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Leisure Guide 2019

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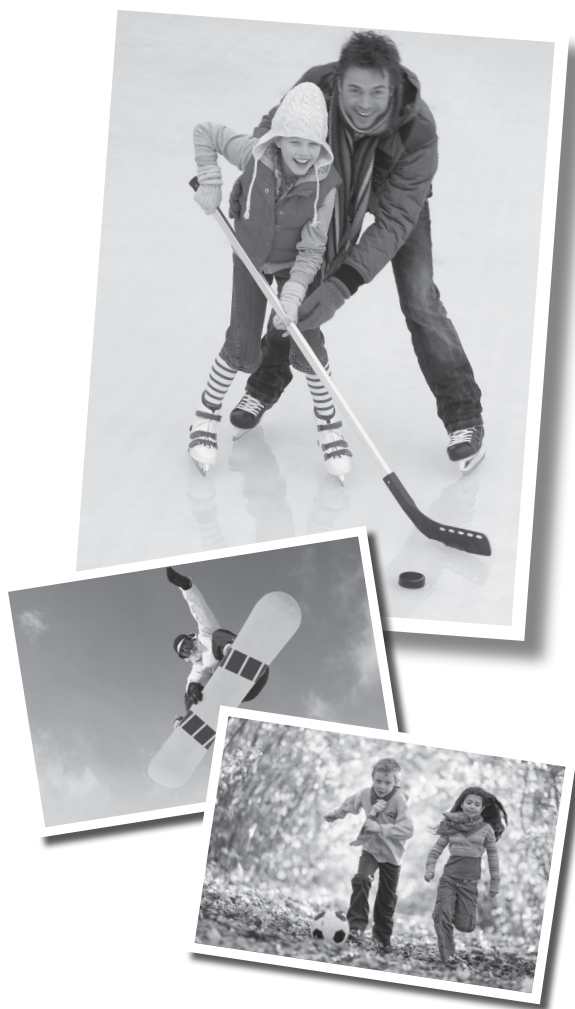
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WELCOME!

Councillor Message

Welcome to our 2019/20 edition of the Fall and Winter Sport and Culture Guide. Inside this edition you will find information about community leagues, organizations, events and culture initiatives.

This year's Santa Claus Parade will be held on November 17th at 12:00p.m., this year's theme is a Tropical Christmas. Whether you are interested in organizing a float to enter into the parade or if you are interested in watching the parade with family and friends this event is sure to get you into the holiday spirit.

Be sure to ring in the New Year with your family at Families First our alcohol free New Year's Eve Celebration at Memorial Gardens and the YMCA. This is a free event for the community. Event details are on page 14 of this guide.



Our City offers a wide variety of outdoor winter experiences, Laurentian Ski Hill is located in the heart of our City, we have several community outdoor rinks operating in neighbourhoods and we have beautiful cross country ski trails. Take advantage of all North Bay has to offer and experience some outdoor fun this winter. We hope you enjoy this Fall and Winter edition of the Sport and Culture Guide.

Yours in Recreation,

Johanne Brousseau

Chair Community Services' Committee

2019-2022

Mayor & Members of Council

Mayor

- **Al McDonald**
mayor@cityofnorthbay.ca



Members of Council

- **Tanya Vrebosch**
Tanya.vrebosch@cityofnorthbay.ca
- **Johanne Brousseau**
johanne.brousseau@cityofnorthbay.ca
- **Mike Anthony**
mike.anthony@cityofnorthbay.ca
- **Chris Mayne**
chris.mayne@cityofnorthbay.ca
- **Bill Vrebosch**
bill.vrebosch@cityofnorthbay.ca
- **Mark King**
mark.king@cityofnorthbay.ca
- **Scott Robertson**
scott.robertson2@cityofnorthbay.ca
- **Mac Bain**
mac.bain@cityofnorthbay.ca
- **Dave Mendicino**
dave.mendicino@cityofnorthbay.ca
- **Marcus Tignanelli**
marcus.tignanelli@cityofnorthbay.ca

Parks, Recreation & Leisure Services

Parks, Recreation and Leisure Services

City Hall, 2nd Floor 200 McIntyre Street E.

North Bay ON P1B 8H8

P: (705) 474-0400 **F:** (705) 474-9782

- **Ian Kilgour**
Director, Community Development & Growth
- ext. 2405
- **Erin Vaughan**
Community Event Facilitator
- ext. 2312
- **Paula M. McCloskey**
Arts, Culture, Recreation & Leisure Services Manager
- ext. 2322
- **Bryan Kimber**
Community Development Facilitator
- ext. 2321
- **Bruce Robertson**
Facilities and Parking Supervisor
- ext. 2307
- **Crystal McLeod**
Administrative Assistant
- ext. 2329
- **Melinda Fry**
Sports & Events Manager
- ext. 2662
- **Jennifer Smart**
Administrative Assistant
- ext. 2335

Parks Office

Lee Park Office

Memorial Drive, North Bay ON

P: (705) 472-3932 **F:** (705) 472-7423

- **David Schroeder**
Manager of Parks and Facilities
- ext. 2601
- **Elaine Pepin**
Parks Supervisor
- ext. 2602
- **Mark Thomas**
Parks Supervisor
- ext. 2670
- **Carolyn Cundari**
Clerk Dispatcher
- ext. 2600

Arenas

www.cityofnorthbay.ca

West Ferris Community Centre

Contact any of the staff below

Memorial Gardens

100 Chippewa Street W. North Bay, ON

P: (705) 474-3770 **F:** (705) 474-4868

- **Nicole Beaulieu**
Clerk/Cashier
- ext. 2663
- **Peter Sutherland**
Facility Supervisor
- ext. 2661

Pete Palangio Arena

603 Wallace Road North Bay, ON

P: (705) 476-2000 **F:** (705) 472-1146

- **Louise Ranger**
Clerk/Cashier
- ext. 2610
- **Roger Dutrisac**
Facility Supervisor
- ext. 2612



Community Rink Program

“Outdoor rinks provide a valuable leisure experience in your own neighbourhood.”

**VOLUNTEERS
NEEDED!**

For those who are interested in volunteering, an information package is available. This package outlines the volunteer based program, fundraising options, City support services and volunteer training and responsibilities. Each person who volunteers must complete a volunteer form. Together with volunteers and proper weather conditions, a rink with an excellent base established, could be operating in your neighbourhood in time for the Christmas break! Volunteers must be 16 years of age or older.

The following City-owned rinks need volunteers:

- | | |
|--|--|
| *Greenhill Playground Pearce Street | Veronica Alexander Road |
| Graniteville Playground Carlo Crescent | Bourke Playground Skating Oval Lavery Street |
| *Circle Lake Playground Lake Heights | *Kerr Park Riverbend Road |
| Kinette Playground Rock Street | Birchaven Sage Road |
| *Police Playground Stone Street | *Caldwell/Ellam Montrose Avenue |
| West Ferris Lions Park Massey Drive | |

Caretakers on Duty

These locations will have a caretaker on site who will open the building for public use on a regular weekly schedule during the season. At these locations, a schedule will be posted showing public skating and hockey shinny times.

