

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 - Jan 8, 2019 - Feb 26, 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 - Jan 10, 2019 - Feb 28, 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
7 Sessions: Mondays - Jan 7, 2019 - Feb 25, 2019 ***No class on February 18, 2019***
Class is 9:00 - 11:30 am Fee: \$77.00
Victoria Park Community Centre - Meeting Room

Instructors: Jen P and Rebecca M
8 Sessions: Tuesdays: Jan 8, 2019 - Feb 26, 2019
Class is 12:30 - 3:00 pm Fee: \$88.00
Victoria Park Community Centre - Meeting Room

Instructors: Jen P and Rebecca M
8 Sessions: Wednesdays - Jan 9, 2019 - Feb 27, 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: Fridays - Jan 11, 2019 - Mar 1, 2019
Class is 9:00 - 11:30 am Fee: \$88.00
Victoria Park Community Centre - Meeting Room

Programs - Adult

Adult Aikido (Ages 14+)

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

Instructor: Hiro I

8 Sessions: Saturdays, Jan 12, 2019 - Mar 2, 2019

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

Victoria Park Community Centre -- Fitness Room

Aikido Exercise Class (Ages 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, Jan 9, 2019 - Feb 27, 2019

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

Victoria Park Community Centre - Meeting Room

Co Ed Competitive Volleyball (Ages 18+)

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

Mondays, Jan 7, 2019 - Apr 15, 2019 ***No program on February 18 and March 11, 2019***

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

Ingersoll District Collegiate Institute – Gym

Co Ed Recreational Volleyball (Ages 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. 16 Sessions:

Wednesdays, Jan 9, 2019 - Apr 24, 2019 *** No program March 13, 2019***

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

Harrisfield Public School – Gym

Men's Recreational Basketball (Ages 18+)

Come out and enjoy a night of basketball with the guys. Limited spaces available. Although the season started September 2018 the season goes to April 22, 2019.

Tuesdays, Jan 8, 2019 - Apr 23, 2019

Class is 7:00-9:00pm Fee: \$146.90

Ingersoll District Collegiate Institute - Gym

Programs – Child & Youth

Art Attack (Ages 10-18)

This interactive art program will have youth making new creations each week. Have fun using a variety of techniques and materials to create new and exciting projects! All materials are provided.

Instructor: Alisia H

8 Sessions Tuesdays, Jan 15, 2019 - Feb 26, 2019 Class is 7:00 – 8:00 pm Fee: \$49.75
Fusion Youth Centre - Art Room

Baking Bonanza! (Ages 10-18)

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

Instructor: Tracy S

6 Sessions: Thursdays, Jan 17, 2019 - Feb 14, 2019 Class is 6:00-7:30pm Fee: \$37.25
Fusion Youth Centre - Kitchen

Kids in the Kitchen (Ages 10-18)

A great chance for youth to learn how to make easy, healthy meals! Learn kitchen safety and basic cooking skills with your friends.

Instructor: Tracy S

6 Sessions: Wednesdays, Jan 16, 2019 - Feb 13, 2019
Class is 5:00-6:00pm Fee: \$37.25
Fusion Youth Centre - Kitchen

Aikido (Ages 7-13)

Aikido unites the elements of self-defense, physical fitness and a non-violent philosophy into a modern martial art. This class introduces the basic skills of Aikido in a safe and fun manner, simple Japanese terminologies will be used in class to preserve the heritage of the art.

Kids (7-10)

Instructor: Hiro I

8 Sessions: Saturdays, Jan 12, 2019 - Mar 2, 2019
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, Jan 12, 2019 - Mar 2, 2019
Class is 1:30-2:30pm Fee: \$44.00
Victoria Park Community Centre - Fitness Room

Karate-Beginner (Ages 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

8 Sessions: Saturdays, Jan 12, 2019 - Mar 2, 2019
Class is 10:30-11:00am Fee: \$44.00
Victoria Park Community Centre - Fitness Room

Sports Stars! (Ages 10-18)

This active program is all about team building, cooperative winning, and FUN! Youth will be introduced to a variety of sports such as pickle ball, soccer, volleyball, badminton and more!

