

Saturday, March 1, 2025

Health Club

Date and Time: Saturday, March 1 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Kidproof Babysitting Course

Date and Time: Saturday, March 1 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

This program teaches children ages 11-14 how to find a babysitting job, care for kids of all ages and make safe choices when trusted with the care of children. Covers basic emergency First Aid. Register here: [Online Portal](#)

Family Skate at Outdoor Rink

Date and Time: Saturday, March 1 10:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Skate aids are available in limited supply.

Sunday, March 2, 2025

Health Club

Date and Time: Sunday, March 2 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Free Public Skate

Date and Time: Sunday, March 2 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by VanQuaethem Farms Ltd. The last 10min. of each ice time is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Monday, March 3, 2025

Health Club

Date and Time: Monday, March 3 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Monday, March 3 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

“What’s You Sign: Part 2” Exhibition Opening

Date and Time: Monday, March 3 9:00 am - 4:00 pm

Address: 30 Tillson Avenue

“What’s You Sign: Part 2”

Date: Monday, March 3rd to Sunday, May 4th, 2025

Cost: By Donation

Come and celebration the opening of the Museum’s exhibition 2025 year. This exhibition celebrates how the citizens of Tillsonburg left their mark!

Morning Yoga

Date and Time: Monday, March 3 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Parent and Tot Skate

Date and Time: Monday, March 3 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. Designated for children 4yrs old or less, accompanied by an adult caregiver. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. Strollers are permitted on ice during this skate only.

Fee: Toddlers (under 2) - Free / Ages 2-4yrs - \$4.40 / Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70.

The last 10min of each skate is reserved for ice resurfacing.

Family Skate at Outdoor Rink

Date and Time: Monday, March 3 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Skates aids are available in limited supply.

Badminton Drop In

Date and Time: Monday, March 3 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for badminton are subject to availability and based on attendance.

Ages 18+. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Glendale High School

Blast Class

Date and Time: Monday, March 3 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Tuesday, March 4, 2025

Health Club

Date and Time: Tuesday, March 4 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Pickleball Drop In

Date and Time: Tuesday, March 4 9:30 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for pickleball are subject to availability based on attendance.

Ages 18+, all levels. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Tillsonburg Community Centre, Lion's Auditorium. Drop-in Fee: \$9.10.

Public Skate

Date and Time: Tuesday, March 4 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. The last 10 min. of each skate is reserved for ice resurfacing.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$4.40 / Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70

Blast Class

Date and Time: Tuesday, March 4 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, March 4 6:15 pm - 7:15 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Wednesday, March 5, 2025

Health Club

Date and Time: Wednesday, March 5 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Wednesday, March 5 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic s, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Wednesday, March 5 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Pickleball Drop In

Date and Time: Wednesday, March 5 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for pickleball are subject to availability and based on attendance.

Ages 18+, all levels. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Tillsonburg Community Centre, Lion's Auditorium. Drop-in Fee: \$9.10.

Blast Class

Date and Time: Wednesday, March 5 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Thursday, March 6, 2025

Health Club

Date and Time: Thursday, March 6 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

20/20/20 Fitness Class

Date and Time: Thursday, March 6 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Public Skate

Date and Time: Thursday, March 6 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. The last 10 min. of each skate is reserved for ice resurfacing.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$4.40 / Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70

Pilates

Date and Time: Thursday, March 6 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Pickleball Drop In

Date and Time: Thursday, March 6 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for pickleball are subject to availability and based on attendance.

Ages 18+, all levels. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Tillsonburg Community Centre, Lion's Auditorium. Drop-in Fee: \$9.10.

Women's Day Cheesecake Social;

Date and Time: Thursday, March 6 1:30 pm - 3:30 pm

Address: 30 Tillson Avenue

Women's Day Cheesecake Social

Thursday, March 6th; 1:30 p.m.

Cost: \$ 25 (taxes included)

In honour of International Women's Day indulge in cheesecake and chatter with friends! **Preregistration required.**

Family Skate at Outdoor Rink

Date and Time: Thursday, March 6 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Skates aids are available in limited supply.

