

COMMUNITY SERVICES SPRING 2024 Program Guide



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Have a Question? Contact Us!

Victoria Park Community Centre

Phone: 519-425-1181 x 0

355 Wellington St.

Ingersoll ON, N5C 1T2

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

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

Fusion Youth Centre

Phone: 519-425-4386

121 Thames St N.

Ingersoll ON, N5C 3C9

Youth Centre Hours:

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

Office Hours:

Monday-Friday 8:30 am-4:30 pm

Ingersoll Memorial Arena

Phone: 519-485-5023

97 Mutual St S.

Ingersoll ON, N5C 1S6

arena@ingersoll.ca

Message from the Mayor

Dear Ingersoll Residents,

It is with great pleasure that I welcome you to our vibrant community and extend a warm invitation to explore the incredible parks and recreation programs that make Ingersoll a truly exceptional place to live, work, and play.

Ingersoll takes immense pride in maintaining pristine parks that provide a sanctuary for relaxation, fitness, and family bonding. Whether you're a fitness enthusiast, nature lover, or simply looking for a place to unwind, our parks offer something for everyone.

I encourage you to take advantage of the programs outlined in this guide, as they reflect our commitment to fostering a healthy and active community. Our Community Services Department has worked diligently to curate a program that caters to a variety of interests and age groups.



Ingersoll's parks are not just green spaces; they are the heart of our community. Let's embrace the beauty that surrounds us and make the most of the wonderful opportunities for recreation that our town offers.

Thank you for being an integral part of Ingersoll's thriving community. I look forward to seeing you at our Community Services events, creating shared experiences that strengthen the bonds that make Ingersoll a place we are proud to call home. Wishing you all an active and joyful year ahead!

Warm regards,
Mayor Brian Petrie
Mayor of Ingersoll

How to Register

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



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

Fitness & Aquatics

Registration opens for Members on March 18 at 7:00am and for Non-Members on March 19 at 7:00am

Program & Day Camps

Registration for Members opens on March 4 at 7:00am and for Non-Members on March 5 at 7:00am

To Register Visit

<https://appuniverusrec.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.

Program Changes and Cancellations

We retain the right to modify or cancel any program if circumstances require it. Ingersoll Community Services also reserves the right to adjust program time, fees or location as needed. Refunds or credits will be issued for cancellations made by us.

Cancellations arising from unforeseen circumstances, including but not limited to insufficient enrollment, staffing levels, equipment failure and pool fouling, may occur occasionally. Participants will receive timely notifications 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.

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.

Admissions and Fees

Admissions

Open Swims/Family Swims

Children under 2 yrs	No charge
Children (3 - 13 yrs).....	\$3.00
Adult (14+).....	\$3.00

Length Swims

Members. (14+).....	FREE
Non-Members (14+).....	\$4.50
Non-Members/Seniors (60+).....	\$4.00

Group Fitness (Aquatic & Land)

Members.....	FREE
Non-Members (14+).....	\$8.00
Non-Members/Seniors (60+).....	\$7.00

Skates

Open Skates	\$3.00
Shinny Ice.....	\$7.00
Huff & Puff (50+).....	\$5.00
Adult Skate	\$3.00
Parent & Tot.....	FREE
Stick & Puck.....	\$5.00

Membership includes Open and Adult Skates

Memberships

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
- Indoor pickleball

Included with Membership:

- Discounted rates for Swimming Lessons
- Discounted rates other sessional programs
- Discounted rates for Child and Youth Drop-in Programs
- Discounts on Day/PA Day Camps

Closed Dates

Facility Closed: March 29, 31 & May 20

Membership Rates

1 Month (One Household) Memberships

Family Rates:

- \$47.50 for 1 Person Household
- \$70.00 for 2 Person Household
- \$85.00 for 3 Person Household
- \$100.00 for 4 Person Household
- \$25.00/person for 5+ Person Household

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

Rates:

- \$ 37.50 for 1 Senior/Child
- \$ 65.00 for 2 Senior/Child

Auto-Renewing Membership

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

Family Rates:

- \$42.50 for 1 Person Household
- \$60.00 for 2 Person Household
- \$70.00 for 3 Person Household
- \$80.00 for 4 Person Household
- \$20.00/person for 5+ Person Household

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

Rates:

- \$32.50 per month for 1 Senior/Child
- \$55.00 per month for 2 Senior/Child

Personal Training

New to training?

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

Professional Equipment

Cardio equipment: treadmills, rowers, stair climbers, lateral and 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.

Rates:

Members

- 3 sessions.....\$132.00
- 5 sessions.....\$220.00
- 10 sessions.....\$440.00

Non-members

- 3 sessions.....\$165.05
- 5 sessions.....\$275.05
- 10 sessions.....\$550.10

Fitness Centre Hours

Monday - Friday 5:30am - 9:00pm
Saturday & Sunday 7:00am - 4:00pm

Make an appointment

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

R-Zone

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	



Whether participating in a family swim, aquafit class, or swimming lessons, the pool is a great place for people of all ages and abilities to make friends and stay active.

Pool Admission Standards are in place to increase the safety of young swimmers and to provide an additional level of supervision. Victoria Park Community Centre pool uses a wristband policy and swim test to identify young and at-risk swimmers.

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 Requirments



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

March 18th - June 23rd, 2024

- Swim times are subject to change
- Pool Admission Standards are in effect. See page 10
- Open Swims/Family Swims
- Members Free
- Non Members \$3.00
 - Children under 2 yrsNo charge
 - Children (3 - 13 yrs).....\$3.00

Monday	Tuesday	Wednesday
Length Swim 6:00 - 8:00 am	Length Swim 6:00 - 8:00 am	Length Swim 6:00 - 8:00 am
Deep Water Aqua Fit 8:15 - 9:00 am	Adult/Senior Swim 8:00 - 9:00 am	Deep Water Aqua Fit 8:15 - 9:00 am
Shallow Water Aqua Fit 9:15 - 10:00 am	Aqua Yogalates 9:00 - 10:00 am	Shallow Water Aqua Fit 9:15 - 10:00 am
Open Swim 10:15 - 11:15 am	Aqua Boot Camp 10:15 - 11:15 am	Open Swim 10:15 - 11:15 am
Length Swim 11:30 am - 1:00 pm	Length Swim 11:30 am - 1:00 pm	Length Swim 11:30 am - 1:00 pm
Parent & Tot Swim 1:15 - 2:30 pm		Sensory Friendly Swim 1:30 - 2:30 pm
Aqua Zumba 7:05 - 8:00 pm	Open Swim 7:00- 8:00 pm	Aqua Zumba 7:05 - 8:00 pm
Aqua Yoga 8:05 - 9:00 pm	Length Swim 8:00- 9:00 pm	Length Swim 8:00- 9:00 pm

notes:

- Facility Closed March 29, 31, & May 20
- No Length Swims on March 23, & June 2
- No Sensory Friendly Swims on June 12, 19, & 26
- No Parent & Tot Swim on March 23

To pre-register for our Aquatic Group Fitness Programs in Univerus, visit:

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

Thursday	Friday	Saturday
Length Swim 6:00 - 8:00 am	Length Swim 6:00 - 8:00 am	Length Swim (2 lanes only) 7:00 - 9:00 am
Adult/Senior Swim 8:00 - 9:00 am	Deep Water Aqua Fit 8:15 - 9:00 am	
Restorative Aqua Fit 9:00- 10:00 am	Shallow Water Aqua Fit 9:15 - 10:00 am	
Aqua Zumba 10:15 - 11:15 am	Open Swim 10:15 - 11:15 am	Parent & Tot Swim 12:30 - 1:30 pm
Length Swim 11:30 am - 1:00 pm	Length Swim 11:30 am - 1:00 pm	Open Swim 1:30 - 3:30 pm
		Sunday
Aqua Kickboxing 7:05- 8:00 pm	Open Swim 6:00 - 8:00 pm	Length Swim 7:00 - 9:00 am
Length Swim 8:00- 9:00 pm	Private Pool Rental Available 8:00 - 9:00 pm	
<h2>Contact Info:</h2> <p> 519-425-1181 x 0</p> <p> https://app.univerusrec.com/ingersollcspub/</p> <p> communityservice@ingersoll.ca</p>		Family Swim 12:30 - 1:30 pm
		Open Swim 1:30 - 3:30 pm

Aquatic Programs

Aqua Yoga

Aqua Yoga is a form of yoga that modifies traditional postures and yoga principles, incorporating breathing and mindfulness in an aquatic setting. This gentle and low-impact activity can be particularly accessible for individuals facing challenges with physical exercise.

Members (14+) Free

Non-Members (14+) \$8.00

Non Members/Senior (60+) \$7.00

Aqua Yogalates

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

Members (14+) Free

Non-Members (14+) \$8.00

Non Members/Senior (60+) \$7.00

Restorative Aquafit

Join us for a low-impact and reduced-intensity aquafit class that is ideal for participants with joint ailments, those recovering from injuries or surgeries and anyone looking for a low-intensity starting point.

Members (14+) Free

Non-Members (14+) \$8.00

Non Members/Senior (60+) \$7.00

Shallow Water Fitness

Shallow Water Aquafit is 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. This class's characteristics will build your abilities in flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion your feet, knees and back.

