



Lakeshore

WINTER KICKOFF  
CELEBRATION DECEMBER 23  
Atlas Tube Recreation Centre  
Details on Back Cover

# RECREATION

Like & Follow Us



Fall 2023  
Activity Guide



Phone: (519) 728-2700



Online: [www.lakeshore.ca](http://www.lakeshore.ca)



Email: [recinfo@lakeshore.ca](mailto:recinfo@lakeshore.ca)



Breakfast  
with Santa  
is Back!

Details on Page 19



# Visit **BELLE RIVER**

Come support our local businesses and  
enjoy all that Belle River has to offer!



VISIT OUR WEBSITE FOR ALL LOCAL EVENT INFO

**EVENTS.BELLERIVERBIA.COM**

POST YOUR EVENT | FIND AN EVENT



## STROLL THE STREET

Sept 15, Oct 13 | ALONG NOTRE DAME ST.  
& Nov 17, 2023 | 6:00PM-8:30PM

SAVE  
THE  
DATES!

Stroll the Street takes over Notre Dame St. providing an upbeat experience geared for all ages, bringing people and local businesses safely together for food, fun activities, shopping and entertainment!

Our events are organized, sponsored & promoted by Members of the Belle River - On the Lake BIA to enhance the community.



SHOP HERE

EAT HERE

PLAY HERE

LIVE HERE

STAY HERE

**BelleRiverBIA.com**

📞 519-728-4624



belleriveronthelakebia

# Connect with Council



To reach members of Council by phone, please call **519-728-2700** followed by their extension.



**Mayor**  
**Tracey Bailey**  
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Ext. 298



**Deputy Mayor**  
**Kirk Walstedt**  
kwalstedt@Lakeshore.ca  
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**Ward 2 Councillor**  
**Paddy Byrne**  
pbyrne@Lakeshore.ca  
Ext. 212



**Ward 4 Councillor**  
**John Kerr**  
jkerr@Lakeshore.ca  
Ext. 214



**Ward 3 Councillor**  
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**Ward 1 Councillor**  
**Ryan McNamara**  
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Ext. 211



**Ward 5 Councillor**  
**Ian Ruston**  
iruston@Lakeshore.ca  
Ext. 215



**Ward 6 Councillor**  
**Larissa Vogler**  
lvogler@Lakeshore.ca  
Ext. 216

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\*Pool, Rink and Gym Drop-in schedules can be found online at [lakeshore.ca/dropin](http://lakeshore.ca/dropin) or on site at the Atlas Tube Recreation Centre.

\*Front Cover Photo Credit: Dax Melmer

## Fall & Winter Registration Dates

Session	Session Dates	Program Registration Begins on
Fall A/Aquatics 2023	Non-Aquatic Programs September 18th to October 29th, 2023 Aquatic Programs September 18th to December 10th, 2023	Wednesday, August 30th, 2023 at 9:00am
Fall B 2023	Non-Aquatic Programs October 30th to December 10th, 2023	Wednesday, October 18th, 2023 at 9:00am
Winter A/Aquatics 2024	Non-Aquatic Programs January 8th to February 4th, 2024 Aquatic Programs January 8-March 31, 2024	Wednesday, December 13, 2023 at 9:00am
Winter B 2024	Non-Aquatic Programs February 5-March 31, 2024	January 17, 2024 at 9:00am



# Accessible Recreation— Pathway to Potential Funding

- 90% of the registration fee for recreation, leisure, social and educational programs for eligible participants is covered through this subsidy funding program.
- Available for Youth, Adults and Seniors

## Criteria established to qualify for this program

- Due to limited funding, only Lakeshore residents are eligible to apply for this subsidy program.
- Funds are based on the size of the family unit and maximum family net income levels
- Funds are based on a first come, first serve basis and may be limited
- The Municipality of Lakeshore reserves the right to reject any claim if funding is no longer available
- Only programs approved by the Municipality of Lakeshore are eligible for coverage.
- Must apply yearly to qualify for funding.

Annual maximum set amount as established by the Municipality of Lakeshore, per person.

**P2P DISCOUNTS**  
**90% RECREATION Discount**

**PATHWAY TO POTENTIAL**  
Social Investment Windsor-Essex

- #1 eligibility
- #2 funding
- #3 pay 10%

Program eligibility is based on annual income.

Funding is limited & based on a first come first serve basis.

The registrant is responsible to pay 10% of the program cost at the time of registration.

Hockey | Gymnastics | Dance | Outdoor Soccer | Gymnasium Activities | Swimming | Baseball | Crafts

## To be considered for this program, you must:

- Provide proof of the current year's Canada Child Tax Benefit (CCTB) and Ontario Child Benefit (OCB) income statement through your Revenue Canada Notice of Assessment. The must include eligible children, their ages, and the family net income.
- An application must be submitted to Recreation Services with the above documents no later than 2 weeks prior to the start date of the recreation program registration.
- Families will be required to pay 10% of the registration fee per program to the organization upon registration +hst if required.
- A copy of the official receipts stating the 10% paid and the balance outstanding is then submitted along with the necessary forms above to Recreation Services.
- Approval from Recreation Services MUST be provided to any organization prior to registration.

Further questions can be directed to 519-728-2700 ext. 0 or [recinfo@lakeshore.ca](mailto:recinfo@lakeshore.ca)

# Program Registration Information

- Registration options include in-person (at the Atlas Tube Recreation Centre service desk), online ([lakeshore.ca/recreation](http://lakeshore.ca/recreation)) and by telephone (519-728-2700 ext. 0).
- Registration is first come, first serve basis. Programs fill up quickly!
- Program fees are as listed. Program fees have already been pro-rated to take into consideration classes that fall on statutory holidays or for special event rentals.
- If you cannot be accommodated in any of your selections, you can request to be placed on a waiting list. Participants cannot be registered in one class and on a waiting list for another class. Individuals on a waiting list will only be contacted if a space becomes available, or if a new class has been added.
- No registrations or class transfers will be accepted after the 3rd class. No credits or make up classes are available for missed classes. Programs will not be overbooked; make sure you are ready to register at the day and time of registration to ensure you get into your preferred program!
- Classes will be cancelled before the program start date if we do not meet our minimum numbers. Please register for all programs prior to the first day of classes.
- If the Municipality of Lakeshore cancels your class, a full refund by your initial method of payment will be issued to you.
- Withdrawing from a class—you will be offered a credit on your account or a refund less the classes attended.
- A \$35.00 Administration Fee will be charged to all refunds. No credit or make up classes for missed classes.
- Should any of Lakeshore Recreation's programs be cancelled due to extreme weather conditions or other circumstances, the following methods of notification will be used—municipal website at [www.lakeshore.ca](http://www.lakeshore.ca), municipal Facebook page and Lakeshore Recreation Facebook page.
- If three (3) or more members of the same household register in programs or the same person registers in 3 or more programs in the same session, a 10% discount will be applied to most programs.
- Income tax receipts can be found on your online account, by calling our Public Service team at (519-728-2700 ext.0) or by emailing us ([recinfo@lakeshore.ca](mailto:recinfo@lakeshore.ca)).
- Consult your doctor before starting any exercise programs—please be aware that there are always risks associated with any physical activity. Before you begin any fitness program, it is always best to check with your doctor.



# How to Register Online

Online...You're first in Line!

The most efficient way to register for programs is online.

## **First time registering for programs?**

You will first need to create an account. To create an account with us, please call 519-728-2700 ext. 0 or stop by our customer service desk.

## **Logging into your Account**

The username is the email associated with your account and the password you have created. If you do not remember your password, or it is the first time you are logging in, you will click Forget Password and create your new password.

## **Finding Programs**

You can search for programs by the name of the program, age, or category.

## **Preparing for Registration Day**

Prior to registration opening, search for the programs you are interested in, and add them to your Wish List by clicking on the heart next to the program.

