

COMMUNITY SERVICES SPRING 2025 Program Guide



SPRING SESSION 2025

MARCH 17 - JUNE 22



Contents

Start Here

How to Register.....	3
Admissions and Fees.....	5
R-Zone.....	6

Aquatics

Pool Admission Standards.....	7
Pool and Aquafit Schedule.....	8
Aquatic Programs.....	13
Swimming Lessons.....	15
Become a Lifeguard/Instructor.....	23
Leadership Course Schedule.....	26

Fitness

Group Fitness Schedule.....	27
Group Fitness Programs.....	30
Adult Programs.....	33
PickupHub Programs.....	35

Children's Programs

Children's Program Schedule.....	37
School Age Programs.....	38
Preschool Programs.....	41
Special Events.....	42
Birthday Parties.....	43
Summer Day Camps.....	44

Fusion Youth Centre

About Fusion.....	46
Fusion Membership.....	48
Fusion Program Schedule.....	50
Fusion Programs.....	51

Parks & Trails

Parks & Trails Map.....	53
Facility Rentals.....	54

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

How to Register

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



Online

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

What You Need:

Your email address and password to access your account
 Visa or Mastercard
 Name of program

Have Questions?

Please call: 519-425-1181 ext 0



Phone

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

What You Need:

Visa or Mastercard
 Name of program



In Person

Drop in to see us at Victoria Park Community Centre

What You Need:

Visa, Mastercard, Debit or cash
 Name of program



No Heavy Scents

Registration Information⁴

Registration Dates

Registration for Members March 3 at 7:00am and
Non-Members March 4 at 7:00am

To Register Visit

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

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.

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/

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.

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.

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

Memberships Rates

Month Memberships (one household)

Family Rates:

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

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

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

Auto-Renewing Membership

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

Family Rates:

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

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

Rates:

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

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

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

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

Pool Admission Standards

7

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.

March 17 - June 22, 2025

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

**Register Online at
UNIVERUS**

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



POOL & AQUAFIT SCHEDULE

date:

March 17 - June 22, 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim (2 lanes only) 7:00am - 9:00am
Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	
Shallow Water Aqua Fit 9:15am - 10:00am	Aqua Yogalates 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 1:30pm - 3:30pm
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	Sunday Length Swim 7:00am - 9:00am
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	
Parent & Tot Swim 1:15pm - 2:30pm					Family Swim 12:30pm - 1:30pm
Aqua Zumba 7:00pm - 7:50pm	Open Swim 7:00pm - 8:00pm	Aqua Zumba 7:00pm - 7:50pm	Aqua Kickboxing 7:00pm - 7:45pm	Open Swim 6:00pm - 8:00pm	Open Swim 1:30pm - 3:30pm
Aqua Yoga 8:00pm - 8:45pm	Length Swim 8:00pm - 9:00pm	Length Swim 8:00pm - 9:00pm	Length Swim 8:00pm - 9:00pm	Length Swim 8:00pm - 9:00pm	

notes:

Closed on April 18, 20, and May 19
Due to Swim to Survive on April 1, 8, 30, May 2, 9, and 16
Length Swim will only be running from 11:30am-12:30pm
No Parent & Tot Swim on March 22

Contact Info:

- 519-425-1181 x 0
- <https://app.univerusrec.com/ingersollcspub/>
- communityservices@ingersoll.ca



SPRING 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

Victoria Park Community Centre
Wednesdays 1:30 PM - 3:00 PM
March 19 & 26, June 18 & 25

Youth \$3.00 (2yrs and under free)

Adult \$3.98

Senior (60+) \$3.54

Members: Free

Registration Opens 7 days prior to program time.
Preregistration is strongly encouraged to ensure your spot.

REGISTER ONLINE



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

MARCH BREAK SPONSORED OPEN SWIMS!

SPONSORED SWIM TIMES:

March 8 - 1:30 pm - 3:30 pm

March 10 - 2:00 pm - 4:00 pm

March 11 - 2:00 pm - 4:00 pm

March 13 - 2:00 pm - 4:00 pm

March 14 - 2:00 pm - 4:00 pm

March 15 - 1:30 pm - 3:30 pm

**A special shout out and thank you to the
INGERSOLL KIWANIS CLUB for supporting our community!**

**Admission is free!
Spots are first come first served,
130 persons maximum.
Pool Admission Standards apply.**





EASTER MONDAY

OPEN SWIM

APRIL 21, 2025

2:30PM TO 4:00PM

Pool Admission Standards & Fees apply.

Aquatic Programs

13

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 April 18 & May 19**

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 April 18 & May 19**

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.

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

Restorative Aquafit

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

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

Aqua Yoga

Aqua Yoga is a form of yoga that modifies traditional postures and 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 MAY 19

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

Aqua Zumba

This high-energy aquatic workout integrates the Zumba formula and philosophy with traditional Aqua fitness disciplines; the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. So, liven up your week with some Latin fever. **NO CLASS May 19**

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

Aqua Yogalates

This unique Aqua workout combines Yoga flow and Pilates powerhouse training to create a workout that increases your core stability, breathing control, flexibility, and strength in the entire body. Class is executed in the water with slow-to-fast, fluid to fierce and tranquil-to-turbulent combination techniques which offers a great low-impact option for anyone who wants to stay healthy and fit.

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

Swims

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 April 18, 20 & May 19**

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 2 lanes only	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 April 18, 20 & May 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15am - 11:15am	7:00pm - 8:00pm	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.

