

Wednesday, March 1, 2023

Lane and Leisure Swim

Date and Time: Wednesday, March 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, March 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, March 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, March 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, March 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, March 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, March 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, March 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.

Community Swim

Date and Time: Wednesday, March 1 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.

Aqua Cycle

Date and Time: Wednesday, March 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, March 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, March 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, March 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, March 2, 2023

Lane and Leisure Swim

Date and Time: Thursday, March 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, March 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.

Public Skate

Date and Time: Thursday, March 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.

Leisure Swim

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

Friday, March 3, 2023

Lane and Leisure Swim

Date and Time: Friday, March 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 Fit (Baby and Me Aqua Fit)

Date and Time: Friday, March 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, March 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.

Preschool Playtime Swim

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

Home Alone Course

Date and Time: Saturday, March 4 8:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 7 - 12yrs. This course, with basic First Aid, is designed for kids to learn how to stay safe at home, alone or with siblings. It will give participants the skills to feel confident while staying home alone. Pre-registration is required: <https://townoftillsonburg.perfectmind.com> or by calling 519-688-9011. (\$29.20 + \$8.15 manual).

Lane and Leisure Swim

Date and Time: Saturday, March 4 9:30 am - 11:30 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.

Community Swim

Date and Time: Saturday, March 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.

Sunday, March 5, 2023

Free Public Skate

Date and Time: Sunday, March 5 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by CUPE Local 5391 SWPH.

Monday, March 6, 2023

Lane and Leisure Swim

Date and Time: Monday, March 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, March 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, March 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, March 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.

Preschool Playtime Swim

Date and Time: Monday, March 6 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, March 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, March 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, March 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

e the child in arms' reach.) Ages 13+. Pre-registration is not required.

Community Swim

Date and Time: Monday, March 6 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, March 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.

Aqua Cycle

Date and Time: Monday, March 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, March 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, March 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, March 7, 2023

Lane and Leisure Swim

Date and Time: Tuesday, March 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, March 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.

Leisure Swim

Date and Time: Tuesday, March 7 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, March 7 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, March 7 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, March 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.

Tillsonburg Horticultural Society

Date and Time: Tuesday, March 7 7:30 pm - 9:00 pm

Address: 45 Hardy Ave - Seniors Centre

Monthly meeting will feature Jim Mabee, Cheryl Losch and Matt Fenn answering members' gardening questions.

Prize draw for participants.

Everyone welcome. Guests are \$4 or become a member \$20 per year!

Wednesday, March 8, 2023

Lane and Leisure Swim

Date and Time: Wednesday, March 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, March 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, March 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, March 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, March 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.

able to enjoy in the pool. Swim Admission Standards apply. Drop-ins are welcome. Pre-registration is not required.

Yoga

Date and Time: Wednesday, March 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, March 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.

Women's Day Chocolate Luncheon @ ANHS

Date and Time: Wednesday, March 8 12:00 pm - 2:00 pm

Address: 30 Tillson Ave

Women's Day Chocolate Luncheon

Indulge in all things chocolate as we celebrate International Women’s day.

Date	Time	Cost
Wednesday, March 8, 2023	12pm to 2pm	Cost \$30 + Taxes

Pre-registration is required. You can registrar via your Connect2Rec Account <https://townoftillsonburg.pernectmind.com/> or by calling the Museum at 519-842-2294.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, March 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, effe

ctive 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: Wednesday, March 8 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.

Aqua Cycle

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

Lane and Leisure Swim

Date and Time: Thursday, March 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, March 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.

Public Skate

Date and Time: Thursday, March 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.

Leisure Swim

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

Friday, March 10, 2023

Lane and Leisure Swim

Date and Time: Friday, March 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 Fit (Baby and Me Aqua Fit)

Date and Time: Friday, March 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)

t 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, March 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.

Preschool Playtime Swim

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

Lane and Leisure Swim

Date and Time: Saturday, March 11 9:30 am - 11:30 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.

