Ingersoll
Community Services

Fall Program Guide

2026



ISSUE: SEPTEMBER 7TH - JANUARY 3RD

FALL EDITION

Our Community Services Fall Program Guide is here! Packed with programs, activities, and events to help you get active, connect, and make the most of the season. Registration details for VPCC and Fusion are inside!

INGERSOLL.CA/COMMUNITY-SERVICES

@IngersollRecreation @FusionYouthCentre

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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

@IngersollRecreation
@FusionYouthCentre

HOW TO REGISTER

There are 3 ways to register for any of our recreation programs or free activities



Online

Login to UNIVERUS, Ingersoll's user-friendly online system at app.univerusrec.com/ingersollcspub/

What you need:

- Email address and password to access your account
- Visa or Mastercard
- Name of program



Phone

Call 519-425-1181 ext 0 during business hours

What you need:

- Visa or Mastercard
- Name & date of program



In Person

Drop into VPCC during business hours

What you need:

- Visa or Mastercard
- Name of program

REGISTRATION INFORMATION

Registration Dates
Registration for Members August 31st at 7:00am and Non-Members September 01st at 7:00am

To Register Visit
app.univerusrec.com/ingersollcspub
Website link:
ingersoll.ca/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.

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 at no extra cost.

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.

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.



Follow us on Facebook & Instagram @IngersollRecreation @FusionYouthCentre

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.

Program Changes and Cancellations

We reserve the right to modify or cancel programs as needed. We may adjust program times, fees, or locations. Refunds or credits will be issued for cancellations made by us due to unforeseen circumstances such as low enrollment, staffing issues, equipment failure, or pool fouling. Participants will be notified promptly, and credits will be applied to their accounts.

ADMISSIONS AND FEES

HST is included

ADMISSIONS	COST
SWIMMING	
Members	Free
Children 2 and under	Free
Children (3-13yrs)	$3.00
Adult (14+)	$4.50
Seniors (60+)	$4.00
GROUP FITNESS (AQUATIC/LAND)	
Members	Free
Non-Members	$8.63
Senior Non-Members	$7.60

MEMBERSHIP TYPE	COST
MONTHLY HOUSEHOLD RATES:	
1 Person Household	$49.12
2 person Household	$72.40
3 Person Household	$87.91
4 Person Household	$103.44
5+ Person Household	$25.84/person
MONTHLY SENIOR (60+), CHILD & YOUTH (0-13yrs) RATES:	
1 Senior/Child	$38.79
2 Senior/Child	$67.22

MEMBERSHIP DETAILS

MEMBERSHIP INCLUDES:

- Early registration for many sessional programs
- Unlimited aquatic and land group fitness
- All Open Swims, Open Skates (excludes shinny, huff & puff, and stick & puck)
- Unlimited squash, wallyball, and squickleball
- Unlimited fitness centre access

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

MEMBERSHIP TYPE	COST
AUTO-RENEWING HOUSEHOLD RATES: ***Requires 20 day written notice of cancellation from date of purchase.**	
1 Person Household	$43.96
2 person Household	$62.06
3 Person Household	$72.40
4 Person Household	$82.74
5+ Person Household	$20.68/person
MONTHLY SENIOR (60+), CHILD & YOUTH (0-13yrs) RATES:	
1 Senior/Child	$33.62
2 Senior/Child	$56.88

R-ZONE: Respect & Responsibility

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 OCCURENCE	2ND OCCURENCE	ANY SUBSEQUENT OCCURENCES
Theft	Min. 1 day suspension Item returned to owner	Min. 2 day suspension	Removed from program
Intentional Damage • Minor • Major **Bullying/Cyberbullying** **Putting Oneself in a Situation where Safety is a Risk** • 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 • 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 • Possession of a weapon • Minor assault • Major assault **Drugs & Alcohol** • Possession • Under the influence • Distribution	Min. 1 week suspension up to indefinite suspension		
Disrespect • Towards another participant or staff • Lying	Verbal/letter of warning	Min. 1 day suspension	

POOL ADMISSION STANDARDS

RED Wristband 5 yrs or under



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

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

YELLOW Wristband 6-9 yrs



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

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

Swim Test 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.

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

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

HST is included

ADMISSIONS	COST
SWIMMING	
Members	Free
Children 2 and under	Free
Children (3-13yrs)	$3.00
Adult (14+)	$4.50
Seniors (60+)	$4.00

ADMISSIONS	COST
GROUP FITNESS (AQUATIC/LAND)	
Members	Free
Non-Members	$8.63
Senior Non-Members	$7.60



Register Online on UNIVERUS

app.univerusrec.com/ingersollcspub
or call 519-425-1181 ext 0

POOL & AQUAFIT SCHEDULE

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | **SEP** | **OCT** | **NOV** | **DEC**

DATE
Sept 7th, 2026 - Jan 3rd, 2027

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 *(2 lanes)*
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 - 10:00am	Shallow Water Aqua Fit 9:15am - 10:00am	Parent & Tot Swim 12:30pm - 1:30pm
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	Open Swim 1:30pm - 3:30pm
NEW! Length Swim 11:30am - 1:30pm	Length Swim 11:30am - 1:00pm	Length Swim 11:30am - 1:00pm	Length Swim 11:30am - 1:00pm	NEW! Length Swim 11:30am - 1:30pm	**SUNDAY**
	NEW! Aqua Fit Mix 1:15pm - 2:00pm	Sensory Friendly Swim 1:30pm - 3:00pm	NEW! Parent & Tot Swim 1:15pm - 2:30pm		Length Swim 7:00am - 9:00am
	NEW! Baby & Me Aquafit 2:15pm - 2:45pm			NEW! Family Swim 4:30pm - 6:00pm	Family Swim 12:30pm - 1:30pm
Aqua Zumba 7:05pm - 7:50pm		Aqua Zumba 7:05pm - 7:50pm	Aqua Kickboxing 7:05pm - 7:50pm	Open Swim 6:00pm - 8:00pm	Open Swim 1:30pm - 3:30pm
Aqua Yoga 8:00pm - 8:45pm	Length Swim 8:00pm - 9:00pm	Length Swim 8:00pm - 9:00pm *(3 lanes)*	Length Swim/Triathlon Swim 8:00pm - 9:00pm	Length Swim 8:00pm - 9:00pm	

NOTES

NEW! **Registration is required for the courses below:**

- **Aqua Mat Strength & Stability, Session 1:** (Saturdays), Sep 26-Oct 31, 8:00am-8:45am
- **Aqua Mat Strength & Stability, Session 2:** (Saturdays), Nov 14-Dec 19, 8:00am- 8:45am
- **Floating Core Fusion, Session 1:** (Tuesdays) Sep 15-Oct 27, 7:05pm-7:50pm
- **Floating Core Fusion, Session 2:** (Tuesdays) Nov 3-Dec 15, 7:05pm-7:50pm

For the most up-to-date list of holiday closures and program dates, visit app.univerusrec.com/ingersollcspub/

Ingersoll COMMUNITY SERVICES

519-425-1181 EXT 0
app.univerusrec.com/ingersollcspub/
communityservices@ingersoll.ca

Aqua Mat STRENGTH & STABILITY

We're combining elements of Yoga, Pilates, exercise bands, and paddleboarding into a single fitness class. It's a great way to focus on building and enhancing your balance and strength all while maintaining your stability.

Session 1

Saturdays

Sept 26 to Oct 31

8:00am to 8:45am
10spots

Member $21.00
Non-Member $42.00

Session 2

Saturday

Nov 14 to Dec 19

8:00am to 8:45am
10spots

Member $21.00
Non-Member $42.00

Floating CORE FUSION

Work your core like never before on a mat that floats and slightly shifts under your body as you engage your core, enhancing balance and conditioning your body. Learn to recruit your body stabilizers to maintain powerful posture while on your Aqua Mat. Whether you're a beginner or a seasoned athlete, the mat offers a new way to challenge your body in the water.

Session 1

Tuesdays

Sept 15 to Oct 27

7:05pm to 7:50pm
12 spots

Member $24.50
Non-Member $49.00

Session 2

Tuesdays

Nov 3 to Dec 15

7:05pm to 7:50pm
12 spots

Member $24.50
Non-Member $49.00

Ingersoll Community Services

Register online at:
app.univerusrec.com/ingersollcspub
or call us at 519-425-1181 x 0

REGISTER NOW!

