

Ingersoll

Community Services

Summer Program Guide

2026



ISSUE: JUNE 22ND - SEPTEMBER 6TH

SUMMER EDITION

Our Community Services Summer 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 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, Ingersoll's user-friendly online system at 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 June 8th at 7:00am
and Non-Members June 9th 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](https://www.facebook.com/IngersollRecreation)

[@FusionYouthCentre](https://www.instagram.com/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
SWIMMING	
Members	Free
Children 2 and under	Free
Children (3-13yrs)	\$3.00
Adult (14+)	\$4.50
Seniors (60+)	\$4.00
GROUP FITNESS (AQUATIC/LAND)	
Members	Free
Non-Members	\$8.63
Senior Non-Members	\$7.60

MEMBERSHIP TYPE	COST
MONTHLY HOUSEHOLD RATES:	
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
MONTHLY SENIOR (60+), CHILD & YOUTH (0-13yrs) RATES:	
1 Senior/Child	\$38.79
2 Senior/Child	\$67.22

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

MEMBERSHIP TYPE	COST
AUTO-RENEWING HOUSEHOLD RATES:	
<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
MONTHLY SENIOR (60+), CHILD & YOUTH (0-13yrs) RATES:	
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
Theft	Min. 1 day suspension Item returned to owner	Min. 2 day suspension	Removed from program
Intentional Damage <ul style="list-style-type: none"> Minor Major Bullying/Cyberbullying Putting Oneself in a Situation where Safety is a Risk <ul style="list-style-type: none"> negatively impacting programs 	Min. 2 day suspension **The Town may seek compensation for cost of damages	Min. 1 week suspension **The Town may seek compensation for damages	Meeting with Director or Manager upon return
Inappropriate Language <ul style="list-style-type: none"> Directed at another participant or staff Excessive swearing or threats Abusive language Racial slurs 	Verbal/letter of warning of min. 1 day suspension	Min. 2 day suspension	Suspension & behaviour contract set up prior to returning to program
Assault <ul style="list-style-type: none"> Possession of a weapon Minor assault Major assault Drugs & Alcohol <ul style="list-style-type: none"> Possession Under the influence Distribution 	Min. 1 week suspension up to indefinite suspension		
Disrespect <ul style="list-style-type: none"> Towards another participant or staff Lying 	Verbal/letter of warning	Min. 1 day suspension	

POOL ADMISSION STANDARDS

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
SWIMMING	
Members	Free
Children 2 and under	Free
Children (3-13yrs)	\$3.00
Adult (14+)	\$4.50
Seniors (60+)	\$4.00

ADMISSIONS	COST
GROUP FITNESS (AQUATIC/LAND)	
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

June 22nd - Sept 6th 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 7:00am - 9:00am
Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	
Shallow Water Aqua Fit 9:15am - 10:00am	Aqua Yogalates 9:00am - 10:00am	Shallow Water Aqua Fit 9:15am - 10:00am	Restorative Aqua Fit 9:00am - 10:00am	Shallow Water Aqua Fit 9:15am - 10:00am	Parent & Tot Swim 12:30pm - 1:30pm
Open Swim 10:15am - 11:15am	Aqua Boot Camp 10:15am - 11:15am	Open Swim 10:15am - 11:15am	Aqua Zumba 10:15am - 11:15am	Open Swim 10:15am - 11:15am	Open Swim 1:30pm - 3:30pm
Length Swim 11:30am - 1:00pm	Length Swim 11:30am - 1:00pm	Length Swim 11:30am - 1:00pm	Length Swim 11:30am - 1:00pm	Length Swim 11:30am - 1:00pm	SUNDAY
Open Swim 1:30pm - 3:30pm (June 29-Aug 24 only)	Open Swim 1:30pm - 3:30pm (June 30-Aug 25 only)	Sensory Friendly Swim 1:30pm - 3:00pm	Open Swim 1:30pm - 3:30pm (July 2-Aug 27 only)	Open Swim 1:30pm - 3:30pm (July 10-Aug 28 only)	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 (3 lanes only)	Length Swim / Triathlon Swim 8:00pm - 9:00pm (3 lanes only)	Length Swim 8:00pm - 9:00pm	

NOTES

Pre-Registration is required for the courses below:

- Youth Water Polo Clinic June 20 10:30am - 12:00pm (7-14yrs)
- Adult Water Polo Clinic June 27 9:30am - 11:00am (15+ yrs)
- Mini Water Polo Camp July 27 & 29 4:00pm - 6:30pm (7-13 yrs)
- Pop-Up Aqua Mat/Stand-Up Paddleboard June 27 & Aug 29 8:00am-8:45am

For a list of holiday closures and program dates, visit app.univerusrec.com/ingersollcspub/

Ingersoll
COMMUNITY SERVICES



519-425-1181 EXT 0



app.univerusrec.com/ingersollcspub/



communityservices@ingersoll.ca

AQUATIC PROGRAMS

No Classes July 1 & Aug 3

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.

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

Shallow Water Aqua Fit

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

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.

