

RECREATION Activity Guide

Fall 2025



**Respect and
Protect Our Parks**

Learn more on page 5

📞 519-728-2700

🌐 [Lakeshore.ca](https://lakeshore.ca)

✉ RecInfo@Lakeshore.ca

📷 @LakeshoreON
@LakeshoreRec

🐦 @TweetLakeshore
@LakeshoreRec

f 📺 in @MunicipalityOfLakeshore
@LakeshoreRecreation



OUR COMMUNITIES. OUR HOME.

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

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New Year’s Eve Fireworks

| December 31, 2025

Fireworks will begin at 6:30 PM
at the Atlas Tube Recreation Centre.

Mayor's Message: Funding the Future of Lakeshore



Tracey Bailey

Municipality of Lakeshore Mayor

While Council and I have tackled several challenging issues throughout our term, our highest priority has been that of Lakeshore's finances. Our role as stewards of the public purse has highlighted our responsibility in finding strategic solutions that minimize the impact on taxpayers. We have found success in that approach.

Our investment strategy, facilitated by our talented finance team, has paid off. In 2024 we earned \$3.28M in revenue and exceeded expectations by over \$1.65 million due to strong returns from bank-held funds,

reserves, interest, and other sources. We've also seen great success in securing funding from partners.

Earlier this year, we were approved for nearly \$37 million from the Canada Housing and Infrastructure Fund, the single largest grant in our history, as well as \$7.4 million from the Housing Accelerator Fund. These funds will support critical investments in infrastructure to meet today's needs as well as facilitate future growth.

As we enter into the final year of our term, we will continue to make prudent financial decisions to ensure the long-term prosperity and sustainability of our communities.

TOGETHER WE ARE

Lakeshore

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

Mayor Tracey Bailey
Municipality of Lakeshore

Respect and Protect Our Parks

CLEAN, SAFE, AND FUN

Every action counts: dispose of waste properly, follow park rules, and be mindful of others to help keep our parks clean, safe, and fun for future generations to come.



Learn more at:
Lakeshore.ca/Parks



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



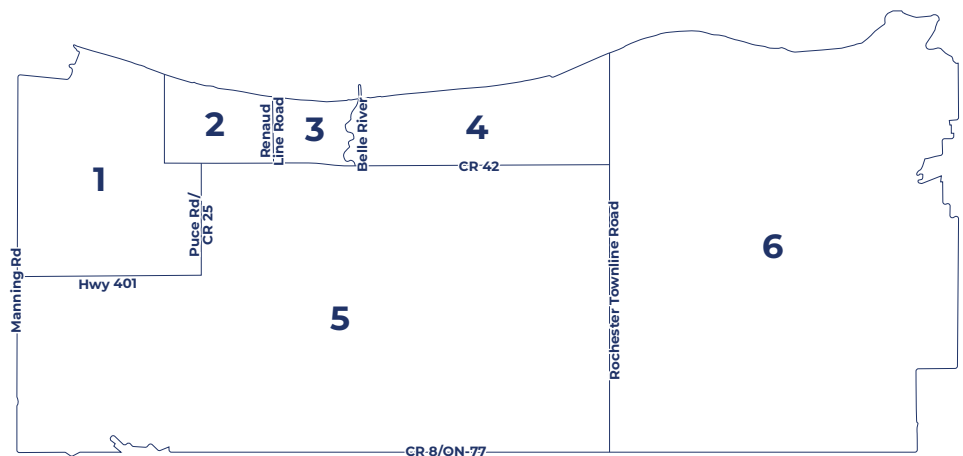
Ward 6
Larissa Vogler
LVogler@Lakeshore.ca
519-728-2700 Ext. 216

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



Lakeshore Ward Map



Parks and Recreation Contacts



Corporate Leader - Community Health and Safety Services

Frank Jeney

FJeney@Lakeshore.ca

Lakeshore's parks and facilities are more than public spaces; they are where community members get active, connect with others, or disconnect from devices. To keep them vibrant and welcoming, we rely on one essential resource: your feedback.

Whether it's sharing ideas for new amenities, reporting problems, or telling us what's working well, your input guides our decisions. Every comment, suggestion, or observation provides insight into how these places are used and how we can improve.

Just this year, over 200 users weighed in to help plan the future of our skate parks. The final design of Stoney Point Community Park was the result of hundreds of comments shared during our park visioning process. Looking ahead, we'll seek feedback on how to improve Belle River Marina.

On behalf of my team, I'd like to thank everyone who takes the time to share their feedback, and we invite you to continue to do so. Check out [Lakeshore.ca/Engage](https://www.lakeshore.ca/Engage) for current opportunities or contact the Public Service Unit. Your voice matters, and it's helping us build better parks and facilities for all.

Recreation



Division Leader - Recreation

Terry Symons

TSymons@Lakeshore.ca



Team Leader - Recreation

Jessica Marcoux

JMarcoux@Lakeshore.ca

***Alyssa Puskaric (APuskaric@Lakeshore.ca) will be the Temporary Team Leader of Recreation for Fall programming.**

Aquatics



Team Leader - Aquatics

George Turnbull

GTurnbull@Lakeshore.ca

Facilities and Parks



Division Leader - Facilities and Parks

William (Bill) Quinlan

WQuinlan@Lakeshore.ca



Team Leader - Parks and Trails

Beau Blais

BBlais@Lakeshore.ca

Public Service Unit



Division Leader - Client Services Delivery

Jenna Smith

JSmith@Lakeshore.ca

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.

September 1, 2025 | (Labour Day) All facilities closed.

September 30, 2025 | (National Day for Truth & Reconciliation)
Municipal offices closed. ATRC fully operational.

October 13, 2025 | (Thanksgiving) All facilities closed.

November 11, 2025 | (Remembrance Day)
Municipal offices closed. ATRC fully operational.

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

Fall 2025 (12 Weeks) | Non-Aquatic Programs

September 15 – December 7

Registration begins Wednesday, August 27, at 9:00 AM

Fall 2025 (12 Weeks) | Aquatic Programs

September 15 – December 7

Registration begins Wednesday, August 27, 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.



