Town of Ingersoll – Community Services Department
Session 3 Course Schedule: May 13 – June 30, 2019
Ready to register? Call 519-425-1181 or visit VPCC at 355 Wellington St.

Programs – Preschool

Time for Tots (Age 2)
This class is without parents. Your child will create new friendships and explore their independence. Each week includes story, sharing time, crafts, music and play time, games and more. Program will include outside play (weather permitting) or gym time. Children are to bring a peanut free snack and a drink.

Instructors: Jen P and Rebecca M
7 Sessions: Tuesdays, May 14-June 25, 2019
Class is 9:00 - 11:30 am Fee: $91.00
Victoria Park Community Centre - Meeting Room

Instructors: Jen P and Rebecca M
7 Sessions: Thursdays, May 16-June 27, 2019
Class is 9:00 - 11:30 am Fee: $91.00
Victoria Park Community Centre - Meeting Room

Kinder Kids (Age 3)
In this recreational program your child will gain independence, self-confidence, discover their imagination and much more. Activities include crafts, reading, music, story and sharing time. The program will include outdoor play weather permitting. Children are to bring a peanut free snack and a drink. Supervision will be provided during bathroom breaks but children must be able to use the washroom independently.

Instructors: Jen P and Rebecca M
6 Sessions: Mondays, May 13-June 24, 2019
*no class May 20, 2019*
Class is 9:00 - 11:30 am Fee: $66.00
Victoria Park Community Centre - Meeting Room

Instructors: Jen P and Rebecca M
7 Sessions: Wednesdays, May 15-June 26, 2019,
Class is 9:00 - 11:30 am Fee: $77.00
Victoria Park Community Centre - Meeting Room

Kinder Prep (Age Children must be registered in school for fall 2019*) (Theme: Numbers and Colors)
Our recreational program combines learning in a fun environment that will help make your child’s transition to school a little easier. Children will enjoy educational activities and gym/playground time discovering fundamental movement skills to help their physicality. Children should bring running shoes, water bottle and a nut-free snack. Supervision will be provided during bathroom breaks but children must be able to use washroom independently.

Instructors: Jen P and Rebecca M
7 Sessions: Fridays, May 17-June 28, 2019
Class is 9:00 - 11:30 am Fee: $91.00
Victoria Park Community Centre - Meeting Room

Instructors: Jen P and Rebecca M
7 Sessions: Thursdays, May 16-June 27, 2019
Class is 12:30 pm – 3:00 pm Fee: $91.00
Victoria Park Community Centre - Meeting Room

Kinder Gym-Tots (Age 2-3)
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: Allie C. and Abby M.
7 sessions: Saturdays, May 18 –June 29, 2019
Class is 9:30-10:00am OR 10:05-10:35am Fee: $38.50
Victoria Park Community Centre- Multi Purpose Room – Small Half

Kinder Gym (Age 4-5)
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: Allie C. and Abby M.
7 sessions: Saturdays, May 18-June 29, 2019
Class is 8:30-9:15am or 10:45-11:30am Fee: $38.50
Victoria Park Community Centre- Multi Purpose Room – Small Half

For more information, visit www.ingersoll.ca and surf the ‘Community Services’ tab
Follow us on Facebook: Ingersoll Community Services Dept
Town of Ingersoll – Community Services Department
Session 3 Course Schedule: May 13 – June 30, 2019
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Programs - Adult

Adult Aikido
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
6 Sessions: Mondays May 13-June 24, 2019
Class is 7:00-8:30pm Fee: $39.00
Ingersoll Arena-Auditorium * no class May 20

Aikido Exercise Class (Age 18+)
The Aikido exercise class is designed for 18+years to introduce and supplement coordination exercises for the Aikido class on Monday. 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
7 Sessions: Wednesdays May 15-June 26, 2019
Class is 7:00-8:00pm Fee: $45.50
Ingersoll Arena-Auditorium

Spring Squash Ladder (Age 18+)
All Levels welcome! You only have to commit to a minimum of one game a week. A great way to meet other squash players! Register by April 29th. Session runs May 21st – June 28th. Play starts the week of May 21st
For 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.
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
Ingersoll District Memorial Arena – Summer Ice Floor

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Town of Ingersoll – Community Services Department
Session 3 Course Schedule: May 13 – June 30, 2019
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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
6 Sessions: Thursdays, May 16, 2019 - June 20, 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
7 Sessions: Wednesdays, May 15, 2019 – June 26, 2019
Class is 7:00-8:30 pm  Fee: $43.50
Fusion Youth Centre – Art Room

Aikido (Age 6-13)
Aikido unites the elements of self-defense, physical fitness and a non-violent philosophy into a modern martial art. 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.
Kids (6-10)  Pre-Teen (11-13)
Instructor: Hiro I  Instructor: Hiro I
6 Sessions: Mondays May 13-June 24, 2019  6 Sessions: Mondays May 13-June 24, 2019
Class is 6:30-7:30 pm  Fee: $33.00  Class is 7:00-8:00 pm  Fee: $33.00
Ingersoll Arena-Auditorium * no class May 20  Ingersoll Arena-Auditorium * no class May 20

