

# Parks and Recreation Department

## Registration Information & Procedures

**Avoid Disappointment Register Early! Classes Fill Up Quickly!**

**All programs are on first come first serve basis**

**Receipts:**

Keep qualifying receipts for income tax purposes. The charge for reprints is \$5.00 per receipt/max \$20.00

**Three Ways to Register:**

- 1) Walk in: Register in person at Victoria Park Community Centre
- 2) By Fax: 519-425-4151
- 3) By Mail: Mail Registration Forms are available on the Town of Ingersoll Web site [www.ingersoll.ca](http://www.ingersoll.ca)

Victoria Park Community Centre  
355 Wellington Street  
Ingersoll, ON N5C 1T2

**How Do I Pay?**



Cheques are made payable to "Town of Ingersoll". *Please Note: NSF Cheque: There is a \$25.00 charge for any cheque returned NSF.*

**Class Cancellations**

Classes will be held open up to 3 working days prior to start date. Insufficient registration may necessitate the cancellation of a program. We reserve the right to change or cancel programs if necessary.

**Refund and Withdrawal Policy:**

Refunds must be requested before the 3rd class unless there are extenuating circumstances, in which case, the request must be approved by the Program Supervisor. A \$20.00 administration fee will be applied to all refund requests. Customers can leave a full credit on their account, provided the request is made prior to the 3rd class in which case no administration fee will apply.

**Credit Policy:**

All credits are pro-rated and are valid for 1 (one) year from date of issue. No administration fee charged for credits.

**Membership Refund Policy:**

Refunds are only granted due to medical reasons (with a doctor's note) or relocation. Any money paid up front at time of purchase is not refundable. (ex: first and last month payment paid at time of purchase) All Refunds are subject to a \$20.00 administration fee.

**Weight/Cardio Room Restrictions:**

Ages 14-16 years, who purchase a membership must participate in an orientation before using the weight room.

**Transfer Requests:**

Class transfers must occur prior to the 3rd class and will be based on class availability. After the 3rd class, transfers will only be allowed at a Program Coordinator's discretion.

**Fee Assistance:**

The Town of Ingersoll is committed to providing subsidy to Ingersoll residents who cannot afford to pay for programs that we directly offer. For more information please contact Bonnie Ward at 519-425-1181.

## Parks and Recreation Department Administration

Offices located at Victoria Park Community Centre  
355 Wellington Street, Ingersoll, Ontario N5C 1T2  
Phone: 519-425-1181 Fax: 519-425-4151  
Email: [vpcc@ingersoll.ca](mailto:vpcc@ingersoll.ca)



**Victoria Park Community Centre Building Hours**

Mon-Thurs	6:00 am - 9:00 pm
Fri	6:00 am - 8:30 pm
Saturday	8:00 am - 4:00 pm
Sunday	9:00 am - 3:00 pm

**Arena Office Hours - 519-485-5023**

Mon-Fri	8:30 am - 4:00 pm
Closed daily	12:00 pm - 1:00 pm

**Holiday Closures - All Buildings**

Canada Day	Thursday July 1st
Civic Day	Monday August 2nd
Labour Day	Monday September 6th

**HST NOTICE**

Even though the HST doesn't come into effect until July 1st the Town of Ingersoll is obligated to collect the HST as of May 1st for all programs/memberships that start on or after July 1st. For customers who register before July 1st into a program/membership that extends past July 1st (you will not be charged the full HST amount upon registration). On July 1st, a utility upgrade will be performed to our computers which will then automatically apply the remaining unpaid portion of the HST ( 8%) owing onto your account. We thank you for your cooperation.

**Day Camp Cancellation Policy:** Refunds requested by the Wednesday prior to the registered week will be granted but subjected to a \$20.00 fee. Any camp withdrawal requested after Wednesday will be granted a credit only. A Request for Credit /Refund will not be granted if the week in question is completed. A refund is not applicable for cancellation of a Daily Camp registration but can be substituted for a different day upon availability.

# Victoria Park Community Centre Fitness Memberships

It's easy to get involved; you choose the membership option that suits you and your family!!!

**HST NOTICE:** Even though the HST doesn't come into effect until July 1st the Town of Ingersoll is obligated to collect the HST as of May 1st for all memberships which extend past July 1st. For customers who purchase a membership before July 1st you will not be charged the full HST amount upon registration. On July 1st, a utility upgrade will be performed to our computers which will then automatically apply the remaining unpaid portion of the HST (8%) owing onto your account. We thank you for your cooperation.

Corporate Rates available for membership. Please ask at front desk for more details or call 425-1181 for more information.

## AQUATIC FAMILY SWIM MEMBERSHIP

Membership is for two family members residing in the same household and is not for extended family members.