AQUATIC PROGRAMS

NO SWIMS Sept 7, Oct 12, Dec 24, 25, 26, 31, & Jan 1

Deep Water Aqua Fit

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 exercise. Benefits of this method include less stress on the back, hips, knees, and ankles.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15am - 9:00am		8:15am - 9:00am		8:15am - 9:00am		

Shallow Water Aqua Fit

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15am - 10:00am		9:15am - 10:00am		9:15am - 10:00am		

Aqua Boot Camp

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:15am - 11:15am					

Aqua Kickboxing

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			7:00pm - 7:45pm			

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			9:00am - 10:00am			

Aqua Yoga

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:05pm - 7:50pm						

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00am - 10:00am					

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:05pm - 7:50pm		7:05pm - 7:50pm	10:15am - 11:15am			

AQUATIC PROGRAMS

NO SWIMS Sept 7, Oct 12, Dec 24, 25, 26, 31, & Jan 1

Aqua Fit Mix
A variety of total-body conditioning exercises that involve both strength and cardio. Challenge yourself to try something new and exciting, and make sure to check back each week with your instructor for class types, as they will differ each week! NO CLASSES Dec 22 & 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1:15pm - 2:00pm					

Baby & Me Aquafit
A fun-filled 30-minute exercise program in water for parents/caregivers and babies aged 4 months - 3 years who can ride along in floatation boats (limited number) or be used as your weight for exercise. The parent/caregiver will enjoy a full-body water workout while your baby gets used to the water. Perfect for socializing with other parents/caregivers and children while getting back into shape! Register the Parent/Guardian, NOT the child. NO CLASSES Dec 22 & 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	2:15pm - 2:45pm					

Aqua Mat Strength & Stability (Registered Class- Session 1 Sept 26 to Oct 31 & Session 2 Nov 14 to Dec 19)
We're bringing elements of Yoga, Pilates, exercise bands, and paddleboarding into one fitness class. It's a great way to focus on building and enhancing your balance and strength all while maintaining your stability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:00am - 8:45am (6 classes) Session 1 & 2 fees M $21.00 NM $42.00	

Floating Core Fusion (Registered Class- Session 1 Sept 15 to Oct 27 & Session 2 Nov 3 to Dec 15)
Work your core like never before on a mat that floats and slightly shifts under your body as you engage your core, enhancing balance and conditioning your body. Learn to recruit your body stabilizers to maintain powerful posture while on your Aqua Mat. Whether you're a beginner or a seasoned athlete, the mat offers a new way to challenge your body in the water.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:05pm - 7:50pm (7 classes) Session 1 & 2 Fees M $24.50 NM $49.00					



SWIMMING SCHEDULE

Members: Free | Non-Members: Adult $4.50, Senior $4.00, Youth (3-13yrs) $3.00, Under 2 Free

NO SWIMS Sept 7, Oct 12, Dec 24, 25, 26, 31, & Jan 1

Length Swim (14+ yrs)
Length swim is designed for individuals capable of swimming continuous distances without interruption, maintaining a regular swim stroke and pace. This swim offers dedicated lanes for swimming and circle swimming should be followed by swimming in a counter-clockwise direction. Lanes are available on a first-come, first-served basis. NO SWIMS Sept 7, Oct 12, Dec 24, 25, 26, 31, & Jan 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am to 8:00am 11:30am to 1:30pm	6:00am - 8:00am 11:30am - 1:30pm 8:00pm - 9:00pm	6:00am - 8:00am 11:30am - 1:00pm 8:00pm - 9:00pm	6:00am - 8:00am 11:30am - 1:00pm 8:00pm - 9:00pm	6:00am - 8:00am 11:30am - 1:30pm 8:00pm - 9:00pm	7:00am - 9:00am 2 lanes only	7:00am - 9:00am

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:15am - 11:15am		10:15am - 11:15am		10:15am - 11:15am 6:00pm - 8:00pm	1:30pm - 3:30pm	1:30pm - 3:30pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00am - 9:00am		8:00am - 9:00am			

Sensory Friendly Swim
Experience a sensory-friendly swim in an environment designed for those who need a quiet and calming atmosphere. It features the absence of music and minimal use of whistles (unless necessary). Enjoy a relaxed setting with extended swim time and fewer people in the changing rooms. This session accommodates a maximum of 30 participants, and life jackets are provided.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1:30pm - 3:00pm				

Triathlon Swim (14+ years)
Interested in triathlons or just looking for an extra challenge in the pool? In this instructor-led length swim, you will learn proper swim techniques, practice drills, work on cardio conditions and develop endurance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			8:00pm - 9:00pm			

Parent & Tot Swim
For families with children up to 4yrs old, to enjoy playtime in a swim together. This is a great way for children to become more comfortable in the water. Baby boats and PFDs will be available. NO SWIMS Sept 26, Dec 24, 26 & 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1:15pm - 2:30pm		12:30pm - 1:30pm	

Family Swim
Children must be accompanied by an adult (18+), and adults must be accompanied by a child(ren) for this swimming event, providing an opportunity for families to enjoy water fun together. Adherence to Swim Admission Standards and Adult-to-child ratios is required. NO SWIMS Oct 23, Dec 11, 19 25 & Jan 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				4:30pm - 6:00pm		12:30pm - 1:30pm

Holiday Edition
POOL SCHEDULE



DEC 21

Holiday Open Swim 1:30pm 3::30pm

DEC 28

Holiday Open Swim 1pm to 2:30pm

DEC 22

Holiday Open Swim 1:30pm to 3:30pm,
Holiday Length Swim 7:30pm to 9pm



DEC 29

Holiday Open Swim 1:30pm to 3:30pm,
Holiday Length Swim 7:30pm to 9pm

DEC 24 & 31

Holiday Length Swim 7am to 9am
Holiday Family Swim 9:30am to 11am
Holiday Open Swim 11am to 12:30pm

DEC 25, 26 & JAN 01

Facility Closed



JAN 02

Holiday Length Swim 7am to 10:30am
Family Swim 11am to 1:30pm
Open Swim 1:30pm to 3:30pm

DEC 27 & JAN 03

Holiday Length Swim 7am to 10:30am
Family Swim 11am to 1:30pm
Open Swim 1:30pm to 3:30pm







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.

Swimming Lesson Program

Parent & Tot Program

- Preschool 5
- Preschool 4
- Preschool 3
- Preschool 2
- Preschool 1
- Parent & Tot 1,2,3

Swimming Lesson Program

- Star Patrol
- Ranger Patrol
- Rookie Patrol
- Swimmer 6
- Swimmer 5
- Swimmer 4
- Swimmer 3
- Swimmer 2
- Swimmer 1

Fitness Swimmer

- Adult 3
- Adult 2
- Adult 1

PARENT & TOT (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 & 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 & TOT 3 (2-3 years)

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 years)

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 years)

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 years)

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 years)

Designed for children aged 3 to 5 years, this level introduces preschoolers to the training sessions: 4 sets of 50 meters for front or back crawl, and 4 sets of 15 meters for breaststroke. challenges of both jumping and executing.

PRESCHOOL 4 (3-5 years)

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 years)

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 (5-13 years)

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 (5-13 years)

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 (5-13 years)

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 (5-13 years)

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 (5-13 years)

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 (5-13 years)

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.

STAR PATROL/ROOKIE/RANGER (5-13 years)

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 (3-13 years)

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

PRIVATE LESSONS (14+ years)

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+ years)

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.

JUNION LIFEGUARD CLUB (10-13 years)

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.



4-HOUR CYCLING RELAY IN SUPPORT OF UNITED WAY

CYCLE FOR A CAUSE

November 07th

8:00 A.M. – 12:00 P.M.

VPCC Fitness Studio

- **Build Your Team:** Gather 4–5 friends, family members, or coworkers
- **Take on the Challenge:** Keep the bike moving for four hours
- **Guided rides with great tunes lead by our amazing Cycle Instructors!**
- **One Rider at a Time:** One team member stays on the bike while teammates take turn. You choose how long to ride!
- **Cheer Each Other On:** Ride together, support your team, and have fun!
- **Fundraise for Impact:** Help United Way support vital local programs and services

Team Fee: $20.00 per team
Prizes awarded to the most spirited team, team who donated the most and the best dressed team.

💙 **EVERY TEAM. EVERY DOLLAR. EVERY RIDER. MAKES AN IMPACT.**



United Way Oxford

Your fundraising helps United Way invest in local programs and services that support thousands of people in our community and connect people with the help they need, when they need it most.

Ingersoll Community Services

SWIMMING LESSONS SCHEDULE

Please be aware that we do not reschedule swimming lessons for personal reasons such as illness, vacations, appointments, or sporting events.

PARENT & TOT 1 (Ages 4mo-1yr/Ratio 1:10)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	4:35pm to 5:05pm
Thursday	Oct 1 – Dec 3	4:00pm to 4:30pm
Saturday	Oct 3 – Dec 5	9:00am to 9:30am
Sunday	Oct 4 – Dec 6	10:10am to 10:40am



PARENT & TOT 2 (Ages 1yr - 2yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	5:10pm to 5:40pm
Thursday	Oct 1 – Dec 3	4:35pm to 5:05pm
Saturday	Oct 3 – Dec 5	9:35am to 10:05am
Sunday	Oct 3 – Dec 5	9:00am to 9:30am
Sunday	Oct 4 – Dec 6	10:45am to 11:15am

PARENT & TOT 3 (Ages 2yr-3yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	6:20pm to 6:50pm
Thursday	Oct 1 – Dec 3	5:45pm to 6:15pm
Saturday	Oct 3 – Dec 5	10:10am to 10:40am
Saturday	Oct 3 – Dec 5	11:20am to 11:50am
Sunday	Oct 4 – Dec 6	9:35am to 10:05am
Sunday	Oct 4 – Dec 6	11:20am to 11:50am

PARENT & TOT COMBO (Ages 4mo-3yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	10:00am to 10:30am

PRESCHOOL A (Ages 2yr-3yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	5:10pm to 5:40pm
Tuesday	Sept 29 – Dec 1	6:20pm to 6:50pm
Thursday	Oct 1 – Dec 3	5:10pm to 5:40pm
Saturday	Oct 3 – Dec 5	9:35am to 10:05am
Saturday	Oct 3 – Dec 5	11:20am to 11:50am
Sunday	Oct 4 – Dec 6	9:35am to 10:05am
Sunday	Oct 4 – Dec 6	10:45am to 11:15am