## **Registration Day**

Log into your account, go to your wish list, wait for the registration to open, click enroll now, select the participant you are enrolling, and then repeat for all wish listed items.

Once all programs have been added to your cart, you can click on My Cart and check out by completing the transaction with an online payment.



For Program Registration, Bookings and Rentals please call 519-728-2700.

## Community Services Leadership



**Frank Jeney—Acting Corporate Leader  
Community and Protective Services**  
fjeney@lakeshore.ca



**Jessica Sabolick—Team Leader Recreation**  
jsabolick@lakeshore.ca



**Jenna Smith—Team Leader Public Service**  
jsmith@lakeshore.ca



**George Turnbull—Team Leader Aquatics**  
gturnbull@lakeshore.ca



**William (Bill) Quinlan—Team Leader ATRC Facilities  
& Fields**  
wquinlan@lakeshore.ca



Fall A = September 18-October 29

Fall B = October 30-December 10

All prices available online at [lakeshore.ca/recreation](http://lakeshore.ca/recreation) or by calling 519-728-2700

### Parent & Tot and Preschool Programs

**Note: Participant must be the age indicated on each program as of the first day of class.**

<b>Parent &amp; Tot Gymnastics (2-3 years)</b>	An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor. Please dress in comfortable clothing; no dresses or dance outfits that would restrict movement. Socks must be removed prior to entering and long hair must be tied back for safety reasons. Children must be the age indicated on each program as of the first day of class. One parent must be on the floor for each child participating. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Friday	Sept. 22—Oct. 27	3:30-4:15pm	16364
	Fall A	Saturday	Sept. 23- Oct. 28	8:45-9:30am	16367
	Fall B	Friday	Nov. 3—Dec. 8	3:30-4:15pm	16379
	Fall B	Saturday	Nov. 4—Dec. 9	8:45-9:30am	16380
<b>Preschool Play (2-4 Years)</b>	Open gymnasium with a variety of stations set up for the children. Unstructured play to help nurture their creativity. Parents are required to oversee their child during this play time. Staff onsite during open play. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Friday	Sept. 22—Oct 27	9:15-10:05am	16362
	Fall A	Friday	Sept. 22—Oct 27	10:15-11:05am	16363
	Fall B	Friday	Nov. 3—Dec. 8	9:15-10:05am	16378
	Fall B	Friday	Nov. 3—Dec. 8	10:15-11:05am	16377
<b>Dance Fusion (3-4 years)</b>	An introduction to dance that includes Tap, Jazz, Ballet and Hip Hop. Children will be introduced to basic skills including coordination, structure, various movements and choreographic routines. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Tuesday	Sept. 19—Oct. 24	5:00-5:50pm	16360
	Fall A	Saturday	Sept. 23—Oct. 28	9:00-9:50am	16371
	Fall A	Saturday	Sept. 23—Oct. 28	10:00-10:50am	16372
	Fall B	Tuesday	Oct. 31—Dec. 5	5:00-5:50pm	16375
	Fall B	Saturday	Nov. 4—Dec. 9	9:00-9:50am	16374
	Fall B	Saturday	Nov. 4—Dec. 9	10:00-10:50am	16373



Municipality of  
Lakeshore  
Lakeshore Recreation



@LakeshoreRec



@TweetLakeshore  
@LakeshoreRec

Fall A = September 18-October 29

Fall B = October 30-December 10

All prices available online at [lakeshore.ca/recreation](http://lakeshore.ca/recreation) or by calling 519-728-2700

### Preschool Programs (ages 3-5 years)

**Note: Participant must be the age indicated on each program as of the first day of class.**

<b>Preschool Art (3-4 years)</b>	Explore your child's talents through hand painting, pasting, cutting, colouring and other fun sensory materials to enhance creativity. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	5:30-6:20pm	16368
	Fall B	Monday	Oct. 30—Dec. 4	5:30-6:20pm	16381
<b>Preschool Gymnastics (3-4 years)</b>	An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor. Please dress in comfortable clothing; no dresses or dance outfits that would restrict movement. Socks must be removed prior to entering and long hair must be tied back for safety reasons. Children must be the age indicated on each program as of the first day of class. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Friday	Sept. 22—Oct. 27	4:15-5:00pm	16365
	Fall A	Friday	Sept. 22—Oct. 27	5:00-5:45pm	16366
	Fall A	Saturday	Sept. 23— Oct. 28	9:30-10:15am	16369
	Fall A	Saturday	Sept. 23— Oct. 28	10:15-11:00am	16370
	Fall B	Friday	Nov. 3—Dec. 8	4:15-5:00pm	16382
	Fall B	Friday	Nov. 3—Dec. 8	5:00-5:45pm	16383
	Fall B	Saturday	Nov. 4—Dec. 9	9:30-10:15am	16385
	Fall B	Saturday	Nov. 4—Dec. 9	10:15-11:00am	16384
<b>Dance Fusion (5-8 years)</b>	An introduction to dance that includes Tap, Jazz, Ballet and Hip Hop. Children will be introduced to basic skills including coordination, structure, various movements and choreographic routines. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	5:00-5:50pm	16386
	Fall A	Saturday	Sept. 22—Oct. 27	11:00am-12:00pm	16667
	Fall B	Monday	Oct 30—Dec. 4	5:00-5:50pm	16406
	Fall B	Saturday	Nov. 4—Dec. 2	11:00am-12:00pm	16666
<b>JR Sportsmania (5-8 years)</b>	Participants will enjoy a variety of sports and games weekly that include but are not limited to indoor soccer, dodgeball, obstacle courses, badminton. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	5:00-5:50pm	16388
	Fall B	Monday	Oct. 30—Dec. 4	5:00-5:50pm	16408

Fall A = September 18-October 29

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All prices available online at [lakeshore.ca/recreation](http://lakeshore.ca/recreation) or by calling 519-728-2700

**Youth Programs (ages 5-13 years)**

**Note: Participant must be the age indicated on each program as of the first day of class.**

<b>JR Hip Hop (5-8 years)</b>	This hip hop class focuses on coordination through music. Learning the fundamentals of hip hop dance gives your child the opportunity to enhance specific dance skills and enhances fitness levels. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Tuesday	Sept. 19—Oct. 24	6:00-6:50pm	16392
	Fall B	Tuesday	Nov. 6—Dec. 5	6:00-6:50pm	16412
<b>JR Basketball (5-8 years)</b>	Instructional basketball play and skill building in a team environment. Lots of running around, dribbling, shooting and having fun! All skill levels are welcome. Basketballs are provided. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Tuesday	Sept. 19—Oct. 24	6:00-6:50pm	16394
	Fall B	Tuesday	Nov. 6—Dec. 5	6:00-6:50pm	16414
<b>JR S.T.E.M (5-8 years)</b>	Integrating science, technology, engineering, and mathematics, children will investigate and engineer problems to solutions and construct evidence-based explanations of real world ideas. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Wednesday	Sept. 20—Oct. 25	6:00-6:50pm	16398
	Fall B	Wednesday	Nov. 1—Dec. 6	6:00-6:50pm	16416
<b>JR Gymnastics (5-6 years)</b>	An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor. Please dress in comfortable clothing; no dresses or dance outfits that would restrict movement. Socks must be removed prior to entering and long hair must be tied back for safety reasons. Children must be the age indicated on each program as of the first day of class. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Friday	Sept. 22—Oct. 27	6:00-7:00pm	16400
	Fall A	Saturday	Sept. 23—Oct. 28	11:00am-12:00pm	16403
	Fall B	Friday	Nov. 3—Dec. 8	6:00-7:00pm	16418
	Fall B	Saturday	Nov. 4—Dec 2	11:00am-12:00pm	16421
<b>Karate (6-14 years)</b>	Goju-Ryu Karate (GKK) has helped children develop self-confidence plus improve agility and reflexes through positive reinforcement! <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Tuesday	Sept. 20—Dec. 6	6:00-6:50pm	16396

