

# Ingersoll

Community Services

# Fall Program Guide

## 2025



Our Shallow Water Aquafitters!

## MORE THAN JUST SWIMMING INSIDE!

From pickleball and ballet to youth programs and PA Day activities, our Fall Program Guide is packed with something for everyone. Don't forget to check out the arena schedule and discover what's happening in your community this season!

ISSUE:  
SEPTEMBER 15, 2025  
TO JANUARY 4, 2026

[INGERSOLL.CA/COMMUNITY-SERVICES](https://ingersoll.ca/community-services)

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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 [app.univerusrec.com/ingersollcspub/](http://app.univerusrec.com/ingersollcspub/)

### What you need:

- Email address and password to access your account
- Visa or Mastercard
- Name of program



## Phone

Call 519-485-1181 ext 0 during business hours

### What you need:

- Visa or Mastercard
- Name of program



## In Person

Drop into VPCC during business hours

### What you need:

- Visa or Mastercard
- Name of program

**QUESTIONS?**

Please call 519-485-1181 x0



# REGISTRATION INFORMATION

## Registration Dates

Registration for Members September 8 at 7:00am and Non-Members September 9 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 20-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

# R-ZONE: Respect & Responsibility

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<sup>7</sup>

## 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

HST will be applied upon purchase where applicable.

**September 15<sup>th</sup>, 2024 – January 4, 2026**

- 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

**Ingersoll**  
Community Services

## POOL & AQUAFIT SCHEDULE

**date:**

Sept 15, 2025 – Jan 4, 2026

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 (2 lanes only)
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 Yagalates 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
Parent & Tot Swim 1:15pm – 2:30pm		Sensory Friendly Swim 1:30pm – 3:00pm			Length Swim 7:00am – 9:00am
					Family Swim 12:30pm – 1:30pm
Aqua Zumba 7:05pm – 7:50pm		Aqua Zumba 7:05pm – 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	Length Swim 8:00pm – 9:00pm	Length Swim / Triathlon Swim 8:00pm – 9:00pm	Length Swim 8:00pm – 9:00pm	

### NOTES:

For a complete list of holiday closures and program dates, be sure to visit:

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



**Aqua Mat/Stand-Up Paddleboard**  
All Levels Welcome: Session 1: Tuesdays (Sept 16 – Oct 28)  
Session 2: Tuesdays (Nov 4 – Dec 16)  
Advanced Level: Session 1: Saturdays (Sept 20 – Oct 25)  
Session 2 (Nov 8 – Dec 20)  
\*Sessional courses. Preregistration is required\*

### CONTACT INFO:

519-425-1181 x 0

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

## AQUATIC PROGRAMS

### 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 Oct 13 & Dec 24, 25, 26 & 31**

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 Oct 13 & Dec 24, 25, 26 & 31**

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 Dec 25 & Jan 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. **NO CLASSES Dec 25 & Jan 1**

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 CLASS Oct 13**

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 CLASSES Oct 13, Dec 24, 25, Dec 31 & Jan 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:05pm - 7:50pm		7:05pm - 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.

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

### Aqua Mat/Stand Up Paddleboard \*NEW\* (Registered Class-Tuesday's Session 1 Sept 16 - Oct 28 & Session 2 Nov 4 - Dec 16, Saturday's Session 1 Sept 20 - Oct 25 & Session 2 Nov 8 - Dec 20)

Work your core like never before. Learn to recruit your body stabilizers to maintain powerful posture while balancing on your Aqua Mat / SUP. Get reinvigorated, tune into your own body & forget about everything else. Experience a variety of moves while focusing on breath, improve coordination, enhance balance and condition your body in a completely new way. **NO CLASSES Nov 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:05pm - 7:50pm 14+ Anyone Class Session 1 & 2: \$24.50M and \$49.00NM				8:00am - 8:45am Advanced Class Session 1: \$21.00M and \$49.00NM Session 2: \$24.50M and \$49.00NM	





# AQUAMAT

## STAND UP PADDLEBOARD CLASS

Work your core like never before. Learn to recruit your body stabilizers to maintain powerful posture while balancing on your Aqua Mat / SUP. Get reinvigorated, tune into your own body & forget about everything else. Experience a variety of moves while focusing on breath, improve coordination, enhance balance and condition your body in a completely new way.

**14+ ANYONE**

**7:05pm - 7:50pm**

**SESSION 1**

Tuesday:  
Sept 16 - Oct 28

**SESSION 2**

Tuesday:  
Nov 4 - Dec 16

*Members \$24.50 Non-Members \$49.00*

## ADVANCED

**8:00am - 8:45am**

**SESSION 1**

Saturday:  
Sept 20 - Oct 25

**SESSION 2**

Saturday:  
Nov 8 - Dec 20

*Members \$24.50 Non-Members \$49.00*

**All Fees are + HST**

Register online at:  
<https://app.univerusrec.com/ingersollcspub>  
or call us at 519-425-1181 x 0

# Swimming

**Members: Free | Non-Members: Adult \$3.98, Senior \$3.54, Youth (3-13yrs) \$3.00, Under 2 Free**

## 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 Oct 13, Dec 24, 25, 26, Dec 31 & Jan 1**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 8:00am 11:30am - 1:00pm	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	6:00am - 8:00am 11:30am - 1:00pm 8:00pm - 9:00pm	7:00am - 9:00am <i>2 lanes only</i>	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 Oct 13, Dec 24, 26, Dec 31**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15am - 11:15am		10:15am - 11:15am		10:15am - 11:15am 6:00pm - 8:00pm	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 Dec 25, & Jan 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. **NO SWIMS Dec 24 & 31**

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. **NO SWIMS Sept 20, Oct 13, Dec 22, 27, 29, and Jan 3**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:15pm - 2:30pm					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. **NO SWIMS Dec 28 & Jan 4**

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



# SWIMMING LESSONS

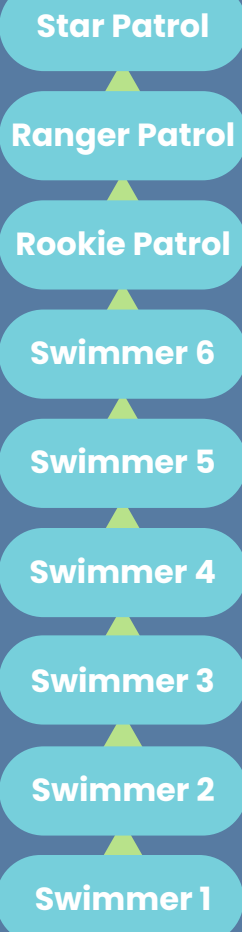
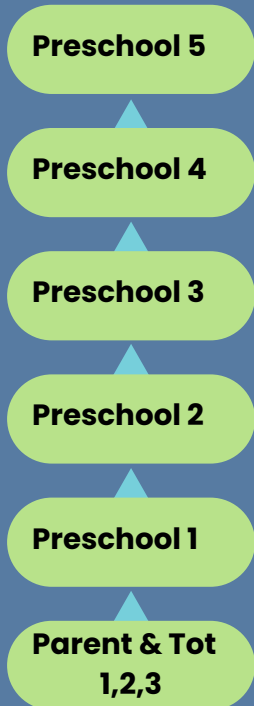
12



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



### Fitness Swimmer



### **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 (Ages 4mo-1yr)**

**Lessons: 10    Fee: Member \$35.00    Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	4:35pm - 5:05pm
Thursday	Oct 2 - Dec 4	4:00pm - 4:30pm
Saturday	Oct 4 - Dec 6	9:00am - 9:30am
Saturday	Oct 4 - Dec 6	10:45am - 11:15am
Sunday	Oct 5 - Dec 7	10:10am - 10:40am



## **PARENT & TOT 2 (Ages 1yr - 2yr)**

**Lessons: 10    Fee: Member \$35.00    Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	5:10pm - 5:40pm
Thursday	Oct 2 - Dec 4	4:35pm - 5:05pm
Saturday	Oct 4 - Dec 6	9:35am - 10:05am
Sunday	Oct 5 - Dec 7	9:00am - 9:30am
Sunday	Oct 5 - Dec 7	10:45am - 11:15am

## **PARENT & TOT 3 (Ages 2yr-3yr)**

**Lessons: 10    Fee: Member \$35.00    Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	6:20pm - 6:50pm
Thursday	Oct 2 - Dec 4	5:45pm - 6:15pm
Saturday	Oct 4 - Dec 6	10:10am - 10:40am
Saturday	Oct 4 - Dec 6	11:30am - 12:00pm
Sunday	Oct 5 - Dec 7	9:30am - 10:05am
Sunday	Oct 5 - Dec 7	11:20am - 11:50am

## **PARENT & TOT COMBO (Ages 4mo-3yr)**

**Lessons: 10    Fee: Member \$35.00    Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	10:00am - 10:30am

## **PRESCHOOL A (Ages 2yr-3yr)**

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

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	5:10pm - 5:40pm
Tuesday	Sept 30 - Dec 2	6:20pm - 6:50pm
Thursday	Oct 2 - Dec 4	5:05pm - 5:35pm
Saturday	Oct 4 - Dec 6	9:35am - 10:05am
Saturday	Oct 4 - Dec 6	11:15am - 11:45am
Sunday	Oct 5 - Dec 7	9:35am - 10:05am
Sunday	Oct 5 - Dec 7	10:45am - 11:15am

## **PRESCHOOL 1 (Ages 3yr - 5yr)**

**Lessons: 10    Fee: Member \$35.00    Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	9:30am - 10:00am
Tuesday	Sept 30 - Dec 2	4:00pm - 4:30pm
Tuesday	Sept 30 - Dec 2	6:15pm - 6:45pm
Thursday	Oct 2 - Dec 4	4:35pm - 5:05pm
Thursday	Oct 2 - Dec 4	5:10pm - 5:40pm
Thursday	Oct 2 - Dec 4	5:55pm - 6:25pm
Saturday	Oct 4 - Dec 6	9:00am - 9:30am
Saturday	Oct 4 - Dec 6	10:45am - 11:15am
Sunday	Oct 5 - Dec 7	9:35am - 10:05am
Sunday	Oct 5 - Dec 7	11:00am - 11:30am

