

## **Programs – Preschool**

### **Time for Tots (Age 2)**

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

Instructors: Jen P and Rebecca M  
8 Sessions: Tuesdays, March 19 – May 7, 2019  
Class is 9:00 - 11:30 am Fee: \$104.00  
Victoria Park Community Centre - Meeting Room

Instructors: Jen P and Rebecca M  
8 Sessions: Thursdays, March 21 – May 9, 2019  
Class is 9:00 - 11:30 am Fee: \$104.00  
Victoria Park Community Centre - Meeting Room

### **Kinder Kids (Age 3)**

In this recreational program your child will gain 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. Supervision will be provided during bathroom breaks but children must be able to use the washroom independently.

Instructors: Jen P and Rebecca M  
8 Sessions: Mondays, March 18 – May 6, 2019  
Class is 9:00 - 11:30 am Fee: \$88.00  
Victoria Park Community Centre - Meeting Room

Instructors: Jen P and Rebecca M  
8 Sessions: Wednesdays, March 20 – May 8, 2019  
Class is 9:00 - 11:30 am Fee: \$88.00  
Victoria Park Community Centre - Meeting Room

### **Kinder Prep (Age 4)\*Children must be registered in school for fall 2019\* (Letters/Shapes)**

Our recreational program combines learning in a fun environment that will help make your child's transition to school a little easier. Children will enjoy educational activities and gym/playground time discovering fundamental movement skills to help their physicality. Children should bring 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.

Instructors: Jen P and Rebecca M  
7 Sessions: Fridays, March 22 – May 10, 2019  
*\*No class Good Friday, April 19<sup>th</sup>\**  
Class is 9:00 - 11:30 am Fee: \$91.00  
Victoria Park Community Centre - Meeting Room

Instructors: Jen P and Rebecca M  
8 Sessions: Thursdays, March 21 – May 9, 2019  
Class is 12:30 pm – 3:00 pm Fee: \$104.00  
Victoria Park Community Centre - Meeting Room

### **Kinder Gym-Tots (Age 2-3)**

This program is a theme-based movement class. We encourage parents to participate in this class to assist their child with themed based balance, coordination and strength activities.

Instructors: Allie C. and Abby M.  
8 sessions: Saturdays, March 23-May 11, 2019  
Class is 9:30-10:00am OR 10:05-10:35am Fee: \$44.00  
Victoria Park Community Centre- Multi Purpose Room – Small Half

### **Kinder Gym (Age 4-5)**

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

Instructors: Allie C. and Abby M.  
8 sessions: Saturdays, March 23-May 11, 2019  
Class is 10:45-11:30am Fee: \$44.00  
Victoria Park Community Centre- Multi Purpose Room – Small Half

## **Programs - Adult**

### **Adult Aikido (Age 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.

Instructor: Hiro I

8 Sessions: Saturdays, March 23 – May 11, 2019

Class is 1:00-2:00pm      Fee: \$52.00

Victoria Park Community Centre -- Fitness Room

### **Aikido Exercise Class (Age 14+)**

The Aikido exercise class is designed for 18+years to introduce and supplement coordination exercises for the Aikido class on Saturday. Focus is on hands and feet coordination exercises. Regular work out clothing and shoes are worn for this class. No martial art uniform is required.

Instructor: Hiro I

8 Sessions: Wednesdays, March 20 – May 8, 2019

Class is 7:00-8:00pm      Fee: \$52.00

Victoria Park Community Centre - Meeting Room

### **Spring Squash Ladder (Age 18+)**

All Levels welcome! Minimum commitment of one game a week. A great way to meet other squash players! Register by March 10<sup>th</sup>. Session runs March 18 – June 28<sup>th</sup>. Play starts the week of March 18<sup>th</sup>. Members only. For more information contact [catherine.geurten@ingersoll.ca](mailto:catherine.geurten@ingersoll.ca).

### **Co Ed Competitive Volleyball (Ages 18+)**

Join us each week for an evening of drop in volleyball for those who want a more competitive style of play. Although the season started September 2018 the season goes until April 22, 2019.

Session: Mondays, Jan 7, 2019 - Apr 15, 2019 \*No games on March 11, 2019\*

Class is 7:00-9:30pm      Fee: \$30.00

Ingersoll District Collegiate Institute – Gym

### **Co Ed Recreational Volleyball (Age 18+)**

Join in each week at Harrisfield Public School for an evening of volleyball and fun. Although the season started September 2018, the season continues until April 2019. Co Ed Recreational volleyball is drop in.

Sessions: Wednesdays, Jan 9, 2019 - Apr 24, 2019 \* No games March 13, 2019\*

Class is 7:00-9:00pm      Fee: \$30.00

Harrisfield Public School – Gym

### **Shuffle Board (Age 18+)**

No experience required! Equipment included. Sign up for the season or pay a drop in fee. Tournaments TBA.

Session: Monday and/or Wednesdays, April 15 - August 21, 2019

Class is 1:00-4:00pm      Fee: \$56.50/season or \$ 5.00 drop in/person

Ingersoll District Memorial Arena – Summer Ice Floor

### **Co Ed Adult Summer Slo Pitch (Age 18+)**

Sundays, May 5- August 25, 2019. Game Time: 4:00, 5:30 or 7:00pm. Umpires and game ball supplied.

