

RECREATION Activity Guide

Winter | Spring 2024




Find Your Fun!

Don't miss out on great programs,
registration begins December 13th.

 519-728-2700

 [Lakeshore.ca](https://www.lakeshore.ca)

 RecInfo@Lakeshore.ca

 @LakeshoreON
@LakeshoreRec

 @TweetLakeshore
@LakeshoreRec

   @MunicipalityOfLakeshore
@LakeshoreRecreation



OUR COMMUNITIES. OUR HOME.

Together We Are Lakeshore | Lakeshore.ca

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Go Paperless with E-billing

Property tax and water account holders can now opt for paperless billing by receiving bills via email. This eco-friendly approach offers you access to your billing details online, wherever you are.

To register online, you will need your contact information, property address, as well as water and tax roll number.



Sign up by scanning the QR code or visit: Lakeshore.ca/Ebilling



Lakeshore Council | 2022-2026



Mayor
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TBailey@Lakeshore.ca
519-728-2700 Ext. 298



Deputy Mayor
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KWalstedt@Lakeshore.ca
519-728-2700 Ext. 218



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Ward 4
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519-728-2700 Ext. 213



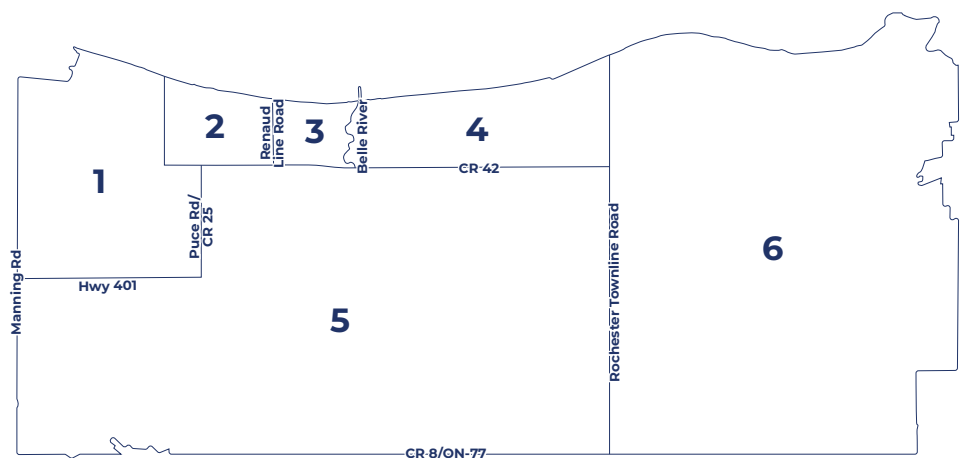
Ward 6
Larissa Vogler
LVogler@Lakeshore.ca
519-728-2700 Ext. 216

Connect With Council

To find a schedule of upcoming Council and committee meetings, current and past agendas, minutes and livestreams, scan the QR code below or visit Lakeshore.ca/Council



Lakeshore Ward Map



Community Services Leadership



Division Leader
Frank Jeney
FJeney@Lakeshore.ca



**Team Leader
- Recreation**
Jessica Sabolick
JSabolick@Lakeshore.ca



**Team Leader
- Public Service**
Jenna Smith
JSmith@Lakeshore.ca



**Team Leader
- Aquatics**
George Turnbull
GTurnbull@Lakeshore.ca



**Team Leader
- ATRC Facilities & Fields**
William (Bill) Quinlan
WQuinlan@Lakeshore.ca



For rentals, bookings, and inquiries, please contact the Public Service Unit at **519-728-2700** or email **PublicService@Lakeshore.ca**.



Winter and Spring Registration Dates

Winter

Winter 2024 (11 Weeks) | Aquatic Programs

January 8 - March 31

Registration begins Wednesday, December 13 at 9:00 AM

Winter A 2024 (5 Weeks) | Non-Aquatic Programs

January 8 - February 11

Registration begins Wednesday, December 13 at 9:00 AM

Winter B 2024 (6 Weeks) | Non-Aquatic Programs

February 12 - March 31

Registration begins Wednesday, January 24 at 9:00 AM

Spring

Spring 2024 (11 Weeks) | Aquatic Programs

April 1 - June 16

Registration begins Wednesday, March 6 at 9:00 AM

Spring A 2024 (5 Weeks) | Non-Aquatic Programs

April 1 - May 5

Registration begins Wednesday, March 6 at 9:00 AM

Spring B 2024 (6 Weeks) | Non-Aquatic Programs

May 6 - June 16

Registration begins Wednesday, April 17 at 9:00 AM



To register, **scan the QR code**, visit [Lakeshore.ca/Recreation](https://www.lakeshore.ca/Recreation), call **519-728-2700** or visit the **Atlas Tube Recreation Centre front desk**.

Payment is required at the time of registration. Registration is on a first come, first served basis. Programs fill up quickly. No registrations or class transfers will be accepted after the third class.

2024 Holiday Facility Closures

Please take note of the following dates in which we will be experiencing facility closures or changes to regular hours of operation.

December 24, 2023 – Jan 2, 2024 | (December Holiday)

Municipal offices closed. ATRC reduced hours.

February 19 | (Family Day)

Municipal offices closed. ATRC reduced hours.

March 29 | (Good Friday) All facilities closed.

March 31 | (Easter Sunday) All facilities closed.

April 1 | (Easter Monday)

Municipal offices closed. ATRC open.

May 20 | (Victoria Day) All facilities closed.

July 1 | (Canada Day) All facilities closed.

August 5 | (Civic Holiday) All facilities closed.

September 2 | (Labour Day) All facilities closed.

September 30 | (National Day for Truth & Reconciliation)

Municipal offices closed. ATRC open.

October 14 | (Thanksgiving) All facilities closed.

November 11 | (Remembrance Day)

Municipal offices closed. ATRC open.

December 24, 2024 – Jan 2, 2025 | (December Holiday)

Municipal offices closed. ATRC reduced hours.



For more information, call **519-728-2700** or visit Lakeshore.ca/Closures.
The above facility closures are subject to change.

Program Registration Information

- Registration options include in-person at the **Atlas Tube Recreation Centre service desk**, online at **Lakeshore.ca/Recreation** and by phone **519-728-2700**.
- Registration is first come, first served. Programs fill up quickly!
- 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 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 third 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 registration numbers. Please register for all programs prior to the first day of classes.
- If Lakeshore cancels your class, a refund will be issued.
- If you withdraw from a class, you will be offered a credit/refund minus the cost of the classes attended, and the administration fee.
- **A \$35.00 Administration Fee will be charged for all refunds. No credit or make up classes for missed classes. (Fee may change due to approved schedule of fees.)**
- Should any of Lakeshore Recreation's programs be cancelled due to extreme weather conditions or other circumstances. Class members will be notified by phone and the class cancellation will be posted to social media. (Refunds issued.)
- 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** or by emailing **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 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 "forgot your password" and create your new password.

Finding Programs

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

Tips and Tricks 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. Please note, adding to your wish list does not guarantee your registration spot is reserved.

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.

2024 Summer Student Recruitment

Lakeshore's summer job positions will soon open for applications. All local youth who are 16 years of age or older and returning to school in September of 2024 are eligible to apply. Applications will open mid-December and will be accepted until mid-February.

Summer student positions run from May to late August or early September, although some positions vary. The positions offer



on-the-job work experience for a wide range of interests and career paths. Apply online at **Lakeshore.ca/Jobs**



Pathway To Potential Funding (P2P)

Pathway to Potential allows 90% of the registration fee for recreation, leisure, social, and educational programs to be covered for eligible participants through a subsidy funding program.

Criteria to qualify for this program:

- Only Lakeshore residents are eligible to apply.
- Funds are based on size of family and net income levels.
- Funds are a first come, first served basis and are limited.
- Only approved programs are eligible for coverage.
- Must apply yearly to qualify for funding.

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

To apply, you must provide:

Proof of the current year's Canada Child Tax Benefit (CCTB) and Ontario Child Benefit (OCB) Income statement through Revenue Canada Notice of Assessment that includes eligible children, and their ages.

An application must be submitted to Lakeshore Recreation Services with the above documents no later than 2 weeks before the start date of the recreation program registration date.

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 before registration.

For more information, call **519-728-2700** or email RecInfo@Lakeshore.ca.

P2P DISCOUNTS

90% RECREATION Discount

PATHWAY TO POTENTIAL
Social Investment Windsor-Essex

#1 eligibility Program eligibility is based on annual income.

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

#3 pay 10% 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

2024 Summer Camp

Ready for some fun this summer?

Check out Lakeshore Recreation Summer Camp. Our camp is available for ages 4-11 years. We offer a variety of activities including arts/crafts, S.T.E.M, sports, outdoor play, games, swimming, and more!

Registration opens April 10, 2024.



For more information or to register scan the QR code, visit Lakeshore.ca/Camps or call the Public Service Unit at 519 728-2700.



March Break Camp

Looking for a fun March Break?

Check out Lakeshore Recreation March Break Camps. Our camp is available for ages 4-11 years. We offer a variety of activities including arts/crafts, S.T.E.M, sports, outdoor play, games, swimming, and more during the week!

Registration opens January 24, 2024.



For more information or to register scan the QR code, visit Lakeshore.ca/Recreation or call the Public Service Unit at 519 728-2700.

March Break Camp 4-7 years | 17799

March Break Camp 8-11 years | 17801

Preschool Activities (Non-Aquatic)

Parent & Tot (2-3 Years) and Preschool Programs (3-4 Years)

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

For program prices visit [Lakeshore.ca/Recreation](https://lakeshore.ca/Recreation) or call 519-728-2700

Winter A Jan. 8 - Feb. 11 | Winter B Feb. 12 - Mar. 31

Spring A Apr. 1 - May 5 | Spring B May 6 - Jun. 16

Parent & Tot Gymnastics - 2-3 years (1 parent on the floor per child)

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam, and floor. Comfortable clothing should be worn; please no dresses or dance outfits that would restrict movement to the child or access to certain movements. Children should be barefoot when entering the Gymnastics area as well as long hair must be up for safety reasons.

Location: Atlas Tube Recreation Centre

Winter A 2024	Friday	Jan 12 - Feb 9	3:30 PM - 4:15 PM	16903
	Saturday	Jan 13 - Feb 10	8:45 AM - 9:30 AM	16906
Winter B 2024	Friday	Feb 16 - Mar 22	3:30 PM - 4:15 PM	17201
	Saturday	Feb 17 - Mar 30	8:45 AM - 9:30 AM	17204
Spring A 2024	Friday	Apr 5 - May 3	3:30 PM - 4:15 PM	17330
	Saturday	Apr 6 - May 4	8:45 AM - 9:30 AM	17333
Spring B 2024	Friday	May 10 - Jun 14	3:30 PM - 4:15 PM	17379
	Saturday	May 11 - Jun 15	8:45 AM - 9:30 AM	17382

Preschool Art - 3-4 years

Explore your child's talents through hand painting, pasting, cutting, colouring and other fun sensory materials to enhance creativity. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Feb 5	5:30 PM - 6:20 PM	16899
Winter B 2024	Monday	Feb 12 - Mar 25	5:30 PM - 6:20 PM	17199
Spring A 2024	Monday	Apr 1 - Apr 29	5:30 PM - 6:20 PM	17328
Spring B 2024	Monday	May 6 - Jun 10	5:30 PM - 6:20 PM	17377

Dance Fusion - 3-4 years

An introduction to dance that includes Tap, Jazz, Ballet, and Hip Hop. Children review basic skills including coordination, structure, various movements and choreographic routines.