UPCOMING Winter Program Registration

❄️ Wednesday, December 10 at 9:00 AM

Drop-In Activities

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



- Fitness Programs
- Open Pool Sessions
- Sports and Gym Time
- Open Ice Rink Sessions

Check out the most up-to-date activity schedules online by **scanning the QR Code**, visiting Lakeshore.ca/DropIn, or by calling **519-728-2700**

Program Registration Information

- 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 refunds. 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

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.



Submit Requests on our New Online Portal

Welcome to Lakeshore’s new Report a Problem platform, your one-stop shop for submitting and tracking non-urgent service requests.

This centralized platform supports online submissions, provides reference numbers, and keeps all your requests in one place. Learn more and submit a request online by scanning the QR code or visiting:

Lakeshore.ca/ReportAProblem



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



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



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

Fall Non-Aquatics Sept 15 - Dec 7 | Fall Aquatics Sept 15 - Dec 7

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

Fall 2025	Tuesday	Sept 16 - Dec 2	5:00 PM - 5:50 PM	23015
	Saturday	Sept 20 - Dec 6	9:00 AM - 9:50 AM	23042
	Saturday	Sept 20 - Dec 6	10:00 AM - 10:50 AM	23043

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

Fall 2025	Saturday	Sept 20 - Dec 6	8:45 AM - 9:30 AM	23037
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Parent & Tot Yoga - 2 years

Parent & Tot Yoga explores yoga poses mindfully and peacefully, while focusing on fine motor skills & body awareness with physical and sensory exploration while parent to child bonding takes place. Only the child needs to be registered. One child per adult. **Location: Atlas Tube Recreation Centre**

Fall 2025	Tuesday	Sept 16 - Dec 2	9:00 AM - 9:30 AM	23011
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Parent & Tot Yoga - 3-4 years

Parent & Tot Yoga explores yoga poses mindfully and peacefully, while focusing on fine motor skills & body awareness with physical and sensory exploration while parent to child bonding takes place. Only the child needs to be registered. One child per adult. **Location: Atlas Tube Recreation Centre**

Fall 2025	Tuesday	Sept 16 - Dec 2	9:30 AM - 10:15 AM	23012
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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**

Fall 2025	Monday	Sept 15 - Dec 1	5:00 PM - 5:50 PM	23006
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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

Fall 2025	Friday	Sept 19 - Dec 5	4:15 PM - 5:00 PM	23033
	Saturday	Sept 20 - Dec 6	9:30 AM - 10:15 AM	23038
	Saturday	Sept 20 - Dec 6	10:15 AM - 11:00 AM	23039

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

Fall 2025	Wednesday	Sept 17 - Dec 3	5:00 PM - 5:50 PM	23024
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Lakeshore Recreation Breakfast with Santa

Saturday, November 15, 2025



9:00 - 11:00 AM

Libro Community Centre

Saturday, November 22, 2025



9:00 - 10:30 AM & 11:00 - 12:30 PM

Atlas Tube Recreation Centre

Saturday, November 29, 2025



9:00 - 11:00 AM

Comber Community Centre



Call **519-728-2700** or book online at
Lakeshore.ca/Recreation to reserve your spot.

Fire Prevention Week in Lakeshore

**October 5-11 | Charge into Fire Safety
Lithium-Ion Batteries in Your Home**

Learn how to properly use Lithium-Ion Batteries and how important it is to **BUY, CHARGE, and RECYCLE** safely.

To celebrate FPW, Lakeshore Fire Department invites residents to participate in activities including:

Fire Department Grade School Visits Throughout Lakeshore

Fire Station Open Houses, October 8 | 6:00 - 9:00 PM

- Station 1 (1031 County Road 22, Emeryville)
- Station 2 (1465 Lakeshore Road 203, Maidstone)
- Station 3 (592 St. Charles Street, Belle River)
- Station 4 (2095 County Road 31, Ruscom)
- Station 5 (6400 Main Street, Comber)



Learn more at
[Lakeshore.ca/FPW](https://lakeshore.ca/FPW)

GREEN BIN COLLECTION STARTS WEEK OF OCTOBER 21

Get your green on! Recycle your food waste and become a Green Superhero.

Key Things To Know About The Green Bin Program

- 🌱 **Your collection day.** Check your municipal collection calendar for your weekly collection dates, and download Recycle Coach for updates and notifications.
- 🌱 **Your set-out time.** Put your Green Bin out by **6 AM** so you don't miss the truck.
- 🌱 **How to use your Green Bin.** Know the do's and don'ts of using your Bin. Refer to your Starter Kit for details.
- 🌱 **What bags to use.** Only compostable bags can be used in this program. Refer to your Starter Kit for details.

WHAT GOES IN THE BIN?

Scan the QR code for the acceptable materials list.



www.ewswa.org



🌱 Proper Bin Set-out. "Park-Point-Space".

Due to automated collection, you must:

- * **Park** the Bin about 30 cm (1 ft) from the curb.
- * **Point** the arrows on the Bin to the street.
- * **Space** the Bin at least 1 metre apart from other carts or structures.

Download the Recycle Coach app for your Green Bin delivery date and your Green Bin collection schedule.



ewswa
ESSEX-WINDSOR SOLID WASTE AUTHORITY



For complete program information, visit ewswa.org

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

Fall Non-Aquatics Sept 15 - Dec 7 | Fall Aquatics Sept 15 - Dec 7

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

Fall 2025	Monday	Sept 15 - Dec 1	5:00 PM - 5:50 PM	23002
	Saturday	Sept 20 - Dec 6	11:00 AM - 11:50 AM	23044

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

Fall 2025	Monday	Sept 15 - Dec 1	6:00 PM - 6:50 PM	23007
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JR Basketball - 5-8 years

Instructional basketball play and skill building in a team environment. Lots of running around, dribbling, shooting and having fun! All skill levels are welcome. Basketballs are provided.

