

# Ingersoll

Community Services

# Winter Program Guide

## 2026



## BUNDLE UP FOR A SEASON OF FUN

Your winter adventure starts here! Discover exciting programs, community events, and recreation opportunities for all ages at the Victoria Park Community Centre, Fusion, and Ingersoll Memorial Arena.

ISSUE:  
JANUARY 5 TO MARCH 22, 2026

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

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# HAVE A QUESTION? CONTACT US!

## Victoria Park Community Centre

**Phone: 519-425-1181**

**355 Wellington St.**

**Ingersoll ON, N5C 1T2**

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

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

## Fusion Youth Centre

**Phone: 519-425-4386**

**121 Thames St N.**

**Ingersoll ON, N5C 3C9**

Youth Centre Hours:

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

Office Hours:

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

## Ingersoll Memorial Arena

**Phone: 519-485-5023**

**97 Mutual St S.**

**Ingersoll ON, N5C 1S6**

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

# HOW TO REGISTER

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



## Online

Login to UNIVERUS, Ingersoll's user-friendly online system at [app.univerusrec.com/ingersollcspub/](http://app.univerusrec.com/ingersollcspub/)

### What you need:

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



## Phone

Call 519-485-1181 ext 0 during business hours

### What you need:

- Visa or Mastercard
- Name of program



## In Person

Drop into VPCC during business hours

### What you need:

- Visa or Mastercard
- Name of program

**QUESTIONS?**

Please call 519-485-1181 x0

# REGISTRATION INFORMATION

## Registration Dates

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

## To Register Visit

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

Website link:

[www.ingersoll.ca/ingersoll-community-services/](http://www.ingersoll.ca/ingersoll-community-services/)

## Waitlist & Reserved Spots

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

## Accessibility

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

## Photography & Video Policy

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

## Inclement Weather

Ingersoll Community Services makes every effort to keep facilities open during regular business hours. When a decision is made to close our facility, every effort will be made to notify participants. Please monitor our social media platforms for notices.

[www.ingersoll.ca/ingersoll-community-services/](http://www.ingersoll.ca/ingersoll-community-services/)

## Missed Days or Classes

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

## Transfers and Late Program Entry

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

## Program Changes and Cancellations

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

# ADMISSIONS AND FEES

HST will be applied upon purchase where applicable.

## Admissions

### Swimming

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

### Group Fitness (Aquatic & Land)

Members.....	FREE
Non-Members (14+).....	\$7.64
Senior Non-Members (60+).....	\$6.73

## Membership Details

### Memberships Include:

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

### Members get Program Discounts:

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

## Membership Rates

### Month Memberships (one household)

#### Family Rates:

- \$43.47 for 1 Person Household
- \$64.07 for 2 Person Household
- \$77.80 for 3 Person Household
- \$91.54 for 4 Person Household
- \$22.87/person for 5+ Person Household

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

#### Rates:

- \$ 34.33 for 1 Senior/Child
- \$ 59.49 for 2 Senior/Child

### Auto-Renewing Membership

**\*Requires 20-day written notice of cancellation from date of purchase**

#### Family Rates:

- \$38.90 for 1 Person Household
- \$54.92 for 2 Person Household
- \$64.07 for 3 Person Household
- \$73.22 for 4 Person Household
- \$18.30/person for 5+ Person Household

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

#### Rates:

- \$29.75 per month for 1 Senior/Child
- \$50.34 per month for 2 Senior/Child

# R-ZONE: Respect & Responsibility

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

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

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



# POOL ADMISSION STANDARDS

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## Red Wristband: 5 yrs or Under



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

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

## Yellow Wristband: 6 - 9 yrs



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

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

## Swim Test Requirements



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

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

## Green Wristband: Swim Test Pass



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

1 parent/guardian to 4 children.

## Green Wristband: 10 - 13 yrs



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

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

## No Band Required: 14+ yrs



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

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

## EXAMPLE A:

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

## EXAMPLE B:

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

# POOL & AQUAFIT SCHEDULE

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

- **January 5, 2026–March 22, 2026** Swim times are subject to change
- Pool admission standards in effect; see page 9
  - Members.....FREE
  - Children 2yrs and under.....FREE
  - Children (3 – 13 yrs).....\$3.00
  - Adult (14+).....\$3.98
  - Seniors (60+).....\$3.54
- Aquatic Program Fees
  - Adults.....\$7.64
  - Seniors (60+).....\$6.73



## POOL & AQUAFIT SCHEDULE

**date:**

**Jan 5<sup>th</sup> – Mar 22<sup>nd</sup>, 2026**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 6:00am – 8:00am	Length Swim 6:00am – 8:00am (2 lanes only)	Length Swim 6:00am – 8:00am	Length Swim 6:00am – 8:00am (2 lanes only)	Length Swim 6:00am – 8:00am	Length Swim 7:00am – 9:00am (2 lanes only)
Deep Water Aqua Fit 8:15am – 9:00am	Adult/Senior Swim 8:00am – 9:00am	Deep Water Aqua Fit 8:15am – 9:00am	Adult/Senior Swim 8:00am – 9:00am	Deep Water Aqua Fit 8:15am – 9:00am	
Shallow Water Aqua Fit 9:15am – 10:00am	Aqua 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 10:15am – 11:15am	Aqua Boot Camp 10:15am – 11:15am	Open Swim 10:15am – 11:15am	Aqua Zumba 10:15am – 11:15am	Open Swim 10:15am – 11:15am	Open Swim 1:30pm – 3:30pm
Length Swim 11:30am – 1:00pm	Length Swim 11:30am – 1:00pm	Length Swim 11:30am – 1:00pm	Length Swim 11:30am – 1:00pm	Length Swim 11:30am – 1:00pm	Sunday
Parent & Tot Swim 1:15pm – 2:30pm	Aqua Zumba 1:30pm – 2:15pm	Sensory Friendly Swim 1:30pm – 3:00pm			Length Swim 7:00am – 9:00am
					Family Swim 12:30pm – 1:30pm
Aqua Zumba 7:05pm – 7:50pm		Aqua Zumba 7:05pm – 7:50pm	Aqua Kickboxing 7:00pm – 7:45pm	Open Swim 6:00pm – 8:00pm	Open Swim 1:30pm – 3:30pm
Aqua Yoga 8:00pm – 8:45pm	Length Swim 8:00pm – 9:00pm	Length Swim 8:00pm – 9:00pm	Length Swim / Triathlon Swim 8:00pm – 9:00pm	Length Swim 8:00pm – 9:00pm	

### NOTES:

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

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

### Aqua Mat/Stand-Up Paddleboard (14+ Years)

All Levels Welcome:

Tuesdays (Jan 6<sup>th</sup> – Mar 10<sup>th</sup>) 7:05pm – 7:50pm

Saturdays (Jan 10<sup>th</sup> – Mar 14<sup>th</sup>) 8:00pm – 8:45pm

\*Sessional courses. Preregistration is required\*

### CONTACT INFO:

519-425-1181 x 0

communityservices@ingersoll.ca

# AQUATIC PROGRAMS

### Deep Water Aqua Fit

This water fitness program is held in the deep area of the pool and provides a no-impact, high-resistant, total body exercise workout. Participants will use Aqua fitness belts to perform a variety of motions, including walking, running, cycling, abdominal work and stretching exercise. Benefits of this method include less stress on the back, hips, knees, and ankles. **NO CLASSES Feb 16**

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 Feb 16**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am - 9:00am		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 modifying traditional postures & yoga principles, incorporating breathing and mindfulness into an aquatic setting. This gentle and low-impact activity can be particularly accessible for individuals facing challenges with physical exercise. **NO CLASS Feb 16**

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

**Aqua Zumba**

This high-energy aquatic workout integrates the Zumba formula and philosophy with traditional Aqua fitness disciplines; the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. So, liven up your week with some Latin fever. **NO CLASSES Feb 16 & March 17**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:05pm - 7:50pm	1:30pm - 2:15pm	7:05pm - 7:50pm	10:15am - 11:15am			

**Aqua Yogalates**

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

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

**Aqua Mat/Stand Up Paddleboard \*NEW\***

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:05pm - 7:50pm 14+ Anyone Class 10wk session fees \$35.00M and \$70.00NM				8:00am - 8:45am 14+ Anyone Class 10wk session fees \$35.00M and \$70.00NM	



# AQUAMAT

## STAND UP PADDLEBOARD CLASS

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

**14+ ANYONE**

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

Tuesdays

January 6 - March 10

*Members \$35.00 Non-Members \$70.00*

**14+ ANYONE**

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

Saturdays

January 10 - March 14

*Members \$35.00 Non-Members \$70.00*

**Ingersoll**  
Community Services

**All Fees are + HST**

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

# Swimming Schedule

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

## Length Swim (14+ yrs)

Length swim is designed for individuals capable of swimming continuous distances without interruption, maintaining a regular swim stroke and pace. This swim offers dedicated lanes for swimming and circle swimming should be followed by swimming in a counter-clockwise direction. Lanes are available on a first-come, first-served basis. **NO SWIMS February 16**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 8:00am 11:30am - 1:00pm	6:00am - 8:00am *2 lanes only 11:30am - 1:00pm 8:00pm - 9:00pm	6:00am - 8:00am 11:30am - 1:00pm 8:00pm - 9:00pm	6:00am - 8:00am *2 lanes only 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 Feb 16**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15am - 11:15am		10:15am - 11:15am		10:15am - 11:15am 6:00pm - 8:00pm	1:30pm - 3:30pm	1:30pm - 3:30pm

## Adult/Senior Swim

This swimming session is designed for individuals seeking a relaxed experience, whether it's taking a break, walking, swimming at a leisurely pace, or engaging in their preferred on-the-spot fitness activity. **NO SWIM Feb 16**

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

## Sensory Friendly Swim

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1:30pm - 3:00pm				
Join our quiet, sensory-friendly swims with no music, fewer whistles, smaller numbers and extra time in the changerooms. Limited to 30 swimmers.						

