

COMMUNITY SERVICES WINTER 2025 Program Guide



Winter Session

**January 6 -
March 16**

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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

Upcoming Events

3

COMMUNITY SERVICES PRESENTS

WINTER FEST

FREE OPEN SKATE
10:00AM 10:50AM

FACE PAINTING

BALLOON TWISTERS

WINTER CRAFT STATION

SATURDAY,
JANUARY 11 2025
10:00 AM -
1:00 PM

INGERSOLL DISTRICT MEMORIAL ARENA
97 MUTUAL ST S, INGERSOLL, ON N5C 1S6

Ingersoll
Community Services

FAMILY DAY

Date: February 17 2025

Location: Victoria Park Community Centre
355 Wellington St Ingersoll

Facility Hours 7:00am - 1:00pm

Aquatic Schedule - Pool Space Limited First Come First Serve

Length Swim 7:00am-9:00am

Family Swim 9:30am - 11:00am

Open Swim 11:00am-12:30pm

FREE Family Day Activities

Face Painting & Balloon Twisters 10:00am-12:30pm

Family Day Craft Station 10:00am-12:30pm

Cookie Decorating 10:30am-12:30pm - 200 Cookies Available

Fitness Centre Hours

Fitness Centre is open from 7:00am -1:00pm

Ingersoll
Community Services

**Victoria Park Community Centre will have
modified hours on:**

FAMILY DAY

February 17

7:00am - 1:00pm

For more events and information, check out our Community Calendar https://calendar.ingersoll.ca/?_mid_=4390

 @townofingersoll | @touringersoll

 @townofingersoll | @touringersoll

How to Register

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



Online

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

What You Need: Your email address and password to access your account
 Visa or Mastercard
 Name of program

Have Questions?

Please call: 519-425-1181 ext 0



Phone

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

What You Need:

Visa or Mastercard
 Name of program



In Person

Drop in to see us at Victoria Park Community Centre

What You Need:

Visa, Mastercard, Debit or cash
 Name of program



No Heavy Scents

Registration Information⁵

Registration Dates

Registration for Members December 16 at 7:00am
and Non-Members December 17 at 7:00am

To Register Visit

<https://app.univerusrec.com/ingersollcspub/>
Website link:
www.ingersoll.ca/ingersoll-community-services/

Waitlist & Reserved Spots

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

Accessibility

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

Program Changes and Cancellations

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

Inclement Weather

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

Missed Days or Classes

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

Transfers and Late Program Entry

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

Photography & Video Policy

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

Admissions and Fees

Admissions

Swimming

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

Group Fitness (Aquatic & Land)

Members.....	FREE
Non-Members (14+).....	\$8.46
Senior Non-Members (60+).....	\$7.47

Membership Details

Memberships Include:

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

Members get Program Discounts:

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

Memberships Rates

Month Memberships (one household)

Family Rates:

- \$48.25 for 1 Person Household
- \$71.12 for 2 Person Household
- \$86.37 for 3 Person Household
- \$101.61 for 4 Person Household
- \$25.39/person for 5+ Person Household

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

Rates:

- \$ 38.60 for 1 Senior/Child
- \$ 66.04 for 2 Senior/Child

Auto-Renewing Membership

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

Family Rates:

- \$43.18 for 1 Person Household
- \$60.96 for 2 Person Household
- \$71.12 for 3 Person Household
- \$81.28 for 4 Person Household
- \$20.31/person for 5+ Person Household

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

Rates:

- \$33.02 per month for 1 Senior/Child
- \$55.88 per month for 2 Senior/Child

Drop-In Kids Care

7



Ages 4 - 10 yrs

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

Location: Victoria Park Community Centre – Meeting Room

Dates: Saturday, January 11 - March 8

Time: 8:30am - 11:00am

Fee: Member FREE (for an Adult Membership Holder)

Non-Member \$4.00 / week

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

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

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

Pool Admission Standards

Red Wristband: 5 yrs or Under



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

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

Yellow Wristband: 6 - 9 yrs



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

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

Swim Test Requirements



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

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

Green Wristband: Swim Test Pass



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

1 parent/guardian to 4 children.

Green Wristband: 10 - 13 yrs



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

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

No Band Required: 14+ yrs



Guardians are responsible for the children in their care while in the facility.

Supervision is defined as the direct in-water, in the same area of the pool, within arm's reach, supervision.

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

EXAMPLE A:

If parent/guardian has two children 5 years of age and under, with another child who is 6-9 years old, THEY MUST HAVE another person 14+ years with them in the water

* NO EXCEPTIONS*

EXAMPLE B:

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

Pool & Aquafit Schedule

January 6 - March 16, 2025

- Swim times are subject to change
- Pool admission standards in effect; see page 9
 - Members.....FREE
 - Children 2yrs and under.....FREE
 - Children (3 - 13 yrs).....\$3.00
 - Adult (14+).....\$4.50
 - Seniors.....\$4.00
- Aquatic Program Fees
 - Adults.....\$8.48
 - Seniors.....\$7.47

Register Online at
UNIVERUS

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



POOL & AQUAFIT SCHEDULE

date:

February 3 - March 16

JAN	FEB	MAR	APR	MAY	JUN	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 (2 lanes only) 7:00am - 9:00am
Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	
	Gentle Fit (Feb 4 only) 9:15am - 10:00am	Shallow Water Aqua Fit 9:15am - 10:00am	Restorative Aqua Fit 9:00am - 10:00am		Parent & Tot Swim 12:30pm - 1:30pm
Shallow Water Aqua Fit 9:15am - 10:00am	Aqua Yoga/Lates (begins Feb 11) 9:00am - 10:00am	Open Swim 10:15am - 11:15am	Shallow/Deep Combo (Feb 6 only) 10:15am - 11:00am	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	Length Swim 11:30am - 1:00pm	Aqua Zumba (begins Feb 13) 10:15am - 11:00am	Open Swim 10:15am - 11:15am	Sunday Length Swim 7:00am - 9:00am
Length Swim 11:30am - 1:00pm	Length Swim 11:30am - 1:00pm	Sensory Friendly Swim 1:30pm - 3:00pm	Length Swim 11:30am - 1:00pm	Length Swim 11:30am - 1:00pm	
Parent & Tot Swim 1:15pm - 2:30pm		Length Swim 7:00pm - 8:00pm			Family Swim 12:30pm - 1:30pm
Aqua Fit Mix (Feb 3 only) 7:00pm - 7:45pm	Open Swim 7:00pm - 8:00pm	Aqua Zumba (begins Feb 12) 7:00pm - 7:45pm	Aqua Kickboxing 7:00pm - 7:45pm	Open Swim 6:00pm - 8:00pm	Open Swim 1:30pm - 3:30pm
Aqua Zumba (begins Feb 10) 7:00pm - 7:45pm	Length Swim 8:00pm - 9:00pm	Length Swim (begins Feb 9) 8:00pm - 9:00pm	Length Swim 8:00pm - 9:00pm	Length Swim 8:00pm - 9:00pm	
Aqua HBT (Feb 3 only) 8:00pm - 8:45pm		notes: There will be a modified schedule on Family Day, Feb 17		Contact Info: ☎ 519-425-1181 x 0 🌐 https://app.univerusrec.com/ingersollcspub/ 📧 communityservices@ingersoll.ca	
Aqua Yoga (begins Feb 10) 8:00pm - 8:45pm					



MARCH BREAK BONUS OPEN SWIMS

March 10

March 11

March 13

March 14

Time: 2:00pm -4:00pm

Location: Victoria Park Community Centre Pool

Regular Open Swim Fees Apply

Pool Admission Standards Apply

Aquatic Programs

Deep Water Aqua Fit

This water fitness program is held in the deep area of the pool and provides a no-impact, high-resistant, total body exercise workout. Participants will use Aqua fitness belts to perform a variety of motions, including walking, running, cycling, abdominal work and stretching exercise. Benefits of this method include less stress on the back, hips, knees, and ankles. **NO CLASSES Feb 17**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am to 9:00am		8:15am to 9:00am		8:15am to 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. Class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. **NO CLASSES Feb 17**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15am to 10:00am		9:15am to 10:00am		9:15am to 10:00am		

Aqua Boot Camp

Get ready to be challenged by water resistance in Aqua Boot camp. Benefit from a high-intensity, interval workout using equipment and your weight that combines strength training, aerobic conditioning, and water resistance to give you an incredible body workout.