Free Community Swim

Date and Time: Saturday, March 11 12:00 pm - 1:30 pm

Address: 45 Hardy Ave

Join us for a free community swim generously sponsored by Tillsonburg Glass & Mirror. Pre-registration is strongly recommended. Register online townoftillsonburg.perfectmind.com or by calling 519-688-9011. Pool Admissions Standards apply.

Sunday, March 12, 2023

Free Public Skate

Date and Time: Sunday, March 12 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for public skate, generously sponsored by Oxford County Library. Pre-registration is strongly recommended.

ned. Register online at townoftillsonburg.perfectmind.com or by calling 519-688-9011.

Monday, March 13, 2023

Lane and Leisure Swim

Date and Time: Monday, March 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.

March Break Camp

Date and Time: Monday, March 13 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. 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: \$149.60/week/child)

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

Aqua Cycle

Date and Time: Monday, March 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, March 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.

Preschool Playtime Swim

Date and Time: Monday, March 13 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.

That 70's March Break Program @ ANHS

Date and Time: Monday, March 13 10:00 am - 12:00 pm

Address: 30 Tillson Ave

Games and crafts all with a 1970s theme.

Geared towards Age 5-10

My Pet Rock- Mon, March 13th

Shrinky Dinks - Tues, March 14th

Lava Lamps- Wed, March 15th

Dream Catchers- Thurs, March 16th

Tie Dye Fever- Fri, March 17th

Cost: \$15.00 per Child, per Day

Location: Annandale NHS (30 Tillson Ave)

Pre-registration Required!

Free Public Skate

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

Free Community Swim

Date and Time: Monday, March 13 2:00 pm - 3:30 pm

Address: 45 Hardy Ave

Join us for a free community swim generously sponsored by Inovata Foods Ltd. Pre-registration is recommended. Register online townoftillsonburg.perfectmind.com or by calling 519-688-9011 Swim Admissions Standards apply.

Community Swim

Date and Time: Monday, March 13 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.

Aqua Cycle

Date and Time: Monday, March 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, March 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, March 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, March 14, 2023

Lane and Leisure Swim

Date and Time: Tuesday, March 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.

March Break Camp

Date and Time: Tuesday, March 14 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. 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: \$149.60/week/child)

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

Aqua Jog

Date and Time: Tuesday, March 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.

That 70's March Break Program @ ANHS

Date and Time: Tuesday, March 14 10:00 am - 12:00 pm

Address: 30 Tillson Ave

Games and crafts all with a 1970s theme.

Geared towards Age 5-10

My Pet Rock- Mon, March 13th

Shrinky Dinks - Tues, March 14th

Lava Lamps- Wed, March 15th

Dream Catchers- Thurs, March 16th

Tie Dye Fever- Fri, March 17th

Cost: \$15.00 per Child, per Day

Location: Annandale NHS (30 Tillson Ave)

Pre-registration Required!

Free Public Skate

Date and Time: Tuesday, March 14 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

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

Leisure Swim

Date and Time: Tuesday, March 14 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, March 14 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, March 14 2:00 pm - 3:30 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.

Backflow Prevention - Public Consultation Centre

Date and Time: Tuesday, March 14 2:00 pm - 4:00 pm

Address: 21 Reeve Street, P.O Box 1614, Woodstock, Ontario N4S 7Y3

Oxford County is seeking feedback on a proposed Backflow Prevention Program (BPP). The BPP will further protect the municipal drinking water system by preventing contamination from non-drinking water sources. Backflow events can significantly impact residents, businesses, and the environment by impacting water quality, posing a health risk to consumers, and causing service interruptions. Implementing a BPP will further strengthen the multi-barrier approach the County uses to protect our municipal drinking water.

A Public Consultation Centre will be held in Tillsonburg on March 14 at the Tillsonburg Community Centre (Marwood Lounge).

Learn more at <https://speakup.oxfordcounty.ca/backflow-prevention-program>

Community Swim

Date and Time: Tuesday, March 14 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.