Instructor: Jennifer H

8 Sessions: Mondays, Jan 14, 2019 - Feb 25, 2019 ***No Class February 18, 2019***
Class is 7:00-8:00pm Fee: \$49.75
Fusion Youth Centre - Gym

Programs – Child & Youth

Karate-Intermediate (Ages 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

8 Sessions: Saturdays, Jan 12, 2019 - Mar 2, 2019

Class is 11:00-12:00pm Fee: \$44.00

Victoria Park Community Centre - Fitness Room

Capture, Create and Animate! (Ages 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, Jan 15, 2019 - Feb 26, 2019

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

Fusion Youth Centre - iMac Lab

Group Guitar Level 1 (Ages 10-18)

The program teaches youth the basics including chords, strumming techniques and tablature reading. You will also learn some basic songs! Please bring your own guitar.

7 Sessions: Tuesdays, Jan 15, 2019 - Feb 26, 2019

Class is 4:00-5:00pm Fee: \$49.75

Fusion Youth Centre - Music Studio

Group Guitar Level 2 (Ages 10-18)

This program builds on the skills learned in Level 1 and youth will learn more complex chords, strumming patterns and songs. Please bring your own guitar.

7 Sessions: Wednesdays, Jan 16, 2019 - Feb 27, 2019

Class is 4:00-5:00pm Fee: \$49.75

Fusion Youth Centre - Music Studio

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)

8 Sessions: Tuesdays - Jan 8, 2019 - Feb 26, 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 - Jan 9 - Feb 27, 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

Fitness – Registered Courses (Ages 14+)

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! Bring your own mat to class.

Instructor: Shelley H

7 Sessions: Mondays, Jan 7, 2019 - Feb 25, 2019

No Class February 18, 2019

Class is 10:35-11:35am Fee: \$45.50

Victoria Park Community Centre - Fitness Room

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

7 Sessions: Mondays, Jan 7, 2019 - Feb 25, 2019

No Class on February 18, 2019

Class is 5:45-6:45pm Fee: \$45.50

Victoria Park Community Centre - Fitness Room

Instructor: Yoyi M

8 Sessions: Thursdays, Jan 10, 2019 - Feb 28, 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

8 Sessions: Fridays, Jan 11, 2019 - Mar 1, 2019

Class is 11:30-12:30pm Fee: \$52.00

Victoria Park Community Centre - Fitness Room

Yoga Fusion

A blend of yoga, pilates and fitness conditioning for a well-rounded combination of strength, core, stretch and relaxation. Bring your own mat to class.

Instructor: Bernadette H

8 Sessions: Wednesdays, Jan 9, 2019 - Feb 27, 2019

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

Victoria Park Community Centre - Fitness Room

Instructor: Bernadette H

8 Sessions: Thursdays, Jan 10, 2019 - Feb 28, 2019

Class is 10:45-11:45am Fee: \$52.00

Victoria Park Community Centre - Fitness Room

Zumba Strong

A high intensity, workout where every move is synced to the beat. A music lead interval training class that pushes you hard! Bring your own mat to class.

Instructor Yoyi M

7 Sessions: Thursdays, Jan 17, 2019 - Feb 28, 2019

Class is 6:45-7:45pm Fee: \$52.00

Victoria Park Community Centre - Fitness Room

Lifesaving Fitness Swim

Learn how you may use the water to measure, monitor, and maintain your personal and lifesaving physical fitness. Strive to reach the bronze, silver, and gold standards.