\*\*No games on long weekends or June 16<sup>th</sup>

Registration opens: March 5, 2019

Registration deadline: March 26, 2019

Fee: \$450.00 per team + \$35 deposit

## **Programs – Child & Youth**

### **Snack Attack (Age 10-18)**

Do your kids ever get hungry after school, but you do not want them to eat junk food? Snack Attack provides a chance for youth to learn how to make easy, fast, nutritious snacks that they can make at home by themselves. Introduction to kitchen safety including safe use of appliances such as microwave, oven, knives, etc.

Instructor: Tracy S

6 Sessions: Mondays, March 18, 2019 - April 29, 2019 *\*No classes on April 22, 2019\**

Class time: 4:30 – 5:30 pm      Fee: \$37.25

Fusion Youth Centre - Kitchen

### **Fashion Fun (Age 10-18)**

Fashion Fun is an opportunity for youth to take their passion for fashion to the next level. Instead of just imagining themselves walking around in the clothing of their own making, youth now have the opportunity to make that dream a reality. This program offers the basic techniques needed to see your design come to life; from sewing, to taking measurements, creating your own patterns and finally bringing it all together in the process of making your own unique piece of clothing.

Instructor: Alisia H

8 Sessions: Tuesdays, March 19, 2019 – May 7, 2019

Class is 7:00-9:00pm      Fee: \$49.75

Fusion Youth Centre – Art Room

### **Aikido (Age 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 will be used in class to preserve the heritage of the art.

Kids (7-10)

Instructor: Hiro I

8 Sessions: Saturdays, March 23-May 11

Class is 2:00-3:00pm      Fee: \$44.00

Victoria Park Community Centre - Fitness Room

Pre-Teen (11-13)

Instructor: Hiro I

8 Sessions: Saturdays, March 23-May 11, 2019

Class is 1:30-2:30pm      Fee: \$44.00

Victoria Park Community Centre - Fitness Room

### **Karate-Beginner (Age 6-12)**

This course 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.

Instructor: Bob J

7 Sessions: Saturdays, March 30-May 11, 2019

Class is 10:30-11:00am      Fee: \$38.50

Victoria Park Community Centre - Fitness Room

### **Karate-Intermediate (Age 6-12)**

This course focuses on the basic physical benefits of Karate-Do along with valuable life skills to help them succeed. Sensei Jones teaches respect and discipline in a safe, energetic environment. The style of Karate-Do studied is Go Ju-Ryu.

Instructor: Bob J

7 Sessions: Saturdays, March 30-May 11, 2019

Class is 11:00-12:00pm      Fee: \$38.50

Victoria Park Community Centre - Fitness Room

Town of Ingersoll – Community Services Department  
Session 2 Course Schedule: March 18 – May 12, 2019  
Ready to register? Call 519-425-1181 or visit VPCC at 355 Wellington St.



## **Programs – Child & Youth**

### **Capture, Create and Animate! (Age 10-18)**

Interested in photography, drawing & animation? Combine them all! Youth will have the opportunity to use cameras, photo editing software, & animation to create a unique portfolio of all their work that they can take home with them.

Instructor: James G

8 Sessions: Tuesdays, March 19, 2019 – May 7, 2019

Class is 4:00-6:00pm Fee: \$49.75

Fusion Youth Centre - iMac Lab

### **Individual Music Lessons (Ages 10-18)**

Sign up for individual music lessons on the guitar, bass guitar, keyboard, ukulele or percussion. (1/2 hour sessions)

Instructor: Tyler C

8 Sessions: Tuesdays, March 19 – May 7, 2019

Fee: \$49.75

Choose a class time: 2:30 - 3:00 pm, 3:00 - 3:30 pm,

3:30 - 4:00 pm, 6:00 - 6:30 pm, 6:30 - 7:00 pm,

7:00 - 7:30 pm, 7:30 - 8:00 pm, or 8:30 - 9:00 pm

Fusion Youth Centre - Music Studio

8 Sessions: Wednesdays, March 20 – May 8, 2019

Fee: \$49.75

Choose a class time: 3:00 - 3:30 pm, 3:30 - 4:00 pm,

6:00 - 6:30 pm, 6:30 - 7:00 pm, 7:00 - 7:30 pm,

7:30 - 8:00 pm, 8:00 - 8:30 pm, or 8:30 - 9:00 pm

Fusion Youth Centre - Music Studio

### **Music Recording (Age 10-18)**

Interested in recording your own music? This program allows youth to explore all areas of music production. Gain knowledge and skill of production techniques right in Fusion's own recording studio!

Instructor: Tyler C

8 Sessions: Thursdays, March 21, 2019-May 9<sup>th</sup>

Class time: 6:00-8:00 pm Fee: \$49.75

Fusion Youth Centre- Recording Studio

### **S.P.A.R.K. (Strength, Plyometrics, Agility, and Resistance for Kids) (Ages 3-13)**

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 bring a water bottle weekly.

Instructor: Catherine G.

