

# RECREATION Activity Guide

Winter | Spring 2026




**Keep Moving All  
Winter Long**

Learn more on page 5

 **519-728-2700**

 **Lakeshore.ca**

 **RecInfo@Lakeshore.ca**

 @LakeshoreON  
@LakeshoreRec

 @TweetLakeshore  
@LakeshoreRec

   @MunicipalityOfLakeshore  
@LakeshoreRecreation





OUR COMMUNITIES. OUR HOME.

Together We Are Lakeshore | [Lakeshore.ca](https://lakeshore.ca)

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## Drop-In Recreation

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

- Badminton
- Pickleball
- Skating
- Basketball
- Preschool Play
- Swimming
- HIIT
- Shuffleboard
- Volleyball



Check out the most up-to-date activity  
schedules by calling 519-728-2700 or online at  
**Lakeshore.ca/DropIn**

# Mayor's Message: Looking Back on 2025

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**Tracey Bailey**

Municipality of Lakeshore Mayor

2025 was a landmark year for Lakeshore and the future of our communities!

In February, we hit the ground running with a \$7.4 million grant from the Government of Canada's Housing Accelerator Fund. In March, we received a nearly \$37 million grant from the Canada Housing and Infrastructure Fund, followed by \$32 million from the Ontario's Housing-Enabling Water Systems Fund in October.

These grants will support critical investments in our water and

wastewater infrastructure and help meet our needs today, and in the future. They will also lay the foundation for the long-term growth and development of our communities.

As part of that effort, we have partnered with the Centre for Cities at the University of Windsor's Faculty of Law to form Lakeshore Horizons. This collaborative team is focused on engaging our residents to create a vision that reflects the desires of our community members while prioritizing the creation of vibrant neighbourhoods and protecting parks and agricultural land.

There is much work to be done, and we hope you will join us as we embrace the opportunity.

TOGETHER WE ARE

# Lakeshore

A stylized, handwritten signature in blue ink that reads "Bailey".

Mayor Tracey Bailey  
Municipality of Lakeshore



# Keep Moving All Winter

**Stay active all winter long  
with our recreation activities!**

**There's something for everyone to keep  
moving, stay healthy, and feel great all  
season at the ATRC.**

## **Indoor Walking Track**

Open Daily | 6:00 AM - 9:00 PM  
Closed During Ticketed Events

## **Drop-In Skating**

Weekdays | Various Times

- Adult/Senior Skate | Sticks, Pucks, & Helmets

## **Drop-In Swimming**

Daily | Various Times

- Aquafit | Lengths & Leisure | Recreational Swim

## **Recreation Programs**

Daily | Various Times

- Zoomers | Body Tone | Pilates | Sculpt & Move  
Pickleball | Shuffleboard | Yoga

Learn more at

**Lakeshore.ca/Recreation**



TOGETHER WE ARE  
**Lakeshore**



# Lakeshore Council | 2025-2026



**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**  
Michael Hoffman  
MHoffman@Lakeshore.ca  
519-728-2700 ext. 212



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



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



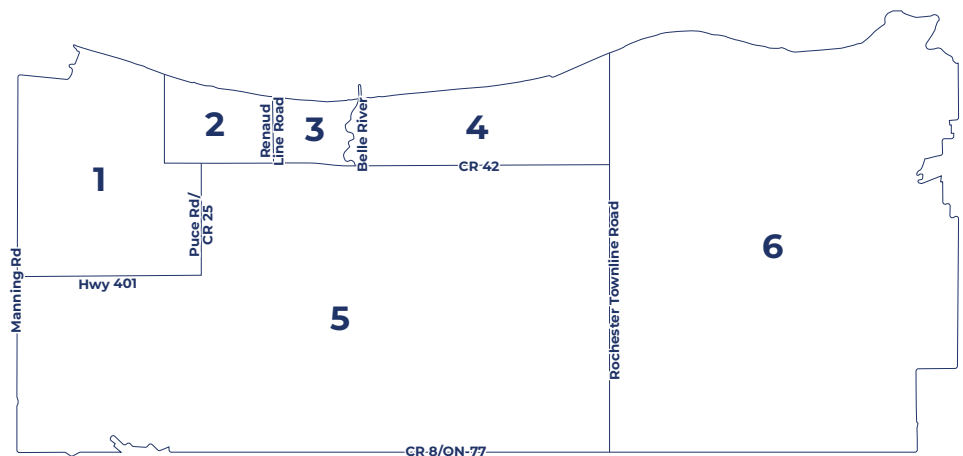
**Ward 6**  
Larissa Vogler  
LVogler@Lakeshore.ca  
519-728-2700 Ext. 216

## 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](https://Lakeshore.ca/Council)



## Lakeshore Ward Map





Lakeshore  
***HORIZONS***  
Tomorrow | Together

**COMMUNITY VOICES**

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**WELL-PLANNED NEIGHBOURHOODS**

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**LAKESHORE'S FUTURE**

Learn more about Lakeshore Horizons, upcoming events and incentives by visiting our website at...

[lakeshore.ca/horizons](https://lakeshore.ca/horizons)



WINDSOR LAW  
Centre for Cities





# 2025/2026 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.**

**December 24, 2025 - Jan 2, 2026 | (December Holiday)**  
Municipal offices closed. ATRC reduced hours.

**February 16, 2026 | (Family Day)**  
Municipal offices closed. ATRC reduced hours.

**April 3, 2026 | (Good Friday)** All facilities closed.

**April 5, 2026 | (Easter Sunday)** All facilities closed.

**April 6, 2026 | (Easter Monday)**  
Municipal offices closed. ATRC open.

**May 18, 2026 | (Victoria Day)** All facilities closed.

**July 1, 2026 | (Canada Day)** All facilities closed.

**August 3, 2026 | (Civic Holiday)** All facilities closed.

**September 7, 2026 | (Labour Day)** All facilities closed.

**September 30, 2026 | (National Day for Truth & Reconciliation)**  
Municipal offices closed. ATRC fully operational.

**October 12, 2026 | (Thanksgiving)** All facilities closed.

**November 11, 2026 | (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

## Winter 2026 (11 Weeks) | Non-Aquatic/Aquatic Programs

January 5 to March 29, 2026

Registration begins Wednesday, December 10, at 9:00 AM

## Spring 2026 (11 Weeks) | Non-Aquatic/Aquatic Programs

March 30 to June 14, 2026

Registration begins Wednesday, March 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.

## Spring Program Registration

Wednesday, March 4 at 9:00 AM

## Summer Camp Registration

Wednesday, April 8 at 9:00 AM

## Summer Program Registration

Wednesday, June 3 at 9:00 AM



# Program Registration Information

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- 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 \$10.00 Administration Fee will be charged for all customer initiated withdrawals. 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

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**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**

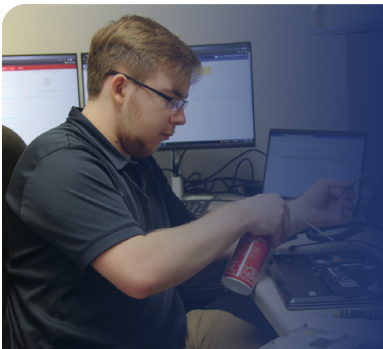
You can search for programs by the name of the program, age, or category.

## **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.



## **#TeamLakeshore**

# **Summer Student Jobs**

Lakeshore's summer job positions are open for applications. All local youth who are 16 years of age or older and returning to school in September of 2026 are eligible to apply. Applications will be accepted until the end of January.

Apply online at  
**Lakeshore.ca/Jobs**



# 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 online at **Lakeshore.ca/P2P**.

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](http://pathwaytopotential.ca)



FUNDING PROVIDED BY  
**PATHWAY TO  
POTENTIAL**  
County of Essex WINDSOR





# PA Activities and Day Camps

## 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**

Jan 16	7:00 AM - 6:00 PM	24223	Registration Dec 10
Feb 27	7:00 AM - 6:00 PM	24225	Registration Dec 10
Jun 5	7:00 AM - 6:00 PM	24228	Registration Mar 4

## 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**

Jan 16	7:00 AM - 6:00 PM	24224	Registration Dec 10
Feb 27	7:00 AM - 6:00 PM	24226	Registration Dec 10
Jun 5	7:00 AM - 6:00 PM	24227	Registration Mar 4

## 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**

Jan 16	9:00 AM - 3:00 PM	24231
Feb 27	9:00 AM - 3:00 PM	24244
Jun 5	9:00 AM - 3:00 PM	24247

## 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**

Jan 16	9:00 AM - 4:00 PM	24243
Feb 27	9:00 AM - 4:00 PM	24245
Jun 5	9:00 AM - 4:00 PM	24246



## March Break Camp

March break camp will be available from **March 16 to 20, 2026**. Camp runs from **7:00 AM - 6:00 PM**.

Our camp is available for ages 4-11 years. We offer a variety of activities including arts/crafts, S.T.E.M, sports, outdoor play, games, swimming and more!

**Registration opens December 10, 2025 at 9:00 AM**



# Lakeshore Summer Camp Ready for a Fun- Filled Summer?

## AGES 4 - 11 YEARS

We offer a variety of activities including arts/crafts, S.T.E.M, sports, outdoor play, games, swimming, and more!

### REFUND POLICY

Parent or guardian must call the Public Service Unit at 519-728-2700 prior to 8:00 am two weeks before the start of the first day of the camp week. Refunds are only available for the entire week; no individual day refund will be issued. No refunds can be made after the two-week mark.

