

Monday, July 1, 2024

Splash Pad

Date and Time: Monday, July 1 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Canada Day Open House & Fun Fair on the Lawn

Date and Time: Monday, July 1 11:00 am - 2:00 pm

Address: 30 Tillson Avenue

Canada Day Open House & Fun Fair on the Lawn

Come celebrate Canada's Birthday by touring Tillsonburg's National Historic Site and taking in the fun on the lawn. Games, crafts, cake and much more.

Date: Saturday, July 1st, 2023

Time: 11:00 a.m. to 2:00 p.m. (or while supplies last)

Cost: By Donation

FREE LLWP Public Swim

Date and Time: Monday, July 1 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Today's swim is sponsored by Schep's Bakeries Ltd.

Pre-registration recommended - [Online Registration Portal](#)

Pool admission standards apply.

Tuesday, July 2, 2024

Health Club

Date and Time: Tuesday, July 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 and a wallyball court.

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

Strength and Conditioning

Date and Time: Tuesday, July 2 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This is a full body workout using interval-style sets and a variety of equipment will target strength and muscle tone. A great option to enhance fat burning potential, improve body composition and confidence.

Splash Pad

Date and Time: Tuesday, July 2 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Stretch and Tone

Date and Time: Tuesday, July 2 8:45 am - 9:45 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This class emphasizes flexibility and posture while opening and releasing the entire body. The class incorporates yoga, tai chi and pilates-style movements for a full body workout.

Aqua Cycle @ LLWP

Date and Time: Tuesday, July 2 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Ages 13+

Pre-registration strongly recommended as there are a limited number of bikes.

[Online Registration Portal](#)

Adult Swim @ LLWP

Date and Time: Tuesday, July 2 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Lake Lisgar Waterpark

Date and Time: Tuesday, July 2 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Wednesday, July 3, 2024

Health Club

Date and Time: Wednesday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Wednesday, July 3 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Wednesday, July 3 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Wednesday, July 3 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Wednesday, July 3 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Wednesday, July 3 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Lake Lisgar Waterpark

Date and Time: Wednesday, July 3 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Health Club

Date and Time: Thursday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Thursday, July 4 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

20/20/20 Fitness Class

Date and Time: Thursday, July 4 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.

Adult Swim @ LLWP

Date and Time: Thursday, July 4 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Aqua Cycle @ LLWP

Date and Time: Thursday, July 4 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Ages 13+

Pre-registration strongly recommended as there are a limited number of bikes.

[Online Registration Portal](#)

Pilates

Date and Time: Thursday, July 4 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.

Lake Lisgar Waterpark

Date and Time: Thursday, July 4 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Roller Skate

Date and Time: Thursday, July 4 6:30 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Bring your own roller blades or roller skates (rentals not available) to our indoor skate times.

(Helmets and other safety equipment are encouraged.)

All ages welcome. Fee: \$3.20

Friday, July 5, 2024

Health Club

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

Address: 45 Hardy Avenue Tillsonburg

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

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

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

Splash Pad

Date and Time: Friday, July 5 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Friday, July 5 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Friday, July 5 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Friday, July 5 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Friday, July 5 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Lake Lisgar Waterpark

Date and Time: Friday, July 5 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - Follow the Town of Tillsonburg Facebook page for any updates on Waterpark closures due to weather or maintenance.

Saturday, July 6, 2024

Splash Pad

Date and Time: Saturday, July 6 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Health Club

Date and Time: Saturday, July 6 8:00 am - 2:00 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 and a wallyball court.

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

Adult Swim @ LLWP

Date and Time: Saturday, July 6 11:00 am - 12:00 pm

Address: 8 Ross St. Tillsonburg

\$6.70/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

FREE LLWP Public Swim

Date and Time: Saturday, July 6 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Today's swim is sponsored by Inovata Foods.

Pre-registration recommended - [Online Registration Portal](#)

Pool admission standards apply.

Sunday, July 7, 2024

Splash Pad

Date and Time: Sunday, July 7 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Health Club

Date and Time: Sunday, July 7 8:00 am - 11:00 am

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 and a wallyball court.