8 sessions: Wednesdays, March 20 –May 8, 2019

Ages 3-5 yrs Time 4:00-4:30pm Fee: \$44.00

6-8 yrs Time 4:30-5:15pm Fee: \$44.00

9-12 yrs Time 5:15-6:00pm Fee: \$44.00

Victoria Park Community Centre- Meeting Room

### **Tennis Lessons (Ages 5-16)**

Learn a new sport, increase your physical activity, and enjoy the benefits of exercising outdoors.

No racquet, no problem! Racquets will be supplied if required. Maximum 8 students per class.

Instructor: Danny D.

12 sessions: Wednesday May 22 –August 7, 2019

Ages 5-6 yrs Time 5:30-6:00pm Fee \$ 60.00

7- 9 yrs Time 6:00-7:00pm Fee \$120.00

10-12 yrs Time 7:00-8:00pm Fee \$120.00

13-16 yrs Time 8:00-9:00pm Fee \$135.60

Location: Westfield Tennis Courts

For more information, visit [www.ingersoll.ca](http://www.ingersoll.ca) and surf the 'Community Services' tab

Follow us on Facebook: Ingersoll Community Services Dept

Town of Ingersoll – Community Services Department  
Session 2 Course Schedule: March 18 – May 12, 2019  
Ready to register? Call 519-425-1181 or visit VPCC at 355 Wellington St.



## **Fitness (Age 18+)**

### **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!

Instructor: Shelley H

8 Sessions: Mondays, March 18- May 6, 2019

Class is 10:35-11:35am Fee: \$52.00

Victoria Park Community Centre - Fitness Room/  
Outside (weather permitting)

Instructor: Shelley H

8 Sessions: Wednesday, March 20 to May 8, 2019

Class is 10:35-11:35am Fee: \$52.00

Victoria Park Community Centre – Fitness Room/  
Outside (weather permitting)

### **Yoga**

Steady postures and breath control mixed with relaxation. Set the physical and mental foundation to tap into your fullest potential. All levels welcome. Bring your own mat to class.

Instructor: Amy W

8 Sessions: Mondays, March 18 – May 6, 2019

Class is 5:45-6:45pm Fee: \$52.00

Victoria Park Community Centre - Fitness Room

Instructor: Yoyi M

8 Sessions: Thursdays, March 21-May 9, 2019

Class is 5:45-6:45pm Fee: \$52.00

Victoria Park Community Centre - Fitness Room

### **Yoga Fit**

Yoga Fit is designed to improve health, performance, flexibility, & power in a fitness format. Bring your own mat.

Instructor: Deanna T

7 Sessions: Fridays, March 22-May 10, 2019 \* *no class April 19, 2019\**

Class is 11:15-12:15pm Fee: \$45.50

Victoria Park Community Centre - Fitness Room

### **Yoga Gentle**

Gentle flow class focuses on full body stretching; suited for all levels of yoga experience. Bring your own mat to class.

Instructor: Bernadette H

8 Sessions: Wednesdays, March 20-May 8, 2019

Class is 5:45-6:45pm Fee: \$52.00

Victoria Park Community Centre - Fitness Room

### **Zumba**

A music lead high intensity interval training where every move is synced to the beat.

Instructor Yoyi M

8 Sessions: Thursdays, March 21-May 9, 2019

Class is 7:00-8:00pm Fee: \$52.00

Victoria Park Community Centre - Fitness Room

### **Adult Sport Training**

With spring and summer sports approaching, make sure you are in peak condition to make the most of this upcoming sporting season. Alternate between high and low intensity athletic drills for a fun and challenging combination designed for the athlete of all levels. Proper stretching and technique will be included as well. Get into shape for the golf, baseball and summer sport season!

Instructor: Catherine G.

8 sessions: Wednesday, March 20 –May 8, 2019

Class is 6:00-7:00pm Fee: \$52.00

Victoria Park Community Centre – Meeting Room

## **Fitness (Age 14+)**

**March 18 – May 12**

Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
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### **Super Step**

A traditional step class that is high intensity.  
Mondays, Class is 9:30-10:30am - Instructor: Shelley H

### **Yogalates**

A unique combination of Yoga, Core Conditioning & Pilates created to enhance core stability, breathing control, flexibility & strength.  
Mondays, Class is 7:00-8:00pm - Instructor: Amy W  
Wednesdays, Class is 7:00-8:00pm - Instructor: Bernadette H

### **Circuit**

Three segments of your favourite fitness components in one class. A different combination each week  
Tuesdays, Class is 9:30-10:30am - Instructor: Catherine G

### **Muscle Up**

Muscle Up Tone and strengthen all major muscle groups with high reps in this full body workout.  
Tuesdays, Class is 7:00-8:00pm - Instructor: Janice M  
Sundays, Class is 9:15-10:15am - Instructor: Tammy J

### **Body Tone**

A class that combines both cardio & muscle conditioning segments.  
Thursdays, Class is 9:30-10:30am - Instructor: Bernadette H

### **Step Cardio/Muscle Up**

Tone & strengthen muscle groups with high reps in a full body workout. Step Cardio added for a complete workout.  
Fridays, Class is 9:30-10:30am *\*no class April 19, 2019\** - Instructor: Shelley H