Instructor: Victoria C

8 Sessions: Mondays, Jan 7, 2019 – Feb 25, 2019 ***No Class February 18, 2019***

Class is 7:05-8:05pm Fee: \$49.00

Victoria Park Community Centre - Pool

Aquatics – Water Aerobics Schedule **No Classes on Monday, February 18, 2019**

	Monday	Tuesday	Wednesday	Thursday	Friday
Shallow Water Aquafit	9:00-10:00am 7:15-8:00pm		9:00-10:00am 7:05-7:50pm		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

Shallow Water Aquafit

A high energy aquatic program that focuses on cardiovascular conditioning and muscular toning.
 9 Weeks: Mondays or Wednesdays or Fridays, Jan 7 – Mar 6, 2019 Class is 9:00-10:00am
 9 Weeks: Monday or Wednesdays, Jan 7 – Mar 6, 2019 Classes are 7:15-8:00pm
 Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
 Victoria Park Community Centre - Pool

Deep Water Aquafit

A no impact aquatic workout in the deep end. Focuses on endurance, cardio, and tones. Float belts supplied.
 9 Weeks: Mondays or Wednesdays, Jan 7 – Mar 6, 2019 Class is 10:15-11:00am
 Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
 Victoria Park Community Centre - Pool

Shallow Joint Together

A low intensity aquatic program of motion, flexibility, cardiovascular conditioning and balance.
 9 Weeks: Tuesdays or Thursdays, Jan 8 – Mar 7, 2019 Class is 9:00-10:00am
 Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
 Victoria Park Community Centre - Pool

Deep Water Walking

For those wanting to and are able to go into deep water. This class is easy on the joints while strengthening and building muscle. Excellent aerobic and calorie burning workout.
 9 Weeks: Tuesdays or Thursdays, Jan 8 – Mar 7, 2019 Class is 8:15-9:00am
 Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
 Victoria Park Community Centre - Pool

Deep Water Running

For those wanting a high intensity - high cardio training workout. Held in deep water.
 9 Weeks: Friday, Jan 11 – Mar 8, 2019 Class is 8:15-9:00am
 Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
 Victoria Park Community Centre - Pool

Fitness - Drop in Courses (Ages 14+)

Super Step

A traditional step class that is high intensity. Mondays, Jan 7, 2019 – Mar 4, 2019 ***No Class February 18, 2019***
Class is 9:30-10:30am Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
Victoria Park Community Centre – Fitness Room

Yogalates

A unique combination of Yoga & Pilates created to enhance core stability, breathing control, flexibility & strength.
Mondays, Jan 7 – Mar 4, 2019 ***No Class February 18, 2019***
Class is 7:00-8:00pm Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
Victoria Park Community Centre – Fitness Room

Wednesdays, Jan 9 – Mar 6, 2019

Class is 7:00-8:00pm Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
Victoria Park Community Centre – Fitness Room

20-20-20

Three segments of your favourite fitness components in one class. A different combinations each week
Tuesdays, Jan 8 – Mar 5, 2019

Class is 9:30-10:30am Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
Victoria Park Community Centre – Fitness Room

Muscle Up

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

Tuesdays, Jan 8 – Mar 5, 2019

Class is 6:45-7:45pm Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
Victoria Park Community Centre – Fitness Room

Sundays, Jan 13 - Mar 10, 2019

Class is 9:15-10:15am Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
Victoria Park Community Centre – Fitness Room

Body Tone

A class that combines both cardio & muscle conditioning segments. Thursdays, Jan 10 – Mar 7, 2019

Class is 9:30-10:30am Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
Victoria Park Community Centre – Fitness Room

Surprise Wednesday

A different class each week. Wednesdays, Jan 9 – Mar 6, 2019

Class is 9:30-10:30am Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
Victoria Park Community Centre – Fitness Room

Step Cardio/Muscle Up

Tone and strengthen muscle groups with high reps in this full body workout. Step Cardio added in for a complete workout. Fridays, Jan 11 – Mar 8, 2019

Class is 9:30-10:30am Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors
Victoria Park Community Centre – Fitness Room

Town of Ingersoll – Community Services Department
 Session 1 Course Schedule: January 7 – March 10, 2019
 Ready to register? Call 519-425-1181 or visit VPCC at 355 Wellington St.



