

# COMMUNITY SERVICES SUMMER 2025 Program Guide



**JUNE 23 - SEPT 14**



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## Have a Question? Contact Us!

### Victoria Park Community Centre

**Phone: 519-425-1181**

**355 Wellington St.**

**Ingersoll ON, N5C 1T2**

Monday-Friday 5:30am-9:00pm

Saturday & Sunday 7:00am-4:00pm

### Fusion Youth Centre

**Phone: 519-425-4386**

**121 Thames St N.**

**Ingersoll ON, N5C 3C9**

Youth Centre Hours:

Tuesday-Saturday 2:30pm - 9:00pm

Office Hours:

Monday-Friday 9:00am - 5:00pm

### Ingersoll Memorial Arena

**Phone: 519-485-5023**

**97 Mutual St S.**

**Ingersoll ON, N5C 1S6**

[arena@ingersoll.ca](mailto:arena@ingersoll.ca)

# How to Register

**There are three ways to register for any of our recreation programs or free activities.**



## Online

Login to UNIVERUS, Ingersoll's user-friendly online system at <https://app.univerusrec.com/ingersollcspub/> to register for programs.

**What You Need:** Your email address and password to access your account  
 Visa or Mastercard  
 Name of program

**Have Questions?** Please call: 519-425-1181 ext 0



## Phone

Call 519-425-1181 ext 0 during our business hours.

### What You Need:

Visa or Mastercard  
 Name of program



## In Person

Drop in to see us at Victoria Park Community Centre

### What You Need:

Visa, Mastercard, Debit or cash  
 Name of program

# No Heavy Scents



# Registration Information <sup>4</sup>

## **Registration Dates**

Registration for Members June 9 at 7:00am and  
Non-Members June 10 at 7:00am

## **To Register Visit**

<https://app.univerusrec.com/ingersollcspub/>  
Website link:  
[www.ingersoll.ca/ingersoll-community-services/](http://www.ingersoll.ca/ingersoll-community-services/)

## **Waitlist & Reserved Spots**

Every effort will be made to accommodate a spot for you in any of our full programs or drop-in activities. Only if a spot becomes available, will you be notified via email.

## **Accessibility**

Victoria Park Community Centre ensures equal opportunities for all abilities in our community. Those requiring one-to-one support can have their support person attend programs at no extra cost.

## **Photography & Video Policy**

For the protection of personal privacy, the use of cameras or recording devices of any kind is strictly prohibited within our facility. We appreciate your cooperation in upholding these guidelines and fostering a secure and respectful environment for all.

## **Inclement Weather**

Ingersoll Community Services makes every effort to keep facilities open during regular business hours. When a decision is made to close our facility, every effort will be made to notify participants. Please monitor our social media platforms for notices.  
[www.ingersoll.ca/ingersoll-community-services/](http://www.ingersoll.ca/ingersoll-community-services/)

## **Missed Days or Classes**

No credit or refund will be granted for absences from day programs, classes or lessons, whether due to illness, vacation or any other reason. Make-up classes will not be provided. However, account credits may be issued for prolonged absences resulting from injury or other exceptional circumstances.

## **Transfers and Late Program Entry**

Transfers and late program entries are subject to availability and any difference in fees must be paid at the time of transfer. Transfers must occur before the third class and will be based on class availability.

# Program Changes and Cancellations

We reserve the right to modify or cancel programs as needed. We may adjust program times, fees, or locations. Refunds or credits will be issued for cancellations made by us due to unforeseen circumstances such as low enrollment, staffing issues, equipment failure, or pool fouling. Participants will be notified promptly, and credits will be applied to their accounts.



# Admissions and Fees

**HST will be applied upon purchase where applicable.**

## Admissions

### Swimming

Members.....	FREE
Children 2yrs and under.....	FREE
Children (3 - 13 yrs).....	\$3.00
Adult (14+).....	\$3.98
Seniors (60+).....	\$3.54

### Group Fitness (Aquatic & Land)

Members.....	FREE
Non-Members (14+).....	\$7.50
Senior Non-Members (60+).....	\$6.61

## Membership Details

### Memberships Include:

- Early registration for many sessional programs
- Unlimited aquatic and land group fitness
- All Open Swims and Open Skates (excludes shinny and huff & puff, and stick & puck)
- Unlimited squash, wallyball and squickleball
- Unlimited fitness centre access

### Members get Program Discounts:

- Discount Swimming Lessons
- Discount on many sessional programs
- Discount rate for child and youth drop-in programs
- Discounts on Day camps and PA Days

## Membership Rates

### Month Memberships (one household)

#### Family Rates:

- \$42.70 for 1 Person Household
- \$62.94 for 2 Person Household
- \$76.42 for 3 Person Household
- \$89.92 for 4 Person Household
- \$22.47/person for 5+ Person Household

### Senior (60+ years) / Child & Youth (0-13 years)

#### Rates:

- \$ 33.72 for 1 Senior/Child
- \$ 58.44 for 2 Senior/Child

### Auto-Renewing Membership

**\*Requires 30-day written notice of cancellation from date of purchase**

#### Family Rates:

- \$38.21 for 1 Person Household
- \$53.95 for 2 Person Household
- \$62.94 for 3 Person Household
- \$71.93 for 4 Person Household
- \$17.98/person for 5+ Person Household

### Senior (60+ years) & Child and Youth (0-13 years)

#### Rates:

- \$29.22 per month for 1 Senior/Child
- \$49.45 per month for 2 Senior/Child

RZone is a policy requiring all persons wishing to visit or participate in any Town of Ingersoll Community Services Departments facilities, parks, or programs to respect others and take responsibility in helping the Town maintain a positive and safe environment.

This **RZone chart** represents guidelines and outlines the consequences for acts of inappropriate behavior at all municipally owned facilities, properties, municipally sponsored events, programs in written and verbal communication (including electronic and telephone) or any other location where Municipal staff are present.

Incident	1st Occurrence	2nd Occurrence	Any Subsequent Occurrences
<b>Theft</b>	Min. 1 day suspension Item returned to owner	Min. 2 day suspension	Removed from program
<b>Intentional Damage</b> <ul style="list-style-type: none"> <li>Minor</li> <li>Major</li> </ul> <b>Bullying/Cyberbullying</b> <b>Putting Oneself in a Situation where Safety is a Risk</b> <ul style="list-style-type: none"> <li>negatively impacting programs</li> </ul>	Min. 2 day suspension **The Town may seek compensation for cost of damages	Min. 1 week suspension **The Town may seek compensation for damages	Meeting with Director or Manager upon return
<b>Inappropriate Language</b> <ul style="list-style-type: none"> <li>Directed at another participant or staff</li> <li>Excessive swearing or threats</li> <li>Abusive language</li> <li>Racial slurs</li> </ul>	Verbal/letter of warning of min. 1 day suspension	Min. 2 day suspension	Suspension & behaviour contract set up prior to returning to program
<b>Assault</b> <ul style="list-style-type: none"> <li>Possession of a weapon</li> <li>Minor assault</li> <li>Major assault</li> </ul> <b>Drugs &amp; Alcohol</b> <ul style="list-style-type: none"> <li>Possession</li> <li>Under the influence</li> <li>Distribution</li> </ul>	Min. 1 week suspension up to indefinite suspension		
<b>Disrespect</b> <ul style="list-style-type: none"> <li>Towards another participant or staff</li> <li>Lying</li> </ul>	Verbal/letter of warning	Min. 1 day suspension	



# Pool Admission Standards

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## Red Wristband: 5 yrs or Under



Children 5 years old or under must be accompanied by a parent/guardian (14+ yrs) responsible for them, in the same pool area, within arm's reach supervision.

1 parent/guardian to 2 children, regardless if in a lifejacket, PFD or puddle jumper.

## Yellow Wristband: 6 - 9 yrs



Children 6-9 years old can take the swim test. They will remain yellow-banded if they do not pass the swim test. A parent/guardian (14+ yrs) is responsible for their direct supervision and must be within arms reach in the water. Children 6-9 years old must redo the swim test each visit to receive a green band.

1 parent/guardian to 4 children or ALL in LIFEJACKETS - 1 parent/guardian to 8 children.

## Swim Test Requirements



Swim 2 widths of the pool with your face in the water using a comfortable breathing pattern, arm and leg action, no stopping or touching the bottom of the pool or the lane rope.

All swim tests are done in the shallow end, and is up to the Lifeguard's discretion.

## Green Wristband: Swim Test Pass



A child 6-9 years old who passes the swim test will be given a green band. A parent/guardian (14+ yrs) is still responsible for their direct supervision, in the same pool area, within arm's reach supervision.

1 parent/guardian to 4 children.

## Green Wristband: 10 - 13 yrs



Children 10-13 years old may be admitted to the pool unaccompanied, with a green band on, and no swimming test required.

Parent/ Guardian MUST REMAIN IN the BUILDING for those 10-11 years old.

## No Band Required: 14+ yrs



Guardians are responsible for the children in their care while in the facility. Supervision is defined as the direct in-water, in the same area of the pool, within arm's reach, supervision.

14+ years old is considered a guardian in the pool; no swim test or band is required.

### **EXAMPLE A:**

If parent/guardian has two children 5 years of age and under, with another child who is 6-9 years old, THEY MUST HAVE another person 14+ years with them in the water. \* NO EXCEPTIONS\*

### **EXAMPLE B:**

If a parent/guardian has a child 5 years old and under and two or more 6-9 years of age, THEY MUST HAVE another person 14+ years with them in the water. \* NO EXCEPTIONS\*

# Pool & Aquafit Schedule

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**HST will be applied upon purchase where applicable.**

## June 23 – Sept 14, 2025

- Swim times are subject to change
- Pool admission standards in effect; see page 9
  - Members.....FREE
  - Children 2yrs and under.....FREE
  - Children (3 – 13 yrs).....\$3.00
  - Adult (14+).....\$3.98
  - Seniors (60+).....\$3.54
- Aquatic Program Fees
  - Adults.....\$7.50
  - Seniors (60+).....\$6.61

**Register Online at  
UNIVERUS**

<https://app.univerusrec.com/ingersollcspub/>  
or call 519-425-1181 ext 0



## POOL & AQUAFIT SCHEDULE

**date:**

June 23 – September 14, 2025

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 6:00am – 8:00am	Length Swim 6:00am – 8:00am	Length Swim 6:00am – 8:00am	Length Swim 6:00am – 8:00am	Length Swim 6:00am – 8:00am	Length Swim 7:00am – 9:00am
Deep Water Aqua Fit 8:15am – 9:00am	Adult/Senior Swim 8:00am – 9:00am	Deep Water Aqua Fit 8:15am – 9:00am	Adult/Senior Swim 8:00am – 9:00am	Deep Water Aqua Fit 8:15am – 9:00am	
Shallow Water Aqua Fit 9:15am – 10:00am	Aqua Yoga/Lates 9:00am – 10:00am	Shallow Water Aqua Fit 9:15am – 10:00am	Restorative Aqua Fit 9:00am – 10:00am	Shallow Water Aqua Fit 9:15am – 10:00am	Parent & Tot Swim 12:30pm – 1:30pm
Open Swim 10:15am – 11:15am	Aqua Boot Camp 10:15am – 11:15am	Open Swim 10:15am – 11:15am	Aqua Zumba 10:15am – 11:15am	Open Swim 10:15am – 11:15am	Open Swim 1:30pm – 3:30pm
Length Swim 11:30am – 1:00pm	Length Swim 11:30am – 1:00pm	Length Swim 11:30am – 1:00pm	Length Swim 11:30am – 1:00pm	Length Swim 11:30am – 1:00pm	Sunday  Length Swim 7:00am – 9:00am
Open Swim Jul 7–Aug 18 only 1:00pm – 2:30pm	Open Swim Jul 8–Aug 19 only 1:00pm – 2:30pm	Sensory Friendly Swim 1:30pm – 3:30pm	Open Swim Jul 3–Aug 21 only 1:00pm – 2:30pm	Open Swim Jul 4–Aug 22 only 1:00pm – 2:30pm	
					Family Swim 12:30pm – 1:30pm
Aqua Zumba 7:00pm – 7:50pm		Aqua Zumba 7:00pm – 7:50pm	Aqua Kickboxing 7:00pm – 7:45pm	Open Swim 6:00pm – 8:00pm	Open Swim 1:30pm – 3:30pm
Aqua Yoga 8:00pm – 8:45pm	Length Swim 8:00pm – 9:00pm **See Jul & Aug notes below**	Length Swim 8:00pm – 9:00pm	Length Swim 8:00pm – 9:00pm	Length Swim 8:00pm – 9:00pm	
<b>notes:</b> Open Swim Pop-Ups: June 24 <sup>th</sup> , Sept 2 <sup>nd</sup> , and Sept 9 <sup>th</sup> from 6:00pm – 8:00pm Tuesday evening Length Swim in July & Aug will be from 7:30pm – 9:00pm Closed on July 1 <sup>st</sup> , Aug 4 <sup>th</sup> , Sept 1 <sup>st</sup>				<b>Contact Info:</b> ☎ 519-425-1181 x 0 🌐 <a href="https://app.univerusrec.com/ingersollcspub/">https://app.univerusrec.com/ingersollcspub/</a> ✉ <a href="mailto:communityservices@ingersoll.ca">communityservices@ingersoll.ca</a>	



