

# Ingersoll

Community Services

# Spring Program Guide

2026



ISSUE: MARCH 23 - JUNE 06, 2026

**SPRING IS CALLING!**

Our Community Services Spring Program Guide is here! Packed with programs, activities, and events to help you get active, connect, and make the most of the season. Registration details for VPCC, the arena, and Fusion are inside!

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



@IngersollRecreation

@fusionyouthcentre

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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



@IngersollRecreation

@FusionYouthCentre

# HOW TO REGISTER

There are **3** ways to register for any of our recreation programs or free activities



## Online

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

### What you need:

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



## Phone

Call 519-425-1181 ext 0 during business hours

### What you need:

- Visa or Mastercard
- Name & date of program



## In Person

Drop into VPCC during business hours

### What you need:

- Visa or Mastercard
- Name of program



@IngersollRecreation  
@FusionYouthCentre



519-425-1181 ext 0



reception@ingersoll.ca

# REGISTRATION INFORMATION

## Registration Dates

Registration for Members March 2<sup>nd</sup> at 7:00am  
and Non-Members March 3<sup>rd</sup> at 7:00am

## To Register Visit

app.univerusrec.com/ingersollcspub  
Website link:  
ingersoll.ca/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 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.



Follow us on  
Facebook &  
Instagram

@IngersollRecreation

@FusionYouthCentre

## 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 is included

ADMISSIONS	COST
<b>SWIMMING</b>	
Members	Free
Children 2 and under	Free
Children (3-13yrs)	\$3.00
Adult (14+)	\$4.50
Seniors (60+)	\$4.00
<b>GROUP FITNESS (AQUATIC/LAND)</b>	
Members	Free
Non-Members	\$8.63
Senior Non-Members	\$7.60

MEMBERSHIP TYPE	COST
<b>MONTHLY HOUSEHOLD RATES:</b>	
1 Person Household	\$49.12
2 person Household	\$72.40
3 Person Household	\$87.91
4 Person Household	\$103.44
5+ Person Household	\$25.84/person
<b>MONTHLY SENIOR (60+), CHILD &amp; YOUTH (0-13yrs) RATES:</b>	
1 Senior/Child	\$38.79
2 Senior/Child	\$67.22

MEMBERSHIP DETAILS
<b>MEMBERSHIP INCLUDES:</b>
<ul style="list-style-type: none"> <li>• Early registration for many sessional programs</li> <li>• Unlimited aquatic and land group fitness</li> <li>• All Open Swims, Open Skates (excludes shinny, huff &amp; puff, and stick &amp; puck)</li> <li>• Unlimited squash, wallyball, and squickleball</li> <li>• Unlimited fitness centre access</li> </ul>
<b>MEMBERS GET PROGRAM DISCOUNTS:</b>
<ul style="list-style-type: none"> <li>• Discount swimming lessons</li> <li>• Discount on many sessional programs</li> <li>• Discount rate for child and youth drop-in programs</li> <li>• Discounts on Day Camps and PA Days</li> </ul>

MEMBERSHIP TYPE	COST
<b>AUTO-RENEWING HOUSEHOLD RATES:</b>	
<i>*Requires 20 day written notice of cancellation from date of purchase.</i>	
1 Person Household	\$43.96
2 person Household	\$62.06
3 Person Household	\$72.40
4 Person Household	\$82.74
5+ Person Household	\$20.68/person
<b>MONTHLY SENIOR (60+), CHILD &amp; YOUTH (0-13yrs) RATES:</b>	
1 Senior/Child	\$33.62
2 Senior/Child	\$56.88

# 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 OCCURENCE	2ND OCCURENCE	ANY SUBSEQUENT OCCURENCES
<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

## 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.

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

## 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 is included

ADMISSIONS	COST
<b>SWIMMING</b>	
Members	Free
Children 2 and under	Free
Children (3-13yrs)	\$3.00
Adult (14+)	\$4.50
Seniors (60+)	\$4.00

ADMISSIONS	COST
<b>GROUP FITNESS (AQUATIC/LAND)</b>	
Members	Free
Non-Members	\$8.63
Senior Non-Members	\$7.60



Register Online on **UNIVERUS**

app.univerusrec.com/ingersollcspub  
or call 519-425-1181 ext 0

## POOL & AQUAFIT SCHEDULE



**DATE**

March 23<sup>th</sup> - June 21<sup>st</sup>, 2026

JAN	FEB	MAR	<b>APR</b>	<b>MAY</b>	<b>JUN</b>	JUL	AUG	SEP	OCT	NOV	DEC
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 7:00am - 9:00am
Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	Parent & Tot Swim 12:30pm - 1:30pm
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	Open Swim 1:30pm - 3:30pm
Open Swim 10:15am - 11:15am	Aqua Boot Camp 10:15am - 11:15am	Open Swim 10:15am - 11:15am	Aqua Zumba 10:15am - 11:15am	Open Swim 10:15am - 11:15am	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	<b>SUNDAY</b>
	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	Shallow Water Aquafit 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

**Aqua-Mat / Stand Up Paddleboard**

- April 18<sup>th</sup> 8:00am - 8:45am
- June 20<sup>th</sup> 9:00am - 9:45am
- Our facility is closed Apr 3<sup>rd</sup>, 5<sup>th</sup>, and May 18<sup>th</sup>
- Check out our social media page @ingersollrecreation

**Ingersoll**  
COMMUNITY SERVICES

- 📞 519-425-1181 EXT 0
- 📱 app.univerusrec.com/ingersollcspub/
- ✉️ communityservices@ingersoll.ca

## Deep Water Aqua Fit

This water fitness program is held in the deep area of the pool and provides a no-impact, high-resistant, total body exercise workout. Participants will use Aqua fitness belts to perform a variety of motions, including walking, running, cycling, abdominal work and stretching exercise. Benefits of this method include less stress on the back, hips, knees, and ankles. **NO CLASSES April 3, 5 & May 18**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am - 9:00am		8:15am - 9:00am		8:15m - 9:00am		

## Shallow Water Aqua Fit

A low-impact but high-intensity water aerobics class where no swimming skills are needed. This class is an alternative to land exercise and is an excellent cross-training tool to improve overall health and fitness performance. The class's characteristics will build your abilities in flexibility, range of motion, strength, muscle tone, and cardiovascular endurance while using the resistance of the water to cushion your feet, knees, and back. **NO CLASSES April 3, 5 & May 18**

MONDAY	TUESDAY 	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15am - 10:00am	7:05pm - 7:50pm	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 May 18**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:05pm - 7:50pm						



VPCC is a scent free zone. Help us keep the air we share healthy and fragrance-free. Please do not wear perfume, cologne, aftershave or other fragrances.