## PRESCHOOL 2 (Ages 3yr – 5yr)

Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 – Dec 2	10:30am – 11:00am
Tuesday	Sept 30 – Dec 2	4:35pm – 5:05pm
Tuesday	Sept 30 – Dec 2	5:10pm – 5:40pm
Thursday	Oct 2 – Dec 4	4:00pm – 4:30pm
Thursday	Oct 2 – Dec 4	5:10pm – 5:40pm
Saturday	Oct 4 – Dec 6	9:00am – 9:30am
Saturday	Oct 4 – Dec 6	10:10am – 10:40am
Sunday	Oct 5 – Dec 7	9:00am – 9:30am
Sunday	Oct 5 – Dec 7	10:25am – 10:55am

## PRESCHOOL 4 (Ages 3yr – 5yr)

Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 – Dec 2	4:35pm – 5:05pm
Tuesday	Sept 30 – Dec 2	6:20pm – 6:50pm
Thursday	Oct 2 – Dec 4	6:00pm – 6:30pm
Thursday	Oct 2 – Dec 4	6:30pm – 7:00pm
Saturday	Oct 4 – Dec 6	9:35am – 10:05am
Saturday	Oct 4 – Dec 6	11:20am – 10:50am
Sunday	Oct 5 – Dec 7	9:35am – 10:05am



## PRESCHOOL 5 (Ages 3yr – 5yr)

Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 – Dec 2	5:45pm – 6:15pm
Thursday	Oct 2 – Dec 4	4:35pm – 5:05pm
Saturday	Oct 4 – Dec 6	9:35am – 10:05am
Saturday	Oct 4 – Dec 6	10:40am – 11:10am
Sunday	Oct 5 – Dec 7	11:20am – 11:50am

## PRESCHOOL 3 (Age 3yr – 5yr)

Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 – Dec 2	11:00am – 11:30am
Tuesday	Sept 30 – Dec 2	4:00pm – 4:30pm
Tuesday	Sept 30 – Dec 2	4:35pm – 5:05pm
Tuesday	Sept 30 – Dec 2	5:50pm – 6:20pm
Thursday	Oct 2 – Dec 4	4:00pm – 4:30pm
Thursday	Oct 2 – Dec 4	6:10pm – 6:40pm
Saturday	Oct 4 – Dec 6	9:00am – 9:30am
Saturday	Oct 4 – Dec 6	10:10am – 10:40am
Saturday	Oct 4 – Dec 6	11:15am – 11:45am
Sunday	Oct 5 – Dec 7	9:00am – 9:30am
Sunday	Oct 5 – Dec 7	10:10am – 10:40am
Sunday	Oct 5 – Dec 7	11:30am – 12:00pm

## SWIMMER 1 (Ages 5yr – 13yr)

Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 – Dec 2	4:00pm – 4:30pm
Tuesday	Sept 30 – Dec 2	5:45pm – 6:15pm
Thursday	Oct 2 – Dec 4	4:00pm – 4:30pm
Thursday	Oct 2 – Dec 4	4:35pm – 5:05pm
Thursday	Oct 2 – Dec 4	6:20pm – 6:50pm
Saturday	Oct 4 – Dec 6	9:35am – 10:05am
Saturday	Oct 4 – Dec 6	10:10am – 10:40am
Sunday	Oct 5 – Dec 7	9:00am – 9:30am
Sunday	Oct 5 – Dec 7	9:35am – 10:05am
Sunday	Oct 5 – Dec 7	10:10am – 10:40am



## SWIMMER 2 (Ages 5yr - 13yr)

Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	4:00pm - 4:30pm
Tuesday	Sept 30 - Dec 2	5:10pm - 5:40pm
Tuesday	Sept 30 - Dec 2	6:15pm - 6:45pm
Thursday	Oct 2 - Dec 4	4:00pm - 4:30pm
Thursday	Oct 2 - Dec 4	5:45pm - 6:15pm
Thursday	Oct 2 - Dec 4	6:20pm - 6:50pm
Saturday	Oct 4 - Dec 6	9:00am - 9:30am
Saturday	Oct 4 - Dec 6	10:10am - 10:40am
Saturday	Oct 4 - Dec 6	10:40am - 11:10am
Sunday	Oct 5 - Dec 7	9:00am - 9:30am
Sunday	Oct 5 - Dec 7	10:10am - 10:40am

## SWIMMER 3 (Ages 5yr - 13yr)

Lessons: 10 Fee: Member \$37.50 Non-Member: \$75.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	4:30pm - 5:15pm
Tuesday	Sept 30 - Dec 2	5:20pm - 6:05pm
Thursday	Oct 2 - Dec 4	4:35pm - 5:20pm
Saturday	Oct 4 - Dec 6	9:00am - 9:45am
Saturday	Oct 4 - Dec 6	10:45am - 11:30am
Sunday	Oct 5 - Dec 7	9:35am - 10:20am
Sunday	Oct 5 - Dec 7	10:45am - 11:30am

## SWIMMER 4 (Ages 5yr - 13yr)

Lessons: 10 Fee: Member \$37.50 Non-Member: \$75.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	4:30pm - 5:15pm
Tuesday	Sept 30 - Dec 2	5:45pm - 6:30pm
Thursday	Oct 2 - Dec 4	4:30pm - 5:15pm
Thursday	Oct 2 - Dec 4	6:00pm - 6:45pm
Saturday	Oct 4 - Dec 6	10:45am - 11:30am
Sunday	Oct 5 - Dec 7	10:45am - 11:30am

## SWIMMER 5 (Ages 5yr - 13yr)

Lessons: 10 Fee: Member \$37.50 Non-Member: \$75.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	4:35pm - 5:20pm
Thursday	Oct 2 - Dec 4	5:10pm - 5:55pm
Saturday	Oct 4 - Dec 6	9:50am - 10:35am
Sunday	Oct 5 - Dec 7	10:45am - 11:30am



## SWIMMER 6 (Ages 5yr - 13yr)

Lessons: 10 Fee: Member \$37.50 Non-Member: \$75.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	5:20pm - 6:05pm
Thursday	Oct 2 - Dec 4	5:10pm - 5:55pm
Saturday	Oct 4 - Dec 6	9:50am - 10:35am
Sunday	Oct 5 - Dec 7	10:45am - 11:30am

## ROOKIE/RANGER/STAR (Ages 5yr - 13yr)

Lessons: 10 Fee: Member \$40.00 Non-Member: \$80.00

Day of the Week	Session Dates	Time
Thursday	Oct 2 - Dec 4	5:25pm - 6:25pm
Saturday	Oct 4 - Dec 6	10:45am - 11:45am
Sunday	Oct 5 - Dec 7	9:35am - 10:35am



## PRIVATE LESSON (Ages 3yr - 13yr)

Lessons: 10 Fee: Member/Non-Member \$220.00 plus HST

Day of the Week	Session Dates	Time
Monday	Sept 29 - Dec 8	4:00pm - 4:30pm
Monday	Sept 29 - Dec 8	4:00pm - 4:30pm
Monday	Sept 29 - Dec 8	4:00pm - 4:30pm
Monday	Sept 29 - Dec 8	4:30pm - 5:00pm
Monday	Sept 29 - Dec 8	4:30pm - 5:00pm
Monday	Sept 29 - Dec 8	4:30pm - 5:00pm
Monday	Sept 29 - Dec 8	5:00pm - 5:30pm
Monday	Sept 29 - Dec 8	5:00pm - 5:30pm
Tuesday	Sept 30 - Dec 2	4:00pm - 4:30pm
Tuesday	Sept 30 - Dec 2	5:20pm - 5:50pm
Tuesday	Sept 30 - Dec 2	5:45pm - 6:15pm
Tuesday	Sept 30 - Dec 2	6:30pm - 7:00pm
Wednesday	Oct 1 - Dec 3	4:00pm - 4:30pm
Wednesday	Oct 1 - Dec 3	4:00pm - 4:30pm
Wednesday	Oct 1 - Dec 3	4:00pm - 4:30pm
Wednesday	Oct 1 - Dec 3	4:30pm - 5:00pm
Wednesday	Oct 1 - Dec 3	4:30pm - 5:00pm
Wednesday	Oct 1 - Dec 3	4:30pm - 5:00pm
Wednesday	Oct 1 - Dec 3	5:00pm - 5:30pm
Wednesday	Oct 1 - Dec 3	5:00pm - 5:30pm
Thursday	Oct 2 - Dec 4	4:30pm - 5:00pm
Thursday	Oct 2 - Dec 4	5:15pm - 5:45pm
Thursday	Oct 2 - Dec 4	5:40pm - 6:10pm
Thursday	Oct 2 - Dec 4	6:30pm - 7:00pm
Thursday	Oct 2 - Dec 4	6:30pm - 7:00pm
Saturday	Oct 4 - Dec 6	9:00am - 9:30am
Saturday	Oct 4 - Dec 6	11:20am - 11:40am
Saturday	Oct 4 - Dec 6	11:30am - 12:00pm
Sunday	Oct 5 - Dec 7	9:00am - 9:30am
Sunday	Oct 5 - Dec 7	9:00am - 9:30am
Sunday	Oct 5 - Dec 7	10:10am - 10:40am
Sunday	Oct 5 - Dec 7	11:30am - 12:00pm
Sunday	Oct 5 - Dec 7	11:30am - 12:00pm

## PRIVATE LESSON (Ages 14+ Yrs/Ratio 1:1)

Lessons: 10 Fee: Member/Non-Member \$220.00 plus HST

Day of the Week	Session Dates	Time
Thursday	Oct 2 - Dec 4	8:00pm - 8:30pm
Thursday	Oct 2 - Dec 4	8:30pm - 9:00pm