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

Aqua Yogalates

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

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

Aqua 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:05pm - 7:50pm		7:05pm - 7:50pm	10:15am - 11:15am			



WATER POLO

SKILLS CLINIC

Come join us, challenge yourself, and enjoy the game of water polo!

Our upcoming Water Polo Skills Clinics are the perfect opportunity to build confidence in the water while improving key skills like swimming, passing, and shooting.

Athletes will train through fun drills and friendly competitions, giving everyone the chance to challenge themselves, work as a team, and apply their skills in game-like situations. Whether they're newer to the sport or looking to sharpen their technique, this clinic is designed to help players grow, compete, and have fun in the water.



Saturday, June 20
10:30 am -12 pm.

Ages: 7 to 14yrs

Members \$6.00 +HST,
Non-Members \$12.00 +HST



Saturday, June 27th
9:30 am-11:00 am.

Ages 15+

Members \$6.00 + HST,
Non-Members \$12.00 + HST



KIDS WATER POLO

CAMP

Join us this Summer for our Kids Mini Water Polo Camp! This is the perfect place for young athletes to build confidence, learn new skills, and have tons of fun in the water. Through exciting drills, games, and friendly competition, campers will improve their swimming, skills, teamwork, and game knowledge in a supportive and energetic environment. Whether they're new to the sport or looking to level up, this camp is all about staying active, making friends, and enjoying every moment in the pool!



Mon July 27 & Wed 29
Ages 7- 14yrs

Time: 4:00pm to 6:30pm

Fee: M \$24.00 / NM \$48.00

Prerequisite: able to tread water
for 45 seconds

Registration is for both days, SORRY NO DROP IN

Ingersoll
Community Services

Register at the front desk or on Univerus
<https://app.univerusrec.com/ingersollcspub>



SWIMMING SCHEDULE

Members: Free | Non-Members: Adult \$4.50, Senior \$4.00, Youth (3-13yrs) \$3.00, Under 2 Free

No Swims July 1 & Aug 3

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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15am - 11:15am 1:30pm - 3:30pm (only June 29-Aug 24)	1:30pm - 3:30pm (only June 29-Aug 24)	10:15am - 11:15am	1:30pm - 3:30pm (Only June 29-Aug 24)	10:15am - 11:15am 6:00pm - 8:00pm 1:30pm-3:30pm (only June 29-Aug 24)	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				

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.

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.

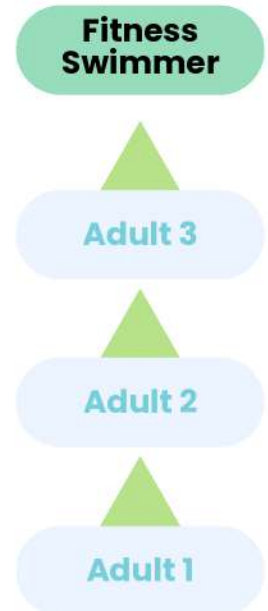
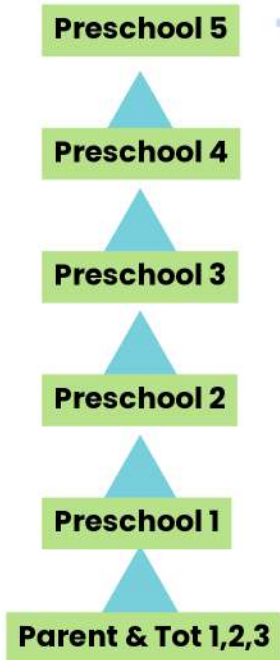
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						12:30pm - 1:30pm



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.



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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 – Aug 25	4:00pm to 4:30pm
Thursday	July 9 – Aug 27	4:00pm to 4:30pm
Saturday	July 4 – Aug 22	10:10am to 10:40am
Sunday	July 5 – Aug 23	10:10am to 10:40am

PRESCHOOL A (Ages 2yr-3yr)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 – Aug 25	4:35pm to 5:05pm
Thursday	July 9 – Aug 27	4:35pm to 5:05pm
Saturday	July 4 – Aug 22	10:45am to 11:15am
Sunday	July 5 – Aug 23	9:00am to 9:30am



PRESCHOOL 1 (Ages 3yr - 5yr)

Lessons: 8 Fee: Member \$28.00 Non-Member: \$58.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 – Aug 25	4:00pm to 4:30pm
Tuesday	July 7 – Aug 25	5:45pm to 6:15pm
Thursday	July 9 – Aug 27	4:00pm to 4:30pm
Thursday	July 9 – Aug 27	5:45pm to 6:15pm
Saturday	July 4 – Aug 22	9:00am to 9:30am
Saturday	July 4 – Aug 22	10:10am to 10:40am
Sunday	July 5 – Aug 23	10:10am to 10:40am
Sunday	July 5 – Aug 23	11:15am to 11:45am

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

Lessons: 18 Fee: Member \$28.00 Non-Member: \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 – Aug 25	4:35pm to 5:05pm
Thursday	July 9 – Aug 27	4:35pm to 5:05pm
Saturday	July 4 – Aug 22	9:00am to 9:30am
Sunday	July 5 – Aug 23	9:00am to 9:30am