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

Aqua Kickboxing

This Aqua Kickboxing class is NOT designed to mimic traditional boxing or martial arts so if you think kickboxing is out of your league, Aqua Kickboxing is here to change your mind. When you kick-box in water, you're able to do moves you may not be confident doing on dry land. The water's buoyancy supports your body weight and allows you to move with a greater range of motion so you can execute fun kickboxing moves. Aqua Kickboxing is low impact to prevent muscle tissue damage and a great all-round workout.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00pm to 7:45pm			

Restorative Aqua Fit

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 to 10:00am			

Aqua Yoga - begins Feb 10, 2025

Aqua Yoga is simple as it sounds; it is a type of yoga that adapts the postures and principles of yoga, including breathing and mindfulness, to an aquatic environment. It is a gentle and low-impact activity and may be more accessible to those who struggle with physical exercise. **NO CLASSES Feb 17**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00pm to 8:45pm						

Aqua Zumba – begins Feb 10, 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00pm to 7:50pm		7:00pm to 7:50pm	10:15am to 11:15am			

Aqua Yogalates – begins Feb 10, 2025

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. **NO CLASSES Feb 17**

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

Swims

Length Swim (14+ years)

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 Feb 17**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am to 8:00am 11:30am to 1:00pm	6:00am to 8:00am 11:30am to 1:00pm 8:00pm to 9:00pm	6:00am to 8:00am 11:30am to 1:00pm 7:00pm to 9:00pm Only Feb 5 th 8:00pm to 9:00pm	6:00am to 8:00am 11:30am to 1:00pm 8:00pm to 9:00pm	6:00am to 8:00am 11:30am to 1:00pm 8:00pm to 9:00pm	7:00am to 9:00am 2 lanes only	7:00am to 9:00am

Open Swim

Enjoy fun in our pool by yourself or with your whole family, with pool toys or floatation aids. *Swim Admission Standards and Adult-to-child ratios apply.* **NO SWIMS Feb 17**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15am to 11:15am	7:00pm to 8:00pm	10:15am to 11:15am		10:15am to 11:15am 6:00pm to 8:00pm	1:30pm to 3:30pm	1:30pm to 3:30pm

Adult/Senior Swim

This swim is for those who need to take a break, walk, swim leisurely, or do their own on-the-spot fitness activity.

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

Parent & Tot Swim

For families with children up to 4yrs old, to enjoy play time 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 17**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:15pm to 2:30pm					12:30pm to 1:30pm	

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 to 3:00pm				

Family Swim

Children must be accompanied by an adult (18+), and adults must be accompanied by children. This event offers families a chance to enjoy water fun together. Adherence to Pool Admission Standards and adult-to-child ratios is required.

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

Swimming Lessons

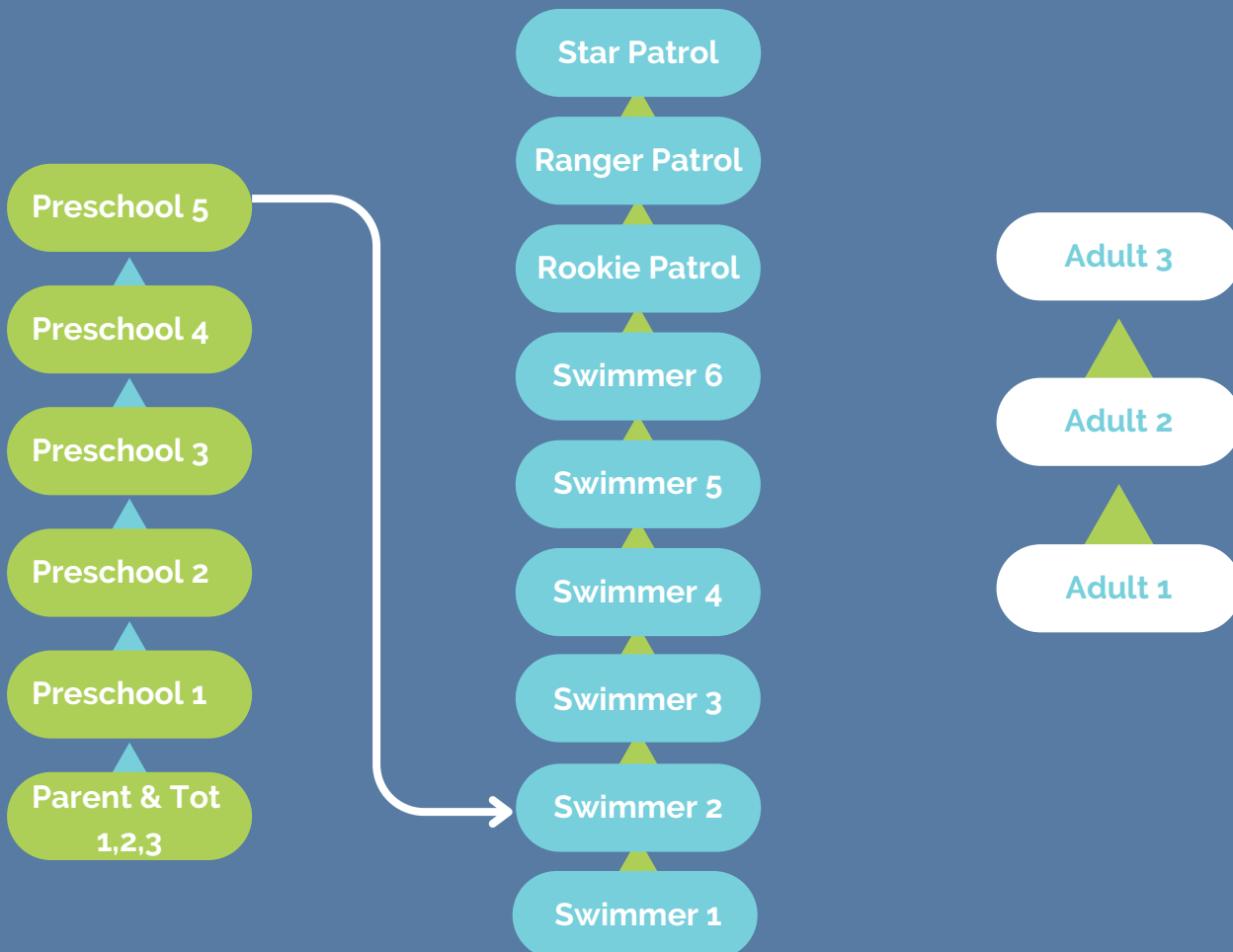


Swimming lessons provide life-saving skills as well as physical benefits. Ingersoll's Aquatic team offers a wide range of swimming programs, including advanced leadership courses.

Parent & Tot Program

Swimming Lesson Program

Fitness Swimmer



Parent & Tot 1 (4 - 12 months)

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

Parent and Tot 2 (12 - 24 months)

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

Parent and Tot 3 (2 - 3 yrs)

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

Preschool A (2 - 3 yrs)

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

Preschool 1 (3 -5 yrs)

Introducing the initial tier for 3 to 5-year-olds, where young learners embark on an enjoyable journey of water discovery. Preschoolers at this level will delight in mastering the skills of entering and exiting

the water with excitement. They will be guided in the art of floating and gliding on both their front and back, receiving assistance as needed. Additionally, participants will gain confidence as they learn to leap into chest-deep water, immerse their faces and practice blowing bubbles beneath the surface.

Preschool 2 (3 -5 yrs)

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

Preschool 3 (3 -5 yrs)

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

Preschool 4 (3 -5 yrs)

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

Preschool 5 (3 -5 yrs)

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

Swimmer 1

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

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

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

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

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

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

Rookie/Ranger/Star Patrol

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

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

Private Lessons (14+ yrs)

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

Adult Lessons (16+ yrs)

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

Junior Lifeguard Club (10 - 13 yrs)

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

Swimming Lessons Schedule ¹⁹

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

PARENT & TOT 1 (RATIO 1:10)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	4:30pm to 5:00pm

PARENT & TOT 3 (RATIO 1:10)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	6:00pm to 6:30pm

PRESCHOOL 1 (RATIO 1:4)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	4:00pm to 4:30pm
Tues & Thurs	Feb 4 – Feb 27	6:15pm to 6:45pm

PRESCHOOL 3 (RATIO 1:4)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	4:00pm to 4:30pm
Tues & Thurs	Feb 4 – Feb 27	4:30pm to 5:00pm
Tues & Thurs	Feb 4 – Feb 27	5:45pm to 6:15pm

PRESCHOOL 5 (RATIO 1:5)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	4:00pm to 4:30pm
Tues & Thurs	Feb 4 – Feb 27	5:30pm to 6:00pm

SWIMMER 2 (RATIO 1:5)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	4:00pm to 4:30pm
Tues & Thurs	Feb 4 – Feb 27	5:30pm to 6:00pm
Tues & Thurs	Feb 4 – Feb 27	6:30pm to 7:00pm

SWIMMER 4 (RATIO 1:8)