PRESCHOOL 1 (Ages 3yr - 5yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	9:30am to 10:00am
Tuesday	Sept 29 – Dec 1	4:00pm to 4:30pm
Tuesday	Sept 29 – Dec 1	6:15pm to 6:45pm
Thursday	Oct 1 – Dec 3	4:35pm to 5:05pm
Thursday	Oct 1 – Dec 3	5:10pm to 5:40pm
Thursday	Oct 1 – Dec 3	5:45pm to 6:15pm
Saturday	Oct 3 – Dec 5	9:00am to 9:30am
Saturday	Oct 3 – Dec 5	10:45am to 11:15am
Sunday	Oct 4 – Dec 6	9:35am to 10:05am
Sunday	Oct 4 – Dec 6	11:00am to 11:30am

PRESCHOOL 2 (Ages 3yr - 5yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	10:30am to 11:00am
Tuesday	Sept 29 – Dec 1	4:35pm to 5:05pm
Tuesday	Sept 29 – Dec 1	5:10pm to 5:40pm
Thursday	Oct 1 – Dec 3	4:00pm to 4:30pm
Thursday	Oct 1 – Dec 3	5:10pm to 5:40pm
Saturday	Oct 3 – Dec 5	9:00am to 9:30am
Saturday	Oct 3 – Dec 5	10:10am to 10:40am
Sunday	Oct 4 – Dec 6	9:00am to 9:30am
Sunday	Oct 4 – Dec 6	10:25am to 10:55am

PRESCHOOL 3 (Age 3yr -5yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	11:00am to 11:30am
Tuesday	Sept 29 – Dec 1	4:00pm to 4:30pm
Tuesday	Sept 29 – Dec 1	4:35pm to 5:05pm
Tuesday	Sept 29 – Dec 1	5:55pm to 6:25pm
Thursday	Oct 1 – Dec 3	4:00pm to 4:30pm
Thursday	Oct 1 – Dec 3	6:30pm to 7:00pm
Saturday	Oct 3 – Dec 5	9:00am to 9:30am
Saturday	Oct 3 – Dec 5	10:10am to 10:40am
Saturday	Oct 3 – Dec 5	10:45am to 11:15am
Sunday	Oct 4 – Dec 6	9:00am to 9:30am
Sunday	Oct 4 – Dec 6	10:10am to 10:40am
Sunday	Oct 4 – Dec 6	11:30am to 12:00pm

PRESCHOOL 4 (Ages 3yr - 5yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	4:35pm to 5:05pm
Tuesday	Sept 29 – Dec 1	6:20pm to 6:50pm
Thursday	Oct 1 – Dec 3	6:00pm to 6:30pm
Thursday	Oct 1 – Dec 3	6:30pm to 7:00pm
Saturday	Oct 3 – Dec 5	9:35am to 10:05am
Saturday	Oct 3 – Dec 5	11:20am to 11:50am
Sunday	Oct 4 – Dec 6	9:35am to 10:05am

PRESCHOOL 5 (Ages 3yr - 5yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	5:45pm to 6:15pm
Thursday	Oct 1 – Dec 3	4:35pm to 5:05pm
Saturday	Oct 3 – Dec 5	9:35am to 10:05am
Saturday	Oct 3 – Dec 5	10:45am to 11:15am
Sunday	Oct 4 – Dec 6	11:20am to 11:50am

SWIMMER 1 (Ages 5yr - 13yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	4:00pm to 4:30pm
Tuesday	Sept 29 – Dec 1	5:45pm to 6:15pm
Thursday	Oct 1 – Dec 3	4:00pm to 4:30pm
Thursday	Oct 1 – Dec 3	4:35pm to 5:05pm
Thursday	Oct 1 – Dec 3	6:20pm to 6:50pm
Saturday	Oct 3 – Dec 5	9:35am to 10:05am
Saturday	Oct 3 – Dec 5	10:10am to 10:40am
Sunday	Oct 4 – Dec 6	9:00am to 9:30am
Sunday	Oct 4 – Dec 6	9:35am to 10:05am
Sunday	Oct 4 – Dec 6	10:10am to 10:40am

SWIMMER 2 (Ages 5yr - 13yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	4:00pm to 4:30pm
Tuesday	Sept 29 – Dec 1	5:10pm to 5:40pm
Tuesday	Sept 29 – Dec 1	6:15pm to 6:45pm
Thursday	Oct 1 – Dec 3	4:00pm to 4:30pm
Thursday	Oct 1 – Dec 3	5:45pm to 6:15pm
Thursday	Oct 2 – Dec 4	6:20pm to 6:50pm
Saturday	Oct 3 – Dec 5	9:00am to 9:30am
Saturday	Oct 3 – Dec 5	10:10am to 10:40am
Saturday	Oct 3 – Dec 5	10:40am to 11:10am
Sunday	Oct 4 – Dec 6	9:00am to 9:30am
Sunday	Oct 4 – Dec 6	10:10am to 10:40am

SWIMMER 3 (Ages 5yr - 13yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	4:30pm to 5:15pm
Tuesday	Sept 29 – Dec 1	5:25pm to 6:10pm
Thursday	Oct 1 – Dec 3	4:30pm to 5:15pm
Saturday	Oct 3 – Dec 5	9:00am to 9:45am
Saturday	Oct 3 – Dec 5	10:45am to 11:30am
Sunday	Oct 4 – Dec 6	9:35am to 10:20am
Sunday	Oct 4 – Dec 6	10:45am to 11:30am

SWIMMER 4 (Ages 5yr - 13yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	4:30pm to 5:15pm
Tuesday	Sept 29 – Dec 1	5:45pm to 6:30pm
Thursday	Oct 1 – Dec 3	4:30pm to 5:15pm
Thursday	Oct 1 – Dec 3	6:00pm to 6:45pm
Saturday	Oct 3 – Dec 5	10:45am to 11:30am
Sunday	Oct 4 – Dec 6	10:45am to 11:30am

SWIMMER 5 (Ages 5yr - 13yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	4:35pm to 5:20pm
Thursday	Oct 1 – Dec 3	5:10pm to 5:55pm
Saturday	Oct 3 – Dec 5	9:50am to 10:35am
Sunday	Oct 4 – Dec 6	10:45am to 11:30am

SWIMMER 6 (Ages 5yr - 13yr)
Lessons: 10 Fee: Member $35.00 Non-Member: $70.00

DAY OF WEEK	SESSION DATES	TIME
Tuesday	Sept 29 – Dec 1	5:25pm to 6:10pm
Thursday	Oct 1 – Dec 3	5:10pm to 5:55pm
Saturday	Oct 3 – Dec 5	9:50am to 10:35am
Sunday	Oct 4 – Dec 6	10:45am to 11:30am



ROOKIE/RANGER/STAR (Ages 5yr - 13yr)
Lessons: 10 Fee: Member $40.00 Non-Member: $80.00

DAY OF WEEK	SESSION DATES	TIME
Thursday	Oct 1 – Dec 3	5:30pm to 6:30pm
Saturday	Oct 3 – Dec 5	11:00am to 12:00pm
Sunday	Oct 4 – Dec 6	9:35am to 10:35am

SWIMMING LESSONS SCHEDULE

PRIVATE LESSON (Ages 3yr - 13yr/Ratio 1:1)
Lessons: 10 Fee: Member/ Non-Member $220.00

DAY OF WEEK	SESSION DATES	TIME
Monday	Sept 28 – Dec 7	4:00pm to 4:30pm
Monday	Sept 28 – Dec 7	4:00pm to 4:30pm
Monday	Sept 28 – Dec 7	4:00pm to 4:30pm
Monday	Sept 28 – Dec 7	4:30pm to 5:00pm
Monday	Sept 28 – Dec 7	4:30pm to 5:00pm
Monday	Sept 28 – Dec 7	4:30pm to 5:00pm
Monday	Sept 28 – Dec 7	5:00pm to 5:30pm
Monday	Sept 28 – Dec 7	5:00pm to 5:30pm
Tuesday	Sept 29 – Dec 1	4:00pm to 4:30pm
Tuesday	Sept 29 – Dec 1	5:20pm to 5:50pm
Tuesday	Sept 29 – Dec 1	5:45pm to 6:15pm
Tuesday	Sept 29 – Dec 1	6:30pm to 7:00pm
Wednesday	Sept 30 – Dec 2	4:00pm to 4:30pm
Wednesday	Sept 30 – Dec 2	4:00pm to 4:30pm
Wednesday	Sept 30 – Dec 2	4:00pm to 4:30pm
Wednesday	Sept 30 – Dec 2	4:30pm to 5:00pm
Wednesday	Sept 30 – Dec 2	4:30pm to 5:00pm
Wednesday	Sept 30 – Dec 2	4:30pm to 5:00pm
Wednesday	Sept 30 – Dec 2	5:00pm to 5:30pm
Wednesday	Sept 30 – Dec 2	5:00pm to 5:30pm
Thursday	Oct 1 – Dec 3	4:35pm to 5:05pm
Thursday	Oct 1 – Dec 3	5:20pm to 5:50pm
Thursday	Oct 1 – Dec 3	5:55pm to 6:25pm
Thursday	Oct 1 – Dec 3	6:20pm to 6:50pm
Thursday	Oct 1 – Dec 3	6:30pm to 7:00pm
Saturday	Oct 3 – Dec 5	9:00am to 9:30am
Saturday	Oct 3 – Dec 5	11:20am to 11:40am
Saturday	Oct 3 – Dec 5	11:30am to 12:00pm
Sunday	Oct 4 – Dec 6	9:00am to 9:30am
Sunday	Oct 4 – Dec 6	9:00am to 9:30am
Sunday	Oct 4 – Dec 6	10:10am to 10:40am
Sunday	Oct 4 – Dec 6	11:30am to 12:00pm
Sunday	Oct 4 – Dec 6	11:30am to 12:00pm

PRIVATE LESSON (Ages 14+ Yrs/Ratio 1:1)
Lessons: 10 Fee: Member/ Non-Member $220.00 plus

DAY OF WEEK	SESSION DATES	TIME
Thursday	Oct 1 – Dec 3	8:00pm to 8:30pm
Thursday	Oct 1 – Dec 3	8:30pm to 9:00pm



ADULT LESSONS (Ratio 1:8)
Lessons: 10 Fee: Member/ Non-Member $75.00 plus HST

DAY OF WEEK	SESSION DATES	TIME
Wednesday	Sept 30 – Dec 2	8:00pm to 8:45pm

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.

