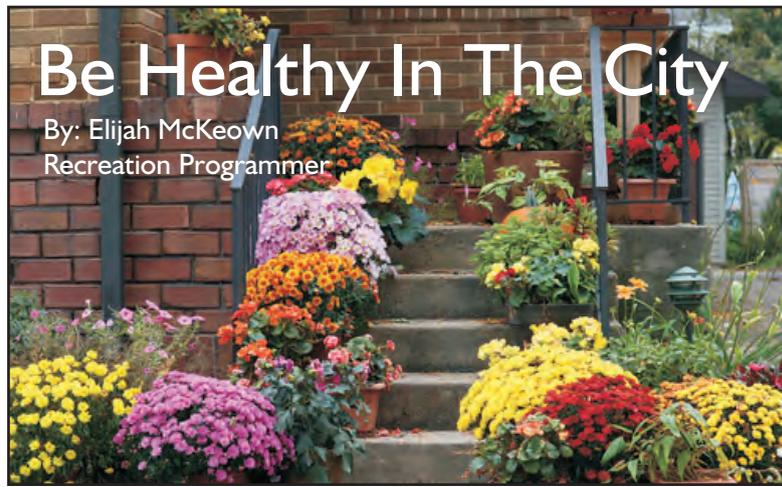


As we make that transition from summer to fall, individuals and families are looking for other ways to continue to be active. The City of Pembroke has several opportunities both indoors and outdoors, that can make the fall season enjoyable.

Starting at the waterfront, there is the 1.5km paved Kiwanis walkway, making it a great trail for walkers and bikers, as well as being accessible. Take the walkway all the way to Riverside Park and enjoy some fall season fun in the play areas. An outdoor workout centre is available, or bring your own equipment and enjoy the use of the grounds for a fun outing. Take a stroll around the Park for some added kms on the bike or as a walk.

From the waterfront, head over to the Pembroke Memorial Centre (PMC) for on-and-off-ice activity. Watch our website for free and family skates throughout the year, or pop into the arena and walk some laps to get in a bit more exercise.



Be Healthy In The City

By: Elijah McKeown
Recreation Programmer

Adjacent to the waterfront is the Skateboard Park that can keep you busy for hours - either skateboarding or watching the skills of our local youth. The Skateboard Park is also just down the road from the Pembroke Farmers' Market which will run Wednesday and Saturday mornings until Thanksgiving.

And if you're not ready to get out of the water just yet, then we have a pool for you! The Kinsmen Pool aquatic team

offers a variety of year-round swimming programs, including Red Cross pre-school classes, Swim Kids/youth lessons, Parents & Tots Program, and leadership training. Aquafit classes are always popular, as is the adult Learn to Swim Program. Beside the pool are some ball diamonds and open space areas that are great for extra activities.

Also near the pool is the Pembroke Curling Club which will be gearing up for events as

the cold weather comes in. The Curling Club is just one of the many sport clubs available in the city. Others include: cycling, girls hockey, minor hockey, baseball and softball, soccer, cross-country skiing, skating, snowmobiling, volleyball, badminton and martial arts, to name a few. The City of Pembroke is a hub of activity - we know you'll find something to enjoy!

Finally, enjoy this time of year by strolling the streets and sidewalks as people decorate for the seasons. Make your own routes through the residential areas, or make it a walking tour of Downtown and Pembroke Street. It's a beautiful time of year. Enjoy the City.

ASK THE EXPERT:

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