Location: Atlas Tube Recreation Centre

Fall 2025	Tuesday	Sept 16 - Dec 2	6:00 PM - 6:50 PM	23018
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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

Fall 2025	Tuesday	Sept 16 - Dec 2	6:00 PM - 6:50 PM	23016
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JR Soccer - 5-8 years

Instructional soccer play and skill building in a team environment. Lots of running around, dribbling, shooting and having fun! All skill levels are welcome. Soccer balls are provided.

Location: Atlas Tube Recreation Centre

Fall 2025	Thursday	Sept 18 - Dec 4	5:00 PM - 5:50 PM	23031
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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

Fall 2025	Monday	Sept 15 - Dec 1	5:00 PM - 5:50 PM	22998
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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

Fall 2025	Wednesday	Sept 17 - Dec 3	6:00 PM - 6:50 PM	23025
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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

Fall 2025	Friday	Sept 19 - Dec 5	5:00 PM - 6:00 PM	23034
	Saturday	Sept 20 - Dec 6	11:00 AM - 12:00 PM	23040

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**

Fall 2025	Wednesday	Sept 17 - Dec 3	6:00 PM - 6:50 PM	23022
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Back to School Safety Starts with YOU

The back-to-school season has arrived and Lakeshore is reminding residents to stay safe to and from school this year. Parents/guardians are encouraged to talk to their children about how to stay safe when going back to school. **Here are some back-to-school safety tips to follow:**

- Create a safe route to school or the bus stop, and encourage children to follow it.
- Ensure children always wear a properly fitted helmet when riding a bike or scooter to school.
- Remind children to always walk on the sidewalk or away from roadways.
- Follow directions from crossing guards and make eye contact with drivers before crossing.
- Pay attention to your surroundings and avoid using devices while walking.

Dance Fusion - 9-12 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

Fall 2025	Monday	Sept 15 - Dec 1	6:00 PM - 6:50 PM	23003
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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

Fall 2025	Monday	Sept 15 - Dec 1	7:00 PM - 7:50 PM	23008
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SR Basketball - 9-12 years

Instructional basketball play and skill building in a team environment. Lots of running around, dribbling, shooting and having fun! All skill levels are welcome. Basketballs are provided.

Location: Atlas Tube Recreation Centre

Fall 2025	Tuesday	Sept 16 - Dec 2	7:00 PM - 7:50 PM	23019
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SR Hip Hop - 9-12 years

This class builds on the fundamentals of Hip Hop as well as expanding dancer's range of movement and understanding of choreography and special sense. A dance recital is planned for the end of the season. **Location: Atlas Tube Recreation Centre**

Fall 2025	Tuesday	Sept 16 - Dec 2	7:00 PM - 7:50 PM	23017
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SR Soccer - 9-12 years

Instructional soccer play and skill building in a team environment. Lots of running around, dribbling, shooting and having fun! All skill levels are welcome. Soccer balls are provided.

Location: Atlas Tube Recreation Centre

Fall 2025	Thursday	Sept 18 - Dec 4	6:00 PM - 6:50 PM	23032
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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**

Fall 2025	Monday	Sept 15 - Dec 1	6:00 PM - 6:50 PM	22999
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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

Fall 2025	Wednesday	Sept 17 - Dec 3	7:00 PM - 7:50 PM	23026
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Youth Gymnastics - 7-9 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

Fall 2025	Friday	Sept 19 - Dec 5	6:00 PM - 7:00 PM	23035
	Saturday	Sept 20 - Dec 6	12:00 PM - 1:00 PM	23041

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**

Fall 2025	Friday	Sept 19 - Dec 5	7:00 PM - 8:30 PM	23036
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Youth Badminton - 10-14 years

Instructional play by teaching children the rules of badminton.

Location: Atlas Tube Recreation Centre

Fall 2025	Monday	Sept 15 - Dec 1	7:00 PM - 7:50 PM	23000
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Teen Yoga - 12-16 years

This class will guide the participants through a series of movements and breath work. Participants will learn techniques for concentrating and reducing stress while improving strength, balance, and flexibility. **Location: Atlas Tube Recreation Centre**

Fall 2025	Wednesday	Sept 17 - Dec 3	6:00 PM - 6:50 PM	23027
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Youth Volleyball - 10-14 years

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

Location: Atlas Tube Recreation Centre

Fall 2025	Monday	Sept 15 - Dec 1	8:00 PM - 8:50 PM	23001
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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**

Fall 2025	Tuesday	Oct 14 - Dec 16	6:00 PM - 7:00 PM	23014
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PA Activities and Day Camps

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

Sept 19	9:00 AM - 3:00 PM	22939
Oct 17	9:00 AM - 3:00 PM	22940
Nov 14	9:00 AM - 3:00 PM	22941

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

Sept 19	9:00 AM - 4:00 PM	22942
Oct 17	9:00 AM - 4:00 PM	22943
Nov 14	9:00 AM - 4:00 PM	22944

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

Sept 19	7:00 AM - 6:00 PM	22933
Oct 17	7:00 AM - 6:00 PM	22935
Nov 14	7:00 AM - 6:00 PM	22937

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

Sept 19	7:00 AM - 6:00 PM	22934
Oct 17	7:00 AM - 6:00 PM	22936
Nov 14	7:00 AM - 6:00 PM	22938

March Break Camp

March Break Camp will be offered from **March 16 - March 20, 2026** for ages 4-11. Registration will open **December 10, 2025 at 9:00 AM**.

Summer Camp

Summer Camp 2025 registration will open **April 8, 2026**. Multiple locations for Lakeshore Camp will be available for ages 4-11.

