

RECREATION Activity Guide

Fall 2024



**Fire Prevention
Week 2024**
October 6-12, 2024

📞 519-728-2700

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

✉ RecInfo@Lakeshore.ca





OUR COMMUNITIES. OUR HOME.

Together We Are Lakeshore | Lakeshore.ca

Table of Contents

Mayor’s Message:	4
Lakeshore Council 2022-2026	6
Parks and Recreation Contacts	7
Lakeshore Minor Sports Contacts.....	9
Program Registration Dates.....	10
Program Registration Information.....	11
How To Register Online	12
Recreation Assistance Program	13
Preschool Activities (Non-Aquatic).....	14
Youth Activities (Non-Aquatic)	18
Adult Fitness Activities (Non-Aquatic)	23
Active Aging Series (55+) (Non-Aquatic).....	26
Pool Memberships	26
Aquatic Admission Policy	27
Parent and Tot Swimming Lessons	28
Youth Swimming Lessons.....	33
Adult Swimming Lessons	38



We Want You on Team Lakeshore

If you are passionate about providing public service in a municipal environment and are looking for a workplace where you can challenge yourself and grow, we want you on our team.

Check out our current employment opportunities online by scanning the QR code or visiting: Lakeshore.ca/Jobs



Mayor's Message: Community Safety at the Forefront in Autumn



Tracey Bailey

Municipality of Lakeshore Mayor

With schools back in session and Fire Prevention Week coming up, this season is a wonderful time to engage and educate your family and loved ones on how you can help keep our communities safe.

All five of Lakeshore's fire stations will open their doors on Wednesday, October 9 for Fire Prevention Week. At these events, designed for people of all ages, you will learn directly from the experts, Lakeshore's incredible team of firefighters! Kids will enjoy hands-on activities, safety tips, and even explore fire trucks and firefighting equipment.

On behalf of Council, I hope you and your family get a chance to participate in Fire Prevention Week! If you are planning to attend, check out [Lakeshore.ca/FPW](https://www.lakeshore.ca/FPW) for details!

In September, Council will also deliberate on a critical document that will pave the way to a safer Lakeshore, the Fire Master Plan! The Plan will guide improvements and enhance how fire and emergency services are provided throughout Lakeshore's communities. It will review all aspects of our fire department's operations and how we can meet and exceed industry best practices and legislation.

As our municipality has grown, so too have the pressures on our protective services. As with our other high-level strategic documents, the Fire Master Plan will identify these challenges and help us prioritize solutions while ensuring we deliver the best value for taxpayer's dollars.

We hope you can tune in and watch Council's deliberations as we consider this crucial document, and we look forward to hearing your feedback.

Stay safe!

TOGETHER WE ARE

Lakeshore

A handwritten signature in blue ink that reads "T. Bailey".

Mayor Tracey Bailey

Report Suspicious Activity in Lakeshore

See something suspicious at a Lakeshore park or facility?

Report it directly to the Ontario Provincial Police.

You can file a report online at OPP.ca or call 1-888-310-1122.

In emergencies, or if someone is in immediate danger, please call 911.



Lakeshore Council

2022-2026



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



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



Ward 1
Ryan McNamara
RMcNamara@Lakeshore.ca
519-728-2700 Ext. 211



Ward 4
John Kerr
JKerr@Lakeshore.ca
519-728-2700 Ext. 214



Ward 2
Paddy Byrne
Passed away on July 25, 2024.
A report on filling the vacant Ward 2
Council seat will be presented at the
September 10th Council meeting.



Ward 5
Ian Ruston
IRuston@Lakeshore.ca
519-728-2700 Ext. 215



Ward 3
Kelsey Santarossa
KSantarossa@Lakeshore.ca
519-728-2700 Ext. 213



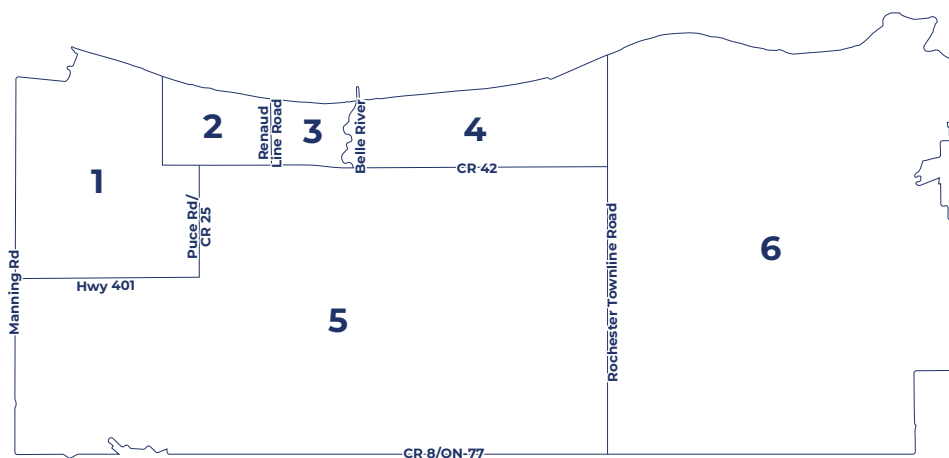
Ward 6
Larissa Vogler
LVogler@Lakeshore.ca
519-728-2700 Ext. 216

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



Parks and Recreation Contacts



**Corporate Leader
- Community Health
and Safety Services**
Frank Jeney
FJeney@Lakeshore.ca

As the Fall weather brings the back-to-school rush, it also brings the start of our Fall recreation programming. This year we have worked to provide more recreation options for families throughout our communities, adding new programs in various recreation facilities throughout Lakeshore.

Keeping our facilities and parks safe is one of our top priorities. We strive to provide a healthy and enjoyable environment to ensure residents and visitors can experience the remarkable facilities and programs we have here in Lakeshore. If you have a suggestion for a program or discover something that can be made better, we encourage you to contact us.

We look forward to seeing you and your family make the most of our exciting slate of offerings this Fall.

Recreation

Facilities and Parks



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



**Division Leader
- Facilities and Parks**
William (Bill) Quinlan
WQuinlan@Lakeshore.ca



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



**Team Leader
- Parks and Trails**
Beau Blais
BBlais@lakeshore.ca

Public Service Unit



**Division Leader
- Client Services Delivery**
Jenna Smith
JSmith@Lakeshore.ca

Questions? We Have Answers!

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

2024/2025 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.

September 2, 2024 | (Labour Day) All facilities closed.