## ADULT LESSONS (Ratio 1:8)

Lessons: 10 Fee: Member/Non-Member \$75.00

Day of the Week	Session Dates	Time
Tuesday	Sept 30 - Dec 2	5:20pm - 6:05pm
Thursday	Oct 2 - Dec 4	5:10pm - 5:55pm
Saturday	Oct 4 - Dec 6	9:50am - 10:35am
Sunday	Oct 5 - Dec 7	10:45am - 11:30am

# Leadership Courses

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

Lessons: 5      Fee: Member/Non-Member: \$154.82

Day of the Week	Session Dates	Time
Monday – Friday	Dec 8, 9, 10, 11 Exam: Dec 12	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	Dec 15, 16, 17, 18 Exam: Dec 19	4:00pm – 9:00pm Exam: 4:00pm – 6:00pm

## STANDARD FIRST AID & RECERTIFICATION COURSE (RATIO 1:16)

Lessons: 2      Fee: Member/Non-Member: \$117.50 Recert \$72.00

Day of the Week	Session Dates	Time
Saturday Recert	Sept 27	8:00pm – 4:00pm @ Fusion
Saturday & Sunday	Oct 18 & 19	8:00am – 4:00pm @ Fusion
Sunday: Recert	Oct 19	8:00am – 4:00pm @ Fusion
Saturday & Sunday	Dec 6 & 7	8:00am – 4:00pm @ Fusion
Sunday: Recert	Dec 7	8:00am – 4:00pm @ Fusion

*Leadership courses empower individuals to step forward with confidence, compassion, and a sense of responsibility. These programs don't just teach practical skills—they shape character. They cultivate calm in moments of crisis, build the confidence to take initiative, and foster the empathy needed to support others.*

*Whether guiding a group or saving a life, strong leadership begins with training, and these courses lay the foundation for resilient, capable, and community-minded individuals who are ready to make a difference.*

## LSS INSTRUCTORS COURSE (RATIO 1:10)

Lessons: 4      Fee: Member/Non-Member: \$159.00

Day of the Week	Session Dates	Time
Monday – Thursday	Dec 15, 16, 17 & 18	4:00pm – 9:00pm

## SWIM FOR LIFE INSTRUCTORS COURSE (RATIO 1:10)

Lessons: 3      Fee: Member/Non-Member: \$159.00

Day of the Week	Session Dates	Time
Fri, Sat & Sun	Oct 17, 18 & 19	Fri 4:00pm – 9:00pm Sat & Sun 9:00am – 6:00pm

## NATIONAL LIFEGUARD COURSE & RECERTIFICATION (RATIO 1:16)

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

Day of the Week	Session Dates	Time
Saturday	Recertification Exam Sept 6	9:00am – 1:00pm
Fri, Sat & Sun	Dec 12, 13, 14, 19, 20 Exam: Dec 21	Fri 4:00pm – 9:00pm Sat & Sun 9:00am – 6:00pm Exam: 9:00am – 1:00pm
Sunday	Recertification Exam December 21	9:00am – 1:00pm

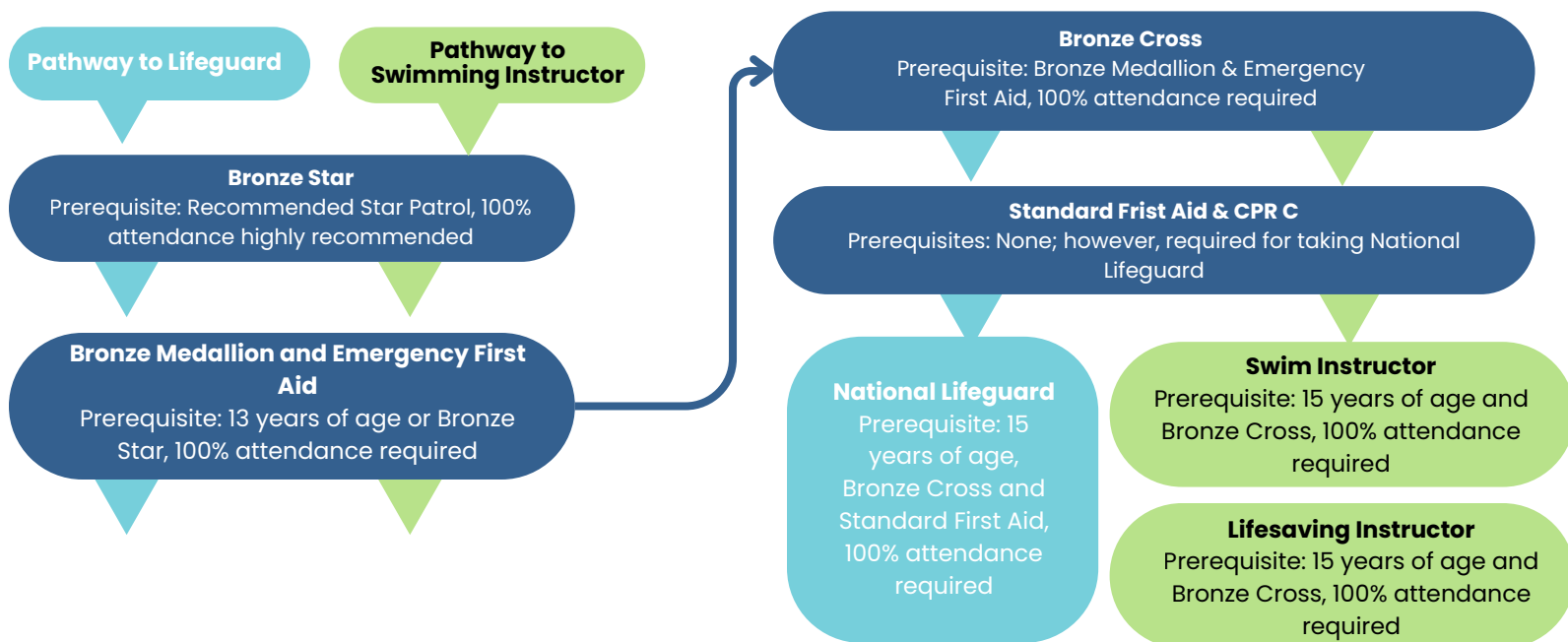


## NATIONAL LIFEGUARD INSTRUCTORS COURSE – POOL OPTION (RATIO 1:10)

Lessons: 2      Fee: Member/Non-Member: \$117.75

Day of the Week	Session Dates	Time
Monday & Tuesday	Dec 29 & 30	1:00pm – 9:00pm

Lifeguards are trained to prevent accidents, spot potential risks, and intervene before situations become life-threatening. They educate the public about how to be water smart during aquatic activities.



## Bronze Star

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 & EFA

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

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.



***Learning First Aid is a valuable skill that empowers individuals to respond confidently and effectively in emergencies. Whether it's providing immediate care for an injury, managing a medical crisis until professional help arrives, or preventing a situation from becoming more serious, First Aid training can save lives. It builds awareness, preparedness, and the ability to act quickly, helping protect not only your own safety but also the well-being of others in your community.***



## National Lifeguard Instructor

This course provides candidates with the skills and resources necessary to successfully teach the National Lifeguard program, while also preparing instructors to apply advanced leadership competencies and strategies designed to train lifeguards. National Lifeguard Instructors are responsible for teaching and evaluating candidates participating in the National Lifeguard option(s) they hold (pool, waterpark, waterfront, and surf).



## Swim Instructor

This program equips instructors with the skills to teach and assess fundamental swimming techniques. Participants gain expertise in effective teaching strategies, diverse stroke development exercises, and correction methods.



## Lifesaving Swim Instructor

This course enhances instructional abilities by emphasizing efficient planning and teaching in areas such as candidate instruction, water rescue, first aid and the development of lifesaving skills. Upon successful completion of the course, candidates receive certification as Lifesaving Instructor and Emergency First Aid Instructor.





# Group Fitness Schedule

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

## September 15 - Jan 4

- 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



**Ingersoll**  
Community Services

## GROUP FITNESS SCHEDULE

**date:**

**Sept 15, 2025 - Jan 4, 2026**

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

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
				Kettlebells 8:15am - 9:00am	Strong Nation 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
	Zumba Gold 11:30am - 12:15pm	WOW 11:00am - 12:00pm			<b>Our group classes are inclusive, supportive, and suitable for every fitness level!</b>
Cycle 30 12:30pm - 1:00pm		Cycle 30 12:30pm - 1:00pm			
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	Yoga 5:45pm - 6:45pm		
Core Barbell 60 7:00pm - 8:00pm	Zumba 7:00pm - 8:00pm	Strong Nation 7:00pm - 8:00pm	Zumba 7:00pm - 8:00pm	Barbell 7:00pm - 8:00pm	
Circ Mobility 8:15pm - 9:00pm		Circ Mobility 8:15pm - 9:00pm	Bedtime Yoga 8:15pm - 9:00pm		

### NOTES:

- Thursday Zumba will held upstairs in the Meeting Room
- There will be no classes running Oct 13, Dec 24, 25, 26, 31 and Jan 2

### 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 Classes

27

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

**NO CLASSES Oct 13, Dec 24, 25, 26, 31, and Jan 1**

## Athletic Impact

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

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

## Barbell

Experience strength in action, this class is designed to sculpt and strengthen your body. From squats and deadlifts to presses and curls, this comprehensive workout targets every major muscle group, fostering strength and endurance.

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

## 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	

## Circl Mobility

A restorative class blending dynamic stretching and mobility exercises inspired by yoga and tai chi. Improve flexibility, release tension, and move more freely in every session.

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

## Core Barbell 60

A total body workout with 30mins of barbell strength training, 20mins of focused core works, and 10mins of deep stretching. Build strength, tone your core and leave feeling strong and balanced.

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
Cycle 30 4:30pm - 5:15pm Cycle 4:30pm - 5:15pm	7:00am - 7:45am	<b>Cycle 30</b> 12:30pm - 1:00pm	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		

### Kettlebells

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		

### 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				

### 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		

### Strong Nation

A high-intensity workout combining bodyweight, cardio, and muscle conditioning moves synced to powerful music. No dancing—just results-driven training that challenges you to push past your limits.