## Triathlon Swim (14+ years)

Interested in triathlons or just looking for an extra challenge in the pool? In this instructor-led length swim, you will learn proper swim techniques, practice drills, work on cardio conditions and develop endurance. **NO SWIMS March 19**

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

## 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 Feb 16 & Mar 16**

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.

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



# SWIMMING LESSONS

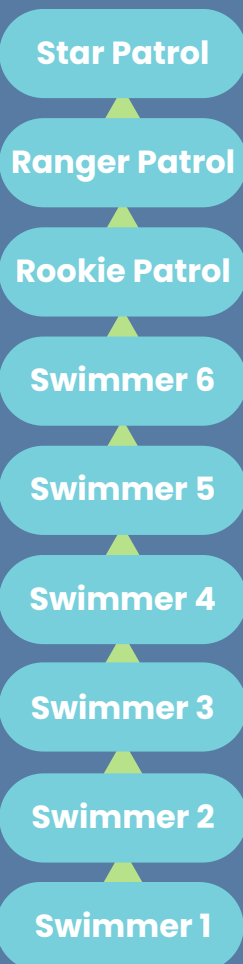
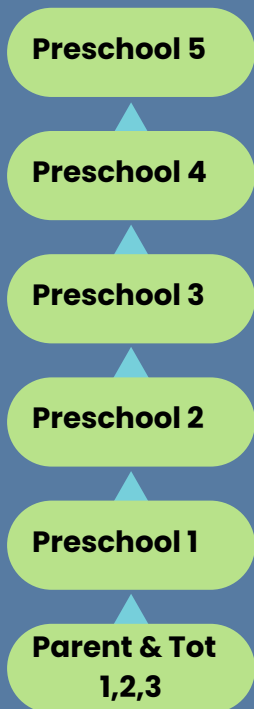
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Swimming lessons provide life-saving skills as well as physical benefits. Ingersoll's Aquatic team offers a wide range of swimming programs, including advanced leadership courses.

## Swimming Lesson Program

### Parent & Tot Program



### Fitness Swimmer



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

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

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

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

### **Parent and Tot 3 (2 – 3 yrs)**

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

### **Preschool A (2 – 3 yrs)**

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

### **Preschool 1 (3 – 5 yrs)**

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

### **Preschool 2 (3 – 5 yrs)**

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

### **Preschool 3 (3 – 5 yrs)**

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

### **Preschool 4 (3 – 5 yrs)**

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

### **Preschool 5 (3 – 5 yrs)**

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

### Swimmer 1 (5-13yrs)

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

### Swimmer 2 (5-13yrs)

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

### Swimmer 3 (5-13yrs)

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

### Swimmer 4 (5-13yrs)

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

### Swimmer 5 (5-13yrs)

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

### Swimmer 6 (5-13yrs)

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





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

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

### Private Lessons (3-13yrs)

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

### Private Lessons (14+ yrs)

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

### Adult Lessons (16+ yrs)

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

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

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



## PA DAY OPEN SWIM

**FRIDAY, JANUARY 30th**

**1:00pm – 2:30pm**

**@ Victoria Park Community Centre**

*Pool admission standards apply*

2 & under: Free

Youth (3-13): \$3.00

Adult: \$4.50

Senior: \$4.00

## March Break Bonus Swims

**1:00pm – 2:30pm**

Monday, March 16

Tuesday, March 17

Thursday, March 19

Friday, March 20

*Regular fees and pool admission standards apply.*

# Swimming Lessons Schedule

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

## **PARENT & TOT 1 (Ages 4mo-1yr)**

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	4:35pm - 5:05pm
Thursday	Jan 8-Feb 26	4:00pm - 4:30pm
Saturday	Jan 10-Feb 28	9:00am - 9:30am
Sunday	Jan 11-Mar 1	10:10am-10:40am



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

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	5:10pm - 5:40pm
Thursday	Jan 8-Feb 26	5:10pm - 5:40pm
Saturday	Jan 10-Feb 28	9:35am - 10:05am
Sunday	Jan 11-Mar 1	9:00am - 9:30am
Sunday	Jan 11-Mar 1	10:45am - 11:15am

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

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	6:20pm - 6:50pm
Thursday	Jan 8-Feb 26	5:45pm - 6:15pm
Saturday	Jan 10-Feb 28	10:10am - 10:40am
Saturday	Jan 10-Feb 28	10:40am - 11:10am
Sunday	Jan 11-Mar 1	9:35am - 10:05am
Sunday	Jan 11-Mar 1	11:20am - 11:50am

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

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	10:00am - 10:30am

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

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	5:10pm - 5:40pm
Thursday	Jan 8-Feb 26	5:10pm - 5:40pm
Thursday	Jan 8-Feb 26	5:45pm - 6:15pm
Saturday	Jan 10-Feb 28	9:35am - 10:05am
Saturday	Jan 10-Feb 28	11:15am - 11:45am
Sunday	Jan 11-Mar 1	10:40am - 11:10am

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

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	9:30am - 10:00am
Tuesday	Jan 6-Feb 24	4:00pm - 4:30pm
Tuesday	Jan 6-Feb 24	6:15pm - 6:45pm
Thursday	Jan 8-Feb 26	4:35pm - 5:05pm
Thursday	Jan 8-Feb 26	6:00pm - 6:30pm
Saturday	Jan 10-Feb 28	9:00am - 9:30am
Saturday	Jan 10-Feb 28	10:40am - 11:10am
Sunday	Jan 11-Mar 1	9:35am - 10:05am
Sunday	Jan 11-Mar 1	11:00am - 11:30am



## PRESCHOOL 2 (Ages 3yr - 5yr)

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	10:30am - 11:00am
Tuesday	Jan 6-Feb 24	4:35pm - 5:05pm
Tuesday	Jan 6-Feb 24	5:10pm - 5:40pm
Thursday	Jan 8-Feb 26	4:00pm - 4:30pm
Thursday	Jan 8-Feb 26	5:10pm - 5:40pm
Saturday	Jan 10-Feb 28	9:00am - 9:30am
Saturday	Jan 10-Feb 28	10:10am - 10:40am
Saturday	Jan 10-Feb 28	11:20am - 11:50am
Sunday	Jan 11-Mar 1	9:00am - 9:30am
Sunday	Jan 11-Mar 1	9:35am - 10:05am
Sunday	Jan 11-Mar 1	10:25am - 10:55am



## PRESCHOOL 3 (Age 3yr - 5yr)

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	11:00am - 11:30am
Tuesday	Jan 6-Feb 24	4:00pm - 4:30pm
Tuesday	Jan 6-Feb 24	4:35pm - 5:05pm
Tuesday	Jan 6-Feb 24	6:15pm - 6:45pm
Thursday	Jan 8-Feb 26	4:00pm - 4:30pm
Thursday	Jan 8-Feb 26	4:35pm - 5:05pm
Thursday	Jan 8-Feb 26	6:20pm - 6:50pm
Saturday	Jan 10-Feb 28	9:00am - 9:30am
Saturday	Jan 10-Feb 28	10:10am - 10:40am
Sunday	Jan 11-Mar 1	9:00am - 9:30am
Sunday	Jan 11-Mar 1	10:10am - 10:40am
Sunday	Jan 11-Mar 1	10:45am - 11:15am

## PRESCHOOL 4 (Ages 3yr - 5yr)

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	4:35pm - 5:05pm
Tuesday	Jan 6-Feb 24	6:20pm - 6:50pm
Thursday	Jan 8-Feb 26	6:00pm - 6:30pm
Thursday	Jan 8-Feb 26	6:30pm - 7:00pm
Saturday	Jan 10-Feb 28	9:35am - 10:05am
Saturday	Jan 10-Feb 28	10:45am - 10:55am
Saturday	Jan 10-Feb 28	11:20am - 10:50am
Sunday	Jan 11-Mar 1	9:35am - 10:05am

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

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	4:00pm - 4:30pm
Tuesday	Jan 6-Feb 24	5:45pm - 6:15pm
Thursday	Jan 8-Feb 26	4:35pm - 5:05pm
Saturday	Jan 10-Feb 28	9:35am - 10:05am
Sunday	Jan 11-Mar 1	11:20am - 11:50am

## SWIMMER 1 (Ages 5yr - 13yr)

Lessons: 8 Fee: Member \$28.00 Non-Member: \$60.00

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	4:00pm - 4:30pm
Tuesday	Jan 6-Feb 24	5:10pm - 5:40pm
Tuesday	Jan 6-Feb 24	5:45pm - 6:15pm
Thursday	Jan 8-Feb 26	4:00pm - 4:30pm
Thursday	Jan 8-Feb 26	4:35pm - 5:05pm
Thursday	Jan 8-Feb 26	6:30pm - 7:00pm
Saturday	Jan 10-Feb 28	9:35am - 10:05am
Saturday	Jan 10-Feb 28	10:10am - 10:40am
Saturday	Jan 10-Feb 28	11:15am - 11:45am
Sunday	Jan 11-Mar 1	9:00am - 9:30am
Sunday	Jan 11-Mar 1	9:35am - 10:05am
Sunday	Jan 11-Mar 1	10:10am - 10:40am