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

Adult Swim @ LLWP

Date and Time: Sunday, July 7 11:00 am - 12:00 pm

Address: 8 Ross St. Tillsonburg

\$6.70/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Lake Lisgar Waterpark

Date and Time: Sunday, July 7 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - Follow the Town of Tillsonburg Facebook page for any updates on Waterpark closures due to weather or maintenance.

Monday, July 8, 2024

Health Club

Date and Time: Monday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Monday, July 8 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Monday, July 8 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

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

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

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

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Monday, July 8 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Lake Lisgar Waterpark

Date and Time: Monday, July 8 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Tuesday, July 9, 2024

Health Club

Date and Time: Tuesday, July 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.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

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

Strength and Conditioning

Date and Time: Tuesday, July 9 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This a full body workout using interval-style sets and a variety of equipment will target strength and muscle tone. A great option to enhance fat burning potential, improve body composition and confidence.

Splash Pad

Date and Time: Tuesday, July 9 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Stretch and Tone

Date and Time: Tuesday, July 9 8:45 am - 9:45 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This class emphasizes flexibility and posture while opening and releasing the entire body. The class incorporates yoga, tai chi and pilates-style movements for a full body workout.

Adult Swim @ LLWP

Date and Time: Tuesday, July 9 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Aqua Cycle @ LLWP

Date and Time: Tuesday, July 9 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Ages 13+

Pre-registration strongly recommended as there are a limited number of bikes.

Lake Lisgar Waterpark

Date and Time: Tuesday, July 9 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Wednesday, July 10, 2024

Health Club

Date and Time: Wednesday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Wednesday, July 10 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Wednesday, July 10 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Wednesday, July 10 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Wednesday, July 10 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Wednesday, July 10 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Stories in the Garden with Kenize!

Date and Time: Wednesday, July 10 10:30 am - 11:30 am

Address: 30 Tillson Avenue

Come and join summer student Kenize as she shares her favourite garden-themed children's stories in Annandale's garden. Bring a blanket and a snack!

Time: 10:30 a.m.

Location: On the Museum Lawn

Cost: By Donation

This program is being held in celebration of Historic Places Days, July 10th to July 17th, hosted by the National Trust of Canada

Lake Lisgar Waterpark

Date and Time: Wednesday, July 10 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures d

ue to weather or maintenance.

Thursday, July 11, 2024

Health Club

Date and Time: Thursday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Thursday, July 11 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

20/20/20 Fitness Class

Date and Time: Thursday, July 11 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.

Adult Swim @ LLWP

Date and Time: Thursday, July 11 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Aqua Cycle @ LLWP

Date and Time: Thursday, July 11 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Ages 13+

Pre-registration strongly recommended as there are a limited number of bikes.

[Online Registration Portal](#)

Pilates

Date and Time: Thursday, July 11 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.

Lake Lisgar Waterpark

Date and Time: Thursday, July 11 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Mosaic Stepping Stones Workshop

Date and Time: Thursday, July 11 1:30 pm - 3:30 pm

Address: 30 Tillson Avenue

Come to the Museum and create your very own garden mosaic stepping stone! All instructions and supplies provided. Fun for all Ages! **Pre-Registration is required!**

Registration Closes: July 5th

Time: 1:30 p.m.

Location: On the Museum Lawn

Cost: \$24

Pre-Registration is required

Registrar online at <https://townofillsonburg.perfectmind.com/> or by calling the Museum at 519-842-2294

This program is being held in celebration of Historic Places Days, July 10th to July 17th, hosted by the National Trust of Canada

Roller Skate

Date and Time: Thursday, July 11 6:30 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Bring your own roller blades or roller skates (rentals not available) to our indoor skate times.

(Helmets and other safety equipment are encouraged.)

All ages welcome. Fee: \$3.20

Friday, July 12, 2024

Health Club

Date and Time: Friday, July 12 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

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

Splash Pad

Date and Time: Friday, July 12 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Friday, July 12 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Friday, July 12 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Friday, July 12 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Friday, July 12 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Lake Lisgar Waterpark

Date and Time: Friday, July 12 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - Follow the Town of Tillsonburg Facebook page for any updates on Waterpark closures due to weather or maintenance.