Friday, March 7, 2025

Health Club

Date and Time: Friday, March 7 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Friday, March 7 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic s, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Friday, March 7 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Public Skate

Date and Time: Friday, March 7 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. The last 10 min. of each skate is reserved for ice resurfacing.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$4.40/ Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70

Saturday, March 8, 2025

Health Club

Date and Time: Saturday, March 8 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or quickeball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Family Skate at Outdoor Rink

Date and Time: Saturday, March 8 10:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Skate aids are available in limited supply.

Sunday, March 9, 2025

Health Club

Date and Time: Sunday, March 9 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Free Public Skate

Date and Time: Sunday, March 9 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Martinrea.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Monday, March 10, 2025

Health Club

Date and Time: Monday, March 10 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for water polo and/or quicquleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Monday, March 10 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Free Public Skate

Date and Time: Monday, March 10 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Allard Chiropractic.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

“Eco-Explorers: March Break at the Museum”

Date and Time: Monday, March 10 10:30 am - 11:30 am

Address: 30 Tillson Avenue

“Eco-Explorers: March Break at the Museum”

March 10th to 14th; Ages 3-8 10:30 a.m. to 11:30 a.m.

(\$15.00 a day)

“Eco-Explorers: March Break at the Museum” is a celebration of the different eco-systems that make Earth special! Each day we will be celebrating different eco-system. **All materials and supplies are provided. Preregistration is required.**

Monday, March 10th: Dessert

Tuesday, March 11th: Rainforest

Wednesday, March 12th: Grasslands/Savannah

Thursday, March 13th: Tundra

Friday March 14th: Ocean

Adult Swim

Date and Time: Monday, March 10 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

“Eco-Explorers: March Break at the Museum” SR Group

Date and Time: Monday, March 10 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

“Eco-Explorers: March Break at the Museum”

March 10th to 14th

Ages 8-12 1:00 p.m to 3:00 p.m.

\$25.00 a day

“Eco-Explorers: March Break at the Museum” is a celebration of the different eco-systems that make Earth special! Each day we will be celebrating different eco-system. **All materials and supplies are provided. Preregistration is required.**

Monday, March 10th: Dessert

Tuesday, March 11th: Rainforest

Wednesday, March 12th: Grasslands/Savannah

Thursday, March 13th: Tundra

Friday March 14th: Ocean

Free Public Skate

Date and Time: Monday, March 10 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Passionate Travel. The last 10min. of each skate is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Aqua Jog

Date and Time: Monday, March 10 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout . Flotation device is provides.

Adult Swim

Date and Time: Monday, March 10 3:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Family Skate at Outdoor Rink

Date and Time: Monday, March 10 4:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us at the Outdoor Rink for a free family skate. This skate is supervised. No pucks, rings or sticks are allowed during this skate. Skates are weather pending.

Skates aids are available in limited supply.

FREE Friendship Dinner

Date and Time: Monday, March 10 4:30 pm - 6:30 pm

Address: 52 Venison St E

FREE Friendship Dinners brought to you by your Tillsonburg Society of St Vincent d Paul.

Everyone welcome. Doors open at 4:30pm and dinner is served at 5pm.

Shopping table (Food, clothes, shoes, bedding etc) always available - items are free.

Located in the basement of St Mary's Church Tillsonburg - 51 Venison St W.

Community Swim

Date and Time: Monday, March 10 5:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Aqua Jog

Date and Time: Monday, March 10 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout . Flotation device is provides.

Adult Swim

Date and Time: Monday, March 10 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Tuesday, March 11, 2025

Health Club

Date and Time: Tuesday, March 11 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Tuesday, March 11 6:00 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Tuesday, March 11 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Free Public Skate

Date and Time: Tuesday, March 11 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by CUPE 7575. The last 10 min. of each ice time is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Aqua Jog

Date and Time: Tuesday, March 11 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout. Flotation device is provided.