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

### WOW - Women on Weights

Build strength, confidence, and community in this women-only weights class. Learn proper form, lift with intention, and challenge your limits in a supportive, empowering environment. **Max 10 participants per class**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		11:00am - 12:00pm				

### Yoga

A practice that seeks mind-body connection, postural alignment, and tension release. It offers benefits for physical and mental health in an adaptable and personalized environment. Encompassing a variety of yoga styles, from more dynamic classes like Vinyasa or Ashtanga, to gentler practices like Yin or Restorative

**-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.

**-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>Yoga</b> 5:45pm - 6:45pm			
		<b>Yoga Tone</b> 5:45pm - 6:45pm	<b>Bedtime Yoga</b> 8:15pm - 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 Meeting Room			
	<b>Zumba</b> 7:00pm - 8:00pm					

**NO CLASSES Oct 13, Dec 24, 25, 26**

## Women's Self Defence 18+

Women's Self-Defence Program is a specialized training program designed to teach individuals practical self-defense skills. 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

**Session 1:** Wednesday's Sept 17 - Oct 29

**Time:** 6:30pm - 7:30pm

**Fee:** Members \$24.50 / 7 weeks

Non-Members \$49.00 / 7 weeks

**Session 2:** Wednesday's Nov 5 - Dec 17

**Time:** 6:30pm - 7:30pm

**Fee:** Members \$24.50 / 7 weeks

Non-Members \$49.00 / 7 weeks

## Adult Karate 18+

Build strength, confidence, and focus in this dynamic karate program designed for adults of all skill levels. Whether you're a beginner or returning to martial arts, each class offers a balance of traditional techniques, self-defense skills, and physical conditioning in a supportive, structured environment. Participants will improve flexibility, coordination, and discipline while enjoying the mental and physical benefits of this empowering martial art.

**Location:** Ingersoll District Memorial Arena Auditorium

**Session 1:** Wednesday's Sept 24 - Oct 29

**Time:** 5:30pm - 6:30pm

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

Non-Member \$42.00 / 6 weeks

**Session 2:** Wednesday's Nov 5 - Dec 17

**Time:** 5:30pm - 6:30pm

**Fee:** Member: \$24.50 / 7 weeks

Non-Member \$49.00 / 7 weeks

## Men's Recreational Basketball 18+

Hit the court for fast-paced, competitive fun in this recreational basketball program for men. Designed for players of all skill levels, games focus on teamwork, sportsmanship, and staying active in a friendly yet competitive environment. Whether you're looking to break a sweat, sharpen your skills, or just enjoy the game, this is a great way to stay in shape and connect with others who love basketball.

*Players should have some basketball experience and skill, and be committed to consistent attendance throughout the program.*

**Location:** Ingersoll District Collegiate Institute Gymnasium 2

**Time:** 6:30pm - 9:30pm

**Date:** Tuesday's Oct 7, 2025 - April 28, 2026 (no class Dec 23, 30, and Mar 17, 2026)

**Fee:** Members & Non-Members \$170.10

## Adult Beginner Ballet 14+

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

**Session 1:** Sunday's Sept 21 - Nov 2

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

**Fee:** Member: \$24.50 / 7 weeks

Non-Member \$49.00 / 7 weeks

**Session 2:** Sunday's Nov 9 - Dec 21

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

**Fee:** Member: \$24.50 / 7 weeks

Non-Member \$49.00 / 7 weeks

## Pulse & Performance: Dance-Driven Athletic Training 14+

This recreational dance strength training program combines fundamental dance movements with targeted strength exercises to improve overall performance, endurance, and body control. Participants will work through a series of dynamic warm-ups, basic choreography, and strength-building drills such as pliés, lunges, core work, and resistance training. The program focuses on enhancing balance, flexibility, coordination, and muscular strength, especially in key areas like the legs, core, and upper body. By integrating elements like repetition, tempo changes, and bodyweight resistance, dancers build the stability and power needed for jumps, turns, and sustained movement. Suitable for all levels, this program supports injury prevention and improved technique.

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

**Session 1:** Saturday's Sept 20 – Nov 1

**Time:** 1:00pm – 2:00pm

**Fee:** Member: \$24.50/7 weeks

Non-Member \$49.00/7 weeks

**Session 2:** Saturday's Nov 8 – Dec 20

**Time:** 1:00pm – 2:00pm

**Fee:** Member: \$24.50/7 weeks

Non-Member \$49.00/7 weeks

## Baby & Me 14+

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

**Session 1:** Thursday Sept 18 – Oct 30

**Time:** 11:00am to 12:00pm

**Fee:** Member \$24.50/7 weeks, Non-Member \$49.00/7 weeks

**Session 2:** Thursday Nov 6 – Dec 18

**Time:** 11:00am to 12:00pm

**Fee:** Member \$24.50/7 weeks, Non-Member \$49.00/7 weeks

## Stroller Fit 14+

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 health care provider.

**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 Gymnasium

**Dates:** Monday, Sept 15 – Oct 27 (No class Oct 13)

**Time:** 11:00am to 12:00pm

**Fee:** Member \$21.00/6 weeks, Non-Member \$42.00/6 weeks



## Adult Beginner Pickleball Lessons 18+

Come learn the fundamentals of this fun and fast-growing sport in a supportive, low-pressure environment! Led by an experienced instructor, each session focuses on basic skills, rules, and game play techniques to help you build confidence on the court. All pickleball balls are provided, and we encourage players to bring their own paddles. Whether you're brand new or just getting back into the game, this is the perfect place to start!

**Location:** Ingersoll District Collegiate Institute Gymnasium 2

**Session 1:** Wednesday's Sept 17 - Oct 29

**Time:** 6:00pm - 7:00pm

**Fee:** Member & Non-Member \$87.50 /7 weeks

**Session 2:** Wednesday's Nov 5 - Dec 17

**Time:** 6:00pm-7:00pm

**Fee:** Member & Non-Member \$87.50/7 weeks

## Adult Intermediate Pickleball Lessons 18+

Take your game to the next level with lessons designed for players who have a solid understanding of the basics and are ready to improve their skills and strategy. Led by an experienced instructor, these sessions focus on shot placement, court positioning, advanced drills, and game tactics such as dinking, volleying, third-shot drops, effective communication with your partner, and reading opponents' strategies. Pickleball balls are provided, and players are encouraged to bring their own paddle. Perfect for those looking to sharpen their game and elevate their play!

**Location:** Ingersoll District Collegiate Institute Gymnasium 2

**Session 1:** Thursday's Sept 18 - Oct 30

**Time:** 6:00pm - 7:00pm

**Fee:** Member & Non-Member \$87.50 /7 weeks

**Session 2:** Thursday's Nov 6 - Dec 18

**Time:** 6:00pm-7:00pm

**Fee:** Member & Non-Member \$87.50/7 weeks



## Pickleball Doubles Recreation Tournament 18+

Tournament kicks off with round-robin play. Based on morning results, we'll seed and set up brackets for the afternoon elimination rounds where the excitement builds as we play through to crown our champions! While this is a non-competitive, community-focused event, it's geared toward players who are comfortable with gameplay, scoring, positioning, longer rallies and looking for a fun challenge. All participants will be entered into prize draws, so everyone has a chance to win on or off the court! This is a gendered doubles tournament. Teams must consist of two players of the same gender. Separate brackets for Men's and Women's. Ball's will be provided! Please register individually and indicate your partner when signing up.

**Location:** Ingersoll Pickleball Courts (250 Ingersoll St S)

**Date:** Saturday September 27

**Time:** 9:00am - 3:00pm

**Fee:** \$25.00 per double team



## Run Club: Starters 14+

New to running – Start here! Designed for new and novice runners. 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. Participants will meet in the front lobby at Victoria Park Community Centre.

**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 – Meet in the Front Lobby

**Dates:** Tuesday, Sept 16 – Oct 28, 2025

**Time:** 7:00pm to 8:00pm

**Fee:** Members \$24.50/7 weeks,  
Non-member \$49.00/7 weeks

## Run Club: Intermediate 14+

Ready to level up your running? This program is designed for intermediate runners looking to improve pace, stamina, and efficiency. Expect structured sessions that blend focused runs, hill work, resistance training, and mobility to build strength and resilience. With expert coaching and a driven community, you'll stay consistent, push your limits, and train with purpose.

Whether you're chasing a PR or preparing for longer distances, this program will help you get there. Participants will meet in the front lobby at Victoria Park Community Centre.

**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 – Meet in the Front Lobby

**Dates:** Thursday, Sept 18 – Oct 30, 2025

**Time:** 7:00pm to 8:00pm

**Fee:** Members \$24.50/7 weeks,  
Non-member \$49.00/7 weeks

## Pop-Up Fitness Party 14+

Get ready to break a sweat and shake things up! Pop-Up Fitness Party is a once-a-month, high-energy fitness class that brings something new every time. Led by a rotating lineup of dynamic instructors, no two sessions are the same – from full body cardio and bootcamp circuits to HIIT and beyond. It's all about movement, music, and good vibes. Come for the workout, stay for the community. Whether you're flying solo or bringing friends, this fun, social fitness event is your new favorite way to sweat, connect, and recharge.

**Information & Requirements:** Clean indoor athletic shoes are required in the Fitness Studio. Don't forget to bring a water bottle!

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

**Dates:** Last Saturday of the month: Sept 27, Oct 25, Nov 29, 2025

**Time:** 9:00am to 10:15am

**Fee:** Members \$3.50 per class  
Non-member \$7.00 per class

## Triathlon Length Swim 14+

Interested in triathlons or just looking for an extra challenge in the pool? In this instructor-led length swim, you will learn proper swim techniques, practice drills, work on cardio conditioning and develop endurance.