Fall A = September 18-October 29

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**Youth Programs (ages 5-13 years)**

**Note: Participant must be the age indicated on each program as of the first day of class.**

<b>Youth Gymnastics (7-9 years)</b>	Basic to advanced recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor. Please wear comfortable clothing; no dresses or dance outfits that would restrict movement. Socks must be removed and longer hair tied back for safety. Children must be the age indicated on each program as of the first day of class. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Friday	Sept. 22—Oct. 27	6:00-7:00pm	16401
	Fall A	Saturday	Sept. 23—Oct. 28	12:00-1:00pm	16404
	Fall B	Friday	Nov. 3- Dec. 8	6:00-7:00pm	16419
	Fall B	Saturday	Nov. 4—Dec. 2	12:00-1:00pm	16422
<b>Classroom Champions (8-12 years)</b>	Classroom Champions empowers children to thrive academically, socially and emotionally. Through the mentorship and mindset of world-class athletes, we improve student engagement, build growth mindsets, and inspire positive classroom culture. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Tuesday	Oct. 3—Dec. 5	6:00-7:00pm	16603
<b>SR Basketball (9-12 years)</b>	Instructional basketball play and skill building in a team environment. Lots of running around, dribbling, shooting and having fun! All skill levels are welcome. Basketballs are provided. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Tuesday	Sept. 19—Oct. 24	7:00-7:50pm	16395
	Fall B	Tuesday	Nov. 6—Dec. 5	7:00-7:50pm	16415
<b>SR Sportsmania (9-12 years)</b>	Participants will enjoy a variety of sports and games weekly that include but are not limited to indoor soccer, dodgeball, obstacle courses, badminton. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	6:00-6:50pm	16389
	Fall B	Monday	Oct. 30—Dec. 4	6:00-6:50pm	16409
<b>SR S.T.E.M (9-12 years)</b>	Integrating science, technology, engineering, and mathematics, children will investigate and engineer problems to solutions and construct evidence-based explanations of real world ideas. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Wednesday	Sept. 20—Oct. 25	7:00-7:50pm	16399
	Fall B	Wednesday	Nov. 1—Dec. 6	7:00-7:50pm	16417
<b>Dance Fusion (9-12 years)</b>	An introduction to dance that includes Tap, Jazz, Ballet and Hip Hop. Children review basic skills including coordination, structure, various movements and choreographic routines. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	6:00-6:50pm	16387
	Fall B	Monday	Oct. 30—Dec. 4	6:00-6:50pm	16407

Fall A = September 18-October 29

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All prices available online at [lakeshore.ca/recreation](http://lakeshore.ca/recreation) or by calling 519-728-2700

**Youth Programs (ages 5-13 years)**

**Note: Participant must be the age indicated on each program as of the first day of class.**

<b>Hip Hop (9-12 years)</b>	This beginner hip hop class focuses on coordination through music. Learning the fundamentals of hip hop dance gives your child the opportunity to enhance specific dance skills and enhances fitness levels. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Tuesday	Sept. 19—Oct. 24	7:00-7:50pm	16393
	Fall B	Tuesday	Nov. 6—Dec. 5	7:00-7:50pm	16413
<b>Badminton (10-14 years)</b>	Instructional play by teaching children the skills and rules of recreational badminton. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	7:00-7:50pm	16390
	Fall B	Monday	Oct. 30—Dec. 4	7:00-7:50pm	16410
<b>Volleyball (10-14 years)</b>	Instructional play by teaching children the skills and rules of recreational badminton. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	8:00-8:50pm	16391
	Fall B	Monday	Oct. 30—Dec. 4	8:00-8:50pm	16411
<b>Teen Gymnastics (10-14 years)</b>	<b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Saturday	Sept. 23—Oct. 28	12:00-1:00pm	16405
	Fall B	Saturday	Nov. 4—Dec. 2	12:00-1:00pm	16423

**\*FOR ALL AGES LEARN TO SKATE**  
**SYNCHRO SKATE**  
**STAR SKATE**  
**POWER SKATE**

SKATE LAKESHORE

SKATELAKESHORE.COM

VISIT OUR WEBSITE FOR MORE INFORMATION

COME AND JOIN OUR SILVER STARS SYNCHRO TEAM

WE OFFER MANY TYPES OF PROGRAMS!

Fall A = September 18-October 29

Fall B = October 30-December 10

All prices available online at [lakeshore.ca/recreation](http://lakeshore.ca/recreation) or by calling 519-728-2700

**PA Day Programs (ages 4-14 years)**

**Note: Participant must be the age indicated on each program as of the first day of class.**

<p><b>PA Day Camp 4-11 years</b></p>	<p>A variety of activities including swimming, crafts, outdoor play, large groups, science, and physical activity. Our Day Camp staff are trained with HIGH FIVE QUALITY AT PLAY standards including First Aid/CPR certification. Participants must bring their own lunch, snacks and water bottle.  <b>NOTE:</b> The aquatics admission policy will apply. All children under the age of 6 years will be required to wear a lifejacket, remain in the Leisure Pool and stay within arms reach of a camp counsellor at all times in the Aquatic area REGARDLESS OF THEIR SWIMMING ABILITY. Camp participants age 6 years or older are eligible to attempt the Swim Alone Test; if successful, they can swim in either and Lap or Leisure Pool without a lifejacket. If participants age 6 years or older cannot pass the Swim Alone Test, they will be required to wear a lifejacket, remain in the Leisure Pool and stay within arm's reach of a camp counsellor at all times in the Aquatic area.  <b>Location: Atlas Tube Recreation Centre</b></p>			
	September 22	4-7 years	7:00am-6:00pm	16508
	September 22	8-11 years	7:00am-6:00pm	16509
	October 27	4-7 years	7:00am-6:00pm	16511
	October 27	8-11 years	7:00am-6:00pm	16510
<p><b>Home Alone 9-12 years</b></p>	<p>Home Alone Safety for Kids is a comprehensive safety and life skills program that prepares children ages 9 to 12 years to be on their own at home or elsewhere for short periods of time. In addition to the traditional content of a home alone course, this program also includes street smarts, people safety, online safety, fire safety, first aid and injury prevention. A step by step home alone readiness plan for parents and children!  <b>Location: Atlas Tube Recreation Centre</b></p>			
	September 22	9-12 years	9:00am-3:00pm	16514
	October 27	9-12 years	9:00am-3:00pm	16515
<p><b>Learn to Babysit 11-14 years</b></p>	<p>Participants will learn skills to become more responsible babysitters. This workshop covers a variety of topics including nutrition, safety, handling emergencies, first aid, games and more. Please have a doll, or stuffed bear dressed and a baby bottle to practice with. Get ready for a great part-time job babysitting!  <b>Location: Atlas Tube Recreation Centre</b></p>			
	September 22	11-14 years	9:00am-4:00pm	16517
	October 27	11-14 years	9:00am-4:00pm	16518



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All prices available online at [lakeshore.ca/recreation](http://lakeshore.ca/recreation) or by calling 519-728-2700