Session: 8 Cost: Member \$30.00 Non-Member \$60.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	4:30pm to 5:15pm
Tues & Thurs	Feb 4 – Feb 27	6:15pm to 7:00pm

SWIMMER 6 (RATIO 1:8)

Session: 8 Cost: Member \$30.00 Non-Member \$60.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	6:00pm to 6:45pm

PARENT & TOT 2 (RATIO 1:10)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	5:00pm to 5:30pm

PRESCHOOL A (RATIO 1:4)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	5:00pm to 5:30pm
Tues & Thurs	Feb 4 – Feb 27	6:00pm to 6:30pm

PRESCHOOL 2 (RATIO 1:4)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	4:30pm to 5:00pm
Tues & Thurs	Feb 4 – Feb 27	5:00pm to 5:30pm

PRESCHOOL 4 (RATIO 1:5)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	4:30pm to 5:00pm
Tues & Thurs	Feb 4 – Feb 27	6:15pm to 6:45pm

SWIMMER 1 (RATIO 1:5)

Session: 8 Cost: Member \$28.00 Non-Member \$56.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	4:00pm to 4:30pm
Tues & Thurs	Feb 4 – Feb 27	5:00pm to 5:30pm

SWIMMER 3 (RATIO 1:6)

Session: 8 Cost: Member \$30.00 Non-Member \$60.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	4:30pm to 5:15pm
Tues & Thurs	Feb 4 – Feb 27	5:30pm to 6:15pm

SWIMMER 5 (RATIO 1:8)

Session: 8 Cost: Member \$30.00 Non-Member \$60.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	5:30pm to 6:15pm

ROOKIE/RANGER/STAR (RATIO 1:8)

Session: 8 Cost: Member \$32.00 Non-Member \$64.00

DAY OF WEEK	SESSION DATES	TIME
Tues & Thurs	Feb 4 – Feb 27	5:15pm to 6:15pm

PRIVATE LESSON (RATIO 1:1)

Session: 8 Cost: Member/ Non-Member \$176.00

DAY OF WEEK	SESSION DATES	TIME
Mon/Wed	Feb 3-Mar 3	4:00pm to 4:30pm
Mon/Wed	Feb 3-Mar 3	4:00pm to 4:30pm
Mon/Wed	Feb 3-Mar 3	4:00pm to 4:30pm
Mon/Wed	Feb 3-Mar 3	4:30pm to 5:00pm
Mon/Wed	Feb 3-Mar 3	4:30pm to 5:00pm
Mon/Wed	Feb 3-Mar 3	4:30pm to 5:00pm
Mon/Wed	Feb 3-Mar 3	5:00pm to 5:30pm
Mon/Wed	Feb 3-Mar 3	5:00pm to 5:30pm
Tues & Thurs	Feb 4 – Feb 27	4:30pm to 5:00pm
Tues & Thurs	Feb 4 – Feb 27	5:15pm to 5:45pm
Tues & Thurs	Feb 4 – Feb 27	6:15pm to 6:45pm
Tues & Thurs	Feb 4 – Feb 27	6:30pm to 7:00pm

ADULT LESSONS (RATIO 1:8)

Session: 8 Cost: Member \$33.90 Non-Member \$67.82

DAY OF WEEK	SESSION DATES	TIME
Tue/Thurs	Feb 4 – Feb 27	8:00pm to 8:45pm

Become a Lifeguard / Instructor

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

Pathway to Lifeguard

Bronze Star

Prerequisite: Recommended Star Patrol, 100% attendance highly recommended

Bronze Medallion and Emergency First Aid

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

Pathway to Swimming Instructor

Bronze Cross

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

Standard First Aid & CPR C

Prerequisites: None; however, required for taking National Lifeguard

National Lifeguard

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

Swim Instructor

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

Lifesaving Instructor

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

Bronze Star

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

Bronze Medallion & EFA

Bronze Medallion challenges the candidate mentally and physically. Judgement, knowledge, skill, and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Bronze Cross

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

Standard First Aid with CPR-C

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

Standard First Aid (Recertification)

Standard First Aid Recertification provides refresher training designed for those who understand first aid legal implications, spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries and medical emergencies. Includes CPR-C certification. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a LifeSaving Society recertification course. They may recertify only with the original certifying agency.

National Lifeguard Course

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

LSS Instructor Course

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

Swim for Life Instructors Course

This program equips instructors with the skills to teach and assess fundamental swimming techniques. Participants gain expertise in effective teaching strategies, diverse stroke development exercises and correction methods. Upon successful completion of the course, candidates receive certification as Swim for Life Instructors.

Leadership Course Schedule ²⁵

BRONZE STAR (RATIO 1:8)

Cost: Member/ Non-Member \$76.00

DAY OF WEEK	SESSION DATES	TIME
Sat & Sun	March 8 & 9	9:00am to 1:00pm

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

Cost: Member/ Non-Member \$174.95

DAY OF WEEK	SESSION DATES	TIME
Wed to Sat	Feb 19, 20, 21 & 22 Exam: Feb 22	4:00pm to 9:00pm Sat 9:00am to 6:00pm Exam: 4:00pm to 6:00pm
Mon to Fri	June 16, 17,18,19 Exam June 20	4:00pm to 9:00pm Exam: 4:00pm to 6:00pm

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

Cost: Member/ Non-Member \$133.06 Recert: \$81.36

DAY OF WEEK	SESSION DATES	TIME
Sat & Sun	Feb 8 & 9	9:00am to 5:00pm
Sunday-Recert	Feb 9	9:00am to 5:00pm
Sat & Sun	March 15 & 16	9:00am to 5:00pm
Sunday-Recert	March 16	9:00am to 5:00pm
Sat & Sun	May 24 & 25	9:00am to 5:00pm
Sunday-Recert	May 25	9:00am to 5:00pm

SWIM FOR LIFE INSTRUCTORS COURSE (RATIO 1:10)

Cost: Member/ Non-Member \$179.67

DAY OF WEEK	SESSION DATES	TIME
Mon - Thurs	Feb 10,11,12 & 13	4:00pm to 9:00pm
Mon - Thurs	March 24,25,26,27	4:00pm to 9:00pm

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

Cost: Member/Non-Member \$133.06

DAY OF WEEK	SESSION DATES	TIME
Sat & Sun	May 10 & 11	9:00am to 6:00pm

BRONZE CROSS COURSE (RATIO 1:10)

Cost: Member/ Non-Member \$137.30

DAY OF WEEK	SESSION DATES	TIME
Mon to Fri	March 10, 11, 12,13 Exam: March 14	4:00pm to 9:00pm Exam: 4pm to 6pm
Mon to Fri	June 16, 17,18,19 Exam June 20	4:00pm to 9:00pm Exam: 4pm to 6pm

NATIONAL LIFEGUARD COURSE & RECERT COURSES (RATIO 1:10)

Cost: Member/ Non-Member \$260.56 Recert: \$85.90

DAY OF WEEK	SESSION DATES	TIME
Saturday	Recertification Exam March 8	9:00am to 1:00pm
Fri, Sat & Sun	March 7, 8, 9,14,15 Exam: March 16	Fri 4:00pm to 9:00pm Sat & Sun 9:00am to 6:00pm Exam: 9am to 1:00pm
Fri, Sat & Sun	June 6, 7, 8, 13, 14 Exam: June 15	Fri 4:00pm to 9:00pm Sat & Sun 9:00am to 6:00pm Exam: 9am to 1:00pm
Sunday	Recertification Exam June 15	9:00am to 1:00pm

LSS INSTRUCTORS COURSE (RATIO 1:10)

Cost: Member/ Non-Member \$179.67

DAY OF WEEK	SESSION DATES	TIME
Mon - Thurs	June 9, 10, 11 & 12	4:00pm to 9:00pm

Group Fitness Schedule

26

January 6 - March 16

• Rates:

- MembersFREE
- Non-members.....\$8.48
- Seniors (60+).....\$7.47

**Register Online on
UNIVERUS**

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



GROUP FITNESS SCHEDULE

date:

January 6 - March 16

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	Cycle 7:00am - 7:45am	Rise & Grind Wake up! 6:15am - 6:45am		Rise & Grind Wake up! 6:15am - 6:45am	
Muscle Up 7:00am - 8:00am	Beginner HIIT (ends Feb 4) 8:00am - 8:45am	Muscle Up 7:00am - 8:00am		Tone Zone 7:00am - 8:00am	Cycle 8:00am - 8:45am
	Zumba Gold (starts Feb 11) 8:00am - 8:45am		Chair Yoga (begins Feb 13) 8:00am - 8:45am		Saturday Shakedown 9:00am - 10:00am
Fit & Flex 9:30am - 10:30am	Low Impact 9:30am - 10:30am	Yoga 9:30am - 10:30 am	Beginner HIIT 9:30am - 10:30am	Fit & Flex 9:30am - 10:30am	Core, Mobility & Stretch 10:15am - 11:00am
	Cycle + Core 12:15pm - 1:00pm	Cycle 30 12:15pm - 12:45pm	Total Body 12:15pm - 1:00pm		Our group classes are inclusive, supportive, and suitable for every fitness level!
Cycle 4:30pm - 5:15pm		Athletic Impact 4:30pm - 5:30pm	Cycle (ends Feb 6) 4:30pm - 5:15pm:	Bike Boot Camp 4:30pm - 5:15pm	
Sweat & Sculpt 5:45pm - 6:45pm	Yoga Core 5:45pm - 6:45pm	Core,Mobility,Stretch 5:45pm - 6:45pm	Reward Yoga 5:45pm - 6:45 pm		
Boot Camp 7:00pm - 8:00pm	Fit & Flex (ends Feb 4) 7:00pm - 8:00pm	Power Punch 7:00pm - 7:45pm	Barbell Weights 7:00pm - 8:00pm		
	Zumba (starts Feb 11) 7:00pm - 8:00pm	Bedtime Yoga 8:15pm - 9:00pm	Zumba (begins Feb 13 7:00pm - 8:00pm		

notes:

*Thursdays Zumba classes are held in the Meeting Room
No classes on Family Day February 17th

Contact Info:

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

Let's Start **TRAINING TODAY**

@ **VPCC Fitness Centre**

New to Training?

Complimentary 30-minute Fitness Centre Orientation for members. Orientation is mandatory for 12 & 13 years old.

Professional Equipment

Cardio equipment: treadmills, rowers, stair climbers, lateral & upright steppers, recumbent bikes, and ellipticals. **Strength training equipment** to accommodate beginners & and advanced lifters

Personal Training

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



Members

3 Sessions	\$134.12
5 Sessions	\$223.57
10 Sessions	\$447.06

Non-Members

3 Sessions	\$167.67
5 Sessions	\$279.44
10 Sessions	\$558.89

Fitness Centre Hours

Monday - Friday: 5:30am - 9pm
Saturday - Sunday: 7am - 4pm

Make an Appointment :

☎ 519-425-1181 ext 6266
susan.keane@ingersoll.ca

Ingersoll
Community Services

HEALTHY HEARTS



FEBRUARY

**MEMBER
CHALLENGE**

**BEFORE
FEB
3RD**

**SIGN UP ONLINE
OR IN PERSON**

<https://app.univerusrec.com/ingersollcspub/courses/index.asp>

**EARN EXTRA DRAW
ENTRIES WITH THREE
WORKOUTS PER WEEK!**



**TRACK YOUR
WORKOUTS ON THE
LEADERBOARD**

**CELEBRATE YOUR
ACHIEVEMENTS**

Contribute to a healthier, happier community!



CHALLENGE RUNS FEB 3RD-28TH



QUESTIONS? CONTACT SUSAN.KEANE@INGERSOLL.CA

Squickleball:

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

Book your 1-hr time slot



SQUICKLEBALL/ SQUASH / WALLYBALL

Court rental cost included in membership
Non-members: \$4.00/person per hour

**COURT RENTAL AVAILABLE PER
HOUR DURING FACILITY HOURS**

Squash: Bring your racquet, ball and CSA approved eyewear

Wallyball: Net and ball provided

Squickleball: Bring your own paddle. Net and balls provided

Contact us today to book your court!

VICTORIA PARK COMMUNITY CENTRE

Group Fitness Programs

30

Rise & Grind Wake Up!

A high-rep weightlifting class that concentrates on building muscle. Each day has a specific muscle focus to maximize gains in minimal time. **NO CLASSES Feb 17**

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

Muscle Up

A full body workout that tones and strengthens all major muscle groups using barbells, dumbbells, body weight, benches and risers. **NO CLASSES Feb 17**

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

Fit & Flex

A low impact interval training class. Use body weight and minimal equipment to improve your overall fitness. Wrap it up with 20 mins of mobility and guided stretching. **NO CLASSES Feb 17**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am to 10:30am	7:00pm to 8:00pm Ends Feb 4th			9:30am to 10:30am		

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. **NO CLASSES Feb 17**

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

Cycle + Core: Cycle for 30mins, then complete 15-mins of core specific drills to make you a better cyclist.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30pm to 5:15pm	7:00am to 7:45am •Core 12:15pm to 1:00pm	Cycle30 12:15pm to 12:45pm	4:30pm to 5:15pm Ends Feb 6th		8:00am to 8:45am	

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 to 6:45pm						

Boot Camp

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
7:00pm to 8:00pm						

Beginner HIIT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00am to 8:45am Ends Feb 4th		9:30am to 10:30am			

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 to 10:30am					

Yoga

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

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

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

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Yoga Core 5:45pm to 6:45pm	Yoga 9:30am to 10:30am Bedtime Yoga 8:00pm to 9:00pm	Chair Yoga 8:00am to 8:45am Reward Yoga 5:45pm to 6:45pm			

Zumba® - begins again Feb 11, 2025

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Zumba Gold 8:00am to 8:45am Zumba 7:00pm to 8:00pm		Zumba 7:00pm to 8:00pm			

Athletic Impact

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		4:30pm to 5:30pm				

Core, Mobility & Stretch

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:45pm to 6:45pm			10:15am to 11:00am	

Power Punch

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:00pm to 7:45pm				

Total Body Xpress

Get fit FAST with a 30-min full-body workout that targets all major muscle groups. Using light equipment, you'll tackle resistance training, core, cardio bursts and mobility drills.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			12:15pm to 1:00pm			

Barbell Weights

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

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

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 to 8:00am		

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 to 5:15pm		

Saturday Shakedown

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

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

Court Conditioning (14+ yrs)

Elevate your pickleball and other racquet sports performance with our structured group training! Focus on building strength, improving agility, and endurance while reducing the risk of injury.

Location: Victoria Park Community Centre - Fitness Studio

Fee: Members \$35.62 / 9 classes

Non-member \$71.19 / 9 classes

Day	Dates	Time
Tues	Jan 7 - Mar 4	11:00am - 12:00pm
Thurs	Jan 9 - Mar 6	7:00am - 8:00am

Women's Self Defense (14+yrs)

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

Location: Ingersoll District Memorial Arena - Auditorium

Date: Wednesday, January 8 - Mar 5

Time: 5:30pm - 6:30pm

Fee: Members \$35.62 / 9 classes

Non-member \$71.19 / 9 classes

Adult Shuffleboard (18+yrs)

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

Location: Ingersoll District Memorial Arena - Auditorium

\$5.00 per day

Register on PickupHub

Day	Dates	Time
Tues	Jan 7 - Mar 11	12:30pm - 3:30pm
Thurs	Jan 9 - Mar 12	12:30pm - 3:30pm

Adult Pickleball (18+yrs)

Bring your paddle and come join some fun indoor pickleball play. By playing indoors, you can enjoy the game regardless of weather, making it a perfect activity for any day, rain or shine. This program accommodates players of all pickleball skill levels.

Beginner Pickleball is designed to allow beginner and entry level players new to the sport of pickleball. This is a great program to develop and learn the rules, non-volley zones, dinking and hitting the wiffle ball.

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

Location: Ingersoll District Collegiate Institute in Gymnasium 2

Fee: \$5.00 per day *Register on PickupHub*

Beginner Pickleball

Option 1:

Dates: Wednesday, January 8 – May 14 (No program March 12)

Time: 6:00pm - 7:30pm

Option 2:

Dates: Thursday, January 9 – May 15 (No program March 13)

Time: 7:30pm - 9:00pm

Intermediate Pickleball

Option 1:

Dates: Wednesday, January 8 – May 14 (No program March 12)

Time: 7:30pm - 9:00pm

Option 2:

Dates: Thursday, January 9 – May 15 (No program March 13)

Time: 6:00pm - 7:30pm

Adult Recreation Volleyball (18+yrs)

Grab your knee pads and bring your serving skills for some recreational volleyball. Gather your friends and join this weekly program for players looking to practice their volleyball skills.

Some volleyball experience is recommended but not required.

Location: Harrisfield Public School Gymnasium 142.

Dates: Wednesday, January 8 - May 14 (No program March 12)

Time: 7:00pm - 9:00pm

Fee: \$5.00 per day *Register on PickupHub*

Adult Intermediate Volleyball (18+yrs)

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

Location: Ingersoll District Collegiate Institute High School Gymnasium

Dates: Monday, January 6- May 12 (No program on Feb 17, March 10, April 21)

Time: 7:00pm - 9:30pm

Fee: \$5.00 per day *Register on PickupHub*

Thrive for 30 (14+yrs)

Thrive for 30 days in this member-exclusive guided fitness program. Check in once a week in a small group setting with a personal trainer and nutrition coach! Share your wins and assist each other through the struggles. Each week you'll learn tips for fitness, nutrition, mindset and sticking to your amazing goals!