**Prerequisites:** Participants must be able to complete a 25 meter swim with their face submerged in water.

**Session 1:** Victoria Park Community Centre – (Pool Lane)

**Dates:** Thursday, Sept 18 – Oct 30, 2025

**Time:** 8:00pm to 9:00pm

**Fee:** Member \$28.00/7 weeks,  
Non-Member \$56.00/7 weeks

**Session 2:** Victoria Park Community Centre (Pool Lane)

**Dates:** Thursday, Nov 6 – Dec 18, 2025

**Time:** 8:00pm to 9:00pm

**Fee:** Member \$28.00/7 weeks,  
Non-Member \$56.00/7 weeks

## INTRODUCING PickupHub

PickupHub allows participants to easily search through multiple drop-in recreation programs that are taking place at the Ingersoll District Memorial Arena and Victoria Park Community Centre.

Once you select the program, you will link your credit card to PickupHub. After you pay, you are ready to come and play!

SCAN HERE



[pickuphub.net/ingersoll](https://pickuphub.net/ingersoll)

### Adult Shuffleboard 18+

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! All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Ingersoll District Memorial Arena

**Session 1:** Tuesday's Sept 16 - Dec 16

**Time:** 12:30pm - 3:30pm

**Fee:** Members & Non-Members \$4.42 per play

**Session 2:** Wednesday's Sept 27 - Dec 17

**Time:** 12:30pm - 3:30pm

**Fee:** Members & Non-Members \$4.42 per play

### Adult Recreation Pickleball 18+

Non-Instructional Recreation Pickleball is designed for beginner and entry level players new to the sport of pickleball. This is a great program to practice new skills, develop and learn the rules, non-volley zones, dinking and hitting the wiffle ball. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Ingersoll District Collegiate Institute in Gymnasium 2

**Dates:** Thursdays Sept 18 - Dec 18

**Time:** 7:00pm - 9:00pm

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

## Adult Intermediate Pickleball 18+

Intermediate Pickleball is designed to allow competitive players a space for more advanced play. This is for participants who want a challenge and already have the skills needed to rally and understand the pickleball rules. To be successful in this program you must know dinking, volleying zones, how to score, keep and maintain a good rally among peers. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Ingersoll District Collegiate Institute, Gymnasium 2

**Dates:** Wednesdays Sept 17 – Dec 17

**Time:** 7:00pm – 9:00pm

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

## Adult Recreation Volleyball 18+

Grab your knee pads and bring your serving skills for some recreational volleyball. Gather your friends and join this weekly program for players looking to practice their volleyball skills. Some volleyball experience is recommended but not required. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Harrisfield Public School Gymnasium

**Dates:** Wednesdays Sept 17 – Dec 17

**Time:** 7:00pm – 9:00pm

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



## Adult Intermediate Volleyball 18+

Looking to take your volleyball skills to the next level? This program is designed for players with prior experience and a solid understanding of the game. This session is ideal for those who are comfortable with more advanced techniques such as setting, spiking, blocking, and quick rotations.

Unlike our recreational Wednesday evening games, Intermediate Volleyball offers a more competitive environment where players are expected to demonstrate good court awareness, communication, and consistency in their gameplay. Whether you're looking to improve your skills, enjoy a good workout, or connect with other experienced players, this session is the perfect opportunity to challenge yourself and have fun doing it. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Ingersoll District Collegiate Institute Gymnasium

**Dates:** Monday's Sept 15 – Dec 15 (no class Oct 13)

**Time:** 7:00pm – 9:00pm

**Fee:** Members & Non-Members \$4.42 per play

## Adult Recreation Walking Soccer 18+

Our Adult Walking Soccer program offers a fun, low-impact alternative to traditional soccer, designed with safety, accessibility, and social connection in mind.

With no running, slide tackles, or heavy contact, this program is perfect for adults of all ages and fitness levels. Whether you're new to the sport or returning after some time away, walking soccer promotes fitness, coordination, and camaraderie through friendly, relaxed play. Each session begins with a 30-minute guided warm-up to help participants loosen up, improve mobility, and prevent injury. After warming up, play will resume under the modified walking soccer rules. Participants are expected to follow these rules, practice good sportsmanship, and help foster a respectful, inclusive environment for everyone. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Harrisfield Public School Gymnasium

**Dates:** Tuesdays Sept 16 – Dec 16

**Time:** 7:30pm – 9:00pm

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

## Mad Science 6–12yrs

Embark on a thrilling journey into the world of science with this fun-filled program for kids! Engage in exciting science-themed games, hands-on experiments, and creative crafts each week. Spark curiosity and explore the wonders of science in a way that's interactive and enjoyable for young minds! All individuals are required to wear clean, indoor-only footwear when using the space.

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

**Session 1:** Monday's Sept 15 – Oct 27 (no Oct 13)

**Time:** 4:00pm – 5:00pm

**Fee:** Member \$18.00/6 weeks

Non-Members: \$36.00/6 weeks

**Session 2:** Monday's Nov 3 – Dec 15

**Time:** 4:00pm – 5:00pm

**Fee:** Member \$21.00/7 weeks

Non-Members: \$42.00/7 weeks

## Artistry Lab 6–12yrs

Unleash your creativity and bring your imagination to life! In this engaging program, children will learn to draw their favorite characters with the guidance of our skilled program staff. Through step-by-step tutorials and personalized support, budding artists of all levels will develop their skills and create a masterpiece to be proud of. Each participant will receive a personal sketchbook and all the art supplies needed to make their artistic vision a reality! All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Victoria Park Community Centre Meeting Room

**Session 1:** Tuesday's Sept 16 – Oct 28

**Time:** 4:30pm – 5:30pm

**Fee:** Member \$21.00/7 weeks

Non-Members: \$42.00/7 weeks

**Session 2:** Tuesday's Nov 4 – Dec 16

**Time:** 4:30pm – 5:30pm

**Fee:** Member \$21.00/7 weeks

**Non-Members:** \$42.00/7 weeks

**Session 3:** Saturday's Sept 20 – Nov 1

**Time:** 11:30am – 12:30pm

**Fee:** Member \$21.00/7 weeks, Non-Member \$42.00/7 weeks

**Session 4:** Saturday's Nov 8 – Dec 20

**Time:** 11:30am – 12:30pm

**Fee:** Member \$21.00/7 weeks, Non-Members \$42.00/7 weeks

## Ninja Warrior Training 6–12yrs

In this high-energy recreational program, kids unleash their inner ninja through an exciting mix of obstacle course challenges and interactive games designed for a gym space. With ninja-inspired elements like balance tape walks, precision jumps, and crawling tunnels. Children build agility, strength, and confidence in a fun, supportive environment. The course is combined with action-packed games such as dodgeball and tag-style missions that promote quick reflexes, teamwork, and imaginative play. Designed to keep kids moving, laughing, and engaged, this program transforms the gym into a ninja training ground where fun and fitness go hand in hand. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Harrisfield Public School Gymnasium

**Session 1:** Thursday's Sept 18 – Oct 30

**Time:** 6:30pm – 7:30pm

**Fee:** Member \$21.00/7 weeks, Non-Member \$42.00/7 weeks

**Session 2:** Thursday's Nov 6 – Dec 18

**Time:** 6:30pm–7:30pm

**Fee:** Member \$21.00/7 weeks, Non-Member \$42.00/7 weeks



## Junior Ballet 6–12yrs

Dancers will focus on flexibility, posture, and strength as they learn the fundamentals of Ballet. Participants will be introduced to basic ballet positions, movements, and terminology. Each class will help build balance, coordination, and grace through age-appropriate technique and movement. Dancers will also learn a short routine throughout the session, which will be showcased to family and friends on the final day. Participants should come to class wearing comfortable, stretchy dancewear. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Victoria Park Community Centre, Meeting Room

**Session 1:** Sunday's Sept 21 – Nov 2

**Time:** 10:00am – 11:00am

**Fee:** Member \$10.50/7 weeks, Non-Members \$21.00/7 weeks

**Session 2:** Sunday's Nov 9 – Dec 21

**Time:** 10:00am – 11:00am

**Fee:** Member \$10.50/7 weeks, Non-Members \$21.00/7 weeks

## Girls at Bat 8–12yrs

Supported by Jays Care Foundation, is a fun, recreation-based initiative that introduces girls to baseball in a safe and inclusive environment. Focused on building confidence, teamwork, and leadership through play, the program welcomes participants of all skill levels and promotes physical activity, friendship, and personal growth. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Harrisfield Public School Gymnasium

**Session 1:** Tuesday's Sept 16 – Oct 28

**Time:** 6:00pm – 7:00pm

**Fee:** Member \$21.00/7 weeks, Non-Members \$42.00/7 weeks

**Session 2:** Tuesday's Nov 4 – Dec 16

**Time:** 6:00pm – 7:00pm

**Fee:** Member \$21.00/7 weeks, Non-Members \$42.00/7 weeks

## Drama Kids 6–10yrs

Whether you are new to acting or have some experience, our program promises to sharpen your talents and elevate your performance skills. Join forces with your fellow young stars in a group effort to create, perform, and present your very own production. Parents and friends will be invited on the last day of the session for a drama showcase. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Victoria Park Community Centre, Meeting Room

**Session 1:** Tuesday's Sept 16 – Oct 28

**Time:** 6:00pm – 7:00pm

**Fee:** Members \$21.00/7 weeks, Non-Members \$42.00/7 weeks

**Session 2:** Tuesday's Nov 4 – Dec 16

**Time:** 6:00pm – 7:00pm

**Fee:** Member \$21.00/7 weeks, Non-Members \$42.00/7 weeks

## Acro Junior 6–12yrs

Dancers will focus on flexibility and strength as they learn the fundamentals of Acro.

Participants will be taught how to safely do 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. All individuals are required to wear clean, indoor-only footwear when using the space.

