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Programs – Preschool (Ages 2-5)

*Kinder Gym-Tots (Ages 2-3) with parents***

This program is a theme-based movement class. A parent is to participate in this class to assist their child with balance, coordination, strength activities and much more.

Kinder Gym (Ages 4-5) without parents

This program is a theme-based movement class. The class will help improve children’s balance, coordination, strength, and flexibility while developing their physical literacy.

Time for Tots (Age 2) without parents

This class is without parents. Your child will create new friendships and explore their independence. Each week includes story, sharing time, crafts, music, free play, games and more. Program will include outside play (weather permitting). Children are to bring a peanut free snack and a drink.

Kinder Kids (Age 3) without parents

Our recreational program will allow your child to experience independence, self-confidence, discover their imagination and much more. Activities include: crafts, reading, music, story and sharing time. The program will include outdoor play (weather permitting). Children are to bring a peanut free snack and a drink. Children must be able to use the washroom independently with supervision.

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Kinder Prep (Children must be attending school September 2020) without parents

Our recreation program combines learning in a fun environment that will help your child's transition to school a little easier. Focus of this session will be colors and numbers. The morning will also include gym/playground time discovering fundamental movement skills to help their physicality. Please send comfortable running shoes, water bottle and a nut free snack. Supervision will be provided during bathroom breaks but children must be able to use washroom independently.

Explore and Go! (Ages 3-4) without parents

In the first half of the program your child will enhance their senses (smell, touch, sight, taste, sound) by exploring different activities and using their imagination. The second half of the program will include themed gross motor activities in the fitness Studio. Children will learn eye/hand and foot/eye coordination, following directions, body awareness and body movement, taking turns ... and lots more! Children should wear comfortable clothing that can get messy and running shoes for indoor physical activities. Please pack a nutritious snack and water bottle and label all children's belongings.

See Parent and Me Yoga in the adult section.

Programs – Adult (Ages 14+)

Adult Aikido (Ages 14+)

Adult Aikido unites the elements of self-defense, physical fitness and non-violent philosophy into a modern martial art. The emphasis is on harmonizing, neutralizing and redirecting offensive force to your advantage. This class introduces the basic skills of Aikido in a safe and fun manner; simple Japanese terminologies will be used in class to preserve the heritage of the art. Location of classes are at the Ingersoll arena auditorium.

Aikido Exercise Class (Ages 14+)

The Aikido exercise class focuses on body coordination and fitness using basic Aikido techniques, as well as exercises borrowed from other disciplines. Participants wear regular workout clothing, Martial arts uniforms is optional. All fitness levels are welcome. No experience is required. Location of classes are at the Ingersoll arena.

Adult Karate (Ages 18+)

Adult karate focuses on the basic physical benefits of karate/self-defense in a safe, challenging class. The style studied is Okinawan Go-Ju Ryu. Participants are to wear comfortable clothing. Location of classes are at the VPCC.

Adult Competitive Volley ball (Ages 18+)

This program runs during a school calendar year. Join in each week for an evening of volleyball and friends. Some volleyball experience suggested. Each week teams will be created.

Adult Recreational Volley ball (Ages 18+)

This program runs during a school calendar year. A recreational volleyball program for those individuals who would like a non-competitive play environment. Some volleyball experience recommended.

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Parent and Me Yoga (ages 3 and up) with a parent

Children, parents, and even grandparents can spend time together. Yoga is an activity you can do with your child at any age. A family yoga practice will strengthen the bond between child and parent while having fun. Wear comfortable clothing and bring yoga mats to class.

Shuffleboard

Come out and join us on the summer floor at the Ingersoll Arena, 97 Mutual St. No experience required! Equipment is included. The season starts April 13 and goes to August 17. Sign up for the whole season. Monday and Wednesday afternoons. Not running on May 18, instead on May 22. Not running May 25 to May 27 due to tournament conflict. Not running July 1, instead July 3 2020. Not running August 3, instead August 7.

Co Ed Slo Pitch Baseball

Co-ed baseball is played on the Victoria Park and Garnet Elliott baseball diamonds on Sunday evenings May 10 to August 23, 2020. There are no games on May 17th or August 2nd. Umpires are included. Captains will get a season package and will include one game ball, game schedule, and contact lists. An additional \$35.00 deposit fee has been added to the registration cost for the shed key and base cleaning tool. The deposit fee will be refunded back to the captain at the end of the season once the key and tool are returned.

Co Ed Slo Pitch Baseball Singles Team

This team is for individual or small groups looking to build a team to join the co ed league but do not have their own full roster.

Women's Pick-up Basketball (Ages 18+)

Calling all women basketball players! Has it been a while since you dusted off your basketball shoes? Have you never played basketball before but would like to try a new activity? Come out and participate in our first ever women only basketball league. Basketball is a great way to improve your cardio fitness in a team based and non-judgmental environment. Basketball has moved from Thursday to Monday evenings.