Wednesday, March 15, 2023

Lane and Leisure Swim

Date and Time: Wednesday, March 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.

March Break Camp

Date and Time: Wednesday, March 15 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. 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: \$149.60/week/child)

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

Aqua Cycle

Date and Time: Wednesday, March 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

d 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, March 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.

Preschool Playtime Swim

Date and Time: Wednesday, March 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.

Free Public Skate

Date and Time: Wednesday, March 15 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by CUPE 7575. Pre-registration is strongly recommended. Register online at townoftillsonburg.perfectmind.com or by calling 519-688-9011.

That 70's March Break Program @ ANHS

Date and Time: Wednesday, March 15 10:00 am - 12:00 pm

Address: 30 Tillson Ave

Games and crafts all with a 1970s theme.

Geared towards Age 5-10

My Pet Rock- Mon, March 13th

Shrinky Dinks - Tues, March 14th

Lava Lamps- Wed, March 15th

Dream Catchers- Thurs, March 16th

Tie Dye Fever- Fri, March 17th

Cost: \$15.00 per Child, per Day

Location: Annandale NHS (30 Tillson Ave)

Pre-registration Required!

Lane and Leisure Swim

Date and Time: Wednesday, March 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, March 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.

Community Swim

Date and Time: Wednesday, March 15 2:00 pm - 3:30 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.

Community Swim

Date and Time: Wednesday, March 15 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.

Aqua Cycle

Date and Time: Wednesday, March 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>.

Aqua Jog

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

Lane and Leisure Swim

Date and Time: Thursday, March 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.

March Break Camp

Date and Time: Thursday, March 16 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. 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: \$149.60/week/child)

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

Aqua Jog

Date and Time: Thursday, March 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.

That 70's March Break Program @ ANHS

Date and Time: Thursday, March 16 10:00 am - 12:00 pm

Address: 30 Tillson Ave

Games and crafts all with a 1970s theme.

Geared towards Age 5-10

My Pet Rock- Mon, March 13th

Shrinky Dinks - Tues, March 14th

Lava Lamps- Wed, March 15th

Dream Catchers- Thurs, March 16th

Tie Dye Fever- Fri, March 17th

Cost: \$15.00 per Child, per Day

Location: Annandale NHS (30 Tillson Ave)

Pre-registration Required!

Free Public Skate

Date and Time: Thursday, March 16 10:15 am - 11:45 am

Address: 45 Hardy Avenue Tillsonburg

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

Leisure Swim

Date and Time: Thursday, March 16 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: Thursday, March 16 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: Thursday, March 16 2:00 pm - 3:30 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.

Community Swim

Date and Time: Thursday, March 16 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.

Friday, March 17, 2023

Lane and Leisure Swim

Date and Time: Friday, March 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.

March Break Camp

Date and Time: Friday, March 17 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. 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: \$149.60/week/child)

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

Aqua Cycle

Date and Time: Friday, March 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, March 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.

Preschool Playtime Swim

Date and Time: Friday, March 17 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.

That 70's March Break Program @ ANHS

Date and Time: Friday, March 17 10:00 am - 12:00 pm

Address: 30 Tillson Ave

Games and crafts all with a 1970s theme.

Geared towards Age 5-10

My Pet Rock- Mon, March 13th

Shrinky Dinks - Tues, March 14th

Lava Lamps- Wed, March 15th

Dream Catchers- Thurs, March 16th

Tie Dye Fever- Fri, March 17th

Cost: \$15.00 per Child, per Day

Location: Annandale NHS (30 Tillson Ave)

Pre-registration Required!

Free Public Skate

Date and Time: Friday, March 17 10:00 am - 11:30 am

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.

Leisure Swim

Date and Time: Friday, March 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, March 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.

Free Community Swim

Date and Time: Friday, March 17 1:00 pm - 2:30 pm

Address: 45 Hardy Ave

Join us for a free community swim generously sponsored by Wellmaster. Pre-registration is recommended. Register online townoftillsonburg.perfectmind.com or by calling 519-688-9011. Swim Admissions Standards apply.