### 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 May 18**

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					

# 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+ EVERYONE**

**SATURDAY, APRIL 18<sup>TH</sup>**

8:00am - 8:45am  
10 Spots Available

Members \$3.50 Non-Members \$7.00

**14+ EVERYONE**

**SATURDAY, JUNE 27<sup>TH</sup>**

8:00am - 8:45am  
12 Spots Available

Members \$3.50 Non-Members \$7.00



Register Online on **UNIVERUS**

[app.univerusrec.com/ingersollcspub](http://app.univerusrec.com/ingersollcspub)  
or call 519-425-1181 ext 0

# SWIMMING SCHEDULE

Members: Free | Non-Members: Adult \$4.50, Senior \$4.00, 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 April 3, 5 & May 18**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 8:00m 11:30am - 1:00pm	6:00am - 8:00m 11:30m - 1:00pm 8:00pm - 9:00pm	6:00am - 8:00am 11:30am - 1:00pm 8:00pm - 9:00pm	6:00am - 8:00m 11:30m - 1:00pm 8:00pm - 9:00pm	6:00am - 8:00m 11:30m - 1:00pm 8:00pm - 9:00pm	7:00am - 9:00am	7:00am - 9:00am

## Open Swim

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

**NO SWIMS April 3, 5 & May 18**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15am - 11:15am		10:15am - 11:15m		10:15am - 11:15am 6:00pm - 8:00pm	1:30pm - 3:30pm	1:30pm - 3:30pm

## Adult/Senior Swim

This swimming session is designed for individuals seeking a relaxed experience, whether it's taking a break, walking, swimming at a leisurely pace, or engaging in their preferred on-the-spot fitness activity.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00am - 9:00am		8:00am - 9:00am			

## 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.

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
					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.

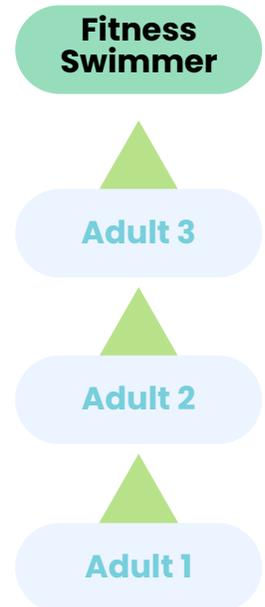
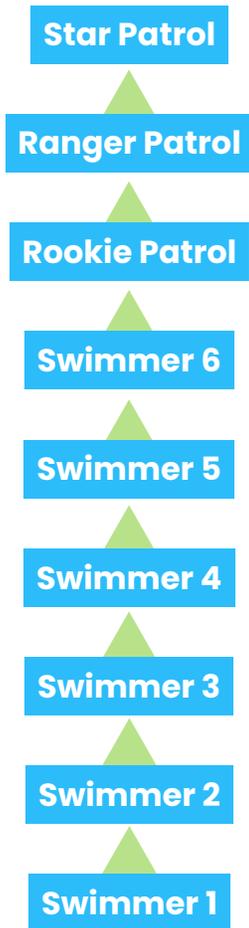
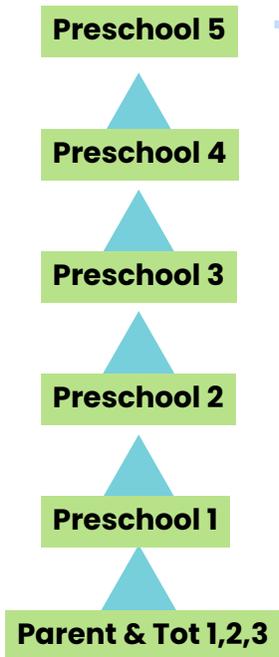
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						12:30pm - 1:30pm



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

## Swimming Lesson Program

### Parent & Tot Program



## PARENT & TOT (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 & 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 & TOT 3 (2-3 years)

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 years)

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 years)

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 years)

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 years)

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 years)

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 years)

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 (5–13 years)**

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 (5–13 years)**

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 (5–13 years)**

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 (5–13 years)**

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 (5–13 years)**

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 (5–13 years)**

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.

## STAR PATROL/ROOKIE/RANGER (5-13 years)

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 (3-13 years)

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

## PRIVATE LESSONS (14+ years)

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+ years)

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 years)

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.



# FREE SWIMS

## EASTER MONDAY OPEN SWIM



April 06, 2026



# 1:30pm – 3:30pm

Pool Admission Standards & Fees Apply.

## MARCH BREAK OPEN SWIM SPONSOR

FREE, BUT SPOTS ARE LIMITED!



**Kiwanis**  
CLUB OF INGERSOLL

THANK  
YOU

Saturday, March 14, 1:30pm – 3:30pm

Sunday, March 15, 1:30pm – 3:30pm

Monday, March 16, 1:00pm – 2:30pm

Tuesday, March 17, 1:00pm – 2:30pm

Friday, March 20, 1:00pm – 2:30pm & 6:00pm – 8:00pm

THANK-YOU TO THE INGERSOLL KIWANIS CLUB FOR YOUR SPONSORSHIP!

# SWIMMING LESSONS SCHEDULE

Please be aware that we do not reschedule swimming lessons for personal reasons such as illness, vacations, appointments, or sporting events.

## PARENT & TOT 1 (Ages 4mo-1yr/Ratio 1:10)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	4:35pm – 5:05pm
Thursday	Apr 2 – Jun 4	4:00pm – 4:30pm
Saturday	Apr 4 – Jun 6	9:00am – 9:30am
Sunday	Mar 29 – Jun 7	10:10am – 10:40am

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

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	10:00am to 10:30am

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

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	5:10pm to 5:40pm
Thursday	Apr 2 – Jun 4	5:10pm to 5:40pm
Saturday	Apr 4 – Jun 6	9:35am to 10:05am
Saturday	Apr 4 – Jun 6	11:15am to 11:45am
Sunday	Mar 29 – Jun 7	10:40am to 11:10am



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

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	9:30am to 10:00am
Tuesday	Mar 31 – Jun 2	4:00pm to 4:30pm
Tuesday	Mar 31 – Jun 2	6:15pm to 6:45pm
Thursday	Apr 2 – Jun 4	4:35pm to 5:00pm
Thursday	Apr 2 – Jun 4	6:00pm to 6:30pm
Saturday	Apr 4 – Jun 6	9:00am to 9:30am
Saturday	Apr 4 – Jun 6	10:40am to 11:10am
Sunday	Mar 29 – Jun 7	9:35am to 10:05am
Sunday	Mar 29 – Jun 7	11:00am to 11:30am

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

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	5:10pm to 5:40pm
Thursday	Apr 2 – Jun 4	5:10pm to 5:40pm
Saturday	Apr 4 – Jun 6	9:35am to 10:05am
Sunday	Mar 29 – Jun 7	9:00am to 9:30am
Sunday	Mar 29 – Jun 7	10:45am to 11:15am

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

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	6:20pm to 6:50pm
Thursday	Apr 2 – Jun 4	5:45pm to 6:15pm
Saturday	Apr 4 – Jun 6	10:10am to 10:40am
Saturday	Apr 4 – Jun 6	10:40am to 11:10am
Sunday	Mar 29 – Jun 7	9:35am to 10:05am
Sunday	Mar 29 – Jun 7	11:20am to 11:50am

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

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 - Jun 2	10:30am to 11:00am
Tuesday	Mar 31 - Jun 2	4:35pm to 5:05pm
Tuesday	Mar 31 - Jun 2	5:10pm to 5:40pm
Thursday	Apr 2 - Jun 4	4:00pm to 4:30pm
Thursday	Apr 2 - Jun 4	5:10pm to 5:40pm
Saturday	Apr 4 - Jun 6	9:00am to 9:30am
Saturday	Apr 4 - Jun 6	10:10am to 10:40am
Saturday	Apr 4 - Jun 6	11:20am to 11:50am
Sunday	Mar 29 - Jun 7	9:00am to 9:30am
Sunday	Mar 29 - Jun 7	9:35am to 10:05am
Sunday	Mar 29 - Jun 7	10:25am to 10:55am



