

## Thursday, August 1, 2024

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### Adult Open Lane Swim at the Johnstown Pool

Date and Time: Thursday, August 1 8:00 am - 9:00 am

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Cardinal Swim Team Practice

Date and Time: Thursday, August 1 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

### Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Thursday, August 1 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Thursday, August 1 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

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## Johnstown Swim Team Practice

Date and Time: Thursday, August 1 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

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[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Aqua Fit at the Cardinal Pool

Date and Time: Thursday, August 1 6:00 pm - 7:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

A fun way to exercise with friends and socialize! All Aquafit classes are taught by our energetic instructors so that everyone can experience the benefits of water-based aerobic fitness. Lane swimming is also available for adults only during this time. We ask all participants to complete our [Aquafit health form](#) prior to attending class. Aqua Fit will also be happening at the Johnstown Pool from 6-7 pm every Tuesday and Thursday for the month of June (beginning June 11th), then it will continue every Monday and Wednesday from 6-7 pm at the Johnstown Pool for the months of July and August.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Thursday, August 1 7:00 pm - 8:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Friday, August 2, 2024

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## Cardinal Swim Team Practice

Date and Time: Friday, August 2 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

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- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

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## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Friday, August 2 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Friday, August 2 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Johnstown Swim Team Practice

Date and Time: Friday, August 2 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

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## Saturday, August 3, 2024

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### Iroquois Farmers Market

Date and Time: Saturday, August 3 9:00 am - 2:00 pm

Address: Plaza Dr, South Dundas ON

The Iroquois Farmers Market will be every Saturday all summer, with tomato, cabbage, lettuce, green pepper, basil and zucchini plants, \$3 for cell pack of 4, single pots \$2, garden bench flower boxes \$45, wind chimes \$25 ; there will also be home baking, jams, jellies and pickles. See you there!

### Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Saturday, August 3 12:00 pm - 4:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Saturday, August 3 12:00 pm - 4:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Sunday, August 4, 2024

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### Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Sunday, August 4 12:00 pm - 4:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Sunday, August 4 12:00 pm - 4:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Monday, August 5, 2024

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### Adult Open Lane Swim at the Cardinal Pool

Date and Time: Monday, August 5 8:00 am - 9:00 am

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Jr. Lifeguarding Club at the Johnstown Pool

Date and Time: Monday, August 5 12:00 pm - 1:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Jr. Lifeguarding Club offers a unique aquatic alternative for those kids ages 7 to 14 years old who love the water and who are interested in becoming a lifeguard; [registration](#) will be available on Monday, June 3rd. Jr. Lifeguarding Club will begin on Monday, July 1st, 2024 from 12 p.m. to 1 p.m.

- The Club will meet Mondays and Wednesdays in July and August from 12 p.m. to 1 p.m. at the Johnstown Pool.

### Cardinal Swim Team Practice

Date and Time: Monday, August 5 12:00 pm - 1:00 pm

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## Johnstown Swim Team Practice

Date and Time: Monday, August 5 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

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Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Aqua Fit at the Johnstown Pool

Date and Time: Monday, August 5 6:00 pm - 7:00 pm

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A fun way to exercise with friends and socialize! All Aquafit classes are taught by our energetic instructors so t

that everyone can experience the benefits of water-based aerobic fitness. Lane swimming is also available for adults only during this time. We ask all participants to complete our [Aquafit health form](#) prior to attending class. Aqua Fit will also be occurring at the Cardinal Pool on Tuesdays and Thursdays from 6-7 pm starting July 2nd.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Monday, August 5 7:00 pm - 8:00 pm

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## Tuesday, August 6, 2024

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### Adult Open Lane Swim at the Johnstown Pool

Date and Time: Tuesday, August 6 8:00 am - 9:00 am

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Better Jobs Ontario Info South Grenville

Date and Time: Tuesday, August 6 10:00 am - 11:30 am

Address: 191 King St East Prescott

Looking for a new career?

Better Jobs Ontario provides financial support to help eligible workers train for a new career. Get skills training and financial support when you qualify for Better Jobs Ontario

Who Qualifies?