# Aquatic Programs

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## Deep Water Aqua Fit

This water fitness program is held in the deep area of the pool and provides a no-impact, high-resistant, total body exercise workout. Participants will use Aqua fitness belts to perform a variety of motions, including walking, running, cycling, abdominal work and stretching exercise. Benefits of this method include less stress on the back, hips, knees, and ankles. **NO CLASSES July 1, Aug 4, Sept 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am - 9:00am		8:15am - 9:00am		8:15am - 9:00am		

## Shallow Water Aqua Fit

A low-impact but high-intensity water aerobics class where no swimming skills are needed. This class is an alternative to land exercise and is an excellent cross-training tool to improve overall health and fitness performance. The class's characteristics will build your abilities in flexibility, range of motion, strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion your feet, knees, and back. **NO CLASSES July 4, Aug 4, Sept 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am - 10:00am		9:15am - 10:00am		9:15am - 10:00am		

## Aqua Boot Camp

Prepare for a challenging experience with the resistance of water in Aqua Boot Camp. Engage in a high-intensity interval workout that incorporates equipment and your body weight, blending strength training, aerobic conditioning, and water resistance for a comprehensive body workout.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:15am - 11:15am					

## Aqua Kickboxing

This Aqua Kickboxing class diverges from the traditional boxing or martial arts approach. If you believe kickboxing is beyond your capabilities, Aqua Kickboxing aims to change that perception. In the water, you can perform moves that might feel challenging on dry land, benefitting from buoyancy that supports your body weight and enables a broader range of motion for enjoyable kickboxing exercises. Aqua Kickboxing is gentle on the body to prevent muscle tissue damage, providing a comprehensive workout experience. **NO CLASSES July 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			7:00pm - 7:45pm			

## Restorative Aquafit

Join us for a low-impact and reduced-intensity aquafit class that is ideal for participants with joint ailments, those recovering from injuries or surgeries and anyone looking for a low-intensity starting point.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			9:00am - 10:00am			

## Aqua Yoga

Aqua Yoga is a form of yoga modifying traditional postures & yoga principles, incorporating breathing and mindfulness into an aquatic setting. This gentle and low-impact activity can be particularly accessible for individuals facing challenges with physical exercise. **NO CLASSES Aug 4 & Sept 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00pm - 8:45pm						

## Aqua Zumba

This high-energy aquatic workout integrates the Zumba formula and philosophy with traditional Aqua fitness disciplines; the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. So, liven up your week with some Latin fever. **NO CLASS Aug 4 & Sept 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00pm - 7:50pm		7:00pm - 7:50pm	10:15am - 11:15am			

## Aqua Yogalates

This unique Aqua workout combines Yoga flow and Pilates powerhouse training to create a workout that increases your core stability, breathing control, flexibility, and strength in the entire body. Class is executed in the water with slow-to-fast, fluid to fierce and tranquil-to-turbulent combination techniques which offers a great low-impact option for anyone who wants to stay healthy and fit. **NO CLASSES July 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00am - 10:00am					

## Length Swim (14+ yrs)

Length swim is designed for individuals capable of swimming continuous distances without interruption, maintaining a regular swim stroke and pace. This swim offers dedicated lanes for swimming and circle swimming should be followed by swimming in a counter-clockwise direction. Lanes are available on a first-come, first-served basis. **NO SWIMS July 1, Aug 4 & Sept 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am – 8:00am 11:30am – 1:00pm	6:00am – 8:00am 11:30am – 1:00pm 7:30pm – 9:00pm (July & Aug only) 8:00pm – 9:00pm	6:00am – 8:00am 11:30am – 1:00pm 8:00pm – 9:00pm	6:00am – 8:00am 11:30am – 1:00pm 8:00pm – 9:00pm	6:00am – 8:00am 11:30am – 1:00pm 8:00pm – 9:00pm	7:00am – 9:00am	7:00am – 9:00am

## Open Swim

Immerse yourself in the exhilarating Open Swim initiative, offering the perfect opportunity to enjoy the pool with friends, family, or solo, and craft lasting memories. Please be mindful of the Swim Admission Standards. Let's dive in and create a splash-worthy experience together!

**NO SWIMS July 1, Aug 4 & Sept 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15am – 11:15am 1:00pm–2:30pm (July 3–Aug 22 only)	1:00pm–2:30pm (July 3–Aug 22 only) 6:00pm – 8:00pm (June 24, Sept 2 & 9 only)	10:15am – 11:15am	1:00pm–2:30pm (July 3–Aug 22 only)	10:15am – 11:15am 6:00pm – 8:00pm 1:00pm–2:30pm (July 3 to Aug 22 only)	1:30pm – 3:30pm	1:30pm – 3:30pm

## Adult/Senior Swim

This swimming session is designed for individuals seeking a relaxed experience, whether it's taking a break, walking, swimming at a leisurely pace, or engaging in their preferred on-the-spot fitness activity. **NO SWIMS July 1, Aug 4 & Sept 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00am – 9:00am		8:00am – 9:00am			

## Sensory Friendly Swim

Experience a sensory-friendly swim in an environment designed for those who need a quiet and calming atmosphere. It features the absence of music and minimal use of whistles (unless necessary). Enjoy a relaxed setting with extended swim time and fewer people in the changing rooms. This session accommodates a maximum of 30 participants, and life jackets are provided.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1:30pm – 3:00pm				



## Sensory Friendly Swims

Join our quiet, sensory-friendly swims with no music, fewer whistles, smaller numbers and extra time in the changerooms.

- Limited to 30 swimmers
- Life jackets available
- No cost for support workers



## Parent & Tot Swim

For families with children up to 4yrs old, to enjoy playtime in a swim together. This is a great way for children to become more comfortable in the water. Baby boats and PFDs will be available.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					12:30pm – 1:30pm	

## Family Swim

Children must be accompanied by an adult (18+), and adults must be accompanied by a child(ren) for this swimming event, providing an opportunity for families to enjoy water fun together. Adherence to Swim Admission Standards and Adult-to-child ratios is required.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						12:30pm – 1:30pm



# Swimming Lessons

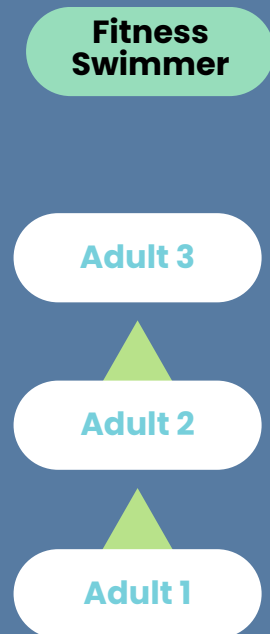
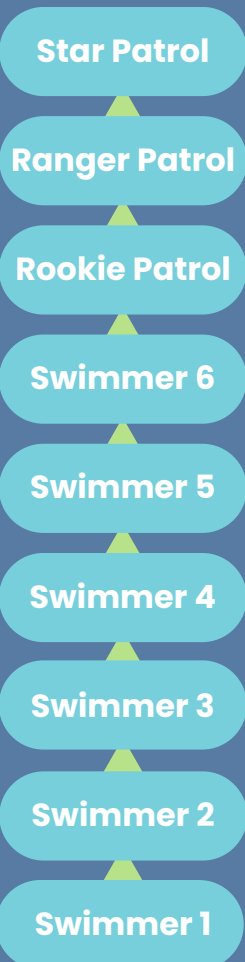
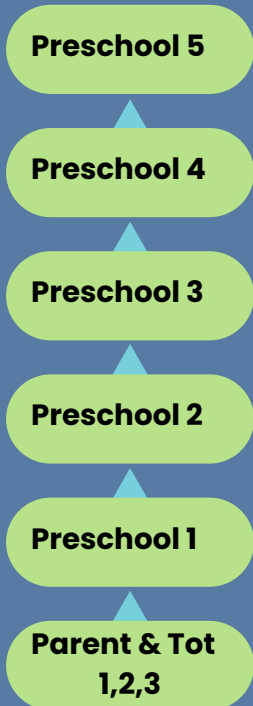
11



Swimming lessons provide life-saving skills as well as physical benefits. Ingersoll's Aquatic team offers a wide range of swimming programs, including advanced leadership courses.

## Swimming Lesson Program

### Parent & Tot Program



### **Parent & Tot 1 (4 – 12 months)**

Your child will learn to enjoy the water with the parent while working on entries and exits, how to hold the child, floats, underwater skills, and movement/swimming skills.

### **Parent and Tot 2 (12 – 24 months)**

Your child will learn to enjoy the water with the parent while working on entries and exits, getting face wet and blowing bubbles, floats, underwater skills, and movement/swimming skills. The child must wear a Swim Diaper if not potty trained.

### **Parent and Tot 3 (2 – 3 yrs)**

Experience water enjoyment while acquiring the skills to independently perform entries and exits, open their eyes underwater, blow bubbles, execute front floats with their face in the water, back floats, and develop kicking skills on both front and back.

### **Preschool A (2 – 3 yrs)**

Preschool A is for those who have completed Parent and Tot 3 but are not old enough to participate in Preschool 1 and/or are not quite ready to be un-parented. Your child learns to enjoy the water with parent/caregiver for the first 3 weeks, then participants only for the remainder of lessons. Working on entries and exits, face in the water blowing bubbles, front floats with face in, back floats, and kicking skills on the front and back. MAX 4 PER CLASS.

### **Preschool 1 (3 – 5 yrs)**

Introducing the initial tier for 3 to 5-year-olds, where young learners embark on an enjoyable journey of water discovery. Preschoolers at this level will delight in mastering the skills of entering and exiting the water with excitement. They will be guided in the art of floating and gliding on both their front and back, receiving assistance as needed. Additionally, participants will gain confidence as they learn to leap into chest-deep water, immerse their faces and practice blowing bubbles beneath the surface.

### **Preschool 2 (3 – 5 yrs)**

In this level, children aged 3 to 5 build upon their achievements from Preschool 1, focusing on enhancing independence and confidence in foundational swimming abilities. Preschoolers will develop the capability to independently jump into chest-deep water, practice swimming while wearing a lifejacket, experience assisted gliding on their front and back, and master the art of submerging and exhaling underwater.

### **Preschool 3 (3 – 5 yrs)**

Designed for children aged 3 to 5 years, this level introduces preschoolers to the training sessions: 4 sets of 50 meters for front or back crawl, and 4 sets of 15 meters for breaststroke. challenges of both jumping and executing.

### **Preschool 4 (3 – 5 yrs)**

This level is designed for youngsters aged 3–5 years. These proficient preschoolers will acquire skills such as performing independent jumps into deeper water, executing sideways entries, and autonomously getting out. They will also develop the ability to open their eyes underwater while mastering short swims on both their front and back, along with learning to glide and kick on their side.

### **Preschool 5 (3 – 5 yrs)**

This level is designed for children aged 3–5 years. Advanced preschoolers at this level will engage in more adventurous activities, including a forward roll entry while wearing a life jacket and treading water for 10 seconds. They will focus on mastering the front and back crawl, swimming a distance of 5 meters, participating in interval training, and enjoying the fun of the whip kick.

### Swimmer 1 (5-13yrs)

Swimmer 1 is the first level for children aged 5 and up who have never taken swimming lessons before or who are moving from the preschool program due to age, but have not completed Preschool 4/5. These beginners will become comfortable jumping into the water with and without a life jacket. They will learn to open their eyes, exhale, and hold their breath underwater. They will work on floats, glides, and kicking through the water on their front and back.

### Swimmer 2 (5-13yrs)

These advanced beginners will venture into deeper waters, acquiring the skill of confidently descending sideways into the water while equipped with a lifejacket. They will develop the ability to stay afloat unassisted, master the whip kick, swim a distance of 10 meters on both their front and back, and be introduced to interval training for flutter kick (4 sets of 5 meters). This program is recommended for preschool 4/5 swimmers who are 5 years old.