### **Low & Tone**

A low impact non-jarring workout that includes cardio & muscle toning exercises to improve stamina, strength, flexibility and balance.  
Mondays, Class is 8:30-9:15am - Instructor: Shelley H  
Wednesdays, Class is 8:30-9:30am - Instructor: Shelley H

### **Interval Strong**

This class encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. All muscle groups are targeted by engaging in dynamic and isometric movements.  
Wednesdays, Class is 9:30-10:30am - Instructor: Shelley H

### **Lunchtime Express Workout H2O**

Want a quick workout in the **water**, as intense as you want to make it, AND not get your hair wet!? Join us daily for the Lunch Express workout! High Intensity, Intervals, and Circuit based. One lane will be reserved for this fitness class. Class will be set up and easy to follow, is not instructor lead, but is created by a certified Water Fitness Instructor.  
Mondays through Fridays, Class is 12:15-12:45pm

Town of Ingersoll – Community Services Department  
 Session 2 Course Schedule: March 18 – May 12, 2019  
 Ready to register? Call 519-425-1181 or visit VPCC at 355 Wellington St.



**Fitness (Age 14+)**

**March 18 – May 12**

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
8:30-9:15am	Low & Tone		Low & Tone			
9:15-10:15am						Muscle UP
9:30-10:30am	Super Step	Circuit	Interval Strong	Body Tone	Muscle up w. Step Cardio	
10:40-11:40am	<b>**Stroller Boot** Camp</b>		<b>**Stroller Boot** Camp</b>			
11:15- 12:15pm					<b>**Yoga Fit**</b>	
5:45-6:45pm	<b>**Yoga**</b>		<b>**Gentle Yoga**</b>	<b>**Yoga**</b>		
6:00-7:00pm			<b>**Adult Sport** Training</b>			
7:00-8:00pm	Yogalates	Muscle Up	Yogalates	<b>**Zumba**</b>		

Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors

\*\* Courses with \*\* are registered programs, additional fees are applied. Call 519-425-1181 for more information\*

For more information, visit [www.ingersoll.ca](http://www.ingersoll.ca) and surf the 'Community Services' tab  
 Follow us on Facebook: Ingersoll Community Services Dept

## Aquatics – Water Aerobics Schedule

March 18 – May 12

	Monday	Tuesday	Wednesday	Thursday	Friday
Shallow Water Aquafit	9:00-10:00am 7:00-8:00pm		9:00-10:00am 7:00-8:00pm		9:00-10:00am
Deep Water Aquafit	10:15-11:00am		10:15-11:00am		
Shallow Joint Together		9:00-10:00am		9:00-10:00am	
Deep Water Walking		8:15-9:00am		8:15-9:00am	
Deep Water Running					8:15-9:00am
Lunchtime Express Workout	12:15-12:45pm	12:15-12:45pm	12:15-12:45pm	12:15-12:45pm	12:15-12:45pm

**\*\* Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors\*\***

### **Lunchtime Express Workout**

High Intensity, Intervals, and Circuit based. One lane will be reserved. Class is not instructor lead but is created by a certified Water Fitness Instructor.

Mondays – Fridays, Class is 12:15-12:45pm *\*No Class on April 19, 2019\**

### **Shallow Water Aquafit**

A high energy aquatic program that focuses on cardiovascular conditioning and muscular toning.

Mondays or Wednesdays or Fridays, Classes are 9:00-10:00am OR Monday and Wednesday 7:00-8:00pm

*\*No Class on April 19, 2019\**

### **Deep Water Aquafit**

A no impact aquatic workout in the deep end. Focuses on endurance, cardio, and tones. Float belts supplied.

Mondays or Wednesdays,

Class is 10:15-11:00am

### **Shallow Joint Together**

A low intensity aquatic program of motion, flexibility, cardiovascular conditioning and balance.

Tuesdays or Thursdays, Class is 9:00-10:00am

### **Deep Water Walking**

This class is easy on the joints while strengthening & building muscle. Excellent aerobic & calorie burning workout.

Tuesdays or Thursdays, Class is 8:15-9:00am

### **Deep Water Running**

For those wanting a high intensity - high cardio training workout. Held in deep water.

Friday, Class is 8:15-9:00am *\*No Class on April 19, 2019\**



## **Leadership and Training**

### **Bronze Star (Age 12)**

Prep for the Bronze Medallion that develops problem solving and decision making skills. This course continues the development of endurance and strength in swimming and rescue skills.

8 Sessions: Saturdays, March 23 – May 11, 2019

Class is 10:15-11:15am      Fee: \$74.00

Victoria Park Community Centre

### **Bronze Medallion + Emergency First Aid (Min Age 13 or have Bronze Star)**

Bronze Medallion teaches an understanding of the lifesaving principles in water-rescue - judgement, knowledge, the skill of rescuing and fitness. This course develops stroke efficiency and endurance and includes Emergency First Aid with CPR-B certification. Manual is included.