September 30, 2024 | (National Day for Truth & Reconciliation)
Municipal offices closed. ATRC fully operational.

October 14, 2024 | (Thanksgiving) All facilities closed.

November 11, 2024 | (Remembrance Day)
Municipal offices closed. ATRC fully operational.

December 24, 2024 – Jan 2, 2025 | (December Holiday)
Municipal offices closed. ATRC reduced hours.

February 17, 2025 | (Family Day)
Municipal offices closed. ATRC reduced hours.

April 18, 2025 | (Good Friday) All facilities closed.

April 20, 2025 | (Easter Sunday) All facilities closed.

April 21, 2025 | (Easter Monday)
Municipal offices closed. ATRC open.

May 19, 2025 | (Victoria Day) All facilities closed.

July 1, 2025 | (Canada Day) All facilities closed.

August 4, 2025 | (Civic Holiday) All facilities closed.

September 1, 2025 | (Labour Day) All facilities closed.

September 30, 2025 | (National Day for Truth & Reconciliation)
Municipal offices closed. ATRC fully operational.

October 13, 2025 | (Thanksgiving) All facilities closed.

November 11, 2025 | (Remembrance Day)
Municipal offices closed. ATRC fully operational.



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

Lakeshore Minor Sports Contacts



**Belle River District
Minor Hockey**
president@brdmha.com
brdmha.com



**Skate Lakeshore
Synchronized Skating**
519-727-6919
skatelakeshore.com



Belle River Soccer
belleriversoccerinfo@gmail.com
belleriversoccer.com



**Stoney Point
Soccer Club**
stoneypointsoccer@gmail.com
stoneypointsoccer.com



Comber Minor Baseball
comberminorball@hotmail.com
Comber Minor Baseball (Facebook)



**St. Joachim Athletic
Association**
sjaaemail@gmail.com
SJAA Baseball and Soccer (Facebook)



**Lakeshore Lightning
Girls Hockey**
president@lakeshorelightning.com
lakeshorelightning.com



**Woodslee Baseball
Association**
woodsleebaseballassociation
@outlook.com



Lakeshore Minor Baseball
lakeshoreminorbaseball.ca
Lakeshore Minor Baseball (Facebook)



**Skate Lakeshore
Skating Club**
519-727-6919
skatelakeshore.com



**Want to see your minor sport organization or group
listed in upcoming Activity Guides?**

Email your organizations name, logo, email address,
and website to RecInfo@Lakeshore.ca to be included.



Program Registration Dates

Fall 2024 (11 Weeks) | Non-Aquatic Programs

September 30 – December 15

Registration begins Wednesday, September 4, at 9:00 AM

Fall 2024 (11 Weeks) | Aquatic Programs

September 30 – December 15

Registration begins Wednesday, September 4, at 9:00 AM



To register, scan the QR code, visit Lakeshore.ca/Recreation, call 519-728-2700 or visit the Atlas Tube Recreation Centre customer service 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.

Upcoming Winter Program Registration

❄️ Wednesday, December 4 at 9:00 AM



Drop-In Activities

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



Fitness Programs

Sports and Gym Time

Open Pool Sessions

Open Ice Rink Sessions

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



Program Registration Information

- Registration options include in-person at the **Atlas Tube Recreation Centre customer 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 prorated 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.**
- 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 \$40.00 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.
- For any concerns related to Lakeshore Recreation programs, scheduling, or registration, please call **519-728-2700** or email **RecInfo@Lakeshore.ca**

How To Register Online

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.

A promotional graphic for New Year's Eve fireworks. The left side features a photograph of golden fireworks exploding against a dark night sky. The right side has a dark blue background with white text and decorative blue starburst graphics. The text reads: "New Year's Eve Fireworks", "December 31, 2024", and "Fireworks will begin at 6:30 PM at the Atlas Tube Recreation Centre."/>

**New Year's Eve
Fireworks**

December 31, 2024

**Fireworks will begin at 6:30 PM
at the Atlas Tube Recreation Centre.**

Recreation Assistance Program

Recreation Assistance Program (Formerly known as P2P) 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 Notice of Assessment through Revenue Canada that includes eligible children/ages, and a parent/guardians government issued photo ID.

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

Approval from Recreation Services **MUST** be provided to any organization before registration.

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



RECREATION ASSISTANCE PROGRAM

For more information contact your local municipal recreation office or visit pathwaytopotential.ca



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 or call 519-728-2700

Fall Non-Aquatics Sept 30 - Dec 15 | Fall Aquatics Sept 30 - Dec 15

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

Fall 2024	Tuesday	Oct 1 - Dec 10	5:00 PM - 5:50 PM	19605
	Saturday	Oct 5 - Dec 14	9:00 AM - 9:50 AM	19609
	Saturday	Oct 5 - Dec 14	10:00 AM - 10:50 AM	19610

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

Fall 2024	Saturday	Oct 5 - Dec 14	8:45 AM - 9:30 AM	19636
-----------	----------	----------------	-------------------	-------

Parent & Tot Yoga - 2 years

Parent & Tot Yoga explores yoga poses mindfully and peacefully, while focusing on fine motor skills & body awareness with physical and sensory exploration while parent to child bonding takes place. Only the child needs to be registered. One child per adult. Location: Atlas Tube Recreation Centre

Fall 2024	Tuesday	Oct 1 - Dec 10	9:00 AM - 9:30 AM	19603
-----------	---------	----------------	-------------------	-------

Parent & Tot Yoga - 3-4 years

Parent & Tot Yoga explores yoga poses mindfully and peacefully, while focusing on fine motor skills & body awareness with physical and sensory exploration while parent to child bonding takes place. Only the child needs to be registered. One child per adult. Location: Atlas Tube Recreation Centre

Fall 2024	Tuesday	Oct 1 - Dec 10	9:30 AM - 10:15 AM	19604
-----------	---------	----------------	--------------------	-------

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

Fall 2024	Monday	Sept 30 - Dec 9	5:00 PM - 5:50 PM	19600
-----------	--------	-----------------	-------------------	-------

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

Fall 2024	Friday	Oct 4 - Dec 13	4:15 PM - 5:00 PM	19625
	Saturday	Oct 5 - Dec 14	9:30 AM - 10:15 AM	19627
	Saturday	Oct 5 - Dec 14	10:15 AM - 11:00 AM	19630

Preschool STEM - 3-4 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

Fall 2024	Wednesday	Oct 2 - Dec 11	5:00 PM - 5:50 PM	19606
-----------	-----------	----------------	-------------------	-------

Lakeshore Recreation Breakfast with Santa

Saturday November 16, 2024

9:00 - 11:00 AM

Comber Community Centre

Saturday November 23, 2024

9:00 - 11:00 AM

Libro Community Centre

Saturday November 30, 2024

9:00 - 12:30 PM

Atlas Tube Recreation Centre



Call 519-728-2700 or book online at Lakeshore.ca/Recreation to reserve your spot.



