Leadership and Training - Swimming Instructor Stream

Lifesaving Assistant Instructor Apprenticeship Program (Age 14 & Bronze Cross)
This is the first step to becoming a Swimming instructor and enables you to learn and assist qualified Swimming instructor in a swimming lesson. This course teaches you safety supervision during swimming lessons, the basic skills of leading in an aquatic environment, and how to assist during a swimming lessons. You will be teamed up with one of our AMAZING swim instructors and complete weekly assignments that allows you to work on your skills and apply learning to an actual swim environment.

Date: one night/day per week or one daily lesson session, 3 hour commitment, July 8-Aug. 31, 2019* dates subject to session you are registering for.
Fee: $100 (includes manual)

Lifesaving Swim Instructor Apprenticeship Program (must be 16 by end of apprenticeship to finalize certification, apprenticeship can begin as early as 15 years old)
This is the next step to becoming a certified Swimming Instructor. This program is also operated as an apprenticeship to ensure side-by-side learning and demonstration of instructional abilities over an entire swimming session. This course teaches you the finer points of being a Swimming Instructor including how to create lesson plans, evaluate swimmers, and teach engaging swim classes.

Date: one night/day per week or one daily lesson session, 3 hour commitment, July 8-Aug. 31, 2019* dates subject to session you are registering for.
Fee: $150 (includes manual)

Assistant Volunteers – (Prerequisites 14 years+, Bronze Cross, Standard First Aid, Assistant Certification)
Once you have your Lifesaving Assistant Certification you can volunteer for Ingersoll Aquatics during swimming lessons. Assistants are vital to our programming adding an extra layer of supervision to our swimming classes and invaluable experience that will assist you in becoming employed as a certified staff! Your volunteer hours COUNT! You can use them towards your high school volunteer credits AND towards lowering the cost of your future certifications taken through the Town of Ingersoll. Apply today!

Leadership and Training - Lifeguard Stream

Bronze Star (Age 12)
Prep for the Bronze Medallion that develops problem solving and decision making skills. This course continues the development of endurance and strength in swimming and rescue skills.
8 Sessions: August 12-22, 2019
Class is 5:45pm-7pm Fee: $74.00
Victoria Park Community Centre

Bronze Cross + Standard First Aid (must have completed Bronze Medallion and Emergency First Aid)
Bronze Cross defines the Assistant Lifeguard Status and is your first step to many opportunities in Aquatics! After Bronze cross you can become a Lifeguard. As well you can join the Assistant Swim Instructor Apprentice Program to start your career in teaching Swimming Lessons! This course continues to build on the knowledge, skills, judgment, and fitness levels needed to take on the role of safe supervision in an aquatic environment. Includes manual.

The Standard First Aid portion of this course will be offered THURSDAY JUNE 27 AND FRIDAY JUNE 28. If you sign up for THIS Bronze Cross then there is no extra fee for the Standard First Aid course.
Monday to Friday June 17-21, 2019
Class is 4PM-8PM Fee: $155.00
Victoria Park Community Centre
Town of Ingersoll – Community Services Department
Session 4 Course Schedule: July 8 – September 1, 2019
Ready to register? Call 519-425-1181 or visit VPCC at 355 Wellington St.

First Aid Lifesaving Society First Aid with CPR “C” & AED Training
Time: 9:00-5:00 Dates: Thursday June 27 and Friday June 28 Fee: $125.00 *includes manual*
Location: Victoria Park Community Centre

First Aid Lifesaving Society First Aid with CPR “C” & AED Training Recertification
Time: 9:00-5:00 Dates: Friday June 28, 2019 Fee: $85.00 *please bring manual*
Location: Victoria Park Community Centre

National Lifeguard (Age 16 by exam date & have Bronze Cross and Standard First Aid)
***Please make sure you are clear on the Standard First Aid certification. It is NOT Emergency First Aid that was earned in Bronze Medallion.
This course develops leaders in aquatics, enhances the skill of guarding the lives of swimmers in a pool and includes training fitness, rescue development for spotting non-swimmers, and preventing minor and major emergencies. Being a Lifeguard can guarantee you a job almost anywhere, anytime! Includes manual.
*Bronze Cross does not need to be current, Standard First Aid MUST be Current.
*Standard First Aid is NOT Emergency First Aid*
Time: 9:00am-6:00pm
Dates: July 2-July 6, 2019
Fee: $250.00
Location: Victoria Park Community Centre