Location: Atlas Tube Recreation Centre

Winter A 2024	Tuesday	Jan 9 - Feb 6	5:00 PM - 5:50 PM	16900
	Saturday	Jan 13 - Feb 10	9:00 AM - 9:50 AM	16909
	Saturday	Jan 13 - Feb 10	10:00 AM - 10:50 AM	16910
Winter B 2024	Tuesday	Feb 13 - Mar 26	5:00 PM - 5:50 PM	17200
	Saturday	Feb 17 - Mar 30	9:00 AM - 9:50 AM	17207
	Saturday	Feb 17 - Mar 30	10:00 AM - 10:50 AM	17208
Spring A 2024	Tuesday	Apr 2 - Apr 30	5:00 PM - 5:50 PM	17329
	Saturday	Apr 6 - May 4	9:00 AM - 9:50 AM	17336
	Saturday	Apr 6 - May 4	10:00 AM - 10:50 AM	17337
Spring B 2024	Tuesday	May 7 - Jun 11	5:00 PM - 5:50 PM	17378
	Saturday	May 11 - Jun 15	9:00 AM - 9:50 AM	17385
	Saturday	May 11 - Jun 15	10:00 AM - 10:50 AM	17386

Preschool Gymnastics - 3-4 years

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam, and floor. Comfortable clothing should be worn; please no dresses or dance outfits that would restrict movement to the child or access to certain movements. Children should be barefoot when entering the Gymnastics area as well as long hair must be up for safety reasons.

Location: Atlas Tube Recreation Centre

Winter A 2024	Friday	Jan 12 - Feb 9	4:15 PM - 5:00 PM	16904
	Friday	Jan 12 - Feb 9	5:00 PM - 5:45 PM	16905
	Saturday	Jan 13 - Feb 10	9:30 AM - 10:15 AM	16907
	Saturday	Jan 13 - Feb 10	10:15 AM - 11:00 AM	16908
Winter B 2024	Friday	Feb 16 - Mar 22	4:15 PM - 5:00 PM	17202
	Friday	Feb 16 - Mar 22	5:00 PM - 5:45 PM	17203
	Saturday	Feb 17 - Mar 30	9:30 AM - 10:15 AM	17205
	Saturday	Feb 17 - Mar 30	10:15 AM - 11:00 AM	17206
Spring A 2024	Friday	Apr 5 - May 3	4:15 PM - 5:00 PM	17331
	Friday	Apr 5 - May 3	5:00 PM - 5:45 PM	17332
	Saturday	Apr 6 - May 4	9:30 AM - 10:15 AM	17334
	Saturday	Apr 6 - May 4	10:15 AM - 11:00 AM	17335
Spring B 2024	Friday	May 10 - Jun 14	4:15 PM - 5:00 PM	17380
	Friday	May 10 - Jun 14	5:00 PM - 5:45 PM	17381
	Saturday	May 11 - Jun 15	9:30 AM - 10:15 AM	17383
	Saturday	May 11 - Jun 15	10:15 AM - 11:00 AM	17384

Youth Activities (Non-Aquatic)

Youth Programs (5-14 Years)

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

For program prices visit Lakeshore.ca/Recreation or call 519-728-2700

Winter A Jan. 8 - Feb. 11 | Winter B Feb. 12 - Mar. 31

Spring A Apr. 1 - May 5 | Spring B May 6 - Jun. 16

Dance Fusion - 5-8 years

An introduction to dance that includes Tap, Jazz, Ballet and Hip Hop. Children review basic skills including coordination, structure, various movements and choreographic routines.

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Feb 5	5:00 PM - 5:50 PM	16911
	Saturday	Jan 13 - Feb 10	11:00 AM - 11:50 AM	16929
Winter B 2024	Monday	Feb 12 - Mar 25	5:00 PM - 5:50 PM	17209
	Saturday	Feb 17 - Mar 30	11:00 AM - 11:50 AM	17224
Spring A 2024	Monday	Apr 1 - Apr 29	5:00 PM - 5:50 PM	17338
	Saturday	Apr 6 - May 4	11:00 AM - 11:50 AM	17353
Spring B 2024	Monday	May 6 - Jun 10	5:00 PM - 5:50 PM	17387
	Saturday	May 11 - Jun 15	11:00 AM - 11:50 AM	17484

Junior Gymnastics - 5-6 years

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor. Comfortable clothing should be worn; please no dresses or dance outfits that would restrict movement to the child or access to certain movements. Children should be barefoot when entering the Gymnastics area as well as long hair must be up for safety reasons.

Location: Atlas Tube Recreation Centre

Winter A 2024	Friday	Jan 12 - Feb 9	6:00 PM - 7:00 PM	16926
	Saturday	Jan 13 - Feb 10	11:00 AM - 12:00 PM	16930
Winter B 2024	Friday	Feb 16 - Mar 22	6:00 PM - 7:00 PM	17221
	Saturday	Feb 17 - Mar 30	11:00 AM - 12:00 PM	17225
Spring A 2024	Friday	Apr 5 - May 3	6:00 PM - 7:00 PM	17350
	Saturday	Apr 6 - May 4	11:00 AM - 12:00 PM	17354
Spring B 2024	Friday	May 10 - Jun 14	6:00 PM - 7:00 PM	17481
	Saturday	May 11 - Jun 15	11:00 AM - 12:00 PM	17485

JR Basketball - 5-8 years

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.

Location: Atlas Tube Recreation Centre

Winter A 2024	Tuesday	Jan 9 - Feb 6	6:00 PM - 6:50 PM	16919
Winter B 2024	Tuesday	Feb 13 - Mar 26	6:00 PM - 6:50 PM	17217
Spring A 2024	Tuesday	Apr 2 - Apr 30	6:00 PM - 6:50 PM	17346
Spring B 2024	Tuesday	May 7 - Jun 11	6:00 PM - 6:50 PM	17477

JR Hip Hop - 5-8 years

This beginner hip hop class focuses on coordination through music. Learning the fundamentals of hip hop dance gives your child the opportunity to enhance specified dance skills and enhances fitness levels. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Tuesday	Jan 9 - Feb 6	6:00 PM - 6:50 PM	16917
Winter B 2024	Tuesday	Feb 13 - Mar 26	6:00 PM - 6:50 PM	17215
Spring A 2024	Tuesday	Apr 2 - Apr 30	6:00 PM - 6:50 PM	17344
Spring B 2024	Tuesday	May 7 - Jun 11	6:00 PM - 6:50 PM	17475

JR Sports Mania - 5-8 years

Enjoy a variety of sports games weekly that include a choice of floor hockey, indoor soccer, dodge ball, soccer races and "sport of choice" week.

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Feb 5	5:00 PM - 5:50 PM	16913
Winter B 2024	Monday	Feb 12 - Mar 25	5:00 PM - 5:50 PM	17211
Spring A 2024	Monday	Apr 1 - Apr 29	5:00 PM - 5:50 PM	17340
Spring B 2024	Monday	May 6 - Jun 10	5:00 PM - 5:50 PM	17389

JR STEM - 5-8 years

Integrating science, technology, engineering and mathematics, children will investigate and engineer problems to solutions and construct evidence-based explanations of real world ideas.

Location: Atlas Tube Recreation Centre

Winter A 2024	Wednesday	Jan 10 - Feb 7	6:00 PM - 6:50 PM	16924
Winter B 2024	Wednesday	Feb 14 - Mar 27	6:00 PM - 6:50 PM	17219
Spring A 2024	Wednesday	Apr 3 - May 1	6:00 PM - 6:50 PM	17348
Spring B 2024	Wednesday	May 8 - Jun 12	6:00 PM - 6:50 PM	17479

Karate - 6-13 years

Goju-Ryu Karate (GKK) has helped children develop self-confidence plus improve agility and reflexes through positive reinforcement! **Location: Atlas Tube Recreation Centre**

Winter A 2024	Wednesday	Jan 10 - Mar 27	6:00 PM - 6:50 PM	16922
Spring A 2024	Wednesday	Apr 3 - May 1	6:00 PM - 6:50 PM	17803

Youth Gymnastics - 7-9 years

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor. Comfortable clothing should be worn; please no dresses or dance outfits that would restrict movement to the child or access to certain movements. Children should be barefoot when entering the Gymnastics area as well as long hair must be up for safety reasons.

Location: Atlas Tube Recreation Centre

Winter A 2024	Friday	Jan 12 - Feb 9	6:00 PM - 7:00 PM	16927
	Saturday	Jan 13 - Feb 10	12:00 PM - 1:00 PM	16931
Winter B 2024	Friday	Feb 16 - Mar 22	6:00 PM - 7:00 PM	17222
	Saturday	Feb 17 - Mar 30	12:00 PM - 1:00 PM	17226
Spring A 2024	Friday	Apr 5 - May 3	6:00 PM - 7:00 PM	17351
	Saturday	Apr 6 - May 4	12:00 PM - 1:00 PM	17355
Spring B 2024	Friday	May 10 - Jun 14	6:00 PM - 7:00 PM	17482
	Saturday	May 11 - Jun 15	12:00 PM - 1:00 PM	17486

Classroom Champions - 8-12 years

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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Tuesday	Jan 9 - Mar 19	6:00 PM - 7:00 PM	16921
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Dance Fusion - 9-12 years

An introduction to dance that includes Tap, Jazz, Ballet and Hip Hop. Children review basic skills including coordination, structure, various movements and choreographic routines.

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Feb 5	6:00 PM - 6:50 PM	16912
Winter B 2024	Monday	Feb 12 - Mar 25	6:00 PM - 6:50 PM	17210
Spring A 2024	Monday	Apr 1 - Apr 29	6:00 PM - 6:50 PM	17339
Spring B 2024	Monday	May 6 - Jun 10	6:00 PM - 6:50 PM	17388

SR Basketball - 9-12 years

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.

Location: Atlas Tube Recreation Centre

Winter A 2024	Tuesday	Jan 9 - Feb 6	7:00 PM - 7:50 PM	16920
Winter B 2024	Tuesday	Feb 13 - Mar 26	7:00 PM - 7:50 PM	17218
Spring A 2024	Tuesday	Apr 2 - Apr 30	7:00 PM - 7:50 PM	17347
Spring B 2024	Tuesday	May 7 - Jun 11	7:00 PM - 7:50 PM	17478

SR Hip Hop - 9-12 years

This class builds on the fundamentals of hip hop as well as expanding dancer's range of movement and understanding of choreography and special sense. A dance recital is planned for the end of the season. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Tuesday	Jan 9 - Feb 6	7:00 PM - 7:50 PM	16918
Winter B 2024	Tuesday	Feb 13 - Mar 26	7:00 PM - 7:50 PM	17216
Spring A 2024	Tuesday	Apr 2 - Apr 30	7:00 PM - 7:50 PM	17345
Spring B 2024	Tuesday	May 7 - Jun 11	7:00 PM - 7:50 PM	17476

SR Sports Mania - 9-12 years

Enjoy a variety of sports games weekly that include a choice of floor hockey, indoor soccer, dodge ball, soccer races and "sport of choice" week. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Feb 5	6:00 PM - 6:50 PM	16914
Winter B 2024	Monday	Feb 12 - Mar 25	6:00 PM - 6:50 PM	17212
Spring A 2024	Monday	Apr 1 - Apr 29	6:00 PM - 6:50 PM	17341
Spring B 2024	Monday	May 6 - Jun 10	6:00 PM - 6:50 PM	17390

SR STEM - 9-12 years

Integrating science, technology, engineering and mathematics, children will investigate and engineer problems to solutions and construct evidence-based explanations of real world ideas.