Location: Victoria Park Community Centre - Fitness Studio

Fee: Members FREE

Day	Dates	Time
Mon	Jan 6 - Mar 3 (no program Feb 17)	8:15pm - 8:45pm
Fri	Jan 10 - Mar 7	11:30am - 12:00pm

Baby & Me

Join us for our Baby & Me workout class. The perfect chance for you and your little one to meet other fabulous parents and work on your personal fitness.

It's important to note that in this interactive program, parents stay close and engage with their little ones throughout the entire session.

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

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

Location: Victoria Park Community Centre - Fitness Studio

Dates: Thursday, January 9 - March 6

Time: 11:00am - 12:00pm

Fee: Members \$35.62/ 9 classes

Non-Members \$71.19 / 9 classes

Stroller Fit

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

Prerequisites: New moms must have clearance to start exercising from their doctor. **Information & Requirements:** This program is designed for parents and caregivers who have a child under 2 years of age. Jogging strollers are recommended but not necessary.

Location: Fusion Youth Centre Gymnasium

Dates: Monday, January 6 - March 3 (No program February 17)

Time: 11:00am - 12:00pm

Fee: Members \$31.64 / 8 classes

Non-Members \$63.28 / 8 classes

Arena Schedule

36

January 6 - March 16, 2025

• Rates:

- Open Skate.....\$3.00
- Adult Skate.....\$3.00
- Parents & Tots.....FREE
- Shinny.....\$7.00
- Huff & Puff.....\$5.00
- Stick & Puck.....\$5.00
- Shuffleboard (Auditorium).....\$5.00

Book ice programs through

PickupHub

<https://pickuphub.net/ingersoll>



ARENA SCHEDULE

date:

January 2 - March 28

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Shinny 9:00am - 10:20am	Huff & Puff 9:00am - 9:50am			
	Parents & Tots 10:30am - 11:20am	Parents & Tots 10:30am - 11:20am			Open Skate 10:00am - 10:50am
	Adult Skate 2:30pm - 3:30pm		Adult Skate 2:30pm - 3:30pm		
	Open Skate 3:30pm - 4:50pm		Open Skate 3:30pm - 4:50pm		
				Stick & Puck 4:00pm - 4:50pm	

notes:

Items highlighted in GREEN require advanced registration and payment through PickupHub

Items in WHITE are drop-in

No Open Skate on Saturday, Feb. 22

Contact Info:

519-485-5023

<https://pickuphub.net/ingersoll>

communityservices@ingersoll.ca

For dates of sponsored FREE Open Skates, check out our social media platforms



OPEN SKATE

SPONSORSHIP OPPORTUNITIES

Sponsoring an open skate is a great way to give back to the community!
Reach out today to secure your Saturday sponsorship.

\$160 including HST

Email patkinson@ingersoll.ca or call 519-485-5023

Children's Program Schedule³⁸



CHILDREN'S PROGRAM SCHEDULE

date:

January 6 - March 16

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Monday	Tuesday	Wednesday	Thursday	Friday	SUNDAY
					Beginner Ballet 10:00am - 10:30am
					Acro Juniors 10:45am - 11:45am
Kinder Kids 9:00am - 11:00am	Pre Kinder Prep 9:00am - 11:00am	Kinder Kids 9:00am-11:00am	Explore & Go 9:00am - 11:00am		Beginner Ballet 12:00pm - 12:30pm
					Acro Juniors 12:45pm - 1:45pm
Kinder Dance & Groove 3:15pm - 4:15pm	Kinder Circle & Dance Time 2:45pm - 3:45pm	Kinder Circle & Dance Time 2:45pm - 3:45pm			Our programs are inclusive, supportive, and suitable for school aged children.
	Craft Zone 4:45pm - 5:45pm	Artistry & Film 5:30pm - 7:30pm	Kids Fit 4:30pm - 5:30pm		
Mad Science Monday 5:30pm - 7:30pm	Drama Kids 6:00pm - 7:00pm			Flick & Dip 6:00pm - 8:00pm	
Board Game Night 7:15pm - 8:45pm	Spontaneous Sports 7:30pm - 8:30pm	Athletic Youth 7:00pm - 8:00pm			
Saturday			Contact Info:		
Kids Care 8:30am - 11:00am Kids Care provides a fun and safe place for children to play supervised while parents and caregivers workout at Victoria Park Community Centre. Member: FREE Non-Member: \$4.00			 communityservices@ingersoll.ca  https://app.univerusrec.com/ingersollcspub/  519-425-1181 x 0		

PA Day Camp

Winter Carnival & Cookies (4-12yrs)

Step into a winter wonderland with a carnival twist! Enjoy the chilly outside playing snowflake toss, winter trivia and snowball dodgeball! Search for the Abominable Snowman in a fun scavenger hunt. After a morning of winter carnival games, campers will spend the afternoon decorating snowball shaped cookies, playing themed camp activities, and a Disney movie!

Location: Victoria Park Community Centre - Meeting Room

Date: Friday, January 17

Time: 8:30am - 4:00pm

Fee: Member \$35.00 / day

Non-Member \$40.00 / day

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

School Age Programs

39

Drop-in Board Game Night (9-12yrs)

Come explore a variety of traditional and life-size board games. From snakes and ladders, tic-tac-toe, twister, Jenga and more! Learn about teamwork and strategy with an endless evening of fun games to explore!

Location: Victoria Park Community Centre - Meeting Room

Date: Monday, January 6 - March 3 (No program on Feb 10 & 17)

Time: 7:15pm - 8:45pm

Fee: Member \$4.00 / per night
Non-Member \$6.00 / per night

Mad Science Monday (4-8yrs)

Get silly with science during this new children's program. Play fun science-themed games, explore space, the ocean, bugs, goop and more! Learn about force and motion, the sun, the sky and some fun chemistry. Children will do a new activity and craft each week.

Location: Victoria Park Community Centre - Meeting Room

Date: Monday, January 6 - March 3 (No program on Feb 10 & 17)

Time: 5:30pm - 7:00pm

Fee: Member \$31.50 / 7 weeks
Non-Member \$63.00 / 7 weeks

Drama Kids (6-12yrs)

Whether you are new to acting or have some experience, our program promises to sharpen your talents and elevate your performance skills. Join forces with your fellow young stars in a group effort to create, perform, and present your very own production.

Parents and friends will be invited on the last day of the session for a drama showcase.

Location: Victoria Park Community Centre - Meeting Room

Date: Tuesday, January 7 - March 4

Time: 6:00pm - 7:00pm

Fee: Member \$27.00 / 9 weeks
Non-Member \$54.00 / 9 weeks

Spontaneous Sports (6-12yrs)

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

Location: Harrisfield Public School - Gymnasium

Date: Tuesday, January 7 - March 4

Time: 7:30pm - 8:30pm

Fee: Member \$27.00 / 9 weeks
Non-Member \$54.00 / 9 weeks

Artistry & Film (6-12yrs)

Let your inner artist out! Children will learn to draw characters from the movie premiered during the class. Program staff will give a step-by-step tutorial and assist with all levels of drawing to create a beautiful work of art. During the film, children are able to bring peanut-free snacks to enjoy! A personal sketch book is provided to use for the duration of the program. Art supplies and paper are provided.

Location: Victoria Park Community Centre - Meeting Room

Date: Wednesday, January 8 - February 19

Time: 5:30pm - 7:30pm

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

Kids Fit (6-12yrs)

Have a blast playing, making friends, and trying all kinds of cool new activities! It's a safe place where you can grow stronger, get better at balancing, and learn new moves that make your body and brain super strong. It's the perfect start to building confidence and good healthy habits!

Location: Victoria Park Community Centre - Fitness Studio

Date: Thursday, February 13 – March 6

Time: 4:30pm - 5:30pm

Fee: Members \$12.00 / 4 weeks

Non-Member \$24.00 / 4 weeks

Craft Zone (4-12yrs)

This program offers a space for children to construct and build a craft on their own terms. Craft material will include paint, pompoms, stickers, colouring sheets, construction paper, crayons, markers, beads, string, and MORE! Staff will help with cutting, and hot gluing as they guide participants in bringing their creative visions to life each week.