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

Lessons: 8 Fee: Member \$35.00 Non-Member: \$70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 - Jun 2	11:00am to 11:30am
Tuesday	Mar 31 - Jun 2	4:00pm to 4:30pm
Tuesday	Mar 31 - Jun 2	4:35pm to 5:05pm
Tuesday	Mar 31 - Jun 2	5:45pm to 6:15pm
Thursday	Apr 2 - Jun 4	4:00pm to 4:30pm
Thursday	Apr 2 - Jun 4	4:35pm to 5:05pm
Thursday	Apr 2 - Jun 4	6:20pm to 6:50pm
Saturday	Apr 4 - Jun 6	9:00am to 9:30am
Saturday	Apr 4 - Jun 6	10:10am to 10:40am
Sunday	Mar 29 - Jun 7	9:00am to 9:30am
Sunday	Mar 29 - Jun 7	10:10am to 10:40am
Sunday	Mar 29 - Jun 7	10:45am to 11:15am

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

Lessons: 8 Fee: Member \$35.00 Non-Member: \$70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 - Jun 2	4:35pm to 5:05pm
Thursday	Apr 2 - Jun 4	6:00pm to 6:30pm
Thursday	Apr 2 - Jun 4	6:30pm to 7:00pm
Saturday	Apr 4 - Jun 6	9:35am to 10:05am
Saturday	Apr 4 - Jun 6	10:45am to 11:15am
Sunday	Mar 29 - Jun 7	9:35am to 10:05am

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

Lessons: 8 Fee: Member \$35.00 Non-Member: \$70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 - Jun 2	4:00pm to 4:30pm
Tuesday	Mar 31 - Jun 2	5:45pm to 6:15pm
Thursday	Apr 2 - Jun 4	4:35pm to 5:05pm
Saturday	Apr 4 - Jun 6	9:35am to 10:05am
Saturday	Apr 4 - Jun 6	11:20am to 11:50am
Sunday	Mar 29 - Jun 7	11:20am to 11:50am

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

Lessons: 8 Fee: Member \$35.00 Non-Member: \$70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 - Jun 2	4:00pm to 4:30pm
Tuesday	Mar 31 - Jun 2	5:45pm to 6:15pm
Thursday	Apr 2 - Jun 4	4:00pm to 4:30pm
Thursday	Apr 2 - Jun 4	4:35pm to 5:05pm
Thursday	Apr 2 - Jun 4	6:30pm to 7:00pm
Saturday	Apr 4 - Jun 6	9:35am to 10:05am
Saturday	Apr 4 - Jun 6	10:10am to 10:40am
Saturday	Apr 4 - Jun 6	11:15am to 11:45am
Sunday	Mar 29 - Jun 7	9:00am to 9:30am
Sunday	Mar 29 - Jun 7	9:35am to 10:05am
Sunday	Mar 29 - Jun 7	10:10am to 10:40am

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

Lessons: 8 Fee: Member \$35.00 Non-Member: \$70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	4:00pm to 4:30pm
Tuesday	Mar 31 – Jun 2	5:10pm to 5:40pm
Tuesday	Mar 31 – Jun 2	6:15pm to 6:45pm
Thursday	Apr 2 – Jun 4	4:00pm to 4:30pm
Thursday	Apr 2 – Jun 4	5:25pm to 5:55pm
Thursday	Apr 2 – Jun 4	6:20pm to 6:50pm
Saturday	Apr 4 – Jun 6	9:00am to 9:30am
Saturday	Apr 4 – Jun 6	10:45am to 11:15am
Sunday	Mar 29 – Jun 7	9:00am to 9:30am
Sunday	Mar 29 – Jun 7	10:10am to 10:40am
Sunday	Mar 29 – Jun 7	11:15am to 11:45am

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

Lessons: 8 Fee: Member \$37.50 Non-Member: \$75.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	4:35pm to 5:20pm
Tuesday	Mar 31 – Jun 2	5:45pm to 6:00pm
Thursday	Apr 2 – Jun 4	4:35pm to 5:20pm
Thursday	Apr 2 – Jun 4	5:45pm to 6:30pm
Saturday	Apr 4 – Jun 6	9:00am to 9:45am
Saturday	Apr 4 – Jun 6	10:10am to 10:55am
Sunday	Mar 29 – Jun 7	9:35am to 10:20am

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

Lessons: 8 Fee: Member \$37.50 Non-Member: \$75.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	4:35pm to 5:20pm
Tuesday	Mar 31 – Jun 2	5:45pm to 6:00pm
Thursday	Apr 2 – Jun 4	4:35pm to 5:20pm
Thursday	Apr 2 – Jun 4	6:00pm to 6:45pm
Saturday	Apr 4 – Jun 6	10:45am to 11:30am
Sunday	Mar 29 – Jun 7	10:45am to 11:30am

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

Lessons: 8 Fee: Member \$37.50 Non-Member: \$75.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	5:25pm to 6:10pm
Thursday	Apr 2 – Jun 4	5:10pm to 5:55pm
Saturday	Apr 4 – Jun 6	9:50am to 10:35am
Sunday	Mar 29 – Jun 7	10:45am to 11:30am



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

Lessons: 8 Fee: Member \$37.50 Non-Member: \$75.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Mar 31 – Jun 2	5:25pm to 6:10pm
Thursday	Apr 2 – Jun 4	5:10pm to 5:55pm
Saturday	Apr 4 – Jun 6	9:50am to 10:35am
Sunday	Mar 29 – Jun 7	10:45am to 11:30am

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

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

DAY OF WEEK	SESSION DATES	TIME
Thursday	Apr 2 – Jun 4	6:00pm to 7:00pm
Saturday	Apr 4 – Jun 6	11:00am to 12:00pm
Sunday	Mar 29 – Jun 7	9:35am to 10:35am

**PRIVATE LESSON (Ages 3yr - 13yr/Ratio 1:1)**

**Lessons: 10 Fee: Member/Non-Member \$220.00**

DAY OF WEEK	SESSION DATES	TIME
Monday	Mar 30 - Jun 8	4:00pm to 4:30pm
Monday	Mar 30 - Jun 8	4:00pm to 4:30pm
Monday	Mar 30 - Jun 8	4:00pm to 4:30pm
Monday	Mar 30 - Jun 8	4:30pm to 5:00pm
Monday	Mar 30 - Jun 8	4:30pm to 5:00pm
Monday	Mar 30 - Jun 8	4:30pm to 5:00pm
Monday	Mar 30 - Jun 8	5:00pm to 5:30pm
Monday	Mar 30 - Jun 8	5:00pm to 5:30pm
Tuesday	Mar 31 - Jun 2	4:00pm to 4:30pm
Tuesday	Mar 31 - Jun 2	4:35pm to 5:05pm
Tuesday	Mar 31 - Jun 2	5:10pm to 5:40pm
Tuesday	Mar 31 - Jun 2	6:20pm to 6:50pm
Wednesday	Apr 1 - Jun 3	4:00pm to 4:30pm
Wednesday	Apr 1 - Jun 3	4:00pm to 4:30pm
Wednesday	Apr 1 - Jun 3	4:00pm to 4:30pm
Wednesday	Apr 1 - Jun 3	4:30pm to 5:00pm
Wednesday	Apr 1 - Jun 3	4:30pm to 5:00pm
Wednesday	Apr 1 - Jun 3	4:30pm to 5:00pm
Wednesday	Apr 1 - Jun 3	5:00pm to 5:30pm
Wednesday	Apr 1 - Jun 3	5:00pm to 5:30pm
Thursday	Apr 2 - Jun 4	4:00pm to 4:30pm
Thursday	Apr 2 - Jun 4	4:35pm to 5:05pm
Thursday	Apr 2 - Jun 4	5:25pm to 5:55pm
Thursday	Apr 2 - Jun 4	6:30pm to 7:00pm
Saturday	Apr 4 - Jun 6	9:00am to 9:30am
Saturday	Apr 4 - Jun 6	10:45am to 11:15am
Saturday	Apr 4 - Jun 6	11:20am to 11:50am
Saturday	Apr 4 - Jun 6	11:30am to 12:00pm
Sunday	Apr 4 - Jun 6	9:00am to 9:30am
Sunday	Mar 29 - Jun 7	9:00am to 9:30am
Sunday	Mar 29 - Jun 7	10:10am to 10:40am
Sunday	Mar 29 - Jun 7	11:30am to 12:00pm
Sunday	Mar 29 - Jun 7	11:30am to 12:00pm