For more information, call (705) 474-0400, ext. 2335

Outdoor Ice Rental Program

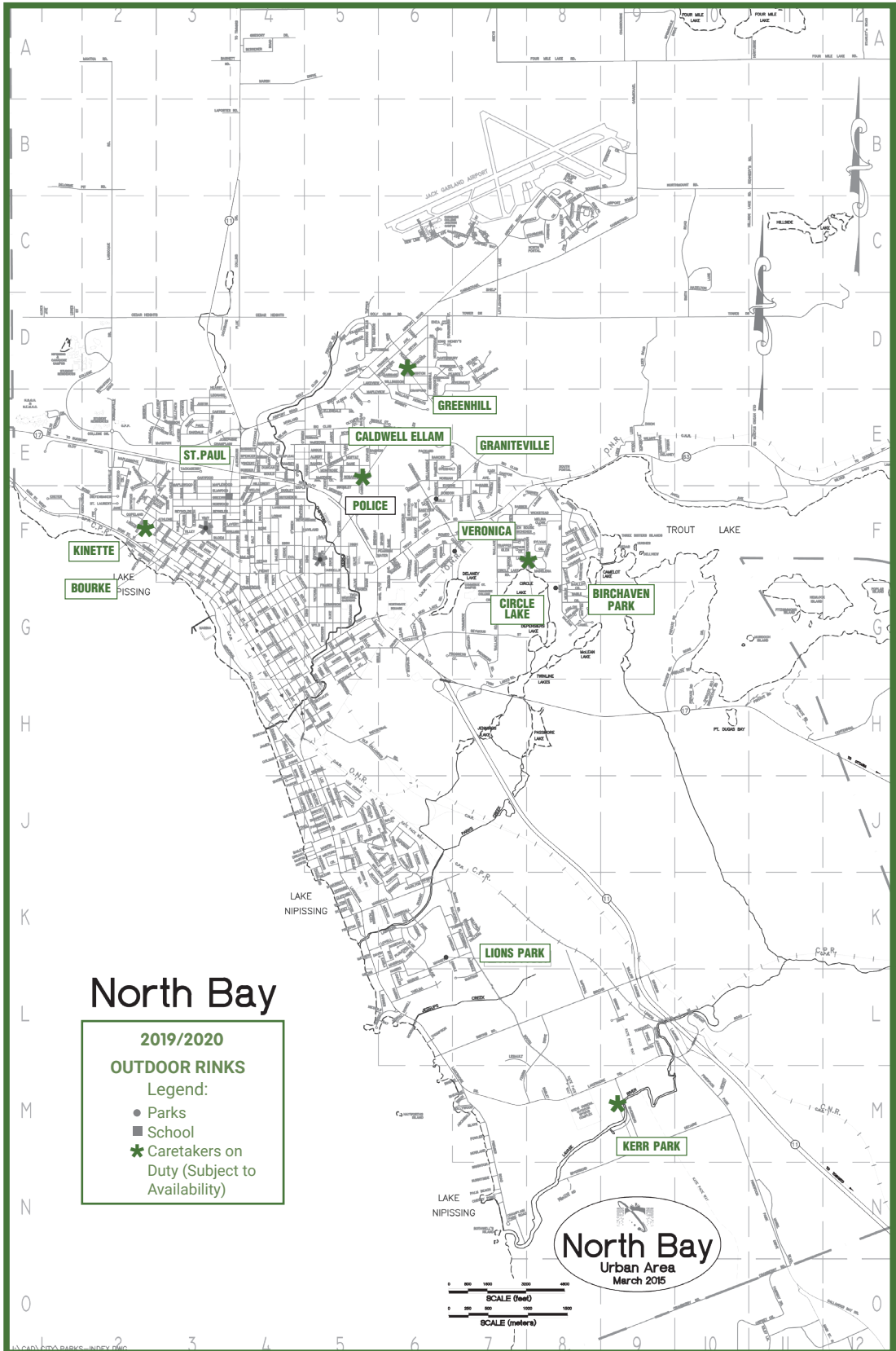
Attention Hockey and Ringette Coaches: Outdoor Rink Ice Time Available For Practice!

The City of North Bay, Parks, Recreation and Leisure Services Department has committed a rink caretaker for Caldwell Ellam, Circle Lake, Police, Kerr and Greenhill Park for the 2019-2020 outdoor rink season. Caretakers assist in the provision of regular ice maintenance (flooding and shoveling) and will open the building doors for ice users on a regular seasonal schedule. As a result, designated times will be available to teams for booking practice permits. The ice time will be rented to local hockey and ringette teams at a rate of \$26.10 per hour + HST.



Interested individuals may contact the Department at (705) 474-0400 ext 2329 or 2335 or visit us on the second floor of City Hall.

Rink Locations



Staff

Melinda Fry – Manager of Sports and Events ext. 2662

Nicole Beaulieu – Clerk Cashier ext. 2663

Peter Sutherland – Facility Supervisor ext. 2661

Roger Dutrisac – Facility Supervisor ext. 2612

Louise Ranger – Clerk Cashier ext. 2610

Memorial Gardens

100 Chippewa Street West

P: (705) 474-3770 F:(705) 474-4868

Hours of operation:Monday to Friday

Business Office:8:30 a.m. – 4:30 p.m.
Closed 12:30 p.m.-1:30 p.m.

Box Office (2nd Floor).....8:30 a.m. – 4:30 p.m.

This office responds to enquiries about event bookings, parties, arena meeting rooms and ice rentals for all arena facilities. All bookings and payments must be made during regular business hours.

This is North Bay's facility for events for over 500 people. This facility can be transformed to accommodate elegant dinners, trade shows, meetings, concerts and other types of special events.

Facilities include:

Ice surface - 200' X 85'

Hall of Fame Room - 60 capacity

Club Lounge - 60 capacity (2nd Floor)

Dressing Rooms - 5

Box Office - Automated ticketing system. Customized event ticketing provided by North Bay Battalion Hockey Club.

Service of Alcohol - This facility holds a license under the Alcohol and Gaming Commission of Ontario. Certain restrictions may apply to licensed events.

Parking - 450 plus

Concessions - Opened around activities. Arrangements can be made with our operator to consider your individual requests for catering as well.

* The box office on the main level is open at 10 a.m. on Battalion game days and one hour before a Nipissing Lakers hockey game.

Hockey Seating Chart can be accessed on the City of North Bay website at :

www.cityofnorthbay.ca/media/1711/prl-map-mg-hockey.pdf

Pete Palangio Arena

603 Wallace Road

P: (705) 476-2000 F: (705) 472-1146

Hours of operation:Monday to Friday

Business Office:.....8:30 a.m. – 4:30 p.m.
Closed 1 p.m.-2 p.m.

This location has extended hours on evenings and weekends depending on the activity in the building.

Facilities Include:

Ice surface - 2 surfaces at 80' x 180'

Spectator Seating - 150 capacity per side

Board Room - 30 capacity

Dressing Rooms - 12

Parking - 200

This office responds to enquiries about arena meeting rooms and ice rentals for all arena facilities. All bookings and payments must be made during regular business hours or dropped into the afterhours mail slot located under the front counter of the business office.

Sam Jacks Complex a.k.a. West Ferris Community Centre

42 Gertrude Street East

Direct enquiries to:

(705) 476-2000 or (705) 474-3770

There is no administrative staff located at this facility. All rental enquiries should be directed to the Pete Palangio Arena or the Memorial Gardens Arena.