Fitness - Drop in Courses (Ages 14+)

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Super Step	9:30-10:30am					
Yogalates	7:00-8:00 pm		7:00-8:00 pm			
20-20-20		9:30-10:30am				
Muscle Up		6:45-7:45pm				9:15-10:15am
Body Tone				9:30-10:30am		
Step/Cardio /Muscle Up					9:30-10:30am	
SURPRISE!			9:30-10:30am			

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

For more information, visit www.ingersoll.ca and surf the 'Community Services' tab
 Follow us on Facebook: Ingersoll Community Services Dept

Leadership and Training

Bronze Star (Age 12)

Excellent prep for the Bronze Medallion. Develop problem solving and decision making skills. Learn CPR and the lifesaving skills needed.

8 Sessions: Saturdays, Jan 12, 2019 - Mar 2, 2019

Class is 9:00-10:00am Fee: \$74.00

Victoria Park Community Centre - Pool - Deep End

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

Bronze Medallion teaches and understanding of the lifesaving principles in water-rescue - judgement, knowledge, skill, fitness. Develop stroke efficiency and endurance. Includes Emergency First Aid with CPR-B certification

6 Sessions: Saturdays, Jan 12, 2019 - Feb 16, 2019

Class is 10:15-2:15pm Fee: \$145.00

Victoria Park Community Centre - Facilities - Meeting Room

Bronze Cross + Standard First Aid (Min Age 14 or Bronze Medallion)

Bronze Cross + Standard First Aid is a prerequisite for all advanced training programs including the NLS. Prepares lifesavers for the safety supervision role and responsibilities. Includes CPR-C certification.

7 Sessions: Saturdays, Feb 23, 2019 - Apr 13, 2019

Class is 10:15-2:15pm Fee: \$155.00

Victoria Park Community Centre - Facilities - Meeting Room

National Lifeguard School

Prerequisite 16 years old, Bronze Cross, Current Standard First Aid

Instructor: Whitney W

Time: Fridays 5:00-9:00pm, Saturdays & Sundays 8:00-4:00pm

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

Fee: \$230.00 *manual not included*

Location: Victoria Park Community Centre

National Lifeguard School Recertification

Instructor: Whitney W

Time: 9:00-4:00pm

Dates: Sunday, May 5th, 2019

Fee: \$56.00

Location: Victoria Park Community Centre

First Aid Lifesaving Society First Aid with CPR "C"

Instructor: Whitney W

Dates: Saturday, February 23rd and Sunday, 24th, 2019 - 9:00 – 3:30 pm

Fee: \$125.00

Location: Victoria Park Community Centre – Meeting Room

First Aid Lifesaving Society First Aid with CPR "C" Recertification

Instructor: Whitney W

Dates: Sunday, February 24th, 2019 – 9:00 – 3:30 pm

Fee: \$85.00

Location: Victoria Park Community Centre – Meeting Room

Leadership and Training

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, Feb 17, 2019
Class is 9:00-4:00pm Fee: \$50.00
Victoria Park Community Centre - Meeting Room

Instructor: Ali T
1 Session: Sunday, Mar 3, 2019
Class is 9:00-4:00pm Fee: \$50.00
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, Jan 20, 2019
Class is 9:30-1:30pm Fee: \$40.00
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, Jan 20, 2019
Class is 1:30-3:30pm Fee: \$20.00
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

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 (Ages 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.

