



*Our Place, Our Time*



# Activity Guide

Winter & Spring 2018

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## Atlas Tube Centre Contact Information

### Atlas Tube Centre Front Desk/Program Registration/ Birthday Party Packages

Phone: 519-727-0470 x515

Or toll free 1-877-249-3367

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

### Ice Rentals/Room Rentals/Pavilion Reservations/ Marina Slips

Phone: 519-727-0470 x551

Scheduling Clerk

Email: [mlesperance1@lakeshore.ca](mailto:mlesperance1@lakeshore.ca)

### Coordinator, Recreation and Special Events/Funding Assistance—Jumpstart/P2P

Mariette Renaud

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

### Supervisor of Aquatics

George Turnbull

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

### Manager, Atlas Tube Centre, Recreation and Leisure Services

Terry Fink

Phone: 519-727-0470 x512

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

### Director, Community and Development Services

Steve Salmons

Phone: 519-728-2700 x292

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

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## Registration Information

### On-line

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

### In Person:

Register in person at the Atlas Tube Centre front desk. In person registration is only at the ATC for all programs.

Phone:

519-727-0470 x515

**Winter Registration Begins** Monday, December 18th at 9:00am

**Spring Registration Begins** Monday March 5th at 9:00am

**Summer Registration Begins** Monday June 11th at 9:00am

Programs fill up quickly! Registration and payment is required at the time of registration. Payment is accepted using Cash, Cheque, Visa, MasterCard, American Express and Debit.

### Locations

#### Atlas Tube Centre

447 Renaud Line, Emeryville, ON

#### Comber Community Centre

7100 Community Centre St., Comber, ON

#### Libro Community Centre

1925 South Middle Rd., Woodslee, ON

Note: 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, so make sure you are ready to register at the day and time of registration opening to ensure you get into your preferred program!

# Atlas Tube Centre Information

## Important Dates to Remember

### Parents' day for programs

Last class of each session, join us for your child (ren)'s class to see what they have learned.

### Parents' day for aquatics

Swim instructors will set aside a designated time throughout the session to communicate with parents, on the progress of their child in our programs.

### March Break

No registered lessons will run from March 12th to March 18th.

## Facility Closure Dates

March 30th—Good Friday, Atlas Tube Centre Closed

April 1st—Easter Sunday, Atlas Tube Centre Closed

May 21st—Victoria Day, Atlas Tube Centre Closed

## Facility Rentals

All Town of Lakeshore Recreation Facilities are available to rent for numerous events and activities such as weddings, showers, family gatherings, training seminars and conferences. Please contact Recreation Services for more information at 519-727-0470

## Cancellations

Oops! - We didn't know you were interested. 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 start of the program.**

If the Town of Lakeshore cancels the class a full refund by your initial method of payment will be issued to you. Not the right program for you or your child? The Town of Lakeshore will offer you a credit on your account or a refund, minus the classes that were attended. A \$29.00 administrative fee will be applied to all refunds. No credit or make up classes are available for missed classes.



## Income Tax Receipts

Receipts for the Child Fitness Tax credit are issued via email at the time of registration. Please hold on to this receipt for your taxes.

## Consult your Doctor

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.

## Photography

We ask that any patrons wishing to take pictures/videos during any program to please check with the instructor first. Picture/video taking is prohibited in washroom and change room areas.

By participating in public events and programs held by the Town of Lakeshore, all participants grant the Town of Lakeshore the right to publish, print, broadcast and use photographs in any manner deemed appropriate. In order to publicize programs, Town of Lakeshore Recreation staff may use these photos in Town publications, and are not for sale. Our facilities are open to the public and media personnel frequently visit unannounced to take photos. If you or your child is a regular participant in our programs and you do not want a photo published, please inform the staff during registration. We will make every effort possible to ensure that your child is not photographed

# Atlas Tube Centre Information

## Inclement Weather

Should any of the Town of Lakeshore Recreation programs be cancelled due to extreme weather conditions or other circumstances, the following methods of notification will be used—Town of Lakeshore’s website at [www.lakeshore.ca](http://www.lakeshore.ca) and the Town of Lakeshore’s Facebook page.

## Discounts

If three or more members of the same household register in programs or 1 person registers in 3 or more programs in the same session, a 10% discount will be applied to most programs. This discount ONLY applies to registered programs.

## Program Subsidy

### Pathway to Potential (P2P) Subsidy Funding

Families who qualify for the P2P subsidy funding may be eligible for reduced fees for children (17 yrs and under) and senior programs. The registrant is responsible to pay 10% of the program cost at the time of registration. Proof of annual income must be provided prior to registering.

### Canadian Tire Jumpstart

This program is a nationally registered charity dedicated to removing financial barriers so kids across Canada have the opportunity to get off the sidelines and into the game or program. Whether it’s the chance to try a sport for the first time or to continue with a favourite physical activity, Jumpstart makes it possible for all kids to participate. For more information or to apply, visit their website at: <http://jumpstart.canadiantire.ca>

## Picnic Shelters

The Town of Lakeshore has a number of pavilions to rent for gatherings. Refer to [www.lakeshore.ca](http://www.lakeshore.ca) under Recreation and Leisure for a listing of pavilions and shelters. Contact Recreation Services at 519-727-0470 for reservations.

## 200m Indoor Track

### Hours of Operation

Available for use at no charge from 7:00am-9:30pm (7 days a week\*)

\*During Lakeshore Canadians games and special events the track is not available. Please check the Lakeshore Canadians website for game days.

### Help provide a safe and enjoyable experience for all track users by following these practices:

- Please be considerate of all users sharing the same track, including walkers and joggers
- Please keep an eye on the monitor as it will show you which direction to go. (Direction changes on the hour, every hour)
- Wear proper footwear (running shoes or non-marking walking shoes) please NO OUTSIDE SHOES
- Please use designated lanes to walk or run in
- Walkers, please walk maximum two wide and stay on the inside of the track
- Joggers, please jog maximum two wide and stay on the outside of the track
- Stretch, warm up and cool down off the actual track near the windows

### Ages and supervision:

- Children under the age of 14 must be accompanied by an adult
- Teams using the track (max 20 participants) must have two adult coaches/managers present at all times

### The following are not permitted on the track:

- Sticks, balls, pucks or any other items which may affect the safety of walkers/runners/spectators
- Food, gum, beverages (other than water) and glass bottles
- Pets (other than service animals)
- Street shoes, spikes, inline skates, wheelies and bare feet



# Municipal Mayor and Council



**Tom Bain**  
Mayor  
519-728-2700  
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519-728-2394  
tbain@lakeshore.ca



**Al Fazio**  
Deputy-Mayor  
  
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## Councillors



**Steven Wilder**  
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**Linda McKinlay**  
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lmckinlay@lakeshore.ca

## Preschool Programs

### Indoor/Outdoor Stroller Fit

A 60 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 age children. Includes cardio drills, strength training exercise and stretching. Increases overall fitness and adds that “ab assault” which means a total body workout!

7959	Atlas Tube Centre	Wed	9:30-10:30am	10-Jan	28-Mar	\$60.83
7960	Atlas Tube Centre	Wed	9:30-10:30am	04-Apr	13-Jun	\$60.83

### Energy Busters 2 to 5 years

A mix of active play that engages movement through basic skills such as jumping, throwing, hopping, dancing, climbing reinforcing motivation, confidence, and competence in physical activity.

7792	Atlas Tube Centre	Thu	9:00-10:00am	11-Jan	29-Mar	\$68.75
7793	Atlas Tube Centre	Thu	10:15-11:15am	11-Jan	29-Mar	\$68.75
7794	Atlas Tube Centre	Thu	9:00-10:00am	05-Apr	14-Jun	\$68.75
7795	Atlas Tube Centre	Thu	10:15-11:15am	05-Apr	14-Jun	\$68.75

### Parent & Tot Floor Hockey 3 to 4 years

An opportunity for your young hockey enthusiast to come out and learn the basic skills of floor hockey in a team environment while enjoying some playing time with your child. Instructor led.

7798	Atlas Tube Centre	Sun	9:00-10:00am	14-Jan	25-Mar	\$62.50
7799	Atlas Tube Centre	Sun	9:00-10:00am	08-Apr	17-Jun	\$68.75

### Parent & Tot Soccer 3 to 4 years

A fun and interactive way to learn the fundamentals of soccer. Adults and children will have fun learning basic drills and get active playing time together as a family unit. Instructor led.

7796	Atlas Tube Centre	Tue	5:00-6:00pm	09-Jan	27-Mar	\$68.75
7797	Atlas Tube Centre	Tue	5:00-6:00pm	03-Apr	12-Jun	\$68.75

### Parent & Tot Gymnastics 18 months to 2 years (1 parent per child)

An introductory to gymnastics, basic to advanced recreational gymnastics will be taught. Equipment includes bars, vault, balance beam, floor and trampoline.

7800	Atlas Tube Centre	Fri	8:30-9:15am	12-Jan	23-Mar	\$46.80
7801	Atlas Tube Centre	Fri	9:15-10:00am	12-Jan	23-Mar	\$46.80
7802	Atlas Tube Centre	Sat	9:15-10:00am	13-Jan	31-Mar	\$51.48
7803	Atlas Tube Centre	Fri	8:30-9:15am	06-Apr	15-Jun	\$51.48
7804	Atlas Tube Centre	Fri	9:15-10:00am	06-Apr	15-Jun	\$51.48
7805	Atlas Tube Centre	Sat	9:15am-10:00am	07-Apr	16-Jun	\$51.48

<b>Preschool &amp; Tot Gymnastics 3 to 4 years (must be toilet trained)</b>						
7916	Atlas Tube Centre	Thu	4:30-5:30pm	11-Jan	29-Mar	\$68.75
7917	Atlas Tube Centre	Thu	5:30-6:30pm	11-Jan	29-Mar	\$68.75
7806	Atlas Tube Centre	Fri	10:00-11:00am	12-Jan	23-Mar	\$62.50
7807	Atlas Tube Centre	Fri	11:00-12:00pm	12-Jan	23-Mar	\$62.50
7808	Atlas Tube Centre	Fri	4:30-5:30pm	12-Jan	23-Mar	\$62.50
7809	Atlas Tube Centre	Sat	10:00-11:00am	13-Jan	31-Mar	\$68.75
7924	Atlas Tube Centre	Thu	4:30-5:30pm	05-Apr	14-Jun	\$68.75
7925	Atlas Tube Centre	Thu	5:30-6:30pm	05-Apr	14-Jun	\$68.75
7810	Atlas Tube Centre	Fri	10:00-11:00am	06-Apr	15-Jun	\$68.75
7811	Atlas Tube Centre	Fri	11:00-12:00pm	06-Apr	15-Jun	\$68.75
7812	Atlas Tube Centre	Fri	4:30-5:30pm	06-Apr	15-Jun	\$68.75
7813	Atlas Tube Centre	Sat	10:00-11:00am	07-Apr	16-Jun	\$68.75
<b>Dance Fusion 3 to 4 years</b>						
An introduction to dance that includes Tap, Jazz, Ballet and Hip Hop moves. Children review basic skills and advance their knowledge of these skills including coordination, structure, various movements and choreographic routines.						
7847	Atlas Tube Centre	Mon	5:00-6:00pm	08-Jan	26-Mar	\$68.75
7848	Atlas Tube Centre	Sat	9:00-10:00am	13-Jan	31-Mar	\$68.75
7849	Atlas Tube Centre	Sat	10:00-11:00am	13-Jan	31-Mar	\$68.75
7853	Atlas Tube Centre	Mon	5:00-6:00pm	02-Apr	18-Jun	\$68.75
7854	Atlas Tube Centre	Sat	9:00-10:00am	07-Apr	16-Jun	\$68.75
7855	Atlas Tube Centre	Sat	10:00-11:00am	07-Apr	16-Jun	\$68.75
<b>Parent &amp; Tot Messy Arts and Craft Time 2 to 4 years</b>						
Explore your child's talents through hand painting, pasting, cutting, collages, picture framing and other fun sensory materials to enhance creativity. Parent and child interaction. Older siblings welcomed.						
7814	Atlas Tube Centre	Tue	10:00-11:00am	09-Jan	27-Mar	\$78.75
7815	Atlas Tube Centre	Tue	10:00-11:00am	03-Apr	12-Jun	\$78.75
<b>Minds in Motion Toddler Program 2 to 4 years</b>						
This program will enhance your child's natural learning ability, curiosity and the zest to build, create, learn and win! Your child will be challenged with making games and creating their own "brain teasers"! This programs enhances concentration levels through various applications that create learning and fun!						
7819	Atlas Tube Centre	Wed	10:00-11:00pm	10-Jan	28-Mar	\$68.75
7820	Atlas Tube Centre	Wed	10:00-11:00pm	04-Apr	13-Jun	\$68.75