Members can use the following:

Unlimited Weight/Cardio Room (ages 14+) with orientation to weight room

Unlimited Aquafit and Fitness Classes (excluding any specialty fitness classes)

Unlimited Squash/Wallyball (ages 8+) All recreational swims/skates

**BONUS: 4 free Red Cross swims programs per child (max. 4 children per family) (must be used before yearly membership expires)**

**FAMILY MEMBERSHIPS ONLY \$710<sup>00</sup> Annually**

## FAMILY FITNESS MEMBERSHIP

Membership is for four family members residing in the same household and is not for extended family members.

(2 adults + 2 students)

(students must be 14-25 yrs old with current school I.D.)

Members can use the following:

Unlimited Weight/Cardio Room (ages 14+) with orientation to weight room

Unlimited Aquafit and Fitness Classes (ages 14+)

Unlimited Squash/Wallyball (ages 8+)

All recreational swims/skates

**3 month Family Fitness Membership for ONLY \$177.60**

## ALL INCLUSIVE MEMBERSHIP

Unlimited Access to Weight Room  
Unlimited Aquafit & Fitness Classes  
Squash/Wallyball  
All Recreational swims

**Bonus: Buy a year all inclusive membership and receive 6 personal training sessions and a fitness assessment**

### OPTIONS

Student 14 - 25 years  
(full time student with current ID)

Senior 60+ years

Adult 18+ years

Couple (two individuals from the same family and address)

### DURATION/RATES

	1 month	3 months	Yearly
Student 14 - 25 years	\$44.85	\$116.90	\$360.45
Senior 60+ years	\$44.85	\$116.90	\$360.45
Adult 18+ years	\$59.00	\$154.00	\$473.95
Couple	\$117.85	\$277.70	\$860.50

### OPTIONS

Senior 60+ years  
Student 14 - 25 years  
Adult  
Couple

Senior 60+ years  
Student 14 - 25 years  
Adult  
Couple

Senior 60+ years  
Student 14 - 25 years  
Adult  
Couple

20 passes

10 passes

10 passes

### DURATION/RATES

	1 month	3 months	Yearly
Senior 60+ years	\$38.20	\$ 99.45	\$304.70
Student 14 - 25 years	\$38.20	\$ 99.45	\$304.70
Adult	\$49.25	\$128.90	\$399.75
Couple	\$87.20	\$177.60	\$710.30
Senior 60+ years	\$38.20	\$ 99.45	\$304.70
Student 14 - 25 years	\$38.20	\$ 99.45	\$304.70
Adult	\$49.25	\$128.90	\$399.75
Couple	\$87.20	\$177.60	\$710.30
20 passes	Adult - \$52.00	Senior - \$46.00	
10 passes	Student - \$46.00	Youth - \$36.00	
10 passes		\$63.00	
		\$32.40	

### WEIGHT/CARDIO ROOM MEMBERSHIP

\* Unlimited use of Weight/Cardio Room  
\* Orientation to Weight Room  
\* Recreational Swims

### SQUASH MEMBERSHIPS

\* Members enjoy 3 days advance booking by phone, unlimited play  
Recreational swims included

### AQUAFIT & FITNESS CLASSES MEMBERSHIPS

\* Enjoy unlimited use of any aquatic/aerobics class.  
Does not include specialty fitness classes such as yoga, pilates, etc. Recreational swims included

### SWIM ONLY

WEIGHT ROOM/SQUASH PASSES  
W'BALL

### Activity Card Fees Gift Certificates also available

Babysitting Card (14x)	\$38.35	W'Ball Card (10x)	\$32.40	Squash Card (10x)	\$63.00
Babysitting Card (21x)	\$55.75	Adult Swim Card (20x)	\$52.00	Youth Swim Card (20x)	\$36.00
Day Pass Card (10x)	\$63.00	Senior Swim Card (20x)	\$46.00	Aquafit/Aerobic Card (10x)	\$48.60

\*Weight/Cardio Room restrictions: ages 14-16 yrs must purchase a membership & participate in an orientation before admission.

### Membership Refund Policy:

Refunds are only granted due to medical reasons (with a doctor's note) or relocation. Any money paid up front at time of purchase is not refundable. (ex: first and last month payment paid at time of purchase) All Refunds are subject to a \$20.00 administration fee.



# Town of INGERSOLL

## Parks and Recreation Department

### 2010 Summer Programs

Registration information and Procedures listed on page 24

## Child Minding Service at the VPCC - June 28th through September 10th

### 3 months to 10 years

Drop in service for parents using the Victoria Park Community Centre (facility or program). Space is limited and service is on a first come, first served basis.

**Fee:** \$2.95/child/visit  
**Maximum stay:** 2 hours  
**Hours:** Monday, Wednesday, Friday  
 8:45-11:00 am

**Pay-per-use cards:** 14 visits/\$38.35, 21 visits/\$55.75 all tax incl.

## Flick and Dip (drop in program)

### Ages 7-12

Join us Friday nights for a "movie and a swim". All movies are geared for children. Then it is off to the pool for a cool "dip". Treats and drinks will be available during the movie segment to purchase. Parents wishing to join their children during the community swim may do so for the regular swim rate. Swim height restrictions apply.