You qualify for Better Jobs Ontario if you either:

- have been laid-off and have not been working or are working a temporary job to cover costs
- have not been laid-off but have been unemployed for six months or longer and are part of a low-income household

You can still apply if you receive either:

- Employment Insurance (EI)

- Ontario Works (OW)
- Ontario Disability Support Program (ODSP)

## Cardinal Swim Team Practice

Date and Time: Tuesday, August 6 12:00 pm - 1:00 pm

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## Public Swim and Lane Swim at the Cardinal Pool

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## Johnstown Swim Team Practice

Date and Time: Tuesday, August 6 4:30 pm - 5:30 pm

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## Aqua Fit at the Cardinal Pool

Date and Time: Tuesday, August 6 6:00 pm - 7:00 pm

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## Public Swim and Lane Swim at the Johnstown Pool

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## Wednesday, August 7, 2024

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### Adult Open Lane Swim at the Cardinal Pool

Date and Time: Wednesday, August 7 8:00 am - 9:00 am

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Jr. Lifeguarding Club at the Johnstown Pool

Date and Time: Wednesday, August 7 12:00 pm - 1:00 pm

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## Cardinal Swim Team Practice

Date and Time: Wednesday, August 7 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

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## Johnstown Swim Team Practice

Date and Time: Wednesday, August 7 4:30 pm - 5:30 pm

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## Thursday, August 8, 2024

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### Adult Open Lane Swim at the Johnstown Pool

Date and Time: Thursday, August 8 8:00 am - 9:00 am

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## Johnstown Swim Team Practice

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## Friday, August 9, 2024

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### Cardinal Swim Team Practice

Date and Time: Friday, August 9 12:00 pm - 1:00 pm

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### Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Friday, August 9 2:00 pm - 5:00 pm

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## Johnstown Swim Team Practice

Date and Time: Friday, August 9 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

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## Saturday, August 10, 2024

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### Iroquois Farmers Market

Date and Time: Saturday, August 10 9:00 am - 2:00 pm

Address: Plaza Dr, South Dundas ON

The Iroquois Farmers Market will be every Saturday all summer, with tomato, cabbage, lettuce, green pepper, basil and zucchini plants, \$3 for cell pack of 4, single pots \$2, garden bench flower boxes \$45, wind chimes \$25 ; there will also be home baking, jams, jellies and pickles. See you there!

### South Grenville Minor Hockey Association Mixed Ball Tournament Fundraiser

Date and Time: Saturday, August 10 9:00 am

Address: Domville Ball Field

## Home Run Derby!! BBQ! FUN!

Join South Grenville Minor Hockey for an exciting day filled with home run action, delicious BBQ, and tons of fun!

### Details:

- **Cost:** \$350 per team
- **Games:** Guaranteed 3 games per team
- **Requirement:** Each team must have 3 female players

Don't miss out on this fantastic event! Register now by emailing [sgmha.inbox@gmail.com](mailto:sgmha.inbox@gmail.com).

We can't wait to see you there!

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Saturday, August 10 12:00 pm - 4:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Saturday, August 10 12:00 pm - 4:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Sunday, August 11, 2024

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## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Sunday, August 11 12:00 pm - 4:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Sunday, August 11 12:00 pm - 4:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Great Outdoors Comedy Festival Ottawa with Matt Rife and Friends

Date and Time: Sunday, August 11 6:30 pm

Address: Kichi Zībī Mīkan, Ottawa, ON K1A 0M8

The Great Outdoors Comedy Festival proudly presents enterprising stand-up comic and social media sensation Matt Rife as the third and final headliner for the Ottawa, ON weekend! Rife is set to take the stage on Sunday, August 11 at LeBreton Flats to close out the festival, in what is sure to be an unforgettable evening of best-in-class material and the fan-favourite comedian's signature quick-witted crowdwork.

ENJOY LIVE COMEDY IN THE GREAT OUTDOORS!

- Matt Rife & Friends
- Sunday, August 11th
- Ottawa, ON
- LeBreton Flats Park

Tickets on sale Friday, May 10th at 10:00 am EDT - available online only at Tixr.

Friday: Tom Segura, Bobby Lee & Jessica Kirkson

Saturday: Nate Bargatze, Gerry Dee & Derrick Stroup

For the full festival details, including the list of performers, visit [www.GreatOutdoorsComedyFestival.com](http://www.GreatOutdoorsComedyFestival.com).

## Monday, August 12, 2024

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### Adult Open Lane Swim at the Cardinal Pool

Date and Time: Monday, August 12 8:00 am - 9:00 am

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.