West Ferris Auditorium:

This is the perfect place for your next family wedding, anniversary or retirement party. The facility offers the flexibility of hiring your own caterer and running your own bar. This room seats 150+ for dinner. Amenities include: microwave, fridges, tables, and chairs.

Facilities Include:

Ice surface - 80' x 180'

Board Room - 20 capacity

Dressing Rooms - 5

Parking - 80

Meeting Rooms:

A variety of rooms are available at our arenas that could accommodate community meetings, recreation programs, fundraising events and other special activities. These rooms vary in size to accommodate groups up to as many as 150 people. For more information, call (705) 476-2000.

Arena General Information



Rates

For rental rates, log on to the City's website at www.cityofnorthbay.ca/living/recreation/arenas/rental-rates

Availability Information



For information on ice and floor availability, you can contact Memorial Gardens or Pete Palangio Arenas during regular business hours, or for evening and weekend enquiries please contact Pete Palangio Arena at (705) 476-2000, or visit the City website for the Online Ice Fax at: www.cityofnorthbay.ca/living/recreation/arenas/ice-availability



Casual Ice and Floor Rentals

Ice and floor rentals can be booked and confirmed over the phone when accompanied by a credit card number. Casual rentals must be paid for 7 days prior to the date booked.

North Bay Battalion



You brought the Battalion home, North Bay. Now head to the newly renovated Memorial Gardens Arena and enjoy hockey at the OHL level. For game and ticket information, log on to the North Bay Battalion website at: www.battalionhockey.com

Nipissing Lakers Varsity Hockey (Men's and Ladies)



Catch the action of Varsity Hockey. Come out and watch the Nipissing Lakers battle various universities as they fight for a spot in the OUA playoffs. Game and ticket information are available online at the Nipissing Lakers website at: www.nulakers.ca



For more information, log onto: www.cityofnorthbay.ca



Community Emergency Preparedness



Be Prepared - Not Scared

Know what to do before disaster strikes

Emergencies and disasters can happen at any time. This could mean utilities are out, roads are closed and we can't get the crucial supplies we need. Local, provincial and federal officials prepare for emergencies and so should you!

In the event of an emergency or disaster, everyone should be prepared to take care of themselves and their families for up to three days.

Here's How...

- ✓ Post emergency telephone numbers
- ✓ Check your home insurance
- ✓ Prepare a 3-day emergency survival kit (including food and medications)
- ✓ Choose an out of town emergency contact
- ✓ Train family members in emergency procedures and have a plan (including a designated meeting place to reunite with family)
- ✓ Learn about your community's emergency plan

Prepare Now, Learn How... Emergency Survival Checklist*

* Three-day supply per person

- | | |
|--|--|
| <input type="checkbox"/> Flashlight and batteries | <input type="checkbox"/> Clothing and footwear |
| <input type="checkbox"/> Radio and batteries or crank radio | <input type="checkbox"/> Blankets or sleeping bags |
| <input type="checkbox"/> Spare batteries (for radio or flashlight) | <input type="checkbox"/> Toilet paper and other personal items |
| <input type="checkbox"/> First-aid Kit | <input type="checkbox"/> Medication |
| <input type="checkbox"/> Candles and matches/lighter | <input type="checkbox"/> Backpack/duffel bag (to hold all of the emergency survival kit items) |
| <input type="checkbox"/> Extra car keys and cash | <input type="checkbox"/> Whistle (to attract attention, if needed) |
| <input type="checkbox"/> Important papers (identification) | <input type="checkbox"/> Playing cards, games |
| <input type="checkbox"/> Food and bottled water | |



For more information, visit:
www.emergencymanagementontario.ca



ON THE WEB: www.cityofnorthbay.ca/fire/preparedness

City of North Bay Hazardous Waste Depot

Hours of Operation
WEDNESDAY to SATURDAY
8am to 6pm
OPEN YEAR ROUND

Safe Use of Hazardous Products

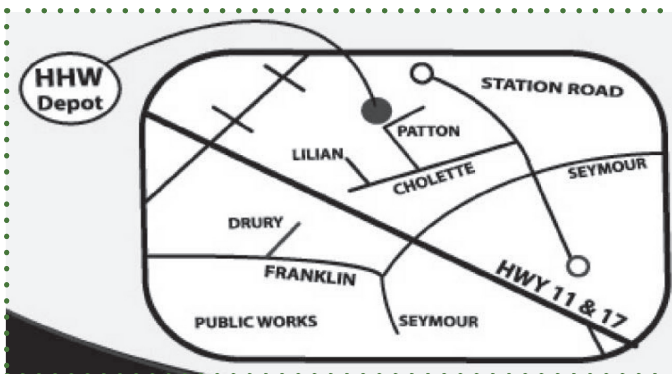
If you must use hazardous products, keep the following tips in mind in order to minimize your exposure to chemicals and potential danger to the environment:

- Buy only what you need.
- Give away what you do not use.
- Share seldom used products.
- Buy alternative products that are less hazardous.
- Never mix products together.
- Use only recommended amounts (more is not better).
- Choose products with child-resistant caps.
- Safely store all hazardous materials out of reach of children and pets.
- Use products in a well-ventilated area.
- Never pour HHW in the storm sewer - it leads to Lake Nipissing.
- Do not bury hazardous waste or pour it into the ground - it can contaminate groundwater.

Preparing HHW for Safe & Easy Transport

All materials should be left in the original container to allow easy identification of the contents.

- Never mix products together
- Waste should be sealed & labeled
- Bring all hazardous waste in a cardboard box or rigid container
- Collect household batteries in a small plastic container or coffee can



For more information please contact
the Wasteline at (705) 474-0400 ext. 2333

*Examples of Household
Hazardous Waste accepted at the
HHW depot:*

- AEROSOL CANS
- ANTIFREEZE
- ASPHALT & ROOFING TAR
- AUTOMATIC TRANSMISSION FLUID
- BATTERIES/BATTERY ACID
- BRAKE FLUID
- BUG & TAR REMOVER
- CAR WAX & POLISH
- COSMETICS
- DEGREASERS
- DISINFECTANT
- DRAIN CLEANER
- ENGINE/RADIATOR FLUSHERS
- FERTILIZERS
- FIRE EXTINGUISHERS
- FLEA COLLARS
- FLOOR STRIPPERS & POLISHES
- FLUORESCENT BULBS & TUBES
- FUNGICIDE
- FURNITURE STRIPPERS & POLISHES
- GASOLINE, KEROSENE
- GLUES
- GREASE & LUBES
- HEATING OIL, DIESEL FUEL
- HERBICIDES
- HOUSEHOLD CLEANSERS
- INSECTICIDES
- LAUNDRY SOAP & STAIN REMOVER
- LIGHTER FLUID
- METAL POLISH
- MOTOR OIL & WASTE OILS
- NAIL POLISH
- OIL FILTERS
- OVEN CLEANER
- PAINT, VARNISH, STAIN, DYE
- PAINT & LACQUER THINNERS
- PAINT & VARNISH REMOVERS
- PHARMACEUTICALS
- PESTICIDES & WEED KILLER
- POISONS
- PROPANE TANKS (ANY SIZE)
- RUST PROOFERS
- SOLVENTS
- SWIMMING POOL CHLORINE
- SYRINGES
- TURPENTINE
- WOOD PRESERVATIVE

JUST BECAUSE IT'S EMPTY DOESN'T MEAN IT'S GARBAGE.

