

Thursday, August 1, 2024

Health Club CLOSED

Date and Time: Thursday, August 1 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Thursday, August 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.

The Summer Olympics Camp at Annandale NHS!

Date and Time: Thursday, August 1 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://townoftillsonburg.perfectmind.com/.../MemberSignI...>

20/20/20 Fitness Class

Date and Time: Thursday, August 1 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 Cycle @ LLWP

Date and Time: Thursday, August 1 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: Thursday, August 1 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.

Pilates

Date and Time: Thursday, August 1 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, August 1 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, August 1 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, August 2, 2024

Health Club CLOSED

Date and Time: Friday, August 2 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Friday, August 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.

The Summer Olympics Camp at Annandale NHS!

Date and Time: Friday, August 2 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://townoftillsonburg.perfectmind.com/.../MemberSignI...>

Morning Fitness

Date and Time: Friday, August 2 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.

Adult Swim @ LLWP

Date and Time: Friday, August 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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Friday, August 2 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Morning Yoga

Date and Time: Friday, August 2 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, August 2 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, August 3, 2024

Health Club CLOSED

Date and Time: Saturday, August 3 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Saturday, August 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.

Adult Swim @ LLWP

Date and Time: Saturday, August 3 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, August 3 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Today's swim is sponsored by Kissner Milling Company Ltd.

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

Pool admission standards apply.

Sunday, August 4, 2024

Health Club CLOSED

Date and Time: Sunday, August 4 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Sunday, August 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.

Adult Swim @ LLWP

Date and Time: Sunday, August 4 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, August 4 12:00 pm - 8:00 pm

Address: 8 Ross St. Tillsonburg

Today's swim is sponsored by Systemair.

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

Pool admission standards apply.

Monday, August 5, 2024

Health Club CLOSED

Date and Time: Monday, August 5 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Monday, August 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.

Adult Swim @ LLWP

Date and Time: Monday, August 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.

Lake Lisgar Waterpark

Date and Time: Monday, August 5 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, August 6, 2024

Health Club CLOSED

Date and Time: Tuesday, August 6 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Strength and Conditioning

Date and Time: Tuesday, August 6 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, August 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.

Stretch and Tone

Date and Time: Tuesday, August 6 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, August 6 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, August 6 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, August 6 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, August 7, 2024

Health Club CLOSED

Date and Time: Wednesday, August 7 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Wednesday, August 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.

Morning Fitness

Date and Time: Wednesday, August 7 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.

Adult Swim @ LLWP

Date and Time: Wednesday, August 7 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 Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Wednesday, August 7 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Morning Yoga

Date and Time: Wednesday, August 7 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, August 7 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.

“Faux Christmas Trees” Exhibition Opening

Date and Time: Wednesday, August 7 5:00 pm - 6:00 pm

Address: 30 Tillson Avenue

“Faux Christmas Trees” Exhibition Opening

An exhibition highlighting the evolution of the artificial Christmas Trees from the first artificial trees in the 1880s to present day.

Opening: Friday, November 22nd, 2024 from 7-9 p.m.

Thursday, August 8, 2024

Health Club CLOSED

Date and Time: Thursday, August 8 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Thursday, August 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.

20/20/20 Fitness Class

Date and Time: Thursday, August 8 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, August 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.

Aqua Cycle @ LLWP

Date and Time: Thursday, August 8 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, August 8 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, August 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.

Roller Skate

Date and Time: Thursday, August 8 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

Health Club CLOSED

Date and Time: Friday, August 9 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Friday, August 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.

Morning Fitness

Date and Time: Friday, August 9 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.

Adult Swim @ LLWP

Date and Time: Friday, August 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 Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Friday, August 9 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Morning Yoga

Date and Time: Friday, August 9 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, August 9 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, August 10, 2024

Health Club CLOSED

Date and Time: Saturday, August 10 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Saturday, August 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.

Adult Swim @ LLWP

Date and Time: Saturday, August 10 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, August 10 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, August 11, 2024

Health Club CLOSED

Date and Time: Sunday, August 11 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Sunday, August 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.