**Location:** Victoria Park Community Centre  
**Time:** 6:00-8:30 pm  
**Fee:** \$5.00/person/night

**Dates:** July 9, 16, 23  
 August 6, 13, 20, 27  
 (no program on July 2 or 30 and September 3)

# Youth Programs

## Aikido for Kids

### Ages 13+

Aikido unites the elements of self-defense, physical fitness and a non-violent philosophy into a modern martial art. The emphasis is on harmonizing, neutralizing, and redirecting offensive force to your advantage.

**Location:** Ingersoll Arena  
**Dates:** July 7, 14, 21, 28 August 4, 11, 18, 25  
**Time:** 6:00-7:00 pm  
**Fee:** \$34.15/8 classes

## Home Alone Workshop

### Ages 10-13 years

Parents! Give yourself and your child some personal comfort when they will be home alone. Handling emergencies, problem solving, strangers, dealing with boredom, personal feelings and internet safety are just some of the topics. Guest speakers.

**Location:** Victoria Park Community Centre  
**Dates:** Wednesday June 30  
**Time:** 5:00-9:00 pm  
**Fee:** \$17.00/4 hour course

## Canadian Red Cross Babysitting Course

### Ages 11-14 years

This is a certified course in babysitting and child care skills. Bring a lunch and a medium sized doll or teddy bear for diapering practice. Wear comfortable clothing and bring a sweater or sweatshirt.

**Location:** Victoria Park Community Centre  
**Dates:** Wednesday June 30  
**Time:** 8:30 am - 4:00 pm  
**Fee:** \$32.95 (includes manual and a snack)

# Adult Programs

## Yoga with Movement

### Ages 14+

This yoga class, following current safety standards in exercise science, will practice Asanas (postures) which will help you gain strength, endurance, increase flexibility, improve posture, release stress and tension and also help steady the mind through Pranayama (breathing).

**Location:** Victoria Park Community Centre  
**Dates:** Tuesday, July 6, 13, 20, 27 or August 10, 17, 24, 31  
**Time:** 5:45-6:45pm  
**Fee:** \$20.25/4 classes  
**Instructor:** Carolyne Yeoman

## Aikido for Adults

### Ages 13+

Aikido unites the elements of self-defense, physical fitness and non-violent philosophy into a modern martial art. The emphasis is on harmonizing, neutralizing and redirecting offensive force to your advantage. The class curriculum follows the international Yoshinkan Aikido Federation syllabus and is taught by registered Yoshinkan Aikido instructors.

**Location:** Ingersoll Arena Auditorium  
**Dates:** Wednesdays, July 7, 14, 21, 28, August 4, 11, 18, 25  
**Time:** 7:00-8:00 pm  
**Fee:** \$40.50/8 classes

## Extreme Green Circuit Training

### Ages 14+

Sign up for this athletic based co-ed circuit training, boot camp style class. One of our personal trainers will help to motivate you one step at a time and guide you to become stronger, energized and physically empowered. Training will be held outside unless there is a risk of severe weather.

**Location:** Victoria Park Community Centre  
**Dates:** Thursdays, July 8, 15, 22, 29 or August 5, 12, 19, 26  
**Time:** 6:00-7:00pm  
**OR**  
**Dates:** Saturdays, July 10, 17, 24, 31 or August 7, 14, 21, 28  
**Time:** 9:00-10:00 am  
**Fee:** \$20.25/4 classes  
**Instructor:** Pauline White

## Salsa Dancing

### Ages 14+ Co-ed

Learn smooth, cool Latin moves! An excellent cardio dance class for the individual who wants to experience a fantastic abdominal and leg work out. Enjoy the music as well!

**Location:** Victoria Park Community Centre  
**Date:** Mondays, July 5, 12, 19, 26, August 9, 16, 23  
**Time:** 5:30-6:30pm or 6:30-7:30 pm  
**Fee:** \$35.45/7 classes  
**Instructor:** Kathy Reddecop

## Pilates

### Ages 14+

Increase your flexibility while invigorating your mind and elevating your spirit. Our pilates classes are designed to offer our clients a series of progressive exercises to strengthen your core abdominal muscles, lower back and buttocks. All levels welcome.

**Location:** Victoria Park Community Centre  
**Dates:** Tuesdays, July 6, 13, 20, 27 or August 10, 17, 24, 30  
**Time:** 8:00-9:00 pm  
**Fee:** \$20.25/4 classes  
**Instructor:** Pauline

## Summer Drop-In Fitness Classes

June 28 to September 4, 2010

\$5.40 per class or with the appropriate membership

### Monday - "Super Step" 9:30-10:30 am

Super stepping and more stepping! An intense cardio workout combined with resistance training.

### Tuesday - "Muscle Madness" 7:00-8:00 pm

Join in with this easy to follow, low impact, cardio and muscle defining class.

### Wednesday - "Body Tone" 9:30-10:30 am

This non-cardio action packed class uses all the major muscle groups for an intense strength training class.