National Lifeguard (Age 16 by exam date & Have Bronze Cross and Standard First Aid)
***Please make sure you are clear on the Standard First Aid certification. It is NOT Emergency First Aid that was earned in Bronze Medallion.
This course develops leaders in aquatics, enhances the skill of guarding the lives of swimmers in a pool and includes training fitness, rescue development for spotting non-swimmers, and preventing minor and major emergencies. Being a Lifeguard can guarantee you a job almost anywhere, anytime! Includes manual.
*Bronze Cross does not need to be current, Standard First Aid MUST be Current.
*Standard First Aid is NOT Emergency First Aid*
Time: 9:00am-6:00pm, Sat. August 10 8am-2pm. A SECOND EXAM WILL BE DONE ON SATURDAY AUGUST 31 FOR THOSE TURNING 16 BY AUGUST 31. You may sign up for this course if you will be 16 years old BY AUG 31.
Dates: AUGUST 6-10
Fee: $250.00
Location: Victoria Park Community Centre

National Lifeguard Recertification
Time: 9:00-3:00pm Dates: Saturday July 6, 2019
Fee: $56.00
Location: Victoria Park Community Centre

National Lifeguard Recertification
Time: 8am-2pm Dates: August 10, 2019
Fee: $56.00
Location: Victoria Park Community Centre

National Lifeguard Recertification
Time: 8am-2pm Dates: August 31, 2019
Fee: $56.00
Location: Victoria Park Community Centre

www.ingersoll.ca recmgmt@ingersoll.ca 519-425-1181 Ingersoll Community Services Dept.
### Aquatics - Swimming Lessons (Daily)

Daily lessons run Monday to Thursday for two weeks at a time. There are 3 sessions to choose from.

<table>
<thead>
<tr>
<th>Level</th>
<th>Monday to Thursday – Daily</th>
<th>Monday to Thursday – Daily</th>
<th>Monday To Thursday – Daily</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>July 8 - July 18</td>
<td>July 22 - Aug. 1</td>
<td>Aug. 12 - 22</td>
</tr>
<tr>
<td>Parent Tot 1/2</td>
<td>$50.00</td>
<td>$50.00</td>
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<tr>
<td></td>
<td>10:15 - 10:45</td>
<td>6:15 - 6:45</td>
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<tr>
<td>Parent Tot 3</td>
<td></td>
<td>10:15 - 10:45</td>
<td></td>
</tr>
<tr>
<td>Parent Tot 4</td>
<td>11:25 - 11:55</td>
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<td></td>
</tr>
<tr>
<td>Preschool 1</td>
<td>10:50 - 11:20 5:05 - 5:35</td>
<td>10:15 - 10:45 6:15 - 6:45* Combo with PS2 4:30 - 5:00* Combo with PS2</td>
<td>11:25 - 11:55</td>
</tr>
<tr>
<td>Preschool 2</td>
<td>10:15 - 10:45</td>
<td>10:50 - 11:20 5:05 - 5:35</td>
<td></td>
</tr>
<tr>
<td>Preschool 3</td>
<td>10:50 - 11:20 5:40 - 6:10</td>
<td>10:15 - 10:45* Combo with PS4 5:40 - 6:10</td>
<td>5:05 - 5:35</td>
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<tr>
<td>Preschool 4</td>
<td></td>
<td>4:30 - 5:00</td>
<td>10:50 - 11:20</td>
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<tr>
<td>Preschool 5</td>
<td></td>
<td>10:15 - 10:45</td>
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</tr>
<tr>
<td>Swimmer 1</td>
<td>10:15 - 10:45 4:30 - 5:00</td>
<td>10:50 - 11:20 5:05 - 5:35</td>
<td>11:25 - 11:55</td>
</tr>
<tr>
<td>Swimmer 3</td>
<td>5:40 - 6:10</td>
<td>11:25 - 11:55 4:30 - 5:00</td>
<td>10:50 - 11:20</td>
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</tbody>
</table>

**$54.00**

| Swimmer 4      | 11:30 - 12:15 6:15 - 7:00  |
| Swimmer 5/6    | 11:30 - 12:15 6:15 - 7:00  | 11:20 - 12:05 *ADDED       |

**$58.00**

| Rookie Patrol* | $58.00 |
| Ranger Patrol* | $58.00 |
| Star Patrol*   | $58.00 |
|                | $58.00 |

| All three levels are running together for one hour Aug. 12-22 |
| 6:00-7:00 |
| 6:00-7:00 |
| 6:00-7:00 |
| $74.00 |

| Bronze Star   |
| 5:45-7:00 |

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Town of Ingersoll – Community Services Department
Session 4 Course Schedule: July 8 – September 1, 2019
Ready to register? Call 519-425-1181 or visit VPCC at 355 Wellington St.

[Ingersoll Community Services]
**Aquatics - Swimming Lessons (Weekly)**

Weekly Lessons run weekly for the entire summer. Lessons run once per week.