Winter Kick-Off Celebration

December 21, 2024 | Atlas Tube Recreation Centre

Basketball

11:00 AM - 11:50 AM
12:00 PM - 12:50 PM

Family Pickleball

(Reserve by Court)

1:00 PM - 1:50 PM
2:00 PM - 2:50 PM

Preschool Play

8:30 AM - 9:20 AM
9:30 AM - 10:20 AM

Skating

9:00 AM - 9:50 AM
10:00 AM - 10:50 AM
11:00 AM - 11:50 AM

Swimming

9:00 am - 10:00 am
10:30 am - 11:30 am
12:00 pm - 1:00 pm

**All activities
are FREE!**



Registration opens September 4, 2024.

Call 519-728-2700 or book online by scanning the QR code or visiting Lakeshore.ca/Recreation to reserve your spot for swimming, basketball, pickleball, and skating.





Lakeshore's Public Service Unit

The Municipality of Lakeshore's Public Service Unit (PSU) is your one-stop shop to municipal services and information! The PSU is here to help with general inquiries or a seamless connection to ensure you get the information you need quickly and efficiently.

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

 **519-728-2700**

 **PublicService@Lakeshore.ca**



*Scan here
for more info*

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

Fall Non-Aquatics Sept 30 - Dec 15 | Fall Aquatics Sept 30 - Dec 15

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

Fall 2024	Monday	Sept 30 - Dec 9	5:00 PM - 5:50 PM	19621
	Saturday	Oct 5 - Dec 14	11:00 AM - 11:50 AM	19742

JR Art - 5-8 years

Explore your natural talents when using paints, pastels and clay. Create works of art through sketching, drawing, painting, and collages. Collect all of your projects for an end of session art exhibit.

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	6:00 PM - 6:50 PM	19601
-----------	--------	-----------------	-------------------	-------

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

Fall 2024	Tuesday	Oct 1 - Dec 10	6:00 PM - 6:50 PM	19662
-----------	---------	----------------	-------------------	-------

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

Fall 2024	Tuesday	Oct 1 - Dec 10	6:00 PM - 6:50 PM	19668
-----------	---------	----------------	-------------------	-------

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

Fall Non-Aquatics Sept 30 - Dec 15 | Fall Aquatics Sept 30 - Dec 15

JR Soccer - 5-8 years

Instructional soccer play and skill building in a team environment. Lots of running around, dribbling, shooting and having fun! All skill levels are welcome. Soccer balls are provided.

Location: Atlas Tube Recreation Centre

Fall 2024	Thursday	Oct 3 - Dec 12	5:00 PM - 5:50 PM	19737
-----------	----------	----------------	-------------------	-------

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

Fall 2024	Monday	Sept 30 - Dec 9	5:00 PM - 5:50 PM	19644
-----------	--------	-----------------	-------------------	-------

JR STEM - 5-8 years

Junior STEM integrates 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

Fall 2024	Wednesday	Oct 2 - Dec 11	6:00 PM - 6:50 PM	19607
-----------	-----------	----------------	-------------------	-------

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

Fall 2024	Friday	Oct 4 - Dec 13	5:00 PM - 6:00 PM	19744
	Saturday	Oct 5 - Dec 14	11:00 AM - 12:00 PM	19747

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**

Fall 2024	Wednesday	Oct 2 - Dec 11	6:00 PM - 6:50 PM	19726
-----------	-----------	----------------	-------------------	-------

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

Fall 2024	Monday	Sept 30 - Dec 9	6:00 PM - 6:50 PM	19623
-----------	--------	-----------------	-------------------	-------

SR Art - 9-12 years

Explore your natural talents when using paints, pastels and clay. Create works of art through sketching, drawing, painting, and collages. Collect all of your projects for an end of session art exhibit.

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	7:00 PM - 7:50 PM	19602
-----------	--------	-----------------	-------------------	-------

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

Fall 2024	Tuesday	Oct 1 - Dec 10	7:00 PM - 7:50 PM	19666
-----------	---------	----------------	-------------------	-------

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**

Fall 2024	Tuesday	Oct 1 - Dec 10	7:00 PM - 7:50 PM	19670
-----------	---------	----------------	-------------------	-------

SR Soccer - 9-12 years

Instructional soccer play and skill building in a team environment. Lots of running around, dribbling, shooting and having fun! All skill levels are welcome. Soccer balls are provided.

Location: Atlas Tube Recreation Centre

Fall 2024	Thursday	Oct 3 - Dec 12	6:00 PM - 6:50 PM	19739
-----------	----------	----------------	-------------------	-------

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**

Fall 2024	Monday	Sept 30 - Dec 9	6:00 PM - 6:50 PM	19646
-----------	--------	-----------------	-------------------	-------

SR STEM - 9-12 years

Senior STEM integrates 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

Fall 2024	Wednesday	Oct 2 - Dec 11	7:00 PM - 7:50 PM	19608
-----------	-----------	----------------	-------------------	-------

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

Fall 2024	Friday	Oct 4 - Dec 13	6:00 PM - 7:00 PM	19750
	Saturday	Oct 5 - Dec 14	12:00 PM - 1:00 PM	19748

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

Fall 2024	Saturday	Oct 5 - Dec 14	12:00 PM - 1:00 PM	19751
-----------	----------	----------------	--------------------	-------

Teen Yoga - 12-16 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**

Fall 2024	Wednesday	Oct 2 - Dec 11	6:00 PM - 6:50 PM	19729
-----------	-----------	----------------	-------------------	-------

Youth Badminton - 10-14 years

Instructional play by teaching children the rules of badminton.

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	7:00 PM - 7:50 PM	19648
-----------	--------	-----------------	-------------------	-------

Youth Volleyball - 10-14 years

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

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	8:00 PM - 8:50 PM	19652
-----------	--------	-----------------	-------------------	-------

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**

Fall 2024	Tuesday	Oct 1 - Dec 3	6:00 PM - 6:50 PM	19873
-----------	---------	---------------	-------------------	-------

PA Activities and Day Camps

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.