### Swimmer 3 (5-13yrs)

These junior swimmers will engage in diving and perform in-water front somersaults and handstands. Their training will include 15 meters of front crawl, back crawl, and 10 meters of whip kick. The flutter kick interval training is extended to 4 sets of 15 meters.

### Swimmer 4 (5-13yrs)

These intermediate-level swimmers will cover a variety of skills, including a 5-meter underwater swim, lengths of front crawl, back crawl, whip kick, and breaststroke arms with breathing. The program also incorporates the achievement of the Canadian Swim to Survive® Standard, culminating in front crawl sprints covering 25 meters and 4 sets of 25-meter interval training

### Swimmer 5 (5-13yrs)

These individuals will excel in shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They will enhance their proficiency in front and back crawl through 50-meter swims each, as well as in breaststroke with a focus on a 25-meter swim. Subsequently, they will engage in 25-meter sprints and two interval training sessions: 4 sets of 50 meters for front or back crawl, and 4 sets of 15 meters for breaststroke.

### Swimmer 6 (5-13yrs)

These proficient swimmers will embrace the challenge of mastering various aquatic skills, such as stride entries, compact jumps, and essential lifesaving kicks like eggbeaters and scissor kicks. They will focus on building strength and power through head-up breaststroke sprints covering 25 meters. Additionally, they will dedicate time to refine their strokes and engage in a comprehensive 300-meter workout.





### Rookie/Ranger/Star Patrol (5-13yrs)

Swimmers will further refine their skills in front crawl, back crawl, and breaststroke, contributing to ongoing stroke development. Fitness levels will be enhanced through structured workouts and timed swims. Lifesaving Sport skills will be honed through activities like a lifesaving medley, timed object support, and rescue scenarios involving the use of a buoyant aid. First aid training will encompass the assessment of conscious and unconscious victims, contacting emergency medical services (EMS), and treatment for various situations including bleeding, shock, bone or joint injuries, and respiratory emergencies. Additionally, participants will acquire lifesaving skills such as defence methods, victim removal techniques, and the ability to roll over and support a victim face-up in shallow water.

### Private Lessons (3-13yrs)

Private swimming lessons are well suited for individuals aged 3 to 13 years who may require adaptive teaching techniques.

### Private Lessons (14+ yrs)

Private lessons are one-on-one lessons ideal for those who want to improve on swimming skills or create their own swimming goals.

### Adult Lessons (16+ yrs)

Whether you're just starting or want help with your strokes, our adult program is for the young at heart – no matter your age. Set your own goals. Work with certified instructors to learn to swim or improve your current swimming ability and water fitness. You'll develop water confidence and smooth, recognizable strokes. You'll work towards a 10-15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and flutter kick with 4 x 9-12 m interval training.

### Junior Lifeguard Club (10 - 13 yrs)

Delivering an exhilarating experience for youth aged 10-13 years, the Jr. Lifeguard Club presents a dynamic challenge for water-loving swimmers seeking more than conventional lessons. Tailored for those intrigued by lifeguarding and eager to expand their knowledge, this program is designed to offer serious fun. Prerequisites for participation include the ability to successfully complete the Swim to Survive standards, which involves rolling into deep water, treading water for 1 minute and swimming continuously for 50 metres.





# Swimming Lessons Schedule

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**WE DO NOT RESCHEDULE SWIMMING LESSONS FOR PERSONAL REASON SUCH AS ILLNESS, VACATIONS, APPOINTMENTS OR SPORTING EVENTS**

## **PARENT & TOT 1 (RATIO 1:10)**

**Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	4:00pm - 4:30pm
Saturday	July 5 - Aug 23	10:10am - 10:40am
Sunday	July 6 - Aug 24	10:10am - 10:40am

## **PARENT & TOT 2 (RATIO 1:10)**

**Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	4:35pm - 5:05pm
Saturday	July 5 - Aug 23	9:00am - 9:30am
Sunday	July 6 - Aug 24	9:00am - 9:30am

## **PARENT & TOT 3 (RATIO 1:10)**

**Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	5:10pm - 5:40pm
Saturday	July 5 - Aug 23	9:35am - 10:05am
Sunday	July 6 - Aug 24	9:35am - 10:05am

## **PRESCHOOL A (RATIO 1:4)**

**Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	4:35pm - 5:05pm
Saturday	July 5 - Aug 23	9:00am - 9:30am
Sunday	July 6 - Aug 24	9:00am - 9:30am
Sunday	July 6 - Aug 24	11:15am - 11:45am

## **PRESCHOOL 1 (RATIO 1:4)**

**Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	4:00pm - 4:30pm
Thursday	July 3 - Aug 21	5:45pm - 6:15pm
Saturday	July 5 - Aug 23	10:10am - 10:40am
Sunday	July 6 - Aug 24	10:10am - 10:40am

## **PRESCHOOL 2 (RATIO 1:4)**

**Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	5:10pm - 5:40pm
Saturday	July 5 - Aug 23	9:35am - 10:05am
Saturday	July 5 - Aug 23	11:15am - 11:45am
Sunday	July 6 - Aug 24	9:35am - 10:05am
Sunday	July 6 - Aug 24	10:45am - 11:15am

## **PRESCHOOL 3 (RATIO 1:4)**

**Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	5:45pm - 6:15pm
Saturday	July 5 - Aug 23	11:20am - 11:50am
Sunday	July 6 - Aug 24	10:45am - 11:15am
Sunday	July 6 - Aug 24	11:15am - 11:45am

## **PRESCHOOL 4 (RATIO 1:5)**

**Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	5:10pm - 5:40pm
Saturday	July 5 - Aug 23	10:45am - 11:15am
Sunday	July 6 - Aug 24	9:35am - 10:05am

## **PRESCHOOL 5 (RATIO 1:5)**

**Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	6:15pm - 6:45pm
Saturday	July 5 - Aug 23	10:45am - 11:15am
Sunday	July 6 - Aug 24	11:20am - 11:50am

**SWIMMER 1 (RATIO 1:5)****Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	4:00pm - 4:30pm
Thursday	July 3 - Aug 21	4:35pm - 5:05pm
Thursday	July 3 - Aug 21	5:25pm - 5:55pm
Saturday	July 5 - Aug 23	9:00am - 9:30am
Saturday	July 5 - Aug 23	11:20am - 11:50am
Sunday	July 6 - Aug 24	9:00am - 9:30am
Sunday	July 06 - Aug 24	10:45am - 11:15am

**SWIMMER 2 (RATIO 1:5)****Lessons: 8    Fee: Member \$28.00    Non-Member: \$56.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	4:00pm - 4:30pm
Thursday	July 3 - Aug 21	6:30pm - 6:50pm
Saturday	July 5 - Aug 23	9:00am - 9:30am
Saturday	July 5 - Aug 23	11:15am - 11:45am
Sunday	July 6 - Aug 24	9:00am - 9:30am
Sunday	July 6 - Aug 24	10:10am - 10:40am

**SWIMMER 3 (RATIO 1:6)****Lessons: 8    Fee: Member \$30.00    Non-Member: \$60.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	4:35pm - 5:20pm
Saturday	July 5 - Aug 23	9:35am - 10:20am
Sunday	July 6 - Aug 24	9:35am - 10:20am

**SWIMMER 4 (RATIO 1:8)****Lessons: 8    Fee: Member \$30.00    Non-Member: \$60.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	4:35pm - 5:20pm
Saturday	July 5 - Aug 23	9:35am - 10:20am
Sunday	July 6 - Aug 24	9:35am - 10:20am

**SWIMMER 5 (RATIO 1:8)****Lessons: 8    Fee: Member \$30.00    Non-Member: \$60.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	5:25pm - 6:10pm
Saturday	July 5 - Aug 23	10:25am - 11:10am
Sunday	July 6 - Aug 24	10:25am - 11:10am

**SWIMMER 6 (RATIO 1:8)****Lessons: 8    Fee: Member \$30.00    Non-Member: \$60.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	5:25pm - 6:10pm
Saturday	July 5 - Aug 23	10:25am - 11:10am
Sunday	July 6 - Aug 24	10:25am - 11:10am

**ROOKIE/RANGER/STAR (RATIO 1:8)****Lessons: 8    Fee: Member \$32.00    Non-Member: \$64.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	6:00pm - 7:00pm
Saturday	July 5 - Aug 23	9:00am - 10:00am

**14+yrs PRIVATE LESSON (RATIO 1:1)****Lessons: 8    Fee: Member/Non-Member: \$176.00**

Day of the Week	Session Dates	Time
Thursday	July 3 - Aug 21	8:00pm - 8:30pm
Thursday	July 3 - Aug 21	9:00pm - 8:30pm

**ADULT LESSONS (RATIO 1:8)****Lessons: 8    Fee: Member/Non-Member: \$60.00**

Day of the Week	Session Dates	Time
Wednesday	July 2 - Aug 20	8:00pm - 8:45pm

**PRIVATE LESSON (RATIO 1:1)****Lessons: 8    Fee: Member/Non-Member: \$176.00****\*Limited number of spots available for each session**

Day of the Week	Session Dates	Time
Wednesday	July 2 - Aug 20	4:00pm - 4:30pm
Wednesday	July 2 - Aug 20	4:30pm - 5:00pm
Wednesday	July 2 - Aug 20	5:00pm - 5:30pm
Wednesday	July 2 - Aug 20	5:30pm - 6:00pm
Wednesday	July 2 - Aug 20	6:00pm - 6:30pm
Thursday	July 3 - Aug 21	4:00pm - 4:30pm
Thursday	July 3 - Aug 21	6:20pm - 6:50pm
Saturday	July 5 - Aug 23	11:20am - 11:50am
Sunday	July 6 - Aug 24	9:00am - 9:30am
Sunday	July 6 - Aug 24	11:20am - 11:50am