**Monday session is July 8-Aug. 26** *no lessons on Monday August. 5 this is a 7 week session*

**Tuesday session is July 9-Aug. 27**

**Wednesday session is July 10-Aug. 28**

**Thursday session is July 11-Aug. 29**

**Saturday session is July 13-Aug. 31** *no lessons on Sat. Aug. 10 this is a 7 week session (lessons run as usual on Aug. 3).*

<table>
<thead>
<tr>
<th>Level</th>
<th>Monday Weekly Lessons</th>
<th>Tuesday Weekly Lessons</th>
<th>Wednesday Weekly Lessons</th>
<th>Thursday Weekly Lessons</th>
<th>Saturday Weekly Lessons</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>*7 lessons $43.75</td>
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<td>$50.00</td>
<td>$50.00</td>
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<tr>
<td>Parent Tot 1/2</td>
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<td>4:50-5:20</td>
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<tr>
<td>Parent Tot 4</td>
<td>4:15-4:45</td>
<td>5:25-5:55</td>
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<td></td>
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<tr>
<td>Preschool 1</td>
<td>5:25-5:55</td>
<td>4:15-4:45</td>
<td></td>
<td>9:05-9:35 PS1/2</td>
<td></td>
</tr>
<tr>
<td>Preschool 4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:40-10:10* Combo with PS5</td>
</tr>
<tr>
<td>Preschool 5</td>
<td></td>
<td></td>
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<td>4:15-4:45</td>
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<tr>
<td>Swimmer 1</td>
<td>5:25-5:55</td>
<td>4:50-5:20</td>
<td>6:00-6:30</td>
<td>10:15-10:45</td>
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</tr>
<tr>
<td>Swimmer 2</td>
<td>4:50-5:20</td>
<td>6:00-6:30</td>
<td>4:15-4:45* combo with S1</td>
<td>5:25-5:55</td>
<td>10:15-10:45</td>
</tr>
<tr>
<td>Swimmer 3</td>
<td>4:50-5:20* combo with S2</td>
<td></td>
<td>4:15-4:45</td>
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<td></td>
<td>$54.00</td>
<td>$54.00</td>
<td>$47.25</td>
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<tr>
<td>Swimmer 4</td>
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<td></td>
<td></td>
<td>10:50-11:35 Combined with Swimmer 5/6</td>
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<tr>
<td>Swimmer 5/6</td>
<td></td>
<td></td>
<td></td>
<td>10:50-11:35 Combined with Swimmer 4</td>
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<tr>
<td></td>
<td>$50.75</td>
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</tbody>
</table>

*Rookie*  
*Ranger*  
*Star*
Private Swimming Lessons  Please call 519-425-1181 to arrange day and time. 
Due to the increased demand for swimming lessons we are unable to block off specific times for private lessons in advance of a registration. Moving forward private lessons will need to be requested through, scheduled by, and the need assessed by the Aquatics Manager. Once registration and wait lists have been sorted we will know if there are spaces to slot in a private lesson. Private lessons will be reserved for patrons 5+ years old, who are struggling in our group program and/or children who have special needs that would be better accommodated in a private lesson. We regret that we may not be able to accommodate all requests. Private lessons fee for 8 weeks/8 lessons is $160.00.

Aquatics - Swimming Lessons

<table>
<thead>
<tr>
<th>Swim for Life Parent and tot Program (4 Months – 3 Years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 - 12 months: Participating with a parent or caregiver</td>
</tr>
<tr>
<td>13 - 24 months: Participating with a parent or caregiver</td>
</tr>
<tr>
<td>2 - 3 years: Participating with a parent or caregiver</td>
</tr>
<tr>
<td>2.5-3 years: Participants are with parent/caregiver for 3 weeks, then its participants only for the remainder of the session. MAX 3 CHILDREN PER CLASS.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Swim for Life Preschool Program (3-5 Years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 - 5 years: Just starting out, previous lessons not necessary. Child in pool with instructor only</td>
</tr>
<tr>
<td>3 - 5 years: Can get in and out, jump into chest deep water, float and glide on front and back assisted. Child is in the pool with instructor only</td>
</tr>
<tr>
<td>3 - 5 years: Can jump into chest deep water, submerge and exhale underwater, float on front and back for 3 sec. Child is in pool with instructor only.</td>
</tr>
<tr>
<td>4 - 5 years: Can jump into deep water, recover object from the bottom, float, glide and kick on front and back. Child is in pool with instructor only.</td>
</tr>
<tr>
<td>4 - 5 years: Can do front crawl, back crawl 5 m., tread water 10 sec., jump into deep water</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Swim for Life Swimmer (5+ Years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5+ years: Beginner just starting out. Learning to become comfortable in water</td>
</tr>
<tr>
<td>5+ years: Advanced beginner will learn to jump into deeper water, swim 10-15 meters</td>
</tr>
<tr>
<td>5+ years: Junior swimmers will learn to front/back swim 15 meters, whip kick, 30 sec surface support</td>
</tr>
<tr>
<td>5+ years: Intermediate swimmers will learn front/back crawl, whip kick, breaststroke arms, sprints</td>
</tr>
<tr>
<td>5+ years: Swimmers will master egg beater, dives, somersaults, sprints, interval training</td>
</tr>
<tr>
<td>5+ years: Advanced swimmers will be challenged on entries, kicks, develop strength and power in strokes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CANADIAN SWIM PATROL PROGRAM Rookie, Ranger, Star patrol is = to Swimmer 7, 8, 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWIM PATROL ROOKIE Advanced swimmers will develop all stroke efficiencies, begin sport skills and first aid skills</td>
</tr>
<tr>
<td>SWIM PATROL RANGER To develop better strokes over distance, tackle lifesaving skills, first aid skills</td>
</tr>
<tr>
<td>SWIM PATROL STAR 600 meter workouts, lifesaving skills, first aid skills</td>
</tr>
</tbody>
</table>
**Recreational Synchro!**