“Eco-Explorers: March Break at the Museum”

Date and Time: Tuesday, March 11 11:30 am - 11:30 am

Address: 30 Tillson Avenue

“Eco-Explorers: March Break at the Museum”

March 10th to 14th; Ages 3-8 10:30 a.m. to 11:30 a.m.

\$15.00 a day)

“Eco-Explorers: March Break at the Museum” is a celebration of the different eco-systems that make Earth special! Each day we will be celebrating different eco-system. **All materials and supplies are provided. Preregistration is required.**

Monday, March 10th: Dessert

Tuesday, March 11th: Rainforest

Wednesday, March 12th: Grasslands/Savannah

Thursday, March 13th: Tundra

Friday March 14th: Ocean

Adult Swim

Date and Time: Tuesday, March 11 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Tuesday, March 11 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Free Public Skate

Date and Time: Tuesday, March 11 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by David LaPointe, Century 21. The last 10min. of each skate is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

“Eco-Explorers: March Break at the Museum” SR Group

Date and Time: Tuesday, March 11 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

“Eco-Explorers: March Break at the Museum”

March 10th to 14th

Ages 8-12 1:00 p.m to 3:00 p.m.

\$25.00 a day

“Eco-Explorers: March Break at the Museum” is a celebration of the different eco-systems that make Earth special! Each day we will be celebrating different eco-system. **All materials and supplies are provided. Preregistration is required.**

Monday, March 10th: Dessert

Tuesday, March 11th: Rainforest

Wednesday, March 12th: Grasslands/Savannah

Thursday, March 13th: Tundra

Friday March 14th: Ocean

Community Swim

Date and Time: Tuesday, March 11 3:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Adult Swim

Date and Time: Tuesday, March 11 5:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane.

ne. No diving board is available.

Aqua Cycle

Date and Time: Tuesday, March 11 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Adult Swim

Date and Time: Tuesday, March 11 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Wednesday, March 12, 2025

Health Club

Date and Time: Wednesday, March 12 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Wednesday, March 12 6:00 am - 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Cycle

Date and Time: Wednesday, March 12 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Wednesday, March 12 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Free Public Skate

Date and Time: Wednesday, March 12 9:00 am

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by David LaPointe, Century 21. The last 10min. of each skate is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Preschool Playtime Swim

Date and Time: Wednesday, March 12 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

For parents/caregivers with child aged 3mos to 6years. Pre-registration is not required. Pool Admission Standards do apply.

“Eco-Explorers: March Break at the Museum”

Date and Time: Wednesday, March 12 10:30 am - 11:30 am

Address: 30 Tillson Avenue

“Eco-Explorers: March Break at the Museum”

March 10th to 14th; Ages 3-8 10:30 a.m. to 11:30 a.m.

\$15.00 a day)

“Eco-Explorers: March Break at the Museum” is a celebration of the different eco-systems that make Earth special! Each day we will be celebrating different eco-system. **All materials and supplies are provided. Preregistration is required.**

Monday, March 10th: Dessert

Tuesday, March 11th: Rainforest

Wednesday, March 12th: Grasslands/Savannah

Thursday, March 13th: Tundra

Friday March 14th: Ocean

Adult Swim

Date and Time: Wednesday, March 12 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Wednesday, March 12 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

“Eco-Explorers: March Break at the Museum” SR Group

Date and Time: Wednesday, March 12 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

“Eco-Explorers: March Break at the Museum”

March 10th to 14th

Ages 8-12 1:00 p.m to 3:00 p.m.

\$25.00 a day

“Eco-Explorers: March Break at the Museum” is a celebration of the different eco-systems that make Earth special! Each day we will be celebrating different eco-system. **All materials and supplies are provided. Preregistration is required.**

Monday, March 10th: Dessert

Tuesday, March 11th: Rainforest

Wednesday, March 12th: Grasslands/Savannah

Thursday, March 13th: Tundra

Friday March 14th: Ocean

Free Public Skate

Date and Time: Wednesday, March 12 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Ernie Hardeman, MPP. The last 10min. of each skate is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Adult Swim

Date and Time: Wednesday, March 12 3:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Community Swim

Date and Time: Wednesday, March 12 5:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Aqua Jog

Date and Time: Wednesday, March 12 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout . Flotation device is provides.