Location: Victoria Park Community Centre - Meeting Room

Date: Tuesday, January 7 – March 4

Time: 4:45pm - 5:45pm

Fee: Member \$27.00 / 9 weeks

Non-Member \$54.00 / 9 weeks

Beginner Ballet (4-5yrs)

Dancers will learn how to skip, gallop, and leap. Children will be introduced to basic ballet positions and movements. Props and magic ribbon wands will assist dancers in learning twirls and arm movements. This class will allow dancers to freely explore gross motor movement and find joy in dancing. 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. Dancers are to come to class wearing comfortable clothing, socks, ballet shoes, or bare-feet

Location: Victoria Park Community Centre - Meeting Room

Date: Sunday, January 12 - March 2

Time: Option 1 - 10:00am - 10:30am

Option 2 - 12:00pm - 12:30pm

Fee: Member \$13.50 / 9 weeks

Non-Member \$27.00 / 9 weeks

Acro Juniors (6-12yrs)

Dancers will focus on flexibility and strength, as they learn the fundamentals of Acro. Dancers 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. Dancers are to come to class wearing comfortable, stretchy clothing.

Location: Victoria Park Community Centre - Meeting Room

Date: Sunday, January 12 - March 2

Time: Option 1 - 10:45am - 11:45am

Option 2 - 12:45pm - 1:45pm

Fee: Member \$27.00 / 9 weeks

Non-Member \$54.00 / 9 weeks

Athletic Youth (9-13yrs)

Fit Check! Kick start your fitness journey with this fun group program! This dynamic class blends boxing techniques with athletic skill-building to boost your strength, agility and overall fitness. We focus on having fun while learning the ropes and leveling up your athletic game. Whether you're here to get fit, build confidence, or just vibe with friends, come ready to sweat, smile, and slay your goals!

Location: Fusion Centre - Gymnasium

Date: Wednesday, January 8 - March 5

Time: 7:00pm - 8:00pm

Fee: Member/Fusion Member \$27.00/ 9 weeks
Non-Member \$54.00/ 9 weeks

Flick N Dip (6-12yrs)

IT'S BACK!!!! Grab your friends and favourite snack and join us for one of our most popular programs! Each week children will watch a movie upstairs from 6:00pm -7:00pm then go for a swim in the pool from 7:00pm-7:50pm! Lifejackets and ratios of child to program staff will be accommodated for swimmers.

Note: Parents are to assist children with snack/vending machines purchases and escort children to the movie room location.

Pick-up: In the Main Lobby after pool time at 8:00pm. Parents/ Guardians MUST sign children in and out in the lobby at the beginning and end of the program.

Pool Admission Standards apply.

Registration is strongly encouraged to secure your spot!

Location: Victoria Park Community Centre - Meeting Room/Pool

Date: Friday, February 7, 14 and 21

Time: 6:00pm – 8:00pm

Fee: Member \$4.00 / week
Non-Member \$6.00 / week

Canada Safety Council Babysitting Course

Ages 12 - 15 yrs - participants must be turning minimum of 12 years of age within the calendar year. Learn all the tips and tricks of babysitting with this course! The Canada Safety Council Babysitting Course will teach you skills for taking care of children and babies. This two-day course will teach you age appropriate activities for children, meal prep for children and babies, how to handle emergency situations and how to make babysitting safe and enjoyable for everyone. Purchased babysitting course manuals will be given to candidates on the first day of the course. Manual payment is required at the time of purchase for the course and is not included in the course fee.

Location: Victoria Park Community Centre - Meeting Room

Date: Saturday, March 15 - Sunday, March 16

Time: 10:00am - 4:00pm

Fee: Members 12 + 13 yrs \$80.00

Members 14 + 15 yrs \$90.40

Non-Members 12 + 13 yrs \$85.00

Non-Members 14 + 15 yrs \$96.05

Babysitting Manual \$10.74

Kinder Dance & Groove (3-4yrs)

Twirl, jump and groove your way through an exciting dance and movement program. Dancers will learn how to skip, gallop, and leap. Props and magic ribbon wands will assist dancers in learning twirls and arm movements. This class will allow dancers to freely explore gross motor movement and find joy in dancing. The last 30 min of class children will gain access to the play climber and various equipment for some unstructured play time! Dancers are to come to class wearing comfortable clothing, socks, ballet shoes, or bare-feet.

Location: Victoria Park Community Centre - Meeting Room

Date: Monday January 6 - March 3 (No program Feb 17)

Time: 3:15 pm - 4:15pm

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

Kinder Circle & Dance Time (3-4yrs)

Hop, skip, and jump together in this creative movement program. Using ribbon wands and props, this interactive program brings children together. Circle time will involve music, dance and singing. At the end of each class, children will have free time to play and explore.

Location: Victoria Park Community Centre - Meeting Room

Dates: Tuesday, January 7 - March 4 **OR**
Wednesday, January 8 - March 5

Time: 2:45pm - 3:45pm

Fee: Member \$27.00 / 9 weeks
Non-Member \$54.00 / 9 weeks

Kinder Kids (3-4yrs)

This recreational program offers your child the chance to form friendships through interaction and sharing with others. Engaging in small group crafts and activities, they will gradually build confidence and independence.

Location: Victoria Park Community Centre - Meeting Room

Time: 9:00am - 11:00am

Day	Dates	Fee
Mon	Jan 6 - Mar 3 8 weeks	Member \$48.00 Non-Member \$96.00
Wed	Jan 8 - Mar 5 9 weeks	Member \$54.00 Non Member \$108.00

Pre Kinder Prep (3-4yrs)

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

Location: Victoria Park Community Centre - Meeting Room

Date: Tuesday, January 7 - March 4

Time: 9:00am - 11:00am

Fee: Member \$54.00 / 9 weeks
Non-Member \$108.00 / 9 weeks

Explore & GO! (3-4yrs)

Through structured and creative sensory activities, kiddos will practice their listening skills as they explore their senses, fine and gross motor skills, all while having fun with friends. Dress comfortably, and remember messy clothes are a sign of creativity and exploration!

Location: Victoria Park Community Centre - Meeting Room

Date: Thursday, January 9 - March 6

Time: 9:00am - 11:00am

Fee: Member \$54.00 / 9 weeks

Non-Member \$108.00 / 9 weeks

March Break Camps

44

Campers are to come prepared for indoor and outdoor activities, bring a water bottle, peanut-free snacks/lunch, and clean indoor running shoes. A camp manual will provide more information to families.

Location: Victoria Park Community Centre - Meeting Room

Time: 8:30am - 4:00pm

Weekly Rate: Member \$195.00 / week Non-Member \$220.00 / week

AM Extended Care: 7:30am - 8:30am Member & Non-Members \$3.00 / day or \$15.00 / week

Day	Fee	Time
Spy Academy Mon, March 10	Mem: \$55 Non-Mem: \$60	We're pleased to inform you that you've been accepted to VPCC Top Secret Spy Academy! Spend the day mastering the art of disguise, decoding secret messages, experimenting with spy gadgets, and embarking on classified missions. Campers will travel by bus to a top secret location for a fun spy mission. We'd like to tell you more, but it's top secret
Dancing with the Stars Tues, March 11	Mem: \$35 Non-Mem: \$40	Grab your dancing shoes as we dance the day away. To trendy, energetic music, Campers will learn fun choreography, new dance moves, musical chairs, and play Just Dance Kids. Campers will band together and create an original dance routine. To twist things up, campers will do some stretching for a life sized game of twister!
Dino Day Wed, March 12	Mem: \$35 Non-Mem: \$40	Campers will time-travel back to when dinosaurs roamed the earth! Kids will learn all about fossils, volcanoes, paleontology through hands-on experiments and activities. Creating an original, fun dinosaur craft and themed movie will top off the day and send our explorers home with a smile.
Lost in Space Thurs, March 13	Mem: \$35 Non-Mem: \$40	Put on your astronaut gear to blast off in your rocket while learning to navigate the stars! Space Cadets will construct and design their own space shuttle, learn about the universe through interactive activities, and an interstellar snack experience! Campers will enjoy "moon crater dodgeball" and rocket ship toss to burn off those space jitters and enjoy a fun trip to the "lunar pool"!
St. Patrick's Day Fri, March 14	Mem: \$35 Non-Mem: \$40	Spend the day hunting for gold and leprechauns. Wear green attire and colourful socks as we celebrate St. Paddy's Day early. Design and create your own leprechaun trap and search the building for clues of leprechaun mischief! Create shamrock crafts, skittle rainbows and enjoy a pizza lunch! A "Shamrock Shake" dance and karaoke party will end the day.

Afternoon Pizza Parties (4-12yrs)

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

Location: Victoria Park Community Centre - Meeting Room

1. Winter Wonderland Pizza Party

Children will enjoy a fun afternoon stepping into a winter wonderland, creating their own snowflake designs, conducting cool experiments, and taking home some sensory snow. They will also enjoy pizza and play some winter-themed games.

