



# MUNICIPALITY OF STRATHROY-CARADOC

## Fall Recreation Programs September to December 2025

Location	Monday	Tuesday	Wednesday	Thursday	Friday
<b>SDCI</b> 361 Second Street, Strathroy	<b>Comp. V-Ball League (18+)</b> 6:30 – 9:30pm	<b>Volleyball</b> (9-11 years) 6:30 – 7:30pm (12-14 years) 7:30 – 9:00pm	<b>Jr. Carpenters (9-13 years)</b> 6:30 – 8:30pm	<b>Intro to Jr. Chefs (6-8 years)</b> 6:00 – 7:00pm  <b>Jr. Chefs (9-13 years)</b> 7:00 – 9:00pm	<b>Basketball (18+)</b> 6:30 – 7:30am
<b>North Meadows</b> 82 Middlesex Drive, Strathroy	<b>Comp. V-Ball League (18+)</b> 6:30 – 9:30pm	<b>Rec V-Ball (18+) (Flex. Reg.)</b> 7:00 – 9:00pm			
<b>Strathroy Community Christian School</b> 7880 Walkers Road, Strathroy	<b>Comp. V-Ball League (18+)</b> 6:30 – 9:30pm	<b>Basketball</b> (9-11 years) 6:30 – 7:30pm (12-14 years) 7:30 – 9:00pm	<b>Intro to Soccer</b> (3-5 years) 6:00 – 6:45pm (6-8 years) 7:00 – 8:00pm	<b>Intro to Sports Development</b> (3-5 years) 6:00 – 6:45pm (6-8 years) 7:00 – 8:00pm	
<b>West Middlesex Memorial Centre</b> 334 Metcalfe Street West, Strathroy	<b>Pickleball (18+)</b> 9:00 – 11:00am	<b>Pickleball (18+)</b> 9:00 – 11:00am	<b>Pickleball (18+)</b> 9:00 – 11:00am	<b>Pickleball (18+)</b> 9:00 – 11:00am	<b>Pickleball (18+) (Flex. Reg.)</b> 9:00 – 11:00am
		<b>VON Walking Group (55+)</b> 11:30am-12:30pm		<b>VON Walking Group (55+)</b> 11:30am-12:30pm	
	<b>Pickleball Beginners (18+) (Flex. Reg.)</b> 1:00 – 3:00pm	<b>Tai Chi (18+)</b> Beginners – 12:30 – 1:30pm Intermediate – 1:30am – 2:30pm	<b>Yoga (18+)</b> Chair - 10:00 – 11:00am Standard – 11:00am - Noon	<b>Badminton</b> 1:00 – 3:00pm	
	<b>Euchre (18+)</b> 1:00 – 4:00pm	<b>Duplicate Bridge (18+)</b> 1:00 – 4:00pm	<b>Corn Hole (18+)</b> 1:00 – 3:00pm		<b>Corn Hole League (18+)</b> 7:00 – 9:00pm
	<b>Laser Tag (9-13 years)</b> 6:00 – 7:00pm	<b>Pickleball Experienced (18+) (Flex. Reg.)</b> 7:00 – 9:00pm	<b>Badminton</b> (9-13 years) 6:00 – 7:00pm (18+ years) 7:00 – 8:30pm	<b>Pickleball (9-13 years)</b> 6:00 – 7:00pm	
<b>Caradoc Community Centre</b> 565 Lions Park Dr, Mount Brydges	<b>Pickleball (18+)</b> 9:00 – 11:00am		<b>Pickleball (18+)</b> 9:00 – 11:00am	<b>Floor Curling (18+) (Flex. Reg.)</b> 10:00am – Noon	<b>VON SMART Fitness (55+)</b> 11:00 – 12:00pm
	<b>VON SMART Fitness (55+)</b> 11:00 – 12:00pm				
	<b>Intro to Art</b> (3-5 years) 6:30 – 7:30pm (6-12 years) 7:30 – 9:00pm		<b>VON SMART Fitness (55+)</b> 11:00 – 12:00pm	<b>Pickleball (18+) (Flex. Reg.)</b> 1:00 – 3:00pm	<b>Pickleball (18+) (Flex. Reg.)</b> 1:00 – 3:00pm
	<b>Pickleball (18+)</b> 7:00 – 9:00pm				
<b>Gemini Sportsplex - MPR</b> 667 Adair Blvd., Strathroy					

**Register Online:** [www.strathroy-caradoc.ca](http://www.strathroy-caradoc.ca)  
**Contact:** [recreation@strathroy-caradoc.ca](mailto:recreation@strathroy-caradoc.ca)

**VON Program Registration:**  
 Call 519-245-3170