Recycle your bathroom packaging.

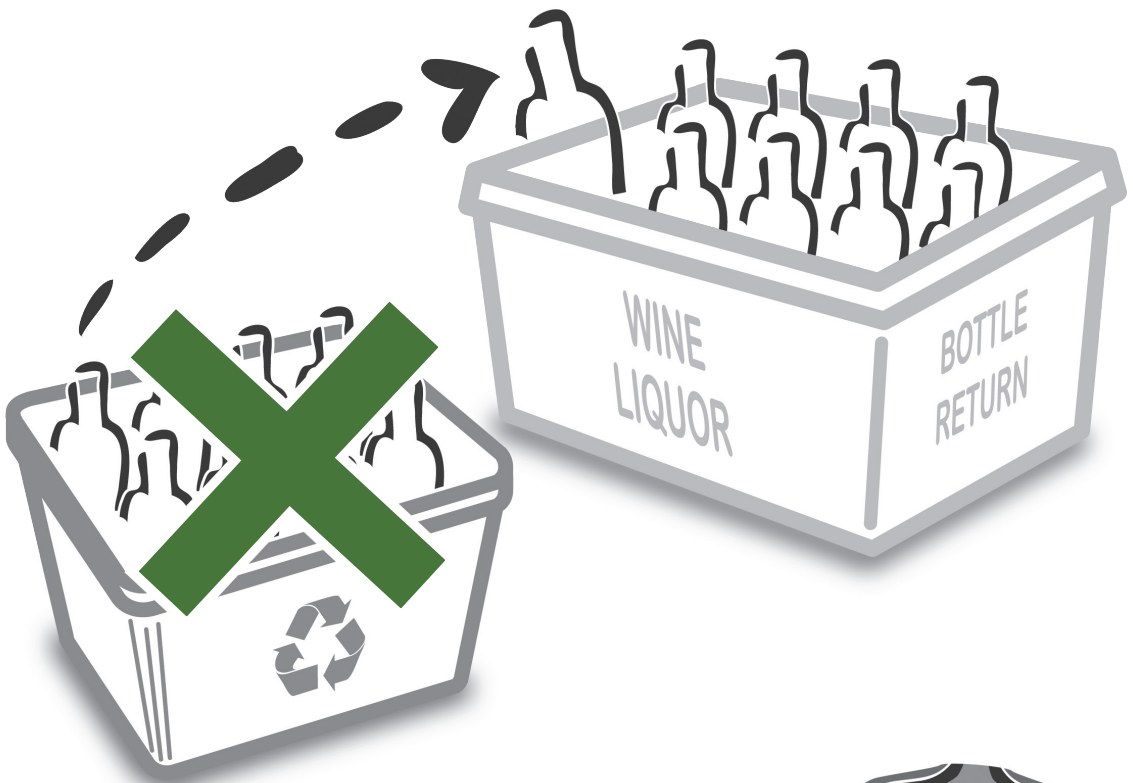


For more information on what packaging you can recycle, please visit www.cityofnorthbay.ca or call The Waste Line at (705)474-0400 x2333.



SAVE your MONEY it PAYS to RETURN

Returning your wine and liquor bottles to the Beer Store will put money back in your pocket and will help lower your taxes spent on recycling.



DONATE your bottles or start a **BOTTLE DRIVE** for a local team or a charitable organization.



Never Miss *Another* Garbage Day



Once you have the Recycle app you will receive a personalized user friendly waste and recycling schedule and calendar. Residents will also receive friendly reminders for their next collection day changes when holidays occur.

The app provides:

- Info on household hazardous waste, electronics, landfill and organics
- Hours of operation and location for depots and landfill
- Local waste and recycling contact information in case you have questions
- A breakdown of where items should go



Download the North Bay Recycles App for free from the App Store for iOS, Google Play for Android



For more information please contact the Wasteline at 705-474-0400 ext.2333. or see information posted at the City website: <https://www.cityofnorthbay.ca/recycle-app>

NORTH BAY TRANSIT



Transit Real Time
Information Website:

northbay.ca/myridenbt

**Google
Transit Trip
Planner
available**

visit our website at
www.cityofnorthbay.ca

*For assistance or
information including
charters call:*

Transit: 705-474-0400 or

Dispatch: 705-474-0419

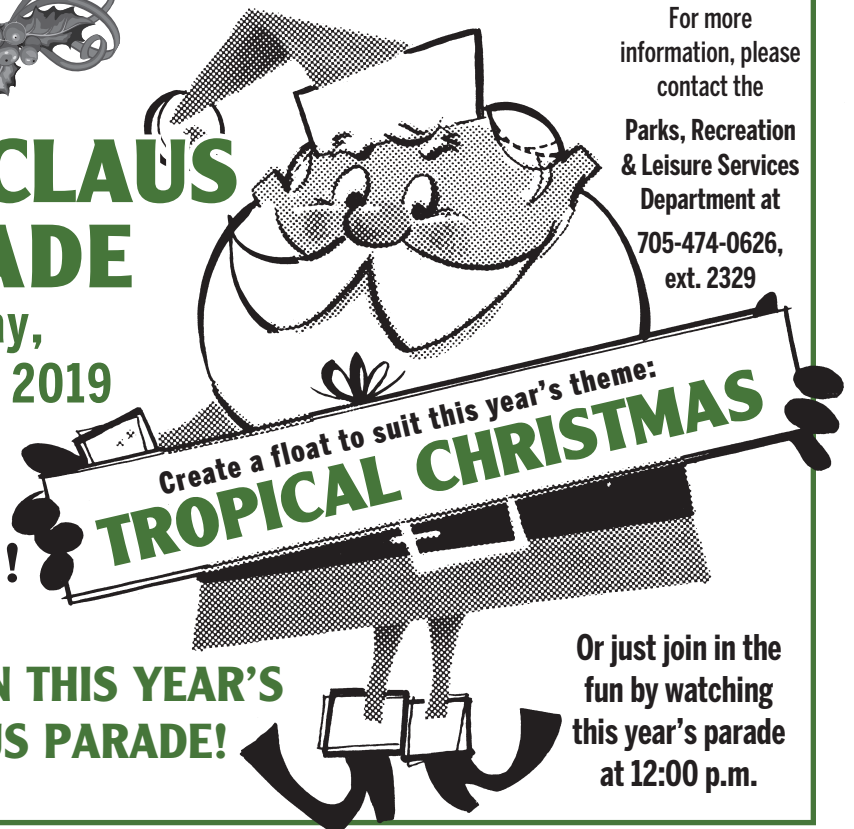
Transit has a 100% accessible fleet. This means buses have a fold out ramp for easier boarding, two secure areas for wheelchairs in every bus and no stairs. The Accessible Transit buses provide more travel opportunities for people with disabilities.

SANTA CLAUS PARADE

Sunday,
Nov. 17th, 2019

Join In The
Holiday Spirit!!