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

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 March 10, 22 & May 19**

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 April 18, 20 & May 19

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

Swimming Lessons

15

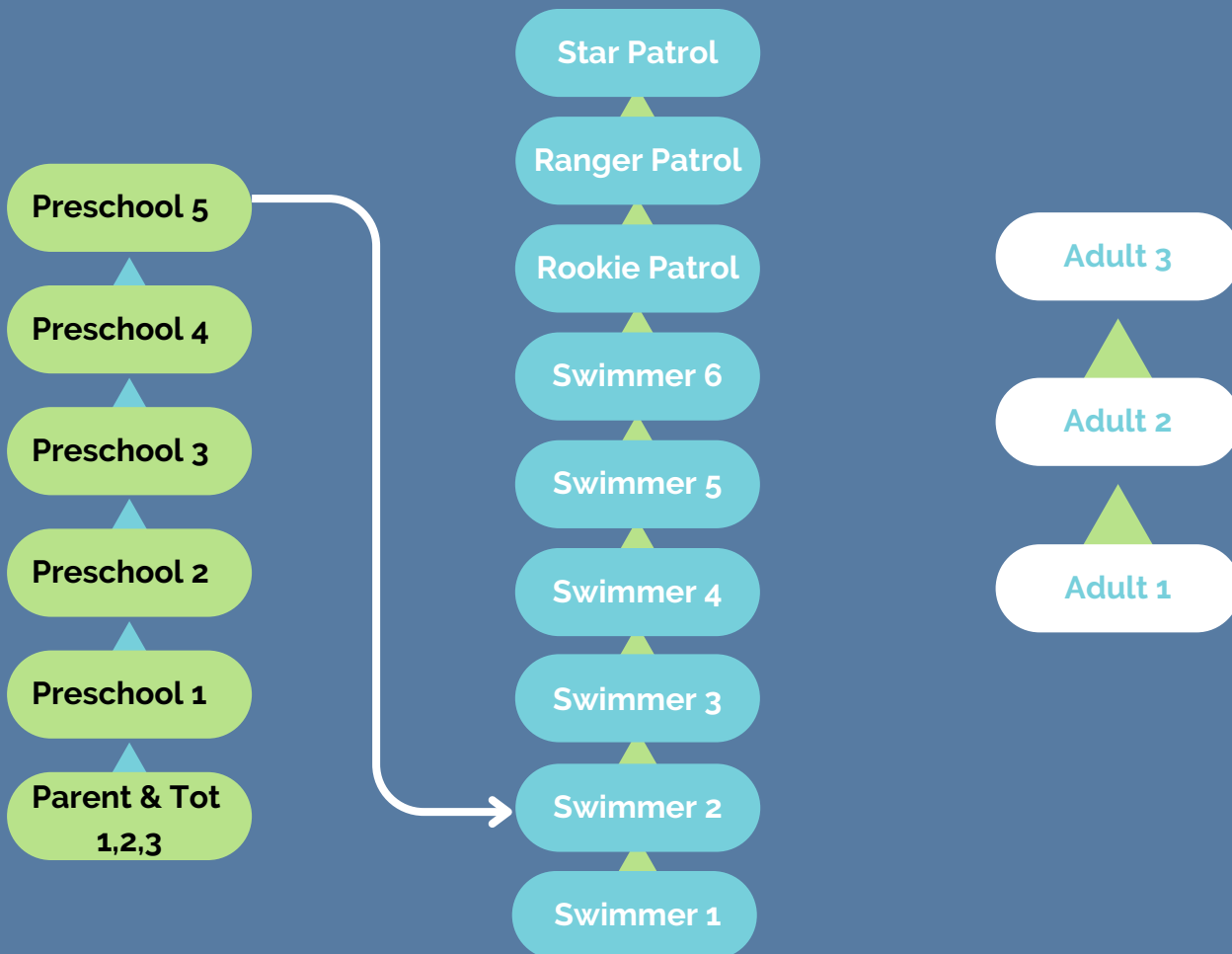


Swimming lessons provide life-saving skills as well as physical benefits. Ingersoll's Aquatic team offers a wide range of swimming programs, including advanced leadership courses.

Parent & Tot Program

Swimming Lesson 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 Schedule¹⁹

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

PARENT & TOT 1 (RATIO 1:10)

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

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	4:30pm - 5:00pm
Thursday	Apr 3 - Jun 5	4:00pm - 4:30pm
Saturday	Apr 5 - Jun 7	9:00am - 9:30am
Saturday	Apr 5 - Jun 7	11:30am - 12:00pm
Sunday	Mar 30 - Jun 8	10:00am - 10:30am
Sunday	Mar 30 - Jun 8	11:30am - 12:00pm

PARENT & TOT 2 (RATIO 1:10)

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

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	5:00pm - 5:30pm
Thursday	Apr 3 - Jun 5	5:30pm - 6:00pm
Saturday	Apr 5 - Jun 7	9:30am - 10:00am
Saturday	Apr 5 - Jun 7	11:00am - 11:30am
Sunday	Mar 30 - Jun 8	9:00am - 9:30am
Sunday	Mar 30 - Jun 8	10:30am - 11:00am

PARENT & TOT 3 (RATIO 1:10)

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

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	6:00pm - 6:30pm
Thursday	Apr 3 - Jun 5	6:00pm - 6:30pm
Saturday	Apr 5 - Jun 7	10:00am - 10:30am
Saturday	Apr 5 - Jun 7	10:30am - 11:00am
Sunday	Mar 30 - Jun 8	9:30am - 10:00am
Sunday	Mar 30 - Jun 8	11:00am - 11:30am

PARENT & TOT Combo (RATIO 1:10)

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

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	10:00am - 10:30am

PRESCHOOL A (RATIO 1:10)

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

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	5:00pm - 5:30pm
Tuesday	Apr 1 - Jun 3	6:00pm - 6:30pm
Thursday	Apr 3 - Jun 5	5:00pm - 5:30pm
Thursday	Apr 3 - Jun 5	6:15pm - 6:45pm
Saturday	Apr 5 - Jun 7	9:30am - 10:00am
Saturday	Apr 5 - Jun 7	11:00am - 11:30am
Sunday	Mar 30 - Jun 8	9:30am - 10:00am
Sunday	Mar 30 - Jun 8	11:00am - 11:30am

PRESCHOOL 1 (RATIO 1:4)

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

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	9:30am - 10:00am
Tuesday	Apr 1 - Jun 3	4:00pm - 4:30pm
Tuesday	Apr 1 - Jun 3	6:15pm - 6:45pm
Thursday	Apr 3 - Jun 5	4:30pm - 5:00pm
Thursday	Apr 3 - Jun 5	5:45pm - 6:15pm
Saturday	Apr 5 - Jun 7	9:00am - 9:30am
Saturday	Apr 5 - Jun 7	10:30am - 11:00am
Sunday	Mar 30 - Jun 8	9:30am - 10:00am
Sunday	Mar 30 - Jun 8	11:30am - 12:00pm

PRESCHOOL 2 (RATIO 1:4)**Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	10:30am - 11:00am
Tuesday	Apr 1 - Jun 3	4:30am - 5:00pm
Tuesday	Apr 1 - Jun 3	5:00pm - 5:30pm
Thursday	Apr 3 - Jun 5	4:00pm - 4:30pm
Thursday	Apr 3 - Jun 5	5:00pm - 5:30pm
Saturday	Apr 5 - Jun 7	10:00am - 10:30am
Saturday	Apr 5 - Jun 7	11:30am - 12:00pm
Sunday	Mar 30 - Jun 8	9:00am - 9:30am
Sunday	Mar 30 - Jun 8	10:30am - 11:00am

PRESCHOOL 3 (RATIO 1:4)**Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	11:00am - 11:30am
Tuesday	Apr 1 - Jun 3	4:00pm - 4:30pm
Tuesday	Apr 1 - Jun 3	4:30pm - 5:00pm
Tuesday	Apr 1 - Jun 3	5:45pm - 6:15pm
Thursday	Apr 3 - Jun 5	4:00pm - 4:30pm
Thursday	Apr 3 - Jun 5	4:30pm - 5:00pm
Saturday	Apr 5 - Jun 7	9:00am - 9:30am
Saturday	Apr 5 - Jun 7	10:00am - 10:30am
Saturday	Apr 5 - Jun 7	10:30am - 11:00am
Sunday	Mar 30 - Jun 8	9:00am - 9:30am
Sunday	Mar 30 - Jun 8	10:00am - 10:30am
Sunday	Mar 30 - Jun 8	10:30am - 11:00am

PRESCHOOL 4 (RATIO 1:5)**Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	4:30pm - 5:00pm
Tuesday	Apr 1 - Jun 3	6:15pm - 6:45pm
Thursday	Apr 3 - Jun 5	5:15pm - 5:45pm
Thursday	Apr 3 - Jun 5	6:00pm - 6:30pm
Saturday	Apr 5 - Jun 7	9:30am - 10:00am
Saturday	Apr 5 - Jun 7	11:30am - 12:00pm
Sunday	Mar 30 - Jun 8	9:30am - 10:00am

PRESCHOOL 5 (RATIO 1:5)**Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	4:00pm - 4:30pm
Tuesday	Apr 1 - Jun 3	5:30pm - 6:00pm
Thursday	Apr 3 - Jun 5	4:30pm - 5:00pm
Saturday	Apr 5 - Jun 7	9:30am - 10:00am
Saturday	Apr 5 - Jun 7	10:30am - 11:00am
Sunday	Mar 30 - Jun 8	11:00am - 11:30am
Sunday	Mar 30 - Jun 8	11:30am - 12:00pm