## Jr. Lifeguarding Club at the Johnstown Pool

Date and Time: Monday, August 12 12:00 pm - 1:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Jr. Lifeguarding Club offers a unique aquatic alternative for those kids ages 7 to 14 years old who love the water and who are interested in becoming a lifeguard; [registration](#) will be available on Monday, June 3rd. Jr. Lifeguarding Club will begin on Monday, July 1st, 2024 from 12 p.m. to 1 p.m.

- The Club will meet Mondays and Wednesdays in July and August from 12 p.m. to 1 p.m. at the Johnstown Pool.

## Cardinal Swim Team Practice

Date and Time: Monday, August 12 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Monday, August 12 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Monday, August 12 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Youth Drop Ins South Grenville

Date and Time: Monday, August 12 3:00 pm - 4:30 pm

Address: 191 King St East Prescott

Whether you're looking for your first job or starting a career, CSE Consulting offers free services to youth, ages 15 to 29. Youth Drop-In is offered every Monday from 3:00 pm to 4:30 pm at the Kemptville and Prescott Resource Centres. Stop by Youth Drop-In service hours to get help with writing resumes and cover letters, interview preparation, and job applications.

## Johnstown Swim Team Practice

Date and Time: Monday, August 12 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Aqua Fit at the Johnstown Pool

Date and Time: Monday, August 12 6:00 pm - 7:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

A fun way to exercise with friends and socialize! All Aquafit classes are taught by our energetic instructors so that everyone can experience the benefits of water-based aerobic fitness. Lane swimming is also available for adults only during this time. We ask all participants to complete our [Aquafit health form](#) prior to attending class. Aqua Fit will also be occurring at the Cardinal Pool on Tuesdays and Thursdays from 6-7 pm starting July 2nd.

## Spencerville Agricultural Society, August Meeting

Date and Time: Monday, August 12 7:00 pm - 9:00 pm

Address: 22 Ryan Street, Spencerville, ON K0E1X0

Spencerville Agricultural Society, August Meeting

Next Meeting: Monday, August 12, 2024

Meeting: 7:00 pm

Address: 22 Ryan Street, Spencerville Ontario

HELP!

We have officially begun planning the 169th Spencerville Fair, September 12-15, 2024, and we need your help! We, at the Spencerville Agricultural Society, would like to invite you to come out to our meeting, get to know the committee, and find out where you might be able to contribute. In addition to the fair, we also host fundraisers throughout the year, and we'd be happy to find you a role that works for you. This would be an opportunity to volunteer, give back to your community, and be a part of the team that makes our incredible events possible.

If you are interested in joining our committee, please email [info@spencervillefair.ca](mailto:info@spencervillefair.ca) to receive all of the meeting details.

We look forward to seeing you there!

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Monday, August 12 7:00 pm - 8:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Tuesday, August 13, 2024

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### Adult Open Lane Swim at the Johnstown Pool

Date and Time: Tuesday, August 13 8:00 am - 9:00 am

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Train Day

Date and Time: Tuesday, August 13 11:00 am - 1:00 pm

Address: Cardinal Library

Stop in at the Cardinal Library on Tuesday, August 13th for a visit from the CREWS train!

## Cardinal Swim Team Practice

Date and Time: Tuesday, August 13 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Tuesday, August 13 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Tuesday, August 13 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Johnstown Swim Team Practice

Date and Time: Tuesday, August 13 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social

experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

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- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Aqua Fit at the Cardinal Pool

Date and Time: Tuesday, August 13 6:00 pm - 7:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

A fun way to exercise with friends and socialize! All Aquafit classes are taught by our energetic instructors so that everyone can experience the benefits of water-based aerobic fitness. Lane swimming is also available for adults only during this time. We ask all participants to complete our Aquafit health form prior to attending class. Aqua Fit will also be happening at the Johnstown Pool from 6-7 pm every Tuesday and Thursday for the month of June (beginning June 11th), then it will continue every Monday and Wednesday from 6-7 pm at the Johnstown Pool for the months of July and August.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Tuesday, August 13 7:00 pm - 8:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our pool admission standards. View our June, July or August pool schedules. Please note time may change.

## Wednesday, August 14, 2024

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### Mont Cascade Day Trip

Date and Time: Wednesday, August 14 7:30 am - 6:00 pm

Address: <https://www.twpec.ca/en/recreation-and-leisure/summer-camps-and-programs.aspx>

Every year we organize two Boredom Buster day trips for children ages 6 to 15. You can register for our trip to Mont Cascade Water Park.