**PARTICIPATE IN THIS YEAR'S
SANTA CLAUS PARADE!**



For more
information, please
contact the

Parks, Recreation
& Leisure Services
Department at
705-474-0626,
ext. 2329

Or just join in the
fun by watching
this year's parade
at 12:00 p.m.

families first
BECAUSE THE NEW YEAR IS FOR EVERYONE

NEW YEAR'S EVE CELEBRATION

TUESDAY, DECEMBER 31, 2019

Ring in the New Year in style at this great family event in two convenient locations:

Memorial Gardens - YMCA - Thomson Park

Enjoy Fabulous Family Fun!

Swimming • Colouring Contest • Skating n
Fireworks Finale • Children's Games
Kid's Bingo • Button Making • Inflatable Land

**Bring a non-perishable food item for the
Food Bank!**

For more information, contact:
Parks, Recreation & Leisure Services

705-474-0400, ext. 2329



Les **Compagnons des francs loisirs**

Le Carnaval des Compagnons est l'une des premières activités des Compagnons des francs loisirs. Il rallie la communauté autour d'activités sociales qui célèbrent nos racines francophones.



**Joignez-vous à nous
du 6 au 9 février 2020!**

Bureau d'administration
Tél. : 705-472-5547
lou.gagne@lescompagnons.org
www.centrecompagnons.ca

ADVERTISING YOUR EVENT IS

EASY!

NEED HELP?

Call us at Parks, Recreation and Leisure
Services at :
705-474-0626, ext. 2335 or 2329
and we will be happy to assist you.



**YOU CAN ADVERTISE
YOUR EVENT ON THE
CITY'S WEBSITE!**

Simply visit our website at www.cityofnorthbay.ca, click on the blue silo "Living in North Bay", click on "Events & Attractions", click on "Festivals and Events" and then click on the link "EVENT CALENDAR". Follow the instructions to add your event and "SAVE"



**FREE AFTER
SCHOOL PROGRAM**

Open
Monday-
Fridays
three
days a week
from 3:00pm-
6:00pm



**For youth ages 7-12 who are interested in
physical activity, health & wellness, food &
nutrition, arts & culture and a homework club!**

For locations and other
information contact the Parks,
Recreation and Leisure Services
Department at (705) 474-0400
ext 2329 or ext 2338.



Community Contact List

This list is derived from information provided to us by Community Leisure groups and organizations in North Bay and area. If the information needs updating, or if your organization is not listed and you would like it to be, please mail, fax, or email the information to:

City of North Bay, Department of Parks, Recreation and Leisure Services
P.O. Box 360, North Bay, Ontario P1B 8H8 Tel: (705) 474-0400 • Fax: (705) 474-9782 • erin.vaughan@cityofnorthbay.ca

CATEGORY	ORGANIZATION	CONTACT	PHONE
ARTS & MUSIC	Capitol Centre	Box Office	705-474-4747
	White Water Gallery	Gallery Director	705-476-2444
	WKP Kennedy Gallery	Alix Voz	705-474-1944
	North Bay Art Association	northbayartassociation@gmail.com	
Balloon Animals & Face Painting	Tickled Teals	Tealia Carriere	705-825-2833
Ceramics	Ken the Balloon Dude	Ken	705-493-9025
	North Bay & Area Potters Guild	Betty Ackroyd	705-478-7205
Dance	BTS Dance Corp.	Natasha Goudreau	705-472-1513
	Dance Expressions de Danse	Jayde & Tara Lee Vaillancourt	705-495-0333
Drama/Theatre	Gateway Gliders	Modern Square Dance Keith Topps	705-476-0958
	Porter's School of Scottish Art	Colleen Porter	705-494-8686
	Renee's Dance Connections	Renee Chayer	705-474-8334
	Samantha's School of Fiddle & Stepdance	Samantha Depatie	705-474-7982
	Shadfly Stompers	M. Bruce-Payne	705-476-0890
	Gateway Theatre Guild	Sales Office	705-358-1425
Film	Dreamcoat Fantasy Theatre		705-472-1590
	Near North Mobile Media Lab	Holly Cunningham	705-476-6402
Guitar	North Bay Film Festival		705-476-6402
	Al Carlson Guitar Studio	Al Carlson	705-476-3168
Music	Brian McDowell Guitar Lessons Plus	Brian McDowell	705-303-8760
	Brava Music Studios	June DeSousa	705-472-7282
Painting	North Bay Legion Pipes and Drums	Lisa Hurtubise	ahurtubise@cocego.ca
	North Bay Musicians & Entertainment Hall of Recognition		705-472-0961
	North Bay Symphony Orchestra	Rosalind Zimbalatti	705-494-7744
	Ont. Registered Music Teachers Assoc.	Beth Chartrand	705-752-3552
	Symphony String School	Jordan Wysniowsky	705-498-7744
	King's Framing & Art Gallery		705-752-4211
	Melanie's Country Paint & Brush	Melanie Malkowski	705-752-5232
	Jane's Pottery Factory Incorporated		705-476-7369
	North Bay & Area Potters Guild	nbpottercourses@gmail.com	
	Quilting	The Cottage Quilter	Kelly Schroeder
Rug Hooking	Homestead Stitches	Annie Boomhour	705-476-9923
	Near North Quilt Guild	cqaregistrar@canadianquilter.com	
	Northern Lights Quilters Guild	Barbara Parkinson	705-753-6138
	Rags to Riches	Beulah Hamilton	705-474-3029
	Baytones Harmony Singing Chorus	Bonnie Sue Dowdall	705-752-2330
	Gateway Harmony Company	Barry Lajeunesse	705-713-0499
	Near North Voices	Dr. Adam Adler	705 471-7766
	Nipissing Country Music Association	Harley Renaud	705-474-0776
	North Bay Choral Society	Gina King	705-358-5860
	Rapport Singers of North Bay	Peggy Millar	705-474-4884
Weaving	Gateway Weavers & Spinners	Wendy Champaign	705-474-4052
EDUCATION	Active Living Community Action Project	Lorrie Mickelson	705-647-8534
	St. Joseph Adult Education Campus	North Bay Office	705-472-7771
	Canadore College	General Information	705-474-7600 Ext. 5600
	North Bay Astronomy Club	Bill Montague	705-492-3048
	Creative Learning	Des Anthony	705-472-9832
	Learning Together	Diane Sarrazin-Dubeau	705-494-2011 Ext. 2056
	Montessori Learning Centre		705-495-1173
	EarlyON	April Porter	705-474-8910
	Oxford Learning Centre	Danielle Trudeau	705-472-0972
	Little Wings Childcare Centre	Leanna Neault	705-494-2011
Childcare	North Bay Daycare Centre	Beryl Johansen	705-474-1850
	YMCA Child Care	YMCA	705-497-9622 Ext. 227
Computer Driving	KIS Computer Schoolhouse	Mike Butti	705-497-1525
	A-1 Driving School	Main Office	705-472-7800
Health	Future Drivers of Canada	Jim Carlson	705-495-6636
	Young Drivers of Canada	Tom Denley	705-476-5320
Literacy	Holistic Health Harvest	Jackie Tracey	705-744-4729
	Living Fit Inside/Out	Harriet Madigan	705-495-4045
	North Bay & District Cardiac Fitness Club	Dr. Andrews-Diagnostic Clinic	705-472-2898
	North Bay Parry Sound Dist. Health Unit		705-474-1400 ext-5354
	Ontario Physical & Health Education Association (OPHEA)		1-855-526-7120
	Frontier College	Natalie Wilson	705-471-3474
	North Bay Literacy Council	Jane Jackson	705-494-9416
	Callander Bay Heritage Museum	Carol Pretty	705-752-2282
	Canadian Forces Base Museum of Aerospace Defense	Office	705-494-2011 Ext. 2261
	Nature	Discovery North Bay	Naomi Rupke
Nipissing Naturalists Club		Fred Pinto	705-476-9006
Parenting	Nipissing First Nations		705-753-2050
	North Bay Mattawa Conservation Authority	Sue Buckle	705-474-5420
Parenting/Prenatal	Family Enrichment Program	Jane Meil	705-472-2152
	North Bay Parry Sound Dist. Health Unit		705-474-1400
Post Secondary Pre-School	Place du Passage	Kim Bergeron	705-474-8809
	Canadore Rec. & Leisure Services	Dave de Jourdan	705-474-7600 Ext. 5223
	Montessori Children's House	Debbie Ashley	705-476-5156