Public Skate

Date and Time: Friday, March 17 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, March 18, 2023

Lane and Leisure Swim

Date and Time: Saturday, March 18 9:30 am - 11:30 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.

Community Swim

Date and Time: Saturday, March 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.

Sunday, March 19, 2023

Free Public Skate

Date and Time: Sunday, March 19 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

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

Monday, March 20, 2023

Lane and Leisure Swim

Date and Time: Monday, March 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: Monday, March 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: Monday, March 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: Monday, March 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.

Preschool Playtime Swim

Date and Time: Monday, March 20 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.

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Yoga

Date and Time: Monday, March 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.

Lane and Leisure Swim

Date and Time: Monday, March 20 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, March 20 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, March 20 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, March 20 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, March 20 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, March 20 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, March 20 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, March 20 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, March 21, 2023

Lane and Leisure Swim

Date and Time: Tuesday, March 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, March 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, March 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.

Leisure Swim

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

Lane and Leisure Swim

Date and Time: Wednesday, March 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, March 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, March 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, March 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, March 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, March 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, March 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, March 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.

Community Swim

Date and Time: Wednesday, March 22 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.

Aqua Cycle

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

Lane and Leisure Swim

Date and Time: Thursday, March 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, March 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.

Public Skate

Date and Time: Thursday, March 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.

Leisure Swim

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

Lane and Leisure Swim

Date and Time: Friday, March 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, March 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, March 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, March 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.

Preschool Playtime Swim

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

Lane Swim

Date and Time: Friday, March 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, March 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.

Saturday, March 25, 2023

Free Community Swim

Date and Time: Saturday, March 25 12:00 pm - 1:30 pm

Address: 45 Hardy Ave

Join us for a free community swim generously sponsored by St. Mary's Catholic Women's League. Pre-registration is recommended <https://townoftillsonburg.perfectmind.com>. Drop-ins will be welcome, if space is available. Pool Admissions Standards apply.

Note: This will be the last community swim before the indoor pool closes for renovation.

Sunday, March 26, 2023

Free Public Skate

Date and Time: Sunday, March 26 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by KTB Construction.

Monday, March 27, 2023

Aerobics

Date and Time: Monday, March 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: Monday, March 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.

Full Body Blast

Date and Time: Monday, March 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, March 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.

Tuesday, March 28, 2023

Lane and Leisure Swim

Date and Time: Tuesday, March 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, March 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.

Preschool Playtime Swim

Date and Time: Tuesday, March 28 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.

Public Skate

Date and Time: Tuesday, March 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, March 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, March 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.

Full Body Blast

Date and Time: Tuesday, March 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.

Wednesday, March 29, 2023

Lane and Leisure Swim

Date and Time: Wednesday, March 29 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, March 29 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, March 29 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, March 29 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, March 29 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, March 29 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, March 29 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, March 29 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: Wednesday, March 29 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.

Aqua Cycle

Date and Time: Wednesday, March 29 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, March 29 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, March 29 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, March 29 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, March 30, 2023

Lane and Leisure Swim

Date and Time: Thursday, March 30 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, March 30 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.

Preschool Playtime Swim

Date and Time: Thursday, March 30 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.

Public Skate

Date and Time: Thursday, March 30 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: Thursday, March 30 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: Thursday, March 30 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.

Friday, March 31, 2023

Lane and Leisure Swim

Date and Time: Friday, March 31 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, March 31 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, March 31 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, March 31 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: Friday, March 31 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: Friday, March 31 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, March 31 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, March 31 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.

Friday Night Hangout (Age 8 - 12yrs)

Date and Time: Friday, March 31 6:00 pm - 8:00 pm

Address: 45 Hardy Avenue Tillsonburg

Art Attack.

Create your own spring themed painting! You will take home your artwork to hang on your wall. Supplies and instruction provided.

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

Fee: \$12.15/participant per night.

<https://events.tillsonburg.ca>