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

**Lessons: 10 Fee: Member/Non-Member \$248.60**

DAY OF WEEK	SESSION DATES	TIME
Thursday	Apr 2 - Jun 4	8:00pm to 8:30pm
Thursday	Apr 2 - Jun 4	8:30pm to 9:00pm

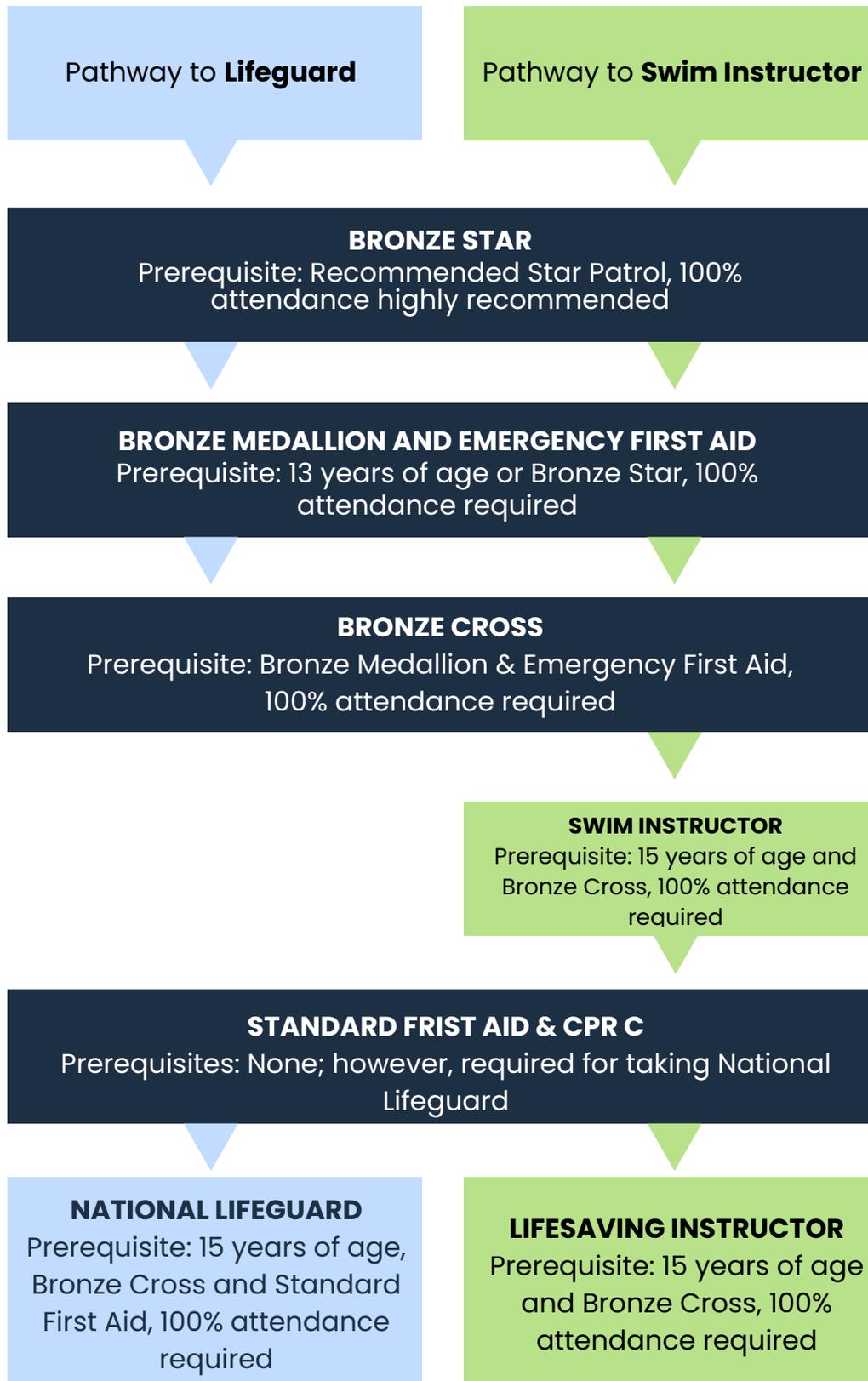


**ADULT LESSONS (Ratio 1:8)**

**Lessons: 10 Fee: Member/Non-Member \$84.75**

DAY OF WEEK	SESSION DATES	TIME
Wednesday	Apr 1 - Jun 3	8:00pm to 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.



## BRONZE STAR

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

## BRONZE MEDALLION & EFA

Bronze Medallion challenges the candidate mentally and physically. Judgement, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training.

Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

## BRONZE CROSS

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

## STANDARD FIRST AID (RECERTIFICATION)

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

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

## STANDARD FIRST AID WITH CPR-C

Standard First Aid provides comprehensive training covering all aspects of first aid and CPR and is designed for those who require a more in-depth understanding of first aid including legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical emergencies. Includes CPR-C certification. This is the pre-requisite for the National Lifeguarding program and also meets WSIB standards for SFA in the workplace.



## NATIONAL LIFEGUARD 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.



## NATIONAL LIFEGUARD COURSE

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

# LEADERSHIP COURSES

## BRONZE STAR COURSE (RATIO 1:8)

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

DAY OF WEEK	SESSION DATES	TIME
Tues to Fri	Mar 3 - 6	4:00pm to 7:00pm 4:00pm to 6:00pm
Mon to Thurs	June 8-11	4:00pm to 7:00pm

## BRONZE CROSS COURSE (RATIO 1:10)

Lessons: 5 Fee: Member/Non-Member: \$139.77

DAY OF WEEK	SESSION DATES	TIME
Mon to Fri	March 9, 10, 11, 12 Exam: March 13	4:00pm to 9:00pm Exam: 4pm to 6pm
Mon to Fri	June 15, 16, 17, 18 Exam: June 19	4:00pm to 9:00pm Exam: 4pm to 6pm

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

Lessons: 5 Fee: Member/Non-Member: \$178.10

DAY OF WEEK	SESSION DATES	TIME
Mon to Fri	March 9, 10, 11, 12 Exam: March 13	4:00pm to 9:00pm Exam: 4pm to 6pm
Mon to Fri	June 15, 16, 17, 18 Exam: June 19	4:00pm to 9:00pm Exam: 4pm to 6pm

