">✓</a>	<a href="#">✓</a>	807-274-4561
<b>Youth Programs</b>	Fort Frances Public Library School clubs, teams and sports Seven Generation – Urban Aboriginal Healthy Living for Kids Urban Indigenous Healthy Living Program 18+	<a href="#">✓</a> <a href="#">✓</a> <a href="#">✓</a> <a href="#">✓</a>	<a href="#">✓</a> <a href="#">✓</a> <a href="#">✓</a> <a href="#">✓</a>	807-274-9879  807-274-2796 <a href="mailto:healthylivingkids@unfc.org">healthylivingkids@unfc.org</a> <a href="http://healthyliving@unfc.org">healthyliving@unfc.org</a>

To add or change page information, email [efischer@nwhu.on.ca](mailto:efischer@nwhu.on.ca)





## KidSport Fort Frances SPORT GRANT APPLICATION FORM

*We help families and children living in Fort Frances who can't afford to pay for sports or equipment.*

### FAMILY INFORMATION

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birth Date (mm/dd/yy): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Gender (M or F) \_\_\_\_\_  
 Street Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Parent/Guardian: \_\_\_\_\_ Tel/cell: \_\_\_\_\_ Email: \_\_\_\_\_

### SPORT INFORMATION

*This application is just for the sport grant. You must register with the club- we can't do that for you. If approved, we pay the club directly.*

1. Sport you are applying for: \_\_\_\_\_ Club Name/Organization: \_\_\_\_\_
2. How much is the registration \$ \_\_\_\_\_ How much are you asking to be covered (up to \$350): \$ \_\_\_\_\_
3. Have you registered your child with the sport club: Yes or No Attach copy of the registration to confirm cost.
4. If you are asking for equipment, please list what you need & sizes for equipment:

### INCOME INFORMATION

1. What is your gross family income: Less than \$25,000 \_\_\_\_\_ \$25,000- \$35,000 \_\_\_\_\_ \$36,000-45,000 \_\_\_\_\_ More than \$45,000 \_\_\_\_\_
2. Do you receive: EI: Yes or No    Ontario Works: Yes or No    Disability/ODSP: Yes or No    Child Tax Benefit: Yes or No  
Child Support: Yes or No    Band assistance: Yes or No    Are you working: Yes or No    Other income (list) : \_\_\_\_\_
3. How many adults living in home (over 18): \_\_\_\_\_ How many children in the home: \_\_\_\_\_ Single parent: Yes or No
4. If you are separated/divorced, does other parent/guardian help pay for sport fees/equipment: Yes or No How much: \$ \_\_\_\_\_
5. Is child First Nation: Yes \_\_\_\_\_ or No \_\_\_\_\_ Status \_\_\_\_\_ or Non-Status \_\_\_\_\_ Band/Community: \_\_\_\_\_
6. Is child Metis: Yes \_\_\_\_\_ or No \_\_\_\_\_ Is parent or child a citizen of the Métis Nation of Ontario: Yes \_\_\_\_\_ or No \_\_\_\_\_
7. Are you receiving any other funding for registration or equipment: Yes or No If yes, amount and from: \_\_\_\_\_
8. Did you attach your Canada Child Benefit Statement: Yes or No

- ✓ **If your household gross income is MORE THAN \$45,000** per year, complete section on the back of the form.
- ✓ Answer all questions. Missing, blank or incomplete information may delay your application.
- ✓ I have read and understood all guidelines and certify that all information provided is correct and can be verified.
- ✓ I authorize you to share information with the organization that will receive the payment for my child.
- ✓ I understand that inaccurate information will jeopardize funding and future requests.

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*Don't forget to include all income (Child Benefit/tax credit) AND sport registration information**  
Drop off/mail: c/o Northwestern Health Unit, 396 Scott Street, Fort Frances, ON P9A 1G9  
Email or fax: [efischer@nwhu.on.ca](mailto:efischer@nwhu.on.ca) or fax 807-274-0779

### Fill in this section if household income is more than \$45,000:

If family income is greater than \$45,000 per year, this section needs to be completed by a community support: (e.g., principal, case worker, banker, manager, police officer, nurse, teacher, doctor).

**Note to the Endorser/Community Professional:** You are an objective, third party person who knows the family and is in a position to identify and assess the family's economic and/or social barriers. The endorser cannot be a family member.

Name of Endorser:

Organization:

Telephone (w, h, or cell):

Email:

Please explain economic/social barriers/circumstances impacting family (include any other notes that will be helpful for reviewers):

I verify that all the information given is correct and can be substantiated. I agree, if requested, to follow-up with the adjudicator.

Signature of Endorser:

Date:

## Sports Grant Guidelines

1. **You must also register your child with the sport club.** The Sports Grant Application does not do that for you. When you register for the sport, let the sport organization know that you have applied for a sports grant.
2. Applications must be **submitted at least 7 days prior to sport registration** to ensure time for review.
3. Children and youth, **3-18 years**, living in the **Town of Fort Frances** are eligible. Grants up to \$350.00\* are available to help families who can't afford the cost of sport registrations or the cost of sports equipment.
4. Funding is for approved organized sports programs with a minimum of 5 sessions. Elite teams, travel teams, camps, travel to playoffs and/or championships are **NOT grant eligible**.
5. Grants are not guaranteed every year. KidSport reserves the right to request further proof of family income (paystubs).
6. Adjudicators consider social and economic barriers facing the child's family when determining eligibility. Adjudicators may request additional financial information for incomes greater than \$45,000.
7. Grant allocations are based on program guidelines\*, the application, availability of local funds and the number of applications received and partner organizations. Adjudicators reserve the right to cap funding allocation. These grant programs rely on fundraising efforts, community contributions and donations to sustain the local programs.
8. Preference is given to children being introduced to sport for first time. Sports grants funds are not meant to replace existing recreation or social services funding for sport participation.
9. Sport grants will not cover costs for sporting activities already paid for, or in which the child is already enrolled.
10. Grants for registration and/or equipment will be issued and made payable to the sport club or retailer. Equipment purchases are limited in value and must be the most economical option available.
11. Local committee members will protect, to the best of their abilities, the confidentiality of all applicants and endorsers.

**Questions: Elaine or Jacqueline- 807-274-9827 or email [fortfrances@kidsportontario.ca](mailto:fortfrances@kidsportontario.ca)**

*We reserve the right to request additional information to verify income.*

*Program guidelines are subject to change at any time.*

*KidSport funds are for residents of the Town of Fort Frances.*

*JumpStart is granted to children and youth residing in the Rainy River District.*

*All personal information is secured and protected and will not be used for any other purpose other than reference to the funding provided.*

# Attending school regularly allows students to master key skills

19 missed days, or 10% of the school year, is considered chronic absenteeism. Whatever the reason, an absence means time missed from school and a lost learning opportunity. Absences add up and can impact a student's educational success and well-being. Even our youngest learners need to attend regularly to establish early routines for future success.



Please reach out to your child's school to talk about strategies to support your child's attendance, and to set them up for success academically, socially, and mentally. Together, we can improve student attendance in our community!

**19 days** missed is chronic absenteeism



# FORT FRANCES

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