Members (14+) Free

Non-Members (14+) \$8.00

Non Members/Senior (60+) \$7.00

Deep Water Fitness

This water fitness program is conducted in the deep area of the pool, offering a low-impact, high-resistance, total body workout. Participants will use Aqua fitness belts to engage in a variety of motions, such as walking, running, cycling, abdominal work, and stretching exercises. The advantages of this method include reduced stress on the back, hips, knees, and ankles.

Members (14+) Free

Non-Members (14+) \$8.00

Non Members/Senior (60+) \$7.00

Aqua Zumba

This high-energy aquatic workout integrates the Zumba formula and philosophy with traditional Aqua fitness disciplines. The Aqua Zumba class blends it all together into a safe, challenging, water-based workout that includes cardio-conditioning, body-toning, and, most of all, an exhilarating experience beyond belief. So, liven up your week with some Latin fever.

Members (14+) Free

Non-Members (14+) \$8.00

Non Members/Senior (60+) \$7.00

Aqua Kickboxing

This Aqua Kickboxing class diverges from the traditional boxing or martial arts approach. If you believe kickboxing is beyond your capabilities, Aqua Kickboxing aims to change that perception. In the water, you can perform moves that might feel challenging on dry land, benefitting from buoyancy that supports your body weight and enables a broader range of motion for enjoyable kickboxing exercises. Aqua Kickboxing is gentle on the body to prevent muscle tissue damage, providing a comprehensive workout experience.

Members (14+) Free

Non-Members (14+) \$8.00

Non Members/Senior (60+) \$7.00

Aqua Boot Camp

Prepare for a challenging experience with the resistance of water in Aqua Boot Camp. Engage in a high-intensity interval workout that incorporates equipment and your body weight, blending strength training, aerobic conditioning, and water resistance for a comprehensive body workout.

Members (14+) Free

Non-Members (14+) \$8.00

Non Members/Senior (60+) \$7.00

Sensory Friendly Swim

Experience a sensory-friendly swim in an environment tailored for children, youth, and adults, characterized by the absence of music and minimal use of whistles (unless necessary). Enjoy a more relaxed atmosphere with extended time and less congestion in changing rooms. This swim session accommodates a maximum of 30 participants, and life jackets are provided.

Members & Children Under 2 Free
Non-Members \$3.00

Parent & Tot Swim

This aquatic experience is for families with children up to 4yrs old, to enjoy playtime in a swim together. This is a great way for children to become more comfortable in the water. Baby boats and PFDs will be available.

Members & Children Under 2 Free
Non-Members \$3.00

Adult/Senior Swim

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

Members & Children Under 2 Free
Non-Members \$3.00

Open Swim

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

Members & Children Under 2 Free
Non-Members \$3.00

Family Swim

Children must be accompanied by an adult (18+), and adults must be accompanied by a child(ren) for this swimming event, providing an opportunity for families to enjoy water fun together. Adherence to Pool Admission Standards and adult-to-child ratios is required.

Members & Children Under 2 Free
Non-Members \$3.00

Length Swim

Length swim is designed for individuals capable of swimming continuous distances without interruption maintaining a regular swim stroke and pace. A parent or guardian (14+) must accompany children 12 & 13 years

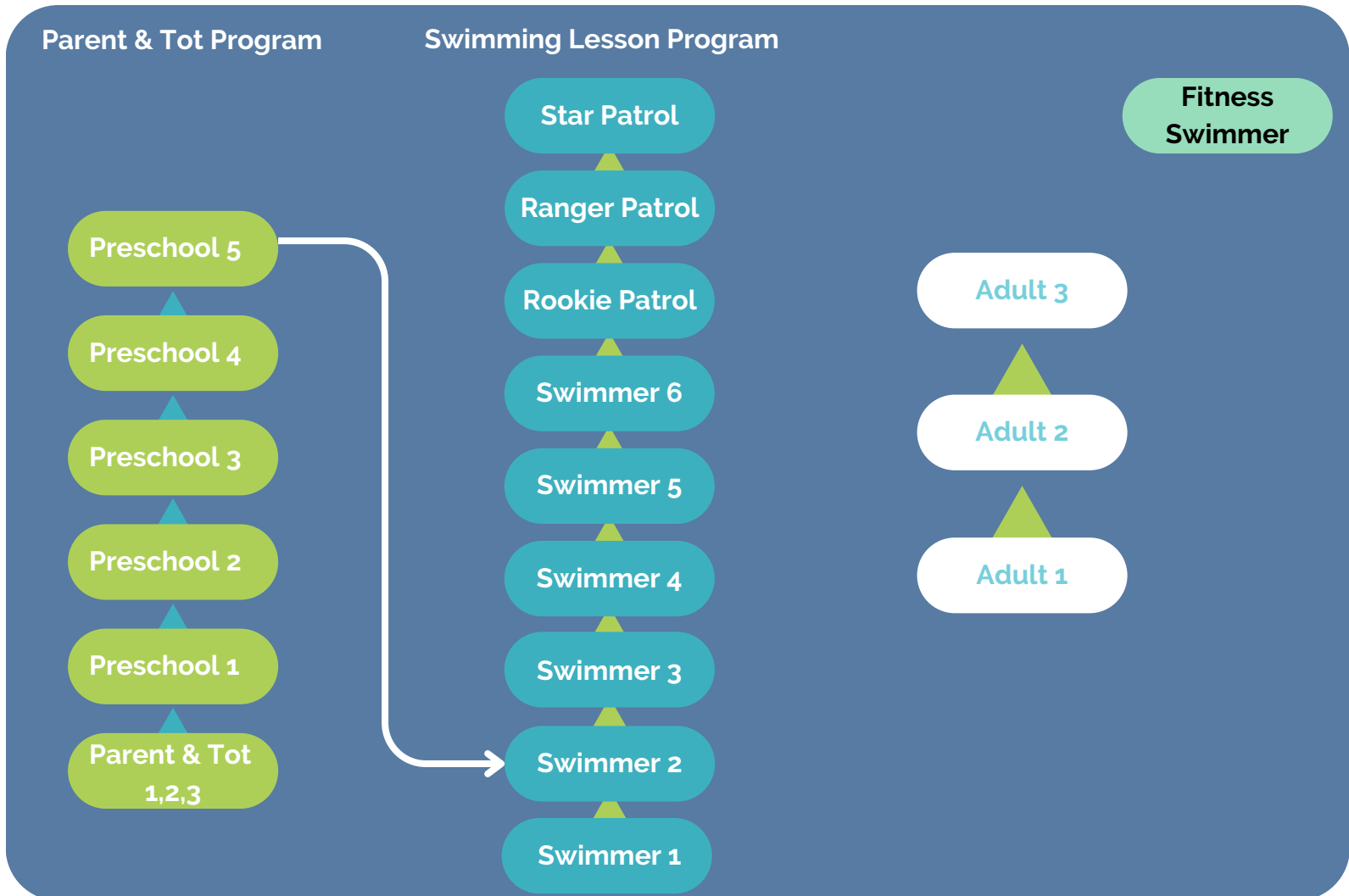
Members Free
Non-Members \$3.00

Swimming Lessons



Ask us about Private or Adult Swim 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 and Tot 1**4 months to 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.

Members \$31.30

Non-members \$62.50

Parent and Tot 2**12 months to 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.

Members \$31.30

Non-members \$62.50

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.

Members \$31.30

Non-members \$62.50

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 unparented. Your child learns to enjoy the water with parent/caregiver for the first 3 weeks, then independently for the remainder of lessons. Swimmers will work 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.

Members \$31.30

Non-members \$62.50

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.

Members \$31.30

Non-members \$62.50

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.

Members \$31.30

Non-members \$62.50

Preschool 3

3 - 5 yrs

Designed for children aged 3 to 5 years, this level introduces preschoolers to the challenges of both jumping and executing a sideways entry into deep water while donning a lifejacket. Participants will engage in activities such as retrieving objects from the bottom of waist-deep water. Moreover, they will focus on refining their kicking techniques and practicing unassisted gliding on both their front and back for 3 seconds.

Members \$31.30

Non-members \$62.50

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.

Members \$31.30

Non-members \$62.50

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.

Members \$31.30

Non-members \$62.50

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.

Members \$31.30

Non-members \$62.50

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.

Members \$31.30

Non-members \$62.50

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.

Members \$33.80

Non-members \$67.50

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.

Members \$33.80

Non-members \$67.50

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.

Members \$33.80

Non-members \$67.50

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.

Members \$33.80

Non-members \$67.50

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.

Members \$36.30

Non-members \$72.50

Private Lessons

Private swimming lessons are well suited for individuals aged 3 to 13 years who may have unique ways of moving, learning, or communicating, and who require focused attention to enhance their swimming abilities.

Session runs Monday - Sunday (excluding Fridays) for 10 weeks, however only 9 lessons on Mondays due to stat holiday.

Monday lessons (9 weeks) \$180.00

Other days (10 weeks) \$200.00

Private Lessons 14+ yrs

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

Members and Non-members \$226.00

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.

Members \$38.20

Non-members \$76.28

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.