- Mont Cascade on Wednesday, August 14th, 2024

These trips are \$55 per child per trip. Qualified supervisors will accompany the kids and we'll take care of transportation by bus for both trips. Buses will leave the South Edwardsburgh Community Centre at 8 a.m. and return at 6 p.m. on the same day. There are limited spaces available. Payment is due with registration and refunds will not be issued. Please contact our Recreation Coordinator if you have any questions about these trips.

## Adult Open Lane Swim at the Cardinal Pool

Date and Time: Wednesday, August 14 8:00 am - 9:00 am

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Jr. Lifeguarding Club at the Johnstown Pool

Date and Time: Wednesday, August 14 12:00 pm - 1:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Jr. Lifeguarding Club offers a unique aquatic alternative for those kids ages 7 to 14 years old who love the water and who are interested in becoming a lifeguard; [registration](#) will be available on Monday, June 3rd. Jr. Lifeguarding Club will begin on Monday, July 1st, 2024 from 12 p.m. to 1 p.m.

- The Club will meet Mondays and Wednesdays in July and August from 12 p.m. to 1 p.m. at the Johnstown Pool.

## Cardinal Swim Team Practice

Date and Time: Wednesday, August 14 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Wednesday, August 14 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

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## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Wednesday, August 14 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Johnstown Swim Team Practice

Date and Time: Wednesday, August 14 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Aqua Fit at the Johnstown Pool

Date and Time: Wednesday, August 14 6:00 pm - 7:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

A fun way to exercise with friends and socialize! All Aquafit classes are taught by our energetic instructors so that everyone can experience the benefits of water-based aerobic fitness. Lane swimming is also available for adults only during this time. We ask all participants to complete our [Aquafit health form](#) prior to attending class. Aqua Fit will also be occurring at the Cardinal Pool on Tuesdays and Thursdays from 6-7 pm starting July 2nd.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Wednesday, August 14 7:00 pm - 8:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Adult Open Lane Swim at the Johnstown Pool

Date and Time: Thursday, August 15 8:00 am - 9:00 am

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Cardinal Swim Team Practice

Date and Time: Thursday, August 15 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Thursday, August 15 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Thursday, August 15 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.



## Johnstown Swim Team Practice

Date and Time: Thursday, August 15 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Aqua Fit at the Cardinal Pool

Date and Time: Thursday, August 15 6:00 pm - 7:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

A fun way to exercise with friends and socialize! All Aquafit classes are taught by our energetic instructors so that everyone can experience the benefits of water-based aerobic fitness. Lane swimming is also available for adults only during this time. We ask all participants to complete our Aquafit health form prior to attending class. Aqua Fit will also be happening at the Johnstown Pool from 6-7 pm every Tuesday and Thursday for the month of June (beginning June 11th), then it will continue every Monday and Wednesday from 6-7 pm at the Johnstown Pool for the months of July and August.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Thursday, August 15 7:00 pm - 8:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our pool admission standards. View our June, July or August pool schedules. Please note time may change.

## Friday, August 16, 2024

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### Cardinal Swim Team Practice

Date and Time: Friday, August 16 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Friday, August 16 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Friday, August 16 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Johnstown Swim Team Practice

Date and Time: Friday, August 16 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Iroquois Farmers Market

Date and Time: Saturday, August 17 9:00 am - 2:00 pm

Address: Plaza Dr, South Dundas ON

The Iroquois Farmers Market will be every Saturday all summer, with tomato, cabbage, lettuce, green pepper, basil and zucchini plants, \$3 for cell pack of 4, single pots \$2, garden bench flower boxes \$45, wind chimes \$25 ; there will also be home baking, jams, jellies and pickles. See you there!

## Shop the Street: The Dog Days of Summer

Date and Time: Saturday, August 17 10:00 am - 4:00 pm

Address: 3 Market St. W, Brockville ON

Unleash the fun at The Dog Days of Summer Shop the Street event in Downtown Brockville!

Save the date: August 17th | 10 AM - 4 PM

Location: Downtown Brockville

This summer, bring your furry friends and join us for a paw-some day filled with shopping, entertainment, and tail-wagging fun!