Location: Atlas Tube Recreation Centre

Winter A 2024	Wednesday	Jan 10 - Feb 7	7:00 PM - 7:50 PM	16925
Winter B 2024	Wednesday	Feb 14 - Mar 27	7:00 PM - 7:50 PM	17220
Spring A 2024	Wednesday	Apr 3 - May 1	7:00 PM - 7:50 PM	17349
Spring B 2024	Wednesday	May 8 - Jun 12	7:00 PM - 7:50 PM	17480

Teen Gymnastics - 10-14 years

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam and floor. Comfortable clothing should be worn; please no dresses or dance outfits that would restrict movement to the child or access to certain movements. Children should be barefoot when entering the Gymnastics area as well as long hair must be up for safety reasons.

Location: Atlas Tube Recreation Centre

Winter A 2024	Saturday	Jan 13 - Feb 10	12:00 PM - 1:00 PM	16932
Winter B 2024	Saturday	Feb 17 - Mar 30	12:00 PM - 1:00 PM	17227
Spring A 2024	Saturday	Apr 6 - May 4	12:00 PM - 1:00 PM	17356
Spring B 2024	Saturday	May 11 - Jun 15	12:00 PM - 1:00 PM	17487

Youth Badminton - 10-14 years

Instructional play by teaching children the rules of badminton.

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Feb 5	7:00 PM - 7:50 PM	16915
Winter B 2024	Monday	Feb 12 - Mar 25	7:00 PM - 7:50 PM	17213
Spring A 2024	Monday	Apr 1 - Apr 29	7:00 PM - 7:50 PM	17342
Spring B 2024	Monday	May 6 - Jun 10	7:00 PM - 7:50 PM	17473

Youth Volleyball - 10-14 years

Instructional play by teaching children the rules of the sport in a team environment.

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Feb 5	8:00 PM - 8:50 PM	16916
Winter B 2024	Monday	Feb 12 - Mar 25	8:00 PM - 8:50 PM	17214
Spring A 2024	Monday	Apr 1 - Apr 29	8:00 PM - 8:50 PM	17343
Spring B 2024	Monday	May 6 - Jun 10	8:00 PM - 8:50 PM	17474

Youth Yoga - 12-15 years

This class will guide the participants through a series of movements and breath work. Participants will learn techniques for concentrating and reducing stress while improving strength, balance, and flexibility. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Wednesday	Jan 10 - Feb 7	6:00 PM - 6:50 PM	17822
Winter B 2024	Wednesday	Feb 14 - Mar 27	6:00 PM - 6:50 PM	17823
Spring A 2024	Wednesday	Apr 3 - May 1	6:00 PM - 6:50 PM	17824
Spring B 2024	Wednesday	May 8 - Jun 12	6:00 PM - 6:50 PM	17825

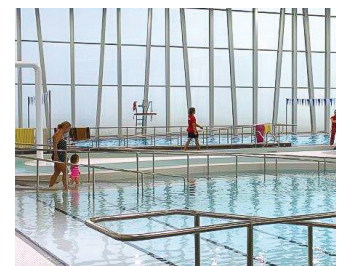
Drop-In Anytime!

Join us for a wide range of drop-in activities, including:

- Fitness Programs
- Open Pool
- Sports and Gym Time
- Open Ice Rink Sessions



Check out the most up-to-date schedules online by **scanning the QR Code** or by visiting Lakeshore.ca/DropIn or by calling the PSU at **519-728-2700**



PA Day Activities

Youth Programs (4-13 Years)

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

For program prices visit Lakeshore.ca/Recreation or call 519-728-2700

Winter A Jan. 8 - Feb. 11 | Winter B Feb. 12 - Mar. 31

Spring A Apr. 1 - May 5 | Spring B May 6 - Jun. 16

PA Day Camps - 4-11 years

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.

NOTE: The aquatics admission policy will apply. Location: Atlas Tube Recreation Centre

Winter B 2024	4 - 7 Years	Feb 16	7:00 AM - 6:00 PM	17768
Winter B 2024	8 - 11 Years	Feb 16	7:00 AM - 6:00 PM	17769

Home Alone Safety for Kids - 9-12 years

Home Alone Safety for Kids is a comprehensive safety and life skills program that prepares children ages 9-12 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 readiness plan for parents and children. Bring your own lunch, snacks and water bottle.

Location: Atlas Tube Recreation Centre

Winter B 2024	Friday	Feb 16	9:00 AM - 3:00 PM	17770
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Learn to Babysit - 11-13 years

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 bring along a doll or stuffed bear dressed and a baby bottle to practice with. Bring a lunch, snacks and water bottle. Fee includes a certificate and written test.

Maximum 15 participants per class | Location: Atlas Tube Recreation Centre

Winter B 2024	Friday	Feb 16	9:00 AM - 4:00 PM	17771
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Family Day Celebrations

At the Atlas Tube Recreation Centre
on February 19, 2024!

Recreational Swim

8:30 AM - 9:30 AM

10:15 AM - 11:15 AM

12:00 PM - 1:00 PM

Muzzatti Gymnasium

Preschool Play (1-4 years):

9:00 AM - 9:50 AM

10:00 AM - 10:50 AM

Basketball:

11:00 AM - 11:50 AM

12:00 PM - 12:50 PM

Public Skating

9:00 AM - 9:50 AM

10:00 AM - 10:50 AM

11:00 AM - 11:50 AM

Registration opens January 24, 2024 at 9:00 AM.

Call 519-728-2700 or book online at Lakeshore.ca/Recreation
to reserve your spot for swimming, basketball and skating.



Adult Fitness Activities (Non-Aquatic)

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

For program prices visit Lakeshore.ca/Recreation or call 519-728-2700

Winter A Jan. 8 - Feb. 11 | Winter B Feb. 12 - Mar. 31

Spring A Apr. 1 - May 5 | Spring B May 6 - Jun. 16

Body Tone - 14 years +

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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Wednesday	Jan 10 - Feb 7	9:30 AM - 10:20 AM	16943
	Wednesday	Jan 10 - Feb 7	7:00 PM - 7:50 PM	16949
Winter B 2024	Wednesday	Feb 14 - Mar 27	9:30 AM - 10:20 AM	17317
	Wednesday	Feb 14 - Mar 27	7:00 PM - 7:50 PM	17320
Spring A 2024	Wednesday	Apr 3 - May 1	9:30 AM - 10:20 AM	17366
	Wednesday	Apr 3 - May 1	7:00 PM - 7:50 PM	17320
Spring B 2024	Wednesday	May 8 - Jun 12	9:30 AM - 10:20 AM	17497
	Wednesday	May 8 - Jun 12	7:00 PM - 7:50 PM	17802

Boxalates - 14 years +

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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Feb 5	7:00 PM - 7:50 PM	16938
Winter B 2024	Monday	Feb 12 - Mar 25	7:00 PM - 7:50 PM	17313
Spring A 2024	Monday	Apr 1 - Apr 29	7:00 PM - 7:50 PM	17362
Spring B 2024	Monday	May 6 - Jun 10	7:00 PM - 7:50 PM	17493

Gentle Yoga - 14 years +

This class is designed for beginners. Calming yoga focuses on breathing, stretching and meditation. Certified yoga instructor. Mat required. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Feb 5	7:00 PM - 7:50 PM	16937
Winter B 2024	Monday	Feb 12 - Mar 25	7:00 PM - 7:50 PM	17312
Spring A 2024	Monday	Apr 1 - Apr 29	7:00 PM - 7:50 PM	17361
Spring B 2024	Monday	May 6 - Jun 10	7:00 PM - 7:50 PM	17492

Hatha Yoga - 14 years +

Take the hurry out of your life and restore your mind! Hatha yoga focuses on breathing and stretching which leads to toning. This is an advanced class for non-beginners. Mat required.

Location: Atlas Tube Recreation Centre

Winter A 2024	Wednesday	Jan 10 - Feb 7	7:00 PM - 7:50 PM	16947
Winter B 2024	Wednesday	Feb 14 - Mar 27	7:00 PM - 7:50 PM	17319
Spring A 2024	Wednesday	Apr 3 - May 1	7:00 PM - 7:50 PM	17368
Spring B 2024	Wednesday	May 8 - Jun 12	7:00 PM - 7:50 PM	17499

Interval Training - 14 years +

This is a total body workout that uses cardio, strength and toning exercises in intervals of 30 seconds. A variety of equipment is used. All levels welcome as options will be provided. This class is formerly known as "Shred-It".

Location: Atlas Tube Recreation Centre

Winter A 2024	Tuesday	Jan 9 - Feb 6	5:00 PM - 5:50 PM	16940
Winter B 2024	Tuesday	Feb 13 - Mar 26	5:00 PM - 5:50 PM	17314
Spring A 2024	Tuesday	Apr 2 - Apr 30	5:00 PM - 5:50 PM	17363
Spring B 2024	Tuesday	May 7 - Jun 11	5:00 PM - 5:50 PM	17494

Kettlebell - 14 years +

Incorporating the principles of high-intensity interval training, kettlebell classes use weights, kettlebells, medicine balls, resistance bands and body weight exercises to get your heart rate up and your body sweating.

Location: Atlas Tube Recreation Centre

Winter A 2024	Tuesday	Jan 9 - Feb 6	7:00 PM - 7:50 PM	16942
Winter B 2024	Tuesday	Feb 13 - Mar 26	7:00 PM - 7:50 PM	17316
Spring A 2024	Tuesday	Apr 2 - Apr 30	7:00 PM - 7:50 PM	17365
Spring B 2024	Tuesday	May 7 - Jun 11	7:00 PM - 7:50 PM	17496

Mat Pilates - 14 years +

This class is performed on a mat using the basic principles of Pilates. The focus is stabilization of the core through mindful movement and breath. Benefits of the class include whole body toning and improved flexibility, balance and strength. This class is formerly known as "Yogalates".

Location: Atlas Tube Recreation Centre

Winter A 2024	Tuesday	Jan 9 - Feb 6	6:00 PM - 6:50 PM	16941
Winter B 2024	Tuesday	Feb 13 - Mar 26	6:00 PM - 6:50 PM	17315
Spring A 2024	Tuesday	Apr 2 - Apr 30	6:00 PM - 6:50 PM	17364
Spring B 2024	Tuesday	May 7 - Jun 11	6:00 PM - 6:50 PM	17495

Pilates - 14 years +

This class is performed on a mat using the basic principles of Pilates. The focus is stabilization of the core through mindful movement and breath. Benefits of the class include whole body toning and improved flexibility, balance and strength. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Friday	Jan 12 - Feb 9	9:30 AM - 10:20 AM	16952
Winter B 2024	Friday	Feb 16 - Mar 22	9:30 AM - 10:20 AM	17322
Spring A 2024	Friday	Apr 5 - May 3	9:30 AM - 10:20 AM	17371
Spring B 2024	Friday	May 10 - Jun 14	9:30 AM - 10:20 AM	17502

Pilates Flex & Stretch Twist - 14 years +

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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Wednesday	Jan 10 - Feb 7	8:00 PM - 8:50 PM	16951
Winter B 2024	Wednesday	Feb 14 - Mar 27	8:00 PM - 8:50 PM	17321
Spring A 2024	Wednesday	Apr 3 - May 1	8:00 PM - 8:50 PM	17370
Spring B 2024	Wednesday	May 8 - Jun 12	8:00 PM - 8:50 PM	17501

Sculpt & Move - 14 years +

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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Feb 5	9:30 AM - 10:20 AM	16933
Winter B 2024	Monday	Feb 12 - Mar 25	9:30 AM - 10:20 AM	17228
Spring A 2024	Monday	Apr 1 - Apr 29	9:30 AM - 10:20 AM	17357
Spring B 2024	Monday	May 6 - Jun 10	9:30 AM - 10:20 AM	17488

Stroller Fit - 14 years +

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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Feb 5	10:30 AM - 11:20 AM	16934
	Wednesday	Jan 10 - Feb 7	10:30 AM - 11:20 AM	16945
Winter B 2024	Monday	Feb 12 - Mar 25	10:30 AM - 11:20 AM	17309
	Wednesday	Feb 14 - Mar 27	10:30 AM - 11:20 AM	17318
Spring A 2024	Monday	Apr 1 - Apr 29	10:30 AM - 11:20 AM	17358
	Wednesday	Apr 3 - May 1	10:30 AM - 11:20 AM	17367
Spring B 2024	Monday	May 6 - Jun 10	10:30 AM - 11:20 AM	17489
	Wednesday	May 8 - Jun 12	10:30 AM - 11:20 AM	17498

Tabata Strength - 14 years +

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.