Members and Non-members \$76.00

Water Log Book \$8.76

Swimming Lessons Schedule ²²

	Day of the Week	Session Dates	Time
Parent & Tot 1 (4 - 12 months)	Tuesday	April 2 - June 4	4:35pm - 5:05pm
	Thursday	April 4 - June 6	5:10pm - 5:40pm
	Saturday	April 6 - June 8	9:00am - 9:30am
	Sunday	April 7 - June 9	10:10am - 10:40am
	Day of the Week	Session Dates	Time
Parent & Tot 2 (12 - 24 months)	Tuesday	April 2 - June 4	5:10pm - 5:40pm
	Thursday	April 4 - June 6	5:45pm - 6:15pm
	Saturday	April 6 - June 8	9:35am - 10:05am
	Sunday	April 7 - June 9	9:00am - 9:30am
	Day of the Week	Session Dates	Time
Parent & Tot 3 (2 - 3 years)	Tuesday	April 2 - June 4	6:15pm - 6:45pm
	Thursday	April 4 - June 6	4:35pm - 5:05pm
	Saturday	April 6 - June 8	10:10am - 10:40am
	Saturday	April 6 - June 8	10:45am - 11:15am
	Sunday	April 7 - June 9	9:35am - 10:05am
	Sunday	April 7 - June 9	11:20am - 11:50am
	Day of the Week	Session Dates	Time
Parent & Tot Combo (4 months - 3 years)	Tuesday	April 2 - June 4	10:00am - 10:30am
	Thursday	April 4 - June 6	10:00am - 10:30am
Preschool A (2 - 3 years)	Tuesday	April 2 - June 4	5:10pm - 5:40pm

	Day of the Week	Session Dates	Time
Preschool A (2 - 3 years)	Thursday	April 4 - June 6	5:10pm - 5:40pm
	Saturday	April 6 - June 8	9:00am - 9:30am
	Saturday	April 6 - June 8	9:35am - 10:05am
	Sunday	April 7 - June 9	9:00am - 9:30am
	Sunday	April 7 - June 9	10:45am - 11:15am

	Day of the Week	Session Dates	Time
Preschool 1 (3 - 5 years)	Tuesday	April 2 - June 4	9:30am - 10:00am
	Tuesday	April 2 - June 4	4:00pm - 4:30pm
	Tuesday	April 2 - June 4	5:45pm - 6:15pm
	Thursday	April 4 - June 6	4:35pm - 5:05pm
	Thursday	April 2 - June 4	6:15pm - 6:45pm
	Saturday	April 6 - June 8	9:00am - 9:30am
	Saturday	April 6 - June 8	10:45am - 11:15am
	Sunday	April 7 - June 9	9:35am - 10:05am
	Sunday	April 7 - June 9	10:10am - 10:40am

	Day of the Week	Session Dates	Time
Preschool 2 (3 - 5 years)	Tuesday	April 2 - June 4	10:30am - 11:00am
	Tuesday	April 2 - June 4	4:35pm - 5:05pm
	Tuesday	April 2 - June 4	5:10pm - 5:40pm
	Thursday	April 4 - June 6	4:00pm - 4:30pm

	Day of the Week	Session Dates	Time
	Thursday	April 2 - June 4	5:10pm - 5:40pm
	Thursday	April 2 - June 4	5:45pm - 6:15pm
	Saturday	April 6 - June 8	9:35am - 10:05am
	Saturday	April 6 - June 8	10:10am - 10:40am
	Sunday	April 7 - June 9	9:00am - 9:30am
	Sunday	April 7 - June 9	10:45am - 11:15am

	Day of the Week	Session Dates	Time
Preschool 3 (3 - 5 years)	Tuesday	April 2 - June 4	11:00am - 11:30am
	Tuesday	April 2 - June 4	4:00pm - 4:30pm
	Tuesday	April 2 - June 4	4:35pm - 5:05pm
	Tuesday	April 2 - June 4	5:45pm - 6:15pm
	Tuesday	April 2 - June 4	6:30pm - 6:45pm
	Thursday	April 2 - June 4	4:35pm - 5:05pm
	Thursday	April 2 - June 4	5:45pm - 6:15pm
	Saturday	April 6 - June 8	9:00am - 9:30am
	Saturday	April 6 - June 8	10:10am - 10:40am
	Saturday	April 6 - June 8	11:20am - 11:50am
	Sunday	April 7 - June 9	9:00am - 9:30am
	Sunday	April 7 - June 9	10:10am - 10:40am
	Sunday	April 7 - June 9	10:45am - 11:15am

	Day of the Week	Session Dates	Time
	Sunday	April 7 - June 9	11:20am - 11:50am
	Day of the Week	Session Dates	Time
Preschool 4 (3 - 5 years)	Tuesday	April 2 - June 4	4:35pm - 5:05pm
	Tuesday	April 2 - June 4	5:10pm - 5:40pm
	Thursday	April 4 - June 6	5:10pm - 5:40pm
	Saturday	April 6 - June 8	9:35am - 10:05am
	Saturday	April 6 - June 8	11:20am - 11:50am
	Sunday	April 7 - June 9	9:35am - 10:05am
	Day of the Week	Session Dates	Time
Preschool 5 (3 - 5 years)	Tuesday	April 2 - June 4	5:45pm - 6:15pm
	Thursday	April 4 - June 6	4:35pm - 5:05pm
	Saturday	April 6 - June 8	10:45am - 11:15am
	Saturday	April 6 - June 8	11:20am - 11:50am
	Sunday	April 7 - June 9	11:20am - 11:50am
	Day of the Week	Session Dates	Time
Swimmer 1	Tuesday	April 2 - June 4	4:00pm - 4:30pm
	Tuesday	April 2 - June 4	5:10pm - 5:40pm
	Thursday	April 4 - June 6	4:00pm - 4:30pm
	Thursday	April 4 - June 6	4:35pm - 5:05pm
	Saturday	April 6 - June 8	9:35am - 10:05am

	Day of the Week	Session Dates	Time
	Saturday	April 6 - June 8	10:10am - 10:40am
	Sunday	April 7 - June 9	9:35am - 10:05am
	Sunday	April 7 - June 9	10:10am - 10:40am
	Sunday	April 7 - June 9	10:45am - 11:15am
	Day of the Week	Session Dates	Time
Swimmer 2	Tuesday	April 2 - June 4	4:35pm - 5:05pm
	Tuesday	April 2 - June 4	5:10pm - 5:40pm
	Tuesday	April 2 - June 4	5:45pm - 6:15pm
	Thursday	April 4 - June 6	4:00pm - 4:30pm
	Thursday	April 4 - June 6	5:45pm - 6:15pm
	Thursday	April 4 - June 6	6:15pm - 6:45pm
	Saturday	April 6 - June 8	9:00am - 9:30am
	Saturday	April 6 - June 8	10:10am - 10:40am
	Sunday	April 7 - June 9	9:00am - 9:30am
	Sunday	April 7 - June 9	10:10am - 10:40am
Swimmer 3	Tuesday	April 2 - June 4	4:50pm - 5:35pm
	Tuesday	April 2 - June 4	5:45pm - 6:30pm
	Thursday	April 4 - June 6	4:50pm - 5:35pm
	Saturday	April 6 - June 8	9:00am - 9:45am
	Saturday	April 6 - June 8	9:35am - 10:20am

	Day of the Week	Session Dates	Time
	Saturday	April 6 - June 8	10:45am - 11:15am
	Sunday	April 7 - June 9	9:50am - 10:35am
	Sunday	April 7 - June 9	10:10am - 10:50am
	Day of the Week	Session Dates	Time
Swimmer 4	Tuesday	April 2 - June 4	4:00pm - 4:45pm
	Tuesday	April 2 - June 4	6:15pm - 7:00pm
	Thursday	April 4 - June 6	4:00pm - 4:45pm
	Thursday	April 4 - June 6	6:15pm - 7:00pm
	Saturday	April 6 - June 8	10:45am - 11:30am
	Sunday	April 7 - June 9	9:00am - 9:45am
	Day of the Week	Session Dates	Time
Swimmer 5	Tuesday	April 2 - June 4	5:45pm - 6:30pm
	Thursday	April 4 - June 6	5:10pm - 5:50pm
	Saturday	April 6 - June 8	9:50am - 10:35am
	Sunday	April 7 - June 9	10:45am - 11:30am
	Day of the Week	Session Dates	Time
Swimmer 6	Tuesday	April 2 - June 4	6:15pm - 7:00pm
	Thursday	April 4 - June 6	5:40pm - 6:25pm
	Saturday	April 6 - June 8	10:25am - 11:10am
	Sunday	April 7 - June 9	10:40am - 11:25am

	Day of the Week	Session Dates	Time
Rookie / Ranger / Star	Tuesday	April 2 - June 4	5:40pm - 6:40pm
	Thursday	April 4 - June 6	5:10pm - 6:10pm
	Saturday	April 6 - June 8	10:40am - 11:40am
	Day of the Week	Session Dates	Time
Private Lessons (3 - 13 years)	Monday	April 1 - June 3	4:00pm - 4:30pm
	Monday	April 1 - June 3	4:00pm - 4:30pm
	Monday	April 1 - June 3	4:00pm - 4:30pm
	Monday	April 1 - June 3	4:30pm - 5:00pm
	Monday	April 1 - June 3	4:30pm - 5:00pm
	Monday	April 1 - June 3	4:30pm - 5:00pm
	Monday	April 1 - June 3	5:00pm - 5:30pm
	Monday	April 1 - June 3	5:00pm - 5:30pm
	Tuesday	April 2 - June 4	4:00pm - 4:30pm
	Tuesday	April 2 - June 4	6:15pm - 6:45pm
	Tuesday	April 2 - June 4	6:30pm - 7:00pm
	Wednesday	April 3 - June 5	4:00pm - 4:30pm
	Wednesday	April 3 - June 5	4:00pm - 4:30pm
	Wednesday	April 3 - June 5	4:00pm - 4:30pm
	Wednesday	April 3 - June 5	4:30pm - 5:00pm
	Wednesday	April 3 - June 5	4:30pm - 5:00pm

