

Sunday, January 1, 2023

TCC Closed

Date and Time: Sunday, January 1 12:00 am

Address: 45 Hardy Avenue Tillsonburg

The Tillsonburg Community Centre is closed for stat holiday.

Monday, January 2, 2023

Lane and Leisure Swim

Date and Time: Monday, January 2 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Winter Break Camp

Date and Time: Monday, January 2 7:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 5 - 12yrs. We have a week of fun activities, including skating, for our campers to enjoy before they head back to school. Campers must bring their own helmets for skating, two snacks and lunch each day. Campers need to be prepared for indoor and outdoor play. (Other activities are planned for those who choose not to skate.)

Spaces are limited so pre-registration is required. (Weekly registration only.)

Register online at <https://townoftillsonburg.perfectmind.com> .

Aqua Cycle

Date and Time: Monday, January 2 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down , set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com> .

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, January 2 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Free Public Skate

Date and Time: Monday, January 2 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by E & E McLaughlin. Pre-registration is strongly recommended. Register online at townoftillsonburg.perfectmind.com or by calling 519-688-9011.

Lane and Leisure Swim

Date and Time: Monday, January 2 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Free Community Swim

Date and Time: Monday, January 2 2:30 pm - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free community swim, generously sponsored by VanQuaethem Farms Ltd.

Swim admission standards apply.

Aqua Cycle

Date and Time: Monday, January 2 6:30 pm - 7:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Jog

Date and Time: Monday, January 2 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Monday, January 2 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Tuesday, January 3, 2023

Lane and Leisure Swim

Date and Time: Tuesday, January 3 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Winter Break Camp

Date and Time: Tuesday, January 3 7:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 5 - 12yrs. We have a week of fun activities, including skating, for our campers to enjoy before they head back to school. Campers must bring their own helmets for skating, two snacks and lunch each day. Campers need to be prepared for indoor and outdoor play. (Other activities are planned for those who choose not to skate.)

Spaces are limited so pre-registration is required. (Weekly registration only.)

Register online at <https://townoftillsonburg.perfectmind.com> .

Aqua Jog

Date and Time: Tuesday, January 3 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Free Public Skate

Date and Time: Tuesday, January 3 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by Re/Max a-b Realty.

Lane and Leisure Swim

Date and Time: Tuesday, January 3 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Free Community Swim

Date and Time: Tuesday, January 3 1:30 pm - 3:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free community swim, generously sponsored by VanQuaethem Farms Ltd.

Swim admission standards apply.

Wednesday, January 4, 2023

Lane and Leisure Swim

Date and Time: Wednesday, January 4 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Winter Break Camp

Date and Time: Wednesday, January 4 7:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 5 - 12yrs. We have a week of fun activities, including skating, for our campers to enjoy before they head back to school. Campers must bring their own helmets for skating, two snacks and lunch each day. Campers need to be prepared for indoor and outdoor play. (Other activities are planned for those who choose not to skate.)

Spaces are limited so pre-registration is required. (Weekly registration only.)

Register online at <https://townoftillsonburg.perfectmind.com> .

Aqua Cycle

Date and Time: Wednesday, January 4 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Public Skating

Date and Time: Wednesday, January 4 10:00 am - 11:30 am

Address: 45 Hardy Ave

Join us for a public skate - drop-in only (pre-registration not needed). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Wednesday, January 4 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, January 4 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Free Community Swim

Date and Time: Wednesday, January 4 2:30 pm - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free community swim, generously sponsored by VanQuaethem Farms Ltd.

Swim admission standards apply.

Aqua Cycle

Date and Time: Wednesday, January 4 6:30 pm - 7:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down , set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com> .

Aqua Jog

Date and Time: Wednesday, January 4 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Wednesday, January 4 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Thursday, January 5, 2023

Lane and Leisure Swim

Date and Time: Thursday, January 5 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Winter Break Camp

Date and Time: Thursday, January 5 7:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 5 - 12yrs. We have a week of fun activities, including skating, for our campers to enjoy before they head back to school. Campers must bring their own helmets for skating, two snacks and lunch each day. Campers need to be prepared for indoor and outdoor play. (Other activities are planned for those who choose not to skate.)

