DROP-IN SCHEDULE • SUMMER 2023

July 1 - September 3

SWIM & WATER FITNESS**

MONDAY • July 3 - Aug 28		FRIDAY • July 7 - Sept 1		MONDAY • July 3
Adult Swim	8:30 AM - 9:30 AM	Adult Swim	8:30 AM - 9:30 AM	Aerobics
Aqua Fit*	9:30 AM - 10:30 AM	Aqua Fit*	9:30 AM - 10:30 AM	Yoga
Leisure Swim*	9:30 AM - 10:30 AM	Leisure Swim*	9:30 AM - 10:30 AM	
Community Swim	12:00 PM - 6:00 PM	Community Swim	12:00 PM - 6:00 PM	WEDNESDAY · Ju
TUESDAY • July 4 - Aug 29		SATURDAY • July 1 - Sept 2		Aerobics
Aqua Cycle*	9:30 AM - 10:30 AM	Adult Swim	11:00 AM - 12:00 PM	Yoga
Leisure Swim*	9:30 AM - 10:30 AM	Community Swim	12:00 PM - 8:00 PM	FRIDAY • July 7 -
Community Swim	12:00 PM - 6:00 PM	SUNDAY • July 2 - S	Sept 3	Aerobics
Aqua Cycle	6:15 PM - 7:15 PM	Adult Swim	11:00 AM - 12:00 PM	Yoga
WEDNESDAY · July	y 5 - Aug 30	Community Swim	12:00 PM - 8:00 PM	
Adult Swim	8:30 AM - 9:30 AM		The state	
Aqua Fit*	9:30 AM - 10:30 AM	Check the MOBILE APP for sche		
Leisure Swim*	9:30 AM - 10:30 AM			BILE APP for sched
Community Swim	12:00 PM - 6:00 PM			
THURSDAY • July 6	5 - Aug 31	Mon - Fri: 5:30 AM -		
Aqua Cycle*	9:30 AM - 10:30 AM	HEALTH CLUB	Sat: 8:00 AM - 2:00 F Sun: 8:00 AM - 11:00	
Leisure Swim*	9:30 AM - 10:30 AM			
Community Swim	12:00 PM - 6:00 PM	SQUASH COURTS	Mon - Fri: 5:30 AM - Sat: 8:00 AM - 1:00 F	
Aqua Cycle	6:15 PM - 7:15 PM		Sun: 8:00 AM - 10:00	

* shared pool time **Swim & water fitness classes held at Lake Lisgar Waterpark 26 starting June 19

FITNESS CLASSES

	MONDAY •	July 3 - Aug 28	
8:30 AM - 9:30 AM	Aerobics	9:00 AM - 10:00 AM	
):30 AM - 10:30 AM	Yoga	10:15 AM - 11:15 AM	
0:30 AM - 10:30 AM			
2:00 PM - 6:00 PM	WEDNESDAY • July 5 - Aug 30		
ot 2	Aerobics	9:00 AM - 10:00 AM	
	Yoga	10:15 AM - 11:15 AM	
:00 AM - 12:00 PM			
2:00 PM - 8:00 PM	FRIDAY • J	uly 7 - Sept 1	
3	Aerobics	9:00 AM - 10:00 AM	
:00 AM - 12:00 PM	Yoga	10:15 AM - 11:15 AM	
2:00 PM - 8:00 PM			
Check the MO		a hadula undataa	
Check the WO	SILE APP IOT	schedule updates.	
Mon - Fri: 5:30 AM - 9		For more information:	
Sat: 8:00 AM - 2:00 P Sun: 8:00 AM - 11:00		tcchealthclub@tillsonburg.ca 519.688.3009 ext 4230	
Mon - Fri: 5:30 AM -		To book a court:	
Sat: 8:00 AM - 1:00 F Sun: 8:00 AM - 10:00		tcchealthclub@tillsonburg.ca 519.688.3009 ext 4230	
LAKE LISGAF	RWATERPARK		

Mon - Fri: 12:00 PM - 6:00 PM Sat/Sun: 12:00 PM - 8:00 PM

AGES:

lealth Club/Squash: ges 13+ / 10-12 yrs, with adult 18+

Fitness Classes : Ages 13+

Tillsonburg **Community Centre** 45 Hardy Ave 519.688.9011

events.tillsonburg.ca

