



SWIM & WATER FITNESS**

MONDAY • July 3 - Aug 28

Adult Swim	8:30 AM - 9:30 AM
Aqua Fit*	9:30 AM - 10:30 AM
Leisure Swim*	9:30 AM - 10:30 AM
Community Swim	12:00 PM - 6:00 PM

TUESDAY • July 4 - Aug 29

Aqua Cycle*	9:30 AM - 10:30 AM
Leisure Swim*	9:30 AM - 10:30 AM
Community Swim	12:00 PM - 6:00 PM
Aqua Cycle	6:15 PM - 7:15 PM

WEDNESDAY • July 5 - Aug 30

Adult Swim	8:30 AM - 9:30 AM
Aqua Fit*	9:30 AM - 10:30 AM
Leisure Swim*	9:30 AM - 10:30 AM
Community Swim	12:00 PM - 6:00 PM

THURSDAY • July 6 - Aug 31

Aqua Cycle*	9:30 AM - 10:30 AM
Leisure Swim*	9:30 AM - 10:30 AM
Community Swim	12:00 PM - 6:00 PM
Aqua Cycle	6:15 PM - 7:15 PM

FRIDAY • July 7 - Sept 1

Adult Swim	8:30 AM - 9:30 AM
Aqua Fit*	9:30 AM - 10:30 AM
Leisure Swim*	9:30 AM - 10:30 AM
Community Swim	12:00 PM - 6:00 PM

SATURDAY • July 1 - Sept 2

Adult Swim	11:00 AM - 12:00 PM
Community Swim	12:00 PM - 8:00 PM

SUNDAY • July 2 - Sept 3

Adult Swim	11:00 AM - 12:00 PM
Community Swim	12:00 PM - 8:00 PM



Check the MOBILE APP for schedule updates.

FITNESS CLASSES

MONDAY • July 3 - Aug 28

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

WEDNESDAY • July 5 - Aug 30

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

FRIDAY • July 7 - Sept 1

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

AGES:

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

Fitness Classes :
Ages 13+

Tillsonburg
Community Centre
45 Hardy Ave
519.688.9011

events.tillsonburg.ca



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:
tchealthclub@tillsonburg.ca
519.688.3009 ext 4230

SQUASH COURTS

Mon - Fri: 5:30 AM - 9:00 PM
Sat: 8:00 AM - 1:00 PM
Sun: 8:00 AM - 10:00 AM

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

LAKE LISGAR WATERPARK

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

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