SWIMMER 1 (RATIO 1:5)**Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	4:00pm - 4:30pm
Tuesday	Apr 1 - Jun 3	5:00pm - 5:30pm
Thursday	Apr 3 - Jun 5	4:00pm - 4:30pm
Thursday	Apr 3 - Jun 5	4:30pm - 5:00pm
Saturday	Apr 5 - Jun 7	9:30am - 10:00am
Saturday	Apr 5 - Jun 7	10:00am - 10:30am
Sunday	Mar 30 - Jun 8	9:30am - 10:00am
Sunday	Mar 30 - Jun 8	10:00am - 10:30am
Sunday	Mar 30 - Jun 8	10:30am - 11:00am

SWIMMER 2 (RATIO 1:5)**Lessons: 10 Fee: Member \$35.00 Non-Member: \$70.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	4:00pm - 4:30pm
Tuesday	Apr 1 - Jun 3	5:30pm - 6:00pm
Tuesday	Apr 1 - Jun 3	6:30pm - 7:00pm
Thursday	Apr 3 - Jun 5	4:00pm - 4:30pm
Thursday	Apr 3 - Jun 5	5:30pm - 6:00pm
Thursday	Apr 3 - Jun 5	6:00pm - 6:30pm
Saturday	Apr 5 - Jun 7	9:00am - 9:30am
Saturday	Apr 5 - Jun 7	11:00am - 11:30am
Sunday	Mar 30 - Jun 8	9:00am - 9:30am
Sunday	Mar 30 - Jun 8	10:00am - 10:30am

SWIMMER 3 (RATIO 1:6)**Lessons: 10 Fee: Member \$37.50 Non-Member: \$75.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	4:30pm - 5:15pm
Tuesday	Apr 1 - Jun 3	5:30pm - 6:15pm
Thursday	Apr 3 - Jun 5	4:30pm - 5:15pm
Thursday	Apr 3 - Jun 5	5:45pm - 6:30pm
Saturday	Apr 5 - Jun 7	9:00am - 9:45am
Saturday	Apr 5 - Jun 7	11:00am - 11:45am
Sunday	Mar 30 - Jun 8	10:00am - 10:45am
Sunday	Mar 30 - Jun 8	10:30am - 11:15am

SWIMMER 4 (RATIO 1:8)**Lessons: 10 Fee: Member \$37.50 Non-Member: \$75.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	4:30pm - 5:15pm
Tuesday	Apr 1 - Jun 3	6:15pm - 7:00pm
Thursday	Apr 3 - Jun 5	4:30pm - 5:15pm
Thursday	Apr 3 - Jun 5	6:00pm - 6:45pm
Saturday	Apr 5 - Jun 7	10:30am - 11:15am
Sunday	Mar 30 - Jun 8	10:30am - 11:15am

SWIMMER 5 (RATIO 1:8)**Lessons: 10 Fee: Member \$37.50 Non-Member: \$75.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	5:30pm - 6:15pm
Thursday	Apr 3 - Jun 5	5:00pm - 5:45pm
Saturday	Apr 5 - Jun 7	11:15am - 12:00pm
Sunday	Mar 30 - Jun 8	11:15am - 12:00pm

SWIMMER 6 (RATIO 1:8)**Lessons: 10 Fee: Member \$37.50 Non-Member: \$75.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	6:00pm - 6:45pm
Thursday	Apr 3 - Jun 5	5:15pm - 6:00pm
Saturday	Apr 5 - Jun 7	9:45am - 10:30am
Sunday	Mar 30 - Jun 8	11:15am - 12:00pm

ROOKIE/RANGER/STAR (RATIO 1:8)**Lessons: 10 Fee: Member \$40.00 Non-Member: \$80.00**

Day of the Week	Session Dates	Time
Tuesday	Apr 1 - Jun 3	5:15pm - 6:15pm
Thursday	Apr 3 - Jun 5	5:00pm - 6:00pm
Saturday	Apr 5 - Jun 7	11:00am - 12:00pm
Sunday	Mar 30 - Jun 8	9:30am - 10:30am

PRIVATE LESSON (RATIO 1:1)**Lessons: 10 Fee: Member/Non-Member: \$220.00**

Day of the Week	Session Dates	Time
Monday	Mar 31 - June 9	4:00pm - 4:30pm
Monday	Mar 31 - June 9	4:00pm - 4:30pm
Monday	Mar 31 - June 9	4:00pm - 4:30pm
Monday	Mar 31 - June 9	4:30pm - 5:00pm
Monday	Mar 31 - June 9	4:30pm - 5:00pm
Monday	Mar 31 - June 9	4:30pm - 5:00pm
Monday	Mar 31 - June 9	5:00pm - 5:30pm
Monday	Mar 31 - June 9	5:00pm - 5:30pm
Tuesday	Apr 1 - Jun 3	4:30pm - 5:00pm
Tuesday	Apr 1 - Jun 3	5:15pm - 5:45pm
Tuesday	Apr 1 - Jun 3	6:15pm - 6:45pm
Tuesday	Apr 1 - Jun 3	6:30pm - 7:00pm
Wednesday	Apr 2 - Jun 4	4:00pm - 4:30pm
Wednesday	Apr 2 - Jun 4	4:00pm - 4:30pm
Wednesday	Apr 2 - Jun 4	4:00pm - 4:30pm

Day of the Week	Session Dates	Time
Wednesday	Apr 2 - Jun 4	4:30pm - 5:00pm
Wednesday	Apr 2 - Jun 4	4:30pm - 5:00pm
Wednesday	Apr 2 - Jun 4	4:30pm - 5:00pm
Wednesday	Apr 2 - Jun 4	5:00pm - 5:30pm
Wednesday	Apr 2 - Jun 4	5:00pm - 5:30pm
Thursday	Apr 2 - Jun 4	5:15pm - 5:45pm
Thursday	Apr 3 - Jun 5	6:00pm - 6:30pm
Thursday	Apr 3 - Jun 5	6:30pm - 7:00pm
Thursday	Apr 3 - Jun 5	6:30pm - 7:00pm
Saturday	Apr 5 - Jun 7	9:30am - 10:00am
Saturday	Apr 5 - Jun 7	11:00am - 11:30am
Saturday	Apr 5 - Jun 7	11:30am - 12:00pm
Sunday	Mar 30 - Jun 8	9:00am - 9:30am
Sunday	Mar 30 - Jun 8	11:00am - 11:30am
Sunday	Mar 30 - Jun 8	11:30am - 12:00pm

14+yrs PRIVATE LESSON (RATIO 1:1)**Lessons: 10 Fee: Member/Non-Member: \$220.00**

Day of the Week	Session Dates	Time
Thursday	Apr 3 - Jun 5	8:00pm - 8:30pm
Thursday	Apr 3 - Jun 5	8:30pm - 9:00pm

ADULT LESSONS (RATIO 1:8)**Lessons: 10 Fee: Member/Non-Member: \$75.00**

Day of the Week	Session Dates	Time
Wednesday	Apr 2 - Jun 4	8:00pm - 8:45pm

JUNIOR LIFEGUARD CLUB (RATIO 1:8)**Lessons: 10 Fee: Member/Non-Member: \$76.00**

Day of the Week	Session Dates	Time
Saturday	Apr 5 - Jun 7	10:00am - 11:00am

Become a Lifeguard / Instructor

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.