### Thursday - "Cardio Box" 7:00-8:00 pm

This athletic based class uses boxing type movements such as punches and kicks within the cardio component of the class to enhance cardio conditioning. Muscle strength exercises will be included to train the upper body.

### Friday - "Core, Floor and More" 9:30-10:30 am

A mixture of Step and low impact cardio combined with resistance training emphasizing the core muscles of the chest, back and abs.

# Fitness

## Fitness Services

### Canadian Physical Activity Fitness and Lifestyle Appraisal (CPAFLA)

**Ages 14+**

A certified Personal Trainer (CSEP-CPT) will evaluate your body composition. We will then help you set personal goals, based on your current health and fitness level, and show you how to reach those goals by making physical activity a part of a well rounded lifestyle.

**Members:** Free with all-inclusive yearly membership  
**Non-members:** \$26.90

### General Fitness Orientation - Ages 14+

We offer 30-minute orientation sessions to all new members. This allows you to ask questions you may have and to become comfortable with your new surroundings. This feature is available with the "Combo Membership" Package.

### Personal Training - (land or pool)

**Ages 14+**

Personal Training provides many benefits for all levels of trainees from beginner to advanced. One of our Certified Personal Trainers will design a program suited to your desired goals and needs and help you achieve faster results and perform at your optimal best. Personal training will benefit anyone looking to:

- Lose weight and inches
- Increase lean muscle mass
- Increase energy and confidence
- Improve cardiovascular fitness
- Increase motivation, add variety
- Sports-specific training
- Improve mobility, rehabilitation

Personal Training is available with the "All Inclusive Membership Package" OR "Personal Training Starter Package"

**Fee:** \$80.75/member \$121.60/non-member  
**Includes:** Fitness assessment  
 2 - one-hour training sessions

#### Additional Personal Training Sessions:

2 - one-hour sessions: \$53.80/member \$80.75/non-member  
 10 - one-hour sessions: \$242.15/member \$363.75/non-member

#### Semi-Private Personal Training Package

Looking for a cost effective way to reap the benefits of personal training? Share a training session with your spouse or a friend and save!

1 - one-hour session: \$48.45/for two members \$73.20/non-member

Appointments for all Personal Training sessions and Fitness Services are booked through Chrislyn Dykxhoorn at 519-425-1181.

## Weight/Cardio Room

**Ages 14+**

We have a full size, fully equipped weight/cardio room. One of our Certified Personal Trainers can help you with all of your fitness needs and questions. The weight/cardio room is a relaxed and comfortable environment which makes it inviting for people of all fitness levels from beginner to advanced. So what are you waiting for, come on in and feel stronger, healthier, and revitalized.

### Fitness equipment available:

#### Cardio:

Treadmills, cross trainers, steppers, recumbent bikes, upright bikes, rowers, and fitness cinema.

#### Resistance:

Various Paramount and Maxi Cam strength training machines, Nautilus multi-station, cable-crossover machine, smith machine, power rack, various free weights and much more!

#### Hours of Operation:

Monday - Thursday	6:00am - 9:00pm
Friday	6:00am - 8:30pm
Saturday	8:00am - 4:00pm
Sunday	9:00am - 3:00 pm

**Day pass fee:** \$7.00 (includes weights, cardio room, and recreational swim)

## Fitness Squash/Wally ball

**Ages 14+ Co-ed**

Court hours and booking information:

**Location:** Victoria Park Community Centre  
**Date:** Monday – Friday 6:15am-8:30pm  
 Saturday 8:00am-4:00pm  
 Sunday 9:00am-3:00pm

#### Squash Fees:

**Members:** Must have the appropriate membership  
**Non-member:** \$7.00 per person (max. 2 people per court)

#### Wally ball Fees:

**Members:** Must have the appropriate membership  
**Non-member:** \$3.60 per person (max. 6 people per court)

\* Court availability may be limited due to the block booking of special events/groups.

\* Members may book over the phone and reserve a court up to one week in advance on a first come, first served basis

\* Non-members may reserve a court with full payment.

#### Equipment:

Balls are available for purchase only. Eye protection is mandatory at all times to avoid eye injury. Eye glasses are NOT CONSIDERED PROPER EYE PROTECTION.

Squash is available to clients aged 7 years or older without parental supervision. Children 4-6 years must be playing with an individual 14 plus years. Our courts are available for 45 minute bookings. Only one squash court may be booked at any one time.

**All refund and credits must be requested before the last day of the program.**

# Calling Campers!

## Mini Camp Ages 3-5 years

\*1:8 staff to camper ratio. \*afternoon story and rest time.

## Junior Camp Ages 6-8 years

\*1:8 staff to camper ratio.