Pathway to **Lifeguard**

Pathway to **Swim Instructor**

BRONZE STAR
Prerequisite: Recommended Star Patrol, 100% attendance highly recommended

BRONZE MEDALLION AND BASIC FIRST AID WITH CPR-C & AED
Prerequisite: 13 years of age or Bronze Star, 100% attendance required

BRONZE CROSS
Prerequisite: Bronze Medallion & Basic or Intermidiate First Aid, 100% attendance required

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

INTERMEDIATE FIRST AID WITH CPR-C & AED
Prerequisites: None; however, required for taking National Lifeguard

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

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

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.

BRONZE MEDALLION & BASIC FIRST AID

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.

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. The same manual will be used for Bronze Medallion and Bronze Cross.

INTERMEDIATE FIRST AID (RECERTIFICATION)

Intermediate First Aid Recertification covers essential workplace first aid competencies, including CPR-C with AED certification for adult, child and infant, emergency scene management, recognition and management of life-threatening airway, breathing and circulation, and bleeding emergencies, identification and response to medical emergencies, and management of soft tissue and musculoskeletal injuries.

INTERMEDIATE FIRST AID WITH CPR-C & AED

Intermediate First Aid with CPR C & AED (formerly Standard First Aid) includes all aspects of Basic First Aid and provides additional comprehensive first aid training. Candidates demonstrate first aid care for anaphylaxis, shock, stroke, amputation, facial injuries, burn injuries, fractures and dislocations, neck or spinal column injuries, seizures, diabetic emergencies and environmental injury and illness. Includes CPR-C with AED certification for adult, child, and infant.
This is the prerequisite for the National Lifeguarding program and meets WSIB workplace standards.



BECOME A LIFEGUARD / INSTRUCTOR

NATIONAL LIFEGUARD INSTRUCTOR

This course provides candidates with the skills and resources necessary to successfully teach the National Lifeguard program, while also preparing instructors to apply advanced leadership competencies and strategies designed to train lifeguards. National Lifeguard Instructors are responsible for teaching and evaluating candidates participating in the National Lifeguard option(s) they hold (pool, waterpark, waterfront, and surf).

SWIM INSTRUCTOR

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.

LIFESAVING SWIM INSTRUCTOR

This course enhances instructional abilities by emphasizing efficient planning and teaching in areas such as candidate instruction, water rescue, first aid and the development of lifesaving skills. Upon successful completion of the course, candidates receive certification as Lifesaving Instructor and Emergency First Aid Instructor.



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.

LEADERSHIP COURSES

BRONZE STAR COURSE (RATIO 1:8)
Lessons: 4 Fee: Member/ Non-Member $77.37

DAY OF WEEK	SESSION DATES	TIME
Tues to Fri	Dec 8, 9, 10, 11	4:00pm to 9:00pmDec 11: 4:00pm to 6:00pm

BRONZE MEDALLION & BASIC FIRST AID (RATIO 1:10)
Lessons: 5 Fee: Member/ Non-Member $157.61

DAY OF WEEK	SESSION DATES	TIME
Mon to Fri	Dec 13,14, 15, 16, 17Exam: Dec 18	Sun 8:00am to 4:00pm Mon - Thurs4:00pm to 9:00pmExam: 4:00pm to 6:00pm

INTERMEDIATE FIRST AID & RECERTIFICATION COURSE (RATIO 1:10)
Lessons: 2 Fee: Member/ Non-Member $119.87 Recert: $73.30

DAY OF WEEK	SESSION DATES	TIME
Saturday Recert	Sept 26	8:00am to 4:00pm@ Fusion
Sat & Sun	Nov 28 & 29	8:00am to 4:00pm@ VPCC
Sunday-Recert	Nov 29	8:00am to 4:00pm@ VPCC

BRONZE CROSS COURSE (RATIO 1:10)
Lessons: 5 Fee: Member/Non-Member: $123.69

DAY OF WEEK	SESSION DATES	TIME
Mon to Fri	Dec 14, 15, 16, 17Exam: Dec 18	4:00pm to 9:00pmExam: 4:00pm to 6:00pm

NATIONAL LIFEGUARD COURSE & RECERT COURSES (RATIO 1:16)
Lessons: 6 Fee: Member/ Non-Member $265.24 Recert: $87.42

DAY OF WEEK	SESSION DATES	TIME
Fri, Sat & Sun	Dec 11, 12, 13, 18, 19Exam: Dec 20	Fri 4:00pm to 9:00pm Sat & Sun9:00am to 6:00pmExam: 9am to 1:00pm
Sunday	Recertification Exam December 20	9:00am to 1:00pm

SWIM FOR LIFE INSTRUCTORS COURSE (RATIO 1:16)
Lessons: 3 Fee: Member/ Non-Member $182.90

DAY OF WEEK	SESSION DATES	TIME
Fri, Sat & Sun	Oct 23, 24 & 25	Fri 4:00pm to 9:00pm Sat & Sun9:00am to 6:00pm

LS INSTRUCTORS COURSE (RATIO 1:10)
Lessons: 4 Fee: Member/ Non-Member $182.90

DAY OF WEEK	SESSION DATES	TIME
Mon - Thurs	Dec 21, 22, & 23	12:00pm to 7:00pm

NATIONAL LIFEGUARD INSTRUCTOR COURSE – Pool Option (RATIO 1:10)
Lessons: 2 Fee: Member/Non-Member $119.87

DAY OF WEEK	SESSION DATES	TIME
Mon & Tues	Dec 28 & 29	1:00pm to 9:00pm






PERSONAL TRAINING
INCREASED ACCOUNTABILITY
INDIVIDUAL EXERCISE PLAN
BOOST YOUR CONFIDENCE
SUPPORT YOUR GOALS
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.
MAKE AN APPOINTMENT
SUSAN.KEANE@INGERSOLL.CA | 519-425-1181 X6266
Ingersoll
Community Services

NEW NEW NEW NEW NEW

Squickleball: a dynamic game that combines pickleball with the unique challenge of a squash court. Perfect for beginners and pros alike, the singles net and adaptable court settings let you enjoy casual play or test your skills with wall rebounds. dive into a game that's fun, flexible and full of action!
Book your next game!

Victoria Park Community Centre

SQUICKLEBALL SQUASH/ WALLYBALL

Court rental cost included in Membership
Non-members: $5.65/person per visit

COURT RENTAL AVAILABLE PER HOUR DURING FACILITY HOURS

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

Squash: Bring your own racquet, ball and CSA approved eyewear
Wallyball: Net and ball provided.
Squickleball: Bring your own paddle. Net and balls provided

GROUP FITNESS SCHEDULE

HST is included

ADMISSIONS	COST
GROUP FITNESS (AQUATIC/LAND)	
Members	Free
Non-Members	$8.63
Senior Non-Members	$7.60



REGISTER NOW!

Register Online on UNIVERUS

app.univerusrec.com/ingersollcspub
or call 519-425-1181 ext 0

GROUP FITNESS SCHEDULE

DATE
Sept 7th, 2026 - Jan 3rd, 2027

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | **SEP** | **OCT** | **NOV** | **DEC**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rise & Grind Wake Up! 6:15am - 6:45am	NEW! Boot Camp 6:00am - 6:45am	Rise & Grind Wake Up! 6:15am - 6:45am	NEW! Boot Camp 6:00am - 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	Bike Boot Camp 7:00am - 7:45am	Tone Zone 7:00am - 8:00am	Bike Boot Camp 8:00am - 8:45am
			Circl Mobility 8:00am - 8:45am		NEW! Booty - Camp 9:00am - 10:00am
Fit & Flex 9:30am - 10:30am	Low Impact 9:30am - 10:30am	Yoga 9:30am - 10:30am	NEW! Burn + Build + Bend 9:30am - 10:30am	Fit & Flex 9:30am - 10:30am	Stretch & Refresh 10:15am - 11:00am
WOW 11:00am - 12:00pm	NEW! Sweat & Sculpt 11:00am - 12:00pm	WOW 11:00am - 12:00pm		NEW! Triple Fit 11:00am - 12:00pm	
Cycle 30 12:30pm - 1:00pm		Cycle 30 12:30pm - 1:00pm			
Bike Boot Camp 4:30pm - 5:15pm	Kettlebells 4:30pm - 5:15pm	Triple Fit 4:30pm - 5:30pm	Cycle 4:30pm - 5:15pm		
Sweat & Sculpt 5:45pm - 6:45pm	Yoga Core 5:45pm - 6:45pm	NEW! Step Remix / *Yoga Tone* 5:45pm - 6:45pm	Yoga 5:45pm - 6:45 pm		
Core Barbell 60 7:00pm - 8:00pm	Zumba 7:00pm - 8:00pm	NEW! Stretch & Refresh 7:00pm - 8:00pm	NEW! Strong Nation 7:00pm - 8:00pm		
NEW! Cycle 8:15pm - 9:00pm					

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

NOTES

- No classes on Sep 7th, Oct 12th, Dec 25th, 26th, & Jan 1st, 2027
- Wednesday Yoga Tone will take place upstairs in the Meeting Room
- Check out our social media page **@ingersollrecreation**
- **Pre-registration for all classes is encouraged to reserve your spot**

Ingersoll COMMUNITY SERVICES

519-425-1181 EXT 0
app.univerusrec.com/ingersollcspub/
communityservices@ingersoll.ca

GROUP FITNESS CLASSES

No Classes Sept 7, Oct 12, Dec 25, 26, Jan 1
Modified Schedule Dec 21 - Jan 3

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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30pm - 5:15pm			7:00am - 7:45am		8:00am - 8:45am	

Boot Camp
Grab those weights and get your heart pumping! This full-body workout combines energizing cardio, functional strength and core stability to build endurance and keep you moving.