Spaces are limited so pre-registration is required. (Weekly registration only.)

Register online at <https://townoftillsonburg.perfectmind.com> .

Aqua Jog

Date and Time: Thursday, January 5 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Free Public Skate

Date and Time: Thursday, January 5 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by Inovata Foods.

Lane and Leisure Swim

Date and Time: Thursday, January 5 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Community Swim

Date and Time: Thursday, January 5 1:30 pm - 3:00 pm

Address: 45 Hardy Ave

All ages welcome to join us for a swim. Drop-ins are welcome. Pre-registration is not required. Swim Admissions Standards apply.

Friday, January 6, 2023

Lane and Leisure Swim

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

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Winter Break Camp

Date and Time: Friday, January 6 7:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 5 - 12yrs. We have a week of fun activities, including skating, for our campers to enjoy before they head back to school. Campers must bring their own helmets for skating, two snacks and lunch each day. Campers need to be prepared for indoor and outdoor play. (Other activities are planned for those who choose not to skate.)

Spaces are limited so pre-registration is required. (Weekly registration only.)

Register online at <https://townoftillsonburg.perfectmind.com> .

Aqua Cycle

Date and Time: Friday, January 6 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down , set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com> .

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Friday, January 6 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Public Skate

Date and Time: Friday, January 6 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Leisure Swim

Date and Time: Friday, January 6 11:00 am - 12:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Entire pool is open for leisure swim to work on your own fitness. (No lanes available during this swim time.)

Drop-ins welcome. Pre-registration is not required.

Lane Swim

Date and Time: Friday, January 6 12:00 pm - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Six (6) lanes are available to swim lengths.

Drop-ins welcome. Pre-registration is not required.

Community Swim

Date and Time: Friday, January 6 1:30 pm - 3:00 pm

Address: 45 Hardy Ave

All ages welcome to join us for a swim. Drop-ins are welcome. Pre-registration is not required. Swim Admissions Standards apply.

Public Skate

Date and Time: Friday, January 6 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Saturday, January 7, 2023

Lane and Leisure Swim

Date and Time: Saturday, January 7 7:00 am - 9:00 am

Address: 45 Hardy Ave

Ages 13yrs+.

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Free Community Swim

Date and Time: Saturday, January 7 12:00 pm - 1:30 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free community swim, generously sponsored by Advance Auto Repair.

Swim admission standards apply.

Sunday, January 8, 2023

Free Public Skate

Date and Time: Sunday, January 8 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for public skate, generously sponsored by Martinrea International. Pre-registration is strongly recommended. Register online at townoftillsonburg.perfectmind.com or by calling 519-688-9011.

Monday, January 9, 2023

Lane and Leisure Swim

Date and Time: Monday, January 9 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Monday, January 9 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, January 9 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Monday, January 9 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 13+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Monday, January 9 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 13+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Monday, January 9 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, January 9 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Full Body Blast

Date and Time: Monday, January 9 5:45 pm - 6:15 pm

Address: 45 Hardy Ave

For ages 13+

A full body strength and conditioning class that hits all major muscle groups in just 30min. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

Aqua Cycle

Date and Time: Monday, January 9 6:30 pm - 7:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down , set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com> .

Yoga Blast

Date and Time: Monday, January 9 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+.

Designed to fit into any schedule and provide you with an effective yoga class in just 30 minutes.

Aqua Jog

Date and Time: Monday, January 9 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Monday, January 9 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.

Tuesday, January 10, 2023

Lane and Leisure Swim

Date and Time: Tuesday, January 10 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Tuesday, January 10 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Public Skate

Date and Time: Tuesday, January 10 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Tuesday, January 10 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Full Body Blast

Date and Time: Tuesday, January 10 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

A full body strength and conditioning class that hits all major muscle groups in just 30min. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

Lane and Leisure Swim

Date and Time: Wednesday, January 11 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Wednesday, January 11 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, January 11 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Wednesday, January 11 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 13+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

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

Address: 45 Hardy Ave

For ages 13+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

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

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, January 11 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aqua Cycle

Date and Time: Wednesday, January 11 6:30 pm - 7:30 pm

Address: 45 Hardy Avenue Tillsonburg

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To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Full Body Blast

Date and Time: Wednesday, January 11 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

A full body strength and conditioning class that hits all major muscle groups in just 30min. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

Aqua Jog

Date and Time: Wednesday, January 11 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Wednesday, January 11 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.