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
7 Sessions: Saturdays, May 18-June 29, 2019
Class is 10:30-11:00am  Fee: $38.50
Victoria Park Community Centre - Fitness Room

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
7 Sessions: Saturdays, May 18-June 29, 2019
Class is 11:00-12:00pm  Fee: $38.50
Victoria Park Community Centre - Fitness Room

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Follow us on Facebook: Ingersoll Community Services Dept
Programs – Child & Youth

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
7 Sessions: Tuesdays, May 14, 2019 – June 25, 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
7 Sessions: Tuesdays, May 14 – June 25, 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, 8:00 pm-8:30 or 8:30 - 9:00 pm
Fusion Youth Centre - iMac Lab

Music Recording (Age 10-18)
Interested in recording your own music? This program allows youth to explore all areas of music production. Gain knowledge and skill of production techniques right in Fusion's own recording studio!
Instructor: Tyler C
7 Sessions: Thursdays, May 16, 2019 – June 27, 2019
Class time: 6:00-8:00 pm Fee: $43.50
Fusion Youth Centre- Music Studio

S.P.A.R.K. (Strength, Plyometrics, Agility, and Resistance for Kids) (Ages 6-12)
These are age appropriate freestyle classes focused on conditioning exercises with bouts of active recovery to improve speed, and cardiovascular conditioning, with a focus on playfulness! Children will learn what muscles are, how they work, and how to train/improve them to become stronger and perform better for and daily life. Proper stretching and relaxation will also be included as well as partner and team activities. Wear comfortable clothing, proper clean and DRY gym shoes with comfortable fit and good stability, and bring a water bottle weekly.
Instructor: Catherine G.
7 sessions: Wednesdays, May 15-June 26, 2019
Ages 6-12yrs
Time 5:00-6:00pm Fee: $38.50
Victoria Park Community Centre- Meeting Room or outside weather permitting

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Session 3 Course Schedule: May 13 – June 30, 2019
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Programs – Child & Youth

Tennis Lessons (Ages 5-16)
Learn a new sport, increase your physical activity, and enjoy the benefits of exercising outdoors. No racquet, no problem! Racquets will be supplied if required. Maximum 8 students per class.
Instructor: Danny D.
12 sessions: Wednesday May 22 –August 7, 2019
Ages 5-6 yrs Time 5:30-6:00pm Fee $ 60.00
7- 9 yrs Time 6:00-7:00pm Fee $120.00
10-12 yrs Time 7:00-8:00pm Fee $120.00
13-16 yrs Time 8:00-9:00pm Fee $135.60
Location: Westfield Tennis Courts

Friday Night Fun (Ages 6-12yrs)
Drop in program different land activities each week.
Fridays May 17-June 28, 2019 6:00-7:30pm. Fee: $4.00/person
Open swim 7:30-8:30pm will be available at completion of roof repairs and pool is re-opened.

May 17 Movie Night
May 24 Building closed- no program
May 31 Pizza and Dance Party (pizza is $1 slice)
June 7 Capture the Flag and flower pot garden craft
June 14 Wii and board games cookie decorating
June 21 Tye Dye (bring a pair of new white sock)
June 28 Soccer Baseball and beaded creations
Victoria Park Community Centre
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.

Instructor: Ali T

1 Session: Sunday, May 26, 2019
Class is 9:00-4:00pm  Fee: $50.00 + $11 Manual
Victoria Park Community Centre - Meeting Room

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.
Instructor: Ali T
New session dates to be announced. Contact nnadalin@ingersoll.ca

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.
Instructor: Ali T
New session dates to be announced Contact nnadalin@ingersoll.ca
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 7, 2019
     Friday, June 28, 2019
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 5 – August 6 – 9, 2019
Week 2 – July 15 – 19, 2019  Week 6 – August 12 – 16, 2019
Week 3 – July 22 – 26, 2019  Week 7 – August 19 – 23, 2019
Week 4 – July 29 – August 2, 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 an art activity plus time in the party room. Party package includes 1 host, chips, drinks, and birthday cake complete with candles, plates, forks, napkins, cups. Party packages are for up to 12 guests. To book please call 519-425-1181 or visit Victoria Park Community Centre.
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 plus time in the party room. Party package includes 1 host, chips, drinks, and birthday cake complete with candles, plates, forks, napkins, cups. Party packages are for up to 12 guests. To book please call 519-425-1181 or visit Victoria Park Community Centre.
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 plus time in the party room. Party package includes 1 host, chips, drinks, and birthday cake complete with candles, plates, forks, napkins, cups. Party packages are for up to 12 guests. To book please call 519-425-1181 or visit Victoria Park Community Centre.
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 plus time in the party room. Party package includes 1 host, chips, drinks, and birthday cake complete with candles, plates, forks, napkins, cups. Party packages are for up to 12 guests. To book please call 519-425-1181 or visit Victoria Park Community Centre.
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, and cups), and 1 balloon for the birthday child and 2 large cheese or pepperoni pizzas.
POOL ADMISSION STANDARDS APPLY
Saturday, 2:00-4:00pm or 3:00-5:00pm
Victoria Park Community Centre-pool/meeting room