Pressed Flower Coasters Workshop

Date and Time: Friday, July 12 1:30 pm - 3:30 pm

Address: 30 Tillson Avenue

Come to the Museum and create your very own pressed flower coasters! All instructions and supplies provided. Fun for all Ages! **Pre-Registration is required!**

Registration Closes: July 5th

Time: 1:30 p.m.

Location: On the Museum Lawn

Cost: \$24

Pre-Registration is required

Registrar online at <https://townofillsonburg.perfectmind.com/> or by calling the Museum at 519-842-2294

This program is being held in celebration of Historic Places Days, July 10th to July 17th, hosted by the National Trust of Canada

Saturday, July 13, 2024

Splash Pad

Date and Time: Saturday, July 13 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Health Club

Date and Time: Saturday, July 13 8:00 am - 2:00 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 and a wallyball court.

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

Adult Swim @ LLWP

Date and Time: Saturday, July 13 11:00 am - 12:00 pm

Address: 8 Ross St. Tillsonburg

\$6.70/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Lake Lisgar Waterpark

Date and Time: Saturday, July 13 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - Follow the Town of Tillsonburg Facebook page for any updates on Waterpark closures due to weather or maintenance.

Find the Flowers in the House Scavenger Hunt!

Date and Time: Saturday, July 13 12:00 pm - 4:00 pm

Address: 30 Tillson Avenue

Celebrate the all things floral, by completely our weekend scavenger hunt to find all the flowers in Annandale NHS. Complete the scavenger hunt and your name will be put in a draw to win a 'flower themed' prize!

Times: Saturday 12 p.m. to 4 p.m.

Sunday 1 p.m. to 4 p.m.

Cost: Museum Entrance Fees

This program is being held in celebration of Historic Places Days, July 10th to July 17th, hosted by the National Trust of Canada

Sunday, July 14, 2024

Splash Pad

Date and Time: Sunday, July 14 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Health Club

Date and Time: Sunday, July 14 8:00 am - 11:00 am

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 and a wallyball court.

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

Adult Swim @ LLWP

Date and Time: Sunday, July 14 11:00 am - 12:00 pm

Address: 8 Ross St. Tillsonburg

\$6.70/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Lake Lisgar Waterpark

Date and Time: Sunday, July 14 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - Follow the Town of Tillsonburg Facebook page for any updates on Waterpark closures due to weather or maintenance.

Find the Flowers in the House Scavenger Hunt!

Date and Time: Sunday, July 14 1:00 pm - 4:00 pm

Address: 30 Tillson Avenue

Celebrate the all things floral, by completing our weekend scavenger hunt to find all the flowers in Annandale NHS. Complete the scavenger hunt and your name will be put in a draw to win a "flower themed" prize!

Times: Saturday 12 p.m. to 4 p.m.

Sunday 1 p.m. to 4 p.m.

Cost: Museum Entrance Fees

Monday, July 15, 2024

Health Club

Date and Time: Monday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Monday, July 15 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Monday, July 15 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Monday, July 15 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Monday, July 15 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Monday, July 15 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Flowers of Annandale House Tours with Curator Patty Phelps

Date and Time: Monday, July 15 10:30 am - 11:30 am

Address: 30 Tillson Avenue

Come and learn about the importance flowers are to the aesthetic decorative styling of Annandale House with Curator Patty Phelps.

Tour Times: 10:30 a.m. and 2 p.m.

Location: In the Museum

Cost: By Donation

These tours are being held in celebration of Historic Places Days, July 10th to July 17th, hosted by the National Trust of Canada

Lake Lisgar Waterpark

Date and Time: Monday, July 15 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Flowers of Annandale House Tours with Curator Patty Phelps

Date and Time: Monday, July 15 2:00 pm - 3:00 pm

Address: 30 Tillson Avenue

Come and learn about the importance flowers are to the aesthetic decorative styling of Annandale House with Curator Patty Phelps.

Tour Times: 10:30 a.m. and 2 p.m.

Location: In the Museum

Cost: By Donation

These tours are being held in celebration of Historic Places Days, July 10th to July 17th, hosted by the National Trust of Canada

Tuesday, July 16, 2024

Health Club

Date and Time: Tuesday, July 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 and a wallyball court.