8 Sessions: Thursdays, March 21 – May 9, 2019

Class is 5:15-8:15pm      Fee: \$145.00

Victoria Park Community Centre

### **Bronze Cross + Standard First Aid (Min Age 14 & Bronze Medallion)**

Bronze Cross defines the Assistant Lifeguard Status and is your first step to many opportunities in Aquatics! After Bronze cross you can become a Lifeguard. As well you can join the Assistant Swim Instructor Apprentice Program to start your career in teaching Swimming Lessons! This course continues to build on the knowledge, skills, judgment, and fitness levels needed to take on the role of safe supervision in an aquatic environment. Includes manual.

*\* Part of the Standard First Aid portion of this course will be done separately on Sat April 13 from 1pm-6pm\**

8 Sessions: Thursdays, March 21 – May 9, 2019

Class is 5:15-8:15pm      Fee: \$155.00

Victoria Park Community Centre - Facilities

### **National Lifeguard (Age 16 by exam date & Have Bronze Cross)**

This course develops leaders in aquatics, enhances the skill of guarding the lives of swimmers in a pool and includes training fitness, rescue development for spotting non-swimmers, and preventing minor and major emergencies. Being a Lifeguard can guarantee you a job almost anywhere, anytime! Includes manual.

*\*Bronze Cross does not need to be current, Standard First Aid MUST be Current.*

*\*Standard First Aid is NOT Emergency First Aid\**

Time: Fridays 5:00-9:00pm, Saturdays & Sundays 8:00-6:00pm

Dates: April 26, 27, 28, May 3, 4 and 5th

Fee: \$250.00

Location: Victoria Park Community Centre

### **National Lifeguard Recertification**

Time: 9:00-6:00pm

Dates: Sunday, May 5th, 2019

Fee: \$56.00

Location: Victoria Park Community Centre

## **Leadership and Training**

### **First Aid Lifesaving Society First Aid with CPR “C” & AED Training**

Time: 8:00-4:00pm      Dates: Saturday, April 13 & 14      Fee: \$125.00 \*includes manual\*  
Location: Victoria Park Community Centre

### **First Aid Lifesaving Society First Aid with CPR “C” Recertification & AED Training**

Time: 8:00-4:00 pm      Dates: Sunday, April 14<sup>th</sup>, 2019      Fee: \$85.00 \*please bring manual\*  
Location: Victoria Park Community Centre

### **Lifesaving Assistant Instructor Apprenticeship Program (Age 14 & Bronze Cross)**

This is the first step to becoming a Swimming instructor and enables you to learn and assist qualified Swimming instructor in a swimming lesson. This course teaches you safety supervision during swimming lessons, the basic skills of leading in an aquatic environment, and how to assist during a swimming lessons. You will be teamed up with one of our AMAZING swim instructors and complete weekly assignments that allows you to work on your skills and apply learning to an actual swim environment.

Date: one night/day per week based on your availability, 3 hour commitment, March 18-May 12.  
Fee: \$100 (includes manual)

### **Lifesaving Swim Instructor Apprenticeship Program**

This is the next step to becoming a certified Swimming Instructor. This program is also operated as an apprenticeship to ensure side-by-side learning and demonstration of instructional abilities over an entire swimming session. This course teaches you the finer points of being a Swimming Instructor including how to create lesson plans, evaluate swimmers, and teach engaging swim classes.

Date: one night/day per week, 3 hour commitment, March 18-May 12.  
Fee: \$150 (includes manual)

### **Kid Proof Babysitting Training (Grades 5+)**

This is a course covering babysitting and child care 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.

Instructor: Ali T  
1 Session: Sunday, May 26, 2019  
Class is 9:00-4:00pm      Fee: \$50.00 + \$11 Manual  
Victoria Park Community Centre - Meeting Room

Instructor: Ali T  
1 Session: Sunday, June 2, 2019  
Class is 9:00-4:00pm      Fee: \$50.00 + \$11 Manual  
Victoria Park Community Centre - Meeting Room

### **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.

Instructor: Ali T  
1 Session: Sunday, May 5, 2019      Class is 9:30-1:30pm      Fee: \$40.00 + \$8.85 Manual  
Victoria Park Community Centre - Meeting Room

### **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.

Instructor: Ali T  
1 Session: Sunday, May 5, 2019      Class is 1:30-3:30pm      Fee: \$20.00 + \$5.10 Manual  
Victoria Park Community Centre - Meeting Room

## **Programs - Camps**

### **March Break Camp (Ages 4-12)**

Our March Break Day Camp for ages 4-12 years of age offers a week of crafts, games, indoor and outdoor activities, and daily special events. Ready to register? Please call VPCC at 519-425-1181.

Monday, Mar 11, 2019 – Friday, Mar 15, 2019

Camp is 8:30-5:00pm                      Fee: \$161.00 First Child / \$151.00 Additional Child (ren)/week

Daily Registration available – See our March Break Flyer for information on daily activities.

Extended Care Available: 7:30-8:30am                      Fee: \$ 15.00/week

5:00-5:30pm                      Fee: \$ 10.00/week

Victoria Park Community Centre - Meeting Room

### **PA Days (Age 4 -12)**

Children ages 4-12 years will participate in full day of activities which include, crafts, games, in and outdoor fun and a special activity. Ready to register? Please call VPCC at 519-425-1181.

