

Tuesday, April 1, 2025

Health Club

Date and Time: Tuesday, April 1 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, April 1 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, April 1 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.

Pickleball Drop In

Date and Time: Tuesday, April 1 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

y attending players. Birdies and racquets are available for use.

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

Aqua Jog

Date and Time: Tuesday, April 1 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: Tuesday, April 1 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, April 1 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, April 1 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, April 1 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, April 1 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, April 1 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, April 2, 2025

Health Club

Date and Time: Wednesday, April 2 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: Wednesday, April 2 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, April 2 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, April 2 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, April 2 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: Wednesday, April 2 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, April 2 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, April 2 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, April 2 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, April 2 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, April 2 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, April 2 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, April 3, 2025

Health Club

Date and Time: Thursday, April 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.

Adult Swim

Date and Time: Thursday, April 3 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, April 3 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, April 3 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, April 3 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, April 3 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, April 3 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, April 3 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.

Scan-a- Thon

Date and Time: Thursday, April 3 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

Scan-a- Thon

Thursday, April 3rd from 1 p.m. to 3 p.m.

Saturday, April 5th from 10 a.m. to 2 p.m.

Cost: By Donation

Bring your favourite cherished Tillsonburg photographs to the Museum to be scanned and saved into your Museum's permanent collection. We will provide with a digital copy of all the photos we scan. To make an appointment please contact Jen Gibson at 519-842-2294 or jgibson@tillsonburg.ca

Pickleball Drop In

Date and Time: Thursday, April 3 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, April 3 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 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.

Adult Swim

Date and Time: Thursday, April 3 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, April 4, 2025

Health Club

Date and Time: Friday, April 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 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, April 4 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, April 4 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, April 4 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, April 4 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.

Parkinson Society SWO Spring Conference

Date and Time: Friday, April 4 10:00 am - 4:00 pm

Address: na

Location: Lion's Auditorium, Tillsonburg Community Centre 45 Hardy Avenue, Tillsonburg (parking at EAST ENTRANCE). Registration table opens at 9am.

Presenters: Dr. Deepa Dash, Western University and Dr. Reina Persaud. See details attached.

Morning Yoga

Date and Time: Friday, April 4 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, April 4 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, April 4 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, April 4 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, April 5, 2025

Health Club

Date and Time: Saturday, April 5 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.

Scan-a- Thon

Date and Time: Saturday, April 5 10:00 am - 2:00 pm

Address: 30 Tillson Avenue

Scan-a- Thon

Thursday, April 3rd from 1 p.m. to 3 p.m.

Saturday, April 5th from 10 a.m. to 2 p.m.

Cost: By Donation

Bring your favourite cherished Tillsonburg photographs to the Museum to be scanned and saved into your Museum's permanent collection. We will provide with a digital copy of all the photos we scan. To make an appointment please contact Jen Gibson at 519-842-2294 or jgibson@tillsonburg.ca

Adult Swim

Date and Time: Saturday, April 5 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, April 5 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

\$7.00/adult

\$4.40/child

Free - children under 2yrs.

\$14.70/family up to 5 people

Sunday, April 6, 2025

Health Club

Date and Time: Sunday, April 6 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, April 6 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, April 6 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

\$7.00/adult

\$4.40/child

Free - children under 2yrs.

\$14.70/family up to 5 people

Monday, April 7, 2025

Health Club

Date and Time: Monday, April 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 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, April 7 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.

ne. No diving board is available.

Aqua Cycle

Date and Time: Monday, April 7 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, April 7 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, April 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 aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Monday, April 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.

Adult Swim

Date and Time: Monday, April 7 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, April 7 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, April 7 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, April 7 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, April 7 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

de you with an effective fitness class in just 30 minutes.

Aqua Jog

Date and Time: Monday, April 7 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, April 7 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, April 8, 2025

Health Club

Date and Time: Tuesday, April 8 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, April 8 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, April 8 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, April 8 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, April 8 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, April 8 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, April 8 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, April 8 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, April 8 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, April 8 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, April 8 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, April 9, 2025

Health Club

Date and Time: Wednesday, April 9 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.

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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, April 9 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, April 9 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, April 9 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, April 9 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, April 9 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, April 9 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, April 9 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, April 9 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.