### IMPORTANT INFORMATION

EPACT Registration form must be completed for ALL children prior to their first day of camp. Please note, you will receive a registration email directly from EPACT within 24 hours your child(s) being registered

**Government issued photo ID is mandatory EVERY DAY for all parents and guardians picking up a child.**



**Registration opens April 8, 2026 at 9:00 AM.**

Register online by **scanning the QR code**, calling the Public Service Unit at **519 728-2700** or visiting

**[Lakeshore.ca/Camps](https://lakeshore.ca/Camps)**

# 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](https://lakeshore.ca/Recreation) or call 519-728-2700**  
**Winter 2026 Jan 5 - Mar 29 | Spring 2026 Mar 30 - June 14**

### 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**

Winter 2026	Saturday	Jan 10 - Mar 28	8:45 AM - 9:30 AM	24168
Spring 2026	Saturday	Apr 4 - Jun 13	8:45 AM - 9:30 AM	24218

### 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**

Winter 2026	Tuesday	Jan 6 - Mar 24	5:00 PM - 5:50 PM	24139
	Saturday	Jan 10 - Mar 28	9:00 AM - 9:50 AM	24165
	Saturday	Jan 10 - Mar 28	10:00 AM - 10:50 AM	24166
Spring 2026	Tuesday	Mar 31 - Jun 9	5:00 PM - 5:50 PM	24190
	Saturday	Apr 4 - Jun 13	9:00 AM - 9:50 AM	24215
	Saturday	Apr 4 - Jun 13	10:00 AM - 10:50 AM	24216

### 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**

Winter 2026	Monday	Jan 5 - Mar 23	5:00 PM - 5:50 PM	24131
Spring 2026	Monday	Mar 30 - Jun 8	5:00 PM - 5:50 PM	24182



### 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**

Winter 2026	Friday	Jan 16 - Mar 27	4:15 PM - 5:00 PM	24161
	Saturday	Jan 10 - Mar 28	9:30 AM - 10:15 AM	24169
	Saturday	Jan 10 - Mar 28	10:15 AM - 11:00 AM	24170
Spring 2026	Friday	Apr 3 - Jun 12	4:15 PM - 5:00 PM	24211
	Saturday	Apr 4 - Jun 13	9:30 AM - 10:15 AM	24219
	Saturday	Apr 4 - Jun 13	10:15 AM - 11:00 AM	24220

### 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**

Winter 2026	Wednesday	Jan 7 - Mar 25	5:00 PM - 5:50 PM	24155
Spring 2026	Wednesday	Apr 1 - Jun 10	5:00 PM - 5:50 PM	24204

## Waste Collection Update

**Starting in January 2026, recycling collection will no longer be a municipal responsibility.** Circular Materials will be the new administrator across Ontario and they have hired Green For Life Environmental Inc. (GFL) to provide residential curbside collection.

Collection information in the 2026 Collection Calendar remains the same, but residents must have their recycling out by 6:00 AM.

For more information, visit

**[Lakeshore.ca/WasteCollection](https://lakeshore.ca/WasteCollection)**

# 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](https://lakeshore.ca/Recreation) or call 519-728-2700**  
**Winter 2026** Jan 5 - Mar 29 | **Spring 2026** Mar 30 - June 14

### Intro to Soccer- 5-6 years

Kick off your child's soccer journey! Focus on fundamentals in a fun, supportive environment with simple drills, interactive games, and light coaching. Athletic or running shoes required; indoor soccer shoes recommended. Soccer balls provided. **Location: Atlas Tube Recreation Centre**

Winter 2026	Tuesday	Jan 6 - Mar 24	5:00 PM - 5:50 PM	24482
Spring 2026	Tuesday	Mar 31 - Jun 9	5:00 PM - 5:50 PM	24483

### 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**

Winter 2026	Monday	Jan 5 - Mar 23	5:00 PM - 5:50 PM	24129
	Monday	Jan 5 - Mar 23	6:00 PM - 6:50 PM	24232
	Saturday	Jan 10 - Mar 28	11:00 AM - 11:50 AM	24167
Spring 2026	Monday	Mar 30 - Jun 8	5:00 PM - 5:50 PM	24180
	Monday	Mar 30 - Jun 8	6:00 PM - 6:50 PM	24238
	Saturday	Apr 4 - Jun 13	11:00 AM - 11:50 AM	24217

### 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**

Winter 2026	Monday	Jan 5 - Mar 23	6:00 PM - 6:50 PM	24132
Spring 2026	Monday	Mar 30 - Jun 8	6:00 PM - 6:50 PM	24183

### 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**

Winter 2026	Tuesday	Jan 6 - Mar 24	6:00 PM - 6:50 PM	24140
	Tuesday	Jan 6 - Mar 24	7:00 PM - 7:50 PM	24512
Spring 2026	Tuesday	Mar 31 - Jun 9	6:00 PM - 6:50 PM	24191
	Tuesday	Mar 31 - Jun 9	7:00 PM - 7:50 PM	24239

### JR Soccer - 7-8 years

Designed for children aged 7-8, this program focuses on the fundamentals of soccer in a fun and supportive environment. Participants will improve their technique, coordination, and teamwork, through simple drills, interactive games, and light coaching from our instructors.

**Location: Atlas Tube Recreation Centre**

Winter 2026	Tuesday	Jan 6 - Mar 24	6:00 PM - 6:50 PM	24471
Spring 2026	Tuesday	Mar 31 - Jun 9	6:00 PM - 6:50 PM	24474

### 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**

Winter 2026	Monday	Jan 5 - Mar 23	5:00 PM - 5:50 PM	24234
Spring 2026	Monday	Mar 30 - Jun 8	5:00 PM - 5:50 PM	24236

### 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**

Winter 2026	Wednesday	Jan 7 - Mar 25	6:00 PM - 6:50 PM	24156
Spring 2026	Wednesday	Apr 1 - Jun 10	6:00 PM - 6:50 PM	24205

### 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**

Winter 2026	Friday	Jan 16 - Mar 27	5:00 PM - 6:00 PM	24162
	Saturday	Jan 10 - Mar 28	11:00 AM - 12:00 PM	24171
Spring 2026	Friday	Apr 3 - Jun 12	5:00 PM - 6:00 PM	24212
	Saturday	Apr 4 - Jun 13	11:00 AM - 12:00 PM	24221

### 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**

Winter 2026	Wednesday	Jan 7 - Mar 25	6:00 PM - 6:50 PM	24150
Spring 2026	Wednesday	Apr 1 - Jun 10	6:00 PM - 6:50 PM	24198

### Youth Gymnastics - 7-9 years

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam, and floor. Children should wear comfortable clothing, be barefoot in the gym, and have long hair tied up. **Location: Atlas Tube Recreation Centre**

Winter 2026	Friday	Jan 16 - Mar 27	6:00 PM - 7:00 PM	24163
	Saturday	Jan 10 - Mar 28	12:00 PM - 1:00 PM	24172
Spring 2026	Friday	Apr 3 - Jun 12	6:00 PM - 7:00 PM	24213
	Saturday	Apr 4 - Jun 13	12:00 PM - 1:00 PM	24222

### Advanced Gymnastics - 7-14 years

Participants must be approved for enrollment. Advanced 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**

Winter 2026	Friday	Jan 16 - Mar 27	7:00 PM - 8:30 PM	24164
Spring 2026	Friday	Apr 3 - Jun 12	7:00 PM - 8:30 PM	24214

### 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**

Winter 2026	Tuesday	Jan 6 - Mar 24	6:00 PM - 7:00 PM	24142
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### 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**

Winter 2026	Monday	Jan 5 - Mar 23	7:00 PM - 7:50 PM	24241
Spring 2026	Monday	Mar 30 - Jun 8	7:00 PM - 7:50 PM	24242



### SR Soccer - 9-10 years

Designed for children aged 9-10, this program focuses on the fundamentals of soccer in a fun and supportive environment. Participants will improve their technique, coordination, and teamwork, through simple drills, interactive games, and light coaching from our instructors.

**Location: Atlas Tube Recreation Centre**

Winter 2026	Tuesday	Jan 6 - Mar 24	7:00 PM - 7:50 PM	24472
Spring 2026	Tuesday	Mar 31 - Jun 9	7:00 PM - 7:50 PM	24473

### 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**

Winter 2026	Monday	Jan 5 - Mar 23	6:00 PM - 6:50 PM	24235
Spring 2026	Monday	Mar 30 - Jun 8	6:00 PM - 6:50 PM	24237

### 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**

Winter 2026	Wednesday	Jan 7 - Mar 25	7:00 PM - 7:50 PM	24157
Spring 2026	Wednesday	Apr 1 - Jun 10	7:00 PM - 7:50 PM	24206

### Teen Gymnastics - 10-14 years

An introduction to gymnastics; basic recreational gymnastics will be taught. Equipment includes bars, vault, balance beam, and floor. Children should wear comfortable clothing, be barefoot in the gym, and have long hair tied up. **Location: Atlas Tube Recreation Centre**

Winter 2026	Saturday	Jan 10 - Mar 28	12:00 PM - 1:00 PM	24386
Spring 2026	Saturday	Apr 4 - Jun 13	12:00 PM - 1:00 PM	24388

### Youth Badminton - 10-14 years

Instructional play by teaching children the rules of badminton.

**Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	7:00 PM - 7:50 PM	24135
Spring 2026	Monday	Mar 30 - Jun 8	7:00 PM - 7:50 PM	24186

### Youth Volleyball - 10-14 years

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

**Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	8:00 PM - 8:50 PM	24136
Spring 2026	Monday	Mar 30 - Jun 8	8:00 PM - 8:50 PM	24187



# 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**



# Adult Fitness Activities (Non-Aquatic)

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

## 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**

Winter 2026	Wednesday	Jan 7 - Mar 25	9:30 AM - 10:20 AM	24148
	Wednesday	Jan 7 - Mar 25	7:00 PM - 7:50 PM	24151
Spring 2026	Wednesday	Apr 1 - Jun 10	9:30 AM - 10:20 AM	24196
	Wednesday	Apr 1 - Jun 10	7:00 PM - 7:50 PM	24199

## Boxalates - 16 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**

Winter 2026	Monday	Jan 5 - Mar 23	7:00 PM - 7:50 PM	24128
Spring 2026	Monday	Mar 30 - Jun 8	7:00 PM - 7:50 PM	24179

## Chair Yoga - 16 years +

A time to be present, breathe deeply, and connect with your true self. 40 minutes of chair yoga, 10 minutes of breathwork, and 10 minutes of meditation. **Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	9:00 AM - 9:50 AM	24488
Spring 2026	Monday	Mar 30 - Jun 8	9:00 AM - 9:50 AM	24489

## 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**

Winter 2026	Monday	Jan 5 - Mar 23	7:00 PM - 7:50 PM	24130
Spring 2026	Monday	Mar 30 - Jun 8	7:00 PM - 7:50 PM	24181

## High Intensity Interval Training (HIIT) - 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**

Winter 2026	Tuesday	Jan 6 - Mar 24	6:00 PM - 6:50 PM	24143
Spring 2026	Tuesday	Mar 31 - Jun 9	6:00 PM - 6:50 PM	24193

### Low Impact Training Exercise (LITE) - 16 years +

Low Impact Training Exercise (LITE) minimizes stress on joints with low impact exercises while providing challenging and intense workouts. Ideal for all fitness levels. It's a safe way to improve cardiovascular health, build strength, and increase flexibility. Find your power—your fitness journey starts here. **Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	6:00 PM - 6:50 PM	24127
Spring 2026	Monday	Mar 30 - Jun 8	6:00 PM - 6:50 PM	24178

### Pilates - 16 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**

Winter 2026	Friday	Jan 9 - Mar 27	9:30 AM - 10:20 AM	24160
Spring 2026	Friday	Apr 3 - Jun 12	9:30 AM - 10:20 AM	24210

### Pilates Flex & Stretch Twist - 16 years +

A mind-body exercise that focuses on core strength, flexibility, balance and posture through controlled, repetitive movements and breath. Target all major muscle groups with the use of rings, light balls and stretch bands. Build confidence with good posture and balance.

**Location: Atlas Tube Recreation Centre**

Winter 2026	Wednesday	Jan 7 - Mar 25	8:00 PM - 8:50 PM	24152
Spring 2026	Wednesday	Apr 1 - Jun 10	8:00 PM - 8:50 PM	24200

### Power Flow (Yoga) - 16 years +

An energizing, strength-based yoga class that builds heat and challenges your body through flowing movement. **Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	10:30 AM - 11:20 AM	24491
Spring 2026	Monday	Mar 30 - Jun 8	10:30 AM - 11:20 AM	24496

### Restorative Yoga - 16 years +

A gentle, slow-paced practice using props to fully support the body in longer-held poses for deep relaxation and nervous system reset. Designed to calm the mind, release tension, and restore inner balance. **Location: Atlas Tube Recreation Centre**

Winter 2026	Wednesday	Jan 7 - Mar 25	7:00 PM - 7:50 PM	24154
Spring 2026	Wednesday	Apr 1 - Jun 10	7:00 PM - 7:50 PM	24501

### 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**

Winter 2026	Monday	Jan 5 - Mar 23	9:30 AM - 10:20 AM	24125
Spring 2026	Monday	Mar 30 - Jun 8	9:30 AM - 10:20 AM	24176



**For program prices visit [Lakeshore.ca/Recreation](https://lakeshore.ca/Recreation) or call 519-728-2700**  
**Winter 2026 Jan 5 - Mar 29 | Spring 2026 Mar 30 - June 14**

### **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**

Winter 2026	Monday	Jan 5 - Mar 23	10:30 AM - 11:20 AM	24126
	Wednesday	Jan 7 - Mar 25	10:30 AM - 11:20 AM	24149
Spring 2026	Monday	Mar 30 - Jun 8	10:30 AM - 11:20 AM	24177
	Wednesday	Apr 1 - Jun 10	10:30 AM - 11:20 AM	24197

### **Vinyasa Flow (Yoga) - 16 years +**

A dynamic, flowing yoga practice linking breath with movement to build strength, balance, and flexibility. Expect continuous movement through creative sequences that leave you energized and grounded. **Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	1:00 PM - 1:50 PM	24492
	Wednesday	Jan 7 - Mar 25	6:00 PM - 6:50 PM	24240
Spring 2026	Monday	Mar 30 - Jun 8	1:00 PM - 1:50 PM	24497
	Wednesday	Apr 1 - Jun 10	6:00 PM - 6:50 PM	24500

## **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**

Winter 2026	Monday	Jan 5 - Mar 23	8:30 AM - 9:20 AM	24122
	Wednesday	Jan 7 - Mar 25	8:30 AM - 9:20 AM	24123
	Friday	Jan 9 - Mar 27	8:30 AM - 9:20 AM	24124
Spring 2026	Monday	Mar 30 - Jun 8	8:30 AM - 9:20 AM	24173
	Wednesday	Apr 1 - Jun 10	8:30 AM - 9:20 AM	24174
	Friday	Apr 3 - Jun 12	8:30 AM - 9:20 AM	24175

# 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
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## 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
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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](https://Lakeshore.ca/Recreation) for more information.**

# Aquatic Admission Policy



Age	Information	Admission Requirements	Public Ratio	Group Ratio	Wrist-Band
<b>5 years &amp; under</b>	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	<b>Pink</b>
<b>6 to 13 years</b>	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	<b>Orange</b>
<b>6 to 13 years</b>	Able to pass the facility swim test	May swim unaccompanied. Children under 10 still require a parent or guardian present.	N/A	1:15	<b>Green</b>

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](https://lakeshore.ca/Recreation) or call 519-728-2700  
**Winter 2026** Jan 5 - Mar 29 | **Spring 2026** Mar 30 - June 14

## 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**

Winter 2026	Monday	Jan 5 - Mar 23	5:00 PM - 5:30 PM	24249
	Monday	Jan 5 - Mar 23	6:00 PM - 6:30 PM	24250
	Tuesday	Jan 6 - Mar 24	4:30 PM - 5:00 PM	24251
	Tuesday	Jan 6 - Mar 24	5:15 PM - 5:45 PM	24252
	Tuesday	Jan 6 - Mar 24	6:00 PM - 6:30 PM	24253
	Wednesday	Jan 7 - Mar 25	5:00 PM - 5:30 PM	24254
	Wednesday	Jan 7 - Mar 25	6:00 PM - 6:30 PM	24255
	Thursday	Jan 8 - Mar 26	5:00 PM - 5:30 PM	24256
	Thursday	Jan 8 - Mar 26	5:30 PM - 6:00 PM	24257
	Friday	Jan 9 - Mar 27	9:30 AM - 10:00 AM	24258
	Friday	Jan 9 - Mar 27	10:00 AM - 10:30 AM	24259
	Friday	Jan 9 - Mar 27	5:00 PM - 5:30 PM	24260
	Saturday	Jan 10 - Mar 28	9:00 AM - 9:30 AM	24261
	Saturday	Jan 10 - Mar 28	9:30 AM - 10:00 AM	24262
	Saturday	Jan 10 - Mar 28	10:00 AM - 10:30 AM	24263
	Saturday	Jan 10 - Mar 28	11:15 AM - 11:45 AM	24264
	Saturday	Jan 10 - Mar 28	4:00 PM - 4:30 PM	24265
	Sunday	Jan 11 - Mar 29	9:00 AM - 9:30 AM	24266
	Sunday	Jan 11 - Mar 29	9:30 AM - 10:00 AM	24267
	Sunday	Jan 11 - Mar 29	10:00 AM - 10:30 AM	24268
	Sunday	Jan 11 - Mar 29	11:30 AM - 12:00 PM	24269



## Aqua Parent & Tot, 1/2/3 Ratio 1:12 3M-3 years (Continued)

Spring 2026	Monday	Mar 30 - Jun 8	5:00 PM - 5:30 PM	24760
	Monday	Mar 30 - Jun 8	6:00 PM - 6:30 PM	24761
	Tuesday	Mar 31 - Jun 9	4:30 PM - 5:00 PM	24773
	Tuesday	Mar 31 - Jun 9	5:15 PM - 5:45 PM	24774
	Tuesday	Mar 31 - Jun 9	6:00 PM - 6:30 PM	24775
	Wednesday	Apr 1 - Jun 10	5:00 PM - 5:30 PM	24776
	Wednesday	Apr 1 - Jun 10	6:00 PM - 6:30 PM	24777
	Thursday	Apr 2 - Jun 11	5:00 PM - 5:30 PM	24772
	Thursday	Apr 2 - Jun 11	5:30 PM - 6:00 PM	24771
	Friday	Apr 10 - Jun 12	9:30 AM - 10:00 AM	24759
	Friday	Apr 10 - Jun 12	10:00 AM - 10:30 AM	24757
	Friday	Apr 10 - Jun 12	5:00 PM - 5:30 PM	24758
	Saturday	Apr 4 - Jun 13	9:00 AM - 9:30 AM	24766
	Saturday	Apr 4 - Jun 13	9:30 AM - 10:00 AM	24765
	Saturday	Apr 4 - Jun 13	10:00 AM - 10:30 AM	24762
	Saturday	Apr 4 - Jun 13	11:15 AM - 11:45 AM	24763
	Saturday	Apr 4 - Jun 13	4:00 PM - 4:30 PM	24764
	Sunday	Apr 12 - Jun 14	9:00 AM - 9:30 AM	24770
	Sunday	Apr 12 - Jun 14	9:30 AM - 10:00 AM	24769
	Sunday	Apr 12 - Jun 14	10:00 AM - 10:30 AM	24767
	Sunday	Apr 12 - Jun 14	11:30 AM - 12:00 PM	24768