Stay up-to-date online at
Lakeshore.ca/Camps



Adult Fitness Activities (Non-Aquatic)

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

Beginner Yoga - 16 years +

Explore the fundamentals of a flowing yoga practice as well as implementing traditional poses. Working at your own level in a safe, supportive environment. Modifications will be offered as you practice each pose. **Location: Atlas Tube Recreation Centre**

Fall 2025	Tuesday	Sept 16 - Dec 2	10:15 AM - 11:05 AM	23013
	Thursday	Sept 18 - Dec 4	10:30 AM - 11:20 AM	23030

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**

Fall 2025	Wednesday	Sept 17 - Dec 3	9:30 AM - 10:20 AM	22995
	Wednesday	Sept 17 - Dec 3	7:00 PM - 7:50 PM	22996

Boxalates - 14 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**

Fall 2025	Monday	Sept 15 - Dec 1	7:00 PM - 7:50 PM	23010
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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**

Fall 2025	Monday	Sept 15 - Dec 1	7:00 PM - 7:50 PM	23004
Fall 2025	Monday	Sept 15 - Dec 1	8:00 PM - 8:50 PM	23005

Hatha Yoga - 16 years +

Take the hurry out of your life and restore your mind! Hatha yoga focuses on breathing and stretching which leads to toning. This is an advanced class for non-beginners. Mat required. **Location: Libro Community Centre (Woodslee)**

Fall 2025	Wednesday	Sept 17 - Dec 3	7:00 PM - 7:50 PM	23028
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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**

Fall 2025	Tuesday	Sept 16 - Dec 2	6:00 PM - 6:50 PM	23020
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Kettlebell - 16 years +

Incorporating the principles of high-intensity interval training, kettlebell classes use weights, kettlebells, medicine balls, resistance bands and body weight exercises to get your heart rate up and your body sweating. **Location: Atlas Tube Recreation Centre**

Fall 2025	Tuesday	Sept 16 - Dec 2	7:00 PM - 7:50 PM	23021
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Pilates - 14 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**

Fall 2025	Friday	Sept 19 - Dec 5	9:30 AM - 10:20 AM	22997
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Pilates Flex & Stretch Twist - 14 years +

Expect a total body workout that will sculpt & tone long lean muscles, improve endurance, stamina, balance, alignment and core strength. A strong emphasis on form works your body & mind leading to a strong mind/body connection, not only getting faster and far superior results, but overall muscular balance and flexibility. Using rings, bands, balls and mats. **Location: Atlas Tube Recreation Centre**

Fall 2025	Wednesday	Sept 17 - Dec 3	8:00 PM - 8:50 PM	23023
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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**

Fall 2025	Monday	Sept 15 - Dec 1	9:30 AM - 10:20 AM	22992
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Somatic Yoga - 16 years +

Somatic Yoga is from the inside out. The focus is on sensing your way in and out of poses. It focuses on how movements feel rather than how they look (Beginning to Intermediate level). **Location: Atlas Tube Recreation Centre**

Fall 2025	Thursday	Sept 18 - Dec 4	9:30 AM - 10:20 AM	23029
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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**

Fall 2025	Monday	Sept 15 - Dec 1	10:30 AM - 11:20 AM	22993
	Wednesday	Sept 17 - Dec 3	10:30 AM - 11:20 AM	22994

For program prices visit [Lakeshore.ca/Recreation](https://lakeshore.ca/Recreation) or call 519-728-2700

Fall Non-Aquatics Sept 15 - Dec 7 | Fall Aquatics Sept 15 - Dec 7

Tabata Strength - 14 years +

This class is a total body program that incorporates strength training, cardio work and flexibility challenging your entire body with high intensity, short duration exercise. Modified exercises make this class great for all levels. Use of all fitness equipment is encouraged.

Location: Atlas Tube Recreation Centre

Fall 2025	Monday	Sept 15 - Dec 1	6:00 PM - 6:50 PM	23009
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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

Fall 2025	Monday	Sept 15 - Dec 1	8:30 AM - 9:20 AM	22989
	Wednesday	Sept 17 - Dec 3	8:30 AM - 9:20 AM	22990
	Friday	Sept 19 - Dec 5	8:30 AM - 9:20 AM	22991

New Lakeshore Horizons Partnership

The Centre for Cities (C4C) at the University of Windsor's Faculty of Law in collaboration with the Municipality of Lakeshore has launched Horizons, a transformative, three-year partnership focused on shaping the future of growth in the region.

Events will take place throughout the partnership duration to inform residents about the challenges communities face with population growth. Topics of events will include: financing municipal services and infrastructure, sustainability, and improving quality of life for residents. These events will help participants learn how Lakeshore is preparing to address these challenges. Sign up for updates at [Lakeshore.ca/HorizonsSignup](https://lakeshore.ca/HorizonsSignup)



WINDSOR LAW
Centre for Cities

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 for more information.

Aquatic Admission Policy



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

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

Fall Non-Aquatics Sept 15 - Dec 7 | Fall Aquatics Sept 15 - Dec 7

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**

Fall 2025	Monday	Sept 15 - Dec 1	5:00 PM - 5:30 PM	22946
	Monday	Sept 15 - Dec 1	5:30 PM - 6:00 PM	22947
	Tuesday	Sept 16 - Dec 2	5:00 PM - 5:30 PM	22948
	Tuesday	Sept 16 - Dec 2	6:00 PM - 6:30 PM	22949
	Wednesday	Sept 17 - Dec 3	5:00 PM - 5:30 PM	22950
	Wednesday	Sept 17 - Dec 3	6:00 PM - 6:30 PM	22951
	Thursday	Sept 18 - Dec 4	5:00 PM - 5:30 PM	22952
	Thursday	Sept 18 - Dec 4	6:00 PM - 6:30 PM	22953
	Friday	Sept 19 - Dec 5	9:30 AM - 10:00 AM	22954
	Friday	Sept 19 - Dec 5	10:00 AM - 10:30 AM	22955
	Friday	Sept 19 - Dec 5	5:00 PM - 5:30 PM	22956
	Saturday	Sept 20 - Dec 6	9:00 AM - 9:30 AM	22957
	Saturday	Sept 20 - Dec 6	10:00 AM - 10:30 AM	22958
	Saturday	Sept 20 - Dec 6	10:30 AM - 11:00 AM	22959
	Saturday	Sept 20 - Dec 6	12:00 PM - 12:30 PM	22960
	Saturday	Sept 20 - Dec 6	4:00 PM - 4:30 PM	22961
	Sunday	Sept 21 - Dec 7	9:00 AM - 9:30 AM	22962
	Sunday	Sept 21 - Dec 7	9:30 AM - 10:00 AM	22963
	Sunday	Sept 21 - Dec 7	10:00 AM - 10:30 AM	22964
	Sunday	Sept 21 - Dec 7	11:30 AM - 12:00 PM	22965