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

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 – Aug 25	5:10pm to 5:40pm
Thursday	July 9 – Aug 27	5:10pm to 5:40pm
Saturday	July 4 – Aug 22	9:35am to 10:05am
Sunday	July 5 – Aug 23	9:35am to 10:05am



PRESCHOOL 2 (Ages 3yr - 5yr)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 - Aug 25	5:10pm to 5:40pm
Thursday	July 9 - Aug 27	5:10pm to 5:40pm
Saturday	July 4 - Aug 22	9:35am to 10:05am
Saturday	July 4 - Aug 22	11:15am to 11:45am
Sunday	July 5 - Aug 23	9:35am to 10:05am
Sunday	July 5 - Aug 23	10:45am to 11:15am



PRESCHOOL 3 (Age 3yr - 5yr)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 - Aug 25	5:45pm to 6:15pm
Thursday	July 9 - Aug 27	4:35pm to 5:05pm
Thursday	July 9 - Aug 27	5:45pm to 6:15pm
Saturday	July 4 - Aug 22	10:10am to 10:40am
Saturday	July 4 - Aug 22	11:20am to 11:50am
Sunday	July 5 - Aug 23	10:45am to 11:15am
Sunday	July 5 - Aug 23	11:20am to 11:50am

PRESCHOOL 4 (Ages 3yr - 5yr)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 - Aug 25	5:10pm to 5:40pm
Thursday	July 9 - Aug 27	5:10pm to 5:40pm
Saturday	July 4 - Aug 22	10:45am to 11:15am
Sunday	July 5 - Aug 23	9:35am to 10:05am
Sunday	July 5 - Aug 23	10:45am to 11:15am

PRESCHOOL 5 (Ages 3yr - 5yr)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 - Aug 25	4:35pm to 5:05pm
Thursday	July 9 - Aug 27	6:15pm to 6:45pm
Saturday	July 4 - Aug 22	10:45am to 11:15am
Sunday	July 5 - Aug 23	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	July 7 - Aug 25	4:00pm to 4:30pm
Tuesday	July 7 - Aug 25	5:25pm to 5:55pm
Thursday	July 9 - Aug 27	4:00pm to 4:30pm
Thursday	July 9 - Aug 27	5:25pm to 5:55pm
Saturday	July 4 - Aug 22	9:00am to 9:30am
Saturday	July 4 - Aug 22	11:20am to 11:50am
Sunday	July 5 - Aug 23	9:00am to 9:30am
Sunday	July 5 - Aug 23	11:20am to 11:50am



SWIMMER 2 (Ages 5yr - 13yr)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 - Aug 25	4:00pm to 4:30pm
Tuesday	July 7 - Aug 25	6:30pm to 7:00pm
Thursday	July 9 - Aug 27	4:00pm to 4:30pm
Thursday	July 9 - Aug 27	6:30pm to 7:00pm
Saturday	July 4 - Aug 22	9:00am to 9:30am
Saturday	July 4 - Aug 22	11:20am to 11:50am
Sunday	July 5 - Aug 23	9:00am to 9:30am
Sunday	July 5 - Aug 23	10:10am to 10:40am

SWIMMER 3 (Ages 5yr - 13yr)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 - Aug 25	4:35pm to 5:20pm
Tuesday	July 7 - Aug 25	6:00pm to 6:45pm
Thursday	July 9 - Aug 27	4:35pm to 5:20pm
Saturday	July 4 - Aug 22	9:35am to 10:20am
Sunday	July 5 - Aug 23	9:35am to 10:20am
Sunday	July 5 - Aug 23	11:15am to 12:00pm

SWIMMER 4 (Ages 5yr - 13yr)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 - Aug 25	4:35pm to 5:20pm
Thursday	July 9 - Aug 27	4:35pm to 5:20pm
Saturday	July 4 - Aug 22	9:35am to 10:20am
Sunday	July 5 - Aug 23	9:35am to 10:20am

SWIMMER 5 (Ages 5yr - 13yr)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 - Aug 25	6:15pm to 7:00pm
Thursday	July 9 - Aug 27	6:00pm to 6:45pm
Saturday	July 4 - Aug 22	10:25am to 11:10am
Sunday	July 5 - Aug 23	10:25am to 11:10am



SWIMMER 6 (Ages 5yr - 13yr)

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

DAY OF WEEK	SESSION DATES	TIME
Tuesday	July 7 - Aug 25	6:15pm to 7:00pm
Thursday	July 9 - Aug 27	6:00pm to 6:45pm
Saturday	July 4 - Aug 22	10:25am to 11:10am
Sunday	July 5 - Aug 23	10:25am to 11:10am

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

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

DAY OF WEEK	SESSION DATES	TIME
Thursday	July 9 - Aug 27	6:00pm to 7:00pm
Saturday	July 4 - Aug 22	9:00am to 10:00am

