

COMMUNITY SERVICES SUMMER 2024

Program Guide



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Have a Question? Contact Us!

Victoria Park Community Centre

Phone: 519-425-1181

355 Wellington St.

Ingersoll ON, N5C 1T2

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

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

Fusion Youth Centre

Phone: 519-425-4386

121 Thames St N.

Ingersoll ON, N5C 3C9

Youth Centre Hours:

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

Office Hours:

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

Ingersoll Memorial Arena

Phone: 519-485-5023

97 Mutual St S.

Ingersoll ON, N5C 1S6

arena@ingersoll.ca

Message from the Mayor

Dear Residents of Ingersoll,

As we eagerly anticipate the arrival of summer, I am delighted to unveil the exciting offerings in our Community Services Program Guide. This season promises to be one of boundless adventure and enriching experiences for all ages.

One highlight are the eagerly awaited summer camps, where children can embark on a journey of discovery, fun, and friendship. From outdoor adventures to arts and crafts, our dedicated camp counsellors will ensure that every camper has a memorable and enriching experience.

In addition to our beloved summer camps, I am thrilled to announce the inauguration of our new pickleball courts. Made possible through the Capital Grant from the provincial government's Ontario Trillium Foundation (OTF), these state-of-the-art facilities are a testament to our commitment to promoting active lifestyles and recreational opportunities for all.

I encourage you to explore the full range of activities and events in our program guide. Whether you're a seasoned pickleball enthusiast, a parent seeking enriching experiences for your children, or simply looking to cool off on a hot summer day, there's something for everyone in Ingersoll this season.

Let's embrace the warmth of summer and come together as a community to make lasting memories and forge new connections.

Mayor Brian Petrie
Town of Ingersoll



Facility Notices

Victoria Park Community Centre, Fusion, and Ingersoll District Memorial Arena will be CLOSED due to holidays on the following dates:

Monday, July 1st

Monday, August 5th

Monday, September 2



The Victoria Park Community Centre Pool will be SHUT DOWN for maintenance at the end of the summer anticipating opening in the winter.

**Your patience and understanding is appreciated.
Updates to follow.**

How to Register

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



Online

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

What You Need:

Your email address and password to access your account
 Visa or Mastercard
 Name of program

Have Questions?

Please call: 519-425-1181 ext 0



Phone

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

What You Need:

Visa or Mastercard
 Name of program



In Person

Drop in to see us at Victoria Park Community Centre

What You Need:

Visa, Mastercard, Debit or cash
 Name of program

Registration Information

Registration Dates

Registration for Members June 10 at 7:00am and Non-Members June 11 at 7:00am

To Register Visit

<https://appuniverusrec.com/ingersollpub/>

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.

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.

Inclement Weather

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

www.ingersoll.ca/ingersoll-community-services/

Missed Days or Classes

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

Transfers and Late Program Entry

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

Photography & Video Policy

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

Admissions

Open Swims/Family Swims

Children under 2 yrsNo charge
Children (3 - 12 yrs).....\$3.00
Adult (14+).....\$3.00

Length Swims

Members.....FREE
Adults (14+).....\$4.50
Non-Members & Seniors.....\$4.00

Group Fitness (Aquatic & Land)

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

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

Members get Program Discounts:

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

**Open Swim Sponsorship
Opportunities!**

Interested?

Call VPCC at 519-425-1181 x 6261

Email VPCC at

csadmin@ingersoll.ca

Membership Rates

Month Memberships (one household)

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 olds who must be accompanied at all times in the fitness centre by a guardian (14+yrs)

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:

3 Sessions

- Members.....\$132.00
- Non-members.....\$165.05

5 sessions

- Members.....\$220.00
- Non-members.....\$275.05

10 Sessions

- Members.....\$440.00
- Non-members.....\$550.10

Fitness Centre Hours

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

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

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	

Aquatics



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 in the pool.

Red Wristband: 5 yrs or Under



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

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

Yellow Wristband: 6 - 9 yrs



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

Children 6-9 years old must redo the swim test each visit to receive a green band.

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

Swim Test Requirements



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

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

Green Wristband: Swim Test Pass



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

1 parent/guardian to 4 children.

Green Wristband: 10 - 13 yrs



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

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

No Band Required: 14+ yrs



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

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

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

EXAMPLE A:

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

* NO EXCEPTIONS*

EXAMPLE B:

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

Pool & Aquafit Schedule



POOL & AQUA FIT SCHEDULE

date:

June 24 - June 28, 2024

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 7:00am - 9:00am
Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	
Shallow Water Aqua Fit 9:15am - 10:00am	Aqua Yogalates 9:00am - 10:00am	Shallow Water Aqua Fit 9:15am - 10:00am	Restorative Aqua Fit 9:00am - 10:00 am	Shallow Water Aqua Fit 9:15am - 10:00am	
Open Swim 10:15am - 11:15am	Aqua Boot Camp 10:15am - 11:15am	Open Swim 10:15am - 11:15am	Aqua Zumba 10:15am - 11:15am	Open Swim 10:15am - 11:15am	Parent & Tot Swim 12:30pm - 1:30pm
Length Swim 11:30am - 1:00pm	Length Swim 11:30am - 1:00pm	Length Swim 11:30 am - 1:00 pm	Length Swim 11:30 am - 1:00 pm	Length Swim 11:30 am - 1:00 pm	Open Swim 1:30 pm - 3:30 pm
Parent & Tot Swim 1:15 pm - 2:30 pm					Sunday
Aqua Zumba 7:00pm - 7:55pm		Aqua Zumba 7:00pm - 7:55pm	Aqua Kickboxing 7:00pm - 7:55pm		Length Swim 7:00am - 9:00am
Aqua Yoga 8:00pm - 8:55pm	Length Swim 7:00pm - 9:00pm	Length Swim 8:00 pm - 9:00pm	Length Swim 8:00pm - 9:00pm	Length Swim 8:00pm - 9:00pm	
notes:			Contact Info:		Family Swim 12:30pm - 1:30pm
<ul style="list-style-type: none"> This schedule is effective June only (June 24 - 28) 			<ul style="list-style-type: none"> 519-425-1181 x 0 communityservices@ingersoll.ca https://app.univerusrec.com/ingersollcspub/ 		Open Swim 1:30pm - 3:30pm



POOL & AQUA FIT SCHEDULE

date:

June 29 - August 25, 2024

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 6:00am - 8:00am	Length Swim 7:00am - 9:00am
Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	Adult/Senior Swim 8:00am - 9:00am	Deep Water Aqua Fit 8:15am - 9:00am	
Shallow Water Aqua Fit 9:15am - 10:00am	Aqua Yogalates 9:00am - 10:00am	Shallow Water Aqua Fit 9:15am - 10:00am	Restorative Aqua Fit 9:00am - 10:00 am	Shallow Water Aqua Fit 9:15am - 10:00am	
Open Swim 10:15am - 11:15am	Aqua Boot Camp 10:15am - 11:15am	Open Swim 10:15am - 11:15am	Aqua Zumba 10:15am - 11:15am	Open Swim 10:15am - 11:15am	Parent & Tot Swim 12:30pm - 1:30pm
Length Swim 11:30am - 1:00pm	Length Swim 11:30am - 1:00pm	Length Swim 11:30 am - 1:00 pm	Length Swim 11:30 am - 1:00 pm	Length Swim 11:30 am - 1:00 pm	Open Swim 1:30 pm - 3:30 pm
Open Swim 2:00pm - 3:30pm	Open Swim 2:00pm - 3:30pm	Sensory Friendly Swim 1:30pm - 3:00pm	Open Swim 2:00pm - 3:30pm	Open Swim 2:00pm - 3:30pm	Sunday
Aqua Zumba 7:00pm - 7:55pm		Aqua Zumba 7:00pm - 7:55pm	Aqua Kickboxing 7:00pm - 7:55pm	Open Swim 6:00pm - 8:00pm	Length Swim 7:00am - 9:00am
Aqua Yoga 8:00pm - 8:55pm	Length Swim 7:30pm - 9:00pm	Length Swim 8:00 pm - 9:00pm	Length Swim 8:00pm - 9:00pm	Length Swim 8:00pm - 9:00pm	
notes:			Contact Info:		Family Swim 12:30pm - 1:30pm
<ul style="list-style-type: none"> This schedule is effective June 29 - August 25 Facility closed July 1 & August 5 (no classes) No length swims July 1, July 21, August 5 & August 18 No Open Swims July 1, July 2 & August 5 			<ul style="list-style-type: none"> 519-425-1181 x 0 communityservices@ingersoll.ca https://app.univerusrec.com/ingersollcspub/ 		Open Swim 1:30pm - 3:30pm