Zumba & 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, and cups), and 1 balloon for the birthday child and 2 large cheese or pepperoni pizzas.
Saturday, 2:00-4:00pm
Victoria Park Community Centre

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, and cups), and 1 balloon for the birthday child and 2 large cheese or pepperoni pizzas.
Saturday, 2:00-4:00pm or 3:00-5:00pm
Victoria Park Community Centre

For more information, visit www.ingersoll.ca and surf the ‘Community Services’ tab
Follow us on Facebook: Ingersoll Community Services Dept
Drop In Fitness (Age 18+)

May 13 to June 30

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

Super Step
A traditional step class that is high intensity.
Mondays, Class is 9:30-10:30am - Instructor: Shelley H **No class May 20, 2019**

Yogalates
A unique combination of Yoga, Core Conditioning & Pilates created to enhance core stability, breathing control, flexibility & strength.
Mondays, Class is 7:00-8:00pm - Instructor: Amy W ** No class May 20, 2019**
Wednesdays, Class is 7:00-8:00pm - Instructor: Bernadette H

Circuit
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
Mondays, Class is 4:30-5:30pm *no class May 20, 2019*

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
Sundays, Class is 9:15-10:15am - 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

Step Cardio/Muscle Up
Tone & strengthen muscle groups with high reps in a full body workout. Step Cardio added for a complete workout.
Fridays, Class is 9:30-10:30am - Instructor: Shelley 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 May 20, 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

For more information, visit www.ingersoll.ca and surf the ‘Community Services’ tab
Follow us on Facebook: Ingersoll Community Services Dept
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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
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<tr>
<td>8:30-9:15am</td>
<td>Low &amp; Tone</td>
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<tr>
<td>9:30-10:30am</td>
<td>Super Step</td>
<td>Circuit</td>
<td>Interval Strong</td>
<td>Body Tone</td>
<td>Muscle up w. Step Cardio</td>
<td>Muscle Up 9:15-10:30am</td>
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<td>10:40-11:40am</td>
<td><strong>Stroller Boot</strong> <em>Camp</em></td>
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<td>4:30-5:30pm</td>
<td>Circuit</td>
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<td>5:45-6:45pm</td>
<td><strong>Yoga</strong></td>
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<td>7:00-8:00pm</td>
<td>Yogalates</td>
<td>Muscle Up</td>
<td>Yogalates</td>
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<td><strong>Zumba</strong></td>
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</table>

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

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

- **6 Sessions:** Mondays, May 13-June 24, 2019
- **Class is 10:35-11:35am**
- **Fee:** $39.00
- **Victoria Park Community Centre - Fitness Room**
- **Outside (weather permitting)**

*no class May 20, 2019*

**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, May 13-June 24, 2019
- **Class is 5:45-6:45pm**
- **Fee:** $39.00
- **Victoria Park Community Centre - Fitness Room**

*no class May 20, 2019*

**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

- **7 Sessions:** Wednesdays, May 15-June 26, 2019
- **Class is 5:45-6:45pm**
- **Fee:** $45.50
- **Victoria Park Community Centre - Fitness Room**

**Zumba**
A music lead high intensity interval training where every move is synced to the beat.

Instructor Yoyi M

- **7 Sessions:** Thursdays, May 16-June 27, 2019
- **Class is 7:00-8:00pm**
- **Fee:** $45.50
- **Victoria Park Community Centre - Fitness Room**

**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

For more information, visit www.ingersoll.ca and surf the ‘Community Services’ tab
Follow us on Facebook: Ingersoll Community Services Dept
Aquatic Leadership and Training

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 based on your availability, 3 hour commitment, Running during the Summer!
Fee: $100 (includes manual)

Lifesaving Swim Instructor Apprenticeship Program (must be 16 by end of apprenticeship to finalize certification, apprenticeship can begin as early at 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, 3 hour commitment. Running during the Summer!
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! We need YOU for the summer and beyond!!

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 – Facilities

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
Aquatic Leadership and Training

National Lifeguard (Age 16 by exam date & Have Bronze Cross)
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-7:00pm
Dates: July 2-July 6, 2019
Fee: $250.00
Location: Victoria Park Community Centre

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

AS OF MAY 13, 2019

THE POOL @ VPCC WILL BE CLOSED
WHILE REPAIRS TO
THE ROOF CONTINUE.
RE-OPEN DATE TO BE DETERMINED.

THE REST OF THE BUILDING
WILL REMAIN OPEN!