**Adult Fitness Programs (ages 14 years+)**

**Note: Participant must be the age indicated on each program as of the first day of class.**

<b>Sculpt &amp; Move</b>	Get the most out of your workout with this fitness class. It is both a muscular conditioning and cardiovascular conditioning workout. Low impact movement is combined with the use of light free weights. Great for all ages. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	9:30-10:20am	16425
	Fall B	Monday	Oct. 30—Dec. 4	9:30-10:20am	16441
<b>Stroller Fit</b>	A 50 minute class for mom and baby which caters to all fitness levels; pregnant moms, new moms recovering from pregnancy or conditioned moms with one or two stroller aged children. Includes cardio drills, strength training exercise and stretching. Increases overall fitness and adds that "ab assault" which means a total body workout! <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	10:30-11:20am	16426
	Fall A	Wednesday	Sept. 20—Oct. 25	10:30-11:20am	16434
	Fall B	Monday	Oct. 30—Dec. 4	10:30-11:20am	16442
	Fall B	Wednesday	Nov. 1—Dec. 6	10:30-11:20am	16466
<b>Zumba</b>	Forget about the workout! Just lose yourself in music and find yourself in shape at the ultimate dance-fitness party lead by our licensed ZUMBA instructor. Dance to great music, with great people, and burn a ton of calories without realizing it. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	5:00-5:50pm	16427
	Fall B	Monday	Oct. 30—Dec. 4	5:00-5:50pm	16444
<b>Tabata Strength</b>	This class is a total body program that incorporates strength training, cardio work and flexibility challenging your entire body with high intensity, short duration exercise. Modified exercises make this class great for all levels. Use of all fitness equipment is encouraged. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	6:00-6:50pm	16428
	Fall B	Monday	Oct. 30—Dec. 4	6:00-6:50pm	16446
<b>Boxalates</b>	Cardio kickboxing with a Pilates twist. Begin with boxing and kicking for the heart-pumping portion, then move into a deep core workout with pilates giving you an all-around workout. Meditation at the end of the class. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	7:00-7:50pm	16429
	Fall B	Monday	Oct. 30—Dec. 4	7:00-7:50pm	16448

Fall A = September 18-October 29

Fall B = October 30-December 10

All prices available online at [lakeshore.ca/recreation](http://lakeshore.ca/recreation) or by calling 519-728-2700

**Adult Fitness Programs (ages 14 years+)**

**Note: Participant must be the age indicated on each program as of the first day of class.**

<b>Gentle Yoga</b>	Get the most out of your workout with this fitness class. It is both a muscular conditioning and cardiovascular conditioning workout. Low impact movement is combined with the use of light free weights. Great for all ages. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	7:00-7:50pm	16658
	Fall B	Monday	Oct. 30—Dec. 4	7:00-7:50pm	16659
<b>Shred It</b>	This total body workout class will incorporate a series of 3-2-1 times exercises. 3 minutes of strength, 2 minutes of cardio, and 1 minute of core. Shred fat, tone muscle and get in shape. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Tuesday	Sept. 19—Oct. 24	5:00-5:50pm	16430
	Fall B	Tuesday	Nov. 7—Dec. 5	5:00-5:50pm	16462
<b>Yogalates</b>	A perfect combination of Yoga & Pilates. This class will be focusing on activating a stronger core for better posture and balance. This class will incorporate light weights, bands, balls, etc... All levels welcome. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Tuesday	Sept. 19—Oct. 24	6:00-6:50pm	16431
	Fall B	Tuesday	Nov. 7—Dec. 5	6:00-6:50pm	16463
<b>Kettlebell</b>	An intermediate to advanced class incorporating the principles of high-intensity interval training and metabolic conditioning to focus on developing outstanding cardio, endurance and technique using functional movements involving bodyweight, kettlebells, dumbbells and plyometrics. This total-body strength workout will have you sweating! Workouts can be scaled/modified to meet the needs of your fitness level. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Tuesday	Sept. 19—Oct. 24	7:00-7:50pm	16432
	Fall B	Tuesday	Nov. 7—Dec. 5	7:00-7:50pm	16464
<b>Body Tone</b>	This is a muscular conditioning workout that will tone your whole body. Free weights will be used with a variety of exercises. Great for all ages. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Wednesday	Sept. 20—Oct. 25	9:30-10:20am	16433
	Fall B	Wednesday	Nov. 1—Dec. 6	9:30-10:20am	16465
<b>Women on Weights</b>	If you are looking for deep muscle toning throughout your entire body, this is the class for you. Working with weights, bands, kettle bells and balls, you will work your entire body taking yourself to your own limit. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Wednesdays	Sept. 20—Oct. 25	7:00-7:50pm	16662
	Fall B	Wednesdays	Nov. 1—Dec. 6	7:00-7:50pm	16663



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Fall B = October 30-December 10

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**Adult Fitness Programs (ages 14 years+)**

**Note: Participant must be the age indicated on each program as of the first day of class.**

<b>Hatha Yoga</b>	Take the hurry out of your life and restore your mind! Gentle yoga focuses on breathing and stretching which leads to toning. This is an advanced class for non-beginners. Mat required. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Wednesdays	Sept. 20—Oct. 25	7:00-7:50pm	16660
	Fall B	Wednesdays	Nov. 1—Dec. 6	7:00-7:50pm	16661
<b>Pilates Flex and Stretch</b>	Expect a total body workout that will sculpt & tone long lean muscles, improve endurance, stamina, balance, alignment and core strength. A strong emphasis on form works your body & mind leading to a strong mind/body connection, not only getting faster and far superior results, but overall muscular balance and flexibility. Using rings, bands, balls and mats. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Wednesdays	Sept. 20—Oct. 25	8:00-8:50pm	16664
	Fall B	Wednesdays	Nov. 1—Dec. 6	8:00-8:50pm	16665
<b>Pilates</b>	Expect a total body workout that will sculpt & tone long lean muscles, improve endurance, stamina, balance, alignment and core strength. A strong emphasis on form works your body & mind leading to a strong mind/body connection, not only getting faster and far superior results, but overall muscular balance and flexibility. Using rings, bands, balls and mats. <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Friday	Sept. 22—Oct. 27	9:30-10:20am	16435
	Fall B	Friday	Nov. 3—Dec. 8	9:30-10:20am	16467
<b>Zoomers Fitness</b>	Stay active for improved circulation and mobility. This monitored physical fitness program provides a full circle approach that includes warm up, cardio, strength training, stretches, relaxation and meditation. Fun, friendship and fitness all in this one hour class! <b>Location: Atlas Tube Recreation Centre</b>				
	Fall A	Monday	Sept. 18—Oct. 23	8:30-9:20am	16436
	Fall A	Wednesday	Sept. 20—Oct. 25	8:30-9:20am	16437
	Fall A	Friday	Sept. 22—Oct. 27	8:30-9:20am	16438
	Fall B	Monday	Oct. 30—Dec. 4	8:30-9:20am	16469
	Fall B	Wednesday	Nov. 1—Dec. 6	8:30-9:20am	16470
	Fall B	Friday	Nov. 3—Dec. 8	8:30-9:20am	16468
	<b>Location: Comber Community Centre</b>				
	Fall A	Tuesday	Sept. 19—Oct. 24	1:00-1:50pm	16439
	Fall A	Thursday	Sept. 21—Oct. 26	1:00-1:50pm	16440
	Fall B	Tuesday	Oct. 31—Dec. 5	1:00-1:50pm	16472
Fall B	Thursday	Nov. 2—Dec. 7	1:00-1:50pm	16471	

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**Adult Fitness Programs (ages 16 years+)**

**Note: Participant must be the age indicated on each program as of the first day of class.**

<b>Pickleball 16+</b>	Assorted Pickleball days and times are available for doubles play on our 4 indoor courts. View open times and make your reservations through <a href="https://www.globalpickleball.network">https://www.globalpickleball.network</a> . Please register all your players to make check-in easier when you arrive to play. Please follow Pickleball Official Rules during drop-in sessions. <b>Location: Atlas Tube Recreation Centre</b>				
	Monday	7:00-8:50am	Drop in	Sept. 18	Dec. 4
	Monday	9:30-11:20am	Drop in	Sept. 18	Dec. 4
	Monday	12:00-1:50pm	Drop in	Sept. 18	Dec. 4
	Monday	2:30-4:20pm	Drop in	Sept. 18	Dec. 4
	Tuesday	7:00-8:50am	Reservation	Sept. 19	Dec. 5
	Tuesday	9:30-11:20am	Beginner Drop in	Sept. 19	Dec. 5
	Tuesday	12:00-1:50pm	Reservation	Sept. 19	Dec. 5
	Tuesday	2:30-4:20pm	Reservation	Sept. 19	Dec. 5
	Wednesday	7:00-8:50am	Drop in	Sept. 20	Dec. 6
	Wednesday	9:30-11:20am	Drop in	Sept. 20	Dec. 6
	Wednesday	12:00-1:50pm	Drop in	Sept. 20	Dec. 6
	Wednesday	2:30-4:20pm	Beginner Drop in	Sept. 20	Dec. 6
	Wednesday	5:00-6:50pm	Drop in	Sept. 20	Dec. 6
	Wednesday	7:00-8:50pm	Drop in	Sept. 20	Dec. 6
	Thursday	7:00-8:50am	Reservation	Sept. 21	Dec. 7
	Thursday	9:30-11:20am	Reservation	Sept. 21	Dec. 7
	Thursday	12:00-1:50pm	Reservation	Sept. 21	Dec. 7
Thursday	2:30-4:20pm	Reservation	Sept. 21	Dec. 7	

