

Wednesday, May 1, 2024

Health Club

Date and Time: Wednesday, May 1 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Wednesday, May 1 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Wednesday, May 1 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Blast Class

Date and Time: Wednesday, May 1 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Thursday, May 2, 2024

Health Club

Date and Time: Thursday, May 2 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Community Centre Planned Power Outage

Date and Time: Thursday, May 2 6:00 am - 3:30 pm

Address: 45 Hardy Avenue Tillsonburg

MAY 2 from 6am - 3:30pm. Due to a planned power outage to part of the Tillsonburg Community Centre, the following programs and building areas will be cancelled or closed:

East Entrance Elevator will be closed during this time.

Programs: Public Skate, 20/20/20 Fitness Class, Pilates, Active Learn II

Areas: Elevator at East Entrance, Arena/HC Change Rooms, Lion's Den, Marwood Lounge, Arenas

Friday, May 3, 2024

Health Club

Date and Time: Friday, May 3 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Friday, May 3 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Morning Yoga

Date and Time: Friday, May 3 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Public Skate

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

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Saturday, May 4, 2024

Health Club

Date and Time: Saturday, May 4 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Sunday, May 5, 2024

Health Club

Date and Time: Sunday, May 5 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Monday, May 6, 2024

Health Club

Date and Time: Monday, May 6 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Monday, May 6 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Monday, May 6 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Monday, May 6 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Parent and Tot Skate

Date and Time: Monday, May 6 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages: Adult + child

Fee: Adult - \$5.70, Child 2-4yrs - \$2.70, Child

Tuesday, May 7, 2024

Health Club

Date and Time: Tuesday, May 7 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Splash Pad

Date and Time: Tuesday, May 7 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Public Skate

Date and Time: Tuesday, May 7 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f

or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Blast Class

Date and Time: Tuesday, May 7 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, May 7 6:15 pm

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Tillsonburg Horticultural Society Meeting

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

Address: 45 Hardy Ave. Tillsonburg

Tillsonburg Horticultural Society General meeting

May 7, 2024

7:30 pm

Seniors Centre, Tillsonburg Community Centre

Featured speaker:

Brandon Thompson "Cannabis Benefits for Seniors"

Everyone welcome; \$20 annual membership or \$4/meeting

Wednesday, May 8, 2024

Health Club

Date and Time: Wednesday, May 8 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Wednesday, May 8 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Wednesday, May 8 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Wednesday, May 8 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Blast Class

Date and Time: Wednesday, May 8 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Thursday, May 9, 2024

Health Club

Date and Time: Thursday, May 9 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

20/20/20 Fitness Class

Date and Time: Thursday, May 9 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Splash Pad

Date and Time: Thursday, May 9 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Public Skate

Date and Time: Thursday, May 9 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Pilates

Date and Time: Thursday, May 9 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Friday, May 10, 2024

Health Club

Date and Time: Friday, May 10 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Friday, May 10 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Friday, May 10 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Friday, May 10 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relax

ation techniques to reduce muscle tension and stress.

Public Skate

Date and Time: Friday, May 10 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Saturday, May 11, 2024

Open House and Fly Day, Tillsonburg Airport

Date and Time: Saturday, May 11 9:00 am - 4:00 pm

Address: Tillsonburg Airport 244411 Airport Rd Tillsonburg, ON N4G 4H5 Canada

The Harvard Association hosts a handful of *Open House and Fly Days* each season and we welcome everyone to join us! These FREE family-friendly outdoor events offer aviation enthusiasts the opportunity to see our fleet up close, tour our hangars, explore our restoration projects, purchase souvenirs, and best of all, go for a flight! (additional cost for flights). Come hang out with us. As we like to say, 'Come for the planes....Stay for the people'.

Health Club

Date and Time: Saturday, May 11 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Splash Pad

Date and Time: Saturday, May 11 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Bike Rodeo

Date and Time: Saturday, May 11 10:00 am - 12:00 pm

Address: 45 Hardy Avenue Tillsonburg

Location: JL Scott McLean Outdoor Recreation Pad.