Back in Ingersoll Recreational Synchro! Join Deanna on Fridays for the summer and have some fun in the pool!

We have two times running:
July 12-August 30* No class August 9
10:15-11am or 11:00-11:45am.
Ages 6 -13 years.
**Must have completed Preschool 5 or Swimmer 2.
Cost is for 7 class *no class Friday August 9 $50.75.

This is a Synchro orientation program where children will learn basic synchro skills and increase existing swimming skills. This program is recreational and designed to develop skills and allow for group fun and interaction. The program helps children develop their physical fitness skills and flex their creativity muscle creating fun routines in the water. If you are looking for something fun for the kids to do on Friday mornings for the summer and a chance from regular swimming lessons, register for this!
Aquatics – Pool Schedule

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length Swim</td>
<td>6:00-8:00am</td>
<td>6:00-8:45am</td>
<td>6:00-8:00am</td>
<td>6:00-8:00am</td>
<td>6:00-8:00am</td>
<td>8:00-9:00am</td>
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<td>12:00-1:00 pm</td>
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<td>11:45-12:45pm</td>
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<tr>
<td>Open Swim</td>
<td>1:30-3:00 pm</td>
<td>1:30-3:00 pm</td>
<td>1:30-3:00 pm</td>
<td>1:30-3:00 pm</td>
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<td>7:00-8:00 pm</td>
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<td>6:00-8:00pm</td>
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</table>

Admission Standards are set by Provincial Regulations therefore there are no accommodations to the standards in place. Aquatic Safety is a many layer protection method that requires adult supervision to be the number one layer of defense against drownings. You are required to and responsible for the direct in-water, and in many cases within arm’s reach, supervision as required by the provincial standard. Please see our admission standard policy for further clarification and information so you are prepared before you come to an open Swim.

Length Swim - Open to ANY swimmers who are swimming lengths. Anyone under 14 must be accompanied by a parent/guardian. – Length swim only

Location: Victoria Park Community Centre
Fees: FREE Members, Non-Members: Kids 2 & Under FREE, Youth (3-12yrs) $3.50, Teen (13-17yrs) / Senior (60+yrs) $4.00, Adult $4.50, Family $10.00

Open Swim – Swim admission standards apply. Please note that if the pool is busy enough to have three lifeguards on deck guarding the pool NO SWIM TESTS WILL BE DONE as patron supervision supersedes deep end challenges.

Location: Victoria Park Community Centre
Fees: FREE Members, Non-Members: Kids 2 & Under FREE, Youth (3-12yrs) $3.50, Teen (13-17yrs) / Senior (60+yrs) $4.00, Adult $4.50, Family $10.00
Aquatics – Water Aerobics Schedule

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Shallow Water Aquafit</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
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<td></td>
<td>7:00-8:00pm</td>
<td>7:00-8:00pm</td>
<td>7:00-8:00pm</td>
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</tr>
<tr>
<td>Deep Water Aquafit</td>
<td>8:15-9:00am</td>
<td>8:15-9:00am</td>
<td>8:15-9:00am</td>
<td>8:15-9:00am</td>
<td>8:15-9:00am</td>
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<tr>
<td>Shallow Joint Together</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deep Water Walk and Run</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
<td>9:00-10:00am</td>
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<td>8:15-9:00am</td>
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</tbody>
</table>

**PLEASE NOTE** – Shallow Water and Joint Together classes: THE INSTRUCTOR will begin class at 9:10am, 7:10pm and end at 9:55/7:55pm. The pool is open to you for the entire hour, the Instructor will lead for 45 minutes of that hour.

**Fee: FREE Members / $8.00 Non-Member Adults, $7.00 Non-Member Seniors**

Shallow Water Aquafit
This program focuses on cardiovascular conditioning and muscular toning in the shallow end of the pool. This class allows you to go from weighted impact to mostly unweighted impact and requires you to focus and recruit core strength and stability to keep up!

