

DROP-IN SCHEDULE • Sept 6 - Dec 23, 2022



SWIM & WATER FITNESS

MONDAY • Sept 12 - Dec 12

Lane and Leisure Swim	6:00 AM - 7:30 AM
Aqua Cycle	7:30 AM - 8:30 AM
Aqua Fit	8:30 AM - 9:30 AM
Lane and Leisure Swim	11:30 AM - 1:00 PM
Aqua Fit	1:00 PM - 2:00 PM
Aqua Cycle	6:30 PM - 7:30 PM
Aqua Jog	7:30 PM - 8:30 PM
Lane and Leisure Swim	8:30 PM - 9:30 PM

TUESDAY • Sept 6 - Dec 13

Lane and Leisure Swim	6:00 AM - 8:30 AM
Aqua Jog	8:30 AM - 9:30 AM
Lane and Leisure Swim	11:30 AM - 1:00 PM

WEDNESDAY • Sept 7 - Dec 14

Lane and Leisure Swim	6:00 AM - 7:30 AM
Aqua Cycle	7:30 AM - 8:30 AM
Aqua Fit	8:30 AM - 9:30 AM
Preschool Playtime	9:30 AM - 10:30 AM
Lane and Leisure Swim	11:30 AM - 1:00 PM
Aqua Fit	1:00 PM - 2:00 PM
Aqua Cycle	6:30 PM - 7:30 PM
Aqua Jog	7:30 PM - 8:30 PM
Lane and Leisure Swim	8:30 PM - 9:30 PM

THURSDAY • Sept 8 - Dec 15

Lane and Leisure Swim	6:00 AM - 8:30 AM
Aqua Jog	8:30 AM - 9:30 AM
Lane and Leisure Swim	11:30 AM - 1:00 PM

FRIDAY • Sept 9 - Dec 16

Lane and Leisure Swim	6:00 AM - 8:30 AM
Aqua Cycle	7:30 AM - 8:30 AM
Aqua Fit	8:30 AM - 9:30 AM
Lane and Leisure Swim	12:00 PM - 1:00 PM

SATURDAY • Sept 10 - Dec 17

Lane and Leisure Swim	7:30 AM - 9:00 AM
Community Swim	12:00 PM - 1:30 PM



HEALTH CLUB

Mon - Fri: 5:30 AM - 9:00 PM
Sat: 7:30 AM - 5:00 PM
Sun: 9:00 AM - 5:00 PM

For more information:
tchealthclub@tillsonburg.ca
519.688.3009 ext 4230

SQUASH COURTS

Mon - Fri: 6:00 AM - 8:00 PM
Sat/Sun: 9:00 AM - 4:00 PM

To book a court:
tchealthclub@tillsonburg.ca
519.688.3009 ext 4230

PUBLIC SKATES

Tues: 10:15 AM - 11:45 AM
Thur: 10:15 AM - 11:45 AM

Fri: 3:30 PM - 5:00 PM
Sun 1:15 PM - 2:45 PM

FITNESS CLASSES

MONDAY • Sept 12 - Dec 19

Aerobics	9:00 AM - 10:00 AM
Yoga	10:15 AM - 11:15 AM
Full Body Blast	5:45 PM - 6:15 PM
Yoga Blast	6:30 PM - 7:00 PM

TUESDAY • Sept 6 - Dec 20

Full Body Blast	6:30 PM - 7:00 PM
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WEDNESDAY • Sept 7 - Dec 21

Aerobics	9:00 AM - 10:00 AM
Yoga	10:15 AM - 11:15 AM
Full Body Blast	6:30 PM - 7:00 PM

FRIDAY • Sept 9 - Dec 23

Aerobics	9:00 AM - 10:00 AM
Yoga	10:15 AM - 11:15 AM



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

Land Fitness:
Ages 13+

Land & Leisure Swim:
Ages 13+

Preschool Playtime:
Ages <5yrs + caregiver

Public Skate:
All ages

Water Fitness Class:
Ages 13+ / <5 yrs,
with caregiver - AquaFit only

Tillsonburg
Community Centre
45 Hardy Ave
519.688.9011

events.tillsonburg.ca