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

Fall 2025	Tuesday	Sept 16 - Dec 2	5:30 PM - 6:00 PM	22966
	Thursday	Sept 18 - Dec 4	7:00 PM - 7:30 PM	22967
	Saturday	Sept 20 - Dec 6	9:30 AM - 10:00 AM	22968
	Saturday	Sept 20 - Dec 6	5:00 PM - 5:30 PM	22969

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

Fall 2025	Monday	Sept 15 - Dec 1	4:30 PM - 5:00 PM	22971
	Monday	Sept 15 - Dec 1	6:30 PM - 7:00 PM	22972
	Tuesday	Sept 16 - Dec 2	5:00 PM - 5:30 PM	22973
	Tuesday	Sept 16 - Dec 2	6:00 PM - 6:30 PM	22974
	Tuesday	Sept 16 - Dec 2	7:00 PM - 7:30 PM	22975
	Wednesday	Sept 17 - Dec 3	6:00 PM - 6:30 PM	22976
	Wednesday	Sept 17 - Dec 3	6:30 PM - 7:00 PM	22977
	Thursday	Sept 18 - Dec 4	4:30 PM - 5:00 PM	22978
	Thursday	Sept 18 - Dec 4	5:30 PM - 6:00 PM	22979
	Thursday	Sept 18 - Dec 4	7:15 PM - 7:45 PM	22980
	Saturday	Sept 20 - Dec 6	9:00 AM - 9:30 AM	22981
	Saturday	Sept 20 - Dec 6	10:30 AM - 11:00 AM	22982
	Saturday	Sept 20 - Dec 6	11:00 AM - 11:30 AM	22983
	Saturday	Sept 20 - Dec 6	12:00 PM - 12:30 PM	22984
	Sunday	Sept 21 - Dec 7	8:30 AM - 9:00 AM	22985
	Sunday	Sept 21 - Dec 7	10:00 AM - 10:30 AM	22986
	Sunday	Sept 21 - Dec 7	10:30 AM - 11:00 AM	22987
	Sunday	Sept 21 - Dec 7	12:00 PM - 12:30 PM	22988

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

Location: Atlas Tube Recreation Centre

Fall 2025	Wednesday	Sept 17 - Dec 3	5:30 PM - 6:00 PM	23067
	Thursday	Sept 18 - Dec 4	6:00 PM - 6:30 PM	23068
	Friday	Sept 19 - Dec 5	4:30 PM - 5:00 PM	23069
	Saturday	Sept 20 - Dec 6	9:30 AM - 10:00 AM	23070
	Saturday	Sept 20 - Dec 6	10:00 AM - 10:30 AM	23071
	Sunday	Sept 21 - Dec 7	11:30 AM - 12:00 PM	23072

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

Location: Atlas Tube Recreation Centre

Fall 2025	Monday	Sept 15 - Dec 1	5:30 PM - 6:00 PM	23073
	Wednesday	Sept 17 - Dec 3	4:30 PM - 5:00 PM	23074
	Wednesday	Sept 17 - Dec 3	7:00 PM - 7:30 PM	23075
	Thursday	Sept 18 - Dec 4	4:30 PM - 5:00 PM	23076
	Thursday	Sept 18 - Dec 4	7:30 PM - 8:00 PM	23077
	Friday	Sept 19 - Dec 5	4:30 PM - 5:00 PM	23078
	Saturday	Sept 20 - Dec 6	8:30 AM - 9:00 AM	23079
	Saturday	Sept 20 - Dec 6	5:00 PM - 5:30 PM	23080
	Sunday	Sept 21 - Dec 7	8:30 AM - 9:00 AM	23081
	Sunday	Sept 21 - Dec 7	12:00 PM - 12:30 PM	23082

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

Location: Atlas Tube Recreation Centre

Fall 2025	Tuesday	Sept 16 - Dec 2	5:30 PM - 6:00 PM	23083
	Thursday	Sept 18 - Dec 4	5:00 PM - 5:30 PM	23084
	Thursday	Sept 18 - Dec 4	5:30 PM - 6:00 PM	23085
	Friday	Sept 19 - Dec 5	5:30 PM - 6:00 PM	23086
	Saturday	Sept 20 - Dec 6	10:30 AM - 11:00 AM	23087
	Saturday	Sept 20 - Dec 6	11:30 AM - 12:00 PM	23088
	Saturday	Sept 20 - Dec 6	12:30 PM - 1:00 PM	23089
	Sunday	Sept 21 - Dec 7	10:00 AM - 10:30 AM	23090

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

Location: Atlas Tube Recreation Centre

Fall 2025	Monday	Sept 15 - Dec 1	4:30 PM - 5:00 PM	23091
	Monday	Sept 15 - Dec 1	6:00 PM - 6:30 PM	23092
	Tuesday	Sept 16 - Dec 2	7:30 PM - 8:00 PM	23093
	Wednesday	Sept 17 - Dec 3	7:30 PM - 8:00 PM	23094
	Thursday	Sept 18 - Dec 4	4:30 PM - 5:00 PM	23095
	Thursday	Sept 18 - Dec 4	5:15 PM - 5:45 PM	23096
	Thursday	Sept 18 - Dec 4	7:00 PM - 7:30 PM	23097
	Saturday	Sept 20 - Dec 6	10:00 AM - 10:30 AM	23098
	Saturday	Sept 20 - Dec 6	4:30 PM - 5:00 PM	23099
	Sunday	Sept 21 - Dec 7	8:30 AM - 9:00 AM	23100
	Sunday	Sept 21 - Dec 7	12:30 PM - 1:00 PM	23101