Aquatic Programs

June 24 - September 15, 2024

- Swim times are subject to change
- Pool admission standards in effect; see page 11
- Open Swims/Family Swims
 - Children under 2 yrsNo charge
 - Children (3 - 12 yrs).....\$3.00
 - Adult (14+).....\$3.00
 - Parent & Tot Swim (3-13yrs).....\$3.00
- Aquatic Program Fees
 - Adults.....\$8.00
 - Seniors.....\$7.00

Book your swim in
UNIVERUS

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

Aqua Yoga

Aqua Yoga is simple as it sounds; it is a type of yoga that adapts the postures and principles of yoga, including breathing and mindfulness, to an aquatic environment. It is a gentle and low-impact activity and may be more accessible to those who struggle with physical exercise.

NO CLASSES July 1 or Aug 5

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 offers a great low-impact option for anyone who wants to stay healthy and fit.

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.

Shallow Water Fitness

A low-impact but high-intensity water aerobics class where no swimming skills are needed. This class is an alternative to land exercise and is an excellent cross-training tool to improve overall health and fitness performance. Class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. **NO CLASSES July 1 or Aug 5**

Deep Water Fitness

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

NO CLASSES July 1 or Aug 5

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's cardio-conditioning, body-toning, and, most of all, exhilarating beyond belief. So, liven up your week with some Latin fever.

NO CLASSES July 1 or Aug 5

Aqua Kickboxing

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

Aqua Bootcamp

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

Sensor Friendly Swim

Come enjoy a sensory-friendly swim in a swimming environment for children, youth and adults where there is no music, no whistles (unless necessary) and with little more time and slightly less congestion in changing rooms. Life jackets will be available. Accompanying adults and or support persons swim free of charge.

This swim has a MAX of 30

Parent & Tot Swim

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

Adult / Senior Swim

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

Open Swim

Enjoy fun in our pool by yourself or with your whole family, with pool toys or floatation aids. Swim Admission Standards and Adult-to-child ratios apply.

NO SWIMS July 1, 2 or Aug 5

Family Swim

All children must be accompanied by an Adult (18+), and adults must be accompanied by a child (ren) to this swim, where you can enjoy all the fun of the water as a family.

Length Swim

For those who swim consistent lengths, do not stop and swim with a regular swim stroke in any lane. Anyone under 12yrs must be accompanied by a parent/guardian.

NO SWIMS July 1, 21 or Aug 5 & 18

Swimming Lessons

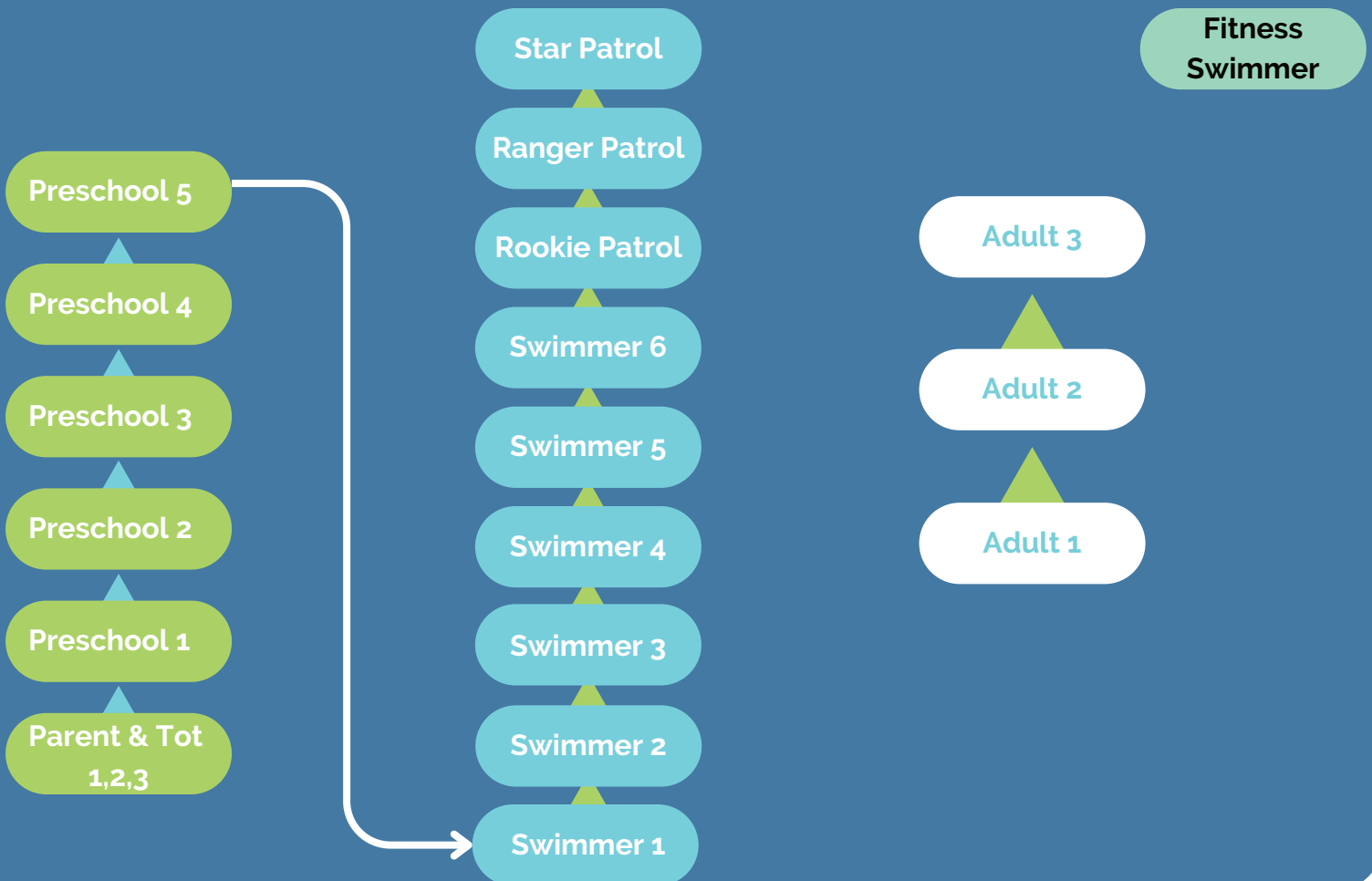


Swimming lessons provide life-saving skills as well as physical benefits. Ingersoll's Aquatic team offers a wide range of swimming programs, including advanced leadership courses.