## Youth Programs

<b>Junior Gymnastics 5 to 6 years</b>						
An introduction into gymnastics. Basic to advanced recreational gymnastics will be taught. Equipment includes bars, vault, balance beam, floor and trampoline.						
8024	Atlas Tube Centre	Thu	5:30-6:30pm	11-Jan	29-Mar	\$68.75
7913	Atlas Tube Centre	Thu	6:30-7:30pm	11-Jan	29-Mar	\$68.75
7914	Atlas Tube Centre	Fri	5:30-6:30pm	12-Jan	23-Mar	\$62.50
8025	Atlas Tube Centre	Sat	10:00-11:00am	13-Jan	31-Mar	\$68.75
8026	Atlas Tube Centre	Thu	5:30-6:30pm	05-Apr	14-Jun	\$68.75
7921	Atlas Tube Centre	Thu	6:30-7:30pm	05-Apr	14-Jun	\$68.75
7922	Atlas Tube Centre	Fri	5:30-6:30pm	06-Apr	15-Jun	\$68.75
8027	Atlas Tube Centre	Sat	10:00-11:00am	07-Apr	16-Jun	\$68.75
<b>Youth Gymnastics 7 to 9 years</b>						
7918	Atlas Tube Centre	Thu	7:30-8:30pm	11-Jan	29-Mar	\$68.75
7919	Atlas Tube Centre	Fri	6:30-7:30pm	12-Jan	23-Mar	\$62.50
7920	Atlas Tube Centre	Sat	11:00-12:00pm	13-Jan	31-Mar	\$68.75
7926	Atlas Tube Centre	Thu	7:30-8:30pm	05-Apr	14-Jun	\$68.75
7927	Atlas Tube Centre	Fri	6:30-7:30pm	06-Apr	15-Jun	\$68.75
7928	Atlas Tube Centre	Sat	11:00-12:00pm	07-Apr	16-Jun	\$68.75
<b>Pre-Teen Gymnastics 10 years+</b>						
7915	Atlas Tube Centre	Fri	7:30-8:30pm	12-Jan	23-Mar	\$62.50
8028	Atlas Tube Centre	Sat	11:00-12:00pm	13-Jan	31-Mar	\$68.75
7923	Atlas Tube Centre	Fri	7:30-8:30pm	06-Apr	15-Jun	\$68.75
8029	Atlas Tube Centre	Sat	11:00-12:00pm	07-Apr	16-Jun	\$68.75
<b>Dance Fusion 5 to 7 years</b>						
A variety of dance routines that include Tap, Jazz, Ballet and Hip Hop. Children learn basic skills that enhance coordination through various movements and choreographic routines. A dance recital is planned at the end of the session						
7850	Atlas Tube Centre	Wed	5:00-6:00pm	10-Jan	28-Mar	\$68.75
7851	Atlas Tube Centre	Sat	11:00-12:00pm	13-Jan	31-Mar	\$68.75
7856	Atlas Tube Centre	Wed	5:00-6:00pm	04-Apr	13-Jun	\$68.75
7857	Atlas Tube Centre	Sat	11:00-12:00pm	07-Apr	16-Jun	\$68.75



**Dance Fusion 8 years+**

7852	Atlas Tube Centre	Sat	12:00-1:00pm	13-Jan	31-Mar	\$68.75
7858	Atlas Tube Centre	Sat	12:00-1:00pm	07-Apr	16-Jun	\$68.75

**Hip Hop Junior 5 to 7 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 level. A dance recital is planned for the end of the session.

7861	Atlas Tube Centre	Mon	6:00-7:00pm	08-Jan	26-Mar	\$68.75
7862	Atlas Tube Centre	Tue	5:00-6:00pm	09-Jan	27-Mar	\$68.75
7865	Atlas Tube Centre	Mon	6:00-7:00pm	02-Apr	18-Jun	\$68.75
7866	Atlas Tube Centre	Tue	5:00-6:00pm	03-Apr	12-Jun	\$68.75

**Hip Hop Advanced 8 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 at end of session.

7859	Atlas Tube Centre	Mon	7:00-8:00pm	08-Jan	26-Mar	\$68.75
7860	Atlas Tube Centre	Tue	6:15-7:15pm	09-Jan	27-Mar	\$68.75
7863	Atlas Tube Centre	Mon	7:00-8:00pm	02-Apr	18-Jun	\$68.75
7864	Atlas Tube Centre	Tue	6:15-7:15pm	03-Apr	12-Jun	\$68.75

**Contemporary Lyrical 8 years+**

By combining the styles of lyrical dancing and contemporary technique, dancers will learn how to tell a story using their bodies. Combining these two styles will challenge dancers to use emotion by interpreting the song's lyrics and/or the song's overall message. Lyrical and contemporary styles are expressive, detailed, and technical. Through teacher choreography, dancers will explore how to convey with music and movement the many ways to tell a story. A dance recital is planned at end of session.

7867	Atlas Tube Centre	Tue	7:30-8:30pm	09-Jan	27-Mar	\$68.75
7868	Atlas Tube Centre	Tue	7:30-8:30pm	03-Apr	12-Jun	\$68.75

**Ballet Jr. 5 to 7 years**

For young ballerina's everywhere! This class focuses on technique and balance levels of ballet. Learn grace and poise while also twirling like a ballerina. A dance recital is planned at end of session

7869	Atlas Tube Centre	Wed	6:15-7:15pm	10-Jan	28-Mar	\$68.75
7870	Atlas Tube Centre	Wed	6:15-7:15pm	04-Apr	13-Jun	\$68.75

Do you have questions regarding one of our Recreation Programs or Activities?  
 Email: [recinfo@lakeshore.ca](mailto:recinfo@lakeshore.ca) or call 519-727-0470

**Tap Sr. 8 years+**

Make noise with your feet, it's a lot of fun! This tap class uses a syllabus to teach making it fun but also challenging. With this style of teaching there is a chance to move to higher levels. A dance recital is planned at the end of the session.

7871	Atlas Tube Centre	Wed	7:30-8:30pm	10-Jan	28-Mar	\$68.75
7872	Atlas Tube Centre	Wed	7:30-8:30pm	04-Apr	13-Jun	\$68.75

**Jazz it up! 8 years+**

Try our new Jazz class! This class focuses on stretching and flexibility. Focusing on technique rather than our traditional hip hop class. This class is for our dancers that want to have fun while bringing personality into their routines! A dance recital is planned at end of the session.

7873	Atlas Tube Centre	Sat	1:00-2:00pm	13-Jan	31-Mar	\$68.75
7874	Atlas Tube Centre	Sat	1:00-2:00pm	07-Apr	16-Jun	\$68.75

**Jr. Art Class 5 to 7 years**

Explore your natural talents when using paints, pastels and clay. Create works of art through sketching, drawing, collages and mask making. Collect all of your projects for an end of session art exhibit. Cost of art supplies included in this fee.

7875	Atlas Tube Centre	Mon	6:00-7:00pm	08-Jan	26-Mar	\$78.75
7877	Atlas Tube Centre	Mon	6:00-7:00pm	02-Apr	18-Jun	\$78.75

**Sr. Art Class 8 years+**

Come expand on your creativity using paints, pastels, watercolours and clay. Enhance your skills through drawing, collages and mask making. Collect all of your projects for an end of session art exhibit.

7876	Atlas Tube Centre	Mon	7:00-8:00pm	08-Jan	26-Mar	\$78.75
7878	Atlas Tube Centre	Mon	7:00-8:00pm	02-Apr	18-Jun	\$78.75

**Beginner Chef Cooking Classes 8 years+ (5 week courses per session)**

Young chefs will learn how to create healthy meals and snacks for the family. Learning basic kitchen skills including safety and cleaning practices. Cooking with fresh vegetables, fruit, desserts and healthy snack options are also part of this basic cooking class for new learners. Cost of supplies included in the registration fee.

7891	Libro Community Centre	Mon	6:30pm-8:00pm	08-Jan	05-Feb	\$71.90
7892	Libro Community Centre	Mon	6:30pm-8:00pm	12-Feb	19-Mar	\$71.90
7895	Libro Community Centre	Mon	6:30pm-8:00pm	02-Apr	30-Apr	\$71.90
7896	Libro Community Centre	Mon	6:30pm-8:00pm	07-May	11-Jun	\$71.90



Stay up to date on what is happening in the Town of Lakeshore. If there are any changes/cancellations to programs we will post it on Facebook.

**Intermediate Chef Cooking Classes 8 years+ (5 week courses per session)**

Ideal for return students who wish to expand their skills through a variety of recipes that include cooking with meats, vegetables, fruit and snack options. Learning basic theory of recipe formation is another area of discovery for these return chefs. Cost of supplies included in the registration fee.

7893	Libro Community Centre	Wed	6:30pm-8:00pm	10-Jan	07-Feb	\$71.90
7894	Libro Community Centre	Wed	6:30pm-8:00pm	14-Feb	21-Mar	\$71.90
7897	Libro Community Centre	Wed	6:30pm-8:00pm	04-Apr	02-May	\$71.90
7898	Libro Community Centre	Wed	6:30pm-8:00pm	09-May	06-Jun	\$71.90

**Messy Science 5 to 7 years**

Enjoy the fun with hands on experimenting with various materials and equipment. Learn about crazy color reactions, baking soda experiments, and a step by step volcano creation with an awesome finale. Team building fun through science related games are also part of this great session.

7879	Atlas Tube Centre	Wed	6:00-7:00pm	10-Jan	28-Mar	\$68.75
7880	Comber Comm. Centre	Wed	6:00-7:00pm	10-Jan	28-Mar	\$68.75
7889	Libro Community Centre	Sat	10:00-11:00am	13-Jan	31-Mar	\$68.75
7882	Atlas Tube Centre	Wed	6:00-7:00pm	10-Jan	28-Mar	\$68.75
7883	Comber Comm. Centre	Wed	6:00-7:00pm	04-Apr	13-Jun	\$68.75
7890	Libro Community Centre	Sat	10:00-11:00am	07-Apr	16-Jun	\$68.75

**Creative Science 8 years+**

Enjoy the fun with hands on experimenting with various materials and equipment. Learn about crazy color reactions, a step by step volcano creation with an awesome finale. A biology component and science trivia games are also part of this team building fun.

7881	Atlas Tube Centre	Wed	7:15-8:15pm	10-Jan	28-Mar	\$68.75
7884	Atlas Tube Centre	Wed	7:15-8:15pm	04-Apr	13-Jun	\$68.75

**NEW Guitar Lessons 8 years+**

Students will be introduced to the basic cords and proceed throughout the session with ability to play a song of their choice. Beginners and intermediate learners welcomed. Must provide guitar and guitar tuner.

7841	Atlas Tube Centre	Wed	5:30-6:30pm	10-Jan	28-Mar	\$68.75
7842	Atlas Tube Centre	Wed	5:30-6:30pm	04-Apr	13-Jun	\$68.75

**NEW Creative Writing 8 years+**

Develop a love of writing through various styles such as poetry, short stories, essay writing and other types yet to discover. A fun and creative way to enhance expression through written words and exploring personal favorites.

7835	Atlas Tube Centre	Mon	7:00-8:00pm	08-Jan	26-Mar	\$68.75
7836	Atlas Tube Centre	Mon	7:00-8:00pm	02-Apr	18-Jun	\$68.75

**Drop in Play/Kids & Parents (Gymnasium)**

Children under 14 years must be supervised. Play your favourite sport as a family. Equipment included.

Atlas Tube Centre	Mon	4:00-5:00pm	08-Jan	26-Mar	\$12.00/ family
Atlas Tube Centre	Mon	4:00-5:00pm	02-Apr	18-Jun	\$12.00/ family
Atlas Tube Centre	Tue	4:00-5:00pm	09-Jan	27-Mar	\$12.00/ family
Atlas Tube Centre	Tue	4:00-5:00pm	03-Apr	12-Jun	\$12.00/ family

**Jr. Basketball 6 to 9 years**

Instructional play by learning the fundamentals of the sport in a team environment.

7900	Atlas Tube Centre	Mon	5:00-6:00pm	08-Jan	26-Mar	\$68.75
7902	Atlas Tube Centre	Mon	5:00-6:00pm	02-Apr	18-Jun	\$68.75

**Intermediate Basketball 10 years+**

Instructional play through skill building in a team environment, all skill levels welcomed.

7899	Atlas Tube Centre	Tue	7:00-8:00pm	09-Jan	27-Mar	\$68.75
7901	Atlas Tube Centre	Tue	7:00-8:00pm	03-Apr	12-Jun	\$68.75

**Youth Soccer 5 to 9 years**

Skill and drills through team play. Children will master their skills while having fun and making new friends.

7903	Atlas Tube Centre	Tue	6:00-7:00pm	09-Jan	27-Mar	\$68.75
7904	Atlas Tube Centre	Tue	6:00-7:00pm	03-Apr	12-Jun	\$68.75

**Jr. Floor Hockey 5 to 11 years**

An opportunity for your young hockey enthusiast to come out and learn the skill of floor hockey in a structured team environment.

7905	Atlas Tube Centre	Wed	5:00-6:00pm	10-Jan	28-Mar	\$68.75
7907	Atlas Tube Centre	Wed	5:00-6:00pm	04-Apr	13-Jun	\$68.75

**Youth Volleyball 10 years+**

Instructional play by teaching the rules of the sport in a team environment, all skill levels welcomed.

7909	Atlas Tube Centre	Wed	6:00-7:00pm	10-Jan	28-Mar	\$68.75
7910	Atlas Tube Centre	Wed	6:00-7:00pm	04-Apr	13-Jun	\$68.75

**Youth Badminton**

Instructional play by teaching children the rules of badminton in a team environment. Progressive learning included for return participants.

7911	Atlas Tube Centre	Wed	7:00-8:00pm	10-Jan	28-Mar	\$68.75
7912	Atlas Tube Centre	Wed	7:00-8:00pm	04-Apr	13-Jun	\$68.75

### Intermediate Soccer 10 years+

Progressive skill building and drills through team play.

7906	Atlas Tube Centre	Sun	10:00-11:00am	14-Jan	25-Mar	\$62.50
7908	Atlas Tube Centre	Sun	10:00-11:00am	08-Apr	17-Jun	\$68.75

### NEW Cardio & Tone 14 to 18 years

Exercise at your own pace while getting toned and conditioned. Benefits include maintaining a healthy weight, more energetic, and promotes a better outlook in terms of self-confidence and social interaction.

7969	Atlas Tube Centre	Sun	11:00-12:00pm	14-Jan	25-Mar	\$62.50
7970	Atlas Tube Centre	Sun	11:00-12:00am	08-Apr	17-Jun	\$68.75

### Youth Karate 8 years+

Goju-Ryu Karate (GKK) has helped children develop self-confidence plus improve agility and reflexes through positive reinforcement.

7824	Atlas Tube Centre	Wed	6:00-7:00pm	10-Jan	28-Mar	\$68.75
7825	Atlas Tube Centre	Wed	6:00-7:00pm	04-Apr	13-Jun	\$68.75

### Youth Yoga 8 years+

An introduction to yoga. Breath works, poses, stretches, games, relaxation, meditation will all be a part of this hour of happiness and positive energy. Mat required.