	Day of the Week	Session Dates	Time
	Wednesday	April 3 - June 5	4:30pm - 5:00pm
	Wednesday	April 3 - June 5	5:00pm - 5:30pm
	Wednesday	April 3 - June 5	5:00pm - 5:30pm
	Thursday	April 4 - June 6	4:00pm - 4:30pm
	Thursday	April 4 - June 6	6:00pm - 6:30pm
	Thursday	April 4 - June 6	6:15pm - 6:45pm
	Thursday	April 4 - June 6	6:30pm - 7:00pm
	Saturday	April 6 - June 8	9:00am - 9:30am
	Saturday	April 6 - June 8	11:20am - 11:50am
	Saturday	April 6 - June 8	11:30am - 12:00pm
	Sunday	April 7 - June 9	9:35am - 10:05am
	Sunday	April 7 - June 9	11:20am - 11:50am
	Sunday	April 7 - June 9	11:30am - 12:00pm

	Day of the Week	Session Dates	Time
Private Lessons (14+ years)	Thursday	April 4 - June 6	8:00pm - 8:30pm
	Thursday	April 4 - June 6	8:30pm - 9:00pm

	Day of the Week	Session Dates	Time
Adult Lessons (16+ years)	Wednesday	April 3 - June 5	8:00pm - 8:45pm

	Day of the Week	Session Dates	Time
Junior Lifeguard Club	Sunday	April 7 - June 9	9:00am - 10:00am

Become a Lifeguard or 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.

We're hiring lifeguards and instructors!

Join a dynamic team of lifeguards and develop your skills while ensuring the safety of swimmers. Visit www.ingersoll.ca/en/town-hall/employment-opportunities.aspx to learn more and apply today!

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, this course is a requirement for taking National Lifeguard.

National Lifeguard

Prerequisites:
15 years of age, Bronze Cross & Standard First Aid, Attendance rate of 100%

Swim Instructor

Prerequisites:
15 years of age & Bronze Cross, Attendance rate of 100%

Lifesaving Instructor

Prerequisites:
15 years of age & Bronze Cross, Attendance rate of 100%

Aquatics Leadership

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. (Ratio 1:8)

Date:

June 3 - 7, 2024

Cost:

Course - \$76.00

CPR Mask - \$24.58



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.

Successful completion is contingent upon 100% attendance rate. No make-up classes will be offered.

ADDITIONAL COST: Canadian Lifesaving Manual and CPR Mask

Date:

June 3 - 7, 2024

Cost:

Course - \$174.95

Canadian Lifesaving Manual - \$56.50

CPR Mask - \$24.58

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.

Successful completion is contingent upon 100% attendance rate. No make-up classes will be offered. The same manual will be used for Bronze Medallion and Bronze Cross.

Date:

June 10 - 14, 2024

Cost:

Course - \$137.30

CPR Mask - \$24.58

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.

Date:

April 13 - 14, 2024

Cost:

Recert - \$81.36

Manual - \$20.17

CPR Mask - \$24.58

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 with a LifeSaving Society recertification course. They may recertify only with the original certifying agency.

Date:

April 14, 2024

Cost:

Recert - \$81.36

Manual - \$20.17

CPR Mask - \$24.58

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.

Date:

May 24 - June 1 (Recert June 2)

Cost:

Course - \$260.56

Recert - \$85.90

Manual - \$56.50

CPR Mask - \$24.58

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, candidates receive certification as LifeSaving Instructors.

Date:

April 26-28, 2024

Cost:

Course - \$179.67

Instructor Pack - \$92.66

CPR Mask - \$24.58

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.

Date:

March 25 - 28, 2024

Cost:

Course - \$179.67

Instructor Pack - \$74.58

National Lifeguard Instructor

This course offers candidates the skills and resources they need to successfully teach the National Lifeguard program as well as prepares instructors to apply advanced leadership competencies and strategies designed to train lifeguards. National Lifeguard Instructors are responsible for teaching and evaluating candidates participating in the National Lifeguard option(s) they hold (pool, waterpark, waterfront, and surf).

Prerequisites: National Lifeguard (any option) and Lifesaving Society Instructor certifications. Some experience is required as a Lifeguard and Lifesaving Instructor.

Dates:

June 22 - 23, 2024

Cost

Course - \$133.06

Instructor Pack - \$102.55

Leadership Course Schedule ³⁶

	Day of the Week	Session Dates	Time
Bronze Star	Saturday & Sunday	March 16 - 17	9:00am - 1:00pm
	Monday, Wednesday,	June 3, 5	4:00pm - 8:00pm
	Friday	June 7	4:00pm - 6:00pm
	Day of the Week	Session Dates	Time
Bronze Medallion & Emergency First Aid	Monday - Friday	June 10 - 13	4:00pm - 9:00pm
		Exam June 14	4:00pm - 6:00pm
	Day of the Week	Session Dates	Time
Bronze Cross	Monday - Friday	June 10 - 13	4:00pm - 9:00pm
		Exam June 14	4:00pm - 6:00pm
	Day of the Week	Session Dates	Time
Standard First Aid & Recertification	Saturday - Sunday	April 13 - 14	9:00am - 5:00pm at Fusion Centre
	Sunday - Recert	April 14	9:00am - 5:00pm at Fusion Centre
	Day of the Week	Session Dates	Time
National Lifeguard Course & Recertification	Friday - Sunday	May 24 - 26, 31 & June 1	Friday 4:00pm - 9:00pm Saturday 9:00am - 6:00pm Sunday 7:00am - 4:00pm Exam 7:00am - 12:00pm
	Saturday	Recertification Exam June 2	7:00am - 12:00pm

	Day of the Week	Session Dates	Time
LSS Instructors	Monday - Thursday	March 25 - 28	4:00pm - 9:00pm
	Day of the Week	Session Dates	Time
Swim for Life Instructors	Friday - Sunday	April 26 - 28	Friday 4:00pm - 9:00pm Saturday 9:00am - 6:00pm Sunday 7:00am - 4:00pm
	Day of the Week	Session Dates	Time
National Lifeguard Instructor	Saturday - Sunday	June 22 - 23	Saturday 9:00am - 6:00pm Sunday 7:00am - 4:00pm

Fitness



Ingersoll's recreation programs offer a variety of ways to stay active and develop healthy lifestyles, connect with new friends in the community, explore new social activities, and develop new skills.

Group Fitness Schedule

March 18th - June 23rd, 2024

Members (14+).....Free

Non-Members (14+).....\$8.00

Non-Members/Senior (60+).... \$7.00

Monday	Tuesday	Wednesday
Rise & Grind Wake up! 6:15 - 6:45 am		Rise & Grind Wake up! 6:15 - 6:45 am
Muscle Up 7:00 - 8:00 am	Cycle & Stretch 7:00 - 7:45 am	Muscle Up 7:00 - 8:00 am
Fit & Flex 9:30 - 10:30 am	Beginner HIIT 9:30 - 10:30 am	Yoga 9:30 - 10:30 am
Cycle 30 12:15 - 12:45 pm		Cycle 30 12:15 - 12:45 pm
		★ Yoga Tone ★ 5:45 - 6:45 pm
Sweat & Sculpt 5:45 - 6:45 pm	Yoga Core 5:45 - 6:45 pm	Tone Zone 5:45 - 6:45 pm
Boot Camp 7:00 - 8:00 pm	Zumba 7:00 - 8:00 pm	Cycle 7:00 - 7:45 pm
	Bedtime Yoga 8:15 - 9:00 pm	HIIT 8:00- 8:45 pm


notes:

- Registration opens 7 days in advance
- ★ Yoga Tone (Wednesdays) & Zumba (Thursdays) will be held in the Meeting Room
- Contact Susan Keane susan.keane@ingersoll.ca for tours and Fitness Centre Orientations
- Closed March 29, 31 & May 20
- No Classes on Marc 23


To pre-register for our Group Fitness Programs in Univerus, visit:
<https://app.univerusrec.com/ingersollcspub/>
 or call 519-425-1181 ext 0

Thursday	Friday	Saturday
	Rise & Grind Wake Up! 6:15 - 6:45 am	
Cycle & Stretch 7:00 - 7:45 am	Tone Zone 7:00 - 8:00 am	Cycle 8:00 - 8:45 am
Beginner HIIT 9:30 - 10:30 am	Fit & Flex 9:30 - 10:30 am	Saturday Shakedown 9:00 - 10:00 am
	Baby & Me 11:00 am - 12:00 pm	
Vinyasa Yoga 5:45 - 6:45 pm	Cycle 30 12:15 - 12:45 pm	<p>Our group classes are inclusive, supportive, and suitable for every fitness level!</p>
Barbell Weights 7:00 - 8:00 pm	Bike Boot Camp 4:30 - 5:15 pm	
★ Zumba ★ 7:00 - 8:00 pm		
Cycle 8:15 - 9:00 pm		

Contact Info:

 519-425-1181 x 0

 communityservice@ingersoll.ca

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

Group Fitness Programs

Rise & Grind Wake Up!

