

PHYSICAL ACTIVITY DIRECTORY

CENTRAL HASTINGS

The Physical Activity Network of Hastings and Prince Edward counties compiled this directory of physical activity opportunities. It is intended to make people aware of ways to be physically active and is for personal use only.

Category	Name of Organization	Contact	Address
Arenas	Madoc & District Recreation Centre	613-473-4206	45 Cooper Rd., Madoc
	Marmora District Community Centre	613-472-2410	Victoria Street, Marmora
	Stirling District Recreation Centre	613-395-5000	435 Front St. W., Stirling
	Tweed-Hungerford Community Centre	Orval Erwin 613-478-2320 or Municipal office 613-478-2535	297 St Joseph St, Tweed
Badminton	Centre Hastings Badminton Club	Terry Mandzy 613-473-5662	Centre Hastings Secondary School www.magma.ca/~mrpk/
	Tweed Ladies Badminton	Linda Jacobs 613-478-5670	
Baseball	Centre Hastings Recreational League	Dave 613-395-1551	
	Springbrook Minor Softball	Ron Andrews 613-395-5788	
	Tweed Friday Night League	Adam Alexander 613-478-2685	Tweed
	Tweed Minor Ball	Mo Gunning 613-478-3225	Tweed
Baseball Diamonds	Huntingdon Baseball Park	Municipality of Centre-Hastings 613-473-5265 or 613-473-4030 sbowles@centrehastings.com	The Corner of Kerby Road and Slab Road, Ivanhoe www.centrehastings.com
	Huntingdon Baseball Park	Municipality of Centre-Hastings 613-473-5265 or 613-473-4030 sbowles@centrehastings.com	Behind the Municipal Office: Location: 11379 Highways # 62, R.R. # 5, and Ivanhoe www.centrehastings.com
	Legion Park	Municipality of Marmora & Lake 613-472-2410 c.trimble@marmoraandlake.ca	Corner of Cameron and Matthew St., Marmora www.marmoraandlake.ca
	Madoc Public School Diamond		32 Baldwin Street, Madoc
	Tweed Ball Diamond	Municipality of Tweed 613-478-2535	

Beach Volleyball	Tweed	Candice Cassidy 613-478-5493	
Biking	Eastern Ontario Trails Alliance	613-478-1444 eota@reach.net	255 Metcalf Street, Tweed www.thetrail.ca
	Hastings Heritage Trail	Eastern Ontario Trails Alliance 613-478-1444 eota@reach.net	www.thetrail.ca
	Stirling-Rawdon Green Roots Trail	Township of Stirling-Rawdon 613-395-3380	Stirling www.stirling-rawdon.com
	Trans Canada Trail	Eastern Ontario Trails Alliance 613-478-1444 eota@reach.net	www.thetrail.ca
	Vanderwater Conservation Area	613-968-3434 quinteca@quinteconservation.ca	2061 Hwy. #2 Belleville www.quinteconservation.ca
BMX Biking	Centre Hastings Park	Municipality of Centre Hastings 613-473-5265	230 Durham St. S., Madoc www.centrehastingspark.com
Bowling	Riverside Lanes Tweed	613-478-6278	421 Victoria St North, Tweed
	Village Bowl Stirling	613-395-3024	38A Mill St. Stirling
Canoeing	Keating-Hoards Natural Habitat Area	Lower Trent Conservation Area 613-394-4829 information@ltc.on.ca	Anderson Island Rd, W of Stirling www.ltc.on.ca
	Kings Mill Conservation Area	Lower Trent Conservation Area 613:394-4829	Kings Mill Rd, off Hwy 14, N of Stirling www.ltc.on.ca
Children's Day Camps	Municipality of Tweed	613-478-2535	175 Alexander St., Tweed
Children's Programs	Children's Drop-in (summer only)	Elaine Kapusta 613-473-1458	Queensborough Community Centre
	Kid's Night Out	613-473-5265 or 613-473-4030 ext. 202 (Jeff)	
Cross Country Skiing	Hastings Heritage Trail	Eastern Ontario Trails Alliance 613-478-1444 eota@reach.net	www.thetrail.ca
	Trans Canada Trail	Eastern Ontario Trails Alliance 613-478-1444 eota@reach.net	www.thetrail.ca
	Vanderwater Conservation Area	613-968-3434 quinteca@quinteconservation.ca	East of Thomasburg off Hwy 37 www.quinteconservation.ca