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

Lessons: 3 Fee: Member/Non-Member: \$182.90

DAY OF WEEK	SESSION DATES	TIME
Fri, Sat & Sun	May 29, 30, 31	Fri 4:00pm to 9:00pm Sat & Sun 9:00am to 6:00pm

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

Lessons: 2 Fee: Member/Non-Member: \$135.45 Recert \$82.83

DAY OF WEEK	SESSION DATES	TIME
Sat & Sun	Feb 7 & 8	8:00am to 4:00pm @ Fusion
Sunday-Recert	Feb 8	8:00am to 4:00pm @ Fusion
Sat & Sun	April 18 & 19	8:00am to 4:00pm @ Fusion
Sunday-Recert	April 19	8:00am to 4:00pm @ Fusion
Sat & Sun	May 30 & 31	8:00am to 4:00pm @ Fusion
Sunday-Recert	May 31	8:00am to 4:00pm @ Fusion

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

Lessons: 6 Fee: Member/Non-Member: \$265.24 Recert \$87.43

DAY OF WEEK	SESSION DATES	TIME
Saturday	Recertification Exam March 7	9:00am to 1:00pm
Fri, Sat & Sun	March 13, 14, 15, 20, 21 Exam: March 22	Fri 4:00pm to 9:00pm Sat & Sun 9:00am to 6:00pm Exam: 9am to 1:00pm
Sunday	Recertification Exam March 22	9:00am to 1:00pm
Fri, Sat & Sun	June 5, 6, 7, 12, 13 Exam: June 14	Fri 4:00pm to 9:00pm Sat & Sun 9:00am to 6:00pm Exam: 9am to 1:00pm
Sunday	Recertification Exam June 14	9:00am to 1:00pm

## LSS INSTRUCTORS COURSE (RATIO 1:10)

Lessons: 4 Fee: Member/Non-Member: \$182.90

DAY OF WEEK	SESSION DATES	TIME
Mon to Fri	June 15, 16, 17, 18	4:00pm to 9:00pm

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

Lessons: 2 Fee: Member/Non-Member: \$135.45

DAY OF WEEK	SESSION DATES	TIME
Sat & Sun	May 9 & 10	9:00am to 6:00pm

# GROUP FITNESS SCHEDULE

HST is included

ADMISSIONS	COST
<b>GROUP FITNESS (AQUATIC/LAND)</b>	
Members	Free
Non-Members	\$8.63
Senior Non-Members	\$7.60



Register Online on **UNIVERUS**

[app.univerusrec.com/ingersollcspub](http://app.univerusrec.com/ingersollcspub)  
or call 519-425-1181 ext 0

## GROUP FITNESS SCHEDULE



**DATE**

March 23<sup>rd</sup> - June 21<sup>st</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	<b>NEW!</b> Good Morning Yoga 6:00am - 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
			Circi Mobility 8:00am - 8:45am	Kettlebells 8:30am - 9:15am	Saturday Strong 9:00am - 10:00am
Fit & Flex 9:30am - 10:30am	Low Impact 9:30am - 10:30am	Yoga 9:30am - 10:30am	<b>NEW!</b> Strong & Balanced 9:30am - 10:30am	Fit & Flex 9:30am - 10:30am	Mobility & Stretch 10:00am - 10:45am
		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	<b>NEW!</b> 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	<b>NEW!</b> 20-20-20 7:00pm - 8:00pm	Zumba / Tone Zone 7:00pm - 8:00pm <b>NEW!</b>		
			Bedtime Yoga 8:15pm - 9:00pm		

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

### NOTES

- Thursday Zumba will be held upstairs in the Meeting Room
- There will be no classes running on Feb 16<sup>th</sup> for Family Day
- Our facility is closed on Apr 3<sup>rd</sup>, Apr 5<sup>th</sup>, and May 18<sup>th</sup>
- Check out our social media page @ingersollrecreation

**Ingersoll**  
COMMUNITY SERVICES

- 📞 519-425-1181 EXT 0
- 🌐 [app.univerusrec.com/ingersollcspub/](http://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

NEW NEW NEW  
NEW NEW NEW  
NEW NEW NEW

**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: \$5.65/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

No Classes April 3, May 5, 18



**20-20-20**

Ride, lift and move! A fun, well-rounded workout with 20mins of cycling for cardio, 20mins of strength-building, and 20mins focused on improving mobility. The perfect fitness combo everyone will enjoy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:00pm - 8:00pm				

## 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						

## 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
Cycle30 12:30pm - 1:00pm 4:30pm - 5:15pm	7:00am - 7:45am	Cycle30 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			8:30am - 9:15am		

## 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
	9:30m - 10:30am					

## Mobility & Stretch

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:00am - 10:45am	

## 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		

## Saturday 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
					9:00am - 10:00am	

## Strong and Balanced

A strengthening mat-based class inspired by Pilates. Focusing on posture, flexibility, core strength, and mobility.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			9:30am - 10:30am			

## 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
			7:00pm - 8:00pm	7:00am - 8:00am		

## 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				

## 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		11:00am - 12:00pm				

## Yoga

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

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

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

-**Good Morning Yoga:** Energizing poses and flows to start your day

-**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
	Good Morning Yoga 6:00am - 6:45m Yoga Core 5:45pm - 6:45pm	Yoga 9:30am - 10:30am Yoga Tone 5:45pm - 6:45pm	Yoga 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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00pm - 8:00pm		7:00pm - 8:00pm *Meeting Room*			

# ADULT PROGRAM SCHEDULE

No Classes April 3, May 5, 18

## Co-Ed Slo Pitch

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

**Location:** Baseball Diamonds

**Date:** May 3rd – August 23rd (No Games on May 17th , June 28th , and August 2nd )

**Registration Closes April 1 st**

**Times:** 5:00pm, 6:30pm, and/or 8:00pm. Schedules and game times will vary based on team enrollment

**Fee:** Member and Non-Member \$575.17/ per team

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						Time will be on team schedule

## Adult Poetry Workshop

Unlock your creativity and express yourself through the power of poetry in this welcoming, supportive workshop designed for adults of all experience levels. Through engaging prompts, mini-lessons, and group sharing, you'll have the chance to write, reflect, and connect with others in a relaxed environment. Join us to discover new ways of seeing the world and yourself through words. No previous poetry experience necessary, just bring your imagination and willingness to share!

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

**Date:** March 22nd

**Fee:** Member \$3.96 Non-Member \$7.91

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						11:00am - 12:00pm

## 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:** March 26th – May 7th

**Fees:** Members \$27.69 / 7 weeks Non- Members \$55.37 / 7 weeks

**Session 2:** May 14th – June 18th

**Fees:** Members \$23.73 / 6 weeks Non- Members \$47.46 / 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			11:00am - 12:00pm			

No Classes April 3, May 5, 18

## 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:** Monday's March 23rd- May 4th

**Fees:** Members \$27.69 / 7 weeks Non- Members \$55.37 / 7 weeks

**Session 2:** Monday's May 11th – June 15th (No Program May 18th )

**Fees:** Member \$19.78/ 5 weeks Non-Members \$39.55/ 5 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00am - 12:00pm						

## Run Club: Starters 14+

New to running – Start here! Designed for new and novice runners. Unlock your running potential with our Run Club program. Build your endurance over the weeks with run/walk sessions in a supportive group setting! We will also do resistance exercises, mobility drills, and steep incline walking/jogging to build and improve your running capacity. All levels of runners are welcome. Participants will meet in the front lobby at Victoria Park Community Centre.