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

Location: Atlas Tube Recreation Centre

Fall 2025	Monday	Sept 15 - Dec 1	5:00 PM - 5:30 PM	23102
	Monday	Sept 15 - Dec 1	5:30 PM - 6:00 PM	23103
	Tuesday	Sept 16 - Dec 2	5:00 PM - 5:30 PM	23104
	Tuesday	Sept 16 - Dec 2	6:45 PM - 7:15 PM	23105
	Wednesday	Sept 17 - Dec 3	6:30 PM - 7:00 PM	23106
	Thursday	Sept 18 - Dec 4	6:30 PM - 7:00 PM	23107
	Saturday	Sept 20 - Dec 6	9:00 AM - 9:30 AM	23108
	Saturday	Sept 20 - Dec 6	9:45 AM - 10:15 AM	23109
	Sunday	Sept 21 - Dec 7	9:00 AM - 9:30 AM	23110

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

Location: Atlas Tube Recreation Centre

Fall 2025	Monday	Sept 15 - Dec 1	7:00 PM - 7:30 PM	23111
	Tuesday	Sept 16 - Dec 2	4:30 PM - 5:00 PM	23112
	Tuesday	Sept 16 - Dec 2	6:30 PM - 7:00 PM	23113
	Wednesday	Sept 17 - Dec 3	5:30 PM - 6:00 PM	23114
	Friday	Sept 19 - Dec 5	4:30 PM - 5:00 PM	23115
	Saturday	Sept 20 - Dec 6	8:30 AM - 9:00 AM	23116
	Saturday	Sept 20 - Dec 6	12:30 PM - 1:00 PM	23117
	Saturday	Sept 20 - Dec 6	5:00 PM - 5:30 PM	23118
	Sunday	Sept 21 - Dec 7	12:00 PM - 12:30 PM	23119

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

Location: Atlas Tube Recreation Centre

Fall 2025	Tuesday	Sept 16 - Dec 2	6:00 PM - 6:30 PM	23120
	Wednesday	Sept 17 - Dec 3	6:30 PM - 7:00 PM	23121
	Saturday	Sept 20 - Dec 6	11:30 AM - 12:00 PM	23122
	Sunday	Sept 21 - Dec 7	9:30 AM - 10:00 AM	23123

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**

Fall 2025	Wednesday	Sept 17 - Dec 3	5:00 PM - 5:30 PM	23124
	Saturday	Sept 20 - Dec 6	11:15 AM - 11:45 AM	23125

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 PM to 8:00 PM on Friday, or during the day 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 weekend recreational swim times by calling **519-728-2700** or online at **Lakeshore.ca/DropIn**



Private swimming lessons for Aqua Preschool and Swimmer level content

Ages: 2 years +

Location: Atlas Tube Recreation Centre

Private lessons allow instructors time to give more attention to swimming participants. **Lessons can be 1 : 1, 1 : 2 or 1 : 3 ratios.** All shared lessons must be arranged by the participants themselves and swimmers should have similar abilities. Please note private lesson registration can only be done in person or over the phone **519-728-2700** with a reception staff.

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**

Fall 2025	Thursday	Sept 18 - Dec 4	7:00 PM - 7:45 PM	23254
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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**

Fall 2025	Mon & Wed	Sept 15 - Dec 3	4:30 PM - 5:30 PM	23255
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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

Fall 2025	Monday	Sept 15 - Dec 1	4:30 PM - 5:00 PM	23127
	Monday	Sept 15 - Dec 1	5:00 PM - 5:30 PM	23128
	Monday	Sept 15 - Dec 1	7:00 PM - 7:30 PM	23129
	Monday	Sept 15 - Dec 1	7:30 PM - 8:00 PM	23130
	Tuesday	Sept 16 - Dec 2	4:30 PM - 5:00 PM	23131
	Tuesday	Sept 16 - Dec 2	5:00 PM - 5:30 PM	23132
	Tuesday	Sept 16 - Dec 2	7:30 PM - 8:00 PM	23133
	Wednesday	Sept 17 - Dec 3	6:30 PM - 7:00 PM	23134
	Wednesday	Sept 17 - Dec 3	7:00 PM - 7:30 PM	23135
	Thursday	Sept 18 - Dec 4	6:00 PM - 6:30 PM	23136
	Thursday	Sept 18 - Dec 4	6:30 PM - 7:00 PM	23137
	Friday	Sept 19 - Dec 5	5:30 PM - 6:00 PM	23138
	Saturday	Sept 20 - Dec 6	8:30 AM - 9:00 AM	23139
	Saturday	Sept 20 - Dec 6	9:30 AM - 10:00 AM	23140
	Saturday	Sept 20 - Dec 6	11:30 AM - 12:00 PM	23141
	Saturday	Sept 20 - Dec 6	5:30 PM - 6:00 PM	23142
	Sunday	Sept 21 - Dec 7	9:00 AM - 9:30 AM	23143
	Sunday	Sept 21 - Dec 7	11:30 AM - 12:00 PM	23144
	Sunday	Sept 21 - Dec 7	12:30 PM - 1:00 PM	23145

For program prices visit [Lakeshore.ca/Recreation](https://lakeshore.ca/Recreation) or call 519-728-2700

Fall Non-Aquatics Sept 15 - Dec 7 | Fall Aquatics Sept 15 - Dec 7

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

Fall 2025	Monday	Sept 15 - Dec 1	6:00 PM - 6:30 PM	23146
	Monday	Sept 15 - Dec 1	6:30 PM - 7:00 PM	23147
	Tuesday	Sept 16 - Dec 2	5:30 PM - 6:00 PM	23148
	Tuesday	Sept 16 - Dec 2	6:30 PM - 7:00 PM	23149
	Wednesday	Sept 17 - Dec 3	5:00 PM - 5:30 PM	23150
	Friday	Sept 19 - Dec 5	5:00 PM - 5:30 PM	23151
	Friday	Sept 19 - Dec 5	5:30 PM - 6:00 PM	23152
	Saturday	Sept 20 - Dec 6	11:00 AM - 11:30 AM	23153
	Sunday	Sept 21 - Dec 7	9:30 AM - 10:00 AM	23154
	Sunday	Sept 21 - Dec 7	10:30 AM - 11:00 AM	23155
	Sunday	Sept 21 - Dec 7	11:00 AM - 11:30 AM	23156