Adult Swim

Date and Time: Wednesday, March 12 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Thursday, March 13, 2025

Health Club

Date and Time: Thursday, March 13 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Thursday, March 13 6:00 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Thursday, March 13 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Free Public Skate

Date and Time: Thursday, March 13 9:00 am

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by David LaPointe, Century 21. The last 10min. of each skate is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Aqua Jog

Date and Time: Thursday, March 13 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout. Flotation device is provided.

“Eco-Explorers: March Break at the Museum”

Date and Time: Thursday, March 13 10:30 am - 11:30 am

Address: 30 Tillson Avenue

“Eco-Explorers: March Break at the Museum”

March 10th to 14th; Ages 3-8 10:30 a.m. to 11:30 a.m.

(\$15.00 a day)

“Eco-Explorers: March Break at the Museum” is a celebration of the different eco-systems that make Earth special! Each day we will be celebrating different eco-system. **All materials and supplies are provided. Preregistration is required.**

Monday, March 10th: Dessert

Tuesday, March 11th: Rainforest

Wednesday, March 12th: Grasslands/Savannah

Thursday, March 13th: Tundra

Friday March 14th: Ocean

Adult Swim

Date and Time: Thursday, March 13 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Thursday, March 13 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

“Eco-Explorers: March Break at the Museum” SR Group

Date and Time: Thursday, March 13 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

“Eco-Explorers: March Break at the Museum”

March 10th to 14th

Ages 8-12 1:00 p.m to 3:00 p.m.

\$25.00 a day

“Eco-Explorers: March Break at the Museum” is a celebration of the different eco-systems that make Earth special! Each day we will be celebrating different eco-system. **All materials and supplies are provided. Preregistration is required.**

Monday, March 10th: Dessert

Tuesday, March 11th: Rainforest

Wednesday, March 12th: Grasslands/Savannah

Thursday, March 13th: Tundra

Friday March 14th: Ocean

Free Public Skate

Date and Time: Thursday, March 13 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Canadian Tire.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need. The last 10 min. of each skate is reserved for ice resurfacing.

Community Swim

Date and Time: Thursday, March 13 3:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Adult Swim

Date and Time: Thursday, March 13 5:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Cycle

Date and Time: Thursday, March 13 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bike spots are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Adult Swim

Date and Time: Thursday, March 13 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Friday, March 14, 2025

Health Club

Date and Time: Friday, March 14 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Friday, March 14 6:00 am - 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Cycle

Date and Time: Friday, March 14 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Friday, March 14 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Free Public Skate

Date and Time: Friday, March 14 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Oxford Paramedics Local 114. The last 10 min. of each skate is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Preschool Playtime Swim

Date and Time: Friday, March 14 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

For parents/caregivers with child aged 3mos to 6years. Pre-registration is not required. Pool Admission Standards do apply.

“Eco-Explorers: March Break at the Museum”

Date and Time: Friday, March 14 10:30 am - 11:30 am

Address: 30 Tillson Avenue

“Eco-Explorers: March Break at the Museum”

March 10th to 14th; Ages 3-8 10:30 a.m. to 11:30 a.m.

(\$15.00 a day)

“Eco-Explorers: March Break at the Museum” is a celebration of the different eco-systems that make Earth special! Each day we will be celebrating different eco-system. **All materials and supplies are provided. Preregistration is required.**

Monday, March 10th: Dessert

Tuesday, March 11th: Rainforest

Wednesday, March 12th: Grasslands/Savannah

Thursday, March 13th: Tundra

Friday March 14th: Ocean

“Eco-Explorers: March Break at the Museum” SR Group

Date and Time: Friday, March 14 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

“Eco-Explorers: March Break at the Museum”

March 10th to 14th

Ages 8-12 1:00 p.m to 3:00 p.m.

