

Programs – Preschool

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.

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.

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.

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.

Summer Squash Ladder (Age 18+)

All Levels welcome! Minimum commitment of one game a week. A great way to meet other squash players!

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!

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.

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.

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.

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General Program - 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.

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.

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.

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.

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Fitness

Super Step ***No class October 14*

A traditional step class that is high intensity.

Yogalates

A unique combination of Yoga, Core Conditioning & Pilates created to enhance core stability, breathing control, flexibility & strength.

Circuit Boot Camp

Circuit training offers a different combination each week and allows participants to work at their own pace.

Muscle Up

Muscle Up Tone and strengthen all major muscle groups with high reps in this full body workout.

Body Tone

A full body muscle conditioning class to strengthen and tone with functional exercises.

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

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.

Indoor Cycling

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.

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

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!

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!

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Leadership Programs - Fusion

Guys Group

The “Guys Group” program is a weekly program specifically for male youth that focuses on leadership, sportsmanship and life skills. Several program outcomes that the program focuses on are to increase the amount of leadership skills and social skills that will assist them in their everyday life. Guys Group is a structured program where male youth can engage and develop new relationships with other peers and staff.

Sports & Recreation

Fusion offers sports and recreation programs that are aimed at helping youth develop new skills. Throughout the week youth members have the opportunity to play, Basketball, Soccer, Floor Hockey, Volleyball Indoor & Outdoor & dodgeball and the outdoor skate park. The sports & recreation programs offer youth a safe place to be physically active with the equipment to do so with rules and boundaries.

Ball Hockey

Floor hockey is a drop in program and is offered to all youth at Fusion. Floor hockey provides youth who love hockey, but cannot afford to play organized ice hockey a safe place to play Canada’s national sport. Youth learn a number of hockey skills through drills, scrimmages and each session ends with a shootout. All equipment is provided for which includes helmets, sticks, and goalie equipment.

Basketball

The basketball program is another drop-in based program that encourages youth to get active and play basketball in a fun, inclusive atmosphere. The program focuses on teamwork, sportsmanship and the basic fundamentals of basketball. Youth who participate in the program often use the program time to practice, improve their skills and increases self esteem, so that they can try out for their school’s basketball team.

Soccer

Similar to Fusion’s other sports programs offered soccer is no different. The program allows youth to get active, practice, improve and learn the fundamentals of soccer. The program is for all skill sets and is barrier free. Whether youth are playing 3-3, kicking or shooting a ball, Soccer night is a fun, upbeat program that promotes physical fitness and teamwork.

Volleyball

Indoor volleyball was another sport that youth identified as a program need. Volleyball runs twice a week and has allowed youth an opportunity to set, bump and spike. Volleyball is co-ed activity that encourages teamwork, sportsmanship and positive social engagement.

Open Gym

Open gym is a time for youth to get together and choose the recreation activity. Open Gym is a non-structured program where youth can come to the gym and shoot a basketball on one net and at the other end a soccer game could spontaneously break out. This is a time for youth to let loose in a safe, fun and supervised atmosphere.

Fusion - Arts & Culture

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Art

Art is a program offered at Fusion for all members. It offers basic and advanced drawing techniques from object and figure drawing, character design, perspective and basic design. All art supplies are included in the program from sketch books, canvases, paints, markers and much more. The Art programs helps build self confidence and self esteem in themselves as well as their art work.

Fusion - Life Skills & Cooking

Tracy's Diner

The motto for this culinary program offered is "There is nothing finer than Tracy's Diner" which focuses on teamwork in the kitchen. Youth work together in order to accomplish the overall goal of preparing, cooking, eating and cleaning up the meal. The purpose of Tracy's Diner is to enjoy a nutritious healthy meal for those youth who are hungry while learning a number of cooking skills in the process.

Nutrition

The component of the culinary programs focuses on food preparation for others to ensure youth have access to affordable, nutritious daily meals. Youth work individually to prep, serve, or clean up after a meal that is sold to other youth and staff at an affordable and consistent rate. The outcome of the program is to provide youth with healthy and affordable meals and to educate youth on nutritious food options while demonstrating safe food handling.

This program is pretty "sweet" youth who enjoy baking, cookies, brownies, cupcakes and more Scott's Sweet's offers youth an opportunity to learn and understand the ingredients and methods used in creating, pastries, breads, cookies and other desserts. Youth learn how dairy, fruits, flour and chocolate come into play with pastry and baking. The best part about the program is that after the food is baked everyone participant gets to taste and enjoy.

Fusion - Fee for Service Programs

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.

Capture, Create & Animate

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.

Individual Music Lessons

Sign up for individual music lessons on the guitar, bass guitar, keyboard, ukulele or percussion. (1/2 hour sessions. 8 Sessions: Tuesdays & Wednesday's

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