<b>Shuffleboard</b>	A great way to obtain your daily physical activity needs, have fun and meet new people. Court provided and sticks are available for new players to use. First time players welcome! <b>Location: Atlas Tube Recreation Centre</b>		
	Tuesday	Sept. 19—Dec. 5	9:00am-12:00pm
	Friday	Sept. 22—Dec. 8	12:00-3:00pm



## Pool Memberships

Pool Recreational Membership			
30 Days	90 days	180 Days	365 Days
Space permitting, unlimited access for the duration of the membership, to any Lengths, Leisure Swim and Recreational Swim.			
Enhanced Pool Recreational Membership			
30 Days	90 days	180 Days	365 Days
Space permitting, unlimited access for the duration of the membership, to any Lengths, Leisure Swim and Recreational Swim <b>plus Aquafit classes.</b>			
Lengths and Leisure Swim Punch Pass			
10 Visits	Lengths and Leisure Swims only. Non-expiring pass.		
Aquafit Punch Pass			
10 Visits	Aquafit classes only. Non-expiring pass.		


**NOTES:**

Unless specified, all the above memberships and punch passes are for one (1) individual only. No access privileges will be granted with membership (members not granted access earlier than drop-in customers).

Memberships cannot be transferred to another individual or redeemed for cash.

Reservations are strongly recommended for Recreational Swims.

[www.lakeshore.ca/recreation](http://www.lakeshore.ca/recreation) for details

 <p><b>Breakfast with Santa</b></p>	Enjoy a pancake breakfast from McDonald's, a visit from Santa & Mrs. Claus, and other children's activities. Register early to avoid disappointment. All persons in attendance must register including parents.			
	<b>Location: Comber Community Centre</b>			
	Saturday	Nov. 25	9:30-10:30am	16495
	<b>Location: Libro Community Centre</b>			
	Saturday	Dec. 2	9:30-10:30am	16497
	<b>Location: Atlas Tube Recreation Centre</b>			
Saturday	Dec. 9	9:00-10:30am	16484	
Saturday	Dec. 9	11:00am-12:30pm	16489	

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**Parent & Tot Swimming Lessons - Ages 3 months to 3 years**

<b>Aqua Parent &amp; Tot 1/2/3 Ratio 1:12</b>	For parents and children up to 3 years of age. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. Maximum of one adult per child.				
	<b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Monday	5-5:30pm	Sep 18-Dec 4	16111
	Fall A	Monday	5:30-6pm	Sep 18-Dec 4	16112
	Fall A	Tuesday	5-5:30pm	Sep 19-Dec 5	16113
	Fall A	Tuesday	6-6:30pm	Sep 19-Dec 5	16114
	Fall A	Wednesday	5-5:30pm	Sep 20-Dec 6	16115
	Fall A	Wednesday	6-6:30pm	Sep 20-Dec 6	16116
	Fall A	Thursday	5-5:30pm	Sep 21-Dec 7	16117
	Fall A	Thursday	5:15-5:45pm	Sep 21-Dec 7	16118
	Fall A	Thursday	6-6:30pm	Sep 21-Dec 7	16119
	Fall A	Friday	10-10:30am	Sep 22-Dec 8	16120
	Fall A	Friday	5-5:30pm	Sep 22-Dec 8	16121
	Fall A	Saturday	9-9:30am	Sep 23-Dec 9	16122
	Fall A	Saturday	9:30-10am	Sep 23-Dec 9	16123
	Fall A	Saturday	10-10:30am	Sep 23-Dec 9	16124
	Fall A	Saturday	10:30-11am	Sep 23-Dec 9	16125
	Fall A	Saturday	11:15-11:45am	Sep 23-Dec 9	16126
	Fall A	Saturday	4-4:30pm	Sep 23-Dec 9	16127
	Fall A	Sunday	9-9:30am	Sep 24-Dec 10	16128
Fall A	Sunday	9:30-10am	Sep 24-Dec 10	16129	
Fall A	Sunday	10-10:30am	Sep 24-Dec 10	16130	
Fall A	Sunday	11:30-12pm	Sep 24-Dec 10	16131	
<b>Aqua Parent &amp; Tot Plus Ratio 1:4 (2 to 3 years)</b>	If your child has completed all of the Aqua Parent & Tot 3 content but is not old enough to enroll in the aqua preschool program, than this is the class for them. Content will be from the Aqua Preschool program.				
	<b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Tuesday	5:30-6pm	Sep 19-Dec 5	16132
Fall A	Saturday	9:30-10am	Sep 23-Dec 9	16133	

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**Preschool Swimming Lessons - Ages 3 to 5 years**

<b>Aqua Preschool 1 Ratio 1:4</b>	The preschool program develops an appreciation and healthy respect for the water. In our basic aquatic progressions we work to ensure 3 to 5 year olds become comfortable in the water and have fun acquiring and developing a foundation of water skills.				
	<b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Monday	4:30-5pm	Sep 18-Dec 4	16135
	Fall A	Monday	5-5:30pm	Sep 18-Dec 4	16136
	Fall A	Tuesday	5-5:30pm	Sep 19-Dec 5	16137
	Fall A	Tuesday	6-6:30pm	Sep 19-Dec 5	16138
	Fall A	Tuesday	7-7:30pm	Sep 19-Dec 5	16139
	Fall A	Wednesday	6-6:30pm	Sep 20-Dec 6	16140
	Fall A	Wednesday	6:30-7pm	Sep 20-Dec 6	16141
	Fall A	Thursday	4:30-5pm	Sep 21-Dec 7	16142
	Fall A	Thursday	5:30-6pm	Sep 21-Dec 7	16143
	Fall A	Thursday	6:45-7:15pm	Sep 21-Dec 7	16144
	Fall A	Saturday	9-9:30am	Sep 23-Dec 9	16145
	Fall A	Saturday	10:30-11am	Sep 23-Dec 9	16146
	Fall A	Saturday	11-11:30am	Sep 23-Dec 9	16147
	Fall A	Saturday	12-12:30pm	Sep 23-Dec 9	16148
	Fall A	Saturday	4:30-5pm	Sep 23-Dec 9	16149
	Fall A	Saturday	5-5:30pm	Sep 23-Dec 9	16150
	Fall A	Sunday	8:30-9am	Sep 24-Dec 10	16151
	Fall A	Sunday	10-10:30am	Sep 24-Dec 10	16152
Fall A	Sunday	10:30-11am	Sep 24-Dec 10	16153	
Fall A	Sunday	12-12:30pm	Sep 24-Dec 10	16154	
<b>Aqua Preschool 1 Ratio 1:6</b>	Fall A	Monday	6-6:30pm	Sep 18-Dec 4	16155
	Fall A	Wednesday	5:30-6pm	Sep 20-Dec 6	16156
	Fall A	Thursday	6-6:30pm	Sep 21-Dec 7	16159
	Fall A	Friday	4:30-5pm	Sep 22-Dec 8	16161
	Fall A	Saturday	9:30-10am	Sep 23-Dec 9	16164
	Fall A	Saturday	10-10:30am	Sep 23-Dec 9	16166
	Fall A	Sunday	11:30-12pm	Sep 24-Dec 10	16170

