

Township of Essa
5786 County Road 21
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[Announcing the Township of Essa's Fall 2024 Recreation Guide](#)

Township of Essa

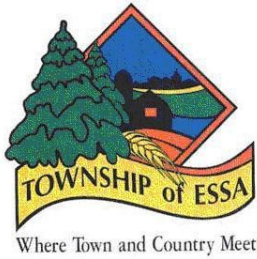
Date: 2024-08-01

The Township of Essa is thrilled to announce the launch of the new Fall 2024 Recreation Guide, designed to offer residents and visitors diverse, engaging, and enriching activities for the upcoming season. This comprehensive guide is now [available online](#).

As the vibrant colors of autumn approach, Essa Township is set to provide a range of recreational opportunities that cater to all ages. From fitness classes and sports drop-ins to trails and community events, the [Fall 2024 Recreation Guide](#) is packed with activities that promise to get residents involved and active this fall.

Highlights of the Fall 2024 Recreation Guide include:

- **Fitness and Wellness Programs:** A variety of classes, including yoga, seniors' fitness, adult fitness, and Monekynastix classes, are designed to help participants stay fit and healthy as the weather cools.
- **Drop-in Programs:** Engaging programs such as after school gym drop-ins, preschool drop-ins, pickleball drop-ins, badminton drop-ins, inclusion drop-ins and more will keep you active all season long.
- **Skating and Shinny Programs:** There are lots of opportunities to skate or play hockey for all ages in programs like adult, youth, and children's shinny, or parent and tot, leisure, and public skates.
- **Outdoor Adventures:** There is plenty of information about trails and outdoor recreation facilities that let residents take full advantage of the beautiful fall scenery.
- **Events:** Community events like the annual Fishing Derby in Angus or the Corn Roast in Thornton will get residents involved and build a strong community.



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The Parks and Recreation department is excited to offer more programs this fall as we continue to rebuild our programming after COVID-19. Our goal is to provide opportunities that not only promote physical health but also foster community connections and personal growth. We encourage everyone to explore the guide and take advantage of the wonderful activities available in our Township.

The [Fall 2024 Recreation Guide](#) is available to all residents online through the Township of Essa's website. To view the guide online, please visit [Township of Essa Recreation Guide - Essa Township](#).