Curling	Marmora & Area Curling Club	613-472-3522	Crawford Dr., Marmora
	Stirling Curling Club	613-395-4444	433 Front St. W., Stirling
	Tweed Curling Club	613-478-2311	301 St. Joseph, Tweed
Dancing	Angela Maracle Studios	613-968-9902 angelamaracleschoolofdance@geco.ca	41 W. Front St. Stirling www.angelamaracleschoolofdance.com
	Belly Dancing	Christina Renaud 613-395-1800	
	Line Dancing	Community Care for Central Hastings 613-473-9009 www.ccch.ca	9009 Location: St. John's Anglican Church
	Madoc School of Dance Arts	613-473-4696	St. Lawrence St., Madoc
	Stirling School of Dance	Francine Yasko 613-394-2610	400 Front St., Unit 3, Stirling
	Square Dancing	Doug Reddick 613-961-7884	
Drum Circle	Madoc	613-473-1725	Wild Blue Yonder Cabin, Madoc
Figure Skating	Madoc Figure Skating	Lesley - 613-473-4040 Linda - 613-473-2949	Madoc & District Arena
	Stirling Figure Skating Club	Kelly Dearman 613-395-4977 info@stirlingfsc.com	Stirling Arena www.stirlingfsc.com
Fitness Centres & Classes	Chances Total Health and Fitness Centre	613-473-4034	130 St. Lawrence St. E. Madoc
	Lifestyle Fitness Group Exercise Studio	Shelley Lough lifestylefitness@hotmail.ca	
	Lighten Up Wellness group	Jan Moffatt 613-395-4831 jan@steelmoffattcorp.com	Stirling
	Sao Fitness	Shirley Anne 613-395-3331	160 North St. Unit 2, Stirling
	Tweed Aerobics	Amy Harrison 613-478-6935	Tweed
Fitness for Seniors & Adults with disabilities	Community Care Friendly Active Living Program	Community Care 613-473-9009	Madoc Baptist Church 130 Lawrence St., Madoc www.ccch.ca

	SMART	VON - Shirley Blanchette 1-888-279-4866	Madoc & Tweed
Football		gcourneya@gmail.com	Centre Hastings Secondary School 129 Elgin St., Madoc
Golf	Oak Hills Golf & Country Club	613-395-2611	1538 Frankford-Stirling Rd
	Poplars Golf Club	613-478-2038	15 East Hungerford Rd., Tweed www.poplarsgolfclub.com
	West Highland Golf Course	613-473-3880	177 Atkinson Rd., Madoc
Hiking	Callaghan's Rapid Conservation Area	Crowe River Conservation	Callaghan's Rapid's Rd, Marmora
	Crowe Bridge Conservation Area	Crowe River Conservation	12 th Line Road, Marmora
	Hastings Heritage Trail	Eastern Ontario Trails Alliance 613-478-1444 eota@reach.net	www.thetrail.ca
	Memorial Park	Municipality of Marmora & Lake 613-472-2410	9 Matthew St., Marmora www.marmoraandlake.ca
	O'Hara Mill Conservation Area	613-968-3434 quinteca@quinteconservation.ca	North of Madoc, off Hwy 62 www.quinteconservation.ca
	Sager Conservation Area	Lower Trent Conservation Area 613-394-4829 information@ltc.on.ca	Sagers Corners Rd, off Oak Lake Rd, S of Stirling www.ltc.on.ca
	Sidney Conservation Area	613-968-3434 quinteca@quinteconservation.ca	Airport Road, off Highway 14 www.quinteconservation.ca
	Stirling-Rawdon Green Roots Trail	Township of Stirling-Rawdon 613-395-3380	Stirling www.stirling-rawdon.com
	The Trail of Two Lakes	Municipality of Centre Hastings 613-473-4030	www.centrehastings.com
	Trans Canada Trail	Eastern Ontario Trails Alliance 613-478-1444 eota@reach.net	www.thetrail.ca
	Vanderwater Conservation Area	613-968-3434 quinteca@quinteconservation.ca	East of Thomasburg, off Hwy 37 www.quinteconservation.ca
Hockey	Bruce Lee House League	Karen Bailey 613-473-2427	
	Madoc Girls Hockey Assoc	613-473-4206	
	Madoc Hockey League - Minor	Jason Bailey 613-473-5600	