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graph TD; PS[Pathway to Lifeguard] --> BS[Bronze Star  
Prerequisite: Recommended Star Patrol, 100% attendance highly recommended]; PS --> BC[Bronze Cross  
Prerequisite: Bronze Medallion & Emergency First Aid, 100% attendance required]; BS --> BMA[Bronze Medallion and Emergency First Aid  
Prerequisite: 13 years of age or Bronze Star, 100% attendance required]; BC --> SFA[Standard First Aid & CPR C  
Prerequisites: None; however, required for taking National Lifeguard]; BMA --> NL[National Lifeguard  
Prerequisite: 15 years of age, Bronze Cross and Standard First Aid, 100% attendance required]; SFA --> NL; NL --> SI[Swim Instructor  
Prerequisite: 15 years of age and Bronze Cross, 100% attendance required]; NL --> LI[Lifesaving Instructor  
Prerequisite: 15 years of age and Bronze Cross, 100% attendance required];
```

**Pathway to Lifeguard**

**Bronze Star**  
Prerequisite: Recommended Star Patrol, 100% attendance highly recommended

**Bronze Medallion and Emergency First Aid**  
Prerequisite: 13 years of age or Bronze Star, 100% attendance required

**Pathway to Swimming Instructor**

**Bronze Cross**  
Prerequisite: Bronze Medallion & Emergency First Aid, 100% attendance required

**Standard First Aid & CPR C**  
Prerequisites: None; however, required for taking National Lifeguard

**National Lifeguard**  
Prerequisite: 15 years of age, Bronze Cross and Standard First Aid, 100% attendance required

**Swim Instructor**  
Prerequisite: 15 years of age and Bronze Cross, 100% attendance required

**Lifesaving Instructor**  
Prerequisite: 15 years of age and Bronze Cross, 100% attendance required

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skills and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to the lifesaving sport.

Bronze Medallion challenges the candidate mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Bronze Cross begins transitioning from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and start applying active surveillance principles and techniques in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in National Lifeguard and leadership certification programs. The same manual will be used for Bronze Medallion and Bronze Cross.

### Standard First Aid (Recertification)

Standard First Aid Recertification provides refresher training designed for those who understand first aid legal implications, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries and medical emergencies. Includes CPR-C certification.

Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a LifeSaving Society recertification course. They may recertify only with the original certifying agency.

### Standard First Aid with CPR-C

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR and is designed for those who require a more in-depth understanding of first aid including legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies.

Includes CPR-C certification. This is the pre-requisite for the National Lifeguarding program and also meets WSIB standards for SFA in the workplace.

### National Lifeguard Course

This is a comprehensive course aimed at providing participants with the necessary knowledge and skills to become effective lifeguards. Participants will gain a solid understanding of the fundamental principles that guide lifeguarding. Our instructors will emphasize the importance of developing good judgment and responsible attitudes towards lifeguarding. Participants will be trained in essential lifeguarding skills, how to effectively respond to different aquatic emergencies, and the principles and processes involved in making sound decisions during emergencies. This includes assessing the situation, prioritizing actions and evaluating risks. Participants will learn how to evaluate and adapt their lifeguarding skills to different types of emergencies and facilities. This could involve understanding the specific risks and challenges associated with each environment. By the end of the course, participants should have a strong foundation in lifeguarding principles, possess the necessary skills to respond effectively to aquatic emergencies and demonstrate responsible decision-making in their role as lifeguards.



# Leadership Course Schedule

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## BRONZE STAR (RATIO 1:8)

**Lessons: 2 Fee: Member/Non-Member: \$76.00**

Day of the Week	Session Dates	Time
Tuesday - Friday	July 21 - 24	4:00pm - 7:00pm
Tuesday - Friday	Aug 5 - 8	4:00pm - 7:00pm

## BRONZE MEDALLION & EMERGENCY FIRST AID COURSE (RATIO 1:10)

**Lessons: 4 Fee: Member/Non-Member: \$154.82**

Day of the Week	Session Dates	Time
Monday - Friday	July 7 - 11	4:00pm - 9:00pm Exam: 4:00pm to 6:00pm
Monday - Friday	Aug 11 - 15	4:00pm - 9:00pm Exam: 4:00pm - 6:00pm

## BRONZE CROSS COURSE (RATIO 1:10)

**Lessons: 5 Fee: Member/Non-Member: \$121.50**

Day of the Week	Session Dates	Time
Monday - Friday	July 14 - 18	4:00pm - 9:00pm Exam: 4:00pm to 6:00pm
Monday - Friday	Aug 18 - 22	4:00pm - 9:00pm Exam: 4:00pm - 6:00pm

## STANDARD FIRST AID & RECERTIFICATION COURSE (RATIO 1:10)

**Lessons: 2 Fee: Member/Non-Member: \$117.75 Recert: \$72.00**

Day of the Week	Session Dates	Time
Sat & Sun	July 5 & 6	8:00am - 4:00pm @ Fusion
Sun (Recertification)	July 6	8:00am - 4:00pm @ Fusion
Sat & Sun	Aug 9 & 10	8:00am - 4:00pm @ Fusion
Sun (Recertification)	Aug 10	8:00am - 4:00pm @ Fusion
Sat (Recertification)	Sept 27	8:00am - 4:00pm @ Fusion

## NATIONAL LIFEGUARD & RECERTIFICATION COURSE (RATIO 1:10)

**Lessons: 6 Fee: Member/Non-Member: \$230.58 Recert: \$76.00**

Day of the Week	Session Dates	Time
Fri, Sat & Sun	July 11, 12, 13 & 18 Exam: July 20	Fri 4:00pm - 9:00pm Sat & Sun 9:00am to 6:00pm Exam: 9:00am - 1:00pm
Sunday	Recertification Exam: July 20	9:00am - 1:00pm
Fri, Sat & Sun	Aug 15, 16, 17, 22 & 23 Exam: Aug 24	Fri 4:00pm - 9:00pm Sat & Sun 9:00am to 6:00pm Exam: 9:00am - 1:00pm
Sunday	Recertification Exam: Aug 24	9:00am - 1:00pm
Saturday	Recertification Exam: Sept 6	9:00am - 1:00pm



# Group Fitness Schedule

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HST will be applied upon purchase where applicable.

**March 17 – June 22, 2025**

• Rates:

- Members .....FREE
- Non-members.....\$7.50
- Seniors (60+).....\$6.61

**Register Online on UNIVERUS**  
<https://app.univerusrec.com/ingersollcspub/>  
 or call 519-425-1181 ext 0



## GROUP FITNESS SCHEDULE

**date:**

June 23 – September 14, 2025

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rise & Grind Wake Up! 6:15am – 6:45am		Rise & Grind Wake Up! 6:15am – 6:45am		Rise & Grind Wake Up! 6:15am – 6:45am	
Muscle Up 7:00am – 8:00am	Cycle 7:00am – 7:45am	Muscle Up 7:00am – 8:00am	Cycle 7:00am – 7:45am	Tone Zone 7:00am – 8:00am	Bike Boot Camp 8:00am – 8:45am
NamaStroll 8:15am – 9:15am		Kettlebells 8:15am – 9:00am	NamaStroll 8:15am – 9:15am		Saturday Shakedown 9:00am – 10:00am
Fit & Flex 9:30am – 10:30am	Low Impact 9:30am – 10:30am	Yoga 9:30am – 10:30am	Beginner HIIT 9:30am – 10:30am	Fit & Flex 9:30am – 10:30am	Core, Mobility & Stretch 10:15am – 11:00am
Kickbox Basics 12:15pm – 1:00pm	Zumba Gold 11:30am – 12:15pm	Cycle 30 12:15pm – 12:45pm			<b>Our group classes are inclusive, supportive, and suitable for every fitness level!</b>
Cycle 4:30pm – 5:15pm	Kettlebells 4:30pm – 5:15pm	Athletic Impact 4:30pm – 5:30pm	Bike Boot Camp 4:30pm – 5:15pm		
Sweat & Sculpt 5:45pm – 6:45pm	Yoga Core 5:45pm – 6:45pm	Yoga Tone 5:45pm – 6:45pm	Reward Yoga 5:45pm – 6:45pm		
Boot Camp 7:00pm – 8:00pm	Zumba 7:00pm – 8:00pm	Power Punch 7:00pm – 7:45pm	Zumba 7:00pm – 8:00pm		
		Bedtime Yoga 8:00pm – 9:00pm			

### notes:

There will be no classes running on June 28th, July 1st, August 2nd, 4th, 30th, and September 1st

### Contact Info:

- 📞 519-425-1181 x 0
- 🌐 <https://app.univerusrec.com/ingersollcspub/>
- ✉ [communityservices@ingersoll.ca](mailto:communityservices@ingersoll.ca)



# PERSONAL TRAINING



- ✓ Increase accountability
- ✓ Individual exercise plan
- ✓ Boost your confidence
- ✓ Support your goals

The training package includes an initial assessment with a certified personal training specialist and a customized program to target your unique fitness and wellness goals

**MAKE AN APPOINTMENT**

**519-425-1181 x 6266**  
**[susan.keane@ingersoll.ca](mailto:susan.keane@ingersoll.ca)**





**Squickleball:** a dynamic game that combines pickleball with the unique challenge of a squash court. Perfect for beginners and pros alike, the singles net and adaptable court settings let you enjoy casual play or test your skills with wall rebounds. Dive into a game that's fun, flexible and full of action!

**Book your next game!**

Victoria Park Community Centre

# SQUICKLEBALL SQUASH/ WALLYBALL

Court rental cost included in Membership  
Non-members: \$5.00/person per visit

## COURT RENTAL AVAILABLE PER HOUR DURING FACILITY HOURS

Monday - Friday: 5:30am - 9:00pm

Saturday & Sunday: 7:00am - 4:00pm

**Squash:** Bring your own racquet, ball and CSA approved eyewear

**Wallyball:** Net and ball provided.

**Squickleball:** Bring your own paddle. Net and balls provided





# Group Fitness Programs

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**Members: FREE** | **Non-Member Adults: \$7.50** | **Non-Member Seniors: \$6.61**

**NO CLASSES June 28, July 1, Aug 2, 4, 30, Sept 1**

## Athletic Impact

Suitable for amateurs and athletes! Skills and drills that will challenge and improve your strength, speed, power, agility, endurance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		4:30pm - 5:30pm				

## Beginner HIIT

Just starting out? Meet us here for an intro to interval training. Interval training allows for short bursts of effort followed by brief recoveries. Push your boundaries and maximize results! The class ends with 15-20mins of stability, mobility work and stretching.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			9:30am - 10:30am			

## Bike Boot Camp

Use dumbbells and body weight to sculpt your muscles and boost stamina, then switch gears by hopping on the bike for quick cardio challenges that'll have you feeling like a fitness warrior!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			4:30pm - 5:15pm		8:00am - 8:45am	

## Boot Camp

Build strength, endurance and agility in a fun group setting. Come experience a high-intensity full body workout!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00pm - 8:00pm						

## Core, Mobility & Stretch

A perfect companion to your training routine: strengthen your core, improve range of motion, flexibility, and release tension in your muscles. This is a wonderful class to improve balance and coordination challenges – great skills for fall prevention!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					10:15am - 11:00am	

## Cycle

Kick start your cardio and enhance your stamina, speed and strength with less impact on the joints as we tackle hills, sprints and intervals in this indoor cycling class.

**Cycle30:** All the fun of our full Cycle class condensed into an action-packed 30-minutes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30pm - 5:15pm	7:00am - 7:45am	<b>Cycle 30</b> 12:15pm - 12:45pm	7:00am - 7:45am			

## Fit & Flex

A low impact interval training class. Use body weight and minimal equipment to improve your overall fitness. Wrap it up with 20mins of mobility and guided stretching.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am - 10:30am				9:30am - 10:30am		

**Kettlebell**

Learn the kettlebell basics, build strength, improve form, and gain confidence with each full-body workout in a supportive environment. **Max 6 participants per class**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:30pm - 5:15pm	8:15am - 9:00am				

**Kickbox Basics**

Open to all fitness levels: seniors, beginners and anyone looking to improve their health! We will cover the essential foundational body mechanics for kickboxing, helping you build a strong foundation for technique and form.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:15pm - 1:00pm						

**Low Impact**

Improve your cardio health with low-impact exercises. You'll work on resistance using body weight and light equipment as well as balance and coordination challenges – great skills for fall prevention!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30am - 10:30am					

**Muscle Up**

A full body workout that tones and strengthens all major muscle groups using barbells, dumbbells, body weight, benches and risers.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am - 8:00am		7:00am - 8:00am				