Mommy & Me Tea Party

Date and Time: Saturday, May 11 1:00 pm - 3:00 pm

Address: 30 Tillson Ave

Mommy & Me Tea Party

Date: Saturday, May 11th, 2024

Time: 1:00 p.m.

Cost: \$24.00 for Parent and Child and \$5.00 for each additional child

Attention All Moms and Mother Figures! Come and celebration Mother's Day with your favorite kids at the museum with a tea party and craft! **Pre-registration required.**

Sunday, May 12, 2024

Health Club

Date and Time: Sunday, May 12 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Splash Pad

Date and Time: Sunday, May 12 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Monday, May 13, 2024

Health Club

Date and Time: Monday, May 13 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Monday, May 13 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Monday, May 13 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Monday, May 13 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Parent and Tot Skate

Date and Time: Monday, May 13 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages: Adult + child

Fee: Adult - \$5.70, Child 2-4yrs - \$2.70, Child

Blast Class

Date and Time: Monday, May 13 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Tuesday, May 14, 2024

Health Club

Date and Time: Tuesday, May 14 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Splash Pad

Date and Time: Tuesday, May 14 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Public Skate

Date and Time: Tuesday, May 14 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available f

or those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Blast Class

Date and Time: Tuesday, May 14 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, May 14 6:15 pm

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Wednesday, May 15, 2024

Health Club

Date and Time: Wednesday, May 15 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Wednesday, May 15 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Wednesday, May 15 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

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

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Blast Class

Date and Time: Wednesday, May 15 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

“Victorian Cross Stitch Workshop”

Date and Time: Wednesday, May 15 6:30 pm - 8:30 pm

Address: 30 Tillson Ave

“Victorian Cross Stitch Workshop”

Date: Wednesday, May 15th, 2024

Time: 6:30 p.m. to 8:30 p.m.

Cost: \$35.75 (taxes included)

Come to the museum to learn how to cross stitch using a Victorian inspired pattern. **All materials and supplies are provided. Preregistration is required.**

“Victorian Cross Stitch Workshop”

Date and Time: Wednesday, May 15 6:30 pm

Address: 30 Tillson Avenue

“Victorian Cross Stitch Workshop”

Come to the museum to learn how to cross stitch using a Victorian inspired pattern. All materials and supplies are provided. Preregistration is required.

Date: Wednesday, May 15th, 2024

Time: 6:30 p.m. to 8:30 p.m.

Cost: \$28.00 (taxes included)

Thursday, May 16, 2024

Health Club

Date and Time: Thursday, May 16 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

20/20/20 Fitness Class

Date and Time: Thursday, May 16 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Splash Pad

Date and Time: Thursday, May 16 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Public Skate

Date and Time: Thursday, May 16 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Pilates

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

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Friday, May 17, 2024

Health Club

Date and Time: Friday, May 17 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Friday, May 17 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Friday, May 17 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Friday, May 17 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Public Skate

Date and Time: Friday, May 17 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Saturday, May 18, 2024

Health Club

Date and Time: Saturday, May 18 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Splash Pad

Date and Time: Saturday, May 18 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

CHAA Monthly Member's Meeting – Welcome Centre

Date and Time: Saturday, May 18 10:00 am - 12:00 pm

Address: Tillsonburg Airport 244411 Airport Rd Tillsonburg, ON N4G 4H5 Canada

Members and non-members are welcome to join us on the third Saturday of each month for our members' meeting. It's a great opportunity to connect with fellow members, meet new people, share ideas and shape the future of our organization. Your participation and voice is valued, so let's come together to make a difference and create an impact!

Sunday, May 19, 2024

Health Club

Date and Time: Sunday, May 19 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Splash Pad

Date and Time: Sunday, May 19 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Monday, May 20, 2024

Annandale National Historic Site is Closed for the Victoria Day

Date and Time: Monday, May 20 12:00 am

Address: 30 Tillson Ave

Annandale NHS is closed Monday, May 20th for Victoria Day. We will be open again on Tuesday, May 21 at 9 a.m.