## 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**

Winter 2026	Tuesday	Jan 6 - Mar 24	6:30 PM - 7:00 PM	24270
	Thursday	Jan 8 - Mar 26	6:15 PM - 6:45 PM	24271
	Saturday	Jan 10 - Mar 28	9:30 AM - 10:00 AM	24272
	Saturday	Jan 10 - Mar 28	4:30 PM - 5:00 PM	24273
Spring 2026	Tuesday	Mar 31 - Jun 9	6:30 PM - 7:00 PM	24781
	Thursday	Apr 2 - Jun 11	6:15 PM - 6:45 PM	24780
	Saturday	Apr 4 - Jun 13	9:30 AM - 10:00 AM	24779
	Saturday	Apr 4 - Jun 13	4:30 PM - 5:00 PM	24778

# 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				
Winter 2026	Monday	Jan 5 - Mar 23	4:30 PM - 5:00 PM	24275
	Monday	Jan 5 - Mar 23	5:00 PM - 5:30 PM	24276
	Tuesday	Jan 6 - Mar 24	5:00 PM - 5:30 PM	24277
	Tuesday	Jan 6 - Mar 24	6:00 PM - 6:30 PM	24278
	Wednesday	Jan 7 - Mar 25	6:30 PM - 7:00 PM	24279
	Thursday	Jan 8 - Mar 26	4:30 PM - 5:00 PM	24280
	Thursday	Jan 8 - Mar 26	5:30 PM - 6:00 PM	24281
	Thursday	Jan 8 - Mar 26	7:00 PM - 7:30 PM	24282
	Saturday	Jan 10 - Mar 28	9:00 AM - 9:30 AM	24283
	Saturday	Jan 10 - Mar 28	11:00 AM - 11:30 AM	24284
	Saturday	Jan 10 - Mar 28	11:45 AM - 12:15 PM	24285
	Saturday	Jan 10 - Mar 28	12:00 PM - 12:30 PM	24287
	Saturday	Jan 10 - Mar 28	5:00 PM - 5:30 PM	24288
	Sunday	Jan 11 - Mar 29	9:00 AM - 9:30 AM	24290
	Sunday	Jan 11 - Mar 29	10:00 AM - 10:30 AM	24291
	Sunday	Jan 11 - Mar 29	11:45 AM - 12:15 PM	24292
Spring 2026	Monday	Mar 30 - Jun 8	4:30 PM - 5:00 PM	24783
	Monday	Mar 30 - Jun 8	5:00 PM - 5:30 PM	24784
	Tuesday	Mar 31 - Jun 9	5:00 PM - 5:30 PM	24796
	Tuesday	Mar 31 - Jun 9	6:00 PM - 6:30 PM	24797
	Wednesday	Apr 1 - Jun 10	6:30 PM - 7:00 PM	24798
	Thursday	Apr 2 - Jun 11	4:30 PM - 5:00 PM	24793
	Thursday	Apr 2 - Jun 11	5:30 PM - 6:00 PM	24794
	Thursday	Apr 2 - Jun 11	7:00 PM - 7:30 PM	24795
	Saturday	Apr 4 - Jun 13	9:00 AM - 9:30 AM	24789

**Aqua Preschool 1, Ratio 1:4 3-5 years (Continued)**

Location: Atlas Tube Recreation Centre

Spring 2026	Saturday	Apr 4 - Jun 13	11:00 AM - 11:30 AM	24786
	Saturday	Apr 4 - Jun 13	11:45 AM - 12:15 PM	24785
	Saturday	Apr 4 - Jun 13	12:00 PM - 12:30 PM	24787
	Saturday	Apr 4 - Jun 13	5:00 PM - 5:30 PM	24788
	Sunday	Apr 12 - Jun 14	9:00 AM - 9:30 AM	24792
	Sunday	Apr 12 - Jun 14	10:00 AM - 10:30 AM	24790
	Sunday	Apr 12 - Jun 14	11:45 AM - 12:15 PM	24791

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

Location: Atlas Tube Recreation Centre

Winter 2026	Monday	Jan 5 - Mar 23	6:00 PM - 6:30 PM	24293
	Wednesday	Jan 7 - Mar 25	5:30 PM - 6:00 PM	24294
	Friday	Jan 16 - Mar 27	4:30 PM - 5:00 PM	24295
	Saturday	Jan 10 - Mar 28	9:30 AM - 10:00 AM	24296
	Saturday	Jan 10 - Mar 28	9:45 AM - 10:15 AM	24297
	Sunday	Jan 11 - Mar 29	10:30 AM - 11:00 AM	24298
Spring 2026	Monday	Mar 30 - Jun 8	6:00 PM - 6:30 PM	24800
	Wednesday	Apr 1 - Jun 10	5:30 PM - 6:00 PM	24804
	Friday	Apr 10 - Jun 12	4:30 PM - 5:00 PM	24799
	Saturday	Apr 4 - Jun 13	9:30 AM - 10:00 AM	24801
	Saturday	Apr 4 - Jun 13	9:45 AM - 10:15 AM	24802
	Sunday	Apr 12 - Jun 14	10:30 AM - 11:00 AM	24803

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

Location: Atlas Tube Recreation Centre

Winter 2026	Monday	Jan 5 - Mar 23	5:30 PM - 6:00 PM	24299
	Monday	Jan 5 - Mar 23	7:00 PM - 7:30 PM	24300
	Tuesday	Jan 6 - Mar 24	7:00 PM - 7:30 PM	24301
	Wednesday	Jan 7 - Mar 25	4:30 PM - 5:00 PM	24302
	Wednesday	Jan 7 - Mar 25	7:00 PM - 7:30 PM	24303
	Thursday	Jan 8 - Mar 26	6:00 PM - 6:30 PM	24304
	Thursday	Jan 8 - Mar 26	7:30 PM - 8:00 PM	24305
	Friday	Jan 16 - Mar 27	4:30 PM - 5:00 PM	24316
	Saturday	Jan 10 - Mar 28	8:30 AM - 9:00 AM	24317

**Aqua Preschool 2, Ratio 1:4 3-5 years (Continued)**

Location: Atlas Tube Recreation Centre

Winter 2026	Saturday	Jan 10 - Mar 28	12:30 PM - 1:00 PM	24318
	Saturday	Jan 10 - Mar 28	4:00 PM - 4:30 PM	24319
	Sunday	Jan 11 - Mar 29	10:45 AM - 11:15 AM	24320
	Sunday	Jan 11 - Mar 29	12:00 PM - 12:30 PM	24321
Spring 2026	Monday	Mar 30 - Jun 8	5:30 PM - 6:00 PM	24806
	Monday	Mar 30 - Jun 8	7:00 PM - 7:30 PM	24807
	Tuesday	Mar 31 - Jun 9	7:00 PM - 7:30 PM	24815
	Wednesday	Apr 1 - Jun 10	4:30 PM - 5:00 PM	24816
	Wednesday	Apr 1 - Jun 10	7:00 PM - 7:30 PM	24817
	Thursday	Apr 2 - Jun 11	6:00 PM - 6:30 PM	24813
	Thursday	Apr 2 - Jun 11	7:30 PM - 8:00 PM	24814
	Friday	Apr 10 - Jun 12	4:30 PM - 5:00 PM	24805
	Saturday	Apr 4 - Jun 13	8:30 AM - 9:00 AM	24810
	Saturday	Apr 4 - Jun 13	12:30 PM - 1:00 PM	24808
	Saturday	Apr 4 - Jun 13	4:00 PM - 4:30 PM	24809
	Sunday	Apr 12 - Jun 14	10:45 AM - 11:15 AM	24811
	Sunday	Apr 12 - Jun 14	12:00 PM - 12:30 PM	24812

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

Location: Atlas Tube Recreation Centre

Winter 2026	Tuesday	Jan 6 - Mar 24	5:30 PM - 6:00 PM	24322
	Wednesday	Jan 7 - Mar 25	6:15 PM - 6:45 PM	24323
	Thursday	Jan 8 - Mar 26	5:00 PM - 5:30 PM	24324
	Friday	Jan 16 - Mar 27	5:30 PM - 6:00 PM	24325
	Saturday	Jan 10 - Mar 28	10:15 AM - 10:45 AM	24326
	Saturday	Jan 10 - Mar 28	11:30 AM - 12:00 PM	24327
	Sunday	Jan 11 - Mar 29	10:00 AM - 10:30 AM	24328
Spring 2026	Tuesday	Mar 31 - Jun 9	5:30 PM - 6:00 PM	24823
	Wednesday	Apr 1 - Jun 10	6:15 PM - 6:45 PM	24824
	Thursday	Apr 2 - Jun 11	5:00 PM - 5:30 PM	24822
	Friday	Apr 10 - Jun 12	5:30 PM - 6:00 PM	24818
	Saturday	Apr 4 - Jun 13	10:15 AM - 10:45 AM	24819