Pathway to Lifeguard

Bronze Star

Prerequisite: Recommended Star Patrol, 100% attendance highly recommended

Bronze Medallion and Emergency First Aid

Prerequisite: 13 years of age or Bronze Star, 100% attendance required

Pathway to Swimming Instructor

Bronze Cross

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

Standard First Aid & CPR C

Prerequisites: None; however, required for taking National Lifeguard

National Lifeguard

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

Swim Instructor

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

Lifesaving Instructor

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

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 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.

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.

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.

Swim for Life Instructors Course

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. Upon successful completion of the course, candidates receive certification as Swim for Life Instructors.

LSS Instructor Course

This course enhances instructional abilities by emphasizing efficient planning and teaching in areas such as candidate instruction, water rescue and the development of lifesaving skills. Additional topics covered include learner types and the physical principles of swimming. Upon successful completion of the course, candidates receive certification as LifeSaving Instructors.

National Lifeguard Instructor Course

This course offers candidates the skills and resources they need to successfully teach the National Lifeguard program as well as prepares instructors to apply advance leadership competencies and strategies design 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).

Prerequisites: National Lifeguard (any option) and Lifesaving Instructor certifications. Some experience required as Lifeguard and Lifesaving Instructor.

Leadership Course Schedule ²⁶

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

BRONZE STAR (RATIO 1:8)

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

Day of the Week	Session Dates	Time
Saturday & Sunday	Mar 8 - 9	9:00am - 1:00pm

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 to Friday	Jun 16-19 Exam Jun 20	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 to Friday	Mar 10-13 Exam Mar 14	4:00pm - 9:00pm Exam 4:00pm - 6:00pm
Monday to Friday	Jun 16-19 Exam Jun 20	4:00pm - 9:00pm Exam 4:00pm - 6:00pm

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

Lessons: 2 Fee: Member/Non-Member: \$117.75 Recert: \$76.00

Day of the Week	Session Dates	Time
Saturday & Sunday	Mar 15 - 16	9:00am - 5:00pm
Sunday Recert	Mar 16	9:00am - 5:00pm
Saturday & Sunday	May 24 - 25	9:00am - 5:00pm
Sunday Recert	May 25	9:00am - 5:00pm

NATIONAL LIFEGUARD & RECERTIFICATION COURSE (RATIO 1:10)

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

Day of the Week	Session Dates	Time
Saturday	Recertification Exam Mar 8	9:00am - 1:00pm
Friday - Sunday	Jun 6,7,8,13,14 Exam Jun 15	Fri 4:00pm - 9:00pm Sat & Sun 9:00am - 6:00pm Exam 9:00am - 1:00pm
Sunday	Recertification Exam Jun 15	9:00am - 1:00pm

SWIM FOR LIFE INSTRUCTORS COURSE (RATIO 1:10)

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

Day of the Week	Session Dates	Time
Monday - Thursday	Mar 24 - 27	4:00pm - 9:00pm

LSS INSTRUCTORS COURSE (RATIO 1:10)

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

Day of the Week	Session Dates	Time
Monday - Thursday	Jun 9-12	4:00pm - 9:00pm

NATIONAL LIFEGUARD INSTRUCTOR COURSE - Pool Option (RATIO 1:10)

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

Day of the Week	Session Dates	Time
Saturday & Sunday	May 10 - 11	9:00am - 6:00pm

Group Fitness Schedule

27

HST will be applied upon purchase where applicable.

March 17 - June 22, 2025

• Rates:

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

**Register Online on
UNIVERUS**

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



GROUP FITNESS SCHEDULE

date:

March 17 - June 22, 2025

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	Cycle 8:00am - 8:45am
	Zumba Gold 8:00am - 8:45am	Kettlebells 8:00am - 8:45am	Chair Yoga 8:00am - 8:45am		Saturday Shakedown 9:00am - 10:00am
Fit & Flex 9:30am - 10:30am	Low Impact 9:30am - 10:30am	Yoga 9:30am - 10:30am	Beginner HIIT 9:30am - 10:30am	Fit & Flex 9:30am - 10:30am	Core, Mobility & Stretch 10:15am - 11:00am
Kickbox Basics 12:15pm - 1:00pm	Cycle + Core 12:15pm - 1:00pm	Cycle 30 12:15pm - 12:45pm	Total Body Xpress 12:15pm - 1:00pm		Our group classes are inclusive, supportive, and suitable for every fitness level!
Cycle 4:30pm - 5:15pm	Kettlebells 4:30pm - 5:15pm	Athletic Impact 4:30pm - 5:30pm	Cycle 4:30pm - 5:15pm	Bike Boot Camp 4:30pm - 5:15pm	
Sweat & Sculpt 5:45pm - 6:45pm	Yoga Core 5:45pm - 6:45pm	Core, Mobility & Stretch 5:45pm - 6:45pm	Reward Yoga 5:45pm - 6:45pm		
Boot Camp 7:00pm - 8:00pm	Zumba 7:00pm - 8:00pm	Power Punch 7:00pm - 7:45pm	Barbell Weights 7:00pm - 8:00pm	Zumba 7:00pm - 8:00pm	
		Bedtime Yoga 8:00pm - 9:00pm	Cycle 8:15pm - 9:00pm		

notes:

*Thursdays Zumba classes are held in the Meeting Room
No Classes on March 22, April 18, and May 19

Contact Info:

- ☎ 519-425-1181 x 0
- 🌐 <https://app.univerusrec.com/ingersollcspub/>
- ✉ 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





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

Book your next game!

Victoria Park Community Centre

SQUICKLEBALL SQUASH/ WALLYBALL

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

COURT RENTAL AVAILABLE PER HOUR DURING FACILITY HOURS

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

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

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

Wallyball: Net and ball provided.

Squickleball: Bring your own paddle. Net and balls provided



Group Fitness Programs

30

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

NO CLASSES March 22, April 18, May 19

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 Weights

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		

Boot Camp

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

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

Core, Mobility & Stretch

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

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

Cycle + Core: Cycle for 30mins, then complete 15-mins of core specific drills.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30pm - 5:15pm	7:00am - 7:45am	Cycle 30 12:15pm - 12:45pm	7:00am - 7:45am		8:00am - 8:45am	
			4:30pm - 5:15pm			
	+Core 12:15pm - 1:00pm		8:15pm - 9:00pm			

Fit & Flex

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

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

Kettlebell

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

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

Kickbox Basics

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

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

Low Impact

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

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

Muscle Up

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

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

Power Punch

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

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

Rise & Grind Wake Up!

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

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

Saturday Shakedown

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

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

Sweat & Sculpt

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

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

Tone Zone

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

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

Total Body Xpress

Get fit FAST with a 45-min full-body workout that targets all major muscle groups. Using light equipment, you'll tackle resistance training, core, cardio bursts and mobility drills.

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

Yoga

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

Chair Yoga: A gentle class you can complete seated or with the assistance of a chair.

