



# MUNICIPALITY OF STRATHROY-CARADOC

## Winter Recreation Programs January 2026 to March 2026

| Location                                                                     | Monday                                                                                                                      | Tuesday                                                                                               | Wednesday                                                                                                        | Thursday                                                                                                           | Friday                                                                      |
|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <b>SDCI</b><br>361 Second Street, Strathroy                                  | <b>Comp. V-Ball League (18+)</b><br>6:30 – 9:30pm                                                                           | <b>Volleyball</b><br>(9-11 years) 6:30 – 7:30pm<br>(12-14 years) 7:30 – 9:00pm<br>Start Date: Jan 20  | <b>Jr. Carpenters (6-13 years)</b><br>6:30 – 8:30pm<br>Start date: Jan 14                                        | <b>Jr. Chefs</b><br>(6-8 years) 6:00 – 7:00pm<br>(9-13 years) 7:00-9:00pm<br>Start Date: Jan 15                    | <b>Basketball (18+)</b><br>6:30 – 7:30am                                    |
| <b>North Meadows</b><br>82 Middlesex Drive, Strathroy                        | <b>Comp. V-Ball League (18+)</b><br>6:30 – 9:30pm                                                                           | <b>Rec V-Ball (18+) (Flex. Reg.)</b><br>7:00 – 9:00pm<br>Start Date: Jan 6                            |                                                                                                                  |                                                                                                                    |                                                                             |
| <b>Strathroy Community Christian School</b><br>7880 Walkers Road, Strathroy  | <b>Comp. V-Ball League (18+)</b><br>6:30 – 9:30pm                                                                           | <b>Basketball</b><br>(8-10 years) 6:30 – 7:30pm<br>(11-13 years) 7:30 – 9:00pm<br>Start Date: Jan 20  | <b>Intro To Soccer</b><br>(3-5 years) 6:00 - 6:45pm<br>(6-8 years) 7:00-8:00pm<br>Start Date: Jan 14             | <b>Intro to Sports Development</b><br>(3-5 years) 6:00 – 6:45pm<br>(6-8 years) 7:00 – 8:00pm<br>Start Date: Jan 15 |                                                                             |
| <b>West Middlesex Memorial Centre</b><br>334 Metcalfe Street West, Strathroy | <b>Pickleball MW (18+)</b><br>9:00 – 11:00am<br>Start Date: Jan 5                                                           | <b>Pickleball TTH (18+)</b><br>9:00 – 11:00am Starting Date: Jan 6                                    | <b>Pickleball MW (18+)</b><br>9:00 – 11:00am<br>Start Date: Jan 5                                                | <b>Pickleball TTH (18+)</b> Start Date: Jan 6<br>9:00 – 11:00am                                                    | <b>Pickleball (18+) (Flex. Reg.)</b><br>9:00 – 11:00am<br>Start Date: Jan 9 |
|                                                                              |                                                                                                                             | <b>VON Walking Group (55+)</b><br>11:30am-12:30pm Starting Date: Jan 6                                |                                                                                                                  | <b>VON Walking Group (55+)</b><br>11:30am-12:30pm Start Date: Jan 6                                                |                                                                             |
|                                                                              | <b>Pickleball Beginners (18+) (Flex. Reg.)</b><br>1:00 – 3:00pm Start Date: Jan 5                                           | <b>Tai Chi (18+)</b> (Jan 6 - Mar 31)<br>Beginners – 12:30 – 1:30pm<br>Intermediate – 1:30am – 2:30pm | <b>Yoga (18+)</b> Start Date: Jan 7<br>Chair - 10:00 – 11:00am<br>Standard – 11:00am - Noon                      | <b>Badminton</b><br>1:00 – 3:00pm Start Date: Jan 8                                                                |                                                                             |
|                                                                              | <b>Euchre (55+)</b><br>1:00 – 3:00pm Start Date: Jan 5                                                                      | <b>Duplicate Bridge (55+)</b><br>1:00 – 4:00pm Starting Date: Jan 6                                   | <b>Corn Hole (18+)</b> Start Date: Jan 7<br>1:00 – 3:00pm                                                        |                                                                                                                    |                                                                             |
|                                                                              | <b>Laser Tag (9-13 years)</b><br>6:00 – 7:00pm Start Date: Jan 12                                                           | <b>Pickleball Experienced (18+) (Flex. Reg.)</b><br>1:00 - 3:00pm Starting Date: Jan 6                | <b>Badminton</b><br>(9-13 years) 6:00 – 7:00pm Start Date: Jan 14<br>(18+ years) 7:00 – 8:30pm Start Date: Jan 7 | <b>Pickleball (9-13 years)</b> Start Date: Jan 15<br>6:00 – 7:00pm                                                 |                                                                             |
| <b>Caradoc Community Centre</b><br>565 Lions Park Dr, Mount Brydges          | <b>Pickleball (18+)</b><br>9:00 – 11:00am                                                                                   |                                                                                                       | <b>Pickleball (18+)</b><br>9:00 – 11:00am                                                                        | <b>Floor Curling (18+) (Flex. Reg.)</b><br>10:00am – Noon                                                          | <b>VON SMART Fitness (55+)</b><br>11:00 – 12:00pm                           |
|                                                                              | <b>VON SMART Fitness (55+)</b><br>11:00 – 12:00pm                                                                           |                                                                                                       |                                                                                                                  |                                                                                                                    |                                                                             |
|                                                                              | <b>Walking Group</b><br>12:00 - 1:00pm                                                                                      |                                                                                                       | <b>VON SMART Fitness (55+)</b><br>11:00 – 12:00pm                                                                | <b>Pickleball (18+) (Flex. Reg.)</b><br>1:00 – 3:00pm                                                              | <b>Walking Group</b><br>12:00 1:00pm                                        |
|                                                                              | <b>Floor Curling (18+) (Flex. Reg.)</b><br>1:30 - 3:30pm                                                                    |                                                                                                       |                                                                                                                  |                                                                                                                    |                                                                             |
|                                                                              | <b>Intro to Arts</b><br>(3-5 years) 6:00 – 7:00pm<br>(6-12 years) 7:30 – 9:00pm<br><b>Pickleball (18+)</b><br>7:00 – 9:00pm |                                                                                                       | <b>Walking Group</b><br>12:00 - 1:00pm                                                                           |                                                                                                                    | <b>Pickleball (18+) (Flex. Reg.)</b><br>1:30 – 3:30pm                       |

**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