**NamaStroll \*NEW\***

Connect with nature and each other in this new class. Spend 30-mins getting centred and energized with yoga, followed by a 30 min AWE-walk to enjoy the sights and sounds of nature and engage in meaningful connection with one another. This class is perfect for those looking to start their day with movement, mindfulness, and community. Bring your own yoga mat for personal use.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am - 8:00am			8:15am - 9:15am			

**Power Punch**

This mixed martial arts inspired, cardio conditioning class will improve your endurance, strength and agility. Punch, kick and move your way through cardio, body weight conditioning and striking techniques to boost strength, sharpen reflexes and burn fat. Whether you're a seasoned fighter or just looking for a full body workout, this class is a fun way to release stress while sweating and SMILING. No experience needed!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00pm - 7:45pm				

**Rise & Grind Wake Up!**

A full body, high-rep weightlifting class that concentrates on building muscle and increasing strength.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am - 6:45am		6:15am - 6:45am		6:15am - 6:45am		

### Saturday Shakedown

Shake it up with this instructor's choice class. Expect a fun full body workout from one of our experienced instructors.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00am - 10:00am	

### Sweat & Sculpt

A cardio and strength training party! Build your cardiovascular endurance and sculpt your muscles.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45pm - 6:45pm						

### Tone Zone

Tone up in this fun-filled, full-body workout that incorporates cardio, strength, flexibility and balance using various equipment.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				7:00am - 8:00am		

### Yoga

Experience the joy of yoga with us! From stretchy moves to flowing sequences to restorative poses, our classes suit all levels. Bring your own mat for personal use.

**-Yoga Tone:** Adds free weights to your practice which increases muscle awareness and boosts lean muscle mass.

**-Yoga Core:** Strengthen your core with a combination of poses that will work your abs, back and flexibility.

**-Yoga:** Align your body and mind with breathing techniques and traditional yoga poses

**-Reward Yoga:** A dynamic class that honours participants' physical, mental and spiritual needs. The practice will be your instant gratification and habit forming cycle to connect together as one in diversity and grow during this space through breath, goals and intentions.

**-Bedtime Yoga:** Restorative poses and soothing music to reduce tension and stress (bring a cozy sweater or blanket)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Yoga Core</b> 5:45pm - 6:45pm	<b>Yoga</b> 9:30am - 10:30am	<b>Reward Yoga</b> 5:45pm - 6:45pm			
		<b>Yoga Tone</b> 5:45pm - 6:45pm				
		<b>Bedtime Yoga</b> 8:00pm - 9:00pm				

### Zumba®

Feel the rhythm and let the music set the mood for this fun-packed, full-body workout that combines all elements of fitness!

**Zumba Gold®:** Zumba Gold is a low-intensity dance fitness class ideal for beginners, over 50's and active seniors.

There is no jumping, spinning or knee twisting in any of the routines. This class will focus on elements of fitness: cardiovascular, muscular conditioning, balance and flexibility.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Zumba Gold</b> 11:30am - 12:15pm		<b>Zumba</b> 7:00pm - 8:00pm			
	<b>Zumba</b> 7:00pm - 8:00pm					

## Adult Core en Pointe

Rooted in the grace of ballet and the control of dance training, this movement-based class guides you through a series of precise, flowing exercises designed to strengthen, lengthen, and align the body. Expect a blend of pliés, relevés, tendus, and core-driven sequences, all performed with an emphasis on posture and musicality. Movements are small and intentional, often held or pulsed to build deep strength and stability. With the support of a stationary surface for balance, participants move rhythmically through choreography-inspired sequences that challenge both the body and the mind. Perfect for anyone looking to move with elegance while building control, flexibility, and endurance.

**Location:** Victoria Park Community Centre- Fitness Studio

**Time:** 12:15- 1:15pm

**Date:** Friday June 27- September 12 (No program August 1)

**Fee:** Members \$38.50 / 11 weeks

Non- Members \$77.00 / 11 weeks

## Sunday Core en Pointe

Rooted in the grace of ballet and the control of dance training, this movement-based class guides you through a series of precise, flowing exercises designed to strengthen, lengthen, and align the body. Expect a blend of pliés, relevés, tendus, and core-driven sequences, all performed with an emphasis on posture and musicality. Movements are small and intentional, often held or pulsed to build deep strength and stability. With the support of a stationary surface for balance, participants move rhythmically through choreography-inspired sequences that challenge both the body and the mind. Perfect for anyone looking to move with elegance while building control, flexibility, and endurance.

**Location:** Victoria Park Community Centre- Fitness Studio

**Time:** 8:45 - 9:45am

**Date:** Sunday July 6 - July 27  
(No program August 31)

**Fee:** Members \$14.00 / 4 weeks

Non- Members \$28.00 / 4 weeks







## ADULT PROGRAM SCHEDULE

**date:**

June 23 - September 14th

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				AOW 8:15am - 9:15am	Adult Tennis Lessons 10:15am - 11:15am
Stroller Fit 11:00am - 12:00pm		Adult Pickleball Lessons 10:30am - 11:30am	Baby & Me 11:00am-12:00pm	Adult Beginner Ballet 11:00am - 12:00pm	
	Shuffleboard 12:30pm - 3:30pm	Adult European Folk Dance 11:00am - 12:00pm	Shuffleboard 12:30pm - 3:30pm	Adult Core en Pointe 12:15pm - 1:15pm	
				POW 3:15pm - 4:15pm	
		Woman's Self Defence 5:30pm - 6:30pm			Sunday
	Run Club 7:00pm - 8:00pm		Run Club 7:00pm - 8:00pm		Adult Core en Pointe 8:45am - 9:45am
WOW 8:00pm - 9:00pm			<div>Contact Info:</div> <div>For full program details—including, dates, times, closures, cost, and locations—please visit</div> <div> communityservices@ingersoll.ca</div> <div> <a href="https://app.univerusrec.com/ingersollcspub/">https://app.univerusrec.com/ingersollcspub/</a></div> <div> 519-425-1181 x 0</div>		
<div> Indicates a PickupHub program No program July 1</div> <div>For information on locations or to register for PickupHub programs, visit: <a href="https://pickuphub.net/ingersoll">https://pickuphub.net/ingersoll</a></div> <div>Stroller Fit @ Fusion Youth Activity Centre (No program Aug 4, Sept 1) Adult Pickleball Lessons @ 250 Ingersoll St. S Women's Self Defence @ the Ingersoll District Memorial Arena Adult Tennis Lessons @ Westfield Park, 50 Chisholm Dr. Register for a Pickleball Workshop: <b>Footwork &amp; Positioning</b> (June 22, 10:15-11:15) &amp; <b>Dinking, Rally and Serving</b> (Sept 13, 10:15-11:15)</div> <div>Programs must meet minimum enrollment requirements in order to run. Victoria Park Community Centre is CLOSED on July 1, Aug 4, Sept 1</div>					



## Baby & Me

Join us for our Baby & Me workout class. The perfect chance for you and your little one to meet other fabulous parents and work on your personal fitness. It's important to note that in this interactive program, parents stay close and engage with their little ones throughout the entire session.

**Prerequisites:** New moms must have clearance to start exercising from their health care provider.

**Information & Requirements:** This program is designed for any parent or caregiver who has a child under 1 year of age.

**Location:** Victoria Park Community Centre - Fitness Studio

**Date 1:** Thursday, June 26–July 31

**Date 2:** Thursday, Aug 7 – Sept 11

**Time:** 11:00am – 12:00pm

**Fee:** Member: \$21.00/6 weeks

Non-Member \$42.00/6 weeks

## Run Club

Unlock your running potential with our Run Club program. Build your endurance over the weeks with run/walk sessions in a supportive group setting! We will also do resistance exercises, mobility drills, and steep incline walking/jogging to build and improve your running capacity. All levels of runners are welcome.

**Prerequisites:** Participants must be 14+ years of age.

**Information & Requirements:** It's important to note that this is an outdoor program, please prepare appropriately for the weather. Class will be cancelled in the case of extreme weather conditions.

**Location:** Victoria Park Community Centre - Front Lobby

**Date 1:** Tuesdays, June 24 – Sept 9 (No class July 1)

**Time:** 7:00pm – 8:00pm

**Fee:** Member: \$38.50/11 weeks, Non-Member: \$77/11 weeks

**Date 2:** Thursdays, June 26 – Sept 11

**Time:** 7:00pm – 8:00pm

**Fee:** Member: \$42.00 / 12 weeks

Non-Member: \$84.00 / 12 weeks

## Stroller Fit

Stroller Fit is an energizing workout that combines cardio, strength training, and flexibility exercises—all while using your stroller! Experience a dynamic warm-up, heart-pumping intervals, and effective strength routines designed for parents and caregivers of all fitness levels. Connect with fellow parents and bond with your little one as you experience a fun and healthy routine together. Bring a water bottle, mat and get ready to sweat while having a blast!

**Prerequisites:** New moms must have clearance to start exercising from their doctor.

**Information & Requirements:** This program is designed for parents and caregivers who have a child under 2 years of age. Jogging strollers are recommended but not necessary.

**Location:** Fusion Youth Centre - Gym

**Date 1:** June 23 – July 21

**Date 2:** July 28 – Sept 8 (No class Aug 4, Sept 1)

**Time:** 11:00am – 12:00pm

**Fee:** Member: \$17.50/5 weeks

Non-Member \$35.00/5 weeks



## Adult Pickleball-Lessons

Join us for our Adult Pickleball Small Group Lessons designed to offer a more personalized, hands-on learning experience! Whether you're just starting or looking to refine your skills, these small group lessons are perfect for adults who want to learn at their own pace while receiving tailored instruction in a supportive and friendly environment. With a limited number of participants, you'll receive more individual attention from our experienced instructors, ensuring you get the most out of each session. Focus on key aspects of the game, such as serving, returning, footwork, strategy, and positioning, with plenty of opportunity for practice. Learn new skills while meeting other adults who share your interest in pickleball, all in a relaxed and enjoyable atmosphere. Each session builds on the previous one, so you can track your improvement and become more confident on the court.

**Location:** Outdoor Pickleball Court- 250 Ingersoll St S

**Dates:** Wednesday June 25- August 20

**Time:** 10:30-11:30am

**Fee:** Member & Non-Member \$112.50 / 9 weeks



## Pickleball-Footwork & Positioning Workshop

Elevate your pickleball game with our Footwork and Positioning Workshop, designed to help you move more efficiently on the court and improve your overall gameplay strategy. Whether you're a beginner or an intermediate player, this workshop focuses on the key fundamentals of footwork and positioning that will make you a faster, more effective player.

**Location:** Outdoor Pickleball Court-250 Ingersoll St S

**Dates:** Sunday, June 22

**Time:** 10:15-11:15am

**Fee:** Member & Non-Member: \$12.50

## Pickleball-Dinking, Rally & Serving Workshop

Take your pickleball game to the next level with our Dinking, Rally, and Serving Workshop, designed to improve your skills in three of the most essential and strategic parts of the game. Learn the technique and strategy behind the dink shot, one of the most important aspects of pickleball. We'll focus on soft, controlled shots that keep the ball low and force your opponents into difficult positions. You'll practice placement, angles, and keeping the ball in play during intense net exchanges. Master the art of maintaining and controlling long rallies. This workshop is perfect for adults looking to enhance their game with more consistency, precision, and control.

**Location:** Outdoor Pickleball Court-250 Ingersoll St S

**Dates:** Saturday September 13

**Time:** 10:15-11:15am

**Fee:** Member & Non-Member: \$12.50

## WOW – Women on Weights

This 4-week program is the perfect starting point for beginners looking to build confidence in the gym. You'll learn proper movement patterns for key exercises like squats, deadlifts, and lunges, while also discovering how to safely incorporate weights into your routine. Each week, you'll train in a small group with a certified personal trainer, ensuring personalized guidance and support. By the end of the program, you'll have two full-body workouts to continue your fitness journey with confidence, knowing you're on the right track!