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**Preschool Swimming Lessons - Ages 3 to 5 years**

<b>Aqua Preschool 2 Ratio 1:4</b>	Fall A	Monday	5:30-6pm	Sep 18-Dec 4	16173
	Fall A	Wednesday	4:30-5pm	Sep 20-Dec 6	16176
	Fall A	Wednesday	7-7:30pm	Sep 20-Dec 6	16179
	Fall A	Thursday	6-6:30pm	Sep 21-Dec 7	16182
	Fall A	Friday	4:30-5pm	Sep 22-Dec 8	16184
	Fall A	Saturday	8:30-9am	Sep 23-Dec 9	16185
	Fall A	Sunday	8:30-9am	Sep 24-Dec 10	16186
	Fall A	Sunday	12-12:30pm	Sep 24-Dec 10	16187
	Fall A	Saturday	4-4:30pm	Sep 23-Dec 9	16188
	Fall A	Saturday	5-5:30pm	Sep 23-Dec 9	16189

# NEED A RIDE?

The Community Support Centre offers **ACCESSIBLE TRANSPORTATION** to and from life-sustaining, medical, shopping, and social trips.



CEO Tracey Bailey



- Lakeshore
  - Tecumseh
  - Essex
  - Harrow
  - Windsor\*
  - Kingsville\*
  - Leamington\*
  - Amherstburg\*
  - LaSalle\*
- \*life-sustaining only

**Call (519)-728-1435 for eligibility and registration!**

Follow us on:



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**Preschool Swimming Lessons - Ages 3 to 5 years**

<b>Aqua Preschool 2 Ratio 1:6</b>	Fall A	Tuesday	5:30-6pm	Sep 19-Dec 5	16190
	Fall A	Thursday	5-5:30pm	Sep 21-Dec 7	16191
	Fall A	Thursday	5:30-6pm	Sep 21-Dec 7	16192
	Fall A	Friday	5:30-6pm	Sep 22-Dec 8	16193
	Fall A	Saturday	10:30-11am	Sep 23-Dec 9	16194
	Fall A	Saturday	11:30-12pm	Sep 23-Dec 9	16195
	Fall A	Saturday	12:30-1pm	Sep 23-Dec 9	16196
	Fall A	Sunday	10-10:30am	Sep 24-Dec 10	16197
<b>Aqua Preschool 3 Ratio 1:4</b>	Fall A	Monday	4:30-5pm	Sep 18-Dec 4	16198
	Fall A	Monday	6:30-7pm	Sep 18-Dec 4	16199
	Fall A	Wednesday	7:30-8pm	Sep 20-Dec 6	16200
	Fall A	Thursday	4:30-5pm	Sep 21-Dec 7	16201
	Fall A	Thursday	6:30-7pm	Sep 21-Dec 7	16202
	Fall A	Saturday	10-10:30am	Sep 23-Dec 9	16203
	Fall A	Saturday	4:30-5pm	Sep 23-Dec 9	16204
	Fall A	Sunday	8:30-9am	Sep 24-Dec 10	16205
	Fall A	Sunday	12:30-1pm	Sep 24-Dec 10	16206



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**Preschool Swimming Lessons - Ages 3 to 5 years**

<b>Aqua Preschool 3 Ratio 1:6</b>	Fall A	Monday	5-5:30pm	Sep 18-Dec 4	16207
	Fall A	Monday	5:30-6pm	Sep 18-Dec 4	16208
	Fall A	Tuesday	5-5:30pm	Sep 19-Dec 5	16209
	Fall A	Tuesday	5:30-6pm	Sep 19-Dec 5	16210
	Fall A	Wednesday	6:30-7pm	Sep 20-Dec 6	16211
	Fall A	Saturday	9-9:30am	Sep 23-Dec 9	16212
	Fall A	Saturday	11-11:30am	Sep 23-Dec 9	16213
	Fall A	Sunday	9-9:30am	Sep 24-Dec 10	16214
<b>Aqua Preschool 4/5 Ratio 1:4</b>	Fall A	Tuesday	6-6:30pm	Sep 19-Dec 5	16215
	Fall A	Wednesday	5:30-6pm	Sep 20-Dec 6	16216
	Fall A	Friday	4:30-5pm	Sep 22-Dec 8	16217
	Fall A	Saturday	12:15-12:45pm	Sep 23-Dec 9	16218
	Fall A	Saturday	5-5:30pm	Sep 23-Dec 9	16219
	Fall A	Sunday	12-12:30pm	Sep 24-Dec 10	16220
<b>Aqua Preschool 4/5 Ratio 1:6</b>	Fall A	Tuesday	6-6:30pm	Sep 19-Dec 5	16221
	Fall A	Saturday	8:30-9am	Sep 23-Dec 9	16222
	Fall A	Saturday	11:30-12pm	Sep 23-Dec 9	16223
	Fall A	Sunday	9:30-10am	Sep 24-Dec 10	16224
	Fall A	Wednesday	6:30-7pm	Sep 20-Dec 6	16225
<b>Aqua Preschool Plus Ratio 1:4</b>	Has your child completed Aqua Preschool 5 but they aren't 5 years old yet? Aqua Preschool Plus participants will work on Swimmer 2 content and above! Get your child prepped for success in our swimmer levels with this program. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Wednesday	5-5:30pm	Sep 20-Dec 6	16226
	Fall A	Saturday	12:30-1pm	Sep 23-Dec 9	16227



Municipality of  
Lakeshore  
Lakeshore Recreation



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### Youth Swimming Lessons - Ages 5 to 12 years

The swimmer program makes sure children learn how to swim before they go in too deep. Swimmer progressions accommodate children including absolute beginners as well as swimmers who want to build on the basics. We stress lots of in-water practice to develop solid swimming strokes and skills.

**Location: Atlas Tube Recreation Centre - WFCU Community Pools**

**Swimmer 1  
Ratio 1:4**

Fall A	Monday	4:30-5pm	Sep 18-Dec 4	16229
Fall A	Monday	5-5:30pm	Sep 18-Dec 4	16230
Fall A	Monday	7-7:30pm	Sep 18-Dec 4	16231
Fall A	Tuesday	4:30-5pm	Sep 19-Dec 5	16232
Fall A	Tuesday	5-5:30pm	Sep 19-Dec 5	16233
Fall A	Tuesday	6:30-7pm	Sep 19-Dec 5	16234
Fall A	Wednesday	4:30-5pm	Sep 20-Dec 6	16235
Fall A	Wednesday	6:30-7pm	Sep 20-Dec 6	16236
Fall A	Wednesday	7-7:30pm	Sep 20-Dec 6	16237
Fall A	Thursday	6-6:30pm	Sep 21-Dec 7	16238
Fall A	Thursday	7-7:30pm	Sep 21-Dec 7	16239
Fall A	Friday	5:30-6pm	Sep 22-Dec 8	16240
Fall A	Saturday	8:30-9am	Sep 23-Dec 9	16241
Fall A	Saturday	9:30-10am	Sep 23-Dec 9	16242
Fall A	Saturday	11:30-12pm	Sep 23-Dec 9	16243
Fall A	Saturday	4-4:30pm	Sep 23-Dec 9	16244
Fall A	Saturday	5:30-6pm	Sep 23-Dec 9	16245
Fall A	Sunday	9-9:30am	Sep 24-Dec 10	16246
Fall A	Sunday	11:30-12pm	Sep 24-Dec 10	16247
Fall A	Sunday	12:30-1pm	Sep 24-Dec 10	16248

### Unsure of what swimming level to register your child in?

Lakeshore Recreation offers FREE swim assessments for anyone interested in signing up for one of our learn to swim programs. Swim assessments can be done during any of our Friday night, Saturday or Sunday Recreational Swims. No appointment needed and no fee required! One of our certified swim instructors will evaluate some of your child's basic swimming skills and be able to tell you what level is going to be the best fit for them. Check for available weekend recreational swim times on our website at [lakeshore.ca/dropin](http://lakeshore.ca/dropin)

