

## Recreation

Southport offers a well-balanced lifestyle with access to fitness facilities and the beautiful outdoors in a safe environment. We also ensure convenient access to a full range of services.

**Gymnasium** - The Gymnasium is a 906-metre facility with six badminton courts, three volleyball courts, and a regulation size basketball court. Equipment, such as nets, balls, and racquets, is available for loan or rent.

**Weight Room** - The Weight Room has a variety of universal machines, free weights and benches. Also available are exercise bikes, stair climbers, and tread mills to help you work on your cardio.

The Recreation Centre also features a six-lane, five-pin bowling alley.

Outdoor facilities include two asphalt tennis courts, two softball diamonds, a regulation size soccer field, a 400-metre track, and a 9-hole golf course.

### Hours of Operation

Monday &ndash; Friday: 6:30 am - 9:45 pm

Saturday: 9:00 am - 7:00 pm

Sunday: 11:00 am - 7:00 pm

\*Patrons must complete all activities (including changing and showering), and exit the building BEFORE the designated closing time.

### Recreation

Phone: 204-428-6050

Toll Free: 1-800-558-4680

Email: [canderson@southport.ca](mailto:canderson@southport.ca)

Bowling Alley: 204-428-3213