Experience a power-packed weightlifting class – compact, effective, and designed to maximize strength gains in minimal time. A great time of day for individuals wanting to catch a class before heading to work. Each day of the week will have a different focus: back & biceps, chest & triceps, and of course, you can't skip leg day! Our 30-minute classes are designed with 1-2 minute intervals using hand weights, tubes, and core movements. An essential dynamic warm-up and post-class stretch will set a great intention for your day!

Cycle

Revitalize your fitness routine with our exciting indoor cycling classes! Feel the rush as you power through varying terrains tackling hills, mastering sprints, and embracing intervals designed to enhance your stamina, speed, and strength. Each class incorporates warm ups and cool downs to get you set for a successful ride. Both beginners and experienced riders will find their pace and challenge their limits in these 45 minute group rides.

Cycle30: Our beloved Cycle class condensed into an action-packed 30-minutes for a quick cardio workout.

Cycle & Stretch: An early morning cycle that ends with a full body stretch component done on our mats.

Fit & Flex

Stressed out? Stretch it out! This class has all the goods. Our enthusiastic and knowledgeable instructors will take you through a 'fitastic' full body warm-up before getting to the heart of this low impact interval training style class. Patrons will use their own body weight and minimal equipment to improve cardiovascular fitness as they build muscle strength and endurance. Come challenge yourself and push to your limits in an encouraging, positive and supportive environment. FIT & FLEX will wrap up with a 20 minute guided stretch. Experience the sense of accomplishment and pride as you as you walk out the door feeling both relaxed and stronger! All fitness levels are encouraged and welcomed!

Muscle Up

This full body workout helps you tone and strengthen all your major muscle groups using barbells, dumbbells, body weight, benches and risers. Count on some high reps in this full body workout but don't worry, our instructor will make sure your muscles are warm and ready first. We won't forget the abdominal work and balancing component. You'll finish with a great stretch before we send you on your merry way.

Boot Camp

Fitness shouldn't feel like a chore – take a break from the mundane and discover a class where strength, endurance and agility meet fun! Led by our expert instructors, this class is tailored to accommodate all levels, from beginners to fitness aficionados. Expect a blend of weightlifting, plyometrics, energizing cardio, and of course – core work! It's not about where you start, but how far you're willing to push yourself. Brace yourself to step out of your comfort zone and discover new potential in a supportive and motivating environment. You will leave revitalized and ready to conquer whatever life throws your way!

Zumba®

Join the fitness party! Feel the rhythm and let the music set the mood for this hour-long fun-packed class. This full body workout combines all elements of fitness. You'll get your cardio, muscle conditioning, balance and flexibility all packed into one jam packed hour full of fun. This class will not only boost your mood and energy but also give you a serious dose of awesome with each step. Come experience all this in a safe, inclusive environment full of acceptance and body positive vibes. All fitness levels are welcomed and encouraged!

Yoga

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

Yoga Core: This class challenges you to 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.

Vinyasa Yoga: Go with the flow in this class built on seamless flow sequences.

Yoga Tone: Adding free weights to your yoga practice increases body awareness and boosts lean muscle mass and flexibility

Bedtime Yoga: Restorative poses and soothing music reduces tension and stress.

Bring a cozy sweater or small blanket for this one!

Tone Zone

Come be a part of the buzz! Join us for a session that's more than just a workout, it's a community-driven fitness journey that's as rewarding as it is invigorating. Come tone up those muscles in this fun-filled, full-body workout that incorporates cardio, strength, flexibility and balance using a variety of equipment; weights, bands, steps and more! This fun group class is suitable for all fitness levels from beginner to advanced.

Saturday Shakedown

Shake it up with this instructor's choice class! A high-energy Saturday morning class, suitable for EVERY BODY! Build your strength and muscular endurance in a unique class each week. Expect a fun full-body workout using a combination of dumbbells, barbells, bands, and body weight challenges. You'll end with a post-workout stretch to send you on your way feeling rejuvenated and ready to take on the weekend.

Sweat & Sculpt

A new fun full-body workout that will build strength and muscular endurance. Expect to work with a combination of body weight, barbells, dumbbells, bands, steps/risers, and other equipment. You'll leave feeling proud of the work you've accomplished and with a smile on your face from the great group atmosphere!

Barbell Weights

Experience strength in action with our barbell weight class! Led by expert trainers, 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. Join us, whether you're experienced or just starting your fitness journey, and discover the transformative benefits of our barbell workouts.

Baby & Me

Join us for our lively Baby & Me Workout – the perfect chance for you and your little one to shake off cabin fever and meet other fabulous parents! This engaging class combines fitness, fun, and the wonderful world of parenting. As you groove through exercises incorporating your baby, get fit while connecting with other new parents, sharing laughter and support. As weather permits throughout the Spring Session, we may incorporate outdoor stroller workouts for some fresh air with our fitness!

It's important to note that in this interactive class, parents stay close, engaging with their little ones throughout the entire class. Watch as your baby giggles and wiggles, making this workout a playful adventure for both of you. Let's break a sweat, make new friends, and cherish these special moments together!

Bike Boot Camp

Gear up for the ultimate fitness fusion at Bike Boot Camp—a turbocharged class that will rock your workout world! Our experienced instructors will have you working on your strength to sculpt your muscles and boost stamina, then switch gears by hopping on the bike for cardio challenges that'll have you feeling like a fitness warrior! It's a sweat-soaked, adrenaline-pumping session designed to crank up the fun while supercharging your fitness journey! This class is suitable for all fitness levels.

HIIT

Ignite your fitness journey with this high-intensity class. Tailored to meet you where you are, it allows you to push your boundaries and maximize results in every session. H.I.I.T. stands for High-Intensity Interval Training, characterized by bursts of intense exercises followed by brief recoveries. HIIT can help decrease body fat, increase strength and endurance, and improve overall health. Its main appeal lies in achieving similar fitness benefits in a shorter duration, complete with rest periods. Regardless of your fitness level, our HIIT classes are scalable, accommodating beginners and challenging advanced fitness enthusiasts. Anticipate breaking a sweat, surpassing plateaus, and leaving each session feeling empowered and accomplished.

Beginner HIIT: Just starting out on your fitness journey - this is the class for

you! Extra time is provided in each class for exercise demos as well as stability/mobility and stretching at the end. If you're in a hurry, you are welcome to join us for the first half and skip out on the mobility!

Recreation

Co-Ed Slo-Pitch

18+ yrs

Gather your team, dust off your glove, and pack your bags for another enjoyable season of Co-Ed Slo-Pitch. This recreational program is open to adults aged 18 and above who love staying active and being part of a team. Games are scheduled on Sunday afternoons and evenings, starting on May 5th, 2024, weather permitting. Game schedules and team information packages will be sent to team captains before the season starts. Each team will receive one game ball, and the maximum number of players permitted per team is 18. Umpires will be provided based on availability. Excitingly, this year includes a slo-pitch tournament scheduled for August 25th, with tournament fees already included in the registration fee. Captains will receive more information at our pre-season meeting on April 27 from 1 pm to 2 pm at Victoria Park Community Centre.

Date:

May 5 - August 25

Time:

Details will be provided on the team captain's schedule.

Cost:

\$500.00 / team

Adult Karate (14+)

The class will consist of beginner Karate techniques in an energetic and safe environment. Karate is a very adaptable exercise that can be modified to accommodate everyone's fitness level.

Date:

Spring Session A: March 20 - May 1

Spring Session B: May 8 - June 19

Time:

7:00pm - 8:00pm

Cost:

Member \$26.74 / 7 classes

Non-member \$45.48 / 7 classes

Location:

**Ingersoll District Memorial Arena
(Auditorium)**

Squash Courts / Wallyball

Court rental is available per hour during facility hours. For squash, you must provide your own equipment. For wallyball, a net and ball will be provided.

Time:

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

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

Cost:

Members FREE

Non-members \$4.00/person per hr

Adult Recreation Pickleball (14+)

Pick up your paddle, bring a friend, and join us for indoor pickleball. Playing indoors eliminates the impact of external elements, allowing for gameplay regardless of the weather. This program is suitable for pickleball players of all levels. If you're new to the sport, our program provides a safe and welcoming space for you to learn and enjoy the game of pickleball.

Date:

Tuesdays April 16 - June 18

Thursdays April 18 - June 20

Time:

12:30pm - 3:30pm

Cost:

Members FREE

Non-Members Tuesdays \$39.95 / 8 classes

Non-member Thursdays \$44.95 / 9 classes

Location:

**Ingersoll District Memorial Arena
Summer Floor**

**For drop-in recreation offered at
Ingersoll District Memorial Arena:**

Visit PickupHub
<https://pickuphub.net/ingersoll> to
register and pay for our drop-in
program options

Adult Shuffleboard (14+)

Slide into the pleasure of this captivating social pastime! Shuffleboard entails players utilizing cues to propel weighted discs down a slim court, to land them within a designated scoring area. Our shuffleboard recreation program offers all the essential equipment for a delightful afternoon, though players are encouraged to bring their shuffleboard cues if available. Perfect for those in search of enjoyment, social connections, and a game that combines strategy and luck!

