

RDAPC October NEWSLETTER

Fall, Winter & Spring Hours

Good news — our hours are extending for the fall, winter, and spring seasons! If you want to get your steps in after dark, the track is open later following Thanksgiving!

From October 14 – May 14, the facility will be open:

Monday–Friday: 7 AM – 9 PM

Weekends: 8 AM – 8 PM

When the indoor field is rented, the track will stay open past 9pm — give us a call to inquire! Please note that the track is occasionally closed. For a full list of hours and cancellations, visit get.on.ca/rdapc.

WEDNESDAYS
at the Fieldhouse



EAST FIELD	WEST FIELD
9:00am – 9:50am DDPY	9:00am – 1:00pm The Backyard
10:00am – 10:50am DDPY Rebuild	An all-ages, self-directed drop-in space. This program is not staffed; participants must supervise themselves. Responsible children may use The Backyard while a parent/guardian is attending a program on the west field.
11:00am – 11:50am Home Educators Strength Lab	
12:00pm – 12:50pm Hot Flash	
1:00pm – 1:50pm Baby Steps (stroller fit)	
3:00pm – 4:30pm Open Field	

Indoor Shoes
This facility has an indoor shoe policy 365 days of the year. Each user is required to carry in clean indoor shoes they can change into before entering the superstructure.



Wednesdays are the day to be at the RDAPC!

Step into The Backyard — our all-ages drop-in space where fun, games, and connection come together! Try your hand at bocce, disc golf, washer toss, or enjoy a relaxing round of cards and board games. It's the perfect way for the whole family to get moving and spend time together.

A quick heads-up: **The Backyard is unstaffed**, so participants are responsible for supervising themselves and their little ones. Responsible children are welcome if their parent or guardian is taking part in a program on the west field.

Visit www.get.on.ca/rdapc for full details and schedule, or call the facility for more information.

Urban Pole Fun Fit with Nancy!

We're thrilled to welcome back certified Urban Pole Walking Instructor **Nancy** for a brand new fitness class that gets you moving to the music — with poles!

Bring your Urban/Activator Poles to class as we exercise to the beat WITH OUR POLES for 30 minutes followed by 20 minutes of walking the track instructed, motivated and encouraged by our Certified Urban Pole Walking Instructor, Nancy.

[Click here for more information and Registration.](#)

Seasonal Drop-In Programs Are Back!

We're happy to welcome back some of your favourite seasonal drop-in programs at the **RDAPC**!

Walking Soccer – Monday & Friday 9:30 – 11am

Indoor Golf – Mondays & Fridays 12:30 – 3:30pm

Remote Control Flying – Tuesdays & Thursdays 3pm – 4pm

Open Field – Monday & Friday 7am – 8:30am, Wednesday 3pm – 4:30pm

These programs join our regular year-round drop-ins, giving you even more ways to stay active and connected this fall.

🎃 Tot N Play Halloween Fun! 🧛

Join us on Friday, October 31st for a spook-tacular **Tot N Play!** Bring your little ones dressed in their Halloween costumes for a morning of play, laughter, and festive fun. Kids can burn off some energy at Tot N Play, then enjoy **trick-or-treating around the RDAPC.**

Details:

- 📅 Date: Friday, October 31
- 🕒 Time: During regular Tot N Play hours
- 💰 Cost: \$5 per child (regular rates apply)

It's the perfect way to celebrate **Halloween** with your tots in a safe and active environment – we can't wait to see all the costumes!

Pre-Registrations is not required but encouraged! [Click Here](#)



October Track Cancellations

Wednesdays 6:00pm – 8:00pm
Sundays 4:00pm – 6:00pm

Facility Closures & Cancellations

Friday October 10 at 6:00pm
Saturday October 11 to Monday October 13
Monday October 27, 9am – 2:30pm

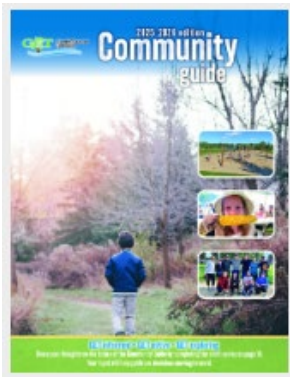


G.E.T. News

Our annual Community Guide for 2025/2026 has been delivered!

Please take a few minutes to complete our short Community Guide [Survey](#). Your input will help guide our decisions on whether to:

- Continue printing the guide as-is
- Move to a digital or interactive version
- Change the type of content we include
- Or even combine multiple formats



G.E.T. Parks

We're thrilled to officially celebrate the opening of six new premier beach volleyball courts right here in Marden Park! These courts bring more than just a place to play — they offer a new hub for active living, community connection, youth development, and tournaments

None of this would have been possible without the generosity of [Perpetual Motion Sports](#), whose donation made this vision a reality. Their dedication to growing the game of volleyball and giving back to communities is truly inspiring.