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

Strength and Conditioning

Date and Time: Tuesday, July 16 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This is a full body workout using interval-style sets and a variety of equipment will target strength and muscle tone. A great option to enhance fat burning potential, improve body composition and confidence.

Splash Pad

Date and Time: Tuesday, July 16 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Stretch and Tone

Date and Time: Tuesday, July 16 8:45 am - 9:45 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This class emphasizes flexibility and posture while opening and releasing the entire body. The class incorporates yoga, tai chi and pilates-style movements for a full body workout.

Adult Swim @ LLWP

Date and Time: Tuesday, July 16 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Aqua Cycle @ LLWP

Date and Time: Tuesday, July 16 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Ages 13+

Pre-registration strongly recommended as there are a limited number of bikes.

[Online Registration Portal](#)

Lake Lisgar Waterpark

Date and Time: Tuesday, July 16 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Terrarium Making Workshop

Date and Time: Tuesday, July 16 1:30 pm - 3:30 pm

Address: 30 Tillson Avenue

Come to the Museum and make your very own terrarium! All instructions and supplies provided. Fun for all Ages! **Pre-Registration is required!**

Registration Closes: July 11th

Time: 1:30 p.m.

Location: On the Museum Lawn

Cost: \$35.75

Pre-Registration is required

This program is being held in celebration of Historic Places Days, July 10th to July 17th, hosted by the National Trust of Canada

Wednesday, July 17, 2024

Health Club

Date and Time: Wednesday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Wednesday, July 17 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Wednesday, July 17 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Wednesday, July 17 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Wednesday, July 17 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Wednesday, July 17 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Lake Lisgar Waterpark

Date and Time: Wednesday, July 17 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Rose Tea Party on the Lawn

Date and Time: Wednesday, July 17 1:30 pm - 3:30 pm

Address: 30 Tillson Avenue

"Everything's *Coming Up Roses*" at Annandale NHS. Come and celebrate our beautiful gardens with a Rose-themed tea on the Museum lawn while being serenaded with the vocal stylings of Stella Jurgen. **Pre-Registration is required!**

Registration Closes: July 15th

Time: 1:30 p.m.

Location: On the Museum Lawn

Cost: \$24.00 per person

Pre-Registration is required

Registrar online at <https://townoftillsonburg.perfectmind.com/> or by calling the Museum at 519-842-2294

This program is being held in celebration of Historic Places Days, July 10th to July 17th, hosted by the National Trust of Canada

Thursday, July 18, 2024

Health Club

Date and Time: Thursday, July 18 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

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

Splash Pad

Date and Time: Thursday, July 18 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

20/20/20 Fitness Class

Date and Time: Thursday, July 18 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.

Adult Swim @ LLWP

Date and Time: Thursday, July 18 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Aqua Cycle @ LLWP

Date and Time: Thursday, July 18 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Ages 13+

Pre-registration strongly recommended as there are a limited number of bikes.

[Online Registration Portal](#)

Pilates

Date and Time: Thursday, July 18 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.

Lake Lisgar Waterpark

Date and Time: Thursday, July 18 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Roller Skate

Date and Time: Thursday, July 18 6:30 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Bring your own roller blades or roller skates (rentals not available) to our indoor skate times.

(Helmets and other safety equipment are encouraged.)

All ages welcome. Fee: \$3.20

Friday, July 19, 2024

Health Club

Date and Time: Friday, July 19 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

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

Splash Pad

Date and Time: Friday, July 19 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Friday, July 19 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Friday, July 19 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Friday, July 19 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Friday, July 19 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Lake Lisgar Waterpark

Date and Time: Friday, July 19 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - Follow the Town of Tillsonburg Facebook page for any updates on Waterpark closures due to weather or maintenance.

Saturday, July 20, 2024

Splash Pad

Date and Time: Saturday, July 20 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Health Club

Date and Time: Saturday, July 20 8:00 am - 2:00 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 and a wallyball court.