Parent & Tot Program

Swimming Lesson Program

Fitness Swimmer



Swimming Lessons Fees (8 lessons)

- Parent & Tot / Preschool / Swimmer 1 & 2 (30 min class)
 - Members.....\$25.04
 - Non-Members.....\$50.00
- Swimmer 3 -6 (45 min class)
 - Members.....\$27.04
 - Non-Members.....\$54.00
- Private Lessons (30 min class)
 - Under 14yrs.....\$160.00
 - 14yrs+.....\$180.80
- Adult Lessons (45 min class)
 - Members.....\$30.56
 - Non-members.....\$61.04
- Junior Lifeguarding Club
 - \$76.00 additional cost for water log book \$8.76

Parent & Tot 1 (4 - 12 months)

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

Parent and Tot 2 (12 - 24 months)

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

Parent and Tot 3 (2 - 3 yrs)

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

Preschool A (2 - 3 yrs)

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

Preschool 1 (3 -5 yrs)

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

gliding on both their front and back, receiving assistance as needed. Additionally, participants will gain confidence as they learn to leap into chest-deep water, immerse their faces and practice blowing bubbles beneath the surface.

Preschool 2 (3 -5 yrs)

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

Preschool 3 (3 -5 yrs)

Designed for children aged 3 to 5 years, this level introduces preschoolers to the 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.

Preschool 4 (3 -5 yrs)

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

Preschool 5 (3 -5 yrs)

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

Swimmer 1

Swimmer 1 is the first level for children aged 5 and up who have never taken swimming lessons before or who are moving from the preschool program due to age, but have not completed Preschool 4/5. These beginners will become comfortable jumping into the water with and without a life jacket. They will learn to open their eyes, exhale, and hold their breath underwater. They will work on floats, glides, and kicking through the water on their front and back.

Swimmer 2

These advanced beginners will venture into deeper waters, acquiring the skill of confidently descending sideways into the water while equipped with a lifejacket. They will develop the ability to stay afloat unassisted, master the whip kick, swim a distance of 10 meters on both their front and back, and be introduced to interval training for flutter kick (4 sets of 5 meters). This program is recommended for preschool 4/5 swimmers who are 5 years old.

Swimmer 3

These junior swimmers will engage in diving and perform in-water front somersaults and handstands. Their training will include 15 meters of front crawl, back crawl, and 10 meters of whip kick. The flutter kick interval training is extended to 4 sets of 15 meters.

Swimmer 4

These intermediate-level swimmers will cover a variety of skills, including a 5-meter underwater swim, lengths of front crawl, back crawl, whip kick, and breaststroke arms with breathing. The program also incorporates the achievement of the Canadian Swim to Survive® Standard, culminating in front crawl sprints covering 25 meters and 4 sets of 25-meter interval training

Swimmer 5

These individuals will excel in shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They will enhance their proficiency in front and back crawl through 50-meter swims each, as well as in breaststroke with a focus on a 25-meter swim. Subsequently, they will engage in 25-meter sprints and two interval training sessions: 4 sets of 50 meters for front or back crawl, and 4 sets of 15 meters for breaststroke.

Swimmer 6

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

Rookie/Ranger/Star Patrol

Swimmers will further refine their skills in front crawl, back crawl, and breaststroke, contributing to ongoing stroke development. Fitness levels will be enhanced through structured workouts and timed swims. Lifesaving Sport skills will be honed through activities like a lifesaving medley, timed object support, and rescue scenarios involving the use of a

buoyant aid. First aid training will encompass the assessment of conscious and unconscious victims, contacting emergency medical services (EMS), and treatment for various situations including bleeding, shock, bone or joint injuries, and respiratory emergencies. Additionally, participants will acquire lifesaving skills such as defence methods, victim removal techniques, and the ability to roll over and support a victim face-up in shallow water.

Private Lessons

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

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.

Adult Lessons 16+ yrs

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

Junior Lifeguard Club 10 - 13 yrs

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

Swimming Lessons Schedule

Parent & Tot 1 (Ratio 1:10)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	4:00pm - 4:30pm
Thursday	July 4 - Aug 22	4:00pm - 4:30pm
Saturday	July 6 - Aug 24	10:10am - 10:40am
Sunday	July 7 - Aug 25	10:10am - 10:40am

Parent & Tot Combo (Ratio 1:10)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	10:00am - 10:30am
Thursday	July 4 - Aug 22	10:00am - 10:30am

Parent & Tot 2 (Ratio 1:10)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	4:35pm - 5:05pm
Thursday	July 4 - Aug 22	4:35pm - 5:05pm
Saturday	July 6 - Aug 24	9:00am - 9:30am
Sunday	July 7 - Aug 25	9:00am - 9:30am

Preschool A (Ratio 1:4)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	4:35pm - 5:05pm
Thursday	July 4 - Aug 22	5:10pm - 5:40pm
Saturday	July 6 - Aug 24	9:00am - 9:30am
Sunday	July 7 - Aug 25	9:00am - 9:30am

Preschool 1 (Ratio 1:4)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	9:30am - 10:00am
Tuesday	July 2 - Aug 20	5:10pm - 5:40pm
Tuesday	July 2 - Aug 20	6:20pm - 6:50pm
Thursday	July 4 - Aug 22	4:00pm - 4:30pm
Thursday	July 4 - Aug 22	5:45pm - 6:15pm
Saturday	July 6 - Aug 24	10:10am - 10:40am
Sunday	July 7 - Aug 25	10:10am - 10:40am

Parent & Tot 3 (Ratio 1:4)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	5:10pm - 5:40pm
Thursday	July 4 - Aug 22	5:10pm - 5:40pm
Saturday	July 6 - Aug 24	9:35am - 10:05am
Sunday	July 7 - Aug 25	9:35am - 10:05am

Preschool 2 (Ratio 1:10)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	10:30am - 11:00am
Tuesday	July 2 - Aug 20	4:00pm - 4:30pm
Tuesday	July 2 - Aug 20	6:55pm - 7:25pm
Thursday	July 4 - Aug 22	5:10pm - 5:40pm
Saturday	July 6 - Aug 24	9:35am - 10:05am
Saturday	July 6 - Aug 24	10:45am - 11:15am
Sunday	July 7 - Aug 25	9:35am - 10:05am
Sunday	July 7 - Aug 25	11:20am - 11:50am

Preschool 4 (Ratio 1:5)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	6:05pm - 6:35pm
Thursday	July 4 - Aug 22	6:15pm - 6:45pm
Saturday	July 6 - Aug 24	10:45am - 11:15am
Sunday	July 7 - Aug 25	10:45am - 11:15am

Preschool 3 (Ratio 1:4)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	11:00am - 11:30am
Tuesday	July 2 - Aug 20	5:45pm - 6:15pm
Tuesday	July 2 - Aug 20	6:20pm - 6:50pm
Thursday	July 4 - Aug 22	6:15pm - 6:45pm
Saturday	July 6 - Aug 24	11:20am - 11:50am
Sunday	July 7 - Aug 25	10:45am - 11:15am

Preschool 5 (Ratio 1:5)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	5:45pm - 6:15pm
Tuesday	July 2 - Aug 20	6:35pm - 7:05pm
Thursday	July 4 - Aug 22	5:45pm - 6:15pm
Saturday	July 6 - Aug 24	11:20am - 11:50am
Sunday	July 7 - Aug 25	11:15am - 11:45am