Deep Water Aquafit
This class provides unweighted activity which is good for those that require less impact however it is still and excellent cardiovascular and muscular improvement class.

Shallow Joint Together
This is a low intensity aquatic program of motion, flexibility, cardiovascular conditioning, and balance.

Deep Water Walk and Run
This class will be a combination of easy joint work and high intensity training. Options will be offered to meet your needs. Either way, the class is an excellent aerobic & calorie burning workout. This class is offered in deep water.
### Fitness (Age 18+)

Fee: FREE Members / $8.00 Non-Member Adults, $7.00 Non-Member Seniors

Courses with ** are registered programs, additional fees may apply. Call 519-425-1181 for more information.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45-6:30am</td>
<td><strong>Indoor Cycle</strong> class</td>
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<td><strong>Indoor Cycle</strong> class</td>
<td><strong>Indoor Cycle</strong> class</td>
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<tr>
<td>6:30-7:15am</td>
<td><strong>Indoor Cycle</strong> class</td>
<td><strong>Indoor Cycle</strong> class</td>
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<td><strong>Indoor Cycle</strong> class</td>
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</tr>
<tr>
<td>8:30-9:15am</td>
<td>Low &amp; Tone</td>
<td>Low &amp; Tone</td>
<td><strong>Yoga Vinyasa</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30-10:30am</td>
<td>Super Step</td>
<td>Circuit Boot Camp</td>
<td>Interval Strong</td>
<td>Body Tone</td>
<td>Muscle Up</td>
</tr>
<tr>
<td>9:15-10:00am</td>
<td></td>
<td></td>
<td><strong>Indoor Cycle</strong> class</td>
<td></td>
<td><strong>Indoor Cycle</strong> class</td>
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<tr>
<td>10:00-10:45am</td>
<td></td>
<td></td>
<td><strong>Indoor Cycle</strong> class</td>
<td></td>
<td>Muscle Up</td>
</tr>
<tr>
<td>10:45-11:45am</td>
<td><strong>Stroller Boot</strong> Camp</td>
<td><strong>Zumba® Gold</strong></td>
<td><strong>Stroller Boot</strong> Camp</td>
<td></td>
<td><strong>Indoor Cycle</strong> class</td>
</tr>
<tr>
<td>12-12:30pm</td>
<td><strong>Indoor Cycle</strong> class</td>
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<td></td>
<td><strong>Indoor Cycle</strong> class</td>
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<tr>
<td>5:45-6:45pm</td>
<td><strong>Yoga</strong></td>
<td><strong>Gentle Yoga</strong></td>
<td><strong>Yoga</strong></td>
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<tr>
<td>6:00-6:30pm</td>
<td><strong>Indoor Cycle</strong> class</td>
<td></td>
<td><strong>Indoor Cycle</strong> class</td>
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<tr>
<td>7:00-8:00pm</td>
<td>Glute Lab</td>
<td>Muscle Up</td>
<td>Yogalates</td>
<td><strong>Indoor Cycle</strong> class</td>
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</tbody>
</table>
Super Step **No class August 5, 2019**
A traditional step class that is high intensity. Mondays, Class is 9:30-10:30am - Instructor: Shelley H

Yogalates
A unique combination of Yoga, Core Conditioning & Pilates created to enhance core stability, breathing control, flexibility & strength. Wednesdays, Class is 7:00-8:00pm - Instructor: Bernadette H

Circuit Boot Camp **no class August 5, 2019**
Circuit training offers a different combination each week and allows participants to work at their own pace. Tuesdays, Class is 9:30-10:30am - Instructor: Catherine G

Muscle Up
Muscle Up Tone and strengthen all major muscle groups with high reps in this full body workout. Tuesdays, Class is 7:00-8:00pm - Instructor: Janice M  
Fridays, Class is 9:30-10:30am – Instructor: Janice M  
Sunday, Class is 10:00-10:45am - Instructor: Tammy J.

Body Tone
A full body muscle conditioning class to strengthen and tone with functional exercises. Thursdays, Class is 9:30-10:30am - Instructor: Bernadette H

Low & Tone
A low impact non-jarring workout that includes cardio & muscle toning exercises to improve stamina, strength, flexibility and balance. A great class for participants who want a less intense class.  
Mondays, Class is 8:30-9:15am - Instructor: Shelley H  **No class August 5, 2019**  
Wednesdays, Class is 8:30-9:15am - Instructor: Shelley H

Interval Strong
This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. All muscle groups are targeted by engaging in dynamic and isometric movements. 
Wednesdays, Class is 9:30-10:30am - Instructor: Shelley H

NEW! Indoor Cycling  PRE REGISTRATION IS REQUIRED WITH EACH CLASS TO GUARANTEE A BIKE
Our indoor cycling class is a great cardio workout while also creating minimal impact on the joints. The class will go through a variety of interval drills such as sprinting and climbing. Participants can adjust the resistance on your bike to customize your work out towards achieving your personal goals.
Mondays, Class is 5:45-6:15am and 12-12:30pm **no class August 5, 2019**

