

## PHYSICAL ACTIVITY DIRECTORY

### TYENDINAGA and DESERONTO AREA

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 Person	Address
<b>Arenas</b>	Deseronto Community Centre	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	51 Mechanic St., Deseronto <a href="http://www.deseronto.ca">www.deseronto.ca</a>
<b>Baseball And Diamonds</b>	Deseronto Community Centre Baseball Diamond	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	51 Mechanic St., Deseronto <a href="http://www.deseronto.ca">www.deseronto.ca</a>
	Deseronto Minor Baseball	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	51 Mechanic St., Deseronto <a href="http://www.deseronto.ca">www.deseronto.ca</a>
	Deseronto Mixed League Baseball	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	51 Mechanic St., Deseronto <a href="http://www.deseronto.ca">www.deseronto.ca</a>
	Tyendinaga Township Minor Baseball Association	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	859 Melrose Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
	Tyendinaga Territory Ball diamond	Mohawks of the Bay of Quinte Kelly Maracle 613-968-1122 ext. 102 <a href="mailto:kellym@mbq-tmt.org">kellym@mbq-tmt.org</a>	1935 York Road, Tyendinaga Mohawk Territory <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
	Tyendinaga Territory Youth and Adult Baseball	Mohawks of the Bay of Quinte 613-962-2822	1935 York Road, Tyendinaga Mohawk Territory <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
	Tyendinaga Township Baseball diamonds	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	859 Melrose Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
<b>Ball Hockey</b>	Deseronto Ball Hockey	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	51 Mechanic St., Deseronto <a href="http://www.deseronto.ca">www.deseronto.ca</a>

<b>Beach Volleybal</b>	Tyendinaga Township Adult Mixed Beach Volleyball League	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	363 McFarlane Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
	Tyendinaga Territory Beach Volleyball	Mohawks of the Bay of Quinte 613-962-2822	1935 York Road, Tyendinaga Mohawk Territory <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
	Tyendinaga Twp Beach Volleyball Courts - Recreation Complex	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	363 McFarlane Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
<b>Biking</b>	Biking Club	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:tyfitness@mbq-tmt.org">tyfitness@mbq-tmt.org</a>	14 York Rd, Shannonville <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
<b>Day Camps for Children</b>	Deseronto Community Centre	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	51 Mechanic St., Deseronto <a href="http://www.deseronto.ca">www.deseronto.ca</a>
<b>Fitness Centre</b>	Tyendinaga Fitness Resource Centre	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:tyfitness@mbq-tmt.org">tyfitness@mbq-tmt.org</a>	14 York Rd, Shannonville <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
<b>Fitness Classes</b>	Moderate Fitness Classes Free	Deseronto Public Library 613-396-2744	358 Main St., Deseronto <a href="http://www.deserontopubliclibrary.ca">www.deserontopubliclibrary.ca</a>
	Various Adult Fitness Classes	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:tyfitness@mbq-tmt.org">tyfitness@mbq-tmt.org</a>	14 York Rd, Shannonville <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
<b>Fitness Classes</b>	Various Fitness Classes	Town of Deseronto Mandi Tisdale 613-396-1651 <a href="mailto:trainer_mandi@yahoo.ca">trainer_mandi@yahoo.ca</a>	51 Mechanic St., Deseronto <a href="http://www.deseronto.ca">www.deseronto.ca</a>
<b>Flag Football</b>	Tyendinaga Twp Adult Flag Football League	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	363 McFarlane Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
<b>Hardball</b>	Tyendinaga Twp Hardball Diamonds - Recreation Complex	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	363 McFarlane Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
<b>Hockey</b>	Bull Dogs Minor Hockey Assoc	Beth 613-396-9581	<a href="http://deserontobulldogs.com">deserontobulldogs.com</a>