Swimmer 1 (Ratio 1:5)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	4:35pm - 5:05pm
Tuesday	July 2 - Aug 20	7:00pm - 7:30pm
Thursday	July 4 - Aug 22	4:00pm - 4:30pm
Thursday	July 4 - Aug 22	5:25pm - 5:55pm
Saturday	July 6 - Aug 24	9:00am - 9:30am
Sunday	July 7 - Aug 25	9:00am - 9:30am
Sunday	July 7 - Aug 25	11:15am - 11:45am

Swimmer 2 (Ratio 1:5)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	4:00pm - 4:30pm
Tuesday	July 2 - Aug 20	6:55pm - 7:25pm
Thursday	July 4 - Aug 22	4:00pm - 4:30pm
Thursday	July 4 - Aug 22	5:25pm - 5:55pm
Saturday	July 6 - Aug 24	11:15am - 11:45am
Sunday	July 7 - Aug 25	9:00am - 9:30am
Sunday	July 7 - Aug 25	11:20am - 11:50am

Swimmer 3 (Ratio 1:6)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	4:00pm - 4:45pm
Thursday	July 4 - Aug 22	4:35pm - 5:20pm
Saturday	July 6 - Aug 24	9:35am - 10:20am
Sunday	July 7 - Aug 25	9:35am - 10:20am

Swimmer 4 (Ratio 1:6)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	5:10pm - 5:55pm
Thursday	July 4 - Aug 22	4:35pm - 5:20pm
Saturday	July 6 - Aug 24	10:25am - 11:10am
Sunday	July 7 - Aug 25	10:25am - 11:10am

Swimmer 5 (Ratio 1:6)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	4:50pm - 5:35pm
Thursday	July 4 - Aug 22	6:00pm - 6:45pm
Saturday	July 6 - Aug 24	10:55am - 11:40am
Sunday	July 7 - Aug 25	10:25am - 11:10am

Swimmer 6 (Ratio 1:6)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	5:40pm - 6:25pm
Thursday	July 4 - Aug 22	6:00pm - 6:45pm
Saturday	July 6 - Aug 24	10:05am - 10:50am
Sunday	July 7 - Aug 25	9:35am - 10:20am

Private Lessons 14yrs + (Ratio 1:1)

Day	Session Dates	Time
Thursday	July 4 - Aug 22	8:00pm - 8:30pm
Thursday	July 4 - Aug 22	8:30pm - 9:00pm

Rookie/Ranger/Star (Ratio 1:8)

Day	Session Dates	Time
Tuesday	July 2 - Aug 20	6:30pm - 7:30pm
Saturday	July 6 - Aug 24	9:00am - 10:00am

Adult Lessons (Ratio 1:8)

Day	Session Dates	Time
Wednesday	July 3 - Aug 21	8:00pm - 8:45pm

Private Lessons under 14 yrs (Ratio 1:1)

Day	Session Dates
Wednesday	July 3 - Aug 21
Private lessons run from: 4:00pm - 4:30pm 4:30pm - 5:00pm 5:00pm - 5:30pm 5:30pm - 6:00pm 6:00pm - 6:30pm	

Become a Lifeguard / Instructor

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

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?_mid_=4388 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, required for taking National Lifeguard

National Lifeguard

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

Swim Instructor

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

Lifesaving Instructor

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

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.

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.

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. MANDATORY ATTENDANCE IS REQUIRED. THERE ARE NO MAKE-UP DAYS FOR THIS COURSE. The same manual will be used for Bronze Medallion and Bronze Cross.

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 prerequisite for the National Lifeguarding program and also meets WSIB standards for SFA in the workplace.

Cost: **\$133.06 / 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, done and joint injuries, chest injuries and medical emergencies. Includes CPR-C certification. Holders of Standard First Aid certificates from other agencies may not recertify their certificate on a LifeSaving Society recertification course. They may recertify only with the original certifying agency.

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.

Cost: **Full Course - \$260.56 / Recert Only - \$85.90 / Manual - \$56.50 / 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.

Cost: **Course - \$179.67 / Instructor Pack - \$74.58**

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 of the course, candidates receive certification as LifeSaving Instructors.

Cost: **Course - \$179.67 / Instructor Pack - \$92.66 / CPR Mask - \$24.58**

Leadership Course Schedule

Bronze Star (Ratio 1:8)

Day	Session Dates	Time
Tues - Fri	July 2 - 4 *Exam July 5	4:00pm - 7:00pm *Exam 4:00pm - 6:00pm
Tues - Fri	Aug 6 - 8 *exam Aug 9	4:00pm - 7:00pm *Exam 4:00pm - 6:00pm

Bronze Medallion & Emergency First Aid (Ratio 1:8)

Day	Session Dates	Time
Mon - Fri	July 8 - 12	4:00pm - 9:00pm *July 12 4:00pm - 6:00pm
Mon - Fri	July 29 - Aug 1	4:00pm - 9:00pm *Aug 1 4:00pm - 6:00pm

Bronze Cross (Ratio 1:10)

Day	Session Dates	Time
Mon - Fri	July 15 - 19	4:00pm - 9:00pm *July 19 4:00pm - 6:00pm
Mon - Fri	Aug 12 - 16	4:00pm - 9:00pm *July 19 4:00pm - 6:00pm

Standard First Aid & Recertification (Ratio 1:10)

Day	Session Dates	Time
Sat & Sun	July 6 - 7	8:00am - 4:00pm
Sunday - Recert	July 7	8:00am - 4:00pm
Sat & Sun	Aug 24 - 25	8:00am - 4:00pm
Sunday - Recert	Aug 25	8:00am - 4:00pm

National Lifeguard Course & Recert (Ratio 1:10)

Day	Session Dates	Time
Fri, Sat & Sun	July 12 - 14, 19 - 21 *Exam July 21	Fri - 4:00pm - 9:00pm Sat - Sun - 9:00am - 6:00pm Exam 7:00am - 12:00pm
Sunday	Recertification Exam July 21	7:00am - 12:00pm
Fri, Sat & Sun	Aug 9 - 11, 16 - 18 *Exam Aug 18	Fri - 4:00pm - 9:00pm Sat - Sun - 9:00am - 6:00pm Exam 7:00am - 12:00pm
Sunday	Recertification Exam Aug 18	7:00am - 12:00pm

Swim for Life Instructors Course (Ratio 1:10)

Day	Session Dates	Time
Mon - Thurs	July 22 - 25	4:00pm - 9:00pm

LSS Instructors Course (Ratio 1:10)

Day	Session Dates	Time
Mon - Thurs	Aug 19 - 22	4:00pm - 9:00pm



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

June 24 - September 15, 2024

- Rates:
 - MembersNo charge
 - Non-members.....\$8.00
 - Seniors (60+).....\$7.00

Book fitness classes on
UNIVERUS
<https://app.univerusrec.com/ingersollcspub/>
 or call 519-425-1181 ext 0



GROUP FITNESS SCHEDULE

date:
June 24 - September 15, 2024

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rise & Grind Wake up! 6:15am - 6:45am		Rise & Grind Wake up! 6:15am - 6:45am		Rise & Grind Wake up! 6:15am - 6:45am	
Muscle Up 7:00am - 8:00am	Cycle 7:00am - 7:45am	Muscle Up 7:00am - 8:00am	Cycle 7:00am - 7:45am	Tone Zone 7:00am - 8:00am	
Fit & Flex 9:30am - 10:30am	Beginner HIIT 9:30am - 10:30am	Yoga 9:30 - 10:30 am	Beginner HIIT 9:30am - 10:30am	Fit & Flex 9:30am - 10:30am	Saturday Shakedown 9:00am - 10:00am
		Cycle 30 12:15pm - 12:45pm			
		★ Yoga Tone ★ 5:45pm - 6:45pm			
Sweat & Sculpt 5:45pm - 6:45pm	Yoga Core 5:45pm - 6:45pm	Tone Zone 5:45pm - 6:45pm	Vinyasa Yoga 5:45 - 6:45 pm	Bike Boot Camp 4:30pm - 5:15pm	
Summer Tone 7:00pm - 7:45pm	Zumba 7:00pm - 8:00pm	HIIT 7:00pm - 7:45pm	Zumba 7:00pm - 8:00pm		
	Bedtime Yoga 8:15pm - 9:00pm		Cycle 8:15pm - 9:00pm		