**Location:** Victoria Park Community Centre – Fitness Studio

**Date 1:** Mondays, July 7 – July 28

**Date 2:** Mondays, Aug 11 – Sept 8 (no class Sept 1)

**Time:** 8:00pm – 9:00pm

**Fee:** Member / Non-Member: \$50.00/4 weeks

## Women's Self Defence

Summer Women's Self-Defense Program is a specialized training program designed to teach individuals practical self-defense skills during the summer months. This program offers a blend of physical training, situational awareness, and mental strategies to help participants feel more confident and prepared in real-life situations.

**Location:** Ingersoll District Memorial Arena – Auditorium

**Date 1:** Wednesday June 25 to July 30

**Date 2:** Wednesday Aug 6–Sept 10

**Time:** 5:30pm– 6:30pm

**Fee:** Members \$21.00 / 6 weeks

Non- Members \$42.00 / 6 weeks

## AOW – Adults on Weights

This 4-week program is the perfect starting point for our community looking to build muscle mass and maintain their strength all while gaining confidence in the gym. You'll learn proper movement patterns for key exercises like squats, deadlifts, and lunges, while also discovering how to safely incorporate weights into your routine. Each week, you'll train in a small group with a certified personal trainer, ensuring personalized guidance and support. By the end of the program, you'll have two full-body workouts to continue your fitness journey, with confidence, knowing you're on the right track!

**Location:** Victoria Park Community Centre – Fitness Studio

**Date 1:** Fridays, July 4 – July 25

**Date 2:** Fridays, Aug 8 – Aug 29

**Time:** 8:15am – 9:15am

**Fee:** Member / Non-Member: \$50.00/4 weeks

## POW – Preteens/Teens on Weights 12yrs+

This 4-week program is the perfect starting point for preteens/teens looking to start working out with weights. You'll learn proper movement patterns while also discovering how to safely use weights in your routine. Each week, you'll train in a small group with a certified personal trainer. By the end of the program, you'll have two full-body workouts to continue your fitness journey with confidence.

**Location:** Victoria Park Community Centre – Fitness Studio

**Date 1:** Fridays, July 4 – July 25

**Date 2:** Fridays, Aug 8 – Aug 29

**Time:** 3:15pm – 4:15pm

**Fee:** Member / Non-Member: \$50.00/4 weeks



## Adult Shuffleboard (18yrs +) Pick-up Hub

Slide into this captivating social pastime! Shuffleboard entails players utilizing cues to propel weighted discs down a slim court, with the goal of landing them within a designated scoring area. Players are encouraged to bring their shuffleboard cues as limited equipment is available for use. Shuffleboard is perfect for those in search of enjoyment, social connection, and a game that combines strategy and luck!

**Location:** Ingersoll District Memorial Arena – Summer Floor – June 24– August 19

**Date 1:** August 21– September 11

**Date 2:** Tuesday June 24 – September 9th (No Program on July 1st, 15th)

**Date 3:** Thursday June 26 – Sept 11 (No Program on July 1st)

**Time:** 12:30pm – 3:30pm

**Fee:** Member & Non-Members \$4.42 per play (PickupHub)

## Adult European Folk Dance (14yrs+)

The Adult European Folk Dance program invites individuals to explore a wide variety of folk dances originating from different countries and regions in Europe. This program emphasizes the joyful and communal aspects of dance, while also highlighting the unique history, music, and cultural traditions tied to each dance style. Participants, regardless of experience level, will learn the basic steps, formations, and rhythms. Participants will learn dances from different European traditions, such as the polka, waltz, mazurka, Scottish reels, Greek dances, and more. Each class may focus on one or more specific dances.

**Location:** Victoria Park Community Centre– Fitness Studio

**Time:** 11:00am –12:00pm

**Date 1:** Wednesday June 25– August 6 ( No Program July 23)

**Date 2:** Wednesday Aug 13 – Sept 10

**Fee:** Members \$21.00 / 6 weeks

Non- Members \$42.00 / 6 weeks

## Adult Beginner Ballet (14yrs+)

Our Adult Ballet program is designed to provide a welcoming and supportive environment for individuals looking to explore or deepen their ballet practice, regardless of age or experience. Whether you're a complete beginner or a seasoned dancer, our classes focus on building strength, flexibility, and grace through the foundations of classical ballet technique.

**Location:** Victoria Park Community Centre– Fitness Studio

**Time:** 11:00am –12:00pm

**Date 1:** Friday June 27– August 1st

**Date 2:** Friday Aug 8 – Sept 12

**Fee:** Members \$21.00 / 6 weeks

Non- Members \$42.00 / 6 weeks

## Adult Tennis Lessons (14yrs+)

Whether you're a beginner looking to learn the basics or an intermediate player wanting to improve your skills, our Adult Small Group Tennis Lessons are the perfect fit! This program offers personalized instruction in a supportive, small group setting where you can learn at your own pace and build confidence on the court. Our experienced instructors will guide you through essential tennis skills such as proper grip, footwork, groundstrokes, serves, and volleys, all while helping you understand the rules and strategies of the game. You'll participate in fun drills, exercises, and match play that improve technique, fitness, and overall enjoyment of the sport. With a small group size, you'll receive plenty of individualized attention and feedback, ensuring that you make steady progress and get the most out of each class. Whether you're looking to play for fun, fitness, or competition, these lessons are designed to help you grow as a tennis player.

**Location:** Westfield Park, 50 Chisholm Dr

**Dates:** Saturday June 21– August 16

**Time:** 10:15–11:15am

**Fee:** Member & Non-Member \$112.50 / 9 weeks



# Children's Program Schedule

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## CHILDREN'S PROGRAM SCHEDULE

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Children's Pickleball Lessons 9:15am - 10:15am			*Children's Tennis Lessons 9:00am - 10:00am
*Art in the Park 10:00am - 11:30am		Bike Academy 9:30am - 10:30am			
		Bike Academy 10:45am - 11:45am			
				Flick & Dip 6:00pm - 8:00pm	Saturday
				Movie Magic & Masterpieces 6:00pm - 8:00pm	*Children's Creative Dance 10:00am - 10:30am
<p>Programs marked * are sessional. All other programs are drop-in</p> <p>Children's Creative Dance: July 6-July 27 &amp; Aug 17-Sept 14 (No program Aug 31)</p> <p>Bike Academy: June 25-Aug 13: (Located at the Ingersoll arena)</p> <p>Art in the Park: July 7-July 28 &amp; Aug 11-Aug 25 (Located at VPCC - fenced in playground)</p> <p>Flick &amp; Dip: June 27-July 25 (only)</p> <p>Movie Magic and Masterpieces: Aug 1-Sept 12</p> <p>Beginner Ballet: July 6-July 27 &amp; Aug 17-Sept 14 (No program on Aug 31)</p> <p>Acro Juniors: July 6-July 27 &amp; Aug 17-Sept 14 (No program Aug 31)</p> <p>Children's Tennis Lessons: June 21-Aug 16 (Located at Westfield Park, 50 Chisholm Dr.)</p> <p>Children's Pickleball Lessons: July 2-Aug 20 (Located at the pickleball courts at 250 Ingersoll St., S)</p> <p>Programs must meet minimum enrollment requirements in order to run.</p> <p>Victoria Park Community Centre is CLOSED on July 1, Aug 4, Sept 1</p>				<p><b>Contact Info:</b></p> <p>For full program details—including, dates, times, closures, cost, and locations—please visit</p> <p> <a href="mailto:communityservices@ingersoll.ca">communityservices@ingersoll.ca</a></p> <p> <a href="https://app.univerusrec.com/ingersollcspub/">https://app.univerusrec.com/ingersollcspub/</a></p> <p> 519-425-1181 x 0</p>	
				<p>*Beginner Ballet 10:45am - 11:15am</p>	
				<p>*Acro Juniors 11:30am - 12:30pm</p>	

### Children Pickleball Lessons (6-12yrs)

Introducing kids to the exciting world of pickleball! Our Children's Recreation Pickleball Program is a fun and engaging way for children ages 6-12 to learn the basics of this popular sport. In this program, participants will develop essential pickleball skills such as how to serve, rally, score, and play as part of a team—all while having a great time! Our experienced instructors will guide the kids through fun drills, games, and activities designed to build their hand-eye coordination, agility, and sportsmanship. Through these interactive lessons, children will not only learn the rules of pickleball but also develop valuable skills for physical activity and teamwork that they can use both on and off the court. Whether your child is new to the sport or looking to refine their skills, this recreational pickleball class is the perfect way to get active, make new friends, and have fun!

**Location:** Outdoor Pickleball Court-250 Ingersoll St S

**Dates:** Wednesday July 2 - August 20

**Time:** 9:15-10:15am

**Fee:** Member & Non-Member \$100.00 / 8 weeks

## Children's Creative Dance

This fun and imaginative dance program is designed for young children to explore movement, music, and self-expression in a safe and supportive environment. Through creative movement exercises, we help children develop their coordination, balance, and flexibility, while also encouraging their creativity and confidence.

**Location:** Studio, Victoria Park Community Centre

**Date 1:** Sundays, July 6 – July 27

**Date 2:** Sundays, Aug 17 – Sept 14 (No class Aug 31)

**Time:** 10:00am – 10:30am

**Fee:** Member \$14.00/4 weeks

Non-Members: \$28.00/4 weeks

## Children's Tennis Lessons

Get ready for an exciting introduction to tennis! This small group recreation class is designed for children ages 6-12 who are new to tennis or want to improve their skills. In a fun and supportive environment, kids will learn the basics of tennis, including essential skills like how to hold a racket, how to hit forehands, backhands, and serves, and how to play different tennis games.

Our experienced instructors will also introduce the rules of tennis in a simple and easy-to-understand way. Through fun drills, games, and friendly competition, participants will not only improve their athletic abilities but also build teamwork, coordination, and sportsmanship.

This class is perfect for kids who want to get moving, try something new, and develop skills for a lifelong love of tennis!

**Location:** Westfield Park, 50 Chisholm Dr

**Dates:** Saturday June 21- August 16

**Time:** 9:00-10:00am

**Fee:** Member & Non-Member \$112.50 / 9 weeks

## Art in the Park

Let creativity run wild in the great outdoors! This hands-on art program is designed for young artists ready to explore their imaginations through paint, sketching, and colorful creativity. Set in the beauty of the park, children will dive into a mix of canvas painting, nature-inspired sketching, tie-dye fun, and learn the foundations of landscape and still life drawing techniques.

Each day will begin with a 30-minute art theory session, where children will learn about different art styles, techniques, and famous artists who were inspired by nature. Then, they'll get messy and creative during an hour-long art lab, bringing their masterpieces to life using the park as their inspiration. On the final day, we'll celebrate with a Pizza Lunch Art Gallery, where young artists can show off their favorite works, share what they learned, and reflect on their creative journey.

**Location:** Fenced-in Playground-Victoria Park

**Date 1:** Mondays, July 7 – July 28

**Fee:** Members \$18.00, Non-Members \$36.00/4 weeks

**Date 2:** Mondays, Aug 11 – Aug 25

**Fee:** Member \$13.50, Non-Members \$27.00/3 weeks

**Times:** 10:00am – 11:30am



## Acro Juniors (6-12yrs)

This class will focus on flexibility and strength, as kids learn the fundamentals of Acro. Participants will be taught how to safely do the splits, bridges, forward rolls, handstands and cartwheels. At the end of each class dancers will work on a routine which will be showcased to family and friends on the last day of the session. Participants are to come to class wearing comfortable, stretchy clothing.

**Location:** Studio, Victoria Park Community Centre

**Date 1:** Sunday July 6- July 27

Date 2: Sunday Aug 17-Sep 14 (no class Aug 31)

**Time:** 11:30-12:30pm

**Fee:** Member \$12.00 / 4 weeks

Non-Member \$24.00 / 4 weeks