Adult Swim @ LLWP

Date and Time: Sunday, August 11 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, August 11 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, August 12, 2024

Health Club CLOSED

Date and Time: Monday, August 12 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Monday, August 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: Monday, August 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.

Adult Swim @ LLWP

Date and Time: Monday, August 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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Monday, August 12 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Morning Yoga

Date and Time: Monday, August 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: Monday, August 12 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, August 13, 2024

Health Club CLOSED

Date and Time: Tuesday, August 13 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Strength and Conditioning

Date and Time: Tuesday, August 13 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, August 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.

Stretch and Tone

Date and Time: Tuesday, August 13 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, August 13 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, August 13 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: Under the Sea

Date and Time: Tuesday, August 13 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 **Under the Sea**

Tuesday, August 13th

Wednesday, August 14th

Thursday, August 15th

Lake Lisgar Waterpark

Date and Time: Tuesday, August 13 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: Under the Sea

Date and Time: Tuesday, August 13 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 **Under the Sea**

Tuesday, August 13th

Wednesday, August 14th

Thursday, August 15th

Wednesday, August 14, 2024

Health Club CLOSED

Date and Time: Wednesday, August 14 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Wednesday, August 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.

Morning Fitness

Date and Time: Wednesday, August 14 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.

Adult Swim @ LLWP

Date and Time: Wednesday, August 14 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 Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Wednesday, August 14 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Drop In Program- Ages 4-8: Under the Sea

Date and Time: Wednesday, August 14 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 **Under the Sea**

Tuesday, August 13th

Wednesday, August 14th

Thursday, August 15th

Morning Yoga

Date and Time: Wednesday, August 14 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, August 14 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: Under the Sea

Date and Time: Wednesday, August 14 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 **Under the Sea**

Tuesday, August 13th

Wednesday, August 14th

Thursday, August 15th

Thursday, August 15, 2024

Health Club CLOSED

Date and Time: Thursday, August 15 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Thursday, August 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.

20/20/20 Fitness Class

Date and Time: Thursday, August 15 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, August 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.

Aqua Cycle @ LLWP

Date and Time: Thursday, August 15 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: Under the Sea

Date and Time: Thursday, August 15 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 **Under the Sea**

Tuesday, August 13th

Wednesday, August 14th

Thursday, August 15th

Pilates

Date and Time: Thursday, August 15 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, August 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.

Drop In Program- Ages 7-12: Under the Sea

Date and Time: Thursday, August 15 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 **Under the Sea**

Tuesday, August 13th

Wednesday, August 14th

Thursday, August 15th

Roller Skate

Date and Time: Thursday, August 15 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, August 16, 2024

Health Club CLOSED

Date and Time: Friday, August 16 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Friday, August 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.

Morning Fitness

Date and Time: Friday, August 16 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.

Adult Swim @ LLWP

Date and Time: Friday, August 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 Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Friday, August 16 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Morning Yoga

Date and Time: Friday, August 16 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, August 16 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.

Tillsonburg Fair

Date and Time: Friday, August 16 4:00 pm - 9:00 pm

Address: 45 Hardy Ave. Tillsonburg



FRIDAY
AUGUST 16TH GATES OPEN: 4PM-9PM
Admission: \$8.00
Children 5 and under FREE

Opening Ceremonies for 170th, starts at 6pm
Speeches - Mayor, MP, MPP
Crowning of 2024-2025 dignitaries

Special Olympics vs First Responders
@6:30pm

Mini Tractor Pullers @7pm
Midway opens @4pm

Traveling Oddity and Antique Museum
Educational Animals and Pony Rides
Vendors Tent
Food Trucks
Homecraft Exhibites (Open 4pm-9pm)
Little Tykes Free Kids Zone
Dr Von Houligan Family Extravaganza Circus

Saturday, August 17, 2024

Health Club CLOSED

Date and Time: Saturday, August 17 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Saturday, August 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.

Open House and Fly Day, Tillsonburg Airport

Date and Time: Saturday, August 17 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'.