Thursday, January 12, 2023

Lane and Leisure Swim

Date and Time: Thursday, January 12 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Thursday, January 12 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Low Impact Fitness

Date and Time: Thursday, January 12 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class includes safe, but effective, moves inspired by conventional group exercise classes such as Hi-Lo, Step and Pilates. If you're aiming to improve cardio, strength, flexibility and overall health but prefer less intense exercises, this class is for you. Drop-ins welcome. Pre-registration is not required.

Public Skate

Date and Time: Thursday, January 12 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Thursday, January 12 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Friday, January 13, 2023

Lane and Leisure Swim

Date and Time: Friday, January 13 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your

own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Friday, January 13 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Friday, January 13 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Friday, January 13 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 13+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Friday, January 13 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 13+

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. Drop-ins welcome, pre-registration not required.

Leisure Swim

Date and Time: Friday, January 13 11:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13yrs+. Entire pool is open for leisure swim to work on your own fitness. (No lanes available during this swim time.)

Drop-ins welcome. Pre-registration is not required.

Lane Swim

Date and Time: Friday, January 13 12:00 pm - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13yrs+. Six (6) lanes are available to swim lengths.

Drop-ins welcome. Pre-registration is not required.

Public Skate

Date and Time: Friday, January 13 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Saturday, January 14, 2023

Lane and Leisure Swim

Date and Time: Saturday, January 14 7:30 am - 9:00 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Community Swim

Date and Time: Saturday, January 14 12:00 pm - 1:30 pm

Address: 45 Hardy Ave

All ages welcome to join us for a swim. Drop-ins are welcome. Pre-registration is not required. Swim Admissions Standards apply.

Sunday, January 15, 2023

Public Skate

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

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Monday, January 16, 2023

Lane and Leisure Swim

Date and Time: Monday, January 16 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Monday, January 16 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, January 16 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Monday, January 16 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 13+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Monday, January 16 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 13+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Monday, January 16 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, January 16 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Full Body Blast

Date and Time: Monday, January 16 5:45 pm - 6:15 pm

Address: 45 Hardy Ave

For ages 13+

A full body strength and conditioning class that hits all major muscle groups in just 30min. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

Aqua Cycle

Date and Time: Monday, January 16 6:30 pm - 7:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Yoga Blast

Date and Time: Monday, January 16 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+.

Designed to fit into any schedule and provide you with an effective yoga class in just 30 minutes.

Aqua Jog

Date and Time: Monday, January 16 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great

cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Monday, January 16 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.

Tuesday, January 17, 2023

Lane and Leisure Swim

Date and Time: Tuesday, January 17 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Tuesday, January 17 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Public Skate

Date and Time: Tuesday, January 17 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Tuesday, January 17 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Full Body Blast

Date and Time: Tuesday, January 17 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

A full body strength and conditioning class that hits all major muscle groups in just 30min. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

Wednesday, January 18, 2023

Lane and Leisure Swim

Date and Time: Wednesday, January 18 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Wednesday, January 18 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, January 18 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Wednesday, January 18 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 13+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Wednesday, January 18 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 13+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Wednesday, January 18 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, January 18 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aqua Cycle

Date and Time: Wednesday, January 18 6:30 pm - 7:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Full Body Blast

Date and Time: Wednesday, January 18 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

A full body strength and conditioning class that hits all major muscle groups in just 30min. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

Aqua Jog

Date and Time: Wednesday, January 18 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Wednesday, January 18 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.

Thursday, January 19, 2023

Lane and Leisure Swim

Date and Time: Thursday, January 19 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Thursday, January 19 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Low Impact Fitness

Date and Time: Thursday, January 19 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class includes safe, but effective, moves inspired by conventional group exercise classes such as Hi-Lo, Step and Pilates. If you're aiming to improve cardio, strength, flexibility and overall health but prefer less intense exercises, this class is for you. Drop-ins welcome. Pre-registration is not required.