## Senior Camp Ages 9-12 years

\*1:10 staff to camper ratio. \*Out trips to Fusion Youth Centre

### Camp Times - 7:30 am - 5:30 pm

Children have the opportunity to be dropped off at day camp in a supervised setting any time after 7:30 am for no additional cost. Our regular camp day will start at 8:30 am until 5:00 pm. Post camp supervision will be until 5:30 pm. **All children must be picked up by 5:30pm or late fees will be added to the child's account, at a cost of \$1.00/minute, and must be paid before the child can return to camp.**

### What's happening each week - Day Camp Master Schedule

#### Week #1 (July 12-16) **In the Kitchen**

Each day, have fun with food! Taste yummy, healthy treats, interesting new foods and create an easy healthy meal or snack that you can prepare for yourself and family. Kitchen safety will also be explored. all recipes, games and activities are food allergy freindly. Day camp and food...a great combination!

**Pizza Friday!**

#### Week #2 (July 19-23) **Medieval Madness**

Come and experience the past through castles, dragons, kings and queens with a trip to Dundurn Castle in Hamilton. Let your imagination take you back in time. Trip day is Thursday July 22nd.

**Trip Week!**

#### Week #3 (July 26-30) **Move It and Groove It**

Tennis, soccer, baseball, basketball, water and cooperative games are just some of the activities and skills the campers will be learning over the week. Be prepared to be on the go all week and try something new. Like all camp activities, this week will be planned based on High Five principles so every camper will have fun and be able to participate no matter what their skill or interest level is.

**BBQ Cookout!**

#### Week #4 (August 3-6) **Camps Got Talent**

Can you do something unique and be entertaining? Ever wanted to be in a play or direct one? Come showcase your brilliant and maybe quirky talents as we gear up for a grand performance on Friday for your friends and family to watch.

**Pizza Friday!**

#### Week #5 (August 9-13) **Wet'n Wild**

Summer is not summer without a crazy water week! Learn about water safety and discover some very interesting activities our campers can do centered around this amazing natural resource. Extra towels and clothes are a must! Trip is to Bronte Creek Provoncial Park on Thursday August 12th.

**Trip Week!**

#### Week #6 (August 16-20) **A Bugzzz Life**

Come investigate the earthy world around you. Ever wonder what lives beneath the ground, in trees or under water? Our campers will be sure to discover natures amazing features.

**BBQ Cookout!**

#### Week #7 (August 23-27) **Memories and Magic**

Reflect back on a summer well spent with our camper friends! Play all your favourite games and activities.

**Pizza Week!**

### Camp Dates and Registration Details

- No camp Monday, August 2nd.
- Registration must be done in person in order to complete the necessary camp forms.
- Post dated cheques may be used for payment if you are registering for more than one week of camp, but must be dated the Monday prior to the week requested.
- All weekly camp registrations will only be accepted up to the Friday prior to the week requested. Daily registrations will only be accepted as of Friday prior to the week

requested. This is critical to finalizing the planning for upcoming weeks of camp. This includes assigning staff to ensure appropriate supervision ratios as well as confirming trip numbers and busing. Daily camp requests are subject to availability.

- Upon registration you will receive a day camp information package. This will help to answer all your camp questions.
- All day camp questions can be answered by Chrislyn Dykxhoorn, our day camp coordinator

### Summer Day Camp Program Fees

All fees must be paid at the time of registration.

**Weekly  
Daily  
Daily Day Trips**

First Child  
\$110.25  
\$35  
\$48

Additional Child  
\$89.60  
\$33  
\$46



# Annual CIB Street Beautification Challenge

**Challenge your neighborhood  
to make their gardens  
spectacular this year and you  
and your street could win a  
Street BBQ!!**

Minimum of 4 homes on your street are needed to participate

**Entries close Sunday July 4th, 2010  
Judging to take place the week of  
July 11th, 2010**

To enter call V.P.C.C. at 519-425-1181 and  
pick up your participant sign

sponsored in  
part by



**2009 Street Challenge Winners**  
Meadowbrook Heights - 275 George Street



Mark this date on your calendar  
and join us for a spectacular

# Evening Under the Stars!

Ingersoll Communities in Bloom Presents

## Dinner/Dance Under the Stars

### Saturday, June 19, 2010

6:00 pm to 12:00 am

Yvonne Holmes Mott Memorial Park

\$40.00 per person

6:00 pm Social • 7:00 pm Dinner

Live band - Mooven, Groovin &  
Verhooven

**Dinner/Dance runs Rain or Shine**

Tickets available at Victoria Park  
Community Centre,  
Ingersoll Town Offices & Lesser Brother  
Jewellers.