Date:

Session A - Pick Up Hub Registration

Tuesdays Drop-In: Arena-Auditorium

- **March 19 - April 11**

Thursdays Drop-In: Arena-Auditorium

- **March 22 - April 13**

Session B - Univerus Registration

Tuesdays Session: Arena - Summer Floor

- **April 16 - June 18**

Thursdays Session: Arena - Summer Floor

- **April 18 - June 20**

Time:

12:30pm - 3:30pm

Cost:

Drop-In \$5.00/class

Members FREE

Non-Members Tuesdays \$39.95 / 8 classes

Non-members Thursdays \$44.95 / 9 classes

Location:

Ingersoll District Memorial Arena



Recreation activities help kids make new friends while staying active and having fun. Ingersoll offers many options for all ages and interests.

Recreational Kinder Programs

Kinder Kids

3 - 4 yrs (without parents)

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

Date:

Spring Session A: Mondays

- **March 18 - April 29**
- **No classes on April 1, 8**

Spring Session B: Mondays

- **May 6 - June 10**
- **No class on May 20**

Time:

9:00am - 11:00am

Cost:

Members \$27.50 / 5 classes

Non-members \$55.00 / 5 classes

Kinder Prep 1

3 - 4 yrs (without parents)

(Children going to school in September)

This recreational program combines learning and fun in an environment that will help your child transition to school a little easier. The focus of this program will be developing the fundamental knowledge of colours, shapes, letters, and numbers through small group activities. Children will develop skills that make them more independent and confident in a classroom environment. Please bring a peanut-free snack, a labelled water bottle/drink, and indoor shoes to each class.

Date:

Spring Session A: Tuesdays

- **March 19 - April 23**

Spring Session B: Tuesdays

- **April 30 - June 4**

Time:

12:30pm - 2:30pm

Cost:

Members \$33.00 / 6 classes

Non-members \$66.00 / 6 classes

Kinder Prep 2

3 - 4 yrs (without parents)

Children going to school in September

Prerequisite: Must complete Kinder Prep 1

Kinder Prep 2 is a continuation of Kinder Prep 1. Children will continue working on their skill development of colours, shapes, letters, and numbers through small group activities. Children will develop skills that will build on their independence and confidence in a classroom environment. Please bring a peanut-free snack, a labelled water bottle/drink, and indoor shoes to each class.

Date:

Spring Session A: Tuesdays

- **March 19 - April 23**

Spring Session B: Tuesdays

- **April 30 - June 4**

Time:

9:00am - 11:00am

Cost:

Members \$33.00 / 6 classes

Non-members \$66.00 / 6 classes

Kinder Splash'n Play

3 - 4 yrs (without parents)

Laughter and splashing will fill your child's morning as they look forward to imaginative play, learning how to share and cooperate with friends. Organized activities and crafts will leave children with a sense of pride and accomplishment. This program also provides children with the opportunity to participate in Aqua Play pool time with their instructors. Parents are welcome to join us for the swim portion for the cost of an open swim admission. Children should come wearing their bathing suits under their street clothes and bring a towel. Please ensure they bring a peanut-free snack, a water bottle/drink, and indoor shoes to each class.

Date:

Spring Session A: Wednesdays

- **March 20- April 24**

Spring Session B: Wednesdays

- **May 1 - June 5**

Time:

9:00am - 11:00am

Cost:

Members \$33.00 / 6 classes

Non-members \$66.00 / 6 classes

Explore & GO!**3-4 yrs (without parents)**

Through structured and creative sensory activities, kiddos will practice their listening skills as they explore their senses, and fine and gross motor skills, all while having fun with friends. Dress comfortably, and remember, messy clothes are a sign of creativity and exploration! Please ensure your child brings a peanut-free snack, a labeled water bottle/drink, and indoor shoes to each class.

Date:

Spring Session A: Thursdays

- **March 21 - April 25**

Spring Session B: Thursdays

- **May 2 - June 6**

Time:

9:00am - 11:00am

Cost:

Members \$33.00 / 6 classes

Non-members \$66.00 / 6 classes

Recreational Children's Programs

Beginner Ballerinas

3 - 5 yrs

Beginner Ballerinas' recreation program will focus on the basic ballet positions and physical literacy movements such as skipping, galloping, and leaping. Children will be able to express and move their bodies freely and have fun in a safe and inclusive environment. Children are to come dressed in comfortable clothing, socks, ballet shoes or running shoes. Parents and friends will be invited on the last day of class for a dance showcase.

Date:

March 18,

April 1, 15, 22

May 13, 27

June 3, 10, 17

Time:

5:00pm - 6:00pm

Cost:

Members \$24.75 / 9 classes

Non-member \$49.50 / 9 classes

Acro Juniors

6 - 9 yrs

Our Acro Juniors' recreational dance is designed for learning basic acro positions and movements. The instructor will focus on safety, flexibility, and strength. Children will acquire various skills during these classes, including splits, bridges, forward rolls, handstands, and cartwheels. Our dancers will freely express their own body movements and have fun in a safe and inclusive environment. Parents and friends will be invited on the last day of class for a dance showcase.

Date:

March 18,

April 1, 15, 22

May 13, 27

June 3, 10, 17

Time:

6:00pm - 7:00pm

Cost:

Members \$24.75 / 9 classes

Non-members \$49.50 / 9 classes

Youth Drama

6 - 12 yrs

This program is tailor-made for youth at all skill levels. 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 class for a drama showcase.

Date:

Spring Session A: Thursdays

- **March 21 - April 25**

Spring Session B: Thursdays

- **May 2 - June 6**

Time:

5:00pm - 6:00pm

Cost:

Members \$16.50 / 6 classes

Non-members \$33.00 / 6 classes

Flick'n Dip

6 - 12 yrs

Grab your friends and favorite snacks and join us for one of our most popular programs! Each week, participants will watch a movie upstairs from 6-7 pm and then go for a swim in the pool from 7-8 pm. Lifejackets and participant-to-program staff ratios will be accommodated for swimmers. Please note, parents are to assist children with snack/vending machines before drop-off. Pick up in the Main Lobby at 8:00 pm. Parents/Guardians MUST sign in and out children in the lobby at the beginning and end of the program."

Date:

Fridays March 22 - June 21

No program March 29

Time:

6:00pm - 8:00pm

Cost:

Members \$4.00

Non-members \$6.00

Creation Station

4 - 12 yrs

Get your creative caps on and head to creation station! Children will use their imagination and creative juices as staff support them to build, dance and get messy. Bring a water bottle and indoor shoes. The opportunities are endless at creation station!

Date:

Thursdays March 21 - June 6

Time:

6:00pm - 7:00pm

Cost:

Members \$4.00

Non-members \$6.00

Canada Safety Council Babysitting Course

12 - 15 yrs

Participants will learn all the tips, tricks, and responsibilities of babysitting, acquiring skills for taking care of children and babies. This two-day program covers age-appropriate activities, meal preparation, handling emergency situations, and ensuring babysitting is safe and enjoyable. Participants must be 12 years of age during the calendar year. Payment for the course manual is required at the time of registration and is not included in the course fee. Manuals are non-refundable after purchase and will be issued on the first day of the course

Date:

May 4 - 5

Time:

10:00am - 4:00pm

Cost:

Members 12 - 13 yrs \$55.00

Members 14+ \$62.15

Non-member 12 - 13 yrs \$60.00

Non-member 14+ yrs \$67.80

Babysitting Manual \$10.74



Looking for high-quality children's day programming? Ingersoll's recreation team offers fun, engaging camp programs to keep your kids safe and active.

PA Day Camp

Our children's day camp program offers a fun and safe opportunity for both indoor and outdoor games. Campers will enjoy creating and expressing themselves through themed activities. It's important for campers to dress appropriately for the weather, bring a water bottle, peanut-free snacks/lunch, and wear clean indoor and outdoor footwear. More information will be sent in a parent manual via email to families, providing an overview of the program. The manual will also include details on what to pack for a successful day at camp.

Date:

April 8, May 31

Time:

8:30am - 4:00pm

Cost:

Members \$35.00

Non-members \$40.00

Week 1: Summer Madness

This marks the ultimate week of summer camp! It will be jam-packed with a variety of camp games and outdoor activities. Campers will delight in exploring the outdoors, crafting friendship bracelets, and engaging in camp games. The week will commence with a welcome-to-camp party on Monday, featuring icebreaker games, and conclude with a summer tropical party on Friday to kickstart the summer festivities

Date:

July 8 - 12

Cost:

Members \$175.00/5 days

Non-Members \$200.00/5 days

Week 2: Under the Sea

Campers are set to embark on an underwater adventure this week, exploring the depths of the sea. The activities will revolve around sea creatures, featuring sea-themed art projects, water-based play, a deep blue sea scavenger hunt, and much more

Date:

July 15 - 19

Cost:

Members \$175.00/5 days

Non-Members \$200.00/5 days

Week 3: Super Hero Adventure

Uncover the qualities of real-life heroes by delving into the stories of local everyday heroes within the community and understanding how they can be as impactful as comic book superheroes! Recognize these everyday heroes, craft superhero capes, and explore our own heroic talents through activities like risk-taking, role-playing, and teamwork. Each day, campers will strive to earn a superhero badge, undergoing superhero training inspired by characters like X-Men's Storm, Iron Man, Batman, Wonder Woman, and Spiderman throughout the week

Date:

July 22 - 26

Cost:

Members \$175.00/5 days

Non-Members \$200.00/5 days

Week 4: Summer in Space

Attention space cadets, astronauts, and campers! Embark on a journey through the galaxy, as we search for aliens and delve into the wonders of planets and stars. The camp activities for this week are truly out of this world!