	Marmora Hockey Leagues	613-472-2410	
	Marmora Inline and Ball Hockey	613-472-2410	
	Stirling & District Minor Hockey Assoc	613-395-5000 vice2@stirlingblues.ca	Stirling Arena www.stirlingblues.ca
	Tweed Men's Hockey-Saturday	Joe Erwin 613-478-3879	
	Tweed Men's Hockey-Sunday	Laurence Ramsey 613-478-2710	
	Tweed Minor Hockey		http://tweedminorhockey.com/
Horseback Riding	Horsin' Around	Lorrie Tannahill & Chris LaRoche 613-472-5643 horsinaround@sprint.ca	445 Callaghan Rapids Rd., Marmora
	Quinte Therapeutic Riding Assoc.	613-395-4472 barbara.davis@sympatico.ca	173 McGee Rd., Stirling www.quintra.org
	Riding Lessons	Andrea Davidson 613-473-0175	
Horseshoes	Madoc Horseshoe Pit	Bring your own horseshoes	Whytock Park 68 Queen Victoria St., Madoc
	Tweed Horseshoes	613-478-2055	
Inline Skating	Centre Hastings Park	Municipality of Centre Hastings 613-473-5265	230 Durham St. S., Madoc www.centrehastingspark.com
Kayaking	Black River Queensborough	Elaine Kapusta 613-473-1458	Lingham Lake Road
Lawn Bowling	Madoc and District Lawn Bowling League	Pauline 613-473-4736 goldenbowls@hotmail.com	68 Queen Victoria St., Madoc
Martial Arts	Madoc Martial Arts Club	Greg - 613-473-5351 Bob - 613-473-4366	www.snowtiger martialarts.com
	Ninpo taijutsu	Lonie 613-473-0420 or 6647-224-6195	www.ninpotoronto.com
	Stirling Judo Club	Gilbert Mooney 613-395-5192	43 Front St., Stirling, K0K 3E0
	Tweed	Robert Walther 613-473-4366	
Shuffleboard	Tweed	Joan Chisholm 613-966-8421	

Skating	Public skating	See Arenas	
	Public Skating Tweed	Maintained by Lions Club	Weather permitting, rink on Stoco Lake
	Public Skating Queensborough	Elaine Kapusta 613-473-1458	The Millpond, Queensborough
	Madoc Figure Skating	Lesley - 613-473-4040 Linda - 613-473-2949	Madoc & District Arena
	Stirling Figure Skating Club	Kelly Dearman 613-395-4977 info@stirlingfsc.com	Stirling Arena 435 Front St W, Stirling www.stirlingfsc.com
	Tweed & District Figure Skating Club		PO Box 735 Tweed, ON K0K 3J0
	Stirling	Municipality of Stirling-Rawdon 613-395-3380	Hwy 14 at Rail Road Trail
Snow-mobiling	Centre Hastings Snowmobile Club	Stephen or Heather 613-473-6780	
Snowshoeing	Hastings Heritage Trail	Eastern Ontario Trails Alliance 613-478-1444 eota@reach.net	www.thetrail.ca
	Stirling-Rawdon Green Roots Trail	Township of Stirling-Rawdon 613-395-3380	Stirling www.stirling-rawdon.com
	Trans Canada Trail	Eastern Ontario Trails Alliance 613-478-1444 eota@reach.net	www.thetrail.ca
	Vanderwater Conservation Area	613-968-3434 quinteca@quinteconservation.ca	2061 Hwy. #2 Belleville www.quinteconservation.ca
Soccer	Madoc Indoor Women's Soccer	Lisa 613-473-1276	Centre Hastings Secondary School, 129 Elgin St., Madoc
	Madoc Soccer Association	Charlotte or Sam 613-473-4661 charlotte.danford@hotmail.com	
	Marmora House League	Marmora and Lake Township c.trimble@marmoraandlake.ca	
	Stirling Minor Soccer	Tom Martin 613-395-1363	193 Airport Rd., Stirling www.stirlinganddistrictminorsoccer.com
	Tweed Soccer	613-478-1075 or 613-478-1503	
Soccer Pitches	Madoc	Whylock Park	65 Queen Victoria St., Madoc