Location: Atlas Tube Recreation Centre

Sept 20	9:00 AM - 3:00 PM	19741
Oct 11	9:00 AM - 3:00 PM	19745
Nov 15	9:00 AM - 3:00 PM	19752

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.

Location: Atlas Tube Recreation Centre

Sept 20	9:00 AM - 4:00 PM	19754
Oct 11	9:00 AM - 4:00 PM	19755
Nov 15	9:00 AM - 4:00 PM	19756

PA Day Camps - 4-7 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.

Location: Atlas Tube Recreation Centre

Sept 20	7:00 AM - 6:00 PM	19757
Oct 11	7:00 AM - 6:00 PM	19758
Nov 15	7:00 AM - 6:00 PM	19759

PA Day Camps - 8-11 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.

Location: Atlas Tube Recreation Centre

Sept 20	7:00 AM - 5:00 PM	19760
Oct 11	7:00 AM - 5:00 PM	19761
Nov 15	7:00 AM - 5:00 PM	19762

March Break Camp

March Break Camp will be offered from **March 10 - March 14, 2025** for ages 4-11. Registration will open **December 4, 2024 at 9:00 AM**.

Summer Camp

Summer Camp 2025 registration will open **April 9, 2025**. Multiple locations for Lakeshore Camp will be available for ages 4-11.

Stay up-to-date online at
Lakeshore.ca/Camps



Adult Fitness Activities (Non-Aquatic)

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

Beginner Yoga - 16 years +

This class is designed for beginners. Calming yoga focuses on breathing, stretching and meditation. Certified yoga instructor. Mat required. **Location: Libro Community Centre (Woodslee)**

Fall 2024	Wednesday	Oct 2 - Dec 11	9:30 AM - 10:20 AM	19654
-----------	-----------	----------------	--------------------	-------

Beginner Yoga - 16 years +

Explore the fundamentals of a flowing yoga practice as well as implementing traditional poses. Working at your own level in a safe, supportive environment. Modifications will be offered as you practice each pose. **Location: Atlas Tube Recreation Centre**

Fall 2024	Tuesday	Oct 1 - Dec 10	10:15 AM - 11:05 AM	19643
	Thursday	Oct 3 - Dec 12	10:30 AM - 11:20 AM	19724

Body Tone - 16 years +

If you are looking for deep muscle toning throughout your entire body, this is the class for you. Working with weights, bands, kettlebells and balls, you will work your entire body taking yourself to your own limit. (Formerly known as Women on Weights). **Location: Atlas Tube Recreation Centre**

Fall 2024	Wednesday	Oct 2 - Dec 11	9:30 AM - 10:20 AM	19657
	Wednesday	Oct 2 - Dec 11	7:00 PM - 7:50 PM	19664

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**

Fall 2024	Monday	Sept 30 - Dec 9	7:00 PM - 7:50 PM	19640
-----------	--------	-----------------	-------------------	-------

Gentle Yoga - 16 years +

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

Fall 2024	Monday	Sept 30 - Dec 9	7:00 PM - 7:50 PM	19637
-----------	--------	-----------------	-------------------	-------

Hatha Yoga - 16 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: Libro Community Centre (Woodslee)**

Fall 2024	Monday	Sept 30 - Dec 9	9:30 AM - 10:20 AM	19615
-----------	--------	-----------------	--------------------	-------

Hatha Yoga - 16 years +

Location: Atlas Tube Recreation Centre

Fall 2024	Wednesday	Oct 2 - Dec 11	7:00 PM - 7:50 PM	19671
-----------	-----------	----------------	-------------------	-------

Interval Training - 16 years +

High Intensity Interval Training (HIIT) is a combination of strength training and cardio workouts alternating between high intensity movements followed by short periods of lower intensity movements. Location: Atlas Tube Recreation Centre

Fall 2024	Tuesday	Oct 1 - Dec 10	6:00 PM - 6:50 PM	19735
-----------	---------	----------------	-------------------	-------

Kettlebell - 16 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

Fall 2024	Tuesday	Oct 1 - Dec 10	7:00 PM - 7:50 PM	19649
-----------	---------	----------------	-------------------	-------

Mobility 101 - 16 years +

Activities that allow muscle strengthening for rehabilitation to increase power endurance. This class involves body weight or working against a resistance. Location: Libro Community Centre (Woodslee)

Fall 2024	Monday	Sept 30 - Dec 9	8:30 AM - 9:20 AM	19721
-----------	--------	-----------------	-------------------	-------

Mobility 101 - 16 years +

Location: Comber Community Centre

Fall 2024	Wednesday	Oct 2 - Dec 11	8:30 AM - 9:20 AM	19731
-----------	-----------	----------------	-------------------	-------

Mobility 101 - 16 years +

Location: Atlas Tube Recreation Centre

Fall 2024	Thursday	Oct 3 - Dec 12	8:30 AM - 9:20 AM	19722
-----------	----------	----------------	-------------------	-------

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

Fall 2024	Friday	Oct 4 - Dec 6	9:30 AM - 10:20 AM	19733
-----------	--------	---------------	--------------------	-------

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

Fall 2024	Wednesday	Oct 2 - Dec 11	8:00 PM - 8:50 PM	19713
-----------	-----------	----------------	-------------------	-------

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

Fall Non-Aquatics Sept 30 - Dec 15 | Fall Aquatics Sept 30 - Dec 15

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**

Fall 2024	Monday	Sept 30 - Dec 9	9:30 AM - 10:20 AM	19622
-----------	--------	-----------------	--------------------	-------

Somatic Yoga - 16 years +

Somatic Yoga is from the inside out. The focus is on sensing your way in and out of poses. It focuses on how movements feel rather than how they look (Beginning to Intermediate level).

Location: Atlas Tube Recreation Centre

Fall 2024	Thursday	Oct 3 - Dec 12	9:30 AM - 10:20 AM	19723
-----------	----------	----------------	--------------------	-------

Stroller Fit - 16 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**

Fall 2024	Monday	Sept 30 - Dec 9	10:30 AM - 11:20 AM	19624
	Wednesday	Oct 2 - Dec 11	10:30 AM - 11:20 AM	19660

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

Fall 2024	Monday	Sept 30 - Dec 9	6:00 PM - 6:50 PM	19634
-----------	--------	-----------------	-------------------	-------

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

Fall 2024	Monday	Sept 30 - Dec 9	5:00 PM - 5:50 PM	19629
-----------	--------	-----------------	-------------------	-------

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

Fall 2024	Monday	Sept 30 - Dec 9	8:30 AM - 9:20 AM	19736
	Wednesday	Oct 2 - Dec 11	8:30 AM - 9:20 AM	19738
	Friday	Oct 4 - Dec 6	8:30 AM - 9:20 AM	19740

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
---------	---------	----------	----------

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
---------	---------	----------	----------

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.