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

Fall 2025	Monday	Sept 15 - Dec 1	4:30 PM - 5:00 PM	23157
	Monday	Sept 15 - Dec 1	6:00 PM - 6:30 PM	23158
	Monday	Sept 15 - Dec 1	6:30 PM - 7:00 PM	23159
	Monday	Sept 15 - Dec 1	7:00 PM - 7:30 PM	23160
	Tuesday	Sept 16 - Dec 2	4:30 PM - 5:00 PM	23161
	Tuesday	Sept 16 - Dec 2	5:30 PM - 6:00 PM	23162
	Wednesday	Sept 17 - Dec 3	4:30 PM - 5:00 PM	23163
	Wednesday	Sept 17 - Dec 3	4:30 PM - 5:00 PM	23164
	Wednesday	Sept 17 - Dec 3	6:00 PM - 6:30 PM	23165
	Wednesday	Sept 17 - Dec 3	6:45 PM - 7:15 PM	23166
	Friday	Sept 19 - Dec 5	4:30 PM - 5:00 PM	23167
	Saturday	Sept 20 - Dec 6	8:30 AM - 9:00 AM	23168
	Saturday	Sept 20 - Dec 6	11:30 AM - 12:00 PM	23169
	Saturday	Sept 20 - Dec 6	5:30 PM - 6:00 PM	23170
	Sunday	Sept 21 - Dec 7	8:30 AM - 9:00 AM	23171
	Sunday	Sept 21 - Dec 7	12:00 PM - 12:30 PM	23189
	Sunday	Sept 21 - Dec 7	12:30 PM - 1:00 PM	23172

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

Fall 2025	Monday	Sept 15 - Dec 1	5:30 PM - 6:00 PM	23173
	Tuesday	Sept 16 - Dec 2	4:30 PM - 5:00 PM	23174
	Tuesday	Sept 16 - Dec 2	5:45 PM - 6:15 PM	23175
	Tuesday	Sept 16 - Dec 2	7:00 PM - 7:30 PM	23176
	Wednesday	Sept 17 - Dec 3	5:00 PM - 5:30 PM	23177
	Wednesday	Sept 17 - Dec 3	5:30 PM - 6:00 PM	23178
	Thursday	Sept 18 - Dec 4	5:00 PM - 5:30 PM	23179
	Thursday	Sept 18 - Dec 4	5:45 PM - 6:15 PM	23180
	Friday	Sept 19 - Dec 5	5:00 PM - 5:30 PM	23181
	Saturday	Sept 20 - Dec 6	9:00 AM - 9:30 AM	23182
	Saturday	Sept 20 - Dec 6	9:30 AM - 10:00 AM	23183
	Saturday	Sept 20 - Dec 6	10:00 AM - 10:30 AM	23184
	Saturday	Sept 20 - Dec 6	11:30 AM - 12:00 PM	23185
	Saturday	Sept 20 - Dec 6	11:45 AM - 12:15 PM	23186
	Sunday	Sept 21 - Dec 7	11:00 AM - 11:30 AM	23187
	Sunday	Sept 21 - Dec 7	11:30 AM - 12:00 PM	23188

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

Fall 2025	Monday	Sept 15 - Dec 1	4:30 PM - 5:15 PM	23190
	Monday	Sept 15 - Dec 1	5:00 PM - 5:45 PM	23191
	Monday	Sept 15 - Dec 1	6:30 PM - 7:15 PM	23192
	Tuesday	Sept 16 - Dec 2	6:00 PM - 6:45 PM	23193
	Wednesday	Sept 17 - Dec 3	5:45 PM - 6:30 PM	23194
	Wednesday	Sept 17 - Dec 3	6:30 PM - 7:15 PM	23195
	Thursday	Sept 18 - Dec 4	4:30 PM - 5:15 PM	23196
	Friday	Sept 19 - Dec 5	4:30 PM - 5:15 PM	23197
	Saturday	Sept 20 - Dec 6	9:00 AM - 9:45 AM	23198
	Saturday	Sept 20 - Dec 6	12:00 PM - 12:45 PM	23199
	Saturday	Sept 20 - Dec 6	4:00 PM - 4:45 PM	23200
	Saturday	Sept 20 - Dec 6	4:30 PM - 5:15 PM	23201
	Sunday	Sept 21 - Dec 7	12:15 PM - 1:00 PM	23202

Swimmer 3, Ratio 1:6 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2025	Tuesday	Sept 16 - Dec 2	5:00 PM - 5:45 PM	23203
	Tuesday	Sept 16 - Dec 2	7:15 PM - 8:00 PM	23204
	Thursday	Sept 18 - Dec 4	5:45 PM - 6:30 PM	23205
	Thursday	Sept 18 - Dec 4	6:15 PM - 7:00 PM	23206
	Saturday	Sept 20 - Dec 6	10:15 AM - 11:00 AM	23207
	Sunday	Sept 21 - Dec 7	9:15 AM - 10:00 AM	23208
	Sunday	Sept 21 - Dec 7	10:00 AM - 10:45 AM	23209