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

Open House and Fly Day, Tillsonburg Airport

Date and Time: Saturday, July 20 9:00 am - 4:00 pm

Address: Tillsonburg Airport 244411 Airport Rd Tillsonburg, ON N4G 4H5 Canada

The Harvard Association hosts a handful of *Open House and Fly Days* each season and we welcome everyone to join us! These FREE family-friendly outdoor events offer aviation enthusiasts the opportunity to see our fleet up close, tour our hangars, explore our restoration projects, purchase souvenirs, and best of all, go for a flight! (additional cost for flights). Come hang out with us. As we like to say, 'Come for the planes....Stay for the people'.

Adult Swim @ LLWP

Date and Time: Saturday, July 20 11:00 am - 12:00 pm

Address: 8 Ross St. Tillsonburg

\$6.70/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Teddy Bear Picnic on Annandale Lawn

Date and Time: Saturday, July 20 12:00 pm - 4:00 pm

Address: 30 Tillson Avenue

Teddy Bear Picnic

Bring your favourite Teddy Bear or Stuffed Animal and come and celebrate them on the Museum Lawn. Activities will include a Teddy Bear Hunt, Teddy Bear Tea, Teddy Bear Crafts and Activity Stations! **Pre-Registration is required**

Date: Saturday, July 20th, 2024

Time: 12:00 p.m. to 4:00 p.m.

Cost: By Donation

FREE LLWP Public Swim

Date and Time: Saturday, July 20 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Today's swim is sponsored by Coward Pharmacy.

Pre-registration recommended - [Online Registration Portal](#)

Pool admission standards apply.

Sunday, July 21, 2024

Splash Pad

Date and Time: Sunday, July 21 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Health Club

Date and Time: Sunday, July 21 8:00 am - 11:00 am

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 and a wallyball court.

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

Adult Swim @ LLWP

Date and Time: Sunday, July 21 11:00 am - 12:00 pm

Address: 8 Ross St. Tillsonburg

\$6.70/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

FREE LLWP Public Swim

Date and Time: Sunday, July 21 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Today's swim is sponsored by THK Rhythm Automotive.

Pre-registration recommended - [Online Registration Portal](#)

Pool admission standards apply.

Monday, July 22, 2024

Health Club

Date and Time: Monday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Monday, July 22 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Monday, July 22 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Monday, July 22 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Monday, July 22 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Monday, July 22 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Lake Lisgar Waterpark

Date and Time: Monday, July 22 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Tuesday, July 23, 2024

Health Club

Date and Time: Tuesday, July 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 and a wallyball court.

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

Strength and Conditioning

Date and Time: Tuesday, July 23 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This a full body workout using interval-style sets and a variety of equipment will target strength and muscle tone. A great option to enhance fat burning potential, improve body composition and confidence.

Splash Pad

Date and Time: Tuesday, July 23 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Stretch and Tone

Date and Time: Tuesday, July 23 8:45 am - 9:45 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This class emphasizes flexibility and posture while opening and releasing the entire body. The class incorporates yoga, tai chi and pilates-style movements for a full body workout.

Adult Swim @ LLWP

Date and Time: Tuesday, July 23 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Aqua Cycle @ LLWP

Date and Time: Tuesday, July 23 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Ages 13+

Pre-registration strongly recommended as there are a limited number of bikes.

[Online Registration Portal](#)

Drop In Program- Ages 4-8: Vive La France

Date and Time: Tuesday, July 23 10:00 am - 11:00 am

Address: 30 Tillson Avenue

We are offering several drop in programs throughout the Summer that all kids in our community.

Ages 4-8 will meet on the Museum Lawn from 10 a.m. to 11 a.m. on our drop in days. We ask that a parent stays with the child.

Each day you drop in will cost of \$5 a visit. **Each day will be a unique program.**

This week's theme is **Vive La France**

Tuesday, July 23rd

Wednesday, July 24th

Thursday, July 25th

Lake Lisgar Waterpark

Date and Time: Tuesday, July 23 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Drop In Program- Ages 7-12: Vive La France

Date and Time: Tuesday, July 23 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

We are offering several drop in programs throughout the Summer that all kids in our community.

Ages 7-12 will meet on the Museum Lawn from 1 p.m. to 3 p.m. on our drop in days. A parent is not required to stay on these days.

