



## ADULT RECREATION



ACTIVITY	DESCRIPTION	CONTACT INFO.
Badminton (Ladies)	Every Wednesday night from 7-9pm at Tweed Elementary School. Session 1 runs from Sept-Dec and Session 2 runs from Jan-March.	Diana Mumby: 613-478-2714
Badminton (Mixed)	Every Tuesday & Thursday night from 7-9:30pm at Centre Hastings Secondary School, in Madoc. Coaching Thursdays from 6-7pm. Sessions 1 runs Sept-Dec. and Sessions 2 run Jan-mid June.	Terry Mandzy: 613-473-5662 www.centrehastingsbadminton.com
Beach Volleyball (Mixed)	Come enjoy beach volleyball at the Recreation complex, in Tweed. Mixed league runs every Thursday evening.	Candice Cassidy: 613-478-5493
Curling	Men's League – Thursdays @ 1pm Mixed League – Throughout the week Ladies League – Thursdays @ 7pm	613-478-2311 <a href="http://www.curltweed.ca">www.curltweed.ca</a>
Golf	Men's League – Wednesdays @ 5:30pm (Spring/Summer) Mixed League – Throughout the week Ladies League – Tuesdays @ 5:30pm Senior Men – Tuesdays @ 9:00am Travelling Seniors – Monday mornings (various locations)	Poplars: 613-478-2038 www.poplarsgolfclub.com
Hockey	Men's – Tweedsmuir Saturday Hockey League (8 teams). Every Saturday from Sept-March @ 6:30pm, 7:30pm, & 8:30pm.  Old-timers – Tweedsmuir travelling team consists of 35 + and competes in the Trent Valley League. Home games are Thursday @9:00pm and travel once per week.  Men's – Tweed Hungerford Recreation League (5 teams). Age 36+. Games are every Sunday @ 10:30am & 11:30am from Sept-March.  Ladies – Come enjoy hickey in a safe and fun atmosphere. If interested in playing, contact Tara Palmateer.	Lawrence Ramsey: 613-847-5491  Colin Broek: 613-478-3194  Lawrence Ramsey: 613-847-5491  613-827-0792 t_palmateer@hotmail.com
Hockey Rentals	Numerous groups rent the ice throughout the year to play pick-up hockey. Renters that need players can leave their number with arena staff.	Arena: 613-478-2320

Slow Pitch (Mixed)	Friday Evenings in the summer from 6:30-9:30 at the Stoco and Charlton Diamonds.  Tuesday and Thursday evenings @ 7:00pm and 8:00pm at the Marlbank Ball Diamond.	Lisa Ray: 613-403-7490/Robert Thurston: 613-403-7490  Nelson/Ronda Bell: 613-478-6366
Volleyball (Mixed)	Tweed Elementary School – 18 + League plays once a week from Sept-April.	Jennifer Broek: 613-478-6399