Our group classes are inclusive, supportive, and suitable for every fitness level!

notes:

- Free for Members / \$8.00 Non-Members / \$7.00 Non-Member Seniors
- Registration opens 7 days prior to class
- ★ Yoga Tone held in the Meeting Room ★
- Contact Susan Keane susan.keane@ingersoll.ca for tours and fitness orientations
- Facility Closed July 1, August 5 & September 2
- No Classes June 29, July 1, August 3, August 5, August 31, & September 2

Contact Info:

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

Group Fitness Programs

Bike Boot Camp

Use dumbbells and body weight to sculpt your muscles and boost stamina, then switch gears by hopping on the bike for quick cardio challenges that'll have you feeling like a fitness warrior!

Cycle

Kickstart your cardio and enhance your stamina, speed and strength as we tackle hills, sprints and intervals in this indoor cycling class.

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

Cycle: Early morning cycle that ends with a full body stretch on the mats.

Fit & Flex

A low-impact interval training class. Use body weight and minimal equipment to improve your overall fitness. Wrap it up with 20 minutes of mobility and guided stretching.

HIIT

Interval training allows for short bursts of effort followed by brief recoveries. Push your boundaries and maximize results!

Beginner HIIT Just starting out? Meet us here for an intro to interval training. The class ends with 15-20mins of stability/mobility work and stretching.

Muscle Up

A full body workout that tones and strengthens all major muscle groups using barbells, dumbbells, body weight, benches and risers.

Rise & Grind Wake Up!

A high-rep weightlifting class that concentrates on building muscle. Each day has a specific muscle focus to maximize gains in minimal time.

Saturday Shakedown

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

Summer Tone

A combination of toning and stretching with an emphasis on training the core muscles.

Sweat & Sculpt

A cardio and strength training party! Build your cardiovascular endurance and sculpt your muscles.

Tone Zone

Tone up in this fun-filled, full-body workout that incorporates cardio, strength, flexibility and balance using a combination of weights and step risers.

Yoga

Align your body and mind with breathing techniques and traditional yoga poses. From stretchy moves to flowing sequences to restorative poses, our classes suit all levels. Bring your own mat for personal use for all yoga classes.

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

Vinyasa Yoga: Follow the flow in this class of seamless flow sequences.

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

Zumba

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

Park 'n Play 4 - 12yrs (DROP IN)

Join our fun and spontaneous new Park' n Play program. Each week children and youth will explore a variety of new activities and outdoor games. They will use their imagination, collaboration and creativity while engaging in play with peers on the greenspace or at the park located at Victoria Park Community Centre. Children will engage in an outdoor craft and have fun playing games, playing at the park and meeting new friends. Program will operate based on weather conditions. If inclement weather occurs program will be cancelled.

Location: Victoria Park Community Centre

Dates: Tuesdays and Wednesdays - June 25 - September 11

Time: 6:00pm - 7:30pm

Fee: Member: \$4.00 / day | Non- Member: \$6.00 / day

Adult Karate 14yrs +

Class will consist of beginner Karate techniques in an energetic and safe environment. Learn the basic moves in karate such as punches, kicks and blocks. Karate is a very adaptable exercise that can be modified for everyone to participate.

Location: Ingersoll District Memorial Arena - Auditorium

Dates: Summer Session A: June 26 - July 31 | Summer Session B: August 7 - September 11

Time: 7:00pm - 8:00pm

Fee: Member: \$22.92 / 6 classes | Non-Member: \$38.98 / 6 classes

Run & Flex 14yrs +

Unlock your running potential with our Learn to Run program. Enjoy 30-minute run/walk sessions for endurance, paired with 30-minute runner-focused yoga for strength and flexibility. Start your journey to a healthier you today! Please bring your own yoga mat. Important to note that this is an outdoor program, please prepare appropriately for the weather. Class will be cancelled in the case of extreme weather conditions.

Location: Outdoor Victoria Park & Surrounding Area /Fitness Studio

Dates: Tuesdays - June 25 - Aug 27 Time: 8:30am - 9:30am

Fee: Member - Free | Non-Member - \$64.97 / 10 classes

Stoller Fit

All the fun and fitness of our Baby & Me class, brought outdoors with strollers for the summer! Enjoy the sunshine and get fit while connecting with other new parents. Participants will meet at the CAMI soccer fields near the Ingersoll Senior Centre. It is important to note that this is an outdoor program. Please prepare appropriately for the weather. Class will be cancelled in the case of extreme weather conditions.

Location: CAMI Soccer Field C

Dates: Mondays - June 24 - Aug 26 (No Classes: July 1, Aug 5)

Time: 11:00am - 11:45am

Fee: Member - Free | Non-Member - \$51.98/ 8 classes

Recreation

Adult Recreation Shuffleboard 14yrs +

Slide into the pleasure of this captivating social pastime! Shuffleboard entails players utilizing cues to propel weighted discs down a slim court, with the goal of landing them within a designated scoring area. 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!

Location: Ingersoll District Memorial Arena - Summer Floor

Dates: Tuesday- June 25 - September 10 | Thursday- June 27 - September 12

Time: 12:30pm - 3:30pm

Fee: Member - Free | Non- Member: \$5.00 on Pickup Hub

Note: Shuffleboard will moving from the Summer Floor upstairs to the Auditorium for beginning August 27th onward to finish out the session.

Youth Tennis Lessons

Youth Intro to Tennis is a program that will cover the fundamentals of tennis including strokes, game rules and strategy, and court positioning. Program is focused on the development of skills for beginners who are new to tennis.

Location: Ingersoll Tennis Courts Westfield Park 50 Chisholm Dr.

Date of Lesson	Time	Fee
Monday July 8 - August 26 *No Lessons on August 5	8:45-9:45am Ages 6-8yrs 10:00-11:00am Ages 9-13yrs 11:15am-12:15pm Ages 14-17yrs	\$87.50 / 7 Lessons Ages 6-13yrs \$98.88 / 7 Lessons Ages 14-17yrs
Friday July 5 - September 6	8:45-9:45am Ages 6-8yrs 10:00-11:00am Ages 9-13yrs 11:15am-12:15pm Ages 14-17yrs	\$150.00 / 12 Lessons Ages 6-13yrs \$169.50 / 12 Lessons Ages 14-17yrs
Saturday June 29 - September 14	2:30-3:30pm Ages 6-8yrs 3:45-4:45pm Ages 9-13yrs	\$150.00 / 12 Lessons Ages 6-13yrs

Adult Pickleball Lessons

Adult Pickleball Introduction will include structured lessons on various game techniques followed by recreational play. Players are encouraged to wear running shoes, athletic clothing and bring their own racquet.