<table>
<thead>
<tr>
<th>Classes offered:</th>
<th>sign up date</th>
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<tbody>
<tr>
<td>July 8- July 21</td>
<td>June 24th</td>
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<td>July 22-August 4</td>
<td>July 8th</td>
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<td>August 6- August18</td>
<td>July 22nd</td>
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<td>August 19 -September 1</td>
<td>August 6th</td>
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Glute Lab
A circuit class focusing on lower body specifically legs and glutes. Complete with a warm up and stretch. Mondays, Class is 7:00-8:00pm – Instructor: Shannon O
Registered Fitness Classes (Age 18+)

Stroller Boot Camp
This program is for moms wanting to get back into shape after the birth of their new baby. Come and run, jump, push, squat, & pull your body into a healthy, strong and fit version of your pre baby you!
Instructor: Shelley H
7 Sessions: Mondays, July 8 – August 26, 2019
Class is 10:45-11:45am Fee: $45.50
Victoria Park Community Centre - Fitness Studio/Outside (weather permitting)

Yoga,
Steady postures and breath control mixed with relaxation. Set the physical and mental foundation to tap into your fullest potential. All levels welcome. Bring your own mat to class.
Instructor: Amy W
7 Sessions: Mondays, July 8 – August 26, 2019
Class is 5:45-6:45pm Fee: $45.50
Victoria Park Community Centre - Fitness Studio

Gentle Yoga
Gentle flow class focuses on full body stretching, suited for all levels of your yoga experience. Bring your own mat to class.
Instructor: Bernadette H
8 Sessions: Wednesdays, July 10- August 28, 2019
Class is 5:45-6:45pm Fee: $52.00
Victoria Park Community Centre - Fitness Studio

Vinyasa Yoga
This is a class that takes you through a flowing, dynamic, seamless sequence of yoga poses linking breath with movement. Commonly referred to as “flow” yoga. The class offer a variety of postures and no two classes are ever alike.
Instructor: Bernadette H
8 Sessions: Thursdays, July 11 –August 29, 2019
Class is 8:30-9:15am Fee: $52.00
Victoria Park Community Centre - Fitness Studio

Zumba Gold®
Perfect for beginners and active older adults, who want to focus on muscle conditioning and lightweight activity/exercises that may help to prevent a reduction in muscle mass, strength and atrophy. Walk in ready to have a blast, tone up, and leave exhilarated and empowered!
Instructor Yoyi M
7 Sessions: Tuesdays July 9 to August 27, 2019
Class is 10:45-11:45am Fee: $45.50
*no class July 30th
Victoria Park Community Centre - Fitness Studio

Have you ever considered Personal Training?
Victoria Park provides certified staff to answer questions and provide assistance along with a complimentary 30 minute orientation of the weight room. We offer an initial assessment with one of our three skilled personal trainers. Trainers then develop a customized program that targets your fitness goals and schedule.
For more information see our flyer at the front or email our fitness coordinator at: catherine.geurten@ingersoll.ca
Kinder Gym-Tots (Age 2-3) with parents
This program is a theme-based movement class. A parent is to participate in this class to assist their child with themed based balance, coordination and strength activities.
Instructors: TBA
8 sessions: Saturdays, July 13 –August 31, 2019
Class is 9:30-10:00am OR 10:05-10:35am
Fee: $44.00
Victoria Park Community Centre- Fitness studio

Kinder Gym (Age 4-5) without parents
This program is a theme-based movement class. The class will help improve children’s balance, coordination, strength, flexibility while developing their physical literacy.
Instructors: TBA
8 sessions: Saturdays, July 13-August 31, 2019
Class is 10:45-11:30am
Fee: $44.00
Victoria Park Community Centre- Fitness studio

Programs - Adult

Adult Aikido (Age 14+)
Adult 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. This class introduces the basic skills of Aikido in a safe and fun manner, simple Japanese terminologies will be used in class to preserve the heritage of the art.
Instructor: Hiro I
7 Sessions: Monday July 8- August 26
Class is 7:00-8:30pm
Fee: $45.50 * no class August 5th
Ingersoll Arena Auditorium

Aikido Exercise Class (Age 14+)
The Aikido exercise class is designed for 18+ years to introduce and supplement coordination exercises for the Aikido class on Saturday. Focus is on hands and feet coordination exercises. Regular work out clothing and shoes are worn for this class. No martial art uniform is required.
Instructor: Hiro I
8 Sessions: Wednesdays, July 10-August 28, 2019
Class is 7:00-8:00pm
Fee: $52.00
Ingersoll Arena Auditorium

Summer Squash Ladder (Age 18+)
All Levels welcome! Minimum commitment of one game a week. A great way to meet other squash players! Register by July 3rd. Play begins July 8 and continues to September 1st. Members only. For more information contact catherine.geurten@ingersoll.ca.