7837	Atlas Tube Centre	Tue	6:00-7:00pm	09-Jan	27-Mar	\$68.75
7838	Atlas Tube Centre	Tue	6:00-7:00pm	03-Apr	12-Jun	\$68.75

### Mom & Daughter Yoga 10 years+

This class incorporates the entire body in a series of postures with deep diaphragmatic breathing leaving you feeling refreshed and peaceful. Class includes yoga postures, breathing and meditation. Mat Required.

7839	Atlas Tube Centre	Tue	7:30-8:30pm	09-Jan	27-Mar	\$68.75
7840	Atlas Tube Centre	Tue	7:30-8:30pm	03-Apr	12-Jun	\$68.75

**Psssst!**  
*Did you hear the big news?*

**Canterbury ElderCollege**  
*is now offering courses at the*  
**Atlas Tube Centre**  
*and the*  
**Libro Community Centre!**

Educational, fun, and social courses for those 55 and better!

trips • arts • history • food + drink • activities

Call us about our Spring 2018 semester!

[laura@uwindsor.ca](mailto:laura@uwindsor.ca)  
519-253-3000 x4944  
[www.uwindsor.ca/canterbury/eldercollege](http://www.uwindsor.ca/canterbury/eldercollege)



## PA Day Activities

Full Day Camp, 4 to 11 years for only \$40 per day!

Winter Session dates: January 19, February 16, March 23 Code # 8014

Spring Session date: June 8

Code # 8016



Daily supervision from 7:30 am-5:30 pm. Daily swim and skate and active play in between. Child centered physical activities based on the *in motion* Health Promotion Strategy. Activities are fun and interactive. Day Camp staff trained through HIGH FIVE QUALITY AT PLAY Standards including First Aid/CPR certification. **Healthy lunch available for \$5.50 per child.** Register your lunch option with Code # **8015 (Winter Session)** Code # **8017 (spring Session)**

### Home Alone Course 9 to 12 years

This program helps children and their families get ready for their child's first steps towards independence and being without adult supervision. Safety and accident prevention are the common theme throughout the program. **Please bring a lunch, snacks and water bottle.** Fee includes quiz and certificate. Register early. Limit 20 per class .

7885	Atlas Tube Centre	Friday	9:00am-3:00pm	19-Jan	\$42.00
7886	Atlas Tube Centre	Friday	9:00am-3:00pm	16-Feb	\$42.00
7887	Atlas Tube Centre	Friday	9:00am-3:00pm	23-Mar	\$42.00
7888	Atlas Tube Centre	Friday	9:00am-3:00pm	08-Jun	\$42.00

### Learn to Babysit 11 to 14 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 baby bottle to practice with. Bring a lunch, snacks and water bottle.** Fee includes certificate and written exam. Register early. Limit 20 per class.

7843	Atlas Tube Centre	Friday	9:00am-4:00pm	19-Jan	\$57.00
7844	Atlas Tube Centre	Friday	9:00am-4:00pm	16-Feb	\$57.00
7845	Atlas Tube Centre	Friday	9:00am-4:00pm	23-Mar	\$57.00
7846	Atlas Tube Centre	Friday	9:00am-4:00pm	08-Jun	\$57.00



### Teen Dances Grades 6, 7 & 8 students—Fully Supervised

Kids! Join us at the Atlas Tube Centre for the monthly Teen Dance! Register on line or purchase your tickets in advance to reserve your spot today! Canteen available. Teen pick up inside the front lobby.

7826	Atlas Tube Centre	Friday	7:00-10:00pm	05-Jan	\$6.00
7827	Atlas Tube Centre	Friday	7:00-10:00pm	09-Feb	\$6.00
7828	Atlas Tube Centre	Friday	7:00-10:00pm	02-Mar	\$6.00
7829	Atlas Tube Centre	Friday	7:00-10:00pm	06-Apr	\$6.00
7830	Atlas Tube Centre	Friday	7:00-10:00pm	04-May	\$6.00
7831	Atlas Tube Centre	Friday	7:00-10:00pm	01-Jun	\$6.00

## Workshops

### Standard First Aid/CPR-C/AED Certification Full Course (Lifesaving Society)

Learn treatment of all injuries and illnesses such as circulatory and respiratory emergencies, bone and joint injuries, head/neck injury related emergencies and appropriate follow up care. This course also includes CPR on adult, child and infants, conscious to unconscious choking and the use of an automated external defibrillator.

7817	Atlas Tube Centre	Sat/Sun	9:00-5:00pm	24-Feb	25-Feb	\$105.00
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### Standard First Aid/CPR-C/AED Recertification (Lifesaving Society)

Lifesaving Society's Standard First Aid program is only valid for 2 years and requires recertification to review the material and prove proficiency. Course includes CPR and AED training.

7822	Atlas Tube Centre	Sun	9:00-5:00pm	06-May	06-May	\$66.00
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### CPR-C including AED Certification (Lifesaving Society)

This course covers all aspects of CPR skills and theory for adult, child and infant victims including two-rescuer CPR skills. CPR-C includes emphasizes the importance of early defibrillation and how to use an AED.

7818	Atlas Tube Centre	Sat	9:00-5:00pm	10-Feb	10-Feb	\$30.00
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### High Five—Principles of Healthy Childhood Development, Course 100

A one day training program that teaches front line leaders in depth knowledge of the HIGH FIVE standards and principles of healthy child development through specialized training, innovative tools and resources to help organizations keep healthy child development at the forefront of their programs.

7979	Atlas Tube Centre	Sat	9:30-5:30pm	27-Jan	\$77.00
7980	Atlas Tube Centre	Sat	9:30-5:30pm	24-Mar	\$77.00
7981	Atlas Tube Centre	Sat	9:30-5:30pm	21-Apr	\$77.00
7982	Atlas Tube Centre	Sat	9:30-5:30pm	19-May	\$77.00
7983	Atlas Tube Centre	Sat	9:30-5:30pm	09-Jun	\$77.00

## March Break In Motion Week - March 12th to 16th

### March Break Camp 4 years and up!

Daily Supervision from 7:30am to 5:30pm. Come join us for the week or just for the day! Theme day activities. Child centered physical activities based on the In Motion Health Promotion Strategy. Activities are fun and interactive. Day Camp staff trained through the HIGH FIVE QUALITY AT PLAY standards and guidelines including First Aid/CPR certification. Healthy Lunch packages also available Code# 8019. Please register prior to date of attendance.

8018	Atlas Tube Centre	Mon-Fri	7:30-5:30pm	March 12-16	\$150.00/full week \$40.00/per day
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**Recreation Swim Daily** 1:00pm-3:30pm Cost: \$3.25 per person

(Swim Admission Policy Applies)

**Public Skate Daily** 10:00am-12:00pm Cost: \$2.00 per person

(Helmets Recommended)

**FREE Recreation Swim** Friday, March 16th Time: 6:30pm-8:00pm

(Swim Admission Policy Applies)

## Adult Fitness/Wellness/Leisure

Adults (55 years and older) are eligible for a 10% discount on registered programs excluding Zoomers fitness, Shuffleboard, Badminton and Pickleball.

Note: Drop in rate applicable to daytime programs only - \$7.08 per class (instructor led)

### Super Burn and Firm

This class offers cardio, strength training, core and stretches for a total workout. Bonus: relax/meditation leaving you refreshed at the end of the class.

7965	Atlas Tube Centre	Mon	6:00-7:00pm	08-Jan	26-Mar	\$60.83
7966	Atlas Tube Centre	Mon	6:00-7:00pm	02-Apr	18-Jun	\$60.83

### Boxalates

Cardio kickboxing with a Pilate 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. Bonus: relax/meditation at the end.

7967	Atlas Tube Centre	Mon	7:00-8:00pm	08-Jan	26-Mar	\$60.83
7968	Atlas Tube Centre	Mon	7:00-8:00pm	02-Apr	18-Jun	\$60.83



*Our Place, Our Time*



### NEW Total Tabata Strength

This tabata-style class is a total body program that incorporates strength training, cardio, core work and flexibility. Challenging your entire body with high intensity, short duration exercise. Modified exercises make this class great for all fitness levels. Use of all fitness equipment is encouraged.

7951	Atlas Tube Centre	Thu	5:00-6:00pm	11-Jan	29-Mar	\$60.83
7952	Atlas Tube Centre	Thu	5:00-6:00pm	05-Apr	14-Jun	\$60.83

### Women on Weights

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.

7953	Atlas Tube Centre	Thu	6:00-7:00pm	11-Jan	29-Mar	\$60.83
7954	Atlas Tube Centre	Thu	6:00-7:00pm	05-Apr	14-Jun	\$60.83

### Pilates Flex & Twist

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, working your body & mind to strengthen your mind/body connection. You will achieve far superior results with overall muscular balance and flexibility. Using rings, bands, balls and mats.

7955	Atlas Tube Centre	Thu	7:00-8:00pm	11-Jan	29-Mar	\$60.83
7956	Atlas Tube Centre	Thu	7:00-8:00pm	05-Apr	14-Jun	\$60.83

### Kettlebell

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

7957	Atlas Tube Centre	Sat	9:00-10:00am	13-Jan	31-Mar	\$60.83
7958	Atlas Tube Centre	Sat	9:00-10:00am	07-Apr	16-Jun	\$60.83

### NEW Piloxing

Uniquely blending two of the industry's most powerful and timeless disciplines of Pilates and Boxing, PILOXING® adds a third element of dance into this high-energy interval workout. This dynamic program moves through heart-pumping, powerful boxing combinations to sculpting and lengthening Pilates-influenced movement to 'let yourself GO' dance releases, and back around again. Never have you enjoyed sweating so much.

7961	Atlas Tube Centre	Wed	10:30-11:30am	10-Jan	28-Mar	\$60.83
7962	Atlas Tube Centre	Wed	10:30-11:30am	04-Apr	13-Jun	\$60.83

<b>Line Dancing</b>						
Beginners welcome! Line Dancing involves simple step sequences to help build your muscle memory in a fun environment through music of all types. Winter session is a 9 week program only.						
7944	Atlas Tube Centre	Mon	7:30-8:30pm	22-Jan	26-Mar	\$49.77
7945	Atlas Tube Centre	Mon	7:30-8:30pm	02-Apr	18-Jun	\$60.83
<b>Ballroom Dance - Beginners</b>						
Learn the basics of the Cha Cha, Rumba, Swing, and the Waltz for the first 1/2 of the session. The second 1/2 continues with Merengue, Salsa, Foxtrot and the Tango. Recital Dance and celebration on the final date of session. Note: Register per person at assessed fee.						
7948	Atlas Tube Centre	Wed	8:15-9:15pm	10-Jan	28-Mar	\$60.83
7949	Atlas Tube Centre	Wed	8:15-9:15pm	04-Apr	13-Jun	\$60.83
<b>Ballroom Dance - Intermediate</b>						
For those who have already taken the beginner level, this class adds more onto the Cha Cha, Rumba, Swing Tango, Merengue and the Waltz creating more enjoyable fun as you begin to expand your dancing routine. Recital Dance celebration on the final day of the session. Note: Register per person at assessed fee.						
7947	Atlas Tube Centre	Thu	8:00-9:00pm	11-Jan	29-Mar	\$60.83
7950	Atlas Tube Centre	Thu	8:00-9:00pm	05-Apr	14-Jun	\$60.83
<b>Zumba Dance</b>						
7963	Comber Centre	Tue	7:00-8:00pm	09-Jan	27-Mar	\$60.83
7964	Comber Centre	Tue	7:00-8:00pm	03-Apr	12-Jun	\$60.83
<b>Yoga 18 years+</b>						
7930	Atlas Tube Centre	Mon	6:30-7:30pm	08-Jan	26-Mar	\$60.83
7931	Atlas Tube Centre	Tue	10:00-11:00am	09-Jan	27-Mar	\$60.83
7932	Comber Centre	Tue	10:00-11:00am	09-Jan	27-Mar	\$60.83
7933	Libro Centre	Tue	7:00-8:00pm	09-Jan	27-Mar	\$60.83
7934	Atlas Tube Centre	Wed	7:15-8:15pm	10-Jan	28-Mar	\$60.83
7936	Atlas Tube Centre	Thu	10:00-11:00am	11-Jan	29-Mar	\$60.83
7937	Atlas Tube Centre	Mon	6:30-7:30pm	02-Apr	18-Jun	\$60.83
7938	Atlas Tube Centre	Tue	10:00-11:00am	03-Apr	12-Jun	\$60.83
7939	Comber Centre	Tue	10:00-11:00am	03-Apr	12-Jun	\$60.83
7940	Libro Centre	Tue	7:00-8:00pm	03-Apr	12-Jun	\$60.83
7941	Atlas Tube Centre	Wed	7:15-8:15pm	04-Apr	13-Mar	\$60.83
7943	Atlas Tube Centre	Thu	10:00-11:00am	05-Apr	14-Jun	\$60.83

**Drop In Basketball 16 years+**

Atlas Tube Centre	Mon	12:00-2:00pm	08-Jan	26-Mar	\$6.00/visit
Atlas Tube Centre	Mon	12:00-2:00pm	02-Apr	18-Jun	\$6.00/visit

