

# DROP-IN SCHEDULE



SUMMER 2024 • July 1 - Aug 31

## SWIM & WATER FITNESS\*

### MONDAY

Aqua Fit 9:30 AM - 10:30 AM  
 Adult Swim 9:30 AM - 10:30 AM

### TUESDAY

Aqua Cycle 9:30 AM - 10:30 AM  
 Adult Swim 9:30 AM - 10:30 AM

### WEDNESDAY

Aqua Fit 9:30 AM - 10:30 AM  
 Adult Swim 9:30 AM - 10:30 AM

### THURSDAY

Aqua Cycle 9:30 AM - 10:30 AM  
 Adult Swim 9:30 AM - 10:30 AM

### FRIDAY

Aqua Fit 9:30 AM - 10:30 AM  
 Adult Swim 9:30 AM - 10:30 AM

### SATURDAY

Adult Swim 11:00 AM - 12:00 PM

\* Swim & water fitness classes held at Lake Lisgar Waterpark starting June 17

## FITNESS CLASSES

### MONDAY

Morning Fitness 9:00 AM - 10:00 AM  
 Yoga 10:15 AM - 10:30 AM

### WEDNESDAY

Morning Fitness 9:00 AM - 10:00 AM  
 Yoga 10:15 AM - 11:15 AM

### FRIDAY

Morning Fitness 9:00 AM - 10:00 AM  
 Yoga 10:15 AM - 11:15 AM



Check the **MOBILE APP** for schedule updates



**LAKE LISGAR WATERPARK**  
 Mon - Thur: 12:00 PM - 6:00 PM  
 Fri - Sun: 12:00 PM - 8:00 PM  
[www.tillsonburg.ca/waterpark](http://www.tillsonburg.ca/waterpark)

**HEALTH CLUB**  
 Mon - Fri: 5:30 AM - 9:00 PM  
 Sat: 8:00 AM - 2:00 PM  
 Sun: 8:00 AM - 11:00 AM  
 For more information:  
[tcchealthclub@tillsonburg.ca](mailto:tcchealthclub@tillsonburg.ca)  
 519.688.3009 ext 4230

**SQUASH COURTS**  
 Mon - Fri: 5:30 AM - 8:00 PM  
 Sat: 8:30 AM - 1:00 PM  
 Sun: 8:30 AM - 10:00 AM  
 To book a court:  
[tcchealthclub@tillsonburg.ca](mailto:tcchealthclub@tillsonburg.ca)  
 519.688.3009 ext 4230

**ROLLER SKATING**  
 Thur: 6:30 PM - 8:00 PM  
 June 20 - Aug 29

### AGES:

**Adult Swim**  
 Ages 13+

**Fitness Classes:**  
 Ages 13+

**Health Club/Squash:**  
 Ages 13+ / 10-12 yrs,  
 with adult 18+

**Pickleball:**  
 Ages 18+ /

**Roller Skating:**  
 All ages

Tillsonburg  
 Community Centre  
 45 Hardy Ave  
 519.688.9011

[events.tillsonburg.ca](http://events.tillsonburg.ca)