Programs – Child & Youth (Ages 6-12)

Karate-Beginner (Ages 6-12)

Beginner Karate focuses on the basic physical benefits of Karate-Do along with valuable life skills. Sensei Jones teaches respect and discipline in a safe, energetic environment. The style of Karate-Do is Go Ju-Ryu. Participants are to wear comfortable clothing or martial arts uniform. Location of Tuesday classes are at the Ingersoll arena auditorium and the location of Saturday classes at the VPCC.

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Karate-Intermediate (Ages 6-12)

Intermediate Karate focuses on the basic physical benefits of Karate-Do along with valuable life skills to help them succeed. A continuation of the beginner level. Sensei Jones teaches respect and discipline in a safe, energetic environment. The style of Karate-Do studied is Go Ju-Ryu. Participants are to wear comfortable clothing or martial arts uniform. Location of Tuesday classes are at the Ingersoll arena auditorium and the location of Saturday classes are at the VPCC.

Aikido for Kids (Ages 7-13)

Aikido unites the elements of self-defense, physical fitness and a non-violent philosophy into a modern martial art. This class introduces the basic skills of Aikido in a safe and fun manner; simple Japanese terminologies are used in class to preserve the heritage of the art. Participants are to wear comfortable clothing or martial arts uniform. Location of classes are at the Ingersoll arena auditorium.

Friday Night Fun (Ages 6-12)

This is a drop in program running weekly. Each week is a different activity! Activities run 6-7pm followed by Open Swim from 7-8pm. Pick up a flyer at Victoria Park Community Centre for complete details on weekly activities.

Child Minding (Ages 2-10) (Previously Kid Zone)

This is a drop in program. A great place for kids to hang out while mom or dad work out! Crafts, board games, coloring, puzzles and toys to play with. Maximum stay time is 2 hrs.

S.P.A.R.K. (Strength, Plyometric, Agility, and Resistance for Kids) (Ages 6-12)

These are age appropriate freestyle classes focused on conditioning exercises with bouts of active recovery to improve speed, and cardiovascular conditioning, with a focus on playfulness! Children will learn what muscles are, how they work, and how to train/improve them to become stronger and perform better for and daily life. Proper stretching and relaxation will also be included as well as partner and team activities. Wear comfortable clothing, proper clean and dry gym shoes with comfortable fit and good stability, and a water bottle weekly.

Preteen Orientation (Ages 12 & 13)

A 50 min mandatory orientation familiarizing our pre-teens (12-13 years of age) with our building and weight room. A certified Personal Trainer will give a guided tour of the facility, share gym etiquette, rules, personal safety in weight room and a give a demonstration of core pieces of equipment. A parent or guardian must be in attendance during orientation and for each following visit. This is a great opportunity to introduce fitness at an early age. 1-1 Personal training packages are available at an additional cost.

Aquatic – Programs (Ages 8-18 Months)

Parent and Tot Water Fitness (Ages 8-18 months)

Fitness class geared for parent/guardian and even grandparents! Bring your 8 months to 18 months old for this class. Tots must have good neck control and be able to safely sit upright in the fish rotation device. It's a great opportunity to bond in the water. Tots will sit in a fish tethered to you and while they are having fun experiencing the water you will be working out, it's a win-win! This drop in class has limited spots so be sure to arrive early!

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Aqua Yoga (18 + Years)

Aqua yoga is a type of yoga in which the asanas are performed in water. This can be a warm water pool or more natural, open water such as the sea. It is a gentle and low impact activity and, as such, may be more accessible to those who struggle with physical exercise.

Aqua yoga adapts the postures and principles of yoga, including breathing and mindfulness, to an aquatic environment. It is said to be a particularly relaxing, soothing and restorative form of yoga due to the effect on the body of being in water.

Physically, Aqua yoga helpful in a number of ways as it:

- Stimulates the lymphatic system;
- Strengthens the whole body; and
- Improves range of motion and flexibility.

Because the buoyancy of the water in Aqua yoga allows the stress of weight to be taken off of the joints, this can make some asanas, such as balancing or standing postures, feel much easier. It may also help the yogi to find their optimum stretch.

Aqua yoga is also considered beneficial on a mental, emotional and spiritual level. Bathing in water has long been considered a healing practice, and some say that it helps with pain relief, cultivates greater connection with the physical body and helps the yogi learn to “go with the flow.”

General Program - Leadership and Training (Grades 3-5)

Kid Proof Babysitting Training (Grades 5+)

This is a course covering babysitting and childcare skills, safety/injury prevention, professional conduct as a babysitter. Bring a peanut free lunch & a teddy bear/doll for diapering practice. Updated First Aid content is covered.