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Feb 5	6:00 PM - 6:50 PM	16936
Winter B 2024	Monday	Feb 12 - Mar 25	6:00 PM - 6:50 PM	17311
Spring A 2024	Monday	Apr 1 - Apr 29	6:00 PM - 6:50 PM	17360
Spring B 2024	Monday	May 6 - Jun 10	6:00 PM - 6:50 PM	17491

Zumba - 14 years +

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. Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without realizing it.

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Feb 5	5:00 PM - 5:50 PM	16935
Winter B 2024	Monday	Feb 12 - Mar 25	5:00 PM - 5:50 PM	17310
Spring A 2024	Monday	Apr 1 - Apr 29	5:00 PM - 5:50 PM	17359
Spring B 2024	Monday	May 6 - Jun 10	5:00 PM - 5:50 PM	17490

Lakeshore Parks, Trails, and Picnic Shelters

Lakeshore has 40 parks and parkettes for you to enjoy. Some parks feature public picnic shelters that can be rented for special occasions. A full listing of each park, location, amenities and photos can be found by scanning the QR code or visiting [Facilities.Lakeshore.ca](https://www.lakeshore.ca/Facilities)



Please contact Lakeshore Recreation at **519-728-2700** for all rental inquiries.



Active Aging Series (55+) (Non-Aquatic)

Zoomers - 55 years +

Stay active for improved circulation and mobility! This physical fitness program provides a full circle approach that includes warm up, cardio, strength training, stretches, relaxation and meditation.

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Feb 5	8:30 AM - 9:20 AM	16955
	Wednesday	Jan 10 - Feb 7	8:30 AM - 9:20 AM	16958
	Friday	Jan 12 - Feb 9	8:30 AM - 9:20 AM	16960
Winter B 2024	Monday	Feb 12 - Mar 25	8:30 AM - 9:20 AM	17323
	Wednesday	Feb 14 - Mar 27	8:30 AM - 9:20 AM	17325
	Friday	Feb 16 - Mar 22	8:30 AM - 9:20 AM	17327
Spring A 2024	Monday	Apr 1 - Apr 29	8:30 AM - 9:20 AM	17372
	Wednesday	Apr 3 - May 1	8:30 AM - 9:20 AM	17374
	Friday	Apr 5 - May 3	8:30 AM - 9:20 AM	17376
Spring B 2024	Monday	May 6 - Jun 10	8:30 AM - 9:20 AM	17503
	Wednesday	May 8 - Jun 12	8:30 AM - 9:20 AM	17505
	Friday	May 10 - Jun 14	8:30 AM - 9:20 AM	17507

Stay Active

Free Recreational Activities at the Atlas Tube Recreation Centre

- **Indoor Walking Track**
Open Daily | 6:00 AM - 9:00 PM
Closed During Ticketed Events
- **Outdoor Earth Walk Trail**
Located Behind the ATRC
- **Drop-In Skating**
Weekdays | Various Times



Aquatic Admission Policy

Age	Information	Admission Requirements	Public Ratio	Group Ratio	Wrist-Band
5 years & under	Parent/guardian must remain "within arm's reach" at all times	Direct supervision and accompanied by a parent/guardian "within arm's reach" at all times	1:2 or 1:4 wearing lifejackets	1:2 or 1:4 wearing lifejackets	Pink
6 to 13 years	Not able to pass the facility swim test	Direct supervision and accompanied by a parent/guardian "within arm's reach" at all times.	1:4 or 1:8 wearing lifejackets	1:4 or 1:8 wearing lifejackets	Orange
6 to 13 years	Able to pass the facility swim test	May swim unaccompanied. Children under 10 still require a parent or guardian present.	N/A	1:15	Green

Parents and guardians are those who are a minimum of 14 years of age and who are responsible for the direct supervision of those they are accompanying both in and out of the water, wearing proper swim attire.

Direct supervision means in the water and within arm's reach at all times. Parents and guardians are responsible for children under the age of 10 in our aquatics facility and must supervise them at all times.

High-Risk Participants Must Be in a Ratio of 1 to 1

The Municipality of Lakeshore requires high-risk participants (those with serious medical conditions such as seizure disorders, frequent fainting or those with uncontrolled behaviours or impulses) be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision at all times. It is suggested that those with Seizure disorders be in a lifejacket or PFD at all times while in the pool.

Public Events Calendar

Looking to promote your organization's community events or get involved in our communities?

Check out our free online community calendar! Submit events online to help reach residents throughout Lakeshore and stay up-to-date on local happenings.



For more information, call the **Public Service Unit at 519-728-2700** or visit [Lakeshore.ca/Events](https://www.lakeshore.ca/Events)



Pool Memberships

Pool Recreation Membership

Space permitting, unlimited access for the duration of the membership, to any Lengths, Leisure Swim and Recreational Swim.

30 Days	90 Days	180 Days	365 Days
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Enhanced Pool Recreation Membership

Space permitting, unlimited access for the duration of the membership, to any Lengths, Leisure Swim and Recreational Swim, **plus Aquafit classes.**

30 Days	90 Days	180 Days	365 Days
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10 Visits

Lengths and Leisure Swim Punch Pass

Lengths and Leisure Swims only. **Non-expiring pass.**

10 Visits

Aquafit Punch Pass

Aquafit classes only. **Non-expiring pass.**



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.

Scan the QR code or visit Lakeshore.ca/Recreation for more information.

Unsure of what swimming level to register your child in?

Lakeshore Recreation offers **FREE swim assessments** for anyone interested in signing up for our learn to swim programs. Swim assessments can be done during Friday, Saturday, or Sunday Recreational Swims. No appointment is needed. One of our certified swim instructors will evaluate your child's basic swimming skills to determine the best-fit class for them.



Check available weekend recreational swim times online by scanning the QR code or visiting Lakeshore.ca/DropIn.

Parent and Tot Swimming Lessons

Aqua Parent & Tot, 1/2/3 Ratio 1:12 3M - 3 years

Spend quality time with your child while you both learn, have fun and socialize in the water. Tot must be accompanied in the water at all times by an adult or caregiver within arms reach of the child. Ratio 1 to 12. One adult per registered participant. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Mar 25	5:00 PM - 5:30 PM	16856
	Monday	Jan 8 - Mar 25	5:30 PM - 6:00 PM	16898
	Tuesday	Jan 9 - Mar 26	4:30 PM - 5:00 PM	16946
	Tuesday	Jan 9 - Mar 26	5:15 PM - 5:45 PM	16939
	Tuesday	Jan 9 - Mar 26	6:00 PM - 6:30 PM	16944
	Wednesday	Jan 10 - Mar 27	5:00 PM - 5:30 PM	16948
	Wednesday	Jan 10 - Mar 27	6:00 PM - 6:30 PM	16950
	Thursday	Jan 11 - Mar 28	5:00 PM - 5:30 PM	16953
	Thursday	Jan 11 - Mar 28	5:30 PM - 6:00 PM	16954
	Friday	Jan 12 - Mar 22	9:30 AM - 10:00 AM	17508
	Friday	Jan 12 - Mar 22	10:00 AM - 10:30 AM	17509
	Friday	Jan 12 - Mar 22	4:30 PM - 5:00 PM	16957
	Friday	Jan 12 - Mar 22	5:00 PM - 5:30 PM	16961
	Saturday	Jan 13 - Mar 30	9:00 AM - 9:30 AM	16964
	Saturday	Jan 13 - Mar 30	9:30 AM - 10:00 AM	16965
	Saturday	Jan 13 - Mar 30	10:00 AM - 10:30 AM	16963
	Saturday	Jan 13 - Mar 30	11:15 AM - 11:45 AM	16962
	Saturday	Jan 13 - Mar 30	4:00 PM - 4:30 PM	16966
	Sunday	Jan 14 - Mar 24	9:00 AM - 9:30 AM	16969
	Sunday	Jan 14 - Mar 24	9:30 AM - 10:00 AM	16970
Sunday	Jan 14 - Mar 24	10:00 AM - 10:30 AM	16967	
Sunday	Jan 14 - Mar 24	11:30 AM - 12:00 PM	16968	
Spring A 2024	Monday	Apr 1 - Jun 10	5:00 PM - 5:30 PM	17510
	Monday	Apr 1 - Jun 10	5:30 PM - 6:00 PM	17511
	Tuesday	Apr 2 - Jun 11	4:30 PM - 5:00 PM	17512
	Tuesday	Apr 2 - Jun 11	5:15 PM - 5:45 PM	17513
	Tuesday	Apr 2 - Jun 11	6:00 PM - 6:30 PM	17534
	Wednesday	Apr 3 - Jun 12	5:00 PM - 5:30 PM	17514
	Wednesday	Apr 3 - Jun 12	6:00 PM - 6:30 PM	17515
	Thursday	Apr 4 - Jun 13	5:00 PM - 5:30 PM	17516

Spring A 2024	Thursday	Apr 4 - Jun 13	5:30 PM - 6:00 PM	17517
	Friday	Apr 5 - Jun 14	9:30 AM - 10:00 AM	17518
	Friday	Apr 5 - Jun 14	10:00 AM - 10:30 AM	17519
	Friday	Apr 5 - Jun 14	4:30 PM - 5:00 PM	17520
	Friday	Apr 5 - Jun 14	5:00 PM - 5:30 PM	17521
	Saturday	Apr 6 - Jun 15	9:00 AM - 9:30 AM	17525
	Saturday	Apr 6 - Jun 15	9:30 AM - 10:00 AM	17524
	Saturday	Apr 6 - Jun 15	10:00 AM - 10:30 AM	17523
	Saturday	Apr 6 - Jun 15	11:15 AM - 11:45 AM	17522
	Saturday	Apr 6 - Jun 15	4:00 PM - 4:30 PM	17526
	Sunday	Apr 7 - Jun 16	9:00 AM - 9:30 AM	17529
	Sunday	Apr 7 - Jun 16	9:30 AM - 10:00 AM	17530
	Sunday	Apr 7 - Jun 16	10:00 AM - 10:30 AM	17527
	Sunday	Apr 7 - Jun 16	11:30 AM - 12:00 PM	17528