For more information please call  
519-425-1181 or visit [www.ingersoll.ca](http://www.ingersoll.ca)

# Yvonne Holmes Mott

Memorial Park Community  
Floral Gardens

The Ingersoll Communities in Bloom Committee is working in partnership with the Town of Ingersoll in making landscape improvements in Memorial Park (Yvonne Holmes Mott Memorial Park)

If your Community Group or Service Club is interested in planting a floral garden this year, please contact Bonnie Ward at 519-425-1181



## Town Beautiful Awards

If you have, or know someone with a beautiful garden, we invite you to enter that Garden or feature for a “Communities in Bloom Town Beautiful Award”

*Garden entries may be from any “one” of the following categories:*

- Best “New” Landscape (1 1/2 years)
- Best Backyard Garden
- Best Annuals and Perennials
- Best Front Yard Garden

To enter, fill out the ballot below and drop off at V.P.C.C. and pick up your participant sign

*Entries close Sunday July 4, 2010 • Judging to take place the week of July 11, 2010*

### Entry Ballot

Garden owner: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone #: \_\_\_\_\_

I am entering this garden for the following award:

- Best “New” Landscape
- Best Annuals and Perennials
- Best Front Yard Garden
- Best Backyard Garden

# Recreational Swim Schedule

## July 5 - September 5, 2010



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Length Swim 14+ years</b>	6:35-8:45 am Noon-1:00 pm	6:35-8:45 am Noon-1:00 pm 8:00-9:00 pm	6:35-8:45 am Noon-1:00 pm	6:35-8:45 am Noon-1:00 pm 8:00-9:00 pm	6:35-8:45 am Noon-1:00 pm	Noon-1:00 pm	
<b>Adult Rec 18+ years</b>	8:00-9:00 pm		8:00-9:00 pm				12:30-1:30 pm
<b>Family</b>					6:00-7:00 pm	1:30-2:30 pm	
<b>Community</b>	1:30-3:00 pm	1:30-3:00 pm 7:00-8:00 pm	1:30-3:00 pm 6:00-7:00 pm	1:30-3:00 pm 7:00-8:00 pm	1:30-3:00 pm 7:15-8:30 pm	2:45-4:00 pm	1:30-3:00 pm
<b>Shallow Water Aquafit</b>	8:45-9:45 am 7:00-8:00 pm		8:45-9:45 am 7:00-8:00 pm		8:45-9:45 am		
<b>Joint Together</b>		8:45-9:45 am		8:45-9:45 am			

**Pool will be closed Monday August 2nd and Monday September 6th, 2010.**

<b>Length Swim:</b>	Open to swimmers 14+ years (Length Swim Only)	<b>Community:</b>	General public may swim as an individual or group (height restrictions apply)
<b>Adult Rec:</b>	Swimmers 18+ years - 1/2 pool lanes, 1/2 pool open)	<b>Family:</b>	Children swimming with adults/guardian (height restrictions apply))

**Tim Hortons Free Swims**

Tim Hortons will be sponsoring Free Community Swims Wednesdays, July 7, 14, 21, 28, August 4, 11, 18, 25 6:00-7:00pm

Admission rates:				Activity Card Fees					
Youth (3-12)	\$2.30	Day Pass	\$7.00	Aquafit/Aerobic Class	\$5.40	Babysitting Card (14x)	\$38.35	W'Ball Card (10x)	\$32.40
Adult (18-59)	\$3.10	Senior/Student	\$2.80	W'ball (per person)	\$3.60	Babysitting Card (21x)	\$55.75	Adult Swim Card (20x)	\$52.00
Family Swim	\$7.50	Kids 2 and under	FREE	Squash Court (per person)	\$7.00	Day Pass Card (10x)	\$63.00	Senior Swim Card (20x)	\$46.00
						Squash Card (10x)	\$63.00	Youth Swim Card (20x)	\$36.00
						Aquafit/Aerobic Card (10x)	\$48.60		

**Gift Certificates also available**

**Height Restriction applies to all swims!** For your child's safety – Children under 1.2 metres (3'11") in height must be accompanied by an adult 16 years or older. Maximum 2 children under 1.2 metres per adult.

**Swim Accessories**

- Goggles
- Nose Clips
- Swim Diapers
- Bathing Caps
- Ear Plugs

These items may be purchased at the front desk.  
ALL SALES FINAL - NO REFUND OR EXCHANGE

**Help keep our pool open – Diaper aged children must wear swim diapers. Individual swim diapers may be purchased at the front desk.**



# Summer Swim Lesson Schedule

## Red Cross Preschool

Dear Parents/Guardians,

ENROLLING SWIMMERS INTO THE NEW PROGRAM - Placement in Red Cross Swim Program depends on many variables including age, skill proficiency, previous experience and readiness. Please use the following as a guide when registering your child. If you have any questions, please contact Kim McCrystal (Aquatic Manager) at 519-425-1181.