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

**Session 1:** Sunday's Nov 9 – Dec 21

**Time:** 11:15pm – 12:15pm

**Fee:** Member \$10.50/7 weeks, Non-Members \$21.00/7 weeks

**Session 2:** Sundays Nov 9 – Dec 21

**Time:** 11:15pm – 12:15pm

**Fee:** Member \$10.50/7 weeks, Non-Members \$21.00/7 weeks

## Beginner Ballet 4-5yrs

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. All individuals are required to wear clean, indoor-only footwear when using the space.

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

**Session 1:** Sunday's Sept 21 – Nov 2

**Time:** 9:15am – 9:45am

**Fee:** Member \$10.50/7 weeks, Non-Member \$21.00/7 weeks

**Session 2:** Sunday's Nov 9 – Dec 21

**Time:** 9:15am – 9:45am

**Fee:** Member \$10.50/7 weeks, Non-Member \$21.00/7 weeks

## Beginner Acro 4-5yrs

Dancers will focus on flexibility and strength as they learn the fundamentals of Acro. Participants will be taught how to safely do 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. All individuals are required to wear clean, indoor-only footwear when using the space

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

**Session 1:** Sunday's Sept 21 – Nov 2

**Time:** 8:30am – 9:00am

**Fee:** Members \$10.50/7 weeks, Non-Members \$21.00/7 weeks

**Session 2:** Sunday's Nov 9 – Dec 21

**Time:** 8:30am – 9:30am

**Fee:** Member \$10.50/7 weeks, Non-Member \$21.00/7 weeks



## Train Trackers 4-12yrs DROP-IN

This hands-on, creative program invites children to design and build brand-new train track layouts each week using a variety of materials like wooden tracks, plastic pieces, and connectors. Kids will experiment with building stable tracks, creating junctions, bridges, and tunnels while learning about how trains move and the basics of track design. Along the way, they'll hear stories about trains, discover how real railways work, and engage in imaginative play that sparks curiosity and builds problem solving skills. Every program offers a new chance to build, learn, and embark on exciting train adventures!

**Location:** Victoria Park Community Centre, Meeting Room

**Date:** Monday's Sept 15 - Dec 15 (no class Oct 13)

**Time:** 5:15pm - 5:45pm

**Fee:** (6 weeks) Member \$4.00, Non-Members \$6.00

## Connectors Club 4-10yrs DROP-IN

A creative, play-based program that uses a variety of building blocks to help children build more than just structures; they build connections, confidence, and communication skills. Through guided activities and open-ended challenges, kids work together to problem-solve, share ideas, and express themselves in a fun, supportive environment. Designed to encourage teamwork, imagination, and social development, Connectors Club is a great way for children to learn, grow, and connect brick by brick. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Victoria Park Community Centre, Meeting Room

**Date:** Monday's Sept 15 - Dec 15 (no class Oct 13)

**Time:** 6:00pm - 7:00pm

**Fee:** Members \$4.00, Non-Members \$6.00

**Date:** Friday's Sept 19 - Dec 19 (no class Oct 10, 31 & Nov 14)

**Time:** 4:00pm - 5:00pm

**Fee:** Members \$4.00, Non-Members \$6.00

## Creation Station 4-12yrs DROP-IN

From arts and crafts to DIY projects and collaborative builds, Creation Station offers a fun and welcoming space where creativity knows no limits. Whether painting, sculpting, designing, or inventing, participants will explore new materials, techniques, and ideas in a supportive environment that encourages experimentation and play. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Victoria Park Community Centre, Meeting Room

**Date:** Saturday's Sept 20 - Dec 20

**Time:** 9:00am - 11:00am

**Fee:** Members \$4.00, Non-Members \$6.00

## Play Power Hour 6-12yrs DROP-IN

Play like a champ in this fun, high-energy movement class for kids ages 6-12! Through games, creative challenges, and playful activities, kids build strength, coordination, confidence, and body awareness—all while having a blast. Whether your child loves to move or needs a little encouragement, this class helps them feel good in their body, make new friends, and enjoy the power of play—no pressure, no competition, just fun!

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

**Dates:** Friday, Sept 19 - Dec 18 (No class Oct 31)

**Time:** 4:15pm to 5:15pm

**Fee:** Member \$4.00, Non-Member \$6.00



# MOVIE & MASTERPIECES

## Flick n Dip

### MOVIE SCHEDULE



Sept 19



Inside Out 2

Sept 26



Migration

Oct 3



101 Dalmation

Oct 17



Aladdin

Oct 24



Kung Fu Panda 4



Nov 7



Coco

Nov 21



Dumbo

Nov 28



Cars

Dec 5



Finding Dory

Dec 12



Frozen 2

Dec 19



Flubber



## Flick'n'Dip 6-12yrs DROP-IN

Looking for a fun way to spend an evening? Bring your friends and your favorite snack for an exciting night of movies and activities! Kids will start with a family-friendly movie from 6:00–7:00 PM, then choose between a splash in the pool from 7:00–7:50 PM or staying dry with our Movie & Masterpieces option, where they'll create a fun, movie-themed craft inspired by the film. Lifejackets are available for swimmers, and all activities are supervised by our awesome staff. Parents are asked to assist with snack purchases, escort children to the movie room, and sign them in and out at the Main Lobby, with pick-up at 8:00 PM. Pool admission standards apply, and registration is strongly recommended to secure your spot!

**Location:** Victoria Park Community Centre, Meeting Room & Pool

**Dates:** Friday's Sept 19 – Dec 19 (no class Oct 10, 31 & Nov 14)

**Time:** 6:00pm – 8:00pm

**Fee:** Member \$4.00, Non-Members \$6.00

## Movie Masterpieces 4-12yrs DROP-IN

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 and crafts inspired by the characters and scenes they just saw! This is a dryland without the pool portion of Flick N Dip. The movie element is shared within both programs. This is the perfect program for children under 6 and those looking for a night without the dip!

**Location:** Victoria Park Community Centre, Meeting Room

**Dates:** Friday, Sept 19 – Dec 19 (no class Oct 10, 31 & Nov 14)

**Time:** 6:00pm – 7:00pm

**Fee:** Members \$4.00 Non-Members \$6.00

# Preschool Age Programs

## Kinder Art & GO! 3-4yrs

Bursting with color, creativity, and imagination, this playful preschool program invites little artists to paint, squish, glue, and giggle their way through hands-on art adventures. Each session is filled with fun, messy projects that spark curiosity and self-expression, while also helping little hands build important fine motor skills. With plenty of movement, music, and joyful exploration, it's the perfect place for young minds to create, play, and grow. Children should come dressed and be prepared to participate in messy activities! All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Victoria Park Community Centre, Meeting Room

**Session 1:** Thursday's Sept 18 – Oct 30

**Time:** 10:00am – 12:00am

**Fee:** Member \$42.00/7 weeks, Non-Member \$84.00/7 weeks

**Session 2:** Thursday's Nov 6 – Dec 18

**Time:** 10:00am – 12:00am

**Fee:** Member \$42.00/7 weeks, Non-Member \$84.00/7 weeks

## Parent & Tot Ballet 3-5yrs

The Parent & Tot Ballet program is a joyful introduction to movement and music designed for young dancers and their caregivers to enjoy together. This class fosters bonding through playful ballet-inspired activities that build coordination, rhythm, and balance in a nurturing environment. Using fun props like ribbon wands and mats, children explore creative movement while developing confidence and motor skills. Gentle instruction and imaginative play encourage a love for dance, with caregivers actively participating to support and engage every step of the way. This shared experience creates lasting memories and a beautiful foundation for future dance learning. All individuals are required to wear clean, indoor-only footwear when using the space.

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

**Session 1:** Saturday's Sept 20 - Nov 1

**Time:** 2:30pm - 3:30pm

**Fee:** Member \$21.00/7 weeks, Non-Member \$42.00/7 weeks

**Session 2:** Saturday's Nov 8 - Dec 20

**Time:** 2:30pm - 3:30pm

**Fee:** Member \$21.00/7 weeks, Non-Member \$42.00/7 weeks



## Kinder Kids 3-4yrs

This recreational program offers your child the chance to form friendships through interaction and sharing with others. Engaging in small group crafts and activities, they will gradually build confidence and independence. Please ensure your child brings a backpack, a peanut-free snack, a labeled water bottle/drink, and indoor shoes each day. Children should have independent toileting skills. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Victoria Park Community Centre, Meeting Room

**Session 1:** Tuesday's Sept 16 - Oct 28

**Time:** 10:00am - 12:00pm

**Fee:** Member \$42.00/7 weeks, Non-Member \$84.00/7 weeks

**Session 2:** Tuesday's Nov 4 - Dec 16

**Time:** 10:00am - 12:00pm

**Fee:** Member \$42.00/7 weeks, Non-Member \$84.00/7 weeks

## Explore & GO! 3-4yrs

Through structured and creative sensory activities, kiddos will practice their listening skills as they explore their senses, fine and gross motor skills, all while having fun with friends. Dress comfortably, and remember messy clothes are a sign of creativity and exploration! All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Victoria Park Community Centre Meeting Room

**Session 1:** Monday's Sept 15 - Oct 27 (no class on Oct 13)

**Time:** 10:00am - 12:00pm

**Fee:** Member \$36.00/6 weeks, Non-Member \$72.00/6 weeks

**Session 2:** Monday's Nov 3 - Dec 15

**Time:** 10:00am - 12:00pm

**Fee:** Member \$42.00/7 weeks, Non-Member \$84.00/7 weeks

## Tot & Play 2-4yrs

Get ready for giggles, movement, and quality time together! This lively preschool program invites toddlers and their grown-ups to play, explore, and bond through interactive games, music, toys, and creative activities. With plenty of space for discovery and fun, little ones develop important motor and social skills while parents join in the experience. It's the perfect way to learn, laugh, and grow side by side. Parents/ Caregivers are required to stay for the duration of the program. All individuals are required to wear clean, indoor-only footwear when using the space.