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.

Parent and Tot Swimming Lessons

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

Fall Non-Aquatics Sept 30 - Dec 15 | Fall Aquatics Sept 30 - Dec 15

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**

Fall 2024	Monday	Sept 30 - Dec 9	5:00 PM - 5:30 PM	19478
	Monday	Sept 30 - Dec 9	5:30 PM - 6:00 PM	19479
	Tuesday	Oct 1 - Dec 10	5:00 PM - 5:30 PM	19480
	Tuesday	Oct 1 - Dec 10	6:00 PM - 6:30 PM	19481
	Wednesday	Oct 2 - Dec 11	5:00 PM - 5:30 PM	19482
	Wednesday	Oct 2 - Dec 11	6:00 PM - 6:30 PM	19483
	Thursday	Oct 3 - Dec 12	5:00 PM - 5:30 PM	19484
	Thursday	Oct 3 - Dec 12	6:00 PM - 6:30 PM	19485
	Friday	Oct 4 - Dec 6	9:30 AM - 10:00 AM	19486
	Friday	Oct 4 - Dec 6	10:00 AM - 10:30 AM	19487
	Friday	Oct 4 - Dec 6	5:00 PM - 5:30 PM	19488
	Saturday	Oct 5 - Dec 7	9:00 AM - 9:30 AM	19489
	Saturday	Oct 5 - Dec 7	10:00 AM - 10:30 AM	19490
	Saturday	Oct 5 - Dec 7	10:30 AM - 11:00 AM	19491
	Saturday	Oct 5 - Dec 7	11:00 AM - 11:30 AM	19492
	Saturday	Oct 5 - Dec 7	11:30 AM - 12:00 PM	19493
	Saturday	Oct 5 - Dec 7	4:00 PM - 4:30 PM	19494
	Sunday	Oct 6 - Dec 15	9:00 AM - 9:30 AM	19495
	Sunday	Oct 6 - Dec 15	9:30 AM - 10:00 AM	19496
	Sunday	Oct 6 - Dec 15	10:00 AM - 10:30 AM	19497
Sunday	Oct 6 - Dec 15	11:30 AM - 12:00 PM	19498	

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

If your child has completed all of the Parent & Tot 3 content but is not old enough to enroll in the aqua preschool programs, then this is the class for them. Participants must be comfortable being in the water without their parent. Content will be from the aqua preschool program.

Location: Atlas Tube Recreation Centre

Fall 2024	Tuesday	Oct 1 - Dec 10	5:30 PM - 6:00 PM	19499
	Thursday	Oct 3 - Dec 12	7:00 PM - 7:30 PM	19500
	Saturday	Oct 5 - Dec 7	9:30 AM - 10:00 AM	19501
	Saturday	Oct 5 - Dec 7	5:00 PM - 5:30 PM	19502

Preschool Swimming Lessons

Aqua Preschool participants will learn to enter and exit the water. They will also work on water movement and breath control while having fun.

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

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	4:30 PM - 5:00 PM	19504
	Monday	Sept 30 - Dec 9	5:00 PM - 5:30 PM	19505
	Tuesday	Oct 1 - Dec 10	5:00 PM - 5:30 PM	19506
	Tuesday	Oct 1 - Dec 10	6:00 PM - 6:30 PM	19507
	Tuesday	Oct 1 - Dec 10	7:00 PM - 7:30 PM	19508
	Wednesday	Oct 2 - Dec 11	6:00 PM - 6:30 PM	19509
	Wednesday	Oct 2 - Dec 11	6:30 PM - 7:00 PM	19510
	Thursday	Oct 3 - Dec 12	4:30 PM - 5:00 PM	19511
	Thursday	Oct 3 - Dec 12	5:30 PM - 6:00 PM	19512
	Thursday	Oct 3 - Dec 12	6:45 PM - 7:15 PM	19513
	Saturday	Oct 5 - Dec 7	9:00 AM - 9:30 AM	19514
	Saturday	Oct 5 - Dec 7	10:30 AM - 11:00 AM	19515
	Saturday	Oct 5 - Dec 7	11:00 AM - 11:30 AM	19516
	Saturday	Oct 5 - Dec 7	12:00 PM - 12:30 PM	19517
	Sunday	Oct 6 - Dec 15	8:30 AM - 9:00 AM	19518
	Sunday	Oct 6 - Dec 15	10:00 AM - 10:30 AM	19519
	Sunday	Oct 6 - Dec 15	10:30 AM - 11:00 AM	19520
	Sunday	Oct 6 - Dec 15	12:00 PM - 12:30 PM	19521

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

Location: Atlas Tube Recreation Centre

Fall 2024	Wednesday	Oct 2 - Dec 11	5:30 PM - 6:00 PM	19522
	Thursday	Oct 3 - Dec 12	6:00 PM - 6:30 PM	19523
	Friday	Oct 4 - Dec 6	4:30 PM - 5:00 PM	19524
	Saturday	Oct 5 - Dec 7	9:30 AM - 10:00 AM	19525
	Saturday	Oct 5 - Dec 7	10:00 AM - 10:30 AM	19526
	Sunday	Oct 6 - Dec 15	11:30 AM - 12:00 PM	19527

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

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	5:30 PM - 6:00 PM	19528
	Wednesday	Oct 2 - Dec 11	4:30 PM - 5:00 PM	19529
	Wednesday	Oct 2 - Dec 11	7:00 PM - 7:30 PM	19530
	Thursday	Oct 3 - Dec 12	4:30 PM - 5:00 PM	19531
	Thursday	Oct 3 - Dec 12	6:00 PM - 6:30 PM	19532
	Friday	Oct 4 - Dec 6	4:30 PM - 5:00 PM	19533
	Saturday	Oct 5 - Dec 7	8:30 AM - 9:00 AM	19534
	Saturday	Oct 5 - Dec 7	5:00 PM - 5:30 PM	19535
	Sunday	Oct 6 - Dec 15	8:30 AM - 9:00 AM	19536
	Sunday	Oct 6 - Dec 15	12:00 PM - 12:30 PM	19537