**Location:** Victoria Park Community Centre- Meet in the Front Lobby

**Session:** May 5th – June 16th

**Fees:** Members \$27.69 / 7 weeks Non- Members \$55.37 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00pm - 8:00pm					

## Run Club: Intermediate 14+

Ready to level up your running? This program is designed for intermediate runners looking to improve pace, stamina, and efficiency. Expect structured sessions that blend focused runs, hill work, resistance training, and mobility to build strength and resilience. With expert coaching and a driven community, you'll stay consistent, push your limits, and train with purpose. Whether you're chasing a PR or preparing for longer distances, this program will help you get there. Participants will meet in the front lobby at Victoria Park Community Centre.

**Location:** Victoria Park Community Centre- Meet in the Front Lobby

**Session:** May 7th – June 18th

**Fees:** Members \$27.69 / 7 weeks Non- Members \$55.37 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00pm - 8:00pm			

## 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 metre swim with their face submerged in water.

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

**Session 1:** March 26th – May 7th

**Fees:** Members \$27.69 / 7 weeks Non- Members \$55.37 / 7 weeks

**Session 2:** May 14th – June 18th

**Fees:** Members \$23.73 / 6 weeks Non- Members \$47.46 / 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			8:00pm - 9:00pm			

# PICKUP HUB PROGRAMS

**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 April 3, May 5, 18

Members & Non-Members \$5.00 (HST included)

### Adult Shuffleboard

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

**Dates:** Tuesday March 24th- June 16th  
Thursday March 26th- June 17th

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

**Fee:** Member & Non-Members \$5.00 per play (PickupHub)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	12:30pm - 3:30pm		12:30pm - 3:30pm			

### Adult Intermediate Pickleball

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

**Dates:** Thursdays March 26th- June 18th

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

**Fee:** Member & Non-Members \$5.00 per play (PickupHub)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00pm - 9:00pm			

### Adult Recreation Pickleball

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

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

**Dates:** Wednesdays March 25th- June 17th

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

**Fee:** Member & Non-Members \$5.00 per play (PickupHub)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:00pm - 9:00pm				

### Adult Recreation Volleyball

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

**Dates:** Wednesday March 25th- June 17th

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

**Fee:** Member & Non-Members \$5.00 per play (PickupHub)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:00pm - 9:00pm				

### Adult Intermediate Volleyball

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 High School Gymnasium 2

**Dates:** Monday March 23rd- June 15th ( No program May 18th)

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

**Fee:** Member & Non-Members \$5.00 per play (PickupHub)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00pm - 9:00pm						



VPCC is a scent free zone. Help us keep the air we share healthy and fragrance-free. Please do not wear perfume, cologne, aftershave or other fragrances.



# CANADA DAY CELEBRATIONS



Wednesday, July 01st

Victoria Park

4:00pm - Dusk

Food Trucks 🍁 Live Music 🍁 Vendors 🍁 Fireworks



# SCHOOL AGE PROGRAM SCHEDULE

No Classes April 3, May 5, 18



Register Online on **UNIVERUS**

app.univerusrec.com/ingersollcspub  
or call 519-425-1181 ext 0

## Ninja Warrior Training Ages 5-10 yrs

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

**Date:** Thursday's March 26 – June 11

**Fees:** Member \$ 36.00 / 12 weeks, Non-Member \$72.00 / 12 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:30pm - 7:30pm			

## Goop Group Ages 4-9yrs

A slime-filled, hands-on program where kids mix, stretch, squish, and swirl a new gooey creation each week to take home. Participants will experiment with colorful slime, fun textures, and exciting add-ins while enjoying playful sensory fun. Perfect for kids who love getting messy, being creative, and making awesome slime!

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

**Session 1:** Wednesday's March 25th- May 6th

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

**Session 2:** Wednesday's May 13th- June 17th

**Fees:** Member \$18.00 / 6 weeks Non-Member \$36.00 / 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:00pm - 6:00pm				

## Camp Game Corner Ages 5-10yrs

A fun, high-energy program featuring classic circle and camp games that get kids moving, laughing, and playing together. Participants build teamwork and confidence while enjoying active, inclusive play. Each session features a mix of fast-paced and silly games designed to keep everyone engaged, included, and having a blast. Perfect for kids who love to play, move, and make new friends! All individuals are required to wear clean, indoor-only footwear when using the space.

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

**Session 1:** Tuesday's, March 24th- May 5th

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

**Session 2:** Tuesday's May 12th- June 16th

**Fees:** Member \$18.00 / 6 weeks Non-Member \$36.00 / 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:00pm - 6:00pm					

No Classes April 3, May 5, 18

### 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 :** March 29th- June 7th (No program April 5 th & June 14 th )

**Fees:** Member \$30.00 / 10 weeks Non-Member \$60.00 / 10 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 :** March 29th- June 7th (No program April 5th & June 14th )

**Fees:** Member \$30.00 / 10 weeks Non-Member \$60.00 / 10 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						11:00am - 12:00pm

### 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

**Dates:** March 27th- June 19th (No program on April 3rd, April 24th, May 18th and May 29th)

**Fees:** Member \$30.00/ 10 weeks Non-Member \$60.00 /10 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				5:00pm - 6:00pm		

No Classes April 3, May 5, 18

**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

**Dates:** Friday's March 27th- June 19th (No program April 3rd, April 24th, May 18th & May 29th)

**Fees:** Member \$4.00 Non-Member \$6.00

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.



# FLICK N DIP

## MOVIE SCHEDULE

March 27



Despicable Me

April 10



Big Hero 6

April 17



Ratatouille

May 1



Wall-E

May 8



Toy Story 3

May 15



Hotel Transylvania

May 22



Agent Cody Banks

June 5



Alice in Wonderland

June 12



Annie

June 19



Brother Bear



No Classes April 3, May 5, 18



Register Online on **UNIVERUS**

[app.univerusrec.com/ingersollcspub](http://app.univerusrec.com/ingersollcspub)  
or call 519-425-1181 ext 0

### 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:** Tuesday March 24th- May 5th

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

**Session 2:** Tuesday May 12th- June 16th

**Fees:** Member \$18.00 / 6 weeks Non-Member \$36.00 / 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00am - 10:00am					

### Kinder Gymnastics & Craft Ages 3-5yrs

This program introduces young children to movement and body awareness through exciting, age-appropriate 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 instructions, take turns, and perform gymnastics skills to songs and on beginner gymnastics equipment. Each class also includes a fun craft activity, giving children a chance to be creative and take home a special project.

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

**Session 1:** Saturdays March 28th- May 9th

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

**Session 2:** Saturdays May 16th- June 20th

**Fees:** Member \$18.00 / 6 weeks Non-Member \$36.00 / 6 weeks

**Session 3:** Wednesdays March 25<sup>th</sup> - May 6th

**Fees:** Member \$21.00 / 7 weeks & Non-Member \$42.00 / 7 weeks

**Session 4:** Wednesdays May 13<sup>th</sup> - June 17th

**Fees:** Member \$18.00 / 6 weeks & Non-Member \$36.00 / 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		10:45am - 11:45am			9:00am - 10:00am	

### Kinder Prep Ages 3-4yrs

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

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

**Session 1:** Tuesday's March 24th- May 6th

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

**Session 2:** Tuesday's May 12th- June 16th

**Fees:** Member \$18.00 / 6 weeks Non-Member \$36.00 / 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:30am - 11:30am					

No Classes April 3, May 5, 18

### 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:** March 26th- May 7th

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

**Session 2:** May 14th- June 18th

**Fees:** Member \$18.00 / 6 weeks Non-Member \$36.00 / 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			10:00m - 11:00am			

### Parent & Tot Gymnastics Ages 2 – 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 skilled activities. Children will learn to follow instruction, take turns and perform beginner gymnastics skills in a fun atmosphere.