Participants can enjoy space-themed crafts, alien goop experiments, and even a galaxy dance party. On Friday, we'll embark on an alien hunt as an alien sighting has been reported at Victoria Park Community Centre! Remember to pack suitable shoes, sunscreen, and comfortable clothing for walking.

Date:

July 29 - August 2

Cost:

Members \$175.00/5 days

Non-Members \$200.00/5 days

Week 5: Buggin' Out

Grab your magnifying glass, bug net, and binoculars as we delve into the world of bugs and creepy crawlers. Campers will partake in a guided trail walk led by our energetic camp staff. Activities, games, and crafts will revolve around the themes of bugs and nature. This week, campers will also have the chance to go on a bug hunt

Date:

August 6 - 9

***NO CAMP AUGUST 5**

Cost:

Members \$140.00/4 days

Non-Members \$160.00/4 days

Week 6: Disco Dayz

Join us for a week of grooving as we dance and disco our way through the days! Campers will enjoy lively dancing, singing, and creating their own tie-dye masterpieces. Games, activities, and crafts will be infused with bright, vibrant colors inspired by the 70s.

Don your groovy gear and get ready for our disco dance party on Friday to cap off a week filled with fun!

Date:

August 12 - 16

Cost:

Members \$175.00/5 days

Non-Members \$200.00/5 days

Week 7: Animal Planet

March and munch your way through a week of animal excitement! This week, we'll delve into the exploration of animal habitats and footprints. Engage in a variety of animal-themed crafts and activities featuring creatures from the safari, the desert, your home, and even the farm! Campers will also have the opportunity to get up close with some animals this week!

Date:

August 19 - 23

Cost:

Members \$195.00/5 days

Non-Members \$220.00/5 days

Week 8: Mad Science

Campers are in for a week of enjoyment as they craft slime, goop, and playdough. This week is all about exploration and curiosity, delving into the process of how things are made. Engage in science-themed activities, including exciting experiments. As a highlight, campers will embark on a mystery day trip away from Victoria Park Community Centre. Expect campers to return home each day brimming with creativity, knowledge, and inspiration

Date:

August 26 - 30

Cost:

Members \$195.00/5 days

Non-Members \$220.00/5 days

Summer Day Camp Schedule ⁵⁷

Time: 8:00am - 4:00pm

AM Extended Care: 7:00am - 8:00am

PM Extended Care: 4:00pm - 5:00pm

\$15.00/5 Extended care Members and Non-Members

Date	Juniors 4 - 5 years	Intermediate 6 - 9 years	Seniors 10-12 years	Fee Per Week
Week 1 July 8 -12	Summer Madness			Members \$175.00 Non-members \$200.00
Week 2 July 15 - 19	Under the Sea			Members \$175.00 Non-members \$200.00
Week 3 July 22 - 26	Super Hero Adventure			Members \$175.00 Non-members \$200.00
Week 4 July 29 - August 2	Summer in Space			Members \$175.00 Non-members \$200.00
Week 5 August 6-9	Buggin Out *no camp August 5			Members \$140.00 Non-members \$160.00
Week 6 August 12 - 16	Disco Dayz			Members \$175.00 Non-members \$200.00
Week 7 August 19 - 23	Animal Planet + Day Trip Activity			Members \$195.00 Non-members \$220.00
Week 8 August 26 - 30	Mad Science + Day Trip Activity			Members \$195.00 Non-members \$220.00

Birthday Parties



Create unforgettable birthdays with our fantastic party hosts at Ingersoll Community Services! Join us for a delightful and stress-free celebration, brimming with laughter and cherished memories

Pool Party

3 - 13 yrs

Kids will enjoy the first hour, from 1:30 pm to 2:30 pm, swimming during our 'open swim' program, followed by the second hour, from 2:30 pm to 3:30 pm, in our party room. The party package comes with a dedicated host, along with chips, drinks, 2 pizzas, and a birthday cake complete with candles, plates, forks, napkins, and cups. Each party package accommodates up to 12 guests. Pool admission standards apply

Location:

Victoria Park Community Centre

Time:

Saturday or Sunday

1:30pm - 3:30pm (schedule outlined above)

Cost:

\$180.00 per party

Zumba® Party

8 -12 yrs

Dance, shimmy, and shake your way through an enjoyable 1-hour Zumba dance party led by a certified instructor. Afterward, indulge in the second hour in our party room, savoring chips, drinks, 2 pizzas, and a birthday cake complete with candles, plates, forks, napkins, and cups. The party package includes a dedicated host and accommodates up to 12 guests.

Location:

Victoria Park Community Centre

Time:

Sunday

12:00pm - 2:00pm (schedule outlined above)

Cost:

\$225.00 per party

Group Games Party

3-12 yrs

Engage in entertaining small group games in the party room, including activities like scooter board hockey, parachute play, and rubber chicken fun. The party package comes with a dedicated host, along with chips, drinks, 2 pizzas, and a birthday cake complete with candles, plates, forks, napkins, and cups. Each party package caters to up to 12 guests, and the games are tailored to the age group.

Location:

Victoria Park Community Centre

Time:

Saturday or Sunday

1:30pm - 3:30pm (schedule outlined above)

Cost:

\$180.00 per party

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

Art Attack Birthday Party

6-18 yrs

Unleash the artist within and celebrate your special day with our vibrant ART birthday party! Dive into a world of creativity and self-expression as our experienced art instructor guides you through a fun-filled artistic journey. Participants will engage in exciting and age-appropriate art activities, ensuring a memorable celebration for all. Our ART birthday party package includes a dedicated party host(s), along with chips, drinks, 2 delicious pizzas, and a personalized touch with a birthday cake complete with candles, plates, forks, napkins, and cups. Spark the joy of artistic exploration and create lasting memories with our ART birthday party experience, perfect for up to 10 guests!

Location:

Fusion Youth Centre

Time:

Saturday

1:00pm - 3:00pm

Cost:

\$225.00 per party

Sports Stars Gym Party

6-18 yrs

Elevate the birthday celebration to new heights with our thrilling Sports Stars birthday party! Our amazing facility provides the ultimate playground for active fun. Led by energetic and experienced staff, partygoers will enjoy a dynamic hour of engaging gym activities, and team challenges, ensuring a heart-pumping, adrenaline-fueled celebration. Following the gym excitement, the celebration continues in our party zone, where guests will refuel with chips, drinks, 2 delicious pizzas, and a specially crafted birthday cake, complete with candles, plates, forks, napkins, and cups. With a dedicated party host(s) and a setup catering to up to 10 guests, the Fusion GYM birthday party promises an unforgettable experience packed with fitness, fun, and lasting memories!

Location:

Fusion Youth Centre

Time:

Saturday

1:00pm - 3:00pm or

Cost:

\$200.00 per party

Lounge Party

6-18 yrs

Experience the epitome of cool and contemporary celebration with our Lounge Birthday Party! Transform our sleek lounge space into the perfect backdrop for a laid-back yet stylish gathering. Enjoy lounging comfortably with friends on trendy seating arrangements and an afternoon of Pool, Ping Pong, Fooze Ball, Play Station, Nintendo Wii, and an assortment of board games to choose from. Our dedicated party host(s) will curate an atmosphere of fun, complete with 2 delicious pizzas, delectable snacks consisting of chips, refreshing drinks, and a specially designed birthday cake to enjoy in the lounge ambiance. The party package accommodates up to 10 guests, providing an intimate and memorable experience for the birthday VIP and their friends. We supply the plates, napkins, utensils, and forks making the day yours to enjoy without any added worry.

Location:

Fusion Youth Centre

Time:

Saturday

12:30pm - 2:30pm

Cost:

\$200.00 per party

For more information on our
Fusion party packages, please
reach out to our Fusion Manager
Craig at
cboddy@ingersoll.ca

Fusion Youth Centre

Looking for a safe, fun & inclusive place for your child to come after school, evenings or on weekends? If so, the Fusion Youth Centre is the place for your child to engage, interact and participate in supervised, structured programs. All programs are designed, developed and facilitated by our trained staff, and your child's safety and security are the top priority. If your child is between the ages of 10-18, they are eligible to be a Fusion member. There is an annual membership fee of \$5.00. Fusion offers a number of drop-in programs that are included with the membership. New this year Fusion launched a number of fee-for-service programs such as music lessons, graphic design/photography, culinary and art.



During the day-time hours, Fusion is home to a number of community organizations. Please see below a list of Fusion's Community onsite partners. For any information regarding our partners please check them on Facebook or through email.

VON Oxford

von.ca

Ingersoll Support Services

issiweb.ca

Wellkin Child & Youth Mental Wellness

wellkin.ca

Pat's Driving School

patsdrivingschool@outlook.com

Fusion Schedule

March 18th - June 23rd, 2024

Fusion Youth Centre offers affordable, accessible, and safe recreation, fitness, cultural, skill development, and social programs and activities for youth between the ages of 10 and 18. The programs encompass a variety of interests, such as art, music, cooking, sports, technology, a gaming centre, and a drop-in lounge. Youth are encouraged to participate in any of the drop-in programs they find interesting or are welcome to simply hang out in any of our open rooms.