**Drop In Badminton 16 years+**

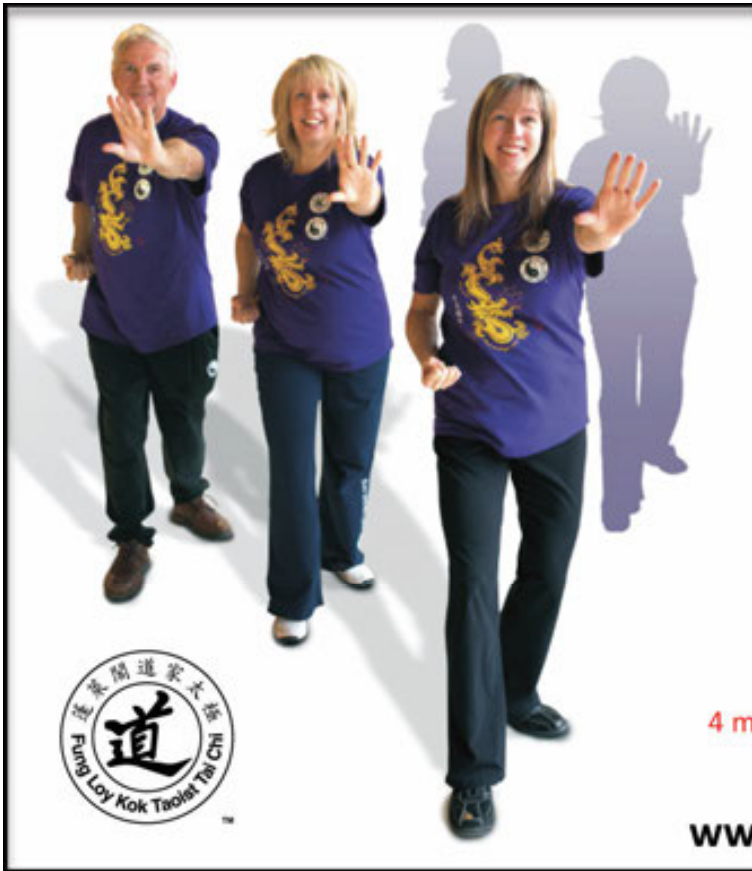
Atlas Tube Centre	Mon	2:00-4:00pm	08-Jan	26-Mar	\$6.00/visit
Atlas Tube Centre	Wed	8:00-9:30pm	10-Jan	28-Mar	\$6.00/visit
Atlas Tube Centre	Mon	2:00-4:00pm	02-Apr	18-Jun	\$6.00/visit
Atlas Tube Centre	Wed	8:00-9:30pm	04-Apr	13-Jun	\$6.00/visit

**Drop In Open Gym Time (Adults)**

Atlas Tube Centre	Wed	3:00-4:00pm	10-Jan	28-Mar	\$6.00/visit
Atlas Tube Centre	Sat	5:00-7:00pm	13-Jan	31-Mar	\$6.00/visit
Atlas Tube Centre	Wed	3:00-4:00pm	04-Apr	13-Jun	\$6.00/visit
Atlas Tube Centre	Sat	5:00-7:00pm	07-Apr	16-Jun	\$6.00/visit

**3 on 3 Basketball**

Atlas Tube Centre	Mon	8:00-9:30pm	08-Jan	26-Mar	\$6.00/visit
Atlas Tube Centre	Mon	8:00-9:30pm	02-Apr	18-Jun	\$6.00/visit



**Tai Chi Classes  
For Better Health**

**Atlas Tube Centre  
Belle River, Ontario**

**Thursday January 11 , 2018**  
 Open House 10:00 to 10:45 am  
 Beginner Class 10:00 to 11:30 am

**Thursday May 3, 2018**  
 Open House 10:00 to 10:45 am  
 Beginner Class 10:00 to 11:30 am

**4 months beginner session with Unlimited attendance  
at all locations In Windsor & Essex County**

**www.taoist.org Call 519-255-9744**

### Introduction to Digital Photography

A complete review of your camera's functions and digital image optimization. This course includes theory as well as practical learning out in the field. Photographing actual people in a studio along with image processing is also part of this step by step instructional workshop. Complete course summary is available. Digital camera required.

7977	Atlas Tube Centre	Thu	7:00-8:00pm	11-Jan	29-Mar	\$70.62
7978	Atlas Tube Centre	Thu	7:00-8:00pm	05-Apr	14-Jun	\$70.62

### NEW Do it Yourself Home Decorating Tips

Looking to add the finishing touches to your new home or make a change to an existing one. Learn how to select colors, materials and furniture to match your style and interest.

7973	Atlas Tube Centre	Tue	6:30-7:30pm	09-Jan	27-Mar	\$70.62
7974	Atlas Tube Centre	Thu	10:00-11:00am	11-Jan	29-Mar	\$70.62
7975	Atlas Tube Centre	Tue	6:30-7:30pm	03-Apr	12-Jun	\$70.62
7976	Atlas Tube Centre	Thu	10:00-11:00am	05-Apr	14-Jun	\$70.62

## Active Aging Series - 55 years+

Adults (55 years and older) are eligible for a 10% discount on registered programs excluding Zoomers Fitness, Shuffleboard, Badminton and Pickleball.

Note: Drop in rates applicable to daytime fitness programs only - \$4.65 per class

### Art Lessons (beginners and advanced welcomed)

This class offers the skills required to create various pieces of art through techniques such as sketching, using oils, pastels and watercolours. Supplies included in the registration fee.

7971	Atlas Tube Centre	Tue	10:00-11:00am	09-Jan	27-Mar	\$80.62
7972	Atlas Tube Centre	Tue	10:00-11:00am	03-Apr	12-Jun	\$80.62

### Introductory Computer Skills

Brush up or learn new skills with this course. Bring your iPad (any Apple devices) or lap top (Microsoft devices) and learn basic to advanced skills where required. Surf the net, email, download books, camera and photo functions and much more. (Mondays - Apple devices) - (Thursdays - Microsoft version)

7996	Atlas Tube Centre	Mon	10:00-11:00am	08-Jan	26-Mar	\$70.62
7997	Atlas Tube Centre	Thu	10:00-11:00am	11-Jan	29-Mar	\$70.62
7998	Atlas Tube Centre	Mon	10:00-11:00am	02-Apr	18-Jun	\$70.62
7999	Atlas Tube Centre	Thu	10:00-11:00am	05-Apr	14-Jun	\$70.62

**NEW Guitar Lessons**

Students will be introduced to the basic cords and proceed throughout the session with ability to play. Beginners and intermediate learners welcomed. Must provide a guitar and guitar tuner.

8020	Atlas Tube Centre	Wed	1:00-2:00pm	10-Jan	28-Mar	\$70.62
8021	Atlas Tube Centre	Wed	1:00-2:00pm	04-Apr	13-Jun	\$70.62

**NEW Learn to Make a Lap Quilt**

This class takes us from start to finish from designing, cutting squares, sewing, quilting and bordering into a fine piece of art for that special someone. Quilting materials not included; required by the second class based on feedback provided by the instructor in the initial class.

7994	Atlas Tube Centre	Thu	3:30-5:00pm	11-Jan	29-Mar	\$105.93
7995	Atlas Tube Centre	Thu	3:30-5:00pm	05-Apr	14-Jun	\$105.93

**Pickleball**

Join us Monday through Thursday and see what this game of pickleball is all about!

Drop in fee \$3.75 per visit. Pickleball Punch Pass now available, purchase 10 admissions for the price of 9 or register for the full session (non-instructor led)

Atlas Tube Centre	Mon	9:45-11:45am	08-Jan	26-Mar	\$36.52
Atlas Tube Centre	Tue	2:00-4:00pm	09-Jan	27-Mar	\$36.52
Atlas Tube Centre	Wed	1:00-3:00pm	10-Jan	28-Mar	\$36.52
Atlas Tube Centre	Thu	1:00-3:00pm	11-Jan	29-Mar	\$36.52
Comber Centre	Mon	7:00-9:00pm	08-Jan	26-Mar	\$36.52
Atlas Tube Centre	Mon	9:45-11:45am	02-Apr	18-Jun	\$36.52
Atlas Tube Centre	Tue	2:00-4:00pm	03-Apr	12-Jun	\$36.52
Atlas Tube Centre	Wed	1:00-3:00pm	04-Apr	13-Jun	\$36.52
Atlas Tube Centre	Thu	1:00-3:00pm	05-Apr	14-Jun	\$36.52
Comber Centre	Mon	7:00-9:00pm	02-Apr	18-Jun	\$36.52

**Learn to Play Pickleball**

Instructor Led – Must Register – 11 week session—2 hour class

Basic playing, drills, strategy of the game, health and safety initiatives.

8008	Atlas Tube Centre	Tue	9:00-11:00am	09-Jan	27-Mar	\$63.36
8009	Atlas Tube Centre	Tue	9:00-11:00am	03-Apr	12-Jun	\$63.36

### Zoomers Fitness

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. Note: No class on Friday, March 30 (Good Friday)

7986	Atlas Tube Centre	Mon/Wed	8:30-9:30am	08-Jan	28-Mar	\$63.36
7987	Atlas Tube Centre	Mon/Wed/Fri	8:30-9:30am	08-Jan	28-Mar	\$92.16
7989	Libro Centre	Mon/Wed	9:00-10:00am	08-Jan	28-Mar	\$63.36
7988	Comber Centre	Mon/Wed	10:45-11:45am	08-Jan	28-Mar	\$63.36
7990	Atlas Tube Centre	Mon/Wed	8:30am-9:30am	02-Apr	18-Jun	\$63.36
7991	Atlas Tube Centre	Mon/Wed/Fri	8:30am-9:30am	02-Apr	18-Jun	\$95.04
7993	Libro Centre	Mon/Wed	9:00-10:00am	02-Apr	18-Jun	\$63.36
7992	Comber Centre	Mon/Wed	10:45-11:45am	02-Apr	18-Jun	\$63.36

### NEW Gentle Movement Fitness

This exercise program is for all ages and abilities which focuses on the body and brain and is done in a chair to fun, lively music. Exercises done during this class will focus on everyday movements while promoting enhancement to joint mobility, flexibility, coordination, balance, and playfulness. Modifications can be done to ensure a fun and functional class.

8022	Atlas Tube Centre	Thu	10:00– 11:00am	11-Jan	29-Mar	\$31.68
8023	Atlas Tube Centre	Thu	10:00– 11:00am	05-Apr	14-Jun	\$31.68

### Shuffleboard

Great way to obtain your daily physical activity needs, have fun and meet new people. Court provided. Players provide their own stick. Instructions provided for first time players. Drop in fee \$3.75 per visit register at the full session rate.

8010	Atlas Tube Centre	Tue	9:00am-12:00pm	09-Jan	27-Mar	\$36.52
8011	Atlas Tube Centre	Tue	9:00am-12:00pm	03-Apr	12-Jun	\$36.52

### Ball Room Dance

Learn the basics of the Rumba, Meringue, Fox Trot and slow waltz. Registration is per person.


7984	Atlas Tube Centre	Thu	2:00-3:00pm	11-Jan	29-Mar	\$31.68
7985	Atlas Tube Centre	Thu	2:00-3:00pm	05-Apr	14-Jun	\$31.68



**Urban Pole Clinics**


Learn to walk with urban poles to enhance your walking regiment. Instructor led classes.


8000	Atlas Tube Centre	Tue	9:00-11:00am	16-Jan	16-Jan	\$5.25
8001	Atlas Tube Centre	Thu	9:00-11:00am	25-Jan	25-Jan	\$5.25
8002	Atlas Tube Centre	Tue	9:00-11:00am	13-Feb	13-Feb	\$5.25
8003	Atlas Tube Centre	Thu	9:00-11:00am	22-Feb	22-Feb	\$5.25
8004	Atlas Tube Centre	Tue	9:00-11:00am	06-Mar	06-Mar	\$5.25
8005	Atlas Tube Centre	Thu	9:00-11:00am	22-Mar	22-Mar	\$5.25
8006	Atlas Tube Centre	Tue	9:00-11:00am	03-Apr	03-Apr	\$5.25
8007	Atlas Tube Centre	Thu	9:00-11:00am	19-Apr	19-Apr	\$5.25



**FAMILIES IN MOTION DAY**  
**Monday, February 19th, 2018**  
**Atlas Tube Centre**

**Join us for an afternoon of Family Fun!**





Free In Motion Family Swim – 1:00pm to 3:30pm  
 Free In Motion Family Skate – 1:00pm to 3:00pm

Don't forget to complete a ballot for a chance to win a free March Break Day Camp Pass or free Swim and Skate passes Face Painting & a healthy snack are also part of this fun day!



**DIAMOND  
& DIAMOND™**  
 LAWYERS



**Contact Steven Wilder**  
**at 519-981-9529**  
**steven@diamondlaw.ca**

ATLAS TUBE CENTRE

# PUBLIC SKATING SCHEDULE

(January 2-March 29, 2018)

ACTIVITY	FEE	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Drop-in Hockey (ages 18+)</b>	\$5.25	9-10am	9-10am	9-10am	9-10am	9-10am		
<b>Adult Skate (ages 16+)</b>	FREE	10-11am	10-11am	10-11am	10-11am	10-11am		
<b>Parent &amp; Tot Skate (ages 6 &amp; under)</b>	FREE	11am-12pm	11am-12pm	11am-12pm	11am-12pm	11am-12pm		
<b>Preschool Sticks &amp; Pucks (ages 6 and under)</b>	FREE	12-1pm	12-1pm	12-1pm	12-1pm	12-1pm		
<b>Adult Sticks &amp; Pucks (ages 16+)</b>	FREE	1-2pm	1-2pm	1-2pm	1-2pm	1-2pm		
<b>Figure Skating</b>	\$10.00					10am-12pm		
<b>Drop-in Hockey (ages 14-18)</b>	\$5.25					3:45-4:35pm		
<b>Drop-in Hockey (ages 7-13)</b>	\$5.25					4:45-5:35pm		
<b>Tykes &amp; Parents Sticks &amp; Pucks (ages 3-6)</b>	\$5.25 Parent is FREE					4:15-5:05pm		
<b>Public Skating</b>	\$2.00						2:45-3:35pm	1:15-2:35pm

- \* Please check the [www.lakeshore.ca/recreation](http://www.lakeshore.ca/recreation) for information updates as tournaments or unforeseen events will change this schedule. Public Skating is cancelled on the following holidays and tournaments—January 3, January 27-28, February 19, March 27-28, March 29-April 1.
- \* Additional Public Skating has been added on Family Day, February 19 (1:00-3:00pm) and March Break daily, March 12-16 (10am-12pm).
- \* PA Day Skates on January 19, February 16 and March 23 are from 10am-12pm.
- \* Helmets are strongly recommended for all Public Skating.
- \* A separate Public Skating Schedule will be available at [www.lakeshore.ca/recreation](http://www.lakeshore.ca/recreation) for Spring ice times (April 2-June 29)
- \* Please respect the scheduled ice times; do not go on early or stay late as this impacts the times scheduled for other groups.
- \* Please Note: The Town of Lakeshore reserves the right to make changes to the above Public Skating times as required.



