

Contents

Programs – Preschool (Ages 2-5)..... 1

Programs – Adult (Ages 14+)..... 1

Programs – Child & Youth (Ages 6-12)..... 2

Aquatic – Programs (Ages 8-18 Months)..... 3

General Program - Leadership and Training (Grades 3-5)..... 3

Programs – Camps (Ages 4-12)..... 4

Group Fitness (Ages 14+)..... 4

Fusion – Leadership Programs (Ages 10-18)..... 5

Fusion - Sport & Recreation (Ages 10-18)..... 5

Fusion - Arts & Culture (Ages 10-18)..... 6

Fusion - Life Skills & Cooking (Ages 10-18)..... 6

Fusion - Fee for Service Programs (Ages 10-18)..... 7

Programs – Preschool (Ages 2-5)

*Kinder Gym-Tots (Ages 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 balance, coordination, strength activities and much more.

Kinder Gym (Ages 4-5) without parents

This program is a theme-based movement class. The class will help improve children’s balance, coordination, strength, and flexibility while developing their physical literacy.

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, free play, games and more. Program will include outside play (weather permitting) or gym time. Children are to bring a peanut free snack and a drink.

Kinder Kids (Age 3)

Our recreational program will allow your child to experience 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. Children must be able to use the washroom independently with supervision.

Programs – Adult (Ages 14+)

Adult Aikido (Ages 14+)

Adult Aikido unites the elements of self-defense, physical fitness and non-violent philosophy into a modern

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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 (Ages 14+)

The Aikido exercise class is a supplement coordination exercise 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.

Adult Karate (Ages 18+)

Adult karate focuses on the basic physical benefits of karate/self-defense in a safe, challenging class. The style studied is Okinawan Go-Ju Ryu. Participants are to wear comfortable clothing.

Winter Squash Ladder (Age 18+)

All Levels welcome! Minimum commitment of one game a week. A great way to meet other squash players! For more information contact Catherine. catherine.geurten@ingersoll.ca

Adult Competitive Volley ball (Ages 18+)

This program runs during a school calendar year. Join in each week for an evening of volleyball and friends. Some volleyball experience suggested. Each week teams will be created.

Adult Recreational Volley ball (Ages 18+)

This program runs during a school calendar year. A recreational volleyball program for those individuals who would like a non-competitive play environment. Some volley ball experience recommended.

Women's Pick-up Basketball (Ages 18+)

Calling all women basketball players! Has it been a while since you dusted off your basketball shoes? Have you never played basketball before but would like to try it? Come out and participate in our first ever women only basketball league. Basketball is a great way to improve your cardio fitness in a team based and non-judgmental environmental.

Programs – Child & Youth (Ages 6-12)

Karate-Beginner (Ages 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 (Ages 6-12)

Tis 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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Aikido (Ages 7-13)

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.

Friday Night Fun (Ages 6-12)

This is a drop in program running weekly. Each week is a different activity! Activities run 6-7pm followed by Open Swim from 7-8pm. Pick up a flyer at Victoria Park Community Centre for complete details on weekly activities.

Kid Zone (Ages 4-10)

This is a drop in program. A great place to hang out while mom or dad work out! Crafts, board games, coloring, lots of toys. No time limit to stay and have fun.

S.P.A.R.K. (Strength, Plyometric, 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 a water bottle weekly.

Aquatic – Programs (Ages 8-18 Months)

Parent and Tot Water Fitness (Ages 8-18 months)

Fitness class geared for parent/guardian and even grandparents! Bring your 8 months to 18 months old for this class. Tots must have good neck control and be able to safely sit upright in the fish rotation device. It's a great opportunity to bond in the water. Tots will sit in a fish tethered to you and while they are having fun experiencing the water you will be working out, it's a win-win! This drop in class has limited spots so be sure to arrive early!

General Program - Leadership and Training (Grades 3-5)

Kid Proof Babysitting Training (Grades 5+)

This is a course covering babysitting and childcare 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

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Help Curriculum includes Personal safety, Relationships and Ethic & good citizenship.

Programs – Camps (Ages 4-12)

PA Days

Children ages 4-12 years will participate in full day of activities which include, crafts, games, in and outdoor fun and a special activity.

Holiday Day Camps

Children will have a full day of activities, which will include crafts, games along with in and out of door fun. Dress for the weather, bring a peanut free lunch and snacks, indoor footwear and out of door shoes/boots.

Group Fitness (Ages 14+)

Body Tone

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

Circuit Boot Camp

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

Indoor Cycling

Our indoor cycling classes are 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 of their bike to customize their work.

Interval Strong

This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. All muscle groups are engaged in dynamic and isometric movements.

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.

Muscle Up

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

Strength and Cardio

Our Sunday Morning class is a blend of cardio options and interval muscle training for a dynamic 1.5-hour workout. A different combination each week.

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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Super Step

Super Step is a high intensity and fast paced work out. Participants can expect a mixture of upbeat, rhythmic stepping, using a height adjustable step.

Yogalates

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

Yin Yoga

A yoga that holds poses much longer with limited standing poses. Designed to work with deeper connective tissues and fascia versus muscles in hatha or other yoga practices. Bring your own mat

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.

Pilates

A class fusing movement, breathe control, strength and flexibility with an emphasis on challenging the core.

Fusion – Leadership Programs (Ages 10-18)

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.

Fusion - Sport & Recreation (Ages 10-18)

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, 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.

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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 increase 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 (Ages 10-18)

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 help build self confidence and self esteem in themselves as well as their art work.

Fusion - Life Skills & Cooking (Ages 10-18)

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.

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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 (Ages 10-18)

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.

Baking Bonanza!

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!

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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