Kid Proof At Home Alone w First Aid (Grades 5-6)

This program will help you to understand why the setting of rules and following them is important for your safety when staying home on your own.. Updated First Aid content will be covered.

Kid Proof Stranger Smarts (Grades 3-5)

This course will include: Definition of a stranger, Kid and Parent Promise, Instinct, Intuition and Personal alarms, Protecting Safety Zone, Safe Places vs Safe Situations, tricks predators will use, and where to go for Help Curriculum includes Personal safety, Relationships and Ethic & good citizenship.

Programs – Camps (Ages 4-12)

PA Days

Children ages 4-12 years will participate in full day of activities which include, crafts, games, in and outdoor fun and a special activity.

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Day Camps

Children will have a full day of activities, which will include crafts, games along with in and out of door fun. Dress for the weather, bring a peanut free lunch and snacks, indoor footwear and out of door shoes/boots.

Group Fitness (Ages 14+)

Body Tone

A full body muscle conditioning class to strengthen and tone with functional exercises.

Circuit Boot Camp

Circuit training offers a different combination or stations each week and allows participants to work at their own pace.

Indoor Cycling

Our indoor cycling classes are a great cardio workout while also creating minimal impact on the joints. The class will go through a variety of interval drills such as sprinting and climbing. Participants can adjust the resistance of their bike to customize their work. Registration is required to guarantee a bike.

Interval Strong

This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. All muscle groups are engaged in dynamic and isometric movements.

Low & Tone

A low impact non-jarring workout that includes cardio & muscle toning exercises to improve stamina, strength, flexibility and balance. A great class for participants who want a less intense class.

Muscle Up

Muscle Up Tone and strengthen all major muscle groups with high reps in this full body workout.

Strength and Cardio

Our Sunday Morning class is a blend of cardio options and interval muscle training for a dynamic 1.5-hour workout. A different combination each week.

Stroller Boot Camp

This program is for moms wanting to get back into shape after the birth of their new baby. Come and run, jump, push, squat, & pull your body into a healthy, strong and fit version of your pre baby you!

Super Step

Super Step is a high intensity and fast paced work out. Participants can expect a mixture of upbeat, rhythmic stepping, using a height adjustable step.

Yogalates

This class combines the complimentary principles of yoga and pilates for a well-rounded strength, stretch and

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mindfulness practice. An invigorating class for strengthening your core and all-over muscle toning while improving flexibility and balance. Suitable for all levels with modifications provided. Bring your own mat.

Yin Yoga

Give your body the opportunity to fully rejuvenate and repair itself in this relaxing yin yoga class combined with restorative poses. Holding poses for a longer period of time (3-5 minutes) encourages the connective tissue to feel more elastic, providing you with an increase of range of motion and a feeling of space within. This class usually consists of a series of long-held, passive floor poses that mainly work the lower part of the body—hips, pelvis, inner thighs, lower spine. No yoga experience is required and suited for all levels. Bring your own mat.

Gentle Yoga

This yoga practice is perfect for anyone new to yoga or for those who are looking for a softer approach to their existing practice. Gentle yoga combines poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress and calm the mind. No yoga experience is required and suited for all levels. Bring your own mat.

Vinyasa (Flow) Yoga

In Vinyasa yoga, each movement synchronized to the breath, acting as an anchor as you move from pose to the next. This practice will use the breath to align the body and mind, helping you to develop a stronger mind-body connection and grow in strength. Bring your own mat.

Pilates

A class fusing movement, breathe control, strength and flexibility with an emphasis on challenging the core. Bring your own mat.

STRONG by Zumba®

Start training to the beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been designed to match every single move.

Fusion – Leadership Programs (Ages 10-18)

Guys Group

The “Guys Group” program is a weekly program specifically for male youth that focuses on leadership, sportsmanship, and life skills. Several program outcomes that the program focuses on are to increase the amount of leadership skills and social skills that will assist them in their everyday life. Guys Group is a structured program where male youth can engage and develop new relationships with other peers and staff.

Fusion - Sport & Recreation (Ages 10-18)

Sports & Recreation

Fusion offers sports and recreation programs that are aimed at helping youth develop new skills. Throughout

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the week youth members have the opportunity to play basketball, soccer, floor hockey, volleyball, dodgeball and the outdoor skate park. The sports & recreation programs offer youth a safe place to be physically active with the equipment to do so with rules and boundaries.

Ball Hockey

Floor hockey is a drop in program and is offered to all youth at Fusion. Floor hockey provides youth who love hockey, but cannot afford to play organized ice hockey a safe place to play Canada's national sport. Youth learn a number of hockey skills through drills, scrimmages and each session ends with a shootout. All equipment is provided for which includes helmets, sticks, and goalie equipment.