	Madoc	Madoc Public School	32 Baldwin St., Madoc
	Madoc	Centre Hastings Secondary School	129 Elgin St., Madoc
	Parrot Soccer Fields		Stirling
Softball	Stirling/Springbrook Minor Softball	Ron Andrews 613-395-5788	
	Tweed and Area Mixed Slow Pitch	Heather Abrams, 613-478-2509 or Karen Boyle 613-478-5166	
	Tweed Minor Softball	Mo Gunning, 613-478-3225 or Larry Charlton, 613-478-3004	
Splashpad	Municipality of Centre Hastings	613-473-4030	230 Durham St. S., Madoc
Swimming	Booster Park	Municipality of Marmora & Lake 613-472-2410 c.trimble@marmoraandlake.ca	199 Booster Park Rd., Marmora www.marmoraandlake.ca
	Crowe Bridge Conservation Area	Crowe River Conservation	12 th Line Road
	Harold Quarry		Stirling
	Legion Park	Municipality of Marmora & Lake 613-472-2410 c.trimble@marmoraandlake.ca	Corner of Cameron and Matthew St., Marmora www.marmoraandlake.ca
Swimming Pools & Lessons	Municipality of Tweed	613-479-9808 or 613-478-2535	Erin Palmateer Memorial Pool 175 Alexander St., Tweed
	Municipality of Centre Hastings	613-473-4994 Contact Number when off- season: 613-473-4030	Madoc Outdoor Pool 65 Queen St., Madoc
Tennis Courts	Municipality of Centre Hastings	613-473-4994	Thomas Thompson Park Elgin St., Madoc
	Legion Park	Municipality of Marmora & Lake 613-472-2410 c.trimble@marmoraandlake.ca	Corner of Cameron and Matthew St., Marmora www.marmoraandlake.ca
Tai Chi	Tweed	Robert Walther 613-473-4366	
Triathlon	Tweed	Elaine Kapusta 613-473-7158	Queensborough Community Centre
Walking- indoor	Madoc Indoor walking	Community Care for Central Hastings; Debbie Courneya 613-473-9009 debbiec@ccch.ca	Community Care for Central Hastings Madoc www.ccch.ca

Walking trails		See under hiking	
Weightlifting	Apollo Barbell Club	Bob Walt 613-395-3213 apollolifting1@hotmail.com	R. R. #2, Stirling KOK 3E0
Yoga	Shanti Studio	Nama Walther 613-473-4366	
	Queensborough	Elaine Kapusta 613-473-1458	Queensborough Community Centre, Queensborough
	Sivananda Yoga	Diane Woodward 613-473-4281	Sivananda Yoga in the Painted House

Financial assistance

Playing For Keeps/Quinte Children's Foundation: Offers financial assistance, up to \$150 a year, to qualifying children and youth, ages 4 to 18, who reside in Hastings County. Call 613-962-9311

Canadian Tire Jump Start: Offers financial assistance, up to \$300 per session, to qualifying children and youth, ages 4 to 18, for registration, equipment or transportation costs for most recreation activities. Contact 1-877-616-6600

Ontario Works Recreation Fund: Offers up to \$150 per child to children and youth (2-18 years of age) whose family is on Ontario Works, to participate in recreation, arts and cultural activities and sports which require at least bi-weekly participation. Families should contact their Ontario Works caseworker for information.

Content is provided as an information-sharing service and inclusion is not an endorsement by the Health Unit, the Physical Activity Network or its members.

Updating will occur regularly and we will attempt to be current. If you are aware of any errors or omissions, please contact Marie Clarke at the Health Unit at 613-966-5513 ext. 309.

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