Splash Pad

Date and Time: Monday, May 20 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Tuesday, May 21, 2024

Health Club

Date and Time: Tuesday, May 21 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Splash Pad

Date and Time: Tuesday, May 21 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Public Skate

Date and Time: Tuesday, May 21 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Tillsonburg Horticultural Society Annual Garden Auction

Date and Time: Tuesday, May 21 5:00 pm - 7:00 pm

Address: 45 Hardy Ave.

Tillsonburg Horticultural Society 16th Annual Garden Auction

May 21, 2024

5:00pm

Tillsonburg Community Centre (Lions Auditorium)
45 Hardy Ave

Live auction, plant, bake and decorate sale tables

Everyone welcome

Blast Class

Date and Time: Tuesday, May 21 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, May 21 6:15 pm

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Wednesday, May 22, 2024

Health Club

Date and Time: Wednesday, May 22 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and of

feres a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Wednesday, May 22 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Wednesday, May 22 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Wednesday, May 22 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Blast Class

Date and Time: Wednesday, May 22 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Thursday, May 23, 2024

Health Club

Date and Time: Thursday, May 23 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

20/20/20 Fitness Class

Date and Time: Thursday, May 23 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Splash Pad

Date and Time: Thursday, May 23 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Public Skate

Date and Time: Thursday, May 23 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Pilates

Date and Time: Thursday, May 23 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve

muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Lunch and Learn 2024: “Life by Lake Lisgar”

Date and Time: Thursday, May 23 12:00 pm

Address: 30 Tillson Ave

“Life by Lake Lisgar”

Presented by Joan Weston.

Dates: Thursday, May 23rd or Friday, May 24th

Cost: \$35.75 single ticket or \$119.25 for series pass

Time: 12:00 p.m.

Friday, May 24, 2024

Health Club

Date and Time: Friday, May 24 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Friday, May 24 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Friday, May 24 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Friday, May 24 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Lunch and Learn 2024: “Life by Lake Lisgar”

Date and Time: Friday, May 24 12:00 pm

Address: 30 Tillson Ave

“Life by Lake Lisgar”

Presented by Joan Weston.

Dates: Thursday, May 23rd or Friday, May 24th

Cost: \$35.75 single ticket or \$119.25 for series pass

Time: 12:00 p.m.

Public Skate

Date and Time: Friday, May 24 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Saturday, May 25, 2024

Standard First Aid with CPR and AED

Date and Time: Saturday, May 25 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

This 16hr Lifesaving Society Standard First Aid course provides comprehensive training covering all aspects of first aid, CPR and AED. This course is recognized by the Workplace Safety & Insurance Board and the Ontario Health Regulations.

Ages 13+. Fee: \$112 + \$15 manual (plus HST) + \$20.55 exam fee.

Course takes place over two days: May 25 and May 26.

Pre-registration is required.

Health Club

Date and Time: Saturday, May 25 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Kidproof Babysitting Course

Date and Time: Saturday, May 25 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

This 8hr program teaches children ages 11-14 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 emergency First Aid.

Register at www.townoftillsonburg.perfectmind.com or 519-688-9011.

Fee: \$61.80 + \$20.50 (manual)

Splash Pad

Date and Time: Saturday, May 25 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Sunday, May 26, 2024

Standard First Aid with CPR and AED

Date and Time: Sunday, May 26 8:00 am - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

This 16hr Lifesaving Society Standard First Aid course provides comprehensive training covering all aspects of first aid, CPR and AED. This course is recognized by the Workplace Safety & Insurance Board and the Ontario Health Regulations.

Ages 13+. Fee: \$112 + \$15 manual (plus HST) + \$20.55 exam fee.

Course takes place over two days: May 25 and May 26.

Pre-registration is required.

Health Club

Date and Time: Sunday, May 26 9:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Splash Pad

Date and Time: Sunday, May 26 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Opening of “Main Street Oxford” at Annandale NHS

Date and Time: Sunday, May 26 1:00 pm - 4:00 pm

Address: 30 Tillson Avenue

“Main Street Oxford”

Date: May 26th to August 25th

A banner exhibit featuring historic images of Oxford County’s Main Streets.