\$25.00 a day

“Eco-Explorers: March Break at the Museum” is a celebration of the different eco-systems that make Earth special! Each day we will be celebrating different eco-system. **All materials and supplies are provided. Preregistration is required.**

Monday, March 10th: Dessert

Tuesday, March 11th: Rainforest

Wednesday, March 12th: Grasslands/Savannah

Thursday, March 13th: Tundra

Friday March 14th: Ocean

Aqua Jog

Date and Time: Friday, March 14 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout. Flotation device is provided.

Free Public Skate

Date and Time: Friday, March 14 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by Tillsonburg Town Centre. The last 10 min. of each skate is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Community Swim

Date and Time: Friday, March 14 5:00 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Saturday, March 15, 2025

Health Club

Date and Time: Saturday, March 15 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Saturday, March 15 8:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Adult Swim

Date and Time: Saturday, March 15 11:00 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Community Swim

Date and Time: Saturday, March 15 1:30 pm - 3:30 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Sunday, March 16, 2025

Health Club

Date and Time: Sunday, March 16 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Sunday, March 16 8:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Adult Swim

Date and Time: Sunday, March 16 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Free Public Skate

Date and Time: Sunday, March 16 1:15 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by David LaPointe, Century 21. The last 10min. of each skate is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Community Swim

Date and Time: Sunday, March 16 1:30 pm - 3:30 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Monday, March 17, 2025

Health Club

Date and Time: Monday, March 17 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Monday, March 17 6:00 am - 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Cycle

Date and Time: Monday, March 17 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Monday, March 17 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Morning Fitness

Date and Time: Monday, March 17 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobic exercises, muscular conditioning exercises and ends with a relaxing stretch.

Aqua Jog

Date and Time: Monday, March 17 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout. Flotation device is provided.

Morning Yoga

Date and Time: Monday, March 17 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Adult Swim

Date and Time: Monday, March 17 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Monday, March 17 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Founder's Day Celebration

Date and Time: Monday, March 17 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

“Cleered (sic) off a building-spot chopped (sic) some logs and began a house and got it up three logs high on two sides.”

-From George Tillson’s Diary, March 17th, 1825

Fast forward, two hundred years later; that humble three-log-high cabin has grown into Tillsonburg we know and love today!

Come and celebrate the 200th anniversary of Dereham Forge (now Tillsonburg) with an open house social on Monday, March 17th, from 1 p.m. to 3 p.m. Light refreshments and cake will be served.

Parent and Tot Skate

Date and Time: Monday, March 17 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. Designated for children 4yrs old or less, accompanied by an adult caregiver. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. Strollers

are permitted on ice during this skate only.

Fee: Toddlers (under 2) - Free / Ages 2-4yrs - \$4.40 / Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70.

The last 10min of each skate is reserved for ice resurfacing.

Badminton Drop In

Date and Time: Monday, March 17 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for badminton are subject to availability and based on attendance.

Ages 18+. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Glendale High School

Blast Class

Date and Time: Monday, March 17 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Jog

Date and Time: Monday, March 17 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout. Flotation device is provided.

Adult Swim

Date and Time: Monday, March 17 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Health Club

Date and Time: Tuesday, March 18 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Tuesday, March 18 6:00 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Tuesday, March 18 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Aqua Jog

Date and Time: Tuesday, March 18 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout. Flotation device is provided.

Pickleball Drop In

Date and Time: Tuesday, March 18 9:30 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for pickleball are subject to availability based on attendance.

Ages 18+, all levels. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Tillsonburg Community Centre, Lion's Auditorium. Drop-in Fee: \$9.10.