- ***Booty-Camp:*** All the sweat of boot camp with a little extra booty! Build ground-up strength with a focus on glutes and core.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am - 6:45am		6:00am - 6:45am		Booty Camp 9:00am - 10:00pm	

Burn + Build + Bend
Equal parts cardio, strength and flexibility. A balanced full-body workout designed to help you move better, feel stronger and improve mobility.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			9:30am - 10:30am			

Circl Mobility ®
A restorative class blending dynamic stretching and mobility exercises inspired by yoga and tai chi. Improve flexibility, release tension, and move more freely in every session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			8:00am - 8:45am			

Core Barbell 60
A total body workout with 30mins of barbell strength training, 20mins of focused core works, and 10mins of deep stretching. Build strength, tone your core and leave feeling strong and balanced.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00pm - 8:00pm						

Cycle
Kick start your cardio and enhance your stamina, speed and strength with less impact on the joints 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycle30 12:30pm - 1:00pm Cycle 8:15pm - 9:00pm	Cycle 7:00am - 7:45am	Cycle30 12:30pm - 1:00pm	Cycle 4:30pm - 5:15pm			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am - 10:30am				9:30am - 10:30am		

GROUP FITNESS CLASSES

No Classes Sept 7, Oct 12, Dec 25, 26, Jan 1
Modified Schedule Dec 21 - Jan 3

Kettlebells
Learn the kettlebell basics, build strength, improve form, and gain confidence with each full-body workout in a supportive environment. **Max 8 participants per class**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	4:30pm - 5:15pm					

Low Impact
Improve your cardio health with low-impact exercises. You'll work on resistance using body weight and light equipment as well as balance and coordination challenges – great skills for fall prevention!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:30am - 10:30am					

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am - 8:00am		7:00am - 8:00am				

Rise & Grind Wake Up!
A full body, high-rep weightlifting class that concentrates on building muscle and increasing strength.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am - 6:45am		6:15am - 6:45am		6:15am - 6:45am		

Step Remix
A fun and energetic step cardio workout featuring upbeat music, easy-to-follow combinations, and classic moves with a fresh twist. Improve your cardio fitness, coordination, and endurcance while having fun!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NEW!	5:45pm - 6:45pm				

Stretch & Refresh
A gentle, all-levels class focused on mobility and deep stretching to release tension, improve range of motion, and support recovery. Enjoy calm, controlled movement at your own pace. Bringing your own yoga mat is encouraged, but not mandatory.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	NEW!	7:00pm - 8:00pm			10:15am - 11:00am	

Strong Nation (HIIT)
Body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every move is driven by the music, helping you make it to that last rep, and maybe even five more.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		NEW!	7:00pm - 8:00pm			

GROUP FITNESS CLASSES

No Classes Sept 7, Oct 12, Dec 25, 26, Jan 1
Modified Schedule Dec 21 - Jan 3

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45pm - 6:45pm	11:00am - 12:00pm					

Tone Zone
Tone up in this fun-filled, full-body workout that incorporates cardio, strength, flexibility and balance using various equipment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				7:00am - 8:00am		

Triple Fit
Cardio. Strength. Core. Boost your energy and build strength in this dynamic full-body workout! A fun mix of cardio, muscle conditioning, and core to leave you feeling strong and refreshed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		4:30pm - 5:30pm				

WOW - Women on Weights
Build strength, confidence, and community in this women-only weights class. Learn proper form, lift with intention, and challenge your limits in a supportive, empowering environment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00am - 12:00pm		11:00am - 12:00pm				

Yoga
A practice that seeks mind-body connection, postural alignment, and tension release. It offers benefits for physical and mental health in an adaptable and personalized environment. Encompassing a variety of yoga styles, from more dynamic classes like Vinyasa or Ashtanga, to gentler practices like Yin or Restorative
-Yoga Tone: Adds free weights to your practice which increases muscle awareness and boosts lean muscle mass.
-Yoga Core: Strengthen your core with a combination of poses that will work your abs, back and flexibility.
-Bedtime Yoga: Restorative poses and soothing music to reduce tension and stress (bring a cozy sweater or blanket)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Yoga Core 5:45pm - 6:45pm	Yoga 9:30am - 10:30am Yoga Tone *Meeting Room 5:45pm - 6:45pm	Yoga 5:45pm - 6:45pm Bedtime Yoga 8:15pm - 9:00pm			

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00pm - 8:00pm					

ADULT PROGRAM SCHEDULE: PICK-UP HUB

No Program on Sept 7 & Oct 12

Members & Non-Member Adults: $4.42 (+HST=$5.00)

Adult Shuffleboard *PickupHub

Slide into 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. Players are encouraged to bring their shuffleboard cues as limited equipment is available for use. Shuffleboard is perfect for those in search of enjoyment, social connection, and a game that combines strategy and luck! All individuals are required to wear clean, indoor-only footwear when using the space.

Location: Ingersoll District Memorial Arena Auditorium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	12:30PM - 3:30PM					

Adult Recreation Volleyball *PickupHub

Grab your knee pads and bring your serving skills for some recreational volleyball. Gather your friends and join this weekly program for players looking to practice their volleyball skills. Some volleyball experience is recommended but not required. All individuals are required to wear clean, indoor-only footwear when using the space.

Location: Harrisfield Public School Gymnasium 142

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:00pm - 9:00pm				

Adult Intermediate Volleyball *PickupHub

Looking to take your volleyball skills to the next level? This program is designed for players with prior experience and a solid understanding of the game. This session is ideal for those who are comfortable with more advanced techniques such as setting, spiking, blocking, and quick rotations.

Unlike our recreational Wednesday evening games, Intermediate Volleyball offers a more competitive environment where players are expected to demonstrate good court awareness, communication, and consistency in their gameplay. Whether you're looking to improve your skills, enjoy a good workout, or connect with other experienced players, this session is the perfect opportunity to challenge yourself and have fun doing it. All individuals are required to wear clean, indoor-only footwear when using the space.

Location: Ingersoll District Collegiate Institute Gymnasium 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00pm - 9:00pm						

Adult Intermediate Pickleball *PickupHub

Join our Adult Intermediate Pickleball program for fun, organized play! Designed for players who can rally, serve, and keep score confidently, this program offers regular match play, skill development, and a great opportunity to connect with other players in a welcoming and enjoyable environment.

Location: Ingersoll District Collegiate Institute- Gym 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30pm - 8:30pm				

Please refer to our Cancellation/Refund/Transfer Policy for additional information. We strongly recommend preregistration for all programs to secure your spot. Registration opens 7 days prior to program time.

ADULT PROGRAM SCHEDULE

No Program on Sept 7 & Oct 12

Men's Basketball 18+
Hit the court this season in our Men's Basketball League! Teams will compete in organized, officiated games in a fun and competitive environment. Whether you're playing to win or just looking to enjoy the game, this league offers a great experience for players of all skill levels.
Location: Ingersoll District Collegiate Institute- Gym 2
Dates: October 6 th - June 15 th
Members & Non-Member: $212.63 / Per season

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00pm - 9:00pm					

Baby & Me 14+
Join us for our Baby & Me workout class. The perfect chance for you and your little one to meet other fabulous parents and work on your personal fitness. It's important to note that in this interactive program, parents stay close and engage with their little ones throughout the entire session.
Location: Victoria Park Community Centre – Fitness Studio
Session 1: September 17 th - October 29 th
Session 2: November 5 th -December 17 th
Members $24.50 / 7 weeks Non- Members $49.00 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			11:00am - 12:00pm			

StrollerFit 14+
StrollerFit is an energizing workout that combines cardio, strength training, and flexibility exercises—all while using your stroller! Experience a dynamic warm-up, heart-pumping intervals, and effective strength routines designed for parents and caregivers of all fitness levels. Connect with fellow parents and bond with your little one as you experience a fun and healthy routine together. Bring a water bottle, mat and get ready to sweat while having a blast!
Location: Fusion Youth Centre Gymnasium
Session 1: September 14 th - October 26 th No Program October 12 th
Members $21.00 / 6 weeks Non- Members $42.00 / 6 weeks
Session 2: November 2 nd -December 14 th
Members $24.50 / 7 weeks Non- Members $49.00 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00am - 12:00pm						

Please refer to our Cancellation/Refund/Transfer Policy for additional information. We strongly recommend preregistration for all programs to secure your spot. Registration opens 7 days prior to program time.