**Aqua Preschool 2, Ratio 1:6 3-5 years (Continued)**

Location: Atlas Tube Recreation Centre

Spring 2026	Saturday	Apr 4 - Jun 13	11:30 AM - 12:00 PM	24820
	Sunday	Apr 12 - Jun 14	10:00 AM - 10:30 AM	24821

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

Location: Atlas Tube Recreation Centre

Winter 2026	Monday	Jan 5 - Mar 23	4:30 PM - 5:00 PM	24329
	Monday	Jan 5 - Mar 23	6:30 PM - 7:00 PM	24330
	Monday	Jan 5 - Mar 23	7:00 PM - 7:30 PM	24331
	Tuesday	Jan 6 - Mar 24	4:30 PM - 5:00 PM	24332
	Tuesday	Jan 6 - Mar 24	7:00 PM - 7:30 PM	24333
	Tuesday	Jan 6 - Mar 24	7:30 PM - 8:00 PM	24334
	Wednesday	Jan 7 - Mar 25	4:30 PM - 5:00 PM	24335
	Wednesday	Jan 7 - Mar 25	7:30 PM - 8:00 PM	24336
	Thursday	Jan 8 - Mar 26	4:30 PM - 5:00 PM	24337
	Thursday	Jan 8 - Mar 26	6:45 PM - 7:15 PM	24338
	Thursday	Jan 8 - Mar 26	7:30 PM - 8:00 PM	24339
	Friday	Jan 16 - Mar 27	5:00 PM - 5:30 PM	24340
	Saturday	Jan 10 - Mar 28	8:45 AM - 9:15 AM	24341
	Saturday	Jan 10 - Mar 28	10:30 AM - 11:00 AM	24342
	Saturday	Jan 10 - Mar 28	4:30 PM - 5:00 PM	24343
	Saturday	Jan 10 - Mar 28	5:00 PM - 5:30 PM	24344
	Sunday	Jan 11 - Mar 29	8:30 AM - 9:00 AM	24345
	Sunday	Jan 11 - Mar 29	12:30 PM - 1:00 PM	24346
Spring 2026	Monday	Mar 30 - Jun 8	4:30 PM - 5:00 PM	24826
	Monday	Mar 30 - Jun 8	6:30 PM - 7:00 PM	24827
	Monday	Mar 30 - Jun 8	7:00 PM - 7:30 PM	24828
	Tuesday	Mar 31 - Jun 9	4:30 PM - 5:00 PM	24838
	Tuesday	Mar 31 - Jun 9	7:00 PM - 7:30 PM	24840
	Tuesday	Mar 31 - Jun 9	7:30 PM - 8:00 PM	24839
	Wednesday	Apr 1 - Jun 10	4:30 PM - 5:00 PM	24841
	Wednesday	Apr 1 - Jun 10	7:30 PM - 8:00 PM	24842
	Thursday	Apr 2 - Jun 11	4:30 PM - 5:00 PM	24835
	Thursday	Apr 2 - Jun 11	6:45 PM - 7:15 PM	24836

**For program prices visit [Lakeshore.ca/Recreation](https://lakeshore.ca/Recreation) or call 519-728-2700**  
**Winter 2026 Jan 5 - Mar 29 | Spring 2026 Mar 30 - June 14**

### **Aqua Preschool 3, Ratio 1:4 3-5 years (Continued)**

**Location: Atlas Tube Recreation Centre**

Spring 2026	Thursday	Apr 2 - Jun 11	7:30 PM - 8:00 PM	24837
	Friday	Apr 10 - Jun 12	5:00 PM - 5:30 PM	24825
	Saturday	Apr 4 - Jun 13	8:45 AM - 9:15 AM	24832
	Saturday	Apr 4 - Jun 13	10:30 AM - 11:00 AM	24829
	Saturday	Apr 4 - Jun 13	4:30 PM - 5:00 PM	24830
	Saturday	Apr 4 - Jun 13	5:00 PM - 5:30 PM	24831
	Sunday	Apr 12 - Jun 14	8:30 AM - 9:00 AM	24834
	Sunday	Apr 12 - Jun 14	12:30 PM - 1:00 PM	24833

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

**Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	5:30 PM - 6:00 PM	24347
	Tuesday	Jan 6 - Mar 24	5:00 PM - 5:30 PM	24348
	Wednesday	Jan 7 - Mar 25	6:30 PM - 7:00 PM	24349
	Saturday	Jan 10 - Mar 28	10:00 AM - 10:30 AM	24350
	Sunday	Jan 11 - Mar 29	9:30 AM - 10:00 AM	24351
	Sunday	Jan 11 - Mar 29	11:15 AM - 11:45 AM	24352
Spring 2026	Monday	Mar 30 - Jun 8	5:30 PM - 6:00 PM	24843
	Tuesday	Mar 31 - Jun 9	5:00 PM - 5:30 PM	24847
	Wednesday	Apr 1 - Jun 10	6:30 PM - 7:00 PM	24848
	Saturday	Apr 4 - Jun 13	10:00 AM - 10:30 AM	24844
	Sunday	Apr 12 - Jun 14	9:30 AM - 10:00 AM	24846
	Sunday	Apr 12 - Jun 14	11:15 AM - 11:45 AM	24845



## **2026 Summer Concert Series:**

Our summer concert series will begin in June 2026 throughout our Lakeshore Parks.

Stay tuned for the Summer lineup and locations at [Lakeshore.ca/ParksConcertSeries](https://lakeshore.ca/ParksConcertSeries)



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

Location: Atlas Tube Recreation Centre

Winter 2026	Monday	Jan 5 - Mar 23	5:00 PM - 5:30 PM	24353
	Monday	Jan 5 - Mar 23	7:30 PM - 8:00 PM	24354
	Tuesday	Jan 6 - Mar 24	4:30 PM - 5:00 PM	24355
	Tuesday	Jan 6 - Mar 24	6:15 PM - 6:45 PM	24356
	Wednesday	Jan 7 - Mar 25	5:30 PM - 6:00 PM	24357
	Thursday	Jan 8 - Mar 26	7:00 PM - 7:30 PM	24358
	Friday	Jan 16 - Mar 27	4:30 PM - 5:00 PM	24359
	Saturday	Jan 10 - Mar 28	8:30 AM - 9:00 AM	24360
	Saturday	Jan 10 - Mar 28	12:15 PM - 12:45 PM	24361
	Saturday	Jan 10 - Mar 28	5:00 PM - 5:30 PM	24362
	Sunday	Jan 11 - Mar 29	12:00 PM - 12:30 PM	24363
Spring 2026	Monday	Mar 30 - Jun 8	5:00 PM - 5:30 PM	24850
	Monday	Mar 30 - Jun 8	7:30 PM - 8:00 PM	24851
	Tuesday	Mar 31 - Jun 9	4:30 PM - 5:00 PM	24857
	Tuesday	Mar 31 - Jun 9	6:15 PM - 6:45 PM	24858
	Wednesday	Apr 1 - Jun 10	5:30 PM - 6:00 PM	24859
	Thursday	Apr 2 - Jun 11	7:00 PM - 7:30 PM	24856
	Friday	Apr 10 - Jun 12	4:30 PM - 5:00 PM	24849
	Saturday	Apr 4 - Jun 13	8:30 AM - 9:00 AM	24854
	Saturday	Apr 4 - Jun 13	12:15 PM - 12:45 PM	24852
	Saturday	Apr 4 - Jun 13	5:00 PM - 5:30 PM	24853
	Sunday	Apr 12 - Jun 14	12:00 PM - 12:30 PM	24855



## 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 between 6:00 to 8:00 PM on Friday, or on Saturday and 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 swim times by calling **519-728-2700** or visiting **Lakeshore.ca/DropIn**

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

Location: Atlas Tube Recreation Centre

Winter 2026	Tuesday	Jan 6 - Mar 24	6:30 PM - 7:00 PM	24364
	Wednesday	Jan 7 - Mar 25	6:30 PM - 7:00 PM	24365
	Thursday	Jan 8 - Mar 26	6:30 PM - 7:00 PM	24366
	Saturday	Jan 10 - Mar 28	11:30 AM - 12:00 PM	24367
	Sunday	Jan 11 - Mar 29	9:30 AM - 10:00 AM	24368
Spring 2026	Tuesday	Mar 31 - Jun 9	6:30 PM - 7:00 PM	24863
	Wednesday	Apr 1 - Jun 10	6:30 PM - 7:00 PM	24864
	Thursday	Apr 2 - Jun 11	6:30 PM - 7:00 PM	24862
	Saturday	Apr 4 - Jun 13	11:30 AM - 12:00 PM	24860
	Sunday	Apr 12 - Jun 14	9:30 AM - 10:00 AM	24861

### 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**

Winter 2026	Wednesday	Jan 7 - Mar 25	5:00 PM - 5:30 PM	24369
	Saturday	Jan 10 - Mar 28	12:30 PM - 1:00 PM	24370
Spring 2026	Wednesday	Apr 1 - Jun 10	5:00 PM - 5:30 PM	24866
	Saturday	Apr 4 - Jun 13	12:30 PM - 1:00 PM	24865

## Notice a Problem in Lakeshore? REPORT IT!

Lakeshore encourages residents to submit problems and issues they encounter with public infrastructure.