Aqua Parent & Tot Plus, Ratio 1:4 - 2-3 years

Spend quality time with your child while you both learn, have fun and socialize in the water. Tot must be accompanied in the water at all times by an adult or caregiver within arms reach of the child. Ratio 1 to 4. One adult per registered participant. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Tuesday	Jan 9 - Mar 26	5:30 PM - 6:00 PM	16971
	Thursday	Jan 11 - Mar 28	6:15 PM - 6:45 PM	16972
	Saturday	Jan 13 - Mar 30	9:30 AM - 10:00 AM	16973
Spring A 2024	Tuesday	Apr 2 - Jun 11	5:30 PM - 6:00 PM	17531
	Thursday	Apr 4 - Jun 13	6:15 PM - 6:45 PM	17532
	Saturday	Apr 6 - Jun 1	9:30 AM - 10:00 AM	17533

Aqua Preschool 1, Ratio 1:4 3 - 5 years

Participants will learn to enter and exit the water. They will also work on water movement and breath control while having fun. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Mar 25	4:30 PM - 5:00 PM	16975
	Monday	Jan 8 - Mar 25	5:00 PM - 5:30 PM	16974
	Tuesday	Jan 9 - Mar 26	5:00 PM - 5:30 PM	16982
	Tuesday	Jan 9 - Mar 26	6:00 PM - 6:30 PM	16983
	Tuesday	Jan 9 - Mar 26	7:00 PM - 7:30 PM	16984
	Wednesday	Jan 10 - Mar 27	6:30 PM - 7:00 PM	16996
	Thursday	Jan 11 - Mar 28	4:30 PM - 5:00 PM	17002
	Thursday	Jan 11 - Mar 28	5:30 PM - 6:00 PM	17004
	Thursday	Jan 11 - Mar 28	7:00 PM - 7:30 PM	17001
	Saturday	Jan 13 - Mar 30	9:00 AM - 9:30 AM	17030
	Saturday	Jan 13 - Mar 30	10:30 AM - 11:00 AM	17022
	Saturday	Jan 13 - Mar 30	11:00 AM - 11:30 AM	17021

Winter A 2024	Saturday	Jan 13 - Mar 30	11:45 AM - 12:15 PM	17020
	Saturday	Jan 13 - Mar 30	12:00 PM - 12:30 PM	17014
	Saturday	Jan 13 - Mar 30	5:00 PM - 5:30 PM	17032
	Sunday	Jan 14 - Mar 24	10:00 AM - 10:30 AM	17037
	Sunday	Jan 14 - Mar 24	11:45 AM - 12:15 PM	17042
Spring A 2024	Monday	Apr 1 - Jun 10	4:30 PM - 5:00 PM	17538
	Monday	Apr 1 - Jun 10	5:00 PM - 5:30 PM	17537
	Tuesday	Apr 2 - Jun 11	5:00 PM - 5:30 PM	17550
	Tuesday	Apr 2 - Jun 11	6:00 PM - 6:30 PM	17549
	Tuesday	Apr 2 - Jun 11	7:00 PM - 7:30 PM	17548
	Wednesday	Apr 3 - Jun 12	6:30 PM - 7:00 PM	17554
	Thursday	Apr 4 - Jun 13	4:30 PM - 5:00 PM	17568
	Thursday	Apr 4 - Jun 13	5:30 PM - 6:00 PM	17569
	Thursday	Apr 4 - Jun 13	7:00 PM - 7:30 PM	17566
	Saturday	Apr 6 - Jun 15	9:00 AM - 9:30 AM	17585
	Saturday	Apr 6 - Jun 15	10:30 AM - 11:00 AM	17593
	Saturday	Apr 6 - Jun 15	11:00 AM - 11:30 AM	17592
	Saturday	Apr 6 - Jun 15	11:45 AM - 12:15 PM	17591
	Saturday	Apr 6 - Jun 15	12:00 PM - 12:30 PM	17583
	Saturday	Apr 6 - Jun 15	5:00 PM - 5:30 PM	17595
	Sunday	Apr 7 - Jun 16	10:00 AM - 10:30 AM	17600
	Sunday	Apr 7 - Jun 16	11:45 AM - 12:15 PM	17604

Aqua Preschool 1, Ratio 1:6 3 - 5 years

Participants will learn to enter and exit the water. They will also work on water movement and breath control while having fun. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Mar 25	6:00 PM - 6:30 PM	16980
	Wednesday	Jan 10 - Mar 27	5:30 PM - 6:00 PM	16990
	Saturday	Jan 13 - Mar 30	9:30 AM - 10:00 AM	17027
	Saturday	Jan 13 - Mar 30	9:45 AM - 10:15 AM	17024
	Saturday	Jan 13 - Mar 30	4:30 PM - 5:00 PM	17029
	Sunday	Jan 14 - Mar 24	10:30 AM - 11:00 AM	17045
Spring A 2024	Monday	Apr 1 - Jun 10	6:00 PM - 6:30 PM	17542
	Wednesday	Apr 3 - Jun 12	5:30 PM - 6:00 PM	17557
	Saturday	Apr 6 - Jun 15	9:30 AM - 10:00 AM	17580
	Saturday	Apr 6 - Jun 15	9:45 AM - 10:15 AM	17577
	Saturday	Apr 6 - Jun 15	4:30 PM - 5:00 PM	17575
	Sunday	Apr 7 - Jun 16	10:30 AM - 11:00 AM	17608

Aqua Preschool 2, Ratio 1:4 3 - 5 years

Participants will learn to enter and exit the water. They will also work on water movement and breath control while having fun. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Mar 25	5:30 PM - 6:00 PM	16976
	Wednesday	Jan 10 - Mar 27	4:30 PM - 5:00 PM	16994
	Wednesday	Jan 10 - Mar 27	7:00 PM - 7:30 PM	16995
	Thursday	Jan 11 - Mar 28	6:00 PM - 6:30 PM	16999
	Friday	Jan 12 - Mar 22	4:30 PM - 5:00 PM	17012
	Saturday	Jan 13 - Mar 30	8:30 AM - 9:00 AM	17017
	Saturday	Jan 13 - Mar 30	12:30 PM - 1:00 PM	17016
	Saturday	Jan 13 - Mar 30	4:00 PM - 4:30 PM	17031
	Sunday	Jan 14 - Mar 24	8:30 AM - 9:00 AM	17035
	Sunday	Jan 14 - Mar 24	12:00 PM - 12:30 PM	17036
Spring A 2024	Monday	Apr 1 - Jun 10	5:30 PM - 6:00 PM	17540
	Wednesday	Apr 3 - Jun 12	4:30 PM - 5:00 PM	17551
	Wednesday	Apr 3 - Jun 12	7:00 PM - 7:30 PM	17552
	Thursday	Apr 4 - Jun 13	6:00 PM - 6:30 PM	17564
	Friday	Apr 5 - Jun 14	4:30 PM - 5:00 PM	17573
	Saturday	Apr 6 - Jun 15	8:30 AM - 9:00 AM	17588
	Saturday	Apr 6 - Jun 15	12:30 PM - 1:00 PM	17587
	Saturday	Apr 6 - Jun 15	4:00 PM - 4:30 PM	17594
	Sunday	Apr 7 - Jun 16	8:30 AM - 9:00 AM	17598
	Sunday	Apr 7 - Jun 16	12:00 PM - 12:30 PM	17599

Aqua Preschool 2, Ratio 1:6 3 - 5 years

Participants will learn to enter and exit the water. They will also work on water movement and breath control while having fun. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Tuesday	Jan 9 - Mar 26	5:30 PM - 6:00 PM	16989
	Wednesday	Jan 10 - Mar 27	6:15 PM - 6:45 PM	16993
	Thursday	Jan 11 - Mar 28	5:00 PM - 5:30 PM	17006
	Thursday	Jan 11 - Mar 28	5:30 PM - 6:00 PM	17008
	Friday	Jan 12 - Mar 22	5:30 PM - 6:00 PM	17009
	Saturday	Jan 13 - Mar 30	10:15 AM - 10:45 AM	17025
	Saturday	Jan 13 - Mar 30	11:30 AM - 12:00 PM	17026
	Sunday	Jan 14 - Mar 24	10:00 AM - 10:30 AM	17044
Spring A 2024	Tuesday	Apr 2 - Jun 11	5:30 PM - 6:00 PM	17546
	Wednesday	Apr 3 - Jun 12	6:15 PM - 6:45 PM	17560
	Thursday	Apr 4 - Jun 13	5:00 PM - 5:30 PM	17561

Aqua Preschool 2 Ratio 1:6 Continued

Spring A 2024	Thursday	Apr 4 - Jun 13	5:30 PM - 6:00 PM	17563
	Friday	Apr 5 - Jun 14	5:30 PM - 6:00 PM	17574
	Saturday	Apr 6 - Jun 15	10:15 AM - 10:45 AM	17578
	Saturday	Apr 6 - Jun 15	11:30 AM - 12:00 PM	17579
	Sunday	Apr 7 - Jun 16	10:00 AM - 10:30 AM	17607

Aqua Preschool 3, Ratio 1:4 3 - 5 years

Participants will learn to enter and exit the water. They will also work on water movement and breath control while having fun. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Mar 25	4:30 PM - 5:00 PM	16977
	Monday	Jan 8 - Mar 25	6:30 PM - 7:00 PM	16978
	Monday	Jan 8 - Mar 25	7:00 PM - 7:30 PM	16979
	Wednesday	Jan 10 - Mar 27	4:30 PM - 5:00 PM	16998
	Wednesday	Jan 10 - Mar 27	7:30 PM - 8:00 PM	16997
	Thursday	Jan 11 - Mar 28	4:30 PM - 5:00 PM	17005
	Thursday	Jan 11 - Mar 28	6:30 PM - 7:00 PM	17000
	Friday	Jan 12 - Mar 22	5:00 PM - 5:30 PM	17011
	Saturday	Jan 13 - Mar 30	8:45 AM - 9:15 AM	17015
	Saturday	Jan 13 - Mar 30	10:30 AM - 11:00 AM	17013
	Saturday	Jan 13 - Mar 30	4:30 PM - 5:00 PM	17034
	Sunday	Jan 14 - Mar 24	8:30 AM - 9:00 AM	17041
	Sunday	Jan 14 - Mar 24	12:30 PM - 1:00 PM	17043
Spring A 2024	Monday	Apr 1 - Jun 10	4:30 PM - 5:00 PM	17539
	Monday	Apr 1 - Jun 10	6:30 PM - 7:00 PM	17535
	Monday	Apr 1 - Jun 10	7:00 PM - 7:30 PM	17536
	Wednesday	Apr 3 - Jun 12	4:30 PM - 5:00 PM	17556
	Wednesday	Apr 3 - Jun 12	7:30 PM - 8:00 PM	17555
	Thursday	Apr 4 - Jun 13	4:30 PM - 5:00 PM	17570
	Thursday	Apr 4 - Jun 13	6:30 PM - 7:00 PM	17565
	Friday	Apr 5 - Jun 14	5:00 PM - 5:30 PM	17572
	Saturday	Apr 6 - Jun 15	8:45 AM - 9:15 AM	17586
	Saturday	Apr 6 - Jun 15	10:30 AM - 11:00 AM	17582
	Saturday	Apr 6 - Jun 15	4:30 PM - 5:00 PM	17597
	Sunday	Apr 7 - Jun 16	8:30 AM - 9:00 AM	17603
	Sunday	Apr 7 - Jun 16	12:30 PM - 1:00 PM	17605