Location: Ingersoll Pickleball Courts

Date of Lesson	Time	Fee
Saturday June 29- September 14	9:00-10:00am Ages 55+ 10:15-11:15pm Ages 14+	\$169.50 / 12 weeks
Sunday June 30 - September 15	6:00-7:00pm Ages 55+ 7:15-8:15pm Ages 14+	\$169.50 / 12 weeks

**For Recreation offered at
Ingersoll District Memorial Arena:**

Visit PickupHub
<https://pickuphub.net/ingersoll> to
 register and pay for our daily drop
 program option



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

Week 1: Summer Madness

This is the ultimate week of summer camp! This week will be jam-packed full of camp games and outside activities. Campers will have fun exploring the outdoors, making friendship bracelets and playing camp games. Campers will enjoy a welcome-to-camp party on Monday full of icebreaker games and end the week with a summer tropical party on Friday to kick start summer!

Date: July 8 - 12

Cost: Members \$175.00/5 days | Non-Members \$200.00/5 days

Week 2: Under the Sea

Campers will take a deep dive under the sea this week. This week will be full of sea creatures. Camp activities will include sea-themed art projects, water-based play, a deep blue sea scavenger hunt and so much more!

Date: July 15 - 19

Cost: Members \$175.00/5 days | Non-Members \$200.00/5 days

Week 3: Super Hero Adventure

Discover what it takes to be a real-life hero by exploring local everyday heroes in the community and how they can be as powerful as comic book superheroes! Recognize everyday heroes, create superhero capes and explore our own heroic talents through risk-taking, role play and teamwork. Each day, campers will work to earn a superhero badge. Campers will complete superhero training all week inspired by X-Men's Storm, Iron Man, Batman, Wonder Woman, and Spiderman!

Date: July 22 - 26

Cost: Members \$175.00/5 days | Non-Members \$200.00/5 days

Week 4: Summer in Space

Calling all space cadets, astronauts and campers! Explore the galaxy, search for aliens and learn about the planets and stars. Camp activities this week are out of this world! Activities include space-themed crafts, alien goop and a galaxy dance party. Pack appropriate shoes, sunscreen and clothing to walk in.

On Friday we will be on an alien hunt as an alien sighting was discovered at Victoria Park Community Centre!

Date: July 29 - August 2

Cost: Members \$175.00/5 days | Non-Members \$200.00/5 days

Week 5: Buggin' Out

Bring your magnifying glass, bug net and binoculars as we explore all things bugs and creepy crawlers. Campers will enjoy a facilitated trail walk by our energetic camp staff. Activities, games and crafts will be themed around bugs and nature. Campers will also go on a bug hunt this week!

Date: August 6 - 9 *No Camp August 5

Cost: Members \$140.00/4 days | Non-Members \$160.00/5 days

Week 6: Disco Dayz

Get grooving with us as we dance and disco our way through the week! This week campers will have fun dancing, singing and making their own tie-dye creations. Games, activities and crafts will all have bright vibrant colours inspired by the 70's! Bring and wear your groovy gear as we have our disco dance party on Friday to end a fun week!

Date: August 12 - 16

Cost: Members \$175.00/5 days | Non-Members \$200.00/5 days

Week 7: Animal Planet

Stomp and chomp your way through a week of animal fun! This week we will explore animal habitats and footprints. This week will involve a wide range of animal themed crafts and activities about animals from the safari, the desert, your home and even on the farm! Campers will get an opportunity this week to see some animals up close!

Date: August 19 - 23

Cost: Members \$90.00/5 days | Non-Members \$220.00/5 days

Week 8: Mad Science

Campers will have fun this week creating slime, goop and playdough. This week is full of exploring and questioning how things are made. Science-themed activities such as science experiments will be conducted. Campers will be travelling on a mystery day trip away from Victoria Park Community Centre. Campers will come home each day full of creativity, knowledge and inspiration!

Date: August 26 - 30

Cost: Members \$195.00/5 days | Non-Members \$220.00/5 days

Summer Day Camp Schedule ⁴⁰

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



Make birthdays unforgettable at VPCC! Celebrate with us for a joyous, hassle-free party filled with laughter and memories.

Pool Party 3 - 13yrs

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

Location: Victoria Park Community Centre

Time: Saturday or Sunday 1:30pm - 3:30pm (schedule outlined above)

Cost: \$180.00 per party

Zumba® Party 8 - 12yrs

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

Location: Victoria Park Community Centre

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

Cost: \$225.00 per party

Group Games Party 3 - 12yrs

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

Location: Victoria Park Community Centre

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

Cost: \$180.00 per party

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



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.

Hours of Operation

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

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

Closed Sundays and all statutory holidays

Take a Tour!

Call us at 519-425-4386 or
email us at

fusionfrontdesk@ingersoll.ca

Our Approach to Supporting Youth

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

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

Information for Parents

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

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

Fusion Birthday Parties

- **Art Party** \$225.00 | Includes art activity and 1 staff member, plus time in the party room
- **Gym Party** \$200.00 | Includes sports activities and 1 staff member, plus time in the party room
- **Lounge Party** \$200.00

Location: Fusion Youth Centre

Membership Benefits

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

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

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

Frequently Asked Questions

1. To be a Fusion member, what age does my child need to be?

- Any youth between the ages of 10-18 can be a Fusion member.

2. Is there an extra cost for your programs?

- No. All our regular programs are included with your child's annual membership. Additional costs may be required to attend special outings or events.

3. How many staff are working each day?

- In every program space that is open within the centre, there is a staff supervising at all times. There is also a staff member supervising the exterior of the building, and we also have 24 security cameras inside and outside of the facility.

4. What if youth leave Fusion to go somewhere else?

- Fusion staff members supervise youth at all times while youth are on Fusion property. However, we cannot prevent or restrict youth from leaving the centre.

5. What is Fusion's policy on bullying?

- At Fusion, we have a zero-tolerance policy when it comes to bullying in any form. Any youth who participates in bullying will be asked to leave the centre and may also be suspended.

6. Does my child have to live in Ingersoll to be a Fusion Member?

- No. Fusion membership is open to all youth. As long as they are between the ages of 10-18

7. Is the Skate Park supervised?

- No, our skate park is not supervised by Fusion staff. The Skate Park is monitored by security cameras. Helmets are strongly recommended.

8. Is the Fusion Youth Centre wheelchair accessible?

- Yes. All our rooms are fully accessible, including the washrooms.

Fusion Program Schedule ⁴⁶

June 24 - September 15, 2024

- Membership: \$5.00
 - Free access to all programs and use of program supplies & equipment
 - Discounts on trips & special events
 - Free access to the art room, recording studio, Technology centre, multimedia lab, kitchen, lounge and gym.
 - A safe, inclusive space for youth to learn new skills, enjoy time with their peers, and have fun.



DROP IN PROGRAMS

date:

June 24 - September 15, 2024

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Tuesday	Wednesday	Thursday	Friday	Saturday
Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm	Lounge 2:30 - 9:00 pm
Gaming & Internet Zone 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	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	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	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	Digital Media 4:30 - 6:00 pm	Basketball 5:00 - 6:00 pm
Floor Hockey 5:00 - 6:00 pm	Basketball 5:00 - 6:00 pm	Digital Media 6:00 - 7:30 pm	Dodgeball 5:00 - 6:00 pm	"Improv Night" 6:00 - 7:30 pm
Digital Media 6:00 - 7:30 pm	Character & Comics 6:00 - 7:00 pm	Basketball 7:00 - 8:00 pm	Girls Group 6:00 - 7:30 pm	Games Night 6:00 - 7:00 pm
Indoor Soccer 7:00 - 8:00 pm	Volleyball Program 7:00 - 8:00 pm	LGBTQ+ Group 7:00 - 8:00 pm	Basketball 7:00 - 8:00 pm	Open Gym 7:00 - 7:00 pm
Open Art 7:00 - 9:00 pm	Open Art 7:00 - 9:00 pm	Open Art 7:00 - 9:00 pm	Open Art 7:00 - 9:00 pm	Open Art 7:00 - 9:00 pm
Open Gym 8:00 - 9:00 pm	Open Gym 8:00 - 9:00 pm	Open Gym 8:00 - 9:00 pm	Open Gym 8:00 - 9:00 pm	Staff vs. Youth 8:00 - 9:00 pm

All Programs are open to all Fusion Members!