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

**Session 1:** March 28th- May 9th

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

**Session 2:** May 16th- June 20th

**Fees:** Member \$18.00 / 6 weeks Non-Member \$36.00 / 6 weeks

**Session 3:** March 28th- May 9th

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

**Session 4:** May 16th- June 20th

**Fees:** Member \$18.00 / 6 weeks Non-Member \$36.00 / 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:15am - 11:15am 11:30am - 12:30pm	

### Parent & Me: Gym & Swim Ages 2 – 3yrs

This program offers a special time for you and your little one to enjoy gymnastics-inspired activities through songs and structured movement. Children will build coordination, strength, and flexibility while learning to follow instructions, take turns, and practice basic gymnastics skills in a fun, supportive atmosphere. The last 30 minutes of class will be spent in the pool enjoying songs, games, and water fun together!

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

**Session 1:** March 25th- May 6th

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

**Session 2:** May 13th- June 17th

**Fees:** Member \$18.00 / 6 weeks Non-Member \$36.00 / 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		9:45am - 10:45am				

No Classes April 3, May 5, 18

### 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:** March 29th- June 7th (No program April 5th & June 14th)

**Fees:** Member \$30.00 / 10 weeks Non-Member \$60.00 / 10 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						9:00am - 10:00am

### 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:** March 29th- June 7th (No program April 5th & June 14th)

**Fees:** Member \$30.00 / 10 weeks Non-Member \$60.00 / 10 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						8:00am - 9:00am



# Summer Day Camps

**Ingersoll**  
COMMUNITY SERVICES

**HOURS OF CAMP:** 8:00am – 4:00pm

**EXTENDED CARE:** 7:00am – 5:00pm, \$15.00/week

**AGE GROUPS:**

Junior Campers Age 4-5yrs (Camp ratio 2:12)

Intermediate Campers Age 6-9yrs (Camp ratio 3:25)

Senior Campers Age 10-12yrs (Camp ratio 1:8)

## WATER WONDERLAND

July 6-10

Splash, play, and explore all things water! Enjoy pool games, water-themed activities, and creative crafts that make a big splash

Members \$175  
Non-Members \$200

## UNDERWATER EXPLORERS

July 13-17

Dive into an ocean adventure! Discover sea creatures, go on treasure hunts, and explore the wonders of the deep

Members \$175  
Non-Members \$200



## THE GREAT DINO TREASURE EXPEDITION

July 20-24

Travel back in time to the age of dinosaurs! Dig for fossils, hunt for treasure, and explore prehistoric adventures

Members \$175  
Non-Members \$200



## SPACE EXPLORERS: JOURNEY TO THE STARS

July 27-31

Blast off on a cosmic adventure! Explore planets, stars, and galaxies while enjoying space-themed games and crafts. Refuel with a tasty ice cream treat.

Members \$175  
Non-Members \$200



## CAMP NINJA WARRIORS

August 4-7

Test your skills and agility on fun obstacle courses, challenges, and high-energy ninja-inspired activities.

Members \$140  
Non-Members \$160



## BIKE ACADEMY CAMP

August 4-7  
Ages 8-12

A half-day camp from 8:00am-12:00pm packed with fun bike activities! Kids will ride through exciting bike courses, practice safe riding skills, and learn important bike safety tips. Helmets and bikes are required

Members \$140  
Non-Members \$160



## CANDYLAND CRAZE

August 10-14

Step into a sweet adventure! Play games, enjoy candy-themed activities, and create fun treats and crafts

Members \$175  
Non-Members \$200



## JUNGLE ADVENTURE

August 17-21

Swing into action with jungle-inspired games, crafts, and activities while exploring the wild side of fun. Big adventure ahead! Campers will hop on the bus this week to meet some amazing animals up close

Members \$195  
Non-Members \$220



## PIZZA PALOOZA

August 24-28

Make pizza crafts and play games, it's pizza party time! Campers will dig into 2 slices of pizza, chips, and fruit punch. Big flavours, big smiles, and big camp energy!

Members \$175  
Non-Members \$200



## Glow & Go Dance Party Ages 4-12yrs

Get ready to light up the day with music, movement, and glow-in-the-dark fun! This high-energy camp day invites kids to dance, jump, and groove to upbeat tunes while exploring creative choreography and silly dance games. With neon colors, glow sticks, and a vibrant atmosphere, participants will move, laugh, and shine together. Perfect for kids who love music, dancing, and getting active in a fun, safe environment!

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

**Date:** April 24th

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:00am - 4:00pm		

## Clay & Sculpt Ages 4-12yrs

Get ready for a hands-on, creative day where kids explore the world of clay and sculpting! Participants will shape, mold, and build their own unique creations, experimenting with textures, colors, and forms. From imaginative sculptures to fun keepsakes, this camp encourages creativity, fine motor skills, and self-expression in a playful, supportive environment. Perfect for kids who love to get creative and bring their ideas to life!

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

**Date:** May 29th

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				8:00am - 4:00pm		



## SPECIAL EVENTS



## Bunny Sock Hop Pizza Party Ages 4-12yrs

Hop and twirl to your favourite pop songs. Wear your favourite and extravagant socks and pastel colours to show off on the dance floor. Learn some new dance moves and dance to disco lights with friends. The dance party will end with some yummy pizza, juice and a sweet treat. Children will have the opportunity to make a bunny themed craft to take home.

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

**Date:** Saturday, April 11

**Time:** 1:30pm - 3:30pm

**Fee:** Member \$6.00 / Non-Member \$12.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1:30pm - 3:30pm	



## **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:** \$229.62 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:** \$229.62 per party



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



**Programs are open to all Fusion members!**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:30-9:00pm <b>Lounge/The Y</b>	2:30-9:00pm <b>Lounge/The Y</b>	2:30-9:00pm <b>Lounge/The Y</b>	2:30-9:00pm <b>Lounge/The Y</b>	2:30-9:00pm <b>Lounge/The Y</b>
2:30-4:00pm <b>Studio Workshop</b>	2:30-4:00pm <b>Open Gym</b>	2:30-4:00pm <b>Studio Workshop</b>	2:30-5:00pm <b>Open Gym</b>	2:30-5:00pm <b>Open Gym</b>
2:30-4:00pm <b>Open Gym</b>	4:00-5:00pm <b>Volleyball</b>	2:30-4:00pm <b>Open Gym</b>	4:00-5:00pm <b>Film Production</b>	5:00-6:00pm <b>Volleyball</b>
4:00-5:00pm <b>Badminton</b>	4:30-6:00pm <b>Tracy's Diner</b>	4:00-5:00pm <b>Pickleball</b>	5:00-6:00pm <b>Guys Group*</b>	5:00-6:00pm <b>Guys Group*</b>
4:30-6:00pm <b>Tracy's Diner</b>	5:00-6:00pm <b>Ping Pong with Shiya</b>	5:00-6:00pm <b>Basketball</b>	6:00-7:30pm <b>Girls Group</b>	7:00-9:00pm <b>Open Art</b>
5:00-6:00pm <b>Volleyball</b>	6:00-7:00pm <b>1 on 1 Music Lessons</b>	6:00-7:30pm <b>Digital Drawing</b>	5:00-6:00pm <b>Girls Multi-Sports</b>	7:00-8:00pm <b>Basketball</b>
6:00-7:00pm <b>1 on 1 Music Lessons</b>	6:00-7:30pm <b>Digital Drawing</b>	6:00-7:00pm <b>1 on 1 Music Lessons</b>	6:00-7:00pm <b>1 on 1 Music Lessons</b>	8:00-9:00pm <b>Open Gym</b>
6:00-7:30pm <b>Capture, Create, Edit</b>	7:00-8:00pm <b>Basketball</b>	6:00-7:30pm <b>Digital Mixed Media</b>	7:00-9:00pm <b>Basketball</b>	
7:00-8:00pm <b>Basketball</b>	7:00-9:00pm <b>Open Art</b>	8:00-9:00pm <b>Open Art</b>	8:00-9:00pm <b>Open Art</b>	
7:00-9:00pm <b>Open Art</b>	8:00-9:00pm <b>Soccer</b>	8:00-9:00pm <b>Volleyball</b>		
8:00-9:00pm <b>Open Gym</b>				