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**Youth Swimming Lessons - Ages 5 to 12 years**

<b>Swimmer 1 Ratio 1:6</b>	Fall A	Monday	6-6:30pm	Sep 18-Dec 4	16249
	Fall A	Monday	6:30-7pm	Sep 18-Dec 4	16250
	Fall A	Tuesday	5:30-6pm	Sep 19-Dec 5	16251
	Fall A	Tuesday	6:30-7pm	Sep 19-Dec 5	16252
	Fall A	Wednesday	5-5:30pm	Sep 20-Dec 6	16253
	Fall A	Friday	5-5:30pm	Sep 22-Dec 8	16254
	Fall A	Friday	5:30-6pm	Sep 22-Dec 8	16255
	Fall A	Saturday	10:30-11am	Sep 23-Dec 9	16256
	Fall A	Saturday	11-11:30am	Sep 23-Dec 9	16257
	Fall A	Saturday	12-12:30pm	Sep 23-Dec 9	16258
	Fall A	Sunday	9:30-10am	Sep 24-Dec 10	16259
	Fall A	Sunday	10:30-11am	Sep 24-Dec 10	16260
	Fall A	Sunday	11-11:30am	Sep 24-Dec 10	16261
	<b>Swimmer 2 Ratio 1:4</b>	Fall A	Monday	4:30-5pm	Sep 18-Dec 4
Fall A		Monday	6-6:30pm	Sep 18-Dec 4	16263
Fall A		Monday	7-7:30pm	Sep 18-Dec 4	16264
Fall A		Tuesday	4:30-5pm	Sep 19-Dec 5	16265
Fall A		Tuesday	5:30-6pm	Sep 19-Dec 5	16266
Fall A		Wednesday	4:30-5pm	Sep 20-Dec 6	16267
Fall A		Wednesday	6-6:30pm	Sep 20-Dec 6	16268
Fall A		Wednesday	6:45-7:15pm	Sep 20-Dec 6	16269
Fall A		Friday	4:30-5pm	Sep 22-Dec 8	16270
Fall A		Saturday	8:30-9am	Sep 23-Dec 9	16271
Fall A		Saturday	12-12:30pm	Sep 23-Dec 9	16272
Fall A		Saturday	5:30-6pm	Sep 23-Dec 9	16273
Fall A		Sunday	8:30-9am	Sep 24-Dec 10	16274
Fall A		Sunday	12-12:30pm	Sep 24-Dec 10	16275
Fall A		Sunday	12:30-1pm	Sep 24-Dec 10	16276

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**Youth Swimming Lessons - Ages 5 to 12 years**

<b>Swimmer 2 Ratio 1:6</b>	Fall A	Monday	5:30-6pm	Sep 18-Dec 4	16277
	Fall A	Tuesday	6-6:30pm	Sep 19-Dec 5	16278
	Fall A	Tuesday	7-7:30pm	Sep 19-Dec 5	16279
	Fall A	Wednesday	5-5:30pm	Sep 20-Dec 6	16280
	Fall A	Wednesday	5:30-6pm	Sep 20-Dec 6	16281
	Fall A	Thursday	5-5:30pm	Sep 21-Dec 7	16282
	Fall A	Thursday	5:45-6:15pm	Sep 21-Dec 7	16283
	Fall A	Friday	5-5:30pm	Sep 22-Dec 8	16284
	Fall A	Saturday	9-9:30am	Sep 23-Dec 9	16285
	Fall A	Saturday	9:30-10am	Sep 23-Dec 9	16286
	Fall A	Saturday	10-10:30am	Sep 23-Dec 9	16287
	Fall A	Saturday	11:30-12pm	Sep 23-Dec 9	16288
	Fall A	Saturday	11:45-12:15pm	Sep 23-Dec 9	16289
	Fall A	Sunday	11-11:30am	Sep 24-Dec 10	16290
	Fall A	Sunday	11:30-12pm	Sep 24-Dec 10	16291
<b>Swimmer 3 Ratio 1:4</b>	Fall A	Monday	4:30-5:15pm	Sep 18-Dec 4	16292
	Fall A	Monday	5-5:45pm	Sep 18-Dec 4	16293
	Fall A	Monday	6:30-7:15pm	Sep 18-Dec 4	16294
	Fall A	Tuesday	6-6:45pm	Sep 19-Dec 5	16295
	Fall A	Wednesday	5:45-6:30pm	Sep 20-Dec 6	16296
	Fall A	Wednesday	6:30-7:15pm	Sep 20-Dec 6	16297
	Fall A	Thursday	4:30-5:15pm	Sep 21-Dec 7	16298
	Fall A	Friday	4:30-5:15pm	Sep 22-Dec 8	16299
	Fall A	Saturday	8:30-9:15am	Sep 23-Dec 9	16300
	Fall A	Saturday	4-4:45pm	Sep 23-Dec 9	16301
	Fall A	Sunday	12:15-1pm	Sep 24-Dec 10	16302

Fall A = September 18-October 29

Fall B = October 30-December 10

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**Youth Swimming Lessons - Ages 5 to 12 years**

<b>Swimmer 3 Ratio 1:6</b>	Fall A	Tuesday	7:15-8pm	Sep 19-Dec 5	16303
	Fall A	Thursday	6:15-7pm	Sep 21-Dec 7	16304
	Fall A	Saturday	10-10:45am	Sep 23-Dec 9	16305
	Fall A	Sunday	9:15-10am	Sep 24-Dec 10	16306
	Fall A	Sunday	10-10:45am	Sep 24-Dec 10	16307
<b>Swimmer 4 Ratio 1:4</b>	Fall A	Monday	5:15-6pm	Sep 18-Dec 4	16308
	Fall A	Tuesday	6:45-7:30pm	Sep 19-Dec 5	16309
	Fall A	Tuesday	7:15-8pm	Sep 19-Dec 5	16310
	Fall A	Wednesday	4:30-5:15pm	Sep 20-Dec 6	16311
	Fall A	Thursday	7-7:45pm	Sep 21-Dec 7	16318
	Fall A	Friday	5:15-6pm	Sep 22-Dec 8	16312
	Fall A	Saturday	9:15-10am	Sep 23-Dec 9	16313
	Fall A	Saturday	12:15-1pm	Sep 23-Dec 9	16314
	Fall A	Saturday	4:45-5:30pm	Sep 23-Dec 9	16315
	Fall A	Sunday	8:30-9:15am	Sep 24-Dec 10	16316
<b>Swimmer 4 Ratio 1:8</b>	Fall A	Monday	6:30-7:15pm	Sep 18-Dec 4	16317
	Fall A	Thursday	5:15-6pm	Sep 21-Dec 7	16319
	Fall A	Saturday	11-11:45am	Sep 23-Dec 9	16320
	Fall A	Sunday	10:45-11:30am	Sep 24-Dec 10	16321
<b>Swimmer 5 Ratio 1:4</b>	Fall A	Monday	6:45-7:30pm	Sep 18-Dec 4	16322
	Fall A	Monday	7:15-8pm	Sep 18-Dec 4	16323
	Fall A	Tuesday	6-6:45pm	Sep 19-Dec 5	16324
	Fall A	Thursday	4:30-5:15pm	Sep 21-Dec 7	16325
	Fall A	Saturday	10-10:45am	Sep 23-Dec 9	16326
	Fall A	Saturday	12:15-1pm	Sep 23-Dec 9	16327
	Fall A	Sunday	9:45-10:30am	Sep 24-Dec 10	16328
	Fall A	Sunday	11:30-12:15pm	Sep 24-Dec 10	16329

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### Youth Swimming Lessons - Ages 5 to 12 years