Adult Swim

Date and Time: Tuesday, March 18 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Blast Class

Date and Time: Tuesday, March 18 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, March 18 6:15 pm - 7:15 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Aqua Cycle

Date and Time: Tuesday, March 18 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Adult Swim

Date and Time: Tuesday, March 18 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Wednesday, March 19, 2025

Health Club

Date and Time: Wednesday, March 19 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Wednesday, March 19 6:00 am - 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Cycle

Date and Time: Wednesday, March 19 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Wednesday, March 19 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Morning Fitness

Date and Time: Wednesday, March 19 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Preschool Playtime Swim

Date and Time: Wednesday, March 19 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

For parents/caregivers with child aged 3mos to 6years. Pre-registration is not required. Pool Admission Standards do apply.

Morning Yoga

Date and Time: Wednesday, March 19 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Adult Swim

Date and Time: Wednesday, March 19 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Wednesday, March 19 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Pickleball Drop In

Date and Time: Wednesday, March 19 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for pickleball are subject to availability and based on attendance.

Ages 18+, all levels. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Tillsonburg Community Centre, Lion's Auditorium. Drop-in Fee: \$9.10.

Blast Class

Date and Time: Wednesday, March 19 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Jog

Date and Time: Wednesday, March 19 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout. Flotation device is provided.

Adult Swim

Date and Time: Wednesday, March 19 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Health Club

Date and Time: Thursday, March 20 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squash (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Thursday, March 20 6:00 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Thursday, March 20 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

20/20/20 Fitness Class

Date and Time: Thursday, March 20 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Aqua Jog

Date and Time: Thursday, March 20 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout . Flotation device is provides.

Public Skate

Date and Time: Thursday, March 20 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. The last 10 min. of each skate is reserved for ice resurfacing.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$4.40 / Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70

Pilates

Date and Time: Thursday, March 20 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Adult Swim

Date and Time: Thursday, March 20 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Pickleball Drop In

Date and Time: Thursday, March 20 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for pickleball are subject to availability and based on attendance.

Ages 18+, all levels. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Tillsonburg Community Centre, Lion's Auditorium. Drop-in Fee: \$9.10.

Aqua Cycle

Date and Time: Thursday, March 20 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Adult Swim

Date and Time: Thursday, March 20 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Friday, March 21, 2025

Health Club

Date and Time: Friday, March 21 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Friday, March 21 6:00 am - 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Cycle

Date and Time: Friday, March 21 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Friday, March 21 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Morning Fitness

Date and Time: Friday, March 21 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Friday, March 21 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Adult Swim

Date and Time: Friday, March 21 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Friday, March 21 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Friday Fun Night (4-7yrs)

Date and Time: Friday, March 21 5:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 4-7yrs. Paint Night: Participants will create a colourful painted masterpiece, so wear clothes that are okay to get messy or bring a craft apron. Participants are asked to bring a water bottle & inform staff of any allergies. Register: [Online Registration Portal](#)

Saturday, March 22, 2025

Home Alone Course

Date and Time: Saturday, March 22 8:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

This course is designed for kids to learn how to stay safe at home alone or with younger or older siblings. It will give these younger children the skills to feel confident while staying home alone. This course includes basic First Aid. Register online here [Online Portal](#)

Health Club

Date and Time: Saturday, March 22 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for w allyball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Saturday, March 22 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the la ne. No diving board is available.

Community Swim

Date and Time: Saturday, March 22 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Sunday, March 23, 2025

Health Club

Date and Time: Sunday, March 23 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for w allyball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Sunday, March 23 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the la ne. No diving board is available.

Community Swim

Date and Time: Sunday, March 23 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Free Public Skate

Date and Time: Sunday, March 23 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Free Skate generously sponsored by VanQuaethem Farms Ltd. The last 10min. of each ice time is reserved for ice resurfacing.

All those on ice must wear skates. Helmets are recommended. Strollers not permitted. Skate aids available to those in need.

