

MUNICIPALITY OF LAMBTON SHORES - SPORTS & RECREATION



Ball Hockey

Lambton Shores Youth Ball Hockey	Forest/Thedford	Rob Nickles	519-296-5720	youthballhockey@hotmail.com
Men's Ball Hockey	Forest	Spencer Donald	519-786-4895	
Women's Ball Hockey	Forest	Marsha Harris	519-786-6483	

Baseball

Arkona Kid's Ball	Arkona	Dave Jefferson	519-828-3440	
Ladies 2-pitch	Arkona	Lynn Cole	519-786-5112	poles@xcelco.on.ca
Men's 2-pitch	Arkona	Kyle Sheppard	519-296-5357	
Co-ed Slo Pitch	Forest	Mimi Bezeau	519-786-4806	mbezeau@hotmail.com
Forest Dragon's Ball	Forest	Jason Henderson	519-786-4647	
Forest Minor Baseball	Forest	Rick Goodhand	519-786-5055	rickgood@xcelco.on.ca
Muffer's Baseball	Forest	Mark Fraleigh	519-786-6714	
Grand Bend Kid's Ball	Grand Bend	Larry Whiting	519-639-6755	lwhiting@qbchc.com
Grand Bend Ladies Ball	Grand Bend	Mike Jeffrey	519-238-1579	
Grand Bend Men's Slo-pitch	Grand Bend	Larry Whiting	519-639-6755	lwhiting@qbchc.com
Riverbend Co-ed Ball	Grand Bend	Tracey Ulch	519-238-6919	yamascat@hay.net
Thedford Kid's Ball	Thedford	Julie Griggs		griggsanderson@execulink.com

Curling

Forest Curling Club	Forest	Lynn VanHaaren	519-786-4008	lvan@woodspearson.com
				www.forest.curlingclub.ca

Hockey

Cutting Edge Hockey	Thedford	Larry Teeple	519-828-3450	larryteeple@execulink.com
Forest Monday Night Hockey	Forest	Glenn VanValkenburg	519-786-5062	vans@xcelco.on.ca
Grand Bend Mariners	Thedford	Rusty Jones	519-786-6210	
Huff & Puff Hockey	Thedford	Bill Lee	519-671-1159	
Lakeside Oldtimers Hockey	Forest	Bedford Doolittle	519-786-4740	pattid@xcelco.on.ca
Lambton Middlesex Rec. Hockey	Thedford	Aaron Brooks	519-282-1050	brooksy27@hotmail.com
Lambton Shores Minor Hockey	Forest/Thedford	Ken Little	519-899-2871	ismha1@xcelco.on.ca
				http://www.lambtonshoresminorhockey.ca/
Old Boys Hockey	Thedford	John McAllister	519-876-2842	jemcallister@xcelco.on.ca

Sunday Raiders Hockey	Theford	Dwayne Moloy	519-296-4460	moloy@execulink.com
Theford Bosanquet Oldtimers	Theford	Paul Augustine	519-296-5786	august@execulink.com
Theford Dirty Dogs	Theford	Shawn Dickey	519-828-3708	dickey@xcelco.on.ca
Wednesday Night Hockey	Theford	Harry VanKessel	519-296-4780	hvkv@xcelco.on.ca

Ringette

Forest Ringette	Forest	Brenda VanBree		thevb6fam@xcelco.on.ca
				http://eteamz.active.com/forestringette/
Ladies Ringette	Forest	Ashley Albert		aalbert@lambtonshores.ca

Skating Clubs

Forest Skating Club	Forest	Liz Fanset	519-786-5628	iofa@execulink.com
Theford Skating Club	Theford	Sandra Herrington		sandra_herrington@hotmail.com
Women's Synchronized Skating	Theford	Liz Buzzel	519-296-4867	widder@execulink.com

Soccer

Grand Bend Soccer Club	Grand Bend	Tony Mennen	519-238-2052	
Taxandria Soccer Club	Arkona	Simon VanRiel	519-296-5121	

Other

Badminton Club	Port Franks	Iris Hamilton	519-243-2090	
Ballet, Tap and Jazz	Forest	Kim Quinn	519-828-3032	
Body Fit	Forest/Theford	Bonnie Hill	519-786-5491	
Dance Classes	Arkona	Christine Hladki	519-828-3261	
Elementary Girls Volleyball	Forest	NLSS Athletic Association	519-786-2166	
Forest Scrabble Club	Forest	Ruth Gallant	519-786-6935	
Horseback Riding Lessons	Theford	Joanne Lewylle	519-296-5978	
Indoor Soccer - Taxandria Soccer Club	Forest	Jan Vermeer		
Karate Lessons	Grand Bend	Grand Bend Fitness Centre	519-238-3488	
OPP Volleyball League	Forest	Mimi Bezeau	519-786-2349	
Optimist Basketball	Forest	Tom Hales	519-786-4039	
Swimming Lessons	Grand Bend		519-243-3272	
Tae Kwon Doe	Theford	Dan DeClark	519-238-8089	
Theford Shuffleboard	Theford	Don Willert	519-296-5533	
Volleyball League	Grand Bend		519-238-1155	gbyouthcentre@hay.net
Walkers	Port Franks	Cathy Jones	519-243-2239	

North Lambton Community Health Centre Activities - call 519-786-4545 for more information

10,000 Steps and More
Evening Winter Walking
Gentle Pace 1&2
Let's Get Active Together - 8-13 year olds
Low Impact I - October to April
Low Impact II - October to April
Trail Walk - April to June, Forest Trail
Winter Walking

Grand Bend Youth Centre Recreation Activities - call 519-238-1155 for more information

<http://granbendyouthcentre.tripod.com>

Co-ed Ball Hockey Rec League - Gr. 1-3
Co-ed Floor Hockey Rec League - Gr. 4-8
Co-ed Volleyball Rec League - Gr. 4-8
Volleyball Drop In - Highschool and up
Basketball Drop In - Highschool and up
Co-ed Dance, Dance, Dance - Ages 4-6 & 7-10
Afternoons of Art for Seniors
Co-ed Junior Sports - Gr. K-3
Co-ed Team Handball Rec League - Gr. 4-8
Co-ed Minor Rugby - Gr. 1-8

Grand Bend Area Community Health Centre Activities - call 519-238-1556 ext. 6 for more information

<http://www.gbachc.ca/>

Walking for Wellness
Healthy Lifestyle Exercise Programs
Healthy Lifestyle Exercise Programs
Tai Chi
Diabetes Walking Program
Gentle Exercise Programs (chronic pain)