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

Location: Atlas Tube Recreation Centre

Fall 2024	Tuesday	Oct 1 - Dec 10	5:30 PM - 6:00 PM	19538
	Thursday	Oct 3 - Dec 12	5:00 PM - 5:30 PM	19539
	Thursday	Oct 3 - Dec 12	5:30 PM - 6:00 PM	19540
	Friday	Oct 4 - Dec 6	5:30 PM - 6:00 PM	19541
	Saturday	Oct 5 - Dec 7	10:30 AM - 11:00 AM	19542
	Saturday	Oct 5 - Dec 7	11:30 AM - 12:00 PM	19543
	Saturday	Oct 5 - Dec 7	12:30 PM - 1:00 PM	19544
	Sunday	Oct 6 - Dec 15	10:00 AM - 10:30 AM	19545

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

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	4:30 PM - 5:00 PM	19546
	Monday	Sept 30 - Dec 9	6:30 PM - 7:00 PM	19547
	Wednesday	Oct 2 - Dec 11	7:30 PM - 8:00 PM	19548
	Thursday	Oct 3 - Dec 12	4:30 PM - 5:00 PM	19549
	Thursday	Oct 3 - Dec 12	5:15 PM - 5:45 PM	19550
	Thursday	Oct 3 - Dec 12	7:00 PM - 7:30 PM	19551
	Saturday	Oct 5 - Dec 7	10:00 AM - 10:30 AM	19552
	Saturday	Oct 5 - Dec 7	4:30 PM - 5:00 PM	19553
	Sunday	Oct 6 - Dec 15	8:30 AM - 9:00 AM	19554
	Sunday	Oct 6 - Dec 15	12:30 PM - 1:00 PM	19555

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

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	5:00 PM - 5:30 PM	19556
	Monday	Sept 30 - Dec 9	5:30 PM - 6:00 PM	19557
	Tuesday	Oct 1 - Dec 10	5:00 PM - 5:30 PM	19558
	Tuesday	Oct 1 - Dec 10	5:30 PM - 6:00 PM	19559
	Wednesday	Oct 2 - Dec 11	6:30 PM - 7:00 PM	19560
	Thursday	Oct 3 - Dec 12	6:30 PM - 7:00 PM	19561
	Saturday	Oct 5 - Dec 7	9:00 AM - 9:30 AM	19562
	Saturday	Oct 5 - Dec 7	9:45 AM - 10:15 AM	19563
	Sunday	Oct 6 - Dec 15	9:00 AM - 9:30 AM	19564

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

Location: Atlas Tube Recreation Centre

Fall 2024	Tuesday	Oct 1 - Dec 10	4:30 PM - 5:00 PM	19565
	Tuesday	Oct 1 - Dec 10	6:30 PM - 7:00 PM	19566
	Wednesday	Oct 2 - Dec 11	5:30 PM - 6:00 PM	19567
	Friday	Oct 4 - Dec 6	4:30 PM - 5:00 PM	19568
	Saturday	Oct 5 - Dec 7	8:30 AM - 9:00 AM	19569
	Saturday	Oct 5 - Dec 7	12:30 PM - 1:00 PM	19570
	Saturday	Oct 5 - Dec 7	5:00 PM - 5:30 PM	19571
	Sunday	Oct 6 - Dec 15	12:00 PM - 12:30 PM	19572

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

Location: Atlas Tube Recreation Centre

Fall 2024	Tuesday	Oct 1 - Dec 10	6:00 PM - 6:30 PM	19573
	Wednesday	Oct 2 - Dec 11	6:30 PM - 7:00 PM	19574
	Saturday	Oct 5 - Dec 7	11:30 AM - 12:00 PM	19575
	Sunday	Oct 6 - Dec 15	9:30 AM - 10:00 AM	19576

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**

Fall 2024	Wednesday	Oct 2 - Dec 11	5:00 PM - 5:30 PM	19577
	Saturday	Oct 5 - Dec 7	11:15 AM - 11:45 AM	19578

Unsure of what swimming level to register your child in?

Lakeshore 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 by calling **519-728-2700** or online at **Lakeshore.ca/DropIn**



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

Fitness Swimmer Ratio 1:10 - 6-14 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**

Fall 2024	Thursday	Oct 3 - Dec 12	7:00 PM - 7:45 PM	19781
-----------	----------	----------------	-------------------	-------

Swim Club Ratio 1:10 - 7-16 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**

Fall 2024	Mon & Wed	Sept 30 - Dec 11	4:30 PM - 5:30 PM	19782
-----------	-----------	------------------	-------------------	-------

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. We stress lots of in water practice for each level.

Swimmer 1, Ratio 1:4 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	4:30 PM - 5:00 PM	19580
	Monday	Sept 30 - Dec 9	5:00 PM - 5:30 PM	19581
	Monday	Sept 30 - Dec 9	7:00 PM - 7:30 PM	19582
	Tuesday	Oct 1 - Dec 10	4:30 PM - 5:00 PM	19583
	Tuesday	Oct 1 - Dec 10	5:00 PM - 5:30 PM	19584
	Tuesday	Oct 1 - Dec 10	6:30 PM - 7:00 PM	19585
	Wednesday	Oct 2 - Dec 11	4:30 PM - 5:00 PM	19586
	Wednesday	Oct 2 - Dec 11	6:30 PM - 7:00 PM	19587
	Wednesday	Oct 2 - Dec 11	7:00 PM - 7:30 PM	19588
	Thursday	Oct 3 - Dec 12	6:00 PM - 6:30 PM	19589
	Thursday	Oct 3 - Dec 12	6:30 PM - 7:00 PM	19590
	Friday	Oct 4 - Dec 6	5:30 PM - 6:00 PM	19591
	Saturday	Oct 5 - Dec 7	8:30 AM - 9:00 AM	19592
	Saturday	Oct 5 - Dec 7	9:30 AM - 10:00 AM	19593
	Saturday	Oct 5 - Dec 7	11:30 AM - 12:00 PM	19594
	Saturday	Oct 5 - Dec 7	4:00 PM - 4:30 PM	19595
	Saturday	Oct 5 - Dec 7	5:30 PM - 6:00 PM	19596
	Sunday	Oct 6 - Dec 15	9:00 AM - 9:30 AM	19597
	Sunday	Oct 6 - Dec 15	11:30 AM - 12:00 PM	19598
Sunday	Oct 6 - Dec 15	12:30 PM - 1:00 PM	19599	