ADULT PROGRAM SCHEDULE

No Program on Sept 7 & Oct 12

Run Club 14+
Whether you're new to running or looking to build your endurance, our Run Club welcomes all levels! Enjoy progressive run/walk sessions in a supportive group setting, along with resistance exercises, mobility drills, and incline walking/jogging to help improve strength, confidence, and running capacity.
Location: Victoria Park Community Centre- Meet in the Front Lobby
Tuesdays: September 8 th –November 10 th
Thursdays: September 10 th - November 12 th
Members $35.00 / 10 weeks Non- Members $70.00 / 10 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00pm - 8:00pm		7:00pm - 8:00pm			

Triathlon Length Swim 14+
Interested in triathlons or just looking for an extra challenge in the pool? In this instructor-led length swim, you will learn proper swim techniques, practice drills, work on cardio conditioning and develop endurance.
Prerequisites: Participants must be able to complete a 25 metre swim with their face submerged in water.
Location: Victoria Park Community Centre – Pool Lane
Dates: October 1 st -December 3 rd
Members $40.00 / 10 weeks Non- Members $80.00 / 10 weeks
Drop in: Members $4.00/ day Non-Members $8.00/ day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			8:00pm - 9:00pm			



Please refer to our Cancellation/Refund/Transfer Policy for additional information. We strongly recommend preregistration for all programs to secure your spot. Registration opens 7 days prior to program time.



FALL PREVENTION Workshops

November 13th & 20th

11:00am

VPCC Fitness Studio

$7.54 Adult, $6.73 Senior

Improve your balance, strength, and confidence in this interactive workshop designed to help adults reduce their risk of falls. Learn practical exercises, tips for preventing falls at home and in the community, and strategies to stay active, safe, and independent. Suitable for all mobility levels, gait aids welcome.

We strongly encourage preregistration to secure your spot!

Ingersoll
Community Services

SCHOOL AGE PROGRAM SCHEDULE

No Program on Sept 7 & Oct 12



Register Online on UNIVERUS

app.univerusrec.com/ingersollcspub
or call 519-425-1181 ext 0

Monster Mash Ages 4-12yrs
Join us for a spook-tacular PA Day filled with Halloween-themed fun! Campers will enjoy monster games, creepy crafts, spooky science, music, dancing, team challeges, and festive activities in a safe, fun, and welcoming environment. It's the perfect day for little monsters to play, create, and make new friends!
Location: Victoria Park Community Centre-Meeting room
Date: October 26th
Fees: Member $35.00/day, Non-Member $40.00/day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am - 4:00pm						

Ninja Warrior Training
Ages 5-9yrs
This high-energy, ninja-themed class is an action-filled adventure where kids jump, roll, crawl, and climb through exciting obstacle courses and playful missions. As they master beginner ninja moves, they'll build strength, balance, coordination, and focus in a fun, supportive environment. All individuals are required to wear clean, indoor-only footwear when using the space.
Location: Harrisfield Public School – Gymnasium
Session A: September 24th- October 29 th
Member $18.00 / 6 weeks Non- Member $36.00 / 6 weeks
Session B: November 5th- December 17th
Member $21.00 / 7 weeks Non- Member $42.00 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00pm - 7:00pm				

Jr Jays: Girls at Bat
Ages 8-10yrs
The Jr. Jays Girls at Bat program, supported by Jays Care Foundation, is a fun, recreation-based initiative that introduces girls to baseball in a safe and inclusive environment. Focused on building confidence, teamwork, and leadership through play, the program welcomes participants of all skill levels and promotes physical activity, friendship, and personal growth. All individuals are required to wear clean, indoor-only footwear when using the space.
Location: Harrisfield Public School Gymnasium
Session A: September 23 rd – October 29 th
Member $18.00 / 6 weeks Non- Member $36.00 / 6 weeks
Session B: November 4 th - December 16 th
Member $21.00/ 7 weeks Non- Member $42.00 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00pm - 7:00pm				

Please refer to our Cancellation/Refund/Transfer Policy for additional information. We strongly recommend preregistration for all programs to secure your spot. Registration opens 7 days prior to program time.

SCHOOL AGE PROGRAM SCHEDULE

No Program on Sept 7 & Oct 12



Register Online on UNIVERUS

app.univerusrec.com/ingersollcspub
or call 519-425-1181 ext 0

Goop Group
Ages 4-10yrs
A slime-filled, hands-on program where kids mix, stretch, squish, and swirl a new gooey creation each week to take home. Participants will experiment with colorful slime, fun textures, and exciting add-ins while enjoying playful sensory fun. Perfect for kids who love getting messy, being creative, and making awesome slime!
Location: Victoria Park Community Centre- Meeting Room
Session A: September 24th- October 29 th
Member $18.00 / 6 weeks Non- Member $36.00 / 6 weeks
Session B: November 5th- December 17th
Members $24.50 / 7 weeks Non- Members $49.00 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:00pm - 7:00pm			

Sports Mania
Ages 5-8yrs
Sports Mania is a fun-filled, energetic program designed for children to explore a variety of sports and physical activities in a safe and supportive environment. Through exciting games, skill-building exercises, and teamwork challenges, children develop coordination, confidence, sportsmanship, and a love for staying active while making new friends and having fun.
Location: Harrisfield Public School – Gymnasium
Session A: September 22nd- October 27 th
Member $18.00 / 6 weeks Non- Member $36.00 / 6 weeks
Session B: November 3rd- December 15th
Member $21.00 / 7 weeks Non- Member $42.00 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30pm - 7:30pm					

Flick N Dip *Drop In
Ages 6-12yrs
Looking for a fun way to spend an evening? Bring your friends and your favorite snack for an exciting night of movies and activities! Kids will start with a family-friendly movie from 6:00–7:00 PM, then splash in the pool from 7:00–7:50 PM. Lifejackets are available for swimmers, and all activities are supervised by our awesome staff. Parents are asked to assist with snack purchases, escort children to the movie room, and sign them in and out at the Main Lobby, with pick-up at 8:00 PM. Pool admission standards apply, and registration is strongly recommended to secure your spot!
Location: Victoria Park Community Centre – Meeting Room & Pool
Dates: September 18th- December 18th
Member $4.00/ per day Non-Member $6.00/ per day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				6:00pm - 8:00pm		

PRESCHOOL PROGRAM SCHEDULE

No Program on Sept 7 & Oct 12



Register Online on UNIVERUS
app.univerusrec.com/ingersollcspub
or call 519-425-1181 ext 0

Kinder Gymnastics
Ages 3-5yrs
Kinder Gymnastics is a fun, structured program where children participate in gymnastics activities without a caregiver. Through obstacle courses, games, and skill stations, children build strength, balance, coordination, and confidence while learning to follow instructions, take turns, and work in a group setting.
Location: Victoria Park Community Centre – Meeting Room

Tuesday Session A: September 29th- November 3rd
Tuesday Session B: November 10th- December 15th
Member $18.00 / 6 weeks Non-Member $36.00/ 6 weeks

Wednesday Session A: September 30th- November 4th
Wednesday Session B: November 11th- December 16th
Member $18.00 / 6 weeks Non-Member $36.00/ 6 weeks

Saturday Session A: October 3rd- November 7th
Saturday Session B: November 14th- December 19 th No Program November 28 th
Member $18.00 / 6 weeks Non-Member $36.00/ 6 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:00am - 10:45am 11:00am - 11:45am	9:00am - 9:45am 11:00am - 11:45am			9:00am - 9:45am 11:00am - 1:45am	

Parent & Tot Gymnastics
Ages 2-3yrs
Parent &Tot Gymnastics is a fun and engaging program where caregivers and children explore movement together. Through age-appropriate gymnastics activities, obstacle courses, songs, and games, children develop balance, coordination, strength, and confidence while building a strong bond with their caregiver in a supportive environment.
Location: Victoria Park Community Centre – Meeting Room

Tuesday Session A: September 29th- November 3rd
Tuesday Session B: November 10th- December 15th
Member $18.00 / 6 weeks Non-Member $36.00/ 6 weeks

Wednesday Session A: September 30th- November 4th
Wednesday Session B: November 11th- December 16th
Member $18.00 / 6 weeks Non-Member $36.00/ 6 weeks

Saturday Session A: October 3rd- November 7 th
Member $18.00 / 6 weeks Non-Member $36.00/ 6 weeks

Saturday Session B: November 14th- December 19 th No Program November 28 th
Member $15.00 / 5 weeks Non-Member $30.00/ 5 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00am - 9:45am	10:00am - 10:45am			10:00am - 10:45am	

PRESCHOOL PROGRAM SCHEDULE

No Program on Sept 7 & Oct 12

Super Kinder Hero's
Ages 3-4yrs
Children will discover their inner superhero through exciting games, creative activities, movement challenges, and imaginative play. This fun preschool program promotes confidence, teamwork, kindness, and problem-solving while encouraging children to use their unique strengths to become everyday heroes.
Location: Victoria Park Community Centre – Meeting Room
Session A: September 17th - October 29th
Session B: November 5th- December 17th
Member $42.00 / 7 weeks Non- Member $84.00 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			8:30am - 10:30am			

Little Ninja
Ages 3-4yrs
Little Ninja introduces preschoolers to the exciting world of ninja adventures through active games, obstacle courses, movement activities, and teamwork challenges. Children will build confidence, coordination, focus, and self-control while having fun in a safe and supportive environment.
Location: Victoria Park Community Centre – Meeting Room
Session A: September 17th - October 29th
Session B: November 5th- December 17th
Member $42.00 / 7 weeks Non- Member $84.00 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			10:30am - 12:30pm			

Craft & Play
Ages 3-4yrs
A fun program where preschoolers can create, play, and explore! Children will enjoy themed crafts, circle games, and creative activities that encourage imagination, friendship, and learning through play.
Location: Victoria Park Community Centre – Meeting Room
Session A: September 18th - October 30th
Session B: November 6th- December 18th
Member $42.00 / 7 weeks Non- Member $84.00 / 7 weeks

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				9:00am - 11:00am		



Mystic MARKET

FRIDAY | OCTOBER 09
6:00PM - 10:00PM

Explore a unique evening marketplace featuring psychics, tarot card readers, palm readers, aura readers, mediums, spiritual practitioners, artisans, and vendors offering mystical treasures, crystals, handcrafted goods, and more.