Problems can be submitted via the online form at [Lakeshore.ca/ReportAProblem](https://lakeshore.ca/ReportAProblem) or by calling 519-728-2700.

For issues outside of regular business hours (Monday to Friday, 8:30 AM to 4:30 PM), call 519-728-2700 and follow the automated prompts.





# 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**

Winter 2026	Wednesday	Jan 7 - Mar 25	6:45 PM - 7:30 PM	24510
Spring 2026	Wednesday	Apr 1 - Jun 10	6:45 PM - 7:30 PM	24868

## 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**

Winter 2026	Mon & Thurs	Jan 5 - Mar 26	4:30 PM - 5:30 PM	24511
Spring 2026	Mon & Thurs	Mar 30 - Jun 11	4:30 PM - 5:30 PM	24869

**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**

Winter 2026	Monday	Jan 5 - Mar 23	4:30 PM - 5:00 PM	24372
	Monday	Jan 5 - Mar 23	7:30 PM - 8:00 PM	24373
	Tuesday	Jan 6 - Mar 24	4:30 PM - 5:00 PM	24374
	Tuesday	Jan 6 - Mar 24	7:30 PM - 8:00 PM	24375
	Wednesday	Jan 7 - Mar 25	4:30 PM - 5:00 PM	24376
	Wednesday	Jan 7 - Mar 25	7:00 PM - 7:30 PM	24377
	Thursday	Jan 8 - Mar 26	5:00 PM - 5:30 PM	24378
	Thursday	Jan 8 - Mar 26	7:00 PM - 7:30 PM	24379
	Friday	Jan 16 - Mar 27	4:30 PM - 5:00 PM	24380
	Saturday	Jan 10 - Mar 28	9:15 AM - 9:45 AM	24381
	Saturday	Jan 10 - Mar 28	11:30 AM - 12:00 PM	24382
	Saturday	Jan 10 - Mar 28	5:30 PM - 6:00 PM	24383
	Sunday	Jan 11 - Mar 29	10:30 AM - 11:00 AM	24384
	Sunday	Jan 11 - Mar 29	11:00 AM - 11:30 AM	24385
	Sunday	Jan 11 - Mar 29	12:00 PM - 12:30 PM	24387
	Sunday	Jan 11 - Mar 29	12:30 PM - 1:00 PM	24389

**Swimmer 1, Ratio 1:4 - 5-12 years (Continued)****Location: Atlas Tube Recreation Centre**

Spring 2026	Monday	Mar 30 - Jun 8	4:30 PM - 5:00 PM	24875
	Monday	Mar 30 - Jun 8	7:30 PM - 8:00 PM	24876
	Tuesday	Mar 31 - Jun 9	4:30 PM - 5:00 PM	24886
	Tuesday	Mar 31 - Jun 9	7:30 PM - 8:00 PM	24887
	Wednesday	Apr 1 - Jun 10	4:30 PM - 5:00 PM	24888
	Wednesday	Apr 1 - Jun 10	7:00 PM - 7:30 PM	24889
	Thursday	Apr 2 - Jun 11	5:00 PM - 5:30 PM	24884
	Thursday	Apr 2 - Jun 11	7:00 PM - 7:30 PM	24885
	Friday	Apr 10 - Jun 12	4:30 PM - 5:00 PM	24874
	Saturday	Apr 4 - Jun 13	9:15 AM - 9:45 AM	24879
	Saturday	Apr 4 - Jun 13	11:30 AM - 12:00 PM	24877
	Saturday	Apr 4 - Jun 13	5:30 PM - 6:00 PM	24878
	Sunday	Apr 12 - Jun 14	10:30 AM - 11:00 AM	24880
	Sunday	Apr 12 - Jun 14	11:00 AM - 11:30 AM	24881
	Sunday	Apr 12 - Jun 14	12:00 PM - 12:30 PM	24883
	Sunday	Apr 12 - Jun 14	12:30 PM - 1:00 PM	24882

**Swimmer 1, Ratio 1:6 - 5-12 years****Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	6:30 PM - 7:00 PM	24390
	Tuesday	Jan 6 - Mar 24	5:00 PM - 5:30 PM	24391
	Tuesday	Jan 6 - Mar 24	5:30 PM - 6:00 PM	24392
	Tuesday	Jan 6 - Mar 24	6:30 PM - 7:00 PM	24393
	Wednesday	Jan 7 - Mar 25	5:00 PM - 5:30 PM	24394
	Wednesday	Jan 7 - Mar 25	5:45 PM - 6:15 PM	24395
	Thursday	Jan 8 - Mar 26	6:00 PM - 6:30 PM	24396
	Friday	Jan 16 - Mar 27	5:30 PM - 6:00 PM	24397
	Saturday	Jan 10 - Mar 28	10:30 AM - 11:00 AM	24398
	Saturday	Jan 10 - Mar 28	11:00 AM - 11:30 AM	24399
	Saturday	Jan 10 - Mar 28	4:00 PM - 4:30 PM	24400
	Sunday	Jan 11 - Mar 29	11:15 AM - 11:45 AM	24401

**Swimmer 1, Ratio 1:6 - 5-12 years (Continued)****Location: Atlas Tube Recreation Centre**

Spring 2026	Monday	Mar 30 - Jun 8	6:30 PM - 7:00 PM	24891
	Tuesday	Mar 31 - Jun 9	5:00 PM - 5:30 PM	24898
	Tuesday	Mar 31 - Jun 9	5:30 PM - 6:00 PM	24897
	Tuesday	Mar 31 - Jun 9	6:30 PM - 7:00 PM	24899
	Wednesday	Apr 1 - Jun 10	5:00 PM - 5:30 PM	24901
	Wednesday	Apr 1 - Jun 10	5:45 PM - 6:15 PM	24900
	Thursday	Apr 2 - Jun 11	6:00 PM - 6:30 PM	24896
	Friday	Apr 10 - Jun 12	5:30 PM - 6:00 PM	24890
	Saturday	Apr 4 - Jun 13	10:30 AM - 11:00 AM	24892
	Saturday	Apr 4 - Jun 13	11:00 AM - 11:30 AM	24893
	Saturday	Apr 4 - Jun 13	4:00 PM - 4:30 PM	24894
	Sunday	Apr 12 - Jun 14	11:15 AM - 11:45 AM	24895

**Swimmer 2, Ratio 1:4 - 5-12 years****Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	4:30 PM - 5:00 PM	24402
	Monday	Jan 5 - Mar 23	6:00 PM - 6:30 PM	24419
	Monday	Jan 5 - Mar 23	6:30 PM - 7:00 PM	24403
	Tuesday	Jan 6 - Mar 24	5:00 PM - 5:30 PM	24404
	Tuesday	Jan 6 - Mar 24	7:00 PM - 7:30 PM	24405
	Wednesday	Jan 7 - Mar 25	4:30 PM - 5:00 PM	24406
	Wednesday	Jan 7 - Mar 25	5:00 PM - 5:30 PM	24407
	Wednesday	Jan 7 - Mar 25	6:45 PM - 7:15 PM	24408
	Thursday	Jan 8 - Mar 26	4:30 PM - 5:00 PM	24409
	Thursday	Jan 8 - Mar 26	7:30 PM - 8:00 PM	24410
	Friday	Jan 16 - Mar 27	4:30 PM - 5:00 PM	24411
	Saturday	Jan 10 - Mar 28	9:00 AM - 9:30 AM	24412
	Saturday	Jan 10 - Mar 28	12:00 PM - 12:30 PM	24413
	Saturday	Jan 10 - Mar 28	5:30 PM - 6:00 PM	24414
	Sunday	Jan 11 - Mar 29	8:30 AM - 9:00 AM	24415
	Sunday	Jan 11 - Mar 29	11:00 AM - 11:30 AM	24416
	Sunday	Jan 11 - Mar 29	12:00 PM - 12:30 PM	24417
	Sunday	Jan 11 - Mar 29	12:30 PM - 1:00 PM	24418

**Swimmer 2, Ratio 1:4 - 5-12 years (Continued)****Location: Atlas Tube Recreation Centre**

Spring 2026	Monday	Mar 30 - Jun 8	4:30 PM - 5:00 PM	24903
	Monday	Mar 30 - Jun 8	6:00 PM - 6:30 PM	24905
	Monday	Mar 30 - Jun 8	6:30 PM - 7:00 PM	24904
	Tuesday	Mar 31 - Jun 9	5:00 PM - 5:30 PM	24915
	Tuesday	Mar 31 - Jun 9	7:00 PM - 7:30 PM	24916
	Wednesday	Apr 1 - Jun 10	4:30 PM - 5:00 PM	24917
	Wednesday	Apr 1 - Jun 10	5:00 PM - 5:30 PM	24918
	Wednesday	Apr 1 - Jun 10	6:45 PM - 7:15 PM	24919
	Thursday	Apr 2 - Jun 11	4:30 PM - 5:00 PM	24913
	Thursday	Apr 2 - Jun 11	7:30 PM - 8:00 PM	24914
	Friday	Apr 10 - Jun 12	4:30 PM - 5:00 PM	24902
	Saturday	Apr 4 - Jun 13	9:00 AM - 9:30 AM	24908
	Saturday	Apr 4 - Jun 13	12:00 PM - 12:30 PM	24906
	Saturday	Apr 4 - Jun 13	5:30 PM - 6:00 PM	24907
	Sunday	Apr 12 - Jun 14	8:30 AM - 9:00 AM	24912
	Sunday	Apr 12 - Jun 14	11:00 AM - 11:30 AM	24909
	Sunday	Apr 12 - Jun 14	12:00 PM - 12:30 PM	24911
	Sunday	Apr 12 - Jun 14	12:30 PM - 1:00 PM	24910