CATEGORY	ORGANIZATION	CONTACT	PHONE
"Pre-School & High School"	North Bay Kumon Centre	Geoff Brown	705-474-5132
	North Bay Amateur Radio Club	Keeling Little	705-476-1126
	Radio		705-472-1333
	Robotics	Nancy Dewar-Stenning	705-472-1702
	School Board	Administration	705-472-3443
		Conseil Scolaire Catholique Franco-Nord	
		Conseil Scolaire Public du Nord-Est de l'Ontario	
		Near North Dist. School Board	
		Nip. Parry Sound Catholic School Board	
		Kate Bondett	705-472-1201
Science	Science North - Sudbury	Crystal Craig	800-461-4898
	The Academy of Fine Sewing & Design	Kathryn Brenne	705-494-8529
RECREATION/SPECIAL INTEREST			
Aquatics	CFB Fitness & Wellness Centre	Aquatics Programmer	705-494-2011 Ext. 2611
	CFB Thunderbirds Swim Club	Pierre Simard	705-494-2011 Ext. 2240
Archery	Royal Lifesaving Society	Penny Lecour	705-472-3132
	Swimming Program (Beaches)	Parks, Rec. & Leisure	705-474-0400 Ext. 2335
North Bay	YMCA Titans Swim Team	Kerry Spencer	705-471-2010
	YMCA		705-497-9622 Ext. 228
Badminton	The Archery Place	Andy Bourgeois	705-752-5853
	Bow Hunters & Archers	Joe Pigeon	705-471-6398
Ball Hockey	CFB Fitness & Wellness Centre	Paul Best	705-494-2011 Ext. 2241
	KTP Racquet Club	Kurt Tempelmans Plat	705-498-9353
Baseball	YMCA	YMCA	705-497-9622
	North Bay Youth Ball Hockey League	John Loyst	705-494-4573
Basketball	YMCA	YMCA	705-497-9622
	North Bay Baseball Association	Don Norman	dnorman30@hotmail.com
Men's Baseball League	Adam Campbell		705-845-6746
	Nipissing Basketball Association	Tim Simpson	705-499-1515
Summer Hoop Camp (July)	Jim Davidson		705-497-9505
	22 Wing Jr NBA	Lindsay Seguin	705-494-2011 ext. 2613
Billiards/Bowling	Summer Skills Basketball Camp	Tim Simpson	705-499-1515
	Partners Billiards & Bowling	Bonnie Zufelt	705-474-1420 x3
Boating	North Bay Power and Sales		705-980-0455
	Ares Kickboxing & Fitness	Robert Dixon	705-472-2543
Boxing	Elite Twin Dragon Karate, Boxing & Kick Boxing Centre	Chantal Madon	705-494-9249
	North Bay Duplicate Bridge Club		
Bridge	Callander Legion	Andy Aitchison	705-495-1756
	Main Office		705-752-3773
Canoeing	North Bay Canoe Club	Edward Hong	705-476-2030
	Smoothwater Outfitters & Ecologie	Caryn Colman	705-868-6464
Car Club	Land O' Lakes Canoe & Kayak	Bill & Karen Ritzel	705-892-2322
	North Bay Cruisers	Terry Daigle	705-497-7520
Charter/Cruises	Heritage Railway & Carousel Company		705-495-8412
	Chief Commanda II operated by Georgian Bay Cruise Company Inc.	King's Landing	705-494-8167 or 1-866-660-6686
Cheerleading	Apollo Gymnastics	Shannon Parks	705-474-4486
	North Bay Granite Club	Office	705-472-6740
Curling	Callander Legion	Main Office	705-752-3773
	Royal Canadian Legion	Main Office	705 476-0566
Darts	Main Office		705-724-2247
	Powassan Curling Club	Main Office	705-494-2011 Ext. 2241
Fitness	CFB Fitness & Wellness Centre	Paul Best	705-494-2011 Ext. 2241
	Fit for Life	M. Bruce-Payne	705-476-0890
Goodlife Fitness Centre (co-ed)	Stay Put Senior Fitness		705-476-6245
	YMCA	info@stayput.ca	705-845-6461
Football	North Bay Bulldogs		705-497-9622
	Marc Mathon		705-744-1618
Gardening	Heritage Gardeners	Jade Scognamillo	705-472-4006
	North Bay and Area Master Gardeners		705-472-2388
Genealogy	North Bay Horticultural Society	Maureen Ranger	705-472-6086
	Genealogical Society of Nip. Dist.	Barb Moore	705-497-7819
Germania Club	Germania Club - Social Activities	Hilde Weber	705-472-6005
	Clear Springs Golf Course	Lise Gagnon	705-724-5735
Golf	High View Golf Course	Dean Harrington	705-724-5230
	Laurentide Golf Club	Kae Mantha	705-753-0983
Gymnastics	Mattawa Course	Brenda Martel	705-744-5818
	North Bay Golf & Country Club	Jeff Mancini	705-472-7270
Health & Wellness	Osprey Links	Jeff Rogerson	705-752-5225
	Pinewood Golf Course	Dan Garagan	705-472-2264
Apollo Gymnastics	Shannon Parks		705-474-4486
	North Bay Gymtrix	Nicki Chretien-Ranney	705-476-3999
Cor Maximus	Office		705-476-8888
	Gateway North Bay TaiChi	Gisele Harney	705-980-1291
Good Food Box (NDHC)	Tracy Bethune		705-472-2441 Ext. 3740
	Taotai Tai Chi Society of Canada	Rita Ott	705-497-9029
Health & Wellness, Acupuncture	Wellness Kits (NDHC)	Tracy Bethune	705-472-2441 Ext. 3740
	Acupuncturist & Shiatsu Aromatherapy	Colleen Scanlan	705-499-6837
Hockey	North Bay & Dist. Girls Hockey		705-845-5577
	North Bay & Dist. Sledge Hockey Association		705-474-5628
North Bay Minor Hockey Association	Scott Kile		705-472-9751
	Northern Ontario Hockey Association		705-474-8851
Special Needs Hockey (North Stars)	sharonfung56@gmail.com		705-474-5628
	Summer Sledge Hockey		705-497-1560
West Ferris Minor Hockey			