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

Location: Atlas Tube Recreation Centre

Fall 2025	Monday	Sept 15 - Dec 1	5:15 PM - 6:00 PM	23210
	Tuesday	Sept 16 - Dec 2	6:45 PM - 7:30 PM	23211
	Tuesday	Sept 16 - Dec 2	7:15 PM - 8:00 PM	23212
	Wednesday	Sept 17 - Dec 3	4:30 PM - 5:15 PM	23213
	Thursday	Sept 18 - Dec 4	7:00 PM - 7:45 PM	23214
	Friday	Sept 19 - Dec 5	5:15 PM - 6:00 PM	23215
	Saturday	Sept 20 - Dec 6	8:30 AM - 9:15 AM	23216
	Saturday	Sept 20 - Dec 6	12:15 PM - 1:00 PM	23217
	Saturday	Sept 20 - Dec 6	4:45 PM - 5:30 PM	23218
	Sunday	Sept 21 - Dec 7	8:30 AM - 9:15 AM	23219

Swimmer 4, Ratio 1:8 - 5-12 years

Location: Atlas Tube Recreation Centre

Fall 2025	Monday	Sept 15 - Dec 1	6:30 PM - 7:15 PM	23220
	Thursday	Sept 18 - Dec 4	5:15 PM - 6:00 PM	23221
	Saturday	Sept 20 - Dec 6	9:15 AM - 10:00 AM	23222
	Saturday	Sept 20 - Dec 6	11:00 AM - 11:45 AM	23223
	Sunday	Sept 21 - Dec 7	10:45 AM - 11:30 AM	23224

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

Location: Atlas Tube Recreation Centre

Fall 2025	Monday	Sept 15 - Dec 1	6:45 PM - 7:30 PM	23225
	Monday	Sept 15 - Dec 1	7:15 PM - 8:00 PM	23226
	Tuesday	Sept 16 - Dec 2	6:00 PM - 6:45 PM	23227
	Thursday	Sept 18 - Dec 4	4:30 PM - 5:15 PM	23228
	Thursday	Sept 18 - Dec 4	5:00 PM - 5:45 PM	23229
	Saturday	Sept 20 - Dec 6	10:00 AM - 10:45 AM	23230
	Sunday	Sept 21 - Dec 7	9:45 AM - 10:30 AM	23231
	Sunday	Sept 21 - Dec 7	11:30 AM - 12:15 PM	23232

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

Fall 2025	Wednesday	Sept 17 - Dec 3	6:00 PM - 6:45 PM	23233
	Thursday	Sept 18 - Dec 4	6:00 PM - 6:45 PM	23234

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

Fall 2025	Tuesday	Sept 16 - Dec 2	4:30 PM - 5:15 PM	23235
	Wednesday	Sept 17 - Dec 3	7:15 PM - 8:00 PM	23236
	Thursday	Sept 18 - Dec 4	6:30 PM - 7:15 PM	23237
	Thursday	Sept 18 - Dec 4	7:00 PM - 7:45 PM	23238
	Saturday	Sept 20 - Dec 6	12:15 PM - 1:00 PM	23239
	Sunday	Sept 21 - Dec 7	10:00 AM - 10:45 AM	23240

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

Fall 2025	Monday	Sept 15 - Dec 1	7:15 PM - 8:00 PM	23241
	Sunday	Sept 21 - Dec 7	9:00 AM - 9:45 AM	23242

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**

Fall 2025	Monday	Sept 15 - Dec 1	6:00 PM - 6:45 PM	23243
	Thursday	Sept 18 - Dec 4	7:15 PM - 8:00 PM	23244

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

Fall 2025	Tuesday	Sept 16 - Dec 2	5:15 PM - 6:00 PM	23245
	Tuesday	Sept 16 - Dec 2	6:30 PM - 7:15 PM	23246
	Saturday	Sept 20 - Dec 6	12:00 PM - 12:45 PM	23247

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

Fall 2025	Sunday	Sept 21 - Dec 7	12:15 PM - 1:00 PM	23248
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Swimmer 9, Ratio 1:10 - 5-12 years

Fall 2025	Tuesday	Sept 16 - Dec 2	7:00 PM - 7:45 PM	23249
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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**

Fall 2025	Friday	Sept 19 - Dec 5	5:30 PM - 6:00 PM	23250
	Saturday	Sept 20 - Dec 6	8:30 AM - 9:00 AM	23251

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**

Fall 2025	Wednesday	Sept 17 - Dec 3	7:30 PM - 8:00 PM	23252
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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**

Fall 2025	Sunday	Sept 21 - Dec 7	10:30 AM - 11:30 AM	23257
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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**

Fall 2025	Wednesday	Oct 1 - Nov 12	5:00 PM - 8:15 PM	23258
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Bronze Cross - 13 years +

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**

Fall 2025	Monday	Sept 22 - Nov 17	5:00 PM - 8:00 PM	23259
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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**

Fall 2025	Tuesday	Sept 30 - Nov 4	5:00 PM - 8:00 PM	23260
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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. **This course requires 100% attendance.**

Location: Atlas Tube Recreation Centre

Fall 2025	Sunday	Sept 28 - Nov 30	9:00 AM - 2:45 PM	23262
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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. **This course requires 100% attendance. Location: Atlas Tube Recreation Centre**

Fall 2025	Friday Saturday	Nov 7 - Nov 22	5:00 PM - 9:00 PM 8:30 AM - 6:45 PM	23261
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National Lifeguard - Pool Recertification - 15 years +

In order to remain current lifeguards must recertify this qualification within 2 years by passing this exam. **Location: Atlas Tube Recreation Centre**

Fall 2025	Sunday	Oct 19	3:30 PM - 9:30 PM	23263
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Winter Kick-Off Celebration



December 23 | Atlas Tube Recreation Centre



Basketball

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

Family Pickleball

(Reserve by Court)

1:00 PM - 1:50 PM
2:00 PM - 2:50 PM

Preschool Play

8:30 AM - 9:20 AM
9:30 AM - 10:20 AM

Skating

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

Swimming

10:30 AM - 11:30 AM
12:00 PM - 1:00 PM
1:30 PM - 2:30 PM

**All activities
are FREE!**



Registration opens August 27, 2025.
To reserve your spot, call **519-728-2700**
or book online by scanning the QR code
or visiting Lakeshore.ca/Recreation



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