Aqua Preschool 3, Ratio 1:6 3 - 5 years

Participants will learn to enter and exit the water. They will also work on water movement and breath control while having fun. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Mar 25	5:30 PM - 6:00 PM	16981
	Tuesday	Jan 9 - Mar 26	5:00 PM - 5:30 PM	16987
	Tuesday	Jan 9 - Mar 26	5:30 PM - 6:00 PM	16988
	Wednesday	Jan 10 - Mar 27	6:30 PM - 7:00 PM	16991
	Saturday	Jan 13 - Mar 30	10:00 AM - 10:30 AM	17023
	Sunday	Jan 14 - Mar 24	8:45 AM - 9:15 AM	17046
	Sunday	Jan 14 - Mar 24	11:15 AM - 11:45 AM	17040
Spring A 2024	Monday	Apr 1 - Jun 10	5:30 PM - 6:00 PM	17541
	Tuesday	Apr 2 - Jun 11	5:00 PM - 5:30 PM	17544
	Tuesday	Apr 2 - Jun 11	5:30 PM - 6:00 PM	17545
	Wednesday	Apr 3 - Jun 12	6:30 PM - 7:00 PM	17558
	Saturday	Apr 6 - Jun 15	10:00 AM - 10:30 AM	17576
	Sunday	Apr 7 - Jun 16	8:45 AM - 9:15 AM	17609
	Sunday	Apr 7 - Jun 16	11:15 AM - 11:45 AM	17606

Aqua Preschool 4/5, Ratio 1:4 3 - 5 years

Participants will learn to enter and exit the water. They will also work on water movement and breath control while having fun. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Tuesday	Jan 9 - Mar 26	6:30 PM - 7:00 PM	16985
	Wednesday	Jan 10 - Mar 27	5:30 PM - 6:00 PM	17174
	Thursday	Jan 11 - Mar 28	7:00 PM - 7:30 PM	17003
	Friday	Jan 12 - Mar 22	4:30 PM - 5:00 PM	17010
	Saturday	Jan 13 - Mar 30	8:30 AM - 9:00 AM	17019
	Saturday	Jan 13 - Mar 30	12:15 PM - 12:45 PM	17018
	Saturday	Jan 13 - Mar 30	5:00 PM - 5:30 PM	17033
	Sunday	Jan 14 - Mar 24	9:30 AM - 10:00 AM	17039
	Sunday	Jan 14 - Mar 24	12:00 PM - 12:30 PM	17038
Spring A 2024	Tuesday	Apr 2 - Jun 11	6:30 PM - 7:00 PM	17547
	Wednesday	Apr 3 - Jun 12	5:30 PM - 6:00 PM	17553
	Thursday	Apr 4 - Jun 13	7:00 PM - 7:30 PM	17567
	Friday	Apr 5 - Jun 14	4:30 PM - 5:00 PM	17571
	Saturday	Apr 6 - Jun 15	8:30 AM - 9:00 AM	17590
	Saturday	Apr 6 - Jun 15	12:15 PM - 12:45 PM	17589
	Saturday	Apr 6 - Jun 15	5:00 PM - 5:30 PM	17596

Aqua Preschool 4/5, Ratio 1:4 Continued

Spring A 2024	Sunday	Apr 7 - Jun 16	9:30 AM - 10:00 AM	17602
	Sunday	Apr 7 - Jun 16	12:00 PM - 12:30 PM	17601

Aqua Preschool 4/5, Ratio 1:6 3 - 5 years

Participants will learn to enter and exit the water. They will also work on water movement and breath control while having fun. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Tuesday	Jan 9 - Mar 26	6:15 PM - 6:45 PM	16986
	Wednesday	Jan 10 - Mar 27	6:30 PM - 7:00 PM	16992
	Thursday	Jan 11 - Mar 28	6:00 PM - 6:30 PM	17007
	Saturday	Jan 13 - Mar 30	11:30 AM - 12:00 PM	17028
Spring A 2024	Tuesday	Apr 2 - Jun 11	6:15 PM - 6:45 PM	17543
	Wednesday	Apr 3 - Jun 12	6:30 PM - 7:00 PM	17559
	Thursday	Apr 4 - Jun 13	6:00 PM - 6:30 PM	17562
	Saturday	Apr 6 - Jun 15	11:30 AM - 12:00 PM	17581

Aqua Preschool Plus, Ratio 1:4 3 - 5 years

Has your child completed Preschool 5 but they aren't 5 years old yet? Preschool Plus participants will work on Swimmer 2 content and above! Get your child prepped for success in our swimmer levels with this program. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Wednesday	Jan 9 - Mar 26	5:00 PM - 5:30 PM	17175
	Saturday	Jan 10 - Mar 27	12:30 PM - 1:00 PM	17176
Spring A 2024	Wednesday	Apr 4 - Jun 13	5:00 PM - 5:30 PM	17744
	Saturday	Apr 6 - Jun 15	12:30 PM - 1:00 PM	17584

Private swimming lessons for Aqua Preschool and Swimmer level content

Ages: 2 years + | Location: Atlas Tube Recreation Centre

Private lessons allow instructors time to give more attention to swimming participants. **Lessons can be 1 : 1, 1 : 2 or 1 : 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 **519-728-2700** with a reception staff.



Youth Swimming Lessons

Swimmer 1 to 6 allows youth aged 5 to 13 the opportunity to work on beginner skills like breath control and water movement in lower levels. Once they have completed the advanced levels they will be able to perform excellent swimming strokes up to 100m. We stress lots of in water practice for each level.

Swimmer 1, Ratio 1:4 - 5 - 13 years Location: Atlas Tube Recreation Centre				
Winter A 2024	Monday	Jan 8 - Mar 25	4:30 PM - 5:00 PM	17047
	Monday	Jan 8 - Mar 25	7:00 PM - 7:30 PM	17048
	Monday	Jan 8 - Mar 25	7:30 PM - 8:00 PM	17049
	Tuesday	Jan 9 - Mar 26	4:30 PM - 5:00 PM	17056
	Tuesday	Jan 9 - Mar 26	4:30 PM - 5:00 PM	17057
	Tuesday	Jan 9 - Mar 26	6:45 PM - 7:15 PM	17055
	Wednesday	Jan 10 - Mar 27	4:30 PM - 5:00 PM	17058
	Wednesday	Jan 10 - Mar 27	7:00 PM - 7:30 PM	17059
	Thursday	Jan 11 - Mar 28	5:00 PM - 5:30 PM	17063
	Thursday	Jan 11 - Mar 28	7:00 PM - 7:30 PM	17064
	Friday	Jan 12 - Mar 22	4:30 PM - 5:00 PM	17065
	Saturday	Jan 13 - Mar 30	9:15 AM - 9:45 AM	17070
	Saturday	Jan 13 - Mar 30	11:30 AM - 12:00 PM	17071
	Saturday	Jan 13 - Mar 30	5:30 PM - 6:00 PM	17072
	Sunday	Jan 14 - Mar 24	9:00 AM - 9:30 AM	17074
	Sunday	Jan 14 - Mar 24	9:30 AM - 10:00 AM	17076
	Sunday	Jan 14 - Mar 24	11:15 AM - 11:45 AM	17078
	Sunday	Jan 14 - Mar 24	12:00 PM - 12:30 PM	17077
Spring A 2024	Monday	Apr 1 - Jun 10	4:30 PM - 5:00 PM	17610
	Monday	Apr 1 - Jun 10	7:00 PM - 7:30 PM	17611
	Monday	Apr 1 - Jun 10	7:30 PM - 8:00 PM	17612
	Tuesday	Apr 2 - Jun 11	4:30 PM - 5:00 PM	17619
	Tuesday	Apr 2 - Jun 11	4:30 PM - 5:00 PM	17620
	Tuesday	Apr 2 - Jun 11	6:45 PM - 7:15 PM	17618
	Wednesday	Apr 2 - Jun 11	4:30 PM - 5:00 PM	17621
	Wednesday	Apr 2 - Jun 11	7:00 PM - 7:30 PM	17622
	Thursday	Apr 4 - Jun 13	5:00 PM - 5:30 PM	17626
	Thursday	Apr 4 - Jun 13	7:00 PM - 7:30 PM	17627
	Friday	Apr 5 - Jun 14	4:30 PM - 5:00 PM	17628

Swimmer 1, Ratio 1:4 Continued

Spring A 2024	Saturday	Apr 6 - Jun 15	9:15 AM - 9:45 AM	17636
	Saturday	Apr 6 - Jun 15	11:30 AM - 12:00 PM	17635
	Saturday	Apr 6 - Jun 15	5:30 PM - 6:00 PM	17634
	Sunday	Apr 7 - Jun 16	9:00 AM - 9:30 AM	17637
	Sunday	Apr 7 - Jun 16	9:30 AM - 10:00 AM	17639
	Sunday	Apr 7 - Jun 16	10:30 AM - 11:00 AM	17638
	Sunday	Apr 7 - Jun 16	11:15 AM - 11:45 AM	17641
	Sunday	Apr 7 - Jun 16	12:00 PM - 12:30 PM	17798

Swimmer 1, Ratio 1:6 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Mar 25	5:00 PM - 5:30 PM	17051
	Monday	Jan 8 - Mar 25	6:00 PM - 6:30 PM	17050
	Tuesday	Jan 9 - Mar 26	5:00 PM - 5:30 PM	17054
	Tuesday	Jan 9 - Mar 26	5:30 PM - 6:00 PM	17052
	Tuesday	Jan 9 - Mar 26	6:30 PM - 7:00 PM	17053
	Wednesday	Jan 10 - Mar 27	5:00 PM - 5:30 PM	17061
	Wednesday	Jan 10 - Mar 27	5:45 PM - 6:15 PM	17060
	Thursday	Jan 14 - Mar 24	6:00 PM - 6:30 PM	17062
	Friday	Jan 12 - Mar 22	5:00 PM - 5:30 PM	17067
	Friday	Jan 12 - Mar 22	5:30 PM - 6:00 PM	17066
	Saturday	Jan 13 - Mar 30	10:30 AM - 11:00 AM	17068
	Saturday	Jan 13 - Mar 30	11:00 AM - 11:30 AM	17069
	Saturday	Jan 13 - Mar 30	4:00 PM - 4:30 PM	17073
	Sunday	Jan 14 - Mar 24	10:30 AM - 11:00 AM	17075
Spring A 2024	Monday	Apr 1 - Jun 10	5:00 PM - 5:30 PM	17614
	Monday	Apr 1 - Jun 10	6:00 PM - 6:30 PM	17613
	Tuesday	Apr 2 - Jun 11	5:00 PM - 5:30 PM	17617
	Tuesday	Apr 2 - Jun 11	5:30 PM - 6:00 PM	17615
	Tuesday	Apr 2 - Jun 11	6:30 PM - 7:00 PM	17616
	Wednesday	Apr 3 - Jun 12	5:00 PM - 5:30 PM	17623
	Wednesday	Apr 3 - Jun 12	5:45 PM - 6:15 PM	17624
	Thursday	Apr 4 - Jun 13	6:00 PM - 6:30 PM	17625
	Friday	Apr 5 - Jun 14	5:00 PM - 5:30 PM	17630

Spring A 2024	Friday	Apr 5 - Jun 14	5:30 PM - 6:00 PM	17629
	Saturday	Apr 6 - Jun 15	10:30 AM - 11:00 AM	17632
	Saturday	Apr 6 - Jun 15	11:00 AM - 11:30 AM	17631
	Saturday	Apr 6 - Jun 15	4:00 PM - 4:30 PM	17633