Makers' Workshop: Spring Bouquet Wool Flowers Workshop

Date and Time: Wednesday, April 9 1:30 pm - 4:30 pm

Address: 30 Tillson Avenue

Makers' Workshop: Spring Bouquet Wool Flowers Workshop; Wednesday, April 9th at 1:30 p.m. (approx. 4 hours)

Cost: \$25.00 (taxes included)

Come and join artist Heather Cork and learn to make your own wool flower bouquet. **All materials and supplies are provided. Preregistration is required.**

Blast Class

Date and Time: Wednesday, April 9 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, April 9 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, April 9 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, April 10, 2025

Health Club

Date and Time: Thursday, April 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 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, April 10 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, April 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.

20/20/20 Fitness Class

Date and Time: Thursday, April 10 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, April 10 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, April 10 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, April 10 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, April 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.

Pickleball Drop In

Date and Time: Thursday, April 10 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, April 10 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 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.

Adult Swim

Date and Time: Thursday, April 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.

Friday, April 11, 2025

Health Club

Date and Time: Friday, April 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 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, April 11 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, April 11 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, April 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.

Morning Fitness

Date and Time: Friday, April 11 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, April 11 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, April 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: Friday, April 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.

Public Skate

Date and Time: Friday, April 11 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, April 12, 2025

Health Club

Date and Time: Saturday, April 12 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, April 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.

Community Swim

Date and Time: Saturday, April 12 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

\$7.00/adult

\$4.40/child

Free - children under 2yrs.

\$14.70/family up to 5 people

Sunday, April 13, 2025

Health Club

Date and Time: Sunday, April 13 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.

Monday, April 14, 2025

Health Club

Date and Time: Monday, April 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: Monday, April 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: Monday, April 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: Monday, April 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.

Morning Fitness

Date and Time: Monday, April 14 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, April 14 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

ng and relaxation techniques to reduce muscle tension and stress.

Adult Swim

Date and Time: Monday, April 14 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, April 14 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, April 14 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.

FREE Friendship Dinner

Date and Time: Monday, April 14 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.

Badminton Drop In

Date and Time: Monday, April 14 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, April 14 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, April 14 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, April 14 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, April 15, 2025

Health Club

Date and Time: Tuesday, April 15 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, April 15 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, April 15 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, April 15 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, April 15 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

y 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, April 15 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, April 15 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, April 15 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, April 15 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, April 15 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, April 15 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, April 16, 2025

Health Club

Date and Time: Wednesday, April 16 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, April 16 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, April 16 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, April 16 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, April 16 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: Wednesday, April 16 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, April 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.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Wednesday, April 16 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, April 16 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.

Easter Tea and Egg Hunt

Date and Time: Wednesday, April 16 1:30 pm - 4:00 pm

Address: 30 Tillson Avenue

Easter Tea and Egg Hunt

Wednesday April 16th; 1:30 p.m.

Cost: \$ 30.00 (taxes included)

Come for Hot Cross buns and Tea followed by an Easter Egg hunt through the museum. Easter baskets supplied. **Preregistration is required.**

Blast Class

Date and Time: Wednesday, April 16 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, April 16 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, April 16 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, April 17, 2025

Health Club

Date and Time: Thursday, April 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 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, April 17 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, April 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.

20/20/20 Fitness Class

Date and Time: Thursday, April 17 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, April 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.

Public Skate

Date and Time: Thursday, April 17 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, April 17 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, April 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.

Pickleball Drop In

Date and Time: Thursday, April 17 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, April 17 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, April 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.

Saturday, April 19, 2025

Health Club

Date and Time: Saturday, April 19 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 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: Saturday, April 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.

Community Swim

Date and Time: Saturday, April 19 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

\$7.00/adult

\$4.40/child

Free - children under 2yrs.

\$14.70/family up to 5 people

Sunday, April 20, 2025

Health Club

Date and Time: Sunday, April 20 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 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: Sunday, April 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.

Community Swim

Date and Time: Sunday, April 20 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

\$7.00/adult

\$4.40/child

Free - children under 2yrs.

\$14.70/family up to 5 people

Tuesday, April 22, 2025

Health Club

Date and Time: Tuesday, April 22 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, April 22 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, April 22 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, April 22 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, April 22 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, April 22 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, April 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 lane. No diving board is available.

