



Tuesday, July 6, 2021
Media Release

Summer Programming Kicks Off in LaSalle

The Town of LaSalle is welcoming back residents with a number of outdoor programs this summer. Due to COVID-19, the Vollmer Complex remains closed to the public but the Department of Culture and Recreation is hosting free outdoor programs to keep everyone busy and safe. Visit [lasalleactive.ca](https://www.lasalleactive.ca) for more information and a list of dates and schedules. Space is limited due to COVID-19 restrictions, and registration for all activities must be done in advance.

Parks Power Hour

Kids between the ages of 6 and 12 can join us on Monday, Wednesday, and Friday throughout July and August for free 1-hour outdoor recreation programs at the Vollmer Complex. From quiet games to sports, songs, crafts and some special guest appearances, we will be sure to keep the kids busy. The Parks Power Hour is supported by the Pathway to Potential program.

Bicycle Workshops

Three free bicycle workshops are scheduled: Kids Learn to Ride (July 6), Family Ride (July 20) and Ride with Confidence (July 27). No matter if you are a beginner or an advanced rider, it is important to know how to stay safe while riding on the trails and roads. Offered in partnership with CWATS and Bike Windsor-Essex.

Adult Fitness Classes

Each Thursday from 6:30 pm to 7:15 pm during the month of July, participants aged 16+ can join us for free in-person outdoor fitness classes at the Vollmer Complex. Not ready for in-person programs? Take advantage of our free virtual fitness classes offered several times throughout the week. The adult fitness classes are supported by the Pathway to Potential program.

Family BINGO

Pack up the family and head over to the Vollmer Complex's amphitheater and try your luck at our free Family BINGO in the park on Saturday, July 10. This is a great way to enjoy the outdoors while spending time with your family and you may even win a prize! Participants are encouraged to bring their own lawn chairs and/or blankets.

LaSalle Outdoor Pool

The LaSalle Outdoor Pool is now open for adult lane swims, aquafitness and open recreational swims. The capacity at each program is limited, and may be increased slowly based on demand and current COVID-19 restrictions. Each of these activities are being offered free of charge this summer thanks to funding provided by Pathway to Potential and Windsor-Essex Communities In-Motion.

Learn to become a lifeguard with Bronze Cross, Bronze Medallion, or the National Lifeguard Service certifications. These will be a mix of online Zoom sessions and in-person sessions at the LaSalle Outdoor Pool. Zoom meeting ID and password will be provided upon registration. Individuals must have a Zoom account. Each program will be capped at a maximum of 10 participants. Any credits on account at the Vollmer Complex may be applied to the registration fee for the lifeguarding classes.

Registration

Visit [lasalleactive.ca](https://www.lasalleactive.ca) for more information and a list of dates and schedules. Space is limited due to COVID-19 restrictions, and registration for all activities must be done in advance online or by calling 519-969-7771, ext. 0 from Monday to Friday between 8:30 am and 4:30 pm. Be sure to check [lasalleactive.ca](https://www.lasalleactive.ca) often as we continue to add new programs and swims, and slowly increase capacities. All programs offered this summer are in accordance with public health guidelines and participants will be required to follow those guidelines while participating. Inclement weather could cause the cancellation of outdoor programs and events. Be sure to follow us on our social media pages for up-to-date information.

For more information, contact:

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