

Thursday, December 1, 2022

Health Club

Date and Time: Thursday, December 1 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Thursday, December 1 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, December 1 8:30 am - 9:30 am

Address: 45 Hardy Ave

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. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Thursday, December 1 10:15 am - 11:45 am

Address: 45 Hardy Ave

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

Lane and Leisure Swim

Date and Time: Thursday, December 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.

Friday, December 2, 2022

Health Club

Date and Time: Friday, December 2 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Friday, December 2 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

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

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

Aqua Cycle

Date and Time: Friday, December 2 7:30 am - 8:30 am

Address: 45 Hardy Ave

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 15 min for leisure swim cool down , set up/take down. Ages 13+. 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, December 2 8:30 am - 9:30 am

Address: 45 Hardy Ave

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, December 2 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. 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, December 2 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

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 Swim

Date and Time: Friday, December 2 11:00 am - 12:00 pm

Address: 45 Hardy Ave

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

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

Leisure Swim

Date and Time: Friday, December 2 12:00 pm - 1:00 pm

Address: 45 Hardy Ave

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

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

Saturday, December 3, 2022

Health Club

Date and Time: Saturday, December 3 7:30 am - 5:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Saturday, December 3 7:30 am - 9:00 am

Address: 45 Hardy Ave

Ages 13yrs+

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

Drop-ins welcome.

Pre-registration is not required.

Breakfast With Santa - Eat in and Take out

Date and Time: Saturday, December 3 8:00 am - 11:00 am

Address: 45 Hardy Ave, Tillsonburg

Come for Breakfast with Santa at the Lion's Auditorium! For just \$5 you get 2 pancakes, 2 sausages, and orange slice and a beverage. Tickets available at Tranquility Spa and Salon in Tillsonburg.

Community Swim

Date and Time: Saturday, December 3 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, December 4, 2022

Health Club

Date and Time: Sunday, December 4 9:00 am - 5:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Public Skating

Date and Time: Sunday, December 4 1:15 pm - 2:45 pm

Address: 45 Hardy Ave

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

Monday, December 5, 2022

Health Club

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

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Monday, December 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: Monday, December 5 7:30 am - 8:30 am

Address: 45 Hardy Ave

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 cooldown and 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, December 5 8:30 am - 9:30 am

Address: 45 Hardy Ave

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, December 5 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. 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, December 5 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

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, December 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: Monday, December 5 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water 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.) Pre-registration is not required.

Full Body Blast

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

Address: 45 Hardy Ave

For ages 13+. Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Cycle

Date and Time: Monday, December 5 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

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, cooldown, 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, December 5 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+.

A quick blast of yoga! A 30min. class following the main fundamentals of yoga practice, while building strength, flexibility and balance.

Aqua Jog

Date and Time: Monday, December 5 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

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, December 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.

Tuesday, December 6, 2022

Health Club

Date and Time: Tuesday, December 6 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Tuesday, December 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: Tuesday, December 6 8:30 am - 9:30 am

Address: 45 Hardy Ave

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. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Tuesday, December 6 10:15 am - 11:45 am

Address: 45 Hardy Ave

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

Lane and Leisure Swim

Date and Time: Tuesday, December 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.

Wednesday, December 7, 2022

Health Club

Date and Time: Wednesday, December 7 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals

- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Wednesday, December 7 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, December 7 7:30 am - 8:30 am

Address: 45 Hardy Ave

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 cooldown and 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, December 7 8:30 am - 9:30 am

Address: 45 Hardy Ave

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, December 7 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. 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, December 7 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

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, December 7 11:30 am - 1:00 pm

Address: 45 Hardy Ave

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

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

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, December 7 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water 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.) Pre-registration is not required.

Aqua Cycle

Date and Time: Wednesday, December 7 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

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, cooldown, 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, December 7 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 fitness class in just 30 minutes.

Aqua Jog

Date and Time: Wednesday, December 7 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

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, December 7 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, December 8, 2022

Health Club

Date and Time: Thursday, December 8 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Thursday, December 8 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, December 8 8:30 am - 9:30 am

Address: 45 Hardy Ave

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. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Thursday, December 8 10:15 am - 11:45 am

Address: 45 Hardy Ave

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

Lane and Leisure Swim

Date and Time: Thursday, December 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.