Tillsonburg Fair

Date and Time: Saturday, August 17 10:00 am - 9:00 pm

Address: 45 Hardy Ave. Tillsonburg

SATURDAY
AUGUST 17TH GATES OPEN: 10AM-9PM
Admission: \$8.00
Children 5 and under FREE

Baby Show (Lions Den)
Registration starts @9am, Show starts @10am

Midway opens @11am

Pet Show starts @11am

4H Showmanship @12pm

Ice Cream Contest @1pm

Comedy Juggling @12pm and 6pm

Demolition Derby @6pm

Fire Dancer @8:15pm

Dotsy The Clown and Batman on site

Traveling Oddity and Antique Museum

Educational Animals and Pony Rides

Vendors Tent

Food Trucks

Homecraft Exhibites (Open 11am-9pm)

Little Tykes Free Kids Zone

Dr Von Houligan Family Extravaganza Circus

Adult Swim @ LLWP

Date and Time: Saturday, August 17 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, August 17 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.

Lemonade and Ice Cream Social on the Lawn

Date and Time: Saturday, August 17 1:00 pm - 4:00 pm

Address: 30 Tillson Avenue

Lemonade and Ice Cream Social on the Lawn

Come and celebrate summer at the museum with a lemonade and full sundae station! **Pre-registration required.**

Date: Friday, August 17th, 2024

Time: 1:00 p.m. to 4:00 p.m.

Cost: \$12.00 a Sundae

Sunday, August 18, 2024

Health Club CLOSED

Date and Time: Sunday, August 18 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Sunday, August 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.

Tillsonburg Fair

Date and Time: Sunday, August 18 10:00 am - 6:00 pm

Address: 45 Hardy Ave. Tillsonburg

SUNDAY

AUGUST 18TH GATES OPEN: 10AM-6PM

Admission: \$8.00

Children 5 and under FREE

Midway opens @11am

Traveling Oddity and Antique Museum

Demolition Derby @2pm

Educational Animals and Pony Rides

**Flying Furballs (30 minute shows)
@11am, 1pm and 3pm**

Vendors Tent

Comedy Juggling @12pm and 4pm

Food Trucks

Dotsy The Clown and Batman on site

Homecraft Exhibites (Open 11am-6pm)

Little Tykes Free Kids Zone

Dr Von Houligan Family Extravaganza Circus

Adult Swim @ LLWP

Date and Time: Sunday, August 18 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, August 18 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, August 19, 2024

Health Club CLOSED

Date and Time: Monday, August 19 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Monday, August 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: Monday, August 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.

Adult Swim @ LLWP

Date and Time: Monday, August 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.

Aqua Fit (Baby & Me Aqua Fit) @ LLWP

Date and Time: Monday, August 19 9:30 am - 10:30 am

Address: 8 Ross St. Tillsonburg

Morning Yoga

Date and Time: Monday, August 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: Monday, August 19 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, August 20, 2024

Health Club CLOSED

Date and Time: Tuesday, August 20 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Strength and Conditioning

Date and Time: Tuesday, August 20 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, August 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.

Stretch and Tone

Date and Time: Tuesday, August 20 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, August 20 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, August 20 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: Spies

Date and Time: Tuesday, August 20 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 **Spies**

Tuesday, August 20th

Wednesday, August 21st

Thursday, August 22nd

Lake Lisgar Waterpark

Date and Time: Tuesday, August 20 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: Spies

Date and Time: Tuesday, August 20 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 **Spies**

Tuesday, August 20th

Wednesday, August 21st

Thursday, August 22nd

Wednesday, August 21, 2024

Health Club CLOSED

Date and Time: Wednesday, August 21 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Wednesday, August 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.

Morning Fitness

Date and Time: Wednesday, August 21 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.

Drop In Program- Ages 4-8: Spies

Date and Time: Wednesday, August 21 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 **Spies**

Tuesday, August 20th

Wednesday, August 21st

Thursday, August 22nd

Morning Yoga

Date and Time: Wednesday, August 21 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, August 21 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: Spies

Date and Time: Wednesday, August 21 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 **Spies**

Tuesday, August 20th

Wednesday, August 21st

Thursday, August 22nd

Health Club CLOSED

Date and Time: Thursday, August 22 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Thursday, August 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.

20/20/20 Fitness Class

Date and Time: Thursday, August 22 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.