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

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Yoga Core 5:45pm - 6:45pm	Yoga 9:30am - 10:30am	Chair Yoga 8:00am - 8:45am			
		Bedtime Yoga 8:00pm - 9:00pm	Reward Yoga 5:45pm - 6:45pm			

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
	Zumba Gold 8:00am - 8:45am		Zumba 7:00pm - 8:00pm *Meeting Room			
	Zumba 7:00pm - 8:00pm					

Baby & Me

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

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

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

Location: Victoria Park Community Centre - Fitness Studio

Dates: Thursday, March 20 - June 19

Time: 11:00am - 12:00pm

Fee: Member: \$49.00/14 weeks
Non-Member \$98.00/14 weeks

Stroller Fit

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

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

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

Location: Fusion Youth Centre - Gym

Dates: Monday, March 17 - June 16 (no class May 19)

Time: 11:00am - 12:00pm

Fee: Member: \$45.50/13 weeks
Non-Member \$91.00/13 weeks

Run Club

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

Prerequisites: Participants must be 14+ years of age.

Information & Requirements: It's important to

note that this is an outdoor program, please prepare appropriately for the weather. Class will be cancelled in the case of extreme weather conditions.

Location: Victoria Park Community Centre - Front Lobby

Date 1: Tuesday, March 18 - June 17

Date 2: Thursday, March 20 - June 19

Time: 6:00am - 7:00am

Fee: Member: \$49.00 / 14 weeks
Non-Member: \$98.00 / 14 weeks

Triathlon Length Swim

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, and develop endurance.

Prerequisites: Participants must be able to complete a 25-metre swim with your face in the water.

Location: Victoria Park Community Centre - Pool Lane

Dates: Friday, March 21 - June 20 (no class April 18)

Time: 8:00pm - 9:00pm

Fee: Member: \$52.00/13 weeks
Non-Member \$104.00/13 weeks

WOW - Women on Weights

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

Location: Victoria Park Community Centre - Fitness Studio

Date 1: Monday, March 17 - April 7

Date 2: Monday, April 14 - May 12 (no class April 21)

Date 3: Monday, May 26 - June 16

Time: 8:00pm - 9:00pm

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

AOW - Adults on Weights

This 4-week program is the perfect starting point for our 50+ community looking to build muscle mass and maintain their strength all while gaining confidence in the gym. You'll learn proper movement patterns for key exercises like squats, deadlifts, and lunges, while also discovering how to safely incorporate weights into your routine. Each week, you'll train in a small group with a certified personal trainer, ensuring personalized guidance and support. By the end of the program, you'll have two full-body workouts to continue your fitness journey, with confidence, knowing you're on the right track!

Location: Victoria Park Community Centre - Fitness Studio

Date 1: Friday, March 21 - April 11

Date 2: Friday, April 25 - May 16

Date 3: Friday, May 23 - June 13

Time: 8:00am - 9:00am

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

POW - Preteens/Teens on Weights

14yrs+

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

Location: Victoria Park Community Centre - Fitness Studio

Date 1: Friday, March 21 - April 11

Date 2: Friday, April 25 - May 16

Date 3: Friday, May 23 - June 13

Time: 3:15pm - 4:15pm

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

Adult Programs Co-Ed Slo Pitch 18yrs +

Gather your team, shake off the glove and pack your bag for another fun season of Co-Ed Slo-Pitch. This recreational program is open to adults 18yrs+ who love being active and part of a team. Games are scheduled on Sunday afternoons and evenings beginning on May 11. Game schedules and team information packages will be sent to team captains prior to the season start date. One game ball will be provided to each team at a **captain's meeting on April 12**, time to be determined. The maximum number of players permitted per team is 18. **Umpires will be provided based on availability.** This year, the session will end with a slo-pitch tournament that will be organized for the last weekend of the season. Tournament fees are included in the registration fee.

Location: Ingersoll Ball Diamonds

Dates: May 11 - August 24 (no games May 18, June 29 or August 3)

Registration Closes: April 1

Time: 5:00pm/6:30pm/8:00pm. Schedules and games times will vary based on team enrollment.

Fee: Member/Non-Members: \$500.00 / team

Women Self Defense 18yrs +

Class will consist of self-defense techniques in an energetic and safe environment. Participants will learn personal safety awareness tips, tricks and easy to remember effective physical self-defense techniques.

Location: Ingersoll District Memorial Arena - Auditorium

Dates: Wednesday, March 19 - June 18

Time: 5:30pm - 6:30pm

Fee: Members: \$49.00/14 weeks

Non-Members: \$98.00/14 weeks

PickupHub Programs

Adult Intermediate Volleyball 18+

Join us for an evening game of Intermediate volleyball. Previous experience is necessary as play is more advanced than recreational volleyball on Wednesday evenings.

Location: Ingersoll District Collegiate High School Gym

Dates: Monday, March 17 - May 12 (no class April 21)

Time: 7:00pm - 9:00pm

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

Adult Shuffleboard 18yrs +

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

Location: Ingersoll District Memorial Arena
March 18 - 27 (Auditorium) / April 1 - June 19 (Summer Floor)

Date: Tuesday/Thursday

Time: 12:30pm - 3:30pm

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

Adult Intermediate Pickleball 18yrs +

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.

Location: Ingersoll District Collegiate Institute - Gym 2

Dates: Wednesday/Thursday, March 19 - May 15

Time: Wednesdays 7:30pm - 9:00pm
Thursdays 6:00pm - 7:30pm

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

Adult Recreation Pickleball 18yrs +

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.

Location: Ingersoll District Collegiate Institute - Gym 2

Dates: Wednesday/Thursday March 19 - May 15

Time: Wednesdays 6:00pm - 7:30pm
Thursdays 7:30pm - 9:00pm

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

Adult Recreation Volleyball 18yrs +

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.

Location: Harrisfield Public School Gym 142

Dates: Wednesday, March 19 - May 14

Time: 7:00pm - 9:00pm

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

Children's Program Schedule ³⁷



CHILDREN'S PROGRAM SCHEDULE

date:

March 17 - June 22, 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kinder Kids 9:00am - 11:00am	Explore & Go 9:00am - 11:00am	Tot & Play 9:00am - 10:15am	Kinder Prep 9:00am - 11:00am	Kinder Movers & Groovers 9:00am - 11:00am	
					Friendship Builders (Begins April 26) 10:00am - 11:00am
Kids Care 5:00pm - 7:00pm	Drama Kids 5:00pm - 6:00pm	Kids Care 5:00pm - 7:00pm			Sunday
	Artistry Lab 6:15pm - 7:15pm			Flick & Dip 6:00pm - 8:00pm	Mad Science 8:30am - 9:30am
	Spontaneous Sports 7:30pm - 8:30pm				
Please note, there are no programs running on April 18, 20, and May 19 There is no Kids Care program on Mar 24			Contact Info: communityservices@ingersoll.ca https://app.univerusrec.com/ingersollcspub/ 519-425-1181 x 0		Beginner Ballet 10:45am - 11:15am
					Acro Juniors 11:30am - 12:30am

PA Day Camps

Pirates and Mermaids (4-12yrs)

Spend a day in the life of a pirate or mermaid. Kids will learn about seafaring history and marine life. They will create their own pirate and mermaid- themed projects and participate in ocean- themed games and activities. Pack your swimsuit and goggles as we will be diving into the pool for a camp swim.

Location: Victoria Park Community Centre - Meeting Room

Date: Friday, April 11

Time: 8:30am - 4:00pm

Fee: Member \$35.00 / day

Non-Member \$40.00 / day

Magical Creatures (4-12yrs)

Embark on a magical adventure and explore the enchanting world of mythical creatures! Campers will unleash their creativity through themed crafts, games, and activities inspired by dragons, unicorns, and more. It's a day full of imagination, fun, and wonder!