Swimmer 2, Ratio 1:4 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Mar 25	4:30 PM - 5:00 PM	17079
	Monday	Jan 8 - Mar 25	6:00 PM - 6:30 PM	17080
	Monday	Jan 8 - Mar 25	6:30 PM - 7:00 PM	17081
	Tuesday	Jan 9 - Mar 26	5:45 PM - 6:15 PM	17085
	Wednesday	Jan 10 - Mar 27	4:30 PM - 5:00 PM	17087
	Wednesday	Jan 10 - Mar 27	5:00 PM - 5:30 PM	17086
	Wednesday	Jan 10 - Mar 27	6:45 PM - 7:15 PM	17088
	Thursday	Jan 11 - Mar 28	4:30 PM - 5:00 PM	17092
	Thursday	Jan 11 - Mar 28	7:30 PM - 8:00 PM	17091
	Friday	Jan 12 - Mar 22	4:30 PM - 5:00 PM	17093
	Saturday	Jan 13 - Mar 30	9:00 AM - 9:30 AM	17096
	Saturday	Jan 13 - Mar 30	12:00 PM - 12:30 PM	17095
	Saturday	Jan 13 - Mar 30	5:30 PM - 6:00 PM	17100
	Sunday	Jan 14 - Mar 24	8:30 AM - 9:00 AM	17102
	Sunday	Jan 14 - Mar 24	12:00 PM - 12:30 PM	17103
	Sunday	Jan 14 - Mar 24	12:30 PM - 1:00 PM	17101
Spring A 2024	Monday	Apr 1 - Jun 10	4:30 PM - 5:00 PM	17642
	Monday	Apr 1 - Jun 10	6:00 PM - 6:30 PM	17643
	Monday	Apr 1 - Jun 10	6:30 PM - 7:00 PM	17644
	Tuesday	Apr 2 - Jun 11	5:45 PM - 6:15 PM	17648
	Wednesday	Apr 3 - Jun 12	4:30 PM - 5:00 PM	17650
	Wednesday	Apr 3 - Jun 12	5:00 PM - 5:30 PM	17649
	Wednesday	Apr 3 - Jun 12	6:45 PM - 7:15 PM	17651
	Thursday	Apr 4 - Jun 13	4:30 PM - 5:00 PM	17655
	Thursday	Apr 4 - Jun 13	7:30 PM - 8:00 PM	17654
	Friday	Apr 5 - Jun 14	4:30 PM - 5:00 PM	17656
	Saturday	Apr 6 - Jun 15	9:00 AM - 9:30 AM	17663
	Saturday	Apr 6 - Jun 15	12:00 PM - 12:30 PM	17662

Swimmer 2, Ratio 1:4 Continued

Spring A 2024	Saturday	Apr 6 - Jun 15	5:30 PM - 6:00 PM	17661
	Sunday	Apr 7 - Jun 16	8:30 AM - 9:00 AM	17664
	Sunday	Apr 7 - Jun 16	12:00 PM - 12:30 PM	17666
	Sunday	Apr 7 - Jun 16	12:30 PM - 1:00 PM	17665

Swimmer 2, Ratio 1:6 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Mar 25	5:30 PM - 6:00 PM	17082
	Tuesday	Jan 9 - Mar 26	6:00 PM - 6:30 PM	17083
	Tuesday	Jan 9 - Mar 26	7:00 PM - 7:30 PM	17084
	Wednesday	Jan 10 - Mar 27	6:00 PM - 6:30 PM	17089
	Thursday	Jan 11 - Mar 28	5:45 PM - 6:15 PM	17090
	Friday	Jan 12 - Mar 22	5:00 PM - 5:30 PM	17094
	Saturday	Jan 13 - Mar 30	9:30 AM - 10:00 AM	17097
	Saturday	Jan 13 - Mar 30	11:30 AM - 12:00 PM	17099
	Saturday	Jan 13 - Mar 30	11:45 AM - 12:15 PM	17098
	Sunday	Jan 14 - Mar 24	11:00 AM - 11:30 AM	17104
	Sunday	Jan 14 - Mar 24	11:30 AM - 12:00 PM	17105
Spring A 2024	Monday	Apr 1 - Jun 10	5:30 PM - 6:00 PM	17645
	Tuesday	Apr 2 - Jun 11	6:00 PM - 6:30 PM	17646
	Tuesday	Apr 2 - Jun 11	7:00 PM - 7:30 PM	17647
	Wednesday	Apr 3 - Jun 12	6:00 PM - 6:30 PM	17652
	Thursday	Apr 4 - Jun 13	5:45 PM - 6:15 PM	17653
	Friday	Apr 5 - Jun 14	5:00 PM - 5:30 PM	17657
	Saturday	Apr 6 - Jun 15	9:30 AM - 10:00 AM	17658
	Saturday	Apr 6 - Jun 15	11:30 AM - 12:00 PM	17660
	Saturday	Apr 6 - Jun 15	11:45 AM - 12:15 PM	17659
	Sunday	Apr 7 - Jun 16	11:00 AM - 11:30 AM	17667
	Sunday	Apr 7 - Jun 16	11:30 AM - 12:00 PM	17668

For program prices visit Lakeshore.ca/Recreation or call 519-728-2700

Winter A Jan. 8 - Feb. 11 | **Winter B** Feb. 12 - Mar. 31

Spring A Apr. 1 - May 5 | **Spring B** May 6 - Jun. 16

Swimmer 3, Ratio 1:4 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Mar 25	4:30 PM - 5:15 PM	17106
	Monday	Jan 8 - Mar 25	5:00 PM - 5:45 PM	17107
	Tuesday	Jan 9 - Mar 26	4:30 PM - 5:15 PM	17117
	Tuesday	Jan 9 - Mar 26	7:15 PM - 8:00 PM	17121
	Wednesday	Jan 10 - Mar 27	5:45 PM - 6:30 PM	17129
	Wednesday	Jan 10 - Mar 27	6:30 PM - 7:15 PM	17126
	Thursday	Jan 11 - Mar 28	4:30 PM - 5:15 PM	17138
	Friday	Jan 12 - Mar 22	4:30 PM - 5:15 PM	17143
	Saturday	Jan 13 - Mar 30	8:30 AM - 9:15 AM	17145
	Saturday	Jan 13 - Mar 30	12:15 PM - 1:00 PM	17147
	Saturday	Jan 13 - Mar 30	4:00 PM - 4:45 PM	17154
	Sunday	Jan 14 - Mar 24	8:30 AM - 9:15 AM	17160
	Sunday	Jan 14 - Mar 24	10:00 AM - 10:45 AM	17157
	Sunday	Jan 14 - Mar 24	12:15 PM - 1:00 PM	17158
Spring A 2024	Monday	Apr 1 - Jun 10	4:30 PM - 5:15 PM	17677
	Monday	Apr 1 - Jun 10	5:00 PM - 5:45 PM	17675
	Tuesday	Apr 2 - Jun 11	4:30 PM - 5:15 PM	17680
	Tuesday	Apr 2 - Jun 11	7:15 PM - 8:00 PM	17684
	Wednesday	Apr 3 - Jun 12	5:45 PM - 6:30 PM	17689
	Wednesday	Apr 3 - Jun 12	6:30 PM - 7:15 PM	17686
	Thursday	Apr 4 - Jun 13	4:30 PM - 5:15 PM	17692
	Friday	Apr 5 - Jun 14	4:30 PM - 5:15 PM	17697
	Saturday	Apr 6 - Jun 15	8:30 AM - 9:15 AM	17699
	Saturday	Apr 6 - Jun 15	12:15 PM - 1:00 PM	17701
	Saturday	Apr 6 - Jun 15	4:00 PM - 4:45 PM	17704
	Sunday	Apr 7 - Jun 16	8:30 AM - 9:15 AM	17708
	Sunday	Apr 7 - Jun 16	10:00 AM - 10:45 AM	17709
	Sunday	Apr 7 - Jun 16	12:15 PM - 1:00 PM	17711

Swimmer 3, Ratio 1:6 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Mar 25	6:30 PM - 7:15 PM	17114
	Tuesday	Jan 9 - Mar 26	6:00 PM - 6:45 PM	17125
	Thursday	Jan 11 - Mar 28	6:15 PM - 7:00 PM	17133
	Saturday	Jan 13 - Mar 30	10:00 AM - 10:45 AM	17153
	Sunday	Jan 14 - Mar 24	9:15 AM - 10:00 AM	17164
Spring A 2024	Monday	Apr 1 - Jun 10	6:30 PM - 7:15 PM	17671
	Tuesday	Apr 2 - Jun 11	6:00 PM - 6:45 PM	17730
	Thursday	Apr 4 - Jun 13	6:15 PM - 7:00 PM	17722
	Saturday	Apr 6 - Jun 15	10:00 AM - 10:45 AM	17800
	Sunday	Apr 7 - Jun 16	9:15 AM - 10:00 AM	17715

Swimmer 4, Ratio 1:4 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Mar 25	5:15 PM - 6:00 PM	17111
	Tuesday	Jan 9 - Mar 26	6:45 PM - 7:30 PM	17119
	Tuesday	Jan 9 - Mar 26	7:15 PM - 8:00 PM	17122
	Wednesday	Jan 10 - Mar 27	4:30 PM - 5:15 PM	17128
	Thursday	Jan 11 - Mar 28	5:15 PM - 6:00 PM	17139
	Friday	Jan 12 - Mar 22	5:15 PM - 6:00 PM	17144
	Saturday	Jan 13 - Mar 30	9:15 AM - 10:00 AM	17146
	Saturday	Jan 13 - Mar 30	12:15 PM - 1:00 PM	17149
	Saturday	Jan 13 - Mar 30	4:45 PM - 5:30 PM	17155
	Sunday	Jan 14 - Mar 24	8:30 AM - 9:15 AM	17156
Spring A 2024	Monday	Apr 1 - Jun 10	5:15 PM - 6:00 PM	17678
	Tuesday	Apr 2 - Jun 11	6:45 PM - 7:30 PM	17682
	Tuesday	Apr 2 - Jun 11	7:15 PM - 8:00 PM	17685
	Wednesday	Apr 3 - Jun 12	4:30 PM - 5:15 PM	17688
	Thursday	Apr 4 - Jun 13	5:15 PM - 6:00 PM	17693
	Friday	Apr 5 - Jun 14	5:15 PM - 6:00 PM	17698
	Saturday	Apr 6 - Jun 15	9:15 AM - 10:00 AM	17700
	Saturday	Apr 6 - Jun 15	12:15 PM - 1:00 PM	17706
	Saturday	Apr 6 - Jun 15	4:45 PM - 5:30 PM	17705
	Sunday	Apr 7 - Jun 16	8:30 AM - 9:15 AM	17707

Swimmer 4, Ratio 1:8 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Mar 25	6:30 PM - 7:15 PM	17113
	Wednesday	Jan 9 - Mar 26	5:00 PM - 5:45 PM	17132
	Thursday	Jan 11 - Mar 28	6:00 PM - 6:45 PM	17134
	Saturday	Jan 13 - Mar 30	11:00 AM - 11:45 AM	17152
	Sunday	Jan 14 - Mar 24	10:30 AM - 11:15 AM	17167
Spring A 2024	Monday	Apr 1 - Jun 10	6:30 PM - 7:15 PM	17670
	Wednesday	Apr 3 - Jun 12	5:00 PM - 5:45 PM	17727
	Thursday	Apr 4 - Jun 13	6:00 PM - 6:45 PM	17723
	Saturday	Apr 7 - Jun 16	11:00 AM - 11:45 AM	17720
	Sunday	Apr 7 - Jun 16	10:30 AM - 11:15 AM	17718