Blast Class

Date and Time: Tuesday, April 22 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, April 22 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, April 22 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, April 22 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: Wednesday, April 23 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: Wednesday, April 23 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, April 23 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, April 23 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, April 23 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, April 23 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, April 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 lane. No diving board is available.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Wednesday, April 23 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, April 23 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

y 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, April 23 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, April 23 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, April 23 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, April 24, 2025

Health Club

Date and Time: Thursday, April 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 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, April 24 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, April 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.

20/20/20 Fitness Class

Date and Time: Thursday, April 24 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, April 24 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, April 24 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, April 24 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, April 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. No diving board is available.

Lunch and Learn Lecture 3: “Benjamin VanNorman: Co-Founder of Tillsonburg?”

Date and Time: Thursday, April 24 12:00 pm - 2:00 pm

Address: 30 Tillson Avenue

Lunch and Learn Lecture 3: “Benjamin VanNorman: Co-Founder of Tillsonburg?”

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

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

A lecture debating if Benjamin VanNorman was the co-founder of Tillsonburg.

Pickleball Drop In

Date and Time: Thursday, April 24 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 b

y 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, April 24 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, April 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.

Friday, April 25, 2025

Health Club

Date and Time: Friday, April 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 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, April 25 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.

ne. No diving board is available.

Aqua Cycle

Date and Time: Friday, April 25 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, April 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.

Morning Fitness

Date and Time: Friday, April 25 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, April 25 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, April 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.

Lunch and Learn Lecture 3: “Benjamin VanNorman: Co-Founder of Tillsonburg?”

Date and Time: Friday, April 25 12:00 pm - 2:00 pm

Address: 30 Tillson Avenue

Lunch and Learn Lecture 3: “Benjamin VanNorman: Co-Founder of Tillsonburg?”

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

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

A lecture debating if Benjamin VanNorman was the co-founder of Tillsonburg.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Friday, April 25 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, April 25 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, April 26, 2025

Health Club

Date and Time: Saturday, April 26 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.

Kidproof Babysitting Course

Date and Time: Saturday, April 26 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](#)

Makers' Workshop: Rug Hooking with the Oxwood Rug Hooking Club

Date and Time: Saturday, April 26 10:00 am - 2:30 pm

Address: 30 Tillson Avenue

Makers' Workshop: Rug Hooking with the Oxwood Rug Hooking Club

Date: Saturday, April 26th

Time: 10:00 a.m. to 2:30 p.m. (with 30mins for Lunch)

Cost: \$50.00 (taxes included)

Have you ever wanted to learn how to make your own rug? Now is your chance! Come and learn how to rug hook with Sandra Thornton, of the **Oxwood Rug Hooking Club**. **All materials and supplies are provided. Preregistration is required. Please bring your own Lunch!**

Adult Swim

Date and Time: Saturday, April 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.

Community Swim

Date and Time: Saturday, April 26 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

\$7.00/adult

\$4.40/child

Free - children under 2yrs.

\$14.70/family up to 5 people

Sunday, April 27, 2025

Health Club

Date and Time: Sunday, April 27 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: Sunday, April 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.

Community Swim

Date and Time: Sunday, April 27 1:00 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

\$7.00/adult

\$4.40/child

Free - children under 2yrs.

\$14.70/family up to 5 people

Monday, April 28, 2025

Health Club

Date and Time: Monday, April 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 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, April 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: Monday, April 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: Monday, April 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: Monday, April 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: Monday, April 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: Monday, April 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.

Aqua Fit (Baby & Me Aqua Fit)

Date and Time: Monday, April 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.

Parent and Tot Skate

Date and Time: Monday, April 28 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, April 28 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, April 28 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, April 28 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, April 28 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, April 29, 2025

Health Club

Date and Time: Tuesday, April 29 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, April 29 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, April 29 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.

Pickleball Drop In

Date and Time: Tuesday, April 29 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.

Aqua Jog

Date and Time: Tuesday, April 29 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: Tuesday, April 29 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, April 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.

Blast Class

Date and Time: Tuesday, April 29 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, April 29 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, April 29 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, April 29 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, April 30, 2025

Health Club

Date and Time: Wednesday, April 30 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, April 30 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, April 30 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, April 30 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, April 30 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: Wednesday, April 30 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, April 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.

Pickleball Drop In

Date and Time: Wednesday, April 30 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 Fit (Baby & Me Aqua Fit)

Date and Time: Wednesday, April 30 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.

Blast Class

Date and Time: Wednesday, April 30 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, April 30 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, April 30 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>