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

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

Day of the Week	Session Dates	Time
Tuesday	Jan 6 -Feb 24	4:00pm - 4:30pm
Tuesday	Jan 6 -Feb 24	4:35pm - 5:05pm
Tuesday	Jan 6 -Feb 24	6:20pm - 6:50pm
Thursday	Jan 8-Feb 26	4:00pm - 4:30pm
Thursday	Jan 8-Feb 26	5:25pm - 5:55pm
Thursday	Jan 8-Feb 26	6:20pm - 6:50pm
Saturday	Jan 10-Feb 28	9:00am - 9:30am
Saturday	Jan 10-Feb 28	10:45am - 11:15am
Sunday	Jan 11-Mar 1	9:00am - 9:30am
Sunday	Jan 11-Mar 1	10:10am - 10:40am
Sunday	Jan 11-Mar 1	11:15am - 11:45am

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

Lessons: 8 Fee: Member \$30.00 Non-Member: \$60.00

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	4:35pm - 5:20pm
Tuesday	Jan 6-Feb 24	5:45pm - 6:30pm
Thursday	Jan 8-Feb 26	4:35pm - 5:20pm
Thursday	Jan 8-Feb 26	5:45pm - 5:20pm
Saturday	Jan 10-Feb 28	9:00am - 9:45am
Saturday	Jan 10-Feb 28	10:10am - 10:55am
Sunday	Jan 11-Mar 1	9:35am - 10:20am

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

Lessons: 8 Fee: Member \$30.00 Non-Member: \$60.00

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	4:35pm - 5:20pm
Tuesday	Jan 6-Feb 24	5:45pm - 6:30pm
Thursday	Jan 8-Feb 26	4:35pm - 5:20pm
Thursday	Jan 8-Feb 26	6:00pm - 6:45pm
Saturday	Jan 10-Feb 28	10:45am - 11:30am
Sunday	Jan 11-Mar 1	10:45am - 11:30am

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

Lessons: 8 Fee: Member \$30.00 Non-Member: \$60.00

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	5:25pm - 6:10pm
Thursday	Jan 8-Feb 26	5:10pm - 5:55pm
Saturday	Jan 10-Feb 28	9:50am - 10:35am
Sunday	Jan 11-Mar 1	10:45am - 11:30am



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

Lessons: 8 Fee: Member \$30.00 Non-Member: \$60.00

Day of the Week	Session Dates	Time
Tuesday	Jan 6-Feb 24	5:25pm - 6:10pm
Thursday	Jan 8-Feb 26	5:10pm - 5:55pm
Saturday	Jan 10-Feb 28	9:50am - 10:35am
Sunday	Jan 10-Feb 28	10:45am - 11:30am

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

Lessons: 8 Fee: Member \$32.00 Non-Member: \$64.00

Day of the Week	Session Dates	Time
Saturday	Jan 10-Feb 28	11:00am - 12:00pm
Sunday	Jan 11-Mar 1	9:35am - 10:35am

## PRIVATE LESSON (Ages 3yr – 13yr)

Lessons: 8 Fee: Member/Non-Member \$176.00 plus HST

Day of the Week	Session Dates	Time
Monday	Jan 5–Mar 2	4:00pm – 4:30pm
Monday	Jan 5–Mar 2	4:00pm – 4:30pm
Monday	Jan 5–Mar 2	4:00pm – 4:30pm
Monday	Jan 5–Mar 2	4:30pm – 5:00pm
Monday	Jan 5–Mar 2	4:30pm – 5:00pm
Monday	Jan 5–Mar 2	4:30pm – 5:00pm
Monday	Jan 5–Mar 2	5:00pm – 5:30pm
Monday	Jan 5–Mar 2	5:00pm – 5:30pm
Tuesday	Jan 6–Feb 24	4:00pm – 4:30pm
Tuesday	Jan 6–Feb 24	5:10pm – 5:40pm
Tuesday	Jan 6–Feb 24	5:45pm – 6:15pm
Tuesday	Jan 6–Feb 24	6:30pm – 7:00pm
Wednesday	Jan 7–Feb 25	4:00pm – 4:30pm
Wednesday	Jan 7–Feb 25	4:00pm – 4:30pm
Wednesday	Jan 7–Feb 25	4:00pm – 4:30pm
Wednesday	Jan 7–Feb 25	4:30pm – 5:00pm
Wednesday	Jan 7–Feb 25	4:30pm – 5:00pm
Wednesday	Jan 7–Feb 25	4:30pm – 5:00pm
Wednesday	Jan 7–Feb 25	5:00pm – 5:30pm
Wednesday	Jan 7–Feb 25	5:00pm – 5:30pm
Thursday	Jan 8–Feb 26	4:00pm – 4:30pm
Thursday	Jan 8–Feb 26	4:35pm – 5:05pm
Thursday	Jan 8–Feb 26	5:25pm – 5:55pm
Thursday	Jan 8–Feb 26	6:30pm – 7:00pm
Thursday	Jan 8–Feb 26	6:30pm – 7:00pm
Saturday	Jan 10–Feb 28	9:00am – 9:30am
Saturday	Jan 10–Feb 28	10:45am – 11:15am
Saturday	Jan 10–Feb 28	11:20am – 11:40pm
Saturday	Jan 10–Feb 28	11:30am – 12:00pm
Sunday	Jan 11–Mar 1	9:00am – 9:30am
Sunday	Jan 11–Mar 1	9:00am – 9:30am
Sunday	Jan 11–Mar 1	10:10am – 10:40am
Sunday	Jan 11–Mar 1	11:30am – 12:00pm
Sunday	Jan 11–Mar 1	11:30am – 12:00pm

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

Lessons: 8 Fee: Member/Non-Member \$176.00 plus HST

Day of the Week	Session Dates	Time
Thursday	Jan 28–Feb 26	8:00pm – 8:30pm
Thursday	Jan 28–Feb 26	8:30pm – 9:00pm



## ADULT LESSONS (Ratio 1:8)

Lessons: 8 Fee: Member/Non-Member \$60.00

Day of the Week	Session Dates	Time
Wednesday	Jan 7–Feb 25	8:00pm – 8:45pm



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

## Pathway to Swimming Instructor

### 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

## 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

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

### Swim Instructor

Prerequisite: 15 years of age and Bronze Cross, 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

### Lifesaving Instructor

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

## Bronze Cross

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

## Standard First Aid (Recertification)

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

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

## Standard First Aid with CPR-C

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

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

## National Lifeguard Course

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



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

## National Lifeguard Instructor

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



## Swim Instructor

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



## Lifesaving Swim Instructor

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



# Leadership Courses

## BRONZE STAR COURSE (RATIO 1:8)

**Lessons: 4     Fee: Member/Non-Member: \$77.37**

Day of the Week	Session Dates	Time
Tuesday - Friday	Mar 3-6	4:00pm - 7:00pm Fri 4:00pm - 6:00pm
Monday - Thursday	June 8-11	4:00pm - 7:00pm

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

**Lessons: 5     Fee: Member/Non-Member: \$157.61**

Day of the Week	Session Dates	Time
Monday - Friday	Mar 9, 10, 11, 12 Exam: Mar 13	4:00pm - 9:00pm Exam: 4:00pm - 6:00pm
Monday - Friday	June 15, 16, 17, 18 Exam: June 19	4:00pm - 9:00pm Exam: 4:00pm - 6:00pm

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

**Lessons: 2     Fee: Member/Non-Member: \$119.87 Recert \$73.30**

Day of the Week	Session Dates	Time
Saturday & Sunday	Feb 7 & 8	8:00pm - 4:00pm @ Fusion
Sunday-Recert	Feb 8	8:00am - 4:00pm @ Fusion
Saturday & Sunday	April 18 & 19	8:00am - 4:00pm @ Fusion
Sunday-Recert	April 19	8:00am - 4:00pm @ Fusion
Saturday & Sunday	May 30 & 31	8:00am - 4:00pm @ Fusion
Sunday	May 31	8:00am - 4:00pm @ Fusion

## LSS INSTRUCTORS COURSE (RATIO 1:10)

**Lessons: 4     Fee: Member/Non-Member: \$161.86**

Day of the Week	Session Dates	Time
Monday - Friday	June 15, 16, 17, 18	4:00pm - 9:00pm

## BRONZE CROSS COURSE (RATIO 1:10)

**Lessons: 5     Fee: Member/Non-Member: \$123.69**

Day of the Week	Session Dates	Time
Monday - Friday	Mar 9, 10, 11, 12 Exam: Mar 13	4:00pm - 9:00pm Exam: 4:00pm - 6:00pm
Monday - Friday	June 15, 16, 17, 18 Exam: June 19	4:00pm - 9:00pm Exam: 4:00pm - 6:00pm

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

**Lessons: 3     Fee: Member/Non-Member: \$161.86**

Day of the Week	Session Dates	Time
Fri, Sat & Sun	Jan 30, 31, Feb 1	Fri 4:00pm - 9:00pm Sat & Sun 9:00am - 6:00pm
Fri, Sat & Sun	May 29, 30, 31	Fri 4:00pm - 9:00pm Sat & Sun 9:00am - 6:00pm

