

Wednesday, February 1, 2023

Lane and Leisure Swim

Date and Time: Wednesday, February 1 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, February 1 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, February 1 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, February 1 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.

Preschool Playtime Swim

Date and Time: Wednesday, February 1 9:30 am - 10:30 am

Address: 45 Hardy Ave

For our little swimmers ages 5yrs and under along with their caregiver(s). Toys and special equipment are available to enjoy in the pool. Swim Admission Standards apply. Drop-ins are welcome. Pre-registration is not required.

Yoga

Date and Time: Wednesday, February 1 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, February 1 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, February 1 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, February 1 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, February 1 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, February 1 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, February 1 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, February 2, 2023

Lane and Leisure Swim

Date and Time: Thursday, February 2 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, February 2 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, February 2 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, February 2 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, February 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.

Friday, February 3, 2023

Lane and Leisure Swim

Date and Time: Friday, February 3 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, February 3 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 Cycle

Date and Time: Friday, February 3 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, February 3 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, February 3 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, February 3 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, February 3 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, February 3 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, February 3 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, February 4, 2023

Lane and Leisure Swim

Date and Time: Saturday, February 4 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, February 4 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.

Monday, February 6, 2023

Lane and Leisure Swim

Date and Time: Monday, February 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.

Aqua Cycle

Date and Time: Monday, February 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: Monday, February 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.

Aerobics

Date and Time: Monday, February 6 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, February 6 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, February 6 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, February 6 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, February 6 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.

Yoga Blast

Date and Time: Monday, February 6 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 Cycle

Date and Time: Monday, February 6 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, February 6 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, February 6 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, February 7, 2023

Lane and Leisure Swim

Date and Time: Tuesday, February 7 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, February 7 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, February 7 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, February 7 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, February 7 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, February 8, 2023

Lane and Leisure Swim

Date and Time: Wednesday, February 8 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, February 8 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, February 8 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, February 8 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.

Preschool Playtime Swim

Date and Time: Wednesday, February 8 9:30 am - 10:30 am

Address: 45 Hardy Ave

For our little swimmers ages 5yrs and under along with their caregiver(s). Toys and special equipment are available to enjoy in the pool. Swim Admission Standards apply. Drop-ins are welcome. Pre-registration is not required.

Yoga

Date and Time: Wednesday, February 8 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, February 8 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, February 8 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, February 8 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.)

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Full Body Blast

Date and Time: Wednesday, February 8 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, February 8 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, February 8 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, February 9, 2023

Lane and Leisure Swim

Date and Time: Thursday, February 9 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, February 9 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, February 9 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, February 9 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, February 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.

Friday, February 10, 2023

Lane and Leisure Swim

Date and Time: Friday, February 10 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, February 10 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 Cycle

Date and Time: Friday, February 10 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, February 10 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, February 10 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, February 10 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, February 10 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, February 10 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, February 10 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, February 11, 2023

Lane and Leisure Swim

Date and Time: Saturday, February 11 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, February 11 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, February 12, 2023

“What’s Your Sign? Exhibition Opening @ ANHS

Date and Time: Sunday, February 12 1:00 pm - 4:00 pm

Address: 30 Tillson Ave

“What’s Your Sign? Exhibition Opening

You are invited to join staff & volunteers as we open our new exhibit which brings flat signs to life, telling the stories of local people, businesses, and schools. All signs are from the permanent collection.

Light Refreshments will be served.

Cost: By Donation

Free Public Skate

Date and Time: Sunday, February 12 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, February 13, 2023

Lane and Leisure Swim

Date and Time: Monday, February 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: Monday, February 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: Monday, February 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: Monday, February 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: Monday, February 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 relaxation techniques to reduce muscle tension and stress. Drop-ins welcome, pre-registration not required.

Lane and Leisure Swim

Date and Time: Monday, February 13 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, February 13 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, February 13 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.

Yoga Blast

Date and Time: Monday, February 13 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 Cycle

Date and Time: Monday, February 13 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, February 13 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, February 13 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, February 14, 2023

Lane and Leisure Swim

Date and Time: Tuesday, February 14 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, February 14 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, February 14 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, February 14 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.

"Be My Valentine" Tea at ANHS

Date and Time: Tuesday, February 14 1:30 pm - 3:00 pm

Address: 30 Tillson Ave

Come for tea, sweet treats and the making of a special Valentine gift to keep or give to your Valentine

Cost: \$20.00 plus Taxes

Location: Annandale NHS (30 Tillson Ave)

Bring your friends for Tea at the museum. Teas are hosted in the Corner Gallery (program room) and ticket price includes admission to the museum. Preregistration is required.

Full Body Blast

Date and Time: Tuesday, February 14 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, February 15, 2023

Lane and Leisure Swim

Date and Time: Wednesday, February 15 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, February 15 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 Jog

Date and Time: Wednesday, February 15 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.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, February 15 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, February 15 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.

Preschool Playtime Swim

Date and Time: Wednesday, February 15 9:30 am - 10:30 am

Address: 45 Hardy Ave

For our little swimmers ages 5yrs and under along with their caregiver(s). Toys and special equipment are available to enjoy in the pool. Swim Admission Standards apply. Drop-ins are welcome. Pre-registration is not required.

Yoga

Date and Time: Wednesday, February 15 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, February 15 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, February 15 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, February 15 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, February 15 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, February 15 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, February 16, 2023

Lane and Leisure Swim

Date and Time: Thursday, February 16 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, February 16 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, February 16 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, February 16 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, February 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.