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

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

DAY OF WEEK	SESSION DATES	TIME
Wednesday	July 8 - Aug 26	4:00pm to 4:30pm
Wednesday	July 8 - Aug 26	4:00pm to 4:30pm
Wednesday	July 8 - Aug 26	4:00pm to 4:30pm
Wednesday	July 8 - Aug 26	4:00pm to 4:30pm
Wednesday	July 8 - Aug 26	4:00pm to 4:30pm
Wednesday	July 8 - Aug 26	4:30pm to 5:00pm
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Wednesday	July 8 - Aug 26	6:00pm to 6:30pm
Wednesday	July 8 - Aug 26	6:00pm to 6:30pm
Wednesday	July 8 - Aug 26	6:00pm to 6:30pm
Tuesday	July 7 - Aug 25	4:00pm to 4:30pm
Tuesday	July 7 - Aug 25	5:30pm to 6:00pm
Tuesday	July 7 - Aug 25	6:20pm to 6:50pm
Thursday	July 9 - Aug 27	4:00pm to 4:30pm
Thursday	July 9 - Aug 27	5:25pm to 5:55pm
Thursday	July 5 - Aug 23	6:20pm to 6:50pm
Saturday	July 4 - Aug 22	11:20am to 11:50am
Sunday	July 5 - Aug 23	9:00am to 9:30am
Sunday	July 5 - Aug 23	11:20am to 11:50am

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

Lessons: 8 Fee: Member/Non-Member \$198.88

DAY OF WEEK	SESSION DATES	TIME
Thursday	July 9 - Aug 27	8:00pm to 8:30pm
Thursday	July 9 - Aug 27	8:30pm to 9:00pm

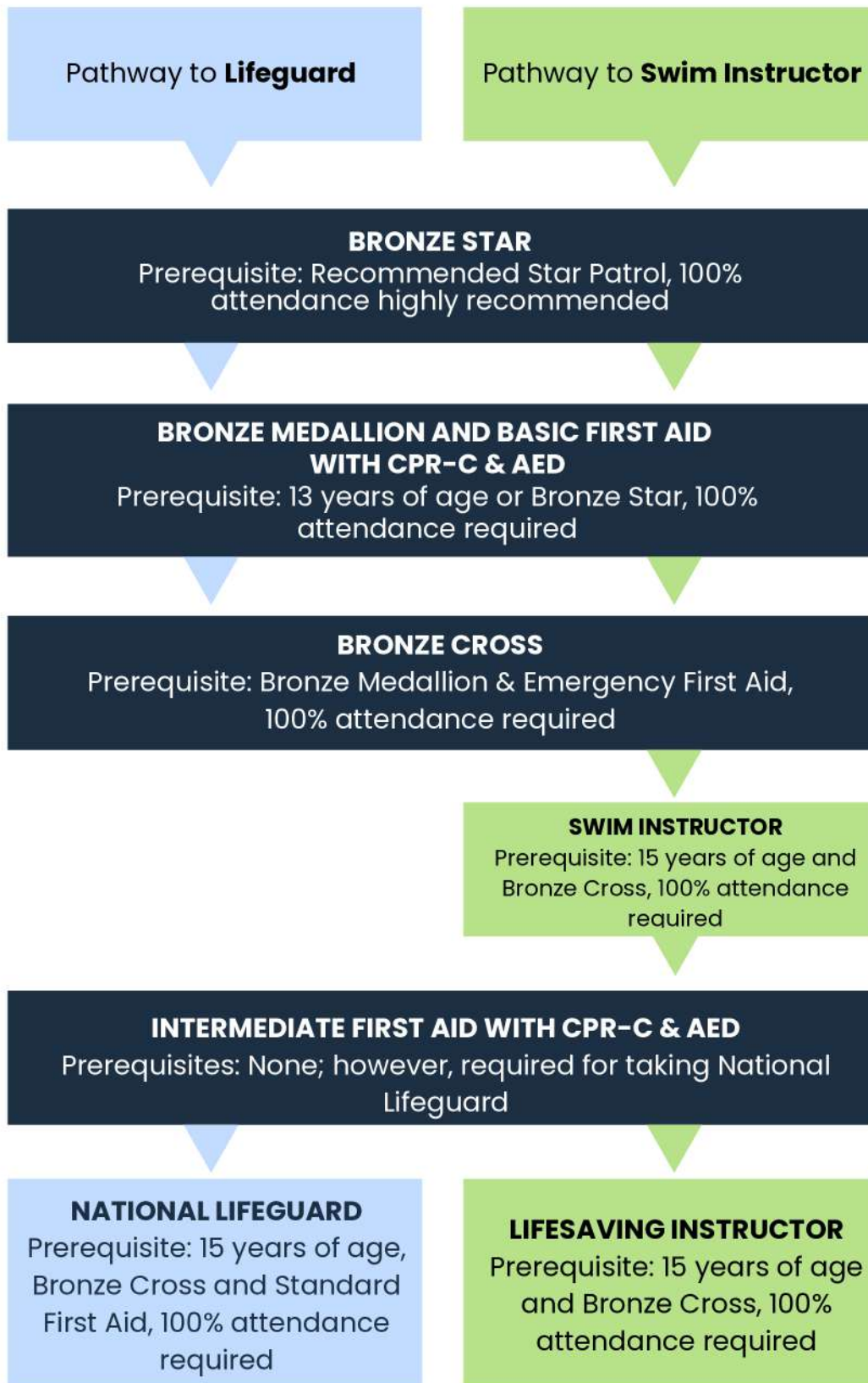


ADULT LESSONS (Ratio 1:8)

Lessons: 8 Fee: Member/Non-Member \$67.80

DAY OF WEEK	SESSION DATES	TIME
Wednesday	July 8 - Aug 26	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 & BASIC FIRST AID

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.