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

Fall Non-Aquatics Sept 30 - Dec 15 | Fall Aquatics Sept 30 - Dec 15

Swimmer 1, Ratio 1:6 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	6:00 PM - 6:30 PM	19611
	Monday	Sept 30 - Dec 9	6:30 PM - 7:00 PM	19612
	Tuesday	Oct 1 - Dec 10	5:30 PM - 6:00 PM	19613
	Tuesday	Oct 1 - Dec 10	6:30 PM - 7:00 PM	19614
	Wednesday	Oct 2 - Dec 11	5:00 PM - 5:30 PM	19616
	Friday	Oct 4 - Dec 6	5:00 PM - 5:30 PM	19617
	Friday	Oct 4 - Dec 6	5:30 PM - 6:00 PM	19618
	Saturday	Oct 5 - Dec 7	10:30 AM - 11:00 AM	19619
	Sunday	Oct 6 - Dec 15	9:30 AM - 10:00 AM	19620
	Sunday	Oct 6 - Dec 15	10:30 AM - 11:00 AM	19626
	Sunday	Oct 6 - Dec 15	11:00 AM - 11:30 AM	19628

Swimmer 2, Ratio 1:4 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	4:30 PM - 5:00 PM	19631
	Monday	Sept 30 - Dec 9	6:00 PM - 6:30 PM	19632
	Monday	Sept 30 - Dec 9	7:00 PM - 7:30 PM	19635
	Tuesday	Oct 1 - Dec 10	4:30 PM - 5:00 PM	19638
	Tuesday	Oct 1 - Dec 10	5:30 PM - 6:00 PM	19639
	Wednesday	Oct 2 - Dec 11	4:30 PM - 5:00 PM	19641
	Wednesday	Oct 2 - Dec 11	6:00 PM - 6:30 PM	19642
	Wednesday	Oct 2 - Dec 11	6:45 PM - 7:15 PM	19645
	Friday	Oct 4 - Dec 6	4:30 PM - 5:00 PM	19647
	Saturday	Oct 5 - Dec 7	8:30 AM - 9:00 AM	19650
	Saturday	Oct 5 - Dec 7	12:00 PM - 12:30 PM	19651
	Saturday	Oct 5 - Dec 7	5:30 PM - 6:00 PM	19653
	Sunday	Oct 6 - Dec 15	8:30 AM - 9:00 AM	19655
	Sunday	Oct 6 - Dec 15	12:00 PM - 12:30 PM	19656
	Sunday	Oct 6 - Dec 15	12:30 PM - 1:00 PM	19658

Swimmer 2, Ratio 1:6 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	5:30 PM - 6:00 PM	19659
	Tuesday	Oct 1 - Dec 10	4:30 PM - 5:00 PM	19661
	Tuesday	Oct 1 - Dec 10	6:00 PM - 6:30 PM	19663
	Tuesday	Oct 1 - Dec 10	7:00 PM - 7:30 PM	19665
	Wednesday	Oct 2 - Dec 11	5:00 PM - 5:30 PM	19667
	Wednesday	Oct 2 - Dec 11	5:30 PM - 6:00 PM	19669
	Thursday	Oct 3 - Dec 12	5:00 PM - 5:30 PM	19672
	Thursday	Oct 3 - Dec 12	5:45 PM - 6:15 PM	19673
	Friday	Oct 4 - Dec 6	5:00 PM - 5:30 PM	19674
	Saturday	Oct 5 - Dec 7	9:00 AM - 9:30 AM	19675
	Saturday	Oct 5 - Dec 7	9:30 AM - 10:00 AM	19676
	Saturday	Oct 5 - Dec 7	10:00 AM - 10:30 AM	19677
	Saturday	Oct 5 - Dec 7	11:30 AM - 12:00 PM	19678
	Saturday	Oct 5 - Dec 7	11:45 AM - 12:15 PM	19679
	Saturday	Oct 5 - Dec 7	4:00 PM - 4:30 PM	19680
	Sunday	Oct 6 - Dec 15	11:00 AM - 11:30 AM	19681
	Sunday	Oct 6 - Dec 15	11:30 AM - 12:00 PM	19682

Swimmer 3, Ratio 1:4 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	4:30 PM - 5:15 PM	19683
	Monday	Sept 30 - Dec 9	5:00 PM - 5:45 PM	19684
	Monday	Sept 30 - Dec 9	6:30 PM - 7:15 PM	19685
	Tuesday	Oct 1 - Dec 10	6:00 PM - 6:45 PM	19686
	Wednesday	Oct 2 - Dec 11	5:45 PM - 6:30 PM	19687
	Wednesday	Oct 2 - Dec 11	6:30 PM - 7:15 PM	19688
	Thursday	Oct 3 - Dec 12	4:30 PM - 5:15 PM	19689
	Friday	Oct 4 - Dec 6	4:30 PM - 5:15 PM	19690
	Saturday	Oct 5 - Dec 7	9:00 AM - 9:45 AM	19691
	Saturday	Oct 5 - Dec 7	12:15 PM - 1:00 PM	19692
	Saturday	Oct 5 - Dec 7	4:00 PM - 4:45 PM	19693
	Saturday	Oct 5 - Dec 7	4:30 PM - 5:15 PM	19694
	Sunday	Oct 6 - Dec 15	12:15 PM - 1:00 PM	19695

Swimmer 3, Ratio 1:6 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Tuesday	Oct 1 - Dec 10	5:00 PM - 5:45 PM	19696
	Tuesday	Oct 1 - Dec 10	7:15 PM - 8:00 PM	19697
	Thursday	Oct 3 - Dec 12	5:45 PM - 6:30 PM	19698
	Thursday	Oct 3 - Dec 12	6:15 PM - 7:00 PM	19699
	Saturday	Oct 5 - Dec 7	10:15 AM - 11:00 AM	19700
	Sunday	Oct 6 - Dec 15	9:15 AM - 10:00 AM	19701
	Sunday	Oct 6 - Dec 15	10:00 AM - 10:45 AM	19702

Swimmer 4, Ratio 1:4 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	5:15 PM - 6:00 PM	19703
	Tuesday	Oct 1 - Dec 10	6:45 PM - 7:30 PM	19704
	Tuesday	Oct 1 - Dec 10	7:15 PM - 8:00 PM	19705
	Wednesday	Oct 2 - Dec 11	4:30 PM - 5:15 PM	19706
	Thursday	Oct 3 - Dec 12	7:00 PM - 7:45 PM	19707
	Friday	Oct 4 - Dec 6	5:15 PM - 6:00 PM	19708
	Saturday	Oct 5 - Dec 7	8:30 AM - 9:15 AM	19709
	Saturday	Oct 5 - Dec 7	12:15 PM - 1:00 PM	19710
	Saturday	Oct 5 - Dec 7	4:45 PM - 5:30 PM	19711
	Sunday	Oct 6 - Dec 15	8:30 AM - 9:15 AM	19712