Dates: Friday, April 5, June 7 or June 28, 2019

Camp is 8:30-5:00pm                      Fee: \$40.00 First Child / \$35.00 Additional Child (ren)

Victoria Park Community Centre

### **Summer Day Camp (Age 4-12)**

Our Summer Day Camp for ages 4-12 years of age offers a week of crafts, games, indoor and outdoor activities, and special events. Ready to register? Please call VPCC at 519-425-1181. Registration opens March 4.

Week 1 – July 8 – 12, 2019

Week 2 – July 15 – 19, 2019

Week 3 – July 22 – 26, 2019

Week 4 – July 29 – August 2, 2019

Week 5 – August 6 – 9, 2019

Week 6 – August 12 – 16, 2019

Week 7 – August 19 – 23, 2019

Camp is 8:30am-5:00pm

Extended Care Available: 7:30-8:30am                      Fee: \$ 15.00/week

5:00-5:30pm                      Fee: \$ 10.00/week

Victoria Park Community Centre - Meeting Room

## **Programs – Parties**

### **Birthday Party - Art Attack (Ages 6-18)**

The Art Attack Birthday Party includes art activity and 1 staff member, plus time in party room. Based on 10 participants, birthday cake, chips, and balloons included. To book a birthday party, please visit us at Fusion Youth Centre (121 Thames St N.) or call 519-485-4386.

Saturdays, 1:00-3:00pm or 3:30-5:30pm at Fusion Youth Centre - Art Room

### **Birthday Party - Gaming Tournament (Ages 8-18)**

The gaming tournament birthday party includes a gaming tournament for a group of children and 1 staff member, plus time in party room. Based on 10 participants, birthday cake, chips, and balloons included. To book a birthday party, please visit us at Fusion Youth Centre (121 Thames St N.) or call 519-485-4386.

Saturdays, 1:00-3:00pm or 3:30-5:30pm at Fusion Youth Centre - Technology Centre

### **Birthday Party - Kids in the Kitchen (Ages 6-18)**

The Kids in the Kitchen birthday party includes cooking activities and 1 staff member, plus time in party room. Based on 10 participants, birthday cake, chips, and balloons included. To book a birthday party, please visit us at Fusion Youth Centre (121 Thames St N.) or call 519-485-4386.

Saturdays, 1:00-3:00pm or 3:30-5:30pm at Fusion Youth Centre - Kitchen

### **Birthday Party - Sports Stars! (Ages 6-18)**

The Sports Stars Birthday Party includes sports activities in the gym and 1 staff member, plus time in party room. Based on 10 participants, birthday cake, chips, and balloons included. To book a birthday party, please visit us at Fusion Youth Centre (121 Thames St N.) or call 519-485-4386.

Saturdays, 1:00-3:00pm or 3:30-5:30pm at Fusion Youth Centre - Facilities - Gym

### **Pool Parties**

Pool parties are for 10 guests (guardians not included). They include 1 host, chips, juice, plates, forks, cake, balloon, 10 free swim passes/party. 2 Pizzas (pepperoni) may be purchased for \$20.00. There is a \$6.00 charge for extra guests up to a maximum of 20 guests. To book, please visit Victoria Park Community Centre (355 Wellington St.) or call 519-425-1181.

Saturdays, 2:00-4:00pm or 3:00-5:00pm at Victoria Park Community Centre

**Aquatics - Swimming Lessons**

**March 18 – May 12**

\*No Classes on Friday April 21, 2019\*

Level	Monday \$50.00	Tuesday \$50.00	Wednesday \$50.00	Thursday \$50.00	Friday \$43.75	Saturday \$50.00
Parent Tot 1			4:00-4:30 5:10-5:40	10:15-10:45	4:00-4:30 5:10-5:40	9:35-10:05
Parent Tot 2	10:15-10:45		4:35-5:05		4:35-5:05 5:45-6:15	9:00-9:30
Parent Tot 3			4:00-4:30 5:45-6:15		4:00-4:30 5:45-6:15	10:10-10:40
Preschool 1	4:35-5:05 5:10-5:40	4:00-4:30 5:45-6:15	4:35-5:05 5:10-5:40	4:35-5:05	4:35-5:05 5:10-5:40	9:00-9:30
Preschool 2	4:00-4:30 5:45-6:15	4:35-5:05 5:10-5:40	5:45-6:15	4:00-4:30		9:35-10:05
Preschool 3	4:00-4:30 5:10-5:40	4:35-5:05 5:45-6:15		4:35-5:05		9:00-9:30 10:45-11:15
Preschool 4/5	4:35-5:05 5:45-6:15	4:00-4:30 5:10-5:40				9:35-10:05 10:10-10:40
Swimmer 1	4:35-5:05 5:45-6:15	4:00-4:30 5:10-5:40				9:35-10:05 10:45-11:15
Swimmer 2	4:00-4:30 5:10-5:40	4:35-5:05 5:45-6:15		4:00-4:30		9:00-9:30 10:10-10:40
Swimmer 3	4:35-5:05 5:45-6:15	4:00-4:30 5:10-5:40		4:35-5:05		9:35-10:05 10:45-11:15
Swimmer 4	4:00-4:30 5:10-5:40	4:35-5:05 5:45-6:15		4:00-4:30		9:00-9:30 10:10-10:40
Swimmer 5/6	6:15-7:00 (\$56.00)				6:15-7:00 (\$50.00)	11:15-12:00 (\$56.00)
Rookie		6:15-7:00 (\$56.00)				11:15-12:00 (\$56.00)
Ranger		6:15-7:00 (\$56.00)				11:15-12:00 (\$56.00)
Star		6:15-7:00 (\$56.00)				11:15-12:00 (\$56.00)
Adult Lessons	6:15-7:00 (\$56.00)				6:15-7:00 (\$50.00)	