-  Sports, Recreation & Leisure
-  Open Program Spaces
-  Art Programs
-  Life Skills
-  Technology Programs
-  Music Programs

\*Guys group will take place on either Friday or Saturday.



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



communityservices@ingersoll.ca  
519-425-1181



## Programs are open to all Fusion members!

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

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.

### 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!

### Girls Multi-Sports

On Tuesdays and Fridays, the gym will hve time set aside specifically for female youth to enjoy the gym! This program is open for all girls ages 10-18!



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



communityservices@ingersoll.ca  
519-425-1181



Ingersoll Recreation  
Fusion Youth Centre



@IngersollRecreation  
@FusionYouthCentre



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Oxford

## Programs are open to all Fusion members!

### **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)

### **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!



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



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Fusion Youth Centre



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## Programs are open to all Fusion members!

### **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.

### **1 on 1 Music Lessons**

If you're looking to learn anything music related, we have timeslots from 6-7pm, Tuesdays to Fridays. Drop by our music studio and talk to our staff to see about getting in for an hour of private music lessons!

### **Studio Workshop**

Ever wondered what it's like creating with sound in a music studio setting? Come check out Studio Workshops every Tuesday and Thursday! You'll learn how to use different software and equipment that can help boost your passion in sound/music creation.



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



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All registration and payment must be made through [PickupHub.net/Ingersoll](https://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)

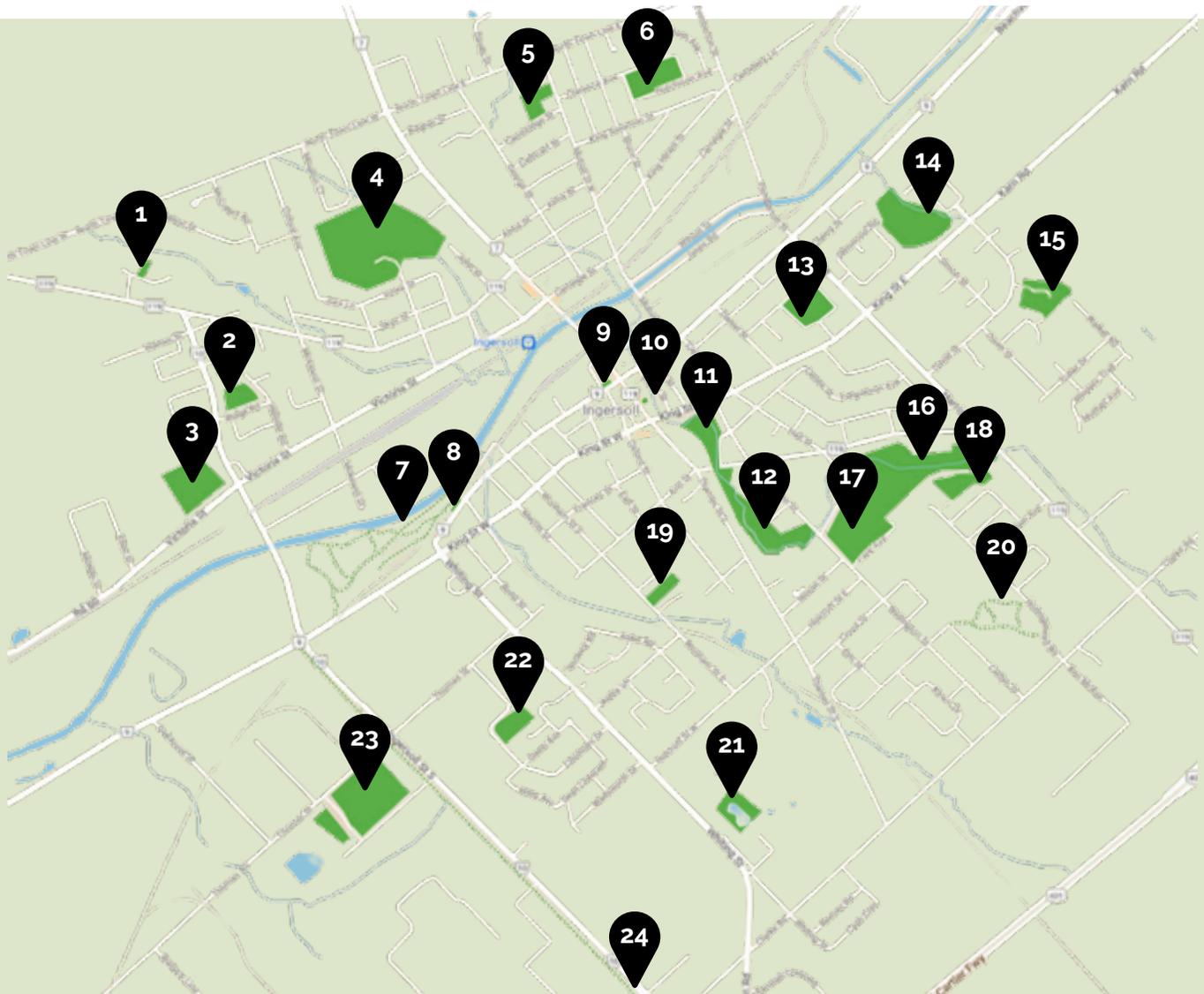
Skates required, no strollers. Helmets strongly recommended. No sticks, pucks or other equipment that could interfere with the safety of another skater. No food or drinks on the ice. No horseplay, tag or other games. Skate with the direction of all skaters. Listen to the direction of arena staff at all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



## ADULT SKATE (18+)

Skates required and helmets strongly recommended.

- 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

Prices include HST

## Victoria Park Community Centre

### VPCC Meeting Room

- Per Hour.....\$31.03
- Per Day.....\$153.08

### Pool Rental

- 2 guards (1-65).....\$159.38
- 3 guards (66-100).....\$189.92
- 4 guards (101-166).....\$220.46

## Parks

### Diamonds

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

### Pavilions

- Smith Pond Pavilion Rental.....\$81.08/day
- Victoria Park Pavilion Rental.....\$81.08/day
- Centennial Park Pavilion 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 YTLIC)

- 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