INTERMEDIATE FIRST AID (RECERTIFICATION)

Intermediate First Aid Recertification covers essential workplace first aid competencies, including CPR-C with AED certification for adult, child and infant, emergency scene management, recognition and management of life-threatening airway, breathing and circulation, and bleeding emergencies, identification and response to medical emergencies, and management of soft tissue and musculoskeletal injuries.

INTERMEDIATE FIRST AID WITH CPR-C & AED

Intermediate First Aid with CPR C & AED (formerly Standard First Aid) includes all aspects of Basic First Aid and provides additional comprehensive first aid training. Candidates demonstrate first aid care for anaphylaxis, shock, stroke, amputation, facial injuries, burn injuries, fractures and dislocations, neck or spinal column injuries, seizures, diabetic emergencies and environmental injury and illness. Includes CPR-C with AED certification for adult, child, and infant.



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.

BRONZE STAR COURSE (RATIO 1:8)

Lessons: 2 Fee: Member/Non-Member: \$77.37

DAY OF WEEK	SESSION DATES	TIME
Tues - Fri	Aug 4 to 7	4:00pm to 7:00pm 4:00pm to 6:00pm

BRONZE MEDALLION & BASIC FIRST AID WITH CPR C & AED COURSE (RATIO 1:10)

Lessons: 4 Fee: Member/Non-Member: \$178.10

DAY OF WEEK	SESSION DATES	TIME
Mon to Fri	July 6 to 10	4:00pm to 9:00pm Exam: 4:00pm to 6:00pm
Mon to Fri	July 20 to 24	4:00pm to 9:00pm Exam: 4:00pm to 6:00pm

INTERMEDIATE FIRST AID WITH CPR C & AED COURSE (RATIO 1:16)

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

DAY OF WEEK	SESSION DATES	TIME
Sat & Sun	July 11 & 12	8:00am to 4:00pm @ VPCC
Sunday-Recert	July 12	8:00am to 4:00pm @ VPCC
Sat & Sun	Aug 15 & 16	8:00am to 4:00pm @ VPCC
Sunday-Recert	Aug 16	8:00am to 4:00pm @ VPCC
Saturday-Recert	Sept 26	8:00am to 4:00pm @ Fusion

BRONZE CROSS COURSE (RATIO 1:10)

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

DAY OF WEEK	SESSION DATES	TIME
Mon to Fri	July 13 to 17	4:00pm to 9:00pm Exam: 4pm to 6pm
Mon to Fri	Aug 10 to 14	4:00pm to 9:00pm Exam: 4pm to 6pm

NATIONAL LIFEGUARD COURSE & RECERTIFICATION (RATIO 1:10)

Lessons: 6 Fee: Member/Non-Member: \$264.24 Recert \$87.42

DAY OF WEEK	SESSION DATES	TIME
Fri, Sat & Sun	July 17, 18, 19, 25, 25 Exam: July 26	Fri 4:00pm to 9:00pm Sat & Sun 9:00am to 6:00pm Exam: 9am to 1:00pm
Sunday	Recertification Exam July 26	9:00am to 1:00pm
Mon to Fri	Aug 17, 18, 19, 20, 21, 24, 25, 26 Exam: Aug 27	Mon-Fri 4:00pm to 9:00pm Exam: 4pm to 8:00pm
Saturday	Recertification Exam Aug 29	9:00am to 1:00pm

GROUP FITNESS SCHEDULE

HST is included

ADMISSIONS	COST
GROUP FITNESS (AQUATIC/LAND)	
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

GROUP FITNESS SCHEDULE



DATE

June 22nd – September 6th

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rise & Grind Wake Up! 6:15am - 6:45am		Rise & Grind Wake Up! 6:15am - 6:45am		Rise & Grind Wake Up! 6:15am - 6:45am	
Muscle Up 7:00am - 8:00am	Cycle 7:00am - 7:45am	Muscle Up 7:00am - 8:00am	Bike Boot Camp 7:00am - 7:45am	Tone Zone 7:00am - 8:00am	NEW! Cycle 30 8:00am - 8:30am
			Circ Mobility 8:00am - 8:45am		NEW! Lift & Burn 9:00am - 10:00am
Fit & Flex 9:30am - 10:30am	Low Impact 9:30am - 10:30am	Yoga 9:30am - 10:30am	Strong & Balanced 9:30am - 10:30am	Fit & Flex 9:30am - 10:30am	NEW! Stretch & Refresh 10:15am - 11:00am
WOW 11:00am - 12:00pm		WOW 11:00am - 12:00pm			<p>Our group classes are inclusive, supportive, and suitable for every fitness level!</p>
		Cycle 30 12:30pm - 1:00pm			
Bike Boot Camp 4:30pm - 5:15pm	Kettlebells 4:30pm - 5:15pm	Triple Fit 4:30pm - 5:30pm	Cycle 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	20-20-20 7:00pm - 8:00pm	Zumba 7:00pm - 8:00pm		
NEW! Cycle HIT 45 8:15pm - 9:00pm		Bedtime Yoga 8:15pm - 9:00pm			