**Shopping Spree:** Stroll through our vibrant downtown businesses where you can sniff out great deals on unique items, pet products, and more.

**Live Entertainment:** Enjoy live music that will keep your toes tapping and tails wagging.

**Delicious Bites:** Explore local restaurants for quick snacks and delicious meals.

**Everyone's Invited:** This family-friendly event is the perfect way to spend a summer day outdoors. Free admission for all!

Don't miss out on the excitement - come see what's in store and celebrate the heart of summer with the whole community (and their dogs)!

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Saturday, August 17 12:00 pm - 4:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Saturday, August 17 12:00 pm - 4:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Sunday, August 18, 2024

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### Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Sunday, August 18 12:00 pm - 4:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Sunday, August 18 12:00 pm - 4:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Monday, August 19, 2024

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### Adult Open Lane Swim at the Cardinal Pool

Date and Time: Monday, August 19 8:00 am - 9:00 am

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Jr. Lifeguarding Club at the Johnstown Pool

Date and Time: Monday, August 19 12:00 pm - 1:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Jr. Lifeguarding Club offers a unique aquatic alternative for those kids ages 7 to 14 years old who love the water and who are interested in becoming a lifeguard; [registration](#) will be available on Monday, June 3rd. Jr. Lifeguarding Club will begin on Monday, July 1st, 2024 from 12 p.m. to 1 p.m.

- The Club will meet Mondays and Wednesdays in July and August from 12 p.m. to 1 p.m. at the Johnstown Pool.

## Cardinal Swim Team Practice

Date and Time: Monday, August 19 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Monday, August 19 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Monday, August 19 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Youth Drop Ins South Grenville

Date and Time: Monday, August 19 3:00 pm - 4:30 pm

Address: 191 King St East Prescott

Whether you're looking for your first job or starting a career, CSE Consulting offers free services to youth, ages 15 to 29. Youth Drop-In is offered every Monday from 3:00 pm to 4:30 pm at the Kemptville and Prescott Resource Centres. Stop by Youth Drop-In service hours to get help with writing resumes and cover letters, interview preparation, and job applications.

## Johnstown Swim Team Practice

Date and Time: Monday, August 19 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Aqua Fit at the Johnstown Pool

Date and Time: Monday, August 19 6:00 pm - 7:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

A fun way to exercise with friends and socialize! All Aquafit classes are taught by our energetic instructors so that everyone can experience the benefits of water-based aerobic fitness. Lane swimming is also available for adults only during this time. We ask all participants to complete our [Aquafit health form](#) prior to attending class. Aqua Fit will also be occurring at the Cardinal Pool on Tuesdays and Thursdays from 6-7 pm starting July 2nd.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Monday, August 19 7:00 pm - 8:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

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## Tuesday, August 20, 2024

## Adult Open Lane Swim at the Johnstown Pool

Date and Time: Tuesday, August 20 8:00 am - 9:00 am

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Better Jobs Ontario Info South Grenville

Date and Time: Tuesday, August 20 10:00 am - 11:30 am

Address: 191 King St East Prescott

Looking for a new career?

Better Jobs Ontario provides financial support to help eligible workers train for a new career. Get skills training and financial support when you qualify for Better Jobs Ontario

Who Qualifies?

You qualify for Better Jobs Ontario if you either:

- have been laid-off and have not been working or are working a temporary job to cover costs
- have not been laid-off but have been unemployed for six months or longer and are part of a low-income household

You can still apply if you receive either:

- Employment Insurance (EI)
- Ontario Works (OW)
- Ontario Disability Support Program (ODSP)

## Cardinal Swim Team Practice

Date and Time: Tuesday, August 20 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Tuesday, August 20 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Tuesday, August 20 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Johnstown Swim Team Practice

Date and Time: Tuesday, August 20 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Aqua Fit at the Cardinal Pool

Date and Time: Tuesday, August 20 6:00 pm - 7:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

A fun way to exercise with friends and socialize! All Aquafit classes are taught by our energetic instructors so that everyone can experience the benefits of water-based aerobic fitness. Lane swimming is also available for adults only during this time. We ask all participants to complete our [Aquafit health form](#) prior to attending class.