# WFCU Community Pools Information and Schedule

## Aquatic Fitness Schedule

Type	Duration & Cost			
Adult Pool Recreation Membership	30 days for \$42.00	90 days for \$115.00	180 days for \$205.00	365 days for \$370.00
Enhanced Adult Pool Membership	30 days for \$52.00	90 days for \$140.00	180 days for \$250.00	365 days for \$450.00
Lengths Punch Pass	10 admissions for \$47.25			
Aquafit Punch Pass	10 admissions for \$56.25			
Lengths Drop In	1 admission for \$5.25			
Aquafit Drop In	1 admission for \$6.25			

Program	Monday	Tuesday & Thursday	Wednesday	Friday	Saturday & Sunday
Lengths (Lap only)	12:00-1:00pm 3:30-5:00pm	12:00-1:00pm 3:30-5:00pm	12:00-1:00pm 3:30-5:00pm 8:00-9:00pm	12:00-1:00pm 3:30-5:00pm 8:00-9:00pm	6:30-8:45am
Lengths & Leisure Swim	6:30-9:00am 2:00-3:30pm	6:30-9:00am 2:00-3:30pm	6:30-9:00am 2:00-3:30pm	6:30-9:00am 2:00-3:30pm	N/A
Aquafit	9:00-10:00am 10:00-11:00am 11:00-12:00pm 1:00-2:00pm 8:00-9:00pm	9:00-10:00am 10:00-11:00am 11:00-12:00pm 8:00-9:00pm	9:00-10:00am 10:00-11:00am 11:00-12:00pm	9:00-10:00am 10:00-11:00am 11:00-12:00pm 1:00-2:00pm	N/A

Cancellations: Aquafit from 1:00-2:00pm and Lengths & Leisure Swim from 2:00-3:30pm on January 19, February 16, 19, March 12-16, 23, June 8

Lengths & Leisure Swim from 6:30-7:30am on January 8, 10, 12, 15, 17, 19, 22, 24, February 2, 5, 7, 9, 12, 14, 21, 23, 26

Note: The Town of Lakeshore reserves the right to make changes to the above swim times at any time.

The Town of Lakeshore offers Standard First Aid with CPR-C & AED courses at an affordable price (WSIB Certified). Get your First Aid certification for School or Work with us!

Program	Program Limit	Pools Available	Details
Lengths (Lap only)	Maximum 24 Participants	Lap, Spa	4 lane circle swim: swim in lanes must be in a circular direction, staying to the right. Please choose the lane that best fits your speed
Lengths & Leisure Swim	Maximum 48 Participants	Lap. Leisure, Spa	4 lane circle swim in Lap pool. Leisure Swim in the Leisure pool
Aquafit	Maximum 24 Participants	Lap	This class conditions the entire body while keeping your heart rate up and burning calories. Some cooldown following the class will allow for time in the Spa.

## Family & Recreational Swimming

Program	Monday—Thursday	Friday	Saturday	Sunday
Recreational Swims	N/A	6:30-8:00pm	1:30-3:30pm 6:00-8:00pm	1:30-3:30pm
	Open to all ages. Details: All pools available during our Recreational Swims (Must be 16 years or older to use the Spa) Fee: \$3.25/person, per visit Additional Recreational Swims from 1:00-3:30pm on: January 19, February 16, 19, March 12-16, 23, June 8			
Program	Monday to Friday		Saturday & Sunday	
Leisure Swims	6:30-9:00am 2:00-3:30pm		N/A	
	Open to all ages. Details: Leisure Pool available. Fee: \$3.25/child or youth per visit, \$5.25/adult per visit; \$93.19/child + one adult for a 3 month Leisure Swim Pass (valid for Leisure Swims & Preschool Swims only) Cancelled Leisure Swims from 2:00-3:30pm on: January 19, February 16, 19, March 12-16, 23, June 8			
Program	Monday to Friday		Saturday & Sunday	
Leisure & Preschool Swim (Spa Closed)	9:00-12:00pm		N/A	
	Open to all ages. Details: Leisure Pool available. Fee: \$3.25/child or youth per visit, \$5.25/adult per visit; \$93.19/child + one adult for a 3 month Leisure Swim Pass (valid for Leisure Swims & Preschool Swims only)			

## Aquatic Admission Policies

Age	Admission Information	Admission Requirements	Public Ratio	Group Ratio	Wristband
5 years & under	Parent/guardian must remain “within arm’s reach” at all times	Always 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	Always 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 supervision	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 facility and must supervise them at all times.

### High-Risk Participants Must be in a ratio of 1 to 1

The Town 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.

### Proper Swim Wear Required

Proper swim attire required at all times. Clothing (such as t-shirts, etc) are not permitted.

### Pool Closures

The pool may close unexpectedly due to a pool fouling, power failure or maintenance problems. Cancelled classes cannot be made up (dry land lessons will be held).

### Diapers

Cloth or regular diapers are not permitted in any of the pools or splash pad—Swim diapers only please



## Adult Swimming Lessons

Aqua Adult 1						
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.						
7315	Atlas Tube Centre	Mon	7:00-7:30pm	08-Jan	26-Mar	\$88.00
7554	Atlas Tube Centre	Mon	7:00-7:30pm	02-Apr	18-Jun	\$88.00
Aqua Adult 2						
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 Aqua Adult 1 in order to enroll.						
7316	Atlas Tube Centre	Mon	7:30-8:00pm	08-Jan	26-Mar	\$88.00
7555	Atlas Tube Centre	Mon	7:30-8:00pm	02-Apr	18-Jun	\$88.00

## Parent & Tot Swimming Lessons

Aqua Parent & Tot 1/2/3 Ratio 1 to 10						
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 arm's reach of the child. All classes are 1:10 ratio. One parent/guardian per child please. <b>Age 3 months to 3 years</b>						
7317	Atlas Tube Centre	Mon	5:30-6:00pm	08-Jan	26-Mar	\$89.00
7318	Atlas Tube Centre	Mon	6:30-7:00pm	08-Jan	26-Mar	\$89.00
7319	Atlas Tube Centre	Tue	5:00-5:30pm	09-Jan	27-Mar	\$89.00
7320	Atlas Tube Centre	Tue	6:30-7:00pm	09-Jan	27-Mar	\$89.00
7321	Atlas Tube Centre	Wed	5:00-5:30pm	10-Jan	28-Mar	\$89.00
7322	Atlas Tube Centre	Wed	6:00-6:30pm	10-Jan	28-Mar	\$89.00
7323	Atlas Tube Centre	Thu	11:00-11:30am	11-Jan	29-Mar	\$89.00
7324	Atlas Tube Centre	Thu	5:30-6:00pm	11-Jan	29-Mar	\$89.00
7325	Atlas Tube Centre	Thu	6:00-6:30pm	11-Jan	29-Mar	\$89.00
7326	Atlas Tube Centre	Fri	11:30-12:00pm	12-Jan	23-Mar	\$81.00
7327	Atlas Tube Centre	Fri	5:30-6:00pm	12-Jan	23-Mar	\$81.00
7328	Atlas Tube Centre	Sat	9:30-10:00am	13-Jan	31-Mar	\$89.00
7329	Atlas Tube Centre	Sat	11:00-11:30am	13-Jan	31-Mar	\$89.00
7330	Atlas Tube Centre	Sun	9:30-10:00am	14-Jan	25-Mar	\$81.00
7331	Atlas Tube Centre	Sun	10:30-11:00am	14-Jan	25-Mar	\$81.00
7332	Atlas Tube Centre	Sun	11:30-12:00pm	14-Jan	25-Mar	\$81.00

**Aqua Parent & Tot 1/2/3 Ratio 1 to 10 Continued...**

7556	Atlas Tube Centre	Mon	5:30-6:00pm	02-Apr	18-Jun	\$89.00
7557	Atlas Tube Centre	Mon	6:30-7:00pm	02-Apr	18-Jun	\$89.00
7558	Atlas Tube Centre	Tue	5:00-5:30pm	03-Apr	12-Jun	\$89.00
7559	Atlas Tube Centre	Tue	6:30-7:00pm	03-Apr	12-Jun	\$89.00
7560	Atlas Tube Centre	Wed	5:00-5:30pm	04-Apr	13-Jun	\$89.00
7561	Atlas Tube Centre	Wed	6:00-6:30pm	04-Apr	13-Jun	\$89.00
7562	Atlas Tube Centre	Thu	11:00-11:30am	05-Apr	14-Jun	\$89.00
7563	Atlas Tube Centre	Thu	5:30-6:00pm	05-Apr	14-Jun	\$89.00
7564	Atlas Tube Centre	Thu	6:00-6:30pm	05-Apr	14-Jun	\$89.00
7565	Atlas Tube Centre	Fri	11:30-12:00pm	06-Apr	15-Jun	\$89.00
7566	Atlas Tube Centre	Fri	5:30-6:00pm	06-Apr	15-Jun	\$89.00
7567	Atlas Tube Centre	Sat	9:30-10:00am	07-Apr	16-Jun	\$89.00
7568	Atlas Tube Centre	Sat	11:00-11:30am	07-Apr	16-Jun	\$89.00
7569	Atlas Tube Centre	Sun	9:30-10:00am	08-Apr	17-Jun	\$89.00
7570	Atlas Tube Centre	Sun	10:30-11:00am	08-Apr	17-Jun	\$89.00
7571	Atlas Tube Centre	Sun	11:30-12:00pm	08-Apr	17-Jun	\$89.00

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

Preschooler age children will learn to enter and exit the water. They will also work on water movement and breath control while having fun. Participants are encouraged to go in the water on their own but often require parental assistance in the water.

**Aqua Preschool 1 Ratio 1 to 4**

7333	Atlas Tube Centre	Mon	5:00-5:30pm	08-Jan	26-Mar	\$122.00
7334	Atlas Tube Centre	Tue	5:00-5:30pm	09-Jan	27-Mar	\$122.00
7335	Atlas Tube Centre	Wed	5:00-5:30pm	10-Jan	28-Mar	\$122.00
7336	Atlas Tube Centre	Wed	6:00-6:30pm	10-Jan	28-Mar	\$122.00
7348	Atlas Tube Centre	Thu	11:30-12:00pm	11-Jan	29-Mar	\$122.00
7337	Atlas Tube Centre	Thu	5:00-5:30pm	11-Jan	29-Mar	\$122.00
7338	Atlas Tube Centre	Fri	5:30-6:00pm	12-Jan	23-Mar	\$111.00
7339	Atlas Tube Centre	Sat	10:00-10:30am	13-Jan	31-Mar	\$122.00
7340	Atlas Tube Centre	Sat	10:30-11:00am	13-Jan	31-Mar	\$122.00
7341	Atlas Tube Centre	Sat	12:30-1:00pm	13-Jan	31-Mar	\$122.00
7342	Atlas Tube Centre	Sun	9:30-10:00am	14-Jan	25-Mar	\$111.00
7343	Atlas Tube Centre	Sun	10:00-10:30am	14-Jan	25-Mar	\$111.00

<b>Aqua Preschool 1 Ratio 1 to 4 Continued...</b>						
7572	Atlas Tube Centre	Mon	5:00-5:30pm	02-Apr	18-Jun	\$122.00
7573	Atlas Tube Centre	Tue	5:00-5:30pm	03-Apr	12-Jun	\$122.00
7574	Atlas Tube Centre	Wed	5:00-5:30pm	04-Apr	13-Jun	\$122.00
7575	Atlas Tube Centre	Wed	6:00-6:30pm	04-Apr	13-Jun	\$122.00
7583	Atlas Tube Centre	Thu	11:30-12:00pm	05-Apr	14-Jun	\$122.00
7576	Atlas Tube Centre	Thu	5:00-5:30pm	05-Apr	14-Jun	\$122.00
7577	Atlas Tube Centre	Fri	5:30-6:00pm	06-Apr	15-Jun	\$122.00
7578	Atlas Tube Centre	Sat	10:00-10:30am	07-Apr	16-Jun	\$122.00
7579	Atlas Tube Centre	Sat	10:30-11:00am	07-Apr	16-Jun	\$122.00
7580	Atlas Tube Centre	Sat	12:30-1:00pm	07-Apr	16-Jun	\$122.00
7581	Atlas Tube Centre	Sun	9:30-10:00am	08-Apr	17-Jun	\$122.00
7582	Atlas Tube Centre	Sun	10:00-10:30am	08-Apr	17-Jun	\$122.00
<b>Aqua Preschool 1 Ratio 1 to 6</b>						
7344	Atlas Tube Centre	Mon	6:30-7:00pm	08-Jan	26-Mar	\$89.00
7345	Atlas Tube Centre	Tue	6:30-7:00pm	09-Jan	27-Mar	\$89.00
7346	Atlas Tube Centre	Wed	7:00-7:30pm	10-Jan	28-Mar	\$89.00
7347	Atlas Tube Centre	Thu	7:00-7:30pm	11-Jan	29-Mar	\$89.00
7349	Atlas Tube Centre	Fri	6:00-6:30pm	12-Jan	23-Mar	\$81.00
7350	Atlas Tube Centre	Sat	9:30a-10:00am	13-Jan	31-Mar	\$89.00
7584	Atlas Tube Centre	Mon	6:30-7:00pm	02-Apr	18-Jun	\$89.00
7585	Atlas Tube Centre	Tue	6:30-7:00pm	03-Apr	12-Jun	\$89.00
7586	Atlas Tube Centre	Wed	7:00-7:30pm	04-Apr	13-Jun	\$89.00
7587	Atlas Tube Centre	Thu	7:00-7:30pm	05-Apr	14-Jun	\$89.00
7588	Atlas Tube Centre	Fri	6:00-6:30pm	06-Apr	15-Jun	\$89.00
7589	Atlas Tube Centre	Sat	9:30-10:00am	07-Apr	16-Jun	\$89.00