Opening: Sunday, May 26th from 1pm to 4pm

Health Club

Date and Time: Monday, May 27 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Monday, May 27 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Monday, May 27 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Monday, May 27 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Parent and Tot Skate

Date and Time: Monday, May 27 4:00 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Ages: Adult + child

Fee: Adult - \$5.70, Child 2-4yrs - \$2.70, Child

Blast Class

Date and Time: Monday, May 27 6:30 pm - 7:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Tuesday, May 28, 2024

Health Club

Date and Time: Tuesday, May 28 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Splash Pad

Date and Time: Tuesday, May 28 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Public Skate

Date and Time: Tuesday, May 28 10:00 am - 11:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Blast Class

Date and Time: Tuesday, May 28 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Evening Yoga

Date and Time: Tuesday, May 28 6:15 pm

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Wednesday, May 29, 2024

Health Club

Date and Time: Wednesday, May 29 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

Morning Fitness

Date and Time: Wednesday, May 29 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Wednesday, May 29 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Wednesday, May 29 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Blast Class

Date and Time: Wednesday, May 29 5:30 pm - 6:00 pm

Address: 45 Hardy Avenue Tillsonburg

A combination of HIIT training and muscle conditioning designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Thursday, May 30, 2024

Health Club

Date and Time: Thursday, May 30 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

20/20/20 Fitness Class

Date and Time: Thursday, May 30 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

Mix up your routine with three workouts in one! The 20/20/20 class is designed to give you a challenging workout with three 20-min sessions each of different exercises such as cardio, strength training, core work, yoga, boxing and more.

Ages 13+. Drop-ins welcome.

Splash Pad

Date and Time: Thursday, May 30 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Public Skate

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

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

Pilates

Date and Time: Thursday, May 30 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

Pilates is an exercise system that focuses on breathing, core conditioning and body awareness to help improve muscle tone, posture and flexibility. This class is suitable for all fitness levels. Participants are encouraged to bring their own mat.

Ages: 13+ years.

Friday, May 31, 2024

Health Club

Date and Time: Friday, May 31 5:30 am - 9:00 pm

Address: 45 Hardy Avenue Tillsonburg

Located on the lower level of the Tillsonburg Community Centre, the Health Club is open 7 days a week and offers a variety of cardio, resistance machines and free weights. Personal training is also available.

The Tillsonburg Community Centre also houses two squash courts and a wallyball court.

For more information please see attachments and/or call the Health Club directly at 519-688-3009 ext. 4230.

PA Day Camp

Date and Time: Friday, May 31 7:00 am - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

This PA Day Camp is both safe and fun. Activities include indoor and outdoor games and skating (optional). We have a jam-packed day of activities to keep kids engaged and active.

Ages 5-12yrs. Fee: \$39.20. Spaces are limited, register early!

Morning Fitness

Date and Time: Friday, May 31 9:00 am - 10:00 am

Address: 45 Hardy Avenue Tillsonburg

This class is designed for any level of fitness. Class includes fun and energizing low impact aerobics, muscular conditioning exercises and ends with a relaxing stretch.

Splash Pad

Date and Time: Friday, May 31 10:00 am - 6:00 pm

Address: 8 Ross St. Tillsonburg

Located beside Lake Lisgar Waterpark. Parking available at the end of John Street.

Morning Yoga

Date and Time: Friday, May 31 10:15 am - 11:15 am

Address: 45 Hardy Avenue Tillsonburg

This class uses a variety of yoga poses, stretching principles and movements combined with breathing and relaxation techniques to reduce muscle tension and stress.

Public Skate

Date and Time: Friday, May 31 3:30 pm - 5:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a public skate. Please bring your own skates. Helmets are recommended. Skate aids are available for those in need.

Fee: Toddlers (under 2) - Free / Ages 2-13yrs - \$2.70 / Ages 14+ - \$5.20 / Family (max. 5 people) - \$12.70

Skate Passes are also available: 20 passes - \$75.40+tax. (Passes expire two years from purchase date.)

<https://events.tillsonburg.ca>