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

**Lessons: 6     Fee: Member/Non-Member: \$234.73 Recert \$77.37**

Day of the Week	Session Dates	Time
Saturday	Recertification Exam March 7	9:00am - 1:00pm
Fri, Sat & Sun	Mar 13, 14, 15, 20, 21 Exam: Mar 22	Fri 4:00pm - 9:00pm Sat & Sun 9:00am - 6:00pm Exam: 9:00am - 1:00pm
Sunday	Recertification Exam March 22	9:00am - 1:00pm
Fri, Sat & Sun	June 5, 6, 7, 12, 13 Exam: June 14	Fri 4:00pm - 9:00pm Sat & Sun 9:00am - 6:00pm Exam: 9:00am - 1:00pm
Sunday	Recertification Exam June 14	9:00am - 1:00pm

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

**Lessons: 2     Fee: Member/Non-Member: \$119.87**

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



# Group Fitness Schedule

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

**January 5 – March 22**

Rates:

- Members .....FREE
- Non-members.....\$7.64
- Seniors (60+).....\$6.73

**Register Online on UNIVERUS**

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

**NEW TO THE  
WEIGHT ROOM?**

Book an orientation  
today:  
[susan.keane@ingersoll.ca](mailto:susan.keane@ingersoll.ca)

**Ingersoll**  
Community Services

## GROUP FITNESS SCHEDULE

**date:**

Jan 5<sup>th</sup> – Mar 22<sup>nd</sup>, 2026

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
Rise & Grind Wake Up! 6:15am - 6:45am		Rise & Grind Wake Up! 6:15am - 6:45am		Rise & Grind Wake Up! 6:15am - 6:45am							
Muscle Up 7:00am - 8:00am	Cycle 7:00am - 7:45am	Muscle Up 7:00am - 8:00am	Cycle 7:00am - 7:45am	Tone Zone 7:00am - 8:00am	Bike Boot Camp 8:00am - 8:45am						
			Circ Mobility 8:00am - 8:45am	Kettlebells 8:15am - 9:00am	Saturday Strong 9:00am - 10:00am						
Fit & Flex 9:30am - 10:30am	Low Impact 9:30am - 10:30am	Yoga 9:30am - 10:30am	Beginner HIIT 9:30am - 10:30am	Fit & Flex 9:30am - 10:30am	Core, Mobility & Stretch 10:15am - 11:00am						
	Zumba Gold 11:30am - 12:15pm	WOW 11:00am - 12:00pm									
Cycle 30 12:30pm - 1:00pm		Cycle 30 12:30pm - 1:00pm									
Cycle 4:30pm - 5:15pm	Kettlebells 4:30pm - 5:15pm	Triple Fit 4:30pm - 5:30pm	Bike Boot Camp 4:30pm - 5:15pm								
Sweat & Sculpt 5:45pm - 6:45pm	Yoga Core 5:45pm - 6:45pm	Yoga Tone 5:45pm - 6:45pm	Yoga 5:45pm - 6:45pm								
Core Barbell 60 7:00pm - 8:00pm	Zumba 7:00pm - 8:00pm	Strong 7:00pm - 8:00pm	Zumba 7:00pm - 8:00pm	Barbell 7:00pm - 8:00pm							
		Core, Mobility & Stretch 8:15pm - 9:00pm	Bedtime Yoga 8:15pm - 9:00pm								

**Our group  
classes are  
inclusive,  
supportive,  
and suitable  
for every  
fitness level!**

### NOTES:

- Thursday Zumba will held upstairs in the Meeting Room
- There will be no classes running on Feb 16<sup>th</sup> for Family Day
- On January 31st and February 28th, we invite you to join us for our POP-UP FITNESS PARTY from 9:00am - 10:00am

### Contact Info:

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

# PERSONAL TRAINING



INCREASED 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

SUSAN.KEANE@INGERSOLL.CA | 519-425-1181 X6266

**Ingersoll**  
Community Services





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

**Book your next game!**

Victoria Park Community Centre

# SQUICKLEBALL SQUASH/ WALLYBALL

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

COURT RENTAL AVAILABLE PER  
HOUR DURING FACILITY HOURS

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

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

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

**Wallyball:** Net and ball provided.

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



# Group Fitness Classes

**Members: FREE | Non-Member Adults: \$7.64 | Non-Member Seniors: \$6.73**

**NO CLASSES February 16<sup>th</sup>**

## Barbell

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

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

## Beginner HIIT

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

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

## Bike Boot Camp

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

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

## Circl Mobility®

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

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

## Core Barbell 60

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

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

## Core, Mobility & Stretch

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:15pm - 9:00pm			10:15am - 11:00am	

### Cycle

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle 30 12:30pm - 1:00pm Cycle 4:30pm - 5:15pm	7:00am - 7:45am	<b>Cycle 30</b> 12:30pm - 1:00pm	7:00am - 7:45am			

### Fit & Flex

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

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

### Kettlebells

Learn the kettlebell basics, build strength, improve form, and gain confidence with each full-body workout in a supportive environment. **Max 8 participants per class**

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

### Low Impact

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

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

### Muscle Up

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

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

### Rise & Grind Wake Up!

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

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

### Strong

Get energized with a full-body workout that combines strength, cardio, and bodyweight exercises to motivating music. This high-energy session keeps you moving, sweating, and feeling strong--an empowering way to challenge yourself and have fun together.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00pm - 8:00pm			9:00am - 10:00am	

**Sweat & Sculpt**

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

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

**Tone Zone**

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

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

**WOW - Women on Weights**

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

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

**Triple Fit**

Cardio. Strength. Core. Boost your energy and build strength in this dynamic full-body workout! A fun mix of cardio, muscle conditioning, and core to leave you feeling strong and refreshed.

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

**Yoga**

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

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Yoga Core 5:45pm - 6:45pm	Yoga 9:30am - 10:30am	Yoga 5:45pm - 6:45pm			
		Yoga Tone 5:45pm - 6:45pm	Bedtime Yoga 8:15pm - 9:00pm			

**Zumba ®**

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

**Zumba Gold®:** Zumba Gold is a low-intensity dance fitness class ideal for beginners, over 50's and active seniors. There is no jumping, spinning or knee twisting in any of the routines. This class will focus on elements of fitness: cardiovascular, muscular conditioning, balance and flexibility.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Zumba Gold 11:30am - 12:15pm		Zumba 7:00pm - 8:00pm Meeting Room			
	Zumba 7:00pm - 8:00pm					

# Adult Program Schedule

31

No Classes February 16<sup>th</sup>

## Adult Ballet

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

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

**Time:** 12:30–1:30pm

**Date:** Sunday January 11th – March 8th (No Program February 1st & 8th )

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

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

## Baby & Me 14+

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

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

**Session 1:** January 8th – February 5th

**Session 2:** February 12th – March 12th

**Fees:** Members \$17.50 / 5 weeks Non-Members \$35.00 / 5 weeks

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

## Stroller Fit 14+

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

**Location:** Fusion Youth Centre Gymnasium

**Session 1:** January 5th – February 2nd

**Fees:** Members \$17.50 / 5 weeks Non-Members \$35.00 / 5 weeks

**Session 2:** February 9th – March 9th (No Program February 16th )

**Fees:** Member \$14.00 / 5 weeks Non-Members \$28.00 / 4 weeks

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

No Classes February 16<sup>th</sup>

## Pop-up Fitness Party

Get ready to break a sweat and shake things up! Pop-Up Fitness Party is a once-a-month, high-energy fitness class that brings something new every time. Led by a rotating lineup of dynamic instructors, no two sessions are the same — from full body cardio and bootcamp circuits to HIIT and beyond. It's all about movement, music, and good vibes.

Come for the workout, stay for the community. Whether you're flying solo or bringing friends, this fun, social fitness event is your new favorite way to sweat, connect, and recharge.

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

**Dates:** January 31st & February 28th

**Fees:** Members FREE /class Non- Members \$7.64 /class Seniors 60+ \$6.73/class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00am – 10:30am	

## Triathlon Length Swim 14+

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

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

**Location:** Victoria Park Community Centre – Pool Lane

**Session 1:** January 8th – March 12

**Fees:** Members \$40.00 / 10 weeks Non- Members \$80.00 / 10 weeks

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



# Pickup Hub Programs

INTRODUCING

## PickupHub

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

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

SCAN HERE



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

No Classes February 16<sup>th</sup>

Members & Non-Members \$4.42 (+HST=\$5.00)

### Adult Shuffleboard \*PickupHub

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.

**Location:** Ingersoll District Memorial Arena Auditorium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12:30pm - 3:30pm		12:30pm - 3:30pm			

### Adult Intermediate Pickleball \*PickupHub

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 in Gymnasium 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00pm - 9:00pm				

## Adult Recreation Pickleball \*PickupHub

This program is designed for players of all levels. It offers a relaxed, social, and non-competitive environment where participants can practice skills, learn the rules, and get comfortable with key game elements such as the non-volley zone, dinking, and hitting the wiffle ball.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			7:00pm - 9:00pm			

## Adult Recreation Volleyball \*PickupHub

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

**Location:** Harrisfield Public School Gymnasium 142

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		7:00pm - 9:00pm				

## Adult Intermediate Volleyball \*PickupHub

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


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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00pm - 9:00pm						

## Adult Walking Soccer \*PickupHub

Our Adult Walking Soccer program offers a fun, low-impact alternative to traditional soccer, designed with safety, accessibility, and social connection in mind. With no running, slide tackles, or heavy contact, this program is perfect for adults of all ages and fitness levels. Whether you're new to the sport or returning after some time away, walking soccer promotes fitness, coordination, and camaraderie through friendly, relaxed play.

