

NEED TO KNOWS

Activities with a  require you to sign up at Front Desk at least 1 hour before the event!

Meet in the Front Room for activities with no specified location.

EXERTION LEVELS

1-Very Low (L-1)

Easy effort and suitable for most people. Uneven ground and stairs are generally unavoidable.

2-Low (L-2)

Some effort required but generally suitable for most people. Programs can sometimes be up to an hour of standing or consistent effort.

3-Medium (L-3)

Considerable effort is required and good physical health is assumed. Programs can exceed an hour of moderate physical effort.

4-High (L-4)

High amount of effort is required and excellent physical condition necessary. Suitable footwear is a necessity.



Follow Us!

Stay up to date with everything that's happening at The Briars by following us on social media or joining our mailing list!



Facebook.com/BriarsResort



@BriarsResort


55 HEDGE ROAD
JACKSON'S POINT, ON.
1-800-465-2376 | WWW.BRIARS.CA


RESORT & SPA ON LAKE SIMCOE

Recreation Guide
October 9 - 15, 2023

Monday, October 9

8:00 am to 9:30 am - Breakfast


 10:30 am - Stretch Class - 1

6pm-7:30pm - Dinner Hours

8 pm - Fire in the Fountain Court

Tuesday October 10

8:00 am to 9:30 am - Breakfast


 10:30 am - Functional Training Class-2

6 pm to 7:30pm - Dinner

8 pm - Fire in the Fountain Court

Wednesday, October 11

8:00 am to 9:30 am - Breakfast

 10:30 am - Abs & Core Class -2

4:30pm History Tour

A short walk around the grounds explaining our evolution from farm to year-round resort.


6 pm to 7:30 pm - Dinner

8pm Fire in the Fountain Court

Thursday October 12

8:00 am to 9:30 am - Breakfast


 10:30 am Functional Training Class -2

 4:30 pm - Abs & Core Class -2

6 pm to 7:30 pm - Dinner

Friday October 13


8:00 am to 9:30 am - Breakfast

 10:30am Functional Training - 2
Join Christopher for an intro to training that focuses on your body's ability to preform everyday activities

6 pm to 8pm - Dinner

Saturday October 14

8:00 am to 10:00 am - Breakfast

 10:30am Functional Training -2
Join Christopher for an intro to training your body's ability to preform everyday activities

4:30pm History Tour

A short walk around the grounds explaining our evolution from farm to year-round resort.


6 pm to 8pm - Dinner

Sunday October 15

8:30 am to 10:00 am - Breakfast

10:30am Fall Walk

Join Bob for an informative walk around our heritage resort property

 4:30pm Stretch Class - 1

6 pm to 7:30 pm - Dinner

8 pm - Fire in the Fountain Court

Food and Drink

Drinkwaters Lounge

Open 11:30am daily
Food Service 7:30pm -Sat 8pm

Dinner Menu

served 6-7:30 Sunday to Thursday
6pm -8pm Friday & Saturday Nights

OTHER THINGS TO DO:

Indoor Pool, Hot Tub & Sauna

Go for a swim in the pool, relax in the hot tub and unwind in the sauna!

Open: 10am-10pm

Games, Games & More Games

Checkout our games rooms for Darts, Billiards, Ping Pong and more!

Equipment at Front Desk.

Spa

Located on floor A, book appointments in advance! Ask about our monthly specials!



Fall Walks

Enjoy a walk through our "Wilderness" located behind the Tennis Courts. For something a bit longer there is a rail trail in Sutton and some York Forest trails nearby.

Ask the Front Desk for a copy of our walking map and local recommendations