Date: Saturday, January 25

Time: 12:00pm - 2:00pm

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

2. Valentine's Day Card Making and Cookie Decorating

Grab your sweetest friends for a fun afternoon of Valentine's Day-themed activities. Children will create personalized Valentine's Day cards for their friends with tons of stickers and craft supplies. Children will have fun decorating a heart-shaped cookie with festive sprinkles and icing.

Date: Saturday, February 8

Time: 12:00pm - 2:00pm

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

3. Pizza & Paint Party

Children will let their creativity run wild with an afternoon of painting. Bright paint colors or the opportunity to mix and create your own colours while adding gems and glitter to make your artwork SPARKLE! Canvases will be provided for children to paint. Once paintings are done children will enjoy pizza and a movie.

Date: Saturday, February 22

Time: 12:00pm - 2:00pm

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

Family Fun Nights! (6+yrs)

Bring the whole family for a fun-filled Friday night. Each week, families will participate in a variety of family-based activities. Our friendly program staff will guide you through a night you won't forget.

Location: Victoria Park Community Centre - Meeting Room

Time: 6:30pm - 8:00pm

Fee: Family Rate: Two (2) Adults and up to four (4) children

Member \$11.30 | Non-Member \$22.60

1. Art Attack Night!

Date: Friday, January 24

Families will enjoy creating a masterpiece together while using an array of art mediums, bright colours and sparkles.

2. Sports and Splash Night!

Date: Friday, February 28

Families will enjoy our fun court sports such as squickleball, wallyball and dodgeball followed with a dip in the pool.

3. Family Games and Popcorn Night!

Date: Friday, March 7

Enjoy some fun board games with the family. With lots of game options such as Snakes and Ladders, Bingo, Jenga, Monopoly, and UNO, there will be endless laughs for all. POPCORN PROVIDED!

Hair & Nail Beauty Hacks (4-12yrs with a parent/caregiver)

Join us for a fun beauty crash course for parents/caregivers and children. Come learn all the new hair trends. Nicole, our beauty expert, will give small group tutorials on braids, accessories and techniques to make every hairstyle unique. Learn easy morning hair styling tips and tricks to make getting glam and out the door a FABULOUS process! After learning how to do 3 easy hairstyles, participants will end the class with getting to choose a nail colour to paint. Have fun designing your nails, with stickers and gems as you learn about fashionable trends. This program is designed for a ratio of 1 parent or caregiver : 2 children (maximum). All styling products like hair brushes, hair ties and nail polish are provided.

Location: Victoria Park Community Centre - Meeting Room

Date: Monday, March 10

Time: 5:30pm - 7:00pm

Fee: Child Member \$4.00 / Child Non-Member \$6.00

Adult Member FREE / Adult Non-Member \$5.00

\$10.00 additional fee required for the cost of materials and supplies

Pool Party (Ages 3 - 13) *2025

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

Location: Victoria Park Community Centre

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

Fee: \$180.00 per party

Zumba Party (Ages 8 - 12)

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

Location: Victoria Park Community Centre

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

Fee: \$225.00 per party

Group Games Party (Ages 3 - 12)

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

Location: Victoria Park Community Centre

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

Fee: \$180.00 per party

Craft Creations Party (Ages 4 - 12) NEW IN 2025!

Children will have a blast in this craft focused party package. A variety of crafts can be customized to fit any party theme. A 1-hour instructional themed craft will take place in the party room, crafts are chosen based on age. (Butterfly Magnet, Canvas Painting, Fish Key Chain, and Superhero capes are just a few examples.) Party package includes party host (s), chips, drinks, 2 pizzas and birthday cake complete with candles, plates, forks, napkins, and cups. Party packages are for up to 12 guests.

Location: Victoria Park Community Centre

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

Fee: \$180.00 per party

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

Fusion TAKE A TOUR



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

Come Explore:

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

Contact Us:



519-425-4386



fusionfrontdesk@ingersoll.ca

\$5.00 YEARLY MEMBERSHIP



Hours of Operation

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

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

Closed Sundays and all statutory holidays

Our Approach to Supporting Youth

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

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

Information for Parents

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

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

Fusion Birthday Parties

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

Location: Fusion Youth Centre

Membership Benefits

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

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

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

WHAT PROGRAMS ARE AVAILABLE?

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



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

IS THERE ANY COST FOR PROGRAMS?

No!

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



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

DOES MY CHILD HAVE TO LIVE IN INGERSOLL TO JOIN?

No!

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



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

WHAT IS THE SUPERVISION LIKE AT FUSION?

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



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

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

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

Fusion Program Schedule ⁵²



November 4 - January 5

DROP IN PROGRAMS

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Tuesday	Wednesday	Thursday	Friday	Saturday
Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm
Gaming Lounge 2:30 - 9:00 pm	Gaming Lounge 2:30 - 9:00 pm	Gaming Lounge 2:30 - 9:00 pm	Gaming Lounge 2:30 - 9:00 pm	Gaming Lounge 2:30 - 9:00 pm
Open Gym 2:30 - 4:00 pm	Floor Hockey 2:30 - 4:00 pm	Open Gym 2:30 - 4:00 pm	Baseball 2:30 - 4:00 pm	Open Gym 2:30 - 6:00 pm
Badminton Skills & Drills 4:00 - 5:00 pm	Soccer 4:00 - 5:00 pm	Pickleball Skills & Drills 4:00 - 5:00 pm	Tennis Skills & Drills 4:00 - 5:00 pm	Guys Group 5:00 - 6:00pm
Tracy's Diner 4:30 - 6:00 pm	Tracy's Diner 4:30 - 6:00 pm	Pickleball 5:00 - 6:00 pm	Digital Media 4:30 - 6:00pm	Volleyball 6:00 - 7:00pm
Badminton 5:00 - 6:00 pm		Digital Drawing 6:00 - 7:30 pm	Tennis 5:00 - 6:00 pm	DIY Crafting 6:00 - 7:30 pm
Digital Media 6:00 - 7:30 pm	Digital Drawing 6:00 - 7:30 pm	Digital Media 6:00 - 7:30pm	Art Games 6:00 - 8:00 pm	*Improv Night 6:00 - 7:30 pm
Basketball 7:00 - 8:00 pm	Basketball 6:00 - 7:00 pm		Girls Group 6:00 - 7:30 pm	Hockey Skills & Drills 7:00 - 8:00 pm
Open Art 7:00 - 9:00 pm	Open Art 7:00 - 9:00 pm	Open Art 7:00 - 9:00 pm	Pick-Up Basketball 7:00 - 8:00 pm	Open Art 7:00 - 9:00 pm
Open Gym 8:00 - 9:00 pm	Open Gym 8:00 - 9:00 pm	Open Gym 8:00 - 9:00 pm	Open Art 7:00 - 9:00 pm	Basketball Skills & Drills 8:00 - 9:00 pm

All Programs are open to all Fusion Members!

Occurs bi-weekly

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

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



date:

November 4 - January 5

INSTRUMENT & MUSIC



JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Tuesday	Wednesday	Thursday	Friday	Saturday
Piano (Main Room) 2:30 - 4:00 pm	Piano (Main Room) 2:30 - 4:00 pm	Piano (Main Room) 2:30 - 4:00 pm	Piano (Main Room) 2:30 - 4:00 pm	Try Out Instruments 3:00 - 9:00pm
Piano/Guitar (Rec Booth) 2:30 - 4:00 pm	Piano/Guitar (Rec Booth) 2:30 - 4:00 pm	Piano/Guitar (Rec Booth) 2:30 - 4:00 pm	Piano/Guitar (Rec Booth) 2:30 - 4:00 pm	Piano Practice Only 3:00 - 9:00pm
Electronic Drum Booth 2:30 - 4:00 pm	Electronic Drum Booth 2:30 - 4:00 pm	Electronic Drum Booth 2:30 - 4:00 pm	Electronic Drum Booth 2:30 - 4:00 pm	Drum Booth: Two People at a Time 3:00 - 9:00pm
Drums (Main Room) 4:00 - 5:00 pm	Drums (Main Room) 4:00 - 5:00 pm	Drums (Main Room) 4:00 - 5:00 pm	Drums (Main Room) 4:00 - 5:00 pm	
Electronic Drums 4:00 - 5:00 pm	Electronic Drums 4:00 - 5:00 pm	Electronic Drums 4:00 - 5:00 pm	Electronic Drums 4:00 - 5:00 pm	
Piano (Rec Booth) 4:00 - 5:00 pm	Piano (Rec Booth) 4:00 - 5:00 pm	Piano (Rec Booth) 4:00 - 5:00 pm	Piano (Rec Booth) 4:00 - 5:00 pm	
Song Writing 101 5:00 - 6:00pm	Basic Audio Setup 5:00 - 6:00pm	Learn Garage Band 5:00 - 6:00pm	Foley/SFX Sound & Voice Design 5:00 - 6:00pm	
Jam Session 7:00 - 9:00pm	Jam Session 7:00 - 9:00pm	Jam Session 7:00 - 9:00pm	Jam Session 7:00 - 9:00pm	

All Programs are open to all Fusion Members!