**Location:** Ingersoll District Collegiate Institute Gymnasium 142

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30pm - 9:00pm					

# Ingersoll

Community Services

## WINTER FEST

**February 7<sup>th</sup> 10:00am – 12:00pm**  
**@ Ingersoll District Memorial Arena**

Join us for a cozy Winter Fest on February 7th from 10:00 AM to 12:00 PM at the Ingersoll District Memorial Arena, where snowflakes sparkle and penguins would feel right at home! Enjoy a magical morning of FREE winter fun, including free skating, and a snowy craft station. Bundle up and celebrate the season with cozy vibes, creativity, and frosty fun for the whole family!

## Family Day

Join us on Monday, February 16th, from 7:00 AM to 1:00 PM at the Victoria Park Community Centre for family fun! Aquatics for Family Day offering: Lengths 7am to 9am, Family Swim 9:30am to 11:00am, Fun Family Entertainment 10am to 12pm, and Open Swim 11am to 12:30pm.



# School Age Program Schedule

36

No Classes February 16<sup>th</sup>

## Ninja Warrior Training Ages 6-12yrs

This high-energy program lets kids unleash their inner ninja through obstacle courses and interactive games in the gym. Featuring balance tape walks, precision jumps, and crawling tunnels, it builds agility, strength, and confidence. Action-packed games like dodgeball and tag promote quick reflexes, teamwork, and imaginative play. Designed to keep kids active and engaged, the gym becomes a ninja training ground where fun and fitness come together. Clean, indoor-only footwear is required.

**Location:** Harrisfield Public School – Gymnasium

**Session 1:** January 8th – February 5th

**Session 2:** February 12th – March 12th

**Fees:** Member \$ 15.00 / 5 weeks Non-Member \$30.00 / 5 weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:30pm – 7:30pm			

## Artistry Lab Ages 6-12yrs

Unleash creativity in this fun program where kids learn to draw favorite characters with expert guidance. Through step-by-step tutorials and personalized support, artists of all levels create their own masterpiece. Each participant gets a sketchbook and all art supplies. Clean, indoor-only footwear is required.

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

**Session 1:** January 6th – February 3rd

**Session 2:** February 10th – March 10th

Members \$15.00 / 5 weeks Non-Members \$30.00 / 5 weeks

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

## The Poetry Playground Ages 6-12yrs

A fun, creative, and inspiring poetry program designed especially for young minds! Through games, reading, writing, and performance, children will explore the world of poetry in a way that's engaging and enjoyable. From silly rhymes to nature poems, this program helps kids discover the joy of words, rhythm, and self-expression. Children can expect to listen to and enjoy poems by a variety of poets, write their own poems using prompts and playful techniques, and share their work through fun, confidence-building activities. They'll use their imaginations through word games, art projects, and creative storytelling, while also learning how to express their thoughts and feelings through poetry. The program encourages collaboration, curiosity, and creativity and wraps up with a joyful Poetry Jam where kids can showcase their favorite poems to family and friends.

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

**Session 1:** January 6th – February 3rd

**Session 2:** February 10th – March 10th

**Fees:** Members \$15.00 / 5 weeks Non-Members \$30.00 / 5 weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00pm – 7:00pm					



No classes February 16<sup>th</sup>

## Girls at Bat Ages 8-12yrs

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

**Location:** Harrisfield Public School Gymnasium

**Session 1:** January 6th - February 3rd

**Session 2:** February 10th - March 10<sup>th</sup> (No program March 3)

**Fees:** Members \$15.00 / 5 weeks Non-Members \$30.00 / 5 Weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00pm - 7:00pm					

## Junior Ballet Ages 6-12yrs

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

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

**Session 1:** January 11th - February 1st

**Fees:** Member \$12.00 / 4 weeks Non-Member \$24.00 / 4 weeks

**Session 2:** February 15th - March 15th

**Fees:** Member \$15.00 / 5 weeks Non-Member \$30.00 / 5 weeks

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

## Acro Junior Ages 6-12yrs

Dancers will focus on flexibility and strength as they learn the fundamentals of Acro. Participants will be taught how to safely do splits, bridges, forward rolls, handstands and cartwheels. At the end of each class, dancers will work on a routine which will be showcased to family and friends on the last day of the session. Participants are to come to class wearing comfortable, stretchy clothing. All individuals are required to wear clean, indoor-only footwear when using the space.

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

**Session 1:** January 11th- February 1st

**Fees:** Member \$12.00 / 4 weeks Non-Member \$24.00 / 4 weeks

**Session 2:** February 15th- March 15th

**Fees:** Member \$15.00 / 5 weeks Non-Member \$30.00 / 5 weeks

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

No classes February 16<sup>th</sup>

## Connectors Club Ages 4-10yrs

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

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

**Session 1:** Monday January 5th- February 2nd

**Fees:** Member \$15.00 / 5 weeks Non-Member \$30.00 / 5 weeks

**Session 2:** Monday February 9th - March 9th (No Program February 16th )

**Fees:** Member \$12.00/ 4 weeks Non-Member \$24.00/ 4 weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00pm - 7:00pm						

## Train Trackers Ages 4-12yrs

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

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

**Session 1:** Monday January 5th- February 2nd

**Fees:** Member \$15.00 / 5 weeks Non-Member \$30.00/ 5 weeks

**Session 2:** Monday February 9th - March 9th (No Program February 16th)

**Fees:** Member \$12.00 / 4 weeks Non-Member \$24.00/ 4 weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45pm - 5:45pm						

## New! Ninja Fit Ages 6-12yrs

Ninja Fit is a high-energy youth fitness program where kids train like real ninjas—building strength, confidence, and physical literacy through fast-paced circuit training. Ninja Fit challenges young warriors with full-body ninja missions that develop climbing, jumping, balancing, sprinting, and more.



### Join Our New Program Combo!

Give your child the opportunity to stay and enjoy our Flick N Dip program after Ninja Fit! With your permission, kids can be signed in and dropped off for Flick N Dip from 6–8pm, directly after their Ninja Fit session. Please note Payment for Flick N Dip is separate and not included in the Ninja Fit fees. Permission required for kids to stay after Ninja Fit and participate in Flick N Dip.

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

**Session 1:** January 9th - February 6th

**Fees:** Member \$15.00 / 5 weeks Non-Member \$30.00 / 5 weeks

**Session 2:** February 13th - March 13th

**Fees:** Member \$15.00 / 5 weeks Non-Member \$30.00 / 5 weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				5:00pm - 6:00pm		

No classes February 16<sup>th</sup>

Flick N Dip \*Drop In Ages 6-12yrs

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

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

**Session:** January 9th – March 13th (No Program January 30th)

**Fees:** Member \$4.00/ per day Non-Member \$6.00/ per day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				6:00pm - 8:00pm		

Please refer to our Cancellation/Refund/Transfer Policy for additional information. We strongly recommend preregistration for all programs to secure your spot. Registration opens 7 days prior to program time.

To Register online and view the course description visit:  
<https://app.univerusrec.com/ingersollcspub> or call us at 519-425-1181 x 0

# MOVIE & MASTERPIECES

## Flick n Dip

### MOVIE SCHEDULE



Jan 9

Jan 16

Jan 23



Dr Seuss: How the Grinch  
Stole Christmas



Paddington in Peru



Mufasa: The Lion King

Feb 6

Feb 13

Feb 20



The Garfield Movie



Bee Movie



Moana 2

Feb 27

Mar 6

Mar 13



How to Train Your Dragon



Lilo & Stitch



Cruella



# Preschool Age Program Schedule

No classes February 16<sup>th</sup>

## Kinder Art & GO! Ages 3-4yrs

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

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

**Session1:** January 8th - February 5th

**Session2:** February 12th - March 12th

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

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

## Tot & Play Ages 1-2yrs

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

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

**Session 1:** January 9th- February 6th (No Program January 30th )

**Fees:** Member \$12.00/ 4 weeks Non-Member \$24.00 / 4 weeks

**Session 2:** February 13th - March 13th

**Fees:** Member \$15.00/ 5 weeks Non-Member \$30.00 / 5 weeks

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

## Beginner Ballet Ages 4-5yrs

Participants will learn to skip, gallop, leap, and practice basic ballet positions and movements. The class encourages children to explore movement and discover the joy of dancing. Comfortable clothing is recommended, along with socks, ballet shoes, running shoes, or bare feet. Please ensure children bring a water bottle and are able to use the washroom independently. Parents and friends are invited to a special dance showcase on the last day of class. All individuals are required to wear clean, indoor-only footwear when using the space.

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

**Session 1:** January 11th - February 1st

**Fees:** Member \$12.00/ 4 weeks Non-Member \$24.00/ 4 weeks

**Session 2:** February 15th - March 15th

**Fees:** Member \$15.00/ 5 weeks Non-Member \$30.00 / 5 weeks

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

No classes February 16<sup>th</sup>

## Beginner Acro Ages 4-5yrs

Dancers will focus on flexibility and strength as they learn the fundamentals of Acro. Participants will be taught how to safely do splits, bridges, forward rolls, handstands and cartwheels. At the end of each class, dancers will work on a routine which will be showcased to family and friends on the last day of the session. Participants are to come to class wearing comfortable, stretchy clothing. All individuals are required to wear clean, indoor-only footwear when using the space.