Location: Victoria Park Community Centre - Meeting Room

Date: Friday, May 30

Time: 8:30am - 4:00pm

Fee: Member \$35.00 / day

Non-Member \$40.00 / day

AM Extended Care available from 7:30am - 8:30am \$3.00/child

School Age Programs

38

Mad Science Sunday (4-8yrs)

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.

Location: Victoria Park Community Centre - Meeting Room

Date: Sunday, March 23 - June 22 (no program on April 20)

Time: 8:30am - 9:30am

Fee: Member \$39.00 / 13 weeks
Non-Member \$78.00 / 13 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.

Location: Victoria Park Community Centre - Meeting Room

Date: Tuesday, March 18 - June 17

Time: 5:00pm - 6:00pm

Fee: Member \$42.00 / 14 weeks
Non-Member \$84.00 / 14 weeks

Spontaneous Sports (6-12yrs)

Join our program staff as they introduce a new fun game and sport each week. Enjoy a variety of sports and active games including dodgeball, octopus, basketball, soccer and much more. Our goal is to get your child active and promote physical literacy.

Location: Harrisfield Public School - Gym

Date: Tuesday, March 18 - April 22

Time: 7:30pm - 8:30pm

Fee: Member \$18.00 / 6 weeks
Non-Member \$36.00 / 6 weeks

Artistry Lab (6-12yrs)

Let your inner artist out! Children will learn to draw well-known cartoon characters. Program staff will give a step-by-step tutorial and assist with all levels of drawing to create a beautiful work of art. A personal sketch book and art supplies are provided.

Location: Victoria Park Community Centre - Meeting Room

Date: Tuesday, March 18 - June 3

Time: 6:15pm - 7:15pm

Fee: Member \$36.00 / 12 weeks
Non-Member \$72.00 / 12 weeks

Friendship Builders (6-12yrs)

Friendship Builders is an interactive and fun-filled program designed to help children develop and maintain meaningful friendships. This program also addresses common challenges, such as bullying, sharing, problem-solving, body image and others through engaging social activities.

Location: Victoria Park Community Centre - Meeting Room

Date: Saturday, April 26 - June 21

Time: 10:00am - 11:00am

Fee: Members \$27.00 / 9 weeks

Non-Member \$54.00 / 9 weeks

Beginner Ballet (4-5yrs)

Beginner Ballet is a recreational dance class for children ages 4-5. Participants will learn to skip, gallop, leap, and practice basic ballet positions and movements. The class encourages children to explore movement and discover the joy of dancing.

Comfortable clothing is recommended, along with socks, ballet shoes, running shoes, or bare feet. Please ensure children bring a water bottle and are able to use the washroom independently. Parents and friends are invited to a special dance showcase on the last day of class.

Location: Victoria Park Community Centre - Meeting Room

Date: Sunday, March 23 - June 22 (no program April 20)

Time: 10:45am - 11:15am

Fee: Member \$19.50 / 13 weeks

Non-Member \$39.00 / 13 weeks

Acro Juniors (6-12yrs)

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

Location: Victoria Park Community Centre - Meeting Room

Date: Sunday, March 23 - June 22 (no program April 20)

Time: 11:30am - 12:30pm

Fee: Member \$39.00 / 13 weeks

Non-Member \$78.00 / 13 weeks

Drop-In Programs

Kids Care - Drop In (3-9yrs)

Need a fun and safe place for your kids to be while you enjoy a workout or join a fitness class? Through themed stations and unstructured play, kids have the opportunity to socialize, explore and be creative. Parents and guardians must remain in the building at all times while their child is at Kids Care. Children must be independent with toileting skills. Peanut free snacks are welcomed.

Location: Victoria Park Community Centre - Meeting Room

Date: Monday and/or Wednesday March 17-June 18 (no program on March 24 or May 19)

Time: 5:00pm - 7:00pm

Fee: Member (FREE for an Adult Membership holder)

Non-Member \$4.00/day

Flick N Dip (6-12yrs)

Grab your friends and favourite snack and join us for one of our most popular programs! Each week children will watch a movie upstairs from 6:00pm- 7:00pm then go for a swim in the pool from 7pm- 7:50pm! Lifejackets and ratios of child to program staff will be accommodated for swimmers. Please note parents are to assist children with snack/vending machines purchases and escort children to the movie room location. Pick up is in the Main Lobby after pool time at 8:00pm. Parents/ Guardians MUST sign children in and out in the lobby at the beginning and end of the program. Pool Admission Standards apply. Registration is strongly encouraged to secure your spot!

Location: Victoria Park Community Centre - Meeting Room/Pool

Date: Friday, March 21 - June 20 (no program April 11, 18 or May 30)

Time: 6:00pm - 8:00pm

Fee: Member \$4.00/day

Non-Member \$6.00/day

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.

Location: Victoria Park Community Centre - Meeting Room

Date: Monday, March 17 - June 16 (no program April 21 - May 19)

Time: 9:00am - 11:00am

Fee: Member \$78.00 / 13 weeks
Non-Member \$156.00 / 13 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!

Location: Victoria Park Community Centre - Meeting Room

Date: Tuesday, March 18 - June 17

Time: 9:00am - 11:00am

Fee: Member \$84.00 / 14 weeks
Non-Member \$168.00 / 14 weeks

Tot & Play (18-24 months)

From 9:00 AM to 10:15 AM, parents and tots will enjoy a morning of themed interactive play stations, songs, and circle time together in the Meeting Room. At 10:15 AM, they have the option to transition to the pool for an open swim (available at an additional cost), which will run until 11:15 AM.

Location: Victoria Park Community Centre - Meeting Room

Tot & Play 1: Wednesday March 19 - June 18

Time: 9:00am - 10:15am

Fee: Member \$15.00 / 5 weeks
Non-Member \$30.00 / 5 weeks

Tot & Play 2: Wednesday May 14 - June 18

Time: 9:00am - 10:15am

Fee: Member \$18.00 / 6 weeks
Non-Member \$36.00 / 6 weeks

***Swim Time from 10:15am - 11:15am (admission fees apply)**

Kinder Prep (3-4yrs)

This recreation program combines learning and play in a fun environment that will help your child transition to school. The focus of this program will be introducing the fundamentals of learning (colours, shapes, letters, and numbers) in small group activities. Kinder Prep is for children who are preparing to attend school and looking to reach goals and become more independent within a classroom environment.

Location: Victoria Park Community Centre - Meeting Room

Date: Thursday, March 20 - June 19

Time: 9:00am - 11:00am

Fee: Member \$84.00 / 14 weeks
Non-Member \$168.00 / 14 weeks

Kinder Movers & Groovers (3-4yrs)

This program is suitable for children who are interested in exploring the wonderful world of play through music and movement. Children will "groove" throughout their morning, with the opportunity to play with musical toys, and "find their rhythm!". A daily morning circle time will bring stories and songs to life with interactive props and rhythmic gross motor movements.

Location: Victoria Park Community Centre - Meeting Room

Date: Friday, March 21 - June 20 (no program April 11 / May 30)

Time: 9:00am - 11:00am

Fee: Member \$72.00 / 12 weeks

Non-Member \$144.00/ 12 weeks

Special Events

Afternoon Pizza Parties (4-12yrs)

Come enjoy an afternoon pizza party with your friends. Each child will receive two slices of pepperoni pizza, a juice box and a peanut-free dessert treat.