**Swimmer 2, Ratio 1:6 - 5-12 years****Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	5:30 PM - 6:00 PM	24420
	Tuesday	Jan 6 - Mar 24	5:45 PM - 6:15 PM	24421
	Tuesday	Jan 6 - Mar 24	6:00 PM - 6:30 PM	24422
	Wednesday	Jan 7 - Mar 25	6:00 PM - 6:30 PM	24423
	Thursday	Jan 8 - Mar 26	5:45 PM - 6:15 PM	24424
	Friday	Jan 16 - Mar 27	5:00 PM - 5:30 PM	24425
	Saturday	Jan 10 - Mar 28	9:30 AM - 10:00 AM	24426
	Saturday	Jan 10 - Mar 28	11:45 AM - 12:15 PM	24427
	Sunday	Jan 11 - Mar 29	11:30 AM - 12:00 PM	24428

## Swimmer 2, Ratio 1:6 - 5-12 years (Continued)

Spring 2026	Monday	Mar 30 - Jun 8	5:30 PM - 6:00 PM	24921
	Tuesday	Mar 31 - Jun 9	5:45 PM - 6:15 PM	24926
	Tuesday	Mar 31 - Jun 9	6:00 PM - 6:30 PM	24927
	Wednesday	Apr 1 - Jun 10	6:00 PM - 6:30 PM	24928
	Thursday	Apr 2 - Jun 11	5:45 PM - 6:15 PM	24925
	Friday	Apr 10 - Jun 12	5:00 PM - 5:30 PM	24920
	Saturday	Apr 4 - Jun 13	9:30 AM - 10:00 AM	24923
	Saturday	Apr 4 - Jun 13	11:45 AM - 12:15 PM	24922
	Sunday	Apr 12 - Jun 14	11:30 AM - 12:00 PM	24924

## Swimmer 3, Ratio 1:4 - 5-12 years Location: Atlas Tube Recreation Centre

Winter 2026	Monday	Jan 5 - Mar 23	4:30 PM - 5:15 PM	24429
	Monday	Jan 5 - Mar 23	5:00 PM - 5:45 PM	24430
	Tuesday	Jan 6 - Mar 24	4:30 PM - 5:15 PM	24431
	Tuesday	Jan 6 - Mar 24	7:15 PM - 8:00 PM	24432
	Wednesday	Jan 7 - Mar 25	5:45 PM - 6:30 PM	24433
	Wednesday	Jan 7 - Mar 25	6:30 PM - 7:15 PM	24434
	Thursday	Jan 8 - Mar 26	4:30 PM - 5:15 PM	24435
	Friday	Jan 16 - Mar 27	4:30 PM - 5:15 PM	24436
	Saturday	Jan 10 - Mar 28	8:30 AM - 9:15 AM	24437
	Saturday	Jan 10 - Mar 28	12:15 PM - 1:00 PM	24438
	Saturday	Jan 10 - Mar 28	4:00 PM - 4:45 PM	24439
	Sunday	Jan 11 - Mar 29	8:30 AM - 9:15 AM	24440
	Sunday	Jan 11 - Mar 29	12:15 PM - 1:00 PM	24441
Spring 2026	Monday	Mar 30 - Jun 8	4:30 PM - 5:15 PM	24930
	Monday	Mar 30 - Jun 8	5:00 PM - 5:45 PM	24931
	Tuesday	Mar 31 - Jun 9	4:30 PM - 5:15 PM	24938
	Tuesday	Mar 31 - Jun 9	7:15 PM - 8:00 PM	24939
	Wednesday	Apr 1 - Jun 10	5:45 PM - 6:30 PM	24940
	Wednesday	Apr 1 - Jun 10	6:30 PM - 7:15 PM	24941
	Thursday	Apr 2 - Jun 11	4:30 PM - 5:15 PM	24937
	Friday	Apr 10 - Jun 12	4:30 PM - 5:15 PM	24929



**Swimmer 3, Ratio 1:4 - 5-12 years (Continued)****Location: Atlas Tube Recreation Centre**

Spring 2026	Saturday	Apr 4 - Jun 13	8:30 AM - 9:15 AM	24934
	Saturday	Apr 4 - Jun 13	12:15 PM - 1:00 PM	24932
	Saturday	Apr 4 - Jun 13	4:00 PM - 4:45 PM	24933
	Sunday	Apr 12 - Jun 14	8:30 AM - 9:15 AM	24936
	Sunday	Apr 12 - Jun 14	12:15 PM - 1:00 PM	24935

**Swimmer 3, Ratio 1:6 - 5-12 years****Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	6:30 PM - 7:15 PM	24442
	Tuesday	Jan 6 - Mar 24	6:00 PM - 6:45 PM	24443
	Thursday	Jan 8 - Mar 26	6:15 PM - 7:00 PM	24444
	Saturday	Jan 10 - Mar 28	10:00 AM - 10:45 AM	24445
	Sunday	Jan 11 - Mar 29	10:00 AM - 10:45 AM	24446
Spring 2026	Monday	Mar 30 - Jun 8	6:30 PM - 7:15 PM	24942
	Tuesday	Mar 31 - Jun 9	6:00 PM - 6:45 PM	24946
	Thursday	Apr 2 - Jun 11	6:15 PM - 7:00 PM	24945
	Saturday	Apr 4 - Jun 13	10:00 AM - 10:45 AM	24943
	Sunday	Apr 12 - Jun 14	10:00 AM - 10:45 AM	24944

**Swimmer 4, Ratio 1:4 - 5-12 years****Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	5:15 PM - 6:00 PM	24447
	Tuesday	Jan 6 - Mar 24	6:45 PM - 7:30 PM	24448
	Tuesday	Jan 6 - Mar 24	7:15 PM - 8:00 PM	24449
	Wednesday	Jan 7 - Mar 25	4:30 PM - 5:15 PM	24450
	Thursday	Jan 8 - Mar 26	5:15 PM - 6:00 PM	24451
	Friday	Jan 16 - Mar 27	5:15 PM - 6:00 PM	24452
	Saturday	Jan 10 - Mar 28	9:15 AM - 10:00 AM	24453
	Saturday	Jan 10 - Mar 28	11:00 AM - 11:45 AM	24454
	Saturday	Jan 10 - Mar 28	12:15 PM - 1:00 PM	24455
	Saturday	Jan 10 - Mar 28	4:45 PM - 5:30 PM	24456
	Sunday	Jan 11 - Mar 29	10:30 AM - 11:15 AM	24457

**Swimmer 4, Ratio 1:4 - 5-12 years (Continued)****Location: Atlas Tube Recreation Centre**

Spring 2026	Monday	Mar 30 - Jun 8	5:15 PM - 6:00 PM	24948
	Tuesday	Mar 31 - Jun 9	6:45 PM - 7:30 PM	24955
	Tuesday	Mar 31 - Jun 9	7:15 PM - 8:00 PM	24956
	Wednesday	Apr 1 - Jun 10	4:30 PM - 5:15 PM	24957
	Thursday	Apr 2 - Jun 11	5:15 PM - 6:00 PM	24954
	Friday	Apr 10 - Jun 12	5:15 PM - 6:00 PM	24947
	Saturday	Apr 4 - Jun 13	9:15 AM - 10:00 AM	24952
	Saturday	Apr 4 - Jun 13	11:00 AM - 11:45 AM	24949
	Saturday	Apr 4 - Jun 13	12:15 PM - 1:00 PM	24950
	Saturday	Apr 4 - Jun 13	4:45 PM - 5:30 PM	24951
	Sunday	Apr 12 - Jun 14	10:30 AM - 11:15 AM	24953

**Swimmer 4, Ratio 1:8 - 5-12 years****Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	6:30 PM - 7:15 PM	24458
	Wednesday	Jan 7 - Mar 25	5:00 PM - 5:45 PM	24459
	Thursday	Jan 8 - Mar 26	6:00 PM - 6:45 PM	24460
	Saturday	Jan 10 - Mar 28	11:00 AM - 11:45 AM	24461
	Sunday	Jan 11 - Mar 29	8:30 AM - 9:15 AM	24462
Spring 2026	Monday	Mar 30 - Jun 8	6:30 PM - 7:15 PM	24958
	Wednesday	Apr 1 - Jun 10	5:00 PM - 5:45 PM	24962
	Thursday	Apr 2 - Jun 11	6:00 PM - 6:45 PM	24961
	Saturday	Apr 4 - Jun 13	11:00 AM - 11:45 AM	24959
	Sunday	Apr 12 - Jun 14	8:30 AM - 9:15 AM	24960

**Swimmer 5, Ratio 1:10 - 5-12 years****Location: Atlas Tube Recreation Centre**

Winter 2026	Wednesday	Jan 7 - Mar 25	6:00 PM - 6:45 PM	24470
	Thursday	Jan 8 - Mar 26	5:30 PM - 6:15 PM	24475
	Saturday	Jan 10 - Mar 28	10:00 AM - 10:45 AM	24476
	Sunday	Jan 11 - Mar 29	9:45 AM - 10:30 AM	24477
Spring 2026	Wednesday	Apr 1 - Jun 10	6:00 PM - 6:45 PM	24966
	Thursday	Apr 2 - Jun 11	5:30 PM - 6:15 PM	24965
	Saturday	Apr 4 - Jun 13	10:00 AM - 10:45 AM	24963
	Sunday	Apr 12 - Jun 14	9:45 AM - 10:30 AM	24964