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

**Session 1:** January 11th- February 1st

**Fees:** Member \$12.00/ 4 weeks Non-Member \$24.00/ 4 weeks

**Session 2:** February 15th- March 15th

**Fees:** Member \$15.00/ 5 weeks Non-Member \$30.00 / 5 weeks

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

## Kinder Gymnastics Ages 3-5yrs

This program introduces young children to movement and body awareness through exciting age appropriate and gymnastics activities. Kids will explore stretching, jumping, climbing and tumbling in a safe, supportive environment that encourages confidence and social skills. Children will learn to follow instruction, take turns while performing gymnastics skills to songs and on beginner gymnastics equipment. (3 year old's that require extra support are encouraged to register for the Parent & Tot gymnastics program.)

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

**Session 1** Wednesdays January 14th – February 4th

**Fees:** Member \$12.00/ 4 weeks Non-Member \$24.00 / 4 weeks

**Session 2** Wednesdays February 11th – March 11th

**Fees:** Member \$15.00/ 5 weeks Non-Member \$30.00 / 5 weeks

**Session 1** Saturday January 17th – February 7th

**Fees:** Member \$12.00 / 4 weeks Non-Member \$24.00/ 4 weeks

**Session 2** Saturday February 14th – March 14th

**Fees:** Member \$15.00/ 5 weeks Non-Member \$30.00 / 5 weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9:00am - 10:00am			10:00am - 11:00am	

## Parent & Tot Gymnastics Ages 18 months – 3yrs

Let's stretch, balance and flip! This program provides a special time for you and your little one while performing fun gymnastics inspired moves through song and structured gymnastics programming. This program will help develop coordination, strength and flexibility through fun songs and gymnastics skilled activities. Children will learn to follow instruction, take turns and perform gymnastics skills in a fun atmosphere.

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

**Session 1** Saturday January 17th – February 7th

**Fees:** Member \$12.00 / 4 weeks Non-Member \$24.00 / 4 weeks

**Session 1** Wednesdays January 14th – February 4th

**Fees:** Member \$12.00/ 4 weeks Non-Member \$24.00 / 4 weeks

**Session 2** Saturday February 14th – March 14th

**Fees:** Member \$15.00 / 5 weeks Non-Member \$30.00/ 5 weeks

**Session 2** Wednesday February 11th – March 11th

**Fees:** Member \$15.00/ 5 weeks Non-Member \$30.00 / 5 weeks

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10:15am - 11:15am			9:00am - 10:00am 11:00am - 12:00pm	

No classes February 16<sup>th</sup>

## Explore and Go! Ages 3-4yrs

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

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

**Session 1:** January 5th – February 2nd

**Fees:** Members \$15.00 / 5 weeks Non- Members \$30.00 / 5 weeks

**Session 2:** February 9th – March 9th (No Program February 16th )

**Fees:** Members \$12.00. / 4 weeks Non- Members \$24.00/ 4 weeks

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

## Kinder Kids Ages 3-4yrs

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

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

**Session 1:** January 6th – February 3rd

**Session 2** February 10th – March 10th

**Fees:** Member \$15.00 / 5 weeks Non-Member \$30.00 / 5 weeks

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

## Little Ninja Ages 3-4yrs

This high-energy, ninja-themed class is an action-filled adventure where kids jump, roll, crawl, and climb through exciting obstacle courses and playful missions. As they master beginner ninja moves, they'll build strength, balance, coordination, and focus in a fun, supportive environment.

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

**Session 1** Thursday January 8th- February 5th

**Fees:** Member \$15.00 / 5 weeks Non-Member \$30.00 / 5 weeks

**Session 2** Thursday February 12th- March 12th

**Fees:** Member \$15.00 / 5 weeks Non-Member \$30.00 / 5 weeks

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

## Art from the Heart: Family Paint & Play Day Ages 3+

Bring your family together for a heartfelt celebration of love and creativity! Enjoy guided painting sessions where everyone can create their own Valentine's-themed canvas to take home. Share sweet treats as you express your love through color and brushstrokes, making memories that celebrate the special bonds you share. This joyful day is perfect for all ages to connect, create, and celebrate the spirit of togetherness.

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

**Dates:** February 14th

**Time:** 1:00-3:00pm

**Fee:** Member \$10.00 + HST = \$11.30 per family, Non-Member \$20.00 + HST = \$22.60 per family

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

## Shamrock Swim & Shake Ages 3+

Celebrate luck and family fun with a refreshing pool dip, tasty pizza, and a lively shamrock-themed disco! Dance, splash, and make memories together in a festive, feel-good atmosphere perfect for all ages.

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

**Dates:** March 14th

**Time:** 1:00-3:00pm

**Fee:** Member \$10.00 + HST = \$11.30 per family, Non-Member \$20.00 + HST = \$22.60 per family

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

Please refer to our Cancellation/Refund/Transfer Policy for additional information. We strongly recommend preregistration for all programs to secure your spot. Registration opens 7 days prior to program time.

To Register online and view the course description visit:

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

or call us at 519-425-1181 x 0



# March Break Camps – Through the Decades



Get ready to boogie through the decades! Each day, we'll dive into a new era with far-out games, funky crafts, and rad activities. Bring your lunch, snacks, a refillable water bottle, comfy indoor shoes, and clothes that can keep up with the fun vibes!

If your camper needs a Behaviour Support Plan or carries Emergency Medication, make sure to chat with the Program Supervisor when you register. More information regarding a day at a glance and all other documents needed for a successful camp day will be sent out the week before March Break.



## 1960s – Peace & Love Ages 4-12yrs

Step into the era of flower power, tie-dye, and good vibes! Campers will embrace the spirit of the 1960s with colorful crafts like tie-dye bandanas and flower crowns, groovy music from iconic bands like The Beatles and fun games inspired by the free-spirited culture of the decade. Get ready to spread kindness with teamwork challenges and dance to the sounds of peace, love, and rock 'n' roll. It's a day filled with vibrant colors, positive energy, and plenty of fun for all!

**Date:** Monday March 16th

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

**Member** \$35.00 / day Non-Member \$40.00 / day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am – 4:00pm						

## 1970s – Disco Fever Ages 4-12yrs

Get ready to boogie down and shine bright like a disco ball—with a lucky twist! Campers will groove to funky 70s beats while rocking green glitter, shamrock accessories, and all the festive vibes of the holiday, including a special St. Patrick's Day Disco dance party. Dance-offs, disco games, and dazzling crafts take on a lucky theme, think glittery shamrock bracelets, rainbow tie-dye, and funky disco balls decorated with green and gold. Whether you're chasing rainbows or spinning on the dance floor, this day is packed with fun, friendship, and a little bit of Irish luck. Put on your bell bottoms and your best green gear, it's time to get down and boogie with a St. Paddy's Day twist!

**Date:** Tuesday, March 17th

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

**Member** \$35.00 / day Non-Member \$40.00 / day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00am – 4:00pm					

## 1980s –Totally Rad Ages 4-12yrs

Campers will rock leg warmers, headbands, and bright colors while jamming to iconic 80s hits from legends like Michael Jackson, Madonna, and Prince. Expect a totally tubular day packed with arcade-style games, friendship bracelet making, and classic 80s dance-offs. From retro video game challenges to creating your own cassette tape art, this day is all about big hair, bold style, and non-stop energy!

**Date:** Wednesday, March 18th

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

**Member** \$35.00 / day Non-Member \$40.00 / day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:00am – 4:00pm				

## 1990s – Cool Kids Ages 4-12yrs

Step into the decade of grunge, boy bands, and all things cool! On Cool Kids Day, campers will rock scrunchies, overalls, and iconic 90s styles while jamming out to hits from the Backstreet Boys, Spice Girls, and Nirvana. Get ready for DIY slime making, Tamagotchi challenges, and fun 90s trivia. Campers can also show off their skills in classic 90s games and enjoy throwback cartoons and snacks that bring the decade to life. It's a day full of nostalgia, fun, and all the coolest vibes from the 90s perfect for every cool kid at camp!

**Date:** Thursday, March 19th

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

**Member** \$35.00 / day Non-Member \$40.00 / day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			8:00am – 4:00pm			

## 2000s – Y2K Vibes Ages 4-12yrs

Get ready to travel back to the early 2000s and have tons of fun! Campers will design their own colorful accessories like fun beaded bracelets while listening to catchy songs from artists like Britney Spears and NSYNC. We'll do cool activities like making friendship bracelets, creating flipbooks, drawing silly memes, and having a karaoke party. Campers can dance to popular tunes with freeze dance games, dress up like pop stars, and enjoy yummy snacks from the decade. There will also be time to decorate their own journal with stickers. Plus, we'll fuel all the fun with a delicious pizza lunch! It's a day full of music, crafts, games, and good vibes from the 2000s!

**Date:** Friday, March 20th

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

**Member** \$35.00 / day Non-Member \$40.00 / day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				8:00am – 4:00pm		

## Camp Castaway Island 4-12yrs

At Camp Castaway Island, campers are “shipwrecked” on a tropical island where they must work together to survive and thrive through exciting island-themed activities. From building shelters and going on epic treasure hunts to competing in survival games and raft races, each day is packed with adventure and creativity. Campers will also cool off with a dip in the pool perfect for relaxing after their island challenges or taking part in fun water-based games. With pirate vibes, team challenges, and a splash of tropical fun, this camp is the ultimate island escape!