Each day you drop in will cost of \$5 a visit. **Each day will be a unique program.**

This week's theme is **Vive La France**

Tuesday, July 23rd

Wednesday, July 24th

Thursday, July 25th

Wednesday, July 24, 2024

Health Club

Date and Time: Wednesday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Wednesday, July 24 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Wednesday, July 24 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Wednesday, July 24 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Wednesday, July 24 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Drop In Program- Ages 4-8: Vive La France

Date and Time: Wednesday, July 24 10:00 am - 11:00 am

Address: 30 Tillson Avenue

We are offering several drop in programs throughout the Summer that all kids in our community.

Ages 4-8 will meet on the Museum Lawn from 10 a.m. to 11 a.m. on our drop in days. We ask that a parent stays with the child.

Each day you drop in will cost of \$5 a visit. **Each day will be a unique program.**

This week's theme is **Vive La France**

Tuesday, July 23rd

Wednesday, July 24th

Thursday, July 25th

Morning Yoga

Date and Time: Wednesday, July 24 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Lake Lisgar Waterpark

Date and Time: Wednesday, July 24 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Drop In Program- Ages 7-12: Vive La France

Date and Time: Wednesday, July 24 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

We are offering several drop in programs throughout the Summer that all kids in our community.

Ages 7-12 will meet on the Museum Lawn from 1 p.m. to 3 p.m. on our drop in days. A parent is not required to stay on these days.

Each day you drop in will cost of \$5 a visit. **Each day will be a unique program.**

This week's theme is **Vive La France**

Tuesday, July 23rd

Wednesday, July 24th

Thursday, July 25th

Thursday, July 25, 2024

Health Club

Date and Time: Thursday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Thursday, July 25 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

20/20/20 Fitness Class

Date and Time: Thursday, July 25 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.

Adult Swim @ LLWP

Date and Time: Thursday, July 25 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Aqua Cycle @ LLWP

Date and Time: Thursday, July 25 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Ages 13+

Pre-registration strongly recommended as there are a limited number of bikes.

[Online Registration Portal](#)

Drop In Program- Ages 4-8: Vive La France

Date and Time: Thursday, July 25 10:00 am - 11:00 am

Address: 30 Tillson Avenue

We are offering several drop in programs throughout the Summer that all kids in our community.

Ages 4-8 will meet on the Museum Lawn from 10 a.m. to 11 a.m. on our drop in days. We ask that a parent stays with the child.

Each day you drop in will cost of \$5 a visit. **Each day will be a unique program.**

This week's theme is **Vive La France**

Tuesday, July 23rd

Wednesday, July 24th

Thursday, July 25th

Pilates

Date and Time: Thursday, July 25 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.

Lake Lisgar Waterpark

Date and Time: Thursday, July 25 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Drop In Program- Ages 7-12: Vive La France

Date and Time: Thursday, July 25 1:00 pm - 3:00 pm

Address: 30 Tillson Avenue

We are offering several drop in programs throughout the Summer that all kids in our community.

Ages 7-12 will meet on the Museum Lawn from 1 p.m. to 3 p.m. on our drop in days. A parent is not required to stay on these days.

Each day you drop in will cost of \$5 a visit. **Each day will be a unique program.**

This week's theme is **Vive La France**

Tuesday, July 23rd

Wednesday, July 24th

Thursday, July 25th

Roller Skate

Date and Time: Thursday, July 25 6:30 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Bring your own roller blades or roller skates (rentals not available) to our indoor skate times.

(Helmets and other safety equipment are encouraged.)

All ages welcome. Fee: \$3.20

Friday, July 26, 2024

Health Club

Date and Time: Friday, July 26 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of

feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

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

Splash Pad

Date and Time: Friday, July 26 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Fitness

Date and Time: Friday, July 26 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Friday, July 26 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Friday, July 26 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Friday, July 26 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax

ation techniques to reduce muscle tension and stress.

Lake Lisgar Waterpark

Date and Time: Friday, July 26 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - Follow the Town of Tillsonburg Facebook page for any updates on Waterpark closures due to weather or maintenance.

Saturday, July 27, 2024

Splash Pad

Date and Time: Saturday, July 27 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Health Club

Date and Time: Saturday, July 27 8:00 am - 2:00 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 and a wallyball court.