1 Session: Friday, Jan 18, 2019

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

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, 3:00-5:00pm or 4:00-6:00pm at Victoria Park Community Centre

Aquatics - Swimming Lessons January 7 – March 3, 2019

****No Classes on Monday February 18, 2019****

Level	Monday \$43.75	Tuesday \$50.00	Wednesday \$50.00	Thursday \$50.00	Saturday \$50.00	Sunday \$50.00
Parent Tot 1				10:10-10:40am	10:10-10:40am	11:20-11:50am
Parent Tot 2	10:10-10:40am		10:10-10:40am	6:15-6:45pm	9:00-9:30am	11:20-11:50am
Parent Tot 3				6:15-6:45pm	10:45-11:15am	11:55-12:25pm
Preschool 1	10:50-11:20am 5:05-5:35pm 5:40-6:10pm	5:10-5:40 pm	4:50-5:20pm	5:05-5:35pm	9:00-9:30am 10:10-10:40am	11:55-12:25pm
Preschool 2	5:05-5:35pm 6:20-6:50pm		5:25-5:55pm	5:40-6:10 pm	10:10-10:40am 10:45-11:15am	
Preschool 3	5:05-5:35pm 6:20-6:50pm			5:40-6:10 pm	9:35-10:05am	
Preschool 4	6:45-7:15pm			5:05-5:35pm	9:00-9:30am	
Preschool 5	6:45-7:15pm			5:05-5:35pm	9:00-9:30am	
Swimmer 1	5:40-6:10 pm 6:20-6:50pm	5:10-5:40pm		5:20-5:50pm	9:35-10:05am 10:45-11:15am	
Swimmer 2	5:40-6:10pm 6:45-7:15pm	5:10-5:40pm		5:20-5:50pm	9:35-10:05am	
Swimmer 3	5:05-5:50pm			5:05-5:50pm	9:00-9:45am 10:50-11:35am	
Swimmer 4	5:05-5:50pm			5:55-6:40pm	9:00-9:45am 10:50-11:35am	
Swimmer 5	5:55-6:40pm			5:55-6:40pm	10:50-11:35am	
Swimmer 6	5:55-6:40pm			5:55-6:40pm	10:50-11:35am	
Rookie		5:55-6:55pm \$58.00				
Ranger		5:55-6:55pm \$58.00				
Star		5:55-6:55pm \$58.00				
Adult Lessons			7:45-8:30pm \$56.00			

Aquatics - Swimming Lessons

Swim for Life Parent and tot Program (4 Months – 3 Years)	
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
Swim for Life Preschool Program (3-5 Years)	
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
Swim for Life Swimmer (5+ Years)	
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
CANADIAN SWIM PATROL PROGRAM Rookie, Ranger, Star patrol is = to Swimmer 7, 8, 9	
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

Private Swimming Lessons

Please call 519-425-11181 to arrange day and time.
 8 Session: Tuesdays, Thursdays or Saturdays
 Class time vary Fee: \$184.00
 Victoria Park Community Centre - Pool

Aquatics – Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Length Swim	6:00-8:45am 11:30–1:00pm 3:00-4:00pm 8:00-9:00pm	6:00-8:15am 8:15-8:45am (1 Lane Only) 11:30-1:00pm 8:00-9:00pm (1/2 pool)	6:00-8:45am 11:30–1:00pm 3:00-4:00pm 8:00-9:00pm	6:00-8:15am 8:15-8:45am (1 Lane Only) 11:30-1:00pm 8:00-9:00pm (1/2 pool)	6:00-8:15am 8:15-8:45am (1 Lane Only) 11:30-1:00pm	7:45-8:45am 1:30-2:30pm	12:30-1:30pm
Community Swim		10:10-11:10am	6:05-7:00pm		10:10-11:10am 6:05-7:00pm 7:15-8:30pm	2:45-4:00pm	1:30-3:00pm

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

Community Swim - Children swimming with adults/guardians

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

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
Shinny	8:00-10:00am			
Huff & Puff		9:00-10:00am		
Parent & Tot	2:00-3:00pm		10:00-11:00am	
Adult Skate		2:00-3:00pm	11:00-12:00pm	
Public Skate	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