Public Skate

Date and Time: Thursday, January 19 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Thursday, January 19 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Friday, January 20, 2023

Lane and Leisure Swim

Date and Time: Friday, January 20 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Friday, January 20 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Friday, January 20 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning,

muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Friday, January 20 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 13+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Friday, January 20 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 13+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Leisure Swim

Date and Time: Friday, January 20 11:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13yrs+. Entire pool is open for leisure swim to work on your own fitness. (No lanes available during this swim time.)

Drop-ins welcome. Pre-registration is not required.

Lane Swim

Date and Time: Friday, January 20 12:00 pm - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13yrs+. Six (6) lanes are available to swim lengths.

Drop-ins welcome. Pre-registration is not required.

Public Skate

Date and Time: Friday, January 20 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Saturday, January 21, 2023

Lane and Leisure Swim

Date and Time: Saturday, January 21 7:30 am - 9:00 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Free Community Swim

Date and Time: Saturday, January 21 12:00 pm - 1:30 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free community swim, generously sponsored by Advance Auto Repair.

Swim admission standards apply.

Sunday, January 22, 2023

Free Public Skate

Date and Time: Sunday, January 22 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by Systemair.

Monday, January 23, 2023

Lane and Leisure Swim

Date and Time: Monday, January 23 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Monday, January 23 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, January 23 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Monday, January 23 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 13+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Monday, January 23 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 13+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Monday, January 23 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, January 23 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Full Body Blast

Date and Time: Monday, January 23 5:45 pm - 6:15 pm

Address: 45 Hardy Ave

For ages 13+

A full body strength and conditioning class that hits all major muscle groups in just 30min. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

Aqua Cycle

Date and Time: Monday, January 23 6:30 pm - 7:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended.

(When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Yoga Blast

Date and Time: Monday, January 23 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+.

Designed to fit into any schedule and provide you with an effective yoga class in just 30 minutes.

Aqua Jog

Date and Time: Monday, January 23 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Monday, January 23 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.

Tuesday, January 24, 2023

Lane and Leisure Swim

Date and Time: Tuesday, January 24 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Tuesday, January 24 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Public Skate

Date and Time: Tuesday, January 24 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Tuesday, January 24 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Full Body Blast

Date and Time: Tuesday, January 24 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

A full body strength and conditioning class that hits all major muscle groups in just 30min. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

Wednesday, January 25, 2023

Lane and Leisure Swim

Date and Time: Wednesday, January 25 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Wednesday, January 25 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, January 25 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Wednesday, January 25 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 13+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Wednesday, January 25 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 13+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Wednesday, January 25 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, January 25 1:00 pm - 2:00 pm

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Thursday, January 26, 2023

Lane and Leisure Swim

Date and Time: Thursday, January 26 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Thursday, January 26 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Low Impact Fitness

Date and Time: Thursday, January 26 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class includes safe, but effective, moves inspired by conventional group exercise classes such as Hi-Lo, Step and Pilates. If you're aiming to improve cardio, strength, flexibility and overall health but prefer less intense exercises, this class is for you. Drop-ins welcome. Pre-registration is not required.

Public Skate

Date and Time: Thursday, January 26 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Thursday, January 26 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Friday, January 27, 2023

Lane and Leisure Swim

Date and Time: Friday, January 27 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Friday, January 27 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down , set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com> .

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Friday, January 27 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

Date and Time: Friday, January 27 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 13+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

Date and Time: Friday, January 27 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 13+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Leisure Swim

Date and Time: Friday, January 27 11:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13yrs+. Entire pool is open for leisure swim to work on your own fitness. (No lanes available during this swim time.)

Drop-ins welcome. Pre-registration is not required.

Lane Swim

Date and Time: Friday, January 27 12:00 pm - 1:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages 13yrs+. Six (6) lanes are available to swim lengths.

Drop-ins welcome. Pre-registration is not required.

Public Skate

Date and Time: Friday, January 27 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Friday Night Hangout (Age 8 - 12yrs)

Date and Time: Friday, January 27 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Fun With Food.