**Swimmer 5, Ratio 1:4 - 5-12 years****Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	5:45 PM - 6:30 PM	24463
	Monday	Jan 5 - Mar 23	6:45 PM - 7:30 PM	24464
	Monday	Jan 5 - Mar 23	7:15 PM - 8:00 PM	24465
	Tuesday	Jan 6 - Mar 24	6:00 PM - 6:45 PM	24466
	Wednesday	Jan 7 - Mar 25	7:15 PM - 8:00 PM	24467
	Thursday	Jan 8 - Mar 26	4:30 PM - 5:15 PM	24468
	Sunday	Jan 11 - Mar 29	11:15 AM - 12:00 PM	24469
Spring 2026	Monday	Mar 30 - Jun 8	5:45 PM - 6:30 PM	24967
	Monday	Mar 30 - Jun 8	6:45 PM - 7:30 PM	24968
	Monday	Mar 30 - Jun 8	7:15 PM - 8:00 PM	24969
	Tuesday	Mar 31 - Jun 9	6:00 PM - 6:45 PM	24972
	Wednesday	Apr 1 - Jun 10	7:15 PM - 8:00 PM	24973
	Thursday	Apr 2 - Jun 11	4:30 PM - 5:15 PM	24971
	Sunday	Apr 12 - Jun 14	11:15 AM - 12:00 PM	24970

**Swimmer 6, Ratio 1:4 - 5-12 years****Location: Atlas Tube Recreation Centre**

Winter 2026	Tuesday	Jan 6 - Mar 24	4:30 PM - 5:15 PM	24478
	Wednesday	Jan 7 - Mar 25	7:15 PM - 8:00 PM	24479
	Thursday	Jan 8 - Mar 26	6:00 PM - 6:45 PM	24480
	Saturday	Jan 10 - Mar 28	10:45 AM - 11:30 AM	24481
	Sunday	Jan 11 - Mar 29	10:00 AM - 10:45 AM	24484
Spring 2026	Tuesday	Mar 31 - Jun 9	4:30 PM - 5:15 PM	24980
	Wednesday	Apr 1 - Jun 10	7:15 PM - 8:00 PM	24981
	Thursday	Apr 2 - Jun 11	6:00 PM - 6:45 PM	24979
	Saturday	Apr 4 - Jun 13	10:45 AM - 11:30 AM	24977
	Sunday	Apr 12 - Jun 14	10:00 AM - 10:45 AM	24978

**Swimmer 6, Ratio 1:10 - 5-12 years****Location: Atlas Tube Recreation Centre**

Winter 2026	Monday	Jan 5 - Mar 23	7:15 PM - 8:00 PM	24485
	Thursday	Jan 8 - Mar 26	6:45 PM - 7:30 PM	24486
	Sunday	Jan 11 - Mar 29	9:15 AM - 10:00 AM	24487
Spring 2026	Monday	Mar 30 - Jun 8	7:15 PM - 8:00 PM	24974
	Thursday	Apr 2 - Jun 11	6:45 PM - 7:30 PM	24976
	Sunday	Apr 12 - Jun 14	9:15 AM - 10:00 AM	24975

## 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

Winter 2026	Tuesday	Jan 6 - Mar 24	6:30 PM - 7:15 PM	24493
	Thursday	Jan 8 - Mar 26	6:45 PM - 7:30 PM	24494
	Sunday	Jan 11 - Mar 29	12:15 PM - 1:00 PM	24495
Spring 2026	Tuesday	Mar 31 - Jun 9	6:30 PM - 7:15 PM	24987
	Thursday	Apr 2 - Jun 11	6:45 PM - 7:30 PM	24986
	Sunday	Apr 12 - Jun 14	12:15 PM - 1:00 PM	24985

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

Winter 2026	Monday	Jan 5 - Mar 23	6:00 PM - 6:45 PM	24498
	Tuesday	Jan 6 - Mar 24	5:15 PM - 6:00 PM	24499
	Saturday	Jan 10 - Mar 28	11:45 AM - 12:30 PM	24502
Spring 2026	Monday	Mar 30 - Jun 8	6:00 PM - 6:45 PM	24982
	Tuesday	Mar 31 - Jun 9	5:15 PM - 6:00 PM	24984
	Saturday	Apr 4 - Jun 13	11:45 AM - 12:30 PM	24983

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

Winter 2026	Thursday	Jan 8 - Mar 26	7:15 PM - 8:00 PM	24503
	Sunday	Jan 11 - Mar 29	12:15 PM - 1:00 PM	24504
Spring 2026	Thursday	Apr 2 - Jun 11	7:15 PM - 8:00 PM	24990
	Sunday	Apr 12 - Jun 14	12:15 PM - 1:00 PM	24989

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

Winter 2026	Tuesday	Jan 6 - Mar 24	7:15 PM - 8:00 PM	24505
Spring 2026	Tuesday	Mar 31 - Jun 9	7:15 PM - 8:00 PM	24988



**Lakeshore's Municipal Elections  
are coming up in 2026!**

**Election Day is October 26, 2026**

Stay tuned for updates, voter information,  
and advanced voting dates at:

**[Lakeshore.ca/Elections](https://lakeshore.ca/Elections)**

# 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**

Winter 2026	Monday	Jan 5 - Mar 23	7:30 PM - 8:00 PM	24506
	Friday	Jan 16 - Mar 27	5:30 PM - 6:00 PM	24507
Spring 2026	Monday	Mar 30 - Jun 8	7:30 PM - 8:00 PM	24872
	Friday	Apr 10 - Jun 12	5:30 PM - 6:00 PM	24871

## 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**

Winter 2026	Saturday	Jan 10 - Mar 28	8:30 AM - 9:00 AM	24508
Spring 2026	Saturday	Apr 4 - Jun 13	8:30 AM - 9:00 AM	24873

# 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**

Winter 2026	Sunday	Jan 11 - Mar 29	10:30 AM - 11:45 AM	25137
Spring 2026	Sunday	Apr 12 - Jun 14	10:30 AM - 11:45 AM	25306

## 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**

Winter 2026	Wednesday	Jan 28 - Mar 11	5:00 PM - 8:15 PM	25132
	Thursday	Jan 22 - Mar 5	5:00 PM - 8:15 PM	25209
Spring 2026	Wednesday	Apr 8 - May 20	5:00 PM - 8:15 PM	25303



## Bronze Cross

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**

Winter 2026	Monday	Jan 12 - Mar 9	5:00 PM - 8:00 PM	25129
Spring 2026	Monday	Apr 13 - Jun 8	5:00 PM - 8:00 PM	25216

## 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**

Winter 2026	Tuesday	Jan 20 - Feb 24	5:00 PM - 8:00 PM	25124
Spring 2026	Tuesday	Apr 14 - May 19	5:00 PM - 8:00 PM	25215

## Examiners Course - 16 years +

The Examiner course is the first step in the three-step process to be certified as an Examiner for the Lifesaving Society, and it prepares candidates to successfully apprentice as an Examiner on the exam of their choice. The Examiner course builds on the evaluation experience that candidates have attained in instructor-evaluated awards and content. **Requires 100% attendance. Location: Atlas Tube Recreation Centre**

Winter 2026	Saturday	Feb 21	10:00 AM - 4:30 PM	25212
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## 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. **Requires 100% attendance. Location: Atlas Tube Recreation Centre**

Winter 2026	Sunday	Jan 11 - Mar 15	9:00 AM - 2:45 PM	25210
Spring 2026	Sunday	Apr 12 - Jun 14	9:00 AM - 2:45 PM	25304

## 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. **Requires 100% attendance. Location: Atlas Tube Recreation Centre**

Winter 2026	Friday Saturday	May 8 - May 23	5:00 PM - 9:00 PM 8:30 AM - 6:45 PM	25305
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## Standard First Aid Instructor - 15 years +

The Lifesaving Society's Standard First Aid Instructor course is designed to provide Lifesaving Instructors with the knowledge and resources required to organize, plan, and deliver the Lifesaving Society First Aid awards up to and including Standard First Aid and CPR-A, -B, -C. Candidates must have completed Lifesaving Instructor and Standard First Aid certification from one of: Lifesaving Society, St. John Ambulance, Canadian Red Cross Society, Canadian Ski Patrol. **Location: Atlas Tube Recreation Centre**

Winter 2026	Friday Saturday	Jan 23 - Jan 31	5:00 PM - 9:00 PM 9:00 AM - 3:30 PM	25213
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# Family Day Celebrations

Atlas Tube Recreation Centre  
February 16, 2026 | **FREE Activities**

## Recreational Swim

8:30 AM - 9:30 AM  
10:15 AM - 11:15 AM  
12:00 PM - 1:00 PM

## Muzzatti Gymnasium

### Preschool Play (1-5 years):

9:00 AM - 9:50 AM

### Family Basketball:

10:00 AM - 10:50 AM

### Pickleball:

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

## Public Skating

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



**Registration opens December 10, 2025 at 9:00 AM.**

Call 519-728-2700 or reserve your spot online at  
**[Lakeshore.ca/Recreation](https://Lakeshore.ca/Recreation)**