Monday, March 24, 2025

Health Club

Date and Time: Monday, March 24 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Monday, March 24 6:00 am - 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Cycle

Date and Time: Monday, March 24 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bike s are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Monday, March 24 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Morning Fitness

Date and Time: Monday, March 24 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Monday, March 24 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Adult Swim

Date and Time: Monday, March 24 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane.

ne. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Monday, March 24 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Parent and Tot Skate

Date and Time: Monday, March 24 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. Designated for children 4yrs old or less, accompanied by an adult caregiver. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. Strollers are permitted on ice during this skate only.

Fee: Toddlers (under 2) - Free / Ages 2-4yrs - \$4.40 / Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70.

The last 10min of each skate is reserved for ice resurfacing.

Badminton Drop In

Date and Time: Monday, March 24 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for badminton are subject to availability and based on attendance.

Ages 18+. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Glendale High School

Blast Class

Date and Time: Monday, March 24 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Jog

Date and Time: Monday, March 24 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout . Flotation device is provides.

Adult Swim

Date and Time: Monday, March 24 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Tuesday, March 25, 2025

Health Club

Date and Time: Tuesday, March 25 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Tuesday, March 25 6:00 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Tuesday, March 25 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Aqua Jog

Date and Time: Tuesday, March 25 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout. Flotation device is provided.

Pickleball Drop In

Date and Time: Tuesday, March 25 9:30 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for pickleball are subject to availability based on attendance.

Ages 18+, all levels. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Tillsonburg Community Centre, Lion's Auditorium. Drop-in Fee: \$9.10.

Public Skate

Date and Time: Tuesday, March 25 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. The last 10 min. of each skate is reserved for ice resurfacing.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$4.40 / Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70

Adult Swim

Date and Time: Tuesday, March 25 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure

swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Blast Class

Date and Time: Tuesday, March 25 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, March 25 6:15 pm - 7:15 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Aqua Cycle

Date and Time: Tuesday, March 25 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Adult Swim

Date and Time: Tuesday, March 25 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Wednesday, March 26, 2025

Health Club

Date and Time: Wednesday, March 26 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for water polo and/or aquaball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Wednesday, March 26 6:00 am - 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Cycle

Date and Time: Wednesday, March 26 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Wednesday, March 26 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Morning Fitness

Date and Time: Wednesday, March 26 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Preschool Playtime Swim

Date and Time: Wednesday, March 26 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

For parents/caregivers with child aged 3mos to 6years. Pre-registration is not required. Pool Admission Standards do apply.

Morning Yoga

Date and Time: Wednesday, March 26 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Adult Swim

Date and Time: Wednesday, March 26 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Wednesday, March 26 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Pickleball Drop In

Date and Time: Wednesday, March 26 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for pickleball are subject to availability and based on attendance.

Ages 18+, all levels. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Tillsonburg Community Centre, Lion's Auditorium. Drop-in Fee: \$9.10.

Blast Class

Date and Time: Wednesday, March 26 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Jog

Date and Time: Wednesday, March 26 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout. Flotation device is provided.

Adult Swim

Date and Time: Wednesday, March 26 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Thursday, March 27, 2025

Health Club

Date and Time: Thursday, March 27 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wall ball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Thursday, March 27 6:00 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Thursday, March 27 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

20/20/20 Fitness Class

Date and Time: Thursday, March 27 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Aqua Jog

Date and Time: Thursday, March 27 9:30 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout. Flotation device is provided.

Public Skate

Date and Time: Thursday, March 27 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for

or those in need. The last 10 min. of each skate is reserved for ice resurfacing.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$4.40 / Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70

Pilates

Date and Time: Thursday, March 27 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Adult Swim

Date and Time: Thursday, March 27 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Lunch and Learn Lecture 2: “Nancy Barker Tillson: Tillsonburg’s First Lady”

Date and Time: Thursday, March 27 12:00 pm - 2:00 pm

Address: 30 Tillson Avenue

Lunch and Learn Lecture 2: “Nancy Barker Tillson: Tillsonburg’s First Lady”

12:00 p.m. to 2:00 p.m.;

Cost: \$37.00 single ticket (Taxes included);

A lecture celebrating Nancy Barker Tillson’s contribution to the founding and early years of Tillsonburg.