Shuffle Board (Age 18+)
No experience required! Equipment included. Sign up for the season or pay a drop in fee. Tournaments TBA.
Session: Monday and/or Wednesdays, April 15 - August 21, 2019
Class is 1:00-4:00pm Fee: $56.50/season or $ 5.00 drop in/person ** seasonal fee will be prorated
Ingersoll District Memorial Arena – Summer Ice Floor
**Programs – Child & Youth**

**Baking Bonanza! (Ages 10-18)**
Have your cake and eat it too! Baking Bonanza is for anyone that wants to learn or already loves to bake. Look forward to baking cookies, cupcakes, muffins, and more!
Instructor: Tracy S  
8 Sessions: Thursdays, July 11, 2019 – August 29, 2019, Class time: 6:00 – 7:30 pm
Fee: $47.45  
Fusion Youth Centre - Kitchen

**Scrapbooking and DIY! (Ages 10-18)**
Try out this 8 week program and turn photos and memorabilia into fun scrapbooking albums with the use of Cricut makers and other fun tools! Youth will have the opportunity to bring in photos and other keepsakes and get creative with paper, vinyl, stickers and more. All materials included in program cost.
Instructor: Alisia H  
8 Sessions: Wednesdays, July 10, 2019 – August 28, 2019, Class is 7:00-8:30pm
Fee: $43.50  
Fusion Youth Centre – Art Room

**Karate-Beginner (Age 6-12)**
This course focuses on the basic physical benefits of Karate-Do along with valuable life skills. Sensei Jones teaches respect and discipline in a safe, energetic environment. The style of Karate-Do is Go Ju-Ryu.
Instructor: Bob J  
8 Sessions: Saturdays, July 13- August 31, 2019, Class is 10:30-11:00am  
Fee: $44.00
4 Sessions: Tuesdays, July 9, 16, August 16 and 13, Class is 6:00-6:30pm  
Fee: $22.00
Ingersoll Arena Auditorium

**Karate-Intermediate (Age 6-12)**
This course focuses on the basic physical benefits of Karate-Do along with valuable life skills to help them succeed. Sensei Jones teaches respect and discipline in a safe, energetic environment. The style of Karate-Do studied is Go Ju-Ryu.
Instructor: Bob J  
8 Sessions: Saturdays, July 13- August 31, 2019, Class is 11:00-12:00pm  
Fee: $44.00
4 Sessions: Tuesdays, July 9, 16, August 16 and 13, Class is 6:30-7:30pm  
Fee: $22.00
Ingersoll Arena Auditorium

**Capture, Create and Animate! (Age 10-18)**
Interested in photography, drawing & animation? Combine them all! Youth will have the opportunity to use cameras, photo editing software, & animation to create a unique portfolio of all their work that they can take home with them.
Instructor: James G  
8 Sessions: Tuesdays, July 9th, 2019 – August 27, 2019  
Class is 4:00-6:00pm  
Fee: $43.50  
Fusion Youth Centre - iMac Lab

**Individual Music Lessons (Ages 10-18)**
Sign up for individual music lessons on the guitar, bass guitar, keyboard, ukulele or percussion. (1/2 hour sessions)
Instructor: Tyler C  
8 Sessions: Tuesdays, July 9th – August 27th, 2019  
Fee: $43.50
Choose a class time: 2:30 - 3:00 pm, 3:00 - 3:30 pm, 3:30 - 4:00 pm, 6:00 - 6:30 pm, 6:30 - 7:00 pm, 7:00 - 7:30 pm, 7:30 - 8:00 pm, or 8:30 - 9:00 pm  
Fusion Youth Centre - Music Studio

8 Sessions: Wednesdays, July 10th – August 28th, 2019  
Fee: $43.50
Choose a class time: 3:00 - 3:30 pm, 3:30 - 4:00 pm, 6:00 - 6:30 pm, 6:30 - 7:00 pm, 7:00 - 7:30 pm, 7:30 - 8:00 pm, 8:00 - 8:30 pm, or 8:30 - 9:00 pm  
Fusion Youth Centre - Music Studio
Leadership and Training

Kid Proof Babysitting Training (Grades 5+)
This is a course covering babysitting and child care skills, safety/injury prevention, professional conduct as a babysitter. Bring a peanut free lunch & a teddy bear/doll for diapering practice. Updated First Aid content is covered.

**Dates to be announced

Kid Proof At Home Alone w First Aid (Grades 5-6)
This program will help you to understand why the setting of rules and following them is important for your safety when staying home on your own. Updated First Aid content will be covered.