## Private Swimming Lessons

Private lessons allow instructors 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. Semi-Private lessons must be booked through the Supervisor of Aquatics 519.727.0470 x514

### Aqua Preschool 2 Ratio 1 to 4

7351	Atlas Tube Centre	Mon	5:00-5:30pm	08-Jan	26-Mar	\$122.00
7352	Atlas Tube Centre	Tue	5:30-6:00pm	09-Jan	27-Mar	\$122.00
7353	Atlas Tube Centre	Tue	6:00-6:30pm	09-Jan	27-Mar	\$122.00
7354	Atlas Tube Centre	Wed	5:30-6:00pm	10-Jan	28-Mar	\$122.00
7355	Atlas Tube Centre	Thu	5:00-5:30pm	11-Jan	29-Mar	\$122.00
7356	Atlas Tube Centre	Thu	6:00-6:30pm	11-Jan	29-Mar	\$122.00
7357	Atlas Tube Centre	Fri	11:00-11:30am	12-Jan	23-Mar	\$111.00
7358	Atlas Tube Centre	Fri	5:30-6:00pm	12-Jan	23-Mar	\$111.00
7359	Atlas Tube Centre	Sat	10:00-10:30am	13-Jan	31-Mar	\$122.00
7360	Atlas Tube Centre	Sat	10:45-11:15am	13-Jan	31-Mar	\$122.00
7361	Atlas Tube Centre	Sat	12:30-1:00pm	13-Jan	31-Mar	\$122.00
7362	Atlas Tube Centre	Sun	11:00-11:30am	14-Jan	25-Mar	\$111.00
7363	Atlas Tube Centre	Sun	12:00-12:30pm	14-Jan	25-Mar	\$111.00
7364	Atlas Tube Centre	Sun	12:30-1:00pm	14-Jan	25-Mar	\$111.00
7590	Atlas Tube Centre	Mon	5:00-5:30pm	02-Apr	18-Jun	\$122.00
7591	Atlas Tube Centre	Tue	5:30-6:00pm	03-Apr	12-Jun	\$122.00
7592	Atlas Tube Centre	Tue	6:00-6:30pm	03-Apr	12-Jun	\$122.00
7593	Atlas Tube Centre	Wed	5:30-6:00pm	04-Apr	13-Jun	\$122.00
7594	Atlas Tube Centre	Thu	5:00-5:30pm	05-Apr	14-Jun	\$122.00
7595	Atlas Tube Centre	Thu	6:00-6:30pm	05-Apr	14-Jun	\$122.00
7596	Atlas Tube Centre	Fri	11:00-11:30am	06-Apr	15-Jun	\$122.00
7597	Atlas Tube Centre	Fri	5:30-6:00pm	06-Apr	15-Jun	\$122.00
7598	Atlas Tube Centre	Sat	10:00-10:30am	07-Apr	16-Jun	\$122.00
7599	Atlas Tube Centre	Sat	10:45-11:15am	07-Apr	16-Jun	\$122.00
7600	Atlas Tube Centre	Sat	12:30-1:00pm	07-Apr	16-Jun	\$122.00
7601	Atlas Tube Centre	Sun	11:00-11:30am	08-Apr	17-Jun	\$122.00
7602	Atlas Tube Centre	Sun	12:00-12:30pm	08-Apr	17-Jun	\$122.00
7603	Atlas Tube Centre	Sun	12:30-1:00pm	08-Apr	17-Jun	\$122.00



Stay up to date on what is happening in the Town of Lakeshore. If there are any changes/cancellations to programs we will post it on Facebook.

<b>Aqua Preschool 2 Ratio 1 to 6</b>						
7365	Atlas Tube Centre	Mon	6:00-6:30pm	08-Jan	26-Mar	\$89.00
7366	Atlas Tube Centre	Wed	6:30-7:00pm	10-Jan	28-Mar	\$89.00
7367	Atlas Tube Centre	Thu	7:30-8:00pm	11-Jan	29-Mar	\$89.00
7368	Atlas Tube Centre	Sat	11:30-12:00pm	13-Jan	31-Mar	\$89.00
7369	Atlas Tube Centre	Sun	10:00-10:30am	14-Jan	25-Mar	\$81.00
7604	Atlas Tube Centre	Mon	6:00-6:30pm	02-Apr	18-Jun	\$89.00
7605	Atlas Tube Centre	Wed	6:30-7:00pm	04-Apr	13-Jun	\$89.00
7606	Atlas Tube Centre	Thu	7:30-8:00pm	05-Apr	14-Jun	\$89.00
7607	Atlas Tube Centre	Sat	11:30-12:00pm	07-Apr	16-Jun	\$89.00
7608	Atlas Tube Centre	Sun	10:00-10:30am	08-Apr	17-Jun	\$89.00
<b>Aqua Preschool 3 Ratio 1 to 4</b>						
7370	Atlas Tube Centre	Mon	5:00-5:30pm	08-Jan	26-Mar	\$122.00
7371	Atlas Tube Centre	Tue	5:00-5:30pm	09-Jan	27-Mar	\$122.00
7372	Atlas Tube Centre	Wed	5:00-5:30pm	10-Jan	28-Mar	\$122.00
7373	Atlas Tube Centre	Wed	6:30-7:00pm	10-Jan	28-Mar	\$122.00
7374	Atlas Tube Centre	Thu	5:30-6:00pm	11-Jan	29-Mar	\$122.00
7375	Atlas Tube Centre	Thu	6:30-7:00pm	11-Jan	29-Mar	\$122.00
7376	Atlas Tube Centre	Fri	5:00-5:30pm	12-Jan	23-Mar	\$111.00
7377	Atlas Tube Centre	Sat	9:30-10:00am	13-Jan	31-Mar	\$122.00
7378	Atlas Tube Centre	Sat	10:00-10:30am	13-Jan	31-Mar	\$122.00
7379	Atlas Tube Centre	Sat	12:00-12:30pm	13-Jan	31-Mar	\$122.00
7380	Atlas Tube Centre	Sun	9:30-10:00am	14-Jan	25-Mar	\$111.00
7381	Atlas Tube Centre	Sun	10:30-11:00am	14-Jan	25-Mar	\$111.00
7382	Atlas Tube Centre	Sun	11:30-12:00pm	14-Jan	25-Mar	\$111.00
7383	Atlas Tube Centre	Sun	12:30-1:00pm	14-Jan	25-Mar	\$111.00
7609	Atlas Tube Centre	Mon	5:00-5:30pm	02-Apr	18-Jun	\$122.00
7610	Atlas Tube Centre	Tue	5:00-5:30pm	03-Apr	12-Jun	\$122.00
7611	Atlas Tube Centre	Wed	5:00-5:30pm	04-Apr	13-Jun	\$122.00
7612	Atlas Tube Centre	Wed	6:30-7:00pm	04-Apr	13-Jun	\$122.00
7613	Atlas Tube Centre	Thu	5:30-6:00pm	05-Apr	14-Jun	\$122.00
7614	Atlas Tube Centre	Thu	6:30-7:00pm	05-Apr	14-Jun	\$122.00
7615	Atlas Tube Centre	Fri	5:00-5:30pm	06-Apr	15-Jun	\$122.00



<b>Aqua Preschool 3 Ratio 1 to 4 Continued...</b>						
7616	Atlas Tube Centre	Sat	9:30-10:00am	07-Apr	16-Jun	\$122.00
7617	Atlas Tube Centre	Sat	10:00-10:30am	07-Apr	16-Jun	\$122.00
7618	Atlas Tube Centre	Sat	12:00-12:30pm	07-Apr	16-Jun	\$122.00
7619	Atlas Tube Centre	Sun	9:30-10:00am	08-Apr	17-Jun	\$122.00
7620	Atlas Tube Centre	Sun	10:30-11:00am	08-Apr	17-Jun	\$122.00
7621	Atlas Tube Centre	Sun	11:30-12:00pm	08-Apr	17-Jun	\$122.00
7622	Atlas Tube Centre	Sun	12:30-1:00pm	08-Apr	17-Jun	\$122.00
<b>Aqua Preschool 3 Ratio 1 to 6</b>						
7384	Atlas Tube Centre	Mon	7:30-8:00pm	08-Jan	26-Mar	\$89.00
7385	Atlas Tube Centre	Tue	7:30-8:00pm	09-Jan	27-Mar	\$89.00
7386	Atlas Tube Centre	Wed	6:00-6:30pm	10-Jan	28-Mar	\$89.00
7387	Atlas Tube Centre	Sat	12:30-1:00pm	13-Jan	31-Mar	\$89.00
7623	Atlas Tube Centre	Mon	7:30-8:00pm	02-Apr	18-Jun	\$89.00
7624	Atlas Tube Centre	Tue	7:30-8:00pm	03-Apr	12-Jun	\$89.00
7625	Atlas Tube Centre	Wed	6:00-6:30pm	04-Apr	13-Jun	\$89.00
7626	Atlas Tube Centre	Sat	12:30-1:00pm	07-Apr	16-Jun	\$89.00
<b>Aqua Preschool 4 Ratio 1 to 4</b>						
7388	Atlas Tube Centre	Tue	6:15-6:45pm	09-Jan	27-Mar	\$122.00
7389	Atlas Tube Centre	Wed	5:30-6:00pm	10-Jan	28-Mar	\$122.00
7390	Atlas Tube Centre	Thu	5:00-5:30pm	11-Jan	29-Mar	\$122.00
7391	Atlas Tube Centre	Fri	5:00-5:30pm	12-Jan	23-Mar	\$111.00
7392	Atlas Tube Centre	Sat	10:30-11:00am	13-Jan	31-Mar	\$122.00
7627	Atlas Tube Centre	Tue	6:15-6:45pm	03-Apr	12-Jun	\$122.00
7628	Atlas Tube Centre	Wed	5:30-6:00pm	04-Apr	13-Jun	\$122.00
7629	Atlas Tube Centre	Thu	5:00-5:30pm	05-Apr	14-Jun	\$122.00
7630	Atlas Tube Centre	Fri	5:00-5:30pm	06-Apr	15-Jun	\$122.00
7631	Atlas Tube Centre	Sat	10:30-11:00am	07-Apr	16-Jun	\$122.00
<b>Aqua Preschool 4 Ratio 1 to 6</b>						
7393	Atlas Tube Centre	Mon	7:00-7:30pm	08-Jan	26-Mar	\$89.00
7394	Atlas Tube Centre	Sun	10:00-10:30am	14-Jan	25-Mar	\$81.00
7632	Atlas Tube Centre	Mon	7:00-7:30pm	02-Apr	18-Jun	\$89.00
7633	Atlas Tube Centre	Sun	10:00-10:30am	08-Apr	17-Jun	\$89.00

**Aqua Preschool 5 Ratio 1 to 4**

7395	Atlas Tube Centre	Tue	7:00-7:30pm	09-Jan	27-Mar	\$122.00
7396	Atlas Tube Centre	Wed	7:30-8:00pm	10-Jan	28-Mar	\$122.00
7397	Atlas Tube Centre	Thu	5:00-5:30pm	11-Jan	29-Mar	\$122.00
7398	Atlas Tube Centre	Sun	11:00-11:30am	14-Jan	25-Mar	\$111.00
7634	Atlas Tube Centre	Tue	7:00-7:30pm	03-Apr	12-Jun	\$122.00
7635	Atlas Tube Centre	Wed	7:30-8:00pm	04-Apr	13-Jun	\$122.00
7636	Atlas Tube Centre	Thu	5:00-5:30pm	05-Apr	14-Jun	\$122.00
7637	Atlas Tube Centre	Sun	11:00-11:30am	08-Apr	17-Jun	\$122.00

**Aqua Preschool 5 Ratio 1 to 6**

7399	Atlas Tube Centre	Fri	5:00-5:30pm	12-Jan	23-Mar	\$81.00
7400	Atlas Tube Centre	Sat	10:00-10:30am	13-Jan	31-Mar	\$89.00
7401	Atlas Tube Centre	Sun	9:30-10:00am	14-Jan	25-Mar	\$81.00
7638	Atlas Tube Centre	Fri	5:00-5:30pm	06-Apr	15-Jun	\$89.00
7639	Atlas Tube Centre	Sat	10:00-10:30am	07-Apr	16-Jun	\$89.00
7640	Atlas Tube Centre	Sun	9:30-10:00am	08-Apr	17-Jun	\$89.00

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

Swimmer 1 to 6 allows youth aged 5 to 12 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. The Town of Lakeshore emphasizes lots of in water practice.