Occurs bi-weekly

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

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



date:

June 24 - September 15, 2024

MUSIC PROGRAMS



JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Tuesday	Wednesday	Thursday	Friday	Saturday	All Programs are open to all Fusion Members!
Songwriting 101 5:00 - 6:00 pm or 6:00 - 7:00 pm <small>(schedule subject to change)</small>	Recording 101 Let's record your song <small>(schedule subject to change)</small>	So, you want to be a music producer? Learn ProTools <small>(schedule subject to change)</small>	Music Production <small>(schedule subject to change)</small> Foley/SFX Sound Design <small>(schedule subject to change)</small>	Piano Practice 3:00 - 9:00 pm Try out Instruments & Jam Session 3:00 - 9:00 pm	
Jam Session 7:00 - 9:00 pm	Canada Day Group Practice 7:00 - 8:00 pm	Jam Session 7:00 - 9:00 pm	Jam Session 7:00 - 9:00 pm	Drums Two people at a time 3:00 - 9:00 pm	
	Jam Session 8:00 - 9:00 pm				

Contact Info:

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

- Main Room
- Drum Room
- Sound Booth



date:

June 24 - September 15, 2024

INSTRUMENT PRACTICE



JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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Tuesday	Wednesday	Thursday	Friday	All Programs are open to all Fusion Members! First come first serve or book an appointment.
Piano 2:30 - 4:00 pm	Piano 2:30 - 4:00 pm	Piano 2:30 - 4:00 pm	Piano 2:30 - 4:00 pm	
Piano/Guitar 2:30 - 4:00 pm	Piano/Guitar 2:30 - 4:00 pm	Piano/Guitar 2:30 - 4:00 pm	Piano/Guitar 2:30 - 4:00 pm	
Electronic 2:30 - 4:00 pm	Electronic 2:30 - 4:00 pm	Electronic 2:30 - 4:00 pm	Electronic 2:30 - 4:00 pm	
Drums 4:00 - 5:00 pm	Drums 4:00 - 5:00 pm	Drums 4:00 - 5:00 pm	Drums 4:00 - 5:00 pm	
Electronic 4:00 - 5:00 pm	Electronic 4:00 - 5:00 pm	Electronic 4:00 - 5:00 pm	Electronic 4:00 - 5:00 pm	
Piano 4:00 - 5:00 pm	Piano 4:00 - 5:00 pm	Piano 4:00 - 5:00 pm	Piano 4:00 - 5:00 pm	

Contact Info:

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

- Main Room
- Drum Booth
- Recording Studio

Badminton

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

Basketball

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

Dodgeball

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

Flag Football

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

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.

Game Night

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

Indoor Soccer

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

Open Gym

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

Staff vs. Youth

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

Volleyball

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

Tracy's Diner

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

Girls Group

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

LGBTQ+ Group

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

Digital Media

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

Improv Night

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

Open Art

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

Characters & Comics

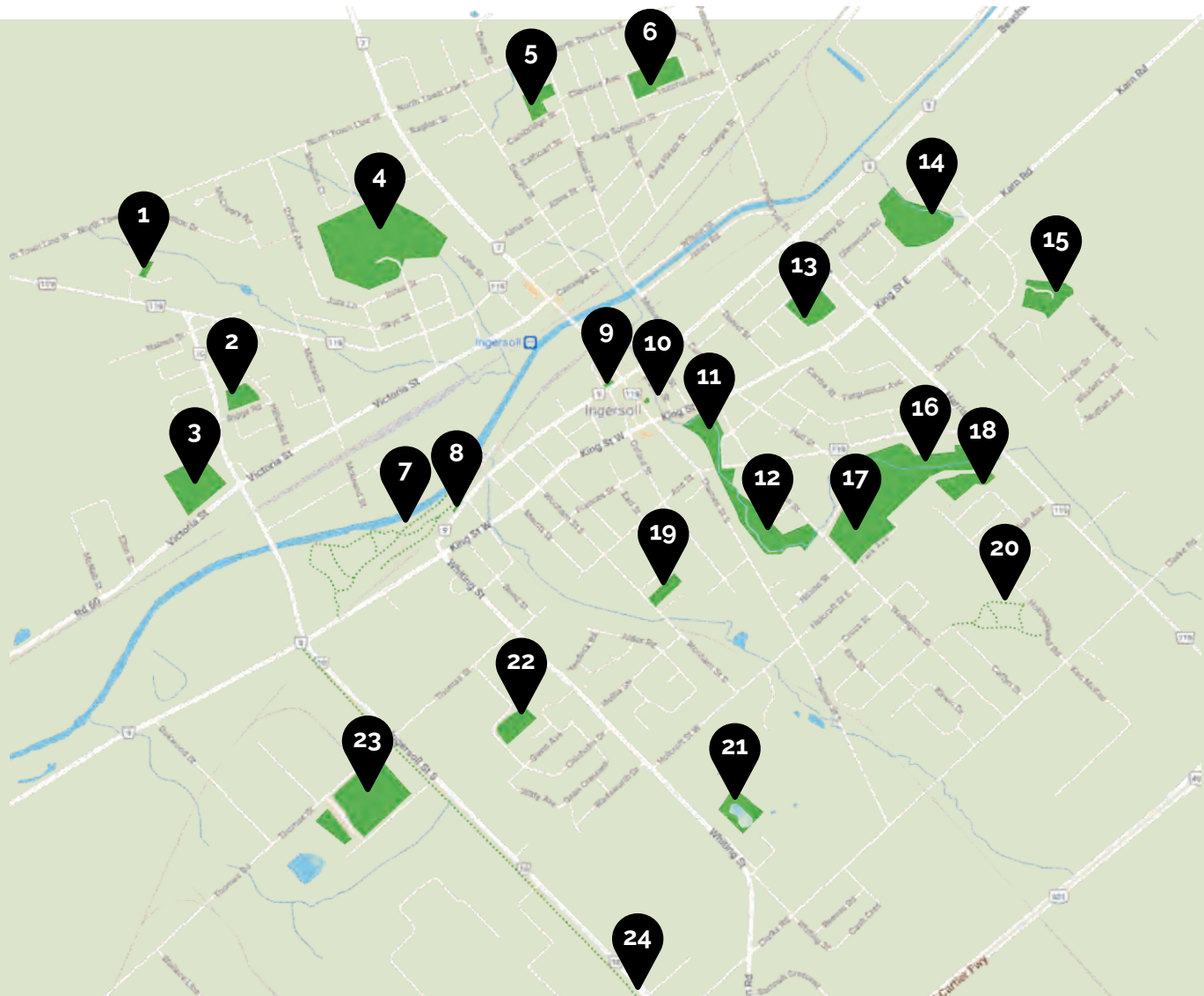
Characters & Comics is a weekly drop-in program where you can learn all about creating your own original characters, anatomy, as well as how to develop your own stories and comics.