Swimmer 5, Ratio 1:4 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Mar 25	5:45 PM - 6:30 PM	17110
	Monday	Jan 8 - Mar 25	6:45 PM - 7:30 PM	17108
	Monday	Jan 8 - Mar 25	7:15 PM - 8:00 PM	17109
	Tuesday	Jan 9 - Mar 26	6:00 PM - 6:45 PM	17118
	Wednesday	Jan 9 - Mar 26	7:15 PM - 8:00 PM	17130
	Thursday	Jan 11 - Mar 28	4:30 PM - 5:15 PM	17137
	Sunday	Jan 14 - Mar 24	10:00 AM - 10:45 AM	17161
Spring A 2024	Monday	Apr 1 - Jun 10	5:45 PM - 6:30 PM	17676
	Monday	Apr 1 - Jun 10	6:45 PM - 7:30 PM	17673
	Monday	Apr 1 - Jun 10	7:15 PM - 8:00 PM	17674
	Tuesday	Apr 2 - Jun 11	6:00 PM - 6:45 PM	17681
	Wednesday	Apr 3 - Jun 12	7:15 PM - 8:00 PM	17690
	Thursday	Apr 4 - Jun 13	4:30 PM - 5:15 PM	17691
	Sunday	Apr 7 - Jun 16	10:00 AM - 10:45 AM	17710

Swimmer 5, Ratio 1:10 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Wednesday	Jan 10 - Mar 27	6:00 PM - 6:45 PM	17131
	Thursday	Jan 11 - Mar 28	5:30 PM - 6:15 PM	17135
	Saturday	Jan 13 - Mar 30	10:00 AM - 10:45 AM	17151
	Sunday	Jan 14 - Mar 24	11:15 AM - 12:00 PM	17166
Spring A 2024	Wednesday	Apr 3 - Jun 12	6:00 PM - 6:45 PM	17726

Swimmer 5, Ratio 1:10 Continued

Spring A 2024	Thursday	Apr 4 - Jun 13	5:30 PM - 6:15 PM	17724
	Saturday	Apr 6 - Jun 15	10:00 AM - 10:45 AM	17719
	Sunday	Apr 7 - Jun 16	11:15 AM - 12:00 PM	17717

Swimmer 6, Ratio 1:10 - 5 - 13 years Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Mar 25	7:15 PM - 8:00 PM	17115
	Thursday	Jan 11 - Mar 28	6:45 PM - 7:30 PM	17136
	Sunday	Jan 14 - Mar 24	9:15 AM - 10:00 AM	17165
Spring A 2024	Monday	Apr 1 - Jun 10	7:15 PM - 8:00 PM	17672
	Thursday	Apr 4 - Jun 13	6:45 PM - 7:30 PM	17725
	Sunday	Apr 7 - Jun 16	9:15 AM - 10:00 AM	17716

Swimmer 6, Ratio 1:4 - 5 - 13 years Location: Atlas Tube Recreation Centre

Winter A 2024	Tuesday	Jan 9 - Mar 26	4:30 PM - 5:15 PM	17116
	Wednesday	Jan 9 - Mar 26	7:15 PM - 8:00 PM	17127
	Thursday	Jan 11 - Mar 28	6:00 PM - 6:45 PM	17141
	Saturday	Jan 13 - Mar 30	10:45 AM - 11:30 AM	17148
	Saturday	Jan 13 - Mar 30	12:00 PM - 12:45 PM	17150
	Sunday	Jan 14 - Mar 24	9:45 AM - 10:30 AM	17162
Spring A 2024	Tuesday	Apr 2 - Jun 11	4:30 PM - 5:15 PM	17679
	Wednesday	Apr 3 - Jun 12	7:15 PM - 8:00 PM	17687
	Thursday	Apr 4 - Jun 13	6:00 PM - 6:45 PM	17696
	Saturday	Apr 6 - Jun 15	10:45 AM - 11:30 AM	17702
	Saturday	Apr 6 - Jun 15	12:15 PM - 1:00 PM	17703
	Sunday	Apr 7 - Jun 16	9:45 AM - 10:30 AM	17714

Fitness Swimmer, Ratio 1:10 - 5 - 14 years

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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Wednesday	Jan 10 - Mar 27	6:45 PM - 7:15 PM	17168
Spring A 2024	Wednesday	Apr 3 - Jun 12	6:45 PM - 7:15 PM	17732

Swim Club, Ratio 1:12 - 7 - 15 years

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.

Location: Atlas Tube Recreation Centre

Winter A 2024	Mon & Thurs	Jan 8 - Mar 28	4:30 PM - 5:30 PM	17169
Spring A 2024	Mon & Thurs	Apr 1 - Jun 13	4:30 PM - 5:30 PM	17731

Canadian Swim Patrol (CSP)

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.

Swimmer 7/8, Ratio 1:4 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Tuesday	Jan 9 - Mar 26	6:30 PM - 7:15 PM	17120
	Thursday	Jan 11 - Mar 28	6:45 PM - 7:30 PM	17140
	Sunday	Jan 14 - Mar 24	12:15 PM - 1:00 PM	17159
Spring A 2024	Tuesday	Apr 2 - Jun 11	6:30 PM - 7:15 PM	17683
	Thursday	Apr 4 - Jun 13	6:45 PM - 7:30 PM	17694
	Sunday	Apr 7 - Jun 16	12:15 PM - 1:00 PM	17712

Swimmer 7/8, Ratio 1:10 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Monday	Jan 8 - Mar 25	6:00 PM - 6:45 PM	17112
	Tuesday	Jan 9 - Mar 26	5:15 PM - 6:00 PM	17124
Spring A 2024	Monday	Apr 1 - Jun 10	6:00 PM - 6:45 PM	17669
	Tuesday	Apr 2 - Jun 11	5:15 PM - 6:00 PM	17729

Swimmer 9, Ratio 1:10 - 5 - 13 years

Location: Atlas Tube Recreation Centre

Winter A 2024	Tuesday	Jan 9 - Mar 26	7:15 PM - 8:00 PM	17123
	Thursday	Jan 11 - Mar 28	7:15 PM - 8:00 PM	17142
	Sunday	Jan 14 - Mar 24	12:15 PM - 1:00 PM	17163
Spring A 2024	Tuesday	Apr 2 - Jun 11	7:15 PM - 8:00 PM	17728
	Thursday	Apr 4 - Jun 13	7:15 PM - 8:00 PM	17695
	Sunday	Apr 7 - Jun 16	12:15 PM - 1:00 PM	17713

Adult Swimming Lessons

Adult 1, Ratio 1:8, - 13 years +

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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Thursday	Jan 11 - Mar 28	7:30 PM - 8:00 PM	17171
	Friday	Jan 12 - Mar 22	5:30 PM - 6:00 PM	17172
Spring A 2024	Thursday	Apr 4 - Jun 13	7:30 PM - 8:00 PM	17734
	Friday	Apr 5 - Jun 14	5:30 PM - 6:00 PM	17735

Adult 2, Ratio 1:8, - 13 years +

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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 8 - Mar 25	7:30 PM - 8:00 PM	17170
	Saturday	Jan 13 - Mar 30	8:30 AM - 9:00 AM	17173
Spring A 2024	Monday	Apr 1 - Jun 10	7:30 PM - 8:00 PM	17733
	Saturday	Apr 6 - Jun 15	8:30 AM - 9:00 AM	17736

Aquatic Leadership Training

Bronze Star - 8 years +

This course is for candidates 8-12 years old 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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Sunday	Jan 14 - Mar 24	10:30 AM - 11:45 AM	17229
Spring A 2024	Sunday	Apr 7 - Jun 16	10:30 AM - 11:45 AM	17737

Bronze Medallion - 13 years +

This course is the first step in the Lifesaving Society's leadership program. Program includes a mix of classroom and pool learning. Upon successful completion candidates will also be certified in Emergency First Aid and CPR-B. This course requires 100% attendance. Candidates must be 13 years old or hold a current Bronze Star certification. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Wednesday	Jan 17 - Feb 28	5:00 PM - 8:15 PM	17179
Spring A 2024	Wednesday	Apr 24 - Jun 5	5:00 PM - 8:15 PM	17741

Bronze Cross - 13 years +

This course is the second step in the Lifesaving Society's leadership program. Participants 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. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Monday	Jan 15 - Mar 18	5:00 PM - 8:00 PM	17177
Spring A 2024	Monday	Apr 8 - Jun 3	5:00 PM - 8:00 PM	17743

National Lifeguard with SFA - 15 years +

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% attendance.

Location: Atlas Tube Recreation Centre

Winter A 2024	Sunday	Jan 14 - Mar 24	9:00 AM - 2:45 PM	17230
Spring A 2024	Sunday	Apr 7 - Jun 9	9:00 AM - 2:45 PM	17738

National Lifeguard - Pool Recertification - 15 years +

In order to remain current lifeguards must recertify this qualification within 2 years by passing this exam. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Sunday	Feb 4	3:30 PM - 10:00 PM	17231
Spring A 2024	Sunday	Apr 28	3:30 PM - 10:00 PM	17739

Assistant Instructor - 13 years +

This course is the first step 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. This course is recommended but not required. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Tuesday	Jan 23 - Feb 27	5:00 PM - 8:00 PM	17178
Spring A 2024	Tuesday	Apr 16 - May 21	5:00 PM - 8:00 PM	17742

LSS/Swim/EFA Instructors - 15 years +

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, Assistant Instructors (recommended) and be 15 years old by the last day of class. This course requires 100% attendance. **Location: Atlas Tube Recreation Centre**

Winter A 2024	Friday & Saturday	Feb 9 - Feb 24	5:00 PM - 9:00 PM 8:30 AM - 6:45 PM	17180
Spring A 2024	Friday & Saturday	Apr 26 - May 11	5:00 PM - 9:00 PM 8:30 AM - 6:45 PM	17740

We Want to Hear From You



Engagement Events

Lakeshore involves its residents in events that work to understand community preferences and provide crucial information to support decision-making. These events are designed to facilitate open dialogue and collaboration between the municipality and its residents.

Community Surveys

Lakeshore also periodically conducts online community-wide surveys to get input and perspectives from residents to improve services or facilities to help shape Lakeshore's future.



To check out upcoming engagement events and sign up for community surveys, scan the QR code or visit: Lakeshore.ca/Engage

Stay Connected

Check out our latest posts and help us spread what is happening in Lakeshore to residents and visitors! Follow us on social media and join the discussion.

TOGETHER WE ARE

Lakeshore



@LakeshoreON



@TweetLakeshore



@MunicipalityOfLakeshore

Want to Become a Lifeguard?

Here Are The Steps

Bronze Medallion

Swim Lifesaving Instructor

Bronze Cross

National Lifeguard Pool

Assistant Instructor
(Recommended)



For questions about becoming a lifeguard email RecInfo@Lakeshore.ca or call 519-728-2700.



Lakeshore's Public Service Unit

Before you make a trip to Town Hall, try contacting Lakeshore's Public Service Unit (PSU). The PSU provides a one-stop shop for resident and customer inquiries. They'll answer general questions and connect you to specific departments for more info. **Call or email the team!**

The PSU is available weekdays from 8:30 AM to 4:30 PM.



 **519-728-2700**

 **PublicService@Lakeshore.ca**