**Swimmer 1 Ratio 1 to 4**

7402	Atlas Tube Centre	Mon	5:00-5:30pm	08-Jan	26-Mar	\$122.00
7403	Atlas Tube Centre	Mon	6:15-6:45pm	08-Jan	26-Mar	\$122.00
7404	Atlas Tube Centre	Tue	5:00-5:30pm	09-Jan	27-Mar	\$122.00
7405	Atlas Tube Centre	Wed	6:15-6:45pm	10-Jan	28-Mar	\$122.00
7406	Atlas Tube Centre	Thu	5:30-6:00pm	11-Jan	29-Mar	\$122.00
7407	Atlas Tube Centre	Fri	6:00-6:30pm	12-Jan	23-Mar	\$111.00
7408	Atlas Tube Centre	Sat	11:30-12:00pm	13-Jan	31-Mar	\$122.00
7409	Atlas Tube Centre	Sat	12:00-12:30pm	13-Jan	31-Mar	\$122.00
7410	Atlas Tube Centre	Sun	12:00-12:30pm	14-Jan	25-Mar	\$111.00
7411	Atlas Tube Centre	Sun	12:30-1:00pm	14-Jan	25-Mar	\$111.00
7684	Atlas Tube Centre	Mon	5:00-5:30pm	02-Apr	18-Jun	\$122.00
7685	Atlas Tube Centre	Mon	6:15-6:45pm	02-Apr	18-Jun	\$122.00

**Swimmer 1 Ratio 1 to 4 Continued...**

7686	Atlas Tube Centre	Tue	5:00-5:30pm	03-Apr	12-Jun	\$122.00
7687	Atlas Tube Centre	Wed	6:15-6:45pm	04-Apr	13-Jun	\$122.00
7688	Atlas Tube Centre	Thu	5:30-6:00pm	05-Apr	14-Jun	\$122.00
7689	Atlas Tube Centre	Fri	6:00-6:30pm	06-Apr	15-Jun	\$122.00
7690	Atlas Tube Centre	Sat	11:30-12:00pm	07-Apr	16-Jun	\$122.00
7691	Atlas Tube Centre	Sat	12:00-12:30pm	07-Apr	16-Jun	\$122.00
7692	Atlas Tube Centre	Sun	12:00-12:30pm	08-Apr	17-Jun	\$122.00
7693	Atlas Tube Centre	Sun	12:30-1:00pm	08-Apr	17-Jun	\$122.00

**Swimmer 1 Ratio 1 to 6**

7412	Atlas Tube Centre	Mon	7:00-7:30pm	08-Jan	26-Mar	\$89.00
7413	Atlas Tube Centre	Tue	7:00-7:30pm	09-Jan	27-Mar	\$89.00
7414	Atlas Tube Centre	Wed	5:00-5:30pm	10-Jan	28-Mar	\$89.00
7415	Atlas Tube Centre	Thu	6:15-6:45pm	11-Jan	29-Mar	\$89.00
7416	Atlas Tube Centre	Thu	7:15-7:45pm	11-Jan	29-Mar	\$89.00
7417	Atlas Tube Centre	Fri	5:00-5:30pm	12-Jan	23-Mar	\$81.00
7418	Atlas Tube Centre	Sat	10:30-11:00am	13-Jan	31-Mar	\$89.00
7419	Atlas Tube Centre	Sat	11:00-11:30am	13-Jan	31-Mar	\$89.00
7420	Atlas Tube Centre	Sat	12:30-1:00pm	13-Jan	31-Mar	\$89.00
7421	Atlas Tube Centre	Sun	10:00-10:30am	14-Jan	25-Mar	\$81.00
7422	Atlas Tube Centre	Sun	10:45-11:15am	14-Jan	25-Mar	\$81.00
7694	Atlas Tube Centre	Mon	7:00-7:30pm	02-Apr	18-Jun	\$89.00
7695	Atlas Tube Centre	Tue	7:00-7:30pm	03-Apr	12-Jun	\$89.00
7696	Atlas Tube Centre	Wed	5:00-5:30pm	04-Apr	13-Jun	\$89.00
7697	Atlas Tube Centre	Thu	6:15-6:45pm	05-Apr	14-Jun	\$89.00
7698	Atlas Tube Centre	Thu	7:15-7:45pm	05-Apr	14-Jun	\$89.00
7699	Atlas Tube Centre	Fri	5:00-5:30pm	06-Apr	15-Jun	\$89.00
7700	Atlas Tube Centre	Sat	10:30-11:00am	07-Apr	16-Jun	\$89.00
7701	Atlas Tube Centre	Sat	11:00-11:30am	07-Apr	16-Jun	\$89.00
7702	Atlas Tube Centre	Sat	12:30-1:00pm	07-Apr	16-Jun	\$89.00
7703	Atlas Tube Centre	Sun	10:00-10:30am	08-Apr	17-Jun	\$89.00
7704	Atlas Tube Centre	Sun	10:45-11:15am	08-Apr	17-Jun	\$89.00

**Swimmer 2 Ratio 1 to 4**

7423	Atlas Tube Centre	Mon	6:45-7:15pm	08-Jan	26-Mar	\$122.00
7424	Atlas Tube Centre	Mon	7:30-8:00pm	08-Jan	26-Mar	\$122.00
7425	Atlas Tube Centre	Tue	6:45-7:15pm	09-Jan	27-Mar	\$122.00
7426	Atlas Tube Centre	Tue	7:00-7:30pm	09-Jan	27-Mar	\$122.00
7427	Atlas Tube Centre	Wed	5:00-5:30pm	10-Jan	28-Mar	\$122.00
7428	Atlas Tube Centre	Wed	6:00-6:30pm	10-Jan	28-Mar	\$122.00
7429	Atlas Tube Centre	Thu	5:00-5:30pm	11-Jan	29-Mar	\$122.00
7430	Atlas Tube Centre	Thu	5:30-6:00pm	11-Jan	29-Mar	\$122.00
7431	Atlas Tube Centre	Fri	6:00-6:30pm	12-Jan	23-Mar	\$111.00
7432	Atlas Tube Centre	Sat	9:30-10:00am	13-Jan	31-Mar	\$122.00
7433	Atlas Tube Centre	Sat	10:30-11:00am	13-Jan	31-Mar	\$122.00
7434	Atlas Tube Centre	Sat	12:00-12:30pm	13-Jan	31-Mar	\$122.00
7435	Atlas Tube Centre	Sun	11:30-12:00pm	14-Jan	25-Mar	\$111.00
7436	Atlas Tube Centre	Sun	12:00-12:30pm	14-Jan	25-Mar	\$111.00
7437	Atlas Tube Centre	Sun	12:30-1:00pm	14-Jan	25-Mar	\$111.00
7705	Atlas Tube Centre	Mon	6:45-7:15pm	02-Apr	18-Jun	\$122.00
7706	Atlas Tube Centre	Mon	7:30-8:00pm	02-Apr	18-Jun	\$122.00
7707	Atlas Tube Centre	Tue	6:45-7:15pm	03-Apr	12-Jun	\$122.00
7708	Atlas Tube Centre	Tue	7:00-7:30pm	03-Apr	12-Jun	\$122.00
7709	Atlas Tube Centre	Wed	5:00-5:30pm	04-Apr	13-Jun	\$122.00
7710	Atlas Tube Centre	Wed	6:00-6:30pm	04-Apr	13-Jun	\$122.00
7711	Atlas Tube Centre	Thu	5:00-5:30pm	05-Apr	14-Jun	\$122.00
7712	Atlas Tube Centre	Thu	5:30-6:00pm	05-Apr	14-Jun	\$122.00
7713	Atlas Tube Centre	Fri	6:00-6:30pm	06-Apr	15-Jun	\$122.00
7714	Atlas Tube Centre	Sat	9:30-10:00am	07-Apr	16-Jun	\$122.00
7715	Atlas Tube Centre	Sat	10:30-11:00am	07-Apr	16-Jun	\$122.00
7716	Atlas Tube Centre	Sat	12:00-12:30pm	07-Apr	16-Jun	\$122.00
7717	Atlas Tube Centre	Sun	11:30-12:00pm	08-Apr	17-Jun	\$122.00
7718	Atlas Tube Centre	Sun	12:00-12:30pm	08-Apr	17-Jun	\$122.00
7719	Atlas Tube Centre	Sun	12:30-1:00pm	08-Apr	17-Jun	\$122.00

The Town of Lakeshore is offering full day care on the following PA days: January 19, February 16, March 23 and June 8th. Go to page 14 for more details!

<b>Swimmer 2 Ratio 1 to 6</b>						
7438	Atlas Tube Centre	Mon	5:00-5:30pm	08-Jan	26-Mar	\$89.00
7439	Atlas Tube Centre	Tue	5:00-5:30pm	09-Jan	27-Mar	\$89.00
7440	Atlas Tube Centre	Tue	7:30-8:00pm	09-Jan	27-Mar	\$89.00
7441	Atlas Tube Centre	Wed	6:45-7:15pm	10-Jan	28-Mar	\$89.00
7442	Atlas Tube Centre	Thu	7:00-7:30pm	11-Jan	29-Mar	\$89.00
7443	Atlas Tube Centre	Thu	7:30-8:00pm	11-Jan	29-Mar	\$89.00
7444	Atlas Tube Centre	Fri	5:00-5:30pm	12-Jan	23-Mar	\$81.00
7445	Atlas Tube Centre	Sat	12:30-1:00pm	13-Jan	31-Mar	\$89.00
7446	Atlas Tube Centre	Sun	10:30-11:00am	14-Jan	25-Mar	\$81.00
7720	Atlas Tube Centre	Mon	5:00-5:30pm	02-Apr	18-Jun	\$89.00
7721	Atlas Tube Centre	Tue	5:00-5:30pm	03-Apr	12-Jun	\$89.00
7722	Atlas Tube Centre	Tue	7:30-8:00pm	03-Apr	12-Jun	\$89.00
7723	Atlas Tube Centre	Wed	6:45-7:15pm	04-Apr	13-Jun	\$89.00
7724	Atlas Tube Centre	Thu	7:00-7:30pm	05-Apr	14-Jun	\$89.00
7725	Atlas Tube Centre	Thu	7:30-8:00pm	05-Apr	14-Jun	\$89.00
7726	Atlas Tube Centre	Fri	5:00-5:30pm	06-Apr	15-Jun	\$89.00
7727	Atlas Tube Centre	Sat	12:30-1:00pm	07-Apr	16-Jun	\$89.00
7728	Atlas Tube Centre	Sun	10:30-11:00am	08-Apr	17-Jun	\$89.00

<b>Swimmer 3 Ratio 1 to 4</b>						
7447	Atlas Tube Centre	Mon	7:00-7:45pm	08-Jan	26-Mar	\$182.50
7448	Atlas Tube Centre	Tue	5:45-6:30pm	09-Jan	27-Mar	\$182.50
7449	Atlas Tube Centre	Wed	7:15-8:00pm	10-Jan	28-Mar	\$182.50
7450	Atlas Tube Centre	Thu	5:45-6:30pm	11-Jan	29-Mar	\$182.50
7451	Atlas Tube Centre	Thu	6:15-7:00pm	11-Jan	29-Mar	\$182.50
7452	Atlas Tube Centre	Sat	10:15-11:00am	13-Jan	31-Mar	\$182.50
7453	Atlas Tube Centre	Sat	11:15-12:00pm	13-Jan	31-Mar	\$182.50
7454	Atlas Tube Centre	Sun	10:00-10:45am	14-Jan	25-Mar	\$166.00
7455	Atlas Tube Centre	Sun	11:00-11:45am	14-Jan	25-Mar	\$166.00
7456	Atlas Tube Centre	Sun	11:45-12:30pm	14-Jan	25-Mar	\$166.00
7729	Atlas Tube Centre	Mon	7:00-7:45pm	02-Apr	18-Jun	\$182.50
7730	Atlas Tube Centre	Tue	5:45-6:30pm	03-Apr	12-Jun	\$182.50
7731	Atlas Tube Centre	Wed	7:15-8:00pm	04-Apr	13-Jun	\$182.50

<b>Swimmer 3 Ratio 1 to 4 Continued...</b>						
7732	Atlas Tube Centre	Thu	5:45-6:30pm	05-Apr	14-Jun	\$182.50
7733	Atlas Tube Centre	Thu	6:15-7:00pm	05-Apr	14-Jun	\$182.50
7734	Atlas Tube Centre	Sat	10:15-11:00am	07-Apr	16-Jun	\$182.50
7735	Atlas Tube Centre	Sat	11:15-12:00pm	07-Apr	16-Jun	\$182.50
7736	Atlas Tube Centre	Sun	10:00-10:45am	08-Apr	17-Jun	\$182.50
7737	Atlas Tube Centre	Sun	11:00-11:45am	08-Apr	17-Jun	\$182.50
7738	Atlas Tube Centre	Sun	11:45-12:30pm	08-Apr	17-Jun	\$182.50
<b>Swimmer 3 Ratio 1 to 6</b>						
7457	Atlas Tube Centre	Mon	5:30-6:15pm	08-Jan	26-Mar	\$133.00
7458	Atlas Tube Centre	Tue	5:00-5:45pm	09-Jan	27-Mar	\$133.00
7459	Atlas Tube Centre	Tue	7:15-8:00pm	09-Jan	27-Mar	\$133.00
7460	Atlas Tube Centre	Wed	5:30-6:15pm	10-Jan	28-Mar	\$133.00
7461	Atlas Tube Centre	Thu	7:15-8:00pm	11-Jan	29-Mar	\$133.00
7462	Atlas Tube Centre	Fri	5:30-6:15pm	12-Jan	23-Mar	\$121.00
7463	Atlas Tube Centre	Sat	11:00-11:45am	13-Jan	31-Mar	\$133.00
7464	Atlas Tube Centre	Sun	11:15-12:00pm	14-Jan	25-Mar	\$121.00
7739	Atlas Tube Centre	Mon	5:30-6:15pm	02-Apr	18-Jun	\$133.00
7740	Atlas Tube Centre	Tue	5:00-5:45pm	03-Apr	12-Jun	\$133.00
7741	Atlas Tube Centre	Tue	7:15-8:00pm	03-Apr	12-Jun	\$133.00
7742	Atlas Tube Centre	Wed	5:30-6:15pm	04-Apr	13-Jun	\$133.00
7743	Atlas Tube Centre	Thu	7:15-8:00pm	05-Apr	14-Jun	\$133.00
7744	Atlas Tube Centre	Fri	5:30-6:15pm	06-Apr	15-Jun	\$133.00
7745	Atlas Tube Centre	Sat	11:00-11:45am	07-Apr	16-Jun	\$133.00
7746	Atlas Tube Centre	Sun	11:15-12:00pm	08-Apr	17-Jun	\$133.00
<b>Swimmer 4 Ratio 1 to 4</b>						
7465	Atlas Tube Centre	Mon	6:15-7:00pm	08-Jan	26-Mar	\$182.50
7466	Atlas Tube Centre	Tue	6:00-6:45pm	09-Jan	27-Mar	\$182.50
7467	Atlas Tube Centre	Tue	6:45-7:30pm	09-Jan	27-Mar	\$182.50
7468	Atlas Tube Centre	Wed	6:30-7:15pm	10-Jan	28-Mar	\$182.50
7469	Atlas Tube Centre	Thu	6:30-7:15pm	11-Jan	29-Mar	\$182.50
7470	Atlas Tube Centre	Sat	9:30-10:15am	13-Jan	31-Mar	\$182.50
7471	Atlas Tube Centre	Sat	11:00-11:45am	13-Jan	31-Mar	\$182.50