Membership \$5.00

Tuesday	Wednesday	Thursday
Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm
Gaming & Internet Zone 2:30 - 9:00 pm	Gaming & Internet Zone 2:30 - 9:00 pm	Gaming & Internet Zone 2:30 - 9:00 pm
Basketball 2:30 - 4:00 pm	Badminton 2:30 - 4:00 pm	Floor Hockey 2:30 - 4:00 pm
Open Gym 4:00 - 5:00 pm	Open Gym 4:00 - 5:00 pm	Open Gym 4:00 - 5:00 pm
Tracy's Diner 4:30 - 6:00 pm	Tracy's Diner 4:30 - 6:00 pm	Flag Football 5:00 - 6:00 pm
Floor Hockey 5:00 - 6:00 pm	Basketball 5:00 - 6:00 pm	Game Design 6:00 - 7:30 pm
Digital Media 6:00 - 7:30 pm	Volleyball Program 7:00 - 8:00 pm	Basketball 7:00 - 8:00 pm
Indoor Soccer 7:00 - 8:00 pm	Open Gym 8:00 - 9:00 pm	Open Gym 8:00 - 9:00 pm
Open Gym 8:00 - 9:00 pm	<input type="checkbox"/> Sport, Recreation & Leisure <input type="checkbox"/> Open Roo	

Contact Info:



519-425-4386



communityservices@ingersoll.ca

Drop-In Hours

Tuesday - Saturday

2:30pm - 9:00pm

Friday	Saturday
Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm
Gaming & Internet Zone 2:30 - 9:00 pm	Gaming & Internet Zone 2:30 - 9:00 pm
Flag Football 2:30 - 4:00 pm	Volleyball 2:30 - 9:00 pm
Open Gym 4:00 - 5:00 pm	Open Gym 4:00 - 5:00 pm
Dodgeball 5:00 - 6:00 pm	Basketball 5:00 - 6:00 pm
Game Design 6:00 - 7:30 pm	Game Night 6:00 - 7:00 pm
Basketball 7:00 - 8:00 pm	Open Gym 7:00 - 8:00 pm
Open Gym 8:00 - 9:00 pm	Staff vs. Youth 8:00 - 9:00 pm

**All
Programs
are open
to all
Fusion
Members!**

***This schedule
occurs bi-weekly**

ms ■ Technology Programs ■ Life Skills



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

Fusion Programs

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.

Floor Hockey

For youth looking to participate in a 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.

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.

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.

Flag Football

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

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.

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 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.

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!

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!

Game Design

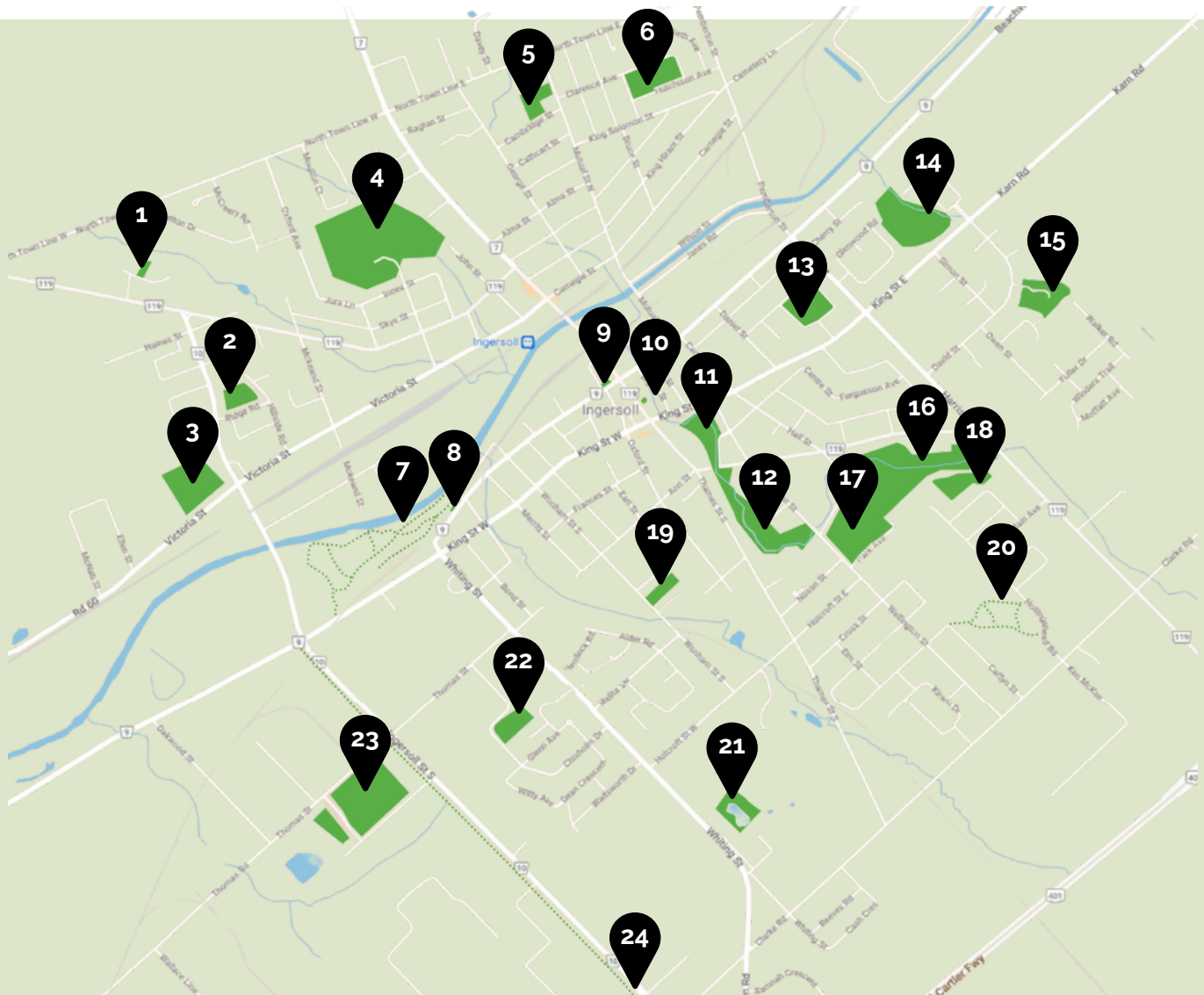
Open to all youth who are interested in learning more about Game Design. Covering the basics, how to plan and develop game ideas, making game worlds with level design, develop with Roblox Studio, as well as 2D and 3D asset creation.



Trails play a crucial role in fostering healthy communities by delivering various health, environmental, economic, and social advantages. Additionally, trails contribute to the conservation of open spaces and the separation of walking and bicycling activities

Parks & Trails Map

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



Facility Rentals

Arena

Ice Rental

- Prime Time Private.....\$189.50/hr
- Non-Prime Time Private.....\$130.00/hr

Arena Floor

- Sunday to Thursday.....\$600.00/day
- Friday and Saturday.....\$875.00/day
- Hourly.....\$60.00/hr

Auditorium

- Sunday to Thursday.....\$275.00/day
- Friday and Saturday.....\$525.00/day
- After 2:00am additional charge.....\$45.00 (flat rate, one-time fee)
- Hourly rate.....\$55.00/hr

Victoria Park Community Centre

VPCC Meeting Room

- Per Hour.....\$30.00
- Per Day.....\$148.00

Pool Rental

- 2 guards (1-65 people).....\$156.56
- 3 guards (66 - 100 people).....\$186.56
- 4 guards (101 - 166 people).....\$216.56

Parks

Diamonds

- One-Time Diamond Rental with Lights.....\$55.00/hr
- One-Time Diamond Rental without Lights.....\$45.00/hr
- Extra Diamond Dragging.....\$56.50/rental

Camping

- Centennial Park Camping.....\$14.60/day

Pavilions

- Smith Pond Pavilion Rental.....\$90.00/day
- Victoria Park Pavilion Rental.....\$90.00/day
- Centennial Park Pavilion Rental.....\$90.00/day

Fusion

Gym Rental

- Weekday or Evening Per Hour.....\$51.00/hr
- Weekday or Evening Per Day.....\$407.98/day

Lounge Rental

- Weekday/Evening/Weekend Per Hour.....\$46.00/hr
- Weekday/Evening/Weekend Per Day.....\$276.00/day

Art Room Rental

- Weekday/Evening/Weekend Per Hour.....\$17.00/hr
- Weekday/Evening/Weekend Per Day.....\$101.97/day

Board Room Rental

- Weekday/Evening/Weekend Per Hour.....\$51.00/hr
- Weekday/Evening/Weekend Per Day.....\$407.98/day

Youth Technology Centre (the YTLC)

- Weekday/Evening/Weekend Per Hour.....\$34.00/hr
- Weekday/Evening/Weekend Per Day.....\$204.00/day

IMAC Lab

- Weekday/Evening/Weekend Per Hour.....\$34.00/hr
- Weekday/Evening/Weekend Per Day.....\$204.00/day

Kitchen

- Weekday/Evening/Weekend Per Hour.....\$40.00/hr
- Weekday/Evening/Weekend Per Day.....\$170.00/day

Recording Studio

- 7 hours or less.....\$45.20/hr
- 6 - 15 hours.....\$39.55/hr
- 32 + hours.....\$28.25/hr