

Adult Programs

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. For more information, contact Diane Mumby: 613-478-2714.

Badminton (Mixed)

Every Tuesday and Thursday night from 7-9:30pm at Centre Hastings Secondary School, in Madoc. Coaching on Thursdays from 6-7pm. Session 1 runs from Sept. – Dec., and Session 2 runs Jan-mid June. For more information please contact Terry Mandzy: 613-473-5662 or visit www.centrehastingsbadminton.com

Beach Volleyball (Mixed)

Come enjoy beach volleyball at the Tweed Recreation Complex. Runs every Thursday evening. For more information please contact Becky Cassidy: 613-920-0501.

Curling

Join in on the fun and the Land O' Lakes Curling Club. An excellent sport for all ages. For more information please call 613-478-2311 or visit www.curltweed.ca

Golf

A great way to enjoy the fresh air is a good game of golf. Poplars Golf Club offers leagues and lessons for all ages. For more information please call 613-478-2038 or visit www.poplarsgolfclub.com



Ladies Fit and Fun

Exercise classes at the Curling Club on Mon. Aerobics; Tues. Balance Strengthening; Thurs. Tabata; Fri. Weight and/or balance ball. For more information, please contact Judy King 613-478-5994 or Jan Jones 613-478-3860.

Hockey

A great way to get out and enjoy the game of hockey. Hockey leagues for everyone. For men's Saturday night league please contact Casey Trudeau at 613-478-5511 <http://tweedsaturdaynightleague.ca>. or Lawrence Ramsey 613-847-5491 for Sunday morning league. For Ladies League please contact Tara Palmateer 613-827-0792. For all other league information please contact the Municipality of Tweed at 613-478-2535.

InTheNow Yoga & Fitness

Offering adult Hatha and yoga flow classes. Hatha & Yoga Flow Monday's and Thursday. Family Bootcamp Saturday mornings. For more information, please contact Anna Lounsberry: 613-478-1783.

Pickleball

A combination of badminton and tennis this racquet sport is beginning to become more and more popular. For more information please visit www.curltweed.ca

Slow Pitch (Mixed)

Enjoy a good time playing baseball at one of our four baseball diamonds. For Friday evening league please contact Tara Palmateer 613-827-0792 or Jody Bateman: 613-478-3622. If you wish to start a league please contact the Municipality of Tweed: 613-478-2535.

Shuffleboard

The Land O' Lakes Shuffleboard Club meets every Tuesday from May-Aug. at 1:00 pm at the Land O' Lakes Curling Club. For more information please contact John McMurray: 613-478-3007.

Women's Volleyball

Come out for a fun game of volleyball Thursdays weekly from Sept. to April from 7-9 p.m. at the Tweed Elementary School. For more information, please contact Dawne Hamilton-Browne at 613-478-1455.

Swimming

Private/Semi-Private swim lessons and Aqua Fitness programs are available in the summer months at the Erin Palmateer Community Pool. For more information, visit www.peterboroughymca.org or call 613-478-9808.



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Guitar Lessons

Guitar Lessons in your home. All ages welcome. For more information, please contact Reg Corey: 613-848-0226 or email regcorey@sympatico.ca

Carpet Bowling

Carpet Bowling at St. John's United Church every Wednesday from mid Oct. to end of April 1:30-3:30. Please contact Betty Lalonde for more information 613-478-5231.

Line Dancing

Kick up your heels with Line Dancing at The Lions Hall every Tuesday morning from September until June, 10:30 -11:30 a.m. For more information, please call Carol Cooper at 613-391-4271.

Darts/Pool/Shuffleboard

Branch 428 of the Royal Canadian Legion in Tweed offers weekly leagues for darts, pool or shuffleboard. For more information, please call the Legion at 613-478-1865.

Pole Walking

Pole walking is a fun and easy full body exercise that works up to 90% of your muscles. Gathering is between 8:30-9:00am every Tues. and Thurs. starting at the beginning of April. For more information, please contact the Gateway Community Health Centre: 613-478-1211.

Huff & Puff Senior Men's Exercise Group

Tues. weights and Thurs. cardio & stretching at the Curling Club from 10-11 a.m. Please contact Larry King for more information 613-478-5994.

Life Style Fitness Studio

Offering a variety of classes, including muscle pump, power step, yoga/pilates, core hit training and personal workouts. Location is old MNR building at the Water Tower on Quin-Mo-Lac Rd. Scheduled classes posted on facebook or contact Shelley Lough for more information 613-922-1181. lifestylefitness@hotmail.ca

The Right Fit

The Right Fit Tweed offers the best in one on one and small group training, along with a fitness facility you can have access to at your convenience! For more information please call 613-438-6750 or visit www.therightfittraining.com

Bingo

Come out for a social evening and a chance to win at Bingo. Bi-weekly on Thursdays all year at the Royal Canadian Legion. For more information, please contact Wendy Vermeer at 613-478-5520.

Euchre or Bridge

At the Tweed Public Library on Tuesdays weekly starting at 1:00. For more information, please visit www.tweedlibrary.ca