INGERSOLL CHEESE MUSEUM

PumpkinFEST

SATURDAY, OCTOBER 24
1:00PM - 4:00PM

- VENDORS
- FOOD TRUCKS
- PUMPKINS
- COSTUME CONTEST
- PRIZES
- LIVE MUSIC

INGERSOLL CHEESE MUSEUM

2026
FALL EVENTS
AT THE

INGERSOLL CHEESE MUSEUM

SANTA'S VILLAGE

Saturday	Saturday	Saturday
November 21 & 28	December 05 & 12	December 19
4:00-8:00PM	4:00-8:00PM	12:00-9:00PM

ENJOY: Crafts, letters to Santa, face painting, food trucks, lighting of the lights, visits with Santa & Mrs Clause, popcorn, balloon twisting, and so much more!

@ THE INGERSOLL CHEESE MUSEUM

VPCC BIRTHDAY PARTIES



Pool Party (Ages 3 - 13)
Children will swim during our "open swim" for the first hour 1:30pm - 2:30pm, 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
Fee: $229.62 per party

Group Games Party (Ages 3 - 12)
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: Saturday or Sunday 1:30pm - 3:30pm
Fee: $229.62 per party



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

Fusion

TAKE A TOUR



Parents and Youth welcome! Contact us today to set up a tour of our centre.

Come Explore:

- Lounge
- Gaming Room
- Multimedia Studio
- Music Recording Studio
- Art Room
- Gym

Contact Us:

519-425-4386

fusionfrontdesk@ingersoll.ca

$5.00 YEARLY MEMBERSHIP



FUSION YOUTH CENTRE

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

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** $228.60 **|** Includes art activity and 1 staff member, plus time in the party room
- **Gym Party** $203.20 **|** Includes sports activities and 1 staff member, plus time in the party room
- **Lounge Party** $203.20

Location: Fusion Youth Centre

FUSION MEMBERSHIP

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.



Q. To be a Fusion member, what ages does my child need to be?
A. Any youth between the ages of 10-18 can be a Fusion member.

Q Is there an extra cost for your programs?
A. No. All our regular programs are included with your child's annual membership. Additional costs may be required to attend special outings or events.

Q. How many staff are working each day?
A. 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.

Q. What if youth leave Fusion to go somewhere else?
A. 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.

Q. What is Fusion's policy on bullying?
A. 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.

Q. Does my child have to live in Ingersoll to be a Fusion Member?
A. No. Fusion membership is open to all youth. As long as they are between the ages of 10-18

Q. Is the Skate Park supervised?
A. No, our skate park is not supervised by Fusion staff. The Skate Park is monitored by security cameras. Helmets are strongly recommended.

Q. Is the Fusion Youth Centre wheelchair accessible?
A. Yes. All our rooms are fully accessible, including the washrooms.

Fusion

ZERO TOLERANCE FOR BULLYING



At Fusion, we take pride in ensuring our youth feel safe and respected.

We are committed to sustaining a bullying-free environment.

Funding partner of:

United Way Oxford

Fusion

Ingersoll Community Services

FALL 2026

DROP-IN PROGRAMS

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:30 PM - 9:00 PM Lounge / The Y	2:30 PM - 9:00 PM Lounge / The Y	2:30 PM - 9:00 PM Lounge / The Y	2:30 PM - 9:00 PM Lounge / The Y	2:30 PM - 9:00 PM Lounge / The Y
2:30 PM - 4:00 PM Studio Workshop	2:30 PM - 4:00 PM Open Gym	2:30 PM - 4:00 PM Studio Workshop	2:30 PM - 5:00 PM Open Gym	2:30 PM - 5:00 PM Open Gym
2:30 PM - 4:00 PM Open Gym	4:00 PM - 5:00 PM Volleyball	4:00 PM - 5:00 PM 1 on 1 Music Lessons	4:00 PM - 5:00 PM Film Production	5:00 PM - 6:00 PM Volleyball
4:00 PM - 5:00 PM Badminton	4:30 PM - 6:00 PM Tracy's Diner	2:30 PM - 4:00 PM Open Gym	6:00 PM - 7:30 PM Girls Group	6:00 PM - 7:30 PM Guys Group
4:30 PM - 6:00 PM Tracy's Diner	5:00 PM - 6:00 PM Ping Pong with Shiya	4:00 PM - 5:00 PM Pickleball	5:00 PM - 6:00 PM Girls Multi-Sports	7:00 PM - 9:00 PM Open Art
5:00 PM - 6:00 PM Volleyball	5:00 PM - 6:00 PM Zen Zone*	5:00 PM - 6:00 PM Volleyball	6:00 PM - 7:00 PM 1 on 1 Music Lessons	7:00 PM - 8:00 PM Basketball
6:00 PM - 7:00 PM 1 on 1 Music Lessons	6:00 PM - 7:00 PM 1 on 1 Music Lessons	6:00 PM - 7:30 PM Digital Drawing	7:00 PM - 8:00 PM Guys Basketball	8:00 PM - 9:00 PM Digital Media
6:00 PM - 7:30 PM Capture, Create, Edit	6:00 PM - 7:30 PM Digital Drawing	6:00 PM - 7:30 PM Digital Media	7:00 PM - 9:00 PM Open Art	8:00 PM - 9:00 PM Open Gym
7:00 PM - 8:00 PM Basketball	7:00 PM - 8:00 PM Basketball	8:00 PM - 9:00 PM Open Art		
7:00 PM - 9:00 PM Open Art	7:00 PM - 9:00 PM Open Art	7:00 PM - 8:30 PM Basketball		
8:00 PM - 9:00 PM Dodgeball	8:00 PM - 9:00 PM Soccer			

Sports, Recreation & Leisure | Open Program Spaces | Art Programs

Life Skills | Technology Programs | Music Programs

*Zen Zone will be taking place every other week

PROGRAMS ARE OPEN TO ALL FUSION MEMBERS!

https://app.univerusrec.com/ingersollcspub/ fusionfrontdesk@ingersoll.ca

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FALL 2026
DROP-IN PROGRAMS

Drop-in Hours	Fusion is open 2:30PM - 9:00PM, Tuesday to Saturday. Youth are encouraged to participate in any of the drop-in programs they are interested in, or are welcome to hang out in any of our open rooms.
Badminton	For youth looking to learn or build upon badminton skills, learning strategies and coordination. Youth can participate in various drills or full badminton games with peers and staff.
Basketball	An open program where youth can drop-in for a quick round of basketball with staff and peers! Half-court or full court games, teams will be decided based on number of participants and with staff discretion.
Pickleball	Ever wanted to learn how to play pickleball? Now's your chance! Join Shiya in the gym to learn basics, play full games or just practice with your peers.
Volleyball	This volleyball program is open for all youth to drop-in and practice their skills. Try out different volleyball drills or play a full game in our gym!
Open Gym	A drop in program open to all Fusion members. Activities are determined by youth on the basis of a vote. There is an option for half-court activities to accommodate youth with different interests.

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DROP-IN PROGRAMS

Ping Pong with Shiya	Drop-in the lounge every Wednesday from 5-6pm to play some ping pong with Shiya! Learn some tips and tricks, and practice your skills so you can beat all of your friends at this classic table top game.
Girls Multi-Sports	On Tuesdays and Fridays, the gym will have time set aside specifically for female youth to enjoy the gym! This program is open for all girls ages 10-18!
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.
Zen Zone	Zen Zone is a bi-weekly program where youth can drop-in and focus on self care. This program will offer slow paced and relaxing activities for all youth ages 10-18.
Girls Group	A weekly group for girls to participate in fun and unique activities such as arts and crafts, baking, games, karaoke, and much more! (Open to girls 10-18) **Times may vary depending on activity. Please check our social media for more info.*
Guys Group	A weekly group for guys to participate in fun activities, try out new things, and spend time with friends, or meet new ones! (Open to boys 10-18) **Times may vary depending on activity. Please check our social media for more info.*

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FALL 2026
DROP-IN PROGRAMS

Capture, Create, Edit Interested in learning how to edit photos and videos? This program allows you to learn about all of the after-effects and post-production stages of photography and film editing. This program is where we will edit footage and photos captured in our other digital media programming.

Digital Media A drop-in program where youth are free to explore their interests in the digital world. Use our multi-media room computers to edit photos, videos and more! Or try your hand at making a 3D model, utilize game design programs or try our graphic design.

Video Production Get creative in the TV Studio and learn how to make your own videos. Create your own stories, learn how to use film cameras and how to direct and act with peers in your own movies or videos.

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

Digital Drawing Digital Drawing is a weekly program where you can sign-up to learn the basics of creating art digitally using tablets, as well as other art skills such as anatomy, character design, and more.

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FALL 2026
DROP-IN PROGRAMS

1 to 1 Music Lessons	If you're looking to learn anything music related, we have timeslots from 6-7pm, Tuesday, Wednesday, Friday, and 4-5pm on Thursdays! Drop by our music studio and talk to our staff to see about getting in for an hour of private music lessons.
Studio Workshop	Ever wondered what it's like creating with sound in a music studio setting? Come check out Studio Workshops every Tuesday and Thursday! You'll learn how to use different software and equipment that can help boost your passion in sound/music creation.
Special Events	For all other special events or programs that require sign-ups, please keep an eye on our social media pages. We run lots of other fun events outside of our regular programs such as: movie trips, bowling, mini putt, public swims, public skates, and much more!