### Preschool Program Registration Guide (6 months - 5 years)

Participant Requirements	Enroll in Level
6 months of age or older - Participating with a parent or caregiver.	Preschool - <b>Starfish</b>
18 - 30 months - Participating with a parent or caregiver.	Preschool - <b>Duck</b>
30 months - 3 years - Begin session with the parent or caregiver and gradually separate.	Preschool - <b>Sea Turtle</b>
3 - 5 years - Just starting out, previous lessons not necessary. Child in pool with instructor only.	Preschool - <b>Tadpole</b>
3 - 5 years - Can do an assisted front and back float, will put face in water. Is comfortable moving in shallow water. Child is in pool with instructor only.	Preschool - <b>Salamander</b>
3 - 5 years - Can comfortably hold a front and back float for 3 seconds and glide unassisted. Child is in pool with instructor only.	Preschool - <b>Sunfish</b>
4 - 5 years - Can float and glide in deep water for 5 seconds, jump into deep water, surface, support for 5 seconds and swim 5 meters. Child is in pool with instructor only.	Preschool - <b>Crocodile/Whale</b>

## Learn to Swim Program - Red Cross Preschool

(6 months - 5 years) 7 level program taking child from water orientation to independent swimming.

Level	Monday evenings	Monday - Friday	Tuesday and Thursday evenings	Saturdays
<b>Starfish</b>			6:00-6:30 pm	
<b>Duck</b>	6:30-7:00 pm		6:30-7:00 pm	
<b>Sea Turtle</b>		11:30 am-12:00 noon	6:00-6:30 pm	
<b>Tadpole</b>	5:00-5:30 pm	10:00-10:30 am	5:30-6:00 pm	9:00-9:30 am
<b>Salamander</b>	6:00-6:30 pm	10:30-11:00 am	5:00-5:30 pm	10:00-10:30 am
<b>Sunfish</b>	5:00-5:30 pm	10:00-10:30 am	6:30-7:00 pm	10:45-11:15 am
<b>Crocodile/Whale</b>	5:30-6:00 pm 6:30-7:00pm	11:30 am-12:00 noon	5:30-6:00 pm	10:00-10:30 am

<b>Monday PM, July 5 - Aug 23</b> (no class August 2)	\$37.50		
<b>Monday - Friday AM, July 5-16, July 19-30, August 16-27</b>	\$53.60	<b>Tuesday and Thursday PM, July 6-29 or August 3-26</b>	\$42.90
<b>Monday - Friday AM, August 3-13</b> (no class August 2)	\$48.25	<b>Saturday July 10-28</b>	\$42.90

# Summer Swim Schedule

## Red Cross Swim Kids



### Swim Kids Program Registration Guide (6 - 12 years)

Participant - If you can....	Enroll in Level
6 - 12 years - Just starting out, learning how to float and glide, previous lessons not necessary.	<b>Level 1</b>
6 - 12 years - Can float and glide on front and back, swim 5 metres continuously.	<b>Level 2</b>
6 - 12 years - Deep water activities, glide on front and back with kick for 5 metres and swim 10 metres continuously.	<b>Level 3</b>
6 - 12 years - Can swim front crawl for 5 metres and swim 15 metres continuously.	<b>Level 4</b>
6 - 12 years - Can swim front crawl for 10 metres, swim on back for 10 metres and swim 25 metres continuously.	<b>Level 5</b>
6 - 12 years - Can swim front/back crawl for 15 metres, whip kick on back for 5 metres, kneeling dive and 50 metres continuous swim.	<b>Level 6</b>
6 - 12 years - Can swim front/back crawl for 25 metres, elementary backstroke for 15 metres and swim 150 metres continuously.	<b>Level 7</b>
6 - 12 years - Can swim front/back crawl for 50 metres, elementary backstroke for 25 metres, whip kick on front for 15 metres and swim 150 metres continuously.	<b>Level 8</b>
6 - 12 years - Can swim front/back crawl for 75 metres, elementary backstroke and breaststroke for 25 metres and swim 300 metres continuously.	<b>Level 9</b>
6 - 12 years - Can swim front/back crawl for 100 metres, elementary backstroke and breaststroke for 25 metres and swim 400 metres continuously.	<b>Level 10</b>

### Red Cross Ten Level Swimming and Water Safety Program

Level	Monday evenings	Monday - Friday	Tuesday and Thursday evenings	Saturdays
<b>Level 1</b>	5:30-6:00 pm	11:00-11:30 am	6:30-7:00 pm	9:30-10:00 am
<b>Level 2</b>	6:00-6:30 pm	10:30-11:00 am	6:00-6:30 pm	11:30 am-12:00 noon
<b>Level 3</b>	5:00-5:30 pm	11:00-11:30 am	5:00-5:30 pm	9:00 - 9:30 am
<b>Level 4</b>	5:30-6:15 pm	10:00-10:45 am	6:15-7:00 pm	10:45-11:30 am
<b>Level 5</b>	6:15-7:00 pm	10:45-11:30 am	5:30-6:15 pm	11.15-12:00 noon
<b>Level 6</b>	5:00-6:00 pm	11:00 am-12:00 noon	5:00-6:00 pm	10:45-11:45 am
<b>Level 7</b>	5:00-6:00 pm	10:00 -11:00 am	6:00-7:00 pm	9:30-10:30 am
<b>Level 8</b>	5:00-6:00 pm	10:00 -11:00 am	6:00-7:00 pm	9:30-10:30 am
<b>Level 9</b>	6:00-7:00 pm	11:00 am-12:00 noon		9:00-10:00 am
<b>Level 10</b>	6:00-7:00 pm	11:00 am-12:00 noon		9:00-10:00 am
<b>Learn to Swim for 12-16 years (same fee as levels 1-5)</b>		11:30 am-12:00 noon	5:00-5:30 pm	
<b>Stroke Improvement Drop in \$5.35 per class</b>	(must be level 5 or higher)		5:30-6:00 pm	
<b>Private Lessons</b>	\$14.70 per person, per class. Call Kim at 519-425-1181 to schedule			