**Private Swimming Lessons** Please call 519-425-11181 to arrange day and time.  
 8 Session: Thursdays, Saturdays, Sundays Class times vary Victoria Park Community Centre - Pool

## Aquatics - Swimming Lessons

<b>Swim for Life Parent and tot Program (4 Months – 3 Years)</b>	
4 - 12 months: Participating with a parent or caregiver	Parent & Tot 1
13 - 24 months: Participating with a parent or caregiver	Parent & Tot 2
2 - 3 years: Participating with a parent or caregiver	Parent & Tot 3
<b>Swim for Life Preschool Program (3-5 Years)</b>	
3 - 5 years: Just starting out, previous lessons not necessary. Child in pool with instructor only	Preschool 1
3 - 5 years: Can get in and out, jump into chest deep water, float and glide on front and back assisted. Child is in the pool with instructor only	Preschool 2
3 - 5 years: Can jump into chest deep water, submerge and exhale underwater, float on front and back for 3 sec. Child is in pool with instructor only.	Preschool 3
4 - 5 years: Can jump into deep water, recover object from the bottom, float, glide and kick on front and back. Child is in pool with instructor only	Preschool 4
4 - 5 years: Can do front crawl, back crawl 5 m., tread water 10 sec., jump into deep water	Preschool 5
<b>Swim for Life Swimmer (5+ Years)</b>	
5+ years: Beginner just starting out. Learning to become comfortable in water	Swimmer 1
5+ years: Advanced beginner will learn to jump into deeper water, swim 10-15 meters	Swimmer 2
5+ years: Junior swimmers will learn to front/back swim 15 meters, whip kick, 30 sec surface support	Swimmer 3
5+ years: Intermediate swimmers will learn front/back crawl, whip kick, breaststroke arms, sprints	Swimmer 4
5+ years: Swimmers will master egg beater, dives, somersaults, sprints, interval training	Swimmer 5
5+ years: Advanced swimmers will be challenged on entries, kicks, develop strength and power in strokes	Swimmer 6
<b>CANADIAN SWIM PATROL PROGRAM Rookie, Ranger, Star patrol is = to Swimmer 7, 8, 9</b>	
SWIM PATROL <i>ROOKIE</i> Advanced swimmers will develop all stroke efficiencies, begin sport skills and first aid skills	Rookie Patrol
SWIM PATROL <i>RANGER</i> To develop better strokes over distance, tackle lifesaving skills, first aid skills	Ranger Patrol
SWIM PATROL <i>STAR</i> 600 meter workouts, lifesaving skills, first aid skills	Star Patrol

**Aquatics – Pool Schedule**

**March 18 – May 12**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Length Swim</b>	6:00-8:45am	6:00-8:15am	6:00-8:45am	6:00-8:45am	6:00-8:15am	7:45-8:45am <i>(2 Lane Only)</i>	12:30-1:30pm
	11:30–1:00pm	8:15-8:45am <i>(1 Lane Only)</i>	11:30–1:00pm	11:30-1:00pm	8:15-8:45am <i>(1 Lane Only)</i>	12:30-1:45pm	
	3:00-4:00pm	11:30-1:00pm	3:00-4:00pm	8:00-8:30pm <i>(2 Lane Only)</i>	11:30-1:00pm		
	8:00-9:00pm	8:00-8:30pm <i>(2 Lane Only)</i>	8:00-9:00pm	8:30-9:00pm			
		8:30-9:00pm					
<b>Open Swim</b>		10:00-11:00am	6:15-7:00pm		10:00-11:00am	2:00-4:00pm	1:30-3:00pm
					7:00-8:30pm		

**As of July 1st, 2018, there are changes to the admission standards to ensure we are meeting provincial standards for pool admittance (see reverse)**

**Length Swim** - Open to swimmers 14+ years – Length swim only

Location: Victoria Park Community Centre

Fees: FREE Members, Non-Members: Kids 2 & Under FREE, Youth (3-12yrs) \$3.50, Teen (13-17yrs) / Senior (60+yrs) \$4.00, Adult \$4.50, Family \$10.00

**Open Swim** – Swim admission standards apply.

Location: Victoria Park Community Centre

Fees: FREE Members, Non-Members: Kids 2 & Under FREE, Youth (3-12yrs) \$3.50, Teen (13-17yrs) / Senior (60+yrs) \$4.00, Adult \$4.50, Family \$10.00

For more information, visit [www.ingersoll.ca](http://www.ingersoll.ca) and surf the 'Community Services' tab

Follow us on Facebook: Ingersoll Community Services Dept

# Victoria Park Community Pool Admission Standards

## **RED BAND - 5 YEARS OF AGE OR UNDER**

- Children 5 years of age or under may not be admitted to the swimming pool unless they are accompanied by a parent/guardian who is responsible for their direct supervision (within arm's reach)
- One parent/guardian required per two children.