**Swimmer 4 Ratio 1 to 4 Continued...**

7472	Atlas Tube Centre	Sat	11:45-12:30pm	13-Jan	31-Mar	\$182.50
7473	Atlas Tube Centre	Sun	11:30-12:15pm	14-Jan	25-Mar	\$166.00
7474	Atlas Tube Centre	Sun	11:45-12:30pm	14-Jan	25-Mar	\$166.00
7747	Atlas Tube Centre	Mon	6:15-7:00pm	02-Apr	18-Jun	\$182.50
7748	Atlas Tube Centre	Tue	6:00-6:45pm	03-Apr	12-Jun	\$182.50
7749	Atlas Tube Centre	Tue	6:45-7:30pm	03-Apr	12-Jun	\$182.50
7750	Atlas Tube Centre	Wed	6:30-7:15pm	04-Apr	13-Jun	\$182.50
7751	Atlas Tube Centre	Thu	6:30-7:15pm	05-Apr	14-Jun	\$182.50
7752	Atlas Tube Centre	Sat	9:30-10:15am	07-Apr	16-Jun	\$182.50
7753	Atlas Tube Centre	Sat	11:00-11:45am	07-Apr	16-Jun	\$182.50
7754	Atlas Tube Centre	Sat	11:45-12:30pm	07-Apr	16-Jun	\$182.50
7755	Atlas Tube Centre	Sun	11:30-12:15pm	08-Apr	17-Jun	\$182.50
7756	Atlas Tube Centre	Sun	11:45-12:30pm	08-Apr	17-Jun	\$182.50

**Swimmer 4 Ratio 1 to 8**

7475	Atlas Tube Centre	Mon	5:00-5:45pm	08-Jan	26-Mar	\$133.00
7476	Atlas Tube Centre	Tue	5:30-6:15pm	09-Jan	27-Mar	\$133.00
7477	Atlas Tube Centre	Wed	7:15-8:00pm	10-Jan	28-Mar	\$133.00
7478	Atlas Tube Centre	Thu	5:00-5:45pm	11-Jan	29-Mar	\$133.00
7479	Atlas Tube Centre	Fri	5:30-6:15pm	12-Jan	23-Mar	\$121.00
7480	Atlas Tube Centre	Sun	9:30-10:15am	14-Jan	25-Mar	\$121.00
7757	Atlas Tube Centre	Mon	5:00-5:45pm	02-Apr	18-Jun	\$133.00
7758	Atlas Tube Centre	Tue	5:30-6:15pm	03-Apr	12-Jun	\$133.00
7759	Atlas Tube Centre	Wed	7:15-8:00pm	04-Apr	13-Jun	\$133.00
7760	Atlas Tube Centre	Thu	5:00-5:45pm	05-Apr	14-Jun	\$133.00
7761	Atlas Tube Centre	Fri	5:30-6:15pm	06-Apr	15-Jun	\$133.00
7762	Atlas Tube Centre	Sun	9:30-10:15am	08-Apr	17-Jun	\$133.00

Did you know that the Atlas Tube Centre offers several birthday party packages? Birthday party packages are available for Gym, Ice & Pool options for up to 20+ children.

Call 519-727-0470 to book your child's party today!

<b>Swimmer 5 Ratio 1 to 4</b>						
7481	Atlas Tube Centre	Mon	5:30-6:15pm	08-Jan	26-Mar	\$182.50
7482	Atlas Tube Centre	Tue	5:30-6:15pm	09-Jan	27-Mar	\$182.50
7483	Atlas Tube Centre	Wed	5:00-5:45pm	10-Jan	28-Mar	\$182.50
7484	Atlas Tube Centre	Thu	5:30-6:15pm	11-Jan	29-Mar	\$182.50
7485	Atlas Tube Centre	Sat	10:00-10:45am	13-Jan	31-Mar	\$182.50
7769	Atlas Tube Centre	Mon	5:30-6:15pm	02-Apr	18-Jun	\$182.50
7770	Atlas Tube Centre	Tue	5:30-6:15pm	03-Apr	12-Jun	\$182.50
7771	Atlas Tube Centre	Wed	5:00-5:45pm	04-Apr	13-Jun	\$182.50
7772	Atlas Tube Centre	Thu	5:30-6:15pm	05-Apr	14-Jun	\$182.50
7773	Atlas Tube Centre	Sat	10:00-10:45am	07-Apr	16-Jun	\$182.50
<b>Swimmer 5 Ratio 1 to 10</b>						
7486	Atlas Tube Centre	Mon	7:15-8:00pm	08-Jan	26-Mar	\$133.00
7487	Atlas Tube Centre	Wed	7:15-8:00pm	10-Jan	28-Mar	\$133.00
7488	Atlas Tube Centre	Thu	6:45-7:30pm	11-Jan	29-Mar	\$133.00
7489	Atlas Tube Centre	Fri	5:45-6:30pm	12-Jan	23-Mar	\$121.00
7490	Atlas Tube Centre	Sat	12:00-12:45pm	13-Jan	31-Mar	\$133.00
7491	Atlas Tube Centre	Sun	10:15-11:00am	14-Jan	25-Mar	\$121.00
7763	Atlas Tube Centre	Mon	7:15-8:00pm	02-Apr	18-Jun	\$133.00
7764	Atlas Tube Centre	Wed	7:15-8:00pm	04-Apr	13-Jun	\$133.00
7765	Atlas Tube Centre	Thu	6:45-7:30pm	05-Apr	14-Jun	\$133.00
7766	Atlas Tube Centre	Fri	5:45-6:30pm	06-Apr	15-Jun	\$133.00
7767	Atlas Tube Centre	Sat	12:00-12:45pm	07-Apr	16-Jun	\$133.00
7768	Atlas Tube Centre	Sun	10:15-11:00am	08-Apr	17-Jun	\$133.00
<b>Swimmer 6 Ratio 1 to 4</b>						
7492	Atlas Tube Centre	Mon	5:45-6:30pm	08-Jan	26-Mar	\$182.50
7493	Atlas Tube Centre	Wed	5:45-6:30pm	10-Jan	28-Mar	\$182.50
7494	Atlas Tube Centre	Thu	5:30-6:15pm	11-Jan	29-Mar	\$182.50
7495	Atlas Tube Centre	Sat	9:30-10:15am	13-Jan	31-Mar	\$182.50
7496	Atlas Tube Centre	Sat	11:45-12:30pm	13-Jan	31-Mar	\$182.50
7497	Atlas Tube Centre	Sun	10:45-11:30am	14-Jan	25-Mar	\$166.00
7498	Atlas Tube Centre	Sun	12:00-12:45pm	14-Jan	25-Mar	\$166.00
7778	Atlas Tube Centre	Mon	5:45-6:30pm	02-Apr	18-Jun	\$182.50



**Swimmer 6 Ratio 1 to 4 Continued...**

7779	Atlas Tube Centre	Wed	5:45-6:30pm	04-Apr	13-Jun	\$182.50
7780	Atlas Tube Centre	Thu	5:30-6:15pm	05-Apr	14-Jun	\$182.50
7781	Atlas Tube Centre	Sat	9:30-10:15am	07-Apr	16-Jun	\$182.50
7782	Atlas Tube Centre	Sat	11:45-12:30pm	07-Apr	16-Jun	\$182.50
7783	Atlas Tube Centre	Sun	10:45-11:30am	08-Apr	17-Jun	\$182.50
7784	Atlas Tube Centre	Sun	12:00-12:45pm	08-Apr	17-Jun	\$182.50

**Swimmer 6 Ratio 1 to 10**

7499	Atlas Tube Centre	Tue	6:15-7:00pm	09-Jan	27-Mar	\$133.00
7500	Atlas Tube Centre	Wed	6:30-7:15pm	10-Jan	28-Mar	\$133.00
7501	Atlas Tube Centre	Thu	6:30-7:15pm	11-Jan	29-Mar	\$133.00
7502	Atlas Tube Centre	Fri	5:00-5:45pm	12-Jan	23-Mar	\$121.00
7774	Atlas Tube Centre	Tue	6:15-7:00pm	03-Apr	12-Jun	\$133.00
7775	Atlas Tube Centre	Wed	6:30-7:15pm	04-Apr	13-Jun	\$133.00
7776	Atlas Tube Centre	Thu	6:30-7:15pm	05-Apr	14-Jun	\$133.00
7777	Atlas Tube Centre	Fri	5:00-5:45pm	06-Apr	15-Jun	\$133.00

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

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 (Rookie/Ranger) Ratio 1 to 10**

7504	Atlas Tube Centre	Mon	6:15-7:00pm	08-Jan	26-Mar	\$133.00
7505	Atlas Tube Centre	Wed	7:00-7:45pm	10-Jan	28-Mar	\$133.00
7506	Atlas Tube Centre	Thu	7:15-8:00pm	11-Jan	29-Mar	\$133.00
7507	Atlas Tube Centre	Sat	10:45-11:30am	13-Jan	31-Mar	\$133.00
7508	Atlas Tube Centre	Sun	9:30-10:15am	14-Jan	25-Mar	\$121.00
7785	Atlas Tube Centre	Mon	6:15-7:00pm	02-Apr	18-Jun	\$133.00
7786	Atlas Tube Centre	Wed	7:00-7:45pm	04-Apr	13-Jun	\$133.00
7787	Atlas Tube Centre	Thu	7:15-8:00pm	05-Apr	14-Jun	\$133.00
7788	Atlas Tube Centre	Sat	10:45-11:30am	07-Apr	16-Jun	\$133.00
7789	Atlas Tube Centre	Sun	9:30-10:15am	08-Apr	17-Jun	\$133.00



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**Swimmer 9 (Star) Ratio 1 to 10**

7509	Atlas Tube Centre	Mon	5:30-6:15pm	08-Jan	26-Mar	\$133.00
7510	Atlas Tube Centre	Tue	7:00-7:45pm	09-Jan	27-Mar	\$133.00
7790	Atlas Tube Centre	Mon	5:30-6:15pm	02-Apr	18-Jun	\$133.00
7791	Atlas Tube Centre	Tue	7:00-7:45pm	03-Apr	12-Jun	\$133.00

**Fitness Swimmer Ratio 1 to 10**

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.

7511	Atlas Tube Centre	Thu	6:00-6:45pm	11-Jan	29-Mar	\$132.00
7512	Atlas Tube Centre	Sun	11:00-11:45am	14-Jan	25-Mar	\$120.00
7646	Atlas Tube Centre	Thu	6:00-6:45pm	05-Apr	14-Jun	\$132.00
7647	Atlas Tube Centre	Sun	11:00-11:45am	08-Apr	17-Jun	\$132.00

**Aquatic Leadership Training****Bronze Star**

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.

7513	Atlas Tube Centre	Thu	7:00-8:00pm	11-Jan	29-Mar	\$110.00
7514	Atlas Tube Centre	Sat	11:30-12:30pm	13-Jan	31-Mar	\$110.00
7644	Atlas Tube Centre	Thu	7:00-8:00pm	05-Apr	14-Jun	\$110.00
7645	Atlas Tube Centre	Sat	11:30-12:30pm	07-Apr	16-Jun	\$110.00

**Bronze Medallion**

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.

7515	Atlas Tube Centre	Wed	5:30-8:00pm	10-Jan	28-Mar	\$188.00
7643	Atlas Tube Centre	Wed	5:30-8:00pm	04-Apr	13-Jun	\$188.00

**Bronze Cross**

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.

7516	Atlas Tube Centre	Mon	6:00-6:30pm	08-Jan	26-Mar	\$154.00
7642	Atlas Tube Centre	Mon	6:00-6:30pm	02-Apr	18-Jun	\$154.00

### Assistant Instructors

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.

7517	Atlas Tube Centre	Thu	5:00-8:00pm	18-Jan	22-Feb	\$132.00
7641	Atlas Tube Centre	Thu	5:00-8:00pm	12-Apr	17-May	\$132.00

### National Lifeguard Service (NLS) and Standard First Aid

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 16 years of age by the exam date. This course requires 100% attendance.

7518	Atlas Tube Centre	Tue	5:00-9:30pm	09-Jan	27-Mar	\$290.00
7648	Atlas Tube Centre	Tue	5:00-9:30pm	03-Apr	12-Jun	\$290.00

### Lifesaving Society Swim & Instructor School

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 and be 16 years old by the last day of class. This course requires 100% attendance.

7821	Atlas Tube Centre	Fri/Sat/Sun	6:00-10:00pm/ 9:00-7:00pm/ 9:00-5:00pm	25-May	03-Jun	\$320.00
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### NLS Pool Recertification

In order to remain current, lifeguards must recertify this qualification within 2 years by passing this exam.

7823	Atlas Tube Centre	Sun	3:30-9:30pm	08-Apr	08-Apr	\$72.00
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### Standard First Aid Instructor

The Lifesaving Society's Standard First Aid Instructor course is designed to provide candidates with the knowledge and resources to organize, plan and deliver the Lifesaving Society's first aid awards up to and including Standard First Aid and CPR-A, B, C. Candidates must have a current Lifesaving Society Standard First Aid award.

7816	Atlas Tube Centre	Sat/Sun	9:00-5:00pm	03-Feb	04-Feb	\$92.00
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