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

**Dates:** Friday, January 30

**Time:** 8:00am – 4:00pm

**Fee:** Members \$35.00 per day

Non-Members \$40.00 per day



## VPCC Birthday Parties

### Pool Party (Ages 3 – 13)

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

**Location:** Victoria Park Community Centre

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

**Fee:** \$203.20 per party

### Group Games Party (Ages 3 – 12)

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

**Location:** Victoria Park Community Centre

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

**Fee:** \$203.20 per party

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

## Fusion TAKE A TOUR



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

### Come Explore:

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

### Contact Us:



519-425-4386



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

## \$5.00 YEARLY MEMBERSHIP





## Hours of Operation

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

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

Closed Sundays and all statutory holidays

## Our Approach to Supporting Youth

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

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

## Information for Parents

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

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

## Fusion Birthday Parties

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

**Location:** Fusion Youth Centre

## Membership Benefits

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Fusion**

# ZERO TOLERANCE FOR BULLYING

At Fusion, we take pride  
in ensuring our youth  
feel safe and  
respected.

We are committed to  
sustaining a bullying-  
free environment.



# WINTER 2025/2026

## DROP-IN PROGRAMS

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:30PM - 9:00 PM <i>Lounge</i>	2:30PM - 9:00 PM <i>Lounge</i>	2:30PM - 9:00 PM <i>Lounge</i>	2:30PM - 9:00 PM <i>Lounge</i>	2:30PM - 9:00 PM <i>Lounge</i>
2:30 PM - 9:00 PM <i>Gaming Lounge</i>	2:30 PM - 9:00 PM <i>Gaming Lounge</i>	2:30 PM - 9:00 PM <i>Gaming Lounge</i>	2:30 PM - 9:00 PM <i>Gaming Lounge</i>	2:30 PM - 9:00 PM <i>Gaming Lounge</i>
2:30PM - 4:00PM <i>Open Gym</i>	2:30PM - 4:00PM <i>Open Gym</i>	2:30PM - 4:00PM <i>Open Gym</i>	2:30PM - 5:00PM <i>Open Gym</i>	2:30PM - 5:00PM <i>Open Gym</i>
4:00PM - 5:00PM <i>Badminton</i>	4:00PM - 5:00PM <i>Basketball</i>	4:00PM - 5:00PM <i>Basketball</i>	4:00PM - 5:00PM <i>Film Production</i>	5:00PM - 6:00 PM <i>Volleyball</i>
4:30PM - 6:00PM <i>Tracy's Diner</i>	4:30PM - 6:00PM <i>Tracy's Diner</i>	5:00PM - 6:00 PM <i>Pickleball</i>	5:00PM - 6:00PM <i>Guys Group*</i>	5:00PM - 6:00PM <i>Guys Group*</i>
5:00PM - 6:00PM <i>Girls Multi-Sports</i>	5:00PM - 6:00PM <i>Ping Pong with Shiya</i>	6:00PM - 7:30PM <i>Digital Drawing</i>	5:00PM - 6:00PM <i>Girls Multi-Sports</i>	7:00PM - 9:00 PM <i>Open Art</i>
6:00PM - 7:30PM <i>Capture, Create, Edit</i>	6:00PM - 7:30PM <i>Digital Drawing</i>	6:00 PM - 7:30 PM <i>Digital/Mixed Media</i>	6:00PM - 7:15PM <i>Girls Group</i>	7:00 PM - 8:00 PM <i>Basketball</i>
7:00PM - 8:00PM <i>Basketball</i>	7:00PM - 8:00PM <i>Volleyball</i>	8:00PM - 9:00 PM <i>Open Art</i>	7:00PM - 9:00PM <i>Basketball</i>	8:00 PM - 9:00 PM <i>Open Gym</i>
7:00PM - 9:00 PM <i>Open Art</i>	7:00PM - 9:00 PM <i>Open Art</i>	8:00PM - 9:00PM <i>Open Gym</i>	7:00PM - 9:00 PM <i>Open Art</i>	
8:00PM - 9:00PM <i>Open Gym</i>	8:00PM - 9:00PM <i>Open Gym</i>			



Sports, Recreation &amp; Leisure



Open Program Spaces



Art Programs



Life Skills



Technology Programs

*\*Guys group will take place on alternating Fridays and Saturdays*

## PROGRAMS ARE OPEN TO ALL FUSION MEMBERS!


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

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


519-425-1181



The Town of Ingersoll



@townofingersoll



## DROP-IN PROGRAMS

### ***Drop-in Hours***

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

### ***Badminton + Skills & Drills***

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

### ***Basketball***

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

### ***Pickleball***

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

### ***Floor Hockey***

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

### ***Volleyball***

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

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



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



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



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The Town of Ingersoll



townofingersoll





## DROP-IN PROGRAMS

### **Soccer**

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

### **Open Gym**

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

### **Ping Pong with Shiya**

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

### **Tracy's Diner**

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

### **Girls Group**

A weekly group for girls to participate in fun and unique activities such as arts and crafts, baking, games, karaoke, and much more! (Open to girls of all ages)

### **Senior Girls Group**

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

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



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



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



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The Town of Ingersoll



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## DROP IN PROGRAMS

### ***Capture, Create, Edit***

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

### ***Mixed Media***

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

### ***Video Production***

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

### ***Open Art***

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

### ***Digital Drawing***

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

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



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



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



519-425-1181



The Town of Ingersoll



townofingersoll



United Way  
Oxford

Funding  
partner of:

# DECEMBER 2025

## REGULAR PROGRAMMING

**Ingersoll**  
Community Services



DATES

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DEC 2-6

**Capture, Create, Edit**  
6:00pm - 7:30pm

**Individual Instrument Instruction**  
\*sign-up required  
6:00pm - 7:00pm

**Cooking with Tracy**  
4:30pm - 6:00pm

**Ping Pong with Shiya**  
5:00pm - 6:00pm

**Individual Instrument Instruction**  
\*sign-up required  
6:00pm - 7:00pm

**Individual Instrument Instruction**  
\*sign-up required  
4:00pm - 5:00pm

**Digital Media**  
6:00pm - 7:30pm

**Digital Drawing**  
6:00pm - 7:30pm

**Individual Instrument Instruction**  
\*sign-up required  
4:00pm - 5:00pm

**Guys Group-Christmas Light Walk**  
4:30pm - 6:00pm

**Girls Multi-Sports**  
5:00pm - 6:00pm

**Girls Group-DIY Christmas Cards**  
\*drop-in 6pm - 7:30pm

**Music Listening Club**  
4:00pm - 5:00pm

DEC 9-13

**Cooking with Tracy**  
4:30pm - 6:00pm

**Girls Multi-Sports**  
5:00pm - 6:00pm

**Individual Instrument Instruction**  
\*sign-up required  
6:00pm - 7:00pm

**Capture, Create Edit**  
6:00pm - 7:30pm

**Cooking with Tracy**  
4:30pm - 6:00pm

**Ping Pong with Shiya**  
5:00pm - 6:00pm

**Individual Instrument Instruction**  
\*sign-up required  
6:00pm - 7:00pm

**Girls Group vs Guys Group-Cookie Decorating**  
\*sign-up required  
6:00pm - 7:30pm

**Annual Christmas Dinner**  
Served at 5:30pm  
Open to all youth 10-18yrs

**Individual Instrument Instruction**  
\*sign-up required  
4:00pm - 5:00pm

**Video Production**  
4:00pm - 5:00pm

**Guys Group DIY Ornaments**  
\*sign-up required  
5:00pm - 6:00pm

**Girls Multi-Sports**  
5:00pm - 6:00pm

**Girls Group DIY Christmas Bracelets** \*sign-up req  
6:00pm - 7:30pm

**Music Listening Club**  
4:00pm - 5:00pm

**Holiday Pictionary**  
\*drop-in  
5:00pm - 6:00pm

DEC 16-20

**Cooking with Tracy**  
4:30pm - 6:00pm

**Girls Multi-Sports**  
5:00pm - 6:00pm

**Individual Instrument Instruction**  
\*sign-up required  
6:00pm - 7:00pm

**Capture, Create Edit**  
6:00pm - 7:30pm

**Cooking with Tracy**  
4:30pm - 6:00pm

**Ping Pong with Shiya**  
5:00pm - 6:00pm

**Individual Instrument Instruction**  
\*sign-up required  
6:00pm - 7:00pm

**Gingerbread Competition**  
\*sign-up required  
6:00pm - 7:30pm

**Individual Instrument Instruction**  
\*sign-up required  
4:00pm - 5:00pm

**Mixed Media**  
6:00pm - 7:30pm

**Digital Drawing**  
6:00pm - 7:30pm

**Christmas Carnival**  
5:00pm - 7:00pm  
Open to all youth 10-18

**Music Listening Club**  
4:00pm - 5:00pm

**Guys Group Christmas Portraits**  
\*sign-up required  
5:00pm - 6:00pm

DEC 23-  
JAN 2

**Cooking with Tracy**  
4:30pm - 6:00pm

**Girls Multi-Sports**  
5:00pm - 6:00pm

**Individual Instrument Instruction**  
\*sign-up required  
6:00pm - 7:00pm

**Movie Theatre Trip-Zootopia 2**  
\*sign up required  
\$5.00/youth

**HAPPY HOLIDAYS**  
Closed Dec 24-Jan 2

**HAPPY HOLIDAYS**  
Closed Dec 24-Jan 2

**HAPPY HOLIDAYS**  
Closed Dec 24-Jan 2

**HAPPY HOLIDAYS**  
Closed Dec 24-Jan 2

\*Programs are open to all youth ages 10-18

Check out our winter program schedule for a full list of program days/times

\*Program times are subject to change based on staff discretion



Funding  
partner of:

United Way  
Oxford

# DECEMBER 2025

## SPECIAL EVENTS

Ingersoll  
Community Services



DATES	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC 2-6	<b>Ralph the Elf starts!</b> Every day until 23 <sup>rd</sup> . Find Ralph in Fusion for a prize!  Ralph hides at 4pm every day we are open this month. The finder will receive a prize.		<b>Mini Snowman Contest Starts!</b> Starting on the 4 <sup>th</sup> , the art room will have supplies to make mini snowmen. These will be displayed at our Christmas dinner and the top designs will win prize.	<b>Festive Fit Day</b> Wear your best festive fit and show off your holiday spirit! Those who dress up will be entered into a raffle to receive a prize. All day event!	
DEC 9-13		<b>Girls Group vs. Guys Group Cookie Decorating</b> Help us make Christmas desserts for the dinner while facing off in a decorating battle! *sign-up required 6:00pm - 7:30pm	<b>Annual Christmas Dinner</b> Served at 5:30pm Open to all youth 10-18yrs	<b>Cozy Christmas PJ Day</b> Wear your comfiest holiday PJs and watch movies in the lounge/gym with hot chocolate! Movies start at 6:00pm	<b>Holiday Pictionary</b> Take part in Holiday themed Pictionary in the gym! Go against friends and staff to become the Pictionary champ. 5:00pm - 6:00pm
DEC 16-20		<b>Gingerbread House Competition</b> Come compete in teams in our gingerbread house competition! Winning team will receive prizes. 6:00pm - 7:30pm		<b>Christmas Carnival &amp; Ugly Sweater Day</b> Participate in festive themed carnival games in the gym! Plus, make sure to wear your best ugly sweater. 5:00pm - 7:00pm	
DEC 23- JAN 2	<b>Zootopia 2 Movie Theatre Trip</b> Sign-up for a trip to the movie theatre to see Zootopia 2! *Limited spots, \$5/youth, Time TBA	<b>HAPPY HOLIDAYS</b> Closed Dec 24-Jan 2	<b>HAPPY HOLIDAYS</b> Closed Dec 24-Jan 2	<b>HAPPY HOLIDAYS</b> Closed Dec 24-Jan 2	<b>HAPPY HOLIDAYS</b> Closed Dec 24-Jan 2

\*Programs are open to all youth ages 10-18



\*Program times are subject to change based on staff discretion

Check out our winter program schedule for a full list of program days/times

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

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

## Stick & Puck all ages

All ages, informal shootaround and skate. Skates, helmets and gloves required (no goalies).

## Huff & Puff 50+

Pickup hockey. Full hockey equipment required.

## \* Parents & Tots

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

\* *This is a free program. You do not need to register or pay for 'Parents & Tots'.*

## Open Skate all ages

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

## Adult Skate 18+

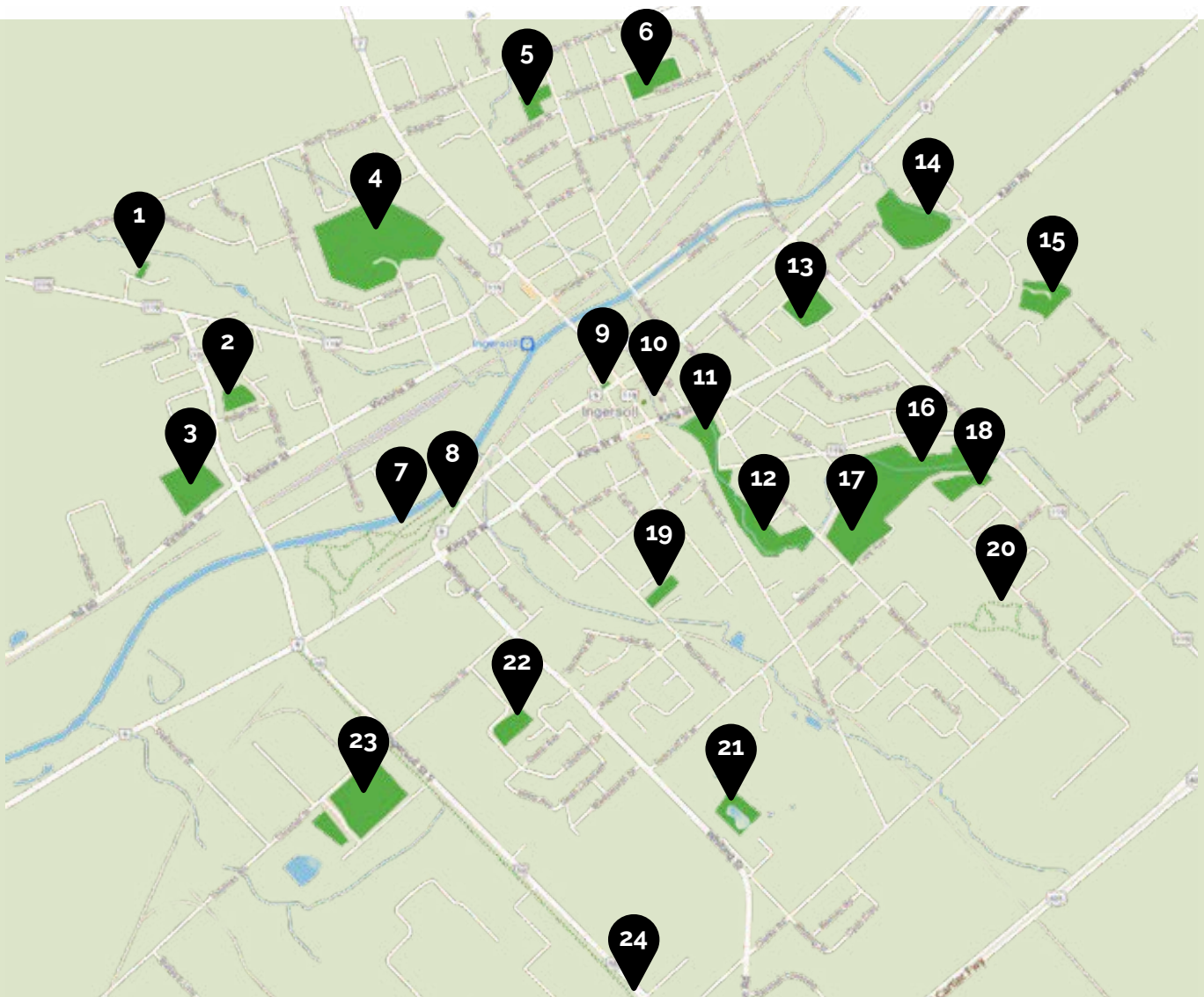
Skates required and helmets strongly recommended.





# Parks & Trails Map

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



# Facility Rentals

HST will be applied upon purchase where applicable.

## Arena

### Ice Rental

- Prime Time Private.....\$181.37/hr
- Non-Prime Time Private.....\$124.41/hr
- Minor Sports Prime Time.....\$138.78/hr
- Minor Sports Non-Prime Time.....\$95.71/hr

### Arena Floor

- Sunday to Thursday.....\$549.18/day
- Friday and Saturday.....\$800.88/day
- Hourly.....\$54.91/hr

### Auditorium

- Sunday to Thursday.....\$251.70/day
- Friday and Saturday.....\$480.53/day
- After 2:00am additional charge.....\$41.19

(flat rate, one-time fee)

- Hourly rate.....\$50.34/hr
- Hourly Rate for Auditorium/Arena Floor – User Group/Service Club.....\$31.52/hr

## Victoria Park Community Centre

### VPCC Meeting Room

- Per Hour.....\$27.46
- Per Day.....\$135.47

### Pool Rental

- 2 guards (1-65).....\$141.04
- 3 guards (66-100).....\$168.07
- 4 guards (101-166).....\$195.10

## Parks

### Diamonds

- 1 Time Diamond Rental w/ Lights.....\$49.54/hr
- 1 Time Diamond Rental w/out Lights.....\$40.53/hr
- User Group Diamond Rentalw/Lights.....\$25.45/hr
- User Group Diamond Rentalw/out Lights.....\$20.36
- 1 Time Minor Ball Diamond Rental.....\$6.22/hr
- Extra Diamond Dragging.....\$50.00

### Pavillions

- Smith Pond Pavillion Rental.....\$81.08/day
- Victoria Park Pavillion Rental.....\$81.08/day
- Centennial Park Pavillion Rental.....\$81.08/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.....\$46.68/hr
- Weekday or Evening Per Day.....\$373.42/day

### Lounge Rental

- Weekday/Evening/Weekend Per Hour.....\$42.11/hr
- Weekday/Evening/Weekend Per Day.....\$252.64/day

### Art Room Rental

- Weekday/Evening/Weekend Per Hour.....\$15.56/hr
- Weekday/Evening/Weekend Per Day.....\$93.33/day

### SureStart Room Rental

- Weekday/Evening/Weekend Per Hour.....\$31.12/hr
- Weekday/Evening/Weekend Per Day.....\$186.73/day

### Youth Technology Centre (the YTLC)

- Weekday/Evening/Weekend Per Hour.....\$31.12/hr
- Weekday/Evening/Weekend Per Day.....\$186.73/day

### IMAC Lab

- Weekday/Evening/Weekend Per Hour.....\$31.12/hr
- Weekday/Evening/Weekend Per Day.....\$186.73/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.....\$36.62/hr
- Weekday/Evening/Weekend Per Day.....\$155.60/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