Location: Victoria Park Community Centre - Meeting Room

1. Bunny Sock Hop Pizza Party

Slip on your most dazzling socks and vibrant outfits, and get ready to hop, twirl and groove to the hottest pop hits! Step onto the dance floor and shine under dazzling disco lights as you master new moves and make unforgettable memories with friends. We'll start the fun with a delicious spread of pizza, refreshing juice and a delightful sweet treat. Then, let your creativity soar with a charming bunny-themed craft to take home - a perfect keepsake from this magical dance party

Date: Saturday, April 12

Time: 12:30pm - 2:30pm

Fee: Members \$6.00/person | Non-Members \$12.00/person

2. Crafty Critter Pizza Party

Artists will embark on a creative adventure, bringing the beauty of the great outdoors to life through hands-on crafting! With a theme inspired by nature - lush trees, blooming flowers and the wonders of the wild - kids will set off on a scenic nature walk, collecting leaves, sticks, stones and petals to craft one-of-a-kind masterpieces. After unleashing their imagination, they'll kick back and enjoy a delicious pizza feast, making for an exciting afternoon of exploration, creativity and adventure!

Date: Saturday, June 14

Time: 12:30pm - 2:30pm

Fee: Members \$6.00/person | Non-Members \$12.00/person

Birthday Parties

Pool Party (Ages 3 - 13)

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

Location: Victoria Park Community Centre

Time: Saturday or Sunday 1:30pm - 3:30pm

Fee: \$180.00 per party

Zumba Party (Ages 8 - 12)

Shimmy and shake your way to a fun 1 hr Zumba dance party with a certified Zumba instructor. then spend the second hour in our party room enjoying chips, drinks, 2 pizzas and a birthday cake complete with candles, plates, forks, napkins and cups. Party package includes party host(s) and are for up to 12 guests.

Location: Victoria Park Community Centre

Time: Saturday or Sunday 12:00pm - 2:00pm

Fee: \$225.00 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 12:00pm - 2:00pm

Fee: \$180.00 per party

Custom Party Package (Ages 8 - 12)

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

Location: Victoria Park Community Centre

Time: Saturday or Sunday 1:30pm - 3:30pm

Fee: \$180.00 per party

For more information on our birthday party packages at VPCC, please reach out to our Program Supervisor at brooke.ventnor@ingersoll.ca

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

Summer Day Camps

44

Location: Victoria Park Community Centre

Camp Groups: Junior Camp
Ages 4-5yrs

Intermediate Camp
Ages 6-9yrs

Senior Camp
Ages 10-12yrs

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

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

Junior Group Swim Days: Monday and Thursday



Intermediate Group Swim Days: Tuesday and Friday

Senior Group Swim Days: Monday and Thursday,

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

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

For more information or questions, please contact Brooke Ventnor at brooke.ventnor@ingersoll.ca

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

Summer Day Camps

45



Week 3
July 21 - 25

Sports and Games Galore

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

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

Member \$175
Non-Member \$200

Extended Care
\$15.00 a week



Week 4
July 28 - Aug 1

Dinosaurs

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

Member \$175
Non-Member \$200

Extended Care
\$15.00 a week



Week 5
August 5 - 8

Wildlife Wonders (4 days)

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

Member \$140
Non-Member \$160

Extended Care
\$12.00 a week



Week 6
August 11 - 15

Wild Wild West

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

Member \$175
Non-Member \$200

Extended Care
\$15.00 a week



Week 7
August 18 - 22

Artful Antics

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

Member \$175
Non-Member \$200

Extended Care
\$15.00 a week



August 25 - 29

Mystery Week!

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

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

Member \$195
Non-Member \$220

Extended Care
\$15.00 a week

Fusion **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

\$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

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

Fusion Birthday Parties

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

Location: Fusion Youth Centre

Membership Benefits

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

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

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

WHAT PROGRAMS ARE AVAILABLE?

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



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

IS THERE ANY COST FOR PROGRAMS?

No!

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



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

DOES MY CHILD HAVE TO LIVE IN INGERSOLL TO JOIN?

No!

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



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

WHAT IS THE SUPERVISION LIKE AT FUSION?

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



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

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

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

Fusion Program Schedule⁵⁰



March 17 - June 22, 2025

DROP IN PROGRAMS

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

Tuesday	Wednesday	Thursday	Friday	Saturday
Lounge 2:30 pm - 9:00 pm	Lounge 2:30 pm - 9:00 pm	Lounge 2:30 pm - 9:00 pm	Lounge 2:30 pm - 9:00 pm	Lounge 2:30 pm - 9:00 pm
Gaming Lounge 2:30 pm - 9:00 pm	Gaming Lounge 2:30 pm - 9:00 pm	Gaming Lounge 2:30 pm - 9:00 pm	Gaming Lounge 2:30 pm - 9:00 pm	Gaming Lounge 2:30 pm - 9:00 pm
Volleyball 2:30 pm - 4:00 pm	Soccer 2:30 pm - 4:00 pm	Floor Hockey 2:30 pm - 4:00 pm	Baseball 2:30 pm - 4:00 pm	Open Gym 2:30 pm - 6:00 pm
Badminton Skills & Drills 4:00 pm - 5:00 pm	Basketball 4:00 pm - 5:00 pm	Pickleball Skills & Drills 4:00 pm - 5:00 pm	Tennis Skills & Drills 4:00 pm - 5:00 pm	
Tracy's Diner 4:30 pm - 6:00 pm	Tracy's Diner 4:30 pm - 6:00 pm	Basketball 5:00 pm - 6:00 pm	Film Production 4:30 pm - 6:00 pm	Guys Group 5:00 pm - 6:00pm <small>*every other week</small>
Badminton 5:00 pm - 6:00 pm		Digital Drawing 6:00 pm - 7:30 pm	Girls Multi-Sports 5:00pm - 6:00pm	Volleyball 5:00 pm - 6:00 pm
Capture, Create, Edit 6:00 pm - 7:30 pm	Digital Drawing 6:00 pm - 7:30 pm	Mixed Media 6:00 pm - 7:30pm	Art Games 6:00 pm - 8:00 pm	DIY Crafting 6:00 pm - 7:00 pm
Basketball 7:00 pm - 8:00 pm	Volleyball 7:00 pm - 8:00pm		Girls Group 6:00 pm - 7:30 pm	Open Art 7:00 pm - 9:00 pm
Open Art 7:00 pm - 9:00 pm	Open Art 7:00 pm - 9:00 pm	Open Art 7:00 pm - 9:00 pm	Dodgeball 7:00 pm - 8:00 pm	Basketball 7:00 pm - 8:00 pm
Open Gym 8:00 pm - 9:00 pm	Basketball 8:00 pm - 9:00 pm	Open Gym 8:00 pm - 9:00 pm	Open Art 7:00 pm - 9:00 pm	Open Gym 8:00 pm - 9:00 pm

All Programs are open to all Fusion Members!