NOTES

- No classes on July 1st, 4th, Aug 1st, 3rd, and Sep 5th
- Check out our social media page @ingersollrecreation
- Pre-registration for all classes is encouraged to reserve your spot

Ingersoll
COMMUNITY SERVICES

- 📞 519-425-1181 EXT 0
- 📱 app.univerusrec.com/ingersollcspub/
- ✉ 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 July 1, 4, Aug 1, 3, & Sept 5

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			7:00am - 7:45am			

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.

CycleHIIT 45: A fun, high-energy 45 min ride set to the beat. Interval bursts elevate your heart rate and challenge your muscles, while still being accessible for all fitness levels. You'll finish feeling strong, sweaty, and accomplished.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 CycleHIIT 45 8:15pm - 9:00pm	Cycle 7:00am - 7:45am	Cycle30 12:30pm - 1:00pm	Cycle 4:30pm - 5:15pm		Cycle30 8:00am - 8:30am	

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					

Lift and Burn

A full-body workout combining strength training with short, high-intensity cardio bursts. Move at your own pace while being challenged - leave stronger and energized.

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

Low Impact

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

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

Muscle Up

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

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

Rise & Grind Wake Up!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 6:45am		6:15am - 6:45am		6:15am - 6:45am		

Stretch & Refresh

A gentle, all-levels class focused on mobility and deep stretching to release tension, improve range of motion, and support recovery. Enjoy calm, controlled movement at your own pace. Bringing your own yoga mat is encouraged, but not mandatory.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:15am - 11:00am	

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
				7:00am - 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		11:00am - 12:00pm				

Yoga

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

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Yoga Core 5:45pm - 6:45pm	Yoga 9:30am - 10:30am Yoga Tone 5:45pm - 6:45pm Bedtime Yoga 8:15pm - 9:00pm	Yoga 5:45pm - 6:45pm			

Zumba®

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

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



CANADA DAY
at Victoria Park

WEDNESDAY, JULY 01ST
 4PM UNTIL DUSK

JULY 01

Ingersoll
 our heritage, your future

- VENDORS
- FOOD TRUCKS
- BOUNCY STRUCTURES
- LIVE MUSIC
- OUTDOOR MOVIE
- FIREWORKS AT DUSK



SUMMER SPECIAL EVENT

MINI-CARNIVAL

4:00PM TO 7:00PM

LOCATED IN THE VPCC
 BACK PARKING LOT

AUG | 14 | 2026

FEATURING
FUN ACTIVITIES, GAMES, PRIZES, LOCAL VENDORS

No Program on July 1 & Aug 3



Register Online on **UNIVERUS**

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

Dance Mix Mini's Ages 4-5yrs

This fun and playful class allows children to explore various dance styles through interactive activities. With a mix of different music genres and simple choreography, kids develop rhythm, coordination, and self-expression. It's a great way for children to socialize, build confidence, and enjoy movement in a non-competitive, energetic environment.

Location: Victoria Park Community Centre-Fitness Studio

Date: July 5-Aug 30 (No program Aug 2)

Fees: Member \$24.00 / 8 weeks, Non-Member \$48.00 / 8 weeks

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

Dance Mix Juniors Ages 6-12yrs

In this exciting and playful dance program, kids will get the chance to learn different styles of dance throughout the session! From hip-hop and jazz to ballet and contemporary, each class introduces a new dance style with easy-to-follow steps and fun activities. Children will develop rhythm, coordination, and self-expression, all while building confidence and making new friends. It's a perfect opportunity for kids to enjoy movement in a relaxed, non-competitive environment while exploring the world of dance through different music and styles.

Location: Victoria Park Community Centre- Meeting Room

Session: July 5-Aug 30 (No program Aug 2)

Fees: Member \$24.00 / 8 weeks Non-Member \$48.00 / 8 weeks

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

In partnership with the Safe Cycling Committee

COMMUNITY BIKE GIVEAWAY FORM



Scan the QR code or go to

<https://www.ingersoll.ca/forms/safe-cycling-bicycle-giveaway-application/>

to fill the request form for a new bicycle through the Bike Giveaway Program.



Ingersoll
Community Services

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





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

FUSION TAKE A TOUR



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

Come Explore:

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

Contact Us:



519-425-4386



fusionfrontdesk@ingersoll.ca

\$5.00 YEARLY MEMBERSHIP



Hours of Operation

Main Office : Monday to Friday 9:00am - 5:00pm
Youth Centre: Tuesday - Saturday 2:30pm - 9:00pm
Closed Sundays and all statutory holidays

Our Approach to Supporting Youth

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

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

Information for Parents

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

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

Fusion Birthday Parties

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

Location: Fusion Youth Centre

Membership Benefits

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

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

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



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.