**Dates to be announced

Kid Proof Stranger Smarts (Grades 3-5)
This course will include: Definition of a stranger, Kid and Parent Promise, Instinct, Intuition and Personal alarms, Protecting Safety Zone, Safe Places vs Safe Situations, tricks predators will use, and where to go for Help. Curriculum includes Personal safety, Relationships and Ethic & good citizenship.

**Dates to be announced

Programs - Camps

PA Days (Age 4 -12)
Children ages 4-12 years will participate in full day of activities which include, crafts, games, in and outdoor fun and a special activity. Ready to register? Please call VPCC at 519-425-1181.
Dates:
Friday, June 28, 2019 “Happy Summer Holidays” and a trip to Lake Liscar
Camp is 8:30-5:00pm Fee: $40.00 First Child / $35.00 Additional Child (ren)
Victoria Park Community Centre

Summer Day Camp (Age 4-12)
Our Summer Day Camp for ages 4-12 years of age offers a week of crafts, games, indoor and outdoor activities, swimming and special events. Ready to register? Please call VPCC at 519-425-1181.
Week 1 – July 8 – 12, 2019
Week 2 – July 15 – 19, 2019
Week 3 – July 22 – 26, 2019
Week 4 – July 29 – August 2, 2019
Week 5 – August 6 – 9, 2019
Week 6 – August 12 – 16, 2019
Week 7 – August 19 – 23, 2019
Camp is 8:30am-5:00pm. Pre and post camp extended care available for an additional fee.

Pick up our day camp flyer for weekly themes and complete details.
 Programs - Parties

Birthday Party - Art Attack (Ages 6-18)
The Art Attack Birthday Party includes art activity and 1 staff member, plus time in party room. Based on 10 participants, birthday cake, chips, and balloons included. To book a birthday party, please visit us at Fusion Youth Centre (121 Thames St N.) or call 519-485-4386. Saturdays, 1:00-3:00pm or 3:30-5:30pm at Fusion Youth Centre - Art Room

Birthday Party - Gaming Tournament (Ages 8-18)
The gaming tournament birthday party includes a gaming tournament for a group of children and 1 staff member, plus time in party room. Based on 10 participants, birthday cake, chips, and balloons included. To book a birthday party, please visit us at Fusion Youth Centre (121 Thames St N.) or call 519-485-4386. Saturdays, 1:00-3:00pm or 3:30-5:30pm at Fusion Youth Centre - Technology Centre

Birthday Party - Kids in the Kitchen (Ages 6-18)
The Kids in the Kitchen birthday party includes cooking activities and 1 staff member, plus time in party room. Based on 10 participants, birthday cake, chips, and balloons included. To book a birthday party, please visit us at Fusion Youth Centre (121 Thames St N.) or call 519-485-4386. Saturdays, 1:00-3:00pm or 3:30-5:30pm at Fusion Youth Centre - Kitchen

Birthday Party - Sports Stars! (Ages 6-18)
The Sports Stars Birthday Party includes sports activities in the gym and 1 staff member, plus time in party room. Based on 10 participants, birthday cake, chips, and balloons included. To book a birthday party, please visit us at Fusion Youth Centre (121 Thames St N.) or call 519-485-4386. Saturdays, 1:00-3:00pm or 3:30-5:30pm at Fusion Youth Centre - Facilities - Gym

Pool and Pizza Party (Ages 3-12)
Our party package is for up to 12 guests. Children will swim during our “open swim” the first hour then spend the second hour in our party room. Party package includes 1 host, chips, juice, birthday cake (complete with candles, plates, forks, napkins, cups), 2 large cheese or pepperoni pizza’s. POOL ADMISSION STANDARDS APPLY Saturday, 2:00-4:00pm or 3:00-5:00pm Victoria Park Community Centre-pool/meeting room

Zumba and Pizza Party (Ages 4-12)
Our party package is for up to 12 guests. The 1 hour Zumba dance party comes complete with a certified Zumba instructor with awesome music and light effects. Then spend the second hour in our party room. Party package includes 1 host, chips, juice, birthday cake (complete with candles, plates, forks, napkins, cups), and 1 birthday balloon, 2 large cheese or pepperoni pizza’s. Saturday, 2:00-4:00pm Victoria Park Community Centre- Fitness studio/meeting room

Group Games and Pizza Party (Ages 3-12)
Our Party package is for up to 12 guests. Playing small group games for the first hour (games are based on age). Scooter board hockey, parachute play, rubber chicken games are just a few examples. Then spend the second hour in our party room. Party package includes 1 host, chips, juice, birthday cake (complete with candles, plates, forks, napkins, cups) and 2 large cheese or pepperoni pizza’s. Saturday, 2:00-4:00pm or 3:00-5:00pm Victoria Park Community Centre-Fitness Studio/meeting room

www.ingersoll.ca recmgmt@ingersoll.ca 519-425-1181 Ingersoll Community Services Dept.