**Location:** Victoria Park Community Centre, Meeting Room

**Session 1:** Wednesday's Sept 17 - Oct 29

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

**Fee:** Member \$21.00/7 weeks, Non-Member \$42.00/7 weeks

**Session 2:** Wednesday's Nov 5 - Dec 17

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

**Fee:** Member \$21.00/7 weeks, Non-Member \$42.00/7 weeks

**Session 3:** Friday's Sept 19 - Oct 31

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

**Fee:** Member \$21.00/7 weeks, Non-Member \$42.00/7 weeks

**Session 4:** Friday's Nov 7 - Dec 19

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

**Fee:** Member \$21.00/7 weeks, Non-Member \$42.00/7 weeks

## Tot Play'n'Swim 2-4yrs

This energetic preschool program offers the perfect blend of fun on land and in the water! Little ones will enjoy an hour of engaging playtime filled with games, music, and movement to spark social skills and imagination. The fun continues with a guided half hour in the pool, where tots build water confidence and learn basic swim skills through safe, playful instruction. It's the ideal mix of active learning and splashy fun, all in a supportive, age-appropriate setting. Parents or caregivers are required to participate for the full duration of the program. Parents/ Caregivers are required to stay for the duration of the program. Only clean indoor shoes are permitted in the program area.

**Location:** Victoria Park Community Centre, Meeting Room & Pool

**Session 1:** Thursday's Sept 18 - Oct 30

**Time:** 8:45am - 10:45am

**Fee:** Member \$42.00/7 weeks, Non-Member \$84.00/7 weeks

**Session 2:** Thursday's Nov 6 - Dec 18

**Time:** 8:45am - 10:45am

**Fee:** Member \$42.00/7 weeks, Non-Member \$84.00/7 weeks





The Ingersoll Cheese & Agriculture museum invites you to their  
Fall & Winter event season!





## Wacky Food Fest 4-12yrs

Campers will step into the role of mini chefs as they explore a world of hands-on food crafts and tasty-themed activities that celebrate silly snacks and wildly inventive food creations. From designing outrageous pretend meals to building crazy snack sculptures, each moment is packed with imagination, laughter, and delicious fun. This unforgettable day blends creativity, curiosity, and culinary play in the best possible way. And to top it all off, campers will take an afternoon walk to the Fusion Youth Centre to whip up their very own cookie masterpiece! Please Note: If your child has any dietary restrictions, be sure to inform the Program Supervisor at the time of registration so accommodations can be made

**Location:** Victoria Park Community Centre, Meeting Room

**Dates:** Friday, October 10

**Time:** 8:00am - 4:00pm

**Fee:** Members \$35.00 per day  
Non-Members \$40.00 per day



## Around the World in One Day 4-12yrs

Pack your bags for an action-packed, all-in-one-day adventure around the globe no plane ticket required! In this high-energy camp, kids "visit" multiple countries in just one day, experiencing a world of fun through games, crafts, music, and playful activities from every corner of the map. From tossing boomerangs in Australia to making colorful masks in Africa, dancing to Latin beats, and trying out traditional games from Europe and Asia, every moment is a new discovery. With each stop, campers dive into exciting challenges, creative projects, and global fun that keeps them moving, laughing, and learning all day long! Jet set to the Children's Museum to learn about the world, community and imaginative play!

**Location:** Victoria Park Community Centre, Meeting Room

**Date:** Friday, November 14

**Time:** 8:00am - 4:00pm

**Fee:** Member \$55.00 per day  
Non-Member \$60.00 per day

# Holiday Camps

## Elf Academy 4-12yrs

Step into a magical world this winter where campers become junior elves in a festive Elf Academy! Throughout the day, kids will embark on enchanting activities designed to spark creativity, teamwork, and holiday cheer. From crafting whimsical elf hats and decorating sparkling ornaments to mastering "toy-making" challenges and learning the secrets of holiday magic, every moment is filled with wonder and fun. With games that test agility and problem-solving, plus special surprise missions from the North Pole, this camp brings the spirit of the season alive, making every child feel like a true member of Santa's team!

**Location:** Victoria Park Community Centre, Meeting Room

**Dates:** Monday, December 22

**Time:** 8:00am - 4:00pm

**Fee:** Members \$35.00 per day  
Non-Members \$40.00 per day

## Frozen Fantasy 4-12yrs

Step into a sparkling Frozen Fantasy where winter magic comes alive! Campers will journey through icy adventures filled with enchanting crafts like snowflake making and shimmering crown decorating. They'll take part in cool games that challenge their speed and teamwork, imagine racing through snowy obstacle courses and solving frosty puzzles. With storytelling, music, and magical missions inspired by snowy kingdoms, every moment is packed with wonder and joy. This winter wonderland camp invites kids to embrace the spirit of the season, unleash their imagination, and create memories as magical as a frozen fairy.

**Location:** Victoria Park Community Centre, Meeting Room

**Dates:** Tuesday, December 23

**Time:** 8:00am - 4:00pm

**Fee:** Members \$35.00 per day  
Non-Members \$40.00 per day

## Polar Explorers 4-12yrs

Gear up for an adventurous day as young Polar Explorers in a chilly, exciting world filled with amazing polar animals! Campers will dive into hands-on activities that teach them all about creatures like penguins, polar bears, seals, arctic foxes, and snowy owls. They'll build igloo models, craft their own explorer gear, and create colorful animal masks while learning fun facts about how these animals survive in the freezing cold. Through icy obstacle courses and team challenges, kids will "track" polar animals, solve frosty puzzles, and embark on thrilling expeditions that spark curiosity and teamwork. Packed with fun, discovery, and winter wonder, this camp brings the amazing world of polar animals to life in a playful and unforgettable way!

**Location:** Victoria Park Community Centre, Meeting Room

**Date:** Monday, December 29

**Time:** 8:00am - 4:00pm

**Fee:** Member \$35.00 per day  
Non-Member \$45.00 per day

## Frosty's Science Lab 4-12yrs

Welcome to Frosty's Science Lab, where kids become junior scientists exploring the magic of snow and ice! Through fun experiments, they'll learn about freezing and melting, create ice crystals and snow slime, and discover how temperature and salt affect ice. With hands-on activities and cool challenges, campers dive into the science of winter in a fun, exciting way!

**Location:** Victoria Park Community Centre Meeting Room

**Dates:** Tuesday, December 30

**Time:** 8:00am - 4:00pm

**Fee:** Members \$35.00 per day  
Non-Members \$40.00 per day



## New Year Celebration 4-12yrs

Celebrate the excitement of a fresh start with a lively New Year's Celebration! Kids will enjoy festive crafts like making party hats and noisemakers, play upbeat games that get everyone moving, and join in fun countdown activities filled with music and laughter. To top it all off, campers will enjoy a delicious pizza party lunch, making the day even more fun and memorable. This joyful event is packed with teamwork, creativity, and celebration, helping everyone ring in the new year with energy and smiles!

**Location:** Victoria Park Community Centre Meeting Room

**Dates:** Friday, January 2

**Time:** 8:00am - 4:00pm

**Fee:** Members \$35.00 per day, Non-Members \$40.00 per day

## **Pool Party (Ages 3 – 13)**

Children will swim during our “open swim” for the first hour 1:30pm – 2:30pm, 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:** \$225.00 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](#)**

## 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.



### **Q. To be a Fusion member, what ages does my child need to be?**

A. Any youth between the ages of 10–18 can be a Fusion member.

### **Q. Is there an extra cost for your programs?**

A. No. All our regular programs are included with your child's annual membership. Additional costs may be required to attend special outings or events.

### **Q. How many staff are working each day?**

A. In every program space that is open within the centre, there is a staff supervising at all times. There is also a staff member supervising the exterior of the building, and we also have 24 security cameras inside and outside of the facility.

### **Q. What if youth leave Fusion to go somewhere else?**

A. Fusion staff members supervise youth at all times while youth are on Fusion property. However, we cannot prevent or restrict youth from leaving the centre.

### **Q. What is Fusion's policy on bullying?**

A. At Fusion, we have a zero tolerance policy when it comes to bullying in any form. Any youth who participates in bullying will be asked leave the centre, and may also be suspended.

### **Q. Does my child have to live in Ingersoll to be a Fusion Member?**

A. No. Fusion membership is open to all youth. As long as they are between the ages of 10–18

### **Q. Is the Skate Park supervised?**

A. No, our skate park is not supervised by Fusion staff. The Skate Park is monitored by security cameras. Helmets are strongly recommended.