Swimmer 4, Ratio 1:8 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	6:30 PM - 7:15 PM	19714
	Thursday	Oct 3 - Dec 12	5:15 PM - 6:00 PM	19715
	Saturday	Oct 5 - Dec 7	9:15 AM - 10:00 AM	19716
	Saturday	Oct 5 - Dec 7	11:00 AM - 11:45 AM	19717
	Sunday	Oct 6 - Dec 15	10:45 AM - 11:30 AM	19718

Swimmer 5, Ratio 1:10 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Wednesday	Oct 2 - Dec 11	6:00 PM - 6:45 PM	19743
	Thursday	Oct 3 - Dec 12	6:00 PM - 6:45 PM	19746
	Saturday	Oct 5 - Dec 7	12:00 PM - 12:45 PM	19749

Swimmer 5, Ratio 1:4 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	6:45 PM - 7:30 PM	19719
	Monday	Sept 30 - Dec 9	7:15 PM - 8:00 PM	19720
	Tuesday	Oct 1 - Dec 10	6:00 PM - 6:45 PM	19725
	Thursday	Oct 3 - Dec 12	4:30 PM - 5:15 PM	19727
	Thursday	Oct 3 - Dec 12	5:00 PM - 5:45 PM	19728
	Saturday	Oct 5 - Dec 7	10:00 AM - 10:45 AM	19730
	Sunday	Oct 6 - Dec 15	9:45 AM - 10:30 AM	19732
	Sunday	Oct 6 - Dec 15	11:30 AM - 12:15 PM	19734

Swimmer 6, Ratio 1:4 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Tuesday	Oct 1 - Dec 10	4:30 PM - 5:15 PM	19763
	Wednesday	Oct 2 - Dec 11	7:15 PM - 8:00 PM	19764
	Thursday	Oct 3 - Dec 12	6:30 PM - 7:15 PM	19765
	Thursday	Oct 3 - Dec 12	7:00 PM - 7:45 PM	19766
	Saturday	Oct 5 - Dec 7	12:15 PM - 1:00 PM	19767
	Sunday	Oct 6 - Dec 15	10:00 AM - 10:45 AM	19768

Swimmer 6, Ratio 1:10 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2024	Monday	Sept 30 - Dec 9	7:15 PM - 8:00 PM	19769
	Sunday	Oct 6 - Dec 15	9:00 AM - 9:45 AM	19770

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.

Location: Atlas Tube Recreation Centre

Swimmer 7/8, Ratio 1:4 - 5-12 years

Fall 2024	Monday	Sept 30 - Dec 9	6:00 PM - 6:45 PM	19771
	Thursday	Oct 3 - Dec 12	7:15 PM - 8:00 PM	19772

Swimmer 7/8, Ratio 1:10 - 5-12 years

Fall 2024	Tuesday	Oct 1 - Dec 10	5:15 PM - 6:00 PM	19773
	Tuesday	Oct 1 - Dec 10	6:30 PM - 7:15 PM	19774

Swimmer 9, Ratio 1:4 - 5-12 years

Fall 2024	Sunday	Oct 6 - Dec 15	12:15 PM - 1:00 PM	19775
-----------	--------	----------------	--------------------	-------

Swimmer 9, Ratio 1:10 - 5-12 years

Fall 2024	Tuesday	Oct 1 - Dec 10	7:00 PM - 7:45 PM	19779
-----------	---------	----------------	-------------------	-------

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**

Fall 2024	Friday	Oct 4 - Dec 6	5:30 PM - 6:00 PM	19776
	Saturday	Oct 5 - Dec 7	8:30 AM - 9:00 AM	19777

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**

Fall 2024	Wednesday	Oct 2 - Dec 11	7:30 PM - 8:00 PM	19778
-----------	-----------	----------------	-------------------	-------

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**

Fall 2024	Sunday	Oct 6 - Dec 15	10:30 AM - 11:30 AM	19784
-----------	--------	----------------	---------------------	-------

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**

Fall 2024	Wednesday	Oct 9 - Nov 20	5:00 PM - 8:15 PM	19785
-----------	-----------	----------------	-------------------	-------

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**

Fall 2024	Monday	Oct 21 - Dec 9	5:00 PM - 8:00 PM	19786
-----------	--------	----------------	-------------------	-------

Assistant Instructor - 14 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**

Fall 2024	Tuesday	Oct 22 - Nov 26	5:00 PM - 8:00 PM	19787
-----------	---------	-----------------	-------------------	-------

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

Fall 2024	Sunday	Oct 6 - Dec 8	9:00 AM - 2:45 PM	19788
-----------	--------	---------------	-------------------	-------

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**

Fall 2024	Friday Saturday	Nov 8 - Nov 23	5:00 PM - 9:00 PM 8:30 AM - 6:45 PM	19789
-----------	--------------------	----------------	--	-------

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**

Fall 2024	Sunday	Dec 1	3:30 PM - 9:30 PM	19790
-----------	--------	-------	-------------------	-------

National Lifeguard Instructor - 15 years +

The National Lifeguard Instructor course provides candidates with an understanding of the principles and practices on which the National Lifeguard program is based and explores teaching approaches and techniques appropriate for National Lifeguard candidates. Prerequisites are National Lifeguard (any option), Lifesaving Instructor. Recommended: Bronze Examiner, experience lifeguarding.

Location: Atlas Tube Recreation Centre

Fall 2024	Saturday Sunday	Dec 7 Dec 8	8:30 AM - 6:30 PM 8:30 AM - 4:30 PM	19791
-----------	--------------------	----------------	--	-------



Lakeshore Fire Prevention Week

October 6-12, 2024

This year's Fire Prevention Week (FPW) campaign, **"Smoke alarms: Make them work for you!™"** strives to educate everyone about the importance of having working smoke alarms in their homes.

To celebrate FPW, Lakeshore Fire Department invites residents to participate in activities including:

Fire Department Grade School Visits
(All ten grade schools in Lakeshore)

Fire Station Open Houses
October 9 | 6:00 - 9:00 PM

- Station 1 (1031 County Road 22, Emeryville)
- Station 2 (1465 Lakeshore Road 203, Maidstone)
- Station 3 (592 St. Charles Street, Belle River)
- Station 4 (2095 County Road 31, Ruscom)
- Station 5 (6400 Main Street, Comber)



Learn more about Fire Prevention Week activities online at Lakeshore.ca/FPW