Friday, February 17, 2023

Lane and Leisure Swim

Date and Time: Friday, February 17 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, February 17 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, February 17 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, February 17 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, February 17 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, February 17 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, February 17 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.

Saturday, February 18, 2023

Lane and Leisure Swim

Date and Time: Saturday, February 18 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, February 18 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.

Monday, February 20, 2023

Free Public Skate

Date and Time: Monday, February 20 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a Free Skate to celebrate Family Day.

Family Day Fun & Games

Date and Time: Monday, February 20 10:00 am - 3:00 pm

Address: 30 Tillson Ave

Family Day Fun & Games

Visit the museum on Family day to participate in family games, guided tours, crafts and the popular scavenger hunt.

| Date | Time | Cost |
|-----------------------|-------------|-------------|
| Monday, February 20th | 10am to 3pm | By Donation |

Free Community Swim

Date and Time: Monday, February 20 11:00 am - 12:30 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a Free Swim to celebrate Family Day. Pool Admission Standards apply.

Tuesday, February 21, 2023

Lane and Leisure Swim

Date and Time: Tuesday, February 21 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, February 21 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, February 21 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, February 21 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, February 21 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, February 22, 2023

Lane and Leisure Swim

Date and Time: Wednesday, February 22 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, February 22 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, February 22 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, February 22 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.

Preschool Playtime Swim

Date and Time: Wednesday, February 22 9:30 am - 10:30 am

Address: 45 Hardy Ave

For our little swimmers ages 5yrs and under along with their caregiver(s). Toys and special equipment are available to enjoy in the pool. Swim Admission Standards apply. Drop-ins are welcome. Pre-registration is not required.

Yoga

Date and Time: Wednesday, February 22 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, February 22 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, February 22 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: Wednesday, February 22 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, February 22 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, February 22 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, February 23, 2023

Lane and Leisure Swim

Date and Time: Thursday, February 23 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, February 23 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, February 23 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, February 23 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, February 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.

Lunch and Learn 2023- The End of The Lines- the story of the T.L.E. & P. Railway" @ ANHS

Date and Time: Thursday, February 23 12:00 pm - 2:00 pm

Address: 30 Tillson Ave

A four-part series of catered lunches and interesting lectures on local history. Lunch is served at noon with the lecture following.

Admission to tour the museum is included in the ticket price. Hosted in the Corner Gallery (program room).

Lecture I -"The End of The Lines- the story of the T.L.E. & P. Railway"

Presented by Joan Weston.

| Date | Time | Cost |
|--|-------------|--|
| Thursday, February 23 or Friday, February 24 | 12pm to 2pm | Cost \$30 single ticket or \$100 for series pass |

Friday, February 24, 2023

Lane and Leisure Swim

Date and Time: Friday, February 24 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, February 24 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, February 24 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, February 24 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, February 24 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, February 24 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.

Lunch and Learn 2023- The End of The Lines- the story of the T.L.E. & P. Railway" @ ANHS

Date and Time: Friday, February 24 12:00 pm - 2:00 pm

Address: 30 Tillson Ave

A four-part series of catered lunches and interesting lectures on local history. Lunch is served at noon with the lecture following.

Admission to tour the museum is included in the ticket price. Hosted in the Corner Gallery (program room).

Lecture I -“The End of The Lines- the story of the T.L.E. & P. Railway”

Presented by Joan Weston.

| Date | Time | Cost |
|--|-------------|--|
| Thursday, February 23 or Friday, February 24 | 12pm to 2pm | Cost \$30 single ticket or \$100 for series pass |

Lane Swim

Date and Time: Friday, February 24 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, February 24 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 13-15yrs)

Date and Time: Friday, February 24 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Crack the Code.

Try to crack the code during this escape room challenge! You will work together to find clues and complete a variety of puzzles and tasks. Supplies and instruction provided.

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

Fee: \$12.15/participant per night.

Saturday, February 25, 2023

Lane and Leisure Swim

Date and Time: Saturday, February 25 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, February 25 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, February 26, 2023

Free Public Skate

Date and Time: Sunday, February 26 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, February 27, 2023

Lane and Leisure Swim

Date and Time: Monday, February 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: Monday, February 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: Monday, February 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: Monday, February 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.

Preschool Playtime Swim

Date and Time: Monday, February 27 9:30 am - 10:30 am

Address: 45 Hardy Ave

For our little swimmers ages 5yrs and under along with their caregiver(s). Toys and special equipment are available to enjoy in the pool. Swim Admission Standards apply. Drop-ins are welcome. Pre-registration is not required.

Yoga

Date and Time: Monday, February 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.

Lane and Leisure Swim

Date and Time: Monday, February 27 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, February 27 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.

Community Swim

Date and Time: Monday, February 27 5:00 pm - 6:00 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.

Full Body Blast

Date and Time: Monday, February 27 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.

Yoga Blast

Date and Time: Monday, February 27 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 Cycle

Date and Time: Monday, February 27 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, February 27 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, February 27 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, February 28, 2023

Lane and Leisure Swim

Date and Time: Tuesday, February 28 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, February 28 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, February 28 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.

Leisure Swim

Date and Time: Tuesday, February 28 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: Tuesday, February 28 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.

Community Swim

Date and Time: Tuesday, February 28 5:00 pm - 6:00 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.

Full Body Blast

Date and Time: Tuesday, February 28 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>