Drop In Program- Ages 4-8: Spies

Date and Time: Thursday, August 22 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 **Spies**

Tuesday, August 20th

Wednesday, August 21st

Thursday, August 22nd

Pilates

Date and Time: Thursday, August 22 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, August 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.

Drop In Program- Ages 7-12: Spies

Date and Time: Thursday, August 22 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 **Spies**

Tuesday, August 20th

Wednesday, August 21st

Thursday, August 22nd

Roller Skate

Date and Time: Thursday, August 22 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, August 23, 2024

Health Club CLOSED

Date and Time: Friday, August 23 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Friday, August 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.

Morning Fitness

Date and Time: Friday, August 23 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.

Morning Yoga

Date and Time: Friday, August 23 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, August 23 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, August 24, 2024

Health Club CLOSED

Date and Time: Saturday, August 24 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Saturday, August 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.

Lake Lisgar Waterpark

Date and Time: Saturday, August 24 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, August 25, 2024

Health Club CLOSED

Date and Time: Sunday, August 25 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Sunday, August 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.

Lake Lisgar Waterpark

Date and Time: Sunday, August 25 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, August 26, 2024

Health Club CLOSED

Date and Time: Monday, August 26 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Monday, August 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: Monday, August 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.

Morning Yoga

Date and Time: Monday, August 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 relaxation techniques to reduce muscle tension and stress.

Lake Lisgar Waterpark

Date and Time: Monday, August 26 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, August 27, 2024

Health Club CLOSED

Date and Time: Tuesday, August 27 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Strength and Conditioning

Date and Time: Tuesday, August 27 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, August 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.

Stretch and Tone

Date and Time: Tuesday, August 27 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.

Drop In Program- Ages 4-8: Super Heroes

Date and Time: Tuesday, August 27 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 **Super Heroes**

Tuesday, August 27th

Wednesday, August 28th

Thursday, August 29th

Lake Lisgar Waterpark

Date and Time: Tuesday, August 27 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: Super Heroes

Date and Time: Tuesday, August 27 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 **Super Heroes**

Tuesday, August 27th

Wednesday, August 28th

Thursday, August 29th

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Wednesday, August 28, 2024

Health Club CLOSED

Date and Time: Wednesday, August 28 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Wednesday, August 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.

Morning Fitness

Date and Time: Wednesday, August 28 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.

Drop In Program- Ages 4-8: Super Heroes

Date and Time: Wednesday, August 28 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 **Super Heroes**

Tuesday, August 27th

Wednesday, August 28th

Thursday, August 29th

Morning Yoga

Date and Time: Wednesday, August 28 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, August 28 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: Super Heroes

Date and Time: Wednesday, August 28 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 **Super Heroes**

Tuesday, August 27th

Wednesday, August 28th

Thursday, August 29th

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Thursday, August 29, 2024

Health Club CLOSED

Date and Time: Thursday, August 29 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Thursday, August 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.

20/20/20 Fitness Class

Date and Time: Thursday, August 29 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.

Drop In Program- Ages 4-8: Super Heroes

Date and Time: Thursday, August 29 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 **Super Heroes**

Tuesday, August 27th

Wednesday, August 28th

Thursday, August 29th

Pilates

Date and Time: Thursday, August 29 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, August 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.

Drop In Program- Ages 7-12: Super Heroes

Date and Time: Thursday, August 29 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 **Super Heroes**

Tuesday, August 27th

Wednesday, August 28th

Thursday, August 29th

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Roller Skate

Date and Time: Thursday, August 29 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, August 30, 2024

Health Club CLOSED

Date and Time: Friday, August 30 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Friday, August 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.

Morning Fitness

Date and Time: Friday, August 30 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.

Morning Yoga

Date and Time: Friday, August 30 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, August 30 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, August 31, 2024

Health Club CLOSED

Date and Time: Saturday, August 31 5:30 am

Address: 45 Hardy Avenue Tillsonburg

Due to construction, the Health Club is closed from August 1-31.

Splash Pad

Date and Time: Saturday, August 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.

Lake Lisgar Waterpark

Date and Time: Saturday, August 31 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.

<https://events.tillsonburg.ca>