SUMMER 2026 DROP-IN PROGRAMS



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:30PM - 9:00PM <i>Lounge / The Y</i>	2:30PM - 9:00PM <i>Lounge / The Y</i>	2:30PM - 9:00PM <i>Lounge / The Y</i>	2:30PM - 9:00PM <i>Lounge / The Y</i>	2:30PM - 9:00PM <i>Lounge / The Y</i>
2:30PM - 4:00PM <i>Studio Workshop</i>	2:30PM - 4:00PM <i>Open Gym</i>	2:30PM - 4:00PM <i>Studio Workshop</i>	2:30PM - 5:00PM <i>Open Gym</i>	2:30PM - 5:00PM <i>Open Gym</i>
2:30PM - 4:00PM <i>Open Gym</i>	4:00PM - 5:00PM <i>Volleyball</i>	4:00PM - 5:00PM <i>1 on 1 Music Lessons</i>	4:00PM - 5:00PM <i>Film Production</i>	5:00PM - 6:00 PM <i>Volleyball</i>
4:00PM - 5:00PM <i>Badminton</i>	4:30PM - 6:00PM <i>Tracy's Diner</i>	2:30PM - 4:00PM <i>Open Gym</i>	5:00PM - 6:00PM <i>Guys Group*</i>	5:00PM - 6:00PM <i>Guys Group*</i>
4:30PM - 6:00PM <i>Tracy's Diner</i>	5:00PM - 6:00PM <i>Ping Pong with Shiya</i>	4:00PM - 5:00 PM <i>Pickleball</i>	6:00PM - 7:30PM <i>Girls Group</i>	7:00PM - 9:00 PM <i>Open Art</i>
5:00PM - 6:00PM <i>Volleyball</i>	6:00PM - 7:00PM <i>1 on 1 Music Lessons</i>	5:00PM - 6:00PM <i>Volleyball</i>	5:00PM - 6:00PM <i>Girls Multi-Sports</i>	7:00 PM - 8:00 PM <i>Basketball</i>
6:00PM - 7:00PM <i>1 on 1 Music Lessons</i>	6:00PM - 7:30PM <i>Digital Drawing</i>	6:00PM - 7:30PM <i>Digital Drawing</i>	6:00PM - 7:00PM <i>1 on 1 Music Lessons</i>	8:00 PM - 9:00 PM <i>Open Gym</i>
6:00PM - 7:30PM <i>Capture, Create, Edit</i>	7:00PM - 8:00PM <i>Basketball</i>	6:00PM - 7:30PM <i>Digital/Mixed Media</i>	7:00PM - 8:00PM <i>Guys Basketball</i>	
7:00PM - 8:00PM <i>Basketball</i>	7:00PM - 9:00 PM <i>Open Art</i>	8:00PM - 9:00 PM <i>Open Art</i>	7:00PM - 9:00 PM <i>Open Art</i>	
7:00PM - 9:00 PM <i>Open Art</i>	8:00:00 P PMM - 9 9:0:00 P PMM <i>SBoacsckeertball</i>	7:00PM - 8:00PM <i>Basketball</i>		
8:00PM - 9:00PM <i>Dodgeball</i>				

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

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

PROGRAMS ARE OPEN TO ALL FUSION MEMBERS!

<https://app.univerusrec.com/ingersollcspub/> fusionfrontdesk@ingersoll.ca

519-425-4386 Fusion Youth Centre @fusionyouthcentre



Fusion GYM SCHEDULE

TUE	WED	THUR	FRI	SAT
2:30-4PM Open Gym	2:30-4PM Open Gym	2:30-4PM Open Gym		2:30PM-4PM Open Gym
4PM-5PM Badminton	4PM-5PM Volleyball	4PM-5PM Pickleball	2:30PM-5PM Open Gym	
5PM-6PM Volleyball		5PM-6PM Volleyball		5PM-6PM Volleyball
7PM-8PM Basketball	7PM-8PM Basketball	7PM-8PM Basketball	5PM-6PM Girl's Multi	7PM-8PM Basketball
8PM-9PM Dodgeball	8PM-9PM Soccer		Sports	8PM-9PM Open Gym
			7PM-8PM Guys-Basketball	