<b>Swimmer 5 Ratio 1:10</b>	Fall A	Wednesday	6-6:45pm	Sep 20-Dec 6	16330
	Fall A	Thursday	6:30-7:15pm	Sep 21-Dec 7	16331
	Fall A	Saturday	12-12:45pm	Sep 23-Dec 9	16332
<b>Swimmer 6 Ratio 1:4</b>	Fall A	Tuesday	4:30-5:15pm	Sep 19-Dec 5	16333
	Fall A	Wednesday	7:15-8pm	Sep 20-Dec 6	16334
	Fall A	Thursday	6-6:45pm	Sep 21-Dec 7	16335
	Fall A	Sunday	10-10:45am	Sep 24-Dec 10	16336
<b>Swimmer 6 Ratio 1:10</b>	Fall A	Monday	7:15-8pm	Sep 18-Dec 4	16337
	Fall A	Sunday	9-9:45am	Sep 24-Dec 10	16338

### Adult Swimming Lessons - Ages 13 years+

<b>Aqua Adult 1 Ratio 1:8</b>	Aqua Adult 1 is for beginner swimmers over the age of 13 years who want to learn the basic principles of swimming. Participants in this program will work on breath control, floating and short distance swimming on their own. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Friday	5:30-6pm	Sep 22-Dec 8	16345
	Fall A	Sunday	8:30-9am	Sep 24-Dec 10	16346
<b>Aqua Adult 2 Ratio 1:8</b>	Aqua Adult 2 is for participants 13 years and older who want to continue to develop their front and back crawl strokes and enhance their endurance in the water. Candidates must have completed Adult 1 in order to enroll. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Monday	7:30-8pm	Sep 18-Dec 4	16347
	Fall A	Wednesday	7:30-8pm	Sep 20-Dec 6	16348

### Private Swimming Lessons

Program	Description	Location
<b>Private Swimming Lessons for Aqua Preschool and Swimmer level content Ages: 2 years and up</b>	Private lessons allow instructors time to give more attention to swimming participants. They can be 1 to 1, 1 to 2 or 1 to 3 ratios. All shared lessons must be arranged by the participants themselves and swimmers should have similar abilities. Please note private lesson registration can only be done in person or over the phone with a reception staff.	<b>ATRC: WFCU Community Pools</b>

Fall A = September 18-October 29

Fall B = October 30-December 10

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### Canadian Swim Patrol - Ages 5 to 12 years

<b>Swimmer 7/8</b> <b>Ratio 1:4</b>	Canadian Swim Patrol is the continuation of the Lifesaving Society's Swim for Life program. CSP has 3 levels: Rookie (7), Ranger (8) and Star (9). Swimmers will begin to learn self-rescue techniques and the rescue of others while continuing to focus on endurance in the water. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Monday	6-6:45pm	Sep 18-Dec 4	16339
	Fall A	Thursday	7:15-8pm	Sep 21-Dec 7	16342
<b>Swimmer 7/8</b> <b>Ratio 1:10</b>	Fall A	Tuesday	5:15-6pm	Sep 19-Dec 5	16340
	Fall A	Tuesday	6:30-7:15pm	Sep 19-Dec 5	16341
<b>Swimmer 9</b>	Fall A	Sunday	12:15-1pm	Sep 24-Dec 10	16343
<b>Swimmer 9</b> <b>Ratio 1:10</b>	Fall A	Tuesday	7-7:45pm	Sep 19-Dec 5	16344

### Aquatic Fitness Training - Ages 5 to 14 years

<b>Lakeshore Swim Club - Senior</b> <b>Ages: 8 to 14 years</b>	Looking for a great way to refine your strokes and increase your stamina? Join the Lakeshore Swim Club! Coaches will provide instruction on a combination of competitive stroke techniques and lifesaving sport events. Participants will have fun, make friends and increase their level of fitness. Must be 8 years of age and have completed Swimmer 4 (or be 8 years old and able to swim 50m continuously without assistance). <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Monday/Wednesday	4:30-5:30pm	Sep 18-Dec 6	16350
<b>Fitness Swimmer</b> <b>Ratio 1:10</b>	Fitness Swimmer is ideal for candidates that have completed Swimmer 6 and who are not old enough to begin the Bronze program. Participants will work on increasing their speed and endurance in the water. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Thursday	7-8pm	Sep 21-Dec 7	16351

### Aquatic Leadership Training - Ages 8 years+

<b>Bronze Star</b> <b>Ages: 8 years to 12 years</b>	This course is for candidates that want to start their lifeguard training early. Participants will develop problem solving and decision making skills individually and in partners. This course includes certification in Basic First Aid and CPR-A. Recommended completion of Canadian Swim Patrol levels. This course requires 100% attendance. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Sunday	10:30-11:30am	Sep 24-Dec 10	16353

Fall A = September 18-October 29

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**Aquatic Leadership Training - Ages 8 years+**

<b>Bronze Medallion</b> <b>Ages: 13 years and up</b>	This course is the first step in the Lifesaving Society's leadership program. Content includes a mix of classroom and pool learning. Upon successful completion candidates will be certified in Emergency First Aid and CPR-B. This course requires 100% attendance. Candidates must be 13 years old or hold a Bronze Star certification. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Wednesday	5-8:15pm	Sep 27-Nov 8	16354
<b>Bronze Cross</b>	This course is the second step in the Lifesaving Society's leadership program. Participants will learn the difference between lifesaving and lifeguarding, how to deal with emergency situations and how to work effectively as a team. Candidates must have completed Bronze Medallion and Emergency First Aid. This course requires 100% attendance. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Monday	5-8pm	Sep 25-Nov 20	16355
<b>Assistant Instructors</b> <b>Ages: 14 years and up</b>	This course is the first step (recommended) to becoming a Swim Instructor. Through classroom learning and in water practice candidates learn the roles and responsibilities of instructors and their assistants. Must have completed Bronze Cross and be 14 years old to enroll. This course requires 100% attendance. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Tuesday	5-8pm	Oct 3-Nov 14	16356
<b>National Lifeguard - Pool and Standard First Aid</b> <b>Ages: 15 years and up</b>	This certification allows candidates to work as a lifeguard at a pool. Course includes Standard First Aid certification. Teamwork, leadership, communication and a high level of physical fitness will be necessary for successful completion. Must have completed Bronze Cross, Standard First Aid and be 15 years of age by the exam date. This course requires 100% completion. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Sunday	9-2:45pm	Oct 1-Dec 3	16358
<b>Lifesaving, Swim, Emergency First Aid Instructors</b> <b>Ages: 15 years and up</b>	The Lifesaving Society Swim Instructor & Lifesaving Instructor course prepares candidates to teach and evaluate basic swim strokes and related skills of the Swim for Life program. Candidates are also certified to teach and evaluate (some items) of the Lifesaving programs. Must have completed Bronze Cross and be 15 years of old by the last day of class. This course requires 100% attendance. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Friday/Saturday	5-9pm/8:30-6:45pm	Nov 10-Nov 25	16357
<b>National Lifeguard - Pool Recertification</b>	In order to remain current lifeguards must recertify this qualification within 2 years by passing this exam. <b>Location: Atlas Tube Recreation Centre - WFCU Community Pools</b>				
	Fall A	Sunday	3:30-10pm	22-Oct	16359





# Winter Kick-Off Celebration

Located at the Atlas Tube Recreation Centre on  
December 23, 2023

## Skating

12:00-1:30pm  
2:00-3:30pm  
4:00-5:30pm

## Basketball

1:00-1:50pm  
2:00-2:50pm  
3:00-3:50pm

## Swimming

1:00-2:00pm  
2:45-3:45pm  
4:30-5:30pm

## Parent and Tot Play

4:00-5:30pm

**Fireworks will begin at dusk.**

All activities are free. Pre-registration is required. Call  
519-728-2700 or book online at  
[lakeshore.ca/recreation](http://lakeshore.ca/recreation) to reserve your spot.  
Registration opens October 11, 2023.

