

## Saturday, April 1, 2023

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### Lane and Leisure Swim

Date and Time: Saturday, April 1 9:00 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, April 1 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, April 3, 2023

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### Lane and Leisure Swim

Date and Time: Monday, April 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: Monday, April 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 cardi

o 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, April 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: Monday, April 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: Monday, April 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: Monday, April 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.

## Lane and Leisure Swim

Date and Time: Monday, April 3 11:30 am - 1:00 pm

Address: 45 Hardy Ave

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

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

## Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, April 3 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, April 3 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, April 3 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, April 3 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, April 3 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, April 3 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, April 3 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, April 4, 2023

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## Lane and Leisure Swim

Date and Time: Tuesday, April 4 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, April 4 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, April 4 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, April 4 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

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

## Leisure Swim

Date and Time: Tuesday, April 4 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, April 4 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.

## Easter Egg Hunt & Tea

Date and Time: Tuesday, April 4 1:30 pm - 3:00 pm

Address: 30 Tillson Ave

### Easter Egg Hunt & Tea

Come enjoy tea and hot cross buns, warm from the oven followed by an Easter egg hunt throughout the museum.

Date	Time	Cost
Tuesday, April 4	1:30 p.m. to 3:00 p.m.	\$20.00 +Taxes

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

## Full Body Blast

Date and Time: Tuesday, April 4 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, April 5, 2023

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### Lane and Leisure Swim

Date and Time: Wednesday, April 5 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, April 5 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, April 5 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, April 5 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, April 5 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, April 5 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, April 5 11:30 am - 1:00 pm

Address: 45 Hardy Ave

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

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

## Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, April 5 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, April 5 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, April 5 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, April 5 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, April 5 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, April 5 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, April 6, 2023

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## Lane and Leisure Swim

Date and Time: Thursday, April 6 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, April 6 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, April 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.

## Leisure Swim

Date and Time: Thursday, April 6 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, April 6 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, April 7, 2023

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## **TCC Closed**

Date and Time: Friday, April 7 12:00 am

Address: 45 Hardy Avenue Tillsonburg

The Tillsonburg Community Centre is closed for stat holiday.

## **Saturday, April 8, 2023**

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### **Lane and Leisure Swim**

Date and Time: Saturday, April 8 9:00 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.

### **Kinsmen Easter Egg Hunt**

Date and Time: Saturday, April 8 11:00 am - 12:00 pm

Address: PO Box 186, Tillsonburg, ON, Canada, Ontario

The Tillsonburg Kinsmen will host their annual Easter Egg Hunt in Memorial Park. Meet at the bandshell at 11:00 a.m. to hunt for chocolate eggs and maybe even win a prize!

Get more details at <https://www.facebook.com/tillsonburgkinsmen>

### **Community Swim**

Date and Time: Saturday, April 8 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, April 9, 2023**

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### **Indoor Pool Closed**

Date and Time: Sunday, April 9 12:00 am

Address: 45 Hardy Avenue Tillsonburg

Our indoor pool will be closed for renovation until further notice.

## **Monday, April 10, 2023**

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### **TCC Closed**

Date and Time: Monday, April 10 12:00 am

Address: 45 Hardy Avenue Tillsonburg

The Tillsonburg Community Centre is closed for stat holiday.

## **Tuesday, April 11, 2023**

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### **Public Skate**

Date and Time: Tuesday, April 11 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

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

### **Full Body Blast**

Date and Time: Tuesday, April 11 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

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

## **Wednesday, April 12, 2023**

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### **Aerobics**

Date and Time: Wednesday, April 12 9:00 am - 10:00 am

Address: 45 Hardy Ave

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

## Yoga

Date and Time: Wednesday, April 12 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.

## Salute to 70's Craft Workshop Series

Date and Time: Wednesday, April 12 1:30 pm - 3:00 pm

Address: 30 Tillson Ave

Get crafting with museum program coordination, Kathleen Watkin, as she brings the unique crafts from the 1970's back to life. Workshops begin at 1:30 with all materials and instruction supplied. **Pre-registration is required.** Cost \$20 per workshop or \$80.00 for a series pass

**Macramé Madness-** Wed. April 12

**Flower Power; paper flower bouquets-** Wed. May 10

**String Art Tangle-** Wed, June 14

**Hooked on Latch Hook Rugs-** Wed. September 13

**Digging Decoupage-** Wed. October 11

Cost	Time
\$20.00 per program or \$80.00 for a series pass	1:30 p.m.

## Salute to 70's Craft Workshop Series

Date and Time: Wednesday, April 12 1:30 pm - 3:00 pm

Address: 30 Tillson Ave

Get crafting with museum program coordination, Kathleen Watkin, as she brings the unique crafts from the 1970's back to life. Workshops begin at 1:30 with all materials and instruction supplied. **Pre-registration is required.** Cost \$20 per workshop or \$80.00 for a series pass

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**Flower Power; paper flower bouquets-** Wed. May 10

**String Art Tangle-** Wed, June 14

**Hooked on Latch Hook Rugs-** Wed. September 13

**Digging Decoupage-** Wed. October 11

Cost	Time
\$20.00 per program or \$80.00 for a series pass	1:30 p.m.

**Full Body Blast**

Date and Time: Wednesday, April 12 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.