### **Q. Is the Fusion Youth Centre wheelchair accessible?**

A. Yes. All our rooms are fully accessible, including the washrooms.

# Fusion

## 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.



# FALL 2025

## DROP-IN PROGRAMS

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:30PM - 9:00 PM <i>Lounge</i>	2:30PM - 9:00 PM <i>Lounge</i>	2:30PM - 9:00 PM <i>Lounge</i>	2:30PM - 9:00 PM <i>Lounge</i>	2:30PM - 9:00 PM <i>Lounge</i>
2:30 PM - 9:00 PM <i>Gaming Lounge</i>	2:30 PM - 9:00 PM <i>Gaming Lounge</i>	2:30 PM - 9:00 PM <i>Gaming Lounge</i>	2:30 PM - 9:00 PM <i>Gaming Lounge</i>	2:30 PM - 9:00 PM <i>Gaming Lounge</i>
2:30PM - 4:00PM <i>Volleyball</i>	2:30PM - 4:00 PM <i>Soccer</i>	2:30PM - 4:00PM <i>Floor Hockey</i>	2:30PM - 4:00 PM <i>Baseball</i>	2:30PM - 5:00PM <i>Open Gym</i>
4:00PM - 5:00PM <i>Badminton Skills &amp; Drills</i>	4:00PM - 5:00PM <i>Basketball</i>	4:00PM - 5:00PM <i>Basketball</i>	4:00PM - 5:00PM <i>Open Gym</i>	5:00PM - 6:00 PM <i>Volleyball</i>
4:30PM - 6:00PM <i>Tracy's Diner</i>	4:30PM - 6:00PM <i>Tracy's Diner</i>	5:00PM - 6:00 PM <i>Pickleball</i>	5:00PM - 6:00PM <i>Girls Multi-Sports</i>	7:00PM - 9:00 PM <i>Open Art</i>
5:00PM - 6:00PM <i>Badminton</i>	5:00PM - 6:00PM <i>Ping Pong with Shiya</i>	6:00PM - 7:30PM <i>Digital Drawing</i>	4:30PM - 6:00PM <i>Film Production</i>	7:00 PM - 8:00 PM <i>Basketball</i>
6:00PM - 7:30PM <i>Capture, Create, Edit</i>	6:00PM - 7:30PM <i>Digital Drawing</i>	6:00PM - 7:30PM <i>Mixed Media</i>	6:00PM - 7:15PM <i>Girls Group</i>	8:00 PM - 9:00 PM <i>Open Gym</i>
7:00PM - 8:00PM <i>Basketball</i>	7:00PM - 8:00PM <i>Volleyball</i>	8:00PM - 9:00 PM <i>Open Art</i>	7:15PM - 9:00PM <i>Senior Girls Group</i>	
7:00PM - 9:00 PM <i>Open Art</i>	7:00PM - 9:00 PM <i>Open Art</i>	8:00PM - 9:00PM <i>Open Gym</i>	7:00PM - 8:00PM <i>Basketball</i>	
8:00PM - 9:00PM <i>Open Gym</i>	8:00:00 P PMM - -9 9:0:00 P PMM <i>Baasskkeettbaallll</i>		7:00PM - 9:00 PM <i>Open Art</i>	



**Sports, Recreation & Leisure**



**Open Program Spaces**



**Art Programs**



**Life Skills**



**Technology Programs**

**PROGRAMS ARE OPEN TO ALL FUSION MEMBERS!**



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



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



519-425-1181



The Town of Ingersoll



townofingersoll





## **FALL 2025**

# **DROP-IN PROGRAMS**

### ***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.

### ***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.

### ***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.

### ***Pickleball***

Ever wanted to learn how to play pickleball? Now's your chance! Join Shiya in the gym to learn basics, play full games or just practice with your peers.

### ***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.

### ***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!

***PROGRAMS ARE OPEN TO ALL FUSION MEMBERS!***





## **FALL 2025**

# **DROP-IN PROGRAMS**

### ***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

### ***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.

### ***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, karaoke, and much more! (Open to girls of all ages)

### ***Senior Girls Group***

A weekly group for girls who are in grades 8-12 to participate in fun and unique activities! This program will include activities that cater towards teen girls.

***PROGRAMS ARE OPEN TO ALL FUSION MEMBERS!***



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



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



519-425-1181



The Town of Ingersoll



townofingersoll



**Fusion**

## **FALL 2025** **DROP IN PROGRAMS**

### ***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 design 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!

### ***Open Art***

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

### ***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.

***PROGRAMS ARE OPEN TO ALL FUSION MEMBERS!***



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

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

 519-425-1181

 The Town of Ingersoll

 townofingersoll

Fusion Youth Centre invites you to their Fall & Winter event season!



**Fusion**  
**THANKSGIVING DINNER**

**OCTOBER 9TH, 2025**

Join us for  
**A FREE DINNER!**

Open to  
**ALL YOUTH  
AGES 10-18**

Questions? Give us a call  
**519-425-4386**

**MEMBERSHIP JUST \$5/YEAR!**

Starting at 5:30pm in the Fusion gym  
121 Thames St. North, Ingersoll ON

**Ingersoll**  
Community Services

A cartoon turkey wearing a red hat and a yellow scarf is on the right side of the poster.



**Fusion**  
**Haunted Hoedown**

**FRI. OCTOBER 24**  
**5PM-8PM**

**HALLOWEEN DANCE & COSTUME CONTEST!**

**WEAR YOUR BEST COSTUME FOR A CHANCE TO WIN!**

**SEE YOU THERE!**  
**IF YOU DARE**

**121 THAMES ST. NORTH INGERSOLL, ON**

**Ingersoll**  
Community Services

A large, stylized jack-o'-lantern with a black face and a black mustache is on the left side of the poster.



**Fusion**  
**COME TAKE A TOUR**  
**and see what Fusion is all about!**

Parents, youth, everyone welcome! Our staff will be happy to show you all the program spaces we offer and answer any of your questions.

**Yearly Membership only \$5!**

To set up an appointment to visit please call 519-425-4386 or email us at [fusionfrontdesk@ingersoll.ca](mailto:fusionfrontdesk@ingersoll.ca)

**GAMING ROOM**  
**ART ROOM**  
**MULTIMEDIA STUDIO**  
**LOUNGE**  
**GYM**  
**MUSIC RECORDING STUDIO**

A photograph of the Fusion Youth Centre building is on the left side of the poster.



All registration and payment must be made through **PickupHub.net/Ingersoll**. Cash will not be accepted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00am – 10:20am Shinny	9:00am – 9:50am Huff & Puff				
	10:30am – 11:20am Parents & Tots	10:30am – 11:20am Parents & Tots			10:00am – 10:50am Open Skate	
	3:00pm – 3:50pm Adult Skate		2:30pm – 3:30pm Adult Skate			
	4:00pm–4:50pm Stick & Puck		3:30 – 4:50pm Open Skate	4:00pm – 4:50pm Stick & Puck		

## Stick & Puck all ages

Starts September 9 (no Oct 17 & 31). All ages, informal shootaround and skate. Skates, helmets and gloves required (no goalies).

## Shinny 18+

Pickup hockey. Full hockey equipment required.

## Huff & Puff 50+

Pickup hockey. Full hockey equipment required.

## Parents & Tots

Skates required and helmets strongly recommended. Child must be accompanied by an adult. No sticks or pucks allowed.

## Open Skate all ages

Skates required, no strollers. Helmets strongly recommended. No sticks, pucks or other equipment that could interfere with the safety of another skater. No food or drinks on the ice. No horseplay, tag or other games. Skate with the direction of all skaters. Listen to the direction of arena staff at all times.

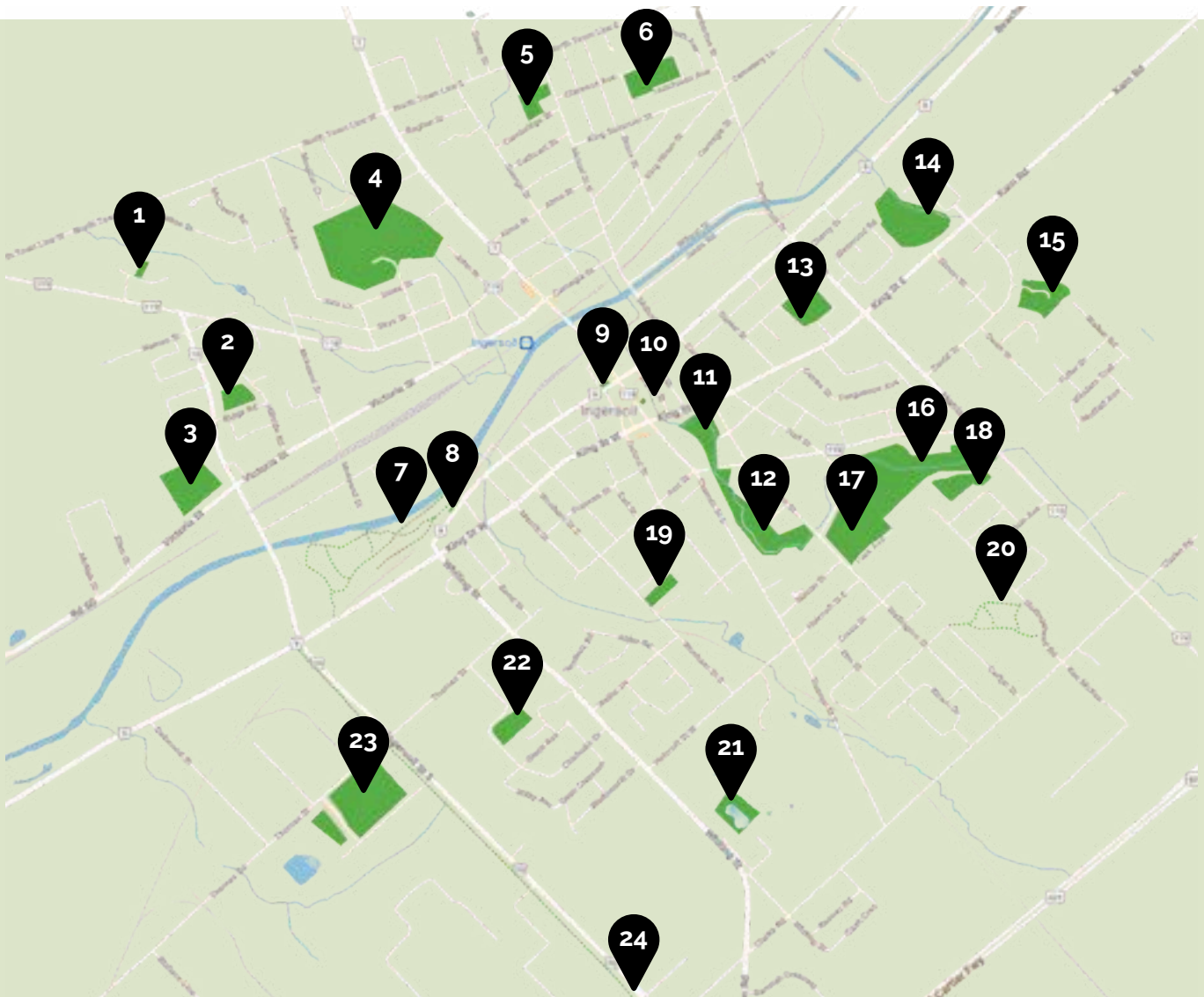
## Adult Skate 18+

Skates required and helmets strongly recommended.



# Parks & Trails Map

- 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



# Facility Rentals

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 YTLIC)

- 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