## Beginner Ballet (4-5yrs)

Beginner Ballet is a recreational dance class for children ages 4-5. Participants will learn to skip, gallop, leap, and practice basic ballet positions and movements. The class encourages children to explore movement and discover the joy of dancing. Comfortable clothing is recommended, along with socks, ballet shoes, running shoes, or bare feet. Please ensure children bring a water bottle and are able to use the washroom independently. Parents and friends are invited to a special dance showcase on the last day of class.

**Location:** Studio, Victoria Park Community Centre

**Date 1:** Sunday July 6- July 27

Date 2: Sunday Aug 17-Sept 14 (no class Aug 31)

**Time:** 10:45am - 11:15am

**Fee:** Member \$6.00 / 4 weeks

Non-Member \$12.00 / 4 weeks





## Bike Academy (4-12yrs)

Pedal your way to a morning dedicated to learning about road safety and coordinating bike maneuvers through an educational bike course. A cycle smart instructor will welcome the class and go over the daily focus of the day. These can be hand signals, danger driveways, and stop signs. Participants will then have time to explore the course which will have cones, twists and turns and elements added each day of the program. This program is designed to build confidence in children on their bicycles.

**Location:** Summer Floor Ingersoll District Memorial Arena

**Dates:** Wednesday June 25 - Aug 13

**Time:** 9:30-10:30am & 10:45-11:45am

**Fee:** Members & Non-Members FREE

## Flick N Dip (6-9yrs)

Grab your friends and favourite snack and join us for one of our most popular programs! Each week children will watch a movie upstairs from 6:00pm- 7:00pm then go for a swim in the pool from 7pm- 7:50pm!

Lifejackets and ratios of child to program staff will be accommodated for swimmers.

Please note parents are to assist children with snack/vending machines purchases and escort children to the movie room location. Pick up is in the Main Lobby after pool time at 8:00pm.

Parents/ Guardians MUST sign children in and out in the lobby at the beginning and end of the program. Pool Admission Standards apply. Registration is strongly encouraged to secure your spot!

**Location:** Victoria Park Community Centre - Meeting Room/Pool

**Date:** Friday, June 27 - July 25 (5 weeks)

**Time:** 6:00pm - 8:00pm

**Fee:** Member \$4.00/day

Non-Member \$6.00/day

## Flick N Dip (10-12yrs)

Grab your friends and favourite snack and join us for one of our most popular programs! Each week children will watch a movie upstairs from 6:00pm- 7:00pm then go for a swim in the pool from 7pm- 7:50pm!

Lifejackets and ratios of child to program staff will be accommodated for swimmers.

Please note parents are to assist children with snack/vending machines purchases and escort children to the movie room location. Pick up is in the Main Lobby after pool time at 8:00pm.

Parents/ Guardians MUST sign children in and out in the lobby at the beginning and end of the program. Pool Admission Standards apply.

Registration is strongly encouraged to secure your spot!

**Location:** Victoria Park Community Centre - Meeting Room/Pool

**Date:** Friday, June 27 - July 25 (5 weeks)

**Time:** 6:00pm - 8:00pm

**Fee:** Member \$4.00/day

Non-Member \$6.00/day

## Movie Magic & Masterpieces

Join us for an exciting evening of colouring and movie fun, where creativity and entertainment collide! This program offers the perfect blend of relaxing movie time and fun artistic expression. Kids will enjoy watching a family-friendly movie and then dive into creative coloring activities inspired by the characters and scenes they just saw!

**Location:** Victoria Park Community Centre - Fitness Studio

**Date:** Friday, Aug 1 - Sept 12

**Time:** 6:00pm - 8:00pm

**Fee:** Member \$4.00/day

Non-Member \$6.00/day



**JUNE 2025**

Parks & Recreation  
Appreciation Month



**Get active this June to  
help our town be  
crowned Canada's  
Most Active  
Community!**

<https://app.univerusrec.com/ingersollcspub>



You're invited to our **Kick-Off Event** on Sunday, June 01<sup>st</sup> from noon-4:00pm at Victoria Park! There will be freezies, PB's French Fry Truck, games, and prizes!

# CANADA DAY CELEBRATIONS



**Tuesday, July 01<sup>st</sup>**  
**Victoria Park**  
**4:00pm – 8:00pm**

Food Trucks 🍁 Live Music 🍁 Vendors 🍁 Fireworks

## **Pool Party (Ages 3 – 13)**

Children will swim during our “open swim” for the first hour 1:30pm – 2:20pm, then spend the second hour 2:30pm – 3:30pm in our party room. The party package includes party host(s), chips, drinks, 2 pizzas and a birthday cake complete with candles, plates, forks, napkins and cups. Party packages are for up to 12 guests. POOL ADMISSION STANDARDS APPLY.

**Location:** Victoria Park Community Centre

**Time:** Saturday or Sunday 1:30pm – 3:30pm

**Fee:** \$180.00 per party

## **Group Games Party (Ages 3 – 12)**

Playing small group games in the party room such as scooter board hockey, parachute play and rubber chicken. The party package includes party host(s), chips, drinks, 2 pizzas and a birthday cake complete with candles, plates, forks, napkins and cups. Party packages are for up to 12 guests. Games are based on age.

**Location:** Victoria Park Community Centre

**Time:** Saturday or Sunday 1:30pm – 3:30pm

**Fee:** \$180.00 per party

## **Custom Party Package (Ages 8 – 12)**

Enjoy 1 hour of facilitated fun! Choose from Zumba, a dance party with awesome music and light effects, or provide us with a theme, and we'll organize a creative art activity for the party guests to enjoy. The second hour is spent in our party room, where you'll enjoy pizza and cake. The party package includes a party host (or hosts), chips, drinks, 2 pizzas, and birthday cake with candles, as well as plates, forks, napkins, and cups. Party packages are for up to 12 guests.

**Location:** Victoria Park Community Centre

**Time:** Saturday or Sunday 1:30pm – 3:30pm

**Fee:** \$180.00 per party



For more information on our birthday party packages at VPCC, please reach out to our Program Supervisor at **[brooke.ventnor@ingersoll.ca](mailto:brooke.ventnor@ingersoll.ca)**

**Custom Birthday Parties can be requested in the birthday form found here: [Link to Birthday Party Request Form](#)**

# Summer Day Camps

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**Limited spots available.**

**Location:** Victoria Park Community Centre

## Camp Groups: Junior Camp

Ages 4-5yrs

## Intermediate Camp

Ages 6-9yrs

## Senior Camp

Ages 10-12yrs

**Camp Hours:** 8:00am - 4:00pm

**Extended Care Hours:** 7:00am - 8:00am and 4:00pm - 5:00pm

**Junior Group Swim Days:** Monday and Thursday



**Intermediate Group Swim Days:** Tuesday and Friday

**Senior Group Swim Days:** Monday and Thursday

Parents will receive a camp manual before each week. Information will include camp excursions, bus trips, a schedule and items to pack.

If your child requires a Medication Administration Form, Non-Medical Medication Request Form, or a Camp Support Behavioral Assessment Form please contact the Program Supervisor at the time of registration.

**For more information or questions, please contact Brooke Ventnor at [brooke.ventnor@ingersoll.ca](mailto:brooke.ventnor@ingersoll.ca)**

Camp Dates	Theme & Description	Fees
 Week 1 July 7 - 11	<b>Splish Splash</b> Start the summer off with a POOL PARTY! Splish and Splash with a dip in the pool or an excursion to our splash pad. Enjoy a full week of water based games such as drip drip drop, surprise water balloon challenges and much more!  <b>Camp Walking Excursion:</b> Campers will be walking to Heavenly Sweets for a single scoop ice cream treat.	Member \$175 Non-Member \$200  Extended Care \$15.00 a week
 Week 2 July 14 - 18	<b>Baseball Buddies</b> Get ready for an action-packed week of creativity, teamwork, and sports! Campers will design their own games, play exciting activities on and off the field, and work together to build team spirit. Midweek, everyone will enjoy a fun bowling excursion at Ingersoll Lanes. Plus, it's Toronto Blue Jays Week! Campers are encouraged to wear blue as they take part in team challenges, sports, and counselor competitions. This week is sure to be a home run of fun!	Member \$175 Non-Member \$200  Extended Care \$15.00 a week

# Summer Day Camps

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Week 3  
July 21 - 25

## Sports and Games Galore

Campers will have the opportunity to create their own games, with counselors guiding them through a mix of activities that encourage creativity and teamwork.

**Camp Walking Excursion:** All Campers will be BOWLING this week at Ingersoll Lanes. Junior Campers (Tuesday), Intermediate Campers (Monday) and Senior Campers (Wednesday).

Member \$175  
Non-Member \$200

Extended Care  
\$15.00 a week



Week 4  
July 28 - Aug 1

## Dinosaurs

Travel back in time to when dinosaurs ruled the Earth! Campers will dig for fossils, explore roaring volcanoes, and uncover ice-age secrets through hands-on crafts and experiments. Get ready for a prehistoric adventure millions of years in the making!

Member \$175  
Non-Member \$200

Extended Care  
\$15.00 a week



Week 5  
August 5 - 8

## Wildlife Wonders (4 days)

Campers will embark on exciting nature adventures to explore wildlife. They'll build bird feeders and discover various species through interactive activities. Nature walks will offer insights into wildlife and their habitats, while craft projects include creating animal masks

Member \$140  
Non-Member \$160

Extended Care  
\$12.00 a week



Week 6  
August 11 - 15

## Wild Wild West

This week, campers will journey back to the Wild West, where cowboys and outlaws once lived. They'll enjoy rodeo-themed activities and design their own bandanas with tie-dye. A rodeo-style obstacle course will test their speed, and they'll have a shot at hitting the bullseye!

Member \$175  
Non-Member \$200

Extended Care  
\$15.00 a week



Week 7  
August 18 - 22

## Artful Antics

Explore the performing stage and let your creative juices flow in this fun dramatic week of camp. Campers will paint their own masterpiece with a variety of art forums and play games such as improv that will make us all laugh! Learn how to draw hands and faces to bring beloved characters to life, and hit the stage for a karaoke performance with friends. Campers will make a one of a kind piece of art to take home.

Member \$175  
Non-Member \$200

Extended Care  
\$15.00 a week



August 25 - 29

## Mystery Week!

Hop in the Mystery Machine and join Scooby, Shaggy and the rest of the Mystery Inc Gang to solve mysteries. Enjoy some Scooby snack Jell-o creations as you work as a team. Jeepers, it will be a fun week!

**Bus Trip Off Site:** Destination To Be Announced \$20.00 fee attached to camp week fee.

Member \$195  
Non-Member \$220

Extended Care  
\$15.00 a week



# Fusion Youth Centre

## Fusion TAKE A TOUR



Parents and Youth welcome! Contact us today to set up a tour of our centre.

### Come Explore:

- Lounge
- Gaming Room
- Multimedia Studio
- Music Recording Studio
- Art Room
- Gym

### Contact Us:



519-425-4386



[fusionfrontdesk@ingersoll.ca](mailto:fusionfrontdesk@ingersoll.ca)

## \$5.00 YEARLY MEMBERSHIP



## Hours of Operation

Main Office : Monday to Friday 9:00am – 5:00pm

Youth Centre: Tuesday – Saturday 2:30pm – 9:00pm

Closed Sundays and all statutory holidays

## Our Approach to Supporting Youth

The Fusion Youth Centre offers a wide range of activities for youth aged 10–18 inclusive in the Ingersoll and surrounding area. Included in a \$5.00 annual membership fee is access to drop-in programs, recreational spaces and special events.

All programs and services are delivered by competent and well trained staff, each with post-secondary education in a related field such as Recreation & Leisure, Child You Care or a specialized field (for example Audio engineering or graphic design). This allows your child to learn from experienced mentors with valuable experience in the program areas in which your child has in interest. We encourage all youth to try a wide variety of programs (some even out of their comfort zone) to help them discover new skills and interests. Although the variety of programs offered at Fusion is impressive, what is most important is the safety of the youth members while at the Centre. All Fusion staff work together to create an environment that is free of judgment, full of respect and fosters independence and empowerment.

## Information for Parents

At Fusion, youth are priority one, but we desire closely with parents as well. We understand that it can be a new experience to allow your children to attend our facility, and you may have questions or concerns. There are several ways for parents to become comfortable and engaged with the programs & services that Fusion provides youth. We host regular open houses, and provide tours on the spot (no appointment necessary), or you can speak to staff or management by calling (519-425-4386) or emailing [fusionfrontdesk@ingersoll.ca](mailto:fusionfrontdesk@ingersoll.ca)