## **YELLOW BAND - 6 – 9 YEARS**

- Yellow bands are to be worn by children who are between 6 and 9 years of age.
- Must be accompanied by a parent/guardian that is responsible for their direct supervision (in the same area of the pool).
- Ratio is a maximum of 4 bathers to 1 parent/guardian. Ratio may be increased to 8:1 if lifejackets are worn by all yellow band swimmers.

## **GREEN BAND - 6 - 11 YEARS**

- Children 6-9 years of age who are able to pass the facility swim test may be admitted to the pool unaccompanied but must have a guardian present.
- **Swim test** = swim 2 widths of the pool with face in the water using a comfortable breathing pattern
- Children 6-9 years of age will be required to take the facility swim test each visit if they want to receive a green band.
- **10-11 years of age** may be admitted to the pool unaccompanied, no swim test required, green band required. Must have a guardian present.

## **NO Band Required- 12 Years+**

- 12+ years of age considered as a guardian in the pool, no swim test, no band required.
- Guardians are responsible for the children in their care while in the facility and must directly supervise the children at all times.



## Arena – Ice Schedule

	Tuesday	Wednesday	Thursday	Saturday
<b>Shinny</b>	8:00-10:00am			
<b>Huff &amp; Puff</b>		9:00-10:00am		
<b>Parent &amp; Tot</b>	2:00-3:00pm		10:00-11:00am	
<b>Adult Skate</b>		2:00-3:00pm	11:00-12:00pm	
<b>Public Skate</b>	4:00-5:00pm		4:00-5:00pm	10:00-11:00am

**Adult Skate** - Drop in session for Adults 18 + to participate in a leisurely paced skate.

Location: Ingersoll District Memorial Arena

Fees: FREE Members, Non-Members: Adult \$4.50, Senior \$4.00

**Public Skate** - Drop in session for all to participate in a leisurely skate

Location: Ingersoll District Memorial Arena

Fees: FREE Members, Non-Members: Kids 2 & Under FREE, Youth (3-12yrs) \$3.50, Teen (13-17yrs) / Senior (60+yrs) \$4.00, Adult \$4.50, Family \$10.00

**Parent & Tots** - Drop in session designed for Parents with Toddlers. This time is dedicated to a slower pace to provide a safe environment for young children learning to skate.

Location: Ingersoll District Memorial Arena

Fees: FREE Members, Non-Members: \$4.50

**Shinny** - Drop in session for 19+ to participate in a scrimmage style hockey. Participants are required to wear full protective equipment.

Location: Ingersoll District Memorial Arena

Fees: \$7.00

**Huff & Puff** - Drop in session for seniors to participate in a leisurely paced scrimmage style hockey. Participants are required to wear full protective equipment.

Location: Ingersoll District Memorial Arena

Fees: \$5.00

**Rentals** \*rates include HST

**Arena Rentals – to book please call 519-485-5023**

Prime Time, Ice (M-F 4-11pm & Weekends)	\$185.00
Non-Prime Time, Ice (M-F daytime)	\$125.00
Sunday – Thursday Daily, Auditorium	\$265.00
Friday – Saturday Daily, Auditorium	\$500.00
Hourly, Auditorium	\$50.00
Sunday – Thursday Daily, Arena Floor (summer)	\$575.00
Friday – Saturday, Daily, Arena Floor (summer)	\$875.00
Hourly, Arena Floor (summer)	\$55.00

**Victoria Park Community Centre Rentals – to book please call 519-425-1181**

Full Size Hourly, Multipurpose Room	\$42.00
Full Size Daily, Multipurpose Room	\$207.00
Small Half Hourly, Multipurpose Room	\$30.00
Small Half Daily, Multipurpose Room	\$148.00
Hourly, Meeting Room	\$30.00
Daily, Meeting Room	\$148.00
Private Pool Hourly, 1 Guard (1-28 people)	\$108.00
Private Pool Hourly, 2 Guard (29-45 people)	\$137.00
Private Pool Hourly, 3 Guards (46-90 people)	\$160.00
Pool Rental Hourly, Extra Guard	\$19.00

**Fusion Youth Centre Rentals – to book please call 519-485-4386**

Weekday Daily, Gym	\$147.00
Weekday Hourly, Gym	\$51.00
Weekend Daily, Gym	\$193.00
Weekend Hourly, Gym	\$85.00
Daily, Lounge	\$147.00
Hourly, Lounge	\$46.00
Daily, Art Room	\$85.00
Hourly, Art Room	\$17.00
Daily, Technology Centre	\$136.00
Hourly, Technology Centre	\$34.00
Daily, iMac Lab	\$114.00
Hourly, iMac Lab	\$23.00
Daily, Kitchen	\$170.00
Hourly, Kitchen	\$40.00
Daily, Boardroom	\$85.00
Hourly, Boardroom	\$23.00

**Town Parks & Outdoor Spaces – to book please call 519-485-5023**

**If your event includes alcohol, food sales, fireworks, tents, or banners, please ask for a Special Events Request Form**