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

Adult Swim @ LLWP

Date and Time: Saturday, July 27 11:00 am - 12:00 pm

Address: 8 Ross St. Tillsonburg

\$6.70/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Lake Lisgar Waterpark

Date and Time: Saturday, July 27 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - Follow the Town of Tillsonburg Facebook page for any updates on Waterpark closures due to weather or maintenance.

Sunday, July 28, 2024

Splash Pad

Date and Time: Sunday, July 28 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Health Club

Date and Time: Sunday, July 28 8:00 am - 11:00 am

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 and a wallyball court.

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

Adult Swim @ LLWP

Date and Time: Sunday, July 28 11:00 am - 12:00 pm

Address: 8 Ross St. Tillsonburg

\$6.70/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

FREE LLWP Public Swim

Date and Time: Sunday, July 28 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Today's swim is sponsored by Bethel Pentecostal Church.

Pre-registration recommended. [Online Registration Portal](#)

Pool admission standards apply.

Monday, July 29, 2024

Health Club

Date and Time: Monday, July 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 and a wallyball court.

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

Splash Pad

Date and Time: Monday, July 29 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

The Summer Olympics Camp at Annandale NHS!

Date and Time: Monday, July 29 8:30 am - 4:00 pm

Address: 30 Tillson Avenue

The Summer Olympics Camp at Annandale NHS!

Come and celebrate the Summer Olympics at the Museum! Each Day will be Unique!

Learn all about the history of the Summer Olympics through play, adventure, arts and crafts, indoor and outdoor games and a celebration of the Olympic Spirit!

Camp is happening July 29th to August 2nd from 8:30am to 4:00pm.

Cost of the week is \$157.80 (taxes included)

Camp is geared towards ages 6-12

Pre-Registration is Required!

Registrar Online via your Connect2Rec Account or by calling the Museum at 519-842-2294
<https://townofillsonburg.perfectmind.com/.../MemberSignI...>

Morning Fitness

Date and Time: Monday, July 29 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Monday, July 29 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Adult Swim @ LLWP

Date and Time: Monday, July 29 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Morning Yoga

Date and Time: Monday, July 29 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

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

Lake Lisgar Waterpark

Date and Time: Monday, July 29 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures due to weather or maintenance.

Tuesday, July 30, 2024

Health Club

Date and Time: Tuesday, July 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 and a wallyball court.

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

Strength and Conditioning

Date and Time: Tuesday, July 30 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This a full body workout using interval-style sets and a variety of equipment will target strength and muscle tone. A great option to enhance fat burning potential, improve body composition and confidence.

Splash Pad

Date and Time: Tuesday, July 30 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

The Summer Olympics Camp at Annandale NHS!

Date and Time: Tuesday, July 30 8:30 am - 4:00 pm

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Stretch and Tone

Date and Time: Tuesday, July 30 8:45 am - 9:45 am

Address: 45 Hardy Avenue Tillsonburg

Ages 13 +. This class is designed for any level of fitness.

This class emphasizes flexibility and posture while opening and releasing the entire body. The class incorporates yoga, tai chi and pilates-style movements for a full body workout.

Adult Swim @ LLWP

Date and Time: Tuesday, July 30 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

\$7.20/swim

TCC Health Club Members and Monthly Water Fitness Members can access these swims as part of their membership.

Aqua Cycle @ LLWP

Date and Time: Tuesday, July 30 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Ages 13+

Pre-registration strongly recommended as there are a limited number of bikes.

[Online Registration Portal](#)

Lake Lisgar Waterpark

Date and Time: Tuesday, July 30 12:00 pm - 6:00 pm

Address: 8 Ross St. Tillsonburg

Before you visit - follow the Town of Tillsonburg on Facebook for any updates regarding Waterpark closures and

ue to weather or maintenance.

Wednesday, July 31, 2024

Health Club

Date and Time: Wednesday, July 31 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

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

Splash Pad

Date and Time: Wednesday, July 31 8:00 am - 8:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

The Summer Olympics Camp at Annandale NHS!

Date and Time: Wednesday, July 31 8:30 am - 4:00 pm

Address: 30 Tillson Avenue

The Summer Olympics Camp at Annandale NHS!

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Morning Fitness

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<https://events.tillsonburg.ca>