At Fusion, one of our objectives is to develop mutually beneficial and meaningful relationships with member's parents and encourage parental involvement. We are currently in the process of developing programs that include parents/guardians. We also plan to create opportunities such as open houses, parent and youth programming, and information sessions. Our hope is that these opportunities will lead to increased parental support, as well as enhanced community relations.

## Fusion Birthday Parties

- **Art Party** \$228.60 | Includes art activity and 1 staff member, plus time in the party room
- **Gym Party** \$203.20 | Includes sports activities and 1 staff member, plus time in the party room
- **Lounge Party** \$203.20

**Location:** Fusion Youth Centre

## Membership Benefits

Are you looking for safe, inclusive, and inexpensive after-school drop-in programming for your kids? If so, Fusion is the place for you! **An annual Fusion membership is \$5.00 for ages 10-18.** If you have never been to the Fusion Centre before, we strongly encourage you to come in for a tour.

Being a Fusion member definitely has its benefits. The following is a list of what is included:

- Free access to all programs, and use of program supplies & equipment
- Discounts on trips & special events
- Free access to the art room, recording studio, Technology centre, multimedia lab, kitchen, lounge and the gym.
- A safe, inclusive space for youth to learn new skills, enjoy time with their peers, and have fun.

### WHAT PROGRAMS ARE AVAILABLE?

At Fusion, we have a variety of drop-in programs open to all members. We post the dates and times on our social media, so keep an eye out!



For a full list of our programming, or to learn about any special upcoming events, check out our [Facebook](#) or [Instagram](#) accounts.

### IS THERE ANY COST FOR PROGRAMS?

**No!**

There are no additional costs for our regular drop-in programming.



\*Special events and outings may require a small fee and a permission form for participation.

### DOES MY CHILD HAVE TO LIVE IN INGERSOLL TO JOIN?

**No!**

All youth ages 10-18 are able to sign-up for a membership!



We will be happy to provide you and your child a tour. Drop by during our open hours to learn more.

### WHAT IS THE SUPERVISION LIKE AT FUSION?

There will be a staff supervising in each program space that is open. Your child is able to drop-in any of our available programming, which varies throughout the week!



Program space availability will depend on the staff working each day.



**Fusion****Ingersoll**  
Community Services**ZERO-TOLERANCE FOR BULLYING**

At Fusion, we take pride in ensuring our youth feel **safe and respected**. We are committed to sustaining a bullying-free environment.



# Fusion Program Schedule<sup>43</sup>



## DROP IN PROGRAMS

June 23 – Sept 14

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
Lounge 2:30pm-9:00pm		Lounge 2:30pm-9:00pm		Lounge 2:30pm-9:00pm		Lounge 2:30pm-9:00pm		Lounge 2:30pm-9:00pm			
Gaming Lounge 2:30pm-9:00pm		Gaming Lounge 2:30pm-9:00pm		Gaming Lounge 2:30pm-9:00pm		Gaming Lounge 2:30pm-9:00pm		Gaming Lounge 2:30pm-9:00pm			
Volleyball 2:30pm-4:00pm		Soccer 2:30pm-4:00pm		Floor Hockey 2:30pm-4:00pm		Baseball 2:30pm-4:00pm		Open Gym 2:30pm-5:00pm			
Badminton Skills & Drills 4:00pm-5:00pm		Basketball 4:00pm-5:00pm		Basketball 4:00pm-5:00pm		Open Gym 4:00pm-5:00pm		Guys Group *Every other week 5:00pm-6:00pm			
Tracy's Diner 4:30pm-6:00pm		Tracy's Diner 4:30pm-6:00pm		Basketball 5:00pm-6:00pm		Girls Multi-Sports 5:00pm-6:00pm		Volleyball 5:00pm-6:00pm			
Badminton 5:00pm-6:00pm		Ping Pong with Shiya 5:00pm-6:00pm		Digital Drawing 6:00pm-7:30pm		Film Production 4:30pm-6:00pm		Photography Walks 6:00pm-8:00pm			
Capture, Create, Edit 6:00pm-7:30pm		Digital Drawing 6:00pm-7:30pm		Mixed Media 6:00pm-7:30pm		Art Games 6:30pm-8:00pm		Open Art 7:00pm-9:00pm			
Basketball 7:00pm-8:00pm		Volleyball 7:00pm-8:00pm		DIY Crafting 7:00pm-8:00pm		Girls Group 6:00pm-7:30pm		Basketball 7:00pm-8:00pm			
Open Art 7:00pm-9:00pm		Open Art 7:00pm-9:00pm		Open Art 8:00pm-9:00pm		Basketball 7:00pm-8:00pm		Open Gym 8:00pm-9:00pm			
Open Gym 7800pm-9:00pm		Basketball 8:00pm-9:00pm		Open Gym 8:00pm-9:00pm		Open Art 7:00pm-9:00pm					

-  Sport, Recreation & Leisure
-  Open Rooms
-  Technology Programs
-  Life Skills
-  Art Programs



Programs are open  
to all Fusion  
Members!

## Drop-In Hours

Fusion is open 2:30PM – 9:00PM Tuesday to Friday. Youth are encouraged to participate in any of the drop-in programs they are interested in, or are welcome to hang out in any of our open rooms.

## Basketball

An open program where youth can drop-in for a quick round of basketball with staff and peers! Half-court or full court games, teams will be decided based on number of participants and with staff discretion.

## Badminton + Skills & Drills

For youth looking to learn or build upon badminton skills, learning strategies and coordination. Youth can participate in various drills or full badminton games with peers and staff.

## Dodgeball

Join us in the gym for some fun rounds of dodgeball! Play against your peers or even staff in this weekly program.

## Floor Hockey

Open to youth who are interested in floor hockey games or practice. Play full games with staff, or practice stick handling and drills.

## Open Gym

A drop in program open to all Fusion members. Activities are determined by youth on the basis of a vote. There is an option for half-court activities to accommodate youth with different interests.

## Ping Pong with Shiya

Drop-in the lounge every Wednesday from 5-6pm to play some ping pong with Shiya! Learn some tips and tricks, and practice your skills so you can beat all of your friends at this classic table top game.

## Soccer

For youth looking to participate in soccer games and practice drills. This program is held either in the gym or outdoors at Fusion. \*weather permitting.

## Tennis + Skills & Drills

For youth looking to learn or build upon tennis skills, learning how to handle a racket and overall knowledge of tennis. Youth can participate in various drills or full tennis games with peers and staff.

## Volleyball

This volleyball program is open for all youth to drop-in and practice their skills. Try out different volleyball drills or play a full game in our gym!

### Tracy's Diner

Fusion's cooking program - Youth are welcome to pre-register for this program weekly to join in making fun simple meals and learn some basic cooking skills with peers and staff.

### Girls Group

A weekly group for girls to participate in fun and unique activities such as arts and crafts, baking, games, and much more!

### Guys Group

A weekly group where guys can hang out and participate in activities such as game nights, gym sports, tabletop games, and much more!

### Capture, Create, Edit

Interested in learning how to edit photos and videos? This program allows you to learn about all of the after-effects and post-production stages of photography and film editing. This program is where we will edit footage and photos captured in our other digital media programming.

### Mixed Media

Learn how to use a combination of traditional art mixed with digital mediums. Create projects using multiple forms of media, such as claymation, stop motion, time-lapses, 3D design, and much more. If you like art and tech, this program is for you!

### Video Production

Get creative in the TV Studio and learn how to make your own videos. Create your own stories, learn how to use film cameras and how to direct and act with peers in your own movies or videos!

### Photography Walks

Learn basic photography skills with our photo cameras! Taking nature walks through local parks and forests, youth will learn how to use professional photography cameras, taking a variety of pictures throughout the town and nature.

### Digital Drawing

Digital Drawing is a weekly program where you can sign-up to learn the basics of creating art digitally using tablets, as well as other art skills such as anatomy, character design, and more.

### Art Games

Art Games is a weekly program where you can drop-in and play fun digital drawing games using tablets in the art room! All youth are welcome to join, sign-up may be required for tablet use.

### DIY Crafting

Open to all Fusion members, DIY Crafting is a weekly program where youth can drop-in and participate in a variety of arts & crafts activities.

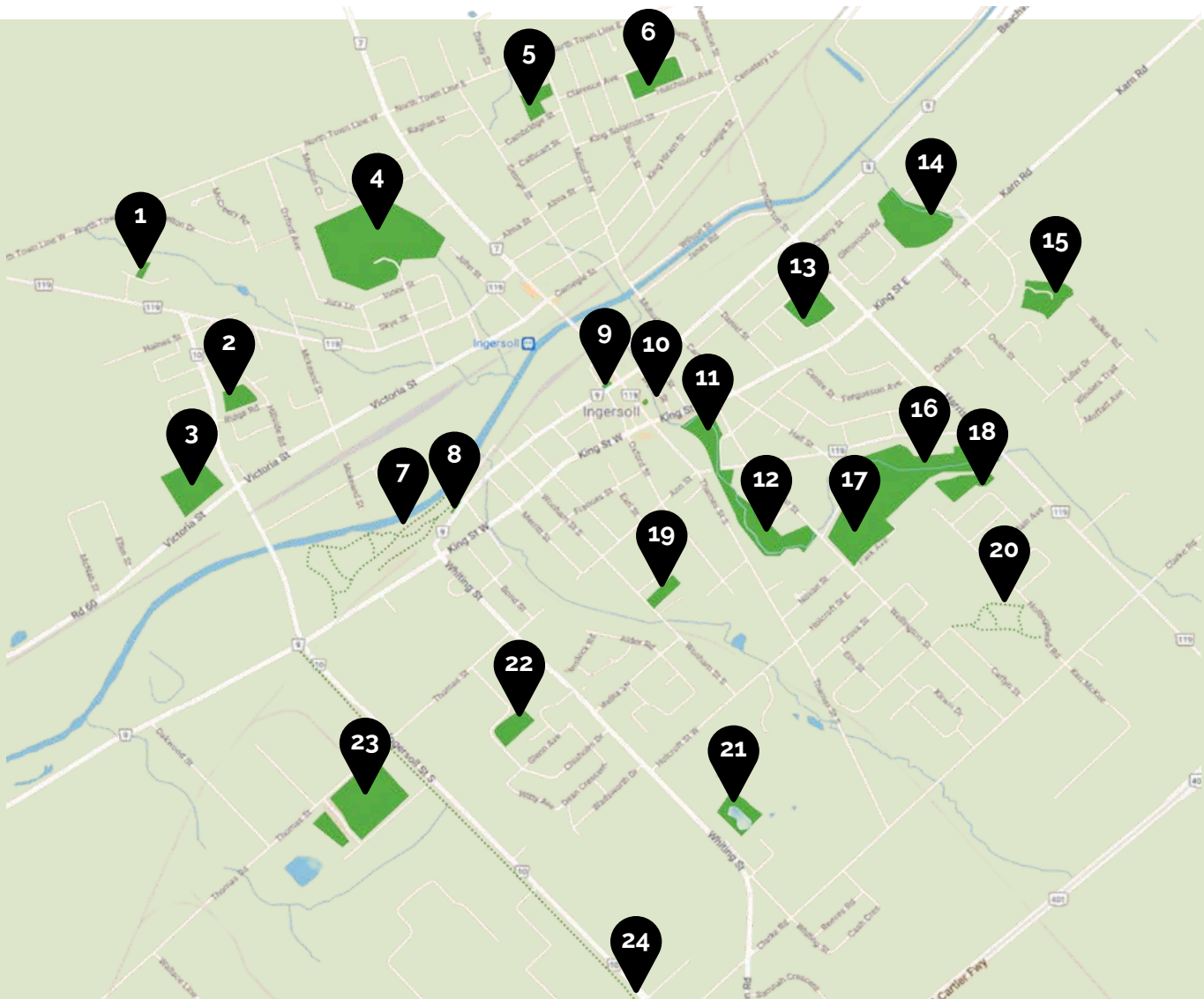
### Open Art

An open art program where all youth are welcome to get creative and work on a variety of artistic projects!

# Parks & Trails Map

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- 1 Scourfield Park, 15 Scourfield Dr.
- 2 Woodhatch Park, 200 Ingersoll St. N.
- 3 Unifor Park, 364 Victoria St.
- 4 Garnett Elliot Park, 220 Wonham St. N.
- 5 Kensington Park, 220 Wonham St. N.
- 6 Edward Park, 150 Clarence Ave.
- 7 Lawsons Trail, 106 Wonham St. S.
- 8 Dog Park, Wonham St, S.
- 9 Dewan Park, 98 Thames St. S.
- 10 Heritage Court, 129 Thames St. S.
- 11 Yvonne Holmes Mott Memorial Park, 41 Canterbury St.
- 12 Smith Pond Park, 30 Canterbury St.
- 13 Jim Robbins Park, 65 Mason Dr.
- 14 North Meadows Park, 145 Glenwood Rd.
- 15 Lorne Moon Park, 24 David St.
- 16 Centennial Park, 290 Harris St.
- 17 Victoria Park, 125 Centennial Ln.
- 18 Harrisview Pond Park, 17 Hollingshead Rd.
- 19 Lions Park, 287 Wonham St. S.
- 20 Butternut Woods Trail, 4 Caffyn St.
- 21 Centennial Court Park, 11 Maple Ln.
- 22 Westfield Park, 40 Chisolm Dr.
- 23 Cami Soccer Fields, 250 Ingersoll St. S.
- 24 Douglas Carr Trail, Ingersoll St. South





HST will be applied upon purchase where applicable.

## Arena

### Ice Rental

- Prime Time Private.....\$176.09/hr
- Non-Prime Time Private.....\$120.79/hr
- Minor Sports Prime Time.....\$134.74/hr
- Minor Sports Non-Prime Time.....\$92.92/hr

### Arena Floor

- Sunday to Thursday.....\$539.47/day
- Friday and Saturday.....\$786.72/day
- Hourly.....\$53.94/hr

### Auditorium

- Sunday to Thursday.....\$247.25/day
- Friday and Saturday.....\$472.03/day
- After 2:00am additional charge.....\$40.46

(flat rate, one-time fee)

- Hourly rate.....\$49.45/hr
- Hourly Rate for Auditorium/Arena Floor – User Group/Service Club.....\$30.97/hr

## Victoria Park Community Centre

### VPCC Meeting Room

- Per Hour.....\$26.97
- Per Day.....\$133.07

### Pool Rental

- 2 guards (1-65).....\$138.55
- 3 guards (66-100).....\$165.10
- 4 guards (101-166).....\$191.65

## Parks

### Diamonds

- 1 Time Diamond Rental w/ Lights.....\$48.67/hr
- 1 Time Diamond Rental w/out Lights.....\$39.82/hr
- User Group Diamond Rentalw/Lights.....\$25.00/hr
- User Group Diamond Rentalw/out Lights.....\$20.00
- 1 Time Minor Ball Diamond Rental.....\$6.11/hr
- Extra Diamond Dragging.....\$50.00

### Pavillions

- Smith Pond Pavillion Rental.....\$79.65/day
- Victoria Park Pavillion Rental.....\$79.65/day
- Centennial Park Pavillion Rental.....\$79.65/day

## Fusion

### Fusion Program Space

- Weekday or Evening Per Hour.....\$13.48/hr
- Weekday or Evening Per Day.....\$67.43/day
- Weekend Per Hour.....\$28.77/hr
- Weekend Per Day.....\$189.72/day

### Gym Rental

- Weekday or Evening Per Hour.....\$45.85/hr
- Weekday or Evening Per Day.....\$366.82/day

### Lounge Rental

- Weekday/Evening/Weekend Per Hour.....\$41.36/hr
- Weekday/Evening/Weekend Per Day.....\$248.17/day

### Art Room Rental

- Weekday/Evening/Weekend Per Hour.....\$15.28/hr
- Weekday/Evening/Weekend Per Day.....\$91.68/day

### SureStart Room Rental

- Weekday/Evening/Weekend Per Hour.....\$30.57/hr
- Weekday/Evening/Weekend Per Day.....\$183.43/day

### Youth Technology Centre (the YTLC)

- Weekday/Evening/Weekend Per Hour.....\$30.57/hr
- Weekday/Evening/Weekend Per Day.....\$183.43/day

### IMAC Lab

- Weekday/Evening/Weekend Per Hour.....\$30.57/hr
- Weekday/Evening/Weekend Per Day.....\$183.43/day

### Conference Room B

- Weekday or Evening Per Hour.....\$13.48/hr
- Weekday or Evening Per Day.....\$67.43/day
- Weekend Per Hour.....\$28.77/hr
- Weekend Per Day.....\$189.72/day

### Kitchen

- Weekday/Evening/Weekend Per Hour.....\$35.97/hr
- Weekday/Evening/Weekend Per Day.....\$152.85/day

### Birthday Parties

- **Art Party**.....\$228.60
  - Includes art activity and 1 staff member, plus time in the party room
- **Gym Party**.....\$203.20
  - Includes sports activities and 1 staff member, plus time in the party room
- **Lounge Party**.....\$203.20