Basketball

The basketball program is another drop-in based program that encourages youth to get active and play basketball in a fun, inclusive atmosphere. The program focuses on teamwork, sportsmanship and the basic fundamentals of basketball. Youth who participate in the program often use the program time to practice, improve their skills and increases self esteem, so that they can try out for their school's basketball team.

Soccer

Similar to Fusion's other sports programs offered soccer is no different. The program allows youth to get active, practice, improve and learn the fundamentals of soccer. The program is for all skill sets and is barrier free. Whether youth are playing 3-3, kicking or shooting a ball, Soccer night is a fun, upbeat program that promotes physical fitness and teamwork.

Volleyball

Indoor volleyball was another sport that youth identified as a program need. Volleyball runs twice a week and has allowed youth an opportunity to set, bump and spike. Volleyball is co-ed activity that encourages teamwork, sportsmanship and positive social engagement.

Open Gym

Open gym is a time for youth to get together and choose the recreation activity. Open Gym is a non-structured program where youth can come to the gym and shoot a basketball on one net and at the other end a soccer game could spontaneously break out. This is a time for youth to let loose in a safe, fun and supervised atmosphere.

Fusion - Arts & Culture (Ages 10-18)

Art

Art is a program offered at Fusion for all members. It offers basic and advanced drawing techniques from object and figure drawing, character design, perspective and basic design. All art supplies are included in the program from sketch books, canvases, paints, markers and much more. The Art programs helps build self confidence and self esteem in themselves as well as their art work.

Fusion - Life Skills & Cooking (Ages 10-18)

Tracy's Diner

The motto for this culinary program offered is "There is nothing finer than Tracy's Diner" which focuses on teamwork in the kitchen. Youth work together in order to accomplish the overall goal of preparing, cooking,

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eating and cleaning up the meal. The purpose of Tracy's Diner is to enjoy a nutritious healthy meal for those youth who are hungry while learning a number of cooking skills in the process.

Nutrition

The component of the culinary programs focuses on food preparation for others to ensure youth have access to affordable, nutritious daily meals. Youth work individually to prep, serve, or clean up after a meal that is sold to other youth and staff at an affordable and consistent rate. The outcome of the program is to provide youth with healthy and affordable meals and to educate youth on nutritious food options while demonstrating safe food handling.

This program is pretty “sweet” youth who enjoy baking, cookies, brownies, cupcakes and more Scott's Sweet's offers youth an opportunity to learn and understand the ingredients and methods used in creating, pastries, breads, cookies and other desserts. Youth learn how dairy, fruits, flour and chocolate come into play with pastry and baking. The best part about the program is that after the food is baked everyone participant gets to taste and enjoy.

Fusion – Technology Programs (Ages 10-18)

M-Bots & Coding (Ages 10-18)

This exciting new program sponsored by HydraDyne which focuses on Robotics & Coding. Youth work together in pairs and will building an M-Bot. M-Bots is a STEAM education robot for beginners that makes teaching and learning robot programming simple and fun. Youth will be taught how to assemble their own robot, and then program it to achieve the tasks. This is a free program for youth to attend. 12 spots are available for this first program.

Mixed Media (Ages 14-18)

Need community hours for school? Or simply want to learn how to make posters, flyers or video advertising? Youth can learn how to edit videos and use Photoshop to better prepare yourself for Post-Secondary education by creating a Multi-Media portfolio.

Lights, Camera & Action (Ages 10-18)

Ever want to work on a feature film? From acting in front of a camera to working behind it. Youth can learn the skills necessary to write, shoot and edit a movie.

Fusion TV (Ages 10-18)

This TV show –based program allows youth to create and work on TV shows in our Fusion Studio. These shows can include anything from commercials, interviews, green screen work and game shows. Come be a part of the crew and create your own show.

Fusion - Fee for Service Programs (Ages 10-18)

Capture, Create & Animate

Interested in photography, drawing & animation? Combine them all! Youth will have the opportunity to use

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cameras, photo editing software, & animation to create a unique portfolio of all their work that they can take home with them.

Baking Bonanza!

Have your cake and eat it too! Baking Bonanza is for anyone that wants to learn or already loves to bake. Look forward to baking cookies, cupcakes, muffins, and more!

Individual Music Lessons

Sign up for individual music lessons on the guitar, bass guitar, keyboard, ukulele or percussion. 1/2 hour sessions. On Tuesday's or Wednesday's

Lino Art!

The art program at Fusion is offering a 10 week exciting new program to show youth how beautiful and unique faces are, using an exciting technique! Lino, Linoleum printing tiles is a fun way to shape and curve the unique features of our faces. We will be drawing faces, transferring them to onto Lino tiles and then carving them out with a carving tool! From there, we will be using ink to transfer the images onto paper. The faces will be done on 4 tiles, because of this, we can mix and faces to showcase how amazing and unique we all are. Our diversity makes us stronger, our similarities makes us human!

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