PROGRAMS ARE OPEN TO ALL YOUTH AGES 10-18

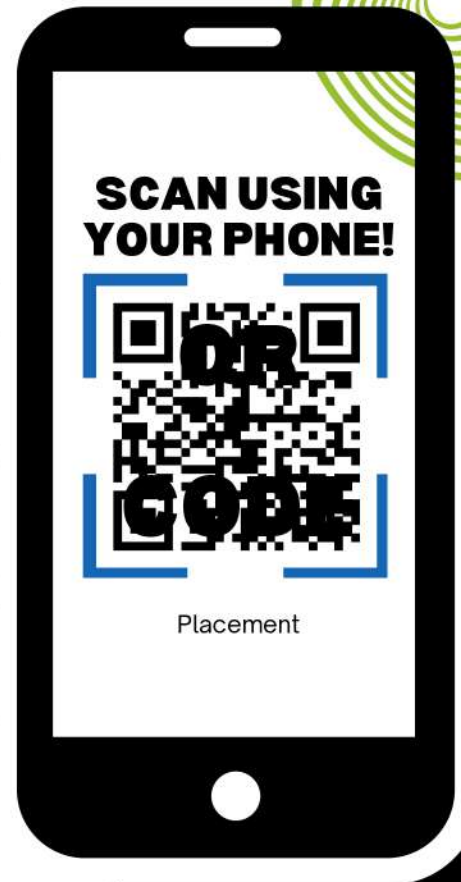
**SCHEDULE SUBJECT TO CHANGE BASED ON STAFF DISCRETION*



Ingersoll
Community Services

Fusion

**FIND US
ON ALL
SOCIALS ON
Linktree***



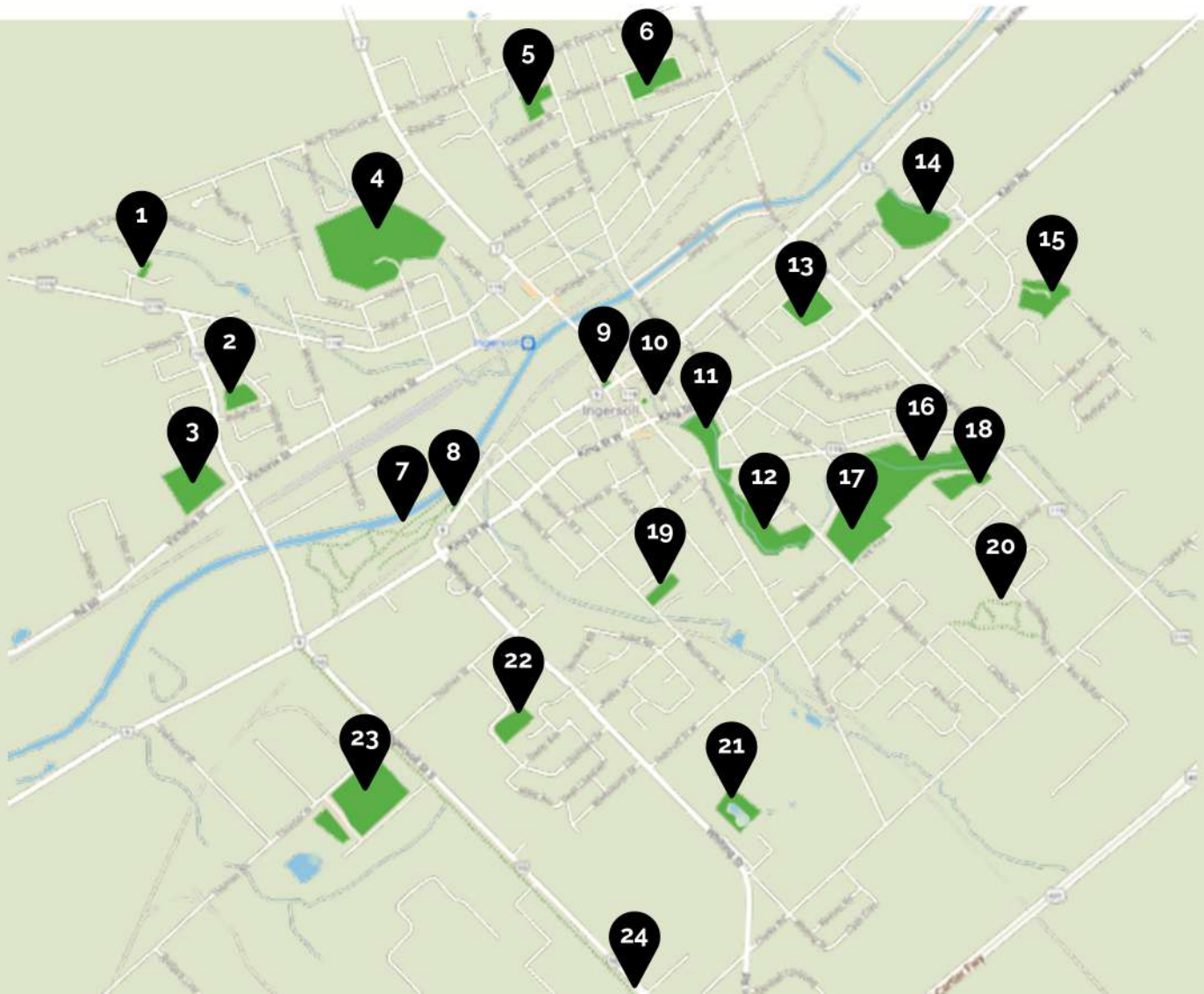
For youth program
information &
updates!

<https://linktr.ee/fusionyouthcentre>



PARKS & TRAILS MAP

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



FACILITY RENTALS

HST will be applied upon purchase where applicable.

Arena

Ice Rental

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

Arena Floor

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

Auditorium

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

(flat rate, one-time fee)

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

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