	Deseronto Storm Junior A	Cory Seaton 613-396-1618 <a href="mailto:cory.seaton@cogeco.ca">cory.seaton@cogeco.ca</a>	<a href="http://www.deserontostorm.com">www.deserontostorm.com</a>
	Shift Hockey	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	Deseronto Community Centre Arena 51 Mechanic St. <a href="http://www.deseronto.ca">www.deseronto.ca</a>
<b>Karate</b>	Town of Deseronto	Town of Deseronto Peter Hawley 613-354-9915	51 Mechanic St., Deseronto <a href="http://www.deseronto.ca">www.deseronto.ca</a>
<b>Lacrosse box</b>	Tyendinaga Lacrosse (skateboard, roller skate, basketball)	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:darlenel@mbq-tmt.org">darlenel@mbq-tmt.org</a>	1935 York Road, Tyendinaga Mohawk Territory <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
<b>Playgrounds</b>	Tyendinaga Township Recreation Complex	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	363 McFarlane Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
<b>Recreation Complex</b>	Tyendinaga Township Recreation Complex	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	363 McFarlane Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
<b>Running</b>	Learn To Run	Mandi Tisdale 613-396-1651 <a href="mailto:trainer_mandi@yahoo.ca">trainer_mandi@yahoo.ca</a>	
	Tyendinaga Fitness Resource Centre	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:tyfitness@mbq-tmt.org">tyfitness@mbq-tmt.org</a>	14 York Rd, Shannonville <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
<b>Skating, Skiing</b>	Outdoor Skating and Skiing area	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:darlenel@mbq-tmt.org">darlenel@mbq-tmt.org</a>	1935 York Road, Tyendinaga Mohawk Territory <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
<b>Softball</b>	Tyendinaga Township Adult Mixed 3-Pitch League	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	363 McFarlane Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
	Tyendinaga Territory Youth Soft Ball	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:darlenel@mbq-tmt.org">darlenel@mbq-tmt.org</a>	1935 York Road, Tyendinaga Mohawk Territory <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
<b>Skating</b>	Skating Lessons	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	Deseronto Community Centre Arena 51 Mechanic St., <a href="http://www.deseronto.ca">www.deseronto.ca</a>

	Power Skating	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	Deseronto Community Centre Arena 51 Mechanic St., <a href="http://www.deseronto.ca">www.deseronto.ca</a>
<b>Soccer</b>	Tyendinaga Township Youth Soccer League	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	363 McFarlane Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
	Tyendinaga Territory Youth Soccer	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:darlenel@mbq-tmt.org">darlenel@mbq-tmt.org</a>	1935 York Road, Tyendinaga Mohawk Territory <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
	Tyendinaga Twp Soccer Pitches- Recreation Complex	Township of Tyendinaga Mandi Buma, Recreation Coordinator 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	363 McFarlane Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
<b>T-Ball</b>	Tyendinaga Township T-Ball	Township of Tyendinaga Mandi Buma 613-396-1944 <a href="mailto:recreation@tyendinagatownship.com">recreation@tyendinagatownship.com</a>	363 McFarlane Road, Shannonville <a href="http://www.tyendinagatownship.com">www.tyendinagatownship.com</a>
	Tyendinaga Territory Youth T-Ball	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:darlenel@mbq-tmt.org">darlenel@mbq-tmt.org</a>	1935 York Road, Tyendinaga Territory
<b>Tennis Courts</b>	Deseronto Community Centre	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	51 Mechanic St., Deseronto <a href="http://www.deseronto.ca">www.deseronto.ca</a>
<b>Trails</b>	Community Nature Trail	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	Main Street to Dundas Street
	Waterfront Trail	Town of Deseronto Andrew Conger 613-396-3432 <a href="mailto:aconger@deseronto.ca">aconger@deseronto.ca</a>	Main Street and Water Street
<b>Volleyball</b>		See Beach Volleyball	
<b>Walking Club</b>	Tyendinaga Fitness Resource Centre	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:tyfitness@mbq-tmt.org">tyfitness@mbq-tmt.org</a>	14 York Rd, Shannonville <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>
<b>WII Bowling</b>	Deseronto Public Library	613-396-2744	358 Main St., Deseronto <a href="http://www.deserontopubliclibrary.ca">www.deserontopubliclibrary.ca</a>
<b>Yacht Club</b>	Deseronto Yacht Club	Terry Shelley 613-354-4747	24 Yacht Club Lane

Yoga	Elite Personal Fitness	Mandi Tisdale 613-396-1651 <a href="mailto:trainer_mandi@yahoo.ca">trainer_mandi@yahoo.ca</a>	
	Tyendinaga Fitness Resource Centre	Mohawks of the Bay of Quinte Darlene Loft 613-962-2822 <a href="mailto:tyfitness@mbq-tmt.org">tyfitness@mbq-tmt.org</a>	14 York Rd, Shannonville <a href="http://www.mbq-tmt.org">www.mbq-tmt.org</a>

**Financial Assistance:**

**Tyendinaga Fitness Resource Centre:** Free membership available with volunteer service

**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

**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 the Health Unit at 613-966-5513 ext. 309.

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