CATEGORY	ORGANIZATION	CONTACT	PHONE
Hockey (OHL)	North Bay Battalion Hockey Club	Carrie Morrin	705-495-8603 Ext. 2703
Horseshoes	Callander Legion	Main office	705-752-3773
Holistic Health	Lifeworks Centre		705-476-1635
Horticulture	Callander Horticultural Society	Isla & Ted Reed	705-752-2565
Hunter/Angler	Hunters & Anglers, OFAH	Robert Taylor	705-472-7143
Marital Arts	North Bay Judo Club	Kim Boaro	705-724-9657
	North Bay Ving Tsun Kung Fu	Colin Young	705-707-7950
	Gateway Karate	Sue Robson	705-475-1300
	Marceau's Martial Arts	Chris Marceau	705-840-3464
	North Bay Karate Club	Linda Labbe	705-474-4794
	3 Fires Martial Arts Academy		705-495-3656
Motorcycle	Canadian Vintage Motorcycle Group	Bryan McCutcheon	705-494-9875
Pickleball	North Bay	Tom Cook	705-476-0648
Railroad Model Club	Railroad Model Club	Peter Chandler	705-472-9568
Ringette	West Ferris Ringette Association	Kelli Van Buskirk	705-497-4856
Sailing	Blue Sky Sailing Club	Henry Van Brussel	705-476-0557
	North Bay Yacht Club	Commodore	705-474-7462
Scouting	Girl Guides of Canada		800-565-8111
Scouts Canada	Scouts Canada		888-726-8876
	1st Callander Group	Kevin1stcgc@gmail.com	705-752-2340
	1st North Bay Group	Anna Wright	705-472-4213
	1st South Porcupine Group	Gregg.lloyd@ontario.ca	705-472-9592
	3rd Wildfield Group	logsafe@hotmail.com	705-479-1413
	Cochrane Group	Crystal Burkholder	705-272-3384
	Powassan Group	Mlarivee@gmail.com	
	West Ferris Group		705-476-1381
Scrabble	North Bay Scrabble Club	Ken Peters	705-663-1313
Scuba Diving	North Bay Scuba Club	northbayscubaclub@gmail.com	705-474-9848
Seniors	Callander Over 55	Main office	705-752-3773
	North Bay Golden Age Centre	Peter Baranow	705-474-6520
	Victims Services	Main Office	705-472-2649
	Stay Put Companion Care	info@stayput.ca	705-845-6461
	YMCA		705-497-9622
	Young at Heart	Maureen Bruce Payne	705-476-0890
Shooting Club	Nipissing Rifle & Revolver Club	Wayne Montgomery	705-474-6656
	Rockcut Shooting Club	Jamie Barkwell	705-492-4600
Skating	North Bay Figure Skating Club	nbfscc@nbpsc.on.ca	
	North Bay Synchronized Skating Teams	Linda Knight	705-495-6287
	Power Plus Power Skating	Mary Jane White	705-752-2007
Skiing	Elite Alpine Ski Cross	elitealpinecross@hotmail.com	705-492-3731
	Laurentian Ski Hill		705-494-7463
	Nipissing Trackers	nipissingtrackers@gmail.com	705-472-7872
	North Bay Nordic Ski Club	Gary Jodouin	705-495-0332
	North Bay Antoine Ski Racers	Duncan Cornthwaite	705-493-4174
	Pinewood Cross Country	Clarion Resort	705-472-0810
Slopitch	Nipissing Mixed Slopitch League	Jeff & Kim Tipler	705-303-5423
	North Bay Ladies League	Jeff & Kim Tipler	705-303-5423
	North Bay Men's League	Jeff & Kim Tipler	705-303-5423
Snowmobile	North Bay Snowmobilers Club	info@nbpsc.ca	
Soccer	Armstrong Park Soccer Club	Siggi Slepmann	705-840-5499
	Masters Soccer	Jamie Graham	705-494-7470
	North Bay Youth Soccer	Office	705-494-7388
	Powassan Soccer Club	Keri & Rox Poirier	705-303-3201
	North Bay Minor Girls	Lisa Hotte	705-471-9779
Softball	Shannon Johnson	northbay.coordinator@specialolympicsontario.ca	
Special Olympics	North Bay Spikeball	northbayspikeball@gmail.com	705-471-8628
Spikeball	CFB Fitness & Wellness Centre	Paul Best	705-494-2011 Ext. 2241
Squash	YMCA		705-497-9622
	North Bay & Dist. Stamp Club	Larry Brown	705-498-1234
Stamp	YMCA		705-497-9622
Swimming	KTP Racquet Club	Kurt Tempelmann Plat	705-498-9353
Tennis	North Bay Tennis	Bobby Ray	705-476-6688
Track & Field	North Bay Legion Track Club	jan@nbtlc.ca	
Trails	Discovery Routes	Main office	705-472-8480
	Near North Trails Association		705-495-4333
	North Bay Mattawa Conservation Authority	Main Office	705-474-5420
	Trout Lake Conservation Assoc.	North Bay Office	705-474-5420
Volleyball	Lakers Club Volleyball	Jen Shantz	705-471-7306
	North Bay Ladies Volleyball League	nbvlleague@gmail.com	www.nbvl.com
	Nip. Assoc. Officials	Hollie Roy	705-499-8835
	Gateway Walkers	André Tardif	705-495-2242
Walking Club	Wilderness Tour Outfitters	Smoothwater of Temagami Main office	1-800-491-6126
Yoga	Grounded Studios	info@groundedstudios.ca	705-472-4444
	Vinysa Yoga Studio	Christina or Rob	705-498-9642
	YMCA		705-497-9622

