



FALL RECREATION PROGRAMS



The following programs are for **children aged 4 to 12** and begin the week of **October 12th, 2026**. Registration may be required, and prices vary! Register at kinbridgecommunityassociation.campbrainregistration.com or greenwaychaplin.com/programs

CREATIVE KIDS **AGES 6 - 12**

 Mondays
5:30 - 6:30 PM

 200 Christopher Dr,
Cambridge

CENTRAL SPORTS NIGHT **AGES 6 - 12**

 Mondays
6:30 - 8:00 PM

 165 Main St,
Cambridge

STEAM **AGES 6 - 12**

 Tuesdays
4:00 - 5:00 PM

 200 Christopher Dr,
Cambridge

AVENUE SPORTS NIGHT **GRADES 2 - 7**

 Tuesdays
6:30 - 8:00 PM

 40 Gail St,
Cambridge

TUTORING **GRADES 2 - 12**

 Wednesdays
4:00 - 6:00 PM

 200 Christopher Dr,
Cambridge

MINI CHEFS **AGES 4 - 9**

 Wednesdays
4:00 - 5:30 PM

 116 Rouse Ave,
Cambridge

MASTER CHEF **AGES 9 - 14**

 Thursdays
6:00 - 7:30 PM

 116 Rouse Ave,
Cambridge

BASKETBALL BOOTCAMP **AGES 8 - 12**

 Thursdays
6:30 - 8:00 PM

 200 Christopher Dr,
Cambridge

CNT KIDZONE **AGES 5 - 13**

 Fridays
5:45 - 6:45 PM

 200 Christopher Dr,
Cambridge

SOCCER SKILLS **AGES 8 - 12**

 Saturdays
1:15 - 2:45 PM

 40 Gail St,
Cambridge

INTRO TO DANCE **AGES 6 - 10**

 Saturdays
11:00 AM - 12:00 PM

 200 Christopher Dr,
Cambridge

BALL HOCKEY **AGES 6 - 10**

 Saturdays
11:00 AM - 12:00 PM

 200 Christopher Dr,
Cambridge



FALL RECREATION PROGRAMS



The following programs are for **youth, adults, and families**, and begin the week of **October 12th**, 2026. Registration may be required, and prices vary! Register at kinbridgecommunityassociation.com/brainregistration.com or greenwaychaplin.com/programs



YOGA GENTLE FLOW ADULTS 18+



Mondays
5:30 – 6:30 PM



200 Christopher Dr,
Cambridge



PICKLEBALL ADULTS 55+



Thursdays
1:30 – 3:30 PM



200 Christopher Dr,
Cambridge



PICKLEBALL ADULTS 55+



Tuesdays
1:30 – 3:30 PM



200 Christopher Dr,
Cambridge



CNT KIDZONE AGES 5 – 13



Fridays
4:30 – 7:30 PM



200 Christopher Dr,
Cambridge



TUTORING GRADES 7 – 12



Tuesdays
6:00 – 8:00 PM



116 Rouse Ave,
Cambridge



FAMILY DROP-IN WITH KIDS AGED 6 – 12



Saturdays
1:15 – 2:45 PM



40 Gail St,
Cambridge

FALL YOUTH PROGRAMS



Our fall youth programs are free! They begin the **week of September 28th** and will run until the end of the **week of November 30th**.