Levels	1-5	6-10	Levels	1-5	6-10
<b>Mondays PM, July 5-August 23</b> (no class August 2)	\$37.50	\$44.95			
<b>Monday - Friday AM, July 5-16 or July 19-30, or August 16-27</b>	\$53.60 (per session)	\$64.20 (per session)	<b>Tuesday and Thursday PM, July 6-29 or August 3-26</b>	\$42.90	\$51.35
<b>Monday - Friday AM, August 3-13</b> (no class August 2)	\$48.25	\$57.80	<b>Saturday July 10-28</b>	\$42.90	\$51.35

### Adult Stroke Improvement

Improve your strokes with this drop in Adult Only Stroke Improvement class. Maximum of 6 patrons per night. Admission is on a first come first serve basis.

**Fee:** \$5.75 drop in only  
**Session:** July 5 - August 23, 2010  
**Time:** 8:15-8:45 pm

### Aqua Adult

A learn to swim/water safety program based on the needs of the adult.

**Fee:** \$46.10 per person  
**Session:** July 7 - August 25, 2010  
**Time:** 8:15-8:45 pm

# Aquatic Leadership Programs

## Bronze Star

**Recommended 12 years of age - Swim Kids**

**Fee:** \$59.00 (Lifesaving manual not included)  
**Session:** July 5-July 16, 2010 9:30-10:30 am

## Bronze Medallion Emergency First Aid CPR

**Prerequisite: 13 years of age**

**Fee:** \$131.85 (Lifesaving manual not included)  
**Session:** July 19-30, 2010 9:00-11:30am

## Bronze Cross Standard First Aid CPR

**Prerequisite: Current Bronze Medallion and 14 years of age**

**Fee:** \$131.85 (Lifesaving manual not included)  
**Session:** August 3-13, 2010 (no class August 2) 9:00-11:30am

## National Lifeguard School

**Prerequisite: 16 years of age, Current Bronze Cross Current Standard First Aid**

**Fee:** \$193.75 (manual not included)  
**Session:** August 16-20, 2010 9:00am-4:00pm

*Note: Leadership Certificates are current for two years from the date of issue.*

# Pool Party Packages Starting July 9th, 2010

## ALL PACKAGES COME WITH:

Packages are for 10 Guests  
 1 HOST/HOUSTESS CHIPS  
 1 CAKE (with plates, forks & napkins) 1 BALLOON  
 2 LITRES OF JUICE  
 10 FREE YOUTH SWIM PASSES PER PARTY

### PACKAGE A

**Day:** Saturday  
**Time:** 3:00-5:00 pm  
**#of Guests:** 1-10  
**Swim:** 3:00-4:00 pm  
 (with community)  
**Party Room:** 4:00-5:00 pm  
**Fee:** \$76.70  
 (Add pizza for \$18.00)

### PACKAGE B

**Day:** Saturday  
**Time:** 4:00-6:00 pm  
**#of Guests:** 1-10  
**Swim:** 4:00-5:00 pm  
 (semi-private)  
**Party Room:** 5:00-6:00 pm  
**Fee:** \$93.25  
 (Add pizza for \$18.00)

### PACKAGE C

**Day:** Friday  
**Time:** 5:00-8:30 pm  
**# of guests:** 1-10 (all guests must be 7-10 years)  
**Party room:** 5:00-6:00 pm  
**Movie:** 6:00-7:30 pm (with program)  
**Swim:** 7:30-8:30 pm (with community)  
**Special Items:** 1½ hour Flick'n'dip movie  
**Supper:** 2 large pepperoni pizzas included  
**Fee:** \$126.20

Add more guests for \$6.00/Guest up to a maximum of 20 guests in total!

2 Guests celebrating the same party - add \$10.00  
 Swim height restrictions apply on all packages

\*All parties must be booked in person at Victoria Park Community Centre

# Ingersoll's Splashpad

## In Victoria Park

The Splashpad will be open daily from  
**10:00 am to 9:00 pm**  
**June to September**

(Weather & Maintenance Permitting)

The Splashpad is designed for infants to children 12 years of age. The Splashpad features three play areas:

### Discovery Bay – Infants & Toddlers

A friendly and fascinating haven for infants and toddlers to explore their first water play experience.

### Adventure Bay

An exhilarating world of fun, exploration and non-stop thrills and spills!

### Action Bay

A high-energy play area – water fights, heavy flows of water and basically a good soaking.