PROGRAMS ARE OPEN TO ALL FUSION MEMBERS!

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Fusion

FIND US ON ALL SOCIALS ON Linktree



For youth program information & updates!

https://linktr.ee/fusionyouthcentre

Arena Schedule

All registration and payment must be made through **PickupHub.net/Ingersoll**. Cash will not be accepted.

NO regular programs on these dates: Oct 16, 17, Nov 6, 7, Dec 24-26, 31, Jan 1, Feb 19, Mar26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:00am - 9:50am Huff & Puff	9:00am - 9:50am Huff & Puff	7:00am - 7:50am Stick & Puck			
	10:30am - 11:20am Parents & Tots	10:30am - 11:20am Parents & Tots			10:00am - 10:50am Open Skate	
			1:00pm - 1:50pm Shinny			
	3:00pm - 3:50pm Adult Skate		2:30pm - 3:20pm Adult Skate			
	4:00pm-4:50pm Stick & Puck		3:30 - 4:20pm Open Skate	4:00pm - 4:50pm Stick & Puck		

Stick & Puck all ages

All ages, informal shootaround and skate. Skates, helmets and gloves required (no goalies).
$5.00 on pickuphub

Huff & Puff 50+

Pickup hockey. Full hockey equipment required.
$5.00 on pickuphub

✳ Parents & Tots

Skates required and helmets strongly recommended. Child must be accompanied by an adult. No sticks or pucks allowed.

✳ *This is a **free** program. You do not need to register or pay for 'Parents & Tots'.*

Shinny 18+

Pickup hockey, full hockey equipment required.
$5.00 on pickuphub

Open Skate all ages

Skates required, no strollers. Helmets strongly recommended. No sticks, pucks or other equipment that could interfere with the safety of another skater. No food or drinks on the ice. No horseplay, tag or other games. Skate with the direction of all skaters. Listen to the direction of arena staff at all times. **$3.00 (or free if Sponsored. Keep an eye on social media 'Ingersoll Recreation' for Sponsored Skates)**

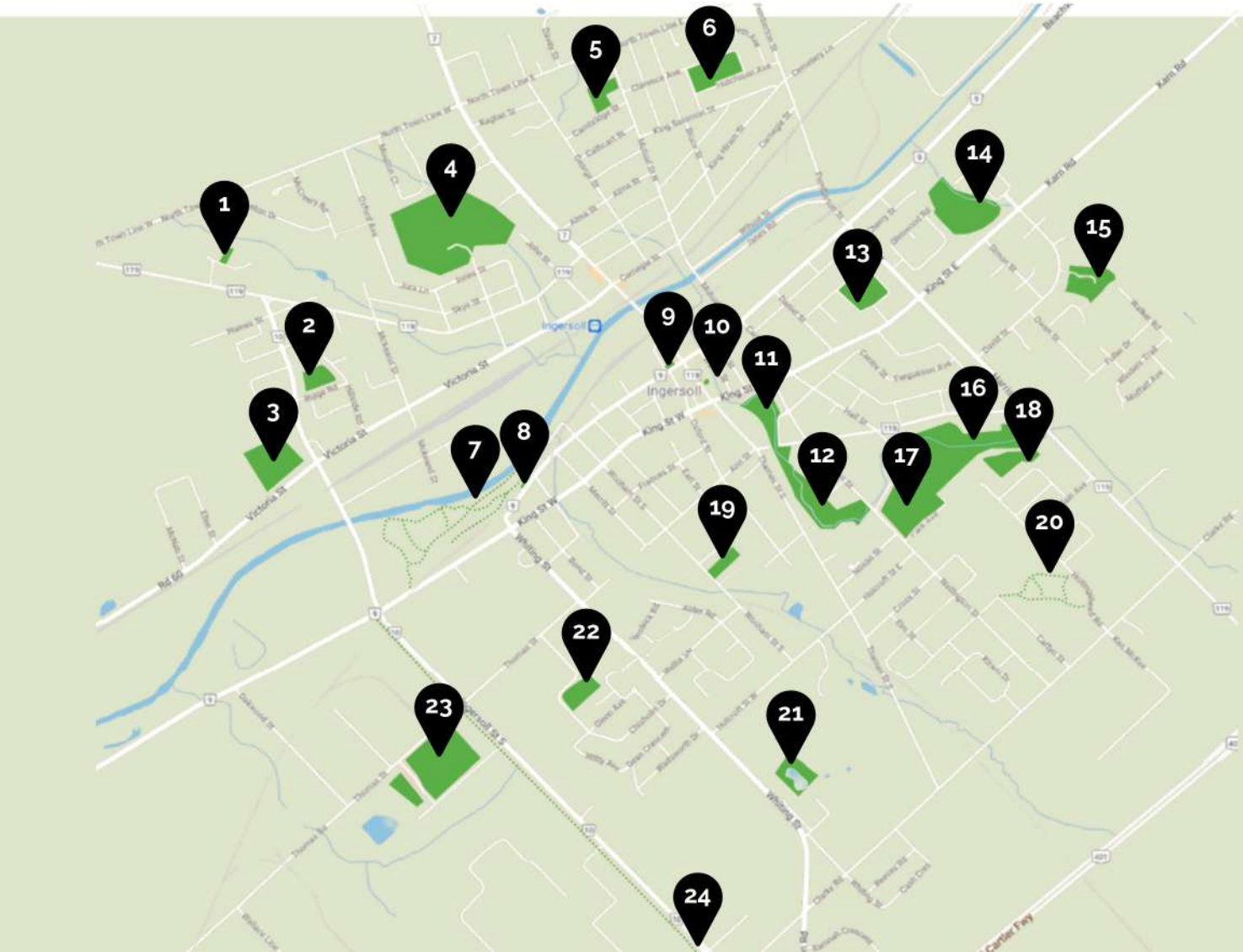
Adult Skate 18+

Skates required and helmets strongly recommended. **$3.00 on pickuphub**



PARKS & TRAILS MAP

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



FACILITY RENTALS

HST will be applied upon purchase where applicable.

Arena

Ice Rental

- Prime Time Private.....$181.37/hr
- Non-Prime Time Private.....$124.41/hr
- Minor Sports Prime Time.....$138.78/hr
- Minor Sports Non-Prime Time.....$95.71/hr

Arena Floor

- Sunday to Thursday.....$549.18/day
- Friday and Saturday.....$800.88/day
- Hourly.....$54.91/hr

Auditorium

- Sunday to Thursday.....$251.70/day
- Friday and Saturday.....$480.53/day
- After 2:00am additional charge.....$41.19 (flat rate, one-time fee)
- Hourly rate.....$50.34/hr
- Hourly Rate for Auditorium/Arena Floor - User Group/ Service Club.....$31.52/hr

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Prices include HST

Victoria Park Community Centre

VPCC Meeting Room

- Per Hour.....$31.03
- Per Day.....$153.08

Pool Rental

- 2 guards (1-65).....$159.38
- 3 guards (66-100).....$189.92
- 4 guards (101-166).....$220.46

Parks

Diamonds

- 1 Time Diamond Rental w/ Lights.....$49.54/hr
- 1 Time Diamond Rental w/out Lights.....$40.53/hr
- User Group Diamond Rental w/Lights.....$25.45/hr
- User Group Diamond Rental w/out Lights..... $20.36
- 1 Time Minor Ball Diamond Rental.....$6.22/hr
- Extra Diamond Dragging.....$50.00

Pavilions

- Smith Pond Pavilion Rental.....$81.08/day
- Victoria Park Pavilion Rental.....$81.08/day
- Centennial Park Pavilion Rental.....$81.08/day

Fusion

Fusion Program Space

- Weekday or Evening Per Hour.....$13.48/hr
- Weekday or Evening Per Day.....$67.43/day
- Weekend Per Hour.....$28.77/hr
- Weekend Per Day.....$189.72/day

Gym Rental

- Weekday or Evening Per Hour.....$46.68/hr
- Weekday or Evening Per Day.....$373.42/day

Lounge Rental

- Weekday/Evening/Weekend Per Hour.....$42.11/hr
- Weekday/Evening/Weekend Per Day.....$252.64/day

Art Room Rental

- Weekday/Evening/Weekend Per Hour.....$15.56/hr
- Weekday/Evening/Weekend Per Day.....$93.33/day

SureStart Room Rental

- Weekday/Evening/Weekend Per Hour.....$31.12/hr
- Weekday/Evening/Weekend Per Day.....$186.73/day

Youth Technology Centre (the YTLC)

- Weekday/Evening/Weekend Per Hour.....$31.12/hr
- Weekday/Evening/Weekend Per Day.....$186.73/day

IMAC Lab

- Weekday/Evening/Weekend Per Hour.....$31.12/hr
- Weekday/Evening/Weekend Per Day.....$186.73/day

Conference Room B

- Weekday or Evening Per Hour.....$13.48/hr
- Weekday or Evening Per Day.....$67.43/day
- Weekend Per Hour.....$28.77/hr
- Weekend Per Day.....$189.72/day

Kitchen

- Weekday/Evening/Weekend Per Hour.....$36.62/hr
- Weekday/Evening/Weekend Per Day.....$155.60/day

Birthday Parties

- **Art Party**.....$228.60
  - Includes art activity and 1 staff member, plus time in the party room
- **Gym Party**.....$203.20
  - Includes sports activities and 1 staff member, plus time in the party room
- **Lounge Party**.....$203.20