CATEGORY	ORGANIZATION	CONTACT	PHONE
Brain Injury Association of North Bay & Area	Business Centre Nipissing Parry Sound, The Canadian Cancer Society	contact@bianba.com info@tbncps.ca northbay@ontario.cancer.ca	705-478-8664 705-474-0400 Ext. 2528 705-472-9072
Canadian Hearing Society			1-866-518-0000
Canadian Red Cross		Main Office	705-472-5760
Cassellholme for the Aged		Main Office	705-474-4250
Centre of Friends		Marg McGlynn	705-474-0518
Children's Aid Society		more.info@parncps.org	705-472-0910
CNIB Canadian National Institute for the Blind		Main Office	705-472-2710
Community Living North Bay			705-476-3288 Ext. 231
Girl Guides of Canada			1-800-565-8111
Discovery North Bay		Main office	705-476-2323
Downtown Improvement Area		Kimberley James	(705) 472-8480 ext 233
Economic Development Office		Erin Richmond	705-474-0400
Eastern Seals Ontario		Lisa Lounsbury	1-800-316-5730
Ferris Lions Club		Ken Gray	705-474-0499
Friends of Laurier Woods		Dick Tafel	705-472-7907
Girl Guides of Canada		Unit Administrator	1-800-565-8111
Golden Age Club		Peter Baranow	705-474-6520
Greater Nipissing Stewardship Council	info@greaternipissing.ca	Bill Hagborg	705-471-2956
Habitat for Humanity & Blue Sky Region		info@imagincanada.ca	705-495-6244
Hands		TheFamilyHelpNetwork.ca	705-476-2293
Heritage Railway & Carousel Co.			705-495-8412
Indigenous Friendship Centre		Main Office	705-472-2811
International Connections		Foley Soroye	705-475-0816
IODE - Dr. Herbert A. Bruce Chapter		Heather Stuart	705-472-8160
IODE - Manitou			705-472-6637
IODE Victoria Shop			705 472-8160
Juvenile Diabetes Research Foundation			877-287-3533
KidSport		Shannon Anello	705-474-0626 Ext. 2328
Kiwanis Club of Nipissing		Ralph Celentano	705-474-7830
Labour Council			705-479-0215
Ladies Auxiliary		Davedi Club	705-474-4190
Laurentian Ski Patrol - info@skipatrol.ca		Candice Micucci	705-492-9422
Leisure World			705-476-2602
Les Compagnons des Francs Loisirs			705-472-5547
Navy League Cadets - nlc2northbay@gmail.com		Lt. (NL) Ramon O'Neil	705-493-7181
Near North Crime Stoppers			1-800-222-TIPS
Near North Palliative Care Network		Monica Monni	705-497-9239
Neighbourhood Watch		North Bay Office	705-497-5555
Nipissing Assoc. for Disabled Youth- nady@onekidsplace.ca		Lucy Ricci	705-497-3246
Nipissing District Women's Institute		Francis Morris	705-663-2235
Nipissing District & Housing Corp.			705-472-2441
Nipissing Down Syndrome Society			705-476-5806
Nipissing Environmental Watch			705-752-2387
Nipissing First Nation		Doreen Nashkawa	705-753-2050
Nipissing Rock & Mineral Club		Richard Page	705-474-6841
Nipissing Respiratory Organization		Rosemary Wickman	705-474-1964
North Bay Aktion Club		kiwanisnippings@gmail.com	
North Bay & Area Disabled Adult and Youth Centre		Andrea Jones	705-474-3851
North Bay & District Canadian Club		Bill Brownlee	705-472-3226
North Bay & District Chamber of Commerce			705-472-8480
North Bay & District Multicultural Centre		Don Curry	705-495-8931
North Bay Elks Lodge #25		Main Office	705-474-1491
North Bay Granite Club		Main office	705-472-6740
North Bay Lions Club			705-476-3099
North Bay Mattawa Conservation Authority		Main Office	705-474-5420
North Bay Municipal Heritage Committee		Peter Carello	705-474-0626 Ext. 2409
North Bay Odd Fellows #271		Howard Kizell	705-471-0860
North Bay Power & Sail Squadron		www.nbpsc.on.ca	705-980-0455
North Bay Public Library			705-474-4830
North Bay Special Olympics		Shannon Johnson	705-497-7660
North Bay Sports Hall of Fame		Bill Jacko	705-476-1429
One Kids Place		Children's Treatment Centre	705-476-5437
PADDLE - Adult Learning Centre		Main office	705-493-2401
Peer Pension & Social Service Support Group		Brenda Pagnini	705-845-7644
PEP - People for Equal Partnership in Mental Health		John Bowcott	705-494-4774
PHARA - Physically Handicapped Adults Rehab. Assoc.		Alice Radley	705-476-0733
P.L.A.Y.S. Parents Lending Autistic Youth Support		www.northbayplays.com	705-476-5437 Ext. 3570
Rorab Shrine Club			705-472-3650
Rotary Club of Nipissing			www.rotaryclubofnorthbay.org
Rotary Club of North Bay		Don Coutts	705-494-6128
Royal Canadian Air Cadet RCACS 547		Cpt. David Badgley	705-477-0549
Royal Canadian Air Force Alliance 406 Wing Squadron		Main Branch Office-Tracy	705-472-3119
Royal Canadian Army Cadets - 204armycadets@gmail.com			705-472-4270 ext 5155
Royal Canadian Legion Branch #23		Office	705-472-0390
Royal Canadian Legion Branch #599		Office	705-476-0566
Royal Canadian Sea Cadet		Nadine Leblond	705-477-5266
St. John Ambulance		Emily Mauver	705-495-3626 Ext. 5158
Scouts Canada			1-888-726-8876
Scouts Canada West Ferris Scouting		Julie Carson	705-476-1381
Social Planning Council			705-472-0200
Special Olympics		Shannon Johnson	705-474-0797
Sport North Bay		info@sportnorthbay.ca	
Take Heart Partnership		Main office	705-474-1400
United Way		Main office	705-223-3330
Victim Services of Nipissing District.		www.vsnd.ca	705-472-2649
Waste Management		Hotline	705-474-0626 Ext. 2333
Welcome Wagon			844-299-2466
Wildfield Lions Club		"Grace Kingsnorth or Vern Presse"	705-474-5229 or 705-495-9918"

SERVICE CLUBS/ORGANIZATIONS

Aids Committee of North Bay and Area	Stacey Mayhall	705-497-3560
Air Cadets	co.547air@cadets.gc.ca	705-477-0549
Associated Canadian Travellers	Vince Boissonneault	705-495-6517
Autism Ontario North Bay & Area Chapter	northeast@autismontario.com	705-476-5437 Ext 3561
AWANA Clubs Canada	Dave Kinsey	705-724-3834
Big Brothers Big Sisters of North Bay & District		705-474-3041

SPECIAL EVENTS

Canada Day Celebration	Erin Vaughan	705-474-0626 Ext. 2312
Armed Forces Day	Erin Vaughan	705-474-0626 Ext. 2312
Families First Celebration	Erin Vaughan	705-474-0626 Ext. 2312
Lost in the Rocks & Trees	Laura Kielpinski	705-744-1715 Ext. 575
Santa Claus Parade	Erin Vaughan	705-474-0626 Ext. 2312

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RAM	8:30am-11:30am 1:30am-10:00pm	8:30am-11:30am 1:30am-9:00pm	8:00am-8:00pm
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- Deadline for all 2019 Registrations is December 01, 2019. Applications received after this date will be considered in January of 2020
- **New for 2019** – Applications for KidSport Funding are now available **ONLINE**
To apply for assistance visit our website <http://www.kidsportcanada.ca/ontario/north-bay/>
If you are unable to apply online or need further information please contact the office for assistance
- Paper applications are still available in the office for those who are not able to apply online

KidSport North Bay – Located in the Parks, Recreation & Leisure Services office on the 2nd Floor City Hall

**200 McIntyre St., East – North Bay – 705-474-0626 ext 2328
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Health Workshops

Fridays
Knit for Charity
Bid Euchre

Saturday
Saturday Night Dance

Membership Benefits

Reduced entrance fees for: Saturday Night Dances, Sunday Socials, Weekly Activities, and other Special Annual Events.

Many opportunities to get involved in modern air conditioned facilities with a lounge, library, T.V. room, free wi-fi, and a professional Beauty Salon.

Always lots of friends to meet and enjoyable things to do. Try one of our fun Bus Trips!

Note our weekly affordable activities as shown below.

Join Today! **Membership is only \$20.00 per year.**

Don't delay. Apply at the reception desk for all your exciting benefits!

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Full Club details available in our monthly magazine "The Bulletin".