First come first serve or book an appointment.

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

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

Badminton

Drop-in badminton for youth looking to develop and improve skills for racket sports. Games consist of singles and doubles play which offers youth the chance to learn the rules with peers and staff.

Basketball

Drop-in basketball is for youth looking to develop and improve their basketball skills. This program consists of drills, half-court and full-court games, and skill games with staff and peers.

Dodgeball

For youth looking to participate in games of dodgeball with peers and staff. Teams are made at staff discretion based on the participants. Variations of dodgeball are included to offer variety for the youth.

Flag Football

Flag football, or two-touch football, is for youth who want to play football games with staff and peers. Teams will be made at staff discretion based on the participants.

Floor Hockey

For youth looking to participate in floor hockey with peers and staff. Teams are made at staff discretion based on participants. Games consist of two versus two or three versus three with at least one goalie. Protective eyewear is mandatory and provided by Fusion.

Game Night

Games Night is an open session for youth to play/participate in a laid-back activity. This could be tag, playing with the parachute, capture the flag, and more!

Indoor Soccer

Indoor soccer is for youth looking to improve their soccer skills with peers and staff. Teams will be made at staff discretion and will be based on the participants.

Open Gym

Open gym is open for all youth, where those in attendance can vote to decide which sport or activity they'd like to participate in.

Staff vs Youth

Staff vs. Youth is a weekly activity where the youth can compete against the staff in a sport or activity. It is open to all youth, and the number per team or rotation will be based on the number of participants.

Volleyball

The volleyball program is for youth looking to participate in games with staff and peers and improve their skills. Teams will be made at staff discretion based on the participants.

Tracy's Diner

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

Girls Group

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

LGBTQ+ Group

A safe and inclusive drop-in space for youth to participate in activities and build community. Sessions are facilitated weekly, with activities such as trivia, arts and crafts, movie nights, bingo, board games, video games and more. This program is available to youth who identify as LGBTQ, as well as allies.

Digital Media

Drop in and learn about all kinds of skills in digital media! Photo and video editing, film, 2D and 3D design, and much more. If you like technology, this is the program for you!

Improv Night

Ever wanted to try improv? Make up your own stories and act them out on the fly! Join us in the TV Studio every other Saturday to have fun and see where your imagination takes you.

Open Art

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

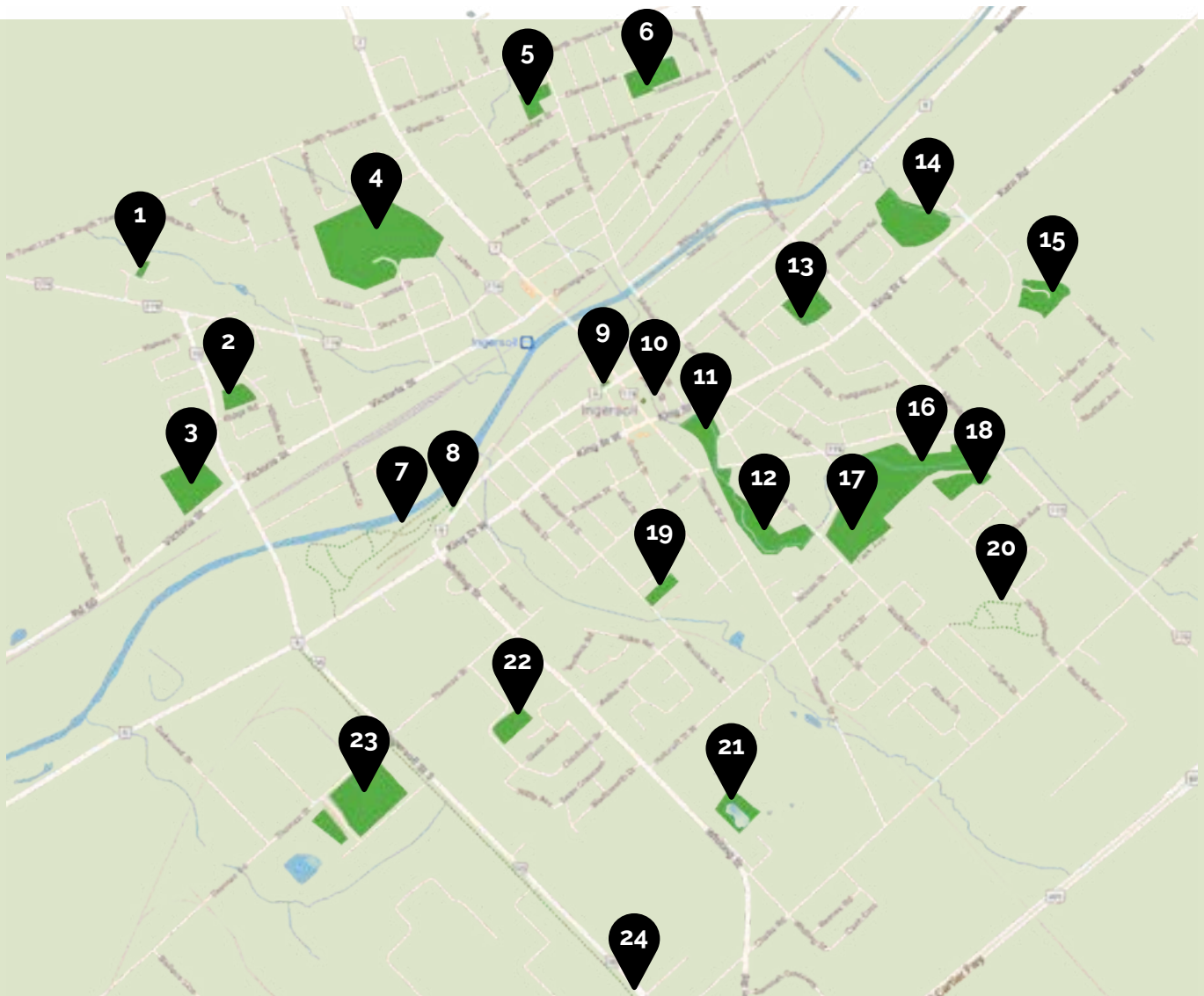
Characteristics & Comics

Characters & Comics is a weekly drop-in program where you can learn all about creating your own original characters and anatomy, as well as how to develop your own stories and comics.

Parks & Trails Map

55

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



Arena

Ice Rental

- Prime Time Private.....\$176.09/hr
- Non-Prime Time Private.....\$120.79/hr
- Minor Sports Prime Time.....\$134.74/hr
- Minor Sports Non-Prime Time.....\$92.92/hr

Arena Floor

- Sunday to Thursday.....\$539.47/day
- Friday and Saturday.....\$786.72/day
- Hourly.....\$53.94/hr

Auditorium

- Sunday to Thursday.....\$247.25/day
- Friday and Saturday.....\$472.03/day
- After 2:00am additional charge.....\$40.46

(flat rate, one-time fee)

- Hourly rate.....\$49.45/hr
- Hourly Rate for Auditorium/Arena Floor - User Group/
Service Club.....\$30.97/hr

Victoria Park Community Centre

VPCC Meeting Room

- Per Hour.....\$26.97
- Per Day.....\$133.07

Pool Rental

- 2 guards (1-65).....\$1138.55
- 3 guards (66-100).....\$165.10
- 4 guards (101-166).....\$191.65
- User Group/Service Club (2 guards) (1-65).....\$90.53
- User Group/Service Club (3 guards) (66-100).....\$117.08
- User Group/Service Club (4 guards) (101-166).....\$143.63
- Swim Team-Full Pool/hr.....\$69.28
- Swim Team-Per Lane/hr.....\$17.32
- All rentals extra guard/hr.....\$26.55

Parks

Diamonds

- 1 Time Diamond Rental w/ Lights.....\$48.67/hr
- 1 Time Diamond Rental w/out Lights.....\$39.82/hr
- User Group Diamond Rentalw/Lights.....\$25.00/hr
- User Group Diamond Rentalw/out Lights.....\$20.00
- 1 Time Minor Ball Diamond Rental.....\$6.11/hr
- Extra Diamond Dragging.....\$50.00/rental

Pavillions

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

Fusion

Fusion Program Space

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

Gym Rental

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

Lounge Rental

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

Art Room Rental

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

SureStart Room Rental

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

Youth Technology Centre (the YTLC)

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

IMAC Lab

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

Conference Room B

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

Kitchen

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

Birthday Parties

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