Occurs bi-weekly

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

Contact Info: 519-425-4386 communityservices@ingersoll.ca <https://app.univerusrec.com/ingersollcspub/>



date:

March 17 - June 22, 2025

INSTRUMENT & MUSIC



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

Tuesday	Wednesday	Thursday	Friday	Saturday
Piano (Main Room) 2:30 pm - 4:00 pm	Piano (Main Room) 2:30 pm - 4:00 pm	Piano (Main Room) 2:30 pm - 4:00 pm	Piano (Main Room) 2:30 pm - 4:00 pm	Try Out Instruments / Jam 3:00 pm - 9:00pm
Piano/Guitar (Rec Booth) 2:30 - 4:00 pm	Piano/Guitar (Rec Booth) 2:30 pm - 4:00 pm	Piano/Guitar (Rec Booth) 2:30 pm - 4:00 pm	Piano/Guitar (Rec Booth) 2:30 pm - 4:00 pm	Piano Practice Only 3:00 pm - 9:00pm
Electronic Drum Booth 2:30 pm - 4:00 pm	Electronic Drum Booth 2:30 pm - 4:00 pm	Electronic Drum Booth 2:30 pm - 4:00 pm	Electronic Drum Booth 2:30 pm - 4:00 pm	Drum Booth: 2 People at a Time 3:00 pm - 9:00pm
Drums (Main Room) 4:00 pm - 5:00 pm	Drums (Main Room) 4:00 pm - 5:00 pm	Drums (Main Room) 4:00 pm - 5:00 pm	Drums (Main Room) 4:00 pm - 5:00 pm	
Electronic Drums 4:00 pm - 5:00 pm	Electronic Drums 4:00 pm - 5:00 pm	Electronic Drums 4:00 pm - 5:00 pm	Electronic Drums 4:00 pm - 5:00 pm	
Piano (Rec Booth) 4:00 pm - 5:00 pm	Piano (Rec Booth) 4:00 pm - 5:00 pm	Piano (Rec Booth) 4:00 pm - 5:00 pm	Piano (Rec Booth) 4:00 pm - 5:00 pm	
Song Writing 101 5:00 pm - 6:00pm	Basic Audio Setup 5:00 pm - 6:00pm	Want to be a Producer? 5:00 pm - 6:00pm	Music Production / Recording 5:00 pm - 6:00pm	
Jam Session 7:00 pm - 9:00pm	Jam Session 7:00 pm - 9:00pm	Jam Session 7:00 pm - 9:00pm	Jam Session 7:00 pm - 9:00pm	

All Programs are open to all Fusion Members!

First come first serve or book an appointment.

Contact Info: ☐ Main Room ☐ Drum Booth ☐ Recording Studio ☐ Sound Booth

519-425-4386 communityservices@ingersoll.ca <https://app.univerusrec.com/ingersollcspub/>

Drop-In Hours

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

Basketball

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

Badminton + Skills & Drills

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

Dodgeball

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

Floor Hockey

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

Open Gym

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

Pickleball + Skills & Drills

For youth looking to learn or build upon their pickleball skills. Various practice drills will be set up with a different focus each week. Youth are encouraged to pre-register for this program weekly.

Soccer

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

Tennis + Skills & Drills

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

Volleyball

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

Tracy's Diner

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

Girls Group

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

Guys Group

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

Capture, Create, Edit

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

Mixed Media

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

Video Production

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

Digital Drawing

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

Art Games

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

DIY Crafting

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

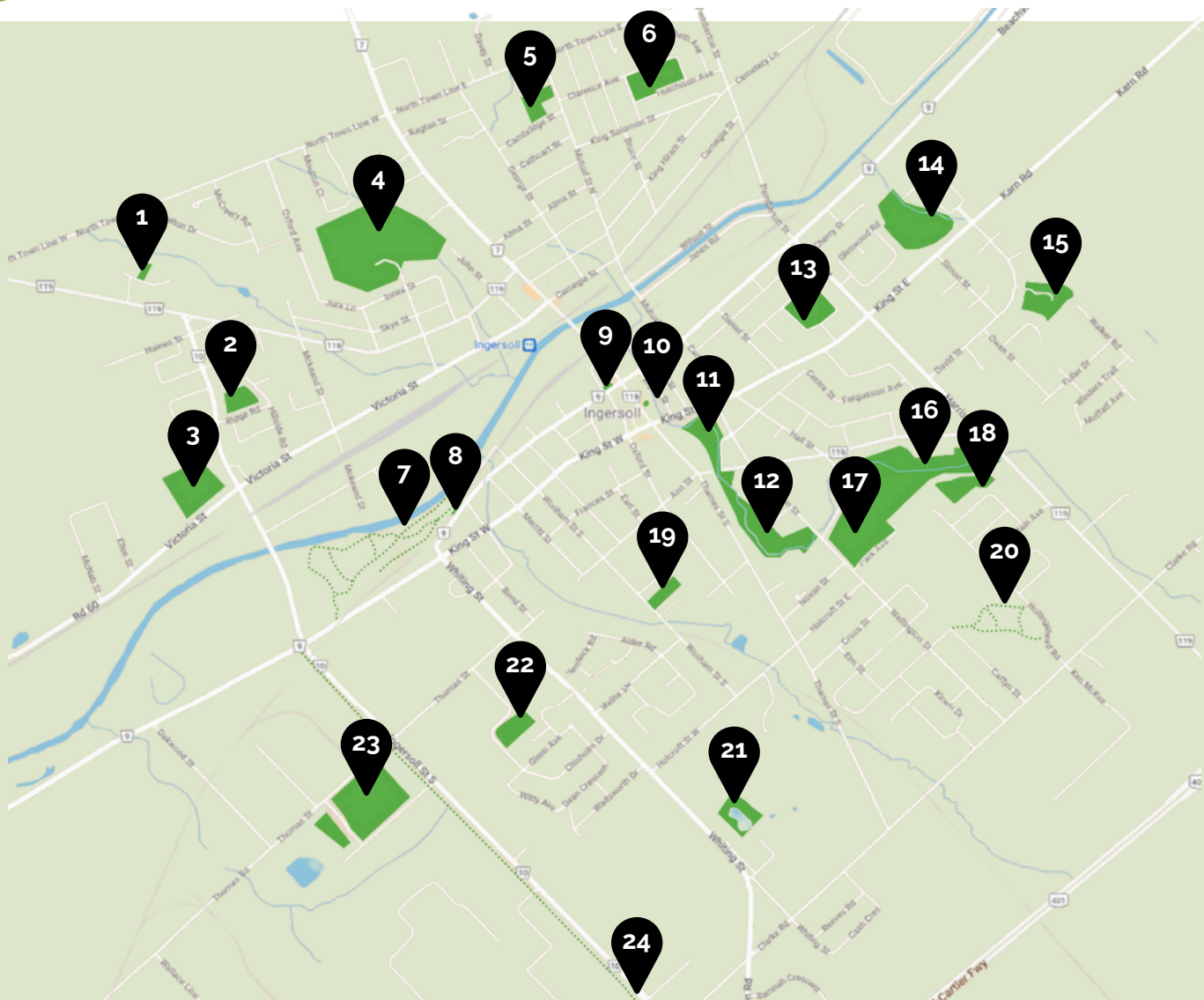
Open Art

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

Parks & Trails Map

53

- 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



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
- User Group/Service Club (2 guards) (1-65).....\$90.53
- User Group/Service Club (3 guards) (66-100).....\$117.08
- User Group/Service Club (4 guards) (101-166).....\$143.63
- Swim Team-Full Pool/hr.....\$69.28
- Swim Team-Per Lane/hr.....\$17.32
- All rentals extra guard/hr.....\$26.55

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/rental

Pavillions

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

Fusion

Fusion Program Space

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

Gym Rental

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

Lounge Rental

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

Art Room Rental

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

SureStart Room Rental

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

Youth Technology Centre (the YTLC)

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

IMAC Lab

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

Conference Room B

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

Kitchen

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

Birthday Parties

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

HST will be applied upon purchase where applicable.