Take part in a fun cooking class and make your own dinner and dessert while using your crafty side.

Space is limited. Pre-registration is required: <https://townoftillsonburg.perfectmind.com>

Fee: \$12.15/participant per night.

Saturday, January 28, 2023

Lane and Leisure Swim

Date and Time: Saturday, January 28 7:30 am - 9:00 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Community Swim

Date and Time: Saturday, January 28 12:00 pm - 1:30 pm

Address: 45 Hardy Ave

All ages welcome to join us for a swim. Drop-ins are welcome. Pre-registration is not required. Swim Admissions Standards apply.

Sunday, January 29, 2023

Free Public Skate

Date and Time: Sunday, January 29 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for public skate, generously sponsored by Martinrea International. Pre-registration is strongly recommended. Register online at townoftillsonburg.perfectmind.com or by calling 519-688-9011.

Monday, January 30, 2023

Lane and Leisure Swim

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

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Cycle

Date and Time: Monday, January 30 7:30 am - 8:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down , set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com> .

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, January 30 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Aerobics

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

Address: 45 Hardy Ave

For ages 13+. This program is designed for any fitness level. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

Yoga

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

Address: 45 Hardy Ave

For ages 13+

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

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

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Fit (Baby and Me Aqua Fit)

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

Address: 45 Hardy Avenue Tillsonburg

This invigorating class is done in the shallow end of the indoor pool. The class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout. Class is 45min with 15min for leisure swim cooldown. (Make it a Baby & Me Aqua Fit class - floatation seats are provided for children 6mos to 3yrs old, so parents/guardians can participate and have the child in arms' reach.) Ages 13+. Pre-registration is not required.

Full Body Blast

Date and Time: Monday, January 30 5:45 pm - 6:15 pm

Address: 45 Hardy Ave

For ages 13+

A full body strength and conditioning class that hits all major muscle groups in just 30min. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

Aqua Cycle

Date and Time: Monday, January 30 6:30 pm - 7:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise - increased blood flow, improved cardio endurance and low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15min for leisure swim cool down, set up/take down. Pre-registration is strongly recommended. (When registered for this class and you are not able to attend, cancellation notice of 12hrs prior to class is appreciated. A no-show fee will be applied if you do not attend class nor cancel in advance.)

To register (or cancel a reservation) please call 519-688-3009 ext. 4230 or online at <https://townoftillsonburg.perfectmind.com>.

Yoga Blast

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

Address: 45 Hardy Ave

For ages 13+.

Designed to fit into any schedule and provide you with an effective yoga class in just 30 minutes.

Aqua Jog

Date and Time: Monday, January 30 7:30 pm - 8:30 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Lane and Leisure Swim

Date and Time: Monday, January 30 8:30 pm - 9:30 pm

Address: 45 Hardy Ave

Ages 13yrs+

Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness. Drop-ins welcome. Pre-registration is not required.

Tuesday, January 31, 2023

Lane and Leisure Swim

Date and Time: Tuesday, January 31 6:00 am - 8:30 am

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Aqua Jog

Date and Time: Tuesday, January 31 8:30 am - 9:30 am

Address: 45 Hardy Avenue Tillsonburg

For ages 13+. This class is done in the deep end of the indoor pool. You are suspended by the use of a floatation device which allows you to experience new moves such as water running, cycling and lots more to get a great cardiovascular workout without the impact. Class is 45min, with 15min leisure cooldown. Drop-ins welcome. Pre-registration is not required.

Public Skate

Date and Time: Tuesday, January 31 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate - drop-in only (pre-registration not required). Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Lane and Leisure Swim

Date and Time: Tuesday, January 31 11:30 am - 1:00 pm

Address: 45 Hardy Ave

Ages 13yrs+. Three (3) lanes available swimming lengths and half pool open for leisure swim to work on your own fitness.

Drop-ins welcome. Pre-registration is not required.

Full Body Blast

Date and Time: Tuesday, January 31 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

A full body strength and conditioning class that hits all major muscle groups in just 30min. Suitable for those in need of a quick workout focused on overall muscle conditioning and toning.

<https://events.tillsonburg.ca>