Friday, December 9, 2022

Health Club

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

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Friday, December 9 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

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

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

Aqua Cycle

Date and Time: Friday, December 9 7:30 am - 8:30 am

Address: 45 Hardy Ave

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

d low impact - while sculpting your silhouette and reducing the appearance of cellulite. Class is 45min with 15 min for leisure swim cool down , set up/take down. Ages 13+. 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, December 9 8:30 am - 9:30 am

Address: 45 Hardy Ave

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, December 9 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. 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, December 9 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

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 Swim

Date and Time: Friday, December 9 11:00 am - 12:00 pm

Address: 45 Hardy Ave

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

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

Leisure Swim

Date and Time: Friday, December 9 12:00 pm - 1:00 pm

Address: 45 Hardy Ave

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

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

Public Skating

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

Address: 45 Hardy Ave

Join us for a public skate. Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Saturday, December 10, 2022

Lane and Leisure Swim

Date and Time: Saturday, December 10 7:30 am - 9:00 am

Address: 45 Hardy Ave

Ages 13yrs+

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

Drop-ins welcome.

Pre-registration is not required.

Health Club

Date and Time: Saturday, December 10 7:30 am - 5:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines

- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Kidproof Babysitting Course

Date and Time: Saturday, December 10 9:00 am - 5:00 pm

Address: 45 Hardy Ave

This program teaches children ages 11-14yrs old how to find a babysitting job, care for children of all ages and make safe choices when trusted with the care of children.

Basic emergency first aid skills are covered.

Community Swim

Date and Time: Saturday, December 10 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, December 11, 2022

Health Club

Date and Time: Sunday, December 11 9:00 am - 5:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Free Public Skate

Date and Time: Sunday, December 11 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by SBLP Tillsonburg Town Centre.

Monday, December 12, 2022

Health Club

Date and Time: Monday, December 12 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Monday, December 12 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, December 12 7:30 am - 8:30 am

Address: 45 Hardy Ave

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 cooldown and 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>.

Winter Recreation Guide Release

Date and Time: Monday, December 12 8:00 am - 8:05 am

Address: 45 Hardy Avenue Tillsonburg

The Town of Tillsonburg's Winter Recreation Guide will be released online today. View at www.tillsonburg.ca or on our mobile App.

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, December 12 8:30 am - 9:30 am

Address: 45 Hardy Ave

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, December 12 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. 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, December 12 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

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, December 12 11:30 am - 1:00 pm

Address: 45 Hardy Ave

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

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

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, December 12 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water 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.) Pre-registration is not required.

Full Body Blast

Date and Time: Monday, December 12 5:45 pm - 6:15 pm

Address: 45 Hardy Ave

For ages 13+. Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Cycle

Date and Time: Monday, December 12 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

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, cooldown, 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, December 12 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+.

A quick blast of yoga! A 30min. class following the main fundamentals of yoga practice, while building strength, flexibility and balance.

Aqua Jog

Date and Time: Monday, December 12 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

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, December 12 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, December 13, 2022

Health Club

Date and Time: Tuesday, December 13 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Tuesday, December 13 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, December 13 8:30 am - 9:30 am

Address: 45 Hardy Ave

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. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Tuesday, December 13 10:15 am - 11:45 am

Address: 45 Hardy Ave

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

Lane and Leisure Swim

Date and Time: Tuesday, December 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.

Full Body Blast

Date and Time: Tuesday, December 13 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+

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

Wednesday, December 14, 2022

Registration Opens for Winter Activities

Date and Time: Wednesday, December 14 5:00 am

Address: 45 Hardy Avenue Tillsonburg

Registration opens for swim lessons, youth programs etc. For more details please view our online guide at www.tillsonburg.ca or on our Town of Tillsonburg mobile app.

Registration portal: <https://townoftillsonburg.perfectmind.com> .

Health Club

Date and Time: Wednesday, December 14 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Wednesday, December 14 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, December 14 7:30 am - 8:30 am

Address: 45 Hardy Ave

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 cooldown and 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, December 14 8:30 am - 9:30 am

Address: 45 Hardy Ave

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, December 14 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. 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, December 14 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

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, December 14 11:30 am - 1:00 pm

Address: 45 Hardy Ave

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

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

Full Body Blast

Date and Time: Wednesday, December 14 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 fitness class in just 30 minutes.

Aqua Cycle

Date and Time: Wednesday, December 14 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

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, cooldown, 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, December 14 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

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, December 14 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, December 15, 2022

Health Club

Date and Time: Thursday, December 15 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Thursday, December 15 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, December 15 8:30 am - 9:30 am

Address: 45 Hardy Ave

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. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

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

Address: 45 Hardy Ave

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

Lane and Leisure Swim

Date and Time: Thursday, December 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: Thursday, December 15 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water 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.) Pre-registration is not required.