SRC DROP-IN GRADES 7 - 12



Mondays
3:30 - 5:30 PM



1-241 Southwood Dr,
Cambridge



CCRC DROP-IN / SHYFT GRADES 7 - 12 / AGES 10 - 13



Tuesdays
3:30 - 5:00 PM



8-125 Champlain Blvd,
Cambridge



ST. ANDREW'S BASKETBALL GRADES 7 - 12



Tuesdays
6:30 - 8:00 PM



65 Victoria Ave,
Cambridge



BASKETBALL DROP-IN GRADES 7 - 12



Wednesdays
6:00 - 8:00 PM



200 Christopher Dr,
Cambridge



BENNIES TEEN LOUNGE STUDENTS OF BENNIES



Thursdays
2:00 - 3:00 PM



St. Benedict Catholic Secondary
School – Cambridge Public Library



GREENWAY YOUTH COUNCIL GRADES 7 - 12



Thursdays
4:00 - 5:00 PM



116 Rouse Ave,
Cambridge



YWCA SHYFT YOUTH AGED 13+



Thursdays
5:30 - 7:30 PM



200 Christopher Dr,
Cambridge



GREENWAY PRE-TEEN DROP-IN GRADES 5 - 8



Thursdays
6:00 - 8:00 PM



116 Rouse Ave,
Cambridge



Contact: nathanaelm@kinbridge.ca
(519)624-3855





GREENWAY YOUTH COUNCIL



Open to youth in grades 7 to 12. Come on out to earn volunteer hours, help make a difference in the community, have the opportunity to plan and host events, and gain experience that looks good on a resume.



**GREENWAY
YOUTH COUNCIL
GRADES 7 - 12**



Thursdays
4:00 - 5:00 PM



116 Rouse Ave,
Cambridge



There will be refreshments provided each week, occasional meals shared, and the potential to win prizes for different achievements.

Our youth programs are free! They begin the week of **September 28th** and will run until the end of the week of **November 30th**.

Contact: nathanaelm@kinbridge.ca
(519)624-3855



NEWCOMER YOUTH FALL 2026



Open to **newcomer youth aged 15 to 30** who live in Cambridge and have a Permanent Residence Card, Refugee Status, and MOME2023.



TEEN LOUNGE SEPT 16 UNTIL DEC 16



Wednesdays
2:00 – 3:00 PM



St. Benedict Catholic
Secondary School –
Cambridge Public
Library



FREE SKATE SEPT 24 TO DEC 17



Thursdays
3:30 – 5:00 PM



Galt Arena, 98 Shade St,
Cambridge

Registration is required for skating, follow us on our socials below for weekly registration details!



instagram.com/
kinbridgenewcomers



facebook.com/
Cambridge
Newcomers.
kinbridge

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

Contact: marwag@kinbridge.ca
(519)624-3855



Newcomer Older Adult 55+ Support Group



**Every Tuesday from
September 15, 2026 to
November 03, 2026
10:30 to 12:30PM**

Attend fun outdoor activities,
build connections, and engage
with the community around
you!

Location varies depending on
the nature of the activity, so
register now to receive weekly
activity information.

Register with Aoussaf by email
at: aoussafa@kinbridge.ca
Or by texting: **226 789 0469**

Eligibility: Newcomer to Canada, living in Cambridge,
Permanent Residents; Protected Persons; Individuals with Initial
Approval for Permanent Residency; Eligible under MOME2023 or
under FCIP/Pathways

Refreshments and bus tickets will be provided!

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

FALL COMMUNITY PROGRAMS



Peer community programs are open to various ages and provide an inclusive, welcoming, and safe space to gather! Fall programs will be running from **October 5th to December 11th, 2026.**

GREENWAY WELLNESS

 Tuesdays
1:00 PM – 2:30 PM
 116 Rouse Ave,
Cambridge

SAVOURY SOUP - FAMILY PROGRAM

 Tuesdays
4:30 PM – 6:00 PM
 200 Christopher Dr,
Cambridge

KINBRIDGE WELLNESS

 Tuesdays
6:00 PM – 7:30 PM
 8-125 Champlain
Blvd, Cambridge



WEDNESDAY WELLBEING



Wednesdays
1:00 PM – 2:30 PM



8-125 Champlain
Blvd, Cambridge



CNT KITCHEN CONFECTION



Fridays
1:30 PM – 3:00 PM



200 Christopher Dr,
Cambridge



WALK & TALK



Thursdays
10:00 AM – 12:00 PM



116 Rouse Ave,
Cambridge



POP UP & PLAY



Thursdays
10:00 AM – 11:30 AM



116 Rouse Ave,
Cambridge



FLEX & FLOW



Thursdays
12:30 PM – 2:00 PM



1-241 Southwood Dr,
Cambridge



LET'S MOVE



Thursdays
1:00 PM – 2:00 PM



1-241 Southwood Dr,
Cambridge