Aqua Fit will also be happening at the Johnstown Pool from 6-7 pm every Tuesday and Thursday for the month of June (beginning June 11th), then it will continue every Monday and Wednesday from 6-7 pm at the Johnstown Pool for the months of July and August.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Tuesday, August 20 7:00 pm - 8:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Spencerville Fair, Royalty Competition Info Night

Date and Time: Tuesday, August 20 7:00 pm - 8:30 pm

Address: 22 Ryan Street

# SPENCERVILLE FAIR, ROYALTY INFO NIGHT

Calling all participants! Are you interested in running for the Little Sir, Little Miss, Junior Ambassador and Ambassador program? Do you have questions about the roles, prize money, or overall show? Come out to the Royalty Competition Information Night.

22 Ryan Street, Spencerville

Tuesday, August 20th

7:00 - 8:30 PM

Age Requirements

Little Sir & Little Miss: 6-9 years old

Junior Ambassador: 11-16 years old

Ambassador: 18-26 years old

Tag and share this with someone who you think should be our next Royalty.

If you are unable to attend but still interested, please email [SPENCERVILLEFAIRAMBASSADOR@gmail.com](mailto:SPENCERVILLEFAIRAMBASSADOR@gmail.com)

You can register today on our website!

<https://www.spencervillefair.ca/spencerville-royalty>

Registration closes August 31st, 2024

## Wednesday, August 21, 2024

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### Adult Open Lane Swim at the Cardinal Pool

Date and Time: Wednesday, August 21 8:00 am - 9:00 am

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Jr. Lifeguarding Club at the Johnstown Pool

Date and Time: Wednesday, August 21 12:00 pm - 1:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Jr. Lifeguarding Club offers a unique aquatic alternative for those kids ages 7 to 14 years old who love the water and who are interested in becoming a lifeguard; [registration](#) will be available on Monday, June 3rd. Jr. Lifeguarding Club will begin on Monday, July 1st, 2024 from 12 p.m. to 1 p.m.

- The Club will meet Mondays and Wednesdays in July and August from 12 p.m. to 1 p.m. at the Johnstown Pool.

### Cardinal Swim Team Practice

Date and Time: Wednesday, August 21 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Live Succulent Wreath Workshop

Date and Time: Wednesday, August 21 1:30 pm - 3:00 pm

Address: 11 Perth St. Brockville ON

Our Live Succulent Wreath Workshop is a fun, creative activity for any plant lover! In this workshop, you will be creating and designing your very own succulent and air plant wreath from start to finish. This is a fresh, live wreath that you will be required to take care of once you go home, and we promise it's not as difficult as you might think!

We supply the items to make and create! You will be guided through the process of creating your very own beautiful wreath. Our teaching style is rustic, classic and creative. We will blend a few popular styles to suit everyone's needs.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Wednesday, August 21 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Wednesday, August 21 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Johnstown Swim Team Practice

Date and Time: Wednesday, August 21 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool

- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Aqua Fit at the Johnstown Pool

Date and Time: Wednesday, August 21 6:00 pm - 7:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

A fun way to exercise with friends and socialize! All Aquafit classes are taught by our energetic instructors so that everyone can experience the benefits of water-based aerobic fitness. Lane swimming is also available for adults only during this time. We ask all participants to complete our [Aquafit health form](#) prior to attending class. Aqua Fit will also be occurring at the Cardinal Pool on Tuesdays and Thursdays from 6-7 pm starting July 2nd.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Wednesday, August 21 7:00 pm - 8:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Thursday, August 22, 2024

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### Adult Open Lane Swim at the Johnstown Pool

Date and Time: Thursday, August 22 8:00 am - 9:00 am

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Adult open lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

### Cardinal Swim Team Practice

Date and Time: Thursday, August 22 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must

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- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Public Swim and Lane Swim at the Cardinal Pool

Date and Time: Thursday, August 22 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Thursday, August 22 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Johnstown Swim Team Practice

Date and Time: Thursday, August 22 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

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Registration will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Aqua Fit at the Cardinal Pool

Date and Time: Thursday, August 22 6:00 pm - 7:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

A fun way to exercise with friends and socialize! All Aquafit classes are taught by our energetic instructors so that everyone can experience the benefits of water-based aerobic fitness. Lane swimming is also available for adults only during this time. We ask all participants to complete our [Aquafit health form](#) prior to attending class. Aqua Fit will also be happening at the Johnstown Pool from 6-7 pm every Tuesday and Thursday for the month of June (beginning June 11th), then it will continue every Monday and Wednesday from 6-7 pm at the Johnstown Pool for the months of July and August.

## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Thursday, August 22 7:00 pm - 8:00 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer. Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Friday, August 23, 2024

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### Cardinal Swim Team Practice

Date and Time: Friday, August 23 12:00 pm - 1:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

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[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

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Date and Time: Friday, August 23 2:00 pm - 5:00 pm

Address: 4044 Dishaw St, Cardinal ON K0E 1E0

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## Public Swim and Lane Swim at the Johnstown Pool

Date and Time: Friday, August 23 2:00 pm - 4:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Public swim and lane swim will be available at both the Cardinal and Johnstown community pools this summer . Before you visit one of our pools, please view our [pool admission standards](#). View our [June](#), [July](#) or [August](#) pool schedules. Please note time may change.

## Johnstown Swim Team Practice

Date and Time: Friday, August 23 4:30 pm - 5:30 pm

Address: 24 Sutton Dr, Johnstown ON K0E 1T1

Joining a swim team is a fun and rewarding way to strengthen swimming skills and endurance while having fun with your teammates. Participating in swim clubs can assist with building confidence and enriching your social experiences. You will learn proper stroke techniques, flip turns and dive entries. On weekends, swimmers can have the opportunity to compete against other swimmers in their age and gender categories at local pools. Must have completed Swimmer 3 to participate. Swim team practice will begin on Monday, July 1st, 2024.

- Cardinal swim team practice is from 12 p.m. to 1 p.m. at the Cardinal pool
- Johnstown swim team practice is from 4:30 p.m. to 5:30 p.m. at the Johnstown pool.

[Registration](#) will be available starting Tuesday, May 21st, 2024 at 8 a.m. Please note registration will be exclusively online.

## Saturday, August 24, 2024

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### Iroquois Farmers Market

Date and Time: Saturday, August 24 9:00 am - 2:00 pm

Address: Plaza Dr, South Dundas ON

The Iroquois Farmers Market will be every Saturday all summer, with tomato, cabbage, lettuce, green pepper, basil and zucchini plants, \$3 for cell pack of 4, single pots \$2, garden bench flower boxes \$45, wind chimes \$25 ; there will also be home baking, jams, jellies and pickles. See you there!

### Girls Like to get Dirty Too! Women's only ATV Ride

Date and Time: Saturday, August 24 9:00 am - 5:00 pm

Address: Green Gables Vines 1600 Porter Rd, Oxford Station, ON K0G 1T0

Saturday, August 24<sup>th</sup>, 2024

Green Gables Vines 1600 Porter Rd, Oxford Station, ON K0G 1T0

Check-in anytime 9 to 10am

Ushered group ride departs at 10am

All riders must register online by 8pm on Friday, August 25th:

\$40 per Miss/Mrs/Ms. over the age of 17.

\$10 for passenger girls under 16 with accompanying adult

- A FUN AND RELAXED OUTING WITH THE SISTERHOOD OF WOMEN ATV ADVENTURERS
- AFTER RIDE LUNCH WITH A WINE TASTING AT THE WINERY.
- 50/50 DRAW

PROCEEDS IN SUPPORT OF the new Kemptville District Hospital CT Scanner [Kemptville District Hospital Foundation \(kdhfoundation.ca\)](http://Kemptville District Hospital Foundation (kdhfoundation.ca))

## Monday, August 26, 2024

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### Youth Drop Ins South Grenville

Date and Time: Monday, August 26 3:00 pm - 4:30 pm

Address: 191 King St East Prescott

Whether you're looking for your first job or starting a career, CSE Consulting offers free services to youth, ages 15 to 29. Youth Drop-In is offered every Monday from 3:00 pm to 4:30 pm at the Kemptville and Prescott Resource Centres. Stop by Youth Drop-In service hours to get help with writing resumes and cover letters, interview preparation, and job applications.

## Saturday, August 31, 2024

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### Iroquois Farmers Market

Date and Time: Saturday, August 31 9:00 am - 2:00 pm

Address: Plaza Dr, South Dundas ON

The Iroquois Farmers Market will be every Saturday all summer, with tomato, cabbage, lettuce, green pepper, basil and zucchini plants, \$3 for cell pack of 4, single pots \$2, garden bench flower boxes \$45, wind chimes \$25; there will also be home baking, jams, jellies and pickles. See you there!

<https://calendar.twpec.ca>