Friday, December 16, 2022

Health Club

Date and Time: Friday, December 16 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Friday, December 16 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

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

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

Aqua Cycle

Date and Time: Friday, December 16 7:30 am - 8:30 am

Address: 45 Hardy Ave

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 15 min for leisure swim cool down, set up/take down. Ages 13+. 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, December 16 8:30 am - 9:30 am

Address: 45 Hardy Ave

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, December 16 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. 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, December 16 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

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 Swim

Date and Time: Friday, December 16 11:00 am - 12:00 pm

Address: 45 Hardy Ave

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

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

Leisure Swim

Date and Time: Friday, December 16 12:00 pm - 1:00 pm

Address: 45 Hardy Ave

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

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

Public Skating

Date and Time: Friday, December 16 3:30 pm - 5:00 pm

Address: 45 Hardy Ave

Join us for a public skate. Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Friday Night Hangout (Age 13-15 yrs)

Date and Time: Friday, December 16 6:00 pm - 8:00 pm

Address: 45 Hardy Ave

December Food Fun Party!

We will have fun creating our own dinner and festive themed dessert. Supplies and instruction provided.

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

Fee: \$11.90/participant per night.

Saturday, December 17, 2022

Lane and Leisure Swim

Date and Time: Saturday, December 17 7:30 am - 9:00 am

Address: 45 Hardy Ave

Ages 13yrs+

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

Drop-ins welcome.

Pre-registration is not required.

Health Club

Date and Time: Saturday, December 17 7:30 am - 5:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines

- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Free Community Swim

Date and Time: Saturday, December 17 12:00 pm - 1:30 pm

Address: 45 Hardy Avenue Tillsonburg

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

Swim admission standards apply.

Sunday, December 18, 2022

Health Club

Date and Time: Sunday, December 18 9:00 am - 5:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Free Public Skate

Date and Time: Sunday, December 18 1:15 pm - 2:45 pm

Address: 45 Hardy Avenue Tillsonburg

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

Monday, December 19, 2022

Health Club

Date and Time: Monday, December 19 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Monday, December 19 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, December 19 7:30 am - 8:30 am

Address: 45 Hardy Ave

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 15 min for leisure swim cool down, set up/take down. Ages 13+. 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, December 19 8:30 am - 9:30 am

Address: 45 Hardy Ave

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

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.

Aerobics

Date and Time: Monday, December 19 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. 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, December 19 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

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, December 19 11:30 am - 1:00 pm

Address: 45 Hardy Ave

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

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

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Monday, December 19 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water 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.) Pre-registration is not required.

Full Body Blast

Date and Time: Monday, December 19 5:45 pm - 6:15 pm

Address: 45 Hardy Ave

For ages 13+. Designed to fit into any schedule and provide you with an effective fitness class in just 30 minutes.

Aqua Cycle

Date and Time: Monday, December 19 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

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, cooldown, 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, December 19 6:30 pm - 7:00 pm

Address: 45 Hardy Ave

For ages 13+.

A quick blast of yoga! A 30min. class following the main fundamentals of yoga practice, while building strength, flexibility and balance.

Aqua Jog

Date and Time: Monday, December 19 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

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, December 19 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, December 20, 2022

Health Club

Date and Time: Tuesday, December 20 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Tuesday, December 20 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, December 20 8:30 am - 9:30 am

Address: 45 Hardy Ave

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. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Tuesday, December 20 10:15 am - 11:45 am

Address: 45 Hardy Ave

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

Lane and Leisure Swim

Date and Time: Tuesday, December 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.

Full Body Blast

Date and Time: Tuesday, December 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 fitness class in just 30 minutes.

Wednesday, December 21, 2022

Health Club

Date and Time: Wednesday, December 21 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Wednesday, December 21 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, December 21 7:30 am - 8:30 am

Address: 45 Hardy Ave

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 15 min for leisure swim cool down, set up/take down. Ages 13+. 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, December 21 8:30 am - 9:30 am

Address: 45 Hardy Ave

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, December 21 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. 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, December 21 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

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, December 21 11:30 am - 1:00 pm

Address: 45 Hardy Ave

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

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

Aqua Fit (Baby and Me Aqua Fit)

Date and Time: Wednesday, December 21 1:00 pm - 2:00 pm

Address: 45 Hardy Ave

For ages 12+ *This invigorating class is done in the shallow water 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.) Pre-registration is not required.

Full Body Blast

Date and Time: Wednesday, December 21 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 fitness class in just 30 minutes.

Aqua Cycle

Date and Time: Wednesday, December 21 6:30 pm - 7:30 pm

Address: 45 Hardy Ave

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, cooldown, 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, December 21 7:30 pm - 8:30 pm

Address: 45 Hardy Ave

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, December 21 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, December 22, 2022

Health Club

Date and Time: Thursday, December 22 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Thursday, December 22 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, December 22 8:30 am - 9:30 am

Address: 45 Hardy Ave

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. For ages 13+ yrs. Drop-ins welcome. Pre-registration is not required.