Pickleball Drop In

Date and Time: Thursday, March 27 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for pickleball are subject to availability and based on attendance.

Ages 18+, all levels. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Tillsonburg Community Centre, Lion's Auditorium. Drop-in Fee: \$9.10.

Aqua Cycle

Date and Time: Thursday, March 27 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Adult Swim

Date and Time: Thursday, March 27 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Friday, March 28, 2025

Health Club

Date and Time: Friday, March 28 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Friday, March 28 6:00 am - 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Cycle

Date and Time: Friday, March 28 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Friday, March 28 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Morning Fitness

Date and Time: Friday, March 28 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Friday, March 28 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Adult Swim

Date and Time: Friday, March 28 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Lunch and Learn Lecture 2: “Nancy Barker Tillson: Tillsonburg’s First Lady”

Date and Time: Friday, March 28 12:00 pm - 2:00 pm

Address: 30 Tillson Avenue

Lunch and Learn Lecture 2: “Nancy Barker Tillson: Tillsonburg’s First Lady”

12:00 p.m. to 2:00 p.m.;

Cost: \$37.00 single ticket (Taxes included);

A lecture celebrating Nancy Barker Tillson’s contribution to the founding and early years of Tillsonburg.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Friday, March 28 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Public Skate

Date and Time: Friday, March 28 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. The last 10 min. of each skate is reserved for ice resurfacing.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$4.40/ Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70

Saturday, March 29, 2025

Date and Time: Saturday, March 29 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Saturday, March 29 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Community Swim

Date and Time: Saturday, March 29 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Sunday, March 30, 2025

Health Club

Date and Time: Sunday, March 30 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Sunday, March 30 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Community Swim

Date and Time: Sunday, March 30 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

All Ages Swim. Pre-registration is not required. Pool Admission Standards do apply.

Monday, March 31, 2025

Health Club

Date and Time: Monday, March 31 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts. One of the squash courts can be used for wallball and/or squickleball (nets provided).

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Adult Swim

Date and Time: Monday, March 31 6:00 am - 7:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Cycle

Date and Time: Monday, March 31 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Intermediate/advanced class. Our Aqua Cycle bikes are placed in the shallow end of the pool. Bikes are limited so we do recommend pre-registering for your spot. [Online Registration Portal](#)

Class time is required for bike setup and tear down.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Monday, March 31 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Morning Fitness

Date and Time: Monday, March 31 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Monday, March 31 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Adult Swim

Date and Time: Monday, March 31 11:30 am - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Monday, March 31 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Baby & Me Aqua Fit: babies aged 6mos to 3yrs.

This invigorating drop-in class is done in the shallow end. The class is 45min. followed by a 15min. leisure swim.

Parent and Tot Skate

Date and Time: Monday, March 31 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a parent and tot skate. Designated for children 4yrs old or less, accompanied by an adult caregiver. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need. Strollers are permitted on ice during this skate only.

Fee: Toddlers (under 2) - Free / Ages 2-4yrs - \$4.40 / Ages 14+ - \$7.00 / Family (max. 5 people) - \$14.70.

The last 10min of each skate is reserved for ice resurfacing.

Badminton Drop In

Date and Time: Monday, March 31 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Drop-in spots for badminton are subject to availability and based on attendance.

Ages 18+. This program is staff supervised, open-play format with match-ups and play determined by attending players. Birdies and racquets are available for use.

Match Location: Glendale High School

Blast Class

Date and Time: Monday, March 31 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Jog

Date and Time: Monday, March 31 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. This class takes place in the deep end and provides no-impact but an intense cardiovascular workout . Flotation device is provides.

Adult Swim

Date and Time: Monday, March 31 8:30 pm - 9:30 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13+. Three lanes will be available for swimming lengths and the remainder of the pool will be for leisure swim. Lane swimmers must be able to swim with their face in the water and consistently swim circles in the lane. No diving board is available.

<https://events.tillsonburg.ca>