**Thursday, April 13, 2023**

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**Public Skate**

Date and Time: Thursday, April 13 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

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

**Friday, April 14, 2023**

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**Aerobics**

Date and Time: Friday, April 14 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, April 14 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.

## Public Skate

Date and Time: Friday, April 14 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.

## Monday, April 17, 2023

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## Aerobics

Date and Time: Monday, April 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: Monday, April 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.

## Full Body Blast

Date and Time: Monday, April 17 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, April 17 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, April 18, 2023**

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### **Public Skate**

Date and Time: Tuesday, April 18 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

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

### **Full Body Blast**

Date and Time: Tuesday, April 18 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

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

## **Wednesday, April 19, 2023**

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### **Aerobics**

Date and Time: Wednesday, April 19 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 aero



bics, muscular conditioning exercises and ends with a relaxing stretch. Drop-ins welcome, no need to pre-register.

## Yoga

Date and Time: Wednesday, April 19 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: Wednesday, April 19 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.

## Thursday, April 20, 2023

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### Public Skate

Date and Time: Thursday, April 20 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

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

## Friday, April 21, 2023

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### Aerobics

Date and Time: Friday, April 21 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.

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## Yoga

Date and Time: Friday, April 21 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.

## Public Skate

Date and Time: Friday, April 21 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, April 22, 2023

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### Kidproof Babysitting Course

Date and Time: Saturday, April 22 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

For ages 11-14yrs. This 8-hour program teaches children how to find a babysitting job, care for kids of all ages and make safe choices when trusted with the care of children. Covers basic First Aid. Pre-registration is required. <https://townoftillsonburg.perfectmind.com> or 519-688-9011. Fee: \$58.60 + \$11.00 (manual).

### Tillsonburg's First Lady of the Log Cabin: Nancy Barker Tillson

Date and Time: Saturday, April 22 11:00 am

Address: 2 Library Lane, Tillsonburg

April 22<sup>th</sup> Saturday, Tillsonburg Library's Local History Day Presents "Tillsonburg's First Lady of the Log House: Nancy Barker Tillson" by Laurel A. Beechey

The story of Nancy Barker-Tillson and George Tillson and how they came to be the founders of Tillsonburg. 11:00 am at the Tillsonburg Library on Library Lane. There are other presentations and displays you might enjoy. Free.

# Monday, April 24, 2023

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## Aerobics

Date and Time: Monday, April 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: Monday, April 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.

## Full Body Blast

Date and Time: Monday, April 24 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, April 24 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, April 25, 2023

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## Public Skate

Date and Time: Tuesday, April 25 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

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

## Full Body Blast

Date and Time: Tuesday, April 25 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.

## Vimy Ridge, WW1 by Laurel A. Beechey

Date and Time: Tuesday, April 25 7:00 pm - 9:00 pm

Address: 16 Durham St Tillsonburg

April 25<sup>th</sup> Tuesday, Tillsonburg Military Club Present VIMY RIDGE WW1, by Laurel A. Beechey

How did we battle for a seemingly insignificant ridge of mud during WW1, defined Canada? FREE.. 7:00p until 9:00p at the Royal Canadian Legion's Auditorium 16 Durham St Photos are graphic.

## Wednesday, April 26, 2023

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## Come Try Rowing

Date and Time: Wednesday, April 26 12:00 am - 12:00 am

Address: na

The Tillsonburg Rowing Club is looking for energetic community members to join us in this fun recreational sport!

**FREE opportunity to try Rowing during May.**

Students: grades 7-12 from May 1 - May 14

Adults 18+: from May 14 - 28.

Contact TRC President Frank Tamasi for more information on dates and times: [fjt911@gmail.com](mailto:fjt911@gmail.com) / 416-809-9493

## Aerobics

Date and Time: Wednesday, April 26 9:00 am - 10:00 am

Address: 45 Hardy Ave

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

## Yoga

Date and Time: Wednesday, April 26 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: Wednesday, April 26 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.

## Thursday, April 27, 2023

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## Public Skate

Date and Time: Thursday, April 27 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

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

## Lunch and Learn 2023- "Armchair Travelers - the story of the Tillsonburg Ladies

## Travel Club," at ANHS

Date and Time: Thursday, April 27 12:00 pm - 2:00 pm

Address: 30 Tillson Ave

### **Lecture III - "Armchair Travelers - the story of the Tillsonburg Ladies Travel Club,"**

*Presented by Joan Weston.*

Date	Time	Cost
Thursday, April 27 or Friday, April 28	12pm to 2pm	Cost \$30 single ticket or \$100 for series pass

## Lunch and Learn 2023- "Armchair Travelers - the story of the Tillsonburg Ladies Travel Club," at ANHS

Date and Time: Thursday, April 27 12:00 pm - 2:00 pm

Address: 30 Tillson Ave

### **Lecture III - "Armchair Travelers - the story of the Tillsonburg Ladies Travel Club,"**

*Presented by Joan Weston.*

Date	Time	Cost
Thursday, April 27 or Friday, April 28	12pm to 2pm	Cost \$30 single ticket or \$100 for series pass

## Friday, April 28, 2023

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### Aerobics

Date and Time: Friday, April 28 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, April 28 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.

## Public Skate

Date and Time: Friday, April 28 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.

<https://events.tillsonburg.ca>