Trails are an integral component of healthy communities which provide health, environmental, economic, and social benefits. Ingersoll is home to many parks and trails.

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



Centennial Park Camping⁵³



The Town of Ingersoll operates campgrounds in Centennial Park yearly from May 17 to October 17. The campgrounds offer a total of 10 (serviced and unserviced) campsites for overnight campers to enjoy urban camping that is conveniently located close to Ingersoll's downtown core.

Hours of Operation:

Camping in Centennial Park is closed for the season as of October 17, 2024.

Registration/check-in is located in the main office at the Ingersoll Cheese & Agricultural Museum.

Office hours:

May - August Sunday to Saturday from 10:00am to 4:30pm

September - October Monday to Saturday from 10:00am - 4:30pm

Campground Location:

290 Harris Street

Ingersoll, ON N5C 1C8

Behind the Ingersoll Cheese & Agricultural Museum

Amenities:

Electricity & water (Serviced sites only – sites 1 through 6)

Access to dump station

Access to accessible washrooms

Assess to accessible showers (Victoria Park Community Centre)

Camping Map & Rates



The Town of Ingersoll welcomes overnight camping for the 2024 camping season. Short-term campsites are available for a **maximum of seven (7) consecutive nights and followed by vacating the property for a minimum of 48 hours.**

Booking Reservations:

Payment is only available online.

If you're interested in reserving a transient campsite, [click here to book your reservation online.](#)

Fees:

\$35.00/night + tax for electrical and water

\$25.00/night + tax for tent site

Cancellation Policy:

Cancellations made at least 24 hours prior to the scheduled arrival date qualify for a full refund (excluding convenience fees). Cancellations within 24 hours of the scheduled arrival date must pay a \$25.00 cancellation fee and will not receive a refund of any convenience fee paid.

Camping rules and by-laws: [chrome-extension://efaidnbnmnibpcajpcglclefindmkaj/https://www.ingersoll.ca/en/visit/resources/Centennial-Park-Camping/Centennial-Park-Overnight-Camping-Policies-and-Regulations-and-RZone-\(2023\).pdf](chrome-extension://efaidnbnmnibpcajpcglclefindmkaj/https://www.ingersoll.ca/en/visit/resources/Centennial-Park-Camping/Centennial-Park-Overnight-Camping-Policies-and-Regulations-and-RZone-(2023).pdf)

Facility Rentals

Arena

Ice Rental

- Prime Time Private.....\$167.70/hr
- Non-Prime Time Private.....\$115.04/hr

Arena Floor

- Sunday to Thursday.....\$530.97/day
- Friday and Saturday.....\$774.33/day
- Hourly.....\$53.09/hr

Auditorium

- Sunday to Thursday.....\$243.36/day
- Friday and Saturday.....\$464.60/day
- After 2:00am additional charge.....\$39.82 (flat rate, one-time fee)
- Hourly rate.....\$48.67/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

Pavillions

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

Fusion

Fusion Program Space

- Weekday or Evening Per Hour.....\$13.27/hr
- Weekday or Evening Per Day.....\$66.37/day
- Weekend Per Hour.....\$28.32/hr
- Weekend Per Day.....\$186.73/day

Gym Rental

- Weekday or Evening Per Hour.....\$45.13/hr
- Weekday or Evening Per Day.....\$361.04/day

Lounge Rental

- Weekday/Evening/Weekend Per Hour.....\$40.71/hr
- Weekday/Evening/Weekend Per Day.....\$244.26/day

Art Room Rental

- Weekday/Evening/Weekend Per Hour.....\$15.04/hr
- Weekday/Evening/Weekend Per Day.....\$90.24/day

SureStart Room Rental

- Weekday/Evening/Weekend Per Hour.....\$45.13/hr
- Weekday/Evening/Weekend Per Day.....\$361.04/day

Youth Technology Centre (the YTLC)

- Weekday/Evening/Weekend Per Hour.....\$30.09/hr
- Weekday/Evening/Weekend Per Day.....\$180.54/day

IMAC Lab

- Weekday/Evening/Weekend Per Hour.....\$30.09/hr
- Weekday/Evening/Weekend Per Day.....\$180.54/day

Conference Room B

- Weekday or Evening Per Hour.....\$13.27/hr
- Weekday or Evening Per Day.....\$66.37/day
- Weekend Per Hour.....\$28.32/hr
- Weekend Per Day.....\$186.73/day

Kitchen

- Weekday/Evening/Weekend Per Hour.....\$35.40/hr
- Weekday/Evening/Weekend Per Day.....\$150.44/day

Birthday Parties

- **Art Party**.....\$225.00
 - Includes art activity and 1 staff member, plus time in the party room
- **Gym Party**.....\$200.00
 - Includes sports activities and 1 staff member, plus time in the party room
- **Lounge Party**.....\$200.00

Summer Events

KIWANIS INGERSOLL FARMERS' MARKET

Every Saturday - 8:00am to 12:00pm
Ingersoll Library/Townhall Parking Lot

Market Season June 1st to October 12th

FRIDAY, JUNE 14TH, 2024

INGERSOLL DISTRICT MEMORIAL ARENA
DOORS OPEN AT 5:30PM
DINNER AT 6:30PM

FISH FRY FUNDRAISER

Adults - \$40
Under 13 - \$20

Silent Auction, Live Auction & 50/50 Raffle

Cash Bar

Sponsored by: **DIZO'S**, **Tina Nellands**, **P.B.'S FRIES**

Proceeds Support: STICH Supper Club, Lunch Bunch & The Fire Safety Village

\$20 Tax Receipt for Adult Tickets

Kim Overton
519-636-0320

INGERSOLL
Heritage, your future.

CANADA DAY EVENT

1pm - 4pm : Vendor Market

1:30pm - 3:30pm : Open Swim *first come, first-serve basis

4pm - 8pm : Canada Day Celebrations

- Balloon twisters
- Face painting
- Games

Dusk : Fireworks

JULY 01

Victoria Park
355 Wellington St.
Ingersoll, ON
N5C 1T2

Rain or shine

Oxford County Library

INGERSOLL LIBRARY SUMMER READING CLUB LAUNCH PARTY

Friday, June 28th
10am - 2pm

10am Mr. Oh! Magic Show *Drop In - All Ages Welcome

11am - 2pm Big games, Ox on the Run Bookmobile, The Sweet Cycle, Kiwanis BBQ by donation, and more!
*While Supplies Last

Let's launch into a Universe of Stories and kick off Summer Reading Club 2024 with a party!

DOWNTOWN INGERSOLL BIA

PIZZA FEST

Thursday July 25 4 - 8pm

Downtown Ingersoll
Live Music, Street Performers, Vendors, and of course Pizza!

Visit: www.Ingersoll.ca or FB Ingersoll BIA

Kiwaniis CLUB OF INGERSOLL

IN PARTNERSHIP WITH THE INGERSOLL CREATIVE ARTS CENTRE AND THE INGERSOLL CHEESE AND AGRICULTURAL MUSEUM

HARVEST MARKET

CENTENNIAL PARK TO THE CREATIVE ARTS CENTER

SATURDAY AUGUST 24TH, 2024

9:30AM TO 4:30PM

Barn Boogie
Ingersoll Cheese & Agricultural Museum

July 19, 2024
7pm - 10pm

Admission by Donation

Live dancing, live music, games and more! RSVP here: <https://barnboogie.eventbrite.com>

**For more events and information, check out our
Community Calendar**

https://calendar.ingersoll.ca/?_mid_=4390

Or on our Town socials



@townofingersoll



@townofingersoll



@touringersoll



@touringersoll