Public Skating

Date and Time: Thursday, December 22 10:15 am - 11:45 am

Address: 45 Hardy Ave

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

Lane and Leisure Swim

Date and Time: Thursday, December 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.

Friday, December 23, 2022

Health Club

Date and Time: Friday, December 23 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Lane and Leisure Swim

Date and Time: Friday, December 23 6:00 am - 7:30 am

Address: 45 Hardy Ave

Ages 13yrs+.

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

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

Aqua Cycle

Date and Time: Friday, December 23 7:30 am - 8:30 am

Address: 45 Hardy Ave

This intermediate/advanced paced class provides a full body workout and is both challenging and restorative. Y

our 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 15 min for leisure swim cool down , set up/take down. Ages 13+. 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, December 23 8:30 am - 9:30 am

Address: 45 Hardy Ave

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, December 23 9:00 am - 10:00 am

Address: 45 Hardy Ave

For ages 14+. 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, December 23 10:15 am - 11:15 am

Address: 45 Hardy Ave

For ages 14+

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, December 23 11:00 am - 12:00 pm

Address: 45 Hardy Ave

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

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

Lane Swim

Date and Time: Friday, December 23 12:00 pm - 1:00 pm

Address: 45 Hardy Ave

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

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

Public Skating

Date and Time: Friday, December 23 3:30 pm - 5:00 pm

Address: 45 Hardy Ave

Join us for a public skate. Check in at the Customer Service Desk. Skate trainers are available for those who need some assistance.

Sunday, December 25, 2022

TCC Closed

Date and Time: Sunday, December 25 12:00 am

Address: 45 Hardy Ave

The Community Centre is closed on Christmas Day and Boxing Day.

Monday, December 26, 2022

TCC Closed

Date and Time: Monday, December 26 12:00 am

Address: 45 Hardy Ave

The Community Centre is closed on Christmas Day and Boxing Day.

Tuesday, December 27, 2022

Health Club

Date and Time: Tuesday, December 27 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Free Public Skate

Date and Time: Tuesday, December 27 9:15 am - 10:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by Athlete Farm Training.

Lane and Leisure Swim

Date and Time: Tuesday, December 27 11:00 am - 2:00 pm

Address: 45 Hardy Ave

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

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

Free Public Skate

Date and Time: Tuesday, December 27 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by C.L. Smith Insurance Group Inc.

Free Community Swim

Date and Time: Tuesday, December 27 2:30 pm - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

Swim admission standards apply.

Wednesday, December 28, 2022

Health Club

Date and Time: Wednesday, December 28 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Free Public Skate

Date and Time: Wednesday, December 28 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by Bre's Fresh Market.

Lane and Leisure Swim

Date and Time: Wednesday, December 28 11:00 am - 2:00 pm

Address: 45 Hardy Ave

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

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

Free Public Skate

Date and Time: Wednesday, December 28 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by C.L. Smith Insurance Group Inc.

Free Community Swim

Date and Time: Wednesday, December 28 2:30 pm - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

Swim admission standards apply.

Thursday, December 29, 2022

Health Club

Date and Time: Thursday, December 29 5:30 am - 9:00 pm

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Free Public Skate

Date and Time: Thursday, December 29 9:15 am - 10:45 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by Athlete Farm Training.

Lane and Leisure Swim

Date and Time: Thursday, December 29 11:00 am - 2:00 pm

Address: 45 Hardy Ave

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

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

Free Public Skate

Date and Time: Thursday, December 29 1:00 pm - 2:30 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by C.L. Smith Insurance Group Inc.

Free Community Swim

Date and Time: Thursday, December 29 2:30 pm - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

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

Swim admission standards apply.

Friday, December 30, 2022

Health Club

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

Address: 45 Hardy Avenue

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

Facility Highlights:

- treadmills, bikes and ellipticals
- resistance training machines
- dumbbells, benches and racks
- personal trainers on staff

For more information call: 519-688-3009 ext. 4230

Free Public Skate

Date and Time: Friday, December 30 9:00 am - 10:30 am

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by Bre's Fresh Market.

Leisure Swim

Date and Time: Friday, December 30 11:00 am - 12:00 pm

Address: 45 Hardy Ave

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

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

Lane Swim

Date and Time: Friday, December 30 12:00 pm - 1:00 pm

Address: 45 Hardy Ave

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

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

Free Public Skate

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

Address: 45 Hardy Avenue Tillsonburg

Join us for a free public skate generously sponsored by C.L. Smith Insurance Group Inc.

Free Community Swim

Date and Time: Friday, December 30 2:30 pm - 4:00 pm

Address: 45 Hardy Avenue Tillsonburg

Join us for a free community swim, generously sponsored by Tillsonburg & Area Optimist Club.

Swim admission standards apply.

<https://events.tillsonburg.ca>