



Stay On Your Feet... Keeping Active in Parry Sound

4H Club:

<http://www.4-hontario.ca/4h-in-my-area/parry-sound.aspx>

Active Transport:

705-746-5801
www.wpsactivetrans.org

Air Cadets:

295 MacPherson Squadron:
705-746-5993
www.aircadetsparrysound.ca

Anglers & Hunters Association:

membership@psah.org
www.psah.org

Badminton:

Parry Sound High School
Contact Cheryl: 705-746-8501

Baseball:

Contact Steve:
s.kidd@sympatico.ca

Basketball court:

Mary Street/Bobby Orr
Community Centre

Bicycling:

Parry Sound Bikes:
705-746-6060
www.parrysoundbikes.com
Trysport:
705-746-8179
www.ontariotrysport.com

Bowling:

Georgian Lanes: 705-746-8384
www.georgianlanes.com

Boy Scouts:

3rd Parry Sound Group
www.scouts.ca

Curling:

Parry Sound Curling Club:
705-746-9651
www.parrysoundcurlingclub.ca

Dance:

Parry Sound Dance Academy, 705-774-6332,
www.parrysounddance.com

Dragon Boats:

psdragonboat@hotmail.com
www.dragonboatfestival.org

Girl Guides:

Contact Robin: 705-746-9276 or
robroy_walton@hotmail.com

Golf:

Deer Run Golf Club: 705-746-4653
www.deerrunparrysound.com
Parry Sound Golf Club: 705-342-5262
www.parrysoundgolf.com
Ridge at Manitou: 705-389-9577
www.ridgeatmanitou.com
Seguin Valley Golf Club: 705-378-2555
www.seguinvalley.com

Gyms:

Georgian Bay Fitness: 705-746-2582
New Life Fitness: 705-746-6202
Tina's Fitness: 705-773-2774
www.tinasfitness.com
YMCA: 705-746-0511
www.ymcaofsimcoemuskoka.ca

Gymnastics:

Saltos Gymnastics club:
www.psgymnastics.ca

Hockey:

Parry Sound Hockey club:
parrysoundhockeyclub.com
North Muskoka Lightning:
northmuskokalightning@yahoo.ca

Horseback Riding:

Islandview Farm: 705-389-2065
windsome69@gmail.com
Welks Equine centre: 705-746-7736

Karate:

Parry Sound Dojo:
edwinhall673@gmail.com
Sound Karate Club:
Sensei@SoundKarateClub.com
www.soundkarateclub.com

Kayaking:

Whitesquall Paddling Centre
705-732-5234
www.whitesquall.com

Music:

Parry Sound Community band:
Contact Dennis: Scooby@vianet.ca
Music for Young Children:
Contact Judy: 705-773-2049
Choral Collective:
wmcarton@lycos.com
Wind works:
windworksparrysound@gmail.com

Paddling:

Contact Gord:
aquacage@vianet.on.ca

Parks:

Oastler Provincial Park
705-378-2401
Killbear Provincial Park
705-342-5492
www.ontarioparks.com
Park to Park Trail
705-746-7663
www.parktoparktrail.com

For more information on how you can stay active, independent and on your feet, call:

Stay On Your Feet Parry Sound:
705-746-5801
1-800-563-2808

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Pottery:

Northwinds Pottery
705-746-7888

Sailing:

Sail Parry Sound:
705-774-5228
www.sailparrysound.on.ca

Skating (Public):

Bobby Orr Community Centre:
705-746-2701
Kinsmen Outdoor Rink
Humphrey Community Centre:
705-732-4313
Nobel Outdoor Rink
McKellar Outdoor Rink

Skating Instruction:

Parry Sound Skating club:
www.parrysoundskatingclub.com

Skipping:

Georgian Jumpers:
georgianjumpers@cogeco.ca
Soar Skipping:
Contact Shawna: 705-746-6992
www.soarropeskiing.ca

Skiing:

Georgian Nordic Ski and Canoe Club 705-746-5067 www.georgiannordic.com

Snowshoeing:

Georgian Nordic Ski and Canoe Club: 705-746-5067

Soccer:

Parry Sound Soccer Club:
info@parrysoundsoccer.ca
www.parrysoundsoccer.ca

Squash:

Quality Inn 705-378-2461

Swimming:

Rosseau Beach, Lake Rosseau, Waubuno Beach, Parry Sound, McKellar Beach, Lake Manitouwabing Bell Lake, Bell Lake, McDougall Dunchurch Beach, Whitestone Lake Fitzgerald Beach, Georgian Bay, Carling Foley Matheson Beach, Otter Lake, Sequin, Nobel Beach, Georgian Bay, McDougall Shebeshekong Beach, Shebeshekong Lake, Carling

Swimming Instruction:

Georgian Inn: 705-774-6922
Parry Sound: www.townofparrysound.com
Nobel: www.municipalityofmcdougall.com
Seguin: www.seguin.ca

Swimming Pools:

Quality Inn and Suites:
705-378-2461
Canada's Best Value Inn:
705-746-1500
Grand Tappatoo Resort:
705-378-2210

Tai Chi:

705-389-2489 www.taoist.org

Tennis Courts:

Mary Street/Bobby Orr Community Centre
Parry Sound High School

Parry Sound Walk and Bike map:

705-746-5801 or 1-800-583-2808
www.wpsactivetrans.org

Ultimate Frisbee:

Contact Glen: 705-378-4065
waubeek@hotmail.com

Yoga:

Yoga in the Sound:
705-774-3993
www.yogainthesound.ca
Tina's Fitness:
705-773-2774
www.tinasfitness.com
YogaLoft:
705-389-1669
www.yogaloftwellness.com

Pedometers:

Available on loan for free from:
Christie library: 705-732-2850
Foley library: 705-378-0742
Humphrey library: 705-732-4526
McKellar library: 705-389-2611
Parry Sound library: 705-746-9601
Rosseau library: 705-732-4231
Whitestone-Hagerman Memorial library: 705-389-3311

Walking/Hiking Trails:

Park to Park: 705-746-7663 ext: 26
www.parktoparktrail.com

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1-800-563-2808

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