

RDAPC October NEWSLETTER



It's been wonderful welcoming everyone back through our doors over the past few weeks! The energy around the Royal Distributing Athletic Performance Centre has returned, and we're thrilled to see our community enjoying everything the facility has to offer.

With the indoor track and field open again, participants have been walking, jogging, and staying active once again. Many of our popular drop-in programs have also resumed, including **Tot N Play, Indoor Golf, Remote Control Flying, Walking Soccer, and Active 55+ Soccer**. It's been great to see familiar faces reconnecting and new participants joining us for the first time.

Whether you're attending a fitness class, enjoying a drop-in activity, or simply stopping by to connect with friends, we're grateful to have you back. We look forward to another fantastic season of recreation, fitness, and community at the **RDAPC**!

FITNESS WITH MEGAN

Whether you're a new parent, navigating perimenopause or menopause, homeschooling your children, or simply looking to stay active, our welcoming fitness classes are designed to help you build strength, boost confidence, and connect with your community.

Strength. Confidence. Connection. For every stage of life.

Postpartum Fitness (Stroller Fit)

Reconnect with your core, build strength and mobility, and gain confidence in your postpartum body. This supportive class focuses on proper breathing, core and pelvic floor function, and strengthening the hips and glutes while connecting with other moms in a similar stage of life.

Wednesdays at 11:00am

[CLICK HERE](#)

Hot Flash

The focus is on maintaining and growing muscle mass, proactively strengthening the pelvic floor, and promoting bone density preservation. Through strength training movements, quick cardio intervals and multi-planar movements with gentle impact participants will learn to enjoy this phase of life and redefine the word hot flash!

Wednesdays at 12:00pm

[CLICK HERE](#)

Home Educators Strength Lab

A 50-minute strength-focused workout designed to build confidence, strength, and athletic ability through progressive training. Perfect for busy homeschooling parents looking for a mid-day fitness break, with a safe play space nearby for children while you exercise.

Wednesdays at 1:00pm

[CLICK HERE](#)

VOLUNTEER AT THE RDAPC!

We're excited to launch the **RDAPC Volunteer Program** and invite community members to get involved. Volunteers help support popular events like our Tot N Play Halloween and Christmas celebrations, while also helping us expand programming with workshops, guest speakers, tournaments, community events, and more.

The program is simple and flexible. When opportunities become available, we'll send an email to everyone on the volunteer mailing list. If you're interested and available, you can sign up. If not, simply wait for the next opportunity.

Whether you're looking to give back, meet new people, or support local programs and events, we'd love to have you on our team. To join the **RDAPC Volunteer Mailing List**, simply reply to this email.

For more information, please contact Dave or Krista. We look forward to working together to create memorable experiences for our community!

REGULAR HOURS

Summer Hours (through thanksgiving)

Monday – Friday

7:00am – 6:00pm

Saturday & Sunday

11:00am – 5:00pm

Winter Hours (Thanksgiving – Victoria Day)

Monday – Friday

7:00am – 9:00pm

Saturday & Sunday

8:00am – 8:00pm



G.E.T. News

Voter Kits

Haven't received your Voter Kit yet? Don't panic! Canada Post is working hard to make sure you receive your kit, kits are still out in the mail, keep an eye on your mailbox for the next couple of days!

If you have not received your Voter Kit by Wednesday October 7th, contact us!

 election@get.on.ca

 GET Voting

 519-856-9596 ext. 127

 Township Office: 8348 Wellington Road 124, Rockwood, ON

G.E.T. Parks

Tot 'N' Play Halloween

Join us for a spooktacular morning of Halloween fun designed especially for little ones! Enjoy our popular **balloon igloo**, festive Halloween activities, and **indoor trick-or-treating** in a safe, friendly environment that's perfect for children still learning the ropes of Halloween.

 **October 30, 2026**

 **8:30 AM - 12:00 PM**

\$ \$6.00 per child

Come dressed in your favourite costume and make some Halloween memories with us!   